

ATHLETICS WEEKLY

NOVEMBER 16, 2017 | £3.95

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Jason Henderson, editor

MISPLACED MONEY?

MONEY, they say, cannot buy happiness. In athletics, money alone doesn't buy medals either.

Having the cash to afford better medical treatment and overseas camps certainly helps, as does the ability to focus on training 100% without the distraction of a daytime job. But none of this guarantees a place on the podium and there's a strong argument to suggest that simple desire, dedication and determination are priceless in comparison.

Since Lottery funding was introduced for elite sport in 1997, it has created much debate. One of the early critics was sprinter Darren Campbell, who said in 2003 that it created a 'comfort zone' mentality. In the run-up to London 2012, former UKA performance director Max Jones echoed Campbell's words by suggesting Lottery funding was "being wasted".

As for medals, in the immediate pre-Lottery era the GB athletics Olympic team won eight medals in 1988, six in 1992 and six in 1996, whereas the last three Games have produced six in 2008, six in 2012 and seven in 2016, albeit with more golds.

Of course, Daley Thompson, Seb Coe, Steve Cram, Steve Ovett, Linford Christie, Sally Gunnell and others didn't need Lottery funding to beat the world. As Andy Turner, Jess Judd and Laura Weightman have suggested this month, too, the support is possibly over-rated as well (*News*, 24-25).

Of course the National Lottery also already funds grassroots sport. But in a month that has seen Northern Athletics pleading with its members for a meagre £2 per year to survive and athletes from City of Salisbury AC unable to afford to train at their track (*News*, p23), maybe it's time for Britain to spend less on potential Olympic and Paralympic medallists and more on improving local facilities and athletics in clubs and schools.

MARK SHEARMAN



Kori Carter
feature - p12

MARK SHEARMAN



Above: Linford Christie won Olympic gold in Barcelona in 1992 without Lottery funding

Cover: Laura Muir wins in Kirkcaldy last weekend (Bobby Gavin)

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Coverage from Teardrop Lakes as Jess Judd, Mahamed Mahamed, Khai Mhlanga and Ben Dijkstra are among the winners

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Barcelona 1992 revisited:
Derek Redmond with his dad





RISING TO THE CHALLENGE

JESS JUDD AND MAHAMED MAHAMED WERE SENIOR WINNERS AS THE CROSS CHALLENGE SERIES MOVED TO MILTON KEYNES' TEARDROP LAKES

REPORT: MARTIN DUFF PICTURES: MARK SHEARMAN

EARLY MORNING rain gave way to a brighter afternoon as the second round of the British Athletics Cross Challenge series again piggy-backed on to the Results Base Chiltern League fixture that, since its inception in 1959, has built up its size so that it now attracts around 1400 runners.

This helped create one of the largest gatherings of the season.

Jess Judd won the first Cross Challenge senior women's race of the season in

Cardiff and continued her good early winter form – which has also seen fastest laps in both road and cross-country relays – with victory over Gemma Steel.

It was almost a similar story in the men's race but the Cardiff one-two swapped places as 20-year-old Mahamed Mahamed defeated Age UK Leeds Abbey Dash winner Sam Stabler.

Andy Vernon did much of the early work in this men's race, but his lack of training following a summer injury saw him stuck for pace as first Stabler then Mahamed, turned up the heat.

Earlier, a minute's silence was held at the 11th hour of the 11th day of the 11th month, in honour of the fallen in battle, before the programme got under way with the under-11 races.

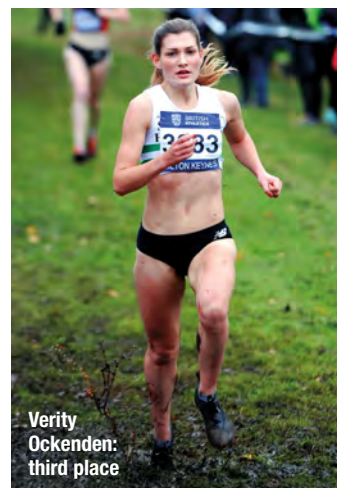
Ben Dijkstra and Khai Mhlanga were impressive winners of the under-20 races, while Ella McNiven and Jack Meijer finished leading under-17s as they ran alongside the under-20s in the same events.

Harriet Knowles-Jones chose to compete in the senior women's race and was fourth.

The Cross Challenge series now moves on to Sefton Park, Liverpool, on November 25 for a meeting that not only incorporates the European trials but also brings together two local area leagues.

SENIOR WOMEN

JUDD'S fastest lap in the previous week's Saucony English Cross-Country Relays had been largely overlooked, as her run came deep in the field, but here she was prominent from the start before out-sprinting Steel.





Jess Judd and Gemma Steel are to the fore as the women's race gets underway

They had broken away from the field on the opening shorter of the two laps, along with Verity Ockenden and Knowles-Jones, who was comfortably the quickest under-20 at Berry Hill Park a week earlier.

Steel, the winner of the Simplyhealth Great South Run last month, and world 1500m semi-finalist Judd then broke away from the other two on the way out to the back of the course and its steep hill. The two of them then had to think about the run down to the finish and it was the shorter distance specialist and younger Judd who stole the march and extend her unbeaten winter form with a two-second victory.

Judd said: "I tried to hang in there and then had a bit left so I thought I would just go for it. I



Katrina Wootton (right) and Abbie Donnelly: battling it out

dug deep and it was really nice to win but that's the quickest I've run for a long time."

The 22-year-old then added her own tribute to those expressed in Mansfield last week: "All the family are thinking of the two AFD girls (Stacey Burrows and Lucy Pygott)."

Runner-up Steel was happy, saying: "It's my 32nd birthday tomorrow and my plan was to run hard but I was always going to be a bit conscious of Jess," and so it proved.

Further back, it was Swansea athlete Ockenden who got the better of Knowles-Jones, who said that she will be going for place in the GB team at the European Championships later this month. The Warrington athlete added that she was wearing a black armband "dedicated to former under-17 National cross-country champion and clubmate Dan Evans, who tragically died last week."

Behind the top four, there was a close battle for the minor placings, that was 'won' by

Abbie Donnelly, who was fastest in the Northern cross-country relay for winners Lincoln Wellington. Behind, Katrina Wootton and Louise Damen led in a tight group.

SENIOR MEN

VERNON was everybody's bet to win but he was short of training and racing since an injury sustained during his 13:22.65 5000m in Holland in July. Staying back during the opening skirmishes, Vernon then followed the pace set by Stabler on the first lap, as Peter

Huck, Mahamed, Chris Olley and Pat Dever followed, this half-dozen having broken away from the rest.

Despite his lack of training, Vernon took up the challenge and raised the pace on the next lap as Olley seemed to be losing contact. Soon, it was down to just Stabler, Mahamed and Vernon. Half a mile later and Vernon too had gone, as Stabler again seized the initiative but had Mahamed on his shoulder. That left the first two from the previous round in Cardiff to re-live that experience.



Jess Judd: Inter-Counties champion prevails again



Mahammed Mahammed (centre) with Andy Vernon (right) and Sam Stabler



Patrick Dever (3405) and Tonbridge's Chris Olley finished fourth and fifth respectively in the men's race

The long third lap made the difference as the Southampton man broke clear to win by around 80 metres. Vernon was a similar distance further back in third, as Dever was the best of the rest.

"My plan was to stay behind the boys, so I am really happy with the win," said Mahamed, who admitted to just doing about 30-40 miles a week of mixed training.

Stabler said: "I'm going well but today was brutal and I tried to break away twice but I did so too soon but I may still have Leeds in my legs."

Four-time Cross Challenge series winner Vernon admitted to being "under-prepared", adding: "I've been training very lazily and haven't raced since July but did hit 90 miles last week."

YOUNG ATHLETES

No juniors figured in the top 20 in the senior race, as only those in the Chiltern League event ran there. Instead there was a combined under-20/17 race for the Cross Challenge. This saw Leicester's Ben Dijkstra take the under-20 race from two league runners Ben Davies and Jack Meijer, after getting away up the big hill. with Mahamed's younger brother, Zak, fourth.

Dijkstra said: "I'm really happy but I want to get back to winter triathlon training after Liverpool. Hopefully I'll get picked (for the Euros)."

For Meijer, who was running on his home turf as a Milton Keynes AC member, it yielded the under-17 gold, as he finished 60m clear of York's Josh Dickinson. He said: "They started pushing hard so I waited then pushed on from half-way."

For the women it was again a combined under-20 and under-17 race and in the absence of Knowles-Jones it was a close battle for the medals. Amelia Quirk has been running well this winter



Khai Mhlanga: under-20 women's winner



Ben Dijkstra: took the junior men's race

winners. "I was hoping to make the top five, so am surprised," said Mhlanga.

For her part, McNiven said: "I was expecting them (the under-20s) to be further ahead."

After winning the England Athletics 3000m title in August, Mohamed Ali has been making the running in west London area races this winter but it was firstly Menai's Mike Spill and then Leeds' Ethan Hussey who led during and after the first smaller of two laps.

and made the pace and was soon followed by the unbeaten under-17 Ella McNiven and Khai Mhlanga.

As they went out on their second and larger lap, Quirk pushed on, tracked by McNiven, who had swapped her trademark yellow shorts for a natty black number. Mhlanga trailed at this point but re-made contact before Quirk then fell away over the hills.

The older Mhlanga then went away for individual race victory, although both were age-group



Jack Meijer (3335): top under-17



The combined under-20 and under-17 men's race gets underway



Mohamed Ali: win in the under-15 boys' race



William Rabjohns: leading under-13 boy

Thereafter, the Ealing, Southall & Middlesex runner, pulled away on the longer second lap for a 70-metre victory.

"I took the lead as I was kind of bored," said Ali, who added that he had been ill all week and was unsure about racing.

The under-15 girls' race saw Lily-Jane Evans-Haggerty push on from the start and, justifying her trip down from Glasgow, hold on to win from a trio of chasers. She said: "I didn't

expect to win as I found it quite tough but you had to hold on to the pace."

Liverpool's Caitlin Robinson was one of those but turned an ankle on the far side of the single large lap. This left Sian Heslop, of Macclesfield, to take second from another Scot, Anna Hedley.

After the first of their two medium laps in the under-13 boys' race, eventual winner William Rabjohns took over the lead from Lewis Sullivan

as Zena Saez and Cormac Nisbet followed. The Poole AC runner then consolidated his advantage to win by a few metres. "I only thought that I could win on the second lap," said the 11-year-old.

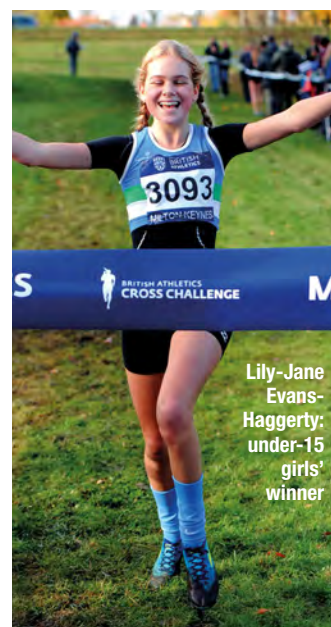
Holly Weedall took the under-13 girls' event in the Cardiff round of the Cross Challenge and has been posting fastest stage times in the Northern relay events this winter. Here, the Vale Royal runner had a 20-metre lead at the end of the first small lap before holding on to win from

Valencia Knight who, despite closing a little on the second circuit, was unable to make sufficient inroads.

The under-11 races in the Challenge are put on mainly to meet local league requirements and the most significant was in the girls' event where the Chiltern Harriers pair of Lesidi Nkoane and Frankie Baxter showed the progress that their club has made in recent years. They were also amazed to receive both medals and kit as prizes. Stoke's Nathaniel Rowe took the boys' race.



Under-17 women's race winner Ella McNiven (3186) with under-20 Amelia Quirk



Lily-Jane Evans-Haggerty: under-15 girls' winner



Holly Weedall: No.1 in the under-13 girls' race



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HURDLES QUEEN

WORLD 400m HURDLES CHAMPION KORI CARTER TELLS **STUART WEIR** WHY SHE'S SWITCHING TO 100m HURDLES IN 2018 AND ABOUT HER 'GAME FACE' POSE FROM LONDON 2017

KORI CARTER's win the 400m hurdles in London 2017 surprised a few people but not the athlete herself. From not making the US team in Rio to being world champion a year later is quite a story.

Growing up in a family of athletes, she was always into sport. "I pretty much did everything except track and field," she remembers. "I played soccer, football, basketball and softball.

"I got bored with softball because it was too slow a sport for me and I decided, because I play all these sports, that I would try track and field.

"When I started, I was the multi-event person because I figured that I might as well try all these sports. I was a pentathlete and 800/1500m girl and as I was training for all the events I basically fell in love with hurdles.

"I hated the 800m and I couldn't care less about the shot and so it progressed until I became a hurdler because I loved the event. That is basically how I started doing track in seventh grade. I thought I was going to be a multi-eventer so I tried all the events and became a hurdler.

"Because of my height, I don't think anyone would have pushed me towards the hurdles initially."

She has also always been equally comfortable with 100m and 400m hurdles. Her first international competition was

the 2008 World Junior Championships where she ran the 400m hurdles. The following year she was selected for the World Youth Championships and hoped to do both events. But when the schedule made doubling up difficult, she opted for the 100m hurdles and won a silver medal behind Isabelle Pedersen, with whom she has been friends ever since.

Carter says of the two events: "I am one of the few people to have made teams in 100m hurdles and 400m hurdles. I have always been in love with the hurdles.

"I love the speed and technical aspects of the 100m hurdles. I love the grit and the grind of the 400m hurdles. I like both but God has blessed me more in the 400m hurdles.

"I am excited because next year, for the first time, I will focus solely on the 100m hurdles and I am excited to see what I can actually do. I think it's a hard balance to have, it is essentially having someone who runs the 200m and the 800m, two completely different systems, but for me, it works and I am a better 400m hurdler because I do the 100m hurdles."

In 2015 she made the US team for the World Championships in the 400m hurdles but it did not go according to plan. "Beijing 2015 was a hard one. Making the podium was my goal," she says. "When I got in the semi, my coach said I needed to get out better. My stride pattern had been off



Kori Carter: American feels the 100m and 400m hurdles complement each other

in practice leading up to worlds but I was committed to the plan.

"He told me to get out really hard and I did. I think I got out harder than I ever had before and I wasn't really comfortable with that, which is why I hit the third hurdle and my World Championship campaign was over.

"It was a really tough blow because I saw myself doing a lot better, going out and making the final and hopefully making the podium.

"It was like the first time I had hit a hurdle in a race. That was a very low moment, to say the least, because I thought I had not performed to the best of my ability there."

In 2016 she came fourth in the US Olympic trials with only the first three selected for the Rio Games. She recalls:



“That was another really low place because being an American athlete it is always really difficult to make the team. Even this year it was crazy fast in the trials.

“It is sort of a blessing and a curse. It’s really hard to make the team. You have to be on your A-game and run great but there is still the possibility you will come fourth. The other side of that, it is a blessing because if you do make the team you have a lot of confidence going into the championship because you already know that you’re the best of the best and that you can handle that level of competition through the rounds, by going through US trials.

“When I didn’t make the team [for Rio] it was really rough because I felt I let myself down and let a lot of people who had supported me. That was the goal that we

had had for four years and that was really hard to handle.”

Carter did not waste her time moping around the house. She barely watched the Olympics on TV. She had an idea for a training journal, taught herself formatting and self-publishing skills and produced a book. “I wanted to create a resource for Christian athletes where they could track their training and diet and also reflect on how God is impacting them as they train,” she explains, on a book called *The Christian Athlete Training Journal* which was subsequently published.

In the 2016 US Trials she had run 54.47 but in 2017 her time was a PB of 52.95. How did she manage such a dramatic improvement in a year? Her reaction to 2016 was to re-evaluate everything. She

made the big decision to change coaches and to re-unite with Edrick Floreal, who had been her college coach at Stanford but who was now at University of Kentucky. So it meant moving from LA to Kentucky.

Her dog, Kovu (a Swahili name and character from *The Lion King II*) is happier with the move to cooler climes than his owner. He is a mini Alaskan husky – “imagine being put in the drier and shrunk down”. So he likes the cold and can also hurdle, having been taught by his owner!

Carter cannot speak highly enough of her new coach’s influence: “Coach Flo and I have a very special bond. What I really appreciate about him is that he’s always pushing me to achieve my potential. He is always telling me how good I can be and always holding me to that standard.

London 2017: Kori Carter (left) won global gold in the 400m hurdles by almost half a second in 53.07



“Coach Flo is a genius and a maniac but he puts the work in. He always says he’s not smarter than anyone else he’s just willing to work harder and you see the sacrifice he puts in to us every single day and I so appreciate him. I think moving to Kentucky is the main difference as to how I performed last year, compared to the two previous years.”

Working every day with world-class hurdlers like Keni Harrison and Omar McLeod is a help, as is the focus of Coach Flo’s training. “We train at race pace all the time,” she says, “and race pace for Coach Flo is world record pace. So when I am going over hurdles he makes sure that I do all those elements at world record pace. That helps me.

“When I get a race it gives me confidence because I had been training at this very high pace. If you are used to running the first six hurdles at world record pace and in a race you are running at 53, it feels very comfortable. It gives me confidence because I know I can hit these times for the first six, and if I do that, I know that I’ll run a very fast time.

“Coach is very technical. There are no throwaway runs. When we do something he wants us to execute it properly and do it at a world record pace. So you’re always

pushing yourself in practice. But with hurdles we’re always working as if we are in a race.”

Before London 2017, Coach Flo had told her she could win. She says: “That was the goal going into London. He wasn’t concerned about the time or about stride pattern: all the focus was on winning. So that was definitely the expectation.”

Being drawn in lane nine was not in the plan but she was not going to let that distract her. “I am known as a chaser,” she says. “So when I heard I was lane nine, I thought this could be a problem.

“Last world championship, I did not make the final. So I told myself ‘all I need is a lane and I am not going to let lane nine be an excuse for not getting the win’.

“My coach has been pushing me to get out really hard. And I knew I had to bring it from the gun as I was running blind. I didn’t want to come around hurdle eight and see I had 10 metres to make up.”

Carter won in 53.07 from fellow American Dalilah Muhammad (53.50) with Jamaican Ristananna Tracey third in 53.74

Immediately after her London victory, she was asked about her “mean look” when she was standing at the start. She explains: “I call myself Kori Monster for a reason. It’s really funny because that’s my face before every single race.

“I always have my game face on and the reason I smile so quickly is because my dad told me I had to smile when they say my name but then I go quickly back into game mode.”

Next year she will just be running the 100m hurdles. It is a one-year break from the 400m hurdles and intended to increase her speed. Yet don’t think for a moment she will not be taking it seriously as she is targeting a sub 12.50 run.

KORI CARTER (USA)

BIOG

- **Born** June 3, 1992, California
- **PBs** 60m hurdles 8.11; 200m 23.07; 100m hurdles 12.76; 400m hurdles 52.95
- **Coach** Edrick Floreal
- **Achievements**

2017: IAAF World Champs 400m hurdles gold
2015: IAAF World Champs 400m hurdles semi-final

2014: US Champs 400m hurdles gold

2013: NCAA 400m hurdles 400m hurdles gold

2009: World Youth Champs 100m hurdles silver

2008: World Junior Champs 400m hurdles semi-final



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NEW YORK STATE OF MIND



GEOERGE HIRSCH was right. Not long after Shalane Flanagan had crossed the finish line to become the first American female to win the New York Marathon since 1977, the man who was a founding figure of the event turned to me and said “we needed that”.

It struck me, however, that not only did the New York Marathon need that but marathon running as a whole needed that, women’s distance running needed that. After the awful events of the week before,

the city of New York certainly needed that, too, while Flanagan herself also needed that after the disappointment of having to withdraw from Boston earlier in the year following injury. It was a moment to savour.

The men’s race didn’t disappoint, either, with a close finish between Geoffrey Kamworor and Wilson Kipsang keeping the atmosphere in the stands alive while the popular Meb Keflezighi finishing his last ever marathon brought cheers almost as loud as those afforded to the winners. The press conference afterwards revealed just how much of an influence he has been to American and African runners, both through his gutsy performances but also his gentle and respectful personality.

Flanagan even mentioned, in the aftermath of her own moment of history, how she took inspiration from Keflezighi’s victory in the Boston Marathon in 2014, the year after the terrorist attack on the city, and the way he conducted himself after such an emotional and important win.

All of this was the culmination of an unforgettable weekend. As an athlete I ran in New York many times – competing in and winning events such as the Fifth Avenue Mile, Millrose Games and the New Year’s Eve midnight run in this incredible city. A nerve injury stopped my running career early so, while competing in the New York Marathon would have been high on my list, it was a dream I never realised.



Paula Radcliffe: three-time winner of the New York City Marathon is a hall of famer at the event



Somehow being in the Big Apple for the marathon, in any capacity, had never happened either so when the chance to experience it all for the first time as a media representative came up it was an opportunity I didn’t want to miss.

The atmosphere around the event was apparent from the minute I got off the plane. Staff at immigration were all asking about the marathon and the taxi driver who drove me into town was going to spend the race taking pictures along the route – everyone was somehow involved!

I didn’t waste any time in heading to Central Park to run a route that I’d followed hundreds of times before and is loaded with memories, but never had I seen the park quite so busy. In the space of a mile I passed several groups of 10-20 runners from many different countries, some with

Shalane Flanagan:
American enjoyed
victory on home
soil this month

DAN VERNON



pace flags and each wearing their own unique t-shirts, out for their last training run together while taking in the sights. Then a group passed me led by London 2017 steeplechase world champion Emma Coburn. The running world was without question, in New York!

The 5km US championships which took place on the Saturday morning was a great event with over 10,000 runners following the elite into Central Park. It seemed almost bizarre that runners could stream down 6th Avenue at 9am on a Saturday morning. Shutting the busy streets in a major city is no mean feat and policing an area like 6th Avenue and Central Park South tougher, but it worked well.

Molly Huddle looked supreme in winning her 25th national title, but it was also great to see Paula Radcliffe, whose image flies

near the finish line in honour of her victories in New York and induction into their hall of fame, sneak under the radar with an 18:43 'run for fun'.

To witness that event, to see 51,000 people pouring into Central Park in the footsteps of the marathon elite the following day, made me realise once again what a great sport running is and how inspiring both great athletic performances and mass participation events on a large scale can be.

The New York marathon is one of the biggest in the world with budgets to create the most spectacular set-up, but it's the individual stories – whether that be Keflezighi's last marathon, or the 2:29 from Allie Kieffer, who spoke afterwards of having no sponsorship in the build-up to the event and her hopes that this performance could

change her running career, to a Philippine runner who'd dealt with natural devastation at home and had come all the way to New York to raise money for that cause.

Running around the park the day after the race, I saw hundreds of people re-walking the path to the finish line, many wearing their race T-shirts and medals proudly and getting pictures taken on the re-positioned medal podium. It was clear everyone wanted to re-live the experience, almost not wanting it to end, even though the finish gantry was being dismantled in front of them.

If running a marathon was possible for me, I'd love to include New York. I'd certainly go back again to watch, meet up with colleagues and friends from the world of running and feel happy and proud that this is my sport.

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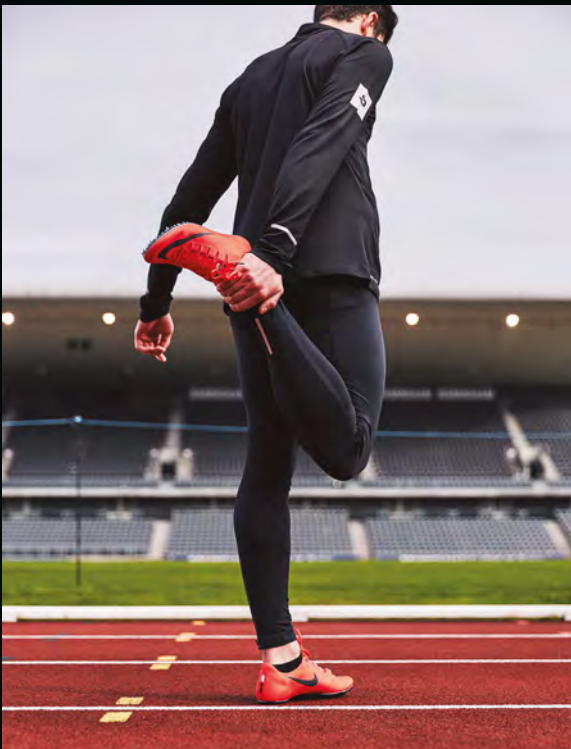
CATCHING UP WITH THE BIRCHFIELD HARRIERS

Established in 1877 and represented at every summer Olympics bar one since 1908, it's the history and reputation of Birchfield Harriers that makes it stand out as one of the UK's premier athletics clubs. It's been responsible for developing

top-level athletes for 140 years, nurturing talent from an early age and supporting them throughout their careers, and it is that level of dedication that we at Pro:Direct Running admire so much.

"TO BE ABLE TO WEAR THE KIT AND STAND OUT AS A BIRCHFIELD HARRIER IS A BIG THING."

Kyle De Escofet



We are therefore extremely proud to be able to announce our new partnership with the Birchfield Harriers. It will see Pro:Direct Running supplying the all-black Nike kits that are synonymous with the club, to the likes of up-and-coming Harriers athletes Jake Porter, Kyle De Escofet, and Heather Paton. 



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Nike Zoom Victory Elite 2

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Phylon midsole

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Nike Zoom Victory 3

Flymesh Upper

Cushlon Foam Midsole

118g

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Nike Zoom Superfly Elite

Dynamic Flywire Fit

100m to 400m

151g

QR: 169701 - £130



Nike Zoom Triple Jump Elite

Dynamic Flywire Fit

Pebax® Plate

Triple Jump

QR: 169687 - £130



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Forefoot Pebax® Plate

Shot Put

QR: 169699 - £95



Nike Zoom Superfly Elite

Dynamic Flywire Fit

100m to 400m

151g

QR: 169686 - £130



Nike Zoom Victory 3

Flymesh Upper

Cushlon Foam Midsole

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QR: 169695 - £115



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CLASH ON THE CARDS WITH BRITISH AND BUCS CHAMPS

BIRMINGHAM EVENT COINCIDES WITH SHEFFIELD STUDENT MEET

THE British Indoor Championships will now be held in Birmingham on February 17-18 to help British athletes become familiar with the same venue that will stage the following month's IAAF World Indoor Championships, but switching the date of the event means it will now clash with the BUCS Indoor Championships in Sheffield.

The British Indoors was originally due to be held on February 10-11 but has been moved to the same weekend as the British Universities and Colleges Sport meeting.

BUCS say they set their date more than a year ago in consultation with UK Athletics and the weekend in Sheffield will see more than 6000 students competing across seven sports. "With venues, officials and accommodation bookings already set in stone



MARK SHEARMAN

Champs and BUCS champs will be on the same weekend. Say it isn't so! The problem is Uni's invest heavily in athletes and expect in return, them to compete in BUCS. Also devalues the National Champs."

UKA also confirmed its major events dates for 2018, which includes the Diamond League in London being held on July 21-22 – slightly earlier than an originally-planned late July slot.

MAJOR UK EVENTS IN 2018

- February 17-18: British Athletics Indoor Championships
- February 25: Müller Indoor Grand Prix Glasgow
- June 30-July 1: British Athletics Championships
- July 14: The Para Meet and The Meet
- July 21-22: Müller Anniversary Games
- August 18: Müller Grand Prix Birmingham

for 2018 BUCS Nationals, it is not possible to move the BUCS Indoor Athletics Competition," a BUCS statement said.

"We appreciate this will be inconvenient for athletes and their coaches, who would have competed in both events. Furthermore, we understand the impact on member institutions in regards to BUCS points and scholarship requirements. However, BUCS is not in a position to move the

Birmingham or Sheffield? Student dilemma

event at this late stage.

"BUCS will continue to work with UKA, as we have done previously, to do our utmost to avoid clashes like this in the future."

Not surprisingly, there was minor uproar on social media with Sheffield coach Toni Minichiello, for example, tweeting: "The British Indoor

When it comes to selection for the European Championships in Berlin, UKA says athletes must compete at the British Championships on June 30 to July 1 and, if injured, some discretion will be applied but they will still be expected to turn up to receive medical treatment at the event.

YOUNG CROSS COUNTRY TALENT'S TRAGIC DEATH

DAN EVANS, the 2013 English National and Inter-Countries cross-country champion from Warrington AC, died last week aged 19.

Athletes from his club such as Harriet Knowles-Jones wore black ribbons while competing last weekend in Milton Keynes in memory of an athlete who also won English Schools medals

both on the track and on the country.

Such was his talent, during the 2013 season Evans topped the *Athletics Weekly* cross-country rankings in the under-15 boys' age group after a season where he won national and area titles.

Warrington AC said: "Dan was a committed and successful athlete at

Warrington AC since 2009 and such a great guy that he will be hugely missed by all the members and coaches that knew him.

"A pleasure to have at the club, he made many athlete friends and was polite and welcoming to all and was a great role model for the club as he got older before he started university."



MARK SHEARMAN

Dan Evans: former national champion

CITY OF SALISBURY ATHLETES LOCKED OUT OF THEIR TRACK

ATHLETES from City of Salisbury AC were left with nowhere to train on their club night last week in a row over venue usage.

Photos of young children doing a make-shift session in a car park outside the track hit social media last week after South Wilts Grammar School for Girls – the school which houses the track – locked the gates following the collapse of negotiations to agree a hiring fee.

“Around a hundred children, some as young as nine and some of them disabled, were affected by the school’s action,” said City of Salisbury chairman

“THIS WAS A HUGE DISAPPOINTING EPISODE AND WE BELIEVE THE SCHOOL’S ACTION TO HAVE BEEN ILL-JUDGED”

LEE NESS, City of Salisbury



City of Salisbury AC athletes were unable to train and, right, how they announced that fact on social media

Lee Ness. “The club’s team of volunteer coaches promptly rearranged the planned training sessions and held them instead in the adjacent leisure centre’s car-park, within the confines of a safety cordon the club put in place to salvage something for all the young club members present.

“This was a hugely disappointing episode and we believe the school’s action to have been ill-judged.”

Ness added: “As recently as a month ago, the school wanted to start charging the club £50 an hour given the amount of time we use the track. It’s an exorbitant rate that



would have bankrupted the club and it bears no relation to the value of the facility.

“This sum was reduced in a draft agreement to a far more reasonable £200 per month which we were on the verge of accepting. But suddenly, in what was to be a final agreement, the school then laid claim to ownership of our

clubhouse – which we built and paid for more than ten years ago!”

South Wilts Grammar School for Girls claims it’s paid more than £115,000 in maintenance costs for the track despite not making any money from it. Track refurbishment is also necessary in the near future, it adds.

In recent weeks it says it has worked hard to agree an interim agreement but it “has not been finalised, through no fault of the school” and that City of Salisbury AC “have chosen not to sign this agreement”.

The school added: “As the track is on the school land, the school is, without an interim agreement, left unprotected, if use was permitted without any form of agreement. If an incident occurred the school could be culpable and its insurance invalidated.”

If anyone wishes to hire the track, the school charges £50 an hour but they say they offered an hourly fee of £20 to the athletics club.

NORTHERN ATHLETICS FEE SUPPORT

THE Northern Athletics open general meeting in Manchester last weekend saw an overwhelming vote of approval for plans to bring in a new £2 area affiliation fee.

The main item on the agenda was “the future of Northern Athletics” where the competition provider explained how a small fee was being proposed for 2018 due to a

likely shortfall in funding from England Athletics.

The vote was 33-4 in favour of the idea, with four abstentions, and the area body now plans to bring out a document in February detailing the way forward, with clubs expressing their intention to affiliate from April.

Tony Wood, Northern Athletics chairman, said: “This

result is a great outcome for athletics in the North of England. It is, however, the start of a process to ensure we get the support of an even wider audience and so there will be continuing dialogue with the clubs.

“We have today cleared the first important hurdle. We are all very pleased with the outcome.”

Voting at Northern Athletics’ annual meeting backed the idea of an affiliation fee

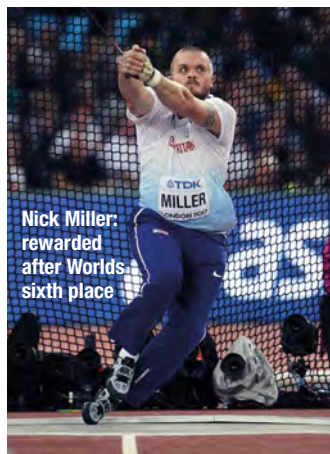


LIFE'S A LOTTERY

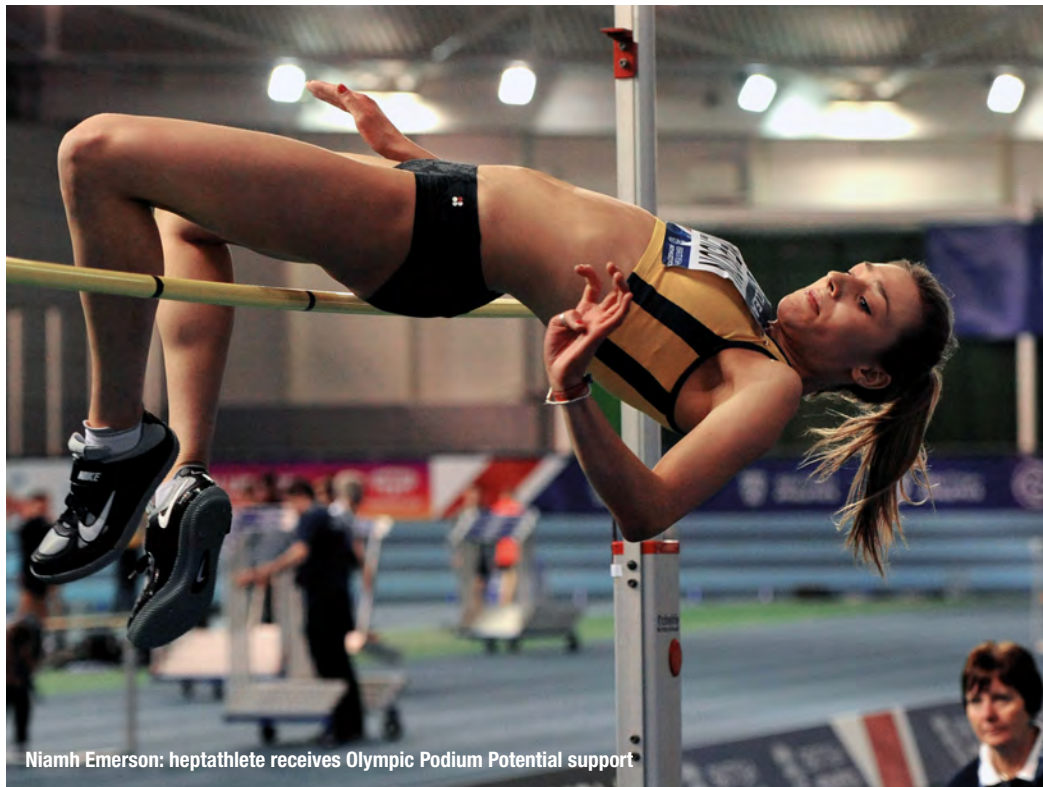
THE LATEST LIST OF ATHLETES TO RECEIVE FUNDING BROUGHT CHEERS AND ALSO QUITE A FEW JEERS FOR BRITISH ATHLETICS

THERE are two moments in the year when British Athletics is guaranteed to divide opinion and spark a social media outburst. The first is major championship selection and the second is the annual, autumnal announcement of who is in – and out – of the World Class Performance Programme, writes Jason Henderson.

Last week the governing body named 112 athletes who will receive Lottery-funded support for 2017-18 and the news sparked the usual wave of emotions. All the athletes chosen have, in British Athletics' view, a realistic chance of an Olympic or Paralympic medal in 2020 or 2024, although the list was headed by Mo Farah, who has suggested he might not run for Britain again and, even if he tackles the Olympic marathon in 2020, will be aged 37.



Nick Miller: rewarded after Worlds sixth place



Niamh Emerson: heptathlete receives Olympic Podium Potential support

PICTURES: MARK SHEARMAN

That's merely where the controversy began, though. However, first the good news.

Marathoner Callum Hawkins and hammer thrower Nick Miller were rewarded for their fine World Championships performances (fourth and sixth respectively) by moving into the Olympic Podium funding group. Up-and-coming athletes like high jumper Tom Gale and heptathlete Niamh Emerson also joined the Olympic Podium Potential group.

Olympic Podium athletes also include Laura Muir, Greg Rutherford, Dina Asher-Smith, Adam Gemili and Zharnel Hughes. Fellow sprinters such as Nethaneel Mitchell-Blake, Danny Talbot, Richard Kilty, Reece Prescod and CJ Ujah are in the relay squad but there are two levels of both Olympic Podium and Olympic Relay Podium funding worth

£28,000 and £21,500 per year respectively, which means relay squad athletes can potentially be better off than Olympic Podium individuals.

It was also good to see Nigel Levine, who was involved in a motorbike accident with James Ellington earlier this year, being part of the Lottery-funded relay squad. But a number of athletes were left disgruntled as the overall number being funded fell by six from last year.

Sprinter Harry Aikines-Aryeetey said he was "tremendously disappointed" and planned to appeal. Scottish 800m man Guy Learmonth was more critical, saying in an open message to UKA: "Wrong coach. Wrong set-up. Wrong environment. Clearly, Had the greatest year ever, surpassed all your criteria, I have no track, no gym, nothing, I self-fund everything. I've embarrassed

your whole system," while his coach, Henry Gray, told *AW* he was "gobsmacked".

Some, like endurance runner Jess Judd, said they asked not to be considered for funding. Several ex-athletes joined the debate, too, with Andy Turner reminding everyone he won European and Commonwealth sprint hurdles titles in 2010 a year after having his funding cut (*Comment*, p4).



Guy Learmonth: no funding

Olympic Podium: Dina Asher-Smith (John Blackie); Holly Bradshaw (Scott Simpson); Mo Farah (Gary Lough); Adam Gemili (Rana Reider); Robbie Grabarz (Fuzz Caan); Callum Hawkins (Robert Hawkins); Sophie Hitchon (Tore Gustafsson); Zharnel Hughes (Glen Mills); Katarina Johnson-Thompson (Bertrand Valcin); Nick Miller (Tore Gustafsson); Laura Muir (Andy Young); Cindy Ofili; Greg Rutherford (Dan Pfaff); Lynsey Sharp (Terrence Mahon); Lorraine Ugen (Shawn Jackson)

Olympic Podium Potential: Tom Bosworth (Andi Drake); Andrew Butchart (Terrence Mahon); Taylor Campbell (John Pearson); Rosie Clarke (David Harmer); Niamh Emerson (David Feeney); Tom Gale (Denis Doyle); Charlie Grice (Jon Bigg); Elliot Giles (Jon Bigg); Dewi Griffiths (Kevin Evans); Adam Hague (Trevor Fox); David King (James Hillier); Morgan Lake (Fuzz Caan); Kyle Langford (Jon Bigg); Eilish McColgan (Liz Nuttall); Sarah McDonald (David Harmer); Andrew Pozzi (Benke Blomkvist); David Omoregie (Brigitte Foster-Hylton); Shelayna Oskan-Clarke (Jon Bigg); Jazmin Sawyers (Lance Brauman); Katie Snowden (Rob Denmark); Adelle Tracey (Craig Winrow); Jake Wightman (Geoff Wightman); Callum Wilkinson (Andi Drake)

Olympic Relays: Finette Agyapong (Coral Nourrice); Seren Bundy-Davies (Matt Elias); Cameron Chalmers (James Hillier); Zoey Clark (Eddie McKenna); Dwayne Cowan (Lloyd Cowan); Emily Diamond (Jared Deacon); Eilidh Doyle (Brian Doyle); Ojie Edoburun (Steve Fudge); Miguel Francis (Glen Mills); Desiree Henry (Rana Reider); Matt Hudson Smith (Lance Brauman); Richard Kilty; Imani Lansiquot (Steve Fudge); Nigel Levine (Linford Christie); Nethaneel Mitchell-Blake (Dennis Shaver); Ashleigh Nelson (Michael Afilaka); Lavai Nielsen (Christine Bowmaker); Daryll Neita (Jonas Dadoo); Asha Philip (Steve Fudge); Reece Prescod (Jonas Dadoo); Martyn Rooney (Graham Hedman); Danny Talbot (Benke Blomkvist); Chijindu Ujah (Stuart McMillan); Delano Williams (Stephen Francis); Rabah Yousif (Carol Williams)

LOTTERY LOSERS

Athletes snubbed from funding:

- **Shara Proctor:** UK long jump record of 7.07m in 2015 to win World Champs silver but only 6.73m in 2017 during a season where she also toyed with the triple jump.
- **Tiffany Porter:** UK 100m hurdles record-breaker and European gold medalist



Harry Aikines-Aryeetey: voiced his disappointment

in 2014 and world indoor bronze last year. Sub-13-seconds five times in 2017 including UK lead of 12.75.

- **Guy Learmonth:** 800m PB of 1:45.10 saw him go No.2 on the Scottish all-time rankings and No.1 on the UK lists for 2017, while he finished fifth in his World Championships semi-final.
- **Laura Weightman:** sixth in the World Championships 1500m, promising 5000m debut and set UK record in 5th Avenue Mile.
- **Charlie Purdue:** sub-2:30 marathons in London in April and August, finishing top Brit in the latter.
- **Chris O'Hare:** 3:33.61 in Monaco to go No.11 on UK all-time rankings. Victory at Anniversary Games and 12th in World Championships final.
- **Harry Aikines-Aryeetey:** bronze in the British Championships 100m but, time-wise, after a couple of wind-assisted sub-10 performances his best legal mark of 10.13 placed him No.8 in the UK this year.
- **Steph Twell:** UK 5000m champion but knocked out of World Champs heats.
- **Chris Baker:** high jump silver in British Championships and best of 2.28m compared to 2.36m PB.
- **Kate Avery:** winner at the Great Edinburgh XCountry in 2016 but didn't race in 2017 due to injury.
- **Alex Bell:** close to 800m PB with 2:00.62 and fourth in British Champs.
- **Chris Bennett:** hammer thrower didn't hit heights of 2016 when he represented GB at Europeans and Olympics.
- **Dan Bramble:** jumped over eight metres to win British title (outdoors and indoors) but short of his 8.21m PB.
- **Tom Farrell:** struggling for form, he took the summer off racing and is now back in training.

WHAT THEY SAID ON SOCIAL MEDIA

- Jade Lally:** "There are athletes that are having their say about loss of funding etc., but still have kit contracts and supplement sponsors. Life didn't just get 'hard' for you. It just got less easy."
- Dina Asher-Smith:** "As always, I'm grateful to have been selected for funding this year, thank you @BritAthletics and an even bigger thank you @TNLUK for the continued support of all of our journeys."
- Laura Weightman:** "My 2017 without funding: 6th at the World Championships. 1500m 4:00.71 (best in 3 years). 800m 2:01.87 PB. Road Mile 4:17.6 British record. 5000m 15:08.24 PB. Funding doesn't define me. My team, hard work and love for the sport does."
- Seb Rodger:** "I know the @BritAthletics funding comes from the lottery but that doesn't mean it makes sense to use a lottery to decide who's funded?"
- Linford Christie:** "When age is used as a reason for not funding certain athletes, I give thanks that I wasn't reliant on funding during my career. #olympianchampionat32."
- Tom Bosworth:** "We're incredibly lucky to have such a system in the UK. It gives many athletes the opportunity of a lifetime. Some may not agree with decisions, but you can still recognise how fortunate and privileged we are to have such a system supported by a sport loving nation."

- **Jade Lally:** English discus record in 2016 but three metres short of that mark in 2017. Easily the UK No.1, though.
- **Scott Lincoln:** Britain's No.1 shot putter and national champion indoors and out.
- **Meghan Beesley:** British Championships 400m silver and best of 56.14 compared to 54.52 PB.
- **Isobel Pooley:** former UK high jump record-holder did not compete due to injury.

Elchuk); Sammi Kinghorn (Ian Mirfin); Maria Lyle (Jamie Bowie); Stephen Miller (Ros Miller); Jonnie Peacock (Michael Khmel / Dan Pfaff); Gemma Prescott (Mike Wood); Stef Reid (Aston Moore); Andrew Small (Rick Hoskins); Isaac Towers (Jenni Banks); Richard Whitehead (Keith Antoine)

Paralympic Podium Potential: Martina Barber (Paddy O'Shea); Craig Boardman (Richard Chiassaro); Dan Bramall (Peter Wyman); Shaun Burrows (Joe McDonnell); Kylie Grimes (Philip Peat); Mo Jonni (Jenny Archer); Rhys Jones (Christian Malcolm); Nathan Maguire (Steven Hoskins); Polly Maton (Colin Baross); Stephen Morris (James Thie); Derek Rae (Ron Morrison); Ben Rowlings (Ian Mirfin); Zac Shaw (Joe McDonnell); Luke Sinnott (Roger Keller); Zak Skinner (Aston Moore); Laura Sugar (Joe McDonnell); Vanessa Wallace (Alison O'Riordan); Eve Walsh-Dann (Roger Sexton)

PARA ATHLETES SUPPORTED

SAMMI KINGHORN, Sophie Kamlish and Olivia Breen are among those moved to Paralympic Podium as that group grew in size by eight athletes this year, although the Paralympic Podium Potential squad has shrunk.

Paralympic Podium: Kare Adenegan (Job King); Hollie Arnold; Paul Blake (Rob Elchuk); Olivia Breen (Aston Moore); Jonathan Broom-Edwards (Paul Harrison); Mickey Bushell (Jenny Archer); Jo Butterfield (Philip Peat / Shona Malcolm); Richard Chiassaro (Jenni Banks); Libby Clegg (Joe McDonnell) – Chris Clarke (guide runner); Hannah Cockcroft (Jenni Banks); Kadeena Cox (Brian Scobie); Aled Davies (Ryan Spencer-Jones); Kyron Duke (Anthony Hughes); Sabrina Fortune (Ian Robinson); Toby Gold (Jenni Banks); Dan Greaves (John Godina); Sophie Hahn (Joe McDonnell); David Henson (Roger Keller); Georgie Hermitage (Paul MacGregor); Jordan Howe (Christian Malcolm); Sophie Kamlish (Rob



Sophie Hahn: on Paralympic Podium list

REDMOND REMEMBERS BARCELONA OLYMPICS

CHARITY BASH
COMMEMORATES
FAMOUS 400M
FROM 1992

DEREK REDMOND this month celebrated the 25th anniversary of his iconic Olympic moment at a charity ball in London in aid of Rainbows Hospice for Children and Young People.

In 1992 the 400m runner tore his hamstring on the back straight in the 400m semi-final at the Barcelona Olympics and limped to the finish arm in arm with his father, Jim, who jumped on to the track to help him.

It became a famous, inspirational sporting incident and was voted the third greatest ever Olympic moment in history by US television giants NBC.

Last year during the Rio Games, the IOC remembered the historic race, sharing the footage on Facebook and the video has now reached 109 million views.

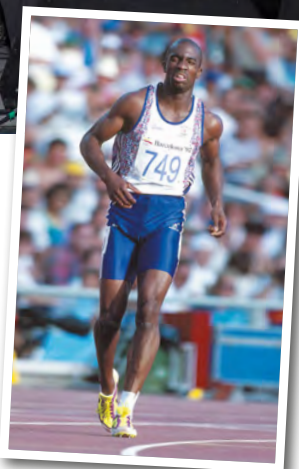


Derek Redmond on stage with his father and, below right, his nightmare on the track in Spain a quarter of a century ago

To commemorate the anniversary, Redmond's management and brand agency Champions hosted a charity ball on November 3 at the Dorchester Hotel in Mayfair.

Redmond said: "I am humbled to be honoured in this way, 25 years on! That

moment on the track at the Estadi Olímpic remains the topic I am asked about most in my motivational speeches. The moment significantly impacted my life and my career and I am looking forward to re-telling the tale through my eyes at these events."



MARK SHEARMAN

OLYMPIC 'CHAMPION' SUMGONG BANNED



Rio marathon winner Jemima Sumgong also won the London Marathon in 2016

MARK SHEARMAN

JEMIMA SUMGONG, the Kenyan distance runner who won the Olympic marathon and London Marathon in 2016, has been suspended for four years after testing positive for EPO.

She failed an out-of-competition test in February but argues the adverse finding was due to treatment at a Kenyan hospital for an ectopic pregnancy, claiming she was given a blood transfusion and

other unknown medication by an unidentified doctor.

Rune Andersen, the chairman of the IAAF Taskforce, meanwhile, says Russian athletics is "making progress" when it comes to anti-doping.

"They are meeting more and more of the criteria that the IAAF Council has set for them to be reinstated," he said. "They are working hard."

GOLD MEDAL MACHINE

FEW MASTERS ATHLETES ARE AS SUCCESSFUL AS DIANA NORMAN

PERHAPS the most prolific masters athlete in the UK in the last couple of years has been Epsom & Ewell all-rounder Diana Norman, writes Martin Duff.

The 43-year-old regularly wins more than half-a-dozen events in British Masters Championships and, although setting a British record, just missed the world W40 heptathlon mark when winning the European masters title in July.

She does, however, hold the W40 outdoor pentathlon record and has notched up about 20 individual British and European titles in 2017.

Norman currently leads the 2017 British W40 rankings in a dozen different disciplines and has won more than 80 individual contests from nearly 200 contested. As well as explosive events, Norman excels at 800m and 1500m, 2000m steeplechase, road relays and cross-country, as well as running a sub-20min 5000m this year.

She is one of six talented Bennett sisters, with high jumper Julia and throwers Christina and Joanna being GB internationals, and Norman praises “the good sporting genes passed down from my mother” for family successes.

Her own sporting offspring are also now doing well but she suggests that husband, Ollie, who was a 3000m steeplechaser and cross-country runner who ran for



Diana Norman: former heptathlete is dominating her events on the masters scene

JEREMY HEMMING

used to sprint for Kent and there was an athletics track five minutes' walk from my house. I was a good all-round athlete but never a master at one (discipline) so I was introduced to combined events,” she remembers.

In her younger years, she was a AAA heptathlon bronze and indoor pentathlon silver medallist before getting her 800m time down to 2:09.54 and is proud that some of her younger age group records still stand. “I believe I still hold Surrey championship best performances for under-17, under-20 and senior women’s heptathlons,” she says.

She took time out to raise a family but has come back with a vengeance since 2009.

“I believe that I can still compete to a good standard as I keep my body conditioned,” she says. “I can’t train technically as much as I used to, but as long as I keep flexible, strong and injury-free, the technical memory still serves me well.”

England, may have played his part. “I can’t proclaim that all the sporting genes come from me,” she says.

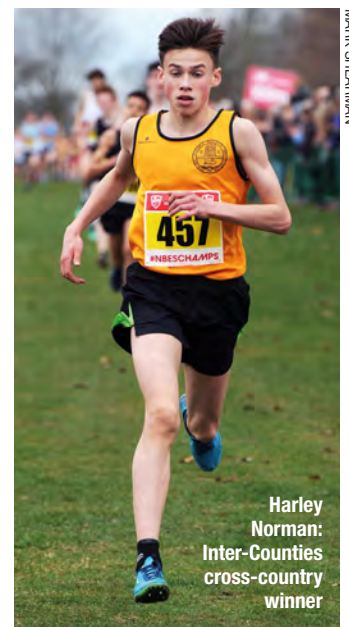
Her son Harley was the 2015 Inter-Counties under-13 cross-country champion and is now making his mark at under-15 level. Another son, Conrad, is running well at under-13 level, while his sister Estée is doing well in swim-run races.

“I can see a bright future for all three, the boys in 800m and 1500m and cross-country and Estée following in my steps in combined events,” said Norman.

So why did her children follow her into athletics? She says: “I believe they have all entered the sport because they see the passion and enjoyment I get out of athletics. In their younger years they had to sit on the side and watch me train and coach.”

She now coaches at her club, Epsom & Ewell Harriers and says: “I run with my young coaching group and they keep me on my toes and don’t let me plod around the track.”

So, what was it that brought Norman into the sport? “I got into athletics as my mother



Harley Norman: Inter-Counties cross-country winner

MARK SHEARMAN

TRI A MARATHON

TRIATHLETE Gwen Jorgensen is quitting her sport to become a full-time marathon runner.

The 31-year-old won the United States' first triathlon gold in Rio last year and has won several world titles but is aiming to qualify for the track and field team to run 26.2 miles in Tokyo in 2020. Her PB is 2:41:01 from New York, which she ran off limited running training.

KIMETTO ENTRY

WORLD marathon record-holder Dennis Kimetto will run the Honolulu Marathon on December 10. The Kenyan faces reigning champion and course record-holder, Lawrence Cherono.

JETER RETIRES

CARMELITA JETER of the United States, the 2011 world 100m champion and the second-fastest woman in history over the distance with 10.64, has announced her retirement.

BMC NEWS

TONY ELDER has copies of *BMC News* – the magazine of the British Milers' Club – from 1993 to 2017 to give away. Contact tonyanddonnaelder@yahoo.co.uk.

INDOOR VENUE

THE British Indoor Championships on February 17-18 will now be held in Birmingham and not, as last week's *AW* suggested, Sheffield.

FREE ENTRIES

ATHLETES who have broken 31:15 (men) or 36:15 (women) this year for 10km can get free entry to the Gloucester 10km on November 26. Email Norman Wilson at normanukltra@aol.co.uk or call 01452-722720.

PICKERING FUND NEARS DEADLINE

MORE than 400 talented young athletes have applied for 2018 Ron Pickering Memorial Fund grants and even more applications are expected in the next couple of days before the November 19 deadline, writes Jason Henderson.

Last year the Fund saw a record number of applications – around 560 – and a total of £42,700 was awarded to 199 successful athletes from 109 clubs. From this, 46% of the awards went to athletes aged 17 years or younger.

In addition, a small number of special grants were also awarded to support specific needs such as travel to training camps or competitions which brought the total awarded by the Fund to almost £50,000.

Shaun Pickering from the Fund says: "The London Marathon – and our guaranteed Golden Bond places – continues to be the major source of income to the fund through our wonderful team of marathon 'Ronners' raising sponsorship from friends and family as part of our 'Run4Ron' campaign in order to donate to the Ron Pickering Memorial Fund.

"We had a few drop out because of injury, but the money raised by these people is what sustains our RPMF Grants each year. We already have all our allocated places filled for the 2018 London Marathon and, with these record numbers, we hope for a great fundraising year for the Fund."



Both Maya Bruney (266), here winning the 200m BUCS title at Bedford in 2017 and Finette Agyapong (562) have received help from the Pickering Fund

MARK SHEARMAN

Pickering adds: "Money raised through raffles by groups such as England Athletics, British Athletics Supporters' Club, British Athletics Writers' Association, Track & Field Tours and the Javelin Carnival also contributed to our ability to support young athletes in the UK.

"We are continuing in our efforts to raise money for the Jean Pickering Olympic Scholarships, where we hope to support a small number of athletes with some larger and sustained amounts to help them on their quest to gain selection for Team GB for Tokyo 2020, as we were able to do for London 2012 and Rio 2016."

The majority of GB international athletes have been helped by the Fund at some stage in their athletics lives. At the IAAF World Championships in London, for example, 58 of the 85 athletes selected (almost 70%) for the team had at some stage in their careers been supported by the Fund.

At this year's European Under-20 Championships in Grosseto the Fund had supported 39 of the 55 athletes in the GB team, including gold medallists Jake Heywood and Maya Bruney. Similarly at the European Under-23 Championships in Bydgoszcz, 39 of the 54 British athletes had received support from the Fund, which included gold medallists Ojie Edoburun and Finette Agyapong.

"In the 26 years that the Fund has been in operation since Ron's death in 1991," Pickering Jnr adds, "we have been able to provide support to young athletes in need approaching £2 million, and the Ron Pickering Memorial Fund continues to be a positive legacy for both Ron and Jean Pickering and all that they were able to do to support, promote and protect the sport in their lifetimes."

■ To apply, go to rpmf.org.uk/apply-grant

GRIFFITHS' CLUB AWARDS

FIVE DAYS after running a 2:09 debut marathon in Frankfurt, Dewi Griffiths was back where his career all began as a guest speaker at the Carmarthen & District Harriers Athletics Club annual dinner and awards evening at the Ivy Bush Hotel.

The Welsh star from Llanfynydd in Carmarthen has had a PB-packed year and continues to train regularly at the home track in Johnstown, West Wales. Some of Griffiths' successes to date include: 17 GB vests, 55 Welsh vests and the winner of 40 Welsh titles.



Dewi Griffiths: at Carmarthen & District club awards

Griffiths and club chairman Hedydd Davies spoke about the athlete's achievements to date and his way of approaching races.

This included remembering that when he first began competing in cross country at primary school he was only 16th in the Carmarthenshire Schools Championships and 48th in the Dyfed Schools Championships.

Club president and Griffiths' coach, Kevin Evans, said his 12-year coaching relationship with the athlete was still going strong and added that Griffiths' successes wouldn't be possible without the support of the athlete's parents.

Griffiths was given a standing ovation and he helped present more than 60 awards in 20 categories at an event attended by around 150 people.

BOSTON NEXT FOR FLANAGAN?

NEW YORK City Marathon winner Shalane Flanagan is not rushing into a decision over whether to race the Boston Marathon in her home city in April.

"It's important right now to soak up the moment. Ever since I was a little girl and watching the Boston Marathon I always dreamed of winning my own major marathon," said Flanagan, who grew up in the area.

"I want to let (a decision) come naturally. Maybe in a couple of weeks."

In 2014 Flanagan led the Boston Marathon through 19 miles but faded to seventh, which was upgraded to sixth after winner Rita Jeptoo was banned for doping.

Eliud Kipchoge and Mary Keitany, meanwhile, were last week awarded the AIMS (Association of International Marathons) athletes of the year at a Gala in Athens after 400 AIMS members voted.



MARK SHEARMAN

Dewi Griffiths: 2:09 for marathon

In those dark days after I lost my legs,
you made me see that
I could live in fear, or be fearless.
When all I wanted was to look back
you turned my head forwards.
Before I could even walk,
you inspired me to dream I could run,
with the passion to inspire others.
To Regine, my physiotherapist,
who ignited my energy within,
thank you.
Yours,


A photograph of David Behre, a Paralympic athlete, running. He is shirtless and wearing blue shorts, with a determined expression on his face. The background is dark and blurred.

DISCOVER WHAT IGNITED BEHRE'S ENERGY WITHIN

THIS summer BP continued its support of para sport with its involvement with the World Para Athletics Championships in London and has recently released a new film – 'Fearless' – featuring German sprinter David Behre.

Part of a series of powerful short films, Paralympic and world gold medallist Behre shares a letter to Regine, his physiotherapist, thanking her for igniting his energy within.

BP began its association with Olympic and Paralympic sport in 2008, when it became a partner of the London 2012

Games. BP also proudly supports some of the world's best athletes.

BP believes that human spirit is the most powerful energy of all. The courage to achieve what matters most and be the very best you can be. It's what drives David Behre and all para athletes to go further and overcome every challenge in their path.

Watch the film to discover what ignited Behre's energy within and be inspired to find yours at bp.com/energywithin

■ Watch at athleticsw.com/FearlessBP

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WINDS OF CHANGE

IN THE SECOND PART OF A FEATURE LOOKING AT THE LAST 70 YEARS OF THE SPORT, **STAN GREENBERG** CHRONICLES THE CHANGES PICTURES: MARK SHEARMAN

MIDDLE DISTANCE

ORIGINALLY the 800m was not run in lanes, but after several problem races in the late 1950s it was suggested (initially by Sir Arthur Gold) that part of the first lap should be. It was finally decided that the first 100m should be thus controlled, but in the 1976 Olympics it was extended to 300m as an experiment – which was not continued.

With regard to the question of altitude, it seems that the upper limit of events that gain advantage is the 800m. Beyond that it appears that only athletes who have been brought up in mountainous countries suffer less from the effect. In recent years, this has led to ever more athletes from sea-level habitats going to altitude to train.

One important change to the regulations that has greatly helped times in the longer events is the rule about pace-making. When Sydney Wooderson broke the world record for 880 yards, and 800m, in 1938, he did it in an unusual framed handicap – with other runners starting at different places – causing him to run an unfamiliar fast first lap.



The 1976 Olympic 800m final's first 300m was run in lanes but the experiment was not a success



Soviet athlete Ludmila Bragina improved the world 1500m record to 4:01.4 at the 1972 Munich Olympics

When Roger Bannister ran a British record-breaking mile in 4:02.0 in 1953, it was disallowed because it was decreed to be a handicap race. His 3:59.4 a year later was to all intents and purposes very similar, except in this latter case both pace-makers, Chris Chataway and Chris Brasher, finished the race.

Today, because of a change in the rules, and especially in Diamond League meetings, pace-makers are the norm and are “ordered” not to finish the race. This continual pacing seems to interfere with some runners learning how to run their event in championship competitions.

Women's 1500m/mile competition didn't really get going internationally until the late 1960s and got a tremendous boost in the

1972 Munich Olympics when the Soviet Union's Ludmila Bragina broke the world record three times, taking it down to a then remarkable 4:01.4 mark.

DISTANCE

Probably the least changed of all categories, except in standard achieved. However, even that latter has been often assisted by the improvement in tracks and equipment.

Of course, athletes from countries with very high altitudes, especially those in Africa, were practically unknown, athletically speaking. In fact, at one time it was an “understood” thing that black men couldn't run top-class performances at distances over 800m.

The first intimation of something

unusual came with the arrival in Britain of a couple of Kenyans in 1954. Aside from the specific advantage of being born and raised at altitude, it was also that they had (to quote the great Italian athletics writer Roberto Quercetani) “a mind uncluttered by lap times and imaginary barriers”. In my early days, most marathon runners were “disappointed” track runners who had moved up, whereas today most of the better ones are virtual marathon specialists.

It wasn't until the 1980s that women took on the distance events in earnest – and tremendous improvements followed.

HURDLES

The standard event for women was the 80m hurdles until the mid-60s when it was changed to 100m, whereas automatic timing wasn't acknowledged officially until the 1970s. That was the same period that women got to compete over 400m hurdles, while men's hurdles timing also became automatic officially in the 1970s.

In relation to the 3000m steeplechase, records were not accepted until 1954, because prior to that there was a variation in the number of barriers and their positions. Within 11 years the record had been reduced by over 30 seconds. The event for women was only recognised at the end of the 1990s and improved by over 20 seconds within two years.

HIGH JUMP

Up until 1968, when Dick Fosbury introduced the Flop, there were at least four other styles used in international jumping, which I consider made such competitions far more interesting than today's event – although I acknowledge that today's heights achieved are far superior. Those styles were: Straddle, Western Roll, Eastern Cut-off, and sometimes the Scissors or German Back Layout.

Today it appears that nobody does anything other than the Flop. The highest achieved with the Straddle was an excellent 2.35m, while that for the Roll was a mere 2.17m. Whereas the “old” styles could be and were attained with sand landing pits, the Flop could not have been introduced without the current soft-cushioned beds. Also the rule against clearing the bar head first had to be abolished.



On the female side, the superb Iolanda Balas of Romania used the scissors to break the world record on 12 occasions with her best at 1.91m, while the record now, using the Flop is 2.09m.

POLE VAULT

When I first watched pole vaulting it was with a bamboo pole, which had a certain amount of bend to it, although one still saw the odd solid wooden pole now and then. In the late 1950s aluminium poles pushed the heights reached to 4.80m (15ft 9in) but the introduction of synthetic (fibre glass) poles in the 1960s has revolutionised the event, so that clearances of 6.00m, almost 4ft higher, are becoming expected.

Women rarely did the event until the 1970-80s, and an official world record of 4.05m was accepted in 1992. Ten years later it was 4.81m and three years after that passed 5.00m.

LONG AND TRIPLE JUMP

The long jump world record of 8.13m, set by the fabled Jesse Owens in 1935 (one of six he set that day), lasted over 25 years until beaten by Ralph Boston, who eventually added another 22cm to it. But I still remember the shock felt when I watched the television coverage of the 1968 Olympic Games, and the sight of Bob Beamon clearing 8.90m (29ft 2¹/₂in) at Mexico City's excessive altitude.

At the time I was working for the BBC in London and suggested that it was like

someone jumping in the front window of a typical suburban house and going out through the back window. It was believed to be unbeatable in the 20th century, but his fellow American Mike Powell beat it by 5cm in 1991 “down” at Tokyo. Without question the increased quality and springiness of runways were also of some help.

On the distaff side it is interesting that the greatest long jump by a woman is the 7.63m wind-assisted mark made by Germany's Heike Drechsler at 2000m-plus altitude in Sestriere, Italy, the same day that Powell was measured at a very windy 8.99m.

SHOT

Just after World War Two it became noticeable that the top-class shot putters were not just big hulks, but were becoming somewhat lighter, but much faster and more explosive in their action. Then along came Parry O'Brien, who though quite big could run a 100m in 10.8.

He introduced a new style which involved starting his action facing the back of the circle so that he achieved a 180-degree turn, at speed, which he continued to perfect over his career. He set 16 world records improving from 18.00m to 19.30m over six years.

In the early 1970s a new wholly rotational technique was developed which has begun to dominate in recent years. It is unfortunate that the shot has been the most “suspicious” event relating to drug taking.

The early years of women's shot putting were dominated by athletes from the Soviet Union, and they were followed by competitors from East Germany (GDR). It is now known that most of these latter record holders were on drugs and it has only been New Zealander Valerie Adams who has been anywhere near to those past performances who has not been caught using drugs.

DISCUS AND HAMMER

These are another two events on which the shadow of drug-taking has fallen, not without some good reason. However, the main problem is that in much of the world the regulations regarding the width of the opening of the throwing cages are not strictly followed, which would help explain why there are so many foul throws in major international competitions. Such restrictions on the openings had to be made due to the increased distances that the implements were being thrown.

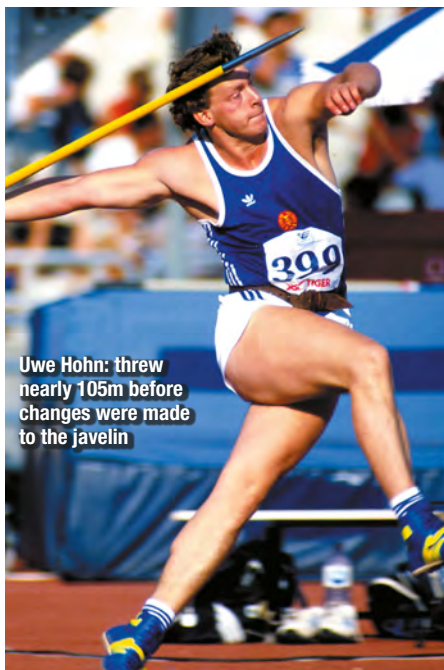
Also, whereas the actual landing sector for the hammer for instance was 60 degrees, it was changed to 45 degrees in 1968 and, since 2003, is now 34.9 degrees. One of the main reasons for these controls was that there were some terrible accidents when rogue hammers bounced on the "new" all-weather foam tracks and continued into the watching crowds.

With the discus there was always the problem of the discus sliding often considerable distances after landing, and hitting unwitting competitors in another event, and that has been exacerbated by the tremendous distances now thrown, by both men and women (with their lighter implement).

JAVELIN

Prior to 1965 javelins were primarily made of wood. It was always thought that the first 80m plus throw was by Bud Held of the United States in 1953 (80.41m) using the revolutionary metal javelins designed and manufactured by Bud and his brother Dick.

In fact it has been discovered that the 77.23m world record by Finland's legendary Matti Järvinen in 1938 (measured by the then "perpendicular method") was in fact 81.26m if it had been measured by the current "radial" measurement method.



Uwe Hohn: threw nearly 105m before changes were made to the javelin

Distances gradually increased with 90m passed in 1964 and in 1983 Tom Petranoff of the United States reached 99.72m. This caused panic with the thought of what accidents such distances, especially caught by the wind, could happen in an enclosed stadium, and then Uwe Hohn of the GDR threw 104.80m the following year.

A new implement was introduced in 1986. This was a javelin with the centre of gravity moved forward and the tail altered so that the implement came down sooner, and also which invariably stuck in the ground, making measurement easier.

By 1991 a further specification to these changes had to be ruled against, but since then the distances have still increased until the new record now stands at 98.48m, and probably tougher changes may well have to be made for safety purposes.

In late 1956 Spanish javelin throwers began using a discus technique, which was copied by others, and uncontrolled throws of over 90m were reported. This style was quickly banned.

Similarly to the men's javelin the women's implement was changed in 1999, mainly to eliminate bothersome borderline flat throws, but also for safety purposes.

MULTI-EVENTS

The Olympic champion, or better still the world record holder, in the decathlon or the women's heptathlon, has a right to be considered the best athlete in the world.

This is especially so in recent years when the standards achieved in so many of the individual events of the contests are so high.

The composition of the decathlon has changed little over the years, but it has been affected by all the changes noted above to its individual disciplines.

In 1950 new scoring tables were introduced replacing those from 1934, and they lasted until 1962. This lot lasted until 1984 when new (and the current) tables came into force.

The women's "equivalent" used to be the five-event pentathlon, in which Mary Peters won the 1972 Olympic title with one of the smallest margins ever. The make-up of events and their order and day of competition changed often over the years. The scoring was decided on points tables which had been introduced in 1954.

In 1971 a new points table was brought in. In the mid-1970s the 200m was replaced by the 800m, and the five events were all held on the same day. At the beginning of 1981 the heptathlon became the official outdoor multi-event for women. It consisted of the 100m hurdles, shot, high jump and 200m on the first day, with the long jump, javelin and 800m on the second.

This is the format which exists today and is currently scored on tables which came into force in 1984. In 2001 the IAAF accepted a women's decathlon on the world record list of events.

RELAYS

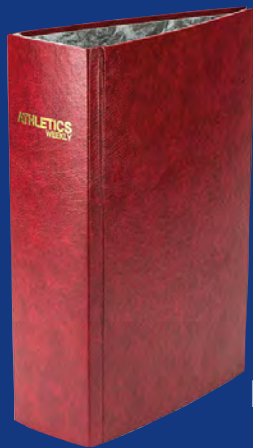
Probably the most significant change to sprint relay running was the ruling in 1963 that allowed outgoing athletes on the last three changes of the 4x100m to begin their run some 10 metres before the start of the changeover zone, as long as the actual changeover was within the zone itself.

That has added substantially to the speed that can be attained over the complete distance.

However, it did add another cause for error, as highlighted by the disqualification of the USA sprint relay team in the 2017 World Championships, due to their second leg runner, Justin Gatlin, taking the baton from his lead-off man before he had reached the take-over zone.



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- Peta Bee, performance editor

JUGGLING ACT

TRYING to squeeze training, work and a social life into 24 hours is never easy and the juggling act only becomes more complicated as athletes progress up the performance ladder.

This is what Anna Boniface found when she made the decision to focus on the marathon two years ago and on p38 you can read how she struggled to make the choices and decisions that enabled her to train harder.

Boniface conducted an online survey to find out how other athletes, of all levels, cope with the demands of daily life, the results of which we will publish next week.

Elsewhere, the focus is on warming up, not in the sense of a pre-training routine, but in the form of products that will help you combat the cold.

TIRED LEGS? THEN TAKE A HOT SOAK

WARM MUSCLES RECOVER FASTER, NEW STUDY SHOWS

ICE BATHS may well have had their day if the results of a new study are to be taken seriously.

Researchers from Sweden's renowned Karolinska Institute worked with scientists from other universities to look at the best methods for recovery after intense or prolonged exercise. Their conclusion? Tired muscles recover better after if they are warmed rather than chilled.

Volunteers were invited to a human performance lab where they performed a series of high intensity workouts on an arm-pedaling machine followed



Ice baths: not worth the discomfort

Hot bath: a recommended recovery technique



by 20 minutes of easier but almost non-stop exercise. At the same time, the researchers tracked their heart rates and power output. The participants were then asked to pack in carbohydrates as part of recovery, but to do nothing else before returning to the labs.

In subsequent tests, the volunteers repeated the workout twice, but put on full-length arm cuffs immediately afterwards.

For one session, the cuffs were heated to 100° Fahrenheit and on another they were

chilled to about 5°.

The results, published in the *Journal of Physiology*, showed that muscle recovery was markedly quicker when muscle fibres were heated – but only if they also had been exposed to glycogen through the high carb diet the volunteers were consuming.

Arthur Cheng, a researcher at the Karolinska Institute, who led the study, said: "Warming muscles probably aids in recovery by augmenting the muscles' uptake of carbohydrates."

PERFORMANCE GUIDE

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INURIES ON THE RISE IN YOUNG ATHLETES

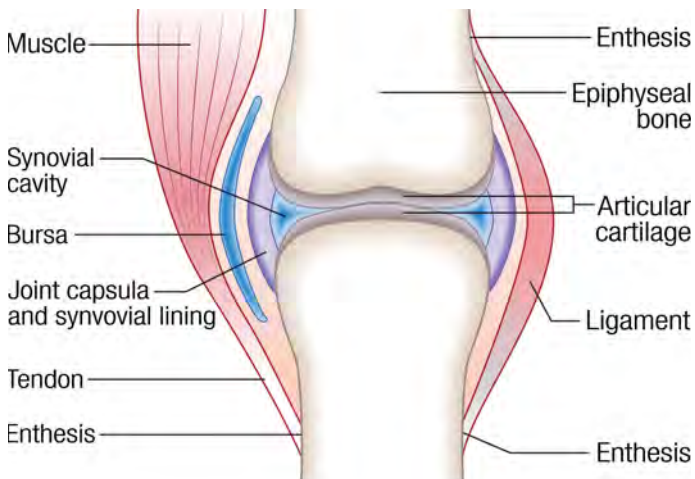
THREE in 10 elite, adolescent athletes are injured every week, according to a report by the Karolinska Institutet in Sweden. Girls are worst affected and experienced the highest rate of injury as well as being injured for longer.

Philip von Rosen, a researcher at the Department of Neurobiology, Care Sciences and Society who led the study, looked at surveys completed by 680 elite athletes representing 16 different sports at 24 such schools around Sweden.

They answered questions about injury occurrence and the volume and intensity of their training.

"Our studies show that the incidence of injury is high in adolescent elite athletes," says von Rosen.

"During the average week, one in three of them was injured. Over a year, almost all of them had been injured at least once and around 75% reported that they had been seriously injured at least once during the year," he continued



Regrowth has been seen in over half of knee cartilage samples

SCIENTISTS CAN REGROW CARTILAGE

INJECTING fat into cartilage of the knees prompts dramatic regrowth and could offer hope for athletes with cartilage problems, according to a new peer reviewed study.

Professor Adrian Wilson of The Regenerative Clinic in Harley Street and a leading global expert in orthopaedic surgery, conducted a study carried out on 17 patients (and 32 knees) with an average age of 69, all of who had osteoarthritis classified as grade 3-4 (arthritis is graded 1-4 with four representing the most advanced cases with little remaining cartilage and often bone-on-bone symptoms).

He and his team found that knees treat with the new non-surgical method of intra-articular fat injection (known commercially as Lipogems) displayed an increase of 83% in cartilage after 12 months.

Following the initial treatment patients were tested at three, six and 12

months using a number of indicators including MRI scans and measurement of synovial fluid. In almost all cases there was an improvement seen, with more than half, 53.57% of joints recorded seeing an increase in cartilage regrowth of +15% or more.

Another study, conducted by Arcangelo Russo at the Sacre Cuore hospital in Calabria, Italy and published in the *Journal of Experimental Orthopaedics*, also found the treatment is effective in reducing knee pain.

Russo reported that 87% of patients had a significant reduction in pain after 12 months and there were no major complications recorded. He concluded the treatment to be; “a sustainable, quick, one-step, minimally invasive, and with very low percentage of complications.”

See theregenerativeclinic.co.uk or call 0330 223 3332.

WHAT'S NEW? WHAT'S NEW?

SIXPAD EMS

What: An EMS (Electrical Muscle Stimulation) training tool developed specifically for athletes by Japanese scientists

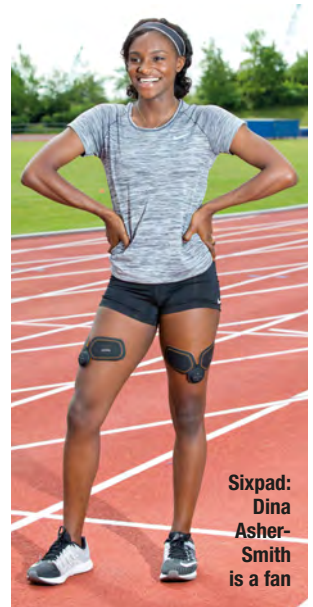
Why: The product works by delivering electrical stimulation directly to the muscles causing them to contract and relax exactly as they would during exercise. It takes a bit of getting used to as the currents can be unexpectedly probing, but we loved the fact you can wear it at your desk or in front of the television.

There are pre-set daily training programmes of 23min duration that can really help target muscles underused through injury. Dina Asher-Smith is a big fan.

“It proved invaluable when I was trying to come back from my foot injury earlier this year,” she says. “As I was able to get a full body work out using electrostimulation I was able to get back to some form of strength training just two weeks post-surgery.

“Without EMS it would have been much more difficult to achieve a fourth place finish at the World Championships in August.”

Asher-Smith is the latest UK athlete to join SIXPAD's Athlete Support Project, a global initiative designed to support professional athletes with their performance by providing EMS technology.



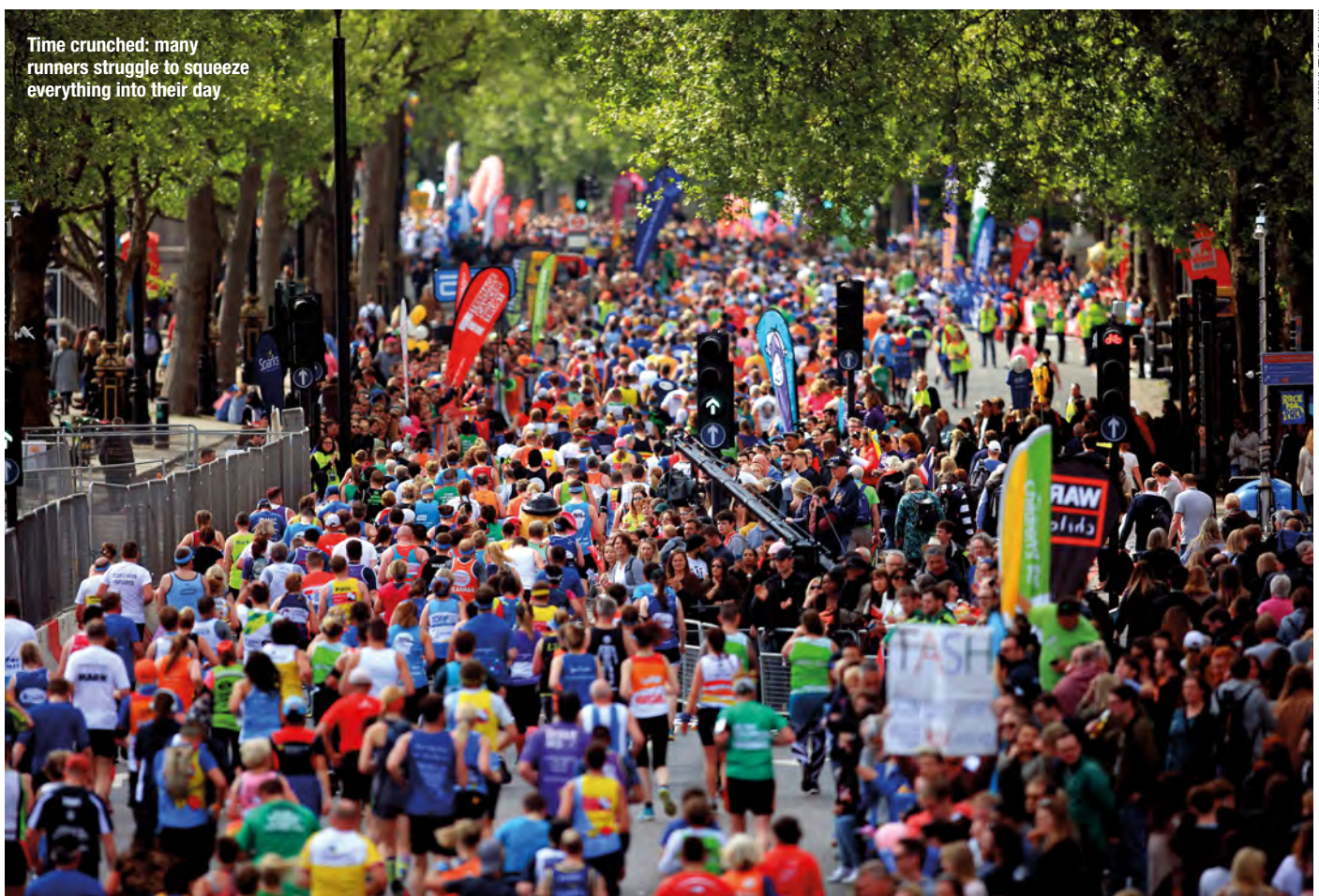
“For sprinters, it's more than just being fast, turning your legs over quickly and really getting going,” she says. “You have to be strong; you have to have power and strength behind every movement. SIXPAD gets me there, it specifically activates the fast twitch muscles. And for me, using this type of training, using EMS gets your muscles going and gets them ready to fire quickly and efficiently.

“SIXPAD activates muscles that might not already be activated by conventional training methods.”

Where: There are two SIXPAD products available on the market – the Body Fit (£109.99), which tones and develops muscles in the arms, quads and obliques; and the Abs Fit (£149.99), which works muscles in the abdomen. Available from sixpad.uk

HOW TO MANAGE THE BALANCING ACT

JUGGLING A JOB WITH THE DEMANDS OF TRAINING IS NEVER EASY. ANNA BONIFACE REPORTS ON THE PRESSURES FACED BY ATHLETES



Time crunched: many runners struggle to squeeze everything into their day

MARK SHEARMAN

Friday February 5, 2016: 77 days to go until the marathon

"I'M ALREADY late rushing off the wards to get my handover for the weekend. Friday afternoons are always manic on the acute assessment unit of the specialist respiratory physiotherapy ward where I work. I've not had lunch. I normally stay to chat but I need to hurry off. I'm on-call Sunday night, so tonight is the only time I can fit my long run in.

"I'm only halfway through my 10-day week but I motivate myself to get my trainers on for the second run of the day. I run an uninspired 16 miles along the A40. My bag is heavy and my legs are tired from my track session last night. I can't break

8-min mile pace. I manage 30 minutes of conditioning in the gym before running to the tube to go home. I've run 21 miles today. I eat my dinner and go to bed, hoping the weekend won't be too busy."

WEEKS like this weren't unusual leading up to my first marathon in 2016. Running was taking up more and more of my time since I made the decision to increase my mileage to step up to the longer distances.

Two years ago I would finish somewhere in the middle of the pack at cross country races and my fastest park run was outside 20 minutes. But after 18 months of dedicating my life to running, I found myself

running 2:45 on my debut marathon.

In the final four months leading up to London I was running 70-100 miles a week and working full time as a respiratory physiotherapist at a busy London teaching hospital. I was constantly running out of hours in the day. My life revolved around work and training. I had little free time for socialising and would use any opportunity to squeeze in every extra mile possible. Did I have the balance right? Probably not.

Juggling balls

Paula Radcliffe uses a great analogy of life balances being like juggling different balls. Some you can take more risks with, but

others are fragile and you need to treat them with caution, not taking your eye off them.

The main issue is time and the difficult choices you must be willing to make to run 80 miles a week. “Ah, I can’t I’ve got to run,” was a regular excuse for not going out and socialising and without a training group, I would often run alone. The peak of my training was quite a lonely and isolating time for me.

On the treadmill

Sleep is one of the vital ingredients for recovery is also neglected. Waking up earlier and earlier to get more miles in or going to bed later to go to the gym after a track session. Add in life admin and trying to get eight hours’ sleep is nigh on impossible.

Admittedly, being too focused on running I had lost sight on the other key aspects of my life, including my health, something you should never take for granted.

Now, I’m not suggesting that the lifestyle and pressure of a full-time athlete is easy. It comes with its own stress such as the constant pressures to perform to hold on to sponsorship deals and funding. A lack of job and financial security is something I don’t envy and I am very thankful for my guaranteed pay slip at the end of the month.

Taking control

Over the last 18 months, my own circumstances changed. I have a new job as part of the community rehab team at St Mary’s Hospital in Paddington, west London, and train with a group under the guidance of my coach, Rob McKim at Reading AC. This change has seen my progression to a 2:37 marathon and my first England vest.

I’m still learning that I need to be more relaxed about training in order to have a better work-life balance. I am concentrating on looking after myself to be the best athlete I can be. I still have very limited time during the week, but with a consistent 9am to 5pm, Monday to Friday routine, my balance is much easier to manage.

Lessons learned

There are other things I have learned from



Anna Boniface: combines work as a physio with training

VICTORIA SALLER

my experiences. I now recognise that it’s okay to drop a run to go out and socialise with your friends, that it’s okay to miss a gym session because you had to stay at work late. It’s about asking yourself: “Will this run make me better or will it make me more tired?”

You have to learn how to prioritise your training but most importantly your recovery too. Above all, you need to be organised and to maximise every minute of the day, but also to be flexible with your commitments. That’s what gives you balance.

What’s your balance?

My experiences got me thinking more deeply about the implications of work-life-sport balance on performance. Does

having to juggle working and training put a glass ceiling on your progression? Are there barriers around adequate recovery, difficulty in increasing training volume and lack of flexibility with taking time off for overseas training and competition?

It is something I wanted to explore further and so I created a survey to get more information from other athletes about how they balance life as a working athlete and whether they think it presents potential barriers to success. Results were intriguing and I’ll report back my findings in part two of my report next week.

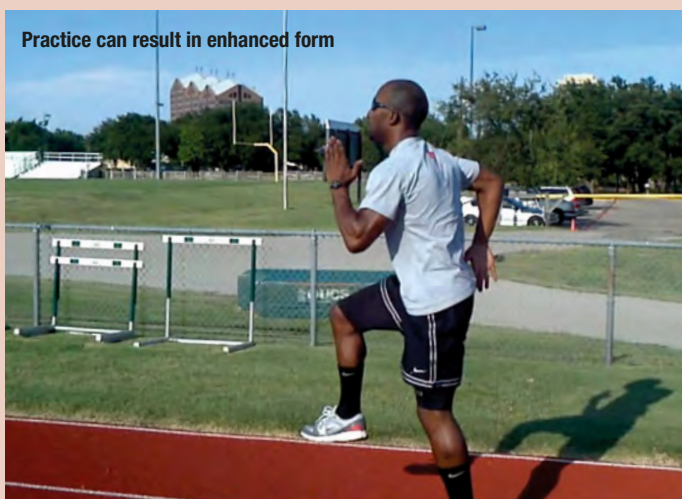
■ Anna Boniface is a 2:37 marathon runner who made her England debut at the Toronto Waterfront Marathon last month. See annaboniface.com

FIVE STEPS TO A B-SKIP DRILL

DONE WELL, THE B-SKIP DRILL IMPROVES STRENGTH

THE B-SKIP is a great drill to ensure that your foot strike is in the proper location relative to your body. It also develops leg strength in young athletes.

1. Drive the knee upward above the hip
2. Instead of snapping it back down, extend the leg and bring it back down striking the ground below with the forefoot. This



stretches the hamstring and allows you to really emphasise the pulling motion as your foot lands on the ground

3. Paw back with the foot until it's aligned with the hip. The B-skip should feel as if the leg is

moving in a circular motion

4. Use regular running arm action throughout
5. Listen to the sound your feet landing and 'pawing' backwards to make sure you have good rhythm.

WHAT'S ON

Welsh Athletics Officials' and Race Organisers' Conference

Date: December 2

Venue: Park Inn Hotel, Cardiff North, Circle Way East, Llanedeyrn, Cardiff CF23 9XF

A conference to celebrate the great success of Welsh officials at the 2017 IAAF World Championships and World Para Athletics Championships, as well as to provide learning opportunities for those involved in either track and field, endurance races or for race organisers. In line with the #Inspiredby2017 initiative that has seen officials' education offered for free throughout 2017, the Officials' and Race Organisers' Conference will be free of charge for all attendees. Refreshments and lunch will be provided.

Booking: Visit welshathletics.org or directly by sending an email to tom.marley@welshathletics.org

ASK THE EXPERT: HOW CAN YOU EASE ANXIETY?

Q A 17-year-old athlete I coach suffers extreme anxiety before competitions. I think this is impacting her performance, but would like some tips on how best to tackle it?

A Almost all athletes get nervous before a competition. In part this can be beneficial as some levels of nervousness help to focus the mind, make an athlete aware of their surroundings and get adrenaline pumping round the body. It starts to become negative when the pre-competition nerves move too far towards a state of

anxiety, as seems to be the case with your athlete. This can make muscles tight and reduce coordination and concentration.

I've known athletes who have anxiety headaches or begin to feel or actually be sick (losing vital energy and hydration). The best way to help an athlete stay in control of your nerves is to create a pre-performance routine with them.

Work backwards from the competition start considering kit, nutrition, travel, parking, kit storage, sleep, gadgets, timings and warm up.

Once this becomes their



routine they can rely on it to know you have covered everything. Include in this routine their physical warm up and they will feel in control of the situation and focused on individual actions rather than their nerves.

As a coach, it's also important to keep your

expectations and goals for the athlete realistic so that they know they are achievable. Look back over their training diary and pull out three key sessions in their build up to an important event that will help them do well.

Dr Josephine Perry, sports psychologist at performanceinmind.co.uk

PROTECT YOUR EXTREMITIES

THE NUMB, WHITE FINGERS OF RAYNAUD'S DISEASE ARE A COMMON COMPLAINT FOR MANY ATHLETES AT THIS TIME OF YEAR, SAYS PETA BEE

IT'S A cold evening and five minutes into your run or warm up your fingers have been drained of colour and they are excruciatingly cold. Sound familiar? Around 10 million people in the UK are prone to the painful, numb and tingling symptoms of Raynaud's Disease. According to the charity Scleroderma and Raynaud's UK (sruk.co.uk), it is more common in women than men, but also affects a proportionately larger number of athletes.

Exercise shifts blood from the skin to the working muscles, despite all body parts, including the hands, needing more blood as you work hard. Your body may feel warm as you get into a session or run, but if your skin senses cold, then this shifting of blood to the muscles and other parts of the body may be exaggerated.

"You expect cold fingers and toes if you train on a cold day, but Raynaud's Disease takes this to another extreme," says Dr Juliet McGrattan, a GP and



Raynaud's: more common in athletes

author of *Sorted: The Active Woman's Guide To Health* (Bloomsbury, £18.99). "The small blood vessels in your fingers – and less commonly your toes, ears and noses – become extremely sensitive to temperature and constrict, or close up, on exposure to cold."

This excessive temporary vasoconstriction, which can also be triggered by stress, triggers the characteristic appearance of Raynaud's afflicted fingers. "They turn white, numb and eventually blue as the blood supply

decreases," McGrattan says.

Only those who have experienced Raynaud's will know of its potential for extreme discomfort. Symptoms of Raynaud's include severe pain in the fingers or affected area, numbness and fingers that are deathly white as the blood supply becomes reduced in that area. When the oxygen supply in the fingers is depleted, the skin turns blue and, as the fingers begin to warm, they change colour a deep red as blood returns. At this stage, an uncomfortable "pins and needles" sensation which can last up to 10 minutes can take hold.

Your job is to trick your central body and brain into thinking that it is warm, even if you are training in sleet and snow. Here's how:

Layer up: Wearing a thick fleece or hoodie is not as effecting as lots of thin layers that serve to trap warm air between them. It's wise to wear a hat to prevent heat loss through your head as well as thermal or merino wool socks.

Protect your hands: Gloves are pretty much essential from now until the beginning of summer for Raynaud's runners, although I've been known to wear light gloves in July. Your best bet is actually a pair of mittens over gloves as they trap warm, circulating air.

In really cold weather, wear a liner glove made from thermal silk or silver fabric underneath and use disposable hand warmers. "Pop your gloves on a radiator before heading out," says McGrattan. "It's harder to warm hands once they are already cold."

Stay warm: It is critical to warm the central core temperature – swinging the arms in a wide rapid circle can force blood to the fingers during a warm up.

Hot soak: Studies have shown that soaking your hands in hot water for five minutes every four hours increases blood flow for at least 2 hours afterwards and can decrease the number of Raynaud's attacks. It's worth soaking your hands before training.

WARM UP

Three essentials for keeping hands warm

Ronhill Merino Glove (£22; ronhill.com): Merino wool is renowned for

its thermo-regulating properties and this lightweight glove (19g) is made with a breathable and wind resistant Merino fabric blend.

Innov-8 Extreme Thermo Mitt (£35.00; inov-8.com):



These breathable running mittens feature Polartec Alpha insulation which regulates warmth and transfers moisture to keep you warm in the worst winter conditions.

Little Hotties (£11.99 for 10 pair pack; ellis-brigham.com or littlehottieswarmers.com): If all else fails, keep these in your kit bag. The sachets are air-activated – just remove the warmer from

the packaging, give it a shake for a few seconds then place in your glove for up to eight hours of warmth.



HOW YOU CAN STAY WARM THIS WINTER

THERE'S A SEASONAL NIP IN THE AIR, BUT **PAUL FREARY** HAS TESTED THE BEST PRODUCTS TO KEEP YOUR EXTREMITIES TOASTY

Gore – Essential Gore Windstopper Beany

Price: £34.99

Stockist: goreapparel.co.uk

The Windstopper fabric used in this beany hat lives up to its name and provides a great barrier against the wind. Despite this, it remains exceptionally breathable and won't leave your head feeling hot and sweaty even after you warm up on a long run.

The soft lining of the hat feels instantly comfortable and means you can get on with the job in hand without worrying about getting cold and wet. Testers praised the fact it was warming but didn't make the head sweaty.



Saucony – Ultimate Touch Tech Glove

Price: £15.99

Stockist: saucony.com

There's nothing worse than cold hands during training, but these gloves should protect against numb fingers. They are lovely and soft, the back of the thumb using a fleece fabric, which is soft to the touch and perfect for wiping the sweat from your face mid run.

The extended cuff means the gloves tuck under the ends of your sleeves, thus eliminating that cold 'gap' making these well-designed and functional gloves. On the thumb and index finger there's an innovative fabric that allows touch screen devices to be operated without removing them, which helps keep the hands warm. Our testers said they were lightweight and comfortable.



DHB – Run Headband

Price: £7.00

Stockist: dhbsport.com

Not everyone likes to run in a headband, but if you find them less constricting than hats, then this is a good value choice. With dropped sections to cover the ears, this headband is perfect for those that don't want the full 'closed in' feel of a hat or cap.

Providing a good level of protection whilst allowing the head to 'breathe' this is a great value option. Reflective details are a thoughtful added design detail.



Inov-8 – Wrag

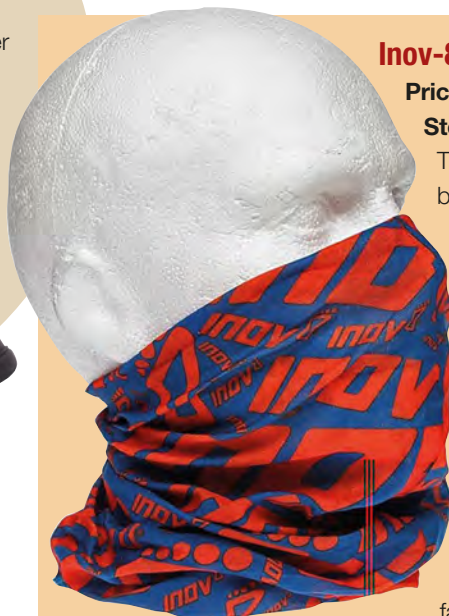
Price: £12.00

Stockist: inov-8.com

This is a versatile bit of kit that can be used as a scarf, bandana, hat or headband as well as a multitude of other clever ways to protect against the elements. It's lightweight at just 30g and can easily be wrapped around your wrist when not in use.

Available in a range of colours and patterns, it's one of those products that could well become an essential in your training wardrobe.

Several testers said they would use the garment on a very cold day as a face mask.



CEP – Merino Wool Run Sock

Price: £39.99

Stockist: cepsports.co.uk

The Merino wool blend used in these compression socks makes them a great choice for everyday use in the cooler autumn and winter months.

The naturally thermo-regulating properties of the wool ensure warmth and breathability for comfort throughout even the longest run. But the wool also has sweat-wicking properties so that your feet won't get cold and damp – a runner's worst nightmare.

Even in the wet, the Merino provides an insulating quality, which along with the medical grade graduated compressive fit means performance and comfort are never compromised.



Montane – Via rail Glove

Price: £25.00

Stockist: montane.co.uk

Featuring a windproof, moisture wicking and breathable fabric, these gloves blocked the wind as well as proving highly water resistant during our tests. The lightweight fabric has a soft lining for comfort and a flocked area to the back of the thumb for wiping your face while on the move.

The fingertips use a touch sensitive fabric that allows you to use a phone or touch screen device without removing the gloves. The longer length and elasticated cuffs provide a secure fit and ensure the wind is kept at bay.



Raidlight – MP+ Over Mitts

Price: £35.00

Stockist: raidlight.com

A lot of runners suffer from Raynaud's Disease, a circulatory problem that causes numbness and often extreme pain in the extremities, usually the fingers and toes. If you are among them, you'd be wise to invest in a pair of running mittens like this as experts say they provide a greater amount of trapped, warm air than gloves with individual fingers.

Designed to meet the regulations of certain ultra and mountain events, these gloves provide a waterproof yet breathable layer in addition to existing gloves.

Weighing just 10g each the gloves provide extra protection when the weather is of the extremes. The gloves easily cover your hands and wrist and have a Velcro band to ensure a secure fit.



Montane – Spine Cap

Price: £38.00

Stockist: montane.co.uk

Using Gore-Tex active shell fabric makes this cap a fully waterproof and breathable piece of kit that's perfect for running in the rain or sleet. The multi panel design provides a close fit and all seams are taped to ensure not a single drop of water can get through.

A Velcro closure at the rear of the cap allows you to adjust the fit and reflective detail on the back and along the edge of the peak will increase your visibility to other road users in poor light conditions.



Odlo – Jogger 2.0 Running Gloves

Price: £29.00

Stockist: odlo.com/uk

More expensive than the average pair of running gloves, but given that they are designed and produced by a Swiss company accustomed to dealing with the harshest of temperatures, you can expect your hands to be in good hands.

The well-designed shape and stretch fabric used in these gloves makes them a great fit. The soft, knitted lining fabric feels supremely soft next to the skin for a warm and luxurious layer of protection from the cold.

An elastic section to the back of the wrist keeps the gloves snug and reflective details on the back of the hand increase your visibility in low light. A silicone print covers the palm of the hands, which helps grip and dexterity when wearing the gloves.





Steve Smythe,
results editor

CROSS TIMES

THE cross-country leagues last weekend again saw high numbers and some record fields.

In some, athletes were finishing so closely that timekeepers were struggling to cope with many runners crossing the finish line within a second.

You could argue with cross-country races that times are generally not considered too important and they aren't, compared to track and road.

But without standards it is more difficult for us to evaluate how many athletes we publish in each league.

While times aren't crucial, I do not agree with times not being taken at all, which does happen in a number of UK leagues.

In USA races, times do seem more important as they are invariably run over set distances on flat courses and allow clear comparison and monitoring improvement.

The UK races that don't record times means the level of victory and comparison is impossible to gauge.

In leagues where there are no times, we usually only print the first 10 and no vet times as we are unable to evaluate which vets deserve to be highlighted – something we would know if we knew their times.

OVERSEAS

AUSTRALIA

Perth, November 10
Women: 200: 1 S White (U16) 23.91.
3000: 1 M Smart (U17) 9:12.71
Adelaide, November 8
Men: PV: 1 K Marschall 5.50
Albert Park November 9
Men: 3000: 13 NICK EARL 8:27.53.

CANADA

Last Chance Half-Marathon, Calgary, November 12
Women: HM: 2 ALLISON BLACKMORE (W50) 88:15
Fall Classic Half-Marathon, Vancouver, November 12
Men: HM: 3 CRAIG McMILLAN (M40) 73:53

CHINA

Shanghai, November 12
ETHIOPIA'S Roza Dereje won in a fast 2:22:43 to retain her title and improve her PB by nearly three minutes. Victory was secured by just under a minute from Kenyan former world half-marathon champion Lydia Cheromei, who set a world W40 record of 2:23:31 – her fastest time since 2012.

Ethiopians Hirut Tibebe (2:23:35) and Gulume Tollesa (2:23:59) were also inside 2:24.

In the men's race, South Africa's Stephen Mokoka claimed a record fourth victory in 2:08:35 ahead of Kenya's Ernest Ngeno (2:08:38).

Men: Mar: 1 S Mokoka (RSA) 2:08:35; 2 E Ngeno (KEN) 2:08:38; 3 A Kipsang (KEN) 2:09:02. **Women: Mar:** 1 R Dereje (ETH) 2:22:43; 2 L Cheromei (KEN) 2:23:31; 3 H Tibebe (ETH) 2:23:35; 4 G Tollesa (ETH) 2:23:59

FRANCE

Cross National Bayard, Pontcharra, November 12
Men: 8.36km: 10 OLIVER HEASLIP 27:10

DENMARK

Cross Nationals, Middelfart, November 11
Men: 9km: 1 N Solomon (SWE) 28:52; 2 D Nilsson (SWE) 29:09; 3 TOM LANCAHIRE 29:19; 11 IEUAN THOMAS 30:17; 17 CHARLIE HULSON 30:41; 26 ROB SAMUEL 31:29; 32 DAN NASH 31:45; 41 JACK CRABTREE 32:19; 51 PATRICK LEESE 33:01. **U20: 6km:** 1 S Haugen (NOR) 18:49; 5 JAKE HEYWARD 19:12; 17 DOMINIC SMITH 19:58; 36 JAC SMITH 21:15. **Women: 9km:** 1 S

Classic win: Samuel Kalalei wins in Athens



Record fields ran from Marathon to Athens

Christiansson (SWE) 28:40; 5 CARYL JONES 29:11; 19 SIAN EDWARDS 31:20; 45 NATASHA COCKRAM 32:03

GREECE

Athens Marathon, Athens, November 12
KENYA'S Samuel Kalalei and Ethiopian Bedatu Hirpa Badane won over the tough original marathon course from Marathon to the old Olympic Stadium in Athens.
Kalalei won a battle with fellow Kenyan Milton Rotich, breaking clear with seven kilometres to go. A day before his 23rd birthday, Kalalei ran 2:12:17. Rotich finished second with 2:14:18 and Jonathan Kiptoo completed an all-Kenyan podium with 2:16:08.

Badane won a close women's race with 2:34:18, just four seconds ahead of Alice Kibor (2:34:22). Fellow Kenyan and defending champion Nancy Arusei took third in 2:34:51.

A record number of 18,500 runners took part.

Men: Mar: 1 S Kalalei (KEN) 2:12:17; 2 M Rotich (KEN) 2:14:18; 3 J Kiptoo (KEN) 2:16:08; 83 RICHARD SWINDLEHURST (M45) 2:55:58. **Women: Mar:** 1 B Badane (ETH) 2:34:18; 2 A Kibor (KEN) 2:34:22; 3 N Arusei (KEN) 2:34:51; 28 SUSANNA HARRISON (W50) 3:24:26

ITALY

Global Ports Maratona Di Ravenna Citta' D'arte, Ravenna, November 12
Men: Mar: 20 BEN PARKES 2:47:45

JAPAN

Setagaya, Tokyo, November 12
Men: HM: 1 E Chebotibin (KEN) 62:49

Saitama International Marathon, Saitama, November 12

CHARLOTTE PURDUE showed her marathon consistency by finishing fourth in 2:30:34 in blustery conditions.

This was her fourth marathon in the 2:29:23-2:30:34 range since last October.

World fourth-placer Filomena Cheyech from Kenya defended her title in a time of 2:28:39 to defeat Bahrain's Shitaye Habtegebrel by three seconds.

Men: Mar: 1 Y Kawauchi 2:15:54. **Women: Mar:** 1 F Cheyech Daniel (KEN) 2:28:39; 2 S Eshete Habtegebrel (BRN) 2:28:42; 3 B Daba (ETH) 2:30:06; 4 CHARLOTTE PURDUE 2:30:34; 5 R Iwade (JPN) 2:31:10; 6 P Ongori (KEN) 2:32:00; 7 S Diver (AUS) 2:33:00

Yokohama, November 11

JONATHAN NDIKU narrowly won the 10,000m by six-hundredths of a second in 27:22.73 from William Malel as the first six – all Kenyans – went sub-28.

Men: 10000m: 1 J Ndiiku (KEN) 27:22.73; 2 W Malel (KEN) 27:22.79; 3 J Maina (KEN) 27:39.41; 4 D Kipkemai (KEN) 27:45.46; 5 D Muiva Kitonyi (KEN) 27:51.08; 6 R Kimunyan (KEN) 27:52.10; 7 S Mwangi (KEN) 28:12.95. **Women: 5000:** 1 H Ekarare (KEN) 15:14.79
East Women's Ekiden, November 11
Women: 9 stages 42.195m (6km, 4km, 3km, 3km, 5.0875km, 4.1075km, 4km, 3km, 10km): 1 Chiba 2:18:37; 2 Nagano 2:19:21; 3 Ibaraki 2:20:15; 4 Shizuoka 2:20:19; 5 Kanagawa 2:20:25

KENYA

Sotik, November 11
Men: 10km XC: 1 E Bett 28:05; 2 G Kimutai 28:09; 3 D Kiptaru 28:13. **U20: 8km:** 1 E Langat 22:05
Women: XC: 1 I Chepkemai 31:59; 2 C Chepkemai 32:13; 3 E Chebet 32:13. **U20 6km:** M Cherop 18:19

SPAIN

Cross Internacional De Atapuerca, Atapuerca, November 12
ETHIOPIA'S Senbere Teferi retained her title, winning the 8km in 25:21 in a sprint finish ahead of Margaret Chelimo.

The top European was Spain's Trihas Gebre in fourth, with Ireland's Fionnuala McCormack and Steph Twell completing the top six.

In the men's race, Ethiopia's Molla Getaneh was a surprise winner in 24:45 just ahead of world under-20 cross-country champion Jacob Kiplimo from Uganda.

Eritrea's Aron Kifle was third ahead of reigning champion Aweke Ayalew from Bahrain and former winner Imane Merga from Ethiopia.

The world 5000m champion Muktar

Edris was sixth in 25:11 with Ayad Lamdassen the top European in 13th.

Men 9km: 1 M Getaneh (ETH) 24:45; 2 J Kiplimo (UGA) 24:46; 3 A Kifle (ERI) 24:54; 4 A Aweke (BRN) 25:02; 5 I Merga (ETH) 25:07; 6 M Edris (ETH) 25:11; 7 J Soget (KEN) 25:12; 8 Y Haileeselassie (ERI) 25:17; 9 T Toroitich (UGA) 25:21; 10 J Birech (KEN) 25:25; 11 L Komon (KEN) 25:29; 12 V Rono (KEN) 25:34; 13 A Lamdassen 25:41; 14 C Mayo 25:43; 26 ALEXANDER TEUTEN 26:27. **Women: 8km:** 1 S Teferi (ETH) 25:21; 2 M Chelimo (KEN) 25:21; 3 A Aprot (KEN) 25:37; 4 T Gebre (ESP) 25:50; 5 Fa McCormack (IRL) 26:13; 6 STEPHANIE TWELL 26:21; 7 M Perez 26:35; 8 LILY PARTRIDGE 26:36; 15 K O'Flaherty (Newc/IRL) 26:50

Maratón De Tenerife, Santa Cruz De Tenerife, November 11

Women Mar: 1 SHEENA LOGAN 3:01:39; 2 SONKA REIMERS 3:11:36

SWITZERLAND

Night Run Just For Smiles 10km, Morges, November 11
Women: 10km: 3 CARRIE BEADLE 39:40

TURKEY

Istanbul, November 12
IN her marathon debut, Kenya's Ruth Chepngetich broke the Turkish all-comers' record and course record with victory in 2:22:36. Rio Olympian Vasilina Jepkesho was a close second in 2:22:40. In the men's race, France's Abraham Kiprotich won in 2:11:22 from Kenya's Jacob Kendagor (2:11:27).

Abe Gashahun won a close 15km race which saw the top five separated by two seconds.

Polat Arikan was fourth in a Turkish record 43:41.

European champion Yasemin Can won the women's race in 48:59.

Men: Mar: 1 A Kiprotich (FRA) 2:11:22; 2 J Kendagor (KEN) 2:11:27; 3 B Worku (ETH) 2:11:39; 4 K Mungara 2:12:01; 10 E Kiplagat 2:13:19. **Women: Mar:** 1 R Chepngetich (KEN) 2:22:36; 2 V Jepkesho 2:22:40; 3 L Haylay (ETH) 2:25:14; 4 M Seboka (ETH) 2:29:55.

Men: 15km: 1 A Gashahun (ETH) 43:39; 2 H Alew (ETH) 43:40; 3 T Girma (ETH) 43:40; 4 P Arikan Kemboi 43:41 (rec); 5 A Kaya 43:45; 6 A Kaya 43:51. **Women: 15km:** 1 Y Can 48:59; 2 D Abdulkadir Gosa (BRN) 49:01; 4 K Fentile (ETH) 49:02; 5 D Mwingor (KEN) 49:03

UNITED ARAB EMIRATES

Super Sports Run Series, Dubai, November 10
Women: 10km: 1 EMILY WAUGH 35:13



CHARLOTTE TAYLOR IN WINNING FORM



Charlotte Taylor: victorious in Seattle

KIRBY LEE

MILNER (U20) 32:27; 57 JACK JIBB (U20) 33:26; 68 WILLIAM BATTERSHILL (U20) 33:39

NCAA Division I South Central Region Championships, College Station, November 10

Men: XC: 7 ALEX GEORGE 30:13; 10 NATHAN JONES 30:15; 26 OLIVER JAMES 31:01; 29 MATTHEW ARNOLD 31:10; 96 JAMES STOCKINGS 32:25.
Women: XC: 21 CHARLOTTE TARA MURPHY (U20) 20:36; 56 GEORGIA TUCKFIELD 21:31; 62 KATIE BUCKLEY 21:38; 72 KATY WHITEOAK (U20) 21:44; 94 JESSICA FOX (U20) 22:08

NCAA Division I South Region Championships, Tuscaloosa, November 10

Men: XC: 47 DECLAN McMANUS 32:14; MICHAEL CALLEGARI DNF.
Women: XC: 10 JODIE JUDD (U20) 20:21; 57 REBECCA EVANS 21:22; 82 SARAH LIVETT 21:42; 111 BETHAN EVANS (U20) 22:09; 143 ROSIE CHAMBERLAIN 22:44

NCAA Division I Southeast Region Championships, Earlysville, November 10

Men: XC: 20 JAMAINE COLEMAN 29:41; 44 NEIL GOURLEY 30:30.
Women: XC: 14 BETH HAWLING 20:44; 37 SOPHIA PARVIZI-WAYNE 21:31; 197 OLIVIA GWYNN 24:12

NCAA Division I West Region Championships, Seattle, November 10

NCAA 10,000m champion Charlotte Taylor averaged 5:09 miling to win by two seconds from Allie Ostrander. Another Brit, Amy Eloise Neale, was third.

Men: XC: 17 JACOB ALLEN 29:54; 19 JACK ROWE 29:54; 78 ALEX HOWARD 31:12; 99 MICHAEL VENNARD 31:35; 169 SCOTT HALSTED 33:04. **Women:** 6km **XC:** 1 CHARLOTTE TAYLOR 19:15; 2 A Ostrander 19:17; 3 AMY-ELOISE NEALE 19:26; 10 BETHAN KNIGHTS 19:44; 39 ELIZABETH BIRD 20:39; 117 REBECCA HOWARD 21:54



Jeffrey Eggleston: big win at Las Vegas

VICTOR SAUER

UNITED STATES

Geico Rock 'N' Roll Las Vegas Half-marathon, Las Vegas, November 12

Men: HM: 1 J Eggleston 64:14; 2 Y Yagi 64:35. **Women: HM:** 1 J Bawcom 78:02; 7 DANI NIMMOCK 78:59

Monterey Bay Half Marathon, Monterey, November 12

Women: HM: 5 SARAH INGLIS 73:36

Rock 'N' Roll Savannah Half Marathon, Savannah, November 4

Men: HM: 2 MATT BLUNDEN 73:27

NCAA Division I Great Lakes Region Championships, Terre Haute, November 10

Men: XC: 121 JONATHAN COLLIER 33:34

NCAA Division I Mid Atlantic, Bethlehem, November 10

Women: XC: 41 LUCY JONES (U20)

21:09; 57 MILLIE HOWARD (U20) 21:27

NCAA Division I Midwest Region Championships, Ames, November 10

Men: XC: 8 HENRY PEARCE 29:19; 15 THOMAS GEORGE 29:33; 26 SCOTT BEATTIE (U20) 29:45; 35 NYLE CLINTON 29:58. **Women: XC:** 21 KAYLEE DODD 20:48; 86 KIRSTIN OAKLEY (U20) 21:38

NCAA Division I Mountain Region Championships, Logan, November 10

Men: XC: 15 JOSH KERR (U20) 30:44; 17 RYAN FORSYTH 30:46; 61 JONATHAN GLEN 32:08; 80 LINTON TAYLOR 32:45. **Women: XC:** 21 POPPY TANK (U20) 20:43; 48 LOUISE MERCER 21:21

NCAA Division I Northeast Region Championships, Amherst, November 10

Men: XC: 7 LIAM DEE 32:09; 16 HUGO

TRACK & FIELD

NOVEMBER 10

SIAB COMBINED EVENTS

INTERNATIONAL, Emirates Arena

U18 men: Pent: 1 J McFarlane (Centr, U20) 3612 (8.47, 13.08, 23.25, 6.77, 2:13.17); 2 J Turner (Exe, U20) 3589 (8.29, 11.86, 23.13, 6.76, 2:13.18); 3 R Farquhar (A'deen, U20) 3431 (8.23, 10.75, 23.22, 6.68, 2:18.63); 4 C McCarthy (Ireland, U17) 3422 (8.93, 10.13, 22.39, 6.24, 2:04.84); 5 E Campbell (SB, U20) 3405 (8.47, 13.40, 24.10, 6.42, 2:17.74); 6 B Lynch (Ireland, U17) 3396 (8.63, 12.07, 23.96, 6.53, 2:12.91); 7 T McConville (N Down, U17) 3384 (8.61, 9.96, 23.65, 6.43, 2:06.32); 8 H Wheeler Sexton (Card, U20) 3317 (8.57, 12.95, 23.49, 6.20, 2:20.75); 9 M Chandler (Centr, U20) 3281 (8.61, 10.87, 23.80, 6.27, 2:13.09); 10 S Bladon (Team K, U17) 3219 (8.61, 10.83, 24.53, 5.93, 2:08.05); 11 C Darkin-Price (Charm, U20) 3212 (8.82, 13.32, 24.31, 6.17, 2:20.14); 12 S Brindley (N Ayr, U17) 3177 (8.77, 10.25, 23.69, 6.33, 2:16.64); 13 H Reynolds (Card, U17) 3035 (9.10, 9.21, 23.33, 5.60, 2:08.98); 14 D Murathodzic (Card Arch, U17) 2988 (8.62, 7.99, 23.15, 5.97, 2:20.88); 15 T Britt (Card,

U20) 2913 (8.88, 10.92, 24.76, 5.89, 2:22.97); DNF D Miniter (Ireland, U17) 2866 (8.76, 13.66, 23.50, 6.15, DNS)
U16: Pent: 1 J Harding (Bas, U17) 3403 (8.23, 6.77, 23.37, 11.33, 2:23.72); 2 B Hillman (Card, U17) 3399 (8.76, 6.35, 23.91, 11.23, 2:05.49); 3 I Golding (Ireland) 3393 (8.38, 6.22, 23.34, 9.84, 2:07.52); 4 J Cunningham (Lisb, U17) 3289 (8.56, 6.10, 24.11, 13.03, 2:17.80); 5 M Fotheringham (Giff N, U17) 3248 (9.09, 6.47, 24.64, 10.64, 2:05.71); 6 A Yeo (Scun, U17) 3149 (8.77, 6.72, 23.78, 10.76, 2:26.89); 7 D Phillips (P'broke, U17) 3054 (9.19, 5.47, 24.24, 12.84, 2:13.52); 8 J Schlueter (Yeov O, U17) 3046 (8.80, 5.89, 24.00, 11.59, 2:22.55); 9 A Lindo (Craw, U17) 3046 (9.03, 6.32, 23.56, 10.10, 2:21.95); 10 A Milely (Ireland) 3029 (8.63, 5.84, 24.17, 9.86, 2:17.10); 11 Z Wall (Card Arch, U15) 3015 (9.02, 5.80, 24.18, 11.85, 2:19.64); 12 R Naime (Giff N, U17) 2865 (8.83, 6.05, 25.13, 9.09, 2:19.56); 13 K McAulay (W'moss, U17) 2723 (9.31, 5.85, 25.26, 12.17, 2:32.88); 14 B Henson (Card, U17) 2714 (9.15, 5.27, 25.50, 11.18, 2:20.43); 15 J Forde (Ireland) 2695 (9.48, 5.12, 25.60, 12.08, 2:18.02); 16 A Hoole (Tm E Loth, U17) 2677 (8.89, 5.54, 24.24, 10.26, 2:36.97)

U18 women: Pent: 1 P Earley (K&P, U20) 3901 (11.99, 8.64, 5.61, 1.50, 2:14.41); 2 E Race (Works, U20) 3853 (12.10, 8.78, 5.47, 1.71, 2:31.77); 3 O Dobson (Exe, U20) 3804 (13.99, 9.05, 5.47, 1.74, 2:45.00); 4 J Hopkins (Chelm, U17) 3788 (13.65, 9.27, 5.72, 1.68, 2:40.45); 5 E Duane (Ireland, U17) 3451 (10.40, 9.11, 5.42, 1.47, 2:26.07); 6 L O'byrne (Ireland, U17) 3408 (10.86, 9.22, 5.10, 1.56, 2:50.36); 7 T Jones (Card Arch, U20) 3309 (9.61, 9.40, 5.31, 1.47, 2:26.02); 8 E Davies (Blae G, U17) 3290 (9.00, 9.37, 5.18, 1.59, 2:32.76); 9 G Morgan (Card Arch, U17) 3263 (9.32, 8.83, 5.22, 1.47, 2:35.63); 10 E Thomas (C&V Sch, U20) 3211 (9.19, 9.57, 5.61, 1.56, 2:44.76); 11 J Davidson (A'deen, U17) 3166 (8.93, 9.05, 5.30, 1.56, 2:52.36); 12 A Cassidy (Ireland, U17) 3148 (8.64, 9.13, 5.06, 1.56, 2:41.22); 13 T Henry (Living, U20) 3123 (10.64, 9.30, 5.19, 1.53, 2:52.64); 14 C McGarvey (Banc, U20) 3058 (8.34, 10.08, 4.79, 1.62, 2:31.19); 15 N O'Neill (Ireland, U17) 2959 (9.83, 9.33, 5.16, 1.47, 2:55.46); 16 J Morton (W'moss, U17) 2357 (6.31, 10.29, 4.14, 1.26, 2:29.57)
U16: Pent: 1 A Pawlett (Stock H, U17) 3652 (5.65, 8.99, 1.62, 10.48, 2:31.37); 2 R O'Brien (Ton, U17) 3409 (4.95, 9.75,

1.68, 9.29, 2:22.38); 3 E Misantoni (Stock H, U17) 3398 (4.84, 9.37, 1.53, 10.29, 2:18.42); 4 N Proudfoot (Annan, U17) 3359 (5.33, 9.4, 1.59, 9.32, 2:31.77); 5 R Bridger (Thurr, U17) 3271 (5.29, 9.13, 1.59, 10.13, 2:47.85); 6 K Burr (VPCG, U15) 3236 (4.83, 9.4, 1.56, 10.41, 2:33.57); 7 B Cook (Centr, U17) 3186 (5.04, 9.04, 1.59, 8.07, 2:38.85); 8 N McCorry (IRL, U17) 3059 (4.52, 9.75, 1.56, 9.14, 2:29.05); 9 C Mapps (Card Arch, U17) 3032 (5.36, 9.36, 1.38, 10.35, 2:47.22); 10 J Leahy (Ireland) 3004 (4.70, 9.65, 1.50, 8.82, 2:31.58); 11 G Dickinson (Card, U15) 3002 (5.01, 9.92, 1.53, 7.55, 2:30.42); 12 B Roberts (Col B, U15) 2997 (4.97, 9.97, 1.53, 7.86, 2:30.82); 13 O Coffey (Ireland) 2988 (4.85, 9.96, 1.44, 8.83, 2:26.22); 14 J Hanrahan (Ireland) 2983 (5.06, 9.94, 1.50, 8.04, 2:32.57); 15 C Poole (Swan, U15) 2861 (4.84, 9.68, 1.41, 8.27, 2:34.97); 16 I Steel (Dunf T&F, U17) 2826 (4.94, 9.41, 1.59, 7.91, 3:02.87)

SEPTEMBER 17
GIFFNOCK NORTH AC CLUB CHAMPIONSHIPS, Kilmarnock
U17 men: 100H: 1 C Alexander (Giff N) 14.62
U13: 75H: 1 D Martin (Giff N) 13.84

INDOOR

OCTOBER 28

SCOTTISH INDOOR LEAGUE, Emirates Arena, Glasgow

Morning match
U20 men: MATCH: 1 Giff N 35; 2 C'nauld 56; 3 W'moss 57. **U17: MATCH:** 1 Giff N 40; 2 Living 43; 3 VPCG 47
U15: MATCH: 1 Giff N 23; 2 W'moss 49; 3 C'nauld 51. **U13: MATCH:** 1 E Loth 17; 2 Giff N 20; 3 Giff N B 39
U20 women: MATCH: 1 W'moss 26; 2 Giff N 46; 3 C'nauld 71. **U17: MATCH:** 1 VPCG 28; 2 Giff N 36; 3 C'nauld 49
U15: MATCH: 1 E Loth 29; 2 VPCG 31; 3 Giff N 36. **U13: MATCH:** 1 Giff N 22; 2 VPCG B 32; 3 VPCG 39
Afternoon match
U20 men: MATCH: 1 Dund H 23; 2 Edin 34; 3 Lass 41. **U17: MATCH:** 1 Centr 49; 2 Edin 49; 3 Edin B 54
U15: MATCH: 1 Edin 26; 2 Dund H 28; 3 Edin B 41. **U13: MATCH:** 1 Dunf 45; 2 Kilb 46; 3 Falk 47
U20 women: MATCH: 1 Kilb 28; 2 Lass 48; 3 Aird 55. **U17: MATCH:** 1 Centr 61; 2 Edin 65; 3 Lass 73
U15: MATCH: 1 Lass 34; 2 Centr 40; 3 N Ayr 56. **U13: MATCH:** 1 Edin B 42; 2 N Ayr 43; 3 Aird 47

ROAD

NOVEMBER 12

HEATON HARRIERS TOWN MOOR MEMORIAL 10km, Town Moor, Newcastle upon Tyne

PETER NEWTON was an emphatic winner in the cold and windy conditions, winning by 81 seconds from Conrad Franks, *Les Venmore reports*.

Jo Zakrzewski was equally as impressive in the women's race.

In the event supported by Quantum Business Park, Newton was content to stay in the leading group for the first 2km, before Franks tried to make a break. This was soon covered by Newton, who then gradually pulled away from his rival.

Passing halfway in 15:51, Newton had a lead of 40 seconds over the chasing group as Franks had been joined by another seven athletes.

Newton extended his advantage on the second lap as the wind slightly abated. Franks moved back into second place with Adrian Bailes taking third ahead of Tom Charlton, who led Tyne Bridge to a successful defence of the team title.

This was Newton's first outing since winning the Sunderland 5km in July, his wife having given birth to a baby son in the meantime.

Newton had previously won this race 10 years ago and was second a year later. John Butters was the leading veteran finishing in ninth place.

British masters W40 10,000m champion Zakrzewski soon headed the women's field, passing halfway in 18:46, some 26 seconds ahead of Alice Smith.

The margin of victory was increased to 51 seconds at the finish line. Danni Smythe finished strongly to take third place, passing Catherine Young in the closing stages. Rachel McIntyre, in fifth position, led North Shields Poly to a second successive team title.

It was a good day for the Bennett family. Lee was the leading M45 athlete, while Robyn won the junior women's 5km and Rowan gained victory in the U15 3km. Ines Curran broke the only record of the day in the U15 girls race, bettering the 2015 figures of Rhian Purves by 13 seconds.

Overall: 1 P Newton (Morp, M35) 31:09; 2 C Franks (Gate) 32:30; 3 A Bailes (Birt) 32:36; 4 T Charlton (Tyne Br) 32:40; 5 M Hedley (Tyne Br) 32:54; 6 S Hancox (Morp) 32:54; 7 A Kiel (Quak) 32:55; 8 M Fenwick (Tyne Br) 33:21; 9 J Butters (Morp, M40) 33:24; 10 S Jackson (Elv) 33:32; 11 I Dixon (Sun, M40) 33:56; 12 S Morley (Tyne Br) 34:15; 13 L Bennett (Els, M45) 34:20; 14 J Clifford (Even, M45) 34:23; 15 L Dover (Hough) 34:43; 16 S Schubeler (Heat, M35) 34:44; 17 J McKenzie (Heat) 35:12; 18 M Alderson (Blay) 35:13; 19 I Robinson (Heat) 35:18; 20 M Hetherington (Heat) 35:22; 21 J Masterman (Morp, U20) 35:26; 22 P Blakey (Sun, M45) 35:30; 23 R Johnson (Aln) 35:45; 24 P Turnbull (Tyne Br, M35) 35:47

M50: 1 K Smith (Tyne Br) 36:18. **M55:** 1 I Norman (Heat) 39:10. **M60:** 1 D Nicholson (Morp) 39:00; 2 P Grey (Aln) 40:26

TEAM (4 to score): 1 Tyne Bridge H 29; 2 Morpeth H 37; 3 Heaton H 72

Women: 1 J Zakrzewski (Dur, W40) 37:53; 2 A Smith (Sun, W35) 38:54; 3 D Smythe (Heat) 40:02; 4 C Young (Clare) 40:19; 5 R McIntyre (NSP) 41:27; 6 K Davis (NSP, W50) 41:37; 7 J Routledge (Heat, W35) 42:02; 8 C Lee (Els) 42:20;

9 J Hutchinson (Darl, U20) 42:28; 10 L Matheson (Tyne Br, W45) 42:38; 11 A Smith (NSP, W40) 42:40; 12 E Glover (Jes J) 43:07

W50: 2 P Brown (Darl) 44:42. **W60:** 1 H Lambert (NSP) 45:32. **W70:** 1 S Gibson (Darl) 51:30

TEAM (3 to score): 1 North Shields Poly 22; 2 Heaton H 33; 3 Tyne Bridge H 44

Junior men (5km): 1 T Glover (Morp, U17) 16:14; 2 J Ramshaw (Morp, U17) 16:46; 3 D Melling (Morp, U17) 16:53; 4 M Waterfield (Morp, U17) 17:09; 5 S Mackie (Sun, U20) 17:26; 6 T Innes (Morp, U20) 17:30

TEAM (3 to score): 1 Morpeth H 6

U15 (3km): 1 R Bennett (Els) 10:15; 2 D Race (Gate) 10:20; 3 T Cunningham (Morp) 10:24; 4 B Walker (Morp) 10:30; 5 D Davies (Morp) 10:38

TEAM (3 to score): 1 Morpeth H 12

U13 (3km): 1 O Douglass (Gate) 10:44; 2 T Slane (Black B) 10:51; 3 T Barron (Gate) 11:09; 4 S Tate (Morp) 11:11; 5 H Courtney (Tyne) 11:15

TEAM (3 to score): 1 Gateshead H 11

U11 (1km): 1 J McGinley (Hough) 3:44; 2 A Liendar 3:46; 3 N Scott (Low F) 3:56

Junior women (5km): 1 R Bennett (Els, U20) 18:45; 2 G Hufton (Morp, U17) 20:00; 3 E Quinn (Sun, U17) 20:05; 4 N Knight (Sun, U17) 20:33

TEAM (3 to score): 1 Sunderland H 13

U15 (3km): 1 I Curran (Gate) 10:41 (rec); 2 H Peck (Morp) 10:52; 3 L James (Hough) 11:17; 4 R Wren (Gosf) 11:31; 5 A Ellis (Gosf) 12:01

TEAM (3 to score): 1 Gosforth H 18

U13 (3km): 1 H Bowyer (Black B) 11:53; 2 A Leiper (Els) 12:05; 3 C Flanagan (Els) 12:44; 4 A Dorman (Tyne Br) 12:51; 5 S Johnston (Low F) 13:10

TEAM (3 to score): 1 Morpeth H 23

U11 (1km): 1 E Jones (CleS) 3:51; 2 L Milburn (Els) 3:53; 3 C Hobbs (Heat) 3:54

AFTER ADOPTION REGENT'S PARK 10km, London Regent's Park

Overall: 1 A Tibbitts 35:39; 2 J Geale 36:18; 3 T Froggett (Beck) 37:33

Women: 1 V Ross (W35) 44:12; 2 J Zakariyyay 44:26; 3 L Gordon-brown 45:16



Peter Newton: clear win at Heaton

DAVID HEWITSON

COALVILLE 10km, Snibston

Overall: 1 R Farrant (BRJ, M45) 41:22; 2 S Halsey (S Der, M50) 41:39; 3 M Button (Poplar Running Club, M45) 41:57

Women: 1 S Pollard (Formular One CC, W35) 45:43; 2 N Battermann 47:03; 3 S Williams (Form 1, W35) 48:16

GEORGE MUNDAY 10km, Leverington

Overall: 1 C Stanforth (Ryst) 34:20; 2 M Pyatt (Ryst) 34:25; 3 M Allen (Ryst) 35:13

Women: 1 B Dawson 43:11; 2 G Larham (March, W45) 43:37; 3 N Coughlin (3Coul) 44:34

GLASGOW MO RUN, Glasgow Green

Overall (10km): 1 M Hunter 35:19; 2 S Reid 36:07; 3 C Lipman 36:08

M60: 2 C Coyle 38:31

Women: 1 G Blee 41:33; 2 L Mooney 42:13; 3 K Turnbull 43:07

Overall (5km): 1 N Pearson (W) 18:54; 2 C Kerr (U20) 19:01

PETERHEAD 10km, Peterhead

Overall: 1 D Marshall 35:33; 2 T Roche (Garioch Gazelles, M40) 36:19; 3 R Strachan 36:33

Women: 1 S Duncan (P'head) 39:50; 2 J Hoyle (Jog Scotland Kintore) 41:56; 3 A Gallon (Stone, W40) 42:47

STEBBING 10, Stebbing

THE 2:18:26 marathoner James Connor won easily in 52:15. Liz Davies was first woman in a PB 59:08.

Overall: 1 J Connor (Kent) 52:15; 2 R Prout (Thriff) 53:40; 3 A Holford (WG&EL) 55:03; 4 P Robinson (Spring S) 56:19; 5 C Burgoyne (Spring S) 56:32; 6 T Woulfe (Brain) 56:32

M50: 1 G Cavell (W Green) 59:25; 2 S Philcox (If) 61:43. **M60:** 1 P Mingay (T'tree) 59:34

Women: 1 L Davies (Spring S, W35) 59:08; 2 R Sweatt (With RC) 62:31; 3 J Stretton (Spring S) 65:25

W35: 2 M Naylor (Saffron Striders) 67:19; 3 F Halls (Saffron Striders) 67:57

WINDMILL 10km, Lytham St Annes

M60 PAUL MULLER became one of the oldest ever outright winners of an open



Holly Archer: on her way to a course record at Stowmarket

HUNTER PHOTOGRAPHY

road race when the 60-year-old won in 36:04.

It puts him third in the 2017 UK rankings for his age group.

Overall: 1 P Muller (Horw, M60) 36:04; 2 P Veevers (Lyth, M35) 36:20; 3 N Tate (Lyth, M35) 36:41

M60: 2 A Dunleavy 40:53. **M70:** 1 T Hillier (G'dale) 47:06

Women: 1 A Duffy (Clayton-Le-Moors, W35) 41:01; 2 T Allan (S'port W, W35) 41:33; 3 E Davies 41:44

W50: 1 A Delaney (Kirky Milers) 43:28. **W55:** 1 G Richardson (Hyde Striders) 45:27; 2 K Ellis (Burden Road) 46:35. **W70:** 1 M Christian (Ross) 59:06

MO RUN 5km, Battersea Park, London

Overall: 1 R Palomo 16:40; 2 A Ireland (U20) 16:45; 3 S Spells (W) 18:39

Women: 1 Spells 18:39; 2 E Smith 21:48; 3 J Van Der Voorden 21:11

EDINBURGH MO RUN, Holyrood

Overall (10km): 1 R Wilson 38:26; 2 T Nielsen (M40) 38:46; 3 T Roberts 39:15

Women: 1 N Mitchell 38:05; 2 M McManus 43:46; 3 R Holmes (W40) 44:50

Overall (5km): 1 B Kinninmonth 19:21; 2 W Stewart 20:06; 3 M Moseley 21:43

Women: 1 M Jencz 24:40; 2 Miszewska 26:09; 3 E Jones-Watson 27:15

STOWMARKET STRIDERS SCENIC 7, Suffolk

CRISP weather conditions, with a partial headwind on the outward leg, saw the race winner, Kieran Hayles from Sudbury Joggers, cross the finish line with a good time of 39:45, closely pursued by Jim Last of Framlingham Flyers.

A new women's course record of 41:16 was set by Holly Archer of West Suffolk Athletics.

Archer came in sixth place overall and took an impressive 44 seconds off the record which has been standing for six years.

Overall: 1 K Hales (Sudbury) 39:46; 2 J Last (Fram, M40) 40:11; 3 A Wade (Ips J) 40:50

M40: 2 B Jacobs (Ips J) 40:58

TEAM: 1 Ipswich J; 2 Framlingham; 3 Felixstowe

Women: 1 H Archer (W Suff) 41:9 rec; 2 O Robson (St Ed, W45) 44:48; 3 A Goodwin (Ips H) 45:44

TEAM: 1 St Edmunds; 2 Stowmarket; 3 Felixstowe

SUPERNOVA KELPIES 5km 3, Hellix

Overall: 1 M Forrester 17:50; 2 C Skipper 18:05; 3 O Boyle 20:18

Women: 1 A Cross 20:22; 2 A Miles 21:38; 3 K Kulczyk 21:41

NOVEMBER 11

BUXTON PAVILION GARDENS 5km, Buxton

Overall: 1 R White (Bux, M40) 18:01; 2 J Southward 19:50; 3 A Stokes (M50) 20:17

Women: 1 E Nocton (Bux, W35) 25:27; 2 A Fitzgerald (Bux) 25:37; 3 A Thornton (W35) 25:47

GLEN CLOVA HALF-MARATHON, Glen Clova, Angus

Overall: 1 R Simpson (Dees R) 68:01; 2 K Jones (Dund H) 72:39; 3 A Woodroffe (GS TC) 75:19

M60: T Martin (Falk TR) 90:22

Women: 1 A Darlington (Dund R) 85:46; 2 A Hartmann (S'earn) 86:44; 3 A Thomson (Kent) 88:10

W50: 1 K MacPherson (Fife) 94:11; 2 M Taggart (Dund R) 99:58. **W60:** 1 N Heaney (Falk TR) 1:40:36; 2 M Martin (Fife) 1:43:39

POPPY HALF-MARATHON, Bexhill-on-Sea

Overall: 1 B O'Boyle (Vegan) 76:56; 2 p Hunt 76:59; 3 D Quinn (Ling) 81:54

Women: 1 R Hillman 86:01; 2 S Fry (Hall) 86:49; 3 L Smyth (Clap C, W35) 91:25

Overall (10km): 1 E Plager 38:19; 2 J Owens (Abing) 39:45; 3 T Harper (Run Wednesdays) 40:12

Women: 1 L Lumber 42:34; 2 A Anscomb 48:56; 3 A Skelcey 49:31

Overall (5km): 1 O Hall (Bracknell athletics) 17:23; 2 R Brocklehurst (E'bne) 17:44; 3 D Ayling 17:57

Women: 1 A Darvell (E'bne) 20:19; 2 L Hall (Bracknell athletics) 21:07; 3 R Edwards 21:10

SUPERNOVA KELPIES 5km 2, Hellix

Overall: 1 L Grabinski 16:42; 2 D Candlish 17:30; 3 S Carrick 18:55

Women: 1 J Viro 22:11; 2 V Moran (W45) 22:23; 3 J Stephen (W40) 23:46

NOVEMBER 10

SUPERNOVA KELPIES 5km 1, Hellix

Overall: 1 K Riddell 17:27; 2 J McLoone 17:31; 3 J Hamilton (M40) 18:28

Women: 1 C Bishop 19:32; 2 S Reid (W45) 20:47; 3 D Dickinson (W35) 20:56



NOVEMBER 8

ARMADA ATHLETICS NETWORK WINTER 3km SERIES, Plymouth
Overall: 1 N Brown (Erme) 10:00; 2 D Watling (Bir) 10:01; 3 M Bradley (Ports) 10:03

Women: 1 J Allison (Ply H) 12:17; 2 E Childs (Ports) 13:48; 3 C Bradley 13:57

NOVEMBER 7

CHINGFORD LEAGUE, Race 3, Hog Hill, Essex

Men (dark 5km): 1 E Brown (E Lon) 16:13; 2 P Grange (Dag 88) 16:30; 3 L Harknett (Orion, U20) 16:35

M65: 1 M Mason (Bark) 20:50; 2 D Michael (Barn) 21:37

U17: 1 O Harknett (Orion) 18:40; 2 T Adolphus (WG&EL) 18:58; 3 N Boase (Orion, U15) 19:09

U15: 2 H Jones (Orion) 19:34; 3 R Dolan (Orion) 20:46

U17 TEAM: 1 Orion 16; 2 WG&EL 17

Standings after 3 matches: 1 Orion 30; 2 WG&EL 18; 3 Trent P 9

U15 TEAM: Orion 21

Standings after 3 matches: 1 Orion 30; 2 Trent P 9

U13: 1 A Ansell (Orion) 6:21; 2 R Johnson-Reay (Orion) 6:26; 3 F Edwards (WG&EL) ^:51N Moore (Orion) 11:15; 3 R Edwards (WG&EL) 11:30

TEAM: 1 Orion 25; 2 WG&EL 38

Standings after 3 matches: 1 Orion 30; 2 WG&EL 27; 3 Eton M 8

Women (5km): 1 A Cole (Orion, U17) 19:19; 2 S Donges (VP&TH) 19:33; 3 S Magson (Orion, U15) 19:42

W45: K Levison (E Lon) 20:24. **W55:** B Nordin (If, gst) 23:03

U17: 1 A Pearce (Orion) 21:12; 2 B Leddy (Orion, U15) 22:16; 3 L Grant (Orion) 23:11

U17 TEAM: Orion 21

Standings after 3 matches: Orion 30

U15 TEAM: Orion 15

Standings after 3 matches: Orion 20

U13: 1 M Silverstone (Orion) 6:37; 3 R Natu (Orion) 7:04; 3 11:40; 3 Foot (Orion) 7:08

TEAM: Orion 21

Standings after 3 matches: 1 Orion 20; 2 Trent P 9. Senior trns not available

TYNE BRIDGE HARRIERS WINTER GRAND PRIX 5km, Newcastle

Overall: 1 M Fenwick (Tyne Br) 15:25; 2 J Duncie (Tyne Br) 15:36; 3 S Morley (Tyne Br) 16:43

Women: 1 M Parkin (Tyne Br) 19:42; 2 S Marr (Tyne Br) 19:53; 3 R Adamson (Tyne Br) 20:08

NOVEMBER 5

DEAL CASTLE 5, Deal

Overall: 1 C Brisley (Inv EK, U20) 25:58; 2 S Strange (Bas) 27:26; 3 I Manson (Metro) 27:43

Women: 1 S Hodgkinson (B&B) 32:29; 2 E Chambers (Folk, U20) 33:40; 3 L Berkman (Swale, W35) 35:56

DERWENTWATER 10, Keswick

Overall: 1 J Douglas (Bord H) 53:04; 2 C Arthur (B'land F) 54:03; 3 S Stead (Kesw) 54:33; 4 J Mason (Bord H) 56:43; 5 B Hodgson (Bord H, M35) 56:59

M60: 1 K Addison (R Rose) 67:48

Women: 1 J Zakrzewski (Dur, W40) 63:04; 2 S Wood (Royt) 64:28; 3 R Douglas (Bord H) 65:33; 4 A Matthews (Metro, W35) 65:56; 5 K Bridge (Eden, W45) 66:57

W45: 2 J Sharp (Acc) 70:02; 3 S Dixon (Hoad) 71:22; 4 S Ayers (Kesw) 71:29

W50: 1 H Davies 74:19. **W55:** 1 B Wright (BWF) 70:30. **W65:** 1 J King (Eden) 86:19

GUY FAWKES 5, Tewkesbury

Overall: 1 A Cambell (Stroud) 26:44; 2 M James (Chelt, M40) 27:44; 3 C Brown (Severn, M35) 27:54

M50: 1 J Mansfield (Tewk) 29:29. **M65:** 1 A Green (Almost) 34:16

Women: 1 S Crombie-Hicks (Chelt, W45) 30:22; 2 K Krzywiec (NCT&R, W40) 31:58; 3 E Smith (W'bury) 32:07

W55: 1 K Galpin (Almost) 35:19; 2 S Baldwin 37:34. **W60:** 1 M Hollamby (Bourt) 37:08

LANCASTER HALF-MARATHON

Overall: 1 S Croft (R Rose, M35) 74:11; 2 B Sache (Lanc U) 75:19; 3 D Fulford (Hoad, M35) 76:54

M55: 1 D Ramsay (Benth) 86:31; 2 R Swallow 86:34. **M60:** 1 L Hill (Dumf) 90:07. **M70:** 1 D Evans (Lancs WC) 98:13

Women: 1 E Kirk 78:10; 2 C Cooper (Keighey & Craven AC, W35) 88:16; 3 H Lloyd-henry (Prestwich) 89:33

W40: 1 C Hern (Ecc) 91:46. **W50:** 1 N Skilton (C&S) 91:08; 2 L Goddard (L&M) 98:49. **W55:** 1 A Griffiths (FCR) 1:43:39

MICKEY ANNETTE MEMORIAL 10km, Mayobridge

Overall: 1 N Kerr 36:59; 2 A Knapton 38:41; 3 D Parr 39:08

Women: 1 C Coffey (Newry, W35) 42:38; 2 A Trainor 51:51; 3 J Mckeown 56:13

MORNINGTON CHASERS REGENT'S PARK 10km WINTER SERIES, London Regents Park

Overall: 1 B Crabb (M40) 34:20; 2 S Mitchell (FullPotent) 35:08; 3 J Edwards 35:45

M70: 1 R Solomons (High) 44:01

Women: 1 K Southgate (W35) 44:03; 2 D Crichton 46:23; 3 S Dally (Synergy, W35) 46:44

ROCKINGHAM 10km, Corby

Overall: 1 P Gowdridge (Birst) 35:52; 2 S Forsyth (W&B, M35) 36:13; 3 R Cartwright (W&B, M35) 36:15

Women: 1 C Surrell (Hunc, W35) 45:05; 2 S Ritchie (Redway) 45:22; 3 J Cox (Redway) 45:22

Overall (5km): 1 N Lobb 18:32; 2 A Eales (Harb) 18:50; 3 M Dolphin-rowland 19:24

Women: 1 L Watts (W'boro, U15) 19:29; 2 B Peach (Notts) 21:11; 3 A Wilkins (Hean) 24:17

ROYAL PARKS WINTER 10km SERIES, London Greenwich Park

Overall: 1 J Semmence 36:31; 2 H Bedhiafi 37:04; 3 M Dimitrov (B'mth) 37:16

Women: 1 P Teoh-shi (Kent) 41:23; 2 E Grant (Kent) 43:15; 3 A Hunter Johnston 43:50

RUN WITH THE WIND 10km, Strathaven

Overall: 1 S Gibson (Cambus) 31:51; 2 S Butler (Cambus) 33:04; 3 K Neill (Ayr S, M35) 33:21; 4 R Turner (Edin, M45) 33:50; 5 N Mcalinden (Banks Renewables) 33:58

M45: 2 K Speirs (Cors) 35:35. **M50:** 1 N Robbins (Ham H) 37:16. **M55:** 1 W Jarvie (P'belo) 36:12; 2 C Creegan (Edin) 38:22. **M60:** 1 A Mc Linden (Ham H) 38:02

Women: 1 L Fraser (Edin, W40) 39:00; 2 K Dempsey (Edin) 41:14; 3 K Dobbie (Edin, W50) 41:26

W45: 1 C Milne (Loth) 41:56. **W55:** 1 C McMenemy (Aird) 44:45

TEMPLETON 10, Dundee

Overall: 1 M Herron (Dund H) 58:06;

2 C Earl (Dund RR) 60:28; 3 R Harrison (Monifeth Triathlon Club, M40) 62:20

M55: 1 J Tomlinson (Fife) 65:00. **M65:** 1 T Martin (Falk Tr) 67:40

Women: 1 S Logan (Fife) 64:08; 2 A Darlington (Dund RR) 66:34; 3 J Learmonth (Dund H) 67:09

W50: 1 C Mcleod 69:02. **W55:** 1 L Stephen (Fife) 74:43. **W60:** 1 J Dobson (Kinr) 76:03; 2 M Martin (Fife) 79:29

OCTOBER 25

EVEN SPLITS 5km SERIES, Leeds

Overall (5km): 1 J Crossfield (Hal) 16:26; 2 S Collins 16:35; 3 A Milne (HPH) 17:01

M55: 1 D Clark (Abbey R) 18:27; 2 T Clough (Leeds C) 19:00

Women: 1 S Barlow (H'gate, W35) 17:44; 2 A Leake (Leeds C) 18:08; 3 S Cross (Weth) 18:35; 4 S Lewis (Roundhay Runners, W40) 18:39

W45: 1 L Watson (Bing) 19:09

Overall (5km): 1 F Lamont 20:36; 2 M Westman (Bing, M55) 21:14; 3 C Gill (St Th, M70) 21:27

Women: 1 T Clark (St Th) 21:41; 2 K Pearse (W35) 21:44; 3 P Brook (R'well, W40) 22:24

MULTI-TERRAIN

NOVEMBER 12

BECKENHAM CHARITY 10km

Overall: 1 T Heslop (PPTH) 36:04; 2 C Tuck (B&B) 36:15; 3 A Green (Windrush TC) 36:48; 4 A Harrington (B&B) 36:57; 5 B Hudson (Windrush TO) 37:10

M40: 1 L Collier (Windrush TC) 39:06. **M50:** 1 M Brown (CP Tr) 40:35. **M60:** 1 M Aboussalam (Orp) 42:59; 2 W Hill (Craw) 45:50

Women: 1 L Hum (Windrush TC, W35) 43:31; 2 R Goodwin (Windrush TC) 43:45; 3 L Skinner (CPFR, W35) 44:57

W50: 1 O Balme (Dulw) 45:20; 2 L Pickering (Dulw) 47:24

GRAND UNION CANAL HALF-MARATHON, Uxbridge, Middx

Overall: 1 D Higgins (High) 76:45; 2 K White (HW, M40) 79:12; 3 R Devlin 80:47

Women: 1 N Davis (E Manor) 90:22; 2 K Lintrot 91:46; 3 S Flannagan (E Manor, W40) 91:49

SECOND SUNDAY 5, Wimbeldon

Overall: 1 T Greenwood (THH) 30:37; 2 N Chisholm (THH, M40) 31:05; 3 A McGeogh-Williams (26.2RRC) 31:07

M45: D Symons (THH) 32:48. **M55:** J Foss (S Lon) 33:21

Women: 1 A Riddell-Webster (Fulham, W50) 36:11; 2 V Haslam (26.2RRC) 36:16; 3 D Street (26.2RRC) 39:46

SODBURY SLOG, Avon

Overall (tough 9M): 1 P Radford (B&W) 62:00; 2 B Rawlins 64:30; 3 P O'Mara (Tyne Br) 64:48

Women: 1 P Williams (Bris U) S Voller (W'bury, W40) 76:49; 3 D Mummery (B&W) 78:35

DALBY DASH 10km, Low Dalby

Overall: 1 M Burrett (Leeds C, M40) 31:59; 2 N Veal (York Triathlon) 33:50; 3 D Smithers (Knaves, M45) 34:31; 4 G Green (Knaves, M40) 34:39; 5 H Cross (York Triathlon, W35) 35:04

M45: 2 M Keedy (St Th) 37:23. **M50:** 1 N Whiteman (Easin) 39:36. **M55:** 1 N Strange (Knaves) 39:40. **M60:** 1 D Lancaster (York A) 40:01. **M70:** 1 M Hetherington (Bing) 48:52

Women: 1 Cross 35:04; 2 N Tarrega (Knaves) 38:03; 3 H Tufts (Unatt) 38:31

W35: 2 S Atwood (Knaves) 40:23. **W50:**

1 L Hiles (T&S) 44:27. **W55:** 1 J Nodder (Knaves) 46:40

HELL OF A HILL MARATHON DAY 5, Rivington

Overall: 1 S Fowler (Salt, M40) 3:53:17; 2 M Farley () 4:00:23; 3 J Lewis (, M45) 4:05:21; 4 G Walmesley (Chor ATC, M50) 4:27:17; 5 L Flesher (Thornton C, M40) 4:28:29

Women: 1 M Liddle (, W45) 4:53:57; 2 A Moore (Spec, W40) 5:45:03; 3 P Oates (B'land F, W45) 5:46:26

HYLANDS HOBBLE, Galleywood

Overall (12M): 1 A Smalls (CHAC) 87:42; 2 D Lindsay (Spring S, M35) 93:24; 3 C Dawson (Mid E) 95:49; 4 P Dellor (T'tree) 97:11; 5 A Conway (T'tree, M45) 97:11

Women: 1 T Woodyard (Spring S, W50) 1:49:57; 2 T Harrington (T'tree, W50) 1:54:12; 3 M Dowell (CHAC) 1:57:50

Overall (6M): 1 A Mason (Spring S, M50) 59:13; 2 S Coleman (Spring S) 59:32; 3 T Sheffield (Spring S) 59:35; 4 J Legge (Spring S, M50) 64:32; 5 A Knight (T'tree, M45) 69:54

Women: 1 A Dellor (T'tree) 72:06; 2 S Macaulay (Spring S, W65) 73:15; 3 C Ball (Spring S) 75:33

KING OF GULLION 10km, Newry

Overall: 1 D Hicks (Newc, M35) 45:17; 2 C Murtagh (Newc) 45:28; 3 P O'Neill (Mid U, U20) 46:41; 4 A Tees (Unatt) 49:04; 5 A Knapton (Unatt) 52:22

Women: 1 M Troeng 58:11; 2 B O'Kane 59:25; 3 D Watson (Unatt) 61:30

PHOENIX TY-RUN-OSARUS, Walton-on-Thames

Overall (Mar): 1 L Rogers (Unatt) 2:56:40; 2 D Schogger (Unatt) 3:20:51; 3 M Johnston (Unatt) 3:37:07; 4 C Lovelock (Fetch, M40) 3:41:56; 5 P Allen (Unatt) 3:46:21

Women: 1 C Langlands (Strag) 4:14:25; 2 H Lewis (Unatt) 4:42:24; 3 L Baldwin (Unatt) 4:51:52

Overall (6H): 2 R Holmes (Unatt) 47:2; 4 D Brett (Unatt) 47:2

Women: 2 K Bennett (Unatt) 47:2

RUN DURHAM 5, Hamsterley

Overall: 1 A Foster (Tees, U20W) 32:18; 2 G Hart (Unatt, M40) 32:30; 3 J Pearson (Unatt) 33:25; 4 K Wheatley (Unatt) 33:42; 5 R Trowles (Shield) 35:16

M45: 1 S Brown (Unatt) 36:04

Women: 1 Foster 32:18; 2 J Kaye (Unatt) 39:36; 3 K Milner-McLoone (Tyne Br) 40:50

W45: 1 A Mccourt (Unatt) 45:26. **W55:** 1 A Hughes (Unatt) 50:10

YORKSHIRE VETERANS' GRAND PRIX, Spenborough

Overall: 1 A Burns (Wharf, M35) 31:02; 2 G Mulholland (Stainl, M45) 31:06; 3 W Kerr (Salt, M40) 32:26; 4 T Midgley (Bing, M35) 32:48; 5 M Pottinger (Stainl, M35) 33:41

M40: 2 G Skippins (Spen) 34:15; 3 S Alder (P&B) 34:45. **M45:** 2 N Armitage (Puds P) 33:52; 3 M Blakeley (Roundhay Runners) 35:35. **M50:** 1 J Sykes (Holm) 33:45; 2 P Hiley (Stainl) 34:02; 3 G Devine (P&B) 34:30; 4 S Thompson (Stainl) 35:19. **M55:** 1 J Holah (Puds P) 34:17; 2 C Heron (Queensb) 35:10; 3 J Cordingley (Hal) 35:13; 4 M Hall (Spen) 35:18; 5 R Samuels (Puds P) 35:28. **M60:** 1 S Boynton (York) 35:42; 2 P Hughes (Queensb) 36:00. **M65:** 1 B Parkinson (Bing) 39:31; 2 J Ward (Abbey R) 39:54. **M70:** 1 W Allan (Tadcaster) 42:06; 2 P Ellerton (Bing) 43:54. **M75:** 1 P Covey (Puds P) 45:00

W50: 1 T Blake (Stainl, W40) 35:08; 2 M Beever (Stainl, W35) 35:22; 3 M Sykes (Holm, W45) 36:06

W35: 2 N Jackson (Kirks) 36:25; 3 L Clegg (Horsf) 36:45. **W40:** 2 S Caton (Stainl) 40:37. **W45:** 2 S Patterson (Stainl) 38:30; 3 L Naylor (Stainl) 39:14. **W50:** 1 S Williams (N Leeds) 41:14; 2 B Hurst (Horsf) 41:18; 3 H Pettit (Holm) 41:41. **W55:** 1 J France (Holm) 42:32; 2 J Shoter (Holm) 43:37. **W60:** 1 S Ransome (Puds P) 46:02. **W65:** 1 A Baldwin (Stainl) 41:39

NOVEMBER 11

BRUTAL BOURNE WOODS, Bristol, Avon

Overall (tough 10km): 1 E Hutchings 39:21; 2 M Footman (Worth) 40:55; 3 P Young (M40) 41:47

Women: 1 C Rees 44:00; 2 H Jones 51:35; 3 D Mangan (W40) 52:24

BURLEY MOOR RUN, Burley

Overall (11km/800ft): 1 S Watson (Wharf) 45:09; 2 J Cummings (Ilkley) 45:27; 3 M Munro (Ilkley) 46:31; 4 N Crampton (P&B) 46:58; 5 M Livesey (Puds P) 47:29; 6 A Stirik (Wharf) 47:38

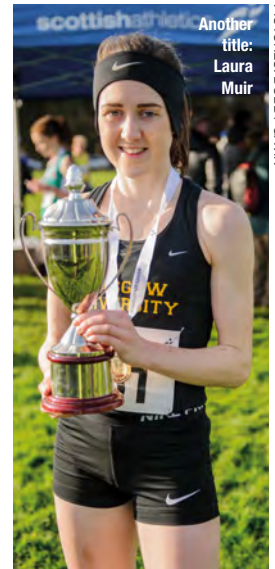
Women: 1 A Mason (Leeds U) 52:22; 2 J McCarthy (Ilkley) 53:54; 3 M Padilla (Wharf) 54:58; 4 V Stainburn (Ott) 57:18

TAIN HILL TRAIL RACE, Tain

Overall (11M): 1 G Lennox (I'nness) 65:27 (rec); 2 M O'Donnell (I'nness) 65



Laura Muir: determined at the start



PICTURES: BOBBY GAVIN

Another title: Laura Muir

MUIR MAKES WINNING RETURN IN KIRKCALDY

CROSS-COUNTRY

NOVEMBER 11

SCOTTISH SHORT COURSE CHAMPIONSHIPS, Kirkcaldy

LAURA MUIR won her third consecutive senior women's title, while Cameron Boyek won the senior men's race.

Double European indoor champion Muir – who was racing for the first time since finishing fourth in the 1500m and sixth in the 5000m at the IAAF World Championships – clocked 12:53 for the 4km course to finish clear ahead of Edinburgh Uni Hare and Hound's Steph Pennycook with 13:47. Central AC's Morag MacLarty was third in 13:50.

"I really enjoyed being out there racing again and loved the support around the course," said Muir, who raced in the colours of Glasgow Uni to win her fourth title at this event in five years and will soon turn her attention toward the World Indoor Championships in Birmingham.

"Did I stretch the lead more on the second lap? I really couldn't tell you – I was just trying to focus on my own run. I've only missed one training run all winter so far (despite university placements and course work in her final year)," she said.

"I'm getting everything I want to in and it's been going really well. I keep plugging away. I felt in good shape here.

"It's nice to win it again and now the indoor season is the next big focus because I want to perform well there."

Just behind the top three, Anna Macfadyen took fourth place to win the under-20 gold medal and put a marker down for the Euro Cross trials in Liverpool.

It was another hugely encouraging day for the sport in Scotland. Numbers are up for these events and there were 411 finishers in the senior men's 4km race, compared to a figure of 227 in 2014.

Central AC's Boyek proved his class to take the win in that keenly-contested race.

Boyek won by four seconds as the battles raged a few metres behind him and that success led Central men home for three-in-a-row in the team race in this particular event.

Behind Boyek with 12:01, three athletes clocked 12:05, with Lachlan Oates of Shettleston taking the silver and

Sol Sweeney of Glasgow Uni the bronze medal plus the under-20 gold. Aberdeen's Michael Ferguson was fourth.

"It was good to win that and I knew reading the preview that there were some good names there and strong competition," said Boyek.

"I just managed to get a bit of a lead and then pushed it on when I could. I wasn't sure what was going on behind me.

"After the injuries that I've had, I am determined just to put in a solid winter and that means some cross country – certainly over this kind of distance. The 4km was probably ideal and I will be doing indoors as well."

Men (4km): 1 C Boyek (Centr) 12:01; 2 L Oates (Shett) 12:05; 3 S Sweeney (Glas U H&H, U20) 12:05; 4 M Ferguson (A'deen) 12:05; 5 A Hay (Centr) 12:12; 6 L Rees (Fife) 12:16; 7 E Gillham (Kilb) 12:18; 8 C McKenzie (Cors) 12:18; 9 G Sheldon (Cambus) 12:22; 10 D Cummins (Cors) 12:29; 11 W Mackay (A'deen) 12:30; 12 C Milne (Centr) 12:31; 13 J Newsom (I'ness) 12:32; 14 C Ruddy (I'clyde) 12:34; 15 R Matheson (Lass) 12:35; 16 B Potrykus (Pit) 12:35; 17 C Maclean (Storn, U20) 12:37; 18 A Carcas (Edin U H&H, U20) 12:42; 19 J Donald (Dund H, U20) 12:45; 20 J Bell (I'clyde) 12:46; 21 K Rafferty (VPCG) 12:46; 22 G Smith (Cambus, U20) 12:47; 23 C Jardine (Cambus) 12:48; 24 M Miliarvie (VPCG, U20) 12:49; 25 A Gilbride (E Kilb, U20) 12:51; 26 M Pollard (I'clyde) 12:51; 27 G Chalmers (Glas U H&H) 12:52; 28 C Smithard (Centr) 12:52; 29 J Fergusson (E Kilb) 12:54; 30 A Campbell (Cambus) 12:55; 31 T White (A'deen, U20) 12:56; 32 G Bryson (Edin, U20) 12:57; 33 C Richardson (C'nauld, U20) 12:58; 34 D Hastie (Gala) 12:58; 35 J Leitch (Edin U H&H, U20) 12:58; 36 A Campbell (Cambus) 12:59; 37 J Thomas (Living) 13:00; 38 H Battle (Metro) 13:01; 39 P Sorrie (Shett) 13:03; 40 C Young (Edin U H&H, U20) 13:03; 41 G Baillie (E Kilb) 13:04; 42 R Gray (I'clyde, U20) 13:04; 43 M Turner (Shett) 13:04; 44 R Gilroy (Cambus, M40) 13:06; 45 E Martin (Falk) 13:07; 46 E Davidson (Edin U H&H) 13:07; 47 M MacLarty (Centr) 13:07; 48 C Tharme (Gala, U20) 13:08; 49 W Bardsley (Shett, U20) 13:08; 50 I Reid (Cambus, M40) 13:08; 51 F Khurshood (Gala, U20) 13:08; 52 R Miller (Centr) 13:09; 53 T Berry (Gars, U20) 13:09;

54 K Harvey (Cambus) 13:10; 55 J Lenehan (Edin) 13:11; 56 O Miller (Fife) 13:11; 57 S Thomson (Lass) 13:13; 58 L Johnson (Edin, M40) 13:14; 59 M Lynas (E Kilb, U20) 13:15; 60 G Mathew (Gars) 13:17; 61 J MacKinnon (Cambus, U20) 13:17; 62 F Cruickshank (A'deen, U20) 13:17; 63 N Gajic (Giff N, U20) 13:19; 64 J Clements (E Kilb) 13:20; 65 A Masson (Edin U H&H) 13:21; 66 F Logan (Centr) 13:21; 67 A Ferguson (A'deen) 13:21; 68 G Yates (Bella H) 13:22; 69 A Johnstone (Edin U H&H, U20) 13:22; 70 C Main (Moray, U20) 13:22; 71 F Stewart (Cambus) 13:23; 72 B Clark (Cors) 13:23; 73 S Fernando (Fife, U20) 13:23; 74 F Todd (Glas U H&H, U20) 13:25; 75 D Rae (Fife) 13:27; 76 G Evans (Kilb) 13:28; 77 D Muir (Law, M40) 13:28; 78 O Fraserkrauss (Edin U H&H, U20) 13:28; 79 M Lang (Loth, M40) 13:30; 80 D McPartlin (Gars) 13:31

M45: 1 A Cameron (Moth) 13:55; 2 B Scott (Dund H) 14:25; 3 H Elliott (C'nauld) 14:28; 4 I Macleod (Cors) 14:39; 5 P Monaghan (G'nock) 14:41.

M50: 1 R McEachern (C'nauld) 14:10; 2 M McLoone Snr (G'nock) 14:11; 3 J Blair (Edin) 14:43; 4 D Eckersley (Centr) 14:55; 5 A Ronald (Falk) 15:10. **M55:** 1 T Gourley (Giff N) 14:51; 2 A Walkinshaw (Cambus) 14:54; 3 R McLennan (Gars) 15:04; 4 D Dickson (Cambus) 15:21; 5 W Jarvie (P'bell) 15:25. **M60:** 1 D Petrie (Kilb) 15:40; 2 J Crookston (PH Racing) 16:43; 3 I Johnston (PH Racing) 16:48. **M65:** 1 E Norton (PH Racing) 16:59.

M75: 1 S Cromar (Dund H) 21:42. **TEAM:** 1 Centr 46; 2 Cambus 84; 3 I'clyde 102; 4 A'deen 108; 5 Shett 133; 6 Edin U 139; 7 E Kilb 154; 8 Cors 172; 9 Fife 210; 10 Gala 217; 11 Edin 234; 12 Glas U 240; 13 Gars 286; 14 Metro 335; 15 Kilb 371

U17 (3km): 1 J Gillon (Law) 9:10; 2 C Graham (Lass) 9:14; 3 J Burns (Shett) 9:18; 4 A Macangus (Kilb) 9:23; 5 H Hickey (Ross C) 9:26; 6 D Pollock (Cambus) 9:26; 7 S McGrath (Deveron) 9:29; 8 T Graham-Marr (Centr) 9:30; 9 M Tait (Lass) 9:31; 10 J Trainer (Gars) 9:32; 11 Y Khurshood (Gala) 9:33; 12 K Hornyik (Dund H) 9:36; 13 L Pentecost (Falk) 9:39; 14 L McCaffrey (C'nauld) 9:40; 15 B Shaw (Giff N) 9:40; 16 S Kennedy (Kilb) 9:42; 17 A Hay (I'clyde) 9:42; 18 J Gillespie (A'deen) 9:42; 19 A Brown (A'deen) 9:43; 20 L Davidson

(I'ness) 9:44

TEAM: 1 Kilb 13; 2 Lass 54; 3 A'deen 67; 4 Cambus 67; 5 Centr 71; 6 Shett 79; 7 Dund H 80; 8 Fife 92

U15 (2km): 1 B Sandilands (Fife) 6:16; 2 H Morrow (Edin) 6:18; 3 A Marshall (Living) 6:18; 4 J Connelly (Gars) 6:18; 5 J Patton (Kilb) 6:24; 6 G Campbell (Shett) 6:25; 7 D Addison (Cors) 6:27; 8 E Carolan (Giff N) 6:28; 9 P Scott (Fife) 6:31; 10 H Henriksen (Lass) 6:31; 11 L Barclay (Kilb) 6:33; 12 C Byrne (VPCG) 6:35; 13 L Hannigan (Kilb) 6:37; 14 L Cairns (I'ness) 6:39; 15 J Docherty (C'dale) 6:44; 16 H Paterson (Giff N) 6:45; 17 D Elliott (C'nauld) 6:45; 18 I Petty (Dund H) 6:46; 19 S Fischer-keogh (I'clyde) 6:46; 20 F Despinoy (Edin) 6:46

TEAM: 1 Kilb 29; 2 Giff N 49; 3 Fife 59; 4 Dund H 77; 5 Gars 77; 6 Cambus 80; 7 I'ness 81; 8 Edin 87

Women (4km): 1 L Muir (Glas U H&H) 12:53; 2 S Pennycook (Edin U H&H) 13:47; 3 M MacLarty (Centr) 13:50; 4 A Macfadyen (Edin U H&H, U20) 13:55; 5 A Simpson (Fife) 13:57; 6 J Moultrie (VPCG) 13:59; 7 E Wallace (Giff N, U20) 14:12; 8 R Burns (Edin) 14:14; 9 C Stewart (Banc, U20) 14:16; 10 F Brian (Metro) 14:18; 11 K Gallagher (Centr, U20) 14:22; 12 J Williams (Loth) 14:23; 13 N Hood (Dumf) 14:24; 14 M Sandison (Spring) 14:29; 15 H Rees (Fife) 14:33; 16 C Bruce (Metro) 14:35; 17 N Lang (A'deen, U20) 14:36; 18 E Curran (Kilb) 14:37; 19 M Davies (Sale) 14:37; 20 K Lowery (Edin U H&H, U20) 14:38; 21 P Millage (VPCG) 14:43; 22 L Stark (Edin U H&H, U20) 14:46; 23 C Graves (Edin U H&H) 14:48; 24 L Wilson (Edin) 14:50; 25 K White (Gars) 14:51; 26 G Black (VPCG, U20) 14:51; 27 L Dickson (Lass, U20) 14:56; 28 J Stephen (HBT) 14:58; 29 H Addison (Cors, U20) 15:02; 30 K Maxwell (Gala) 15:03; 31 L McCulloch (Centr, U20) 15:03; 32 B Storrie (Northern AC, U20) 15:05; 33 F Matheson (Falk, W55) 15:07; 34 S Collins (Edin U H&H) 15:08; 35 C Cox (Loth) 15:09; 36 Z Bates (Edin, U20) 15:14; 37 C Macdonald (Bella RR) 15:15; 38 M Hendry (VPCG) 15:16; 39 R Joss (Shett) 15:18; 40 J Kibble Spence (Fife) 15:23; 41 N Mulholland (I'clyde) 15:25; 42 J Cruickshanks (Fife) 15:29; 43 M Wright (HBT, W40) 15:34; 44 S Lawrie (VPCG) 15:42; 45 S McLellan (Shett) 15:42; 46 A McGill (Fife) 15:43; 47 K Ballartyne (Glas U H&H) 15:44; 48 Z

Pflug (Gala, U20) 15:44; 49 E Greenwood (Glas U H&H, U20) 15:48; 50 A Innes (Lass, U20) 15:50

W40: 2 K Jenkins (Gala) 16:16. **W45:** 1 R Van Rensburg (Fife) 16:02; 2 K Kennedy (PH Racing) 16:17; 3 S Hubbard (Ayr S) 16:30; 4 J McCoolgan (Dund H) 16:40.

W50: 1 V Oldham (A'deen) 16:00; 2 J Morrow (Edin) 16:07; 3 S Ridley (Edin) 16:12; 4 K Dobbie (Edin) 16:52. **W55:** 2 M Western (PH Racing) 16:28; 3 Y Crilly (Loth) 16:42; 4 A Howie (A'deen) 16:48; 5 P Milne (Centr) 16:51. **W60:** 1 E Christie (Cambus) 17:14; 2 I Bracegirdle (Fife) 18:07; 3 P Hands (Moth) 19:20. **W65:** 1 A White (Gars) 18:02. **W70:** 1 C Melville (Fife) 23:36. **W75:** 1 J Askey (Fife) 30:19.

TEAM: 1 Edin U 48; 2 VPCG 91; 3 Fife 102; 4 Centr 111; 5 Glas U 177; 7 Metro 211; 8 Gars 345; 9 Dund H 349; 10 Cambus 364; 11 Falk 389; 12 PHRC 401; 13 HBT 402; 14 Cald 412; 15 Giff N 421

U17 (3km): 1 E Walker (Edin) 10:04; 2 C Gemmill (Tm E Loth) 10:17; 3 H Barnes (Giff N) 10:20; 4 L McKenna (Giff N) 10:45; 5 S Calvert (Living) 10:54; 6 C Wallace (Giff N) 10:55; 7 C McKenna (Giff N) 11:00; 8 E Andrew (I'ness) 11:04; 9 C Clare (Moort) 11:05; 10 E Jenkins (Perth) 11:06; 11 E Anderson (E Kilb) 7:09; 9 E Mowat (Giff N) 11:11; 13 B Hobbs (Moort) 11:14; 14 R Eckersley (Centr) 11:15; 15 J Jamieson (Pit) 11:24; 16 Z Renfrew (I'clyde) 11:24; 17 S Tait (Lass) 11:27; 18 A Goodall (Edin) 11:27; 19 K Oldham (A'deen) 11:31; 20 J Christie (Falk) 11:42. **TEAM:** 1 Giff N 13; 2 Moort 50; 3 Edin 51; 4 A'deen 84; 5 Centr 88; 6 Pit 88; 7 Falk 90; 8 I'ness 94

U15 (2km): 1 I Calvert (Living) 6:51; 2 A Maclean (Gars) 6:58; 3 R Davidson (Ayr S) 7:01; 4 D Cumming (Dunfermline Track & Field AC) 7:04; 5 S Coutts (Pit) 7:04; 6 F Davidson (Giff N) 7:05; 7 A Sivell (Kilb) 7:06; 8 H Anderson (E Kilb) 7:09; 9 E Hinks (Gars) 7:10; 10 C Purcell (A'deen) 7:11; 11 P Carcas (Edin) 7:13; 12 G Ledingham (Cors) 7:15; 13 J Murray (Giff N) 7:15; 14 C Banks (Centr) 7:16; 15 H Chong (Giff N) 7:21; 16 K Purcell (A'deen) 7:22; 17 A Anderson (Glas Sc Sp) 7:24; 18 K Richardson (Giff N) 7:25; 19 K Macleod (Cors) 7:27; 20 A Thomson (Giff N) 7:28

TEAM: 1 Giff N 34; 2 Gars 34; 3 Cors 53; 4 A'deen 68; 5 Pit 71; 6 Glas SoS 98; 7 E Kilb 100; 8 Cambus 103

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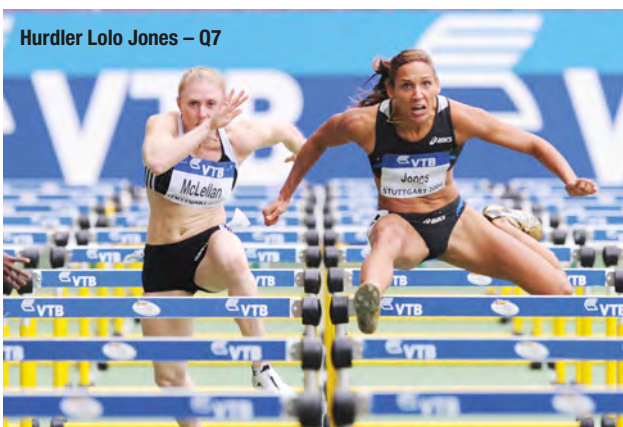
PICTURES: MARK SHEARMAN

Women's pole vault at the World Championships – Q9

- 1** Which big city marathon celebrated its 40th anniversary in 2017?
- 2** Which country did Bernard Lagat represent at the 2004 Olympic Games in Athens?
- 3** Which three-time Irish Olympian was nicknamed the 'Chairman of the Boards' after his indoor successes?
- 4** At which major championships did Jürgen Hingsen false-start three times in the decathlon 100m sprint?
- 5** Who won his fourth European indoor 60m gold in 2007, the same year he retired?



Jürgen Hingsen – Q4



Hurdler Lolo Jones – Q7



Allyson Felix – Q6

- 6** Do you know how many world championship medals US sprinter Allyson Felix has won in her career?
- 7** What is US hurdler Lolo Jones' actual first name?
- 8** Name the Olympic title-winning Chinese hurdler who retired in 2015.
- 9** What year did the women's pole vault become an event in the World Championships?
- 10** Where will next month's European Cross Country Championships be held?

COVER STORY

This German (right) won minor medals behind Daley Thompson at major champs in the 1980s



Quiz answers for November 9: 1 London, Berlin, Chicago, Boston, Tokyo and the World Champs or Olympics; 2 Central Park; 3 1970; 4 Geoffrey Kamworor; 5. Fred Lebow; 6 The effects of Superstorm Sandy; 7 The Verrazano-Narrows Bridge; 8 Nine; 9 Geoff Smith; 10 Steve Jones in 1988

Cover story: 1966 Commonwealth shot put champion Val Young of New Zealand

NEXT ISSUE: ANSWERS TO ALL THE QUESTIONS POSED HERE, PLUS MORE PROBLEMS TO TEST YOUR ATHLETICS KNOWLEDGE

FREARY WINS GRUELLING RACE

AW's PRODUCT REVIEWER WINS HIMALAYAN 100 RUN IN SHADOW OF EVEREST

PAUL FREARY, the shoe and kit guru who tests the products you see showcased in *AW*, took victory in the Himalayan 100 footrace earlier this month.

The 49-year-old from Bolton was a sub-four-minute miler in his youth and took the world masters half-marathon title when he moved into the veteran age groups. But competing in the Darjeeling area of north-east India he prevailed in an event that saw competitors cover 100 miles over five days at lung-bursting altitudes of 6000-12,000ft.



AW man Paul Freary: majestic win in India

One of the most scenic races on the planet, only one of the world's top five highest mountains – K2 – is not visible during the event. Given this,

it is part-footrace and part-sight-seeing expedition, but Freary found a tough rival in the shape of Mariano Ontanon of Argentina.

After Freary had built a good early lead, Ontanon clawed back 18 minutes on the gruelling third day that featured a five-hour plus effort with lengthy sections of descent. This put the Argentinian just five minutes behind the Briton going into the penultimate day but Freary held his form and nerve to stay clear for victory.

"What an amazing experience," said Freary. "It was the hardest five days of running I've ever done."

■ **Look out for a bigger feature on Freary's adventure in *AW* soon**

BRONZE MEDAL FOR PSD?

PERRI SHAKES-DRAYTON is joint third favourite to win *Dancing on Ice* when it starts on ITV in the new year.

Former rugby player Max Evans is the bookies' front runner at odds of 9/2.

Coronation Street actress Brooke Vincent is second favourite at 5/1

followed by 400m star Shakes-Drayton and reality TV personality Jake Quickenden at 6/1.

Others in the show include *Love Island's* Kem Cetinay, *Hollyoaks'* Stephanie Waring, Bucks Fizz singer Cheryl Baker and England cricketer Monty Panesar.



Perri Shakes-Drayton: 400m runner at *Dancing on Ice* launch last week



Running Santas are due to hit Merseyside again during December

CHRISTMAS IS COMING

A FLASH mob-style conga of Santas hit the St Johns Shopping Centre in Liverpool recently ahead of the Radio City Liverpool Santa Dash on December 3.

Back for its 14th consecutive year, the event is the UK's biggest festive 5km fun run and entries are already open and more than 3000 red, blue and mini Santas have already registered.

As well as the 5km there is a 1km Mini Dash for youngsters and race director Alan Rothwell said: "The Liverpool Santa Dash is very special and it's a real highlight of the year for so many people. Nothing really compares to seeing thousands upon thousands of red, blue and mini Santas – the smiles on people's faces and laughter is incredibly infectious."

AW

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In those dark days after I lost my legs,

you made me see that

I could live in fear, or be fearless.

When all I wanted was to look back

you turned my head forwards.

Before I could even walk,

you inspired me to dream I could run,

with the passion to inspire others.

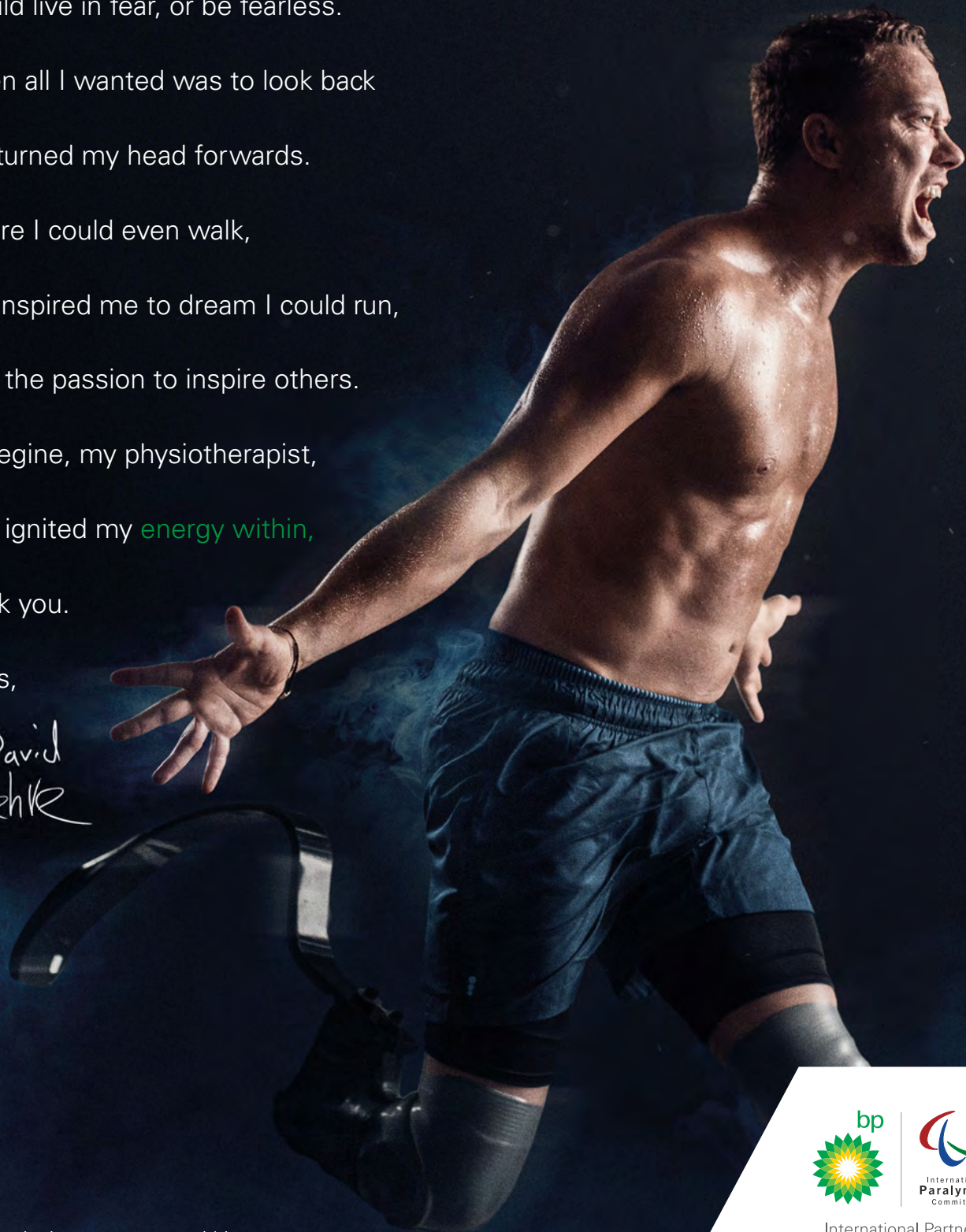
To Regine, my physiotherapist,

who ignited my **energy within**,

thank you.

Yours,

*David
Behke*



Be inspired to ignite your energy within at
bp.com/energywithin



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