



Mail Order: 0844 848 8803 / 01670 700 030

Free More Mile Socks With All Footwear Purchases



Nike Zoom Superfly R3 MEN'S - SPRINT SPIKE (429931 180) RRP £94.99 £85.49



Nike Zoom Rival MD 6 UNISEX - MD SPIKE (468648 041) RRP £49.99 £39.95





Nike Zoom Rival S 6 UNISEX - SPRINT SPIKE (456812 070) RRP £49.99 £3



Nike Zoom Rival D 6 UNISEX - LD SPIKE (468649 413) RRP £49.99 £39.95



Nike Zoom Rotational 5 MEN'S - FIELD SPIKE (468647 013) RRP £79.99 £71.99



Nike Zoom Triple Jump 3 MEN'S - FIELD SPIKE (474132 103) RRP £79.99 £71.99



Nike Zoom Matumbo MEN'S - LD SPIKE (331037 471) RRP £79.99 £71.99



Nike Zoom Celar 4 WOMEN'S - SPRINT SPIKE (456816 006) RRP £74.99 £67.49



Adidas Prime Accelerator MEN'S - SPRINT SPIKE (V20145) RRP £129.99 £103.95



Adidas Arriba 3 W WOMEN'S - LD SPIKE (V20161) RRP £49.99 £39.95



ADIDAS SPIKE OF THE WEEK



Adidas Sprint Star 3 UNISEX – SPRINT SPIKE (V23441) RRP £59.99 £47.95



Adidas Spider 3 UNISEX - SPRINT SPIKE (V23443) RRP £59.99 £47.95

www.startfitness.co.uk

START FITNESS

FREE STANDARD UK DELIVERY FOR ORDERS OVER £59.95

NEW SEASON NIKE CLOTHING - NOW IN STOCK



Nike Sphere Short Sleeve Running Tee MEN'S (451254 775 / 650) RRP £25.99



Nike Denier Differential Stretch Half Zip Tee MEN'S (451251 775 / 455) RRP £33.99 £29.99



MEN'S (451247 775 / 657) RRP £29.99 £26.99



Nike 4 Inch Dri-Fit Woven Run Shorts MEN'S (404617 026 / 024) RRP £17.99 £15.99



Nike Tech 8"
Short Tights
MEN'S
(451258 020)
RRP £25.99



Nike Sphere Short Sleeve Tee WOMEN'S (451326 617 / 462) RRP £25.99



Nike Miler Short Sleeve Running Top WOMEN'S (405254 899 / 317) RRP £19.99 £17.99



Nike Dri-Fit Filament Running Capri Tights WOMEN'S (405334 028) RRP £24.99 £22.49



Nike Dri-Fit 2"
Boy Shorts
WOMEN'S
(405250 617 / 066)
RRP £17.99



WOMEN'S (716453 041 / 307) RRP £17.99 £15.99

Nike Tempo Run Short

20% OFF NEW NIKE FOOTWEAR



Nike Zoom Vomero+ 7
MEN'S – NEUTRAL
(511488 160)
RRP £99.99 £79.99



MEN'S – NEUTRAL (443805 009) RRP £74.99 £59.95



Nike Zoom Structure+ 15 Breathe

MEN'S – SUPPORT

(511483 010)

RRP £89.99 £71.95



Nike LunarGlide+ 3
MEN'S – DYNAMIC SUPPORT
(454164 401)
RRP £84.99 £67.95



Nike LunarEclipse+ 2
WOMEN'S - SUPPORT
(487974 606)
RRP £94.99 £75.95



Nike Air Pegasus+ 28 Breathe
WOMEN'S – NEUTRAL
(443800 010)
RRP £74.99 £59.95



Nike Zoom Structure+ 15 WOMEN'S – SUPPORT (472506 051) RRP £89.99 £71.95



Nike LunarGlide+ 3
WOMEN'S – DYNAMIC SUPPORT
(454315 100)
RRP £84.99 £67.95









Contents

REGULARS

06 News

Pozzi: "I can go faster!" Wilkinson confident of 'A' standard Montell Douglas returns to form

44 Book reviews

Includes Running with the Kenyans and Stan Greenberg's Olympic Almanack

46 Your Say

Views on the week's hot topics

50 Young Athlete

Runner making waves in triathlon

62 Dip Finish

Flight blip hits 2012 torch preparations

SUMMER PREVIEW

25 What will 2012 hold?

Experts including Steve Cram and Katharine Merry reveal their hopes

32 Charles van Commenee

Jason Henderson meets UKA head coach ahead of crucial period

38 Diamond League

Doha to kick off top worldwide series

40 Hammer time

Thrower bemoans event's low status

42 Top fixtures for the year

Don't miss a thing in the Games build-up

SPOTLIGHT

44 Sergey Bubka

Pole vault legend recalls his Olympic highs and lows

PERFORMANCE

51 Products

The 'On' range of shoes reviewed

52 A pain in the bum?

Runners – avoid injury by strengthening your glutes

54 Building the foundations

Five exercises to develop your core

56 800m training

Reviewing the top coaches' methods

EVENTS

58 Results

Top performances from home and abroad, includes the new Marathon of the North in Sunderland

73 What's On

Listings for the weeks ahead

Cover: Andrew Pozzi sprints to a BUCS 110m hurdles victory at the Olympic Stadium (Mark Shearman)

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





EDITOR'S LETTER

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

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

LAM GIULIETTA. I AM A STUNNING OFFER.



ALFA GIULIETTA: £299 DEPOSIT WITH 3 YEARS COMPLIMENTARY SERVICING[†]

The Alfa Giulietta with coupé looks and 5 door practicality can now be yours for only £299 deposit plus 3 years complimentary servicing. A finance offer that puts you firmly in the driving seat.

'ALFA GIULIETTA 1.4 TB 120 BHP LUSSO WITH GHIACCIO WHITE SPECIAL PAINT AND 3 YEARS COMPLIMENTARY SERVICING[†]

	Representative 2% APR
Rate of Interest (Fixed)	1.40%
Optional Final Payment (inc. option fee of £295)	£6,144.00
On the Road Price**	£19,500.00
Total Amount Payable by Customer	£20,496.00
Duration of Contract	48 Months
Amount of Credit	£19,201.00
47 Monthly Payments of	£299.00
Customer Deposit	£299.00





VISIT WWW.ALFAROMEO.CO.UK/299

WITHOUT HEART WE WOULD BE MERE MACHINES.



- *Model Shown Alfa Giulietta 1.4 TB 120 bhp Lusso at £19,500 including Ghiaccio White special paint at £490. Offer valid on selected Alfa Giulietta models. Range of official fuel consumption figures for the Alfa Giulietta range: Urban 26.2 53.3 mpg (10.8 5.3 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.
- "On the road price includes 3 year Alfacare Dealer warranty, 12 months road fund license, vehicle first registration fee, delivery, number plates and VAT. Figures and prices are correct at time of print. Offer subject to status, a guarantee and/or indemnity may be required. With Alfa Romeo Preferenza you have the option to return the vehicle and not pay the final payment, subject to the vehicle not having exceeded an agreed annual mileage (a charge of 6p per mile for exceeding 6,000 miles per annum in this example) and being in good condition. Alfa Romeo Financial Services, PO Box 4465, Slough, SL1 ORW. Participating dealers only. Offer applies to cars registered before 30th June 2012. '3 Years complimentary service plan/30,000 miles offer applies to vehicles registered between 1st April to 30th June 2012. Service plan includes scheduled servicing only occurring within 3 year period and 30,000 mile limit and excludes wear and tear items, the service plan can only be used in conjunction with PCP, HP or a cash purchase retail sales only and excludes fleet & personal contract hire. Offer correct at time of printing, Terms and conditions apply. See www.alfaromeo.co.uk for full details.

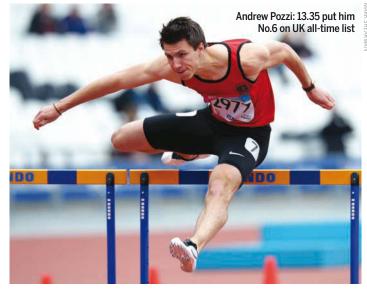
More to come, says Pozzi

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 iunior 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



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

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

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

"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

Haile v Makau in Manchester

ANY THOUGHTS 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



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," sad 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.



TCS Amsterdam Marathon Mizuno Half Marathon 8 K



Sunday 21 October Register Now

www.tcsamsterdammarathon.nl

I amsterdam.





















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-

Wilkinson, who has a 3000m flat PB of 7:55.73, reckons he can makes 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

"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



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 vear, it was really a make-orbreak 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 toptwo 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."

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 mararhoner'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 Sundat 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.



"21 YEARS OF SERVICE TO OUR SPORT"

The complete Athletics Travel Service

HELSINKI European Championships / BARCELONA World Juniors / DIAMOND LEAGUE Events **UKA Summer Events with prime tickets & LONDON Olympic Games**

Support the GBR team in Helsinki with packages from only £569 - hotel, flights and ticket - unbeatable value!

Tel: 01277 354377 Email: tftours@aol.com

All event and tour information available on our website

Track & Field Tours Ltd is bonded with **International Passenger Protection Ltd** and is a Retail Agent of ATOL Holders

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 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

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 Inchlev.

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."





Quite literally the making of champions





Rhys Williams

400m Hurdles

"The training demands in my sport are very high and without the Wellman® nutritional supplements I COULD NOT ACHIEVE MY FULL POTENTIAL."





Alison Waters

Squash

Wellwoman is working. Alison is stronger than I have ever seen her." Gordon Kerr, Manager

WORLD No.3

Nadia Williams Triple Jump before taking wellwoman UK No.2 Now **No.1***

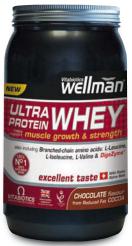
wellwoman

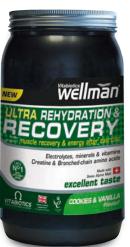
Why are these Great Britain athletes all moving up the rankings so quickly? Determination and raw talent - combined

with Vitabiotics' sports supplements. Developed by experts, new **Optimuscle**° offers three advanced formulations to

With under one year to go, Vitabiotics is set to astound the world of sport









NEW Wellman® Optimuscle®The science behind lean muscle power









WEIMAN



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

EPORT: JON MULKEEN, PICTURES: MARK SHEARMAN

LYMPIC 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.



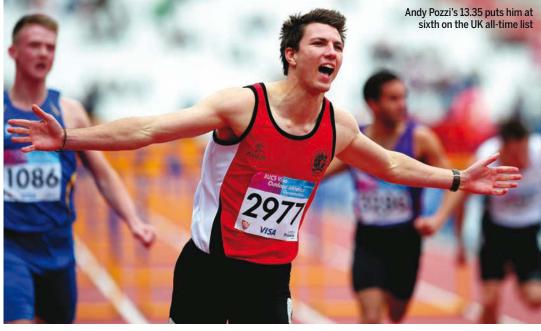
Nothing is impozzible for Andy

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



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."

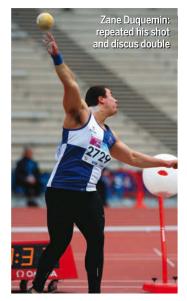
Pozzi's performance was one of seven championship records broken over the course of the weekend, two of them falling in the qualifying rounds on the first evening of competition. Loughborough's Izzy Jeffs threw 53.93m in the qualifying round of the javelin to better Goldie Sayers' 10-year-old BUCS record, 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.

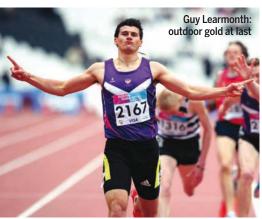














In the pole vault, Nick Cruchley erased the second-oldest championship record on the books with 5.22m. Birmingham University team-mate Pippa Woolven did likewise in her event, the 2000m steeplechase, winning in 6:36.60 to go to third on the UK all-time junior list.

"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 Guv 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
- » 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 secondfastest 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



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.

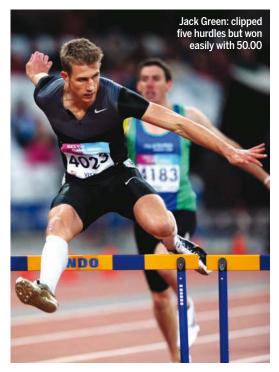
"I've never run that fast and it's

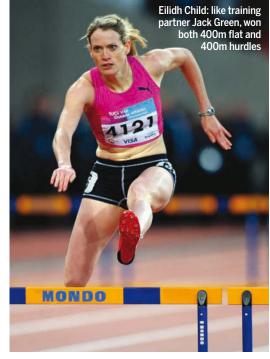
scary because the hurdles come at you so quickly," added the Commonwealth bronze medallist. "I dipped under the beam and looked at the clock and saw 13.90 - I thought 'oh no, Malcolm's going to shoot me'. But I was relieved to see the proper time."

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."











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.



ACTION

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 recordholder 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.



- >> 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 vourself 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 publicallyavailable 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 bbuL

"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

RESULTS

Men: 100 (0.4): 1 H Aikines-Aryeetey (Lough) 10.42; 2 D Talbot (BAT) 10.52; 3 A Wright (Brun) 10.55; 4 D Tobais (HER) 10.58; 5 A Ogunlewe (ESS) 10.59: 6 T Gilling (MID) 10.60: 7 S Bajere (BAT) 10.66; 8 J Simpson (MID) 10.73. Ht1 (0.7): 1 C Lawson (HER) 10.69. Ht2 (0.0): 1 J Simpson (MID) 10.73; 2 T Johnson (EXE) 10.96. Ht3 (-0.5): 1 D Tobais (HER) 10.59; 2 J Williams (LEE) 10.88. Ht4 (-1.1): 1 S Bajere (BAT) 10.67; 2 A Wright (Brun) 10.71. Ht5 (0.2): 1 H Aikines-Aryeetey (Lough) 10.43. Ht6 (0.2): 1 D Talbot (BAT) 10.37; 2 A Ogunlewe (ESS) 10.45. Ht7 (0.0): 1 T Gilling (MID) 10.60. Ht8 (-0.4): 1 R Reeves (HAL) 10.92; 2 J Toth (CEN) 10.98. **Ht9 (-0.2):** 1 J Ejehu (Brun) 10.75; 2 C Hill (UWI) 10.96. **SF1** (0.0): 1 D Talbot (BAT) 10.50; 2 A Ogunlewe (ESS) 10.65; 3 J Simpson (MID) 10.80; 4 C Lawson (HER) 10.96. Ht10 (0.5): 1 D Adams (ULS) 10.88. Ht11 (0.3): 1 A Murdock (GRE) 10.80 Ht12 (0.1): 1 S Dunlop (ABD) 10.85: 2 O Sobodu (CAN) 10.88. SF2 (-0.4): 1 H Aikines-Aryeetey (Lough) 10.51; 2 S Bajere (BAT) 10.59; 3 J Ejehu (Brun) 10.84; 4 J Williams (LEE) 10.96. SF3 (0.5): 1 A Wright (Brun) 10.51; 2 T Gilling (MID) 10.54; 3 D Tobais (HER) 10.59; 4 A Murdock (GRE) 10.85; 5 S Dunlop (ABD) 10.99. **UKA (0.3):** 1 J Ellington 10.30; 2 D Bolarinwa (GBR U20) 10.47; 3 R Fifton 10.48; 4 R Scott 10.61; 5 J Thomas 10.66; 6 J Browne 10.81; 7 N Thomas 10.99. 200 (0.2): 1 D Tobais (HER) 21.15; 2 D Lima (WOL) 21.43: 3 L Sylvester (UEL) 21.51: 4 C Lawson (HER) 21.54; 5 L Evans (Lough) 21.71; 6 E Stephens (LDM, U20) 21.80; 7 T Johnson (EXE) 21.84. UKA (-0.8): 1 S Watts 21.16; 2 J Thomas 21.32; 3 E Winn 21.37; 4 J Browne 21.61; 5 C Craig 21.64. **SF1 (-0.3):** 1 D Lima (WOL) 21.46: 2 C Lawson (HER) 21.63: 3 T Johnson (EXE) 21.78; 4 T Knight (DUR) 21.89. SF2 (0.1): 1 L Sylvester (UEL) 21.50; 2 E Stephens (LDM, U20) 21.66; 3 S Cordin (LEE) 21.92. SF3 (-0.6): 1 D Tobais (HER) 21.36; 2 L Evans (Lough) 21.76; 3 S Bajere (BAT) 21.78; 4 R Kakoza (BRI) 21.83. Ht1 (0.0): 1 D Tobais (HER) 21.91; 3 L South (HAL U20) 22.36. Ht2 (0.3): 1 L Sylvester (UEL) 21.95. **Ht4 (-1.2):** 1 D Lima (WOL) 21.82. Ht5 (-0.5): 1 J Ejehu (Brun) 21.87. **Ht6 (-0.7):** 1 D Walker-Khan (Brun) 21.36. **Ht7 (-0.1):** 1 E Stephens (LDM, U20) 21.72. Ht9 (-0.4): 1 L Evans (Lough) 21.77; 2 T Johnson (EXE) 21.87. Ht10 (0.0): 1 T Knight (DUR) 21.87; 2 S Cordin (LEE) 21.94. Ht12 (0.4): 1 S Baiere (BAT) 21.84: 2 R Kakoza (BRI) 21 92 400: 1 I Dunn (WOL) 46 66: 2 R Davenport (Lough) 46.86; 3 T Burn (HAL) 47.26; 4 M Warner (NTT) 47.75; 5 M Hunt (Lough) 47.92; 6 H Doran (EDG) 47.98; 7 S Peters (PLY) 48.01; 8 M Abdullahi (POR) 48.36. Ht1: 1 R Davenport (Lough) 49.78; 2 C Chancellor (UEA, U20) 50.27. **Ht2:** 1 R McDonald (COV) 49.79; 2 J Hornblow (UWI) 49.84. Ht3: 1 M Hunt (Lough) 48.53; 2 S Peters (PLY) 48.88. Ht4: 1 J Fehily (SHE) 49.75. Ht5: 1 M Warner (NTT) 48.03; 2 M Abdullahi (POR) 48.88; 3 B Crawford (STI) 49.42. Ht6: 1 H Doran (EDG) 49.21. Ht7: 1 J Houston (ULS) 49.15; 2 L Keeble (MID, U20) 49.80. Ht8: 1 J Dunn (WOL) 48.66; 2 A Magwidi (CAN) 49.45; 3 S Adeyemi (KNG) 49.47; 4 B Winstanley (BRS, U20) 50.44. Ht9: 1 T Burn (HAL) 48.85; 2 P Scanlan (BRU, U20) 49.47; 3 M Skee (ESS) 49.87. SF1: 1 M Warner (NTT) 46.97; 2 H Doran (EDG) 48.03; 3 B Crawford (STI) 48.88; 4 A Magwidi (CAN) 49.20; 5 P Scanlan (BRU, U20)

49.40; 6 J Fehily (SHE) 49.71. SF2: 1 M Hunt (Lough) 48.25; 2 M Abdullahi (POR) 48.36; 3 J Houston (ULS) 49.04. SF3: 1 J Dunn (WOL) 46.83; 2 R Davenport (Lough) 47.44; 3 T Burn (HAL) 47.63; 4 S Peters (PLY) 48.22; 5 J Hornblow (UWI) 49.36. UKA: 1 J Green 46.05; 2 C Williams 46.78; 3 D Riley 47.05; 4 R Morrissey 47.23; 5 R Yates 47.79: 6 T Druce 48.28. 800: 1 G Learmonth (Lough) 1:50.36; 2 J Hallas (LMC) 1:50.85; 3 A Richardson (Lough) 1:51.43; 4 A Woods (BRS) 1:51.46; 5 J Oguntayo (MMU) 1:52.96; 6 B Wallis (STM) 1:53.40; 7 P Hurst (SUN) 1:54.76. Ht5: 1 A Woods (BRS) 1:54.45. SF1: 1 A Richardson (Lough) 1:52.45; 2 T Atkinson (LIV) 1:52.81; 3 M Jackson (BIR) 1:53.90; 4 M Hoy (ULS) 1:53.97; 5 J Joy (ABD) 1:54.12. SF2: 1 J Hallas (LMC) 1:51.21; 2 B Wallis (STM) 1:52.42; 3 J Oguntayo (MMU) 1:52.53; 4 R Hastey (HAL) 1:53.42; 5 S Brindley (RGU) 1:54.99. SF3: 1 J Durrant (BIR) 1:51.74: 2 A Woods (BRS) 1:51.92: 3 P Hurst (SUN) 1:52.16; 4 A Bennett (UWI) 1:52.63. SF4: 1 G Learmonth (Lough) 1:52.95; 2 J Bird (BAT) 1:53.04. **1500:** 1 M Wilsmore (PLY) 3:46.95; 2 H Harper (BIR) 3:47.50; 3 E Everard (NOR) 3:47.59; 4 D Mooney (LJM) 3:47.93; 5 R Morrell (TEE) 3:48.59; 6 S Mitchell (BAT) 3:48.82; 7 J Hay (BIR) 3:49.24; 8 A Clarke (STM) 3:50.89; 9 T Frith (OXF) 3:54.48; 10 M Armstrong (WAR) 3:55.64; 11 M Bergin (BRU, U20) 4:00.05. Ht2: 1 A Clarke (STM) 3:57.29; 2 J Thie (UWI) 3:57.42: 3 J Ashcroft (BRS) 3:58.24; 4 S Mears (Lough) 3:58.90. **Ht5:** 1 S Mitchell (BAT) 3:54.18; 2 M Wilsmore (PLY) 3:54.25; 3 R Morrell (TEE) 3:55.31; 4 T Frith (OXF) 3:55.94; 5 T Straw (LIN) 3:57.98. SF1: 1 M Wilsmore (PLY) 3:50.56; 2 H Harper (BIR) 3:50.58; 3 D Mooney (LJM) 3:50.89; 4 A Clarke (STM) 3:50.99; 5 R Morrell (TEE) 3:51.08; 6 T Gayle (WAR) 3:52.42; 7 J Thie (UWI) 3:52.67; 8 M Thomas (BAT) 3:54.91; 9 J Shelley (OXF) 3:56.02; 10 D Studley (OXB) 3:58.82. **SF2:** 1 J Hay (BIR) 3:48.79; 2 T Frith (OXF) 3:48.87; 3 M Bergin (BRU, U20) 3:49.05; 4 C Carter (STM) 3:49.07; 5 E Everard (NOR) 3:49.25; 6 M Armstrong (WAR) 3:49.33; 7 S Mitchell (BAT) 3:49.40; 8 M Kershaw (UWI) 3:49.74; 9 J Ashcroft (BRS) 3:51.87: 10 T Straw (LIN) 3:52.24: 11 S Mears (Lough) 3:52.94: 12 H Speed (UWE) 3:54.26. 3000: UKA: 1 D Bishop 7:56.37; 2 R Stevenson 7:56.94; 3 J Taylor 7:57.16; 4 T Lancashire 8:00.29; 5 S Davies 8:01.27; 6 R Weir 8:06.20; 7 F Baddick 8:06.56; 8 Z Seddon (GBR, U20) 8:08 61: 9 F Tickner 8:20 87: 10 D Proctor 8:28.04. 5000: 1 P Owor (ROE) 14:18.92; 2 A Bitchell (UWI) 14:19.64; 3 N Fleming (BIR) 14:21.67; 4 J Goodwin (BED, U20) 14:26.29; 5 R Best (TEE) 14:29.47; 6 J Gorecki (BIR) 14:31.26; 7 J Grace (STM, U20) 14:31.81; 8 D Vernon (ABD, U20) 14:32.41: 9 T Anderson (SOU) 14:43.44; 10 J Norman (LMC) 14:55.59; 11 C Bannon (IMP) 14:59.55; 12 F Downs (OXF) 15:01.82; 13 M Aadan (LSB) 15:02.40; 14 T Phillips (UWI) 15:07.09; 15 A Robinson (DUR) 15:13.14; 16 C Wright (LMC) 15:31.82. Ht1: 1 P Owor (ROE) 14:43.26; 2 M Aadan (LSB) 14:53.31; 3 J Gorecki (BIR) 14:54.55; 4 D Vernon (ABD, U20) 14:55.01; 5 A Robinson (DUR) 14:57.02; 6 F Downs (OXF) 14:58.89; 7 C Wright (LMC) 14:59.55; 8 J Vernau (Brun) 15:36.80; 9 T Bean (YOR) 15:38.06; 10 A Bellew (LEE) 15:42.46. Ht2: 1 R Best (TEE) 14:54.78; 2 J Goodwin (BED, U20) 14:54.87; 3 T Phillips (UWI) 15:00.06; 4

T Anderson (SOU) 15:00.91; 5 D

Woodgate (STM) 15:02.02; 6 S Bayton (SHE) 15:09.00; 7 A Wall-Clarke (Lough) 15:17.08; 8 R Brown (CAM) 15:18.19; 9 A Muir (OXF) 15:23.40; 10 J Bull (NOT) 15:24.61: 11 J Waldron (MID) 15:38.99. Ht3: 1 A Bitchell (UWI) 14:37.89; 2 J Grace (STM, U20) 14:38.00; 3 J Norman (LMC) 14:38.54; 4 N Fleming (BIR) 14:38.65; 5 C Bannon (IMP) 14:39.09; 6 J Dalgleish (UWE) 15:22.04; 7 D Gibbon (ESS) 15:31.72: 8 S Ashcroft (CAM) 15:39.30 10000: A: 1 | Kimpton (NOT) 30:19.90; 2 D Griffiths (SWA) 30:21.10; 3 L Traynor (GLC, U20) 30:41.58; 4 B Norris (BIR) 30:42.41; 5 B Russell (LIV) 30:50.13; 6 D Cliffe (BIR) 30:52.69; 7 R Axe (STM) 31:27.48; 8 S Kerr (Lough) 31:31.75; 9 E Barnett (LSE) 31:33.81; 10 S Connor (SOU) 31:34.55; 11 S Densham (Lough) 31:41.57; 12 E Totten (IMP, U20) 31:53.32; 13 S Bayton (SHE) 31:58.55; 14 W MacKay (CAM) 31:59.64; 15 A Harrell (STM) 32:09.53; 16 S Ledger (OXF) 32:10.43: 17 R Weeks (YOR, U20) 32:28.57; 18 J Entwistle (OXB) 32:54.99; 19 F Slemeck (LEE) 33:11.44; 20 P Vis (DUR) 33:36.66; 21 M Hobbs (LMC) 33:39.71; 22 A McCormack (LEI) 33:41.25; 23 A Holford (ESS) 33:54.89: 24 J Collier (SOLI) 33:59:49 B: 1 A Correas Illarramendi (ABD) 32:54.78; 2 T Carter (BIC) 33:36.74; 3 D Yerrakalva (MAN) 33:46.74; 4 R Christie (STI) 34:26.67; 5 C Hepworth (Brun) 34:33.13; 6 T Grimes (UEL) 34:38.88; 7 M Windsor (LJM) 34:44.76; 8 C Emmerson (STF) 34:45.90: 9 R Lopez Molinos (SSO) 34:51.00: 10 O Garrod (EXF. U20) 34:51.57; 11 C Rowlinson (BAN, U20) 34:58.63. 110H (1.3): 1 A Pozzi (UWE) 13.35; 2 J Meredith (BAT) 13.97; 3 E Okoro (MID) 14.09; 4 B Kelk (Lough) 14.26; 5 A Nwenwu (Lough) 14.38; 6 D Needham (LJM) 15.10. SF1 (-0.4): 1 J Gladman (BAT, U20) 14.14; 2 E Okoro (MID) 14.22; 3 A Nwenwu (Lough) . 14.45; 4 H Koutras (SAL) 14.88; 5 J McLean (Brun) 15.20; 6 M Sweeney (BIR) 15.70. SF2 (0.5): 1 A Pozzi (UWE) 13.72; 2 J Meredith (BAT) 14.10: 3 B Kelk (Lough) 14.33; 4 Y Budd (Lough) 14.34; 5 D Needham (LJM) 14.87; 6 M Djurovic (KNG) 15.23; 7 A Nduka (UEA) 15.38; 8 À Lee (BIR) 15.57. UKA (-0.8): 1 L Clarke 13.50; 2 A Al-ameen 13.90; 3 W Sharman 13.90: 4 M Hudson 13.91: 5 N Gavle 13.93: 6 R Allevne 14.02: 7 J Adeniran 14.07; 8 J Hylton 14.49. Ht1 (-0.1): 1 J Meredith (BAT) 14.18; 2 E Okoro (MID) 14.35; 3 B Kelk (Lough) 14.61; 4 J Gilbert (OXF) 15.79; 6 M Cryer (BRU, U20) 16.30. Ht2 (-0.6): 1 J Gladman (BAT, U20) 14.16; 2 Y Budd (Lough) 14.22: 3 O Okoro (HER) 15.09: 4 J McLean (Brun) 15.40. Ht3 (-1.1): 1 A Pozzi (UWE) 13.52; 2 A Nwenwu (Lough) 14.52; 3 M Djurovic (KNG) 15.11; 4 A Lee (BIR) 15.77. Ht4 (-0.6): 1 H Koutras (SAL) 14.53; 2 D Needham (LJM) 14.85: 3 M Walcott (Lough) 15.23: 4 A Nduka (UEA) 15.37: 5 M Sweeney (BIR) 15.73; 6 M Feeney (LMC) 15.85. 400H: 1 N Flannery (Lough) 50.67; 2 C Wakeford (UWI) 50.82; 3 M Sumner (BAT) 51.26; 4 D Dempsey (NEW) 52.51; 5 Z Saucede (BIR) 53.62; 6 C Irwin (Brun) 53.86. Ht1: 1 Z Saucede (BIR) 54.16; 2 S Garrett (UEA) 54.19; 3 J Mann (IMP) 55.51; 4 J Cooper (SHE) 55.52; 5 W Hartley (BRS) 55.58. Ht2: 1 M Sumner (BAT) 52.97; 2 J Harvey (ULS) 52.98; 3 E Dawes (HAL) 55.78. **Ht3:** 1 N Flannery (Lough) 55.16: 2 A Hill (LMC) 55.68 Ht4: 1 C Wakeford (UWI) 52.83; 2 C Irwin (Brun) 53.20; 3 D Dempsey

(NEW) 53.24. UKA: 1 J Green 50.00; 2 T

Phillips 51.38; 3 R Yates 52.10; 4 E Carne 52.39; 5 B Sumner 52.46; 6 S Merrill 53.32; 7 L Gumbs 53.47. 3000SC: 1 B Nagy (BAT) 8:50.14; 2 J Partridge (STM, U20) 8:52,79: 3 P Huck (HAL) 9:02.94; 4 C Perry (Lough) 9:09.98; 5 M Deason (GLS) 9:14.49; 6 W Gray (BIR, U20) 9:23.70; 7 D Owen (GLO, U20) 9:25.24; 8 D Davis (STM) 9:30.49: 9 A Sheridan (WAR) 9:41.11: 10 N Earl (UEA) 9:42.04; 11 T Watkins (CAM) 9:43.41; 12 N Hardy (YSJ) 9:44.15; 13 W Mycroft (OXF) 9:45.23; 14 S Robinson (BIR) 9:52.38. A: 1 B Nagy (BAT) 9:02.37; 2 W Gray (BIR, U20) 9:26.33; 3 C Perry (Lough) 9:27.46; 4 M Deason (GLS) 9:31.73; 5 T Crowley (NOT) 9:33.72; 6 D Davis (STM) 9:38.47; 7 W Mycroft (OXF) 9:43.19; 8 T Watkins (CAM) 9:47.15; 9 A Milne (IMP) 9:57.20; 10 D Lewis (SOU, M35) 9:58.40. B: 1 P Huck (HAL) 9:27.76; 2 D Owen (GLO, U20) 9:35.48; 3 J Partridge (STM. U20) 9:35.49; 4 M Grant (CAM) 9:38.94; 5 N Hardy (YSJ) 9:39.45; 6 N Earl (UEA) 9:39.52; 7 A Sheridan (WAR) 9:43.51; 8 S Robinson (BIR) 9:51.65; 9 E Penny (SWA, U20) 9:58.72; 10 E Jackson (LEE) 9:58.87. 4x100: 1 BRU 40.28: 2 BAT 40.85: 3 LEE 41.12: 4 UWI 41.46: 5 OXF 43.09. Ht1: 1 Brunel 40.98: 2 Oxford 42.63: 3 Leeds Met Carnegie 43.02; 4 Southampton uni 43.61. Ht2: 1 Loughborough 41.25; 2 Bath uni 41.38; 3 Wolverhampton 43.19; 4 London (ULU) 43.32; 5 Durham uni 43.72. Ht3: 1 Sheffield Hallam 43.84. Ht4: 1 Leeds uni 41.96; 2 UWIC 42.29: 3 Middlesex 42.64: 4 Birmingham 43.07; 5 Exeter Uni 43.74. 4x400: 1 LOU 3:10.36; 2 HAL 3:12.70; 3 UWI 3:13.20; 4 BAT 3:15.26; 5 BRU 3:15.54: 6 OXF 3:16.74. Ht1: 1 Sheffield Hallam 3:23.00; 2 Bristol 3:23.08; 3 Birmingham 3:24.11. Ht2: 1 Bath uni 3:18.61; 2 Brunel 3:19.76; 3 Oxford 3:20.19. Ht3: 1 Loughborough 3:15.14; 2 Edge Hill 3:19.29; 3 UWIC 3:20.36; 4 Exeter uni 3:24.27. HJ: - M Cole (Lough) 31505.00; 1 R Bobrownicki (EDI) 2.15; 2 B Flatley (REA) 2.07; 3 S Bailey (KIN) 2.04; 4 T Gardner (Lough) 2.01; 5 S Johnson (BED) 2.01; 6 M Brown (BAT) 1.98; 6 W Mkandawire (HAL) 1.98; 8 F Weir (STI) 1.98; 9 M Watson (SSO) 1.95. **A:** 1 S Bailey (KIN) 1.95; 1 F Weir (STI) 1.95; 3 B Flatley (REA) 1.95; 3 S Phelan (BIR) 1 95: 5 M Brown (BAT) 1 95: 6 M Cole (Lough) 1.95. B: 1 R Bobrownicki (EDI) 1.98; 2 S Johnson (BED) 1.95; 2 W Mkandawire (HAL) 1.95; 4 T Gardner (Lough) 1.95; 5 M Watson (SSO) 1.95. UKA: 1 R Grabarz 2.26; 2 T Parsons 2.18: 3 C Baker 2.10: 3 M Roberts 2.10: 5 A Smith 2 10 PV: A: 1 P Walker (Lough) 4.50; 2 C Macquisten (BAT) 4.20; 3 M Bartlett (LSB) 4.20; 3 L Newton (UWI, U20) 4.20; 5 D Curwen-Reed (MAN) 4.20; 6 G Lester (Brun) 4.00; 7 E Jones (BAT) 4.00; 8 M Sweeney (BIR) 4.00; 9 D Milandu (HAL) 4.00. B: 1 M Devereux (Lough) 4.50; 2 S Brown (SUS) 4.40; 2 N Cruchley (BIR) 4.40; 4 M Cooper (BAT) 4.40; 5 R Buk (BIR) 4.40; 6 B Hall (Brun) 4.20. UKA: 1 L Cutts 5.25; 2 A Sutcliffe 5.15. ?: 1 N Cruchley (BIR) 5.22; 2 M Devereux (Lough) 5.00; 3 P Walker (Lough) 4.80; 4 R Buk (BIR) 4.60: 5 S Brown (SUS) 4.40; 6 C Macquisten (BAT) 4.40; 7 M Cooper (BAT) 4.20; 7 B Hall (Brun) 4.20; 9 G Lester (Brun) 4.00. LJ: 1F Maisey-Curtis (Lough) 7.38/-0.1; 2 A McMullen (ULS) 7.37/0.0; 3 J Olasan (Brun) 7.34/0.0; 4 A Hamilton (QMT) 7.16/-0.2: 5 B Gregory (Lough) 7.13/0.0; 6 J Wright (CAR) 6.95/1.0; 7 J Kelly (BIR, U20) 6.78/0.0. A: 1 J Olasan (Brun) 7.24/0.7; 2 F Maisey-Curtis

(Lough) 7.19/0.9; 5 J Kelly (BIR, U20) 6.64/0.4. B: 1 A Hamilton (QMT) 7.15/0.2; 2 A McMullen (ULS) 7.00/0.0; 3 N Roussin-Le Texier (CAR) 6.87/0.5: 4 B Gregory (Lough) 6.86/-0.2. **TJ:** 1 K Adedoyin (Brun) 15.42/1.1; 2 R Twumasi (Lough) 15.40/0.6; 3 M Puplampu (Brun) 15.29/0.2; 4 A Kennedy (ULS) 14.90/-0.4; 5 D March (RHU) 14.68/0.6; 6 P Kirabo (ANG) 14.57/-0.2; 7 C Onyia (ABD) 14.23/0.8; 8 A Williams (UWI) 14.21/0.2: 9 J Wright (CAR) 14.09/0.1; 10 J Valeri (RHU, U20) 14.02/1.3; 11 J Bones (SHE, U20) 13.97/-0.2; 12 J Brown (LMC) 13.81/0.0. A: 1 R Twumasi (Lough) 15.50/0.7; 2 C Onyia (ABD) 14.64/0.2; 3 M Puplampu (Brun) 14.40/1.1; 4 J Valeri (RHU, U20) 14.34/0.2; 5 J Bones (SHE, U20) 14.22/-0.2; 6 J Wright (CAR) 14.13/0.5; 7 J Brown (LMC) 13.99/-0.1; 8 J Richards-Thompson (CIT) 13.99/0.4. B: 1 D March (RHU) 14.82/0.6; 2 K Adedoyin (Brun) 14.65/0.2; 3 A Kennedy (ULS) 14.26/1.1: 4 A Williams (UWI) 14.22/0.4; 5 P Kirabo (ANG) 14.13/0.4; 6 M Houlden (CAM) 13.98/0.4; 7 R Tranter (BIR) 13.92/0.2. SP: 1 Z Duquemin (STM) 18.03; 2 R Martisauskas (LMC) 17.38; 3 R Mohan (Lough) 16.07; $4\,S\,Wong\,(MAN)\,15.78$; 5 J Matthews (BIR) 14.63; 6 T Haseler (CAM) 13.57; 7 L Goodacre (LON) 13.27. A: 1 R Martisauskas (LMC) 16.91; 2 S Wong (MAN) 15.06; 3 J Matthews (BIR) 13.48; 4 A Mackay (STR) 13.02. B: 1 Z Duquemin (STM) 16.33; 2 R Mohan (Lough) 15.43: 3 T Haseler (CAM) 13.09. DT: 1 Z Duguemin (STM) 57.07: 2 D Coleman (BRI) 51.30; 3 M Brown (LDM) 49.69; 4 J Matthews (BIR) 45.80; 5 M Baptiste (UEL) 45.18; 6 R Martisauskas (LMC) 44.32; 7 C Ufodiama (BIR) 43.01; 8 M Halton (BAT) 41.16: 9 B Hall (Brun) 40.56: 10 C Mathews (UWI) 40.01. A: 1 D Coleman (BRI) 48.76; 2 M Brown (LDM) 48.52; 3 J Matthews (BIR) 40.91. **B:** 1 Z Duquemin (STM) 57.67; 2 M Baptiste (UEL) 43.90; 3 R Martisauskas (LMC) 43.24; 4 B Hall (Brun) 43.00; 5 J Bloomfield (Lough) 41.61. UKA: 1 L Okoye 63.57; 2 A Buhari 58.51; 3 B Morse 57.47. HT: 1 T Williams (Lough) 61.15; 2 A Warner (BAT) 60.82; 3 J Hill (PLY) 57.95; 4 C Murch (LOU, U20) 57.09; 5 J Bloomfield (Lough) 55.90; 6 R Wells (SWA) 55.49; 7 O Jones (LJM, U20) 54.79: 8 M Lasis (CAR, U20) 51.84; 9 A Andrews (SWA) 47.47; 10 M Tommey (GLO) 45.08; 11 S Chappell (BOU) 45.06. A: 1 J Hill (PLY) 57.00; 2 T Williams (Lough) 55.53; 3 J Bloomfield (Lough) 54.73; 4 M Lasis (CAR, U20) 47.68: 5 A Andrews (SWA) 45.75. B: 1 A Warner (BAT) 56.53; 2 0 Jones (LJM, U20) 55.65; 3 R Wells (SWA) 55.63; 4 C Murch (LOU, U20) 55.06; 5 M Tommey (GLO) 51.00. UKA: 1 M Dry 70.32; 2 A Smith 68.75.:. JT: 1 J Dunderdale (HAL) 74.39; 2 R Shuttleworth (Lough) 68.94; 3 F Hatton (LMC) 68.90: 4 J Copsey (WOR) 63.51; 5 S Turnock (UWI) 62.20; 6 S Reboah (LOU, U20) 60.74; 7 J Carter (LMC, U20) 60.72; 8 D Brice (BRI) 57.98; 9 G Millar (Brun) 56.49; 10 A Probodziak (OXF) 55.08. A: 1 F Hatton (LMC) 67.76; 2 J Dunderdale (HAL) 66.33: 3 S Reboah (LOU, U20) 62.62; 4 S Turnock (UWI) 62.14; 5 G Millar (Brun) 60.33; 6 F Pask (NOT) 55.23; 7 M Hall (NOT) 54.14; 9 H Richards (NOR, U20) 51.73. B: 1 R Shuttleworth (Lough) 70.58; 2 J Carter (LMC, U20) 60.65; 3 J Copsey (WOR) 59.52; 4 A Probodziak (OXF) 57.37; 5 W Trimble (SWA) 54.89; 6 D Brice (BRI) 54.34. UKA: 1 M Luckwell 80.60; 2 L

Women: 100 (0.6): 1 M Douglas (MID) 11.81; 2 A Nelson (MID) 12.14; 3 K Cox (LMC) 12.17; 4 M Moore (UWI) 12.27; 7 A Allcock (LOU, U20) 12.40. Ht1 (-0.4): 1 M Douglas (MID) 11.84; 2 K Eleyae (LON) 12.21. **Ht2 (0.0)**: 1 K Baptiste (UEL) 12.30. Ht5 (-0.7): 1 A Nelson (MID) 11.78. Ht6 (-0.5): 1 A Allcock (LOU, U20) 12.42. SF1 (0.9): 1 R Yates (UWI) 12.16; 2 K Cox (LMC) 12.23. SF2 (0.6): 1 M Douglas (MID) 11.86; 2 K Eleyae (LON) 12.26; 3 M Moore (UWI) 12.27. SF3 (-0.3): 1 A Nelson (MID) 11.92. UKA (0.5): 1 S Papps (GBR, U20) 11.61; 2 A Lewis 11.67; 3 B Williams (GBR, U20) 11.70; 4 A Tyson 11.75; 5 M Nwawulor 11.88; 6 K Thomas 11.90; 7 E Ania 11.97; 8 K Endacott 12.02; 9 C Humphreys 12.03. 200 (2.0): 1 E Diamond (Lough) 23.93: 2 J White (BAT) 24.28; 3 K Cox (LMC) 24.55; 4 T Hopeson (Lough) 24.87; 5 J Batten (BIR) 24.88. UKA (-0.4): 1 S Papps 23.62; 2 L Bloor 23.74; 3 B Williams 23.75; 4 M Nwawulor 24.14; 5 K Thomas 24.26: 6 H Prver 24.42: 7 A Tyson 24.57. SF1 (-0.2): 1 T Hopeson (Lough) 24.68; 2 M Douglas (MID) 24.76; 3 L Moore (Brun) 25.00. SF2 (-0.1): 1 J White (BAT) 24.30; 2 K Cox (LMC) 24.71. SF3 (-0.3): 1 E Diamond (Lough) 24.04. Ht2 (0.5): 1 J White (BAT) 24.60. **Ht3 (-0.3):** 1 M Douglas (MID) 24.87. **Ht5 (-0.8):** 1 T Hopeson (Lough) 24.73. Ht6 (0.4): 1 E Diamond (Lough) 24.25. **400**: 1 L Wake (Lough) 54.10; 2 E Pullen (UWI) 54.66; 3 J Mills (QBT, U20) 54.84; 4 S Coleby (NEW) 55.28; 5 L Sharp (NAI) 55.74; 6 L Barrow (BIR, U20) 56.51; 7 L Maddox (NTT) 56.72; 8 B Carozzi (SOU) 56.79. Ht1: 1 E Pullen (UWI) 56.54. Ht2: 1 L Maddox (NTT) 55.85; 2 S Coleby (NEW) 56.37. Ht3: 1 L Sharp (NAI) 55.97; 2 J Mills (QBT) 56.01; 3 D Willis (WAR) 57.15; 4 J Simmons (MAN) 57.28. Ht4: 5 M Thomas (BIC, W40) 60.15. Ht5: 1 L Wake (Lough) 55.42; 2 L Barrow (BIR, U20) 57.33; 3 G Ivens (CEN, U20) 58.59. SF1: 1 L Maddox (NTT) 55.61; 2 L Barrow (BIR, U20) 56.25; 3 B Carozzi (SOU) 56.42; 4 D Willis (WAR) 56.76; 7 M Thomas (BIC, W40) 61.40. **SF2:** 1 E Pullen (UWI) 55.13; 2 L Sharp (NAI) 55.88; 3 J Simmons (MAN) 57.11. **SF3:** 1 L Wake (Lough) 55.25; 2 J Mills (QBT, U20) 55.39; 3 S Coleby (NEW) 55.54; 4 H Shepherd (ESS) 57.57. UKA: 1 E Child 52.71; 2 K Massey 53.92; 3 L Langowski 54.49; 4 H Pryke 54.69; 5 K Mcaslan 54.70; 6 S Oskan-Clarke 54.86; 7 L James 54.91; 8 A Clifford 56.38. 800: 1 S Tyers (BAT) 2:06.29; 2 E Dudgeon (CAM, U20) 2:06.36; 3 R Linney (BIR) 2:06.96: 4 C Plateau (Lough) 2:08.29; 5 C Read (BIR) 2:08.49; 6 C Anderson (UWI) 2:08.93; 7 S McDonald (BIR, U20) 2:09.29; 8 C Reynolds (CHI) 2:15.63. Ht1: 1 R Linney (BIR) 2:10.10; 2 C Anderson (UWI) 2:15.84; 3 K Johansen (WRI, U20) 2:16.02; 4 L Hack (LMC) 2:17.94. Ht2: 1 S Tyers (BAT) 2:14.31; 2 H Corbin (EXE) 2:15.95. Ht3: 1 E Dudgeon (CAM, U20) 2:12.87; 2 J Beckingham (BIR) 2:13.28; 3 C Reynolds (CHI) 2:14.10; 4 B Bendle (DUR) 2:14.60; 5 E Hosker Thornhill (STM) 2:16.48. Ht4: 1 C Read (BIR) 2:13.56: 2 V Ockenden (SWA) 2:14.44: 3 A Turner (NTT) 2:15.92; 4 H Pollak (BRS) 2:16.29. Ht5: 1 C Ford (LEE) 2:16.97; 2 A Bell (LMC) 2:17.19. Ht6: 1 C Plateau (Lough) 2:13.59; 2 S McDonald (BIR, U20) 2:13.78; 3 D Cocking (CAR) 2:15.48; 4 R Penfold (CAM) 2:15.75. SF1: 1 C Read (BIR) 2:10.58; 2 C Plateau (Lough) 2:10.93; 3 C Anderson (UWI) 2:11.23; 4 A Turner (NTT) 2:11.98; 5 V Ockenden (SWA) 2:12.21; 6 K



Johansen (WRI, U20) 2:12.62; 7 R Penfold (CAM) 2:15.85. **SF2:** 1 S Tyers (BAT) 2:09.64; 2 E Dudgeon (CAM, U20) 2:09.69; 3 S McDonald (BIR, U20) 2:10.54; 4 D Cocking (CAR) 2:13.31; 5 H Corbin (EXE) 2:15.06; 6 H Pollak (BRS) 2:15.47; 7 L Hack (LMC) 2:17.17; 8 A Vernon (Lough) 2:17.89. **SF3:** 1 R Linney (BIR) 2:08.26; 2 C Reynolds (CHI) 2:11.44; 3 A Bell (LMC) 2:12.16; 4 C Ford (LEE) 2:14.17; 5 J Beckingham (BIR) 2:14.35; 6 B Bendle (DUR) 2:14.43; 7 K Foy (STM) 2:17.01. UKA: 1 J Judd 2:02.50; 2 T Bird 2:03.47; 3 C Best 2:03.85; 4 D Hunt 2:03.89; 5 R Cole 2:04.51: 6 C Thomas 2:06.50: 7 A Leonard 2:11.34. 1500: 1 J Walsh (DUR, U20) 4:17.98; 2 E McColgan (DUN) 4:18.29; 3 L Kirk (HUD) 4:22.02; 4 C Arter (UWI) 4:22.72; 5 C Blew (BIR) 4:22.76; 6 R Clarke (BAT) 4:25.67; 7 M Courtney (BRU, U20) 4:28.67; 8 | Lake (BIR. U20) 4:30.97: 9 S Connor (WAR. U20) 4:34.90; 10 E Williams (NEW) 4:35.61; 11 A Grady (BAT) 4:36.73; 12 G Cormack (RGU) 4:43.34. Ht3:1 M Courtney (Brunel, U20) 4:44.60; 2 E McColgan (DUN) 4:44.92; 4 I Lake (BIR, U20) 4:45.51; 6 J Klaptocz (OXF, U20) 4:46.25. Ht4: 1 J Walsh (DUR, U20) 4:37.93; 2 S Connor (WAR, U20) 4:40.18; 3 A Grady (BAT) 4:41.52; 4 F Thompson (STI) 4:42.29. SF1: 1 L Kirk (HUD) 4:32.20; 2 C Blew (BIR) 4:32.39; 3 S Connor (WAR, U20) 4:32.42; 4 R Clarke (BAT) 4:32.62; 5 M Courtney (BRU, U20) 4:33.10; 6 G Cormack (RGU) 4:36.11; 7 S Johnson (LMC) 4:38.66; 8 F Thompson (STI) 4:39.29; 9 K Kaye (EXE) 4:40.29; 10 H Young (WOS) 4:43.40; 11 Y Goater (HAL) 4:43.89. SF2: 1 J Walsh (DUR, U20) 4:30.78; 2 E McColgan (DUN) 4:32.62; 3 I Lake (BIR, U20) 4:33.74; 4 C Arter (UWI) 4:33.85; 5 E Williams (NEW) 4:34.79; 6 A Grady (BAT) 4:37.47; 7 L Dowsett (WAR) 4:37.96; 8 J Klaptocz (OXF, U20) 4:39.35; 9 A Kelly (BRS) 4:43.00. **3000: UKA:** 1 L Weightman 9:02.62; 2 E Pallant 9:08.10; 3 E Gorecka 9:10.31; 4 G Kersey 9:10.48; 5 E Baker 9:11.51; 6 J Sparke 9:11.78; 7 F Fullerton 9:12.73; 8 L Muir 9:12.80; 9 N Taschimowitz 9:14.37; 10 H Doran 9:15.65: 11 E Stewart 9:18.11: 12 L Deadman 9:18.69: 13 A McGhee 9:31.26. 5000: 1 C Purdue (STM) 15:44.01; 2 H Walker (BIR) 16:00.63; 3 A Campbell (Lough) 16:24.44; 4 A Jessett (NEW) 16:27.34; 5 J Chen (OXF, U20) 16:36.20; 6 A Beynon-Thomas (ABR) 16:39.13; 7 S Kemshall (YSJ) 16:43.53: 8 K Good (MAN) 16:58.63: 9 C Thackery (LMC, U20) 17:02.11; 10 G Brown (BRS) 17:06.34; 11 E Kirk (SOU)

17:07.91; 12 J Maddick (LEI) 17:16.36; 13

S Inglis (EDI) 17:32.82. Ht1: 1 C Purdue (STM) 15:55.12; 2 C Thackery (LMC, U20) 16:58.74; 3 G Nicholls (BAT) 16:59.37; 4 E Kirk (SOU) 17:00.96; 5 S Kemshall (YSJ) 17:05.46; 6 A Beynon-Thomas (ABR) 17:13.85; 7 G Brown (BRS) 17:18.15; 8 C Bishop (OXF) 17:39.54; 9 H Page (DUR) 18:11.28; 10 K Bristow (GLC, U20) 18:11.88: 11 S Cowper (LIN) 18:28.13: 13 A Buckley (LEE, W40) 19:30.44. Ht2:1 A Jessett (NEW) 17:02.92; 2 H Walker (BIR) 17:03.14; 3 J Chen (OXF, U20) 17:07.87; 4 A Campbell (Lough) 17:09.93; 5 L Day (NOT) 17:12.03; 6 K Good (MAN) 17:21.57; 7 S Inglis (EDI) 17:33.40; 8 J Maddick (LEI) 17:42.22; 9 I Brinsden (RHU) 18:09.81; 10 J Pybis (LIH) 18:10.65; 11 G Ball (STM) 18:25.53; 12 | Turner (UEA, U20) 18:26.91; 13 S Adkin (RGU, U20) 18:30.57; 14 L Hill-Stirling (STR, U20) 18:54.17; 15 A Davies (BAT) 18:56.77. 10000: 1 S McCormack (LAN) 34:31.52; 2 J Coulson (MAN) 34:42.95; 3 R Auckland (EDI, U20) 34:53.24; 4 R Moore (CAM) 35:10.74; 5 C Thorp (POR) 35:10.88; 6 H Alderson (UWE) 36:05.87; 7 F Milton (Lough) 36:37.27; 8 R Wood (WAR) 37:11.23; 9 S Johnson (LEI) 37:30.40; 10 G Bridge (BIR, U20) 37:31.64; 11 R Underhill (CAR) 37:55.98; 12 F Langridge (UWI) 38:06.92; 13 A Jones (STM, U20) 38:09.87; 14 L Reid (DUR) 38:15.63; 15 E Antcliffe (CIT) 38:22.13: 16 L Hill-Stirling (STR, U20) 38:23.98; 17 J Payne (LEE) 38:42.76; 18 J Freeman (SOU) 39:42.92; 19 N Lopez (OXF) 39:43.87. 100H (0.0): 1 S Gaynor (Brun) 13.73; 2 K Drew (HAL) 13.98; 3 N Hill (Brun) 14.05; 4 C Humphries (BIR) 14.08; 5 J Tappin (NTT) 14.64. SF1 (-0.9): 1 K Drew (HAL) 14.00; 2 Z Hohn (UEL) 14.09; 3 L Ferguson (BAT) 14.23; 4 J Tappin (NTT) 14.25; 5 C Humphries (BIR) 14.27; 6 L O'Reilly (UWI) 14.74; 7 R Marino (SHE) 14.78. SF2 (-0.2): 1 S Gaynor (Brun) 13.72; 2 N Hill (Brun) 14.06; 3 D Rooney (Lough) 14.47; 4 L Thompson (POR) 14.50; 5 J Dotzek (MAN) 14.82; 6 R Allman (SAL, U20) 15.16; 7 G Atkins (BIR, U20) 15.28; 8 C Stone (UWI, U20) 15.54. Ht1 (0.6): 1 G Atkins (BIR, U20) 15.19; 2 R Allman (SAL, U20) 15.29. Ht2 (-0.1): 1 S Gaynor (Brun) 13.96: 2 C Humphries (BIR) 14.57; 3 R Marino (SHE) 14.79; 4 J Dotzek (MAN) 15.08. Ht3 (-0.5): 1 Z Hohn (UEL) 14.14; 2 N Hill (Brun) 14.19; 3 L Thompson (POR) 14.45; 4 D Rooney (Lough) 14.55; 5 L Revitt (LMC) 15.15; 6 C Taylor (EDI) 15.19. Ht4 (-1.7): 1 K Drew (HAL) 14.26; 2 J Tappin (NTT) 14.63; 3 L Ferguson (BAT) 14.64; 4 L O'Reilly (UWI) 14.79; 5 R Jennings

(Brun) 14.99. 400H: 1 J Kinney (Lough) 58.81; 2 E Bonnett (SOU) 59.08; 3 C Granville (SWA) 59.52; 4 E Peters (UWI) 59.87; 5 M Southwart (BAT) 60.07; 6 C McMahon (QBT) 61.40; 7 A Fitzpatrick (LJM, U20) 63.09; 8 R Marino (SHF) 65 48 Ht1: 1 | Kinney (Lough) 59.79; 2 E Peters (UWI) 59.93; 3 L Burke (BAT) 61.33; 4 J Simmons (MAN) 63.03. Ht2: 1 E Bonnett (SOU) 59.61; 2 C Granville (SWA) 59.70; 3 C McMahon (QBT) 61.62; 4 E Komocki (BIR) 64.01. Ht3: 1 M Beesley (Lough) 58.15; 2 E Stevens (HER) 61.91; 3 S Wood (LMC) 63.30; 4 L Bass (BIR) 64.40; 5 L Thompson (CAM) 65.95. Ht4: 1 M Southwart (BAT) 60.41; 2 R Marino (SHE) 61.49; 3 M Rogers (UWI, U20) 61.77; 4 A Fitzpatrick (LJM, U20) 63.77. UKA: 1 F Child 57.37: 2 H McLean (GBR, U20) 58.57; 3 T Duncan 59.07; 4 E Parker 59.97; 5 A Naibe-Wey (GBR, U20) 60.33; 6 L Bouchard 60.63; 7 N Desai 61.34. SF1: 1 J Kinney (Lough) 59.30; 2 E Bonnett (SOU) 59.42; 3 E Peters (UWI) 61.03; 4 R Marino (SHE) 61.92; 5 A Fitzpatrick (LJM, U20) 62.57; 6 S Wood (LMC) 63.97; 7 E Komocki (BIR) 64.27. SF2: 1 C Granville (SWA) 59.05; 2 M Southwart (BAT) 59.92; 3 C McMahon (QBT) 60.90; 4 M Rogers (UWI, U20) 62.63; 5 E Stevens (HER) 62.68; 6 J Simmons (MAN) 64.36; 7 L Bass (BIR) 65.90. **2000SC: r1:** 1 P Woolven (BIR, U20) 6:36.60; 2 E Stewart (EDI) 6:37.49; 3 L Riches (BIR, U20) 6:50.99; 4 L Webb (SOU) 6:55.00; 5 P Keen (CAM) 7:00.72; 6 V Walker (BIR) 7:02.50; 7 E Brown (UWI) 7:09.28; 8 E Bliss (LON) 7:20.84; 9 L Spence (NOR) 7:23.12; 10 K Spilsbury (Lough) 7:25.84; 11 C Lilley (Brun) 7:43.00. **r2:** 1 J Trayler-Clarke (CAM) 7:29.99; 2 B Dunphy (QMT) 7:43.22; 3 M Garner (NOT, U20) 7:55.07. 4x100: 1 LOU 46.46: 2 BAT 47.12: 3 BRU 47.48: 4 Birmingham Uni 47.55: 5 LMC 48.17: 6 HAL 48.57; 7 UWI 48.63; 8 LEE 50.43. Ht1: 1 Brunel 47.55; 2 Birmingham 47.91; 3 Loughborough 48.17; 4 Leeds Met Carnegie 48.37; 5 Oxford 51.46; 6 Exeter uni 51.87; 7 Sheffield 51.88. Ht2: 1 UWIC 47.04: 2 Bath Uni 47.69: 3 Sheffield Hallam 48.84; 4 Leeds uni 50.43; 5 Edge Hill 51.42. 4x400: 1 LOU 3:34.75; 2 UWI 3:42.31; 3 BIR 3:42.48; 4 BAT 3:44.84; 5 HAL 3:53.12; 6 BRU 3:53.73: 7 LMC 3:54.41: 8 SHE 4:04.38. Ht1: 1 Bath uni 3:52 93: 2 Leeds Met Carnegie 3:58.63: 3 Sheffield Hallam 3:58.81; 4 Sheffield 4:08.49; 5 Durham uni 4:10.41. Ht2: 1 Loughborough 3:46.55; 2 UWIC 3:50.48; 3 Birmingham 3:51.54; 4 Brunel 4:04.20; 5 Exeter uni 4:13.24; 6 London (ULU) 4:14.03. **HJ:** 1 | Pooley (NOT) 1.81; 2 E Perkins (CAM) 1.78; 3 M Sasegbon (HAL) 1.72; 4 E Lowry (Lough) 1.69; 5 E Newman (Brun) 1.69; 6 C Boulter (Lough) 1.69; 7 L Chamberlin (HAL) 1.66. PV: 1 C Wilkinson (ULS) 3.80; 2 A Haywood (Lough) 3.60; 3 C Blättler (OXF) 3.50: 4 J Brozova (MAN) 3.30: 4 A Rees (BAT) 3.30; 4 S Upton (Lough) 3.30; 7 J Lovell (CAM) 3.30; 8 C MacGuire (EDI) 3.30. UKA: 1 K Dennison 4.35; 2 H Bleasdale 4.35; 3 K Byres (GBR, U20) 4.10: 4 S Peake 3.95. A: 1 J Brozova (MAN) 3.30; 1 C Wilkinson (ULS) 3.30; 3 E Andersson (Lough) 3.30; 3 S Scott (Lough) 3.30; 5 C MacGuire (EDI) 3.30; 6 J Lovell (CAM) 3.30. B: 1 C Blättler (OXF) 3.30; 1 A Haywood (Lough) 3.30; 1 S Upton (Lough) 3.30; 4 K Gibbs (BED) 3.10; 4 E Lewis (UWI) 3.10; 4 A Rees (BAT) 3.10; 7 N James (CAR, U20) 3.10. **LJ:** 1 K Eleyae (LON) 6.11/-0.8; 2 H Lewis (BAT) 5.87/-0.7; 3 J Taylor (HAL) 5.86/0.5; 4 S Warnock (QMT)

5.84/0.2; 5 I Morrisson (SWA) 5.75/0.0; 6 L Chamberlin (HAL) 5.69/-1.3; 7 J Whiteway (Lough) 5.54/0.6; 8 A Kiddle (STM) 5.53/0.0; 9 S Bianchi Bazzi (YOR) 5.50/0.3; 11 F Nicholson (EDI, U20) 5.32/-0.2, A: 1 S Warnock (QMT) 5.81/0.4; 2 H Lewis (BAT) 5.79/-0.5; 3 K Eleyae (LON) 5.74/0.4; 4 J Taylor (HAL) 5.67/0.4; 6 F Nicholson (EDI, U20) 5.36/0.0. B: 1 L Chamberlin (HAL) 5.80/0.0; 2 I Morrisson (SWA) 5.76/-0.6; 3 S Bianchi Bazzi (YOR) 5.75/0.1; 4 J Whiteway (Lough) 5.63/-0.1; 5 R Yates (UWI) 5.61/-0.2; 6 A Kiddle (STM) 5.59/0.1. TJ: 1 S Whight 12.84/1.0; 2 A Barrett 12.68/0.9; 3 Z Asante 12.39/0.4; 4 E Pringle (NEW) 12.29/0.1: 5 L Blackie (GRE) 11.93/0.6; 6 D Bakre (UCB) 11.76/0.7; 7 C Wait (BIR) 11.75/0.9; 8 R Hanagan (CAN) 11.41/0.7; 9 A Holman (MID) 11.26/-0.5. A: 1 A Barrett (UCL) 12.56/1.3; 2 Z Asante (Brun) 12.19/-1.6; 3 E Pringle (NEW) 11.97/-0.5; 4 C Wait (BIR) 11.66/0.4: 5 A Holman (MID) 11.47/0.4. **B:** 1 S Whight (Brun) 12.12/-0.7; 2 L Blackie (GRE) 11.88/1.0; 3 D Bakre (UCB) 11.53/0.6; 4 R Hanagan (CAN) 11.20/-0.4; 5 R Mackay (LMC) 11.12/0.4; 6 C Ifeji (LON) 11.05/0.9. SP: 1 J Siart (EDI) 13.48; 2 H Evenden (LMC) 13.42: 3 S Thomas (Lough) 12.66: 4 J Rowland (Brun) 12.46; 5 L Chamberlin (HAL) 11.95; 6 M Durbidge (STI) 11.90; 7 S Shone (LMC) 11.67; 8 L Holmes (HUL) 11.41; 9 S Benson (CAR) 11.18; 10 G Baird (Lough) 11.16; 11 Y Spencer (NOR, U20) 10.87. A: 1 H Evenden (LMC) 13.38; 2 Y Spencer (NOR, U20) 12.39; 3 S Benson (CAR) 12.03; 4 J Rowland (Brun) 11.91; 5 L Chamberlin (HAL) 11.83; 6 L Holmes (HUL) 11.44; 7 G Baird (Lough) 11.38. B: 1 J Siart (EDI) 13.25; 2 S Thomas (Lough) 12.68; 3 S Shone (LMC) 12.29; 4 M Durbidge (STI) 12.15; 5 G Young (UWI) 11.43: 6 A Moronkeii (COV) 11.10 DT: 1 H Evenden (LMC) 43.46; 2 J Walkden (UWE) 42.56; 3 R Tyler (Lough) 39.33; 4 K Hetherington (ULS) 36.77; 5 G Jenkins (BRI, U20) 36.54; 6 C Coker (UWI, U20) 35.92; 7 M Durbidge (STI) 35.21; 11 Z Magnall (BRU, U20) 32.34. **HT**: 1 M Perkins (Lough) 56.63; 2 H Evenden (LMC) 55.83; 3 J Siart (EDI) 55.70; 4 R Hunter (WOS, U20) 55.30; 5 S Hendy (NOT) 53.55; 6 C Beatty (BAT, U20) 52.94; 7 B Ogun (UWE) 51.68; 8 P Wingate (ROE, U20) 50.83: 9 T Wells (CAR, U20) 49.76; 10 J Mayho (HAL, U20) 49.44; 11 C Coker (UWI, U20) 46.06; 12 A Clemens (LON) 44.65. A: 1 J Siart (EDI) 53.49; 2 R Hunter (WOS, U20) 52.83; 3 C Beatty (BAT, U20) 52.30; 4 H Evenden (LMC) 52.25; 5 A Clemens (LON) 48 18: 6 H Green (LIWI) 42 55: 7 H Broadbridge (CAM) 41.33; 8 L Scott (Lough) 40.42. B: 1 M Perkins (Lough) 56.04; 2 J Mayho (HAL, U20) 51.81; 3 T Wells (CAR, U20) 51.08; 4 B Ogun (UWE) 50.30; 5 P Wingate (ROE, U20) 48.64; 6 S Hendy (NOT) 46.87; 7 C Coker (UWI, U20) 46.68. **UKA:** 1Z Derham 62.92. JT: 11 Jeffs (Lough) 53.26; 2 T Ward (HAL) 49.10; 3 K Oniwinde (NOT) 46.57; 4 S Cullinane (LMC) 45.53; 5 S Thomas (Lough) 45.04; 6 E Meakins (LOU, U20) 43.93; 7 S Ellis (SOU) 43.39; 8 D Anderson (BUC) 39.22; 9 J Tewkesbury (BOU) 38.59. A: 1 | Jeffs (Lough) 53.93; 2 T Ward (HAL) 48.90; 3 S Thomas (Lough) 43.43; 4 S Cullinane (LMC) 42.68; 5 J Tewkesbury (BOU) 40.56; 6 D Anderson (BUC) 38.31. B: 1 K Oniwinde (NOT) 45.75; 2 E Meakins (LOU, U20) 44.95; 3 O Kotmilosi (DEM) 40.38; 4 S Ellis (SOU) 39.78; 5 J Rowland (Brun) 37.54

All Foam Rollers are NOT the same

Only the **RumbleRoller** has flexible bumps that provide penetrating relief to your deepest muscle fibres

assage is one of the surest ways to improve an athlete's performance, but few athletes can afford to get professional massages as often as needed.

Instead, many use foam rollers to help relieve muscular pain and restore flexibility. However, the effect of a regular foam roller is limited because it only works on the superficial muscles and fascia.

The RumbleRoller is used the same way, but its flexible bumps work like a massage therapist's thumbs to reach more areas of your body and more completely manipulate your muscles.

The difference is amazing!

"Increase sports performance and reduce the risk of injury"



► Highly effective self-myofascial release.





▶ For use at home, in the clinic or at the gym.

PRICES – Including VAT & FREE Delivery		
Product / Size	RRP	
Full-Size (15x77.5cm)	£60.00	
Compact (12.5x30cm)	£40.00	

Available to buy from:





ALL REGISTERED PROFESSIONALS CAN RECEIVE UP TO 25% DISCOUNT Only available from PhysioSupplies.com, click 'Professional Therapist' in the main menu.

SUBSCRIBE TO ATHLETICS TODAY AND GET...

your first three issues FREE!

PLUS a £20 footwear voucher from Sweatshop!

With just a matter of weeks to go before the greatest show on earth comes to London, AW will bring you the joys and the upsets with event-by-event coverage every week in the build up to the Olympic Games this summer.

A subscription to Athletics Weekly brings you:

- » three FREE issues
- 31% saving on the newsstand cover price
- » £5 for your club*

Signature:

» Digital edition included – worth £59.99

Don't miss out on any of the action!

Date:

Contact us today and we will have your first FREE issue with you asap!

Simply go to: www.subscribeme.to/athletics-weekly, call 01778-392018 with the promotion code SUM2012 or complete the form below.

*Terms and conditions for club £5 offer: Clubs will receive their £5 donation per subscriber after three months. Any cancellations prior to that date will not qualify for the donation. Offer open to all UKA recognised athletics and running clubs as listed on the UKA website. **Offer available to NEW subscribers only, including those that have not subscribed to Athletics Weekly within the last six months. Offer closes June 30, 2012.



Sweatshop is committed to supporting athletes of all levels; that's why we're delighted to offer you this £20 footwear voucher to spend at any Sweatshop store nationwide.



Offer open to new subscribers only

*Not to be used in conjunction with any other offer. Valid on full price products only. Not valid on GPS units, HRMs, timepieces, gift vouchers or nutrition.

YOUR DETAILS REF: SUM	PAYMENT INFO – MONTHLY SUBSCRIPTION (DIRECT DEBIT)
Yes I would like to subscribe to <i>Athletics Weekly</i> for just £9.99 per more (direct debit only)	Originator's ID number 9 4 2 2 4 0 Instruction to your bank or building society to pay by Direct Debit: Please pay
Yes I would like to subscribe to <i>Athletics Weekly</i> for one year at £125 per (credit/debit card only)	
Name	and, if so, details will be passed electronically to my Bank/Building Society.
Address	To the Manager, bank/building society:
Postcode	Branch address:
Email (required)	
Gender 🗌 M 🔲 F	Post code:
Club	Name of account holder(s):
URN / coach license number	
Athletics Weekly may also wish to contact you by email. If you don't wish to receive emails tick this box □	Branch sort code: Account number:
PAYMENT INFO – ANNUAL SUBSCRIPTION (CREDIT/DEBIT CA	
Please debit £125 from my Maestro/Mastercard/Visa/Amex	Signature: Date:
Card No:	Please return to: Athletics Weekly, FREEPOST PE211,
Start date: Expiry date: Security code:	Bourne, Lincs, PE10 9BR

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



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 Im 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 exboyfriends in an American accent.'

Three things Im looking forward to this year ...

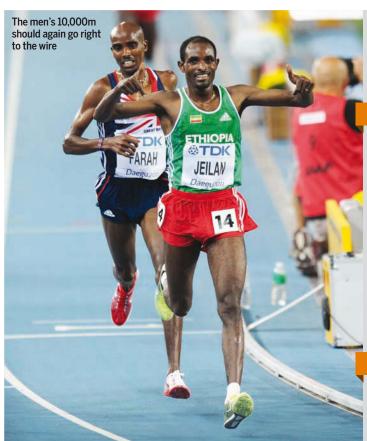
Adam Kszczot) Before Christmas I made predictions of the winners of all 47 Olympic athletics events and sent the list to friends and colleagues. I would like to get at least a third of these right, such as Kszczot in the men's 800m but the selection has brought me some ridicule and sadly looks less likely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





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 Im 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.

Looking ahead to 2012



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 Im 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.

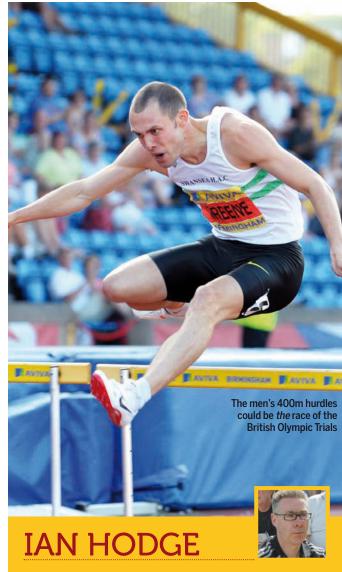
Men's 4x400m) Britain's prospects at the quarter-mile look better now than they have for quite a few years. With Martyn Rooney appearing to be back to his best, Nigel Levine poised to go below 45 too and the other usual suspects, as well as the United States perhaps not being as dominant as they used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





"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 Im 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!

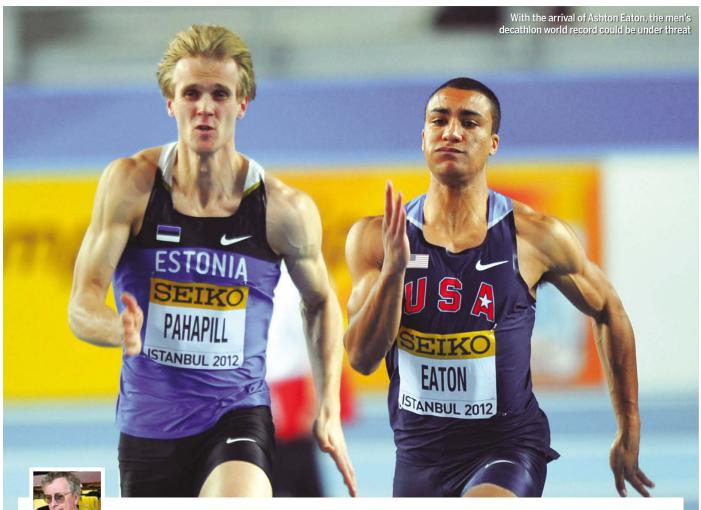
The men's 400m hurdles final at the Olympic Trials >>

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.

Looking ahead to 2012



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 Im 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.



Looking ahead to 2012



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 Im 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.

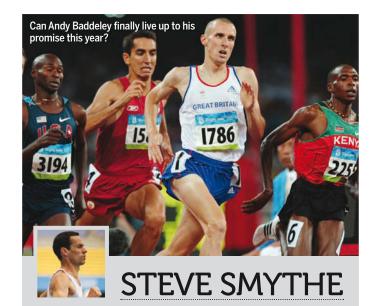
British records) Numerous national records tumbled last year, and I think we'll see even more in 2012 - not just in the women's hammer and pole vault, but in events like the men's 400m hurdles, men's pole vault, women's steeplechase, women's long jump and the heptathlon.

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 recordholder 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.





"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 Im 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 Im looking forward to this year ...

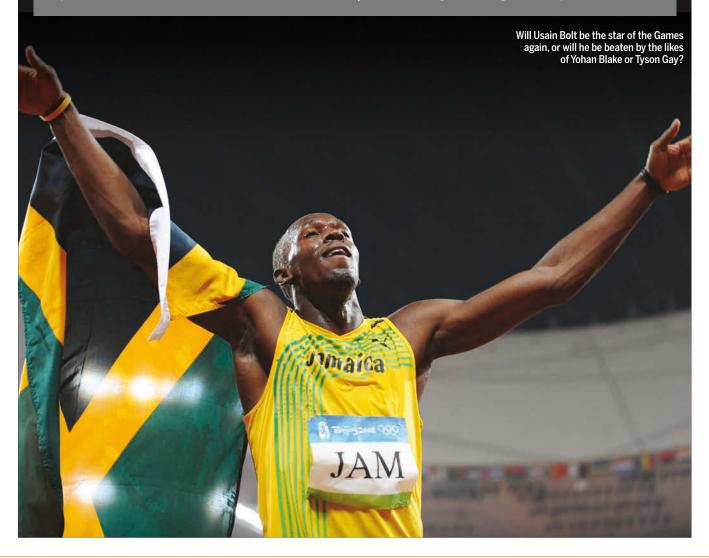
Women's heptathlon » Of course I'll be rooting for Jessica Ennis, who could establish a big early lead thanks to her brilliance in the hurdles and high jump. Assuming there will be no javelin disaster this time, I think the key event to her chances of winning will be the long jump. On paper her two main 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 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.





SALISBURY 5-4-3-2-1 **Trail Marathon & 10/20/30/50k MT Run/walk in Historic Wessex SUNDAY 12th AUGUST 2012** UK Athletics Licence 2011-102447 **Chip Timing** 42k Run starts 09:30 50k/09:00 30k/10:00 20k/10:30 10k/11:00 From Fire Station Salisbury Wiltshire SP2 7TN Entry Fees: Runners £17 (£15 Club) Walkers £7,

*Late entry + £3 Online @ www.salisburyfirestation.info **Event Director, Salisbury Fire Station, Ashley** Road, Salisbury, Wiltshire SP2 7TN Medals & Certificates to all finishers. 01722-332211

ludomacaulay@hotmail.com



BRITISH ATHLETICS SUPPORTERS CLUB

Your Financial Protection. All Sports Travel is a division of Howzat Travel Limited. The air holiday packages shown are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 9498.





MThis 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



Charles van Commenee interview



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

HORTLY 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.

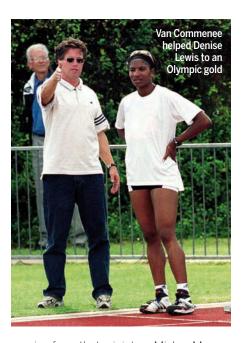
Soon afterwards he was appointed technical director for jumps and combined events for UK Athletics under its performance director Max Jones. When Jones was replaced by Dave Collins, Van Commenee moved back to the Netherlands to head up the Dutch Olympic team. After the Beijing Games he returned to England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



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



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.

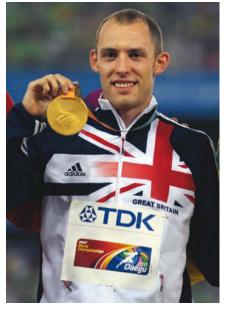
"Absolutely," he says, agreeing that their defeats at the IAAF World Indoor Championships in Istanbul in March, for example, were not such a terrible thing. "I think it's perfect preparation. It's great preparation if you have natural confidence. If you are a vulnerable person and you get beaten then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



Charles van Commenee interview









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



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

have those qualities in abundance? "I would say almost everybody who makes the team must have these three Ds. otherwise vou 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

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 164page Olympic preview bookazine on sale from May 10 (see opposite for more details)

⊠For me it**™** 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 COMMENEE on life after a championship A NEW PUBLICATION FROM ATHLETICS

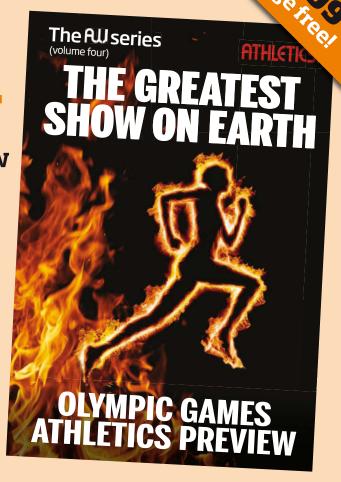
The Greatest Show on Earth

Athletics Weekly's
Olympic Games athletics preview

AW brings you the latest in its series of high-quality, limited edition publications

It's Olympic year and to help you enjoy the athletics, we've produced our guide:

-)) 164 pages of profiles, iconic photos and stats
-)) How London won the Games, a look back to 1948, the London Games legacy, 2017 and beyond
-)) Overseas and British athletes to watch, Bolt, Pearson, Rudisha, Farah, Greene, Ennis and many more ...
-) Key head to-heads and who'll get that elusive gold!
- The British Olympic legends who've won golds since the previous London Games of 1948
-)) Exclusive day-by-day event planner and in-depth analysis





To order The Greatest Show on Earth for only £14.99 including free p&p (UK only), simply fill out the form below, or go to: www.subscribeme.to/athletics-weekly or call 01778-392018

I would like to purchase $___$ copies of The Greatest Show on Earth, priced at £14.99 each	I would like to purchase copies of The Greatest Show on Earth as a gift
(European price £18.74, Rest of the world £20.49)	Recipient's address:
Your details (please complete, even if purchasing The Greatest Show on Earth as a gift):	'
Name	Name
Address	Address
Postcode:	
Email Mobile	
By completing your email address you are agreeing to receive offers from <i>Athletics Weekly. Athletics Weekly</i> may also wish to contact you by email. If you don't wish to receive emails tick this box \square .	Postcode:
Please debit £ from my Maestro / Mastercard / Visa / Amex (delete as appropriate) Credit card	rd no.
Start date:/ / / /	



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 nonchampionships 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.



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 Iuly 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 Lemaitre 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 headto-head over 100m, an event far better suited to the Jamaican, CampbellBrown, 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

OR 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 recordholder 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 fur 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

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

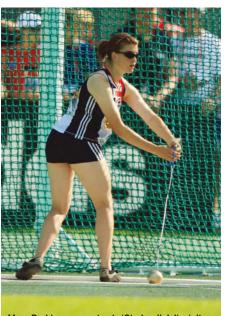
⊠As one of the most technical events, I would be surprised if spectators arent intriqued by the skills that are present in the longest female throwing event on offer"

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



Myra Perkins: competes in 'Cinderella' discipline

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

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

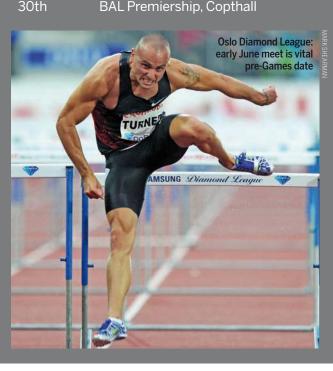


The main events

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

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

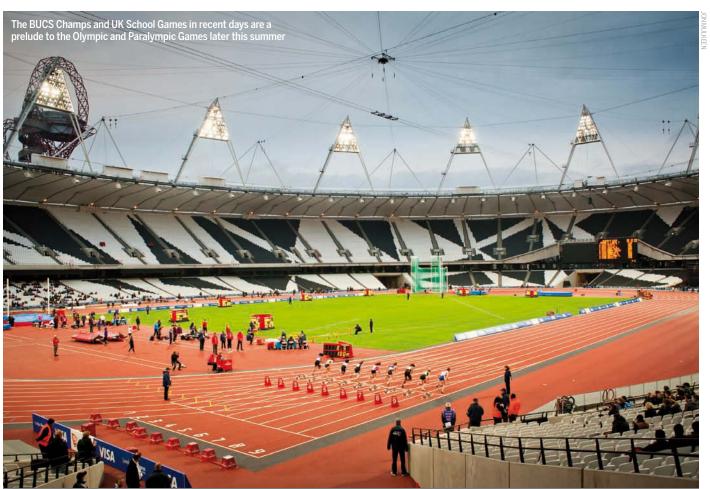
2nd-4th	Home countries championships
7th	Oslo Diamond League
9th	New York Diamond League
9th	BAL & UKWL Premier, Birmingham
9th	BMC GP, Watford
10th	Bedford International Games
16-17th	World Juniors Trials, Bedford
22nd-24th	Aviva Olympic Trials & UK Champs
27th-Jul 1st	European Championships, Helsinki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





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, Copthall

Whats happening in 2012



3rd-12th 16th-25th European Vets Championships, Zittau

17th 18th BAL Premiership, Liverpool 18th-19th EA U17/U15, Bedford

Lausanne Diamond League 23rd

26th Aviva Birmingham Grand Prix

31st-Sep 9 Paralympic Games

2nd Berlin Diamond League

8th BAL Cup Super8 final

15th Great North CityGames Bupa Great North Run

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





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

HEY 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 though 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,

"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

ANY sports books nowadays are thrashed \perp 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.

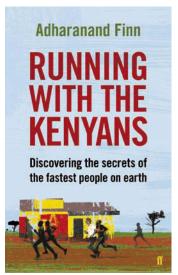
The result is a story rich with experiences and the authority

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

Part personal odyssev, 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

The Feed Zone

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 AWs 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.

OLYMPIC

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 know about prefer the feel of paper and the thud of a book on a table, then the annual

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

international stats bible "Athletics

2012" is a must-buy.

on May 12 and contains pretty much everything you want to

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

соокворк

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

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 Perec, 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

Help to celebrate the Olympic Games with this exclusive AW offer!























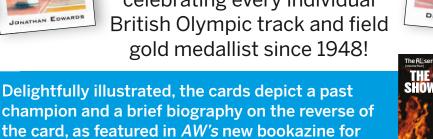








As part of AW's BRITISH
OLYMPIC LEGENDS series and with the London 2012 Olympic Games only days away, we are giving you the chance to own these Limited Edition Cards, celebrating every individual British Olympic track and field gold medallist since 1948!

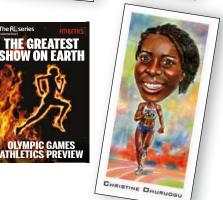




At only £10 per boxed set of 20 cards or £15 for a mount-ready print, these cards will give you a unique memento of your favourite sport and its Olympic stars!

Olympic year, THE GREATEST SHOW ON EARTH.







Your Say

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

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

» 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 perfomances 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

Chris Bird, Leamington Spa

) Marathon selection

WHILE I read with interest the



LETTER OF THE WEEK

» 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 preentering postal system wouldn't be too difficult to do and would surely boost entry

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

Exclusive bookazine offer from AW!

Buy one or more of our exclusive bookazines and save up to £5!

These limited edition bookazines are a great keepsake and the perfect gift for the athletics fan. You will find 164 pages of profiles, photos and stats. Everything you wanted to know about your favourite athletes from the No.1 Olympic Sport!







The greatest Olympic athletes as voted for by you! Including: Carl Lewis, Irena Szewinska, Michael Johnson and many more

BUY ANY 2 and SAVE £2, BUY ALL 3 and SAVE £5!*

To order any book including free p&p (UK only), simply fill out the form below, or go to: www.subscribeme.to/athletics-weekly or call 01778-392018 *BEST OFFER

Yes, I would like to purchase			By completing your email address you are agreeing to		
Bookazine	Quantity For Me	Quantity as a Gift	receive offers from Athletics Weekly. Athletics Weekly		
Great British Runners			may also wish to contact you by email. If you don't wish to		
Great Marathon Runners			receive emails tick this box □.		
Greatest Olympic Athletes			Please debit £ from my Maestro / Mastercard /		
		Total £	Visa / Amex (delete as appropriate)		
Save £2 if you choose 2 bookazines	(£17.98) Save £5 if you choo	ose 3 bookazines (£24.97)	тол, тапол (солого до дрргоргало)		
Name			Credit card no.		
Address					
	Po	ostcode	Start date:/ Expiry date:/		
Email	Mobile		Consuits and a		
Please send my GIFT purchases to:			Security code: I enclose a cheque for £ payable to Athletics Weekly Limited.		



Runner wins Euro tri gold

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

TEORGIA 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

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-Counties

(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)



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 guit 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

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

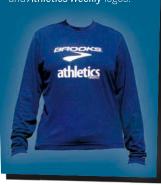
In fact, Georgia promises that after the World Triathlon Championships in October, she will do more races on the mud next year. She says the strength necessary for cross success serves as good preparation for her long-term triathlon goals.



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.

Visit brooksrunning.co.uk to find our specialist products, Brooks dealers, athletes, daily health-related fitness tips and a whole lot more.

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."

Feet in the clouds

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

The Cloudrunner

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 Cloudrunner, 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.



The Cloudsurfer

AT a glance this appears to be a duplicate of the Cloudrunner. 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 halfmarathon." The shoe comes in three colours: agua/coral (women), silver/orange (men) and black/lime (unisex).



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.



JUNIOR SUBSCRIBERS — THE OLYMPIC GAMES

ARE NEARLY HERE!

SUBSCRIBE TODAY AND GET YOUR FIRST THREE ISSUES FREE!

PLUS a £20 Sweatshop footwear voucher!

Don't miss out on this limited opportunity to save even more on your favourite magazine!

-) Get your first three issues FREE
- » Save a massive **52%** on the newsstand cover price
- » Get £5 for your club*
- » Get the digital subscription worth £59.99 included in the price!

Don't miss out on the action this Olympic year! HURRY, offer ends June 30, 2012**

Junior subscriptions are just £6.99 a month or £85 annually - that's almost a £90 saving a year on the newsstand cover price!

- * For terms and conditions of club offer, please see athleticsweekly.com. ** Offer available to NEW subscribers only, including those that have not subscribed to Athletics Weekly within the last six months.



WEAR THE BEST TO BE THE BEST

Sweatshop is committed to supporting athletes of all levels; that's why we're delighted to offer you this

£20 footwear voucher to spend at any Sweatshop store nationwide.

*Not to be used in conjunction with any other offer. Valid on full price products only. Not valid on GPS units, HRMs, timepieces, gift vouchers or nutrition.



Test your gluteal strengths

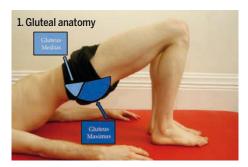
MARK BUCKINGHAM

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

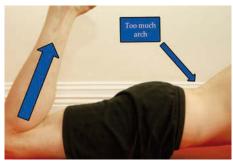
PICTURES: KATIE MITCHELL

UNNING 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.

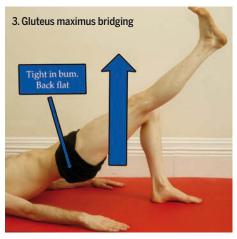
The gluteals are made up of three different muscles: maximus. minimus and medius.



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.



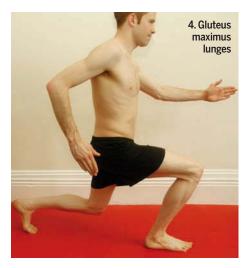
2. Prone gluteus maximus test



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

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.





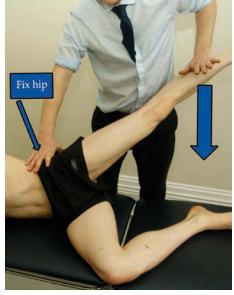




Above: alignment good

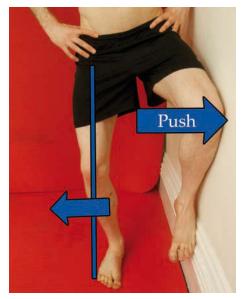
A simple test of gluteus medius strength is one in which you enlist the help of a friend. You lay on your side with the bottom leg bent up and the top leg is lifted straight up and back. The leg needs to take a line behind that made from the shoulder and hip bone. Your friend then tries to push the leg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

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 guads 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

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.

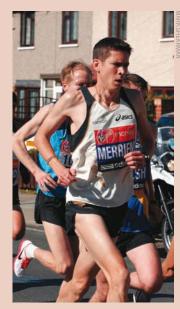
This all contributes to the running gait of an individual. The younger body will forgive small imbalances, especially when there is time between runs to recover. However, as the maturing runner pounds out more miles, these small "wobbles" cause stresses and strains on a variety of tissues such as bone,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

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 shoewear 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

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

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

HATEVER 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

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 man 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

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 stablising 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
- >> 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



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





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





Train your two-lap tools

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

TTHE European Endurance Conference held at Heathrow last autumn, Canadian coach Wynn Σ 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.



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 decisionmaking" 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

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, coordination 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 lowerintensity 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:

acceleration = final velocity - initial velocity ÷ 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 outkick 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



RESULTS GUIDE

58 Overseas

Bolt and Blake impress

61 Track

66 Road

Marathon of the North

70 Fell, multi-terrain

OVERSEAS

ARGENTINA Santa Fe, April 28

Men: SP: 1 G Lauro 20.43 (eq rec). Women: HT: J Dahlgren 71.38 Argentinean Championships, Santa Fe, April 21/22

Men: SP: G Lauro 20.24. JT: B Toledo (U20) 77.21. Women: HT: J Dahlgren 72.79

AUSTRALIA Lane Cove, April 7

Men 10km: 1 NEIL PEARSON 33:23

AUSTRIA

Attnang, May 5

Men: 1M: 1 B Seurei (KEN) 4:02.46; 2 E Chirchir (KEN) 4:06.86 Linz, April 22

Men: HM: 1 V Rothlin (SUI) 64:49. Mar: 1 J Keiyo (KEN) 2:11:18; R Kipchumba (KEN) 2:11:31; 4 P Kobe (SLO) 2:14:50. Women: 10km: 1 A Mayr 34:03. Mar: 1 D Grandovec (SLO) 2:41:20

BELGIUM

Herentals, May 1

Women: 5000: B Maveau 15:27.97 Antwerp, April 22

Men: Mar: 1 P Kiprop (KEN) 2:15:38; 2 L Van Droogenbroeck 2:16:49

BRAZIL Belem, May 6

Men: 100 (0.3): 1 E Callender (TRI) 10.18.200 (0.8): 1 M Mathieu (BAH) 20.16 (rec); 2 A Gomes 20.48. 1500: 1 F El Kaam (MAR) 3:40.16. 3000SC: S Korme (ETH) 8:32.35. PV: F Silva 5.40. **LJ:** 1 M Vinicious 7.95/-2.0. **JT:** 1 R Matas (EST) 75.49. Women: 100 (-0.1): 1 R Santos 11.24; 6 ANYIKA ONUORA 11.50. 200 (0.8): 1 T Townsend (USA) 23.20. 400H: 1 L Wallace (USA) 55.18; 2 Y Pedroso (CUB) 55.20. HJ: 1 A Simic (CRO) 1.88. **LJ:** 1 M Maggi 6.62/0.5. **TJ:** 1 M Gay (CUB) 14.40/0.7); 2 T Smith (JAM) 14.05/0.3. DT: 1 A Thurmond (USA) 61.41 **Brazilian Championships, Sao** Paulo, April 28

Men: 10,000: G Lopes 28:54.33. Women: 10,000: C Nonata 32:52.36 **Brazilian Championships, Sao** Paulo, April 27

Men: 30,000: 1 S Lima Pinto 1:38:47.0

CANADA

Vancouver, May 6

JUST two weeks after her four-minute marathon PB of 2:43:10 in London. former world IAU 100km champion Ellie Greenwood knocked a further minute off her best to win the event. Women Mar: 1 ELLIE GREENWOOD 2:42:16

CHILE

San Carlo, April 21

Men: LJ: 1 D Pineda 8.08/1.9 (rec) Santiago de Chile, April 14 Men: 100 (0.7)/200 (0.7): S Viana 10.33/20.58. LJ: 1 D Pineda 8.07/1.0 (rec); 2 R Bispo (BRA) 7.96/1.0. Women: LJ: K Costa (BRA) 6.63/0.3

CHINA

Wuhan, April 28

Men: TJ: Li Yanxi 16.84/0.6. Women: JT: 1 Zhang Li 64.74; 2 Lu Huihui 63.57 Chinese Junior Championships, Changzhou, April 21

U20 men: 100 (1.0)/200 (-0.2): Xie Zhenye 10.45/20.77. U20 Women: HJ: 1 Ye Jiaying 1.88. **DT:** Gu Siyu 60.59

Zhaoqing, April 14/15 Men: TJ: Dong Bin 17.38/0.5; 2 Cao Shuo 17.35/0.5. JT: 1 Qin Qiang 80.77. Women: 400H: 1 Huang Xiaoxiao 55.47. SP: Gong Lijiao 19.08. HT: Zhang Wenxiu 71.04.

CROATIA Cakovec, May 5

Women: HT: 1 R Rodriguez (VEN) 72.83 (rec); 2 B Spiler (SLO) 71.25 (rec)

CZECH REPUBLIC Czech Championships, Hradec Kralove, May 5

Men: 10,000: 1 M Kocourek 29:33.56. Women: 10,000: 1 | Sekyrova 35:12.47 Podebracy, April 21

Men: 20KW: M Toth (SLO) 1:21:54; 2 J Kinnunen (FIN) 1:23:13. Women 20KW: 1 S Di Vincenzo 1:34:16

CYPRUS

Nicosia, April 27

Men: 110H (2.0): 1 K Douvalidis 13.58.

Women: PV: 1 S Iro-Ledaki (GRE) 4.35

DFNMARK

Lillebaelt, May 5

Men HM: 2 ROSS HOUSTON 65:51; 3 ANDREW DOUGLAS 65:56: 4 BEN LIVESEY 65:59: 6 BEN FISH 67:19: 7 GARETH RAVEN 67:30. Women HM: 1 HAYLEY HAINING (W40) 75:29; 2 JULIET DOYLE 75:36; 3 CATHY ANSELL 77:08: 4 HOLLY RUSH 78:29: 5 GEMMA RANKIN 78:51; 7 KATE GOODHEAD 82:29

FRANCE

Aix-les-Bains, May 5 Men: 200 (-0.5): 1 C Lemaitre 20.48

Marseille, May 1

Men: 10km: 30 SEAN MCGUIRE 34:26 Paris, April 29 Men: 10km: 12 GAVIN MARSHALL 34:23

Tigery, April 29

Men: 10K: 53 DAVID BURNS (M50) 36:57

GUADELOUPE

St Martin, May 5 LASHAWN MERRITT continued his good form with a 20.16 200m. Joice

Maduaka ran an 11.50/23.25 double, while Shana Cox clocked 23.59 and 51.97 in the longer sprints.

Men: 100 (2.5): 1 A Waugh (JAM) 10.28; 2 J Rogers (SKN) 10.32; 5 S Crawford (USA) 10.45; 6 W Claye (USA) 10.64. **200 (0.9):** 1 L Merritt 20.16; 2 A Waugh (JAM) 20.56. 400: 1 A Moncur (BAH) 46.11. U18: 110H (1.0): 1 W Belocian (GUA) 13.44. Women 100 (2.3): 1 L Moore (USA) 11.01; 2 S Brook (USA) 11.26; 3 JOICE MADUAKA (W35) 11.50. 200: r1 (0.2): 1 K Baker (USA) 23.37; 2 SHANA COX 23.59. r2 (-0.1): 1 J Tarmoh (USA) 22.51; 2 MADUAKA 23.25. 400: r2: 1 K Baker 51.37; 2 L Grenot (ITA) 51.42; 3 COX 51.97.100H (1.0): 1 K Wells (USA) 12.55 (12.66/1.9 ht); 2 G Crawford (USA) 12.66 (12.78/2.5 ht) 3 K Castlin (USA) 12.77 (12.90/1.9 ht); 4 P George (CAN) 12.86 (12.92/2.5); 5 N Holder (CAN) 12.93 (12.84/1.9 ht); 6 Q Harrison (USA) 13.08 (12.97/2.5 ht) Baie Mahault, May 1

OLYMPIC 400m champion Lashawn Merritt opened his 400m camapaign with world-leading 44.73.

Dayron Robles set a season's best in the 110m hurdles with 13.19. Men: 200: 1 C Martina (NED) 20.40; 2 R Sorillo (TRI) 20.42; 3 J Connaughton (CAN) 20.60. 400: 1 L Merritt (USA) 44.73; 2 L Santos (DOM, U20) 45.29; 3 A Taylor (USA) 45.31. **3000SC:** 1 H Lagat (KEN) 8:38.17.110H: 1 D Robles

(CUB) 13.19: 2 R Ash (USA) 13.30: 3 O Ortega (CUB) 13.31; 4 J Brown 13.39.

Dennis Kimetto breaks the world 25km record in Berlin

HJ: 1 M Mason (CAN) 2.31. TJ: 1 W Claye (USA) 17.05. Women: 100: 1 L Moore (USA) 11.11; 2 J Tarmoh (USA) 11.24; 3 L Williams (USA) 11.26; 4 D Ferguson-McKenzie (BAH) 11.29.800: 1 R Almanza (CUB, U20) 2:03.18. **100H**: 1. D Harper (USA) 12.71; 2 V Crawford (USA) 12.87; 3 P Lopes-Schliep (CAN) 12.95. 400H: 1A Odumosu (NIG) 55.07;

2 T Brown (USA) 56.03; 3 T Williams (USA) 56.16. TJ: 1 C Ibarguen (COL) 14.73; 2 Y Savigne (CUB) 14.24; 3 K Williams (JAM) 14.19. JT: 1 R Yurkovich (USA) 61.06

Forbach, April 25

EUROPEAN junior hammer champion Quentin Bigot, competing in his first senior year, improved to 75.30m.

Men: HT: 1 Q Bigot 75.30

GERMANY Berlin, May 6

IN JUST his third race outside Kenya, Dennis Kimetto broke the world 25km record by 32 seconds.

A group of six passed 5km in 14 minutes and 10km in 28:21. The pace slowed a little through 15km, reached in 42:46, but they nevertheless completed the half-marathon just outside the hour.

The 28-year-old Kimetto won by 11 seconds and runner-up Wilfred Kigen also beat Sammy Kosgei's former record. The winner, who has yet to run a marathon, had won half-marathons in Ras Al Khaimah and Berlin and is hopeful of making Kenya's team for the World Half-marathon Championships. "Next year I want to run my marathon debut. And the long-term goal in the marathon will be the world record,"

he said

Caroline Chepkwony won the women's race in the fifth fastest ever time of 82:56, which is around 2:20 marathon pace.

Men: 25km: 1 D Kimetto 71:18 (world rec); 2 W Kigen 71:29; 3 J Kendagor 71:59; 4 E Kiptoo72:39; 5 N Aschalew (ETH) 74:40. Women: 25km:1C Chepkwony 82:56; 2 T Shumye (ETH) 85:21; 3 C Daunay (FRA) 85:27 (rec)

Mainz, May 6 Men: Mar: 39 RICHARD KIBRYA (M40)

2:52:29

Hannover, May 6

Men: Mar: 1 J Kiptum (KEN) 2:09:56: 2 M Bacha (ETH) 2:09:56; 3 P Kurui (KEN) 2:10:09; 8 B Minnock (IRL) 2:17:40. Women: Mar: 1 N Puchkova (RUS) 2:30:17; 2 M Aberume (ETH) 2:30:17; 3 H Hassen (ETH) 2:30:26

Mainz, May 6

Men: Mar: 1 S Toek (KEN) 2:12:17; 2 M Msenduki (TAN) 2:13:28; 3 B Kassa (ETH) 2:14:04. Women: Mar: 1T Vilisova (RUS) 2:32:01; 2 O Kotovska (UKR) 2:33:15

Pliezhausen, May 6

Men: 300: 1 D Gollnow 33.34.600: 1 R Lathouwers (NED) 1:15.90; 2 P Dobek (POL, U20) 1:16.14; 3 S Ludolph 1:16.61. 1000: 1 B Seurei (KEN) 2:20.05. 3000: 1 E Yego (KEN) 7:51.90; 2 A Gabius 7:52.48. 300H: 1 S Schirrmester 35.4. Women: 300: J Lindenberg 37.40.

600: 1 C Walter 1:27.60. 1000: A Horna 2:39.80

Clarholz, May 5

Men 5km: 1 KEVIN SHEPPARD 15:09 German Championships, Marburg, May 5

Men: 10,000: 1 P Pflieger 28:45.76. Women: 10,000: 1 S Mockenhaupt 32.24.36

Geb race inspires both elite and masses

Hawassa Half-marathon, May 6 WORDS: PAUL HALFORD IN HAWASSA

PICTURES: IIRO MOCHIZUKI BOTH Habtamu Assefa and Zeytuna Areb may be relatively unknown names well down the pecking order at their own clubs, but they took significant victories which could help pave their way to all-important international races in Europe.

Like all the podium finishers in the elite race, mass half-marathon, fun run 7km incorporating around 2000 mainly locals and children's race, they received their prizes from race ambassador Haile Gebrselassie, owner of the nearby Haile Resort hotel.

Attracting the attention of an agent and making appreciable prize money is notoriously difficult in Ethiopia and Kenya, such is the depth of standards.

as 2:23 marathoners Dire Tune and Teyiba Erkesso, has never raced abroad but that is likely to change soon. That is thanks in part to her win here in a PB of 73:40, following up on another big victory in Addis Ababa the week before. Her success in Hawassa earned her 14,000 bir, the equivalent of around £500 and enough to live on domestically for a year. Like the majority of Ethiopia's top runners, she trains in the capital.

Assefa, who was only 10th in the Ethiopian Half-marathon championships last autumn, similarly made his mark by finishing 11 seconds clear of the field in 63:38 in temperatures of more than 25C and at an altitude of 1700 feet.

Assefa is one of perhaps around 2000 runners attached to the clubs of around 600-800 birr (£20-30) They are effectively full-time athletes, although as Richard Nerurkar Britain's former international marathoner and past long-term Addis resident, who set up the Great Ethiopian Run, said: "We would call them unemployed.

The Hawasssa Half-marathon is run by the same organisers as the autumn-held Great Ethiopian Run, who are considering adding a marathon to their portfolio next year. The race supports Save the Children's Every One campaign, which works to stop death during childbirth and young childhood.

The legendary Gebrselassie said the events had led to a greater interest in running as a hobby and for fitness in Ethiopia where the "jogging" culture in Western countries has not yet become established.

"When we started two years ago it was not that big, but now yesterday as you see it was wonderful," he said,

"Since we organised the race (Great Ethiopian Run) here in Ethiopia, it has changed a lot. If we look at 10 years ago, no one in Addis used to care about running or jogging, but now it's in fashion. It's important that we promote the health of the people.

With Ethiopia already dominating distance running along with Kenya those are very ominous signs indeed for the rest of the world.

)) Go to www.ethiopianrun.org to register for Africa's biggest road race, the 2012 Commercial Bank of Ethiopia Great Ethiopian Run 10km, which takes place in Addis Ababa on Sunday November 25 2012

Haile Gebrselassie at the finish



Men: HM: 1 H Assefa 63:38; 2 S Merga 63:49; 3 A Assefa 64:02; 4 A Chane 64:26; 5 F Tesfaye 64:34. Women: HM: 1 Z Areb 73:40; 2 T Girma 74:03; 3 K Asefa 74:12; 4 Z Kedir 76:51; 5 A Hawaiyat 77:33



Berlin, April 25

Women: DT: 1 A Ruh 60.43 Bonn, April 22

Men:Mar: S Cheokopol (KEN) 2:16:52. Women: Mar: H Kimutai (KEN) 2:47:01 German Championships, Naumberg, April 21

Men: 20KW: 1 C Linke 1:20:55; 2 A Hohne 1:21:24. Women: 20KW: 1S Krantz 1:33:02

HUNGARY

Hungarian Championships, April 28 Men: 10,000: 1 L Tath 30:51.17. Women: 10,000: K Papp 33:58.67

INDIA Patiala, April 24

Men: 110H: S Thingalaya 13.69 Patiala, April 21 Men: TJ: 1 R Maheswary 16.85

INDONESIA

Gianyar, April 22 Men: Mar: 1 LKennedy Kiproo (KEN) 2:16:54. Women: Mar: 1 W Kwamboka (KEN) 2:42:48

IRAN Shiraz, April 14/15

HJ: A Hosseinzadeh 2.25 (eq rec). Men: **DT:** E Hadadi 65.89; 2 M Samimi 63.76

IRELAND IRISH UNIVERSITIES CHAMPIONSHIPS, Athlone, April

Men: 100 (1.6): 2 D Adams 10.79; 5 A McMullen 10.95. Ht3 (2.9): 1 Adams 10 93 400: 2 JOHN HOUSTON 49 32: 3 BEN MAZE 49.37. 5000: 6 J O'Hare 15:34.9. **TJ:** 1 A Kennedy 14.54. **Women:** 200 (1.7): 1 A Foster 24.24; 3 J Mills (U20) 25.19. Ht2 (-1.2): 1 Foster 24.41. 400: 3 C McMahon 56.48. 800: 1 C Mageean 2:11.2. 1500: 1 Mageean 4:32.0. PV: 1 C Wilkinson 3.85. DT: 2 KATHY HETHERINGTON 39.45

ISRAEL

Tel Aviv, April 28

Women: SP: 1 A Muchkaev 17.22 (rec) Tel Aviv. April 21

Women: SP: 1 A Muchkaev 17.18 (rec)

ITALY

Desenzano, May 5/6

SCORING 6007 points, the 2009 world youth heptathlon champion Katarina Johnson-Thompson added more than 200 points to her PB to break Jessica Ennis's UK junior record of 5910 set seven years ago.

She became the 11th Briton to break 6000 points and bettered the Olympic 'B' standard of 5950, although on the first day it looked as if she would even challenge the 'A' of 6150.

In wet conditions, the teenager had a great first day and began by setting a huge 100m hurdles PB of 13.68, followed by a solid high jump of 1.81m. With a shot of 11.75m, she lost ground on her rivals, but it was still a PR and she finished the Saturday with a third -23.78 in the 200m.

After she led overnight, her second day was relatively disappointing as she had to compete in torrential rain. Her $6.14 m \log jump \ was \ 30 cm \ below$ her PB and she just about held on to first place.

In the javelin, her 37.17m wasn't too far from her PB, but Greece's Sofia Ifadidou, sixth overnight and fifth after the long jump, launched a huge 55.72m throw. This gave her 358 points more than the Briton and took her into the lead

Johnson-Thompson lost further ground in the 800m with a 2:18.89

World outdoor leaders 2012

	MEN			WOMEN
9.82	Usain Bolt (JAM)	100m	10.81	Carmelita Jeter (USA)
19.91	Yohan Blake (JAM)	200m	22.31	Carmelita Jeter (USA)
44.73	Martyn Rooney (GBR)	400m	49.99	Novlene Williams-Mills (JAM)
1:44.33	David Rudisha (KEN)	800m	1:59.58	Caster Semenya (RSA)
3:35.19	Andy Baddeley (GBR)	1500m	4:07.00	Anna Pierce (USA)
3:52.21	Jamel Ahrass (FRA)	Mile	4:31.04	Hilary Stellingwerff (CAN)
7:54.31	Chris Derrick (USA)	3000m	8:53.83	Sally Kipyego (KEN)
13:11.63	Lopez Lomong (USA)	5000m	14:43.11	Sally Kipyego (KEN)
27:27.96	Cam Levins (CAN)	10,000m	31:15.97	Betsy Saina (KEN)
58:47	Atsedu Tsegay (ETH)	Half-mar	66:38	Florence Kiplagat (KEN)
2:04:23	Ayele Abshero (ETH)	Marathon	2:18:37	Mary Keitany (KEN)
8:18.06	Jairus Kipchoge (KEN)	3000m SC	9:39.77	Bridget Franek (USA)
13.03	Aries Merritt (USA)	110/100mH	12.49	Sally Pearson (AUS)
48.20	Bershawn Jackson (USA)	400mH	54.88	Ti'erra Brown (USA)
2.32m	Ricky Robertson (USA)	High jump	2.00m	Chaunte Lowe (USA)
5.82m	Björn Otto (GER)	Pole vault	4.76m	Alana Boyd (AUS)
8.35m	Greg Rutherford (GBR)	Long jump	7.12m	Brittney Reese (USA)
17.49m	Osviel Hernández (CUB)	Triple jump	14.95m	Caterine Ibarguen (COL)
21.73m	Reese Hoffa (USA)	Shot	20.67m	Valerie Adams (NZL)
68.21m	Zoltan Kovago (HUN)	Discus	68.89m	Nadine Müller (GER)
81.16m	Krisztián Pars (HUN)	Hammer	78.19m	Oksana Menkova (BLR)
86.31m	Stuart Farquhar (NZL)	Javelin	65.24m	Martina Ratej (SLO)
8244	Willem Coertzen (RSA)	Dep/Hep	6353	Brianne Theisen (CAN)
1:17:30	Alex Schwazer (ITA)	20/10km walk	44:32	Nadezhda Leontyeva (RUS)
3:40:58	Alex Schwazer (ITA)	50/20km walk	1:25:27	Elmira Alembekova (RUS)
37.82	Racers Track Club (JAM)	4x100m	42.19	USA
3:00.15	USA	4x400m	3:21.18	USA

clocking, but it was enough to give her a clear third place.

"Clocking 23.78 was a big shock for me," she said. "Yesterday I had a dream start to the competition, setting three PBs. Today was more disappointing. I come from Liverpool, so I am used to rain. I have to decide yet whether to compete in a second heptathlon [this year]. My top priority is to qualify for the Olympic Games on home soil."

Former Olympic and world bronze medallist Kelly Sotherton, in her first heptathlon for four years, was never anywhere near her best. She ran the 100 metres hurdles in 13.98, high jumped 1.72m and threw 12.98m in the shot. In fifth place after three events with 2589 points, she pulled out injured from the 200m.

Louise Wood finished 11th and was close to her best with 5443 to go second in the UK rankings for the year, her highlight being a win in the 100m hurdles in a big PB of13.24, though she also faded badly over the second day after lying fifth overnight.

In the men's decathlon, Ashley Bryant finished second with 7689 points, which puts him top of the UK rankings for 2012

He said:, "I set new PBs in the shot, 400m and the discus. It was a shame for the weather. I hope to qualify for London at the end of the month in Gotzis."

Fellow Briton John Lane finished fifth in a PB of 7399. The event was dominated by Olympic medallist Dmitry Karpov of Kazakhstan, who won by nearly 500 points.

"It was a fine performance but I had some problems with the javelin. I need to qualify for the Olympics and I hope to improve my score in Gotzis," said Karpov. Men: Dec: 1 D Karpov (KAZ) 8172 (11.04/0.4, 7.26/-0.9, 16.22, 2.01, 49.30, 14.41, 50.75, 5.15, 50.48, 5:00.222 ASHLEY BRYANT 7689 (11.10/0.0, 7.12/0.3, 13.54, 1.77, 48.42, 14.49/0.6, 40.70, 4.55, 64.60, 4:45.72); 5 JOHN LANE 7399 (10.93/0.0, 7.00/0.4, 13.95, 1.92.48.44.14.93/0.7.37.71.4.75.45.28. 5:04.21); MARTIN BROCKMAN DNF (11.54/-0.5, 7.12/0.0, 14.54, 1.98, 51.43,

15.68/0.7, 39.60). Women: Hep: 1S Ifadídou (GRE) 6109 (13.76/0.1, 1.72, 12.49, 25.75/0.8, 6.05/0.3, 55.72, 2:16.75); 2 B Maisonnier (FRA) 6082 (14.03, 1.84, 12.59, 25.16, 6.37, 40.32, 2:16.67); 3 KATARINA JOHNSON-THOMPSON (U20) 6007 (UK U20 rec) (13.68/-0.6, 1.81, 11.75, 23.78/0.1, 6.14/0.1, 37.17, 2:18.89); 11 LOUISE WOOD 5443 (13.24/-0.1, 1.63, 11.62, 24.35/0.1, 5.51/-3.0, 31.09, 2:21.73); 13 PHYLLIS AGBO 5365 (14.06/0.6, 1.60, 12.29, 25.75/-0.2, 5.88/-0.7, 39.91, 2:30.97); 18 KATY MARCHANT (U20) 5144 (14.18/-1.0, 1.66, 11.27, 26.14/0.9, 5.62/1.6, 38 97 2:37 28): KELLY SOTHERTON DNF (13.96/-0.1, 1.72, 12.98, DNF). Pavia, May 6

IN her first race of 2012, Lee McConnell clocked 52.75 in the 400m.

Men 100 (-0.1): 1 P Chinedu (NGR) 10.37; eq3 JOSH SWARAY 10.55; 6 EUGENE AYANFUL 10.79. Ht1 (0.4): 1 JOSH SWARAY 10.67. Ht2 (0.4): 1 EUGENE AYANFUL 10.82; 2 LEROY SLUE 10.87. 400: r1: 1 LUKE LENNON-FORD 47.01. r2: 1 JAMIE BOWIE 47.32. 110H: r2 (-0.3): 3 ROGER SKEDD 14.81. Women 400: r1: 1 LEE McCONNELL 52.75; 3 GEMMA NICOL 54 21: 4 MICHELLE CAREY 54 47 r1: 4 ZOEY CLARK (U20) 55.99. 1500: 1 E Sum (KEN) 4:09.53. 100H: r1 (0.0): 1 V Borsi 13.15; 3 ASHLEY HELSBY

13.60; 4 SERITA SOLOMON 13.87. LJ: 3 AMY WOODMAN 6.05/0.2; 4 LISA FERGUSON 5.92/-0.6

Italian Championships, Terni, May 6 Men: 10,000: 1 S Gariboudi 29:14.41. Women: 10,000: 1 F Dal Ri 33:20.70 Trieste, May 6

Men: Mar: 1 V Kiprono (KEN) 2:17:02. Women: Mar: 1 R Jerotich (KEN) 2:37:10 Cagliari, May 6

Men: Mar: ATalam (KEN) 2:22:35 Women: Mar: 1 C Mukasakindi (RWA) 2:40:18

Florence, April 15

Men: HJ: 2 ONAKENO MARIO-GHAE 1.94. DT: 3 RYAN HARPER 40.26. Women: 300H: 4 LIZZIE THOMPSON 46.98.

JAMAICA

TRAINING partners Usain Bolt and Yohan Blake avoided each other but set world-leading times in their respective 100m and 200m races

Bolt took the 100m in 9.82, his fastest ever season-opener, by two metres from Michael Frater and said: "I feel better than last year, so I'm definitely happy with myself. I don't think my execution was perfect, but I think for my first race it was good."

Blake, clocked an equally impressive 19.91 to leave Nickel Ashmeade just under two metres back on 20.09. While Jamaicans dominated the



men's sprints, they lost out in the women's equivalents.

American Carmelita Jeter was another to set a world lead as she won the 100m in 10.81, with Kelly-Ann Baptiste of Trinidad on 10.86 her nearest opposition

There was a Jamaican win in the 400m, though, as Novlene Williams-Mills picked off a tiring Sanya Richards-Ross and her 49.99 was also a world lead. Richards-Ross was second on 50.11. In third, Christine Ohuruogu ran 50.93 – her best ever season opener

Another home win came in the 100m hurdles with the 37-year old 2009 world champion Brigitte Foster-Hylton bouncing back to form to win in 12.51.

Priscilla Lopes-Schliep, just seven months after the birth of her daughter, ran 12.64, just ahead of Tiffany Porter. whose 12.65 was one of her fastest ever times. Andy Turner ran 13.50 for fourth in his hurdles race.

Men: 100 (1.8): 1 U Bolt 9.82; 2 M Frater 10.00; 3 L Clarke 10.03; 4 D Patton (USA) 10.09; 5 D Bailey (ANT) 10.10; 6 R Thompson (TRI) 10.14; 7 O Bailey 10.15; 8 D Lee 10.15. r2 (1.0): 1 K Bailey-Cole 10.09; 2 S Mitchell 10.14; 3 J Harvey 10.16; 4 J Young 10.19; 5 K Roach 10.20. 200 (1.1): 1 Y Blake 19.91; 2 N Ashmeade 20.09; 3 W Weir 20.21; 4 M Anderson 20.45; 5 J Saidy Ndure (NOR) 20.46; 6 L Spence 20.80; 7 M Forsythe 20.95. 400:1 C Smith (USA) 45.47; 2 R Quow (TRI) 45.48; 3 J Gonzales 45.66; 4 R Chambers 45.71; 5 E Steele 45.78; 6 D Barrett . 46.21; 7 A Fothergill 46.41; 8 O Thompson 46.42. r2: 1 J Gayle 45.60; 2 N Maitland 46.08. 1500: 1 A Wote (ETH) 3:35.92; 2 P van der Westhuizen (RSA) 3:36.56; 3 T Milne (CAN) 3:38.50; 4 A Acosta (USA) 3:40.26. 3000sc: 1B Bruce (USA) 8:34.17.110H (1.0):1H Parchment 13.19; 2 R Ash (USA) 13.20; 3 A Hicks (USA) 13.36; 4 ANDY TURNER 13.50; 5 D Carter 13.79; R Phillips DQ. 400H: 1B1 Jackson (USA) 48.73; 2 J Gordon (TRI) 48.98; 3 J Gaymon (USA) 49.08: 4 J Robertson 49.16: 5 D McFarlane 49.99: 6 L Green 50.53. HJ: 1 D Thomas (BAH) 2.27: 2 J Nieto (USA) 2.24. TJ: 1 L Sands (BAH) 16.33/-0.5; 2 LARRY ACHIKE 16.26/-0.6; 3 S Laine (HAI) 16.19/-0.7; 5 N Thomas 15.95/-1.4. SP: 1 R Hoffa (USA) 20.71; $2\,\mathrm{N}\,\mathrm{Mulabegovic}$ (CRO) 20.66; $3\,\mathrm{C}$ Martin (USA) 20.43; 4 D Taylor (USA) 19.64. **Women: 100 (1.0):** 1 C Jeter (USA) 10.81; 2 K Baptiste (TRI) 10.86 3 K Stewart 10.98; 4 S Calvert 11.15; 5 R Zang (GAB) 11.22; 6 A Bailey11.23; 7 D Ferguson-McKenzie (BAH) 11.26; 8 S Simpson 11.28. 200 (1.7): 1 B Knight (USA) 22 49: 2 S Fraser-Pryce 22 53: 3 S Solomon (USA) 22.82; 4 S Ferguson (BAH) 22.86; 5 A McLaughlin 22.87; 6 P Lucas (USA) 23.04; 7 S Facey 23.12; 8 S Williams 23.23. 400: 1 N Williams-Mills 49.99; 2 S Richards-Ross (USA) 50.11; 3 CHRISTINE OHURUOGU 50 93: 4 R Whyte 50 97: 5 L Atkins (USA) 51.22; 6 K Spencer 52.94.1500: 1 H Stellingwerff (CAN) 4:12.09; 2 M Elmore (CAN) 4:13.18; 3 K Hinds 4:21.49.100H (1.5): 1 B Foster-Hylton 12.51; 2 P Lopes-Schliep (CAN) 12.64; 3 TIFFANY PORTER 12.65; 4 T James (USA) 12.91: 5 V Dixon 13.00: 6 K Laing 13.12. 400H: 1 M Walker 55.28; 2 T Williams (USA) 55.80; 3 R Tracey 56.62; 4 S Stoddart 56.78; 5 N Wilson 56.97. LJ: 1 B Reese (USA) 6.56/-0.6; 2 B Stuart (BAH) 6.46/-1.2: 3 J Jarrett 6.41/-0.6: 4 J Del oach (USA) 6.32/-0.6. TJ: 1 K Williams 14.33/-0.5: 2 A Alexander (TRI) 13.69/-0.8. **SP:** 1 M Carter (USA) 19.22; 2 C Borel (TRI) 18.69

Overseas

JAPAN

Nittai, May 6 Men: 5000: 1 J Kiumbani (KEN, U20) 13:48.11

Kawasaki, May 6

IN very testing weather conditions, 2004 Olympic 110m hurdles winner Liu Xiang set the second fastest time in the world this year of 13.09.

A world lead was set in the men's steeplechase by Kenyan Jairus Kipchoge - 8:18.06.

Also in form was 400m world champion Amantle Montsho, who improved her season's best to 50.52. 100 (2.9): 1 Bingtan Su (CHN) 10.04; 2 M Rodgers (USA) 10.05; 3 K Collins (SKN) 10.07; 4 R Yamagata 10.13; 5 J Ross (AUS) 10.16. 800: 1 J Kinyor (KEN) 1:47.05; 2 A El Manaoui (MAR) 1:47.91. 3000sc: 1 J Kipchoge (KEN) 8:18.06; 2 C Kipruto (KEN) 8:19.49; 3 R Gari (ETH) 8:19.62; 4 G Kirui (KEN) 8:21.16; 5 J Ndiku (KEN) 8:26.01; 9 C Discombe (Card/AUS) 9:04.12.110H (0.2): 1 Liu Xiang (CHN) 13.09; 2 0 Osaghae (USA) 13.33; 3 R Brookins (USA) 13.69; 4 T Wado 13.71; 5 Dongpeng Shi (CHN) 13.71. 400H: 1 T Kishimoto 49.31; 2 J Dutch (USA) 49.52; 3 NATHAN WOODWARD 50.38; 4 B Cole (AUS) 50.45. PV: 1 Yansheng Yang (CHN) 5.32 LJ: 1 Y Sugai 7.98/0.8; 2 I Gaisah (GHA) 7.81/-0.4: 7 F Lapierre (AUS) 6.99/0.1. HT: 1 D Nazarov (TJK) 77.34; 2 P Fajdek (POL) 76.31; 3 M Esser (GER) 76.29; 41 Sokolovs (LAT) 73.93; 5 S Ziólkowski (POL) 73.72; 6 H Mahmoud (EGY) 72.51; 7 K Johnson (USA) 71.91. **JT:** 1 R Dean 81 43: 2 Y Murakami 80 26: 3 S Farguhar (NZL) 77.35. 4x100: 1 AUS 39.00; 2 CHN 39.02; 3 JPN 39.03; 4 JPN B 39.57. 4x400: 1 JPN 3:04.15; 2 AUS 3:06.96; 3 NZL 3:09.66; 4 JPN U20 3:09.77. Women: 100 (0.1): 1 A Felix (USA) 11.22; 2 M Breen (AUS) 11.38; 3 C Fukushima 11.39: 7 L Lalova (BUL) 12.13. 400: 1 A Montsho (BOT) 50.52; 2 J Cuddihy (IRL) 51.78; 3 M Wineberg (USA) 52.36. 800:1 A Gereziher (ETH) 2:05.86; 8 CLAIRE GIBSON GBR 2:12.38.100H (0.3):1Y Lewis (USA) 13.08; 2 M Perry (USA) 13.11. **LJ:** 1 S Okayama 6.67/4.1; 2 C Deiac (ROU)

4x100: 1 JPN 44.29; 2 CHN 44.47 Fukuroi, May 3

Men: 200: r2 (1.0) 1 M Eriguchi 20.80. (-0.3): 1 R Yamagata 20.66; 2 K Takase 20.68; 3 S lizuka 20.85; 4 Y Kobayashi 20.87. **400: r3:** 1 Y Kanemaru 45.47; 2 H Nakano 45.81. 800: r2: 1 M Yokota 1:46.85. 5000: 1 P Tanui (KEN) 13:19.18; 2 P Mutunga (KEN) 13:21.22; 3) J Thuo (KEN) 13:23.41; 4 M Mathathi (KEN) 13:27.06. **400H:** 1 T Kishimoto 48.88; 2 J Dutch (USA) 49.13: 3 Y Imazeki 49.76: 4 B Cole (AUS) 50.26; 5 NATHAN WOODWARD 50.29; 6 M Sugimachi 50.29. HT: P Fajdek (POL) 75.97; 2 D Nazarov (TJK) 75.45. 4x100: 1 JPN 38.69; 2 CHN 38.71; 3 AUS 38.84; 4 JPN B 39 08 4x400: 1 IPN 3:05 52 Women: 200 (0.0): 1 A Montsho (BOT) 22.89; 2 C Fukushima 23.12; 3 M Breen

6.51/5.0; 3 K Mey Melis (TUR) 6.50/7.8.

(AUS) 23.52. 400: 1 J Cuddihy (IRL) 51.43; 2 M Wineberg (USA) 52.18. 5000: 1 Y Kobayashi 15:30.95; 2 A Igarashi 15:31.72; 3 S Wairimu (KEN) 15:31.74. 400H: 1 L Boden (AUS) 55.86: 2 S Kubokura 56.03. **4x100:** 1 JPN 43.79.

4x400: 1 JPN 3:33.64. JT: Y Ebihara 61.14

Hiroshima, April 28

Men: 5000: 1 C Ndirangu (KEN) 13:36.29. Women: 800:1T Manou (AUS) 2:02.56, 5000:1 S Chepvego (KEN) 15:19.27

KFNYA Kenyan Prison Championships,

Nairobi, May 4

800: 1 S Kiplagat 1:44.8, 2 R Bett 1:46.0. 1500: 1 K Bargetuny 3:40.7, 2 T Longosiwa 3:41.0.5000: T Kiptoo 13:40.0, 2 S Muturi 13:47.5. **10,000:** 1 I Korir 28:25.2. 3000sc: 1 L Kemboi 8:38.4. Women: 800: 1 L Wafula 2:01.9. 5000: 1 F Chelanga 16:10.0.10,000: 1 P Lorchima 33:52.0; 2 A Mogire 34:15.5. **3000sc:** 1 C Kambua 10:11.8

Meru, April 27

Men: 5000: 1 R Mateelong 14:13.4, 2. S Mutahi 14:13.8. 10.000: 1 P Mwololo 29:13.1. Women: 1500: 1 M Njoroge 4:28.2.10,000:1 A Wabera 35:35.3. **5000:** 1 M Njoroge 16:53.3

MAITA

Marsa, April 11

Men: 100 (0.3): 20 Richardson (U15) 11.71. **200 (0.0):** 1 Richardson (U15) 23.76

NAMIBIA

Windhoek, April 28

U20 men: 100 (-1.6)/200 (1.7): S Ngqabaza 10.35 /20.87. 400: ht: B Mogami 45.46 (rec). DT: 1 G de Beer (RSA) 61.64. U20 women: 800: 1 M Stander (U18) 2:05.34

NETHERLANDS

Lisse, May 5

Men: 150 (-0.3): 1 G Codrington 15.57. 300: 1 J Moerman 33.28. Women: 150 (-1.8): 1 J Samuel 17.18; 2 D Schippers 17.35. **1000**: 1 Y Hak 2:41.48

RUSSIA

Russian Championships. Zhukovskiv, April 28

Men: 8kmXC: 1 A Leyman 23:25. 4kmXC: V Smirnov 11:17. Women: 2kmXC: 1 Y Martynova 5:58. 6kmXC: 1 N Vlasova 19:58

Izhevsk, April 21

Men: 20KW: 1 S Korepanov 1:28:37. U20: 10KW: G Sultanakhmetov 43:42

SLOVAKIA

Kosice, April 28

Women: LJ: J Veldakova 6.52/1.6. TJ: D Veldakova 14.04/1.5

SPAIN

Girona, May 6

Women HM: 2 LOUISE BROWN 82:23 Malaga, May 5

Men 100: A (1.2): 1 CARL DICKINSON 10.91. Women 600: 1 CATHERINE BLAKEMAN (U17) 1:41.93

Teulada, April 28

Women 10km: 1 MAXINE MCKINNON (W50) 38:53

Verger, April 21

Women 10km: 1 MAXINE MCKINNON (W50) 37·41

Salamanca, May 5

Men: HT: J Cienfuegos 76.21 (rec) Alicante, April 28

Women: 5000mW: J Takacs 21:14.57

Barcelona, April 22 Men: 10km: 1A Lamdassem 28:54.

Women: 10km: 1 J Pla Roig 32:43

SWEDEN

Gothenburg, May 6

Men DT: 3 TOM NORMAN 53.00. HT: 2 JAMES BEDFORD 66.87: 3 AMIR WILLIAMSON 65-59: 4 MICHAEL BOMBA 65.01; 5 PETER SMITH 64.15; 7 MICHAEL PAINTER 58.29; 8 CALLUM BROWN (U20) 56.86. U20: SP: 2 SCOTT LINCOLN (U20) 17.60. HT: 2 CALLUM BROWN (U20) 68.66; 5 MICHAEL PAINTER (U20) 61.25. Women SP: 1 RACHEL WALLADER 15.80: 2 SHAUNAGH BROWN 15.80; 3 SOPHIE MCKINNA (U20) 14.77. DT: 3 SHAUNAGH BROWN 49.10. HT: 3

SHAUNAGH BROWN 60.99; 5 SAM HYNES 59.18. U20: SP: 1 SOPHIE MCKINNA (U20) 15.07. HT: 1 ABBI CARTER (U20) 55.22

SWITZERLAND Lausanne, May 5

Women: 300: 1 L Sprunger 37.38

TAIPAN

Taipei, April 22

U20 men: 110H (-1.2): Cheng Yun-Yin 13.63 (13.65/-1.1 ht)

UKRAINE

Donetsk, April 13

AT the age of 46, Oleksandr Drygol set a world masters record of 78.47 in the hammer.

Men: HT: O Drygol (M45) 78.47 (world masters rec). Women: HT: 11 Sekachova 72.20

USA

Spokane, May 6

Over 53,000 competitors took part. **Men: 12km:** A Kiprono 34:29. **Women:** 12km: 1 M Daska (ETH) 38:26; 2 J Cherobon-Bawcom 38:52

PAC 12 Combined Events Championships, Eugene, May 5/6

CANADIAN Brianne Theisen set a world leading heptathlon mark. Women: Hep: B Theisen (CAN) 6353 (13.50, 1.83, 12.61, 23.90, 6.24, 44.29, 2:12.99)

Moorpark, May 2-4

Women 100 (2.6): 1 ABIGAIL SMITH (U17) 11.99. Ht3 (0.9): 1 SMITH 12.16. 200 (2.0): 1 SMITH 24.48. Ht3 (1.4): 1 SMITH 25.00

GLIAC Championships, Allendale, May 4

Women: 5000: 2 TINA MUIR 16:16.39 Portland, May 4 Women 1500: 3 AMY-ELOISE NEALE

(U20) 4:27.00

Chula Vista, May 3

GREG RUTHERFORD equalled Chris Tomlinson's British record with a worldleading 8.35m jump.

He was lucky with the conditions as it was one of only two jumps in a competition of 13 registered marks that had a legal wind.

The competition was hardly inspiring either. Second was a windy 6.52m and third was a dire 3.95m.

Brett Morse's poor run of form continued as he was below 57m. LJ: 1 GREG RUTHERFORD 8.35/2.0 (7.89/2.1, 8.02/1.9, x/2.5, 8.35/2.0, -). DT: 1 E Cadee (NED) 65.90; 2 R Smith (NED) 65.54; 3 M Israel (EST) 62.83; 4 R Juliao (BRA) 61.97; 8 BRETT MORSE 56.71. **Women: PV:** 1T Pea 4.36; 2 K Hutson 4.36; 3 K Hendry 4.36

Favetteville, May 4

Men: 1500: 4 TOM MARSHALL 3:46.45; 8 ANDREW HEYES 3:47.52. HT: 1 NICK MILLER (U20) 63.20. Women: 100 (5.8): 6 KARÁ-ARETHA GRAHAM 12.07. **200 (1.7):** 2 KARA-ARETHA GRAHAM 24 56: 3 GABRIELLA ADE-ONO IOBI (U20) 25.49. 100H (1.7): 9 ADE-ÒNOJOBI (U20) 14.65. Ht (2.9): 3 ADE-ONOJOBI (U20) 14.01. HJ: 3 GEMMA SMITH 1.65. LJ: 6 SMITH 5.57/nwi

Big East Championships, Tampa,

May 4-6 Men: 5000: 6 LEE CAREY 14:29.20; 11 JONATHAN HOPKINS 14:37.14.. 400H: 3 TOBY ULM 51.45. Ht1: 2 ULM 51.05.3000SC: 3 MATTHEW GRAHAM 8:57.67. Women: **800: Ht1:** 4 YASMIN SMITH 2:09.55

Bloomington, May 4

Men: 800: 14 KURTIS GIBSON 1:53.77 1500: 2 ROB MULLETT 3:45.08; 4 MARCUS BRIDGER-WILKINSON 3:45.92



Horizon League Championships, Milwaukee, May 4-6

Men: 800: Ht1: 1 TOM CURR 1:52.59.**1500:** 2 TOM CURR 3:51.26; 4 ROSS CLARKE 3:54.35. 5000: 3 HARRY ELLIS 14:53.48. Women: 800: 3 KIRSTY LEGG 2:12.90. Ht1: 1 LEGG 2:14.13.1500: 1 L FGG 4:34.25.10.000: 3 BECKY HOWARTH 36:58.36

Big East, Tampa, May 6 Men: 110H (1.2): 1 J Eaton 13.57.

Women: 200 (1.5): 1 C Jones 22.91 Northeast 10 Championships, New Haven, May 5

Men: 1500: 5 JAMES MEE 3:51.37 Birmingham, May 5

Women: 1500: 2 SARAH HUDAK 4:24.65 America East Championships,

Orono, May 5-6

Men: 1500: 1 RICHARD PETERS 3:45.69 (3:54.99 ht)

Clemson, May 5 Women: 100: r1 (3.7): 4 AMY HARRIS

11.75. LJ: 1 HARRIS 6.32/1.6 Ivy League Heptanagol

Champioships, Philadelphia, May 5/6 800: Ht3: 3 HENRY TUFNELL 1:51.94.

1500: Ht1: 4 ADAM COTTON 3:54 76 10000: 11 IONATHAN GAULT 30:39 03 Women: 800: Ht1: 4 MOLLY RENFER (U20) 2:10.13; 5 JADE WILLIAMS 2:11.75

Lawrenceville, May 6

Men: 800: 2 MITCH GOOSE 1:50.71 Women: 5000: 2 HOLLIE ROWLAND 16:48 45

Eagle Rock, May 5

Men: 100 (0.7): 1 R Bailey 10.01; 2 S Effah (CAN) 10.28. 400: 1 F Sanchez (DOM) 45.34.1500: 7 PHILIP MACQUITTY 3:48.09

110H (-1.0): 1 J Richardson 13.30. Women: 400: 1 L Cole 51.46. 800: 1 B Martinez 2:01.83; 2 A Schmidt 2:02.13. LJ: 1 F Jimoh 6.80/1.5.

Eugene. May 5

Men: 800: 1 T Mulder 1:46.44; 2 L Renshaw (AUS) 1:46.91; 10 KRIS GAUSON 1:52.15. 1500: 1 A Wheating 3:44 97: 3 KRIS GALISON 3:45 98 3000: 2 MATTHEW CLOWES 8:04.54. 110h (2.3): 1 A Eaton 13.57. Women: 1500: 2 JÉMMA SIMPSON 4:18.20. 3000sc: 1 B Franek9:39.77. HT: 1 SARAH HOLT 66.42

Lubbock, May 5

Men: 100 (1.7): 1 C Hart 10.28. 200 (0.7): 1 J Borlee (BEL) 20.31.400: 1 G Roberts 44.93; 2 K Borlee (BEL) 45.33. LJ: J Wilson 8.20/2.9. 4x400: 1 South Plains 3:01.32; 2 Texas Tech 3:03.87; 3 Belgium 3:04.68. Women: 200 (0.8): 1 C Jackson 23.11: 2 O Borlee (BEL) 23.24. PV: 1 S Weygandt 4.50

Fairfax, May 5 Men: 400: 1 D Verburg 45.06

Cape Girardeau,

Men: 100 (0.6)/200 (-0.7): Z Boey 10.31/20.94. Women: 100 (0.4)/200 (1.6): A Love 11.28/23.33 Clemson, May 5

Men: 100 (3.1): 1 D Atkins (BAH) 10.10;

2 M Mitchell 10.15. Women: 100 (3.7): 1 C Riggien 11.09. 100H (3.0): 1 M Golladay 12.86

University Park, May 5

Men: SP: 1 R Whiting 21.50. Women: 200 (0.7): K Nieuwendam (SUR) 23.47 (rec)

Birmingham, May 5

Women: 100 (0.3): GAsumnu (NIG) 11.21. **200 (0.1):** 1 K Duncan 22.75 Fayetteville, May 4

ARIES MERRITT ran a windy 12.99 110m hurdles heat and then a legal world-leading 13.03 in the final. Men: 200 (1.3): 1 A Gauntlett 20.45; 2 F Blakely 20.58; 3, L Butler 20.69; 4 J Wariner 20.76. 400: 1 Blakely 45.93. 110H (1.0): 1 A Merritt 13.03 (12.99w ht): 2 M Anderson 13.65. Women: PV: 1

L Sutej (SLO) 4.45 Wailuku, May 4

OLYMPIC champion Stephanie Brown-Trafton set a US record of 67.74m. This was a 7cm improvement on Suzy Powell's mark set at the same venue five years ago.

Men: DT: 1 S Martin (AUS) 65.63; 2 L Brooks 64.93; 3 R Winger 63.98; 4 A Kuehl 62.74; 5 I Waltz 62.33; 6 J Rome 61.16. Women: DT: 1 Brown Trafton 67.74 (rec) (65.63, 65.21, 67.74, x, 62.79, 62.92); 2 K Poonia (IND) 63.67; 3 G Lewis-Smallwood 62.88

Eugene, April 29

Men: Mar: 14 EWEN NORTH 2:31:20. Women Mar: 27 SUZI HARVEY (W45) 3.08.02

Providence, April 29

Men: 800: r1: 1 RICHARD PETERS 1:51 31:2 HENRY TUENELL 1:53 04 USC v UCLA, Los Angeles,

April 29

Men: 1500: 2 PHILIP MACQUITTY 3:54.31. Women: TJ: 4 KEMI OLONADE (U20) 12.28/-1.0 Tucson, April 28

Men: 100 (0.1): 1 R Milus 10.28.

Women: 400H: 1 G Moline 55.37. HJ: 1 B Barrett 1.93 Fort Collins, April 28

Men: 200: 1 J Christiansen 20.77. DT: 1 C Malone 62.46. Women: 100H (0.0): J

DeLoach 13.29 Berkeley, April 28 Men: 400H: 1 A Morton 49.43. Women:

400:1A Montano 52.16 San Marcos, April 28

Men: 200 (3.9): 1 A Adams 20.41. Women: 100 (2.0): T Williams (SKN) 11.18. 200 (2.7): 1 P Hall (JAM) 22.84; 2 T Williams (SKN) 22.92. 400: 1 P Hall (JAM) 51.58. LJ: A Tanner 6.72/3.1

Wichita, April 28 Women: 1500: 2 DANIELLE CHAPMAN 4:27.16

Spokane, April 27

Women: 5000: 8 MEGAN BATTY (U20) 18:55.11 Indianola, April 27

Women: 1500: 2 INDIA LEE 4:40.73 Memphis, April 27

Women: 800: 1 LOUISA LINGLEY 2.12 60

Des Moines, April 24

Men: Rd 1M: 1 P van der Westhuizen 4:02.99; 2 A Acosta 4:03.16; 3 B Lalang 4:03.36. Women: Rd 1M: 1 S Hall 4:45.66; 2 H Kampf 4:45.92; 3 A Mortimer 4:47.56

Lewisburg, April 14 Women 1500: 6 JADE WILLIAMS 4:27.73 Ogden, April 14

Women 400: r3: 2 ELISE MCVICAR 57.76

VENEZUELA

Barquisiemeto, May 5 Men: PV: 1 L Borges (CUB) 5.50. Women: PV: 1 Y Silva (CUB) 4.60

Pete Street: on way to 5000m win at Blackburn







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 a 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 Kellerlenkins (Swan) 170 PV: A: 11 Quereshi (Chelt) 2.75. LJ: A: 1 | 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 Fligelstone (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 | Parselle (B&W) 21.4; 2 R Harris (Yate) 21.5. 1200: A: 1 É 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: 1E Chalmers (Worth) 5.01 **U13: 75: A:** 1 P Oborne (Worth) 10.4; 2 T Farrell (M&M) 10.5; 3 A Harbour (Hast) 10.5 B: 1.S. Huxsten (Hast) 10.7 150: A: 1 P Oborne (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

SOUTHERN 1N, Bedford

(Worth) 4.54

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

(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 Oborne

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 Relton (Bed C) 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 Mortty (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 Wakefiled 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.

Track

400H: A: 1 D Lewis (Sale) 54.8: 2 D Holiday (KuH) 55.7. B: 1 T O'Brien (Sale) 55.7. **3000SC: A:** 1 K Bibby (Prest) 9:50.8. 4x100:1 Man H 43.7. HJ: A:1 D Hammond (Sale) 2.00. PV: A: 1 M Cullen (Sale) 4.70. LJ: A: 3 C Peter-Thomas (B'hurn M45) 5 93 TI: A: 4 C Peter-Thomas (B'burn, M45) 11.31. SP: A: 1 J Nicholls (Sale, M45) 13.53; 2 A Norfolk (KuH, U20) 12.95; 6 T Balko (B'burn, M45) 10.19. B: 2 J Twiddle (KuH, M40) 11.74. HT: A: 2 S Johnson (Prest, U20) 41.95; 3 J Vickery (B'burn, U20) 41.11: 4 R Gayle (Wake, M40) 39.51; 5 J Twiddle (KuH, M40) 39.19. JT: A: 2 A Mimmack (KuH, U20) 50.62; 4 M Birchall (B'burn, M40) 49.33 Women: 400: B: 2 S Greenwood

(Prest, W40) 62.6. 800: A: 1 S Smith (Wake, U20) 2:19.8, 3000: A:1 S Harris (Man H) 10:05.6; 2 K Walshaw (Holm) 10:06.6. B: 1 E Beedham (Sale) 10:23.0. 100H: A: 1 N Cahill (Sale) 15.2; 2 R Dales (Wake) 15.5; 3 B Taylor (KuH, U20) 15.5. B: 1 B Crowley (Sale, U20) 14.7. 400H: A: 1 S Santos (KuH) 62.9; 2 B Sharp (Wake, U20) 67.9. 4x100: 1 KuH 49.3. PV: A: 1 C Blunt (KuH) 3.40; 3 J Ibbitson (Wake, W55) 2.40. LJ: A: 2 A Swann (KuH, U20) 5.34. TJ: A: 1 A Unsworth (Prest, U20) 11.16; 2 A Edmundson (B'burn) 11.12; 3 A Swann (KuH. U20) 10.86. SP: A: 1 S Henton (B'burn, W35) 11.03; 3 J Ibbitson (Wake, W55) 9.78. DT: A: 1 S Henton (B'burn, W35) 47.43; 2 E Lupton (Prest, U17) 32.03. B: 1 J Ibbitson (Wake, W55) 28.29. HT: A: 1 L Douglas (Sale) 59.96; 2 J Wheatman (Wake) 49.59; 3 M Searson (B'hurn 1120) 34 27 B: 1 S Drake (Wake) 44.01; 2 S Henton (B'burn, W35) 33.07. JT: A: 4 J lbbitson (Wake, W55) 23,20

2W, Blackpool

MATCH: 1 St Helens 377: 2 West Cheshire 360; 3 Blackpool 281; 4 Liverpool H 270: 5 Liverpool P 259: 6 Wirral 222

Men: 100: A: 1 M Causer (SHS, U20) 11.1. 400: B: 1 N Akpan (Liv H, U20) 49.9. 5000: A: 1 A Ashton (Liv H, M40) 16:18.2. B: 2 G Ratcliffe (Wirr, M55) 17:43.8. HJ: A: 1 M Bailiff (W Ches. U20) 1.93. LJ: A: 1 M Causer (SHS, U20) 7.18; 2 C Jones (Liv H, U20) 6.70. TJ: A: 3 T Caton-Hand (SHS, U17) 12.77. SP: A: 2 G Ireland (SHS, M40) 11.38. DT: A: 1 M Cooper (Liv H) 41.50; 3 M Line (Liv PS, M45) 34.47; 4 D Myerscough (BWF,

M65) 28.58. HT: A: 1 D McKay (W Ches) 46.47; 3 M Line (Liv PS, M45) 34.61; 5 S Bashforth (BWF, M50) 32.17. JT: A: 1 D McKay (W Ches) 54.72; 4 M Line (Liv PS, M45) 39.43

Women: 100: B: 3 J Money (Wirr, W45) 13.7. 200: B: 4 J Money (Wirr, W45) 29.3. 400: A: 1 L Shanley (Liv H, U20) 57.5. 800: A: 1 L Critchley (BWF, U20) 2:17.0; 2 K Longley (Liv PS, W35) 2:24.8. 3000: A: 2 S Kearney (Wirr, W35) 10:34.4. 4x100: 1 W Ches 50.6. LJ: A: 10 Montez-Brown (W Ches, U17) 5.32; 2 C Rigby (SHS, U17) 5.15. **TJ: A:** 1 O Montez-Brown (W Ches, U17) 10.72. SP: A: 1 K Baker (W Ches, U17) 10.91; 2 R Doran (Liv PS, U20) 10.40. HT: A: 1 C Needham (BWF, U20) 38.73

2WC. Leeds

MATCH: 1 Leeds 371; 2 Rossendale 348; 3 Bolton 331; eq 4 Leigh/E Cheshire 310; 6 Trafford 255 Men: 100: A: 1 R Brown (Leeds C, U20) 10.83. B: 4 P Hickey (Traff, M55) 11.94; 6 | Scholes (Traff, M50) 13.06. 200: A: 1 R Brown (Leeds C, U20) 21.85; 5 P Hickey (Traff, M55) 24.63. 5000: A: 1 J Smith (Leeds C) 15:16.34; 2 T Charles (Traff) 15:33.71; 3 J Johnston (Ross, U20) 15:35.48. B: 1 C Chrisfell (Ross) 15:37.33. 3000SC: A:1 S Lisgo (Leeds C) 9:18.18. 4x400: 1 Ross (U20) 3:36.69; 2 E Ches (U20) 3:37.86. PV: A: 1 J Taylor (Leigh, M50) 3.20. TJ: A: 1 L Harvey (Traff) 15.02; 2 S Bentley (Leeds C, U20) 14.05. SP: A: 3 J Nicholson (Bolt, M50) 10.46. DT: A: 1 J Nicholson (Bolt, M50) 34.63; 2 M Gulliver (Leeds C. M40) 33.56. HT: A: 1 M Gulliver (Leeds C. M40) 39 12 JT: A: 1 R Makin (Bolt, U20) 54.82 Women: 3000: A: 1 G Leck (Leigh, U20) 10:39.09; 2 R Flanagan (Ross, U17) 10:41.43. HJ: A: 1 J Lumley (Leeds C) 1.65. TJ: A: 1 M Robbins (Traff) 12.17. DT: A: 1 C Gair (Traff) 43.96. B: 1 J Bate (Traff) 38.35. HT: A: 1 R Gair (Traff) 58.62. **B:** 1 J Bate (Traff) 41.82. **JT: A:** 1 J Lumley (Leeds C) 37.44; 4 J Harding (Traff, W45) 22.15

3E, Whitley Bay

MATCH: 1 NSP 372; 2 Wallsend/ Blyth 294; 3 Morpeth 266; 4 SWouth Shields/Birtley 257; 5 Houghton 238.5; 6 Richmond & Zetland 185.5 Men: HJ: A: 2 B Robertson (NSP, M45) 1.60. JT: A: 3 J Renney (NSP, M45) 39.10

Southern Men's League: 5000m at Eton 200

Women: 400: A: 1 G Rutherford (NSP) 57.8. 1500: A: 1 D Hodgkinson (Wall) 4:44.2; 2 M Stead (Morp, W35) 4:54.3 SP: A: 2 C Reid (Morp, W35) 10.00. DT: A: 1 K Wilson (SShields/Birtle) 35.21; 2 C Reid (Morp, W35) 31.41. HT: A: 1 K Wilson (SShields/Birtle) 49.45

3EC, Derby

MATCH: 1 Rotherham 389; 2 Barnsley 368; 3 Chesterfield 304; 4 Newcastle 249; 5 Boston 219; 6 Clee 113 Men: 800: B: 1 C Ireland (Sheff RC M50) 2:19 8 3000SC: B:1 C Ireland (Sheff RC, M50) 10:59.2; 2 D Brooksbank (Barns, M50) 11:42.7. DT: A: 1 K Fitzgerald (Clee) 42.86. HT: A: 3 I Cooley (Roth, M55) 30.27 Women: 800: A: 1 J Allen (Roth) 2:15.9. B: 1 R Middleton (Roth) 2:17.4. 3000: A: 2 F Davies (Barns, W35) 10:45.8. **4x100:** 1 Barns 50.4. **PV: A:** 1 V Price (C'field, U17) 2.85

3W. Stretford

Men: 110H: A: 1 D Henshaw (Manc. H) 15.7. 400H; A: 1.1 Webster (Warr. U20) 56.7. LJ: A: 6 B Chapman (Alt. M65) 4.49

Women: 800: A: 1 R Franklin (Manx) 2:16.6. 1500: A: 1 R Franklin (Manx) 4:43.5. 3000: A: 3 S Cooper (S'port W, W55) 12:07.7.100H: A: 2 E Newton (S'port W. U20) 16.0. LJ: A: 2 A Cook (Wrex, W35) 4.76. TJ: A: 1 A Cook (Wrex, W35) 10.04

3WC, Hyndburn

MATCH: 1 Seaton 379; 2 Bury 330; 3 Lan & More 306; 4 Spen 285; 5 Bury & Pendle 250: 6 Hvnd 235 Men: 800: B: 2 K McGhie (Spen, M50) 2:09.9. 5000: A: 1 D Parkinson (Kend) 15:17.1; 5 K Ogden (Spen, M40) 16:27.4. B: 1 B Smith (L&M, U20) 15:54.4. 3000SC: A: 2 K McGhie (Spen, M50)

11.58 0 Women: 400: A: 1 C Flannery (Spen, U20) 56.9. 1500: A: 2 S Hodgson (L&M, U20) 4:49.3. 4x100: 1 Spen 51.0; 2 Seat 51.4. 4x400: 1 Spen 4:11.6. HJ: A: 1 E Cummings (Seat, U17) 1.65. SP: B: 5 S Bolland (Spen, W65) 5.01. HT: A: 3 S Bolland (Spen, W65) 17.72

4E, Middlesbrough

Men: SP: A: 1 D Dowson (M&C) 15.05 Women: 3000: A: 1 C Simpson (J&H, W35) 10:24.3. LJ: A: 3 S White (Tyne, W50) 3.78. TJ: A: 4 S White (Tyne. W50) 7.74. **HT: A:** 1 J Rogers (New M, U20) 33.20

4EC, Grimsby

Men: 100: A: 4 M Culshaw (Grim, M40) 11.8. 200: A: 3 M Culshaw (Grim, M40) 24 1 DT: B: 1 P Garner (Gran M50) 28.80. HT: A: 1 P Garner (Gran. M50) 34.47

Women: 100H: A: 1 M Cooper (Gran, U20) 15.8. **HJ: A:** 1 J Jagger (Gran, W50) 1.28. TJ: A: 2 J Jagger (Gran, W50) 8.02. DT: A: 1 L Evans (Gran, W35) 30.06; 2 P Kirk (Grim, W55) 24.24. B: 1 J Jagger (Gran, W50) 25.40

Men: 100: B: 3 S Lightfoot (Salf M, M45) 12.1. NS1: 1 L Clowes (C&N) 10.9. **200: B:** 3 S Lightfoot (Salf M, M45) 24.9. **400: A:** 1 L Clowes (C&N) 48.7. **B:** 3 S Lightfoot (Salf M, M45) 55.9. 110H: A: 1 S Slone (TCE) 15.4 Women: HT: B: 1 S Harper (O&R, W40)

28 89

4WC. Wigan

Men: 800: A: 2 A Townsend (Horw. M45) 2:04.9. **B:** 1 P Miller (Barr, M45) 2:11.5. 5000: B: 1 P Harrison (Bord H, U20) 15:57.0. 110H: A: 1 J Taylor (Wig

D. U20) 16.4. SP: A: 1 S Thomas (Barr. M55) 11.22. DT: A: 1 S Thomas (Barr, M55) 29.90. HT: A: 1 S Thomas (Barr, M55) 35.77

Women: 100: A: 1 A McCorry (Bord H, U17) 12.7 200: A: 1 A McCorry (Bord H. U17) 25.8. 100H: A: 1 D McGifford (Wig D, U20) 15.0. 400H: A: 1 R Culshaw (Wig D) 63.5; 3 K Laughton (Horw, W45) 76.6. HJ: A: 3 K Laughton (Horw, W45) 1.35. LJ: A: 1 D McGifford (Wig D, U20) 5.55; 3 K Laughton (Horw, W45) 4.69. **B:** 1 R Williamson (Wig D, U20) 5.37. TJ: A: 1 R Williamson (Wig D. U20) 11.99; 2 K Laughton (Horw, W45) 9.87. SP: A: 2 L Walker (Barr, W50) 7.79. DT: A: 4 L Walker (Barr, W50) 21.49. HT: A: 1 H Farrell (Bord H, U20) 42.13; 2 L Walker (Barr, W50) 22.98. JT: A: 1 L Bibby (Wig D, U20) 39.27; 4 L Walker (Barr, W50) 18.46

SOUTHERN MEN'S LEAGUE DIVISION 1, Bedford

MATCH: 1 Bedford 120: 2 Thurrock 96; 3 Hercules Wimbledon 65; 4 Met Police 43

Men: 200: A: 1 J Cox (Bed C, U20) 22.5. 400: B: 2 L Croft (Bed C, M45) 55.8. 5000: A: 1 N Hall (Bed C) 14:40.7; 2 K White (HW, M35) 15:36.1. **B**: 1 M Janes (Bed C) 15:04.7. 400H: A: 1 P Benedickter (Bed C, M40) 59.5. PV: A: 1 J Devereux (Bed C. U20) 4.00. TJ: B: 3 D Folgate (Bed C, M60) 10.91. SP: A: 1 M Simson (Thurr, M40) 11.66; 2 A Ferguson (Met P, M40) 11.61. HT: A: 1 R Martin (Spen) 48.29; 2 A Ferguson (Met P, M45) 38.47. B: 1 D Kerr (Bed C, M40) 47.38. **JT: A:** 1 B Tola (HW, M40) 50.31

Dartford

Men: 100: A: 1 D Green (Kent) 10.9. 200: ns: 1 B Bamber (Newb, M45) 23.42.400: B: 3 S Barrett (Newb, M55) 61.0. **800: A:** 1 A Provost (AFD, U20) 1:54.6; 4 W Lillis (Newb, M45) 2:14.7. ns: 1 J Mays (KENT A C) 1:52.6. 5000: A: 11 Bailey (AFD, U20) 15:03.9. 400H: B: 2 D Christie (Dart, M45) 68.0. 3000SC: A: 1 C Greenwood (Kent. M35) 9:37.1. B: 1 A Dunwoody (Kent, M35) 9:59.8. HJ: A: 1 D Hall (Dart, U20) 1.94, SP: A: 1 C Green (Kent) 13.36; 2 R Broadbridge (Newb, M50) 12.08; 3 J Fenton (Dart, M55) 10.05. DT: A: 1 R Broadbridge (Newb, M50) 36.72. HT: A: 1 L Doran (Newb, U20) 45.09. **B:** 1 R Broadbridge (Newb, M50) 42.54. JT: B: 1 J Fenton (Dart, M55) 43.27

Eton

BEXLEY narrowly won the match to deny hosts Windsor, Slough Eton & Hounslow after a tight see-saw battle, winning towards the end of a tight afternoon's competition by a single point, Martin Duff reports.

The Southern Men's League has suffered from withdrawals due defection to the new Southern Athletics League.

Nevertheless there were some good efforts, notably by Windsor's 400m runner Zak Curran, who set his second personal best of the week. "I'm an 800m runner really," said the 18-year-old after his 48.8 new best, "and ran 1:50.82 at Watford on Wednesday." Similarly built to fellow 400m runner Martyn Rooney, Curran improved from 49.17. Curran thought he could go quicker and said: "There was not much competition as you need someone on your shoulder."

Bexley were helped by a couple of wins for Chris Stanton, who won a tight hurdles and the shot. Bexlev also had a good win in the hammer from British

Masters winter throws M40 champion Graham Holder, who threw 55.89m.

The 5000m saw a PB for Luton's Andrew McMulkin of 15:45.9 after he returned to the sport last year following a decade away.

Making a surprise appearance was south of England javelin champion Dan Pembroke. "I only came down to do some training," said the 23-yearold, who threw as a guest but didn't really want his marks noted. For the record they were 65.53m, 67.44m and 64.98m. He said his season would start officially this coming weekend in the Oxfordshire county championships. He added that he had enjoyed a good winter's training and is targeting the Olympic 'A' standard.

MATCH: 1 Bexley 101; 2 Windsor, Slough, Eton & Housnlow 100: 3 Luton 75; 4 Newquay & Par 72

Men: 400: A: 1Z Curran (WSEH, U20) 48.8; 3 L Francis (Bexley, U17) 51.4. **5000: A:** 1 A McMulkin (Lut) 15:45.9 400H: A: 1 J Paul (WSEH, U20) 54.1. PV: A: 1 S McLennan (WSEH) 4.40; 3 P Hawkins (Bexley, M40) 3.20. B: 1E Bryden (WSEH, U20) 4.00. SP: A: 2 D Burrell (Lut, M45) 12.27. DT: A: 1 D Burrell (Lut, M45) 37.79; 2 G Holder (Bexley, M40) 36.70. HT: A: 1 G Holder (Bexley, M40) 55.89; 2 D Burrell (Lut. M45) 46.66; 3 M Madden (N&P, M45) 37.79

Gillingham

Men: 400: ns: 1 P Phillips (Herne H) 49.8. 110H: A: 2 C Allen (Herne H, M45) 17.0. **TJ: A:** 2 A Oyediran (Herne H, M50) 12.13. **DT: A:** 1 G Power (Herne H, M45) 40.41. HT: A: 1 S Thurgood (Herne H, M35) 53.05. B: 2 C Thomson (M&M, M60) 30.55. JT: A: 2 P Oakes (M&M, M55) 35.84

DIVISION 2W. Fton

Men: PV: A: 1 A Harvey (Yeov O. U17) 3.40; 2 J Dickinson (Has B, M50) 3.00; 3 P Hillyard (RN, M55) 2.80. **B:** 1 D Huntley (Yeov O, U17) 3.20. LJ: A: 2 P Guest (Yeov O. M50) 5.50, SP: A: 4 A Turner (B'mth, M45) 10.22. DT: B: 2 J Drzewiecki (Brack, M50) 32.53. HT: A: 2 A Turner (B'mth, M45) 35.58

UP & RUNNING MIDLAND LEAGUE DIVISION 1, Cheltenham

MATCH: 1 Birchfield 389: 2 Notts 367: 3 Bristol & West 330; 4 Cheltenham 327; 5 Gloucester/Severn 292: 6 W&B 277 Men: 100: B: 3 D Morgan (B&W, M40) 11.6. 400: A: 1T Campbell (B&W) 48.1; 2 Z King (Notts) 48.8; 3 N Kanonik (Bir) 49.8. B: 1D Lewis (Bir) 49.5. 800: A: 1 W Frey (Bir) 1:54.2. **1500: A:** 1 W Frey (Bir) 3:56.3: 2 R Needham (Notts. U20) 3:58.3. 5000: A: 1 W Frev (Bir) 14:49.3: 2 O Mott (B&W) 14:51.0; 3 J Parker (CLC, M35) 15:26.3; 4 J Bradley (Chelt, M35) 15:41.5. B: 1 S Francis (B&W) 15:22.5. 110H: A: 1 E Dunford (Bir) 15.7. 4x100: 1 Notts 42.9. 4x400: 1 Notts 3:20.6, HJ: A: 1 M Ashlev (Notts) 1.95. PV: A: 1 E Dunford (Bir) 4.20. TJ: A: 1 J Martin-Fullerton (Bir, U20) 14.61; 2 M Madden (Notts) 14.30. **SP: A:** 1 R Spencer-Jones (Bir) 17.56; 2 G Winter (Glouc) 14.51; 3 L Biddlecombe (B&W, U20) 14.32. DT: A: 1 G Winter (Glouc) 44.78: 2 N Fox (Bir) 43.17: 3 J Preston (B&W) 42.39. B: 1 E Dunford (Bir) 41.79; 2 S Biddlecombe (B&W, M35) 41.00. HT: A: 1 J Sysum (Glouc) 54.64; 2 R Wallace (Chelt, U20) 48.22; 3 M Spicer (B&W) 47.20

Women: 100: A: 1 B Wakefield (B&W. U20) 12.3. 200: A: 1 B Wakefield (B&W, U20) 25.2; 2 J Harrison (W&B, U20) 25.3. B: 6 C Powell (B&W, W55) 28.9.



400: A: 1 A Ika-Oqua (W&B, U20) 56.7. B: 1 J Harrison (W&B, U20) 57.0; 3 C Powell (B&W, W55) 62.6.800: A: 1 J Cooke (Chelt) 2:14.7; 2 O Sadler (B&W, U20) 2:15.7. B: 1 M Sadler (B&W, U17) 2:17.6. 1500: A: 1 D Niccol (B&W) 4:31 1:2 C Richardson (Bir U20) 4:31.3; 3 A Skervin (Notts) 4:40.6; 5 A Wilson (W&B, W40) 5:07.7. 3000: A: 1 R Randell (B&W) 10:18.1. 100H: A: 1 M Smith (Bir, U20) 14.6; 2 M Dixon (W&B, U20) 15.7. 400H: A: 1 A Davies (Notts, U20) 65.7; 2 M Dixon (W&B, U20) 65.9. **4x100:** 1 B&W 50.5; 2 Glouc 50.7; 3 Chelt 51.2; 4 Bir 51.3; 5 Notts 51.7; 6 W&B 52.0. 4x400: 1 W&B 4:02.1; 2 Bir 4:12.1; 3 B&W 4:13.6. PV: A: 1 S Cook (Bir, U20) 3.50; 2 E Taylor (Notts) 3.30. **B:** 1 J Robbins (Notts, U17) 3.30. LJ: A: 11 Green (Bir, U20) 5.58. TJ: A: 1 S Gutzmore (Bir) 12.85; 2 T Burgess (W&B, U20) 10.92. B: 1 S Hutchinson (Bir, U20) 11.22; 2 S Douras (W&B, U20) 10.66. SP: A: 1 A Sherry (Chelt, U17) 12.51. B: 1 M Wood (Chelt, U17) 9.76. **DT: A:** 1 E Crooke (Bir, U20) 37.07; 2 A Sherry (Chelt, U17) 30.53. **HT: A:** 1 H Murray (Bir) 56.59; 2 C Jones (B&W) 54.40; 3 S Bobash (W&B, U20) 45.15; 4 A Robertson (Glouc) 43.69; 5 D Bird (Chelt, U20) 40.89. B: 1 M Loveridge (Glouc, W45) 36.75; 2 A Sherry (Chelt, U17) 36.53. JT: A: 2 S Bobash (W&B. U20) 33.96. B: 2 K Addis (W&B, W40) 25.33

U20: TJ: gst: 1 M Eales (Bir) 11.24

DIVISION 3, Yate

MATCH: 1 Bronsgrove & R 342; 2 Tamworth 318; 3 Stratford/Avon 268.5; 4 Yate 264.5; 5 Telford 218 Men: 100: A: 2 J Tipper (Tel, M35) 11.3. 200: B: 1 J Evans (Yate, U17) 22.8.800: A: 2 J Burrows (Tel, U17) 1:59.2. 1500: B: 1 D Wilkinson (Tel, M40) 4:23.9. 5000: A: 1 P Ward (Tel, M45) 16:11.2; 2 A Wright (Tam, M45) 16:46.6. **400H**: A: 3 | Moody (Pit, M50) 69.00. HJ: A: 3 A Young (Tam, M40) 1.70. **PV: A:** 1 G Showell (Tam, M35) 4.00; 3 J Bradley (Mid M, M65) 2.30. LJ: A: 1 A Young (Tam, M40) 5.72. TJ: A: 2 A Young (Tam, M40) 11.74. SP: A: 4 P Jackson (Yate, M50) 9.79. HT: A: 1 A Berrow (Tam) 47.31. JT: A: 1 A Reynolds (Tel, U20) 63.29

Women: 3000: A: 1 E Du Luart (Strat, U20) 10:31.6. LJ: B: 3 J Wakelam (B&R, W50) 3.73. TJ: A: 5 J Wakelam (B&R, W50) 7.68. JT: B: 2 J Wakelam (B&R, W50) 20.48

DIVISION 5, Worcester

Men: 100: A: 2 A Bradnick (Worc, U20) 11.1. 200: A: 1 A Bradnick (Worc, U20) 21.7; 3 C Bicknell (Leam, U17) 22.7. **5000: A:** 1 A Holliday (Tip) 14:45.9: 2 C Wilson (Cambus) 15:23.2. SP: A: 2 S Pomeroy (Abing, M50) 10.27. DT: A: 2 S Pomeroy (Abing, M50) 28.60. JT: A: 1 R Woodhall (D&S) 55.08; 6 S Pomeroy (Abing, M50) 31.07

Women: 800: A: 1 J Nesbitt (Worc, U20) 2:15 5 3000: B: 1 S Tawney (Leam, W50) 11:32.9. 400H: A: 1 H Reeves (Worc, U20) 67.9. 4x100: 1 Worc 50.7. HJ: A: 2 M Garland (Worc, W45) 1.30. HT: A: 1 R Bird (Worc, W45) 32.35. JT: A: 1 F Jammeh Kinteh (Abing) 37.20

DIVISION 6. Sutton

MATCH: 1 Burton 325.5; 2 Sutton in Ashfield 316.5; 3 Kidderminster & Stourport 288; 4 Leic C 218.5; 5 Nuneaton 201.5; 6 Royal SC 196Men: 100: B: 3 V Cook (Leic C, M45) 12.7. 800: A: 4 N Williams (K&S, M45) 2:13.6. 1500: B: 1 A Wetherill (Red, M50) 4:38.4. 5000: A: 2 A Wetherill (Red, M50) 16:29.4. 400H: A: 3 A Priest

UK leaders 2012

	MEN			WOMEN
10.23	Richard Kilty/Adam Gemili	100m	11.31	Laura Turner
20.50	Richard Kilty	200m	23.15	Abi Oyepitan
44.92	Martyn Rooney	400m	50.93	Christine Ohuruogu
1:46.33i	Joe Thomas	800m	2:02.62i	Marilyn Okoro
3:35.19	Andy Baddeley	1500m	4:09.70i	Helen Clitheroe
3:56.63i	Chris O'Hare	Mile	4:37.51	Lennie Waite
7:37.4i	Mo Farah	3000m	8:45.59i	Helen Clitheroe
13:15.21	Chris Thompson	5000m	15:14.26	Barbara Parker
27:53.65	Andrew Vernon	10,000m	31:29.57	Julia Bleasdale
61:23	Chris Thompson	Half-mar	71:34	Susan Partridge
2:13:41	Lee Merrien	Marathon	2:27:44	Claire Hallissey
8:32.80	Rob Mullett	3000m SC	9:48.35	Lennie Waite
13.35	Andy Pozzi	110/100mH	12.65	Tiffany Porter
50.00	Jack Green	400mH	56.54	Meghan Beesley
2.34i	Robbie Grabarz	High jump	1.91i	Jessica Ennis
5.77i	Steven Lewis	Pole vault	4.87i	Holly Bleasdale
8.35	Greg Rutherford	Long jump	6.89i	Shara Proctor
16.35i	Julian Reid	Triple jump	14.82i	Yamile Aldama
20.03	Carl Myerscough	Shot	16.92i	Eden Francis
66.67	Lawrence Okoye	Discus	60.51	Jade Nicholls
75.63	Alex Smith	Hammer	71.61	Sophie Hitchon
80.600	Mervyn Luckwell	Javelin	63.04	Goldie Sayers
7689	Ashley Bryant	Dec/Hep	6007	Katarina Johnson-Thompson
85:49	Tom Bosworth	20/10km walk	47:26	Johanna Jackson
4:06:34	Dominic King	50/20km walk	1:54:41	Michelle Turner

(K&S, M50) 70.1. TJ: A: 1 G Drake (Leic C, U17) 13.71. DT: A: 2 P Gibson (SinA, M50) 29.02. HT: A: 1 A Mitchell (SinA, M55) 28.08. JT: A: 1 T Morris-Reid (Leic C, U20) 59.40; 3 C Mills (Nun, M50) 34.97

Women: 3000: A: 2 L Knights (SinA, W40) 10:58.5. TJ: A: 1 T Thompson-Gregory (Leic C, U17) 11.03. HT: A: 1 B Mitchell (SinA) 46.08

DIVISION 7, Nottingham Men: 100: A: 1 E Phiri (Tam) 10.9. HJ: A: 1 S Meyler (Dav, U17) 1.83. PV: A: 1 A Wilkinson (Harb, M45) 3.20. **LJ: A:** 1 S Meyler (Dav, U17) 6.39

Women: HT: A: 1 S Lawton (Tam, U17) 34.73

MAY3 INTERTRUST GOLDEN SERIES, St. **Peter Port**

Men: 10000: 1 S Dawes (NEB) 31:39.04 Mixed events: 5000: 1 L Perrio (Guern, W) 17:17.5; 3 S Mercier (Guern, W) 17:35.9

Women: 600: 1 E Leask (Shet, U20) 1:37.08; 2 N Whitty (Guern) 1:38.42

CARDIFF & THE VALE OF GLAMORGAN MIDDLE SCHOOLS, Cardiff

U17 men: 200: Ht2 (3.7): 1 T Williams (C&V Sch) 22.60.100H: A (2.0): 1A Lawrence (Card) 14.43. Ht3 (2.9): 1 A Lawrence (Card) 14.52. 400H: 1 R Cooper (Card) 58.40. SP: 1 J Gaughan (C&V Sch) 12.17. HT: 1 J Palmer (Card) 55.98: 2 M Holmes (Card) 43.30 U17 women: 800: 1 G Morgan (Card) 2:21.49. 300H: 1 L Durrani (Card) 46.42. LJ: 10 Evans (Card) 5.26. HT: 1Z Dakin (B'end) 45.08

LEICESTERSHIRE. RUTLAND & NORTHAMPTONSHIRE 10000 CHAMPIONSHIPS (Inc OPEN), Leicester

Mixed events: 10,000: 1 A Watson (Herm) 30:54.4; 2 G Lee (Leic C, M45) 31:34.0; 3 T Drake (Wigston) 33:21.3; 4 I Murdey (Beau L, M40) 34:33.6; 5 R Whitelegg (Hinck, M40) 34:34.6; 6 S Palmer (R&N) 34:51.0; 7 D Egginton (Hunc, M45) 35:00.2; 8 G Spellman (R&N, M45) 35:03.8; 9 S Harris (Long

E, W35) 35:04.2; 10 A McNeill (Long E, M45) 35:04.9; 11 W Clapp (Harb, M45) 35:29.5; 16 K Gallagher (R&N, W40) 37:31.4; 18 C Stevinson (B&W, W35) 38:29.3

MIDLAND VETERANS' LEAGUE SOUTH DIVISION, Stourport

M50 men: 100: 1 A Priest (K&S) 12.9; 2 P Mould (B&R, M55) 13.2 M60: SP: 1 D Russell (W&B) 9.44 W50 women: 100: 1 V Bonner (Bir, W60) 14.3. 1500: 1 N Hitchmough (D&S, W60) 5:32.8 **W60: 400:** 1 V Bonner (Bir) 77.3; 2 N Hitchmough (D&S) 77.5

NORTH DIVISION, Telford

M50 men: 100: 1 P Williams (Stoke) 12.6. **HT:** 1 M Roberts (C&S) 48.02 M60: SP: 1 G Felton (RSC) 10.36; 2 P Duckers (Shrews, M65) 9.20 W40 women: 1500: 1 R Watchorn-Rice (Staffs M, W45) 5:10.9

SILKSWORTH THROWS, Sunderland M80 men: SP: 1 R Laidler (Sun) 6.82. HT: 1D Field (Sun) 26.73

WESTERN A C - G J INGHAM AND SONS SUMMER LEAGUE, Peel

Men: DT: 1 L Corlett (Western) 40.00 W35 women: SP: 1 L Kneen (Western) 9.74

MAY 2 WATFORD OPEN GRADED

Mixed events: 100: r1 (-1.8): 3 D Wardle (WSEH, M65) 14.35, r2 (-1.3): 5 C Monk (Leic C, M60) 13.85. **r5** (-0.5): 10 Wanogho (Croy) 10.88.800: r10: 4 K Dodd (Bas, U17W) 2:12.76; 5 M Smith (Leic C, U17W) 2:12.96; 6 R Weston (Inv EK, U20W) 2:13.30; 12 A Edwards (Lut, U15W) 2:18.92. **r11:** 1 J Brown (Reig, U15) 2:08.1; 6 M Jones (AFD, W) 2:10.7; 8 R McClay (Brack, W) 2:11.7; 8 S Billington (Lut, U17W) 2:11.7. r12: 2 J Lewis (Lut, U15) 2:02.73. r13: 1 J McCarthy (Chilt, U17) 1:57.21; 4 B Golding (Craw, U17) 1:59.59. r14: 1 K Langford (SB, U17) 1:54.79; 2 P Taylor (VoA, U17) 1:55.28; 4 C Allison (Nene V, U17) 1:57.45. **r15**: 1 Z Curran (WSEH, U20) 1:50.82; 2 M Fayers (Hill, U20) 1:51.83; 3 M

McLaughlin (WG&EL, U20) 1:52.12; 4 R Farnham-Rose (Ton, U20) 1:52.34; 5 J McMurray (St Alb, U20) 1:54.35; 6 K Reilly (Inv EK, U20) 1:55.54; 8 M Nicholson (Bed C, U20) 1:57.31. **r7:** 1 A Chandler (Reig, U17W) 2:18.40; 2 B Hodgson (W Horse, U20W) 2:19.28. r8: 1 L Ferguson (Reig, U17W) 2:18.15; 2 R Prideaux (Chelm, U15W) 2:18.48; 3 E Sales (Leic C, U20W) 2:18.53; 4 H McClay (Brack, U15W) 2:21.18; 8 C Murphy (C&C, U15W) 2:22.79. r9: 2 L Hallam (Hav M. U17W) 2:14.85: 3 L Russell (Bed C, U15W) 2:15.02; 4 E Roche (Mil K, U20W) 2:17.28; 7 R Turton (Brack, U20W) 2:19.64; 11 S Mansfield (Craw, U15W) 2:22.73. 1500: r3: 2 S Tooley (W Suff, U15W) 4:42.50; 3 J Judd (Chelm, U15W) 4:45.45; 4 N Connor (SB, U17W) 4:46.25; 7 C Lewis (Chilt, U17W) 4:48.21; 8 J Savill (WSEH, U17W) 4:51.41; 12 L Nash (Hast, U15W) 4:54.63; 13 H Morton (Chilt, U15W) 4:54.91; 15 S Pocknee (AFD, U13) 4:59.05. r4: 4 A Griffiths (Leic C, U17W) 4:31.23; 5 L Partridge (AFD, W) 4:32.74; 7 E Bird (Herts P, U20W) 4:36.41; 13 A Ashbee-Simmonds (Craw, U20W) 4:47.09. r5: 4 J Hill (Sale, W) 4:25.65; 5 J Cara (Kett, U15) 4:25.72; 16 G Baker (AFD, U17W) 4:38.20. r6: 2 M Nicholls (Ton, U17) 4:07.43; 3 J Dee (SB, U15) 4:09.37; 4 R Tennant (lps, U17) 4:10.36; 11 C Tarplee (SSH, W) 4:20.12. r7: 1 R Isaacson (Bed C, U17) 4:04.92; 2 B Alcock (Bed C, U20) 4:04.99; 5 J West (Ton, U17) 4:06.41; 7 J Singh (WSEH, U17) 4:08.13; 8 G Cockle (WSEH, U17) 4:08.81. r8:1 A Hickey (S'end) 3:50.13; 2 N Hall (Bed C) 3:51.16; 3 L Caldwell (DMV) 3:53.61; 4 L Dee (SB, U17) 3:54.89; 5 O Aitchison (AFD) 3:56.12; 6 R Graham-Watson (WSEH) 3:56.23; 7 L Russo (Ton, U20) 4:01.23; 10 D Brown (Ton, U20) 4:04.32. 3000: r1: 2 M Trees (Belg, M45) 9:25.99; 8 L Gent (AFD, U20W) 10:00.11; 9 R Killip (WSEH, U17W) 10:00.42; 10 R Murray (Bed C, U20W) 10:00.73; 11 B Proctor (AFD, W) 10:03.87; 12 R Pearson (Mil K, W) 10:04.68; 15 L Rogers (Wyc P, W) 10:15.98. r2:1 B Goater (WSEH, U20) 8:29.27; 2 M Fudalej (Mil K, M35) 8:33.76; 3 M Glowacki (Mil K) 8:34.84; 4 S Phillips (Soton) 8:35.11; 5 T Beedell (WG&EL) 8:35.20; 6 H

Carter (Ports) 8:36.25; 7 N Addison (SB) 8:39.70; 8 P Hodkinson (Notts) 8:42.46; 9 R Thompson (Hill) 8:43.12; 11 P Chambers (Croy, U20) 8:46.70; 12 M Delo (W Suff, U20) 8:53.72; 13 A Goodall (WSEH, U20) 8:54.0; 14 R Lightowler (SB, U17) 9:02.4:15 M Arnold (AFD, U17) 9:11.8; 17 M Bray (Bed C, U17) 9:18.2. LJ: 3 C Williams (WSEH, U15W) 4.96

Men: DT: 1 N Thompson (SB, M55) 43 44

U20: DT: 1 G Thompson (SB) 50.02 Women: DT: 1 R Hector (SNH, U20) 39.55; 2 K Thompson (SB, U20) 32.90

SOUTHERN COUNTIES VETERANS' LEAGUE SUSSEX DIVISION.

Eastbourne

M40 men: 200: A: 1 A Other (W&S) 23.9. 800: A: 1 S Baldock (Hast) 2:07.02. LJ: A: 1 M Ogannigi (W&S) 5.99. DT: A: 1 B Slaughter (E'bne, M50) 29.30

M50: 200: 1 G Callaby (Hast) 26.7. LJ: 1 B Slaughter (E'bne) 5.09 M60: 800: 1 P Witcomb (B&H) 2:25.09 W40 women: DT: A: 1 S Hewitt (B&H, W35) 35.39

CAMBRIDGE UNIVERSITY TRIALS. Cambridge

Men: Mile: 1 W Ryle-Hodges (Camb U, U20) 4:25.2. **3000:** 1 W Ryle-Hodges (Camb U, U20) 8:52.6. 200H: 1 M Houlden (Camb U) 26.7 Women: DT: 1 H Broadbridge (Camb U) 35.45

MAY1 **BMC GOLD STANDARD RACES,** Stretford

Men: 800: A: 1 M English (L'kenny, U20) 1:48.19; 2 S Dykes (Warr, U20) 1:50.39; 3 B Waterman (ESM, U20) 1:50.54; 4 N Brooks (Sale) 1:51.15; 5 D Mooney (L'kenny) 1:51.50; 6 K Flannery (Gate) 1:52.01; 7 T Atkinson (Sale) 1:52.33; 8 P Goodall (Norw) 1:52.38; 9 J Bransberg (Skyrac, U20) 1:54.84. B: 1 J Tartt (S'port W) 1:51.85; 2 L Betts (Chor, U20) 1:54.66; 3 C McGahan (Sale, U20) 1:55.26; 4 J Lancaster (Sheff, U17) 1:55.28; 5 J McHugh (Trafford, U20) 1:55.67; 7 M Kaye (Holm, U20) 1:56.74. 1500: 1 D Clorley (Luton) 3:49.01; 2 L Carroll (Chelt, U20) 3:49.39; 3 C Hulson (Sale, U20) 3:52.97; 4 E Buckner (Erme) 3:53.61; 5 M Shirling (Liv H, U17) 3:54.34; 6 S King (Mans) 3:55.65; 7 R Moore (Sale, U20) 3:56.07; 8 J Lamswood (KuH, U20) 3:56.99; 9 C Doherty (L'kenny, M35) 3:59.58

TONBRIDGE AC AVRIL BOWRING **OPEN MEETING**

Tonbridge

Mixed events: 300: r4:1S Tester (Ton) 35.98. **800: r3:** 1 M Martin (Padd W, M55) 2:24.89. r6:1T Kendrick (Ton, U13) 2:10.77. r7: 1 G Duggan (Ton, U17) 1:57.82. **1500**: **r2**: 5 C Crick (Ton, U13) 4.52 18

Men: DT: 1 D Coleman (Ton) 48.31 U17: DT: 1 M Blandford (Ton) 46.26 U17 women: DT: 1 G Brown (B&B) 34.42

TRAFFORD GRAND PRIX, Stretford

U15 mixed events: **1500**: r**1**: 1 D Evans (Warr) 4:19.85; 2 J Taylor (Wirr) 4:20.52; 3 B Yates (Prest) 4:20.52; 4 C Brown (O&R) 4:25.04; 5 C Durney (Prest) 4:25.54; 6 J Fradley (Newc S) 4:25.54; 7 R Babcock (Traff) 4:27.05. r2:1 H Knowles-Jones (Warr, U15W) 4:49.96; 3 A Hinchly (Vale R, U15W) 4:50.18; 4 B Blackwell (Prest, U15W) 4:53.56; 6 P Howe (B'burn, U15W)

Track

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 Massev (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. r3:1R 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 Loredo (New M, U17W) 2:17.95. r9: 3 J Eyre (Warr, U17W) 2:21.90.1500: r2: 1B 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, Ù17W) 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

U17 men: HT: 1 | Mirfin (F 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); 2D Spicer (SNH) 2159 (5.23, 26.97, 15.6, 22.46, 5:05.8)

 $\pmb{\mathsf{U15}}\, \pmb{\mathsf{boys}} \pmb{\mathsf{:}}\, \pmb{\mathsf{Pen}} \pmb{\mathsf{:}}\, 1\, \mathsf{M}\, \mathsf{Price}\, (\mathsf{SNH})\, 2545$ (12.0, 1.68, 12.00, 4.79, 2:25.2); 2 0 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

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)

APRII 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 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 Vosser (Win) 4:42.8. HJ: 1 A Leiper (AFD) 1.50; 2 M Coker (Soton, M55) 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 (IIf, 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; 3T 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 (IIf, 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) 954

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

BMC REGIONAL RACES, Durham

(Barn) 16.51

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)

PETROFAC LEAGUE

North Section, Inverness Men: MATCH: 11'ness 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 l'ness 341; 2 Nairn 241; 3 Ross C 218; 4 Caith 173; 5 Moray









162; 6 E Suth 65; 7 Elgin 40; 8 Forres 26 Men: DT: ns: 1 D Milne (Moray, U15W) 37.14

Men: DT: A: 1 D Ogilvie (Ross C, M40) 33.30

U16: DT: A: 1 G Evans (I'ness, U15) 33.76

Women: 800: A: 1 K Evans (I'ness)

U18: 100H: A: 1 A Nelson (I'ness, U17) 15.32. DT: A: 1 D Milne (Moray, U15)

3714 U14: 200: A (3.0): 1 L Bell (Moray, U13) 27.39

U12: LJ: A: 1 A Allan (unatt) 4.71

EAST DIVISION, Aberdeen

Men: 110H: A: 1 M Downie (Arb) 15.8. PV: A: 2 K Lyon (A'deen, M50) 2.80. B: 1 R Masson (A'deen, M60) 2.60. **DT: A:** 1D Chapman (A'deen, M45) 33.45; 3T Leeson (Banc, M45) 31.31

U18: 110H: A: 1 R Hewitson (A'deen U17) 15.9. PV: ns: 1 A Lowe (A'deen, U15) 2.70

U16: 800: A: 1 B Greenwood (Perth, U15) 2:05.4

Women: 200: A: 1 K Christie (Banc, U20) 25.0; 3 S Young (Dund H, W35) 26.4. 100H: A: 1 C Pennet (Edin) 14.6. PV: ns: 1 J Lyon (A'deen, W50) 2.50

NATIONAL JUNIOR ATHLETIC LEAGUE BRENT DIVISION, Carshalton

U20 men: 200: A: 1 A Thomas (B&C) 22.5. **400**: **A**: 1 V Dos Santos Soares (TVH) 49.7; 2 P Taylor (VoA, U17) 51.3; 4 S Cooke (Sutt, U17) 51.4. 1500: A: 1 M Seddon (B&C, U17) 4:07.5; 2 P Taylor (VoA, U17) 4:08.9. 3000: A: 1 S Halsted (B&C, U17) 8:45.7. 110H: A: 1 J Joseph (Sutt, U17) 15.8. 2000SC: **A:** 1 Z Seddon (B&C) 5:48.1. **4x100:** 1 Hill 45.0: 2 OXF 45.4: 4 Harrow 45.8. 4x400: 1 Sutt 3:28.8; 2 Harrow 3:29.0. HJ: A: 1 R Bonifas (Read) 2.00. B: 1 P Neale (Read, U17) 1.89. TJ: A: 1 T Bartley (VoA, U17) 13.20. SP: A: 1 L Roach-Christie (Harrow) 15.39; 2 M King (B&C) 12.60. DT: A: 1 M King (B&C) 39.08

U20 women: 1500: A: 1 S Draper (Harrow, U17) 4:53.2. HJ: A: 1 A Taylor (Read) 1.63; 2 H Perrin (OXF, U17) 1.60. B: 1 P Rogan (Read) 1.63. TJ: A: 1 K Davidson (Sutt. U17) 11.27. SP: A: 1 D Opara (Read) 12.09. DT: A: 1 C Webb (Read) 35.21; 2 Z Magnall (VoA) 32.46. B: 1 C Pritchard (Read, U17) 31.74. JT: A: 1 E Cooper (B&C, U17) 35.88

EASTERN YOUNG ATHLETES' LEAGUE, St Albans

U17 men: 200: A: 1 L Da Silva (St Alb) 22.9.**100H: A:** 1 S Thomas (Lut) 14.5: 2 J Weaver (E&H) 14.9. HT: A: 1 J Potton-Burrell (Lut) 50.59

U15: 200: A: 1 J Misso (Herts P) 24.1. 300: A: 1 J Misso (Hert's P) 38.8.80H: A: 1 R Green (Herts P) 12.9; 2 S Bird (Lut) 12.9

Ù13: 100: A: 1 C Okah (D&T) 12 6: 2 N Thomas (E&H) 12.6. 200: A: 1 C Okah (D&T) 26.1; 2 J Campbell (E&H) 26.9 U17 women 80H:1 A Tymon-McEwan (St A) 12.7

U15 girls: 100: A: 1 C McCarthy (St Alb) 12.8; 2 T Beckles (E&H) 12.9. 200: A: 1 C McCarthy (St Alb) 26.2. 75H: A: 1 L Armorgie (Herts P) 12.4

U13: SP: A: 1 N Parcell (Herts P) 10.48; 2 A Boahene (E&H) 9.25. DT: A: 1 A 2 A Boarierie (Larry 5.20.2 Boahene (E&H) 22.08

APRIL 28

HUMBERSIDE LEAGUE, Grimsby Men: HT: 1 M Hammond (Scun, M40)

U17 women: 100: 1 R Bell (Clee) 12.7. 80H: 1 M Hollingsworth (Bost) 11.8. T: 1 C Walker (York) 12.3 U15: 200: 1 C Paterson (KuH) 26.2

U11: 80: 1 A Gregory (Scun) 12.0

ESSEX CHAMPIONSHIPS, Southend

Men: JT: 1 J Everard (NEB) 59.20 U20: 110H (2.1): 1 J Edgar-Hill (Hav M) 15.11; 2 J Olawore (Hav M) 15.42; 3 L Yarwood (Chelms) 15.87

U17: 200 (3.8): 1 K Palmer-Francis (Orion) 22.56; 2 J Gillingham (Bas) 22.75. 100H (2.5): 1 R Clarricoats (Hav M) 13.37; 2 M Scott (S'end HS) 13.51; 3 K Riley-Laborde (E&H) 13.51; 4 G Hadler (Hav M) 14.24: 5 O Garner (Chelms) 14.30: 6 M Bennett (Fitz Sch) 14.63. Ht1 (2.6): 1 M Scott (S'end HS) 13.50; 2 G Hadler (Hav M) 14.37; 3 M Bennett (Fitz Sch) 14.49; 4 D Stratton (Chelms) 14.75. Ht2 (2.3): 1 K Riley-Laborde (E&H) 13.28; 2 R Clarricoats (Hav M) 13.32; 3 O Garner (Chelms) 14.59

U15: 80H (3.5): 1 J Ellis (Chelms) 11.99; 2 M Shields (Fitz Sch) 12.45; 3 I Iruskieta (S'end HS) 12.58; 4 T Pitkin (Hav M) 12.79. Ht1 (2.2): 1 J Ellis (Chelms) 12.18; 2 M Shields (Fitz Sch) 12.73. Ht2 (3.3): 11 Iruskieta (S'end HS) 12.28; 2 J Longhurst (Fitz Sch) 12.69; 3 J Pearson (Thurr) 12.80; 4 T Pitkin (Hav M) 12.91. PV: 1 J Longhurst (Fitz

5.72. TJ: 1 G Cherian (NEB) 12.11. JT: 1 J Longhurst (Fitz Sch) 44.96 U13: 1500: 1 J Young (Col H) 4:54.20; 2 T Wright (S'end) 4:57.60. **Ht1:** 1 T Wright (S'end) 4:55.71; 2 M Webb (Bas) 4:57.53; 3 J Young (Col H) 4:57.90; 4 M Williams (C&T) 4:58.49. 75H (2.2): 1 S Owen (S'end HS) 12.77; 2 S Philips (S'end HS) 13.18; 3 F Astbury (Coopers & C) 13.52; 4 S Jones (S'end HS) 13.72. **Ht1 (3.1):** 1 S Philips (S'end HS) 12.90. **Ht2 (3.1):** 1 S Owen (S'end HS) 13.20; 2 S Jones (S'end HS) 13.21 U13 girls: 150 (3.8): 1 S Richefond (Orion) 20.15; 2 S Heywood (Unatt, U15) 20.80; 3 C O'Reilly (C&T) 21.07; 4 J Down (Chelms) 21.28; 5 L Manduakila (NEB) 21.48: 6 L Hewitt (S'end HSG) 21.56; 7 R Jeggo (Col H) 21.98. Ht1 (2.4): 1 S Richefond (Orion) 20.30; 2 J Down (Chelms) 21.23. Ht2 (2.0): 2 C O'Reilly (C&T) 21.10. Ht3 (2.9): 1 L Manduakila (NEB) 20.85; 2 L Hewitt (S'end HSG) 21.38; 3 R Jeggo (Col H) 21.95. **1200**: 1 K Mhlanga (Chelms) 3:47.36; 21 Hoy (Orion) 4:00.42; 3 E Lovegrove (Chelms) 4:13.62; 4 N Callagher (Orion) 4:16.45; 5 S Clark (Benf) 4:18.87; 6 M Richardson (S'end HSG) 4:19.19. **70H (2.6):** 1 J Down (Chelms) 11.41; 2 A Hornbuckle (E&H) 11.54. **Ht2 (4.0):** 1 A Hornbuckle (E&H) 11.75; 2 J Down (Chelms) 11.75. DT: 1 S

Sch) 3.00. LJ: 1T Hartman (S'end HS)

THETFORD AC APRIL THROWS COMP. Bury St Edmunds

P Sch) 22.52

U20 men: DT: 1 J Allen (W Suff) 39.45. HT: 1 C Brown (Norw) 68.27; 2 J Hamblin (Col H, U17) 54.71 **U17: HT:** 10 Thompson (Thet) 46.31 **U20 women: HT:** 1 G Howe (lps) 43.46 U17: HT: 1 M Rushmore (W Norf) 34.65

Taylor (Hav M) 23.90; 2 M Hughes (Eng

SOUTHERN WOMEN'S LEAGUE PREMIER DIVISION, Mile End

Women: 100: A: 1 C Monye (WSEH) 12.3; 3 C Willis (Horsh BS, U20) 12.5; 4 S Harrison (S Lon, U20) 12.5. B: 1 A Kiddle (WSEH) 12.3: 2 K Hannawin (Read, U17) 12.6, 800: A: 1 A Bond (Read) 2:14.9; 2 L Owusu (WSEH) 2:15.6. **1500: A:** 1 S McCall (S Lon, U20) 4:47.5. **B:** 3 M Stedman (WSEH, W50) 5:34.5. 3000: A: 3 M Stedman (WSEH, W50) 11:02.3. 100H: A: 1 S Belle (VP&TH) 14.7: 2 J Heckford (WSEH) 15.3. 300H: NS: 1 P Willis (Horsh BS, U17) 48.2. 400H: A: 1 L Burke (WSEH) 63.8. B: 1 J McCabe (WSEH, U20) 65.5.

4x100: 1 WSEH 50.1; 2 Read 51.2; 3 Horsh BS 51.8; 4 VP&TH 52.0. LJ: A: 1 K Misiani (was Turner) (WSEH) 5.86; 2 S Belle (VP&TH) 5.60; 3 E Radcliffe (Hay H, U17) 5.27. B: 1 A Kiddle (WSEH) 5.68. TJ: A: 4 M Austin (Read, W45) 9.76, SP: A: 1 D Opara (Read, U20) 12.16, DT: A: 2 J Smith (WSEH, W45) 27.87. B: 1 J Wilson (Read, W45) 28.18. HT: A: 1 R Keating (Read, U17) 41.18; 2 J Smith (WSEH, W45) 39.41; 5 J Denyer (Hay H, W55) 20.32. B: 1 J Wilson (Read, W45) 29.72. JT: A: 1 A Fitzgibbon (WSEH) 42.96

U17: 80H: A: 1 S Clitheroe (WSEH) 11.9. 300H: A: 1 K Bajorinaite (Horsh BS) 48.3; 2 T Benson (Read) 48.5 U15: 200: A: 6 L Allen-Aigbodion (S Lon, U13) 28.3. 75H: A: 1 J Appeagyei (VP&TH) 12.5. 4x100: 1 Read 52.8. LJ: A: 11 Charters (WSEH) 5.18. DT: A: 1A Herrington (Read) 26.13

SOUTHERN WOMEN'S LEAGUE SENIOR DIVISION 2. Basildon

Women: 200: A: 1 K Baptiste (Craw) 24.9. 800: A: 1 G Holloway (Thurr, U17) 2:20.9. SP: A: 1 S Lawrence (Thurr, W40) 10.20. DT: A: 1 S Lawrence (Thurr, W40) 34.71; 2 N Gregory (Bexley, U17) 32.55. HT: A: 1 D Kent (Bexley) 40.20; 2 R Baines (Craw, U20) 39.96; 3 S Lawrence (Thurr, W40) 37.31; 4 K Arthurton (Bas. U17) 35.02: 5 K Black (B'mth, W35) 34.15. JT: A: 1 K Box (Bas) 37.10; 4 S Lawrence (Thurr, W40) 25.69

SOUTHERN WOMEN'S LEAGUE **DIVISION 1. Carshalton**

Women: LJ: A: 1 E Martin (HW) 5.62. HT: A: 1 C Cockell (Brain, U17) 37.97

APRIL 26 SHROPSHIRE YOUNG ATHLETES' LEAGUE, Telford

U17 men: 100: A: 1 J Bower (Shrews) 11.08

U17 women: DT: A: 1 D Lloyd (Tel) 30.43 U15: 75H: A: 1 H Williamson (Shrews) 11.08; 2 A Bowers (Osw) 12.01. JT: A: 1 F Garrott (Tel) 29.39

U13: 70H: A: 1 J Clarkson (Shrews) 12.04. B: 1 F Scott (Shrews) 12.06 U11: 60: A: 1 L Elcock (B'nth) 9.03

APRIL 24 **CORNWALL AC WARM UP MEETING,** Carn Brea

Men: JT: 1 K Swan (Corn, M40) 42.54 **U15: DT:** 1 P Swan (Corn) 43.73 Women: DT: 1 M Pearson (SW Vets,

U17: 3000: 1 | Steele (Falm) 10:35.2

APRII 21 **DERBYSHIRE MINI LEAGUE, Derby**

U13 boys: 100: 1 J Walker (B'well St) 12.8. 200: 1 J Walker (B'well St) 26.5. HJ: 1T Webster (Der) 1.45; 2 B Lewis (C'field) 1.45. SP: 1 J Walker (B'well St) 10.22

U15 girls: 75H: 1 E Schaanning (C'field) 11.8

JSB PLUMBING FORTH VALLEY **LEAGUE, Grangemouth** Division 1

MATCH (M&W): 1 Edin 516; 2 Pit 485; 3 Living 397; 4 Centr 380; 5 Harm 320; 6 Lass 302; 7 Corst 277; 8 Dunb 258 Division 2

MATCH (M&W): 1eq Bord/C'nauld 390; 3 Edin B 369; 4 Muss 357.5; 5m Falk 354; 6 Dunf 287.5; 7 L'gow 208; 8 Loth 185

MANX HARRIERS LEAGUE, Douglas Men: HT: 1 R Bell (Manx) 48.95

SCOTTISH ATHLETICS HAMMER **DEVELOPMENT GROUP, Wishaw**

Mixed events: 400: r1: 1 P Loudon (Edin, U20) 50.16. 800: r2: 1 A Scott (Fife, U13) 2:22.19

APRIL 17

NORTH DOWN OPEN, Bangor

Men: 150: r1: 1 K Elliott (N Down) 16.52; 2 A Mellon (N Down, U17) 16.74. r2: 1 C Graham (N Down, U20) 17.21. 300: r1:1 A Mellon (N Down, U17) 36.12. 600:1A McComb (N Down) 1:24.13; 3 A Wright (Willow, U17) 1:26.26; 4 G Willis (N Down, U20) 1:26.48. **3000**: 9 T Eakin (N Down, M60) 10:55.1

U18: SP: 2 J Walsh (Reg H, U17) 12.79 U16: JT: 1 J Magee (NI Schs, U15) 43.86 Women: 150: 1 E Hamilford-Hull (N Down, U15) 20.61. **3000:** 3 S Hambling (N Down, W40) 10:59.6

APRIL 14

DEESIDE OPEN, Connah's Quay

Men: DT: 1 D Stokes (Dees, M50) 31.60 U20: 100 (2.9): 10 Smith (Dees) 11.0. 400:10 Smith (Dees) 49.7 U17: SP: 1 F Ashman (C&N) 12.44. DT: 1 F Ashman (C&N) 42.02 U15: 100 (3.1): 1Z Barnsley (W Ches)

U20 women: 100 (3.4): 1 A McMahon (W Ches) 12.0. **200 (2.1)**: 1 C Jones (Wrex) 25.5. **TJ**: 1 A Addis (C&N) 10.87 **U17: 100: r1 (3.1):** 1 S Malone (Dees) 12.1; 2 B Sargent (Wrex) 12.2. 200 (2.1): 1 B Sargent (Wrex) 25.0.80H (2.7): 1 O Montez-Brown (W Ches) 12.0. TJ: 10 Montez-Brown (W Ches) 10.72 **U13: 100: r1 (3.0):** 1 A Barnsley (W Ches) 13.4. **JT:** 1 B Rees (C&S) 31.42

APRIL 12

NEWPORT HARRIERS CLUB CHAMPIONSHIPS DAY 2, Newport

Men: SP: 1 R Eales (Newp, M45) 10.36 U20 women: JT: 1 M Arthur (Newp) 34.74

WELSH MASTERS' LEAGUE, Cardiff Mixed events: 5000: 5 R Marks (Sarn H M60) 17:53 1

M35 men: PV: 1 G Price (Swan, M45) 3.00. **JT:** 1 L Moore (Newp, M45) 36.38 M50: 100: r1: 1 S Hendrickson (Card) 13.0; 2 M Parle (Unatt) 13.0; 3 K Powell (Newp) 13.1; 4 G Knowles (Cwmb, M55) 13.5. PV: 1 K Powell (Newp) 2.80. HT: 1 G Pugh (Rhon) 37.08. JT: 1 D Steward

(Yeov 0) 33.70 W35 women: 400: 1 S Hooper (Card, W50) 68.0. 800: 1 J Phillips (L'nelli, W45) 2:39.7. HT: 1 E Pearce (Rhon, U15) 39.22; 2 C Alford (Rhon) 32.55; 3 R Bird (Chelt, W45) 31.22. JT: 1 R Bird (Chelt, W45) 22 38

W50: HT: 1 A Hourihan (Card) 31.43: 2 R Prells (Swan, W55) 25.70. JT: 1 A Hourihan (Card) 28.13

TELFORD AC SPRING WARM UP, Telford

U15 girls: LJ: 1 H Williamson (Shrews) 5.12. **JT**: 1 E Hamplett (C&S) 34.89 U13: JT: 1 B Rees (C&S) 28.15

APRIL 2 ABERDEEN AAC HIGH JUMP, Aberdeen

Mixed events: HJ: 1 R Hewitson (A'deen, U17) 1.82

MARCH 31 PITREAVIE AAC CLUB **CHAMPIONSHIPS DAY 2.**

Dunfermline

U20 men: 400: 1 F Dver (Pit) 50.5 U20 women: LJ: 1 K Galbraith (Pit)

U17: HT: 1 C Nethery (Pit) 35.50

Wilson wins first Marathon of the North

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 northeast 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

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



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 lan 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; 31 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

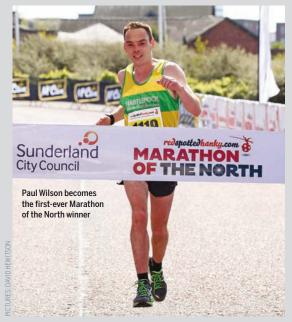
SUNDERLAND CITY 10km

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)

W50:11 Hope (Sun) 42:30







Sam Amend

Pednor 5 winner

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 Kozevnikova 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 Ouinn 4:25:45

BLAISDON BLUEBELL 10km,

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 W50:1G 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; 4T 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,

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 (N Yks 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 | 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 Kevnes, Bucks

Overall: 1 T Whitlock (Eynsh, M55) 59:55; 2 J Millen (Tring RC) 60:19; 3 P Phillips 63:39

Women: 1D Bridges (Eynsh,W40) 70:46:2 F 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 (Ricany, 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: 1T 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



he continues his comeback from injury

MAY 6 **GRAND EAST ANGLIA RUN 10km,**

King's Lynn Overall: 1T 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

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 must 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)

M45: 1 D Wilkonson (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

Road

HOLYMOORSIDE 10km, Holymoorside

Overall: 1 D King (Clowne, M40) 36:25; 2 N Baker 36:33; 3 S Penney (Organic Adventure, M40) 36:59 Women: 1 C Howard (Mat. W40) 40:45:

2 A Pye (Sale) 46:37

KIRKBYMOORSIDE 10km, Kirkbymorside

Overall: 1 A Adams (Leeds C) 33:53; 2 J Clifford 34:27; 3 M Gvero (Keigh, M40) 35:20

M60: 1 P. Johnson (Scar) 39:58 Women: 1 N Kent (Loft, W40) 40:12; 2 S Douglas (Knaves) 43:28

LANGTOFT 10km, Langtoft

Overall: 1 P Lunn (Nene V, M35) 34:49; 2 G Southern (Slea TR, M40) 34:53; 3 J Lunn (Nene V, U20) 34:56 M55: 1 M Booth (Stilt) 38:04 Women: 1 R Jones (Nene V) 40:26; 2 B James (Stam S) 43:39

NORTH DORSET VILLAGE MARATHON, Sturminster Newton

Overall: 1 S Cannon (Lyt MS, M35) 2:42:00; 2 H Johnston (Purple P) 2:47:02; 3 P Burden (Run For) 2:52:27 M45: 1 P Rose (Yeov T) 2:52:59. M50: 1 R Clifton (Chard) 2:58:15. M60: 1 W Taylor (Teign) 3:19:39. **M65:** 1 I Graham (B'mth) 3:05:55

Women: 1 E Sutcliffe (Exm H) 3:02:54; 2 C Horder (B'mth J, W60) 3:27:39 W55: 1 H Ambrosen (B'mth) 3:33:26

NORTH LINCOLNSHIRE OLYMPIC YEAR HALF-MARATHON. Scunthorpe

Overall: 1 G Felton (Barns, M40) 73:35; 2 N Sparks (Sheff TC, M40) 74:41; 3 D Fisher (Vall) 75:00

M40: 3 R Balshaw (Bing) 76:56; 4 G Thomas (Wold) 77:59, M50:1 J Sinclair (Ilkley) 82:44. M60: 1 M Casey (Mab) 89.32

Women: 1 S Fawcett (Hallam) 87:47; 2 A Akhaveissy 88:15

W40: 1 M Craig (Wold) 92:23; 2 L Haynes (Scun) 93:58. W45:1C Oakshott (CoH) 88:22. W55:1S Ransome (Puds P) 96:33: 2 H Burritt (Clee) 99:21; 3 G Crosskill (Anch V) 1:43:40

SALTASH HALF MARATHON, Saltash

Overall: 1 C Rimmer (Tel) 72:46; 2 M Robinson (Tamar) 78:23; 3 D Milford (Teign, M35) 80:25 Women: 1 A Luke (Tamar, W55) 87:00;

2 J Anderson (Ply H, W45) 1:40:59

SCORTON BIKES AND BARROWS 10km, Scorton





2 D Watson (Prest, M40) 36:54; 3 M Hammond (Colt, M35) 37:03 M55: 1 J Swarbrick (R Rose) 38:56 Women: 1 H Lawrenson (Wesh, W40) 41:42; 2 E Lund (Wesh) 41:58 W45: 1 L Goddard (L&M) 42:39

FRIMLEY PARK HOSPITAL 10km

EVEN pace running was the order of the day for the two winners, while further down the field, local runner Paula Fudge was top W60 with 43:06. $\textbf{Overall:} \, 1\, \text{M Jones (THH)} \, 32.38; \, 2\, \text{T}$ Robertson 34:41; 3 M Symes (M40) 35:23 M40: 2 | Sherman (Read RR) 35:44 Women: 1 S Elder (AFD, W40) 37:36; 21 Hales (Wok, W40) 40:21 W45: S Enhard (Compt) 41:07. W60: P Fudge (WSEH) 43:06

TITCHMARSH 10km, Titchmarsh

Overall: 1 B Sharman (Bir) 33:20: 2 S Nelson (R&N, M35) 33:49; 3 D Keating (Leic C, M45) 35:24

M45: 2 G Spellman (R&N) 35:36 Women: 1 W Gooding (PACTRAC, W45) 42:35; 2 S Windebank (Riv, W40) 42:54

LES CROUPIERS CASTLES 10, Cardiff

Overall: 1 R Sage (Les C, M35) 58:38; 2 M Hurford (Les C, M35) 60:17; 3 S Crees (Les C) 60:18 Women: 1 L O'Duffy (Les C, W40)

69:05: 2 L Kirwan (Les C) 69:16 W50: 1 W Boon (Card) 74:23

UTTOXETER HALF-MARATHON, Uttoxeter

Overall: 1 B Gamble (Tip) 70:07; 2 B

M50: 1 M Haire (Boalloy) 82:33. M60: 1C Mason (S Der) 90:44. M65:1S Winterton (Trent) 93:02. U20:1C Parker (Burt) 76:48 Women: 1 J Slack (Newc S) 83:38; 2 L Thompson (Trent) 85:59

W45: 1 R Watchornrice (Staffs M) 88:13

C Moulton (Boalloy) 76:32

GLASTONBURY ROUND THE TOR 10km (Inc SOMERSET CHAMPS), Glastonbury

Overall: 1 T Bush (Alt) 35:14; 2 E Richards (Wells, M40) 35:38:3 M Rogers (M40) 35:47 M50: 1 P Fews (Cleve) 36:51. M55: 1 J

Shapland (N Dev RR) 36:15 Women: 1 O Walwyn Bush (Norw) 36:13; 2 L Whitehead 42:42

ALEXANDRA PARK WOMEN'S 5km SERIES. Manchester

Overall: 1 E Braverman (Veg, W) 23:43; 2 A Allister (W) 23:50; 3 S Harrison (Manc H, W) 24:34

Women: 1 Braverman 23:43; 2 Allister 23:50

BERE PEN 10km. Bere Alston

Overall: 1 A Holland (votwo.co.uk Racing Team) 36:33; 2 B Neale (Bere Alston) 38:39; 3 C Peters (S Dev, M45) 40·00

Women: 1 B Collingbourne 46:32; 2 N Flanagan (Exe) 47:06

KESWICK RUGBY CLUB HALF MARATHON, Keswick

Overall: 1 J Buis (Heat) 72:53; 2 J Bulman (New M, M40) 73:21; 3 R Ashton (NEB. M45) 75:41 M40: 2 M Bell (Horw) 76:22. M70:1D Jardin 90:45

Women: 1 S Bulman (New M, W35) 90:33; 2 K Bridge (Eden, W40) 93:50 W50: 1 P Walsh (Prest) 94:14

SVHC WALTER ROSS 10km, Glasgow

Overall: 1 R Gilroy (Cambus, M35) 32:05; 2 S Wylie (Cambus, M40) 32:08; 3 R Whittington (Bella RR, M40) 34:01; 4 J Farguhar (Pit, M50) 34:19; 5 A Chalmers (Gars, M40) 34:48 **M50:** 2 G Montgomery (C'dale) 36:55; 3 A Mclaughlin (Sco Vets) 37:25. M55: 1 A Law (M Arg) 38:33. M60: 1 A McLinden (Ham) 36:12. **M65:** 1 S McCrae (C'nauld) 40:11; 2 P Cartwright (C'dale) 41:07. M70: 1 W Jones (C'dale) 46.07

Women: 1 C McCracken (Bella H. W35) 38:08; 2 P McCrossan (C'dale, W50)

W40: 1 C Barr (Moth) 41:19; 2 S Aiken

(Centr) 41:51. W55: 1 P Hands (Moth)

REGENTS PARK SUMMER 10km SERIES, London

Overall: 1 M Ismail (Serp) 34:03: 2 J Mohamed (NEB) 34:14; 3 N Gold (High) 34:34; 4 A Lawrence (Morp) 34:43 **M50:** R Rigby 37:09

Women: 1B Borthwick 39:33; 2H Preedy (T Kennet) 40:14 W40: 1 G Pisano 40:17. W55: A Sanders-Reece (Morn) 44:41

ROAD TO THE ISLES HALF-**MARATHON, Mallaig**

Overall: 1D Burgess (Anst) 85:38; 2 J McLean 88:56; 3 K Malcolm (Eton M) 91:58

Women: 1 Malcolm 91:58; 2 W MacRury (Skye) 1:48:59

NEILSTON PAD 4, Neilston, Glasgow

Overall: 1 G Glendinning (Bella R) 28:30; 2 D McLeod 31:20; 3 G Brown 33:35

Women: 1 H Hutchison 49:28; 2 M Campsie (W50) 50:06

MAY3 15th DAVE CLARKE 5km Nonsuch Park, Epsom, Surrey

Overall: 1 A Penfold (Sutt R, U20) 16:30; 2 K Lusignea (Sutt R) 17:16; 3 R Knight (Coll) 17:35 Women: 1 M James (Coll) 19:33; 2 S

Harrison (Wok, W45) 20:23 W50: L Wilkinson (S Lon) 22:51

ASSEMBLY LEAGUE 5km,

Blackheath

THERE was nothing much his opponents could do as Ben Noad stormed to victory in the second league match of the season, Steve Roe reports.

The battle for second was largely fought out between Chris Greenwood and Pete Tucker before the former won it by two seconds - 48 seconds behind the winner running second claim for Kent AC.

Neither Clare Elms nor Alex Gounelas had run the course before this was its first use since 2001 - and so were cagey during the first two laps.

Elms thereafter used her considerable strength to win the event of just over three miles, which, because of its hilly sections, is considered to be as good as running 5km.

Overall: 1 B Noad (Kent) 15:10; 2 C Greenwood (Kent) 15:58; 3 P Tucker (Ravens) 16:00; 4 B Fairhall (Dulw) 16:02; 5 A Weir (SE, M40) 16:08; B Reynolds (SF M45) 16:16

M45: 2 T Tuohy (Dulw) 16:44. M60: M Mann 19:11

TEAM: 1 Kent 18; 2 Stock E 60; 3 Serp 68 B TEAM: Kent

Women: 1 C Elms (Dulw, W45) 17:40: 2 A Gounelas (EM) 17:55; 3 A Shaw (Dulw) 18:43; 4 C Oliver (Dartf RR, W40) 19:47; 5 O Balme (Dulw, W45) 19:53

TEAM: 1 Dulw 8: 2 Kent 27 BTEAM: 1 Dulwich 51 W60:1 C Steward (Dulw) 22:24

TSB FITNESS 4, The Pilot,

Gloucester

Overall: 1 L Howse (Sev) 23:27; 2 M Lowe 23:58; 3 P Manning (Stroud, M50) 24:27: 4 N Holliday (Stoud, M50) 24:34

Women: 1 N Eaton (Stroud) 26:05; 2 M Stark (W40) 27:51; 3 J Fifield (Stroud,

MAY 2 WALLSEND HARRIERS GORDON SMITH MEMORIAL RELAYS Wallsend, Tyne & Wear.

A RECORD turn-out of 99 teams completed in this increasingly popular midweek spring event held in memory of the former Wallsend Harrier club stalwart.

After Gosforth's Finn Brodie headed the field on leg one, Morpeth took the lead on leg two, pulling away to comfortable victory over the host club.

Jarrow & Hebburn led all the way in the womens' race. Men (3 x 2M) 1 Morpeth H 29:45 (M

Dawson 9:51, N Wilkinson 10:03, I Harding 9:51); 2 Wallsend H 30:13 (C Smith 10:02, B Hetherington 10:16; H Coates 9:55); 3 North Shields Poly 30:33 (G Bracken 9:58, G Moore 10:09, S Ellis 10:26); 4 Heaton H 30:55 (L Smith 10:08, I Robinson 10:38, L Ager 10:09); 5 Tyne Bridge H 30:58 (S Morley 10:02, J Neeson 10:22, K Smith 10:34); 6 Tyne Bridge H B 31:02; 7 Heaton H B 32:09: 8 Sunderland Strollers 32:12; 9 North Shields Poly B 32:19; 10 Elswick H 32:25; 11 Gosforth H 32:37; 12 Wallsend H B 32:42; 13 North Shields Poly C 32:47; 14 Low Fell 33:16; 15 Tyne Bridge H D 33:19 Fastest: F Brodie (Gosf, U20) 9:49: Dawson / Harding 9:51; Coates 9:55; C Smith 10:02 / Morley 10:02

Wilkinson (M40) 10:03; L Smith (M40) 10:08 Women (3 x 2M): 1 Jarrow & Hebburn 33:45 (A Hunter 11:23. A Snook 11:03. C Simpson 11:19); 2 Elswick H 35:49 (A Dargie 11:21, G Howarth 12:18, YThiru 12:10); 3 Wallsend H 36:50

Veterans: Bracken (M50) 9:58;

(S Rogers 11:10, C Skeldon 13:00, B Newman 12:40); 4 North Shields Poly 37:56 (K Jones 12:33, S Thew 12:43, V Stephenson 12:40); 5 Heaton H 38:41 (L Jardine 11:52, N Cameron 13:16, K Dodds 13:33); 6 Blyth 38:53; 7 Tyne Bridge H 38:55; 8 North Shields Poly B 39:19; 9 Elswick H B 39:35; 10 North Shields Poly C 40:42: 11 North Shields Poly E 41:23; 12 Blyth B 41:36

Fastest: Snook 11:03; Rogers 11:10; Hunter 11:23; Jardine 11:52; P Williams (Els B. U20) 11:57

Veterans: Simpson (W35) 11:19; Dargie (W35) 11:21; Thiru (W45) 12:10

DUDLEY KINGSWINFORD 10km, Kingswinford

Overall: 1 M Williams (Tip) 31:22; 2 R Jones (Tip) 31:33; 3 | Williams (Tip) 32:23; 4 S Brookes (BIC) 33:06; 5 S Abrahams (Tip) 33:58; 6 D Smith (W&B, M40) 34:37 M45: 1 B Danvers (K&S) 35:17: 2 P

Rogers (Tip) 35:20; 3 M Hadley (Hale) 35:26. M60:1 P Williams (Wrek) 40:09; 2 J Hill (Hale) 40:48. U20:1 P Brookes 35.15

Women: 1 S Slade (Bir) 39:53; 2 L Grav 40:38 W50: 1 L Green (Ingli) 43:55

BUXWORTH 5, Buxworth

Overall: 1 G Briggs (Staffs M, M40) 29:39; 2 R Edwards (Sale) 30:43; 3 J Hynes (M40) 30:56 Women: 1 H Cavill (Sale) 34:18; 2 C

Aspinall (Penn. W35) 34:43 W55: 1 A Oldham (E Ches) 38:00

CHORLEY HARRIERS 4.4 SERIES,

Overall: 1 P Bradshaw (B'burn) 24:19; 2 G Booth (Horw, M40) 24:42; 3 J Mercer (Skip) 24:49; 4 J Hilton (Wig P) 25:04; 5 G Kay (Horw, M35)



Eventual winner Ian Frith lies

second in the Ted Pepper 10km

M45: 1 A Townsend (Horw) 26:12 Women: 1 B Curtis (Chor H) 29:01; 2 D Atkins (Chor H, W35) 30:16; 3 T Bleasdale (Chor H) 30:35 W35: 2 C Murphy (St H Str) 32:23; 3 C Ward (St H Str) 36:11: 4 R Besford (St H Str) 36:47. W40:1 S Sherratt (Wesh) 32:00; 2 G Lee (St H Str) 35:41. W45: 1 C Sullivan (Wesh) 32:49; 2 M Dempsey (Wesh) 37:57. W50:1 C Foster (St H Str) 35:24; 2 L Abbott (St H Str) 35:29. **W55:** 1 S Exon (Traff) 38:01.

W65: 1 D Lock (Lyth) 51:29. **U20**: 1 L Nelsonverrechia (Chor H) 33:27 **CRYSTAL PALACE CANTER 5km**

Overall: 1 P Walsh (M50) 21:14; 2 P Dry (Stragg, M55) 22:11; 3 | Sesnan (Dulw, M50) 22:20

M65: D Williams (HW) 25:14

JOHN CARR 5km SERIES (Inc YORKSHIRE VETS' CHAMPS), Esholt

Overall: 1 P Marchant (R'well, M35) 15:35; 2 A Bush (Hallam) 15:40; 3 M Burrett (Leeds C, M35) 15:43; 4 S Bailey (Bing, M35) 15:44; 5 S Wright (Donc, M45) 15:45; 6 G Felton (Barns, M40) 15:59

M40: 2 K Ogden (Spen) 16:03; 3 A Brown (Bing) 16:11; 4 D Furniss (Hallam) 16:12; 5 S Pass (Salt) 16:15; 6 M Gvero (Keigh) 16:43. **M45:** 2 A Bradford (Spen) 17:14; 3 T McNally (Stock H) 17:17; 4 N Crossley (Horsf) 17:18; 5 M Mon-Williams (Ilkley) 17:22; 6 S Large (Horsf) 17:24. M50: 1 J Convery (Bing) 16:16; 2 M Hall (Barns) 16:59; 3 K McGhie (Spen) 17:07; 4 S Webb (Vall) 17:33. **M55:** 1 K Newman (Donc) 17:06; 2 J Ewart (Holm) 17:29; 3 M Page (Donc) 17:30; 4 H Heavisides (Ilkley) 17:48; 5 P Pyrah (Bing) 18:09; 6 A Cole (Long) 18:37; 7 J Wheldon (Puds P) 18:58. M60: 1 R Tintinger (Roth) 18:25; 2 G Bell (Bing) 18:55; 3 S Beardsell (Holm) 19:00. **M65:** 1 W Allan (Tadcaster) 19:48; 2 L Haynes (Bing) 19:55. **M70:** 1 F Gibbs (Bing) 20:16; 2 G Buckley (Bing) 21:00; 3 D Barber (Bing) 21:31

Women: 1 R Bamford (Otl) 16:37; 2 J Buckley (Bing, W35) 17:44; 3 L Needham (Holm) 18:37; 4 M Beever (Stainl) 18:41

W40: 1 B Massey (Barns) 19:31; 2 K Best (Otl) 19:49. W45: 1 A Dennison (Bing) 19:04; 2 J Hindley (Roth) 19:47. W50: 1 A Bennett (Ilkley) 20:35. W55: 1 J Chambers (Hallam) 22:11; 2 D Bland (Bail) 22:13; 3 A Johnson (Horsf) 22:57

SELF TRANSCENDENCE 2, Edinburgh

Overall: 1R Ward (Edin, M35) 9:50; 2 D Naylor (Swan, M40) 9:52; 3 C McKenzie (Cors) 9:55; 4 S O'Brien (Cors) 10:11; 5 D Gay (HBT, M35) 10:14 M50:1S Thomson (Masterton) 11:35 Women: 1 E McKechanie (HBT) 11:15; 2 E Wardlaw (Edin) 11:47; 3 M McCracken (HBT) 12:07; 4 J Telford (SPS, W40) 12:23; 5 C Ferry (Edin, W35) 12:30

W45: 1 C Gilchrist (Ferran) 13:43. W50: 1 P O'Brien (HBT) 12:46; 2 D Mcdonald (HBT) 14:08

SVHC SNOWBALL RACE 4.8,

Coatbridge Overall: 1 R Gilroy (Cambus, M35) 24:48; 2 S Wylie (Cambus, M40) 25:12; 3 L O'Hare (Kirk O, M35) 26:43 Women: 1 F Matheson (Falk, W50) 28:02; 2 J Thomson (VPCG, W45) 30.07

TROON TORTOISES MONTHLY 5km, Troon

Overall (all Troon): 1 S Gerrie 19:59;

2 D Hill (M40) 20:11; 3 R Miller (M50)

Women: 1 L McGarrity 18:41; 2 C Mutch

MAY1

HARROGATE DISTRICT SUMMER RACE LEAGUE, llkley

Overall (4.9M): 1 M Scott (R&Z, U20) 26:09; 2 M John (Otl) 26:24; 3 S Wardman (R&Z) 26:45; 4 T Lambert (Swaled, M40) 27:23; 5 C Miller (H'gate) 27:26

M40: 2 A Robertshaw (Otl) 28:09; 3 K Harker (R&Z) 28:45. M45: 1 A Ashcroft (R&Z) 27:47. M50: 1 P Emmet (Weth) 29:22; 2 S Trudgeon (H'gate) 29:55.

M55: 1 D Jelley (Ripon) 31:14. **M60:** 1 B Grant (H'gate) 30:43. **M65:** 1 R Cassar (Swaled) 36:49

TEAM: 1 Otl 957.35; 2 R&Z 926.29; 3 Harr 916.37; 4 Weth 888.05; 5 Ilkley 860.55; 6 Ripon 849.27; 7 Nidd V 772.55: 8 Swale 710.40 VETS TEAM: 1 Otl 455,90: 2 Weth

451.15: 3 Harr 450.47 M50 TEAM: Harr 468.92

Women: 1 S Morley (Ilkley, W35) 30:03; 2 J Ricketts (Otl) 30:47; 3 L Mawer (Weth, W40) 30:52

W45: 1 J Derry (Weth) 34:12. W50: 1 A Bennett (Ilkley) 34:06. W55: 1 C Cox (Ilkley) 38:35. W60: 1 P Kirby (T&S) 40:49. W65: 1 A Willbond (Drag) 46:12; 2 P Sherlock (T&S) 54:33. W70:1 M Codling (T&S) 52:50. U17: 1 P Moore (Weth) 38:48. **U15:** 1 J Mather-Hunter (Weth) 38:54; 2 L Callaghan (Weth) 43.08

TEAM: 1 llkley 477.08; 2 Otl 459.56; 3 Weth 451.49; 4 Harr 437.34; 5 Nidd V 381.45; 6 Ripon 356.52; 7 Swale 349.80; 8 T&S 304.01

VETS TEAM: 1 llkley 294.01; 2 Weth 284.62: 3 Otl 270.12 Elite 3 (times): 1 R&Z 80:41; 2 Otl 82:03; 3 Harr 84:27; 4 Swale 87:36; 5 Weth 87:50

MOTHERWELL MONTHLY HANDICAP 4, Strathclyde Park

Overall (all Moth): 1 C. MacDonald 21:40; 2 C Adams 24:34; 3 S Dixon (U20) 24:40

Handicap: J Edge 29:56 Women: 1 J Clark (W40) 26:01; 2 J Logan 26:14; 3 M McIsaac (W50) 28:17 Handicap: E Jamieson (W40) 28:52

YRRL POCKLINGTON 10km, **Pocklington**

Overall: 1 D Thomas (York Tri) 34:54; 2 W New (Chelt) 34:58; 3 C Roberts (Knaves) 35:13

M55: 1 D Lancaster (York A) 38:53 Women: 1 E Willits (York) 38:39; 2 E Yates (Knaves, W40) 40:29

Overall (10km)

TEAM (men only): 1 Knave 53; 2 York Ac 108; 3 Easing 155; 4 Pock 174; 5 Selby 185; 6 Knave B 202; 7 York TC 217: 8 Pick 306

Women

TEAM: 1 Knave 17; 2 Easing 48; 3 York Ac 65; 4 Pock 68; 5 Knave B 81; 6 Pick 99; 7 Easing B 118; 8 York TC 128

APRIL 29

PEEL PRIMARY SCHOOL 5km, Livingston

Overall: 1 C Feechan (Cambus, M50) 19:25; 2 G Patterson 20:49; 3 J Dalgleish (M40) 22:22

Women: 1 S Woolley (W45) 25:58; 2 K Munro (Portob, W45) 26:11

ABBOTS BROMLEY 10km, Abbots Bromley

Overall: 1 M Palmer (Burntwood

Triathlon Club, M35) 39:42; 2 R Soltysik (Chase, M45) 40:46; 3 A Mcdonald

RUN 4 RESCUE 10km.

Overall: 1 R Challinor (Liv H) 32:13; 2 S Hayes 37:34; 3 L Murphy (M50) 38:00 Women: 1 G Garner (Col B, U17) 42:26; 2 R Holland (Ches TC) 45:47

10km, Portland

38:47; 2 M Luke (Eg H, M35) 39:47; 3 S Luke (Eg H, M40) 41:38

Women: 1 J Culbreth (Unit Fitness & Defence) 44:20; 2 A Milner (RM Port) 47:13

APRIL 17 **BOOTHS DECORATORS LEAGUE,** Race 1

Darley Abbey, Derbyshire

Overall: 1 C Shelton (N Derr) 26:30; 2 D Annable (Ripley) 26:35; 3 R Robinson (SinA) 27:18; 4 J Rainsford (Heanor) 27:26; 5 G Irvine (Belper) 27:45

M40: 1 A Deeming (Heanor) 28:01; 2 A Wilson (Mansf) 28:12; 3 M Johnson (Mansf) 28:42. **M45:** 1 P Whittingham (SinA) 28:03; 2 T Clayton (N Der) 28:33; 3 J Lowe (Mansf) 28:37. M50:1 P Stafford (Mansf) 28:57; 2 S Leverton (N Der) 29:31. M65: C Mellors (Heanor) 35.15

TFAM: 1 Heanor 127: 2 North Derbyshire 153; 3 Ripley 174 Women: 1 N Pembleton (SinA) 31:17; 2 L Palmer (Heanor) 31:34; 3 S Hughes

(SinA) 32:41 W45: 1 J Burke (Heanor) 33:34; 2 T Hempsall (Belp) 33:57. W50: 1 A Barker (N Der) 34:36; 2 S Ilsley (Belp) 34:50. W60: 1 M Collinge (Mansf) 38:02; 2 E Robinson (Ripley) 38:59. W65: P Allen

(L Eaton) 43:41 TEAM: 1 Sutton-in-Ashfield 220; 2

Heanor 279; 3 Ripley 385 Combined TEAM (M&W): 1 Heanor 406; 2 SinA 409; 3 N Der 55

APRIL 11 **BRIDGES 2.3,**

London

Handicap: 1 M Kelly 19:59 (actual 16:59); 2 A Cowan (I&1, M50) 20:12 (15:42); 3 M O'Callaghan 20:25 (17:40) Fastest: M Taylor (TWH, M55) 15:39 Women: 1 B Smith 16:22

APRIL 10

AYR SEAFORTH SUMMER SERIES,

Overall (5km): 1 S McCrorie 17:59; 2 M McCronie 19:02; 3 G Brown 19:13 Women: L Wallace 20:38

TWO BRIDGES 5, Balloch to Dumbarton

Overall (Dumb unless stated): 1 G Croll (Giff N, M40) 29:01; 2 C Prior (U20) 29:31; 3 A Fleming (M40) 30:17 Women: 1 C Kelly 32:48; 2 L McNicol 33:09

APRIL8 EASTER FUN RUN,

Beecraigs. West Lothian

Overall (10km): 1 L Callary 43:11; 2 A Stuart 43:44; 3 A Gilbert 43:48

Women: 1 L Callary 44:31; 2 M Donnelly

Overall (5km): 1 A Gibson 20:22; 2 P Dudchenko 20:58; 3 A Moffat 22:00 Overall (2km): F Morris 14:13

(M40) 41:01

Women: 1 R Hunt (W35) 46:07; 2 J Cole (BRAT) 47:00

Mold, N Wales

APRIL 28 PORTLAND ROUND THE ROCK

Overall: 1T Chutter (B'mth, M50)

MULTI-TERRAIN

DEVAUDEN 10km, Devauden

Overall: 1 P Ward (Chep, M40) 38:47; 2 R Kemp (St Ed) 39:47; 3 M Harvey 40:00

M50: 1 A Woods 42:34. M60: 1 P Miles 46:42

Women: 1 C Felton (Tiv) 44:52; 2 N Gething (Parc BB, W40) 45:09 W40: 2 N Morgan 46:48

SUSSEX LIVING BURGESS HILL 10km, Burgess Hill

Overall: 1T Gedin (Arena) 36:28; 2 R Mullen (Hay H) 36:50; 3 L Taub (B&H, M35) 37:48

Women: 1 L Unknown 43:09; 2 R Guckenheim (Horsh J) 45:31 W60: 1 K Bowler (Hail) 52:35

SOUTHWELL 5km TRAIL RACE Derbyshire

Overall: 1 N Watkin (S'well, M50) 18:18; 2 D Sadler (RRC) 18:30; 3 S Davies (Mansf, M50) 18:38

Women: 1 R Ward (Linc W, U20) 18:54; 2 A Venkatesan (Linc W, U20) 21:30 **W40:** 1 S Ward 22:50; 2 E Lord (Nene

TED PEPPER MEMORIAL 10km, **Bromley**

FOR more than 30 years a road race, Blackheath & Bromley this year switched their popular May fixture to one of multi-terrain, Steve Roe reports. Clayton Barrett led in the opening kilometres but could not respond when the host club's Ian Frith hit the front in woodland by Bromley Common. Loughborough student Frith, who rightly described the course as "slow and muddy" went on to win comfortably. So, too, did Francesca Green, who completed a B&B double with 40:04 – good running at a venue still heavy in most parts because of south London's recent rain

Overall: 11 Frith (B&B) 35:56; 2 C Barrett (Larkf) 36:38; 3 G Turner (B&B) 37:24; 4 D Bentley-Gouldstone (Beck) 37:47; 5 M Penny (Camb H) 38:05

M45:1R Smith (B&B) 39:17. M50:1C Oxlade (Croy) 41:19. M60:1 M Mann (Dulw) 41:30; 2 T Edgley (Inv EK) 41:58. M70:1 G Williams (IIf) 51:58

Women: 1 F Green (B&B) 40:04; 2 A Pickup (Dulw, W40) 42:37; 3 O Balme (Dulw, W45) 43:25 **W55:** 1 H Godsell (B&B) 50:52. **W60:** 1

C Steward (Dulw) 48:43 SCVAC Championships

M50: C Oxlade (Croy H). M55: C Leon (B&B). M60: T Edgley (IEK). M70: G

W40: J Bradshaw (B&B). **W50:** K Samuel (Kent). **W55**: H Godsell (B&B)

WATFORD 10km, Watford

Overall: 1 J Franklin (Met P) 34:12; 2 S Riley (Met P) 35:33; 3 D Martin (Wat) 36:31; ; 4 M Castleton (Wat) 37:09; 5 R Malik (Harrow, U17) 37:12 **M45**: 1 M Dooley (Army) 37:55. **M50**: 1

P Gurr (St Alb S) 38:49

Women: 1 A Concannon (Harrow) 43:15; 2 S McHugh (Met P, W35) 43:41; 3 L Croft (B Lib, W35) 43:42; 4 C Whittaker (Wat J, W50) 43:49; 5 J Barber 44:28

MAY 6 RICHMOND HALF MARATHON, Richmond

Overall: 1 P Sanders (Kent, M35) 72:48; 2 J West (Strag, M35) 72:58; 3 J Ellis (Clap C) 73:09; 4 P Wright (Tadw) 73:17; 5 C Martin (Serp, M45) 73:30; 6 P Mills (Tadw) 73:45; 7 P O'Callaghan (Tadw) 74:07; 8 D Tanner (Clap C, M35) 75:03; 9 D McNeely (Serp, M35) 75:46; 10 D Summers (W'bury) 76:56

M40: 1 D Williamson (Tadw) 78:07**M50**: 1 J McCawley (C'ley) 81:41. M65:1 G Newton (Tadw) 89:59

Women: 1 E Evans (High, W35) 80:29; 2 S Winter (Strag, W35) 89:53 W50:1D Smale (WSEH) 90:37

THREE FORTS MARATHON & HALF West Sussex

Overall (27M): 1 C Mallinson (B&H) 3:19:54; 2 D Cobby 3:29:37; 3 R Summers (unatt, M50) 3:30:43

Women: 1 H Lund 4:00:57; 2 K Burdzy (Ports J) 4:00:24 Overall (13.5M): 1 J Walker (Steyn) 83:25; 2 P Williams 86:52; 3 A

Brown91:55 M40: 1 J Webster (Win) 93:45; 2 G Brown 93:54

Women: 1D Martin (unatt, W35) 1:45:39; 2 N Swan (Seaf, W35) 1.47.25

Cambridgeshire

Overall: 1T Vickery (Camb Tri) 32:32; 2 C Wartnaby (C&C, M40) 34:23; 3 C Darling (Camb Tri, U20) 34:50 **M50**: N Clarke 40:18 Women: 1 N Smith 41:28; 2 F Cunningham (unatt, W50) 49:40

THREE BRIDGES 3, Peebles

Overall: 1 C Rendall 19:58; 2 R McKean (Moorf, W) nt; 3 F Otton (Gala); 4 J Thompson (Fife)

U17 (1.5M): 1 L Foss (Law) 10:29; 2 L Cheskin nt; 3 J Stanners (Moorf)

Multi-terrain / Fell / Walks



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 LThompson (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)

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'Herlihey (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 Dominey (Poole R) 22:45

W55: H Ambrosen (Poole R) 26:37. W60: 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

MAY3 **NEWMARKET JOGGERS' HEATH** RACE

 $\textbf{Overall (6km approx):} \, 1 \, \mathsf{M} \, \mathsf{Ferouzi}$ (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

MAY1 SKRUNCE, South Kirkhill nr Aberdeen

Overall (3.75M/400ft, all **Cosmic):** 1 K Harper 23:29; 2 R Borrkes 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 Gloyn (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: 1 J Allison (Brid) 45:21

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

Overall: 1 J Ward (Bide, M40) 37:35: 2 D Cutler (S Molt) 38:57: 3 M Avre (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) 4440

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 **TEAM:** 1 Wharf 10; 2 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

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

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 NI, 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

PENDLE CLOUGHS,

Downham

Overall (14M/3900ft): 1T 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 Whitlie (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; 20) 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 Harl) 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'hury) 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 Drumond 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

APRII 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): $1\,\mathrm{C}$ Richards 15:02; 2 M 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 L Burrow (Helm H) 11:39:

HILL AND DALE SERIES,

Castlewellan

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

PEDNOR 5 (Inc BUCKINGHAMSHIRE

CHAMPS), Chesham Men: 1 F Reis (Ilf. M50) 41:52:2 S Uttley (IIf, M50) 44:19; 3 P Ryan (IIf, 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



PARKRUN

MAY 5 Parkrun 5km

Leading age-graded

Bushy Park: J Davies 21:07 W60

Newbury: S Bowers 16:31 W35

Middlesbrough Albert Park: S Gibson 22:42 W65 90.649

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

Sheffield Endcliffe Park: D Kesterton 22:02 W60 86.81%

Belfast Victoria Park: T Fakin 18:51

Dulwich: T Tuohy 16:54 M45 86.57% Edinburgh Silverknowes: Y Crilly 19:23 W50 86.49%

Belfast Waterworks: J Newberry 18:34 M60 86.389

Glasgow Pollok Park: J Thomson 19:00 W45 86.17%

Bramhall: R Downs 16:51 M45

St. Albans: J McMurray 15:43 U17M

Manchester Heaton Park: D Lockett 16:39 M45 85.82%

Bolton: A Oliver 26:52 W70 85.67% Edinburgh Silverknowes: R Marshall

Pontefract: L Leggett 20:38 W50

Strathclyde: R Gray 17:26 U13M

Strathclyde: F Hurley 18:39 M55

Bedford: E O'Sullivan 20:11 W50

Bramhall: M Fowler 17:12 M45

Poole: D Cartwright 19:22 M60

Strathclyde: G Sheldon 15:53 U20M

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

Gunnersbury Park: I Johnson 16:48 M45 84.39

Basingstoke: M Anderson 18:14 M55

Redcar: P Costello 22:06 W55

Great Yarmouth: D Michael 19:25

Swindon: F Dean 19:42 W45 84.06%

Hull: A Dean 20:43 W50 84.04% Cardiff Blackweir Park: E Turner

Sheffield Endcliffe Park: Y Twelvetree 23:08 W60 83 86%

Basingstoke: J Perrin 18:57 W45

Coventry: J Jennings 16:55 M45

Pennington Flash: P Rice 17:28 M45

Ballymena: M Wray 17:09 M45

Sheffield Endcliffe Park: P Faulkner

16:38 M40 83.309 Manchester Heaton Park: S Tunstall

17:46 SW 83.30% Bolton: A Townsend 17:26 M45

Solihull: M Carwardine 17:21 M45

Glasgow Pollok Park: N Gourley 16:17

Worcester: C Cowley 23:25 W60

Manchester Platts Field: F Reilly Solihull: S Underwood 17:17 M45

Glasgow Pollok Park: K Downie 16:46

Falkirk: J Stevenson 18:00 M50 82 60%

Coventry: A Miles 16:33 M40 82.47% Leicester: C McKittrick 18:33 W40

Huddersfield: N McGuire 19:26 U13W

Aberdeen: R Simpson 15:53 U20M

Killerton: M Hunt 21:29 W50 82.09% Stockport: B Normansell 26:41 W65

Newcastle: P Grey 18:36 M50 81.93% Bradford: A Dennison 20:13 W45

Strathclyde: D Queen 19:05 M55

Cardiff Blackweir Park: R Tabor 24:02 Cannon Hill Park: M Hawtin 18:09

Leeds Hyde Park: S Deakin 16:01 SM

Coventry: A Johnson 21:07 M65

Norwich: T Brannan 21:07 M65

Huddersfield: A Cole 18:49 M55 81 66%

Leicester: R Billington 17:22 M45

Oxford: S Thorp 19:39 M60 81.62% St. Albans: D Heydecker 22:11 W55

Lloyd Park: P Chambers 16:47 U17M

Norwich: S Glavsher 17:56 M45

Poole: J Richardson 17:23 M45

Basingstoke: T Ellis 18:23 M50

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 81 409

Ballymena: R Curran 19:32 M55 81.40%

Edinburgh Silverknowes: J Henderson 18:41 W35 81.38%

Cannon Hill Park: R Parker 15:55

Brockwell Park: C Steward 23:32 W60.81.279 **Newcastle**: H Gold 21:14 M65 81.23%

Cardiff Blackweir Park: L Carter 18:55

Newbury: R Brookling 17:20 M40

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

Glasgow Pollok Park: A Maclachlan 18:41 M50 80.899

Poole: H Dyke 18:42 W35 80.88% Oak Hill Park: L Elmore 19:10 W40

Bushy Park: L Stewart 18:20 SW

Belfast Victoria Park: B Smith 21:22

Leeds Hyde Park: J Kovacs 16:40 M35 80.69%

Strathclyde: A Milne 17:51 M45

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

Oak Hill Park: E Noble 17:29 M40

Edinburgh Silverknowes: C Feechan 18:47 M50 80 46%

Medina: D Blackman 17:38 M45

Newport: E Wookey 18:37 U20W

Greenwich: C Elms 20:23 W45

Leeds Hyde Park: K Young 18:26 SW

Bramhall: R Eagle 19:28 M55 80.28% Coventry: P Gould 16:16 SM 80.23% Bolton: N Townsend 18:05 U15M

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

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

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 17:2

Wormwood Scrubs: S Renfer 17:27 Ashton Court: T Morris 17:29 Mile End: M Wise 17:29 Oak Hill Park: E Noble 17:29 Basingstoke: M Soane 17:30

Liverpool Princes Park: A Smithson 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 Dimbleby 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 Barnslev: L Field 17:48

Belfast Victoria Park: A Bamisile

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 Bedfont: 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 Valdus 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

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

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 Rocke 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 Wormwood Scrubs: C McMahon

20.14 Greenwich: C.Flms 20:23 Hampstead Heath: R Pitt 20:27 Bromley: C Penlington 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 Wyn-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 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 Mile 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

Huddersfield: J Field 19:30



To advertise your road race, call 01733-808545 or email catherine.dugdale@athleticsweekly.com



Sudbury Court Running Club Festival of Running

From Sylvester Road, Wembley, Middlesex HAO 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

Full details on www.sudburycourt.org.uk



5k Fun Run in Sutton Park, Sutton Coldfield on Sunday 27th May



Lee Valley 10k and Fun Run

Sunday 20 May 2012 from 10:00

River Lee Country Park, Waltham Abbey, Essex (J26, M25)

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



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

Doncaster 55 Athletic Club Wednesday 13th June

Brodsworth Trail 5K Pickburn Arms, Pickburn, S. Yorks

Mile fun run at 7pm. 10K race at 7:30pm 5K race start 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

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

BH5K

Naked Run 2012

11.30am on Sunday May 27th The Naturist Foundation Orpington, Kent

www.naturistfoundation.org

Kennet Vanter

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





Hitchin Hard Half Marathon

Sunday 8th July 2012 at 9:30am

Start / Finish in Hitchin Priory, Hitchin, Hertfordshire Entry fee: £19 and £17 for affiliates.

Entry Closing: May 30th or 300 limit reached.

w.h3m.co.uk Registration process: Online at runbritain.com

Awards: Cash prize & medals for first three (£60 / £50 / £40) in Men's & Women's race.

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



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.pennylanestriders.co.uk 🖈 runbritain.



Sandall Beat Trail 10K

Castle Park, Doncaster, S. Yorks



MULTI-TERRAIN

Thursday May 10 MOBBERLEY ROUND THE RUNWAY

Railway Inn, Station Road, Mobberley, Cheshire. 7.30pm. ukresults.net

Friday May 11

KESGRAVE 5km

Bell Inn, Main Road, Kesgrave, Suffolk, 11am. kesgrave5k.com

Saturday May 12

BEAST IN THE EAST 10km

Canada Heights, Swanley, Kent. 10.30am.

grimchallenge.co.uk

BRATTON HILLY 11km

Jubille Hall, Bratton, Wiltshire. 11am. brattonjubileehall.org.uk/hillrun. html

CHIEVELEY CHASE 5.3

Village Hall, Chieveley, Berkshire. 10am.

mychieveley.co.uk DEMON RUN 5/10

Dare Valley Country Park, Aberdare, Rhondda Cynon Taff. 10am.

thedemonrun.co.uk

GLENCALVIE CHALLENGE 17.5

Tulloch Stadium Inverness Highlands, 9am.

glencalviechallenge.info

I ONDON 2 BRIGHTON CHALLENGE 100km

Richmond, London, 7am.

london2brightonchallenge.com

MARLBOROUGH DOWNS

CHALLENGE 20/33

Marlborough College, Marlborough, Wiltshire. 9.30am.

marlboroughrunningclub.org.uk

RW BEDGEBURY PARK

TRAILBLAZER 10km

Bedgebury National Pinetum,

Flimwell, Kent. 11am. rwtrailblazer.com

WELSH ONE-DAY ULTRA-

MARATHON SERIES

Recreation Centre, Talybont-on-Usk, Powvs. 8am.

mightcontainnuts.com/events/ welsh_one_day_ultra_series/index.

Sunday May 13

ADIDAS TRAIL RUN 10km

Mallards Pike, Coleford, Gloucestershire. 10am. sevensinsrun.com

ALTON WATER 5/10km

Alton Water, Holbrook, Suffolk. 9.45am.

altonwaterrun co uk

BIRCHANGER 10km

Birchanger Primary School, Birchanger, Hertfordshire. 11am. entrycentral.com

BIRMINGHAM REGGAE RUN 5km

Moseley, Birmingham. 11am. jmblaney@aol.com

BLACK DEATH 10.5

Combe Sydenham Country Park, Monksilver, near Taunton, Somerset. 11am

theblackdeathrun.com **BLENHEIM 7km**

Blenheim Palace, Woodstock, Oxfordshire. 11am. blenheim7k.co.uk

CREDITON CRUNCH 10km

Crediton Leisure Centre, Crediton, Devon. 10.30am.

creditonrunningnetwork.co.uk EGERTON BLUEBELL RUN 7km

Egerton C of E Primary School, Egerton, Kent. 10.30am.

egerton.kent.sch.uk

HAREWOOD FOREST 10km Longparish Road, Wherwell,

Hampshire. 10am.

harewoodforest10k.co.uk HEREFORD HALF-MARATHON

Hereford Leisure Centre, Holmer Road, Hereford, 10am.

st-michaels-hospice.org.uk HILLCREST 10km

Warlingham RFC, Warlingham, Surrey. 11am.

hillcrestnetball.co.uk

JACK 'N' JILL'S CHALLENGE 10km

Village Hall, Haydon, Somerset, 11am. somerac.org.uk/jack jill

KNARFSBOROUGH 10km

King James's School, Knaresborough, North Yorkshire. 10.45am.

fkjs.org LONG CLAWSON 10km CHALLENGE

Long Clawson, Leicestershire. 11am.

long-clawson.com LYMINGTON LIFEBOAT 10km

Woodside Park, Lymington,

Hampshire. 10:00. frsystems.co.uk/lymington10k

MAD MONK 10km Haslams RFC, Derby. 9am.

aaa-adventure.co.uk

MONIKIE 10km

Monikie Country Park, Dundee, Tayside, 11am.

MOORS VALLEY COUNTRY 10km

Moors Valley Country Park, Ashley Heath, Hampshire. 10.45am.

dymb.org

MUCKLETOON 8

Eskdale Sports Centre, Langholm, Dumfries & Galloway. 11am. calum.graham@dumgal.gov.uk

OFF TRAC 10

Scarborough Arms, Tickhill, South Yorkshire. 10.30am.

groupspaces.com/ tickhilrRunningathleticclub OUTDOOR CAPITAL HALF-

MARATHON

Nevis Range, Fort William,

Highlands, Noon,

nofussevents.co.uk

PARKWOOD PORTHKERRY 5

Porthkerry Park, Barry, Vale of Glamorgan. 10am.

penarthanddinasrunners.org.uk RIPON 10

Hell Wath Nature Reserve, Ripon, North Yorkshire. 10.30am.

riponrunners.org.uk SAFFRON CROCUS 6

The Common, Saffron Walden, Essex, 11am.

saffroncrocustrail.co.uk SEVENOAKS 7

Sevenoaks, Kent. 10.30am. 7oaks-ac.org.uk

SLEAFORD & DISTRICT LIONS 10km Sports Stadium, RAF College,

Cranwell, Lincolnshire. 10.30am. lions10km@ovi.com

STM 5km

St Thomas More Catholic Primary School, Saffron Walden, Essex. 10.30am

stmfunrun@hotmail.co.uk SUPER HERO 5km

Regent's Park, London. 11am. doctorsoftheworld.org.uk

THUNDERSLEY BLUEBELL 5

Deanes Sports Centre, Thundersley, Essex. 10.30am.

users.aber.ac.uk/aiv/bluebell5.htm VOTWO KAMIKAZE ADVENTURE RUN

Pippingford Park, Nutley, East Sussex. 10.30am.

votwo co uk

WHOLE HOG 6

Outdoor Educational Centre, Hindleap Warren, East Sussex. 9am. mariecurie.org.uk/events

Tuesday May 15 **BOOTH DECORATORS**

LEAGUE

Teversal Trails, Sutton-in-Ashfield, Nottinghamshire. 7.15pm. boothdecoratorsleague.co.uk

CHERNOBYL TUESDAY 5km SERIES

Welcome Inn, Lostock Hall, Preston, Lancashire. 7pm.

ukroadraces.info

MOORCLOSE 10km Moorclose, Cumbria. 7pm.

QUEEN MOTHER RESERVOIR 10km

Queen Mother Reservoir, Horton, Berkshire. 7.30pm.

purplepatchrunning.com QUEEN MOTHER RESERVOIR 5km

SERIES Queen Mother Reservoir, Horton, Berkshire, 7.30pm.

purplepatchrunning.com

cornwallac.org.uk

STITHIANS 5km Stithians Showground, Stithians. Truro, Cornwall, 7pm.

Wednesday May 16

CUI BIN FOREST 5

Culbin Forest, near Forres. Inverness-Shire.

forresharriers.org.uk

ST MICHAEL'S HOSPICE 10km Down Grange, Basingstoke, Hampshire. 7pm.

stmichaelshospice.org.uk WHITFORD POINT RACE

Llanmadoc, Swansea.

runninginwales.com **WOLDS DASH SERIES**

Hubbards Hills, Louth, Lincolnshire.

louth-ac.org.uk

WORCESTERSHIRE SUMMER MIDWEEK SERIES 10km

Hagley. 7.30pm. halesowen-athleticclub.co.uk

Thursday May 17

BEAT THE BANANA 5km Hyde Park, London. 6.30pm. beatthebanana.org

IAN CASEY MEMORIAL COWM RESERVOIR 5km

Cock & Magpie, Whitworth, Lancashire. 7pm. info@andemsrunners.co.uk

Friday May 18

CHORLEY PARK 5 SERIES

Astley Park, Chorley, Lancashire. 7pm. vouspoon.com/cac/index.php

MAYFAIR PARK 5km AND TOWER RACE

Hyde Park, London. 8.30am. mayfairparkandtowerrace.com

Saturday May 19 BAY 2 BAE 10km

Cemaes Bay, Anglesey. 10am.

thisonecounts.co.uk/ eventsandraces.htm

BRADFORD ON AVON MONSTER 12km

Barton Farm Country Park, Bradford on Avon, Wiltshire. 11am.

dbmax.co.uk

DEMON RUN SERIES 5/10

Strathclyde Country Park, Motherwell. 11am.

thedemonrun.co.uk

GREEN BELT RELAY Hampton Court Palace, Richmond, London. 8.30am. Until Sunday

May 20. greenbeltrelay.org.uk
KENILWORTH FESTIVAL 10km

Abbey Fields, Kenilworth,

Warwickshire. 10am. kenilworthrunners.co.uk

PEN-Y-FAN 15 Camp Site, Cwmllwch, Powys.

xnrg.co.uk SETTLE SAUNTER 10/15/26

Victoria Hall, Kirkgate, Settle, North Yorkshire, 9am. settlerotary.org.uk SHAW STAMPEDE 10km

TV guide

BBC INTERACTIVE

Friday May 11, 7pm: Diamond League, Doha (red button).

SKY SPORTS 3

Monday May 14, 7pm: British Miler - series about domestic runners.

SKY SPORTS 2

Friday May 11, 5pm: IAAF

The Beeches, Shaw near Melksham, Wiltshire, 2pm.

stampedesports.co.uk SOWERBY SCORCHER 10km

St Peter's Centre, Sowerby Bridge, West Yorkshire. 11am. lesleyennis@hotmail.co.uk

THF 5km Leasowes Park, Halesowen, West

Midlands. 10am.

halesowen.ac.uk

Derbyshire, 11am.

WHITE PEAK HALF-MARATHON/ MARATHON Cromford Meadows, Matlock,

matlockac.org/wpm.html Sunday May 20

BEXLEY MYRA GARRETT 10km

Danson Park, Bexleyheath, Kent. 11am.

bexleyac.co.uk BORROWDALE 13/21km

Crow Park, Lake Road, Keswick, Cumbria.

highterrainevents.co.uk/15.html **BRAUGHING 10km**

Jenyns First School, Buntingford, Hertfordshire. 10.30am.

jenyns.herts.sch.uk BULMERS BASH 10km

Worcester. 11am.

BURTON RIVERSIDE RUN 10km Trent Washlands, Burton upon Trent,

Derbyshire. 9.30am. stgileshospice.com

CHATSWORTH 10km Chatsworth Park, Bakewell,

Derbyshire. helenstrust.org.uk CLAPHAM COMMON 5/10/15km

SFRIFS Clapham Common, London. 10am. innovationsports.co.uk COTSWOLD HILLY 100 RELAY

Stratford-upon-Avon, Warwickshire.

7am. stratfordac.co.uk DEEPINGS ROTARY 10km

Deeping St James, Lincolnshire. 11am garybentley58@hotmail.co.uk

Submit your fixture at athleticsweekly.com



MBNA Chester Marathon **Sunday 7th October** Including elite packages

www.chestermarathon.co.uk

What's on

DENBIES 10

Denbies Wine Estate, Dorking, Surrey. eventstolive co uk

DEVON AIR AMBULANCE TRUST 5/10km

Upper Tamar Lakes, Kilkhampton, Devon, 11am.

trewin-design.co.uk/40-years

DRURIDGE BAY HALF-MARATHON/MARATHON

Druridge Bay Country Park, Red Row, Morpeth, Northumberland. 9.30am.

northeastmarathonclub.co.uk HARD WAY ROUND THE ROCK 5/11/20

Portland United FC, Grove Road, Portland, Dorset. 10am. server13.web-mania.com/users/ rmpacIABe

HATCHLANDS 10km

Hatchlands Park, East Clandon, Surrey. 11am.

eventelephant.com/hatchrun HILL WEST 10km

Jamboree Stone, Sutton Park, Sutton Coldfield, West Midlands. 10.30am.

timhart38@googlemail.comi HORSHAM LIONS AND JOGGERS 10km

Horsham, West Sussex. 11am. horshamjoggers.co.uk
IMERYS CLAY COUNTRY HALF-

MARATHON/MARATHON

Cornwall College, Tregonissey Road, St Austell, Cornwall, 10,30am, staustellrunningclub.co.uk

PENISTONE BOUNDARY 16

Cubley Hall, Mortimer Road, Penistone, South Yorkshire. 10.30am. pfrac.co.uk

PENWORTHAM 5km

Vernon Carus CC, Penwortham, Preston, Lancashire. Noon.

penwortham5k.webs.com RAMSBURY CIRCUIT 5

Ramsbury Recreation Ground, Hilldrop Lane, Ramsbury, Wiltshire.

ramsburyschool.org RICHMOND PARK MARATHON

Sheen Gate, Richmond Park, London, 9am.

richmondparkmarathon.co.uk SIRHOWY CHALLENGE 10

Ynysddu Hotel, Ynysddu, Caerphilly. 10am.

islwynrunningclub.org.uk

SOUTH SHIELDS PIER TO PIER 7 South Shields Pier, South Shields,

Tyne & Wear. 10am. sunderlandstrollers.co.uk

STOCKLEY PARK 10km Stockley Park, Uxbridge, Middlesex.

purplepatchrunning.com

STOKE ROW 10km Newlands Road, Stoke Row,

Oxfordshire, 10,30am,

ellie@harnesfitness.co.uk THE GENERAL 10km

Matterley Estate, Winchester, Hampshire. 10am.

thegeneralrace.co.uk

TOWPATH & TRAIL 10km Shireoaks Bowling Club, Shireoaks,

Nottinghamshire. 11am.

clowneroadrunners.co.uk WESSEX RIDGEWAY RELAY Tollard Royal, Dorset. 7.30am.

gillinghamtrotters.talktalk.net

WHEATHAMPSTEAD 10km

Memorial Hall, Wheathampstead. Hertfordshire. 11am.

wheathampstead10k.co.uk WHITEBROOK WIND-UP HALF-

MARATHON Tump Farm, Whitebrook, Monmouthshire. 10.30am. whitebrookwind-up.com

WIMPOLE 10km

Wimpole Estate, Royston, Hertfordshire. 10am. hoohaah.co.uk

WOODLAND WOGGLE 5/10km

Hampton Estate, Seale, Surrey. 10am. blackwatervalleyrunners.club. officelive.com

YORKSHIRE 10km

Newby Hall Estate, Near Ripon, North Yorkshire. 10:00. cftrust.org.uk/help/events/y10k

Monday May 21

SELF TRANSCENDENCE 2

Peace Mile, Cutteslowe Park, Oxford. uk.srichinmoyraces.org/races/oxford

Tuesday May 22

CHAMPAGNE LEAGUE

Kinlingcotes crossroad, South Dalton, East Yorkshire. 7.15pm. cityofhullac.co.uk

Wednesday May 23 DOVESTONE DIAMOND

Tanner Business Centre, Waterside Mill, Oldham, Lancashire. 7.30pm. https://sites.google.com/site/ kiwiclassicevents

JACK BETNEY MEMORIAL 5km

Oxford Pub, Rochdale, Lancashire. 7pm.

info@andemsrunners.co.uk LITTLEHAMPTON 5

Inspire Leisure, Littlehampton, West Sussex. 7.30pm.

westsussexfunrunleague.org

MALTBY MEMORIAL 6.5 Maltby, South Yorkshire. 7pm.

maltbyrunningclub.co.uk

TUNNELS AND TRAILS 10km Middleton Top Visitors Centre, Middleton, Derbyshire. 7.30pm. wirksworthrunningclub.co.uk

Thursday May 24 KNOLE PARK SEVENOAKS

CHALLENGE 10km

Knole Park, Sevenoaks, Kent. 7.30pm.

saxons-oc.org TYNTESFIELD 10km

Tyntesfield Estate, Bristol. 7pm. nailsearunningclub.org.uk

Friday May 25

DUNHAM MASSEY PARK 5km

Dunham Massey Park, Altrincham, Cheshire 715nm

altrincham-athletics co.uk **IPSWICH JAFFA FRIDAY 5**

Ipswich, Suffolk, 7.30pm. ipswichjaffa.org.uk

Saturday May 26 DUKERIES ULTRA 30/40

YHA, Forest Corner, Edwinstowe, Nottinghamshire. 9am.

dukeriesultra.co.uk **DUNVEGAN 10km**

Dunvegan, Isle of Skye. 2pm. anguscmunro@btinternet.com

KFNTMFRF 10/17km

Recreation Ground, Staveley, Cumbria 11am

lakelandtrails.org

KIRKCUDBRIGHT ACADEMY

BEECHES RUN 11.2km/HALF-MARATHON

St Mary's Wynd, Kirkcudbright, Dumfries & Galloway. 1pm. kahm.org.uk

KIRKLEES 10km CHALLENGE

Cathedral House, Huddersfield, West Yorkshire. 10am.

huddersfieldchristian fellowship. com/kirklees10kchallenge

RW FOREST OF DEAN TRAILBLAZER 10km

Speech House Hotel, Coleford, Gloucestershire. 11am.

rwtrailblazer.com

TRENT PARK 5km HANDICAP Snakes Lane, Oakwood, Middlesex.

9.30am. trentparkrc.org

TROSSACHS 10km

Main car park, Aberfoyle, Stirling. 10.30am.

entrycenral.com

WELSH COASTAL MARATHON/ 100km

Valley, Anglesey. 8am. adventurehub.com

ZEST CHALLENGE 10km Hambleden Estate Henley-on-Thames, 9.30am. zest.co.uk/zestrace

Sunday May 27

BARFIFI D BOLT 5/10km

Barfield School, Runfold, Farnham, Surrey. 10am.

barfieldschool.com/bolt BH SPRING RUN 5km

Naturist Foundation, Sheepcote Lane, Orpington, Kent. 11.30am. naturistfoundation.org

BLACKPOOL BEACH 10km

Solaris Centre, Blackpool,

Lancashire. 11am.

fyldecoastrunning.com BLUE LIGHT 5

Bispham Fire Station, Blackpool,

Lancashire. 11am. shoestringresults.com

BOOKHAM 10km

Polesden Lacey Infant School, Bookham, Surrey. 10am.

eventstolive.co.uk CAPITAL RUNNERS RICHMOND PARK 10km

Richmond Park, London. 10am. capitalrunners.com

COMMONWEAL 5

Old Town, Swindon, Wiltshire. 10.30am. lethbridge10k.org.uk

COOMBE HILL 5

Coombe Hill Junior School, Kingston upon Thames, Surrey. 9.45am.

jan.roberts@follettandco.co.uk GRAND SHAFTESBURY RUN 10km/HALF-MARATHON

Wimborne St Giles Estate, Wimborne St Giles, Dorset. 10am. martyn@mfic.fsnet.co.uk

HANTSABILITY 10km

Basing Woods, Basingstoke, Hampshire. 10am.

hantsability.co.uk KENNET KANTER 5km/10mile

Devizes Leisure Centre, Devizes, Wiltshire. 10.30am. kennetkanter.org.uk

I INDFIFI D 10km

Hickmans Lane Recreation Ground, Lindfield West Sussex 10.30am kingedwardhall.org.uk

LITTLE HORSTED AND ISFIELD 10km

Isfield, East Sussex. 10am. karentabatadze@tiscali.co.uk

MAGOG DOWN 5

Magog Down, Stapleford, Cambridgeshire. 10.30am. staplefordrun.com

MARLOW RADIO RUN 10km

Lower Pound Lane, Marlow, Buckinghamshire. 9.30am.

marlowfm.co.uk **MUCKY DUCK 8.5**

Driffield RUFC, Kellythorpe, Driffield, East Yorkshire. 11am.

driffieldstriders.org.uk

NEEDLES HALF-MARATHON West Wight Sports Centre, Freshwater, Isle of Wight. 10am.

needlesxcmarathon.blogspot.com NORMANBY HALL WOMEN'S 5km

Normanby Hall Country Park, Scunthorpe, Lincolnshire. 9.30am. metrestomiles.co.uk/acatalog/ Normanby-Hall-Womens-5k.html NORTHANTS SHIRES AND SPIRES

ULTRA 35 Lamport Hall, Northampton.

gobeyondultra.co.uk/events OLLIE JOHNSON MEMORIAL KINTBURY 5 Recreation Ground, Kintbury,

Berkshire. 10.30am.

newburyac.org.uk
RABY CASTLE 10km Barnard Castle, Co Durham. 11.15am.

teesdaleac.co.uk **RUN IN THE WILD 10km**

Cricket St Thomas, Somerset. 10.30am

chardrunningclub.btck.co.uk SUDBURY COURT FESTIVAL OF

RUNNING 5/10km Wembley Tennis Club, Sylvester

Road, London. 11am. sudburycourt.org.uk

SURREY HILLS CHALLENGE 30km Priory School, West Bank, Dorking, Surrey. 10.30am. sloweb.org.uk/events/

surrevhills2012

SWIMBRIDGE 10km Jubilee Hall, Swimbridge, Devon.

11.30am swimbridge.com

thamesrun.co.uk

WALLINGFORD THAMES 10km Howbery Park, Wallingford, Oxfordshire. 10am.

Monday May 28

SELF TRANSCENDENCE 3 Peace Mile, Cutteslowe Park, Oxford.

uk.srichinmoyraces.org/races/oxford SKYE'S SYKÉ & HEALEY DASH 5km

The Oxford Pub Rochdale Lancashire, 7pm. info@andemsrunners.co.uk

Wednesday May 30

GEORGE OGLE MEMORÍAL 6 Swalwell CC, Swalwell, Tyne and Wear. 7.15pm.

pb-fitness.co.uk

JOYDENS WOOD 5km SERIES Summerhouse Drive, Joydens Wood, Kent. 7.15pm.

dartfordroadrunners.co.uk

PFTWORTH PARK 10km

Petworth Park . Petworth, West Sussex, 7.15pm.

midhurstmilers.co.uk POST HILL 5km CHALLENGE

Post Hill, Pudsey, Leeds, West

Yorkshire, 7.30pm. pudseypacers.com

ROSEISLE FOREST 4 Roseisle Forest picnic area, Inverness-shire.

forresharriers.org.uk

SAMPHIRE HOE 5km SERIES Samphire Hoe, Dover, Kent. 7.30pm.

nice-work.org.uk WOODLAND 5 SERIES

Broadmoor car park, Crowthorne, Berkshire. 7.30pm. finchcoasters.org.uk

ROAD

Thursday May 10 BLACKPOOL INTER CLUB GRAND

Sea Front, Lytham St Annes, Lancashire. 7.30pm. lythamrunners.org.uk

Friday May 11

BLISWORTH FRIDAY 5km Blisworth FC, Blisworth, Northamptonshire. 7.30pm.

woottonroadrunners co uk **DAVE PHILLIPS MEMORIAL 5 SFRIFS**

St John's FC, St John's, Isle of Man. 7pm.

westernac.org NOTTS 10

Holme Pierrepont, Nottinghamshire. 7.30pm. nottsac.co.uk

Saturday May 12

BENROMACH FORRES 10km Benromach, Forres. 2.30pm forresharriers.org.uk

BMAF RELAY CHAMPIONSHIPS

Sutton Park, Sutton Coldfield, West Midlands. 11am.

bmaf.org.uk

HALEWOOD 5km Halewood Park Visitor Centre, Halewood, Merseyside. 1pm.

bugruns.org.uk

IVYBRIDGE 10km Station car park, lvybridge, Devon.

6.30pm. ermevalleyharriers.co.uk LOCH LEVEN HALF-MARATHON

Kinross. kinrossroadrunners.co.uk ORPINGTON MARA*FUN 10km/ HALF-MARATHON/MARATHON

Kings Centre, St Pauls Cray, Kent. 10.30am.

footstepsinternational.org PENICUIK 10km Bog Road, Penicuik, Midlothian. 2pm.

penicuikharriers.org.uk STRATHCLYDE FIRE & RESCUE

DICK WEDLOCK MEMORIAL 10km Pollok Country Park, Glasgow. 11am. gary.love@strathclydefire.org

All Saints First School, Leigh, Staffordshire. 1pm. craven964@btinternet.com

STRAWBERRY 5

Sunday May 13 ALTON 10 (Inc HAMPSHIRE



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. cobrarc 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. forallevents.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.

stalbansstriders.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

wvmeswold.com

WYMESWOLD WADDLE 5 Brook Street, Wymeswold, Leicestershire. 10.30am.

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 I FAGUE

Tadcaster, North Yorkshire. 7.30pm. tadcasterharriers.org.uk

Wednesday May 16 ASKERN 10km

Askern Miners Welfare, Askern, South Yorkshire. 7pm.

askerndrc.org

CLAYTON 10km Clayton Road, Newcastle, Staffordshire. 7pm.

HORWICH JUBILEE 5km SERIES Village Hall, Rivington, Lancashire.

7.30pm. thejubileeroadraces.co.uk

JOHN CARR 5km SERIES

Esholt Sports & Social Club, Esholt, West Yorkshire. 7.30pm.

saltairestriders.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 30nm 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.

eastbournecyclingfestival.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 Ballacloan Stadium, Ramsey, Isle of

Man. 10am. iomnac.co.uk

OTTERY 10km Ottery St Mary, Devon. 10.30am.

hallandscott.co.uk

runiersev co uk

PRESTWOOD 10km Sprinters Leisure Centre, Prestwood, Buckinghamshire. 11am.

prestwood10k.co.uk

RUN JERSEY HALF-MARATHON Rue Du Nord, St John, Jersey. 9am.

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. bevondthelimitations.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

WALTON PARK 5

yvaa.org

Derwent AC Clubhouse, Cockermouth, Cumbria. 7pm. derwentac.com

Walton Park, Liverpool, Merseyside.

liverpoolrunningclub.com YORKSHIRE VETERANS' GRAND PRIX

Kirkstall, Yorkshire. 7.30pm.

What's on

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.

athleticevents.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.

alasdair.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.

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.

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

Doubletree Dunblane Hydro Hotel, Dunblane, Stirling. 1pm.

dunblaneroadrace com DYMOCK HALF-MARATHON Dymock, Gloucestershire, 11am.

odrgurney@talktalk.net

EDINBURGH MARATHON FESTIVAL HALF-MARATHON/

MARATHON Regent Road, Edinburgh. 8am.

edinburghmarathon.com

ETON $\bar{\text{MANOR}}$ 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.

vorkshiredalesraceseries.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

SALF 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.

sinfinrunningclub.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) wellscityharriers.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

RAVENSCRAIG 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

CORBY 5 East Carlton Park, Corby,

Northamptonshire. 7.45pm. LAND O' BURNS 10km Old Racecourse, Ayr. 7.30pm.

avrseaforth 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.

HARROGATE DISTRICT SUMMER RACE LEAGUE

West Yorkshire. 7.45pm.

PARKRUNS

Aberdeen - Beach Esplanade. 9.30am

Abingdon - Rye Meadow Andover – Charlton Playing Fields Ashford - Bedfont 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 - Tredegar 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. cambsathletics.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.

hertscaaa.org.uk **HUMBERSIDE COUNTY CHAMPIONSHIPS**

Hull. 11am.

KENT COUNTY CHAMPIONSHIPS

Ashford. Until Sunday May 13. kcaa.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.

middlesexaa.org.uk

NORFOLK COUNTY CHAMPIONSHIPS

Norwich.

norfolkaaa.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.

somerset-athletics.co.uk

SOUTH/EAST WALES REGIONAL ATHLETICS CHAMPIONSHIPS

Newport. welshathletics.org SURREY COUNTY **CHAMPIONSHIPS**

Kingston. Until Sunday May 13.

surrevathletics.org.uk SUSSEX COUNTY CHAMPIONSHIPS

Crawley. Until Sunday May 13. sussexathletics.org.uk YORKSHIRF 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.

norfolkaaa.co.uk NORTH EAST VERERANS' LEAGUE

Jarrow. 6.30pm. communigate.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/ hmcfixtures asnx

LOUGHBOROUGH STUDENTS V ARMY V BIRMINGHAM U

Loughborough.

loughboroughathletics.com MANX HARRIERS LEAGUE Douglas. 6.15pm.

manxathletics.com/manxharriers

NEATH OPEN

Neath

neath-harriersac.moonfruit.com **OLDHAM & ROYTON HARRIERS**

2ND OPEN MEDAL MEETING Oldham.

oldhamroytonharriers.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.

watfordharriers.org.uk WELSH MASTERS' LEAGUE

Newport welshmastersathletics.com

Thursday May 17 MENDIP AC ÓPEN

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. svcaa.co.uk

LEAGUE

Sunday May 20 EAST ANGLIAN LEAGUE

Great Yarmouth, Ipswich, Luton. **LOUGHBOROUGH** INTERNATIONAL

Loughborough. loughboroughathletics.com McCAIN YOUNG ATHLETES'

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@googlemail.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. cambsathletics.org.uk LONDON SCHOOLS' COMBINED

EVENTS Lee Valley MANX HARRIERS LEAGUE

Douglas. 6.15pm. manxathletics.com/manxharriers NORTH EAST ATHLETICS LEAGUE

Jarrow. 7pm. gateshead-harriers.co.uk RAMSEY BAKERY SUMMER

LEAGUE (U11 AND UNDER) Ramsev, 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

SHROPSHIRÉ 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. communigate.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-throwsevent-2012

BRITISH ATHLETICS LEAGUE DIVISION 2

Basingstoke. bal.org.uk **CORNWALL SCHOOLS**

COMBINED EVENTS TRIALS & CHAMPIONSHIPS

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 haywardsheathharriers.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: Clayon-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**

Copthall.

seaa.org.uk SURREY COUNTY MASTERS' **CHAMPIONSHIPS**

Ewell. surreyathletics.org.uk

sussexathletics.org.uk

SUSSEX MASTERS' TRACK & FIELD CHAMPIONSHIPS Ewell.

WELSH U15 LEAGUE East: Aberdare. West: Neath. welshathletics.org



Sunday May 27 ALDER VALLEY GIRLS' LEAGUE

Bracknell

wseh.info/aldervallevgirls

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

SÁNDRA 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: Learnington.

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 6nm

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

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/wytfl/ wvtfl.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 DIÁMOND LEAGUE

Doha, Qatar.

Saturday May 12 IAAF WORLD RACE WALKING CUP Saransk, Russia, Until May 13. iaaf.org

Sunday May 13 IAAF WORLD CHALLENGE

MFFTING

Ponce, Puerto Rico.

iaaf.org

IAAF WORLD RACE WALKING CUP

Saransk, Russia

Tuesday May 15

IAAF WORLD CHALLENGE MEETING

Kingston, Jamaica, iaaf.org

Wednesday May 16

DUBLIN GRADED MEETING Dublin, Ireland. 7pm.

dublinathletics.com IAAF WORLD CHALLENGE

MEETING

Daegu, Korea. iaaf.org

Saturday May 19 IAAF DIAMOND LEAGUE

Shanghai, China.

iaaf.org 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.

dublinathletics.com

Friday May 25 IAAF WORLD CHALLENGE

MEETING Ostrava, Czech Republic. iaaf.org

Saturday May 26 IAAF WORLD COMBINED EVENTS

CHALLENGE Gotzis, Austria.

iaaf.org IAAF WORLD RACE WALKING

CHALLENGE

La Coruna, Spain.

iaaf.org IRISH MILERS' CLUB

Grevstones Ireland irishmilersclub.com

Sunday May 27 IAAF WORLD CHALLENGE

MFFTING

Hengelo, Netherlands.

iaaf.org

iaaf.org IAAF WORLD CHALLENGE

MFFTING Rabat, Morocco. iaaf.org

Thursday May 31

IAAF DIAMOND LEAGUE Rome, Italy.

Submit your fixture online at athleticsweekly.com

ATHLETICS

Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR General enquiries: officemanager@athleticsweekly.com

www.athleticsweekly.com

twitter.com/athleticsweekly facebook.com/athleticsweekly

SUBSCRIPTIONS & BACK ISSUES Warners Group Tel: 01778-392018 / subscriptions@warnersgroup.co.uk

Editorial

Tel: 01733-808550 / Fax: 01733-808530

EDITOR Jason Henderson

backissues@warnersgroup.co.uk

01733-808531 / jason.henderson@athleticsweekly.com

DEPUTY EDITOR Paul Halford

01733-808532 / paul.halford@athleticsweekly.com PRODUCTION EDITOR Mike Taylor

01733-808533 / mike.taylor@athleticsweekly.com

WEB EDITOR Jon Mulkeen

07584-528799 / jon.mulkeen@athleticsweekly.com COACHING EDITOR David Lowes

01733-808536 / 07930-318651 / david.lowes@athleticsweekly.com

PRODUCT REVIEWER Paul Freary paul.freary@athleticsweekly.com

PHOTOGRAPHER Mark Shearman

athleticsimages@aol.com Editorial contributors: Alastair Aitken, Nicola Bamford, Steve Bateson, Trevor Baxter, Chris Broadbent, Leon Creaney, Will Cockerell, Martin Duff, Kevin Fahey, Doug Gillon, David Griffiths, Tim Grose, Jeremy Hemming, Ruth Jones, Ron Macey, Keith Mayhew, Tom McCook, Steven Mills, Emily Moss, John O'Hara, Lesley Richardson, Harry Shakeshaft,

Results

Fax: 01733-808535

RESULTS EDITOR Steve Smythe 01733-808534 / results@athleticsweekly.com

Denis Shepherd, Luke Stott, Colin Petty, Tim Watt

FIXTURES COMPILER Steve Mosley whatson@athleticsweekly.com Results team: Jacky Brett, Kamila Banachowicz, Matt Coffey, Alistair Dalgleish, Rachael Elliott, Clare Elms, John Falvey, Nichola Gibson, Nigel

Harding, Stewart Haynes, Hannah Makins, Sue Parrish, Steve Roe,

Denis Shepherd, Jackie Sibthorp, Les Venmore

Advertising & marketing

Tel: 01733-808540 / Fax: 01733-808541 HEAD OF ADVERTISING AND MARKETING Heidi Wilson

07584-528787 / heidi.wilson@athleticsweeklv.com

ADVERTISING AND OPERATIONS MANAGER Rebecca Carbery 01733-808540 / rebecca.carbery@athleticsweekly.com RACE ADVERTISING MANAGER Catherine Dugdale

01733-808545 / catherine.dugdale@athleticsweekly.com

Publishing & distribution Tel: 01733-808540 / Fax: 01733-808541

PUBLISHER Richard Hughes

RETAIL DISTRIBUTION Seymour Distribution 2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4071

© Athletics Weekly 2012 Registered at the Post Office as a newspaper

- >> While Athletics Weekly takes every care to help readers with training, diet and injuries, neither they, nor their contributors, can accept responsibility for illness or injury caused as a result of advice given. We also cannot take responsibility for loss or damage to supplied material.
- >> Athletics Weekly is available on cassette to anyone unable to read normal type. Call 01435-866102. >> Athletics Weekly takes no responsibility for the content of advertisements
- placed in the magazine.

If you can't always find a copy of Athletics Weekly, help is at hand! Complete this form and hand in at your local store, they'll arrange for a copy of each issue

to be reserved for you. Some stores may even be able to arrange for it to be delivered to your home. Just ask! Subject to availability

Please reserve/deliv	er my copy of
Athletics Weekly on	a regular basis,
starting with the nex	rt issue
Name	
Address	

Postcode	
Tel no.	

If you don't want to miss an issue



LC	ich Avv birider is just E11.55 inc pap	
Please sen	dbinders at £11.99 each including postage & packing.	
	cheque for £ made payable to 'Athletics Weekly'	
Please deb	t \pounds from my Mastercard/Visa/Amex (delete as appropriate	e)
Credit card	no.]
Start date .	Expiry date	
Issue No	Security code (on back by signature)	
Signature .		
Name		
Address		
	Postcode	
Email		
plc, West St	l completed form to Athletics Weekly Binder Offer, Warners Group Publications reet, Bourne, Lincs. PE10 9PH or call the AW binder hotline on 01778-392018. v 28 days for delivery.	>

FITHLETICS



SPONSORED BY: WWW.SPORTSTOURSINTERNATIONAL.CO.UK



T: 01235 534211

E: wendy@againstbreastcancer.org.uk W: www.againstbreastcancer.org.uk

Charity no. 1121258

Breast Cancer! 44,000 new cases every year. Every pound you raise gets us closer to a future free of breast cancer.

You can use one of our guaranteed charity places or your own place to run for Against Breast Cancer and know that you are making a difference: London, New York, Paris Marathons; BUPA Great Run Series; London 10K and most other runs

epilepsy action

Bupa Great North Run

Run for epilepsy and help the 456,000 people in the UK who live with epilepsy.

We have guaranteed places available in this and all our other running events.

call 0113 210 8800 email events@epilepsy.org.uk visit www.epilepsy.org.uk/involved

Registered charity in England (No. 234343)

MACS and the 2012 London Marathon

HELP SUPPORT CHILDREN WHO HAVE BEEN BORN WITHOUT EYES OR WITH PARTIALLY DEVELOPED EYES

of too late is support the MACS parents in the 2012 London Marath
east more or to denate, please go to the following web pages:
www.bmycharty.com/v2/Me4N4rara..for Kara, age 1
www.bmycharty.com/rimu.upton..for Den, age 12
uk.virginmoneygiving.com/ColinNarsh...for Hannah, ag

Own places runners needed!



If you already have a place in any event, you can join the *Heart Runners* Team and help the British Heart Foundation to save the life you love.

Call 0844 477 1181 or email: heartrunners@bhf.org.uk



JOIN OUR 'RUN FOR RON' TEAM AND HELP THE NEXT GENERATION OF TALENTED ATHLETES TO SUCCEED Contact details:

Email: rpmf@lineone.net





RUN FOR WILDLIFE!

This is an RSPB moment to act. Please add your voice to ours. We have guaranteed places available in the first ever BUPA London 10k race in May, and the BUPA Great North Run in October. If you or anyone you know wants to be a part of one million voices for nature and run for the rainforest please contact us at communitymarketing@rspb.org.uk or call 01767 693106.



Everyday another 100 people will start to lose their sight

So why don't you do something amazing in 2011. Join Team RNIB today and make your mark for sight loss, we have guaranteed places in races and challenge events all over the world, go to www.rnib.org.uk/events and make a difference to one of those 100 today.

Registered Charity No.: 226227

ATHLETICS Web Directory

GIVING YOU ONLINE INFORMATION TO ENSURE YOU GET WHAT YOU NEED FROM THE BEST PLACES AROUND

CHARITIES

www.afme.org.uk

Action for ME

Improving life for people with M.E.

www.againstbreastcancer.org.uk

Against breast cancer

Seeking a vaccine against breast cancer

www.apec.org.uk

Action on Pre Eclampsia - Promoting Safer Pregnancy

www.epilepsy.org.uk

Epilepsy Action - Run for epilepsy and help 456,000 people in the UK who live with epilepsy

www.hearingdogs.org.uk

Run for Hearing Dogs.

Help us train more dogs for deaf people

www.lunguk.org/running

Join the British Lung Foundation running team and help the one in seven people affected by lung disease.

www.rnib.org.uk

RNIB - Every day another 100 people will start to lose their sight. Join Team RNIB today - go to www.rnib.org.uk/events

www.rpmf.org.uk

Ron Pickering memorial fund. Helping the next generation of talented athletes succeed

www.parentsforchildren.org.uk

Parents for Children – working to find permanent homes for children with disabilities

www.wdcs.org.uk

Whale and Dolphin Convservation Society. Run for whales and dolphins!

TRAVEL

www.trackandfield.co.uk

Travel packages to all major athletic events. Warm weather training holidays for athletics

www.clublasanta.co.uk

Travel to the world's number one sports holiday resort where over 25 sports are free

www.sportstoursinternational.co.uk

Travel packages and race entries for the world's top running, triathlon and cycling events

www.allsportstravel.co.uk

Athletics & Sports tour specialists providing the best tickets, travel and accommodation - at fantastic value!

STATISTICS

www.runtrackdir.com

The definitive guide to athletics tracks in the UK

www.thepowerof10.info

The best information about current British athletes

www.gbrathletics.com

The best historical British athletics stats site

RETAILERS

www.athleticsequipment.co.uk

Throws implements, starting blocks and bags, stopwatches, vaulting poles, replacement spikes

www.birminghamrunner.com

Trainers, spikes, clothing, HRM, Adidas, Asics, Brooks, Nike, New Balance, Saucony, Concurve, Mizuno

www.bournesports.com

UK's leading mail order athletics supplier. Largest stock, widest range of prices

www.clicksports.co.uk

Shot • Javelin • Discus • Hammer • Vaulting Poles Starting Blocks • Running Spikes • Stopwatches

www.humberrunner.co.uk

Specialist running and fitness store.

www.mobilisdirect.com

UK's leading medical supplies and sports healthcare company offering the best selection of products at affordable prices.

www.neuff.co.uk

Specialist supplier of athletics hardware for training, coaching, competing and officiating

www.peteblandsports.co.uk

Everything a runner needs on our website or visit us @ 34A Kirkland, Kendal, LA9 5AD, Tel: 01539 731012 (Mon-Sat 9-5.30)

www.simplyrun.co.uk

UK Running, Sports Watch and Heart Rate Monitor Specialists - Stratford-upon-Avon, Warwickshire. 0845 257 0441

www.ronhill.com/specials

Customised team athletics kit - made to order. Try us for a quote 01623-559395

www.runnersneed.com

24 stores nationwide and online - free video gait analysis, expert running advice and knowledgeable staff

www.stadia-sports.co.uk

Affordable, quality equipment for all athletics disciplines

www.startfitness.co.uk

Online discounts always available Club/trade enquiries wecolme

www.sweatshop.co.uk

Award-winning running store. Service, advice, choice, value and security second to none

www.tfn.uk.com

Online retail is our speciality. Mail Order also available on 0115-922 2226

www.trackandfieldathletics.co.uk

Javelin, discus, shot, hammer, blocks, stopwatches, poles, replacement spikes, books, officials and training equipment

www.therunningshopuk.co.uk

Personal service for all running needs

www.trackandfieldsports.com

Athletic/fitness equipment, event essentials, books, DVDs. Widest range of equipment online or call 0870 766 2830

www.upandrunning.co.uk

Dozens of shops nationwide and web sales.

INFORMATION

www.virginlondonmarathon.com

The online guide to the world's best city marathon plus many other leading events

www.britishmilersclub.com

Founded in 1963 to encourage the growth and development of British middle-distance running

www.basclub.org.uk

Latest news from the British Athletics Supporters Club: for all keen enthusiasts and supporters

www.defend-yourself.org

What does that mean to you? Learn how to stay safe on the mean streets and the countryside!

www.greatrun.org

The world's biggest running and fitness programme with an international programme of events

www.uka.org.uk

Daily news, results, rankings, clubs, coaching, athlete info, race entries, event tickets and more

SPORTS BRANDS

www.adidas.com/running

Adidas athletes training series, training tips, advice and great products

www.brooksrunning.co.uk

The runner's brand. Shoe guide, clothing and accessories, athletes, training tips, hot news and more. Run Happy

www.reebok.co.uk/premierseries

Reebok Premier series, fit for the way you run

PUBLICATIONS

www.athleticsweekly.com

The online version of the world's leading track and field magazine

www.irishrunner.ie

Subscribe to Irish Runner - Official website of Irish Runner magazine

IF YOU WOULD LIKE TO ADVERTISE YOUR BUSINESS IN THE ATHLETICS WEEKLY CLASSIFIED PAGES, PLEASE CALL **01733-808540**

ATHLET (5 Classified Business Directory

IF YOU WOULD LIKE TO ADVERTISE YOUR BUSINESS IN THE ATHLETICS WEEKLY CLASSIFIED PAGES, PLEASE CALL 07711-263771

To advertise here please call Rebecca Carbery on 07711-263771 or email rebecca.carbery@athleticsweekly.com

Birmingham Runner

64 Stratford Road, Shirley, Solihull, B90 3LP, Tel: 0121-745 6007

ww.birminghamrunner.con

Track and field spikes Free video gait analysis

Three miles from Jct 4, M42

foot traffic

Running Specialists

463 Blackburn Road, Bolton BL1 8NN Tel:01204 301230 & now in Lancashire

17 Northway, Broughton, Preston PR3 5IX Preston PR3 5JX Tel: 01772 860200

Video Gait Analysis Experts

RACE NUMBERS

BUY DIRECT ON-LINE FROM www.stacyandson.co.uk

ATHLETICS STATIONERY

Stacy 01245 474322

SUPPLIERS FOR OVER 50 YEARS



Tel: (01623) 559395 Fax: (01623 441594

mail@ronhillspecials.com www.ronhill.com/specials



The Technique seminars

Learn to run in a lighter and more efficient way with The Smart Motion Running technique.



BESPOKE CLUB KIT

Made from Hydrowick performance fabric See our web site for the many styles offered in many color



Colours available: white, sky, royal, navy, black, red, maroon, welsh green, gold, fluo yellow, orange, pink

Tel: (01623) 559 395 • Fax: (01623) 441 594

mail@ronhillspecials.com • www.ronhill.com/specials

ATHLETIC EQUIPMENT

We have exceptional expertise in athletics and stock a very wide range of equipment, books competing and officiating.

Website (contains monthly special

Catalogues from PO Box 12. Rillington North Yorks YO178YX. Tel 01653-691865

(eve 01944-758620)

Alexandra Sports

140 Gladys Avenue, Portsmouth Hants PO2 9BL Tel: 02392 698285 Fax: 02392 639992 Hampshire's Premier

Running Specialists Open 7 days a week, mail Order and podiatrist service



SALES@WINNINGWAYS.ORG.UK

heartratemonitor.co.uk

says it

our name





www.TrackandFieldSports.com

SPEED - DISTANCE - HEART Sport monitors for athletes heartratemonitor.co.uk

SPORTS

CLUB COLOURS

9 Acton Hill Mews, 310-328 Uxbridge Road, London W3 9QN

Oxfordshire's supplier of Running & Fitness shoes and clothing from major manufacturers

Dunmore Court, Wootton Road Abingdon, Oxon. OX13 6BH Tel: 01235 553899

www.fit2rundirect.com

Have been established for over 25 years

- We have thousands of running shoes in stock as well as hundreds of spikes
- Biomechanical assessments to get the right shoe for you
- Recognised by all major brands as a major dealer

39B George Street, Brighton BN21RJ Tel: 01273-675717

www.jogshop.co.uk

Vests, shorts, tracksuits, badg promotional products www.douglassports.co.uk

DOUGLAS SPORTS

Tel: 07976-281286

RUN AND BECOME BECOME AND RUN

Keeping the Capitals Running LONDON FDINBURGH

0131 313 5300

CARDIFE

02920 232 346 0207 222 1314 COMPREHENSIVE RANGES OF CLOTHING, SPIKES, FELL & ROAD SHOES

For special offers ring the store or visit the website www.runandbecome.com

ADVERTISE YOUR BUSINESS IN THIS SPACE CALL NOW ON 07711-263771



Torch makes unexpected stopover

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



"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 Slovakianborn 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

Weimann's parents were national sprint hurdles champions in Austria during the Eighties, with his mum, who ran under the name of Sabine Seitl, holding the Austrian 100m hurdles record for 14 years.

Weimann, who was interviewed for the Dip



Finish feature by longtime 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

"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.



County Championships results round-up plus an interview with UKA's coaching guru Kevin Tyler

OUT THURSDAY MAY 17 - DON'T MISS IT!

It's Olympic year ...

Get a digital subscription today and receive your favourite athletics magazine online every week!

AW Digital is the cheapest, fastest and most effective way to get your weekly athletics news!

It's everything you've come to expect from the printed version – but for ONLY £5.49 for 4 issues and get your first issue free!*

Access Athletics Weekly anywhere in the world on any PC, iPad or mobile device!

- Save more than £102 on the newsstand cover price
- Save 59% on the printed magazine subscription price

With the London 2012
Olympics only moments
away, the Games start NOW!

DON'T MISS OUT!

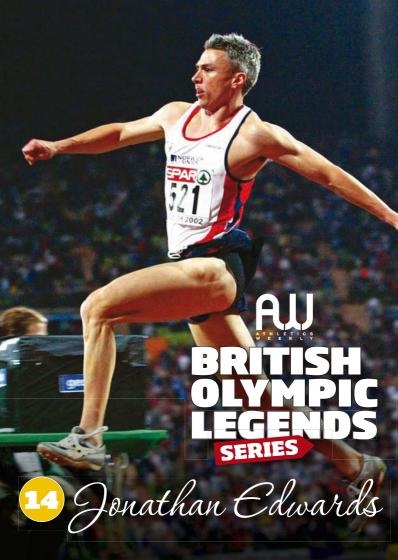


To get your digital subscription to *Athletics Weekly*, visit: **subscribeme.to/athletics-weekly**



* When you subscribe by direct debit









PERFORMANCE

MultiAir engines: More performance. Less fue consumption. Lower emissions.

ALFA D.N.A.

Unique Alfa D.N.A. driving switch with 3 driving modes - Dynamic, Natural, and All-weather to suit all conditions*.

SAFETY

Awarded a five-star Euro NCAP rating, making it one of the safest cars in its class.

VISIT WWW.ALFAROMEO.CO.UK

WITHOUT HEART, WE WOULD BE MERE MACHINES.





Model shown Alfa MiTo 1.3 JTDM-2 85 bhp Distinctive at £16,360 including Alfa Red special paint at £425. Range of official fuel consumption figures for the Alfa MiTo range: Urban 34.9 – 64.2 mpg (8.1 – 4.4 1/100km); Extra Urban 58.9 – 97.4 mpg (4.8 – 2.9 1/100km); Combined 47.1 – 80.7 mpg (6.0 – 3.5 1/100km). CO₂ emissions 139 – 90 g/km.

*Excludes 1.4 78 bhp 8v engine

ACKNOWLEDGEMENTS

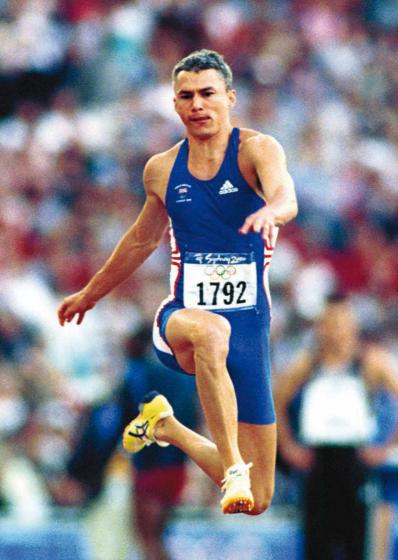
Photography - Mark Shearman

Design - Andrew Hill, AT Graphics



Athletics Weekly Limited, PO Box 614, Farnham, Surrey GU9 1GR www.athleticsweekly.com

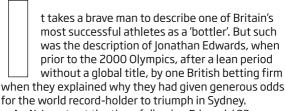
Printing: Warners, Warners Midlands Plc, Bourne, Lincolnshire, PE10 9PH





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.



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





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.

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.



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 TC 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."

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





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: dnq 23rd Olympics

1990: 2nd Commonwealth Games

1992: dnq Olympics, 1st World Cup

1993: 6th World Indoors, 3rd Worlds

2nd European Cur

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

2003: 4th World Indoors, 12th Worlds

NATIONAL CHAMPIONSHIPS

Won AAA 1989, 1994, 1998, 2001; UK 1989 and 1992

UKINTERNATIONALS

49 (1988-2003)

PERSONAL BESTS

TJ 18.29 (world record) and 18.43w (1995), 100m 10.48 (1996), 200m 22.2 (1989),

INDOORS

50m 5.9 (1993), **60m** 6.73 (1998) **TJ** 17.64 (1998, British record)



I am Giulietta. If you are going to talk about me,

TEST ME.

TEST ME.



ALFA GIULIETTA NOW AVAILABLE WITH ALFA TCT (Twin Clutch Transmission).



PERFORMANCE

MultiAir engines: More performance. Less fuel consumption. Lower emissions.

ALFA D.N.A.

Unique Alfa D.N.A. driving switch with 3 driving modes – Dynamic. Natural, and All-weather to suit all conditions.

ALFA TCT

Dual-clutch semi-automatic transmission allowing you to make smoother gear changes without losing acceleration.

VISIT WWW.ALFAROMEO.CO.UK

WITHOUT HEART WE WOULD BE MERE MACHINES.





alfaromeouk



@alfaromeouk





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 I/100km); Combined 37.2 - 64.2 mpg (7.6 - 4.4 I/100km), CO₂ emissions 177 - 114 g/km.

OFFICIAL CAR SUPPLIER TO UKA



































www.athleticsweekly.com

The **British Olympic Legends** series is a compilation of success at the highest level from over 60 years of Olympic competition.

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

1500m: Moscow 1980, Los Angeles 1984

SEB COE

LONDON 2012 TIMETABLE YOUR DAILY GUIDE TO ALL THE TRACK AND FIELD ACTION AT THE GAMES



SATURDAY AUGUST 4				
М	100m	Prelims		
W	Long jump	Heptathlon		
W	Pole vault	Qualification		
М	400m	Heats		
W	3000m steeplechase	Heats		
W	Javelin	Heptathlon		
М	100m	Heats		
W	Javelin	Heptathlon		
М	20km walk	Final		
М	400m hurdles	Semi-final		
W	Discus	Final		
W	100m	Semi-final		
М	Long jump	Final		
W	400m	Semi-final		
W	800m	Heptathlon		
М	10,000m	Final		
W	100m	Final		
	M W W W W M W W W W W	M 100m W Long jump W Pole vault M 400m W 3000m steeplechase W Javelin M 100m W Javelin M 20km walk M 400m hurdles W Discus W 100m M Long jump W 400m W 800m M 10,000m		

SUNDAY AUGUST 5			
11:00	W	Marathon	Final
19:00	W	400m hurdles	Heats
19:05	М	High jump	Qualification
19:35	W	Triple jump	Final
19:45	М	100m	Semi-final
20:15	М	1500m	Semi-final
20:20	М	Hammer	Final
20:40	М	400m	Semi-final
21:10	W	400m	Final
21:25	М	3000m steeplechase	Final
21:50	М	100m	Final

MOND	MONDAY AUGUST 6				
10:00	М	Discus	Qualification		
10:05	W	100m hurdles	Heats		
10:45	W	Shot	Qualification		
10:50	М	800m	Heats		
11:25	М	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	М	400m hurdles	Final		
21:05	W	3000m steeplechase	Final		
21:30	М	400m	Final		

TUESI	DAY	AUGUST 7	
10:00	W	Javelin	Qualification
10:10	М	110m hurdles	Heats
10:45	М	Triple jump	Qualification
10:55	W	5000m	Heats
11:25	W	Javelin	Qualification
11:50	М	200m	Heats
19:00	М	High jump	Final
19:05	W	Long jump	Qualification
19:15	W	100m hurdles	Semi-final
19:45	М	Discus	Final
19:55	М	800m	Semi-final
20:25	W	200m	Semi-final
21:00	W	100m hurdles	Final
21:15	М	1500m	Final



WEDN	ES	DAY AUGUST 8	
10:00	М	Pole vault	Qualification
10:00	W	Hammer	Qualification
10:10	Μ	100m	Decathlon
10:45	М	5000m	Heats
11:10	М	Long jump	Decathlon
11:25	W	Hammer	Qualification
11:35	W	800m	Heats
12:50	М	Shot	Decathlon
18:00	М	High jump	Decathlon
19:05	М	Javelin	Qualification
19:15	М	110m hurdles	Semi-final
19:45	W	1500m	Semi-final
20:05	W	Long jump	Final
20:10	Μ	200m	Semi-final
20:35	М	Javelin	Qualification
20:45	W	400m hurdles	Final
21:00	W	200m	Final
21:15	М	110m hurdles	Final
21:30	Μ	400m	Decathlon

THURSDAY AUGUST 9			
09:00	М	110m hurdles	Decathlon
09:45	W	High jump	Qualification
09:55	М	Discus	Decathlon
11:45	М	4x400m relay	Heats
12:55	М	Pole vault	Decathlon
18:30	М	Javelin	Decathlon
19:20	М	Triple jump	Final
19:30	W	800m	Semi-final





Decathlon

THURSDAY AUGUST 9 (CONTINUED)				
19:40	М	Javelin	Decathlon	
20:00	М	800m	Final	
20:20	W	4x100m relay	Heats	
20:55	М	200m	Final	
21:00	W	lavelin	Final	

21:20 M 1500m

FRIDAY AUGUST 10			
19:00	М	Pole vault	Final
19:10	W	4x400m relay	Heats
19:35	W	Hammer	Final
19:45	М	4x100m relay	Heats
20:05	W	5000m	Final
20:40	W	4x100m relay	Final
20:55	W	1500m	Final
21:20	М	4x400m relay	Final

C 0 = 1 1 1		W BUGUET 44		
SATURDAY AUGUST 11				
09:00	М	50km walk	Final	
17:00	W	20km walk	Final	
19:00	W	High jump	Final	
19:20	М	Javelin	Final	
19:30	М	5000m	Final	
20:00	W	800m	Final	
20:25	W	4x400m relay	Final	
21:00	М	4x100m relay	Final	

