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keep an eye on our website athleticsweekly.com



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BUCS AT THE
OLYMPIC STADIUM

EDITOR'S LETTER

Olympic inspiration

SUMMER is here, even if the weather gods above the Olympic Stadium last weekend did not quite agree. The track and field season is now in full swing and it seems a good moment to unleash our summer preview special issue.

After all, the first Diamond League meeting takes place this week followed by the Great Manchester CityGames and Loughborough International, while most club athletes will enjoy their traditional pipeopener at the county championships.

British records have already fallen in the United States and the biggest name of all, Usain Bolt, opened his season last weekend. Elsewhere, the most interesting event of all – for obvious reasons – was the British Universities Championships at the Olympic Stadium.

Lots of athletes who have no chance of competing at the Olympics itself were able to experience the magnificent arena. Despite cold, wet conditions, the setting inspired seven championship records, including a superb hurdles performance by Andy Pozzi.

As my colleague Jon Mulkeen says in his report, which starts on page 16, this is exactly the kind of effect everyone hoped the Olympics would have when Seb Coe and his team won the right to stage the Games seven years ago.

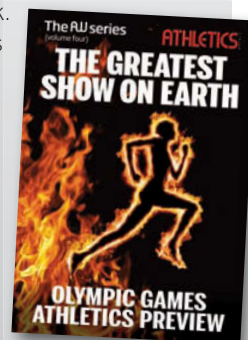
» IT'S been a busy past few weeks for the AW team, because in addition to the usual weekly magazine we have produced a special Olympic preview bookazine which goes on sale this week.

A chunky 164 pages in size, it features the main medal contenders for the Games, together with timetable details, statistics, nostalgia and a foreword written by Jessica Ennis.

It was a marathon effort to put together, but will hopefully have you sprinting on to our website to order a copy. I am naturally biased, but I cannot imagine there will be a better guide to the Games for track fans than this – see page 37 to order your copy in time for London 2012.

» THIS issue of *Athletics Weekly* also contains an Olympic track and field timetable wallchart, plus the latest of our monthly British Olympic Legends booklets – a series that continues all the way to the start of the London Games later this summer.

Jason Henderson, Editor



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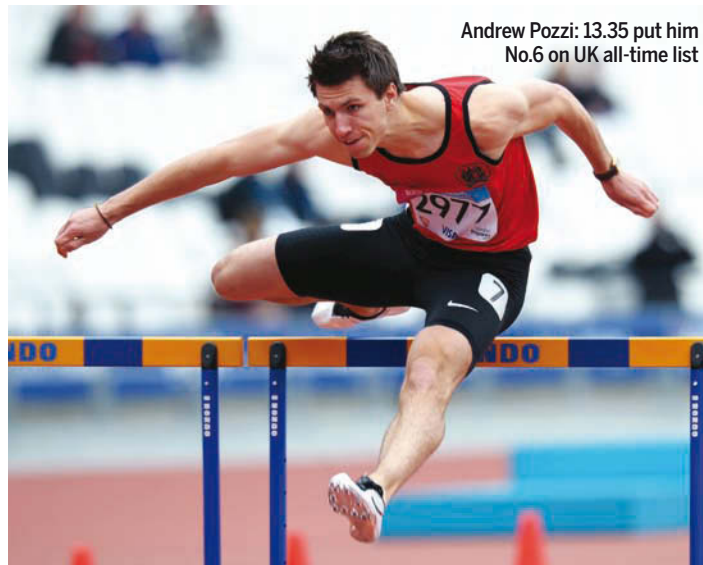
More to come, says Pozzi

AT LAST weekend's BUCS Championships, teenager Andy Pozzi made a sensational breakthrough in the 110m hurdles with 13.35 to go to sixth on the UK all-time list, but the European junior silver medallist says there is even more room for improvement, writes Jon Mulkeen.

The advancements Pozzi made indoors made it clear that his 110m hurdles PB of 13.73 was living on borrowed time. Earlier this year, Pozzi finished fourth in the 60m hurdles final at the World Indoor Championships, having beaten former world record-holder Liu Xiang in the heats, and set a PB of 7.56 in the semi-final.

Few could have predicted that the UK junior record-holder would run so fast in his first outdoor race of the year, but Pozzi himself knew that a fast time was on the cards – so much so that he placed a bet with his coach Malcolm Arnold that he'd get the Olympic 'A' standard (13.52).

He equalled that time in the heats before going on to smash his PB further with 13.35 in the



Andrew Pozzi: 13.35 put him No.6 on UK all-time list

MARK SHEARMAN

of world bronze medallist Andy Turner, two-time world finalist William Sharman and Commonwealth bronze medallist Lawrence Clarke, the latter two being training partners of Pozzi.

But given that his recent PB came in his first competition of the year and in cold conditions, Pozzi – who sat out the 2010 season through injury – believes he can go even faster.

"I think I can go quite a lot quicker," he said. "I'm still very immature in the event. I've only had a year and a bit of solid training now because I was injured a lot in my junior years, so I'm still getting to grips with my event."

"This was more of a promising run of things to come rather than a great run in itself," he added. "I knew this time was here."

Having started as a young combined-eventer at Stratford upon Avon AC, Pozzi's journey could well take him to Stratford in east London when the London Olympics are staged there in August.

final to set a European age-19 best, also significantly quicker than Colin Jackson ran as a teenager.

Pozzi, who turns 20 next Tuesday, is happy that he has continued to progress since his indoor breakthrough.

"I wouldn't say I was surprised. I just wouldn't have thought that I could keep pushing on at the same level, but I really have and I'm really pleased with that," he said.

If Pozzi makes the Olympic team and replicates his 13.35 performance in August, it will mostly likely see him cruise into the final.

At only one previous global championships – the 2004 Athens Olympics – has 13.35 not been enough to make the Olympic final.

First though, he needs to secure his place on the team, which is not an easy task given he will be up against the likes

Haile v Makau in Manchester

ANYTHOUGHTS that Haile Gebrselassie is running scared of defeat now he is perhaps past his best should be dismissed with news of one opponent at the Bupa Great Manchester Run on May 20.

He will face Patrick Makau, who broke Gebrselassie's world marathon record by 21 seconds



Haile Gebrselassie: faces very tough test

NEVERLANDS SPORT

when he ran 2:03:38 at the BMW Berlin Marathon last September.

Makau, who was controversially omitted from the Kenyan Olympic team after failing to finish in London, will be hoping to go some way to making amends in the country's biggest 10km race.

He had a minor injury which affected his build-up.

"My recovery period is four months, and that is why I wasn't going to run hard in London last month," said Makau. "I sacrificed a lot of races since last year for the sake of the Olympics, but all that is now down the drain."

Gebrselassie, meanwhile, will go for his fifth win in the event as part of his preparation for a 10,000m in Hengelo, which could be his last competitive track race.

Is Bekele-Farah duel off?

KENENISA BEKELE'S scheduled duel with Mo Farah at Eugene is in jeopardy, *Athletics Weekly* understands.

The double Olympic winner was due to race the 5000m against the world champion at that distance at the Diamond League fixture on June 2.

However, sources in Ethiopia told *AW* that Bekele is asking the organisers to put on a two-mile event for him. There was not such an event initially in the programme, but one was held last year.

The participation of both athletes – the first since last year's world final in which Farah was runner-up and an unfit Bekele failed to finish – was announced earlier this month.

Those also due to take part are Bekele's brother, Tariku and Kenya's Edwin Cheriyot, Thomas Longosiwa and Jacob Cheshari and Americans Galen Rupp and Matt Tegenkamp

with Britain's Chris Thompson also due to start.

Bekele, who ended 2011 with a world-leading 10,000m of 26:43.16, showed with his victory at the Spar Great Dublin Run 10km last month that he was in superlative form.

Bekele will make his season debut in Doha tomorrow (Friday).

Meanwhile, it has been announced Farah will compete in the 5000m at the Aviva London Grand Prix on July 13 – the Friday night of the two-day Diamond League meeting.

Farah, whose wife Tania is expecting twins in September, said: "The London Grand Prix is always one of the most exciting events on the Diamond League circuit."

"As it's over two days, it always attracts the best athletes so it's a great way to prepare for the summer ahead."

Hurdler eyes Olympic relay spot

EUROPEAN under-23 400m hurdles champion Jack Green is determined to improve on his IAAF World Championships semi-final place at this year's Olympics, but is just as intent on securing a place on the 4x400m team, writes Jon Mulkeen.

The 20-year-old opened his season at the London 2012 test event last weekend at the Olympic Stadium, winning the 400m hurdles in 50.00 and the one-lap sprint with a PB of 46.05 in less than ideal conditions.

He hopes that his display of abilities in both events will result in the opportunity to compete in both his specialist event and the relay at the same venue later this summer.

"I just want to be in that relay because I'm a relay runner," Green told AW. "I know I can run a 44-split. I just need a chance



Jack Green: 46.05 for 400m flat in cool conditions at BUCS Championships

and they won't regret it. As long as I've got someone to chase, I'll catch anyone."

Green's last major relay appearance was at the 2010

World Junior Championships. Having finished fifth in the 400m hurdles, he went on to produce a 45.7 split in the relay – the fastest of the British team – to secure the bronze medal.

Since then, Green has improved his 400m flat time by almost two seconds and his 400m hurdles PB by more than one and a half seconds.

Coached by Malcolm Arnold, Green's training partner and world 400m hurdles champion Dai Greene has also made no secret of his desire to be on the relay team for the 2012 Olympics.

"I don't know why people are reluctant to put hurdlers on a relay," said Green, who last year improved his 400m hurdles PB to 48.98. "We're strong 400m runners and in a relay that's what you need. That's why I

was disappointed to miss out last year, because I'm a hurdler and I'm young – young guys will thrive on that, and we don't know what pain is yet. With someone to chase, we just run through it."

Having enjoyed another good winter, Green is confident that he will be able to make the Olympic team in what is arguably Britain's strongest event.

"My winter has gone really well. I've put on more muscle, which I like," he said. "I've been able to lift this year; last year I was just learning. The most difficult thing has been doing big weights one day then running the next. But I'm running so much quicker than I was last year. I'm well up on where I was compared to this stage of the season last year."

Americans hit town for Great CityGames

WALTER DIX and Wallace Spearmon, two of the top seven 200m runners in history, will headline the Powerade Great CityGames in Manchester on May 20.

The fourth edition of the street athletics event will take place on a specially laid-out track on Deansgate.

Already this year Spearmon has surged to 19.95 for 200m in March, while Dix ran a slightly wind-assisted 9.85 for 100m.

Dix will be looking to challenge the US 150m record of Tyson Gay at the event last year as he takes on Trinidad's Richard Thompson and Britain's Marlon Devonish.

Spearmon will be seeking his first-ever sub-10 as he steps down to the 100m.

European 100 metres junior champion Jimmy Vicaut of France, together with Britons Mark Lewis-Francis and Christian Malcolm will be out

to stop him taking victory.

The event is part of a weekend of sport in Manchester, which includes the Bupa Great Manchester Run and the Bupa Mini and Junior Great Manchester Run.

Already announced for the event is Jessica Ennis, who will race the 100m hurdles, one week before her crucial first heptathlon of the season in the Austrian town of Gotzis at the end of this month.



Walter Dix: Manchester-bound

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Wilko targets 'chase standard

HIS event has seen more than its fair share of selection controversies in recent years, so James Wilkinson believes an Olympic 'A' standard is his minimum target – and is feeling confident, writes Paul Halford.

The 2009 European junior steeplechase silver medallist will have to improve his PB from 8:36 to 8:23.10 to do that, which only one Brit has been able to achieve since 1994. The steeplechase has been among Britain's least successful recently, especially with the likes of Andrew Lemoncello moving up to marathon and Stuart Stokes and Adam Bowden quitting the event complaining of being omitted from international teams.

With Rob Mullett having already run 8:32 this season, the likes of Luke Gunn also threatening and Stokes having come out of retirement, Wilkinson knows the Olympic 'B' standard is unlikely to be enough.

But his recent training suggests that should not be a



James Wilkinson: plans to qualify for Olympics and resurrect weak event

major problem.

"I wouldn't like to bet on the 'B' standard even though I'm young," said the 21-year-old. "I can't guarantee people like Luke, Stuart, etc aren't going to get the 'A', so if they get the 'A', I've

got to get the 'A'. I don't want to be relying on selectors. I was in that situation last year when I missed out on the Euro Under-23s."

Wilkinson, who has a 3000m flat PB of 7:55.73, reckons he can make improvements over the barriers and said: "The conversion's not great at the moment between my flat and my chase, so that's the main reason I think I can get it. There's 41 seconds between my flat and chase time.

"If I can get it down to 30, I'm knocking on the door already and that's without getting faster on the flat, which I have done. It's definitely do-able. I've done a few barrier sessions and it's pointing in the right direction. It's pointing towards low 20s."

The Leeds City AC athlete is hoping to translate a great cross-country season into an Olympic-qualifying track season. He won silver in the under-23 race at the Euro Cross and was fifth in the National.

"The cross helps me all year," said Wilkinson. "This year is

"I don't want to be relying on selectors. I was in that situation last year when I missed out on the Euro U23s"

JAMES WILKINSON

probably the most consistent overall that I've had. The winter's gone as well it could have done and I haven't really been injured."

He has also been benefiting from living in the UKA endurance house at Loughborough. Since he graduated last summer and moved down from Leeds he has shared a flat with marathon runner John Beattie, and middle-distance runners Stevie Stockton and Adam Cotton.

» James Wilkinson is a "Rising Star" of the Jaguar Academy of Sport and through the Academy receives a bursary and mentoring and education programme. See jaguaracademyofsport.co.uk

Bishop enjoys 1500m breakthrough

DAVID BISHOP couldn't have asked for a better 25th birthday present last week than to arrive back home in Wiltshire with a huge PB that has caused a stir among his domestic 1500m rivals and colleagues, writes Kevin Fahey.

The Bristol & West AC runner signed off from his training camp in Albuquerque, where he has been working part-time on the coaching staff after graduating from the University of New Mexico last year, with an impressive time of 3:37.51 in the Payton Jordan Cardinal Invitational meeting at Stanford University. The time carved 3.28 seconds off his best that he set only the previous weekend in the Mt Sac Relays.

Even more significantly Bishop's time is inside the Olympic 'B'

standard of 3:38.0 and puts him second in the 2012 UK rankings behind Andy Baddeley, who clocked 3:35.19 in the same race. Further, with a nod to the Commonwealth Games in two years' time, it was the quickest time by a Scot for almost 20 years and fifth fastest of all time. Last but not least it beat Olympian Nick Rose's 32-year-old Bristol & West club record.

No wonder that Bishop was delighted with his performance, which he feels he has been threatening to produce for some time. "I really thought I was in shape for something fast from about October time, but got a little unlucky indoors with illnesses seeming to pop up right around the races," he said.

"I was really knocking down

some decent training, though, and went to Mt Sac confident of a big one. Unfortunately we didn't have a pacemaker, but I ran a 1:52 last 800m to set a PB, which cemented it in my mind that I was ready.

"Obviously I'm very pleased I showed what I was capable of, but it wasn't too much of a surprise. I have considered myself capable of running this sort of time for a while now. As far back as 2009 I ran 2:53 for a 1200m and in 2011 I ran 3:54 for 1600m in relays, which are both fairly comparable to a 3:40 or slightly quicker. It is just nice to finally get that raw time!"

A winter spent at altitude without the regular racing commitments of college life has clearly benefitted Bishop, whose best claim to fame to date has been winning the AAA



David Bishop: 3:37.51 1500m PB

under-20 indoor 3000m titles in 2004 and 2006 and finishing seventh in the 1500m at the World Student Games last summer.

But both he and coach James Thie feel there is more to come and that the Olympic Games 'A' qualifying mark of 3:35.50 is within reach before the trials next month.

Douglas gets Greene light

SINCE linking up with former world record-holder Maurice Greene, Montell Douglas says she is over the worst of the injuries that have stalled her career for the past three years, writes Jon Mulkeen.

The former European under-23 silver medallist broke the long-standing British 100m record in 2008 with 11.05, but a succession of injuries has meant that she has been unable to replicate that performance. Since that year, Douglas has broken 11.4 just once.

The 26-year-old had been with coach Ayo Falola for nine years, but had been part of a group that mainly comprised 400m and 800m runners.

"With this being Olympic year, it was really a make-or-break decision for me," Douglas told AW. "I've really struggled to get back and I feel like I'm losing faith in myself, people were losing faith in me, and I've had four years of back-to-back injuries. I had nothing to lose."

The parting from Falola has been an amicable one, says



Montell Douglas: hoping to regain form after teaming up with Maurice Greene

Douglas. "I love him to death. I grew up with him and he was like my second dad. He was cool with me moving on. We had a nice chat just the other week to clear things. I told him that I had to be with sprinters and had to be in the warmth and he was okay with that."

Earlier this year Douglas spent four months in Westlake Village

in north Los Angeles training with Greene. The former world and Olympic champion is new to coaching, but the group also includes the Barber twins (Me'Lisa and Mikele), double European bronze medallist Martial Mbandjock, and 11.19 sprinter Kenyanna Wilson.

"He's new to coaching but he's just like he was as an athlete," said Douglas of her new coach. "He's strict with us, and he knows all the tricks so there's no hiding. But he understands you and he takes time with each one of us. It's really nice to be with sprinters instead of 400m and 800m runners. That really makes a difference."

Douglas, who last weekend won the BUCS 100m title in 11.81, says that she also feels less injury-prone than she was before and is now aiming a top-two finish at the Olympic Trials.

"I think I'm definitely over the worst of my injuries now," she said. "My main aim now is to get the qualifying time, beat some people along the way hopefully, and then do well at the Trials."

NEWS BRIEFS

Euro Indoors 2015

PRAGUE has been selected to host the European Indoor Championships in 2015. The venue will be the O2 Arena.

Irish president

PROFESSOR Ciarán Ó Catháin has been elected as the president of Athletics Ireland, replacing Liam Hennessy, who served four years in that role.

First 'passport' positive

PORTUGUESE distance runner Helder Orneas has become the first athlete to be banned for doping as a result of the "athlete biological passport" process.

The passport system monitors athletes' blood variables over time and the 2008 Olympic marathoner's profile was noticed as abnormal in May 2011, leading to further investigation.

He has been banned for four years by the Portuguese Athletic Federation.

Phillips delays opener

WORLD long jump champion Dwight Phillips delayed the start of his season, due last Sunday in Kawasaki, because after sustaining injuries in a traffic collision last month.

The American was hit from behind while in slowly moving traffic and suffered back and neck whiplash injuries.

He told the IAAF: "I will probably spend a few more weeks training in the pool and see where I go from there."

"It really doesn't do anything to dampen my enthusiasm for the Olympic trials. I feel I am more than capable of being ready for the trials and for the London Olympics."

Sunderland win club challenge

SUNDERLAND Harriers won £500 after emerging victorious in the clubs challenge at the inaugural Marathon of the North and Sunderland 10km last weekend.

The club took the prize thanks to 10km runners Kevin Calvert, Brian Rushworth, Craig Isherwood and Michelle Holt, together with marathon man Paul Redman and Joel Jones in the junior race together having

a cumulative time of 5hr 24min 31sec that was 20 minutes superior to runners up North Shields Poly.

North Shields Poly won £300 for finishing second, with third placed South Shields Harriers receiving £100.

Durham City Harriers placed fourth, while a number of other local clubs, such as Sunderland Strollers, had a big marathon presence but not enough

entries in the 10km to qualify.

The clubs challenge was part of a busy "Run Sunderland" weekend organised by local supermiler Steve Cram.

The blue ribbon marathon was won by Paul Wilson in 2:43, with 59-year-old Ian Bloomfield third overall in a superb 2:51:25.

The 10km was won by Yared Hagos in 30:46.

For full report, see the *Results* section starting page 58.

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England Athletics new leader

ENGLAND Athletics' search for a new chairman, which was first announced in the February 16 issue of *Athletics Weekly*, was effectively over last week when the governing body named Peter King as vice chairman to replace outgoing chair John Graves later this year.

King is best known for being chief executive of British Cycling for nine years, but his first sporting love was athletics, he is a member of Epsom & Ewell Harriers, and he was a keen middle-distance runner until injury thwarted his ambitions.

"After a lifetime in business and accountancy, with the last 15 years spent working primarily in cycling, but with other sports too, I am excited by the prospect of joining the board of England Athletics," he said.

"Athletics was the first sport I took seriously and I have never lost my love for it, so it is a privilege and an honour to be invited to join a winning team. I look forward to working with those who have already done so much to restore the popularity



Peter King, left, will eventually succeed John Graves, right, as England's chairman

and success of the sport in recent years.

"I hope the skills and experience I can bring to the board will add value to its work so we can together be even more successful in future."

In addition to his British Cycling background, King has had a number of management accounting roles with his own private practice, and holds a number of positions, including



MARK SHEARMAN

directorships of Commonwealth Games England and the Sport and Recreation Alliance. His personal awards include a CBE for services to cycling.

The appointment comes at a key period with the sport wondering what kind of funding will materialise after the Olympics. King's roles include: »Leading and managing the board in the development of the vision, strategy and

policies of England Athletics in collaboration with the CEO and the senior management team. »Overseeing the implementation of the next phase of the sport's strategy from 2013-2017

»Representing and championing England Athletics at the highest level by being its advocate and ambassador for the sport at local and regional level.

»Ensuring the board meets its responsibilities for the governance of the organisation, its financial stability and the most appropriate use of funds.

John Graves said: "After seven years in any role it is difficult to hand the baton over to the next person. Peter's appointment makes this a much easier task for me as he has such varied and impressive experience in sports and sports administration over many years that I can be very confident that he will lead England Athletics on to even greater things."

Chris Jones, EA's head of marketing and strategy, will be acting CEO from May 15 to November 14.

Cross country annual meeting

THE annual open meeting for the English Cross Country Association will be held on May 19 at the Smart Aston Court Hotel in Derby at 12 noon.

Clubs affiliated to England Athletics for cross country are eligible to attend and vote on new officers and consider any changes proposed to the constitution.

The meeting will include a chairman's report from John Temperton and the latest financial statement from treasurer Richard Inchley.

Events such as next year's National, held at a venue to be confirmed in the north on February 23, will also be discussed.

» For more details, email ianbyett@ukonline.co.uk

Ronhill clubs dominate national relays

ONE of the unsung success stories of last month's national 12 and 6-stage road relays was Ronhill's domination of the medals podium.

The clothing company has a policy of backing athletics and running clubs as opposed to individuals and it paid off at

Sutton Park when their clubs enjoyed a great day.

Ronhill-sponsored clubs included women's winners Aldershot, Farnham & District, together with bronze medallists Leeds City, while in the men's 12-stage Ronhill support winning club Tipton Harriers,

plus runners-up Leeds.

"It was a tremendous day for our sponsored teams," said Graham Richards, brand manager, "it's really rewarding to be able to offer kit and financial sponsorship for such clubs and endorses our support of grassroots running."



AFD's winning women's team with (right) Tipton's men's squad

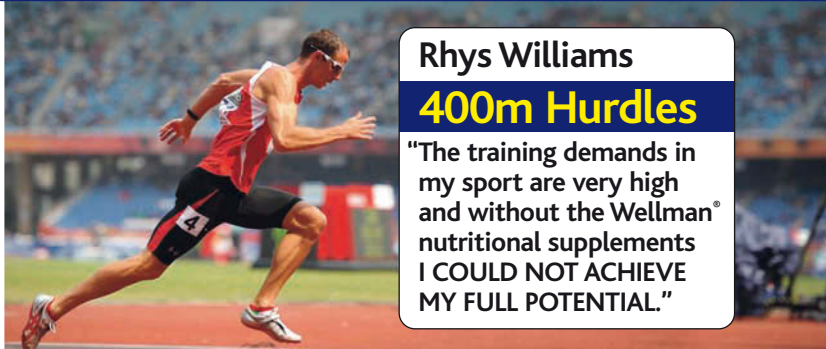


MARK SHEARMAN

Quite literally *the making of* champions



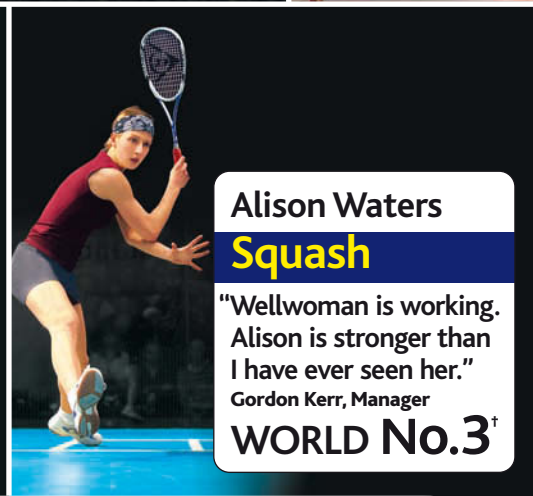
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Rhys Williams
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FULL MARKS

STUDENT ATHLETES FLOURISH AT THE OFFICIAL LONDON 2012 TEST EVENT, THE BUCS CHAMPIONSHIPS, WHICH TOOK PLACE AT THE OLYMPIC STADIUM

REPORT: JON MULKEEN. PICTURES: MARK SHEARMAN

OLYMPIC host cities have often used their national trials or biggest grand prix meeting as the official test event for the Games as they fine-tune their preparations ahead of staging the biggest sporting event on the planet. So when it was announced that the BUCS Championships – an event that usually only attracts a few hundred spectators, most of them relatives and coaches of the athletes – would be given that accolade for the 2012 London Olympics, it initially seemed a surprising choice.

But with the dust having settled on the main dress rehearsal for the Games, it now seems the perfect decision for several reasons. The BUCS Championships are traditionally held during the May bank holiday weekend, which this year coincided with the '2012 hours to go' marker. And with the event being held three months ahead of the Olympics, it provides plenty of time in which to iron out any kinks – and there were indeed a few – that may have been encountered during the test event.

More significant, though, is the lasting effect it will have on the 1800 athletes who took part in the British capital last weekend. The vast majority of them, including those who took part in the guest events assembled by UK Athletics, will not be returning to the stadium in August as only a select few will make the grade. But should they miss out this year, their experience of competing in an Olympic stadium in their own country could help inspire them to stay in the sport in the hope of competing in the stadium again for the World Championships in 2017.

The cold and wet weather did little to dampen the atmosphere in the stadium or the enthusiasm of the athletes. It was no coincidence, then, that the weekend witnessed arguably the greatest performance in BUCS history as Andy Pozzi stopped the clock in the 110m hurdles in a stunning 13.35 seconds.

Last month London 2012 revealed their official slogan – “inspire a generation” – and, evidenced by the seven championship records broken, the test event did exactly that.



OVERALL TEAM STANDINGS

PLACE	UNIVERSITY	POINTS
1	Loughborough	255
2	Birmingham	125
3	Bath	110
4	Brunel	94
5	Leeds Met Carnegie	72
6	Sheffield Hallam	72
7	UWIC	69
8	St Mary's	41
9	Edinburgh	37
10	Cambridge	28

Kate Dennison:
won the guest pole
vault with 4.35m

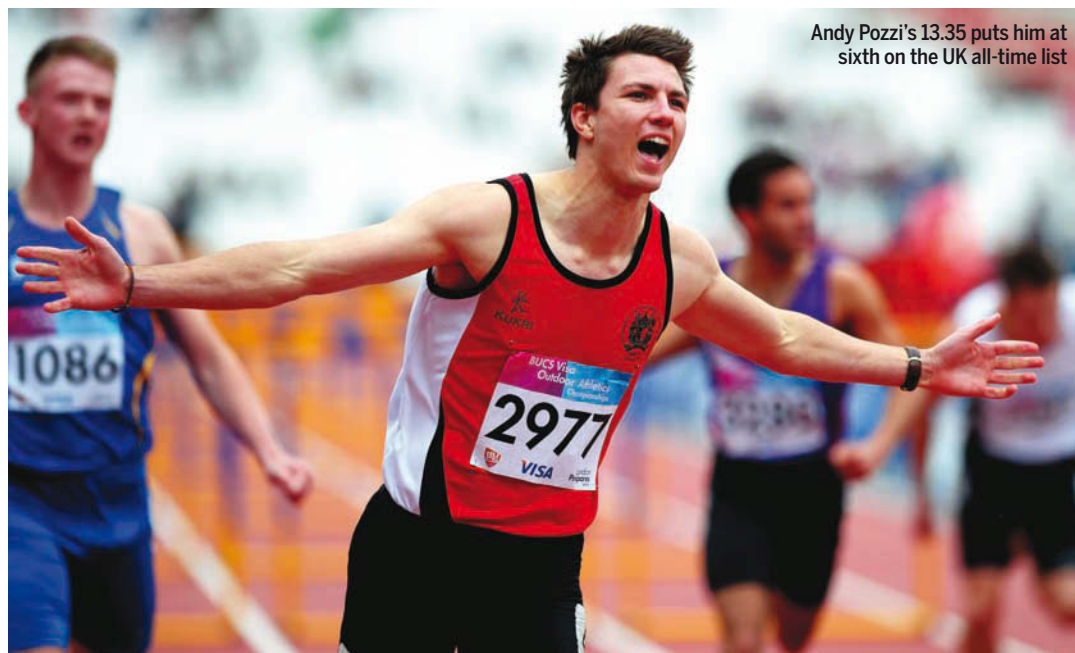
Nothing is impossible for Andy

ALTHOUGH the focus of the Olympic test event was primarily on the BUCS Championships, the guest races organised by UKA had provided most of the better performances of the May bank holiday weekend – that was until one of the last individual track events of the entire schedule, the men's 110m hurdles final.

Andy Pozzi had provided a glimpse in the heats of what was to come as he smashed the championship record with a PB and Olympic qualifier of 13.52. He followed it with 13.72 in the semi-finals, but he finished the race clutching at his legs and it appeared as though he may take no further part in the competition.

But in the 24 hours that preceded the final, Pozzi's cramp was quickly remedied by the on-hand physios and he went on to further obliterate his lifetime best, this time reducing it to 13.35, the cold temperatures probably cancelling out any benefit he would have received by the 1.3m/s tailwind.

Not only does it put him at No.6 on the UK all-time list, but it's the fastest ever time by a European teenager, bettering the



Andy Pozzi's 13.35 puts him at sixth on the UK all-time list

13.40 set by Tomasz Scigaczewski in 1998. Pozzi also took down the UK age-19 best set by former world record-holder Colin Jackson – a past charge of Pozzi's coach, Malcolm Arnold.

"The last couple of hurdles weren't quite so great, but overall it was good," said Pozzi, who finished comfortably ahead of training partner Jack Meredith (13.97). "The thing with the hurdles

is that competing on a fast track like this can be a problem because it feels like the hurdles are a lot closer, so you have to exercise an element of control. I find it harder at the back end of the race when I'm really picking up speed, I have to be really careful."

After being a doubtful starter for the final, Pozzi was pleased he made the decision to compete. "It was touch-and-go whether I

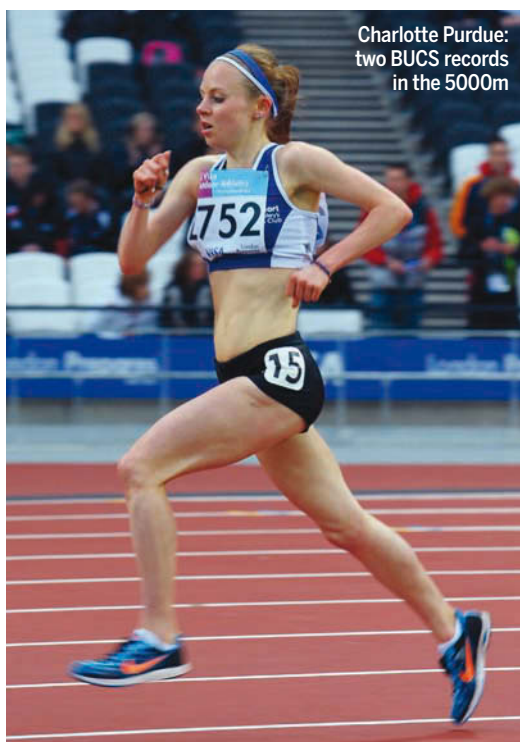
was going to race today," added the world indoor finalist. "It was nothing serious, just a bit of cramp, but I had great support from the UKA doctors and physios and my coach, Malcolm Arnold, who has just put everything in to make sure I'm ready to race and I think that showed."

Pozzi's performance was one of seven championship records broken over the course of the weekend, two of them falling in the qualifying rounds on the first evening of competition.

Loughborough's Izzy Jeffs threw 53.93m in the qualifying round of the javelin to better Goldie Sayers' 10-year-old BUCS record, while in the 5000m heats Charlotte Purdue took eight seconds off the championship best set three years ago by training partner Steph Twell.

While Purdue went on to improve further in her final with 15:44.01, Jeffs just missed out on adding distance to her record in the javelin final but still won comfortably with 53.26m.

"It's still early in the season so to run those two good times back to back, I'm really happy with that," said Purdue, who competed in the 10,000m at Stanford, California, just a few days before the BUCS Championships.



Charlotte Purdue: two BUCS records in the 5000m



Izzy Jeffs: 53.93m championship record in qualifying



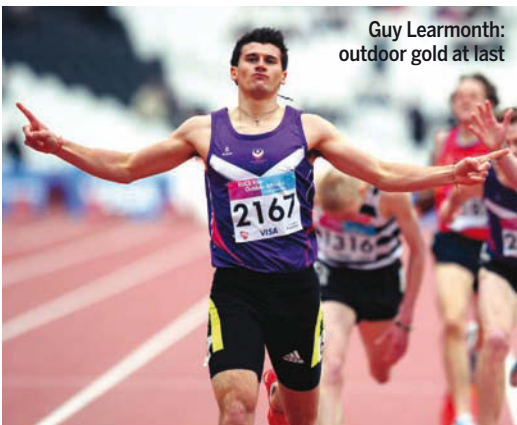
Zane Duquemin: repeated his shot and discus double



Brunel: championship record in 4x100m



Pippa Woolven: strong finish in steeplechase



Guy Learmonth: outdoor gold at last



Ben Nagy: PB to win steeplechase

In the pole vault, Nick Cruchley erased the second-oldest championship record on the books with 5.22m. Birmingham University team-mate Pippa Woolven did likewise in her event, the 2000m steeplechase, winning in 6:36.60 to go to third on the UK all-time junior list.

"I knew I was capable of getting a much better PB and I was aiming for a medal, but I had no idea that I'd run like that," said Woolven, whose well-timed final charge saw her make up around 10 metres on long-time leader Emily Stewart of Edinburgh to snatch the victory. "When I saw her go over the last water jump and she went in, I thought to myself that I could really go for it."

St Mary's Zane Duquemin successfully defended both his shot and discus titles and was the only athlete at the championships to win two individual golds. "I was confident in the discus, but I was a bit disappointed with the distance," said the Jersey

thrower, who won the discus with 57.07m and set a PB of 18.03m in the shot. "I always try to come away from every competition with a PB in at least one of the events so I was pleased to have done that."

The weekend concluded with Loughborough winning three of the four relays. Meghan Beesley, who was disqualified from the 400m hurdles for a low clearance, anchored both the 4x100m and 4x400m teams to gold within

minutes of each other, smashing the championship record in the latter with 3:34.75 – the fastest ever time by a British university.

Their male counterparts won Loughborough's third relay gold of the weekend and were just outside the championship record with 3:10.36. But in the one relay not won by Loughborough – the men's 4x100m – Brunel put on a slick display to break the BUCS record with 40.28.



Jenny Walsh (1619) outsprinted Eilish McColgan (1578) in the 1500 metres

BEST OF THE REST

» Having won the past two BUCS indoor 800m titles, Loughborough's **Guy Learmonth** finally won the outdoor crown in 1:50.36.

» **Harry Aikines-Aryeetey** got the better of **Danny Talbot** in the men's 100m, winning in 10.42.

» **Eilish McColgan** was beaten in the women's 1500m by junior **Jenny Walsh**, who set a PB of 4:17.98.

» **Niall Flannery** won his third successive BUCS 400m hurdles title in 50.67, but he was pushed all the way by **Chris Wakeford** who smashed his PB with 50.82.

» 31-year-old **Paskar Owor** – a Commonwealth finalist over 800m for Uganda ten years ago – put his speed to good use in the 5000m, surging late to win in a PB of 14:18.92.

» On her 10,000m track debut, Lancaster University's **Sarah McCormack** overhauled **Jessica Coulson**'s ten-metre lead with a deadly burst of speed in the final 200m, winning in 34:31.52.

» **Joe Dunderdale** came close to the championship record in the javelin, winning with a PB of 74.39m.

» European junior finalist **Jarryd Dunn** set two PBs en route to winning the 400m – first with 46.83 in the semi-final, then with 46.66 in the final.

Guests impress in London

MOST of the athletes competing in the BUCS Championships last weekend were relishing the opportunity of competing in an Olympic stadium in what was a once-in-a-lifetime experience. But many of those taking part in the guest events assembled by UKA will have designs on returning to the stadium in August, and for them last weekend truly was a dress rehearsal.

National discus record-holder Lawrence Okoye is one such Olympic hopeful. As was the case for all guest competitors, the European under-23 champion took three throws in the qualifying round and sent the disc out to 63.57m – a mark that would have been enough to qualify for the World Championships final last year. Happy with his weekend's work, he passed on the chance for a further three throws in the final.

One of the key themes of the weekend was the success of Malcolm Arnold's training group. While his most successful current charge, Dai Greene, was preparing to open his season at the Rome Diamond League, most of the rest of the training group were out in force and have clearly wintered well.

Commonwealth silver medallist Eilidh Child ran 57.37 to win the 400m hurdles by more than a second from Hayley McLean, whose 58.57 is the second-fastest ever time by a British 17-year-old. Child returned the following day to take the 400m flat in 52.71, her second-best career clocking for the distance.

Training partner Jack Green landed the same double. He clipped several barriers en route to winning the hurdles in 50.00, his fastest ever opener, and followed it with a big PB over 400m in 46.05, comfortably ahead of Conrad Williams (46.78).

"I had in my head how good Conrad is, so I kept telling myself 'don't go yet, don't go yet,'" said Green. "Then I went for it and I regretted not going sooner, but I



Lawrence Okoye: 63.57m in the discus

can't be disappointed with 46.05."

Rounding out a successful weekend for Arnold's athletes, Lawrence Clarke kick-started his year with a PB in the 110m hurdles of 13.50, also an Olympic A standard.

"Things have gone a lot better

since the indoor season," said Clarke. "During the indoor season I was focusing too much on times, so running the qualifying time here today will at least take some of the pressure off for the rest of the year.

"I've never run that fast and it's

scary because the hurdles come at you so quickly," added the Commonwealth bronze medallist. "I dipped under the beam and looked at the clock and saw 13.90 – I thought 'oh no, Malcolm's going to shoot me.' But I was relieved to see the proper time."

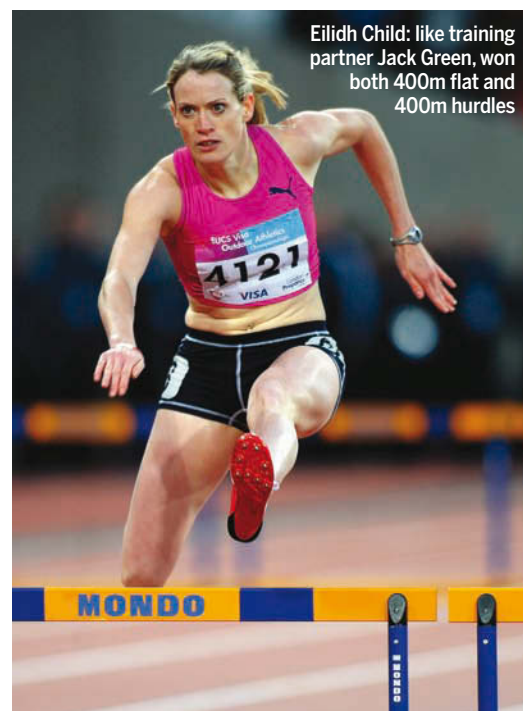
Green and Child were not the only double winners of the weekend. 17-year-old Sophie Papps upstaged several of her more experienced rivals in the 100m and 200m to come away with victories in both events with PB times – and, of course, stadium records.

Papps, winner of the European Youth Olympic Festival and the Commonwealth Youth Games, sped to an 11.61 100m win on the Saturday night before returning to win the 200m in 23.62.

"I was racing against athletes I used to watch when I was younger so that was a bit surreal," said Papps. "To win the race was amazing and it's such an exciting time. I don't really know what I'm capable of and I'm excited by that. I'm training as hard as I can to get as far as I can. My main aim this year is the World Juniors, but if I can run here again then I'm not going to say no."



Jack Green: clipped five hurdles but won easily with 50.00



Eilidh Child: like training partner Jack Green, won both 400m flat and 400m hurdles



17-year-old Sophie Papps set PBs to win both 100m and 200m



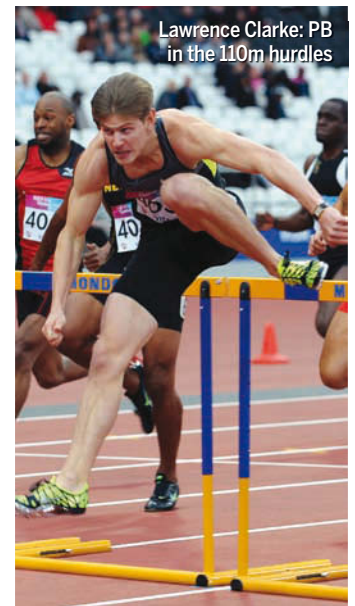
James Ellington: clear winner of the 100m in 10.30



Mervyn Luckwell: another Olympic B standard



Jessica Judd: gun-to-tape victory in the 800m



Lawrence Clarke: PB in the 110m hurdles

Fellow 17-year-old Jessica Judd was one of the other star performers of the weekend. The world youth bronze medallist front-ran her way to victory in the 800m, clocking a PB of 2:02.50.

"The first lap (61.35) was a bit slow and I thought that maybe the finishing time wouldn't be great but I dug deep and coming into the home straight I saw the clock and thought 'oh my gosh, I could still get a PB!'" she said.

"I said at the start of the winter that I wasn't going to do so well in cross-country because my priority now is the track, but some people didn't believe me and it was hard to keep that belief in myself," added Judd, who will be focusing on the 800m this year. "So to come here and run a PB in my first 800m race just shows that it's working. I'm really relieved."

Another young distance runner in PB form was Laura Weightman.

After a steady opening kilometre of 3:08, Weightman took up the pace with a few laps remaining, increasing her speed with each circuit. At the bell she kicked hard for home and opened up a staggering gap that had grown to almost 40 metres by the finish as she crossed the line in 9:02.62, well ahead of European under-23 cross-country champion Emma Pallant (9:08.10).

"With 600m to go I was feeling really good, so as I hit the bell I just kicked as hard as I could and I felt so strong," said Weightman. "It just didn't feel effortful, which was so nice because I haven't done a 3000m for three years so it was nice to get a massive PB and show how fit I am."

In the men's equivalent, David Bishop defeated a quality field to set a PB of 7:56.37. As they went through 2000m in 5:24, it looked as though they might fall short of breaking eight minutes. But,

joined by Ricky Stevenson, Bishop gave his all over the final two laps and broke clear to finish half a second ahead of Stevenson.

"Winning this has given me a lot of confidence because there were some very good guys in that race," said Bishop, who will now turn his attention to qualifying for the Olympics in the 1500m.

Elsewhere, James Ellington

was a clear winner of the 100m in 10.30. Holly Bleasdale and Kate Dennison both cleared 4.35m in the pole vault with the latter winning on countback.

Mervyn Luckwell threw 80.60m in the javelin, his second Olympic B standard of the year, and Robbie Grabarz won the high jump with 2.26m before missing at 2.31m.



Robbie Grabarz: 2.26m to win the high jump

A testing Olympic event

ASK different people who went to the BUCS Championships last weekend of their experience of the Olympic Park, and no doubt you will be met with a range of answers and opinions.

Thousands of fans who attended the '2012 hours to go' festivities on the Saturday evening were stuck in queues for hours outside the stadium as ticket-scanning devices proved temperamental.

Several athletes meanwhile complained about the long walk from the warm-up track to the stadium. The journey into the venue itself was testing for some, and UK record-holder Holly Bleasdale had to manoeuvre her poles up and down the escalators in the Westfield Shopping Centre.

The cold and wet weather made the event all the more testing and the stadium was exposed – quite literally – for its lack of shelter. The handful of reporters who turned out for the championships found themselves huddled under plastic sheeting on the media tribune to protect their laptops from the rain.

More seriously though, earlier in the week reports broke of a worker who managed to sneak a fake bomb into the stadium.

But these are exactly the reasons why Olympic Games have a test event – to ensure any such kinks can be ironed out before the big event.

Based on my own experiences of the past weekend, here are some snippets of info that might come in handy if you are due to attend the Games in August.



The Olympic Stadium was put through its paces last weekend

PICTURES: JON MULLIKEN

» With a clear path and at a fast pace, you can get from the Stratford train stations to the stadium within 15 minutes. But obviously once the Games begin the walk will take a lot longer, so allow yourself half an hour to be on the safe side.

» Only the top third of the seats in the stadium are covered by the shelter, so prepare for any weather conditions by taking both an umbrella and sun cream with you.

» Congratulations if you are one of the select few who have managed to secure the best seats in the house for the Games. But don't expect to have finish-line seats, as all that space has been used for the media tribunes. The best publically-available seats are roughly level with the 70-metre mark.

» There are dozens of volunteers on hand all around the Olympic Park who are very helpful and friendly, pointing you in the direction you need to go. Signage from both Stratford

train stations is very good, but the same cannot be said of St Pancras International, from which the high-speed train to Stratford can be caught. To save you wandering around aimlessly looking for the right train, head straight to platforms 11-13.

» As is the case with many large sporting venues, you will not be permitted to take your own food into the Olympic Stadium. There are several different food options available on the outskirts of the stadium with a few more on the concourse itself. Expect to pay around £4 for a sandwich and a bit more for other options such as pasties and potatoes.

» If you plan to eat in Westfield, booking ahead is strongly recommended. Don't expect to wander into a restaurant and find a table.

» If you do leave the Olympic Park to go to Westfield or anywhere else, you won't be allowed back in. So plan your exit carefully!

What they said...

Athletes' reactions to competing in the Olympic Stadium.

"The track is so quick, it's amazing. It feels like you could fly down it. As it was the first race on the track I really wanted to win it."

» Winner of the first heat of the entire championships, **Justine Kinney**, who went on to win the 400m hurdles final

"It's honestly fantastic, it's the nicest stadium I've ever been in. It's wonderful, I can't wait to see it when it's filled to the brim."

» 110m hurdles champion **Andy Pozzi**

"It was unbelievable – I felt like I was actually at the Olympics running for the gold medal!"

» 2000m steeplechase winner **Pippa Woolven**

"The track is lovely. It's scary competing on it, but it's such a big stadium it makes the track look smaller which is good – it makes you think that you don't have to run so far."

» Guest 800m winner **Jessica Judd**

"The track is so quick – my stride patterns are bad enough in my first race, so they're even worse on a fast track."

» Guest 400m and 400m hurdles winner **Jack Green**

"I love the stadium. I just hope the weather will be a bit better though!"

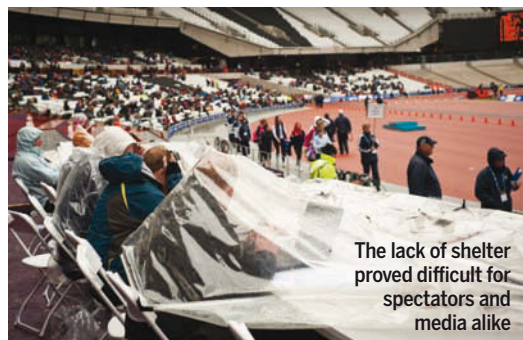
» 5000m champion **Charlotte Purdue**

"The track seems small though because the stadium is so huge."

» **Laura Weightman**, winner of the guest 3000m

"It's so surreal being here. Each time I envisaged being in an Olympic stadium, I had to keep telling myself 'focus on the hurdles, not on the stadium!'"

» Guest 110m hurdles winner **Lawrence Clarke**



The lack of shelter proved difficult for spectators and media alike



The Olympic Stadium lit up at night

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Summer Preview

WE LOOK AHEAD TO THE PEAK OF THE SEASON IN OLYMPIC YEAR

Athletics Weekly asked a selection of the sport's key figures which three things they are most looking forward to in 2012, plus their top tip for this year



The women's 800m will be one of several extremely competitive events at the British Olympic Trials



JASON HENDERSON

"Everyone expects Mo Farah, Jess Ennis, Phillips Idowu and Dai Greene to lead the British medal hopes," says Jason Henderson, who will be covering his fourth Olympics for *AW* in London. "But there are guaranteed to be surprises and I'm fascinated to see what the young lions of the British team such as Sophie Hitchon, Holly Bleasdale and Lawrence Okoye can do in our revitalised field events department."

Three things I'm looking forward to this year ...

Olympic trials » With London 2012 places up for grabs and hugely competitive events like the men's 100m, 400m hurdles and discus, and women's 800m and 1500m, the action in Birmingham in June could be as thrilling as the Games itself.

Paula Radcliffe » The greatest British athlete of this millennium, but minus an Olympic medal to show for her efforts. It will be magnificent to see her battle her way on to

the podium on the streets of the capital and you can guarantee it will be a rocky ride as there is never a dull moment when Radcliffe laces up her racing shoes. Difficult to choose between the women's marathon, heptathlon and men's 10,000m for absolutely unmissable, edge-of-your-seat tension.

Stalwarts » Finally, I'd love London 2012 to be the crowning moment for some of the old war horses whom I have watched during my 15 years at *AW*. Chris Tomlinson, Christian Malcolm and Marlon Devonish spring to mind – super-talented athletes, battle-hardened warriors and thoroughly nice blokes too.

My tip for 2012

Martyn Rooney » I'm hopeless at predicting winners, but the British 400m man is looking good so far after a relatively flat spell. He's clearly wintered well and has a chance to make his mark in an event that is not quite as strong as it used to be.

MARK BUTLER



"I would love to see mass Morris dancing to *Portsmouth* by Mike Oldfield at the opening ceremony of the Olympic Games," says the BBC athletics statistician, "but I fear that we're more likely to get Adele wailing about one of her ex-boyfriends in an American accent."

Three things I'm looking forward to this year ...

Adam Kszczot » Before Christmas I made predictions of the winners of all 47 Olympic athletics events and sent the list to friends and colleagues. I would like to get at least a third of these right, such as Kszczot in the men's 800m – but the selection has brought me some ridicule and sadly looks less likely after Istanbul.

Dai Greene » The world champion was another choice and should he win the 400m hurdles gold I would savour delivering the wonderful statistic that Malcolm Arnold trained Olympic champions in the same event 40 years apart.

Athletics boost » Lastly and mostly, I hope that the events of 2012 will spark a resurgence of interest in our sport and perhaps make a small dent in the wider sporting media's tiresome obsession with football.

My tip for 2012

Christine Ohuruogu » She retains her Olympic title yet still does not break the British 400m record.

Can Christine Ohuruogu win another surprise gold?



The men's 10,000m should again go right to the wire



STEVE CRAM

"There are three things I can't wait to see this year," says the BBC commentator and former world record-holder.

Three things I'm looking forward to this year ...

Men's 100m final » The whole world will be watching and as a commentator it's the one I get most nervous for. If Bolt can do something like he did in Beijing then we'll all be in for a treat!

Men's 10,000m » The prospect of Mo Farah versus a rejuvenated Kenenisa Bekele with a few Kenyans to spice it up, hopefully capturing the imagination of even the most hardened field fans. Twenty-five laps of absorbing distance running and it will inevitably come down to the finish!

Men's 110m hurdles » Cross your fingers and hope David Oliver, Liu Xiang and Dayron Robles get to the start line and don't get anything crossed with each other again! The three of them on top form should be an all-time classic.

My tip for 2012

Jamaica » The Caribbean nation will win a minimum of 10 medals in the men's and women's 100m, 200m and 4x100m relay – on a par with the Team GB track cycling domination.

After years of injury, Pamela Jelimo is back in form, ready to defend her 800m Olympic title



JODY AND BAYO FURLONG

The athletics superfans have travelled the world to attend all the major championships, but when it was revealed that the London Games would have a ballot for tickets, the Furlong twins did not want to risk being drawn bad seats for an event so important and so will be watching all the action unfold on TV at home. Follow their insights on Twitter at @JandBathletics.

Three things we're looking forward to this year ...

Women's 800m » Forgotten in all the controversy over Caster Semenya in 2009 was the fact that just the year before another teenager had an undefeated season, winning the Olympic Games and running considerably faster, winning \$1million in the process. While Semenya dominated the headlines in Berlin, Pamela Jelimo broke down injured in her heat and has been recuperating ever since. At the World Indoors in Istanbul she made her comeback, returning to the top of the world rankings. With world champion Mariya Savinova, perennial medallist Janeth Jepkosgei, and an assortment of other Russian, US and hopefully British athletes, this is shaping up to be the race of the Olympics.

Men's triple jump » The only medal missing from Phillips Idowu's collection is the Big G. With Christian Olsson and Nelson Évora seemingly past their best, the erratic but insanely talented Frenchman Teddy Tamgho seemed to be the only athlete standing in his way – until Daegu, where Christian Taylor jumped to fifth on the all-time list, stopping Idowu retaining his title. With Will Claye winning the World Indoors, Tamgho back from a ban and European under-23

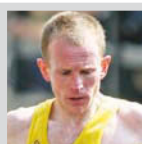
surprise winner Sheryf El-Sheryf, there are many potential medallists. Don't count out Olsson and any number of Cubans and maybe Marian Oprea or Fabrizio Donato can bring their Barcelona form. But Idowu is the one who is known for his big championship temperament.

Team GB » It's Olympic year and people are raising their game. We've already seen the competition for women's marathon places, as well as numerous 'A' standards in the 5000m and 10,000m. There are qualifiers in nearly all events, from the discus and hammer, through to the 1500m, high jump and race walking events. We even have people with standards in women's discus and one closing in on a qualifier in the women's shot. For the first time in a long time there is going to be real competition at the trials and unfortunately people missing out in many events.

Our tip for 2012

British women's 4x100m » After the World Indoors there is a lot of hype surrounding the women's 4x400m team, but sneaking up quietly on the inside are our female sprinters. With USA and Jamaica far out in front, there are a number of teams vying for bronze and a team of Jeanette Kwakye, Asha Philip, Jodie Williams and Abi Oyepitan shouldn't be too far off. Don't forget at the last Games Britain were in a medal position before getting entangled with the crack Jamaican squad, and with the USA exiting in the heats the medallists were Russia, Belgium and Nigeria. If we can really concentrate on our baton passing there is an opportunity for a medal.

PAUL HALFORD



"Even though we are looking ahead to the season, we have already seen several incredible performances for the time of year, both internationally and from Brits, and the latter are clearly raising their game in Olympic year," writes AW's deputy editor Paul Halford, who will be reporting on his first Games. "It's difficult to highlight just three things."

Three things I'm looking forward to this year ...

'Great' Great Britain » British medal chances have improved massively over the last 12 months and I'm going to stick my neck on the line and say that the team will roughly match its best-ever medal haul at a major championships. The problem is that only the United States and Russia have enough medal shots to guarantee gold and we could come away with only silver and bronze, which won't go down well with either the press or the sport's paymasters at UK Sport.

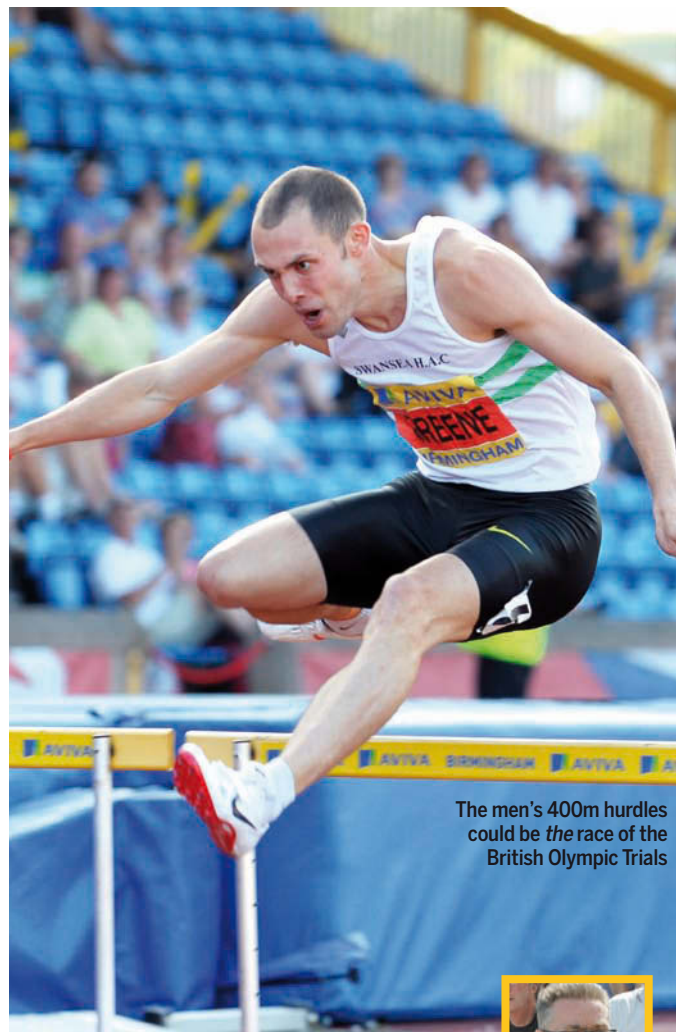
Men's 4x400m » Britain's prospects at the quarter-mile look better now than they have for quite a few years. With Martyn Rooney appearing to be back to his best, Nigel Levine poised to go below 45 too and the other usual suspects, as well as the United States perhaps not being as dominant as they used to be, an upset could be on the cards.

A women's world record » Yes, really! There hasn't been one outdoors in a long-established championship event since 2008, but you would not bet against Sally Pearson breaking the 12.21 mark in the 100m hurdles after an almost faultless display last year brought her so close.

My tip for 2012

Jack Green » After Derek Redmond and his father jointly light the cauldron (come on, you didn't think a nation that so loves its plucky losers would choose a "winner" for such an emblematic honour, did you?), Jack Green beats his training partner to take Olympic 400m hurdles gold.

The British men's 4x400m team is looking very promising



The men's 400m hurdles could be the race of the British Olympic Trials



IAN HODGE

"My tip for this year would have been discus thrower Lawrence Okoye," said the UKA statistician last month. "But he will have opened his season by the time this feature goes to press, so his abilities will be well known."

Three things I'm looking forward to this year ...

All races between Yohan Blake and Usain Bolt

The former did enough in 2011 to suggest that he could challenge the latter in 2012—even with Bolt in top shape.

The men's 10,000m » Especially the last three laps with Mo Farah and a half-dozen east Africans preparing for the final kick, then Mo poised to right a wrong from Daegu!

The men's 400m hurdles final at the Olympic Trials

This is Britain's strongest event in world terms with the prospect of superlative times from the likes of Green, Greene and Woodward — but in which order!?

My tip for 2012

British women's 4x100m team » After many years of disappointment, they break a 32-year-old British record and climb on to the Olympic podium.

With the arrival of Ashton Eaton, the men's decathlon world record could be under threat



PETER MATTHEWS

"I will be taking a strictly non-chauvinistic line at the Olympic Games," says statistician Peter Matthews, who will be doing TV commentary for the IOC's Olympic Broadcasting Services. "But I hope that British athletics fans will have as full a team as possible to support. So I would urge that UKA continues the very welcome line that they have taken in selecting Lee Merrien for the marathon, and similarly fill all the places that are allowed by the (already hard) IAAF standards."

Three things I'm looking forward to this year ...

Men's 100m and 200m » Usain Bolt has become such a megastar that his fame extends far beyond simply track and field. But the rise of Yohan Blake in 2011, both for his strong World Championships victory in the 100m and his brilliant 19.26 for 200m in Brussels, makes the clashes between the two Jamaicans surely a highlight of the Olympic Games – I hope at both events – for a huge audience around the world.

Men's decathlon » World records are rare these days, but perhaps this is the one most likely to go for any of the standard events, as heading a powerful US trio should be Ashton Eaton. Possessing great speed, he is improving fast in the throws, so that, even though he has to add 297 points to his best to match Roman Sebrle's world record

of 9026, I think that could be well within his reach in good conditions if – and it is a big if for a multi-eventer – all goes well throughout the two days of competition.

Women's heptathlon » Just as we saw for the World Indoors pentathlon, there is a very strong cast of starkly contrasting personalities with a variety of strengths and physical attributes – from the 1.89m tall Tatyana Chernova to the 1.64m Jessica Ennis and the powerful all-rounders Nataliya Dobrynska and Austra Skujyte, plus the explosive power of Hyleas Fountain if she regains top form.

My tips for 2012

Genzebe Dibaba and Andrew Pozzi » It is difficult to look beyond established stars for top success in 2012. Rare, in this professional age, is the athlete who comes through from "nowhere" to win Olympic medals, but a world and a British athlete who were hugely impressive in the indoor season and who I confidently expect to make further advances outdoors are Genzebe Dibaba and Andrew Pozzi. Perhaps we could have a Dibaba sisters double from Genzebe at 1500m and Tirunesh, returning to top form, at 10,000m in London. Pozzi is more one for Olympic honours in 2016, but a place in the 110m hurdles final is a tough but realistic target this year.

Goldie Sayers is currently flying under the radar, but could be among the medals at the London Olympics



KATHARINE MERRY

"There will of course be loads of highlights this year," says the 2000 Olympic 400m bronze medallist and Channel 4 commentator. "I can't wait to see how Usain Bolt shapes up in London and 2012 in general. Yohan Blake's amazing 200m at the end of 2011 will have made Bolt focus a bit more. He may break both of his records, like in Beijing, or not win gold in both. Either way, it will be fascinating and great for the sport. There are three other things in particular I'm looking forward to, and they focus on British athletes."

Three things I'm looking forward to this year ...

Women's 400m » After Christine Ohuruogu's good run indoors, is she resurgent? Can she defend her title? Sanya Richards-Ross is looking good, but this could be a rerun of the Beijing final. Christine may have to break Kathy Cook's UK record to win gold. Exciting stuff!

Mo Farah » Whether he's in the 5000m, 10,000m or both, missing out on a medal in Istanbul proves that London will be tough, but you know it will be exciting and tactical in the distances with the home crowds getting very excited! I am already looking forward to the noise and atmosphere.

Jessica Ennis » The expectation is rife. Even with two silver medals at her last two major championship appearances, and with her recently telling me she doesn't see herself as the favourite any more, I feel the public still does. It's almost like Cathy Freeman in Sydney with the home pressure – but not quite as much, though, as Britain have other athletics medals hopefuls whereas Australia didn't.

My tip for 2012

Goldie Sayers » She might not be mentioned as much as the likes of Ennis and Farah in the press, but I'm tipping her for a medal.



JON MULKEEN

"I sense that this season is going to be like Christmas," says AW's web editor Jon Mulkeen. "You look forward to it for so long and then it's over before you know it. But there will be lots of treats in store too, and while I'm as excited as anyone by events like the men's 100m and women's heptathlon, there are also a few other things I can't wait to see unfold."

Three things I'm looking forward to this year ...

Olympic Trials » Not just the UK Trials, but those of the likes of USA, Jamaica, Russia and Kenya. Sometimes the best battles can be the ones to simply make the national team – especially when certain countries boast such enviable depth in various events. Some of the big favourites could falter before the Games begin, especially in the USA with their brutal "first three past the post" selection process.

British records » Numerous national records tumbled last year, and I think we'll see even more in 2012 – not just in the women's hammer and pole vault, but in events like the men's 400m hurdles, men's pole vault, women's steeplechase, women's long jump and the heptathlon.

UK men's discus » As recently as 2009 no one in Britain broke 60 metres, yet this year British athletes have achieved 13 throws in excess of that mark before the end of April! So tough was the standard of the event last year, UK record-holder Lawrence Okoye missed out on making the team for the World Championships. With his improved consistency, Okoye will hopefully make the team this year, but Britain will still be leaving behind at least one 65-metre thrower. Crazy!

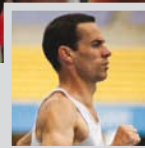
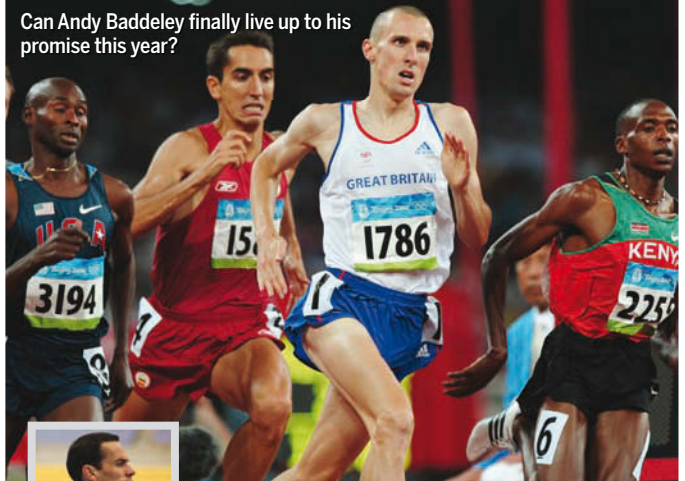
My tip for 2012

Tiffany Porter » The sprint hurdler looked to be on course for a silver at last year's World Championships before clipping a barrier. She has already started the year in superb form with a windy 12.47 and she always peaks well. Sally Pearson is still the overwhelming favourite, but anything can happen in the hurdles – indeed, the past two Olympic finals in this event have seen the pre-race favourite crash out.

Tiffany Porter will be highly motivated after finishing fourth in Daegu



Can Andy Baddeley finally live up to his promise this year?



STEVE SMYTHE

"I am looking forward to great athletics at London and hopefully the weather will be more like it was in March than it was in April," says AW results editor Steve Smythe, who has been to more than 20 major championships since 1978. "Hopefully we don't witness Bolt winning 100m gold in 10.07 in pouring rain running into a 3.1m/s headwind and later work out it was worth 9.4 in optimum conditions!"

Three things I'm looking forward to this year ...

Paula Radcliffe » I am hoping she can produce a performance worthy of being the world's fastest marathoner, and even if she doesn't win, I hope she is at least healthy enough to be in the battle for a medal and end her Olympic frustration at her fifth attempt.

Men's 5000m and 10,000m » I hope Mo Farah gives himself every opportunity by trying to dominate the races in the last 1500m and doesn't hesitate to hold his ground as he did in his indoor losses at Birmingham and Istanbul. Even then I'm not sure he will be able to repel Bekele at 10,000m and Lagat at 5000m down the straight, but he certainly won't beat them if he enters the straight in fourth or fifth. The meek may inherit the earth, but they won't win the 5000m and 10,000m!

A full Olympic team » I'd like to see every possible place filled on the British team. Athletes in our weaker events may be a long way from making finals, but some will raise their game with huge home support. Don't deny British athletes a once-in-a-lifetime opportunity. By all means go back to being elitist for the next World Championships, but in London give the home crowd as many British athletes to support as possible.

My tip for 2012

Andy Baddeley » A long shot! There is nobody that outstanding in the men's 1500m at present. Baddeley has the finishing sprint, good speed endurance and just occasionally, such as the 2008 Oslo Dream Mile, he shows he has the talent. He looks in great shape, but, just as I worry about our best female 1500m runners, will he get in the right position tactically to give himself the very best chance?



MEL WATMAN

"I can't wait for the London Olympics and all the exciting competition that will take place," says the leading statistician and former editor of *Athletics Weekly*. "There are three clashes in particular that I shall look forward to, assuming all the principals are selected and fully fit."

Three things I'm looking forward to this year ...

Women's heptathlon » Of course I'll be rooting for Jessica Ennis, who could establish a big early lead thanks to her brilliance in the hurdles and high jump. Assuming there will be no javelin disaster this time, I think the key event to her chances of winning will be the long jump. On paper her two main rivals, Tatyana Chernova and Nataliya Dobrynska, are far superior but with Ennis's speed, spring and agility, I would not be surprised if this event eventually becomes one of her strongest with distances in excess of 6.70m. Let's hope it all clicks together this summer.

Men's triple jump » Again, huge British interest here with Phillips Idowu. He has so much global championship experience, but can he, at 33, at last reach the 18m mark

that will probably be needed to strike gold? He will face three particularly formidable rivals in Christian Taylor, Will Claye and Teddy Tamgho, all a decade younger. If presented well, this event could hold the capacity crowd in thrall.

Men's 100m » It's always the most glamorous event at the Games and this year it's even more fascinating a prospect than ever. Will Usain Bolt continue to be THE man, or will his training companion Yohan Blake end his reign? Can Tyson Gay upset them both? But first of all these three have to win selection against formidable opposition via the Jamaican and US Trials, and anyone who makes those two squads could be a medal contender.

My tip for 2012

Christine Ohuruogu » Although she is the reigning Olympic 400m champion, she slipped from the world elite in 2010 and 2011. However, there is every sign that this year, fully fit again at last, she could improve on her PB of 49.61 when winning the 2007 world title... and with her celebrated pace judgement and competitive ability she will be tough to dislodge as champion.

Will Usain Bolt be the star of the Games again, or will he be beaten by the likes of Yohan Blake or Tyson Gay?



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Pragmatic and straight to the point, Charles van Commenee's methods have led to him gaining a top role

“This is such a big honour. To lead the home team in athletics. I could never have dreamt that that would ever have come my way. I was just a simple athletics coach in Amsterdam”

CHARLES VAN COMMENEE on the pride he feels going into the London Olympics



The
amazing
rise of

JASON HENDERSON SPEAKS TO THE FORMER DUTCH CLUB COACH WHO DIDN'T DARE DREAM HE MIGHT ONE DAY LEAD A HOST NATION'S HOPES INTO AN OLYMPIC GAMES

PICTURES: **MARK SHEARMAN**

Charles van Commenee

SHORTLY after the 2000 Sydney Olympics, I met Charles van Commenee at a coaching weekend in Loughborough to interview him about his role in guiding Denise Lewis to Olympic gold. With the same blunt and entertaining manner we've grown familiar with, he said Lewis called him "The Volcano" due to his fiery temper and that she had shown, at times, "the behaviour of a novice" during a heptathlon contest in Australia that would prove her crowning glory.

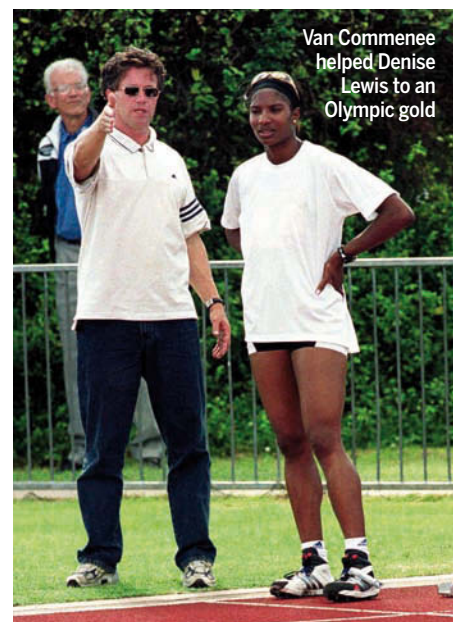
Soon afterwards he was appointed technical director for jumps and combined events for UK Athletics under its performance director Max Jones. When Jones was replaced by Dave Collins, Van Commenee moved back to the Netherlands to head up the Dutch Olympic team. After the Beijing Games he returned to England to become UKA's head coach.

It has been quite some rise for the Dutchman. His journey from humble club coach in the Netherlands to leading the British athletics team ahead of a home Olympics, is a story that amazes even Van Commenee himself.

Back in the winter of 2000-2001, could he ever have imagined he would be in this position now? "Absolutely not," he says. "This is such a big honour. To lead the home team in athletics. I could never have dreamt that that would ever have come my way. I was just a simple athletics coach in Amsterdam."

Speaking to *AW* on a bright and busy spring day at Lee Valley, he continued: "It's a bit like having a national coach for speedskating who is from Zimbabwe. Because in Holland speedskating is as big as athletics is here. So I feel very honoured.

"Athletics in Holland means nothing. So



Van Commenee helped Denise Lewis to an Olympic gold

coming from that miniature Mickey Mouse sport in Holland and leading the team here is immense. So I could never have imagined that."

Van Commenee developed his link with Britain when he started helping Lewis with her heptathlon ambitions. He later acquired a genuine taste for the quirky nature of British athletics when he worked as technical director for jump and combined events.

His affinity with the sport in the UK, though, stems back much further than that. He explains: "In 1985 the first championships I went to was the European Juniors in Cottbus, Germany, and I saw all these British athletes winning medals – Colin Jackson, Jon Ridgeon, Roger Black and a number of others. And that was a breakthrough that year for British athletics."

Indeed, Britain won eight golds and 18 medals in total in Cottbus, with champions



Van Commenee with UK Athletics CEO Niels de Vos on the day his appointment was announced



2000 revisited: Jason Henderson asks which athletes today have the "the three Ds"

that included Eliot Bunney, Ade Mafe and Black in the sprints, both men's relays and Ridgeon in the 110m hurdles with Jackson second.

"I remember Frank Dick saying that he was so pleased with the results mainly because all these finalists came from different places and countries and I looked up to that team and that nation and that head coach," Van Commenee adds.

"The first medal of an athlete that I coached was a bronze in the javelin for women (Ingrid Lammertsma, 55.92m). So I clearly remember that moment and seeing the great British success and then waking up one day and being in charge of that programme is quite an honour."

Ambitious athletes have goals to reach the Olympics, so wasn't Van Commenee the same as a young coach? "It was out of

reach," he says. "If I could have ever made it as a national coach in Holland then it would have been a dream come true."

Returning to the original interview that Van Commenee did with *AW* in the winter of 2000-2001, one of the key quotes in the feature was his warning that "the biggest threat for future success is success of the past". Flash forward to 2012 and the names Jess Ennis and Mo Farah link appropriately to this quote. Both are world beaters but recovering from humbling recent defeats that have, hopefully, kept them on their toes in training. Van Commenee agrees.

"Absolutely," he says, agreeing that their defeats at the IAAF World Indoor Championships in Istanbul in March, for example, were not such a terrible thing. "I think it's perfect preparation. It's great preparation if you have natural confidence. If you are a vulnerable person and you get beaten then you can go to pieces, but if you are naturally confident then it only sharpens your alertness."

Van Commenee adds: "If I spend a moment on Mo, he was with the best athletes in the world over 3000m (in Istanbul) and these athletes have much stronger PBs than Mo. And they are better athletes over 3000m and he was right



Van Commenee (centre) at a coaching conference with (l to r) Shaun Pickering, Kevin Tyler and Ian Stewart

“It's great preparation if you have natural confidence. If you are a vulnerable person and you get beaten then you can go to pieces, but if you are naturally confident then it only sharpens your alertness”

CHARLES VAN COMMENEE on how defeats can work for an athlete



Charles van Commenee left the Dutch Olympic squad to lead the British athletics team after Dave Collins' departure



Desire, determination and dedication: Dai Greene, Jessica Ennis and Mo Farah have those personality traits in abundance, says coach Charles van Commenee

there with them. So I think it's really good.

"In 2011 gold medals were hung around athletes' necks before the championships. But I think there's more of an awareness now that the medals are not given out before the competition.

"They hate losing. So that's good too. So you get anger and all these sorts of emotions and it raises the quality of training."

The interview a dozen years ago saw Van Commenee use another interesting line. He said all top athletes had what he described as "the three Ds" – desire, determination and dedication.

So now, in 2012, which athletes

have those qualities in abundance? "I would say almost everybody who makes the team must have these three Ds, otherwise you won't even make the Games," he answers. "But we just mentioned Jessica and Mo and they definitely have those qualities in extreme. But Dai Greene doesn't have it any less."

Van Commenee pauses for a moment and adds: "There are athletes out there, such as the decathlete who is working for many years anonymously to make that B standard. Believe me, they have a lot of desire, determination and dedication to make it. It's quite special to make the team."

I do not ask Van Commenee about this, but it's obvious he has also, as a coach, shown the three Ds to get to where he is today. The fortunes of the British team have turned around since Beijing and the athletics programme is peppered with potential home nation medal chances.

Given this, most people in the sport hope he stays on after the Games. So far, the signs are good too.

I joke about him leaving to head up the Dutch football team. As an Ajax fan, it's one of his big passions, after all. But he remains poker-faced, momentarily struggling for suitable riposte.

Then he gives the biggest hint of all that he doesn't plan to leave the UK when I ask if he will have a break or holiday after the Games. "I always go on holidays around Christmas," he says. "After the Games we need to evaluate.

"It's frustrating. You travel back from a championship and athletes do a bit

of picking up money here and there in Europe. Some go on holiday. But for me it's usually the busiest time of the year as you have to evaluate and report back to the board and UK Sport and then you have to make decisions as to who will be on the World Class Performance Plan.

"So I cannot go on a holiday. It will be December again, as usual."

» Read more from this interview, including Charles van Commenee's event-by-event breakdown of British medal prospects, in a bumper 164-page Olympic preview bookazine on sale from May 10 (see opposite for more details)

For me it's usually the busiest time of the year as you have to evaluate and report back to the board and UK Sport and then you have to make decisions as to who will be on the World Class Performance Plan"

CHARLES VAN COMMENEЕ on life after a championship



Many in British athletics would welcome the head coach staying in his position after London 2012

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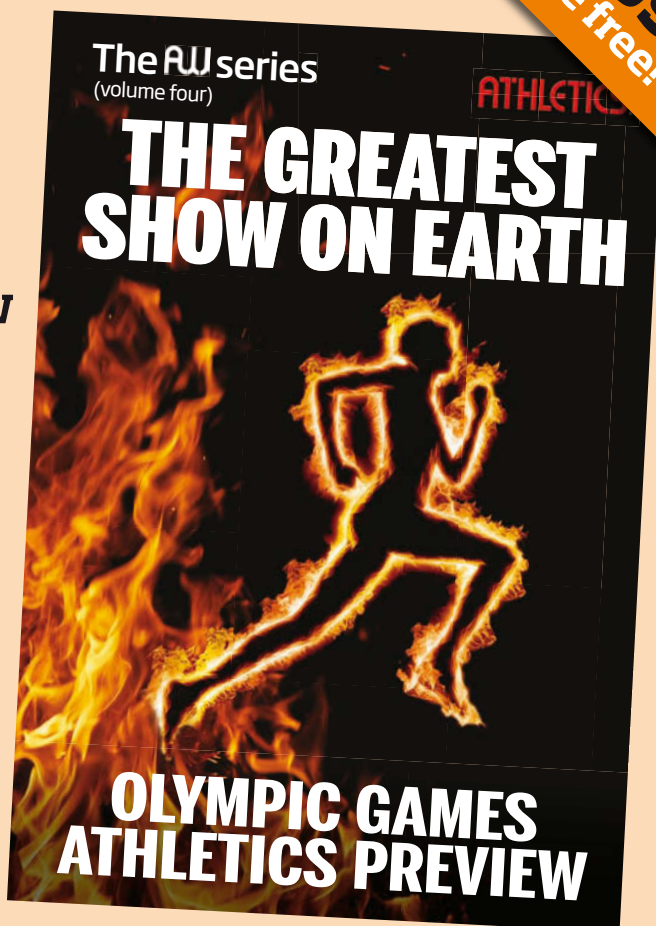
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SPLASH!

THIS WEEK SEES THE START OF THE 2012 SAMSUNG DIAMOND LEAGUE IN DOHA. AW PREVIEWS THE ACTION FROM THE TOP GLOBAL SERIES OF ATHLETICS MEETINGS

THE Samsung Diamond League is about to take off for its third season, featuring the world's top names competing for a total of \$8 million in prize money.

This will be the first time that a Diamond League series has coincided with an Olympic year. Compared to a non-championships season, like 2010, athletes may take a different approach to the Diamond League on a year like this, being more selective in the races they choose as they attempt to peak for early August. But also expect performance levels to be raised as athletes get into gear for the Olympic Games.

The 14-meeting series again includes two UK legs, with London being the only two-day competition on the Diamond League calendar, and Birmingham hosting the second UK meeting two weeks after the 2012 Olympics.

As well as the prize money put up at each meeting, also available is \$40,000 to the athlete who tops the standings in each discipline at the end of the season.

Each discipline is staged seven times with the top three athletes being awarded eight points, four points and two points respectively with the exception of the two finals in Brussels and Zürich where the points are doubled. The London Grand Prix, with 27 disciplines on two days, counts as one meeting.

The standard of the top stars is set to be as high as ever with Usain Bolt, Yohan Blake, David Rudisha, Carmelita Jeter, Allyson Felix, Dai Greene, Yelena Isinbayeva, Mo Farah and Kenenisa Bekele all set to compete.



PICTURES: MARK SHEARMAN

Stars such as Usain Bolt, Allyson Felix, David Rudisha, Carmelita Jeter, Yelena Isinbayeva and Britain's Dai Greene will be travelling extensively during the summer

Diamond League schedule

Doha May 11



The first meeting of the series is also the only one in the Middle East. See panel below for details.

Shanghai May 19



The most populous city in the world's most populated country first hosted this grand prix in 2005. Since then the Shanghai Stadium's most memorable moments have included the 100m races in 2009 when Tyson Gay and Carmelita Jeter clocked 9.69 and 10.64 respectively.

This year, local star Liu Xiang takes on world champion Jason Richardson in the 110m hurdles.

Rome May 31



The Golden Gala, one of the original meetings of the IAAF Golden League which was this series' predecessor, has witnessed nine world records over the years. The 100m clash between Usain Bolt and Asafa Powell looks set to be the highlight this year, provided the latter manages to recover from an early-season niggle.

Eugene June 2



The Prefontaine Classic has long been the No.1 meeting in the world's most successful athletics nation. This year Mo Farah will take on Kenenisa Bekele over 5000m, while Tirunesh Dibaba heads the entries in the women's 10,000m.

Oslo June 7



Usain Bolt will again take on compatriot and former world record-holder Asafa Powell over 100m at this historic meeting where 69 senior and junior world records have been set.

New York June 9



Last year's event was hampered by wet and windy conditions, but provided the weather plays ball this year, the meeting looks set to be a great one as it boasts numerous world champions including Yohan Blake, Carmelita Jeter, David Rudisha, Jesse Williams and Jason Richardson.

Paris July 6



Host of the 2003 World Championships, large crowds are always guaranteed here, especially when Usain Bolt is in town as he was last year. So far, the meeting organisers have announced home favourite Christophe Lemaître will be competing.

London July 13-14



Britain's No.1 meet is unique in that it is staged over two days, meaning more top-level events. What makes this year's event special is that it will be the final major athletics event hosted in London before the 2012 Olympics. Fittingly, Mo Farah is the first of the big names announced for this meeting.

Monaco July 20



Statisticians rated this as the best competition of 2011 and it's easy to see why. With athletics megastars Usain Bolt and Yelena Isinbayeva already signed up for this year's edition, it looks set to be another cracker.

Stockholm August 17



No names have yet been released for the DN Galan, but 11 world records have been set here since it was established in 1967 and this is where Tyson Gay memorably defeated Usain Bolt in 2010.

Lausanne August 23



In 2006 Liu Xiang set his 110m hurdles world record of 12.88 and Xavier Carter ran 19.63 over 200m at this meeting, which has joined Zurich as Switzerland's second top-tier event.

Last year Teddy Tamgho was on fire in the triple jump, sailing out to a 17.91m victory, while David Rudisha dominated the 800m.

Birmingham August 26



This meeting was a new addition to the Diamond League series last year, and top-class athletics returns to the Midlands venue again in 2012. Last year Asafa Powell put on a show in the 100m, while Sally Pearson warmed up for her World Championships victory with an impressive win in the 100m hurdles.

Zurich August 30



Opinion is split over whether this or Brussels is the best one-day athletics meeting in the world, but this is the one that has often been described as "the Olympics in one night".

All those in contention for the Diamond League individual event titles will need to be in action at one of these final two meetings if they are to claim the overall prize of \$40,000 for their event.

Brussels September 7



Since 1977, the Memorial Van Damme meeting has produced 13 world records, including the current world record set by Kenenisa Bekele in the 10,000m. Last year's meeting was particularly memorable, highlighted by Yohan Blake's 19.26 over 200m.

Doha kicks off series

WORLD indoor champion Mohamed Aman is the only athlete to have beaten world record-holder David Rudisha in the 800m over the past two years. In Doha on May 11 the pair square off again for the first time since Rudisha's surprise defeat to the young Ethiopian in Milan last year.

Justin Gatlin is back at the top of his game, evidenced by his 60m victory at the World Indoor Championships. Former world record-holder Asafa Powell, who beat Gatlin indoors over 50m at the start of this year, will take him on in the 100m and they will have one eye on the recent world-leading 9.82 set by Usain Bolt in Kingston last week.

The undisputed leading female distance runner of the moment, Vivian Cheruiyot, will face arch-rival and former world record-holder Meseret Defar in the 3000m. Doha is known for producing fast times over this distance, so a sub-8:30 clocking could be on the cards.

Ever since the 2004 Athens Olympics, Allyson Felix and Veronica Campbell-Brown have been each others toughest opponents. They don't often clash outside major championships, but in Doha they will go head-to-head over 100m, an event far better suited to the Jamaican, Campbell-

Brown, who is a former world champion over this distance.

World silver medallist LaShawn Merritt is favourite in the 400m, where he will be up against Olympic 400m hurdles champion Angelo Taylor.

The women's javelin was one of the surprise highlights of last year's World Championships in Daegu as Barbora Spotakova and Mariya Abakumova were locked in an epic duel in a competition that produced several 70-metre throws. The pair lock horns again in Doha, where they will be keen to get one up on each other.

After several years of struggling with injury, Pamela Jelimo – the outstanding athlete of 2008 – is back to her best. Here the Olympic 800m champion lines up against Kenyan team-mate and former world champion Janeth Jepkosgei over two laps.

Elsewhere, Kenenisa Bekele contests his first track race of the year, and he will face Augustine Choge in the 3000m. Olympic champion Asbel Kiprop goes in the 1500m, where he'll be up against 800m specialist Abubaker Kaki of Sudan. And world high jump champion Jesse Williams takes on the up-and-coming Mutaz Essa Barshim, one of Qatar's few genuine home-grown hopes for this year's Olympics.

» The BBC will cover the meeting live via its "red button" service from 5-7pm

Hammer's unfair exclusion

MYRA PERKINS, NO.2 BRITISH JUNIOR HAMMER THROWER BEHIND SOPHIE HITCHON IN 2011, ASKS WHY HER EVENT IS LEFT OUT OF THE DIAMOND LEAGUE

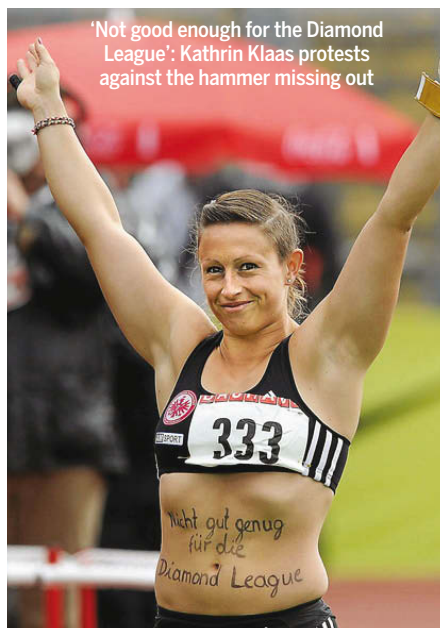
FOR SIX months during my gap year I took the chance to train with arguably the best female hammer squad in the world, which includes world record-holder Betty Heidler and her team-mate Kathrin Klaas. While not a fan of clichés, my time in Germany really was a once-in-a-lifetime experience.

This seemingly random introduction serves two purposes: firstly, it shows my passion for the sport and understanding of it (I threw over 60m last year as an under-20 athlete – the second best performance ever by a GB junior). Secondly, it explains my relationship with Klaas and, therefore, my interest in a very well-written article by the 75m thrower herself.

Last year Klaas competed at the German Championships with the slogan “Nicht gut genug für die Diamond League” painted across her stomach (“not good enough for the Diamond League”), which is the theme of a paper she has written. I intend to outline the main points made by Klaas, while adding my own take on the issues exposed.

The mission statement of the IAAF outlines the aim to promote the “global development of athletics” across the unique combination of both track and field disciplines, the success of which I would like to take issue with.

The Diamond League is widely recognised as the most significant athletics competition series in the world and was created both to provide quality competitions and raise the profile of the sport, in keeping with the goals of the mission statement. However, contrary to these mission goals, the hammer throw has never once been included in the programme for the Diamond League or



even its longer-established predecessor, the Golden League.

While youth and disability events are apparent in a number of the fixtures, this long throw has never been given the opportunity to feature in such a prestigious meet. Although a replacement series has been created, this imaginatively named “Hammer Challenge” can in no way be considered of equal standard to the Diamond League and serves only to further demean this discipline. The next most important league, the World Challenge Series, features the women’s hammer in fewer than 50% of the meets – less than any other event.

However, this exclusion from the world’s best competitions runs deeper than the evident injustice of it all. The overall winner of the Diamond League is awarded \$40,000 in prize money while meet winners also receive a substantial \$10,000. Meanwhile, the Hammer Challenge presents the victor with just \$30,000, with those winning individual meets receiving a mere \$2000 in prize money – equivalent to that won by a sixth-placed athlete in the Diamond League.

With world-class athletes expected to live off the money earned through

their sport, it is undeniable that hammer throwers are seriously disadvantaged by this discrepancy, and are certainly not treated as equal by the IAAF.

The Diamond League is also superior to the Hammer Challenge with regards to the organisational standards of the series. The former is planned meticulously so as to allow athletes to plan their competition schedule, but unfortunately the same privileges are not experienced by elite hammer throwers.

Last year, the Challenge meet in Rio had to be postponed – an unfortunate incident which often cannot be avoided. However, in this case the competition was rescheduled to take place just two days before the next Hammer Challenge competition in Dakar. As Klaas points out in her paper, such an obvious fixture clash prevented athletes from competing in both, thereby affecting the distribution of points within the overall series. It is difficult to imagine any such collision occurring within the Diamond League structure.

While one might be forgiven for thinking that this preferential treatment is not widespread, I will point out that the exclusion of the hammer throw is apparent throughout the athletics world. I have attended a number of events where the hammer competitions have been completed before the start of the main programme, or even contended in a completely different venue, sometimes as much as an hour’s journey away.

This has happened on numerous occasions on the world stage, including notably at the 2011 Spar European Team Championships, in which the event timetable broadcast the hammer taking part before the opening ceremony and before the timetabled “start of day two”.

Not only does this result in a lack of atmosphere, which is so often named as the greatest motivational factor in sport competition, it prevents hammer throwers from performing in front of spectators and the media, which has a much greater impact on all involved in the discipline.

The greatest issue is that of sponsorship,

which along with prize money is an elite athlete's main source of income. By preventing hammer throwers from competing in front of the public, either live or on TV, organisers are in turn preventing athletes from acquiring desirable sponsorship deals. What company wants to associate their name with an event, which even its own sport ignores and disregards? Lack of secure sponsorship combined with little prize money can only constitute a difficult existence, putting strain on funds that other athletes spend on equipment and travel to quality competitions. As Klaas so succinctly observes, "one exclusion escalates the other".

Depending on your open-mindedness, you might be contemplating the reasons for the exclusion of the hammer throw. As argued by Klaas, none of these cannot be overcome.

While many claim that time constraints prevent the inclusion of every event, one of the lengthiest events, the pole vault, is often contested on the circuit. Considering that a hammer competition can be completed within the warm-up time required for the pole vault, this is hardly a fair complaint.

In addition, the hammer can occur alongside every event other than long throws (of which there are only two others) – not something that can be said of track events. It is therefore hardly a field event which can extensively prolong meetings! In the context of the Diamond League, the events are shared out between 14 meetings, providing ample opportunity to "chuck in" an extra long throw to take its share of the allocated competition slots.

Admittedly the element of danger is a more viable objection to the inclusion of the hammer throw and yet the last accident I know of that occurred during a long throw was in a javelin competition in 2007. Not only does this demonstrate the improbability of an accident, it also shows that the concern should not be limited to the hammer. These athletes have trained every day for years to reach this level and are experts in the art of throwing into the sector. For any mishaps, the possibility of which can never be overlooked, the large cage is in place to protect all other track users and officials are experienced enough to recognise the dangers.

Meanwhile, damage to the infield causes problems for our beloved footballers, who of course have priority in any athletics stadium! Complaints regarding

As one of the most technical events, I would be surprised if spectators aren't intrigued by the skills that are present in the longest female throwing event on offer"

the obstruction of both the media and spectators' views of the track events are also numerous. However, there are simple solutions to both of these concerns.

Firstly, damage caused by hammers is much less than that caused by a 90-minute football match and can be dealt with in the same way – by using a turf material called "Green Keeper". Secondly, the cage can be lowered, thereby only partially disrupting the day's action, which disappears for less than a second anyway! Additionally, the technology now exists to fly cameras around the stadium, capturing all of the action – so in reality nothing is missed at all.

For facilities with more funds, a black netting has been devised which meets all of the safety requirements set out by the IAAF and yet, from a certain distance, the material cannot be recognised by the human eye. So for the multi-million-pound meets, Paris and Zurich to name but a couple, this is no longer an acceptable excuse either.

Finally, any costs incurred by including the hammer in the Diamond League would be less than the cost of the replacement

Hammer Challenge. Further, allowing the hammer to be contested in the same stadium as the rest of the programme would remove the need to secure a second venue.

The hammer is an exciting and impressive event. These elite throwers we are ostracising are true athletes, embracing the fundamentals of athletics – speed, power and strength – into their training. We can sprint, we can jump and we can most certainly throw. As one of the most technical events, I would be surprised if spectators aren't intrigued by the skills that are present in the longest female throwing event on offer. It takes years to perfect what really is an art, requiring balance, skill and impeccable timing – surely an impressive event which the general public would want to witness.

If this situation persists we are at risk of losing this incredible discipline. How are we to attract the interest of youngsters if all they see on the TV is unending analysis and replays of the men's 100m, with perhaps a few jumps thrown in if you're lucky? I'm aware that many won't care and it's sad to think that one of Britain's strongest events in terms of potential is set to decline in such a way. This crisis is of great importance to our own athletes, with a number of up and coming young British throwers hoping to compete on the world stage, led by British record-holder and world junior champion Sophie Hitchon and world and Commonwealth youth champion, Louisa James.

No one can argue that the hammer is treated equally by the IAAF, organisers and the media. This exclusion is apparent across all levels of athletics and ranges from huge variations in prize money to segregation in facilities. The hammer's place in the Diamond League is replaced by the Hammer Challenge series, which is in no way on a par with the world's greatest league competition, contradicting the IAAF's promise to promote the whole of athletics.

I have yet to come across a valid reason for our exclusion and hopefully have shown why the current excuses are unacceptable. By writing this article I aim only to raise the awareness of this inequality and help to pave the way for a successful future of British hammer throwing on the world stage. It can be done.

» Klaas' original article can be read at www.throwholics.com/2011/12/because-we-are-a-part-of-it



Myra Perkins: competes in 'Cinderella' discipline

The main events

IT'S NOT ALL ABOUT THE OLYMPICS IN 2012 – A GUIDE TO THE TOP FIXTURES

May

11th	Doha Diamond League
12-13th	County/district/regional champs
19th	Shanghai Diamond League
19th	BMC GP, Sport City
20th	Bupa Great Manchester Run
20th	Great CityGames, Manchester
20th	Loughborough International
24th	Paralympic World Cup, Manchester
27th	Bupa London 10,000
31st	Rome Diamond League

June

2nd	Eugene Diamond League
2nd-4th	Home countries championships
7th	Oslo Diamond League
9th	New York Diamond League
9th	BAL & UKWL Premier, Birmingham
9th	BMC GP, Watford
10th	Bedford International Games
16-17th	World Juniors Trials, Bedford
22nd-24th	Aviva Olympic Trials & UK Champs
27th-Jul 1st	European Championships, Helsinki
30th	UK Women's League Premier, Eton
30th	BAL Premiership, Cophthall



Oslo Diamond League: early June meet is vital pre-Games date

MARK SHERMAN



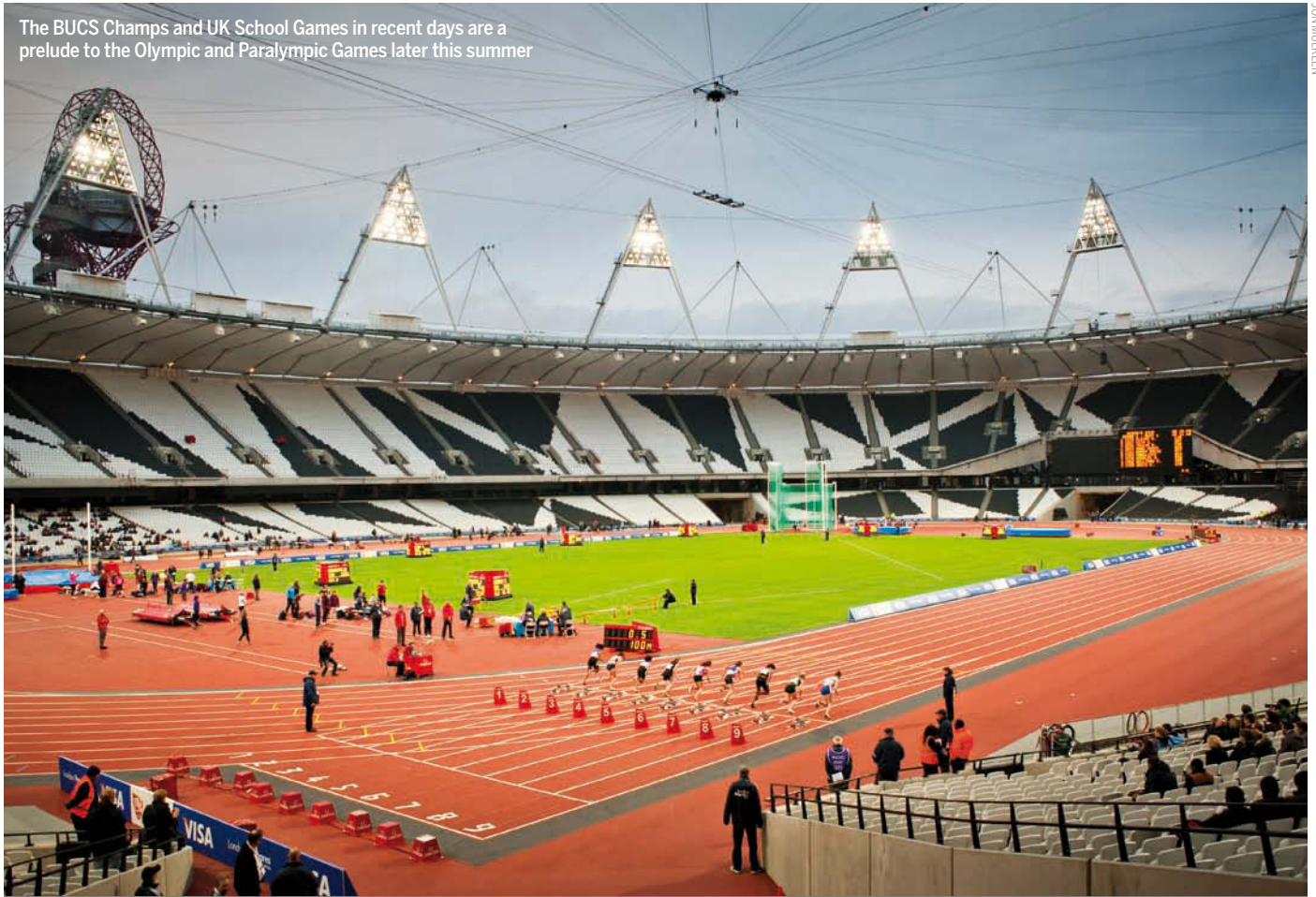
Bupa Great Manchester Run: Haile Gebrselassie is among the thousands entered on May 20

MARK SHERMAN

July

6th	Paris Diamond League
7th	BMC GP, Trafford
6th-7th	English Schools, Gateshead
10th-15th	IAAF World Junior Champs, Barcelona
13th-14th	Aviva London Grand Prix
20th	Monaco Diamond League
21st	BMC GP, Solihull
21st	SIAB Schools International, Ashford
21-22nd	British Masters Champs, Derby
28th	UK Women's League Premier, Swansea
28th	BAL Premiership, Cophthall

The BUCS Champs and UK School Games in recent days are a prelude to the Olympic and Paralympic Games later this summer



August

- 3rd-12th London Olympics track and field
- 16th-25th European Vets Championships, Zittau
- 17th Stockholm Diamond League
- 18th BAL Premiership, Liverpool
- 18th-19th EA U17/U15, Bedford
- 23rd Lausanne Diamond League
- 25-27th Inter-Counties/UK Challenge Final, Bedford
- 26th Aviva Birmingham Grand Prix
- 30th Zurich Diamond League
- 31st-Sep 9 Paralympic Games

September

- 1st-2nd McCain YAL finals, Manchester
- 2nd Berlin Diamond League
- 7th Brussels Diamond League
- 8th BAL Cup Super8 final
- 9th National Junior League Final, Derby
- 15th Great North CityGames
- 16th Bupa Great North Run

» See our weekly and comprehensive *What's On* guide (page 73) for more fixtures

Domestic league events are sandwiched either side of the Olympic Games





Bubka's **BIG** regret

POLE VAULT LEGEND UNDERSTANDS HOW IMPORTANT LONDON 2012 IS TO ATHLETES AS HE STILL HURTS FROM MISSING THE 1984 GAMES, WRITES
DAVID COX

PICTURES: **MARK SHEARMAN**

THEY SAY pain fades with time but sometimes perspective merely heightens injustice. Sergey Bubka may be a sporting legend and the greatest pole vaulter of all time but for him, the Olympics will always be clouded by the memories of 1984.

Sport and politics rarely collide but when they do, the impact etches its mark deep into the annals of sporting history. For the athletes caught up in the Soviet Union boycott of the Los Angeles Games, the bitterness is still just as fresh 28 years later.

Bubka was just 20 in July 1984 but as reigning world champion and world record-holder, he was ready to make his mark on the greatest stage of them all. But then the news filtered through that athletes from across the entire Eastern Bloc would be prevented from taking part.

"We didn't have any rights," he says. "No one cared about us, about what we felt. About our pain." Impassive for much of our interview, suddenly a jarring harshness enters Bubka's voice, his memories slicing through the background murmuring of photographers.

"We paid the price. What for? What for, my medal was stolen! For me it was my dream. A dream that was stolen in 1984 by politicians. Normally it's once in your life that you have the chance to be in an Olympics. Today it is even more painful for me than at that time. Back then I was young, I focused on the next Olympics. But today when I look back,

the USSR doesn't exist anymore. What was the point? We were just pawns of the political system."

Four years on in Seoul, Bubka had a second world title to his name and eight more world records. But the Olympics bring their own unique pressure and despite arriving in South Korea as the overwhelming favourite, Bubka had a lifetime's worth of dreams invested in the competition.

"The boycott put me in a difficult position four years later. I now wanted it so much. I wanted so much to win. You are prepared, you are healthy, you are ready to jump well but the tension, this is the dangerous point, it can put you in big trouble," Bubka explains, clutching the air to illustrate the tension radiating through his arms during that final.

"The Olympic Games was always so important, so emotional and when you reach the point of thinking too much then you block yourself. And in that Olympic Games I sent instructions to my body and my body didn't listen!"

With just one valid vault remaining, Bubka found himself lying outside the medals before finally freeing himself of the shackles of expectation and soaring to a new Olympic record of 5.90m. It may have been the culmination of an entire career devoted to the perfection of his discipline but for Bubka, even this ultimate triumph is still shadowed by the ghost of 1984.

"Luckily after four years of waiting I achieved my goal, but think how many of my friends lost their dream," he

"Back then I was young, I focused on the next Olympics. But today when I look back, the USSR doesn't exist anymore. What was the point? We were just pawns of the political system"

SERGEY BUBKA on his feelings now on missing out on the 1984 Olympic Games in Los Angeles

ABOVE: Sergey Bubka won his only Olympic gold at the 1988 Seoul Olympics

"I didn't handle the stress in Barcelona because I dreamed of achieving this. For me it was important to prove that I am jumping not for money but for sport because I love sport"

SERGEY BUBKA on his dream of setting a world record at an Olympic Games or World Championships

says. "This pain I describe, they still feel the same like me. We don't know the impact of the boycott, what could have happened for them if they had the chance.

"The statistics show that only 15% of athletes continue on to participate in the next Olympic Games and especially for the older athletes, this had been their last chance. They work all their life for that moment, to be there, to hopefully stand on the podium, to enjoy that unique feeling. The boycott was a terrible punishment for the athletes."

Despite being widely regarded as one of the greatest track and field athletes in history, the Olympics have famously been a source of much despair and frustration for Bubka. He dominated his event for a decade and a half, winning six world titles and setting an unprecedented 35 world records but Seoul 1988 remains his solitary Olympic gold medal.

"Of course I had potential, I had chances and I dreamed to win more but I achieved what I achieved," Bubka says with a shrug. "I am happy with what I did and that I became Olympic champion. This has really helped me a lot in my life and it was a dream come true. It truly is something unique, especially what I felt at the time. Of course it would be great to have more gold medals but maybe I did not deserve it."

Bubka became famous for increasing his world records by one centimetre at a time to cash in on the vast monetary rewards offered by European event promoters. However he became consumed by the desire to achieve these marks on the biggest stages of all, arguably to the detriment of his Olympic dreams.

"I dreamed of setting a world record at an Olympic Games or World Championships, a big official event," he tells me. "But I am responsible for everything that I did, I cannot blame anyone else. I didn't handle the stress in Barcelona (he failed to record a valid jump at the 1992 Olympics) because I dreamed of achieving this. For me it was important to prove that I am jumping not for money but for sport because I love sport. I didn't achieve this goal but this is my fault."

As for his world records, his leap of 6.14m in the Italian village of Sestriere has not been touched in 18 years but Bubka is hopeful that London 2012 will inspire feats to rival those of his heyday.

"I know that one day my record will be broken. Regarding the day, I am not God, I do not know when and of course I expected it to have already been broken but I believe it will happen in the near future. For me, I feel that too many pole vaulters see my mark as the limit.

"They are capable and they should look to jump higher and I can maybe be asked no more questions by journalists about my world records! The younger generation now are ambitious, motivated and they shall do it because it is not fixed that this record should stay!"

Bubka becomes increasingly animated when discussing



those with the potential to break his record and while he does not want to put undue pressure on the young man's shoulders, he's been keeping a very close eye on recently crowned world indoor champion Renaud Lavillenie.

"I think he is a good personality and he's a great athlete. I respect him and I like him very much. He's had some great results over six metres and I think he could definitely jump higher," Bubka muses. "But of course it depends very much on him. I saw that he has an incredible chance to win in Daegu (Lavillenie took bronze at last summer's World Championships) and of course he didn't handle it but he had the chance and for me he is one of the real leaders of pole vault nowadays.

"He must learn from this in a positive way so he does not make the same mistake. This is important and I think he is a smart enough guy to understand what he felt at the time, what he did wrong and to use this experience to make a positive step. He's young, fresh, full of energy. He needs to work on himself, on everything – mental, physical, technical.

"I think it's great to see the new names, the new generations. This is good and positive for pole vault. We have had a period of stagnation, competitions being won with results around 5.80, 5.85. This is again the issue of the tension. When they arrive to that level this creates a pressure and they don't handle it. But suddenly now winning marks are maybe 5.90m and higher.

"This is good for competition as it was in my time. I always appreciated the efforts of my opponents and was thankful to them as because of them, they pushed me to jump as high as I did.

"Otherwise, it's human nature. Without competition you do not push yourself. But when someone breaks your record, you try to fight back and when you are back, you look to take the next step because they are always pushing you. Olympic year is always a good year because everyone prepares so seriously, so strong."

ABOVE: Sergey Bubka dominated pole vault with six world titles and 35 world records. Today, he is a successful sports politician

Running with the Kenyans

MANY sports books nowadays are thrashed out by journalists from the comfort of their living room. So it is always refreshing to review a book where the author has clearly got off his chair to explore something unique.

With *Running with the Kenyans*, Adharanand Finn has done this – and then some.

Not content with speaking to a few Kenyans in an effort to understand what makes them such great distance runners, he actually packed up his belongings and went to live with them for six months.

What's more, he took his running shoes, wife and three young children too.

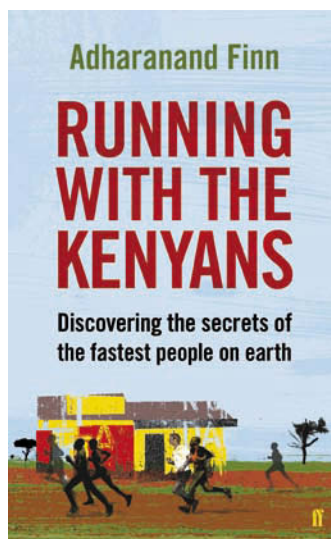
The result is a story rich with experiences and the authority

that comes from having been there and got the T-shirt.

Part personal odyssey, part journalistic investigation of what makes Kenyan runners tick, it's a fascinating adventure that most club runners would love to have done themselves.

A decent runner as a youngster, Finn put running on the back burner for many years before developing a renewed passion in his thirties to run. His wife had zero interest in the sport, but she had a spirit of adventure and he persuaded her to uproot their family to head to Kenya for six months.

Once there, he got a genuine taste of the running community that dominates world distance running – and he experienced training at dawn, eating ugali



and even local Kenyan races.

Of course, there wasn't one big "secret" of success that he managed to discover, but the journey is no less intriguing as

he pieces together the jigsaw of reasons that makes East African runners the best in the world.

Because Finn is also a professional writer, contributing to the *Guardian*, *Runner's World* and even *AW* last year, it means the book also floats along in a bouncy, readable style.

All in all it is a joy to read for any runner who is curious about what it takes to be not only the best but how to get the most out of your own potential.

Appropriately, the book ends with Finn tackling the ING New York City Marathon.

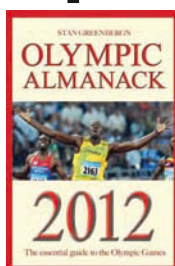
It would be one plot spoiler too many if we gave away his result, though.

» *Running with the Kenyans* by Adharanand Finn and published by Faber – £14.99

Stan's Olympic Almanack

THERE are few athletics experts as knowledgeable as Stan Greenberg, so his Olympic Almanack book is one of *AW*'s favourite statistical bibles.

Since watching the 1948 London Games, Greenberg has become part of trackside furniture in the UK and at meetings around the world. He helped found the National Union of Track Statisticians and International Society of Olympic Historians, acted as a GB selector for 28 years and from 1968-1974 worked as BBC athletics statistician – for many years being the right-hand man to David Coleman.



So this compendium of Olympic-related facts and figures could not have been compiled by a more accomplished man. It already has a proud history too – as it was first published for the 1984 Olympics and this is its eighth edition.

The only thing that might put track and field fans off is that it focuses on all Olympic sports. But if you're a general fan of the Olympics, then you will struggle to find a better guide.

» *Stan Greenberg's Olympic Almanack*, published by SportsBooks – £12.99

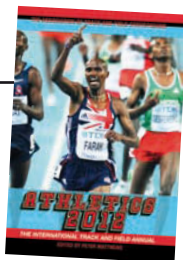
Athletics 2012

WITH so many statistics now available online, traditional written publications have struggled to maintain their appeal. But if you still prefer the feel of paper and the thud of a book on a table, then the annual international stats bible "Athletics 2012" is a must-buy.

Certainly, any track fan worth their salt will want a copy. Edited by Peter Matthews, it goes on sale

on May 12 and contains pretty much everything you want to know about contemporary athletics, with comprehensive stats from the 2011 season plus biographies of all leading current athletes.

» *Athletics 2012* is edited by Peter Matthews and published by SportsBooks – £19.95



BRIEFS

The Feed Zone

THE Feed Zone Cookbook is labelled as the fast and flavourful food for athletes. Although an American book, it has very much a European flavour with its pages filled with exquisite images and ingredients of the chosen dish.

Written by Biju Thomas, an Indian who moved to the US aged three and who is based in the running Mecca of Boulder, Colorado, and Dr Allen Lim, who used to watch his Chinese parents cook from an early age and went on to become the only American scientist to have worked and cook at the Tour de France.

The beautiful hardback book is ideal for the athlete who likes to cook and wants the best food for fuel, then this is it.

» *The Feed Zone Cookbook*, published by Velopress – £17.95

Strange stories

YET another Olympic related book, with still more 'trivia', but *The*

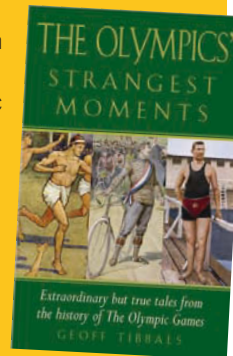
Olympics Strangest Moments has a twist in that the trivia comes in the form of short stories that run over two or three pages each.

For example, author Geoff Tibballs tells the story of Marie-Jose Pécé, the French sprinter, literally running away from the 2000 Sydney Olympics after being hounded by reporters before her 400m showdown with Australian Cathy Freeman.

It is one of several dozen short stories across all sports that makes an entertaining bedtime

read for people keen to get into the Olympic spirit. The book also follows a successful formula as similar books have been done on the cinema, football, science and many other topics.

» *The Olympics' Strangest Moments* by Geoff Tibballs is published by Portico – £8.99



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» Testing times

I IMAGINE organisers of the Olympics have received some scary stories this week about operations in the Olympic Park last weekend.

The hand-held devices for scanning ticket bar codes never produced the green "tick" first time; tickets had to be scanned several times to get a result. People attending the "2012 Hours to Go" show were coralled on the approaches to Bridge B for upwards of an hour before being let in. There was no way that early arrivals (at the front) could have got out if they had wanted to or in the event of an emergency.

The mass exit of spectators after the "2012 Hours to Go" show created a bottleneck at Stratford station. We were excused buying a ticket as most of the ticket machines were out of order. The DLR has limited passenger capacity, the Underground is better. Overground rail is best but much less frequent.

During the Olympics, spectator numbers for each session will double and there will be several sports running side-

by-side. This adds up to a massive spectator handling problem and I wonder whether the infrastructure in and around the Olympic Park will cope.

I hope LOCOG will provide supporters with credible reasons why all will be well when the Games start.

George Tarrant, Maulden, Beds

» Peaking too early?

I AM worried that some potential Olympic finalists seem to be in peak form already with British record and UK record-equalling performances and it is only the first week of May. I hope none of them say that they are still in winter training or they have not commenced speed work yet, because over the years I seen both quotes and it has been the kiss of death to future improvement during the season.

I want to see British records being set during the Games in finals rather than in May and I hope the coaches will bring all our athletes to a peak in 86 days time.

Chris Bird, Leamington Spa

» Marathon selection

WHILE I read with interest the

» County champs: change entries not date

HAVING read the article about the date of the county championships moving (AW, April 19) I don't think a change of date is needed as much as a change of system. I can only talk about my county of Derbyshire, but in this case a few simple changes to the pre-entering postal system wouldn't be too difficult to do and would surely boost entry levels.

My main two focuses of the season were county champs and county schools. I had worked my season back from county champs in choosing races, open meets and training and I hadn't even thought about it being early in the season until it was brought up in the article.

My entry was sent four weeks in advance and unfortunately lost in the post, while two other members of my training group missed the closing date for entries which

leaves three athletes from a group of 12 not being able to compete.

If there were entries on the day this would not be the case even if they charged excessively more and the events would have larger fields. Especially as you have to register to say you're there, this system needs minimal organisation that isn't already in place and having scheduled heats and finals but running the final at the time of the heats if there are only that number of entries is not a new concept.

Surely this is just common sense but the people who can actually make a difference seem unwilling to change. I would be very interested to hear what other counties do as currently I'm very annoyed at not being able to run when I've done nothing wrong!

Campbell Menzies, under-17 athlete, Chesterfield

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



debate over whether Lee Merrien should or should not have been picked for the Olympics. I would like to point out that while we are arguing over who takes our third place spot by running 2:13:41, what about the selection for the Ethiopian and Kenyan teams and how their unselected athletes feel?

This year alone, 139 Kenyan and 73 Ethiopian marathoners have bettered 2:13:41 and 24 Kenyans and 20 Ethiopians have run under 2:08. So this puts into perspective where British marathon running stands and how many world-class athletes will not be attending in London.

David Weekes, Folkestone

» Advanced recovery

THERE was an interesting juxtaposition of two issues in last week's AW, about which I am happy to let your readers draw their own conclusions.

First, in *Your Say* you included three letters bemoaning falling standards in British distance running. A few pages later came a report about a workshop on recovery and nutrition.

I was particularly struck by advice in the report to distinguish "between basic and advanced recovery techniques". When I looked at the table itemising these techniques, I found that "advanced recovery" includes TV and social activities.

Steve Herington, Hereford

Crowds gather at the Olympic Park last weekend



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Runner wins Euro tri gold

NORTHERN CROSS CHAMPION GEORGIA TAYLOR-BROWN IS MAKING A NAME FOR HERSELF IN TRIATHLON, WRITES EMILY MOSS

GEORGIA TAYLOR-BROWN is known in athletics circles for winning the Northern under-17 cross country title in 2010, but last month she showed she can swim and cycle too when she took the European junior triathlon title in Israel.

The 18-year-old believes she has learned how to combine both sports and feels her triathlon abilities complement her running.

The East Cheshire athlete first showed her talent in her early teens. Aged 13, her teacher asked her to run in her county's schools cross-country championships and off purely swimming training she placed seventh in the junior girls' race at the English Schools Cross Country Championships, followed by seventh place at the SIAB Schools International.

She says: "I couldn't believe I made the England team in 2008, but the whole experience of being part of the team was so exciting and I made so many friends. I hadn't really done any



Georgia Taylor-Brown: has proved she can swim and cycle too

training, but anyone can run and I just found I was good at it. I then started training and wanted to run more."

Running prowess is clearly in Georgia's genes as her father, Darryl Taylor, ran 1:47.7 for 800m as an 18-year-old and was ranked in the top six juniors in the world. He also ran a four-minute mile. Her mother, Beverly Brown, was also a good athlete and swimmer.

As an international triathlete, Georgia runs only three times a week but says her five swimming sessions and four sessions on the bike have a positive effect on her fitness for running and also reduce the likelihood of her getting injured.

She got into triathlon aged 16 and explains: "I started doing really well with my running, but didn't want to quit swimming, so went into triathlon. I went to Loughborough for a trial to make the Olympic development squad and I was selected and have since been supported by British Triathlon. I really enjoy my running training as part of a big group with Paul Roden at Sale Harriers."

Roden, as older readers will remember, was National Cross junior men's winner and Northern Cross senior champion in the Eighties and Nineties.

As with Olympic medal favourites Alistair and Jonathan Brownlee, Georgia has no plans to give up her first love – cross

country. She says: "I do see my future in triathlon, but I think I will always have a cross-country season. I love it so much. It keeps me motivated through winter training and that was how I started."

"However, I cannot see myself going back to doing solely running, as I love the variety of training for three sports."

In fact, Georgia promises that after the World Triathlon Championships in October, she will do more races on the mud next year. She says the strength necessary for cross success serves as good preparation for her long-term triathlon goals.



Georgia Taylor-Brown: intends to continue with cross country

STEVE BATESON

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

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



"Listen to your body. I have learned this through being injured and ill. Aside from that, my motto is 'YOLO' which stands for 'You only live once'"

GEORGIA TAYLOR-BROWN gives advice for up and coming runners and triathletes

Studying psychology, biology and sport at Ashton Sixth Form, Georgia hopes to move on to sport and exercise science at Leeds Met University in the autumn. But what advice does she have for budding runners and triathletes?

"Listen to your body. I have learned this through being injured and ill. Aside from that, my motto is 'YOLO', which stands for 'You only live once'. With this in mind you may as well give everything your all and enjoy every experience that comes your way."

FACTFILE GEORGIA TAYLOR-BROWN

- Born** March 15, 1994
- Club** East Cheshire
- Coach** Paul Roden
- Achievements:** (cross country):
 - 2012: Northern 3rd (European (U20) triathlon champion)
 - 2011: Northern 2nd; Inter-Countries (U17) 4th; National 6th; London Mini Marathon 8th
 - 2010: Northern 1st; English (U17) Schools 7th; SIAB Schools International 6th; World Schools' 9th
 - 2009: Northern 2nd (U15)

Feet in the clouds

THE AW TESTERS CHECKED OUT THE RANGE FROM RELATIVELY NEW RUNNING SHOEMAKERS 'ON'

The Cloudbunner

THIS makes concrete and tarmac running easy with the patented CloudTec system, which absorbs impact and is ideal for long and intensive endurance work. Our tester, who had worn an earlier version of the Cloudbunner, commented this model "felt more snug and responsive and it did exactly what it said on the box." The shoe comes in two colours: plum/fuchsia (women) and rock/lemon (men) and weighs in at 350g for a UK size 9.

Cost: £125

The Cloudbunner:
general training
shoe



The Cloudsurfer

AT a glance this appears to be a duplicate of the Cloudbunner. However, it is much lighter, tipping the scales at 302g for a UK size 9. Our tester was impressed and said: "This is a multi-purpose shoe, good for getting the miles in while being light enough for some speedier session and I would be happy to wear these in a 10km or even a half-marathon." The shoe comes in three colours: aqua/coral (women), silver/orange (men) and black/lime (unisex).

Cost: £115

The Cloudsurfer:
slimmed down
version



The Cloudracer

THE shoe comes with a warning on the insole: "Secret weapon, may self-destruct after 222km!" Our tester was impressed, though, by the new shoe and initially tried them out on the track: "I really liked the lightness, cushioning and responsiveness of the shoe and I've just raced over 5km and done a PB, so I'll definitely be wearing them in my next 10km race." The Cloudracer comes in silver/orange (unisex) and weighs in at 260g for a UK size 9.

Cost: £115

The Cloudracer:
offers 'lightness
and cushioning'



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Test your gluteal strengths

MARK BUCKINGHAM

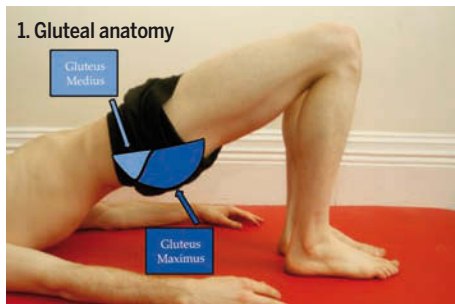
EXPLAINS HOW TO RECTIFY WEAKNESS IN THE GLUTEALS – AN IMPORTANT AREA FOR RUNNERS

PICTURES: **KATIE MITCHELL**

RUNNING requires a lot of strength and control around the hip to absorb impact, control leg position and to drive the body forward.

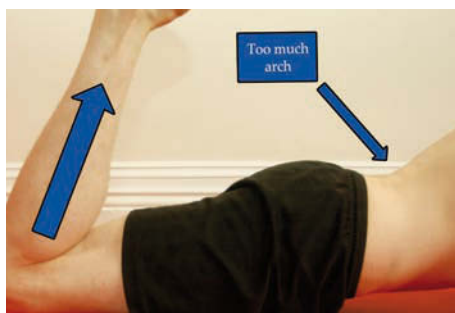
For all of these factors, a huge amount of strength is required. Each step puts four to five times own bodyweight through the leg due to the effects of momentum. The gluteal muscles are primarily important to this and weakness can lead to many problems around the back and further down the legs.

The gluteals are made up of three different muscles: maximus, minimus and medius.

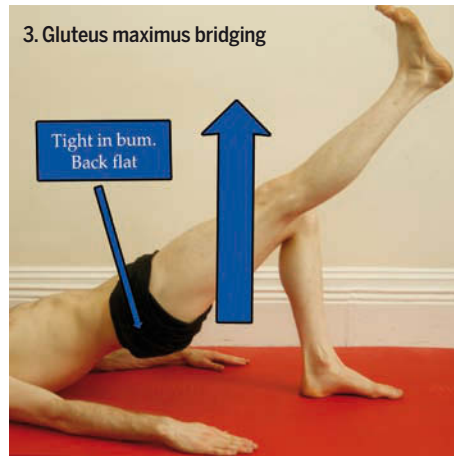


1. Gluteal anatomy

For the purposes of this article we will concentrate on two of them, medius and maximus. Medius is at the side above the hip bone, maximus is at the back – the big one! Put simply, the role of the maximus is to drive you forwards. If it is not strong then you tend to arch your back more, which puts stress on your back and leads to pain. This is often seen in conjunction with tight hip flexors (front of hip muscles). A simple test of gluteus maximus strength is whether you can lay face down and lift the bent knee a couple of inches off of the floor without the back arching.



2. Prone gluteus maximus test

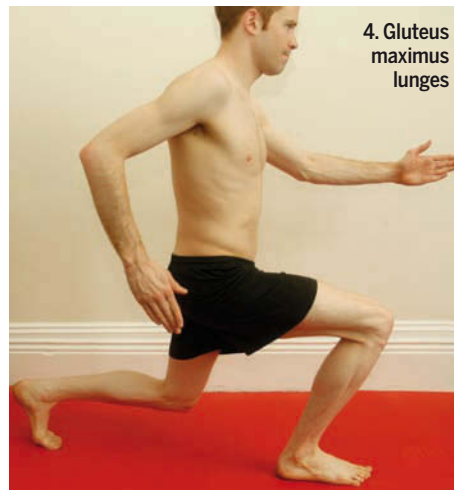


3. Gluteus maximus bridging

If you cannot do this test then some strength work while trying very hard to avoid arching the back is essential. Start with simple bridging – 3x15 with five-second holds.

Strength work for the abdominals is important here and the core for runners will be discussed in a future article. When these exercises become easy and well controlled then lunges is a good exercise as long as you work hard on keeping the back straight and not arched. Lunge forward, hold and control using the glutes or bum muscles and then drive backwards off that leg. Try 3x25 drives off each leg.

The role of the medius is to stabilise the hip and pelvis as you land and to control the hip and knee over the foot. The classic result of weakness is that the knee collapses inwards over the foot. This causes excess pronation and stresses structures through the hip, knee and foot. This leads to lots of problems from knee pain, shin pain, Achilles and foot injury. Further and from a performance angle, weakness leads to poor style, limited power and a shorter stride, which of course means you run slower.



4. Gluteus maximus lunges



Above: alignment poor

Above: alignment good

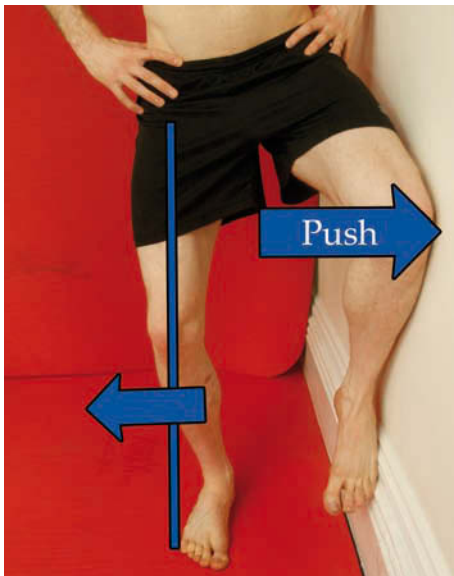
A simple test of gluteus medius strength is one in which you enlist the help of a friend. You lay on your side with the bottom leg bent up and the top leg is lifted straight up and back. The leg needs to take a line behind that made from the shoulder and hip bone. Your friend then tries to push the leg directly down from the ankle.

Good strength is shown when the leg cannot be moved. If the leg can be pushed down then the gluteus medius is not strong enough to control the leg and pelvis when asked to absorb the forces of four times bodyweight.



5. Gluteus medius test

An excellent exercise to initiate the gluteus medius strengthening is where you stand closely sideways to a wall, with the outermost foot parallel to the wall. The



6. Wall gluteus medius exercises

knee nearest the wall is bent up and placed against the wall. The standing knee is bent so that the kneecap is in line with the toes as you look down.

The knee (not the foot) is then turned out until you can see most of the foot on the inside of the knee. Hold this position and press the knee against the wall hard into it so you are bracing yourself. You will find that after a short moment you will feel the muscles in the outer hip and bum working. There will be other aches in the quads – never mind though! You should aim to hold this position for two minutes and build up to five minutes, twice a day.

These exercises are the basics and in a couple of weeks re-test yourself to monitor progress. A good running physio should test these areas as a matter of course, almost regardless of which injury you

are complaining of, because they are so fundamental. Assessment of the gluteals forms part of the MOT service that you should consider if you are serious about your running. There are several further sets of advanced work we will look at in due course.



» **Witty, Pask and Buckingham Physiotherapists have had 16 years of working with elite**

runners at Olympics, world and European championships for UKA 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. See wpbphysio.co.uk

Marathon MOT

HOW DO ELITE MARATHON RUNNERS' BODIES COPE WITH SUCH A HEAVY TRAINING REGIME? **MARK BUCKINGHAM** EXPLAINS

TRAINING for the classic distance of 26.2 miles often involves running more than 100 miles per week. In addition to the usual two runs per day, long runs and speed sessions, there are also drills and gym work to maintain trunk and leg stability.

This all contributes to the running gait of an individual. The younger body will forgive small imbalances, especially when there is time between runs to recover. However, as the maturing runner pounds out more miles, these small "wobbles" cause stresses and strains on a variety of tissues such as bone, muscles and joints.

At elite level the minimisation of the effects of these stresses by subtle altering of the gait and maintaining muscle imbalance is as essential as proper nutrition, hydration and shoes. The approach of the athlete and specialist physiotherapist is not to wait for injury to occur, but to look at the gait pattern and identify weakness and tightness that overload areas. The gait needs to be videoed both when running fresh and when running tired and in a variety of

footwear such as trainers and spikes, as well as on and off the track.

A typical "physio MOT" starts with a look at footwear patterns and video footage, followed by an in-depth discussion on the various aches and pains of training. If these pains appear regularly in one place then they are an early warning of excess loading.

Regular check-ups include physical reviews of areas such



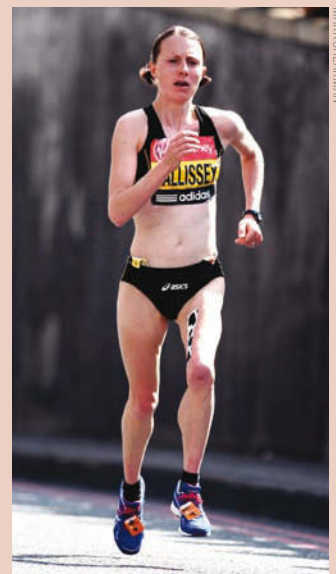
Lee Merrien: first Brit in London will now look for further improvements

as the foot stability muscles, the calf and Achilles length and strength, the hip and knee stabilisers and the gluts and hip flexors. The pelvis and low back are common sources of imbalance and dysfunction due to the repetitive impact and ensuring the correct movement in these areas is essential. Small dysfunctions here can have a knock-on effect down the leg in the same way as a small change at one end of a lever has a large effect at the other. Further, low back and pelvis dysfunctions irritate the nervous system, which alters the way in which the muscles are told what to do and this changes the information that is fed back to the brain about what the leg is feeling.

Power and control are reduced and performance is thus affected.

Each athlete has their own peculiarities, but once the physio and the athlete have established the base line, remedial and preventative work can begin.

Elite runners will visit their physio on a two to three-weekly basis for a MOT and even good recreational runners may visit



Claire Hallissey: will rest, recuperate and rebuild ahead of Olympic Games

monthly. Over a period of time the physio will get to know the athlete's body as well as the athlete knows themselves.

The best analogy is that of the Formula 1 car. Each car will start and go – but why are there so many mechanics? They are looking for the most subtle issue that might affect performance or cause a breakdown. The same is true of an elite athlete and their physio and medical team.

Building a foundation

MOST ATHLETES CORE TRAIN, SOME WILL PERFORM ENDLESS CRUNCHES OR SIT-UPS WHILE OTHERS MAY EVEN INCLUDE YOGA OR PILATES, WRITES **JOHN SHEPHERD**

WHATEVER the combination or type of core training completed, it's crucial when developing optimum core strength to do the following:

1. Select an array of exercises that target all muscular actions – irrespective of the extent of their contribution to your event

Thus held (isometric) exercises, such as the plank and the side plank need to be included in an athlete's core training routine as much as isotonic (moving) exercises, such as alternate, knee-to-elbow crunches ('chinnies').

2. Incorporate core training exercises throughout your training cycle

Many athletes will emphasise core training at the start of their training year however, it's crucial that levels of core strength are constantly maintained - failure to do so could result in injury or reduced ability to apply power. Including some core exercises in your warm-up or cool-down is a great way to keep your core strength topped up, while maximising training time.

3. Build a foundation with isometric exercises

The plank variations (see exercises) are a great way to 'solidify' your core (front, sides and back). This is in contrast to many isotonic exercises that emphasise a muscle group only, such as sit-ups and crunches, which focus on the rectus abdominus (the main core exercise that 'lifts' the torso forwards).

With the athletes I coach, I emphasise these isometric exercises over and above isotonic ones, especially at the start of the training cycle and during build-up phases within the training period. Through experience, I've found that many athletes are good at doing lots of reps for sit-ups and crunches (albeit with poor form), but are comparatively weak when it comes to performing isometric movements. Being able to engage the core muscles and stabilise the core are key to athletic performance both from a performance and injury prevention perspective.

1. Perform isotonic exercises with control and form

Many of you will know of athletes who claim to be able to 'bang out' hundreds of crunches for example. However, on inspection you'll see that their technique is more akin to 'flailing' rather than crunching. They'll often use momentum to 'sling' their body forwards into each crunch. In beating gravity, they are cheating their core muscles - whose contribution to the actual exercise is being much reduced. The key for many core exercises that involve the rectus abdominis is to squeeze the abs (forcibly contract them to generate the movement). The exercises should also be performed slowly, perhaps to a 'three' lift and 'three' lower count.

2. Rotate

Having just made reference to controlled performance of core exercises, I believe that speed of performance does have a part to play in conditioning athletic specific core strength. For example, when running - the unilateral nature of the activity means that the trunk is subject to rotation and has to control these rotational forces throughout the gait cycle (running stride sequence). Hence chinnies are a great exercise to condition this rotational resilience - resilience that will hold the runner's trunk stable when they are moving particularly at quick speeds. Why is it crucial that the trunk does this? Well, runners who 'rock and roll', through their trunk and shoulders also waste a lot of power and energy in doing so. If rotation can be minimised throughout the trunk then optimal levels of power will be transferred to where it's needed to directly improve performance on the road or track.

3. Use ballistic/plyometric exercises to increase both power and stability

It will readily be appreciated how throwing a medicine ball from a sit-up position can develop dynamic strength, however it may be less appreciated how catching the rebound while throwing a medicine ball against a wall and standing on one leg will serve a great benefit to developing core and hip (and leg) stability – see exercise 1 above right.

In this respect it is important to view the glute medius as part of the core. The glute medius muscles are situated on the sides of your hips and they play an important role in stabilising your whole body and absorbing and controlling lateral forces.

The Exercises

1. Medicine ball wall side-on throw and catch



1. Medicine ball wall throw

» **Purpose:** To develop hip, core and leg stability.

» **Targets:** Core, glute medius (muscle on the outer side of your bottom), arms, legs and ankles.

» **How to perform:** Stand on one leg, tucking the heel of your other leg up toward your bottom. Hold the medicine ball at arms' length in front of you and parallel to the ground. Throw the ball against the wall and catch the rebound. Then rotate away from the wall with the ball at arm's length to make a further throw. Having to combat the transverse forces that run through your core (and body) when making the throw and the catch is what develops both reactive and stabilising core strength.

2. Alternate knee to elbow sit-ups ('chinnies')

» **Purpose:** To develop rotational core strength (great exercise for runners).

» **Targets:** Core and in particular obliques and hip flexors.

» **How to perform:** Lie on your back with



2. Alternate knee to elbow sit-ups

your legs straight and your hands resting by your temples. Sit up and simultaneously lift and bend one leg. Rotate your upper body and touch your opposite knee to your elbow (or come close to). Extend your arms and legs (trying not to rest fully on the floor) and then perform another repetition to the opposite side.



3. Medicine ball sit-up and throw

3. Medicine ball sit-up and throw

» **Purpose:** To develop power and control in the core.

» **Targets:** Rectus abdominus.

» **How to perform:** You'll need a training partner to get the most out of this exercise, although you can throw the ball against a wall and catch the rebound. Take hold of a medicine ball and assume a sit-up position, with feet flat on the floor and knees bent to an angle of 90-degrees. Hold the medicine ball on your chest with your hands to the sides of it. Lower your back toward the floor then using your abdominal muscles pull your trunk forwards dynamically. Near the top of the movement throw the ball to your partner using a chest pass action (push your arms dynamically away from you to throw the ball). Your partner should catch the ball and toss it back just as you are sitting back ready to perform your next rep. Aim to 'catch and move forwards to throw' as quickly as possible.



4. Side plank and plank combo

» **Purpose:** To develop isometric core strength across the region.

» **Targets:** Rectus abdominus, obliques, erector spinae.

» **How to perform:** Lie on your left side with your arm bent and your elbow directly below your shoulder. With your hips stacked and legs straight, lift your hips off the floor so that your weight is supported on your feet and elbow only. Your body should be perfectly straight. Rest your top arm along your body.

Hold this position for a designated time (10-30sec) and then rotate into the plank. Your feet, knees, hips and shoulders should form a straight line. Hold this position for the designated time (10-30sec) and then rotate from the plank to another side plank – this



4. Side plank start position ...

time supporting your weight on your right forearm and feet – hold this position again for the required duration. Repeat sequence as required.

5. Swiss ball jack knife

» **Purpose:** To develop core awareness and control while performing a dynamic movement.

» **Targets:** Rectus abdominus, hip flexors (and shoulders).

» **How to perform:** Get into a press-up position with your hands on the floor and your shins resting on the Swiss ball. Your body should be straight. Contract your abs, drive your hips up toward the ceiling and pull your knees in toward your chest. Roll the ball away and return to the starting position.

» **John Shepherd edits ultra-FIT magazine and coach to European Youth Olympics long jump champion Eliot Safo**



5. Swiss ball jack knife (straight) ...



... and Swiss ball jack knife

Train your two-lap tools

IN THE FIRST OF TWO ARTICLES, **DR MATT LONG** AND **GEOFF JAMES** PRESENT A MODEL FOR 800M SUCCESS

AT THE European Endurance Conference held at Heathrow last autumn, Canadian coach Wynn Gmitroski gave a presentation which focused exclusively on the physical and tactical components of two-lap running. This work builds on his presentation and takes it to another level by offering an original five-component model which includes mental characteristics and desegregates physical components into (a) power, strength, co-ordination and (b) utilisation of energy systems.



MARK SHERMAN

Mental	Physical (power strength and coordination)	Physical (energy systems)	Physical and tactical	Tactical
Commitment	Maximal muscular power	General aerobic fitness	Race pace specificity	Finishing kick
Concentration	Reaction strength	Speed endurance	Acceleration	Reaction time
Confidence	Strength endurance	Lactate shuttle system		
Control	Economy of movement	Maximal speed		

Mental, physical and tactical components of 800m running

Mental components: The 4Cs

COMMITMENT is a long-term component that involves the athlete and coach planning a macrocycle of training, which takes into account wider lifestyle choices. The ability to focus for around two minutes of running represents what is referred to as “intense concentration” rather than the kind of “sustained concentration” characterised by endurance events.

In pre-competition mode, the 800m athlete must have unshakeable self-belief in order to achieve their own athlete-centred goals. During the more specific warm-up phase of pre-competition, mental imagery is typically employed in order to sustain this confidence.

There is a complex relationship between arousal and performance and Klein (1998) used the “Recognition-primed decision-making” model to help us understand how people make effective decisions when faced with complex situations which require the mental control which is paramount for 800m tactics.

Physical (power, strength and co-ordination)

MAXIMAL muscular power is dependent on the interplay between strength and speed and more specifically the relationship between speed of contraction and speed of movement. Unlike maximal strength, which depicts how much force the athlete can exert, power is the ability to exert force at speed.

An 800m runner who has reached the point of physical maturity will typically develop muscular hypertrophy through faster repetitions of appropriately loaded free weights or plyometrics using bodyweight only.

Reactive strength is the ability of the athlete to use the elastic properties of muscles and tendons. When muscles work eccentrically and lengthen they store energy in the same way as a stretched elastic band which when released returns to its normal length. Physiologists term this the “stretch-shortening cycle” (SSC) to articulate the high concentric forces which

follow an eccentric stretch. The performing of bounding exercises should therefore be integral to 800m success.

Strength endurance is the ability of muscles to exert a given force despite increasing fatigue. The 800m runner will often employ hill running at the appropriate point of the training macrocycle to achieve this. UKA coach educator Brian Mackenzie advocates the running of “short hills” of no more than 30 seconds in duration with an inclination of between 5 and 15 degrees in gradient. “Medium hills” (30-90s with a gradient of 1 in 6 to 1 in 10 degrees) may be appropriate out of the competition period.

To achieve economy of movement, co-ordination in terms of organising the limbs to generate force is a prerequisite. In order for this to be achieved the athlete must demonstrate the building blocks of balance and stability. As well as the base of support in terms of the type of foot strike, this is dependent on the desired positioning of the centre of mass and postural stability and control with a neutral pelvis and spine being appropriate. More recently, the notion of “core stability work” has entered coaching discourses and is underpinned by Hodges and Richardson’s (1997) work on how the deep trunk muscles, namely the transversus abdominis, multifidus, internal oblique, paraspinal and pelvic floor, are key to controlling the lumbar spine during dynamic movement. Core stability exercises can be conducted as a separate session.

Prior to sessions with a strong fitness component, the 800m runner needs to work on (a) “functional flexibility” in terms of

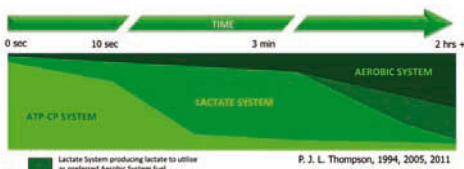
the warm-up, (b) flexibility to restore range of movement (ROM) during the cool-down and (c) flexibility to increase ROM as a separate session. The key variable is that (a) is dynamic whereas (b) and (c) are passive with stretches performed in (b) typically lasting up to 15s and (c) up to 30s.

Physical (energy systems)

REQUIRING oxygen, the aerobic energy system is characterised by lower-intensity exercise. In terms of duration, developmental work must be conducted over a minimum of 20 minutes and can be either (a) continuous or (b) divided up into distinct repetitions. While the training of this energy system may predominate over the winter months, the successful 800m runner needs to incorporate this to varying degrees at all points of the macrocycle for efficiency of the oxygen transport system, facilitated by the heart and lungs.

Speed endurance is the ability to maintain either optimal (controlled) speed as fatigue increases over the course of the two-lap event. The predominant, but not exclusive energy system, is the lactate or “linking” energy system (see diagram below). This system is capable of operating without oxygen and uses fuel stores which produce lactate and acid. Although the former is a useful source of athletics fuel, the latter is a factor in fatigue and slows the athlete.

An elite male or female 800m runner may accumulate high levels of acidosis approaching the latter stages of the third quarter of the race (70-85 seconds) through to the finish. The 800m runner must train to improve their anaerobic threshold (onset of acid accumulation in the blood) and this is typically achieved by repetition running close to race pace with recoveries of between three and five minutes between efforts.



The Three Energy Systems

The three energy systems highlighting lactate contribution to aerobic processes

George Brooks (1986) used the term “lactate shuttle” to describe the dynamic action of lactate as a metabolite moving about within muscles and the systemic circulation to provide metabolic energy. It is established that 800m running should be 10% alactate, 30% anaerobic lactate and 60% aerobic. Mackenzie explains that if an



athlete’s lactate threshold (LT) is reached at relatively low exercise intensity, it indicates that the “oxidative energy systems” in the muscles are not as efficient as they should be.

Peter Thompson (1994) introduced the term “lactate dynamics training” to articulate training for the optimal use of lactate around the body. In interspersing phases of more intense activity with less intense activity and the kind of active recoveries advocated by Thompson when using his “new interval training” (newintervaltraining.com), the 800m athlete will typically undertake under-distance sessions of no more than five repetitions with active recoveries between repetitions and a near to full recovery between sets.

Maximal speed emphasises the ATP-CP system and is characterised by relatively short bursts (maximum 10 seconds) of very high intensity. It is a stored start-up system capable of operating without oxygen, with no lactate or acid being produced.

Thompson (2009) maintains that the foundation for developing maximal running speed is the “flying 30s” session with the coach marking out an acceleration zone of 30m, a “maximal speed zone” of 30m and a “controlled deceleration” zone of 30m. The mechanics and frequency developed in this way equips the 800m runner to utilise this in the last eighth of the race.

Physical and tactical components

IN the training phase most two-lap athletes will follow a system of multi-tier training which will see them operating at a range of paces, some faster and some slower than race pace, and completing sessions both under and over-distance. Race-pace specificity in the event is variable with the predominant two trends being some athletes attempting to run even splits, with others attempting to run a fast 400m before settling.

In terms of acceleration, the study of kinematics teaches us the following equation:

$$\text{acceleration} = \frac{\text{final velocity} - \text{initial velocity}}{\text{time elapsed}}$$

Acceleration in the 800m predominates in the last quarter of the race, but unlike a finishing kick it can occur at any given point throughout the race due to tactical considerations. The practice of periodically introducing the requirement to accelerate within a single repetition itself so that negative splits can be achieved is therefore advocated.

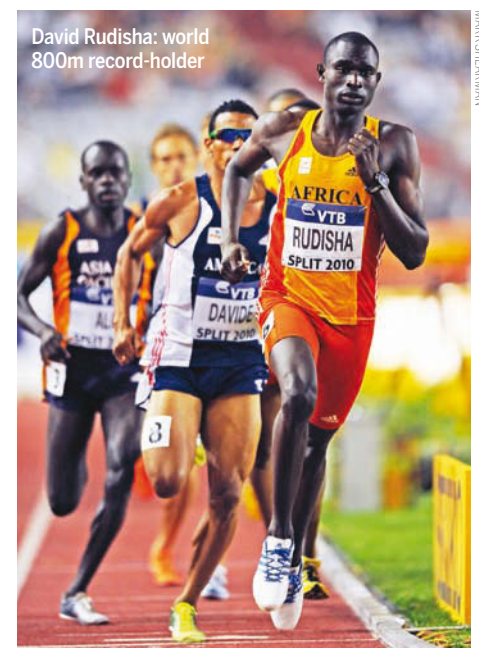
Tactical components

AN 800m race is rarely won in the first 600m. This being said, the ability to out-kick an opponent becomes a key variable for success and predominantly in the last quarter of the race. As well as a finishing kick, “reaction time” refers to the ability to “cover a break” mainly in the third quarter of the race and is dependent on good positioning within the pack as the bell is reached.

Conclusion

HAVING posited an “ideal-type” model, part two of this article sees the authors empirically test its strength by relating it to some of the all-time greats of two-lap running.

» Dr Matt Long works for UKA in coach education. Geoff James works for England Athletics and is a Birchfield Harriers middle-distance coach, who has guided athletes to Olympic and world championships level





Blackburn 100m hurdles winner:
Nicola Cahill



Pete Street: on way to
5000m win at Blackburn

HARRY SHAKESHAW - HSPHOTOS.CO.UK

TRACK

**MAY 7
BMC Academy Classic, Millfield School**

BECKY STRAW leapt to seventh in the latest UK rankings for under-20 women as she smashed her personal best over 1500m, *Kevin Fahey reports.*

The performance of the 17-year-old Cannock & Stafford AC English National cross country champion from Birmingham lit up a cold, damp evening in Somerset as she doggedly stuck to the pacemaker before launching a long run from home at the bell.

Straw, who is coached by Bud Baldaro and lives near Cofton Park, crossed the line in 4:31.50 to clip almost five seconds off her best and continue her perfect start to the season after a low-key 800m PB of 2:19.49 in a Birchfield Harriers open meeting last month.

"I am massively happy with that and I felt awesome tonight!" said a delighted Straw.

"To run that quickly in only my second track race and in those conditions is really pleasing. It is a great start to the campaign."

Straw is now hoping that the injury problems that have dogged her previous two summer campaigns are well behind here and she can have a full season and improve her 1500m time to well under 4:30.

Fellow junior Olivia Sadler chased Straw hard and was satisfied with her 4:34.33, while in third Invicta East Kent's Alex Clay was rewarded for her long trip with a big PB of 4:35.83.

That carved almost 10 seconds off the 16-year-old's PB set last year and following her terrific winter augurs well for the summer ahead.

To underline the quality of the field, who endured a heavy downpour, Poole AC's Elisabeth Hood went top of the UK rankings for under-15 girls with 4:39.11 for sixth place. For the 14-year-old that was a frustrating 0.7 off her PB, but she had no complaints with her run and knows better is to come.

Incredibly, in the women's B race, the top eight finishers ran personal bests with the Team Bath AC pair of Imogen Wolsey and Katherine Turner, both 18, leading the way as they broke 4:40secs for the first time.

Particularly notable was 13-year-old Reigate Priory athlete Niamh Brown in fourth slashing 16 seconds off her PB with 4:42.62.

The men's 1500m served up one of the best races of the night as Gloucestershire rivals Luke Carroll of Cheltenham & County Harriers and Stroud & District AC's Tom Purnell did battle.

Purnell boldly took up the challenge of following the pacemaker and at the bell struck hard for home with Carroll five metres adrift. But hitting the wind off the top bend and into the straight, Purnell faltered and Carroll was in the perfect position to strike and claim victory in a time of 3:49.63, just 0.24 off the PB he set at the BMC meeting in Stretford the Tuesday before.

Nonetheless, these were two fine runs by the Gloucestershire pair, who both have their sights set on reaching the World Juniors qualifying mark of 3:44.

There were PBs for Stroud's English Schools 1500m champion Will Paulson in third and training partner Brett Halliwell in fourth. All the Stroud runners are coached by Chris Frapwell.

The men's B race saw the top six run PBs with Swindon's 17-year-old Nyle Clinton carving more than six seconds off his best as he just held off fast-finishing Alex George, with the 16-year-old Gloucester AC newcomer smashing his best by a staggering 17 seconds.

Even better, eight of the top ten in the C race were rewarded with PBs, led by North Devon AC teenager Ellis Johnson from another strong contingent of Stroud runners.

The early 800m races had the worst of wind but Cornwall AC junior Andrew Worden, who missed most of the winter with injury, looked strong in clocking 1:55.07 to win the A race by more than

three seconds and his sights are set on reaching the final at the English Schools Championships.

"I'm just getting back into racing so I have to be happy with that," said Worden.

Likewise Guildford's 18-year-old former English Schools champion Adelle Tracey, who boasts a PB of 2:05.56 from 2011, had to work hard on the second lap knowing that Herne Hill's Katie Snowdon was just behind and should take some satisfaction at just breaking 2:10.

The evening started with a real family affair in the men's 3000m as Tom Russell just did enough to edge out younger brother Ander by two tenths as the pair ran shoulder to shoulder down the home straight. English National under-20 men's bronze medallist Charlie Maclean clocked a PB of 8:22.98 in third.

● **Results not available**

**MAY 6
McCain Young Athletes' League
Midland Premier South, Yate**

U17 men: PV: A: 1 L Gardiner (Chelt) 3:65; 2 J Hollisey-McLean (Swan) 3:30. **HT:** A: 1 M Holmes (Card) 45.32

U15: 200: A: 1 B Clarke (Chelt) 24.4. **300:** A: 1 R James (Card) 38.2. **80H:** A: 1 C Bell-Hartley (Chelt) 11.7; 2 J Spence (Yate) 11.8; 3 R Harris (Swan) 12.9. **4x100:** 1 Chelt 49.6; 2 Card 49.8. **HJ:** A: 1 T Trotman (Card) 1.80; 2 M Keller-Jenkins (Swan) 1.70. **PV:** A: 1 I Quereshi (Chelt) 2.75. **LJ:** A: 1 I Quereshi (Chelt) 5.87; 2 T Trotman (Card) 5.77

U13: 75H: A: 1 B Paris (Card) 13.9 **U17 women:** 300: A: 1 M Barrett (Chelt) 42.0. **1500:** A: 1 E Atkinson (Card) 4:51.5. **80H:** A: 1 M Courtney (Chelt) 12.3; 2 G Sunderland (Rad) 12.5. **300H:** A: 1 L Figelstone (Swan) 46.6; 2 G Sunderland (Rad) 46.7; 3 K Townsend (Chelt) 47.6; 4 H Dent (Yate) 48.1. **4x100:** 1 Chelt 51.6; 2 Rad 51.8; 3 B&W 52.1. **HJ:** A: 1 C Jones (Swan) 1.63. **DT:** A: 1 S Nicholas (Swan) 33.17. **HT:** A: 1 C Smith (Swan) 33.71

U15: 100: A: 1 H Brier (Swan) 12.4; 2 E Wright (Yate) 12.8; 3 S Yorke (Chelt)

12.9. **200:** A: 1 H Brier (Swan) 25.5. **75H:** A: 1 J Merrick (Swan) 12.5. **4x100:** 1 Swan 51.5. **HJ:** A: 1 A Cross (Rad) 1.55. **SP:** A: 1 E Cockrill (Swan) 10.56. **DT:** A: 1 M Bird (Chelt) 28.65 **U13:** 150: A: 1 I Parselle (B&W) 21.4; 2 R Harris (Yate) 21.5. **1200:** A: 1 E Browne (B&W) 4:17.2; 2 H Batstone (Rad) 4:18.7; 3 R Allen (Yate) 4:18.8. **70H:** A: 1 L Evans (Card) 12.1; 2 E Wanklyn (Chelt) 12.3. **4x100:** 1 Swan 57.8. **SP:** A: 1 R Jones (Swan) 9.13

SOUTHERN 1SE, Sutton Valence

U17 men: 100H: A: 1 M Papanicola (B&H) 14.5; 2 J Clark (M&M) 14.9. **PV:** A: 1 J Shackleton (Lewes) 3.30. **LJ:** A: 1 J Clark (M&M) 6.37. **HT:** A: 1 W Cox (Worth) 48.51; 2 E White (Hast) 47.70 **U15:** 100: A: 1 E Lavia (B&H) 11.6; 2 J Seacombe (Worth) 11.9. **200:** A: 1 E Lavia (B&H) 23.8. **4x100:** 1 M&M 49.9. **SP:** A: 1 T Hines (B&H) 12.13

U13: 75H: A: 1 W Milham (M&M) 13.3 **U17 women:** 100: A: 1 J Angus (M&M) 12.3. **200:** A: 1 E Brasington (Worth) 25.9. **300:** A: 1 J Angus (M&M) 41.0. **80H:** A: 1 B Close (B&H) 12.1; 2 K Garland (Hast) 12.2. **4x100:** 1 B&H 51.8. **HJ:** A: 1 K Garland (Hast) 1.60. **HT:** A: 1 N Lee (Lewes) 33.59 **U15:** 100: A: 1 J Salter (M&M) 12.7. **4x100:** 1 M&M 53.5. **PV:** A: 1 L Connor (Lewes) 3.00. **LJ:** A: 1 E Chalmers (Worth) 5.01

U13: 75: A: 1 P Osborne (Worth) 10.4; 2 T Farrell (M&M) 10.5; 3 A Harbour (Hast) 10.5. **B:** 1 S Huxstep (Hast) 10.7. **150:** A: 1 P Osborne (Worth) 19.7; 2 T Farrell (M&M) 20.9; 3 A Harbour (Hast) 21.0; 4 A Anning (B&H) 21.6. **B:** 1 S Huxstep (Hast) 21.1. **800:** A: 1 M Warner (M&M) 2:29.4. **1200:** A: 1 H Cook (Hast) 4:16.5. **4x100:** 1 Hast 57.5. **LJ:** A: 1 P Osborne (Worth) 4.54

SOUTHERN 1N, Bedford

U17 men: 200: A: 1 L Da Silva (St Alb) 22.7. 2 A Davidson (Hill) 22.7. **3000:** A: 1 M Axe (Wyc P) 8:56. 2. **100H:** A: 1 J Kirby (Hill) 14.3. **1500SC:** A: 1 M Axe (Wyc P) 4:24.9. **PV:** A: 1 J Downes (St Alb) 3.40. **JT:** A: 1 C Martin (Herts P) 49.04

U15: 100: A: 1 J Misso (Herts P) 11.9. **200:** A: 1 J Misso (Herts P) 24.0; 2 R Hector (Wyc P) 24.4. **300:** A: 1 J Misso (Herts P) 38.1; 2 H Sutherland (Wyc P) 38.8. **80H:** A: 1 H Sutherland (Wyc P) 12.1. **HJ:** A: 1 L Johnson (Bed C) 1.70. **B:** 1 T Seager (Bed C) 1.70. **PV:** A: 1 T Seager (Bed C) 2.80. **B:** 1 F Johnson (Bed C, U13) 2.50. **SP:** A: 1 H Sutherland (Wyc P) 13.60

U17 women: 200: A: 1 N Tikare (Hill) 25.8. **300:** A: 1 R Osei-Tutu (Wyc P) 41.7. **80H:** A: 1 C Underwood (Bed C) 12.4. **300H:** A: 1 R Miles (Hill) 47.3. **4x100:** 1 Wyc P 52.1. **4x300:** 1 Wyc P 3:03.5; 2 St Alb 3:06.8. **JT:** A: 1 L Head (Wyc P) 35.51

U15: 200: A: 1 C McCarthy (St Alb) 26.3. **800:** A: 1 L Russell (Bed C) 2:16.5. **75H:** A: 1 S Cowler (Herts P) 12.1; 2 H Dark (St Alb) 12.5; 3 N McGuigan (Hill) 12.5. **4x100:** 1 St Alb 53.1 **U13:** 75: A: 1 V Sales (Bed C) 10.5. **150:** A: 1 V Sales (Bed C) 21.0; 2 I Walker (Herts P) 21.1. **B:** 1 C Clarke (Hill) 21.5; 2 M Fielding (Herts P) 21.8. **1200:** A: 1 E McCaffray (Bed C) 4:08.4. **B:** 1 M Reilton (Wyc P) 4:12.7. **4x100:** 1 Herts P 57.4. **SP:** A: 1 N Parcell (Herts P) 10.97

SOUTHERN 2SOUTH, Perivale

U17 men: SP: A: 1 S Mortby (ESM) 13.18 **U13:** 800: B: 1 J West (E&W) 2:14.7 **U17 women:** 80H: A: 1 L Reilly (E&E) 12.3. **4x300:** 1 E&W 3:10.1; 2 E Grin 3:11.9 **U15:** 75H: A: 1 A Beswick (E Grin) 12.2 **U13:** 150: A: 1 A Wright (ESM) 21.7

**MAY 5
NORTH OF ENGLAND LEAGUE
DIVISION 1, Blackburn**

MATCH: 1 City of Manchester 420; 2 Preston 386; 3 Blackburn 357; 4 Wakefield 332; 5 Kingston Upon Hull 310; 6 Holmfirth 252 **Men:** 400: A: 1 D Heald (Sale, U20) 49.6; 2 D Gray (KuH, U17) 50.4. **1500:** A: 1 S Bennett (Prest) 3:58.4. **5000:** A: 1 P Street (Prest) 15:21.8; 2 G Priestley (Salf) 15:22.9; 3 D Watson (Holm, M40) 15:44.0. **B:** 1 D Rigby (Prest) 15:32.1. **110H:** A: 1 J Lancaster (Sale) 15.9. **B:** 1 C Peter-Thomas (B'burn, M45) 17.8.

4:57.83; 7 L Donaghy (Stock H, U15W) 4:57.94

Mixed events: 100: r1: 1 C Dickinson (Sale) 10.96; 4 N Selby (Sale, U20) 11.08. **r2:** 1 M Stevens (Sale) 10.96. **r3:** 3 H Jones (Wig D, W) 11.76. **r4:** 7 K Massey (Sale, W) 12.15. **r5:** 3 K McAslan (Sale, U20W) 12.37. **200: r1:** 1 D Heald (Sale, U20) 22.01; 2 N Selby (Sale, U20) 22.18. **r2:** 5 H Jones (Wig D, W) 23.85. **r4:** 4 K Massey (Sale, W) 24.76; 5 K McAslan (Sale, U20W) 25.05. **400: r1:** 1 R Evans (Stock H) 47.80; 2 R Yates (Traff) 48.07; 3 C Roughneen (Sale, U20) 49.15; 4 S Atkinson (Wake, U20) 49.45. **r4:** 2 S Smith (Wake, U20W) 58.52. **800: r1:** 3 A Howard (O&R, U17) 1:58.95. **r3:** 1 R Ganose (Alt, U20) 1:56.75. **r8:** 3 J Allen (Roth, W) 2:14.02; 4 L Critchley (BWF, U20W) 2:14.10; 5 C Loreda (New M, U17W) 2:17.95. **r9:** 3 J Eyre (Warr, U17W) 2:21.90. **1500: r2:** 1 B Houghton (Donc, U20) 4:03.42; 3 B Everson (Traff, U17) 4:06.81; 4 E Bowker (Vale R, U17) 4:08.71; 7 H Tarver (Wirr, U20W) 4:28.55; 8 A Hetherington (Carl, U17W) 4:30.67; 10 A Mellor (Stoke, U20W) 4:44.08. **r3:** 2 C Jarvis (Stock H, U17W) 4:37.31; 4 R Middleton (Roth, W) 4:44.55; 5 B Owen (Scar, U17W) 4:45.63; 6 K Gerrard (Vale R, U17W) 4:54.09. **3000: r1:** 1 S Horsfield (E Ches) 8:08.47; 2 A Wiles (New M) 8:08.47; 3 S Stokes (Sale, M35) 8:11.25; 4 P Martin (Stock H) 8:12.72; 5 D Worton (Leeds C) 8:21.02; 6 M Barnes (Alt) 8:25.56; 7 C Parr (Gate) 8:26.02; 8 D Selman (Cors) 8:26.40; 9 J Crabtree (Traff, U17) 8:26.63; 10 S Lisgo (Leeds C) 8:29.19; 11 A Nixon (Stock H) 8:29.56; 12 J Bailey (Sale) 8:29.62; 13 T Cornthwaite (N'land) 8:30.98; 16 P Dever (Prest, U17) 8:57.11; 19 M Hulse (Warr, U17) 9:09.29; 20 S Hood (Tip, W) 9:22.84; 24 E Clayton (Bing, W) 9:28.23. **r2:** 1 D Lawton (Traff, U17) 9:16.75; 4 J Lonsdale (KuH, U20W) 9:41.82; 7 K Parry (Leeds C, W) 9:57.90; 9 L Crookes (Leic C, U20W) 9:59.33; 10 P Blake (Chelm, U20W) 10:02.27; 11 T McCormick (Vale R, U20W) 10:04.32;

12 S Hodgson (L&M, U20W) 10:07.69; 14 S Livett (Menai, U20W) 10:10.73; 17 J Parsons (Vale R, U17W) 10:15.74; 18 L Rudd (Stock H, W35) 10:21.87; 20 F Bell (Hallam, U20W) 10:29.57; 24 G Malir (Ilkley, U17W) 10:44.18
Women: HT: 1 J Mirfin (E Ches) 44.61; 2 S Livett (Menai) 40.81. **JT:** 1 T Peters (Sheff) 65.07; 2 B Whipp (Wig D) 52.82
Women: HT: 1 A Simpson (Leeds C) 50.52; 2 J Mayho (Bing, U20) 50.22

CARDIFF & THE VALE OF GLAMORGAN SCHOOLS SENIOR, Cardiff

U20 men: 200: 1 S Gordon (C&V Sch) 22.40; 2 A Da Silva (C&V Sch) 22.48. **800:** 1 E Slade (C&V Sch) 1:55.13. **SP:** 1 M Field (Glam V) 15.45. **DT:** 1 M Field (Glam V) 41.90. **HT:** 1 B Cole (C&V Sch) 50.52; 2 M Field (Glam V) 40.78. **JT:** 1 B Cole (C&V Sch) 50.26
U20 women: HT: 1 T Williams (Glam V) 38.80. **JT:** 1 A Tidball (Glam V) 33.10

HERTFORDSHIRE SCHOOLS COMBINED EVENTS TRIAL, Stevenage

U17 men: Pen: 1 M Schopp (SNH) 2220 (5.49, 20.43, 14.8, 27.10, 5:07.9); 2 D Spicer (SNH) 2159 (5.23, 26.97, 15.6, 22.46, 5:05.8)
U15 boys: Pen: 1 M Price (SNH) 2545 (12.0, 1.68, 12.00, 4.79, 2:25.2); 2 O Boorn (Herts P) 2086 (12.9, 1.47, 9.57, 4.65, 2:27.4)
U17 women: Pen: 1 S Bentley (Herts Sch) 2531 (13.1, 4.29, 27.5, 21.58, 2:44.4); 2 K Miller (Harrow) 2465 (13.4, 5.05, 26.6, 12.71, 2:58.2); 3 L Dewar (St Alb) 2335 (13.2, 4.25, 28.9, 17.83, 2:44.4); 4 M Avontuur (Chelm) 2233 (16.6, 4.26, 28.8, 21.66, 2:35.5)
U15 girls: Pen: 1 J Hoyte (Herts P) 2604 (12.3, 1.62, 8.52, 4.03, 2:51.3); 2 C Day (D&T) 2544 (13.2, 1.47, 8.61, 4.67, 2:47.1); 3 S Cowler (Herts P) 2383 (12.4, 1.41, 7.09, 4.49, 2:50.1); 4 F McQuire (Wat) 2344 (12.8, 1.44, 8.67, 4.20, 2:56.0); 5 R Pickard (SNH) 2324 (12.9, 1.44, 6.07, 4.49, 2:48.4); 6 M

Sandell (Herts P) 2254 (12.3, 1.32, 8.25, 3.99, 2:50.2); 7 E Wood (Herts Sch) 2183 (13.9, 1.26, 6.75, 4.60, 2:42.2); 8 M Springer (Wat) 2137 (14.0, 1.47, 6.63, 3.97, 2:51.4); 9 A Francis (Harrow) 2103 (14.1, 1.53, 6.28, 3.97, 2:58.3); 10 C Brooks (St Alb) 2024 (14.0, 1.20, 9.51, 4.63, 3:11.5); 12 M Huggins (SNH) 2004 (13.8, 1.44, 5.85, 4.11, 3:01.1); 13 E Hack (St Alb) 2004 (14.9, 1.41, 6.34, 3.74, 2:44.4)

APRIL 30 SOUTHERN COUNTIES VETERANS' LEAGUE HANTS/SURREY DIVISION, Portsmouth

HOSTS City of Portsmouth won the women's match partially thanks to some good performances in the 1500m, where former Inter-Counties 800m champion Karrie Blake led home a quality field. *Martin Duff reports.*

With dark rain clouds threatening, Blake, who has just recovered from a life-threatening neck operation, set a good pace from the start, followed by leading W45 Lucy Elliott and highly ranked W40 Sharon Elder.

Maintaining the pace throughout, Blake came home in 4:39.7, Elliott in 4:51.4 and Elder in 4:58.8 as all topped their Power of Ten early-season listings. Speaking after the race, Blake said: "I am trying to get back into it as I had an operation in February to remove a [benign] tumor from my neck."

Portsmouth were also helped by W70 British record-holder Cecelia Morrison, who took the W60 section with 6:34.4 and Elder in W45 Tracy Burrows, who dominated the W35 400m with 63.9.

Men TEAM: 1 Southampton 139; 2 Aldershot, Farnham & District 118; 3 Basingstoke & Mid Hants 115; 4 City of Portsmouth 103; Havant 86; 6 Fleet & Crookham 77; 7 Winchester & District 66; 8 Woking 18

Women TEAM: Portsmouth 149; 2 Winchester 122; 3 BMH 108; 4 AFD 92; 5 Havant 91; 6 Soton 67; 7 Fleet 31

M35 men: 100: A: 2 S Beak (Woking, M45) 12.1. **400: A:** 1 S Beak (Woking, M45) 54.2; 3 D Blackman (Soton, M45) 55.8. **1500: A:** 3 A Hislop (AFD, M45) 4:32.3; 4 M Kwint (Win, M45) 4:34.8. **HJ:** 2 A Waddington (BMH, M50) 1.70

M50: 100: 1 R Watkins (BMH, M55) 12.8; 2 A Leiper (AFD) 13.2. **400:** 1 R Watkins (BMH, M55) 58.0. **1500:** 1 A Other (Unatt) 4:36.8; 2 A Waddington (BMH) 4:40.8; 3 A Other (Unatt) 4:41.9; 4 D Vossler (Win) 4:42.8. **HJ:** 1 A Leiper (AFD) 1.50; 2 M Coker (Soton, M45) 1.45. **LJ:** 3 M Coker (Soton, M55) 4.52. **M60: 1500:** 1 M Renyard (Hard, M65) 5:12.3

W35 women: 100: A: 1 C Dawkins (Ports, W50) 14.5. **400: A:** 1 T Burrows (Ports, W45) 63.9. **1500: A:** 1 K Blake (Ports) 4:39.7; 2 L Elliott (Win, W45) 4:51.4; 3 S Elder (AFD, W40) 4:58.8. **B:** 1 E Rogers (Win, W40) 5:05.0

W50: 100: 1 M West (Over, W60) 15.4. **1500:** 1 L Whitaker (Win) 5:40.9. **HJ:** 1 D Pagan (Fleet) 1.20; 2 T Stephenson (FVS) 1.20. **TJ:** 1 S Pett (BMH, W60) 6.82. **HT:** 1 R Hutton (W'borne, W60) 30.56; 2 C Strode (Havant, W55) 28.42; 3 S Hume (Win, W55) 23.00; 4 K Workman (AFD, W55) 22.89. **JT:** 1 K Workman (AFD, W55) 20.28

W60: 1500: 1 C Morrison (Ports, W70) 6:34.4. **HJ:** 1 M West (Over) 1.10; 2 S Pett (BMH) 1.05

SOUTHERN COUNTIES VETERANS' LEAGUE HERTS & NORTH MIDDLESEX DIVISION, Lee Valley

M35 men: 100: A: 1 R Samuel (Harrow, M45) 11.5; 2 P Benedickter (D&T, M40) 12.1; 3 E Ryan (Harrow, M40) 12.2; 4 M Perry (Barn, M40) 12.3; 5 W McFarlane (E&H, M45) 12.4; 6 H Ricketts (If, M45) 12.6. **B:** 2 P Anastasi (E&H, M45) 12.4. **400: A:** 1 P Benedickter (D&T, M40) 54.5; 3 M Perry (Barn, M40) 54.8. **B:** 1 D Wilcock (Barn, M55) 59.7

M50: 100: 1 S Elikwu (E&H) 12.5; 2 R Allen (Harrow) 12.6; 3 T Holden (Barn) 13.0. **ns:** 1 B Lewis (E&H) 12.3. **400:** 1 M Vassiliou (E&H) 57.3; 2 T Holden (Barn)

58.6. **1500:** 1 D Wilcock (Barn, M55) 4:39.1; 2 D Butler (If, M55) 4:42.2. **LJ:** 1 A Melao (Barn, M55) 5.45; 2 S Elikwu (E&H) 5.35. **DT:** 1 P Ley (E&H) 34.20. **M60: 100:** 1 M Maisey (Herts P) 13.8; 3 A Carter (E&H, M70) 14.9. **SP:** 1 D Ives (D&T) 9.54

W35 women: 100: 1 R Waters (Trent P, W45) 13.9. **400:** 1 S Bourke Dowling (E&H, W45) 65.7. **1500:** 1 J Kent (Barn, W45) 5:07.6. **HJ:** 1 D Jones (Herts P, W40) 1.40

W50: 100: 1 J Saunders-Mullins (E&H, W55) 14.3. **400:** 1 J Saunders-Mullins (E&H, W55) 68.2; 2 B Fee (B&D) 60.6. **W65:** 78.3. **HJ:** 1 E McMahon (E&H, W60) 1.10; 2 A Cowley (Herts P, W60) 1.05. **DT:** 1 E Williams (E&H, W70) 25.10; 2 A Bolitho (Barn, W65) 13.03

W60: 100: 1 E McMahon (E&H) 15.6; 2 B Fee (Barn, W65) 15.9. **DT:** 1 E McMahon (E&H) 19.20; 2 D Copeman (Barn) 16.51

BMC REGIONAL RACES, Durham

Men: 1500: A: 1 R Stephenson (Gate) 3:51.39; 2 M Nicholson (Morp) 3:51.83

Mixed events: 1500: B: 7 A Gibson (Morp, W) 4:26.05. **C:** 3 C Price (Dur, U20W) 4:44.97; 4 S Montgomery (Blay, U17W) 4:47.53; 6 P Stone (M'bro, U15W) 4:49.70; 7 L Turner (Birt, U17W) 4:53.23

APRIL 29 DEVON OPEN MEETING, Braunton
Women: TJ: 1 C Linskill (Sale) 11.86
U15: TJ: 1 E Gubb (N Dev) 10.40

HIPPO FIRST ROUND, Kirkwall

Men: JT: 1 C Cooper (Ork) 55.25
U16 women: JT: 1 T Cant (Ork, U17) 37.14

PETROFAC LEAGUE North Section, Inverness

Men: MATCH: 1 I'nness 393; 2 Ross C 252; 3 Caith 220; 4 Moray 186; 5 Nairn 144; 6 E Suth 119; 7 Elgin 91; 8 Forres 4
Women: MATCH: 1 I'nness 341; 2 Nairn 241; 3 Ross C 218; 4 Caith 173; 5 Moray



Adam Hickey: 3:50 1500m at Watford



Kyle Langford (139): holds off Patrick Taylor for 1:54 at Watford

Wilson wins first Marathon of the North

MAY 6

MARATHON OF THE NORTH, Sunderland

WHEN it comes to finding an attractive venue to run 26.2 miles, Sunderland would not be top of most people's list, writes Jason Henderson.

This cold, industrial city in north-east England is not known for its scenery or sights. Yet the inaugural marathon together with a 10km and children's races proved a big success.

Much of this was down to glorious sunny weather, combined with cool temperatures, which led to ideal marathon conditions. It was the kind of weather the rainswept Manchester and Milton Keynes marathons on the previous weekend had been denied and it left the estimated 1700 marathoners and organiser Steve Cram, with a big smile – and even a touch of sunburn in a few cases.

Local paper the *Sunderland Echo* blasted: "Runaway success!" on its cover and "Marathon first is big winner" among eight pages of coverage. It was justified praise and will have delighted the main sponsor redspottedhanky.com. Not to mention Sunderland FC, whose home ground – the Stadium of Light – proved an ideal venue for both the start and finish.

The Jarrow Arrow, of course, is a lifelong Sunderland supporter. He cut his teeth in big-event organisation with the nearby Kielder Marathon, which was first held in October 2010. He ran the inaugural Kielder event, too, but last weekend was too busy organising and there were stories of him being at the heart of almost every decision as he coordinated his team, which included big names like Charlie Spedding and Sally Gunnell.

A man of high standards, Cram will also know that this was merely a modest marker ahead of 2013. The winning time in the marathon was a slow 2:43:31 and the average standard was shown by the fact a 59-year-old placed third.

Indeed, the accompanying 10km event was a higher standard, with



The inaugural marathon proved popular with 1700 running

Yared Hagos – an Ethiopian running for Wallsend – winning in 30:46 ahead of Scottish international Derek Hawkins, with local legend Ian Hudspith third, followed by Sunderland Harriers' Kevin Calvert and Brian Rushworth – the latter now aged 49.

Alyson Dixon, who a fortnight earlier had run 2:35:46 in the Virgin London Marathon, cruised to the women's 10km title in 37:05.

Given that May 6 was the anniversary of Roger Bannister's first sub-four minute mile, it was also appropriate that a McCain development mile race was among the young athletes' races. This went to

Cameron Boyek, who won in 4:18.

The blue riband race, however, was the marathon and Paul Wilson was delighted to take victory in his first 26-miler. The Hartlepool Harrier was always in control and beat Andrew Pearson of New Marske Harriers by three minutes with M55 veteran Ian Bloomfield – a former 2:17 man – embarrassing his younger rivals with bronze in what was his 59th marathon.

The women's marathon was won by Susanne Hunter of Blyth in 3:24:53. This was not a particularly slow course, though, and the unspectacular winning times should not discourage local runners looking for a PB in 2013.

There were a few gentle undulations and twists to negotiate, but there were also long stretches where runners could get into their stride along the seafront at Hendon and Seaburn, plus landmarks like Wearmouth Bridge.

In all, the "Run Sunderland" weekend enjoyed a flying start and could grow to rival the similar events that already take place in other parts of the country.

Overall: 1 P Wilson (Hart) 2:43:32; 2 A Pearson (New M, M40) 2:46:30; 3 I Bloomfield (CleS, M55) 2:51:25
M45: 1 P Redman (Sun) 2:54:40
Women: 1 S Hunter (Blyth, W45)

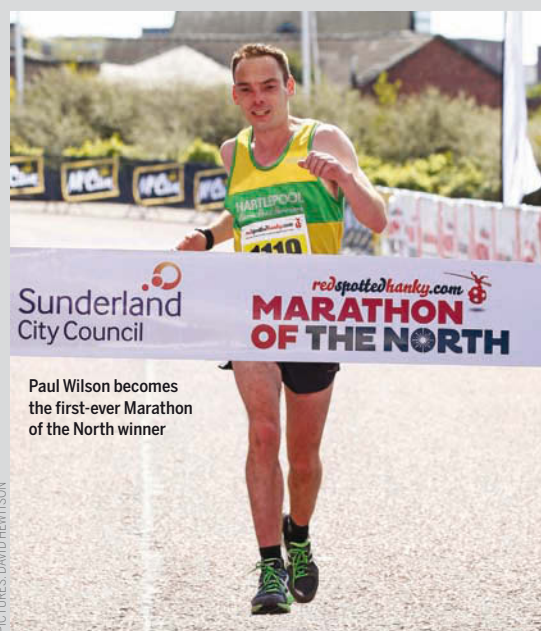
3:24:53; 2 C Young (Clare) 3:25:37
W50: 1 F Shenton (Elv) 3:28:48; 2 A Soulsby 3:30:37
W55: 1 C Phinn (New M) 3:32:26

SUNDERLAND CITY 10km

Overall: 1 Y Hagos (Walls) 30:46; 2 D Hawkins (Kilb) 31:00; 3 I Hudspith (Morp, M40) 31:33; 4 K Calvert (Sun) 33:04; 5 B Rushworth (Sun, M45) 34:16; 6 P Duffy (Crook, M35) 34:49; 7 G Moore (NSP, M40) 34:57
M70: 1 J Alder (Morp) 42:05
Women: 1 A Dixon (CleS) 37:05; 2 S Rogers (Walls) 38:25; 3 M Holt (Sun) 39:53
W50: 1 I Hope (Sun) 42:30



The race started at the impressive Stadium of Light



Paul Wilson becomes the first-ever Marathon of the North winner

PICTURES: DAVID HEWITSON

ROAD

MAY 7

BELFAST CITY MARATHON, Belfast
RECORDS tumbled for the second successive year.

Ethiopia's Urga Negewo returned to the event he won two years ago to repeat his 2010 feat – and this time knocked more than a minute off the record, striding home on a wet and windy morning in 2:13:41.

Defending champion Joseph Chesire, who set a new Belfast record last year, could only manage third place in 2:18:09 behind fellow Kenyan David Kipserem Kisang (2:15:57).

The first local runner home, in 2:29:43 and eighth place, was M50 Tommy Hughes, who was the last Northern Ireland athlete to win in Belfast, back in 1998.

The women's race was won by another Kenyan, Alice Chelangat, who also set a record of 2:39:02, shaving 20 seconds off that set by Marashet Jimma in 2008.

Russia's Yelena Kozhevnikova was the second woman home in 2:42:10, followed by Wioletta Kryza of Poland, in 2:43:57.

Overall: 1 U Negewo 2:13:41; 2 D Kisang 2:15:57; 3 J Chesire 2:18:09; 4 A Suffo 2:18:45; 5 F Sittuk 2:21:44; 6 P Ngeny 2:28:16; 7 K Wilson (Cambus, M40) 2:29:10; 8 T Hughes (Leic C, M50) 2:29:43; 9 S Kerr (Kirk O, M40) 2:29:53; 10 S Tonui (KEN) 2:30:03; 11 T Hogan (IRL) 2:33:42; 12 S Scullion (NBH) 2:34:34; 13 M Conroy (Swan) 2:34:57; 14 M Roberts (M40) 2:35:13; 15 C O'Connell (M45) 2:35:48; 16 A Chelangat (W35) 2:39:02; 17 R Turkington (Armagh, M35) 2:39:10; 18 Y Kozhevnikova (W35) 2:42:10; 19 A Considine (NBH, M35) 2:42:54; 20 W Kryza (W40) 2:43:57; 21 D O'Callaghan 2:44:09; 22 M Fitzpatrick (M40) 2:44:43; 23 D Brady (NBH, M45) 2:46:05; 24 M McCarthy (M50) 2:46:07; 25 D Erwin (M40) 2:47:19; 26 J Graham 2:47:29; 27 P Bangani (Scun, M35) 2:48:08; 28 A Duffield 2:48:25; 29 J Charlton (M40) 2:48:39; 30 D Duffy 2:48:40; 31 B Campbell 2:49:43; 32 M Gibbons 2:49:51

M45: 3 D Pimentel (Sper) 2:50:55; 4 J Turtle 2:53:02; 5 W Thompson 2:55:31; 6 M McLaughlin (Omagh) 2:55:58; 7 C Mcguigan 2:56:04; 8 S Crawford 2:56:09; 9 C Murray 2:56:58. **M50:** 3 N Connor (Ballym R) 2:56:59. **M55:** 1 G McClure 3:09:23

Women: 1 Chelangat 2:39:02; 2 Kozhevnikova 2:42:10; 3 Kryza 2:43:57; 4 S Crombie-Hicks (Bourt, W40) 3:01:45; 5 E McGovern (W35) 3:03:56; 6 F Stack 3:05:02; 7 R Hughes 3:10:36 **W55:** 1 M Jennings 3:33:14. **W65:** 1 B Quinn 4:25:45

BLAISDON BLUEBELL 10km, Gloucester

Overall: 1 H Bishop (Sev, U17) 36:01; 2 J Mansfield (Tewk, M40) 36:35; 3 S Hale (Sev) 36:52
M45: M Keeling (Sev) 37:03; 2 J Mower (Glos) 37:06. M55: A Norman (Sev) 39:10

TEAM: 1 Severn 32; 2 Tewkes 70
Women: 1 D Evans (Glos, W50) 47:14; 2 K Browning (Durs, W40) 47:20

CARMARTHEN MAYORS 5km, Carmarthen

Overall: 1 J Morris (Amman) 17:14; 2 M Evans (TROTS) 17:45; 3 J Tremlett () 18:06
Women: 1 C Cleathero (TROTS, W35) 20:08; 2 E Goodwin-jones () 20:09
W45: 1 D Reed (Gorseinon 3ms) 20:33.
W50: 1 L Eynon (TROTS) 21:45

CHALGROVE FESTIVAL 10km, Chalgrove

Overall: 1 R Gill (Uk net) 35:21; 2 F Fulcher (Handy C, M40) 35:42; 3 G Hope (Kid) 36:34
M60: 1 R Treadwell (Oxf C) 39:08
Women: 1 C Abesser (Head, W35) 41:03; 2 K Cherry (Thame) 41:36
W50: 1 S Wolanski (Head) 44:42

PEDNOR 5, Chesham

Overall: 1 T Beedell (WG&EL) 27:14; 2 C May (VoA) 27:39; 3 E O'Gorman (Chilt, M35) 28:08
Women: 1 S Amend (Belg) 29:41; 2 A Young (Chilt, W35) 32:42

PRESTON GUILD 5km, Preston

Overall: 1 T Carson (Bolt, U20) 15:37;

2 D Rigby (Prest) 15:48; 3 R Affleck (Prest, M40) 16:24

M40: 2 G Butler (Prest) 16:31. **M55:** 1 K Hesketh (Prest) 18:47. **M60:** 1 A Appleby (Prest) 19:48
Women: 1 G Adams (Prest) 19:17; 2 J Goorney (Wesh, W40) 19:19
W50: 1 G Kinloch () 21:46. **W55:** 1 M Hesketh (Prest) 20:47. **W70:** 1 M Wilkinson (Clay) 27:54

PRESTON GUILD JUNIOR 5km, Preston

Overall: 1 J Ellis (Prest, U17) 17:53; 2 K Judd (Prest, U17) 17:56; 3 S Newcombe () U17 20:12
Women: 1 R Chrystie-Lowe (Stock H, U17) 21:56; 2 R Sidebotham (Wig D, U13) 23:12

SHINFIELD 10km Reading, Berkshire

Overall: 1 M Hiscott (M'head) 32:13; 2 G Bowles (Datch) 33:59; 3 D Lee (Datch) 34:10; 4 T Stevens (Datch) 34:26; 5 N Wojek 34:35
M40: J Sherman (Read RR) 35:20.
M50: P Daines 37:25. **M70:** A Wadham (ATC) 48:53
Women: 1 L Hartney (Read RR, W45) 38:01; 2 J Perrin (Read RR, W40) 38:24; 3 I Menzies (Army) 38:39; 4 H Swayne (M'head, W40) 39:45; 5 R Phillips (Read) 39:50
W50: K Anderson 42:36

TATA STEEL CARDIFF BAY 5, Cardiff

Overall: 1 M Hobbs (Swan) 25:38; 2 C Carpanini (Newp, U20) 25:49; 3 A Humphries (Swan) 26:51
M40: 1 S Simms (Fair W) 27:20. **M55:** 1 M Rees (Swan) 28:02
Women: 1 A Whitcombe (Swan, W40) 28:20; 2 H Lawrence (Taun) 30:00; 3 S Wilder (San D) 31:25
W50: 1 J Brace (B'end) 34:08. **W55:** 1 T O'brien 36:19

TEES BARRAGE 10km, Thornaby on Tees

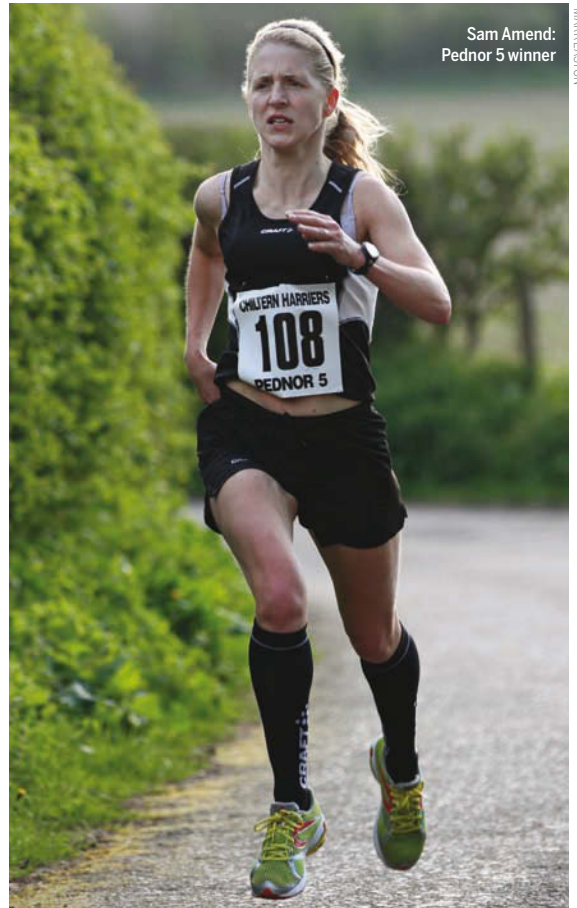
Overall: 1 M Scott (R&Z, U20) 32:38; 2 M Burrett (Leeds C, M35) 32:44; 3 P Lowe (NYks M, M40) 32:47; 4 A Chadfield (Bill MH, M35) 34:38; 5 G Grounds (Bill MH, M40) 34:57; 6 C Rumsey (M&C) 34:58
M45: 1 M Lamb (Hart) 35:26. **M50:** 1 M Gamble-Thompson (New M) 35:13.
M75: 1 I Barnes (Darl) 48:09
Women: 1 K Simpson (Dur) 40:11; 2 L Warren (Bella H) 41:16
W45: 1 L Noble (Darl) 42:11. **W55:** 1 L Valentine (Sun S) 45:09; 2 P Costello (Redc) 45:18. **W65:** 1 S Gibson (Darl) 47:07

THORNBOROUGH 10 Milton Keynes, Bucks

Overall: 1 T Whitlock (Eynsh, M55) 59:55; 2 J Millen (Tring RC) 60:19; 3 P Phillips 63:39
Women: 1 D Bridges (Eynsh, W40) 70:46; 2 E Wise 75:34

WHITSTABLE 10km, Whitstable, Kent

Overall: 1 J Adams 32:11; 2 O Laws (NEB) 32:52; 3 A Lowther (M&M) 33:37; 4 M Smrcka (Rican, M50) 33:53; 5 C Jones (Ashf D, M35) 34:30; 6 T Bately (Deal TC, M50) 34:59
M40: 1 D Coleman (Deal TC) 35:05.
M70: 1 M Conway (Inv EK) 47:02
Women: 1 T Oldershaw (Padd W, W40) 37:23; 2 L Weeks (Inv EK) 38:35; 3 N Groom (Larkf) 39:26; 4 S Hawkins (M'stone, W45) 39:41; 5 L Crow 39:53
W55: 1 P Halstead (Dartf) 46:53. **W60:** 1 S James (Padd W) 45:47



Sam Amend:
Pednor 5 winner

MARK EASTON

MAY 6

GRAND EAST ANGLIA RUN 10km, King's Lynn

Overall: 1 T Geremew (ETH) 30:18; 2 Z Kihara (Bir) 30:46; 3 S Smith (C&C, M35) 31:16; 4 S Robinson (Bedford C) 31:34; 5 A Mussett (Col H, M40) 31:41; 6 J Pike (NEB, M35) 32:07; 7 D Rogers (Norw, U20) 32:57; 8 J Herbert (Nene V, M40) 33:03; 9 M Salt (C&C, M40) 33:05; 10 C Merrylees (N Norf) 33:17; 11 N Beer (C&C) 33:56; 12 J Cordwell (VP&TH, M35) 33:59; 13 D Bettinson (Camb T, M35) 34:27; 14 S Barnes (Newb, M40) 34:29; 15 G Proctor (B&B, U20) 34:39; 16 K McMorran (Bung, U17) 34:41; 17 M Tuff (Ryst, M45) 34:53; 18 S Pettit (Ely, M45) 34:57
M40: 5 J Ashford (Norw) 35:24. **M50:** 1 F Silva 35:11; 2 D Randall (Chelt) 36:27.
M60: 1 M Yeomans (Norw RR) 40:23.
M65: 1 J Hayes (N Norf) 42:43. **U20:** 3 M Rogers (Norw) 35:22; 4 S Atterwill (Dere) 35:51
Women: 1 B Proctor (AFD) 35:40; 2 M French (Ryst) 37:15; 3 T Jordan (S mkt) 37:16; 4 M Neal (March, W35) 37:21; 5 A Smith (Norw RR, W35) 39:34; 6 Z Shackleton (Ely) 39:39
W40: 1 M McKay (W Norf) 40:30; 2 C Wakefield (Ryst) 41:01. **W50:** 1 J James (Slea) 43:16; 2 A Bradbury (Ryst) 44:06. **W55:** 1 Y Parker (RRC) 47:00.
W60: 1 P Sparrow (Bespak) 49:56.
W75: 1 A Martin (Wym) 53:51

GREAT WEST HALF MARATHON, Exeter

SHAUN ANTELL maintained his unbeaten spell over half-marathons this year with an emphatic victory, Kevin Fahey reports.

The Barnstaple baker made his decisive move at nine miles to finally shrug off defending champion Tom Merson, who had predicted that he could run out of steam at that point as

he continues his comeback from injury.

In contrast Antell can't put a foot wrong on the west roads at the moment and this latest victory comes on top of triumphs in the Bideford and Yeovil halves, the latter in a personal best and course record time of 70:35, plus success in the Plymouth Hoe 10 and a big PB of 31:43 in the Yeovil Easter Bunny 10km last month.

"It was around nine miles that I made my move and that is the strongest I have felt in all of my half marathons this year," said Antell.

"I was particularly pleased with that as I have not trained that well in the past couple of weeks so I wasn't really sure what shape I was in. But on the day I felt okay and after the initial group of four got away it was soon left to just Tom and myself."

Merson just didn't have it in his legs to go with Antell when he surged clear and he dropped back to finish almost a minute behind in second with Cirencester AC's David Bell third.

Antell's winning time of 70:38 was just three seconds off his recent best and considering that both courses aren't considered the fast a sub 70 clocking may be in the offing for the Bristol & West AC runner.

Already victorious in the Taunton half and the Bampton to Tiverton 7 this year Vicky Pincombe had little trouble in clinching another victory in the women's race as she finished more than eight minutes ahead of the field. **Overall:** 1 S Antell (B&W) 70:38; 2 T Merson (SWRR) 71:28; 3 D Bell (Ciren) 73:20

M45: 1 D Wilkenson (Exe) 76:35. **M60:** 1 G Webster (Lyth) 86:27; 2 S Mead 88:38

Women: 1 V Pincombe (W35) 82:13; 2 B Popperwell (Mile H, W35) 91:08
W55: 1 K Cook (SWRR) 93:43



Marc Scott (in red):
Tees Barrage 10km
winner

COLIN EDWARDS



Ben Mounsey:
winning the Bluebell
Trail race at Halifax

STEW BARTONSON

**SPRINGBURN CANAL BANK 5km,
Bishopbriggs, Glasgow**
Overall (all Spring): 1 S Partyka 18:15;
2 T Doctor 20:14; 3 M McGill 21:05
M40: G Allerdyce 21:22
Women: 1 B Knox (W35) 21:34; 2 C
Brownlee 22:16; 3 E Ryan 24:31

APRIL 29
**ARLINGTON COURT CANTER 10km
Devon**
Overall: 1 J Ward (Bide, M40) 37:35;
2 D Cutler (S Molt) 38:57; 3 M Ayre (N
Dev) 39:49
M45: T Vesty (N Dev) 41:37. **M50:** M
Hales (N Dev) 42:58. **M55:** J Shapland
(N Dev) 41:49
Women: 1 V Skelton (N Dev, W40)
45:46; 2 V Crosbie (unatt, W40) 45:55

HOUGHTON 11km TRAIL RACE
Stockbridge, Hampshire
Overall: 1 M King (Win) 41:39; 2 B
Moore 43:39; 3 M Tanner (Soton, M40)
44:40
Women: 1 K Coltart (Broughton) 49:49;
2 M Hall (Totton) 54:12

FELL

MAY 7
COINERS, Mytholmroyd
Overall (12.2km/405m): 1 A Lamont
(Macc) 52:23; 2 C Miller (Harr) 52:31; 3
C Smale (Bing, M45) 53:13
TEAM: 1 Calder V 22; 2 P&B 33; 3
N'bury 64
Women (all Calder V): 1 H Fines 61:24;
2 A Johnson 62:58; 3 G Sugden 62:59
TEAM: 1 Calder V 6; 2 Abbey R 23

MAY 6
GREAT HAMELDON HILL RACE,
Accrington
Overall (6M/1100ft): 1 B Taylor (Ross)
38:14; 2 S Chew (Wharf) 39:34; 3 C
Holmes (Wharf) 40:09
M40: A Stubbs (Clay) 40:51
M45: 1 Wharf 10; 2 C Ross 30; 3 Clay 35
Women: 1 A Green (K&C) 44:14; 2
B Taylor (B'burn, U20) 46:06; 3 L
Hesketh (Clay) 48:24
TEAM: 1 Clay 14; 2 Traw 37; 3 Wharf 52

MAY 5
CAKE RACE, Diggle
Overall (8.5M/1700ft): 1 J Williams
(Calder V) 66:55; 2 C Bishop (Sadd,
M40) 67:14; 3 P Green (Sale, M40)
67:36
Women: 1 S FOX (Sadd, W40) 82:08; 2
L Davison (W End) 84:30; 3 B Penrose
86:15

CONISTON
Overall (9M/3500ft): 1 R Hope (P&B)
69:31; 2 L Taggart (Dark Pk, M40)
69:49; 3 B Bardsley (B'dale F) 70:56
TEAM: B'dale F 47
Women: 1 L Adams (B Combe) 83:21; 2
S Newman (Calder V, W50) 86:49; 3 S
Taylor (Bing) 87:56
TEAM: B Combe

SLIEVE DONARD, Iniscarn
Overall (5.5M/840m): 1 A Annett
(Mourne) 55:37; 2 S Cunningham
(Mourne) 56:42; 3 Deon McNeilly
(Newc W, M45) 56:58
Women: 1 C Largey (FERMO) 64:56;
2 S O'Kane (Lagan, W40) 68:15; 3 D
Wilson (Lagan, W40) 70:30
TEAM (M&W): 1 Mourne 11; 2 Newc
NI 14

PENDLE CLOUGHS,
Downham
Overall (14M/3900ft): 1 T Brunt
(Holm) 2:04:20; 2 A Brown (Clay)
2:04:39; 3 S Chew (Wharf) 2:10:32

Women: 1 C Life (Clay, W45) 3:21:08;
2 J Haworth (Ross, W45) 3:22:02; 3 K
White (Royt R) 3:22:59

STUC A'CHROIN, Strathyre
Overall (22km/1600m): 1 P Prasad
2:10:34; 2 C Mattocks (HBT) 2:24:15; 3
S Whittie (C'thy, M40) 2:26:02
Women: 1 A Mudge (C'thy, W40)
2:28:36; 2 S O'Neil (HBT) 2:35:38; 3 C
Gordon (HBT) 2:51:51

MAY 2
FLOWER SCAR, Todmorden
Overall (4M/1400ft): 1 T Ellis (Calder
V) 29:33; 2 J Stevens (Calder V, M40)
31:24; 3 A Wrench (Tod, M45) 31:30
Women: 1 L Jeska (Tod) 31:58; 2 H
Fines (Calder V) 34:54; 3 S Sarginson
(Bowl, W40) 37:11

CARLTON CHALLENGE, Stokesley
Overall (5M/850ft): 1 J Bulman (N
Marske, M40) 33:52; 2 C J Taylor (Esk
V) 34:41; 3 N Barber (Pennine) 36:02
TEAM: Loft 46
Women: 1 K Neesam (N Marske, W40)
42:41; 2 N Kent (Loft, W40) 43:35; 3 E
Towers 50:00
TEAM: N Marske 27

LOTHERSDALE, Skipton
Overall (3.6M/600ft): 1 J Hall (Wharf,
U16) 23:12; 2 B Pinder (Skip) 23:36; 3 G
Hird (Wharf) 24:40
U18: S Hagger (Wharf) 24:52
U16: 2 B Johnstone (Wharf) 27:27
U14: 1 J Lund (K&C) 25:49; 2 M Merrick
(Bing) 27:28; 3 J Newbold (Wharf)
27:30
Women: 1 E Lambert (Wharf, U14)
29:43; 2 D Hagger (Ilkley, W40) 31:01; 3
K Hall (Wharf) 32:06
U14: 2 V Merrick (Bing) 32:32; 3 H
Thom (K&C) 34:09
**U12 (1.5M/300ft approx, gender not
declared):** 1 A Stewart (Bing) 12:10; 2
L Hargreaves (Wharf) 12:32; 3 E Brett
(K&C) 12:52

DOCKRAY-HARTSIDE
Overall (6.2M/2625ft): 1 C Bell
(Howg) 47:44; 2 P Davies (B'dale F,
M40) 47:59; 3 T Gibbs (Amble) 51:12
Women: 1 K Bridge (Eden, W40) 65:34;
2 O) 69:39; 3 W Dodds (W60) 70:04; 2
A Armstrong (Kesw) 66:31; 3 L Harris
(Pennine) 66:50

TIGER'S TODGER, Dronfield
Overall (6M/850ft): 1 M Tuckett (Dark
Pk) Nothrup (Dark Pk) 34:43; 3 A Smith
(Hallam) 34:58
Women: 1 L Gibson (Totley) 38:13;
2 P Wilkie (Dark Pk, W40) 41:42; 3 J
Featherstone (Totley) 42:13

APRIL 25
PENTYRCH, Cardiff
Overall (7M/1600ft): 1 H Aggleton
(Card Harf) 47:31; 2 G Green (San D)
48:23; 3 K Christeu 48:41
Women: 1 N Morgan (Chep, W45)
57:35; 2 M Coultas (N'bury) 58:12; 3 K
Vaughan (O'door F, W40) 58:32

APRIL 24
PEN DINAS, Nant Peris
Overall (1.5M/1000ft): 1 N Jones (Col
B, U18) 27:09; 2 M Fortes (Eryri) 27:25;
3 J Bacon (Eryri) 27:38
U16: L Bennett (Mercia) 31:04
Women: 1 B Law (Eryri) 34:16; 2
A Thomas (Eryri, W40) 35:12; 3 C
Jellyman 36:01
U16: B Jenkinson (Eryri) 38:18
U14: R Cain (Mercia) nt
U14 women: S Drummond
U12: K Forrest (Mercia)
U12 women: C Vaughan (Col B)

APRIL 15
ANNAN FOREST 10, Black Esk
Overall (all Annan): 1 A Render
67:03; 2 A Kennedy (M40) 71:40; 3 J
Buchanan (M70) 80:10
Women: 1 L Hopper (W45) 81:55; 2 J
Priestley (W50) 83:00; 3 N Kennedy
(W40) 91:39

APRIL 14
SCREEL, Palnackie
Overall (4M/1300ft): 1 D Parrish
(Dumf) 28:53 (rec); 2 S Winter (Shett)
29:54; 3 A Davis (C'thy, M40) 30:26
M50: A Smith (Dees R) 30:47
Women: 1 E Wardlaw (HBT) 34:11; 2 C
Gordon (HBT) 34:13

APRIL 11
NEWTYLE, Dunkeld
Overall (7.5km/280m): 1 R Simpson
(Dees R) 27:04; 2 N Barrable (Ton)
30:49; 3 B Bonnyman (W'lands CC,
M40) 30:55
Women: 1 S O'Neil (HBT) 32:44; 2 M
McCracken (HBT) 33:52; 3 E Wardlaw
(HBT) 34:13

LOUGHRIGG, Ambleside
Overall (4M/1000ft): 1 C Bell (Howg)
27:35; 2 K Colinson (Eden R) 28:42; 3 S
Swarbrick (Bowl) 29:38
Women: 1 L Adams (B Combe) 30:11;
2 J Jackson (C'thy, W40) 36:43; 3 K
Bridge (Eden R, W40) 37:03

TODD CRAG JUNIOR RACES,
Ambleside
U14 (3km/150m, all Helm H): 1 C
Richards 15:02; 2 N Senior 18:37; 3 H
Murray (W) 18:42
U14 women: 1 Murray 18:42; 2 M
Senior 19:45; 3 G Stevens 20:12
U12 (2km/120m): 1 J Aubrey (Helm H)
10:30; 2 A Thorpe (Broughton) 11:23; 3
S Atkinson (Helm H, W) 11:32
U12 women: 1 Atkinson 11:32; 2 I
Burrow (Helm H) 11:39;

HILL AND DALE SERIES,
Castellawan
Overall (5M/1200ft): 1 J Steede
(B'mena) 33:14; 2 Deon McNeilly
(Newc NI, M45) 33:36; 3 A Annett
(Mourne, U20) 33:48
Women: 1 S O'Kane (Lagan, W40)
40:07; 2 C Largey (Fermo) 41:13; 3 G
Wasson (Springwell) 42:12
(W40) 44:34
U16 women: 1 Ellie Crownshaw 16:09; 2
Eve Crownshaw 16:39

MAY 7
**PEDNOR 5 (Inc BUCKINGHAMSHIRE
CHAMPS), Chesham**
Men: 1 F Reif (Ilf, M50) 41:52; 2 S
Uttley (Ilf, M50) 44:19; 3 P Ryan (Ilf,
M55) 44:19; 4 S Allen (Barn, M55)
45:32; 5 J Ralph (E&H, M55) 46:32;
6 H Middleton (E&H, W45) 47:38; 7 K
Vallis (Alton, M45) 50:33; 8 M Harran
(Herne H, M70) 51:04; 9 C Flint (Sy WC,
M65) 51:22; 10 S Pender (E&H, M55)
52:13; 11 A Roberts (VoA, M45) 52:26
; 12 L Scrivens (Worc, M65) 54:50; 13
F Bishop (Woking, W50) 54:59; 14 R
Powell (E&H, M75) 55:52
Women: 1 H Middleton 47:38; 2 F
Bishop 54:59; 3 N Grimsey (E&H,
W55) 57:58

MAY 6
**SARNIA 3km WALK, Les Amarreurs,
Guernsey**
Handicap: 1 E Watson (IOMVAC, W60)
20:26 (20:26 actual); 2 J Le Noury
W50 21:24 (19:54); 3 P Lockwood 21:27
(14:57)
Fastest: Lockwood 14:57; 2 S Le Noury
15:09

**HALIFAX BLUEBELL 10.3,
Halifax**
Overall: 1 B Mounsey (Stainl) 65:00;
2 M Fowler (Wilm, M45) 66:53; 3 J
Sharkey (B'mth) 67:16; 4 C Walker
(P&B, M40) 67:38; 5 M Hatch (Sale,
M35) 68:35; 6 P Smith (Holm) 69:17;
7 R Edwards (Sale) 69:40; 8 M Hyde
(Stad R) 70:05; 9 S Nolan (Horw, M50)
70:26; 10 G Rowlinson (Sale, M45)
70:51
Women: 1 S Brown 74:34; 2 C Cox
(Unatt) 76:06; 3 L Thompson (Stainl)
78:43; 4 D McVey (Wilm, W35) 80:42; 5
C Farrow (Ilkley, W35) 82:22
W50: 1 L Fisher (Burn RR) 87:55

MAY 4
**GWR TOWPATH SERIES 10km
Ashton, Bristol**
Overall: 1 A Buckingham (T Bath, M40)
33:37; 2 P Woodward (B&W) 35:07; 3
T Britton (GWR) 35:08; 4 S O'Halloran
35:49; 5 A Cooke (B&W) 36:08; 6 J
Clark 37:06
M50: K Ham (W'bury) 38:22. **M60:** T
Portus 42:16. **M70:** N Coupe (Nailsea)
49:00
Women: 1 A Grainger (B&W) 37:46; 2 E
Nuttall (Nailsea) 43:19

**POOLE RUNNERS' SUMMER 3.5M
Upton Country Park,
Poole, Dorset**
Overall: 1 A Smith (Poole R, U20)
19:18; 2 D Mulryan (Poole R, U20)
19:19; 3 M Grist (Poole R, M45) 19:47;
4 R Kellaway (Poole, M45) 20:12; 5
R Skinner (Poole, M40) 20:25; 6 S
O'Herlihy (Poole) 20:33
M40: 2 G Miller (B'mth) 21:01. **M50:**
S Hayter (Poole R) 22:23. **M55:** 1
M Lascelles (M Newton) 21:33; 2 H
Murray (Purb) 21:35. **M65:** I Barnes
(Poole R) 22:53
Women: 1 L Lascelles (M Newton, W45)
22:34; 2 B Griffith (Poole R) 22:35; 3 J
Dominye (Poole R) 22:45
W55: H Ambrosen (Poole R) 26:37.
M60: E Sherwood (Poole R) 27:53
U15 Overall (1M approx): 1 R Gooper
(Poole R) 4:43; 2 H Osborne 5:01; 3 B
Bickell (Poole R, U13W) 5:09
Girls: 1 B Bickell (Poole R, U13W) 5:09;
3 L Anderson (Poole R, U13) 5:30

MAY 3
**NEWMARKET JOGGERS' HEATH
RACE**
Overall (6km approx): 1 M Ferouzi
(Camb Tri) 18:56; 2 J Shaw (New J)
18:59; 3 M Harvey (New J) 19:15; 4 C
Balmer (Ryst) 19:17
M45: D Aguilar-Agon 21:20. **M50:** N
Coates (Saff) 21:52. **M60:** J Stocker
22:33
U17: M Bartrum (W Suff) 20:31
Women: 1 G Godward (Orp) 23:37; 2 R
McKee (BRS) 25:08
W45: W Jones (St Ed) 25:16

MAY 2
**STRATHKINNESS TO BLEBO
CRAIGS 4.5,
Strathkinness**
Overall: 1 Z Delaney (Fife, U20) 24:51;
2 C Russell (Fife, M40) 25:16; 3 N
Graham (St And U) 25:35
Women: 1 M Windram-Geddes (Fife)
28:55; 2 S Jack (Fife) 29:07

MAY 1
**SKRUNCE, South Kirkhill nr
Aberdeen**
**Overall (3.75M/400ft, all
Cosmic):** 1 K Harper 23:29; 2 R
Borrrkes 24:32; 3 J Mitchell 24:35
M50: A Smith (Dees R) 25:52
U17: S Chepelin 24:55
Women: 1 S Mackenzie 30:23; 2 L
Delaney 31:33; 3 A Hamilton (W50)
31:52

**EHH SPROATLEY 6,
Sproatley**
Overall: 1 S Bateson (E Hull, M35)
31:11; 2 G Clarkson (KuH) 33:03; 3 G
Young (CoH) 33:10; 4 N Hellewell
(Brid, M35) 33:58; 5 J Kirkup
(E Hull) 34:04; 6 M Hargreaves (E
Hull) 34:08
M40: 1 M Williamson (Horn) 35:34.
M50: 1 M Dalton (Bev) 35:54.
M65: 1 K Horn (With) 42:57; 2 R Eyre
(Brid) 44:50
Women: 1 B Jackson (E Hull, W50)
38:45; 2 D Gloyne (E Hull) 39:35; 3 K
Watt (Brid) 40:18
W45: 1 J Cunningham (E Hull) 41:42.
W55: 1 J Potter (Brid) 42:56. **W60:** J
Allison (Brid) 45:21

PARKRUN

MAY 5

Parkrun 5km

Leading age-graded

Bushy Park: J Davies 21:07 W60 94.57%
Newbury: S Bowers 16:31 W35 91.58%
Middlesbrough Albert Park: S Gibson 22:42 W65 90.64%
Slough: C Donald 19:22 W50 89.90%
Hull: J Morley 21:11 W55 89.04%
Swindon: I Reade 16:28 M45 87.45%
Strathclyde: D Thom 17:09 M50 87.40%
Sheffield Endcliffe Park: D Kesterton 22:02 W60 86.81%
Belfast Victoria Park: T Eakin 18:51 M60 86.60%
Dulwich: T Tuohy 16:54 M45 86.57%
Edinburgh Silverknowes: Y Crilly 19:23 W50 86.49%
Belfast Waterworks: J Newberry 18:34 M60 86.38%
Glasgow Pollok Park: J Thomson 19:00 W45 86.17%
Bramhall: R Downs 16:51 M45 86.14%
St. Albans: J McMurray 15:43 U17M 85.95%
Manchester Heaton Park: D Lockett 16:39 M45 85.82%
Bolton: A Oliver 26:52 W70 85.67%
Edinburgh Silverknowes: R Marshall 19:15 M60 85.56%
Pontefract: L Leggett 20:38 W50 85.47%
Strathclyde: R Gray 17:26 U13M 85.30%
Strathclyde: F Hurley 18:39 M55 85.26%
Bedford: E O'Sullivan 20:11 W50 85.17%
Bramhall: M Fowler 17:12 M45 85.06%
Poole: D Cartwright 19:22 M60 85.05%
Strathclyde: G Sheldon 15:53 U20M 85.04%
Cardiff Blackweir Park: D James 17:58 M50 84.82%
Glasgow Pollok Park: A Chisholm 18:20 M55 84.53%
Bolton: S Nolan 17:44 M50 84.53%
Bedford: C Wright 21:43 W55 84.50%
Gunnersbury Park: I Johnson 16:48 M45 84.39%
Basingstoke: M Anderson 18:14 M55 84.28%
Redcar: P Costello 22:06 W55 84.17%
Great Yarmouth: D Michael 19:25 M60 84.08%
Swindon: E Dean 19:42 W45 84.06%
Hull: A Dean 20:43 W50 84.04%
Cardiff Blackweir Park: E Turner 22:28 W55 83.95%
Sheffield Endcliffe Park: Y Twelvetree 23:08 W60 83.86%
Basingstoke: J Perrin 18:57 W45 83.81%
Coventry: J Jennings 16:55 M45 83.81%
Pennington Flash: P Rice 17:28 M45 83.76%
Ballymena: M Wray 17:09 M45 83.32%
Sheffield Endcliffe Park: P Faulkner 16:38 M40 83.30%
Manchester Heaton Park: S Tunstall 17:46 SW 83.30%
Bolton: A Townsend 17:26 M45 83.25%
Solihull: M Carwardine 17:21 M45 83.00%

Glasgow Pollok Park: N Gourley 16:17 U17M 82.96%
Worcester: C Cowley 23:25 W60 82.85%
Manchester Platts Field: F Reilly 20:27 M65 82.78%
Solihull: S Underwood 17:17 M45 82.67%
Glasgow Pollok Park: K Downie 16:46 M40 82.64%
Falkirk: J Stevenson 18:00 M50 82.60%
Coventry: A Miles 16:33 M40 82.47%
Leicester: C McKittrick 18:33 W40 82.44%
Huddersfield: N McGuire 19:26 U13W 82.19%
Aberdeen: R Simpson 15:53 U20M 82.10%
Killerton: M Hunt 21:29 W50 82.09%
Stockport: B Normansell 26:41 W65 82.09%
Newcastle: P Grey 18:36 M50 81.93%
Bradford: A Dennison 20:13 W45 81.91%
Strathclyde: D Queen 19:05 M55 81.90%
Cardiff Blackweir Park: R Tabor 24:02 W60 81.89%
Cannon Hill Park: M Hawtin 18:09 U20W 81.86%
Leeds Hyde Park: S Deakin 16:01 SM 81.85%
Coventry: A Johnson 21:07 M65 81.68%
Norwich: T Brannan 21:07 M65 81.68%
Huddersfield: A Cole 18:49 M55 81.66%
Leicester: R Billington 17:22 M45 81.64%
Oxford: S Thorp 19:39 M60 81.62%
St. Albans: D Heydecker 22:11 W55 81.62%
Lloyd Park: P Chambers 16:47 U17M 81.60%
Norwich: S Glaysheer 17:56 M45 81.58%
Poole: J Richardson 17:23 M45 81.56%
Basingstoke: T Ellis 18:23 M50 81.54%
Poole: S Way 16:23 M35 81.49%
Cardiff Blackweir Park: S Paterson 16:06 SM 81.43%
York: T Clough 18:43 M50 81.42%
Sheffield Endcliffe Park: M Nolan 17:17 M40 81.40%
Ballymena: R Curran 19:32 M55 81.40%
Edinburgh Silverknowes: J Henderson 18:41 W35 81.38%
Cannon Hill Park: R Parker 15:55 U23M 81.36%
Brockwell Park: C Steward 23:32 W60 81.27%
Newcastle: H Gold 21:14 M65 81.23%
Cardiff Blackweir Park: L Carter 18:55 M55 81.23%
Newbury: R Brookling 17:20 M40 81.17%
Bedford: S Still 17:14 M40 81.01%
Manchester Heaton Park: A Blomfield 20:42 W50 80.99%
Leicester: A Ball 17:56 M45 80.93%
Edinburgh Silverknowes: J Chalmers 20:43 W50 80.92%
Glasgow Pollok Park: A MacLachlan 18:41 M50 80.89%
Poole: H Dyke 18:42 W35 80.88%
Oak Hill Park: L Elmore 19:10 W40 80.85%
Bushy Park: L Stewart 18:20 SW 80.73%
Belfast Victoria Park: B Smith 21:22 M65 80.73%
Leeds Hyde Park: J Kovacs 16:40 M35 80.69%

Strathclyde: A Milne 17:51 M45 80.68%
Oxford: J Craft 18:51 W35 80.66%
York: J Oliver 19:24 M55 80.56%
Slough: J Quirke 19:34 M55 80.56%
Wimbledon Common: T Livingstone 17:01 U17M 80.48%
Glasgow Pollok Park: G Taylor 18:02 M45 80.48%
Oak Hill Park: E Noble 17:29 M40 80.47%
Edinburgh Silverknowes: C Feechan 18:47 M50 80.46%
Medina: D Blackman 17:38 M45 80.40%
Newport: E Wookey 18:37 U20W 80.36%
Greenwich: C Elms 20:23 W45 80.32%
Leeds Hyde Park: K Young 18:26 SW 80.29%
Bramhall: R Eagle 19:28 M55 80.28%
Coventry: P Gould 16:16 SM 80.23%
Bolton: N Townsend 18:05 U15M 80.21%
Bushy Park: W Cockerell 16:47 M35 80.13%

Fastest male winners
St. Albans: J McMurray 15:43
Brockwell Park: J Franklin 15:51
Aberdeen: R Simpson 15:53
Strathclyde: G Sheldon 15:53
Cannon Hill Park: R Parker 15:55
Leeds Hyde Park: S Deakin 16:01
Cardiff Blackweir: S Paterson 16:06
Coventry: P Gould 16:16
Glasgow Pollok Park: N Gourley 16:17
Huddersfield: M Pierson 16:20
Poole: S Way 16:23
Swindon: I Reade 16:28
Pennington Flash: U Athlete 16:33
Dulwich: R Ward 16:38
Sheffield Endcliffe: P Faulkner 16:38
Manchester Heaton: D Lockett 16:39
Barrow-in-Furness: S Makin 16:47
Solihull: E Donovan 16:47
Bushy Park: W Cockerell 16:47
Lloyd Park: P Chambers 16:47
Gunnersbury Park: I Johnson 16:48
Bramhall: R Downs 16:51
Norwich: I Robertson 16:52
Sunderland: C Isherwood 16:53
Redbridge: G Turner 16:56
Hackney Marshes: J Dale 16:58
Manchester Platts: R Sloane 16:58
Edinburgh Silverknowes: P Roarty 16:59
Wimbledon: T Livingstone 17:01
Leicester: N Cobley 17:02
Falkirk: M Johnston 17:05
Highbury Fields: J Lenehan 17:05
Finsbury Park: J Davis 17:06
Bedford: S Still 17:08
Ballymena: M Wray 17:09
York: C Roberts 17:12
Colwick: A Johnson 17:13
Newcastle: M Hedley 17:16
Hull: S Mason 17:20
Durham: J Isaac 17:23
Cambridge: M Fellows 17:24
Stockport: C Evans 17:24
Bolton: A Townsend 17:26
Middlesbrough Albert Park: S Greenwell 17:27
Wormwood Scrubs: S Renfer 17:27
Ashton Court: T Morris 17:29
Mill End: M Wise 17:29
Oak Hill Park: E Noble 17:29
Basingstoke: M Soane 17:30
Liverpool Princes Park: A Smithson 17:32
Redcar: J Broom 17:33
Killerton: M Feighan 17:35
Pontefract: S Newton 17:35
Great Yarmouth: T Oldman 17:36
Gunpowder Park: M Harris 17:36

Medina: D Blackman 17:38
Harrogate: I Bush 17:39
Edmonton: R Salter 17:39
Walsall: P Dimpleby 17:39
Inverness: P Miller 17:41
Kingston: B Gibbons 17:44
Netley Abbey: J Sawyer 17:44
Bromley: W Fuller 17:45
Oxford: G Harris 17:45
Richmond Park: U Athlete 17:45
Concord Park: C Cotton 17:46
Eastbourne: E Dodd 17:46
Barnsley: L Field 17:48
Belfast Victoria Park: A Bamisile 17:52
Newport: R McFlynn 17:53
Oldham: P Woodward 17:54
Abingdon: R Kemp 17:56
Trowbridge: M Young 17:58
Worcester: J Mansfield 17:59
Gateshead: B Kelly 18:02
Sedgefield: M Joyeux 18:02
Eastleigh: J Mann 18:03
Milton Keynes: M Law 18:04
Banstead: R Knight 18:06
Riddlesdown: N Reissland 18:08
Brighton Hove Park: A Bone 18:09
Bradford: P Tiffany 18:14
Bedford: M Alexander 18:16
Slough: P Jones 18:17
Leamington: M Urbanowski 18:17
Belfast Waterworks: S Reeve 18:18
Reading: P Daly 18:21
Camp Bastion: G Hayes 18:23
Nonsuch Park: C Coles 18:23
Whitstable: C Valds 18:24
Belfast Queen's: M Rea 18:30
Worsley Woods: T Flanagan 18:31
Sheffield Graves Park: M Sprot 18:33
Crystal Palace: W Davis 18:36
Conkers Park: P Tasker 18:39
Hampstead Heath: D Lane 18:47
Wanstead Flats Park: A Williams 18:49
Enfield: A McIntosh 18:58
King's Lynn: A Hamilton 18:59
Andover: M Curtis 19:06
Fritton Lake: K Pywell 19:09
Wythenshawe: J Cook 19:09
Leeds Roundhay: R Ferguson 19:14
Stoke-on-Trent: R White 19:25
Old Deer Park: T Lovegrove 19:28
Sewerby: J Robson 19:28
Greenwich: R Gros 19:30
Forest of Dean: P Ward 19:40
Roundshaw Downs: E Lugari 19:51
Alexandra Palace: R Shulman 19:58
Bexley: A Hall 20:10

Fastest female winners
Newbury: S Bowers 16:31
Coventry: E Sherwin 17:44
Manchester Heaton: S Tunstall 17:46
Cannon Hill Park: M Hawtin 18:09
Leicester: L Gibson 18:16
Bushy Park: L Stewart 18:20
Leeds Hyde Park: K Young 18:26
Newport: E Wookey 18:37
Edinburgh Silverknowes: J Henderson 18:41
Poole: H Dyke 18:42
Oxford: J Craft 18:51
Basingstoke: J Perrin 18:57
Glasgow Pollok Park: J Thomson 19:00
Oak Hill Park: L Elmore 19:10
Reading: E Barnes 19:11
Cardiff Blackweir Park: S Wilder 19:12
Belfast Victoria Park: R Dornan 19:15
Brockwell Park: H Taranowski 19:21
Slough: C Donald 19:22
Bedford: E Still 19:23
Huddersfield: N McGuire 19:26
Enfield: K Philp 19:27
Cambridge: M Roche 19:29
Milton Keynes: M Jesson 19:30
Norwich: B Schofield 19:33
Hackney Marshes: A Ruth 19:38



James McMurray setting a course record at St Albans

Netley Abbey: E Foran 19:40
Richmond Park: E Dier 19:41
Swindon: E Dean 19:42
Colwick: K Weall 19:46
Gunnersbury Park: A Critchlow 19:59
Strathclyde: D Beattie 20:07
Brighton Hove Park: E Proto 20:08
Bramhall: S Johnstone 20:09
Concord Park: S James 20:09
Bradford: A Dennison 20:13
Hull: M Oliver 20:14
Belfast Waterworks: D Matchett 20:14
Wormwood Scrubs: C McMahon 20:14
Greenwich: C Elms 20:23
Hampstead Heath: R Pitt 20:27
Bromley: C Pennington 20:29
Nonsuch Park: V Blackburn 20:29
Roundshaw Downs: N Glover 20:29
Dulwich: O Balme 20:34
Leamington: J Kirby 20:36
Pontefract: L Leggett 20:38
Aberdeen: C McNeil 20:39
Redcar: D Broom 20:40
Solihull: S Wynn-Jones 20:41
Eastleigh: E Patel 20:42
Leeds Roundhay: J Leventon 20:43
Harrogate: G Read 20:45
Walsall: S Lynch 20:45
Manchester Platts Field: S Jones 20:47
Fritton Lake: M Soanes 20:54
Belfast Queen's: G Short 20:55
St. Albans: J Barber 20:55
Falkirk: S Calvert 21:02
Kingston: M Ansell 21:04
Worsley Woods: J Robbins 21:10
York: S Douglas 21:11
Great Yarmouth: C Holder 21:12
Mill End: J Anstee 21:12
Redbridge: H Manning 21:13
Forest of Dean: L Doughty 21:18
Ashton Court: S Everitt 21:20
Middlesbrough Albert: S Gayter 21:25
Killerton: M Hunt 21:29
Wimbledon Common: S McKay 21:29
Worcester: M Hawkins 21:31
Finsbury Park: C Ray 21:34
Trowbridge: L Taylor 21:34
Newcastle: C Browne 21:36
Sheffield Endcliffe: K Scott 21:36
Fastest non-winning women
Leicester: C McKittrick 18:33
Newbury: S Crumly 18:35
Edinburgh Silverknowes: Y Crilly 19:23
Huddersfield: J Field 19:30

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Polaroid Eyewear 10K
JOIN IN THE RUN
 run for Sightsavers in 2012

The Polaroid Eyewear 10K Series

Helensburgh 10K Thursday 17 May	Clydebank 10K Thursday 24 May	Dumbarton 10K Thursday 31 May	Vale of Leven 10K Loch Lomond 5K Run Sunday 10 June
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Register at www.polaroid-10K.co.uk

Tewkesbury Half Marathon / 5 Mile Community Fun Run
 Tewkesbury Abbey, Tewkesbury, Gloucestershire
20 May 2012 at 9.30am - 3 days before the Olympic Torch arrives in the county.
 The route follows a mainly flat, countryside route through small villages.
 Online entry at www.runnersworld.co.uk or <http://runtewkesbury.org.uk>

Sudbury Court Running Club Festival of Running
 From Sylvester Road, Wembley, Middlesex HA0 3AB
Sunday 27th May 2012 at 11am for 5K & 10K

Sudbury Court 10km Entry: £9 (£11 U/A). £13 on the day. 2 laps.	and 5km Entry: £5 (£7 U/A). £10 on the day. 1 lap.	1km Junior Fun Run 10.30 start. £2 entry on the day
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Full details on www.sudburycourt.org.uk

BH5K **Naked Run 2012**
 11.30am on Sunday May 27th
 The Naturist Foundation
 Orpington, Kent
www.naturistfoundation.org

27th May 2012
cureleukaemia
 the blood cancer charity
RUN FOR A NURSE
 5k Fun Run in Sutton Park, Sutton Coldfield on Sunday 27th May
 and help us fund a research nurse to help Cure Leukaemia
 To enter visit www.cureleukaemia.co.uk to download your application form

Kennet Kanter 10 Mile & 5K trail races
Sunday 27th May 2012 at 10.30am
 Registration at **Devizes Leisure Centre, Wiltshire.**
 Start at Market Place, Devizes – just a 5 minute jog from Devizes Leisure Centre.
Entry Fees: 10 mile - £9 (£11 U/A), £2 extra on the day. 5k - £5 or £6 on the day.
Online entry at runnersworld.co.uk or **Cheques** to 'KENNET KANTER' and post entries to: **Peter Bowerbank, 49 Avon Road, Devizes, Wiltshire SN10 1PR**
Further information – www.kennetkanter.org.uk

Lee Valley
 For nature, sport and discovery
Lee Valley 10k and Fun Run
Sunday 20 May 2012 from 10:00
River Lee Country Park, Waltham Abbey, Essex (J26, M25)
 08456 770 600 visitleevalley.org.uk

Midhurst Milers
Petworth Park 10k
Wednesday 30th May 2012 at 7.15pm
Enter online at Sportsystems.co.uk or Tel: 01730 814430
 For more information visit the
 Midhurst Milers Facebook page

Blackburn Harriers & Athletic Club Olympic Celebration Open Meeting
 Wednesday 6th June from 6:30pm
Track Program: Graded 100m Races / U17W 300m Hurdles / U17M 400m Hurdles / Graded Mile Races / Sprint Hurdles. **Field Program:** Pole Vault (U15 / U17 & U20) / Discus (U13 to Senior) / High Jump (U13 to Senior)
Closing Date for entries Friday 1st June. NO ENTRIES ON THE DAY
Entry Forms can be downloaded from www.blackburnharriers.co.uk

HITCHIN HARD HALF MARATHON
Hitchin Hard Half Marathon
Sunday 8th July 2012 at 9:30am
Start / Finish in Hitchin Priory, Hitchin, Hertfordshire
 UKA road race Licence: 2012-104024 Course measurement: 12/108
Entry fee: £19 and £17 for affiliates.
Entry Closing: May 30th or 300 limit reached.
Registration process: Online at runbritain.com
Awards: Cash prize & medals for first three (£60 / £50 / £40) in Men's & Women's race.

activity WALES events **The Wales Marathon & Half Marathon**
Sunday 10th June 2012
 Wales' only closed road Marathon set in Pembrokeshire, Britain's only Coastal National Park. Stunning beaches, big crowds, and a family atmosphere. Half Marathon option available too!
 Enter online at www.thewalesmarathon.com

Yeovil Town Running Club 5K Series
 Sponsored by IRONBRIDGE RUNNER
Nuffield Bar, RNAS Yeovilton, BA22 8HW
 2nd Wednesday in the month - April to September at 7:15pm
 £50 for fastest M/F in series. Record: R Whalley-14:04/L Damen-15:48
 Flat & accurate course. Category prizes each race & series.
Full details at www.yeoviltownrrc.com

Doncaster Athletic Club
 Wednesday 13th June Sandall Beat Trail 10K
 Castle Park, Doncaster, S. Yorks
 Mile fun run at 7pm. 10K race at 7:30pm
 Entry: £8 / £10 (U/A) per race or both for £14 (£18 U/A). Fun run £3.
 Race Secretary, 24 Wellington Grove, Bentley, Doncaster, S. Yorks DN5 9RW.
 On Line entry and details at www.doncasterathleticclub.com

Wednesday 20th June Brodsworth Trail 5K
 Pickburn Arms, Pickburn, S. Yorks
 5K race start 7:30pm

City of Liverpool Penny Lane
PENNY LANE STRIDERS 10K
Sunday 24 June 2012 - 10.30am
 Riversdale Police Club, Riversdale Road, Liverpool L19 3QN
Entry Fee: £10 (£12 U/A). +£2 on the day until race limit of 450 reached.
Online entry at www.ukresults.net. Or entry form+cheque to 'Penny Lane Striders' to: Race Sec, 49 Henley House, The Spinnakers, Rivesdale Rd, Liverpool L19 3RZ
www.pennylanestridders.co.uk

CHAMPS)

Eggars School, Holybourne, Alton, Hampshire. 10.30am.
altonrunners.co.uk
BAYER NEWBURY 10km
 Town Centre, Newbury, Berkshire. 10.15am.
bayer.co.uk
BEVERLEY 10km
 Beverley Leisure Complex, Beverley, North Humberside. 11.15am.
beverleyac.com
BIDEFORD 10km
 The Pill, Bideford, Devon. 11am.
bidefordaac.co.uk
BLACKSTICKS BLUE 10km
 Village Hall, Whitechapel, Lancashire. 10am.
shoestringresults.com
CASTLE OF MEY 10km
 Castle of Mey, Caithness. 2pm.
northhighlandharriers.co.uk
CHESHIRE OAKS CHESTER HALF-MARATHON
 Chester Racecourse, Chester. 9am.
chesterhalfmarathon.co.uk
COBRA CLASSIC 10km
 Old Halesonians RFC, Stourbridge, West Midlands. 10.30am.
cobarac.co.uk
COLCHESTER 10km
 Abbey Field, Colchester, Essex. 10.30am.
colchestercharityraces.org
CROWLE GUNPOWDER PLOT 10km
 Hall, Church Road, Crowle, Worcestershire. 11.30am.
crowle-online.co.uk
DEAL HALF-MARATHON
 Fowlmead Country Park, Deal, Kent. 10.30am.
dealtri.co.uk
DEREHAM 10
 Neatherd High School, Dereham, Norfolk. 11am.
derehamrunners.co.uk
DUNSFOLD 10km
 Dunsfold Park, Cranleigh, Surrey. 10am.
209events.com
EYE 10km
 Eye Primary School, Eye, Cambridgeshire. 11am.
eye10k.co.uk
GALA HARRIERS 10km
 Netherdale, Galashiels. 11am.
galaharriers.com
GRANT & STONE MARLOW 5
 Higginson Park, Marlow, Buckinghamshire. 9.30am.
handycrossrunners.co.uk
HALSTEAD & ESSEX MARATHON (Inc ESSEX CHAMPIONSHIPS)
 Halstead Leisure Centre, Halstead, Essex. 10am.
halsteadandessexmarathon.co.uk
HASTINGS RUNNERS 5
 Town Hall, Hastings, East Sussex. 10.30am.
hastingsrunners.org.uk
HINCKLEY HALF-MARATHON
 Market Bosworth Water Trust, Market Bosworth, Warwickshire.
hinckleyrunningclub.com
IGNIS ASSET MANAGEMENT WOMEN'S 10km
 Bellahouston Park, Glasgow. 9am.
runglasgow.org
ISLAND RACE HALF-MARATHON
 Menai Suspension Bridge, Menai, Anglesey. 9am.
theislandrace.com

JAN YOUNGER MEMORIAL 10km
 Brunel Quay, Neyland Marina, Neyland, Pembrokeshire. 11am.
pembrokeshireharriers.org.uk
JANE TOMLINSON'S LEEDS HALF-MARATHON
 Leeds, West Yorkshire. 9am.
forallevants.co.uk
KEYNSHAM 10km
 Cadbury's Sports Ground, Keynsham, Avon. 11am.
1stkeynshamscouts.org.uk/roadrace
KNOWLE 5.2
 Arden School, Solihull, West Midlands. 11am.
knowlefunrun.org.uk
LINDA FRANKS 5
 Reddings Community Centre, Cheltenham, Gloucestershire. 8.30am.
almostathletes.org.uk
MARKET DRAYTON 10km
 Grove School, Market Drayton, Shropshire.
marketdrayton10k.co.uk
MIDDLESBROUGH 5km
 Riverside Stadium, Middlesbrough, Cleveland. 10am.
runmiddlesbrough.com
MONKLANDS HALF-MARATHON
 Drumpellier Country Park, Coatbridge, Lanarkshire. 10.30am.
nlleisure.co.uk
NORTH NORFOLK HALF-MARATHON
 Holkham Hall, Wells next the sea, Norfolk. 9am.
4shore.uk.com
OXFORD TOWN AND GOWN 10km
 Parks Road, Oxford. 10am.
muscular-dystrophy.org/townandgown10k
PORT SUNLIGHT VILLAGE 10km
 Port Sunlight, Wirral, Merseyside. 11am.
portsunlight10k.com
RUN DONCASTER 10km
 Racecourse, Leger Way, Doncaster, South Yorkshire. 9.30am.
metrestomiles.co.uk
SKIPTON AC TOUGH 10
 Aireville School, Skipton, North Yorkshire. 10.30am.
skiptonac.wordpress.com
SOHAM ROSS PEERS HALF-MARATHON
 Ross Peers Sports Centre, Soham, Cambridgeshire. 11.15am.
rosspeers-sportscentre.co.uk
ST ALBANS 10km
 Prae Wood Primary School, St Albans, Hertfordshire. 10am.
stalbanstriders.com/10K.html
STAINES 10km
 Knowle Green, Staines, Middlesex. 9am.
staines10k.co.uk
STEVINGTON 12km
 Village Hall, Stevington, Bedfordshire. 11am.
stevingtonroadrace.co.uk
SUTTON RUNNERS 10km
 Church Road, Wallington, Surrey. 10.30am.
suttonrunners.org
WOODLEY 10km
 Headley Road, Woodley, Berkshire. 11am.
woodley10k.co.uk
WYMESWOLD WADDLE 5
 Brook Street, Wymeswold, Leicestershire. 10.30am.
wymeswold.com

Monday May 14

BERKELEY 10km
 Hamfield Leisure, Berkeley, Gloucester.
dursleyac.org.uk
CAPE WRATH CHALLENGE
 Durness, Sutherland.
capewrathchallenge.co.uk
SELF TRANSCENDENCE 5km
 Battersea Park, London. 7pm.
uk.srichinmoyraces.org/races/london

Tuesday May 15

BRECON AC 4
 Village Hall, Llanfrynach, Brecon, Powys. 7.15pm.
breconac.org.uk
CHARNDON 5km
 Main Street, Charndon, Oxfordshire. 7.30pm.
alchester-runningclub.co.uk
EHH SUMMER LEAGUE (4)
 East Park, Hull, East Yorkshire. 7.15pm.
easthullharriers.com
HARROGATE DISTRICT SUMMER RACE LEAGUE
 Thirsk, West Yorkshire. 7.45pm.
harrogate-league.org.uk
SELF-TRANSCENDENCE 2
 Eastville Park, Bristol. 7.15pm.
uk.srichinmoyraces.org/races/bristol
VETERANS AC 5
 Battersea Park, London. 7pm.
vetsac.org.uk
YORK LEAGUE
 Taddcaster, North Yorkshire. 7.30pm.
taddcasterharriers.org.uk

Wednesday May 16

ASKERN 10km
 Askern Miners Welfare, Askern, South Yorkshire. 7pm.
askernrdc.org
CLAYTON 10km
 Clayton Road, Newcastle, Staffordshire. 7pm.
HORWICH JUBILEE 5km SERIES
 Village Hall, Rivington, Lancashire. 7.30pm.
thejubileeroadaces.co.uk
JOHN CARR 5km SERIES
 Esholt Sports & Social Club, Esholt, West Yorkshire. 7.30pm.
salttairestriders.org.uk
PURBECK 10km
 Norden Park and Ride, Corfe Castle, Dorset. 7.30pm.
purbeckrunners.co.uk
SELF TRANSCENDENCE 5km (Inc SCOTTISH CHAMPS)
 Silverknowes Esplanade, Edinburgh. 7.30pm.
srichinmoyraces.org
SSAFA 5km SERIES
 Bute Park, Cardiff. 7.30pm.
welshathletics.org
WROXHAM 5km SERIES
 Broadland High School, Wroxham, Norfolk. 7.15pm.
nrr.org.uk

Thursday May 17

HARWICH 5km SERIES
 Sea Scout Hall, Harwich, Essex. 8pm.
harwichrunners.co.uk
HELENSBURGH POLAROID EYEWEAR 10km
 New Hermitage Academy, Helensburgh, Argyll. 7.30pm.
helensburghaac.co.uk
QUEEN'S DIAMOND JUBILEE

CHALLENGE 10km (Inc CSAA CHAMPS)
 Battersea Park, London. 2.30pm.
csaa.org.uk/champs.html
WESTON PROM 5 SERIES
 Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset.
westonac.co.uk/promrun

Friday May 18

CHRISTLETON 5km
 Christleton Sports Centre, Christleton, Cheshire. 7.15pm.
chestertri.org.uk

Saturday May 19

HALEWOOD 5km
 Halewood Park Visitor Centre, Halewood, Merseyside. 1pm.
bugruns.org.uk
SOLDIER CHALLENGE 25km
 Waterloo Station, London. 10.30am.
soldierchallenge.co.uk

Sunday May 20

BARROW CLASSIC 10
 Cotes Road, Barrow Upon Soar, Leicestershire. 10.30am.
barrow-runners.co.uk
BARTON STACEY 10km
 Barton Stacey, Hampshire. 10am.
BOGNOR PROM 10km
 West Park, Bognor Regis, West Sussex. 10.30am.
bognorprom10k.org
BRATHAY WINDERMERE MARATHON
 Brathay Hall, Ambleside, Cumbria. 10.30am.
brathay.org.uk
BRECON TO CARDIFF ULTRA 50
 Theatr Brycheiniog, Canal Road, Brecon, Powys. 8am.
ultrarace.co.uk
BRIGHTON HEROES RUN 5/10km
 Seafront, Brighton, Sussex. 10.30am.
heroesrun.org.uk
BRISTOL 10km
 Harbourside, Bristol. 9.30am.
runbristol.com
BUPA GREAT MANCHESTER RUN
 City Centre, Manchester. 10am.
greatrun.org
CITY OF ABERDEEN BAKER HUGHES 10km
 Queens Link, Beach Promenade, Aberdeen. 9.25am.
aberdeencity.gov.uk/10kaberdeen
CREWKERNE 10km
 Town Hall, Crewkerne, Somerset. 10am.
crewkernerc.btck.co.uk/Crewkerne10k2012
EASTBOURNE 5km
 King Edwards Parade, Eastbourne, East Sussex. 10am.
eastbourne-cyclingfestival.co.uk/eastbourne-5k.html
EYAM HALF-MARATHON
 The Lydgate, Eyam, Derbyshire. 10.30am.
eyamhalfmarathon.org.uk
GREAT BADDOW 10 (Inc ESSEX CHAMPIONSHIPS)
 Great Baddow Recreation Ground, Chelmsford, Essex.
baddowraces.org.uk
HOOK 6/10
 Hook Schools Site, Hook, Hampshire. 11am.
hookfunrun.com
HORNSEY YMCA 10km

Priory Park, Priory Road, London. 10am.
enter4.co.uk

LARKFIELD AC 10km (Inc KENT CHAMPS)
 East Malling Research Centre, New Road, East Malling, Kent. 10am.
larkfieldac.co.uk
LEE VALLEY 10km
 River Lee Country Park, Waltham Abbey, Essex. 10am.
visitleevalley.org.uk
MARWELL WILDLIFE 10km
 Colden Common, Winchester, Hampshire. 10.30am.
eastleighrunningclub.org.uk
NORTHERN 10
 Hallacloan Stadium, Ramsey, Isle of Man. 10am.
iomnac.co.uk
OTTERY 10km
 Ottery St Mary, Devon. 10.30am.
hallandscott.co.uk
PRESTWOOD 10km
 Sprinters Leisure Centre, Prestwood, Buckinghamshire. 11am.
prestwood10k.co.uk
RUN JERSEY HALF-MARATHON
 Rue Du Nord, St John, Jersey. 9am.
runjersey.co.uk
SITTINGBOURNE INVICTA 10km
 Westlands School, Sittingbourne, Kent. 11am.
rotary1120.org/sittingbourneinvicta
SOUTHAMPTON AC 10km
 Royal Victoria Country Park, Southampton, Hampshire. 10.30am.
southamptonathleticclub.org.uk
TEWKESBURY 5/HALF-MARATHON
 Gloucester Road, Tewkesbury, Gloucestershire. 9.30am.
beyondthelimitations.co.uk
WOODBRIDGE 10km
 Woodbridge, Suffolk.
woodbridgeshufflers.org.uk
WORDEN PARK 10km
 Worden Park, Leyland, Lancashire. 10.30am.
redroseroadrunners.org
WYE VALLEY HEREFORD 10km
 Rowing Club, Greyfriars Avenue, Hereford. 11am.
wyevalleyrunners.co.uk

Monday May 21

HOGWEED TROT 10km
 Yate Town FC, Lodge Road, Yate, Avon. 7pm.
hogweedtrotters.co.uk
SELF TRANSCENDENCE 5km
 Battersea Park, London. 7pm.
uk.srichinmoyraces.org/races/london

Tuesday May 22

BEDFORD 6
 Bedford. 7.45pm.
HARLOW LADIES 5km SERIES
 Mark Hall Sports Centre, Harlow, Essex. 7.30pm.
thehrc.org.uk
LAMBFoot LOOP 10km
 Derwent AC Clubhouse, Cockerham, Cumbria. 7pm.
derwentac.com
WALTON PARK 5
 Walton Park, Liverpool, Merseyside.
liverpoolrunningclub.com
YORKSHIRE VETERANS' GRAND PRIX
 Kirkstall, Yorkshire. 7.30pm.
yvaa.org

Wednesday May 23

BRT 5km SERIES
Bexhill Sailing Club, Bexhill on Sea, Sussex. 7pm.
bexhillrunners.co.uk
CLIVE COOKSON 10km
Monkseaton High School, Whitley Bay, Tyne and Wear. 7.15pm.
nspoly.co.uk
GREAT YARMOUTH PROMENADE 5 SERIES
Marine Parade, Great Yarmouth, Norfolk. 7.15pm.
gyrr.co.uk
PORTSMOUTH PROMENADE 5km SERIES
Hilsea Lido, Portsmouth, Hampshire. 7.15pm.
athleticsevents.co.uk
SELF TRANSCENDENCE 2
The Meadows, Edinburgh. 7pm.
srichinmoyraces.org
SUN CENTRE 5km (Inc NORTH WALES CHAMPS)
Prestatyn.
prestatynrunningclub.com
WEST LOTHIAN COLLEGE 5km
West Lothian College, Livingston. 7pm.
west-lothian.ac.uk

Thursday May 24

CLYDEBANK POLAROID EYEWEAR 10km
Playdrome, Clydebank, Glasgow. 7.30pm.
polaroid-10k.co.uk
LEICESTER CITY 5km SERIES
Victoria Park, London Road, Leicester. 7.30pm.
nice-work.org.uk

Friday May 25

ATKINS 3km ON THE GREEN SERIES
McLellans Arch, Glasgow Green, Glasgow. 12.30pm.
aldasair.murray@eu.nabgroup.com
BEVERIDGE PARK 5km SERIES
Beveridge Park, Kirkcaldy. 7.30pm.
fifeac.co.uk
BROOKS SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
serpentine.org.uk
BURNLEY LIONS 10km
Burnley, Lancashire.
CLACTON SUMMER 5km SERIES
Marine Parade West, Clacton-on-Sea, Essex. 7pm.
nice-work.org.uk
RAMSEY PARK HANDICAP 3.8
Mooragh Park, Ramsey, Isle of Man. 7pm.
iomnac.co.uk/events/parkruns
RAS Y LLYCHAU 5km
Talley Abbey, Talley, Carmarthenshire. 7pm.
sarnhelen.org.uk
SAUMAREZ PARK 5km SERIES
Saumarez Park, Castel, Guernsey. 6pm.
leemerrienrunning.com

Saturday May 26

EDINBURGH MARATHON FESTIVAL 5/10km
Dynamic Earth, Edinburgh. 9am.
edinburghmarathon.com
HALEWOOD 5km
Halewood Park Visitor Centre, Halewood, Merseyside. 1pm.

bugruns.org.uk
LAGGAN 10km
Village Hall, Laggan Bridge, Inverness-shire. 2pm.
laggan.com
LANCASTER 5km SERIES
Salt Ayre Leisure Centre, Lancaster. 6.30pm.
shoestringresults.com
STORNOWAY 10km
Lews Castle College, Stornoway. 11am.
srac.org.uk
STORNOWAY HALF-MARATHON
Lews Castle College, Stornoway. 10am.
srac.org.uk

Sunday May 27

ASICS ROPLEY 10km
Ropley Recreation Ground, Ropley, Hampshire. 11am.
ropley10k.co.uk
BANGOR 10km
High Street, Bangor, Conwy.
runwales.com
BUPA LONDON 10,000 (10K)
Birdcage Walk, London. 9am.
london10000.co.uk
BURTON 10
Meadowside Leisure Centre, Burton on Trent, Staffordshire. 10.45am.
burtonac.co.uk
DOUBLETREE DUNBLANE HYDRO 7.5
Doubletree Dunblane Hydro Hotel, Dunblane, Stirling. 1pm.
dunblaneroadrace.com
DYMOCK HALF-MARATHON
Dymock, Gloucestershire. 11am.
odgurney@talktalk.net
EDINBURGH MARATHON FESTIVAL HALF-MARATHON/MARATHON
Regent Road, Edinburgh. 8am.
edinburghmarathon.com
ETON MANOR AC OPEN 5km
Waterworks Nature Reserve, Leyton, London. 10am.
joomla.eton-manor.com
FOLKESTONE COASTAL 10km
Old Rotunda Site, Folkestone, Kent. 10am.
nice-work.org.uk
GREAT EASTON 5
Village Hall, Great Easton, Essex. 11am.
grangefarmdunmowrunners.co.uk
HOWGILL HARRIERS 10km
Kirkby Stephen, Cumbria. 2pm.
howgillharriers.org.uk
MELMERBY 10km
Village Hall, Melmerby, North Yorkshire. 11.30am.
yorkshiredalesraceseries.co.uk
NEWCASTLE EMLYN 10km
Emlyn Leisure Centre, Newcastle Emlyn, Ceredigion. 11am.
emlynrunners@gmail.com
PARC BRYN BACH 10km
Parc Bryn Bach, Tredegar, Blaenau Gwent. 10am.
hospiceofthevalleys.com
POOLE 5/10km
Poole Park, Poole, Dorset.
poolerunners.com
PRIORY 5/10km
Priory School, Pamber End, Tadley, Hampshire. 10.30am.
theprioryprimaryschool.org
RYE 10
Cock Inn, Main Street, Peasmarsh, East Sussex. 10am.
nice-work.org.uk

SALE 5
Wythenshawe Park, Wythenshawe, Manchester. 11am.
runningwisedr.co.uk
SHEFFIELD HALF-MARATHON
Don Valley Stadium, Sheffield, South Yorkshire. 9am.
sheffieldmarathon.com
SINFIN CLASSIC 10km
Elvaston Country Park, Elvaston, Derbyshire. 10.30am.
sinfirunningclub.co.uk
SWITHLAND 6
Halstead Road Playing Fields, Mountsorrel, Leicestershire. 10.30am.
birstallrc.org.uk/swithland.html
UK BACKWARD MILE
Heaton Park, Manchester. 10am.
reverserunning.com
WELLS 10km (CANCELLED)
wellschityharriers.org.uk/wells
ZSL WHIPSNADE ZOO STAMPEDE 10km
ZSL Whipsnade Zoo, Dunstable, Bedfordshire. 9.30am.
zsl.org/challengeevents

Monday May 28

DUMBARTON POLAROID EYEWEAR 10km
Dumbarton Academy, Dumbarton. 7.30pm.
polaroid-10k.co.uk
RIGG RACE 6
Malleny Park, Balerno, Edinburgh. 7.30pm.
harmenyac.org.uk
SELF TRANSCENDENCE 2
Battersea Park, London. 7pm.
uk.srichinmoyraces.org/races/london

Tuesday May 29

BRECON AC 5
Village Hall, Llanfrynach, Brecon, Powys. 7.15pm.
breconac.org.uk
BRIDGE INN (BRISTOL) 5km SERIES
Bridge Inn, Bridge Road, Shortwood, Bristol. 7.30pm.
bristolandwestac.org.uk
CUBERT 5
Cubert Junior School, Cubert, Cornwall. 7.30pm.
newquayroadrunners.co.uk
EHH SUMMER LEAGUE (10km)
Sports Club, Leven, East Yorkshire. 7.15pm.
easthullharriers.com
RAVENS CRAIG PARK MILE SERIES
Ravenscraig Park, Kirkcaldy. 7pm.
fifeac.co.uk
YORK LEAGUE
Easingwold, North Yorkshire.
roadraceleague.org.uk
YORKSHIRE VETERANS' GRAND PRIX
Bingley, Yorkshire. 7.30pm.
yvaa.org

Wednesday May 30

BACK IN A FLASH 5km SERIES
Coate Water Country Park, Coate, Wiltshire. 7.30pm.
grassrootsevents.co.uk
CORBYS
East Carlton Park, Corby, Northamptonshire. 7.45pm.
corbyac.com
LAND O' BURNS 10km
Old Racecourse, Ayr. 7.30pm.

ayrseaforth.co.uk
LEVENS 10km
Village Hall, Levens, Cumbria. 7.30pm.
kendalac.co.uk
LINCOLN WELLINGTON 5km
Yarborough Leisure Centre, Lincoln.
lwac.org.uk
MERTHYR MAWR LANE 5km
Merthyr Mawr, Bridgend.
bridgendac.co.uk
SELF TRANSCENDENCE MILE
The Meadows, Edinburgh. 7pm.
TRENT 5
Beeston, Nottinghamshire. 7pm.
Thursday May 31
DUMBARTON POLAROID 10km
Dumbarton Academy, Dumbarton. 7.30pm.
HARROGATE DISTRICT SUMMER RACE LEAGUE
West Yorkshire. 7.45pm.

PARKRUNS

Aberdeen – Beach Esplanade. 9.30am
Abingdon – Rye Meadow
Andover – Chariton Playing Fields
Ashford – Bedford Lakes Country Park
Banstead – Banstead Woods
Barnsley – Locke Park
Barrow-in-Furness – Barrow Park
Basingstoke – War Memorial Park
Bedford – Bedford 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
Bridlington – Sewerby Hall
Brighton – Hove Park
Bristol – Ashton Court Estate
Camberley – Frimley Lodge Park
Cambridge – Milton Country Park
Cardiff – Blackweir
Cheam – Nonsuch Park
Conkers – near Ashby de la Zouch
Coventry – War Memorial Park
Croydon – Lloyd Park
Croydon – Riddlesdown
Croydon – Roundshaw Downs
Durham – Graham Sports Centre
Eastbourne – Shinewater Park
Eastleigh – Lakeside County Park
Ecos Park, Ballymena
Edinburgh – Silverknowes Promenade. 9.30am
Edmonton – Pymmes Park
Enfield – Grovelands Park
Falkirk – Callendar Park. 9.30am
Forest of Dean – Covenham Enclosure
Gateshead – Saltwell Park
Glasgow – Pollock Park. 9.30am
Graves Park, Sheffield
Great Yarmouth – Gorleston Cliffs
Greenwich – Avery Hill Park
Guildford – Stoke Park
Harrogate – The Stray
Huddersfield – Greenhead Park
Hull – East Park
Inverness – Bught Park. 9.30am
Isle of Wight – Medina
Killerton – near Exeter
King's Lynn – The Walk
Kingston – Canbury Gardens

Leamington – Newbold Comyn
Leeds – Hyde Park
Leeds – Roundhay Park
Leicester – Braunstone Park
Leigh – Pennington Flash
Liverpool – Princes Park
London – Alexandra Palace
London – Brockwell Park
London – Bushy Park
London – Crystal Palace Park
London – Dulwich Park
London – Finsbury Park
London – Hackney Marshes
London – Hampstead Heath
London – Highbury Fields, Islington
London – Mile End Park
London – Norman Park
London – Oak Hill Park
London – Wanstead Flats
London – Wimbledon Common
London – Wormwood Scrubs
Manchester – Heaton Park
Manchester – Platt Fields Park
Manchester – Wythenshawe Park
Middlesbrough – Albert Park
Milton Keynes – Willen Lake
Newbury – Greenham Common
Newcastle – Exhibition Park
Newport – Tredgar House
Norwich – Eaton Park
Nottingham – Colwick
Oldham – Alexandra Park
Oxford – Cutteslowe & Sunnymead Park
Pontefract – Pontefract Racecourse
Poole – Poole Park
Reading – Thames Valley Park
Redbridge – Valentines Park
Redcar – Locke Park
Richmond – Old Deer Park
Richmond – Richmond Park
Salford – Worsley Woods
Sedgefield – Hardwick Park
Sheffield – Concord Sports Centre
Sheffield – Endcliffe Park
Slough – Black Park Country Park
Solihull – Brueton Park
South Ealing – Gunnersbury
Southampton – Royal Victoria Country Park
St Albans – Verulamium Park
Stockport – Woodbank Park
Stoke – Hanley Park
Strathclyde – Strathclyde Country Park. 9.30am
Sunderland – Silksworth Sports Complex
Swindon – Lydiard Park
Trowbridge – Southwick Country Park
Walsall – Arboretum
Waltham Abbey – Gunpowder Park
Whitstable – Promenade
Worcester – Worcester Woods
York – York Racecourse
Entry: Free. Recurs every Saturday. 9am unless stated.
parkrun.com

TRACK

Saturday May 12
BUCKINGHAMSHIRE COUNTY CHAMPIONSHIPS
Oxford. Until Sunday May 13.
bucksaa.org.uk
CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS
Peterborough.
cambathletics.org.uk
CHESHIRE & MANCHESTER COUNTY CHAMPIONSHIPS

Warrington. Until Sunday May 13.
cheshireaa.com
CUMBRIA COUNTY CHAMPIONSHIPS
 Carlisle.
athleticscumbria.org.uk
DEVON COUNTY CHAMPIONSHIPS
 Exeter. Until Sunday May 13.
DORSET COUNTY CHAMPIONSHIPS
 Bournemouth. Until Sunday May 13.
dorsetathletics.co.uk
ESSEX COUNTY CHAMPIONSHIPS
 Chelmsford. Until Sunday May 13.
essexathletics.org.uk
HAMPSHIRE COUNTY CHAMPIONSHIPS
 Portsmouth. Until Sunday May 13.
athletics.hampshire.org.uk
HERTFORDSHIRE COUNTY CHAMPIONSHIPS
 Watford. Until Sunday May 13.
hertscaa.org.uk
HUMBERSIDE COUNTY CHAMPIONSHIPS
 Hull. 11am.
KENT COUNTY CHAMPIONSHIPS
 Ashford. Until Sunday May 13.
kaa.org.uk
LANCASHIRE COUNTY CHAMPIONSHIPS
 Blackpool. Until Sunday May 13.
lancsaa.co.uk
LINCOLNSHIRE COUNTY CHAMPIONSHIPS
 Grantham. Until Sunday May 13.
lincsathletics.org.uk
MERSEYSIDE COUNTY CHAMPIONSHIPS
 Liverpool.
MIDDLESEX COUNTY CHAMPIONSHIPS
 Mile End. Until Sunday May 13.
middlesexa.org.uk
NORFOLK COUNTY CHAMPIONSHIPS
 Norwich.
norfolkkaa.co.uk
NORTH WALES REGIONAL ATHLETICS CHAMPIONSHIPS
 Wrexham.
welshathletics.org
OXFORDSHIRE COUNTY CHAMPIONSHIPS
 Horspath. Until Sunday May 13.
oxonaa.org.uk
SCOTTISH EAST DISTRICT CHAMPIONSHIPS
 Edinburgh. Until Sunday May 13.
scottishathletics.org.uk
SCOTTISH NORTH DISTRICT CHAMPIONSHIPS
 Inverness.
scottishathletics.org.uk
SCOTTISH WEST DISTRICT CHAMPIONSHIPS
 Ayr.
scottishathletics.org.uk
SHROPSHIRE COUNTY CHAMPIONSHIPS
 Telford.
SOMERSET COUNTY CHAMPIONSHIPS
 Yeovil. Until Sunday May 13.
somerseathletics.co.uk
SOUTH/EAST WALES REGIONAL ATHLETICS CHAMPIONSHIPS
 Newport.
welshathletics.org
SURREY COUNTY CHAMPIONSHIPS
 Kingston. Until Sunday May 13.

surreyathletics.org.uk
SUSSEX COUNTY CHAMPIONSHIPS
 Crawley. Until Sunday May 13.
sussexathletics.org.uk
YORKSHIRE COUNTY CHAMPIONSHIPS
 Cudworth. Until Sunday May 13.
sycaa.co.uk

Sunday May 13

BEDFORDSHIRE COUNTY CHAMPIONSHIPS
 Bedford.
bedfordshireaaa.org.uk
BERKSHIRE COUNTY CHAMPIONSHIPS
 Eton.
berkshireathletics.org.uk
CORNWALL COUNTY CHAMPIONSHIPS
 Carn Brea.
cornwallathletics.org
SUFFOLK COUNTY CHAMPIONSHIPS
 Bury St Edmunds.
suffolkathletics.org.uk
WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS
 Neath.
welshathletics.org
WILTSHIRE COUNTY CHAMPIONSHIPS
 Tidworth.
wiltshire-athletics.org.uk

Monday May 14

NORFOLK COUNTY CHAMPIONSHIPS
 King's Lynn.
norfolkkaa.co.uk
NORTH EAST VERERANS' LEAGUE
 Jarrow. 6.30pm.
communicate.co.uk/ne/veteransathleticsnortheast
SOUTHERN COUNTIES VETERANS' LEAGUE
 Hants/Surrey: Basingstoke. Kent: Canterbury. Mid London: Battersea.
scvac.org.uk

Tuesday May 15

BMC GOLD STANDARD RACES
 Stretford. 8pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
TRAFFORD GRAND PRIX (ALL EVENTS)
 Stretford. 6pm.
traffordac.co.uk

Wednesday May 16

BMC GOLD STANDARD RACES
 Watford. 7.30pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
LOUGHBOROUGH STUDENTS V ARMY V BIRMINGHAM U
 Loughborough.
loughboroughathletics.com
MANX HARRIERS LEAGUE
 Douglas. 6.15pm.
manxathletics.com/manxharrisers
NEATH OPEN
 Neath.
neath-harrisersac.moonfruit.com
OLDHAM & ROYTON HARRIERS 2ND OPEN MEDAL MEETING
 Oldham.
oldhamroytonharrisers.co.uk/fixtures-results
RAMSEY BAKERY SUMMER

LEAGUE (U13 AND OVER)
 Ramsey. 6.30pm.
iomnac.co.uk
ROSENHEIM LEAGUE
 East: Battersea. West: Walton.
herculeswimbledonac.org.uk
WATFORD OPEN GRADED MEETING
 Watford. 7pm.
watfordharrisers.org.uk
WELSH MASTERS' LEAGUE
 Newport.
welshmastersathletics.com

Thursday May 17

MENDIP AC OPEN
 Street.
sites.google.com/site/mendipathleticclub

Friday May 18

LINCOLNSHIRE COUNTY COMBINED EVENTS CHAMPIONSHIPS
 TBC. Until Saturday May 19.
lincsathletics.org.uk

Saturday May 19

BMC NIKE GRAND PRIX
 Sportcity. 5.30pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
BMC PB CLASSIC
 Milton Keynes. 6pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
DEVON SCHOOLS' COMBINED EVENTS CHAMPIONSHIPS
 Exeter.
HAMMERAMA AND KUGELFEST (SHOT PUT)
 Craigswood. 9.30am.
scottishathletics.org.uk
JSB PLUMBING FORTH VALLEY LEAGUE

1: Grangemouth. 2: Grangemouth.
jsbplumbing-forthvalley.fsnet.co.uk
MMTG WEIGHT PENTATHLON
 Derby.
mmtg.org.uk
SOUTHERN ATHLETICS LEAGUE
 1: Harrow, Milton Keynes, Southampton, Stevenage. 2 C: Battersea, Hemel Hempstead, Horspath, Perivale. 2 NE: Basildon, Colchester, Newham, Woodford. 2 SE: Brighton, Bromley, Eltham, Kingston. 2 W: Poole, Portsmouth, Poole, Portsmouth.

southernathletics.org.uk
SOUTHERN MEN'S LEAGUE
 1: Bedford (Match 1), Bedford (Match 2), Bexley, Par. 2S: Bexley.
southernmensleague.org.uk
SOUTHERN WOMEN'S LEAGUE
 1: Dartford, Premier: Guildford, Senior 1: Reading, Senior 2: Bexley.
swtfl.co.uk
SOUTH YORKSHIRE YOUNG ATHLETES' LEAGUE
 Doncaster.
sycaa.co.uk

Sunday May 20

EAST ANGLIAN LEAGUE
 Great Yarmouth, Ipswich, Luton.
LOUGHBOROUGH INTERNATIONAL
 Loughborough.
loughboroughathletics.com
McCAIN YOUNG ATHLETES' LEAGUE

Midland 1C: Yate, Midland 1E: Mansfield, Midland 1NE: Shobnal, Midland 1NW: Telford, Midland 1SE: Horspath, Midland 1SW: Yeovil, Midland 1W: Swansea, Midland Premier East: Peterborough, Midland Premier North: Stoke, Midland Premier South: Cheltenham, Northern 1C: Cleckheaton, Northern 1E: Halifax, Northern 1NE: Middlesbrough, Northern 1NW: Carlisle, Northern 1SE: Lincoln, Northern 1SW: Macclesfield, Northern 2E: Grimsby, Northern 2NE: Jarrow, Northern 2SW: Leigh, Northern 2W: Clayton le Moor, Northern Premier 1: Gateshead, Northern Premier 2: Spinkhill, Northern Premier 3: Bebington, Southern 1N: St Albans, Southern 1NE: Eltham, Southern 1S: Woking, Southern 1SE: Hastings, Southern 1SWN: Wormwood Scrubs, Southern 1SWS: Guildford, Southern 2London: Parliament Hill, Southern 2South: Horsham, Southern Premier NW: Tooting Bec, Southern Premier S: Croydon, Reading.
ukyal.org.uk
SCOTTISH ATHLETICS LEAGUE
 1: Aberdeen. 2: Aberdeen.
scottishleague.org.uk
SCOTTISH WOMEN'S ATHLETIC LEAGUE
 Edinburgh. 11am.
scottishathletics.org.uk
ziska400@googlegmail.com

Monday May 21

SOUTHERN COUNTIES VETERANS' LEAGUE SOUTH LONDON DIVISION
 Wimbledon.
scvac.org.uk

Tuesday May 22

CORBY AC OPEN
 Corby. 7pm.
corbyac.com
SOUTH YORKSHIRE SENIOR LEAGUE
 Rotherham.
sycaa.co.uk

Wednesday May 23

BMC REGIONAL RACES
 Eltham. 8pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
CAMBRIDGESHIRE DEVELOPMENT OPEN
 St Ives. 7pm.
cambathletics.org.uk
LONDON SCHOOLS' COMBINED EVENTS
 Lee Valley.
MANX HARRIERS LEAGUE
 Douglas. 6.15pm.
manxathletics.com/manxharrisers
NORTH EAST ATHLETICS LEAGUE
 Jarrow. 7pm.
gateshead-harrisers.co.uk
RAMSEY BAKERY SUMMER LEAGUE (U11 AND UNDER)
 Ramsey. 6.30pm.
iomnac.co.uk
SUSSEX U13 LEAGUE EAST DIVISION
 Lewes.
sussexathletics.org.uk
WINCHESTER OPEN MEETING
 Winchester. 6.30pm.
wadac.org.uk

WIRRAL AC 5km
 Wirral. 7.45pm.
wirralac.co.uk

Thursday May 24

SHROPSHIRE YOUNG ATHLETES' LEAGUE
 RAF Cosford.
oswestryolympians.co.uk
SUSSEX U13 LEAGUE WEST DIVISION
 Horsham.
sussexathletics.org.uk

Friday May 25

NORTH EAST VERERANS' LEAGUE
 Jarrow. 6.30pm.
communicate.co.uk/ne/veteransathleticsnortheast
SOUTHERN COUNTIES VETERANS' LEAGUE KENT DIVISION
 Dartford.
scvac.org.uk

Saturday May 26

BARRIE STRANGE MEMORIAL THROWS COMPETITION
 Horspath.
oxfordcityathleticclub.com/barrie-strange-memorial-throws-event-2012
BRITISH ATHLETICS LEAGUE DIVISION 2
 Basingstoke.
bal.org.uk
CORNWALL SCHOOLS COMBINED EVENTS TRIALS & CHAMPIONSHIPS
 Par.
cornwallathletics.org/csaa/index.html
ENGLAND SENIOR/ U20 COMBINED EVENTS CHAMPIONSHIPS
 Bedford. Until Sunday May 27.
englandathletics.org
HAYWARDS HEATH HARRIERS OPEN TRACK AND FIELD
 Crawley.
haywardsheathharrisers.co.uk
McCAIN NORTHERN IRELAND YOUNG ATHLETES' LEAGUE
 Bangor.
ukyal.org.uk

NORTH OF ENGLAND LEAGUE

1: Hull. 2E: York. 2EC: Wakefield. 2W: Liverpool. 2WC: Bolton. 3E: Whitley Bay. 3EC: Grimsby. 3W: Warrington. 3WC: Clayton-le-Moor. 4E: TBC. 4EC: Cleckheaton. 4W: Stockport. 4WC: Carlisle.
noeaa-athletics.org.uk
NOTTS MINI LEAGUE
 Sutton-in-Ashfield.
nottsac.co.uk
SEAA INTER-COUNTY U15/U20 CHAMPIONSHIPS
 Cophthall.
seaa.org.uk
SURREY COUNTY MASTERS' CHAMPIONSHIPS
 Ewell.
surreyathletics.org.uk
SUSSEX MASTERS' TRACK & FIELD CHAMPIONSHIPS
 Ewell.
sussexathletics.org.uk
WELSH U15 LEAGUE
 East: Aberdare. West: Neath.
welshathletics.org

Sunday May 27

ALDER VALLEY GIRLS' LEAGUE
Bracknell.
wseh.info/aldervalleygirls

BMAF PENTATHLON (Inc 10,000M)
Horspath.
bmaf.org.uk

BRITISH ATHLETICS LEAGUE
1: Lee Valley. 3: Derby. 4: Derby.
bal.org.uk

GATESHEAD MINOR ATHLETICS' OPEN MEETING
Gateshead. 9.30am.
gateshead-harriers.co.uk

HIPPO SECOND ROUND
Orkney.
scottishathletics.org.uk

McCAIN SCOTTISH YOUNG ATHLETES' LEAGUE
1: Edinburgh. 2: Grangemouth. North East: Inverness.
ukyal.org.uk

SANDRA LUKE MEMORIAL 5 STAR 10 STEP COMPETITION
Horspath, Oxford.
oxfordcityathleticclub.com

SOUTH WEST LEAGUE
1: Exeter. 2: Millfield.
swathletics.org.uk

UK WOMEN'S LEAGUE
1: Cardiff. 2: Portsmouth. 3: Aldershot.
ukwal.co.uk

UP & RUNNING MIDLAND LEAGUE
1: Wolverhampton. 2: Charnwood. 3: Tamworth. 4: Corby. 5: Tipton. 6: Sutton Coldfield. 7: Leamington.
midlandathletics.org.uk

WELSH SENIOR LEAGUE
Cwmbran.
welshathletics.org

Monday May 28

BLACKHEATH AND BROMLEY OPEN
Bromley.
bandbhac.org.uk

SOUTHERN COUNTIES VETERANS' LEAGUE
Herts & North Middlesex: Hendon. Western: Abingdon.
scvac.org.uk

Tuesday May 29

BMC GOLD STANDARD RACES
Stretford. 8pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx

BMC REGIONAL RACES
Exeter. 8pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx

EXETER OPEN
Exeter.
exeterharriers.co.uk

TRAFFORD GRAND PRIX (DISTANCE & THROWS ONLY)
Stretford. 6pm.
traffordac.co.uk

Wednesday May 30

BASINGSTOKE & MID HANTS AC OPEN GRADED MEETING
Basingstoke. 7pm.
bmhac.co.uk

REGIONAL RACES
Birmingham (Un), Brighton.
britishmilersclub.com/fixtures/bmcfixtures.aspx

BRAT CLUB OPEN MEETING
Birmingham University. 6.45pm.
birminghamrowheath.co.uk

BRITISH COLLEGES SPORT NATIONAL CHAMPIONSHIPS

Gateshead. 10am.
gateshead.ac.uk

CSAA VETERANS' CHAMPIONSHIPS
Watford.
csaa.org.uk/champs.html

DUNREN OPEN GRADED MEETING
Linwood. 6.40pm.
garscube86rav2001@yahoo.com

INSURANCE CHAMPIONSHIPS
Battersea.
christine.pates@senatorgroup.co.uk

LEE VALLEY CUP
Lee Valley.
leevalleypark.org.uk

LIVINGSTON OPEN MEETING
Craigswood. 7pm.
livingstonaac.com

LONDON SCHOOLS' COMBINED EVENTS
Lee Valley.
londonschoolsaa.net

LOUGHBOROUGH STUDENTS V EAST MIDLANDS V BRITISH POLICE
Loughborough.
loughboroughathletics.com

MIDLAND VETERANS' LEAGUE
East: Tamworth. North: Stoke. South: Birmingham.
mvtfl.wordpress.com

RAMSEY BAKERY SUMMER LEAGUE (U13 AND OVER)
Ramsey. 6.30pm.
iomnac.co.uk

ROSENHEIM LEAGUE EAST DIVISION
Croydon.
herculeswimbledonac.org.uk

SOUTHERN COUNTIES VETERANS' LEAGUE SUSSEX DIVISION
Lewes.
scvac.org.uk

WATFORD OPEN GRADED MEETING
Watford. 7pm.
watfordharriers.org.uk

WEST YORKSHIRE LEAGUE
Cleckheaton. 6.45pm.
wakefield-harriers.co.uk/wytfll/wytfll.htm

WALKS

Sunday May 13
SARNIA WALKING CLUB 10
Pleinmont. 9am.
sarnia.wordpress.com

Tuesday May 15
VETERANS AC 5
Battersea Park, London. 7pm.
vetsac.org.uk

Thursday May 17
MANX HARRIERS 5km
TT Access Road, Isle of Man.
manxharriers.com

Friday May 25
SARNIA WALKING CLUB 2km
Vale. 6.30pm.
sarnia.wordpress.com

OVERSEAS

Friday May 11
IAAF DIAMOND LEAGUE
Doha, Qatar.

Saturday May 12
IAAF WORLD RACE WALKING CUP

Saransk, Russia. Until May 13.
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Sunday May 13
IAAF WORLD CHALLENGE MEETING
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Tuesday May 15
IAAF WORLD CHALLENGE MEETING
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Wednesday May 16
DUBLIN GRADED MEETING
Dublin, Ireland. 7pm.
dublinathletics.com

IAAF WORLD CHALLENGE MEETING
Daegu, Korea.
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Saturday May 19
IAAF DIAMOND LEAGUE
Shanghai, China.
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WORLD MASTERS' MOUNTAIN RUNNING CHAMPIONSHIPS
Buhlertal, Germany.
wm.tv-buehlertal.de

Sunday May 20
IAAF WORLD CHALLENGE MEETING
Rio de Janeiro, Brazil.
iaaf.org

WOODIE'S DIY AAI GAMES
Dublin, Ireland.
athleticsireland.ie

Wednesday May 23
DUBLIN GRADED MEETING
Dublin, Ireland. 7pm.
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Friday May 25
IAAF WORLD CHALLENGE MEETING
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Saturday May 26
IAAF WORLD COMBINED EVENTS CHALLENGE
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IAAF WORLD RACE WALKING CHALLENGE
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IRISH MILERS' CLUB
Greystones, Ireland.
irishmilersclub.com

Sunday May 27
IAAF WORLD CHALLENGE MEETING
Hengelo, Netherlands.
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IAAF WORLD CHALLENGE MEETING
Rabat, Morocco.
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Thursday May 31
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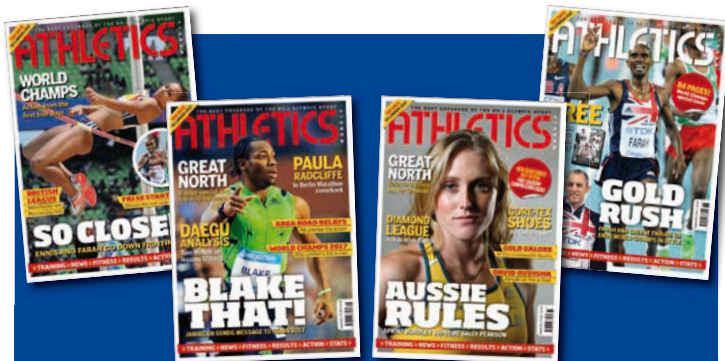
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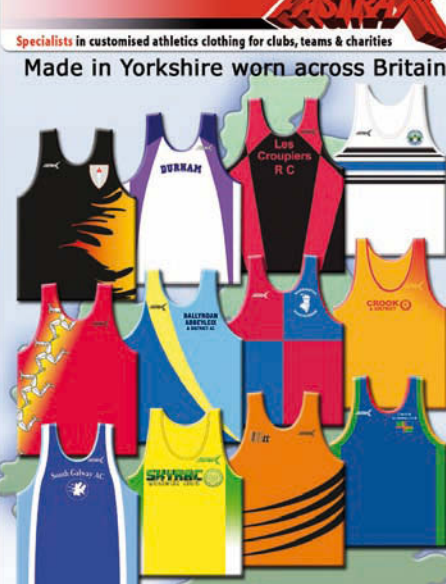
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Torch makes unexpected stopover

BEING named one of the official flame carriers during the Torch Relay is a massive honour and the process of nominating candidates for the prestigious role stems back a year or more.

It's also caused some disgruntlement, with sporting stalwarts like marathon runner Ron Hill seemingly snubbed.

So it was richly ironic last week when a humble airport duty manager became the first person to carry the torch on UK or Irish soil.

The incident happened when a British Airways flight was forced to make an unexpected stop in Ireland – six weeks before it was officially due to visit. The flight was going from Orlando in Florida to Gatwick but after having been forced to take a longer route than expected they ran low on fuel and had to



COLIN HENRY

"Okay lady, put the weapon down and step away"

stop in Shannon, on the Irish west coast, shortly before 7am.

The flight was later grounded

there after it was beset by other problems. The Boeing 777

developed a technical issue and

then a passenger suddenly fell ill on board and had to be rushed to hospital in Limerick.

The presence of the torch on the flight added to the difficulty of getting the passengers to London. The torch, which is due to visit Belfast and Dublin in early June, was being brought to England by Piers Skinner, director of customer management for Coca Cola.

Shannon Airport's duty manager, Natasha Naughton-O'Keeffe, therefore became one of the first to hold the torch while it was being transferred between flights.

"I certainly wasn't expecting to be holding the Olympic torch when I came into work," she said. "The whole world will be looking at the Olympic torch on the opening night of the Games and I'll be able to say I carried it too!"

Bolt love life creates a storm

USAIN BOLT made headlines last weekend with his swift 100m season opener, but he is also making the news off the track due to his new girlfriend.



Bolt has been dating a Slovakian-born fashion designer, Lubica Slovak, but

the relationship has sparked a controversy with lots of his fellow Jamaicans, unhappy that he has chosen a white partner.

Slovak met Bolt when she interviewed him for a feature in a Slovakian newspaper. The duo keep their relationship as private as possible but they were subject to a torrent of abuse when a picture of them kissing was published in the *Jamaican Observer* last month.

AW scores in football programme

ATHLETICS WEEKLY was featured in the match programme for the Aston Villa v Spurs game last Sunday following a *Dip Finish* article we did on Villa striker Andreas Weimann earlier this year.

Weimann's parents were national sprint hurdles champions in Austria during the Eighties, with his mum, who ran under the name of Sabine Seidl, holding the Austrian 100m hurdles record for 14 years.

Weimann, who was interviewed for the *Dip*



Finish feature by long-time AW contributor Tom McCook, said: "It's the first time I've ever been interviewed for an athletics magazine and it made a nice change from just talking about football.

"My parents met



Andreas Weimann: son of Austrian sprint champions

through athletics and I wanted to follow in their footsteps when I was younger."

The 20-year-old has inherited their speed and athleticism though as he's been a big hit with Villa fans this season.

NEXT WEEK

County Championships results round-up plus an interview with UKA's coaching guru Kevin Tyler

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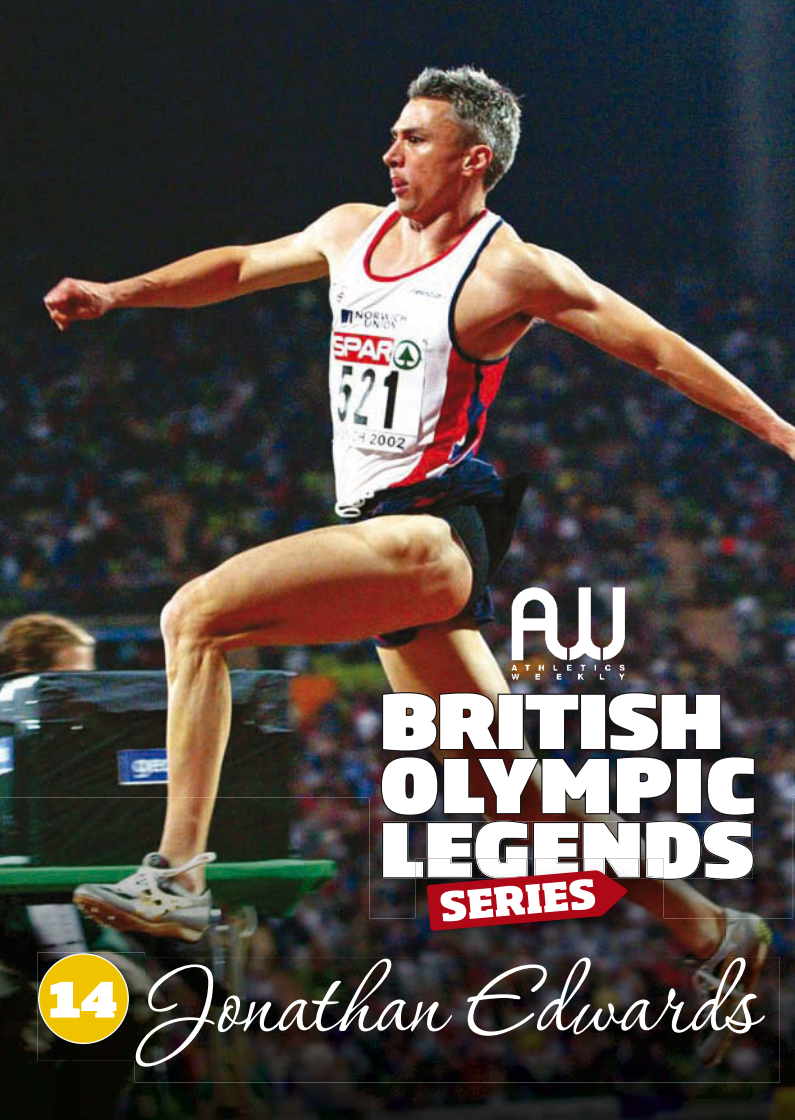
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A large yellow starburst graphic with a scalloped edge, containing the text "#14" and "EVENT: TRIPLE JUMP".

#14

EVENT: TRIPLE JUMP

Jonathan Edwards

Some moments in athletics are etched in the memory, and perhaps none more so than Jonathan Edwards' world record leap to win the 1995 World Championships. It was a seminal moment for the athlete who, for many years, had chosen not to compete on Sunday for religious reasons. Edwards was truly gifted - a fact reflected in him winning all the major titles. That he still holds the world record today is evidence enough of his talent.

JONATHAN EDWARDS

It takes a brave man to describe one of Britain's most successful athletes as a 'bottler'. But such was the description of Jonathan Edwards, when prior to the 2000 Olympics, after a lean period without a global title, by one British betting firm when they explained why they had given generous odds for the world record-holder to triumph in Sydney.

As AW wrote at the time, following Edwards' 23cm victory: "Hopefully Edwards, a deeply religious and delightfully friendly individual will have placed a hefty bet on himself. Not that it is allowed under Olympic Charter rules of course."

Still, after his glorious summer in 1995 when, with his remarkable speed on that afternoon in Sweden, his first jump blew away the rest of the competition. He jumped 18.16m, smashing his world record, and then in the second round, he went even further, clearing 18.29m.

It's probably true to say that one of the difficulties Edwards faced was the level of expectation and while he entered the Olympic Games in Atlanta as favourite, it was not to be. It was there that his run of 22 successive





JONATHAN EDWARDS

wins was ended by Kenny Harrison, whose 18.09m beat Edwards into silver by 21 centimetres.

Following the 1996 Atlanta defeat, he appeared to go off the boil for a few years, suffering similar disappointments at the 1997 and 1999 Worlds - where he finished second and third respectively. Of course, he still showed flashes of brilliance, winning the 1998 European title, for example. He won nine of his 12 competitions in 1999, although his third place in Seville ended with him and wife Alison cuddling by the trackside, during a difficult time for their family because of his mother-in-law being ill.

In 2000, he was the world number one again, but days before the Games were about to start, his mother-in-law died. Edwards contemplated returning home. He was told to stay, and fuelled up with even more emotion and dedication to the cause.

Edwards was still the hot favourite, but being a favourite doesn't guarantee a gold medal. The world record-holder kept his head and jumped 17.71 metres in the third round to win the event by 23 centimetres.

JONATHAN EDWARDS

With Larry Achike fifth and Phillips Idowu sixth, Britain's male triple jumpers created a good argument to call this the country's strongest event.

Following Denise Lewis's gold medal in the heptathlon, Edwards made it two golds for Britain in two days. His triumph came on a classic night of Olympic action that included Cathy Freeman winning the women's 400m from Katharine Merry and Donna Fraser in third and fourth. There was also disappointment in the air because of Colin Jackson's defeat in the 110m hurdles.

Competition hots up

In the first round in Sydney, Edwards jumped a solid 17.12m into a slight headwind. Achike, on the other hand, produced a superb 17.29m (one centimetre off his best) to go into an early lead.

The Russian, Denis Kapustin, took over in the second round with 17.46m. By round three, however, Edwards unleashed a 17.71m mark - which proved good enough to win.



JONATHAN EDWARDS

Achike hung on to bronze for much of the competition, until the final round in fact, when the Cubans Yoel Garcia and Yoelbi Quesada produced leaps of 17.47m and 17.37m to move into second and fourth.

The Cuban duo had remained quiet this year, competitively, and Edwards had feared them perhaps more than anyone else. In the end, it was Achike who suffered, while Idowu, who produced a jump of 17.08m in the third round, ended up sixth.

It was an incredible scattering of placings from the British trio. "Three Britons made it into the top eight so we all made the cut," said Achike. "Jonathan has really set the ball rolling. But this must be our strongest event now!"

Achike, the European Cup winner continued: "Jonathan has shown what you have to do to win a major medal. You have to jump a long way before you come here to know you can win."

Edwards' preparation had been controversial. He pulled out of the European Cup on his home track at Gateshead back in July, saying he wasn't happy with his form and preferred to go to Israel to train. The decision



JONATHAN HAS SHOWN WHAT YOU HAVE TO DO TO WIN A MAJOR MEDAL

was universally slated but everyone also acknowledged at the time that if he won gold in Sydney then the Israeli excursion would be described as a masterstroke.

"It was a hard competition," the new champion said afterwards. "I thought that there was a good chance that 17.71 was enough; I didn't want to go back and win it again. I feel this time this is something to share with everybody, my wife, my boys and my coaches."

"Gothenburg was about world records, big jumps and feeling great, but this was a battle and really hard competition. I thought that if I was going to win the Olympic gold it would be in Atlanta...to come here at 34 and win has been fabulous."

JONATHAN EDWARDS

Following the competition, he stood on the rostrum filled with pride and singing the national anthem. There would not have been a more popular or deserving gold medalist than Edwards. He had achieved the ultimate in the sport - an Olympic gold.

Post Olympics

But Edwards didn't retire. The main gold medal to elude him was the Commonwealth Games title, but he put that right on a Sunday evening in Manchester in 2002. Londoner Phillips Idowu had been fast progressing as the man who one day would succeed him as British number one and here he led the competition with 17.68m. Edwards took to the runway, looked around, knew his time had come again and in the third round set a world-leading mark of 17.86m to complete the set of the four majors.

In 2003, he was third at Stockholm with 17.14m and at the London Grand Prix with 17.19m, yet in the latter he sustained an ankle injury and was carried off. A scan showed no break and he was able to compete at the World



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MEDALIST



JONATHAN EDWARDS

Championships in Paris, qualifying with 16.94m, but he took only two jumps in the final, thus ending his wonderful career in anti-climatic fashion, last with 16.31m.

He has since moved into television, as an athletics commentator on the BBC. He received an MBE in 1995 and CBE in 2000, but still there is no sign of his world record being eclipsed.



JONATHAN EDWARDS - A CAREER IN STATISTICS



INTERNATIONAL CHAMPIONSHIPS AT TRIPLE JUMP

- 1986:** 1987: 9th World University Games
- 1988:** dnf 23rd Olympics
- 1989:** 3rd World Cup
- 1990:** 2nd Commonwealth Games
- 1992:** dnf Olympics, 1st World Cup
- 1993:** 6th World Indoors, 3rd Worlds, 2nd European Cup
- 1994:** 4th European Cup, 2nd Commonwealth Games, 6th Europeans
- 1995:** 1st European Cup, 1st Worlds
- 1996:** 1st European Cup, 2nd Olympics, won IAAF Grand Prix
- 1997:** 1st European Cup, 2nd Worlds
- 1998:** 1st European Indoors, 1st European Cup, 1st Europeans
- 1999:** 2nd European Cup, 3rd Worlds
- 2000:** 1st Olympics
- 2001:** 2nd World Indoors, 1st European Cup, 1st Worlds
- 2002:** 1st European Cup, 1st Commonwealth Games, 3rd Europeans, 1st World Cup
- 2003:** 4th World Indoors, 12th Worlds

NATIONAL CHAMPIONSHIPS

Won AAA 1989, 1994, 1998, 2001; UK 1989 and 1992

UK INTERNATIONALS

49 (1988-2003)

PERSONAL BESTS

TJ 18.29 (world record) and 18.43w (1995),
100m 10.48 (1996),
200m 22.2 (1989),
LJ 7.41 and 7.45w (1992)

INDOORS

50m 5.9 (1993),
60m 6.73 (1998),
TJ 17.64 (1998, British record)



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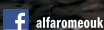
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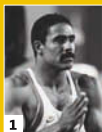


Giulietta



Model shown Alfa Giulietta 1.4 TB MultiAir 170 bhp ALFA TCT Veloce at £23,645 OTR including Ghiaccio White special paint at £490. Range of official fuel consumption figures for the Alfa Giulietta range: Urban 26.2 – 51.4 mpg (10.8 – 5.5 l/100km); Extra Urban 48.7 – 76.3 mpg (5.8 – 3.7 l/100km); Combined 37.2 – 64.2 mpg (7.6 – 4.4 l/100km). CO₂ emissions 177 – 114 g/km.

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DALEY THOMPSON

Decathlon: Moscow 1980,
Los Angeles 1984

SALLY GUNNELL

400m hurdles: Barcelona 1992

DAVID HEMERY

400m hurdles: Mexico 1968

KELLY HOLMES

800m & 1500m: Athens 2004

KEN MATTHEWS

20km Walk: Tokyo 1964

DON THOMPSON

50km Walk: Rome 1960

ANN PACKER

800m: Tokyo 1964

ALLAN WELLS

100m: Moscow 1980

CHRIS BRASHER

3000m steeplechase:
Melbourne 1956

TESSA SANDERSON

Javelin: Los Angeles 1984

STEVE OVETT

800m: Moscow 1980

CHRISTINE OHURUOGU

400m: Beijing 2008

LINFORD CHRISTIE

100m: Barcelona 1992

MARY PETERS

Pentathlon: Munich 1972

MARY RAND

Long jump: Tokyo 1964

JONATHAN EDWARDS

Triple jump: Sydney 2000

DENISE LEWIS

Heptathlon: Sydney 2000

LYNN DAVIES

Long jump: Tokyo 1964

SEB COE

1500m: Moscow 1980,
Los Angeles 1984

LONDON 2012 TIMETABLE

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FRIDAY AUGUST 3

10:00	M	Shot	Qualification
10:05	W	100m hurdles	Heptathlon
10:25	W	Triple jump	Qualification
10:40	W	100m	Prelims
11:15	M	400m hurdles	Heats
11:15	W	High jump	Heptathlon
11:20	M	Hammer	Qualification
12:00	W	400m	Heats
12:45	M	Hammer	Qualification
13:00	M	3000m steeplechase	Heats
19:00	W	Shot	Heptathlon
19:05	W	100m	Heats
19:10	W	Discus	Qualification
19:50	M	Long jump	Qualification
20:05	M	1500m	Heats
20:30	M	Shot	Final
20:35	W	Discus	Qualification
20:45	W	200m	Heptathlon
21:25	W	10,000m	Final

SATURDAY AUGUST 4

10:00	M	100m	Prelims
10:05	W	Long jump	Heptathlon
10:20	W	Pole vault	Qualification
10:35	M	400m	Heats
11:35	W	3000m steeplechase	Heats
11:40	W	Javelin	Heptathlon
12:30	M	100m	Heats
12:55	W	Javelin	Heptathlon
17:00	M	20km walk	Final
19:00	M	400m hurdles	Semi-final
19:30	W	Discus	Final
19:35	W	100m	Semi-final
19:55	M	Long jump	Final
20:05	W	400m	Semi-final
20:35	W	800m	Heptathlon
21:15	M	10,000m	Final
21:55	W	100m	Final

SUNDAY AUGUST 5

11:00	W	Marathon	Final
19:00	W	400m hurdles	Heats
19:05	M	High jump	Qualification
19:35	W	Triple jump	Final
19:45	M	100m	Semi-final
20:15	M	1500m	Semi-final
20:20	M	Hammer	Final
20:40	M	400m	Semi-final
21:10	W	400m	Final
21:25	M	3000m steeplechase	Final
21:50	M	100m	Final

MONDAY AUGUST 6

10:00	M	Discus	Qualification
10:05	W	100m hurdles	Heats
10:45	W	Shot	Qualification
10:50	M	800m	Heats
11:25	M	Discus	Qualification
11:45	W	1500m	Heats
19:00	W	Pole vault	Final
19:15	W	Shot	Final
19:20	W	200m	Heats
20:15	W	400m hurdles	Semi-final
20:45	M	400m hurdles	Final
21:05	W	3000m steeplechase	Final
21:30	M	400m	Final

TUESDAY AUGUST 7

10:00	W	Javelin	Qualification
10:10	M	110m hurdles	Heats
10:45	M	Triple jump	Qualification
10:55	W	5000m	Heats
11:25	W	Javelin	Qualification
11:50	M	200m	Heats
19:00	M	High jump	Final
19:05	W	Long jump	Qualification
19:15	W	100m hurdles	Semi-final
19:45	M	Discus	Final
19:55	M	800m	Semi-final
20:25	W	200m	Semi-final
21:00	W	100m hurdles	Final
21:15	M	1500m	Final

WEDNESDAY AUGUST 8

10:00	M	Pole vault	Qualification
10:00	W	Hammer	Qualification
10:10	M	100m	Decathlon
10:45	M	5000m	Heats
11:10	M	Long jump	Decathlon
11:25	W	Hammer	Qualification
11:35	W	800m	Heats
12:50	M	Shot	Decathlon
18:00	M	High jump	Decathlon
19:05	M	Javelin	Qualification
19:15	M	110m hurdles	Semi-final
19:45	W	1500m	Semi-final
20:05	W	Long jump	Final
20:10	M	200m	Semi-final
20:35	M	Javelin	Qualification
20:45	W	400m hurdles	Final
21:00	W	200m	Final
21:15	M	110m hurdles	Final
21:30	M	400m	Decathlon

THURSDAY AUGUST 9

09:00	M	110m hurdles	Decathlon
09:45	W	High jump	Qualification
09:55	M	Discus	Decathlon
11:45	M	4x400m relay	Heats
12:55	M	Pole vault	Decathlon
18:30	M	Javelin	Decathlon
19:20	M	Triple jump	Final
19:30	W	800m	Semi-final

THURSDAY AUGUST 9 (CONTINUED)

19:40	M	Javelin	Decathlon
20:00	M	800m	Final
20:20	W	4x100m relay	Heats
20:55	M	200m	Final
21:00	W	Javelin	Final
21:20	M	1500m	Decathlon

FRIDAY AUGUST 10

19:00	M	Pole vault	Final
19:10	W	4x400m relay	Heats
19:35	W	Hammer	Final
19:45	M	4x100m relay	Heats
20:05	W	5000m	Final
20:40	W	4x100m relay	Final
20:55	W	1500m	Final
21:20	M	4x400m relay	Final

SATURDAY AUGUST 11

09:00	M	50km walk	Final
17:00	W	20km walk	Final
19:00	W	High jump	Final
19:20	M	Javelin	Final
19:30	M	5000m	Final
20:00	W	800m	Final
20:25	W	4x400m relay	Final
21:00	M	4x100m relay	Final

SUNDAY AUGUST 12

11:00	M	Marathon	Final
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Times are subject to change. Check iaaf.org for latest timetable information
Pictures: Mark Shearman

