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Cover: Jessica Judd wins the 800m in Gateshead last weekend (Mark Shearman)

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EDITOR'S COMMENT

Britain's golden girls

IN the old-style European Cup, the British men's team would traditionally battle for first place while the GB women's squad faced an ongoing scramble to avoid relegation from the Super League.

At the event in Gateshead 2000, for example, the British men beat Germany to the title, while the host nation's female team were applauded for avoiding the drop and enjoyed just one victory courtesy of Helen Clitheroe in the 1500m.

During subsequent years, there were numerous articles in *AW* about the imbalance between the strength of the GB men compared to the women. How things have turned around, though.





Jason Henderson, Editor

At last weekend's European Team Championships in Gateshead, five of the eight victories by the British team

were by female athletes. Only one British man won his event – Mo Farah – in addition to relay victories in the men's 4x100m and 4x400m, whereas British women who gained 12 points were team captain Perri Shakes-Drayton, Eilidh Child, Tiffany Porter, *AW* coverstar Jess Judd and the 4x400m team anchored by Christine Ohuruogu.

In addition, Sophie Hitchon set a UK record in the hammer. Laura Weightman and Emelia Gorecka also impressed with runner-up spots in endurance races, while the team generally



was a refreshing mix of teenagers like Judd, Gorecka and shot put talent Sophie McKinna, along with old hands like 40-year-old Yamile Aldama.

What's more, even the beleaguered GB women's sprint relay squad got the baton around with their fastest time for two years. Plus, let's not forget the No.1 female athlete in the country, Jessica Ennis-Hill, wasn't competing due to an injury.

All this surely shows that women's athletics in the UK is in a pretty strong position. Athletes such as Paula Radcliffe, Kelly Holmes and Denise Lewis have proved iconic and inspirational figures in the past dozen years and a new generation of talented and ambitious young women are taking up the baton.



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Jessica Judd: 18-yearold steals spotlight with stunning 800m victory

Overall scores

- Russia 354.5
 Germany 347.5
- 3 Great Britain 338
- 4 France 310.5
- 5 Poland 305.5
- 6 Ukraine 291.5
- 7 Italy 260.5
- 8 Spain 251
- 9 Turkey 197.5
- 10 Belarus 155.5
- 11 Greece 152
- 12 Norway 137

AMID TORRENTIAL RAIN SHOWERS AT A DAMP GATESHEAD STADIUM, THE HOST NATION WENT DOWN FIGHTING WITH A FINE THIRD PLACE AS RUSSIA BEAT GERMANY FOR THE TITLE OF EUROPE'S TOP TEAM

Reports: Jason Henderson & Paul Halford Pictures: Mark Shearman

FTER flirting with victory in the closing stages of a dramatic, twoday Euro clash of the titans, the British team settled for third as Russia won the 12-nation match for the third successive time.

At one stage late on the second day the hosts were a mere three points off the lead. Yet even two stirring GB victories in the 4x400m relays failed to re-create the famous men's Euro Cup triumphs in the same Gateshead Stadium in 1989 and 2000.

The first major track and field meeting in Britain since London 2012 was beset with bad weather, especially on Sunday when rain storms of biblical proportions soaked athletes, officials and sections of the near-capacity 12,000 crowd unlucky enough not to have a roof over their heads. The weather gods failed to put a dampener on the proceedings, though, as the match drew to its gripping climax.

Like the weather conditions, the performances from the British team endured a slightly gloomy start, followed by numerous sunny spells and an ultimately bright ending. Certainly, glancing out beyond the rainbow,



there was much reason to be optimistic due to a number of breakthrough performances by young athletes. Indeed, UKA head coach Peter Eriksson said the event was not so much for established athletes to win expected medals but for up-and-coming talents to take the stage.

Heading this list was Jessica Judd, who performed with maturity beyond her 18 years to take the women's 800m just days after finishing her A-levels. The teenager is well known to the readers of *AW*, but here, during live BBC coverage and on the internet via a European Athletics stream, she made a real name for herself.

Hot on her heels was Emelia Gorecka. Like Judd she has enjoyed incredible success on the domestic distancerunning scene in recent years and here – when the match was balanced at a crucial stage – she took vital points in the 5000m as she held off ultra-experienced German Sabrina Mockenhaupt for second place.

In the field, Sophie Hitchon rose to the occasion to smash her UK record as she finished third against tough competition.

Elsewhere, the British team enjoyed victories courtesy of Eilidh Child in the 400m hurdles, Perri Shakes-Drayton in the 400m, Mo Farah in the 5000m, Tiffany Porter in the 100m hurdles the men's 4x100m team and both 4x400m relays.

Hansjörg Wirz, president of European Athletics, said: "The bar has certainly been raised at these excellent European Athletics Team Championships in Gateshead. The stadium has been packed out, rain or shine, with spectators who have created a memorable atmosphere over two days.

"The passionate fans at the stadium and the millions watching at home have shown how well received athletics is in Great Britain and the momentum that our sport picked up during the London 2012 Olympics has been maintained."

The event will return in 12 months time when it will be staged in Braunschweig in Germany.

ACTION

HERE'S HOW THE ACTION UNFOLDED FROM A WET, WINDY BUT RELENTLESSLY EXCITING GATESHEAD STADIUM

Day one Men's hammer

AN EARLY sign of how tough the competition was going to be arrived early when the host nation's Mark Dry finished 11th in the hammer.

The 25-year-old, who was sixth in the Commonwealth Games in 2010 and is one of Scotland's leading athletes going into Glasgow 2014, was the first Briton to compete in the blustery and cool Gateshead conditions and he began with 64.42m before his second attempt went into the net and his third then sailed out to 68.30m. It was however short of his best of 74.82m as Pawel Fajdek of Poland won with 77.00m.

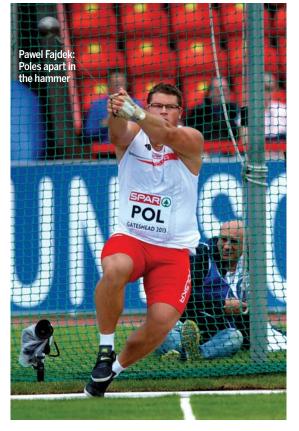
Fajdek, 24, has a best of 81.39m and is the reigning European under-23 and World University Games champion.



Men's 400m hurdles

Early events are so crucial when it comes to creating momentum and mood for the rest of the weekend and the opening track event, even in the old-style European Cup, is the 400m hurdles.

Usually it is a successful event for the hosts, with athletes such as Kriss Akabusi and Chris Rawlinson giving the team an





early boost with maximum points. Dai Greene has also continued the tradition as well in recent years, with victories in the last three European Team Championships.

But on Saturday the Welshman was not quite at his best as he clocked 49.39 to finish runner-up to German Silvio Schirrmeister, the 2007 European junior champion, who clocked a PB of 49.15 for an inspired victory.

"I made too many mistakes technically and I couldn't get away with it," said Greene. "All credit to the other chappie – he made no mistakes and had a great race."

Greene added: "Usually if I make a few mistakes, my fitness can come through, but it just wasn't there today. Once I changed down my stride pattern on the top bend, I just lost momentum and before I knew it I had given him too much of a lead and I couldn't make it up at the end."

After a hernia operation earlier this year, Greene hopes to find even better form by the World Championships in August.

Women's pole vault

Points-wise, Dai Greene's second place in the hurdles was far from a disaster, unlike the women's pole vault which would prove a calamity for Britain.

Carrying an Achilles injury, Holly Bleasdale gambled on coming in at 4.25m and she failed at all three attempts. Then, around two hours and 40 minutes after the contest began, Silke Spiegelburg of Germany snatched victory from Russian Anzhelika Sidorova as she cleared 4.60m on her third attempt.

If Bleasdale had equalled her season's best of 4.60m, let alone her outdoor best of 4.71m, she would have been up there with Spiegelburg, but it was not to be for the European indoor champion.

"I've just been quite unfortunate that I've come back from America with two little injuries," she said. "UKA have been really good – since I've been back from the States I've

"I'm really gutted that I've come away with no points and contributed nothing to the team. I did try my best. I nearly pulled out before the meet"

HOLLY BLEASDALE



been up in Loughborough trying to get it sorted out. I had a good training week last week where I had no pain in my Achilles or my back. But my Achilles flared up again out there and it is really upsetting."

Bleasdale said she is confident she can get back in shape for the World Championships and added: "I'm really gutted that I've come away with no points and contributed nothing to the team. I did try my best. I nearly pulled out before the meet."

Women's 100m

Olesya Povh, the 2011 European indoor 60m champion and 2012

Olympic sprint relay bronze medallist, earned maximum points for Ukraine when she ran 11.51 into a 4.3m/sec headwind to win as Britain's Asha Philip was fourth in the same second heat with 11.78 and fifth overall due to 12 competitors taking part in two heats with the positions decided on accumulated times.

The Briton said: "My first race in America went really well. Then I got back to the UK and I was ill so that set me back but then last week I ran 11.39 so that put me back on track where I was in America.

"It's just unfortunate the wind wasn't on our side here because

I felt on great form and I had the (World Champs qualifying) time inside me. Hopefully I might get a race next week or at the trials I should get the time."

Myriam Soumare of France won the first heat in 11.66 (-4.6) – a time that placed her second overall to Povh.

Men's 400m

In the men's 400m it appeared that Britain was back in business as Nigel Levine produced a bullish run and looked the winner with 50m to go.

But Levine – the quickest on paper based on season's bests – was overtaken by the tall Russian Vladimir Krasnov in the final metres, with Levine clocking 45.88 to Krasnov's 45.69.

"When I stepped on the track," said Levine, who was competing in his first European Team Championships.

"I noticed there was a big headwind on the home straight so I tried to work down the back straight so I could come round the bend with enough speed to work through the wind.

"That was my plan. I stuck it but. It didn't work – finished second."

Krasnov is familiar with spoiling GB hopes, too, as he clocked a 44.12 split at the 2010 Euro Team Champs when Russia beat Britain in the 4x400m.



ACTION

Women's 800m

It was many people's moment of the weekend. Jessica Judd, only 18 and fresh from finishing her A-levels, ran a superbly judged and gritty race to beat Russian Ekaterina Sharmina.

The world junior silver medallist ran a great tactical race, sitting on the shoulder of the leader through the bell in 60 seconds, before surging ahead down the back straight and holding on in the final straight to clock 2:00.82.

It was the breakthrough performance of the championships as the tall teenager beat Sharmina – a 1:59.17 runner who would win the following day's 1500m in Gateshead – by just four hundredths of a second as the North East crowd came to life for the first time with a huge roar.

"It was painful!" she said. "I didn't quite expect to run as well. I knew I was third fastest going in so I thought okay, try my best and third's going to be a push so to win it's a bit bigger than I expected."

Judd had missed her school



leavers' ball on Friday night to be in Gateshead and explained: "Yes, all my friends were giving me grief about that. But I said watch me on the TV so I'm happy I won. I finished my A-levels on Wednesday and up until then I didn't even think about the race."

The King John Sixth Form student, who is coached by Rob Denmark, added: "I've got some 400m and 3000m PBs in training so if I can't run sub-two there is something with wrong with me. I'm definitely in shape to do it. I've got the Birmingham Diamond League now and I'm going to try and do it there."

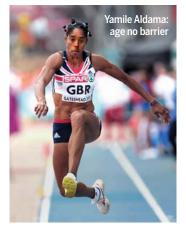
Judd was planning to go to the University of Bath to do biochemistry later this year. "But the way this year is going I think I might defer it," she said.

Women's triple jump

From teenager Jess Judd to a veteran Yamile Aldama, Britain was represented in the women's triple jump by an athlete who was just a couple of months short of her 41st birthday.

Aldama, the 2012 world indoor





champion, finished fourth with 13.90m as Olha Saladuha of Ukraine dominated the contest with a best jump of 14.49m.

Saladuha was always going to be tough to beat as she is the reigning world champion and twice winner of the European, European Cup and Euro Team Championship titles.



Men's 100m

In the men's 100m, Richard Kilty was keen to impress. For one, the 23-year-old is from Middlesbrough and his club is Gateshead Harriers. The Linford Christie-coached athlete was also a late replacement for James Dasaolu in an event that Britain often claims maximum points in.

He enjoyed a snappy start but running into a strong headwind of 4.1m/sec he faded to fourth as the race was won by Jimmy Vicaut of France in 10.28. Kilty's 10.51 was only sixth quickest overall, though, mainly due to the first heat having a more agreeable headwind of 0.5m/sec.

"Technically it wasn't great," said Kilty. "My start and the initial speed of the run was good, but once I got into my running I lost my form a little bit. It's the strongest headwind I've ever run into and it throws you out of your running when you come out of your drive phase and you're upright and you're suddenly get hit by a big wind."

Kilty added: "I beat the guy who won the other heat three weeks ago in Greece by three tenths of a second so it just shows the difference the wind can make."



Vicaut, the European junior and indoor champion and a 10.02 100m man this season, held off Jaisuma Saidy Ndure of Norway for the victory.

Women's discus

France enjoyed further maximum points with Melina Robert-Michon winning the women's discus with 63.75m, with GB's Jade Lally sixth with 58.73m.

Robert-Michon was fifth in the Olympics last year and the 33-



year-old is so experienced that she was fourth at the European Cup in Gateshead in 2000.

Lally, 26, meanwhile, performed solidly and was only a fraction away from her season's best of 58.88m.

Men's shot put

David Storl, the 2011 world champion from Germany, threw 20.47m to beat 2008 and 2012 Olympic champion Tomasz Majewski as Zane Duquemin finished ninth for Britain with 18.50m.

Storl, who is only 22, had an intense battle with the 31-yearold Pole. Duquemin was just over half a metre down on his season's best as he scrapped for vital points.

Women's 3000m

In the old-style European Cup format, the Russian women often romped away with the overall victory and they were again showing their strength in Gateshead.

In the 3000m, for example, Elena Korobkina, the 2009 European junior champion, ran a 63-second final lap to win comfortably in 9:01.45 as Laura Weightman, from nearby club Morpeth Harriers, held on for a fine runner-up spot with 9:03.11.

Only 21, Weightman was one of the GB team's young guns who rose to the challenge. Better known as a 1500m – she reached the Olympic final last year – she had run 8:43 in a mixed race in Manchester earlier this season and selectors made the wise decision to pick a miler for an event that so often ends up being slow and tactical.

"I'm pleased with that," said Weightman. "Second place and 11 points for the team and to be as competitive as I could – it's nice to step up in distance and do something that's not my natural distance or Olympic distance. it was really windy but training in Gateshead quite often I do know how windy it gets here so it wasn't too much of a shock to me."

She added: "The crowd makes a big difference. I saw two girls try to come past me in the last 100m but hearing the crowd really spurred me and no way were they getting past."



ACTION

Women's 400m hurdles

The Euro Cup format of yesteryear, with separate men's and women's competitions, used to see British men battle for Super League glory while the GB women fought to avoid relegation. But on day one of the 2013 Euro Team Championships it was the host nation's female athletes that produced the biggest performances.

First Judd enjoyed a great breakthrough in the first major domestic event since the London Olympics. Then Eilidh Child took her turn to thrill the home crowd as she won the 400m hurdles in style with a Scottish record 54.42.

Demolishing the field, Child took half a second off her PB, which was set earlier this season. Gateshead 2013 aside, it was also a great boost ahead of Glasgow 2014 where she will be one of the Commonwealth Games host nation's biggest medal hopes.

The 26-year-old won silver in Delhi in 2010 and will look to go one better next year on home soil. Coached by hurdles master Malcolm Arnold, she is progressing superbly after an indoor season spent honing her speed in the flat 400m.

"Today was about the performance. I wasn't too worried about the time but I thought I'd have a go at it and I'm over the moon," she said.

"I've felt there's been a really good time in there for a while. There may be more to come this summer," she added. "Hopefully come the World Championships, that's when you'll really see my fastest times."

Men's 1500m

Statisticians always try to predict results, especially in this annual contest, but Euro team competitions always throw up huge surprises and Gateshead 2013 was no different.

When it came to the men's 1500m, the winner – Ilham Tanui Ozbilen – was no big surprise, but the nature of the race was astounding.



The Kenyan-born Turk (he was formerly known as William Biwott Tanui) scorched through the first lap in an incredible 53 seconds, with only Frenchman Simon Denissel brave (or foolish) enough to try to go with him.

Ozbilen hit 800m in 1:51 (inside world mile record pace) and 1200m in 2:49 with a huge lead, but then he began to die.

With a final 400m that was 10 seconds slower than his first lap and a last 300m of only 49 seconds, Ozbilen began to tread water and the chasing pack, led by Britain's Charlie Grice, closed hugely in the final half lap.

Their efforts, however, were too little too late as a relieved Ozbilen grimly hung on to win with 3:38.57 as Grice secured second place with 3:39.76 and Marcel Lewandowski of Poland finished third.

For Grice, only 19, it was a

Iham Ozbilen: nearsuicidal 1500m tactics pleasing performance to earn so many points and also finish close to his 3:38.13 PB in such a strange race. If the race had been 50 yards further he would have won it, too.

Women's 3000m steeplechase

Following the remarkable men's 1500m, the women's 3000m steeplechase was a more straightforward affair with 23year-old Natalia Aristarkhova of Russia winning by more than four seconds in a PB of 9:30.64.

GB's Lennie Waite, a late replacement for Eilish McColgan, finished a solid fifth with 9:56.19 – a season's best time for the Scottish athlete.

Sixth in the Commonwealth Games three years ago, with further improvement she could make a big impact in Glasgow next year.



Women's 400m

As the day began to draw to a close, the meeting drew to an exciting crescendo with Perri Shakes-Drayton notching up the host nation's third victory of the day in the women's 400m.

The GB captain had seen fellow hurdler Child smash her PB by half a second earlier in the day and she also lopped almost half a second off her 400m flat time with 50.50 to win with ease from Kseniya Zadorina of Russia.

Zadorina had run a 50.56 PB a few days earlier and the 26-yearold is the 2012 European outdoor silver medallist, but Shakes-Drayton, the 2013 Euro indoor champion, demolished her. All of which begs the question, is the Briton's best event 400m with hurdles or without?

"I had to set an example as captain," she said. "When I did my team speech I said let your running do your talking and I think I did that. A PB was unexpected in the conditions."





Men's 5000m

Possibly the strongest favourite of the weekend, Mo Farah more than lived up to expectations. With a scintillating last lap of 50.89, Farah left his European rivals trailing in his wake as he scorched to maximum points for the hosts.

Early pace in the 5000m was slow, with most laps in the 69-72-second range, but with Farah controlling the race from the front the athletes began to speed up gradually until Farah heard the bell and then, bang, he took off like a sprinter to blow the opposition away as he clocked 14:10.00 ahead of runner-up Bob Tahri of France.

Experienced observers failed to remember a faster final lap in a 5000m race. Miruts Yifter, Haile Gebrselassie, Kenenisa Bekele, Hicham El Guerrouj ... they all enjoyed a tremendous turn of foot at the end of distance races. But Farah's 50.89 last 400m, albeit in a slow race, is unprecedented.

Was it a pre-race plan that he had arranged with coach Alberto Salazar? "I had a text from him this morning telling me to wait as long as possible before doing anything," said Farah. "I was tripping over people because it was so slow."

Farah's last lap was worth the ticket entry alone on Saturday, although the minor downside was that the team could arguably have used him in the following day's 3000m (see *Dip Finish*, page 82).

Men's long jump

Olympic champion Greg Rutherford was third in the men's long jump with 8.02m as Alexander Menkov of Russia won with 8.36m and Louis Tsatoumas of Greece finished second.

Victory for Menkov was no huge surprise as the Russian has a best of 8.39m from 2013 and the 22-year-old won the European indoor title in March.

"It was very special to compete in front of this British audience," said Rutherford. "It was really enjoyable from that point of view but not a great performance from me. I didn't have an ideal build up as I was in Canada until five or six days ago. I have a slight knee niggle and I'm trying to get into the flow. I just don't feel I'm in the groove of jumping yet as I was last year, but some good performances will come."



Men's high jump

Standing in for late withdrawal Robbie Grabarz, Tom Parsons proved a solid deputy as he finished a fine third for Britain with 2.24m, as Bohdan Bondarenko of Ukraine won with 2.28m on countback from Mickael Hanany of France.

Bondarenko, 23, is the reigning European under-23 champion and was seventh in the Olympic final last year. He is also in form as his 2.33m PB was set this year.

So often dominant in this event, however, the Russian competitor, Aleksey Dmitrik finished only sixth with 2.20m despite being a 2.36m athlete and silver medallist from the 2011 World Championships in Daegu.

It proved even the overall winners would suffer the occasional blip during a weekend of constant ups and downs.

Women's javelin

Christina Obergfoll proved a safe pair of hands for Germany when she won the women's javelin by four metres with 62.64m, with Izzy Jeffs ninth with 50.27m.

The 31-year-old Obergfoll has now won her event at all four Euro Team Championships. She is also twice an Olympic medallist and is unbeaten so far in 2013, during a season that has included Diamond Leagues in Rome, Eugene and New York.

For Jeffs, it was a tough competition as she was standing in for late withdrawal Freya Jones. The 21-year-old's best effort was six metres short of her PB and season's best as she battled for points.

Illustrating how competitive the event was, Maria Abakumova, the 2011 world champion and 71.99m thrower, was only fourth with 57.09m.

Women's 4x100m

Into the sprint relays, the team standings were close, with Russia leading from Germany, then Britain in third ahead of Poland, France and Ukraine. Surely all teams were reminded to play safe and get their baton around and the GB women's team, which failed to qualify for the Olympics last year, did exactly that with a 43.52 time for fifth behind winners Ukraine who clocked 42.62.

It was the fastest time by a GB women's 4x100m team for two years and a pleasing result for a quartet that consisted of leadoff runner Tiffany Porter, Anyika Onuora, Annabelle Lewis and anchor woman Asha Philip.

Men's 4x100m

There was even better to come in the final event as the GB men's 4x100m team produced an emphatic victory. Adam Gemili got the team off to a great start, passing flawlessly to Harry Alkines-Aryeetey and then James Ellington ran a swift final bend before passing to James Dasaolu.

Dasaolu, who had scratched from the 100m a few days earlier, proved a safe anchorman as he brought the quartet home in 38.39 as they beat Germany by three tenths of a second with Poland third and France fourth.

Given Britain's shaky recent record in sprint relays, it was a confidence-boosting finale to the first day.

• Day one standings: 1 Germany 195; 2 Russia 194; 3 Great Britain 181; 4 Poland 166; 5 France 164.5; 6 Ukraine 160.5; 7 Spain 123.5; 8 Italy 123; 9 Turkey 102; 10 Greece 76; 11 Belarus 75.5; 12 Norway 67



4x100m: James Dasaolu, Adam Gemili, Harry Aikines-Aryeetey and James Ellington

ACTION European Athletics Team Championships, Gateshead, June 22-23

Day two Women's hammer

SOPHIE HITCHON got the host nation off to a terrific start on day two of the championships as she smashed her UK hammer record by almost a metre. The Blackburn athlete threw 72.97m in the third round to improve her national best of 71.98m set last year.

The 21-year-old Hitchon got a huge cheer from the crowd but even UK records don't guarantee 12 points in the tough world of the Euro Team Championships and the event was won by world record-holder and Olympic bronze medallist Betty Heidler of Germany with 74.31m in the first round.

"There were some really good girls in that competition and I went into it ranked seventh so I just wanted to go above my ranking," said Hitchon, who has moved since the Olympics from coach Derek Evely to Tore Gustafsson. "To come third was a big achievement."

Hitchon's throw was also an IAAF World Championships A qualifying standard and on the mark she added: "It's been in the back of my mind all season and you try not to think about it and chase it but now I've done it I can relax a bit more. I've still got the European Under-23 Champs which is one of my main aims this year and then I can look at the world champs."



The hammer has

controversially been left out of the Diamond League programme and the event has even been held outside the main stadium when the English Schools Championships have visited Gateshead. So Hitchon not surprisingly said: "It's so nice to be in the stadium and to have a home crowd. We do wish that we were in the Diamond League and got a bit more included with track and field but until then we can do some good performances."



Right as rain: Sergey Shubenkov gives champions Russia more points in the hurdles

Men's 100m hurdles

After torrential rain showers during Sunday morning, further rain was expected and sure enough the heavens opened just before the first track event of the second day, the 110m hurdles.

Sergey Shubenkov, the reigning European, European indoor and European under-23 champion, earned Russia full points with a 13.19 win as he handled the wet conditions. Pushed along by a 2.4m/sec tailwind, Will Sharman finished fifth for Britain with 13.46.

Sharman, whose season's best is 13.44 compared to his PB of 13.30, said: "I'm going to reflect upon it. I'm going to speak to my coach. I made some mistakes in the race, hitting some hurdles but in fact for a one-off race that's really good for me because I'm a guy that does well with rounds. I've got to get myself to a position where my one-off race with mistakes can be a tenth of a second quicker than that."

The 28-year-old added: "I'm really pleased with the whole weekend because I was on towards the end. I've supported the team, who have done exceptionally well. All I can do now is practise, practise, practise and put things in place for Moscow."

Men's pole vault

Due to the weather, a decision was made before the meeting began to hold the men's pole vault under cover at the indoor complex next to the main stadium. It proved sensible and the contest was won by world No.1 Renaud Lavillenie – the Frenchman clearing 5.77m as he comfortably beat Guiseppe Gibilisco of Italy.

Andrew Sutcliffe, replacing the host nation's Steve Lewis, cleared 5.20m for ninth. It was a great experience for the 21-yearold, who is trying to build on the bronze medal he won at the 2010 World Junior Championships, although he was shy of his 5.46m PB and 5.40m season's best.

Men's 800m

Adam Kszczot showed his strength, speed and tactical acumen to negotiate a tricky 12-man line-up to win the men's

"As a competitor, you don't

keep doing what I'm doing and

focusing on myself and putting

my race together and I'm very

confident that when it matters

"The beauty of track and field

is when people run fast it makes

everyone else run fast so l think

it's going to come together.

it's great for the sport," she

being the favourite for her

Did Porter easily manage

event going into Gateshead? "I

don't even look at that. I didn't

"I'm in very good shape. The

key for me is to remain healthy

right there and if that happens

I'm very confident for what's to

because that's half the battle

even know until they told me

afterwards!" she explained.

continued.

shy away from competition,"

she said. "I'm just going to

Women's 100m hurdles

Showers temporarily abated for the women's 100m hurdles, though, and it saw Britain's only individual victory of the second day as Tiffany Porter scorched to a 12.62 victory.

One of the weekend's talking points was Brianna Rollins' American record of 12.26 at the US Championships, but Porter and her Euro rivals showed they can run too as the top four dipped inside 13 seconds, albeit helped by a 2.6m/sec following wind.

After coming fourth in the 2011 World Championships and winning silver at the World Indoors last year, Porter is one of Britain's best medal hopes for the World Championships in Moscow in August. But there she will face Rollins.

800m in 1:47.27. Twice European indoor champion in recent years, the 23-year-old was dominant as Andrew Osagie led the GB charge with a strong finish in third.

Saturday's 1500m winner Ilham Tanui Ozbilen of Turkey led through the bell in 53 seconds – the same pace as the previous day's super-fast metric mile – but Kszczot made his move just before the final bend and held on as Ozbilen and Osagie battled for second, with the Turk narrowly



Tiffany Porter: hurdler was lone GB individual winner on second day of the meeting

getting the verdict.

"All in all it was a solid run but I've loved to have won," said Osagie. "I was forced to take a back step for 10-20m and that's where he got away but that's 800m racing.

"European 800m running is really strong at the moment so to come away with third is not amazing but it's not disappointing."

Osagie feels he is ahead of where he was at this stage in



Adam Kszczot: Pole mastered 800m rivals including Britain's Andrew Osagie (left)

er on second day of the meeting come."

2012, too. "In training I'm quite far ahead. I'm trying to replicate what we did last year but hopefully be in a bit better shape."

He added: "By the end of my career I want to at some point be world No.1. Anyone that's in front me I want to try and beat them regardless of who they are. It might not be this week, it might not be next week but at some point you want to try and beat everyone."

Women's 1500m

Like Kszczot in the men's 800m, Yekaterina Sharmina was similarly in control of a cagey women's metric mile. The Russian, who had finished second to Jessica Judd in the previous day's 800m, ran a 60second final lap to clock 4:08.86 as she held off Isabel Macias of Spain.

British hope Hannah England had been superbly placed around

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the final bend on the shoulder of the leader but her characteristic strong finish was missing in the home straight and she lost two places in the final 30 metres to finish fifth in 4:11.02.

"I felt pretty good warming up," said England. "I don't know if I got a bit nervous and lost a lot of anxious energy through the day. I just felt awful in that last 200m. I was expecting to find another gear when I got there and instead I just had nothing left."

The 2011 world silver medallist added: "With 600m to go I was in an awful position and I had to do a lot of work to get myself in a good position. Perhaps it was too much work and left myself too tired."

Men's triple jump

Aleksey Fyodorov gained maximum points for Russia in the triple jump as he overtook longtime leader Teddy Tamgho in the final round with 16.70m to the Frenchman's 16.62m.

British representative Nathan Douglas, meanwhile, continued his successful return from careerthreatening injury to place a fine third with 16.45m – justifying his selection ahead of the out-ofform Phillips Idowu.

"It was okay in these conditions," said Douglas. "My season's best this year is 16.53m so to come here and go 16.45m is good.



Tarik Akdag: Kenyan-born Turk won wet and windy steeplechase battle

"I'd have liked to have won. Once I saw that Teddy was out there on 16.48m I thought to myself 'I can get this'. After my third round, which was unfortunately a foul, I think I could have done 16.80m today, which is encouraging.

"I know I need to gain confidence. I know I need to gain my rhythm back."

Men's 3000m steeplechase Steeplechasers don't usually mind the rain because they know they're going to get wet anyway, but torrential showers broke out just before the men's race, virtually flooding the all-weather surface.

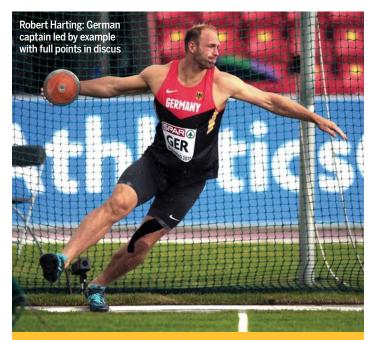
Tarik Langat Akdag, a Kenyan-born Turkish runner who finished second in the European Championships last year and ninth in the Olympics, outsprinted Abdelaziz Merzoughi, an ex-Moroccan running for Spain, to win with 8:36.25. Rob Mullett of Britain, meanwhile, limped home with an injury in 11th with 9:18.75 – a couple of hard-earned points in a championships where dropping out isn't an option.

The 25-year-old, whose best is 8:31.62, landed awkwardly at the second waterjump and jarred his ankle. A sharp pain shot up his body and he struggled for the remaining five laps.

The following day he was forced to hobble through the airport on his way home on crutches.







Men's discus

Such was the relentless nature of the showers, field events on Sunday afternoon were delayed as officials swept the throwing circles for the men's discus and women's shot put and the track around the women's high jump area.

The women's high jump was moved indoors, but the throws eventually got underway and the men's discus was won by Olympic champion Robert Harting of Germany with 64.25m as Britain's Brett Morse finished fifth with 59.45m.

It was a captain's performance from "Der Harting", as he is known. The Olympic and world champion, who until last month had been undefeated for three years in his event, was in confident form as he brushed aside his opposition.

Mario Pestano of Spain was Harting's nearest rival – the 35year-old from Tenerife being

Women's 200m

Mariya Ryemen of Ukraine won the women's 200m in 22.80 (0.7) as Myriam Soumare of France edged out Anyika Onuora for second, the Brit clocking 23.12 in third.

Viktoriya Pyatachenko was originally down to represent Ukraine, but Ryemen was three metres adrift of the German.

Morse was a little below his best, as his season's best was 64.97m and PB 66.06m from 2011. "I'm happy with the position," the Briton said. "I said top five before, although I'd have liked to have come fourth.

"The way I threw it was pretty bad. Technically it was probably the best I've thrown all season, but when you're throwing the discus it's important it spins and goes flat but it didn't, it just fell out of my hand. I think it was mainly because of the conditions.

"We had a big tailwind, which is horrendous for discus. The distances were down. The guy who threw 71m earlier in the year (Piotr Malachowski of Poland) has thrown 59m today, the Olympic champion (Harting) is also five metres down on his average for this year."

easily good enough to claim maximum points as she beat a Frenchwoman who won the 2010 European 200m title.

"Obviously I wanted to run a little bit quicker but I was pleased with how I ran," said Onuora. "The season's going fantastically well. I've had a couple of good runs so far."



Men's 200m

The men's 200m also saw a favourite prevail as Christophe Lemaitre of France clocked 20.27 (+2.4) to beat Jaysuma Saidy Ndure of Norway by two tenths of a second with Danny Talbot a pleasing third for Britain with 20.67.

Talbot, the 2012 European bronze medallist, said he was satisfied. "Yes, definitely, if I can stay 0.4 behind Lemaitre, his PB is 19.8 and I think he's proved there in the rain that he's in that sort of shape again so if I can stay that close to him throughout the whole race then hopefully I'll run some fast times."

Bouncing back from hamstring problems in 2012, Talbot added: "I've stayed healthy throughout this year and I have to thank my coach Dan Cossins for that and all the medical team at Bath."

Women's 5000m

Next came the women's 5000m and one of the most exciting and successful events of the weekend for the host nation. Olga Golovkina, the European champion from Russia, strode away in the final couple of laps to win in 15:32.45, but Emelia Gorecka won a huge scrap for second to gain vital points for GB.

Always well placed in a relatively slow race, Gorecka found herself leading Sabrina Mockenhaupt and Sophie Duarte into the final Iap. Duarte, the French 3000m steeplechase record-holder, snapped down the backstraight and fell away, but then Mockenhaupt, a sub-15-minute runner and winner of 29 German titles over the years, overtook Gorecka with 250m to go and it looked as if the 32-yearold would gain a vital point.



ACTION

But showing all of her famous cross-country courage, Gorecka battled back ahead of Mockenhaupt at the 200m mark and held on to second as the Gateshead crowd roared her home.

"I came into the season as a junior and didn't expect to be in senior competition so it was a step up for me and I just wanted to respond to it well and show that I have got senior potential," said Gorecka.

"I forgot about the points for a second and was just racing for my life and wanting to get away from everyone. I knew going into it that the German and Russian were the ones to watch speedwise let alone points-wise.

"I was inspired by the youngsters on the team. There're a lot of juniors on the team and we're all responding really well to the conditions and going out there being quite fearless."

Women's long jump

Shara Proctor performed solidly to give GB good points in third. After fouling her first two efforts, she had to play safe, but she jumped a vital 6.43m to progress to the fourth round and it was a mark only beaten by runnerup Daria Klishina of Russia and Eloyse Lesueur of France, who jumped 6.44m.

Lesueur is the reigning European champion and has a best of 6.91m from 2011, while Klishina is a 7.05m jumper and Euro under-23 champion but she





Men's 3000m

The infamous rollercoaster nature of the European Team Championships took another twist in the next track event, though, when GB's David Bishop faced a frustrating wall of runners in the home straight and could only finish seventh in a race won by Bob Tahri, the Frenchman who had finished

missed the Olympics with injury.

Proctor said: "It wasn't the best day. I'm not satisfied as I didn't come away with the win. But it's still early in the season, I still have a long way to go. Conditions were terrible. The standard was way below-par but we all came out and competed."

Women's 4x400m

Christine Ohuruogu anchored the GB women's quartet to a superb victory in the women's 4x400m. Always ahead, always in control, Eilidh Child got the team off to a great start, with Shana Cox holding the lead, Meghan Beesley hanging on to pole position as she came under fire from her rivals, and then the 2008 Olympic champion cruised to maximum points as the hosts clocked 3:28.60 to beat Russia and France with Germany in sixth. runner-up to Mo Farah in the previous day's 5000m.

In a slow race, there was a blanket finish with Tahri, whose best is 7:33 from 2009, clocking 8:05.31 and just over a second covering the top 10.

"I thought I executed my race pretty well," said Bishop, the UK indoor champion and a 3:37 1500m man. "I was in the right

Child, the individual 400m hurdles winner, clocked 51.7 followed by Cox's 52.5. Beesley then ran 53.35 before seeing Ohuruogu cruise to a relaxedspots at the right times and I wasn't hanging on in lane three for the slow parts. When it came to the kick finish I was feeling good. With a lap to go I was thinking 'I can win this', but 200m to go my legs tightened up. I'm not really sure why. Maybe I worked a bit too hard in the week or not hard enough, little things can make a difference."

looking 50.96. Not usually at her best in relays, Ohuruogu looked confident and ran a perfectly judged race.

"I'm really proud of the girls,"



4x400m (I-r): Christine Ohuruogu, Eilidh Child, Meghan Beesley and Shana Cox

said Ohuruogu. "They always make my job a bit easier. It's good to know they're all going to do their job and put the team in a good position. It was a solid run."

Child added: "It shows the strength in depth that we've got that we can afford to leave Perri, who won the individual, out of it. We brought in Meghan, who did an equally good job and there were still three other girls we could have brought in as well, so there's strength in depth and you're fighting for your place in the squad."

Men's 4x400m

Not to be out-done, the GB men's relay team stormed to victory as well. With Germany and Russia scrapping behind for minor positions but overall Euro Team Championship glory, Michael Bingham, Conrad Williams, Rhys Williams and Richard Buck were always in the lead and Buck held his form in style and punched the air as he crossed the line in 3:05.37 from Russia, Poland and Germany.

Bingham clocked 46.8 on the first leg, with Conrad and Rhys Williams running 46.0 and 46.2 respectively before Buck brought the team home with 46.08.

Behind, Vlad Krasnov clocked a 45.72 split to bring Russia through to runner-up spot. Earlier in the weekend he had beaten Levine in the 400m individual race.



Men's javelin

Dmitry Tarabin of Russia beat Thomas Rohler of Germany in the men's javelin as the top two nations in the competition began to draw away.

Tarabin, a former Moldovan athlete and 2010 world junior bronze medallist, threw 85.99m for first place in an event that was so competitive Andrea Thorkildsen, the 2004 and 2008 Olympic champion from Norway,



could only place fourth.

British thrower Lee Doran, meanwhile, was eighth with 73.77m – a couple of metres off his best but in awkward conditions.

Women's shot put

Like the men's javelin, the women's shot was also delayed – and dominated by Germany's Christina Schwanitz as she threw 19.30 with Britain's Sophie McKinna seventh with 16.37m.

One of the strongest favourites of the weekend, Schwanitz is unbeaten in 2013 and was the only woman in the field to have not only thrown over 19 metres this season but also over 20 metres as her top 2013 mark is 20.20m. The 27-year-old also trains with men's winner David Storl.

It was great experience for McKinna, however, as she is only 18 and broke Myrtle Augee's 29-year-old UK junior record last month with 17.12m.

The Geoff Capes-coached thrower said: "I had to make



Christina Schwanitz: German favourite for women's shot lived up to her billing

the most of my first senior international and I feel I did that. I didn't get close to my PB but with the conditions I wasn't really expecting to throw amazing as when the shot gets wet it's difficult.

"I'm pleased with the points I came away with as I finished where I was expected to finish.

With the European Juniors in mind, having this experience was absolutely phenomenal and I'm going to use this in the future."

Women's high jump

Finally, the women's high jump – which was delayed from a 3:24pm start to around 4.30pm due to the rain and moved indoors – was concluded at well gone 6pm and won by 20year-old Russian prodigy Maria Kuchina with a height of 1.98m as Germany's Marie-Laurence Jungfleisch finished fifth and Britain's Isobel Pooley ninth with 1.85m.

Fittingly, this final result mirrored the overall result, too, with Russia taking overall honours.

O Final standings: 1 Russia 354.5; 2 Germany 347.5; **3 Great Britain 338**; 4 France 310.5; 5 Poland 305.5; 6 Ukraine 291.5; 7 Italy 260.5; 8 Spain 251; 9 Turkey 197.5; 10 Belarus 155.5; 11 Greece 152; 12 Norway 137

Cautious steps for Douglas

FTER pulling on a British vest for the first time in nearly three years on Sunday, Nathan Douglas insisted he is more hungry than ever for success in the light of a long period out through injury.

It was just over two years ago that the triple jumper's career was put in the balance by a freak accident. He was doing bounding exercises on to a box at a training camp in Italy when his foot went through it and he ended up tearing ankle ligaments.

Against the odds he worked his way back to fitness and had ambitions of competing at his third Olympics, but on his return to competition in Hengelo last May he slipped on the take-off board.

He was unable to regain fitness in time for the Olympic trials and had to make do with being at London 2012 as a spectator rather than a competitor.

However, the 2006 European silver medallist admitted he nearly decided against watching the final, which was eventually won by American Christian Taylor. He said: "My first thought process was, 'I'm going to bury my head in the sand. But the Olympic Games is a special event. It's in my home country. I kind of have to, as painful as it's going to be.'

"I had tickets for the triple jump final so I went and watched it, which was very hard. I tried to enjoy the atmosphere the best I could. I couldn't help but feel I wish I was down there, especially when I heard 80,000 people roaring in the stadium."

The 30-year-old did, though, get to enjoy a special moment of his own as he competed for Britain at the European Team Championships in Gateshead last weekend. It was his first appearance for his country since the 2010 European Championships. GATESHEAD WAS ANOTHER SIGNIFICANT JUNCTION ON THE LONG ROAD BACK FOR NATHAN DOUGLAS, WRITES **PAUL HALFORD**



Douglas, who is Britain's No.3 in history with his 17.63 from 2005, said: "It was great. I was really surprised with how the crowd reacted. I just can't wait to be back in a GB vest again."

A regular close rival of Phillips Idowu in the mid-2000s, he seemed to poise to get better, but injuries took hold.

But now following his two years almost completely on the sidelines, he said: "The amount of hunger I've got is ridiculous. I don't think my hunger could be any higher, just because of the past few years. I mainly want to enjoy myself. I keep telling myself when you come out here, enjoy every moment, no matter what the conditions, no matter how far you're jumping, enjoy it. That was my main aim today – I loved every single moment of it."

He is still more than a metre below his best, although his 16.45m into a 1.0m/sec wind in Gateshead shows he may be be in shape to go close to 17 metres.

Idowu, the 2009 world champion, has been known to miss competitions in wet conditions. However, Douglas, although admitting to being cautious on the runway Sunday, said: "This is great because you never know when you might be at a champs and you're going to be in this kind of weather so it's good preparation for it."

He said he is still feeling his way back into competition and believe he has a chance of regaining his peak shape in 2013. "Right now I feel like I'm at at the start of my competitive rehab," said the Oxford City athlete. "Every competition I'm going to gain confidence and get used to the intensity. My body hasn't really competed at this level since the Commonwealth Games in 2010. Anyone who's been out for one year let alone this being a third season is going to find it hard. I've just got to be really patient with it."

However, he knows just making it to his third World Championships will be tough. Having competed globally outdoors for Britain in the past, he needs an at least 'A' standard to be considered, according to UKA's controversial selection criteria.

The 17.20m standard has been surpassed by only six athletes so far this season and Douglas said of the mark: "I understand why they're doing it and obviously if I was jumping well it wouldn't be an issue as I would go over 17.20m easily, but it's a bit too high in my opinion. But hey, that's what the standard is and you've just got to go for it."

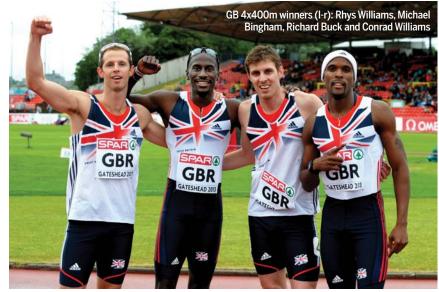
"I had tickets for the triple jump final so I went and watched it, which was very hard. I tried to enjoy the atmosphere the best I could. I couldn't help but feel I wish I was down there, especially when I heard 80,000 people roaring in the stadium"

NATHAN DOUGLAS on the London Olympics triple jump

RESULTS

MATCH: 1 Russia 354.5; 2 Germany 347.5; 3 GBR 338; 4 France 310.5; 5 Poland 305.5; 6 Ukraine 291.5; 7 Italy 260.5; 8 Spain 251; 9 Turkey 197.5; 10 Belarus 155.5; 11 Greece 152; 12Norway 137

Men: 100: r1 (-0.5): 1 K Krynski (POL) 10.40; 2 A Brednev (RUS) 10.41; 3 I Safer (TUR) 10.52; 4 E Viles (ESP) 10.57; 5 E Steryioúlis (GRE) 10.59; 6 P Kanstantsiuk (BLR) 10.86. **r2 (-4.1)**: 1 J Vicaut (FRA) 10.28; 2 J Saidy Ndure (NOR) 10.37; 3 M Keller (GER) 10.46; 4 R Kilty (GBR) 10.51; 5 M Tumi (ITA) 10.51; 6 I Bodrov (UKR) 10.63. 200: **r1 (1.7):** 1 S Smelyk (UKR) 20.62; 2 L Tsakonas (GRE) 20.79; 3 A Linnik (BLR) 21.05; 4 A Khutte (RUS) 21.10; 5 A Ay (TUR) 21.84; - K Zalewski (POL) DQ. r2 (2.4): 1 C Lemaitre (FRA) 20.27; 2 J Saidy Ndure (NOR) 20.47; 3 D Talbot (GBR) 20.67; 4 D Manenti (ITA) 20.78; 5 S Ruiz (ESP) 20.79; 6 J Reus (GER) 20.97. 400: r1: 1 M Galvan (ITA) 46.53: 2 Y Can (TUR) 46.70; 3 P Kiriakídis (GRE) 46.73; 4 Y Hutsol (UKR) 46.89; 5 A Roth (NOR) 47.46; - M Lipauka (BLR) DQ. r2: 1 V Krasnov (RUS) 45.69; 2 N Levine (GBR) 45.88; 3 D Gollnow (GER) 45.90; 4 K Kozlowski (POL) 46.52; 5 S García (ESP) 46.89; 6 M Macedot (FRA) 47.13. 800: 1 A Kszczot (POL) 1:47.27; 2 l Özbilen (TUR) 1:47.39; 3 Å Osagie (GBR) 1:47.41; 4 P Bosse (FRA) 1:47.56; 5 G Benedetti (ITA) 1:48.09; 6 A Lange (GER) 1:48.40; 7 A Ananenka (BLR) 1:48.42; 8 K Lopez (ESP) 1:48.71; 9 V Tyumentsev (UKR) 1:48.96; 10 T Roth (NOR) 1:49.43; 11 K Nakopoulos (GRE) 1:49.94; 12 | Nesterov (RUS) 1:50.27. 1500: 1 I Özbilen (TUR) 3:38.57; 2 C Grice (GBR) 3:39.76; 3 M Lewandowski (POL) 3:39.82; 4 C Schlangen (GER) 3:39.95; 5 A Mechaal (ESP) 3:40.58; 6 E Nikolaev (RUS) 3:41.80; 7 O Borysyuk (UKR) 3:42.41; 8 A Dimitrakis (GRE) 3:43.23; 9 S Denissel (FRA) 3:43.68 10 M Crespi (ITA) 3:43.92; 11 V Ølstad (NOR) 3:44.08; 12 M Yuschanka (BLR) 3:44.32. 3000: 1 B Tahri (FRA) 8:05.31: 2 H Akkas (TUR) 8:05.50: 3 V Smirnov (RUS) 8:05.77; 4 O Borysyuk (UKR) 8:05.88; 5 R Ringer (GER) 8:05.89; 6 K Zebrowski (POL) 8:06.13; 7 D Bishop (GBR 8:06.18; 8 A Casado (ESP) 8:06.19; 9 D Meucci (ITA) 8:06.46; 10 S Platonau (BLR) 8:06.50; 11 H Fløystad (NOR) 8:16.43; 12 K Gelaouzos (GRE) 8:24.79. 5000: 1 M Farah (GBR) 14:10.00; 2 B Tahri (FRA) 14:12.91; 3 K Koyuncu (TUR) 14:14.18; 4 M Labovskyy (UKR) 14:14.50; 5 L Parszczynski (POL) 14:14.68; 6 A Gabius (GER) 14:14.91: 7 S La Rosa (ITA) 14:15.51; 8 A Bezabeh (ESP) 14:17.72; 9 E Rybakov (RUS) 14:19.72; 10 S Platonau (BLR) 14:25.82; 11 A Persen (NOR) 14:30.28; 12 D Magginas (GRE) 15:34.74. 110H: r1 (1.3): 1 E Abate (ITA) 13.49; 2 M Lynsha (BLR) 13.76: 3 J Ouiñónez (ESP) 13.88: 4 V Vukicevic (NOR) 14.05; 5 S Kopanayko (UKR) 14.05; 6 M Günes (TUR) 14.63. r2 (2.4): 1 S Shubenkov (RUS) 13.19; 2 P Martinotlagarde (FRA) 13.28; 3 A Noga (POL) 13.33; 4 K Douvalídis (GRE) 13.45: 5 W Sharman (GBR) 13.46: 6 E Balnuweit (GER) 13.58. 400H: r1: 1 Ø Kjerpeset (NOR) 49.98; 2 M Pietrzak (POL) 50.84; 3 P lakovákis (GRE) 51.11; 4 D Nechyporenko (UKR) 51.26; 5 M Yakaulev (BLR) 51.77; 6 E Ünsal (TUR) 53.25. r2: 1 S Schirrmeister (GER) 49.15; 2 D Greene (Swan) 49.39; 3 M François (FRA) 49.79; 4 L Capotosti (ITA) 50.30; 5 D Cabello (ESP) 50.87; 6 | Shablyuev (RUS) 50.93. 3000SC: 1 T Akdag (TUR) 8:36.25; 2 A Merzoughi



(ESP) 8:37.22: 3 Y Kowal (FRA) 8:38.76: 4 N Chavkin (RUS) 8:44.54; 5 S Uliczka (GER) 8:45.94; 6 V Slobodenyuk (UKR) 8:47.63; 7 Y Floriani (ITA) 8:50.63; 8 K Zalewski (POL) 8:51.50; 9 l Slavenski (BLR) 8:55.20; 10 H Karbo (NOR) 9:01.74; 11 R Mullett (GBR) 9:18.75; 12 I Kassos (GRE) 9:53.67. 4x100: r1: 1 ITA 39.05; 2 ESP 39.28; 3 TUR 40.36; 4 GRE 40.39; - BLR DQ; - NOR DQ. r2: 1 GBR 38.39; 2 GER 38.69; 3 POL 38.71; 4 FRA 38.84; 5 UKR 39.11; 6 RUS 39.26. 4x400: r1: 1 ITA 3:07.49; 2 ESP 3:07.54: 3 GRE 3:10.46: 4 TUR 3:13.10: 5 NOR 3:13.36; 6 BLR 3:14.95. r2: 1 GBR 3:05.37; 2 RUS 3:06.09; 3 POL 3:06.18; 4 GER 3:06.53; 5 FRA 3:07.18; 6 UKR 3:10.10. HJ: 1 B Bondarenko (UKR) 2.28; 2 M Hanany (FRA) 2.28; 3 T Parsons (GBR) 2.24; 4 S Chesani (ITA) 2.24; 5 M Günther (GER) 2.20; 6 A Dmitrik (RUS) 2.20; 7 S Kiecana (POL) 2.15; 8 A Mástoras (GRE) 2.15; 9 A Churyla (BLR) 2.15; 9 M Sancho (ESP) 2.15; 11 K Nilsen (NOR) 2.10; 12 S Birinci (TUR) 2.10. PV: 1 R Lavillenie (FRA) 5.77; 2 G Gibilisco (ITA) 5.60; 3 B Otto (GER, M35) 5.50; 4 R Sobera (POL) 5.50; 5 I Yeryomin (UKR) 5.50; 6 K Filippídis (GRE) 5.40; 7 l Bychkov (ESP) 5.20; 7 A Gripich (RUS) 5.20; 9 A Sutcliffe (GBR) 5.20; 10 E Dolve (NOR) 5.20; - S Tsivonchyk (BLR) NM. LJ: 1 A Menkov (RUS) 8.36/0.9; 2 L Tsátoumas (GRE) 8.12/0.8; 3 G Rutherford (Mil K) 8.02/2.6; - G Rutherford (GBR) 7.98/1.2; 4 C Reif (GER) 7.94/1.2; 5 J Okutu (ESP) 7.88/1.0; 6 T Neledva (UKR) 7.80/2.6; 7 S Sdiri (FRA) 7.55/1.5; 8 T Jaszczuk (POL) 7.53/0.1; 9 J Mögenburg (NOR) 7.50/2.4; 10 C Kaborè (ITA) 7.39/4.2; 11 A Kulaksiz (TUR) 7.29/2.7; 12 V Maliankou (BLR) 7.18/1.0. TJ: 1 A Fyodorov (RUS) 16.70/ 1.3; 2 T Tamgho (FRA) 16.62/-2.0; 3 N Douglas (GBR) 16.45/-1.0; 4 D Tsiámis (GRE) 16.30/0.8; 5 V Kuznyetsov (UKR) 16.25/-0.6; 6 F Schembri (ITA) 16.24/-0.8; 7 K Hoffmann (POL) 16.08/0.1; 8 V Docavo (ESP) 15.82/ 2.8; 9 A Tsapik (BLR) 15.66/0.6; 10 A Karaca (TUR) 15.51/-2.9; 11 M Ziegler (GER) 15.46/-1.5; 12 S Almsengen (NOR) 15.21/-1.8. SP: 1 D Storl (GER) 20.47; 2 T Majewski (POL) 20.29; 3 A Lesnoi (RUS) 20.27; 4 B Vivas (ESP) 19.53; 5 H Atici (TUR) 19.33; 6 P Lyzhyn (BLR) 19.02; 7 M Stamatóyiannis (GRE) 18.80; 8 T Dauphin (FRA) 18.62; 9 Z Duquemin (GBR) 18.50; 10 V Samolyuk

(UKR) 18.07: 11 M Dodoni (ITA) 16.73: 12 S Andersen (NOR) 16.05. DT: 1 R Harting (GER) 64.25; 2 M Pestano (ESP) 61.34; 3 E Olgundeniz (TUR) 61.32; 4 P Malachowski (POL) 59.68; 5 B Morse (GBR) 59.45; 6 F Amundgård (NOR) 58.05: 7 G Faloci (ITA) 58.02: 8 P Lyzhyn (BLR) 56.24; 9 M Nesterenko (UKR) 55.34; 10 Y Trémos (GRE) 53.51; 11 V Butenko (RUS) 51.96; 12 L Djouhan (FRA) 50.17. HT: 1 P Fajdek (POL) 77.00; 2 M Esser (GER) 76.32; 3 E Apak (TUR) 76.29; 4 Q Bigot (FRA) 75.22; 5 S Litvinov (RUS) 74.17; 6 Y Shayunou (BLR) 73.95; 7 N Vizzoni (ITA) 71.29; 8 E Henriksen (NOR) 71.24; 9 J Cienfuegos (ESP) 70.65; 10 Y Vynohradov (UKR) 70.47; 11 M Dry (GBR) 68.30; 12 M Anastasakis (GRE) 62.60. JT: 1 D Tarabin (RUS) 85.99; 2 T Röhler (GER) 83.31; 3 R Avramenko (UKR) 81.74: 4 A Thorkildsen (NOR) 80.48; 5 L Grzeszczuk (POL) 78.35; 6 U Kazlou (BLR) 77.44; 7 S Lebésis (GRE) 75.48; 8 L Doran (GBR) 73.77; 9 J Sánchez (ESP) 71.32; 10 F Avan (TUR) 71.12; 11 N Bonvecchio (ITA) 70.16; 12 K Durechou (FRA) 67.30

Women: 100: r1 (-4.6): 1 M Soumaré (FRA) 11.66; 2 M Popowicz (POL) 11.83; 3 N Karakus (TUR) 11.94; 4 E García (ESP) 11.95; 5 I Draisci (ITA) 12.08; 6 Y Koklóni (GRE) 12.22. r2 (-4.3): 1 0 Povh (UKR) 11.51; 2 T Lofamakanda Pinto (GER) 11.72; 3 Y Kuzina (RUS) 11.73; 4 A Philip (GBR) 11.78; 5 E Okparaebo (NOR) 11.88; 6 K Hanchar (BLR) 11.89. 200: r1 (1.7): 1 E García (ESP) 23.58; 2 I Weit (GER) 23.62; 3 N Karakus (TUR) 23.88; 4 K Hanchar (BLR) 24.10; 5 F Akinyemi (NOR) 24.27; - G Keramidá (GRE) DQ. r2 (0.7): 1 M Ryemyen (UKR) 22.80; 2 M Soumaré (FRA) 23.05; 3 A Onuora (GBR) 23.12; 4 L Grenot (ITA) 23.29; 5 M Popowicz (POL) 23.58; 6 Y Katsura (RUS) 23.87. 400: r1: 1 J Swiety (POL) 52.79; 2 E Cremer (GER) 52.95; 3 I Usovich (BLR) 53.20; 4 L Kloster (NOR) 53.33; 5 B Engin (TUR) 54.07; 6 A Dervéni (GRE) 56.32. r2: 1 P Shakes-Drayton (VP&TH) 50.50; 2 K Zadorina (RUS) 51.07; 3 M Gayot (FRA) 51.54; 4 L Grenot (ITA) 51.84; 5 A Bokesa (ESP) 52.50; 6 O Zemlyak (UKR) 52.59. **800:** 1 J Judd (GBR, U20) 2:00.82; 2 E Sharmina (RUS) 2:00.86; 3 0 Lyakhova (UKR) 2:02.30; 4 M Arzamasova (BLR) 2:02.45; 5 A Cichocka (POL) 2:04.00; 6 C Moh

(FRA) 2:04.17: 7 M Milani (ITA) 2:04.19: 8 A Horna (GER) 2:04.92; 9 T Mjaaland (NOR) 2:06.27; 10 T Karakaya-koyuncu (TUR) 2:06.53; 11 M Kládou (GRE) 2:07.04; 12 K Rahmouni (ESP) 2:07.65. 1500: 1 E Sharmina (RUS) 4:08.86; 2 I Macías (ESP) 4:09.95; 3 R Plis (POL) 4:10.73; 4 M Magnani (ITA) 4:11.01; 5 H England (GBR) 4:11.02; 6 O Zhushman (UKR) 4:11.77; 7 E Sujew (GER) 4:13.27; 8 T Karakaya-koyuncu (TUR) 4:14.95; 9 N Kareiva (BLR) 4:15.43; 10 L Picoche (FRA) 4:18.09; 11 S Pitoúli (GRE) 4:20.29; 12 I Løvnes (NOR) 4:25.87. 3000: 1 E Korobkina (RUS) 9:01.45; 2 L Weightman (GBR) 9:03.11; 3 | Fuentes pila (ESP) 9:03.20; 4 C Harrer (GER) 9:03.55; 5 R Plis (POL) 9:04.46; 6 S Weissteiner (ITA) 9:05.58; 7 C Bardelle (FRA) 9:09.36; 8 E Aydemir (TUR) 9:11.28; 9 Y Yanosh (UKR) 9:25.44; 10 A Karakatsáni (GRE) 9:34.03: 11 N Staravoitava (BLR) 9:37.34; 12 V Blom (NOR) 9:40.97. 5000: 1 O Golovkina (RUS) 15:32.45; 2 E Gorecka (GBR, U20) 15:40.52; 3 S Mockenhaupt (GER) 15:40.94; 4 J Pla (ESP, W35) 15:41.70; 5 E Romagnolo (ITA) 15:43.11; 6 S Duarte (FRA) 15:46.01; 7 D Nowakowska (POL) 15:47.81; 8 K Grøvdal (NOR) 15:48.21; 9 E Aydemir (TUR) 15:50.05 10 V Pohoryelska (UKR) 15:53.21; 11 0 Reboúli (GRE) 16:26.66; 12 | Ananenka (BLR) 16:28.73. 100H: r1 (1.9): 1 N Hildebrand (GER) 13.11; 2 | Pedersen (NOR) 13 23: 3 C lerez (ESP) 13 24: 4 O Petsoúdi (GRE) 13.39; 5 K Koleczek (POL) 14.04; 6 S Apak (TUR) 14.31. r2 (2.6): 1 T Porter (GBR) 12.62; 2 T Dektyareva (RUS) 12.88; 3 H Platitsyna (UKR) 12.91; 4 A Decaux (FRA) 12.94; 5 V Borsi (ITA) 13.01; 6 A Talay (BLR) 13.02. 400H: r1: 1 P Anacharsis (FRA) 57.43; 2 J Linkiewicz (POL) 57.73; 3 L Sotomayor (ESP) 58.06; 4 S Tomb (NOR) 58.55; 5 H Hantzí-neag (GRE) 59.76; 6 M Boika (BLR) 60.02. r2:1 E Child (GBR) 54.42; 2 H Yaroshchuk (UKR) 55.27; 3 V Rudakova (RUS) 56.20; 4 J Rockwell (ITA) 56.32; 5 E Yildirim (TUR) 57.07; 6 C Klopsch (GER) 58.00. 3000SC: 1 N Aristarkhova (RUS) 9:30.64; 2 V Zhudina (UKR) 9:34.90; 3 A Möldner-schmidt (GER) 9:35.67; 4 D Martín (ESP) 9:44.90; 5 L Waite (GBR) 9:56.19; 6 T Özata-erismis (TUR) 9:59.34; 7 S Kudzelich (BLR) 9:59.60; 8 C Perraux (FRA) 10:03.29; 9 A Koíni (GRE) 10:03.75; 10 T Samiri (ITA) 10:09.19; 11 K Kowalska (POL)

10:11.26; 12 K Helle (NOR) 10:54.36 4x100: r1: 1 ITA 44.35; 2 BLR 44.38; 3 ESP 45.06; 4 TUR 45.07; 5 GRE 45.17; 6 NOR 45.20. r2: 1 UKR 42.62: 2 GER 43.15; 3 RUS 43.23; 4 FRA 43.52; 5 GBR 43.52; 6 POL 43.85. 4x400: r1: 1 BLR 3:34.14; 2 ITA 3:35.26; 3 TUR 3:36.89; 4 ESP 3:39.45; - GRE DQ; - NOR DQ. r2: 1 GBR 3:28.60; 2 RUS 3:29.46; 3 FRA 3:29.55: 4 UKR 3:30.36: 5 POL 3:31.35: 6 GER 3:31.83. HJ: 1 M Kuchina (RUS) 1.98; 2 K Stepaniuk (POL) 1.92; 2 A Trost (ITA) 1.92; 4 R Beitia (ESP) 1.89; 5 B Ayhan-yüksel (TUR) 1.85; 5 M Jungfleisch (GER) 1.85; 7 A Steryíou (GRE) 1.85; 8 T Angelsen (NOR) 1.85; 9 Pooley (GBR) 1.85; 10 M Nestsiarchuk (BLR) 1.85: 11 M Melfort (FRA) 1.85: 12 I Kovalenko (UKR) 1.80. PV: 1 S Spiegelburg (GER) 4.60; 2 A Sidorova (RUS) 4.55; 3 A Rogowska (POL) 4.40; 4 N Agirre (ESP) 4.35; 4 M Lotout (FRA) 4.35; 6 S Malavisi (ITA) 4.25; 7 K Kozlova (UKR) 4.15; 8 E Firtina (TUR) 4.00: 9 K Haarklau (NOR) 3.80: - H Bleasdale (GBR) NM; - I Yakaltsevich (BLR) NM; - N Kiriakopoúlou (GRE) DNS. LJ: 1 É Lesueur (FRA) 6.44/0.1; 2 D Klishina (RUS) 6.43/-0.6; 3 S Proctor (GBR) 6.43/-0.3; 4 E Galéni (GRE) 6.28/-0.2; 5 S Moguenara (GER) 6.28/0.4: 6 D Derkach (ITA) 6.21/-0.3: 7 T Dobija (POL) 6.20/-0.6; 8 M Jover (ESP) 6.14/-0.5; 9 | Pedersen (NOR) 6.08/-0.1; 10 M Bekh (UKR) 6.04/-0.2; 11 S Sinmezserbest (TUR) 5.94/0.2; 12 N Viatkina (BLR) 5.87/-0.1. TJ: 1 0 Saladuha (LIKR) 14 49/0 9: 2 F Koneva (RUS) 14.10/2.6; 3 S La Mantia (ITA) 13.99/2.5; 4 Y Aldama (GBR, W40) 13.90/1.7; 5 J Elbe (GER) 13.85/1.5; 6 P Papahrístou (GRE) 13.69/2.7; 7 A Jagaciak (POL) 13.68/0.2; 8 N Viatkina (BLR) 13.60/1.1; 9 M Teresa (FRA) 13.51/1.6; 10 P Sarrapio (ESP) 13.35/-1.1; 11 S Sinmez Serbest (TUR) 12.78/-0.2; 12 C Okparaebo (NOR) 11.99/1.1. SP: 1 C Schwanitz (GER) 19.30; 2 H Obleshchuk (UKR) 18.05; 3 E Dereli (TUR) 17.50; 4 C Rosa (ITA) 17.18; 5 Ú Ruiz (ESP) 16.78; 6 Y Leantsiuk (BLR) 16.74; 7 S McKinna (GBR, U20) 16.37; 8 J Cérival (FRA) 16.25; 9 N Troneva (RUS) 16.25; 10 A Dudzinska (POL) 16.19; 11 E Sofáni (GRE) 14.82; 12 K Sundsteigen (NOR) 14.63. **DT:** 1 M Robert-michon (FRA) 63.75; 2 J Fischer (GER) 62.67; 3 Z Glanc (POL) 61.70; 4 N Semenova (UKR) 59.99; 5 V Ganeeva (RUS) 59.60; 6 J Lally (GBR) 58.73; 7 A Kashtanava (BLR) 56.40; 8 S Asenjo (ESP) 54.44; 9 V Aniballi (ITA) 54.09; 10 H Anagnostopoúlou (GRE) 53.00; 11 G Etholm (NOR) 50.29; 12 E Dereli (TUR) 37.72. HT: 1 B Heidler (GER) 74.31; 2 A Wlodarczyk (POL) 74.14; 3 S Hitchon (GBR) 72.97 (UK record); 4 A Miankova (BLR) 72.11; 5 I Novozhylova (UKR) 67.10; 6 B Castells (ESP) 66.21; 7 S Salis (ITA) 64.76; 8 G Khanafeeva (RUS) 63.67; 9 | Korosídou (GRE) 61.41; 10 T Raad (NOR) 61.21; 11 B Sakir (TUR) 20.85; - S Falzon (FRA) NM. JT: 1 C Obergföll (GER) 62.64; 2 M Chilla (ESP) 58.55; 3 V Rebryk (UKR) 57.92; 4 M Abakumova (RUS) 57.09; 5 B Madejczyk (POL) 55.23; 6 T Khaladovich (BLR) 53.77; 7 S Líka (GRE) 53.53; 8 S Bissoly (FRA) 51.73; 9 Jeffs (GBR) 50.27; 10 T Dahle (NOR) 50.07; 11 B Śakir (TUR) 48.81; 12 S Jemai (ITA) 48.58 ns events: Men: 100 (0.6): 1 C Lemaitre (FRA) 10.07; 2 D Chambers (GBR, M35) 10.17; 3 H Aikines-Aryeetey (GBR) 10.26; 4 Cerutti (ITA) 10.30; 5 J Fearon (GBR) 10.31. 4x100: 1 GBR

39.27

ACTION

Luke's a Cutts above rest

POLE VAULTER LUKE CUTTS TOOK THE NORTHERN TITLE WITH 5.50M

Report: Emily Moss Pictures: Harry Shakeshaft

RICKY conditions, which included a strong blustery wind, were the order of the weekend at the Northern Senior and under-20 Championships at Sportscity. However, the weather did little to dampen spirits or hamper performances, with many athletes overcoming the conditions to produce personal best performances.

If there was a prize for the performance of the weekend, pole vaulter Luke Cutts would arguably be a contender. The 25-year-old enjoyed his highest clearance outdoors since 2009 when taking the senior men's title with 5.50m. This height puts the former European under-23 silver medallist second in the 2013 UK rankings and marked a welcome return to form. "I was pleased with the height, but I know I would have cleared higher in better conditions," said Cutts.

In the under-20 competition, recently crowned England Athletics under-20 champion





Harry Coppell continued his good form as he builds towards the World Youth Championships next month, with a 5.01m clearance ahead of Cutts' Dearnside teammates Adam Hague (4.90m) and Nicholas Cole (4.80m).

Another field eventer to shine was Greg Beard in the senior men's shot. Having set a PB of 18.59m to win the Northern indoor title, the Newham and Essex Beagle made it a 2013 indoor and outdoor double after launching the 7.26kg implement out to 17.90m for victory over Jamie Williamson (17.20m). However, the 2011 and 2012 England Athletics champion was somewhat underwhelmed with his distance. "The distance was not amazing, but I am pleased to be back on track after sustaining a few injuries after an excellent indoor season," explained Beard. He was also quick to credit the role of the regional championships in helping





athletes progress to national and international level. "The Northern Champs is a great competition in the throws, as we have many good throwers, so this year I have used it as a warm up before the UK Champs and World Trials where I hope to finish in the top two and be back to throwing mid 18m throws," he revealed.

In line with Beard's observation about the number of strong competitors in the throws at this Championships, the men's hammer competition was a high quality affair, with five athletes over 67m and 2012 Olympic finalist Alex Smith finishing out of the medals in fifth. Sale Harriers' Mike Floyd won the battle of the strongmen with 70.48m to regain the title he last won in 2011. James Bedford finished second with 69.76m and Michael Bomba took bronze with 68.62m.

The women's equivalent was a similarly closely fought

competition, with Hannah Evenden leading four athletes over the 50m mark with her 52.33m. A talented all-round thrower, Evenden returned to win the shot with 13.48m and place second in the discus with a PB of 45.33m behind Sarah Henton's winning 49.65m. In the under-20 women's javelin, England Athletics junior champion Natasha Wilson threw 47.33m to take the title and the teenager is desperately trying to find the extra few metres to take her over the 50m qualifying mark for the European Junior Championships.

There were also wins in the field for former GB representatives Vikki Hubbard in the high jump and Nony Mordi in the triple jump. Mordi missed the whole of the 2012 outdoor season, but the 2008 European Cup representative is well on the way back to her best, as shown by a 13.29m leap for victory here. Hubbard, meanwhile, has a best

of 1.92m from 2010, but having missed 2011 and 2012 through a serious knee injury, is in the process of building back up to those heights. Liverpool Harrier Aylish Mackenzie took the under-20 competition with a PB of 1.71m from Emily Cummings' 1.70m.

On the track, Harriet Pryke successfully defended her senior 400m title with 54.76 from Trafford's Nisha Desai who made it a silver double after returning on day two to finish runner-up in the one lap hurdles event with 58.99 to Samantha Coleby's 58.93. In the under-20 race, Jessica Turner edged closer to the 59.8 qualifier for the European Juniors with her 60.12 clocking.

The strong tailwind contributed to some impressive sprint clockings and some races were wind legal. Karla Drew set a pb



of 13.47 (+0.5) to win the senior 100 Hurdles from Gateshead's Rebecca Liddell (13.68), whilst Wigan's Hayley Jones' ran a PB 11.31 (+1.8) to win the senior 100 from Louise Bloor. Jones times puts her second in the UK rankings.

James Williams was equally impressive in the men's event, clocking 10.43 to see off the challenge from Sean Miller (10.45), although the wind was over the legal limit (+2.4). Williams returned to make it a sprint double with a 21.57 200m victory.

In the distance events, BUCS and England Athletics under-23 bronze medallist Hanna Tarver set a PB of 2:05.36 to deny Rachael Bamford (2:07.36) a middle distance double, with Bamford having won the 1500m on day one. Tarver explained her big improvement this season: "I started at Cambridge University this year and have been training with Emily Dudgeon (World junior 800m finalist) under the guidance of my new coach



Stuart Hogg. Now I am looking forward to running at the UK Championships and World Trials." Elsewhere, Meles Okbazghi defeated a 20-strong field in the men's 5000, winning in 14:32.86.

RESULTS

Men: 100 (2.4): 1 J Williams (Wirr) 10.43; 2 S Miller (Prest) 10.45; 5 J Meredith (Liv H) 10.47; 3 O Back (Liv H) 10.66; 4 J James (Der) 10.74; 6 U Hameed (Sale) 10.76; 7 J Lane (Sheff) 10.82; 8 J Toth (Holm) 10.96. Ht1 (2.9): 1 J Meredith (Liv H) 10.73; 2 U Hameed (Sale) 10.83; 3 J Lane (Sheff) 10.84; 7 P Ttereve (Mid M, M50) 12.59. Ht2 (3.0): 1 J Williams (Wirr) 10.44; 2 S Mille (Prest) 10.51; 3 A lyanda (Bex) 10.94. Ht3 (3.6): 1 O Back (Liv H) 10.52: 2 J James (Der) 10.67; 3 J Toth (Holm) 10.69. 200 (-1.6): 1 J Williams (Liv H) 21.57; 2 J James (Der) 21.75. Ht1 (-2.7): 1 J James (Der) 21.87; 2 J Williams (Liv H) 21.94; 7 P Ttereve (Mid M, M50) 26.05. 400: 1 T Burn (Sheff) 47.72: 2 N Hilton (Liv PS) 48.85; 3 D Higham (Liv PS) 49.42. Ht1: 1 T Burn (City) 49.04; 2 N Hilton (Liv PS) 49.81; 3 L Baird (Traff, M35) 50.35. Ht2: 1 D Higham (Liv PS) 48.89; 2 L Edwards (Sheff) 49.00; 3 R Beardsell (Sheff) 49.59. 800: 1 D Horniman (Traff) 1:54.23; 2 B Martin (Traff) 1:54.88. 1500: 1 D Garbutt (Dur C) 3:58.73; 2 A Wiles (New M) 3:58.82; 3 N Hooker (Leeds C) 3:58.89; 4 L Minns (BWF) 3:59.57.5000:1 M Okbazghi (Sheff RC) 14:32.86; 2 B Fish (B'burn) 14:44.30; 3 A Buckley (Leeds C, M35) 14:54.33; 4 K Loundes (Manx) 15:03.67; 5 M Hartley (Staffs) 15:09.27; 6 A Russell (Kendal) 15:09.71; 7 T Jenkins (Hallam, M35) 15:10.35; 8 R Brown (Linc W) 15:15.48; 9 B Riddell (Sal) 15:16.68; 10 N Reed (Sun) 15:16.86; 11 C Fell (Ross, M35) 15:26.91; 12 O Lockley (Manx) 15:29.18; 13 D Rigby (Prest) 15:34.76; 14 P Hoole (Roth) 15:40.82; 19 J Prest (Traff, M40) 16:23.73. 110H (2.2): 1 D Feeney (Amber) 14.24; 2 L Ramsay (Sheff) 14.52; 3 J Andrew (Sale) 14.54; 4 T Riley (Kent) 15.58; 5 M Damiao (Leeds C) 15.74: 6 M Copeland (Derby) 15.82. 400H: 1 O Palmer (York) 53.86; 2 T Grantham (Sheff) 54.63; 3 O Robinson (Bing) 55.30; 4 D Holiday (KuH) 55.76.

3000SC: 1 J Tighe (Sal) 9:36.69; 2 L Athersmith (Bing) 9:42.72; 3 H Wood (Sheff) 9:49.30. HJ: 1 L Powell (Sheff) 1.93. PV: 1 L Cutts (Dearne) 5.50; 2 R Searles (E&H) 4.80: 3 J Lane (Sheff) 4.70; 4 M Cullen (Sale) 4.60; 5 N Cole (Dearne, U20) 4.60; 6 M Johnson (E&H, M45) 4.40; 7 L Ramsay (Sheff) 4.20. LJ: 1 D Gardiner (Sheff) 7.20; 2 J Brown (Sale) 7.08; 3 A Burgess (Sale) 6.95: 4 C Jones (Liv H) 6.88. TJ: 1 J Sawyers (WSEH) 15.08; 2 J Bones (Scun) 15.02; 5 J Gittens (Leeds C, M50) 12.14. SP: 1 G Beard (NEB) 17.94; 2 J Williamson (Sheff) 17.20; 3 S Lincoln (York) 15.40; 4 D Brunt (Sheff, M35) 14.61; 5 J Nicholls (Sale, M45) 14.52: 6 J Lane (Sheff) 13.90; 7 A Toward (Gate) 13.73; 9 J Twiddle (KuH, M40) 11.55. DT: 1 G Level (Gates) 50.05; 2 J Williamson (Sheff) 49.92; 3 A Toward (Gates) 45.31; 4 M Quigley (Unatt, M35) 41.56. HT: 1 M Floyd (Sale, M35) 70.48: 2 J Bedford (Bir) 69.76: 3 M Bomba (Liv H) 68 62: 4 N Miller (Border) 68.42; 5 A Smith (Manc H) 67.50; 6 J Robinson (C'field) 51.23; 7 R Martin (Bed C) 50.28; 8 A Reynolds (Liv H) 49.16; 9 R McDowall (Border) 45.24; 12 R Gayle (Wake, M45) 41.10; 15 J Twiddle (BWF, M40) 36.99. JT: 1 D McKay (W Ches) 64.87; 2 B Fisher (Liv H) 63.47; 3 P Allsopp (York) 63.29 U20: 100 (0.0): 1 D Nelson (Bing) 10.73; 2 J Raradza (Der) 10.84; 3 R Sims (Der) 10.84; 4 J Riviere (Liv H) 10.88; 5 J Seddon (Sale) 10.92. Ht1 (1.7): 1 D Nelson (Bing) 10.65; 2 J Raradza (Der) 10.80; 3 W Rotherforth (Wake) 10.99. Ht2 (4.1): 1 J Seddon (Sale) 10.83; 2 J Riviere (Liv H) 10.89; 3 Z Wisniewski (Sale) 11.04. Ht3 (4.5): 1 E Hurley (Leeds C) 10.59; 2 R Sims (Der) 10.75; 3 J Lemaire (Western) 11.01; 4 A Walker-Khan (Bir) 11.05; 5 N Harris (Sale) 11.07. 200 (-2.3): 1 T Somers (York, U17) 21.41; 2 D Nelson (Bing) 21.63; 3 A Boyce (Liv H) 21.67; 4 J Raradza (Der) 21.93; 5 Z Wisniewski

(Sale) 22.44; 6 A Langton (Donc) 22.50. Ht2 (-1.5): 1 D Nelson (Bing) 21.97; 2 J Raradza (Der) 22.44. Ht3 (-5.1): 1 T Somers (York, U17) 22.28. 400: 1 A Boyce (Liv H) 48.54; 2 C Roughneen (Sale) 48.93; 3 J Reid (Manx) 49.35; 4 N Petrou (Leeds C) 50.01. 800: 1 J Webb (Liv H) 1:53.40; 2 J Coleman (Prest) 1:53.90; 3 J Gleave (Warr) 1:54.93; 4 A Smith (P&B) 1:57.18. 1500: 1 O James (Sun) 3:57.86: 2 L Johnston (Warr) 3:57.89; 3 J Lamswood (KuH) 3:58.30; 4 T Bains (Hallam) 4:01.35; 5 C Pasco (New M) 4:03.48; 11 M Wigelsworth (Warr, U17) 4:07.03. 5000: 1 L Cotter (Roth) 15:54.05. 110H (0.0): 1 C Mitchell (Prest) 15 67 400H: 1 | Webster (Warr) 53.50. 2000SC: 1 B Houghton (Donc) 6:02.64; 2 H Dunderdale (Linc W) 6:10.38. HJ: 1 C Mann (Bolt) 1.93; 2 P O'Connor (M'boro) 1.93. PV: 1 H Coppell (Wig) 5.01; 2 A Hague (Dearne, U17) 4.90; 3 N Cole (Dearne) 4.80; 4 J Sutcliffe (Sale) 4 10: 5 F Walker (BWF) 4.00. LJ: 1 S Hall (Gate) 7.11; 2 A Walker-Khan (Bir) 7.03. TJ: 1 A Walker-Khan (Bir) 14.27; 2 S Hall (Gates) 14.07. SP: 1 S Jones (Wig D) 12.98; 2 T Kirk (Donc) 12.79. DT: 1 F Mulvaney (Liv H) 41.93. HT: 1 R Douglas (Charn) 57.36; 2 S Blain (York) 57.09; 3 A Gillatt (Scun) 50.62; 4 K Thackray (Wake) 50.15; 5 J Vickery (B'burn) 49.67; 6 F Mulvaney (Liv H) 48.84; 7 R Straker (N Shields) 47.30; 8 C Duley (New M) 42.37. JT: 1 B Whipp (Wig) 55.15

Women: 100 (1.8): 1 H Jones (Wig D) 11.31; 2 L Bloor (Traff) 11.51; 3 M Hoult (KuH) 11.86; 4 K Cox (Sale) 11.93; 5 K Wyper (BWF) 12.01; 6 A Shaw (Barns) 12.15. Htl (3.8): 1 H Jones (Wig D) 11.35; 2 A Shaw (Barns) 12.01; 3 K Cox (Sale) 12.04. Ht2 (0.0): 1 L Bloor (Traff) 11.64; 2 M Hoult (KuH) 12.05; 3 K Wyper (BWF) 12.17. 200: Ht1 (-2.3): 1 L Bloor (Traff) 24.23. 400: 1 H Pryke (Manx) 54.76; 2 N Desai (Traff) 55.96; 3 L Brennan (Sale) 56.85; 4 L Barrow (WSEH) 57.17. 800: 1 H Tarver (Wirr) 2:05.42; 2 R Bamford (Otley) 2:07.36; 3 A Turner (Amber) 2:09.86; 4 C Duck (Leeds C) 2:10.56; 5 R Franklin (Manx) 2:15.18. 1500: 1 R Bamford (Otley) 4:31.53; 2 J Fairchild (Traff) 4:31.82; 3 C Duck (Leeds C) 4:32.95; 4 A Bell (P&B) 4:36.20; 5 N Shaw (Der) 4:36.48; 6 K Mellor (TVH) 4:36.61; 7 S Johnson (Roth) 4:39.04; 8 R Franklin (Manx) 4:40.25; 9 H Singleton (Wake) 4:40.62; 10 L Riches (Leigh) 4:41.82; 11 E Beedham (Traff) 4:43.21. 5000: 1 S Kemshall (Scun) 17:34.49; 2 K Longley (Liv PS, W35) 17:36.37; 3 L Rudd (Stock H, W35) 17:45.72; 4 G Connolly (SHS) 17:49.77; 5 S Cowper (Linc W) 17:50.21; 6 R Ross (Hallam) 17:55.15; 7 J Knass (Stock H) 18:11.33; 8 K Spilsbury (Vale R) 18:16.79; 9 H Griffiths (Sale) 18:35.11. 100H (0.5): 1 K Drew (Sheff) 13.47; 2 R Liddell (Gates) 13.68; 3 J Taylor (Sale) 14.13: 4 D Rooney (Sale) 14.19; 5 H Riley (Manx) 14.62. 400H: 1 S Coleby (Dur) 58.93; 2 N Desai (Traff) 58.99; 3 R Culshaw (Wig D) 63.70. 2000SC: 1 L Riches (Leigh) 6:48.77. HJ: 1 V Hubbard (Bir) 1.69. PV: 1 C Blunt (KuH) 3.60; 2 R Thomas (Liv H) 3.20. LJ: 1 A Russell (Wig D) 6.16; 2 J Taylor (Sale) 5.86; 3 S Wood (Dur) 5.62; 4 S Palmer (Der) 5.62. TJ: 1 N Mordi (Shaftesbury) 13.29; 2 N Reid (Derby) 12.74; 3 K Hilton (Wigan) 12.68; 4 M Robbins (Trafford) 12.39. SP: 1 H Evenden (Edin) 13.48; 3 S Benson (Bing) 13.31; 2 L Earl (KuH) 12.52; 4 J Taylor (Sale) 12.26. DT: 1 S Henton (B'burn, W40) 49.65; 2 H Evenden (Edin) 45.33; 3 L Earl (KuH) 35.73; 4 K Wilson (Birt) 35.06. HT: 1 H Evenden (Edin) 52.33; 2 J Mayho (Bing) 51.84; 3 K Wilson (Birt) 50.64; 4 J Winson (Der) 50.11: 5 J Wheatman (Wake) 49.80. JT: 1 D Nyakyoma (Border, U20) 37.42 U20: 100 (3.6): 1 C Flannery (Spen) 11.90; 2 L Frid (Barns) 12.00; 3 M Taylor

(KuH) 12.19; 4 G George (Sale, U17) 12.19; 5 A McMahon (W Ches) 12.32; 6 A Howe (Donc) 12.38. 200 (-2.8): 1 B Dobbin (Donc) 25.08; 2 G George (Sale, U17) 25.16; 3 L Frid (Barns) 25.48. Ht1 (0.4): 1 B Dobbin (Donc) 24.85: 2 L Frid (Barns) 24.86; 3 G George (Sale, U17) 24.91. Ht2 (-0.7): 1 C Flannery (Spen) 25.39. 400: 1 E Borthwick (Wig D, U17) 56.11; 2 S Smith (Wake) 56.29; 3 G Yearby (Leeds C) 57.58. Ht1: 1 S Smith (Wake) 57.61. Ht2: 1 E Borthwick (Wig D, U17) 57.70; 2 G Yearby (Leeds C) 57.92; 3 K Fraser (Prest) 59.00. 800: 1 S Smith (Wake) 2:09.47; 2 L Morgan (C'field) 2:11.09; 3 C Loredo (N Shields) 2:14.16; 4 R Scott (Prest) 2:16.88; 5 Z Kerins (Wake) 2:19.14; 6 L Goodwin (Sheff) 2:19.35; 7 N Collier (Gran) 2:19.41. 1500: 1 T McCormick (Vale R) 4:39.72; 2 G Malir (Ilk) 4:40.47; 3 K Wood (York) 4:42.59. 100H (1.3): 1 K Clark (Sheff) 14.44; 2 E Heappey (Amber) 15.78. 400H: 1 J Turner (Amber) 60.12: 2 H Dunderdale (Linc W) 61.82: 3 F Bradshaw (Scun) 64.53: 4 M Crewe (Warr) 66.91. 2000SC: 1 D Wallis (Macc) 7:22.51; 2 F Nuttall (Wirr) 7:53.44. HJ: 1 A MacKenzie (Liv H, U17) 1.71; 2 E Cummings (Sale) 1.70. PV: 1 A Roberts (Wake, U17) 3.80; 2 S McKeever (Sale) 3.65; 3 G Valentine (C&N) 3.15; 4 V Price (C'field) 2.95. LJ: 1 M Brindle (Wig) 5.87; 2 D Erskine (W Ches) 5.22. TJ: 1 L James (Sale) 12.17; 2 R Williamson (Wig) 12.02; 3 R McHugh (Shild) 11.99; 4 A Unsworth (Prest) 11.34; 5 A Howe (Donc) 10.72; 6 N Wainwright (Wig D) 10.70. **SP:** 1 K Baker (W Ches) 11.88; 2 C Mitchell (Spen) 10.76. DT: 1 S Parsons (York) 39.99; 2 K Pattison (KuH, U17) 37.90. HT: 1 M Okul (KuH, U17) 42.93; 2 H Farrell (Border) 41.41; 3 J Potter (W Ches) 38.82; 4 C Needham (BWF) 38.37. JT: 1 N Wilson (Sale) 47.03: 2 L Bibby (Wig D) 45.25; 3 A Lupton (Prest) 38.86; 4 D Nyakyoma (Border) 3705

Throwers on record form

NICK PERCY AND CALLUM BROWN COPE WELL WITH THE CONDITIONS

Report: Martin Duff Pictures: Gary Mitchell

FTER the abandonment of the event in 2012, when England Athletics tried to force the South to hold their championships in the Midlands, combined with the EA meeting, it was back to normal this year.

Just two championship bests were set on a blustery weekend and they both came in the junior men's throws – through Nick Percy in the discus and Callum Brown in the hammer. Other good performances came from athletes selected to represent Britain in the forthcoming agegroup championships.

With the recent debate about championship entries being down, this was certainly the case in the men's sprints compared to the time this meeting was last held in 2011. That event had



more than 70 starters for the senior men's 100m compared to the 50 or so here. They were held, however, at Crystal Palace, which is more of a hotbed for sprinting than here at Watford where middle-distance events are favoured.

Though the middle-distance events needed heats, it was far fewer than the nine that was once the norm in the men's 1500m. A casual reader of the programme would also see the names of so many international athletes listed as holders of long-standing championship bests.

Percy set a championship best and PB with his 62.79m firstround effort, which improved on Curtis Griffith-Parker's 2009 previous mark by more than five metres.

The Isle of Wight athlete said that he had benefitted from hammer thrower Andy Frost's help. Coached by John Hillier, Percy said: "I've been inspired by the success of Paralympic athletes and want to try and qualify for the Commonwealth Games."

Brown's 72.49m hammer mark improved on the 25-yearold best by 64cm and was only narrowly short of his year-old 73.09m PB. It also puts him top of the UK under-20 rankings. It was the fifth time this summer that Brown, who was overlooked in the first wave of European Juniors selections, had bettered the standard of 70.00m.

Despite the windy conditions, there were no over-the-limit sprint wind readings, but the 200m runners had to contend with a strong headwind around the bend, which made Joey Duck's senior women's 23.98 all the more praiseworthy. She had a 1.3m/sec following wind as she narrowly headed 100m winner Laura Turner.

Out injured all last season Duck, whose 23.46 PB dates back to 2008, said: "I had injections in my back and only started training again in November. Here I wasn't thinking about the wind, just finishing in one piece. I'm glad I'm back on the track. This is my comeback year."

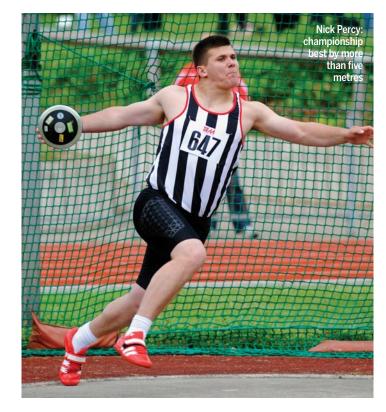
The headwind also hampered under-20 men's winner Marvin Popoola, whose 21.76 200m completed the sprint double. He was credited with a 200m following wind of 0.9m/sec, a fact that made nonsense of the readings, given the near-gale blowing against on the bend.

Claiming to be a better 200m runner, Popoola had a slow start in his 10.75 100m but said: "I had to dip for the line."

The senior men's sprints saw Andrew Robertson take the 100m in 10.45, as Antonio Infantino's 200m of 21.30 after a 21.28 semi-final was also noteworthy.

European Youth champion Sophie Papps posted an 11.71 under-20 100m win and said: "I really wanted a run-out after coming second in the [England Athletics] under-20 championships. I've had a few niggles, but I'm in a hard fourweek training run."





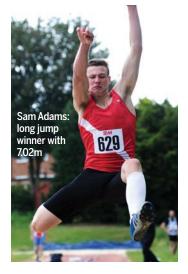


Louisa James set a under-20 hammer championship best here last year, after also winning a medal in the senior women's event on the opening day and here again won two medals. Her 58.29m for senior silver, came behind 15.61m shot put winner Shaunagh Brown's 61.33m.

On Saturday James was three metres down on her 2013 PB, but she couldn't quite get things right on the Sunday, when taking the junior event in 56.38m as Emma O'Hara pushed her.

Of her form, James said her phases of the throw were going well: "But technically it's all disjointed. It just needs to all come together."

The 18-year-old has been troubled by a hiatus hernia across her lower chest, which has meant some training modifications, but she is looking forward to the European Junior Championships.





The best of the hurdling performances was James Forman's senior men's 400m victory in 51.05. "I came here to get the European Under-23 qualifying time, but the conditions were not the best. I could have gone faster yesterday," said the 21-year-old, who had run 51.37 to win his heat the previous day.

Gemma Bennett ran a 13.39 senior 100m hurdles heat with a good wind behind before claiming the final in a more modest 13.57.

Dan Bramble was the long jump winner with 7.53m, a distance that compared unfavourably with Olympic champion Greg Rutherford's 2006 championship best of 8.09m. Nonso Okolo put in just one legal triple jump at 15.50m, which was good enough for senior gold.

Despite the slow finishing time, the men's 5000m was a thrilling affair as, after a pedestrian first few laps, Nathan White and

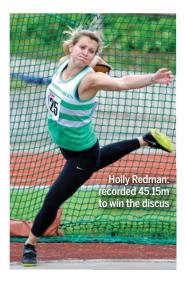


Mohamud Aadan broke clear and were still together at the bell, some 15m clear of Josh Guilmant. The Phoenix runner, who has a best of 14:37.39, gradually closed then sprinted clear down the straight to win in 14:59.03. The 1972 championship best of Gordon Minty at 13:38.0 remains a dream for today's area competitors.

In the men's middle distances Adam Hickey took a routine 1500m win in 3:51.16.

In the junior 800m Kyle Langford controlled the race from the front, before winning in 1:54.38. "I didn't do the (EA) Under-20 championships as I was resting as I've been saving myself toward the World Youth Championships and trying not to race too much. Here I kept them on my shoulder."

In the under-20 1500m Robbie Fitzgibbon ran a near two-minute final 800m, but just ran out of





steam in the last few metres to let in Adam Gilbert.

The women's distance races saw Emma Taylor-Gooby outrun under-20 3000m winner Alex Clay to take the flat race in 9:46.00 after winning the 3000m steeplechase on the opening day in 10:34.54. Talking about the 3000m, Taylor-Gooby said: "That's not too bad as it was too windy, but I enjoyed the steeplechase."

Clay's time was 9:50.04 and she said: "I haven't really raced for a while as I've had a few niggles and missed the Euro trials."

In the 400m races, 2012 national under-23 champion Laura Wake won the women's event in 53.99. "I was hoping it would be better conditions, to get a better time" she said. The fastest men's 400m runner, Omar Simpson (47.75), did not contest the final won by Nicholas Attwell in 48.22.

ACTION

RESULTS

Men: 100 (0.6): 1 A Robertson (Sale) 10.45; 2 L Yearwood (VP&TH) 10.63; 3 G Odujobi (Sale) 10.68; 4 R Graham (Herne H) 10.72: 5 N Thomas (TVH) 10.73; 6 D Showler-Davis (BMH) 10.77; 7 K Daly (B&B) 10.77; 8 J Smith-Bent (K&P) 10.78. SF1 (1.4): 1 G Odujobi (Sale) 10.66; 2 K Daly (B&B) 10.70; 3 D Showler-Davis (BMH) 10.74; 4 R Graham (Herne H) 10.81. SF2 (0.5): 1 L Yearwood (VP&TH) 10.65; 2 J Smith-Bent (K&P) 10.78; 3 D Green (Kent) 10.84; 4 J Comissiong (TVH) 10.89. SF3 (0.4): 1 A Robertson (Sale) 10.52; 2 N Thomas (TVH) 10.75; 3 A Murdock (VP&TH) 10.82; 4 H Byrne (Craw) 10.94. **Ht1 (2.1):** 1 A Robertson (Sale) 10.41; 2 N Thomas (TVH) 10.72; 3 A Nembhard (K&P) 10.99; 5 J Greenidge (WG&EL, M35) 11.16. Ht2 (1.0): 1 L Yearwood (VP&TH) 10.65; 2 J Smith-Bent (K&P) 10.75; 3 H Byrne (Craw) 10.86; 4 E Tawiah-Kwabena (E&H) 10.95; 6 L Campbell (E Grin, M45) 11.92. Ht3 (0.3): 1 D Green (Kent) 10.83; 2 D Showler-Davis (BMH) 10.84. Ht4 (2.7): 1 K Daly (B&B) 10.68; 2 R Graham (Herne H) 10.86. Ht5 (3.5): 1 G Odujobi (Sale) 10.65; 2 A Murdoc (VP&TH) 10.70; 3 J Comissiong (TVH) 10.82. 200 (1.3): 1 A Infantino (SB) 21.30: eg2 D Green (Kent)/A Wright (M&M) 21.42; 4 D Gain (Rad) 21.47; 5 G Cunningham (WSEH) 21.79. SF1 (0.6): 1 A Infantino (SB) 21.28; 2 D Cowan (HW) 21.47. SF2 (2.0): 1 D Green (Kent) 21.47 2 A Wright (M&M) 21.49; 3 D Gain (Rad) 21.61; 4 G Cunningham (WSEH) 21.77; 5 B Robinson (Herne H) 21.99. Ht1 (0.3): 1 D Cowan (HW) 21.75; 2 B Robinson (Herne H) 21.86; 3 D Gain (Rad) 22.00. Ht2 (1.0): 1 A Infantino (SB) 21.41; 2 O Abiodun (WG&EL) 21.48; 3 L Smallwood (B&B) 21.86. Ht3 (-0.1): 1 A Wright (M&M) 21.70. Ht4 (0.0): 1 D Green (Kent) 21.71. 400: 1 N Atwell (Herne H) 48.22; 2 J King (S'end) 48.34; 3 P Phillips (Herne H) 48.74; 4 S Adeyemi (Herne H) 48.75; 5 T Kuria (Woking) 49.60. SF1: 1 0 Simpson (B&W) 47.75; 2 P Phillips (Herne H) 48.46; 3 J King (S'end) 48.59; 4 L King (TVH) 48.84; 5 C Greenaway (Soton) 48.88. SF2: 1 D Putnam (B&B) 48.21; 2 S Adeyemi (Herne H) 48.80; 3 T Kuria (Woking) 49.31; 4 N Atwell (Herne H) 49.43; 5 M Edwards (E&H) 49.63. Ht1: 1 O Simpson (B&W) 48.36; 2 C Greenaway (Soton) 48.66: 3 T Kuria (Woking) 49.46. Ht2: 1 S Adeyemi (Herne H) 48.69; 2 Z Curran (WSEH) 48.90; 3 F Morgan (Bexley) 49.13; 4 L King (TVH) 49.35. Ht3: 1 M Edwards (E&H) 48.54; 2 D Putnam (B&B) 48.98; 3 N Atwell (Herne H) 49.50; 4 D Holding (Nene V) 49.82. **Ht4:** 1 J King (S'end) 49.32; 2 S Garrett (Sheff) 49.67; 3 P Phillips (Herne H) 49.94. 800: 1 Z Randall (SB) 1:57.92; 2 D Stepney (Phoe) 1:58.32; 3 N Goolab (Belg) 1:58.83. Ht1: 1 N Goolab (Belg) 1:56.83; 2 M Fallaize (VoA) 1:57.16; 3 S Ferguson (Rad) 1:57.42. **Ht2:** 1 Z Randall (SB) 1:56.22; 2 T Pye (E&H) 1:56.30; 3 M Burchett (Worth) 1:56.53. Ht3: 1 D Stepney (Phoe) 1:56.72; 2 T Ashby (Harm) 1:56.90; 3 E Hickman Casey (E'bne) 1:57.38. 1500: 1 A Hickey (S'end) 3:51.16; 2 D Carter (Inv EK) 3:53.40; 3 J Morrey (Worth) 3:55.24; 4 D Gibbon (S'end) 3:55.80; 5 B Tyler (M&M) 3:56.59; 6 J Eves (Bed C) 3:57.39; 7 G Grundy (Woking) 3:58.70. 5000: 1 J Guilmant (Phoe) 14:59.03; 2 N White (WSEH) 15:00.30; 3 M Aadan (TVH) 15:01.05; 4 K Kyereme (SB, M35) 15:13.98; 5 W Ryle-Hodges (SB) 15:14.11; 6 K Mason (Worth) 15:17.60; 7 S Ashcroft (ESM) 15:19.31; 8 M Bennett (Soton) 15:21.12; 9 D Ragan (BMH) 15:23.62; 10



B Pochee (High, M40) 15:26.74; 11 M West (Win) 15:27.67; 12 A Jackson (SMR) 15:28.97; 13 M Hibberd (Soton) 15:30.02; 14 D Nevins (Harrow) 15:31.06; 15 J Gregory (Read) 15:32.00; 16 M Revier (Soton) 15:37.95: 18 A Robinson (K&P, M45) 15:52.24. **110H** (-0.8): 1 A Blow (BMH) 14.57; 2 G Odujobi (Sale) 14.63; 3 R Baderin (Rad) 14.71; 4 A Wilson (VP&TH) 15.02; 5 T Carey (SB) 15.15. 400H: 1 J Forman (Soton) 51.05; 2 P Irving (CI) 52.57; 3 S Garrett (Sheff) 52.94; 4 T Carey (SB) 53.68; 5 M Sumner (Ply) 54.25; 6 A Wing (VP&TH) 55.04; 7 J Eades (Bath U) 55.08. Htl: 1 J Forman (Soton) 51.37; 2 P Irving (CI) 52.79; 3 S Garrett (Sheff) 53.82; 4 J Eades (Bath U) 54.19; 5 W Hartley (B&W) 54.25. Ht2: 1 M Sumner (Ply) 53.84; 2 A Wing (VP&TH) 54.05; 3 T Carey (SB) 54.29; 4 J Mann (TVH) 55.29; 7 G Gray (SCVAC, M45) 59.10. 3000SC: 1 D Thorne (Read) 9:40.73; 2 A Das (Hill) 9:58.65. HJ: 1 S Johnson (Bed C) 2.00; 2 L Ely (B&B) 1.95. PV: 1 J Phipps (Woking, U20) 4.40; eq2 C Mills (WSEH, M35)/G Conlon (Walton, M35) 4.20; 4 | Parkinson (Wyc P) 4.00. LJ: 1 D Bramble (SB) 7.53/0.0; 2 B Pickup (B'mth) 7.14/-0.4. TJ: 1 N Okolo (SB) 15.50; 2 J Valeri (B&H) 15.31; 3 P Kirabo (WG&EL) 14.72; 4 J Golley (NEB, M40) 14.68; 5 S Trigg (Erme) 14.56; 6 D Wellstead (Belg) 14.26; 7 S Edwards (TVH) 14.15. SP: 1 A Oshodi (WG&EL) 15.26; 2 M Laurinavicius (NEB) 14.97; 3 J Edwards (Hunts) 13.82; 4 C Green (Kent) 13.13. DT: 1 C Scott (SB) 57.57; 2 T Norman (WG&EL) 53.59; 3 M Plowman (RAF) 51.93; 4 C Linque (WG&EL) 48.79; 5 J Edwards (Hunts) 46.77: 6 M Laurinavicius (NEB) 40.34. HT: 1 D McGuigan (SB) 63.60; 2 A Williamson (E&H) 61.61; 3 S Thurgood (Herne H, M35) 55.82; 4 J Edwards (Hunts) 55.64; 5 P Clarke (WG&EL) 55.57; 6 G Holder (Bexley, M40) 54.03. JT: 1 B Buwembo (E&H) 70.78; 2 C Lacy (Read) 62.87; 3 D Brice (B&H) 61.57; 4 G Johnson-Assoon (Herne H) 61.16; 5 E Pillai (Worth) 58.84 6 A Lovett (E&H) 55.16 U20: 100 (0.6): 1 M Popoola (Herne H) 10.75; 2 R Palmer (Hunts) 10.82; 3 R Harris (E&H) 10.88; 4 K Beswick (B&B) 10.91; 5 M Mondelli (HW) 10.95; 6 K Palmer-Francis (Orion) 11.05; 7 L Da Silva (St Alb) 11.06. Ht1 (1.0): 1 R Harris (E&H) 10.87; 2 K Beswick (B&B) 10.96; 3 J Dorrian (Rad) 11.04; 4 L Yaxley (St Alb) 11.08; 5 J Rhoden-Stevens (Herne H) 11.09. Ht2 (-0.7): 1 M Popoola (Herne H) 10.87; 2 M Mondelli (HW) 10.98. Ht3 (1.4): 1 R Palmer (Hunts) 10.84; 2 K Palmer-Francis (Orion) 10.99; 3 L Da Silva (St Alb) 11.07. 200 (0.9): 1 M Popoola (Herne H) 21.76; 2 E Copperwhite (D&T) 21.84; 3 R Harris (E&H) 21.95; 4 L Da Silva (St Alb) 22.03;

5 K Palmer-Francis (Orion) 22.13; 6 F

Pecout (E&H) 22.15; 7 F Afrifa (Herne H,

U17) 22.18; 8 S Malpass (IIf) 22.34. Ht1 (2.2): 1 M Popoola (Herne H) 21.59; 2 F Pecout (E&H) 22.07; 3 S Malpass (IIf) 22.07; 4 J Rhoden-Stevens (Herne H) 22.14; 5 J Amartey (Soton) 22.16. Ht2 (1.1): 1 R Harris (E&H) 22.05; 2 E Copperwhite (D&T) 22.07; 3 F Afrifa (Herne H, U17) 22.13. Ht3 (0.3): 1 L Da Silva (St Alb) 22.08; 2 K Palmer-Francis (Orion) 22.20; 3 M Richardson (BMH, U17) 22.25. 400: 1 J Ness (Salis, U17) 49.88; 2 R Stenhouse (Jersey) 50.19; 3 R Allan (Craw) 50.34: 4 J Osbourne (HW) 50.47. **Ht1:** 1 J Ness (Salis, U17) 49.11. 800: 1 K Langford (SB) 1:54.38; 2 N Landeau (ESM) 1:55.02; 3 D Mason (Soton) 1:55.11; 4 C Youell (Chelm) 1:56.38; 5 N Armstrong (Bexley) 1:56.94; 6 S Greeves (Norw) 1:57.59; 7 M Goddard (Chilt) 1:57.93; 8 R Lewis (Luton) 1:57.98. Ht1: 1 K Langford (SB) 1:54.65; 2 S Greeves (Norw) 1:55.21; 3 M Goddard (Chilt) 1:55.67; 4 P Taylor (VoA) 1:57.06. Ht2: 1 D Mason (Soton) 1:56.63; 2 N Armstrong (Bexley) 1:57.07. Ht3: 1 C Youell (Chelm) 1:55.06; 2 N Landeau (ESM) 1:56.12: 3 R Lewis (Luton) 1:56.25; 4 C Roots (G&G) 1:56.29; 5 L Chiossone (BMH) 1:56.33; 6 E Dodd (E'bne) 1:56.66. 1500: 1 A Gilbert (M&M) 4:00.75; 2 J Stockings (WG&EL) 4:01.28; 3 R Fitzgibbon (Phoe) 4:01.28; 4 B Taylor (WSEH) 4:02.64: 5 B Sutherland (Wvc P) 4:03 22:6 B O'Connor (BMH) 4:03.88. Htl: 1 R Fitzgibbon (Phoe) 4:00.78; 2 B Sutherland (Wyc P) 4:01.00; 3 B Taylor (WSEH) 4:01.52; 4 J West (Ton) 4:02.68; 5 B Watson (AFD) 4:03.64. Ht2:1A Gilbert (M&M) 4:02.57; 2 D Brown (Ton) 4:02.83: 3.1 Stockings (WG&EL) 4:02.89; 4 D Wallis (G&G) 4:03.04; 5 B O'Connor (BMH) 4:03.38. 5000: 1 M Nicholls (Ton) 15:24.49; 2 M Dickinson (Wells) 15:40.43; 3 M Arnold (AFD) 16:04.11. 110H (0.4): 1 J Hatton (Read) 14.49; 2 G Huxley (Ashf) 14.52; 3 S Plumb (Newb) 14.65; 4 R Young (S Lon) 14.69; 5 K Beswick (B&B) 15.00. 400H: 1 S Plumb (Newb) 54.26; 2 G Hadler (Hav M) 55.86; 3 C Gaddes (St Alb) 56.29; 4 E Nanang (Bas) 56.51. **3000SC:** 1 T Austin (Poole) 9:53.98; 2 C Hilton (SNH) 10:07.54. **HJ:** 1 K Jones (SNH) 1.90. PV: 1 D Ditton (WSEH) 4.10; 2 S Bass-Cooper (Soton) 3.95; 3 M Popkov (SB) 3.95. LJ: 1 S Adams (Win) 7.02; 2 J Grenfell (P'boro) 6.97; 3 B Pearson (Read) 6.73. TJ: 1 L Fanutza-Davis (E&H) 14.72; 2 R Sutherland (Wyc P) 13.69. SP: 1 M Blandford (Ton) 15.23; 2 J Watson (WSEH) 15.15; 3 D Philbey (Newb) 12.95; 4 L Barnes (Mil K) 12.18. DT: 1 N Percy (SB) 62.79; 2 M Blandford (Ton) 51.02; 3 D Jibunoh (Thurr) 45.19; 4 J Lasis (Craw) 44.76; 5 L Barnes (Mil K) 40.17. HT: 1 C Brown (Norw) 72.49; 2 H Clarke (WG&EL) 62.64; 3 T Head (NEB) 60.74; 4 T Parker (B&B) 60.33; 5 J Lasis (Craw) 59.38; 6 R Morawski (ESM) 59.17; 7 J Hamblin (Col H) 56.48; 8 J Smith (E&H) 50.73; 9 J Potton-Burrell (Luton) 49.93; 10 S Wilson (Nene V) 43.47, **JT**: 1 A Ingham (Bigg) 50.86; 2 M Muckelt (Ports) 50.80

Women: 100 (0.1): 1 L Turner (Harrow) 11.60; 2 M Douglas (B&B) 11.87; 3 S Harrison (S Lon) 11.97; 4 E O'Neill (WG&EL) 12.01: 5 J Duck (Mil K) 12.02; 6 G Sheppard (B&B) 12.27; 7 S Charles (SB) 12.30. Ht1 (1.6): 1 M Douglas (B&B) 11.90; 2 S Harrison (S Lon) 12.00; 3 J Duck (Mil K) 12.01. Ht2 (1.2): 1 L Turner (Harrow) 11.74; 2 E O'Neill (WG&EL) 11.99; 3 L Moore (WSEH) 12.28. 200 (1.3): 1 J Duck (Mil K) 23.98: 2 L Turner (Harrow) 24.05: 3 S Harrison (S Lon) 24.24. Ht1 (0.0): 1 L Turner (Harrow) 24.99. Ht2 (1.1): 1 J Duck (Mil K) 24.28; 2 S Harrisor (S Lon) 24.48, 400: 1 L Wake (WSEH) 53.99: 2 M Iheke (K&P) 55.00: 3 G Ivens (Nene V) 56.27; 4 R McClay (Brack) 57.10; 5 L Owusu (WSEH) 57.83. Ht1: 1 L Wake (WSEH) 54.54; 2 S Oskan-Clarke (WSEH) 56.37; 3 R McClay (Brack) 57.42; 4 S McLoughlin (Walton, W35) 58.77. Ht2: 1 M lheke (K&P) 56.52: 2 G Ivens (Nene V) 57.23; 3 L Owusu (WSEH) 57.51. 800: 1 D Hunt (WSEH) 2:07.79; 2 C Plateau (Lough S) 2:08.25; 3 M Edwards (WG&EL) 2:08.50; 4 M Renfer (K&P) 2:08.66: 5 G Kersev (Bas) 2:09.20; 6 S Tyers (Rad) 2:11.16; 7 N Whitty (Guern) 2:12.41; 8 D Barnes (N&P) 2:15.09. 1500: 1 M Jones (AFD) 4:22.44; 2 T Bird (WG&EL) 4:28.63; 3 E Hosker Thornhill (AFD) 4:31.22; 4 J Locker (Walton, W35) 4:40.04; 5 I Lake (Norw) 4:43.45. 3000: 1 E Taylor-Gooby (Worth) 9:46.00; 2 B Proctor (AFD) 10:10.98; 3 K Rushton (Norw) 10:11.32; 4 J Locker (Walton, W35) 10:24.07. 100H (1.2): 1 G Bennett (SB) 13.57; 2 S Gaynor (WG&EL) 13.86; 3 H Shurley (WSEH) 14.27; 4 L Thompson (Herts P) 14.28; 5 A Barclay (Craw) 14.35; 6 R Zelic (Herne H) 14.56; 7 M Sasegbon (SNH) 15.00. Ht1 (1.6): 1 G Bennett (SB) 13.39; 2 L Thompson (Herts P) 14.33; 3 R Zelic (Herne H) 14.64; 4 M Sasegbon (SNH) 14.73. Ht2 (2.4): 1 S Gaynor (WG&EL) 13.88; 2 H Shurley (WSEH) 14.36; 3 A Barclay (Craw) 14.53; 4 J Favell (Belg) 14.93; 5 R Kingston (Rad) 15.23. 400H: 1 E Bonnett (Yeov) 59.55; 2 M Gault (Ports) 59.77; 3 P Lowe (D&T) 61.07; 4 L Delgado (VP&TH) 61.47; 5 J McCabe (WSEH) 63.02; 6 J Favell (Belg) 64.55. Htl: 1 E Bonnett (Yeov) 58.69; 2 J McCabe (WSEH) 63.33; 3 J Favell (Belg) 63.65; 4 S Mitchell (TVH) 65.28; 5 L Thompson (E&E) 65.79. Ht2: 1 M Gault (Ports) 61.46; 2 P Lowe (D&T) 62.04; 3 L Delgado (VP&TH) 62.82 3000SC: 1 E Taylor-Gooby (Worth) 10:34.54; 2 A Bream (Havant) 11:22.85. HJ: 1 M Sasegbon (SNH) 1.70; 2 A Akim (WG&EL, W40) 1.70. PV: 1 A Rees (SNH) 3.70; 2 J Ive (SB) 3.60; 3 L Stickland (Horsh BS) 3.60; 4 C Parkinson (Wyc P) 3.40; 5 L Shortland (SNH) 3.30. LJ: 1 K Eleyae (WG&EL) 5.84; 2 P Agbo (TVH) 5.81; 3 E Martin (HW) 5.53; 4 A Richardson (Bed C) 5.51. TJ: 1 S Aneto (WG&EL, W35) 12.11; 2 K Smith (NEB) 11.72; 3 R Hanagan (Ashf) 11.52; 4 R Jones (NEB) 11.40. SP: 1 S Brown (B&B) 15.61; 2 C Vernon-Hamilton (SNH) 11.31. DT: 1 H Redman (WG&EL) 45.15; 2 L Underdown (SB) 44.71; 3 L Britane (TVH) 44.15; 4 E Kirk-Odunubi (B&H) 37.67: 5 A Mitchell (Harrow, W45) 36.22: 6 S Wise (Luton) 35.29. HT: 1 S Brown (B&B) 61.33; 2 L James (SB, U20) 58.29; 3 D McCaw (ESM) 45.79. JT: 1

R Semenytsh (Sale) 50.43; 2 K Watts (Traff) 48.56; 3 E Meakins (Herts P) 46.81; 4 L Britane (TVH) 45.74; 5 J Blair (Luton) 41.54

U20: 100 (0.6): 1 S Papps (WSEH) 11.71; 2 I Lansiquot (Sutt, U17) 12.00; 3 K Sutton (Hav M) 12.13; 4 A Pipi (E&H) 12.19; 5 L Clark (D&T) 12.30; 6 J Reavil-Blake (WSEH) 12.37: 7 C Wingfield (E&H) 12.41. **Ht1:** 11 Lansiquot (Sutt, U17) 12.1; 2 A Pipi (E&H) 12.2; 3 C Wingfield (E&H) 12.5. Ht2 (1.3): 1 S Papps (WSEH) 12.1; 2 K Sutton (Hav M) 12.3; 3 L Clark (D&T) 12.4; 4 J Reavil-Blake (WSEH) 12.5. 200 (-0.7): 1 A Pipi (E&H) 24.83; 2 J Crawford (S Lon, U17) 25.45; 3 L Clark (D&T) 25.48 400: 1 J Knight (Herne H) 56.02: 2 H Turner (B&H) 56.04; 3 A Smith (E&H) 57.49; 4 K Mavididi (IIf) 58.67. 800: 1 K Snowden (Herne H) 2:08.87; 2 K Dodd (Bas) 2:11.43; 3 S Billington (Luton) 2:12.66; 4 M Steer (St Alb) 2:13.82: 5 R Turton (Brack) 2:16.45: 6 S Riches (Chelm) 2:17.06; 7 B Hodgson (WHH) 2:18.04; 8 H Parker (C&C, U17) 2:19.03. 1500: 1 E Bird (SB) 4:33.01; 2 S Foreman (Ton) 4:41.48. 3000: 1 A Clay (Inv EK) 9:50.04; 2 A Perkins (Bas) 10:03.10; 3 R Howard (AFD) 10:30.86. 100H (-0.4): 1 H Thomas (NEB) 14.36; 2 B Close (B&H) 14.60; 3 J Thomas (B&B) 15.09; 4 K Cooke (E&H) 15.34 400H: 1 S Brown (B&B) 62.77; 2 S Williams (Herts P) 63.02; 3 L Clifford (Salis) 63.39; 4 R Miles (Hill) 63.80; 5 M Grigg (Herts P) 64.10. HJ: 1 | Brown (Chic) 1.70; 2 D Martin (Ashf) 1.65. PV: 1 E Gooding (Ashf, U17) 3.70; 2 N Hooper (Sutt, U17) 3.70; 3 Å de Beaux (G&G) 3.50; 4 B Grimsey (E&H) 3.40; 5 C Williams (WSEH, U17) 3.20; 6 E Motta (Mil K, U17) 3.10; 7 A Holder (Read) 3.10. LJ: 1 S Faiemisin (Oxf C, U17) 5.56/0.0: 2 J Fox (C&C) 5.26/0.0. TJ: 1 Z Overall (WSEH) 12.10; 2 L Stephenson (TVH) 12.00; 3 Y Lakin (SB) 11.56; 4 J Fox (C&C) 11.12; 5 K Ronald (Barn) 11.05; 6 A Williams (WSEH, U17) 10.85. SP: 1 S Pam (P'boro) 12.38; 2 S Merritt (Soton, U17) 11.87; 3 N Gregory (Bexley) 10.43. DT: 1 P Dowson (B'mth) 45.95; 2 R Forder (Hav M, U17) 42.00; 3 S Merritt (Soton, U17) 40.38; 4 A Holder (Read) 40.29; 5 G Brown (B&B) 39.72; 6 N Gregory (Bexley) 35.44; 7 S Baggs (Hav M) 35.28; 8 K Thompson (SB) 34.81; 9 K Osuji (Harrow) 32.82. HT: 1 L James (SB) 56.38; 2 E O'Hara (Rad) 54.30; 3 K Presswell (Mil K) 50.46; 4 C Gould (WSEH) 47.19; 5 S Anthony (AFD) 44.48; 6 E Marshall (Worth) 39.91; 7 S Goddard (SNH) 36.47. JT: 1 H Johnson (WSEH) 44.13; 2 L Head (Wyc P) 41.62; 3 H Webb (Horsh BS) 39.38



MIDLANDS MEDALS UP FOR GRABS AT WET AND WINDY ALEXANDER STADIUM

Report: Tom McCook

ID-summer weather conditions at the Alexander Stadium were similar to those in Gateshead and Edgbaston as overcast, blustery winds interspersed with heavy rain proved to be the order of the weekend.

Rachel Gair completed a throws double victory with distances of 60.73m in the hammer and a 40.31m effort in the discus, while Birchfield Harrier Chris Shorthouse improved his career best by more than a metre to 68.35m in winning the men's hammer. Rachel Wallader took the shot with a 15.67m effort.

A week after he won the England under-23 title in Bedford, Joe Dunderdale comfortably recorded his first Midland title with a throw of 71.28m. The 20-year old said: "I came here aiming to achieve the European Under-23 qualifying standard for Tampere, but it was difficult in the blustery conditions. I will make another attempt in Wales next weekend."

Julian Reid won the long jump

Mids athletes in form

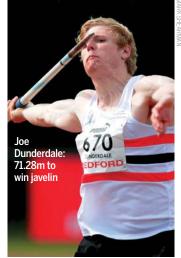
with a second-round leap of 7.83m, while Sineade Gutzmore took the women's triple jump crown with 12.74m and Birchfield clubmate Adele Lassu won the women's high jump with a 1.70m clearance.

Scott Bajere edged out Julian Thomas to win the 100m in a season's best of 10.51. Thomas, returned the next day to win the 200m in 21.5. W35 Ellena Ruddock won the women's 200m after finishing runner-up to Sarah Adams in the 100m.

Teenage 400m hurdler Jack Houghton concentrated on the flat and won in a PB 47.14, which completes an improvement of almost two seconds on his preseason PB. His training partner Chris Wakeford succeeded in maintaining his 13-stride pattern for the first six hurdles to comfortably win the 400m hurdles title in 52.15.

Nick Gayle, who combines his athletics with a modelling career, regained the 110m hurdles title, which he last won in 2007, with 13.94. Emma Pullen came close to her career best in winning the women's 400m in 53.35.

After six runners were bunched together mid-race,



Josh Lilly pushed on with six laps remaining to win the 5000m in 14:48:37. He said: "I had intended leading all the way, but I sat in the pack for the first six laps. I shall be back here to run the UK 10,000m next month."

In her first track season, Charlotte Green looks capable of a big improvement going by the manner in which she won the 2000m steeplechase in 7:19.2.

Loren Bleaken, who is only headed in the UK junior 800m rankings by Jessica Judd, moved down in distance to win the under-20 400m in 55.23 from Amy Hillyard, who went home with a brace of silver medals after also finishing runner-up in the 200m won by Jodie Harrison.

The 17-year-old Rowan May, who went over five metres for the first time last month, had to settle for 4.80m on this occasion. Nikita Campbell-Smith, who is the England indoor junior triple jump champion, won the Midland title with a distance of 11.66m. In one of the most keenly contested events, Jamal Nesbit from the host club won the under-20 triple jump by just one centimetre from Armani James with a winning distance of 13.47m. Annabel Sherry won the shot by half a metre with a 12.15m performance.

Miranda Sadler won the under-20 women's 1500m by four tenths of a second from Georgie Hartigan in 4:39:54.

Olutobi Ogundipe traded up from the silver medal a year ago, to win the junior men's 100m in 10.98 by 0.03 from Fabian Bachelor. In a thrilling conclusion to the 200m final on Sunday, Bachelor edged out Elliott Powell with both teenagers given identical times of 22.0. Tamarah Miller won the women's equivalent into a headwind in 12.24.

RESULTS

Men: 100 (-1.4): 1 S Bajere (B&W) 10.86: 2 J Thomas (Bir) 10.87: 3 G Lima (BRAT) 10.97. Ht1 (-0.4): 1 S Bajere (B&W) 10.91; 4 J Tipper (Tel, M40) 11.61. Ht2 (0.3): 1 J Simpson (Der) 10.91; 2 N Gayle (Sale) 10.97; 3 D James (W&B) 10.98. Ht3 (0.6): 1 R Tremblen (Chelt) 10.81; 2 J Thomas (Bir) 10.83. Ht4 (0.0): 1 N Pryce (RSC) 10.91; 2 G Lima (BRAT) 10.93; 3 G Smith (B&W) 10.95. 200 (1.9): 1 J Thomas (Bir) 21.5; 2 R Tremblen (Chelt) 21.6; 3 M Warner (Notts) 21.6; 4 N Pryce (RSC) 21.8; 5 P Shand (Tip) 21.8. Ht1 (0.9): 1 S Eruchie (Bir) 21.8; 7 B Darby (Cov, M40) 23.8. Ht2 (2.0): 1 M Hudson-Smith (Bir, U20) 21.7; 2 N Pryce (RSC) 21.8. Ht3: 1 J Thomas (Bir) 21.6; 2 M Warner (Notts) 21.6; 3 R Tremblen (Chelt) 21.9. 400: 1 J Houghton (Sheff) 47.14; 2 N Kanonik (Bir) 47.29; 3 E Okoro (Bir) 47.60; 4 J Hunter (Liv H) 47.98; 5 C Byron (Bir) 48.46: 6 S Peters (Exe) 48.86. Ht1: 1 J Houghton (Sheff) 48.62; 2 C Byron (Bir) 48.94: 4 M Gardiner (Chelt, M40) 50.94. Ht2: 1 N Kanonik (Bir) 48.24: 2 J Hunter (Liv H) 49.25. Ht3: 1 E Okoro (Bir) 48.67; 2 S Peters (Exe) 49.53; 6 B Darby (Cov, M40) 51.82. 800: Ht1: 4 F

Tremblay (RSC, M35) 1:59.90. **1500:** 1 S Mitchell (Notts) 3:58.4; 2 S Emery (Cov) 3:59.3. 5000: 1 J Lilly (Tip) 14:48.37; 2 M Almond (Bir) 14:52.03: 3 S Duffy (Stoke) 15:00.46; 4 C Rainsford (Hean) 15:06.84; 5 S King (Mans) 15:09.78; 6 E Banks (BRAT) 15:19.55. 110H (-0.6): 1 N Gayle (Sale) 13.94; 2 E Okoro (Bir) 14.22; 3 J Ortiz (Bir) 14.28. 400H: 1 C Wakeford (Sale) 52.15; 2 T Moakes (Notts) 52.83; 3 D Lewis (Sale) 54.04. 3000SC: 1 T Crowley (Notts) 9:57.81. HJ: 1 B Pender (TVH) 2.05; 2 A Wall (B&W) 2.00, PV: 1 C McHale (Mans) 4.20; 2 L Bailey (B&W) 4.20. LJ: 1 J Reid (Bir) 7.83/0.0. TJ: 1 M Kirby (Leic C) 13.64/0.0. DT: 1 N Fox (Bir) 41.81. HT: 1 C Shorthouse (Bir) 68.35; 2 A Warner (WSEH) 60.27; 3 C Murch (R&N) 59.66. JT: 1 J Dunderdale (Linc W) 71.28; 2 S Turnock (Exe) 68.18; 3 N Crossley (Chelt) 64.79

U20:100 (-0.3): 1 0 Ogundipe (Tel) 10.98; 2 F Batchelor (Bir) 11.01; 3 K de Escofet (D&S, UI7) 11.09. Htl (0.0): 1 K de Escofet (D&S, UI7) 11.07. Ht2 (-1.0): 1 F Batchelor (Bir) 10.92; 2 0 Ogundipe (Tel) 10.93. 200 (1.6): 1 F Batchelor (Bir) 22.0; 2 E Powell (Leic C) 22.0; 3 D Trueman (Stroud) 22.3: 4 J Goodband (Charn) 22.5. Ht1 (1.8): 1 E Powell (Leic C) 22.1: 2 D Trueman (Stroud) 22.2: 3 O Ogundipe (Tel) 22.4. Ht2 (1.3): 1 F Batchelor (Bir) 22.2. 400: Ht1: 1 L Hebblethwaite (Stoke) 50.34. 800: 1 J Monk (Leic C) 1:54.84; 2 L Hayes (Kett) 1:56.62: 3 M Costante (Notts) 1:57.78. 5000: 1 P Brookes (Holm) 16:12.29. 110H (-0.8): 1 J Taylor (Wig D) 14.68; 2 J Lowe (Bir) 15.30; 3 A Grant (Strat) 15.31. 2000SC: 1 B Topley (Bir) 6:21.92. HJ: 1 J Hill (SSH) 2.05; 2 H Shepherd (Worc) 1.95. PV: 1 R May (Bir) 4.80. TJ: 1 J Nesbitt (Bir) 13.47/0.1; 2 Å James (Leic C) 13.46/0.0. SP: 1 F Francis (Leic C) 13.28. DT: 1 F Francis (Leic) 43.70; 2 N Aarre (Bir) 42.95; 3 C Rubery (Tel) 39.18. HT: 1 T Fellowes (Bir) 52.58

Women: 100 (-0.3): 1 S Adams (Traff) 11.9; 2 E Ruddock (R&N, W35) 12.4. 200 (-0.4): 1 E Ruddock (R&N, W35) 25.08. 400: 1 E Pullen (Card) 53.35; 2 A Ika-Oqua (W&B) 55.28; 3 L Langowski (Cov) 55.74; 4 K Anderson (Stoke) 57.42; 6 C Powell (B&W, W55) 62.63. 800: 1 L Langowski (Cov) 2:14.0; 2 A Simmonds (Notts) 2:15.0. 1500: 1 L Day (Notts) 4:36.21; 2 N Roberts (Bir) 4:39.26. 5000: 1 R Hall (Corby) 18:29.93; 2 S Gray (C&S, W35) 18:46.03. 100H (-2.4): 1 G Werrett (Bir) 14.38: 2 L O'Reilly (Newp) 14.46. 400H: 1 G Coveney (ESM) 59.59; 2 S Davies (Swan) 60.37; 3 É Parker (E&E) 60.43; 4 E Komocki (Notts) 62.34; 5 H Le Cornu (CI) 64.29. 2000SC: 1 C Green (B&W) 7:19.2; 2 S Hogan (B&R) 7:53.5. HJ: 1 A Lassu (Bir) 1.70; 2 H Pitman (B&W) 1.65. LJ: 1 A Woodman (Bir) 5.85/-1.4; 2 | Green (Bir) 5.59/0.1; 3 H Jarosinski (Kidd) 5.53/0.0. TJ: 1 S Gutzmore (Bir) 12.74/2.0; 2 B Partridge (Bir) 12.25/0.3; 3 C O'Reilly (R&N) 11.43/0.7; 4 J Pryce (RSC, W50) 9.51/-0.3. SP: 1 R Wallader (WSEH) 15.64. DT: 1 C Gair (Traff) 40.31. HT: 1 R Gair (Traff) 60.73; 2 C Jones (B&W) 57.10; 3 L Marshall (WG&EL) 54.82; 4 H Murray (Bir) 54.02; 5 B Mitchell (SinA) 49.35; 6 S Stanhope (Linc W) 48.14. JT: 1 S Huggins-Ward (Cov) 41 48

U20: 100: 1 T Miller (BRAT) 12.24; 2 C Jones (Bir) 12.30; 3 J Harrison (W&B) 12.43; 4 D Walker (Bir) 12.45. **Ht1 (0.0):** 1 C Jones (Bir) 12.4. **Ht2 (-0.5):** 1 T Miller (BRAT) 12.2; 2 R Barrett (SSH) 12.4; 3 M Hanson (Bir) 12.5. 200 (0.0): 1 J Harrison (W&B) 25.0; 2 A Hillyard (Bir) 25.3. 400: 1 L Bleaken (Bath) 55.23; 2 A Hillyard (Bir) 56.38; 3 A Desforges (Rush) 58.29.1500:1M Sadler (B&W) 4:39.54; 2 G Hartigan (Cov) 4:39.91; 3 A Griffiths (Leic C) 4:40.8; 4 E Shirley (Leic C, U17) 4:54.89. 100H (0.1): 1 L Hatton (Corby) 14.18; 2 H Paton (Worc) 14.70; 3 G Burton (C&S) 15.61; 4 S Worrall (Tel) 15.84. 400H: 1 H Dent (Yate) 65.33; 2 M Dixon (W&B) 66.23; 3 S Worrall (Telford) 67.36; 4 H Scales (R&N) 67.75. 4x100: 1 Worc 49.02. HJ: 1 E Gibbons (Worc) 1.65: 2 A Hempleman-Adams (B&W) 1.65, PV: 1.1 Robbins (Notts) 3.50; 2 H Grubb (Bath) 3.30. LJ: 1 S Worrall (Tel) 5.50/0.0. TJ: 1 N Campbell-Smith (Bir) 11.66/1.6; 2 M Eales (Bir) 11.12/2.0; 3 G Adeyinka (R&N) 10.64/0.6; 4 A Barrow (Leic) 10.63/1.8; 6 G Stennett (W&B, U17) 10.40/1.5. SP: 1 A Sherry (Chelt) 12.15; 2 L Smith (Cov) 11.76. HT: 1 A Palmer (Notts) 49.50; 2 C Stallard (Glou) 44.01; 3 S Preston (Leic C) 42.81: 4 M Brett (N&P) 41.40; 5 S Lawton (Tam) 37.89; 6 E Cook (Bir) 34.95. JT: 1 K Murch (R&N) 42.88; 2 K Morley (Bir) 36.03

ACTION US Championships, Des Moines, June 21-23

The moment of truth

THE CUT-THROAT SELECTION SYSTEM FOR THE WORLD CHAMPIONSHIPS LED TO INCREDIBLE STANDARDS, WITH A NATIONAL MARK BY BRIANNA ROLLINS

Pictures: Victah Sailer

MERICAN records took many of the headlines with Brianna Rollins the star performer, while the US trials – with its first-three-past- the-post selection system created its usual batch of casualties.

Though Rollins was a quality 100m hurdler last year, her 12.70 PB in the US Championships semi-finals, ranked her just 18th on 2012 performances. This year, she is nearly half a second quicker and is now the world's equal third fastest ever, just 0.05 off the world record, courtesy of a stunning 12.26 victory to smash Gail Devers' 13 year-old American record of 12.33.



It wasn't a total surprise, though, as she won the NCAA title in 12.39 and then ran windy 12.33/2.3 and 12.30/2.8 qualifying marks in Des Moines.

In the final, her reaction time of 0.176 wasn't lightening sharp and was equal second worst of the eight finalists, but she had a slight lead by the first barrier and then eased clear. With a resurgent Lolo Jones hitting the last hurdle with her lead leg and fading to fifth, it was Queen Harrison who was second with 12.43, which puts her second on the world lists.

Rollins wasn't fully aware of the magnitude of her performance

until looking at her time on the scoreboard when it was shown as an American record.

She said: "I was overwhelmed and emotional. I was just so happy to make the American team for the first time. Training and dedication to the sport has helped out. I never think about times and records. I just come out here and do what I have to do."

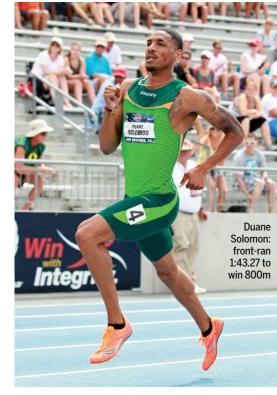
Nia Ali took the third spot in the team in 12.48 as Kellie Wells' and Jones' times of 12.54 and 12.55 were insufficient for Moscow selection.

Shot-putter Michelle Carter also had a big breakthrough. The 2004 world junior champion was fifth in the London Olympics but had never broken 20 metres until she produced a 20.24cm fifth round throw, which puts her just 13cm down on Valerie Adams' world-leading mark.

The effort surpassed the 20.18m American record shared by Ramona Pagel (1988) and Jillian Camarena-Williams (2011), but in all-time terms, it moves Carter up to just 56th.

She won easily, but it was a far better contest in the women's hammer with four over 72.50m.







Amanda Bingson's initially broke Jessica Cosby's 74.19m American record with a 74.92m second round and then improved to 75.73m with her next. Her PB prior to the competition was 72.95m and she now lies third in the world lists for 2013. Jeneva McCall was second with 74.00m.

Despite the records, elsewhere arguably the star performer over the championships was Tyson Gay.

He won the 100m final in 9.75, easily pushing Usain Bolt's recent conqueror Justin Gatlin, into second.

He felt his windy 9.75 semi came after a better start, but in the final, he overcame a sluggish beginning to run down the former Olympic champion, who ran 9.89. Charles Silmon's 9.98 edged Mike Rodgers by two thousandths of a second for the final spot on the US team.

A few days later Gay returned to take the 200m in another world lead of 19.74. Perhaps surprisingly that was his first world US sprint double since 2007, when he was chosen as IAAF world athlete of the year.

His 200m was his fastest for three years and because of the changing blustery winds his semi (20.07) and final were run in different directions but a 1.6m. sec headwind in the final proved near-perfect.

"I wish my 100m was a little better but I have a little bit of time to work on that," he said. "Doing the double was a little bit of pride, a little bit of ego and as long as l felt good, I wanted to go for it.

"My 200m was just an indicator of fitness. I think I am definitely glad that I was victorious but I am glad that I left healthy.

"I was a little sluggish, but I haven't run a curve in a long time so I still have a tendency to lean over too much."

Isiah Young and Curtis Mitchell also broke 20 seconds and threetime world medallist Wallace Spearmon ran 20.10 but was a metre short of selection.

The women's 100m also saw awesome depth and a world lead. Despite an ankle injury, NCAA champion English Gardner won in 10.85/1.8 just ahead of Octavius Freeman. With Alexandria Anderson third in 10.91, Jeneba



Tarmoh and Barbara Pierre, found comfortable sub-11s couldn't even get them into the US quartet. Carmelita Jeter, who has a bye for selection, was absent. Pierre had run an earlier world lead of 10.85/2.0 to win her semi final.

In those semis, the 2005 world champion Lauryn Williams ran her fastest for five years and her 11.00 is the quickest not to make a 100m final in any championships. The 29-year-old subsequently announced her retirement.

Another athlete to set a world lead was high jumper Bridget Barrett, who set a PB 2.04m. She had a 100 per cent record up to 2.00m, but cleared 2.04m at the second attempt before retiring.

Both 800m winners used front-running tactics to guarantee a victory and fast time. Olympic fourth-placer Duane Solomon ran yet another world lead with a 1:43.27 giving him three metres over fellow Olympic finalist Nick Symmonds with former hurdler Brandon Johnson also inside 1:44.

Alysia Montano won the women's event in 1:58.62, a metre ahead of Brenda Martinez as Ajee' Wilson, the 2011 world youth and 2012 world junior champion, was third in 1:59.55.

Sharon Day dominated in the heptathlon and she too set a world lead of 6550 to add more than 200 points to her PB with good performances over all seven events.

Janay De Loach Soukup won the women's long jump with a wind-aided 6.89m/2.2m on her opening jump as world and Olympic champion Brittney Reese fouled all three of her jumps, though she will still compete in Moscow as defending world champion.

Another world leader went to Michael Tinsley, who won the 400m hurdles in 47.96, a metre up on former world champions Kerron Clement and Bershawn Jackson. The previous world No.1 Johnny Dutch found 48.21 insufficient to make the plane for Russia.

Watched by world No.1 Kirani James, his predecessor as Olympic champion, Lashawn Merritt ran his fastest time of the year with a clear 44.21 win after a 44.36 semi-final.

Olympic relay silver medallist Tony McQuay was a distant second in 44.74, while the 2011 world youth champion Arman Hall perhaps surprisingly took the third individual berth for Moscow with a 45-plus time.

The women's event went to Natasha Hastings, who went inside 50 with a 49.94 to edge Francene McCorory on 50.01.

World junior champion Ashley Spencer took the final spot on offer as Olympic champion Sanya Richards-Ross, finished sixth in 51.92. She was in training flats and is clearly still recovering



ACTION

from a toe operation.

The women's 200m saw another Olympic champion beaten as NCAA winner Kimberlyn Duncan edged Allyson Felix in a wind-assisted 21.80 to 21.85.

The men's 110m hurdles also led to a surprise as 32-year-old Ryan Wilson beat more favoured opposition to win his first national title in 13.08. His PB of 13.02 was set six years ago.

David Oliver was a close second and Olympic champion Aries Merritt edged the London silver medallist Jason Richardson for third. However, the latter will nevertheless be in Moscow as defending world champion. The standard was high as Spencer Adams found his 13.39 not even good enough for the final.

Olympic silver medalist Galen Rupp won his fifth American 10,000m title in a row with a 4:10 final mile. His time was 28:47.32 and both Dathan Ritzenhein and Chris Derrick also secured their spots for Moscow as they also



have the IAAF 'A' standard of 27:40.00.

"I just wanted to make sure that I had enough space and didn't run harder than I needed to," Rupp said.

He lost the 5000m, though, to former world champion Bernard Lagat, who won in a ridiculous 14:54.16. With the first 1600m covered in 5:20 and the second in 5:02, it was basically a jog and the inevitable last-lap burn-up led to a 54.2 for the winner – one-up for Farah.

Shalane Flanagan dominated the women's 10,000m even more decisively to win her third USA 10,000m title (and 15th national title) by more than half a minute in 31:43.20.

World 1500m champion Jenny Simpson successfully moved up to use her speed and win the 5000m.

Both 1500m races were tactical affairs with world bronze medallist Matt Centrowitz winning the men's from Olympic silver medallist Leo Manzano, while the women's was even more tactical, but did feature sub-58 last laps from Treniere Moser and her 17-year-old training partner Mary Cain, who both ran outside 4:28 but already had the necessary qualifying times.

The 2007 IAAF World Youth Championships gold medallist, Dalilah Muhammad, won the women's 400m hurdles in 53.83,



having started the year with a best of just 56.04.

Olympic decathlon champion Ashton Eaton trailed by 44 points overnight but eased through to win with a modest 8291.

Other notable field successes from athletes who will start as favourites in Moscow came from Jenn Suhr, who won the pole vault with 4.70m, and Ryan Whiting, who had his second best-ever shot put of 22.11m.

RESULTS

Men: 100 (1.1): 1 T Gay 9.75 (9.75/2.4sf, 10.28/-1.6 ht); 2 J Gatlin 9.89 (9.89/2.4sf); 3 C Silmon 9.98 (9.85/3.2sf); 4 M Rodgers 9.98 (9.90/2.4sf): 5 R Salaam 10.01 (9.86/3.2sf); 6 D Locke 10.05 (9.97/3.2sf); 7 I Young 10.12 (9.93/2.4sf). T Kimmons dnf (10.02sf/3.2). in sf: D Batson 10.04/2.4; C Newman 10.05/2.4; J Demps 10.06/3.2; W Dix 14.19. 200 (1.6): 1 T Gay 19.74 (20.07/-0.8 sf. 20.14/4.3ht); 2 | Young 19.86 (20.37/-1.1sf, 20.09/3.7ht); 3 C Mitchell 19.99 (20.43/0.8sf, 20.11/3.1ht); 4 W Spearmon 20.10 (20.39/-0.8 sf, 20.23/4.5ht); 5 A Webb 20.20 (20.64/-1.1sf, 20.30/3.5ht); 6 M Mitchell 20.32 (20.70/-1.1sf. 20.38/3.5ht): 7 C Newman 20.37 (20.56/-0.8sf, 20.33/3.7ht); 8 D Dukes 20.45 (20.73/-1.1 sf, 20.34/4.5ht). In semis: G Roberts 20.73/-1.1 (20.33/3.1ht); C Clark 20.83/-0.8 (20.57/4.3ht). in ht: B Byrom 20.21/4.5; R McClain 20.32/4.5: A Ernest 20.36/4.5: J Austin 20.40/3.5; J Dodson 20.40/3.1; C Nkanata 20.41/4.5; T Cotton 20.41/3.1; L Butler 20.50/3.7. 400: 1 L Merritt 44.21 (44.36sf, 45.81 ht); 2 T McQuay 44.74 (44.72sf, 45.26ht); 3 A Hall 45.01 (44.82sf, 45.57 ht); 4 J Mance 45.22 (45.23ht, 45.55 ht); 5 J Harris 45.23 (45.47sf, 45.63 ht); 6 D Verburg 45.34 (44.75sf); 7 M Mitchell 45.81 (45.67sf, 45.76ht); 8 T Lawrence 46.02 (45.39sf). in sf: H Graham 45.19; C Smith 45.69 (45.86 ht); B Spratling 45.71 (45.97 ht). in ht: A Taylor 46.98. 800: 1 D Solomon 1:43.27 (1:45.07sf. 1:46.39ht); 2 N Symmonds 1:43.70 (1:45.22 sf); 3 B Johnson 1:43.97 (1:44.78sf); 4 E Greer 1:45.04 (1:45.16

sf); 5 T Mulder 1:45.13 (1:45.24sf); 6 E Sowinski 1:45.21 (1:45.29sf); 7 M Rutt 1:45.76 (1:45.43sf); 8 C Jock 1:46.72 (1:45.29sf). in sfs: B Gagnon 1:45.45. 1500: 1 M Centrowitz 3:45.17(3:40.91ht); 2 L Manzano 3:45.35; 3 L Lomong 3:45.69 (3:41.52 ht); 4 M Elliott 3:45.85 (3:41.62 ht); 5 W Leer 3:45.95 (3:41.01 ht). 5000: 1 B Lagat 14:54.16; 2 G Rupp 14:54.91; 3 R Hill 14:55.16; 4 B True 14:55.61; 5 A Bumbalough 14:57.12: 6 G Heath 14:58.85; 7 E Heath 15:02.07; 8 C Solinsky 15:09.47. 10,000: 1 G Rupp 28:47.32; 2 D Ritzenhein 28:49.66; 3 C Derrick 28:52.25; 4 B True 29:07.26 3000SC: 1 E Jager 8:20.67; 2 D Huling 8:22.62: 3 D Turner 8:25.56: 4 A Poore 8:26.82. 110H (1.4): 1 R Wilson 13.08 (13.34/2.3sf, 13.21/3.6 ht); 2 D Oliver 13.11 (13.05/2.6sf, 13.14/2.6 ht)); 3 A Merritt 13.23 (13.09/2.6sf, 13.25/2.5 ht); 4 J Richardson 13.24 (13.17/2.6 sf, 13.31/4.1 ht); 5 D Payne 13.43 (13.40/2.3sf, 13.22/4.1ht); 6 0 Osaghae 13.47 (13.31/2.6sf): 7 J Brown 13.52 (13.48/2.3sf, 13.48/4.1 ht); 8 J Porter 13.52 (13.39/2.3sf, 13.38/3.6 ht). in sfs: S Adams 13.39/2.6 (13.49/2.6 ht); B Ames 13.50/2.3 (13.40/3.6 ht); D Hill 13.52/2.3 (13.32/2.5 ht); K Craddock 13.55/2.6 (13.46/2.6 ht); R Stewart 13.56/2.6 (13.46/4.1 ht); D Berger 13.57/2.3(13.33/2.5ht). in ht: T Akins 13.55/2.5; C Thomas 13.55/2.5 ht. 400H: 1 M Tinsley 47.96 (48.84sf); 2 K Clement 48.06 (49.07sf); 3 B Jackson 48.09 (48.76sf); 4 J Dutch 48.21 (48.98sf, 49.46ht); 5 J Gaymon 48.56 (48.85sf, 49.60ht); 6 J Anderson 49.14. HJ: E Kynard 2.28; 2 D Jonas 2.28; 3 R Black 2.25; 4 M Blair 2.25. PV: 1 B Walker 5.65; 2 J Scott 5.65; 3 J

Whitt 5.60; 4 J Coover 5.60; 5 D DeLeo 5.60. LJ: 1 G Kitchens 8.23/2.8 (x, 8.05/2.7, 8.23, x, 7.80/0.9, 7.92/1.4); 2 J Henderson 8.22/2.0; 3 R Taylor 8.14/0.9; 4 M Hartfield 8.13/1.3: 5 M Dendy 8.10/1.3; 6 C Taylor 8.07/3.0 (7.95/1.2); 7 W Claye 8.05/1.1. TJ: 1 O Craddock 17.15/2.2 (16.59/1.8); 2 W Claye 17.04w; 3 R Grinnell 17.02w. SP: 1 R Whiting 22.11; 2 R Hoffa 21.34; 3 Z Lloyd 21.09; 4 C Martin 20.67; 5 P Davis 19 91 DT: 11 Brooks 62 29: 2 R Winger 62.03: 3 J Plummer 61.96: 4 C Malone 60.04; 5 C Madison 60.03; 6 J Rome 59.91. HT: 1 A Kruger 75.52; 2 C Cralle 74.55; 3 A Lloyd 73.63. JT: 1 R Dolezal 83.50; 2 S Humphreys 83.14; 3 S Furey 77.36. Dec: 1 A Eaton 8291 (10.48/1.2 759/03 15 00 1 90 46 89 14 68/00 43.99, 4.60, 60.36, 4:34.15); 2 G Nixon 8198 (10.80/1.0, 7.62, 14.12, 2.17, 48.63, 14.59/0.7, 40.32, 4.30, 60.44, 4:31.95); 3 J Taiwo 7925. 20kmW: 1 T Seaman 1:30.13.06; 2 J Nunn 1:31:01.64; 3 P Stroupe 1:31:08.73

Women: 100 (1.8): 1 F Gardner 10.85 (10.87/1.7sf); 2 O Freeman 10.87 (10.90/1.7 sf); 3 A Anderson 10.91 (10.91/1.7 sf); 4 J Tarmoh 10.93 (10.98/1.7sf); 5 B Pierre 10.94 (10.85/2.0sf, 11.18/-1.9ht); 6 A Scott 11.00 (10.96/2.0sf); 7 M Lee 11.00 (11.07/2.0sf); 8 C Williams 11.09 (11.07/2.0sf). in sf: L Williams 11.00/1.7; M White 11.10/1.7; C Bayne 11.15/2.0; J Young 11.16/2.0; T Bowie 11.16/1,7; T Townsend 11,19/1.7. D Bryant 11.20. 200 (3.2): 1 K Duncan 21.80 (22.68/-1.1sf): 2 A Felix 21.85 (22.66/-1.1sf); 3 J Tarmoh 22.15 (22.73/-1.1sf); 4 K Brown 22.16 (22.86/-1.1sf); 5 S Solomon 22.33

(22.79/-1.1sf); 6 L Moore 22.46 (22.87/-1.1sf); 7 T Townsend 22.51 (22.84/-1.1sf); 8 C Bayne 22.56 (22.84/-1.1sf). in sf: D Trotter 22.85; D Bryant 22.87/-1.1; A Scott 22.90/-1.1. 400: 1 N Hastings 49.94 (50.67sf, 51.43ht); 2 F McCorory 50.01 (50.53sf, 51.38ht); 3 A Spencer 50.58 (50.77sf); 4 J Atkins 50.77 (51.19sf); 5 J Beard 51.06 (51.51sf); 6 S Richards-Ross 51.92 (51.53sf 51.43ht); 7 R Alexander 52.24 (51.78sf); 8 E Floyd 52.90 (51.10sf). 800: 1 A Montano 1:58.67 (2:00.14sf, 2:01.96ht); 2 B Martinez 1:58.78 (1:59.84ht, 2:01.96ht); 3 A Wilson 1:59.55 (2:00.91sf); 4 K Grace 2:00.10 (2:00.96sf); 5 L Roesler 2:00.23 (2:00.54sf); 6 H Kampf 2:00.68 (2:00.51sf); 7 A Weissenbach 2:01.74 (2:00.98sf). in sf: L Thomas 2:00.61; . Č Price 2:00.88; M Vessey 2:01.02. 1500: 1 T Moser 4:28.62 (4:11.20sf); 2 M Cain 4:28.76 (4:11.48sf); 3 C McGee 4:29.70 (4:14.03sf): 4 S Rowbury 4:30.09 (4:11.71sf): 8 M Uceny 4:31.32 (4:13.82sf). 5000: 1 J Simpson 15:33.77; 2 M Huddle 15:35.45; 3 S Rowbury 15:37.27; 4 K Conley 15:37.80; 5 C Reilly 15:38.50; 6 A D'Agostino 15:39.17. 10,000: 1 S Flanagan 31:43.20; 2 J Hasay 32:17.34; 3 T Erdmann 32:24.16; 4 A Hastings 32:31.28; 5 K Goucher 32:59.23. 3000SC: 1 N Bush 9:44.53; 2 A Higginson 9:46.25; 3 S Kipp 9:46.83. 100H (1.2): 1 B Rollins 12.26 (US rec) (12.30/2.8sf, 12.33/2.3ht); 2 Q Harrison 12.43 (12.44/2.7sf, 12.44/3.1ht); 3 N Ali 12.48 (12.57/2.8sf, 12.67/1.9 ht); 4 K Wells 12.54 (12.47/2.8sf, 12.63/3.1ht); 5 L Jones 12.55 (12.44/2.7sf, 12.50/1.9

ht); 6 K Castlin 12.61 (12.61/2.7sf, 12.66/2.3sf); 7 V Thomas 12.86 (12.63/2.7sf, 12.79/2.3 ht); 8 J Coward 13.07 (12.69/2.8sf, 12.88/2.1 ht): in sfs: V Crawford 12.67/2.7 (12.67/1.9 ht); L Smith 12.82/2.8 (12.69/2.1ht); Y Lewis 12.87/2.8 (12.85/2.3ht); K Newton 12.97/2.7; J Barber 12.99/2.8 (12.93/2.3ht). D Harper dns (12.60/2.1ht). 400H: 1 D Muhammad 53.83 (54.83sf, 55.62ht) 2 G Moline 53.88 (54.82sf, 55.04ht); 3 C Spence 54.56; 4 T Brown 55.05; 5 C Tate 55.45. HJ: 1 B Barrett 2.04 (1.84o, 1.890, 1.920, 1.950, 2.000, 2.04xo); 2 I McPherson 1.92; 3 M Pressley 1.89. PV: 1 J Suhr 4.70 (4.55xo, 4.60o, 4.70xo, 4.75xxx); 2 K Hutson 4.60; 3 B Holliday 4 55: 4 M Saxer 4 50: 5 K Viuf 4 40: 6 K Nageotte 4.40; 7 L Janson 4.40. LJ: 1 J DeLoach Soukop 6.89/2.2; 2 T Polk 6.80/3.9 (6.62/1.8); 3 F Jimoh 6.71/5.2 (6.65/1.8); 4 T Bowie 6.69/3.4 (6.60/1.8); B Reese nm (x, x, x). TJ: 1 A Geubelle 14.03/3.4 (13.72/1.9); 2 T Smith 13.93w; 3 A Smock 13.77w. JT: 1 B Borman 60.91; 2 A Ince 56.66; 3 K Patterson 55.88. SP: 1 M Carter 20.24 (US rec) (19.13, 19.31, 18.88, 18.73, 20.24, x); 2 T Brooks 18.83; 3 A Hasslen 18.10. DT: G Lewis-Smallwood 65.13; 2 WAshley 61.19; 3 E Podominick 60.69; 4 B Rohl 59.66. **HT:** 1 A Bingson 75.73 (US rec) (72.58, 74.92, 75.73, 72.41, x, x); 2 J McCall 74.00; 3 A Campbell 73.03; 4 J Cosby Toruga 72.58; 5 B Henry 69.57. JT: 1 B Borman 60.91; 2 A Ince 56.66; 3 K Patterson 55.88. Hept: 1 S Day 6550 (13.54/1.7, 1.90, 13.77, 24.02/1.0. 6.16/2.6. 47.38. 2:12.12): 2 B Wade 6018; 3 E Bougard 5990. 20kmW: 1 M Michta 1:37:34.46; 2 E Gray 1:39:19.80



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OUR SERIES CONTINUES AS WE LOOK BACK TO THE GREATEST EVER MEN'S AND WOMEN'S THROWS

JAVELIN

Men's javelin

JAN ZELEZNY is considered by most to be the greatest ever javelin thrower. He won three Olympic titles, set five world records and won five medals including three gold in seven World Championships finals.

He went into this competition as the world record-holder with a 95.66m throw in Sheffield in 1993. He started with 87.76m and, after his chief rival Raymond Hecht threw 90.06m, he needed a big second throw and he produced a 92.88m to guarantee the victory.

In the third round, he could really let himself go and make the most of the good conditions and his staggering 98.48m added nearly 10 feet to his previous world mark. Excluding a no-throw, his 91.44m and 87.88m gave him an average of greater than 91 metres for his five valid throws.

Since the record, the longest throws have also come from Zelezny. He threw 94.64m in Ostrava less than a week later and then 94.02m in Stellenbosch in 1999 and he has the best five throws in history.

The next best is Aki Parviainen's 93.09m in 1999.

The result from Zelezny's world record is:

ena

25.5.1996

truly dominate the event and he set his first world mark of 49.32m in Gothenburg in 1899 and achieved the first 50m throw with 50.44m in Jonkoping in 1902.

He wasn't the first to better 60 metres as Juho Saaristo temporarily took the best mark off him with 61.45m in Helsinki in 1912.

Four months later, 13 years after his first record, Lemming set the first IAAF global mark with 62.32m in Stockholm. At the time throwers had to use both left and right arms during the competition and with his weaker arm achieved 44.15m!

Finn Jonni Myyra finally erased the Swede's record with 66.10m in Stockholm in 1919, and that was also the venue for the first 70m mark when Erik Lundqvist threw 71.01m. The next to dominate was Finland's Matti Jarvinen and on his eighth record he bettered 75 metres with 76.10m in Helsinki in 1933. He went on to throw 77.23m at the same venue three years later.

American Bud Held achieved 80m in Pasadena in 1953 with 80.41m and the first to better 85 metres was Norway's Egil Danielsen, who launched the javelin 85.71m to win the 1956 Olympic gold medal in Melbourne.

Jan Zelezny (CZE)	98.48m	Je
Jan Zelezny: all- time great who set a 98.48m world record in 1996		MARKSHEARMAN
The	4.525	
	1312	
_		

1 Jan Zelezny (CZE) 98.48 2 Raymond Hecht (GER) 90.06 3 Boris Henry (GER) 86.94 4 Peter Blank (GER) 80.12 5 Gregor Hogler (AUT) 77.98 6 Matthias Hold (GER) 72.86

World record history Frenchman Mauritz Mexmontan



40.38m in Stockholm in 1892. His Swedish compatriot Eric Lemming was the first athlete to

has the first recorded mark with

30.58m in Helsinki in 1883, using

The first over 40 metres was

a javelin possibly just below the

800g weight currently used.

Axel Lindblad, who achieved

PREVIOUS WORLD RECORDS Tom Petranoff (USA) 15.5.83 99.72 Los Angeles Uwe Hohn (GDR) 104.80 Berlin 20.7.84 After javelin change 85.74 21.9.85 Klaus Tafelmeier (FRG) Como Jan Zelezny (CZE) 87.66 Nitra 31.5.87 89.10 24.3.90 Patrik Boden (SWE) Austin 89.58 2.7.90 Steve Backley (GBR) Stockholm Steve Backley (GBR) 91.46 North Shore 25.1.92 Jan Zelezny (CZE) 95.54 Pietersburg 6.4.93 29.8.83 95.66 Jan Zelezny (CZE) Sheffield

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Women's javelin

BARBORA SPOTAKOVA followed up her 2008 Olympic gold medal with this competition against many of the leading throwers in the IAAF World Athletics Final. Her first-round throw added 58cm to Cuban Osleidys Menendez's three-year-old mark from the World Championships in Helsinki.

She followed up with two no throws and a modest 58.39m in the four-round competition while no on else could come within nine metres of her best mark.

Her throw was especially noteworthy as the conditions were windless. She won \$30,000 as the winner and a further \$100,000 for setting the world record. The Czech also won the 2012 Olympic gold, the 2007 world title and two further world silvers.

The result of her world record		
competition was:		
1 Barbora Spotakova (CZE)	72.28	
2 Christina Obergfoll (GER	63.28	
3 Steffi Nerius (GER)	62.78	
4 Zahra Bani (ITA)	60.22	
5 Linda Stahl (GER)	58.90	
6 Goldie Sayers (GBR)	58.04	

World record history

Inevitably it is a Finn – Anna Kuparinen – who is listed against the initial recorded mark of 17.99m in Sakkola in 1909, though that was with the men's 800g javelin. The first officially ratified mark with 600g javelin was by Bozena Sramkova of the Czech Republic with 25.01m in Prague in 1922.

The first 30-metre-plus throw ratified came from Augustine Hargus, who threw 37.575m in
 Barbora Spotakova (CZE)
 72.28m
 Stuttgart
 13.9.2008

Berlin, Germany, in 1927. Another German Ellen Braumuller was first to better 40 metres there with 40.27m in 1930.

The first IAAF record was 46.745m by American Ferdinanda Gindele in Chicago in 1932, but it took 17 more years for 50 metres to be surpassed when Natalya Smirnitskaya threw 53.41m in Moscow

It wasn't until 1964 that 60m was bettered, when another Russian Yelena Gorchakova threw 62.40m in the Olympic qualifying event in Tokyo.

East German Ruth Fuchs dominated the event through the Seventies, recording 65.06m in Potsdam in 1972 and 69.96m in Split in 1980.

The 70-metre barrier was achieved by the relatively little known Tatyana Biryulina in Podolsk a few months later.

Petra Felke was first to achieve 75 metres with a 75.26m and 75.40m in Schwerin in 1985 and her record was broken by Fatima Whitbread's 77.44m in European Championship qualifying in 1986.

Felke gained it back a year later and then achieved a historic 80.00m in Potsdam in 1988 As with the men, the specifications were changed and Norwegian Trine Hattestad was the early pacesetter with the revised javelin with a 69.48m at Oslo in 2000.

However, it was the Cuban Osleidys Menendez who was first to better 70.00m with a 71.54m in Rethymno in 2001.

PREVIOUS WORLD RECORDS					
Tiina Lillak (FIN)	74.76	Tampere	13.6.83		
Petra Felke (GDR)	75.26	Schwerin	4.6.85		
Petra Felke (GDR)	75.40	Schwerin	4.6.85		
Fatima Whitbread (GBR)	77.44	Stuttgart	28.8.86		
Petra Felke (GDR)	78.90	Leipzig	29.7.87		
Petra Felke (GDR)	80.00	Potsdam	9.9.88		
Javelin changed					
Mirela Tzelili (GRE)	67.09	Seville	28.8.99		
Trine Hattestad (NOR)	68.22	Rome	30.6.00		
Trine Hattestad (NOR)	69.48	Oslo	28.7.00		
Osleidys Menendez (CUB)	71.54	Rethymno	1.7.01		
Osleidys Menendez (CUB)	71.70	Helsinki	14.8.05		

Ninety metres took another eight years when another Norwegian Terje Pedersen achieved 91.72m in Oslo, adding a massive 4.60m to his previous record. Hungarian Ferenc Paragi threw 96.72m in Tata in 1980.

The next and final barrierbreaker was Uwe Hohn, whose 104.80m in Berlin in 1984 threatened spectator safety and led to a change in the javelin specification such that the centre of gravity was changed.

The first official world record with the new javelin was Klaus Tafelmeier's 85.74m in Como in 1986 and a year later Zelezny set his first record with 87.66m in Nitra and Steve Backley threw 89.58m in Stockholm in 1990.

Both Zelezny (89.66m) and Backley (90.98m) set further records and Finland's Seppo Raty went to 96.96m in 1991,but they were later deleted as they were with a different javelin that had serrations that were effectively contravening the rules.

The record returned to Backley's 89.58m in 1992 and he broke that with 91.46m in North Shore in New Zealand before Zelezny resumed ownership of the record until the current time, initially with a 95.54m.

When are rules not rules?

YOU might call petty a decision to disqualify a whole team for fielding an unregistered athlete who has been running in this country for years (see *News*, p39).



ee News, p39). You might not agree with the current rules. But rules are rules and the ones from UKA say the referee's decision is final.

So for UKA to over-rule a referee trying to uphold the rules, *without explanation*, may lead to confusion for organisers and rule-flouting from athletes.

Nothing against Altrincham, though, as they had every right to appeal. *Paul Halford, News editor*

HEPTATHLON: OLYMPIC CHAMPION DELAYS CONTINUATION OF HER SEASON Ennis-Hill withdraws from Tallinn

JESSICA ENNIS-HILL will go into the IAAF World Championships in Moscow in August without having competed in a heptathlon this year after injury forced her out of an appearance in Tallinn this weekend.

The Olympic champion, whose preparation this season has been hampered by an ankle problem and her wedding in May, was due to have led the British team for the European Cup of Combined Events in the Estonian city.

Ennis-Hill threw the javelin at a low-key meeting in April but has not competed since and also pulled out of a UK Women's League fixture in Edinburgh.

Ennis-Hill said: "I have been running and putting some force through the ankle, but Toni (Minichiello, her coach) and I feel that doing a heptathlon is not the best option to achieving a full recovery, and day by day it is feeling much more free and comfortable. This season's focus





has to still be the heptathlon in Moscow and there are many other options to compete before then."

Minichiello added: "Jessica does not need to do a heptathlon before Moscow – but it would have been useful. However, given her ankle is making slow but steady progress and things are looking much better we don't feel it is worth rushing it to compete this

SPRINTS: LONG AND SUCCESSFUL CAREER OVER FOR COVENTRY GODIVA HARRIER

weekend in all seven disciplines. My job is to get her to Moscow in one piece, and in good shape, and that is my priority."

The qualification window for the javelin began on January 1, 2012, so Ennis-Hill has the 'A' standard.

Having competed in a major senior championships every year since 2006 – apart from 2008 when she was injured – this would be the first time she has gone into one without having completed a heptathlon in the build-up.

The women's team for Tallinn this weekend will be led by 2010 Commonwealth Games bronze medallist Grace Clements and England Athletics senior champion Jess Tappin. Also selected are Jo Rowland and Karla Drew.

Following his PB of 7457 earlier this year, Roger Skedd will form part of the men's team for the decathlon. He will be joined by 2010 Commonwealth bronze medallist Martin Brockman, John Lane and Francis Baker.

McKinna looking for experience

A LACK of British female role models in her event has not been an obstacle for Sophie McKinna – not when her coach is Geoff Capes.

The 18-year-old shot-putter, who was six when UK record-holder Judy Oakes retired, is world No.3 junior right now and hopes to end Britain's poor recent record in the event.

"It's very difficult (not having had a female role model), but my coach is Geoff Capes so I've looked to him and what he's done more," she said.

Having made her senior debut in Gateshead in seventh last weekend, the recent UK junior record-setter with 17.12m said: "Shot put is all about strength and technique, which you learn over time.

"I'm only 18 and hopefully I'll be able to progress and compete with those guys in the future."
 Devonish hangs up his spikes

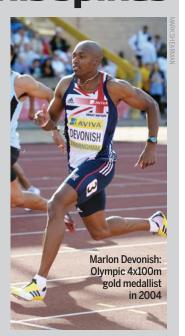
 MARLON DEVONISH, one of Britain's most successful sprinters of recent
 in 2004. It was the most incredible moment of my life when Mark crossed

years has announced his retirement. The 37-year-old won 18 international medals, including gold with Britain's

4x100m team at the 2004 Olympics. Clocking up bests of 10.06 and 20.19, he competed at every major championships from 1997 to 2011, though he failed to make London 2012.

Devonish, who won the 2003 world indoor 200m title, the 1995 European junior 200m gold and reached two world championships finals, said: "I have enjoyed the most incredible career and have had the privilege of competing and winning medals for my country for 16 years. Obviously the pinnacle of that was winning Olympic gold with the 4 x 100m relay in Athens in 2004. It was the most incredible moment of my life when Mark crossed the line ahead of Maurice Greene. We were the underdogs, but we had belief and trust in each other and what we could do, we took risks and it paid off.

"Being injury-free and staying fit and healthy is crucial to any success and I've managed to do that, but I'm getting older now and there are quicker athletes out there so I have taken this tough decision to stop at the right time. I'm going to focus my energies on coaching and public speaking. I want to coach within athletics and recently did a stint working with the GB relay team, but I will also work outside of the sport delivering sprint coaching in football, cricket and rugby."



SPRINTS: LARGER 4X100M SQUAD IS THE KEY TO SUCCESS, SAYS EURO TEAM CHAMPS WINNER JAMES ELLINGTON

New approach a boost to sprint relay hopes

SINCE Britain's men took victory in the 4x100m at the 2004 Olympics, the nation's sprint relay process has been more frequently associated with dropped batons than success,

However, the tide appears to be turning and on Saturday the British quartet at the European Team Championships added to the country's perfect 2013 record.

Adam Gemili, Harry Aikines-Aryeetey, James Ellington and James Dasaolu combined to register 38.39 in Gateshead to go to second on the yearly rankings list behind the United States.

It is partly thanks, say the athletes, to the direction of new relays coach Rana Reider and a new focus on a wider squad.

This win followed a 39.27 by Britain in Gateshead on Friday as one of the "warm-up" events.



James Ellington: third leg last weekend

Aikines-Aryeetey said: "We've done it (got the baton round) four times already this year, fifth time yesterday and we've done it today so that's six out of six," he said. "It's about confidence. We've

got great guidance from our

coach. We're not young athletes, we've been in the team for a little while, we've got experience and most importantly we've got confidence in each other."

The news that UK 100m No.1 for the year Dasaolu was being replaced in the individual 100m by Richard Kilty raised eyebrows, but the plan to have the 10.08 man focus on the relay was vindicated.

Dasaolu asserted: "We're strong medal contenders come the world champs."

Ellington explained the plan for Moscow, by saying: "We've got six or seven guys now we can pull in and out. There's been a whole new structure this year. Everyone's learning different legs. I think before everyone was a bit onedimensional.

"I think going into the world champs we should be challenging

for a British record and if we do that we should be top three in the world.

"You've always got to have a broad spectrum of athletes in a relay team because we're not going to be around forever. As long as we're always bringing young people into the relay team we're always going to have that depth. If it was up to me I'd have 15 guys in every relay (squad) whether they are up to the standard or not. It's practice for the future. Our new relay coach, Rana Reider, is all about bringing different faces in."

UKA head coach Peter Eriksson said: "The 4x100m shows our relay coach has done a fantastic job and he will continue doing that I'm sure. The women also got around and did a world championships qualifying time and they had very little practice."

Long JUMP: OLYMPIC CHAMP FIGHTS NIGGLES AS HE FAILS TO EXCEED EIGHT METRES IN GATESHEAD London king Rutherford still chasing 'A' mark

OLYMPIC long jump champion Greg Rutherford says he is not concerned at so far not having gained the 'A' standard for the World Championships.

The tough mark of 8.25m was surpassed by only 13 athletes in the whole of last year. According to UKA's criteria, he needs an 'A' standard to be considered, although he would surely be added under an "exceptional circumstances" clause anyway.

Rutherford, whose season's best is 8.22m, recorded 7.98m on Saturday and said: "If I'm not jumping 8.25m going into the World Champs, what's the point anyway? As much as at the Olympics last year it would have done you quite well, in most competitions it's not. I should be jumping 8.25m week in, week out."

He struggled in Gateshead having only flown across the Atlantic earlier in the week and he has a few niggles.

"I have a slight knee issue," he said. "It's just a bit of fluid that doesn't seem to want to go away. There's nothing particularly wrong there. It's a few little things that are driving me up the wall at the moment and are stopping me getting into the groove of where I was last year. As soon as I can iron those out I should be okay. I'm competitive at the moment – every competition, be it Diamond Leagues or this, I'm hitting top threes, which bodes well going into a world championships."



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International news

Rudisha injury

AFTER withdrawing from the Diamond League meeting in Eugene on June 1, David Rudisha remains on the injured list.

The Olympic 800m champion and world record-holder felt a problem with his knee while training in New York after his win there last month.

He will miss the Kenyan trials next month, but he has an automatic bye for selection for the world championships as a defending champion.

Semenya on way back

FORMER world 800m champion Caster Semenya is said to be recovering from a knee injury from earlier in the season and on course to compete at the World Championships.

Blake misses trials

WORLD 100m champion Yohan Blake pulled out of last weekend's Jamaican trials because of a hamstring injury.

The country's first-three-pastthe-post selection system means Blake, who suffered the injury in April and has not competed since, would normally miss the 200m at the world championships.

However, as the defending champion, he has a bye and is expected to be picked for Moscow.

Bolt back in Jamaica

USAIN BOLT, who had been due to compete in Ostrava today (Thursday) has apologised to fans in the Czech Republic and headed back to train in Jamaica.

It follows his defeat to Justin Gatlin in Rome earlier this month.

Kenyans missing

ABEL KIRUI, the twice world marathon champion, will miss Moscow because of an ankle injury, according to Athletics Kenya's president. Olympic marathon bronze medallist Wilson Kipsang will also not be in Moscow as he is looing towards Berlin in September instead.

WORLD CHAMPS: WILLIAMS AND YOUSIF COULD BE IN A BRITISH VEST IN MOSCOW

Sprinters' transfers confirmed

SPRINTERS Delano Williams and Rabah Yousif have had their transfers of allegiance to Britain confirmed and could compete at the World Championships in Moscow in August.

Williams, who won the world junior 200m title in 2012, hails from Turks and Caicos, which as a British dependency does not have an Olympic Committee so he could not represent the country in the Games.

He attempted to make Team GB for the 2012 Olympics but, having failed, competed for the Caribbean island at the World Juniors.

However, he never gave up on his ambition and said on hearing the news: "I am very pleased that my transfer of allegiance has been confirmed and I am excited to be aiming towards a British team this summer.

"Any athlete who saw the Olympics would feel an affinity with British fans as they showed how much they love the sport. I hope to receive a similar warm welcome in a British vest this season."



Championships 'A' standard with his 20.27 PB set this year, while he also set a best of 10.28 for 100m in March.

As with Yousif, the usual oneyear wait after representing a different country, does not apply as he has been resident in his new country – or, in this case, a territory of it – for more than three years, so he is eligible to compete for Britain immediately.

Edith Skippings, president of the Turks and Caicos Islands Amateur Athletic Association, said: "The good thing about all of this is that we are a part of the UK and we look for forward to continuous dialogue and collaboration.

"The outcome of Delano's transfer should be seen by the people of the Turks & Caicos Islands as a positive move and one that is inspiring and uplifting to our talented athletes who have the same dreams and aspirations as Delano."

Sudanese-born Yousif absconded from a training camp for the 2002 World Junior Championships and took up residence in Britain.

AW reported as early as 2007 on the struggle of Yousif, by then living with his girlfriend and with a young child, to avoid deportation and become eligible to represent Britain.

However, though in 2008 he was allowed to remain in this country, the acquisition of a British passport was taking too long and he chose to continue competing for his country of birth.

The 26-year-old has a best for 400m of 45.13 and reached the semi-finals of the 2009 and 2011 World Championships and the 2012 Olympics.

He already has the World

DISCUS: WELSH THROWER LOOKING FOR BIG IMPROVEMENT THIS SUMMER Morse has eye on national record

HAVING seen his top domestic rival, Lawrence Okoye, quit the sport to take up American football, Brett Morse is hoping to take his British record.

Okoye, who signed as a free agent for San Francisco 49ers earlier this summer but has talked about returning to athletics one day, threw the national mark of 68.24m last year.

Morse said he thought that Okoye could make it in his new sport, but just in case he doesn't he is not planning to hang around while trying to pinch the record.

"Lawrence Okoye is a very talented

guy, a big giant of a man. 6ft 6in and 140kg," he said. "I think if he tried any sport that involved power he'd be very good at it.

"Obviously he excelled at discus throwing, but he told me before, the NFL was his dream and he's following his dream so good luck to him.

"My plan is to throw his British record as soon as possible. Training suggests it's in the bag so hopefully I can throw 68-plus and he can enjoy NFL and we'll all be happy."

Morse, who has a best of 66.06m from 2011, competed for Britain at the Olympic Games in London last year.



Global relay challenge



Save the Children World Marathon Challenge: relay event set to happen in October

RELAY teams will once again attack the world records in the World Marathon Challenge in October.

Last year the top performances were by Kenyans, with a relay team from Meru-Tharaka Meru covering 26.2 miles in 1hr 47min 55sec.

The Dandora Nairobi team, also from Kenya, had the secondquickest time, with a Zimbabwean squad third, Thomas Tallis School from London in fourth and the Colegio Virgen de Europa Madrid from Spain in fifth.

All those teams smashed the men's world record of 2:03:38 held by Patrick Makau of Kenya and this year will see teams of children together with a separate category for adult teams of any age.

The World Marathon Challenge raises funds for Save the Children and is run in partnership with Eveque and supported by the AAAs, British Athletics and the home-country federations. Due to these links, this year children aged 14 and under will also earn a special British Athletics endurance award.

It is a truly global event, with countries from as far afield as India and Canada taking part. "The World Marathon Challenge is a brilliant opportunity to show children just how much fun running can be, while raising money for a hugely important cause," says Paula Radcliffe, women's world record-holder with 2:15:25.

"I hope it helps to inspire a new generation of athletes – maybe one day some of them could go on to be distance stars of the future."

Makau adds: "Good luck to everyone who'll be running in the World Marathon Challenge this year. Through this fantastic event you'll be raising money to help save children's lives in some of the toughest parts of the world. Thanks so much for taking part. I hope you have a great race."

Organisers encourage teams to pick a date that suits them – ideally between October 16-23 - or join their "world finale" on October 23, when hundreds of teams around the world will run simultaneously.

The Challenge is free to enter and money raised helps stop children in the world's poorest countries dying from preventable causes.

Online registration is now open at savethechildren.org.uk/wmc

NEXT WEEK

O DIAMOND LEAGUE

The IAAF's flagship series hits Birmingham's Alexander Stadium where around 30 Olympic medallists, including Mo Farah, are set to compete. We bring you photos galore and in-depth reports.

O WATFORD BMC

Action from one of the leading domestic endurance meetings of the year.

O VINTAGE RUNNING SHOES

We take a look at some old school models of favourite athletics footwear in this jog down memory lane.

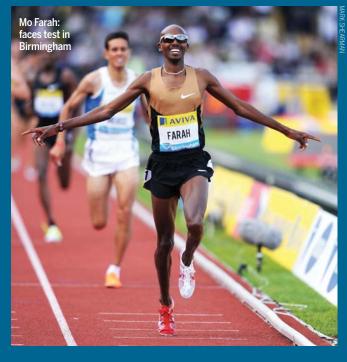
O RONHILL CLUB OF THE MONTH

Which British athletics or running club will be chosen as the latest winner, with a £150 kit prize and two-page feature? See next week.

O PLUS ALL THE REGULARS

News, opinion, our young athlete profile column, fixtures, results and readers' views in Your Say

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POLITICS: UKA REFUSES TO EXPLAIN WHY IT OVERRULED A ROAD RACE REFEREE Relay DQ appeal causes furore

NORTHERN ATHLETICS has expressed disappointment that its decision to disqualify Altrincham & District AC as winners of last year's area six-stage relays has been overturned by UKA.

Romanian Olympian Marius lonescu, who has lived and raced in Britain for periods over the last several years, ran the fifth leg for Altrincham, who were crowned winners of the title for the first time in Leigh last September.

However, the race referee disqualified the team, ruling that lonescu – despite the fact that he had been authorised to compete in the past – was not registered for 2012.

Under UKA rule 5.6, foreign athletes who are not eligible to represent Great Britain & Northern Ireland need to be registered with UKA by January 1 of the year of competition. lonescu was not included on the list of foreign registered athletes for 2012 which was available for download from the federation's website earlier this week.

An appeal by Altrincham to England Athletics was rejected, but they then took it further to UKA, who in December ruled against the organisers' decision. Northern Athletics says it was directed to reinstate the club as winners and revise the result.

Altrincham, whose team on the day also included Andy and Dave Norman, Matt Barnes, Mohammed Abu-Razeq and Nick Leigh, were frustrated this was not reflected in the official results and



Liverpool Harriers were still shown as the winners.

However, a statement from Northern Athletics issued with the approval of UKA last week, said: "Notwithstanding its belief that its referee made the right decision under UKA rules of competition, with which Northern Athletics and the England Athletics appeal panel agreed, Northern Athletics has been directed by UKA following their appeal panel decision, to reinstate Altrincham & DAC as Northern Athletics champions, and accordingly does so."

Though declining to comment officially at this stage, Altrincham are thought to believe lonescu was registered and their extensive appeal documents – not seen by Northern Athletics or AW – contains complaints about the registration process among many other issues.

The inclusion of foreign athletes in teams in domestic competition,

even when in accordance with the rules, is a thorny topic.

Following recent controversy, the English Cross Country Association changed its rules such that an upper limit on the number of foreign registered athletes per scoring team would be in place for future editions of its relays and the National.

Ian Byett, secretary of the ECCA, emphasised UKA's overturning of the referee's decision would not change the association's thorough checking of the results for ineligible athletes. He said: "We will not shy away from enforcing these rules. It is, after all, the clubs who voted to introduce the upper limit on foreign athletes."

The English Road Running Association, which holds twiceyearly national road relays, declined to comment on the implications before consulting with Northern Athletics.

Taff Williams, secretary for Liverpool Harriers, who raised the complaint with the referee, was appalled at UKA's decision.

"What's the point of having a referee?" he said. "It makes a mockery of the rules and it needs clarifying for the future because UKA rules say the referee's decision is final."

Indeed, UKA rule 215.1(iii) says the referee's decision is final with regard to the result of an event.

When asked by *AW*, UKA said on Tuesday that it would not release further details of the grounds on which the appeal was accepted.

NEWS BRIEFS

Athletics Weekly delivery

APOLOGIES to subscribers for the late delivery of last week's June 20 issue, which was due to a thirdparty mailing house error.

In order to ensure a more consistent service across the country, *AW* has changed its delivery service with magazines now delivered regularly on a Friday.

BP and Glasgow 2014

BP HAS been announced as an official partner of the Glasgow 2014 Commonwealth Games.

The partnership will include BP launching a mentoring scheme for young people to help give them the chance to develop skills for employment.

Youth team announced

HEPTATHLETE Morgan Lake is one of 26 athletes named in Britain's team for next month's World Youth Championships. See athleticsweekly. com for the full team.

Queen's Honours

IN addition to those listed in last week's AW, the following were also recognised in the Queen's Birthday Honours: former British sprint record-holder and now politician Menzies Campbell (Companion of Honour) and inaugural Gwent League youth champion Stephan Aylett (MBE for services to education).

Robert Stinson

A MEMORIAL service for former athletics administrator Robert Stinson will take place at 11.30am on July 15 at Church of St Mary Madgalene, Richmond, Surrey.

Seb Coe will address those gathered on Stinson's impact on British and world athletics.

The former sprint hurdler went on to become IAAF treasurer and secretary of the BAAB and Great Britain team manager.

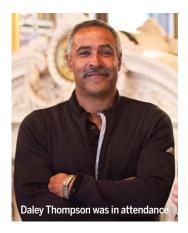


Night to remember

STARS GATHER TO RAISE MONEY IN MEMORY OF TWO GREAT SERVANTS OF BRITISH ATHLETICS

"A Night of Champions" at Drapers' Hall supported the Ron Pickering Memorial Fund, which Jean, who died in March this year, set up in memory of her husband Ron, the TV commentator and prolific coach.

By the time of Jean's death at the age of 83, the RPMF had raised more than $\pounds1.3$ million to help the careers of aspiring athletes in the early stages of their careers. More than two thirds of the British team





at the 2012 Olympics had been assisted by the fund, inaugurated after Ron died in 1981.

Daley Thompson, Denise Lewis, David Moorcroft, Lynn Davies, Darren Campbell, Jason Gardener, Robbie Grabarz, Goldie Sayers and Christine Ohuruogu were among those who attended.

The money raised for what will be renamed the Pickering Foundation includes receipts from table sales, a live and "silent" auction, raffle and donations from Drapers' members and the Rothschild Foundation.

Items in the auctions included tea and a tour of the House of Lords with Lord Sebastian Coe and a training session with Daley Thompson. The double Olympic champion decathlete was one of those interviewed and he recalled how much the support of Ron and Jean, including living at their home for a while, boosted his career. Speaking on behalf of the trustees of the fund, Shaun Pickering, the son of Ron and Jean, said: "The Night of Champions dinner was a special opportunity to raise a significant amount of money for the Ron Pickering Memorial Fund, that was very much a product of the generosity of the Lady Master of the Worshipful Company of Drapers, Lady Victoria Leatham, when she selected the RPMF as her chosen charity for her year in office.

One of the benefits of this selection was the fasntastic opportunity to hold an event in the historical setting of the Drapers' Hall, and the idea of a Night of Champions dinner was born, and Jean Pickering was very much involved in the development of this project."

The former international shot putter added: "In the future the fund shall be renamed to better



Lord Archer was the auctioneer on the night

reflect the tremendous efforts of Jean Pickering over the past 22 years in running the fund in her husband's name, so the Pickering Foundation shall move forward in memory of Ron and Jean Pickering, to reflect on the ideals that they both shared in supporting young athletes and the value that sport, and athletics in particular, can offer to the next generation."

Tweets on the night

Very sentimental and inspirational night with @RunForRon. Great to see how the charity assisted many athletes on their journey to greatness

Christine Ohuruogu

Fantastic night y'day @ RunforRon-amazing charity which helped me immensely as a young athlete & continues 2 help our next generation.

Abi Oyepitan

Incredible setting for the @ RunforRon 'Night of Champions' fundraiser at Draper's Hall. Great night.

Goldie Sayers

Lovely to see some amazing friends last night at A Night of Champions. A reunion of the old gang.

Donna Fraser

Great night at @RunforRon Katharine Merry





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Like father, like daughter

WITH A SURNAME THAT IS PERHAPS THE **BEST-KNOWN IN UK** POLE VAULTING, TILLY HOOPER HAS A LOT TO LIVE UP TO, WRITES **IAN LAMONT**

ERY few athletes would laugh in astonishment when presented with their father's assessment that "she is a way better athlete than I ever was".

But then Natalie 'Tilly' Hooper has no ordinary father. It would seem tough to be described as better

Brian Hooper was World Superstars champion in 1982 - becoming the only European ever to do so - after a pole vault career in which he won two Commonwealth Games bronze medals and competed at the Montreal and Moscow Olympics. His best of 5.59 metres from 1980 still leaves him ninth on the UK alltime rankings.

Hooper set 34 British records in pole vault during his career, but clearly believes that his daughter has the potential to be just as good if not better.

"She's jumping two feet higher than I did at her age," said Brian last summer. At that stage, Tilly's personal best of 3.51m put her not only third on the UK all-time list and top of the girls' annual ratings

February 7, 1998

Sutton & District

Team Bath Indoor Pole Vault gold

championships silver

PB

London U17 gold, England U17 indoors gold, England U20 gold.

England indoor championships bronze, South of England

England indoor champs gold, London U20s indoor champs gold,

South of England championships gold, England championships gold,

FACTFILE:

Rorn

Club

2013:

2012:

(U15)

2011:

(U15)

TILLY HOOPER

Coach Brian Hooper

Achievements

Tilly Hooper with



at under-15 level, but would have ranked her fourth had the girls' list been combined with the boys' of that age-group.

Now, over the 2012-13 winter, Tilly has increased her best to 3.65m indoors, registered 3.60m in one of her few outdoor contests and took the England under-20 title at Bedford on June 15.

Despite still only being aged 15, making the achievement even more astonishing, her modesty means she offers clear-headed reasons why her 3.45m was enough to win, but only on the day. She expects tougher challenges ahead.

"I thought I would only get a medal if I jumped really, really well," said Tilly, "But some competitors

3.65m (indoors)

3.60m (outdoors)

didn't jump because of the weather. There was a really strong cross-wind and really heavy rain pouring the whole time."

Emulating her father by reaching the Olympics is her long-term goal, but her short-term ambition is a first chance to compete at the English Schools Championships. There is no pole vault for girls before the intermediate (under-17) age-group, so this is the first year she will be able to compete.

Reflecting on her preparations, she said: "Hopefully, if I can jump really well, I can jump 3.80m this year. I think I've improved over the winter, but I've only done one outdoor competition. It's so hard to do a PB in that sort of weather [at Bedford]."

Improving to 3.80m would shoot her up 10 places, to joint fifth, in the UK under-17 all-time list - and the place to do it could be Birmingham at the English Schools.

"That's the big aim," said the Reigate Grammar School pupil, who lives in Merstham, east Surrey, and trains at the newly-named David Weir Leisure Centre in Sutton, under the keen eye of her father.

While she grew up going regularly to tracks where her

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parents were competing, her father, naturally, was there for her first steps into pole vaulting.

"He didn't push me into it or anything. I sort of said 'Can you help me?' when I was down at the track at Woking one day. I started by using a cross-bar and jumping into a sand pit," she said, outlining the baby steps taken by so many pole vaulters.

Tilly has also done well in county schools sprint hurdles races - her mother Alison Davies, her school's PE teacher, was an international sprinter and pole vaulter - but her love for pole vault is clear.

"I've done lots of different things, but I've not trained properly for anything else," said Tilly, who has shown a natural aptitude, if her own assessment of her training sessions is anything to go by.

"Dad kind of lets me do it myself," she said. "He doesn't tell me what to do a lot. He lets me figure it out for myself. He's more of a guide than an instructor."



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





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• Half-mile tactics

IF YOU read the many volumes written on how to run an 800m event you are left with conflicting advice, myths and folklore.

A couple of years ago I set out to find out for myself by creating a model of the race based on energy consumption alone – the intangibles, psychology and physiology have been ignored.

The three parameters that I have used are: energy to accelerate, energy to negotiate a bend and energy to overcome air resistance.

An even pace race comes out on top whichever way I look at it and that is nothing new. I accept there is more to 800m tactics than straightforward numerical calculations, but I have formulated three laws that may dispel some of the myths. They are as follows: • For every split there is an infinite number of possible race plans. Corollary: the split alone does not define a plan; it is a consequence of a plan.

An optimum race plan and consequential split vary with the race time. Corollary: the split in an optimal race plan for a 130sec race is different from the split in a 100sec race; in short, one split does not fit all athletes/race times.
For every positive split there is an equivalent negative split. Corollary: Other than the optimal plan/split there is always a pair of equivalent splits, equivalent in the sense of equal energy consumption.

Colin Neale, South Croydon

O BBC coverage

WHILE always enjoying reading the correspondence that appears on the "Your Say" pages of *AW*, I've invariably considered reader's brickbats aimed at BBC coverage of our great sport to be overly critical.

We will all have our personal likes and dislikes about individual presenters and commentators, balance of coverage between track and field events etc, but I must say last Sunday's abrupt ending of the otherwise enjoyable coverage from Gateshead left me utterly baffled.

The event overall was a great

success, with some wonderful performances by GB & NI (especially from Jessica Judd and Emelia Gorecka that show abundant future promise) to enjoy.

My family and I had attended in person on the Saturday, and were eagerly looking forward to following day two as it unfolded on the Beeb – which also turned out to be the driest way round of doing things!

The event had resulted in a wonderful climax, with a thrilling see-saw battle between Russia and Germany and GB taking a most deserved third place. As the countries entered the arena for the victory ceremony, one felt certain that the TV coverage would continue for at least another 10-15 minutes to allow viewers to enjoy the presentations, assimilate the experience and for the BBC team to analyse and draw proceedings to a suitable conclusion.

Frustratingly, none of those opportunities were realised. In their wisdom, someone had made a decision that it was more important to ensure that *Flog It!* started on time. I bear no ill will to viewers of *Flog It!*, but am sure that they wouldn't have minded if their show had been delayed slightly (I suspect that the edition in question is likely to be on its third repeat by now anyway).

LETTER OF THE WEEK

• Where do road race entry fees actually go?

I HAVE been debating the rising cost of race entries with a friend and we are quite shocked at how expensive some races are becoming!

A cost of about £50 seems to be the average for a marathon, although the Virgin London Marathon still remains very good value at around £35.

If some race organisers are not careful, they will price themselves out of the market.

I appreciate that costs will vary from race to race due to

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When the BBC show other sports, they usually carry on for a good 30 minutes or so on air after action on the field of play has concluded, and/or give viewers the chance to watch further on the red button. Their excellent coverage of the Rugby Six Nations is a good example of this.

I don't expect athletics to be treated better than any other sport, but just the same would be nice. Does coverage of the FA Cup Final go off air before the winning team hoist the trophy aloft? Would the BBC afford the same treatment to Wimbledon, especially if Andy Murray were to win? I doubt it.

So please Auntie Beeb, we thank you for giving our sport some of

sponsorship and local authority and police costs, but perhaps there should be a universal code of practice when it comes to price setting?

For example, how about a maximum of £45 for a marathon; £30 for a half marathon and £20 for a 10km?

I would be interested to hear from race organisers the 'mechanics' of putting on a race and an understanding of where all the money (race entries) go? **Tony Hodge, Germany**

the valuable oxygen it needs to compete with other sports in a crowded media landscape, just try and do so on a level playing field. Simon Smith, Harrogate

Inspirational Ovett

IT WAS good to see on the contents page of last week's magazine (*AW*, June 20) the big three of British middle-distance running together again and looking so fit and happy.

Also, well done to the photographer or organisers (or Lady Luck – Editor) for having the wisdom to put the most inspirational one of all – Steve Ovett – in the centre... in the gold medal positon!

Sam Dunn, Northern Ireland



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Cracks are showing

STRESS fractures are common in athletes and in middle and long distance runners in particular. The causes are numerous and many are self-inflicted.

To reach the highest levels means training hard and tinkering with the fictitious red line that is the danger zone between a meaningful workload and disaster in the form of injuries.



Further causes include upping training intensity and duration too quickly as well as moving from a soft to hard surface.

Of course, things like poor biomechanics are out of an athlete's hands initially until they are rectified through a podiatry assessment. But worn-out shoes or even a different model can cause undue stress and should be avoided.

Many suffer from a vitamin D and calcium deficiency and bone health should be given top priority at all times. David Lowes, Coaching editor

PERFORMANCE GUIDE

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more adventurous

Stefan Amokwandoh

DAVID LOWES SPOKE TO A LEADING UNDER-17 TRIPLE JUMPER ABOUT TRAINING FOR AN INJURY-ASSOCIATED EVENT AT SUCH A YOUNG AGE

S TEFAN AMOKWANDOH became involved in athletics when he was aged 11 in year 6 at school. He started off doing long jump at the Croydon Schools Championships and continued in athletics in years 7 and 8, competing for his school and mostly doing 200m and long jump.

However, in year 8 at the age of 13, he was asked to do the triple jump for a point for Whitgift Independent School.

Amokwandoh says: "I suppose this was the first time that I ever competed in the discipline and, although only jumping 10.84m, I won the competition. I grew to like the triple jump more and it became my field event of choice."

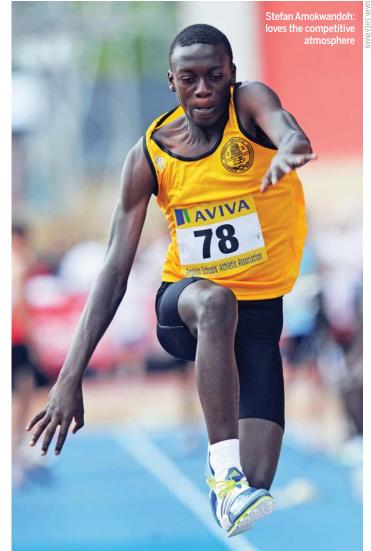
The youngster joined Blackheath & Bromley AC in 2011 having already begun to concentrate on the hop, step and jump event. Although being involved in football at the Charlton Athletic academy, it was only after winning the English Schools that he realised he may have the potential to be successful in the event.

He adds: "I had tried 200m, 400m and long jump, but the triple was the only event that I had produced distances to a high standard in and with some recent

FACTFILE: STEFAN AMOKWANDOH

BornSeptember 11, 1996CoachJohn VernonClubBlackheath & BromleyPBsTJ:14.34i (2013)Achievements2013England U20 TJ 4th; England U17 indoor TJ gold

- 2012 England U17 TJ bronze; English Schools TJ 5th; English Schools T&F Cup Final TJ gold, 400m gold; England U17 TJ (i) 6th
- 2011 English Schools TJ gold; England U15 TJ silver



successes I decided to pursue it with encouragement from my school."

It's no surprise that the 16-yearold rates the English Schools as his breakthrough competition. He explains: "I had improved my PB by some 40 centimetres in that competition alone and had just become No.1 in the UK. Not

TJ:14.34i (2013); LJ: 6.20 (2012)

only was there the winning, but I loved thriving off the competitive atmosphere and the whole experience. I was still quite a crude jumper at this point and, having had no training at all, I felt like I could achieve much more if I were to focus more and begin to train properly for it."

The Blackheath & Bromley athlete rates the England Athletics Under-17 Championships last year as probably his most satisfying competition thus far. He recalls: "Being a first-year under-17 competing against more experienced and older jumpers created a buzz and coming third on countbacks was a good result for me. The most satisfying thing about that competition was

TRAINING OVERVIEW

STEFAN trains three times a week for around two hours at Sutton Arena under the supervision of John Vernon. Training begins with warm-up and stretching. This is followed by drills such as lunges, high-knees, skip variations, hop and hold plyometric drills. He also sometimes adds some hurdle drills such as hurdle walkovers for hip mobility or bunny hops.

From this initial part of the session, the main session is then completed. At the start of the winter this may be: 3x6x150m with a break between sets for endurance. These distances are kept fairly short as jumpers don't need great cardiovascular strength.

In-season, the main session is normally progressive sprinting over 60m as preparation for run-ups followed by bounding into the sand pit as well as varied combinations of hops and steps to strengthen legs and help improve technique under the eyes of the triple jump coaches Tony Ganio, Phil Martins, Charles Abrams and John Vernon. The session is normally ended with some core and abdominal circuits or general circuits which are all completed within the two-hour time-frame.

Where possible during the week he likes to add an extra session of plyometric leg loading including: bunny hops, single-leg hops and bounding over about 40m on grass. He also does jumps up on to or down from boxes or benches, which help with strength and springiness.

TYPICAL TRAINING WEEK IN BUILD-UP TO OUTDOOR SEASON

Monday Rest day.

Tuesday

2-21/2hr session at Sutton Arena. Warm-up with an 800m jog. Drills. 4 sets of 3x60m sprints in progression of pace: Set 1 & 2 slow, medium, fast; Set 3 medium, fast, medium; Set 4 fast, medium, fast. Run-up practice over a full approach (about 17 strides) for consistency with hitting the board on each run (x3 or until consistent). Bounding x5 over 15m with a short approach (6 stride run in). Right hop, step into left hop with a jump into pit x2 (builds balanced strength on both legs). Core circuit x2 (Planks: Side, front, back, one arm, one leg). Ab circuit x2 (crunchies, sit-ups, leg extension with cross-overs). Cool-down and stretching. Wednesday Rest day.

Thursday 2-21/2hr session at Sutton Arena. Warm-up with an 800m jog. Drills. Hurdle drills: 4 x walkovers, single leg walkovers (x2 each leg), high knees (x2). 6 sets x 3 reps of overturned hurdles with high skips over 30m (more technical and focusing on leg extension, body positioning through air as well as explosive contacts with ground). Plyometric box work: (usually x6 which can be stressful on shins and knees so reps can vary). Step phase off a box (about 80cm high) with two bounds and jump into pit. 2 x abs circuit. 2 x core circuit. Cool-down and stretching.

ADDITIONALLY IN A NON-COMPETITIVE WEEK

Friday	Optional sessions of 1hr at school or track without coaches. Sessions vary and
	depend on how body feels. Normally a plyometric session and occasionally
	weights (80kg squats as below). Bounding, bunny hops and high skips on grass or
	jump and hold squats and single leg hop and hold squats from the floor up onto a
	bench. Plus 10 reps x 2 sets of weights 80kg squats.
Saturday	2hr session at Sutton Arena. Warm-up with an 800m jog. Drills. Hurdle drills: 6 x
	bunny hops (hurdle height around 90cm). 2 sets x 6 reps of 30m sprints. 1 x abs
	circuit and 2 x core circuit. Cool-down and stretching.
Sunday	Rest day.

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

realising that I could keep up with those more experienced jumpers and that I also have a lot more potential to unlock to achieve greater distances."

Initially his training consisted of drills, some sprinting and learning the technique of each phase and he says: "In many ways, training for me over the years has been more or less the same. It consists mainly of strength and conditioning in the winter and more technical jump-based work during the active jumping season (indoors and outdoors). This year, though, more plyometric training and some weight-bearing exercises have been introduced into my training programme."

With short-term goals of winning at the English Schools, England Under-17 Championships and UK School Games, he is certainly an ambitious young athlete. However, he also lists breaking the 15-metre barrier as a major goal.

In the long-term his targets are measured and he says: "I want to be a consistent jumper on the world stage and who knows maybe jump a new world record?"

For now, though, he realises that it's extremely important to keep on learning about the discipline and improve while trying to stay free from any serious injuries.

Not surprisingly, his idols are world record-holder Jonathan Edwards, Olympic champion Christian Taylor and Britain's Phillips Idowu and these are the athletes he aspires to.

"This year, more plyometric training and some weightbearing exercises have been introduced into my training programme"

STEFAN AMOKWANDOH

Highs & Lows ROBBIE GRABARZ

Olympic high jump bronze medallist 2012

• My training – highs and lows ...

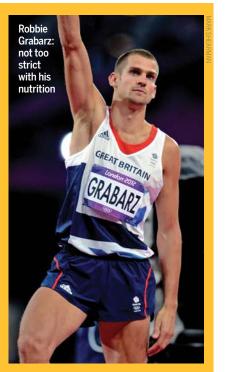
The fun part is doing jump sessions and working on the technical aspects of training.

The least favourite bit for me is probably the donkey work in the winter, especially the circuits and getting fit.

• My nutrition ...

I'm not too strict with my nutrition to be honest. I just try and gauge it and say "look, I've got to be in

perfect shape for the World Championships in August, and lean up for certain competitions." It's nothing too strict because I like eating and don't want to sacrifice the pleasure of eating!



PERFORMANCE For more coaching advice, go to **athleticsweekly.com** Stress fractures

Book review

Feed Zone Portables

A NEW book to hit the shelves is a cookbook of on-the go food for athletes by Biju Thomas and Allen Lim. The 270-page publication – Feed Zone Portables – comes in a hardback format with superb full colour photography and could prove an excellent buy for those athletes needing good nutrition on the move.

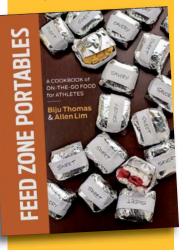
The authors, who have worked with pro cyclists, came to the conclusion that most athletes take either cereal bars, gels or a pasta mix with them for training and competition.

Nothing wrong with those things of course – but with a little more imagination, delicious and more beneficial food items can be prepared.

With 75 all-new portable food recipes on offer, each one is simple to make and tasty! Every dish is illustrated along with its nutritional data and tips on why these are the best for athletes and time-saving ways on how to cook real food each day.

Among the bites on offer are: rice cakes, two-bite pies, griddle cakes, waffles, baked eggs, sticky bites, rice balls, paninis, cakes and cookies – all designed to nourish and help you perform better and for longer.

Published by Velo Press (velopress.com) Feed Zone Portables has a recommended retail price of £17.95.





Hairline decisions

A STRESS FRACTURE CAN BE A DEBILITATING INJURY AND ONE THAT NEEDS CAREFUL DIAGNOSIS AND REHABILITATION, WRITES **MARK BUCKINGHAM**

HE dreaded "stressy" is so feared that I find myself starting diagnosis discussion with "well you'll be pleased to know it is not a stress fracture". The relief is palpable!

What happens?

The process of a stress fracture is a simple one. All of our bones are being constantly remodelled by cells that resorb the existing bone and cells that rebuild it. This rolls along throughout our lives, but is influenced greatly by mechanical stress. If there is an increase or alteration of mechanical stress in one particular area then the bone remodelling process speeds up. If there is repeated stress, the remodelling process can get out of sync.

The cells resorbing the bone work quicker than those rebuilding it, leading to an area of bone weakness. If the increased mechanical stress continues then the bone can crack or fracture microscopically. This is a bone stress injury and is when things become painful. If you ignore it then it can lead to a bigger crack and a full stress fracture.

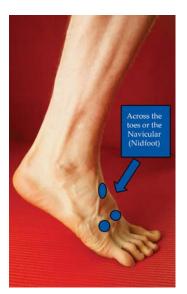
The causes

Put simply, something has altered to put more stress on the particular bone resulting in the behaviour described above. This can be one or a combination of:

• An increase in training

Intensity – trackwork or hills
Duration – longer sessions or runs

• Type – From grass to track or road



Common sites for a stress fracture of the foot

- Poor biomechanics
- Alteration in technique (more toe impact for example)
- Alteration in gait limping
- because of another issue
- Shoes new, old or worn

Additional factors

The body requires good bone metabolism to be efficient in its remodelling process. Vitamin D and calcium levels are important and are often low at the end of the winter. Further, the levels required for athletes are higher than those for the general population. Blood test levels for non-athletes put normal Vitamin D levels at 50nmol/I. Many sports medicine physicians say that this is too low and that supplementation should be undertaken. However, this is a discussion for another article and is best addressed by a qualified person. Further the "female triad" of irregular periods, osteoporosis and disordered eating are huge factors and should not be ignored.

The symptoms

Pain is the basic sign. It is a steady ache in the area initially after a run but then can be felt during it as the issue progresses – the pain then comes at rest and at night. There is a focal point of pain on the bone usually about a thumb's width across with a diminishingly tender

Training info on Twitter: @AW_Performance

area either side. Occasionally there is a low-grade swelling and slight colouring of the skin. In the early stages the pain really only occurs when you have done a run or after being on your feet for a while. When it is established, the pain is more constant and particularly painful on loading. The difference is all related to how far along the aforementioned process you are.

A skilled physiotherapist will rule out all the other possibilities of tendon and muscle issues as well as infection and additional problems. Sometimes ultrasound is used to test the area. Essentially the ultrasound hurts a stress fracture. X-rays are poor at showing stress fractures unless the healing process is well on its way. which is around three weeks from the onset. MRI is the imaging of choice and this will show an area of bone oedema or fluid in the bone where it should not be and also any significant cracks or fractures. It is not essential to diagnosis, but it helps in giving a time scale for recovery.

How to treat it

Rest is the only option. Putting further weight through it will only make the problem worse and delay the healing. There are no shortcuts. The more you fiddle around with seeing if you can get away with some cross-training, the longer it will take to heal. A full-blown stress fracture takes on average six weeks to heal. For the bigger bones such as the femur it can be eight to 12 weeks. If you can stop running (a tough discipline) when the first signs appear it can knock a couple of weeks off the healing process. The pain from day-to-day and at rest normally settles within a week or so. A cast or boot and crutches until it is pain-free also helps.

The difficult part of treating a stress fracture is not the early weeks because the pain tells you that it is not possible to train. The difficult part is when the pain has settled. The temptation to "do a bit" is tangible. However, don't! You will simply stress it and slow the healing process. Once you have



More common sites for the dreaded 'stressy'

rested it for six weeks and you have had no pain for at least three weeks and are walking comfortably then it is time to start the next phase of the rehab – and it needs to be viewed as rehab.

This is a gradual return to running in a way to increasingly load the bone. Bone responds to load by getting stronger, but you have to do it slowly to allow for the adaptation. The usual routine is to jog for two-minute increments each day, two days on, then one day off. Start with a two-minute jog only, then four minutes the following day and then have a day off. Progress like this over a threeweek period and this will take you up to 30 minutes. Once you have managed this without issue you are over the worst. If you have a bit of pain, which is common, rest for a day and carry on as long as it has settled and finally build up to 40 minutes over the next week with a few intervals and then back to normal training.

As discussed earlier, you need to



• Witty, Pask and Buckingham Physiotherapists have 17 years of working with the UK's elite runners at Olympic Games, world and European championships for UK Athletics, as well as all

standards of runners from around the country. The practice provides the complete service for assessment and treatment of runners, from prevention to rehabilitation. Tel: 01604-601641 or go to wpbphysio.co.uk

look at any biomechanical reasons why you overloaded that one part of the bone and deal with those or you will be back with another stressy! This is a good reason for a visit to a suitably experienced physio and possibly with the intervention of a podiatrist to see if orthotics are deemed a good idea. You will have weakened and tightened in areas while not running and a full assessment of the legs will give you a nice list of work to do.

Have a good look at your training diary and an honest assessment of the progression of load you subjected yourself to. If there are some clear errors, then take it on the chin and learn from it. If not, then have someone else look for an unbiased view. If there is still nothing apparent, then you have to be suspicious of your biomechanics or general bone health. I would therefore encourage you to see your GP or preferably a sports medicine physician if you have suspicions about your bone metabolism. This would be a possible lack of sun exposure and vitamin D in recent months, irregular periods or erratic eating. This can lead to poor bone health and stress injuries.

There is little point to all the rest and careful rehab if you are not healthy enough to heal properly. A stress injury is often a good time to be totally honest with yourself.

I write this while nursing a fractured metatarsal of my own. It was my fault as I was running up hills in the Peak District with the wrong shoes and on road when I am used to cross country. I lost an orthotic some months ago and have not replaced them. Nor have I done any conditioning work. Cobbler's children go unshod!



ENGLAND Officials (Risk Assessment) August 1: Notts AC Clubhouse,

Harvey Hadden Sports Complex, Bilborough. **Cost:** £20. **Road Traffic Management**

September 1: Granville Community School, Swadlincote. Cost: £140 (EA affiliated £70).

Coaching Assistant September 7-8: Gateshead College Academy of Sport,

Gateshead. **Cost:** £190 (EA affiliated £145). **September 7-8:** Derby AC Clubhouse, Derby. **Cost:** £190

(EA affiliated £145). **Contact:** englandathletics.org

NORTHERN IRELAND

Coaching Conference September 21: University of Ulster, Jordanstown. **Cost:** £35. **Keynote speakers:** Tom Crick, Neil Black, Dave Rowland, Steve Fudge, Laura Kerr, Martin Rush, Alan Richardson.

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

PERFORMANCE For more coaching advice, go to **athleticsweekly.com Products**

ANTING a change from the usual Saturday morning parkrun or that big 10km along with another 10,000 runners? Then how about something just that little more adventurous?

Here we try some of the latest gear aimed at those runners with a taste for something a little more unusual.

Adidas Terrex Fast R-Low

THESE shoes are designed for moving fast over harsh terrain by providing support, grip and comfort. The grip comes from the low-profile design and rugged outsole pattern that is constructed using Continental rubber, which provides unprecedented levels of grip especially on wet surfaces. The upper fits well thanks to the drawstring lace system, which pulls the shoe close and evenly around the entire foot.

LOOKING FOR Andre Margins For

The shoe is heavier than many running specific shoes, but these shoes feel bulletproof and able to withstand any terrain or conditions that they might encounter along the way.

Cost: £110

Adidas Terrex Gore-Tex Active Shell Jacket

DESIGNED as a minimalist jacket, it offers the ultimate in protection, this ultra-packable garment uses the Gore-Tex 'Active Shell' fabric which is light, breathable and totally waterproof. The fit of the jacket is excellent, being designed for freedom of movement – close-

fitting, yet constructed in a manner to allow any activity unhindered. There are large pockets that can accommodate most accessories while the hood is nicely tailored and fits well for protection without obscuring visibility. It's the ultimate waterproof jacket for a fast moving adventure. Cost: £220

Brooks PureGrit2

A 'NATURAL' running shoe, yet retaining good all-round cushioning along with a light trail outsole, this model is perfect for many of the courses chosen for adventure running events. The shoe

provides excellent proprioception as it adapts easily to the contours of most terrains. The elasticated 'nav-band' fitted to the upper of the shoe provides both a secure and comfortable fit and helps hold the shoe nicely in place regardless of the contours of the ground. Our testers found the shoe to be a 'very natural' feeling shoe and many commented that they instantly felt comfortable in the shoe straight out of the box. **Cost:** £100

Salomon S-Lab Light Jacket

YET another super-light wind jacket – this one weighing in at just 70g. Yet again, it's super packable and can be squeezed into the palm of your hand! It's ideal for changeable conditions and can be easily carried or used as it was intended as a windproof shell on top of a base layer. Reflective branding on front and back and an 'active' fit which ensures

a streamlined performance no matter what the weather throws at it. The longer back of the jacket helps to protect the wearer from getting soaked in the bum area. Cost: \$90

Training info on Twitter: @AW_Performance

Salomon Exo S-Lab Short Tight

THESE short tights are designed with endurance trail running and adventure racers in mind. Offering support and muscular compression, they aim to keep athletes going for longer. The 'Exo' print covers the major leg muscles to provide compression and this when used with the stretch fabric provides good coverage of the upper legs, quads and 'glutes' to give a feeling of support and security, particularly on very hilly terrain. They feature an inner-brief for added comfort, as well as pockets on the front and back of the waistband for gels or other small essential items. **Cost:** £100



Salomon Exo S-Lab Zip Tee

THIS tight-fitting zip tee shirt provides postural support to the chest and upper body that our testers found really beneficial. The printed web design stretches with the body and our testers commented that it had a snug and secure feeling that 'holds you in place', creating a feeling of being posturally correct. The shirt allows a good range of movement, isn't restrictive and the fabric wicks moisture and dries very quickly perfect for longer runs and events. **Cost:** £80

Scott AMT Tech Long Sleeve Shirt

THE brand's 'AMT' series of equipment is aimed at those wanting versatile kit that performs across a range of sports and activities including running, walking and biking. The ultra-light long sleeve shirt performs like a heavyweight in all conditions with our testers amazed by its 100g weight. Maximum comfort is guaranteed due to the anatomic

cut and 4-way stretch. A reduced seam count as well as a bonded sleeve and bottom

hems keeps the weight and bulk to a minimum. The shirt is water and abrasion resistant as well as having built in UV protection to make this the perfect piece for moving fast over any terrain. **Cost:** £79.99

Scott AMT Tech Short

ENGINEERED with a superlight and eco-friendly windproof membrane, the AMT Tech short delivers on all fronts. These ultra-light and quickdrying bike, hike and trail running shorts provide water repellent, windproof and odour control properties while the laser cut ventilation helps keep you cool without adding bulky zippers. Our testers liked the great fit, low bulk, breathability and wind protection as well as



the fact

these shorts weigh in at only 120g! **Cost:** £79.99

WEIGHING in at less than 300g for the 'outfit' of shorts, shirt and jacket – these three items will all fit into a standard 'bike' drinks bottle, making them an ideal choice for travelling due to their minimalist weight and super-small packed size. They are certainly big on quality, yet tiny when folded – you won't know they're there!

Scott AMT Tech Windbreaker Jacket

WEIGHING only 60g, the AMT Tech Windbreaker jacket is the ideal ultra-light companion when lightweight protection is the order of the day. With an anatomic cut and a half zipper in front for improved ventilation and easy access as well as elastic hems, it promises a secure fit. Water repellant and abrasion resistant, this jacket is a great super-weight choice for biking, hiking and trail running in mild conditions. **Cost:** £79.99

Scott GRIP2

THE trail version of the brand's popular road model, this shoe adds a versatile off-road outsole to the shoe to complete a lightweight, flexible and stable off-road package. This trail shoe is perfect for those that like to push the pace a little regardless of the terrain – the flexible and nimble nature of the shoe works perfectly as a junction between your feet and the ground. The strong yet supple upper fits well and is breathable and supportive which made this a popular choice with our testers. **Cost:** £89.99

X-Bionic Arm Warmer

TRADITIONALLY used by cyclists, recent years have seen many road and even track athletes sporting them including double Olympic champion, Mo Farah. These are the very best, as our testers have come to expect from this brand. With an emphasis on mild compression and temperature regulation, they fit superbly and work well to keep your arms at a perfect temperature – so much so that you quickly forget that you are actually wearing them! Ideal in changeable weather conditions, they roll-up neatly and will fit into a pocket, or as our testers found, tuck easily into your waistband.

Cost: £47.99



ONCE again, using the brand's knitted '3-D' construction methods this beanie keeps the head warm in cold conditions, yet remarkably cool when the

temperature begins to rise. Perfect for all but the very warmest of days, our testers found the moisturewicking and temperature regulating properties so good that even on recent spring mornings they could set out on a run wearing the hat and would quickly forget all about it! It's a versatile and lightweight item that the testers found much more useful than they initially envisaged. **Cost:** £39.99

adidas.co.uk/terrex brooksrunning.co.uk salomon.com scott-sports.com x-bionic.co.uk

Coaching corner

• I'M always confident and relaxed in training sessions, but when it comes to racing my mindset tends to be totally negative. My nerves tend to get the better of me and because of this I suffer, especially in the final stages of my event. My performances are affected and I'm getting frustrated. What can I do? • YOU are definitely not alone in this respect and it is not just an athletics idiosyncrasy, but it manifests itself in all sports!

A negative demeanour can often have a big infleunce on performance. You have to rid yourself of any demons and any stress or negativity must be dispelled quickly.

Look at it this way – although training is necessary for excellence, it is your office job. Competition is when you get paid and no pay means hardship! Sporting psychology techniques can help remove many, if not all of your negative thoughts and an internet search will point you in the right direction for these.

Of course, any distraction must be overcome immediately to perform well – even in the middle of a competition. It is often said that you can only control yourself and not others and this is what you must strive to do. Get the best from yourself, no matter what the opposition throw at you.

Many athletes use music in their warm-ups so that they can focus on the task ahead without any distractions from external sources. Self-affirmation is a good start and involves thinking solely about positivism – try the technique in your day-to-day activities as a precursor. Once you begin to master your focus it can be transferred to your event.



Mid summer

IT'S hard to believe we are already past the longest day and the nights are drawing in,



but the track season warmed up at the weekend with

top-class action in various national championships and European Team Championships competitions and there was plenty of UK action too. Steve Smythe, **Results editor**

RESULTS GUIDE

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- 70 Parkrun

OVERSEAS BAHAMAS

Bahamian Championships, Nassau, June 21

WORLD junior champion Anthonique Strachan improved her 200m PB to 22.32

Men: 100: 1 D Atkins 10.20. gst (-0.3): K Hyman (CAY) 10.11 (-0.3). 200 (0.9): 1T Mackey 20.71 (20.60 ht). 400:1 C Brown 45.47 ht. Women: 100: 1 S Ferguson 11.18. 200 (0.9): 1 A Strachan 22.32; 2 S Miller 22.45 (CAC U20 rec) LJ:1B Stuart 6.61

.... CANADA Canadian Championships, Moncton,

June 20-23

Men: 100: 1 A Brown 10.25: 2 S Effah 10.33. 10,000: M Ahmed 29:22.04. HJ: 1 D Drouin 2.31; 2 M Mason 2.28. PV: 1 S Barber 5.40. 10kmW: | Gomez 40:01. Women: 100: C Emmanuel 11.48. 1500: K Van Buskirk 4:16.45: 2 N Sifuentes 4:16.84: 3 S Reid 4:17.11. 10.000: N Fraser 33:21.43. Hep: 1 B Theisen 6399

DENMARK

Helsingør, June 8 Women: PV: 5 CAROLINE ADAMS 3.70

CZECH REPUBLIC Olomouc, June 23

SUSAN PARTRIDGE finished fifth in temperature of 80C Men: HM: H Kiplagat (KEN) 63:00. Women: HM: 1 B Moges (ETH) 70:38; 2 Y Melesse (ETH) 70:43; 3 J Kiptoo (KEN) 71:19; 5 SUSAN PARTRIDGE 74:53

World School Championships, Sokolov, June 24

BOBBY CLAY at 1500m and high jumper Kierra Barker took wins on the opening day.

Men: 300H: 2 JOSHUA BROWN (U17) 39.29.1500: 1 SCOTT HALSTED (U20) 4:04.25. JT: 3 HARRY HUGHES (U17) 64.54. Women 1500: 1 BOBBY CLAY (U17) 4:19.39. HJ: 1 KIERRA BARKER (U17) 1 74· 2 ROBYN PETITT (U20) 1.74. LJ: 4 OLIVIA MONTEZ-BROWN (U20) 5.48

FRANCE

Langueux, June 22 Men: 10km: 31 TOM PAYN 30:36 Frejus, June 22 Men: 10km 11 ASA SHAW 33:23 Lillebonne, June 22 Men: 400H: 1 SEBASTIAN RODGER

50.41 Cagnes- Sur-Mer, June 22

Men: 100 (1.8): 2 DANIEL OBENG 10.74. Ht1 (1.9): 4 OBENG 10.89. 400: 5 MATTHEW LAVOIPIERRE 48 35 Women: 100 (2.4): 1 ABBI TYSON 11.57. Ht1 (1.5): 1 ABBI TYSON 11.72 _____

GERMANY Schweinfurt, June 22

FIFTEEN-year-old Dane Kristoffer Hari set national under-20 records in the 100m and 200m in 10.37 and 21.16, the shorter sprint putting her top of the world youth rankings.

Men: 100 (1.0): 1 K Hari (U16) 10.37 (U20 rec). 200 (0.2): Hari 21.16 (U20 rec)

Hof. June 22

BRAZILIAN Augusto Dutra de Oliveira set a South American pole vault record of 5.82m.

Men: PV: 1 A Dutra de Oliveira (BRA) 5.82 (S Am rec). Women: PV: 1 F Murer (BRA) 4.71; 2 M Strutz 4.61; 3 C Hingst 4.61

. HUNGARY

Budapest, June 15

Women 100 (-0.6): 1 ANNABELLE LEWIS 11.63. ht2 (-1.1):1 LEWIS 11.67. 400: r2: 2 HARRIET PRYKE 55.08

IRELAND Aghyaran, June 21

Men: 5km: 7 JAMES BROWN (M40) 16:44. Women: 5km: 3 HELEN STOCKDALE (W45) 19:16

KENYA

Kenyan Championships, Nairobi, June 20

800: 1 J Kinyor 1:44.9; 2 R Cheruiyot 1:45.1; 3 A Kiprop 1:45.5. 1500: 1 A Choge 3:34.7 (3:38.2 ht); 2 J Magut 3:35.2: 3 N Chepseba 3:35.5. 5000: 1 I Koech 13:30.4 (13:36.2 ht). In hts: C

Langat 13:33.8; P Limo 13:36.5. 10,000: 1 G Mutai 27:55.3; 2 J Bett 27:56.0; 3 E Kipsang 27:59.7. 3000sc: 1 K Koech 8:21.5; 2 L Kemboi 8:25.0; 3 E Kirwa 8:25.2. Women: 800: 1 W Chebet 2:00 1:2 F Sum 2:00 1:3 S Chesebe 2:00.8. 1500: 1 H Obiri 4:05.3: 2 M Cherono 4:06.3; 3 N Langat 4:06.5. 5000: 1 M Wacer 16:03.7. 3000sc: L Chepkirui 9:38.6.

LITHUANIA

European Team Championships, Kaunus, June 22/23

MATCH: 1 Slovakia 221; 2 Lithuania 209; 3 Serbia 192; 4 Croatia 178.5; 5 Denmark 171.5; 6 Austria 161; 7 Cyprus 155: 8 Israel 150

Men: 100 (0.3): 1 R Sakalauskas 10.44. 400:1N Ekelund-Arenander (DEN) 45.93.1500: 1 A Vojta (AUT) 3:50.53. 5000: 1 B Rowe (AUT) 14:09.30.110H: 1 M Trajkovic (CYP) 13.67 (rec); 2 A Martinsen (DEN) 13.68 (rec). 400H: E Bekric (SRB) 49.98. 4x100: Lithuania 39.83. HJ: 1 A Stanys 2.21. LJ: 1 M Rudys 7.74/1.6 (7.73): 2 M Jensen (DEN) 7.74 (7.62). SP: 1 A Kolasinac (SRB) 20.37. HT: P Kozmus (SLO) 72.92. 4x400: 1 Serbia 3:08.73; 2 Israel 3:09.93 (rec). Women: 100 (0.5): 1 L Grincikaite 11.31. 400: A Serksniene 52.81. 800: E Balciunaite 2:03.83. 3000: S Stolic (SRB) 9:27.69. 5000: O Jevtic 15:59.94. 3000sc: M Mismas (SLO) 9:58.93. 400H: E Stasiunaite 57.75. PV: 1 T Sutej 4.30. TJ: 1 S Rodic (SLO) 14.07/-0.1. DT: S Perkovic (CRO) 65.77; 2 Z Sendriute 63.03. JT: 1 M Ratej (SLO) 62.60. 4x100: Slovenia 44.73

NIGERIA Nigerian Championships, Calabar,

June 19 Women: 100 (-2.5): B Okagbare 11.25; 2 G Asumnu 11.47. 400: ht: R George

51.39. TJ: S Nambawa (UGA) 13.88/1.1 PORTUGAL

Faro, May 18

PHILLIPS IDOWU competed without distinction in this low-key meeting and the result has just been discovered. Men: TJ: 1 PHILLIPS IDOWU 15.87/2.5



SPAIN Durango, June 22

Men: HJ: 7 JAMES CLAYBURN (U17) 1.92. Women: 400: Ht1: 4 ELIZA RICHARDS (U17) 59.73. 800: Ht2: 5 CATHERINE BLAKEMAN (U17) 2:21.90 Bilbao, June 21

Men: 100 (1.1): 1 DEJI TOBAIS 10.30; 2 GREG CACKETT 10.31; 3 AIDAN SYERS 10.32; 5 RYAN OSWALD 10.64; 7 LEROY SLUE 10.86. Ht1 (1.9): 1 TOBAIS 10.31. Ht2 (3.1): 1 CACKETT 10.34; 3 OSWALD 10.61; 4 SLUE 10.76. Ht3 (1.9): 1 SYERS 10.43; 2 JONATHAN BROWNE 10.49. 200: C (1.6): 1 TOBAIS 20.99; 2 RICHARD STRACHAN 21.15; 3 BROWNE 21.21; 5 OSWALD 21.67. 800: A: 4 JOE THOMAS 1:48.25; 5 PAUL GOODALL 1.48.37.7 GUY I FARMONTH 1.49.58.8 JAMES BOWNESS 1:50.80. 1500: A: 5 JAMES BREWER 3:41.24; 9 JONATHAN COOK 3:42.95; 14 MATT MCLAUGHLIN (U20) 3:45.85; 17 KRIS GAUSON 3:49.23. TJ: 3 DANIEL LEWIS 15.85/1.7. DT: 5 ANGUS McINROY 53.87. Women 800: A: 1 JEMMA SIMPSON 2:03.49. 5000: 7 STEPHANIE BARNES 17:05.78. TJ: 2 CHIOMA MATTHEWS 13.41/1.9; 5 HANNAH FRANKSON 12.67/0.7; 6 ZAINAB CEESAY 12.49/3.1 (12.27/1.0) Cádiz, June 23

Men: 110H (-0.5): 3 GEORGE PORTER (U20) 15.83

Ireland seventh at home as Czechs take win

EUROPEAN ATHLETICS TEAM CHAMPIONSHIPS (FIRST LEAGUE), Dublin, JUNE 22-23 BRIAN GREGAN was the star of a fighting Irish squad that finished seventh, Malcolm McCausland reports.

With late withdrawals from key performers Fionnuala Britton, Derval O'Rourke and Mark English, the host nation had been expected to be struggling to stave off relegation from the 12-team league. However, Gregan had a hand in Ireland's only two victories to help a youthful squad to a best-ever seventh placing

The 23-year-old Dubliner opened his account on the Saturday, in the midst of a five-metre-plus wind that swirled around Morton Stadium, with a win in the 400m in 46.32. The in-from Gregan, fresh from a recent 45.43 personal best in Huelva, was quick out of the blocks and controlled the race from the backstraight

"It was so windy coming down the straight that I could have been walking, but I train here and I'm used to this weather," a delighted Gregan said after the race.

The current European under-23 silver medallist returned to the track on Sunday to anchor Ireland to victory in the 4x400m relay despite being drawn in the slower heat

Liverpool Harrier Jason Harvey led off the quartet which broke the tape in 3:08.12 to fend off the countries in the more competitive second heat. The previous day, Harvey had been in contention in the 400m hurdles until entering the homestraight, but a stutter over the ninth meant he ended up fifth overall in 51.86.

Ben Reynolds set a Northern Ireland record of 13.71/0.6 in the 110m hurdles, taking four hundredths off his own existing mark. The North Down athlete had double cause for celebration as the time also bettered the standard for next year's Commonwealth Games.

City of Derry's Jason Smyth squeezed through to third place in the 100m. Smyth clocked 10.78 in a blanket finish which saw only two hundredths of a second separating second from sixth.

City of Lisburn's Amy Foster had a busy weekend with a fifth in the 100m in 11.96/-5.5 and ninth in the 200m, which had a deceptive wind reading of +0.9m/sec, although the athletes ran into a strong breeze for at least the first 50 metres

Kerry Harty led for the opening laps of the 5000m but slipped back when Portugal's Ana Dulce Felix put the pressure on after halfway. The Newcastle athlete was treading water over the final laps before holding on for eighth in 16:52.54. A crack squad from the Czech Republic easily

gained promotion back to the Premier League ahead of Sweden, However, the Netherlands only gained the final spot after edging out Romania by the needed two places in the final event, the 400m relay.

MATCH: 1 Czech Republic 351.5; 2 Sweden 311; 3 Netherlands 299; 4 Romania 297.5; 5 Portugal 269; 6 Finland 251.5; 7 Ireland 242; 8 Belgium 236.5; 9 Hungary 226; 10 Estonia 211; eq11 Bulgaria/Switzerland 206

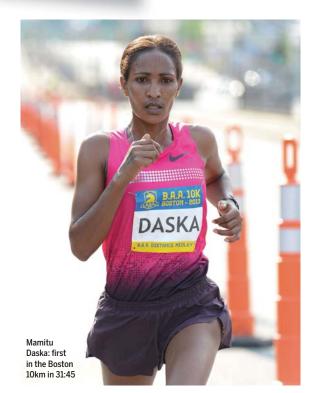
Men: 100: A (-3.6): 1 C Martina (NED) 10.46; 2 D Dimitrov (BUL) 10.76; 3 J Smyth 10.78. 400: 1B Gregan 46.32. 110H: A (0.8): 1B Balazs (HUN) 13.45; 2 G Sedoc (NED) 13.50. **B (0.6):** 1 B Reynolds 13.71.**400H: A:** 4 J Harvey 51.86. **HJ**: 1 J Baba (CZE) 2.20. **LJ**: 1 E Haapala 7.96/2.8; 2 M Torneus (SWE) 7.95/4.1. **SP**: 1 L Prasil (CZE) 20.62. DT: 1 S Ursu (ROU) 63.02; 2 G Kanter (ÉST) 61.56. HT: K Pars (HUN) 76.56. JT: 1 V Vese (CZE) 80.44; 4 A Mannio (FIN) 75.59. 4x100: Netherlands 39.14. **Women: 100: A (-5.5):** | Lalova (BUL) 11.79; 2 K Chechova (CZE) 11.85; 3 I Ekelund (SWE) 11.95; 5 A Foster 11.96. **200:** A (1.4): 1 A Morosanu (ROM) 23.48; 2 Lalova 23.85. B (0.9): 3 Foster 24.25. 400: 1 Z Hejnova (CZE) 51.90. 1500: 6 R Galligan 4:26.04. 3000: 1 S Kuijken (HOL) 9:07.04. 5000: 1 J Vastenburg (NED) 16:12.88; 3 D Felix (POR) 16:15.36; 8 K Harty 16:52.54. **400H:** 1 D Rosolova, (CZE) 55.34; 2 A Morosanu (ROM) 56.67. **PV:** J Svobodova (CZE) 4.40. **4x100:** Czech Republic 44.20



Ireland's only indivdual winner

Overseas **Results**

Results Overseas



SLOVAKIA European Team Championships, Third League, Banska Bystrica, June 22/23

THE top performance came from lcelandic 17-year-old Anita Hinriksdottir, who went to second in the world under-18 rankings to Mary Cain with a solo 2:01.17 800m victory. She also won the 1500m.

MATCH: 1 Slovak Republic 531.5; 2. Latvia 484.5; 3 Moldova 455.5; 4. Iceland 430.5; 5 Luxembourg 396.5; 6. Bosnia and Herzegovina 352; 7 Georgia 338; 8 Azerbaijan 312.5; 9. Armenia 301; 10. Montenegro 275; 11 Malta 243.5; 12. Macedonia 190.5; 13. Andora 149; 14. Small States of Europe 130.5; 15. Albania 65.5

100 (0.0): 1A Zavacky 10.52. **4x100:** Slovakia 40.78. **SP:** 1 B Bertemes (LUX) 18.02 (rec) **HT:** M Lomnicky 74.98. **Women: 400:**

10 Cojuhari (MOL) 52.65.800: 1A Hinriksdottir (ISL, U18) 2:01.17.1500: 1 Hinriksdottir 4:16.51 (U20 rec). **TJ**: 1 D Veldakova 13.74. **HT**: 1M Hrasnova 71.49; 2 Z Marghieva (MOL) 71.36

9; Men: 100 (3.2): 1 K Blédman 9.86; 2 R 5. Thompson 9.91; 3 R Sorillo 9.99. 400: 1 D Lendore 45.29; 2 J Solomon 45.34; 0: 3 R Quow 45.65; 4 L Gordon 45.67. LUX) Women: 100 (16): K Baptiste 10.83 (rec); 2 M Lee-Ahye 11.06; 3 K Selvon

11.23; 4 S Hackett 11.30.

Trinidad & Tobago Championships,

KELLY-ANN BAPTISTE won her seventh

national women's 100m title with a

world-leading and national record of

10.83/1.6. Keston Bledman won the

men's title with a windy 9.86.

MFN

9.75

19.74

44.02

1:43.27

3:31.13

3:49.48

7:30.36

8:01.16

13.05

47.96

2.40

5.95

8.39 17.69

22.28

71.84

80.71

87.60

8514

TRINIDAD

Port of Spain, June 22

Tyson Gay (USA)

Tyson Gay (USA)

Kirani James (GRN)

Asbel Kiprop (KEN)

Silas Kiplagat (KEN)

12:54.95 Yenew Alamirew (ETH)

27:12.08 Kenenisa Bekele (ETH)

Duane Solomon (USA)

Hagos Gebrhiwet (ETH)

Conseslus Kipruto (KEN)

Hansle Parchment (JAM)

Mutaz Essa Barshim (QAT)

Michael Tinsley (USA)

Renaud Lavillenie (FRA)

Aleksandr Menkov (RUS)

Piotr Małachowski (POL)

Pascal Behrenbruch(GER)

Ryan Whiting (USA)

Krisztián Pars (HUN)

Tero Pitkämäki (FIN)

Pedro Pablo Pichardo (CUB)

USA Junior Outdoor Championships, Des Moines, June 19-20

Men: 100 (-4.8): T Bromell 10.47;

3 C Burrell 10.53. **110H (-3.5)**: 1 T Brown 13.69. **Dec**: 1 W Mahler 7419; 18 TIMOTHY DUCKWORTH (U20) 6202 (11.55/1.7, 6.34/0.4, 10.27, 1.90, 5648, 15.77/1.1, 36.95, 4.30, 45.58, 5:18.97). **DT**: 1 H Reed 62.84. **Women: 100 (-4.4)**: M Akinosun 11.64. **100H (-4.2)**: 1 S Wallace 13.84. **Hep**: K Williams 5481 (13.35W)

World outdoor leaders

100m

200m

400m

800m

1500m

1M

3000m

5000m

10,000m

3000SC

110H/100H

400H

HJ

ΡV

LJ

TJ

SP

DT

HT

JT

Dec/Hept

New Balance US High School

Nationals, Greensboro, June 14 Men: Mile: 4 OLIVER RIGG (U17) 4:28.82

USATF Arizona State Championship, Mesa, June 1-2

Men HJ: 1 TIMOTHY DUCKWORTH (U20) 1.90. PV: eq3 DUCKWORTH 4.25. JT: 1 DUCKWORTH 49.16 North Canton, June 16 Men: 5km MT: 1 ALEX BRUCE-

LITTLEWOOD 16:36 Houston, June 20 Men: LJ: F Lapierre 8.25/1.3 Duluth, June 22 Men: Mar: 1 B Worku (ETH) 2:11:14; 2

WOMEN

Kelly-Ann Baptiste (TRI)

Amantle Montsho (BOT) Francine Niyonsaba (BDI)

Abeba Aregawi (SWE)

Laura Weightman (GBR)

Lidya Chepkurui (KEN)

Brianna Rollins (USA)

Brigetta Barrett (USA) Yarisley Silva (CUB)

Brittney Reese (USA)

Olha Saladuha (UKR) Valerie Adams (NZL)

Sandra Perkovic (CRO)

Betty Heidler (GER) Mariya Abakumova (RUS)

Sharon Day (USA)

Kori Carter (USA)

Nancy Langat (KEN)

14:26.90 Meseret Defar (ETH)

31:04.85 Shalane Flanagan (USA)

Shelly-Ann Fraser-Pryce JAM

10.83

22.13

49.87

1:56.72

3:56.60

4:28.50

8:43.46

9:13.75

12.26

53.21

2.04

4.90

7.25

14.85

20.37

68.48

76.48

69.34

6550

E Kebenei (KEN) 2:11:45; 3 E Ngetich (KEN) 2:11:59. **Women: Mar:** 1 S Kiptoo (KEN) 2:26:31; 2 D Kitaka (KEN) 2:30:21 **Duluth, June 22**

Men: HM: 1 M Trafeh 61:17; 2 M

Keflezighi 61:22; 3 S Biwott 62:24. Women: HM: 1 A Nelson 71:19; 2 D Davila 71:26; 3 K Brinkman 71:33. Boston, June 23

Men: 10km: 1 S sambu (KEN) 28:06; 2L Desisa (ETH) 28:15; 3 D Salel (KEN) 28:30; 4 A Kiprono (KEN) 28:36. Women: 10km: 1 M Daska (ETH) 31:45; 2 K Smith (NZL) 33:34; 3 M Kuria (KEN) 33:52

Bolt win highlights speedy performances

JAMAICA Jamaican Championships, Kingston,

USAIN BOLT won the blue riband 100m, but it was far from the most impressive performance in a quality-filled championships.

Bolt started averagely but was ahead by 60 metres and won in 9.94 into a 1.2m/ sec headwind.

He said: "The trials is always about making the team. It's the World Championships that really matters. It was all about getting through it injury-free and that's what I have done. I have a lot more things to work on. My start and my drive phase need some more work."

Training partner Kemar Bailey-Cole and Nickel Ashmeade both dipped under 10 seconds to secure the other spots in the 100m team along with world champion Yohan Blake. That meant that missing out on being in the individual quartet was Nesta Carter, who was the fastest in the semi-finals with 9.97 into a headwind, while Asafa Powell, who had run an impressive 10.01 in the heats, was a distant seventh in 10.22.

Kerron Stewart won the women's 100m in 10.96 from Sherone Simpson.

Olympic 100m champion Shelly-Ann Fraser-Pryce focused on the 200m, having a wild card to the World Championships from winning the 2012 IAAF Diamond League. She won in a world-leading 22.13 while Fraser-Pryce's training partners Sherone Simpson and Anneisha McLaughlin were a distant second and third respectively in

22.55 and 22.58. Olympic 200m bronze medallist Warren Weir impressed in the men's 200m to win in a PB 19.79 as Usain Bolt made use of his selection bye as world champion.

Weir said: "I just want Jamaica and the rest of the world to know that my London medal was no fluke. This was for real."

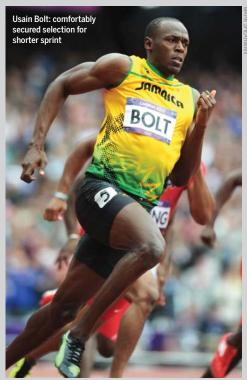
Andrew Riley won the men's 110m hurdles as Olympic bronze medallist Hansle Parchment injured himself in warm-up.

Javere Bell won the 400m from teenager Javon Francis in 45.08 to 45.26.

Novlene Williams-Mills won the women's 400m final in 50.01 ahead of Stephanie McPherson, whose 50.28 for second place was just outside the 50.16 PB she set in the heats.

Natoya Goule broke two minutes for the first time with 1:59.93 to win the women's 800m title, while Demar Forbes won the men's long jump title with a personal best 8.25m.

Twenty-year-old Danielle Williams, whose PB was 13.32 at the start of the year, won the 100m hurdles in 12.69. Men: 100(1.2): 1 U Bolt 9.94 (10.00/0.5 ht); 2 K Bailey-Cole 9.98 (10.09/0.9 ht); 3 N Ashmeade 9.99 (10.05/1.0 ht); 4 N Carter 10.14 (9.97sf, 10.17 ht); 7 A Powell 10.22 (10.02/1.0 ht). In hts: J Livermore 10.07/0.5; J Harvey 10.07/0.5; S Mitchell 10.11; O Bailey 10.12; K Anderson 10.16/0.9; L Clarke 10.34. 200: 1 W Weir 19.79 (20.27sf); 2 N Ashmeade 20:06 (20.07sf): 3 J Livermore 20.13. in sf: R Dwyer 20.23. 400: 1 J Bell 45.08 (45.26sf, 45.71 ht); 2 J Francis(U20) 45.24 (45.69sf, 45.88 ht); 3 A Gauntlett 45.48. in sf: R McDonald 45.69 (45.68ht). in ht: E Steele 45.75;N Maitland 45.83; D Hyatt 45.99. 800:1 | Hibbert 1:4776 1500: R Lawrence 3:51.60. 5000: 1 K Campbell 13:43.20. 110H: 1 A Riley 13.35; 2 D Thomas 13.45. 400H: 1 L Green 49.20 (49.94sf); 2 A Whyte 49.30 (49.83sf); 3 | Phillips 49.59. in ht: Cato 49.56 J Gallimore 49.76. LJ: 1 D Forbes 8.25. TJ: W Walker 16.40. SP: 1 0 Richards 20 00: 2 R Brown 19 03 DT: C Wright 62.35. Women: 100: 1 K Stewart 10.96; 2 S Simpson 11.03; 3 S Calvert 11.07; 4 S Brooks 11.14. 200: 1 S Fraser Pryce 22.13 (22.64 ht); 2 S Simpson 22.55; 3 A McLaughlin 22.58. 400: 1 N Williams Mills 50.01 (50.95sf); 2 S McPherson 50.28 (50.16 sf); 3 P Hall 51.13. in sfs: C Day 50.91. 800: N Goule 1:59.93. 1500: C Roberts 4:39.37.100H: 1 D Williams 12.69; 2 A Bliss 12.82; 3 S Williams 12.93. Ht2 (-0.6): 4 ANGELITA BROADBELT-BLAKE 13.88. 400H: 1 R Tracey 54.52; 2 D Dowie 54.94; 3 N Wilson 54.94. LJ: 1 F Simpson 6.35. TJ: K Williams 14.40w: 2 T Smith 14.18. DT: 1 A Randall 58.97



TRACK

JUNE23

SALE YOUNG ATHLETES OPEN MEETING, Crossford Bridge U15 boys: 100: r1: 1 J Ratcliffe (Sale)

117 U13: 100: r1: 1 J Connelly (Carl) 12.9. 200: r1: 1 J Connelly (Carl) 26.7. LJ: 1 J Connelly (Carl) 4.91

.... JUNF 22-23

NORTH EAST SCHOOLS' COMBINED **EVENTS CHAMPIONSHIPS, Hull**

U20 men: Dec: 1 A Davies (SYorks) 5806 (11.5, 5.59, 12.35, 1.66, 51.2, 15.8, 36.26, 3.20, 37.53, 4:56.5); 2 P Atkin (Humber) 5509 (11.5, 6.14, 9.91, 1.66, 50.8, 17.5, 33.54, 2.90, 40.11, 4:59.3); 3 J Phillipson (Durham) 4468 (13.1, 5.44, 10.17, 1.66, 57.2, 17.5, 29.57, 2.50, 31.43, 5:09.8); 4 G Brown (WYorks) 4366 (12.6, 5.98, 8.28, 1.51, 55.3, 17.3, 23.66, 2.30, 30.20, 5:07.3); 5 A Russell (WYorks) 4333 (13.1, 5.24, 8.75, 1.81, 61.7, 16.8, 24.90, 3.00, 26.00, 5:09.3); 6 J Foster (Humber) 4248 (12.4, 5.09, 9.92, 1.69, 56.5, 20.9, 25.57, 2.20, 31.34, 4:48.9); 7 S Tyrell (Durham) 4154 (13.2, 5.56, 7.55, 1.63, 56.4, 19.6, 20.97, 2.10, 35.72, 4:35.8)

U17: Oct: 1 A Hogg (Durham) 4693 (6.35, 31.80, 36.37, 53.6, 14.2, 1.81, 11.93, 5:10.7); 2 J Hobson (SYorks) 4357 (5.99, 28.93, 31.67, 53.6, 14.8, 1.75, 10.79, 5:01.4); 3 O Whellans (Durham) 4250 (5.69, 28.36, 30.58, 54.5, 14.2, 1.60, 9.99, 4:40.5); 4 K Stothard (SYorks) 4166 (6.08, 23.00, 25.72, 53.0, 16.1, 1.72, 9.83, 4:32.7); 5 N Waters (Durham) 3774 (5.62, 20.80, 33.26, 54.9, 16.3, 1.69, 7.12, 4:44.5); 6 P Thackray (WYorks) 3659 (5.56, 26.69, 37.25, 55.3, 16.0, 1.51, 8.66, 5:27.0); 7 B Mitchell (Durham) 3621 (5.11, 29.28, 33.49, 58.9, 16.7, 1.54, 10.81, 5:07.2); 8 L Robson (SYorks) 3592 (5.31, 24.29, 38.27, 57.8, 18.5, 1.63, 9.98, 4:57.7); 9 C Andrew (Humber) 3058 (5.41, 24.25, 28.10, 58.2, 17.9, 1.42, 8.01, 5:29.0) U15: Pen: 2 F Weatherill (Durham) 2097 (14.6, 10.83, 5.03, 1.53, 2:29.2); 3 T Matthewson (SYorks) 2090 (13.4, 10.47, 4.41, 1.38, 2:19.4); 4 J Severs (Durham) 2068 (13.7, 7.31, 5.49, 1.56, 2:30.3) U20 women: Hep: 1 A Hodgson (SYorks) 3987 (17.0, 1.54, 10.06, 27.6, 5.13, 26.26, 2:39.9); 2 0 Noteman (SYorks) 3772 (17.8, 1.39, 9.82, 28.1, 4.92, 29.08, 2:32.1); 3 R Sullivan (WYorks) 3763 (19.5, 1.63, 9.67, 28.6, 5.06, 26.44, 2:36.9); 4 B Porter (WYorks) 3562 (18.5, 1.45, 9.34, 28.0, 5.03, 27.72, 2:48.2); 5 C Wignall (NYorks) 3478 (18.6, 1.54, 8.92, 28.7, 4.76, 21.01, 2:38.9); 6 R Scott (Durham) 3215 (18.0, 1.51, 7.16, 28.3, 4.13, 14.51, 2:32.7); 7 M Lazenby (Humber) 3179 (18.4, 1.33, 8.57, 28.1, 4.00, 19.70, 2:30.6)

U17: Hep: 1 L Turner (Durham) 4288 (12.0, 1.54, 9.03, 27.7, 5.21, 26.18, 2:29.4); 2 C Walker (Humber) 4278 (12.1, 1.57, 7.96, 26.4, 4.98, 23.24, 2:25.6); 3 L Chappell (SYorks) 4093 (12.5, 1.63, 8.46, 28.0, 5.10, 21.68, 2:34.3); 4 L Toop (SYorks) 3803 (13.1, 1.48, 8.86, 29.6, 5.25, 23.45, 2:36.6); 5 M Raine (Durham) 3389 (13.3, 1.36, 8.38, 28.3, 4.72, 15.25, 2:39.5); 6 A Barron (Durham) 3277 (13.7, 1.30, 7.28, 28.6, 4.74, 19.54, 2:39.4); 7 S Bronze (Nland) 3227 (14.4, 1.48, 7.73, 31.0, 4.54, 21.77, 2:41.4); 8 C Bewley (SYorks) 3212 (15.3 1.54, 7.77, 31.9, 4.48, 26.22, 2:43.3); 9 B Taylor (SYorks) 3178 (15.0, 1.45, 6.66, 29.8. 4.28, 18.85, 2:29.6); 10 E Johnson (Durham) 3038 (17.3, 1.48, 7.51, 29.0, 4.80, 20.82, 2:54.6)

U15: Pen: 1 A Linaker (NYorks) 2430

(12.5, 6.99, 1.37, 4.46, 2:39.6); 2 K Wilson (SYorks) 2406 (13.4, 9.34, 1.37, 4.48, 2:47.9); 3 R White (NYorks) 2376 (13.4, 7.03, 1.43, 4.80, 2:50.4); 4 M Nagy (SYorks) 2292 (13.8, 9.33, 1.25, 4.22, 2:38.4); 5 C Smith (Durham) 2238 (12 8 6 61 1 46 3 70 2 44 6) 6 D Atkinson (SYorks) 2229 (13.0, 8.55, 1.31, 4.15, 2:50.0); 7 H Smith (Humber) 2215 (13.0, 6.49, 1.49, 4.39, 3:03.4); 8 S Baker-Jones (NYorks) 2197 (14.9, 7.02, 1.28, 4.40, 2:32.4); 9 E Gargan (Durham) 2163 (13.5, 7.65, 1.40, 4.77, 3:12.8); 10 G Oldfield (SYorks) 2068 (14.3, 6.62, 1.43, 4.30, 2:58.4); 11 L Hadaway (NYorks) 2067 (13.1, 7.09, 1.25, 4.65, 3:02.4); 12 A James (Durham) 2051 (13.2, 6.69, 1.43, 4.17, 3:07.8)

ESAA NORTH WEST SCHOOLS' **COMBINED EVENTS** CHAMPIONSHIPS, Carlisle

U20 men: Dec: 1 J Pearse (Lancs Sch) 5532 (11.9, 6.24, 9.40, 1.86, 53.8, 16.4, 33.52, 3.02, 35.43, 4:59.3); 2 T Baskeyfield (Staffs Sch) 5274 (11.8 5.89, 11.43, 1.80, 55.4, 16.6, 32.91, 3.02, 32.57, 5:23.6); 3 C Aldridge (Cumb Sch) 4547 (11.5, 5.72, 9.95, 1.74, 56.1, 19.5, 28.94, 2.32, 31.12, 5:35.1)

U17: Oct: 1 L Farnworth (Lancs Sch) 4310 (5.80, 26.23, 37.42, 53.5, 14.4, 1.59, 10.33, 4:49.2); 2 E Baines (Cumb Sch) 4082 (6.26, NM, 32.37, 51.7, 14.5, 1.77, 10.49, 5:04.0); 3 D Barnes (Cumb Sch) 3972 (5.59, 34.38, 45.86, 58.7, 18.3, 1.68, 10.75, 5:07.7); 4 H Lord (Ches Sch) 3919 (5.82, 24.09, 40.89, 55.0, 15.8, 1.50. 9.47. 5:02.6): 5 N Stevens (Lancs Sch) 3619 (5.51, 19.27, 40.57, 53.6, 17.0. 1.38, 8.28, 4:50.0); 6 D Twigg (Ches Sch) 3515 (5.33, 17.22, 35.85, 58.1, 16.0, 1.71, 7.79, 5:07.2); 7 L Lockett (Ches Sch) 3458 (5.60, 21.05, 28.88, 57.1, 16.5, 1.50, 10.07, 5:15.8); 8 J Partington (G Man Sch) 3427 (5.27, 20.11, 38.27, 55.0, 18.1, 1.44, 9.47, 5:05.4); 9 T Norton (Cumb Sch) 3291 (4.89, 29.58, 38.91, 60.6, 19.0, 1.44, 10.82, 5:16.2) U15: Pen: 10 McCormick (Ches Sch) 2403 (12.2, 10.04, 5.73, 1.47, 2:27.0); 2 J Tidmarsh (Cumb Sch) 2298 (13.1, 7.46, 5.25, 1.65, 2:19.4); 3 J Hewett (Mers Sch) 2265 (13.1, 9.09, 5.20, 1.62, 2:26.6); 4 K Moore (Cumb Sch) 2112 (13.3, 8.98, 4.70, 1.50, 2:22.1); 5 H Ehsan (Lancs Sch) 2112 (14.7, 7.74, 5.72, 1.44, 2:18.9); 6 C Finlayson (Lancs Sch) 2016 (14.3, 7.14, 4.90, 1.47, 2:15.7): 7 J Darr (Lancs Sch) 2004 (13.2, 6.51, 5.24, 1.44, 2:24.4)

U20 women: Hep: 1 D McGifford (Mers Sch) 4924 (14.1, 1.62, 9.56, 25.5, 5.76, 29.09, 2:31.3); 2 R Beaumont (Lancs Sch) 4089 (17.7, 1.53, 10.14, 27.6, 5.26, 31.87, 2:36.5); 3 K Farrimond (Lancs Sch) 4028 (15.9, 1.56, 8.00, 27.1, 4.99, 26.23, 2:37.9); 4 M Wells-Nicholls (Mers Sch) 3897 (15.6, 1.59, 8.21, 27.9, 4.87, 26.32, 2:48.9); 5 L Randles (Ches Sch) 3509 (16.4, 1.26, 8.57, 26.8, 4.57, 24.96, 2:43.8)

U17: Hep: 1 J Ward (G Man Sch) 3932 (12.5, 1.62, 8.81, 27.2, 4.93, 18.17, 2:45.1); 2 P Pearse (Lancs Sch) 3645 (12.7, 1.53, 7.04, 28.7, 4.65, 26.54, 2:46.0); 3 E Fowler (Ches Sch) 3471 (13.0, 1.41, 7.60, 28.0, 4.78, 16.99, 2:41.7); 4 S Williams (G Man Sch) 3467 (13.6, 1.26, 7.81, 28.3, 4.89, 25.90, 2:39.0); 5 Z Hughes (G Man Sch) 3436 (12.8, 1.44, 7.15, 27.8, 4.45, 17.11, 2:41.2); 6 K Buckingham (Lancs Sch) 3358 (13.4, 1.41, 5.87, 28.1, 4.15, 18.17, 2:26.3); 7 M Shirtcliffe (Lancs Sch) 3187 (13.5, 1.32, 8.62, 30.5, 4.37, 31.71, 3:00.5); 8 T Wilson (Cumb Sch) 3164 (16.5, 1.32, 8.29, 27.4, 4.34, 21.66, 2:38.7); 90 Brooks (Lancs Sch) 2767 (14.9, 1.35,

5.29, 28.3, 4.84, 11.21, 3:00.7) U15: Pen: 1 A Rowe (Mersey) 3347 (11.9, 9.50, 1.62, 5.13, 2:21.0); 2 E Telford (Cumb) 2741 (12.3, 8.61, 1.62, 4.48, 2:48.5); 3 M Newton-O'Brien (Cumb) 2643 (12.0, 7.58, 1.44, 4.40, 2:34.5); 4 G Bower (GtrMan) 2548 (12.6, 7.28, 1.38, 4.88, 2:40.4); 5 M McHugh (GtrMan) 2539 (12.4, 7.94, 1.41, 4.55, 2:42.0); 6 A Bradshaw (Lancs) 2428 (13.6, 6.51, 1.44, 4.04, 2:26.2); 7 H McGarry (Cumb) 2335 (13.6, 7.58, 1.56, 4.95, 3:17.9); 9 G Newcombe (Lancs) 2316 (12.6, 7.20, 1.29, 4.62, 2:46.5); 10 C Jones (Staffs) 2308 (12.3, 7.95, 1.50, 4.42, 3:14.5); 11 C Hornby (Lancs) 2245 (12.7, 6.54, 1.38, 4.35, 2:50.5); 12 M Angland (Lancs) 2218 (12.0, 5.91, 1.41, 4.19, 2:56.1); 13 A Williams (GtrMan) 2125 (12.7, 6.59, 1.32, 4.16, 2:52.0); 14 S Ullah (GtrMan) 2109 (12.6, 9.23, 1.32, 4.39, 3:21.6)

ESAA SOUTH EAST SCHOOLS' COMBINED EVENTS **CHAMPIONSHIPS, Crawley**

U20 men: Dec: 1 D Hall (Kent Sch) 6458 (10.9, 6.07, 12.03, 1.80, 49.2, 15.6, 36.49, 3.90, 38.39, 4:54.5); 2 R Spivey (Suss Sch) 6038 (12.3, 5.88, 11.72, 1.86, 52.5, 15.8, 35.64, 3.10, 48.53, 4:35.3); 3 T Howlett (Kent Sch) 5863 (12.0, 6.26, 12.18, 1.80, 53.8, 15.6, 34.40, 3.50, 40.73, 5:12.4); 4 I Cox (Hants Sch) 5690 (11.7, 6.03, 10.06, 1.80, 53.3, 15.4, 29.12, 3.60. 33.81. 4:57.8): 5 J Lane (Kent Sch) 4977 (12.1, 6.09, 9.05, 1.74, 56.1, 17.3, 29.85, 3.20, 34.97, 5:25.3); 6 M Davis (Hants Sch) 4916 (12.0, 6.06, 10.50, 1.65, 53.9, 18.0, 25.71, 3.20, 32.63, 5:24.0); 7 M Papanicola (Suss Sch) 4714 (12.1, 5.88, 9.94, 1.68, 57.6, 15.7. 25.37, 2.70, 33.04, 5:46.5); 8 B Russell (Berks Sch) 4358 (12.3, 5.65, 9.16, 1.83, 58.1, 16.6, 23.61, 2.30, 25.16, 5:46.5) U17: Oct: 1 L Church (Kent Sch) 4948 (6.09, 36.86, 42.06, 54.6, 14.3, 1.90, 11.71, 4:50.4); 2 J Clark (Kent Sch) 4740 (6.07, 32.68, 38.69, 53.0, 14.5, 1.90, 10.84, 5:01.2); 3 T Rottier (Mdx Sch) 4441 (5.73, 28.46, 30.03, 52.6, 15.3, 1.72, 10.81, 4:28.3); 4 B Wake-Smith (Kent Sch) 4149 (5.90, 25.42, 44.52, 56.8, 15.3, 1.57, 11.47, 5:05.5); 5 S Cunningham (Suss Sch) 4073 (5.18, 30.83, 37.86, 55.5, 14.6, 1.54, 10.34, 5:00.3); 6 T Hatton-Brown (Hants Sch) 4061 (5.56, 23.29, 38.74, 55.6, 14.2, 1.51, 9.69, 4:48.8); 7 J Tarrant (Sy Sch) 4047 (5.51, 29.61, 33.81, 58.5, 14.7, 1.60, 12.73, 5:14.1); 8 S Rees (Sy Sch) 3962 (5.84, 30.83, 33.96, 54.7, 16.4, 1.60, 8.24, 4:53.8); 9 J Crookes (Hants Sch) 3826 (6.03, 22.69, 27.83, 57.2, 15.0, 1.69, 8.03, 4:59.5); 10 D Carlsson-Smith (Sy Sch) 3802 (5.34, 24.62, 40.24, 57.3, 15.4, 1.57, 9.40, 5:05.7); 11 M Hall (Herts Sch) 3668 (5.49, 29.32, 35.09, 60.1, 14.2, 1.69, 7.64, 5:44.6); 12 J Davison (Hants Sch) 3645 (5.52, 20.76, 28.20, 52.1, 14.7, NH, 8.38, 4:21.7); 13 H Kendall (Kent Sch) 3614 (5.58, 28.71, 34.86, 59.4, 16.6, 1.69, 9.86, 5:38.6); 14 D Spicer (Herts Sch) 3415 (5.57, 27.57, 31.70, 62.5, 15.1, 1.54, 9.88, 5:51.9); 15 F Russom (Lon Sch) 3415 (5.51, 20.12, 29.66, 55.9, 16.1, 1.39, 8.11, 4:58.8); 16 S Wilder (Suss Sch) 3406 (4.95, 20.14, 32.97, 57.0, 16.1, 1.54, 10.12, 5:23.3); 17 J Milnthorpe (Suss Sch) 3406 (4.93, 16.59, 33.21, 57.4, 16.4, 1.69, 7.81, 4:59.4); 18 H Smith (Hants Sch) 3369 (5.87, 23.39, 30.05, 57.2, 19.2, 1.69, 9.70, 5:37.0); 19 S Hewitt (Berks Sch) 3218 (5.21, 17.21, 17.05, . 59.6, 15.2, 1.84, 9.12, 5:53.3); 20 M Mardle (Herts Sch) 3184 (4.32, 28.26, 44.48, 59.4, 19.6, 1.42, 9.85, 5:13.7); 21 T Boutelle (Lon Sch) 3133 (5.14, 25.29, 35.09, 62.6, 16.4, 1.48, 8.61, 5:40.4); 22 T Murphy (Lon Sch) 3128 (5.02, 21.38, 28.22, 57.6, 15.7, 1.48, 7.91, 5:41.0)

U15: Pen: 1 M Price (Herts Sch) 2881 (11.8, 12.51, 5.80, 1.90, 2:33.3); 2 K Oludoyi (Herts Sch) 2742 (12.7, 11.74, 5.63, 1.75, 2:20.1); 4 A Jones (Hants Sch) 2630 (11.9, 10.06, 6.19, 1.81, 2:42.9); 5 T Miller (Hants Sch) 2473 (12.3.10.97.4.77.1.57.2:16.6): 6 A Mensuoh (Lon Sch) 2461 (13.6, 9.48 5.92, 1.48, 2:13.7); 7 J Holderness (Herts Sch) 2394 (13.0, 11.76, 5.18, 1.57, 2:26.4); 8 E Thorne (Berks Sch) 2337 (13.1, 8.82, 5.84, 1.57, 2:26.9); 9 S Bazanye-Lutu (Mdx Sch) 2318 (12.3 7.54, 5.30, 1.60, 2:21.9); 10 O Lawrence (Hants Sch) 2315 (12.8, 8.34, 5.45, 1.66, 2:27.9); 11 C Annous (Lon Sch) 2294 (13.0, 10.22, 4.95, 1.48, 2:18.7); 12 (Sy Sch, SEN) 2261 (13.7, 10.11, 5.28, 1.51 2:21.9); 13 S Yamakawa (Sy Sch) 2150 (11.9, 9.94, 5.58, 1.39, 2:44, 8); 14 J Thurgood (Kent Sch) 2073 (12.5, 9.89) 4.73, 1.69, 2:53.8); 15 P Keefe (Herts Sch) 2068 (12.8, 9.70, 4.65, 1.57, 2:37.0); 16 T Sear (Hants Sch) 2014 (14.2, 8.66, 5.12, 1.60, 2:34.2)

U20 women: Hep: 1 A Boughton (Hants Sch) 3861 (16.6, 1.53, 8.18, 28.4, 4.77, 36.25, 2:46.1); 2 F Cochrane (Kent Sch) 3661 (18.2, 1.50, 8.20, 26.7, 4.99, 24.35, 2:42.9); 3 E Stone (Kent Sch) 3588 (17.2, 1.50, 8.32, 26.9, 4.74, 17.63, 2:40.8); 4 A McAlpine (Suss Sch) 3365 (16.7, 1.50, 5.85, 27.8, 5.09, 16.60, 2:52.2)

U17: Hep: 1 L Connor (Suss Sch) 4123 (12.3, 1.59, 7.83, 26.8, 5.00, 22.53, 2:33.6); 2 K Garland (Suss Sch) 4115 (12.4, 1.62, 7.83, 27.0, 5.06, 24.84, 2:39.9); 3 B Crocker (Suss Sch) 4001 (12.9, 1.56, 8.90, 28.8, 5.14, 25.85, 2:35.9): 4 A Short (Suss Sch) 3938 (12.6, 1.53, 7.15, 26.1, 5.04, 22.03, 2:41.9); 5 M Bigg (Hants Sch) 3937 (12.9, 1.53, 9.00, 27.1, 5.04, 27.68, 2:51.8); 6 G Finch (Hants Sch) 3844 (12.7, 1.62, 5.91, 27.7, 4.51, 20.51, 2:26.0); 7 D Brimecome (Hants Sch) 3820 (13.1.1.53, 7.47, 27.9, 4.90, 23.39, 2:34.9); 8 S Hubbard (Lon Sch) 3747 (13.4, 1.53, 6.93, 28.5, 4.66, 25.65, 2:30.0); 9 S Cowler (Herts Sch) 3553 (12.5, 1.47, 7.69, 27.7, 4.55, 17.26, 2:43.2); 10 K Marks (Berks Sch) 3532 (13.8, 1.50, 7.97, 29.0, 4.75, 22.55, 2:41.0); 11 F McQuire (Herts Sch) 3514 (12.6 1.47, 8.24, 30.0, 4.62, 23.69, 2:45.9); 12 N Wisham (Berks Sch) 3454 (14.8, 1.50, 8.25, 28.2, 4.60, 23.77, 2:45.6); 13 M Avontuur (Herts Sch) 3419 (13.8, 1.35, 8.56, 29.0, 4.53, 24.25, 2:38.2); 14 S Bentley (Herts Sch) 3389 (13.1, 1.26, 7.70, 27.9, 4.39, 26.23, 2:41.9); 15 L Darcey (Mdx Sch) 3343 (13.1, 1.47, 7.02, 28.2, 4.68, 13.48, 2:45.1); 16 J Ware (Kent Sch) 3325 (12.8, 1.59, 6.94, 28.0, 5.02, 17.11, 3:26.3); 17 E Vogel (Sy Sch) 3068 (14.9, 1.38, 7.49, 29.8, 3.89, 18.57, 2:29.6); 18 L Church (Berks Sch) 2990 (16.7, 1.32, 5.73, 30.2, 4.49, 24.69, 2:29.0); 19 M McInnes (Sy Sch) 2983 (13.9, 1.41, 5.78, 29.1, 4.42, 19.16, 2:54.8); 20 S Lawrence (Sy Sch) 2905 (15.9, 1.38, 5.43, 29.3, 4.12, 10.96, 2:21.8); 21 A Woodward (Kent Sch) 2814 (13.9, 1.26, 7.18, 27.2, 4.08, NM, 2:44.9); 22 L Blythe (Berks Sch) 2723 (16.5, 1.32, 6.11, 28.6, 4.31, 7.36, 2:33.6) U15: Pen: 1 K Oldfield (Hants Sch) 2857 (12.8, 7.68, 1.60, 4.75, 2:32.5); 2 H Mills (Hants Sch) 2778 (11.8, 6.69, 1.45, 5.06, 2:35.7); 3 L Arnold (Kent Sch) 2738 (12.5, 7.69, 1.57, 4.64, 2:39.9); 4 C McSorley (Lon Sch) 2674 (11.8, 6.92, 1.51, 4.75, 2:44.5); 6 A Durrant (Kent Sch) 2591 (12.5, 6.94, 1.48, 4.63, 2:39.4); 7 I Deacon (Berks Sch) 2582 (12.2, 6.82, 1.45, 4.61, 2:39.0); 8 N Parcell (Herts Sch) 2568 (12.3, 10.26, 1.39, 4.71, 2:56.6); 9 L Thompson (Lon Sch) 2554 (11.9, 8.29, 1.39, 4.47, 2:44.1);

10 H Fielder (Kent Sch) 2523 (12.9. 6.82, 1.30, 4.81, 2:29.1); 11 L Snape (Berks Sch) 2500 (12.2, 7.29, 1.33, 4.55, 2:36.5); 12 A Thorpe (Sy Sch) 2495 (11.9, 8.06, 1.45, 3.79, 2:39.5); 13 S Ridley (Hants Sch) 2481 (12.2, 7.12, 1.33, 4.75, 2:41.6); 14 S Millard (Lon Sch) 2467 (15.4, 7.39, 1.39, 4.23 2:16.3); 15 U Laqeretabua (Kent Sch) 2441 (12.9, 7.98, 1.33, 4.47, 2:37.2); 16 Z Williams (Herts Sch) 2408 (13.4, 6.60, 1.45, 4.95, 2:50.6); 17 R Reynolds (Mdx Sch) 2379 (12.9, 6.61, 1.42, 4.77, 2:50.4); 18 R Loomes (Sy Sch) 2352 (13.4, 7.16, 1.45, 4.49, 2:48.0); 19 E Adikpe (Berks Sch) 2346 (12.3, 6.78, 1.27, 4.26, 2:34.6); 20 L Drummie (Sy Sch) 2345 (12.3, 6.50, 1.45, 4.57, 2:57.5); 21 K Holt (Berks Sch) 2338 (12.5, 7.56, 1.30, 4.20, 2:39.1); 22 S Segun (Herts Sch) 2309 (12.3, 8.81, 1.33, 4.45, 3:00.5); 23 L Franks (Suss Sch) 2271 (14.6, 7.07, 1.51 4.38, 2:49.3); 24 | Sheerin (Hants Sch) 2240 (12.6, 9.15, 1.36, 4.47, 3:11.4); 25 R Woods (Sy Sch) 2235 (13.0, 6.48, 1.30, 4.43.2:42.5)

dasics.

ESAA SOUTH WEST SCHOOLS' **COMBINED EVENTS** CHAMPIONSHIPS INC RACE WALK, Exeter

U20 men: Dec: 1 N Hunt (Dorset) 7050 (11.04, 6.74/2.1, 15.83, 2.03, 53.10, 14.79, 41.48, 3.70, 46.85, 5:20.18); 2 B England-Frost (Somer) 4859 (11.94, 6.28/5.1, 9.90, 1.85, 58.75, 16.08, 26.16, 3.10, 40.36, DNF); 3 D Martin (Dorset) 4672 (12.02, 6.10/2.7, 9.01, 1.64, 58.97, 16.60, 28.82, 2.60, 29.74, 5:34.34); 4 M Curtis (Dorset) 4544 (11.61, 5.84/2.7, 11.66, 1.70, 54.96, 16.68, 32.66, 3.00, 6.38, DNF); 5 J Trickey (Somer) 4083 (12.70, 5.06/2.1, 9.65, 1.49, 60.06, 18.87, 32.26, 2.50, 28.55, 5:22.38) U17: Oct: 1 M Trickey (Somer) 4292 (6.04/2.7, 26.57, 40.44, 55.04, 15.15, 1.58, 12.68, 5:13.83); 2 G Downie (Wilts) 4269 (5.15/2.9, 26.56, 32.77, 53.83, 14.76, 1.67, 9.63, 4:25.33); 3 L Reynolds (Somer) 4079 (5.85/1.5, 25.86, 27.42, 54.19, 15.34, 1.61, 10.22, 4:49.87); 4 N Smith (Devon) 3782 (5.38/2.2, 18.87, 24.91, 56.15, 15.37, 1.79, 8.79, 4:51.57); 5 D Allen (Devon) 3744 (5.33/2.0, 30.95, 49.77, 62.12, 15.04, 1.58, 10.23, 6:03.38); 8 H Jackson (Dorset) 3520 (5.26/3.9, 20.42, 30.09, 58.13, 15.53, 1.58, 9.24, 5:10.03); 9 P Creese (Wilts) 3497 (5.56/1.3, 27.28, 33.74, 59.80, 18.00, 1.61, 9.78, 5:16.43); 10 H Atkinson (Somer) 3475 (5.25/3.0, 18.71, 24.87, 54.55, 16.67, 1.52, 9.66, 5:00.43); 11 T Goodman (Avon) 3373 (5.42/3.0, 16.19, 21.53, 54.80, 16.81, 1.64, 8.54, 5:08.60); 12 T Kirkman (Somer) 3262 (5.55/3.6, 24.34, 22.30, 61.65, 16.32, 1.64, 9.71, 5.41 91)

U15: Pen: 1 S Talbot (Devon) 3153 (11.24, 11.26, 6.26/1.5, 1.79, 2:14.10); 2 S Chinn (Somer) 2402 (12.74, 10.49, 5.06/3.6, 1.46, 2:16.34); 3 N Hatherley (Gloucs) 2338 (11.94, 7.77, 5.01/1.7, 1.55, 2:19.25); 4 J Smart (Corn) 2297 (13.77, 9.45, 5.33/2.6, 1.55, 2:20.54); 5 J Nancarrow (Corn) 2244 (13.20, 9.02, 4.60/2.1, 1.40, 2:09.41); 7 J Warensjo (Wilts) 2199 (12.89, 7.89, 4.89/2.7, 1.61, 2:24.34); 8 S Dove (Somer) 2183 (12.74, 7.91, 4.76/3.6, 1.61, 2:25.03); 9 C Appleby (Wilts) 2096 (13.76, 9.49, 4.87/4.0, 1.46, 2:24.18); 10 M Simpson (Devon) 2039 (14.69, 7.74, 4.47/3.0, 1.55, 2:14.29); 11 T D'Cruz (Devon) 2018 (12.72, 8.74, 5.02/1.7, 1.52, 2:42.71) U20 women: Hep: 1 E Dixon (Wilts) 4469 (14.86, 1.54, 9.84, 26.13, 5.13/1.7, 28.66, 2:38.35); 2 K Davies (Gloucs) 4157 (16.91, 1.54, 9.79, 27.28, 5.02/1.3, 32.33, 2:38.23); 3 A Vage (Corn) 3941 (17.67, 1.51, 8.35, 27.55, 5.04/3.6, 29.98,

Results T

2:33.36); 4 0 Eaton-Jones (Somer): 3058 (21.22, 1.45, 7.40, 27.90, 4.57/4.7, 20.60, 2:43.14)

U17: Hep: 1 G Redmond (Wilts) 4518 (11.95, 1.55, 9.06, 25.81, 5.44/3.2, 28 53 2:35 94): 2 [Simson (Devon) 4178 (11 42 1 58 8 49 27 11 5 10/2 3 25.17, 2:48.53); 3 M Courtney (Gloucs) 4160 (11.58, 1.70, 7.20, 26.47, 4.87/4.2, 19.77, 2:43.56); 4 E Barber (Somer) 3625 (13.16, 1.52, 6.97, 28.12, 4.72/1.3, 20.79, 2:39.30); 5 L Goddard (Devon) 3570 (12.87, 1.40, 6.69, 27.32, 4.76/5.6, 18.26, 2:36,27); 6 C Havnes (Wilts) 3483 (13.60, 1.37, 10.16, 29.37, 4.50/5.1, 25.73, 2:46.35); 7 H McErlane (Dorset) 3297 (14.18, 1.46, 7.17, 29.19, 4.50/3.2, 24.90, 2:48.92); 8 J Bierton (Devon) 3237 (12.84, 1.40, 6.51, 27.97, 4.53/2.9, 11.58.2:44.30); 9 J Strang (Devon) 3233 (16.59, 1.31, 6.86, 26.63, 4.32/1.6, 17.68, 2:24.73); 10 L Guest (Somer) 3098 (13.25, 1.49, 6.57, 30.33, 4.41/2.9 16.90, 2:52.69); 11 C Lavender (Somer) 3095 (12.78, 1.40, 6.62, 29.28, 4.40/1.9, 13.81, 2:50.34); 12 K Cross (Somer) 3064 (14.89, 1.31, 9.44, 28.97, 4.54/2.0, 28.87.3:18.34)

U15: Pen: 1 B Campbell (Wilts) 2993 (12.06, 9.12, 1.45, 4.99/2.2, 2:27.07); 2 A Chigbo (Avon) 2979 (12.47, 10.26, 1.60, 4.66/1.0, 2:37.27); 3 G Doyle-Lay (Corn) 2939 (12.73, 9.19, 1.51, 5.07/1.5. 2:32.87): 4 | Wakefield (Devon) 2838 (11.43, 8.01, 1.42, 5.11/1.8, 2:40.06); 5 A Turner (Somer) 2830 (11.52, 9.04, 1.51, 4.67/2.1, 2:44.11); 6 G Silcox (Somer) 2658 (11.90, 7.70, 1.42, 4.95/2.2, 2:45.41); 7 N Isherwood (Avon) 2652 (12.03, 7.54, 1.39, 4.85/1.8, 2:38, 53) 8 B Burley (Dorset) 2594 (12.29, 9.57, 1.33, 4.50/4.3, 2:39.06); 9 E Gubb (Somer) 2576 (12.95, 8.00, 1.57, 4.60/2.4, 2:51.44); 10 | Cara (Somer) 2390 (11.60, 7.24, 1.42, 4.40/0.7,

2:58.30): 11 H Sherborne (Dorset) 2313 (13.53, 6.54, 1.42, 4.27/4.6, 2:39.03); 12 S Barrett (Avon) 2251 (12.25, 6.18 1.42, 4.45/3.4, 2:59.33); 13 P Fellows (Wilts) 2226 (13.45, 7.03, 1.24, 4.36/0.6, 2:35 92): 147 Mattacks (Wilts) 2200 (11 60 6 15 1 36 3 97/2 5 2 53 67) 15 E Joseph (Devon) 2179 (12.46, 7.46, 1.27, 4.42/1.9, 2:56.00); 16 E Wanklyn (Gloucs) 2133 (12.13, 7.44, 1.30, 4.11/3.6, 2:59.66); 17 V Cowell (Dorset) 2117 (15.18, 7.15, 1.36, 4.59/1.4, 2:49.70): 18 S Andersen (Avon) 2101 (13.31, 6.17, 1.42, 4.40/2.0, 3:02.33); 19 J Kent-Woolsey (Devon) 2001 (13.79, 6.52, 1.24, 4.01/1.2, 2:42.93)

UK YOUTH DEVELOPMENT U13/U15 LEAGUE

MIDLAND PREMIER 1, Rugby MATCH: 1 Rugby & Northampton 515.5;

ILINE 22

2 Swansea H 486; 3 Cardiff AAC 479.5; 4 Birchfield H 447; 5 Notts AC 390; 6 Bristol & West Mend 295 **U15 boys: 100: A:** 1 T Cheyne (R&N) 11.7; 2 H Hillman (Card) 11.8; 3 B

Mattinson (Notts) 11.9; 4 C Davies (Swan) 12.0. 200: A: 1 B Mattinson (Notts) 24.3. 800: A: 1 J Heyward (Card) 11.9; 2 R Harris (Swan) 12.0. B: 1 J Crosby (Swan) 12.7. 4x100: 1 Bir 48.2; 2 Card 48.3; 3 Swan 49.0. LJ: A: 1 T Cheyne (R&N) 5.7J. SP: A: 1 P Price (R&N) 12.74. DT: A: 1 P Price (R&N) 34.98. HT: A: 1 P Price (R&N) 41.01. B: 1 M Tildesley (R&N) 40.96

U13: 200: A: 1 0 Lambert (R&N) 26.5; 2 B Dasilveira (B&W/Mend) 27.0. 1500: A: 1 A Searle (R&N) 4:48.5. 75H: A: 1 S Tutt (R&N) 12.6; 2 B Rendell (Notts) 13.1; 3 T Slade (Swan) 13.2. B: 1 0 Lambert (R&N) 12.0. 4x100: 1 Card 55.0; 2 R&N 55.0. HJ: A: 1 B Saunders (Bir) 1.45. LJ: A: 1 B Saunders (Bir) 5.01; 2 M Broome (R&N) 4.84. SP: A: 1 S Tutt (R&N) 10.47; 2 T Hanson (Card) 8.98

U15 girls: 100: A: 1 S Skervin (Notts) 12.8. 800: A: 1 E Brazil (Notts) 2:22.5. 1500: A: 1 E Ligthart (Card) 4:55.6: 2 K Amory (Bir) 4:574 75H: A: 11 Evans (Card) 11.9; 2 L Brown (Bir) 12.3; 3 E Coles (Swan) 12.4. 4x100: 1 Card 52.2; 2 Bir 52.2; 3 Notts 52.6. PV: A: 1 B Newton (Notts) 2.70. LJ: A: 1 C Lord (Card) 5.07. SP: A: 1 K McLennon (R&N) 11.53. HT: A: 1 E Evans (Card) 29.02; 2 A Purchase (Notts) 26.83 U13: 75: A: 1 K Print (R&N) 10.3; 2 C Pemberton (Bir) 10.3; 3 G Christmas (Swan) 10.4. B: 1 H Davies (Swan) 10.4; 2 L Walker (Bir) 10.4. 150: A: 1 L Ager (R&N) 20.2; 2 C Pemberton (Bir) 20.3; 3 G Christmas (Swan) 20.5; 4 I Lee (Notts) 21.8. B: 1 K Print (R&N) 21.6; 2 Y Parry (Swan) 21.7.800: A: 1 J Drummond (Bir) 2:29.1. 1200: A: 1 A Fisher (Card) 4:04.8; 2 A Walker (R&N) 4:07.1; 3 L Spencer (Bir) 4:12.1; 4 B Reed (Notts) 4:15.9. B: 1 A Gammon (Card) 4:06.7; 2 O White (R&N) 4:16.7.70H: A:1 H Davies (Swan) 11.5; 2 D Da Silva (Bir) 11.6; 3 R Akii-Bua (R&N) 11.8; 4 T Jackson (B&W/Mend) 12.5. 4x100: 1 Swan 53.3; 2 Bir 54.1; 3 R&N 55.2; 4 Notts 56.5. HJ: A: 1 A Grant (Notts) 1.40. SP: A: 1 K Roberts (Swan) 9.54

Midland Premier, Loughborough

MATCH: 1 Charnwood 522.5; 2 Solihull & Small Heath 477; 3 Stoke 449.5; 4 Milton Keynes 427.5; 5 Cheltenham 424.5; 6 Coventry 344 U15 boys: 100: A: 1 M Williams (SSH) 11.6; 2 B Holloway (Charn) 11.7; 3 C Shaw (Stoke) 11.7, B: 1 K Buxton (Charn) 11.8. 200: A: 1 M Williams (SSH) 23.4; 2 C Shaw (Stoke) 23.5; 3 B Holloway (Charn) 23.7, B: 1 K Buxton (Charn) 24.4. **300**: **A**: 1 E Banwo-Johns (Stoke) 38.1. **80H**: **A**: 1 J Milsom (Charn) 13.0; 2 D Gregory (Stoke) 13.0. **B**: 1 T Thomas (Charn) 12.8. **4x100**: 1 Charn 49.7. **SP**: **A**: 1 B Phillips (Chelt) 11.80. **DT**: **A**: 1 B Phillips (Chelt) 34.53. **JT**: **A**: 11 Tapper (Charn) 49.65

Ù13: 200: A: 1 T O'hanlon (SSH) 26.9. **1500: A:** 1 O Powell (Chelt) 4:48.0; 2 J Douglas (Charn) 4:49.0; 3 H Cox (SSH) 4:51.0. **75H: A:** 1 B Higgins (Charn) 13.0; 2 R Worman (Chelt) 13.1. **4x100:** 1 Chelt 54.9; 2 Charn 55.1

U15 girls: 100: A: 1 F Foulkes (SSH) 12.8; 2 V Roberts (Cov) 12.9. B: 1 E Belcher (SSH) 12.8. 200: A: 1 E Carr (Mil K) 25.7; 2 F Foulkes (SSH) 26.0. B: 1 E Belcher (SSH) 26.2. 800: A: 1 L Mullin (Charn) 2:18.2. B: 1 G Rafferty (Stoke) 2:20.5.1500: A: 1 T Guest (Stoke) 4:53.9; 2 J Rattray (Charn) 4:54.3. 75H: A: 1 C Esegbona (Stoke) 11.9; 2 A Bates (SSH) 12.0; 3 C Bates (Cov) 12.3. B: 1 C Burns (Stoke) 12.1. 4x100: 1 Mil K 51.2; 2 SSH 52.1. PV: A: 1 G Wray (Chelt) 2.45. SP: A: 1 M Bird (Chelt) 9.75. DT: A: 1 M Bird (Chelt) 31.91. HT: A: 11 Presswell (Mil K) 37.52; 2 M Bird (Chelt) 35.48. B: 1 P Barnes (Mil K) 35.94. JT: A: 1 M Mingle (SSH) 33.14

U13: 75: A: 1É Shaw (Stoke) 10.6; 2 V Johnson (Charn) 10.6; 3 A Evans (Mil K) 10.7. B: 1 H Franks (Stoke) 10.40; 2 S Russell (SSH) 10.70.150: A: 1 H Franks (Stoke) 20.9; 2 V Johnson (Charn) 21.3; 3 M Sukkersudha (SSH) 21.8; 4 E Minshull (Cov) 21.9. B: 1 T Woolhouse (Charn) 21.8; 2 H Day (Cov) 22.0.1200: A: 1 E Here (Charn) 4:00.5; 2 E Minshull (Cov) 4:15.2; 3 E Stanyer (Stoke) 4:176; 4 T Maggs (SSH) 4:18.3. B: 1 H Seager (Charn) 4:09.2. 70H: A: 1 V Johnson (Charn) 11.7; 2 A Bailey (SSH) 11.9; 3 E Shaw (Stoke) 12.3. B: 1 M Shaw (Charn) 12.3. **4**x100: 1 SSH 56.0; 2 Charn 56.9; 3 Mil K 57.5. **HJ: A:** 1 A Bailey (SSH) 1.44. **SP: A:** 1 A Bailey (SSH) 9.26

MIDLAND WEST 1, Telford

MATCH: 1 North Somerset AC 575.5; 2 Team Bath 485.5; 3 Telford AC 481.5; 4 Yate & District AC 470.5; 5 Yeovil & Wells City 294; 6 Cwmbran Harriers 184; 7 Carmarthon & D. HAC 0

U15 boys: 100: A: 1 A Gordon (Bath) 11.7; 2 T Pallot (Yate) 11.8. 200: A: 1 A Gordon (Bath) 23.6; 2 T Pallot (Yate) 24.3. 1500: A: 1 W Stockley (Bath) 4:29.7. 80H: A: 1 J Davies (Tel) 12.7 U13: 800: A: 1 J Bacon (N Som) 2:23.9. 1500: A: 1 R Howorth (Bath) 4:47.4; 2 A Noble (Yate) 4:58.6. 75H: A: 1 J Watson (Tel) 12.6; 2 H Cox (N Som) 13.0. B: 1 J Bacon (N Som) 13.3

U15 girls: 100: A: 1 E Williams (CWM) 12.3: 27 Mattacks (Bath)

12.7; 3 S Smith (N Som) 12.9. 200: A: 1E Williams (CWM) 25.4. 800: A: 1 E Leather (Yate) 2:21.8. 75H: A: 1 Z Mattacks (Bath) 11.9. B: 1 J Watson (Tel) 12.5. JT: A: 1 F Garrott (Tel) 32.96 U13: 75: A: 1 G Fakande (CWM) 10.5. 150: A: 1 G Fakande (CWM) 20.1; 2 E Bakare (N Som) 20.5; 3 K Lodge (Yate) 20.6. B: 1 H Emery (N Som) 21.3; 2 J Dunn (CWM) 22.0. 1200: A: 1 H Emery (N Som) 3:59.6; 2 E Hobbs (Yate) 4:00.4. B: 1 L Ashurst (N Som) 4:09.6. 70H: A: 1 S Parker (N Som) 11.9. B: 1 C Walder (N Som) 11.8. LJ: A: 1 E Bakare (N Som) 4.69. SP: A: 1 E Bakare (N Som) 8.93. JT: A: 1 E Vernon (Tel) 28.77; 2 I Hurst (Bath) 26.57

MIDLAND WEST 2A, Swindon

MATCH: 1 Cardiff Archers 686; 2 North Devon 632; 3 Swindon H 522; 4 Bridgend 441; 5 Newport H 398; 6 Neath H 338; 7 Hereford 313.5; 8 Gloucester 220.5

U15 boys: 100: A: 1 E Wharton (Newp) 11.6; 2 G James (Glouc) 11.9; 3 B Sutton (N Dev) 12.0. 200: A: 1 E Wharton (Newp) 23.5; 2 B Sutton (N Dev) 24.0; 3 L Nicholls (Glouc, U13) 25.0. 300: A: 1 B Sutton (N Dev) 375. 800: A: 1 W Crisp (Swin) 2:09.8. 80H: A: 1 R Rassam (Card Arc) 12.7. 4x100: 1 Card Arc 49.2. LJ: A: 1 G James (Glouc) 5.88 U15 girls: 75H: A: 1 M Evans (Neath) 12.0 4x100: 1 Swin 52.3 HT. A: 1 S

12.0. **4x100:** 1 Swin 53.3. **HT: A:** 1 S Watkins (Neath) 27.83 **U13: 75: A:** 1 F Waddon (Newp) 10.3.

B: A Williams (Newp) 10.4. **150**; A: 1 F Waddon (Newp) 20.0; 2 H Longden (B'end/B&V) 21.2; 3 B Alexander (Swin) 21.7; 4 S Phillips (N Dev) 21.7, B: 1 A Williams (Newp) 20.5; 2 C Sutton (N Dev) 21.5; 3 E Harrett (B'end/B&V) 21.9. **1200**; A: 1 E Silvester (N Dev) 4:18.8. **70H:** A: 1 L McLoughlin (B'end/ B&V) 12.2; 2 I Breeden (Card Arc) 12.3; 3 B Alexander (Swin) 12.4. **4x100**: 1 Newp 55.9; 2 B'end/B&V 57.8. **SP: A**: 1 C Arrold (Newp) 8.84; 2 C Davey (N Dev) 8.50. **JT:** 1: 11Afzal (Card Arc) 26.81

MIDLAND WEST 2B, Leamington

U15 boys: 100: A: 1 T Bailey (B&R) 11.8. SP: A: 1 D Cartwright (D&S) 13.21. DT: A: 1D Cartwright (D&S) 38.08 U13: 200: A: 1 J Pearson (B&R) 26.8. 1500: A: 1 J Cavens (Worc) 4:55.8. HJ: A: 1 L Martin-Evans (Dav) 1.51 U15 girls: 1500: A: 1 M Hawkins (Worc) 4:55.7. HT: A: 1 K Lambert (K&S) 35.80; 2 C Lockett (B&R) 31.77 U13: 75: A: 1 A Gill (Worc) 10.6; 2 Z Millward (D&S) 10.7.150: A: 1 Z Millward (D&S) 21.0: 3 N Taylor (Learn) 21.6.1200: A: 1 C Treharne (Leam) 4:19.0.70H: A: 1 A Gill (Worc) 12.3. B: 1 E Calderwood (Worc) 12.5. 4x100:1 Worc 57.8

Good turnout for national disability event

JUNE 22

England Athletics Senior Disability Championships, Alexander Stadium

PARALYMPIC London 2012 T44 long jump silver medallist Stefanie Reid registered a 4.68m effort but was beaten on points by T38 athlete Millie Belbin, who jumped a lifetime best of 4.18m.

The men's ambulant sprints saw T38 athlete Lee Whiteley run a fast 11.6 100m.

Charnwood's Sophie Hahn, who is world No.1 in her first year as a T38 sprinter, won the 100m in 13.4.

Amid some good battles in the men's wheelchair races. Sheikh

Sheikh won the 100m, 200m, 400m and 1500m.

Men: WC: 100: A (-0.2): 1 S Sheikh (K&P, U20) 16.14: 2 AArcher (K&P) 16.89; 3 S Bloor (C&N) 17.19; 4 M Jomni (K&P) 17.37; 5 B Rowlings (Cov, U20) 18.87 B (0.9): 1 M McCabe (Velocity, U17) 17.56. Htl (1.0): 1 S Sheikh (K&P, U20) 16.1. Ht2 (-1.6): 1 A Archer (K&P) 16.9; 2 M Jomni (K&P) 18.3. Ht3 (-1.8): 1 S Bloor (C&N) 17.5. 200: A (1.0): 1 S Sheikh (K&P, U20) 29.2; 2 A Archer (K&P) 29.8; 3 S Bloor (C&N) 30.0; 4 M Jomni (K&P) 30.7; 5 M McCabe (Velocity, U17) 33.0; 6 B Rowlings (Cov, U20) 33.3. B (-1.5): 1 J Binstead (K&P, U17) 34.4; 2 I Towers (BWF, U15) 34.4. Ht1 (2.7): 1 S Bloor (C&N) 30.9; 2 B Rowlings (Cov, U20) 33.7; 31 Towers (BWF, U15) 34.2. Ht2 (2.3): 1 S Sheikh (K&P, U20) 29.9; 2 AArcher (K&P) 30.5; 3 M McCabe (Velocity, UI7) 33.3. Ht3 (3.4): 1 M Jomni (K&P) 31.7; 2 J Binstead (K&P, UI7) 33.8. 400: A: 1 S Sheikh (K&P, U20) 58.09; 2 S Bloor (C&N) 58.72; 3 M Jomni (K&P) 61.30. Ht1: 1 S Bloor (C&N) 56.51; 2 A Archer (K&P) 57.31. Ht2: 1 S Sheikh (K&P, U20) 56.82. 800: 1 S Bloor (C&N) 2:03.56; 2 I Towers (BWF, U15) 2:14.26; 3 J Binstead (K&P, U17) 2:18.54. Men: 1500: 1 S Sheikh (K&P, U20) 3:41.82; 2 S Bloor (C&N) 3:42.38; 3 M McCabe (Velocity, U17) 4:1.41; 4 I Towers (BWF, U15) 4:12.23; 5 B Rowlings (Cov, U20) 4:15.77; 6 J Binstead (K&P, U17)

4.1793 Amb: Men: 100: A (-1.5): 1 L Whitelev (Sale) 11.81; 2 J Wiskin (Bath, U20) 11.97; 3 K Powell (SMR, U20) 11.98 4 A Turnbull (J&H) 12.14; 5 J Arnott (Ply, U17) 12.43; 6 G Ballard (Chor ATC) 12.76. **B** (-1.3): 1 B Rushgrove (Bath) 13.02. **Ht1 (0.6):** 1 L Whiteley (Sale) 11.6; 2 J Wiskin (Bath, U20) 11.7. Ht2 (1.0): 1 A Turnbull (J&H) 11.9; 2 G Ballard (Chor ATC) 12.6; 3 B Rushgrove (Bath) 13.1. Ht3 (0.0): 1 K Powell (SMR, U20) 11.9; 2 J Arnott (Ply U17) 12.4: 3 R Pearsall (Tip, U20) 12.6. **200:** A (2.7): 1 L Whiteley (Sale) 23.3; 2 R Pearsall (Tip, U20) 25.0; 3 J Arnott (Ply, U17) 25.4; 4 M Hamilton (Bas, U17) 26.8; 5 B Rushgrove (Bath) 27.3. B (2.2): 1 N Marsh (N Som) 28.2; 2 J Taylor (Inv EK, U2O) 28.8; 3 M Pidgley (Poole) 29.3; 4 S Ruddock (Lough S) 29.5. **Ht1 (-0.1):** 1 L Whiteley (Sale) 23.2; 2 R Pearsall (Tip, U20) 24.9; 3 J



Taylor (Inv EK U20) 28 7 Ht2 (2.0): 1 R Whitehead (S'well, M35) 24.9 2 M Hamilton (Bas, U17) 26.5; 3 B Rushgrove (Bath) 27.3; 4 S Ruddock (Lough S) 30.0. Ht3 (2.7): 1 J Arnott (Ply, U17) 25.0; 2 K Limbu (Ashf) 25.1; 3 N Marsh (N Som) 28.3. **400:** 1 N Marsh (N Som) 63.23; 2 E Waite (Bord H, U17) 68.40. **800:** 1 A Wilson (Yate, U17) 2:18.55. LJ: 1 A Kamali arvestani 5.10/0.0; 2 D Hooker (Harrow) 4.78/0.7; 3 R Pearsall (Tip U20) 4.56/0.0. **DT:** 1 M Dutton (St Alb, U20) 29.75; 2 T Williams (Bir) 27.21; 3 J Finlay (L&M) 27.18; 4 S Clare (Liv H) 25.85. **SP:** 1 M Crutchley (C&S) 11.86. **SP:** 1 S Jones (Chelt, U17) 11.41. **CT:** 1 T Green (Mil K) 25.67; 2 G Condie (Red S) 20.94. DT: 1 D Derenalagi (Wat M35) 41.75; 1 M Dutton (St Alb, U20) 29.75; 5 M Crutchley (C&S) 25.84; 3 N Chiddle (SNH) 15.42; 4 I Cope (Unatt) 14.05. JT: 1 M Dutton (St Alb, U20)

30.81; 3 M Crutchley (C&S) 18.67. **Std:** JT: 1 S Jones (Chelt, U17) 22.90. **DT:** 1 D Derenalagi (Wat, M35) 41.75; 2 S Jones (Chelt, U17) 27.87; 2 T Williams (Bir) 2721

Women: WC: 100 (-0.6): 1 L Rowles (Cov, UI7) 23.2; 2 D Shayea (Ply, UI7) 24.2; 3 C Tait (Stock H) 24.2; 200: (1.3): 1 L Rowles (Cov, UI7) 40.7; 2 M Nicholls (Cov, W35) 41.3; 3 K Grange (Manc H) 48.3; 4 K Adenegan (Cov, UI3) 48.6. Htl (2.0): 1 M Nicholls (Cov, W35) 40.76. Htl (L.8): 1 L Rowles (Cov, UI7) 41.46.400: A: 1 L Rowles (Cov, UI7) 73.56. B: 1 M Nicholls (Cov, W35) 77.97.400: 1 L Rowles (Cov, U17) 74.07; 2 M Nicholls (Cov, U17) 2:50.6. 1500: L Rowles (Cov, U17W) 2:51.21

Amb: Women: 100 (-1.9): 1 S Hahn (Charn, U17) 13.37; 2 P Maton (U15) 14.49; 3 M Belbin (Col H, U15) 15.01 Ht1 (1.1): 1 S Hahn 13.4; 2 P Maton (U15) 14.4. Ht2 (nwi): 1 M Belbin (Col H, U15) 15.0. 200 (2.4): 1 S Hahn 27.88; 2 M Lyle (Dunb, U15) 32.33 400: 1 H McLarnon (NEB) 64.31.800: 1H McLarnon (NEB) 2:28.8. LJ: 1S Reid (Charn) 4.68/0.8; 2 P Maton (U15) 4.46/0.1; 3 M Belbin (Col H, U15) 4.18/0.4. **SP:** 1 E Vey (SNH) 5.97. **SP:** 1 A Nicholson (L&M, U20) 5.65. **CT:** 1 A Hunnisett (K&P, U20) 16.28; 2 M Moore (Yeov O) 15.76. DT: 1 A Wareing (SNH, U20) 19.83; 2 A Nicholson (L&M, U20) 17.51: 3 D Bradshaw (E Ches, U15) 8.35. **std: DT**: 1 E Vey (SNH) 15.48; 2 S Gray (Gate, W35) 9.78. **JT**: 1 S Gray (Gate, W35) 7.66

NORTHERN PREMIER 1, Preston

MATCH: 1 Sale Harriers Manchester 536; 2 City of Liverpool 527; 3 Preston H 444; 4 Gateshead 432; 5 Sheffield 422; 6 Doncaster 261

U15 boys: 100: A: 1 J Efoloko (Sale) 11.2; 2 D Jones (Liv H) 11.5; 3 D Weller (Gate) 11.6; 4 J Leatherd (Prest) 12.0. B: 1 K Donnelly (Sale) 11.8; 2 L Foreman (Gate) 12.0. 200: A: 1 J Ratcliffe (Sale) 23.2; 2 D Weller (Gate) 23.3; 3 D Jones (Liv H) 23.4; 4 J Leatherd (Prest) 24.3. B: 1 S Efoloko (Sale) 23.2, 300: A: 1 0 Dane (Sheff) 38.1; 2 P Blezard (Prest) 38.3, 1500: A: 1 0 Dane (Sheff) 4:19.2. 80H: A: 1 A Roney (Gate) 12.0. B: 1 J Edmondson (Liv H) 13.0. 4x100: 1 Sale 47.9; 2 Gate 49.5. DT: A: 1 E Jeans (Prest) 36.07. HT: A: 1 A Nugent (Gate) 41.66; 2 E Jeans (Prest) 40.78; 3 W Schofield (Sale) 39.48

U13: 100: A: 1 D Winchcole (Sale) 12.8; 2 M Duffy (Liv H) 13.0. 200: A: 1 M Duffy (Liv H) 26.6; 2 C McKnight (Gate) 26.9. B:1D Winchcole (Sale) 26.9. 1500: A: 1 M Brame (Liv H) 4:57.5. 75H: A: 1 K Walker (Sheff) 13.4. 4x100: 1 Sale 55.6. SP: A: 1T Bebbington (Prest) 8.86 U15 girls: 100: A: 1 B Harris (Sheff) 12.3; 2 K Chadwick (Sale) 12.4; 3 A Bland (Gate) 12.5; 4 A Mussett (Donc) 12.8; 5 H Smith (Liv H) 12.9. B: 1 M Colbeck (Donc) 12.8; 2 B Leckie (Gate) 12.9. 200: A: 1 A Bland (Gate) 24.6; 2 B Harris (Sheff) 24.9; 3 A Mussett (Donc) 25.5. 1500: A: 1 B Strange (Liv H) 4:57.6. 75H: A: 1 M Thomson (Liv H) 11.7; 2 G Hollis-Lawrence (Sheff) 11.8; 3 G Honeyman (Gate) 12.4. 4x100:1 Liv H 51.2; 2 Sheff 51.5; 3 Gate 52.2; 4 Donc 52.3; 5 Sale 52.4; 6 Prest 53.1. **PV**: A: 1 A Williams (Sale) 2.60; 2 E Tinsley (Sheff) 2.50. LJ: A: 1 K Chadwick (Sale) 4.94. DT: A: 1 C Price (Liv H) 28.20. HT: A: 1 C Price (Liv H) 32.97; 2 C Hornby (Prest) 25.38

U13: 75: A: 1 T Sesay (Liv H) 9.9; 2 K Cairns (Prest) 10.0; 3 L Beales (Gate) 10.1; 4 E Heap (Sheff) 10.6; 5 E Riley (Donc) 10.7; 6 H Leah (Sale) 10.7. B: 1 G Preston (Liv H) 10.5; 2 J Scott (Gate) 10.7. 150: A: 1 T Sesay (Liv H) 19.7; 2 K Cairns (Prest) 19.8; 3 H Leah (Sale) 20.8; 4 J Scott (Gate) 21.0. B: 1 Preston (Liv H) 20.7. 1200: A: 1 F Ireland (Liv H) 4:05.8; 2 N Nugent (Sale) 4:13.1. B: 1 E Twite (Sale) 4:14.8; 2 J Cook (Liv H) 4:19.7. 70H: A: 1 L Beales (Gate) 11.8; 2 A Darby (Liv H) 12.1; 3 G Kelly (Prest) 12.3. 4x100: 1 Liv H 56.8

NORTHERN PREMIER 2, Wakefield

MATCH: 1 Wirral 532.5; 2 Leeds City 498; 3 City of York 469; 4 Crewe & Nantwich 425; 5 Kingston Upon Hull 394; 6 Wakefield 281.5 U15 boys: 100: A: 1 L Renton (Leeds C) 11.8; 2 J Harrison (KuH) 11.8; 3 A Rogers (Wake) 12.0. B: 1 B Bennett (Leeds C) 11.8: 200: A: 11 Dore (Leeds C) 23.5; 2 J Harrison (KuH) 23.9; 3 A Rogers (Wake) 24.0. B: 1 Z Berrill (Leeds C) 24.0. 300: A: 12 Berrill (Leeds C) 38.8 4X100: 1 Leeds C 49.2. PV: A: 11 E Dunbavin (Wake) 2.60. SP: A: 11 H Fairclough (York) 12.10

U13: 100: A: 1 T Sanni (Leeds C) 12.7. 200: A: 1 T Sanni (Leeds C) 25.8; 2 E Lake (York) 26.8. 1500: A: 1 E Hutchinson (York) 4:49.2; 2 M Hill (Wake) 4:54.5. B: 1 J Dickinson (York) 4:510. 75H: A: 1 A Coles (KuH) 12.9; 2 E McKee (Wirr) 13.5; 3 T Palmer (York) 13.8. 4x100: 1 C&N 55.3. SP: A: 1 T Sanni (Leeds C) 8.78

Sanni (Leeos C) 8.78 U15 girls: 75H: A: 1 E Darroch (Wirr) 12.0; 2 J Watson (Leeds C) 12.0; 3 C Stamp (York) 12.1. 4x100: 1 C&N 53.4 U13: 75: A: 1 H Kynman (KuH) 10.3; 2 E Hedges (Wirr) 10.5; 3 I Bradshaw (York) 10.7.150: A: 1 H Kynman (KuH) 20.1; 2 O Curry (Wirr) 21.2; 3 K Mooney (C&N) 21.8. B: 1 E Hedges (Wirr) 21.2. 800: A: 1 K Martindale (Wirr) 2:29.7.1200: A: 1 H odder (Wirr) 4:07.4; 2 K Mooney (C&N) 4:14.6; 3 P Cooke (Leeds C) 4:17.5 B: 1 H Das (Wirr) 4:16.2. 70H: A: 1 V Morgan (KuH) 12.3; 2 E Rowlands (Wirr) 12.5. 4x100: 1 Wirr 56.9; 2 KuH 57.5

MIDLAND EAST 2, Burton

MATCH: 1 Burton AC 495.5; 2 Worksop Harriers & A487; 3 Newark AC 472; 4 Corby AC 420.5; 5 Derby AC 342; 6 Sutton in Ashfield H300; 7 Mansfield Harriers 284.5; 8 Grantham & District 250.5

U15 boys: 100: A: 1 L Keeling (Der) 11.7; 2 B Lynch (Newark) 11.8. 200: A: 1 A Whittingham (Der) 24.0. B: 1 L Keeling (Der) 24.0. 80H: A: 1 C Lego (Burt) 12.9 U13: 75H: A: 1 W Taylor (Mans) 13.2. JT: A: 1 J Carrington (Newark) 32.42 U13 girls: 75: A: 1 R Sheffield (Burt) 10.2; 2 C Crutchley (Mans) 10.6. 150: A: 1 A Foreman (Mans) 20.8; 2 E James (Newark) 20.9; 3 Thompson (Burt) 21.6; 4 E Greaves (Work) 22.0. B: 1 E Silvester (Burt) 20.3; 2 C Crutchley (Mans) 20.9; 3 A Peach (Newark) 22.0. 1200: A: 1 J Cooper (Der) 3:58.4; 2 L Coleman (SinA) 4:05.0.70H: A: 1 E Race (Work) 11.7; 2 E Silvester (Burt) 12.3. 4x100: 1 Burt 57.4

NORTHERN EAST 2, Cleckheaton

MATCH: 1 Scunthorpe 529.5; 2 Bolton United Harriers 509.5; 3 Spenborough 464.5; 4 Bingley 425; 5 Lincoln Wellington 275.5; 6 Scarborough 265 U15 boys: 300: A: 1 T Coen (Bolt) 38.8 U13: 1500: A: 1 A Richardson (Linc W) 4:50.8

U15 girls: 200: A: 1 A Greenwood (Spen) 26.2. 1500: A: 1 E Clapton (Scar) 4:50.6 U13: 75: A: 1 H Kelly (Bolt) 10.3. 150: A: 1 H Kelly (Bolt) 20.5. 70H: A: 1 R Southcott (Bing) 12.4; 2 C Plant (Bolt) 12.5

NORTHERN WEST 1, Blackburn

MATCH: 1 TNC 530 6 1 Te 530; 2 Trafford 467; 3 Wigan & District 460; 4 Blackburn 438; 5 West Cheshire 431; 6 Wrexham 15 U15 boys: 80H: A: 1 W Aldred (Traff) 11.9. B: 1 R Brown (Traff) 12.5 U13: 75H: A: 1 J Connelly (TNC) 12.6; 2 G Hurst (Traff) 13.3; 3 E Bradley (W Ches) 13.8. 4x100: 1 TNC 55.0. HJ: A: 1 J Connelly (TNC) 1.45. LJ: A: 1 J Connelly (TNC) 4.84

(U15 girls: 1500: A: 1 E Greenwood (B'burn) 4:53.9.75H: A: 1 L Ashall (Wig D) 12.2. SP: A: 1 G Kinsley (Wig D) 11.08 U13: 75: A: 1 M Busby (TNC) 10.6. 150: A: 1 E Howe (W Ches) 21.5; 2 M Larkin (Traff) 21.9; 3 O Mason (TNC) 4:05.0; 2 1 Clarke (W Ches) 4:07.2. 70H: A: 1 M Tipping (W Ches) 12.1. JT: A: 1 E Howe (W Ches) 27.46

NORTHERN WEST 2, Macclesfield

MATCH: 1 Lancaster & Morecambe 646; 2 Warrington 599; 3 East Cheshire 554; 4 Horwich 523; 5 Horwich 518; 6 Border 309; 7 Stockport 276 2 7 De 276; 8 Deesidel36

U15 boys: 100: A: 1 F Williamson-Taylor (Warr) 11.8; 2 A Mcdonald (L&M) 12.0. 200: A: 1 A Mcdonald (L&M) 42.1. 300: A: 1 J Worthington (E Ches) 38.6. 800: A: 1 J Evans (Warr) 2:09.6. 80H: A: 1 C Meakin (Warr) 11.6; 2 W Wilson (L&M) 12.5. LJ: A: 1 C Meakin (Warr) 5.80. HT: A: 1 L Lister (Bord H) 45.29. B: 1 M James (Bord H) 43.74 U13: 200: A: 1 S Evans (Bord) 26.6. 1500: A: 1 S Evans (Warr) 4:53.6 U15 girls: 1500: A: 1 K Lowery (Macc) 4:42.9. 75H: A: 1 D Bailey (Warr) 12.2; 2 M Newton-O'Brien (L&M) 12.2. PV: A: 1 M Newton-O'Brien (L&M) 2.60; 2 T Walton (Dees) 2.40 U13: 75: A: 1 T Brien (1 &M) 10.6 150: A: 1T Brien (L&M) 20.6; 2 J Ravenscroft (Warr) 21.4; 3 A Mounteney (Stock H) 21.4; 4 E Harper (Horw) 21.9. B: 1 S Stewart (Horw) 21.3. 1200: A: 1 N Harrison (Stock H) 4:07.2; 2 S Williams (Macc) 4:14.2; 3 | Trevithick (Warr) 4:17.2. 70H: A: 1 E Barclay (Horw) 12.1. B: 1 K Shingler (Horw) 12.3. HJ: A: 1 K Shingler (Horw) 1.45; 2 L Hatton (Macc) 1.42. JT: A: 1 E Barclay (Horw) 24.39

NORTHERN WEST 4, Bury

MATCH: 1 Team IOM Youth 637; 2 St. Helens Sutton AC489; 3 Leigh Harriers 457; 4 Salford Mets 378; 5 Bury AC 318; 6 Manchester Harriers 312; 7 Maldwyn Harriers 298; 8 Oldham & Royton H &A258; Note(s); BRY U15 boys: 300: A: 1 E Goldie (O&R) 38.8 **80H:** A: 10 Keogh (Salf M) 12.7 **U15 girls: 75H: A:** 1A Sibbald (IoM) 12.5. B: 1 S Watterson (IoM) 12.5 U13: **150:** A: 11 Brady (Bury) 21.5; 2 LMarshall (SHS) 21.6. B: 1 C Cherry (SHS) 22.0.1200: A: 1 K Hodgkinson (Leigh) 3:56.5; 2 G De Campos (Manc H) 3:58.3. **4x100:** 1 IoM 52.7

SCOTLAND DIVISION NORTH EAST, Aberdeen

U15 boys: 800: A: 1 S Millar (A'deen) 2:05.51

U33: 75H: A (2.4): 1 J McFarlane (Arb) 12.76. JT: A: 1 J McFarlane (Arb) 33.16 U15 girls: 100: A (1.6): 1 A Rees (Banc) 12.39. 75H: A (4.0): 1 G Summers (Banc) 12.03: 2 L Bell (TNH) 12.07; 3 G Carter (A'deen) 12.29. B (2.7): 1 K MacKay (A'deen) 12.31. LJ: A: 1 A Rees (Banc) 5.09. SP: A: 1 N Feighan (Arb) 9.93 U13: 75: A (0.5): 1 B Maclver (I'ness) 10.7. 150: A (3.2): 1 B Maclver (I'ness)

20.77; 2 L Carmichael (Banc) 21.51. **1200: A:** 1 G Whelan (TNH) 4:08.41; 2 F Sealy (Banc) 4:13.22

SOUTHERN PREMIER 1, Reading

MATCH: 1 Reading AC 495; 2 Enfield & Haringey 485; 3 Tonbridge 480; 4 Blackheath & Bromley 431.5; 5 Windsor Slough Eton & Hounslow 430.5; 6 Harrow 416

U15 boys: 100: A: 1 M Hogg-Williams (Harrow) 11.8; 2 N Bevan (E&H) 12.0. 200: A: 1 M Hogg-Williams (Harrow) 24.0; 2 N Bevan (E&H) 24.4. 300: A: 1 L Leon (E&H) 37.7; 2 J Fuggle (Ton) 38.1; 3 W Pope (B&B) 38.9. 800: A: 1 T Kendrick (Ton) 2:04 7:2 M Efstathiou (E&H) 2:06.8; 3 M Rawlings (Read) 2:08.4. 1500: A: 1 A Kinloch (Ton) 4:22.9. B: 1 J Magorrian (Ton) 4:26.4 80H: A: 1 G O'Malley (Harrow) 12.4. 4x100: 1 E&H 48.3; 2 Ton 48.8; 3 Read 49.1: 4 B&B 49.8. PV: A: 1 B Stoker (F&H) 2 60 SP: A: 1 M Buter (WSFH) 13.32; 2 A Adegu (Harrow) 12.08. DT: A: 1 A Scopes (Ton) 42.42; 2 J Greenlaw (Read) 33.94; 3 D Aladese (B&B) 32.81. HT: A: 1 J Norris (WSEH) 59.25; 2 U Amadi (E&H) 42.43; 3 A Scopes (Ton) 40.29: 4 M Matricardi (Read) 35.22. B: 1 B Campbell (WSEH) 37.89 U13: 100: A: 1 J Aaron (Harrow) 12.5.

200: A: 1 J Aaron (Harrow) 25.1. 800: A: 1 C Crick (Ton) 2:20.1; 2 C Dodds (E&H) 2:20.5; 3 A Harrington (B&B) 2:20.7; 4 D Brookling (WSEH) 2:24.5. **1500:** A: 1 S Hudson (WSEH) 4:48.1; 2 M Eagling (B&B) 4:49.3; 3 H Roe (Read) 4:52. **B**: 1M Daines (WSEH) 4:57.**8**. **75H:** A: 1 C Raju (B&B) 13.5; 2 K Brown (E&H) 13.7. B:11 Akano (E&H) 13.8. 4x100: 1 E&H 53.1; 2 Harrow 55.3; 3 Ton 55.8; 4 WSEH 55.8; 5 B&B 55.8. LJ: A: 1 O Phillips (Ton) 4.86

U15 girls: 100: A: 1 L Pleace (WSEH) 12.8; 2 A Beackon (E&H) 12.9. 800: A: 1 J Keene (B&B) 2:17.7; 2 M Whitfield (Harrow) 2:18.8; 3 A Ralph (Ton) 2:20.2; 4 S Jacob (E&H) 2:22.4. B: 1 S Riskey (B&B) 2:21.2. 1500: A: 1 K Walker (Read) 4:49.1; 2 A Barbour (WSEH) 4:51.9; 3 G Taylor (B&B) 4:53.5; 4 M Wilson (Harrow) 4:59.4. **B:** 1 N Kingston (B&B) 4:56.9. **75H: A:** 1 A Hall (Read) 11.6; 2 I Hilditch (B&B) 11.8; 3 E Bilsland (WSEH) 12.1; 4 C Lamb (Ton) 12.4. B: 1 M Beaman-Browne (B&B) 12.2; 2 K Holt (Read) 12.4. 4x100: 1 E&H 51.3; 2 WSEH 51.4; 3 Read 51.7; 4 Ton 52.1; 5 B&B 52.1; 6 Harrow 53.2. **PV: A:** 1 S Broomhead (Harrow) 3.20: 2 P Thomas (Read) 2.70; 3 | Butler (WSEH) 2.60; 4 E Martin (E&H) 2.40. B: 1 S Dowson (Harrow) 2.50. LJ: A: 1 J Smith (Ton) 4.97. HT: A: 1 E Chandler (Harrow) 34.37; 2 L Runnacles (Read) 30.77 U13: 75: A: 1 | Gilkes (Read) 10.2; 2 A White (Ton) 10.7. B: 1 A Regis (E&H) 10.5.150: A: 1 | Gilkes (Read) 19.7; 2 A Ellis (E&H) 20.6; 3 J Spencer-Smith (Harrow) 20.7; 4 M Brooks (B&B) 20.9; 5 A White (Ton) 21.8; 6 L Bowyer (WSEH) 22.0. B: 1 A Lowe (Read) 21.3; 2 C Favre (E&H) 21.8: 3 D Frankland (WSEH) 21.8; 4 A Root (Ton) 22.0. 800: A: 1 K Faes (Ton) 2:25.2.1200: A:1N Bowley (Read) 3:49.3; 2 V De Munck (Ton) 3:54.9; 3 M Smith (B&B) 4:06.8; 4 S Grewal (WSEH) 4:07.0; 5 E Livingstone (Harrow) 4:10.9. B: 1 S Palmer (Ton) 4:18.7.70H: A:1A Hornbuckle (E&H) 11.3; 2 J Spencer-Smith (Harrow) 12.0; 3 K Slade (Read) 12.2. B: 1 M Sims (E&H) 11.8. 4x100: 1 Read 54.9; 2 E&H 55.2; 3 B&B 56.2; 4 Ton 57.6. LJ: A: 1 K Harris (B&B) 4.82: 2 | Gilkes (Read) 4.50, JT: A: 1 E Locke (B&B) 28.32; 2 C West (Read) 25.21

SOUTHERN PREMIER 2,

Southampton MATCH: 1 Southampton AC 447.5; 2 Herne Hill H 442; 3 Croydon H 413.5; 4 Team Dorset 413; 5 Winchester & D AC 312

U15 boys: 800: A: 1 F Nadew (Herne H) 2:04.3. 80H: A: 1 L Shepherd (Team/ Dorset) 12.0; 2 C Cole (Croy) 12.6. B:1 R Long (Team/Dorset) 12.3; 2 0 Onyejekwe (Croy) 12.9. 4x100: 1 Team/ Dorset 48.3: 2 Herne H 49.2: 3 Soton 49.9. HJ: A: 1 F Nadew (Herne H) 1.70. PV: A: 1 A Douglas (Soton) 3.40. SP: A:1L Shepherd (Team/Dorset) 12.01; 2 E Hill-King (Win) 11.52. DT: A: 1 E Jenkinson (Soton) 42.65. HT: A: 1 E Hill-King (Win) 35.58 U13: 1500: A: 1 O Millard (Herne H) 4:46.2; 2 L Murphy-Parry (Team/ Dorset) 4:55.1; 3 H Mullane (Croy) 4:55.6; 4 M Prest (Win) 4:59.7.75H: A: 1 G Rosam (Soton) 12.6; 2 J Jones (Croy) 13.4. 4x100: 1 Croy 55.4; 2 Soton 55.6. LJ: A: 1 E Lloyd (Croy) 4.98. SP: A: 1 N Marshall (Crov) 9.33 U15 girls: 800: A: 1 S Millard (Herne H) 2:17.2. 75H: A: 1 S Archer (Croy) 12.3; 2 C McSorley (Herne H) 12.4 **4x100:** 1 Croy 52.5. **HJ: A:** 1 A Morgan (Team/Dorset) 1.55. **PV: A:** 1 H Garrathy

(Team/Dorse) 1.55. PV: A: 1 H Garrathy (Soton) 2.50. LJ: A: 1 H Garrathy (Soton) 4.95. SP: A: 1 M Cavanagh (Soton) 11.52. DT: A: 1 H Pearce (Soton) 27.53

U13: 1200: A: 1 A Brown (Herne H) 4:01.0; 2 E Coulson (Win) 4:16.9, B: 1 E Griffin (Herne H) 4:13.0. 70H: A: 1 M Sey (Croy) 12.3. 4x100: 1 Croy 54.1; 2 Herne H 56.9; 3 Soto 57.0. JT: A: 1 G Kelly (Soton) 27.48

SOUTHERN NORTH 1, Woodford

dasics.

MATCH: 1 Havering Mayesbrook 542.5; 2 Basildon 486; 3 Shaftesbury Barnet 481; 4 Orion H 471; 5 Woodford Green 465; 6 Bedford 464; 7 Herts P 410.5 U15 boys: 100: A: 1 A Toppin (WG&EL/ IIf) 11 8: 2 N Haque (SB) 12 0: 3 | Arthur (Bed C) 12.0. B: 1 H Oldacre (Bas) 11.9. 200: A: 1 P Christie (WG&EL/IIf) 23.7; 2 B Ellis (Hav M) 23.9. B: 1 A Toppin (WG&EL/IIf) 24.1; 2 H Oldacre (Bas) 24.4. 80H: A: 1 A Guidi (Herts P) 11.8; 2 P Obi (Bas) 12.3; 3 M Owers (Hav M) 12.7; 4 J Lee (SB) 12.7. **B**: 1 D Webb (Herts P) 12.4. 4x100: 1WG&EL/IIf 48.1; 2 Herts P 49.6. HJ: A: 1 S Dewar (WG&EL/IIf) 1.70. PV: A: 1 F Johnson (Bed C, U13) 2.80. HT: A: 1 L Causton (Bas) 46.41; 2 R Daunorayicius (Orion) 37.54

U13: 100: A: 1 J Mclean-Meade (Orion) 12.8; 2 B Grant (Herts P) 12.9; 3 J Teager-Neale (Bas) 13.0. 200: A: 1 B Grant (Herts P) 27.0. 1500: A: 1 J Harper (SB) 4:57.1. 75H: A: 1 E Egbor (SB) 13.1; 2 H Joliffe (Hav M) 13.1

U15 girls: 100: A: 1 M Shokunbi (Hav M) 12.1: 2 E Babalola (SB) 12.7.200: A: 1 M Shokunbi (Hav M) 25.6: 2 E Babalola (SB) 26.3.800: A: 1 J Ratcliff (WG&EL/IIf) 2:22.7.75H: A: 1 A Semark (Herts P) 12.1; 2 P Douglas (Bas) 12.2; 3 E Nicholson (Orion) 12.4; 4 S Dooley (Hav M) 12.4. B: 1 R Davis (SB) 12.5; 2 S Wright (Bas) 12.5. DT: A: 1 F Gutteridge (Hav M) 27.06. HT: A: 1 S Howe (WG&EL/IIf) 47.38; 2 G Quigley (Bas) 27.55

U13: 75: A: 1 C Hetherington (Herts P) 10.3; 2 A Chilwell (Bed C) 10.4; 3 R Carter (SB) 10.7. B: 1 R Palmer (SB) 10.5; 2 E Bowles (Bed C) 10.7.150: A: 1 A Chilwell (Bed C) 20.5; 2 B Smith (Orion) 21.3; 3 R Brown (Hav M) 21.6. B: 1 K Robinson (WG&EL/IIf) 21.9; 2 K Mitchell (Hav M) 22.0. 1200: A: 1 K Mitchell (Hav M) 4:08.0: 2 M Relton (Bed C) 4:10.1: 3 E Sharpe (Orion) 4:14.5; 4 J Chadwick (SB) 4:19.5. B: 1 M Bath (Hav M) 4:09.6; 2 F Johnson (Bed C) 4:18.7. 70H: A:1 R Carter (SB) 11.7; 2 | Purdie (Hav M) 11.7; 3 C Hetherington (Herts P) 11.8. B: 1 M Hughes (Hav M) 12.2. 4x100: 1 Herts P 57.0; 2 Hav M 57.2; 3 Bed C 57.2. LJ: A: 1 C Hetherington (Herts P) 4.53

SOUTHERN SOUTH 1, Ashford

U15 boys: PV: A: 1A Hardy (Ashf/Than) 3.00. DT: A: 1J Anderson (Ashf/Than) 38.34; 2 T Hines (B&H) 36.69; 3 T White (Craw) 33.76. B: 1A Silsby (B&H) 33.51. HT: A: 1A Jacques (Ashf/Than) 45.12. B: 1J Anderson (Ashf/Than) 34.33 U13: 200: A (-4.6): 1 K Milton (Brack) 26.82. 75H: A: 1J Zeller (Brack) 13.57. B: 1T Pitts (Craw) 13.63. 4x100: 1 Craw 55.0. HJ: A: 1J Zeller (Brack) 1.46 U15 girls: 800: A: 1 S Sinha (Camb H) 2:17.23. PV: A: 1 T Campbell (Craw) 2.80. LJ: A: 1 G Sullivan (Ashf/Than) 5.14. HT: A: 1 G Hulbert (Brack) 28.13; 2 H Owen (Ashf/Than) 26.95 U13: 4x100: 1 Craw 58.0

SOUTHERN SOUTH 2, Woking

MATCH: 1 Kingston AC & Poly 531; 2 Aldershot FD 472.5; 3 Horsham Blue Star 450; 4 Guildford & Godalming 438; 5 Bournemouth 358.5; 6 Medway & Maidstone190

U15 boys: 1500: A: 1 J Boswell (AFD) 4:23.4; 2 H Reynolds (K&P) 4:25.6; 3 J Berry (M&M) 4:26.3. 4x100: 1 AFD 49.6; 2 K&P 49.8; 3 Horsh BS 49.8. PV: A: 1 C Dearden (Horsh BS) 2.80; 2 M Try (AFD) 2.70

U13: 100: A: 1 J Levey (Horsh BS) 12.9; 2 I Milham (M&M) 13.0. **200: A:** 1 J Levey (Horsh BS) 26.1; 2 I Milham (M&M) 26.2. **1500: A:** 1 S Shaw (K&P) 4:57.9.

Results Track

4x100: 1 Horsh BS 55.9 U15 girls: 100: A: 1 C Goodall (AFD) 12.9. 1500: A: 1 N Brown (AFD) 4:43.9; 2 V Robinson (G&G) 4:56.1. 75H: A: 1 M Hildrew (G&G) 12.3. 4x100: 1 G&G 53.5. LJ: A: 1 J Wood (G&G) 4.95. HT: A: 1 D Broom (B'mth/Poole R) 28 65 U13: 75: A: 1 G Kennard (B'mth/Poole R) 10.6; 2 T McKinlay (G&G) 10.6. 150: A: 1 P Earley (K&P) 20.7; 2 T McKinlay (G&G) 21.2; 3 C Lionel (Horsh BS) 21.8. B:1K Ellis (G&G) 21.4. 1200: A:1C Lance Jones (G&G) 3:57.3: 2 D Bourne (K&P) 4:18.5, B: 1 F Roe (G&G) 4:06.7. 70H: A: 1 A Brophy (G&G) 12.3. 4x100: 1 G&G 56.9. HJ: A: 1 G Kennard (B'mth/ Poole R) 1.46; 2 K Lawrence (G&G) 1.43; 3 F Millis (Horsh BS) 1.40. LJ: A: 1 P Earley (K&P) 4.61. SP: A: 1 H Molyneaux (B'mth/Poole R) 10.34. JT: A: 1Z . Macrae (G&G) 24.99

SOUTHERN SOUTH 3B, Carshalton

U15 boys: 100: A: 1 E Adeoye (S Lon) 11.6; 2 G Stokes (Sutt) 11.7; 200: A: 1 C Smith (Holl S) 24.0; 2 E Sarfo (Sutt) 24.2; 3 E Adeoye (S Lon) 24.3; **80H:** A: 1 K Hewitson (Sutt) 13.0. 4x100: 1 Sutt 49.6

U13: 100: A: 1 E Murray (S Lon) 12.5. 200: A: 1 E Murray (S Lon) 25.7 75H: A: 1 T Ricketts (Sutt) 13.6; 2 J Watson (Holl S) 13.7. SP: A: 1 S Mace (Walton) 11.28. JT: A: 1 S Mace (Walton) 39.28 U15 girls: 100: A: 1 C Webster-Tape (Sutt) 12.8. 200: A: 1 L Hoad (DMV) 25.8. 75H: A: 1 A Thorpe (Walton) 11.7; 2 L Allen-Aigbodion (S Lon) 11.8. PV: A: 1 S Emmett (Sutt, U13) 2.60. SP: A: 1 S Mace (Walton) 11.59. B: 1 H Taylor (Walton) 10.28. DT: A: 1 S Mace (Walton) 38.86. HT: A: 1 S Mace (Walton) 42.36 U13: 75: A: 1 I Dryburgh (Walton) 10.2; 2 K Elgar (Sutt) 10.3; 3 J McKinson (S Lon) 10.5. **150:** A: 1 L Owusu-Junior (Sutt) 20.3; 2 J McKinson (S Lon) 20.7; 3 O Adjadi (S Factor) 21.0; 4 I Hornung (DMV) 21.1; 5 N Cowley (Walton) 21.7; 6 M Saundh (M'head) 21.9, **B**: 1 D Begley-Jones (Walton) 21.2; 2 A Rosen (Sutt) 21.7, **1200:** A: 1 C Vaughan (Walton) 4:14.4; 2 D Corradi (Sutt) 4:15.3, **70H:** A: 11 Dryburgh (Walton) 12.3; 2 S Ress (S Lon) 12.4, **4x100:** 1 Sutt 576, **SP:** A:1 T Jones (Walton) 26.0, **B**: 1 N Bell (Walton) 24.17

SOUTHERN SOUTH 3C, Erith

MATCH: 1 Newham & Essex Beagles 600; 2 Lewes AC 577; 3 Bexley AC 508; 4 Hastings AC 439; 5 East Grinstead & D. 290; 6 Dartford Harriers & 238; 7 Medway Park Phoenix 182

U15 boys: 100: A: 1 C Lyttle (Bexley) 11.8; 2 L Riggall (Dartf) 11.9. 200: A: 1 C Lyttle (Bexley) 24.3. 300: B: 1 F Seki (NEB) 39.0. 4x100: 1 Bexley 49.9. JT: A: 1 S Staples (Lewes) 43.10 U13: 200: A: 1 K Johnson (NEB) 27.0. 1500: A: 1 G Pool (Hast) 4:54.9; 2 B Martin (Lewes) 4:58.9. 75H: A: 1 O Stuart (E Grin) 13.0; 2 R Osunami (NEB) 13.7 4x100: 1 NEB 55.4. HJ: A: 1 K Johnson (NEB) 1.50. LJ: A: 1 K Johnson (NEB) 4.91. SP: A: 1 J Okusanya

(Bexley) 10.32 U15 girls: 800: A: 1 C Sharp (Dartf) 2:22.9.1500: A: 1 H Page (Dartf) 4:55.0. 75H: A: 1 S Galea (Hast) 12.2. 4x100: 1 NEB 53.2. HJ: A: 1 R Hawkins (Bexley) 1.71. PV: A: 1 M Hemsley (Lewes) 2.50. HT: A: 1 K Head (NEB) 48.55; 2 G Thomas (Bexley) 31.56 U13: 150: A: 1 M John (Bexley) 21.5; 2 E Wastell (MPP) 22.0.1200: A: 1 K Aslett (Hast) 4:08.0. B: 1 H Cooper (Hast) 4:13.4

ABERDEEN POLE VAULT CHAMPIONSHIPS, Aberdeen

Mixed events: PV: 2 A Lowe (A'deen, U17) 3.35; 3 R Masson (A'deen, M65) 2.80; 7 J Lyon (A'deen, W50) 2.40

JUNE 21 SARNIA WALKING CLUB 5000M OPEN, St. Peter Port

Men: 5000W: 1 R Elliott (Sarnia, M50) 28:03.6; 3 T Bates (Sarnia, M60) 30:07.2

SOUTHERN COUNTIES VETERANS' LEAGUE KENT DIVISION 1, Gillingham

Men

MATCH: 1 Blackheath & B 78.5; 2 Camb H 66.5; 3 Ashford 58.5; 4 Dartford 48.5; 5 Paddock Wood 48; 6 Invicta 25 M35 men: 200: A: 1 N Stickings (B&B, M40) 23.3: B: 1 M Mcallister (Ashf, M40) 24.6. SP: 1 S Timmins (B&B) 13.60. JT: 1 M van den Dobbelsteen (B&B, M40) 48.72 M50: 200: 11 Presnell (Ashf) 26.1; 2 M Woods (Padd W) 26.2; 3 T Phillips

M Woods (Fadd W) 26.2; 3 F Prillips (B&B, M55) 27.5; **SP**: J J Fenton (Dartf, M55) 10.97; **JT**: 1 S Langdon (B&B, M55) 41.99; 2 A Exall (Padd W) 38.36; 3 J Fenton (Dartf, M55) 30.03 **M60: 200:** 1 T Carter (Camb H) 27.6; 2

R Brown (B&B) 28.6. HJ: 1 M Goodall (Ashf) 1.35 STANDINGS: 1 B&B 21; 2 CambH 19; 3

Ashford 17; 4 Dartford 15; 5 Invicta 6.5; 6 Paddock Wood 5.5 Women

MATCH: 1 Dartford 86; 2 Blackheath & B 63.5; 3 Cambridge 55; 4 Medway & M 45; 5 Bromley Vets 38.5; 6 Paddock Wood 32

W35 women: 1500: A: 1 C Elms (Camb H, W45) 4:52.8; 2 J Fowler (M&M) 5:01.1; 4 J Butler (B&B, W40) 5:12.8. **B**: 1 C Oliver (Camb H, W40) 5:13.9. **HJ**: 1 C Bond (Camb H, W45) 1.35. **SP:** 2 B Terry (B&B, W65) 6.83

W50: 1500: 1 P Halstead (Dartf, W60) 6:12.2. HJ: 1 T Eades (Dartf) 1.25. SP: 1 A Goad (Dartf) 8.77. JT: 1 A Goad (Dartf) 23.34

W60: HJ: 1 C Clements (Dartf) 1.20; 2 A Unseld (Brom Vets) 1.10; 3 M Brown (Padd W) 1.05; 4 P Oakes (M&M, W65) 1.00. JT: 1 C Clements (Dartf) 17.59; 2 B Terry (B&B, W65) 15.88; 3 P Oakes (M&M, W65) 13.73; 4 J Burns (Brom Vets, W75) 10.68

Standings: 1 Dartford 24; 2 Camb 17; 3 B&B 16; 4 M&M 12; 5 Paddock Wood 8.5; 6 Bromley Vets 6.5

KENT DIVISION 2, Gillingham

M50 men: 200: ns: 0 C Leon (B&B, M55) 26.9. **1500:** 2 C Marshall (Brom Vets, M65) 5:20.2

M60: 200: 2 C Marshall (Brom Vets, M65) 30.6. HJ: 1 P Oakes (M&M) 1.40; 2 G Kitchener (S'oaks) 1.35. JT: 1 P Oakes

(M&M) 35.04 **W35 women: 200: A:** 1 | Barauskiene (Bexley, W45) 29.7. **HJ:** 1 | Barauskiene (Bexley, W45) 1.40. **JT:** 1 C Pates (Bexley, W50) 18.96 **W50: HJ:** 1 L Slater (Bexley, W55) 1.20.

SP: 1 L Slater (Bexley, W55) 6.90. **ns:** 1 C Clements (Dartf, W60) 7.15

JUNE 20 BIGGLESWADE AC JUMPS FEST, Sandy

Mixed events: HJ: 1 J Watson (Bigg, U20) 1.95; 2 L Johnson (Bed C, U17) 1.85; 3 J Conroy (Bed C, U17) 1.85. PV: 1 B Kingman (NEB, M40) 3.50; 3 F Johnson (Bed C, U13) 2.80. LJ: 4 U Liuksaityte (TVH, U20W) 5.52/-0.3 LAGAN VALLEY AC SUPER 5 OPEN MEETING, Belfast

Men: 100: r2 (-1.4): 1 A McMullen (Liv H) 10.97. 1500: 4 F Marsh (N Down, M45) 4:19.04 U20: HT: 1 S Matthews (Lag V) 40.07 U15: DT: 1 M Dalton (Lisb) 37.36 U15 girls: HJ: 1 A Galbraith (Lisb) 1.55 U13: 1200: 1 A Farrell (Ennis) 4:01.98; 2 M O'Hare (NBH) 4:02.26; 3 N Beattie (St Peters) 4:02.42; 4 E Cantley (Banb) 4:03.24; 6 T Breen (Newry AC) 4:05.03; 7 C Galloway (E Down) 4:07.49; 8 E Mulholland (St Peters) 4:11.71; 9 C Mcgurk (Lisb) 4:12.26

MENDIP AC OPEN, Street

U13 boys: JT: 1 N Rosinov (Unatt) 34.26; 2 J Dove (Exe H) 32.86 U20 women: LJ: 1 J Callender-Wood (Mend) 10.36; 2 E Leong (N Som, U15) 8.60. JT: 1 L Dawkins (Taun, U15) 34.84

U15: 75H: 1 N Isherwood (Mend) 12.3 U13: 600: 1 E Sidman (Mend) 1:47.6. 70H: r1: 1 S Parker (N Som) 12.2

ABERDEEN CLUB CHAMPIONSHIPS, Aberdeen

Mixed events: 100: r2 (-1.7): 2 K Stewart (A'deen, U17W) 12.66 Men: JT: 2 E McKenzie (A'deen, M45) 36.20

M50: JT: 1 K Lyon (A'deen) 32.84 M65: JT: 1 R Masson (A'deen) 33.97

SCOTTISH SCHOOLS' U15 INTER AREA MATCH, Grangemouth

U15 boys: 100: Ht1: 1 K Cunningham (Edinburgh/SCO) 11.98. 200: Ht1: 1 M Olsen (Edinburgh/SCO) 24.4. 800: 11 Wilson (Ayrshire/SCO) 2:05.08. 1500:1 S Sweeney (Tayside/SCO) 4:24.3. 80H: 1 C Dineen (Forth Valley/ SCO) 12.02; 2 C Lane (Edinburgh/SCO) 12.10; 3 F Sutherland (Tayside/SCO) 12.59. Ht2: 1 C Dineen (Forth Valley/ SCO) 12.20; 2 C Lane (Edinburgh/SCO) 12.87; 3 F Sutherland (Tayside/SCO) 12.93. 4x100: 1 Ayrshire/SCO 48.66; 2 Glasgow/SCO 48.92; 3 Edinburgh/ SCO 49.47; 4 Forth Valley/SCO 49.62; 5 Inverclyde/SCO 49.85; 6 Dunbarton/ SCO 49.90. HJ: 1 C Campbell (Tayside/ SCO) 1.75; 2 C Mckay (Glasgow/SCO) 1.73. SP:1A McLoone (Glasgow/SCO) 13.69; 2 F Sutherland (Tayside/SCO) 12 12

U15 girls: 800: 1 F Still (Edinburgh/ SCO) 2:20.61; 2 L Davie (Fife/SCO) 2:22.7.1500: 2 Z Bates (Edinburgh/ SCO) 4:55.9.75H: 1 A Other (Forth Valley/SCO) 12.39; 2 A Other (Fife/ SCO) 12.49. Ht1: 1 L Murray (Ayrshire/ SCO) 12.39. Ht2: 1 B McAndrew (Fife/ SCO) 12.32. 4x100: 1 Ayrshire/SCO 52.89; 2 Glasgow/SCO 53.46. SP: 1 N Robbins (Edinburgh/SCO) 10.00. DT: 1 B Trevis (Forth Valley/SCO) 30.45; 2 R Porter (Forth Valley/SCO) 28.94

JUNE 19 INSURANCE TRACK & FIELD CHAMP'S

Millennium Stadium, Battersea

Bowles Challenge Cup: 1 Legal & General 102; 2 Miller Insurance Services 36; 3 Aspen Insurance 23; 4 RSA 18; 4 Dashwood Brewer & Phipps 7; Berkley Offshore Uwtg & Hiscox 6; 8 Travellers & Swiss Re 4 Men: 5000: 1B Johnson (Legal & General) 16:32.2; 2 L Armitage (Hiscox London Market, M45) 16:52.4 SH/DSJ/T: D Brown (Royal & Sun Alliance, M45) 10:17/30.12/41.64. Women: North British & Mercantile Challenge Cup 1 Legal & General 45; 2 QBE 34; 3 Aspen 14, 4 Miller Insurance Services 5

 Twell shows sharp form over 800m

 JUNE 20

 § 400:1ABrown (Dartm&B) 49.58.

 54.37

St Mary's v Ivy League, Twickenham

A FRIENDLY match between a St Mary's select team and a composite of two US Ivy League universities resulted in a victory for Dartmouth and Brown over the West London contingent, 16 points to 12.

The warm and still conditions were conducive to top performances and, with St Mary's known for its high standard of distance runners, it was little surprise that there were some impressive clockings in the endurance events.

Pick of the bunch was arguably 2010 Commonwealth Games 1500m bronze medallist Steph Twell, who stepped down in distance to test her speed over 800m. The 23-year-old is focusing on 5000m this year, but wanted to remind her body what it was like to run fast over two laps and the former St Mary's student was pleasantly surprised to come away with the win in 2:05.66.

"I am super, super happy with that," she said. "I went through in 62.5 and basically kept a similar speed going. My training has been much more geared to 5000 this year, but me and my coach Mick Woods wanted to push my body out of its comfort zone. Now I plan to race at the BMC Watford Grand Prix and the World Trials and try and get the 5000m qualifying time for the Worlds."

Adam Cotton, the 2011 European junior 1500 champion, showed he is returning to form with victory in a



quality men's 1500m in a season's best of 3:43.25.

He will now hope to knock another couple of seconds off to secure selection for the European Under-23 Championships next month.

Irish athlete Steven Scullion clocked an impressive 8:09.45 to win the 3000m.

Other St Mary's victories came courtesy of Emily Pidgeon in the 3000m (9:28.36), Megan Aitchison in the 200m and 400m (25.10 and 56.21), Mutara Sheriff in the 200m (22.25), Natasha Doel in the 1500m (4:22.36), Kai Jones in the shot (17.10m), Carla Letherby in the javelin (33.53m), Emily Martin in the long jump (5.63m) and the women's 4x100m relay team.

Men: 100: 1 C Reilly (Dartm&B) 10.89; 2 M Sheriff (STC, U20) 11.01. 200: 1 M Sheriff (STC, U20) 22.25. 800:1STalbot (Dartm&B) 1:51.23; 2 M Woodley (STC) 1:52.56; 3 R Glastonbury (STC) 1:52.97; 4 K Al-Abaidy (STC) 1:53.74. **1500:** 1 A Cotton (STC) 3:43.25; 2 R Chesser (STC) 3:44.28; 3 L Moses (STC) 3:44.53; 4 D Lowry (Dartm&B) 3:44.60; 5 W Geoghegan (Dartm&B) 3:44.88; 6 B Coldray (STC) 3:45.49; 7 A Vernon (STC) 3:46.08; 8 M Dowling (STC) 3:47.61; 9 J McDonnell (STC) 3:48.34; 10 K Gerrard (STC) 3:50.05; 11 L Russo (STC) 3:54.60; 12 S Mangan (Dartm&B) 3:56.97; 13 J Williams (STC) 3:59.09. 3000: 1 S Scullion (STC) 8:09.41; 2 R McLeod (STC) 8:15.83; 3 P Thompson (STC) 8:23.91; 4 K Cooper (Dartm&B) 8:24.76; 5 G Cockle (STC, U17) 8:25.83; 6 F Bailey (STC) 8:26.70; 7 H Sterling (Dartm&B) 8:30.13; 8 J Gault (Dartm&B) 8:30.16; 9 D Davis (STC) 8:32.29; 10 T Loveridge (STC) 8:32.71; 11 A Dunbar (STC) 8:33.25; 12 D Woodgate (STC) 8:44.59; 13 R Driscoll (STC U20) 8:48.73; 14 T Holden (STC, U17) 8:53.83. 4x100: 1 Dartmouth & Brown University 43.00. 4x400: 1 Dartmouth & Brown University 3:22.92; 2 STC 3:24.51. HJ: 1 J Birck (Dartm&B) 2.08; 2 J Winney (STC, U20) 1.90. SP:1C Clavette (Dartm&B) 15.90; 2 E Weinstock (Dartm&B) 13.31. DT: 1 C Clavette (Dartm&B) 51.58. HT: 1T Servino (Dartm&B) 55.70; 2 S Simmonds (STC, M40) 37.15, JT: 1 B Gilson (Dartm&B) 67.32; 2 J Budzinski (Dartm&B) 62.41: 3 J Shippee (Dartm&B) 60.01; 4 J Broadey (STC)

U20: SP: 1 A Hill-King (STC) 12.37. HT: 1 R Morawski (STC) 52.62 U17: SP: 1 K Jones (STC) 17.10 Women: 100: 4 J Reavil-Blake (STC, U20) 12.46. 200: 1 M Aitchison (STC, U20) 25.10. 400: 1 M Aitchison (STC, U20) 56.21; 2 J Meech (Dartm&B) 57.86. 800: 1 S Twell (STC) 2:05.66; 2 M Jones (STC) 2:07.89; 3 M Renfer (Unatt) 2:08.33; 4 M Krumpoch (Dartm&B) 2:10.68; 5 A Vailas (Dartm&B) 2:11.47; 6 E Moss (STC) 2:14.65. 1500: 1 N Doel (STC) 4:22.36; 2 R Greene (STC) 4:25.86; 3 E Hosker Thornhill (STC) 4:28.04; 4 D Giordano (Dartm&B) 4:36.81; 5 M Wood (STC) 4:39.57; 6 B Shugarts (Dartm&B) 4:42.13; 7 N Brown (STC, U15) 4:45.85. 3000: 1 E Pidgeon (STC) 9:28.36; 2 L Partridge (STC) 9:37.20; 3 A Griffiths (STC, U20) 9:52.11; 4 S Delozier (Dartm&B) 9:53.47; 5 H Caldwell (Dartm&B) 9:57.04: 6 K Sullivan (Dartm&B) 10:02.25. 4x100: 1 STC 49.03. 4x400: 1 D&B 3:55.87; 2 STC 3:57.71. HJ: 1 M Akande (Dartm&B) 1.65. LJ: 1 E Martin (STC) 5.63. SP: 1 E Berg (Dartm&B) 13.31; 2 T Buhr (Dartm&B) 13.02; 3 J Eason (Dartm&B) 12.37; 4 H Vermillion (Dartm&B) 12.30. DT: 1 T Buhr (Dartm&B) 45.36; 2 E Berg (Dartm&B) 44.72; 3 L Cracker (Dartm&B) 44.02; 4 C Letheby (STC) 39.10; 5 P Wingate (STC) 35.60. HT: 1 L Cracker (Dartm&B) 57.30; 2 P Wingate (STC) 50.38; 3 C Liebowitz (Dartm&B) 47.65; 4 S Anthony (STC, U20) 47.02. JT: 2 K Abel (STC, U15) 31.01

BMC REGIONAL RACES, Eltham

EUROPEAN Junior Championships prospect Zak Seddon won the 2000m steeplechase in 5:36.37 to go top of the UK under-20 rankings.

Just behind him on that list are Matthew Axe and Haran Dunderdale who ran respective times of 5:50.94 and 5:54.00 to better the IAAF World Youth qualifying mark of 5:55.0. Men: 800: A: 1 H Naude (RSA) 1:50.18; 2 J Lancaster (Sheff, U20) 1:51.16; 3 D Stepney (Phoe) 1:52.83; 4 D Carter (Inv EK) 1:53.75; 5 J Stockings (WG&EL, U20) 1:53.84; 6 T Ashby (Harm) 1:54.11; 7 G Duggan (Ton, U17) 1:54.61; 8 B Kelsey (SB, U17) 1:58.38. B: 1 D Rowden (WG&EL, U17) 1:54.94; 4 M Dendani (Hav M, U20) 1:55.68; 6 W Somogyi (Bexley, U20) 1:57.42. C: 1 P Lucas (Croy, U20) 1:56.96; 3 W Fuller (B&B, U17) 1:58.56; 5 A Davis (Phoe, U15) 1:59.22. 1500: A: 1 N Hall (Bed C) 3:50.13; 2 R Fitzgibbon (Phoe, U20) 3:52.18; 3 J Byrne (IRL) 3:56.58; 4 C Hartley (TVH) 3:58.08; 5 G Grundy (Woking) 3:58.92; 9 A Gibbins (B&B, M35) 4:06.54; 12 C Cohen (Ton, U17) 4:08.61. 2000SC: A: 1 Z Seddon (Brack, U20) 5:36.37; 2 M Axe (Wyc P, U20) 5:50.94; 3 A Abdi (Bir, U20) 5:55.31; 4 M Seddon (Brack, U20) 6:07.01. 2000SC: A: 1 E Greenan (Centr. U20W) 7:40.72 Mixed events: 800: E: 4 C Harwood (M&M, U17W) 2:19.79; 5 C Elms (Dulw, W45) 2:19.82. 5000: A: 1 R McKinlay (High) 14:57.38; 2 A Das (Hill) 15:22.38; 3 D Hards (Phoe) 15:23.23; 4 D Hamilton (Abing) 15:30.15; 5 B Shearer (Camb H, M35) 15:46.26: 7 P Bell (Kent, M40) 16:02.70; 10 T Tuohy (Dulw, M50) 16:32.61

CAMBRIDGE HARRIERS OPEN, Eltham

Mixed events: 100: r2: 5 M Rodney (Camb H, U15W) 12.69. r3: 1 S Mitchell (Craw) 10.97. 400: r1: 4 G Gray (Harrow, M45) 53.51. r2: 5 K Galley (B&B, W) 57.62. r3: 2 L Everson (B&B, U17W) 59.32. r4: 1 T Carter (Camb H, M60) 61.85.800: r2: 6 H Page (Dartf, U15W) 2:17.22; 7 E Newark (Bexley, U20W) 2:19.73. r3: 1 | Milham (M&M, U13) 2.19.39

M50 men: JT: 1 P Hunt (Camb H) 30.04 U20 women: JT: 1 D Kabahinda (Camb H) 36.56

CAMBRIDGESHIRE AA DEVELOPMENT OPEN, St. Ives

Mixed events: 100: r1.1 (2.0): 1 R Palmer (Hunts, U20) 10.87; 5 L Braithwaite (Bed C, M40) 11.64. r1.3 (0.8): 1 C Underwood (Bed C, U17W) 12.40. r1.5 (2.5): 10 King (Hunts, U15) 11.84. r2.1 (2.4): 1 R Palmer (Hunts, U20) 10.87; 4 L Braithwaite (Bed C, M40) 11.43. r2.2 (0.7): 10 King (Hunts) U15) 11.86. r2.3 (0.8): 1 C Underwood (Bed C, U17W) 12.52.800: r1: 5 P Downhill (Hunts, M40) 2:07.78; 8 D Edghill (Mil K, M55) 2:18.80; 11 R Daniel (W Suff U13W) 2:23 80 1500: r1: 5 G Coe (C&C, W) 4:29.40; 6 L Jones (Charnwood, U15W) 4:33.35; 8 E Leggate (C&C, W35) 4:48.69; 10 D Chalmers (C&C, U17W) 4:54.53 U17 men: 1500SC: 1 M Bartram (W Suff) 4:4764

M50: DT: 1 | Slack (C&C) 30.51 M60: DT: 1 D Faulkner (Herts Ph) 32.40 W50 women: SP: 1 J Wilson (Reading) 10.46; 2 T Stephenson (FVS) 8.35. DT: 1 J Wilson (Reading) 29.92

NORTH EASTERN GRAND PRIX.

Jarrow GUY BRACKEN in seventh place took more than nine seconds off the UK agegroup record, while JamesWilkinson bettered the UK deaf record.

Men: Mile: 1 M Grimes (Dur) 4:29.4; 2 A Graham (Walls) 4:31.2; 3 P Edge (Gate) 4:32.5; 4 L Emmett (J&H, U17) 4:33.4; 5 J Wilkinson (Dur, U20) 4:34.5 (UK record for profoundly deaf athlete): 5 G Bracken (NSP, M50) 4:37.2 (UK M50 record); 8 K MacPherson (Tyne Br, M45) 4:48.5

U20: SP: 1 A Graham (Gate) 12.49 U17: Mile: 1 L Emmett (J&H) 4:33.4; 2 J Cripwell (Gate) 4:37.6: 3 J Armstrong (Gate) 4:37.7. HJ: 1 R Green (Morp) 1.83. PV:1C Myers (M'bro) 4.30; 2 R Everett (M'bro) 3.20

U15: 100: 1 G Venyo (Dur) 12.0. 80H: 1 T Craig (NSP) 12.9 Women: 200: 3 J Hodgson (Dur, W40) 27.8. Mile: 1 A Snook (J&H) 5:05.2

U20: Mile: 1 L Sharpe (Gate) 5:17.3. PV:

1 C Lamb (Gate) 2.90 U17: Mile: 1 P Chambers (Gate) 5:10.5; 2 S Montgomery (Blay) 5:14.9. 80H:

1 L Turner (Gate) 11.6; 2 J Gilmour (Gate) 12 0

U15: 1500: 1 O Bateman (J&H) 4:59.1 U13: HJ: 1 A Bateman (J&H) 1.40

HAMMER CIRCLE SUMMER OPEN, Eton

U17 men: HT: 1 J Kuehnel (Newb) 54.00; 2 D Webb (Read) 41.87 U15: HT: 1 B Campbell (WSEH) 34.51 Women: HT: 1 S Anthony (AFD, U20) 47.40; 2 C Gould (WSEH, U20) 46.81; 3 A Herrington (Read, U17) 41.00; 4 B Norris (WSEH, W45) 38.05 U18: HT: 1 R Keating (Read, U17) 55.49

OXFORD CITY AC OPEN GRADED MEETING, Horspath

Mixed events: 100: r3 (0.5): 5 M Stone (Oxf C, M55) 13.45. r4 (0.9): 1 G Harrison (Serp, M40) 11.84; 4 J Browne (Mil K, M55) 12.35. r5 (1.2): 1 C Craig (Sale) 10.84. 300: r2: 1 R Craze (WHH, U15) 38.97; 3 J Barker (Witney, U15W) 41.76. 400: r1: 3 G Harvey (Abing, U17W) 59.62; 5 M Stone (Oxf C, M55) 61.42; 7 D Wardle (Vets, M65) 63.30. r3: 7 D Elderfield (BMH, M55) 56.37. r4:1 C Greenaway (Soton) 48.63; 2 C Craig (Sale) 49.79; 4 G Harrison (Serp, M40) 53.40. 800: r4: 3 L Doughty (Swin, W40) 2:28.45. r5: 3 M Trees (Belg, M50) 2:10.65; 4 D Crossland (M'head, M55) 2:12.74; 7 N Wiltshire (Abing, U13) 2:23.92.1500: r2:1 N Gillis (Team K, U17) 4:08.52; 3 M Trees (Belg, M50) 4:18.39; 5 M Hawtin (Oxf C, W) 4:36.95;

7 K Jacobs (Swin, W35) 4:43.04. TJ: 5 L Ahmet (Rad, W60) 7.77 U20 men: SP: 1 H Ridgers (Soton) 14.26 U15 girls: SP: 1 L Chantler Edmond (Rad) 11.44

JUNE 18

DUCHY ATHLETICS NETWORK 5000M TIME TRIAL SERIES, Par

Mixed events: 5000: r1: 1 P Wilson (Corn) 14:55.9; 2 D Nash (E Corn, U20) 15:15.3; 3 D Alsop (StA RR) 15:32.3; 4 J Thomas (Corn, M35) 15:43.1; 6 C Snook (Corn, M35) 15:58.8; 7 D Buzza (Corn, M50) 16:00.3; 9 E Stepto (Corn, W40) 16:30.5; 15 M Heathcote (Newq RR, W40) 17:04.0. r2: 25 J Angilley (Corn, W50) 21:37.2. r3: 10 S Mellis (StA RR, W60) 24:23.6

LONDON HEATHSIDE CLUBS CHAMPIONSHIPS, PART 2, Finsbury Park

Mixed events: 100: r2: 2 D Plummer (Lon Hth, U15) 12.0. 1500: r1: 7 J Hopkin (Lon Hth. M45) 4:33.7

NORTH YORKSHIRE & SOUTH

DURHAM LEAGUE, Darlington Mixed events: 3000: r1: 8 J Stone (M'bro, W) 9:58.0; 12 P Stone (M'bro, U17W) 10:14.3. r2: 5 K Grant (M'bro, W) 10:26.2; 7 K Matthew (M'bro, W35) 10:45.0 U11 girls: 600: 1 N Stephenson (Gst)

1:49.4

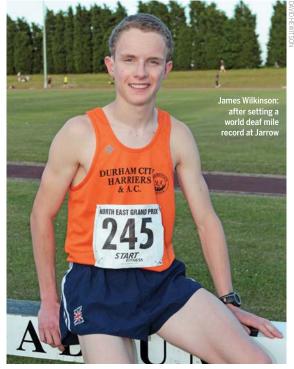
BRISTOL & WEST AC OPEN MEETING, Stoke Gifford

Mixed events: 100: r4: 1 R Kissoon (B&W, U15) 11.9. r6: 1 R Tremblen (UWIC) 10.9. 5000: 3 J Sanzo (B&W, W35) 17:29.7; 7 H Howard (Eastleigh, W) 18:22.5. PV: 1 C Court (Card) 4.00; 4 M Davies (Newp, M55) 2.90; 5 K Cameron (B&W. U15) 2.70 Men: 400: 8 M Cowton (Yate, M50) 59.5. Mile: 4 J Hogan (B&W, M50)

5:14.4. TJ: 1 A Williams (Card) 14.27 U23: HJ: 1 A Wall (B&W) 2.03 U20: HT: 1 M Holmes (Card) 41.77 U11: 75: 1 A Yfimcev (B&W) 10.8 Women: 800: 1 E Leather (Yate, U15) 2:20.2: 2 S Nash (Yate, U17) 2:21.1. HJ: 1H Pitman (B&W) 1.70. TJ: 1S Barry-Wheeler (Brecon) 11.72. SP: 1 G Tingay (B&W) 11.22 U20: HJ: 1 A Hempleman-Adams

(B&W)1.70 U17: SP: 1 R Marston (B&W) 10.05 W50: H





JUNE 17 NORTH EAST VETERANS' LEAGUE, Jarrow

V35 mixed events: HJ: 11 Cowell (Tynedale, M50) 1.48; 2 S Gill (NEVAC, M55) 1.45. LJ: 4 D Peffer (Heaton, M65) 4.19; 6 S White (Tynedale, W50) 3.63 Men: Mile: 2 K MacPherson (Tynebridge, M45) 4:56.6 M40: 200: 1 E Smart (Wallsend, M55) 26.5; 3 M Telford (Wallsend, M50) 27.0; 5 S Todner (Houghton, M55) 27.9. 400: 2 S Todner (Houghton, M55) 60.8 M50: SP:1 J Moreland (Rugby & Northants) 12.02. DT: 1 J Moreland (Rugby & Northants) 44.79. HT: 1 J Moreland (Rugby & Northants) 39.01 M55: DT: 1 D Maggs (Gateshead) 29.47. HT: 1D Maggs (Gateshead) 41.90 M60: SP: 1T Straker (North Shields Poly) 11.08; 2 J Wild (MMTG) 9.65; 3 T Rutland (NEVAC) 9.21. DT: 1 J Wild (MMTG) 37.57; 2 T Straker (North Shields Poly) 32.38. HT: 1 J Wild (MMTG) 39.74 M65: 200: 1 D Peffer (Heaton) 29.3. SP:

6 T Hudson (Jarrow & Hebburn) 9.95. DT: 1T Hudson (Jarrow & Hebburn) 34.27. HT: 1 T Hudson (Jarrow & Hebburn) 32.39 Women: Mile: 2 S Phillips (Darlington, W50) 5:53.3

NORFOLK JAVELIN

CHAMPIONSHIPS, Norwich U15 boys: JT: 1 D Bainbridge (Norw) 4704

U13: JT: 1 J Moore (Norw) 32.10 Women: IT: 11 McDonald (Norw U20) 36.00; 2 G Thrower (Norw, U20) 33.59 U17: JT: 1 E Jamieson (Norw) 36.19 U15: JT: 1 A Gooderham (Town Clse School) 32.81

JUNF 16 ALDER VALLEY BOYS' LEAGUE, Bracknell

U17 men: 1500: A: 1 M Rainbow (Read) 4:11.9. 100H: A: 1 J Major (C'ley) 13.8; 2 L Batup (Brack) 13.9; 3 J Knight (Read) 14.7. B: 1 P Neale (Read) 14.3. 400H: A: 1 J Davison (BMH) 57.7; 2 J Gradwell (Hill) 58.5; 3 S Rafique (WSEH) 59.2. HJ: A: 1 P Neale (Read) 1.85; 2 J Crookes (BMH) 1.85. PV: A: 1 P Hannawin (Read) 3.30.

HT: A: 1 J Kuehnel (Read) 49.68 U15: 100: A: 1 C Green (Brack) 11.9. B:1 R Brackstone (Brack) 12.0. 200: A: 1C Green (Brack) 24.3. 800: A: 1 A Bradshaw (Hill) 2:08.1: 2 A Smyth (Read) 2:09.5. **1500: A:** 1 J Beeks (BMH) 4:26.7. 4x100: 1 Read 48.9; 2 Hill 49.0. HJ: A: 1 M Gair (BMH) 1.71. PV: ns: 1 M Try (AFD) 2.70; 2 N Park (Read) 2.60. HT: A: 1 J Norris (WSEH) 59.78. B: 1 B Campbell (WSEH) 35.84 U13: 100: A: 1 K Milton (Brack) 12.5; 2 A Therond (WSEH) 12.8. 200: A: 1 K Milton (Brack) 26.6. 800: A: 1 B Pattison (BMH) 2:23.0; 2 S Hudson (WSEH) 2:24.8. 1500: A: 1 B Smith (AFD) 4:56.7; 2 D Brookling (WSEH) 4:58.2.75H: A: 1 J Zeller (Brack) 12.2; 2 H Marchant (AFD) 12.8; 3 E Rayfield (Read) 13.4; 4 O Heard (C'ley) 14.0. 4x100: 1 Brack 54.3. HJ: A: 1 J Somper (Brack) 1.45. LJ: A: 1 S Whitehead (C'ley) 4.84. JT: ns: 1 E Ogivie (G&G) 32 25

O asics

HEART OF ENGLAND LEAGUE

DIVISION 1, Derby MATCH: 1 Solihull 390; 2 Amber Valley 324; 3 Stratford 320; 4 Rugby & N'hampton 255; 5 Kettering 236; 6 Banbury 222; 7 Tamworth 206; 8 Halesowen 178 U17 men: 200: A: 1 J Allen (Amber V) 22.9. 400: A: 4 T Randolph (Tam, U15) 54.0. 800: A: 1 J McGraw (Amber V) 1:58.8.100H: A: 1 R Dwyer (Strat) 13.7; 2 H Salt (R&N) 14.2. B: 1 T Walkley Bartlett (R&N) 14.5. 4x100: 1 Amber V 461.2 R&N 467 HI: A: 1 R Dwver (Strat) 1.95. SP: A: 1 R Esien (SSH) 13.51 U15: 100: A: 1 T Cheyne (R&N) 11.5; 2 M Williams (SSH) 11.7. 200: A: 1 M Williams (SSH) 24.0; 2 M Quinn (Banb) 24.1.80H: A: 1T Parris-Smith (Kett) 12 9 4x100:1 R&N 48 0 U13: 200: A: 1T O'hanlon (SSH) 26.8. **1500: A:** 1 H Cox (SSH) 4:54.6. **75H: A:** 1 S Tutt (R&N) 12.1; 2 J Sumners (Strat) 12.2; 3 J Berwick (Amber V) 14.0. B: 1 O Cresswell (Strat) 13.5. 4x100: 1 R&N 55.3. SP: A: 1 S Tutt (R&N) 9.17: 2 T O'hanlon (SSH) 8.96 U11: 75: A: 1 J Russell (SSH) 10.9; 2 G Hendy (Strat) 10.9; 3 F Higton Durrant (Amber V) 11.0

Results Track

Women: 100: A: 1 E Johnston (Strat, U20) 12.5; 2 B Catchpowle (SSH, U17) 12.5. B: 1 P White (SSH, U17) 12.4. 200: A: 1 B Catchpowle (SSH, U17) 25.6. B: 1 P White (SSH, U17) 25.2. 300: A: 1 P White (SSH, U17) 40.1. 4x100: 1 Strat 50.5; 2 SSH 50.7; 3 Amber V 51.5. HJ: A: 1 A Gamble (Strat, U17) 1.65. SP: A: 1 A Bailey (SSH, U17) 9.7. JT: A: 1 M Moran (R&N, U17) 9.7.84; 2 F Bee (Strat, U17) 36.86

U17: 80H: A: 1 M Barnett (R&N) 11.8; 2 F Bee (Strat) 12.0

U15:100: A:1E Coope (Amber V) 12.7; 2 F Foulkes (SSH) 12.9. B:1E Belcher (SSH) 12.8. 200: A:1E Belcher (SSH) 26.3. B:1F Foulkes (SSH) 26.2. 300: A:11 Neville (Tam) 42.2. 75H: A:1A Bates (SSH) 12.0; 2 E Madden Forman (Strat) 12.1. 4x100: 1 SSH 51.3; 2 Amber V 51.9. HJ: A:11 Cain-Daley (Strat) 1.65. LJ: A:1E Madden Forman (Strat) 5.03; 2 K Rowe (Amber V) 4.95. SP: A: 1 K McLennon (R&N) 10.13. JT: A:1 M Mingle (SSH) 32.00

113:100: A: 1 O Ogunnowo (Tam) 12.6; 2 K Print (R&N) 13.1.200: A: 1 Ogunnowo (Tam) 25.7.70H: A: 1 V Harte (Banb) 12.4.4x100: 1 SSH 57.1. HJ: A: 1 A Bailey (SSH) 1.55. LJ: A: 1 A Bailey (SSH) 4.54

HEART OF ENGLAND LEAGUE DIVISION 2, Coventry

MATCH: 1 Coventry Godiva 350; 2 Leicester 273; 3 Newcastle 268; 4 Worcester 198; 5 Brom & Redditch 185; 6 Dudley & S'bridge 185; 7 Kidder & Stourport 178; 8 Royal Sutton 145 U17 men: 200: A: 1 J Broome (Cov) 22.4. JT: A: 1 C Arnold (Leic C) 49.00 U15: 400: A: 1 A Finlay (Leic C) 54.8. 80H: A: 1 W Goodwin (Worc) 12.8; 2 L Said (Leic) 13.0. SP: A: 1 D Cartwright (D&S) 13.11; 2 R Green (Leic) 12.38 U13: 1500: A: 1 J Cavens (Worc) 4:51.5; 2 J Droogmans (Newc S) 4:55.7. 75H: A: 1 J Pearson (B&R) 13.5. JT: A: 1 L Byng (B&R) 34.60

Women: 100: A: 1 E Horne (D&S, U17) 12.7. LJ: A: 1 E Horne (D&S, U17) 5.64; 2 M Evans (RSC) 5.61. SP: A: 1 C Parker (Cov, W40) 12.26. JT: A: 1 S Huggins-Ward (Cov) 42.76

U15: 75H: Á: 1 C Bates (Cov) 12.4. LJ: A: 1 N Gilliam (Leic C) 4.93. JT: A: 1 K Lambert (K&S) 29.65 U13: 200: A: 1 Z Millward (D&S) 28.3. 800: A: 1 H Whitcomb (Worc) 2:26.6.

70H: A: 1 E Calderwood (Worc) 12.4. B: 1 S Sood (Leic C) 12.4. 4x100: 1 Worc 56.8

LINCOLNSHIRE LEAGUE, Grantham

U17 men: 100H: 1 J Brown (Gran) 14.2. HJ: 1 J Brown (Gran) 1.85 M35: 400: 1 M Bramhall (Linc W, M50)

60.0 **U20 women: 400:** 1 A Desforges (Rush) 58.4

U17: 80H: 1 Z Lucas (Gran) 12.5 U15: HT: 1 A Barnsdale (Linc W) 27.52 W35: HJ: 1 J Jagger (Gran, W50) 1.20. LJ: 1 J Jagger (Gran, W50) 3.61

NORTHERN IRELAND & ULSTER U16 / U17 & ALL 1500M CHAMPIONSHIPS, Belfast

U17 men: 100H: 1 P Sexton (IRL) 14.32. HJ: 1 R McAteer (Lag V) 1.85. SP: 1 A Barkley (NI Schs) 13.47. DT: 1 A Barkley (NI Schs) 41.17. HT: 1 J Williams (Col B) 58.05; 2 J Jordan (Lisb) 45.02 U16: HJ: 1 M Dalton (Lisb, U15) 1.70. HT: 1 S McCorry (B&A, U15) 50.50; 2 K Van Gleeson (Reg H, U15) 44.81. JT: 3 M Gaffney (N Down, U15) 45.78 U15: SP: 1 M Dalton (Lisb) 13.14 U17 women: 100 (-1.6): 1 M Marrs (Lisb) 12.25; 2 R McGuckian (Lisb) 12.31 **200** (0.0): 1 R McGuckian (Lisb) 24.67 **100H**: 1 M Marrs (Lisb) 14.32; 2 K McGowan (IRL) 14.58 **2000SC**: 1 E Flanagan (Omagh) 7:577. LJ: 1 K McGowan (IRL) 546. **DT**: 1 J Leeper (Finn) 31.29. **HT**: 1 M McNally (B&A) 44.77

U16: 80H: 1 A Brady (Annalee, U17) 12.5 **U15: 1500:** 1 R Douglas (Lisb) 4:59.6 **U14: 1500:** 2 R Brown (B&A, U13) 5:01.9; 3 K Gourley (Lisb, U13) 5:09.2

OXFORDSHIRE SCHOOLS' CHAMPIONSHIPS, Abingdon

U20 men: 100: A: 1 J Dorrian 11.1. **110H: A:** 1 A Orr 14.9; 2 E Burgess 15.5. **DT: A:** 1 G Randhawa 40.90

U17: 100: 1= L Grieveson 11.2; 1= A Wilson 11.2. A: 1= L Grieveson 11.2; 1= A Wilson 11.2. 200: 1= A Wilson 22.8; 1= L Grieveson 22.8. A: 1= A Wilson 22.8; 1= Grieveson 22.8. 800: 1C Von Eitzen 1:57.1; 2 B Thomas 1:57.6. A: 1C Von Eitzen 1:57.1; 2 J Currah 1:57.6. 100H: 1A Whiting 14.8. 4x100: 1 Oxfordshire 45.9. A: 1 Oxfordshire 45.9. SP: 1F Boyce 12.07. A: 1F Boyce 12.07. JT: 1R Curtis 55.74; 2T Anstice 51.59. A: 1R Curtis 55.74; B: 1T Anstice 51.59

U15: 80H: A: 3 E Belcher 12.3; 1 B Taylor 12.9; 2 T McClimont 13.0. **JT: A:** 1 R Crowther 46.23

U20 women: 100H: 1 Surtherland 15.4. DT: 1 A Holder 38.15; 2 E O'Hara 32.95. HT: ns: 1 E O'Hara 53.26

U17: 100: A: 1 L Waknell 12.5. 800: A: 1 G Harvey 2:20.6. 4x100: A: 1 Oxfordshire 52.8. DT: A: 1 K Woodcock 38.05. HT: ns: 1 A Herrington 40.35; 2 K Woodcock 33.64

U15:1500: A: 1 F Brew 4:55.6.75H: A: 1 A Hopkins 11.5; 2 H Dubber 12.3. B: 1 A Byles 11.7. LJ: A: 1 A Byles 5.23. SP: A: 1 L Chantler Edmond 11.79. DT: A: 1 L Chantler Edmond 30.05 U13: 800: A: 1 N Bowley 2:29

WATFORD MID SEASON MINORS MEETING, Watford

U11 mixed events: 80: r6: 1 M Jessop (Wat, U11W) 11.9 U13 boys: 75H: r2: 1 E Kidd (Chilt) 13.9. SP: 1 H Chadwick (Chilt) 9.07

WESSEX YOUNG ATHLETES' LEAGUE, Portsmouth

MATCH: 1 Southampton 614.5; 2 Wimborne 428; 3 City of Portsmouth 337: 4 Bournemouth 325.5: 5 Marlborough Juniors 300; 6 Overton 17 U17 men: 100H: A: 1 R Farrell (Soton) 15.0. SP: A: 1T Peters (B'mth) 12.11. DT: A: 1 T Peters (B'mth) 41.15 U15: 80H: A: 1 R Long (W'borne) 12.0. HI: A: 1A Jones (Soton) 175 DT: A: 1F Jenkinson (Soton) 43.04 U13: 75H: A: 1 G Rosam (Soton) 12.5 U17 women: SP: A: 1 S Merritt (Soton) 11.63. DT: A: 1 S Merritt (Soton) 42.05. JT: A: 1 J Campbell (Soton) 39.05 U15: 800: A: 1 B Dence (B'mth) 2:21.6. 75H: A: 1 B Burley (W'borne) 12.2. B: 1 I Sheerin (B'mth) 12.3. 4x100: 1 Soton 53.4. HJ: A: 1 K Oldfield (Soton) 1.60. SP: A: 1 M Cavanagh (Soton) 10.90; 2 B Burley (W'borne) 9.96 U13: 200: A: 1 S Laughton (Ports) 28.0. 800: A: 1 A Pigden (Ports) 2:25.4. B: 1 J Czura (Ports) 2:26.1.1200: A: 1 G Copeland (W'borne) 3:56.8; 2 M Wilton (Ports) 4:19.0. 70H: A: 1 H Lowther (B'mth) 11.8. 4x100: 1 Ports 56.7; 2 B'mth 56.9. HJ: A: 1 G Kennard (B'mth) 1.44. LJ: A: 1 H Molyneaux (B'mth) 4.52. SP: A: 1 H Molyneaux (B'mth) 9.92, DT:

A: 1 H Molyneaux (B'mth) 30.01; 2 S

(Soton) 26.51

Callaway (Soton) 24.36. JT: A: 1 G Kelly

UK outdoor leaders

	MEN			WOMEN
	James Dasaolu	100m	11.20	Anyika Onuora
	Adam Gemili	200m	22.93	Anyika Onuora
	Michael Bingham	400m	50.50	Perri Shakes-Drayton
7	Michael Rimmer	800m	2:00.37	Jessica Judd
3	Charlie Grice	1500m	4:03.38	Hannah England
8	Mark Draper	3000m	8:43.46	Laura Weightman
88	Mo Farah	5000m	15:30.82	Katrina Wootton
81	Chris Thompson	10,000m	33:24.74	Tina Muir
0	Derek Hawkins	Mar	2:30:46	Susan Partridge
8	Rob Mullett	3000mSC	9:41.50	Eilish McColgan
	William Sharman	110H/100H	12.74	Tiffany Porter
	Dai Greene	400H	54.03	Perri Shakes-Drayton
	Tom Parsons	HJ	1.87	Isobel Pooley
	Steve Lewis	PV	4.60	Holly Bleasdale
	Greg Rutherford	LJ	6.91	Shara Proctor
	Nathan Douglas	τJ	14.06	Yamilé Aldama
	Zane Duquemin	SP	17.12	Sophie McKinna
	Brett Morse	DT	58.88	Jade Lally
	Mark Dry	HT	72.97	Sophie Hitchon
	Lee Doran	JT	56.31	Isabelle Jeffs
	Ashley Bryant	Dec/Hep	5702	Jo Rowland

WESSEX YOUNG ATHLETES'

10.08

20.30

45.37

1.44 97

3:38.13

8:02.88

13:05.8

27:40.8

2.16.50

8.326

13.44

48.81

2.28

560

822

16.53

19.10

64.97

74 46

75.60

7985

LEAGUE, Winchester MATCH: 1 Woking 478; 2 Winchester 440; 3 Slough Juniors 415; 4 Poole AC 337; 5 Weymouth 138; 6 Haslemere Border 51U17 men: 4x100: 1 Win 47.0. SP: A: 1 A Mead-Briggs (Win) 13.84. DT: A: 1 A Mead-Briggs (Win) 47.07 U15: 800: A: 1 W Reid (Win) 2:09.8 80H: A: 1 L Shepherd (Poole) 12.1. 4x100: 1 Slough J 49.6. LJ: Á: 1 E Thorne (Slough J) 5.77. SP: A: 1 L Shepherd (Poole) 13.08; 2 E Hill-King (Win) 12.04. B: 1 J Howlett (Poole) 11.66. DT: A: 1 W Hur (Woking) 34.64 U13: 4x100: 1 Woking 56.0. LJ: A: 1 R Lees (Woking) 4.94 U17 women: 4x100: 1 Woking 51.5. LJ: A:1C Last (Woking) 5.21 U15: 1500: A: 1 A Razmaite (Poole) 4:56.2. DT: A: 1 S Cash (Poole) 26.42 U13: 1200: A: 1 M Burdett (Win) 4:05.4; 1 E Coulson (Win) 4:18.5. ns: 1 N Miles (Win) 4:19.4: 2 R Neville (Win) 4:19.9

NOTTS MINI LEAGUE, Ashfield

U15 boys: 300: 1 W Bradley (Sutt) 37.7: 2 D Mafullul (Ret) 38.5. 80H: 1 B Michell (Notts) 12.7. JT: 1 B Michell (Notts) 42.63 U13: 1500: 1 T Evans (Newk) 4:58.0. 75H: 1 W Taylor (Mans) 13.9 U15 girls: SP: 1 E Dakin (Ret) 10.65 U13: 1200: 1 L Coleman (Sutt) 4:04.3; 2 A Scott (Ret) 4:07.8; 3 C Haywood (Newk) 4:14.5; 4 B Reed (Notts) 4:15.7; 5 L Harrop (Works) 4:17.2. 70H: 1 C Haywood (Newk) 12.4. HJ: 1 E Race (Works) 1.43

SOUTH WEST VETERANS CHAMPIONSHIPS, Exeter

M40 men: HT: 1 M Spicer (B&W) 47.19 M45: 100: 1 B Scott (SWVAC) 12.49. HJ: 15 Balment (SWVAC) 1.66. PV: 1 N Walker (Swin) 3.00. TJ: 1 S Balment (SWVAC) 13.22. SP: 1 A Turner (B'mth) 10.50. DT: 1 A Turner (B'mth) 33.09 M50: 200: 1 M Turner (Exe H) 26.34. 400: 1 M Turner (Exe) 57.19; 2 M Cowton (Yate) 59.73. JT: 1 D Steward (Yeov) 31.75

 M55: 200: 1 C Pengelly (N&P) 27.57.

 10000: 1 S Baker (Tamar Trotters)

 38:15.21. HT: 1 A Munro (Salis) 28.00.

 JT: 1 A Munro (Salis) 32.72

 M60: 400: 1 A Herdman (Tavi) 1:00.79.

 800: 1 A Herdman (Tavi) 2:22.60.

 1 J Shapland (Bideford AAC) 5:06.51.

 5000: 1 J Shapland (Bideford AAC)

 1 J Shapland (Bideford AAC)

 17:59.85

M65: 100: 1 J Steel (Chelt) 14.36. 200: 1 J Steel (Chelt) 29.56. SP: 1 T Faulkner (Wey SP) 8.98. HT: 1 T Faulkner (Wey SP) 29.38

M70: 200: 1 L Fairbrother (Exe) 30.78. 3000W: 1 E Shillabeer (IIf) 18:26.23. PV: 1 B Loten (Yeov) 2.10. LJ: 1 M Dugan (Corn) 3.86. DT: 1 G Eccles (Exe) 25.00. JT: 1 G Eccles (Exe H) 36.45 M75: 10000: 1 T Berry (Truro RR) 47:40.98

M90: DT: 1 P Wixey (SWVAC) 12.61 W45 women: 1500: 1 C Jolliffe (B&) 5:23.59. 3000: 1 S Everitt (B&W) 11:04.36

W50: 100: 1 J Ellacott (Rad) 14.29. 200: 1 J Ellacott (Rad) 29.34.1500: 1 J Harrison (Yeov) 5:30.83.3000: 1 C Newman (Exm) 10:49.70; 2 J Harrison (Yeov) 11:1.75.75000: 1 M Blair (Torr) 21:10.74.10000: 1 A Sadler (Tewks) 42:27.00. SP: 1 W Dunsford (E&E) 8.23. DT: 1 W Dunsford (E&E) 23.12. HT: 1 K Jones (Yate) 32.48; 2 W Dunsford (E&E) 28.45

W55:100:1 C Powell (B&W) 13.98. 200:1 C Powell (B&W) 28.74. 400:1 C Powell (B&W) 62.20. 1500:1 J Walpole (Exe) 5:37.75.5000:1 K Cook (South West RR) 19:58.53

W60: 3000: 1 Z Marchant (Bath) 13:22.20. 5000: 1 Z Marchant (Bath) 22:14:30 W65: SP: 1 V Bovell (Yeov) 7.06. DT: 1 V Bovell (Yeov) 21.72. HT: 1 R Hutton

(Wimb) 26.87; 2 V Bovell (Yeov) 26.15. JT: 1 V Bovell (Yeov) 15.38 W75: 100: 1 D Fraser (Wey SP) 19.13. 200: 1 D Fraser (Wey SP) 39.61 W90: SP: 1 M Wixey (SWVAC) 3.04

YORKS & DISTRICT LEAGUE

 PREMIER DIVISION, Grimsby

 U15 boys: 80H: A: 1 G Orton (Holm) 12.8

 U17 women: 100: A: 1 R Bell (Clee) 12.7.

 200: A: 1 R Bell (Clee) 25.9. SP: A: 1 A

 McCurdie (Wake) 9.84

 U15: DT: A: 1 J Hirst (Hal) 31.80

 U13: 150: A: 1 L Mills (Hal) 21.5. 1200: A:

 1 L Mills (Hal) 4:16.7

DIVISION 1, Grimsby

U17 men: 100: A: 1 D Walsh (Long) 11.1 **U13: 150: A:** 1 B Bozson (Sky) 21.4 **U17 women: 800: A:** 1 R Coope (P&B) 2:19.7 **HT: A:** 1 B Thomas (Sky) 36.36

JUNE 15 SOUTHERN MEN'S LEAGUE DIVISION 1 C, Carshalton Men: 100: A: 1T Balogun (VPTH) 10.8. B: 5 M White (HW, M45) 12.2. 200: A: 1 D Green (Kent) 21.5. B: 1 E Gayle (Kent, U17) 22.6. 1500: B: 5 S Coombes (Herne H, M40) 4:20.5. 5000: A: 2 B Paviour (Herne H, M40) 15:52.3. 110H: A: 1 T Ashby (Herne H) 14.9; 2 A Wilson (VPTH) 15.4; 3 S Agbaje (S Lon) 15.9. LJ: A: 1 T Ashby (Herne H) 14.93; 2 C Green (Kent) 13.24. B: 2 G Power (Herne H, M50) 9.61. DT: A: 1 C Oelofse (Kent) 41.71; 2 G Power (Herne H, M50) 39.42. HT: A: 1S Thurgood (Herne H, M35) 52.50; 2 C Walsh (Kent) 49.75

DIVISION 1 W, Eton

Men: 100: B (3.2): 4 P Guest (Yeovil, M50) 12.62. 110H: A (2.7): 1 L Hamilton (N&P) 15.39. 400H: A: 1 A Clements (WSEH) 54.07. 4x100: 1 WSEH 43.88. PV: A: 1 S McLennan (WSEH) 4.40; 2 B Gibb (Yeovil) 4.20. B: 1 C Mills (WSEH, M35) 4.20. LJ: B: 3 P Guest (Yeovil, M50) 5.57. TJ: B: 1 P Guest (Yeovil, M50) 11.15. SP: A: 1.1 Watson (WSEH, U20) 13.71; 4 A Leiper (AFD, M50) 11.66. B: 4 N Hooker (G&G, M60) 9.18. DT: A: 5 A Leiper (AFD, M50) 30.24. B: 4 N Hooker (G&G, M60) 28.99. HT: A: 1 J Hill (N&P) 55.28; 3 | Borszcz (AFD, M50) 36.75; 5 N Hooker (G&G, M60) 31.27 B: 2 A Leiper (AFD, M50) 30.82. JT: A: 1B Gibb (Yeovil) 56.04. B: 2 A Leiper (AFD, M50) 38.92

DIVISION 2 W, Eton

Men: 200: B (1.1): 1 N Edwards (RN, M40) 23.78. 110H: A (3.1): 1 N Tunstall (Corn, M50) 19.94. 400H: A: 1 N Edwards (RN, M40) 58.62; 2 N Tunstall (Corn, M50) 60.67. PV: B: 1 P Hillyard (RN, M55) 3.00

SOUTHERN WOMEN'S LEAGUE DIVISION 1, Watford

Women: HJ: B: 1D Jones (Harlow, W40) 1.35. PV: A: 2 J Denyer (Hay H, W55) 1.50. LJ: A: 1N Harryman (Harlow, U17) 5.31. TJ: A: 1D Jones (Harlow, W40) 9.27. HT: A: 3 J Denyer (Hay H, W55) 20.42

SWEATSHOP SOUTHERN ATHLETICS LEAGUE DIVISION 2 S, Portsmouth

MATCH: 1 E&E 191; 2 Camb H 179; 3 Havant 178; 4 North Devon 147 Men: 100: A: 1 J Berth-Jones (Camb H, U20) 10.7; 21 Fesnoux (E&E, U17) 11.1. B: 1 D Okojie (Camb H, U17) 11.2.200: A: 1 J Berth-Jones (Camb H, U20) 21.8;



2 | Fesnoux (E&E, U17) 22.6. 110H: A: 1 C Perry (Camb H, U20) 16.1. HJ: A: 1 D Akin (Camb H, U17) 1.90. PV: A: 1 J Andrews (E&E, M50) 3.60. SP: B: 2 B Harlick (E&E, M70) 6.93 Women: 100: B: 1 S Williams (Camb H U17) 12 7 100H: A: 1 C Linskill (N Dev) 15.5. 400H: B: 1 J Machin (E&E, W40) 71.1.1500SC: A: 1 A Bream (Havant) 5:26.2. HJ: A: 1 J Machin (E&E, W40) 1.70. LJ: A: 2 J Machin (E&E, W40) 5.40. TJ: A: 1 C Linskill (N Dev) 11.98; 2 J Machin (E&E, W40) 10.84. SP: A: 1 D Norman (E&E, W35) 10.23. DT: A: 2 W Dunsford (E&E, W50) 21.90. B: 1 S Dassie (E&E, W60) 18.56. HT: A: 2 W Dunsford (E&E, W50) 27.04

SOUTH YORKSHIRE LEAGUE, Sheffield

Men: 800: 1 J Lancaster (Sheff, U20) 1:54.9. HJ: 1 W Mkandawire (Sheff) 2.00 U13: 100: 1 J Etia (Hallam) 12.9. 75H: 1 K Walker (Sheff) 13.9 M35: LJ: 1 Gittens (Leeds C, M50)

5.40. SP: 1 D Askew (Donc, M40) 11.05 M50: SP: 1 A Nagy (Roth) 10.04 M60: SP: 1 B Renshaw (Roth) 9.52 U17 women: SP: 1 T Buckingham

(Barns) 10.32

U13: 800: 1 T Simpson (Hallam) 2:28.2. **70H:** 1 E Smith (Sheff) 12.2; 2 E Race (Works) 12.4

U11: 80: 1 N Lannie (Donc) 11.6

WELSH ATHLETICS OPEN MEETING (Inc WELSH SENIOR LEAGUE), Swansea

Men: 100: r1 (0.6): 1 S Pearce (Carm, U17) 10.73; 2 M Ritchie (Swan) 10.86. 200: r1 (3.9): 1 S Pearce (Carm, U17) 2143; 2 R Knapman (Card) 21.53; 3 I Bray (Card) 22.00. 400: r1: 11 Bray (Card) 49.11. 800: r1: 11 Marshall (Card) 1:53.61. HJ: 1 M Keller-Jenkins (Swan, U17) 1.85. PV: 2 J Hollisey-McLean (Swan, U17) 3.62. LJ: 1 C Phromchantha (Unatt, U20) 6.68. HT: 1 M Richards (Card) 42.17; 2 R Wells (Swan) 53.77; 3 B Cole (Card) 47.82; 4 M Boswell (P'broke, M35) 43.19

Mixed events: PV: 2 F Llewellyn (B'end, U15W) 2.90; 3 K Powell (Newp, M50) 2.80; 5 C Atkins (Swan, U17W) 2.70. Ll: 1 E Walters (Swan, U17W) 5.29; 3 R Lewis (B'end, U17W) 5.22

U20: HT: 1 M Holmes (Card) 41.44 U17: 400H: 1 O Moyse (Swan) 57.84; 2 J Ryan (Card) 58.47. JT: 1 D McLean (Neath) 52.28

Women: 200 (2.5): 1 L Jones (Card) 24.80; 2 Z Mash (B'end, U17) 25.70. 800: 1 H Davies (Brecon, U17) 2:20.28. 1500SC: 1 E Hayes (Card, U17) 5:41.20. HT: 1 C Parry (Rhon) 63.62; 2 C Jones (B&W) 58.17; 3 H Madan (P'broke, U20) 40.15; 4 C Smith (Swan, U17) 38.46; 5 H Powell (Neath, U17) 37.97; 6 L Taylor (Rhon, W35) 35.17; 7 C Alford (Rhon, W40) 34.68; 10 R Prells (Swan, W55) 25.97. JT: 1 N Davenport (B'end, U20) 37.92; 2 E Cockrill (Swan, U17) 37.18

BENENDEN HEALTH CITY OF YORK SUMMER LEAGUE, York

Men: LJ: 1 D Gardiner (Sheff) 6.83. DT: 1 J Twiddle (KuH, M40) 35.34. HT: 1 A Warner (WSEH) 59.34; 2 J Twiddle (KuH, M40) 39.52 U20: HT: 1 S Blain (York) 57.17 U17: 200: 1 R Shipley (York) 22.6. 400: 1 T Somers (York) 50.2. 100H: 1 H Maslen (Ilkley) 14.5. SP: 1 B Wharton (York) 12.20. HT: 1 S Lancaster (Sheff) 41.58 U15: 200: 1 L Renton (Leeds C) 24.2; 2 J Harrison (KuH) 24.3; 8 J Davies (Unatt, U13) 26.9. 300: 1 M Dalee (KuH) 38.8. 1500: 1 T Hutchinson (York) 4:26.5. SP: 1 H Fairclough (York) 2.94. DT: 1 E Adamson (Pock) 35.72; 2 C Lee (Spen) 33.60

U13: 80: 1T Sanni (Leeds C) 10.8; 2 G Austin-Thompson (Scar) 11.0. 200: 1 T Sanni (Leeds C) 26.2. 1500: 1 M Hill (Wake) 4:59.3. SP: 1T Sanni (Leeds C) 8.75

Women: 200: 6 M Williams (York, W65) 35.8. SP: 3 F Crompton (York, W55) 7.14; 4 S Bolland (Spen, W70) 4.51. HT: 1 J Wheatman (Wake) 50.17; 3 S Bolland (Spen, W70) 16.52. JT: 1 F Crompton (York, W55) 17.26; 3 M Williams (York, W65) 12.53

U17: 800: 1 M Webster (H'gate) 2:20.2. 1500: 1 M Howard (H'gate) 4:46.3. 3000: 1 C Pain (York) 10:33.9. 80H: 1 H Cooke (Scun) 12.5

Ut5: 200: 3 H Kynman (KuH, U13) 277. 75H: 1 A Linaker (York) 12.2; 2 J Watson (Leeds C) 12.2; 3 C Stamp (York) 12.5. HT: 1 J Hirst (Hal) 38.14; 2 M Ascough (Hal) 26.92; 3 B Greener (York) 26.26; 4 C Bell (Spen, U13) 23.46

U13: 80: 11 Bradshaw (York) 11.9; 2 0 Kelly (York) 12.0. 150: 1E Scarborough (Sedge) 21.5; 2 K Bohl (York) 21.7; 2 A Rolfe (York) 21.7; 21 Bradshaw (York) 21.7. 1500: 1 G Walker (Goole Y) 5:02.3, 70H: 1 K Bohl (York) 12.2; 2 E Scarborough (Sedge) 12.3; 2 C Dawson (York) 12.3

WELSH ATHLETICS COMBINED EVENTS CHAMPIONSHIPS, Newport

U17 men: Pen: 1 K Arnold (Newp) 2618 (14.59, 1.68, 6.02, 9.26, 2:29.89); 2 T Gee (St John's College) 2429 (15.97, 1.50, 5.30, 10.13, 2:15.61); 3 J Evans (Llandovery College) 2311 (17.07, 1.65, 5.14, 12.39, 2:33.66); 4 J Evans (Ferndale) 2171 (16.04, 1.50, 5.04, 8.48, 2:22.86); 5 R James (Radyr) 2147 (17.02, 1.35, 4.86, 9.74, 2:13.56); 6 J Woods (Bryngwyn) 2126 (16.55, 1.50, 5.27, 7.56, 2:21.86); 7 G Francis (St Teilo's) 2107 (18.99, 1.62, 5.83, 8.00, 2:25.17)

U15: Pen: 1 H Hillman (Card) 2690 (11.78, 9.99, 1.62, 5.57, TBC); 2 R Harris (Swan) 2312 (12.06, 8.26, 1.53, 5.56, 2:29.74); 3 C Pegrun (Bro Morgannwg) 2285 (12.93, 8.94, 1.68, 4.79, 2:25.09); 4 A Phillips (Carm) 2257 (13.32, 8.59, 1.50, 4.83, 2:13.44); 5 J Norbury (Mold Alun) 2058 (13.45, 7.14, 1.41, 5.11, 2:19.65)

U17 women: Pen: 1 J Beynon (Card Arch) 2676 (1.50, 4.94, 12.87, 7.31, 2:39.73); 2 A Bowers (Owes) 2578 (1.38, 5.13, 12.45, 7.31, 2:45.49); 3 R Unwin (Mald) 2575 (1.44, 5.19, 13.10, 5.60, 2:37.34); 4 S Williams (Mald) 2491 (1.44, 4.79, 13.72, 7.93, 2:43.16); 5 M Williams (Glantaf) 2338 (1.41, 4.37, 13.63, 6.93, 2:39.44)

UIS: Pen: 1 L Davey (Carm) 2538 (4.40, 12.78, 8.60, 1.50, 2:47.91); 2 S Omoregie (Card) 2412 (4.28, 12.80, 9.11, 1.47, 2:57.26); 3 L Evans (Card) 2380 (4.58, 12.79, 7.43, 1.44, 2:53.79); 4 L Williams (Mald) 2374 (4.78, 12.35, 6.28, 1.23, 2:36.93); 5 R Hartson (Llandovery College) 2271 (3.87, 13.53, 6.71, 1.53, 2:46.32); 6 C Clarke (Birchgrove) 2129 (4.31, 12.97, 6.87, 1.41, 3:04.21); 7 M Randell (Welshpool) 2068 (3.94, 13.70, 6.44, 1.35, 2:45.35)

WELSH MASTERS CHAMPIONSHIPS, Newport

M35 mei: 100 (-5.8): 1 C Millard (N Som, M45) 12.32; 3 G Sutton (Newp, M65) 13.23.200 (-2.5): 1 C Millard (N Som, M45) 25.02; 2 I Broadhurst (Wrex, M55) 26.44; 4 G Sutton (Newp, M65) 27.03.400: 1 C Millard (N Som, M45) 56.96; 31 Broadhurst (Wrex, M55) 58.02; 6 P Bevan (Card, M50) 59.33; 7 M Cowton (Yate, M50) 59.73.1500: 2 P Crane (Neath, M50) 4:46.91; 7 G Orme (Carm, M70) 5:39.77

WELSH ATHLETICS WALKS CHAMPIONSHIPS, Newport

Men: 3000W: 1 K Bobbett (Hill, M65) 17:44.6 Women: 3000W: 8 B Davies (Card)

14:18.0; 9 H Lewis (P'broke) 14:26.2 U17: 3000W: 10 E Dainton (L'nelli) 16:17.4

JUNF 14

SUSSEX UNDER 15 LEAGUE WEST DIVISION, Horsham

U15 boys: 80H: 1A Price (Horsh BS) 12.7.4x100: 1 Horsh BS 50.0. PV: 1 C Dearden (Horsh BS) 2.70 U15 girls: 75H: 1L Drummie (E Grin) 11.9.4x100: 1 Craw 53.4. ns: 1 Horsh BS 53.4. PV: 1 T Campbell (Craw) 3.05 JUNE 12

ISLE OF MAN AA OPEN MEETINGS, Douglas

U13 boys: 75H: 1 G Quayle (Nthn (IOM)) 13.7 U15 girls: 75H: 1 S Watterson (Manx) 12.4

JOE MORAN MEMORIAL VETERANS MEETING, Sportcity

V35 mixed events: 1500: 3 C Ireland (Sheff RC, M50) 4:43.4 Men: 100: r1: 1 P Hickey (N Vets, M55) 12.1; 3 | Scholes (Traff, M55) 12.8; 4 P Wright (Mid M, M65) 14.9. r2:1S Lightfoot (Salf M, M45) 12.3 Mixed events: 800: 3 C Ireland (Sheff RC, M50) 2:16.8; 9 R Scholes (Barns, M65) 2.414 M35: 200: 1 P Hickey (N Vets, M55) 24.4; 2 S Lightfoot (Salf M, M45) 25.0; 3 | Scholes (Traff, M55) 25.7; 4 J Linaker (Burnley, M45) 26.0. 400: 6 R Scholes (Barns, M65) 68.2 M60: JT: 1 P Ostapowycz (Traff) 42.67 W65 women: JT: 1 J Skitt (Manc H) 12 49

AYRSHIRE HARRIERS OPEN MEETING, Kilmarnock

Men: HJ: 1 J Lochans (Kilb, U20) 1.95 U17 women: SP: 1 H Morgan (VPCG) 9.93

U15: 800: 1 E Craig (W'moss) 2:21.9

JUNE 11 CORBY AC OPEN, Corby

Corby AC OPEN, Corby Mixed events: 100: r5: 4 W Paterson (Corby, M55) 13.3. 200: r5: 5 W Paterson (Corby, M55) 27.3. 800: r3: 6 K Brooks (Harb, W50) 2:33.9. r4: 4 A Searle (R&N, U13) 2:21.3; 5 A Cunningham (Corby, U13) 2:21.9, r5: 8 E Welch (Corby, U17W) 2:18.7

JUNE 10 SOUTHERN COUNTIES VETERANS' LEAGUE SUSSEX DIVISION, Brighton

M35 men: 100: B: 2 G Callaby (Hast, M50) 13.1. 400: A: 1 S Baldock (Hast, M40) 54.6. JT: ns: 1 M Roweth (Arena, M45) 36.50

M43) 30.50 M50: 100: 1 M Rahman (Hay H/Lewes) 12.9; 2 G Olsson (Worth/Steyn) 13.2; 3 B Morris (E'bne, M55) 13.2. 1500: ns: 1 B Warren (Phoe) 4:48.0. TJ: 1 M Rahman (Hay H/Lewes) 10.23; 2 B Slaughter (E'bne, M55) 9.99. HT: 1 B Slaughter (E'bne, M55) 30.62; 3 P Figg (Worth/Steyn) 30.57. JT: 1 B Slaughter (E'bne, M55) 35.79

M60: 1500: 1 P Kennedy (Hay H/ Lewes) 5:06.2. HT: 1 D Brodrick (Hast, M65) 31.31; 2 L Monahan (Worth/Steyn, M65) 30.18. JT: 1 R Sumsion (E'bne, M65) 31.15

M75: HT: ns: 1 H Thomas (Lewes) 26.08



W35 women: 1500: A: 1 C Bishop (B&H, W40) 5:09.7 W50: 1500: 1 C Wood (Arena) 5:23.7. HT: 1 A Morgan (E'bne) 27.41 W60: SP: 1 L Brandon (E'bne, W65) 5.62. HT: 1 L Brandon (E'bne, W65) 19.98

MID LONDON DIVISION, Hillingdon

M35 men: 200: A: 1 G Harrison (Serp, M40) 24.5; 3 N Middleton (Hill, M45) 26.0

M50: 200: 1 K Sankofa (Herne H) 26.0; 2 K Smart (Metros) 27.0. SP: 1 G Power (Herne H) 10.56. HT: 1 S Hillier (BA, M55) 30.90; 3 K Seldon (Hill, M55) 28 34

M60: 200: 2 R White (Hill, M65) 30.4. SP: 1 D Prentice (Herne H) 9.17

JUNE 9

WESSEX YOUNG ATHLETES' LEAGUE Bournemouth MATCH: 1 Team Kennet 607; 2

Aldershot, Farnham & District 366; 3 Isle of Wight 264; 4 Poole Runners 239; 5 New Forest Juniors 227; 6 Newbury 212

JUNE 8 DEESIDE YOUNG ATHLETES OPEN MEETING, Connah's Quay

U15 boys: DT: 1 C Schwabauer (Menai) 33.89

U11: 75: r2: 1 | Forster (Dees) 10.9 U15 girls: DT: 1 A Rimington (Dees) 29.72. HT: 1 A Rimington (Dees) 48.11 U13: 100: r1: 1 E Jackson (Vale R) 13.1; 2 M Jones (Col B) 13.2; 3 H Wickerson (Col B) 13.4. 200: 1 M Jones (Col B) 27.7. r2: 1 E Jackson (Vale R) 27.6; 2 H Wickerson (Col B) 28.5. LJ: 1 E Jackson (Vale R) 4.65

CUMBRIA SCHOOLS' CHAMPIONSHIPS, Carlisle

U17 men: 200: 1 E Baines (Cumbria) 22.9. Ht: 1 E Baines (Cumbria) 22.5. TJ: 1 E Baines (Cumbria) 22.5. A McEwan (Cumbria) 13.55. SP: A McEwan (Cumbria) 12.23. JT: 1 D Barnes (Cumbria) 55.29 U15: 100: 1 B Lyall-Smith (Cumbria) 12.0. Ht: 1 B Lyall-Smith (Cumbria) 12.0. 300: 1 M Brown (Cumbria) 38.1. 1500: 15 Wilson (Guest) 4:28.3. 80H: 1 K Foster (Cumbria) 12.5. **DT**: 1 D Whittle (Cumbria) 36.82. **HT**: 1 M James (Cumbria) 41.63; 2 L Lister (Cumbria) 40.10

U20 women: HJ: 1 E Cummings (Cumbria) 1.70. HT: 1 H Farrell (Cumbria) 41.80. JT: 1 N Wilson (Cumbria) 46.36; 2 D Nyakyoma 37.04 U17: 100: 1 K Johnston (Cumbria) 12.6; 2 C Orton (Cumbria) 12.7. 300: 1 A Other (Cumbria) 41.8. 800: 1 M Bates (Cumbria) 2:16.1. 1500: 1 R Buchanan (Cumbria) 4:51.5. 4x100: 1 Cumbria 52.9

U15: HJ: 1 H McGarry (Cumbria) 1.58; 2 E Telford (Cumbria) 1.55. **JT:** 1 E Doran (Cumbria) 36.20; 2 E Dibble (Cumbria) 30.02

JUNE 3 NORFOLK COUNTY CHAMPIONSHIPS, Norwich

Mixed events: 5000: 1 S Greeves (Norw, U20) 16:11.9; 8 M French (Ryst, W) 17:53.5

U20 men: PV: 1 E Borrman (Ryst) 3.90 U15: PV: 1 D Beckett (Norw) 2.60 U20 women: PV: 1 S Birrell (Norw) 3.00 U17: 3000: 1 S Alden (Norw) 10:47.1. 300H: 1 K Clark (Norw) 46.3 U15: TJ: 1 S Bishop (Norw) 9.96

MAY 24 WILTSHIRE SCHOOLS COMBINED

EVENTS, Marlborough

U17 women: Pen: 1 G Redmond 2911 (12.3, 5.13, 9.55, 1.51, 2:53,9) U15: Pen: 1 B Campbell 2767 (12.2, 4.47, 8.03, 1.51, 2:32, 6); 2 P Fellows 2077 (13, 9, 4.09, 7.08, 1.26, 2:42, 0); 3 Z Mattacks 2001 (12.0, 3.98, 5.54, 1.26, 3:01.9)

MAY 22 ISLE OF MAN AA OPEN, Douglas

W35 women: SP: 1 L Kneen (Western) 10.48

MAY 12

YORKS & DISTRICT LEAGUE

DIVISION 1, Wakefield U13 boys: 150: A: 1 B Bozson (Sky) 20.8. 1500: A: 1 L White (Long) 4:57.9 U17 women: HT: A: 1 B Thomas (Sky) 36.17

Results Road

ROAD

JUNE24

HEATON HARRIERS JESMOND DENE HANDICAP 5km

Jesmond Dene, Newcastle upon Tyne Overall: 1 J Marshall (Gate, U17) 16:56; 2 M Hedley (Jes J) 17:05; 3 N Camilleri

(Gate) 18:17 Women: 1 R Pease (Gate, U20) 21:06; 2 N Cameron (Heat, W40) 22:27 Handicap: 1 N Badby (unatt, SW) 36:07;

2 J Green (Heat, U15) 37:21; 3 D Tait (Salt, M60) 38:52

JUNE 23 ACORNS TRIPLE RUN HALF-MARATHON, Malvern

Overall: 1 M Battensby (Unatt) 76:33; 2 M Hadley (Hale, M45) 76:45; 3 D Cantwell (Unatt, M40) 79:02 Women: 1 D Jolly (Sarn H) 94:25; 2 S Conway (Unatt) 95:42

ARDEN 9. Solihull

Overall: 1 O Harradence (RSC) 48:54 ; 2 P Brookes (Holm, U2O) 49:27 ; 3 D Robinson (BRAT) 49:29 Women: 1 S Harrison (Leam, W40) 55:12 ; 2 K Wright (Strat, W50) 55:37

BECKENHAM SUMMER 10km, **Beckenham**

Overall: 1 S Wenk (M'stone) 33:34; 2 B Louch (Dartf) 33:43; 3 D Watt (Tun W) 34:28 Women: 1 M Heslop (Padd W, W45) 38:14; 2 A Heather-Hayes (Newq RR, W35) 38:35

CAERPHILLY 10km, Caerphilly

Overall: 1 R Bugden (B&W) 32:12; 2 P Matthews (Swan) 32:55; 3 C Carpanini (Swan, U20) 32:58; 4 S Pattinson (Les C) 33:57; 5 E Ibrahim (Card, M40) 34:18: 6 J Muddeman (Leam) 34:52: 7 D Johnston (Nearth Harriers) 35:00 M40: 2 J Baker (Unatt) 35:02. M45: 1 P

Griffiths (Nearth Harriers) 35:19 Women: 1 E Ridley (Swan) 38:00; 2 M Staley (C&C) 38:18

W40:1N Gething (Parc BB) 40:56;2S Leech (Carm) 41:09. W45:1 S Watson (Les C) 41:56, W50:1 J Brace (B'end) 43:19; 2 S Phillips (Swan) 44:34

FOLLOW THE HERRING 10km, Portsoy

Overall: 1 B Hukins (Cambus) 32:22; 2 D Munro (A'deen) 32:41; 3 G French (Garioch) 34:39 M40: 1 A Reid (P'head) 35:25; 2 J Whittet (Keith) 35:48. M50: J Goodall (Keith) 36:49 Women: 1 G Cormack (A'deen) 39:34; 2 L Cartmell (Forres) 40:01

GLENROTHES ROAD RUNNING FESTIVAL 10km. Fife

Overall: 1 D Rae (Anst) 34:27; 2 Z Delaney (Fife, U20) 34:39; 3 R Gauld (Unatt, M35) 35:06 M50:1G Noble (Dunb) 37:29 Women: 1 A McKimmie (Fife) 39:59: 2 G Sangster (Arb F, W40) 40:04 W35: 1 J Gordon (Kinr) 40:19

HAMPSTEAD MIDSUMMER 10km, London

Overall: 1 R Mckinly (High) 34:34; 2 A Van Zyl (SB) 34:42; 3 M Thackwray (H'gate) 35:03 M40:1C Ferri (Beck) 35:21 Women: 1 M Patch (SB) 42:19; 2 C Jeremiah (Lon Hth) 42:38 W55:1C White (Lon Hth) 46:27

HEATHFIELD MIDSUMMER 10km Heathfield

Overall: 1 D Bradford (Lewes) 34:23; 2 D Anderson (Hast, M35) 35:08; 3 M Bradford (Lewes) 36:32 M55:1J Lowden (B&H) 37:44 Women: 1 | Muir (Arena, W35) 42:42; 2 A Farrall (Kent W40) 42:51 W50: 1 A Sinnett (Hay H) 44:13

LONG EATON 5, Long Eaton

Overall: 1 A Ward (Clowne, M40) 24:44; 2 A Watson (Notts, M35) 24:52; 3 S Spencer (Notts) 25:16; 4 M Powell (Tip) 26:09; 5 D Annable (Hean) 26:10; 6 R Keal (Notts, M35) 26.48

M50: 1T Clayton (N Der) 28:55; 2 R Parkin (Der) 29:22. M60: 1 P Mensley (Charn) 32:27. M65: 1 D Learad (Clowne) 34:55. U20: 1 J Rainsford (Hean) 27:47 Women: 1 J Reed (Notts) 30:33: 2 J Spencer (Charn, W35) 32:51

W40:1C Hay (Red) 33:32

MEDWAY 10km, Gillingham

Overall: 1 J Hogg (M&M) 35:52 ; 2 D Coleman (Deal TC, M40) 36:16 : 3 S Rankin (Army, M40) 36:53 Women: 1 D Hope (M&M, W35) 43:50; 2 L Hale (Utah, W35) 45:03

PENN 7, High Wycombe

Overall: 1 M Axe (Wyc P, U17) 40:04; 2 R Mead (Abing, M40) 40:04; 3 J Phillipps (AFD, M35) 40:43 M65: 1 B Cooke (Burn J) 48:31 Women: 1 L Rogers (Wyc P) 44:39; 2 V Broadbent (Bear RC) 46:19 W60: 1 A Bowles (Marl S) 55:36

PORTOBELLO REACH 4 Portobello

Overall: 1 D Naylor (Swan, M40) 24:37; 2 R Clark (HBT) 25:09; 3 D Limmer (PRC) 26:23 Women: 1 N Duncan (P'bello) 27:08; 2 J Thom (Edin) 28:53

RANELAGH HARRIERS RICHMOND

10km (Inc SURREY CHAMPS), Ham WINNER Tish Jones, although just outside her 34:29 personal best set at Staines last month, was still nearly a minute behind Emily Wicks, whose husband Phil won the overall race in 30.45

Overall: 1 P Wicks (Belg) 30:45; 2 K

Rojas (B&H) 31:42: 3 H Bristow (B&H) 32:37; 4 A Moses (Reig) 33:05; 5 B Murphy (Croy) 33:13; 6 0 Garrod (E&E) 33:21; 7 M Shore (THH) 33:29; 8 J Ellis (Clap C) 33:54; 9 M Ismail (Herne H) 34:09; 10 W Cockerell (Belg) 34:11; 11 T Dicker (AFD, M40) 34:18; 12 E Mcdaid (Rane) 34:20; 13 B Hall (Clap C) 34:32; 14 P O'callaghan (Tadw) 34:37; 15 R Harris (Reig) 34:38; 16 T Jones (Belg, W) 34:45; 17 M Plackett (Croy) 34:48; 18 M Boyle (Herne H, M50) 34:49; 19 R Tuer (Clap C) 34:57; 20 L Flanagan (SoC) 34:58

M40: 2 B Martin-dye (Unatt) 35:04. M50: 2 K Hegvold (Belg) 35:48; 3 G Ironmonger (Herne H) 37:19; 4 M Giles (Sutt R) 37:22

Women: 1 Jones 34:45; 2 E Wicks (AFD) 35:31: 3 S Mcintosh (Dulw) 36:29: 4 L Stewart (Rane) 37:14; 5 E Damant (Rane) 38:01; 6 A Critchlow (W4H, W45) 38:01; 7 C Grima (HW, W35) 38:15; 8 L Harris (Croy) 38:46; 9 A Aronson (HW) 39:17; 10 N Wilson (Reig, W35) 39:40; 11 N Glover (S Lon) 39:52 W35: 3 B Mcnicholas (Eps 0) 40:23 W45: 2 S Goble (Has B) 40:23; 3 J Cleghorn (Strag) 40:49; 4 P Flynn (Strag) 42:08; 5 D Smale (Strag) 42:38. W55: 1 J Davies (E&E) 43:00 MEN TEAM: 1 Belgrave H 35; 2 Clapham

Chasers 39; 3 Brighton & Hove City 46 Surrey Champs: 1 Wicks; 2 Moses; 3 Murphy M40: S Whitehead (Rane). M50: M

Boyle (Herne H). M60: P Rand (Tad) TEAM: 1 Belgrave; 2 Clapham; 3 Herne Hill H

Women TEAM: 1 Ranelagh H 41; 2 Hercules Wimbledon 56; 3 Stragglers 58

Surrey Champs: 1 Wicks; 2 Stewart; 3 Damant W35: Grima. W45: Goble. W55: J Davies

(E&E,W60) TEAM: 1 Ranelagh; 2 Hercules; 3 Epsom

Oddballs

SHREWSBURY HALF-MARATHON, Shrewsbury Overall: 1 0 Mott (B&W) 70:14; 2 J

Brocklehurst (Shrews) 70:18; 3 C Rimmer (Tel) 71:48; 4 P Ward (Tel, M45) 72:52; 5 J Bowie (Trismart) 72:55; 6 Haworth (Shrews) 74:37:7 W Joyce (Tel) 74:51 M55: 1 T Power (Tel) 78:56. M60: 1P Savill (Shrews) 89:47. M65: 1A Galbraith (Shrop S) 96:00 Women: 1 H Mott (CLC) 88:55; 2 N Davies (Shrop S) 89:11

W40:1Y Thandrayen (P'bello) 91:54. W45:1C Davies-hale (Unatt) 89:55; 2 H Collett (Unatt) 90:45. W55:1 M Langford-archer (Unatt) 98:41

SHREWSBURY MARATHON.

Shrewsbury Overall: 1 W Dashper (Tel, M35) 2:50:45; 2 T Dunning (Unatt) 2:52:46; 3 E Hardy (Roth, M40) 2:54:09 M45: 1 N Thomas (Tel) 2:56:09 Women: 1 B Lewis (Unatt) 3:07:18; 2 R Barber (Ciren) 3:19:41 W50: 1 J Jarvis (Osw) 3:32:01. W65: 1 C Morgan (Shrop S) 4:05:58

SOTOS 10km, Fleetwood

Overall: 1 J Fletcher (Bord H) 33:04; 2 S Robinson (Salf) 33:14; 3 D Turnbull (Holm) 33:29; 4 D Rigby (Prest) 33:33 M40:1 R Affleck (Prest) 35:03. M55:1 P Muller (Horw) 37:26; 2 A Rowe (Wesh) 38:24. M70: 1 M Walker (Burn RR) 45:18 Women: 1 J Goorney (Wesh, W40) 41:32; 2 C Betmead (BWF, W40) 42:37 W50: 1 B Wright (BWF) 43:01. W55: 1 J Jackson (N Vets) 46:05. W65:1 C Douglass (R Rose) 52:58

RUNDAY 10km, Luton

Overall: 1 C Stevenson (Unatt) 40:17; 2 D Josephs (Unatt) 45:20; 3 M Delane (Unatt) 45:43 Women: 1 S Barsam (Unatt) 46:48: 2 N Boujo (Unatt) 48:51

McLeod and Steel secure Great North victories

JUNE 23 BUPA GREAT NORTH 10km, Gateshead

GEMMA STEEL won a close battle with Alyson Dixon to win by 17 seconds as she placed eighth in the whole race, which was put on to finish just ahead of the start of day two of the European Team Championships in Gateshead.

Local athlete Dixon finished ninth and with Amy Whitehead just over a minute back, women had three of the first dozen

Ryan McLeod's victory was even tighter as he was successful by four seconds. His father, Mike, was no

stranger to winning big races in the North-East and this proved to be one of the biggest wins of the younger

Yared Hagos finished just four seconds back and there was a similar gap back to Paul Pollock in third. Pollock, who was in Kent AC's

Y Hagos (Walls) 30:32: 3 P Pollock (Kent) 30:37; 4 W Ghebresilasie (Sun U20) 30:56; 5 | Hudspith (Morp, M40) 31:14; 6 D Mitchinson (NEB) 31:51; 7 B Douglas (Dur) 33:19; 8 G Steel (Charn, W) 33:26; 9 A Dixon (Sun S, W) 33:43; 10 G Cook (NSP) 33:55; 11 G Duffy (Bill MH) 34:38: 12 A Whitehead (Notts. W) 34.57

M55: 1 P Roper (Sun S) 37:50 Women: 1 Steel 33:26; 2 Dixon 33:43; 3 Whitehead 34:57; 4 A Lavender (Osw) 36:51; 5 L Sharpe (Gate, U20) 39.41

W35:1J Combe (Unatt) 40:12. W50:1 L Jackson-Bell (PB Fitness) 43:51





McLeod's career so far

medal winning team in the Virgin London Marathon, has been named in Ireland's team for the World Championships.

Veteran Ian Hudspith was less than a minute down on the winner in a time of 31:14

Overall: 1 R McLeod (Tip) 30:28; 2

Overall: 1 M Bickford (Unatt, M40) 19:31; 2 J Delane (Unatt) 20:09; 3 G Hughes (Unatt) 21:57 Women: 1 M Turner (Unatt) 26:35; 2 C Paul (Unatt) 27:23

RUNDAY HALF-MARATHON, Luton

Overall: 1 N Mcbride (Unatt) 96:38; 2 G Wharton (Unatt) 98:51; 3 W Allen (Unatt) 99:04 Women: 1 C Shaughnessy (Unatt)

1:45:59; 2 S Miller (Unatt) 1:52:25

STONE ST MICHAEL 10km Staffordshire

THE TIPTON trio of Michael Aspinall, Ben Gamble and Martin Williams dominated before Aspinall came home well clear to win in 30:34.

The 29-year-old has a best of 29:55 dating back to 2006.

His partner Louise Gardner enjoyed a comfortable two-minute winning margin over Jocelyn Payne in 35:09. The 33-year-old was 32 seconds outside her lifetime best set in Leeds last year.

Overall: 1 M Aspinall (Tip) 30:34; 2 B Gamble (Tip) 31:16; 3 M Williams (Tip) 31:36; 4 D Clark (Cov) 32:19; 5 L Jones (Dees, M40) 32:42; 6 S Hazell (Cov) 32:52; 7 C Moulton (Boalloy) 33:38; 8 S Whalley (Trenth) 33:42; 9 A Edwards (Dees St) 33:54; 10 C Platt (Stoke) 34:36; 11 C Dillon (Stoke) 34:41; 12 O Rodwell (unatt) 34:45; 13 C Bagshaw (tel) 34:48; 14 J Goodwin (Boalloy, M40) 34:54

M40: 3 C Dunne (unatt) 35:16; 4 M Neeld (Stone) 35:19; 5 J Bennett (M Dray) 35:35. M50: P Swan (WM Pol) 36:26. M60: P Douglas (Staff) 40:05. M65: J Corbett (Trenth) 40:11. M70: M Whitmore (Newc) 44:35

Women: 1 L Gardner (L&M) 35:09; 2 J Payne (Leeds) 37:19; 3 S Evans (Eryri) 37;23; 4 K Marchant (Staffs M) 38:03; 5 L Thompson (Trenth) 38:15; 6 D Thomas (Trenth) 38:40; 7 M Buckle (Newc, W35) 39:24; 8 J Jennions (Dees) 39:43

W50: C Skellern (Staff) 44:09. **W60:** 1 C Kilkenny (C&S) 41:44; 2 L Clutton (Cheadle) 49:34; 3 C Waghorn (unatt) 49:53. **W65:** D Fellows (C&S) 46:15

SIMMER DIM HALF-MARATHON, Cunningsburgh

Overall: 1 B Bristow (Shet'd) 78:13; 2 P Fenwick (Shet'd TC) 85:02; 3 M Cox (M40) 86:10 Women: 1 C Black (Shet'd, W35) 92:07; 2 K Fraser (W35) 1:40:44

TORBAY HALF-MARATHON, Torbay

Overall: 1 B Kiprop (UGA) 65:21; 2 T Shiferaw (Bir) 65:28; 3 K Stone (NEB, M35) 70:36; 4 R Powell (US Marine Corps) 71:32; 5 C Rees (Poole R, M40) 71:40; 6 S Barrett (US Marine Corps) 73:19; 7 A Chambers (B&W) 74:02; 8 I Gooding (Torr, M40) 74:23; 9 S Hall (Fire, M45) 74:11; 0 M Sheenan (US Marine Corps) 74:42 **M40**: 3 D Stone (Exm H) 76:31. **M45**: 2 T

Dunn (Corn) 78:29; 3 N Holmes (Erme) 79:43. **M50**: 1 R Adams (Ports J) 75:56; 2 T Vialls (SWRR) 81:44; 3 S Calrow (W&B) 82:49. **M60**: 1 G Rhimes (Ports) 89:05. **M65**: 1 K Belt (S Dev) 97:43; 2 P Philby (Unatt) 98:34. **U20**: 1 N Russell (Tamar) 79:22

Women: 1 P Lekapana (Run-Fast) 75:08; 2 J Khan (Hayle) 79:56; 3 V Pincombe (Unatt, W40) 81:18; 4 A Granger (B&W, W40) 82:55; 5 C Taranto (US Marine Corps) 83:51; 6 A Luke (Tamar, W55) 86:16 W40: 3 M Redwood (S ville) 92:55; 4 R Langdon (S Dev) 93:58. W55: 2 K Cook

Langdon (S Dev) 93:58. **W55:** 2 K Cook (SWRR) 94:27; 3 S Rhimes (E'leigh) 98:12

UNDERWOOD 10km, Nottingham Overall: 1 D Heathcote (Mans) 35:04:

<image>

UK10km leaders

	MEN		WOMEN
Mo Farah	Senior	32:15c	Gemma Steel
Alan Buckley	M35/W35	33:14	Helen Clitheroe
lan Hudspith	M40/W40	33:56c	Andrea Whitcombe
Gordon Lee	M45/W45	35:51c	Lucy Elliott
Phil Parry	M50/W50	35:34c	Fiona Matheson
Frank Barton	M55/W55	38:51c	Fiona Kennedy
Martin Rees	M60/W60	42:54c	Jane Davies
Roy Treadwell	M65/W65	43:06c	Angela Copson
Ken Burgess	M70/W70	49:52	Val Naylor
Haydyn Davies	M75/W75	53:33	Joan Royal
Brian Campbell	M80/W80	61:17	Louise Gichrist
IIV Half	narath		adore

UK Half-maratnon leaders

	MEN			WOMEN
0:59	Mo Farah	Senior	70:31c	Susan Partridge
5:39c	Steve Way	M35/W35	71:46	Helen Clitheroe
9:50c	Adrian Marriott	M40/W40	75:39c	Hayley Haining
:27c	Stephen Whiting	M45/W45	80:29c	Philippa Taylor
2:36c	Phil Parry	M50/W50	80:15c	Fiona Matheson
5:31	George Thompson	M55/W55	84:45c	Anne Luke
:30c	Martin Rees	M60/W60	92:22	Liz Bowers
4:32c	Roy Treadwell	M65/W65	1:43:54c	Susan Nicholls
2:04c	Ken Burgess	M70/W70	1:49:49c	Penny Elliott
46:12c	Tony Berry	M75/W75	nt	
00:12c	Brian Campbell	M80/W80	c=chip ti	me

2 D Potter (Unatt) 35:40; 3 N Andrew (Unatt) 37:27 Women: 1 N Harvey (Unatt) 42:57; 2 I

Momedge (St And U) 44:48

DROMORE 10km, Dromore

29:13

30:13

30:25

32:41

33:29c

34:38

32:54c

38·54c

41:46c

46:01c

54:32

60

66

71

84

92

1:4

2:0

 Overall: 1 P Barbour (Omagh) 34:18; 2 J

 Dempsey (Sper, M40) 37:52; 3 J Butler

 (Omagh, W40) 40:04

 Women: 1 Butler 40:04; 2 A Speight

 (Card) 41:18

 Overall (5km): 1 J Speight (Finn, U20)

 18:43; 2 F McGirr (Ennis, M35) 18:49; 3

 B Collins (Omagh) 19:27

 Women: 1 H Stockdale (Clones, W45)

 21:08; 2 S Moore (Omagh, U20) 21:57

LYMM 5km, Lymm

Overall: 1 M Shaw (Salf) 15:45; 2 A Green (Warr, M50) 15:47; 3 P Speake (Wilm, M35) 16:00 M40: 1 S Doyle (Vale R) 16:13; 2 M Smith (S Ches) 16:37; 3 M Hunt (Traff) 16:47. M45:1G Green (Warr) 16:27;2 N Vengdasalam () 16:40; 3 R Downs (Wilm) 16:50; 4 J Noakes (Macc) 16:57. M50: 2 G MacNeil (Wilm) 17:02. M55: 1 T McGaff (Wilm) 18:19; 2 C Martin (Spec) 18:27. M60: 1 A Watts (Wilm) 19:44. U20:1 Z Bamber (Vale R) 16:53 Women: 1 S Livett (Menai U20) 18:24:2 D McVey (Wilm, W35) 18:38; 3 L Blizzard (Belg, W35) 18:53; 4 A Pettitt (Vale R, U20)18:56 W45: 1 B Ganose (Alt) 20:38. W50:

W45: 1B Ganose (Alt) 20:38. **W50:** 1J Taylor (Wig D) 19:43; 2 M Ludden (Buck) 21:16. **W60:** 1 R Rogers (Deestr) 22:36

MOSSTOWIE PRIMARY SCHOOL 5, Elgin

Overall: 1 R Milne (Cors) 27:37; 2 C Green (Moray, M40) 28:40; 3 J Goodall (Keith, M50) 28:56 Women: 1 N Gaughan 34:29: 2 J Neil

34:56; 3 J Nicol (Forres, W50) 35:49

JUNE 21 BRIAN GOODWIN MEMORIAL 10km, Glasgow

Overall: 1 P Sorrie (Shett) 31:21; 2 R Gilroy (Cambus, M35) 32:19; 3 C Thomas (Bella H) 32:54; 4 G Robertson (Cambus) 33:40; 5 B Carmichael (Bella RR, M35) 33:45; 6 T Mcdonald (Bella H) 34:27; 7 G Glendinning (Bella RR, M40) 34:49

M45:1 M McLoone (G'nock) 35:16; 2 A Chalmers (Gars) 35:39; 3 D Murray (Kil'k) 35:52. M50:1 D Thom (Cambus) 35:05. M55:1 A Mc Linden (Ham) 37:21; 2 T Coyle (Unatt) 37:53; 3 F Hurley (Cambus) 38:53

Women: 1 L Mitchell (Bella H) 38:13; 2 J Thompson (VPCG, W45) 39:18; 3 J Gordon (I'clyde, W35) 39:18; 4 J Clark (Bella H, W40) 39:54 W40: 2 L Currie (Dumb) 40:25. W45: 2 S Donnelly (Bella RR) 42:55. W55: 1 E Christie (Bella H) 43:19; 2 P Burns (Milb) 46:13

BELFAST SOLSTICE RUN,

Belfast Overall: 1E McGinley (Liv H) 15:27; 2 R Sharkey (Lag V, U17) 16:07; 3 J Maxwell (Larne) 16:17 Women: 1 C Mclaughlin (Foule Valley) 16:54; 2 G Ganiel (NBH, W35) 17:17

BEVERIDGE PARK 5km SERIES, Kirkcaldy

Overall: 1 M Fullerton (P'bello, M40) 17:33; 2 M Mitchell (Fife, M40) 19:20; 3 G Pryde (Lom, M50) 19:47 Women: 1 M Dawson (Unatt, W40) 26:19

BLACK ROCK 5, Kinghorn

Overall: 1D Cummins (W Wat) 22:48; 2 R Houston (Centr) 22:52; 3 N Renault (Edin) 23:11 Women: 1J Emsley (Centr) 26:27; 2 J Maclean (Edin, W35) 26:38

CARDIFF SUMMER SERIES 2, Cardiff

Overall: 1 A Harper (Card) 10:14; 2 E Donovan (Les C) 10:15; 3 O Williams (Les C) 10:21 **M55:** 1 E Lepore (Les C) 11:45; 2 M

Murphy (Les C) 11:58; 3 M McGeoch (Les C) 12:10. **M60:** 1 H Kent (Les C) 12:46

Women: 1 K Beecher (Les C) 12:06; 2 S Bulpin (San D, W35) 12:13 W45: 1 R Treharne (Isl) 14:30. W50: 1 J Scholey (Les C) 14:00. W60: 1 B Avery (Chep) 14:54

CLACTON SUMMER 5km SERIES, Clacton-on-Sea

Overall: 1 O Heeks (WG&EL) 17:13; 2 S Hewes (Harw, M35) 17:15; 3 A Howlett (Unatt, M40) 17:25 M70: 1 J Wheatley (Col H) 22:01 Women: 1 E Fisher (Tri&R) 25:23; 2 M Hughes (Tri&R, W35) 25:25

SUMMER SOLSTICE 10km, Long Bennington

Overall: 1 I Bailey (E Ant) 33:52; 2 G Southern (Slea TR, M45) 35:13; 3 M Baddeley (Linc W, M35) 35:38 Women: 1 R Jones (Nene V) 40:36; 2 L Macdonald (Linc W) 41:15

JUNE 20 IPSWICH SUMMER 5km SERIES, Ipswich

Overall: 1 S Bartlett (Unatt) 18:54; 2 L O'neill (Unatt) 19:56; 3 M Glanville (Unatt) 20:07 Women: 1Y Eresh (Unatt) 29:47; 2 M Stallwood (Unatt, W55) 37:22

KIRKINTILLOCH OLYMPIANS 10km, Kirkintilloch

Overall: 1 C Dougherty (Bella RR) 34:14; 2 C Reid (Bella RR) 34:24; 3 D Cochrane (Cambus) 35:12 M50: 1 C Feechan (Cambus) 36:02. M55: 1 T Quinn (Cartha Harriers) 38:56 Women: 1 A Lamond (Cambus) 37:57; 2 L Hill-Stirling (Girv, U20) 38:24; 3 C

2 L Hill-Stirling (Girv, U20) 38:24; 3 C McArthur (Shett, W35) 39:37 **W45**: 1 L Stickle (Spring) 40:09. **W50**: 1 H Dean (Centr) 43:21; 2 M McChord (Kirk 0) 44:22

MALDON SUMMER HANDICAP 5km SERIES, Maldon

Overall: 1 D Wright (Col H, M55) 18:18; 2 A Richardson (Unatt) 18:19; 3 A Conway (AFD) 18:24 Women: 1 N Brockbank (Spring S)

19:04; 2 H Steele (Col H, U20) 19:15

MILNATHORT DASH, Milnathort

Overall: 1 G Simpson (Perth RR) 30:07; 2 Z Delaney (Fife, U20) 30:16; 3 S Cassidy (Fife) 30:18 Women: 1: A McKimmie (Fife) 34:50; 2 J Higginbottom (C'thy, W45) 35:28





SERPENTINE RC CLUB CHAMPIONSHIP 5km, London Battersea Park

Overall: 1 A Greenleaf (Win) 15:23; 2 J Poole (Serp) 15:24; 3 D Morgan (Serp) 15:31; 4 R Weston (Serp) 15:41; 5 H Torry (Serp) 15:48; 6 R Phillips (Serp, M35) 15:56

M40: 1 A Reeves (Serp) 16:32. M45: 1 C Martin (Serp) 16:55 Women: 1 A Clement (Serp) 17:11; 2 S Ludlow-taylor (Serp) 18:50; 3 A Other F (Unatt) 18:55 W40: 1 G Wu (Serp) 19:14. W45: 1 C

DULWICH 2M CHAMPIONSHIPS, Dulwich Park

Shelley (Serp) 20:58

R1: 1 M Edwards (W) 12:10; 2 M Mann (M60) 12:15; 3 A Pickup (W40) 12:17 W45: 0 Balme 12:56 R2: 1 T Tuohy (M50) 10:23; 2 E Hill 10:28; 3 W Lashley 10:47 M45: C Lound 10:56. M55: C Loizou 11:25 Wornen: 1 C Elms (W45) 11:08

WARRINGTON 10km.

Warrington

Warrington Overall: 1 D Harris (Stoke, M35) 34:22; 2 M Swensson (Penny L, M35) 34:33; 3 L Thompson (Leigh, M35) 34:37 M50: 1 T Landry (Knows) 37:03. M70: 1 S Fenton (Wilm) 46:54 Women: 1 L Blizzard (Belg, W35) 39:08; 2 L Gawthorne (Liv PS) 41:10

HAWKSHEAD 10km (Inc CUMBRIA CHAMPS), Hawkshead

Overall: 1 D Parkinson (Kend) 31:49; 2 J French (Eden) 34:38; 3 P Miller (Barr, M45) 35:15 M55: 1 R Jones (Barr) 36:59; 2 A Rowe (Wesh) 37:39. M60: 1 L Best (Stock H) 40:10. M70: 1 P Hall (Barr) 42:14 Women: 1 R Sheffield (Amble) 38:31; 2 A Buckley (Bing, W45) 40:20 W40: 1 S Dixon (Hoad) 40:32. W45: 2 K

W40: 1 S Dixon (Hoad) 40:32. **W45:** 2 K Aubrey (Helm) 40:25. **W50:** 1 B Wright (BWF) 42:24

JUNE 19 NEWBURN RIVER RUN Newburn Leisure Centre,

Newcastle upon Tyne ALYSON DIXON smashed the 20-yearold course record of Julie Coleby by 1:40, finishing in fourth place overall in the record field of 350 runners. Overall (10.5km): 1 M Nicholson (Morp) 34:06; 2 M Fenwick (Tyne Br) 34:22; 3 N Swinburn (Morp) 34:34; 4 A Dixon (Sun S, SW) 36:02; 5 L Bennett (Els, M40) 36:03; 6 P Sanderson (Els, M45) 36:43; 7 G Moore (NSP, M40) 37:08; 8 S Morley (Tyne Br) 37:17; 9 B Hetherington (Walls, M45) 37:29; 10 M Brent (Tyne Br) 37:33; 11 S Rankin (Sun S) 37:42; 12 S Hancox (Morp, U20) 37:44; 13 L Kernohan (Walls) 37:52; 14 P Duffy (Heat, M35) 38:01; 15 M Thomsen (Morp, M35) 38:34

M50: 1 C Waugh (Morp) 39:19: M55: 1 M Woodward (Jes J) 39:33; 2 J Stephens (Low F) 41:34: M60: 1 M McNally (Els) 43:08; 2 M Miles (Heat) 44:23 Women: 1 A Dixon 36:02 (rec): 2 A McGurk (J&H) 42:39; 3 J Lee (Tyne, W35) 43:13; 4 C Acaster (Blay, W45) 43:57; 5 J Brown (Morp, W40) 44:17; 6 C Clarke (PB Fit) 44:53; 7 E Lowther (Pont) 45:07; 8 A Crooks (PB Fit, W35) 45:23; 9 L Jackson-Bell (PB Fit, W35) 45:23; 9 L Jackson-Bell (PB Fit, W35) 45:38; 10 K Davis (NSP, W45) 45:48; 11 A Cummings (NSP, W45) 45:49; 12 J Briggs (Morp, W40) 46:19 W65: 1 P Gold (Heat) 57:30

HAWKSHEAD 10km (Inc CUMBRIA CHAMPS), Hawkshead

Overall: 1 D Parkinson (Kend) 31:49; 2 J French (Eden) 34:38; 3 P Miller (Barr, M45) 35:15

M55: 1 R Jones (Barr) 36:59; 2 A Rowe (Wesh) 37:39. **M60:** 1 L Best (Stock H) 40:10. **M70:** 1 P Hall (Barr) 42:14

Women: 1 R Sheffield (Amble) 38:31; 2 A Buckley (Bing, W45) 40:20 **W40:** 1 S Dixon (Hoad) 40:32. **W45:** 2 K

Aubrey (Helm) 40:25. **W50:** 1 B Wright (BWF) 42:24

HINCKLEY 5km, Hinckley

Overall: 1 A Smith (Unatt) 15:33; 2 M Adcock (Herm, M35) 15:44; 3 S Hazell (Cov) 16:12 M50: 1 R Sheen (Leic C) 17:07 Women: 1 H Cox (Charn, U15) 19:25; 2 E Briggs (Hinck, W40) 20:42

HORWICH JUBILEE 5 SERIES, Rivington

Overail: IT Debele (Brad A, U20) 24:57; 2 C Farrell (Horw) 26:37; 3 G Booth (Horw, M40) 27:24 M40: 2 A Ashton (Liv H) 27:52. M60:1 R Maciejkowicz (Horw) 32:15 M65:1J

Whittington (Wig P) 31:36; 2 E Ranicar (Bolt) 33:54 **TEAM:** 1 Horw 23; 2 Wig P 67; 3 Lost 124; 4 Swint 125

Women: 1 L Marsden (Swint, W40) 34:27; 2 E Essexcrosby (Prest) 35:06 TEAM: 1 Swint 28; 2 Lost 34

LAVANT MIDSUMMER 5, Lavant

Overall: 1 J Baker (Chich, M35) 25:49; 2 L Chalk (Stubb G) 26:41; 3 J Manning (Denm, M35) 26:59 M40: 1 K Spielmann (Unatt) 27:11. M45: 1 T Randell (Unatt) 28:51. M50: 1 R Adams (Ports J) 27:25. M60: 1 D Worcester (Chich) 31:40 Women: 1 J Harrop (Havant, W50) 32:23; 2 F Cripps (Chich, W35) 32:59 W60: 1 S Bowry (Liss) 35:03. W65: 1 W Whelan (Arunn) 42:09

LISBURN 10km, Lisburn

Overall: 1 P Hamilton (E&H) 31:05; 2 K Shiels (Foyle V, M35) 31:51; 3 E White (NBH, M40) 33:13; 4 A Considine (NBH, M35) 34:15; 5 C Curran (NBH, M35) 34:32; 6 F Toolan (Bal H) 34:52 Women: 1 R Pearson (Mil K) 38:30; 2 C

Coffey (Unatt) 39:30; 3 A Paul (Derry, W50) 39:36; 4 S Smyth (Unatt) 39:44; 5 J Lonnen (Unatt) 39:59 W55: 1 R Magill (Unatt) 43:02; 2 F Mccourt (Unatt) 46:25

LISBURN HALF-MARATHON, Lisburn

Overall: 1 P Pollock (Kent) 67:59; 2 B MacMahon (IRL) 72:56; 3 B Teer (E Down) 73:36 M50: 1 N Grier (A'ville) 80:17 Women: 1 D Evans (IRL, W45) 84:52; 2 J Balmer (N Down, W35) 84:55 W50: 1 G Douglas (Unatt) 93:08. W55: 1 M Mackin (Unatt) 1:41:17

MALLARDS PIKE 5,

Blakeney Overall: 1 J Mansfield (Tewk, M45) 29:12; 2 J George (Unatt) 29:53; 3 P Woodward (FoD) 30:05 Women: 1 C Thomas (Tewk) 35:48; 2 V Dentley (Angels) 38:54

MEET YOUR MAX 11km,

St Agnes Overall: 1 T Brewer (Mile H) 44:04; 2 C Snook (Corn, M35) 44:25; 3 D Alsop (StA RR) 45:28 Women: 1 A Gounelas (Eton M) 51:42; 2 J Finney (Bude R) 53:23

PETERBOROUGH GRAND PRIX 5km, Whittlesey

Overall: 1 J Lunn (Nene V, U20) 16:02; 2 A Birch (Nene V) 16:05; 3 S Fell (Stam S, M35) 16:19 M45: 1 C Mooney (Nene V) 17:18. M60: 1 R King (Rut RC) 19:26. U20: 2 M Nicholson (Bed C) 16:25 Women: 1 R Jones (Nene V) 18:44; 2 S Cooper (Werr J) 18:52; 3 M Neal (March, W35) 18:59 W45: 1 D Waite (March) 19:52; 2 Y Scarrott (Harb) 20:43; 3 M Irlam (Fen) 20:52



SELF TRANSCENDENCE 2,

Edinburgh Overall: 1 R Quinn (Kilb, M45) 10:11; 2 J Crawford (Edin) 10:32; 3 R Clark (HBT) 10:34

M55: 1 K Rankin (Falk) 10:57 Women: 1 T Hill (High) 10:57; 2 E Ramsay (P bello) 13:20 W40: 1 E Baker (HBT) 13:48. W45: 1 C Gilchrist (Ferran) 13:24. W50: 1 J Blyth (Unatty) 15:28. W60: 1 L Nicholson (Lass) 13:37; 2 B Gilchrist (Ferran) 15:32

WROXHAM 5km SERIES, Hoveton

Overall: 1 P Arnold (Norw) 15:53; 2 P Sandford (Norfolk Harriers) 16:06; 3 J Battrick (N Norf) 16:12 M45: 1 S Goodall (Wym) 16:36. M50: 1 J Moore (Norf G) 17:39; 2 K Sherry (Norw RR) 17:57. M55: 1 P Muffett (N Norf) 17:12; 2 R Cheverton (Norw) 17:19; 3 N Arnold (Norf G) 17:25. M60: 1 C Robilliard (Colt) 18:59; 2 S Dady (Wym) 19:56. U20: 1 A Varvel (Brun U) 16:36. U17: 1 K McMorran (Bung) 16:34; 2 L Alden (Norw) 16:45; 3 E Foster (Unatt) 16:59

Women: 1 E Matthews (Norw) 17:32; 2 N Potgeiter (Norw) 18:21; 3 S Alden (Norw, U15) 18:42 W50: 1 J Clarke (Norw) 19:29; 2 S

Cooke (Norw) 21:46. **W75:** 1 A Martin (Wym) 27:26

CLICK-EM-IN 5

Swinhope, nr Grimsby, Humberside Overall: 1 B Evison (Skeg) 28:12; 2 T Green (Clee) 29:19; 3 A Pegg (Wolds V, M4O) 29:44 M60: C Bromfield (Wolds V) 32:36. M65: M Casey (Wolds) 33:23 Women: 1 N Farrow (Linc W) 29:57; 2 B Wilson (Clee, W45) 30:57 W4: J Stones (M'thorpe) 33:11. W50: P Kivelainen (Barton) 36:02. W60: B Brown (Wolds V) 37:51

JUNE 18 VETERANS AC 5M CHAMPIONSHIP Battersea Park, London

 Overall: 1 S Philcox (IIf, M45) 28:04; 2 D

 Symons (THH, M40) 28:31; 3 S Phillips

 (Ravens, M45) 29:47

 M75: 1 C Collins (Vets) 40:26. M80: R

 Pitcairn-Knowles (S'oaks) 56:50

 Women: 1 V Carter (Serp, W40) 32:11; 2

 C Jones (ESM, W55) 36:30

 W60: M Statham (Holl Sp) 37:23. W70:

 M Fitzgerald (TVH) 45:23

PINTOS 3km SERIES, Elgin

Overall: 1 P Taylor (Unatt) 10:19; 2 J

Bannerman (l'ness, W) 10:20; 3 C Green (Moray, M40) 10:25 **Women:** 1 Bannerman 10:20; 2 R MacLennan (Nairn, U17) 11:31

SEVERN AC 5km

White Horse, Sandhurst, Gloucester IDEAL conditions drew a sizeable late entry that all but overwhelmed the organisers for this latest round of the popular evening series.

Ollie Mott just go the better of Dave Roper in 14:58, but that did not tell the whole story after the 28-year-old broke clear with a mile to go only to be almost reeled in.

The women's race was also fairly close as Kate Goodhead was home ahead of Hayley Winters by eight seconds in 17:37.

Such was the number of entries for this regular race that organisers have asked for entries to be a week in advance by post. **Overali:** 10 Mott (B&W) 14:58; 2

Overall: 1 O Mott (B&W) 14:58; 2 D Roper (Chelt) 14:59; 3 G Hughes (Stroud) 15:08; 4 R Gault (Stroud) 15:16; 5 R Park (Chelt, U20) 15:27; 6 I Williams (Tip) 15:29; 7 J Parker (Chelt, M40) 15:46; 8 B Price (Chelt) 15:52; 9 K Hale (Sev, U20) 15:52; 10 N Barry

(CLC) 15:58 **M40**: 2 D Jordan (Chelt) 16:07: 3 H Evans (Les C) 16:19. **M45**: 1 M Keenan (Sev) 16:56: 2 D Bell (Sev) 16:59. **M50**: R Gray (BRAT) 17:32

TEAM: 1 Cheltenham 47; 2 Severn 138; 3 Stroud 158

Women: 1 K Goodhead (B&W) 17:37; 2 H Winters (Glouc) 17:45; 3 K Wilkinson (Chelt, W35) 19:04

W50: K Gilpen (Almost A) 20:52. W55: 1 K Martin (Stroud) 20:48; 2 A Main (Bourt) 21:19

TEAM: 1 Stroud 19; 2 CLC Striders 49; 3 Angels 62

JERSEY SPARTAN SUNSET TROPHY

Overall (tough 5M approx, all Jers): 1 J Coote (M45) 30:06; 2 N Gorrod (M50) 32:10; 3 G Springate (M45) 33:07 Women: 1 S Thompson (W45) 34:05; 2 A Brien 36:59 W55: S le Ruez 38:14

YORK LEAGUE KNAVESMIRE 10km,

<mark>York</mark> Overall (10km)

TEAM: 1 York Ac 64; 2 Knave 69; 3 Knave B 187; 4 Easing 190; 5 Pock 224; 6 York Ac 229; 7 Tad 285; 8 Selby 289 Women TEAM: 1 Knave 31; 2 Pock 40; 3 Selby 79; 4 Knave B 93; 5 York TC 94; 6 Pock B 118; 7 Easing 120; 8 Pick 125

EMGP HARBOROUGH 5 Northamptonshire

AFTER missing the previous week's

fixture, Eleanor Fowler took her fourth victory of the series.

Further back, Angela Copson was not too far outside her own British W65 best with 34:15.

Overall: 1 C McCarthy (Kenil) 26:30 ; 2 D Green (Kett) 26:43 ; 3 A Siggers (Kenil) 26:55

M40: 1 S Fenwick (Harb) 27:16; 2 A Miles (Sphin) 27:53. M45:1G Spellman (W'boro) 28:31. M60:1 R Searle (Kett) 32:39 . U20: 1 A Chambers (Liv H) 27:13 MEN TEAM: 1 Harborough 1:54:05; 2 Kettering Town H 1:54:32; 3 Rugby & Northampton 1:56:25; 4 Leicester Coritanian 1:59:19; 5 Kenilworth R 2:00:14; 6 Marshall Milton Keynes 2.00.28

M40 TEAM: 1 Kett 2:02:05; 2 Woottoon RR 2:03:59; 3 Wellingborough & District 2:06:08; 4 Huncote H 2:08:35; 5 Harboro 2:09:36; 6 Sphinx 2:12:21 Women: 1 E Fowler (Nun) 29:29; 2 S Harrison (Leam, W40) 30:15; 3 P Taylor (Nene V, W45) 30:32 ; 4 N Nealon (Hunc, W45) 31:46

W40: 2 H Eveleigh (Harb) 32:36 ; 3 C Wilkinson (Spa) 33:06; 4 S Winters (Wigston) 33:10 . W50:1 K Horsman (Bed H) 35:04; 2 S Tawney (Leam) 35:11. W55: 1 D Baldwin (Mil K) 35:00. **W65:** 1 A Copson (R&N) 34:15 **WOMEN TEAM:** 1 Spa Striders 1:44:28; 2 Woott RR 1:46:10; 3 Huncote 1:48:03; 4 Wellingboro 1:48:23; 5 R&N 1:50:10; 6 Harboro 1:52:03

W35 TEAM: 1 Spa 1:46:27; 2 Huncote 1:48:03; 3 Woott RR 1:49:12; 4 R&N 1:50;10; 5 Harboro 1:52:03; 6 Corby 1:54:37

JUNE 12

BRIDGES HANDICAP 2.3 Overall: 1 P Beggs (Team B, W) 19:51

(actual 19:51); 2 A Dodd (Orion, M40) 20:00 (16:30); 3 A Davies (S Lon) 20:07 (13:52)Fastest: D Kelly (Team B, M40) 13:18

M75: T Everitt (Eton M) 19:37

SPRINGFIELD 5km SERIES. Corsham

Overall: 1 D Hall 17:49; 2 J Coward (Chipp, M40) 18:06; 3 G Hughes (Bath, M50) 18:56 Women: 1 D Jones (Chipp) 21:12; 2 A Smith (Chipp, W60) 28:20

IUNF 11

HEDDINGTON 5km Calne, Wiltshire

Overall: 1 G Dunstone (Chipp) 17:10; 2 C Maxwell (Chipp) 17:24; 3 A Duncan (Calne) 17:30 Women: 1 F Price (Avon VR) 19:14; 2 J Rockcliffe (Avon VR) 20:00

AYR SEAFORTH 5km SERIES, Ayr

Overall (all Ayr S): 1 S Eaglesham 17:36; 2 S McCrorie 17:39; 3 A Dunlop 18:17 Women: 1 K Oakley (U17) 18:46; 2 D Telford 23:03

HAVERING 90 JOGGERS MIDWEEK 5, Hornchurch

Overall: 1 S Hempsted (IIf, M40) 17:12; 2 S Philcox (Ilf, M45) 17:27; 3 P Brown (E Lon) 17:32 Women: 1 K Malcom (Eton M, W35) 20:08; 2 K Balogun (Ilf) 20:17 W55:1BNordin (IIf) 22:01. W75:1P Jones (IIf) 28:51

JUNF 9 **RUN JERICHO 10km** Oxford

Overall: 1 T Carter 37:18; 2 A Alvarez 37:41; 3 J Cox 39:12 Women: 1 M Muers 46:06; 2 C Noakes 48.10

JUNE 2 ALEXANDRA PARK WOMEN'S 5km

SERIES, Manchester Overall: 1 S Hill (Most, U17W) 18:44; 2 Z G (Sale, W) 26:31; 3 C Chronell (Unatt, W) 27:22 . Women: 1 Hill 18:44; 2 G 26:31

EASTBOURNE 5km

East Sussex Overall (4.85km): 1 R Skelton (Hast) 15:28; 2 E Casey 15:28; 3 E Dodd (E'brne) 16:16 M60: T Avey (Phoe) 19:55 Women: 1 M Schuwey 19:19; 2 T Wren 20.21

GOSPORT 5km, Gosport Overall: 1 M Hibberd (Soton) 16:42; 2 M Johnson (Soton) 16:55; 3 P Stoodley (Win, M50) 17:03 Women: 1S Hawkes (Ports, W40) 19:54; 2 S Harding (Unatt, W35) 21:39

JUNE 1

CORNHILL 4, nr Banff

Overall: 1 G Gray 27:46; 2 L Smith 31:22 Women: 1 D Teunion 32:45; 2 C Steele 33:53; 3 P Henderson 35:14 U17 men (2M): 1 S Philip 12:40; 2 C Bartlett 15:58: 3 L Teunion 16:13 U13: 1 J Gillespie 13:17; 2 B Henderson 14:15; 3 J Henderson 14:19 U17 women: 1 N Ewing 13:41; 2 L McKenzie 15:23 U13: 1 A Gillespie 16:30; 2 A Gordon 16:54:3 R Cox 17:52

BENBECULA HALF-MARATHON, Linaclate

Overall: 1 A King (Storn, M40) 82:14; 2 A Smith (Unatt, M50) 85:51; 3 A Oliver (Muss M40) 86.10 Women: 1 M Macdougall (High H) 92:22; 2 S Morrison (N Uist, W45) 99:51

CATFORTH CANTER 5km SERIES, Catforth

Overall: 1 D Ashworth (Clay) 16:40; 2 J Parker (Prest, M35) 16:48; 3 G Morris (Acc. M45) 17:23 M45: 2 D Watson (Prest) 17:27. M55: 1 A Rowe (Wesh) 17:36 Women: 1 P Powell (B'burn, W40) 17:56; 2 S Ridehalgh (Acc, W35) 18:32 W40: 2 T Dutton (Wig D) 19:55. W50: 1 L Fisher (Burn RR) 20:46

NORTH WEST 5km GRAND PRIX, Liverpool

Overall: 1 M Swensson (Penny L, M35) 16:26; 2 M Clair (Knows) 16:47; 3 J Blackburn (Liv H) 16:59 M65: 1 J Dobie (Liv PS) 20:52 Women: 1 A Morgan (St H Str, W45) 20:53; 2 H Tidd (Warr, U17) 21:01 W55: 1 P Horsfall (St H Str) 21:38

NO WALK IN THE PARK 5km

Chesterfield, **Derbyshire** Overall: 1 M Bickerstaff 16:26; 2 P Roberts (Clowne, M45) 17:03; 3 S Gascoyne (N Der) 17:09 M50: T Clayton (N Der) 17:28 Women: 1 N Wright (N Der) 20:06; 2 S lliffe (N Der) 20:34

STRATHALLAN 5. Strathallan

Overall: 1 M Carroll (Perth RR, M40) 26:48; 2 G Simpson (Perth RR) 27:35; 3 G Barrie (Dund H, M40) 27:49

M60: 1 T Martin (Fife) 31:17

Women: 1 J Gordon (Kinr, W35) 32:21; 2 J Turner (Unatt, W40) 32:56 W55: 1 | Burnett (C'gie) 33:41; 2 M Martin (Fife) 37:55. W60: 1 M Fleming (C'gie) 38:21. W65: 1 F Hair (Perth RR) 43:35

MAY 31 3km ON THE GREEN SERIES, Glasgow

Overall: 1 K Brydon (Traff) 9:36; 2 G Curran (Maryh, M40) 9:37; 3 R Mackenzie 10:01 Women: 1 D McDermot (Ton) 10:21; 2 A Bristow (Cambus, W40) 11:02

IPSWICH JAFFA FRIDAY 5, Ipswich

Overall: 1 M Spencer (Ips J) 26:59; 2 D Moss 28:11; 3 R Aldis (S'mkt, M40) 28.24

M50: 1 C Ridley (Col H) 29:06. M55: 1 J Oakes (C&C) 29:22 Women: 10 Robson (St Ed, W40) 30:43; 2 M Deasey (C&T, W45) 31:00; 3 T Jordan (S'mkt, W35) 31:40

SAUMAREZ PARK 5km SERIES, Castel

Overall: 1 L Garland (CI, M35) 16:46; 2 J James (Guern) 17:12; 3 B Wilen (Guern) 17:17 Women: 1 M Nicolle (Guern) 21:14: 2 J

Roche (Guern, W50) 23:01 **MAY 30**

KING'S BUILDING 4, Edinburgh

Overall: 1 O Chepelin (Shett) 22:56; 2 J Jarvis (HBT, M40) 25:03; 3 B Kirkwood (Lass, M60) 25:39 Women: 1 L Finlay 33:28; 2 D MacDonald (HBT, W50) 34:11 Handicap: A McGillivray 26:47

LEICESTER CITY 5km SERIES, Leicester

Overall: 1 D Allinson (Leic C) 16:41; 2 S Harper 17:45; 3 D Limmer (Hinck) 17:48 Women: 1 M Evans (Hunc) 19:27; 2 E Rathbone (W End, W35) 20:47

MALDON 5km SUMMER HANDICAP SERIES, Marks Tey

Overall: 1 S Ketteridge (Col H, M40) 17:25; 2 A Jopson 17:47; 3 A Richardson (T'tree) 18:39 M70: 1 J Wheatley (Col H) 21:52 Women: 1 V Knight (T'tree, W35) 21:17; 2 T Harrington (T'tree, W45) 22:13

MAY 29 **BUNCRANA 5km (FUREY** INSURANCES 5km SERIES), Buncrana, IRL

Overall: 1 C Doherty (IRL, M35) 14:35; 2 D Reed (Derry, M35) 14:49; 3 S Rankin (Foyle V) 15:01; 4 E McGinty (Derry) 15:13; 5 P McKinney (IRL, M45) 15:26; 6 G Slevin (Derry) 15:35; 7 C Roberts (Derry, M40) 15:38; 8 B Murphy (CoL) 15:43; 9 J Brown (Derry, M40) 15:53; 10 P McIntyre (IRL) 15:57 M40: 3 M Irwin (Finn) 16:37. M45: 2 P McCafferty (Derry) 16:27; 3 B Duncan (Lifford) 17:21. M50: 1 L Johnston (NBH) 17:17; 2 M Mcknight 17:56. M55: J Breen (Springw) 18:28; 2 P Ward (L'kenny) 18:42; 3 P Lilburn (Derry) 18:46; 4 G O'Doherty (Springw) 18:52. **M60:** 1 J Newberry (NBH) 18:30; 2 M McCausland (Lifford) 19:46 Women: 1 A McGlynn (IRL) 16:33; 2 G Turley (Springw) 18:07; 3 A McDaid (Derry, U20) 18:38; 4 K Mclaughlin (Inish) 18:55 W45: 1 F Judge (L'kenny) 19:51

LOCH CRERAN 10km, nr Oban

Overall (all Oban, age not declared): 1 A Hall 42:30; 2 F Walton 43:48; 3 I



Milarvie 45:08 Women: 1 J Smith 49:30; 2 D Macaulay 53.47

SELF TRANSCENDENCE 1, Edinburgh

Overall: 1 M Strain (HBT) 4:30; 2 D Naylor (Swan, M40) 4:39; 3 S Cairns (Tyne Br, M45) 4:41 M40: 2 M Fullerton (P'bello) 4:58. M45: 2 R Watson (Muss) 4:55. M55: 1 K Rankin (Falk) 5:02 Women: 1 J Hutchison (Centr) 5:33; 2 M McCracken (HBT) 5:36 W50:1 S Ramage (Edin) 5:53

BRT 5km SERIES, Bexhill-on-Sea

Overall: 1 R Skelton (Hast, U20) 16:11; 2 J Pyrah (G&G, M40) 16:21; 3 S Parker-Harding (Hast, U20) 16:27 M60: 1 Sully 19:57 Women: 1Y Grice (B'works) 18:28; 2 A Collins (AFD, U20) 19:21 W40: 1 S Alvarez (Hail) 19:54. W50: 1D Farmer (E'bne) 20:55; 2 L Hayes (W'hurst) 21:19. W60: 1 F Delves (Hail) 23:48

NOTTINGHAM SUMMER 5km SERIES, Nottingham

Overall: 1 J Matthews (26.2, M40) 17:57; 2 D Jordan (Unatt, M40) 19:02; 3 S Thierman 19:18 Women: 1 P James (Roth, W45) 21:41; 2 K Turner (ABC) 23:49

LAND O BURNS 10km, Ayr

Overall: 1 K Wilson (Cambus, M40) 32:26; 2 D Phee (Giff N) 33:56; 3 A Allardyce (Irv, M40) 35:04 Women: 1 K Tait (Kil'k) 38:30; 2 D Gray (Bella RR, W40) 39:30 W35: 1 L McGarrity (Troon) 40:10

LEVENS 10km, Levens

Overall: 1D Parkinson (Kend) 32:58; 2 A Whitwam (Army) 35:05; 3 W Jackson (Helm, U20) 35:54 M55: 1 A Rowe (Wesh) 38:45. M70: 1 P Hall (Barr) 43:34 Women: 1 K Atkinson 43:35; 2 B Wright (BWF, W50) 43:57

LINCOLN WELLINGTON 5km

SERIES, Lincoln Overall: 1 | Bailey (E Ant) 16:00; 2 L Ball (Linc W, M45) 16:02; 3 J Ferreira (Bost) 16:45 M45: 2 N Coney (Linc W) 17:14 . M50: 1 P Duncan (Linc W) 17:13

Women: 1 N Curtis (Scun) 19:34; 2 B Haywood (Linc W) 21:09

- Overall (3km): 1 L Sanders (Linc W,
 - U13) 10:38; 2 L Epton (Linc W, U15W) 11:37; 3 L Thornton (Linc W, U13W) 11:53 Women: 1 Epton 11:37; 2 Thornton 11:53 Overall (1km): 1 T Butcher (Linc W. U11) 3:46; 2 F Hodgkinson (Unatt, U11W) 3:53; 3 L Sharpe (Linc W, U11W) 4:07 Women: 1 Hodgkinson 3:53; 2 Sharpe 4:07

. MAY 28

JERSEY SPARTAN SANTANDAR 8km Jardin D'Olivett

Overall (all Jers): 1 S Firby 29:05; 2 G Mooney 31:32; 3 K Thompson (W) 32.05 Women: 1 K Thompson 32:05: 2 S Thompson (W45) 32:54 W55: S Le Ruez 37:07

EHH LEVEN 10km, Leven

Overall: 1 P Taylor (Brid) 33:28; 2 G Clarkson (KuH) 34:42; 3 M Hargreaves (E Hull) 35:12 M40:1M Hayes (E Hull) 35:25. M55:1S Rennie (CoH) 36:45 Women: 1 C Barker (Horn, W45) 36:53; 2 M Oliver (E Hull) 40:54 W50: 1 B Jackson (E Hull) 41:04; 2 A Dean (W Hull) 42:11. W55:1 J Potter (Brid) 45:19. W60: 1 J Allison (Brid) 49:58

LAMBFOOT LOOP 10km, Cockermouth

Overall: 1 S Hebblethwaite (Kesw) 34:49; 2 A Bowness (C'land F, M45) 35:11: 3 | Davies (Kesw) 36:40 M50:1 J Kenny (Eden) 37:28 Women: 1 P Wakefield (Kesw, W35) 41:35; 2 J Mattinson (Kesw) 42:48 W55:1 S Cain (Penny L) 46:10

POMPHREY SPORTS BRIDGE INN 5km SUMMER SERIES, Bristol

Overall: 1 J Ashcroft (Liv H, U20) 16:01; 2 A Matchett (P'broke, U20) 16:56; 3 M Krelle (B&W) 17:26 M55: 1 D Vaudin (Bath) 18:17; 2 P Mountain (B&W) 18:45. M60: 1 D Wintle (GWR) 19:15 Women: 1 K Synge (W'bury) 18:58; 2 E Smith (W'bury) 19:29 W45:1L Cronin (GWR) 20:34. W60:1B Avery (Chep) 23:31

RAVENSCRAIG PARK MILE SERIES 1M, Kirkcaldy

Overall: 1 B Millar (Fife, U17) 4:35; 2 E Paton (Fife, U20) 4:52; 3 L Hutson (Fife, U20) 5:11 Women: 1 A Steggles (Fife, U13) 6:02; 2 I Burnett (C'gie, W55) 6:04

BEXHILL 5km

East Sussex Overall: 1 R Skelton (Hast) 16:11; 2 J Pyrah (Hast, M40) 16:21; 3 S Parker-Harding (Hast) 16:27 M80: E Dolan (BRT) 37:05 Women: 1Y Grice (B'wks) 18:28; 2 A Collins (AFD) 19:21 W40: 1 S Alvarez (Hails) 19:54. W50: 1 D Farmer (E'brne) 20:55; 2 L Hayes (W'hurst) 21;19; 3 K Dival (Lewes) 22:02; 4 F Burnham (Hast) 22:50. W60: F Delves (Hails) 23:48

YORK LEAGUE EASINGWOLD Overall

TEAM: 1 York Ac 47; 2 Knave 68; 3 Easing 153; 4 Pock 195; 5 Knave B 198; 6 Selby 240; 7 York Post 250; 8 York Ac B 277 Women

TEAM: 1 Knave 24; 2 Pock 47; 3 Knave B 65; 4 York Ac 79; 5 Easing 107; 6 Knave V 109; 7 York TC 115; 8 Selby 118



MAY 26

WICK TC SUMMER SERIES 5, Wick Overall (all Wick TC): 1 R Sutherland 32:52; 2 C Baxter 34:50; 3 G Angus 34:53

Women: C Pellow 47:05

MAY 19 PORT SUNLIGHT 10km Merseyside

Overal (10km: 1 J Mellor (Liv) 31:01; 2 B Rothery (Eryri) 34:18; 3 G Jones (Wallasey) 35:19 M60: B Beecroft (Wirral) 38:29; 2 Women: 1 K Longley (Liv PS) 37:09; 2 S Whiteside (Liv) 38:48; 3 S Hunt (Wirral) 38:58; 4 S Roberts (Pens) 39:54 Overall (5km): 1 M Davies (Loss) 16:45; 2 K Pickstock (Wallasey) 17:00; 3 R Cushion) Knows) 189:06 Women: 1 L Gawthorne (Liv PS) 19:30; 2 S Tiger (Moss, W35) 21:56

WALK

JUNE 18 Veterans ac 5m walk Championship

Battersea Park, London

Men: 1 | Richards (Steyn, M60) 38:03; 2 P Ryan (IIf, M55) 44:00; 3 S Allen (Barn, M55) 46:51

M60: 2 A Cox (Hill) 47:24. M65: K Bobell (Hill) 47:23. M70: P Hannell (Sy WC) 51:24. M75: R Powell (E&H) 56:59

MAY 1 BRITISH POLICE RACE WALK CHAMPIONSHIPS/POLICE VS CIVIL SERVICE (RYAN CUP), Cannon Hill

SERVICE (RYAN CUP), Cannon Hill Park Men: 1 G Witton (Sx Pol) 53:03; 2 G

Ryan (Esx P) 54:54; 3 J Hall (DEFRA) 56:43; 4 S Bennett (Met P) 59:36 **RYAN CUP:** 1 Police 29; 2 Civil Service 54

TEAM: 1 HMRC 9; 2 DEFRA; 3 Hassra Women (5km): 1 L Bradley (HMRC) 29:14; 2 M Noel (DEFRA) 30:05; 3 T Gillan (DEFRA) 31:45 Civil Service TEAM: 1 HMRC 10; 2 DEFRA 11 Police TEAM: 1 L ancashire 11

Unce TEAM. Teancashire II

MULTI-TERRAIN

JUNE 23 ACORNS TRIPLE RUN HALF-MARATHON

Malvern, Worcestershire

Overall: 1 M Battensby (unatt) 76:33; 2 M Hadley (Hales, M40) 76:45; 3 D Cantwell (Oxf C, M40) 79:02 M50: A Chambers (unatt) 84:35 Women: 1 D Jolly (Sarn H) 94:25; 2 S Conway (unatt) 95:42 W55: D Kenwright (Sarn H) 1:42:09

ALNWICK 10km/HALF-MARATHON,

Alnwick

Overall: 1 R Watson (Muss, M40) 35:33; 2 T Allsop (Sun S, M40) 37:55; 3 P Pickett (Tyne, M40) 40:39 Women: 1 M Avery (Sun) 40:54; 2 M Moat (Unatt) 44:14 Overall (5km): 1 B Pickett (Tyne, U15) 22:57; 2 W Sibson (Unatt) 23:55; 3 A Clayton (Unatt, M40) 26:48 Women: 1 H Griffiths (Unatt) 27:10: 2 S Griffiths (Unatt) 27:10 Overall: 1 H Coates (Walls) 74:52; 2 C Franks (Gate) 77:03; 3 M Jefferies (Swaled) 78:52 M50: 1 S Hay (Dunb) 81:34 Women: 1 J Mykura (C'thy, W35) 92:46; 2 H Christopher (Blyth, W40) 99:20

COLWORTH HALF-MARATHON Bedfordshire

Overall: 1 D Carr (Cov) 79:58; 2 A

66 | ATHLETICS WEEKLY

Turnbull (R'side, M45) 80:49; 3 T Grimes (E Lon) 82:41 **M60:** P Redden (R'side) 93:00 **Women:** 1R Cave (T Bal) 89:52; 2 M McKay (W Norf, W40) 96:14 **W45:** T Patmore (C&C) 96:53. **W50:** E O'Sullivan (T Bal) 1:43:51

FULLERS PRIDE THAMES TOWPATH

Chiswick, West London

Overali: 1 B Harrold (DMV) 56:03; 2 D McNeely (Serp) 57:59; 3 G Spellman (unatt, M40) 58:19 M40: 2 J Ferraro (Lon H) 61:00. M50: S Danciger (Wimb W) 64:50 Women: 1 P Peters (Wok) 67:35; 2 R Thomas (VP&TH) 69:13 W45: 1 P Adams (RMP 70:13; 2 M Synnott-Wells (Rane 72:16. W55: C White Lon H) 76:38

HEPWORTH DRYAD 5, Hepworth

Overall: 1 C Holmes (Wharf, M40) 31:30; 2 K Ogden (Spen, M40) 32:13; 3 A Whitworth (Melth, M45) 32:19 M50: 1 M Hall (Spen) 32:40. M60: 1 R McArthur (Melth) 39:47 Women: 1 J Khoueiry (Holm, W40) 38:46; 2 J Johnson (Holm, W50) 39:00

HILMINGTON 12, Ilmington

Overall: 1 P Little (Droit, M35) 83:49; 2 D Mckeown (Lon Hth, M35) 85:38; 3 G Birch (Kenil, M45) 85:44 Women: 1 K Whitfield (Merc, W35) 1:43:11; 2 S Odell (Strat, W40) 1:44:12

HUNGERFORD HAREY 8, Hungerford

 Overall:
 1 J Craggs (Newb)
 47:14;2

 A Smith (Read RR, M35)
 49:09;3 L
 Tolhurst (Over, M40)
 49:45

 Women:
 1 S Bush (Newb)
 51:41;2 S
 Kelly (Woot B, W45)
 55:57

NORTH DOWNS RUN 30km, Gravesend

Overall: 1 J Pyrah (G&G, M40) 1:57:02; 2 J Rendall (Ton, M35) 1:57:15; 3 P Tucker (B&B) 1:58:06; 4 S Wurr (Herne H, M35) 2:00:49; 5 T Collins (M&M) 2:01:10

M40: 2 P Hasler (Padd W) 2:01:45; 3 J Addison (Beck) 2:05:50. M50: 1 S Cable (I&I) 2:17:18. M55: 1 A Martins (Reig) 2:26:30. M60: 1 W Hill (Craw) 2:29:57. M65: 11 E dgley (UAI) 2:33:03 Women: 1 M Frazier (Grave) 2:10:41; 2 L Weeks (Sitt) 2:21:58; 3 C Gaskill (Grave, W35) 2:22:50

W35: 2 C Stibbs (Kent) 2:33:10. **W40**: 1 F Russell (Morn) 2:37:19. **W45**: 1 K Williams (Kent) 2:53:25. **W55**: 1 S Spong (Hav 90) 2:56:02. **W60**: 1 C Steward (Dulw) 3:21:40; 2 C Murphy (Harv HH) 3:26:50; 3 C Hayes (CPFR) 3:58:21; 4 S Lewis (S'oaks) 4:00:49

POLESDEN LACEY 10km

Bookham, Surrey Overall: 1 M Furth (unatt) 38:18: 2 B Camfield (Horsh J, M40) 39:58: 3 G Smith (St Alb, M40) 41:35 Women: 1 R Guckenheim (Horsh J) 43:52: 2 M Brooking (unatt, W35) 44:11

PORTOBELLO BEACH 4, Portobello

Overall: 1 D Naylor (Swan, M40) 24:37; 2 R Clark (HBT) 25:09; 3 D Limmer (PRC) 26:23 Women: 1 N Duncan (P'bello) 27:08; 2 J Thom (Edin) 28:53

RUN WIMBLEDON COMMON 5/10/15km Surrey

Overall (15km): 1 B Thomas (serp) 59:56; 2 P Olds (unatt, M40) 60:38; 3 L Herczeg (unatt) 62:50 Women: 1 L Long (unatt) 72:58; 2 B Slavka (unatt) 80:57 W50: C Walker (unatt) 81:24 Overall (10km): 1 B Wickham 37:18; 2 C Duffy 41:21; 3 A Stockwell (M40) 41:51 Women: 1 S Goodall 44:09; 2 S Hatton 49:44 Overall (5km): 1 D Brown 19:05; 2 S

O'Neill (**W**) 20:46 **Women:** 1 S O'Neill 20:46; 2 R Brockbank (U13) 23:32

SOMERLEY 10km Hampshire

Voveralt: 1 T Lambert (Win) 33:54; 2 L Chalk (Stubb) 34:49; 3 J Bassinder (Poole, M40) 37:16 M50: M Anderson (unatt) 38:21 Women: 1 C Rowley (unatt, W35) 44:52; 2 Y Tibble (Zoorn, W45) 45:28

SWAY CARNIVAL 5

New Forest, Hampshire Overall: 1T Stevens (E'leigh RC) 28:20; 2 J Phillips (Lym Tri) 29:00; 3 F Handy (N For) 29:41 M65: I Barnes (Poole R) 34:06 Women: 1V Sesto (N For) 32:09; 2 L Dobby (unatt) 35:37

TOAD HALL 10km

Whitchurch, Hampshire Overall: 1 S Barnes (Newb, M40) 38:06; 2 L Jolly (Read RR) 38:09; 3 M Saunders (Read RR) 39:23 M50: P Thomas (Didcot) 41:28 Women: 1 S Wolanski (Head RR, W50) 47:31; 2 H price (unatt) 49:25

TRAWDEN 7, Trawden

Overali: 1 C Fell (Ross, M35) 38:21; 2 J Craig (Wharf) 40:51; 3 M Keedy (Skip, M40) 41:16 Women: 1 A Green (Keigh) 44:33; 2 S Tipler (Wharf) 46:07

TRENT PARK TRIFFIC 10km, Trent Park

Overall: 1 A Milne (E&H) 34:23; 2 M Woodman (Staff H, M35) 36:21; 3 A Newman-smith (Unatt) 38:26 Women: 1 L Elmore (Trent P, W40) 41:08; 2 K Malcolm (Eton M, W40) 41:27

WOLVERHAMPTON MIDSUMMER 6, Wolverhampton

Overall: 1 R Jones (W&B) 34:31; 2 I Mansell (Desf) 37:14; 3 G Singh (W Brom, M35) 37:59 Worner: 1 T Clarke (W&B) 38:12; 2 C Richardson (Bir, U20) 40:04

MIDSUMMER MUNRO HALF-MARATHON

Boxhill, Dorking, Surrey Overall (tough 13.1M): 1 M Robinson (Tamar) 1:42:08: 2 N Booker (DMV) 1:45:56; 3 P Davis (unatt) 1:49:52 **Women:** 1 M Seguin (Serp) 2:`18:38; 2 J Morgan (Sheen) 2:19:40

JUNE 22 ENIGMA BACK TO FRONT

MARATHON - BACK, Milton Keynes Overall: 1 J Godfrey (CoH, M40)

3:08:49; 2 J Errington (Brack FR, M45) 3:21:29; 3 S Edwards (Bourt, M50) 3:26:26 Women: 1 H James (Barr R, W40)

3:55:24; 2 E Cottom (100MC) 4:09:20

ENIGMA BACK TO FRONT

MARATHON - FRONT, Milton Keynes Overall: 1 J Tierney (Stroud) 3:17:10; 2 R Rose (David Lloyd Redway Runners, M40) 3:24:07; 3 S Edwards (Bourt, M50) 3:26:19 Women: 1 K Coombes (FERC) 4:22:23;

2 H James (Barr R, W40) 4:28:54

SILKSTONE SHUFFLE 4.5 SERIES, Barnsley Overall: 1A Swift (P'stone) 25:54; 2 C

Overall: 1 A Swift (P stone) 25:54: 2 C Cotton (K'worth) 26:26: 3 J Hackleton (Kingstone, M35) 27:30 Women: 1 C Spencer (K'worth) 31:37: 2 C Pickersgill (Long) 32:52

TRAIL HALF-MARATHON WALES, Dolgellau

Overall: 1 A Davies (Maldwyn) 81:37; 2 R Samuel (Eryri) 84:08; 3 G Briggs (Staffs M, M40) 94:56 Women: 1 A Bartlett (Merc, W40) 1:46:29; 2 J Gallagher (Unatt) 1:51:24

TRAIL MARATHON WALES,

Dolgellau Overall: 1 A Siggers (Kenil) 3:06:40; 2 R Roberts (Eryri) 3:14:01; 3 G Felton (Barns, M4O) 3:17:51 Women: 1 M Spalton (Unatt) 3:47:37; 2 E D'alton (Unatt) 3:57:08

JUNE 21 COLWORTH 5

 Bedfordshire

 Overall: 1 D Carr (Cov) 27:47; 2 T

 Grimes (E Lon) 28:46; 3 P Brown (E

 Lon) 29:23

 M45: T Letts (North RR) 30:13. M55: J

 Pullinger (Bed H) 33:15

 TEAM: 1 East London R 29; 2 Team

 Balancise 40; 3 Riverside R 65

 Wormen: 1 R Cave (T Bal) 32:06; 2 E

 Garraway (T Bal, W40) 32:38

 W40: 2 M McKay (W Norf) 33:35. W45:

 T Patmore (C&C) 33:48

 TEAM: 1 T Bal 175; 2 Wellingborough &

 District 285; 3 Northampton RR 341

BEACON HILL SOLSTICE 5

Hermitage, Leicester Overall: 1 N Cobley (R'hoggs) 30:36;



2 J Hubbard (Leic Foxes) 31:02; 3 C Grayling (RSA) 31:56 Women: 1 L Crookes (Leeds U) 32:26; 2 E Butler (Charn) 35:14

BLAKEDOWN BOLT 10km, Blakedown

 Overall: 1 T Kenderdine (Hale, M40)

 38:53; 2 B Danvers (K&S, M45) 39:16; 3

 R Cadwallader (Hale, M40) 39:49

 Women: 1 J Coates (Unatt, W35) 49:11;

 2 M Dale (Hale) 50:35

BURY FRIDAY 5, Bury St Edmunds

Overall: 1 M Spencer (lps J) 26:39; 2 D Olefir (Newm) 27:47; 3 S Palmer (R&N) 27:58

M40: 1 R Aldis (S'mkt) 28:16. M45: 1 W Campbell (lps J) 28:59. M50: 1 C Ridley (CoI H) 28:24. M55: 1 J Oakes (C&C) 29:07; 2 P Golding (St Ed) 30:23. M60: 1 P Mills (S'mkt) 34:37. M65: 1 R Ames (S'mkt) 35:48

Women: 1 S Bird (WG&EL) 28:49; 2 O Robson (St Ed, W40) 30:02; 3 T Jordan (S'mkt, W35) 30:47; 4 R Jordan (S'mkt, W35) 33:26 W45: 1 C Hoblyn (St Ed) 34:56. W50: 1 C Anthony (W Suff) 36:19

TATTENHALL TOUGH 9, Tattenhall

Overall: 1 P Brook (Ches TC) 56:54; 2 R Grantham (Ches TC, M40) 56:54; 3 A Hall (Ches TC) 56:55 Women: 1 L Grantham (Ches TC, W35) 64:34; 2 G Barnett (Vale R) 65:33

WEST HIGHLAND WAY 95, Milngavie

Overall: 1 P Giblin (Allithwait, M40) 15:07:29: 2 M Consani (Gars, M35) 16:03:48: 3 R Cunningham (C'gie, M40) 16:27:30 Women: 1 R Bell (Unatt, W40) 19:27:04:

2 L Mcmillan (Unatt) 19:46:00

JUNE 20 AGGIE'S STAIRCASE, Darwen

Overall (4M/900ft): 1D Hope (P&B) 27:49; 2 C Farrell (Horw) 28:14; 3 J Hindle (B'burn, U18) 29:58; 4 J Green (Prest) 30:05; 5 P Thompson (Clay, M40) 30:30 M50: A Staveley (B'den RR) 32:26. M60: Hesketh (Horw) 37:05 Women: 1 E Greenwood (B'burn, U16) 33:36; 2 L Clough (Chor, W40) 34:49; 3 M Ralphson (Traw) 35:52

BEAMSLEY BEACON, Addingham

Overall (5.5M/500ft): 1 J Hall (Wharf, U20) 34:30 (rec); 2 G Hird (Wharf) 36:55; 3 D Kirkham (Wharf) 36:58; 4 L Maude (Skip) 37:25; 5 J Bradshaw (Wharf, U23) 37:29 M65: D Tait (Dark Pk) 48:57 U17: J Lockwood (Wharf) 40:49 Women: 1 C Lambert (Weth, U20) 41:24; 2 G Myers (Wharf, W50) 44:32; 3 E Barclay (Ilkley, W45) 44:40 U17: E Lambert (Wharf) 45:55

BUXTON 4.5 Staffordshire

Overall: 1 J Ross (Stone, U17) 27:30; 2 J Goodwin (Boalloy, M40) 28:07; 3 D Stafford (Boalloy, U17) 28:55 M55: T McGaff (Wilm) 31:24 Women: 1 S Harris (Macc, U17) 33:35; 2 R Watchorn-Rice (Stone, W45) 34:57 W45: 2 A Frost (Macc) 36:50. W50: C Higgs (Stone) 37:12

PURDOWN PURSUIT 10km Bristol

Overall (10km +): 1 M Kiss (S'ville) 41:11; 2 D Taylor-Jones (Weston) 41:30; 3 M Burns (S'ville) 41:50 M40: A Malloy (B&W) 42:27 Women: 1 S Johnson (Nailsea) 46:38; 2 L Porter (Bitt, W40) 47:08



MTOF CUPLAHILLS FARM, Balmulio UI8 men (3M): 1 R Mckinstray (Anst, U20) 25:10; 2 A Cruickshanks (Anst, U15W) 27:09; 3 S Paterson (Fife, U20W) 33:01

U15 (3M): 1 T Rees (Fife) 23:18; 2 R Brocklebank (Fife) 24:13; 3 S Fernando (Fife, U17) 24:13; 4 A Brocklebank (Fife, U15W) 27:46

U13 (2M): 1 G Rees (Fife) 15:37; 2 N Van Rensburg (Fife) 16:12; 3 C Morris (Fife) 16:15; 4 L Sweeney (Strathe) 17:12; 5 A Thomson (Fife, U17) 17:33 U11 (1M): 1 R Van Rensburg (Fife)

8:22; 2 J Harris (Fife) 8:29; 3 F Sey (Fife) 8:31; 7 A Hedley (Step Rock, U11W) 9:26

ROUND THE RESERS 5, Tintwistle

Overall: 1 A Jones (Stock H) 25:05; 2 P Green (Sale, M40) 26:44; 3 D Norman (Alt) 26:45; 4 D Lawton (Traff, U17) 27:37; 5 D Marsh (Sale) 28:22 M40; 2 T Greenald (E Ches) 29:38. M45: 1 S Grundy (E Ches) 29:27. M50: 1 G Matthews (E Ches) 29:01. M55: 1 S Shaughnessy (Stock H) 31:40. M60: 1 F

Day (E Ches) 33:48 Women: 1 C Rice (G'dale) 33:04; 2 J Lawton (Stock H, W40) 33:17; 3 K Kelly (E Ches) 33:28

W35: 1 H Armitage (Sale) 34:13. **W40:** 2 J Allsop (Unatt) 36:00. **W45:** 1 K Wood Doyle (Stock H) 33:34; 2 A Sedman (Belle V) 34:10. **W50:** 1 L Sinclair (Stock H) 36:07. **W55:** 1 L Turton (Stock H) 38:19

SAMPHIRE HOE 5km SERIES, Dover

Overall: 1 S Rigby (S Kent) 16:48; 2 S Jones (Cant, M35) 17:11; 3 A Stokes (Inv EK) 17:30

Women: 1 H Coleman (Deal TC, W35) 19:37; 2 N Goodwin (Folk) 21:00

JUNE 19 OUGHTIBRIDGE GALA CHASE 6km, Oughtibridge

Overall: 1 A Swift (P'stone) 22:25; 2 C Ireland (Sheff RC, M50) 23:18; 3 M Marsh (P'stone, U20) 23:39 Women: 1 B Sutton (Vall HR, W50) 28:35; 2 M Button (Unatt) 28:55

TRING MIDSUMMER 6km, Tring

Overall: 1 K Lindars (VoA, U17) 19:37 ; 2 J Wager-Leigh (Chilt, U15) 20:51 ; 3 I Taplin (Unatt) 21:37 **Women:** 1 C Baxter (Chesham Grammar, U20) 25:31; 2 S Needleman (Needlemaniacs) 26:12

ULLEY RES 5, R otherham

Overall: 1 R Beale (Roth, U15) 30:00; 2 O James (K'worth) 31:18; 3 K Doyle (K'worth, M35) 31:45 Women: 1 L James (K'worth, W35) 34:23; 2 B Smith (Roth, U17) 35:13

JUNE 18 THE PEASMARSH-ISH MIDSUMMER-ISH HASH-ISH East Succes

East Sussex Overall (6.5km approx): 1 J Pyrah (Hast, M40) 23:42; 2 D Blackman (Hast

R) 26:42; 3 M Musgrove (Wadhurst) 27:30 Women: 1L Hayes (Wadhurst, W50) 30:30; 2 S Miller (Hast R, W50) 35:21

CHAMPAGNE LEAGUE, Kiplingcotes

Overall: 1 S Carmichael (Bev, M40) 32:41; 2 J Pearson (Bev, M35) 33:09; 3 G Clarkson (KuH) 33:41 Women: 1 C Stansfield (Bev) 37:06; 2 A Campbell (Hull Spr, W40) 39:57

BURTON MIDSUMMER 10km, Burton-on-Trent

Overall: 1 M Whitehouse (Notts, M35) 31:52: 2 R White (Hale) 33:44; 3 I Salt (Uttox) 34:08; 4 A Benfield (Burt, U17) 34:25; 5 J Fletcher (Hatt D) 34:40; 6 M Acginity (Unatt) 34:48; 7 S Harper (Unatt) 35:09; 8 M Andrews (Peel) 35:27; 9 K Edwards (Tam) 36:11; 10 A Harper (Huub Tfn Rt) 36:12 M40: 1 J George (Tam) 36:42; 2 H Bush (Tam) 37:12; M50: 1 D Williams (Tam) 36:53; 2 S Knopik (Hatt D) 37:06; 3 A Chambers (Ivan) 37:25; 4 P Holford (Unatt) 38:36; M60: 1 C Mason (S Der) 39:06

Women: 1 C Smith (Charn, W35) 40:17; 2 L Johnson (Charn) 40:53; 3 A Collins (Hatt D) 42:17; 4 C Scott (Sinf, W40) 43:35; 5 N Mullan (Badgers, W35) 43:52

SHEFFIELD MIDSUMMER MAD DASH 5, Sheffield

Overall: 1 C Cotton (K'worth) 32:01; 2 K Doyle (K'worth, M35) 33:18; 3 R Spooner (Barns H) 33:33 Wornen: 1 C Spencer (K'worth) 38:20; 2 M Gregory (Vall HR, W35) 42:30

RUNNING SHOP BEACH 10km, Aberdeen

Overall: 1 D Munro (Cambus) 33:49; 2 N Milovsorov (Metro, M45) 34:13; 3 R Gauld (Unatt, M35) 34:31; 4 S Terwey (Unatt, M35) 37:32; 5 R Creswell (A'deen, M45) 37:49 M50: 1 J Steel (Stone) 38:26. M65: 1 H Cameron (Forres) 42:39 Women: 1 C Milne (jogscotland, W50) 40:04; 2 M Baxter (Unatt, W35) 40:52; 3 M Ingrid (Metro, W40) 43:02

JUNE 16 DASH FOR DAD 5km Saunderton, Buckinghamshire

Overall: 1 B Whitfield 20:19; 2 E Furness (M40) 21:33; 3 I Payne 21:48 M50: I Ward 21:58 Women: 1 S Roddick 28:54; 2 J Howard 29:29

23.23

JUNE 12 LANGLEY PARK SUMMER 5km Series

Slough, Berkshire

Overall: 1 P Douglas (L Buzz, M40) 19:45; 2 G Devlin (Fetch E) 19:57; 3 S Parsons (R'mede, M40) 20:15 Women: 1 P Thomas (ESM, W45) 22:45; 2 C Jones (ESM, W55) 22:55 W60: M Moody (Handy X) 23:51

HAYLING BILLY 5

Hayling Island, Hampshire Overall: 1 J Corbett (NEB) 26:50; 2 L Chain (Stubb) 26:54; 3 J Manning (Denm) 27:34 M55: P Guest (Ports J) 31:42. M60: T Avey (Phoe) 34:43 Women: 1 G Corbett (unatt) 33:48; 2 J Elkins (Stubb) 34:06 W50: L Tombs (Fitt) 34:40. W65: M Crocker (Vict) 47:47

HARLOW MIDWEEK LEAGUE 10km, Harlow

Overall: 1 L Reynolds (FVS) 34:22; 2 M Woodman (Staff H, M35) 34:24; 3 R Bate (FVS) 34:45 Women: 1 N Barnard (FVS) 41:26; 2 N Taylor (Herts P) 41:49

LETHBRIDGE 10km, Swindon

Overall: 1 C Gardner (Stroud) 36:02; 2 T Hemming (Swin) 36:38; 3 J Berry (Swin, M40) 37:11 Women: 1 A Wakely (Unatt, W35) 40:05; 2 S Kelly (Woot B, W45) 41:34

MALVERN JOGGERS 10km, Welland Overall: 1 J Barnes (Chelt) 37:14; 2 W

Joyce (Tel) 37:55; 3 J Rose (Severn) 38:42

Women: 1 S Armstrong (Amaz F, W45) 47:25; 2 A Arnold (Unatt, W35) 48:02

QUARRELWOOD FOREST, Elgin Overall (4M): 1 G Bee 25:06; 2 K

Overail (4M): 1 G Bee 25:06; 2 K Wilson (Moray) 25:10; 3 R Arbuckle (Keith, MSO) 26:12; 4 S Morrison (Moray) 26:45 M60: A Sutherland (I'ness) 28:29 U21: A Barr (Morav OC) 26:46 Women: 1 R MacLennan (Nairn R, U21) 29:00; 2 D Mair (Morav OC, W4O) 29:51; 3 H Cameron (Forres) 33:54 U16 (1.5M): 1 A Ferry 11:05; 2 H Baker 11:06; 3 B Cameron 11:45 U16 women (all U13): 1 G Whelan (U13) 12:41; 2 M Weir 14:16; 3 L Carmichael 14:20

CORFE MULLEN CARNIVAL 5km Dorset

Overall (5km): 1 L Chandler (Poole R) 16:01; 2 B Wilson (Poole R, U20) 16:03; 3 C Kennedy (Wimb, U20) 16:07; 4 D Mulryan (Poole R, U20) 16:28; 5 J Partridge (Poole R, U20) 16:43 **M45:** 1 A Ridley (unatt) 17:17; 2 S Wyatt (Wimb) 17:26. **M5**0: J Aylemore (Poole R) 18:24. **M55**: M Hirst (Poole) 19:06. **M60:** 1 H Murray (Purb) 18:35; 2 A Lewis (Poole R) 19:47 **Women:** 1 H Dyke (Poole R) 18:58; 2 B Griffith (Poole R) 19:08

W45: 15 Chaloner (Poole) 20:09; 2 L Hutchings (Wimb) 21:44. W50: J Palmer (Poole R) 20:44. W55: B Murray (Purb) 23:54

U20: Á Hine (Wimb) 20:04 U15 Overall (1M approx): 1 D Willmore (Poole R) 5:17; 2 T Bourne

(Wimb) 5:32; 3 L Murphy-Parry (Wimb, U13) 5:38 Girls: 1 B Dence (B'mth) 5:40; 2 G Copeland (Wimb, U13) 5:46

SANDALL BEAT 10km, Doncaster

Overall: 10 James (K'worth) 35:00; 2 G Felton (Barns, M40) 35:09; 3 C Cotton (K'worth) 35:20 Women: 1 L James (K'worth, W35) 39:40; 2 N Steel (Wake, W35) 42:08

THREE SISTERS 5km, Ashton-in-Makerfield

*d*asics

- **Overall:** 1 A Valentine (Bolt, M35) 16:06; 2 M Clark (Swint) 16:35; 3 M Bell (Horw, M40) 16:50
- Women: 1 L Riches (Leigh, U20) 19:14; 2 K Normanton (Burn RR, W40) 20:02 JUNE 11

BOOTH DECORATORS LEAGUE, Belper

Overall: 1 D Annable (Hean) 22:10; 2 M Powell (Hean) 22:11; 3 J Rainsford (Hean, U20) 23:15 Women: 1 N Pembleton (SinA) 25:43; 2 L Insley (Hean, W40) 27:10

KIMMY KANTER 5, Kimberworth

Overall: 1 D Thompson (Barns, M35) 26:34; 2 Z Mellard (Hallam) 26:39; 3 G Felton (Barns, M40) 26:44 Women: 1 N Green (Barns, W40) 30:59; 2 L James (K'worth, W35) 32:39

YORKSHIRE VETERANS' GRAND PRIX, Pudsey

PRIX, Pudsey Overall: 1.G Mulholland (Stainl, M40) 27:49; 2.D Watson (Holm, M40) 28:20; 3.N Armitage (Puds P, M40) 29:22 M40: 4 C Keedy (St Th) 29:43. M45: 1.D Burnley (Puds P) 30:34. M50:1 P Stevenson (P&B) 29:34. M55:1P Hughes (Queensb) 32:00. M60:1J Wheldon (Puds P) 35:20. M65:1P Ellerton (Bing) 37:36. M70:1T Cock (Holm) 46:13 Women: 1.M Sykes (Holm, W40) 33:08

; 2 R Pilling (P&B) 35:09 ; 3 S O'sullivan (Keigh, W35) 36:07 **W40:** 2 S Grant (Abbey R) 36:45. **W45:** 1 A Smith (Queensb) 37:43. **W50:** 1 A

1A Smith (Queensb) 37:43. **W50**: 1A Eagle (Ilkley) 37:15. **W55**: 1 S Ransome (Puds P) 41:06. **W60**: 1 A Baldwin (Stainl) 38:24

JUNE 9 BEACH2BEACH, St Andrews

Overall (4km): 1 N Brew 12:37; 2 B Fazedeiro 12:53 Women: 1 G Tivendale 16:32; 2 M Camacho 16:53

JUNE 8 ACONBURY SUMMER Cross-Country

Hereford Overall: 1E Taylor (Here) 31:49; 2 M Pfeiffer (Builth, M45) 32:25; 3 J Pullen (Wye V, M45) 32:44 M50: D Williams (here) 37:00. M55: G Kay (Here) 38:13. M60: S Herington (Here) 38:35. M70: B Davies (Croft A) 45:19

Women: 1 S Davies (Croft A, W45) 39:07; 2 B Davies (Wye V) 39:20; 3 F Addison (here Tri) 39:30 W50: R Thomkins (P'teign) 43:10

JUNE 6

SHUTLINGSLOE 4 Staffordshire Moorlands

Overall (tough): LJ Ross (Stone, U17) 23:40; 2 S Harding (Macc) 25:15; 3 S Wilson (Macc, U17) 25:55 M45: D Croft (Macc) 27:17 Women: 1 S Harris (Macc, U17) 31:02; 2 R Watchorn-Rice, W45) 31:25

FELL

JUNE 23 FALKLAND

Overall (3M/1200ft): 1L Rees (Fife, UI7) 21:24: 2 T Rees (Fife, UI5) 21:26; 3 A Gilmour (C'thy) 21:31 M40: B Marshall (HELP) 21:43 Women: 1C Morgan (C'thy) 24:00; 2 A Lloyd (HBT) 26:46; 3 H Ritchie (Fife, W50) 27:34 UI7: A Cruickshanks (Fife) 30:16 UI5: R Knox (Anst) 33:14

Results Fell

HELM HILL, Kendal

Overall (3.3M/900ft): 1S Godsman (Calder V, M40) 23:04; 2 J Hall (Wharf, U23) 23:13; 3 T Oates (Amble) 23:52 M45: P Dugdale (Kend) 24:08 Women: 1 H Robinson (Amble, W40) 28:45:2 K Hal (Wharf) 30:54:3 M Cameron (Amble) 31:39 U23 R Hellawell (K&C) 32:08 U17 (1.5M approx): 1 Jacob Boyle (Hynd) 11:26; 2 C Richards (Helm H) 11:35; 3 H Muir (Wharf) 11:48 U17 women: 1 K Lawson (Helm H) 13:55; 2 E Lambert (Wharf) 14:33; 3 H Thom (K&C) 16:18 U14 (1.2M approx): 1 L Bowen (Amble) 9:07; 2 T Nelson (Wharf) 9:09; 3 E Brennan (Ilkley) 9:26 U14 women: 1 B Fourie (Hynd) 10:11; 2 I Burrow (Helm H) 10:45; 3 S Hastings (Wharf) 11:00 U12 (1M approx): 1 F Sproul (Kend) 6:15; 2 T Humphries (Eden) 6:37; 3 T Marshall (Sett) 6:38 U12 women: 1 K Atkinson (K&C) 6:42; 2 M Walsh (Helm H) 6:48; 3 C Rylance

WINDY GYLE, Barrow Burn

(Amble) 7:25

Overall (9M/1800ft): 1 J Malley (Dark Pk, U23) 63:37; 2 L Bennett (Els, M40) 63:50; 3 B Crombie (Aln, M40) 63:04 M50: A McDonald (Morp) 68:52. M60: D Tait (Dark Pk) 80:32 TEAM: N'land F 33 Women: 1 M Bennett 78:07; 2 E Bain (N'land F, W40) 78:59; 3 S Scott (N'land , W40) 82:25 TEAM: N'land F120

KINDER TROG, Hayfield

Overall (16M/3490ft): 1 T Brunt (Dark Pk, M40) 1:57:12; 2 T Bush (Alt) 2:00:25; 3 R Houghton (Macc, M45) 2:01:07; 4 A Perry (Pennine) 2:01:12; 5 J Scott-Buccleuch (Stock H) 2:01:14 M55: C Davies (Sadd) 2:12:00. M65: B Blythe (Macc) 2:32:19 Women: 1 C Rice (G'dale) 2:13:10; 2 J Jepson (Dark Pk, W45) 2:17:57; 3 C Aspinall (Pennine) 2:23:10

TOM TITTIMAN, Chiserley

Overall (4M/700ft): 1 J Crossfield (Hali, U23) 27:21; 2 H Wyber (Spring S) 27:58; 3 J Raho (Holc) 28:48; 4 J Helliwell (CV) 28:57; 5 J Smith (Calder V) 29:05

M40: D Fishwick (Chor, M40) 30:00 M50: M Keys (Ross) 31:42. M60: B Horsley (Calder V) 37:23 U16: J Crummett (Tod) 32:07 TEAM: 1 Calder V 16; 2 Tod 37; 3 Spring S 85 Women: 1 G Sugden (Calder V) 33:48;

2 S Newman (Calder V, W50) 34:03; 3 R Snekkenes (NOR. U23) 36:43 W60: A Baldwin (Stain) 38:31 TEAM: 1 Calder V 9; 2 Tod 23; 3 Wig P 60 Midsummer Madness series: Men: 1 Crossfield 6; 2 Raho 12; 3 P Hobbs (Tod) 26 Vet: Fishwick 33 Women: 1 Sugden 78; 2 J Leonard (Tod.

W55) 168; 3 | Pollard (Tod) 190 JUNE 22

FINELLA, Auchenblae

Overall (5M/1000ft, no times taken): 1 | Anderson: 2 N Walker: 3 R Forbes U16: F Kinninmonth Women: L Clark

DARREN JONES CLOUGHA PIKE, Ouernmore

Overall (5M/1250ft): 1 D Hope (P&B) 39:32; 2 S Swarbrick (Bowl, M40) 40:21; 3 M Chippendale (Bowl, M40) 40:40; 4 N Sharp (M40) 41:28; 5 M Johnson (Bowl, M50) 41:38

U18: M Shackelton 42:18 Women: 1 M Hyder (Helm, H) 48:03; 2 D Atkins (Chor) 50:55; 3 L Goddard (L&M, W40) 56:30 W50: A Holden (Bowl) 61:34 U16 (2.2M/530ft): 1 M Mahoney (Sett)

18-14-2 | Maxwell (Sett) 22-19 U14 (2.3km/70m): 1 L Bowen (Amble) 10:25; 2 D Cooper (Kesw) 11:43 U12 (1.7km/50m): 1 L Hargreaves-Madas (Wharf) 8:14; 2 S Segger-

Staveley (Sett) 8:24; 3 M Holroyd (Sett) 8:38 U12 women: 1 E Jones (Wharf) 9:40; 2

E Bainbridge 13:59

COITY, Garn Yr Erw

Overall (5M/1000ft): 1 M Jennings (Fairw) 36:18; 2 D Barnby (Fairw) 40:56; 3 A Reynolds (Neath) 41:33 M50: D Vorres (Mynydd D) 45:52. M60: P Miles (Parc B) 47:38 TEAM: Fairw 19 Women: 1 H Duffield (Chep, W40) 52:33; 2 E Sowrey (P'pool) 53:24; 3 A Harris (Mynydd D, W40) 53:48 TEAM: P'pool 19

EAGLE CRAG, Blarmachfoldach

Overall (5.4M/2500ft): 1 A Smith (Dees R, M50) 62:12; 2 S Burns (L'ber, M40) 63:59; 3 J Gay (L'ber, M40) 64:14 Women: 1 D Baum (L'ber) 74:29; 2 L Roberts (Amble, over-40) 76:19; 3 C Pearson (Wharf) 77:39

EILDON TWO HILLS, Melrose

Overall (4.5M/1500ft): 1 F Johnston (Gala) 37:08; 2 D Fulton (HBT) 37:47; 3 D Navlor (HBT, M40) 37:52 Women (all Gala): 1 J Forbes (W40) 44:31; 2 R Fagan 44:41; 3 K Maxwell 45:10

JAMES BLAKELEY HARDEN MOSS, Holmfirth

Overall (3M/600ft): 1 P Stevenson (P&B, M50) 22:12; 2 R Jackson (Horw, M40) 22:35; 3 B Stevenson (P&B, M40) 23:33 M70: T Cock (Holm) 35:16 **U18:** H Newman 28:02 TFAM: Holm 43 Women: 1 D Lee (Holm) 32:33; 2 J Crook (U18) 59:35; 3 E Matthew (U18) 59:35

LAKESIDE TO GUMMERS HOWE, Windermere

Overall (5km/260m + boat return): 1 A Dunn (Helm H) 27:18; 2 M Jones (B Combe) 31:57; 3 L Winder (Idle) 32:14 TEAM: Inov-8 28:57 (B Abdelnoor, C Bell, J Helme) Women: M Pyne 42:02 TEAM: Helm H 37:59 (K Aubrey, D Whitehead, C Holden)

LARGO LAW. Lower Largo

Overall (10km/330m): 1 K Greig (Forres) 43:48; 2 B Hukins (Cambus) 44:21; 3 S Cassidy (Fife) 47:12 M40: J. Knox (Anst) 48:34 **U20:** T Knox (Anst) 53:20 **Women:** 1 C Morgan (C'thy) 50:37; 2 M Davie (Forres) 54:47; 3 S Provan (Dees R) 57:17

RESERVOIR BOGS, Wadsworth

Overall (8M/1500ft): 1 J Crossfield (Hali, U23) 72:35; 2 S Willis (Sadd, M45) 73:21; 3 M Peace (Bing, M40) 73:28 M50: M Keys (Ross) 76:25. M55: D Collins (Tod) 76:32.M60: B Horsley (Calder V) 85:46 TEAM: 1 Tod 26; 2 Calder V 37; 3 Spring

S 81 Women: 1 G Sugden (Calder V) 85:35; 2 J Scarf (Calder V, W50) 85:59; 3 K Brierley (Tod, W50) 87:59 TEAM: 1 Tod 15; 2 Wig P 40

JUNE 21

WICKEN HILL WHIZZ, Mytholmroyd Overall (2.8M/1050ft): 1 M Wharton (Calder V, U18) 19:50; 2 A Whittem

(Calder V) 2043; 3 T Black (Calder V) 21.04 M45: C Smale (Bing) 22:03. M50: M

Keys (Ross) 24:06 U23: J Crossfield (Hali) 21:48 U16: J Denton (Calder V) 23:19 TEAM: 1 Calder V 6; 2 Tod 55; 3 Wharf 55

Women: 1 G Sugden (Calder V) 26:54: 2 I Wharton (Calder V, U16) 29:09; 3 M Heifz (W40) 29:29 W55: J Leonard (Tod) 30:02. W60: A

Baldwin (Stain) 31:25 TEAM: 1 Calder V 7; 2 Tod 24; 3 Wig P 41

JOHN CLARKE MEMORIAL. Chingford

Overall (3.1M/800ft): 1 J McKeane (VPH) 21:47; 2 A Holford (WG&EL) 22:04; 3 L Murphy (WG&EL) 22:46; 4 B Jenkins (Orion) 23:15; 5 N Cook (VPH) 23:19 M40: G Bagnall (VPH) 24:05. M50: C Bailey (High) 25:36 U15: G Day (Orion) 25:10 Women: 1 N Brocklebank (Spring S) 26:05; 2 T Lyons 27:38; 3 K Clark 28:21 W45: Z Woodward (Eton M) 28:54

JUNE 20 HEN AND COCK, Killcoo

Overall (3.5M/160ft): 1 Stephen Cunningham (Mourne) 28:03; 2 | Bailey (Newc NI) 28:41; 3 S Lynch (Newc NI) 29:40; 4 David McNeilly (Newc NI) 29:55; 5 S Donnelly (Newc NI) 30:34 M45: J Kelly (Newc NI) 31:39. M65: F Strickland (B'drain) 43:35 U20: J Millar (LVO) 31:07 Women: 1 S O'Kane (Lagan, W40) 35:15; 2 A Sandford (Lagan, W45) 39:05; 3 D Mathers (Newry, W45) 40:59 W55: M Mackin (Drom) 42:05 U20: D Magee (Newc NI) 46:12

BLACKAMOOR CHASE, Totley

Overall (6.5M/1400ft): 1 R Little (Dark Pk) 41:44; 2 N Northrop (Dark Pk) 42:06; 3 A Taylor (Dark Pk) 42:43; 4 A Linskill (Totley) 43:19; 5 | Nixon (P&B) 43.28

M40: S Gregory (Holme) 43:53 Women: 1 L Allen (Totley) 46:27 (rec); 2 S Fawcett (Smiley) 48:03; 3 C Pusser (Dark Pk) 52:12

JUNE 19

COPPICE, Accrington

Overall (5M/600ft): 1 S Nicholls (Wig D) 36:37; 2 K Horrigan (M50) 37:25; 3 L Passco (Clay, U20) 38:46 Women: 1 F Wise 42:15; 2 R Wickham (B'burn, U20) 44:34; 3 Y Wickham (Clay, W50) 55:42

LANGSTRATH, Borrowdale Overall (4.7M/1411ft): 1 R Lightfoot

MEN

3:30:26 John Gardener

Derek Hawkins

Mark Couldwell

Gethin Butler

Wavne Lincoln

Andrew Green

Stephen Low

Roger Greenaway

Jeff Whittington

Gordon Brown

Robert Walsh

2:16:50

2:24:01

2:27:16

2.28.35

2:43:28

2:57:56

2:58:11

3.10.22

4:06:57

4:34:52

(Ellen) 37:29: 2 M Mlkkelsen-Barron (B'dale F) 38:41; 3 C Edis (Kesw) 39:01 Women: 1 P Maddams (Kesw) 48:05; 2 J Mattinson (Kesw) 53:13; 3 M Cameron (Amble) 53:23 W60: S Ashley (Kesw) 63:57

RED MOSS REVOLUTION, Balerno

Overall (5.5M/720ft): 1 A Fallas (C'thy) 35:28; 2 D Naylor (HBT, M40) 35:40; 3 F Johnston (Gala) 36:55; 4 I Whiteside (C'thy) 37:05; 5 G Taylor (Edin, U23) 37.06 M50: A Smith (Dees R) 38:40. M70: C Love (Dund H) 59:20 Women: 1 C Morgan (C'thy) 40:29; 2 H Bonsor (C'thy) 43:26; 3 V Houston (W'lands CC, W40) 45:12

RODNEY'S PILLAR, Criggion

Overall (3.9M/950ft): 11 Lowe (Osw) 25:24; 2 P Beeson (Mald) 25:38; 3 D Martin 26:34 Women: 1 V Swingler (Shrops S) 29:04; 2 R Stafford (Mercia) 30:07; 3 B Haydock (Newp) 31:57 Handicap: D Roberts (Bayst) 15:51

WHORLTON CHASE, Swainby

Overall (7M/1080ft): 1 M Jeffries 40:53; 2 P Lowe (N Yrk M, M40) 41:18; 3 P Butler (Loft, M45) 41:38; 4 J Cavil (Pick) 43:07; 5 N Barber (Pennine) 43:39

M55: A Normandale (York Ac) 45:36. M65: I Bithell (Knave) 56:55 TEAM: 1 N Yrk M 34; 2 Loft 71; 3 York Ac 79 Women: 1 J Keavney (Swale, W45) 49:35; 2 N Kent (Loft, W40) 50:03' 3 S Gordon (N Marske) 51:00 W55: S Haslam (Scar) 51:43 TEAM: 1T&S 28; 2 N Yrk M 30; 3 T&S R 45

HUMBLEDON, Haydon Bridge

Overall (5.3M/787ft): 1D Beech (Tyne B) 36:57; 2 S Birkinshaw (B'dale F, M40) 37:08; 3 J Butters (N'land F) 37:17 M50: D Armstrong 39:37. M70: J Garbarino (N'land F) 58:08 U18: A Maxwell (T6yne) 44:49 Women (all N'land F): 1 K Robertson (W40) 44:04; 2 S Scott (W40) 46:42; 3 T.Johnson 46:46 U16 (3.8km/151m): B Pickett 23:37 U14 (2.5km/45m): 1 E McClean 13:29; 2 L Lally (U12W) 19:17; 3 S Speed (W)

20.15

HOTFOOT UP FAMAU, Moel Famau Overall (3.5M/1200ft): 1 K Steinegger

(Amble) 36:09; 2 L Burthem (Warr, U23) 36:26; 3 J Brown (Buck, M40) 36.47

Women: 1 L Morley (Wrex) 47:13; 2 B Tiedtke (P'atyn, W50) 49:11; 3 P Hurst 49.59

JUNE 18

TAL Y MIGNEDD

Overall (3.5M/1600ft): 1 M. Roberts

UK Marathon leaders

M80/W80

WOMEN

2:30:46 Susan Partridge 2:43:30 Liz Cocks 2.36.52 Hayley Haining 2:50:39 Philippa Taylor 3:01:43 Anne Paul 3:03:45 Vicki Perry 3:29:33 Zina Marchant 3.40.07 Susan Nicholls 4:21:48 Jackie Jenkins 4:59:11 **Eleanor Draper** 6:12:50 Joyce Legg

M45) 34:33; 4 J Hargreaves 34:35; 5 A Rozzett (Ashb) 34:37 **M50:** G Williams (Dark Pk) 36:30. M60: M Moorhouse (Mat) 41:27 Women: 1 S Fawcett (Smiley) 37:57: 2 H Tant (SYO) 40:12; 3 K Wilkinson (Steel) 40:15 W50: J Langrell (Barns H) 41:21

JUNE 12

(Ervri) 34:19:2 G. Owen 36:19:3 H

M40: P Jenkinsonk (Amble) 38:40.

Women: 1 L. Grantham (Ches TC) 44:14:

W50: E Salisbury (Eryri) 51:30. W60: M

Overall (5.9M/800ft): 1 J Ross (Staffs

M) 32:45; 2 R Hope (Staffs M, M40)

35:37; 3 J Pearce (Cong, M40) 36:16;

4 C Patterson (Ashb) 36:54; 5 M

Wainwright (Staffs M, U20) 37:03

M50: D Wilkinson (Dark Pk) 37:59.

Women: 1T Greenway (Der, W40)

44:59; 3 F Alexander (Ripley, W40)

W50: C Rowe (Long E) 47:03. W60: J

SUTTON PINNACLES, Keighley

Overall (7M/853ft): 1 Shaun Chew

(Barl) 39:29 (rec); 2 G Callan (Bing)

40:01; 3 Steven Chew (Barl) 40:05

M50: B Kennedy (Sett) 46:23. M65: D

Women: 1 A Yeadon (Pennine) 52:36;

2 J Wright (W45) 55:03; 3 H Brierley

GRINDLEFORD, nr Sheffield

Overall (4.5M/500ft): 1 M Nolan

(Dark Pk, M45) 34:23; 2 M Johnson

(Dark Pk) 34:29; 3 J Morgan (Dark Pk,

,

39:19; 2 A Wainwright (Staffs M, W40)

M60: M Moorhouse (Mat) 41:48. M70: B

2 B lenkinson (Ervri U18) 36:32:3 A Thomas (Eryri, W40) 47:50

O'Donnell (Amble) 38:25

M70: E Davies (Eryri) 49:04

U18: J Griffith (Col B) 39:36

CALTON. Stoke-on-Trent

Oliver (Eryri) 59:06

Allsop (Bux) 51:01

Clowes (Ashb) 51:46

Tait (Dark Pk) 50:40

(Manc Y) 57:17

JUNE 13

JUNE 16

46.53

RAS YR HAFOD, Aberystwith Overall (6M/1000ft): 1D Lewis (Sarn

H) 41:03; 2 G Holland (Aberys) 41:41; 3 L Lewis (DIC) 43:54 M40: G Dawson (Aberys U) 48:00 Women: 1 J Velamaazon (Aberys) 51:40; 2 H Willoughby (Sarn H) 56:14; 3 E Carter 57:55 W40: A Worthing (Aberys) 57:33

CAUTLEY HORSESHOE, Cautley

Overall (4.7M/2640ft): 1 A Perry (Pennine) 51:00; 2 Peter Brittleton (Amble, M40) 51:18; 3 P Hanna (Howg, U23) 53:14 Women: 1 M Hyder (Helm, H, U23) 62:23; 2 W Dodds (Clay, W60) 69:02; 3 J Rigby (Helm H) 72:40

Senior M35/W35 M40/W40 M45/W45 M50/W50 M55/W55 M60/W60 M65/W65 M70/W70 M75/W75

asics

WORMSTONES, Glossop

Overall (4M/1348ft, new course):1S Coldrick (Pennine) 31:26; 2 S Harding (Macc) 32:28; 3 S Knowles (Pennine, M40) 33:58 TFAM: Pennine 8 Women: 1 C Rice (G'dale) 37:17: C Palter (Dark Pk, W40) 39:21; 3 Z Barton (G'dale) 39:32 TEAM: G'dale 11

HOLCOMBE TWO TOWERS. Holcombe Brook

Overall (5.2M/1000ft): 1 J Raho (Holm) 34:04; 2 D Motley (Clay) 35:34; 3 E Gamble (Ches HR, M45) 35:50 M50: M Keys (Ross) 37:04. M70: P Jepson (Ross) 53:26 Women: 1 S Sarginson (Bowl, W40) 39:51; 2 S Yeomans (Ross) 39:53; 3 C Kirkham (Holc) 44:57

JUNE 11 **UP THE BEAST, Maeshafn**

Overall (4.5M/1500ft, all M40): 1 R Grantham (Ches TC) 34:17; 2 P Jones (Mercia) 34:31; 3 J Brown (Buck) 35:37 Women: 1 J Joy (Hels) 40:07; 2 L Morley (Wrex, W40) 45:27; 3 S Harley 46:18

Y GARN, Caernarfon

Overall (2.5M/90ft): 1 J Rowley (Eryri) 26:45:2 G Owen 57:48:3.1 Parkinson (Eryri, M40) 27:40 (M40 rec) U18: | Hughes (Menai) 28:52 (rec) Women: 1 B Jenkinson (Eryri, U18) 33:42 (rec); 2 M Hughes (Eryri) 35:46; 3 AThomas (Eryri, W40) 35:47 W50: E Salisbury (Eryri) 38:06. W60: M Oliver (Eryri) 42:14 ----

JUNE 8 FRA JUNIOR UPHILL CHAMPIONSHIPS, Sedbergh

U18 (3.8km/395m): 1 L Cheskin (Moorf) 24:38; 2 S Haggar (Wharf) 25:52; 3 S Johnson (Bolt, W) 28:58 U18 women: 1 Johnson 28:58; 2 L Munro-Bennett (Helm H) 31:25; 3 H Tidd (Warr) 37:08

U16 (3.8km/395m): 1 L Burthem (Warr) 21:54 (rec); 2 J Willis (M&C) 22:15; 3 J Hindle (B'burn) 24:00 U16 women: 1 E Greenwood (B'burn) 27:49; 2 J Willison (Der) 29:19; 3 E Lambert (Wharf) 31:09

U14 (2km/262m): 1 J Boyle (Hynd) 13:07; 2 J Steele (Dall) 13:29; 3 T Nelson (Wharf) 13:35

U14 women: 1 G Handley (B'burn) 14:36; 2 E Clapton (Scar) 14:52; 3 L Haines (Ilkley) 15:16 U12 (1.6km/174m): 1 J Dickinson (York)

9:22; 2 B Green (Ross 9:35; 3 L Parker (Pennine) 9:43 U12 women: 1 K Atkinson (K&C) 10:46;

2 M Walsh (Helm H) 10:47; 3 E Tinman (Ross) 10:51 OVERALL TEAM: 1 Helm H 34; 2 Ross

35; 3 Wharf 41; 4 Holm 58

MOEL HEBOG, Beddgelert

Overall (4.2M/2461ft): 11 Richards (Meirion) 50:18; 2 A Whittem (Calder V) 50:30; 3 M Cliffe (Eryri, M40) 51:43 U23: W Neill (Mercia) 52:21 Women: 1 H Fines (Calder V) 55:31; 2 L Jeska (Aberys) 58:19; 3 J Joy (Hels) 67.12

WEETS, Barnoldswick

Overall (5.5M/1800ft): 1 Cornthwaite (N'land F) 37:14 (rec); 2 M McGroldrick (Wharf) 38:26; 3 S Watson (Wharf) 39.12

M50: P Stevenson (P&B) 40:26 Women: 1 A Green (K&C) 45:21; 2 C Cooper (K&C) 50:42; 3 F Hall (Traw) 53.12

W60: J Rawlinson (Clay) 59:17

CASTLETON

Overall (6M/1500ft): 1 K Jones (SHUOC) 40:20 (rec); 2 S Bond (Dark Pk) 41:40; 3 S Walker (Dark Pk) 44:54; 4 A Taylor (Dark Pk) 45:11; 5 A Swift (P'stone FPR) 45:26 M40: P Hague (S Yorks Pol) 47:07 Women: 1 H Elmore (Dark Pk, W40) 50:51; 2 S Fawcett (Smiley) 50:57; 3 C Palton (Dark Pk, W40) 53:36

TRAPRAIN LAW, East Linton

Overall (6.5M/650ft): 1 S Whitlie (C'thy, M50) 39:52; 2 C Reid (HELP) 39:56; 3 G Bucciarello (Edin) 40:07; 4 A Hart (HBT, M40) 41:52; 5 D Wright (HBT) 42:04 M60: S Wallace (HELP) 51:20 Women: 1 J Mykura (C'thy) 45:53; 2 M McCracken (HBT) 47:48; 3 R Fagan (Gala) 48:29 W40: R Anderson (Dunb) 50:03

JUNF 6 ABBEY RUNNERS' ANNIVERSARY, Kettlewell

Overall (5M/1800ft): 1 A Peers (Liv H) 36:34; 2 J Hall (Wharf, U23) 36:37; 3 T Mason (Wharf) 37:06 M40: P Crabtree (Wharf) 39:39. M55: I Rowbotham 43:22 Women: 1 A Donlan (Wharf) 53:24; 2 LWhittaker (Wharf, W50) 55:37; 3 L Mallinson 61:27

DENIS STITT MEMORIAL, Holmfirth

Overall (3.7M/1214ft): 10 Beilby (Wharf) 32:35; 2 C Jackson (G'dale) 34:00; 3 D Stewart (Holm, M40) 34:28 M50: S Rimmer (Holm) 35:18 Women: 1 H Berry (Holm) 35:49; 2 C Rice (G'dale) 36:14; 3 J Mellor (Pennine, W40) 40:57 W55: B Hinchcliffe (Holm) 44:58

HEBDEN BRIDGE

Overall (5.9M/1150ft): 11 Holmes (Bing, M40) 45:23; 2 C Holmes (Wharf, M40) 45:43; 3 J Lloyd (Tod) 46:50; 4 G Brown (Calder V) 46:59; 5 J Raho (Holc) 47:08 M50: K Horrigan 50:37 Women: 1 H Page (Calder V) 52:56; 2 C Sarell (Hyde P) 58:50; 3 J Scarf (Calder V, W50) 58:59 W60: A Baldwin (Stain) 62:26

TANSLEY

Overall (4.3M/600ft): 1 B Cartwright 25:59; 2 E Jones (Belper) 27:46; 3 C Davenport (Mat) 27:59 M40: A Pickering (Mat) 28:34. M50: A Whittaker (Mat) 29:19. M60: S Brister (Mat) 31:50 Women (all W40): 1 E Taylor (Wirk) 34:35; 2 G Gamble (Shelt) 34:40; 3 C Scott (Sinfin) 34:43 W60: A Burt (Bux) 40:25 U18: A Spencer 36:07

MEELBEG MEELMORE, Co Down

Overall (3.5M/1800ft):1S Cunningham (Mourne) 28:44; 2 I Bailey (Newc NI) 29:28; 3 N Carty (N Belf, M45) 30:15; 4 David McNeilly (Newc NI) 30:15; 5 S Lynch (Newc NI) 30:31 M50: Deon McNeilly (Newc NI) 31:38. M55: D McGreevey (Newc NI, M55) 34:34. M60: S Cunningham (Mourne) 40:02. M65: F Strickland (B'drain) 43:45

U20: P Pruzina (B'drain) 35:54 Women: 1 D Wilson (Drom, W40) 35:12; 2 S O'Kane (Lagan, W40) 35:36; 3 A Sandford (Lagan, W45) 40:00 W55: M Mackin (Drom) 40:22

JUNE 5 **OSSY OIKS, Stokesley**

Overall (5.3M/1722ft): 1 P Butler (Loft,

M45) 38:49; 2 Cameron Taylor (Esk V, U20) 39:36; 3 N Barber (Pennine) 39.44

TEAM: 1 Loft 33; 2 N Yrk M 45; 3 Esk V 60 Women: 1 K Neesam (N Marske, W45)

46:56; 2 A Raw (Bing, W50) 50:00; 3 H Cox (T&S, W40) 51:50 TEAM: 1 T&S 25; 2 N Yrk M 26; 3 N Marske 27

OTLEY CHEVIN, Otley

Overall (3.5M/900ft): 1 A Osbourne (Leeds C) 17:44; 2 B Addey (Otl) 18:27; 3 P Branney (Leeds C) 18:43; 4 Neil Armitage (P&B, M40) 18:55; 5 M Cox (Ilkley)19:04 M50: S Webb (Vall) 20:26. M65: D Tait (Dark Pk) 25:01. M70: N Bush (Ilkley) 25:59 U20: B Chapman (Ilkley) 19:53 Women: 1 H Williams (Vall) 21:26; 2 G

Myers (Wharf, W50) 21:57; 3 R Saxton (Otl) 22:40

BOAR'S HEAD, Higher Poynton Overall (7M/1250ft): 1A Lamont

(Macc) 46:45; 2 G Briggs (Staffs M, M40) 48:49; 3 R Houghton (Macc, M40) 48:51; 4 E Gamble (Ches HR, M40) 49:09; 5 S Knowles (Pennine, M40) 49:25 M50: M Richards (Goyt) 50:18. M60: R Taylor (Pennine) 56:25 TEAM: Macc 12 Women: 1 C Rice (G'dale) 55:51; 2 S Curtis (Pennine, W40) 56:28; 3 C Aspinall (Pennine) 57:10 W50: B Ganose (Alt) 62:16. W60: A Dinsmor (Pennine) 76:09 TEAM: Pennine 221

CALVER PEAK, Hope Valley

Overall (5M/900ft): 1 S Pyke (Dark Pk, M40) 31:04; 2 K Hodgson (Eden) 31:32; 3 a Taylor (Dark Pk) 31:38; 4 D Taylor (Dark Pk, M40) 31:58; 5 E James (Belpeer) 32:06 M50: S Reed (Dark Pk) 35:25. M60: P Gorvett (Dark Pk) 40:33 Women: 1 S Fawcett (Smiley) 36:07; 2 P Wilkie (Dark Pk, W40) 37:23; 3 R Chatwin (Pennine, W40) 38:02 W50: P Goodall (Totley) 42:45

BLENCATHRA, Mungrisedale

Overall (8M/2700ft): 1 C Bell (Kesw) 63:00; 2 C Edis (Kesw) 66:40; 3 B Stewart (B'dale F, M40) 66:55; 4 P Harrison (Kesw, U23) 67:05; 5 M McGoldrick (Wharf) 67:07 M50: M Johnson (Bowl) 70:06. M65: J King (C'land F) 93:40 Women: 1 L Roberts (Amble, W40) 84:01; 2 H Robinson (Amble, W40) 85:53; 3 L Thompson (Kesw, W55) 86.26

CORT-MA-LAW, Lennoxtown

Overall (6M/1500ft): 1 | Stewart (W'lands CC) 50:44; 2 A Smith (Dees R, M50) 52:28; 3 A Davies (C'thy, M50) 52.39

M60: J Shields (C'dale) 65:04 Women (all W40): 1 J Connor (Tinto) 64:21; 2 K Kealey (Ochil) 65:39; 3 M Hetherington (Helen) 66:30 JUNF 4

S-KRUNCE SERIES, South Kirkhill nr Aberdeen

Overall (4M/740ft, Cosmic unless stated): 1 J Rocke (Dark Pk) 23:29; 2 K Harper 24:23; 3 C Russell 24:33 M50: A Smith (Dees R) 25:10 U20: A Burnett (A'deen) 26:56 Women: 1 V Oldham (W40) 27:28: 2 | Smith 32:14; 3 F MacDonald 32:19 W50: A Hamilton 33:18 U20: F Wright (MAROC) 33:47

BINGLEY ST IVES DISABLED TRAIL FELL RACE, Bingley

Overall (4.5M/450ft): 11 Holmes (Bing, M40) 33:44; 2 C Holmes (Wharf, M40) 34:19; 3 P Tiffany (Bing) 35:40 **M60:** B Parkinson (Bing) 43:54 **Women:** 1 J Buckley (Bing) 41:03; 2 R Whitehead (Bing, W40) 43:50; 3 L Needham (Holm) 44:25 U16 (3M approx, all Bing and U14): 1 M Merrick 30:59; 2 J Jones 31:37; 3 R Mantle 31.44

U16 women: 1 V Merrick (U14) 34:08; 2 O Roper (U14) 34:58; 3 K Boden 37:30

PADDY'S POLE, Chipping

Overall (4.5M/1100ft): 1 D Hope (P&B) 28:40; 2 R Mellon (Bowl, M40) 29:15; 3 M Johnson (Bowl, M50) 29:22 M60: P Booth (Clay) 34:04 **TEAM:** 1 Bowl 10; 2 Prest 24; 3 Clay 28 Women: 1 S Sarginson (Bowl, W40) 34:01; 2 D Gowans (Acc RR, W40) 35:25; 3 N Jackson (Prst) 36:43 TEAM: Clay 21

THREE HILLS, Bangor Overall (5km/1500m, all Eryri): 1 J Rowley 31:17; 2 M Fortes 31:48; 3 C Jones (M40) 32:52 M70: E Davies 43:39 U18: J Griffin (Col B) 33:29 **U16:** C Linton (Menai) 34:02 **Women:** 1 L Grantham (Ches TC) 39:01; 2 S Barnwell (Eryri, W40) 41:28; 3 E Salisbury (Eryri, W50) 42:52 W60: M Oliver (Eryri) 46:44

JUNE 3

TRUNCE, Oxspring Overall (4.25M/550ft) 1 K Hodgson 24:54; 2 D Lund 25:22; 3 P Hague (M40) 25:23; 4 Taylor 26:08; 5 D Kilpin 26:16

Women: 1 J Berg 30:08; 2 M Laxton-Kane (W40) 33:09; 3 A Hathway 33:40 U16 (2M/250ft approx): 1 J Bevans 15:35; 2 T Hill 15:36; 3 Seaman 16:01 **U16 women**: 1 Eve Crownshaw 16:53; 2 J Hill 17:35; 3 A Hill 18:18

JUNF 1 HELENSBURGH GAMES

Overall (7.7km/350m):11 MacCorquodale (Cambus) 35:10; 2 M Deason (Shett) 37:19; 3 K Bryden (Shett) 42:50 Women: M Hetherington (Helen, W40) 49.40

KELBROOK, Barnoldswick

Overall (3.4M/700ft): 1T Ellis (Calder V) 21:22; 2 M Bell (Horw, M40) 21:30; 3 J Hall (Wharf, U20) 21:46; 4 C Holmes (Wharf, M40) 22:30; 5 J Craig (Heatcote) 22:39 M55: G Schofield (Horw) 24:18. M70: D Scott (Clay) 30:01 Women: 1 S Tipler (Wharf) 24:49 (rec); 2 S Toms (Ross) 27:13; 3 J Butterworth (Skip, W45) 28:28 W55: I Roche (Clay) 30:44. W65: J Bairstow (Traw) 35:20

PEN Y GHENT, Horton in Ribblesdale

Overall (5.9M/1650ft): 1 M Addison (Helm H) 47:25; 2 P Webb 47:50; 3 C Roberts (Kend, M40) 48:00; 4 J Ross (Staffs M, U20) 48:03; 5 M McGoldrick (Wharf) 48:38 M70: N Bush (Ilkley) 68:03 **U18:** S Haggar (Wharf) 54:30 Women: 1 L Clough (Chor, W40) 59:16; 2 R Pilling (P&B) 60:59; 3 A Weston (Ilkley, W40) 64:27 W50: A Eagle (Ilkley) 64:57

KNOCK HILL RACE, Banff

Overall (8.1M/1000ft): 1 J Whittet (Keith, M40) 57:58; 2 G French

(Garioch) 58:41; 3 J Goodall (Keith, M50) 59:22 Women: 1 I. French (Garioch) 75:07; 2 A Cruickshank (Keith) 80:40

WINCLE TROUT. Macclesfield

Overall (5.5M/900ft): 1 S Bailey (Mercia) 32:49; 2 J Goodwin (Boall, M40) 35:37; 3 S Walley (Trent) 35:37; 4 J Brown (Buck, M40) 36:41; 5 R Downs (Wilm, M40) 37:40 Women: 1 K Marchant (Staffs M) 41:39;

2 S Johnson (Bolt) 44:20; 3 H Evans (Macc) 45:16 W40: J Ridgard (E Ches) 47:07

TEAM (M&W): 1 Bolt 116; 2 Alt 126; 3 S Ches 136

U16 (2M/300ft): 1 K Hopley (Mow C) 13:23; 2 J Smith (Staff H) 14:21; 3 E Meylan (Bux) 14:24 U16 women: 1 J Downs (Stock H) 14:46; 2 L Roll 15:37; 3 A Newbould (Bux) 17:07

WHARFEDALE HALF-MARATHON, Skipton

Overall (13M/1936ft): 1 Q Lewis (Bail) 90:08; 2 G Briggs (Staffs M, M40) 92:23; 3 J Hood (Skip) 93:17; 4 M Hurst (Bowl) 96:54; 5 T Street 99:27 M50: J Sinclair (Ilkley) 1:49:56. M60: J Pickup (Clay) 1:54:53. M70: M Atkins (Bev) 2:44:42 Women: 1 M Ralphson (Traw) 1:49:42; 2 N Sweeney (P&B) 1:51:14; 3 L Thompson (Stain) 1:51:58 W45: R Mon-Williams (Ilkley) 1:52:21. W50: S Grimes (Wirk) 1:57:24. W60: H Coulsey (Ilkley) 2:20:41

WELSH 1000 METRE PEAKS, Aber Foreshore

Overall (22M/8000ft): 1 C Donnelly (L'ber, M50) 4:04:32; 2 C Burn (Lon H) 4:07:10; 3 N Hockley (WFRA) 4:11:31; 4 M Fortes (Eryri) 4:15:30; 5 D Wilby (Ilklev) 4:19:10 M60: C Edwards (WFRA) 6:09:03 Women: 1 L Wrgith (T Bath) 5:13:16; 2 H Dawe 5:41:57; 3 S Habgood (Mynydd D,

W40)6:09:41 W50: C Dallimore (MDC) 6:20:57 Overall (8M/4000ft): 1 E Harmer (Eryri, M40) 2:00:45; 2 S Clucas 2:07:57; 3 J Randell (Clwyd, M40) 2:08:18; 4 G Porter-Jones (Eryri, M40) 2:08:54; 5 H Williams (Barr) 2:10:37 M50: K Rowlands (Clwyd) 2:13:33. M60: M Blake (Eryri) 2:25:47 Women: 1 C Miller (Lon H) 2:14:18; 2 K Worthington (Eryri) 2:21:31; 3 A Thomas (Eryri, W40) 2:24:00 W50: S Farrar 2:32:45. W60: M Oliver (Eryri) 3:01:34 .

MAY 30

HILL AND DALES LOUGHSHANNAH Overall (5M/1700ft): 1 S Cunningham (Moiurne) 40:39; 2 S Lynch (Newc NI) 42:00; 3 N Carty (N Belf, M45) 42:14;

4 David McNeilly (Newc NI) 42:42; 5 C Bailey (Mourne, M40) 43:35 M50: J Brown (BARF) 48:41, M65: B Hamilton (E Down) 63:10 Women: 1 D Wilson (Drom, W40) 48:56: 2 S O'Kane (Lagan, W40) 51:01; 3 A Sandford (Lagan, W45) 54:24 W55: M Mackin (Drom) 57:05

KILLINGTON SPORTS, Sedbergh

Overall (1.5M/400ft): 1 J Hall (Wharf) 10:55; 2 P Dugdale (Kend, M40) 11:33; 3 M Scotney (Howg) 11:59 M50: B Procter (Helm H) 12:53 Women: 1 K Aubrey (Helm H, W40) 13:56; 2 L Munro-Bennett (Helm H) 14:40; 3 C Parker (Pennine, W40) 15:32 U17 (1.2M approx): 1 J Marchant (Pend) 9:37; 2 O Meanwell (B'dale F) 9:46; 3 M Senior (Helm H) 9:57 U17 women: 1 E Lambert (Wharf)

Results Fell

11:24; 2 K Lawson (Helm H) 12:10; 3 H Newbold (Wharf) 13:51 **U14 (1M approx):** 1 J Aubrey (Helm H) 7:50; 2 T Nelson (Wharf) 8:01; 3 R Johnstone (Wharf) 8:28 **U14 women:** 1 I Burrow (Helm H) 8:39; 2 M Senior (Helm H) 9:28; 3 I Gorst (Kend) 10:46

Ut2 (0.75M aprox): 1 F Sproul (Kend) 5:19; 2 L Parker (Pennine) 5:24; 3 T Humphries (Eden R) 5:38 Ut2 women: 1 K Atkinson (K&C) 5:41; 2 M Walsh (Helm H) 5:54; 3 A Allan (Helm

ROSEBERRY ROMP, Newton under Roseberry

H) 6:20

 Koseberry

 Overall (5.1M/1050ft): 1 P Bray (Dur F)

 34:16: 21 Nixon (P&B) 37:04; 3 D Archer

 (Dur F) 37:38

 Women: 1 C Williamson (Loft) 43:01; 2

 C Lambert (Weth) 43:20; 3 L Butt (Dur

 U) 44:43

 MAY 29

 BATCH BASH, All Stretton

 Overall (3M/1000ft): 1 S Cale (Mercia)

Overall (3M/1000ft): 1 S Cale (Mercia) 27:02; 2 T Werrett (Mercia, M40) 27:20; 3 P Jones (Mercia, M40) 27:25; 4 B Ashcroft (Shrews, U18) 28:16; 5 G Speake (Mercia) 28:37 M55: E Davies (Mercia) 31:21 U16: P McIlroy 29:56 Women: 1 E Gould (Mercia, U23) 30:45; 2 M Price (Mercia, W40) 31:11; 3 McIlroy (W40) 33:18 U16: F Storey (Newp) 42:55

KILPATRICK'S HILL RACE, Old Kilpatrick

Overall (6M/1400ft): 1 N McAlinden (W'lands CC) 46:39; 2 G Bellamy (W'lands CC) 46:50; 3 I Stewart (W'lands CC) 47:01; 4 D Henderson (G'nock) 48:33; 5 G Stuart (W'lands CC) 48:45

M50: A Smith (Dees R) 49:14. M60: P Fitzpatrick (Ochil) 60:51 Women: 1 V Houston (W'lands CC, W40) 56:51; 2 J Connor (Moorf, W40) 60:27; 3 S Adam (W'lands CC) 60:57 W60: A Lister (Glas RN) 85:16

KETTLESHULME, Hayfield

Overall (6M/1100ft): 1 D Kay (P&B, M40) 43:01; 2 S Harding (Macc) 43:42; 3 C Leigh (Pennine, M40) 43:52 TEAM: Stock H 69 Women: 1 A Frost (Macc, W40) 57:05; 2 J Mellor (Pennine) 58:21; 3 B Hammond (Sale) 58:40 TEAM: Macc 254 MAY 27

SHUTLINGSLOE, Wildboarclough Overall (2M/880ft): 1 S Bailey

(Mercia) 15:23; 2 L Taggart (Dark Pk, M40) 16:14; 3 N Curtis (Pennine) 17:42 U20: A Thornton (MDOC) 18:11. U15: K Hopley (Mow C) 19:41 Women: 1 J Taggart (formerly Lee) (Eryri) 20:29; 2 S Curtis (W40) 21:16; 3 Dean (Staffs M, W40) 22:56 U12 (1M approx): 1 AZ Atkinson 8:214;

2 C Roberts 9:50; 3 A Sherbourne 10:08

AUSTWICK AMBLE, Settle

Overall (8M/1200ft): 1 L Athersmith (Bing) 48:44; 2 P Webb 49:03; 3 T Mason (Wharf) 49:15; 4 N Charlesworth (Wharf, M45) 49:39; 5 Q Kewis (Bail) 49:52

M50: J Cantwell (Puds P) 55:26 U20: S Haggar (Ilkley) 53:31 Women: 1 H Page (Calder V, U23) 60:04: 2 S Kearney (Wirr) 60:47; 3 S Burns (Clay, W50) 63:00 W60: J Rawlinson (Clay) 79:23 UI6 (3M approx): 1 H Muir (Bing) 18:22; 2 L Bowen (Amble) 18:44; 3 M Mahoney

(Sett) 19:05 **U16 women:** 1 E Lambert (Wharf, U15) 20:30; 2 I Wharton 22:02; 3 A Kearney

(Wirr, U15) 22:23 U12 (1.5M approx): 1 J Hutchinson (Hynd) 10:53; 2 J Muir (Wharf) 11:04; 3

H Bowen (Amble) 11:15 **U12 women:** 1 E Hutchinson (Hynd) 11:59; 2 K Morrison (Sett) 13:22; 3 E Kearney (Wirr) 13:31

MYNYDD MYFYR, Trefonen

Overall (4M/500ft): 1 J Bowie (Trismart) 21:28; 2 J Brown (Buck, M40) 22:19; 3 A Campbell (Wrec TC) 23:28 M60: J Hancock (Osw) 26:51

Women: 1 J Joy (Hels) 25:41; 2 J Benson (Turtle) 25:49; 3 L Morley (Wrex, W40) 27:53

ILKLEY TRAIL RACE, Ilkley

Overall (6.8M/722ft): 1 Adams (Ilkley) 39:41; 2 S Harrington (Otl) 43:48; 3 W Kerr (Saltaire) 43:58; 4 Neil Armitage (P&B, M40) 44:08; 5 M Guero (K&C, M40) 44:37 M55: S Brown (Swale) 45:53. M60: N Pearce (Ilkley) 50:00. M65: F Reilly (Stock H) 52:33 Women: 1 L Pickles (Wharf) 49:45; 2 L

Thompson (Stain) 50:46; 3 E Berclay (Ilkley, W45) 51:08 W60: A Baldwin (Stain 56:34

BAMFORD SHEEPDOG TRIALS, Bamford

Overall (4.5M/1000ft): 1 J Heneghan (P&B) 31:35; 2 D Lund (Dark Pk) 34:44; 3 A Preston (SYO) 35:18; 4 J Hargreaves 35:28; 5 K Davies (E'wash) 35:52 **M40:** H Darwin (Roth) 37:47.**M50:** M Salkid (Dark Pk) 38:19 **Women:** 1 M Laws 40:44; 2 J Crowson (Dark Pk, W50) 42:17; 3 D Cartwright (Radc) 42:44

MAY15

LATRIGG, Keswick

Overall (3M.950ft): 1 R Lightfoot (Ellen) 18:29; 2 C Bell (Kesw) 18:35; 3 P Harrison (Kesw) 19:31 M40: S Birkinshaw (B'dale F) 20:56. M50: R Stuart (Helm H) 22:06. M60: M Walsh (Kend) 24:38 Women: 1 P Maddams (Kesw) 22:39; 2 A Richards (Helm H) 25:29; 3 L Thompson (Kesw, V50) 25:46 W60: L Malarkey (Kesw) 29:32

SHINING TOR, Goyt Valley

Overall (4.32M/1132ft): 1 J Ross (Staffs M) 30:44; 2 S Harding (Macc) 31:16; 3 D Taylor (Dark Pk, M40) 31:54; 4 G Briggs (Staffs M, M40) 32:48; 5 T Bush (Alt) 32:53 **M50:** M Richards (Goyt) 34:24. M60: R Taylor (Pennine) 37:52 **Women:** 1 Z Proctor (Bowl CC) 37:03; 2 C Rice (G'dale) 37:30; 3 Z Barton (G'dale) 39:12

MAY14

CARRAGHAN, Isle of Man

Overall (2.05M/1100ft): 1 L Taggart (Manx F, M40) 20:54; 2 B Corkill (Manx F) 22:46; 3 N Armstrong (Manx H, M40) 23:02 Women: 1 J Lee (Manx H) 24:41; 2 J Quane (Northern, W40) 28:02; 3 R Crane (Manx F, W40) 28:54

MEARLEY CLOUGH, Worston

Overall (3.5M/1200ft): 1 D Kay (P&B, M40) 31:45; 2 A Whittern (Calder V) 32:28; 3 D Kirkham (Wharf) 32:59; 4 S Swarbrick (Bowl, M40) 33:06; 5 A Brown (Clay) 33:09 M50: K Horrigan 37:35. M60: P Booth (Clay) 40:10 U16: L Davies (Barl) 37:56 Women: I E Lambert (Wharf, U16) 38:54; 2 M Ralphson (Traw) 40:04; 3 R Brown (Bowl, W50) 42:33 W60: L Lord (Clay) 49:07

JACK BLOOR RACES, likley Moor

FREELANCE SUMMER RESULTS COMPILERS

Do you have?

- 1) Spare time on Sundays and Mondays (occasional further hours required at peak times)
- 2) A keen eye for results and statistics
- 3) Exceptional Microsoft Excel skills

If so there could be an opportunity for you to work with our results team. We are looking for enthusiastic and proactive individuals with excellent spreadsheet skills to help collect and reformat results received by us into a standard format for upload into our results database.

Candidates would be expected to work from home and at such times as required to fulfil the demand as dictated by the competitive track and feld season and the number of fixtures taking place that weekend.

In the first instance and for more information, please contact Steve Smythe at steve.smythe@athleticsweekly.com with a brief résumé and covering note explaining your experience and qualifications making you suitable for this role.

Overall (5.2M/1150ft): 1 C. Smithard (Dees OC) 38:40: 2 T Adams (Ilkley) 38:53; 3 M John (Oti) 40:38; 4 T Brunt (Dark Pk, M40) 41:45; 5 P Branney (Leeds C) 42:21 M50: 5 Webb (Vall) 47:01. M60: B Grant (Harr) 48:18. M70: M Coles (Vall) 61:36 U23: J Mountain (Ilkley) 42:29 Women: 1 J Waites (Calder V, W40) 46:40; 2 J Leventon (Vall) 49:16; 3 G Myers (Wharf, W50) 49:24

U16 (1.75M approx): 1 H Muir (Wharf) 12:19; 2 M Mahoney (Sett) 12:57; 3 L

Haines (Ilkley, W) 12:58 U16 women: 1 Haines 12:58; 2 L Williamson (Ilkley) 15:07; 3 G Jeffrey

(Sett) 15:41

U14 (1M approx): 1T Nelson (Wharf) 8:00; 2 R Johnstone (Wharf) 8:12; 3 G Hardesty (Ilkley) 8:20

U14 women: 1 L Jacques (Ilkley) 8:50; 2 L King (Ilkley) 9:41; 3 R Wood (Harr) 9:51

U12: 1 J Muir 8:29; 2 M Bradley (Ilkley) 8:37; 3 T Marshall (Sett) 8:39 **U12 women (all Ilkley):** 1 B Morley 10:04:25 Elmas 10:20:24 Provin 10:45

10:04; 2 E Elmes 10:20; 3 A Brown 10:45

LAST DROP LOOP, Bolton

Overall (5.3M/738ft): 1 S O'Meara (Manc U) 37:54; 2 K Darcy (Bolt) 40:36; 3 B Hobson (Manc U) 41:03 Women: 1 K Normanton (B'den RR) 47:52; 2 L Fisher (B'den RR) 48:25; 3 C Jones (Bolt) 57:24

MAY 10

MAY QUEEN, Hayfield

Overall (3M/700ft): 1A Swift (P'stone FPR) 21:03; 2 C Leigh (Pennine, M40) 21:09; 3 A Perry (Pennine) 21:40 M50: A Kirk (Pennine) 22:34 U20: L Parker (Pennine) 24:07 Women: 1 C Rice (G'dale) 25:33; 2 C Parker (Pennine) 27:44; 3 H Corden (Stock H, U20) 27:53

MAY 8 CARADOC CLASSIC, Church Stretton

Overall (3.5M/880ft, Mercia unless stated): 1 T Werrett (M40) 24:01; 2 P Jones (M40) 24:26; 3 D Brazier 24:31 M40: E Newey 26:43, M45: A Davies 26:54, M55: A Pickles 28:50, M60: P Johnson 31:32, M65: G Gunner (Croft A) 32:19

U18: B Ashcroft (Shrews) 24:35. U16: M Yapp (Lud) 25:47 Women: I E Gould (U23) 27:07; 2 M Price (W40) 28:04; 3 V Swingler (Shrops S, W45) 30:09 U16: F Storey (Newp) 37:20

DUMYAT (incorporating Scottish Universities championships), Stirling

Overall (5M/1250ft): 1 D Naylor (HBT, M40) 35:25; 2 A Wright (C'gie) 35:29; 3 J Martyn (Edin U) 35:32; 4 I Whiteside (Edin U) 36:07; 5 R Campbell (Edin U) 36:40

M50: A Smith (Dees R) 38:28 **Women:** 1 T Hill (HBT) 39:02; 2 S Gay (HBT) 41:51; 3 E Prasad (Squadra) 42:07

W40: J Higginbottom (C'thy) 46:05. **W50**: H Dean (Centr) 46:39 **Universities**: 1 J Dybeck (Edin U) 44:50; 2 G Tindley (Edin U) 44:31; 3 Lyons 52:40

LORDS SEAT, Whinlatter

Overall (5M/1400ft): 1 R Lightfoot (Ellen) 31:41; 2 P Winskill (Kesw) 35:04; 3 B Abdelnoor (Amble) 35:06; 4 S Ware (Eden) 36:05; 5 J Addison (Helm H) 36:18

M40: B Taylor (Ellen) 36:30 **U17:** S Johnstone (Ellen) 37:44 **Women:** 1 P Maddams (Kesw) 40:46; 2 A Ingram (C'land F) 41:54; 3 C Spurden (Kesw) 42:47

SLIEVE DONARD, Iniscarn

Overall (5.5M/840ft): 11 Bailey (Newc NI) 57:01: 2 A Bogle (Derry) 59:44; 3 S Cunningham (Mourne) 60:44; 4 David McNeilly (Newc NI) 61:19; 5 D Steele (Newc NI) 62:48 M45: N Carty (N Belf) 62:52. M55: D McGreevy (NewNI) 68:02 Women: 1 D Wilson (Drom, W40) 70:57; 2 S O'Kane (Lagan, W40) 75:00; 3 H McLaughlin (Lagan) 81:16

YSGOL DINAS BRAN, Llangollen

Overall (4.3M/1150ft): 1 L Taggart (Manx F, M40) 28:55; 2 J Brown (Buck, M40) 31:44; 3 T Pringle (Manx F) 32:54 M50: S Toogood 35:07. M60: M Foscini (Hels) 38:27 Women: 1 J Lee (Eryri) 35:51; 2 L Grantham (Ches TC) 39:12; 3 Griffiths (Hels, W45) 41:30

MAY 7 S-KRUNCE FOREST SERIES, South

Kirkhill nr Aberdeen Overall (3.75M/400ft): 1 J Rocke 23:54; 2 R Brookes (Cosmic) 24:52; 3 B Abrahams 25:02 M50: A Smith (Dees R) 25:21 Women: 1 V Oldham (Cosmic, W40) 28:42; 2 B Glasgow 31:36; 3 L Provan

32:01

W50: A Hamilton (Cosmic) 36:03

MOEL Y GEST

Overall (3M/1200ft): 1 M Roberts (Eryri) 33:39; 21 Richards (Meirion) 35:20; 3 J Rowley (Eryri) 35:34 M40: J Parkinson (Eryri) 36:35 (rec). M60: M Blake (Eryri) 48:24 (rec). M70: E Davies (Eryri) 49:45 (rec) U18: M Llyr (Eryri) 41:23 (rec) Women: 1 B Jenkinson (Eryri, U16) 44:16 (U16 rec); 2 K Broatch (W40) 47:48; 3 E Salisbury (Eryri, W50) 49:59. W60: M Oliver (Eryri) 60:25 (rec)

BURBAGE SKYLINE, Burbage

Overall (5.75M/1200ft): 1 K Jones (SHUOC) 37:09; 2 S Bond (Dark Pk) 37:13; 3 A Smith (Hallam) 39:32; 4 T Brunt (Dark Pk, M40) 39:52; 5 B Cartwright (Mat) 39:58 M45: J Morgan (Dark Pk) 40:49 Women: H Elmore (Dark Pk, W40) 45:56; 2 S Fawcott (Smiley) 46:19; 3 S Curtis (Pennine, W40) 47:52

MAY 6 CATON MOOR, Wray

Overall (6.75M/1100ft): 1 C Bell 42:17; 2 P Dugdale (Kend, M45) 43:36; 3 P Webb 43:58; 4 S Swarbrick (Bowl, M40) 44:19; 5 D Milliken (Horw, M45) 44:33 M50: K Horrigan 50:07 Women: 1 A Lupton (B Combe) 50:41; 2 C Rice (G'dale) 56:05; 3 E Maddocks (Lons) 56:18

UIB (3M/500ft): 1 0 Meanwell (B'dale F) 22:40; 2 W Leedham (Darw) 30:29 UIB women: J McCracken (L&M) 35:27 UI6: 1 H Davies 18:37; 2 J Steele (Darw) 21:55; 3 M Senior (Helm H) 22:55 UI6 women: 1 H Murray (Helm

H) 27:26; 2 A Steele 29:26; 3 J Unswort(Horw) 29:46

U14 (2.4M/400ft): 1 L Davidson 14:47; 2 J Boyle (Hynd) 16:59; 3 L Bowen (Amble) 17:36

Ul4 women: 1 M Senior 23:45; 2 I Gorst (Wray) 24:32; 3 A Hulm 26:28 Ul2 (1.5M/250ft): 1 T Marshall (Sett) 11:57; 2 Stegger-Staveley (Sett) 12:12; 3 S Bargh (Sett) 12:26

U12 women: 1 P Townsend (Horw) 12:33; 2 E Bagge (Helm Hill) 14:25; 3 K Thurlon (Helm Hill) 15:10



Parkrun

90.08%

Delamere Forest: J McNally 16:52



JUNE 22 Parkrun 5km Leading age-graded Huddersfield: | Mannion 21:48 W60 Basingstoke: C Wheeler 19:05 W50

PARKRUN

Glasgow Pollok: S Burns 19:54 W55 89 79%

Cambridge: M Holmes 27:35 W75

Telford Town: G Wilson 17:33 M55 89.05% Southampton: L Russell 16:46 U23W

Dulwich: G Donald 17:52 M55 88.22% Hull: G Dalton 18:11 M60 88.21% Delamere Forest: R Rogers 22:39 W60

Edinburgh Silverknowes: I Burnett

Redbridge: D Cox 18:05 M55 87.93% Glasgow Pollok: R Quinn 16:25 M45 87.72%

Greenwich: C Elms 18:56 W45 87.47% Killerton: M Hunt 20:34 W55 86.88% Pegwell Bay Country: D Child 17:24

Edinburgh Silverknowes: Y Crilly 19:33 W50 86.83

Nonsuch: G Hart 23:01 W60 86.76% Frimley: A Soane 18:20 M55 86.73% Hull: S Mason 17:28 M50 86.52%

Scunthorpe Central: V Shirley 20:26 Dulwich: T Eakin 19:07 M60 86.16%

Shoeburyness: A Joel 17:12 SW 86.05%

Leicester: L Griffin 23:17 W60 85.77% Cardiff Blackweir: J Parry-Williams 17:18 SW 85.75%

Bushy: M Dillon 17:53 W40 85.51% Wolverhampton West: S Calrow 17:51 M50 85 37%

Gunnersbury: A Critchlow 18:39 W45

Stoke-on-Trent: A Hartveld 17:47 M50 84.98%

Durham: T Johnson 19:59 W50 84.94% Rother Valley Country: C Thackery 17·22 M50 84 92%

Belfast Waterworks: N Glenn 17:06 M45 84 889

Southampton: K McGhie 17:50 M50 84.74%

Edinburgh Silverknowes: J Hudson 19:16 M60 84.73% Poole: M Lascelles 18:37 M55 84.67%

Mile End: P Martelletti 15:25 SM 84 65%

Cannon Hill: W Richardson 16:27 U15M 84.63%

Congleton: J Dolan 24:19 W65 84.62% Manchester Heaton: J Bailey 15:15 SM 84 59%

Barrow-in-Furness: D Spencer 22:26 M7584.46%

Poole: A Ridley 17:12 M45 84.38% Poole: L Lascelles 19:38 W45 84.35% Newbury: T Munt 17:48 M50 84.21% Falkirk: B Junnier 20:10 W50 84.17% Wolverhampton West: T Clarke 17:36 SW 84.09%

Abingdon: S Male 17:17 M45 83.98% Frimley: K Donkin 18:18 M55 83.97% Milton Keynes: | Kimpton 15:22 SM 830

South Shields: El eslie 18:56 W45

Hackney Marshes: R Braybrooks 16:47 M40 83

Huddersfield: B Hughes 21:54 W55 83.79%

Cannon Hill: C Shankly 16:23 U17M 83.60%

Hackney Marshes: G Cavell 16:59 M45

Inverness: A Sutherland 20:07 M65 83.38%

Frimley: M Symes 16:53 M40 83.33% Poole: N Rackham 17:51 M50 83.30% Congleton: A. Jones 22:39 W55 83.27% Northampton: D Keating 17:20 M45 83.08%

Banstead: T Tuohy 17:46 M50 83.01% York: T Clough 18:31 M55 82.99% Aberdeen: C Noble 19:41 M60 82.94%

Rother Valley Country: J Chambers 22·50 W55 82 60 Telford Town: J McFarlane 16:39 M40

82.60% Poole: D Cartwright 20:08 M60

Leeds Hyde: P Emmett 18:02 M50 82 45%

Glasgow Pollok: K Richmond 17:04

M40 82.44% Burnley: M Aspinall 18:21 M50 82.36% Slough: M Fitzgerald 27:29 W70

Middlesbrough Albert: G Jayasuriya

15:40 SM 82.34% Bushy: C Hyde 16:38 U17M 82.34%

Glasgow Pollok: A Chisholm 18:59 M55

Middlesbrough Stewart: P Teece 18:23 M50 82.219

Hornchurch: B Nordin 22:20 W55 Nonsuch: M Jakeman 24:41 W60 82.11%

Hampstead Heath: A Sanders-Reece 22:21W5582.11%

Banstead: N Reissland 17:41 M45 82.08% Harrogate: L Mawer 19:21 W45 82.08%

Frimley: G Puglisi 19:55 M60 81.97% Belfast Waterworks: L. Johnston 18:36 Frimley: C Try 17:43 M45 81.92% St. Albans: R Gardiner 18:04 U23W Strathclyde: K Scott 20:44 W50

81 87% Marple: C Leigh 16:48 M40 81.86%

Cambridge: J Stocker 20:19 M60 81.81%

Guildford: K Spacie 24:33 M75 81.78% Oxford: A Scrivener 21:29 U11W 8168%

Southampton: G.Jones 20:56 M65 81.62%

Newbury: M Sheridan 20:11 M60

Wythenshawe: M Curley 20:12 M60

Cannon Hill: T Blundell 16:34 U17M

81.54% Colchester Castle: D Wright 18:52 M55

Maidstone: G Duggan 16:49 U17M Huddersfield: R Barker 19:12 M55 8140%

Cambridge: K Wood 16:36 U17M 81.37%

Glasgow Pollok: S Deakin 16:12 M35

Lloyd: P Chambers 16:24 U20M 81 34% Richmond: L Killip 21:08 W50 81.34%

Bradford: D Bland 23:12 W55 81.30% Cambridge: J Jenkins 20:50 M65

Cambridge: N Mcbride 19:44 W45 King's Lynn: J Ashby 25:20 W65

Newent: B Sampson 22:18 W55 81.19%

Worcester: W Holmes 20:10 W45 81.18% Nonsuch: N Wellard 17:09 U15M

81 18%

Burnley: P Freary 17:28 M45 81.17% South Shields: M Wakefield 18:20 U13M 81.11%

Burnley: J Baistow 25:23 W65 81.06% Hackney Marshes: S Warrick 23:56 W60 81.06%

Leeds Hyde: K Ogden 16:58 M40 81.069 Poole: N Shrubb 15:55 SM 81 05%

Slough: M Mardall 25:47 W65 81.03% Killerton: | Pang 18:13 M50 80.96% Harrogate: A Grant 17:07 M40 80.95% Banstead: J Ouantrill 22:59 W55

South Shields: A Burn 16:01 SM 80 93%

St Andrews: T Martin 20:01 M60 80.84%

Leeds Hyde: B Parkinson 20:23 M60

Maidstone: P Ross-Davies 20:23 M60 80 81% Congleton: C Batho 17:25 M40 80.78%

Sheffield Endcliffe: C Egdell 16:54 M40 80.7

Medina: S McMorran 18:43 M50 80 74% Brandon: C Cooke 18:25 M50 80.73% King's Lynn: P Sidaway 19:12 M55

Hinchingbrooke Country: P Redden

20:04 M60 80.64% Bramhall: R Currie 19:24 M55 80.56% Barking: S Philcox 17:53 M45 80.52% Bramhall: J Downs 19:31 U15W 80.51% South Shields: D Wakefield 17:29 M40

St. Albans: A Holt 18:11 M45 80.46% Carlisle: E Tomes 22:13 W55 80.43% Ipswich: J Buchanan 18:05 M45

Manchester Platts Field: E Davies 18:34 SW 80 24 Crystal Palace: J Dickson 21:42 W50

Milton Keynes: R Robinson 18:27 U23W 80 Gunnersbury: J Repper 17:01 M40

Manchester Platts Field: J Vis 16:10 U23M 80.119 Brighton Hove: T Avey 20:24 M60 Shoeburyness: T Swindell 20:02 W45

80.02% Fastest male first finishers Manchester Heaton: J Bailey 15:15 Milton Keynes: | Kimpton 15:22 Mile End: P Martelletti 15:25

Middlesbrough Albert: G Jayasuriya 15.40 Poole: N Shrubb 15:55 South Shields: A Burn 16:01 Manchester Platts Field: J Vis 16:10 Glasgow Pollok: S Deakin 16:12 Bushy: A Miller 16:16 Maidstone: A Jackson 16:18 Cardiff Blackweir: A Maclean 16:19 Cambridge: T Stevens 16:20

Cannon Hill: U Athlete 16:21 Wolverhampton West: S Abrahams 16:21 Lloyd: P Chambers 16:24 Swindon: D Galerin 16:27 Hull: G Clarkson 16:28 Oak Hill: J Wiebel 16:29 Brighton Hove: O Garrod 16:33 Wormwood Scrubs: A Yahye 16:38

Edinburgh Silverknowes: M Backhausen 16:39 Southampton: U Athlete 16:39 Telford Town: J McFarlane 16:39 Winchester: M King 16:43 Solihull: S Chatwin 16:47 Hackney Marshes: R Braybrooks 16:47 Marple: C Leigh 16:48 Killerton: W Cullen 16:49

Sheffield Hillsborough: O Johnson 16.50

Sheffield Endcliffe: M Sprot 16:51

Newcastle: P Aiston 16:52 Frimley: M Symes 16:53 Leicester: J Thomson 16:54 York: K Critchley 16:57 Leeds Hyde: K Ogden 16:58 Sunderland: L Taylor 16:58 Abingdon: N Jones 16:59 Trowbridge: P Grist 16:59 Newbury: N Jones 17:00 Gunnersbury: J Repper 17:01 Preston: J Green 17:02 Strathclyde: R Gilroy 17:02 Gateshead: G Taylor 17:04 Huddersfield: S Courtney 17:04 Pegwell Bay Country: A Newson 17:05 Belfast Waterworks: N Glenn 17:06 Harrogate: A Grant 17:07 Inverness: C Campbell 17:09 Nonsuch: N Wellard 17:09 Arrow Valley: J Smith 17:10 Northampton: L Montgomery 17:12 Barnsley: D Chan 17:13 Mansfield: B Harris 17:13 Lisburn Wallace: S Taylor 17:14 Finsbury: C Norris 17:15 King's Lynn: A Matthews 17:20 Redbridge: S Page 17:21 Rother Valley Country: C Thackery Aberdeen: U Athlete 17:23 Falkirk: P Moffett 17:23 Slough: G Nisbet 17:24

Middlesbrough Stewart: P Brown 17:24 Belfast Victoria: K Purdy 17:25 Congleton: C Batho 17:25 Coventry: H Davies 17:27 Darlington: D Newton 17:27 Burnley: P Freary 17:28 Medina: J Wade 17:28 Crawley: G Thomas 17:29 Bedford: A Garbas 17:30 Cookstown: G Donnelly 17:31 Wimpole Estate: G Rush 17:31 Bedfont: M Reed 17:33 Brockwell: A Mohamed 17:33 St. Albans: M Castleton 17:33 Whitstable: T Sherman 17:33 Little Stoke: H Jones 17:34 Newport: M Griffiths 17:35 Leeds Roundhay: K Savage 17:35 Bramhall: T Peers 17:36 Dulwich: A Fuller 17:36 Greenwich: J Gordon 17:36 Barnstaple: | Hindes 17:38 Ipswich: J Ali 17:39 Roundshaw Downs: D Gillett 17:39 Richmond: P Hines 17:40 Banstead: N Reissland 17:41 Glasgow Tollcross: A Gibson 17:41 Worsley Woods: M Clark 17:41 Carlisle: U Athlete 17:42 Stoke-on-Trent: J Pringle 17:42 Durham: P Duffy 17:44 Wythenshawe: D Russell 17:45 Norwich: L Alden 17:46 Colwick: T Caldwell 17:47 Worcester: T Stock 17:47 Burgess: R Ward 17:50 Reading: R Sherwood 17:50 Slough: R Brookling 17:50 Walsall: N Brooks 17:50 Workington: R Morris 17:50 Basingstoke: D Ferguson 17:51 Liverpool Princes: S Doyle 17:52 Whitley Bay: D Weatherill 17:52 Barking: S Philcox 17:53 Conkers: C Hinds 17:53

Fastest non-winning men Manchester Heaton: D McGrath 16:21 Cannon Hill: C Shankly 16:23 Glasgow Pollok: R Quinn 16:25 Cannon Hill: W Richardson 16:27 Fastest female first finishers Southampton: L Russell 16:46 Shoeburyness: A Joel 17:12

Bradford: S Watkins 17:54

Cardiff Blackweir: J Parry-Williams 17:18

Wolverhampton West: T Clarke 17:36 Bushy: M Dillon 17:53 St. Albans: R Gardiner 18:04 Milton Keynes: R Robinson 18:27 Congleton: H Williams 18:31 Manchester Platts Field: E Davies 18:34 Middlesbrough Albert: S Fletcher 18:37 Gunnersbury: A Critchlow 18:39 Edinburgh Silverknowes: J Malko 18:46 Coventry: K Hope 18:47 Little Stoke: L Richens 18:51 Slough: T Harris 18:53 Strathclyde: R Eadie 18:53 Greenwich: C Elms 18:56 Leeds Hyde: A Fox 18:56 South Shields: E Leslie 18:56 Brighton Hove: F Powell 19:00 Barnsley: F Davies 19:02 Telford Town: M Lloyd 19:04 Basingstoke: C Wheeler 19:05 Harrogate: C Lambert 19:14 Delamere Forest: T Entwistle 19:17 Sheffield Endcliffe: R Lundgren 19:22 Cheltenham: C Taylor 19:24 Reading: C Firth 19:29 Bramhall: J Downs 19:31 Mulbarton: D Chalmers 19:31 Guildford: K Philp 19:35 Sheffield Hillsborough: S Fawcett 19:35 Poole: L Lascelles 19:38 Bolton: C O'Dwyer 19:40 Hull: S Rookyard 19:40 Cambridge: N Mcbride 19:44 Plymbridge Woods: M Horton 19:46 Cannon Hill: A Richardson 19:47 Colchester Castle: H Steele 19:48 Newcastle: S Burrell 19:48 Andover: K Towerton 19:52 Marple: E Apsley 19:52 Ashton Court: S. Johnson 19:53 Glasgow Pollok: S Burns 19:54 Carlisle: P Wakefield 19:55

Liverpool Princes: H Langham 19:55 Riverside: J Lee 19:57 York: S Douglas 19:57 Aberdeen: C McNeil 19:59 Durham: T Johnson 19:59 Dulwich: R Bentley 20:00 Chelmsford: R Broome 20:01 Oxford: C Ridewood 20:04 Wycombe Rye: M Haynes 20:04 Leicester: E Rathbone 20:08 Falkirk: B Junnier 20:10 Worcester: W Holmes 20:10 Finsbury: H Wylie 20:13 Maidstone: C Terburgh 20:15 Gladstone: C Rice 20:21 Bedford: S Salazar Mendoza 20:23 Banstead: L Rooney 20:25 Crystal Palace: J Whybrow 20:27 Rushcliffe Country: N Teece 20:28 Newbury: Y Ryder 20:29 Portrush: G Turley 20:33 Killerton: M Hunt 20:34 Leeds Roundhay: A Worrall 20:34 Abingdon: S Enhard 20:36 Leamington: N Bhangal 20:38 Preston: Z Harding 20:39 Darlington: L Noble 20:40 Kingston: F Clarke 20:41

Worsley Woods: A Drasdo 20:41 Hampstead Heath: R Pitt 20:42 Fastest non-winning women Cardiff Blackweir: C Hughes 19:04 Edinburgh Silverknowes: J Hall 19:05 Barnsley: S Burns 19:19 Harrogate: L Mawer 19:21 Leeds Hyde: J Payne 19:25 Enfield: P Thomas 20:46 Nottingham: A Venkatesan 20:47 Richmond: C Simpson 20:48

Birmingham takes centre stage

MO FARAH IS AMONG THE BIG NAMES AT SUNDAY'S DIAMOND LEAGUE AT THE ALEXANDER STADIUM Words: Steven Mills

Pictures: Mark Shearman

ANY of Britain's winners from the European Team Championships will be back in action this weekend, although naturally the competition will be of a much tougher standard at the seventh leg of the Diamond League series. The headline act will be double Olympic champion Mo Farah, who aims to conclude the programme with victory in the 5000m.

1.25pm - women's discus (Diamond League)

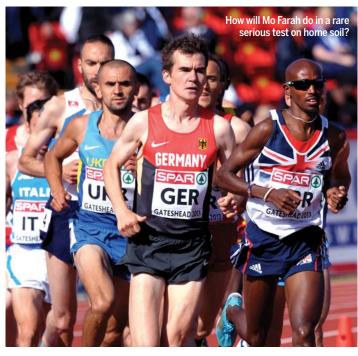
Sandra Perkovic of Croatia has won her three Diamond League competitions this year and she has achieved 68m-plus throws on each occasion. The Olympic champion is expected to achieve her fourth win, facing opposition from Nadine Muller and Yarelis Barrios.

1.40pm - women's pole vault (DL)

This event looked one of the highlights on paper in New York, but a stubborn crosswind handicapped performances. Let's hope for better conditions this weekend as the field includes the world's two best vaulters in world indoor record-holder Jenn Suhr and world-leader Yarisley Silva. Britain's Holly Bleasdale has pulled out injured, though.

1.45pm - men's 110m hurdles heats

World record-holder and Olympic champion Aries Merritt only just squeezed on to the US team for the World Championships and he makes a quick turnaround to contest his first Diamond League race since pulling up in Shanghai.



The favourites though are Hansle Parchment and Orlando Ortega, who lead the world-rankings with 13.05 and 13.08 respectively.

1.50pm - men's triple jump (DL)

This competition will provide our first look at Ernesto Reve who competes on British soil for the first time. The 21-year-old won the Cuban title jumping a PB of 17.46m into a 1.5 m/sec headwind. British-based world and Olympic champion Christian Taylor has achieved better results on the Diamond League circuit, though, while European No.1 Teddy Tamgho will hope to bounce back after defeat in Gateshead.

2.21pm - men's 100m heats (DL)

Most of the leading American and Jamaicans have chosen not to compete so soon after their trials, although we will see Isiah Young, the runner-up to Tyson Gay in the 200m with a 19.86 PB, step down to the 100m where he will face Michael Rodgers and Nesta Carter, who were fourth over this distance at the US and Jamaican Championships respectively.

2.30pm - men's 1500m

Amane Wote was recently third over the mile in Eugene in a PB of 3:49.88 and he should revise his 1500m PB of 3:33.42 if he reproduces this form. He's joined in the line-up by Ethiopian teammate and world youth champion Teshome Dirirsa while Abdelaati Iguider from Morocco, who won at the NIA in February, is a perennial threat at this distance.

2.38pm - men's shot put (DL)

World indoor champion Ryan Whiting holds four of the five best puts this year and he's the only athlete to surpass the 22m mark, which he has done twice in 2013. Reese Hoffa, the world-ranked No.2 thrower and runner-up to Whiting at the US Trials, is expected to assume this position again.

2.41pm - women's 3000m steeplechase (DL)

Another all-East African clash is anticipated and heading the entry list is the Kenyan duo of Lidya Chepkirui, the winner in Doha and New York, and Milcah Chemos, the winner in Rome.

2.56pm - women's 400m (DL)

World champion Amantle Montsho has run four of the five fastest times in the world this year and she should claim her fourth Diamond League win of the year. Newly minted US champion Natasha Hastings also competes, while 2008 Olympic champion Christine Ohuruogu will be vying for another good showing on home soil.

3.06pm - men's 400m hurdles (DL)

This race reads like a re-run of last year's Olympic final as the top four finishers in Felix Sanchez, Michael Tinsley, Javier Culson and Dai Greene are all due to compete. The mantle of pre-race favourite lies with the silver medallist Tinsley, who arrives on the back of a victory at the US Championships in a 47.96 world lead.



The 400m hurdles field includes the top four in London 2012, including Dai Greene

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3.13pm - men's high jump (DL)

Mutaz Essa Barshim achieved the world's first 2.40m jump outdoors since 2000 in Eugene and the Qatari is the clear-cut favourite, even though the field contains the only athlete to beat him outdoors this year in Bohdan Bondarenko of Ukraine.

3.17pm - women's 100m hurdles (DL)

Sally Pearson's preparations in the build-up to her world title defence have been hindered by a persistent hamstring injury and Queen Harrison, Dawn Harper-Nelson and Kellie Wells comprise formidable opposition in her second hurdles race of the season.

3.23pm - men's long jump (DL)

Aleksandr Menkov has been a figure of consistency in 2013 and 8.30m-plus jumps in his last four competitions show he will be a contender on home-soil at the World Championships. He has also beaten Olympic champion Greg Rutherford, who will also be in action, three times this year.

3.28pm - women's 800m

Jessica Judd could take her second high-profile victory within the space of a week on the back of a clinical performance in Gateshead. As well as a solid British contingent, the field includes Yelena Kotulskaya who was the original Russian entrant in Gateshead before a lastminute switch.

3.38pm - women's 200m (DL)

Shelly-Ann Fraser-Pryce and Carmelita Jeter have raced each other 24 times over 100m, but this will be just their fourth clash over 200m. Jeter leads the head-tohead 2-1, although Fraser-Pryce should have the edge this time as she comes fresh from a worldleading 22.13 at the Jamaican Championships, while Jeter hasn't raced since pulling up injured in Shanghai in May. Keep an eye out for 19-year-old Anthonique



Strachan as she won the Bahamian title last weekend in a PB of 22.32.

3.43pm - men's javelin (DL)

Vitezslav Vesely of Czech Republic is favourite ahead of recent European Team Championships winner Dmitry Tarabin of Russia.

3.48pm - men's 100m final (DL)

Asafa Powell's stadium record of 9.91 should be safe but we could see another sub-10 performance in the final.

3.58pm - men's 110m hurdles final

Aries Merritt and Jason Richardson both ducked under the 13-second barrier last year and the former will be looking for a repeat win.

4.08pm - women's 1500m (DL)

Ethiopian-born Swede Abeba Aregawi is the only athlete in the field to go sub-4:00 in 2013 and the European indoor champion should claim her fourth Diamond League win of the year. Lisa Dobriskey, Hannah England and Laura Weightman do battle as far as the Brits are concerned and should feature prominently.

4.18pm - men's 800m (DL)

Mohammed Aman should secure another win, in the absence of David Rudisha, the only athlete he's lost to in 2013. Michael Rimmer and Andrew Osagie in particular could challenge for a top-three finish as the field is not particularly strong for a Diamond League race.

4.28pm - women's 400m hurdles

Perri Shakes-Drayton and Eilidh Child are both ranked within the world's top 10 in 2013 with season's bests of 54.03 and 54.42 respectively and the British duo will be hoping to make further impact this weekend. The fastest in the field though is Angela Morosanu with 53.85.

4.38pm - men's 5000m (DL)

The winning time was unimpressive but Mo Farah's final lap of 50.89 in Gateshead was one of the fastest (if not the fastest!) ever recorded over 5000m. After an below-par performance in Eugene at the start of the month where he hadn't shrugged off the effects of a stomach bug, the

IPC Grand Prix Final

HANNAH COCKROFT, Jonnie Peacock and David Weir highlight the inaugural IPC Grand Prix Final, being held on the eve of the Sainsbury's Grand Prix, June 29, at the same venue.

The 17 events will feature some of the world's best disability athletes as the seven-meeting series comes to its conclusion.

Double Paralympic champion Cockroft will go in the T33/T34 200m scheduled to take place at 5.03pm. Peacock's T43/44 100m is set for exactly one hour later. Meanwhile, Weir is set to close the programme at 6.15pm.

In addition to the household names, several of Britain's leading athletes will be honing their preparations for the IPC World Championships in Lyon on July 19-28.

Channel 4 will screen the event from 4.20-6.30pm.



double Olympic champion seems to be back in form, although this race will be a more telling indicator. Nearly all of his main rivals at the World Championships in August will be in this field, including the Ethiopian trio of Yenew Alamirew, Ibrahim Jeilan and Hagos Gebrhiwet.



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What's On

CROSS-COUNTRY

Friday July 12 RADCLIFFE SUMMER 5 Giants Seat Scout Camp, Prestwich. www.radcliffeac.org.uk

MULTI-TERRAIN

Thursday June 27 BAGGERIDGE 5km

Baggeridge Country Park, Sedgley, Worcestershire. 7pm. www.actionheartrunning.com

HOLME PIERREPONT GRAND PRIX 5km

Rushcliffe Country Park, Ruddington, Nottinghamshire. 7.15pm. hprcrun.co.uk

NEAR AS DAMN IT 10km SERIES Brighton Road, Coulsdon, Surrey. 7.30pm. www.southlondonharriers.org

Friday June 28

CALDERGLEN HARRIERS 5/10km Calderglen Country Park, East Kilbride, Glasgow. 7.30pm. www.calderglenharriers.org.uk WIBBLY WOBBLY LOG JOG 5.5 Fire Road 6, Mayday Farm, Brandon, Suffolk www.bfh.org.uk

Saturday June 29 BRIGHTON BIG FUN RUN 5km

Hove Park, Brighton, Sussex. 11am. www.bigfunrun.com/?brighton BRISTOL WOMEN'S RUNNING 10km

Blaise Castle, Bristol. 10am. ww.womensrunninguk.co.uk DERWENT RIVER RELAYS (4x3.2M) Belper, Derbyshire. 2.30pm. www.belperharriers.wordpress.com/

derwent-river-relays DING DON CHILLÍ DASH 5km Don Valley Stadium, Sheffield, South Yorkshire.

www.dingdash.org.uk FIT IN KIT CHARITY CHALLENGE 7 Admiral Lord Nelson School, Portsmouth, Hampshire.

www.fitinkit.com GIANTS HEAD MARATHON Village Hall, Sydling St Nicholas, Dorset 9am

www.whitestarrunning.co.uk KIRTLINGTON 6km Kirtlington, Oxfordshire. 1.30pm. www.kirtlingtonfete.com MICHELDEVER TO SUTTON

SCOTNEY 4.8 Micheldever, Hampshire. 2pm. www.grattontrust.co.uk

MIDNIGHT MOUNTAIN MARATHON Talybont-on-Usk, Powys. 5.30pm. www.brutalevents.co.uk SYDLING HILL RACE 10km

Village Hall, Sydling St Nicholas. 10.30am. www.whitestarrunning.co.uk

TRENT PARK 5km HANDICAP Snakes Lane, Oakwood, Middlesex. 9.30am www.trentparkrc.org

Sunday June 30

ABBEY 10km OneLeisure, Abbey Road, Ramsey, Cambridgeshire. 11am. www.ramseyroadrunners.org.uk

BRACKNELL, WOKINGHAM, ASCOT & DISTRICTS SAMARITANS 10km Wellington College, Dukes Ride, Crowthorne, Berkshire, 11am. www.samaritans.org/bracknell **BROMYARD GALA ROUND THE** DOWNS 4.5

Worcester, Herefordshire. 11am. stewart.pg@hotmail.co.uk COOMBE ABBEY RUN FEST 10km/ MARATHON Coombe Country Park, Coventry, Warwickshire. 10am. gobeyondultra.co.uk **GIBBET CHALLENGE 10km** Post Office Road, Inkpen, Berkshire.

10.30am www.gibbetchallenge.net HAMSTREET ROMNEY MARSH 10km

Village Hall, Hamstreet, near Ashford, Kent. 10.30am.

www.nice-work.org.uk HARRY HAWKES 10 Giggs Hill Green, Thames Ditton, Surrey. 9.30am. www.harryhawkes10.com

HORNDON 10km Horndon on the Hill, Essex. 11am. www.horndon10k.co.uk LAMBTON CHALLENGE 10km

Lambton Park, Durham. foundation of light couk LITTLE EATON 5 St Peters Park, Little Eaton, Derbyshire, 10am.

https://sites.google.com/site/ littleeaton5 LYMM FESTIVAL 5/10km

Lymm High School, Lymm, Cheshire. 11am.

www.lymmrunners.org.uk MERSEA ROUND THE ISLAND 12.2 Willoughby Avenue car park, West Mersea, Essex. 10.30am. www.merseaislandraces.co.uk MORTON CHALLENGE 5km Playing Fields, New Street, Morton,

Derbyshire. 11am. www.runmorton.com SILVER VALLEY RAS CWM ARIAN

10km Hermon Old School, Hermon, Pembrokeshire. 11am. www.onlineraceresults.org.uk SOUTHAMPTON BIG FUN RUN 5km Southampton Common, Southampton, Hampshire. 11am. www.bigfunrun.com/?southampton TAMWORTH GATE GALLOP 10km Anker Valley Sports Complex, Tamworth, Staffordshire, 9.45am. www.gategallop.co.uk TOMMY'S BABY RACE 8km Bluewater, Greenhithe, Kent. www.tommvs.org/babyrace WATLINGTON XK 10km Shirburn Road, Watlington, Oxfordshire 10.30am ifa@adaurum.com

Monday July 1

ANITA NOTT WOMEN ONLY 5km Millfield House, Jesmond Dene, Newcastle upon Tyne. 7.30pm. www.heatonharriers.org.uk **BLAISE BLAZER 4 SERIES** Blaise Castle, Bristol. 7.15pm. www.westburyharriers.co.uk

Tuesday July 2 BERRYHILL 10km

Berryhill, Staffordshire, 7.30pm. **CARNFORTH 5** High School, Kellet Road, Carnforth, Lancashire. 7pm. 20barriersracecarnforth.blogspot.com HAY-O TRAIL 6km Derwent AC Clubhouse, Kirkgate, Cockermouth, Cumbria. www.derwentac.com HOLME PIERREPONT GRAND PRIX 4

Rushcliffe Country Park, Ruddington, Nottinghamshire. 7.15pm. hprcrun.co.uk

Wednesday July 3 ABBEY DASH 5.5

Rotherham, South Yorkshire. 7pm. CHIPPENHAM HARRIERS 5km Olympiad Sports Centre, Chippenham Wiltshire. 7.30pm. www.chippenhamharriers.co.uk CHORLEY HARRIERS ASTLEY PARK 7km SERIES Baron Rest Pub, Astley, Chorley, Lancashire. 7.30pm. www.chorleyharriers.co.uk DAVID DAVIES NONSUCH RELAY (4 X 3K) Nonsuch Park, Epsom, Surrey. 7pm. www.runningwithdavid.com FOREST PARK LADIES' 5km Birchwood Forest Park, Warrington, Cheshire 7.30pm www.spectrumstriders.org.uk NEWMAN HILLY 5 Hainault Forest Country Park, Chigwell Row, Essex, 7.30pm. **SEXARATHON IRONBRIDGE 4**

Tontine Hotel, Telford, Shropshire. 7.30pm www.telfordathleticclub.co.uk

Thursday July 4 BADGER 10km

The Barn, Berkeley Drive, Bamber Bridge, Lancashire. 7.30pm. www.ukresults.net HOLME PIERREPONT GRAND PRIX 5 Colwick Park, Nottingham. 7.15pm. hprcrun.co.uk SANDY SLITHER 6.1 Lower Largo, Perth. www.fifeac.org TINTERN TRÖT 6 Abbey Mill, Tintern, Gwent. 7.30pm. www.chepstowharriers.org.uk/ tintern.htm

Saturday July 6 ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire. 9.30am. www.abneycheadlerun.co.uk AVON VALLEY RELAY Christie Miller Sports Centre, Bowerhill, Melksham, Wiltshire. 2pm. www.avonvalleyrunners.org.uk **BIRMINGHAM AND BI ACK** COUNTRY HALF-MARATHON Wolverhampton Railway Station. Wolverhampton, West Midlands. 9am. www.bbchm.co.uk CHARMOUTH CHALLENGE 8 Charmouth School, Lower Sea Lane, Charmouth, Dorset. 2.30pm. www.charmouthchallenge.co.uk **COMPTON CANTER 9.1km** Recreation Ground, Burrell Road, Compton, Oxfordshire. Noon. comptonharriers.org.uk

HAMSTERLEY FOREST MARATHON Hamsterley Forest Visitor Centre, Near Bishop Auckland, Co Durham, 9.30am. www.northeastmarathonclub.co.uk HURT 12/24km Lawbrook Lane, Peaslake, Guildford, Surrey. 9am. www.thehurt.co.uk IAU WORLD TRAIL CHAMPIONSHIPS Llanwrst, Conwy. www.iau-ultramarathon.org LETCHWORTH FIRST SATURDAY OF THE MONTH 5km Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am. www.firstsaturday5km.org.uk **ORION HARRIERS FOREST 5** Jubilee Retreat, Chingford, London.

10am. www.orionharriers.org.uk PARAS 10 Merville Barracks, Colchester, Essex.

11am www.paras10.com RUN RICHMOND PARK 5/10km

Richmond Park, Richmond, Surrey. 10.10am. www.thefixevents.com RUNNYMEDE RELAYS Windsor Great Park, Windsor, Berkshire, Noon, www.runnymederunners.com WELSH OPEN 10km (Inc WELSH SHORT TRAIL CHAMPS)

Llanwrst, Conwy. 9.15am. www.welshathletics.org

Sunday July 7 BEWL 15

Uplands Community College, Wadhurst, East Sussex. 10.30am. www.bewl15.co.uk **BOB HANCOCK MEMORIAL** MIDSUMMER 5 Federation Sports Club, Downham Market, Norfolk. 10.30am www.rystonrunners.org.uk CRANLEIGH 10km Band Room, Village Way, Cranleigh,

Surrey. 11am. **CROYDON ULTRA 30** Sandilands Club House, Croydon,

Surrey. 9am. www.thecroydonultra.co.uk

DORSTONE DAWDLE 10km Dorstone, Herefordshire. 11am. www.dorstone.org.uk EVESHAM VALE 10km

Crown Meadow, Abbey Road, Evesham, Worcestershire. 10.30am. www.eveshamvalerunningclub.org.uk FAIRY FRECKLED COW 11km Alwen Reservoir, Pentre-Llvn-Cymmer, Conwy, 11.30am. www.denbighharriers.com GUNNERSBURY PARK 10km Gunnersbury Park, Popes Lane, London 11am

www.mccpromotions10kseries.com HAMSTERLEY FOREST 10km Hamsterley Forest, Hamsterley, Co Durham, 10.30am, www.butterwick.org.uk

HEVENINGHAM HALL X 10km Heveningham Hall, Heveningham, Suffolk, 9.45am.

www.runheveningham.co.uk **HIGHWAY 10km** Highway School, Orpington, Kent. 10am

TV guide THURSDAY JUNE 27

Ostrava Golden Spike 5.30-8pm – Eurosport 2

www.th10k.com LAKELAND TRAILS HALF-MARATHON/MARATHON John Ruskin School, Coniston, Cumbria. www.lakelandtrails.org LEIGH LEGACY EVENT 10km Pennington Flash, Leigh, Greater Manchester. 11am. www.legacyevent.org MARCH SPUD RUN 5 Elm Road Sports Field, March, Cambridgeshire. 11am. www.marchathleticclub.co.uk PENWORTHAM 5km

Vernon Carus CC, Penwortham, Preston, Lancashire. Noon.

www.penwortham5k.webs.com TWIST KINGSCLERE 5 Fieldgate Centre, Kingsclere,

Berkshire. 11am. www.twistkingsclere5.org.uk TYTHING BARN BARE IF YOU DARE

5km West Williamston, Pembrokeshire. 11am

www.tb5k.moonfruit.com WATER OF LIFE 10km/HALF-MARATHON

Bisham Abbey National Sports Centre, Bisham, Berkshire. 10am. www.purplepatchrunning.com WIMBLEDON WINDMILERS JIM **BRABEN MEMORIAL 10km** The Causeway, Wimbledon Common, Wimbledon. 9am.

www.windmilers.org.uk WYRE FOREST TRAIL HALF-MARATHON Wyre Forest Visitors Centre, Callow

Hill, Bewdley. 10.30am. www.amazingfeet.co.uk

Monday July 8 WESTBURY WIPEOUT 3km

Westbury, Avon. 7.15pm. www.westburyharriers.co.uk

Tuesday July 9

TROWBRIDGE LIONS BBQ 5km Village Hall, Hilperton, Wiltshire. 7pm. www.trowbridgelions.org/5k.html

Wednesday July 10 CROWN TO CROWN 5km

Westley Heights Country Park, Basildon, Essex. 7.30pm. www.pitsearunningclub.org.uk GIBBET HILL 10km St Christopher's Green, Haslemere, Surrey. 7.30pm. www.hbac.co.uk LANGLEY PARK SUMMER 5km SERIES Langley Park Country Park, Iver Heath, Buckinghamshire. 7pm. bucksvoice.net/langley-park-races **ROYTON 5.5** Tandle Hill Tavern, Royton,

Manchester. 7.30pm. www.roytonroadrunners.co.uk

WOLDS DASH SERIES Hubbards Hills, Louth, Lincolnshire. 7pm

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What's On Events

www.louth-ac.org.uk WOODYS TOONIE TROT 10km Woodland Waters, West Willoughby, Lincolnshire, 7pm www.toonieexpress.co.uk

Thursday July 11 DEARNFORD LAKE RELAY (3x2M)

Dearnford Lake, Whitchurch, Shropshire. 7.30pm. www.whitchurchwhippets.co.uk **DINTON PASTURES 5/10km** SERIES Multi Activity Centre, Sandford Lane, Hurst. 7.30pm. barnesfitness.co.uk/dinton-pastures-5km-10km **GIRTON 5km** Girton Pavilion, Girton, Cambridgeshire. 7.30pm. www.girton5k.org.uk

Friday July 12

BUSHY'S GREAT SOUTH RUN 10km Port Erin, Isle Of Man. 7pm. www.manxroadrunner.com DIRTRUN SUMMER SIZZLER 10km Top Barn Activity Centre, Holt, Worcestershire. 7pm. www.dirtrun.co.uk

TRACK

Friday June 28 CORNWALL SCHOOL GAMES Carn Brea.

Saturday June 29 CELTON MANY ISLE OF MAN CHAMPIONSHIPS Douglas. Until Sunday June 30. www.iomaa.info CENTRAL & SOUTH OF SCOTLAND LEAGUE 1: Kilmarnock. 2: Wishaw. 3: Wishaw. www.scottishathletics.org.uk EASTERN COUNTIES CHAMPIONSHIPS Cambridge. www.easternaa.co.uk EASTERN VETERANS' CHAMPIONSHIPS Sandy. Noon. www.evac.org.uk/t&f.html

Gateshead www.esaa.net HUMBERSIDE LEAGUE Grimsby

LILY B GIRLS' LEAGUE Walton LONDON INTER-CLUB CHALLENGE Hendon. Noon.

londonathletics.org/licc2013 **NEWQUAY & PAR 5 STAR** PENTATHLONS Par www.newparac.co.uk O'BRIEN CHALLENGE 5000m SERIES Magherafelt. www.athleticsni.org SOUTH YORKSHIRE LEAGUE Doncaster. 10am. www.sycaa.co.uk SPECIAL OLYMPICS WALES Bangor. www.welshathletics.org UKA DISABILITY GRAND PRIX Birmingham. www.britishathletics.org.uk WELSH U13/U15/SENIOR

CHAMPIONSHIPS Cardiff. Until Sunday June 30. www.welshathletics.org

Sunday June 30

BMAF THROWS PENTATHLON CHAMPIONSHIPS Hendon. www.bvaf.org.uk BMC GRAND PRIX Watford, 4pm www.britishmilersclub.com GATESHEAD MINOR ATHLETICS **OPEN MEETING** Gateshead, 9.30am. www.gateshead-harriers.co.uk NORTH EASTERN YOUTH DEVELOPMENT LEAGUE 1: Jarrow. 2N: Whitley Bay. 2S: Shildon. www.necaa.info ORKNEY HIPPO OPEN MEETING Kirkwall. 10am. www.orkneyathleticclub.co.uk PETROFAC GRAMPIAN ATHLETICS LEAGUE East: Aberdeen. North: Inverness. grampianathleticsleague.synthasite. com

British Milers' Club Grand Prix, Watford, Sunday June 30

FRESH from her terrific run in the European Team Championships, Emelia Gorecka heads a strong women's field in Watford.

ENGLISH SCHOOLS' CUP FINAL

Gorecka won the 5000m at the last Grand Prix in Manchester as the 19-year-old belatedly opened her track season after illness and was only a fraction outside her lifetime best with 15:35.82.

On Sunday Gorecka, along with her Aldershot, Farnham & District colleague Steph Twell, plus Katrina Wootton, who is currently top of the UK rankings, will be joined by some overseas runners that should ensure a brisk pace from the gun.

The pacemaker will set off at sub-15:30 pace and it will be intriguing to see if Gorecka or any of the other Brits can get close to the World Championships 'A' qualifying standard of 15:18.

ONLY) Stretford. 6.30pm.

the entries.

Emelia Gorecka

It certainly looks like being one of the best races of the night.

The men's 5000m again proved hugely popular and four races have been written into the packed programme that starts at the earlier time of 3.45pm. The A race has Adam Hickey, Ross Millington, Keith SAINSBURY'S GRAND PRIX Birmingham

www.diamondleague-birmingham. com

UK YOUTH DEVELOPMENT U17/ U20 LEAGUE Midland East 1: Milton Keynes.

Midland East 2: Corby. Midland Premier 1: Cheltenham. Midland Premier 2: Abingdon. Midland West 1: Solihull. Midland West 2a: Learnington. Midland West 2b: Stourport. Northern East 1: Rotherham. Northern East 2: Cleckheaton. Northern Premier 1: Edinburgh. Northern Premier 2: Wakefield. Northern West 1: Wigan. Northern West 2: Blackburn. Southern North 1: Eltham. Southern North 2: Guildford. Southern Premier 1: Reading. Southern Premier 2: Harrow. Southern South 1: Bournemouth. Southern South 2: Sutton Valence. Southern South 3a: Kingston. Southern South 3b: Mile End. Southern South 3c: Portsmouth. www.ukydl.org.uk WESSEX YOUNG ATHLETES' LEAGUE Horspath.

www.wessexleaguetandf.co.uk

Monday July 1 SOUTHERN COUNTIES VETERANS' LEAGUE WESTERN DIVISION Abingdon. www.scvac.org.uk

Tuesday July 2 CORBY AC SHOT PUT CLUB CHAMPIONSHIPS Corby. getmoodling.com/corbyacn NORTH YORKSHIRE & SOUTH DURHAM LEAGUE Middlesbrough. www.new-marske-harriers.co.uk TONBRIDGE AVRIL BOWRING EVENING OPEN MEETING Tonbridge. www.tonbridgeac.co.uk TRAFFORD GRAND PRIX (SPRINTS/HURDLES/JUMPS

Gerrard and Antony Ford among

who didn't make the first wave

of selections for the European

Under-20 Championships, will also

be in action with Richard Charles,

Sean Molloy, Elliot Slade all entered for the 800m along with under-23 athlete Oliver Aitchison.

The women's 800m features in-

form Irish international Rose-Anne

Galligan, who recently ran PB of

Smith and Alison Leonard.

2:01.07. plus New Zealander Angie

British international James Brewer heads the entry for the

1500m with Chris Gow, Phil Hurst

and Irish runner John Coghlan,

son of former Irish star Eamon.

all entered. Charlene Thomas is

the leading British entry for the

women's 1500m.

A number of Britain's top juniors,

www.traffordac.co.uk WOODFORD GREEN OPEN Woodford 645pm www.wgel.org.uk

Wednesday July 3 BMC REGIONAL RÁCES

Linford Christie Stadium. 7.45pm. www.britishmilersclub.com CHARNWOOD OPEN GRADED MEETING Loughborough. www.charnwoodac.co.uk EASTERN VETERANS' LEAGUE Central: Kettering. Essex: Chelmsford. Fenland: Cambridge. Midlands: Bedford. www.evac.org.uk/t&f.html GRANGEMOUTH STADIUM OPEN GRADED MEETING Grangemouth. 6.45pm. www.falkirkcommunitytrust.org ISLE OF MAN AA OPEN MEETINGS Douglas POLICE SPORT UK ATHLETICS CHAMPIONSHIPS Cheltenham. policesportuk.com ROSENHEIM LEAGUE WEST DIVISION Eton. www.kingstonandpoly.org TEAM BATH OPEN Bath 645pm WEST YORKSHIRE LEAGUE Cleckheaton. 6.45pm. www.wakefield-harriers.co.uk/wytfl/ wytfl htm WI AN OPEN MEETING

Wormwood Scrubs. www.londonathletics.org

Thursday July 4 ATHLETICS NORTHERN IRELAND OPEN GRADED LEAGUE Templemore. www.athleticsni.org ROSENHEIM LEAGUE EAST DIVISION Battersea. 6.45pm. www.herculeswimbledonac.org.uk

Friday July 5

ENGLISH SCHOOLS' CHAMPIONSHIPS Birmingham. Until Saturday July 6. www.esaa.net SOUTHERN COUNTIES VETERANS' LEAGUE KENT DIVISION Ashford. www.scvac.org.uk

Saturday July 6

BRITISH ATHLETICS LEAGUE Premiership: Sheffield. 1: Eton. 2: Eton. 3: Kingston. 4: Bournemouth. www.bal.org.uk DERBYSHIRE MINI LEAGUE Derby, 10am. www.dcaa.org.uk HEXHAM COMBINED EVENTS INTERNATIONAL Hexham. Until Sunday July 7. LILY B GIRLS' LEAGUE Guildford MMTG BRITISH HIGHLAND GAMES

DECATHLON CHAMPIONSHIPS Derby.

www.mmtg.org.uk TRACK ATHLETICS SOUTH-EAST SERIES Bromley

www.boxdoffint.com/trackathletics UK WOMEN'S LEAGUE Premier: Sport City. 3: Exeter. www.ukwal.org.uk WELSH SCHOOLS' CHAMPIONSHIPS Cardiff. www.welshathletics.org

Sunday July 7 ALDER VALLEY BOYS' LEAGUE Winchester. 11.30am. www.wseh.info/aldervalleyboys EASTERN YOUNG ATHLETES' LEAGUE Basildon, Luton, St. Albans, Stevenage. www.eyal.org.uk MEDWAY & MAIDSTONE OPEN MEETING Sutton Valence. Noon. www.mandmac.org NORTH OF ENGLAND LEAGUE 1: Sport City. 2E: Middlesbrough. 2EC: Spinkhill. 2W: Litherland. 2WC: Blackpool. 3E: Whitley Bay. 3EC: Wakefield. 3W: Wrexham. 3WC: Preston. 4E: Hexham. 4EC: Grimsby. 4W: Salford. 4WC: Cleckheaton. www.noeaa-athletics.org.uk SOUTH WEST LEAGUE 1: Exeter. 2: Yeovil. www.swathletics.org.uk SUSSEX COUNTY U13 CHAMPIONSHIPS Brighton. www.sussexathletics.org.uk UK WOMEN'S LEAGUE 1: Wigan. 2: Scotstoun.. www.ukwal.org.uk MIDLAND JOINT LEAGUE 1: Cheltenham. 2: Stoke. 3: Corby. 4: Telford. 5: Brierley Hill. 6: Burton www.midlandathletics.org.uk WESSEX YOUNG ATHLETES' LEAGUE Isle of Wight, Swindon, Woking. www.wessexleaguetandf.co.uk

Monday July 8

BLACKHEATH & BROMLEY OPEN & **CLUB CHAMPIONSHIPS** Bromley. www.bandbhac.org.uk SOUTHERN COUNTIES VETERANS' LEAGUE Hants and Surrey: Aldershot. Herts and North Middlesex: Lee Valley. www.scvac.org.uk

Tuesday July 9 TONBRIDGE U11 OPEN MEETING Tonbridge. 4.30pm. www.tonbridgeac.co.uk

Wednesday July 10 BERKSHIRE COUNTY U13

CHAMPIONSHIPS Bracknell www.berkshireathletics.org.uk BMC GOLD STANDARD RACES Watford, 7.30pm. www.britishmilersclub.com/fixtures/ bmcfixtures.aspx MANX HARRIERS LEAGUE Douglas.

www.manxathletics.com/ manxharriers NASUWT CYMRU WELSH SCHOOLS' PLATE/CUP FINAL Brecon. www.welshathletics.org

Submit your fixture online at athleticsweekly.com

NORTH EAST ATHLETICS LEAGUE Jarrow. 7pm. www.necaa.info NORTHERN VETERANS' LEAGUE Cleckheaton. 7pm. www.nvac.co.uk SOUTHERN COUNTIES VETERANS' LEAGUE SUSSEX DIVISION Lewes. www.scvac.org.uk SOUTH YORKSHIRE LEAGUE Cudworth. 7pm. www.sycaa.co.uk WALTHAM FOREST OPEN MEETING Walthamstow WATFORD OPEN GRADED MEETING Watford. 7pm. www.watfordharriers.org.uk

Thursday July 11

BIGGLESWADE AC TRACK FEST Sandy. HERTFORDSHIRE COUNTY 10,000m CHAMPIONSHIPS Sandy. www.hertscaaa.org.uk SHROPSHIRE YOUNG ATHLETES' LEAGUE Shrewsbury www.oswestryolympians.co.uk

Friday July 12 BRITISH ATHLETICS WORLD TRIALS & UK & ENGLAND CHAMPIONSHIPS Birmingham. Until Sunday July 14. www.uka.org.uk

Saturday July 13

SCOTTISH ATHLETICS COMBINED EVENTS CHAMPIONSHIPS Grangemouth. Until Sunday July 14. www.scottishathletics.org.uk SCOTTISH ATHLETICS U12 SUPERTEAMS CHAMPIONSHIPS Grangemouth. www.scottishathletics.org.uk SOUTHERN MEN'S LEAGUE 1 C: Kingston. 1 E: Grays. 1 W:

Bournemouth. 2 C: Kingston. 2 W: Bournemouth. www.southernmensleague.org.uk

SOUTHERN ATHLETICS LEAGUE 1: Basingstoke, Colchester. 2 N: Hemel Hempstead. 3 S: Eastbourne.

www.southernathletics.org.uk UK YOUTH DEVELOPMENT U13/ **U15 LEAGUE**

Midland East 1: Banbury. Midland East 2: Derby. Midland Premier 1: Cardiff. Midland Premier 2: Coventry. Midland West 1: Yate. Midland West 2a: Hereford, Midland West 2b: Tipton. Northern East 1: Spinkhill. Northern East 2: Grimsby. Northern Premier 1: Gateshead, Northern Premier 2: Hull, Northern West 1: Wigan Northern West 2: Connah's Ouay, Northern West 3: Stretford. Northern West 4: Sport City. Southern North 1: Hendon. Southern North 2: Mile End. Southern North 3: Parliament Hill, Southern Premier 2: Tooting Bec. Southern South 1: Crawley. Southern South 2: Guildford. Southern South 3a: Worthing. Southern South 3b: TBC. Southern South 3c: Hastings www.ukydl.org.uk

Sunday July 14

CHESHIRE LEAGUE Bury, Colwyn Bay, Crewe, www.cheshireaa.com DUCHY OPEN Carn Brea. www.cornwallac.org.uk EAST ANGLIAN LEAGUE Cambridge, Great Yarmouth, Ipswich. www.cambsathletics.org.uk/page13. htm GATESHEAD MINOR ATHLETICS OPEN MEETING Gateshead, 9.30am www.gateshead-harriers.co.uk SCOTTISH ATHLETICS U18/U20 3000m CHAMPIONSHIPS Grangemouth. www.scottishathletics.org.uk SOUTHERN ATHLETICS LEAGUE 1: Harrow. 2 S: Eltham, Kingston.

www.southernathletics.org.uk WENLOCK OLYMPIAN GAMES Much Wenlock. www.wenlock-olympian-society.org. uk/olympian-games WESSEX YOUNG ATHLETES' LEAGUE Poole. www.wessexleaguetandf.co.uk

YORKS & DISTIRCT LEAGUE Cleckheaton.

ROAD

Thursday June 27 DULWICH RUNNERS MIDSUMMER

5km Dulwich Park, Dulwich, London. 7.45pm. www.dulwichrunners.org.uk FAST AND FURIOUS 5km Stourport, Worcestershire. www.pitchero.com/clubs/ kidderminsterstourportac **GREAT CHALFIELD 10km** The Common, Broughton Gifford, Wiltshire. 7.30pm. www.stampedesports.co.uk HARWICH 5km SERIES Sea Scout Hall, Harwich, Essex. 8pm. www.harwichrunners.co.uk LEICESTER CITY 5km SERIES Victoria Park, London Road, Leicester. 7.30pm. www.nice-work.org.uk WETTON 5.3 Greyhound Inn, Wetton, Staffordshire.

www.staffsmoorlands-ac.co.uk

Friday June 28

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 FELINFACH 6 Felinfach School, Felinfach, Ceredigion. 7.30pm. www.sarnhelen.org.uk JOHN O'CALLAGHAN MEMORIAL 5 (Inc BEDFORDSHIRE CHAMPS) Vauxhall Recreation Club, Luton, Bedfordshire. lutonac.co.uk SAUMAREZ PARK 5km SERIES Saumarez Park, St Martins, Guernsey. 6.15pm. www.leemerrienrunning.com

SOUTH CHESHIRE 5km SERIES Queens Park, Crewe, Cheshire. 7pm. www.southcheshireharriers.org.uk

Saturday June 29

ISLE OF BARRA HALF-MARATHON Castlebay Community School, Isle of Barra.

www.barrathon.org.uk KINGHAM 12km Village Hall, Kingham, Oxfordshire. 10am.

www.kinghamrun.co.uk LANCASTER 5km SERIES Salt Ayre Leisure Centre, Lancaster. 6.30pm.

www.shoestringresults.com TIMBERHONGER 10km Sanders Park, Bromsgrove, Worcestershire. 6pm. www.timberhonger10k.co.uk

Sunday June 30 ABERDARE PARK 5

Aberdare. AIRBASE 10km Heyford Park, RAF Upper Heyford, Oxfordshire. 10am. www.tvacaa.org/airbaserace BRACKENWOOD FESTIVAL 5 Festival Place, Basingstoke, Hampshire, 9am. www.destinationbasingstoke.co.uk CAPFI 5 Capel St Mary, Suffolk. 10.30am. www.capelcheetahs.co.uk CAPITAL RUNNERS RICHMOND PARK 10km East Sheen Gate. Richmond Park. Richmond, Surrey. 10am. www.capitalrunners.com **DESBOROUGH HALF-MARATHON** Ironwood Avenue, Desborough, Northamptonshire. 10am. www.rapidrunningclub.org.uk FAIRCLOUGH 5 Stanah Country Park, near Staynall, Lancashire. 11am. www.run-tcrc.co.uk HUMBER BRIDGE HALF-MARATHON Humber Bridge car park, Hessle, East Yorkshire. 9am. www.humber-half.org.uk HUMPTY DUMPTY 10km Village Hall, Freethorpe, Norfolk. 10.30am www.gydac.co.uk LANCASTER MARATHON Leisure Park, Wyresdale Road, Golgotha, Lancaster. 10am.

www.ukroadraces.info LINDLEY 10km Lindley Infant School, Lindley, West Yorkshire. 9am. www.lindley10k.org.uk LLANELLI 10km Millennium Coastal Park, Llanelli. www.healthylifeactivities.co.uk LORDSHILL 5/10km Ordnance Survey, Adanac Drive, Southampton, Hampshire. 10.30am. www.lordshillroadrunners.org.uk **ORPINGTON 10km** Orpington, Kent. 9.30am. www.orpingtonraces.com PENISTONE 10km Church View Crescent, Penistone, South Yorkshire. 11am. www.pfrac.co.uk PENNY LANE STRIDERS 10km Riversdale Police Club, Liverpool,

Mersevside, 10,30am. www.pennylanestriders.co.uk PETERHEAD SHELL 5km/HALF-MARATHON Catto Park, Peterhead,

Aberdeenshire. www.peterheadjogscotland.com PRESTWOLD 10km

Prestwold Driving Centre, Prestwold, Leicestershire.

www.barrowrunners.co.uk RUN NORTHUMBERLAND KIRKLEY 10km Kirkley Hall, Ponteland,

Northumberland. 9.30am. www.runnorthumberland.org RUNTHROUGH CLAPHAM COMMON 5/10km Clapham Common, Clapham, London. 10am. www.runthrough.co.uk THAME CPM 10km

Thame Leisure Centre, Thame, Oxfordshire. 9.30am. www.thamerunners.co.uk

Monday July 1

SELF TRANSCENDENCE 5km Battersea Park, London. 7pm. www.uk.srichinmoyraces.org

Tuesday July 2 CRYSTAL PALACE CANTER 5km Top car park, NSC, Crystal Palace, London, SE19, 12, 30pm. canter5k@hotmail.com FFRNWOOD 5km Village Hall, Fernwood, Nottinghamshire. 10.30am. fernwoodrunningclub.org.uk HORSESHOE RELAY (3x2M) Horseshoe Pub, Siston Common, Bristol. 7.30pm. https://sites.google.com/site/ emersonsgreenrunningclub **ROCHDALE 10km** Springfield Park, Rochdale RUN EXE SUMMER 5km SERIES Flowerpots Playing Fields, Exeter, Devon. 7.30pm. www.ironbridgerunnerevents.co.uk/ summer_5k/index.html

Wednesday July 3 BRIG BASH 5

The Institute, Bridge of Earn, Perthshire www.perthroadrunners.co.uk **CROXBY 8.88** Croxby Crossroads, Croxby, Lincolnshire. 7pm. www.woldsvets.co.uk **CWMCARN SCENIC 7** Cwmcarn Forest Drive, Cwmcarn, Gwent. 7pm. www.islwynrunningclub.org.uk ELLETSON ARMS 10km SERIES Elletson Arms, Pilling, Lancashire. 7pm. ukroadraces.info EYE 5km Eye, Cambridgeshire. peterboroughgpseries.com HELEN WINDSOR 10km Greetland, near Halifax, West Yorkshire. 7.15pm. www.halifaxharriers.co.uk JOHN LUNN 5km Keighley, West Yorkshire. 7.30pm. PINTOS 3km SERIES Cooper Park, Elgin, Moray. 7pm. www.morayroadrunners.com

PITSTOP 10km

Croft Circuit, Dalton on Tees, Co Durham www.darlingtonharriers.co.uk SPENCERS ARMS DASH SERIES

Barnsley. TYNEDALE 10km

Ovingham Middle School, Ovingham, Northumberland. 7.30pm. www.tynedaleharriers.com YATELEY 10km SERIES Yateley Comprehensive School, Yateley, Hampshire. 7.30pm. www.yateley10kseries.info

Thursday July 4

ASSEMBLY LEAGUE 5km Battersea Park, London. 7.30pm. BOCONNOC 10km Tremodrett Mill, Tremodrett, Cornwall. 7pm. www.staustellrunningclub.co.uk INDEPENDENCE DAY RUN 5/10km John Orwell Sports Centre, Wapping, London. 7pm. www.nice-work.org.uk KEDINGTON 5km Kedington Community Centre, Kedington, Suffolk. 7.30pm. www.haverhillrunningclub.org.uk KIDLINGTON AC MOTA-VATION 4 SERIES Recreation Ground, Combe, Oxfordshire. 7.30pm. www.kidlingtonrunning.org.uk LLANELLI 5km SERIES Llanelli Leisure Centre. Llanelli. Carmarthenshire. 7pm. www.humanbeingactive.org/5k

LLOYDS TSB FITNESS 4 Pilot Inn, Hardwicke, Gloucestershire. 7.30pm. www.severnac.co.uk MALDON SUMMER HANDICAP 5km SERIES Marks Tey, Essex. 7.30pm. haskey@haskey.fsworld.co.uk OAKAMOOR HILLY 5 Oakamoor, Staffordshire www.staffsmoorlands-ac.co.uk SALE SIZZLER 5km SERIES Wythenshawe Park, Manchester. 7.30pm

www.saleharriersmanchester.com

Friday July 5 BRIDGE INN FIRST FRIDAY

SUMMER SERIES 1.5 Bridge Inn, Peebles, Scottish Borders. 7pm.

www.moorfootrunners.co.uk **CARDIFF SUMMER SERIES 3** Pontcanna Fields, Cardiff. 7.30pm. www.cardiffrunningevents.org ERME VALLEY RELAYS lvybridge RFC, lvybridge, Devon.

7pm. www.ermevalleyharriers.co.uk GREAT BENTLEY FRIDAY 5 Great Bentley, Essex. 7.30pm.

www.gbrc.org.uk **GREYABBEY** 10km

Village Hall, Greyabbey, Co Down. 7.40pm. www.nics ac.com

RYE SUMMER CLASSIC 10km Rye Harbour Nature Reserve, Rye, East Sussex. 7pm. www.nice-work.org.uk WHARFEDALE TTT 4km

Kettlewell, North Yorkshire. 8pm. www.bingleyharriers.org.uk



Events What's On

Saturday July 6 CARDIFF POPPY 5km

Bute Park, Cardiff. 9.30am. www.britishlegion.org.uk CATFORTH CANTER 5km SERIES Village Hall, Catforth, Lancashire 6.30pm. www.ukroadraces.info CHESTERFIELD NO WALK IN THE PARK 5km Queens Park, Chesterfield, Derbyshire. 9.30am. northderbyshirerc.jimdo.com FORRES HIGHLAND GAMES 10km Grant Park, Forres www.forreshighlandgames.fsnet.co.uk ISLE OF HARRIS HALF-MARATHON Tarbert. Isle of Harris. www.srac.org.uk/harrishalf.htm NORTH WEST 5km GRAND PRIX Environment Centre, Okell Drive, Liverpool, Merseyside. 10am. www.knowsleyharriers.com NORWICH LORD MAYOR'S 5km Tombland, Norwich, Norfolk. 4.45pm. www.conac.org.uk SIBLYBACK LAKE 5km SERIES Siblyback Lake, Liskeard, Cornwall. 10am. www.digdeepuk.org Sunday July 7 ALEXANDRA PARK WOMEN'S 5km SERIES Alexandra Park, Moss Side,

Manchester. 10am. www.openathletics.org BRAMPTON BREWERY CHESTERFIELD SPIRE 10 Holmebrook Valley Park, Newbold,

Derbyshire. 10.30am. northderbyshirerc.jimdo.com BRINSWORTH 10km

Brinsworth Lane, Rotherham, South Yorkshire. 10am. *brinsworth10k.co.uk*

CATFORTH 10km Village Hall, Catforth, Lancashire.

10am. www.fyldecoastrunning.org CRIEFF 10km

Morrisons Academy Playing Fields, Crieff. 11.15am.

www.strathearnharriers.org.uk DEBDALE GRAND PRIX 7km Debdale Park, Reddish Lane, Manchester. 11am.

www.bellevueracers.co.uk DESFORD STRIDERS 7 Peckleton Lane, Desford, Leicestershire. 11am. www.desfordstriders.co.uk

DIDCOT 5 Willowbrook Lesiure Centre, Didcot, Oxfordshire, 9.30am.

www.didcotrunners.co.uk
ECCUP 10

Church Lane, Adel, Leeds, West Yorkshire. 9.30am. www.abbevrunners.co.uk

ISLE OF ARRAN HALF-MARATHON Kinloch Hotel, Isle of Arran. KILBURN 7

Kilburn, North Yorkshire. 2pm. MILTON KEYNES NSPCC HALF-MARATHON

Webber Independent School, Milton Keynes, Buckinghamshire. 10am. racetimingsystems.net NEWMARKET 10km

Ellesmere Centre, Stetchworth, Suffolk. 10am.

www.newmarketjoggers.co.uk PORTLAND 10 Portlans YC, Weston Road, Portland, Dorset. 10.30am.

www.rmpac.co.uk PRINCES RISBOROUGH 10km Market Square, Princes Risborough,

Buckinghamshire. 9.30am. www.voaac.org.uk

RAF SHAWBURY AIRFIELD 10km RAF Shawbury, Shawbury, Shropshire.

www.raf.mod.uk/rafshawbury/events REGENT'S PARK SUMMER 10km SERIES

The Hub, Regent's Park, London. 9.30am. regentsparkraces.org RHONDDA 10

Ystrad Sports Centre, Ystrad, RCT. 9am.

www.rhonddafunrun.com SHAWBURY AIRFIELD RACE 10km RAF Shawbury, Shawbury, Shropshire. 11am. www.raf.mod.uk/rafshawbury/events SOUTH COAST 10km/5km/HALF-MARATHON Martello Fields, Seaford, East Sussex. www.uktriathlon.co.uk/south_

coast_run SOUTH LAKES HALF-MARATHON Community Centre, Quarry Road, Allithwaite, Cumbria. 11am. www.allithwaiterunningclub.org.uk SOUTHPORT HALF-MARATHON Princes Park, Southport, Merseyside. www.vitalevents.co.uk ST ANNES CARNIVAL 5km

Lord Derby Pub, Lytham St Annes, Lancashire. 11am.

www.lythamrunners.org.uk STONEHAVEN HALF-MARATHON Mineralwell Park, Stonehaven, Aberdeenshire. 11.15am. stoneyhm.webnode.com STOPSLEY STRIDERS LADIES 5km Wardown Park, Luton, Bedfordshire. 10.30am.

www.stopsleystriders.org.uk TADLEY RUNNERS SUMMER 10km Hurst Leisure Centre, Tadley, Hampshire. 11am. www.tadleyrunners.hampshire.org.uk THURLBY 10km Lawrance Park, Crown Lane, Thurlby, Lincolnshire. 11am. thurlbyrun.btck.co.uk WINSTON RUNNERS LADIES 5km Wythenshawe Park, Manchester. 11am. www.winstonrunners.com

WINTERTON SHOW 10 Winterton showground, Winterton, Scunthorpe, Lincolnshire. 10am. www.wintertonshow.net/news/ winterton-10-mile WITHERNSEA 5 Withernsea, East Yorkshire. 10.45am. www.withernseaharriers.org

Monday July 8 FRAMPTON 10km

Frampton, Gloucestershire. 7.30pm. www.stroudathleticclub.co.uk SELF TRANSCENDENCE RELAY (3x1M) Battersea Park, London. 7pm. uk.srichinmoyraces.org/races/ london Tuesday July 9 BRIDGES OF THE TYNE 5 Quayside, Newcastle, Tyne & Wear. 7.15pm.

www.tynebridgeharriers.com HEDDINGTON 5km SERIES Village Hall, Heddington, Wiltshire. 7.30pm.

www.calnerunningclub.co.uk MID WEEK ROAD RACE LEAGUE

St Albans. www.stalbansstriders.com MOFFAT GALA RUN Town Hall, Moffat. www.entrycentral.com/moffatrun ROSE INN 4 SERIES

Rose Inn, Redwick, Gwent. 7.30pm. www.chepstowharriers.org.uk/ roseinn.htm

SELF TRANSCENDENCE 2 Eastville Park, Bristol. 7.15pm.

ksrichinmoyraces.org SKIRLAUGH 8 Skirlaugh, East Yorkshire. 7.15pm. easthullharriers.com WAVERTREE MYSTERY 5km SERIES Wavertree Stadium, Liverpool.

Merseyside. www.liverpoolharriers.co.uk WISTOW 10km Jubilee Hall, Wistow, North Yorkshire. 11am.

www.selbystriders.org.uk

Wednesday July 10 ARMADA ATHLETICS NETWORK 5km SERIES Saltram Park, Plymouth, Devon. 7pm. www.armadaathletics.co.uk BROOKS SUMMER TURKEY TROT 4 Trickys, Redruth, Cornwall. 7.30pm. www.cornwallac.org.uk DROITWICH 10km High School, Briar Mill, Droitwich, Worcestershire. 7.30pm. www.droitwichac.co.uk EASY RUNNER 5km SERIES Bitton Station, Bitton, Bristol. 7.30pm. www.bittonrr.co.uk ENDMOOR 10km Village Hall, Endmoor, Cumbria. 7.30pm. www.kendalac.co.uk HUNGARTON 7 Hungarton, Leicestershire. www.wreakerunners.co.uk HYDE PARK HARRIERS SUMMER MILE Hyde Park, Leeds, West Yorkshire. 7pm. www.hydeparkharriers.co.uk NEWBURGH RACE Newburgh. www.fifeac.org NORMAN SMITH HANDICAP 9km Boroughbridge, North Yorkshire. www.harrogate-league.co.uk **OFFERTON 10km** Woodbank Stadium, Stockport, Cheshire 730nm www.stocknortharriers.com **REIGATE PRIORY SUMMER 10km** Reigate Priory Park, Reigate, Surrey. 7.30pm. www.summer10k.com SPRINGFIELD 5km SERIES Springfield Park, Corsham, Wiltshire. 7pm. www.corshamrunningclub.co.uk YEOVILTON SUMMER 5km SERIES Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset, 7,15pm.

Thursday July 11 Standard Chartered Great

STANDARD CHARTERED GREAT CITY 5km London. 7.15pm. SUNDAYSHILL 10km Thornbury RFC, Thornbury, Avon. 7.30pm. thornburyrunningclub.co.uk

Fridow July 12

Friday July 12 ASHFORD SUMMER SERIES 5km Victoria Park, Ashford, Kent. 7pm. www.nice-work.org.uk RAMSEY PARK HANDICAP 3.8 Mooragh Park, Ramsey, Isle of Man. 7pm. www.iomnac.co.uk/parkruns.aspx SCUNTHORPE 10km Brumby Hall, Ashby Road, Scunthorpe, North Lincolnshire. 7pm. www.scunthorpeathletics.co.uk WALKINGTON 10km Beech View, Walkington, East Yorkshire. 7.30pm. www.beverleyac.com WHISSENDINE 6

Whissendine, Rutland. 7.30pm. www.grainstorebrewery.com

PARKRUNS

Aberdeen – Beach Esplanade. 9.30am Aberystwyth – Plascrug Park Abingdon – Rye Meadow Andover - Charlton Playing Fields Ashford – Bedfont Lakes Country Park Ballymena – Ecos Park Banstead – Banstead Woods Barking – Barking Park Barnsley - Locke Park Barnstaple - Rock Park Barrow-in-Furness – Barrow Park Basingstoke - War Memorial Park Bedford - Bedford Park Belfast - Falls Park Belfast - Queen's University Belfast – Victoria Park Belfast - Waterworks Park Bexley - Danson Park Birmingham - Cannon Hill Park Bolton - Leverhulme Park Bradford – Lister Park Bramhall - Bramhall Park 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 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 Cookstwon - 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 Dewsbury – Crow Nest Park Dulwich – Dulwich Park Dundee – Camperdown Country Park Durham - Graham Sports Centre Durham - White Water Centre Eastbourne – Shinewater Park Eastleigh - Lakeside County 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 – Hinchingbrooke 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 Learnington - Newbold Comyn 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 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

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Margate - Palm Bay

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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 Wycombe - The Rye York – York Racecourse Entry: Free. Recurs every Saturday. 9am unless stated. www.parkrun.com

WALKS

Saturday June 29 BARNARD TROPHY Macclesfield, Cheshire.

Sunday June 30 SARNIA WALKING CLUB 20km Quayside, Guernsey. 8.30am. sarnia.wordpress.com

Friday July 12

SARNIA WALKING CLUB 3km Les Amarreurs, Vale, Guernsey. 6.30pm. sarnia.wordpress.com

OVERSEAS

Thursday June 27 EUROPEAN ATHLETICS OUTDOOR CLASSIC MEETING Sollentuna, Sweden, www.european-athletics.org IAAF WORLD CHALLENGE 52 OSTRAVA GOI DEN SPIKE Ostrava, Czech. www.zlatatretra.cz

Friday June 28 EUROPEAN ATHLETICS OUTDOOR PREMIUM MEETING Lille, France

www.european-athletics.org Saturday June 29 EUROPEAN COMBINED EVENTS

CUP FIRST LEAGUE Nottwil, Switzerland. Until Sunday June 30. www.european-athletics.org EUROPEAN COMBINED EVENTS CUP SECOND LEAGUE Ribeira Brava, Portugal. Until Sunday June 30. www.european-athletics.org EUROPEAN COMBINED EVENTS CUP SUPER LEAGUE Tallinn, Estonia. Until Sunday June 30. www.european-athletics.org IAAF RACE WALKING CHALLENGE DUBLIN GRAND PRIX OF RACE WALKING Dublin, Ireland. www.european-athletics.org **IRISH SCHOOLS' INTER** PROVINCIAL CHAMPIONSIPS

Dublin, Ireland, www.athleticsireland.ie PAAVO NURMI MARATHON Turku Finland www.paavonurmisports.fi/en/paavonurmi-marathon WOODIE'S DIY AAI JUVENILE GAMES Donegal, Ireland. www.athleticsireland.ie

Sunday June 30

EUROPEAN ATHLETICS OUTDOOR CLASSIC MEETING Zhukovsky, Russia www.european-athletics.org

WOODIF'S DIY AAL JUNIOR/U23 CHAMPIONSHIPS Tullamore Ireland www.athleticsireland.ie

Tuesday July 2 EUROPEAN ATHLETICS OUTDOOR AREA PERMIT MEETING

Cork, Ireland. www.european-athletics.org EUROPEAN ATHLETICS OUTDOOR CLASSIC MEETING Nancy, France. www.european-athletics.org

Thursday July 4

DIAMOND LEAGUE ATHLETISSIMA Lausanne, Switzerland. www.diamondleague-lausanne.com

Saturday July 6

DIAMOND LEAGUE MEETING AREVA Paris, France. www.diamondleague-paris.com EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS Borovets, Bulgaria. www.european-athletics.org FISU UNIVERSIADE

Kazan, Russia. Until Wednesday July 17. www.european-athletics.org IRISH MILERS' CLUB OPEN

Dublin Ireland www.irishmilersclub.com WOODIE'S DIY AAI JUVENILE CHAMPIONSHIPS

Tullamore, Ireland. Until Sunday July 7. www.athleticsireland.ie

Monday July 8

EUROPEAN ATHLETICS OUTDOOR CLASSIC MEETING Sotteville lès Rouen, France. www.european-athletics.org

Wednesday July 10

DUBLIN GRADED MEETING Dublin, Ireland. 7pm. www.dublinathletics.com EUROPEAN ATHLETICS OUTDOOR CLASSIC MEETING Budapest, Hungary. www.european-athletics.org IAAF WORLD YOUTH CHAMPIONSHIPS Donetsk, Ukraine. Until Sunday July 14. www.iaaf.org

Thursday July 11 EUROPEAN ATHLETICS U23

CHAMPIONSHIPS Tampere, Finland, Until Sunday July 14. www.european-athletics.org

Saturday July 13 EUROPEAN ATHLETICS OUTDOOR PREMIUM MEETING Heusden-Zolder, Belgium. www.european-athletics.org IAAF WORLD CHALLENGE MEETING Madrid, Spain. www.iaaf.org ISLAND GAMES Hamilton, Bermuda. Until July 19. www.natwestislandgames2013.com



> BROOKS

Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR General enquiries: officemanager@athleticsweekly.com www.athleticsweekly.com twitter.com/athleticsweekly facebook.com/athleticsweekly

Subscriptions and back issues

Warners Group Tel: 01778-392018/subscriptions@warnersgroup.co.uk backissues@warnersgroup.co.uk

Editorial

Tel: 01733-808550/Fax: 01733-808530 EDITOR Jason Henderson 01733-808531/jason.henderson@athleticsweekly.com DEPUTY EDITOR Paul Halford 01733-808532/paul.halford@athleticsweekly.com PRODUCTION EDITOR Mike Taylor 01733-808533/mike.taylor@athleticsweekly.com WEB EDITOR Jessica Whittington 07584-528799/jessica.w@athleticsweekly.com COACHING EDITOR David Lowes 01733-808536 /07930-318651/david.lowes@athleticsweekly.com PRODUCT REVIEWER Paul Freary

paul.freary@athleticsweekly.com PHOTOGRAPHER Mark Shearman 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 Moslev 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

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Farah has a ball in London match

AS A teenage talent, Mo Farah often warmed down after races by playing football and old habits die hard. Even now, as double Olympic champion, he followed his victory in the European Team Championships in Gateshead with a charity football game in London.

On Saturday Farah won the 5000m with a scintillating 50.89 last lap. He then travelled down to London to play for an Arsenal Legends team on Sunday in a soccer match against a World Refugee XI at Barnet's Underhill Stadium.

Farah was also manager of an Arsenal team that included lan Wright, Ray Parlour and Tony Adams as they drew 1-1 against the World Refugee team.



Sink or swim for Iwan in triathlon

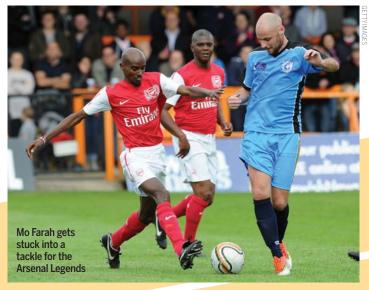
IWAN THOMAS had to be rescued from the water at the Blenheim Triathlon this month.

The UK 400m record-holder is a regular at marathon and triathlon events but he struggled in the swimming stage at Blenheim and bailed out.

"Had a disaster in the swim thanks for safety boat for pulling me...Crowd, organisers etc.. as amazing as ever," he tweeted.

The Daily Mail even went so far as to report that the 1998 European and Commonwealth champion "almost drowned".

Alistair and Jonny Brownlee are among past winners of the event, while Pippa Middleton also famously took part in 2011.



At half-time, Farah's men were 1-0 down, but with Wright and himself up front the Gunners fought back and equalised thanks to a goal from former Barnet player Omar Riza.

McColgan's mad mix-up

A JOURNALIST writing about the GB squad in the run-up to last weekend's European Team Championships made an amazing error when declaring that Liz McColgan – and not Eilish – had been replaced by Lennie Waite.

The mistake, which *Dip Finish* saw on the Yahoo! news feed, mentioned various changes to the squad such as the withdrawals of Robbie Grabarz, Steve Lewis and Freya Jones, but it added: "Liz McColgan, the 1988 Olympic 10,000m silver medallist, has pulled out with a calf injury." Dip Finish can totally understand if "Liz" had been typed in instead of "Eilish". Such typos are common and easy to make under pressure.

But what made this more extraordinary was that the writer had added details about Liz McColgan's Olympic achievements from 25 years ago.

Certainly, fans at Gateshead would have got a shock if Eilish's mum, now aged 49, had actually taken to the track last weekend.



Journalists managed to mix up Eilish McColgan with her famous mother Liz (inset)

The game took place from 4pm onwards, just as the European Team Championships was reaching its climax at a wet and windy Gateshead Stadium.

Farah is a huge football fan and was first spotted by AW kicking a ball after winning the National cross-country title as an under-17 in Newark in 1999. Since then, he has kept in touch with Arsenal's results during trips to training camps in Kenya and Ethiopia. He also plays head tennis with a ball with Galen Rupp after training in Oregon.

"They try to convince me it is good for their warm-up," Alberto Salazar told the *Guardian* recently. "We see how often they can keep the ball in the air. Their record is 42 touches."

Little-known rule

IF YOU plan to compete abroad it might not occur to you to tell UKA, but perhaps you should according to one of the quirkiest and possibly under-enforced rules in the book.

In a UKA rules section on "competitions involving foreign clubs and athletes", the rule states: "No Club or member of a Club under the jurisdiction of UKA may compete outside the United Kingdom of Great Britain and Northern Ireland, and no foreign Club or a member of a foreign Club may compete or be invited to compete within the United Kingdom without the permission of UKA."

Does this mean club runners need to tell the governing body if they are doing overseas road races, for example? We're not entirely sure, but UKA confirms the rule has been in place for a long time and that they sometimes do provide letters for Britons to take part in international league events.

EXAMPLE 1 EXAMPLE 1 EXAMPLE 1 EXAMPLE 1 EXAMPLE 1 CONTRACT SERIES CONTR

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