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

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MARK SHEARMAN

6

EUROPEAN TEAM CHAMPIONSHIPS

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.

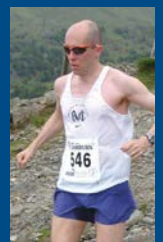
At last weekend's European Team Championships in Gateshead, five of the eight victories by the British team were by female athletes. Only one British man won his event – Mo Farah – in addition to relay victories in the men's 4x100m and 4x400m, whereas British women who gained 12 points were team captain 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.

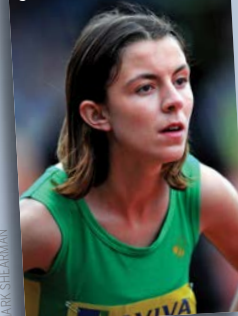
All this surely shows that women's athletics in the UK is in a pretty strong position. Athletes such as Paula Radcliffe, Kelly Holmes and Denise Lewis have proved iconic and inspirational figures in the past dozen years and a new generation of talented and ambitious young women are taking up the baton.

AW



Jason Henderson, Editor

Jessica Judd: great future



MARK SHEARMAN

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GREAT JUDD-GEMENT

Jessica shines

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



Overall scores

- 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

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

AFTER flirting with victory in the closing stages of a dramatic, two-day 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 distance-running 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.

Euro champions: Russia celebrate another Euro Team Champs triumph at the end of a rainy weekend in Gateshead



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

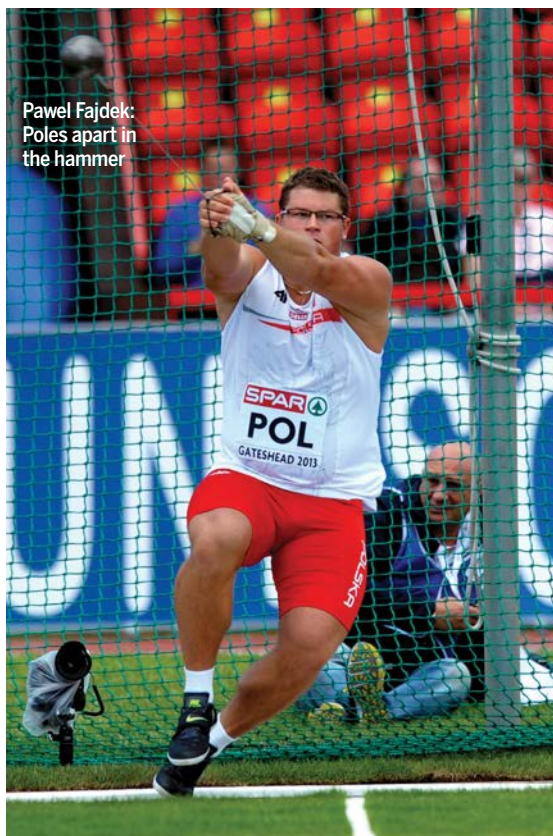
Day one

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.



Pawel Fajdek: Poles apart in the hammer



Dai Greene: surprise runner-up to Silvio Schirrmeister of Germany

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

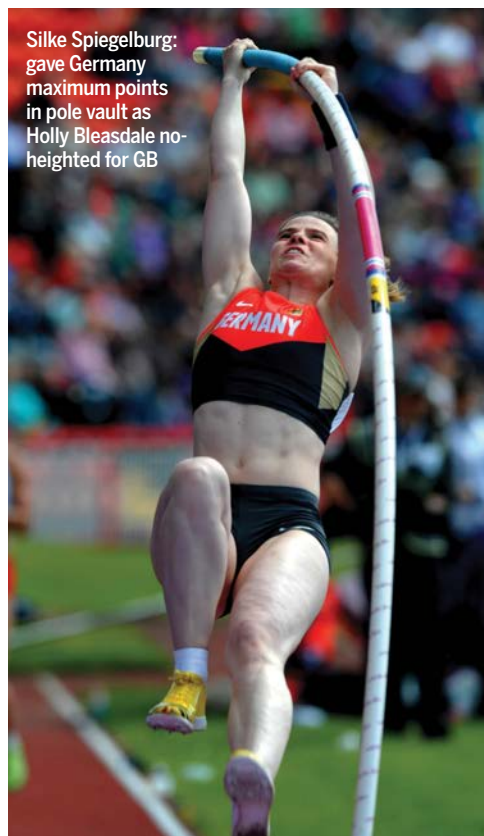
early boost with maximum points. Dai Greene has also continued the tradition as well in recent years, with victories in the last three European Team Championships.

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.



Silke Spiegelburg: gave Germany maximum points in pole vault as Holly Bleasdale no-heighted for GB

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



Nigel Levine: runner-up in 400 metres

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.



Olesya Povh; Ukrainian (second from left) wins 100m with Asha Philip (second from right) fourth

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



Full team ahead:
Jess Judd wins
two-lap thriller

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



Yamile Aldama:
age no barrier



Olha Saladuha:
emphatic triple
jump winner

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."



Melina Robert-Michon: dominant in women's discus for France

Vicaut, the European junior and indoor champion and a 10.02 100m man this season, held off Jaisuma Saïdy 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-year-old 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."

Jimmy Vicaut of France: took 100m into strong wind from field that included GB's Richard Kilty (right)



Elena Korobkina: 3000m win from Laura Weightman

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.



Eilidh Child: huge 400m hurdles lifetime best and full points

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

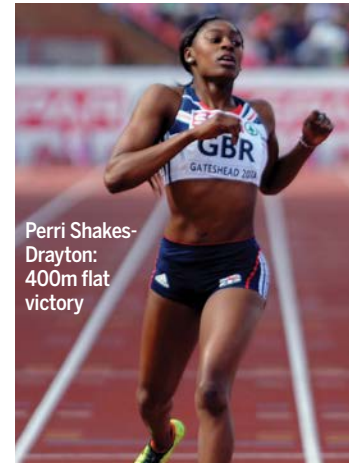
pleasing performance to earn so many points and also finish close to his 3:38.13 PB in such a strange race. If the race had been 50 yards further he would have won it, too.

Women's 3000m steeplechase

Following the remarkable men's 1500m, the women's 3000m steeplechase was a more straightforward affair with 23-year-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.



Perri Shakes-Drayton: 400m flat victory

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-year-old 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."



Ilham Ozbilen: near-suicidal 1500m tactics



Natalia Aristarkhova: steeplechase victory for overall winners Russia



Mo Farah: 50.89 last 400m in 5000m

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."

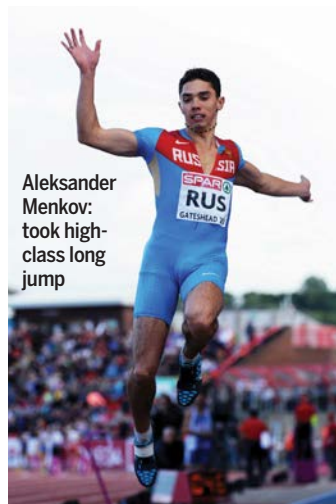
Farah's last lap was worth the ticket entry alone on Saturday, although the minor downside was that the team could arguably have used him in the following day's 3000m (see *Dip Finish*, page 82).

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."



Aleksander Menkov: took high-class long jump

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 lead-off 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 Aikines-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

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."



Sophie Hitchon: 72.97m British record to get host nation off to brilliant start on second day of the championships

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."

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 Giuseppe 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-year-old, 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



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

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.



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

"As a competitor, you don't shy away from competition," she said. "I'm just going to keep doing what I'm doing and focusing on myself and putting my race together and I'm very confident that when it matters it's going to come together."

"The beauty of track and field is when people run fast it makes everyone else run fast so I think it's great for the sport," she continued.

Did Porter easily manage being the favourite for her event going into Gateshead? "I don't even look at that. I didn't even know until they told me afterwards!" she explained.

"I'm in very good shape. The key for me is to remain healthy because that's half the battle right there and if that happens I'm very confident for what's to come."

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.

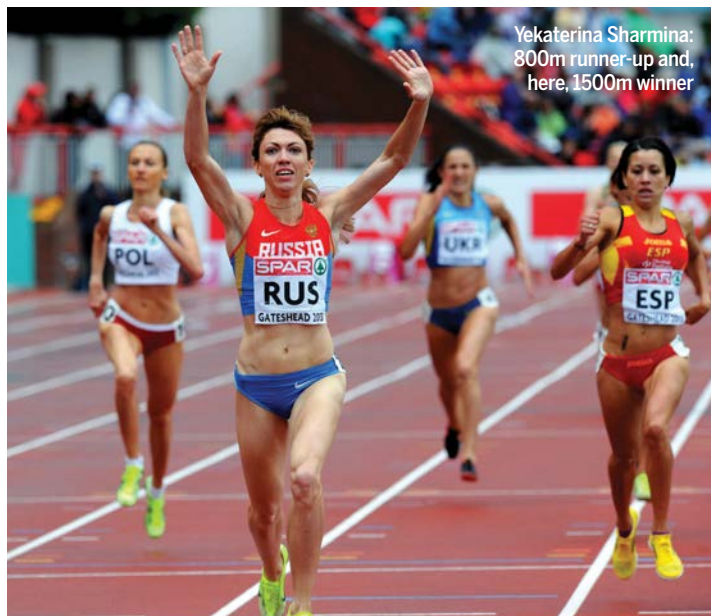
Saturday's 1500m winner Ilham Tanui Ozbilen of Turkey led through the bell in 53 seconds – the same pace as the previous day's super-fast metric mile – but Kszczot made his move just before the final bend and held on as Ozbilen and Osagie battled for second, with the Turk narrowly

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



Yekaterina Sharmina: 800m runner-up and, here, 1500m winner



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

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 60-second final lap to clock 4:08.86 as she held off Isabel Macias of Spain.

British hope Hannah England had been superbly placed around

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 long-time 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 career-threatening injury to place a fine third with 16.45m – justifying his selection ahead of the out-of-form 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."



Aleksey Fyodorov: beat Teddy Tamgho in triple jump



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.

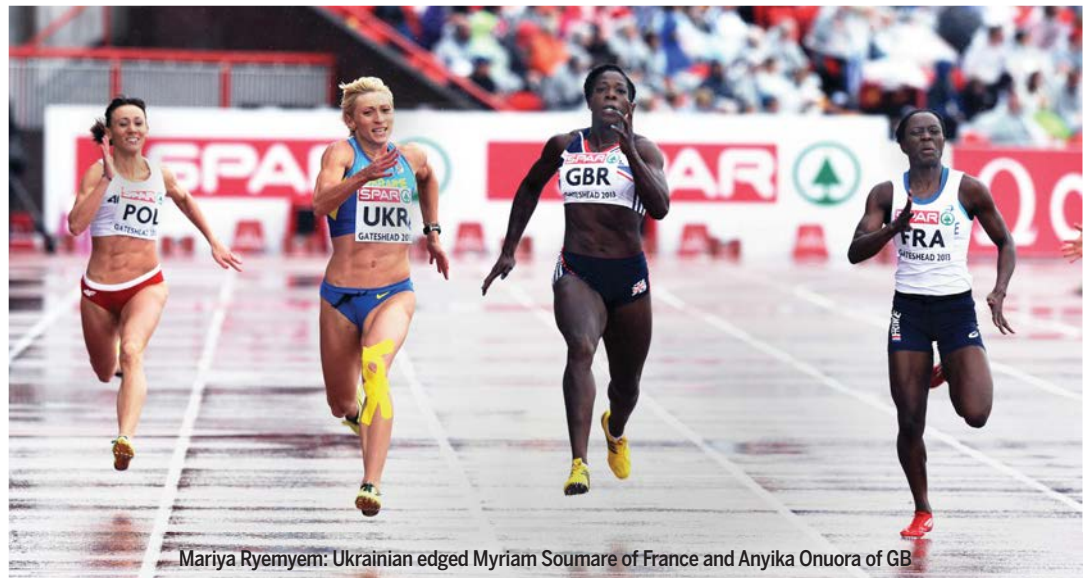
Tarik Langat Akdag, a Kenyan-born Turkish runner who finished second in the European Championships last year and ninth in the Olympics, outsprinted Abdelaziz Merzoughi, an ex-Moroccan running for Spain, to win with 8:36.25.

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.



Mariya Ryemyem: Ukrainian edged Myriam Soumare of France and Anyika Onuora of GB



Robert Harting: German captain led by example with full points in discus

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 35-year-old from Tenerife being

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."

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

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."



Christophe Lemaître (right): 200m winner as Danny Talbot (left) was third

Men's 200m

The men's 200m also saw a favourite prevail as Christophe Lemaître 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 Lemaître, 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 lap. 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-year-old would gain a vital point.



Olga Golovkina: stretches away in 5000m as Emelia Gorecka battles for second place

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 speed-wise 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 runner-up 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

Eloyse Lesueur: long jump win for France



Bob Tahri (centre, No.5): won ultra-close 3000m race

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

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

spots 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."

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.

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 relaxed-

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 (l-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.



Relay great: Richard Buck anchors the GB men's team to 4x400m glory in Gateshead

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.

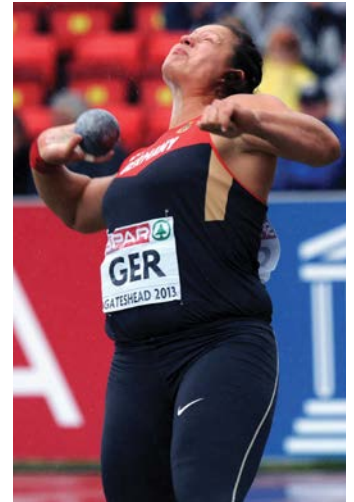
Women's shot put

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 20-year-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.

● **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



Dmitry Tarabin: Russian won tough javelin competition

Cautious steps for Douglas

AFTER 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**



Nathan Douglas: triple jumper is getting back into form after injury nightmare

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 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 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

Luke's a Cutts above rest

POLE VAULTER LUKE CUTTS TOOK THE NORTHERN TITLE WITH 5.50M

Report: Emily Moss

Pictures: Harry Shakeshaft

TRICKY 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



Luke Cutts: best outdoor height since 2009

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



Sally Smith: U20 800m gold and 400m silver



Aylish MacKenzie: 1.71m for U20 high jump victory

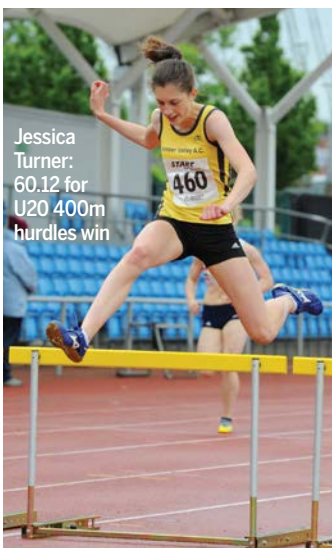
athletes progress to national and international level. "The Northern Champs is a great competition in the throws, as we have many good throwers, so this year I have used it as a warm up before the UK Champs and World Trials where I hope to finish in the top two and be back to throwing mid 18m throws,"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



Jessica Turner: 60.12 for U20 400m hurdles win

Throwers on record form

NICK PERCY AND CALLUM BROWN COPE WELL WITH THE CONDITIONS

Report: Martin Duff

Pictures: Gary Mitchell

AFTER 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 age-group 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



Showdown: Laura Turner (314) lost out to Joey Duck (303) in the 200m

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 first-round 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-year-old 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.

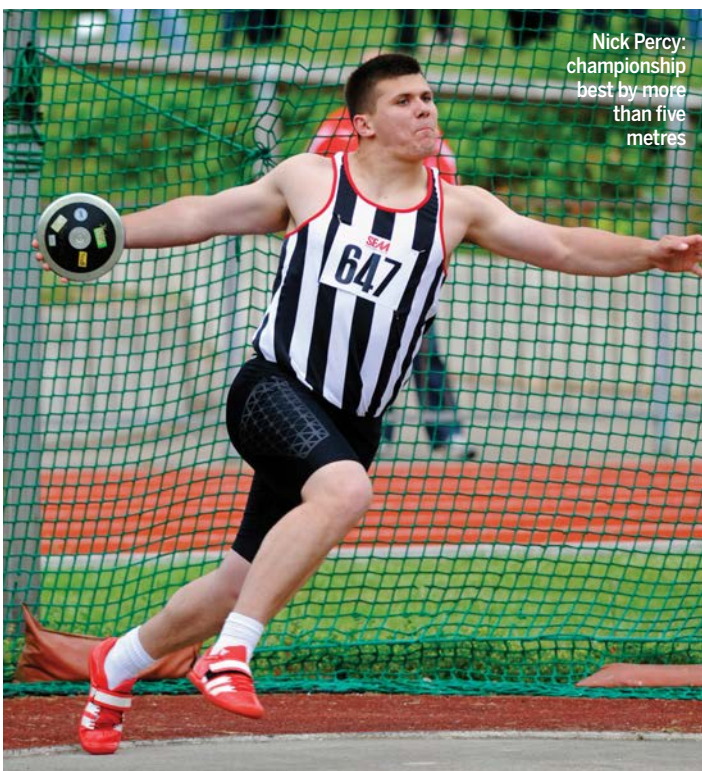
Out injured all last season Duck, whose 23.46 PB dates back to 2008, said: "I had injections in my back and only started training again in November. Here I wasn't thinking about the wind, just finishing in one piece. I'm glad I'm back on the track. This is my comeback year."

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 four-week training run."



Nick Percy: championship best by more than five metres



Sophie Papps: 11.71 in the 100m



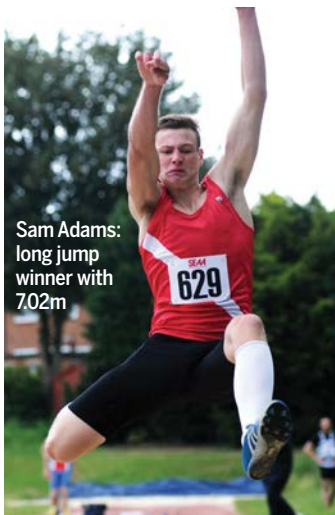
Marvin Popoola (519) beats Ryan Palmer in the under-20 100m

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.



Sam Adams: long jump winner with 7.02m



Kyle Langford: 1:54.38 in the under-20 800m

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



Zac Randall (133): won a slow 800m in 1:57

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



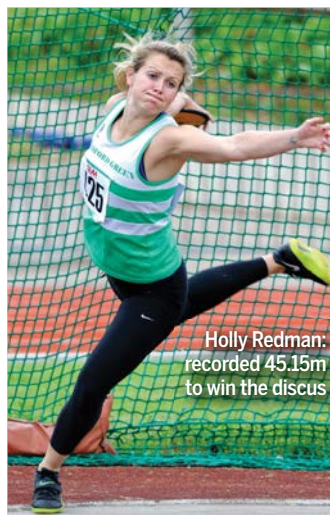
Josh Guilmant: took victory in tactical 5000m

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.



Holly Redman: recorded 45.15m to win the discus

MIDLANDS MEDALS UP FOR GRABS AT WET AND WINDY ALEXANDER STADIUM

Report: Tom McCook

MID-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 pre-season 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,



Joe Dunderdale: 71.28m to win javelin

MARK SHERIDAN

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.

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

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. **H2 (0.3):** 1 J Simpson (Der) 10.91; 2 N Gayle (Sale) 10.97; 3 D James (W&B) 10.98. **H3 (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. **H2 (2.0):** 1 M Hudson-Smith (Bir, U20) 21.7; 2 N Pryce (RSC) 21.8. **Ht3: 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 (Hear) 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 O Ogundipe (Tel) 10.98; 2 F Bachelor (Bir) 11.01; 3 K de Escofet (D&S, U17) 11.09. **Ht1 (0.0):** 1 K de Escofet (D&S, U17) 11.07. **Ht2 (-1.0):** 1 F Bachelor (Bir) 10.92; 2 O Ogundipe (Tel) 10.93. **200 (1.6):** 1 F Bachelor (Bir) 22.0; 2 E Powell (Leic C) 22.0; 3 D

Trueman (Stroud) 22.3; 4 J Goodband (Charrn) 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 Bachelor (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 A 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 E 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 I 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: 1** M 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** J 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 (Glu) 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

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

AMERICAN 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.



Brianna Rollins: 12.26 US record for 100m hurdles

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 lightning 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.



Michelle Carter: 20.24m PB for Olympic fifth-placer



Duane Solomon: front-ran 1:43.27 to win 800m



Tyson Gay: in flying form as he beats Justin Gatlin in the 100m

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 I 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 three-time 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



Alycia Montano: 1:58.62 to take women's 800m

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.

Alycia 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



LaShawn Merritt: 44.21 in 400m

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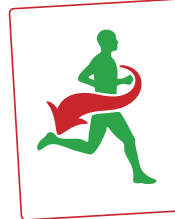


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OUR SERIES CONTINUES AS WE LOOK BACK TO THE GREATEST EVER MEN'S AND WOMEN'S THROWS

JAVELIN

Men's javelin

Jan Zelezny (CZE)

98.48m

Jena

25.5.1996

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.

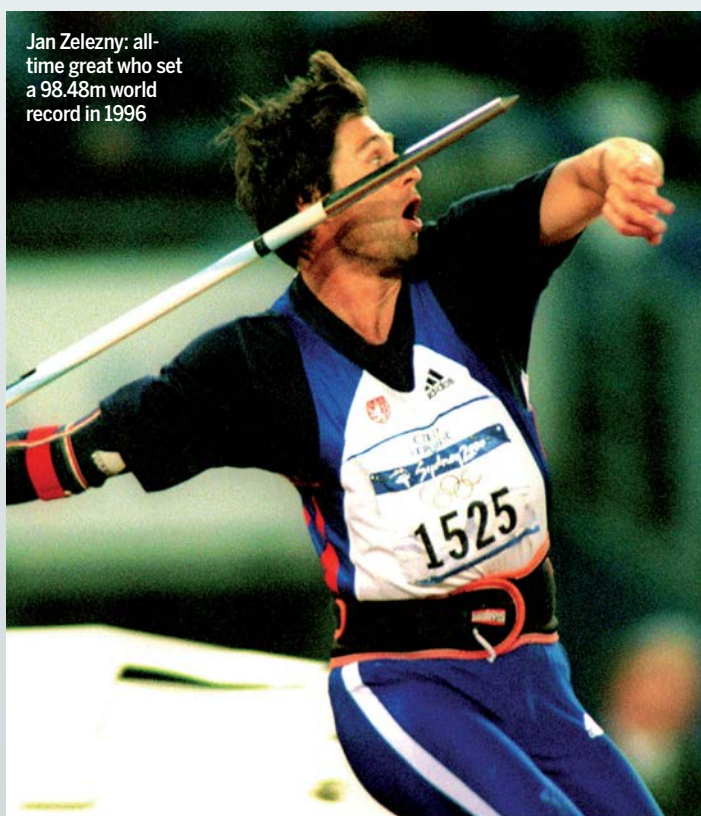
He went into this competition as the world record-holder with a 95.66m throw in Sheffield in 1993. He started with 87.76m and, after his chief rival Raymond Hecht threw 90.06m, he needed a big second throw and he produced a 92.88m to guarantee the victory.

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:



Jan Zelezny: all-time great who set a 98.48m world record in 1996

MARK SHERMAN

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.

- 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

has the first recorded mark with 30.58m in Helsinki in 1883, using a javelin possibly just below the 800g weight currently used.

The first over 40 metres was Axel Lindblad, who achieved 40.38m in Stockholm in 1892.

His Swedish compatriot Eric Lemming was the first athlete to



Steve Backley: the Briton held the world record prior to Zelezny

MARK SHERMAN

PREVIOUS WORLD RECORDS

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

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 one 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



Barbora Spotakova: 72.28m in Stuttgart was set almost five years ago

PRESS ASSOCIATION

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

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

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
<i>Javelin changed</i>			
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 barrier-breaker was Uwe Hohn, whose

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.

AW

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).

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



Jessica Ennis-Hill: Moscow might be first heptathlon of year

MARK SHERMAN

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.

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

Devonish hangs up his spikes

MARLON DEVONISH, one of Britain's most successful sprinters of recent 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."



Marlon Devonish: Olympic 4x100m gold medallist in 2004

MARK SHERMAN

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."

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 one-dimensional.

"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-past-the-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 looting 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."

He already has the World



Rabah Yousif:
45.13 400m
competitor

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 one-year 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 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.

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.



Brett Morse:
rising force

MARATHON: RELAY RUNNERS RAISING MONEY AGAIN

Global relay challenge



MARK SHEPARD

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 second-quickest 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

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.

WATFORD BMC

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

VINTAGE RUNNING SHOES

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

RONHILL CLUB OF THE MONTH

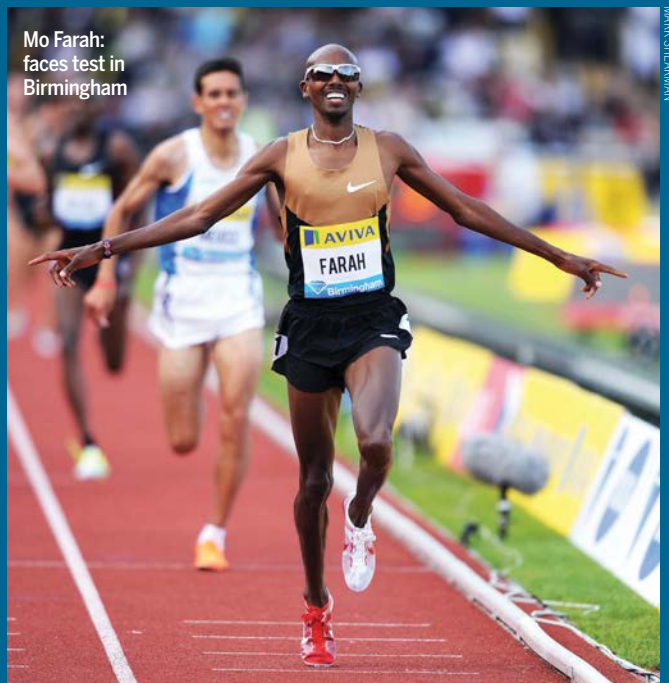
Which British athletics or running club will be chosen as the latest winner, with a £150 kit prize and two-page feature? See next week.

PLUS ALL THE REGULARS

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

AW HITS THE SHOPS ON JULY 4

Mo Farah: faces test in Birmingham



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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 Ionescu, 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 Ionescu – 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. Ionescu 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



Marius Ionescu: focal point of debate

MARK SHERMAN

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 Ionescu 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 twice-yearly 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 third-party 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.

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Night to remember

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

SOME of the past and present greats of athletics gathered in London last week to pay tribute to the work of Ron and Jean Pickering, raising more than £60,000 in the process.

"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 RPFM had raised more than £1.3million to help the careers of aspiring athletes in the early stages of their careers. More than two thirds of the British team



PICTURES: STEVE TILLER

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 RPFM as her chosen charity for her year in office.

One of the benefits of this selection was the fantastic 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

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



Daley Thompson was in attendance



Christine Ohuruogu, Donna Fraser, Abi Oyepitan, Jo Mersh, Goldie Sayers, Katharine Merry and Kelly Sotherton



Lord Archer was the auctioneer on the night



Denise Lewis

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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

VERY 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 all-time 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

Tilly Hooper with her father, Brian



MARK SHERRAN

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

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.

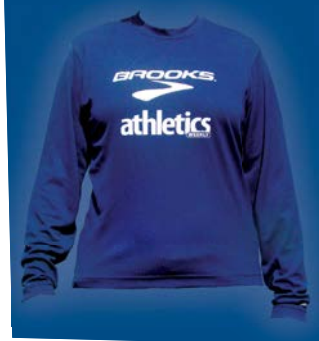
"That's the big aim," said the Reigate Grammar School pupil, who lives in Merstham, east Surrey, and trains at the newly-named David Weir Leisure Centre in Sutton, under the keen eye of her father.

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."

FACTFILE: TILLY HOOPER

Born February 7, 1998 **PB** 3.65m (indoors)
Club Sutton & District 3.60m (outdoors)

Coach Brian Hooper

Achievements

2013: London U17 gold, England U17 indoors gold, England U20 gold.
 2012: England indoor champs gold, London U20s indoor champs gold, (U15) South of England championships gold, England championships gold, Team Bath Indoor Pole Vault gold
 2011: England indoor championships bronze, South of England (U15) championships silver

Your Say

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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

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

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

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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

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 Overtt

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 Overtt – in the centre... in the gold medal position!

Sam Dunn, Northern Ireland



Steve Overtt in the gold medal position

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AW

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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Stefan Amokwandoh

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

STEFAN 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



Stefan Amokwandoh: loves the competitive atmosphere

MARK SHERMAN

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

It's no surprise that the 16-year-old 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

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

FACTFILE: STEFAN AMOKWANDOH

Born	September 11, 1996	Coach	John Vernon
Club	Blackheath & Bromley	PBs	TJ:14.34i (2013); LJ: 6.20 (2012)
Achievements			
2013	England 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		

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	2-2½hr 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	2-2½hr 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.
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.

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 weight-bearing exercises have been introduced into my training programme"

STEFAN AMOKWANDOH

Highs & Lows

ROBBIE GRABARZ
Olympic high jump
bronze medallist 2012

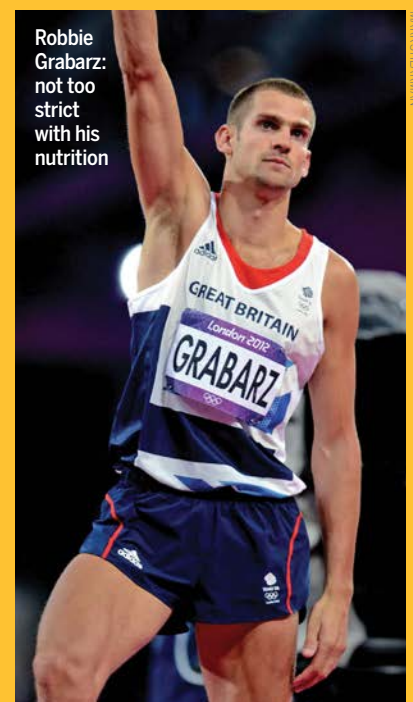
● My training – highs and lows ...

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!



Robbie Grabarz: not too strict with his nutrition

MARK SHERRILL

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.



Worn shoes are often a cause of a stress fracture

Hairline decisions

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

THE 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

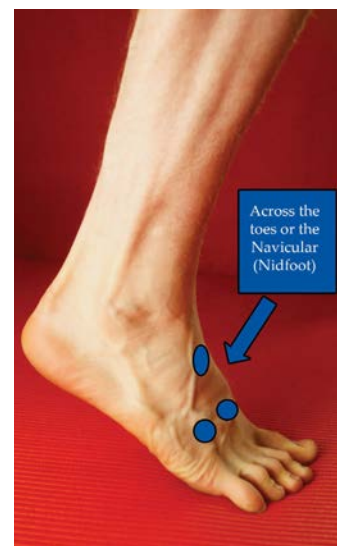
- Poor biomechanics
- Alteration in technique (more toe impact for example)
- Alteration in gait – limping because of another issue
- Shoes – new, old or worn

Additional factors

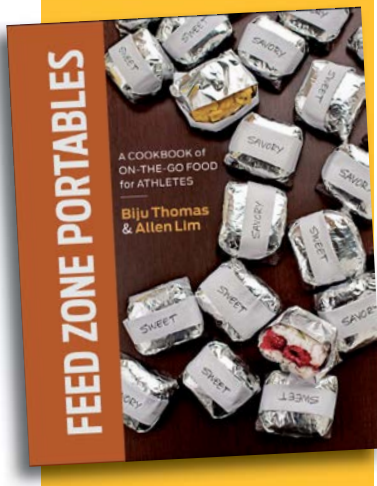
The body requires good bone metabolism to be efficient in its remodelling process. Vitamin D and calcium levels are important and are often low at the end of the winter. Further, the levels required for athletes are higher than those for the general population. Blood test levels for non-athletes put normal Vitamin D levels at 50nmol/l. 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 diminishing tender



Common sites for a stress fracture of the foot



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 three-week 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

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!



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

Coaching courses



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

WANTING 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.

LOOKING FOR ADVENTURE?

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.

The shoe is heavier than many running specific shoes, but these shoes feel bullet-proof 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



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 quick-drying 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

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 repellent and abrasion resistant, this jacket is a great super-weight choice for biking, hiking and trail running in mild conditions.

Cost: £79.99



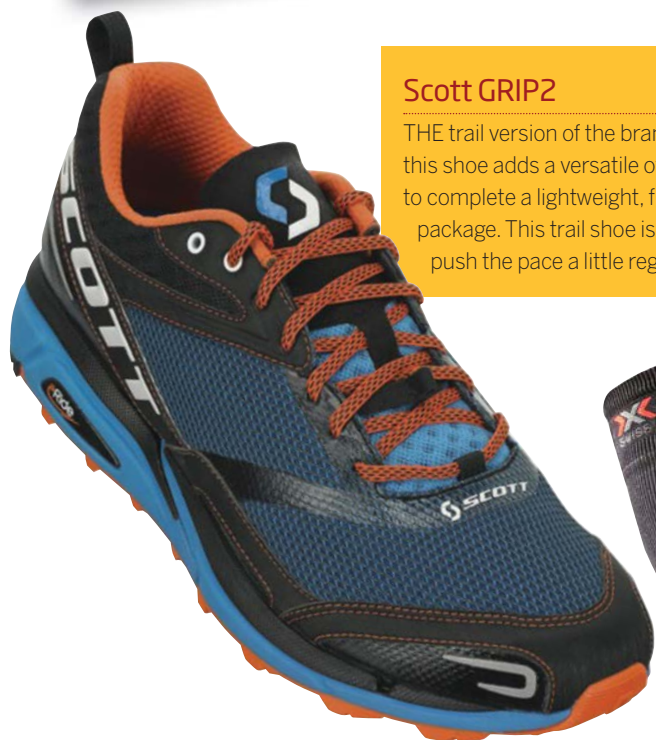
WEIGHING in at less than 300g for the 'outfit' of shorts, shirt and jacket – these three items will all fit into a standard 'bike' drinks bottle, making them an ideal choice for travelling due to their minimalist weight and super-small packed size. They are certainly big on quality, yet tiny when folded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

Scott 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



X-Bionic Bondear Cap

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 moisture-wicking 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



WEBSITES
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 influence 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.



Mamitu Daska: first in the Boston 10km in 31:45

SLOVAKIA
European Team Championships, Third League, Banska Bystrica, June 22/23
 THE top performance came from Icelandic 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): 1 A Zavacky 10.52. **4x100:** Slovakia 40.78. **SP:** 1 B Bertemes (LUX) 18.02 (rec)
HT: M Lomnický 74.98. **Women: 400:** 1 O Cujuhari (MOL) 52.65. **800:** 1 A Hinriksdottir (ISL, U18) 2:01.17. **1500:** 1 Hinriksdottir 4:16.51 (U20 rec). **TJ:** 1 D Veldakova 13.74. **HT:** 1 M Hrasnova 71.49; 2 Z Marghieva (MOL) 71.36

World outdoor leaders

MEN		WOMEN	
9.75	Tyson Gay (USA)	100m	10.83
19.74	Tyson Gay (USA)	200m	22.13
44.02	Kirani James (GRN)	400m	49.87
1:43.27	Duane Solomon (USA)	800m	1:56.72
3:31.13	Asbel Kiprop (KEN)	1500m	3:56.60
3:49.48	Silas Kiplagat (KEN)	1M	4:28.50
7:30.36	Hagos Gebrhiwet (ETH)	3000m	8:43.46
12:54.95	Yenew Alamirew (ETH)	5000m	14:26.90
27:12.08	Kenenisa Bekele (ETH)	10,000m	31:04.85
8:01.16	Conseslus Kipruto (KEN)	3000SC	9:13.75
13.05	Hansle Parchment (JAM)	110H/100H	12.26
47.96	Michael Tinsley (USA)	400H	53.21
2.40	Mutaz Essa Barshim (QAT)	HJ	2.04
5.95	Renaud Lavillenie (FRA)	PV	4.90
8.39	Aleksandr Menkov (RUS)	LJ	7.25
17.69	Pedro Pablo Pichardo (CUB)	TJ	14.85
22.28	Ryan Whiting (USA)	SP	20.37
71.84	Piotr Małachowski (POL)	DT	68.48
80.71	Krisztián Pars (HUN)	HT	76.48
87.60	Tero Pitkämäki (FIN)	JT	69.34
8514	Pascal Behrenbruch (GER)	Dec/Hept	6550

TRINIDAD
Trinidad & Tobago Championships, Port of Spain, June 22
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.
Men: 100 (3.2): 1 K Bledman 9.86; 2 R Thompson 9.91; 3 R Sorillo 9.99. **400:** 1 D Lendore 45.29; 2 J Solomon 45.34; 3 R Quow 45.65; 4 L Gordon 45.67.
Women: 100 (1.6): K Baptiste 10.83 (rec); 2 M Lee-Ahye 11.06; 3 K Selvon 11.23; 4 S Hackett 11.30.
USA
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, 56.48, 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. **Hept:** K Williams 5481 (13.35w)
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-

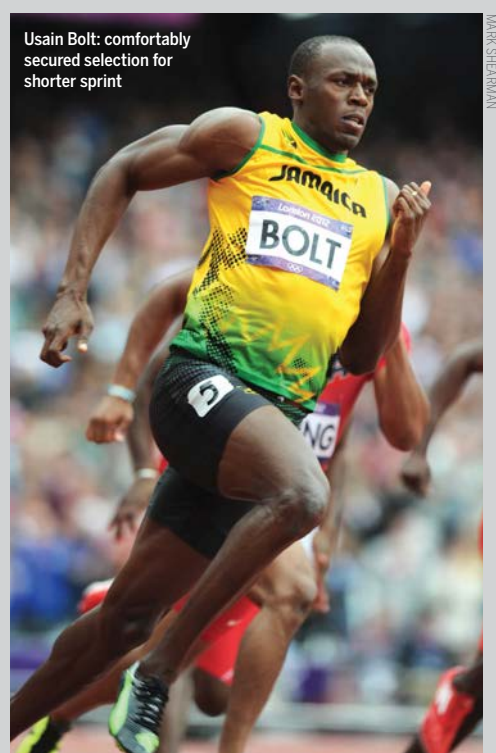
LITTLEWOOD 16:36
Houston, June 20
Men: LJ: F Lapiere 8.25/1.3
Duluth, June 22
Men: Mar: 1 B Worku (ETH) 2:11:14; 2 E Kebenei (KEN) 2:11:45; 3 E Ngetich (KEN) 2:11:59. **Women: Mar:** 1 S Kiptoo (KEN) 2:26:31; 2 D Kitaka (KEN) 2:30:21
Duluth, June 22
Men: HM: 1 M Trafeh 61:17; 2 M Kekezighi 61:22; 3 S 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; 2 L 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, June 21-23
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 J Hibbert 1:47.76. **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 I 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 O 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. **H2 (-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



Usain Bolt: comfortably secured selection for shorter sprint

MARK SHEARMAN

ROAD

JUNE 24

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 Baddy (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, U20) 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: 1 N Gething (Parc BB) 40:56; 2 S 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: 1 G Noble (Dunb) 37:29
Women: 1 A McKimmie (Fife) 39:59; 2 G Sangster (Arb F, W40) 40:04
W35: 1 J Gordon (Kirn) 40:19

HAMPSTEAD MIDSUMMER 10km, London

Overall: 1 R Mckinly (High) 34:34; 2 A Van Zyl (SB) 34:42; 3 M Thackway (H'gate) 35:03
M40: 1 C Ferri (Beck) 35:21
Women: 1 M Patch (SB) 42:19; 2 C Jeremiah (Lon Hth) 42:38
W55: 1 C 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: 1 J Louder (B&H) 37:44
Women: 1 I 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: 1 T 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: 1 C 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 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

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 O 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 O) 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 O 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 I Haworth (Shrews) 74:37; 7 W Joyce (Tel) 74:51
M55: 1 T Power (Tel) 78:56. **M60:** 1 P Savill (Shrews) 89:47. **M65:** 1 A Galbraith (Shrop S) 96:00
Women: 1 H Mott (CLC) 88:55; 2 N Davies (Shrop S) 89:11
W40: 1 Y Thandrayan (P'bello) 91:54. **W45:** 1 C 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

SOTAS 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 McLeod's career so far.

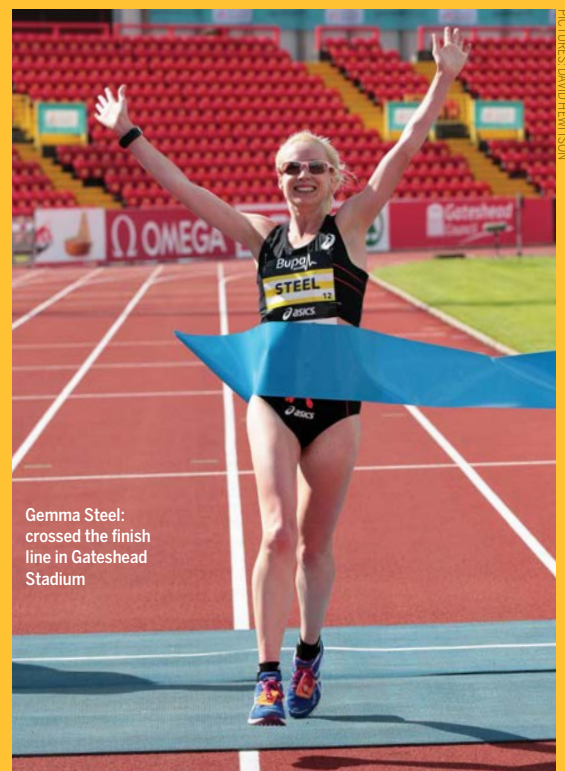
Yared Hagos finished just four seconds back and there was a similar gap back to Paul Pollock in third.

Pollock, who was in Kent AC's 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

Y Hagos (Walls) 30:32; 3 P Pollock (Kent) 30:37; 4 W Ghebresilasie (Sun, U20) 30:56; 5 I 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: 1 J Combe (Unatt) 40:12. **W50:** 1 L Jackson-Bell (PB Fitness) 43:51



Gemma Steel: crossed the finish line in Gateshead Stadium



The leading contenders at the start

PICTURES: DAVID HEWITSON



Alyson Dixon: course record at Newburn River Run

DAVID HENNINGSON

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
Overall: 1 T 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:** 1 J 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 Essexrosby (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



The start of the Newburn Race

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 (Unatt) 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 Batrick (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 McMorrnan (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, M40) 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 Kivelaianen (Barton) 36:02. **W60:** B Brown (Wolds V) 37:51

JUNE 18 VETERANS AC 5M CHAMPIONSHIP Battersea Park, London
Overall: 1 S Philcox (IfI, 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 (I'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 got 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.

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, York
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

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 Shelley (Serp) 20:58

DULWICH 2M CHAMPIONSHIPS, Dulwich Park
R1: 1 M Edwards (W) 12:10; 2 M Mann (M60) 12:15; 3 A Pickup (W40) 12:17
W45: O Balme 12:56
R2: 1 T Tuohy (M50) 10:23; 2 E Hill 10:28; 3 W Lashley 10:47
M45: C Loud 10:56. **M55:** C Loizou 11:25
Women: 1 C Elms (W45) 11:08

WARRINGTON 10km, 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 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-year-old 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, W50) 45:38; 10 K Davis (NSP, W45) 45:48; 11 A Cummings (NSP, W55) 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



E.HAMMONS/PHOTOGRAPHY

MTOF CUPLA HILLS FARM, Balmullo U18 men (3M): 1 R Mckinstry (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 (Chit, 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 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: 1 L 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 McGinty (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
Women: 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 Tervey (Unatt, M35) 37:32; 5 R Creswell (Adeen, 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

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 Wilson (Moray) 25:10; 3 R Arbuckle (Keith, M50) 26:12; 4 S Morrison (Moray) 26:21; 5 B Skinner (I'ness, M40) 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, W40) 29:51; 3 H Cameron (Forres, W40) 30:39
W50: E Watson (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) 16:40; 6 A Smith (Poole R, U20) 16:43
M45: 1 A Ridley (unatt) 17:17; 2 S Wyatt (Wimb) 17:26
M50: 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: 1 S Chaloner (Poole) 20:09; 2 L Hutchings (Wimb) 21:44
W50: J Palmer (Poole R) 20:44
W55: B Murray (Purb) 23:54
U20: A 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, Sandcaster Overall: 1 O 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 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 Inslay (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 Overall: 1 G Muhlholth (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: 1 P Hughes (Queensb) 32:00
M60: 1 J Wheldon (Puds P) 35:20
M65: 1 P Ellerton (Bing) 37:36
M70: 1 T 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 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: 1 E 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): 1 J 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

JUNE 6 SHUTLINGSLOE 4 Staffordshire Moorlands Overall (tough): 1 J 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): 1 L Rees (Fife, U17) 21:24; 2 T Rees (Fife, U15) 21:26; 3 A Gilmour (C'thy) 21:31
M40: B Marshall (HELP) 21:43
Women: 1 C Morgan (C'thy) 24:00; 2 A Lloyd (HBT) 26:46; 3 H Ritchie (Fife, W50) 27:34
U17: A Cruickshanks (Fife) 30:16
U15: R Knox (Anst) 33:14

PARKRUN

JUNE 22

Parkrun 5km

Leading age-graded

Huddersfield: L Mannion 21:48 W60 90.28%
 Basingstoke: C Wheeler 19:05 W50 90.08%
 Glasgow Pollok: S Burns 19:54 W55 89.79%
 Cambridge: M Holmes 27:35 W75 89.52%
 Telford Town: G Wilson 17:33 M55 89.05%
 Southampton: L Russell 16:46 U23W 88.27%
 Dulwich: G Donald 17:52 M55 88.22%
 Hull: G Dalton 18:11 M60 88.21%
 Delamere Forest: R Rogers 22:39 W60 88.17%
 Edinburgh Silverknowes: I Burnett 20:35 W55 87.97%
 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 M50 86.85%
 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 M70 86.26%
 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 85.16%
 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 M50 84.88%
 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 M75 84.46%
 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: I Kimpton 15:22 SM 83.95%
 South Shields: E Leslie 18:56 W45 83.88%
 Hackney Marshes: R Braybrooks 16:47 M40 83.83%
 Huddersfield: B Hughes 21:54 W55 83.79%
 Cannon Hill: C Shankly 16:23 U17M 83.60%
 Hackney Marshes: G Cavell 16:59 M45 83.48%

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 82.56%
 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 82.35%
 Middlesbrough Albert: G Jayasuriya 15:40 SM 82.34%
 Bushy: C Hyde 16:38 U17M 82.34%
 Glasgow Pollok: A Chisholm 18:59 M55 82.33%
 Middlesbrough Stewart: P Teece 18:23 M50 82.21%
 Hornchurch: B Nordin 22:20 W55 82.17%
 Nonsuch: M Jakeman 24:41 W60 82.11%
 Hampstead Heath: A Sanders-Reece 22:21 W55 82.11%
 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 M50 81.93%
 Frimley: C Try 17:43 M45 81.92%
 St. Albans: R Gardiner 18:04 U23W 81.92%
 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 81.68%
 Southampton: G Jones 20:56 M65 81.62%
 Newbury: M Sheridan 20:11 M60 81.61%
 Wythenshawe: M Curley 20:12 M60 81.54%
 Cannon Hill: T Blundell 16:34 U17M 81.54%
 Colchester Castle: D Wright 18:52 M55 81.45%
 Maidstone: G Duggan 16:49 U17M 81.44%
 Huddersfield: R Barker 19:12 M55 81.40%
 Cambridge: K Wood 16:36 U17M 81.37%
 Glasgow Pollok: S Deakin 16:12 M35 81.35%
 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 81.26%
 Cambridge: N McBride 19:44 W45 81.24%
 King's Lynn: J Ashby 25:20 W65 81.22%
 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 81.06%
 Poole: N Shrubbs 15:55 SM 81.05%
 Slough: M Maddall 25:47 W65 81.03%
 Killerton: I Pang 18:13 M50 80.96%
 Harrogate: A Grant 17:07 M40 80.95%
 Banstead: J Quantrill 22:59 W55 80.94%
 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 80.81%
 Maidstone: P Ross-Davies 20:23 M60 80.81%
 Congleton: C Batho 17:25 M40 80.78%
 Sheffield Endcliffe: C Egdell 16:54 M40 80.77%
 Medina: S McMorran 18:43 M50 80.74%
 Brandon: C Cooke 18:25 M50 80.73%
 King's Lynn: P Sidaway 19:12 M55 80.72%
 Hinchingsbrooke 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 80.47%
 St. Albans: A Holt 18:11 M45 80.46%
 Carlisle: E Tomes 22:13 W55 80.43%
 Ipswich: J Buchanan 18:05 M45 80.26%
 Manchester Platts Field: E Davies 18:34 SW 80.24%
 Crystal Palace: J Dickson 21:42 W50 80.23%
 Milton Keynes: R Robinson 18:27 U23W 80.22%
 Gunnersbury: J Repper 17:01 M40 80.21%
 Manchester Platts Field: J Vis 16:10 U23M 80.11%
 Brighton Hove: T Avey 20:24 M60 80.02%
 Shoeburyness: T Swindell 20:02 W45 80.02%

Fastest male first finishers
 Manchester Heaton: J Bailey 15:15
 Milton Keynes: J Kimpton 15:22
 Mile End: P Martelletti 15:25
 Middlesbrough Albert: G Jayasuriya 15:40
 Poole: N Shrubbs 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

Delamere Forest: J McNally 16:52
 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 17:22
 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
 Bedford: 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: I 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
 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
 Bradford: S Watkins 17:54

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

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 Firih 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: E 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

MANY 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.



How will Mo Farah do in a rare serious test on home soil?

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 Iguidir 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

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)

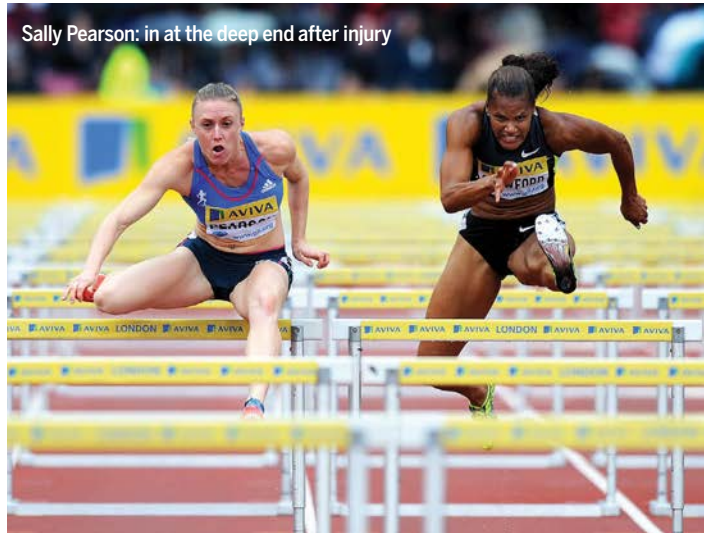
Aleksandr Menkov has been a figure of consistency in 2013 and 8.30m-plus jumps in his last four competitions show he will be a contender on home-soil at the World Championships. He has also beaten Olympic champion Greg Rutherford, who will also be in action, three times this year.

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 last-minute 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-to-head 2-1, although Fraser-Pryce should have the edge this time as she comes fresh from a world-leading 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



Sally Pearson: in at the deep end after injury

MOCHIZUKA/DURAND

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 Cockcroft 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.

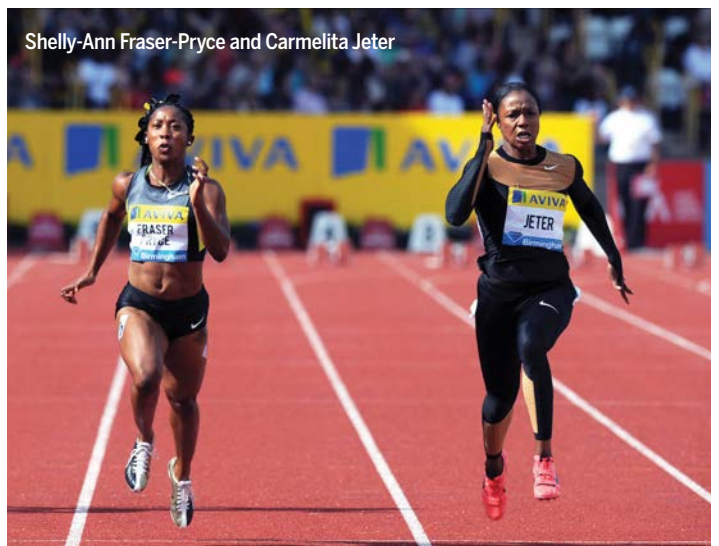
In addition to the household names, several of Britain's leading athletes will be honing their preparations for the IPC World Championships in Lyon on July 19-28.

Channel 4 will screen the event from 4.20-6.30pm.



Hannah Cockcroft

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 Yénew Alamirew, Ibrahim Jeilan and Hagos Gebrhiwet.



Shelly-Ann Fraser-Pryce and Carmelita Jeter

SPONSORED BY:



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LV Lee Valley
For nature, sport and discovery

Lee Valley Aquathlon
250m swim/3km run or
500m swim/5km run

2nd Tuesday of the month (May- October) - 19:30
Lee Valley White Water Centre, Waltham Abbey EN9 1AB (M25 J26)
08456 770 606 | visitleevalley.org.uk/aquathlon

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Wycombe Half Marathon & 10K
Sunday 21st July. 9.30 am Start
From The Rye, High Wycombe, Bucks

Online Entry. Chip timed. Extensive prize list. Medal, T-shirt & goody bag to all finishers.
10K: £11 / £13 U/A (£18 on the day). **Half Marathon:** £13 / £15 U/A (£20 on the day)

Full details at www.handycrossrunners.co.uk

Llanelli John Hartson Foundation 10K
Sunday 30th June 2013
Junior 1200m races from 9.30am & 10k 11:30am
Festival Fields, Millennium Coastal Park, Llanelli
Traffic Free Course. Chip Timing. Race Memento.

www.healthylifeactivities.co.uk

babcock

Babcock Helensburgh Half Marathon
(Under Scottish Athletics Rules)

SUNDAY 4th AUGUST, 9.30am
For full entry information, visit: www.helensburghaac.co.uk

The Bewl 15

ORGANISED BY:
WADHURST RUNNERS

7th July 2013
Start 10:30
UKA Permit no. 2013-105107

A challenging, undulating, multi terrain 15 mile race around the beautiful Bewl Water.
Race entry Attached £18 or unattached £20 plus £2 on the day.
Online entry at runbritain.com or runnersworld.co.uk
Check out our website www.bewl15.co.uk for more

The HEROES Challenge 2013
One of the most scenic and spectacular full or half trail marathon runs or walks you will ever complete. **Are you up to the Challenge?**
7 September - South Dorset
Register for your place **NOW** online at:
www.hangersheroes.co.uk

DULWICH RUNNERS

DULWICH MIDSUMMER ROAD 5K
Thursday 27th June 2013 at 19:45 (Fun run 19:15)
Start & Finish in Dulwich Park, London SE21

Fast, flat course. Team (3 to score) & Individual + Vets prizes.
5K Entry: £6 (£8 U/A). £10 on the day. Mile Fun run - £2 on the day

FULL DETAILS ON WWW.DULWICHRUNNERS.ORG.UK

The Pharmedlink 2011 MAIDENHEAD HALF MARATHON
Email info@purplepatchrunning.com Online entry available.
Entry forms and details at www.purplepatchrunning.com

Maidenhead Town Centre
Sunday Sept 8th at 9:30
Flat, Fast and Traffic free.
Entry Fee: £18 (Affiliated) / £20 (Unaffiliated).
Both £4 extra on the day.

12K Kingham Run

Saturday 29th June at 10am
Includes 2K Junior Fun Run
Village Hall, Kingham, Oxon

ENTRY FEE: £8.50 in advance, £10.00 on the day
Original road race route from Kingham to Churchill & back.
Full details at www.kinghamrun.co.uk

Sunday 22nd September 2013

LARKING GOWEN IPSWICH HALF MARATHON

www.ipswichhalfmarathon.co.uk

Wythall and Hollywood Fun Run

10 km & 5 km Road Race!
1.5 km Fun Run!

14th July 2013
Wythall - South B'ham
Just N of M42 Junc 3

register via website
www.wythall-hollywood-funrun.org.uk

31st REDCAR HALF MARATHON
SUNDAY 29TH SEPTEMBER 2013
HALF MARATHON STARTS AT 10 AM
WHEELCHAIR RACE 9.55 AM

ENTER NOW To Book your PLACE!

To ENTER Go To: WWW.REDCAR-LEVELAND.GOV.UK/HALEMARATHON
FOR MORE INFORMATION: 01642 496421

LV Lee Valley
For nature, sport and discovery

Lee Valley 10k and Fun Run

Sunday 17 July 2013 from 10:00
River Lee Country Park, Waltham Abbey, Essex (J26, M25)
08456 770 600 | visitleevalley.org.uk

To advertise your event in Athletics Weekly please call Amanda Bailey on 07785-467432

www.louth-ac.org.uk
WOODY'S 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.manroadrunner.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 MANX 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
ENGLISH SCHOOLS' CUP FINAL

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.sycsa.co.uk
SPECIAL OLYMPICS WALES
 Bangor.
www.welshathletics.org
UKA DISABILITY GRAND PRIX
 Birmingham.
www.britishtathletics.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.britishtmilersclub.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
PETFAC GRAMPIAN ATHLETICS
LEAGUE
 East: Aberdeen. North: Inverness.
grampianathleticsleague.synthasite.com

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: Leamington. 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.wessexleagueandf.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
ONLY)
 Stretford. 6.30pm.

www.traffordac.co.uk
WOODFORD GREEN OPEN
 Woodford. 6.45pm.
www.wgel.org.uk

Wednesday July 3
BMC REGIONAL RACES
 Linford Christie Stadium. 7.45pm.
www.britishtmilersclub.com
CHARWOOD OPEN GRADED
MEETING
 Loughborough.
www.charwoodac.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. 6.45pm.
WEST YORKSHIRE LEAGUE
 Cleckheaton. 6.45pm.
www.wakefield-harriers.co.uk/wyftfl/wyftfl.htm
WLAN 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.noaaa-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.wessexleagueandf.co.uk

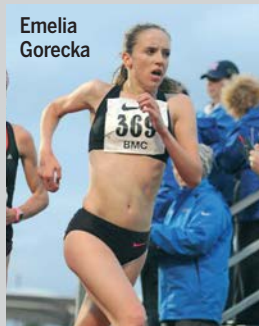
Monday July 8
BLACKHEATH & BROMLEY OPEN &
CLUB CHAMPIONSHIPS
 Bromley.
www.bandbhac.org.uk
SOUTHERN COUNTIES VETERANS'
LEAGUE
 Hants and Surrey: Aldershot. Herts
 and North Middlesex: Lee Valley.
www.scvac.org.uk

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.britishtmilersclub.com/fixtures/bmcfixtures.aspx
MANX HARRIERS LEAGUE
 Douglas.
www.manxathletics.com/manxharriers
NASUWT CYMRU WELSH
SCHOOLS' PLATE/CUP FINAL
 Brecon.
www.welshathletics.org

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.
 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.



Emelia Gorecka
 HARRISON SHAKESHAFT
 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

Gerrard and Antony Ford among the entries.
 A number of Britain's top juniors, 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 inform Irish international Rose-Anne Galligan, who recently ran PB of 2:01.07, plus New Zealander Angie Smith and Alison Leonard.
 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.

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.sycac.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.hertscacaa.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 Quay. 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 & DISTRICT 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

CAPEL 5
 Capel St Mary, Suffolk. 10.30am.
www.capelcheatahs.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-trcr.co.uk

HUMBER BRIDGE HALF-MARATHON
 Humber Bridge car park, Hesse, 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. 7pm.
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,

Merseyside. 10.30am.
www.pennylanestridders.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

FERNWOOD 5km
 Village Hall, Fernwood, Nottinghamshire. 10.30am.
www.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.ukroadraces.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

LLYODS TSB FITNESS 4
 Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.
www.severnac.co.uk

MALDON SUMMER HANDICAP 5km SERIES
 Marks Tey, Essex. 7.30pm.
haskeyfsworld.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
 Ivybridge RFC, Ivybridge, Devon. 7pm.
www.ermevalleyharriers.co.uk

GREAT BENTLEY FRIDAY 5
 Great Bentley, Essex. 7.30pm.
www.gbrcc.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

WHARFEDEALE TTT 4km
 Kettlewell, North Yorkshire. 8pm.
www.bingleyharriers.org.uk

Saturday July 6

CARDIFF POPPY 5km
Bute Park, Cardiff. 9.30am.
www.britishtlegion.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.
northderbyshirec.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.
northderbyshirec.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
Morrison's 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 Lesuire Centre, Didcot, Oxfordshire. 9.30am.
www.didcotrunners.co.uk

ECCUP 10
Church Lane, Adel, Leeds, West Yorkshire. 9.30am.
www.abbeyrunners.co.uk

ISLE OF ARRAN HALF-MARATHON
Kinloch Hotel, Isle of Arran.

KILBURN 7
Kilburn, North Yorkshire. 2pm.

MILTON KEYNES NSPPC HALF-MARATHON
Webber Independent School, Milton Keynes, Buckinghamshire. 10am.
racetimingystems.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.voac.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.uktriatlon.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.
stonehyhm.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

Tuesday July 9

Monday July 8

FRAMPTON 10km
Frampton, Gloucestershire. 7.30pm.
www.stroudathleticclub.co.uk

SELF TRANSCENDENCE RELAY (3x1M)
Battersea Park, London. 7pm.
uk.srichinmojraces.org/races/london

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.stalbanstriders.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.
uk.srichinmojraces.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. 7.30pm.
www.stockportharriers.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.
www.yeoviltownrrc.com

Thursday July 11

STANDARD CHARTERED GREAT CITY 5km
London. 7.15pm.

SUNDAYSHILL 10km
Thornbury RFC, Thornbury, Avon. 7.30pm.
thornburyrunningclub.co.uk

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 – Bedford Lakes Country Park

Ballymena – Ecos Park

Banstead – Banstead Woods

Barking – Barking Park

Barnsley – Locke Park

Barnstaple – Rock Park

Barrow-in-Furness – Barrow Park

Basingstoke – War Memorial Park

Bedford – Bedford Park

Belfast – Falls Park

Belfast – Queen's University

Belfast – Victoria Park

Belfast – Waterworks Park

Bexley – Danson Park

Birmingham – Cannon Hill Park

Bolton – Leverhulme Park

Bradford – Lister Park

Bramhall – Bramhall Park

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 Country Park

Edinburgh – Silverknowes

Promenade. 9.30am

Edmonton – Pymmes Park

Enfield – Grovelands Park

Enniskillen – Fermanagh Lakeland Forum. 9.30am

Falkirk – Callendar Park. 9.30am

Farnham – Alice Holt

Forest of Dean – Covenham Enclosure

Fritton – Fritton Lake Country Park

Gateshead – Saltwell Park

Glasgow – Pollock Park. 9.30am

Gorslas – Llyn Llech Owain

Gravesend – Shorne Woods Country Park

Great Yarmouth – Gorleston Cliffs

Greenwich – Avery Hill Park

Guildford – Stoke Park

Harrogate – The Stray

Havant – Staunton Country Park

Hornchurch – Harrow Lodge Park

Horndean – Queen Elizabeth Country Park

Huddersfield – Greenhead Park

Hull – East Park

Hull – Peter Pan Park

Huntingdon – Hinchingsbrooke Country Park

Inverness – Bought Park. 9.30am

Ipswich – Chantry Park

Irvine – Eglington Country Park. 9.30am

Isle of Wight – Medina

Islington – Highbury Fields

Killerton – near Exeter

King's Lynn – The Walks

Kingston – Canbury Gardens

Leamington – Newbold Comyn

Leeds – Cross Flatts Park

Leeds – Hyde Park

Leeds – Roundhay Park

Leeds – Temple Newsam Estate

Leicester – Braunstone Park

Leigh – Pennington Flash

Lewisham – Hilfy 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

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 Newent – Forest Leisure Centre
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 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
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 Porthcawl – Porthcawl Seafrost
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 Preston – Avenham Park
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 Park
 Reading – Thames Valley Park
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Friday July 12
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OVERSEAS

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OSTRAVA GOLDEN SPIKE
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Friday June 28
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Saturday June 29
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Sunday June 30
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**WOODIE'S DIY AAI JUNIOR/U23
 CHAMPIONSHIPS**
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Tuesday July 2
**EUROPEAN ATHLETICS OUTDOOR
 AREA PERMIT MEETING**
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**EUROPEAN ATHLETICS OUTDOOR
 CLASSIC MEETING**
 Nancy, France.
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Thursday July 4
**DIAMOND LEAGUE
 ATHLETISSIMA**
 Lausanne, Switzerland.
www.diamondleague-lausanne.com

Saturday July 6
**DIAMOND LEAGUE MEETING
 AREVA**
 Paris, France.
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**EUROPEAN MOUNTAIN RUNNING
 CHAMPIONSHIPS**
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www.european-athletics.org
FISU UNIVERSIADE
 Kazan, Russia. Until Wednesday
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www.european-athletics.org
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**WOODIE'S DIY AAI JUVENILE
 CHAMPIONSHIPS**
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Monday July 8
**EUROPEAN ATHLETICS OUTDOOR
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Wednesday July 10
DUBLIN GRADED MEETING
 Dublin, Ireland. 7pm.
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Thursday July 11
**EUROPEAN ATHLETICS U23
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Saturday July 13
**EUROPEAN ATHLETICS OUTDOOR
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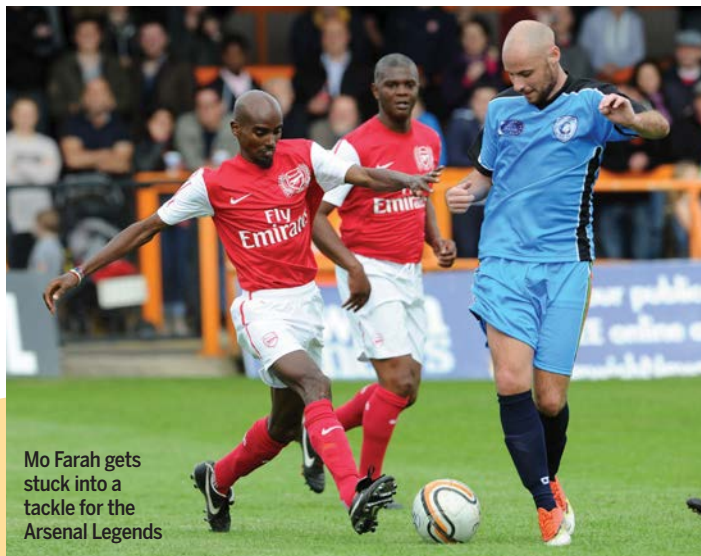
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Farah has a ball in London match

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 Ian Wright, Ray Parlour and Tony Adams as they drew 1-1 against the World Refugee team.



Mo Farah gets stuck into a tackle for the Arsenal Legends

GETTY IMAGES

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.

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."

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 medalist,

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.

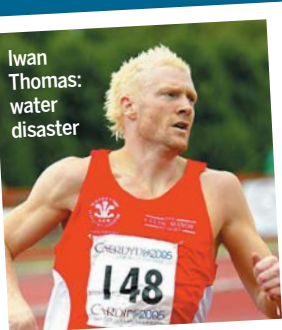
Certainly, fans at Gateshead would have got a shock if Eilish's mum, now aged 49, had actually taken to the track last weekend.



MARK SHEARMAN

Journalists managed to mix up Eilish McColgan with her famous mother Liz (inset)

Iwan Thomas: water disaster



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.

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.

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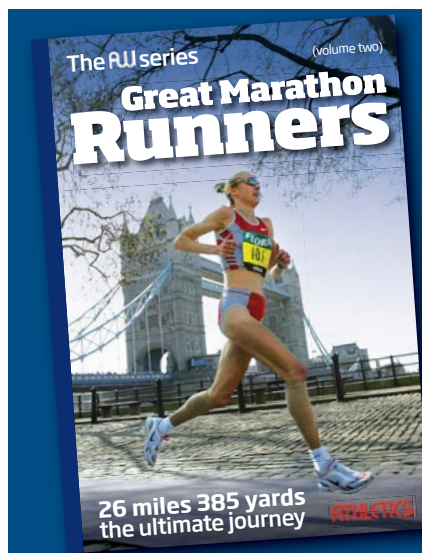
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