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Cover: Mo Farah winning the NYC Half-marathon (Victah Sailer) and Emelia Gorecka in the junior race at the World Cross in Spain (Mark Shearman)

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EDITOR'S LETTER

Farah is ready to take on the world

» MO FARAH'S victory in the NYC Half and Imane Merga's win in Spain last weekend has set up a mouth-watering head-to-head for any race promoter with the money to make it happen. The European No.1 against the winner of world cross-country title. What a match-up it would be.

From Bannister v Landy to Coe v Ovett to Gebrselassie v Tergat, athletics has always thrived on great duels. And now there is the chance to pit two of the most exciting distance runners in the world against each other.

After all, following Farah's ultra-impressive half-marathon win last weekend, isn't everybody – including Farah himself – fascinated to find out what would have happened if he had chosen the turf of Punta Umbria as opposed to the tarmac of New York?

To whet your appetite, remember that Merga and Farah raced each other over 10km on the roads in Bolzano, Italy, on New Year's Eve, with Merga winning by

only two tenths of a second. Yet that was several months ago and Farah seems to be improving in every race.

The gauntlet is down.

» DOUR and unsmiling, Mick Woods is not everyone's cup of tea. When it comes to coaching cross-country runners, though, he undoubtedly has the Midas touch.

Impressively, the AFD endurance guru guided the No.1 European athlete in three of the four races at the World Cross on Sunday in Punta Umbria. Charlotte Purdue, Emelia Gorecka and Jonny Hay spearheaded the continental challenge against Africa, while he coaches a further five from the 2011 GB World Cross squad, not to mention the injured Steph Twell.

His athletes train hard, they love the sport and they dote on him like a second father. Plus, they ran like lions in Spain and for that reason alone he deserves a special mention in this World Cross issue.

Jason Henderson, Editor

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Report: Jason Henderson

in Punta Umbria

Pictures: Mark Shearman

IGNORED by the media and boycotted by cowardly countries who cannot handle the heat, the IAAF World Cross Country Championships is the lost soul of the athletics world. Unless you are from Africa, of course.

To them, it has become a veritable gold rush, with medals divvied up between Kenya and Ethiopia in particular while the rest of the world struggles to get a look-in. Just glance at the photographs of the medal ceremonies from last weekend's championships in Punta Umbria in Spain. They pretty much tell the tale, although not quite the whole story.

Yes, Kenya took six of the eight available gold medals at this, the 39th edition of the World Cross. Sure, Ethiopia took the other two, including the blue-riband senior men's race courtesy of Imane Merga. Okay, non-African countries snatched only three minor medals out of a possible twelve. Yet it was enough to give the rest of the world hope that it can compete with Africa's finest when this now biennial event returns in two years' time.

There was also enough energy and enthusiasm in Punta Umbria last weekend to suggest that perhaps this event deserves its place on the calendar after all. Certainly, this was no final nail in the coffin of the World Cross. Quite the opposite, as the weekend was full of energy and enthusiasm.

No Spain, no gain

SHALANE FLANAGAN, CHARLOTTE PURDUE AND EMELIA GORECKA LED THE WESTERN RESISTANCE AGAINST AFRICAN DOMINANCE IN SOUTHERN SPAIN



The East African World Cross stranglehold continued in Spain, but USA, GB and Japan were not overawed

Try telling Shalane Flanagan and her US team-mates, for example, that the Western world should give up cross country.

The 29-year-old Olympic 10,000m bronze medallist punched a hole in the African distance-running dominance with a stirring performance to take bronze – the first time a non-African athlete had won a medal at these championships since Benita Johnson of Australia won gold in 2004. In doing so, Flanagan led her country to team bronze too.

You might also have problems trying to convince Charlie Purdue and Emelia Gorecka that Britain may as well not bother. Purdue, only 19, soared to 14th in her first senior women's race, while Gorecka, 15th in the junior

women's event, proved she could mix it, too, outkicking a Kenyan in the finishing straight for good measure.

Magnificently, Purdue was the highest placed European in any race in Punta Umbria. Gorecka was also the No.1 European, as was junior man Jonny Hay, while the GB senior women's team and both junior squads topped the European competition at this global gathering.

UKA team leader Ian Stewart added that with Steph Twell, Helen Clitheroe and others in the team, a medal was possible.

Talk to the estimated 20,000-strong crowd who brought



A total of 55 countries competed in Punta Umbria



their flags and banners (and sunglasses) into the 2km grassland circuit in this small seaside town in southern Spain and you will also find some of the most passionate fans in the sport. So what if Africa dominates. To many this is still The Toughest Race in the World and not one that anyone worth their salt should sidestep.

Finally, ask Japan whether it was worth turning up last Sunday. Despite seeing their country being devastated by an earthquake and tsunami, a sizeable and stoical squad travelled to Spain and went home smiling after its junior

women took team bronze. Such was their delight, they were virtually the last team to leave the course after the races, hovering by the finish line to take photographs and generally savour a magical moment during one of the worst periods in their nation's history.

Financially, there is not much cash to fight over. The IAAF put up \$30,000 for individual senior winners and \$20,000 to teams, which is decent. But generally cross-country runners race for love not money.

This is the heart of the sport, after all. Long may it continue beating.

Punta Umbria diary

» IT IS not confirmed, but Bydgoszcz looks certain to stage the 40th IAAF World Cross Country Championships when the event next takes place in 2013. The self-styled "city of sport" is certainly IAAF president Lamine Diack's favourite place as it has staged the IAAF world youth, junior, cross country and European Cup competitions in recent years.

However, AW was not impressed at the 2010 World Cross when we said that the "venue – Myslecinek Park – was not massively inspiring, with only a modest crowd and the kind of big-event atmosphere that a number of British cross-country events would surpass". (See also athleticsweekly.com).

Following that the 2015 event could go to Bahrain.

» SO what do British cross-country runners try to peak for at the end of the 2011-12 season? The English National is set to carry more prestige than usual because there will be no World Cross trials to compete with it and it is also being held at London's Parliament Hill on the eve of the Olympics.

But AW learned in Punta Umbria that there is talk behind the scenes to re-invent the old "international championships" that preceded the IAAF's World Championships. This would involve the home nations, plus Ireland and probably Western European countries like France, Belgium, Italy, Germany and Spain – in an end-of-winter old school shoot-out.

» LEGENDS such as Seb Coe, Rosa Mota and Fermin Cacho chose to

jog around a special "celebrities' race" on Saturday in aid of UNICEF. Others, like Wilson Kipketer and Sonia O'Sullivan, ran a little harder although not flat-out. Yet some, like Martin Fiz of Spain and Paolo Guerra of Portugal, decided to belt it out against 90-odd entrants.

Racing on the same World Cross course in similarly searing temperatures, former world marathon champion Fiz placed fifth while four-time Euro Cross winner Guerra was fourth in a race won by Luis Miguel Martin, a Spaniard who placed fifth in the Olympic steeplechase in 2000 and 2004.

Most impressive, though, was perhaps Antonio Prieto. The Spaniard competed in 15 World Cross events from 1977-91 and on Saturday, aged 53, he finished 13th – ahead of O'Sullivan, Coe and AW editor Jason Henderson, who are among those pictured below.

» IF VIEWERS of Channel 4's belated World Cross coverage at 6.35am on Saturday are frustrated by the lack of coverage of British runners, then do not blame the commentator. The IAAF employed Rob Walker to talk through the races for a global audience and C4 is one of just many TV channels who are going to use the tape.

» LOTS of people have given up going to the World Cross, but not the East Kilbride "barmy army" of cross-country fans. Wearing their kilts as usual, they fielded a 10-strong party in Punta Umbria and probably won't know what to do with themselves on the penultimate weekend in March next year.

Seb Coe with 'celebs' and media at the UNICEF race



Merga spoils Kenyan party

IMANE MERGA OF ETHIOPIA TAKES THE SHINE OFF KENYA'S DAY BY WINNING THE BLUE RIBAND MEN'S INDIVIDUAL TITLE

Senior men

AN UNSEEMLY scuffle between an Ethiopian and an Eritrean in the finishing funnel dominated the post-race gossip and chit-chat in Punta Umbria. But the memory that will burn longest in the memory is that of Imane Merga taking the senior men's world cross title back to Ethiopia.

Sadly, Abera Kuma of Ethiopia and Samuel Tsegay of Eritrea allowed the two countries' longstanding border dispute roll over into the world of athletics and the duo were disqualified under IAAF rule 125.5 for "unsporting conduct" after a punch-up in the closing stages.

Winner Merga did not need to resort to dirty tricks, though, as he used superb speed to scorch away from four Kenyans in the final 400m. In doing so, he followed in the footsteps of Ethiopian winners such as Kenenisa Bekele and 2009



Blast off! The men's race had its usual manic opening charge

champion Gebre Gebremariam. Given their superb packing, however, Kenya sealed the team title for the sixth time on the trot and the 24th time in 26 years.

"I was running to win," said Merga, who won the 5000m Diamond League crown in 2010. "I came here wanting the gold from the beginning and was confident that I could do it."

Passing lapped runners in the final stages of the 12km race on the twisting, 2km course, Merga saw off Kenyan rivals Paul Tanui, Vincent Chepkok, Mathew Kipsorio and Geoffrey Mutai to

win by two seconds.

Mutai particularly had been a feared contender as the 29-year-old won the Kenyan trials by 44 seconds earlier this year and clocked 2:04:55 and 2:05:10 in the Rotterdam and Berlin marathons in 2010.

In sixth, Stephen Kiprotich led Uganda to team bronze medals. In seventh, Philemon Limo of Kenya ran for most of the race with only one shoe. Teklemariam Medhin of Eritrea, the runner-up behind Joseph Ebuya in 2010, was with the leaders early on, but he faded to 14th.



Craig Mottram: Aussie returns to form with 21st and first non-African home



Imane Merga (centre) gestures to his rivals during the men's race

To the delight of the host nation, Ayad Lamdassem of Spain was first European in 16th. Given this, it would have been interesting to have seen how Mo Farah would have fared, although Lamdassem was 82 seconds behind Merga.

In Farah's absence, Andy Vernon was 58th, Tom Humphries 64th, Luke Gunn 73rd, James Walsh 77th, Ryan McLeod 83rd and Derek Hawkins 91st – and the GB team was 15th overall.

Vernon was frustrated by a back injury and explained: "It dictates the pace of my race and I was quite wary of what I could do. In the last kilometre it almost completely went."

He added: "I wasn't working



New champion: Imane Merga of Ethiopia outsprints the Kenyans



African domination: Kenya first, Ethiopia second, Uganda third

as hard as I could have been. I made most of my ground in the final lap but probably finished with a bit in hand.

"I'm in my final year at university and I think sitting in a chair a lot has not helped it. It's weird, too, as I don't get it in training. It's only when I start to run hard in races."

Humphries was similarly frustrated due to an injury in his hip and groin area. But his

problems didn't stop there. He said: "On the second lap my feet began to swell up and I think I have blisters all over my feet. On the third lap every step was pure pain. I think my spikes are a bit too big. I've never had the problem before."

McLeod endured a painful experience, being 45th at the end of the first lap but drifting back to 50th, 65th, 73rd and 81st on subsequent laps.

"Welcome to the World Cross!" he said. "I got carried away at the start and I ended up in the top 40 and got dragged off too fast – about 28-minute pace or something silly, which is quicker than my 5km pace, so I've learned a lot from this."

Hawkins was also disappointed, saying: "It was not great to be honest. I just found it too hot. On the last lap I didn't have any idea where I was."

But the Scottish athlete added: "I didn't think I would actually qualify for here so I'm just delighted to be here. Nothing was really expected of me, so I was just excited to be running and I certainly don't think I disgraced myself."

Walsh said: "It's tough enough doing a 12km cross country at home, so it was even harder here in this heat. I think I had a solid run but not a great one."

"The logs were tough too as I only have short legs! But I made the scoring four which was my

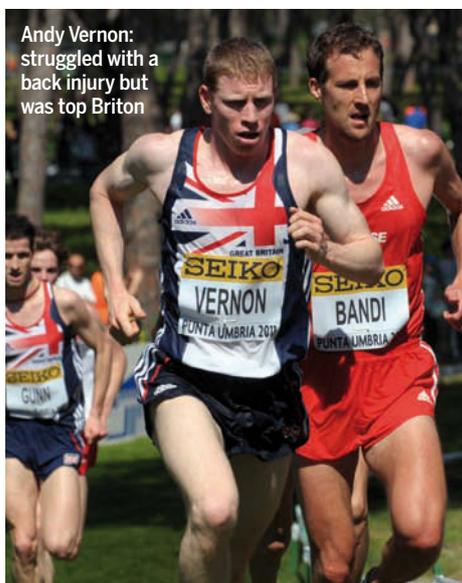
main aim, so job done on that score."

But Gunn was one of the athletes who over-performed and he confirmed: "Yes, I'm happy with that as my aim was top 70. I was only sixth man at the trials and third Brit here, so that's good."

Looking far less red-faced than most of his team-mates, the UK steeplechase No.1 joked: "Hurdles in the steeplechase on the track were not as hard as the barriers out here over 12km. They were only half a foot tall but they seemed to be getting bigger on each lap."

Elsewhere, Craig Mottram was top non-African finisher in 21st. The Australian has battled back from a spell on the sidelines due to injury and the comeback that looked promising last summer took another step forward here.

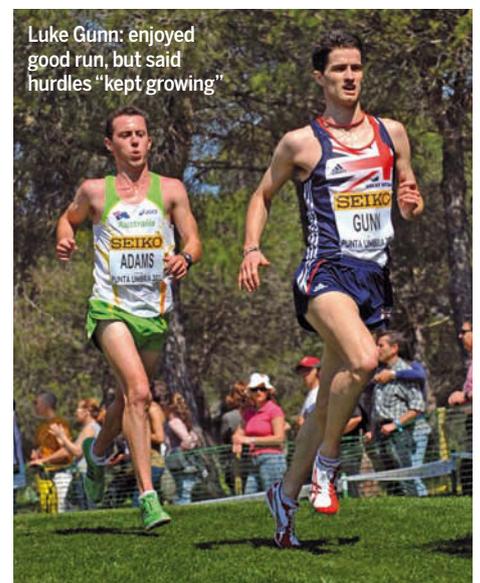
He was only 44th at the end of the first lap, too. So perhaps experience paid off for the 30-year-old.



Andy Vernon: struggled with a back injury but was top Briton



Tom Humphries: hip problem and blistered feet



Luke Gunn: enjoyed good run, but said hurdles "kept growing"

Flanagan and Purdue both shine

KENYA DOMINATE, BUT SHALANE FLANAGAN AND CHARLOTTE PURDUE PROVE WESTERN RUNNERS CAN MIX IT WITH AFRICA'S FINEST

Senior women

VIVIAN CHERUIYOT and Linet Masai slugged it out at the front to give Kenya an individual one-two and comfortable team victory. Yet behind the two leaders, the Western world was fighting back as Shalane Flanagan of the United States stormed through to win bronze and Charlotte Purdue of Britain was top European finisher in 14th.

Flanagan, in fact, became the first non-African medallist at the championships since Benita Johnson of Australia won gold in 2004. Purdue was the highest-placed European athlete throughout all the races.

Flanagan led the United States team to third place behind Kenya and Ethiopia, as Bahrain finished fourth and Britain a fine fifth. Japan, meanwhile, finished seventh despite their recent national disaster, while hosts Spain were eighth.



In sunny conditions on a flat, fast course, the opening sprint in each race was brutally quick

Cheruiyot, 27, won the world junior cross-country title in 2000 but has failed to make an impact in recent years in the senior race – until now. The world and Commonwealth 5000m champion broke away from Masai, the world 10,000m champion, halfway through the final 2km circuit to take gold.

After never finishing higher than eighth as a senior, Cheruiyot was delighted. "I feel very happy because I had not won any medal (in the senior race)," she said. "I hope to defend my title in the next championship. I'm very happy

too about Masai because we are friends outside the competitions and we also train together. It's a great result to be the first team too."

Masai also finished second for the third year in a row and said: "My goal was to win in this championship because I became very strong. But finally I have been the second once again."

Flanagan finished 12th last year and at one point in Punta Umbria she began to tail off the nine-strong lead group that had formed partway through the race. But she rallied impressively to claw her way back into medal contention.

"I am exhausted. The race was very hard from the beginning," she said. "I tried very hard to be at the same level and I'm so tired. I am so happy and very proud of my whole team."

Similarly, Purdue was ecstatic to equal or arguably surpass her goals. Like most of Mick Woods' athletes, she started relatively conservatively and went through the first lap in 29th before moving through to 17th at the end of second lap and eventually 14th.

What's more, she was the youngest finisher in the top 14 in the women's race at Punta



Hatti Dean: ran superbly in 21st place

Umbria and the last time a British woman finished higher than 14th was when Kathy Butler placed 11th in 2004 (see panel).

Behind her, Hatti Dean ran superbly in 21st, Stevie Stockton surpassed expectations and the form book to finish 37th and Naomi Taschimowitz in 46th was also part of the scoring team. Gemma Steel in 54th and Julia Bleasdale in 59th also ran solidly.

"I really wanted to be first European and in my head I knew I could do it," Purdue said. "In my first junior world cross I was 15th, so I'm delighted to have come one place better than that in my first senior race."

The 19-year-old continued:

Edith Masai leads with Vivian Cheruiyot in pursuit



Unflappable Flanagan says marathon training is key

SHALANE FLANAGAN came down from the marathon to win a bronze medal at last weekend's World Cross and the American will return to the marathon for London 2012.

The 29-year-old emerged as the No.1 story for the Western media when she became one of the few non-Africans to make the World Cross podium in recent years.

But only last November she was busy placing second in the ING New York City Marathon on her debut at 26 miles in 2:28:40. And she plans to return to the marathon next winter for the US Olympic trials before tackling the distance at the London Olympics.

"I've never been in the top 10 before at the World Cross, so this is a big day for me," said Flanagan, whose mother, Cheryl Bridges, was fourth in the old 'International' cross-country championships in 1969.

She added: "Marathon training



Flanagan's run: the American stormed to brilliant bronze

has provided great fitness for cross country. I believe all the miles and strength from marathon training is good for cross country and the two events complement each other.

"Today I will switch to become a track runner again in the build-up to the World Championships in Daegu.

Then I will start marathon training again for the Olympic marathon trials in January 2012."

Flanagan won Olympic bronze over 10,000m in 2008 and will try to win a track medal in Daegu, but she believes her biggest Olympic chance lies in the marathon.

"Mick also knew I could do it and when Mick says I can do something, then I can! When I was a junior he said I could come 15th. I said to him, 'Are you mad?' So when he told me before this race that I could come top 15 then I believed him."

Being a steeplechaser, Dean took the hurdles on the course in her stride and was generally



Stevie Stockton: third Brit home in 37th

pleased with her run. "I usually run well in the heat, but I hate it!" she said. "I was pleased with how I paced it and I paced it really well, but I found myself a bit by myself halfway through the race and had to spend 2-3km fighting back. Then my finish was a bit rubbish – my legs were dead – but this all bodes well for a good summer season."

Stockton said: "I was seventh in the trials and some people said I shouldn't be in the team, so I was glad to justify my place here. I did Mombasa a few years ago and this was also hot, so the experience of running there and also last year (she was 47th in Poland) helped me here."

Taschimowitz did not have such a great run, though, as she struggled in the heat. She said: "It was an amazing experience. It's just a shame I didn't run that well. But it wasn't my worst ever race."

Steel: "If you have a bit of a rest in the race then about five



Vivian Cheruiyot: world 5000m champ beat the world 10,000m gold medallist

people speed past you. It's a really tough race."

Among those who found it tough was world 1500m champion Maryam Jamal, who finished 23rd. Similarly, European 1500m champion Nuria Fernandez was 24th.

Purdue spares thought for injured friend

IF THE absent Steph Twell was looking for inspiration to help with her comeback from injury, then she got it on Sunday when she discovered her friend, team-mate and training partner Charlotte Purdue had finished 14th in the World Cross on her senior women's race debut.

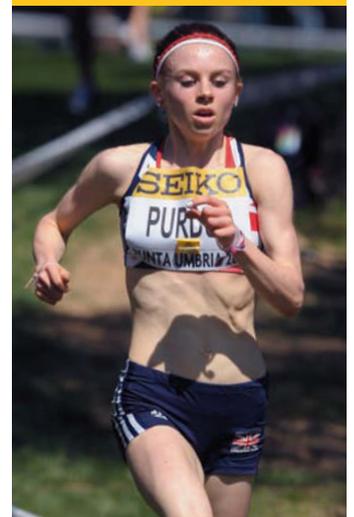
Twell was badly injured earlier this year during a race in Belgium and had to miss Punta Umbria. But Purdue said: "I was in Steph's position this time last year so I know how she feels.

"This time last year I was just about to have an operation on my knee on May 1. So I had to miss the championships in Bydgoszcz."

Purdue added: "Steph texted me before the race and this was for her as much as myself and Mick really."

How Purdue compares ... Top Brits in recent women's world cross events

2001	Paula Radcliffe	1st
2002	Radcliffe	1st
2003	Hayley Yelling	19th
2004	Kathy Butler	11th
2005	Mara Yamauchi	27th
2006	Yamauchi	23rd
2007	Hatti Dean	15th
2008	Liz Yelling	15th
2009	Steph Twell	38th
2010	Twell	23rd
2011	Charlotte Purdue	14th



Kipsang leads African rampage

KENYAN GEOFF KIPSANG TAKES TITLE IN FRIGHTENING DISPLAY OF AFRICAN CROSS-COUNTRY DOMINANCE

Junior men

OF all the races in Punta Umbria on Sunday, the junior men's race was the one dominated most emphatically by African athletes. The first non-African-born runner was Craig Lutz of the United States in 29th. The top non-African was Isaac Chelimo – a former Kenyan representing Bahrain – in 22nd.

Geoffrey Kipsang Kamworor took gold as Kenya placed first, third, sixth, tenth, thirteenth and fourteenth to beat Ethiopia to team gold by four points.

Such is the strength of depth in the Kenyan team, Kipsang did not qualify for the World Cross team in 2010 and was only fourth in the 2011 Kenyan junior championships. With a 5000m PB of "only" 13:42, he was also



Geoff Kipsang's front-running tactics paid off



Ross Matheson: achieved top-60 goal

run out of energy, but I felt I had a good chance of the gold medal."

As usual, the British endured a tough experience. But they had a profitable day nonetheless. As a team, they were "only" 10th, but they were the No.1 European squad home. Individually, Jonny Hay excelled as top European finisher in 39th overall.

"I was overheating on the penultimate lap so I poured water on myself and it seemed to revive me," said Hay. "The GB supporters were amazing too – they kept giving me a boost around the course."

Confirming the great form he has shown domestically this winter, he added: "I made my aim and this was my last World Cross as a junior so I did myself proud. I kept controlled and focused despite a few elbows at the start and I felt really good and composed most of the way. "I haven't always performed well in a GB vest so hopefully this will be a stepping stone to doing well in the European Juniors this summer."

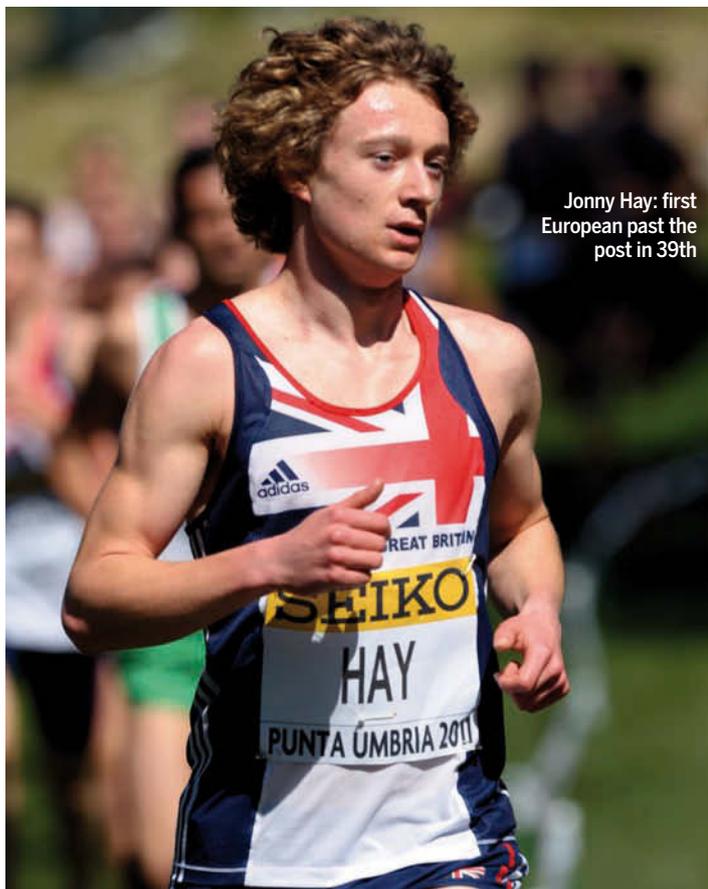
Hay was followed home by Ross Matheson 53rd, Ben Connor 67th, Richard Goodman 71st, Ian Bailey 72nd and Tom Curr in 95th. Also, it is worth mentioning that one place behind Hay was Ethan Heywood

much slower on paper than Kenyan champion Isaiah Koech, who ran a phenomenal 12:53 indoors last month.

Form can often turn around dramatically during the Kenyans' intense three-week pre-world cross training camp. He may have been the big favourite a few weeks ago, but ultimately Koech wound up 10th in Punta Umbria, while Kipsang, a stocky former footballer, was rewarded for his relentless front running and he broke away on the final 2km lap.

Tomas Akeyo was the last man to stick with Kipsang and the Ugandan held on to second. Bonsa Dida of Ethiopia had also looked dangerous for much of the race alongside Kipsang and Akeyo, but he eventually faded to fourth as Patrick Mwiya finished strongly for bronze.

"I knew I was in great shape at the training camp and I was just feeling very confident," said Kipsang. "I decided to just run as hard as I could from the front. I knew there was a danger I might



Jonny Hay: first European past the post in 39th

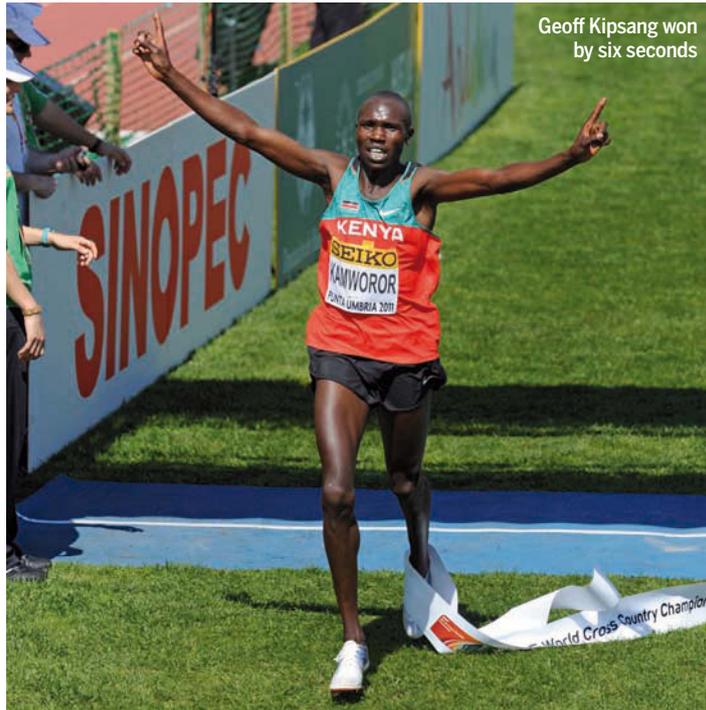


USA's Craig Lutz was first non-African

– an 18-year-old Australian who was born in Norwich, England.

“People said top 60 would be good and I’ve done that,” said Matheson, one of two Scottish athletes in the GB squad. “I just picked people off as I went on and ran well.”

Connor was also pleased, saying:



Geoff Kipsang won by six seconds

“I didn’t really know what to expect, but it was good, I enjoyed it. You just have to run your own race, pace yourself and try to

pick people off – which I did.” Struggling in the sweltering heat, Curr had been 69th at the end of the first lap before



Tom Curr: over-heated during the race

fading to 98th and then rallying to 95th. Afterwards, he collapsed in the media tent and UKA medics spent a solid five minutes pouring water over him and covering him with ice bags to cool him down before he eventually stood and gingerly made his way out.

KENYAN FAITH KIPYEGON TAKES GOLD AS EMELIA GORECKA FINISHES TOP EUROPEAN

Junior women

FAITH CHEPNG’ETICH KIPYEGON showed her rivals a clean pair of heels. Running without spikes, she outsprinted a trio of Ethiopians to win junior women’s gold.

As well as being a victory for the barefoot brigade, the shoe-less wonder also struck a blow against capital punishment. In January it was reported that she and team-mate Naomi Mitei were badly caned by a teacher at school and Kipyegon, who lost consciousness during the incident, subsequently missed training due to the back injury that resulted from the beating.

The lost training did not seem to affect her in Punta Umbria. Kipyegon, who was fourth in Bydgoszcz in 2010 and third in the Kenyan Championships this year, pushed the pace for much of the race with team-mate Janeth Kisa before outpacing Ethiopians

Kenya keeps the Faith



Faith Kipyegon: outpaced her rivals in the closing stages

such as Genet Yalew, who took silver, and Asemra Gebru, who won bronze, in the final stages.

“I am so happy with my first place,” said Kipyegon. “The race was not easy, it was so hard, but I am happy.”

Ethiopia had the pleasure of taking the women’s team title, but only by two points. They were followed by one of the best

stories of the championships, as a team of young women from the tsunami and earthquake-hit Japan earned bronze medals.

There were question marks over whether all the Japanese team would be able to travel to Spain. But when the tsunami hit their country the team was already in a pre-World Cross holding camp just outside of Tokyo, so

their plans were not disrupted.

So with Katsuki Suga and Tomoka Kimura leading the way in 12th and 13th, the Japanese team were full of smiles – as were the British team who also enjoyed terrific performances.

Emelia Gorecka was the first European home in 15th. The Aldershot athlete improved from 23rd in 2010 and was followed



The Japanese junior women were delighted to come away with the team bronze

in Punta Umbria by Annabel Gummow in 22nd, Louise Small in 29th, Georgia Peel in 40th, Beth Carter in 45th and Ruth Haynes in 66th as the British team finished fifth overall and first European team by an overwhelming margin.

Gorecka said: "I'm over the moon. I was very wary before the race that just like last year there would be six Kenyans and six Ethiopians, so I just tried my best to keep pushing."

Gorecka was 24th after the first lap and behind top US runner Aisling Cuffe in 18th, but the Briton passed Cuffe in the latter stages. She added: "I started steadily, felt good and when I was ready to go, I pushed on."

What's more, the 17-year-old outkicked one of the Kenyans in the final stages. "When I went I didn't look back and I just kept going!" Gorecka added.



Louise Small: finished in top 30

Gummow was exhausted at the end and hobbled through the finish area doubled up. "I gave it 100 per cent and I'm really happy," she said. "Emelia is a great athlete and she's my target."

"My legs went heavy pretty



Emelia Gorecka: finished 15th overall and first European

soon during the race due to the heat, but I ran well and I really enjoyed it. My coach Chris Woodridge was also here to watch and I'd love to thank him for all that he's done for me."

Peel, Carter and Haynes were

also happy with solid runs to make up the British finishers. Of course in addition to Gorecka, Charlie Purdue and Jonny Hay, the junior women Peel and Haynes are also part of the Woods/AFD set up.



Annabel Gummow: second Brit in 22nd



Faith Kipyegon recovered from severe beatings by a school teacher to become world junior cross-country champion

RESULTS

Senior men (12km)

1 I Merga (ETH) 33:50; 2 P K Tanui (KEN) 33:52; 3 V K Chepkok (KEN) 33:53; 4 M K Kisorio (KEN) 33:55; 5 G K Mutai (KEN) 34:03; 6 S Kiprotich (UGA) 34:07; 7 P K Limo (KEN) 34:21; 8 H Mesfin (ETH) 34:25; 9 A H Mahboob (BRN) 34:30; 10 H M Machariyang (KEN) 34:30; 11 M N Kipsiro (UGA) 34:31; 12 D Sefir (ETH) 34:35; 13 G Kusuro (UGA) 35:06; 14 T Medhin (ERI) 35:08; 15 S Mokoka (RSA) 35:10; 16 A Lamdassem (ESP) 35:12; 17 F Lilesa (ETH) 35:13; 18 A Abraha (ERI) 35:28; 19 D Huru (UGA) 35:31; 20 R Aboud (ALG) 35:33; 21 C Mottram (AUS) 35:33; 22 M Kibet (UGA) 35:34; 23 S-H Chahdi (FRA) 35:35; 24 A Mesel (ERI) 35:38; 25 T Setone (RSA) 35:38; 26 S Buraas (NOR) 35:38; 27 J C Romero (MEX) 35:42; 28 D Regassa (BRN) 35:43; 29 K Tsosane (RSA) 35:48; 30 B Shugi (BRN) 35:49; 31 C Castillejo (ESP) 35:52; 32 Y Aakaou (ESP) 35:53; 33 G Hakizimana (RWA) 35:54; 34 N Costa (POR) 35:54; 35 K Aggoune (ALG) 35:55; 36 B True (UGA) 35:56; 37 S N Moen (NOR) 35:58; 38 A Rached (MAR) 36:01; 39 K Sium (ERI) 36:02; 40 M King (USA) 36:02; 41 J Rocha (POR) 36:05; 42 D McNeill (AUS) 36:06; 43 A Messeles (ALG) 36:09; 44 M Soke (RSA) 36:11; 45 M

Andom (ERI) 36:12; 46 H Tamura (JPN) 36:12; 47 B Assefa (ETH) 36:13; 48 M Damiao (POR) 36:17; 49 M Barzola (ARG) 36:22; 50 Y Takabayashi (JPN) 36:26; 51 A Selmouni (MAR) 36:29; 52 A Naili (ALG) 36:29; 53 P Bandi (SUI) 36:30; 54 S Uliczka (GER) 36:31; 55 B Vaughn (USA) 36:32; 56 D Badnaso (NOR) 36:36; 57 C Levins (CAN) 36:36; 58 ANDREW VERNON 36:38; 59 K Wiebe (CAN) 36:39; 60 B St. Lawrence (AUS) 36:41; 61 J Robertson (NZL) 36:41; 62 W Hosni (TUN) 36:42; 63 E C Kimurer (BRN) 36:44; 64 THOMAS HUMPHRIES 36:47; 65 A Tagharrafet (MAR) 36:47; 66 M Morgado (POR) 36:48; 67 L Pimentel (POR) 36:50; 68 A Carlson (USA) 36:52; 69 A Bekele (BRN) 36:55; 70 A El Mazouzy (ITA) 37:00; 71 A Casado (ESP) 37:00; 72 E Sebahire (RWA) 37:03; 73 LUKE GUNN 37:06; 74 L De Oliveira (BRA) 37:10; 75 B Olinger (USA) 37:14; 76 A El Mouazziz (MAR) 37:19; 77 JAMES WALSH 37:20; 78 A Bumbalough (USA) 37:24; 79 I Dos Anjos (BRA) 37:28; 80 L Adams (AUS) 37:29; 81 Z Zhang (CHN) 37:30; 82 M Munkholm (DEN) 37:33; 83 RYAN MCLEOD 37:35; 84 T Hayakawa (JPN) 37:37; 85 M Miout (ALG) 37:39; 86 T Yoroizaka (JPN) 37:40; 87 T Ramonene (LES) 37:43; 88 C Da Silva (BRA) 37:51; 89 E Pereira (BRA) 37:55; 90 R Serrano (ESP) 37:56; 91 DEREK HAWKINS 38:01; 92 H Hirt (FRA) 38:05; 93 Z Robertson (NZL) 38:08; 94 A Dumbo (ANG) 38:15; 95 L E Malde (NOR) 38:16; 96 P Nasti (ITA) 38:25; 97 J Carriqueo (ARG) 38:29; 98 B Britt (CAN) 38:31; 99 A Genest (CAN) 38:35; 100 J Rankin (CAY) 38:44; 101 X Tyali (RSA) 39:20; 102 H K Floydstad (NOR) 39:43; 103 L Gao (CHN) 39:51; 104 Y Nikolov (BUL) 39:57; 105 D Snider (CAN) 40:21; 106 L Mdedelwa (RSA) 40:22; 107 A Parlane (NZL) 40:39; 108 G Silly (SEY) 40:56; 109 S Haitov (TKJ) 41:10; 110 A S Labiche (SEY) 41:31; 111 R Mandje (GEO) 41:54; H Chani (MAR)/J Da Silva (BRA)/N El Gady (MAR)/Y El Kalai (POR)/A D Jiménez (ESP)/C Perrett (AUS)/T M Taher (BRN) DNF; A Kuma (ETH)/S Tsegay (ERI) DQ; Q Hasan (IRQ)/S Idiata (NGR) DNS

TEAM: 1 Kenya 14; 2 Ethiopia 38; 3

Junior women's medallists: Genet Yalew, Faith Kipyegon and Azemra Gebru



Uganda 49; 4 Eritrea 95; 5 South Africa 113; 6 Bahrain 130; 7 Algeria 150; 8 Spain 150; 9 Portugal 189; 10 United States 199; 11 Australia 203; 12 Norway 214; 13 Morocco 230; 14 Japan 266; 15 GREAT BRITAIN & N.I. 272

Junior men (8km)

1 G Kipsang Kamworor (KEN) 22:21; 2 T Ayeko (UGA) 22:27; 3 P M Mwikya (KEN) 22:32; 4 B Dida (ETH) 22:39; 5 F Haftu (ETH) 22:43; 6 J G Rungaru (KEN) 22:43; 7 M Edris (ETH) 22:44; 8 Y Atnafu (ETH) 22:53; 9 J Araptany (UGA) 23:03; 10 I K Koeh (KEN) 23:10; 11 T Cheru (ETH) 23:16; 12 S Gebreyohannes (ERI) 23:18; 13 P K Yator (KEN) 23:19; 14 J K Cheruiyot (KEN) 23:19; 15 P Kibet (UGA) 23:21; 16 M Tadesse (ERI) 23:21; 17 G Kifle (ERI) 23:24; 18 S Bouqantar (MAR) 23:25; 19 T Tafese (ETH) 23:32; 20 T Ayahuney (ERI) 23:35; 21 T Tuemay (ERI) 23:43; 22 I K Chelimo (BRN) 23:47; 23 A El Hissouf (MAR) 23:49; 24 P Kipyego (UGA) 23:50; 25 D Rotich (UGA) 23:52; 26 W Kaptein (RSA) 23:52; 27 O El Goumiri (MAR) 23:57; 28 L Qolo (RSA) 23:59; 29 C Lutz (USA) 24:02; 30 W Ghebresilasie (ERI) 24:11; 31 A Y Adam (SUD) 24:17; 32 A Moussa (USA) 24:21; 33 K Kubota (JPN) 24:22; 34 J Andreas (RSA) 24:23; 35 M A Klaatse (RSA) 24:23; 36 T Ichida (JPN) 24:25; 37 G Yagisawa (JPN) 24:34; 38 A Labäli (MAR) 24:34; 39 JONATHAN HAY 24:35; 40 E Heywood (AUS) 24:36; 41 G Yarham (AUS) 24:37; 42 Y Hattori (JPN) 24:38; 43 Y Arimura (JPN) 24:40; 44 M Harauoi (ALG) 24:43; 45 M Straneva (USA) 24:45; 46 K Yokote (JPN) 24:45; 47 J Vilhauer (USA) 24:48; 48 R Colletot-Spriet (FRA) 24:51; 49 R Proudfoot (CAN) 24:53; 50 I Safiullin (RUS) 24:59; 51 K M Ahmed (SUD) 24:59; 52 R Pinto (POR) 25:01; 53 ROSS MATHESON 25:03; 54 G Navarro (ESP) 25:09; 55 M Salmerson (FRA) 25:10; 56 R Poland (USA) 25:12; 57 S Diaz (MEX) 25:13; 58 S Kulka (POL) 25:17; 59 I Etchechury (BRA) 25:17; 60 J L Filho (BRA) 25:18; 61 I Salihi (ALG) 25:19; 62 A Strizhakov (RUS) 25:22; 63 X King (CAN) 25:24; 64 A Abbassi (TUN) 25:25; 65 H Williams (AUS) 25:26; 66 A Ronco (ESP) 25:27; 67 BENJAMIN CNORR

25:29; 68 J Darlington (CAN) 25:30; 69 F Carro (ESP) 25:34; 70 M E Sesipi (RSA) 25:35; 71 RICHARD GOODMAN 25:37; 72 IAN BAILEY 25:40; 73 J L Rojas (PER) 25:41; 74 T Gourrida (TUN) 25:42; 75 J Johnson (AUS) 25:43; 76 V Puyuelo (ESP) 25:43; 77 G Gerratana (ITA) 25:44; 78 D Bedrani (FRA) 25:50; 79 A Kowalsky (CAN) 25:53; 80 A Rusakov (RUS) 25:55; 81 Y Getahun (ISR) 25:58; 82 E A Mohammed (SUD) 25:59; 83 R Denault (CAN) 26:01; 84 C Hamdane (ALG) 26:03; 85 S Maitiso (BOT) 26:06; 86 M Tsenov (BUL) 26:06; 87 Z Mahcene (FRA) 26:07; 88 K Achengli (ESP) 26:11; 89 E Krasnov (RUS) 26:13; 90 H Chaabani (TUN) 26:14; 91 C Ubhor (SUD) 26:15; 92 L Garrido (VEN) 26:17; 93 P Janikowski (CAN) 26:19; 94 D Arce (ESP) 26:27; 95 TOM CURR 26:28; 96 W Lajdal (TUN) 26:29; 97 G A Santos (BRA) 26:31; 98 M Madoui (ALG) 26:34; 99 D Piatraha (BLR) 26:47; 100 T Aljohar (JOR) 26:52; 101 N Lialikov (RUS) 26:54; 102 S Massimi (ITA) 26:59; 103 A Ed Derraz (ITA) 27:19; 104 V Lagushin (RUS) 27:20; 105 A De Souza (BRA) 27:21; 106 N Tavares (CPV) 33:55; E Olson (USA)/S Quinn (IRL)/H Siguenu (MAR) DNF; J Chemlal (MAR) DNS

TEAM: 1 Kenya 20; 2 Ethiopia 24; 3 Uganda 50; 4 Eritrea 65; 5 Morocco 106; 6 South Africa 123; 7 Japan 148; 8 United States 153; 9 Australia 221; 10 GREAT BRITAIN & N.I. 230; 11 Sudan 255; 12 Canada 259; 13 Spain 265; 14 Algeria 276; 15 Russia 281; 16 Brazil 312; 17 Tunisia 324

Senior women (8km)

1 V J Cheruiyot (KEN) 24:58; 2 L C Masai (KEN) 25:07; 3 S Flanagan (USA) 25:10; 4 M Melkamu (ETH) 25:18; 5 P J Cherono (KEN) 25:20; 6 W Ayalew (ETH) 25:21; 7 P C Korikwiang (KEN) 25:26; 8 L Chepkurui (KEN) 25:28; 9 G Dibaba (ETH) 25:36; 10 B Ojilira (ETH) 25:40; 11 H Ayalew (ETH) 25:42; 12 S Eshete (BRN) 25:53; 13 S J Kibet (KEN) 25:56; 14 CHARLOTTE PURDUE 26:03; 15 M Mohammed (ETH) 26:24; 16 F Britton (IRL) 26:25; 17 M Huddle (USA) 26:26; 18 L M Lewy-Boulet (USA) 26:27; 19 B Russell (USA) 26:30; 20 S Moreira (POR) 26:31; 21 HATTI DEAN

26:35; 22 J Chekwel (UGA) 26:37; 23 M Y Jamal (BRN) 26:39; 24 N Fernández (ESP) 26:39; 25 K Jasim (BRN) 26:40; 26 H Niiya (JPN) 26:43; 27 T Daba (BRN) 26:45; 28 A Mckaig (USA) 26:46; 29 L Tamsett (AUS) 26:48; 30 G Shumi (BRN) 26:58; 31 R Kalmr (RSA) 27:02; 32 J Achola (UGA) 27:03; 33 H Tanaka (JPN) 27:03; 34 N Ejafini (ITA) 27:03; 35 A S Mohammed (UAE) 27:04; 36 R Moukim (MAR) 27:04; 37 STEVIE STOCKTON 27:06; 38 V Chemos (UGA) 27:09; 39 C Bardelle (FRA) 27:14; 40 L Koll (USA) 27:15; 41 E Wellings (AUS) 27:16; 42 A Aguilar (ESP) 27:16; 43 F Klilech-Fauvel (FRA) 27:18; 44 D L Phalula (RSA) 27:23; 45 N Weldu (ERI) 27:23; 46 NAOIMI TASHCHIMOWITZ 27:23; 47 B Sahli (MAR) 27:26; 48 Y Shimizu (JPN) 27:27; 49 B Chaabi (MAR) 27:28; 50 A García (ESP) 27:29; 51 E Romagnolo (ITA) 27:31; 52 R Mehari (ERI) 27:31; 53 K Omata (JPN) 27:31; 54 GEMMA STEEL 27:32; 55 S Aissaoui (TUN) 27:38; 56 R Cheptegei (UGA) 27:38; 57 O Dintwe (BOT) 27:39; 58 T R De Carvalho (BRA) 27:39; 59 JULIA BLEASDALE 27:39; 60 A Van Schalkwyk (RSA) 27:40; 61 N Habtemariam (ERI) 27:41; 62 B Desalegn (UAE) 27:44; 63 T Masehla (RSA) 27:46; 64 D Martín (ESP) 27:47; 65 E Machado (POR) 27:52; 66 A Negesa (UGA) 27:56; 67 A Rosa (POR) 27:57; 68 J Martín (ESP) 27:58; 69 K Mcknight (AUS) 27:59; 70 C Calvin (FRA) 28:01; 71 J Trengove (AUS) 28:02; 72 D Cunha (POR) 28:02; 73 L Soufyane (ITA) 28:03; 74 G Barrachina (ESP) 28:04; 75 F Asefaw (ERI) 28:10; 76 N Kuwashiro (JPN) 28:16; 77 A Thompson (AUS) 28:19; 78 C S Rocha (POR) 28:25; 79 L Phalula (RSA) 28:29; 80 A Tesfaye (BRN) 28:29; 81 H Ouhaddou (MAR) 28:30; 82 C A Dos Santos (BRA) 28:32; 83 C Mukasakindi (RWA) 28:33; 84 M Makhanya (RSA) 28:36; 85 A Igarashi (JPN) 28:37; 86 L Joy (NZL) 28:44; 87 A Hutchinson (IRL) 28:50; 88 K Harrison (CAN) 28:51; 89 L Xu (CHN) 28:55; 90 S Jammeli (TUN) 28:57; 91 V Inglese (ITA) 29:02; 92 F Costa (POR) 29:04; 93 A Nyiransabimana (RWA) 29:20; 94 F Crombie (NZL) 29:27; 95 F Maraoui (ITA) 29:59; 96 M L Moraes

(BRA) 30:17; 97 S Biss (NZL) 30:47; 98 F Nyasango (ZIM) 31:15; 99 M Belgacem (TUN) 31:44; 100 N Issaoui (TUN) 32:10; 101 S Zapha (SEY) 36:19; B Lakhouad (MAR) DNF; F Ayachi (MAR)/S Da Silva (BRA) DNS
TEAM: 1 Kenya 15; 2 Ethiopia 29; 3 United States 57; 4 Bahrain 87; 5 GREAT BRITAIN & N.I. 118; 6 Uganda 148; 7 Japan 160; 8 Spain 180; 9 South Africa 198; 10 Australia 210; 11 Morocco 213; 12 Portugal 224; 13 Eritrea 233; 14 Italy 249; 15 Tunisia 344

Junior women (6km)

1 F C Kipyegon (KEN) 18:53; 2 G Yalew (ETH) 18:54; 3 A Gebru (ETH) 18:54; 4 W Mekasha (ETH) 18:59; 5 J Kisa (KEN) 19:08; 6 N Chepkwemoi (KEN) 19:20; 7 P C Rionoripo (KEN) 19:24; 8 E Anteneh (ETH) 19:29; 9 B J Kipkoeh (KEN) 19:33; 10 B Diriba (ETH) 19:34; 11 A Mokonnin (ETH) 19:39; 12 K Suga (JPN) 19:49; 13 T Kimura (JPN) 19:56; 14 M Woldu (ERI) 19:59; 15 EMLILIA GORECKA 20:03; 16 N C Mitei (KEN) 20:07; 17 A Cuffe (USA) 20:15; 18 N Cheptegei (UGA) 20:17; 19 K Flood (USA) 20:18; 20 P Chemutai (UGA) 20:19; 21 C Sullohern (AUS) 20:20; 22 ANNABEL GUMMOW 20:20; 23 Y Kosaki (JPN) 20:23; 24 Y Zemuy (ERI) 20:24; 25 L Berhane (ERI) 20:29; 26 F Tsegay (ERI) 20:31; 27 R Yokoe (JPN) 20:31; 28 M Grabill (USA) 20:40; 29 LOUISE SMALL 20:41; 30 R Shibuya (JPN) 20:48; 31 F Sidi Madane (MAR) 20:56; 32 A Terzic (SRB) 20:56; 33 D Sande (UGA) 20:58; 34 N Yoshida (JPN) 21:00; 35 A Tahiri (MAR) 21:08; 36 H Souadia (ALG) 21:11; 37 K Galeitsiwe (BOT) 21:11; 38 H Qallouj (MAR) 21:14; 39 S Chesang (MAR) 21:16; 40 GEORGIA PEEL 21:21; 41 D Benamer (ALG) 21:24; 42 H Allauou (MAR) 21:25; 43 C Inga (PER) 21:28; 44 K Gwegwa (RSA) 21:29; 45 BETH CARTER 21:34; 46 P Auf Der Maur (SUI) 21:37; 47 S K Tshetlanyana (RSA) 21:39; 48 R Senani (ALG) 21:40; 49 A Aparicio (PER) 21:41; 50 L Saayman (RSA) 21:42; 51 C Pfister (MAR) 21:43; 52 V Villanueva (MEX) 21:49; 53 Z Vangansbeke (BEL) 21:50; 54 N Madoui (ITA) 21:53; 55 C Thompson (CAN) 21:54; 56 C T Marandela (RSA) 21:56; 57 L M Rojas (PER) 21:56; 58 T Tawanda (BOT) 21:58; 59 A M Bunea (ROU) 21:58; 60 M Bernard (CAN) 22:00; 61 B Caspar (ESP) 22:01; 62 K Kary (CAN) 22:02; 63 S Atanane (MAR) 22:06; 64 F Benson (CAN) 22:07; 65 RUTH HAYNES 22:08; 66 J De La Cruz (PER) 22:09; 67 M J Pérez (ESP) 22:10; 68 M Guillemín (FRA) 22:12; 69 J Jendro (POL) 22:14; 70 L Makhatsiane (LES) 22:15; 71 N Savina (BLR) 22:16; 72 E Driedger (CAN) 22:17; 73 T E Manzana (RSA) 22:23; 74 N Chaib Draa (ALG) 22:23; 75 L Zeroukhi (ALG) 22:23; 76 B Fernández (ESP) 22:26; 77 R Abdennebi (TUN) 22:40; 78 A Zinadi (MAR) 22:41; 79 H Jerfel (TUN) 22:45; 80 J Nacouzi (USA) 22:46; 81 S Kaddachi (TUN) 22:53; 82 L Titon (ITA) 22:59; 83 H Valenzuela (USA) 23:04; 84 S Ruiz (ESP) 23:11; 85 P Cueto (ESP) 23:26; 86 T Makhafofa (RSA) 23:32; 87 I Sánchez (ESP) 23:54; 88 N Ben Khemissa (TUN) 24:20; 89 R Ayoub (JOR) 24:59; 90 N Sioud (TUN) 26:11; S Vega (USA)/S Godinho (POR) DNF
TEAM: 1 Ethiopia 17; 2 Kenya 19; 3 Japan 75; 4 Eritrea 89; 5 GREAT BRITAIN & N.I. 106; 6 Uganda 110; 7 United States 144; 8 Morocco 146; 9 Algeria 179; 10 South Africa 197; 11 Peru 215; 12 Canada 228; 13 Spain 288; 14 Tunisia 325

EUROPEAN INDOOR CHAMPION MAKES STUNNING HALF-MARATHON DEBUT WITH FASTEST EVER TIME BY A BRITON, BUT DOWNHILL COURSE MEANT NO RECORD

Pictures: Victah Sailor and New York Road Runners

WITH a stunning debut time and victory in one of the world's highest-class half-marathons, Mo Farah produced one of his best-ever performances and confirmed he has a great future on the roads.

Two weeks after taking European indoor 3000m gold in Paris, the Briton fought off his training partner, Galen Rupp, and the 2009 world cross-country champion Gebre Gebremariam in a sprint finish to clock 60:23.

Although the course is not valid for record purposes so Nick Rose's 61:03 remains as the UK best, Farah's display further proved he can challenge for medals at the 2012 Olympics.

It will probably be in the 10,000m rather than in the marathon, but the double European outdoor champion will almost certainly step up to the classic distance at some point afterwards.

Meanwhile, there was further encouragement for British distance running as Andrew

Mo's magical debut



Mo Farah kicked with 200m to go, overtaking former world cross-country champion Gebre Gebremariam

"I was confident with my track speed and just waited to make the move"

Lemoncello ran his fastest-ever half, crossing the line in 63:00 for 18th, and Jo Pavey was just 40

seconds outside her best when finishing sixth woman in 69:33.

But all eyes were on the front of the field in this mixed-gender race which started in Central Square and ended in the city's financial district.

In temperatures barely above freezing for the race, which started at 7.30am, the leaders began at a relatively sedate pace.

The opening 5km of 15:05, if maintained, would have seen them finish outside 63:30. They sped up through to 10km in 29:32 and in the seventh mile, two of the favourites ended up on the floor. Rupp, an American who was also making his debut at the distance, tangled feet with defending champion Peter Kamais, but was soon back on

his feet, though the Kenyan lost around 50 metres.

Farah briefly created a gap of around 10 metres before going through 15km in 43:36.

By 10 miles, the leading group was down to just Rupp, Farah and Gebremariam, the ING New York Marathon champion last autumn.

As they went through 20km in 57:30, it became clear a great finish was in store as they ran three abreast through Lower Manhattan.

With 400 metres to go, Gebremariam put in a burst which dropped Rupp and put him slightly ahead of Farah. However, the Brit not only got back on terms but sprinted away for a two-second win in the

No UK record for Farah

MO FARAH'S time of 60:23 may have crushed the quickest-ever time by a Briton – the 60:59 by Steve Jones in 1986 – but it will not count as a UK record.

The Association of Road Races (ARRS), which keeps a database of performances on the surface, allows for an overall descent on point-to-point courses (those where the start and finish line lie no more than 30 per cent of the race distance apart) of 1m/km. For the New York course it is 1.4m/km.

Jones' time of 60:59 was similarly affected and, though both marks are statistically valid, Nick Rose's 61:03 is considered the record by ARRS.

Here is how Farah's time shapes up:

58:23	Zersenay Tadese	Lisbon 2010	world record
58:30	Tadese	Lisbon 2011	2011 lead
60:23	Mo Farah	New York 2011	invalid course
60:59	Steve Jones	South Shields 1986	invalid course
61:03	Nick Rose	Philadelphia 1985	UK record



ABOVE: Mo Farah ran alongside training partner Galen Rupp for most of the race
TOP RIGHT: Mo Farah with women's winner Caroline Rotich of Kenya, who ran 68:52
RIGHT: Top three finishers Gebre Gebremariam, Mo Farah and Galen Rupp



third fastest time on the course. Rupp also enjoyed a great debut with his time of 60:30.

"We knew Gebremariam had a big finish so we worked hard but we still could not get rid of him," Farah said. "I felt all right with 400m to go and just went for it. I was confident with my track speed and just waited to make the move."

Farah confirmed: "I'm in the best form of my life. I don't know what's next but I'm in great shape."

Lemoncello showed he is on target for the London Marathon after an injury-hit build-up this spring.

The US-based Scot has a best on a record-valid course of 63:03. On April 17, he will be looking to improve on the

2:13:40 he ran on his marathon debut last spring.

Pavey, for whom London next month will represent a first attempt at 26 miles, was happy with her first half-marathon since becoming a mother in 2009.

The former track specialist ran 68:53 on the downhill Bupa Great North Run course in 2008, so her run in New York bodes well for a stab at the Olympic qualifying time of 2:31 in London.

"I would have liked a higher position but I'm very, very encouraged by the time," said Pavey, who finished one place behind Ethiopia's Worknesh Kidane. "Someone told me the 11th and 12th miles were run in 5:03 and 5:04 and that's what did the damage for me. That

blew the race apart.

"It was a tough field but time-wise I'm fairly pleased and I think that will stand me in good stead for London."

Kenya's Caroline Rotich won in 68:52 as the first three women were under the course record set last year by Britain's Mara Yamauchi.

Behind second-placed Edna Kiplagat, also of Kenya, American Kara Goucher, a former Great North Run winner, clocked 69:03, showing she is near her best again after giving birth around the same time as Paula Radcliffe last autumn.

RESULTS

Men:

1 MO FARAH 60:23; 2 G Gebremariam (ETH) 60:25; 3 G Rupp 60:30; 4 T Girma (ETH) 60:35; 5 P Kamais (KEN) 60:46; 6 A Cragg (IRL) 60:49; 7 M Kigen (KEN) 61:19; 8 M Dos Santos (BRA) 61:23; 9 S Forrest (AUS) 61:25; 10 E Sisay (ETH) 61:56; 11 D Wykes (CAN) 62:14; 12 A Suarez (MEX) 62:16; 13 R Coolsaet (CAN) 62:42; 14 G Tolla (ETH) 62:46; 15 M Keflezighi 62:52; 16 J Lehmkuhle 62:58; 17 B Worku (ETH) 62:59; 18 ANDREW LEMONCELLO 63:00; 19 A Abdirahman 63:12; 20 L Troop (AUS) 63:13; 40 TOBY SPENCER 68:23; 76 STUART MARKER (M40) 74:18.

Women

1 C Rotich (KEN) 68:52; 2 E Kiplagat (KEN) 69:00; 3 K Goucher 69:03; 4 S Alene (ETH) 69:25; 5 W Kidane (ETH) 69:32; 6 JO PAVEY 69:33; 7 J Augusto (POR) 70:00; 8 O Syreva (RUS) 70:18; 9 I Van Blerk (RSA) 70:56; 10 M Perez (MEX) 71:12; 11 J Cherobon 71:38; 12 A Pirtea (ROU) 72:03; 13 A Aliyu (ETH) 72:47; 14 F Docherty (NZL) 72:49; 15 M Mejdoub (MAR) 72:58; 34 ANJA KRIEGER-REDWOOD 81:25.

Fighting spirit

WAKEFIELD'S WOMEN REQUIRE ALL THEIR BATTLING QUALITIES ON ARMY GROUND TO SEE OFF LEIGH HARRIERS AS MORPETH'S MEN TAKE GOLD TOO

Report: Bill McGuirk

Pictures: Harry Shakeshaft

www.hsphotos.co.uk

THE women's team of Wakefield & District, who finished runners-up behind absentees Chester-le-Street three years ago when the championships were last held at this army base venue, were given a tough battle by Leigh Harriers.

Meanwhile, Morpeth Harriers' men had an easier time in denying Leeds City a fourth straight victory.

Women

AS in the men's race, the first runner home on the opening leg had no team-mate to pass on to.

Baker led the 34-strong field home with the day's fastest time (12:09) for the 2.25-mile course. Trafford's Catherine Riley followed Baker to the the first changeover, followed by Kingston upon Hull's Joanne Maddock as the eventual winners, Wakefield, reached the changeover in 23rd place thanks to team captain Sharon Marshall.

Anna Weaver moved Salford in to the lead on stage two followed by Trafford's Joanne Dawes and Lincoln Wellington's Lara Thomas – up from 19th to third.

Another big mover was Wakefield's Charlene Thomas, who was up into ninth place with the day's second fastest time overall (12:11).



Julie Briscoe ran a 12:27 final leg to secure the title for Wakefield & District



Jonathan Taylor produced the fastest split of the day, helping Morpeth win the title

The lead changed again on stage three. Liz Austen put Trafford ahead of Salford and Lincoln Wellington. Katie McHale advanced Wakefield one place and into eighth.

Wakefield hit the front for the first time on stage four thanks to Helen Singleton's 12:38. Scunthorpe, through Nicole Curtis, moved up into second place ahead of Harriet Johnson and Lincoln Wellington.

Lauren Howarth, with the third best time of the day of 12:12, moved Leigh into the lead on the penultimate leg, finishing ahead of Salford's Hayley Kuter with Wakefield and Sarah Bostwick relegated to third.

Just 13 seconds separated the top three teams going into the final leg and, with the stage's fastest time, it was Julie Briscoe who had the honour of bringing Wakefield home to a popular victory.

Leigh's Laura Riches crossed the line second with Bev Jenkins for Salford holding off the fast-finishing Jane Mooney of Morpeth to claim bronze.

Men

NORTHERN cross-country champion Tom Lancashire took the opening 4.5-mile leg with the joint-fastest time of the day 21:37, but he was the only wBolton athlete who travelled to the North East

So with Morpeth's Serod Batochir just two seconds back, their Terry Wall was in pole position for the short stage of 2.25 miles.

On stage two Derby moved into the lead thanks to Tom Phillips. They were followed by Morpeth as Michael Slater moved holders Leeds from seventh to third.

Morpeth were nine seconds down at the start of stage three,

but the in-form Jonny Taylor turned that deficit into a one minute 10 seconds advantage as he matched Lancashire's time.

Leeds were up to second through Chris Birchall with Derby slipping to third. Gateshead figured prominently for the first time in fifth after Ross Murray's move from 11th.

Michael Morris kept the momentum going for Morpeth despite Leeds' Nick Hooker (11:07) cutting the deficit to 41 seconds.

With a third of the contest over, the battle was looking to be between the leading two teams – Morpeth, who were seeking to add to their impressive seven victories from the turn of the century, and an under-strength Leeds. Meanwhile, Jackson Creegan moved Gateshead through to third.

The Leeds charge continued on stage five as Carl Smith pulled back another 25 seconds on the leader (Ross Floyd). However, Alistair Brownlee brought Bingley into contention for the first time after moving the Yorkshire outfit fit from 12th to third.

Just when it looked like Leeds



The start of the women's race

were going to threaten Morpeth's advantage, Ian Harding pulled out the stage's fastest time on stage six to put the Northumbrians back at the helm by two minutes at halfway. Leeds were still a clear second with Bingley third.

On stage seven, James Wilkinson hauled back Morpeth's Michael Dawson by 83 seconds and the fight for supremacy was back in full swing once more as Gateshead moved back into third place.

Joe Townsend moved Leeds 27 seconds closer to David Swinburne and Morpeth on leg eight as Ben Marriott moved Bingley to third.

Ian Hudspith had to repel the Leeds challenger, James Smith, who had finished just one second behind him in the previous weekend's Trafford 10km.

Hudspith then set off with a lead of nine seconds for Morpeth but



Mark Buckingham (20) and Tom Lancashire (8) vie for pole position on the first lap

just after halfway, Leeds' James Smith eased ahead of him.

However, that proved the signal for the leading veteran to call on all his experience and he quickly gained control to come home 28 seconds to the good.

Darran Bilton has been Leeds' saviour on many occasions but

on stage 10 he could only pull five seconds out of Morpeth's Neil Wilkinson.

Morpeth held back two athletes who were members of the North East Counties winning team at the Inter-Counties and they were too strong for Leeds' final duo.

Peter Newton added 32 seconds to the Blue and Whites' advantage on the penultimate stage over Simon Deakin and Leeds as Gateshead were being closed down by Derby and Bingley in the battle for the minor medals.

On the glory leg, Matt Nicholson brought Morpeth home to a solid victory of one minute 20 seconds over their Yorkshire rivals, for whom Michael Burrett was on anchor.

At the end of an intriguing day, Derby denied Gateshead third place, thanks to Richard Weir producing the day's fastest short-stage time.

It could all change at Sutton Park in two weeks' time and while Leeds will possibly have James Walsh back from World Cross duty, Morpeth will be hoping to add Nick McCormick and Nick Swinburn to their squad.

RESULTS

Men

1 Morpeth 3:24:16 (S Batochir 21:39, T Wall 11:57, J Taylor 21:37, M Morris 11:48, R Floyd 23:29, I Harding 11:15, M Dawson 23:33, D Swinburne 11:42, I Hudspith 22:00, N Wilkinson 11:43, P Newton 22:20, M Nicholson 11:13); **2 Leeds City** 3:25:36 (A Buckley 22:32, M Salter 11:23, C Birchall 23:28, N Hooker 11:07, C Smith 23:04, D Davis 12:10, J Wilkinson 22:10, J Townsend 11:15, J Smith 22:19, D Bilton 11:38, S Deakin 22:52, M Burrett 11:38); **3 Derby** 3:33:24 (A Pilcher 21:53, T Phillips 11:34, T Lawrence 24:38, R Wilson 12:30, M Booth 24:24, I Stevens 12:44, J Bull 23:23, P Mitchell 12:13, D Westbury 23:03, N Maguire 11:46, J Wildrianni 24:26, R Weir 10:50); **4 Gateshead** 3:34:12 (T Calder 24:30, R Stephenson 11:38, R Murray 22:15, J Creegan 12:09, A Carmichael 23:47, S Hearn 12:07, M Elliott 23:00, N Camilleri 12:35, C Parr 22:32, M Slater 12:36, C Pato 24:43, D Burlton 12:20); **5 Bingley** 3:35:03 (M Whitfield 23:27, A Brown 12:14, R Harris 24:09, S Bailey 12:16, A Brownlee 21:45, A Johnson 12:06, I Holmes 23:31, B Marriott 12:16, S Broadbent 23:57, M Peace 12:29, L Athersmith 24:28, S MacDonald 12:25); **6 Salford** 3:35:32 (B Riddell 22:52, M Deegan 12:13, G O'Neill 23:56, D Moran 12:35, P Savage 23:49, D McGrath 12:07, P Leybourne 24:12, D Hudson 12:25, R Hughes 24:07, S Bruton 12:36, J Bailey 22:30, D Lockett 12:10); **7 Sale** 3:36:58 (M Kilmarti 24:31, N Brooks 11:08, J Bailey 23:04, T Kennedy 12:57, G Raven 22:38, A Blair 12:07, M Hatch 24:58, J Roden 10:58, G Matthews 3:47:45, P Tedd 11:38, C Rowlinson 26:09, J Wignall 12:06); **8 Leeds B** 3:37:28 (E Cole 23:33, S Bucknall 11:36, A Osborne 23:43, D Worton 12:10, G Hull 24:34, B Dyson 12:27, F Meade 23:27, C Wright 11:29, F Foster 24:35, S Cotter 12:35, T Wilks 25:22, M Hilton 11:57); **9 Blackburn** 3:40:47 (J Tighe 24:25, D Thornton 12:24, R Lightfoot 23:15,

C Matthews 11:49, B Fogarty 26:06, P Bradshaw 12:12, J Sutton 25:55, D Maynard 13:04, K Billington 23:34, J Bridge 12:33, T Cornthwaite 22:55, P Matthews 12:35); **10 Hallamshire** 3:42:08 (R Baker 22:41, J Gratton 11:53, T Jenkins 23:44, R O'Toole 13:00, A Challenge 24:10, S Wilson 12:28, M Spott 25:51, D Nolan 12:21, C Fishwick 25:16, R Guillam 13:02, A Thake 25:03, D Furniss 12:39); **11 Holmfirth** 3:42:56 (M Buckingham 21:57, W Byram 13:49, D Watson 24:02, A Langron 12:03, D Turnbull 23:12, S Rawnsley 12:38, J Rose 25:48, R Savin 12:54, R Anderson 23:59, G Graham 13:58, R Smith 24:42, S Rimmer 13:54); **12 Trafford** 3:43:14 (T Charles 24:10, J Bleakley 11:46, O Greene 22:51, B Martin 11:50, M Hunt 24:36, I Salisbury 11:47, J Howe 25:52, M Evans 14:20, J Prest 24:54, M Hutchins 13:07, K Brydon 25:16, C Wheeler 12:45); **13 Liverpool H** 3:44:16 (R Challinor 23:59, T Michaelson 11:56, J Michaelson 25:43, H Harper 11:40, R Dewhurst 25:10, M Bateman 13:50, N Vengdasal 25:10, A Clarke 13:31, I Lawton 23:51, S McKeivitt 12:42, A Ashton 25:05, R Blagg 11:39); **14 Sunderland** 3:44:50 (P Martin 21:40, P Redman 12:45, J Dobson 25:47, R Rush 13:21, M Hood 23:22, G Harden 13:08, J Martin 22:32, T Campion 13:51, T Field 24:46, D Weston 12:26, S Gordon 27:21, A Hodgson 13:51); **15 Border** 3:46:53 (J Douglas 23:06, P Harrison 11:58, J Mason 24:55, H Earl 12:35, N Hindle 25:31, G Melvin 12:40, K Bell 25:09, G Silburn 13:41, G Millican 25:27, S Angus 13:07, W Nicholson 27:10, P Orr 11:34); **16 Wirral** 3:47:45 (P Davies-Pearles 25:17, S Egan 13:25, J Donnelly 23:43, P Robertson 12:45, K Dickinson 26:52, J Seymour 11:59, A Woods 24:05, G Ratcliffe 13:05, X Desse 25:12, A Devoy 13:29, M Hulmston 25:03, D Brockway 12:50); **17 Altrincham** 3:50:18 (D Norman 22:45, A Whittingham 13:06, P Abraham 26:54, M Berks 12:49, A Norman 22:46,

T Percival 14:06, J Reed 22:55, D Scott 14:02, S Heaton 26:11, C Bostock 16:16, T Bush 25:14, A Fuller 13:14); **18 North York Moors** 3:51:28 (A Pearson 25:06, P Musgrave 12:53, D Moore 25:14, J Roberts 13:11, B Anglim 26:16, G Wilson 13:17, N Williams 23:37, N Simmons 13:33, C Jefferies 26:01, A Harnett 13:48, V Brundenel 24:52, J Parker 13:40); **19 York Acorn** 3:51:55 (C Alder 25:40, M Raynes 13:38, J Barnes 29:48, C Judge 13:07, T Bean 23:38, M Metcalfe 12:13, I Lynn 25:03, M Kirby 13:28, A Normandal 25:44, R Buck 12:30, P White 25:34, D Cheeseaman 11:32); **20 Rossendale** 3:51:56 (A Kay 23:23, A Kay 13:47, C Fell 24:03, A Fell 13:30, J Johnston 25:02, R Stott 13:38, G Cunliffe 27:47, A Grenfell 12:42, S Clawson 25:47, T Rudman 13:09, P Bolton 25:41, S Duxbury 13:27); **21 Keighley & Craven** 3:54:01 (S Brown 25:09, W Smith 11:56, C Loft 25:44, A Thomas 12:57, N Bedell 25:27, L Spencer 13:45, T Sessford 26:26, R Brown 13:22, M Knowles 26:22, A Brett 13:45, L Hellawe 25:43, J Hopkinson 13:25); **22 Rotherham** 3:54:37 (J Comrie 27:02, R Hastey 11:54, N Brookes 27:33, H Darwin 13:36, P Neal 26:28, P Shaw 14:03, P Hoole 23:01, D Nuttall 13:55, C Adams 24:45, T Eastwood 13:30, G Claxton 26:16, D Smith 12:34); **23 Heanor** 3:55:41 (S Ashmore 24:51, P Edwards 12:43, L Perkins 26:57, J Housley 13:49, A Deeming 25:14, K Barton 14:10, J Rainsford 24:18, M Richmond 13:29, A Hobday 26:59, R Sims 13:35, D Ridout 26:23, T Westpherson 13:13); **24 Wigan Phoenix** 3:56:29 (M O'Neill 24:04, M Melbourne 13:44, S Nicholls 26:56, P Seddon 14:00, A Ward 24:09, J Morrissey 12:08, P Darbyshire 26:55, P Waterworth 13:32, M Manir 26:46, P Weall 13:25, T Pilkington 25:34, V Robinson 15:16); **25 Wakefield District** 4:00:32 (J Convery 24:46, J Hallas 11:27, D Braitsford 27:59, P Hallas 12:40, P McNamara 26:27, R West 16:36, N Dutton 26:46, M Crawshaw 13:16, D

Whitely 27:06, T Conej 12:57, C Ward 26:04, A Raby 14:28); **26 E Cheshire H & Tameside** 4:00:36; **27 Clayton Le Moors** 4:00:37; **28 Birtley** 4:03:40; **29 Otley** 4:03:45; **30 Durham City** 4:07:29; **31 Richmond & Zetland** 4:08:39; **32 Salford B** 4:11:44; **33 Hartlepool Burn Road** 4:11:59; **34 Gateshead B** 4:13:53; **35 Billingham Marsh House** 4:31:35; **Fastest (Long Leg)**: eq1 Taylor/T Lancashire (Bolt U) 21:37, 3 Batochir 21:39, 4 Martin 21:40, 5 Brownlee 21:45, 6 Pilcher 21:53, 7 Buckingham 21:57, 8 Hudspith 22:00, 9 Wilkinson 22:10, 10 Murray 22:15; **(Short Leg)**: 1 Weir 10:50, 2 Roden 10:58, 3 Hooker 11:07, 4 Brooks 11:08, 5 C Kays (E Ches) 11:10, 6 Nicholson 11:13, eq7 Harding/Townsend 11:15, 9 Salter 11:23, 10 Hallas 11:27

Women

1 Wakefield District 1:19:56 (S Marshall 14:50, C Thomas 12:11, K McHale 13:57, H Singleton 12:38, S Bostwick 13:53, J Briscoe 12:27); **2 Leigh** 1:20:10 (A Howarth 13:34, D Allen 14:16, D Allen 12:45, A Riley 14:29, L Howarth 12:12, L Riches 12:54); **3 Salford** 1:20:34 (T Walker 12:48, A Weaver 12:48, T Hernandez 14:27, S Briggs 14:11, H Kuter 13:14, B Jenkins 13:06); **4 Morpeth** 1:21:29 (C Dickie 13:58, S Wilkinson 12:46, S Graham 14:19, E Pearson 14:32, M Czarnecka 13:07, J Mooney 12:47); **5 Lincoln Wellington** 1:21:42 (S Cowper 1:23:40, L Thomas 12:39, L Pitcher 13:52, H Johnson 13:45, R Harrison 14:30, A Farrow 13:11); **6 Hallamshire** 1:22:28 (M Jenkins 13:20, H Whitelam 14:19, E Wild 14:17, E Such 13:35, R Proctor 13:28, N Squires 13:29); **7 Liverpool H** 1:23:40 (M Barrett 13:02, J Pybis 14:06, C Wilson 14:26, J Clague 13:09, A Glen 14:05, M Murphy 14:52); **8 Holmfirth** 1:23:56 (K Walshaw 13:11, K Farquhar 13:45, H Berry 13:35, C Leaver 14:17, J Johnson 14:52, C Penfold 14:16); **9**

Leeds City 1:25:32 (L Young 12:58, R Dyson 14:11, E Birchall 14:32, J Guard 13:33, K Hallas 13:54, S Lovell 16:24); **10 Trafford** 1:28:06 (C Riley 12:23, J Dawes 13:36, E Austen 13:37, M Davies 14:56, J Lott 15:32, S Exon 18:02); **11 Derby** 1:28:56 (N Shaw 13:43, R Olivant 13:54, T Greenway 14:43, S Spencer 14:59, S McGarry 15:28, N Thorpe 16:09); **12 Richmond & Zetland** 1:30:14 (T Clark 12:56, C Fudge 15:39, F Hughes 16:54, R Adams 15:03, S Johnson 16:51, J Adams 12:51); **13 Keighley & Craven** 1:31:21 (H Glover 13:23, T Woffenden 14:51, L Tomes 15:19, T Gavins 14:54, R McLean 16:30, J Mudd 16:24); **14 Sale** 1:31:27 (K Leybourne 13:15, H Griffiths 14:20, K Kavanagh 14:35, A Pye 15:19, L Davies 16:58, K Reece 17:00); **15 Gateshead** 1:32:14 (J Nixon 13:09, K Lindsay 16:22, R Oldham 16:02, L Patton 17:16, H Patton 15:25, M Ferrier 14:00); **16 Rossendale** 1:32:18 (S Yeomans 14:26, E Flanagan 13:44, D Raidy 15:42, T Ireland 16:16, G Catherine 16:35, V Hardwick 15:35); **17 Border** 1:33:05 (R Silson 13:41, C Douglas 14:17, A Wilson 16:56, T Douglas 17:34, K Douglas 16:29, A Armstrong 14:08); **18 Liverpool H B** 1:36:54 (L Murphy 15:31, S Jackson 15:52, L Stanley 16:05, K Dalby 17:43, S McRobie 15:10, C Murphy 16:33); **19 North York Moors** 1:39:20 (C Lowe 15:33, J Parkin 15:12, L Clough 16:34, D Jobson 15:48, P Eriksson 17:23, J Lefevre 18:50); **20 Heanor** 1:40:52 (W Mullineux 14:43, L Harvey 16:34, H Wesson 17:14, J Potter 17:52, D Birkin 19:32, S Lewis 14:57); **21 Beverley** 1:43:37; **22 Hartlepool Burn Road** 1:46:44; **23 Keighley & Craven B** 1:52:57; **24 Billingham Marsh House** 2:00:56; **25 Keighley & Craven C** 2:04:31; **Fastest**: 1 Baker 12:09, 2 Thomas 12:11, 3 Howarth 12:12, 4 Riley 12:23, 5 Briscoe 12:27, 6 Singleton 12:38, 7 Thomas 12:39, 8 J Maddick (KuA) 12:41, 9 Allen 12:45, 10 Wilkinson 12:46, 11 Mooney 12:47, eq12 Weaver/Walker 12:48, 14 Adams 12:51, 15 Riches 12:54

BIRCHFIELD HARRIERS COMFORTABLY WIN THE MEN'S TITLE, WHILE THE WOMEN'S TROPHY HEADS TO BRISTOL & WEST

Report: Tom McCook

Pictures: David Griffiths

BIRCHFIELD HARRIERS and Bristol & West took victory in a repeat from six years ago.

In pleasant, spring sunshine, the Stags were never out of the top two in the men's 12-stage event before eventually winning by almost a minute and a half in the event's fastest time for a decade from Bristol & West AC, who traded up to silver from their bronze medals from last year. Defending champions Tipton Harriers had to settle for bronze on this occasion.

Bristol & West AC imposed themselves on the second half of the women's six-stage race to win by the even more convincing margin of four and a half minutes from Coventry Godiva Harriers.

Men

MATT CLOWES, last year's Midland junior cross-country champion, gave Staffordshire Moorlands two seconds advantage over Birchfield Harriers' Zak Kihara at the end of the first of four 5.38-mile long stages with Bristol's Jon Wills in third place.

Steve Francis moved the West

Stags gallop home



James Trollope breaks the tape for winners Birchfield



Hannah Whitmore ran the fastest stage but could not put Charnwood on to the podium

Country club into the lead on the first of eight three-miles stages with 22-year old Scotsman Mark Mitchell retaining second place for Birchfield. Dan Beier moved Tipton into what was to prove to be the finishing order three hours later.

Duathlete Phil Wylie flew round in 14:27 to stretch Bristol's lead to three quarters of a minute from Birchfield's Peter Whitehouse with Chris McGurk

taking Notts AC up to fourth.

Tom Merson, despite being unable to train for the first two months of this year with pneumonia, clocked 27:01 to keep Bristol in front on the fourth stage. In second place Biniam Ande clawed back 18 seconds.

Teenager Adam Cotton, England indoor 1500m champion, overtook Dan Woolford on the fifth stage. In doing so, the teenager converted a 26-second deficit into a 27-second advantage.

Although Adam Watt retained Birchfield's lead at the mid-point of the contest, the margin had been reduced to 11 seconds.

In highly theatrical fashion, Bristol's Tom Russell clocked 26:28 to return to Simon Tonui's heels at the conclusion of leg seven.

Chris Dodd's 15:03 contribution gave Bristol & West a 17-second lead from Ben Livesey, who returned recently from a six-month tour of duty with the RAF in Afghanistan.

Team manager Dave Lawrence then brought out what proved to be two experienced match winners. Thirty-two-year old Ian

Williamson, who has a plethora of scars on his calves to prove that he has gone under the knife five times in as many years, flew round stage nine in the day's fastest short-leg time of 14:22.

Jean Ndayisenga applied the tourniquet even more tightly when the Burundian-born Brummie broke the 26-minute barrier to stretch the Stags' lead to 99 seconds with just two short legs remaining.

Even though Harry Webb pulled back 16 seconds for Bristol, Ben Sharman ran a solid penultimate leg.

James Trollope, who ran the fastest long leg last year, anchored the Stags to their first Midland relay title in six years with a 14:37 leg.

Steve Mitchell steered Bristol & West AC home second.

Phil Nicholls, who has now targeted Edinburgh on May 22 for his marathon debut instead of London as a knee injury disrupted his training for five weeks, clocked 14:27 to bring Tipton Harriers home in third, the day before he won the Stafford Marathon.



Ben Sharman kept Birchfield in the lead on leg 11 of 12

Women

FOR the second year in succession, Ireland's Rose Anne Galligan was the first runner home on the opening leg for Gloucester AC. Her 16:46 put her 11 seconds ahead of Cannock & Stafford AC's Stacey Johnson, while Bristol & West's Nicola Brookland was in third place.

Myshola Kirkham and 18-year-old Danni Johnson each advanced four places to take Coventry Godiva and Birchfield to first and second respectively.

Celia Taylor, who intends to begin her track campaign in Oregon at Easter, extended Godiva's lead to 19 seconds at the halfway point of the race, while Charley Wills moved Bristol into the silver medal positions.



Vicky Tester ran the second leg for winners Bristol & West

Grace Crane gave Bristol a 66-second advantage on stage four, which appeared likely to secure the West Country club the women's team title after five consecutive victories by Charnwood.

Imogen Ainsworth, who has

been troubled by patella tendonitis since January, clocked 16:52 on the penultimate stage to finish two and a half minutes ahead of Godiva's Zara Hyde Peters with Clare Grice in third for Birchfield.

Rebekah Randell, who is now

coached by Nick Rose, prepared for next week's Home International Cross Country in Armagh by completing the formality of her club's first Midland relay title since 2005 with a 16:52 leg.

Bristol & West AC's winning time was 1:45:29. Anne-Marie Smith kept Coventry in second place, 50 seconds ahead of Birchfield Harriers' Hanifa Greenwood.

Although she would understandably rather have been in the Spanish sunshine preparing for the following day's World Cross Country Championships, the accolade of fastest performance of the day in a time of 16:04 went to Midland cross champion Hannah W. This was enough to elevate a much-depleted Charnwood up one place to fourth.

RESULTS

Men

1 Birchfield 3:45:44 (Z Kihara 26:24, M Mitchell 14:56, P Whitehouse 15:09, B Ande 26:43, A Cotton 15:09, A Watt 15:23, S Tonui 26:36, B Livesey 15:21, I Williamson 14:22, J Ndayisenga 25:57, B Sharman 15:07, J Trollope 14:37); **2 Bristol & West** 3:47:02 (J Wills 26:39, S Francis 14:39, P Wylie 14:27, T Merson 27:01, D Woolford 16:02, M Wilmore 15:05, T Russell 26:28, C Dodd 15:03, T Lowe 15:23, M Johnson 26:52, H Webb 14:51, S Mitchell 14:32); **3 Tipton** 3:48:30 (A Holliday 26:56, D Beier 14:54, N Stirk 15:00, R Kay 27:37, J Ward 15:43, R Jones 15:05, J Lilly 27:04, N Jones 15:05, B Gamble 14:53, P Hinch 26:56, I Rawlinson 14:50, P Nicholls 14:27); **4 Notts** 3:52:37 (M Blunden 27:33, T Crowley 15:31, C McGurk 14:48, K Farrow 27:32, C Walker 15:32, R Keal 15:40, D Fowle 28:14, T Salmon 15:06, M Whitehouse 14:42, T Hartley 27:35, C Warburton 14:33, N Talbot 15:51); **5 Coventry Godiva B** 3:56:23 (E Combstock 29:22, A Smith 15:24, P Bisceglia 15:18, N Marley 29:12, J White 15:39, J Griggs 15:08, S Emery 27:21, R Burman 15:14, T Madden 15:08, B Jones 27:35, T Bark 15:49, R Kenny 15:13); **6 Staffordshire Moorlands** 4:07:42 (M Clowse 26:22, D Hollins 16:24, R Hope 17:26, M Hartley 28:20, K Amos 18:47, J Burgess 17:01, K Fowler 29:35, G Briggs 16:31, S Lucking 16:14, R Holroyd 28:43, D Neill 16:05, L Boulton 16:14); **7 BRAT** 4:08:15 (R White 28:39, P Thompson 14:31, M Matthews 16:00, E Banks 28:40, S Cock 17:01, A Kenchington 17:01, C Ashford 29:50, S Titmarsh 17:50, R Gray 17:03, J Tunc 29:56, J Gray 15:21, M Ince 16:23); **8 Owls** 4:11:05 (P Miles 28:14, S May 17:36, J Archer 16:30, P Richardson 26:28, L Smart 15:50, P Radley 17:57, T Mahon 28:05, M McSharry 22:06, T Bell 15:28, T Meakin 29:58, N McSharry 17:18, D Hallam 15:35); **9 Bristol & West B** 4:11:10 (S McGuigan 28:10, D Randell 17:17, S Hazell 16:09, P Parry 29:25, D Noad 16:55, S Goss 15:57, O Mott 28:12, J Hogan 17:28, N Williams 18:13, M Crane 28:39, K Brackstone 18:13, A Cooke 16:32); **10 Cheltenham & County** 4:12:19 (J Bradley 27:47, J

Miller 16:19, C Hughes 17:21, D Roper 28:14, I Devlin 17:25, A Kaighin 15:49, R Forsbrook 30:13, D Harrison 17:20, W New 16:51, A Hussey 30:14, D McGrath 18:15, I Giles 16:31); **11 Halesowen** 4:13:27 (T Kenderdine 28:48, N Hazelwood 16:03, D Turvey 17:23, S Cruchley 29:13, M Turner 16:38, D Morton 15:51, D Cleary 30:26, M Hadley 15:59, T Bill 17:41, A Butler 31:31, N Price 17:39, M Allen 16:15); **12 Royal Sutton Coldfield** 4:17:53 (O Harradene 29:16, S Marklew 16:10, P Terleski 16:35, S Corker 31:44, R Simpson 17:08, N Corker 16:13, P Froggatt 30:13, K Smith 17:08, F Tremblay 17:16, D Long 31:36, T Hinchley 17:33, C Taylor 17:01); **13 Notts B** 4:19:06 (M Judson 31:22, D Brazner 16:15, S Long 16:36, R Darling 29:41, S Burton 15:57, S Rouse 18:01, S Reed 33:07, C Smith 17:16, J Muddeman 16:30, C Palmer 29:21, W Speake 16:25, J Hayden 18:35); **14 Cirencester** 4:20:19 (C Illman 29:27, B Sampson 16:39, M Shannon 16:53, A Williams 29:27, M Fallows 17:21, P Barlow 16:42, R Forbes 30:23, R Brown 17:55, M Gluning 19:14, B Leggate 30:39, D Gardner 18:49, A Harborow 16:50); **15 Bournville** 4:22:13 (R Andrew 29:37, J Grix 16:15, A Clayton 17:00, G Cadd 30:12, S Cumley 17:34, S Paine 17:25, S Rose 30:16, M Slater 18:57, S Pearson 18:17, D Parker 29:30, D Wilson 18:16, M Berry 18:54); **16 Gloucester** 4:23:39 (A Renfree 29:14, A De-Camps 16:46, A Wakefield 18:45, R De-Camps 28:57, D Gresswell 17:17, J Mower 17:43, L Herbert 30:48, W Mayer 18:04, A Daley 18:46, S Fortnam 31:05, M Powell 19:13, T Randles 17:01); **17 Stroud & District** 4:26:41 (G Halliwell 28:27, B Coldray 15:01, C Frapwell 17:52, A Russell 28:25, G Robinson 17:39, K Roberts 17:30, M Atkins 31:28, M McNamara 18:34, S Maguire 17:59, A Pitt 33:29, C Young 21:49, C Frapwell 18:28); **18 Tipton B** 4:26:48 (S Marriott 29:05, J Verver 15:15, L Whitehouse 17:15, S Abrahams 30:26, N Whitehurst 18:13, J Holden 18:49, M Buntin 29:33, T Holden 16:17, A Grice 18:59, C McCarthy 30:58, K Best 21:59, C Sommerfield 19:59); **19 Mansfield** 4:27:06 (A Wilson 32:52, C Brown-Monks 17:43, R Talbot 17:26,

J Mee 28:39, G Brown 18:18, D Peet 19:10, V Johnson 30:03, S Grainger 17:22, L Marshall 17:07, S Davies 32:49, D Heathcote 17:57, D Ross 17:40); **20 Worcester** 4:31:00 (C Davies 33:37, D O'Brien 17:40, L Fowkes 19:15, D Hall 29:38, S Sternkopf 17:15, W Miles 16:44, I Pawluk 32:52, A Peach 17:25, M Cole 18:46, A Wilks 32:52, M Hill 17:32, P Bullock 17:24); **21 Kenilworth** 4:31:37; **22 Bromsgrove & Redditch** 4:32:10; **23 Redhill** 4:34:26; **24 Harborough** 4:35:12; **25 Stratford Upon Avon** 4:42:51; **26 Leamington** 4:47:08; **27 Silson** 4:49:09; **28 Centurion** 4:54:20; **29 Sparkhill** 4:54:48; **30 Notts C** 4:56:30; **31 West Bromwich** 4:57:04; **32 Royal Sutton Coldfield B** 4:59:31; **33 Kidderminster & Stourport** 5:05:08; **34 Halesowen B** 5:14:10; **35 BRAT B** 5:25:20
Fastest (Long Leg): 1 Ndayisenga 25:57, 2 Clowes 26:22, 3 Kihara 26:24, eq4 Russell/Richardson 26:28, 6 Tonui 26:36, 7 Wills 26:39, 8 Ande 26:43, 9 Johnson 26:52, eq10 Hinch/Holiday 26:56.
(Short Leg): 1 Williamson 14:22, eq2 Nicholls/Wylie 14:27, 4 Thompson 14:31, 5 Mitchell 14:32, 6 Warburton 14:33, eq7 Trollope/A Hope (Severn) 14:37, 9 C Bannon (Cov G A) 14:38, 10 Francis 14:39

Women

1 Bristol & West 1:45:29 (N Brookland 17:33, V Tester 18:31, C Wills 17:14, G Crane 18:43, I Ainsworth 16:52, R Randell 16:36); **2 Coventry Godiva** 1:50:02 (J Emery 17:41, M Kirkham 17:56, C Taylor 17:22, J Mumford 20:08, Z Hyde-Peters 18:13, A Smith 18:42); **3 Birchfield** 1:50:52 (T Armoush 17:43, D Johnson 18:00, S Latham 19:11, S Slade 18:22, C Grice 18:15, H Greenwood 19:21); **4 Charnwood** 1:55:34 (N Thompson 19:55, J Muston 18:31, L Radbourne 19:11, H North 24:13, S Gaunt 17:40, H Whitmore 16:04); **5 Notts** 1:57:29 (S Bull 18:08, N Chandler 22:12, A Rainey 19:08, H Langham 19:47, T Hallam 20:29, N DeLaSalle 17:45); **6 BRAT** 1:57:56 (S Harrison 19:16, E Lee 20:01, Y Choudri 20:39, H Taylor 19:05, E Tunc 19:20, C Tomaney 19:35); **7 Westbury** 1:59:13 (V Plume 19:07, E Smith 20:03, Z Dixon 18:45, J Cummins 21:58, V Jones 20:04, T Chick 19:16); **8 Tipton** 1:59:38 (S Street 17:48, J Caddick 19:52, C Veysey 19:34, S Davies 20:51, K Williams 22:44, L Cox 18:49); **9 Gloucester** 2:01:35 (R Galligan 16:46, A Edwards 21:43, H Davies 21:50, G Collier 18:40, J Leckebush 21:57, M Stark 20:39); **10 Birchfield B** 2:01:57

(E James 19:03, C Read 19:31, L Harman 21:11, N Woods 20:10, A Booth 20:07, J Rogers 21:55); **11 Stroud & District** 2:02:11 (L Durman 19:22, J Fifield 19:35, C Griffiths 20:57, K Morton 20:27, J Barrus 20:57, S Hanley 20:53); **12 Bournville** 2:02:28 (M Hensman 20:00, S Koburger 19:24, A Gallagher 23:12, L Leslie 20:53, C Ricketts 20:18, L Howell 18:41); **13 Corby** 2:04:16 (R Hall 19:24, C Goodall 21:29, H Veasey 19:49, M Mulholland 20:54, T Pike 20:49, K Wheeler 21:51); **14 Telford** 2:04:56 (M Clarke 18:57, S MacKness 19:49, J Hoad 20:21, K Davies 24:41, L Blagden 20:54, C Evans 20:14); **15 Kidderminster & Stourport** 2:05:02 (J Phillips 18:37, C Whorton 21:47, C Cresswell 20:43, L Vaux-Harvey 21:33, C Pawsen 22:25, H Crook 19:57); **16 Staffordshire Moorlands** 2:06:10 (D Hope 20:19, K Marchant 18:55, J Mayland 20:26, A Holdcroft 23:32, R Goreham 21:34, H Wood 21:24); **17 Knowle & Dorridge** 2:06:26 (K Banerjee 19:31, J Hitchcock 2:02:53, S Connors 22:18, S Hayes 20:40, V Kirby 21:03, M Green 20:01); **18 Rugby & Northampton** 2:06:38 (L Thompson 19:58, J Love 22:33, J Pulsford 17:39, R Shaw 20:38, P Garner 22:03, A Rollings 23:47); **19 CLC** 2:08:18 (P Woods 20:29, R Boulton 24:56, A Steer 21:14, R Vines 21:08, J Wilkie 20:49, L Barry 19:42); **20 BRAT B** 2:09:10 (T Walder 20:01, A Stride 21:01, S Price 21:53, C Chisolm 24:41, A Brightwell 20:13, M Shields 21:17); **21 Wolverhampton & Bilston** 2:11:14; **22 Kenilworth** 2:11:48; **23 Sparkhill** 2:13:42; **24 Harborough** 2:14:16; **25 Notts B** 2:14:36; **26 Bournville B** 2:16:00; **27 Centurion** 2:17:07; **28 Silson** 2:21:49; **29 Stratford Upon Avon** 2:22:11; **30 Birchfield C** 2:25:25; **31 BRAT C** 2:27:28; **32 Staffordshire Moorlands B** 2:28:47; **33 Kenilworth B** 2:30:06
Fastest: 1 Whitmore 16:04, 2 Randell 16:36, 3 Galligan 16:46, 4 Ainsworth 16:52, 5 S Johnson (C&S) 16:57, 6 Wills 17:14, 7 Taylor 17:22, 8 Brookland 17:33, 9 N Pemberton (SinA) 17:38, 10 Pulsford 17:39, 11 Gaunt 17:40, 12 Emery 17:41, 13 Armoush 17:43, 14 DeLaSalle 17:45, 15 Street 17:48



Fastest legs: Jean Ndayisenga and Ian Williamson

Consolation prizes



They're off! The senior boys take on the opening hill at the famous Wollaton Park venue

COVETED SCHOOLS TITLES PROVIDE BOOST FOR SENIOR WINNERS AFTER SOME EARLIER DISAPPOINTMENTS

Report: Paul Halford

Pictures: Keith Mayhew

KIERAN CLEMENTS and Jennifer Walsh made up for missing out on being picked for the British team for the IAAF World Cross Country Championships by taking consolatory titles in the senior races.

In often warm weather, athletes enjoyed a firm ground on a Wollaton Park course which was until two years ago used annually for the Inter-Counties. Generally speaking, the course ran in the opposite direction to the one used for the Inter-Counties, but of course it still included the tough hill – the difference was that the athletes ran down from the top towards the finish.

Leading athletes from the intermediate and junior races guaranteed their place on the English team for the SIAB Home Countries International at Greenmount Campus, Antrim, this Saturday.

Senior boys

THE first two finishers can count themselves unfortunate not to have been on Britain's World Cross team, but they made up for it here.

Kieran Clements, who is young enough to compete in this event again next year, denied Harvey Dixon a second Schools cross-country title in as many years.

Clements finished four seconds in front of Dixon, who entered the downhill finishing stretch in third but overtook Josh Grace and was three seconds ahead of his Aldershot, Farnham & District clubmate at the end.

A group of nine were still together at the front at the start of the second lap of three. However, Clements, who won the National under-17 title last month, started to edge away halfway round that lap and then he gradually built a gap.

Clements said: "Steve (Benson, his coach) said that for this one, everyone's going to expect you to go out hard from the front and leave them early. I still went to the front but I didn't go flying off."

He explained how he believes a mishap at the trials for the World Cross two weeks earlier would inspire him in future. The Suffolk athlete was only 23rd in

"I came into this thinking I've got a point to prove to make up for a bad run there. So I'm delighted I could win against so many great competitors"

KIERAN CLEMENTS

a race in which Dixon was sixth.

"I got a stitch towards the last kilometre when I was up there in position for the team. You can never really tell – I'm not really the fastest finisher in the world, but I'd like to think I'd have come top-six as I was



Kieran Clements (445) is among the leaders in the senior race, while Josh Grace (457) is also prominent



Kieran Clements took a steady start en route to victory

feeling good," he said. "So I was really disappointed and I came into this thinking I've got a point to prove to make up for a bad run there. So I'm delighted I could win against so many great competitors and a year young."

One result from the World Cross being held every two years from now on is that athletes only have one good chance to compete in the junior race.

"I was gutted I didn't make the team, but it's just going to spur me on to make future teams," said the 17-year-old, who will be too old when the championships are next held in 2013.

Dixon was also disappointed after the Inter-Counties where he finished sixth. Ben Connor, who was ninth and 22 seconds behind him there, was selected for Punta Umbria instead. "It was my last chance so I was gutted not to get picked," he said, later sportingly admitting: "He's been to the Europeans before and he's got more experience than me."

As for his race at Nottingham, he said: "Obviously I wanted to win, but I had a good finish like at the Inter-Counties and I was only four seconds off so I can't complain."

Sussex took a narrow, nine-point team victory over Kent, while West Yorkshire took bronzes.

Senior girls

AS WITH the boys' race, the girls' winner was disappointed to miss out on competing at the World Cross. But Jennifer Walsh,



Jennifer Walsh led for most of the senior girls' race, while Iona Lake (325) gave chase



Jennifer Walsh: victory made up for Coferton Park disappointment

who was seventh at the Inter-Counties trial and just missed making the team, was dominant on this occasion.

The West Yorkshire athlete broke away on the first lap of two on the way to establishing an eight-second margin over Norfolk's Iona Lake. Lincolnshire's Charlotte Taylor took bronze, while Hampshire & Vectis took the team gold.

The damage was done on the first lap as the fast-starting Walsh enjoyed a nine-second lead at halfway.

"I had a lot of pressure on me," she said in reference to being one of the favourites. "But I still had to go out there and do it. I always go off fast and try and keep it for as long as I can and hope no one comes with me and luckily they didn't this time."

She explained the tactic doesn't always work, though, as she cast her mind back two weeks to the trials.

"I got criticised for setting off too fast there, but I showed

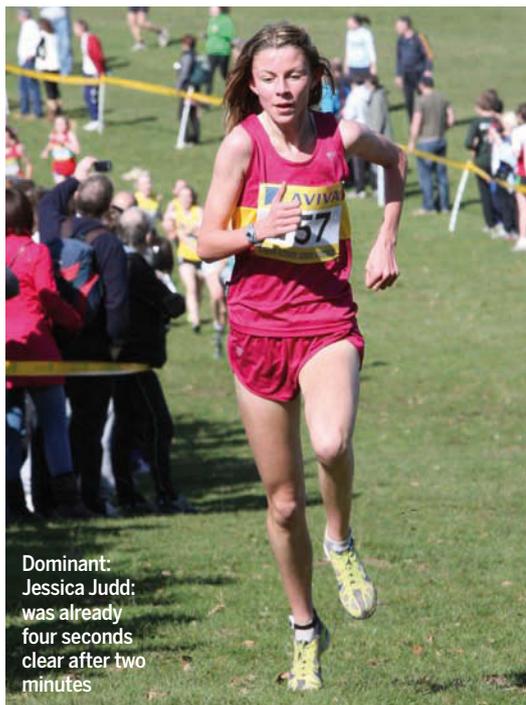
today that sometimes it works," she said. But her experience at Coferton Park had not made her reconsider her tactics. "My coach told me to go out and run it from the start," she said.

Lake, who was ninth at the Inter-Counties, was happy with silver having set a goal of top-five before the event.

"I just sat in there and tried to close the gap as much as I could," she said. "I knew if I had a good race I could get a medal."



Eventual bronze medallist Charlotte Taylor leads Iona Lake (325) and Katie Holt



Dominant: Jessica Judd: was already four seconds clear after two minutes



Alice Wright leads the battle for Inter silver

Intermediate girls

THERE was no more expected winner at Wollaton Park than Jessica Judd, who emphatically took her third English Schools cross-country title in succession.

Judd went into the lead from the start on her way to a 34-second win over Alice Wright, who was also behind her at the Inter-Counties two weeks earlier. The eventual winner had a gap of four seconds after two minutes and then 10 seconds after four minutes when Wright and Abbie Hetherington led the chasers. By halfway Judd was 10 seconds in front with Wright edging away from Hetherington.

Judd said: "I thought I'd take it steady going up the first hill and then coming down I started running my own race.

"I was actually quite nervous before because you're never quite sure who's in the race especially with the lower age group. You've got people like Alice and Abbie so I just had to take it as it came.

"The course suited me as I don't really like muddy courses."

The 16-year-old already has the ability to have been good enough to have run the junior race for Britain at the World Cross taking place the same weekend – at the National

last month she beat Annabel Gummow, who finished 22nd at the World Cross last week. However, at the Inter-Counties, she elected to run in her own age group, under-17, rather than step up into the selection race.

She explained of her decision: "I've got quite a lot of schoolwork and I want to try and do well on the track as well and also I like doing the English Schools."

However, she will still be eligible for the junior race at the World Cross when it is next held in two years' time. The event becoming biennial leaves her free to extend her streak into the senior category next year.

Wright was not too unhappy to take only silver, crossing the line nine seconds ahead of Hetherington.

"Obviously you want to win but I'm really pleased. I knew I was up against Jess so it was always going to be tough," said Wright, who plans to contest next weekend's international match and the London Mini-Marathon before going back into training for the summer where she will focus on 3000m. "I didn't make the best start, I don't think. And the course was really short, but the hill at the end made up for that."

In the team stakes, despite

Judd leading the way for them, Essex was beaten into the silver medal position by Surrey.

Intermediate boys

JAMES McMURRAY arrived at Wollaton Park with bad memories of the venue but went away with individual gold.

The Hertfordshire athlete was only 196th in the Inter-Counties the last time it was held here two years ago.

McMurray, who was fifth as a bottom-year runner in the under-17 race at the Inter-Counties this season, started to pull away at the start of the last lap in a relatively tight race.

However, he only managed to put two seconds between him and the eventual silver medallist, Matt Shirling of Merseyside, who had a storming run in his first year in the age group.

Berkshire's Jonathan Davies was third, another two seconds back and nine seconds in front of last year's junior champion, Adam Howard.

McMurray, who has been in his first year as an under-17, said: "I've had a good season. Being with the older boys, I didn't think I was going to compare to them."

A surprised Shirling said: "I didn't expect to get a medal. I was just going for an England vest.



James McMurray (217) is prominent early in the race on his way to a two-second win



Inter boys: Jonathan Davies (25) and Thomas Bains (421) track James McMurray



Medallists Katie Shiel-Rankin (457), Becca Croft (37) and Bronwen Owen (361)



Matthew Shirling placed second inter

"I didn't think I could catch him at the end but I gave it a good go and got second so I'm happy."

Greater Manchester took the team title by just four points from Kent.

Junior boys

PRE-TEEN favourite Thomas Holden took gold to move up 34 places on last year's result.

The Surrey athlete broke away from Middlesex's Paulos Asgodom going up the final hill to take victory by six seconds. Greater Manchester's Jack Crabtree was third, a further six seconds back.

Earlier a group of six were clear on the first lap and around halfway before the eventual gold and silver medallists moved in front.

Holden, who was sixth in the Inter-Counties in the bottom year of the under-15 age group, said: "I'm really happy. I knew it was going to roughly be us six having a good race. It's good to

have a lot of people to run with." He felt his recent hill work had enabled him to pull away at the end.

The Surrey county and schools champion explained his 35th place in last year's event. "It was muddy up in Manchester, which doesn't suit me, but today was a good course for me," said Holden, who fortunately for him missed the National,



Thomas Holden leads Paulos Asgodom



Tom Newnham (193) and Paulos Asgodom try to stay with Thomas Holden

which turned out be a mudbath, in order to concentrate on the Inter-Counties.

Explaining his improvement this winter, he said: "I had a couple of good results last year and I thought I should settle down and take it more seriously."

Asgodom, who was three seconds behind Holden at the Inter-Counties, led Middlesex to the team title.

Junior girls

NORTH Yorkshire's Bronwen Owen added to her win in the National by taking an eight-second win over Surrey's Katie Shiel-Rankin.

Owen pulled away at the start of the second, larger lap to improve from 55th 12 months ago in Manchester.

The Inter-Counties under-15 silver medallist said: "I had quite a good start compared to usual. Usually I'm right at the back. The pace was quite fast from the start."



Bronwen Owen added to National win

Conditions could not have been much more different from the muddy, rainy conditions at Alton Towers on the day of the National, but Owen coped equally as well in both scenarios, pointing out: "You don't realise how hard cross-country is in the sun."

She added: "I think it suited me better than the National because of the hill at the end – and I like hills."

Shiel-Rankin, another from the Aldershot, Farnham & District conveyor belt of young running talent, will have another shot at the junior title next year.

She said: "I felt comfortable throughout the whole race. I thought I'd just stay behind the leader as I knew Bronwen was an extremely good runner and the field was really strong. So I just hung in there and then tried to take it on up that hill."

Buckinghamshire's Becca Croft took bronze, while Essex won team gold.

RESULTS

Senior Boys

1 K Clements (Suff) 20:50; 2 H Dixon (Hants) 20:54; 3 J Grace (Surrey) 20:57; 4 M Shaw (Cleve) 21:08; 5 L White (Lond) 21:14; 6 W Gray (Sussex) 21:19; 7 G Benson (W Yks) 21:20; 8 M Wood (W Yks) 21:20; 9 J Ashcroft (Mersey) 21:28; 10 A Short (Essex) 21:33; 11 H Pearce (Kent) 21:34; 12 T Loveridge (Mersey) 21:40; 13 M Scott (N Yks) 21:43; 14 M Bergin (Beds) 21:45; 15 C Greenwood (G Man) 21:47; 16 M Rose (W Mids) 21:49; 17 P Seseman (Kent) 21:50; 18 B Brown (Somerset) 21:51; 19 J Bull (Der) 21:51; 20 M Thompson (Notts) 21:53; 21 M Pickard (Sussex) 21:56; 22 C Boyek (Dur) 21:57; 23 M Kaye (W Yks) 21:58; 24 L Lloyd (Lond) 21:59; 25 T Purnell (Gloucs) 22:00; 26 S Atkin (Humber) 22:01; 27 A Provost (Hants) 22:04; 28 A Hill (Avon) 22:06; 29 D Cheeseman (N Yks) 22:06; 30 R Skelton (Sussex) 22:07; 31 J Partridge (Dorset) 22:09; 32 R Franks (Middx) 22:13; 33 S Kerfoot-Roberts (W Yks) 22:13; 34 J Trigwell (Devon) 22:15; 35 W Ryle-Hodges (Berks) 22:17; 36 L Grenfell-Shaw (Avon) 22:19; 37 C Perrin (Staffs) 22:22; 38 J Sherry (Middx) 22:22; 39 J Nixon (G Man) 22:22; 40 P Harrison (Cumb) 22:23; 41 C Johnson (Nthland) 22:23; 42 J Gilbert (Humber) 22:24; 43 J Bentham (Kent) 22:25; 44 C Matthews (Lancs) 22:25; 45 L Goodliffe (Sussex) 22:25; 46 K Reilly (Kent) 22:27; 47 A Phelps (Gloucs) 22:28; 48 N Tauwhare (Surrey) 22:29; 49 R Park (Herewor) 22:30; 50 N Maguire (Notts) 22:32; 51 D Owen (Gloucs) 22:33; 52 F Bailey (Dorset) 22:33; 53 T Grant (Middx) 22:33; 54 E Shepherd (Herts) 22:37; 55 T Bennett (Hants) 22:38; 56 L Russo (Kent) 22:39; 57 T Jervis (G Man) 22:39; 58 G Mallett (Shrops) 22:40; 59 B Pinder (N Yks) 22:41; 60 R Driscoll (Sussex) 22:41; 61 T Haynes (Chesh) 22:42; 62 J Morris (G Man) 22:42; 63 L Betts (Lancs) 22:44; 64 D Nash (Corn) 22:45; 65 J Fittall (Essex) 22:46; 66 A Gilbert (Kent) 22:46; 67 M Ramsay (Norfolk) 22:46; 68 K Silsby (Sussex) 22:46; 69 L Roberts (Herewor) 22:48; 70 C Youell (Essex) 22:48; 71 G Moxon (Essex) 22:48; 72 A Goodall (Nthland) 22:48; 73 A Wilson (Lincs) 22:49; 74 L Robinson (Nthants) 22:49; 75 W Gurton (Bucks) 22:49; 76 S Hearn (Nthland) 22:50; 77 A Bateson (Lincs) 22:50; 78 D Musson (Notts) 22:52; 79 J Bryant (Kent) 22:53; 80 G Fisher (Hants) 22:56; 81 B Akin (Lancs) 22:57; 82 C Winwood (Shrops) 22:57; 83 J Buckley-Stanton (Essex) 22:58; 84 C Mason (Lancs) 22:58; 85 N Bennett (Devon) 22:59; 86 J Rainsford (Der) 22:59; 87 C Spinks (Hants) 22:59; 88 L McCourt (Dur) 23:01; 89 N Ditton (Surrey) 23:01; 90 T Mead (Beds) 23:01; 91 A Allen (Warks) 23:02; 92 L Renton (Chesh) 23:02; 93 G Robinson (N Yks) 23:03; 94 S Dawson (Suff) 23:04; 95 T Watson (Hants) 23:04; 96 J Perrin (Staffs) 23:10; 97 B Waterman (Lond) 23:10; 98 J Vernon Mcguigan (Mersey) 23:10; 99 J Powney (Suff) 23:11; 100 M Harding (Staffs) 23:12; 101 F Heasman (Norfolk) 23:13; 102 A Sloan (Dorset) 23:13; 103 J Hutchens (Devon) 23:14; 104 R Grant (Nthants) 23:15; 105 P Stuart (Nthants) 23:15; 106 J Killip (Middx) 23:16; 107 M Randall (Berks) 23:16; 108 C Lloyd (Kent) 23:16; 109 G Harris (Somerset) 23:18; 110 J Woodcock-Shaw (W Yks) 23:18; 111 M Grieve (Cumb) 23:19; 112 A Smith (Devon) 23:23; 113 S Barras (Dur) 23:24; 114 D Mills (Warks) 23:25; 115 A Watt (Gloucs) 23:25; 116 C Neil (Hants) 23:25; 117 B Marriott (W Yks) 23:25; 118 J Gray (S Yks) 23:26; 119 W



Gordon Benson (506), Mark Shaw (73) and Kieran Clements (445) figure at the front of the senior boys' race

Pinder (Middx) 23:26; 120 B Griffiths (W Mids) 23:27; 121 S Hunt (Cambs) 23:27; 122 J Archer (Dur) 23:28; 123 J Kench (Leics) 23:29; 124 B Costello (Mersey) 23:29; 125 D Thackeray (Suff) 23:29; 126 R Warner (Lancs) 23:29; 127 T Buckley (Shrops) 23:30; 128 J Carr (Herewor) 23:31; 129 J Hudak (G Man) 23:31; 130 D Gurton (Bucks) 23:32; 131 C Ladhams (Hants) 23:33; 132 J Harris (Berks) 23:34; 133 J Mounsey (Humber) 23:35; 134 V Zaver (Herts) 23:35; 135 J Waples (Nthants) 23:35; 136 C Hilton (Mersey) 23:36; 137 R Buck (N Yks) 23:36; 138 G Marshman (Nthants) 23:37; 139 J Maurice (Surrey) 23:37; 140 R Ganose (G Man) 23:38; 141 C Foulstone (W Yks) 23:39; 142 M Bee (Lincs) 23:41; 143 E Dorey (Chis) 23:42; 144 W Mercer (Surrey) 23:42; 145 A Law (Essex) 23:43; 146 H Earl (Cumb) 23:44; 147 F McGrath (Avon) 23:45; 148 J Baines (Essex) 23:47; 149 S Jones (Oxford) 23:48; 150 A Burnett (Suff) 23:48; 151 D Riberio (W Mids) 23:48; 152 J McMullen (Gloucs) 23:50; 153 M Bride (Mersey) 23:51; 154 A Brecker (Chesh) 23:51; 155 D Layton (Dur) 23:52; 156 D Orme (Notts) 23:53; 157 T Atkins (Bucks) 23:53; 158 F Van Arkel (Gloucs) 23:53; 159 S Clayton (Essex) 23:54; 160 D Jubbs (Herewor) 23:55; 161 S Fenning (Suff) 23:55; 162 E Smith (Middx) 23:57; 163 G Lowry (Dur) 23:57; 164 M Deacon (Avon) 23:58; 165 H Baker (Surrey) 23:59; 166 J Johnston (G Man) 23:59; 167 D Walton (Lancs) 24:00; 168 D Johnson (Beds) 24:00; 169 S Woods (Lond) 24:03; 170 A Chambers (Leics) 24:05; 171 R Heath (Shrops) 24:05; 172 P Robertson (Mersey) 24:07; 173 R Male (Nthants) 24:07; 174 C Rowett (Lancs) 24:07; 175 T Austin (Somerset) 24:08; 176 J Williams (Berks) 24:08; 177 T Rodgers (Cambs) 24:09; 178 C Hills (Nthants) 24:09; 179 H Thornton (Avon) 24:09; 180 L Gray (Gloucs) 24:12; 181 M Jenkins (Herts) 24:13; 182 C Grayson (S Yks) 24:13; 183 A Miles (Chesh) 24:14; 184 O Lockley (Mersey) 24:14; 185 C Mason (Cumb) 24:15; 186 D Hillman (W Mids) 24:16; 187 J Guy (Staffs) 24:16; 188 C Hine (Wilts) 24:16; 189 R Overney (Devon) 24:16; 190 L Voizey (Somerset) 24:18; 191 A Rice (Sussex) 24:18; 192 F Whittaker (Somerset) 24:19; 193 A Kula (Avon) 24:19; 194 M Hinchliffe (W Yks) 24:20; 195 C Wood (Warks) 24:20; 196 C Crawford (N Yks) 24:20; 197 A Sampson

(Dorset) 24:21; 198 C Harris (S Yks) 24:22; 199 E Rimmer (Mersey) 24:23; 200 H Valentine (Chesh) 24:26; 201 J Trow (Norfolk) 24:26; 202 J Short (Leics) 24:27; 203 A Brown (N Yks) 24:27; 204 S Turnell (Nthants) 24:27; 205 A Allen-Jones (Lond) 24:28; 206 D Cunningham (Nthland) 24:28; 207 T Gosling (Norfolk) 24:28; 208 J Oxy (Humber) 24:28; 209 J Schofield (N Yks) 24:30; 210 P Pugh (Staffs) 24:31; 211 A Cloona (Herts) 24:33; 212 B Kennard (Surrey) 24:33; 213 J Addison (Cumb) 24:33; 214 M Malcolm (Bucks) 24:33; 215 T Claessens (Bucks) 24:33; 216 B McGrath (Cleve) 24:34; 217 S Parkes (Warks) 24:35; 218 M Puddefoot (Bucks) 24:36; 219 C Squires (Beds) 24:36; 220 G Burkett (Beds) 24:40; 221 T Holloway (Staffs) 24:41; 222 O Tulley (Devon) 24:42; 223 T Brook (Herewor) 24:42; 224 J Sorrell (Warks) 24:42; 225 N Stone (Cambs) 24:43; 226 Z Stephenson (Somerset) 24:43; 227 A Higgins (Shrops) 24:44; 228 S Ferguson (Oxford) 24:44; 229 A Rogers (Somerset) 24:44; 230 A Penford (Surrey) 24:45

TEAM: 1 Sussex 230; 2 Kent 239; 3 W Yorks 298; 4 Hants 346; 5 Gtr Man 442; 6 Essex 444; 7 Lancs 475; 8 Middx 510; 9 N Yorks 527; 10 Gloucs 548; 11 Mersey 568; 12 Surrey 588; 13 Suffolk 630; 14 Durham 648; 15 Nthants 729; 16 London 734; 17 Devon 745; 18 Avon 747; 19 Staffs 851; 20 Notts 861; 21 Bucks 863; 22 HereWor 870; 23 Dorset 889; 24 Shrops 902; 25 Somerset 910;

Intermediate boys
1 J McMurray (Herts) 17:40; 2 M Shirling (Mersey) 17:42; 3 J Davies (Berks) 17:44; 4 A Howard (G Man) 17:53; 5 H Martin (Corn) 17:54; 6 J Murdoch (Lond) 17:54; 7 J Lamswood (Humber) 17:55; 8 H Curling (Hants) 17:58; 9 T Bains (S Yks) 18:04; 10 M Callegari (Middx) 18:07; 11 W Paulson (Gloucs) 18:17; 12 Z Tobias (Avon) 18:22; 13 R Moore (G Man) 18:23; 14 R Preece (Somerset) 18:26; 15 L Probert (Kent) 18:27; 16 H Gikungu (Essex) 18:29; 17 R Issacson (Beds) 18:32; 18 B Sandie (Cleve) 18:34; 19 K Hale (Gloucs) 18:36; 20 L Dee (Herts) 18:39; 21 W Turner (Mersey) 18:40; 22 W Christofi (Wilts) 18:40; 23 B Maskell (Dur) 18:41; 24 X Tansey (Leics) 18:41; 25 H Dunderdale (Lincs) 18:42; 26 M Nicholls (Kent) 18:43; 27 J Christie (Mersey) 18:43; 28 M Delo (Suff) 18:44; 29 J

Nisbet (Nthland) 18:46; 30 A Vandyc (Wilts) 18:46; 31 J Knox (Cumb) 18:50; 32 R Harvie (Berks) 18:51; 33 L Jacobs (Avon) 18:52; 34 B Alcock (Beds) 18:52; 35 M O'Connor (W Yks) 18:53; 36 J Asbrey (Lincs) 18:54; 37 D Mahoney (Lancs) 18:54; 38 M Gaunt (Devon) 18:55; 39 K Edwards (Staffs) 18:55; 40 C Jones (Corn) 18:56; 41 J Smith (Devon) 18:56; 42 Z Bamber (Chesh) 18:57; 43 E O'Brien (Surrey) 18:57; 44 W Durkin (Sussex) 18:58; 45 T Hook (Norfolk) 18:58; 46 W Parker (Cleve) 18:58; 47 J Kerridge (Essex) 18:59; 48 M Harrison (Beds) 18:59; 49 A Lamb (Herewor) 19:00; 50 S Woodford (Essex) 19:01; 51 A Worden (Corn) 19:01; 52 N Cullen (Mersey) 19:02; 53 S Wyllie (Berks) 19:03; 54 B Wattleworth (Suff) 19:05; 55 D Brown (Kent) 19:05; 56 T Starling (Hants) 19:06; 57 C Bryce-Borthwick (Kent) 19:06; 58 M Seddon (Berks) 19:06; 59 B Wilson (Dorset) 19:06; 60 P Chambers (Surrey) 19:07; 61 S Eglan (Surrey) 19:07; 62 J McKenzie (Sussex) 19:08; 63 L Dawson (Kent) 19:10; 64 J Kay (G Man) 19:10; 65 J Hall (W Yks) 19:11; 66 C Middleton (G Man) 19:11; 67 I Taschimowitz (Somerset) 19:11; 68 P Crout (Herts) 19:12; 69 D Overin (N Yks) 19:12; 70 D Sheldon (Staffs) 19:13; 71 T Richardson (Essex) 19:14; 72 J Reed (Nthland) 19:14; 73 H Brown (Herewor) 19:15; 74 X Brown (Gloucs) 19:16; 75 B Wright (Cleve) 19:16; 76 R Allen (Hants) 19:17; 77 J Bundred (G Man) 19:17; 78 B Soneji (Middx) 19:18; 79 S McCallum (Hants) 19:20; 80 K Young (Somerset) 19:20; 81 S Halsted (Berks) 19:20; 82 T Livingstone (Surrey) 19:20; 83 M Arnold (Surrey) 19:20; 84 A Revell (Suff) 19:21; 85 O Sharp (Mersey) 19:21; 86 C McGahan (G Man) 19:22; 87 J Allen (Nthants) 19:23; 88 O Terry (Chis) 19:23; 89 D Robinson (Chis) 19:23; 90 S Wilson (Middx) 19:23; 91 L Honey (Devon) 19:24; 92 A Parkes (Warks) 19:24; 93 M Patch (Somerset) 19:24; 94 J Robertson (N Yks) 19:25; 95 A Sixsmith (G Man) 19:25; 96 J Nutt (Leics) 19:25; 97 W Robinson (Surrey) 19:25; 98 S Malloy (Kent) 19:25; 99 S Shindler-Glass (Middx) 19:26; 100 L Clark (Dur) 19:26; 101 D Quarmby (Lancs) 19:26; 102 L Greer (Nthants) 19:26; 103 J Villette (W Mids) 19:26; 104 J West (Kent) 19:27; 105 D Weir (Devon) 19:28; 106 J Douglas (Beds)

19:29; 107 C Hulme (Staffs) 19:29; 108 T Hooley (Der) 19:30; 109 M Dickinson (Somerset) 19:31; 110 L Watson (Cleve) 19:31; 111 J Walton (Somerset) 19:32; 112 L Taylor (Lincs) 19:32; 113 M Marshall (Oxford) 19:33; 114 A George (Gloucs) 19:33; 115 J Turner (W Yks) 19:34; 116 S Watson (Norfolk) 19:34; 117 K Wye (Herts) 19:34; 118 L Stedman (W Yks) 19:36; 119 S Redding (Bucks) 19:36; 120 K Ella (Norfolk) 19:37; 121 M Bray (Beds) 19:37; 122 J Shaw (Notts) 19:37; 123 T Hogan (Wilts) 19:38; 124 G Chambers (Nthland) 19:38; 125 S Heslop-George (Corn) 19:39; 126 I Crowe-Wright (Sussex) 19:39; 127 J Nevin (Dorset) 19:40; 128 J Dickinson (Bucks) 19:41; 129 D Oliver (Suff) 19:42; 130 E Mallett (Shrops) 19:42; 131 C Hanlon (Warks) 19:42; 132 J Grundy (Mersey) 19:42; 133 P Taylor (Bucks) 19:44; 134 A Smith (W Yks) 19:44; 135 G Gillingwater (Bucks) 19:45; 136 M Hulse (Chesh) 19:45; 137 T Shepherd (Der) 19:46; 138 S Ashman (Leics) 19:46; 139 J Kelly (Lond) 19:47; 140 M Nuradin (Lond) 19:47; 141 W Spencer (N Yks) 19:48; 142 T Rawet (Corn) 19:48; 143 J Coles (Nthants) 19:48; 144 B Hetherington (Dur) 19:48; 145 D Love (Lincs) 19:49; 146 B Topley (W Mids) 19:49; 147 A Pettit (Cambs) 19:49; 148 D Templer (Avon) 19:50; 149 J Lantsbery (Nthants) 19:50; 150 E Lloyd (Shrops) 19:50; 151 C Howick (Notts) 19:51; 152 B Somogyi (Kent) 19:52; 153 J Shaw (Nthants) 19:52; 154 J Castelow (W Yks) 19:52; 155 J Phillips (Notts) 19:53; 156 J Needham (Humber) 19:53; 157 T Stock (Herewor) 19:53; 158 P Caldwell (Nthland) 19:54; 159 H Cayssials (Lond) 19:54; 160 B O'Connor (Hants) 19:54; 161 N Doyle (Herts) 19:55; 162 M Hazell (Wilts) 19:55; 163 T Parnell (Gloucs) 19:55; 164 N Jones (Mersey) 19:56; 165 J Worton (W Yks) 19:56; 166 B Upjohn (Oxford) 19:57; 167 K Washington (Staffs) 19:58; 168 C Mitchell (Nthland) 19:58; 169 R Atkins (Middx) 19:59; 170 S Robinson (Essex) 19:59; 171 R Owen (Chesh) 20:00; 172 J Davis (Bucks) 20:01; 173 J Humphrey (Avon) 20:02; 174 A Bampton (Wilts) 20:02; 175 H Steele (Suff) 20:02; 176 A Smith (S Yks) 20:03; 177 R Huskinson (Cambs) 20:03; 178 K Quirk (Mersey) 20:04; 179 H Glee (Shrops) 20:04; 180 N Myers (Dur) 20:05; 181 W Crossen (Dur) 20:05; 182 R Campbell (Cumb) 20:05; 183 D Pinder (Middx) 20:07; 184 R Tennant (Suff) 20:07; 185 C Darling (Cambs) 20:08; 186 G Kendall (Cambs) 20:09; 187 B Pye (N Yks) 20:10; 188 C Peverley (Dur) 20:10; 189 J Carnell (Devon) 20:10; 190 O Kyriakides (Essex) 20:10; 191 H Allison (Warks) 20:12; 192 R Cox (Herts) 20:12; 193 A Oxley (Humber) 20:13; 194 J Ellison (Lancs) 20:14; 195 G Goodwin (Warks) 20:14; 196 M Bull (Devon) 20:15; 197 T Larcombe (W Mids) 20:15; 198 W Smith (N Yks) 20:16; 199 H McCracken (Cumb) 20:16; 200 W MacCae (Oxford) 20:17; 201 M Axe (Bucks) 20:17; 202 T Smith (Hants) 20:18; 203 N Clinton (Wilts) 20:18; 204 T Verity (Humber) 20:18; 205 S Fuller (Beds) 20:20; 206 J Lancaster (S Yks) 20:20; 207 J Fear (Gloucs) 20:20; 208 M Butler (Lancs) 20:21; 209 L Griffiths (Der) 20:21; 210 B Collier (Sussex) 20:21; 211 S Bedford (Somerset) 20:22; 212 K Nicholson (Lincs) 20:22; 213 J Grose (Dorset) 20:23; 214 A Jones (Wilts) 20:23; 215 C MacE (N Yks) 20:23; 216 J Gleave (Chesh) 20:24; 217 E Corr (W Mids) 20:25; 218 J Bonness (Oxford) 20:25; 219 D McKeown (W Mids) 20:25; 220 L Ames-Blackaby (Middx) 20:26; 221 J Burrows (Shrops) 20:26; 222 D Nolan

(Surrey) 20:26; 223 D Toth (Dorset) 20:27; 224 S Kneeb-Robinson (Beds) 20:27; 225 A Davies (Hereford) 20:27; 226 J Arundel (Dorset) 20:28; 227 K McMorran (Suff) 20:28; 228 L Cotter (S Yks) 20:28; 229 E Bage (Cleve) 20:29; 230 M Raymond (Wilts) 20:29; 231 A Wheeldon (Lond) 20:30; 232 R Bevis (Hants) 20:30; 233 K Hallett-Blanch (Staffs) 20:30; 234 K Conway (G Man) 20:30; 235 R Fraser (Shrops) 20:31; 236 T Peel (Nthland) 20:31; 237 J Kershaw (Shrops) 20:32; 238 T Kelly (Oxford) 20:33; 239 L Healey (Chesh) 20:33; 240 T Charterless (Nhants) 20:34; 241 E Bilton (Der) 20:34; 242 K Pywell (Norfolk) 20:35; 243 M Kirby (Leics) 20:35; 244 N Udall (Warks) 20:35; 245 H Hodch (Norfolk) 20:35; 246 J Lancaster (Der) 20:36; 247 C Pasco (Cleve) 20:37; 248 C Parkes-Bowen (Leics) 20:37; 249 J Hodgson (Cumb) 20:38; 250 B Daggett (N Yks) 20:38

TEAM: 1 GtrMan 310; 2 Kent 314; 3 Mersey 319; 4 Surrey 426; 5 Somer 474; 6 Berks 529; 7 Beds 531; 8 Essex 544; 9 Herts 559; 10 Hants 581; 11 Gloucs 588; 12 Wyorks 621; 13 Middx 629; 14 Sufflk 654; 15 Devon 660; 16 Corn 670; 17 Wilts 714; 18 Cleve 725; 19 Nthland 787; 20 Lincs 792; 21 Nhants 874; 22 Bucks 888; 23 Staffs 894; 24 Durham 895; 25 Nyorks 904; 26 Avon 909; 27 London 950; 28 HereWor 1025; 29 Leics 1032; 30 Sussex 1038

Junior boys

1 T Holden (Surrey) 13:38; 2 P Asgodom (Middx) 13:44; 3 J Crabtree (G Man) 13:50; 4 N Katende (G Man) 13:55; 5 T Newnham (Hants) 13:57; 6 J Lewis (Beds) 14:01; 7 D Old (Corn) 14:03; 8 O Fox (Somer) 14:07; 9 Yemane (Lond) 14:11; 10 P Tyson (Mersey) 14:15; 11 C McKie (Suff) 14:16; 12 G Butler (Hants) 14:16; 13 R Lightowler (Hants) 14:17; 14 D McManus (Hereford) 14:17; 15 J Dee (Herts) 14:18; 16 J Murphy (Nhants) 14:19; 17 D Lawton (G Man) 14:20; 18 E Bowker (Chesh) 14:20; 19 L Ashmore (Notts) 14:21; 20 O Spencer (Leics) 14:21; 21 J Laws (G Man) 14:21; 22 P Asgodom (Middx) 14:23; 23 H Leleu (Sussex) 14:23; 24 J Goss (Kent) 14:25; 25 E Cross (Warks) 14:25; 26 J Hatton (Leics) 14:25; 27 P Rowan (Essex) 14:26; 28 J Singh (Middx) 14:26; 29 J Alger (Sussex) 14:27; 30 L Hussey (Middx) 14:28; 31 J Skelton (Avon) 14:30; 32 B Kelsey (Middx) 14:30; 33 J Finigan (Middx) 14:30; 34 A Smith (Dorset) 14:31; 35 G Cockle (Surrey) 14:32; 36 C Davis (Warks) 14:32; 37 P Ellis (Hants) 14:38; 38 N Oliver (Devon) 14:33; 39 F Wright (Chisl) 14:33; 40 G Gathercole (Surrey) 14:34; 41 M Wigelsworth (Mersey) 14:35; 42 A Kershaw (Mersey) 14:36; 43 J Gentle (Herts) 14:37; 44 D Haymes (Der) 14:38; 45 J Nadin (Essex) 14:38; 46 J Janes (Beds) 14:38; 47 H Mahoney (Gloucs) 14:38; 48 J Blackford (Devon) 14:39; 49 C Upton (Hants) 14:39; 50 J Blackburn (Cleve) 14:39; 51 N Flanagan (Mersey) 14:40; 52 N Orr (Cumb) 14:41; 53 M Smith (Hants) 14:41; 54 R O'Connor (Herts) 14:41; 55 A Waterson (Norfolk) 14:41; 56 P Dever (Lancs) 14:42; 57 G Elliott (Essex) 14:42; 58 J Schofield (N Yks) 14:43; 59 C Ward (Humber) 14:44; 60 O Butler (Hants) 14:44; 61 C Hyde (Surrey) 14:44; 62 C Gregory (Berks) 14:45; 63 W Richardson (Hereford) 14:45; 64 B White (Sussex) 14:46; 65 J Stanley (Surrey) 14:47; 66 I Handley (Sussex) 14:47; 67 J McCarthy (Bucks) 14:47; 68 M Sheen (Chesh) 14:47; 69 J Willis (Cleve) 14:48; 70 C Von Eitzen (Oxford) 14:48; 71 J Rowe (Essex) 14:49; 72 S Whitehead (Chesh) 14:49; 73 M Panes (Mersey) 14:49;

74 E Cairress (W Yks) 14:51; 75 C Hall (Devon) 14:51; 76 J Barraclough (Beds) 14:52; 77 C Wray (Gloucs) 14:52; 78 J Brennan (Herts) 14:53; 79 S Lane De Courtin (Corn) 14:53; 80 R Babcock (G Man) 14:54; 81 D Alexander (Avon) 14:54; 82 W Monaghan (Staffs) 14:55; 83 M Shackleton (Lancs) 14:55; 84 J Stephenson (N Yks) 14:55; 85 T Cully (Hants) 14:55; 86 J Walley (Lancs) 14:55; 87 D Nazarenko (Gloucs) 14:55; 88 C Shankley (Staffs) 14:55; 89 D Riddington (Berks) 14:56; 90 J Aherne (Bucks) 14:56; 91 J Fergusson (Devon) 14:56; 92 T Heylen (Cams) 14:56; 93 H Stainthorpe (Surrey) 14:57; 94 J Oliver (Sussex) 14:58; 95 J Burgin (Beds) 14:58; 96 T Verbena (Herts) 14:59; 97 L Burthem (Chesh) 15:00; 98 L Thompson (G Man) 15:00; 99 J O'Hara (Kent) 15:00; 100 S Nicholson (Cumb) 15:01; 101 L Jones (Warks) 15:01; 102 A Houchell (Essex) 15:02; 103 A Thorpe (Herts) 15:04; 104 E Nicholls (Kent) 15:05; 105 R Morpeth (Dur) 15:05; 106 R Bond (Lincs) 15:05; 107 B Bowman-Shaw (Warks) 15:05; 108 B Yates (Lancs) 15:06; 109 N Gillis (Berks) 15:06; 110 D Bill (W Mids) 15:06; 111 M Bartram (Suff) 15:06; 112 M Dutton (Lancs) 15:06; 113 S Leary (Devon) 15:07; 114 T Blatch (Cams) 15:07; 115 O Holdsworth (Corn) 15:07; 116 J O'Mara (Notts) 15:07; 117 W Downham (Hants) 15:07; 118 D Owens (W Yks) 15:08; 119 R Wong (Lancs) 15:08; 120 J Currah (Oxford) 15:08; 121 T Goulding (Dur) 15:09; 122 L Willmore (Essex) 15:09; 123 B Golding (Sussex) 15:10; 124 M Fabes (Oxford) 15:10; 125 A Brown (Dur) 15:10; 126 T Manjengwa (Bucks) 15:10; 127 G Downie (Wilts) 15:11; 128 A Burrows (Shrops) 15:11; 129 M Bailey (Cleve) 15:11; 130 G Ient (N Yks) 15:12; 131 M Wileman (Norfolk) 15:13; 132 J Cara (Nhants) 15:13; 133 K Savage (W Yks) 15:14; 134 S Dovey (Cams) 15:14; 135 C Hill (Wilts) 15:14; 136 C Sarginson (N Yks) 15:14; 137 P Winkler (Nthland) 15:14; 138 S Somerville (Somer) 15:14; 139 S Brown (Kent) 15:14; 140 T Herdman-Smith (Bucks) 15:15; 141 R Kirkpatrick (Dorset) 15:15; 142 S Ferroni (Sussex) 15:16; 143 T Faes (Kent) 15:17; 144 C Kerr (Nhants) 15:17; 145 O Morgan (Avon) 15:18; 146 K Lindars (Bucks) 15:18; 147 E Holland (Norfolk) 15:19; 148 J McCrae (Lincs) 15:19; 149 R Stroud (Staffs) 15:19; 150 O Cantrill (Cams) 15:19; 151 M Chauhan (Hereford) 15:20; 152 C Brown (G Man) 15:20; 153 E Jones (Wilts) 15:20; 154 M Sullivan (Cumb) 15:21; 155 R Hickie (Der) 15:22; 156 J Ferguson (W Yks) 15:22; 157 S McGonigle (Middx) 15:22; 158 D Gaskin (Middx) 15:23; 159 L Emmett (Dur) 15:23; 160 E Kelly (Nthland) 15:23; 161 D Evans (Chesh) 15:23; 162 J Hornyb (Lincs) 15:24; 163 R Walbridge (Dorset) 15:24; 164 A Roden (Der) 15:24; 165 J Channon (Devon) 15:24; 166 J Saver (Warks) 15:25; 167 C Martin (Somer) 15:25; 168 A Cooper (Herts) 15:25; 169 A Stenning (Bucks) 15:25; 170 A Riele (Notts) 15:25; 171 T Curtis (Oxford) 15:25; 172 B Izzard (Der) 15:25; 173 J Forrester (Shrops) 15:26; 174 G Bell (Leics) 15:26; 175 J Hull (Cumb) 15:26; 176 J Clay (Beds) 15:26; 177 F Thompson (Humber) 15:27; 178 S Cadigan (Beds) 15:27; 179 L Smallman (Hereford) 15:27; 180 R Bentham (S Yks) 15:28; 181 C O'Brien (G Man) 15:28; 182 M Jackson (Nthland) 15:28; 183 J Shields (S Yks) 15:29; 184 J Armstrong (Dur) 15:29; 185 C Bampton (Wilts) 15:29; 186 J McGraw (Der) 15:29; 187 M Adlard (Humber) 15:30; 188 A Robinson (Berks) 15:30; 189 L Danquah (Notts) 15:30; 190 H

Hughes (Warks) 15:30; 191 A Stone (Kent) 15:31; 192 H Sutherland (Bucks) 15:31; 193 J Mondino (Dorset) 15:31; 194 J Geraghty (Surrey) 15:31; 195 L Bagguley (Staffs) 15:31; 196 J Barnes (W Mids) 15:32; 197 T McHugh (Shrops) 15:32; 198 J Cripwell (Nthland) 15:32; 199 M Snutch (Staffs) 15:33; 200 G Chapman (Avon) 15:33; 201 J Cook (Beds) 15:33; 202 M Keenan (Cleve) 15:34; 203 B Parham (Corn) 15:34; 204 R McCawley (Surrey) 15:34; 205 J Foord (Berks) 15:34; 206 S Anthony (Suff) 15:35; 207 N Groves (Hereford) 15:35; 208 S Jaram (Humber) 15:36; 209 C Richards (Cumb) 15:36; 210 S Sherratt (Nhants) 15:36; 211 S Evans (W Mids) 15:37; 212 J Blasdale (Hereford) 15:37; 213 R Lander (Staffs) 15:37; 214 C Smith (Notts) 15:38; 215 A Hanson (Berks) 15:39; 216 E Gibney (Gloucs) 15:39; 217 G Sanderson (Nthland) 15:40; 218 J Wooldrige (Lond) 15:40; 219 C Andrews (Cleve) 15:40; 220 J Bevan (Avon) 15:41; 221 B Howard (Kent) 15:41; 222 T Morris (Chesh) 15:41; 223 J Hope (Nhants) 15:41; 224 S Adams (Corn) 15:42; 225 S Hicks (N Yks) 15:43; 226 D Neary (Humber) 15:43; 227 E Holmes (Corn) 15:43; 228 E Moore (Warks) 15:43; 229 T Coyne (Dur) 15:44; 230 J Walton (S Yks) 15:44; 231 B Musgrove (Nhants) 15:44; 232 D Villette (W Mids) 15:44; 233 B Lewis (N Yks) 15:45; 234 C Griffith (Nhants) 15:46; 235 S Woolldar (Norfolk) 15:46; 236 B Eames (Suff) 15:47; 237 F Jenkins (Beds) 15:47; 238 B Mugnier (Lincs) 15:47; 239 Z Meakin (Leics) 15:47; 240 J Hibbert (S Yks) 15:48; 241 J Naisbitt (S Yks) 15:49; 242 J Wood (Corn) 15:49; 243 C Norton (Dorset) 15:49; 244 R Matthews (Dur) 15:50; 245 S Convery (W Yks) 15:50; 246 H Carrick (Nthland) 15:50; 247 T Forsyth (Kent) 15:50; 248 M La Barbera (Leics) 15:51; 249 K Wilson (Nhants) 15:52; 250 A Weightman (Nthland) 15:53

TEAM: 1 Middx 147; 2 Hants 216; 3 GtrMan 223; 4 Surrey 295; 5 Herts 299; 6 Sussex 399; 7 Essex 424; 8 Mersey 468; 9 Devon 530; 10 Lancs 564; 11 Beds 577; 12 Warks 625; 13 Chesh 638; 14 Kent 700; 15 Bucks 738; 16 HereWor 826; 17 Corn 855; 18 Nyorks 866; 19 Berks 868; 20 Durham 923; 21 Staffs 926; 22 Cleve 939; 23 Cumb 946; 24 Nhants 956; 25 Leics 960; 26 Notts 963; 27 Wyorks 1002; 28 Derby 1004; 29 Gloucs 1005; 30 Dorset 1039

Senior girls

1 J Walsh (W Yks) 14:37; 2 I Lake (Norfolk) 14:45; 3 C Taylor (Lincs) 14:55; 4 P Woolven (Bucks) 15:06; 5 V Johnston (Cumb) 15:07; 6 L Riches (G Man) 15:07; 7 O Sadler (Avon) 15:08; 8 C Richardson

(W Mids) 15:09; 9 H Tarver (Mersey) 15:16; 10 K Holt (Staffs) 15:17; 11 S Connor (Herts) 15:18; 12 C Thackery (S Yks) 15:19; 13 A Burgin (Beds) 15:19; 14 E Gilmore (Hants) 15:25; 15 A Bell (W Yks) 15:33; 16 K Snowden (Lond) 15:34; 17 J Harvey (Devon) 15:34; 18 A Blake (Essex) 15:35; 19 A Tracey (Sussex) 15:38; 20 A Rust (Devon) 15:39; 21 M Huxley (Chesh) 15:39; 22 K Turner (Wilts) 15:41; 23 E Roche (Bucks) 15:41; 24 R Taylor (Lancs) 15:42; 25 J Andrews (Hants) 15:42; 26 L Crookes (Leics) 15:42; 27 G Taylor-Brown (G Man) 15:43; 28 L Farnell (W Mids) 15:44; 29 A Stainthorpe (Wilts) 15:47; 30 A Jones (Dorset) 15:49; 31 S Hogan (Hereford) 15:49; 32 E Du Luat (Gloucs) 15:50; 33 A Hogg (Corn) 15:51; 34 S Astin (Mersey) 15:52; 35 E Waugh (Warks) 15:53; 36 G Bridge (Oxford) 15:54; 37 S Smith (W Yks) 15:56; 38 A Ashbee-Simmons (Sussex) 15:56; 39 G O'Leary (Surrey) 15:57; 40 L Hart (Somer) 16:01; 41 S Redgrave (Essex) 16:01; 42 N Raymond (Essex) 16:01; 43 C Evans (Humber) 16:02; 44 V Walker (Herts) 16:03; 45 B Pedersen (Lancs) 16:03; 46 H Archer (Cams) 16:03; 47 A Howarth (G Man) 16:04; 48 M Courtney (Dorset) 16:05; 49 M Haynes (Bucks) 16:05; 50 E Hosker-Thornhill (Kent) 16:08; 51 E Salmon (Norfolk) 16:10; 52 C Dullaghan (Surrey) 16:11; 53 H Waddell (Nthland) 16:12; 54 A Mellor (Der) 16:12; 55 H Petterson (Suff) 16:13; 56 C Lambert (N Yks) 16:14; 57 J Broster (Norfolk) 16:14; 58 J Beckingham (Hants) 16:14; 59 B Armstrong (Kent) 16:14; 60 N Hatswell (S Yks) 16:15; 61 P Williams (Nthland) 16:16; 62 E Wilson (Cumb) 16:18; 63 B Bendle (Leics) 16:18; 64 J Walker (Oxford) 16:19; 65 E Monk (W Mids) 16:20; 66 C Beckett (Essex) 16:20; 67 S McCall (Surrey) 16:22; 68 K Reynolds (G Man) 16:24; 69 A McGregor (Nthland) 16:24; 70 C Stewart (Herts) 16:26; 71 S Sales (Essex) 16:27; 72 C Christensen (Suff) 16:27; 73 B Warne (Oxford) 16:28; 74 E Wallbank (Beds) 16:29; 75 A Johnson (W Mids) 16:29; 76 A Madry (Bucks) 16:29; 77 G Moriarty (Nhants) 16:30; 78 M Stewart (Hants) 16:31; 79 L Marshall (Der) 16:31; 80 R Lundgren (Nthland) 16:37; 81 R McClay (Hants) 16:37; 82 C Ward (Humber) 16:37; 83 A Spitzer (Berks) 16:37; 84 M Renfer (Surrey) 16:38; 85 N Webber (Avon) 16:39; 86 A Gould (N Yks) 16:39; 87 M Garner (Surrey) 16:39; 88 D Critchley (Kent) 16:40; 89 A McKibben (Norfolk) 16:41; 90 S Reynolds (Nhants) 16:42; 91 N Peters (Humber) 16:43; 92 K Brown (Middx) 16:43; 93 K Hickson (Hants) 16:44; 94 E Lee (G Man) 16:45; 95 B Chasty (Chesh) 16:45; 96 B Hawling (Gloucs) 16:46; 97 J Livesey (Nhants)

16:46; 98 S Ratcliffe (W Yks) 16:47; 99 N Wickings (Herts) 16:47; 100 C Edge (N Yks) 16:47; 101 K Burns (Devon) 16:48; 102 R Langbein (Somer) 16:49; 103 B Kidger (Sussex) 16:50; 104 N Jackson (Lancs) 16:51; 105 S Daley-Davis (Staffs) 16:53; 106 H Grandfield (Shrops) 16:53; 107 M Lester (Herts) 16:54; 108 A Mason (Dorset) 16:54; 109 D Baggs (Somer) 16:54; 110 B Wynn (Gloucs) 16:56; 111 S Johnstone (Essex) 16:56; 112 L Read (Lincs) 16:56; 113 C Brockett (Lincs) 16:56; 114 R Wilkinson (Humber) 16:58; 115 E Randall (Cams) 16:58; 116 K Blackledge (Leics) 16:58; 117 S McDonald (Nthland) 16:59; 118 Z Barber (Avon) 16:59; 119 A Sutcliffe (W Yks) 17:00; 120 A Walsh (G Man) 17:00; 121 C Hulme (Staffs) 17:00; 122 O Kennard (Dorset) 17:00; 123 M Riglin (Middx) 17:01; 124 L Smith (Chesh) 17:01; 125 T Hulme (Staffs) 17:04; 126 A Brooker (Oxford) 17:07; 127 S Clusker (Sussex) 17:07; 128 S McWilliam (Lincs) 17:10; 129 E Kier (Nhants) 17:11; 130 A Wallace (Sussex) 17:13; 131 G Wallett (Nthland) 17:14; 132 S Mullan (Norfolk) 17:16; 133 S Shepherd (Kent) 17:16; 134 E Glavinia (N Yks) 17:17; 135 E Relton (Beds) 17:17; 136 C Walley (G Man) 17:18; 137 R Titheradge (Sussex) 17:18; 138 C Mason (N Yks) 17:18; 139 G Selwood (Lincs) 17:20; 140 H Dewhurst (Herts) 17:21; 141 E Kouidri (Somer) 17:22; 142 R Bray (Staffs) 17:22; 143 E Taylor (Suff) 17:22; 144 B Camp (Devon) 17:22; 145 P Cooper (Humber) 17:23; 146 V Stoodley (Hants) 17:23; 147 C Atkinson (Lancs) 17:24; 148 A Seadon (Dur) 17:25; 149 K Spooner (Lond) 17:25; 150 A Mitchell (Kent) 17:25; 151 S Fowler (Beds) 17:26; 152 E Buckley (Lancs) 17:26; 153 E Castle (S Yks) 17:26; 154 J Benjamin (Somer) 17:27; 155 F Vincent (Leics) 17:27; 156 K Melotte (Middx) 17:27; 157 S Tupman (Suff) 17:28; 158 L Porter (Hereford) 17:30; 159 C Crossman (Surrey) 17:30; 160 M Stratford (W Mids) 17:32; 161 J Huck (Cumb) 17:34; 162 M Fewster (Kent) 17:35; 163 H Walker (Der) 17:35; 164 G Freeman (Nhants) 17:36; 165 S Allison (N Yks) 17:37; 166 E Cosgrove (W Mids) 17:38; 167 G Strange (Dorset) 17:39; 168 K Paxton (N Yks) 17:40; 169 J Anthony (Suff) 17:41; 170 E Sandham (Hereford) 17:42; 171 E Ballard (Essex) 17:43; 172 C Barnes (Gloucs) 17:44; 173 N Burlinson (Dur) 17:45; 174 R Carter (Cams) 17:45; 175 K Ashcroft (Chesh) 17:45; 176 P Davies (Suff) 17:46; 177 J Evans (Notts) 17:46; 178 I Myers (Notts) 17:49; 179 G Bird (Norfolk) 17:49; 180 H Rank (Nthland) 17:50; 181 B Williams (Avon) 17:50; 182 S Loraine (Nthland) 17:51; 183 K Green (Cams) 17:55; 184 R Goyder-Smith (Beds) 17:55; 185 C Fowler (Berks) 17:55; 186 A Haines-Eynon (Cams) 17:56; 187 H Wells (Middx) 17:56; 188 R Brown (Dur) 17:58; 189 J Girdler (Mersey) 17:58; 190 R Brown (Herts) 17:59; 191 R Gibb (Beds) 18:01; 192 S Roberts (W Yks) 18:01; 193 H Hill (Gloucs) 18:03; 194 S Zerdazi (Notts) 18:04; 195 R Pritchard (Herts) 18:05; 196 H Wragg (Notts) 18:05; 197 E Dunn (Devon) 18:06; 198 H Johnson (Berks) 18:07; 199 E Barnes (Nhants) 18:07; 200 C Parker (Humber) 18:08

TEAM: 1 Hants 349; 2 Essex 349; 3 GtrMan 362; 4 Wyorks 462; 5 Herts 471; 6 Surrey 488; 7 Wmids 502; 8 Norfolk 510; 9 Nthland 511; 10 Sussex 554; 11 Kent 642; 12 Nyorks 679; 13 Lancs 683; 14 Devon 697; 15 Lincs 700; 16 Dorset 706; 17 Leics 710; 18 Staffs 738; 19 Nhants 756; 20 Avon 759; 21 Somer 799; 22 Beds 830; 23 HereWor 840; 24 Oxford 844; 25 Humber 847



The chasing pack in the intermediate race

Intermediate girls

1 J Judd (Essex) 12:17; 2 A Wright (Herewor) 12:51; 3 A Hetherington (Cumb) 13:00; 4 G Baker (Sussex) 13:01; 5 A Griffiths (Leics) 13:03; 6 R Straw (Herewor) 13:04; 7 S Riches (Essex) 13:07; 8 I Steele (Corn) 13:08; 9 H Preedy (Surrey) 13:08; 10 S Shiel-Rankin (Surrey) 13:10; 11 N Hackett (S Yks) 13:15; 12 E Bird (Herts) 13:20; 13 S Coldwell (Notts) 13:22; 14 J Nesbitt (Herewor) 13:22; 15 R Bourne (Kent) 13:23; 16 A Beaman (Lancs) 13:25; 17 P Disley-May (Surrey) 13:32; 18 L Campbell (Devon) 13:34; 19 R Walcott-Nolan (Beds) 13:36; 20 R Marshall (Beds) 13:37; 21 R Chamberlain (Devon) 13:37; 22 C McMillan (Oxford) 13:38; 23 L Bleaken (Wilts) 13:38; 24 F Bell (S Yks) 13:39; 25 R Howard (Hants) 13:39; 26 H Brown (W Yks) 13:40; 27 G Schwiening (Cambs) 13:42; 28 C Jarvis (Mersey) 13:43; 29 J Lonsdale (Humber) 13:43; 30 R Robinson (W Mids) 13:44; 31 G Morris (Hants) 13:45; 32 L Bellamy (Wilts) 13:45; 33 R Stewart (Hants) 13:46; 34 R Murray (Beds) 13:46; 35 J Finlay (Bucks) 13:47; 36 H Wright (Norfolk) 13:47; 37 D Braithwaite (N Yks) 13:48; 38 M Lowther (N Yks) 13:49; 39 M McBrien (W Mids) 13:49; 40 C Chalwin (Hants) 13:49; 41 D Wallis (Chesh) 13:50; 42 C Loreda (Cleve) 13:54; 43 A Park (Herewor) 13:55; 44 L Gent (Surrey) 13:55; 45 G Howie (Dorset) 13:55; 46 F Brereton (Berks) 13:56; 47 G Warner (Sussex) 13:56; 48 V Kenny (Avon) 13:58; 49 E Smith (Somerset) 13:59; 50 A Garnett (Essex) 14:00; 51 L Gowland (Lancs) 14:00; 52 S Johnson (G Man) 14:01; 53 T McCormick (Chesh) 14:01; 54 K Dodd (Essex) 14:02; 55 E Ruane (Herts) 14:02; 56 E Hunt (Herts) 14:02; 57 K Buckley (Lancs) 14:03; 58 F McLeish (Lancs) 14:04; 59 A Wood (Kent) 14:04; 60 B Gibson (Surrey) 14:05; 61 S Forster (Dur) 14:06; 62 S Hodgson (Lancs) 14:07; 63 N Collier (Lincs) 14:07; 64 L Hawtin (Oxford) 14:07; 65 L McDermott (Warks) 14:08; 66 N Potgieter (Norfolk) 14:10; 67 R Scott (Lancs) 14:11; 68 M Patch (Middx) 14:12; 69 C Turmel (Chis) 14:13; 70 A Pettitt (Chesh) 14:14; 71 E Peters (G Man) 14:14; 72 S Draper (Middx) 14:16; 73 J Dean (Hants) 14:16; 74 S Foreman (Surrey) 14:17; 75 L Sharpe (Herewor) 14:17; 76 S Hamdorff (Leics) 14:18; 77 S Rock (Norfolk) 14:18; 78 C Turner (Berks) 14:19; 79 S Bennett (Nhants) 14:19; 80 B Jones (G Man) 14:20; 81 J Evans (Chesh) 14:20; 82 A Ethington (Dur) 14:21; 83 R Berger-North (Berks) 14:22; 84 K Curran (Kent) 14:22; 85 D Bennett (Hants) 14:23; 86 B Hall (Essex) 14:23; 87 G Mullins (Lincs) 14:23; 88 E Johnson (Essex) 14:23; 89 M Beckett (Norfolk) 14:23; 90 M Turner (Shrops) 14:24; 91 J Leggett (Bucks) 14:24; 92 E Hemming (Beds) 14:24; 93 J Ferguson (Lancs) 14:25; 94 S Salihi (Kent) 14:25; 95 G Russell (Bucks) 14:25; 96 C Lee (Norfolk) 14:25; 97 A Mundell (Wilts) 14:26; 98 A Reed (Kent) 14:26; 99 M Sadler (Avon) 14:27; 100 E Hume (Kent) 14:27; 101 B Ellis (W Yks) 14:27; 102 M Blake (W Mids) 14:28; 103 L Heron (Surrey) 14:28; 104 A Hewitt (Lond) 14:28; 105 H Rogers (Somerset) 14:29; 106 Z Chandler (Warks) 14:29; 107 N Taylor (Sussex) 14:30; 108 L Owsley (Avon) 14:30; 109 L Hayes (Staffs) 14:31; 110 C Price (Dur) 14:31; 111 J Mangham (S Yks) 14:31; 112 V Willis (Der) 14:32; 113 H Bethwaite (Cumb) 14:32; 114 S Reid (Suff) 14:34; 115 I Pierce (Lancs) 14:34; 116 E Megarry (N Yks) 14:35; 117 A Craig (W Mids) 14:35; 118 G De Rome (Lond) 14:36; 119 K Walker (Mersey) 14:36; 120 H Ellis (W Mids) 14:37; 121 G Childs (Bucks) 14:37; 122 K Shipman (Der) 14:37; 123 C Parker



Bronwen Owen leads the junior girls' race

(Oxford) 14:37; 124 C Robertson-Bell (Devon) 14:38; 125 N Rubbra (Devon) 14:38; 126 C Bellingham (Notts) 14:38; 127 D Leerson (Chis) 14:39; 128 H Congdon (Middx) 14:39; 129 A Antoine-Chagar (Essex) 14:39; 130 S Stewart (Dorset) 14:39; 131 K Ingle (W Mids) 14:40; 132 C P-Roberts (Hants) 14:40; 133 M McKenzie (Beds) 14:41; 134 N Dawson (Humber) 14:42; 135 C Cowan (Sussex) 14:42; 136 I Thompson (Herts) 14:42; 137 B Turton (Berks) 14:43; 138 H Carter (Der) 14:43; 139 L Thompson (Surrey) 14:43; 140 A Jones (Kent) 14:43; 141 R Pease (Nthland) 14:43; 142 B Haywood (Lincs) 14:43; 143 I Nutter (G Man) 14:44; 144 A Casey (Warks) 14:44; 145 E Wilson (Humber) 14:45; 146 T Pendreich (Norfolk) 14:45; 147 K Michaels (Humber) 14:45; 148 A Fitton (G Man) 14:45; 149 L Willows (Dorset) 14:46; 150 E Pound (S Yks) 14:46; 151 S Addison (Cumb) 14:47; 152 P Bowden (Berks) 14:48; 153 P Matthews (Avon) 14:49; 154 B Ansell (S Yks) 14:51; 155 T Pope (Warks) 14:51; 156 K Hall (Cleve) 14:51; 157 C Kennedy (Cumb) 14:51; 158 L Ellis (Avon) 14:52; 159 H Toomey (Somerset) 14:52; 160 M Davison (Bucks) 14:53; 161 L Major (Middx) 14:53; 162 E Wallis (Berks) 14:53; 163 S Lloyd (Oxford) 14:54; 164 L Morgan (Der) 14:55; 165 D Lee (Suff) 14:56; 166 O Connell (Corn) 14:56; 167 G Leek (G Man) 14:57; 168 M Shreeves (Beds) 14:57; 169 E Croft (Bucks) 14:58; 170 K Coulson (Cleve) 14:58; 171 M Edwards (Dorset) 14:58; 172 M Kavanagh (Lond) 14:58; 173 E Dutton (S Yks) 14:59; 174 J Helyar (Hants) 14:59; 175 O Radcliffe (W Yks) 15:00; 176 C O'Neill (N Yks) 15:00; 177 C Hubbard (Lincs) 15:00; 178 G Malir (W Yks) 15:01; 179 M Warne (Oxford) 15:01; 180 C Michael (Herts) 15:02; 181 E Gilbert (Herewor) 15:02; 182 A Coulson (Dur) 15:02; 183 C Bassnett (Cleve) 15:04; 184 K Harris (N Yks) 15:04; 185 C Thompson (S Yks) 15:04; 186 K Johansen (Essex) 15:04; 187 E Louise Pyatt (Chesh) 15:05; 188 A Ridgway (Staffs) 15:05; 189 M Kellert (Cumb) 15:06; 190 Z Fisher (Corn) 15:06; 191 M Steer (Herts) 15:06; 192 G Kinney (W Mids) 15:07; 193 O Esposti (Dorset) 15:07; 194 C Willis (Herts) 15:07; 195 E Kearney (Mersey) 15:08; 196 F Bray (Corn) 15:08; 197 R Mills (N Yks) 15:08; 198 S Bell (Dur) 15:08; 199 G Roberts (Nhants) 15:09; 200 L Biddiscombe (Somerset) 15:09; 201 K Pywell (Norfolk) 15:10; 202 E Cottingham (Middx) 15:12; 203 H Hill (Kent) 15:13; 204 K Walford (Nhants) 15:14; 205 J

Southam (Leics) 15:14; 206 P Gilhespy (Dur) 15:14; 207 N Kendal (Middx) 15:15; 208 B Taylor (Berks) 15:15; 209 H Jones (Gloucs) 15:15; 210 G Pipes (N Yks) 15:15; 211 S Jones (Cambs) 15:16; 212 H Robinson (Notts) 15:16; 213 R Rogers (Devon) 15:17; 214 S Walley (G Man) 15:17; 215 M Lillie (Sussex) 15:17; 216 M Parsons (Herewor) 15:17; 217 E Bryan (Shrops) 15:17; 218 J Major (Middx) 15:17; 219 A Maguire (Suff) 15:18; 220 M Nory (Norfolk) 15:18; 221 B Harris (Avon) 15:19; 222 E Walton (Berks) 15:19; 223 D Goddard (Shrops) 15:19; 224 J Emmerson (Warks) 15:19; 225 C Blake (Nhants) 15:19; 226 H Wood (W Yks) 15:20; 227 A Harris (Bucks) 15:20; 228 J Freeman (S Yks) 15:20; 229 H Buswell (Nthland) 15:21; 230 E Chan (Cambs) 15:21; 231 Z MacDonald (Cambs) 15:22; 232 R Parsons (Avon) 15:22; 233 B Dutton (Cumb) 15:22; 234 O Perez (Mersey) 15:23; 235 L Brett (Mersey) 15:23; 236 H Algar (Cambs) 15:23; 237 M Bunbury (Dorset) 15:23; 238 B Osbourn (Wilts) 15:23; 239 S McLaren (Devon) 15:24; 240 L Evans (Staffs) 15:24; 241 E Ulllyatt (Cumb) 15:25; 242 F Yull (Nhants) 15:25; 243 M Gough (Herts) 15:26; 244 S Tucker (Lincs) 15:26; 245 C Ward (Warks) 15:27; 246 E Ripley (Lincs) 15:29; 247 B Letherby (Dorset) 15:30; 248 A Hearmon (Cleve) 15:30; 249 T Smith (Notts) 15:31; 250 Z Partridge (Shrops) 15:32

TEAM: 1 Surrey 214; 2 Essex 286; 3 Hants 287; 4 Lancs 311; 5 HereWor 321; 6 Kent 450; 7 Beds 466; 8 Norfolk 510; 9 Wmids 539; 10 S Yorks 623; 11 Herts 630; 12 Berks 658; 13 GtrMan 661; 14 Bucks 671; 15 Chesh 688; 16 Devon 740; 17 Nyorks 748; 18 Avon 787; 19 Oxford 813; 20 Middx 838; 21 Durham 839; 22 Cumb 846; 23 Dorset 925; 24 Warks 939; 25 Lincs 959

Junior girls

1 B Owen (N Yks) 12:28; 2 K Shiel-Rankin (Surrey) 12:36; 3 B Croft (Bucks) 12:39; 4 B Clay (Kent) 12:40; 5 S Rainsley (W Mids) 12:41; 6 M Smith (Leics) 12:42; 7 L Holt (Staffs) 12:42; 8 I Bradley (Shrops) 12:44; 9 I Glaisher (Dorset) 12:50; 10 K Rowe (Chis) 12:54; 11 L Hallam (Essex) 12:55; 12 E Hood (Dorset) 12:56; 13 A Donnelly (Lincs) 13:00; 14 H Brown (Somerset) 13:00; 15 A Cooper (Somerset) 13:01; 16 S Raymond (Berks) 13:01; 17 H Knowles-Jones (G Man) 13:01; 18 C Nugent (Cumb) 13:02; 19 G Tuckfield (Essex) 13:02; 20 B Donnelly (G Man) 13:04; 21 H Knapton (Hants) 13:05; 22 L Turner (Dur) 13:07; 23 E Headley (Surrey) 13:09; 24 B Cook

(Sussex) 13:09; 25 A Mason (W Yks) 13:10; 26 K Rodd (Beds) 13:11; 27 E Stoodley (Hants) 13:13; 28 M Betmead (Lancs) 13:14; 29 A Wood (Lancs) 13:15; 30 G Shepherd (Wilts) 13:15; 31 N Sinha (Lond) 13:15; 32 C Cayton-Smith (Corn) 13:16; 33 V Chart (Corn) 13:17; 34 C Lewis (Bucks) 13:19; 35 C Stewart (Hants) 13:20; 36 R Killip (Middx) 13:23; 37 L Helston (Devon) 13:23; 38 H Cox (Leics) 13:23; 39 S Tarver (Mersey) 13:25; 40 M McDonald (Warks) 13:25; 41 C Montgomerie (Gloucs) 13:27; 42 K Solis (Essex) 13:27; 43 J Savill (Middx) 13:29; 44 V Picken (Lond) 13:30; 45 R Waugh (Nthland) 13:30; 46 K Grinyer (Avon) 13:31; 47 N Connor (Herts) 13:31; 48 H Jubb (Herewor) 13:32; 49 P Chambers (Nthland) 13:33; 50 G Keir (W Yks) 13:33; 51 M Pocock (Surrey) 13:33; 52 P Tank (Devon) 13:33; 53 E Wortley (Cleve) 13:33; 54 H Keenan (Leics) 13:33; 55 V Mobley (Oxford) 13:34; 56 H Nuttall (Leics) 13:34; 57 S Wilson (Essex) 13:34; 58 F Waters (Corn) 13:34; 59 S Brennan (Mersey) 13:34; 60 H Morton (Bucks) 13:35; 61 H Parker (Cambs) 13:35; 62 T Stone (Staffs) 13:35; 63 M Coyle (Sussex) 13:35; 64 L Palmer (Leics) 13:35; 65 S Searson (Lancs) 13:36; 66 A Barrett (Essex) 13:36; 67 A Hannan (Devon) 13:37; 68 E Cassell (Cleve) 13:38; 69 L Hindley (Oxford) 13:38; 70 H Novakovic (Middx) 13:38; 71 N Goulding (Notts) 13:39; 72 A Spiers (Hants) 13:39; 73 S Rodgers (W Yks) 13:40; 74 V Weir (Devon) 13:41; 75 M Ashley (G Man) 13:41; 76 M Moore (N Yks) 13:42; 77 C Fitton (W Yks) 13:42; 78 L Melvin (Kent) 13:42; 79 J Heath (Staffs) 13:43; 80 L Nash (Sussex) 13:43; 81 C George (Wilts) 13:43; 82 G Timson (Corn) 13:43; 83 G Hay (Lond) 13:44; 84 M Smith (Essex) 13:44; 85 D Rowlinson (Shrops) 13:44; 86 M Williams (G Man) 13:44; 87 A Fawcett (Dur) 13:44; 88 L Chapman (Surrey) 13:45; 89 M Cox (W Mids) 13:45; 90 A Cheverton (Suff) 13:46; 91 L Peplow (G Man) 13:47; 92 R Ward (Lincs) 13:47; 93 H Lord (Corn) 13:47; 94 C Gillard (Cambs) 13:47; 95 E Evans (Oxford) 13:48; 96 F McPate (Nthland) 13:48; 97 M Bates (Cumb) 13:49; 98 E Drake (Norfolk) 13:49; 99 E Shirley (Notts) 13:49; 100 L Harris (Sussex) 13:50; 101 B Blackwell (Lancs) 13:50; 102 A Edwards (Beds) 13:51; 103 A Johnson (Lancs) 13:52; 104 S Alden (Norfolk) 13:52; 105 C Cook (G Man) 13:52; 106 R Upton (Hants) 13:53; 107 A Coleman (Lincs) 13:53; 108 S Thompson (Cumb) 13:53; 109 H Gaunt (Devon) 13:53; 110 E Ackford (Devon) 13:54; 111 C Peach (Notts) 13:54; 112 H Kitchener (Cleve) 13:54; 113 A Weston (Kent) 13:55; 114 A Kenchington (W Mids) 13:55; 115 E Davison (Bucks) 13:55; 116 M Humphries (Oxford) 13:55; 117 A Epim (Chesh) 13:56; 118 E Smith (Chesh) 13:56; 119 L Gilbert (Berks) 13:56; 120 P Dodd (W Mids) 13:56; 121 K Ditton (Surrey) 13:57; 122 T Chittenden (Dorset) 13:57; 123 L Wray (Nhants) 13:57; 124 J Connerly (Herts) 13:58; 125 A Hinchly (Chesh) 13:58; 126 H Lidbetter (Somerset) 13:58; 127 B Hawtin (Oxford) 13:59; 128 L Rochford (Wilts) 13:59; 129 E Hardcastle (Lincs) 13:59; 130 M Johnson (Notts) 14:00; 131 P Law (Humber) 14:00; 132 R Firth (W Yks) 14:00; 133 V Halford (Dorset) 14:01; 134 A Chandler (Surrey) 14:01; 135 K Stanley (Wilts) 14:01; 136 A Dare (Dorset) 14:01; 137 C Slack (S Yks) 14:01; 138 E Curran (S Yks) 14:02; 139 M Hodgson (Lancs) 14:02; 140 B Pinto (Nhants) 14:02; 141 C Wickens (Suff) 14:02; 142 A Atkinson (S Yks) 14:03; 143 R Johnson (Mersey) 14:03; 144 M Traviss (W Yks) 14:04; 145 R Flanagan (Lancs) 14:04; 146 L Russell

(Beds) 14:04; 147 G Wildash (Hants) 14:05; 148 L Taylor (Humber) 14:05; 149 A West (Herts) 14:05; 150 A Lever (Wilts) 14:06; 151 G Butler (Humber) 14:07; 152 S Kerr (Beds) 14:07; 153 J Eyre (Chesh) 14:07; 154 G Gothard (Chis) 14:08; 155 Y Ryder (Berks) 14:09; 156 E Roberts (Mersey) 14:09; 157 E Whitehead (Kent) 14:09; 158 N Turner (Herewor) 14:10; 159 C Huynh (Wilts) 14:10; 160 L Wisdich (Der) 14:10; 161 S Markwick (Sussex) 14:10; 162 A Fisher (Hants) 14:11; 163 E Jones (Avon) 14:11; 164 C Kirk (S Yks) 14:11; 165 J Dos Santos (Middx) 14:11; 166 M Garden (Middx) 14:11; 167 J Jones (Somerset) 14:12; 168 A Flower (Avon) 14:12; 169 S Mansfield (Sussex) 14:12; 170 A Botham (Bucks) 14:12; 171 S Melhuish (Gloucs) 14:13; 172 F Ashworth (Nhants) 14:13; 173 M Soanes (Suff) 14:13; 174 E Parry (Herts) 14:14; 175 E Hatchett (Middx) 14:14; 176 P Rochford (Wilts) 14:15; 177 K Vine (Devon) 14:15; 178 K Merrill (Chesh) 14:16; 179 I Spoor (Sussex) 14:16; 180 M Stevenson (Somerset) 14:16; 181 S Montgomery (Dur) 14:17; 182 S Chapman (Berks) 14:17; 183 E Welch (Nhants) 14:17; 184 P Stone (Leics) 14:18; 185 R Findlay (Dur) 14:18; 186 L Hancock (Staffs) 14:18; 187 L Sidey (Kent) 14:19; 188 L Beckett (Der) 14:19; 189 S Burnett (Dur) 14:19; 190 H Barnett (Shrops) 14:20; 191 A Trotter (Corn) 14:20; 192 J Stevenson (Der) 14:21; 193 H Megone (N Yks) 14:21; 194 O Tidd (Essex) 14:21; 195 B Taylor (Hants) 14:22; 196 I Mitchell-Jarvis (Leics) 14:22; 197 L Snelson (Chesh) 14:22; 198 K Holmes (N Yks) 14:23; 199 C Cameron (Cambs) 14:23; 200 D Ward (Beds) 14:23; 201 A Moran (Lancs) 14:23; 202 K Astin (Mersey) 14:23; 203 E Baker (Herts) 14:24; 204 A Hall (Avon) 14:24; 205 O Lennon (Herewor) 14:24; 206 B Thomas (Dur) 14:24; 207 C Browne (Nthland) 14:24; 208 A Elias (Herewor) 14:25; 209 M Bird (Norfolk) 14:25; 210 D Jewell (Devon) 14:25; 211 N Clowes (Staffs) 14:25; 212 C Adams (Staffs) 14:25; 213 K Stratton (Norfolk) 14:26; 214 P Byron (Nthland) 14:26; 215 E Lertxundi-Willis (Avon) 14:26; 216 N Wolny (Lond) 14:27; 217 J Klein (Herewor) 14:27; 218 E Rothwell (Sussex) 14:27; 219 C Ross (Notts) 14:27; 220 C Ernsden (Corn) 14:28; 221 F S-Seiler (Herts) 14:28; 222 H Webb (Lond) 14:28; 223 G Bingham (Bucks) 14:29; 224 B Mulvaney (Oxford) 14:29; 225 A Gibbons (Somerset) 14:29; 226 S Lawrence (Surrey) 14:29; 227 T Chapman (Humber) 14:30; 228 E Taylor (Avon) 14:31; 229 J Hendon (Herewor) 14:31; 230 J Willison (Devon) 14:32; 231 B Ellis (Lincs) 14:32; 232 F Basham (Lond) 14:32; 233 A Old (Kent) 14:32; 234 G Hird (Notts) 14:32; 235 K Gerrard (Chesh) 14:32; 236 C Murphy (Nhants) 14:33; 237 K Parkes (Cleve) 14:33; 238 B Croome (Avon) 14:33; 239 M Long (Corn) 14:33; 240 H Vosper-Brown (Herewor) 14:34; 241 D Webb (Mersey) 14:34; 242 S Leighton (Kent) 14:34; 243 E Watts (Suff) 14:34; 244 E Uren (Middx) 14:34; 245 R Coope (W Yks) 14:34; 246 S Barwise-Munro (Nthland) 14:35; 247 A Brown (Nthland) 14:35; 248 E Strickland (Suff) 14:35; 249 S Seddon (Cumb) 14:36; 250 C Jones (N Yks) 14:36

TEAM: 1 Essex 279; 2 Leics 325; 3 GtrMan 394; 4 Hants 408; 5 Surrey 419; 6 Devon 449; 7 Lancs 465; 8 Corn 489; 9 W Yorks 501; 10 Sussex 597; 11 Bucks 605; 12 Middx 655; 13 Dorset 664; 14 Wilts 683; 15 Oxford 686; 16 Somerset 727; 17 Staffs 757; 18 Kent 772; 19 London 828; 20 Mersey 840; 21 Nthland 857; 22 Notts 864; 23 Durham 870; 24 Chesh 888; 25 Wmids 900; 26 Herts 918; 27 Beds 918; 28 Nyorks 972; 29 Cleve 980; 30 Avon 1024

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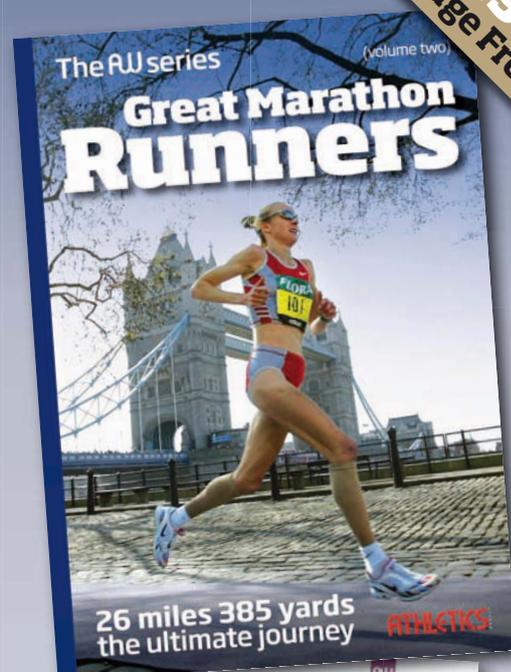
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Yamauchi and Radcliffe back Run For Japan

MARA YAMAUCHI and Paula Radcliffe have joined forces to help raise money for victims of the earthquake and tsunami in Japan.

Yamauchi lived in Tokyo for five years before deciding to move back to Britain only a few weeks ago – just in time to avoid one of the country's most devastating natural disasters.

However, the 2:23 marathoner was keen to help out those affected by the tragedy, which has left at least 9000 dead with more than 12,000 reported missing.

So, along with fellow ambassadors Radcliffe and triathlete Chrissie Wellington, she is supporting Run for Japan.

The aim is for runners to dedicate one of their races towards the cause, with the distance of that race going towards an overall tally with the goal of reaching 24,901 miles (the distance of the earth's circumference) and to donate at least one unit of their home currency per mile run.

"The scale of devastation is incomprehensible," said Yamauchi. "But we can support Japan in rebuilding. Japan is a nation of runners. From recreational runners to Olympic champions, Japanese people just love running.

"Through Run for Japan, fellow runners in the UK and around the world can support Japan in recovering from this tragedy."



Farah to stay on track

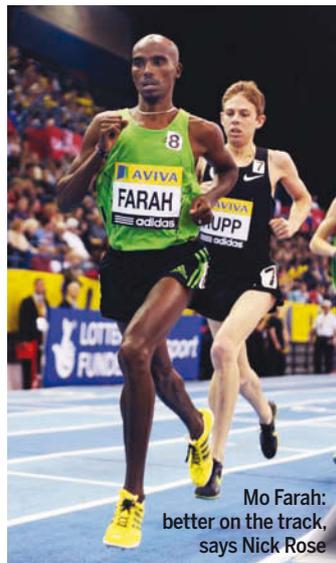
MO FARAH is right to stay focused on the track for London 2012, says UK half-marathon record-holder Nick Rose, writes Paul Halford.

The European 5000m and 10,000m champion made his debut at the half-marathon in the Big Apple with a winning time of 60:23. Despite that being one of the most impressive first attempts at the distance ever, the 27-year-old has dismissed suggestions he should move up to the marathon in time for the next Olympics.

His stance has been welcomed by many, including Rose, whose UK record of 61:03 remains intact because the New York course was not valid for record purposes.

"He's still improving at 5000m and 10,000m so there's no reason to move up," said the Bristolian, who clocked his best time in Philadelphia in 1985. "I would have thought the move up is another Olympics away."

As for Farah's potential at 10,000m, Rose said: "He may not get an Olympic medal because of the African influence, but would he do that in the marathon anyhow? But he's still vastly inexperienced (at the longer distances) so it seems



Mo Farah: better on the track, says Nick Rose

to me a bit silly that people are wondering whether he's going to move up for 2012."

The UK marathon record of 2:07:13 by Steve Jones in 1985 may one day be a target for Farah and Rose said: "You'd have thought if all goes well, the British record must be on the cards, but it isn't easy so he'd have to be running very well to get it."

Fast Track statistician Ian Hodge pointed out his first two 10km splits of 29:32 and 27:58 show he is capable of running 59:30, but is not sure whether he will be better on the roads.

"I think it is too soon to say, simply because he is still fast improving on the latter," he said. "For instance, clearly he can run way below 27 minutes for 10,000m."

But he added: "I would say that the longer the race, the greater success Mo will have, but I also wouldn't discount the possibility that he can make the podium at 10,000m."

Richard Nerurkar, who is Britain's third-fastest ever at the marathon, said: "Before he makes any decisions on the marathon, it would be good for him to run one or two more half-marathons and I'm sure this is what Alberto (Salazar, his coach) will advise. This is how Paula (Radcliffe) progressed from being one of the best in the world at 10,000m to being unbeatable on the road at half-marathon and then the marathon."

Farah said after Sunday: "I would like to test myself over the marathon after 2012, but I still like the track and feel I have a few years left in me on the track."

He added: "I felt all right, but running 26.2 miles is a long way and running a half-marathon does not mean you're going to be good in a marathon."

Thanou may benefit from latest revelations

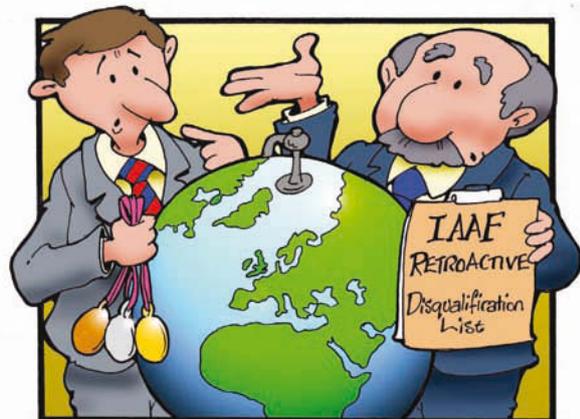
THE World Anti-Doping Agency is expected to investigate the past of former world sprint champion Zhanna Block after her husband was suspended for drugs trafficking.

An arbitration panel ruled athletics agent and coach Mark Block was connected to the BALCO scandal and gave drugs to his Ukrainian wife, who won gold in the world championships in 1997 at 200m and four years later at 100m.

If it can be proven that the sprinter was using drugs during her career, the IAAF could rescind any medals won during the time in question.

Ironically, if she were to lose the 2001 world gold, it would not be handed to the woman who crossed the line as that was Marion Jones, who has lost her medals for the same reason.

The next to finish was Ekaterini Thanou, the Greek sprinter who since the 2004 Olympics has been chased by the courts suspected of making false statements to avoid dope tests. Similarly, Thanou would move up to bronze if Block loses her 2003 world 100m bronze.



"Now we're looking for athletes from Tuvalu, Kyrgyzstan and Lesotho. Any ideas Ponsoyby?"

» GO to athleticsweekly.com for an in-depth look at the medal rosters at global championships between 1997 and 2004 that have been affected by drugs revelations

No rest for Paula on 2012 trail

PAULA RADCLIFFE has spoken about her hectic lifestyle as a mother of two while training for her marathon comeback.

The world record-holder, who last week confirmed she will run in the Bupa Great Manchester 10km on May 15, is putting in 120-130 miles per week in training as she looks to come back from giving birth to Raphael last autumn.

Radcliffe, who is assisted by her husband, Gary Lough, and a nanny in looking after four-year-old Isla and the newest addition to the family, also includes an afternoon nap and a weights session in her daily routine at her base in Albuquerque.

In an interview published last Monday, she told the *Telegraph*: "The times I notice it as a bit manic is when I come in from my run at night and I've got 45 minutes of core exercises to do. I used to do that with Isla playing around next to me. Now I've got Raphael there, Gary's trying to get the dinner ready and get Isla



Paula Radcliffe: set to race in Manchester on May 15

fed, and she's trying to join in with my exercises. By the time I've fed Raphael and read Isla a bedtime story, it's already 8.30."

Radcliffe is understood to be in great shape despite not having raced since the ING New York Marathon in November 2009.

The 37-year-old, who will focus on the track this summer

before returning to the 26-mile distance this autumn, probably in Berlin or Chicago, said she was confident she was not too old to win gold in 2012.

"I don't think that in the time I've been out having Raphael that the event has moved on massively and I certainly believe that, on the right day, I can get back to how I was," said Radcliffe, whose world record of 2:15:25 from 2003 still stands.

She has suffered misfortune with injuries in recent years, but a slight complication linked to a dog bite in December and leading to her doing mileage on an anti-gravity machine to protect her achilles was the most concerning recent problem she admitted to in the interview.

Looking ahead to 2012 Radcliffe was said to consider the London Marathon next April to be too close to the Olympics, although she may opt for another marathon early next year.

NEWS BRIEFS

Brighton seminars

DAVID HEMERY, the 1968 Olympic 400m hurdles champion, has joined the bill for the Saucy Seminars at the Brighton Marathon Running and Healthy Lifestyle Exhibition on April 9.

The expo takes place the day before the Brighton Marathon at the Brighton Centre from 10am.

The free seminars feature Richard Nerurkar, Liz McColgan, Steve Cram, Tim Hutchings, Ed Warner, Sally Gunnell Hugh Jones, Charlie Spedding and Eamonn Martin.

See brightonmarathon.co.uk.

2017 World bids

THE Hungarian and Spanish federations will bid to host the 2017 IAAF World Championships against London and Qatar, which were already announced as being in the running.

Budapest will be the Hungarian proposal, while Spain has yet name the city in its bid.

Zagreb in Croatia and Sopot in Poland will bid for the 2014 IAAF World Indoor Championships.

The world governing body will allocate the venues for both championships this autumn.

Marshals required

MARSHALS are urgently needed for the National Road Relays at Sutton Park on April 9 between 11.15am to 4.45pm. Organisers will pay £30 per marshal, of which 15 are needed, and £25 for each of the two assistants required to help set up the course from 7.30am-11.30am. Email normanukultra@aol.com

Sir Roger is a long shot for honour

SIR ROGER BANNISTER has been named as a 44-1 outsider to light the Olympic torch next year despite being one of Britain's most famous sporting legends.

The first man to run sub-four-minutes for the mile was listed well behind favourite Sir Steve

Redgrave by bookies William Hill.

The five-time Olympic gold medallist rower Redgrave was 4-1 to receive the honour. Sir Chris Hoy was 6-1, while you could get odds of 10-1 against Lord Coe to follow up his role as 2012 chairman by lighting the flame himself.

Her Majesty the Queen is 12-1, just ahead of Dame Kelly Holmes at 16-1.

Meanwhile, Dwain Chambers, who is under an Olympic lifetime ban, was declared by the same bookmakers as 8/1 to compete at London 2012 and 498/1 to win.



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Tough act to follow

KATIE ROWE'S FATHER WAS A SUSSEX CROSS-COUNTRY CHAMPION AND THE 13-YEAR-OLD INTER-COUNTIES WINNER IS FOLLOWING IN HIS FOOTSTEPS

Words: Emily Moss

GUERNSEY athlete Katie Rowe established herself as a name to watch out for in the future by becoming the first under-13 girl to successfully defend her UK Inter-Counties cross country title since Rachel Hughes in the Eighties.

However, more important to the 13-year-old in Cofton Park earlier this month was the personal accomplishment. Having taken gold in 2010, Katie was always going to be one of the favourites, but injury had thwarted the teenager's racing plans, meaning she was not entirely confident of her form going into the race.

Her dad Alan explained: "Katie had plantar fasciitis in January and this forced her to miss the other big races this winter. Whereas last year we knew she should be there or thereabouts based on her positions in the McCain UK Cross Challenge Series, this year it was a bit of a step into the unknown. However, she positioned herself well from the start and moved through the

FACTFILE KATIE ROWE

Born November 23, 1997
Club Guernsey
Coaches Gordon Mercier and Charlie Cottam
PBs 800: 2:35.1;
 1500: 4:58.9;
 Mile: 5:45.0

Achievements (all cross country)

2011: UK Inter Counties 1st;
 Hampshire Championships 2nd
 2010: UK Inter Counties 1st;
 Inter Insular Championships 1st;
 McCain UK Cross Challenge 2nd

Katie Rowe hopes to one day emulate the senior success of her father



field before breaking clear at about eight minutes into the race."

Rowe's only other cross country of the winter was the Hampshire Championships in January, when she finished second to Hannah Knapp (12th in Birmingham). She also competed in the English Schools Championships last weekend and next turns her attentions to representing the South East at the Virgin London Mini Marathon. She has very little experience on the track to date, but hopes to try her hand at a few 1500m races this year in the under-15 age group.

Katie began running when she was about eight, admitting she was partly inspired by the successes of her dad. Alan was world age-group duathlon champion in 2002 and 2003 and represented Guernsey at the Commonwealth Games in Melbourne in 2006 for triathlon, where he placed 21st, having carried the Guernsey flag at the opening ceremony.

A former Sussex senior cross-country champion and 3:52 1500m runner, Alan is still in good form, running 15:37 for 5000m last summer aged 45. Today, he coaches athletes as part of a multi-sport set up, but only offers a little guidance, encouragement and support to Katie, preferring to keep a bit of distance.

He says: "Katie actually has gone one better than me in the Inter-Counties, as I was second many years ago as an under-13! She has a fiery determination and when she sets her heart on something, little can stand in her way."

Katie's mum is also a keen runner and the parents have passed their sporting prowess on to their children. Katie has a younger brother Alex, who finished 10th in the Hampshire Cross Country Championships earlier this year, despite still being in primary school.

Katie trains up to three times a week with the club on Guernsey, with the training set by club

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stalwart Charlie Cottam and overseen on a day-to-day basis by Gordon Mercier.

Clearly inheriting her dad's love of multi-sports, Katie also swims once a week and has completed a couple of 30-mile "sportive" rides this winter with the Guernsey Velo Club, although she admits that running is by far her favourite.

Although travelling to the mainland for races can be expensive and time-consuming, Alan is keen to emphasise the great set-up in place on Guernsey. He explains: "Guernsey is a great place for training, with a lot of varied terrain. Nowhere is very far away on the island, so we don't waste much time travelling. We have a great set-up across a range of sports and enjoy much success nationally and internationally. Athletes from AFD have come over for the Easter Runs Series and last year Katie really enjoyed taking part in a drills session led by Steph Twell and Emma Pallant."


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No one-hit **WONDER**



SEBASTIAN BAYER'S 8.71M JUMP TWO YEARS AGO CAME AS MUCH OUT OF THE BLUE AS BOB BEAMON'S WORLD RECORD, BUT THE GERMAN LONG JUMPER IS KEEN TO PROVE HE CAN DO IT AGAIN, WRITES **PAUL HALFORD**

PICTURES: **MARK SHEARMAN** AND **PA IMAGES**

TO call Sebastian Bayer a “one-hit wonder” would be a little unfair. But in athletics terms, not many come closer to meriting that label.

His European best of 8.71m, which made him the second best in history indoors and won him the 2009 European indoor title, was more than half a metre further than he had ever jumped before that day. He has not otherwise been over 8.20m – except for his 8.29m earlier in that competition and an 8.49m outdoors later that year – the latter perhaps ensuring he is a “two-hit wonder”.

His leap up the all-time list in the Oval Lingotto in Turin defied logic, but his history of injuries goes some way to

explaining why he has so rarely hit these distances.

He was hindered by a stress fracture to his foot in the 2009 season and, despite his 8.49m at the national championships, he went out in qualifying at the World Championships on home soil in Berlin as he failed to surpass 8.00m.

His foot problem continued to blight him in 2010 and then a hamstring injury kept him out for six weeks and limited him to just four competitions and 8.06m.

Yet earlier this month in Paris, the 24-year-old proved he was not a spent force when he successfully defended his European indoor title.

One imagines he must feel pressure to replicate his two big jumps and prove he can be among the very best in the



world on a consistent basis. But he said after his win in Paris: "I don't really care about what people say. I just want to jump and not get injured. That's the most important thing for me. The second most important thing is to jump well in London 2012."

After spending the indoor season easing his way back into competition, he plans to extend his comeback into the summer.

He said: "I don't really care about this year. I just want to make sure I am not injured. My goal is 2012 – and 2011 is perfect for building towards that."

Born in Aachen, close to both the Dutch and Belgian borders, Bayer was inspired to take up athletics by triple jumper Jonathan Edwards.

"I didn't really have a big idol, but I really like Jonathan Edwards jumping," he said of the Brit who set a world triple jump record of 18.29m in 1995. "The first thing I saw in athletics was Jonathan Edwards."

After starting off in decathlon, Bayer first impressed on the long jump runway in 2005 when he won silver at the European junior championships behind Britain's Greg Rutherford. However, after jumping 7.73m there, he slipped on the board on one of his jumps and broke a foot bone in three places and ruptured two ligaments.

Some who saw the incident said he would be lucky to walk again, but with the aid initially of screws and plates in his foot he was eventually able to return to competition.

While Rutherford continued to edge away from him, it took Bayer until 2008 to jump over the eight-metre mark. But his PB going into the European indoors in 2009 was just 8.15m.

His 8.71m, bettered indoors by only Carl Lewis, was a shock to everyone, including the German himself. It is the second best jump in any conditions by a European athlete after Robert Emmiyan's contential record of 8.86m, set at altitude and with a wind assistance of 1.9mps.

Bayer admitted afterwards he did not even know at what distance the world indoor record stood. The feat earned him the nickname, "the German Bob Beamon" – the similarity being that the American added 57cm to his best when he



"I don't really care about what people say. I just want to jump and not get injured. That's the most important thing for me. The second most important thing is to jump well in London 2012."

set his 1968 world outdoor record of 8.90m, while Bayer improved his PB by 56cm in Turin.

However, thinking back to that time after his Paris win, he said: "I knew I could jump reasonably far. It's hard for every athlete to be one of the best in athletics as we have to train a lot and fight with injuries, but I knew I could jump far."

Only eight men have jumped further than 8.71m outdoors. Does he believe he can infiltrate that group and perhaps close in on the world record of 8.95m?

"I hope so," he said. "To do so, I don't need to change anything. I will train the same as I have the last three years."

For now, though, he admits he is still finding his feet, quite literally. Short of competitions in 2010, he said he struggled to find his rhythm on the runway during the indoor season.

"I had problems with my run-up and didn't hit the board in Stuttgart and Karlsruhe," he said in Paris. "It was the same in qualification. Today was the first time I jumped free."

His coach claimed two of his no-jumps were in the 8.30m-8.40m region, but 8.16m turned out to be enough in a weak competition that reflected the standard worldwide so far this year.

It was not sufficient, though, to ensure he won a "bet" with his girlfriend, Carolin Nytra, who had won the 60m hurdles final the day before, beating Britain's Tiffany Offili by a thousandth of a second. Meanwhile, the German couple's own competition involved whether Bayer would jump further over eight metres than Nytra went under eight seconds. Nytra clocked 7.80.

Bayer may have lost that particular contest, but victory in Paris proved he is no one-hit wonder.

OPPOSITE:
Sebastian Bayer was a surprise winner of the long jump at the recent European Indoor Championships

ABOVE LEFT:
Sebastian Bayer says the key to repeating his big jumps is to stay free from injury

ABOVE RIGHT:
Sebastian Bayer with girlfriend Carolin Nytra, the European indoor 60m hurdles champion

FLASHES OF BRILLIANCE

Sebastian Bayer's best three marks per year since he first jumped 8.00m in 2008 include only two massive jumps

2008	8.15, 8.12, 8.07
2009	8.71i (also 8.29i), 8.49
2010	8.06, 7.98, 7.71
2011	8.16i, 8.02i, 7.95i

Ross Millington

YOUNG BRITISH ATHLETE STUDYING IN ALBUQUERQUE IS AIMING TO BE ONE OF THE BEST

» Training

ROSS MILLINGTON likes the hard sessions that are done on the track, especially when they go well. He says: "I have recently changed things and started to do higher volume sessions instead of the conventional 10x400m. A favourite of mine at the moment is 3x1 mile followed by 5x400m or sets of 1xmile plus 4x400m".

He also likes doing long progression runs, which he has also started to do recently, and these range from eight to twelve miles, starting off at 6:00 per mile and increasing in speed to around 5:10 pace. "I think I prefer these to an all-out eight to 10-mile tempo run as I can feel the benefit when I am doing them and it also teaches me to relax when increasing pace – and they also leave me less beaten up afterwards," he adds.

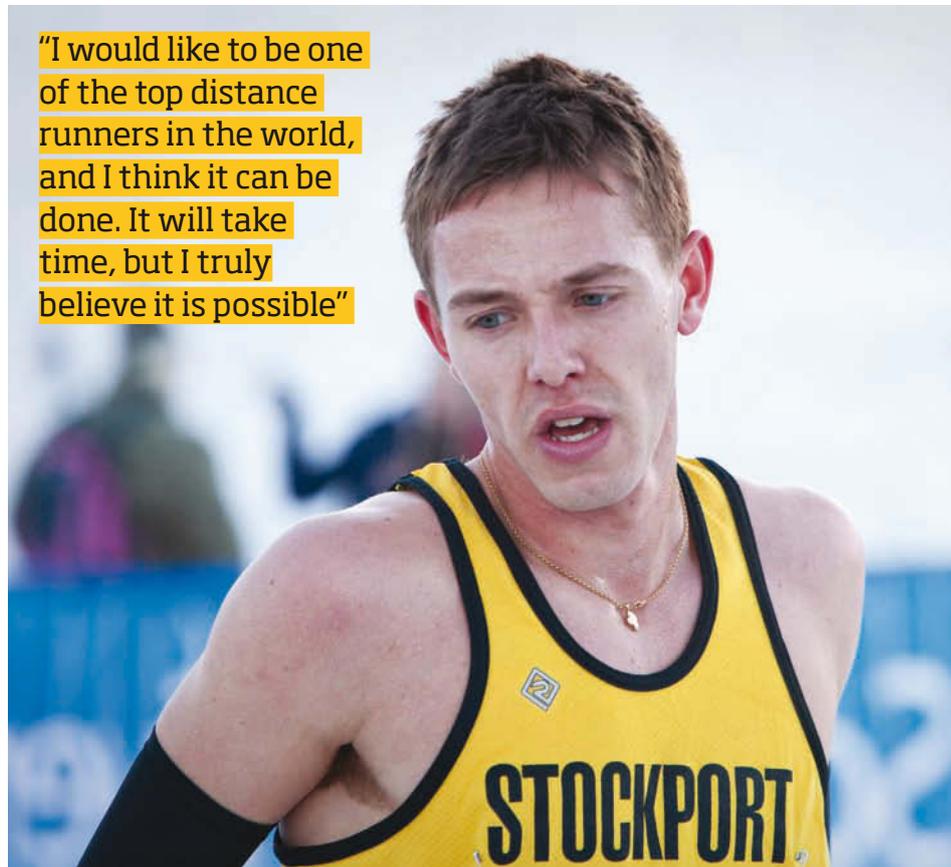
When it comes to his least favourite session, he lists 8-10x400m with a minute recovery at altitude. "It's the recovery that makes it hard and if you go out too quick on the first few reps, it's game-over," he says. "You just can't recover in a minute up here unless you get the pace right for your current level of fitness. You can't rip them like you can at sea level unless you have a much bigger recovery."

Before going to New Mexico he spoke to a number of colleges and athletes and eventually took a visit to Albuquerque. He liked what he saw in terms of facilities, climate and the general set-up. It was a hard decision for him to leave his family, friends and girlfriend, but he reasoned that he had

FACTFILE ROSS MILLINGTON

Born	September 19, 1989
Club	Stockport/New Mexico University
Coach	Steve Vernon/David Turnbull
PBs	1500m 3:44.37 (2010); Mile 3:59.86i (2011); 3000m 7:54.08i (2011); 5000m 14:02.86 (2010)
Achievements	
2011	Indiana Relays 1 mile(i) 2nd; Flotrack Husky Classic 3000m(i) 12th, NCAA 3000m(i) 11th
2008	Inter-Counties Cross U20 14th
2007	English Schools 7th; England U20 4th
2006	UK School Games gold; Schools International silver; English Schools 6th; ISF Gymnasiade 9th
2005	AAA U17 5th; English Schools 4th
2003	English Schools U15 6th
(All 1500m unless stated otherwise)	

"I would like to be one of the top distance runners in the world, and I think it can be done. It will take time, but I truly believe it is possible"



DANVERNON

to try it in order to better his running. He says: "I didn't want to be sat at home with a student loan thinking 'what if' – it was an opportunity that I just couldn't pass up."

He is hoping to eventually gain a degree in business administration. The university system in the US is different from the UK. Instead of going straight into a degree course, it's more like going to sixth-form college again as you study a broad range of subjects. He is almost finished with most of his core classes, is about to start his upper management classes and is applying to the business school.

He trains on a daily basis with most of his team, including fellow Brits David Bishop, Rory Fraser, Keith Gerrard and Sam Evans. Also to be seen training at his Albuquerque track on occasion are Alberto Salazar's group. "I watched Ritzenhein do a couple of workouts on our track and Galen Rupp was here for a good few weeks last spring and I actually ran with him recently after his 5000m US indoor record at Birmingham."

His short-term goals are the European Under-23s this summer and he also wants to make a good attempt at 5000m. Of his

DID YOU KNOW?

MILLINGTON'S favourite football team is Real Madrid. "My grandad lived out in Spain and it was the first shirt I got," he says. "I am a big boxing and cycling fan and love watching the Tour de France every summer.

His favourite TV shows include *South Park*, *Jersey Shore*, *Friday Night Lights* and *The Office* and anything involving Ricky Gervais.

He once had to evade a rattlesnake in the foothills by jumping over it.

He says that his best running experience was watching American Chris Solinsky run 26:59 at Stanford last year. "For such a small meeting the atmosphere was electric and to witness that performance was incredible!" he says.

debut at Stanford last year, he says: "I didn't really have a clue what to expect or what I was doing." This summer he will run the distance at Mt Sac with the aim of qualifying for the NCAA Championships.

He is aware that many British athletes at

» **Detailed training week**

Millington's typical week for February will vary little throughout the season, depending on races and fatigue levels.

Monday (am) 50 minutes easy.
(pm) 35 minutes easy plus 4x100m strides.

Tuesday (am) Track: 20 minutes warm-up. 2 sets of one mile plus 4x400m. Followed by some strides and 20 minutes cool-down.
(pm) 35 minutes easy.

Wednesday (am) 60 minutes easy.
(pm) 35 minutes easy plus 4x100m strides.

Thursday (am) 80 minutes easy.

Friday (am) Tempo/progression run: 20 minutes warm-up. 10 miles of aerobic work. Followed by some strides and 20 minutes cool-down.
(pm) 35 minutes easy.

Saturday (am) 40 minutes easy.
(pm) 40 minutes easy plus 6x100m strides.

Sunday (am) 90 minutes to 1 hour
45 minutes at 6000 feet.

college in the USA struggle on returning to Britain for the summer racing season, but he has a detailed plan with clear objectives that he hopes will allow him to carry on racing well right through to July.

One of his main aims for the outdoor season is to be competitive in every race. He jokes: "I have had two years of getting my backside kicked out here and I've learned a lot, but I truly believe I am on a whole new level in 2011 and I intend to race that way."

His long-term targets depend much on what happens after he finishes college in the US and whether he can train and compete full-time, which is his dream. Importantly, he thinks he can go all the way to the top and adds: "I definitely see myself becoming one of the top middle or long-distance runners in the UK and would like to make senior teams for all the major international championships. But in all honesty, I would like to be one of the top distance runners in the world, and I think it can be done. It will take time, but I truly believe it is possible."

» **THE sessions on the left are specific to the individual athlete and may not be suitable for other athletes. Ross Millington was interviewed by David Lowes**



DAN VERNON

Despite having raced over the winter Ross Millington hopes to still be performing well in the summer

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Shades of summer

WITH British Summer Time almost here, hopefully it'll be away with the leggings and out with the shades soon. A pair of sunglasses will be an invaluable investment to not only protect the eyes from harmful UV rays but also keep dust from your eyes on windy days and pesky flies from causing you grief. Our tester has been out already on some spring-like days to review some of the shades on offer.

Adidas Adizero

THESE glasses had a smaller lens size than most of the models we tried and many of our testers liked this less bulky fit and feel. The frames provided a light yet secure fit and the adjustable sections around the nose-bridge and arms allowed the glasses to be customised to provide a unique fit. The curved lenses provide good coverage both in front and to the side of the eyes, helping to keep the wind out – a good feature for our contact lens-wearers. For athletes that wear glasses there is the possibility of adding prescription lenses via the use of the "RXready" adapter, which will allow lens to be fitted to the frame. The lenses provide protection from all of the sun's harmful rays.

» RRP £135



Adidas Evil Eye

ALONG with the other adidas glasses we tried, the nose pads and arms of these glasses can be adjusted to provide a uniquely personal fit. The design of this model is a modern chunky wrap-around style and proved popular particularly with our male testers whereas the females found them a little too big. This style has been developed from glasses used by cyclists and useful features include a "sweatblocker" across the top of the glasses as well as curved lenses



that keep drafts away from the eyes without blurring the field of vision. Again, the adidas lenses provide protection from all of the sun's harmful rays. We'll probably see Jeremy Wariner sporting these over 400m this summer.

» RRP from £135 (dependent on lens choice)

www.adidas.com/uk/eyewear



Maui Jim Banyans

THESE are a very stylish pair of glasses that could be equally at home on the beach or the golf course as well as on the track. These glasses are exceptionally light and comfortable and scored very highly with all of our testers for style and quality. The slightly curved and rimless lens means a little more care is needed to keep them in tip-top condition, but they are scratch resistant, strong and very well made, as one would expect at this price point. The lenses block 100 per cent of the sun's harmful rays and offer a crisp, clear view of the action.

» RRP £130

www.mauijim.com



Sunwise Twister

SIMILARLY to the Odyssey glasses, these offer the same great value, coming complete with three sets of interchangeable lenses and a soft and also a hard case. This style is a little shallower in the depth of the lens and slightly more curved, so our lady testers felt they provided a marginally better fit for a smaller face. All the Sunwise lenses offer 100 per cent UVA, UVB and UVC protection.

» RRP £28.99

www.sunwise.co.uk



Sunwise Odyssey

THIS brand offers great value for money, coming complete with a set of three different interchangeable lenses, each suitable for varying light conditions. These lenses are shatterproof and easily changed, while the supplied case doubles as a cloth to help keep them clean and as a storage case which holds everything and keeps the glasses protected. The strong frame felt secure and with small rubber sections on the arms they stayed in place even when the testers became very sweaty.

» RRP £28.99





Ryders Nitrous

ALL of our testers liked the slim, lightweight frame and sleek design of these glasses. The lenses are made from a shatterproof polycarbonate material and provide protection against UVA, UVB and UVC light. Testers found them comfortable and slip-free when running with the hydrophilic pads adding to the secure fit when they became a little sweaty. The glasses come in an attractive and strong zipped case, complete with a soft case which doubles as a cleaning cloth.

» RRP £37

Ryders - Seeker

THESE glasses were very popular with our younger male testers with the larger frame size giving them a modern look without compromising the snug fit that is enhanced by the hydrophilic nose and temple pads. These pads become a little sticky when you sweat and so grip the face better. They come with three sets of interchangeable lenses for low light protection, high contrast for overcast days and a dark, reflective lens for bright conditions. All our testers found a suitable lens for use during their trials and agreed that they were simple to change but felt strong and durable. The glasses have a strong, stylish case to protect them and the extra lenses.

» RRP £45

www.ryderseyewear.com



Polaroid Air

THE Polaroid lenses have nine bonded layers to provide protection from all the sun's harmful rays as well as impact protection, scratch resistance and to eliminate glare. Our testers agreed that the lenses performed exceptionally well and all felt they provided comfortable wear throughout their training sessions. The frames are strong and have a well-made feel to them. The glasses come with a cleaning cloth and case.

» RRP £59



Aspex Raven

THIS range of glasses are from another great-value brand, supplied with a range of lenses and firm storage case. This model comes with three sets of lenses for varying light conditions, all of which have small vents across the top. These vents ensured they didn't steam up whatever the conditions, something our testers really liked. The lightweight frames are strong yet adjustable and flexible and provided a good fit for all our testers.

» RRP £35



Polaroid - Rush XT

THE frame of these glasses have soft rubber pads fitted to the arms and brow to provide both a cushioned fit and help prevent sweat from running into your eyes. These pads also become a little sticky as you start to sweat which makes them cling to the face to ensure bounce-free activities! Our testers commented that they felt the Polaroid's frames felt the strongest on test and therefore the most durable – something worth considering in sports glasses. The arms of the glasses have a large rubberised section, which makes them easy to adjust to a perfect fit.

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» RRP £40

For stockists email: greenflyaspex@hotmail.com

On the road to London

IN OUR THIRD DIARY REPORT WITH **LIZ YELLING**, SHE TELLS US ABOUT HER SHORT WARM-WEATHER TRIP TO LANZAROTE

Main Picture: Tom Miles

Words: David Lowes

LIZ YELLING has just enjoyed a welcome change of scenery and warmer temperatures in Lanzarote during the first week of March. The weather was the expected 17-20C, although slightly breezy, and this made running extremely comfortable. Based at the renowned Club La Santa, Yelling and her husband Martin were holding a coaching camp for 34 athletes and triathletes from beginner upwards from all over the UK.

Liz took the runners, while Martin, along with top pro triathlete Joel Jameson (whom Martin coaches), guided the triathletes. Daughter Ruby, who was with them on the trip, needed antibiotics for a high temperature and fortunately Liz's mum was there to look after her while Liz and Martin trained and coached.

Since her last race at the Lifestyle Renault Tunbridge Wells half-marathon which she won in 73:54, training has been going well and she is confident that progress is being made and fitness is improving.

Regarding the Lanzarote experience, she said: "I love the challenge of devising sessions to cater for the mixed-ability groups so that everyone feels included in the session. I also try to give runners an experience of different types of sessions and training at a range of diverse running paces. The camp was a great success as was my training week.

"I did pretty much as I would at home but with a longer warm-up. I guide the coached run sessions and then add on my own training, which sometimes involves running an extra four to six miles. It was great to motivate my own running by having some company and seeing others train hard too."

Making use of the quiet road and off-road trails in Lanzarote, she amassed 118 miles. She said: "It was a worthwhile trip, which allowed me to focus on training and relaxing in the warmer temperatures, although it was worrying with Ruby being ill."

Last Sunday she finished second woman in 72:00 at the Reading Half-marathon (see Results) and, having tapered down for half a week for it

– unlike with Tunbridge Wells – she was able to gain a good indication of her fitness. She is now having another hard week of running before her taper for London begins.

On the return from Lanzarote Ruby was taken very ill with pneumonia and had to spend a couple of nights in hospital. Liz said: "This made training very hard and reminded me of the importance of a total balance in nutrition, recovery and training. Let one of these slip and performance can come crashing down.

"I had to have some enforced recovery days and, now she is on the mend I'm concentrating on catching up on much needed lost sleep and getting through a mountain of washing!"



» **LUCOZADE SPORT** is fuelling Liz Yelling and 36,499 other runners at the Virgin London Marathon on April 17. For info, tips and videos see facebook.com/lucozadesportrunning

» **FOLLOW** Liz Yelling in her build-up to the London Marathon with an exclusive report every two weeks on how she is preparing to tackle the race. Go to www.lizyelling.com to learn more about her

Lanzarote training: 6 weeks to go until the marathon:

Thursday	(am) Travel to Lanzarote. (pm) 6 miles easy running.
Friday	(am) 6 miles in 1 hour guided run. Then (3 minutes steady, 3 minutes hard x 10). 1 mile cool-down. (pm) 8.5 miles easy.
Saturday	(am) 8 miles easy. (pm) 7.5 miles easy.
Sunday	4 x 5.25 mile laps (undulating, mix of roads and tracks), each lap increasing the pace by a couple of seconds a mile. (21 miles in 2 hours 13 minutes).
Monday	(am) 5 miles easy. (pm) 10 miles easy.
Tuesday	(am) 4 miles easy warm-up (6 x 6 minutes hard with 90 seconds jog recovery), 2.5 miles cool-down. (pm) 6 miles easy.
Wednesday	(am) 5 miles easy. (pm) 8 miles easy.
Total for the week = 118 miles.	



FACTFILE LIZ YELLING

Born December 5, 1974

Club Bedford & County

Achievements

Four-time winner of the English National Cross Country Championships

Two-time winner of European Cross Country Trials

4th European Cross Country Championships 1999

4th Chicago Marathon 2007

Bronze Commonwealth Games marathon 2006

PBs 10,000m 31:58.39; half-marathon 69:28; marathon 2:28:33



BMC forecast a sizzling summer!

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COST: £85 BMC members, £105 non-BMC members
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£70 BMC athletes travelling more than 200 miles one way

Cheques made payable to: **BRITISH MILERS' CLUB**. Application forms **MUST** include a stamped addressed envelope stating age and current personal best times to: David Lowes, 2 Eggleston Close, Newton Hall, Durham DH1 5XR.
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BOOK NOW OR BE DISAPPOINTED! (No bookings taken after 18th March 2011)



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- That all young people are as safe as possible.
- Provide information on further opportunities available.
- Provide top-class coaching and advice where required.
- Ensure that all BMC activities are open to all communities (equal opportunities).

First Name: _____

Surname: _____

Address: _____

Post Code: _____

Date of Birth/Age: _____

Gender: _____

Telephone/Mobile Nos: _____

E-Mail: _____

Academy Member: Yes No

Membership Number: _____

Emergency contact details

Name of Parent/Guardian/Carer: _____

Emergency Contact No: _____

Who is authorised to take and collect your child to this activity?: _____

Does your child suffer from any of the following?

Asthma Skin Problems Diabetes Epilepsy

Fainting Heart Problems Migraines Allergies

Other: _____

Is your child currently on medication or have any injuries?

Yes No If yes, please specify: _____

Do you consider your child to have a disability?

Yes No If yes, please specify: _____

What is your child's Ethnic origin?

White Mixed Race Asian Black Chinese

Other

Do you object to photographs of your child being taken for publicity purposes? (NSPCC guidelines)

Yes No

Club: _____

Special Dietary requirements (please state): _____

Please state pb's (for squad allocation): 800m _____

1500m _____ 3000m _____

For Coaches Only:

What is your current UKA coaching level? _____

Please enclose photocopy of licence.

Do you have a UKA CRB certificate? Yes No

Please enclose photocopy of certificate. (If no, please contact David Lowes on 0191-384 6592 immediately)

For Parents: BMC courses involve vigorous, but beneficial athletic training, to a high standard. Please confirm that your child is physically fit and capable of participation in this training over the duration of the course. A qualified masseur/sports therapist will be in attendance to deal with minor niggles, muscle soreness or athletic related problems. Please note that we will only treat a person under the age of 18 if a chaperone is present (friend or fellow athlete/personal coach). Do you give permission for your child to be treated?: Yes No

I confirm that consent is given for my child to attend the BMC activity and I agree to the conditions laid out below*.

Signed _____

Date _____

*Information used in this form will be used to monitor and evaluate BMC activities. All information will remain confidential and no reference to individuals will be made in written or verbal reports. Your child's participation is voluntary and you may decline to participate.

I have read and understood the above information and agree for my child or myself to participate further in this study, if so requested.

Top UK masters marks

THE LEADING BRITISH RANKINGS FOR VETERAN WOMEN'S AGE GROUPS FOR THE 2010 SEASON

» **100m Over 40 (Electrical only, W40 unless stated)**

- 13.10/-0.8 Kay Reynolds Lee Valley 17 April
- 13.24/1.3 Kathleen Madigan Inverness 6 June
- 13.33/0.6 Averil McClelland (W50) Nyireghaza 17 July
- 13.37/-0.1 Tracey Hinton Tunis 28 June
- 13.51/1.6 Juliette Crossin Birmingham 8 May

Other age group leaders

- W35: 11.42/-0.4 Joice Maduaka Birmingham 26 June
 W45: 13.54/-0.8 Lolita Byfield-Moore Cardiff 12 June
 W55: 14.04/0.9 Caroline Powell Nyireghaza 17 July
 W60: 14.57/-2.5 Viv Bonner Cardiff 3 July
 W65: 17.55/2.0 Ann Bolitho Woodford 8 June
 W70: 17.31/0.3 Dorothy Fraser Nyireghaza 17 July
 W75: 18.00 Rosemary Chrimes Birmingham 14 July

» **200m Over 40 (W40 unless stated)**

- 26.47/0.6 Kay Reynolds Oxford 9 May
- 26.86/0.9 Tracey Hinton Gateshead 11 July
- 27.34/1.1 Kathleen Madigan Inverness 6 June
- 27.35/0.0 Juliette Crossin Birmingham 9 May
- 27.36/-0.8 Averil McClelland (W50) Nyireghaza 23 July

Other age group leaders

- W35: 23.33/0.0 Joice Maduaka Patra 30 June
 W45: 27.49i Kirstin King Lee Valley 28 March
 W55: 28.46/-0.2 Caroline Powell Nyireghaza 22 July
 W60: 29.54 Viv Bonner Cardiff 4 July
 W65: 35.46i Mary Axtell Lee Valley 28 March
 W70: 35.60/0.0 Dorothy Fraser Nyireghaza 23 July

» **400m Over 40 (W40 unless stated)**

- 60.18 Virginia Mitchell (W45) Nyireghaza, 20 July
- 61.35 Denise Morley Cardiff 3 July
- 61.7 Fiona Palmer Solihull 8 Aug
- 61.75 Tracey Hinton Cardiff 12 June
- 62.0 Gillian Cashell (W45) Winchester 21 June

Other age group leaders

- W35: 55.07 Joice Maduaka Auburn 16 April
 W50: 63.52 Laura Mahady Cardiff 3 July
 W55: 62.56 Caroline Powell Nyireghaza 20 July
 W60: 71.43 Brenda Fee Cardiff 3 July
 W65: 86.2 Dot Fellows Telford 5 May
 W70: 88.17 Dorothy Fraser Nyireghaza, 20 July

» **800m Over 40 (W40 unless stated)**

- 2:16.1 Clare Elms (W45) Eltham 23 June
- 2:18.27i Denise Morley Lee Valley 28 March
- 2:18.54 Virginia Mitchell (W45) Nyireghaza 23 July
- 2:21.97 Sally Read-Cayton (W45) Crawley 23 June
- 2:23.63 Laura Mahady (W50) Cardiff 4 July

Other age group leaders

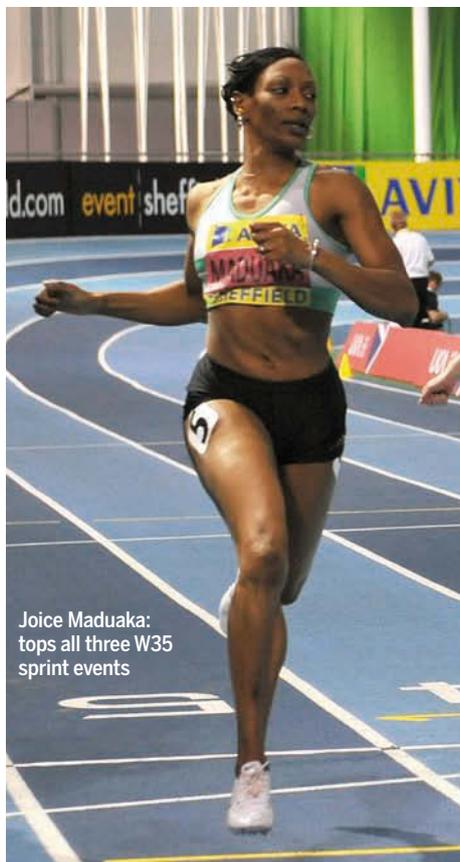
- W35: 2:05.82 Karen Harewood Stretford 24 Aug
 W55: 2:32.9 Jackie Walpole Exeter 27 July
 W60: 2:37.42 Nancy Hitchmough Nyireghaza 23 July
 W65: 3:24.3i Iris Hornsey Lee Valley 28 March
 W70: 3:20.8i Kath Stewart Lee Valley 28 March

» **1500m Over 40 (W40 unless stated)**

- 4:31.87 Clare Elms (W45) Brighton 11 Aug
- 4:33.92 Caroline Hoyte Tonbridge 3 Aug
- 4:36.83 Debbie Walters Birmingham 5 June
- 4:49.6 Tracey Waller Middlesbrough 1 June
- 4:50.3 Lucy Elliott Bournemouth 12 Sept

Other age group leaders

- W35: 4:10.08i Helen Clitheroe Stuttgart 6 Feb
 W50: 5:07.0 Joan Lasenby Colchester 4 Sept



Joice Maduaka: tops all three W35 sprint events

MARK SHEPARD

» **10,000m Over 40 (W40 unless stated)**

- 34:48.79 Debbie Walters Bedford 2 May
- 35:53.8 Fiona Matheson (W45) Coatbridge 17 Oct
- 37:36.16 Nicki Nealon Nyireghaza 15 July
- 39:20.37 Arlene Bristow Nyireghaza 15 July
- 39:24.16 Cathy Ulliott (W45) Brighton 19 Aug

Other age group leaders

- W35: 31:51.91 Jo Pavey Birmingham 26 June
 W50: 40:07.5 Monica Williamson Leamington 20 July
 W55: 42:31.3 Anna Garnier Battersea 8 Sept
 W60: 43:30.0 Lou Lyness Leigh 17 October
 W65: 49:43.6 June Johnson Leamington 20 July

» **Sprint H Over 40 (W40 and 80H unless stated)**

- 11.7 Kay Reynolds Abingdon 22 Aug
- 13.0 Wendy Laing (W45) Solihull 8 Aug
- 13.2 Gaye Clarke (W45) King's Lynn 7 July
- 13.55/0.0 Charmaine Johnson Nyireghaza 22 July (W45)
- 13.80 Sally Stagles (W45) Campbelltown 6 Mar

Other age group leaders

- W35: 15.69/1.9 Kate Brook (100H) Ashford 15 Aug
 W50: 13.10/0.4 Jane Horder Nyireghaza 22 July
 W55: 16.30/1.1 Christine Clements Erith 18 Sept
 W60: 14.39/-0.6 Jean Fail Nyireghaza 22 July
 W65: 21.12 Margaret Coombe Horspath 12 Sept
 W70: 19.8 Patricia Hill Norwich 26 Sept

» **400H Over 40 (W40 unless stated)**

- 66.82 Virginia Mitchell (W45) Nyireghaza 18 July
- 69.1 Sandra Reed Abingdon 7 Aug
- 70.4 Jane Horder (W50) Coventry 1 May
- 70.72 Julie Rogers (W45) Birmingham 9 May
- 74.0 Ros Kelling (W45) Solihull 1 Aug

Other age group leaders

- W35: 66.08 Kate Brook Crystal Palace 12 Jun
 W55: 106.6 Barbara Higgins Lee Valley 2 Jun

» **10km Over 40 (W40 unless stated)**

- 33:53 Caroline Hoyte Cardiff 12 Sept
- 34:32 Sarah Gee (W45) Goodrich 12 Sept
- 34:41 Debbie Walters Eastleigh 28 March
- 34:46 Fiona Matheson (W45) Falkirk Stirling 19 Sept
- 35:05 Melissa Whyte (W45) Buckie 19 Sept

Other age group leaders

- W35: 32:42 Jo Pavey Manchester 16 May
 W50: 36:26 Jo Thompson Cardiff 12 Sept
 W55: 39:18 Sally Musson Brighton 21 Nov
 W60: 39:09 Daphne Eilmore Woodhall Spa 6 June
 W65: 49:43.6 June Johnson Leamington 20 July
 W70: 50:09 Joan Royal Weymouth May 29

» **10M Over 40 (W40 unless stated)**

- 57:21 Sarah Gee (W45) Maidenhead 2 April
- 58:55 Clare Elms (W45) Twickenham 17 Oct
- 59:24 Fiona Matheson (W45) Motherwell 11 April
- 59:59 Philippa Taylor West Walton 31 Oct
- 60:11 Melissa Whyte (W45) Ballater 25 July

Other age group leaders

- W35: 57:11 Nicole Clifford Twickenham 17 Oct
 W50: 65:02 Anne Luke Devonport 21 Feb
 W55: 67:48 Sally Musson Canterbury 31 Jan
 W60: 69:44 Lou Lyness Lytham SA 21 Mar
 W65: 75:10 Dot Fellows Standon 7 Nov
 W70: 81:08 Joan Royal Wimborne 21 Nov

- W55: 5:20.57 Gail Duckworth Watford 30 June
 W60: 5:19.2 Nancy Hitchmough Brierley Hill 1 Aug
 W65: 6:02.9 Cecilia Morrison Winchester 21 June
 W70: 6:04.59 Cecilia Morrison Cardiff 3 July

» **3000m Over 40 (W40 unless stated)**

- 9:36.63 Caroline Hoyte Crawley 14 July
- 9:41.61 Debbie Walters Birmingham 5 June
- 9:49.95 Clare Elms (W45) Ashford 15 Aug
- 10:04.5 Emma Stallard Carn Brea 22 Aug
- 10:20.0 Tracey Waller Jarrow 31 July

Other age group leaders

- W35: 8:51.82 Helen Clitheroe Rieti 29 Aug
 W50: 10:53.33 Carolyn Robbins Stretford 1 June
 W55: 11:01.69 Gail Duckworth Watford 2 June
 W60: 11:49.2 Angela Copson Solihull 8 Aug
 W65: 12:53.7 Dot Fellows Stafford 2 June
 W70: 14:14.4 Kath Stewart Jarrow 26 June

» **5000m Over 40 (W40 unless stated)**

- 16:28.5 Caroline Hoyte Cardiff 28 Aug
- 17:25.88 Clare Elms (W45) Cardiff 4 July
- 17:29.78 Emma Stallard Cardiff 4 July
- 18:16.15 Nicki Nealon Nyireghaza 20 July
- 18:24.06 Michaela McCallum Winchester 23 May

Other age group leaders

- W35: 15:02.31 Jo Pavey Paris 16 July
 W50: 20:04.6 Karen Brooks Leicester 13 June
 W55: 19:22.16 Gail Duckworth Cardiff 4 July
 W60: 20:22.7 Lou Lyness Hyndburn 26 Sept
 W65: 23:45.33 June Johnson Birmingham 9 May
 W70: 22:06.2 Cecilia Morrison Portsmouth 12 July

» Half-marathon Over 40 (W40 unless stated)

1. 74:47 Sarah Gee (W45) Peterborough 10 Oct
2. 75:17 Debbie Walters Bath 7 March
3. 77:49 Fiona Matheson (W45) Alloa 21 March
4. 79:09 Philippa Taylor Peterborough 10 Oct
5. 79:18 Marilyn Kitching Chester 16 May

Other age group leaders

- W35: 69:25 Mara Yamauchi New York 21 March
 W50: 80:21 Jo Thompson Newcastle 19 Sept
 W55: 88:12 Sally Musson New Milton 26 Sept
 W60: 93:06 Ros Tabor Paddock Wood 11 Apr
 W65: 99:59 Dot Fellows Stafford 21 March
 W70: 1:56:19 Moira Lenaghan Bridlington 17 Oct

» Marathon Over 40 (W40 unless stated)

1. 2:38:14 Sarah Gee (W45) Edinburgh 23 May
2. 2:48:56 Maxine McKinnon (W45) Castellón 12 Dec
3. 2:52:33 Jo Thompson (W50) Dublin 25 Oct
4. 2:53:52 Vicki Perry (W50) London 25 April
5. 2:54:46 Angelina Kong Southport 4 July

Other age group leaders

- W35: 2:26:16 Mara Yamauchi London 25 April
 W55: 3:05:26 Sally Musson London 25 April
 W60: 3:20:30 Jane Davies Loch Ness 3 Oct
 W65: 3:55:33 Brenda Kinch London 25 April
 W70: 4:23:36 Susan Soar Brighton 18 April

» High jump Over 40 (W40 unless stated)

1. 1.78i Julia Machin Lee Valley 27 March
2. 1.55i Wendy Laing (W45) Lee Valley 24 Jan
1. 1.55 Kay Reynolds Guildford 22 May
2. 1.55 Imeta Barauskiene (W45) Basingstoke 4 Sept
5. 1.52i Irie Hill Sindelfingen 16 Jan

Other age group leaders

- W35: 1.78i Julia Machin Carshalton 6 March
 W50: 1.42i Hazel Barker Kamloops 1 March
 W55: 1.27i Christine Clements Lee Valley 24 Jan
 W55: 1.27 Pam Garvey Cardiff 3 July
 W60: 1.23 Emily McMahon Solihull 8 Aug
 W65: 1.00 Patricia Hill Grantham 18 April
 W70: 1.05 Patricia Hill Grantham 5 Sept
 W75: 1.17 Rosemary Chrimes Leicester 13 June

» Pole vault Over 40 (W40 unless stated)

1. 3.85 Irie Hill Nyireghaza 21 July
2. 2.86 Susan Yeomans (W55) Horsham 22 Aug
3. 2.80 Alison Duke (W45) Twickenham 24 April
4. 2.60 Jennifer Ibbitson (W50) Solihull 8 Aug
5. 2.50 Maria Newton Stevenage 4 July

Other age group leaders

- W35: 3.30 Natasha Brunning H. Hampstead 4 Sep
 W60: 1.50 Lynne Newton Portsmouth 12 July
 W65: 1.81 Margaret Coombe Cardiff 4 July

» Long jump Over 40 (W40 unless stated)

1. 5.73 Julia Machin Kingston 26 June
2. 5.29 Imeta Barauskiene (W45) Ashford 28 August
3. 4.87/1.4 Linda Nicholson (W50) Cardiff 3 July
4. 4.75 Louise Oliver Horspath 12 Sept
5. 4.74 Helen Garrett (W45) Erith 17 May

Other age group leaders

- W35: 5.47 Diana Norman Milton Keynes 22 May
 W35: 5.47 Natasha Brunning Colchester 26 June
 W55: 4.11i Susan Yeomans Kamloops 3 March
 W60: 3.97 Jean Fail Exeter 20 June
 W65: 2.83 Margaret Coombe Horspath 11 Sept
 W70: 3.08i Anne Martin Lee Valley 27 March

» Triple jump Over 40 (W40 unless stated)

1. 12.11 Julia Machin Milton Keynes 22 May
2. 10.90 Imeta Barauskiene (W45) Basingstoke 4 Sept
3. 10.41 Louise Oliver Ashford 5 Sept



MARK SHEARMAN

4. 10.05 Dawn Jones Ashford 5 Sept
 5. 9.87 Sandra Reed Guildford 26 June
- #### Other age group leaders
- W35: 11.51/1.5 Natasha Brunning Cardiff 5 June
 W50: 9.55 Janice Pryce Cannock 3 July
 W55: 8.51 Susan Yeomans Watford 14 July
 W60: 7.49 Marlene Simmonds Watford 24 April
 W65: 6.92 Iris Holder Portsmouth 26 April
 W70: 6.58 Anne Martin Kings Lynn 2 June

» Shot Over 40 (W40 unless stated)

1. 15.92 Joanne Duncan Hendon 7 Aug
2. 12.09 Julia Machin Milton Keynes 22 May
3. 12.04 Carol Parker Coventry 1 May
4. 11.29 Debbie Callaway (W45) Carshalton 22 May
5. 11.08i Camilla Thrush Lee Valley 14 Feb

Other age group leaders

- W35: 11.40 Emma Beales Bromley 4 Sept
 W50: 11.04 Jennifer Ibbitson Hyndburn 26 Sept
 W55: 10.94 Vilma Thompson Ewell 29 May
 W60: 9.51 Romana Martin Norwich 26 Sept
 W65: 9.84i Liz Sissons Lee Valley 14 Feb
 W70: 9.89 Evaun Williams Copthall 24 May
 W75: 10.35 Rosemary Chrimes Cardiff 3 July

» Discus Over 40 (W40 unless stated)

1. 38.66 Debbie Callaway (W45) Carshalton 22 May
2. 38.38 Joanne Duncan Woodford 6 July
3. 38.05 Rebecca Hardy Lee Valley 17 July
4. 36.99 Lorraine Shaw Rugby 3 July
5. 36.50 Carol Parker Stevenage 4 July

Other age group leaders

- W35: 49.64 Sarah Henton Birmingham 27 Jun
 W50: 33.93 Claire Cameron Dunfermline 18 July
 W55: 35.12 Gwen Bird Horsham 11 Sept
 W60: 24.52 Mo Pearson Lee Valley 28 March
 W65: 23.06 Liz Sissons Battersea 29 Aug
 W70: 26.51 Evaun Williams H. Hampstead 12 Jul
 W75: 30.07 Rosemary Chrimes Leicester 13 June

» Javelin Over 40 (W40 unless stated)

1. 49.66 Joanne Davison (W45) Crawley 30 Aug
2. 44.30 Janet Smith (W45) H. Hampstead 4 Sep
3. 40.27 Marina Semenova (W45) Sportcity 3 July
4. 39.03 Jennifer Ibbitson (W50) Mansfield 30 Aug
5. 38.07 Carol Parker Coventry 1 May

Other age group leaders

- W35: 43.95 Leah Weatheritt Middlesbrough 31 Jul

- W55: 36.44 Shirley Quinn Chelmsford 5 May
 W60: 30.89 Rosemary Hutton Cardiff 3 July
 W65: 29.04 Liz Sissons Ewell 27 Feb
 W70: 35.78 Evaun Williams Lee Valley 21 June
 W75: 28.63 Rosemary Chrimes Leicester 13 June

» Hammer Over 40 (W40 unless stated)

1. 36.22 Caroline Garratt (W45) Leeds 18 Sept
2. 35.00 Debbie Doherty St. Peter Port 19 Jun
3. 32.05 Julia Machin Luton July 24
4. 31.82 Lesley Lavers Hillingdon 21 June
5. 29.88 Evaun Williams (W70) Hendon 24 May

Other age group leaders

- W35: 44.02 Karen Martin Cosford 7 July
 W50: 28.14 Anne Goad Ashford 5 Sept
 W55: 26.39 Jolyyn Saunders-Mullins Watford 19 Sept
 W60: 24.48 Lesley Eldridge Cleethorpes 29 May
 W65: 26.24 Liz Sissons Ashford 5 Sept

» Pentathlon Over 40 (W40 unless stated)

1. 2829 Louise Oliver Oxford 23 May
2. 2606 Fiona Lampkin Dundee 12 Sept
3. 1888 Ruth Bird (W45) Oxford 23 May

Pentathlon age group leaders

- W35: 4068 Amanda Wale (Hep) Horspath 12 Sept
 W45: 3023 Gaye Clarke Oxford 23 May
 W55: 2394 Fiona Argent Oxford 23 May
 W60: 3230 Sally Hine Oxford 23 May

» 10km walk Over 40 (W40 unless stated)

1. 48:24 Lisa Kehler Coventry 11 Sept
2. 54:14 Diane Bradley (W45) Northampton 17 Oct
3. 54:38 Julie Drake Steyning 23 Oct
4. 56:36 Karen Wears Northampton 17 Oct
5. 58:35 Joan Lennon (W50) Steyning 23 Oct

Other age group leaders

- W35: 64:36 Elizabeth Claridge Steyning 23 Oct
 W55: 65:50 Anne Belchambers Steyning 23 Oct
 W60: 65:46 Noel Blatchford Coventry 11 Sept
 W65: 75:31 Rose Druckes Delancey Park 25 Apr
 W70: 69:37 Jill Langford Kamloops 5 March

» RANKINGS predominantly taken from Power of Ten

Please send any amendments or additions to admin@thepowerof10.info

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OVERSEAS

AUSTRALIA

Sydney Track Classic, March 18

IN WET conditions, world long jump bronze medalist Mitchell Watt's 8.38m was the highlight and one of five early-season world-leading marks. Also in good form were Valerie Adams with a 20.55m shot and David Rudisha, who clocked an easy 1:44.80 800m victory. **Men: 200 (-0.1):** A Taylor (USA) 4:00; 1 Taylor 45.71; 2 B Offereins 46.16; 3 S Solomon (U20) 46.24. **800:** 1 D Rudisha (KEN) 1:44.80; 2 L Renshaw 1:46.08; A Kiprop (KEN) 1:46.80. **1500:** J Roff 3:39.03. **400H:** 1 J Gaymon (USA) 49.87; 7 DANIEL BRANDWOOD 52.75. **LJ:** M Watt 8.38(1.5). **5KW:** C Tallent 19:01.00

Women: 100 (0.1): 1 S Pearson 11.21; 2 M Barber (USA) 11.44. **200 (-0.2):** 1 Pearson 23.12; 2 Barber 23.41. **400:** 1 M Magi (EST) 52.21; 2 T Lewis 52.26; 3 M Hargrove 52.33. **1500:** K Sinclair (JAM) 4:06.50. **400H:** 1 L Boden 56.41. **SP:** V Adams (NZL) 20.55. **DT:** D Samuels 58.43. **JT:** K Mickle 63.82. **5KW:** C Tallent 22:09.11. **4x100:** AUS 44:02

Victorian Milers Club, Box Hill, March 18

Women: 5000: B: 2 ABIGAIL BAYLEY 16:03.5f

BULGARIA

European Cup Winter Throws, Sofia, March 19/20

COLD, windy weather did not help performances, but the highlight was the javelin world junior record by Latvian Zigismunds Sirmajs. His 84.47m bettered the former mark of Andreas Thorkildsen of 83.87m.

Former world hammer record-holder Tatyana Lysenko beat European champion Betty Heidler in a quality hammer competition.

In the under-23 event, twice world and European junior and youth champion Bianca Perie's one valid throw of 67.38m beat Britain's world junior champion, Sophie Hitchon, who opened her 2011 season with an encouraging 64.16m.

Brett Morse just missed out on 60m in the discus, while James Campbell had a narrow toe foul in the javelin that was over 75m.

Men: SP: 1 H Alic (BOS) 20.21; 2 M Fortes (POR) 20.18. **DT:** 3 CHRIS SCOTT 55.76. **HT:** B: 3 ALEX SMITH 68.58; 6 MARK DRY 63.99. **JT:** 1 Z Sirmajs (LAT, U20) 84.47 (world junior rec); 2 O Pyatnitsa (UKR) 81.96; 3 V Iordan (RUS, U20) 79.49; 9 JAMES CAMPBELL 72.67. **U23: DT:** 2 BRETT MORSE 59.50. **JT:** 1 F Avan (TUR) 80.19 (rec); 2 D Kosynskyi (UKR) 79.90; 7 DAN PEMBROKE 69.92.

Women: DT: 1 O Korotkova (RUS) 60.20; 2 N Grasu (ROM) 59.44. **B:** 7 JADE NICHOLLS 46.42. **HT:** 1 T Lysenko (RUS) 73.70; 2 B Heidler (GER) 72.71; 3 Z Marghiev (MOL) 71.96. **U23: HT:** 1 B Perie (ROM) 67.38; 2 SOPHIE HITCHON 64.16. **JT:** 3 S Utraiainen 53.73. **TEAM: Men:** Russia. **Women:** Germany. **U23 Women:** Hungary

CYPRUS

Cyprus 10km, Pafos, March 13

Men: 10km: 7 DAVID DOWD (M60) 39:17

CUBA

Havana, March 18/19

WORLD triple jump champion Yargelis Savigne achieved a world-leading 14.95m.

Men: TJ: 1 A Copello 17.22; 2 Y Betanzos

Marathon course records

MARKOS GENETI'S 2:06:35 moved Los Angeles to 15th on the list of the fastest marathons in the world.

1	2:03:59	Berlin	Haile Gebrselassie ETH	2008
2	2:04:27	Rotterdam	Duncan Kibet KEN	2009
3	2:04:53	Dubai	Haile Gebrselassie ETH	2008
4	2:04:57	Frankfurt	Wilson Kiprotich Kipsang KEN	2010
5	2:05:10	London	Samuel Wanjiru KEN	2009
6	2:05:18	Fukuoka	Tsegaye Kebede ETH	2009
7	2:05:39	Prague	Eliud Kiptanui KEN	2010
8	2:05:41	Chicago	Samuel Wanjiru KEN	2009
9	2:05:44	Amsterdam	Getu Feleke ETH	2010
10	2:05:47	Paris	Vincent Kipruto KEN	2009
11	2:05:52	Boston	Robert Kiprono Cheruiyot KEN	2010
12	2:06:13	Lake Biwa-Otsu	Wilson Kipsang KEN	2011
13	2:06:32	Olympic Games	Samuel Wanjiru KEN	2008
14	2:06:33	Tokyo	Gert Thys RSA	1999
15	2:06:35	Los Angeles	Markos Geneti ETH	2011
16	2:06:49	Seoul	Sylvester Teimat KEN	2010
17	2:06:52	Hamburg	Julio Rey ESP	2006
18	2:06:54	Worlds	Abel Kirui KEN	2009
19	2:07:01	Eindhoven	Geoffrey Mutai KEN	2009
20	2:07:04	Houston	Bekana Daba ETH	2011

17.18; 3 D Girat 17.16. **SP:** C Veliz 20.18. **JT:** G Martinez 84.64. **Women: TJ:** 1 Y Savigne 14.95; 2 M Gay 14.65; 3 Y Bicet 14.20. **HT:** 1 A Thondike 70.16; 2 Y Moreno 69.56

Havana, March 10/11

Men: TJ: 1 A Copello 17.27/0.1. **Women: HT:** Y Moreno 72.06

FRANCE

Bressuire, March 13

Women: HM: 120 CLARE JEFFS (W55) 96:34

Rambouillet, March 13

Men: HM: 18 PETER FAIRHURST 74:29; 99 DAVID BURNS (M50) 82:36

GERMANY

Dortmund, March 19

U16 men: 1000: 2 GEORGE MOORE (U15) 2:50.62

Frankfurt, March 13

Men: HM: 26 FENNER COLLIS (M40) 77:14.

IRELAND

Kleinwort Benson Investors St Patrick's Festival 5km, Dublin, March 20

Women: 5km: 1 KERRY HARTY 16:24

ITALY

Bruino, March 20

Men: 10km: 1 EDWARD YOUNG 30:59

Rome Marathon, March 20

Men: Mar: 1 D Chumba (KEN) 2:08:45; 2 S Gena (ETH) 2:09:21; 3 A Dawit Shami (ETH) 2:09:42. **Women: Mar:** F Dado (ETH) 2:24:13; 2 G Haftu (ETH) 2:26:21; 3 H Kebelesh (ETH) 2:27:39; 5 R Console 2:29:15; 17 HELEN EWING 2:57:57; 39 BEVERLEY-JANE GIBSON (W40) 3:16:40; 89 GILLIAN BATHMAKER (W50) 3:29:23

KOREA

Seoul, March 20

Men: Mar: 1 A Goumri (MAR) 2:09:11; 2 J Jin-Hyeong 2:09:28; 3 O Kulkov (RUS) 2:10:13.

Women: Mar: 1 R Guta (ETH) 2:26:51; 2 W Yanan (CHN) 2:27:13; 3 C Yun-Hee (SKR) 2:32:26; 4 G Tejada (PER) 2:32:32; L Simon (ROM) dnf

PORTUGAL

Lisbon, March 20

ZERSENAY TADESSE was seven seconds outside his world record of 58:23, which had been set in this race last year.

After a modest 14:01 opening 5km, he shot through 10km in 27:42, but on his own and in breezy conditions he fell short. The first European, Luis Feiteira of Portugal, was six minutes behind the winner.

The women's race saw a win for Ethiopia's Berlin and Rotterdam marathon winner and former world half-marathon medalist from 2009, Aberu Kebede, who clocked 68:28. Close behind in second, Portugal's Ana Dulce Felix's 68:33 was a national record and European lead for 2011.

Men: HM: 1 Z Tadesse (ERI) 58:30; 2 J Mwangangi (KEN) 60:30; 3 S Sang (KEN) 60:38. **Women: HM:** A Kebede 68:28; 2 A Dulce Felix (POR) 68:33 (rec); 3 G Momyani (KEN) 68:41

SWITZERLAND

Kerzers, March 19

Men: 15km: 1 J Kiptum (KEN) 44:18; 2 L Kadengoi (KEN) 44:23; 3 G Kanyanhu (KEN) 44:30; 10 V Rothlin 46:45.

Women: 15km: 1 C Chepkwony (KEN) 51:03; 2 A Kalovics (HUN) 51:37; 3 T Gichia (KEN) 52:31; 4 S Fischer 53:16

UNITED ARAB EMIRATES

Dubai, March 18

Men: 10km: 1 GRAEME TAYLOR 32:37. **Women: 10km:** 1 EMMA PHILLIPS

37:14; 4 ANNA BERRILL (W40) 40:37; 7 DEBBIE POWELL (W40) 41:58

USA

Honda LA Marathon, Los Angeles, March 20

MARKOS GENETI, who won the 2004 world indoor bronze at 3000m and in 2005 represented his country at the World Championships in Helsinki at 1500m, made a sensational marathon debut, running a course record 2:06:35. It is the sixth best marathon debut ever and was particularly noteworthy as there was cold weather and heavy rain.

Another Ethiopian, Bizunesh Deba, won the women's race in a PB 2:26:34 in remarkably her ninth marathon in the USA since 2009.

Men: Mar: 1 M Geneti (ETH) 2:06:35; 2 N Kamakya (KEN) 2:09:26; 3 L Moiben (KEN) 2:13:12; 4 W Korir (KEN) 2:13:23. **Women: Mar:** 1 B Deba (ETH) 2:26:34; 2 A Hastings 2:27:03; 3 M Dibaba (ETH) 2:30:25; 5 Y Arkhipova (RUS) 2:33:55; 20 SALLY BAKER (W40) 2:57:52

Irvine, March 19

Men: LJ: 1 NICK NEWMAN 7.69/1.4

Eugene, March 19

CHRIS THOMPSON showed good late-winter form to go well inside eight minutes for 3000m.

Men: 800: T Mulder 1:46.86. **3000:** 1 CHRIS THOMPSON 7:52.64; 4 CRAIG HOPKINS 8:30.80. **JT** 6 A Eaton 56.59. **Women: 8:00:** S Kipyego (KEN) 8:51.07. **2000sc:** B Franek 6:25.31 (rec). **HT:** 2 SARAH HOLT 61.52

Lafayette, March 19

Women: 800: 7 AMY TALBOT 2:14.43

Memphis, March 19

Men: Mile: 2 NICHOLAS LINGLEY (U20) 4:20.36

San Diego March 19

Men: 200: D Pinder 20.54/1.8. **HJ:** E Kynard 2.28. **Women: 100H (-3.3):** L Demus 13.17

Tulsa, March 19

Men: 800: 2 TOM MARSHALL 1:52.82.

1500: 1 GERAINT DAVIES 3:54.55; 2 LEWIS TIMMINS 3:56.19

Charlotte, March 18/19

Men: 200: 1 L Green (JAM) 20.61/0.6ht. **1500:** 5 MATTHEW GRAHAM 3:54.18. **400H:** L Green (JAM) 50.40ht. **Women: 100 (2.3):** 1 NATALIE PEARSON 11.59 (11.79/1.6 ht). **200 (3.7):** 1 NATALIE PEARSON 23.85 (24.26/1.4 ht).

Myrtle Beach, March 18

ZOLA BUDD-PIETERSE, who 26 years on from her heyday, still holds all the UK junior records from 1500m to 5000m, made a rare competitive appearance.

Budd and her family have been living in Myrtle Beach, South Carolina, since August 2008. She has a two-year visa that allows her to compete on the US masters' circuit and is a volunteer coach at Carolina Budd-Pieterse.

Women: 5000: 1 Zola Budd-Pieterse (W40) 17:41.10. **HT:** A Campbell 72.02

Winston-Salem, March 18

Men: PV: 2 CAMERON WALKER-SHEPHERD (U20) 4.90

Orlando, March 18

Women: 10,000: 5 EL NEWBERY 37:12.18

Fort Richard, March 18

SANYA RICHARDS-ROSS, who missed nearly all of 2010 after winning the world 400m title in 2009, returned with a 23.06 200m, while Jeremy Wariner clocked 20.71 for his 200m.

Men: 100 (1.9): C Silmon 10.25. **200 (0.1):** J Wariner 20.71. **110H (1.6):** 0 Osaghae 13.49. **400H:** B Brown 49.76.

Women: 100 (3.2): J Young 11.14. **200 (1.6):** S Richards-Ross 23.06

Chinese dominate in Lugano

SWITZERLAND

European Race Walk Permit Meeting, Lugano, March 20

ZHEN WANG of China outsprinted compatriot Yafei Zhu in the final 100m of the 20km as they clocked the fastest times in the world in 2011. Ireland's Rob Heffernan was fifth as Alex Wright went top of the UK rankings for this year with 88:07.

Wright, walking with training partner and fellow Leeds Met student Brendan Boyce of Ireland, passed 5km in 21:01 and 10km in 42:37, but soon after this point was forced to take his foot off the gas as he received his second red card. Wright found the going tough in the second half.

In the junior women's 10km, Manx Harrier Lauren Whelan narrowly missed the UKA qualifying time for the European Junior Championships (51:00) when she clocked 51:18, just three seconds outside the personal best she set in Hobart last month. The 18-year-old went through 5km in 25:06, but struggled over the second half.

In the senior women's 20km, Commonwealth champion Jo Jackson called it a day at 10km, but Fiona McGorum went the top of the 2011 UK rankings with 1:54:16, which is just outside her personal best.

Men: 20kmW: 1 W Zhen (CHN, U20) 78:37; 2 C Yafei (CHN) 78:38; 3 C Ding (CHN) 79:39; 4 H Sbai (TUN) 80:19; 5 R Heffernan (IRL) 80:54; 6 N Kovalenko (UKR) 81:34; 19 J Garcia (ESP) 84:35; 29 A ALEX WRIGHT 88:07; 39 MARK O'KANE 93:58; 53 ANTONIO CIRILLO 1:45:14. **U20 10kW:** 7 JONATHAN HOBBS 51:05. **Vet Men: 10kW:** 7 STEVE ALLEN (M50) 54:50; 8 CHRISTOPHER HOBBS (M55) 56:56; 21 ALAN O'RAWE (M65) 66:59.

Women: 20kW: 1 L Hong (CHN) 89:29; 2 T Sibileva (RUS) 90:37; 3 G Ni (CHN) 90:46; 4 A Cabecinha (POR) 91:08; 31 FIONA MCGORUM 1:54:16; JO JACKSON dnf. **U20 Women: 10kmW:** 5 LAUREN WHELAN 51:19; 6 HEATHER LEWIS 52:37. **Vet Women: 10kmW:** 1 DIANE BRADLEY (W45) 55:23; 2 HELEN MIDDLETON (W45) 58:23



Lauren Whelan

Golden glory in Ghent for British veterans

INDOOR

MARCH 16-20 EUROPEAN VETERANS INDOOR CHAMPIONSHIPS Ghent, Belgium

A STRING of 3000m successes saw the British team open its account on the gold medal front, Martin Duff reports.

Pat Gallagher led the way with gold in the W65 class and was followed by Ros Tabor. Then new UK W55 record-holder Gail Duckworth and finally W50 Jane Clarke topped the podium too. Gallagher came back at the end of these championships to take the 1500m in 6:18.66 from Riet Jonkers, who narrowly headed her in the 800m.

Hurdles victories followed on the second day for W50 Gaye Clarke, Tony Bowman (M75) and Tony Wells (M60), the latter just squeezing home in 9.61.

The sprints always deliver well for the Brits in these championships and M40 Darren Scott was the star performer in taking the M40 blue-riband group in 22.31 and in the 400m was again the overall fastest at 51.03.

There was misfortune for Baba Tindogo in the M35 400m as he was disqualified for an infringement but this let in Richard Rubenis for gold.

Steve Peters duly delivered in the M55 class, nursing his sore Achilles through the rounds before posting 24.13 in the final. He later scratched from the 60m and 400m which allowed David Elderfield to take a 60m/400m double with 748 and 54.19 in his M55 group.

Also on song with 200m gold was M80 Charlie Williams, while Bowman added his second gold. Williams came back at the weekend to also claim the 60m in 9.55. Other 60m dash winners were M60 Glyn Sutton and the fastest

overall, Mark Dunwell, who nipped through in 7.03 to take M40 gold. Dan Brown claimed the M45 60m in 7.27.

The women were not to be outdone as Caroline Powell's W55 200m win in 28.83 was quickly followed by McClelland's W50 gold in 27.19, a time that matched her semi-final effort, before she withdrew from the championships with a hamstring twinge. Powell then won the 400m on the Saturday in 63.97 and Sue Dassie won the W55 60m from Joan Trimble in 9.07.

In the combined events, Carole Filer was just short of her recent W55 British indoor long jump best, leaping 4.38m when winning her five-event competition but then established a new mark of 4.61m when winning the individual event. Gaye Clarke had to sweat in her W50 group. She needed to stay close to Carola Borgwardt in the final 800m and did just enough to see off the German by a few points.

In the field, Rosemary Chrimes led the way with a W75 shot with 9.66m and then ventured outside to take the discus with 29.11m. She then took her third gold with a 1.12m high jump.

(a: 16th, b: 17th, c: 18th, d: 19th, e: 20th)

M35
60 (d): 1 J Ortega (ESP) 7.13 ... 6 LEON BRAITHWAITE 7.33; 7 MARK COLLINS 7.33; 8 MATTHEW RICHARDS 7.34. **sf (c):** BRAITHWAITE 7.23; JIM TIPPER 7.27. RICHARDS 7.28; COLLINS 7.34. **ht (c):** COLLINS 7.22; RICHARDS 7.29; TIPPER 7.30; BRAITHWAITE 7.31; RICHARD HIGSON-BLYTHE 7.47. **200 (b):** 1 A Spiridonov (RUS) 22.62 ... 6 JIM TIPPER 23.56. **sf:** TIPPER 23.00; LEON BRAITHWAITE 23.79. **400 (d):** RICHARD RUBENIS 51.39; 2 J Langenbach (GER) 51.40; 3 BRIAN

DARBY 51.42. **sf:** BABATINDOGO 51.31; PAUL HARMER 54.57. **(c) ht:** TINDOGO 50.06. **800 (c):** 1 BABATINDOGO 1:55.54; 2 A Franco (ESP) 1:56.33. **sf (b):** PAUL HARMER 2:01.38. **1500 (d):** M Van Der Putten (NED) 4:05.13. **3000 (a):** 1 J Cuadrillero (ESP) 8:26.64 ... 13 JIM DOUGLAS 8:57.35. **60H (b):** 1 F Demaneche (FRA) 8.17 ... 8 PETER DAVEY 9.06. **HJ (d):** M Portemer (FRA) 2.02. **PV (c):** 1 CHRIS MILLS 4.40; 2 F Clotet (FRA) 4.20. **LJ (a):** L Speghen (FRA) 6.93. **TJ (a):** M Normin (FRA) 15.13. **SP (d):** 1 A Dittmar (GER) 18.74 ... 8 KEN BAKER 13.49. **DT (c):** W Blondeel (BEL) 50.05. **HT (d):** S Demko (FRA) 53.79. **JT (a):** M Van Mensel (BEL) 61.31. **Wt (b):** M Wijand (NED) 14.51. **Pent (60H, LJ, SP, HJ, 1000m) (a):** 1 F Netuno (ITA) 3492 ... 5 DARREN DODS 3289 ... 7 STEPHEN CHAPPLE 3195 ... 11 STEPHEN WREN 2959. **3000W (b)/5000W (d):** S Borsch (GER) 12:19.46/30:58. **XC (d):** V Jimenez (ESP) 16:22. **4x200 (e):** 1 Germany 90.96; 2 GB 93.29

M40
60 (d): 1 MARK DUNWELL 7.03; 2 P Chiapperrini (ITA) 7.19 ... 4 WILL McGEE 7.35. **sf (c):** DUNWELL 7.03; McGEE 7.32; TIM BARTON 7.43; MICHAEL SMITH 7.76; **ht (c):** DUNWELL 7.21; BARTON 7.40; McGEE 7.48; SMITH 7.89. **200 (b):** 1 DARREN SCOTT 22.31; 2 McGEE 23.03; 3 P Chiappini (ITA) 23.19. **sf:** SCOTT 22.40; MacGEE 23.09; DRACO MKPA 23.75; MICHAEL CULSHAW 24.18; PETER BENEDICKTA 25.03. **ht (a):** SCOTT 22.71; McGEE 23.38; MKPA 23.89; CULSHAW 24.14; BENEDICKTER 24.93; MICHAEL OSUNSAM 25.19. **400 (d):** 1 SCOTT 51.03; 2 MICHAEL GARDINER 52.00; 3 C Velasco (ESP) 52.17. **(c) ht:** OSUNSAM 55.75; LANCE CROFT 56.28; PETER DOWNHILL 56.63

800 (c): G Latini (ITA) 2:01.89. **ht (b):** RON ANDREW 2:06.48. **1500 (d):** R Van Diepen (NED) 4:04.03. **3000 (a):** 1 Van Diepen 8:41.78 ... 3 DAVE MORWOOD 8:49.24. **60H (b):** 1 M Roosen (NED) 8.72 ... 7 BENEDICKTER 9.81 (9.69 ht). **HJ (d):** W Boulineau (FRA) 1.95. **PV (a):** R Faedy (FRA) 4.40. **LJ (a):** 1 J M Bon (SUI) 6.59 ... 3 NEIL LINCOLN 6.17. **TJ (a):** 1 V Pankratov (RUS) 14.20 ... 10 NEIL LINCOLN 11.94 ... 12 KEITH NEWTON 11.79. **SP (d):** 1 Z Bognar (HUN) 16.10 ... 3 MARK WISEMAN 15.57. **DT (c):** 1 M Conjunjo (FRA) 51.81; 2 WISEMAN 51.52. **HT (d):** 1 W De Wyngaert (BEL) 63.28 ... 5 WISEMAN 49.06. **JT (a):** 1 E Lomen (NED) 59.95; 2 LEE PETERS 57.80. **Wt (b):** 1 B Riebel (FRA) 18.93 ... 3 WISEMAN 15.61. **Pent (60H, LJ, SP, HJ, 1000m) (a):** 1 W Boulineau (FRA) 4184 ... 12 RICHARD BUCKINGHAM 2609 ... 15 GARY PALMER 2471. **3000W (b)/5000W (d):** L Silva (POR) 12:36.54/20:55. **XC (d):** J Pinto (POR) 16:22. **4x200 (e):** 1 GREAT BRITAIN 92.15; 2 Germany 92.70

M45
60 (d): 1 DON BROWN 7.27; 2 ROHAN SAMUEL 7.33; 3 J Launey (FRA) 7.33. **sf (c):** SAMUEL 7.33; BROWN 7.42; POWELL 7.63; IAN ALLEN 7.71; VIC COOK & 8.0; GLEN REDDINGTON 7.81. **ht (c):** SAMUEL 7.44; BROWN 7.46; POWELL 7.68; COOK 7.70. ALLEN 7.70; REDDINGTON 7.77; RONNIE HUNTER 7.81; PAUL GUEST 8.10. **200 (b):** 1 E Saracini (ITA) 23.54 ... 3 POWELL 23.68. **sf:** POWELL 23.56. **ht (a):** POWELL 24.27; HUNTER 25.22; DON BROWN 25.28; BOB LEWIS 25.29. **400 (d):** 1 E Saracini 51.98; 2

JONATHAN TILT 52.96. **sf:** TILT 52.95; NOEL 54.87; ROBERT GREW 55.38; BOB LEWIS 55.39. **(c) ht:** TILT 55.43; LEWIS 56.22; NOEL 56.71; GREW 56.77; KEITH PALMER 58.51. **800 (c):** J Borrego (ESP) 2:04.27. **1500 (d):** 1 Borrego 4:08.12 ... 3 SIMON ANDERSON 4:11.97. **3000 (a):** 1 J Borego 9:00.48; 3 ANDERSON 9:02.27. **60H (b):** 1 M Garrigues (FRA) 8.40; 2 GREG DUNSON 8.63; 3 DONALD BROWN 8.66 ... 5 REDDINGTON 9.14; 6 DES WILKINSON 9.31. **ht:** DUNSON 8.81; BROWN 8.92; REDDINGTON 9.27; WILKINSON 9.35. **HJ (d):** 1 M Schumacher (GER) 1.84 ... 4 STEVE LINSSELL 1.81 ... 9 MARK ROACH 1.70. **PV (a):** 1 J Francisco (ES) 4.40 ... 3eq GRYN PRICE 4.00 ... 9 JOHN ANDREWS 3.70 ... 11 SIMON EASTWOOD 3.60. **LJ (c):** 1 J Francisco (ITA) 6.43 ... 3 IAN ALLEN 6.24 ... 5 MASAKATSU KONDO 6.17 ... 10 BROWN 5.78 ... 18 PAUL GUEST 5.45. **TJ (a):** A Briscan (FRA) 13.16. **HJ (d):** 1 JOHN NICHOLLS 14.38; 2 U Krah (GER) 13.91 ... 14 DAVID BURRELL 11.11. **DT (c):** 1 H Kaupp (GER) 41.45 ... 4 BURRELL 40.44. **HT (d):** 1 A Rani (EST) 57.28 ... 14 BURRELL 38.99. **JT (a):** 1 G Silva (ITA) 58.13; 2 GRAHAM RATCLIFFE 56.73 ... 12 JONATHAN POWELL 43.04. **Wt (b):** 1 E Suvaal (NED) 15.34 ... 11 BURRELL 12.10. **Pent (60H, LJ, SP, HJ, 1000m) (a):** 1 J Duez (FRA) 3899 ... 12 ANDREW KENNARD 3264. **3000W (b)/5000W (d):** M Prieto (ESP) 12:14.77/20:38. **XC (d):** A Tayss (FRA) 16:46. **4x200 (e):** 1 Italy 96.33; 2 GREAT BRITAIN 97.65

M50
600 (d): 1 T Rhiem (GER) 7.36. **sf (c):** JEFF BATTISTA 7.66; DOUGIE DONALD 7.84; KEVIN BURGESS 7.88. **ht (d):** PAT LOGAN 7.54; DONALD 7.78; KEVIN BURGESS 7.80; KEITH POWELL 7.95. **200 (b):** 1 F Becker (GER) 23.96 ... 6 BATTISTA 25.02. **sf:** BATTISTA 24.54; DONALD 25.08; JAMES TENNYSON 25.32; ALASTAIR DUNCAN 25.61. **ht (a):** BATTISTA 24.52; DONALD 24.93; TENNYSON 25.29; DUNCAN 25.48; MALCOLM COWTON 25.92; KEVIN BURGESS 26.55. **400 (d):** 1 F Becker (GER) 54.39; 2 KERMIT BENTHAM 55.01 ... 5 TENNYSON 56.53. **sf:** TENNYSON 55.97; ALASTAIR DUNCAN 57.22; MALCOLM COWTON 57.25. **800 (c):** 1 J Sender (GER) 2:04.45 ... 4 STEPHEN SMITH 2:07.63; 5 ALEX BRYCE 2:08.49. **ht (b):** GERARD STARRS 2:12.05; RAY DANIEL 2:16.17; BRIAN SLAUGHTER 2:17.80. **1500 (d):** 1 SMITH 4:24.59; 2 L Heyde (BEL) 4:24.96 ... 4 BRYCE 4:26.85; 5 THOMSON 4:29.84 ... 13 STEVEN DOXEY 4:48.33. **3000 (a):** 1 D Menargues (ESP) 9:20.92 ... 4 STEVE SMITH 9:32.96 ... 8 BILL FOSTER 9:59.52; 10 JOHN THOMSON 10:02.51 ... 12 ALEX ROWE 10:17.58. **60H (b):** 1 W Richter (GER) 8.98; 2 JOHN MAYOR 9.00 ... 6 TENNYSON 9.17 ... 8 ALLAN LEIPER 11.74. **ht:** LEIPER 9.19; PAUL EDWARDS 9.71. **HJ (d):** M Kiem (AUT) 1.77. **PV (c):** 1 A Achetlik (GER) 4.41 ... 8 SLAUGHTER 3.20 ... 10 MARTIN WAYNE 3.00. **LJ (c):** 1 A Kuiper (NED) 6.39 ... 10 TREVOR WADE 5.38. **TJ (a):** 1 C Giancarlo (ITA) 12.67 ... 9 DAVE SHIELDS 10.05. **SP (d):** 1 H Radzikowski (PO) 15.31 ... 5 LEIPER 13.40 ... 16 SLAUGHTER 10.75. **DT (c):** T Jensen (DEN) 48.43. **HT (d):** 1 V Bobryshev (RUS) 54.67 ... 12 DARREN GIBSON 36.64; 13 IAN COOLEY 33.91. **JT (a):** G Serhiy (UKR) 67.67. **Wt (b):** R Hognas (FIN) 18.80. **Pent (60H, LJ, SP, HJ, 1000m) (a):** 1 D Gluebert (GER) 3781 ... 3 MAYOR

3627; 4 LEIPER 3589 ... SLAUGHTER 3457. **3000W (b)/5000W (d):** A Naso (ITA) 13:52.11/23:27. **XC (d):** M Bultinck (BEL) 17:18. **4x200 (e):** 1 GB 99.10; 2 Germany 99.53

M55
60 (d): 1 DAVID ELDERFIELD 7.48; 2 G Banjevic (NME) 7.61 ... 5 WALLY FRANKLIN 7.87. **sf (c):** PAUL LAVENDER 8.03; MARIO LAPKA 8.27. **ht (c):** LAPKA 8.16; MICHAEL O'REILLY 8.68. **200 (b):** 1 STEVE PETERS 24.13; 2 R Michelchen (GER) 25.39; 3 FRANKLYN 25.60; 4 IAN BROADHURST 25.66 ... 6 LES PERCIVAL 27.69. **sf:** PETERS 24.22; TOM PHILIPPS 27.69; CLIVE PENGELLY 27.86. **ht (a):** PETERS 24.42; BROADHURST 25.80; PERCIVAL 26.39; PHILIPPS 26.94; PENGELLY 27.43. **400 (d):** 1 ELDERFIELD 54.19; 2 IVASR LICIGETIS 57.07; 3 B Grissmer (GER) 57.12. **800 (c):** 1 J Gough (IRL) 2:11.51; 2 DAVE WILCOCK 2:13.17 ... 4 ALASTAIR DUNLOP 2:14.63 ... 9 FRED PIDGEON 2:22.62. **1500 (d):** 1 Gough 4:24.38; 2 WILCOCK 4:34.64; 3 DUNLOP 4:35.81; 5 KEVIN RICHARD 4:41.06 ... 8 DAVID OXLAND 4:52.88. **3000 (a):** 1 K Porowski (POL) 9:56.80; 2 COLIN OXLADE 10:00.09. **60H (b):** 1 O Ech (CZE) 9.34 ... 4 PENGELLY 10.38. **ht:** PENGELLY 10.42. **HJ (d):** 1 O Fedorko (UKR) 1.73 ... 11 DAVID BLUNT 1.45. **PV (c):** 1 W Ritte (GER) 4.10; 2 ALLAN WILLIAMS 3.90 ... 5 DAVID BLUNT 3.40. **LJ (a):** 1 A Neagu (ROU) 5.82 ... 4 MARIO LAPKA 5.51. **TJ (a):** W Walther (GER) 11.77. **SP (d):** V Manganas (GRE) 13.89. **DT (c):** R Motonen (FIN) 41.72. **HT (d):** V Manganas (GRE) 49.96. **JT (a):** L Nogueira (ESP) 61.98. **Wt (b):** Manganas 19.23. **Pent (60H, LJ, SP, HJ, 1000m) (a):** V Andreadis (GRE) 3685. **3000W (b):** 1 F Ruzia (SLO) 13:55.80 ... 3 NICK SILVSTER 14:01.61. **5000W (d):** 1 P Brochot (FRA) 23:45 ... 3 SILVSTER 24:39 ... 15 ROD DUNN 29:23. **XC (d):** E Vierreendeels (BEL) 18:30 ... 3 OXLAND 18:42. **4x200 (e):** 1 GB 142:59; 2 Poland 1:51.44

M60
60 (d): 1 A Rossi (ITA) 7.81 ... 6 JOHN McGARRY 8.30. **sf (c):** McGARRY 8.32; TONY WELLS 8.65. **ht (c):** McGARRY 8.30; WELLS 8.54. **200 (b):** 1 V Felicetti (ITA) 26.14; 2 McGARRY 27.06; 3 JOHN MOORE 27.26. **sf:** McGARRY 26.83; MOORE 27.14; BRUCE HENDRIE 28.14. **ht (a):** MOORE 27.03; McGARRY 27.23; WELLS 27.77; HENDRIE 28.18. **400 (d):** 1 Felicetti 57.71 ... 4 DAVID HAYWARD 61.79; 5 MOORE 62.20. **ht:** HAYWARD 62.59; MOORE 62.75; HENDRIE 63.83. **800 (c):** 1 J Schr (GER) 2:25.85 ... 5 KEN DANIEL 2:27.91; 5 IAN SNOW 2:30.20; 2 DANIEL 2:31.80; SNOW 2:26.95. **ht (b):** DANIEL 2:31.80; SNOW 2:26.95; MANN 2:29.37. **1500 (d):** 1 J Boexstaens (BEL) 4:47.52 ... 8 DANIEL 4:59.99 ... 10 MANN 5:00.62 ... 13 SNOW 5:02.68. **3000 (a):** 1 D Rappo (ITA) 10:07.96 ... 6 MANN 10:48.35 ... 11 PETER HAMILTON 11:04.51. **60H (b):** 1 WELLS 9.61; 2 S Lorenz (POL) 9.68. **ht:** WELLS 9.78. **HJ (d):** A Preselj (SLO) 1.65. **PV (b):** 1 D Langenbach (GER) 3.30 ... 6 BRUCE HENDRIE 2.80. **LJ (c):** J Vera (ESP) 5.43. **TJ (a):** I Rossi (HUN) 11.35. **SP (d):** 1 W Krankowski (POL) 14.84 ... 10 BARRY HAWKSWORTH 13.46 ... 12 ANTONY RICHARDS 12.28. **DT (c):** 1 M Gryc (CZE) 51.12 ... 11 HAWKSWORTH 41.47. **HT (d):** 1 K Janssen (SWE) 51.22 ... 3 HAWKSWORTH 49.41 ... 13 IAN WEBB 26.95. **JT (a):** 1 R Mueller (GER) 53.47 ... 15 ALLAN WEBB 30.90. **Wt**



Darren Scott's 200m win secured one of two titles for the 42-year-old

PHOTOGRAPH BY: ESTHER RICHARDSON

(b): 1 H Engwicht (GER) 20:54 ...4 HAWKSWORTH 19:27. **Pent (60H, LJ, SP, HJ, 1000m)** (a): V Davedov (RUS) 41:03. **3000W (b)**: 1 G Moroti (ITA) 13:37.96; 2 IAN RICHARDS 14:29.63 ...4 JOHN HALL 15:25.57. **5000W (d)**: 1 RICHARDS 24:44 ...3 HALL 25:39 ...5 ROGER MICHELL 26:51. **XC (d)**: 1 W Schmidt (GER) 19:02 ...10 HAMILTON 20:44. **4x200 (e)**: 1 Italy 1:47.36 ...3 GREAT BRITAIN 1:50.28

M65
600 (d): 1 GLYN SUTTON 8.26; 2 IAN FOSTER 8.30; 3 U Restle (GER) 8.40. **ht (c)**: FOSTER 8.25; SUTTON 8.47; CHUCK ISETTS 8.86. **200 (a)**: 1 H Fruhauf (GER) 26.61; 2 Glyn SUTTON 26.82 ...4 TERRY BISSETT 27.25. **ht**: SUTTON 27.40; BISSETT 27.50; CHUCK ISETTS 30.14. **400 (d)**: 1 H Fruhauf (GER) 61.06 ...3 BISSETT 63.38. **sf**: BISSETT 67.70. **800 (c)**: 1 R Montonen (FIN) 2:29.77 ...6 RICHARD SOMERS 2:38.21 ...8 PETER GILES 2:41.06. **ht (b)**: ALBERT ELAND 2:47.66. **1500 (d)**: 1 R Montonen (FIN) 5:13.02 ...5 PETER GILES 5:19.88 ...12 ELAND 5:49.38. **3000 (a)**: 1 FRANK REILLY (IRL) 10:56.42 ...3 GILES 11:25.62. **60H (b)**: 1 M Beliansky (SLO) 9.79; 2 BARRY FERGUSON 10.12. **HJ (d)**: G Spielvogel (GER) 1.51. **PV (b)**: 1 JOHN BRADLEY 3.10; 2 W Zbinden (SUI) 3.00 ...6 JOHN HOWE 2.60 ...8 BRIAN HARLICK 2.40. **LJ (c)**: 1 P Ahomaki (FIN) 5.20 ...9 ALLAN CHEERS 4.11. **TJ (a)**: 1 P Ahomaki (FIN) 11.28 ...6 CHEERS 9.27. **SP (d)**: 1 A Hermanns (GER) 13.42 ...6 MICHAEL HAZLEWOOD 11.48. **DT (c)**: 1 H Huppertsberg (GER) 48.29 ...3 HAZLEWOOD 42.35. **HT (d)**: 1 Huppertsberg 47.50 ...10 HAZLEWOOD 39.62. **JT (a)**: 1 H Ewen (GER) 41.88 ...7 HAZLEWOOD 37.91. **Wt (b)**: 1 H Viertbauer (AUT) 18.36 ...8 HAZLEWOOD 15.83. **Pent (60H, LJ, SP, HJ, 1000m)** (a): U Liesgen (GER) 385.4. **3000W (b)**: 1 A King (IRL) 16:04.86 ...3 COLIN TURNER 16:23.17. **5000W (d)**: 1 King 27:16 ...3 TURNER 27:33. **XC (d)**: 1 F Reilly (IRL) 19:56 ...14 HEYWOOD 25.47. **4x200 (e)**: Germany 1:51.71

M70
60 (d): A Haemakers (GER) 8.41. **ht (c)**: ALAN CARTER 9.70. **200 (b)**: G Mueller (GER) 27.42. **sf**: CARTER 30.81. **ht (a)**: CARTER 30.57; FIELD 34.61. **400 (d)**: G Mueller (GER) 62.10. **800 (c)**: 1 J Esnault (FRA) 2:39.77 ...6 JOHN NEWCOMBE 2:47.17 ...9 BARRY SWINDELLS 2:50.31. **ht (b)**: SWINDELLS 2:49.71. **1500 (d)**: 1 K Trumper (GER) 5:24.54 ...6 SWINDELLS 5:46.30. **3000 (a)**: 1 K Trumper (GER) 11:23.99 ...6 STEVE JAMES 12:40.66. **60H (b)**: A Hamaekers (GER) 9.96. **HJ (d)**: D Fernandez (ESP) 1.44. **LJ (a)**: S Halia (FIN) 4.43. **TJ (a)**: S Backlund (FIN) 10.56. **SP (d)/DT (c)**: S Hytten (NOR) 13.50/36.90. **HT (d)**: 1 H Albrecht (GER) 49.16 ...3 BILL GENTLEMAN 44.33. **JT (a)**: J Tenhu (FIN) 45.13. **Wt (b)**: 1 H Albrecht (GER) 19.54; 2 GENTLEMAN 17.56. **Pent (60H, LJ, SP, HJ, 1000m)** (a): 1 V Lushchikov (RUS) 367.1 ...8 DAVID HAINES 291.3. **3000W (d)**: 1 V Karlov (RUS) 16:09.51 ...3 ARTHUR THOMPSON 16:59.14. **5000W (d)**: 1 A Palmir (EST) 27:29; 2 Thompson 28.17. **XC (d)**: 1 K Trumper (GER) 21.25 ...9 JAMES 23:36. **4x200 (e)**: Germany 1:56.06

M75
60 (d): 1 M Rocka (ES) 8.88; 2 TONY BOWMAN 8.99. **200 (b)**: 1 BOWMAN 31.11; 2 H Hufnagel (GER) 31.67. **ht**: BOWMAN 31.11; JOHN EVANS 35.99. **400 (d)**: 1 H Hufnagel (GER) 76.73; 2 BOWMAN 77.72 ...4 JOHN SEYMOUR 81.71. **800 (c)**: 1 H Schlect (GER) 2:57.15 ...4 JOHN SEYMOUR 3:23.58. **1500 (d)**:

1 B Baggia (ITA) 6:15.52 ...5 RICHARD PITCAIRN-KNOWLES 7:12.89. **60H (b)**: 1 BOWMAN 10.84; 2 J Haraldseid (NOR) 11.76. **HJ (d)**: 1 TONY CROCKER 1.40; 2 L Vanderbosch (BEL) 1.37. **PV (b)**: L Wenblom (SWE) 2.65. **LJ (c)**: 1 L Fischer (GER) 4.36 ...3 CROCKER 3.92. **TJ (a)**: 1 L Fischer (GER) 9.57 ...4 EVANS 7.52. **SP (d)/DT (c)**: O Edlund (SWE) 12.29/41.26. **HT (d)**: 1 P Speckens (GER) 43.05. **JT (a)**: M Hoffmann (GER) 43.32. **Wt (b)**: Speckens 16.59. **Pent (60H, LJ, SP, HJ, 1000m)** (a): E Minopoli (ITA) 2830. **3000W (b)**: 1 Z Irbe (LAT) 17:57.09 ...6 WILL NORBERT 20:58.54 ...8 ERIC HORWILL 21:58.48; 9 HENRY DE SILVA 22:40.39. **5000W (d)**: 1 Irbe 30:05 ...6 NORBERT 34:23; 7 HORWILL 36:14; 8 DE SILVA 36:47. **XC (d)**: Baggia 24.01. **4x200 (e)**: Germany 2:11.37

M80
60 (d): 1 CHARLIE WILLIAMS 9.55... **200 (b)**: 1 WILLIAMS 33.05. **SP (d)**: 1 L Saارين (FIN) 13.26 ...5 JAROSLAV HANUS 8.42. **DT (c)**: 1 R Rzehak (GER) 29.12 ...5 HANUS 19.34. **HT (d)**: 1 Z Bebek (CZE) 39.78 ...5 HANUS 27.15. **JT (a)**: Rzehak 25.91. **Wt (b)**: 1 Rzehak 17.09 ...5 HANUS 8.87. **Pent (60H, LJ, SP, HJ, 1000m)** (a): A Hermann (AUT) 3140. **3000W (b)**: 1 M Tamminen (FIN) 23:20.89; 2 JOHN MAY 23:23.41. **5000W (d)**: 1 R Schoukens (BEL) 35:43 ...3 MAY 38:44. **XC (d)**: L D'Erbe (GER) 30:38

Women
W35
60 (d): S Striger (POR) 7.81. **200 (b)**: S Estriga (POR) 26.00. **ht (a)**: KIRSTY TAYLOR 28.18. **400 (d)**: E Baggiolini (ITA) 58.21. **800 (c)**: 1 I Grutters (NED) 2:14.46 ...7 NICOLA NEIL 2:24.39. **1500 (e)**: I Grutters (NED) 4:44.06. **3000 (a)**: A Nivet (FRA) 10:16.38. **60H (a)**: 1 C Michot (FRA) 8.60 ...5 JOANNE BINKS 10.94. **HJ (c)**: B Colpaert (BEL) 1.40. **PV (a)**: 1 S ven der Geer (NED) 3.20 ...3 NATASHA BRUNNING 3.10; 4 KATHERINE ALEXANDER 3.00. **LJ (e)**: 1 N Sorokina (UKR) 5.96 ...6 ALEXANDER 4.92. **TJ (b)**: F Borgonovo (ITA) 11.56. **SP (c)**: V Blondeel (BEL) 14.02. **HT (d)**: V Scribe (FRA) 47.30. **JT (e)**: A Faust (GER) 39.05. **Wt (a)**: Scribe 14.16. **Pent (60H, HJ, SP, LJ, 800m)** (b): 1 J Cardol (NED) 2987 ...7 BINKS 2209. **3000W (b)**: B Schroter (GER) 14:50.00. **5000W (d)**: B Schenka (GER) 35:39. **XC (d)**: V Ribeiro (POR) 19:32. **4x200 (e)**: Italy 1:49.56

W40
60 (d): K Stranzinger (GER) 8.04. **sf (c)**: KAREN HINDLE 8.52. **ht (c)**: HINDLE 8.56; CATHERINE COOKE 8.94; KATY WILLIAMS 9.03. **200 (b)**: 1 F Le Gal (FRA) 26.55 ...4 HINDLE 27.72. **sf**: HINDLE 27.69. **ht (a)**: HINDLE 27.76; COOKE 29.05. **400 (d)**: 1 A Meier (SUI) 60.16; 2 DENISE MORLEY 61.17. **ht (c)**: MORLEY 62.60; COOKE 66.88. **800 (c)**: 1 N Blagova (RUS) 2:18.67; 2 MORLEY 2:20.28 ...6 BERNADINE PRITCHETT 2:25.66. **ht (b)**: MORLEY 2:23.62; PRITCHETT 2:26.85. **1500 (e)**: 1 N Loubele (BEL) 4:40.87 ...5 PRITCHETT 4:56.07. **3000 (a)**: 1 Loubele (BEL) 9:51.17 ...5 PRITCHETT 10:33.87. **60H (a)**: S Del Prete (FRA) 8.88. **ht AMANDA WALE** 9.85; CATH GODDARD 10.52. **HJ (b)**: J Cardenas (BEL) 1.42. **PV (a)**: C Ziemann (GER) 3.20. **LJ (e)**: S Del Prete (FRA) 5.75. **TJ (b)**: K Deak (HUN) 12.27. **SP (c)**: 1 A Shiman (RUS) 13.82 ...10 SUE LAWRENCE 10.41. **DT (b)**: 1 S Stolt (GER) 37.51; 2 SUE LAWRENCE 35.85. **HT (d)**: J Klein (FRA) 44.01. **JT (e)**: 1 D Suhling (GER) 39.27 ...7 LAWRENCE 29.15. **Wt (a)**: 1 J Meyer (FRA) 13.61;

2 LAWRENCE 13.60. **Pent (60H, HJ, SP, LJ, 800m)** (b): 1 S Del Prete (FRA) 4440 ...4 WALE 4532 ...7 CATHERINE GODDARD 2866. **3000W (b)**: N Best (GER) 14:49.12. **5000W (d)**: H Lland (NOR) 26:42. **XC (d)**: Loubele 18:45. **4x200 (e)**: 1 Germany 1:53.44; 2 GB 1:54.18

W45
60 (d): 1 M Icarre (FRA) 7.90 ...8 ANGELA BATES 8.53. **sf (c)**: BATES 8.47; MONICA BROWN 8.64. **ht (c)**: BATES 8.53; BROWN 8.61; WENDY GUILD 9.51. **200 (b)**: Icarre 25.73. **ht (a)**: LESLEY HOPKINS 29.72; GUILD 31.27. **400 (d)**: 1 B Ghaling (GER) 59.72; 2 SALLY READ-CAYTON 60.96. **sf (d)**: ALISON COLLINS 65.93; HOPKINS 67.12. **ht (c)**: HOPKINS 66.95. **800 (c)**: 1 READ-CAYTON 2:18.53; 2 C Del Val (ESP) 2:22.79. **1500 (e)**: 1 C De Baets (BEL) 4:50.77 ...6 SUE RIDLEY 5:03.29. **3000 (a)**: 1 C Debaets (BEL) 10:16.09 ...4 RIDLEY 10:44.71. **60H (a)**: L Stolyar (RUS) 9.15. **HJ (c)**: U Julien (GER) 1.54. **PV (a)**: A Straschewski (GER) 3.00. **LJ (e)**: 1 P Bajeat (FRA) 5.53 ...8 CHARMARNE JOHNSON 4.61. **TJ (b)**: V Krepinkina (UKR) 11.05. **SP (c)**: 1 J Schmidt (GER) 12.67 ...8 JOHNSON 11.06 ...13 JULIE WILSON 9.22. **DT (b)**: 1 E Runne (EST) 43.53 ...6 WILSON 29.94. **HT (d)**: C Cacaut (FRA) 45.45. **JT (e)**: 1 O Cogilniceanu (MDA) 37.43; 2 CAROLINE GARRETT 37.28. **Wt (a)**: 1 G Mik (NED) 15.32 ...7 WILSON 11.13. **Pent (60H, HJ, SP, LJ, 800m)** (b): 1 B Gahringer (GER) 4588 ...3 G Finegan (IRL) 4152; 4 JOHNSON 3692 ...7 LESLEY WILLIS 2836; 8 MONICA BROWN 2770. **3000W (b)**: 1 B Primas (GER) 15:26.21/26.22. **XC (d)**: 1 C DeBaets (BEL) 19:22 ...3 SUE RIDLEY 19:41 ...16 TRACEY GIBSON 22:29. **4x200 (e)**: France 1:49.40

W50
60 (d): 1 N Alexis (FRA) 8.29 ...4 WENDY DUNN 8.63 ...7 LINDA NICHOLSON 8.76. **sf (c)**: NICHOLSON 8.75; DENISE TIMMIS 9.09; ANGELA KELLY 9.23; ANGELA BEADNALL 9.22. **ht (c)**: AVERILL McCLELLAND 8.62; NICHOLSON 8.66; DUNN 8.72; DENISE TIMMIS 9.06; KELLY 9.12; BEADNALL 9.22. **200 (b)**: 1 McCLELLAND 27.19; 2 Alexis 27.26 ...5 DUNN 28.78. **sf**: DUNN 28.35; TIMMIS 30.43; BEADNALL 30.50; 27.20; DUNN 28.47; TIMMIS 29.84; KELLY 30.35; BEADNALL 30.58. **400 (d)**: 1 P Kauerhof (GER) 63.42 ...3 JANR HORDER 66.20. **ht (c)**: McCLELLAND 65.52; HORDER 65.81; BEADNALL 72.44. **800 (c)**: 1 A Perez (ESP) 2:30.36 ...4 SUSIE TAWNEY 2:40.00 ...6 DIANE FARMER 2:53.24. **1500 (e)**: 1 Perez 5:03.77 ...9 ELAINE O'SULLIVAN 5:39.86. **3000 (a)**: 1 JANE CLARKE 10:38.70; 2 Perez 10:51.80 ...4 TAWNEY 11:22.59; 5 O'SULLIVAN 11:44.62 ...9 FARMER 11:58.25. **60H (a)**: 1 GAYE CLARKE 9.81; 2 JANE HORDER 9.88; 3 K Klauwaert (BEL) 10.48. **HJ (c)**: 1 F Luri (ITA) 1.35 ...3 CLARKE 1.35 ...6 HAZEL BARKER 1.30. **LJ (e)**: 1 C Seillac (FRA) 5.04 ...6 CLARKE 4.67; 7 LINDA NICHOLSON 4.66; 8 TIMMIS 4.53 ...14 CHRISTINE SALVARY 3.70. **TJ (b)**: 1 Seillac 10.57 ...5 TERESA EADES 8.93. **SP (c)**: 1 JENNY IBBITSON 10.29; 2 V Ornam (FRA) 9.66 ...7 ANGELA MORGAN 8.54 ...9 ANN GOAD 8.38. **DT (b)**: 1 U Eggenhardt (GER) 39:26 ...4 CLAIRE CAMERON 34.12 ...9 IBBITSON 26.25 ...11 WENDY DUNSFORD 24.19. **HT (d)**: 1 M Duss (SUI) 47.43 ...3 DIANE SMITH 45.38 ...5 IBBITSON 39.57 ...8 DUNSFORD 33.45 ...10 MORGAN 32.83. **JT (e)**: 1 M Anton (ROU) 38.08 ...7 ANN GOAD 23.92. **Wt (a)**: 1 Duss 15.99 ...3



Gaye Clarke wins the W50 60m hurdles

IBBITSON 12.79 ...6 DUNSFORD 10.69; 7 CAMERON 10.61 ...9 ANGELA MORGAN 9.40. **Pent (60H, HJ, SP, LJ, 800m)** (b): 1 GAYE CLARKE 3678; 2 C Borgwart (GER) 3645 ...6 JANICE HARDCASTLE 2832. **3000W (b)**: C Garcia (ESP) 15:53.17. **5000W (d)**: 1 N Terentyeva (RUS) 26:42. **XC (d)**: 1 C Ophorst (NED) 20:07 ...10 O SULLIVAN 22:03 ...13 TAWNEY 22:18; 14 FARMER 22:20. **4x200 (e)**: 1 GB 1:55.97; 2 Germany 1:56.46

W55
60 (d): 1 SUE DASSIE 9.07; 2 JOAN TRIMBLE 9.16; 3 H Sch (GER) 9.33. **sf (c)**: JAN LASON 9.58; SUSAN KEEN 9.67; ANN NELSON 9.78. **200 (b)**: 1 CAROLINE POWELL 28.83; 2 D Fuhrmann (GER) 29.82 ...4 SUE DASSIE 31.14. **sf**: POWELL 28.79. **ht (a)**: POWELL 29.07; DASSIE 30.91. **400 (d)**: 1 POWELL 63.97; 2 L Wizen (SWE) 68.79. **sf (d)**: POWELL 64.13. **800 (c)**: 1 L Wizen (SWE) 2:38.73 ...3 JOAN HOWE 2:39.65 ...7 LIZ BOWERS 2:56.52; 8 MARY HALSTEAD 2:59.96; 9 JOYCE BARRUS 3:03.06. **1500 (e)**: 1 L Dentner (GER) 5:48.37; 2 HOWE 5:50.02 ...5 BOWERS 5:52.70; 6 HALSTEAD 5:59.52; 7 BARRAS 6:18.07. **3000 (a)**: 1 GAIL DUCKWORTH 11:10.54; 2 SUSAN COOPER 11:54.46; 3 J Coenen (BEL) 12:46.41. **60H (a)**: M Sanguos (ESP) 10.27. **HJ (e)**: 1 J Lortbeck (NED) 1.35; 2 CAROLE FILER 1.30 ...6 PAM GARVEY 1.20. **PV (a)**: 1 SUE YEOMANS 2.70; 2 U Ritte (GER) 2.60. **LJ (e)**: 1 FILER 4.61; 2 J Kortbeek (NED) 4.38. **TJ (b)**: Kortbeek 9.94. **SP (c)**: 1 M Loghin (ROM) 14:53 ...3 VILMA THOMPSON 11.11 ...8 SUE DASSIE 9.00. **DT (b)**: W Kotolupenko (MDA) 36.79. **HT (d)**: 1 A Other (HUN) 37.54 ...6 VILMA THOMPSON 30.71. **JT (e)**: C Vollert (GER) 27.89. **Wt (a)**: 1 C Junker (GER) 12.33 ...9 THOMPSON 12.16.

Pent (60H, HJ, SP, LJ, 800m) (b): 1 FILER 3909; 2 A Smits (NED) 3083 ...5 FIONA ARGENT 2588. **3000W (b)**: 1 M Fernandes (POR) 16:13.00; 2 ANNE WHEELER 16:21.66 ...5 CATH DUHIG 17:30.15. **5000W (d)**: 1 WHEELER 26:44; 2 Fernandes 27:32 ...4 DUHIG 28:27. **XC (d)**: 1 A Fischer (GER) 21:26; 2 HOWE 22:36; 3 Cooper 22:37; 4 JANE GEORGHIOU 22:43 ...6 HALSTEAD 23:59 ...9 BARRUS 25:27. **4x200 (e)**: 1 Germany 2:01.26; 2 GB 2:05.33

W60
60 (d): 1 Meier (GER) 8.97. **sf (c)**: ANN BOLITHO 10.53. **200 (b)**: 1 Meier (GER) 31.00. **400 (d)**: 1 U Littenheim (GER) 73.07 ...4 SUE JAMES 82.33. **800 (c)**: 1 NANCY HITCHMOUGH 2:42.89; 2 ROS TABOR 2:50.10 ...6 JAMES 3:09.68. **1500 (e)**: 1 HITCHMOUGH 5:48.46; 2 W Egger (ITA) 5:52.49; 3 TABOR 5:55.96 ...6 JAMES 6:18.90. **3000 (a)**: 1 TABOR 11:56:27; 2 W Egger (ITA) 12:08:54. **60H (a)**: 1 T Kokkonen (FIN) 10.63; 2

JEAN FAIL 10.75. **HJ (c)**: 1 W Reinboud (NED) 1.38 ...8 PAT OAKES 1.05. **LJ (e)**: G Reismann (GER) 3.99. **TJ (b)**: 1 G Reismann (GER) 8.53 ...6 OAKES 6.68. **SP (c)**: K Schmitt (GER) 10.71. **DT (b)**: M Tomanek (BEL) 31.02. **HT (d)**: 1 Faldager (GER) 40.92. **JT (e)**: W Reinboud (NED) 31.92. **Wt (a)**: 1 A Van Anholt (NED) 16.62 ...11 LINDA HARRISON 8.33. **Pent (60H, HJ, SP, LJ, 800m)** (b): 8 Schmidt 4054. **5000W (d)**: M Joffin (FRA) 28:00. **XC (d)**: 1 TABOR 22:31; 2 M Spronk (GER) 23:06 ...5 JAMES 24:19. **4x200 (e)**: GERMANY 2:12.91

W65
60 (d): 1 Bluhm (DEN) 9.62. **200 (b)**: K Stump (GER) 33.62. **ht**: ANN BOLITHO 37.16. **400 (d)**: R Jonkers (NED) 76.79. **800 (c)**: 1 R Jonkers (GER) 2:57.99; 2 PAT GALLAGHER 2:59.16. **1500 (e)**: 1 GALLAGHER 6:18.66; 2 Jonkers 6:21.28. **3000 (a)**: 1 GALLAGHER 12:58.39. **SP (c)**: 1 T Albrecht (GER) 9.76; 2 LIZ SIVKOS (SVK) 25.89 ...6 SISSONS 21.40. **HT (d)**: 1 G Melmann (GER) 34.96 ...5 SISSONS 27.14. **JT (e)**: 1 SISSONS 27.50; 2 K Mathias (GER) 21.29. **Wt (a)**: 1 B Del Giudice (ITA) 13.79 ...5 SISSONS 12.53.

W70
60 (d): 1 E Sauer (GER) 10.37 ...3 MOLLY MILLS 10.62. **200 (b)**: 1 Sauer 35.75 ...3 MILLS 37.76; 4 DOROTHY FRASER 37.77. **ht**: FRASER 37.69; MILLS 38.04. **400 (d)**: 1 Vitola (LAT) 89.67. **800 (c)**: R Vacina (RUS) 3:01.92. **1500 (e)**: 1 Racina 6:10.65 ...6 BETTY STRACEY 7:32.06. **DT (b)**: 1 Danilova 30.77 ...4 CAROLE DERRIEN 18.62. **HT (d)**: 1 H ERIKSON (EST) 32.51 ...4 DERRIEN 22.65. **JT (e)**: 1 Holzknrecht (GER) 23.59. **Wt (a)**: 1 H Erikson (EST) 8.14 ...4 DERRIEN 8.65. **60H (c)**: 1 R Rasina (RUS) 24:16 ...6 EVA OSBORN 29:18; 7 STRACEY 30:24

W75
60 (d): 1 E Mazemga (ITA) 10.94; 2 ROSEMARY CHRIMES 11.05 ...6 BETTY STEEDMAN 12.20. **200 (b)**: 1 Mazemga 39.13 ...4 STEEDMAN 47:37. **400 (d)**: Mazenger 92.66. **1500 (e)**: E Hodapp (GER) 7:01.90. **HJ (c)**: 1 CHRIMES 1.12; 2 Stolling (GER) 0.90. **LJ (e)**: 1 ANNE MARTIN 2.87; 2 B Tischlinger (GER) 2.57. **SP (c)**: 1 CHRIMES 9.66; 2 G Kovalenskaya (RUS) 9.50. **DT (b)**: 1 CHRIMES 29.11; 2 G Kovalenskaya (RUS) 21.54. **HT (d)**: 1 C Baum (GER) 30.56 ...3 CHRIMES 27.51 ...6 MARTIN 25.41 ...4 MARTIN 9.78 ...3000W (b): 1 D Leclerc (FRA) 21:06.40; 2 MAUREEN SPELLMAN 21:39.24. **5000W (d)**: SPELLMAN 35:28. **XC (d)**: 1 Hodapp 27:29 ...3 MARTIN 28:33; 4 MARY ANSTEY 30:32

W80
60 (d)/ LJ (e)/DT (b): MARY WIXEY 17/41/1.36/703

TRACK

MARCH 20
ABERDEEN OPEN GRADED
Aberdeen
Mixed events
150: r2: 5 F Richardson (Shet, W) 19.4; 6 C Pennet (A'deen, W) 19.5. **r3:** 2 M Dobson (A'deen, W) 19.9

GLASGOW AA WINTER THROWS CHALLENGE
Glasgow
Men
SP: W Falconer (Edin) 13.95. **HT:** 1 A Frost (Pit) 68.90; 2 C Bennett (Shett) 67.26; 3 D Little (Glas C) 55.53

U17
SP: 1 J Gaffeny (N'Ayr) 12.81; 2 C Staney (Law) 12.34
U15
SP: 1 J Crossan (Law) 12.08. **HT:** B Main (Shett) 47.32
W50 women
SP: C Cameron (VPCG) 9.45. **HT:** C Cameron (VPCG) 28.00
U20: JT: N McMurtie (Edin) 33.25
U17: HT: K Reed (Edin) 47.78

MARCH 15
CORBRY AC WARM-UP MEETING
Corby
Mixed events
60: r1: M Foley (Corby, U11W) 9.3. **r2:** 2 J Barclay (Mid M, M50) 8.4; 4 C Holliday (Harb, M55) 8.7. **1000:** 1 J McCrae (Werr J, U13) 3:00.2; 2 R Hall (Corby, W) 3:09.0; 3 H Keenan (Corby, U15W) 3:11.2

FEBRUARY 23
BRIDGEND THROWS MEETING
Bridgend
U20 women
DT: M Tuck (Dor) 33.19
U17: DT: A Rosser (Carm) 35.11

INDOOR

MARCH 20
ABERDEEN OPEN GRADED MEETING
Aberdeen
Men
TJ: C Onyia (Kent) 14.29
M45: HJ: J MacGregor (A'deen) 1.55
M60
HJ: R Masson (A'deen) 1.35. **SP:** R Masson (A'deen) 10.16

U20
HJ: 1 Coghill (I'ness) 1.91 (1.75o, 1.80o, 1.84xo, 1.88xo, 1.91o, 1.94xxx)
U17: SP: D Webster (Mont) 13.27
Women
60H: 1 C Pennet (A'deen) 9.0; 2 Y Milne (A'deen, U20) 9.3
W35: TJ: F Davidson (A'deen) 10.24
Mixed events
60: r3: 6 K Madigan (A'deen, W40) 8.5. **r4:** 2 F Davidson (A'deen, W35) 8.6; 6 T Madigan (A'deen, M65) 9.0

MARCH 17
GATESHEAD INDOOR STANDARDS MEETING
Gateshead
Men
PV: P Hicks (Gate) 4.00
U20: 60: C Carson (Gate) 7.20
U17: HJ: J Roach (Gate) 1.85
PV: 1 C Myers (M'bro) 2.90; 2 R Everrett 2.70

Women
SP: V Young (Gate) 11.18
U20: SP: K Bulmer (J&H) 10.84
U15
60H: J Gilmour (Gate) 9.78. **LJ:** A Mae Lonsdale (Gate) 5.20
U13
60: B Leckie (Gate) 8.79. **60H:** B Leckie (Gate) 10.88

MARCH 16
GRANGEMOUTH STADIUM OPEN GRADED MEETING
Grangemouth
U17 women
PV: H Lawler (Falk) 3.01
U15
HJ: K Loudon (Pit) 1.55
Mixed events
60: r1: 2 S Turner (I'clyde, U17) 7.40; 4 C Anderson (Falk, U15, W) 8.23. **r1.2:** 3 R Todd (Falk, U13, W) 8.79. **r2.1:** 2 S Turner (I'clyde, U17) 7.43; 4 C Anderson (Falk, U15, W) 8.28

MARCH 13
SCOTTISH ATHLETICS LEAGUE FINAL
Glasgow
U20 men
MATCH: 1 Kilbarchan 19; 2 Ayr Seaforth 25; 3 Lasswade 27
60: 1 I Symonds (Edin) 7.15; 2 R McGill (Kilb) 7.17. **800:** P Loudon (Edin) 1:56.6. **SP:** A Cunningham (Kilb) 12.46. **4x200:** 1 Giffnock North 1:36.74

U17
MATCH: 1 Ayr Seaforth 22; 2 Falkirk Victoria HB 24; 3 Edinburgh 26
60: 1 S Revie (Ayr S) 7.28; 2 C Firth (Giff N) 7.36. **60H:** 1 A Murphy (Ayr S) 8.54; 2 J Batho (Edin) 8.90. **HJ:** A Murphy (Ayr S) 1.85. **TJ:** D Paul (Falk) 13.05. **SP:** J Gaffeny (Ayr S) 13.12. **4x200:** 1 Ayr Seaforth 1:32.58
U15
MATCH: 1 Lasswade 18; 2eq Clydesdale H/Edinburgh 24
4x200: 1 Edinburgh 1:45.45

U13
MATCH: 1 Edinburgh 13; 2 Central 16; 3 Giffnock North 20
60: C Cunningham (Edin) 8.23. **60H:** J Laughland (Edin) 10.90. **4x200:** 1 Edinburgh 1:59.34
U20 women
MATCH: 1 Ayr Seaforth 19; 2 Central 25; 3 Kilbarchan 29
60: C George (Ayr S) 8.03. **60H:** J McNicol (Kilb) 9.33. **TJ:** L Anderson (Centr) 10.83. **SP:** R Hunter (Ayr S) 11.29

U17
MATCH: 1 Edinburgh 22; 2 Shettleston H 24; 3 Giffnock North 24
60: L Lambie (Giff N) 8.13. **60H:** E McEvilly (VPCG) 9.22. **HJ:** 1 C O'Neil (Edin) 1.65; 2 N Manson (Giff N) 1.60. **TJ:** L Thomson (Shett) 10.46. **4x200:** 1 Edinburgh 1:46.66
U13
MATCH: 1 Edinburgh 14; 2 Victoria Park Glasgow 23; 3 Central 26
60: N Robbins (Edin) 8.72. **60H:** 1 S McDonald (Aird) 10.65; 2 I Menzies (Giff N) 10.91

MARCH 12-13
ESSEX CHAMPIONSHIPS & EASTERN AA CHAMPIONSHIPS
Lee Valley
(a) = 12th; (b) = 13th
Men
400 (a): R Morrissey (Hav M) 48.88. **MileW (b):** 1 P Barnard (Ilf) 7:45.91; 2 S Utley (Ilf) 7:50.26; 3 S Allen (Barn) 7:56.87; 4 D Sharpe (Ilf) 9:10.04; 5 A O'Rawe (Ilf) 9:58.82; 6 P Cassidy (Loughton) 11:06.68; 7 D Ainsworth (Ilf) 11:25.94. **HJ (b):** E Harris (SNH) 1.94. **PV (b):** B Abbott-Gribben (E&H) 4.00. **TJ (b):** K Brown (S'end) 14.18
U20
60 (b): 1 E Stephens (Thurr) 6.92; 2 O Abiodun (WG&EL) 7.09; 3 R Palmer (Hunts) 7.16. **Ht1:** E Stephens (Thurr) 6.99. **Ht2:** O Abiodun (WG&EL) 7.15. **Ht3:** R Palmer (Hunts) 7.16. **200 (a):**

Javelin best for Pownall

MARCH 19-20
MARSHALL MILTON KEYNES THROWS MEETING
Milton Keynes
EXCITING talent Jonathan Pownall set a new UK age-12 best and went top of the under-15 javelin rankings with 50.14m. Sam Taylor-Outridge also produced a rankings-leading throw, in the under-20 age group, with 63.36m. (a) = 19th; (b) = 20th
Men
JT (b): M Cox (Mil K) 63.44. **JT:** J Constantinou (Mil K) 55.98
U20
JT (b): 1 S Taylor-Outridge (Mil K) 63.36; 2 J Curtis (Mil K) 57.30
U17

O Abiodun (WG&EL) 22.22. **60H (a):** 1 J Edgar-Hill (Hav M) 8.46; 2 B Reed (Chelm) 8.54; 3 J Germain (NEB) 8.92; 4 D Gardner (SNH) 8.96; 5 W Winters (SNH) 8.99. **PV (b):** R Coombs (Chelm) 4.10. **LJ (b):** 1 J Grenfell (P'boro) 7.04; 2 C Winters (SNH) 6.77. **TJ (b):** 1 P Kirabo (WG&EL) 13.89; 2 N Ofoegbu (NEB) 13.86. **SP (b):** 1 J Edwards (Hunts) 14.98; 2 T Martin (Bas) 14.24; 3 E Quarshie (Hav M) 14.10; 4 J Germain (NEB) 13.86; 5 M Bartlett (Bas) 12.81

U17
60 (a): 1 J Hamilton (Orion) 7.16; 2 R O'Sullivan (Chelm) 7.20; 3 J Dewar (WG&EL) 7.24; 4 K Jervier (WG&EL) 7.29; 5 A Glasgow (Orion) 7.35; 6 T Powell (Ips) 7.42. **SF1:** 1 J Dewar (WG&EL) 7.20; 2 J Hamilton (Orion) 7.45. **Ht2:** 1 R O'Sullivan (Chelm) 7.28; 2 T Powell (Ips) 7.46. **Ht3:** K Jervier (WG&EL) 7.43. **Ht4:** A Glasgow (Orion) 7.46. **200 (b):** J Hamilton (Orion) 22.77. **60H (b):** 1 J Olawore (Hav M) 8.19; 2 E Dickson-Earle (Bigg) 8.31; 3 R Clarricoats (Thurr) 8.57; 4 K Riley-Laborde (Thurr) 8.62; 5 L Yarwood (Chelm) 8.71; 6 K Tucker (Hav M) 8.87. **Ht1:** 1 J Olawore 8.32; 2 L Yarwood (Chelm) 8.85; 3 K Tucker (Hav M) 8.93. **Ht2:** E Dickson-Earle (Bigg) 8.50. **Ht3:** 1 K Riley-Laborde (Thurr) 8.52; 2 R Clarricoats (Thurr) 8.62. **HJ (b):** M Pavlin (Chelm) 1.91. **PV (b):** 1 M Etheridge (Bas) 4.30; 2 L Yarwood (Chelm) 4.10. **LJ (b):** J Olawore (Hav M) 6.47

U15
60 (a): G Johnson (Ips) 7.70. **200 (b):** A Law (Hav M) 24.35. **60H (a):** 1 Law 8.93; 2 T Cunningham-Fahie (Col T) 9.17. **Ht1:** Law 8.35. **Ht2:** 1 M Schopp (SNH) 9.27; 2 T Cunningham-Fahie (Col T) 9.28. **PV (b):** N Gardner (SNH) 2.60. **LJ (a):** A Law (Hav M) 6.06. **SP (a):** A Leeming (Castle View) 11.51
U13
60 (a): 1 A Cooper (Norw) 8.04; 2 J Bailey (Orion) 8.23; 3 M Osunsami (NEB) 8.33; 4 B Craven (Ips) 8.34; 5 J Fester (Col) 8.35. **Ht1:** 1 Cooper (Norw) 8.06; 2 J Bailey (Orion) 8.39. **Ht2:** 1 B Craven (Ips) 8.39; 2 M Osunsami (NEB) 8.42. **Ht3:** J Fester (Col) 8.52. **800 (a):** J Young (Col) 2:24.07. **60H (a):** 1 J Pearson (William Edward School) 10.23; 2 J Opoosun (William Edward School) 10.78; 3 S Dewar (WG&EL) 10.84. **Ht1:** 1 J Pearson (William Edward School) 10.22; 2 J Opoosun (William Edward School) 10.78; 3 S Dewar (WG&EL) 10.82. **Ht2:** C Martin

SP (b): F Curtis (Mil K) 12.10. **HT (a):** L Barnes (Mil K) 41.58. **JT (b):** F Curtis (Mil K) 54.50
U15
JT (b): J Pownall (Mil K) 50.14 (UK age 12 best)
Women
HT (a): S Watts (Mil K) 44.22
M50
SP (b): J Pownall (Mil K) 8.83. **JT (b):** J Pownall (Mil K) 14.14
U17
SP (b): K Presswell (Mil K) 6.25. **DT (a):** K Presswell (Mil K) 31.00. **HT (a):** K Presswell (Mil K) 38.03
U13
HT (a): 1 P Barnes (Mil K) 13.12; 2 L Presswell (Mil K) 9.18

(Coopers Coborn School) 10.72. **MileW (a):** 9999 E Mountford (unatt) DQ. **LJ (a):** A Cooper (Norw) 4.98. **SP (a):** J Pearson (William Edward School) 9.71
Women
1500 (a): H Branco (Serp) 4:40.64. **60H (b):** C Van-Wulven (Hav M) 9.06. **MileW (b):** 1 H Middleton (E&H) 8:53.38; 2 L Stocker (Ilf) 10:15.31; 3 L Mountford (unatt) 11:18.56; 4 J Bell (unatt) 12:02.37; 5 V Mountford (S'end) 12:31.12. **HJ (b):** B Siddons (Hav M) 1.66. **PV (a):** K Cowley (Hav M) 3.60. **SP (b):** 1 M Harrison (E&H) 11.79; 2 S Power (Hav M) 11.57
U20
60 (b): 1 B Moore (CoL) 7.97; 2 R Ampofo (Orion) 8.05. **60H (b):** E Moore (CoL) 9.25. **HJ (a):** G Armorie (Herts P) 1.63

MARCH 3
JARROW YOUNG ATHLETE OPEN
Jarrow
U13 girls: 60: B Leckie (Gate) 8.8

FEBRUARY 9
RAVENS CRAIG INDOOR OPEN
Ravensraig
Men
60H: N Kelly (VPCG) 8.76. **LJ:** J Beimers (Fife) 6.93
Mixed events
60: r6: 5 R Higgins (Moth, U17W) 7.82

JANUARY 13
JARROW YOUNG ATHLETES
Jarrow
U15 boys
60: 1 Z Haddon (Gate) 7.9; 2 M Doughty (Gate) 8.0
U17 women: 60: R Scott (HH) 8.5
U15
60: 1 A Mae (Gate) 8.4; 2 N Smith (HH) 8.9; 3 B Pringle (Gate) 9.0. 1A Mae (Gate) 8.4; 2 B Pringle (Gate) 8.8; 3 A Barron 9.0; 4 N Smith (HH) 9.0
U13
60: 1 B Leckie (Gate) 8.9; 2 A Bland (Gate) 9.2. **Ht:** 1 B Leckie (Gate) 8.9; 2 A Bland (Gate) 9.3

JANUARY 12
GRANGEMOUTH STADIUM OPEN
Grangemouth
Men
60: r1.3: 4 T Nicholson (Law, M45) 7.86. **r2.2:** 2 T Nicholson (Law, M45) 7.93

JANUARY 8
TEAM BATH OPEN
Bath
Men
60H: r1: 1 R Baderin (Liv H) 8.54; 2 Y Budd (B&W) 8.73. **r2:** 1 R Baderin (Liv H) 8.53; 3 Y Budd (B&W) 8.66



Jonathan Pownall's 50.14m was one of two top javelin marks

HJ: M Brown (Bath U) 1.96. **PV:** 1 C MacQuisten (Bath U) 4.53; 2 T Hillier (B&W) 4.53; 3 M Cooper (Bath U) 4.43; 4 J Henwood (E&H) 4.03. **TJ:** N Childs (Bath) 14.21
U20
60H: r1: 1 N Higgins (Ply) 8.55; 2 A Lee (Poole) 8.57. **r2:** 2 N Higgins (Ply) 8.65. **HJ:** A Wall (Yate) 2.01. **TJ:** T Campbell (B&W) 14.10
U17: **60H:** r2: M Curtis (W'borne) 9.05. **PV:** 1 S Leitch (Taun) 3.63; 2 J Snook (W'borne) 3.53; 3 M Curtis (W'borne) 3.23

U15: **60H:** r1: C Fraser (Bath) 10.71
U13: **60H:** r1: 1 S Dove (Exe) 10.62; 2 J Burklej (Bath) 12.17. **PV:** A Bourne (Poole) 2.03
Women
60H: r1: 1 J Robinson (Exe) 9.30; 2 K Warland (Bath U) 9.35. **r2:** J Robinson (Exe) 9.42. **PV:** 1 M Seager (WG&EL) 3.73; 2 E Taylor (Bath U) 3.53; 3 T Carter (W'borne) 3.03. **TJ:** N Breaks (B&W) 11.25
U17
60H: r1: S Hay (Bath) 9.60. **r2:** S Hay (Bath) 9.64. **HJ:** A Hempleman-Adams (Bath) 1.66. **PV:** 2 G Pearce (Bath) 3.03; 3 C Lowe (N&P) 2.83

U15
60H: r1: O Gauntlett (Bath) 9.94. **r2:** O Gauntlett (Bath) 10.07. **PV:** R Dumbrell (Dor) 2.63
Mixed events
60: r1.1: 1 J Kibirige (Bath U) 7.01; 2 S Bajere (B&W) 7.08; 3 T Higgs (Bath U) 7.20; 4 L Read (B&W) 7.27; 5 K Callender (Newb) 7.28. **r1.3:** D Fleming (Bath U, W) 8.05. **r1.5:** E Prendergast (Yate, U17) 7.30; 2 M Tailby (Taun, U17) 7.54; 3 S Windsor (U17) 7.65. **r1.6:** 1 G Harford (Bath, U15) 7.77; 2 A Watts (Gill, U15) 7.82. **r1.9:** 1 A Payre Binnick (Bath, U15W) 8.38; 2 S Thomns (N Som, U15W) 8.52; 3 E Wright (Yate, U15W) 8.62; 4 O Gauntlett (Bath, U15W) 8.63. **r1.10:** 1 Y Westwood (Yate, U13W) 8.69; 2 F Taylor (Yate, U13W) 9.01; 3 S Hay (Bath, U13W) 9.30. **r2.7:** 1 G Harford (U17) 7.64. **r2.5:** 1 A Payne Bonrick (Bath, U15W) 8.36; 2 S Thomas (N Som, U15W) 8.56; 3 E Wright (Yate, U15W) 8.61; 4 O Cauntlett (Bath, U15W) 8.78. **r2.6:** 1 Y Westwood (Yate, U13W) 8.90; 2 F Taylor (Yate, U13W) 9.07; 3 S Hay (Bath, U13W) 9.12; 4 H Ebbs (Yate, U13W) 9.15; 5 G Taylor (Yate, U13W) 9.30. **r2.7:** 1 G Harford (Bath, U15) 7.74; 2 A Watts (Gill, U15) 7.80

New arrival pushed by in-form Brit

MARCH 20 BROOKS HASTINGS HALF-MARATHON

St Leonards-on-Sea

IN THE more competitive of the two races, Kenya's Rebby Koech was a winner on her English debut, Steve Roe reports.

She could not relax, however, all the while Bristol & West's Lucy MacAlister was threatening to claw back the lead the African had taken from the start.

It happened a few times – particularly near the five-mile point – but Koech quickened up in the closing stages and this decided the £500 first prize on the testing course.

MacAlister, though, is in considerable form. Two weeks earlier she had set a 73:42 PB in the Bath Half-marathon and here ran quicker than when finishing third in this event in 2006.

"I wanted to run around the time (75:50) – nothing crazy before the Brighton Marathon," she said.

"Hopefully," added the 33-year-old, "the conditions in Brighton will be like they were today."

As Ethiopia's Kidist Yichenku consolidated third place, Amy Chalk was comfortably winning the battle to be leading veteran from Clare Elms. Chalk (35 last month and with a PB

inside 74 minutes) shot through the first mile in 5:30 and Elms, who set a PB and W45 course record in the 2009 event and was runner-up in 2010, was never able to get on terms but broke 80 minutes for the first time.

Gordon Mugi won the men's and overall race with 18 seconds in hand, yet his victory over Seyoum Nigusie was a great deal more comfortable than the margin of around 100 metres between the pair would suggest.

A regular, and often the winner, in UK road races, Mugi did only what was



Lucy MacAlister: took it steady ahead of the Brighton Marathon this month

required once he had broken away from Nigusie and a quintet of Britons after the first mile.

At one time Mugi's lead was in excess of 40 seconds before he eased down along the seafrost and neared the finish. His earlier five-miler and 10-mile splits had been 25:40 and 51:30.

Orlando Edwards and Mike Coleman were not particularly close to Nigusie – just to each other.

Coleman, a former winner of the race, briefly held the lead during the opening minutes and third place for most of the following 12 miles or so.

Edwards, this winter's North of The Thames cross-country champion, was never far away, and in sight of the finish he finally overhauled his doughty rival before a strong finish ensured the member of Shaftesbury Barnet would be the first home-based runner over the line.

Tom Collins, a team-mate of Coleman, completed the top five with his first sub-70 minutes performance – and the last in the race.

Overall

1 G Mugi (KEN) 68:00; 2 S Nigusie (ETH) 68:18; 3 O Edwards (SB) 68:30; 4 M Coleman (M&M) 68:34; 5 T Collins (M&M) 69:52; 6 M Cox (Salf, M40) 70:33; 7 D Marsden (BVH) 70:35; 8 B Reynolds (THH, M45) 70:46; 9 D Anderson 71:41; 10 R James (Lewes,



Gordon Mugi (1) follows Michael Coleman (3764)

M40) 72:04; 11 D Bradford (Lewes) 72:53; 12 M Tiokko 73:04; 13 A Lowther (M&M) 73:26; 14 M Steinle (BVH) 73:55; 15 A Donno (B&H) 74:04; 16 J Pyrah (G&G) 74:16; 17 A Jackson (Sitt) 74:28
M40: 3 H Mountcastle (Hast) 76:30; 4 G Judges (Hail) 77:27. **M45:** 2 K Agyei (Herne H) 78:20. **M50:** 1 K James (Ashf) 79:46. **M55:** 1 I Kitching (S Lon) 80:11; 2 W Hill (Craw) 86:36. **M60:** 1 B Solly 90:47. **M65:** 1 G Newton (Tad) 88:48; 2 A Haig (Phoe) 94:14
TEAM: Hastings AC
Women
 1 R Koech (KEN) 75:13; 2 L MacAlister (B&W) 75:50; 3 K Yichenku (ETH)

77:25; 4 A Chalk (B&W, W35) 77:35; 5 C Elms (Dulw, W45) 79:44; 6 K Moore (B&H) 83:40; 7 M Ariti 84:58; 8 E Richards (Hail) 85:42; 9 H Wheeler (Arena) 86:12
W40: 1 S Alvarez (Hail) 87:42; 2 F Bugler (Hail) 90:00; 3 L Dunlop 91:02; 4 S Dowling (B&B) 91:18. **W45:** 2 A Soper (Hay H) 90:36; 3 M Judd (Lewes) 93:31. **W50:** 1 L Hayes (Wad R) 97:31. **W55:** 1 S Musson (Ton) 88:41. **W65:** 1 M De Canck (BEL) 1:40:52; 2 M Hemsworth (Hay H) 1:44:58; 3 H Neary (Wad R) 1:47:24; 4 S Garner (Seaf) 1:49:01; 5 S Marzaioli (Hast R) 1:49:33. **W70:** 1 S Lambert (Serp) 1:50:01

Desperate sprint in high-class race

MARCH 20 SWEATSHOP READING HALF-MARATHON

KENYANS fought out a tight contest at the front of a 13,000-strong field, as Dave Webb and Liz Yelling were top Brits, Martin Duff reports.

Simon Kasimili took his third victory here, although his time of 63:08 must have been a disappointment.

For much of the first half of the race, he was joined at the front by Dan Robinson, Phil Wicks and Webb and a group of eight were at the front until well after the five-mile board.

The other Kenyans were Edwin Kipyego, Edwin Kipkorir, Daniel Mukche and Muli Mualuko and, along with the three Brits, they churned out successive miles of 4:40, 4:55, 5:00 up the hill and 4:55 and 4:45 down Kendrick Road to the five-mile marker in 24:15.

The Britons had dropped away as the five Kenyans went through 10 miles in 48:27, at which point, against the wind, Kasimili, Kipyego and Kipkorir began to go clear. These three entered the Madejski Stadium, together and, in a dash for the line, it was Kasimili who scraped home.

"It was not too good a time and I was cold as I've been back home in Kenya for three months, but I love the atmosphere here," said the winner.

Webb, who clocked 64:52 for sixth, said: "That was a good confidence-booster for London as I haven't raced since October."

Robinson, who was one place behind Wicks in 65:05, is opting for Brighton, so the wind on the long run

back to the stadium might have been good practice. "I dropped off Webb at 20km and I knew he was strong," said the Stroud runner.

The women's race saw Liz Yelling leading for much of the way. She went through the first mile point in 5:18 just ahead of Justina Heslop and Edith Chelimo – but, by five miles, it was just Chelimo in the wake of Yelling at 26:50. Hellen Kimutai followed in 27:29, then Heslop (27:38) and Susan Partridge on 27:56.

Chelimo then went ahead as Yelling faltered but could not take advantage when the diminutive Kenyan slipped and fell on some rubbish in the road. Despite a cut knee, she was soon up and pressing on, eventually winning in 71:22, 38 seconds ahead of Yelling. Kimutai was caught by Partridge, but then just held off the Scot by two seconds in 73:45.

"I fell after five miles, but I went on as I thought she (Yelling) was struggling," said Chelimo.

Yelling took comfort from the fact that she had posted her best time since giving birth to her daughter in 2009 despite a busy week looking after her two-year-old. "It was not quite as fast as I wanted, but I am on the way up," said the Olympian.

Overall

1 S Kasimili (KEN) 63:08; 2 E Kipyego (KEN) 63:09; 3 E Kipkorir (KEN) 63:12; 4 D Mukche (KEN) 63:30; 5 M Mualuko (KEM) 63:31; 6 D Webb (Leeds C) 64:52; 7 D Robinson (Stroud) 65:05; 8 P Wicks (Belg) 65:09; 9 N Hall (Bed C) 65:26; 10 B Tickner (Wells) 65:35; 11 J Pepper (E&H) 65:43; 12 P Natali (ITA) 66:23; 13 T Doe (Linc W) 66:31; 14 K Stone (NEB) 66:36; 15 P

Martelletti (VP&TH/NZL) 67:14; 16 K Kyereme (SB) 67:30; 17 J Gilby (Der) 67:36; 18 J Gilbert (Kent) 67:52; 19 B Gamble (Tip) 67:55; 20 N Swinburn (Morp) 68:01; 21 D Archer 68:02; 22 P Molyneux (Spring S) 68:23; 23 I Williams (Tip) 68:24; 24 M Bennett (Chilt) 68:27; 25 D Lacy (Camb) 68:50; 26 N Boniface (Horsh J) 69:09; 27 J Lawler (Bed C) 69:13; 28 R Scott (High) 69:18; 29 S Dixon (High) 69:39; 30 D Rigby (Prest) 70:18; 31 R Samuel (Eryri) 70:22; 32 H Torry (Serp) 70:24; 33 J Mohamed (NEB) 70:26; 34 M Ellis (W'bury) 70:27; 35 D Carr (Cov) 70:39; 36 A McNamara (THH) 70:40; 37 M Dickinson (Gard CR) 70:58; 38 E Chelimo (KEN, W) 71:22; 39 F Downs (Read) 71:37; 40 G Saqui (High) 71:39; 41 J Cunningham (Herne H) 71:40; 42 L Yelling (Bed C, W35) 72:00; 43 M Hawcroft (B&R) 72:08; 44 J L'Homme (Head) 72:10; 45 J Collier (W'bury) 72:19; 46 N Rackham (Metros, M45) 72:49; 47 K Russell (Read RR) 73:02; 48 S Whiting (M40) 73:31; 49 M Muir (Ilf) 73:32; 50 B Reynolds (NEB) 73:45; 51 M Clarke 73:45; 52 H Kimutai (KEN, W) 73:45; 53 S Partridge (Leeds C, W) 73:47; 54 D Carter (Phoe) 73:56; 55 T Harper 74:00; 56 H Decker (Ips J, W) 74:04; 57 S Freeman (Morn) 74:06; 58 T Lashmar (VP&TH) 74:10; 59 D Thorne (Read) 74:14; 60 A Duffield 74:18; 61 J Heslop (Clap C, W) 74:20; 62 S Roost 74:32; 63 P Holley (Newm, M40) 74:37; 64 T Powell 74:37; 65 M Trees (Belg, M45) 74:46; 66 A Whitehead (Sale, W) 74:48; 67 T Maxwell (unatt, W) 74:53; 68 N Waterton 74:57
M40: 3 R Brookling 75:03. **M45:** 3 P Stainer (SB) 77:44. **M50:** 1 J Hucks 80:45; 2 M Richards (Cleve) 81:05.



Simon Kasimili outsprints Edwin Kipyego inside Reading's Madejski Stadium

M55: 1 J Burgess (Ald) 84:34. **M60:** 1 D Parsons (Oxf C) 83:02
Women
 1 E Chelimo (KEN) 71:22; 2 L Yelling (Bed C, W35) 72:00; 3 H Kimutai (KEN) 73:45; 4 S Partridge (Leeds C) 73:47; 5 H Decker (Ips J) 74:04; 6 J Heslop (Clap C) 74:20; 7 A Whitehead (Sale) 74:48; 8 T Maxwell 74:53; 9 E Wicks (AFD) 75:39; 10 N Clifford (unatt, W35) 78:53; 11 H Higham (WEH, W35) 78:59; 12 C Last (unatt, W40) 79:38; 13 S Goddard 81:37; 14 V

Sesto (New F, W35) 82:39; 15 F Bloor 82:42; 16 R Clifton (THH) 83:27; 17 S Peterson (Leeds C) 83:38; 18 N Sykes (Bed C) 83:55; 19 N Bartlett 84:43; 20 L Waterlow (St Alb) 85:05; 21 A Viitanen 85:28; 22 B Matiko 85:39; 23 J Brierley (Bang U) 85:42; 24 V Boyle (Arena, W35) 86:22; 25 M Maxwell (Chipp, W35) 86:43
W50: 1 L Whiley (Read RR) 89:22; 2 J Harrison (Yeo) 91:11. **W55:** 1 C Wright (Corby) 91:50. **W60:** 1 Z Marchant (T Bath) 92:48

ROAD

MARCH 20

ALLOA HALF-MARATHON

Alloa Overall
 1T Mengisteab (Shett) 66:27; 2 M Gillespie (Shett) 66:27; 3 T Tewelde (Shett) 66:28; 4 P Sorrie (Shett) 69:10; 5 K Wilsonk (Cambus, M40) 71:14; 6 M Wright (Centr) 72:32; 7 P Arcari (Kilb) 72:52; 8 T Lawrence (C'gie, M40) 73:18; 9 C McGill (Edin) 73:24; 10 N Gunstone (Dund H) 73:56
M40: 3 A Fotheringham (C'gie) 75:25; **M50:** 1 W Jarvie (P'bello) 81:41; **M60:** 1 S Balfour (Loth) 88:51; 2 S Wallace (HELP) 89:31; 3 T Spry (C'gie) 89:48
Women
 1 N Christie (Edin, W35) 80:31; 2 A Docherty (Centr) 80:51; 3 J Emsley (Centr) 82:14; 4 W Windram-Geddes (Fife) 82:30; 5 K Jenkins (unatt, W35) 83:45; 6 L Beveridge (Dund H) 84:13; 7 C Cox (Loth) 85:12; 8 E McKechnie (HBT) 85:20; 9 A Kerr (VPCG, W35) 86:07; 10 J Thomson (VPCG, W35) 87:09
W35: 11 K Scott (C'dale) 82:31; **W50:** 1 E Christie (Bella H) 92:36; 2 J Wright (Edin) 94:39; 3 M McChord (Kirk O) 94:44; 4 J Dobson (Kinr) 95:18; 5 S Watters (Giff N) 97:56; 6 C Catterson (VPCG) 97:58

ASICS FLEET HALF-MARATHON

Fleet Overall
 1 T Lambert (Win) 66:22; 2 S Robinson (RAF) 69:03; 3 M Blunden (RAF) 70:59; 4 M Shore (THH) 71:11; 5 F Alexander 71:27; 6 M Greenwood (Nene V) 71:32; 7 M Jones (THH) 71:49; 8 B Paviour (Herne H) 71:58; 9 G Watkins (Army) 72:05; 10 A Fisher (RAF) 72:28; 11 O Ellis (RAF) 72:43; 12 P Waumsley (RN) 73:01; 13 J Mitchell (Woking) 73:04; 14 T Dicker (AFD, M45) 73:23; 15 S McGroary 73:37; 16 J Attwooll (Serp) 74:14; 17 P Fernandez (Abing) 74:48; 18 C Wrighton (THH) 74:40; 19 J Porter 74:47
M40: 1 B Cole (RN) 75:02; **M45:** 2 P McGeever (Army) 79:05; 3 S Mitchell (Fleet) 79:45; **M50:** 1 T Munt (Edin) 76:25; 2 C Phelan (S Lon) 76:32; 3 M

Gamble-Thompson (Army) 77:18; 4 N Sirs 78:13; 5 D Ogdan (S Lon) 78:54; 6 K Donkin (AFD) 79:19; **M55:** 1 D Brisco (And) 84:25; **M60:** 1 R Booth (Shett) 87:03; **M70:** 1 J Swift (Chor) 1:40:07
Women
 1 S Harris (Long E, W35) 78:24; 2 A Levene (AFD) 79:02; 3 C Hoyle (Chaff 100, W40) 79:08; 4 R Nicholson (Woking) 79:37; 5 D Hodgkinson 79:49; 6 L Vallier (Chaff 100, W45) 82:05; 7 S Hill (Farn, W35) 82:31; 8 K Hathaway (Read RR) 83:47; 9 K Haniver (Army) 84:48; 10 K Towerton (Hants Pol) 84:48; 11 A Gounelas (E Manor) 85:03; 12 S Kingston (Chaff 100, W35) 85:12; 13 L Wynn (Serp) 85:22; 14 R Elkins 86:00; 15 A Hylton King 86:30; 16 S Yates (Wimb W, W35) 86:38; 17 A Carpenter (Chich, W40) 86:56
W40: 3 L Hales (Wind VR) 91:33; 4 A Salter (Fleet) 92:05; 5 J Roe (RAF) 93:21; **W55:** 1 P Fudge (WSEH) 91:44; **W60:** 1 C Horder (B'mth J) 96:14; 1 P Elliott (Wav'ley) 1:46:30

ATLANTIC COLLEGE 10km

Llantwit Overall
 1 R Axe (Card) 31:23; 2 A Humphries (Swan) 31:28; 3 R Garder (unatt) 31:37; 4 A Davies (Brec, M40) 33:12; 5 J Baker (Les C, M40) 33:38; 6 P Cook (Les C, M40) 33:52; 7 D Thomas (Swan) 33:58; 8 P Coles (P'pridd R, M40) 34:30; 9 S Simms (G'town, M40) 34:47; 10 S Crees (Les C) 34:52
M50: 1 S Howell (Les C) 35:59; 2 A Davies (unatt) 36:06; **M60:** 1 R Marks (Sarn H) 38:40; 2 S Johnston (Les C) 39:08
Women
 1 A Hutchison (Neath) 36:09; 2 N Cockram (Cwmb) 37:23; 3 K Roberts (B'end) 37:33; 4 S Leech (Carm, W35) 39:39; 5 M Ellis (SB, W45) 39:41
W45: 2 K Wehden (Is) 42:33; **W55:** 1 D Kenwright (Sarn H) 43:49

STAFFORD HALF-MARATHON

Stafford Men
 1 P Nicholls (Tip) 65:33; 2 R Little 72:00; 3 P Mannion (Ashb) 74:32; 4 S Marklew (RSC, M45) 75:18
M40: 1 P Mallison (S Ches) 76:26;

2 M Neeld (Stone MM) 76:34; **M45:** 2 M Hatton (S Ches) 79:22; 3 S Link (D&S) 79:38; **M50:** 1 M Eustace (C&S) 76:23; 2 K Amos (Chead) 79:31; **M55:** C Morrison (Sinf) 86:21; **M65:** S Winterton (Trent) 91:59; **M70:** A Lewis (Trent) 98:50
Women
 1 C McKittrick (Charn, W35) 83:09; 2 S Hollinshead (Trent, W40) 84:41; 3 R Loubser (Folk) 85:00; 4 M Buckle (Newc S, W35) 85:11; 5 M Vernon (Trent, W40) 86:04; 6 R Watchorn-Rice (Chead, W40) 87:38; 7 N Lowe (S Ches, W40) 89:19
W45: F Collisson 89:57; 2 S Ilsley (Belper) 91:10; 3 R Barker (Stone MM) 93:42; 4 C Skellern (Staff H, W45) 93:53; **W65:** D Fellows 1:41:24

LARNE HALF-MARATHON

Larne Men
 1 J McAlister (St Mal) 69:14; 2 D Grant (Derry) 69:47; 3 D Figueiredo (POR) 71:41; 4 F Marsh (N Down, M45) 74:06; 5 E Mc Ginty (Derry) 74:29; 6 I Bailey (E Ant) 74:46
M40: J Benson (NBH) 77:04; **M45:** 2 S Crawford (E Ant) 75:37; 3 J Crampsey (Derry) 78:00; 4 G Keenan (Orangegrove) 78:21; 5 G Duddy (Derry) 78:42; **M50:** 1 D McGinty (Foyle V) 76:08; 2 N Grier (A'ville) 79:39; **M55:** 1 S Mc Ananey (Derry) 80:19; 2 J Breen (Springw) 84:50; **M60:** T Eakin (N Down) 87:08; **M65:** S Hogg (Lisb) 96:39
Women
 1 S Bird (North Bel) 80:05; 2 E Mclaughlin (Lagan V, W35) 83:44; 3 K Alexander (Sper) 84:16; 4 J Balmer (N Down) 84:37
W50: G Douglas 96:57; **W55:** M Mackin (Drom) 97:12; **W65:** B Quinn (Ballym R) 1:55:33

SCOTTISH JUNIOR CHAMPIONSHIPS

Rouken Glen Park, Giffnock
 LAST year's bronze medallist, Andrew Butchart, gained revenge on defending champion and clubmate Alexander Hendry in the under-20 5km race, although the outcome was close.
 Grant Muir easily retained the under-17 crown, while Ahmed Hassan added to his recent cross-country titles in the under-15 event, as did Josh Kerr at under-13 level.

The quantity of the turnout in the under-20 women's race was disappointing, but not the quality as Jo Moultrie comfortably retained the title by 12 seconds in 17:44 ahead of Beth Duff and Laura Muir in a repeat of the 2010 result.

Schools cross-country champion Halina Rees got ahead of national champion Emma Dunnett in the latter stages of the under-17 event, while Kathryn Gillespie, after some unusual recent defeats, returned to top form in the under-15 race.

After being well beaten by Kirstin Oakley in the national under-13 cross-country event, Leia Glading turned the tables with a vengeance on this different surface.

U20 men (5km)
 1 A Butchart (Centr) 15:07; 2 A Hdnery (Centr) 15:08; 3 A Crichton (Edin) 15:14; 4 L Traynor (Giff N) 15:21; 5 L Oates (Shett) 15:34; 6 S Orr (Cambus) 15:50; 7 J Hamilton (Cambus) 15:55; 8 J Joy (A'deen) 15:58; 9 S Fontana (VPCG) 16:03; 10 E Dudgeon (Edin) 16:15
TEAM: 1 Centr 14; 2 Edinburg 27; 3 Ronhill Cambuslang H 34
U17 (5km)
 1 G Muir (Giff N) 15:24; 2 J Walker (Giff

N) 15:45; 3 R Miller (Edin) 15:47; 4 M Austin (VPCG) 15:55; 5 F Rae (Ayr S) 15:58; 6 E Sloan-Dennison (VPCG) 16:28; 7 A Clark (Giff N) 16:53; 8 M Ralston (VPCG) 16:58
TEAM: 1 Giffnock North 10; 2 Victoria Park Glasgow 18; 3 Inverclyde 11
U15 (3.6km)
 1 A Hassan (Shett) 11:37; 2 A Stanley (Gars) 11:48; 3 C Mathews (Kilb) 11:50; 4 E Gillham (Kilb) 11:52; 5 R Thomson (Cambus) 11:56; 6 J Kerr (Edin) 12:01; 7 A Lawler (Law) 12:04; 8 J McArdle (Kilb) 12:19; 9 M Hudson (Edin) 12:20; 10 L Rees (Fife) 12:27
TEAM: 1 Kilbarchan 15; 2 Ronhill Cambuslang H 28; 3 Fife 49
U13 (2.6km)
 1 J Kerr (Edin) 8:43; 2 E Urquhart (VPCG) 8:54; 3 J Van Den Hoven (VPCG) 8:58; 4 S McKay (VPCG) 8:59; 5 I Davies (Centr) 9:00; 6 J McLaughlin (Giff N) 9:02; 7 A Carcas (Edin) 9:03; 8 S Balloch (Centr) 9:06; 9 C McCormack (VPCG) 9:07; 10 R Gray (Inver) 9:09
TEAM: 1 Victoria Park Glasgow 9; 2 Central 30; 3 Edinburg 47
U20 women (5km)
 1 J Moultrie (VPCG) 17:44; 2 B Duff (E Kilb) 17:56; 3 L Muir (Dund H) 18:20; 4 A Lamond (Kirk O) 18:40
U17 (5km)
 1 H Rees (Fife) 18:08; 2 E Dunnett (Edin) 18:13; 3 D Hannah (VPCG) 18:46; 4 K Pannel (Pit) 18:51
TEAM: 1 Edinburg 25; 2 Falkirk Victoria H 29; 3 Fife 31
U15 (3.6km)
 1 K Gillespie (Centr) 13:03; 2 L Penrice (Shett) 13:24; 3 C Cowan (Giff N) 13:25; 4 E Prise (A'deen) 13:32; 5 E MacCorquodale (Centr) 13:53; 6 A Hunter (Edin) 13:59; 7 H Cameron (Edin) 14:05; 8 E MacKinnon (Cambus) 14:06; 9 B Wallace (Glas Sc Sp) 14:14; 10 C Graves (Gars) 14:16
TEAM: 1 Centr 22; 2 Edinburg 27; 3 Victoria Park Glasgow 46
U13 (2.6km)
 1 L Glading (Falk) 9:09; 2 K Oakley (Ayr S) 9:31; 3 L Stark (Kilb) 9:36; 4 L Duff (Pit) 9:42; 5 N Brown (Cambus) 9:43; 6 H Lewin (Edin) 9:47; 7 E Mitchell (Inver) 9:48; 8 H Still (Giff N) 9:51; 9 R Craig (Kilb) 9:57; 10 R Connolly (VPCG) 10:01
TEAM: 1 Kilbarchan 23; 2 Centr 23; 3 Giffnock North 57

BANBURY 15

Banbury Overall
 1 S Male (Oxf C, M45) 85:43; 2 N Marley (Cov) 85:43; 3 J Bolton (W'stock) 86:55; 4 A Cracknell (D&T) 87:56; 5 G Payne (GES, M50) 88:29;
TEAM: 1 Woodstock 49; 2 Banbury 100; 3 Witney 101
Women
 1 S Carter (W'stock) 96:13; 2 K Wright (Strat, W45) 98:15; 3 D Moore (Head, W35) 1:41:08; 4 J Craft (Head, W35) 1:41:08
TEAM: 1 Alchester 20; 2 Head RR 27; 3 Stratford 31

BRENTWOOD HALF-MARATHON

Brentwood Overall
 1 J Connor (Kent) 67:21; 2 C Bloomfield (Bill'cay) 70:52; 3 N Aspinall (AFD) 73:02; 4 A Marsh (Spring S) 73:26; 5 R Brundish (Tri Lon) 74:41
Women
 1 J Allen (Spring S) 83:06; 2 F Tideswell (Saff) 88:31
W50: 1 B Nordin (If) 93:06; 2 S Spong (Hav 90) 96:44
TEAM (M&W Combined): 1 Billericay 60; 2 Springfield 74; 4 Tri Sport Epping 86

RESULTS IN BRIEF

DRONFIELD 10km
Dronfield Woodhouse, March 20
Overall: 1 P Cooper (Steel) 34:44;; 2 W Evison 36:04; **Women:** 1 C Howard (Mat, W40) 38:14; 2 C Thackery (Hallam) 38:21
DORNEY LAKE HALF-MARATHON & 10km Windsor, Mar 19/20
Men (HM): 1 J Pfeifer 76:26; 2 S Bennett (VP&TH) 76:43; 3 D Dixon (M40) 76:58; **M60:** A Lewis (Poole R) 83:12; **M65:** T Brackstone (SC Vets) 88:45; **Women:** 1 R Kieran (Herne H) 77:53; 2 D Gunning (W35) 88: 53
Men (10km): R Kinnersley (Read) 33:27; **Women:** L Vere 43:16
COTSWOLD MARATHON Temple Guiting, Mar 20
Overall: 1 P Davies (Centu, M40) 2:57:08; 2 M Randall 3:09:47; **Women:** 1 R Thevenet-Smith (Woking, W50) 3:32:57; 2 A Hibbert (BAD TC) 3:34:21
EXBURY GARDENS 10km Exbury
Overall: 1 P Ashley (Hard) 34:56; 2 C Payne (Read RR) 35:02; **M65:** 1 M Renyard (Hard) 39:50
Women: 1 A Bentley (Hard) 41:58
GARIOCH HALF-MARATHON, 10km AND 5km Inverurie
Overall (5km): D King (Jogscoot, M40) 19:23; **Women:** V Bruce 21:04
Overall (10km)
 1 R Simpson (Banc) 32:16; 2 B Hukins (A'deen) 32:18; 3 D Whitehead (Dees R) 34:52
M40: 1 G Jenkins 35:12; **M50:** 1 F Barton (Keith) 35:18; 2 J Goodall (Keith) 35:26; **Women:** 1 C Whitehead (Dees R) 37:44; 2 L Parkinson (Metro) 41:13
Overall (HM): 1 N Millott 78:27; **Women:** C Milne (W45) 92:37
OX 5, Blenheim Palace, Mar 20
Overall: 1 G Crone (Oxf Fire, M40) 28:18; **Women:** 1 M Pank 33:19
STOKE STAMPEDE 10km Stoke St. Gregory, Mar 20
Men: 1 J Darling (B&B) 35:00; 3 J Shapland (N Dev RR, M55) 36:03; **Women:** L Lascelles (Maid N, W45) 39:00
RHAYADER 5, Rhayader, Mar 20
Overall: 1 T Iveson (Builth) 26:59; 2 M Raden (VoA) 27:09; **Women:** 1 C Hughes (Aberys) 35:40

CRANLEIGH 15 & 21

Cranleigh Overall (15M)
 1 K Quinn (AFD) 82:00; 2 J Dewey (G&G) 84:48; 3 D Norman (Strag) 88:16; 4 P Sanger (AFD) 1:31:01
Women
 1 S Stubbs (Runn, W35) 1:50:09; 2 A Davidson (DMV, W45) 1:51:44; 3 V Mitchell (S Lon, W45) 2:00:45
Overall (21M)
 1 B Powell 1:57:51; 2 B Evans (G&G) 2:06:56; 3 V Van Woerkom (Ches TC) 2:07:40; 4 R Lazell (Strag) 2:07:55; 5 M Brundish (Tri Lon) 2:08:31
M50: 1 A Fay (DMV) 2:22:26
Women
 1 A Stearns (Grave, W35) 2:25:48; 2 S MacGregor (Stubb G, W35) 2:27:13; 3 K Aldridge (Camb, W35) 2:28:34; 4 E Johnson (unatt, W35) 2:28:57; 5 J Hunt (G&G) 2:36:06
W55: 1 C Steward (Dul PS) 2:54:54



A three-way battle at Alloa ends with Tewoldeberhan Mengisteab edging Matthew Gillespie and Tesgeai Tewelde.

Matthew Clough on his way to victory in the Bradford 10km



FLAMINGO PHOTOGRAPHY

EAST HULL HARRIERS 20

Hull
Overall
1 S Bateson (E Hull) 1:51:01; 2 J Bulman (N Yrk M, M40) 1:55:58; 3 G Clarkson (KuhH) 1:56:24; 4 M Hayes (E Hull) 1:57:40; 5 R Snaith (Bev) 1:58:40; 6 G Gagg (CoH) 1:59:04; 7 D Speck (Pock) 1:59:31; 8 R Liley (E Hull, M40) 2:01:41
M50: 1 B Roberts (N Yrk M) 2:07:09
Women
1 A Green (Keigh) 2:14:46; 2 H Cross (Pock) 2:19:24
W45: 1 J Masterman (Goole) 2:24:11
W55: 1 C Davies (R'well) 2:39:53

BRADFORD 10km

Bradford
Overall
1 M Clough (Leeds C) 32:31; 2 B Crowther (Hal) 33:45; 3 G Gunnink 34:07; 4 M Nowell (Brad A To) 34:30; 5 W Kerr (Saltaire) 34:42; 6 A Breaks (Stain) 34:45
M50: 1 C Lines (Brad GS) 36:36; 2 C Henry (Wirr) 37:15
Women
1 M Beever (Stain) 39:02; 2 A Campbell (Sheff U) 39:10
W60: 1 J Bond 47:49

KIBWORTH 6 Kibworth Beauchamp

Men
1 M Powell (Tip) 31:33; 2 A Watson (Herm) 31:43; 3 T Yates (Barr R) 32:58; 4 P Chritchlow (Beau L, M40) 33:03; 5 T Hughes (Leic C, M50) 33:33; 6 J Folland (Barr R) 33:42; 7 S Newport (Barrow, M40) 33:45; 8 G Deacon (Leic C, M40) 34:06
M60: A Norman (Nun) 37:42
Women
1 N Clay (Stilton) 36:14; 2 C Draper (Liv H) 37:13; 3 L Johnson (Charn) 37:41; 4 J Toon (Leic To) 38:11
W60: L Griffin (Birst) 44:21

NEWTON'S FRACTION HALF-

MARATHON
Grantham
Men
1 D Studd (Stam S) 77:13; 2 N Marsh (Louth, N40) 78:31; 3 C Hartley (Lon Hth, M45) 78:44;
M65: R Titchmarsh (Linc W) 98:47.
M70: J Thomas (Corby) 99:09
Women
1 B Eburne (Hinck, W) 80:12; 2 S Bignell (Holme P, W45) 90:46; 3 T Patmore (Bigg, W40) 93:28

SOUTH YORKSHIRE HALF-

MARATHON
Wath-on-Deane
Overall
1 B Johnson (S'port W) 73:09; 2 B Beattie (Steel) 74:31; 3 C Thackery (Hallam, M45) 77:17
M40: 1 P Faulkner (Hallam) 77:56.
M45: 2 M Farrow 78:53. **M50:** 1 P Quine (Liv RC) 78:00; 2 K Blyth (Sund S) 82:26. **M60:** 1 R Tintinger (Roth) 87:12
Women
1 E Storey (CoH, W40) 85:27; 2 F Davies (Barns, W35) 89:05
W40: 2 A Hannon (Pont) 90:44

ST ANNE'S 10 (INC NVAC CHAMPS)

Lytham St Annes
Overall (10M)
1 A Ford (Sale) 51:48; 2 S Littler (Wesh) 52:44; 3 G Pennington (Prest, M40) 53:38; 4 G Butler (Prest, M40) 53:45; 5 I McBride (Royt) 54:42; 6 M Flatley (M'ton, M40) 55:39; 7 C Pass (Wesh) 55:45; 8 B McMillan (T&W Fire) 55:59; 9 C Prior (Ches TC) 56:39; 10 N Kilcourse (Salf) 57:00
M40: 4 A Stubbs (Clay) 57:49; 5 R Balshaw (Bing) 57:54. **M45:** 1 P Archer (Clay) 59:07; 2 P Cruce (Lyth) 59:14.
M50: 1 S Moran (Ast&T) 58:27; 2 P Muller (Horw) 58:39; 3 C Price (Swint) 59:12; 4 S Nolan (Burn RR) 59:27; 5

A Barbat (W'sey) 59:40; 6 D Barker (Prest) 60:56. **M55:** 1 E Irving (Ilkley) 60:10; 2 S Morran (N Vets) 63:53; 3 G Webster (Lyth) 64:46; 4 P Tilley (Nott Fire) 64:59. **M60:** 1 A Hudson (Wesh) 62:41; 2 P Bailey (S'port W) 63:43; 3 A Appleby (Prest) 64:48; 4 E Ranicar (Bolt) 64:54. **M65:** 1 J Murray 69:15.
M70: 1 T Orrell (Clay) 72:58; 2 A Peers (Spec) 76:00; 3 J Riley (N Vets) 76:42
Women
1 S Samme (Lyth, W45) 63:06; 2 C Betmead (BWF, W35) 63:24; 3 G Unsworth (BWF) 64:35; 4 T Dutton (Wig P, W40) 64:41; 5 J Goorney (Wesh, W40) 64:51; 6 C Wheelhouse (Donc, W50) 66:20
W45: 2 C Sullivan (Wesh) 70:04; 3 M Dempsey (Wesh) 71:01. **W50:** 3 C Hemming (Spec) 68:24. **W60:** 1 J Adams (N Vets) 80:35. **W65:** 1 C Douglass (R Rose) 82:31; 2 J Atkins (Chor H) 84:45; 3 J Deakin (Prest) 90:42. **W70:** 1 E Elkington (L&M) 99:58

SAN DOMENICO 20

Merthyr Tydfil
Men
1 M Blackmore (Bitt) 2:00:00; 2 E Donovan (Les C) 2:00:54; 3 R Atkin (Avon F&R) 2:02:39; 4 P Rose (Yeov T, M45) 2:02:53; 5 C Parker (Port T, M45) 2:02:59
M50: S Davies (G'town) 2:14:03
Women
1 E D'Alton (W'bury) 2:11:25; 2 S Voller (W'bury) 2:18:11
W50: J Webb (Bitt) 2:33:48. **W60:** S Hume (RRC) 2:51:03

MARCH 19 CLYDESDALE HARRIERS 5km

Clydebank
Overall
1 C MacKay (Inver) 14:29; 2 M Gillespie (Shett) 14:37; 3 T Mengisteab (Shett) 14:37; 4 C Ruddy (Inver) 14:42; 5 P Sorrie (Shett) 14:50; 6 D Cumming (Cors) 15:00; 7 A Adams (Shett) 15:12; 8 P Leck (Kilb) 15:19; 9 C Devenney (Kilb) 15:32; 10 A Peters (Glas U) 15:37; 11 S Pilkington (Cors) 15:44; 12 I MacCorquodale (Cambus) 15:56; 13 A Christy (Cors, U20) 15:57; 14 S Trainer (G'nock) 15:58
M40: 1 T Johnstone 16:19; 2 G Hastie (Cambus) 16:24; 3 S Mulrine (Gars) 16:43. **M50:** 1 J Farquhar (Pit) 16:31; 2 P Thompson (Helen) 16:39; 3 A Chisholm (Gars) 17:40; 4 E MacKay (Gars) 17:42; 5 K Rankin (Falk) 17:51. **M60:** 1 S McCrae (C'nauld) 19:22
Women
1 C Gibson (Kilb) 16:41; 2 K Gillespie (Centr, U15) 18:01; 3 K Husband (Gars, W35) 18:04; 4 R Joss (Glas U) 18:06; 5 K Tair (Kil'k) 18:14; 6 C Setchell (Shett) 18:33

NEWTONMORE 10

Newtonmore
Overall
1 R Ward (HBT) 54:32; 2 F Matheson (Falk, W45, W) 59:03; 3 S Dixon (I'ness, W40) 60:53
M50: 1 E Paterson (Mor) 61:38
Women
1 F Matheson (Falk, W45) 59:03; 2 E Raistrick (High H) 67:43
W50: 1 P O'Brien (HBT) 71:04

MARCH 17 WESTON PROM 5 SERIES

Weston-Super-Mare
Overall
1 M Ekvall 24:30; 2 M Ellis (W'bury) 26:08; 3 B Morley (GWR) 26:17; 4 R Farley (Bitt) 26:29
M40: 6 N Hides (Cleve) 27:59. **M50:** 1 P Fews 29:04; 2 P Wheddon (BAD

TC) 29:53. **M60:** 1 R Trubridge (Run B) 30:57

Women
1 S Voller (W'bury) 30:23; 2 T Chick (W'bury) 32:15
W45: 1 A Brown (GWR) 33:39

MARCH 16 CHICHESTER COPORATE CHALLENGE (4500M)

Chichester
Overall (4.5km)
1 H Carter (Cliff) 13:44; 2 J Baker (Chich) 13:57; 3 D Bailey (CWTC) 14:02; 4 C Dixon (DSTL, M40) 14:03; 5 M Burchett (Worth) 14:08; 6 R Ward (Oddbins) 14:37; 7 G Jones (Oddbins) 14:39; 8 C Bird (Chich C) 14:43
M55: 1 R Ball (Oddbins) 16:25. **M60:** 1 J Clow (IBM) 19:05
SPORTS & COLLEGE TEAM: 1 Oddbins 60:16
CORPORATE TEAM: 1 DSTL Naval Systems Portsdown 67:56
Women
1 E Alden (Chich C) 15:11; 2 R Ogden (Worth) 15:20; 3 F Cripps (Jog-on) 16:43; 4 P Sunderland (Worth) 16:47; 5 K Bird (Regis S) 16:58; 6 J Harrop (Chich, W45) 17:01
SPORTS & COLLEGE TEAM (3 to score): 1 Chichester C 50:04; 2 Victory 59:26; 3 Victory B 64:02
CORPORATE TEAM (3 to score): 1 Midbourne 59:11; 2 DSTL Naval Systems 60:25; 3 Chichester CM 61:27

DERBY MIDWEEK 5km

Derby
Overall (5km)
1 C Warburton (Notts) 14:29; 2 M Gunby (WG&EL) 14:33; 3 R Whittle (BMH) 14:35; 4 M Wright (Lough S) 14:40; 5 J Knapp (Lough S) 15:34; 6 A Mariani (WG&EL) 15:36; 7 G Smith 15:45; 8 M Vardy (Lough S) 15:48; 9 L Fanous 15:55; 10 L Dobriskey (Ash, W) 15:59
M40: 1 R Whitelegg (Hinck) 16:25; 2 K Gunn 16:34. **U20M:** 1 K Gomez (Lough S) 16:12; 2 M Leeman (Lough S) 16:57
Women
1 L Dobriskey (Ashf) 15:59; 2 J Manners (Lough S) 18:02; 3 L Smith (Lough S, U20) 18:21; 4 M Buckle (Newc S) 18:32; 5 J Muston (Shep) 18:49
Overall (1M)
1 T Phillips (Der) 4:26; 2 J Fletcher (Der) 4:39; 3 P Lewis (Long E) 4:46; 9 R Olivant (Der, W) 5:27; 14 G Irvine (Belp, W) 5:55
Women
1 R Olivant (Der) 5:27; 2 G Irvine (Belp) 5:55

MARCH 13 INVERNESS HALF-MARATHON

Inverness
Overall
1 A Douglas (Inver) 67:53; 2 B Livesey (Forres) 75:26; 3 N Milovsorov (unatt, M45) 75:00
M45: 2 A Reid (P'head) 78:11; 3 S MacKenzie (Forres) 79:16. **M50:** 1 J Goodall (Keith) 78:50; 2 R Taylor (Metro) 79:31; 3 L Walker 82:51. **M55:** 1 A MacLinden (Ham) 81:28. **M60:** 1 S Varney 88:44; 2 B Awdams 90:44
TEAM: 1 Inverness H 43; 2 Metro Aberdeen RC 52; 3 Forres H 67
Women
1 M Whyte (I'ness, W45) 80:31; 2 S Liebnitz 87:05
W40: 1 E Jenkins (Moray) 89:47; 2 O Wilson (Moray) 89:48; 3 A Hepburn (A'deen) 92:24; 4 K Fraser 92:50; 5 J Henry (N High H) 93:40; 6 F MacRitchie 93:59. **W55:** 1 M Lindsay (Metro) 96:28; 2 S Houston (Moray) 1:40:49
TEAM: Moray RR 481

20M RANKINGS

THE vast majority of the 2011 rankings leaders set their times at Bramley.

Men:	James Connor	1:44:15
M35:	Nigel Stirik	1:49:52
M40:	Allen Smalls	1:54:00
M45:	Nigel Rackham	1:55:26
M50:	Chris Finill	2:02:54
M55:	Douglas Brisco	2:10:42
M60:	Dave Cartwright	2:18:14
M65:	Colin Talbot	2:32:41
M70:	Jack Langman	2:42:20
Women:	Laura Cowley	2:04:06
W35:	Sarah Jarvis	2:05:52
W40:	Karen Rushton	2:13:03
W45:	Clare Elms	2:08:08
W50:	Fiona Ross Russell	2:21:30
W55:	Sian Alberry	2:35:39
W55:	Lynn Tanner	2:35:39
W55:	Catherine Wright	2:35:39
W60:	Nicola Golunska	2:33:22

MARCH 12

ESSEX COUNTY ROAD RELAY CHAMPIONSHIP

Chelmsford
Men (4x3.5M)
1 Basildon 75:38 (J Tydeman 18:31, G Riddell 19:51, G Webb 19:07, M Sandford 18:09); 2 Southen 77:17 (T Firth 19:07, R Gillard 21:22, B Hunter 18:59, A Hickey 17:49); 3 Chelmsford 77:29 (L Pickering 19:13, M Bridgeland 19:57, R Prout 18:36, W Wright 19:43); 4 Havering Mayesbrook 78:15 (S Rand 19:30, J Lendon 19:36, R Warner 19:48, G Twist 19:21); 5 Ilford 78:37 (A Richards 20:56, M Muir 19:03, T Gardner 18:52, I Campbell 19:46); 6 Havering Mayesbrook B 80:05; 7 Harwich 80:24; 8 Newham & Essex Beagles 80:24; 9 Colchester & Tendring 83:52; 10 Ilford B 85:47; 11 Billericay Striders 87:29; 12 Harwich B 88:p08; 13 Thurrock 88:57; 14 Springfield Striders 90:36; 15 Chelmsford B 93:18
22 teams finished
Fastest: Hickey 17:49; Sandford 18:09; Tydeman 18:31
Women (3x3.5M)
1 Chelmsford 69:30 (R Luxton 22:56, H Pegg 23:23, M Evans 23:11); 2 Basildon 70:23 (N Bredin 23:07, C Wheeler 25:13, G Kersey 22:03); 3 Harwich 73:25 (B McCorquodale 23:35, C Tisbury 25:53, K Hodgkiss 23:57); 4 Harwich B 78:52; 5 Thurrock 80:39; 6 Springfield Striders 82:02; 7 Ilford 84:06; 8 Phoenix Striders 89:32; 9 Harwich C 91:56; 10 Harwich D 94:12
Fastest: Kersey 22:03; Luxton 22:56; W King (Chelm) 23:00

WEST MIDLANDS - LONDON MINI MARATHON TRIALS

Stourport
U17 men
1 K Edwards (Tam) 16:16; 2 R Heath (Tel) 16:17; 3 J Vilette (Cov) 16:17
U15
1 D McKeown (Cov) 16:28; 2 C Davis (Leam) 16:37; 3 E Cross (Tam) 16:41
U13
1 S Evans (RSC) 17:19; 2 G Iliff (BRAT) 17:27; 3 J Fradley (Newc S) 17:41
U17 women
1 A Wright (Worc) 16:38; 2 J Nesbitt (Worc) 17:38; 3 C Evans (Here) 18:21; 4 L McDermott (Strat) 18:31; 5 Z Chandler (Strat) 19:00
U15
1 M Blake (SSH) 19:07; 2 A Kenchington (BRAT) 19:12; 3 A Craig (Tip) 20:02
U13
1 H Jubbs (Worc) 18:49; 2 B Turner (Worc) 18:52; 3 D Rowlinson (Tel) 18:58

Busaileh sails to victory

MARCH 19
SOUTH OF THAMES 7.5M
CHAMPIONSHIPS
Coulsdon

AFTER being snowed off in December, this longstanding championships found benign summer-like conditions on Farthing Down, Martin Duff reports.

It attracted less than half of the predicted numbers, but this did not detract from a good race up front between the two leading Herne Hill runners.

The more experienced Alan Barnes forced the pace from the start and drew team-mate Chris Busaileh away from the rest on the long drag up to the top of the down. Following the trip down into Happy Valley, Barnes was pumping hard back up the steep hill as Busaileh clung on.

On the long downhill run back to the start and then out onto the second and longer lap, the order was the same, with Kieran White holding third for Hercules Wimbledon ahead of Bruce Harrold, as Will Cockerell was making inroads behind.

Finally, deep into the larger, five-mile lap, it was Busaileh who went away and, after the climb back up then down to the finish, the margin stretched to nearly 100 metres.



Chris Busaileh (124) and Alan Barnes (121) take an early lead

White held third as Cockerell moved up to fourth.

"The hardest bit was through the woods where it was rocky underneath," said Busaileh. "I took the lead just before the ploughed field."

The first woman, Emily Alden, claimed her second victory in four days, having won the Chichester Corporate Challenge 4.5km race midweek. "It is such a lovely day and quite a mixed course and terrain, but I needed spikes in the mud and that hill had a bit of a sting in the tail," said the 30-year-old.

Overall
1 C Busaileh (Herne H) 41:40; 2 A Barnes (Herne H) 42:02; 3 K White (HW) 43:02; 4 W Cockerell (Belg) 43:48; 5 B Harrold (DMV) 43:57; 6 S Khan (Herne H) 44:17; 7 S Flack (E&E) 45:20; 8 C Lound (Dulw, M40) 45:31; 9 T Tuohy (Dulw, M40) 45:46; 10 L Wadsworth (SoC) 45:53; 11 J Muir (Herne H) 46:03; 12 G Quarton (S Lon, M50) 46:43; 13 P Wright (K&P, M40) 47:41; 18 M Hyett (K&P) 48:00; 19 J Foss (S Lon, M50) 48:03; 20 P O Callaghan (Tad) 48:13; 21 M Thomas (Reig) 48:19; 22 S Knight (Herne H) 49:03; 23 A Halpin (S Lon) 49:09; 24 D Baker (S Lon, M40) 49:10; 25 P Mills (Tad) 49:19

M50: 3 A Budarkiewicz (K&P) 49:45; 4 A Martins (S Lon) 51:25
TEAM: 1 S London 132; 2 Duwich R 154; 3 Tadworth 204

Women
1 E Alden (E&E) 47:28; 2 Z West (E&E) 50:50; 3 R Hutton (S Lon, W45) 53:12; 4 L Burton (B&H) 53:37; 5 C Ulliott (B&H, W45) 53:47; 6 O Balme (Dulw, W40) 53:58; 7 P Iannella (S Lon, W50) 55:02; 8 V Bringlew (DMV, W40) 56:22; 9 L Ionescu (DMV) 56:27; 10 J Davies (E&E, W60) 56:43
W55: 1 C Steward (Dulw) 62:02
TEAM: Brighton & Hove 85

(Herts P, M60) 21:19; 5 J Shirley (Barn, M60) 22:26; 6 J Fuller (Barn, M60) 22:36; 7 A Allen (D&T, M60) 22:40; 8 R Murray (St Alb, M60) 23:17; 9 D Evans (St Alb, M70) 23:34
M70: 2 J Steed (Herts P) 24:48; 3 A Kindley (Herts P) 24:51; 4 T Kimber (Barn) 25:22
TEAM: 1 Herts P 9; 2 Barnet 12; 3 Dacorum & Tring 37

Women W35+
1 L Elmore (Trent P, W35) 18:23; 2 A Wood (FVS, W35) 19:35; 3 J Laing (FVS, W35) 19:51; 4 H Johal (Wat, W35) 20:05; 5 G Jubb (St Alb, W35) 20:17; 6 C Hale (Gard CR, W35) 20:35; 7 Z Lowe (St Alb, W45) 20:47; 8 V Harrison (DLP, W35) 21:03; 9 C Findlay (DLP, W45) 21:26; 10 C Whittaker (Wat, J, W45) 21:35
W55: 1 D Heydecker (St Alb) 22:57; 2 A Cowley (Gard CR) 26:00. **W65:** 11 Hornsey (FVS) 29:03
TEAM: 1 D Lloyd 42; 2 St Albans 42; 3 FVS 46

KENT FITNESS LEAGUE RELAYS

New Eltham
Mixed (5x2.1M)
1 Dartford RR 60:37 (H Vuvi (W35) 12:16, R White (M40) 11:47, C Topp 11:39, M Bowley 13:00, T Piper (M40) 11:55); 2 Sevenoaks 62:00 (S Shewell

(W45) 14:19, C Desmond (M45) 11:26, P Dalton (W45) 12:36, F Partridge (M45) 12:18, D Lee 11:11); 3 Canterbury H 63:39 (B Wenman (W50) 13:07, T McParland (M40) 11:28, M Wenman (M50) 12:34, P Lucas 12:37, N Benson 13:53); 4 New Eltham Joggers 65:30 (G Eastment (W) 14:55, R Gregory 12:37, A O'Brien 12:48, J Kemp (M60) 14:10, B Maillardet 11:00); 5 Sittingbourne Striders 67:19 (E Pomeroy (W) 15:42, J Murphy (W45) 15:37, P Thomas (M50) 12:55, A Pritchard 12:27, M Poppy (M40) 11:38); 6 Thanet RR 67:52; 7 Istead & Ifield 68:22; 8 Dartford RR B 68:32
Fastest legs: 1 C Barrett (M&M) 10:24; 2 S Groom (Lark) 10:58; 3 B Maillardet (NEJ) 11:00. Women: 1 N Groom (Lark) 11:55; 2 H Vuvi (Dartf RR) 12:16; 3 P Dalton (S'oaks) 12:36

BROOKS WESTWARD LEAGUE

Redruth

Senior Men
1 M Jenkin (Bide) 27:08; 2 O Shilston (Corn) 27:32; 3 D Buzza (Corn, M45) 27:39; 4 A Humphreys (Exe) 27:41; 5 J Denne (Exe) 28:02; 6 C Snook (Corn) 28:30; 7 A Holland (Tav) 28:45; 8 D Stone (Exm H, M40) 28:47; 9 A Ball (Corn, M40) 29:13; 10 J Trigwell (Exe, U20) 29:43; 11 C Champion (Tav, M45) 29:46; 12 T Dunn (Corn, M45) 29:49; 13 J Scott (N&P, M40) 30:03; 14 S Burns (Ply, M45) 30:19; 15 S Babb (N&P, M40) 30:28
M50: 1 P Thomas (SWRR) 31:27; 2 M Exley (Tav) 31:41. **M55:** 1 D Phillips (SWRR) 34:00
TEAM: 1 Cornwall AC 1473; 2 Exeter 1433; 3 Tavistock 1392
M40 TEAM: 1 Cornwall AC 765; 2 Tavistock 753; 3 Newquay & Par 753
Final Standings: 1 Jenkin; 2 Denne; 3 Humphreys. U20M: Trigwell, M40: 1 D Stone; 2 Ball; 3 C Stone (Bide). M45: 1 Buzza; 2 T Symons (Tav); 3 Champion. M50: 1 R Drage (Tav); 2 Thomas; 3 A Millership (Ply). M55: 1 S Groombridge (Tav); 2 Phillips; 3 K Burnett (N&P). M60: 1 J Wyatt (Exm H); 2 R Frith (N&P); 3 R Lock (Corn)
TEAM: 1 Exeter; 2 Cornwall AC; 3 Tavistock

M40 TEAM: 1 Cornwall AC; 2 Cornwall AC; 3 South-West RR
U17
1 D Nash (E Corn) 16:56; 2 A Worden (Corn) 17:28; 3 O Morris (E Corn) 18:13; 4 S Speak (Corn) 18:22; 5 L Fice (Corn) 19:10; 6 A Jose (Corn) 20:17
TEAM: Cornwall AC 293
Final Standings: 1 C Robinson (Corn); 2 Nash; 3 Worden
TEAM: 1 Cornwall AC; 2 East Cornwall; 3 Tavistock
U15
1 D Weir (Ply) 15:45; 2 S Heslop-George (N&P) 16:09; 3 J Blackford (Ply) 16:19; 4 K Rowe (N&P) 16:32; 5 T Mitchell (Corn) 16:45; 6 H Baker (Tav) 16:52; 7 T Wood (Mt Bay) 17:04; 8 J Best (Tav) 17:21; 9 J Wood (Mt Bay) 18:34
TEAM: 1 Cornwall AC 286; 2 Tavistock 278
Final Standings: 1 Weir; 2 Heslop-George; 3 Blackford
TEAM: 1 City of Plymouth; 2 Cornwall AC; 3 Tavistock
U13
1 J Boon (Tav) 10:32; 2 F Aldred (Ply) 10:39; 3 S Parham (E Corn) 10:58; 4 T Blackford (Ply) 11:10; 5 J Walklett (Corn) 11:14; 6 T Bramley (Erme) 11:22; 7 S Fairman (Corn) 11:32; 8 J Channon (Tav) 11:34; 9 F Caudery (Corn) 11:54; 10 A Carnell (E Corn) 12:03; 11 N Brown (Erme) 12:03

TEAM: 1 Cornwall AC 283; 2 City of Plymouth 278; 3 East Cornwall 276
Final Standings: 1 Channon; 2 Parham; 3eq Aldred, Boon
TEAM: 1 East Cornwall; 2 City of Plymouth; 3 Cornwall AC

Senior Women

1 L Kelvey (N&P, W35) 18:19; 2 J Meek (Tav) 18:29; 3 H Fell (Tav) 18:46; 4 A Rust (Exe, U20) 19:03; 5 S Blanche (Exe U) 19:14; 6 K Humphreys (Exe) 19:23; 7 R Crowle (E Corn, W45) 19:49; 8 S Daw (E Corn, W45) 20:02; 9 M Blair (Toe, W50) 20:23; 10 K Cook (SWRR, W50) 20:25
W40: 1 C Steven (Tav) 20:34. **W50:** 1 S Ogilvie (N&P) 21:18. **W55:** 1 A Darby (N Abb) 22:51. **U17W:** 1 K Burns (Ply) 20:40; 2 J Behenna (E Corn) 24:00
TEAM: 1 Tavistock 286; 2 Newquay & Par 269; 3 East Cornwall 262
W35 TEAM: 1 Newquay & Par 282; 2 Torrington 280; 3 South-West RR 274
Final Standings: 1 Meek; 2 Kelvey; 3 Rust. U17W: Burns. W40: 1 Steven; 2 S Olliffe (Torr); 3 C Gentry (SWRR). W45: 1 Crowle; 2 Daw; 3 S Coyne (N&P). W50: 1 Blair; 2 Cook; 3 Ogilvie. W55: Darby
TEAM: 1 Tavistock; 2 Exeter; 3 Newquay & Par
W35 TEAM: 1 Newquay & Par; 2 Torrington; 3 East Cornwall

U15
1 C Cayton-Smith (N&P) 14:41; 2 L Bowden (N&P) 16:06; 3 A Smith (N&P) 16:21; 4 E Blamey (N&P) 17:18; 5 L Jose (Corn) 17:44
TEAM: Newquay & Par 297
Final Standings: 1 Cayton-Smith; 2 Bowden; 3 Smith
TEAM: 1 Newquay & Par; 2 Cornwall AC; 3 Bideford
U13
1 V Weir (Ply) 11:01; 2 P Tank (Ply) 11:09; 3 E Ackford (Tav) 11:12; 4 L England (N&P) 11:19; 5 E Morley (N&P) 11:24; 6 A Cayton-Smith (N&P) 11:36; 7 E Attfield (Tav) 11:45; 8 K Hughes (Corn) 12:02; 9 J Gray (E Corn) 12:13; 10 M Garner (N&P) 12:33
TEAM: 1 Newquay & Par 288; 2 Tavistock 275; 3 Newquay & Par B 264
Final Standings: 1 Weir; 2 Tank; 3 Ackford
TEAM: 1 Newquay & Par; 2 Cornwall AC; 3 Tavistock

MARCH 16
AVIVA WELSH SCHOOLS NATIONAL CHAMPIONSHIPS
Brecon
Team: 1eq C&V Sch/Dyf Sch 114; 3 Eyrri Sch 82; 4 Powys Sch 78; 5 NE Wal Sch 77; 6 SE Wal Sch 74; 7 Glam V 70; 8 Af N T Sch 64
Senior boys
1 C Carpinini (SE Wal Sch) 19:44; 2 A Edwards (Glam V) 19:52; 3 J Griffiths (Dyf Sch) 19:59; 4 M O'Leary (Af N T Sch) 20:03; 5 M Richards (Dyf Sch) 20:13; 6 M Drury (C&V Sch) 20:20; 7 W Sheridan (Eyrri Sch) 20:35; 8 E Penny (SE Wal Sch) 20:44; 9 J Harris (SE Wal Sch) 20:50; 10 D Nicol (C&V Sch) 21:00; 11 S White (Af N T Sch) 21:03; 12 D Chesworth (SE Wal Sch) 21:12; 13 M Thomas (Af N T Sch) 21:16; 14 J Roberts (NE Wal Sch) 21:24; 15 J Evans (Powys Sch) 21:42
TEAM: 1 SE Wal Sch 77; 2 C&V Sch 115; 3 Dyf Sch 143
Junior Boys
1 E Slade (C&V Sch) 17:54; 2 M Ward (C&V Sch) 18:02; 3 N Jones (NE Wal Sch) 18:15; 4 M Edwards (C&V Sch) 18:26; 5 T Earley (Eyrri Sch) 18:32; 6 S Longville (C&V Sch) 18:34; 7 M Antoniazzi (Glam V) 18:35; 8 R Llyr

RANKING LEADERS

Half-marathon leaders

MEN
SM: Mo Farah 60:23
M35: Dan Robinson 65:05
M40: Martin Cox 70:27
M45: Ben Reynolds 70:46
M50: Mick O'Doherty 75:29
M55: Tim Hughes 75:11
M60: Dave Parsons 83:02
M65: Tony Brackstone 88:05
WOMEN
SW: Jo Pavey 69:33
W35: Liz Yelling 72:00
W40: Caroline Hoyte 79:08
W45: Clare Elms 79:44
W50: Jo Thompson 82:27
W55: Sally Musson 89:51
W60: Angela Copson 87:57

(Dyf Sch) 18:49; 9 O Davies (SE Wal Sch) 18:52; 10 J Gooch (C&V Sch) 18:55; 11 J Hunt (Glam V) 19:01; 12 B Hunter (Powys Sch) 19:05; 13 A Lanz (Eyrri Sch) 19:19; 14 B Sutton (Dyf Sch) 19:34; 15 T Bevan (C&V Sch) 19:36
TEAM: 1 C&V Sch 38; 2 Dyf Sch 114; 3 NE Wal Sch 173

Middle boys

1 L Jones (Glam V) 13:16; 2 A Morris-Jones (Eyrri Sch) 13:21; 3 J Cove (C&V Sch) 13:26; 4 I Hughes (Eyrri Sch) 13:29; 5 J Spill (Eyrri Sch) 13:36; 6 D George (C&V Sch) 13:37; 7 C Lovatt (Dyf Sch) 13:40; 8 A McDowell (SE Wal Sch) 13:45; 9 L Bradley (Dyf Sch) 13:49; 10 T Pritchard (SE Wal Sch) 13:52; 11 C Lewis (C&V Sch) 13:54; 12 N Neary (Dyf Sch) 14:05; 13 M Gooch (Glam V) 14:11; 14 R Gooch (C&V Sch) 14:18; 15 T Henry (NE Wal Sch) 14:21
TEAM: 1 C&V Sch 87; 2 Eyrri Sch 97; 3 Dyf Sch 114
Y7 boys
1 J Heyward (C&V Sch) 9:39; 2 O Thomas (Glam V) 9:47; 3 O Jones (Af N T Sch) 9:49; 4 M Davies (Eyrri Sch) 9:56; 5 T Owens (Powys Sch) 9:57; 6 W Morris (NE Wal Sch) 9:58; 7 R Johns (Dyf Sch) 10:00; 8 J Daly (Eyrri Sch) 10:02; 9 M Peterson (Dyf Sch) 10:04; 10 M Roberts (Eyrri Sch) 10:05; 11 S Robinson (C&V Sch) 10:06; 12 K Williams (Af N T Sch) 10:18; 13 C Barry (C&V Sch) 10:19; 14 J Alder (C&V Sch) 10:21; 15 E Bennett (NE Wal Sch) 10:24; 16 F Isles (Dyf Sch) 10:25; 17 E Cox (Dyf Sch) 10:28; 18 N Richards (Dyf Sch) 10:32; 19 L Lees (Powys Sch) 10:34; 20 J Brookes (Eyrri Sch) 10:35
U13M: 21 E O'keefe (SE Wal Sch) 10:36; 22 T Drakely (NE Wal Sch) 10:37; 23 R Harris (Af N T Sch) 10:39
TEAM: 1 Dyf Sch 71; 2 C&V Sch 92; 3 Powys Sch 146; 4 NE Wal Sch 164; 5 Eyrri Sch 175; 6 Af N T Sch 176; 7 Glam V 265; 8 SE Wal Sch 266

Senior Girls
1 N Cokkram (SE Wal Sch) 17:37; 2 F Price (Powys Sch) 17:53; 3 S Livett (Eyrri Sch) 18:08; 4 R Price (Powys Sch) 18:20; 5 Z Thomas (Glam V) 19:09; 6 J Osborn (Af N T Sch) 19:34; 7 A Oliver (NE Wal Sch) 19:53; 8 E Pearson (Af N T Sch) 20:09; 9 K Reynolds (Af N T Sch) 20:37; 10 M Harb (C&V Sch) 20:49; 11 L Neumann (Dyf Sch) 20:53; 12 E Davies (Powys Sch) 20:54; 13 E Dimmer (SE Wal Sch) 21:29; 14 H Williams (C&V Sch) 21:40; 15 H Lewis (Dyf Sch) 21:48
TEAM: 1 Dyf Sch 113; 2 C&V Sch 116
Junior girls
1 M Withers (Dyf Sch) 14:52; 2 M Rezougai (SE Wal Sch) 14:58; 3 R Evans

CROSS-COUNTRY

MARCH 20
HERTFORDSHIRE VETERANS CHAMPIONSHIPS
Watford

NATIONAL vets champions Lisa Elmore (W40) and Des Michael (M60) won their respective races in this delayed championships.

Men (M40/M50)
1 P Greaves (Herts P, M40) 35:25; 2 J Woollett (Gade V, M40) 35:59; 3 J Weightman (unatt, M40) 36:07; 4 A Holt (Gard CR, M40) 36:25; 5 A Cunningham (Barn, M40) 36:38; 6 C Cable (Royst, M40) 36:58; 7 D Desborough (Gard CR, M50) 37:14; 8 C Michael (Barn, M40) 38:02; 9 M Adcock (Wat, M40) 38:13; 10 C Braybrook (St Alb, M40) 38:25
M50: 2 C Taylor (Wat J) 39:46; 3 P Williams (Herts P) 41:43; 4 P Brird (Gard CR) 42:02
M40 TEAM: 1 Gade V 45; 2 Royston 52; 3 Garden CR 102
M50 TEAM: 1 Garden CR 85; 2 Watford H 131

M60+
1 D Michael (Barn, M60) 18:21; 2 N Morrison (Herts P, M60) 18:44; 3 S Mann (Herts P, M60) 20:52; 4 R Bloom

Natasha Cockram won the senior girls' race at the Welsh Schools



(Glam V) 15:04; 4 L Bell (Dyf Sch) 15:16; 5 L Owen (Powys Sch) 15:26; 6 K O'neil (Dyf Sch) 15:27; 7 M Turner (Dyf Sch) 15:28; 8 E Davies (Af N T Sch) 15:33; 9 M Rose (SE Wal Sch) 15:34; 10 E Jones (NE Wal Sch) 15:37; 11 F Morris (Glam V) 15:40; 12 C Thompson (Dyf Sch) 15:41; 13 F Bray (C&V Sch) 15:56; 14 I Evans (Af N T Sch) 15:57; 15 R Homer (Dyf Sch) 16:02

TEAM: 1 Dyf Sch 45; 2 SE Wal Sch 120; 3 C&V Sch 145; 4 NE Wal Sch 157; 5 Af N T Sch 175

Middle girls

1 O Gwynn (Af NT) 12:18; 2 R Yates (Glam V) 12:19; 3 L Philippart (Af N T) 12:26; 4 K Seary (C&V) 12:37; 5 H Davies (Powy) 12:55; 6 A Cawthra (Powys) 12:59; 7 K Coker (C&V) 13:03; 8 E Thomas (Dyf) 13:07; 9 A Backshall (Eyrri) 13:13; 10 J Briganti (Glam V) 13:21; 11 M Davies (Eyrri Sch) 13:26; 12 S McPhillips (SE Wal Sch) 13:27; 13 C Harris (SE Wal Sch) 13:29; 14 C Page (Dyf Sch) 13:33

TEAM: 1 C&V Sch 83; 2 Dyf Sch 108; 3 Glam V 147

Y7 Girls

1 S Allin (C&V Sch) 10:10; 2 C Hughes (Eyrri Sch) 10:15; 3 I Morris (Powys Sch) 10:18; 4 B Evans (Glam V) 10:42; 5 J Bradley (Dyf Sch) 10:51; 6 C Xerri (C&V Sch) 10:56; 7 C Lock (Glam V) 10:58; 8 A Jones (Dyf Sch) 10:59; 9 E Coupar (C&V Sch) 11:01; 10 E Ligthart (Glam V) 11:08; 11 B Meopham (Dyf Sch) 11:09; 12 B Harris (Af N T Sch) 11:10; 13 M Tucker (Powys Sch) 11:16; 14 I Davies (Dyf Sch) 11:17; 15 L Jones (Eyrri Sch) 11:18

TEAM: 1 Dyf Sch 75; 2 C&V Sch 82; 3 Glam V 137

MARCH 12

ESSEX RELAY CHAMPIONSHIPS

Higams Park

Men (4x2M)

1 Basildon 43:24 (R Ridell 10:42, J Tydeman 10:33, G Webb 10:46, M

Sanford 10:23); 2 Chelmsford 44:09 (A Short 10:52, W Right 11:04, S Whittaker 11:06, L Pickering 11:07); 3 Havering Mayesbrook 44:26 (J Buckley-Stanton 10:43, J Lendon 11:18, R Warner 10:52, M Bland 11:33); 4 Orion H 45:03; 5 Ilford 45:13; 6 Harwich R 47:31; 7 Chelmsford B 47:37; 8 Colchester H 48:43; 9 Walthamstowe 49:35; 10 Springfield S 50:25

TEAM: 1 Dyf Sch 45; 2 SE Wal Sch 120; 3 C&V Sch 145; 4 NE Wal Sch 157; 5 Af N T Sch 175

Middle girls

1 Havering Mayesbrook n51:17 (R Matson 12:18, J Sullivan 13:53, L Deadman 12:15, D Appleton 12:51); 2 Colchester H 53:30 (S Wheat 12:41, K Sandercock 13:49, L Higgs 13:24, D Catermole 13:36); 3 Orion H 54:22; 4 Chelmsford 54:32; 5 Southend 55:52; 6 Colchester T 56:05; 7 Basildon 57:00; 8 Eton M 57:05; 9 Harwich R 60:07; 10 Ilford 60:53

Fastest: Deadman 12:15; Matson 12:18; G Kersey (Bas) 12:20

CHINGFORD LEAGUE HIGHAMS

PARK RELAYS

Essex

Men (4x2M)

1 Orion H 45:03 (B Jenkins 11:21, B Hall 11:07, D Moses 11:13, S Joyce 11:22); 2 Enfield & Haringey 47:13 (S Collins 10:17, T Pye 13:03, T Fallon 11:25, M Christoforou 10:58); 3 Orion B 47:47 (N Swift 12:27, E Paul 12:08, L Callis 11:50, A Hall 11:22); 4 Trent P 47:49; 5 Woodford G & EL 49:00; 6 Barnet Veterans 49:20 (C Manning 12:22, P Ellis 12:38, Y Ben-Aroya 12:26, A Cannungham 11:54); 7 Walthamstowe 49:35; 8 Barnet 49:56; 9 Trent P B 53:04; 10 Eton M 54:29

Fastest: Collins 10:17, Christoforou 10:58, Hall 11:07

M40: Cunningham 11:54

Final standings

TEAM: 1 Orion H; 2 Barnet; 3 VP&TH

B TEAM: 1 Orion

M40 TEAM: 1 Barnet; 2 Orion 3 Trent P

U17/U15 (4x2M)
1 Orion U15 51:20 (C Antoine-Chagar 11:56, D Wellard Jeffs 13:50, M Boyce 12:30, G Hoy 13:04); 2 Trent P U17 52:53 (D Gaskin 12:03, G McCormick 14:10, J Jacobs 13:37, M Bowie 13:41); 3 Trent P U15 53:31

Fastest: H Muse (E&H) 11:47; Antoine-Chagar 11:56; P Asgodom (E&H) 12:02

Final standings

U17 TEAM: 1 Orion; 2 WG&EL; 3 Trent P

U15

TEAM: 1 Orion; 2 Trent P; 3 WG&EL

U13

1 Orion 18:02 (B Patterson 4:21, G Day 4:44, C Weston 4:25, J Callis 4:32); 2 Trent P 18:04; 3 Trent P B 20:16

Fastest: D Rowden (WG&EL) 4:02; C Briers (Trent P) 4:19; T McArdle (Trent P)/Patterson 4:21

Final standings

TEAM: 1 Orion; 2 Trent P; 3 WG&EL

Women (4x2M)

1 Orion 54:22 (N Kippis 12:42, C Inch 14:17, L Clifford 14:22, C Thurgood 13:01); 2 Vic P & TH veterans 56:50 (C Bint 13:02, J Mills 14:48, L Ingram 16:07, J Singer 12:53); 3 Orion B 62:01; 4 Loughton 64:43; 5 Trent P 64:55; 6 Orion 70:37; 7 Loughton B 75:18

Fastest: Kippis 12:42; A Gounelas (Eton M) 12:43; Singer 12:53

Final standings

TEAM: 1 Orion; 2 VP&TH; 3 Trent Park RC

W35 TEAM: 1 Orion H; 2 VP&TH; 3

Loughton

U17 (4x2M)

1 Trent P 71:55 (J Prior 15:32, K Harrison 17:18, A Gaskin 20:01, M Joy 19:04)

Final standings

TEAM: 1 Orion; 2 Trent P; 3 Enfield

U15 TEAM: 1 Orion; 2 Loughton; 3

VP&TH

U13

1 Woodford G & EL 18:41 (A McArdell 4:29, J Ratcliff 4:45, R Poole 4:44, L Levine 4:43); 2 Orion 19:11; 3 Trent P 20:06

Fastest: McArdell 4:29; J Dos Santos 4:30; K Inch (Orion)/Levine 4:43

Final standings:

TEAM: 1 Orion; 2 Trent P; 3 WG&EL

MULTI-TERRAIN

MARCH 20

HERIOT-WATT UNIVERSITY ROUDN

THE GROUNDS TRAIL 5km

Roudn the Grounds

Overall (5km)

1 B Turner (Loth) 16:11; 2 K Chapman (Sco Vets) 16:13; 3 J Farquhar (Pit) 16:43; 4 B Wiseman (Ochil) 16:46; 5 H Jones (HBT) 16:56

Women: G Carr (Cors) 19:28

WATER OF LIFE HALF-MARATHON

Bisham

Overall (10km approx)

1 D Wright 38:21; 2 P Phillips 38:49

M40: 1 R Pettingell (Handy C) 39:45

Women

1 K Pardoe (W40) 41:15; 2 J Fitzgerald 41:22; 3 E Fgould (Serp) 41:26

W40: 2 M Livingstone (Gard CR) 42:20;

3 A Funnell 42:27. **W50:** 1 C Staunton 45:44

Overall (13.1M)

1 J McGowan (Hill) 82:38; 2 P Hunt

84:15; 3 B Crowther 85:10

M50: 1 M Hurford (Morn) 86:27

Women

1 M Spalton 90:07; 2 O Jongeling 95:03

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MARCH 19

ORION 15

Chingford

Overall (15M)

1 C Lassonde (Gren T) 91:45; 2 A Reeves (Serp, M40) 95:57; 3 B Jenkins (Orion) 96:32; 4 E Catmair (THH) 96:54; 5 A Bourne (Serp) 98:52; 6 F Lassonde 99:31

M40: 2 C Read (Walth) 99:50. **M50:** 1 J Oakes (C&C) 1:42:48. **M55:** 1 D Cox (WG&EL) 1:44:24

Women

1 J Singer (VP&TH, W35) 1:53:00; 2 L Frankenberg (Leigh S) 1:56:06; 3 T Gaillard De Laubenque (Serp, W35)

1:57:15; 4 L Higgs (Col H, W45) 1:57:56

W55: 1 A Lidell (Morn) 2:12:16

STEVE DUXBURY COWM 5km

Rochdale

Overall

1 D Nicholls (Wilm) 15:43; 2 A Buttery (Ross, M40) 16:24; 3 N Schofield (Ross, M45) 16:47

Women

1 B Curtis (HBT) 19:38; 2 A Sedman (Belle V, W45) 19:59

DEESIDE WAY ULTRA

Aberdeen

Overall (33M)

1 G Jeans 3:34:15; 2 J Brown (Cambus, M40) 3:47:39; 3 K Valentine (Lass)

3:54:49

Women

1 G Murdoch (C'gie, W35) 4:26:48; 2 P Walker (C'gie, W45); 3 A Seeley 4:52:25

FELL

MARCH 20

BROUGH LAW

Powburn, Northumberland

Overall (5M/1250ft)

1 P Sanderson (N'land f) 36:08; 2 L Bennett (N'land F) 38:44; 3 A Fletcher (Berw) 39:00

Women

1 K Robertson (N'land f) 44:11; 2 B Law (Eryri) 44:53; 3 S Scott (N'land F) 44:53

CRIFFEL

New Abbey nr Dumfries

Overall (7M/1800ft)

1 B Marshall (HELP, M40) 56:56; 2 T Smith (L'ber) 58:12; 3 A Anderson (C'thy) 61:06

Women

1 C Morgan 72:42; 2 S Singh (W40) 79:55; 3 J Wilson (C'thy, W40) 80:15

HEPTONSTALL

Heptonstall

Overall (15M/3300ft)

1 B Mounsey (Calder V) 1:55:49; 2 G Mulholland (Calder V) 1:56:16; 3 T Midgley (Bing) 1:58:31

Women

1 H Fines (Calder V) 2:18:05; 2 S Lewis (Alt) 2:29:06; 3 T Hird (Wharf) 2:35:18

PARKRUNS

MARCH 19

PARKRUN 5km

Albert Park, Middlesbrough

Men: 1 T Danby 16:09; 2 T O'Grady 16:31. **M40:** M Murray 17:00. **M45:** B Astill 17:25. **Women:** C Summersgill 17:38. **W55:** J Waterhouse 20:19. **W60:** 1 S Gibson 22:40; 2 L Woods 23:48

Banstead Woods

Men: 1 R Ward 16:42; 2 J Carnell (M55) 18:27. **Women:** 1 H Mai-Flynn (U15) 20:26; 2 P Flynn (W45) 21:11

Basingstoke

Men: 1 M King 16:28. **M55:** I Fairclough 19:02. **Women:** K Barton 22:06

Black Park

Men: R Kiddle (M45) 18:23. **Women:** M Moody (W60) 22:05. **W65:** M Fitzgerald 27:15

Brighton & Hove

Men: J Guilman 15:25. **M60:** D Beattie 19:42. **Women:** 1 C Wood (W45) 19:46; 2 F Powell 19:47; 3 J Armstrong (W50) 20:00

Brockwell Park

Men: 1 J Trapmore 15:58; 2 B Shephard 16:59. **U15:** P Burgess 18:57. **Women:** V Lennie 22:35

Bromley

Men: 1 J Addison 18:30. **Women:** C Elms (W45) 20:12

Bushy Park

Men: A Other 16:00. **M45:** P Clarke 18:03. **M50:** B Mulvany 18:32. **M60:** M Bruce 19:54. **U20:** J Rowe 17:03. **Women:** 1 N Doel 17:49; 2 L Kipling (W35) 18:09; 3 J Rodriguez 18:36; 4 S Badeira (W35) 19:12; 5 L Cameron 19:25. **W60:** M Jakeman 23:43

Cardiff

Men: 1 S Paterson 16:07; 2 P Cook (M40) 16:09. **M45:** R Whitehouse 17:26. **M55:** 1 L Lepore 18:43. **Women:** K Beecher 19:54

Edinburgh

Men: 1 R Houston 15:01; 2 M Strain 15:10; 3 B Mackie 15:46; 4 S Walsh 16:15; 5 R Milne 16:30. **M45:** B Cruickshank 17:20. **M55:** J Hudson 19:01. **M60:** 1 R Marshall 19:26; 2 K Weston 20:27. **Women:** 1 L Dunn 16:46; 2 C Couper (W35) 18:30; 3 S Johnson 19:25. **W45:** Y Crilly 20:04. **W55:** M Fleming 22:30. **W65:** E Gilchrist 22:35

Finsbury Park

Men: M Davidson 16:49. **M45:** L Proudlock 17:54. **Women:** V Gill 18:06. **W55:** A Sanders-Reece 22:02

Forest of Dean

Men: M Blake (M45) 20:17. **Women:** K Mazzucca (W45) 17:57

Heaton

Men: G Hill 15:56. **M50:** G Chesters 18:28. **M60:** J O'Reilly 19:30. **Women:** K Geelan (W35) 19:42

Hull

Men: P Taylor 16:04. **M40:** J Broom 16:59. **Women:** J Morley (W55) 20:49

Leeds

Men: 1 E Cole 16:05. **M45:** R Pattinson 16:48. **M50:** D Darby 18:11. **Women:** J Payne 19:55

EVENT ORGANISERS

» Please send results immediately after the conclusion of the event to results@athleticsweekly.com, ideally on Excel spreadsheets.

» Fax to 01733-808535 if this is not possible.

» See www.athleticsweekly.com/AW_Standards_April_2010.pdf for our standards

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Rainbow Ramble
 Sat 2nd April 2011

Register online today to join our 18 or 10 mile healthy fun run or walk through the Lancashire countryside and support children with brain injuries, disabilities and life limiting conditions
www.thelegacy-rainbowhouse.com

Entry is £15 which includes a sponsor pack & charity t-shirt. Full details and entry can be found on our website

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THE 14th CAYTHORPE CANTER
Saturday 2nd April (9:00am-26 miles. 9:30am-13 miles)
 Caythorpe Playing Field, Caythorpe, Nr Grantham, Lincs. 200m off the A607.
 A 13 or 26 mile challenge for runners of all abilities on minor roads, bridleways and footpaths in rural Lincolnshire. There are changing facilities, ample parking, showers, toilets and a bar will be open during and after the event.
Entry: £15.00 (£20.00 on the day). Cheques payable to 'Caythorpe Playing Field Committee'
 Forms to David Dorey, 5 South Parade, Caythorpe, Grantham, Lincs, NG32 3BT.
 Email: caythorpe.playingfield@yahoo.co.uk Website: www.caythorpe.org

Newham classic 10K
 The People's Run

Sunday April 10

newhamclassic10k.com

NSPCC presents... **THE GREAT SANDSTONE RUN 10K** Cross Country run

Sunday April 10th

Race starts at 10.00am from Beeston Market, Cheshire, CW6 9NJ
 £10 Advanced Entry fee - £12 on the day

Email: sandstonerun@yahoo.co.uk Web: www.sandstonerun.co.uk

AGAIN FOR 2011 **3K FUN RUN**

SUNDAY APRIL 17TH 2011

NOW PROUDLY PART OF THE SHEFFIELD FESTIVAL OF ATHLETICS

SHEFFIELD LORD MAYORS 10K RACE

RACE STARTS AT 10.30AM / FUN RUN STARTS AT 9.30AM

Full details on www.sadg.co.uk under events

22nd Brooks Paddock Wood AC Half Marathon and Joe Cartwright Fun Run
 Sunday 27th March 2011 at 10am (Fun Run 10:15am)

Fees: £15 (£17 U/A). £20 on the day subject to limit. Cheques to "Paddock Wood Athletic Club". Full details plus online entry with no surcharge available from

www.paddockwoodhalf.co.uk

Chedworth Roman Trail 10
 A scenic 10 mile multi-terrain race organised by Cirencester Athletics Club

Sunday 3rd April 2011 at 10.30am

Race HQ: Chedworth Village Hall, 6 miles north of Cirencester

Entry fees - Club £6.00, U/A £8.00. On the day £2 extra. Awards to first 3 overall Men and Women, 1st MV40 to MV70 and FV35 to FV55 in 5-year age bands. Team & finisher awards.

www.cirencester-ac.org.uk

Run the FLASH 10K-Half Marathon
Run the Flash 10k and Half Marathon
 Sunday 3rd April 9.30am

Starting and finishing at Leigh Sports Village, near Pennington Flash.
 It's a great course over hard packed trails.

Free parking; Medal for finishers; Prizes for top 3 men/women. 10k: £14 attached/£16 unattached.
 Half marathon: £18 attached/£20 unattached

Enter at www.sportstoursinternational.co.uk/running or call 0161-703 5806
 Email graham@sportstoursinternational.co.uk for more details.

THE GLENLIVET 10K
 Sunday April 10 at the legendary Glenlivet Distillery.

Chest Heart & Stroke Scotland

www.glenlivet10k.com

Come & feel the spirit of the glen at the most beautiful run in Scotland

Melbourne Fun Run
 Sunday 10th April 2011

FUNNY BUNNY RUN 1 lap 5.6km 11.35am
RABBIT RACE 2 laps 11.4km 11.30am

HQ - Senior Citizens Centre, Church Street, Melbourne, Derbyshire

Details: www.melbournefunrun.org.uk or phone 01332 862225.

CHILTERN OPEN AIR MUSEUM 5KM
Sunday 10th April 2011
 5K Start 1pm
 1K Fun run 2pm

COAM, Newland Park, Chalfont St Giles, Bucks HP8 4AB

Email fundraising@coam.org.uk or phone 01494 871117 for entry forms or enter on the day. 5K Entry fee: £10. Win a hot air balloon ride for 2.

www.coam.org.uk

KPMG 30th Guernsey Easter Runs
 22nd to 25th April 2011

Come to glorious Guernsey this Easter. Run one, some or all of our fabulous races. Fast courses, £2,000 of cash prizes plus more place prizes, social events & kids races too!

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www.guernseyathletics.org.gg/easter

10K-XC-Relay-Half

BROOKS Good Friday Races
Victoria Park, Southport on 22nd April
 3k Fun Run at 10am - Ladies 4 Mile at 10.30am - Men's 4 Mile at 11.15am
 Large prize list plus £100 for a 4 mile course record (Men or Women)
 Entry Fees: 4-mile £6 (£8 U/A). Fun Run £3. Online entries at www.ukresults.net
 Entries to: Rob Clark, 14 Abbotsford Gardens, Crosby, Liverpool, Merseyside L23 3AP
www.southportwaterlooc.co.uk

The Techstep Lichfield Half Marathon
 Sunday May 1st 2011. Start 10:30am
King Edwards Leisure Centre, Lichfield, Staffordshire.
 Entry Fee: £18 or £20 (U/A). No entry on the day.
 Online entry available or send cheque to 'KP Events' + entry form to
 KP Events, 3 Tudor Row, Bore Street, Lichfield, Staffs, WS13 6HH
www.kpevents.net

inc 3K + 1K Junior Fun Runs
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From HIGGINSON PARK, MARLOW, BUCKS
 Chip Timed. Fast & flat PB course. Extensive prize list.
 Entry Fee: £11 or £13 U/A. All runners £18 on the day.
 Online entry or cheques to 'Handy Cross Runners', and sent
 c/o 2 Lines Road, Lane End, High Wycombe, Bucks, HP14 3LH
SUNDAY 8th MAY
9.30 am Start
www.handycrossrunners.co.uk

Shiplake SCRAMBLE 10km **Sunday 8th May**
Start 10:30 am
 Shiplake College, Shiplake, Oxfordshire, RG9 4BW
 Starting at Shiplake College on the banks of the Thames and traversing through farmland and along dirt
 tracks towards Sonning and then returning, in part, along the picturesque River Thames towpath.
 Entry £15 (£18 on the day). Chip Timing. Online entry at
www.shiplakescramble.co.uk

Edinburgh Marathon and Half Marathon - 22 May 2011
 Standard entries have closed but we still have places available
 for faster runners in the full and half marathon.
Good 4 Age - Guaranteed entries for full and half, see website
Top Club - 2:40/1:12 Male and 3:00/1:23 female - Free Entry
Elite Entry - Sub 2:28/1:07 male and sub 2:48/1:16 female
 Visit www.edinburgh-marathon.com/topclub for details

22nd May 2011 at 10:30 am
Brathay Hall, Ambleside, Cumbria
 Race around Lake Windermere and raise funds for Brathay
 Trust to help vulnerable and disadvantaged young people.
Full details and entry forms see
www.brathaywindemeremarathon.org.uk

City of Portsmouth A.C
65^{year} Road Race celebration
D Day 10k - 11 am Sunday 5 June
Victory 5 Mile - 11 am Sunday 18 September
Promenade 5k Series - 5 races from May - August
 All races are on a flat, fast & virtually traffic free course with PB potential
 Entry Form - www.portsmouthathletic.co.uk ~ on line at www.runnersworld.co.uk
 Enquiries to Gerry North 02392 651446 or events@portsmouthathletic.co.uk

Stockley Park Easter 10K
 10.30am Easter Monday - 25th April 2011
Stockley Park, Uxbridge, UB11 1HB
 A mixture of footpaths, trails & wide, mainly traffic-free roads, taking in Stockley Park & the golf course.
 Entry Fee in advance: £13 (Affiliated)/£16 (Unaffiliated). Both £3 extra on the day.
 Email info@purplepatchrunning.com Enter online at runnersworld.co.uk
 Entry forms and details at www.purplepatchrunning.com

Chalgrove Festival 10K
May Day Bank Holiday
Monday 2nd May 2011
One of South Oxfordshire's Most Scenic Road Races
www.chalgrovesfestival10k.com

Llangenneth Monster run 10K
 Rhossili, The Gower 7 May 2011
 and
DB:MAX Bradford-on-Avon "Monster" 10K
 Barton Farm Country Park 21 May 2011 at 11:00
 Full details and
 online entry at www.dbmax.co.uk **DB:MAX**

Can you survive **SOLE DESTROYER?**
8th May 2011 - Billingham, Northampton
Enter Now:
 10km Off-road races. Hills, track & mud filled pits!
 Water, bogs and muddy bits.
 Entry fee £20
www.muckyraces.co.uk

KNOWLE FUN RUN - SUN 15 MAY
 A great community atmosphere
 5 miles on traffic-free streets in aid of
 Warks & Northants Air Ambulance,
 Stroke Association and local causes
Entry by 7 May via www.knowlefunrun.org.uk

Llandudno 10 Mile Road Race
 Includes Welsh & UK Inter-Counties championships + 1 mile fun run
Sunday 22nd May 2011 at 12 Noon.
 Open to runners of all abilities
Fast, flat PB potential course on closed roads. Chip timed. Expo/pasta party
 Prizes £500, £250, £125 (Men/Women) plus age categories. Race entry £14.
WWW.LLANDUDNO10.CO.UK

POOLE 10k **Poolerunners**
Sunday 5th June 2011
Fast course, Popular race, High standard field
PRIZES: £400 for men's & women's race winners. Cash prizes down to 6th.
£200 for first team of 4. £140 2nd team; £100 3rd team.
You can enter online at www.poolerunners.com

ROTHLEY 10K ROAD RACE
 This Popular 26th Annual Road Race will take Place at Rothley, Leicestershire.
Tuesday 21st June 2011 **Start Time 19-15hrs**
 Entry Forms & Full Details Including Online Entry at
www.rothley10k.com
 Comprehensive Prize List. **Entry Limited at 750.** Accurate Chip Timing. All funds for Local Charities.
 Entry £12 or £17 on the day if limit not reached. For other info E/Mail colinfavell@live.com

What's On TV guide

CHANNEL 4
Saturday March 26
 6.25-7.25am – Highlights package from the IAAF World Cross Country Championships.

CROSS-COUNTRY

Friday March 25

KINGSLEY MILLENNIUM OPEN
 Kingsley School, Bideford, Devon.
 1.30pm.
www.ksbxc.co.uk

Saturday March 26

AVIVA ENGLISH SCHOOLS' CUP FINAL
 Alnwick.
www.esaa.net
HOME COUNTRIES INTERNATIONAL (Inc SIAB)
 Greenmount College, Armagh.
www.niathletics.org
NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
 TBC.
SEAA INTER-COUNTIES SCHOOLS' PRIORITY PARK, REIGATE. 12.30pm.
 Contact: shivilino@hotmail.com
SEVERN AC OPEN 4km (Inc GLOUCESTERSHIRE CHAMPS)
 Plock Court, Gloucester. 2.30pm.
www.severnac.co.uk
 Entry: £4. Extra on day: £1.
START FITNESS NORTH EASTERN HARRIER LEAGUE
 Prudhoe.
VETERANS AC OPEN
 Wimbledon Common. 2.30pm.
www.vetsac.org.uk
 Entry: £2.
YORKSHIRE VETERANS' CHAMPIONSHIPS
 Fartown High School, Huddersfield.
 Noon.
www.yvaa.org
 Entry: £4.

Sunday March 27

5XC CORBY
 Fineshades Woods, Corby.
www.5xc.co.uk
RYSTON RUNNERS OPEN LEAGUE
 Shouldham Warren, West Norfolk.
 11am.
www.rystonrunners.org.uk

Wednesday March 30

LINCOLNSHIRE SERVICE LEAGUE (Inc AIR COMMAND CHAMPS)
 RAF Cranwell.
<http://www.raf.mod.uk/rafathletics/events/lincsxcfix.cfm>
WEST MIDLANDS SERVICES LEAGUE
 Birmingham.
 Contact: gerrytrainer@hmrc.gsi.gov.uk

INDOOR

Saturday March 26

MANCHESTER YOUNG ATHLETES' OPEN
 Sport City. 9.30am.
www.saleharriersmanchester.com
MCAA OPEN
 HPC, Birmingham. Until Sunday March 27.

www.midlandathletics.org.uk
 Entry: £7

Sunday March 27

LEE VALLEY U13/U15 OPEN
 Lee Valley. 12.30pm.
www.leevalleypark.org.uk
 Entry: £5.
SOUTH YORKSHIRE YOUNG ATHLETES' OPEN SERIES
 Sheffield. 12.30pm.
www.xoolon.com/sycaa
 Entry: £6.

MULTI-TERRAIN

Friday March 25

VOTWO JURASSIC COASTAL CHALLENGE
 Chesil Beach Holiday Park, Weymouth, Dorset. 9.30am. Until Sunday March 27.
www.votwo.co.uk
 Entry: £155.

Saturday March 26

RICHMOND SPRING RIVERSIDE 10km
 Riverside car park, Richmond Park, London. 9.30am.
 Contact: info@thefixuk.com
www.thefixevents.com
 Entry: £16.

Sunday March 27

AN RESEK HELLYS 10.5
 Helston, Cornwall.
BARNARDO'S BIG EDINBURGH 5km
 Inverleith Park, Edinburgh.
www.barnardos.org.uk
 Entry: £10.
BRIGHTON 27
 Brighton, Sussex. 9am.
 Contact: info@extremerunning.org
www.extremerunning.org
 Entry: £46. Extra on day: £4.
CHESTER 10/20
 Chester University, Chester.
 11am/10am.
www.stuweb.co.uk
 Entry: £12/£15. Extra on day: £3/£5.

CLEEVEWOLD 14
 Postlip Tithe Barn, Winchcombe, Gloucestershire. 10.30am.
www.athleticprowess.co.uk
 Entry: £9. Extra on day: £1.
DOWNTON 10km
 Downton Leisure Centre, Downton, Wiltshire. 10.30am.
www.racenewforest.co.uk
 Entry: £10. Extra on day: £2.

FOREST OF DEAN HALF-MARATHON
 Speech House, Coleford, Gloucestershire. 10am.
www.forestofdean-halfmarathon.co.uk
 Entry: £17.

GREAT GRIZEDALE FOREST 10
 Moor Top car park, Satterthwaite, Cumbria. 1pm.
www.grizedale10.co.uk
 Entry: £9.

GVH LONDON MARATHON TRAINING 20
 Hemel Hempstead, Hertfordshire.
 9.30am.

www.gadevalleyharriers.co.uk
 Entry: £5 on the day.
MARCH HAIR RAISER 5.6
 Kingswood Business Park,

Kingswood, near Albrighton, West Midlands. 11am.

www.wolvesandbilstonac.co.uk
 Entry: £7. Extra on day: £3.

RESOLUTION 5km
 Nowton Park, Bury St Edmunds.
www.stroke.org.uk

ROSSINGTON GALLOP 6
 Northern Racing College, Rossington Hall, Doncaster, South Yorkshire. 10.45am.
www.metrestomiles.co.uk
 Entry: £10. Extra on day: £2.

ROYAL OAK 5
 Royal Oak, Northgate, Tickhill, South Yorkshire. 11am.
www.tickhillrunningclub.co.uk
 Entry: £3.

SEVEN POOLS RUN 10km
 Visitors' Centre, Sutton Park, Sutton Coldfield, West Midlands. 11am.
www.7poolsrun.org.uk
 Entry: £8. Extra on day: £2.

Tuesday March 29

CITY OF HULL CHAMPAGNE LEAGUE
 Country Park Inn, Humber Foreshore, Hull, East Yorkshire. 7pm.
www.cityofhullac.co.uk
KING'S HIGHWAY 5km
 Griffin Head Hotel, Accrington, Lancashire. 6.45pm.
https://runningspec.com/runningspec_events.html
 Entry: £3 on the day.

Saturday April 2

ABNEY HALL 5km
 Abney Hall, Cheadle, Cheshire. 9.30am.
www.abneyheadrunner.co.uk
 Entry: Free.
BARNLEY SILKSTONE SHUFFLE 7km SERIES
 Silkstone Sports Pavilion, Barnsley, South Yorkshire. 10.30am.
www.barnsleyharriers.org.uk
 Entry: £4.

BELLE VUE HOUSE 10km
 Edge Hill University, Ormskirk, Lancashire. 10.30am.
 Contact: office@bellevuehousecentre.co.uk
 Entry: £7.

CARTMEL 18km
 Cartmel Racecourse, Grange-over-Sands, Cumbria. 2pm.
www.lakelandtrails.org
 Entry: £22.

CAYTHORPE CANTER 13/26
 Playing Field, Old Lincoln Road, Caythorpe, Lincolnshire. 9am.
www.caythorpe.org
 Entry: £15. Extra on day: £5.

CLANDON PARK RUN 10km
 George Abbot School, Guildford, Surrey. 11am.
www.clandonparkrun.co.uk
 Entry: £13.50. Extra on day: £1.50.

GUILDFORD MONTHLY 5km TIME TRIAL
 Stoke Park, opposite Guildford Spectrum, Guildford, Surrey. 9am.
 Contact: ggac.timetrial@ntiworld.com
www.ggac.co.uk
 Entry: Free.

MORETON MORRELL MUDNESS 10km
 Warwickshire College, Moreton Morrell, Warwickshire.

www.raceways.eu
 Entry: £10. Extra on day: £2.

RIPON JOLLY HOLLY JOG 10km
 Ripon Cricket Club, Ripon, North Yorkshire. 11.15am.
www.riponrunners.org.uk
 Entry: £9.50.

STICKY TOFFEE 10km
 Cartmel Racecourse, Grange-over-Sands, Cumbria. 11am.
www.lakelandtrails.org
 Entry: £22.

Sunday April 3

ARKENDALE 10km
 Sunnyside Farm, Arkendale, North Yorkshire. 11am.
www.musttriharder.net/4598.html
 Entry: £9.

BLACKWATER VALLEY 5km TIME TRIAL SERIES
 Mytchett Quays Lake, Mytchett, Surrey.
www.tripain.com
 Entry: £5 on the day.

CALNE ROTARY 10km
 Bowood House, Derry Hill, near Calne, Wiltshire. 10am.
 Contact: calnefunrun@aol.com
 Entry: £5. Extra on day: £1.

CENTURION GRAND PRIX 5
 Archbishop Grimshaw School, Kingshurst, Solihull, West Midlands. 11am.
www.centurions.org.uk
 Entry: £5. Extra on day: £1.

CHEDWORTH ROMAN TRAIL 10
 Village Hall, Chedworth, Gloucestershire. 10.30am.
www.cirencester-ac.org.uk
 Entry: £6. Extra on day: £2.

COMBE GIBBET TO OVERTON 16
 Overton, Hampshire. 2pm.
 Contact: combegibbet@overtonharriers.org.uk
www.overtonharriers.org.uk
 Entry: £12.

EXE TO AXE 20
 Exmouth, Devon. 10am.
www.sidmouthrunningclub.org.uk
 Entry: £8. Extra on day: £2.

GRANTHAM CUP 10km
 Lion Gates, Belton House, Grantham, Lincolnshire. 11.45am.
www.granthamac.com
 Entry: £8.

HAREWOOD FOREST 11km
 Wherwell Pavilion, Wherwell, Andover, Hampshire. 9.30am.
www.wherwellfunrun.com
 Entry: £7. Extra on day: £1.

HYDE FOOLISH 5
 Tame Valley Trail, Hyde, Manchester. 9.30am.
 Contact: kiwiclassicvents@gmail.com
<http://sites.google.com/site/kiwiclassicvents>

Entry: £3. Extra on day: £1.
KEIGHLEY BIG K 10km
 Victoria Park, Hard Ings Road, Keighley, West Yorkshire. 9am.
www.bigk10k.org.uk
 Entry: £9. Extra on day: £6.

MEL'S MILERS 10km
 Christ's Hospital School, Horsham, West Sussex. 11am.
www.melsmilers.co.uk
 Entry: £8. Extra on day: £4.

PENNINGTON FLASH 10km/HALF-MARATHON
 Leigh Sports Village, Leigh, Lancashire. 9.30am.

www.sportstoursinternational.co.uk
 Entry: £14/£18.

RADCLIFFE 10km
 Radcliffe CC, Radcliffe, Greater Manchester. 11am.
www.radcliffeac.org.uk
 Entry: £5. Extra on day: £1.

Tuesday April 5

CITY OF HULL CHAMPAGNE LEAGUE
 Hotham Park, North Cave, East Yorkshire. 7.15pm.
www.cityofhullac.co.uk

ROAD

Friday March 25

BROOKS SERPENTINE LAST FRIDAY 5km
 The Bandstand, Hyde Park, London. 12.30pm.
 Contact: malcolmfrench@aol.com
www.serpentine.org.uk
 Entry: £2 in advance only.

Saturday March 26

SELSDON HALF-MARATHON
 Selsdon Park Road, Selsdon, Surrey. 10am.
www.selsdonhalfmarathon.verycool.co.uk
 Entry: £10.

THRESHOLD WINTER 10km SERIES
 Ilmington Sports & Social Club, Ilmington, Warwickshire. 10.30am.
 Contact: info@runstratford.co.uk
www.runstratford.co.uk
 Entry: £8. Extra on day: £2.

VICTORIA PARK 5
 St Augustine's Hall, Hackney, London. 11am.
www.vphthac.org.uk
 Entry: £10. Extra on day: £2.

Sunday March 27
B&Q EASTLEIGH 10km (Inc HAMPSHIRE CHAMPS)
 Fleming Park Leisure Centre, Eastleigh, Hampshire. 10am.
 Contact: director@eastleigh10k.org
www.eastleigh10k.org
 Entry: £11.

BEDFORD HARRIERS OAKLEY 20
 Lincroft Middle School, Oakley, Bedfordshire. 10am.
www.bedfordharriers.co.uk
 Entry: £18.

BORDERS LEAGUE
 Deeside College, Deeside.
www.bordersleague.org.uk
BRAINTREE 5 (Inc ESSEX CHAMPS)
 Great Notley Country Park, Great Notley, Essex. 11am.
www.braintreeanddistrictac.co.uk
 Entry: £9.

BROOKS PADDOCK WOOD HALF-MARATHON
 Paddock Wood, Kent. 10am.
 Contact: paddock.woodac@bopenworld.com
www.paddockwoodac.co.uk
 Entry: £15. Extra on day: £5.

CALNE CLOCK CHALLENGE 10km
 Calne Leisure Centre, White Horse Way, Calne, Wiltshire. 11am.
www.calneleisure.co.uk
 Entry: £10. Extra on day: £1.

CARTERTON 10km
 Carterton Leisure Centre, Carterton, Oxfordshire. 10.30am.
www.carterton-tc.gov.uk

Entry: £8. Extra on day: £2.
COLCHESTER HALF-MARATHON
 Weston Homes Community Stadium, Colchester. 11am.
www.colchesterhalfmarathon.co.uk
 Entry: £16.
COLTISHALL JAGUARS SPRING 10km
 Village Hall, Frettenham, Norfolk. 10.30am.
www.coltishalljaguars.co.uk
 Entry: £9. Extra on day: £1.
CORNWALL FIRE AND RESCUE SERVICE HALF-MARATHON
 Dragon Leisure Centre, Bodmin, Cornwall. 10am.
www.cornwall.gov.uk/fireandice
 Entry: £14. Extra on day: £4.
DUNMOW ST MARY'S 10km
 Dunmow St Mary's Primary School, Dunmow, Essex. 10.30am.
www.dsmprimary.essex.sch.uk
 Entry: £12.
HARPER ADAMS FIVE 10 5/10km
 Harper Adams University College, Newport, Shropshire. 11am.
www.harper-adams.ac.uk/five10run
 Entry: £5/£10.
HARTLEPOOL MARINA 5
 Hartlepool Maritime Experience, Hartlepool, Co Durham. 10.30am.
www.hartlepoolburnroad.co.uk
 Entry: £10. Extra on day: £2.
HEMINGTON 10km
 Hemington Primary School, Hemington, Somerset. 11.30am.
 Contact: hemington10k@googlemail.com
 Entry: £10. Extra on day: £3.
JOE COX HALF-MARATHON
 Stowmarket, Suffolk. 11am.
www.stowmarketstriders.org.uk
 Entry: £9. Extra on day: £1.
KINGSTON BREAKFAST RUN 8.2/16
 Market Square, Kingston-Upon-Thames, Surrey. 8am.
 Contact: info@humanrace.co.uk
www.humanrace.co.uk
 Entry: £25/£28.
KNI WALTHAM FOREST BOROUGH 10km/HALF-MARATHON
 Queen Elizabeth's Hunting, Chingford, London. 9am.
 Contact: boroughrun@knifoundation.org
www.kniboroughrun.kk5.org
 Entry: £15/£25.
LILLESHELL MONUMENTAL 10km
 Lilleshall CC, Lilleshall, Shropshire. 11.30am.
www.newportrunningclub.co.uk
 Entry: £6. Extra on day: £2.
LIVERPOOL HALF-MARATHON
 Queens Dock, Liverpool, Merseyside. 9.30am.
www.runliverpool.org.uk
 Entry: £27.
NEWHAM 10km
 Newham, London. 9.30am.
www.newhamlondonrun.org
RICHARD BURTON 10km
 Community Centre, Depot Road, Cwmafan, West Glamorgan. 11.15am.
www.richardburtonroadrace.com
 Entry: £10.
RONHILL SURREY CLASSIC STAGE 3 (10km)
 Equus Equestrian Centre, Horton Country Park, Horton Lane, Epsom, Surrey. 9am.

www.runningwithdavid.com
 Entry: £8. Extra on day: £2.
RUN NORTHUMBERLAND HALF-MARATHON
 Wallington, Northumberland. 9.30am.
www.runnorthumberland.org
 Entry: £20.
SAUCONY SEAA 6/12-STAGE RELAYS
 Milton Keynes.
www.seaa.org.uk
SCOTTISH 50km CHAMPIONSHIPS
 North Inch Park, Perth. 10am.
www.scottishathletics.org.uk
 Entry: £30.
THIRSK 10
 Race Course, Thirsk, North Yorkshire. 11am.
www.thirskandsowerbyharriers.co.uk
 Entry: £14.
THORNEY 10km
 Bedford Hall, Thorney, Cambridgeshire. 10.30am.
www.thorneyrunningclub.co.uk
 Entry: £7.
UKA 100km CHAMPIONSHIP (Inc ANGLO-CELTIC PLATE)
 North Inch Park, Perth. 7am.
www.uka.org.uk
 Entry: £40.
WILMSLOW HALF-MARATHON (Inc ENGLAND CHAMPS)
 Wilmslow RFC, Wilmslow, Cheshire. 10.30am.
www.wilmslowhalf.org.uk
 Entry: £26.
WORTHING 20
 Worthing, West Sussex. 9am.
www.worthingharriers.com
 Entry: £18. Extra on day: £7.
YEovil HALF-MARATHON
 Huish Park, Yeovil, Somerset. 9am.
www.totalbuzzevents.com
 Entry: £15.

Tuesday March 29

BRIDGE INN (BRISTOL) 5km SERIES
 Bridge Inn, Bridge Road, Shortwood, Bristol. 7.30pm.
www.bristolandwestac.org.uk
 Entry: £5 on the night.
RAVENS CRAIG PARK SERIES 2
 Ravenscraig Park, Kirkcaldy, Fife. 7pm.
www.fifeac.co.uk
 Entry: £2 on the day.

Wednesday March 30

CHICHESTER CORPORATE CHALLENGE (4.5km)
 Assembly Rooms, Chichester, West Sussex. 6.30pm.
www.chichester-corporate-challenge.org.uk
 Entry: £10. Extra on day: £2.
VERA HIRST 5km
 Falcon Inn, Church Street, Littleborough, Lancashire. 6.45pm.
 Contact: andems.runners@btinternet.com
 Entry: £4. Extra on day: £1.

Saturday April 2

CHESTERFIELD NO WALK IN THE PARK 5km
 Queens Park, Chesterfield, Derbyshire. 9am.
<http://ndrc.co.uk>
 Entry: £3.

MILES FOR MISSING PEOPLE 10km
 Regent's Park, London. 10am.
www.missingpeople.org.uk
 Entry: £18.
OMAGH HALF-MARATHON
 Omagh.
www.omaghharriers.co.uk
ROTHER VALLEY 10km
 Rother Valley Country Park, Wales, near Sheffield, South Yorkshire. Noon.
www.sheffieldathletics.co.uk
 Entry: £10. Extra on day: £1.
SEVERN AC GROCERY 4
 White Horse, Sandhurst Lane, Gloucester. 2.45pm.
www.severnac.co.uk
 Entry: £4. Extra on day: £1.

Sunday April 3

ALEXANDRA PARK 5km
 Alexandra Park, Whalley Range, Manchester. 11.30am.
www.openathletics.org
 Entry: £3.
AVON AAA 4x5M RELAY
 Oldland AFC, Castle Road, Bristol. 9.30am.
 Contact: gordon.robbs@talktalk.net
 Entry: £12. Extra on day: £2.
BELVOIR HALF-MARATHON
 Village Hall, Hose, Leicestershire. 10am.
www.hosevillage.org.uk/bhm.htm
 Entry: £15. Extra on day: £5.
BLYTH VALLEY 10km (Inc NECAA CHAMPS)
 Quayside, Blyth, Northumberland. 10am.
www.blythrunningclub.org.uk
 Entry: £8.
BOURNEMOUTH BAY 5/10km/HALF-MARATHON
 Pier Approach, Bournemouth, Dorset. 9.30am.
www.bhf.org.uk/bayrun
 Entry: £3/£9/£12.
BRILL HILLY 10km
 Brill Sports & Social Club, Brill, Bucks. 11am.
www.oxfordcityathleticclub.com
 Entry: £10.
BROADLAND HALF-MARATHON
 Village Hall, South Walsham, Norfolk. 10am.
 Contact: info@nrr.org.uk
www.nrr.org.uk
 Entry: £12. Extra on day: £2.
CAMBRIDGE FESTIVAL OF RUNNING 10km
 Cambourne Business Park, Cambourne, Cambridgeshire. 11am.
www.cambridgefestivalofrunning.com
 Entry: £10.
CROYDON HALF-MARATHON
 Sandilands Club, Sandilands, Croydon, Surrey. 9.15am.
www.croydonhalf.co.uk
 Entry: £15.
DERBYSHIRE BUILDING SOCIETY 10km
 Pride Park Stadium, Derby. 9.30am.
www.sporting-futures.org.uk
 Entry: £16. Extra on day: £7.
DOUGIE MAC 5km
 Wedgewood Estate, Barlaston, Staffordshire. 9.45am.
www.dmhospice.org.uk
 Entry: £15. Extra on day: £5.
EDMONTON ROTARY 10km
 Lee Valley Athletic Centre, Edmonton, London. 10.30am.
www.edmontonrotary.org.uk
 Entry: £10. Extra on day: £5.
FIRE SERVICE COLLEGE 10km
 Fire Service College, Moreton-in-Marsh, Gloucestershire. 10.30am.
 Contact: fsc10k@fireservicecollege.ac.uk
www.fireservicecollege.ac.uk
 Entry: £10.
FRISKNEY HALF-MARATHON
 Village Hall, Friskney, Lincolnshire. 11am.
<http://bostonanddistrictac.com>
 Entry: £10.
GUERNSEY VAZON MILE
 Vazon, Guernsey. 10am.
www.guernseyathletics.org.gg
HORNSEA ONE THIRD MARATHON
 Densholme Farm, Great Hatfield, East Yorkshire. 11am.
 Contact: info@hornseathirdmarathon.org.uk
www.hornseathirdmarathon.org.uk
 Entry: £10.
LANCASTER THREE BRIDGES 10km
 Salt Ayre Track, Lancaster. 11am.
www.lancasterathletics.co.uk
 Entry: £7. Extra on day: £1.
LEICESTER'S BIG 10km
 Abbey Park, Leicester. 9.30am.
 Contact: info@runstratford.co.uk
www.runstratford.co.uk
 Entry: £15.
LES WITTON DARTFORD 10
 Princes Park, Dartford, Kent. 9.30am.
<http://dartfordroadrunners.co.uk>
 Entry: £13. Extra on day: £3.
LINCOLN 10km
 Riseholme Road, Lincoln. 11am.
 Contact: 10keventofficer@lincoln.gov.uk
www.lincoln10k.co.uk
 Entry: £15.
MINCHINHAMPTON 10km
 Minchinhampton Primary School, Minchinhampton, Gloucestershire. 10.30am.
 Contact: events@carun.org
www.carun.org
 Entry: £9. Extra on day: £2.
RAINFORREST FOUNDATION UK SPRING 10km
 Kew Green, Richmond, London. 11.15am.
 Contact: events@rainforestuk.org
www.rainforestfoundationuk.org/4SC
 Entry: £20.
REGENT'S PARK 10km SERIES
 The Hub, Regent's Park, London. 9.30am.
<http://regentsparkraces.org>
 Entry: £10.
SANDY 10
 Sandy Sports Centre, Sandy, Bedfordshire. 10.30am.
 Contact: enquiries@sandy10.org.uk
www.sandy10.org.uk
 Entry: £10.
SCOTTISH ATHLETICS RELAY CHAMPIONSHIPS
 Almondvale, Livingston. Noon.
www.scottishathletics.org.uk
ST CLARE HOSPICE 10km
 St Clare Hospice, Hastingwood, Harlow, Essex. 10.30am.
www.stclarehospice.org.uk/10krun.html
 Entry: £10. Extra on day: £3.
SUSSEX MARATHON
 Battle, Sussex. 9am.

www.sussexmarathon.co.uk
 Entry: £29.
TAUNTON HALF-MARATHON/MARATHON
 Somerset College, Taunton, Somerset. 10.30am.
www.tauntonmarathon.co.uk
 Entry: £17.50.
WAKEFIELD HOSPICE CITY 10km
 Lawefield Lane, Wakefield, West Yorkshire. 9.30am.
www.wakefieldhospice.org
 Entry: £13. Extra on day: £2.
WELSH RELAYS
 Llandow, Vale of Glamorgan. 12.30pm.
www.welshathletics.org
WHITLEY 10km
 Village Hall, Whitley, Cheshire. 11am.
 Contact: clifford.straw@virgin.net
 Entry: £9. Extra on day: £1.

Tuesday April 5

CLEETHORPES 5km SERIES
 Cleethorpes CC, Chichester Road, Cleethorpes, North East Lincolnshire. 6.45pm.
www.cleethorpesathleticclub.co.uk
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
 Contact: canter5k@hotmail.com
 Entry: Free.

Wednesday April 6

BRENDA & COLIN ROBINSON'S 5km
 Falcon Inn, Church Street, Littleborough, Lancashire. 7pm.
 Entry: £4. Extra on day: £1.
CHESTER SPRING 5
 Cheshire County Sports Club, Upton, Chester. 7pm.
www.westcheshireac.co.uk
 Entry: £5. Extra on day: £1.
LILLESHELL SEXARATHON 5
 Lilleshall National Sports Centre, Newport, Shropshire. 7pm.
www.telfordrunning.co.uk
 Entry: £5.
SPRING COAST ROAD 5km
 Redcar RFC, Redcar, Teesside. 7pm.
<http://new-marske-harriers.co.uk>
 Entry: £5.

Thursday April 7

BURNHAM ESPLANADE WINTER 5km SERIES
 South Esplanade, Burnham-on-Sea, Somerset. 7.30pm.
www.bospool.com
 Entry: £6. Extra on day: £2.
EAST SURREY LEAGUE
 Ewell Track, West Ewell, Surrey. 7pm.
 Contact: ken.crooke@talktalk.net
SPENCERS DASH 3.7 SERIES
 Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.
www.barnsleyac.co.uk
 Entry: £3 on the night.

Friday April 8

SAUMAREZ PARK 5km SERIES
 Saumarez Park, Guernsey. 6pm.
www.leemerienrunning.com
 Entry: £2.

Saturday April 9

CONISTON 16.7
 Coniston, Cumbria. 11am.
www.coniston14.com
 Entry: £17.

ERRA MEN'S NATIONAL 12-STAGE & WOMEN'S 6-STAGE RELAYS
Sutton Park, Sutton Coldfield, Birmingham, West Midlands.

PARKRUNS

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Ashford - Bedfont Lakes Country Park.
Banstead - Banstead Woods.
Barnsley - Locke Park.
Basingstoke - War Memorial Park.
Belfast - Waterworks Park.
Birmingham - Cannon Hill Park.
Bolton - Leverhulme Park.
Bradford - Lister Park.
Bramhall - Bramhall Park.
Brighton - Hove Park.
Camberley - Frimley Lodge Park.
Cambridge - Milton Country Park.
Cardiff - Blackweir.
Coventry - War Memorial Park.
Croydon - Roundshaw Downs.
Eastleigh - Lakeside County Park.
Edinburgh - Silverknowes Promenade. 9.30am.
Enfield - Grovelands Park.
Forest of Dean - Covenham Enclosure.
Glasgow - Pollock Country Park. 9.30am.
Great Yarmouth - Gorleston Cliffs.
Greenwich - Avery Hill Park.
Hull - East Park.
Kingston - Canbury Gardens.
Leeds - Hyde Park.
Leicester - Braunstone Park.
Leigh - Pennington Flash.
Liverpool - Princes Park.
London - Brockwell Park.
London - Bushy Park.
London - Crystal Palace Park.
London - Finsbury Park.
London - Hackney Marshes.
London - Norman's Park.
London - Wimbledon Common.
Middlesbrough - Albert Park.
Manchester - Heaton Park.
Manchester - Platt Fields Park.
Milton Keynes - Willen Lake.
Newcastle - Exhibition Park.
Newport - Tredegar House.
Norwich - Eaton Park.
Oldham - Alexandra Park.
Richmond-on-Thames - Old Deer Park.
Richmond-on-Thames - Richmond Park.
Reading - Thames Valley Park.
Redbridge - Valentines Park.
Sheffield - Concord Sports Centre.
Sheffield - Endcliffe Park.
Slough - Black Park Country Park.
Solihull - Brueton Park.
Stockport - Woodbank Park.
Strathclyde - Strathclyde Country Park. 9.30am.
Sunderland - Silksworth Sports Complex.
Swindon - Lydiard Park.
Whitstable - Promenade.
Entry: Free. 9am unless stated.
www.parkrun.com

TRACK

Saturday March 26

BRACKNELL YOUNG ATHLETES' OPEN
Bracknell.
www.bracknellac.com

Sunday March 27

CARLISLE YOUNG ATHLETES' MEDAL OPEN
Carlisle. Noon.
www.carlisleaspatria.com

Entry: £2. Extra on day: £1.
CRAWLEY PRE-SEASON OPEN
Crawley. 11am.
Contact: open@crawleyac.org.uk
www.crawleyac.org.uk

Entry: £2.50. Extra on day: £1.
IVAN STRINGER MEMORIAL OPEN
Cleckheaton. 11am.
www.spenac.co.uk

Entry: £3.
MANX OPEN
Douglas.
SCUNTHORPE OPEN
Scunthorpe. 10am.
www.scunthorpeathletics.com

Entry: £2.50. Extra on day: £0.50.

Saturday April 2
BASINGSTOKE YOUNG ATHLETES' GRADED OPEN
Basingstoke. 10.30am.
Contact: openmeet@bmhac.co.uk
www.bmhac.co.uk

Entry: £3.
CAMBRIDGE THROWS FEST
Cambridge. 10.45am.
Contact: championships@camsaa.org.uk
www.camsaa.org.uk

Entry: £3.
CRAWLEY AIM 6/12-HOUR
Crawley. 7am.
Entry: £25.

HAVINGING MAYESBROOK SPRING WARM-UP
Hornchurch. 10.30am.
www.havinging-mayesbrook.org

Entry: £3.
RUGBY TRACK RE-OPENING OPEN
Rugby. 1.15pm.
www.randnac.org

Entry: £2.

Sunday April 3
BOURNEMOUTH SPRING OPEN
Bournemouth. 10am.
Contact: bac2sec@yahoo.co.uk
www.bournemouthathleticclub.co.uk

Entry: £3.
CITY OF STOKE AC OPEN
Stoke. 10.30am.
www.stokeac.org.uk

Entry: £4.
CYRIL ELLIOT PHOTO-FINISH OPEN
Cancelled.
HERCULES WIMBLEDON YOUNG ATHLETES' OPEN
Crystal Palace. 11am.
www.herculeswimbledonac.org.uk

Entry: £4.
MMAC 'OLD GUARD' SPRING OPEN
Stourport. 10am.
www.midlandmasters.org.uk

Entry: £2.
NOTTS AC SPRING SPRUCE OPEN
Nottingham. 9.30am.
Contact: nicholas@nicholasoffler.wanadoo.co.uk
www.nottsac.co.uk

PLYMOUTH SPRING WARM UP
Cancelled.
WARRINGTON OPEN
Victoria Park, Warrington. Noon.
Contact: 07586-435191.
www.warringtonathletic.org

Entry: £2.

Wednesday April 6
SWANSEA OPEN

Swansea. 6pm.
www.swanseaharriers.co.uk
Entry: £3.
WATFORD OPEN
Watford. 7pm.
www.watfordharriers.org.uk
Entry: £3.

Saturday April 9

BEDFORDSHIRE OPEN
Bedford. 10.30am.
Contact: chairman@bedfordandcountyac.org.uk
www.bedfordshireaaa.org.uk

Entry: £2.
KINGSTON THROWS OPEN
Kingston. 10am. Until April 10.
Contact: camilla.thrush@london2012.com
www.kingstonandpoly.org

Entry: £5.
LEE VALLEY OPEN
Lee Valley. 10.30am.
www.leevalleypark.org.uk

Entry: £5. Extra on day: £1.
MEDWAY & MAIDSTONE OPEN
Gillingham. Noon.
Contact: chrisbowman@uk2.net
http://mandmac.org

Entry: £3 on the day.

WALKS

Friday March 25

SOUTH YORKSHIRE LEAGUE
Millhouses Park, Sheffield, South Yorkshire. 6pm.

Saturday March 26

SLATER/BRYCE MEMORIAL 10km
Broadbridge Heath, Horsham, Sussex. 11am.

Friday April 1

SARNIA TRACK 2
Osmond Prialux. 6.30pm.
Contact: lenouryjedburgh@cwgsy.net
http://sarnia.wordpress.com
Entry: £1.

Saturday April 2

ENFIELD LEAGUE 5 (Inc PAT FUREY OPEN)
Lee Valley. 2pm.

OVERSEAS

Saturday March 26

EUROPEAN RACE WALK PERMIT MEETING
Dudince, Slovakia.
www.european-athletics.org

Saturday April 9

IAAF WORLD RACE WALK CHALLENGE
Rio Major, Portugal.
www.iaaf.org

Sunday April 10

GREAT IRELAND 10km
Phoenix Park, Dublin, Ireland. 1pm.
www.greatrun.org
PARIS MARATHON
Paris, France.

ROTTERDAM MARATHON
Rotterdam, Holland.

Sunday April 17

MADRID MARATHON
Madrid, Spain.
www.maratonmadrid.org

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www.hearingdogs.org.uk

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Web-wise athlete spins a tale

THE RACE is on to become the first athlete dressed as Spider-Man to break the 2:30 barrier for the marathon.

Readers of *Dip Finish* will be interested to know that Ian Sharman, the ultra-distance runner featured in this column on February 17, set a Guinness world record for a marathon dressed as a super-hero earlier this month when he ran 2:40:06 in the Napa Valley Marathon.

Then, last week, this column featured the Dentdale Run, where a stag party of athletes dressed up as comic book heroes dominated the action, with the victory going to Dave Norman of Altrincham, a 2:18 marathoner who was, on this occasion, dressed as Spider-Man.

Now, the super-hero marathon record has been broken again – this time by an



David Wardian: ran 2:34:56 marathon dressed as Spider-Man

American – with David Wardian shaving just over five minutes off Sharman's mark to clock 2:34:56 at the Lower Potomac River Marathon on March 13.

This is the not-so-serious side of athletics, but Wardian is no fun runner. One of the world's top ultra-runners, he is

sponsored by Powerbar and The North Face and the weekend before his Spider-Man marathon he won the USATF 50km title for the fourth year in a row. He has also held the world record for a marathon on a treadmill (2:23:58) and also for pushing a baby buggy (2:42:21).

Racing in the Spider-Man outfit earlier this month, he said, was pretty sweaty business, but he told *AW*: "The costume was definitely hot but I am training for the Badwater Ultramarathon in Death Valley, which takes place in July, so needed some heat training anyhow."

He added: "The Spider-Man suit was actually really comfortable, but the one I used has 'fake muscles' so if you spilled water on them, it caused them to get heavy, which was a tad annoying."

"Also, it was tough to breathe through the tiny hole in the mask and if the mask got wet, like when you drink, then it makes it really hard to breathe."

Can Sharman and Norman rise to the challenge or does our friendly neighbourhood web-slinger from the United States have the record all tied up?

Christie's iron will

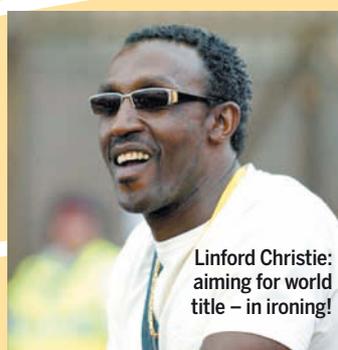
LINFORD CHRISTIE'S love of gardening has been well documented, but *Dip Finish* has discovered another past-time that you would not necessarily associate with the 1992 Olympic 100m champion.

It turns out Christie is a big fan of ironing and he has set his sights on becoming the world champion!

"If you train hard, it's all about the winning," says Christie. "If you don't train hard then it's about taking part. And I'm not in it just to take part."

Household appliances manufacturer Morphy Richards has launched a worldwide search to find the most skilled ironing experts. They say they are "looking for the speediest ironers, perfect shirt pressers and most stylish and

creative crease removers to crown as world



Linford Christie: aiming for world title – in ironing!

ironing champions in the first ever World Ironing Championships."

There is no event as such, but instead entrants are encouraged to send videos demonstrating their ironing skills in one of three disciplines: the quickest shirt, quality of finish, or style and flair.

Christie is already quick off the marks and his video can be seen here, together with details of how you can enter: homeofthehouseproud.com/world-ironing-championships

Job's King-size collection

FURTHER to last week's *Dip Finish* story about Job King's collection of vintage athletics spikes, *AW* readers have been quick off the marks to contact him about their old shoes.

In addition to boosting his collection, King also hopes to one

day feature them on a dedicated website. Until then, they can be seen here: <http://ow.ly/4gnBJ>

If you missed last week's story and have old spikes that you might be interested in donating to King, then email: onlyjobking@hotmail.com



Job King's spikes collection has been boosted by the response of *AW* readers

NEXT WEEK

Interview with the world's leading sprint hurdler and American record-holder, David Oliver

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Tues 22nd Feb	Runners Need , Kings Cross	0207 278 9503	Fri 18th Mar	Sweatshop , Harrods	0207 7301234 x2102
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Sat 26th Feb	Sweatshop , Milton Keynes Lincolnshire Runner , Lincoln Up & Running , Liverpool Running Free , Poole Alfie Sports , Waterford Alton Sports , Farnham, Surrey Alton Sports , Alton, Hampshire	01908 662202 01552 512733 01517 076676 01202 741900 00 353 51 872837 01252 734999 01420 84101	Sat 26th Mar	Sweatshop , Teddington Northern Runner , Newcastle on Tyne Up & Running , Leeds Warwick Sports , Warwick Podium 4 Sport , Belfast Alexandra Sports , Portsmouth	0208 9430239 0845 612 0145 0113 391 2642 01926 497676 028 90 701333 02392 698 285

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