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Jason Henderson, editor

YOU CAN'T BEAT HEAD-TO-HEADS

FEW things in athletics get the pulse racing as much as a tasty head-to-head showdown. We enjoy seeing records fall, but they are not as exciting as when evenly-matched athletes lock horns.

Mano y mano is usually a more appealing spectacle than an athlete versus a stopwatch or tape measure.

I grew up mesmerised by the prospect of Seb Coe vs Steve Ovett and, later, Steve Cram and Peter Elliott. In the same era, Mary Decker against Zola Budd was another head-to-head that captured the imagination of the world. In recent years, perhaps the most intriguing head to head has been Usain Bolt vs Justin Gatlin.

The Müller British Championships in Birmingham this weekend promises a number of mouth-watering clashes. Take the men's sprints alone with Zharnel Hughes, Reece Prescod, Nethaneel Mitchell-Blake, Ojie Edoburun, CJ Ujah and others.

Or how about the women's 800m with defending champion Shelayna Oskan-Clarke up against in-form Alex Bell, the experienced Lynsey Sharp and talented Adelle Tracey.

The nature of middle-distance races lend themselves to creating great head-to-head clashes and the men's 1500m this weekend sees Chris O'Hare up against Jake Wightman, Josh Kerr and Charlie Da'Vall Grice. If the race is half as good as last year's final, it will be superb.

In the throws, the women's shot put at the national indoor championships in February produced a tremendous scrap between Rachel Wallader and Sophie McKinna. Not since the days of Judy Oakes has the event seen such quality and we could be in for another great battle of the big shots this weekend.

In the jumps, Lorraine Ugen will have her work cut out to defend her long jump title against an in-form Shara Proctor and Jazmin Sawyers, while all eyes will also be on Katarina Johnson-Thompson against Morgan Lake in the high jump.

After the 2017 British Championships fell flat, the 2018 event could be a classic if some of the head-to-heads live up to their promise.



MARK SHEARMAN

GARY MITCHELL



ACTION

26 BMC LOUGHBOROUGH

Jo Pavey returns to the track with a 5000m win while Daniel Rowden wins a stacked men's 800m race

SPOTLIGHT

30 RUN IN LIMASSOL

Jessica Whittington visits the running festival in Cyprus and explains why it's an ideal event to target

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Above: great rivals – Seb Coe and Steve Ovett (Mark Shearman)

Cover: Shelayna Oskan-Clarke, Lynsey Sharp, Adelle Tracey and Alex Bell in last year's British Champs 800m with sprinter Reece Prescod (Mark Shearman)



BMC Loughborough Grand Prix – p26

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MARK SHEARMAN

PREVIEWS

- 14** We set the scene for the 2018 British Championships in a six-page preview complete with a timetable of finals and qualifying standards for the European Championships
- 56** A look forward to the European U18 Champs and the upcoming Diamond League meetings

British Champs six-page preview – see p14

MAGUIRE SET FOR RETURN TO SCOTTISH ATHLETICS

S COTTISH ATHLETICS are set to lure Stephen Maguire back from UK

Athletics to become their new director of performance and coaching, writes Mark Woods.

It will mark a second spell in the role for the Northern Irishman who was in charge of development from 2012-2014 before moving south to take charge of the country's sprints and hurdles squads.

During his tenure in Loughborough, a history of regular relay letdowns was replaced by success with Britain's women claiming 4x100m and 4x400m relay bronzes at the Rio 2016 Olympic Games.

His reputation burnished further when the men struck 4x100m gold at last summer's IAAF World Championships in London with two silvers and a bronze from the other three relay quartets in action. UK



Chris O'Hare: just edged out Neil Gourley over 800m in Grangemouth

ALEX BARR

on strengthening an extensive club and coach education programme which was a major area of emphasis of his first spell north of the border. He replaces Rodger Harkins who retired after the Commonwealth Games in April.

Meanwhile, defending champion Chris O'Hare has identified an improved Charlie Da'Vall Grice as "a big danger" to the chances of Scottish athletes repeating their 1500m success of 2017 at this weekend's British championships in Birmingham.

O'Hare led home fellow Edinburgh AC athletes Josh Kerr and Jake Wightman at the Alexander Stadium last year while another Scot, Neil Gourley, made it a 1-2-3-4 in Birmingham. However, O'Hare, who narrowly beat Gourley over 800m last weekend, said: "Charlie is in better form than a year ago, so that's a big danger and there will be others."

Athletics are understood to be keen on Maguire retaining a role within British relay programme before relinquishing his day-to-day role following August's European Championships in Berlin.

However it is anticipated Maguire will return north of

the border in September to complete what will be thought of as unfinished business following a vital role in bringing through some of the current crop of Scottish stars.

Sources at the Edinburgh-based governing body suggest he will be asked to focus heavily

BIRMINGHAM UNI RELAYS A SUCCESS

A CRACK at the world under-20 women's 4x800m record by an English team fell two seconds short, but the Birmingham University Relays still proved a big hit when held on a new track last weekend.

Isabelle Boffey, Katrina Simpson, Emily Thompson and Francesca Brint are set to study in Birmingham from this autumn (and will still be juniors next year) and the quartet clocked 8:39.78 to miss a world mark that was set by a US high school team in Philadelphia in 1991.

Still, the meeting included wins from Jenny Nesbitt and Richard Allen over 3000m as visiting teams from Penn, Cornell and Limerick took part.



Jenny Nesbitt: 3000m win

GEORGE BIGGS

Luke Gunn, head of athletics at Birmingham University, said the meet was "a resounding success" and added: "We had nearly 300 people compete from America, Ireland and all over the UK including Olympians, alumni, students, regional club athletes, prospective students, community members and under-13s from the area.

"The visiting university teams were blown away by the new facility, the scale of the event and the incredible hospitality and atmosphere generated by our students, staff and coaches alike. Next year we have visitors from Harvard and Yale and we are planning to scale the event up even more."

Molly Caudery:
pole vault
success



PICTURES BY MARK SHEARMAN

CAUDERY AND NORRIS LEAD TAMPERE LINE-UP

FRESH from breaking UK under-20 records this month, pole vaulter Molly Caudery and hammer thrower Jake Norris have been picked as part of the British team for the IAAF World Under-20 Championships in Tampere, Finland, on July 10-15.

Caudery cleared 4.53m as she won the junior international meeting in Mannheim last weekend, while Norris also won at the German event as he came close to the 80.45m UK under-20 record he set in Bedford the previous week.

Niamh Emerson, the Commonwealth bronze medallist, tackles the heptathlon but will face tough opposition from European rivals.

Jona Efoloko leads the sprint hopes in the men's 100m, while European junior 1500m champion Jake Heyward heads the middle-distance hopes.

Trevor Painter, British Athletics

WORLD U20 CHAMPS – GB TEAM

Men: 100m: Dom Ashwell (Shaftesbury Barnet), Chad Miller (Hercules Wimbledon); **200m:** Charlie Dobson (Colchester Harriers), Jona Efoloko (Sale Harriers Manchester); **800m:** Alex Botterill (City of York), Markhim Lonsdale (Crook); **1500m:** Jake Heyward (Cardiff); **5000m:** Tom Mortimer (Stroud); **110m hurdles:** Jason Nicholson (Gateshead Harriers), Josh Zeller (Bracknell AC); **400m hurdles:** Alastair Chalmers (Guernsey), Alex Knibbs (Amber Valley & Erewash); **Discus:** James Tomlinson (Pembrokeshire); **Hammer:** Jake Norris (WSEH), Bayley Campbell (WSEH); **4x100m:** Ashwell, Dobson, Efoloko, Miller, Kaie Chambers-Brown (Birchfield Harriers), Michael Olsen (Edinburgh AC); **4x400m:** Chalmers, Joe Brier (Swansea), Alex Haydock-Wilson (WSEH), Charles Hilliard (Birchfield Harriers), Aidan Leeson (Rugby & Northampton)

Women: 100m: Kristal Awuah (Herne Hill Harriers); **200m:** Alisha Rees (Edinburgh AC), Georgina Adam (Lincoln Wellington); **800m:** Isabelle Boffey (Enfield & Haringey), Katy-Ann McDonald (Blackheath & Bromley); **1500m:** Francesca Brint (Sale Harriers Manchester), Erin Wallace (Giffnock North); **3000m:** Amelia Quirk (Bracknell); **3000m steeplechase:** Holly Page (Dartford Harriers); **High jump:** Abby Ward (Wakefield); **Pole vault:** Molly Caudery (Cornwall AC); **Long jump:** Lucy Hadaway (City of York), Holly Mills (Andover); **Heptathlon:** Niamh Emerson (Amber Valley & Erewash), Jade O'Dowda (Oxford City); **Hammer:** Katie Head (Newham & Essex Beagles); **4x100m:** Adam, Awuah, Rees, Ebony Carr (Marshall Milton Keynes), Veru Chinedu (Cambridge Harriers), Mair Edwards (Basingstoke & Mid Hants)

team leader at the event, said: "We've selected a strong team that we believe has an excellent

chance of challenging for medals.

"We saw some excellent

performances at Mannheim International last weekend which produced great levels of competition from all our athletes, with personal bests broken all over the track and field, a trend which we hope continues in Tampere.

"The team contains a strong array of medal prospects and athletes that we believe can reach the finals of their respective event and thrive under the pressure that the World Junior Championships will bring."

The competition will be hard, though, as Britain won just one medal at the last World Under-20 Championships – in 2016 in Bydgoszcz – a gold from race walker Callum Wilkinson.

The team follows the recent announcement of the GB team for the European Under-18 Championships in Győr, Hungary (see preview on p56).



Stef Reid: puts pupils at Park Primary School in Stratford through their paces to promote the Anniversary Games

GETTY IMAGES

PACKED CHAMPIONSHIPS SCHEDULE SUITS STEF

STEF REID admits she is relishing the chance to “experiment” this year as she looks ahead to what will be a jam-packed period of major championships competition at the end of 2019 and during the summer of 2020.

The world para long jump champion is looking to defend her title in Dubai in November of next year before the relatively quick turnaround involved in preparing for the Tokyo 2020 Paralympics.

It is a schedule which has not been greeted with universal approval among the para athletics community, however Reid aims to seize the opportunity with both hands.

“It is a bit of a strange year but for me this is a really

exciting year because it’s the only one you have in the calendar to experiment and try new things, to have that little bit of freedom,” says Reid, whose main focus this year is the European Championships in Berlin this August and is awaiting final details of how the revision of World Para Athletics classification rules will ultimately affect her.

“I’ve been doing this for a long time now – I’m 33 – and if I want to jump further I’m going to have to work really hard! So, if I want to achieve different results then I’m going to have to do things differently.

“I’ve been trying a bunch of things out. Some things have worked and some haven’t.”

Of the recent schedule announcement regarding the

Dubai world championships, Reid adds: “Part of me was a bit sad that there’s negativity surrounding it because, at the end of the day, Dubai may have been the only city that stepped up to host it and I’d far rather have a world champs than not have one.

“I’d find it really disheartening, as a city, to put forward that kind of commitment and then be met with negativity.

“Perhaps November isn’t ideal but in some ways I think it could work out really well. We’ll finish in August and then we’ll get a nice long break to let the body rest and make a plan.

“To be honest, I like the quick turnaround – you’re in the mindset, finish off the world champs, get Christmas off and then you’re back at it. I know I

need eight months to peak and I’ve got that. I’m really excited about it!”

Reid also can’t wait for the chance to compete once again at the London Stadium, scene of her world triumph last year, at the Müller Anniversary Games next month.

“I’ve had some of my best memories in that stadium and even some lowlights – but they’re still great!” she adds. “The moment you see it and you walk in...it’s just different. Nothing matches it.”

■ **The Müller Anniversary Games will feature the world’s biggest athletics stars in action at the London Stadium on July 21-22. Tickets are available via britishathletics.org.uk**

BRIT CONQUERS GRUELLING MOUNTAIN TEST IN POLAND

CHARLOTTE MORGAN MASTERS CONDITIONS TO SECURE THE WORLD TITLE

AS Britain basked in a heatwave, Charlotte Morgan defied rain and cold temperatures in Poland to capture the world mountain running long-distance title.

The W40 athlete from Carnethy Hill Running Club in Scotland covered the tough 36km course in 3:08:26 as she beat Dominika Stelmach of Poland and defending champion Silvia Rampazzo of Italy.

"I had no expectations before the race and I'm surprised by the win," said Morgan, after mastering a course that included 2100m of climbing and descending on the Sneška mountain on the border of



Charlotte Morgan: surprised herself with victory in Poland

Poland and the Czech Republic.

"It wasn't something I planned. I did take the lead on first descent before briefly losing it due to calf cramps on top of second climb. I really liked the descents and went through the race feeling relaxed," added Morgan, who follows in the footsteps of Annie Conway, the last British winner of the race in 2016.

Morgan led Britain to team silver in the women's competition, while in the men's race Alessandro Rambaldini of Italy raced to gold in 2:39:18 as Murray Strain was Britain's best placer in eighth.

BOWIE'S BODY IN PRINT

US SPRINTER Tori Bowie featured in the latest edition of *ESPN* magazine's 'body issue' alongside footballer Zlatan Ibrahimovic and golfer Greg Norman.

This is the 10th time the magazine has produced



Tori Bowie

a 'body issue', where a selection of the world's leading sports men and women are photographed nude in a tasteful attempt to show readers what the world's No. 1 performers look like.

Bowie, the reigning world 100m champion, was photographed by Dana Scruggs for *ESPN* and she said about her body: "I train my entire body to be strong. To be a professional athlete, we need every part to be strong – the core, the legs, arms.

"If I could pick one body part, I'd probably pick my thighs, my quads. I feel they're the strongest part of my body."

The 27-year-old from Mississippi has 100m and 200m bests of 10.78 and 21.77m and has long jumped 6.95m.

LEGENDS GATHER IN ITALY

SUPERMILERS gathered by Lake Como in Italy last week to celebrate John Walker's 40th wedding anniversary.

The 66-year-old New Zealander won the 1976 Olympic 1500m title and was the first man to break 3:50 for the mile – and incredibly clocked 135 sub-4min miles during his long career.

Walker is pictured above (centre) with fellow sub-3:50 milers (left to right) Dave Moorcroft, Eamonn Coghlan, Ray Flynn and Thomas Wessinghage.



HAYWARD FIELD RE-BUILT

CONSTRUCTION work is underway at Hayward Field on the University of Oregon campus in Eugene ahead of the venue staging the IAAF World Championships in 2021.

Crews are demolishing the East Grandstand to make way for the new renovations but the project has ignited controversy with protests against demolishing the East Grandstand, arguing it's a special landmark in the world of athletics.

Eurosport coverage

BRITISH Eurosport's coverage of the Diamond League series, which is supported by athleticsweekly.com, continues in Paris on June 30 and Lausanne on July 5. In addition, the channel is showing coverage of next month's European Under-18 Championships in Győr.

Frecknall remembered

THE work of former *AW* news editor Trevor Frecknall, who died last year, will be celebrated at the Newark Book Festival on July 13-15.

Copies of his books will be on sale with money going to the Beaumont House hospice which helped him and his family during his final months.

Kirani James' return

KIRANI JAMES, the London Olympics 400m champion, says he missed the 2017 season due to Graves' disease – a thyroid condition that affects the body's immune system.

Mum's the word

FRENCH discus thrower Mélina Robert-Michon, 38, has given birth to a second daughter.

World 100km team

FRESH from his third place at the Comrades Marathon, Steve Way has been picked as part of a seven-strong GB team for the World 100km Champs in Croatia on September 8.

The 43-year-old is joined by Robert Turner, Anthony Clark and Lee Grantham, while the women's team includes Carla Molinaro, who was ninth in the Comrades Marathon, plus Sue Harrison and Samantha Amend.

Kawauchi for Chicago

BOSTON Marathon winner Yuki Kawauchi will face Mo Farah and Galen Rupp in the Bank of America Chicago Marathon on October 7.

The last Japanese winner in Chicago was Toshihiko Seko in 1986.

Incorrect names

TWO corrections to last week's coverage of the England Athletics U20/23 Championships – it was Bayley Campbell who won hammer silver (not Taylor Campbell) while the under-20 women's steeplechase winner was Alex Barbour.

FASTFRIDAY MIMICS HIGHGATE FORMULA

WALTHAMSTOW TRACK HAS DISTANCE RACING FESTIVAL

INSPIRED by the Highgate Night of the 10,000m PBs, a growing event called FASTFriday aims to provide a feast of 5000m and 10,000m track racing in Walthamstow on June 29.

Organiser Barny Foot of Orion Harriers says: "We set up the event as a spin-off from the Highgate Night of the 10,000m PBs in order to provide 10,000m track racing opportunities for runners whose times were around the borders of the Highgate entry standards.

"Each year we have seen the event grow in size, popularity and standards, especially as Highgate drives up the standards so runners come looking for alternatives or in search of an opportunity to get a qualifying time to run Highgate the following year."

The 2018 event has three 5000m races and 10,000m



races and incorporates the South of England 10,000m Championships and the entries include Paul Martelletti, Aaron Scott, Kojo Kyereme and Dani Nimmock.

"While being a much smaller affair than the Highgate event, we have managed to

embrace the spirit of modern day distance track racing with street food, trackside bars, live race commentary and a lively crowd of 300-400 in lane three providing the runners with continuous support and encouragement," Foot continues.

RUN TOGETHER LEADER OFFER



ENGLAND Athletics is offering a special package to runners interested in training to become group run leaders within their Run Together programme.

Created 18 months ago, Run Together provides fun and friendly running opportunities and already has 68,000 runners and 1700 groups involved.

The package costs £120 and is available until June 30 for over-18s only.

It includes £40 off the leadership in running fitness course, plus a Run Together hoodie and wrist bands for runners in the group.

■ See runtogether.co.uk and click 'about' and 'become a run leader'

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AW is searching for new contributors to help with our events coverage online and in the magazine.

We are particularly on the look-out for people in the Birmingham area and the Midlands generally.

Potential contributors would be required to write reports and/or provide photographs for our pages, but also, increasingly, help out with our online coverage and social media.

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AW began life as a monthly magazine in 1945 but nowadays in addition to our weekly publication we strive to provide a definitive coverage of the No.1 Olympic sport 24/7 on our website and social media.

If you want to be part of our team and think you've got what it takes, then email the editor at jason.henderson@athleticsweekly.com with a brief summary of your background and abilities.

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NEW KIDS ON THE BLOCKS

SPRINT TALENTS NOAH LYLES AND FILIPPO TORTU ARE MAKING THEIR MARK

IN 2016 Noah Lyles and Filippo Tortu finished one-two in the 100m at the IAAF World Under-20 Championships in Bydgoszcz. Now, two years later, they lit up the sprints scene last weekend with scintillating results over 100m.

Lyles ran a world lead of 9.89 (1.1) in Des Moines on Saturday after having 90 minutes earlier run 9.89 (0.7) in the semi-finals and, in doing so, became the youngest winner of the US title since Carl Lewis in 1981.

Racing in Madrid, meanwhile, Tortu broke the 10-second barrier for the first time with 9.99 (0.2) in a race that also saw Su Bingtian set a Chinese record of 9.91.



World Under-20 Champs, 2016: Noah Lyles (centre) with Filippo Tortu (right)

Tortu's run also saw him break Pietro Mennea's Italian record of 10.01 which had stood since 1979 and he became only the second white man to break the 10-second barrier for 100m.

"There is definitely a switching of the guards going on right now," said Lyles, who improved on his 9.93 he ran behind Britain's Zhanel Hughes' 9.91 in Jamaica earlier this month.

The prodigious Lyles, who like Tortu is still only 20, also caught the eye with his post-race dance from the popular survival game *Fortnite* and by wearing red socks from the movie *The Incredibles*.

Better known as a 200m runner before this season, the American narrowly missed making the US team for Rio – although his time of 20.09 broke a 31-year-old American high school record – while in March last year he broke the world indoor 300m record with 31.87.

"People just assume I'm a 200m specialist. I'm both!" he says. "Don't get me wrong – I love the 200, I love it, but I also love a few 100s, too."

■ US Champs, see p42

THOMPSON JNR MAKES HIS MARK

ELLIOT THOMPSON, the son of Daley Thompson, added 600 points to his decathlon best last week in Kladno with a score of 7191.

Thompson Jnr competes for Enfield & Haringey and is coached by Greg Richards – a former decathlete and ex-training partner of the Olympic legend and British record-holder – and the 25-year-old's performance in Kladno included six PBs to place him No.9 in the UK rankings in 2018.



Like father, like son: Elliot Thompson

WORLD CUP MEDALS ARE UNVEILED

SOPHIE HITCHON last week unveiled new platinum team medals for the Athletics World Cup on July 14-15.

Platinum is more rare and expensive than gold and the medals will be given to all members of the winning team in London.

Medals for the Berlin European Championships have also been revealed and shaped in the form of a triangular prism.

■ Sky Sports will broadcast live coverage of the Athletics World Cup in London on July 14-15

Sophie Hitchon: Olympic medallist shows off one of the platinum medals





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U13	Boy/Girl	100m - 200m – (800m or 1500m) Long Jump, Discus, Shot Putt, High Jump, Javelin
U15	Boy/Girl	100m - 200m - 300m - (800m or 1500m) Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault
U17	Women	100m - 200m - 300m - 800m - 1500m Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault
U17	Men	100m - 200m - 400m - 800m - 1500m, Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault
U20	Men/Women	100m - 400m - 800m, Long Jump, Discus, Shot Putt, High Jump, Javelin, Pole Vault
SEN	Men/Women	100m – 400m – Pole Vault

- *Please note there is only One Race Per Gender in the U20 and SENIORS – STRAIGHT FINAL*
- *Starting heights for pole vault = 1.70m (2.00m for U17 and above)*
- *U11's 600 metres and U13's 800 and 1500 metre races will be time trials*

Jack Green and Seb Rodger will contest the 400m hurdles



MÜLLER BRITISH CHAMPIONSHIPS, BIRMINGHAM, JUNE 30-JULY 1

DOMESTIC DUST-UPS

SELECTION FOR AUGUST'S EUROPEAN CHAMPIONSHIPS IN BERLIN IS AT STAKE AT THIS WEEKEND'S NATIONAL CHAMPIONSHIPS AND HERE IS AW'S GUIDE TO ALL THE ACTION COMING UP IN BIRMINGHAM

WORDS: JASON HENDERSON (WOMEN) & STEVE SMYTHE (MEN)
PICTURES: MARK SHEARMAN

AFTER the disappointing championships 12 months ago, the event will be keen to put itself back on the map with some exciting clashes this weekend.

The 2017 'Team Trials', as it was called, was notable for a number of big-name absentees. There were also plenty of gaps in the stands as well, with empty seats as spectators showed their disinterest.

But the 2018 event – back to its standard name of the 'British Championships' and with a title sponsor to boot – looks more promising.

A number of tasty head-to-head clashes are poised to

unfold – from a sprints scene that includes stars such as Reece Prescod, CJ Ujah, Zhanel Hughes, Nethaneel Mitchell-Blake, Adam Gemili, Dina Asher-Smith and Asha Philip through to less glamorous but equally intriguing showdowns like Rachel Wallader versus Sophie McKinna in the shot (*Comment*, p4).

Places in the GB team for the European Championships in Berlin from August 4-12 are also up for grabs with the first two athletes selected if they have the qualification standard.

■ **Event winners will also be picked for the Athletics World Cup in London on July 14-15**

Men Sprints and hurdles

Over the last 20 years, the 100m has consistently been the highlight of the British Championships – and this year should be a cracker.





With Danny Talbot absent through injury the 200m should be a battle between Adam Gemili and Nethaneel Mitchell-Blake



Matthew Hudson-Smith: 400m favourite



Elliot Giles: will face an 800m duel with Kyle Langford, Guy Learmonth, Andrew Osagie and others

Zhanel Hughes will start as favourite but may find it harder to convert his 9.91 form from Jamaica to Birmingham.

Defending champion Reece Prescod has actually run faster than Hughes with a windy 9.88 in Eugene and won the Shanghai Diamond League and is expected to make the top two to seal a place for the European Championships.

European under-23 champion Ojie Edoeburun is another in superb form and ran 10.04 in Prague earlier in the month.

Britain's World Championship relay star Nethaneel Mitchell-Blake has also accepted his entry, as has 2015 winner CJ Ujah.

Others to look out for include the consistent Harry-Aikines Aryeetey and newly crowned England under-23 champion Tommy Ramdhan.

The 200m should be a battle

between Olympians Adam Gemili and Mitchell-Blake.

Others with the qualifying standard are Edmond Amaning and Commonwealth Games medallist Leon Reid, while Miguel Francis will be a factor if he can get anywhere near his 19.88 PB as the young talent continues a comeback from ankle and knee surgeries.

Matthew Hudson-Smith will start a huge favourite for the 400m.

European champion Martyn Rooney will need an improvement on his 2018 form thus far to justify a defence of his title.

On current form, Cameron

Chalmers and Dwayne Cowan should be battling for a place in the team for Berlin, while Conrad Williams competes in his final British Championships.

World indoor champion Andrew Pozzi's 2018 outdoor form has been a disappointment but he should seal his spot for Germany with ease.

The other qualified athlete, David King, should be joining him in the Berlin team with this event down on its normal quality of recent years.

Former European champion Dai Greene is amongst the favourites for the 400m hurdles, though Jack Green and Seb Rodger, who also have the

Berlin qualifier, will be in the fight for the title.

The 2014 and 2015 champion Niall Flannery is some way down on his 48.80 PB form but might be ready to add to the selection debate with his first sub-50 of the summer.

Endurance

The 800m should be a cracking race with eight Euro qualifiers already and the three main favourites being Andrew Osagie, Elliot Giles or Kyle Langford, with Jamie Webb, Daniel Rowden and Guy Learmonth also likely to be to the fore.

The 1500m also has five athletes who already have the

Zak Seddon: steeplechase No.1



qualifying time this summer and it should be a superb race.

Commonwealth bronze medallist Jake Wightman starts marginal favourite though Charles Da'Vall Grice got the better of him recently in Marseilles and NCAA runner-up Josh Kerr and defending champion Chris O'Hare are also more than capable of winning the race with a fast finish.

James West, who has the qualifier, and Robbie Fitzgibbon look the best of the rest.

The two qualified athletes over 5000m, Chris Thompson and Marc Scott, both run although Andy Vernon, Tom Lancashire, Loughborough BMC winner Kristian Jones and Ben Connor could also be in the battle for medals.

Top-ranked Zak Seddon will be the favourite for the steeplechase having already bagged three qualifying marks but Welsh duo Ieuan Thomas and Jonathan Hopkins also have the mark and NCAA silver medallist Jamaine Coleman and Phil Norman look capable of joining them inside 8:32.

Tom Bosworth will be a big favourite in the 5000m walk although world junior champion Callum Wilkinson should push him reasonably close.

Andy Vernon: 5000m contender after last month's 10,000m trial at Highgate



Jumps

Greg Rutherford had not accepted his long jump invitation as we went to press but the three athletes who have the qualifying mark – top-ranked Feron Sayers, decathlon star Tim Duckworth and Dan Bramble – are entered.

The high jump will seem strange without the now retired multi champion Robbie Grabarz not competing. Allan Smith has the necessary mark from the Gold Coast and should improve on his sixth from 2017.

Adam Hague and Charlie Myers head the pole vault entries and have the necessary 5.55m mark in the bag.

Nathan Douglas, who won European silver 12 years ago, heads the triple jump entries and will look to repeat his 16.77m indoor form which will see him back in GB's European squad.

Throws

Commonwealth hammer champion Nick Miller competes in the highest quality throwing event of the weekend but has yet to regain his Gold Coast form this summer.

Chris Bennett also has the European qualifier while Joseph Ellis, Mark Dry and Taylor Campbell are all within range of

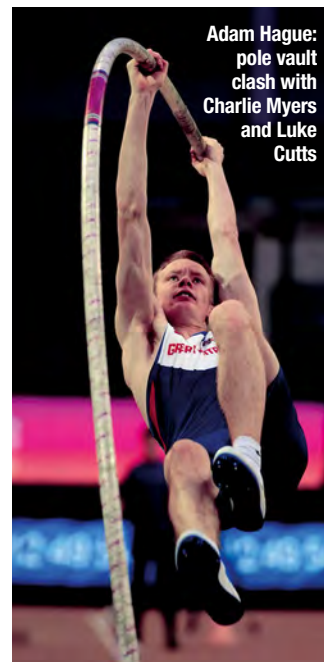
the necessary 74.00m distance.

The discus is the very first event of the programme and it should be competitive but the three 60m throwers this summer – Nick Percy, Brett Morse and Greg Thompson – will need a big improvement to bag what is a tough European qualifier of 63.50m.

The shot is one event where there will be no GB representative in Berlin but Scott Lincoln should easily win his fourth consecutive title.

The current javelin crop won't trouble the necessary 80m mark for Berlin but it could be close with just 22 centimetres covering the top three with defending champion Joe Dunderdale a marginal favourite.

Adam Hague: pole vault clash with Charlie Myers and Luke Cutts



Nathan Douglas: Euro goal



Joe Dunderdale: defending champion



Women

Sprints and hurdles

Dina Asher-Smith looks in scintillating form after her 10.92 UK 100m record in Oslo earlier this month, so reigning champion Asha Philip will have her work cut out if she wants to successfully defend her title.

Daryll Neita and Imani Lansiquot have also been in good form lately but Asher-Smith should be a class apart.

The 200m runners will breathe a sigh of relief, however, as Asher-Smith is only entered for the 100m. It looks like a strong, wide-open event too with Jodie and Bianca Williams showing good early season form alongside Scottish record-

Battle royale: Lynsey Sharp will race with Shelayna Oskan-Clarke, Alex Bell and Adelle Tracey over two laps of the track



Zoey Clark wins the 400m last year from Emily Diamond



breaker Beth Dobbin and Ashleigh Nelson, while European under-23 champion Finette Agyapong should also figure.

The 400m features an intriguing clash between in-form Anyika Onuora as she takes on Perri Shakes-Drayton, Emily Diamond, Laviai Nielsen and Zoey Clark.

In the sprint hurdles, Tiffany Porter has not competed since the Commonwealth Games and sister Cindy Ofili hasn't finished a race for more than 12 months. If they are absent, Alicia Barrett, Yasmin Miller and Megan Marrs are among the fighters for gold.

At 400m hurdles, Eilidh Doyle also hasn't competed since the Commonwealth Games, which leaves the path open for Meghan Beesley, who has shown fine form this month, plus Jessica Turner and Kirsten McAslan to battle for medals.

Endurance

A cracking clash is expected in the 800m with Shelayna Oskan-Clarke defending her title against in-form Alex Bell, former Euro champion Lynsey Sharp and Adelle Tracey.

Add to this the up-and-coming talents Mhairi Hendry, Ellie Baker, Hannah Segrave, Jemma Reekie, Mari Smith, Leah Barrow and Katie Snowden and the two-lap race for women will be one of the highlights of the weekend.

At 1500m, Laura Muir will be a strong favourite. The event also has good strength with Commonwealth medallists Melissa Courtney and Laura Weightman and in-form Sarah McDonald.

Courtney could tackle a 1500/5000m double, too, with rivals in the longer event including Eilish McColgan and Steph Twell, while the 10,000m has, of course, moved to Highgate in late May in recent years.

The improving Rosie Clarke



Morgan Lake: high jump hopes

will be tough to beat in the steeplechase, while the 5000m race walk sees Gemma Bridge and Bethan Davies in action as they hit the track following last weekend's grand prix road event in Leeds.

Jumps

Morgan Lake and Katarina Johnson-Thompson look poised for a head-to-head in the high jump, while the long jump is also an exciting clash between Lorraine Ugen, Shara Proctor and Jazmin Sawyers.

The Commonwealth Games

in April saw Ugen and Proctor fighting it out for bronze, but the battle in Birmingham this weekend is likely to be for gold as they take to the runway.

Proctor is returning to form after an under-par 2017 season that saw her dabble with triple jump. At the Commonwealth Games she jumped 6.89m in qualifying before 6.75m in the final as she showed a glimpse of the form that earned her a world championship silver in 2015 with a UK record of 7.07m.

Ugen, meanwhile, is emerging from a terrific 2017 season

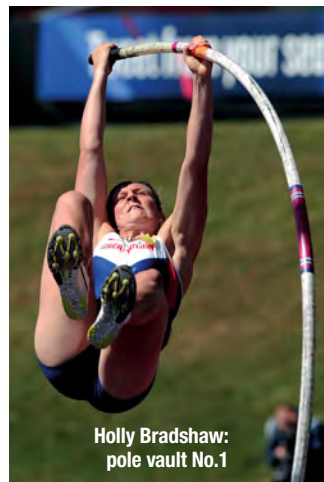
where she was ranked No.5 in the world, won European indoor silver behind Ivana Spanovic of Serbia and was fifth in the World Championships in London.

Ugen is also the defending champion as she takes on Proctor and former European and Commonwealth silver medallist Sawyers.

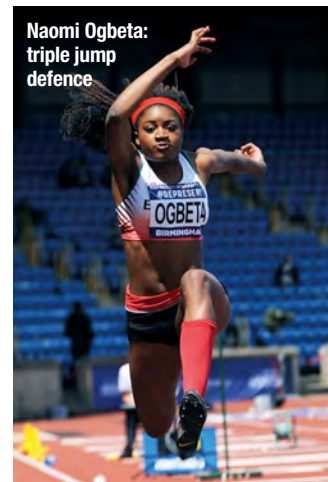
Naomi Ogbeta will be favourite to successfully defend her national triple jump title, whereas the pole vault will see Holly Bradshaw trying to win her fourth consecutive British title



Rosie Clarke (left): 3000m steeplechase favourite



Holly Bradshaw: pole vault No.1



Naomi Ogbeta: triple jump defence



Rachel Wallader:
faces Sophie McKinna

as she faces up-and-coming vaulters like her Commonwealth Games team-mate Molly Caudery.

Throws

Rachel Wallader beat Sophie McKinna in a close battle at the British Indoor Championships and, if their clash is just half as good, it will be a treat. Divine Oladipo and Amelia Strickler, meanwhile, add quality.

Back in February, competing in Arena Birmingham, Wallader and McKinna produced the highest-quality women's shot contest at the event since the

days of Judy Oakes, Myrtle Augée and Venissa Head in the 1980s as Wallader won by just three centimetres with a best throw of 17.45m.

Elsewhere, Emma Hamplett and Laura Whittingham are likely to battle it out for javelin gold, while heptathlete Katarina Johnson-Thompson has also entered this event.

The discus field, meanwhile, is led by UK No.1 Jade Lally, while the hammer line-up should see Olympic medallist Sophie Hitchon claim her fifth consecutive title.



Jade Lally:
discus favourite

Timetable of finals

	13:24	M long jump	
Saturday June 30	13:47	W javelin	
11:45	M discus	14:18	M high jump
13:16	M triple jump	14:21	M 400m hurdles
13:46	W pole vault	14:31	W 400m hurdles
14:07	M javelin	14:44	W 3000m steeplechase
14:47	W high jump	14:58	W shot put
15:02	W triple jump	15:01	M 800m
15:52	M hammer	15:11	W 5000m
15:55	M 5000m	15:32	W hammer
16:18	M 3000m steeplechase	15:36	W 800m
16:34	W 100m hurdles	15:42	W long jump
16:40	M shot put	15:48	M 110m hurdles
16:45	W 100m	15:58	W 200m
16:55	M 100m	16:08	M 1500m
Sunday July 1	16:20	W 400m	
11:32	W discus	16:30	M 400m
11:35	W 5000m walk	16:40	W 1500m
12:15	M 5000m walk	16:50	M 200m
12:47	M pole vault		<i>See our online coverage</i>

European Championships qualifying marks

Men	Event	Women
10.25*	100m	11.35*
20.55*	200m	23.20*
46.00*	400m	52.30*
1:46.50*	800m	2:01.00*
3:37.50*	1500m	4:07.00*
13:30.00*	5000m	15:30.00*
28:20.00*	10,000m	32:30.00*
8:32.00*	3000m steeplechase	9:43.00*
13.60*	110m/100m hurdles	13.15*
49.80*	400m hurdles	56.50*
2.26	High jump	1.90
5.55	Pole vault	4.45
7.95	Long jump	6.60
16.60	Triple jump	13.90
19.90	Shot Put	16.50
63.50	Discus	56.00
74.00	Hammer	69.00
80.00	Javelin	59.00
7850	Dec/Hept	5900
2:16:00	Marathon	2:36:00
1:25:00	20kmW	1:37:00
4:03:00*	50kmW	4:30:00* or 1:39:00 in 20kmW

* An asterisk indicates the British Athletics standard is higher than the European Athletics mark

Birmingham coverage in AW

NEXT week's magazine will feature multiple pages of reports, photographs and results from the British Championships, but keep an eye also on our social media and website – athleticsweekly.com – for regular updates.

For TV coverage, the event is on the BBC website and red button on Saturday from 3-5pm and BBC2 on Sunday 1-5pm and also the red button/website 5-6pm Sunday.

With Gabby Logan at the FIFA World Cup, the presenter in Birmingham will be Radzi Chinyanganya with Steve Cram, Andrew Cotter and Steve Backley commentating.

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adidas
Adizero Prime SP

100m - 400m 127g

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QR: 179772



Nike
Zoom Victory 3

100m - 400m 127g

Was £115 - **Now £104**
QR: 169695



Nike
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100m - 400m 153g

Was £130 - **Now £117**
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Nike
Zoom Rival S 9

60m - 400m 173g

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QR: 169683



Nike
Zoom Rival M 8

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QR: 169681



ASICS
Hyper Sprint 6

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ASICS
Hyper LD 5

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QR: 173655



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Vazee Sigma

100m - 400m 176g

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QR: 171647

FIELD SPIKES



Nike
Zoom Javelin Elite 2

Javelin

Was £140 - **Now £126**
QR: 169698



adidas
Adizero Long Jump

Long Jump

Was £140 - **Now £112**
QR: 179780



Nike
Triple Jump Elite

Triple Jump

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QR: 169687



adidas
Adizero Shotput

Shotput

Was £140 - **Now £112**
QR: 179783

BRITAIN'S GOT TALENT

EUAN CRUMLEY TALKS TO REECE PRESCOD AND ZHARNEL HUGHES, TWO SPRINTERS MAKING THEIR MARK ON THE WORLD AND PREPARING FOR A 100m BATTLE NOT TO BE MISSED IN BIRMINGHAM

PICTURES: MARK SHEARMAN

THE departure of Usain Bolt was always going to drastically change the sprinting landscape but 2018 has seen a fresh wave of track talent come storming through to provide a glimpse of how exciting the future might look.

Rather than shying away from the challenge of filling the great man's considerable shoes, a number of athletes have stepped forward and set about staking a claim to becoming the best. Rather than one man standing head and shoulders above the rest, now there is a sizeable group vying for the top spot and the competition is clearly driving them on.

Americans – the likes of young new world leader Noah Lyles, Ronnie Baker and world silver medallist Christian Coleman, not to mention veteran Mike Rodgers – proliferate the world rankings so far this year, but there is also a British contingent growing in confidence and, crucially, speed.

Zharnel Hughes, who began his year as the victim of an attempted armed robbery outside the track where he trains in Jamaica and was only a flailing arm away from being crowned 200m Commonwealth champion in the spring, has run the fifth-fastest 100m of the year.

His 9.91 clocking in Jamaica earlier this month, which was a world lead, is also officially the second-fastest time ever run by a Briton and perilously close to Linford Christie's 25-year-old national record of 9.87.

100m WORLD LEAD

1	Noah Lyles (USA)	9.88
1	Reece Prescod (GBR)	9.88w
2	Michael Rodgers (USA)	9.89
2	Noah Lyles (USA)	9.89
4	Ronnie Baker (USA)	9.90
5	Zharnel Hughes (GBR)	9.91
5	Su Bingtian (CHN)	9.91
7	Michael Rodgers (USA)	9.92
7	Isiah Young (USA)	9.92
7	Jimmy Vicaut (FRA)	9.92
10	Ronnie Baker (USA)	9.93
10	Noah Lyles (USA)	9.93
10	Isiah Young (USA)	9.93
10	Cameron Burrell (USA)	9.93

BRITISH 100m RANKINGS FOR 2018

1	Zharnel Hughes	9.91
2	Reece Prescod	10.03
		9.88w
3	Ojie Edoorun	10.04
4	Nethaneel Mitchell-Blake	10.08
4	CJ Ujah	10.08
6	Adam Gemili	10.11
7	Harry Aikines-Aryeetey	10.18

UKA qualifying standard: 10.18

Reece Prescod has come closer, though. Only a marginally illegal tailwind prevented his time of 9.88 in coming third in a top-class field at the Prefontaine meeting at the end of May from being allowed to stand.

The fact that performance came hot on the heels of a 10.04 run in heavy rain and into a headwind which secured victory in the Diamond League in Shanghai means that,



**Birmingham battle:
Reece Prescod's 100m
meeting with Zharnel
Hughes (inset)
promises to be a
highlight of the British
Championships**



this time around, the 22-year-old 2017 world finalist will not be able to use the element of surprise as he did in winning last year's British Championships.

Indeed, given that Prescod only truly announced himself with that win 12 months ago and that Hughes' usual focus is the 200m, it's perhaps fair to say that this is not quite the 100m showdown for the national title that many had expected this year.

However, the contest at the Alexander Stadium is to be relished and the fact that two of the 4x100m world championships winning relay team – 2017 Diamond League winner CJ Ujah and Nethaneel Mitchell-Blake – are also involved, along with an in-form Ojie Edoorun, reinforces the feeling of British strength in depth.

ZHARNEI HUGHES

BIOG

- **Born** July 13 1995
- **Coach** Glen Mills
- **Club** Shaftesbury Barnet
- **PBs** 100m 9.91 (2018); 200m 20.02 (2015); 400m 46.58 (2017)
- **Achievements**
2018: 4x100m relay Commonwealth gold medalist, Commonwealth 200m finalist
2015: British 200m champion; 5th in 200m at IAAF World Championships

"The competition is definitely going to be great," says an enthused Hughes, who was born in the British overseas territory of Anguilla and has competed for Britain since 2015. "The guys have been running really fast this season, so great competition means great times as long as we execute well and the weather's good. I think the crowd will be in for something spectacular."

The forecast is for the temperature to hit the high 20s, though the current inclusion of the word "breezy" may put paid to super fast times. They know how it's done, though.

Asked if running 9.91 surprised him, Hughes replies emphatically: "No, it didn't. I've been training really well so it was just a matter of time before it actually came out.

"I prefer the 200m, but this year I'm learning the 100m as I go along. Me and my coach (Glen Mills, the man who guided Bolt) made some changes and we're trying out the 100m. So far it's going really well."

It hasn't been too shabby for Prescod this year, either.

"Reece is running really and it's great to see him put down the times as well," adds Hughes. "It will come down to who shows up at the trials and who executes a great race. I'm looking forward to the competition and I'm excited to see what's going to happen.

"I train with the fastest guys in the world and it's great to see the English guys are starting to step up our game, as well. I definitely think we are able now to challenge the rest of the world."

He adds: "We were once seen as 'oh you guys aren't going to make it to the finals' but now, with Reece especially when he made it to the 100m world final last year, it shows we have class within British Athletics sprinting."



Zharneel Hughes: came so close to a Commonwealth title

Prescod did indeed impress many when he was the only home athlete to make it to the startline for that dramatic night in London last summer which saw Justin Gatlin booed to the rafters after getting the better of crowd favourite Bolt.

Yet, not long before that, the Enfield and Haringey athlete had been struggling to shake the feeling that he was on the outside looking in at the world of top-class sprinting.

Having to wait in the wings as others took centre stage was a sensation he had become used to, given years of injury struggles which had consistently denied him

the chance to truly show his natural talent on an athletics track.

There were more than a few eyebrows raised, therefore, when he promptly won last year's 100m trials and secured his spot on the Great Britain team.

"I'm not coming under the radar at all this time," admits Prescod. "It's a different type of pressure and expectation but I've just got to try and live with it and see what I can do.

"The competition will be good and I've just got to rise to it and rise to the occasion."

The experiences he crammed into 2017 will certainly help.



Reece Prescod: sprang a surprise by winning last year's British Championships 100m

"Last year was the perfect learning curve for me," he adds. "I couldn't really ask for a better opportunity to learn – being in a world final, being around Bolt and Gatlin.

"I've had a lot of years of observing the game and now I'm in it, just trying to make the right decisions and not have any setbacks. I'm just taking it bit by bit."

Has the move from the relative shadows into the spotlight been an overwhelming experience at times, then?

"I have my moments," admits Prescod. "There are times when I think 'this is a lot' and people expect a lot from me. It can be tiring so I have to be selective about what energy I use. It's definitely an interesting experience.

"To be honest it's quite scary but I've got to deal with it. I can't get caught up in the hype and just have to keep working hard and doing what I'm doing, really.

"It's obviously working so I've got to remember the journey I've been on and where I've been at."

There is a deeper reservoir of top-class material to dip into when Prescod goes looking for that affirmation, though the man coached by Jonas Dadoo knows all too well there is no such thing as the perfect race.

"Shanghai was a nice run but even then

REECE PRESCOD

BIOG

- **Born** February 29 1996
- **Coach** Jonas Dadoo
- **Club** Enfield & Haringey
- **PBs** 100m 10.03 (2017), 9.88w (2018); 200m 20.38 (2016)
- **Achievements**
2017: British 100m champion, 7th in 100m at IAAF World Championships
2016: British 200m bronze

there was a lot of technical stuff to work on, analyse and change," continues Prescod. "It was a good run to get the result but I feel there's always room to improve.

"My coach will give me a day to be happy and then it's straight back to work. It's never the case that the race is perfect – there's always something to work on.

"Eugene was a great experience for me, my first Prefontaine Classic. Normally a lot of the British athletes go there and end up jetlagged or don't really run that well but, for me, I was happy that I managed to run well and do what I needed to do.

"We've got the world championships next year so I need to be ready for that and produce a lot of speed this season.

"The 10.0s times are not going to be enough so I need to get that lower and getting that kind of time is only going to come from racing the best."

Prescod was speaking to AWW after meeting pupils at Park Primary School, situated in the shadow of the London Stadium and in an area where he grew up.

The famous venue will also provide the stage for the Anniversary Games, where he intends to star in a stellar field next month.

"Since London I'm definitely starting to get recognised a lot more," he admits. Should he and Hughes continue their upward trajectory, they might well have to start getting used to it.

■ **Britain's best athletes will compete for a place at the Athletics World Cup and the European Athletics Championships at the British Athletics Championships in Birmingham on June 30-July 1. For tickets, visit britishathletics.org.uk**

■ **The Müller Anniversary Games will feature the world's biggest athletics stars in action at the London Stadium on July 21-22. For tickets, visit britishathletics.org.uk**

THE VETERAN ATHLETE ENJOYS RUNAWAY WIN OVER 5000m IN LOUGHBOROUGH

REPORTS: STEPHEN GREEN
PICTURES: GARY MITCHELL

IT WAS fantastic to see the 44-year-old Jo Pavey make a welcome return to the British Milers' Club scene with a solo 15:48.84 win in the 5000m ahead of Philippa Bowden.

The 2014 European 5000m champion made her intentions clear from the start and, assisted by former international Charlene Thomas, the Exeter star was 50 metres clear of the pack after four laps.

Pavey slowed in the latter stages, with Bowden finishing strongly to back up her British silver medal at the Highgate 10,000m last month with 15:52.36.

Slightly windy conditions in Loughborough hampered the quest for fast times



PAVEY'S RETURN

Pacemaker Charlene Thomas leads Jo Pavey as they aim for the 15:30 Euro qualifier



Pavey said: "It was tough out there. I would have liked to have run a bit quicker, but it was quite windy. It was the same for everybody, though, and the pacing was great."

She added: "Over the years the BMC have helped me and other runners so much in terms of bridging the gap in getting to an elite level and achieving qualifying times, so I love to race these meets whenever I can."

Pavey, who was outside the 15:30 European Championships qualifier, later revealed her main focus is towards some autumn road racing and possibly unfinished business over the marathon.

In the men's 5000m, Kristian Jones upstaged better-known athletes, taking 35 seconds off his previous best in winning the 5000m in 13:45.25.

The Welshman wasn't fazed by the pedigree of the others in the field, taking on the race with five laps left and increasing the tempo to move 20 metres clear of Per Sveta, Rui Pinto of Portugal and Finland's Arttu Vattulainen.



Men's 5000m: Kristian Jones (315) is ready to kick past Rui Pinto of Portugal

The chasing trio closed on Jones, but the only Briton in the first seven found enough to take the win, with Sveta in second (13:45.65).

Eight men broke 14 minutes, including under-20 Tom Mortimer, who set an 18-second PB of 13:57.95 to easily head the UK junior rankings for 2018.

Jones is better known in orienteering circles and was a bronze medallist in the European Championships of

2017. Afterwards he expressed his delight, but also stated that he was looking for a sub-14 time after a 14:03 road best in Armagh earlier this year.

The PhD student said: "I don't run a lot of track and will see how I go in Birmingham but my main target is the World Orienteering Champs in August, where I hope to challenge for a medal with my new-found speed."

A remarkable B race

saw Chris Perry (14:18.25) edge out Oliver Fox as the top 16 in the field all ran PBs.

In the much-anticipated 800m, everyone ignored the pacemakers and it was Daniel Rowden, who has run 1:45.83 this year, who broke the tape first in the relatively modest time of 1:49.42, narrowly ahead of Canaan Solomon and 16-year-old Max Burgin.



Burgin, recently selected for the European Under-18 Championships, having just finished his GCSEs, did well to hold his form despite a stumble in the home straight.

Double Olympic 1500m medallist Nick Willis finished in seventh as just 1.5 seconds separated the stellar field at the tape.

The B race almost upstaged the A race, as John Fitzsimmons won in 1:49.59, while Will Snook and Sean Molloy also went under 1:50.

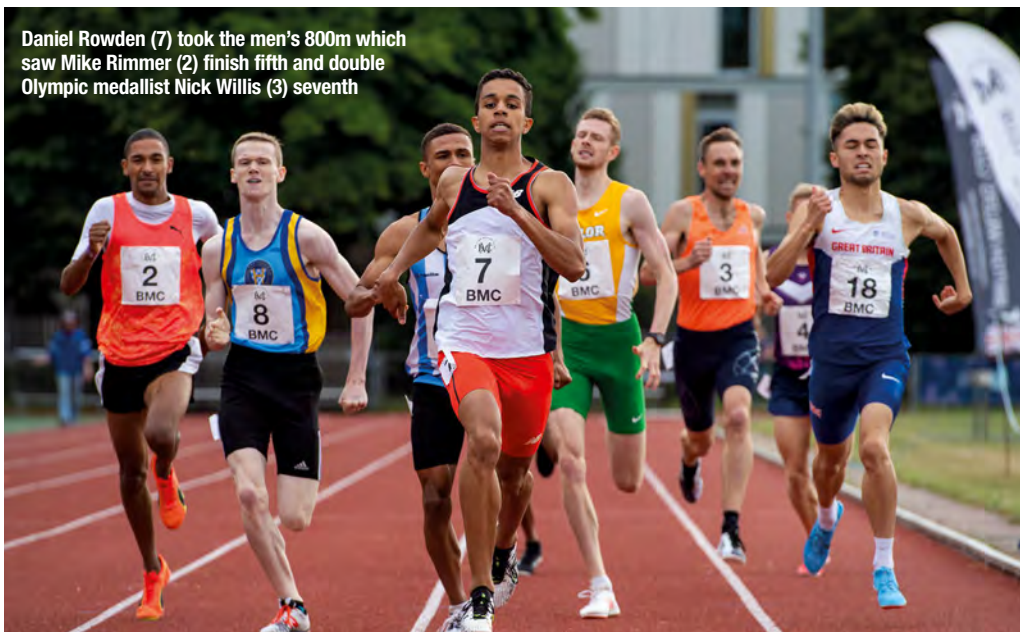
Lynsey Sharp warmed up for this weekend's Müller British Championships with a strong 2:00.44 in a mixed race. Her first lap was around the low 57-second mark, and although the Scottish 800m record-holder faded in the straight, she expressed her satisfaction with her improvement with each race.

Sharp said: "I wanted to run a faster race, to test where I was so that's why I ran with the men. I still haven't got the pacing quite right, so that was a decent performance.

Lovisa Lindh of Sweden took the women's two-lap race in 2:03.87, seeing off a charge from Katy-Ann McDonald (2:04.14) and Khahisa Mhlanga (2:04.34), both of whom returned World Under-20 Championships qualifying times.



Lynsey Sharp: season's best in a mixed race



Daniel Rowden (7) took the men's 800m which saw Mike Rimmer (2) finish fifth and double Olympic medallist Nick Willis (3) seventh

"I felt good all the way. I just held back on the first lap and then came through," said McDonald, after her storming finish.

McDonald's Blackheath and Bromley clubmate, Zakia Mossi, ran 2:10.46 for 800m in winning the D race – an under-15 national lead for the year.

Jessica Judd looked on good form at her university home track with a dominant 4:10.76 metric mile win. It was possibly the wind and a lack of competition that prevented the in-form Chelmsford athlete from returning a Euro qualifier, after going through 800m in 2:12, again perfectly paced by Thomas.

Emily Hosker-Thornhill (4:14.40), Claire Duck (4:15.27) and Rachael Franklin (4:15.87) all ran PBs.

Judd said: "I feel as if my form is now clicking into place. I like racing, so hopefully we'll get some better conditions and a faster race next week, but I'm really happy with that."

Judd, who recently finished her degree at Loughborough, will embark on her PhD studies in October, so will have more

time to sharpen her form.

John Travers stormed back to form to take the men's metric mile in an impressive 3:40.74. Travers, who has a best of 3:37.27 from four years ago, produced a last quarter of around 56 seconds to move two seconds clear of Sweden's Ferdinand Edman and Zak Seddon.

There were also PBs for Brian Fay (3:43.43) and Elliot Dorey (3:43.93) further down the field.

Travers, who works as a special needs teacher in Sligo, Ireland, will be looking to target qualification for Ireland's European squad over 5000m



Zakia Mossi under-15 UK 800m lead

at the Morton Games in Dublin next month, where he feels as if the 13:35.00 target is attainable (his current best is 13:52.67).



Lovisa Lindh (94): holds off a fast-finishing Katy-Ann McDonald (93) in the 800m

The women's 1500m A race starters line up with runaway winner Jessica Judd fourth from the left



RESULTS

Men: 800: A: 1 D Rowden (WG&EL) 1:49.42; 2 C Solomon (WG&EL) 1:49.77; 3 M Burgin (Hal, U17) 1:49.78; 4 M Lonsdale (Crook, U20) 1:49.96; 5 M Rimmer (Liv PS) 1:50.11; 6 Z Curran (WSEH) 1:50.31; 7 N Willis (NZL, M35) 1:50.47; 8 J Williamson (Spring) 1:50.73; 9 D Minors (Franklin P) 1:50.97. **B:** 1 J Fitzsimons (IRL) 1:49.59; 2 W Snook (Har) 1:49.71; 3 S Molloy (Ton) 1:49.82; 4 J Brown (Vale R) 1:50.57; 5 J Bird (Ips) 1:50.78; 6 A Birckett (Kend, U20) 1:51.90; 7 M Wharton (Liv H) 1:52.19. **C:** 1 C Kirk (Anna) 1:50.40; 2 A Farah (Hill) 1:50.75; 3 J Hallas (Bir) 1:51.16; 4 M Parry (Col B, U20) 1:51.32; 5 A Persson (SWE) 1:51.48; 6 E Dodd (Ports) 1:51.97; 7 V Nutakor (NEB) 1:52.34; 8 D Walton (Ross) 1:53.30; 9 J McCarthy (Chilt) 1:53.82. **D:** 1 T Randolph (Tam, U20) 1:51.98; 2 N Akpan (Liv H) 1:52.16; 3 S Anthony (W Suff) 1:52.88; 4 C Hayes (IRL) 1:53.08; 5 S Brown (Edin, U20) 1:53.26; 6 C Bell (Hallam, U20) 1:54.36. **E:** 1 D Mees (NEB) 1:51.82; 2 C Dodds (E&H, U20) 1:51.90; 3 F Francois (SWE) 1:51.90; 4 H Russell (Newb) 1:52.57; 5 S Blake (Card) 1:52.58; 6 C Crawford-Walker (Anna) 1:53.24; 7 C Thornley (Bed C) 1:54.84. **F:** 1 S Jones (St Alb) 1:52.69; 2 D Dempsey (Shef/Deam) 1:52.78; 3 A Bailes (Bir) 1:53.13; 4 M Milner (Tulla, U20) 1:53.34; 5 J Maurice (H'gate, U20) 1:53.41; 6 A Whiteman (SB, M45) 1:53.89. **G:** 1 J Ewing (Edin, U17) 1:53.44; 2 A Richardson (Linc W, U20) 1:53.74; 3 L Edwards (Edge Hill Uni / Liverpool Pembroc) 1:53.88; 4 J Beharrell (Shef/Deam) 1:54.19; 5 N Armstrong (NEB) 1:54.38; 6 S Harding (Wells) 1:54.91. **H:** 1 R Hewison (IRL) 1:53.55; 4 T Roe (Ports, U20) 1:57.18. **I:** 1 B West (Bic, U20) 1:54.84; 4 J Ward (C&S, U20) 1:56.19. **1500:** A: 1 J Travers (Herne H/IRL) 3:40.74; 2 F Edman (NOR) 3:42.87; 3 Z Seddon (Brack) 3:43.32; 4 B Fay (IRL) 3:43.43;

5 E Dorey (Glas C) 3:43.93; 6 K Kelly (IRL) 3:44.14; 7 J Carr (THH) 3:44.69; 8 A Heyes (Hallam) 3:45.47; 9 D Mooney (Liv H) 3:46.48; 10 H Dixon (AFD) 3:47.91; 11 N Carleo (USA) 3:48.66; 12 R Weir (Der) 3:49.62; 13 J Ashcroft (Liv H) 3:53.20. **B:** 1 L McCann (IRL) 3:44.31; 2 B Goater (SB) 3:45.32; 3 C Olley (Ton) 3:45.50; 4 G Campbell (IRL) 3:45.63; 5 R Harvie (AFD) 3:47.12; 6 E Cross (AFD) 3:47.17; 7 J Crabtree (SB) 3:47.47; 8 C Parr (Gate) 3:47.48; 9 A Visokay (Unatt) 3:48.06; 10 D King-Clutterbuck (NEB) 3:48.40; 11 A Teuten (Soton) 3:48.61; 12 Y Bizimana (VP&TH, U20) 3:49.06; 13 D McElhinney (IRL, U20) 3:52.10; 14 R Warner (B'burn) 3:53.77. **C:** 1 C O'Donovan (IRL, U20) 3:47.53; 2 C Doyle (C'life) 3:47.83; 3 S Hassan (SWE) 3:48.16; 4 S Sundström (SWE) 3:48.33; 5 D Bebbington (Prest) 3:48.44; 6 G Muir (Giff N) 3:48.99; 7 E Pierce (NEB) 3:50.96; 8 H Börjesson (SWE) 3:51.62; 9 J Roberts (Soton) 3:52.19; 10 D Studley (B&W) 3:54.51; 11 D Neary (York) 3:55.18; 12 J Barnes (Cov) 3:55.47. **D:** 1 L Taylor (Newk) 3:48.85; 2 M Bergin (Bed C) 3:49.40; 3 W Richardson (Bir) 3:49.93; 4 M Kyun Cho (DEN) 3:50.12; 5 J Coxon (K&P) 3:50.88; 6 A Nilsson (SWE) 3:51.45; 7 J Schofield (York) 3:52.20; 8 M Jones (Bas, U20) 3:53.42; 9 J Boylan (IRL) 3:54.28; 10 C Jones (N&P) 3:54.51; 11 R Page (Linc W) 3:56.37. **E:** 1 E Shepherd (WG&EL) 3:51.02; 2 H Lane (B&W) 3:51.45; 3 J Rowe (Col H) 3:51.99; 4 N McCartan (E Down) 3:53.64; 5 M Stonier (Inv EK, U17) 3:53.88; 6 E Hussey (Leeds C, U17) 3:54.06; 7 D Sheldon (Stoke) 3:54.82; 8 D Mullarkey (Manx, U20) 3:55.56; 9 D Fox (Leev) 3:56.11; 10 A Mengsteab (SWE) 3:58.47. **F:** 1 M Ferguson (A'deen) 3:52.27; 2 B White (Phoe) 3:52.54; 3 M Grieve (Bord H) 3:53.08; 4 M Hashi (ESM) 3:55.16; 5 J Skilton (Poole, U20) 3:56.28; 6 F Slemeczek (HW) 3:56.64; 7 M Cummings (Herne H) 3:57.34; 8 C Aberley (Burt, U20) 3:58.36; 9 W

Hughes (IRL) 3:58.67; 10 H Smith (Bas, U20) 3:59.96. **G:** 1 M Harris (Ross) 3:53.60; 2 G Corcoran (NEB) 3:55.03; 3 A McMillan (York, U20) 3:56.09; 4 C Wheeler (MKDP) 3:58.22; 5 D Smith (Swan, U20) 3:58.60; 6 A Ediker (C'field, U20) 3:59.39; 7 M Costley (Soton) 3:59.77; 10 S Costley (Soton, U20) 4:01.60. **5000:** A: 1 K Jones (Swan) 13:45.25; 2 P Sveta (NOR) 13:45.65; 3 R Pinto (POR) 13:46.31; 4 A Vattulainen (FIN) 13:46.75; 5 M Vedvik (NOR) 13:48.05; 6 M Mohamed (Hill) 13:56.04; 7 K Maunsell (IRL, M35) 13:56.36; 8 T Mortimer (Stroud, U20) 13:57.95; 9 J Grace (AFD) 14:05.11; 10 A Brecker (Stoke) 14:06.15; 11 O Lockley (Manx) 14:10.86; 12 J Gray (C&C) 14:11.15; 13 B Bradley (AFD) 14:13.90; 14 D Shaw (New M) 14:17.28; 15 P Huck (Barr) 14:25.06; 16 J Morris (Stock H) 14:25.99; 17 J Rössler (NEB) 14:27.24; 18 W Indelbar (Leeds C) 14:28.77; 19 A Tesgay (Inv EK) 14:34.78; 20 L Harris (IRL) 14:37.08; 21 W Christofi (B&W) 14:37.78; 22 A Dunbar (Norw) 14:42.60; 23 R Park (Chelt) 14:55.93. **B:** 1 C Perry (Vale R) 14:18.25; 2 O Fox (Wells) 14:18.96; 3 L Jagger (Shef/Deam) 14:21.21; 4 A Watson (Notts, M40) 14:22.11; 5 N Johnston (Springw) 14:22.74; 6 N Dunn (Prest, U20) 14:22.76; 7 J Roden (Sale) 14:23.67; 8 W Ryle-Hodges (SB) 14:24.13; 9 M Willis (Wrex, U20) 14:24.62; 10 W Mycroft (E&H) 14:24.72; 11 C De'Ath (Ton) 14:24.89; 12 D Devine (Liv H) 14:24.99; 13 J Hoad (THH) 14:25.72; 14 J Straw (Linc W) 14:27.62; 15 C Wright (Serp) 14:29.44; 16 E Byrne (IRL) 14:31.12; 17 J Kilgour (Der) 14:32.66; 18 M Power (IRL, U20) 14:33.08; 19 J Eves (Bed C, M35) 14:33.56; 20 D Blomquist (AFD) 14:36.36; 21 T Raynes (B'burn) 14:41.83; 22 C Maher (IRL) 14:44.04; 23 H Powell (KuH) 14:44.84; 24 T Austin (Poole) 14:45.67; 25 S Bayton (Hallam) 15:01.79. **C:** 1 R Poolman (Camb U) 14:29.75; 2 A Penney (HW) 14:31.90; 3 S Nilsson (SWE) 14:40.76; 4 S Evans

(RSC) 14:45.44; 5 D Wilson (THH) 14:49.28; 6 B Magnusson (KuH, U20) 14:50.32; 7 A Corlett (Manx) 14:50.54; 8 C Madden (Lisb) 14:51.60; 9 R Wilson (High) 14:51.74; 10 D Owen (Chelt) 14:54.71; 11 J Wignall (Sale) 14:56.20; 12 F Carcas (Edin, U20) 15:03.55; 13 C Smith (Notts) 15:24.43; 14 G Beardmore (Worc, U20) 15:26.83; 15 M Coffey (Soton, M35) 15:41.94; 16 D Robinson (BRAT, M35) 15:45.90; 17 D McGlynn (IRL, U20) 15:46.44; 18 J Amos (CAN, U20) 15:59.08. **Mixed events: 800:** J: 2 C Roberts (SHS, U17) 1:58.24; 6 L Sharp (Edin, W) 2:00.44. **Women: 800:** A: 1 L Lindh (SWE) 2:03.87; 2 K McDonald (B&B, U20) 2:04.14; 3 K Mhlanga (Chelm, U20) 2:04.34; 4 A Griffiths (AFD) 2:04.56; 5 A Silvander (Stock H) 2:05.70; 6 C Everard (IRL) 2:06.43; 7 E Williams (Kett, U17) 2:06.63; 8 A Pratt (Sale) 2:08.78. **B:** 1 K Stewart (A'deen) 2:06.82; 2 C Taylor-Green (B&W) 2:07.05; 3 J Williams (Amman) 2:07.08; 4 D Faester Olsen (DEN) 2:08.22; 5 G Coveney (ESM) 2:08.50; 6 M Canham (Exe, U17) 2:12.30; 7 J Keane (Ennis T, U20) 2:14.44. **C:** 1 J Monteiro (Chelm) 2:09.52; 2 A O'Neill (IRL, U20) 2:09.66; 3 S Busic (NOR, U17) 2:09.96; 4 R Johnson (Liv PS) 2:10.65; 5 S Moss (Sale, U17) 2:11.73; 6 F de Mauny (Herne H, W35) 2:11.84; 7 B Rottweiler (Harrow) 2:17.13. **D:** 1 Z Mossi (B&B, U15) 2:10.46; 2 K Allen (Bir) 2:11.02; 3 H Roberts (Brack, U17) 2:13.17; 4 S Moore (Ports, U17) 2:14.12; 5 A Howarth (Leigh) 2:14.49; 6 O Haveron (H'gate, U20) 2:14.52; 7 R Atherton (Leeds C) 2:16.35. **1500:** A: 1 J Judd (Chelm) 4:10.76; 2 E Hosker Thornhill (AFD) 4:14.40; 3 C Duck (Leeds C) 4:15.27; 4 D Krebs (GER) 4:15.57; 5 R Franklin (Manx) 4:15.87; 6 S Connor (SB) 4:16.65; 7 K Avery (Shild) 4:17.53; 8 C Hughes (Swan, U20) 4:17.95; 9 K Johansen (Chelm) 4:18.42; 10 S

Astin (Norw) 4:18.75; 11 L Coward (Inv EK) 4:20.25; 12 S Pennycook (Fife) 4:23.28; 13 J Hill (Sale) 4:25.83. **B:** 1 M O'Sullivan (IRL) 4:22.33; 2 E Moyes (W Suff) 4:27.22; 3 C Bradley (WG&EL) 4:27.48; 4 G Kersey (Bas) 4:28.17; 5 G Maddox (Prest) 4:28.45; 6 L Handbury (Notts) 4:28.80; 7 N Roberts (Bir) 4:28.96; 8 L Brenton (Soton) 4:28.97; 9 C Sharp (Central P, U20) 4:29.35; 10 G Malir (Leeds C) 4:31.18; 11 S Bent (Salf) 4:32.20; 12 J Walsh (Wake) 4:32.49; 13 E Brink (SWE) 4:33.98; 14 R Harrison (Linc W) 4:34.69; 15 A White (B&B, U17) 4:35.12; 16 R Burns (Liv H, W35) 4:35.94; 17 M Larsen (DEN) 4:42.03. **C:** 1 B Gunn (Bir) 4:28.71; 2 I Pentland (Darl, U17) 4:29.84; 3 E Ruane (Herts P) 4:30.17; 4 M Todd McIntyre (Rush, U17) 4:30.86; 5 L Nicholson (IRL, U20) 4:32.23; 6 C Copeland (W'borne, U20) 4:32.51; 7 L Palmer-Blount (Der, W40) 4:32.68; 8 S Lawrence (Croy) 4:33.38; 9 B Brink (SWE, U20) 4:33.73; 10 E Lowery (Vale R, U20) 4:34.17; 11 E Smith (Yeov O) 4:34.39; 12 A Goodall (Edin, U17) 4:35.03; 13 R Dunlop (Ports) 4:36.68; 14 F Scrafton (Yate) 4:36.83; 15 K Lowery (Warr, U20) 4:41.83; 16 Z Knapp (Roth) 4:44.16; 17 A Wallace (Harrow) 4:44.93. **D:** 1 L Hunter (Darl, U20) 4:32.44; 2 E Newton (Herne H, U20) 4:34.37; 3 R Longstaff (Chelt) 4:34.55; 4 M Scatchard (Ripon, U17) 4:34.92; 5 C Price (Bir) 4:37.52; 6 J Mitchell (Have, U20) 4:41.20; 7 G Ingle (SB, U17) 4:41.81; 8 S Mason (Salf, U17) 4:44.43. **5000:** A: 1 J Pavay (Exe, W40) 15:48.84; 2 P Bowden (AFD) 15:52.36; 3 K Holt (Stoke) 16:08.04; 4 M MacLennan (Edin U HH) 16:09.76; 5 N Tschimowitz (SB) 16:10.95; 6 E Mitchell (Q Uni Bel) 16:13.65; 7 Juliet Potter (Charn, W35) 16:24.64; 8 K Hedgethorne (C&C) 16:28.72; 9 M Mulhara (IRL) 16:29.03; 10 S Lovewell (Stoke) 16:33.79; 11 E Dahl (SWE) 16:43.16; 12 F Kristiansson (SWE) 16:45.58; 13 C Richardson (Bir) 17:06.01

RUN IN THE SUN

HEAD TO LIMASSOL FOR A WARM WELCOME AND A WEEKEND-LONG CELEBRATION OF RUNNING

WORDS: JESSICA WHITTINGTON

Runners receive their medals, fruit and water at the finish by the sea





Sea views: the races start and finish on the coast at Molos Park

WHEN it comes to picking a race destination to escape the cooler climes of the UK in March, it's easy to see the lure of Limassol.

While the warmer weather and beautiful backdrops might be a big draw for many visitors to this seaside resort on the southern coast of Cyprus, it's the range of races and weekend-long celebration of running which helps to attract thousands to the Molos Park and beyond to tackle the marathon, half-marathon, 10km and 5km events each year.

With a corporate race, children's events, 'PETROLINA Energy Day' and post-race festival-feel celebration adding to the programme, there was plenty to keep me busy when I visited as one of the around 500 British runners in Limassol for this year's event.

Adding an extra night or two as I did gives participants from overseas – many of whom take advantage of the event's special race packages which can include accommodation – chance to also relax and explore some of the other things the city has to offer.



Run with a smile

The event's slogan is 'Run with a smile' and although I wasn't in my best shape after an injury, for the majority of my 10km I did have a big grin on my face.

All of Sunday's events – the marathon, half-marathon, Petrolina 10km Energy Race and 5km City Race – start and finish at the Western End of Molos Park, near the race village in the Old Port Square and right on the coast with views of the sparkling Mediterranean sea.

The marathon and half-marathon events were up first and there was an excitable buzz as runners headed to the start line ready for the 7:30am gun. The half-marathon runners



Race day: the marathon and half-marathon events get Sunday's action started



Room with a view: the grounds of the Amathus Beach Hotel in Limassol



Race recap: AW's Jessica Whittington speaks about her experience on national TV



start behind those taking on 26.2 miles but sub-three-hour marathoner Gemma Hockett, speaking after clocking an 86:19 half-marathon PB to finish second in the women's race, said she didn't have to weave past too many runners and therefore didn't find that a challenge.

As Hockett proves, there's certainly scope for club runners to excel on these courses and place highly. Now entering its 13th year, the OPAP Limassol Marathon GSO is accredited by the Association of International Marathons and Distance Races (AIMS) and after starting at the palm tree-lined seafront the course goes westwards past the marina and port, before

heading east along the coast towards ancient Amathus and then looping back, reaching a maximum altitude of 18m.

The half-marathon, 10km and 5km do shorter loops, missing out the initial westward stretch, with the 10km and 5km events starting half an hour after the longer distances, at 8am.

Prizes on offer include €2000 for the marathon winners, provided their winning times are sub-2:17:22 for men and below 2:50:00 for women, while the half-marathon top prize is €1000 so long as the winners break 68:00 (men) and 74:00 (women).

Those top prizes are doubled if the race records of 2:13:29/2:38:56 (marathon) and 64:19/

72:35 (half-marathon) are broken.

This year Serbian record-holder and five-time Olympian Olivera Jevtic won the women's marathon title in 2:44:26, while Simon Kiprugut Kirui claimed the men's title in 2:18:28.

Nelson Kipkogei won the half-marathon in 65:40, while women's winner was Elena Danilova in 77:24 from Britain's Hockett and Hannah Howard in 88:24.

I might have been running a fair bit slower than those podium-placers, but I enjoyed the chance that gave me to take in my surroundings and cheer on other runners thanks to the out and back course.

I didn't run a PB this time

but there's help on hand for marathon and half-marathon runners who are hoping to beat their best, with a team of pacers in both of those events.

There were runners from 66 worldwide locations involved in the event activity this year, with organisers declaring it the most successful edition yet, with a record number of athletes on the start line of both the marathon and half-marathon races.

Runners return

The event encourages groups to use the weekend-long programme and special race packages as an opportunity to travel with their clubs to run and spend time socialising. This year there were large groups from



PrimeTel 5km Corporate Race: runners head out on to the course



Marathon winner Olivera Jevtic with Radosveta Simeonova and Olga Andrejeva

Travel tips

- Aegean Airlines is the official airline partner, while EasyJet and Ryanair offer direct flights from the UK to Paphos or Larnaca, both roughly a 45-minute drive away from Limassol.
- Accommodation available as part of race weekend packages ranges from 3-star hotels to luxury 5-star hotels.
- Spring temperatures are usually between 9-17°C in Limassol, with low rainfall in March. The temperature was 17°C for the start of this year's marathon.
- The race village area and recently-developed marina are great places to socialise and also celebrate after your run is done, with my group enjoying a delicious and reasonably-priced kebab from the Minoan Kitchen – highly recommended and we thought, well deserved!

UK running communities Run Mummy Run and UKRunChat on the island and organisers say many have already booked to return for the 2019 event, which will take place on March 23 and 24.

Packages including '#RUNLIMASSOL', which offers a 40% discount on race entry and a technical event t-shirt,

plus #RUNLIMASSOLPLUS, which also features accommodation across a range of budgets, pasta party entry, transport to the start line and more, have been announced for next year.

My trip earlier this year included a stay at the luxurious Amathus Beach Hotel, while for club groups looking for accommodation closer to the race village, the 3-star Kapetanius Odysseia Hotel is included among the event's official hotels in 2019.

Race programme and current 'early bird' entry fees

Marathon: €36, Half Marathon: €27, Petrolina 10km Energy Race: €18, 5km City Race: €18, PrimeTel 5km Corporate Race: €300 per team, Andrey and Julia Dashin's Foundation Youth Race: Free

■ **For further information on the OPAP Limassol Marathon GSO weekend including race packages, visit limassolmarathon.com**



PETROLINA Energy Day activity at the Old Port Square includes fitness classes and wellness advice

THROWER ON THE RISE

**STEVE ROE
MEETS ENGLISH
SCHOOLS
HAMMER
CHAMPION
KENNETH IKEJI**

KENNETH IKEJI is a specialist hammer thrower and as such took more than a passing interest when the event took place at the Commonwealth Games, where there were contrasting fortunes for English athletes.

He was delighted when Nick Miller improved his own British record to 80.26m to win gold but sad Sophie Hitchon had to leave her competition after the Olympics bronze medallist's trio of foul throws.

"I was amazed, really pleased as well, about Miller," says Kenneth. "It's not that I didn't expect him to win because he looked good, but a British guy going over 80 metres and giving hammer throwing such good publicity was special."

On Hitchon, he adds: "She was a surprise, but things happen on the day."

There were no problems of any kind for Kenneth at the recent Essex Championships. Competing as an under-17 – his first year in the age-group – he won shot put silver, gold in the discus and, best of all, the hammer title.

His PB with the 4kg hammer had been 62.08m, but throwing 5kg at Chelmsford he reached an impressive 62.58m – and he's since improved to 64.91m at the Essex Schools Champs.

Furthermore, Kenneth has maintained his record of never having finished lower than



Kenneth Ikeji:
English Schools
champion

MARK SHERMAN

KENNETH IKEJI

- **Born** October 28, 2002
- **Club** Basildon
- **Coach** Paul Head
- **PBs** Hammer (5kg) 64.91m. Discus (1.5kg) 39.79m. Shot (5kg) 13.18m
- **Achievements**
- 2018 (U17):** HT: 1st Essex champs. DT: 1st Essex champs. SP: 2nd Essex champs
- 2017 (U15):** HT: 1st English Schools; 1st England champs; 1st Southern champs; 1st Southern Inter-Counties; 1st Essex champs; 1st Essex Schools. DT: 2nd Essex champs
- 2016 (U15):** HT: 1st English Schools Cup Final

second in any shot, discus or hammer competition!

The 15-year-old, who is 6ft 1in tall, was born in America but has lived in Dagenham for most of his life and was at school in Southend – he commutes there – when taking up athletics. "I was doing the shot at first and the circle was right next to the hammer cage," he recalls.

"I would watch older boys with the hammer and think 'I'd like to do that'. The weird thing is, to begin with I wasn't that good but enjoyed it more than the shot and stuck with it."

Initially, admits Kenneth, he would throw distances in

training he could not match in competition, yet there was always about him a steely determination to succeed and topping the UK rankings as an under-15 last summer came as no surprise to those who know him well.

Another factor in Kenneth's development has been his training under coach Paul Head; and of the twice Commonwealth Games medallist, he says: "When you do something right, Paul will praise you. But there are always things you can improve on and he spots those as well. He's a good all round person."

Having achieved gold medals in England championships and English Schools, athlete and coach are hoping for an equally successful 2018.

Going over 60 metres was a start, while one way to stay on top, feels Kenneth, is keeping to a healthy weight. "I weigh 13 stone at the moment," he says. "I try to maintain my weight by eating correctly – I eat enough because I need the calories, but not so much to get sick or anything."

"It's about the amount you eat, I would say. If you get too heavy you're not going to move well."



HAVE YOUR SAY

Celebrate our diversity

TIM HUTCHINGS recently gave his views on the state of our sport and how fans need to be emotionally engaged for athletics to thrive, picking out the African running community and more or less blaming them for the current decline in interest (*AW*, May 31). His wording shows little respect for the human being every athlete is, but as I know Tim as a good friend on the circuit, I know it's not racism that fuels his rant.

Tim longs for romantic memories of the 1980s when Europe was the centre of the world and Britain was the centre of Europe. He echoes the sort of sentiment which made the lobby for Brexit successful and made Trump the US President. Such sentiments have created an environment where fans apparently can't cheer for

six athletes from a different background, fighting it out in the final lap, but will instead be on their feet for a race won easily by a local hero.

We have to accept the world has changed and other countries have developed. Sport has become more accessible for the poor and, yes, it seems they have talent too.

In tennis 10 years ago there was a similar discussion when Eastern Europeans began to dominate the women's game. The 'faceless Russians', it was said, would kill the sport. Although thankfully they were never blocked from top-tier events and women's tennis has survived and thrived.

The state of athletics has nothing to do with which colour dominates. Tim looks primarily at distance running, but people aren't watching field events or

sprints in the same numbers these days and the fields are much the same nationalities as 20-30 years ago. Tim simplifies a complex situation too much and seems to think distance running equals athletics.

He's right that Africans could do more in selling themselves and the sport. Blaming the agents is fine but you can't make agents responsible for a country's education system or the cultural effects on somebody's personality.

Of course agents can do more, but please also tell the European and American athletes to do more so they can keep up with the Africans. Or maybe, for both, it's not as easy as it sounds?

While there's no doubt that boxing and UFC benefit from competitors over-hyping fights, athletics can't follow that approach and expect the

same success. Star footballers rarely say anything of value in the press, but they're still the most-watched sportspeople in the world.

Africans deserve their spots among the sport's top-tier based on their performances. Personality and presentation is nice, but the moment their performance goes down it's over for them in big races.

The market has already factored in that Africans' athletic abilities are better than their presentation. For them, contracts and appearance fees are much lower. So denying them access to prize money in top events would be outrageous.

Our sport isn't in great shape, but scapegoating isn't the solution. The diversity of events and people around the globe is its real treasure.

Michel Boeting, Netherlands

Athlete independence

HOW come the new "coaching code of practice" makes no mention of the sometimes quite ludicrous practice, allowed nowadays by the IAAF, of virtually all field event athletes at a meeting continually going back and forth to check with their trackside coaches.

One would have thought that coaches themselves would not be happy with this, as it implies that their coaching wasn't very good in the first place, if even experienced athletes found it necessary to keep having "a word with their coach".

It was never allowed in the past, and it should be banned again – for the athletes' sake as

much as for the onlookers, who are fed up with watching the "antics" of said coaches.

If athletes are not capable of dealing with things themselves at world-class level, perhaps they shouldn't be there in the first place.

Stan Greenberg, London

Caster Semenya

I SYMPATHISE with Caster Semenya when she says "it is not fair, I just want to run naturally, the way I was born". However, as we all know she does have a significant advantage by having testosterone levels much higher than is normal for a woman.

I suspect she would get

more satisfaction from her achievements if she competed "on a level playing field" with all her competitors.

My question is, should the IAAF allow those female competitors who chose to, to legally increase their testosterone levels to the same as those of Caster Semenya?

I wonder if we would see the same results?

Steve Hutton, via email

New faces of the year

AW'S FEATURE on the breakthrough stars such as Juan Miguel Echevarria was an interesting read but what about Noah Lyles, Su Bingtian and Filippo Tortu, who all ran such

fast 100m times in the past week? The sport is throwing up so many talented newcomers right now, it's a great period to follow the sport.

Philip English, Reading

US Champs 2018

WHAT a difference the sudden death trials element makes. The US Championships in Des Moines had lots of excellent results but there also quite a few high-profile absentees, empty seats in the stands and a heavily interrupted final session due to a storm.

It's easy to see it's an off-year for the Americans with no championships to aim for!

Steve Cuthbert, Swansea

**STEVE FUDGE
OUTLINES 10
RULES FOR
SURVIVING THE
TRANSITION
BETWEEN PRE-
SEASON AND THE
SEASON'S START**

STEVE FUDGE coaches some of the cream of Britain's burgeoning sprint talent. His squad includes the likes of Asha Philip, Ojie Edoiburun and Imani Lansiquot.

His pathway into elite sprint coaching has seen a similar determination and desire to be the best to the one he instils into those he coaches. The coach has travelled the world in terms of developing his craft in search of the knowledge and experts that will aid his development and shape his philosophy.

Now based in London, Fudge has worked across numerous sports including rugby and triathlon in the United States and Australia, for example.

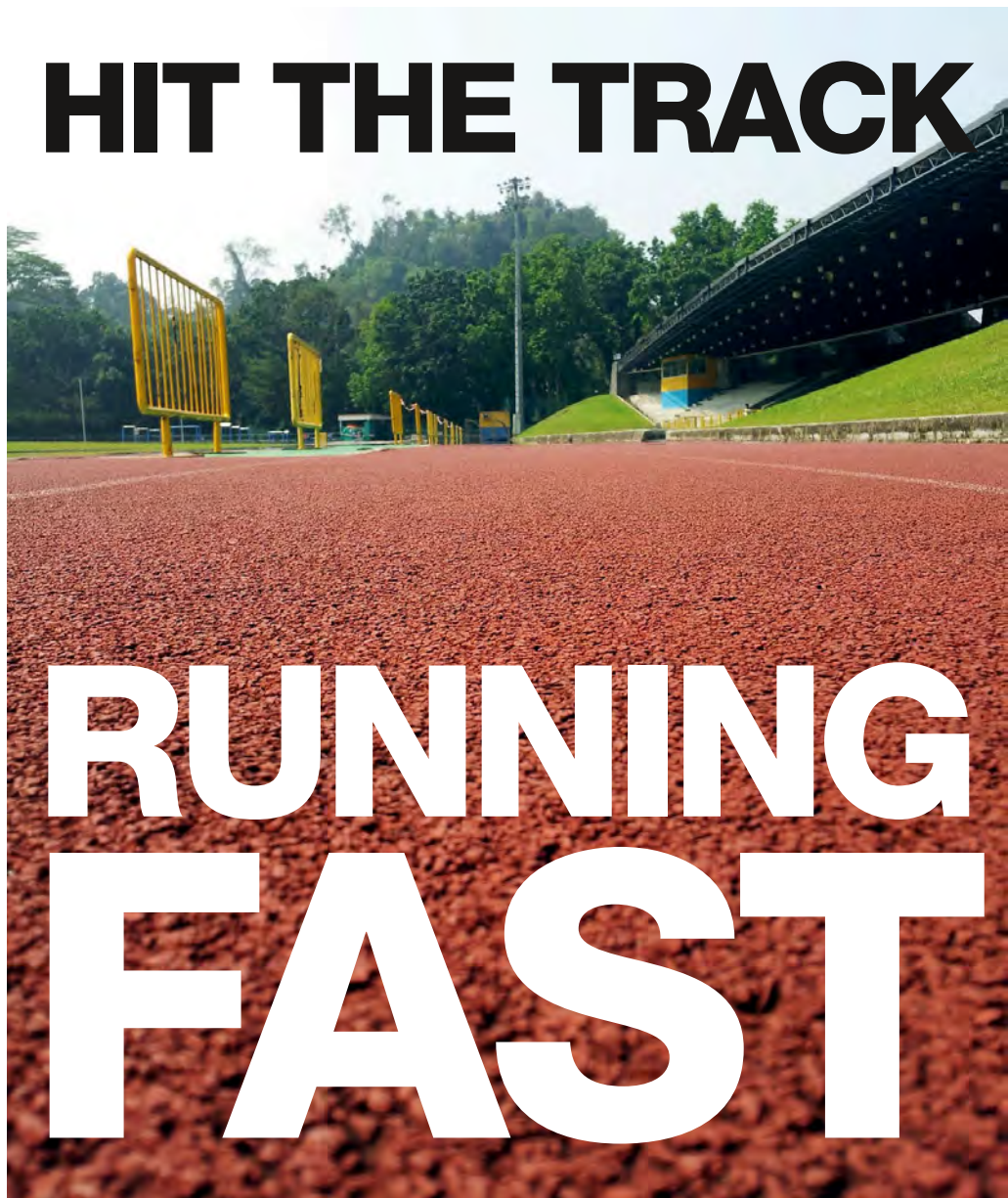
Prior to 2012 he gained a place on an apprentice coach programme set up by UK Athletics and worked alongside elite coaches Stuart McMillan and Dan Pfaff who had been brought in to aid the British team's preparation for the London Olympics.

1. No plan survives first contact with the enemy

The first few weeks of racing are always a full-on reality check. So, you have to build a narrative that is going to sustain your efforts. It has to be something which you will go to war for.

It has to be so powerful that when you think you are broken and beaten you are still going to pick yourself up and go again.

Narratives are easy to build.



HIT THE TRACK

RUNNING FAST

Every story ever told has a beginning, middle and an end. Every story also has a hero who has travelled through adversity, faced up to the truth, stared into the darkness, found redemption, persevered, and eventually come good against all the odds.

Before the competition period – but before adrenaline enters the equation – you need to build your narrative for the competition period.

2. Race – it's the natural thing to do

Racing is just a natural and

necessary extension of the training process. Training can only take event specific fitness levels to a certain point. To access that next level, you need that surge of adrenaline – a surge that can only come from standing alone on the start line with seven other people trying to take your money and your status.

And besides, sitting on the sidelines, critiquing, judging, speculating and postulating how good things are is actually teaching you nothing. So learn by doing.

3. Don't place too much emphasis on how we feel

You have one part of your brain which is powered by serotonin and another by dopamine.

The dopamine brain is all about taking action. It has evolved through the process of learning to hunt and selecting prey and having the perseverance to follow and wait for the right moment, designing the attack and executing. Success – or the capture of the prey – is the reward for your efforts.

Your serotonin brain is all about feeling. In the context of “prey-stalking”, it could go as follows: “I feel a little overwhelmed today, maybe I should attack this prey another time when I feel more emotionally balanced.”

Or “Dave said something and it made me sad, so I don’t think I will track any prey today.” And taking it to the track, sort-of: “Geez, my hip is stiff, maybe I should check in with the therapist before hunting starts.”

So, which brain would you want to use when going for race victory? Do you honestly think a lion in the Serengeti is doubting whether it should attack because it feels “a little flat and has a tight adductor”?

So, maybe checking, and getting asked how you feel a million times on the day of a race might not be helpful.

4. You need context for judging first races

Have you seen those rollercoaster rides with the big inverted U-shape? Well, that is what your competition-level-specific-fitness looks like. Upslope. Peak. Downslope.

How close the training process has delivered you to event-specific-fitness determines how much upslope you have to play with. Entering the season with lots of volume stripped out and plenty of specific training completed might place you high up on the curve with little upslope left.

Conversely, entering the season with high training volume and limited specific fitness might leave you with too much upslope to cover.

And then sometimes adrenaline and lack of emotional control might push you to a premature spot on the curve that you are not ready for.



Asha Philip: coached by Steve Fudge

5. Your brain does stupid stuff

Don’t trust your brain with adrenaline and emotion. It builds instant narratives from the slimmest of information. It narrows in on the tiniest bits of insignificant details and misses the big picture completely.

Pre-race, one minute it is predicting a national record performance based on one drill that felt good, and then the next it’s predicting a catastrophic opener with grade three hamstring pull because of the

tightness you felt when you got out of bed in the morning.

And post-race in an instant it is quickly establishing (depending on the outcome); the fault of a bad performance and the cause of a good performance while either way instantaneously making future training, racing, career and life plans. Yes, it works deep and fast.

So, are you going to trust that guy to make any coherent season-defining decisions?

I wouldn’t trust him to order

lunch. So, ban any decisions and conclusions to be made in an appropriately sized window around the race (I use 72 hours – one day before and two days after).

6. Freshness vs Fitness

Firstly, post-race after the fog of war has cleared ask what is missing – is it freshness or event specific fitness?

If lacking freshness rest first and then complete a feel-good session later in the race gap when the body is fresher.

If lacking event-specific fitness you are going to have to chase a little bit more and complete an event-specific stimulus earlier in the gap.

7. Length and frequency

The next thing to do is to have a look at the length and frequency data. If you have done even a half decent job of coaching/ managing the training process, then one of those indices, length or frequency, will be where it needs to be. So, ask the question which one is more off and target and theme your workouts in that direction.

8. Doubt

I listened to a Jocko Willink podcast (jockopodcast.com) recently and it had a phrase in there: "If there is doubt, there is no doubt." (Willink is a retired US Navy SEAL whose service in the Iraq War was recognised by the US military – Ed).

My interpretation of that is that if you are at all second-guessing yourself, trying to convince yourself, forcing it ... then don't do it. It might be your unconscious trying to tell you some important insight that you are consciously unable to process.

9. Instinct vs Intuition

Our unconscious is capable of processing 20 million environmental stimuli per second compared to a rather puny 40 per second that our conscious mind can.

It takes 500 milliseconds more for information to reach the frontal cortex than it does to activate the emotional early warning system of the amygdala.

So, you think your clunky cognition which lives half a second behind reality has the ability to figure stuff out with only seeing a tiny slice of the full data?



With a 10.04 to his name, Oje Edoburun seems to be coming into form nicely

MARK SHEARMAN

No 'bleep' way.

So, instinct and intuition are suddenly super-important in the decision-making process, but they come from different places and mean different things.

Instincts are generated in the gut and are predominantly driven to avoid danger and survive. That's fear basically ... so, unhelpful.

Intuitions come from the neural networks around the heart. And they help in our ability to thin-slice. This is the ability of our unconscious mind to find patterns in situations or behaviours based on narrow slices of experiences. So, they are very helpful but only work when emotionally coherent.

So, be open and aware to learn how to distinguish

between the two and it will help you steer a more rational path amongst a sea of potential irrationality.

10. Belief

If you don't believe in the work you have done in the winter, or your coach, or your support team, then you are working against yourself.

Do you think mid-hunt our aforementioned Serengeti lion will be considering three different opinions on hunting pre-hunt?

You do that and you're getting chewed up and spat out and you're finding yourself explaining to everyone that you weren't taking the indoors that seriously.

No training process is perfect – and come on it is unlikely that you will be able to run a world

record straight off the bat! In reality, it's hugely unlikely when exiting the training process that you will even achieve a PB let alone a world record or national record.

So, use the first few races to build the event-specific-fitness that the training process can't give you – stay in your lane, stick to your narrative and you just never know what can happen at the top of the racing upslope.

■ **Steve Fudge is a professional sprint coach based at Lee Valley Athletics Centre. He coaches elite sprinters, mentors coaches and provides consultancy services. For more, see stevefudge.co.uk**

BE YOUR GREATEST



10K & HALF MARATHON
SUNDAY 26 AUGUST 2018

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Simplyhealth
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run

JOHN SHEPHERD
LOOKS AT THE
MENTAL SIDE
OF COACHING
AND ATHLETE
PERFORMANCE

BEING HUMAN

THE gun's fired, the tape (or electronic measuring device) has been dusted off and the sun's shining. It's the start of the athletics season.

For athletes and coaches this is an exciting time. All those months of preparatory training are now ready to be tested.

Did all those plyos and hill sprints make a difference? Did I, as a coach, get my training planning right and enable the athletes I coach to be ready to peak when it matters and achieve athletic gold dust PB performances? And are the athletes themselves confident mentally and physically that they will do well and when it matters.

Unpredictable sport

The beauty and the beast of track and field however is the unpredictability of it all, which is of course wrapped up in us coaches and athletes being human. A great performance can result in the pouring rain while an expected great one may not happen in the blazing sun with a two-metre per second following wind.

I'm referring here to how an athlete competes: are they regular, close to PB performers? Do they have a steely determination that nearly always enables them to podium (or get the best out of themselves), or do they crumble, get distracted, and struggle to consistently perform well?

Or are they transitioning from one age group to another where it will take time to "mature" into their event in order to



Trust your coach, trust the process: Robbie Grabarz with Fuzz Caan

match younger age group performances and have difficulty coping with this?

As a coach, you'll tend to know in which camp an athlete sits and it can be difficult to help those who don't perform well to consistently do so. It does seem that in many ways winners are born – they possess a quality that enables them to find an inner focus and determination that despite the nerves (and there will always be and should be nerves) are able to pull out from within them great performances consistently.

We coaches try to help athletes who don't compete so

well (or who are going through a loss of form). We may suggest the learning of a script that they repeat over and over again in the months prior to competition. This script could focus on key technical requirements, such as positioning into the board in the long jump; front side mechanics and staying relaxed whilst at max velocity in the 100m and so forth.

The aim being that the repeated practise of this "list" will embed in the athlete's mind, so that in the heat of competition that inner voice will say "position on to the board" or "stay relaxed" and so on. Then there's a list that could be produced to

create greater confidence and reduce competition anxiety.

Simply repeating "I am calm, confident and well-prepared" can trigger off those emotions (and self-belief) that are being described by the words. Smiling (or trying to) can even help change mood state. However, as with physical training, these technical and competition preparation readiness lists/ words/gestures, need constant practise.

The unconscious mind is apparently more of a nagging negative rather than a happy, uplifting positive one – witness fellow coach Steve Fudge's comments on p36-38.

Are winners born?

It's perhaps unfortunate in many ways but as a coach I have found that those who do well in competition seem to be able to do so without aide-memoires nor specific focus and application and quite a few who don't – don't seem to be able to focus on these types of strategies that could ultimately help them.

Perhaps it's because they have to focus on their "issues" head on and not sweep them under the carpet that this becomes the case and what makes it so difficult. It's human nature – a bit like when you know you should go to the doctors, but don't.

Mental training and application is often significantly overlooked by coaches and athletes alike but if performance is to be optimised it shouldn't.

Do coaches hold the key?

I'll sometimes suggest a sports psychologist could help, but again I've found this recommendation particularly with young-ish athletes, can backfire. The thought of going to a sports psychologist seems to have a bit of a negative connotation. However, we should be willing to embrace this type of help.

The US has always seemed to have more of a willingness to "counsel", and to see that in a positive way. In the UK we tend to view it as a bit like going to the doctors (again); we see seeking such help more because there's something wrong and not as a positive. This is what makes the mental side of coaching so difficult to deal with.

Most of us stopwatch and tape measure holders can talk technique, but learning how to talk (mental) comp prep, for example, to our athletes



John Shepherd with Elliott Safo: great performances come from tackling strengths and weaknesses

is no easy task. Yet, coaches seem to hold the key, even if they can't open the door, after all we do know our athletes. We've shared their triumphs and frustrations and are therefore well-positioned to help. This was a point I made in *AW's* June 14 issue when looking at rest and recovery for athletes. That is, coaches knowing their athletes and how training loads should be adjusted.

A subtle process is maybe what's needed – gradually saying things that can help boost confidence and readiness over time, whilst matching comments to personality. Knowing when not to talk is also important for coaches too.

Experience tells me that going to competitions and "being there" will help many athletes

– whether this be a British League or a European Juniors, for example. You usually don't need to say much, it's about just being near, and adding a familiarity to what might be unfamiliar and literally foreign surroundings.

However, and this is crucial, you do still need to instill into your athletes the self-confidence and self-reliance that will enable them to be able to ultimately cope and go-it-alone. After all you can't coach when the gun goes or on a more everyday level, be at every competition.

The coach has a personality too.

Then there's your personality as a coach. A coach has to try to be mindful of their own make-up. It will have an effect

on your athletes whether you realise it or not. Just as there are types of management styles in the workplace – autocratic, charismatic, and so on - there are coach types too. I've found that being yourself is best as it is in most walks of life.

However, you do need to modify your demeanour sometimes ... you can't be nervous as a coach (or at least show it!). If you're stressed it will invariably rub off on the athlete. If the athlete trusts you and knows that you're human too then this can also help considerably.

"We're in this together" is a feeling that can bring about great performance. Trust in the coach is obviously crucial and that trust develops through the good and bad and over time. Trust in yourself as a coach is likewise vital, trust that you can coach, trust that you "know enough", trust that you know yourself enough to be able to be a leader/influencer/mentor/educator that's a reflection of your genuine personality (most of the time). And athletes, when it comes to your coach, don't be afraid to ask for advice beyond the technical, don't be afraid of confronting the "dark side".

Consider, reflect, talk and take advice. Holding it all in is not going to assist with finding solutions. You'll ask, for example, what's the best angle of release for the javelin, and strive to get that right in training and competition, so apply the same effort to the mental side too together and you will provide every opportunity to perform at your best.

Realising that we (coach and athlete) are human is a big step forward, acknowledging frailties and strengths, and being prepared to openly discuss these and work on them together, will ultimately bring results.



Steve Smythe, results editor

BMC UP/IC DOWN

THIS week I attended a couple of track meetings. The first was the BMC Regional race at Eltham and while strong winds meant it was not conducive to fast times, there were plenty of races at 800m and 1500m with reasonable quality and the event appeared to be thriving compared to past editions.

The only thing that struck me was that while there were no shortage of athletes – too many and the meeting slightly overran – there was a shortage of pacemakers. One poor guy paced all the first four 800m races and while the pace slowed on each one as the quality dropped you could see it was getting harder as fatigue built. He just about recovered to pace the first 1500m race.

The 5000m race saw the first two from the 1500m, Sean Molloy and Adam Hickey, quickly back in action pacing. Hickey actually paced all 12.5 laps.

The second event I attended was less thriving. It was an Inter-Counties meeting and the clash with the England v Panama match couldn't have helped.

It was clear some counties were finding it difficult to fill their teams and the middle-distance competition did not match the BMC quality. It appears county competition is not as popular as it once was.

OVERSEAS

BELARUS

Minsk; June 22

TEAM: 1 BLR 160; eq 2 UKR/Balkan Select 138; 4 Baltic 92. **Men: 200 (0.1):** 1 S Smelyk (UKR 20.81. **800:** 1 Y Hutsol (UKR 1:47.69. **HJ:** 1 Nedasekau 2.30; 2 A Skabeika 2.23. **HT:** 1 P Bareisha 77.37; 2 I Tikhon 75.77; 3 S Marghiev (MDA 75.14; 4 O Baltaci (TUR 74.28; 5 V Myslychuk (UKR 72.84. **JT:** 1 A Mardare (MDA 81.71; 2 A Novac (ROU 81.46. **4x400 mixed:** 1 UKR 3:17.05 (Eur rec); 2 Baltic 3:18.10; 3 Balkans 3:22.71. **Women 100 (-0.3):** 1 H Stuy (UKR 11.30; 2 I Lalova-Collio (BUL 11.30. **3000sc:** 1 S Kudzelich 9:47.92; 2 A Cohen (ISR 9:48.48 (rec). **100H (1.0):** 1 A Talay 12.50; 2 E Herman 12.78. **LJ:** 1 N Mironchik-Ivanova 6.74/-0.6; 2 M Bekh (UKR) 6.64/1.5; 3 Kr Hryshutyna (UKR 6.56/-0.2; 4 A Moroznu (ROU) 6.43/-0.8. **SP:** 1 R Mavrodieva (BUL) 18.41; 2 A Dubitskaya 18.29; 3 Y Leantsiuk 17.78. **JT:** 1 T Khaladovich 64.54

BELGIUM

Nivelles; June 23

Men: 100 (0.4): 1 S Magakwe (RSA 10.11. **400: r1:** 1 JOEL RICHARDSON 47.59. **800:** 1 J Hairane (QAT 1:45.67. **110H: r2 (0.8):** 3 JAMES WRIGHT 15.12. **400H: r1:** 4 LENNOX THOMPSON 52.17. **JT:** 1 DANIEL BAINBRIDGE 63.44. **Women: 100: r1 (1.3):** 6 LUCY EVANS (W35 12.39. **Ht1 (1.0):** 5 EVANS 12.29. **200: r2 (1.6):** 6 EVANS 25.22. **400H: r1:** 4 LAUREN WILLIAMS (U20 60.61. **DT:** 1 EDEN FRANCIS 53.57 **Grte Prijs Stad Lokeren, Lokeren, June 24**
Men: 200: C (1.5): 1 JOEL RICHARDSON 21.60. **400: C:** 1 ALEX GOODBALL (U20) 50.21. **1500: D:** 5 MAX WALK (U20) 4:02.71. **HJ:** 2 CHRIS KANDU 2.09

CHINA

National Grand Prix Athletics;

Huaian; June 17-18

Women: 200 (0.3): 2 DESIREE HENRY 23.53. **Ht3 (-0.2):** 1 HENRY 23.54

CZECH REP

Brno; June 18-19

Men: 100: (3.0): 1 Z Stromsik 10.11 (10.19/3.2 ht). **400H:** 1 V Müller 50.23 (Kladno; June 16/17)
Women: Hep: 6 ELLEN BARBER 5500 (2:18.72; 25.94; 12.46; 1.69; 15.32; 45.47; 5.67/0.3); 9 KATIE GARLAND 5344 (14.44; 10.68; 24.23; 1.69; 2:22.51; 28.86; 5.86/1.1). (in **100H (0.9):** JO ROWLAND 15.19. **SP:** ROWLAND 13.71. **JT:** ROWLAND 40.06

FRANCE

Bonneuil; June 20

Men: 110H (1.1): 1 L Payen 13.38. **PV:** 1 A Art (BEL 5.55 Roanne; June 24
Men: 400H: r7b: 3 EFEKEMO OKORO 51.93. **Women: 400H: r6:** 1 JESSICA TURNER 56.73
Oyonnax; June 23-24
U20 men: Dec: 4 NICOLAS GEROME (U20 7257. (11.47; 6.96/1.7; 12.59; 1.94; 50.57; 15.72 (0.0); 37.38; 4.40; 51.06; 4:29.22)- CAIUS JOSEPH DNF (10.96/-0.3; 7.01/1.6; 12.05; NH). Albi; June 23

Men: LJ: 5 BRADLEY PICKUP 7.49/1.9 Tarare; June 23

Men: 400H: r1: 1 EFEKEMO OKORO 51.55. **Women: 400H: r1:** 1 JESSICA TURNER 56.53
Montreuil; June 19

FORMER world champion Sergey Shubenkov ran a world 110m hurdles time while Armand Duplantis gained a pole vault victory over Renaud Lavillenie by winning with a 5.91m leap as both the leading contenders failed at 5.96m; which would have been a world junior record for the Swede.

Genzebe Dibaba ran the fourth fastest ever women's 2000m; within three seconds of the world record with 5:27.73.

Xie Zhenye set a short-lived Chinese record 9.97.

Men: 100 (0.9): 1 Xie Zhenye (CHN 9.97 (rec); 2 A Simbine (RSA 10.04; 3 P de Oliveira (BRA 10.10; 4 H Brintjies (RSA 10.14; 5 H Taftian (IRI 10.15; 6 C Lemaître 10.17; 7 S Dutambay 10.25; 8 E Zafer Barnes (TUR 10.28. **1500:** 1 B Kaazouzi (MAR 3:35.94; 2 M Nberet (ETH 3:36.49; 3 T André (BRA 3:36.78; 4 A Miellet 3:37.56; 5 S Keddar (ALG 3:38.95; 6 T Moukrime (BEL 3:39.30. **5000:** 1 A Rop (BRN 13:11.84; 2 S Kissa (UGA 13:15.04; 3 D Kiplangar (KEN 13:16.81; 4 S Bouqantar (MAR 13:17.81; 5 D Wolde (ETH 13:18.57; 6 D Hurisa (ETH 13:20.33; 7 F Kipkosgei (KEN 13:27.22; 15 ANDY VERNON GBR 13:56.01. **110H (0.5):** 1 S Shubenkov (RUS 12.99; 2 G Constantino (BRA 13.23 (rec); 3 P Martinot-Lagarde 13.28; 4 A Alkana (RSA 13.52; 5 A Manga 13.54; 6 Xie Wenjun (CHN 13.70; 7 S Krauss 13.72; 8 D Bascou 13.75. **400H:** 1 L Vaillant 48.95; 2 C Fredericks (RSA 49.56; 3 V Coroller 49.84; 4 H Koeh (KEN 50.25; 5 T Barr (IRL 50.38. **PV:** 1 A Duplantis (SWE; U20 5.91; 2 R Lavillenie 5.86; 3 S Joseph 5.71; 4 A Sene 5.61. **TJ:** 1 J Cretinoir 14.22; 5 O Ombissa 16.82; 3 K Hoffmann (POL 16.70; 4 J Pontvianne 16.55; 6 G Mokoena (RSA 16.37. **SP:** 1 A Lesnoy (RUS 21.12; 2 F Elemba (CGO 20.52; 3 M Afonin (RUS 20.50; 4 F Dagee 20.04; 5 J Szyzkowski (POL 20.03. **Women: 100 (1.1):** 1 M Josée Ta Lou (CIV 10.95; 2 C Zahi 11.16; 3 I Lalova-Collio (BUL 11.18; 4 C Horn (RSA 11.23; 5 O Ombissa 11.24; 6 K Stewart (JAM 11.26. **800:** 1 F Niyonsaba (BDI 1:59.71; 2 N Pryshepa (UKR 1:59.83; 3 M Akkaoui (MAR 2:00.34; 4 D Ajok (UGA 2:00.66; 5 R Lamote 2:00.76; 6 C Anais 2:01.21. **2000:** 1 G Dibaba (ETH 5:27.73; 2 M Bahta (SWE 5:37.12 (rec); 3 B Degefu (ETH 5:38.19; 4 G Kite (KEN 5:40.65; 5 S Busienei (KEN 5:48.08; 6 B Edao Rebitu (BRN 5:50.12; 7 C Chepkemioi (KEN 5:54.75; 8 A Dibaba (ETH 5:54.81. **100H (0.9):** 1 K Koleczek (POL 12.97; 2 S Ndama 13.07; 3 L Valette 13.08; 4 K Castlin USA 13.13. **TJ:** 1 E Andreea Pancuroiu (ROU 14.47/1.4; 2 A Peleteiro (ESP 14.32/1.7; 3 R Diallo 14.26/1.1; 4 J Assani Issouf (14.25/0.9; 5 N Soares (BRA 14.23/2.1 (14.29/1.2); 6 H Minenko (ISR 14.16/1.5; 7 S Costa (POR 14.05/3.1 (14.01/1.6)

record having had an earlier Area record 4.86m.
British junior Molly Caudery was also in record-breaking form as she won the junior pole vault with a UK under-20 mark of 4.53m Jake Norris was close to his recent UK under-20 mark in the hammer with a top class 80.28m with Bayley Campbell third.
100 (0.4): 1 A Menga 10.23. **200 (1.2):** 1 Menga 20.37; 2 M Bryan 20.58; 3 A Gladitz 20.66. **B (0.6):** 1 S Müller 20.46; 2 R Erewa 20.72. **PV:** 1 K Marschall (AUS) 5.70; 2 K Dilla 5.60; 3 T Lairdig 5.60; 4 T Wecksten (FIN) 5.50; 5 U Kujanpää (FIN) 5.50; 6 CHARLIE MYERS GBR 5.40. **U20 100 (0.4):** 1 M Schulte 10.43; A Sexton (IRL 10.72. **Ht 2 (-0.8):** 1 MICHAEL OLSEN 10.56. **Ht 4 (0.6):** 1 Schulte 10.49; 2 JONA EFOLOKO 10.50; 3 M Skupin-Alfa 10.53. **Ht 5 (0.6):** 1 DOM ASHWELL 10.50; 2 KAIIE CHAMBERS-BROWN 10.53. **200 (0.1):** 1 CHARLIE DOBSON 20.75; 2 K Kadedstål (SWE) 21.14. **400: Ht3:** 1 J Bredau 46.71. **800:** 1 R Van Riel (NED) 1:50.02. **110H (0.0):** 1 M Obasuyi (BEL) 13.38 (U20 rec); 2 JOSHUA ZELLER 13.55; 3 S Volzer 13.57; 4 S Junior Inglin (SUI) 13.62; 5 T Bras (BEL) 13.68. **B (0.5):** 2 OWAAB BARROW 13.86. **Ht 1 (0.9):** 1 Inglin 13.73; 4 BARROW 13.99. **Ht 2 (0.9):** 4 JASON NICHOLSON 15.04. **Ht 3 (0.0):** 1 Obasuyi 13.44 (U20 rec); 2 ZELLER 13.49; 3 Volzer 13.74. **400H:** 1 ALEX KNIBBS 50.57; 2 R Angela (NED) 51.10. **PV:** 1 S Guttormsen (NOR) 5.55 (U20 rec); 2 P Haugen Lillefosse (NOR) 5.45 (U18 rec); 3 B Kanda Lita Baehre 5.35. **SP:** 1 A Kolesnikoff (AUS) 19.74. **DT:** 1 E Sousa (STP) 62.87; 2 T Ader 59.66; 3 C Jørgensen (DEN) 58.62 (U20 rec); 7 JAMES TOMLINSON 55.04. **HT:** 1 JAKE NORRIS 80.28; 2 R Carlsson (SWE) 76.18; 3 BAYLEY CAMPBELL 72.64; 4 F HeBling 72.28. **JT:** 1 L Ramos (POR) 70.27. **4x100:** 1 GBR 39.83; 2 IRL 40.30 (U20 rec); 3 SUI 41.97; **r2:** 1 GER 39.43; 2 GBR 40.28. **4x400:** 1 GER 3:08.81. **Women: 100 (1.1):** 1 R Haase 11.39. **100H (0.0):** 1 P Dutkiewicz 12.89. **PV:** 1 E McCartney (NZL) 4.92 (area rec). **U20: 100 (0.5):** 1 K Kwadwo 11.39; 2 P van der Weken (LUX) 11.59 (rec/U20 rec); 3 C Neville (IRL) 11.60. **B (-0.7):** 1 T Ósk Whitworth (ISL) 11.68 (eq U20 rec). **Ht 1 (0.6):** 1 Kwadwo 11.43; 2 P Jumbo-Gula (IRL) 11.51. **Ht 2 (-0.3):** 1 KRISTAL AWUAH 11.47; 2 van der Weken 11.78. **Ht 3 (0.3):** 1 EBONY CARR 11.65; 2 R Day (AUS) 11.68. **Ht 4 (0.0):** 1 Neville 11.72; 2 VERA CHINEDU 11.78. **200 (0.4):** 1 ALISHA REES 23.44; 2 G Jóna Bjarnadóttir (ISL) 23.64. **B (-0.6):** 1 GEORGINA ADAM 23.52. **C (0.4):** 1 G Akpe-Moses (IRL) 23.86; 2 MAIR EDWARDS 24.38. **400: Ht 1:** 1 Da Patterson (IRL) 52.88 (U20 rec). **800:** 1 J Russell (AUS) 2:06.47. **400H:** 1 Z Van Der Walt (RSA) 56.79. **HJ:** 1 Z Goossens (BEL) 1.83; 2 S Lecky (IRL) 1.81. **PV:** 1 MOLLY CAUDERY 4.53 (U20 rec) (& 4.45 (U20 rec); 2 O McTaggart (NZL) 4.40. **LJ:** 1 L Riecke 6.37; 5 HOLLY MILLS 6.16. **TJ:** 1 M Häusler 12.83. **SP:** 1 M Wesche (NZL) 17.00. **HT:** 1 S Borutta 60.13. **4x100:** 1 GBR 44.57; 2 SUI 45.78; 3 NOR 46.36. Race 2: 1 IRL 44.31 (U20 rec); 2 GER 45.18; 3 SUI 45.66. 4x400: 1 GER 3:35.74
Regensburg; June 23
Women: 10,000: 1 A Reh 32:17.17; 2 A Gehring 32:20.37; 3 M Datke 32:44.79

GERMANY

Mannheim, June 23-24

NEW ZEALAND'S Olympic pole vault medalist Eliza McCartney cleared a 4.92m Commonwealth and Oceania

record having had an earlier Area record 4.86m.

British junior Molly Caudery was also in record-breaking form as she won the junior pole vault with a UK under-20 mark of 4.53m Jake Norris was close to his recent UK under-20 mark in the hammer with a top class 80.28m with Bayley Campbell third.

100 (0.4): 1 A Menga 10.23. **200 (1.2):** 1 Menga 20.37; 2 M Bryan 20.58; 3 A Gladitz 20.66. **B (0.6):** 1 S Müller 20.46; 2 R Erewa 20.72. **PV:** 1 K Marschall (AUS) 5.70; 2 K Dilla 5.60; 3 T Lairdig 5.60; 4 T Wecksten (FIN) 5.50; 5 U Kujanpää (FIN) 5.50; 6 CHARLIE MYERS GBR 5.40. **U20 100 (0.4):** 1 M Schulte 10.43; A Sexton (IRL 10.72. **Ht 2 (-0.8):** 1 MICHAEL OLSEN 10.56. **Ht 4 (0.6):** 1 Schulte 10.49; 2 JONA EFOLOKO 10.50; 3 M Skupin-Alfa 10.53. **Ht 5 (0.6):** 1 DOM ASHWELL 10.50; 2 KAIIE CHAMBERS-BROWN 10.53. **200 (0.1):** 1 CHARLIE DOBSON 20.75; 2 K Kadedstål (SWE) 21.14. **400: Ht3:** 1 J Bredau 46.71. **800:** 1 R Van Riel (NED) 1:50.02. **110H (0.0):** 1 M Obasuyi (BEL) 13.38 (U20 rec); 2 JOSHUA ZELLER 13.55; 3 S Volzer 13.57; 4 S Junior Inglin (SUI) 13.62; 5 T Bras (BEL) 13.68. **B (0.5):** 2 OWAAB BARROW 13.86. **Ht 1 (0.9):** 1 Inglin 13.73; 4 BARROW 13.99. **Ht 2 (0.9):** 4 JASON NICHOLSON 15.04. **Ht 3 (0.0):** 1 Obasuyi 13.44 (U20 rec); 2 ZELLER 13.49; 3 Volzer 13.74. **400H:** 1 ALEX KNIBBS 50.57; 2 R Angela (NED) 51.10. **PV:** 1 S Guttormsen (NOR) 5.55 (U20 rec); 2 P Haugen Lillefosse (NOR) 5.45 (U18 rec); 3 B Kanda Lita Baehre 5.35. **SP:** 1 A Kolesnikoff (AUS) 19.74. **DT:** 1 E Sousa (STP) 62.87; 2 T Ader 59.66; 3 C Jørgensen (DEN) 58.62 (U20 rec); 7 JAMES TOMLINSON 55.04. **HT:** 1 JAKE NORRIS 80.28; 2 R Carlsson (SWE) 76.18; 3 BAYLEY CAMPBELL 72.64; 4 F HeBling 72.28. **JT:** 1 L Ramos (POR) 70.27. **4x100:** 1 GBR 39.83; 2 IRL 40.30 (U20 rec); 3 SUI 41.97; **r2:** 1 GER 39.43; 2 GBR 40.28. **4x400:** 1 GER 3:08.81. **Women: 100 (1.1):** 1 R Haase 11.39. **100H (0.0):** 1 P Dutkiewicz 12.89. **PV:** 1 E McCartney (NZL) 4.92 (area rec). **U20: 100 (0.5):** 1 K Kwadwo 11.39; 2 P van der Weken (LUX) 11.59 (rec/U20 rec); 3 C Neville (IRL) 11.60. **B (-0.7):** 1 T Ósk Whitworth (ISL) 11.68 (eq U20 rec). **Ht 1 (0.6):** 1 Kwadwo 11.43; 2 P Jumbo-Gula (IRL) 11.51. **Ht 2 (-0.3):** 1 KRISTAL AWUAH 11.47; 2 van der Weken 11.78. **Ht 3 (0.3):** 1 EBONY CARR 11.65; 2 R Day (AUS) 11.68. **Ht 4 (0.0):** 1 Neville 11.72; 2 VERA CHINEDU 11.78. **200 (0.4):** 1 ALISHA REES 23.44; 2 G Jóna Bjarnadóttir (ISL) 23.64. **B (-0.6):** 1 GEORGINA ADAM 23.52. **C (0.4):** 1 G Akpe-Moses (IRL) 23.86; 2 MAIR EDWARDS 24.38. **400: Ht 1:** 1 Da Patterson (IRL) 52.88 (U20 rec). **800:** 1 J Russell (AUS) 2:06.47. **400H:** 1 Z Van Der Walt (RSA) 56.79. **HJ:** 1 Z Goossens (BEL) 1.83; 2 S Lecky (IRL) 1.81. **PV:** 1 MOLLY CAUDERY 4.53 (U20 rec) (& 4.45 (U20 rec); 2 O McTaggart (NZL) 4.40. **LJ:** 1 L Riecke 6.37; 5 HOLLY MILLS 6.16. **TJ:** 1 M Häusler 12.83. **SP:** 1 M Wesche (NZL) 17.00. **HT:** 1 S Borutta 60.13. **4x100:** 1 GBR 44.57; 2 SUI 45.78; 3 NOR 46.36. Race 2: 1 IRL 44.31 (U20 rec); 2 GER 45.18; 3 SUI 45.66. 4x400: 1 GER 3:35.74
Regensburg; June 23
Women: 10,000: 1 A Reh 32:17.17; 2 A Gehring 32:20.37; 3 M Datke 32:44.79

Buhl; June 22

Men: HJ: 1 E Rivera (MEX 2.26; 2 M Przybylko 2.23; 7 G Tamberi (ITA 2.20; 9 TOM GALE 2.17. **Women: HJ:** 1 M Jungfleisch 1.96; eq 2A Frost/N McDermott (AUS 1.90; 4 E Kinsey (SWE 1.90; 7 NIKKI MANSON 1.82
Erlding; June 24
Women: Ht: 1 ISOBEL POOLEY 1.81

GREECE

Nikit; June 20

Men: HT: 1 D Nazarov 78.08; 2 M Anastakis 76.53; 3 NICK MILLER 74.96. **Women: HT:** 1 I Klymets (UKR 70.64
Athens; June 22
IN a street competition, Ekaterini Stefanidi won with an European-leading 4.80m as Holly Bradshaw cleared 4.66m to share third.
Women: PV: 1 E Stefanidi 4.80; 2 Y Silva (CUB) 4.73; eq 3 HOLLY BRADSHAW/N Kiriakopoulou 4.66; 5 K Prok 4.46

JAPAN

Japanese Championships,

Yamaguchi, June 22-24

MASATERU YUGAMI improved the Japanese discus record to 62.16m and Taio Kanai set a national record in the 110m hurdles with 13.36.
Following her 2:22.44 marathon debut in Osaka; Mizuki Matsuda won the women's 10,000m in 31:52.42.
Shota Iizuka clocked 20.34 to win the 200m while Ryota Yamagata took the 100m title with 10.05.

Men: 100 (1.6): 1 R Yamagata 10.05 (10.13/0.5 ht, 10.19/-0.3 sf); 2 A Cambridge 10.14; 3 Y Kiryu 10.16 (10.15/0.4 ht, 10.16/-0.3 sf); 4 Y Koike 10.17; 5 S Tada 10.22. **200: (0.8):** 1 S Iizuka 20.34 (20.55/0.5 ht); 2 Y Koike 20.42 (20.65/0.5 ht); 3 Y Yamashita 20.46; 4 Kiryu 20.69. **400: J** Walsh 45.97. **800:** 1 S Kawamoto 1:48.35. **1500:** 1 R Tatezawa 3:52.62. **5000:** 1 H Hattori 14:21.52. **10,000:** 1 S Dairokuno 28:30.66. **3000SC:** 1 K Shiojiri 8:29.14. **110H (0.7):** 1 T Kanai 13.36 (rec) (13.59/0.3 sf); 2 S Takayama 13.45 (13.60/0.7 sf); 3 S Tanaka 13.64 (13.64 sf). **400H:** 1, Kishimoto 49.30 (1h4 49.52); 2, T Abe 49.44 (1h3 49.39); 3 K Maeno 49.86 (49.96 ht); 4 R Kajiki 50.23 (49.86 ht); 5 T Yamamoto 50.36 (49.69 ht). **In ht:** Y Mano 49.50. **HJ:** 1 T Eto 2.25. **PV:** 1 S Yamamoto 5.70. **LJ:** 1 Y Hashioka (U20) 8.09/1.2. **TJ:** K Yamashita 16.59/1.0. **DT:** 1 M Yugami 62.16 (rec) (& 61.02 rec) & 62.03 (rec). **HT:** 1 K Sumi 70.63. **JT:** 1 R Arai 77.88. **Women: 800:** 1 Y Kitamura 2:02.54. **5000:** 1 R Nabeshima 15:30.93; 2 N Tanaka 15:31.65; 3 M Yamanouchi 15:32.79; 4 R Mitsuzaki 15:33.41; 5 M Uehara 15:36.33. **10,000:** 1 M Matsuda 31:52.42; 2 A Suzuki 31:57.82; 3 Y Hori 32:05.52; 4 K Morita 32:15.14; 5 M Ichiyama 32:18.31; 6 Y Takashima 32:18.59; 7 S Tsutsui 32:18.70; 8 M Kato 32:35.93. **3000SC:** 1 Y Ishizawa 9:53.22. **100H: (1.1):** 1 M Aoki 13.17; 2 H Shimura 13.21 (13.17/1.7 ht); 3 A Kimura 13.21 (13.13/1.5 sf, 13.17/0.7 ht). **400H:** 1 E Utsunomiya 57.37. **HT:** 1 H Katsuyama 64.48. **JT:** 1 M Saito 60.79
Hokkaido; June 24
ON the same course where Japan's Takahiro Sunada set the road 100km world record of 6:13:33 20 years



THOMPSON WINS ANOTHER TITLE IN KINGSTON

JAMAICA

Jamaican Championships, Kingston, June 21-24

OLYMPIC champion Elaine Thompson made up for a poor start with a strong finish to catch the previous Olympic winner Shelly-Ann Fraser-Pryce, running 11.01 to 11.09.

"The start wasn't great but I knew I had to just not panic, stay in my lane and just swing to the line – and that's what I did," said Thompson.

In the men's race, Tyquendo Tracey set a PB of 10.07 to win his first national title after Yohan Blake had been disqualified for a false start in the semi-final.

Annsert Whyte took the men's 400m hurdles in 48.80, though seventh placer Andrew Clarke had run a 48.46 semi-final.

The women's 800m was taken by Natoya Goule in 1:58.85. There was a boys U20 title for Michael Bentley in the 100m with 10.30 (+1.5).

Fedrick Dacres won the discus with a 65.13m throw.

Shericka Jackson, who ran a PB 11.13 for third in the 100m, won the 200m easily in 22.28.

Eighteen-year-old Christopher Taylor took the 400m title in a Jamaican junior record of 44.88.

Damion Thomas equalled the world junior record with a 12.99 110m hurdles win but only won by the narrowest of margins after beating Orlando Bennett's 13.00.

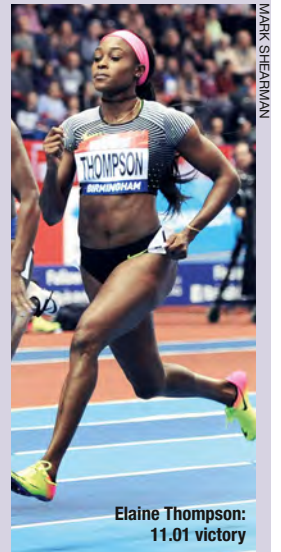
Men: 100 (-0.1): 1 T Tracey 10.07; 2 K Anderson 10.24; 3 N Carter 10.31.

sf2 (-1.5): 1 Tracey 10.22; 2 Carter 10.30. **ht 1 (0.1):** K Anderson 10.11; 2 Y Blake 10.11; 3 O Bailey 10.24. **Ht 2 (0.0):** 1 J Forte 10.11; 2 Carter 10.19.

Ht 3 (0.0): 1 Tracey 10.12. **200 (0.2):** 1 J Thompson 20.21; 2 N Ellis 20.37; 3 Tracey 20.51; 4 R Dwyer 20.55; 5 R Williams 20.79; 6 O Bailey 20.84. **ht1 (0.8):** 1 R Dwyer 20.59; 2 R Howell 20.77; 3 Bailey 20.83. **ht2 (-0.3):** 1 Thompson 20.29; 2 Ellis 20.51; 3

Tracey 20.64; 4 Williams 20.70. **400:** 1 C Taylor (U20) 44.88 (U20 rec); 2 D Gaye 45.23; 3 F Dunkley 45.77; 4 R McDonald 46.47; 5 S Gayle 46.50. **ht 1:** 1 Gaye 45.52; 2 Dunkley 45.94. **1500:** 1 K Campbell 3:51.04. **110H (-0.5):** 1 R Levy 13.16; 2 H Parchment 13.40; 3 A Riley 13.53; 4 P Lemonius 13.62. **Ht 1 (-0.6):** 1 Levy 13.45. **Ht 2 (-0.6):** 1 Parchment 13.47; 2 Riley 13.65. **400H:** 1 A Whyte 48.80; 2 S Rowe 49.04; 3 K Mowatt 49.16; 4 J Gallimore 49.81; 5 R Cunningham 49.97; 6 R Lewis 49.46; 7 A Clarke 49.98. **Ht 1:** 1 Clarke 48.48; 2 Mowatt 48.96; 3 Whyte 49.05; 4 Gallimore 49.93. **HJ:** 1 C Brown 2.20. **LJ:** 1 R Bailey 8.10; 2 T Gayle 8.08. **TJ:** 1 J Scott 16.55. **SP:** 1 O Richards 20.86; 3 F Dacres 18.51. **DT:** 1 Dacres 65.13. **HT:** 1 C Raynor 64.72. **JT:** 1 O Thomas 69.27. **U20 100 (1.5):** 1 M Bentley 10.30. **200 (-0.1):** 1 Bentley 20.91. **400:** 1 C Sawyers 45.76; 2 D Morris 45.97. **110H (0.3):** 1 D Thomas 12.99 (eqWJR); 2 O Bennett 13.00; 3 D Russell 13.26; 4 B Senior 13.67.

400H: 1 M James-King 50.23; 2 L Ledgister 50.31. **Women: 100: (1.3)** 1 E Thompson 11.01; 2 S Fraser-Pryce 11.09 (11.15/0.5 ht); 3 S Jackson 11.13 (11.25/0.1 ht); 4 J Smith 11.15 (11.18/0.5ht); 5 B Williams 11.21; 6 J Levy 11.33 (11.22/0.5 ht); 7 N Morrison 11.34. **200: (0.4)** 1, Jackson 22.28; 2 S Forbes 22.95. **400:** 1 S McPherson 50.74 (51.20 ht); 2 C Day 51.41; 3 A LeRoy 52.00. **800:** 1 N Goule 1:58.85; 2 S Campbell 2:00.59. **100H: (0.6):** 1 D Williams 12.63 (12.68/1.1 ht); 2 Y Thompson 12.78 (12.74/1.1 ht); 3 J Williams 12.94 (12.79/0.7 ht); 4 N Wilson 12.95 (12.93/0.7). **400H:** 1 J Russell 54.18 (54.84 ht); 2 L Nugent 54.70 (55.32 ht); 3 R Whyte 54.90 (55.04 ht); 4 R Clayton 55.08 (55.10 ht); 5 R Tracey 55.65 (55.55 ht); 6 N Tracey 55.84 (55.41 ht). **LJ:** 1 T Hickling 6.50/0.1. **TJ:** 1 S Ricketts 14.39/0.6. **SP:** 1 L Cameron 16.73. **DT:** 1 S Lawrence 61.44. **U20 100 (0.8):** 1 O Myrie 11.53. **100H: (0.9)** 1 A Brown 13.09



Elaine Thompson: 11.01 victory

ago, 2:17:23 marathoner Nao Kazami improved the mark to 6:09:14.

Men: 100km: 1 N Kazami 6:09:14.

Women: 100km: 1 M Fujisawa 7:37:56

KENYA

Kenyan Championships, Nairobi, June 21-24

THE 2017 NCAA 800m champion Emmanuel Korir showed he has unprecedented speed among current two-lap runners when he won the 400m in a big PB of 44.21.

Olympic and world steeplechase champion Conseslus Kipruto won his speciality in 8:18.05

Timothy Cheruiyot won the 1500m in 3:34.82.

The 800m was won in 1:43.46 by Jonathan Kitilit while Emily Cherotich won the women's 800 m in 1:59.52 over former world champion Eunice Sum 2:00.76 and Margaret Wambui's 2:00.86.

Hellen Obiri won the 5000m in 15:09.82.

Men: 400: 1 E Korir 44.21 (45.91 sf). **800:** 1 J Kitilit 1:43.46; 2 F Cheruiyot 1:44.76 (1:45.78 sf); 3 J Kivuva 1:44.73 (1:45.88 sf); 4 B Kipkurgat 1:45.22; 5 Tuwei 1:45.28; 6 M Kipkemboi 1:45.62; N Kiplagat 1:46.03; 8 E Melly 1:48.45 (1:45.89 sf). **1500:** 1 T Cheruiyot 3:34.82; 2 C Simotwo 3:36.86; 3 J Kiptanui 3:36.98; 4 L Kiplimo 3:37.37; 5 L Komen 3:38.28; 6 C Cheboi 3:39.23; 7 K Taki 3:39.62. **5000:** 1 R Kwemai 13:38.27; 2 C Rutto 13:38.81; 3 P Ndegwa 13:39.35; 4 R Kimuntan 13:39.86. **10,000:** 1 V Rono 28:17.24; 2 J Bett 28:24.85; 3 K Temoi 28:29.55; 4 S Arita 28:30.79. **3000SC:** 1 C Kipruto 8:15.05; 2 A Kirui 8:18.37; 3 K Njiru 8:18.48; 4 B Kigen 8:22.64 (8:28.00 ht); 5 E Bett 8:25.10 (8:27.88 ht); 6 E Kemboi 8:34.90. **400H:** 1 H Koech 49.54. **HJ:** 1 M Sawe 2.26. **LJ:** 1 B Lagat 7.90/-1.0. **TJ:** 1 Kirwa 16.39/-0.3. **JT:** 1 J Yego 80.91. **4x400:** 1 Police 3:05.02. **20kmW:** 1 S Gathimba 1:21:58; 2 S Wachira 1:22:36. **Women: 400:** Imali

52.66. **800:** 1 E Cherotich 1:59.52; 2 E Sum 2:00.76; 3 N Myairera 2:00.86; 4 E Nalinya 2:01.84. **1500:** 1 W Chebet 4:09.69; 2 M Kuria 4:10.81; 3 J Kiyeg 4:10.83; 4 N Jekposgei 4:11.76. **5000:** 1 H Obiri 15:09.82; 2 L Rengeruk 15:14.52; 3 B Chepkoech 15:15.34; 4 L Chemungu 15:16.99; 5 P Chepkorir 15:32.26; 6 M Muriuki 15:37.20; 7 D Merinor 15:38.21; 8 E Cheron 15:44.19. **10,000:** 1 P Korikwang 31:51.1; 2, A Aprt 31:59.1; 3 S Chebet 32:16.5; 4 P Nengapoi 32:42.3; 5 R Wanjiru 32:59.3. **3000SC:** 1, B Chepkoech 9:23.73; 2 C Chespol (U20) 9:28.36 (9:42.64 ht); 3, F Cheron (U20) 9:37.62; 4 J Chepkemboi 9:42.99; 5 M Wanjiru 9:45.62. **4x400:** 1 Police 3:34.88. **20kW:** 1 G Wanjiru 1:33:01; 2, E Ngii 1:34:35

POLAND

World Mountain Running Long Distance Championships; Karpacz, June 24

CHARLOTTE MORGAN won gold. See News p9 for more details.

Men: 36.2km: 1 A Rambaldini (ITA) 2:39:18; 2 R Krupicka (CZE) 2:40:55; 3 J Gray (USA) 2:41:02; 8 MURRAY STRAIN 2:46:30; 20 THOMAS EVANS 2:51:11; 21 RICKY LIGHTFOOT 2:51:23; 28 WILLIAM NEILL 2:56:21; 35 JACK WOOD 3:01:04. **Women: 36.2km:** 1 CHARLOTTE MORGAN (GB) 3:08:26; 2 D Stelmach (POL) 3:08:48; 3 S Rampazzo (ITA) 3:10:33; 5 VICTORIA WILKINSON (W35) 3:14:02; 24 NICHOLA JACKSON 3:30:43; 27 HOLLY RUSH (W40) 3:33:16; 28 GEORGIA TINDLEY 3:33:41

Goleniow, June 20

MEGHAN BEESLEY gained one of her best ever wins as she won the 400 m hurdles in 55.33 ahead of Aminat Yusuf of Bahrain and reigning European champion Sara Petersen. It was her fastest time since the 2015 World Championships.

Patryk Dobek won the 400m hurdles in 49.01 ahead of Dai Greene's 49.59

while Yusuf Rabah won the 400m in 45.53.

Men 100 (-0.2): 1 D Kopec 10.32; 3 NICHOLAS WALSH 10.58. **r1 (-0.2):** 2 OLIVER BROMBY 10.56. **r2 (-0.1):** 3 RECHMIAL MILLER 10.53. **r3 (-0.4):** 4 EDEN DAVIS (U20) 10.74. **400: r1:** 1 RABAH YOUSIF 45.53; 2 R Omelko 46.09. **800:** 1 A Rotich (BRN) 1:46.05; 2 M Borkowski 1:46.27. **400H:** 1 P Dobe 49.01; 2 DAI GREENE 49.59.

1500: 1 Ph Unsum-Ang (THA) 5:42 (rec); **4x100:** 1 POL 38.77; 2 THA 39.89; 3 GREAT BRITAIN 40.28. **Women: 100 (0.1):** 1 R Sarantis (BRA) 11.31. **400: r2:** 1 I Baumgart 51.73; 2 M Holub-Kowalik 51.84. **800:** 1 B McGowan (AUS) 2:02.20. **3000SC:** 1 K Kowalska 9:37.91; 2 E Oudou (FRA) 9:38.53; 3 A Möldner-Schmidt (GER) 9:39.25; 4 J Sussmann (GER) 9:39.74; 5 M Kowal 9:41.73. **400H:** 1 MEGHAN BEESLEY 55.33; 2 A Yusuf Jamal Odeyemi (BRN) 55.54; 3 S Slott Petersen (DEN) 55.61; 4 J Linkiewicz 56.45; 6 KIRSTEN McASLAN 56.77

Zary, June 23

Men: PV: 1 P Lisek 5.65

RUSSIA

Zhukovskiy, June 23

DOUBLE world high jump champion Mariya Lasitskene continue her winning streak as she won her 44th victory in a row with a 2.01m leap.

Women: HJ: 1 M Lasitskene 2.01

SPAIN

Campeonato De España Sub18; Gijón, June 23-24

LILY HULLAND broke the UK under-17 triple jump record for the second week running with a 12.87m leap but was only third in an under-18 competition where the winner Maria Vicente Garcia jumped 13.76m.

Men: 3000: 13 ISAAC HIRSHMAN CHANDLER 9:07.38. **HJ:** 10 ETHAN ROBINSON 1.85. **Women: 400H:** 2 HAVANA ALLISTONE-GREAVES 61.33. **400H: Ht1:** 2 LILY HULLAND 63.92. **Ht4:**

1 ALLISTONE-GREAVES 62.84. **TJ:** 3 LILY HULLAND 12.87/0.6; 16 JASMINE HULLAND 10.60/0.4

MADRID, June 22

THE world indoor 60m medalist Su Bingtian equalled the Asian and improved the Chinese 100m record to 9.91.

The previous Asian record was held by Qatar's Nigerian-born Femii Ogunode.

He said: "Today's win is very satisfying as I've improved my time from 9.99 to 9.91 and beaten the national record again in the process."

In second European junior champion Filippo Tortu set an Italian record 9.99 and improved Pietro Mennea's 1979 mark.

Third was Akani Simbine in 10.01, but he had run 9.98 in the heats).

Luguelin Santos won the 400m in 44.66 but behind him European 200m champion Bruno Hortelano set an European lead and Spanish record 44.69.

Oscar Husillos also set a big PB 16.72; 3 F Zango Hugues (BUR) 16.63; 4 N Évora (POR) 16.62; 5 F Donato (ITA) 16.62. **Women: 200 (-0.5):** 1 A Tenorio (ECU) 23.16; 7 ANYIKA ONUORA 23.66; 8 FI Guei (FRA) 23.67. **B (1.6):** 1 Wei Yongli (CHN) 22.97. **800:** 1 C Hering (GER) 2:01.72; 2 E Guerrero 2:01.78; 3 R M. Almanza (CUB) 2:02.30. **1500:** 1 G Tsegay (ETH) 3:59.60; 2 S Ennaoui (POL) 4:02.93; 3 M Bahta (SWE) 4:03.36; 4 L Hall (AUS) 4:04.48; 5 M Pérez 4:04.88; 6 M Koster (NED) 4:05.12; 7 S Vrzalová (CZE) 4:06.03. **100H (0.1):** 1 E Berings (BEL) 13.01; 2 K Castlin (USA) 13.05. **LJ:** 1 SHARA PROCTOR 6.73/-0.1; 2 LORRAINE UGEN 6.60/-0.4; 3 C Netley (CAN) 6.55; 4 A Wester (GER) 6.46. **SP:** 1 C Schwanitz (GER) 19.02; 2 P Guba (POL) 18.81; 3 B Crew (CAN) 18.60 (rec); 4 F Roos (SWE) 18.34; 5 N Ducó (CHI) 17.82; 6 K Kardasz (POL) 17.58. **HT:** 1 A Włodarczyk (POL) 76.17; 2 F Fiodorow (POL) 73.46; 3 A Tavernier (FRA) 72.68; 4 H Malyszuk (BLR) 71.95; 5 M Kopron (POL) 71.72; 6 SOPHIE HITCHON GBR 71.13; 7 Wang Zheng (CHN) 69.98; 8 H Skydan (AZE) 69.51

OVERSEAS

UNITED STATES US Championships, Des Moines, June 21-24

THE lure of a guaranteed World Cup place for winners seemed less of an attraction than the world and Olympic slots on offer for the past three years, and a few athletes chose not to compete, but it was still far and away the greatest National Championships this summer, with incredible performances and depth.

Noah Lyles set a world lead of 9.88 to become the youngest US 100m champion for over 30 years, bettering the world lead of Mike Rodgers from the heats and his own 9.89 set in the semi-finals.

Lyles is now the world leader in both sprints and has run faster than Usain Bolt at the same age.

He said: "To come out here and win the 100m, it makes me very happy. I've proved, one, I'm not just a 200 runner, and two, I'm out here with the big dogs and I'm trying to be just as good as them."

Ronnie Baker (9.90) was a clear second after leading Lyles to the closing strides. Rodgers did not run in the semis.

Fast-starting Aleia Hobbs won the women's event in 10.91 after a marginally windy 10.89 semi-final and 10.97 heat.

Ashley Henderson and Jenna Prendini were also inside 11 seconds in the final.

DeAnna Price regained her US record in the hammer with a fifth round throw of 78.12m which puts her fourth on the world all-time lists.

Molly Huddle won her fourth successive 10,000m title and her 27th national championship over all surfaces while former 1500m winner Lopez Lomong won a tactical men's 10,000m title in 28:58.38 with a 54.16 last lap.

Keturah Orji set a meeting record of 14.59m to win the triple jump.

World-leader Tori Franklin, who recently set a US record of 14.84m, also broke the old record with 14.52m in the second round until Orji's third round. Orji has beaten Franklin in all eight of their clashes.

In the shot, Darrell Hill surprisingly bettered Olympic champion Ryan Crouser with a throw of 21.57m to 20.99m while world champion Sam Kendrick cleared 5.85m to win his fifth successive pole vault title. Vashiti Cunningham leapt 1.95m to win the high jump.

Shakima Wimbley tied Shaunae Miller-Uibo's world 400m lead with her first sub-50 thanks to a 49.52 while Kahmari Montgomery, who was only seventh in the NCAA Championships, won the men's 400m title in 44.58 from Paul Dedewo (44.64).

World record-holder Keni Harrison won the 100m hurdles title in 12.46 into a headwind.

There was a quality discus competition in which the lead changed repeatedly until Reggie Jagers won with a 68.61m throw, the best by an American for seven years.

Mason Finley (67.06m) and Sam Mattis (66.32m) were also over 66 metres and were in the lead earlier in the competition.

Sandi Morris successfully defended



Noah Lyles: stormed his way to 100m victory in a world-leading time

PICTURES: MICHAEL SALLER

her pole vault title with a clearance of 4.80m, while Maggie Even won a tight shot competition with a 19.29m throw over Jessica Ramsey's 19.23m as Olympic champion Michelle Carter could only finish sixth with 18.01m.

Erica Bougard won the heptathlon with 6347 points.

Shamier Little clocked 53.61 to win the 400m hurdles.

Kenny Selmon won the 400m hurdles title in 48.21 while, in the women's 3000m steeplechase, Emma Coburn (9:17.70) and Courtney Frerichs (9:18.69) replicated their London world championships positions.

Shelby Houlihan produced a stunning 57.67 last lap to win the 1500m title in 4:05.48 from world silver medalist Jenny Simpson, who was chasing her fifth successive win (4:06.21).

A last lap of 61 also won Houlihan the 5000m and, after her indoor 1500m/3000m victories, meant she has won four US titles this year.

Olympic champion Matt Centrowitz won his fifth men's 1500m title in 3:43.37 with a 53.59 last lap.

Late in the meeting, there was a three-hour weather delay due to thunder-storms and Michael Norman chose to withdraw from the 200m after a 20.35 semi-final.

When the athletics resumed, Evan Jager won his seventh successive US title in 8:20.10 and Devon Allen won the 110m hurdles in 13.46 (13.452) over Grant Holloway's 13.46 (13.454), making up a metre over the last barrier to inflict Holloway's first loss all year, indoors or outdoors.

Men: 100 (1.1): 1 N Lyles 9.88; 2 R Baker 9.90; 3 K Williams 10.00; 4 I Young 10.00; 5 C Burrell 10.04; 6 J Demps 10.13; 7 B Robinson 10.55. **sf1 (1.2):** 1 Baker 9.94; 2 Burrell 10.00; 3 Robinson 10.10; 4 J Bacon 10.12; 5 C Gray 10.18. **sf2 (0.7):** 1 Lyles 9.89; 2 Young 10.01; 3 Williams 10.02; 4 Demps 10.04; 5 K Cotton 10.14. **Ht 1 (1.9):** 1 Baker 10.00; 2 Bacon 10.09;

3 Jefferson 10.12; 4 Gray 10.13; 5 R McClain 10.13; 6 T Hester 10.23. **Ht 2 (1.9):** 1 Young 9.93; 2 Demps 10.02; 3 C Gillespie 10.13; 4 J Lawson 10.23. **Ht 3 (1.4):** 1 M Rodgers 9.89; 2 Burrell 9.93; 3 C Cotton 10.13; 4 R Reese 10.14; 5 D Kemp 10.19; 6 M West 10.22. **Ht 4 (3.4):** 1 Lyles 9.92; 2 Williams 10.03; 3 Robinson 10.07; 4 R Clark 10.18. **200 (-1.9):** 1 A Webb 20.47; 2 T Smith 20.74; 3 A Hudson 20.80; 4 J Walker 20.80; 5 Cotton 20.82; 6 A James 20.82. **sf1 (1.5):** 1 Webb 20.13; 2 Hudson 20.38; 3 Smith 20.44; 4 M Washington 20.47; 5 Robinson 20.53; 6 Hester 20.59. **sf2 (-0.6):** 1 M Norman 20.35; 2 Walker 20.61; 3 Cotton 20.70; 4 A James 20.71. **Ht 1 (0.3):** 1 Webb 20.39; 2 D Dukes 20.48; 3 Hudson 20.61; 4 Washington 20.85. **Ht 2 (0.3):** 1 Walker 20.53; 2 J Lundy

20.63; 3 Cotton 20.72. **Ht 3 (0.0):** 1 Norman 20.46. **Ht 4 (-0.3):** 1 Robinson 20.66; 2 James 20.79. **400:** 1 K Montgomery 44.58; 2 P Dedewo 44.64; 3 M Cherry 44.85; 4 N Strother 44.89; 5 O Igbokwe 45.23; 6 J Lyles 45.31; 7 W London 45.57; 8 M Pringle 45.92. **sf 1:** 1 Dedewo 45.03; 2 Strother 45.10; 3 Pringle 45.38; 4 Lyles 45.99. **sf2:** 1 Cherry 44.87; 2 Montgomery 45.11; 3 O Igbokwe 45.21; 4 W London 45.35; 5 C Taylor 45.95. **Ht 1:** 1 Dedewo 45.40; 2 V Norman 45.47; 3 R Clark 45.54; 4 Lyles 45.71; 5 Taylor 45.74. **Ht 2:** 1 Pringle 45.82; 2 Igbokwe 45.95; 3 Strother 46.28. **Ht 3:** 1 Montgomery 45.71. **Ht 4:** 1 Cherry 45.77; 2 London 45.82; 3 M Chambers 45.93. **800:** 1 C Murphy 1:46.50; 2 I Harris 1:47.11; 3 E Sowinski 1:47.76. **sf1:** 1 Sowinski 1:46.39; 2 B Lasater 1:46.66. **Ht 2:** 1 Harris 1:47.07;

2 Murphy 1:47.51. **Ht 4:** 1 Sowinski 1:46.37; 2 R Ford 1:46.43; 3 Q Prince 1:46.44. **1500:** 1 M Centrowitz 3:43.37; 2 I Yorks 3:43.63; 3 E Jenkins 3:43.74; 4 P Casey 3:43.84. **Ht 2:** 1 Jenkins 3:40.63; 2 D Hunter 3:40.68; 3 C Engels 3:40.69; 4 J Gregorek 3:40.79. **5000:** 1 P Chelimo 13:29.47; 2 R Hill 13:29.67; 3 H Mead 13:30.12; 4 R Masters 13:30.23; 5 E Bor 13:31.52. **10,000:** 1 L Lomong 28:58.38; 2 S Kipchirchir 28:59.67; 3 E Kibet 29:05.51; 4 R Fischer 29:06.81; 5 G Heath 29:09.15. **3000sc:** 1 E Jager 8:20.10; 2 H Bor 8:22.58; 3 A Bayer 8:24.66; 4 S Kebenei 8:24.69; 4 J Updike 8:25.82; 2 Bayer 8:28.42; 3 Kebenei 8:28.57; 4 M Erb 8:28.62; 5 T Mahoney 8:28.74. **Ht 2:** 1 Jager 8:31.79. **110H (-1.8):** 1 D Allen 13.46; 2 G Holloway 13.46; 3 J Eaton 13.51; 4 A Merritt 13.52; 5 T



Shelby Houlihan: remarkable last lap brought her 1500m victory



Aleia Hobbs won the 100m national title

Cunningham 13.71; 6 A Lloyd 13.72; 7 A Harris 13.76. **sf1 (-0.1):** 1 Holloway 13.34; 2 Merritt 13.43; 3 Lloyd 13.46; 4 D Kendziera 13.53; 5 R Fontenot 13.55; 6 T Banks 13.72; 7 D Roberts 13.75. **sf2 (-1.7):** 1 Allen 13.38; 2 Harris 13.49; 3 Eaton 13.58; 4 Cunningham 13.62. **Ht 1 (-1.7):** 1 Holloway 13.56; 2 Lloyd 13.72; 3 Harris 13.73. **Ht 2 (-0.5):** 1 Fontenot 13.51; 2 Eaton 13.56; 3 Merritt 13.62; 4 Banks 13.73. **Ht 3 (-1.2):** 1 Allen 13.45; 2 F Crittenden 13.49; 3 Cunningham 13.82. **400H:** 1 K Selmon 48.21; 2 T Holmes 48.51; 3 K Rosser 48.65; 4 B Jackson 49.14; 5 Kendziera 49.22; 6 C Allen 49.58; 7 B Robinson 49.79. **sf1:** 1 Rosser 49.12; 2 Kendziera 49.15; 3 Jackson 49.47; 4 Allen 49.71. **sf2:** 1 Holmes 49.00; 2 Robinson 49.04; 3 T McLaughlin 49.10; 4 K Selmon 49.30; 5 Q Downing 49.41. **Ht 1:** 1 Jackson

50.07. **Ht 2:** 1 Rosser 49.55. **Ht 3:** 1 Holmes 49.10; 2 McLaughlin 49.26. **HJ:** 1 J Robinson 2.31 (2.17o, 2.22o, 2.25o, 2.28xxo, 2.31xo, 2.34xxx); 2 E Kynard 2.28; 3 T Culver 2.28; 4 R Robertson 2.28. **PV:** 1 S Kendricks 5.85 (5.45o, 5.55o, 5.65o, 5.70o, 5.75o, 5.80o, 5.85o); 2 C Nilsen 5.80; 3 C Walsh 5.75; 4 S Houston 5.70; 5 A Irwin 5.70; 6 M Ludwig 5.65; 7 J Albright 5.55; 8 A Miller 5.55. **LJ:** 1 J Henderson 8.10/0.3; 2 Z Bazile 8.08/1.0; 3 M Dendy 8.04/2.4 (7.97/0.8); 4 D Simpson 7.99. **TJ:** 1 D Scott 17.3/0.9; 2 C Benard 17.32/0.9; 3 K Bates 17.16/1.0; 4 C Carter 16.99/0.3; 5 M O'Neal 16.83/1.2. **SP:** 1 D Hill 21.57 (20.33, x, 20.51, 21.36, 21.57, x); 2 R Crouser 20.99; 3 C Jensen 20.87; 4 R Whiting 20.79; 5 J Kovacs 20.74; 6 J Freeman 20.42; 7 J Awotunde (NGR) 20.14. **DT:** 1 R Jagers 68.61 (63.54,

61.70, 66.92, x, 68.61, x); 2 M Finley 67.06; 3 S Mattis 66.32; 4 A Evans 64.66; 5 J Schuurmans 63.99; 6 L Vaughn 63.13; 7 P Jagers 61.68; 8 J Harrell 61.26. **HT:** 1 R Winkler 73.76; 2 AYong 73.22; 3 S Donnelly 73.09; 4 D Roberts 73.06; 5 C McCullough 72.98. **JT:** 1 C Thompson 75.99; 2 C Williamson 75.71; 3 R Dolezal 75.10. **Dec:** 1 Z Ziemek 8294 (10.65/1.4, 7.23/-0.2, 13.92, 2.02, 49.99, 14.63/0.9, 50.90, 5.35, 56.54, 4.47.38); 2 S Kimmons 8019; 3 H Williams 7878. **20kmW (track):** 1 N Christie 1:24:53.37; 2 E Corvera 1:27:47.13; 3 J Cody Risch 1:28:29.47. **Women: 100 (0.6):** 1 A Hobbs 10.91; 2 A Henderson 10.96; 3 J Prandini 10.98; 4 M Brisco 11.10; 5 A Brown 11.13; 6 D Bryant 11.17; 7 S Collins 11.21; 8 K Parker 11.22. **sf1 (1.5):** 1

Prandini 11.00; 2 Henderson 11.03; 3 Brown 11.15; 4 K Parker 11.17; 5 A Washington 11.20; 6 B Pierre 11.23. **sf2 (2.2):** 1 Hobbs 10.89; 2 Brisco 11.04; 3 Bryant 11.07; 4 Collins 11.09; 5 T Meadows 11.19; 6 L Lawson 11.21. **Ht 1 (1.7):** 1 Hobbs 10.97; 2 Brisco 11.13; 3 Lawson 11.19. **Ht 2 (1.8):** 1 Bryant 10.99; 2 Collins 11.10; 3 Stevens 11.18; 4 G Cunningham 11.21. **Ht 3 (1.8):** 1 Brown 11.20; 2 Washington 11.21; 3 Pierre 11.28; 4 J Tarmoh 11.40. **Ht 4 (3.0):** 1 Henderson 10.91; 2 Prandini 10.95; 3 Parker 11.16; 4 C McGrone 11.21. **200 (-1.0):** 1 Prandini 22.62; 2 P Francis 22.83; 3 K Jefferson 22.89; 4 S Collins 23.08; 5 B Brown 23.08; 6 K Duncan 23.13; 7 Washington 23.22; 8 Tarmoh 23.33. **sf1 (2.0):** 1 Brown 22.42; 2 Francis 22.42; 3 Tarmoh 22.46; 4 Washington 22.54; 5 K Johnson 22.58; 6 K Whitney 23.05. **sf2 (-0.2):** 1 Prandini 22.22; 2 Jefferson 22.48; 3 Collins 22.54; 4 Duncan 22.63; 5 J Atkins 22.70; 6 J Stepter 22.87. **Ht 1 (-0.4):** 1 Washington 22.79; 2 Brown 22.80; 3 Johnson 22.92; 4 A Purvis 23.15. **Ht 2 (-0.8):** 1 Prandini 22.48; 2 D Stevens 22.81; 3 Atkins 23.06. **Ht 3 (-1.7):** 1 Duncan 23.12; 2 Stepter 23.14. **Ht 4 (-2.6):** 1 Collins 23.00; 2 Brisco 23.25. **Ht 5 (-1.6):** 1 Francis 22.91; 2 Jefferson 22.98. **400:** 1 S Wimbley 49.52; 2 J Beard 50.08; 3 K Ellis 50.37; 4 C Okolo 50.65; 5 B Thomas 51.16; 6 B Guillory 51.30; 7 J Blocker 51.52. **sf1:** 1 Wimbley 50.57; 2 Ellis 50.80; 3 Blocker 51.46; 4 Thomas 51.81. **sf 2:** 1 Beard 50.65; 2 Okolo 50.80; 3 Guillory 51.99. **Ht 1:** 1 Guillory 52.23. **Ht 2:** 1 Wimbley 51.89. **Ht 3:** 1 Ellis 51.91. **Ht 4:** 1 Okolo 51.39; 2 Beard 51.97. **800:** 1 A Wilson 1:58.18; 2 R Rogers 1:58.57; 3 C Brown 1:58.65; 4 K Edwards 1:59.68; 5 C Lipsey 1:59.95; 6 O Baker 2:00.08; 7 H Green 2:00.09; 8 S Southerland 2:01.62. **sf1:** 1 Wilson 1:59.34; 2 Brown 1:59.49; 3 Southerland 2:01.28; 4 Edwards 2:01.35. **sf2:** 1 Rogers 2:00.17; 2 Lipsey 2:00.25; 3 Baker 2:00.63; 4 Green 2:00.69; 5 L Roesler 2:00.84; 6 M

Manley 2:02.10. **Ht 1:** 1 Lipsey 2:02.06. **Ht 2:** 1 Brown 2:01.38. **Ht 3:** 1 Wilson 2:02.63. **Ht 4:** 1 Rogers 2:02.74. **1500:** 1 S Houlihan 4:05.48; 2 J Simpson 4:06.21; 3 K Grace 4:07.04; 4 R Schneider 4:08.33; 5 D Jones 4:09.16; 6 E Purrier 4:09.30; 7 S Osika 4:09.64. **Ht 1:** 1 Simpson 4:07.67; 2 L Johnson 4:08.21; 3 Purrier 4:08.24; 4 H Schlachtenhaufen 4:08.27; 5 D Giordano 4:08.62; 6 D Jones 4:08.82; 7 S Brown 4:09.25. **Ht 2:** 1 B Martinez 4:10.51; 2 Schneider 4:10.64; 3 Osika 4:10.65. **Ht 3:** 1 Houlihan 4:14.79. **5000:** 1 Houlihan 15:31.03; 2 R Schneider 15:32.71; 3 K Schweizer 15:34.31; 4 L Paquette 15:36.83; 5 V Fraser 15:36.89; 6 K Mackey 15:39.25. **10,000:** 1 M Huddle 31:52.32; 2 M Hall 31:56.68; 3 S Bruce 32:05.05; 4 E Sisson 32:06.31; 5 S Pagano 32:13.21; 6 R Kanuho 32:19.49; 7 G Jorgensen 32:24.09; 8 M Seidel 32:24.78; 9 C Blaase 32:28.97. **3000sc:** 1 E Coburn 9:17.70; 2 C Frerichs 9:18.69; 3 M Lawrence 9:33.30; 4 S Kipp 9:41.24; 5 E Oren 9:44.75; 6 M Rolland 9:51.29. **Ht 1:** 1 Coburn 9:48.79. **Ht 2:** 1 Frerichs 9:42.02; 2 Lawrence 9:45.35; 3 A Wilson 9:48.37; 4 Oren 9:48.40; 5 T Gerlach 9:48.89; 6 J Kamilos 9:50.94. **100H (-1.4):** 1 K Harrison 12.46; 2 C Manning 12.65; 3 S Nelvis 12.68; 4 Q Harrison 12.76; 5 D Harper Nelson 12.93; 6 K Carter 13.11. **sf1 (-0.6):** 1 K Harrison 12.60; 2 Q Harrison 12.79; 3 Harper Nelson 12.81; 4 A Johnson 13.04. **sf2 (-2.2):** 1 Manning 12.66; 2 Nelvis 12.84; 3 Carter 13.00; 4 J Stowers 13.07; 5 T Brooks 13.07. **Ht 1 (0.8):** 1 K Harrison 12.46; 2 Q Harrison 12.66; 4 E Britton 12.99; 5 E Morrison 13.09. **Ht 3 (1.8):** 1 Carter 12.78; 2 Stowers 12.89; 3 McGhee 12.96; 4 Johnson 13.02. **400H:** 1 S Little 53.61; 2 G Moline 54.12; 3 C Tate 55.00; 4 K Payne 55.54; 5 A Cockrell 56.14. **Ht 1:** 1 Moline 54.64; 2 Tate 55.33; 3 K Seymour 56.23; 4 Cockrell 56.51. **Ht 2:** 1 Little 55.38; 2 Payne 55.55; 3 A Spencer 56.26; 4 D Bookman 56.64. **HJ:** 1 V Cunningham 1.95; 2 I McPherson 1.92; 3 L Patterson 1.89. **PV:** 1 S Morris 4.80 (4.55xo, 4.60o, 4.65o, 4.70o, 4.75o, 4.80o, 4.94x); 2 K Nageotte 4.70; 3 J Suhr 4.60; 4 K Hixson 4.55; 5 A Johnigan 4.55. **LJ:** 1 S Saunders 6.54/-2.2; 2 Q Burks 6.52/-2.5; 3 K Williams 6.48/-0.7. **TJ:** 1 K Orji 14.59/1.9; 2 T Franklin 14.52/3.8 (14.48/0.4); 3 I Oliver 14.22/2.8. **SP:** 1 M Ewen 19.29 (17.94, 19.09, x, 18.58, 19.29, 18.74); 2 J Ramsey 19.23; 3 R Saunders 18.74; 4 M Riddick 18.20; 5 J Stewart 18.03; 6 M Carter 18.01; 7 J Stevens 17.85. **DT:** 1 V Allman 63.55; 2 Ewen 61.13; 3 L Tausaga-Collins 60.65; 4 G Lewis-Smallwood 60.58; 5 G Jacobs 60.16; 6 K Card 60.07. **HT:** 1 D Price 78.12 (area rec) (73.81, x, x, 76.35, 78.12, 77.01); 2 G Berry 72.99; 3 B Andersen 72.17; 4 J Stewart 70.56; 5 J Ramsey 70.41. **JT:** 1 K Winger 62.88; 2 S C Lipsey 1:59.95; 6 O Baker 2:00.08; 7 H Green 2:00.09; 8 S Southerland 2:01.62. **sf1:** 1 Wilson 1:59.34; 2 Brown 1:59.49; 3 Southerland 2:01.28; 4 Edwards 2:01.35. **sf2:** 1 Rogers 2:00.17; 2 Lipsey 2:00.25; 3 Baker 2:00.63; 4 Green 2:00.69; 5 L Roesler 2:00.84; 6 M



Darrell Hill: sprang a surprise in the shot

TRACK & FIELD

JUNE 24

BORDER HARRIERS OPEN, Whitehaven

Mixed events: **HT:** 1 K Barnard (Bord H, W) 44.49; 2 D King (Bord H, U15) 37.42
U20 men: **SP:** 1 J Moore (Seat) 12.44
HT: 1 J Moore (Seat) 40.71
U17: **DT:** 1 D Gracie (Annan) 40.01. **HT:** 1 D Gracie (Annan) 49.18
U15: **DT:** 1 D Oakey (Bord H) 35.00
Women: **DT:** 1 A Thompson (Bord H, U20) 37.23
U17: **300:** 1 A Bell (Bord H) 41.4

SENIOR 8 COUNTIES INTER COUNTY MATCH, Chelmsford

JADE LALLY returned to competition after having an injury at the Commonwealth Games and, competing as a guest, she won the discus with a 56.53m throw.

Men: 100: A (2.0): 1 E Stephens (Essex) 10.57; 2 J Lennard (Kent) 10.72; 3 B Smith (Sussex) 10.90. **B (0.5):** 1 S Dewar (Essex) 10.78; 2 S Bennett (Essex) 10.81. **200: A (-1.3):** 1 S Dewar (Essex) 21.73. **400:** 1 L Collins (Kent) 47.74; 2 D Benjamin (Middlesex) 48.45; 3 O Smith (Sussex) 48.59; 4 P De'ath (Hertfordshire) 48.74. **B:** 1 S Jones (Hertfordshire) 49.57. **1500:** 1 Y Bizimana (Essex) 3:54.55; 2 M Aadan (Middlesex) 3:56.07. **5000:** 1 A Lepretre (Middlesex) 15:04.95; 2 R Braden (Kent) 13:20.63; 3 B Savill (Sussex) 15:17.01. **110H: A (-1.0):** 1 S Bennett (Essex) 14.31; 2 B Reed (Essex) 14.80; 3 B Eisnor (Sussex) 15.85. **400H:** 1 G Vaughan (Middlesex) 54.68. **B:** 1 A Ajuke (Middlesex) 55.67. **3000SC:** 1 J Bryant (Kent) 9:43.13; 2 R Warner (Essex) 9:43.48. **3000W:** 1 D King (Essex) 12:17.73; 2 D King (Essex) 12:40.53; 3 L Legon (Kent) 13:20.63; 4 J Hobbs (Kent) 13:55.34; 5 G Witton (Sussex) 14:12.27. **4x100:** 1 Middlesex 43.56. **HJ:** 1 R Cuthbert (Essex) 1.93. **PV:** 1 F Finke (Middlesex) 4.40; 2 J Harris (Sussex) 4.30; 3 E Breen (Hertfordshire) 4.10; 4 M Bartlett (Essex) 4.00. **B:** 1 J Allway (Essex) 4.00. **LJ:** 1 O Anochirionye (Middlesex) 6.90/1.0. **TJ:** 1 L Fanutza Davis (Middlesex) 15.41. **B:** 1 A Alfred (Middlesex) 13.79. **SP:** 1 G Thompson (Middlesex) 15.45; 2 L Goodacre (Essex) 14.66; 3 L Mascarenhas (Kent) 14.28. **DT:** 1 G Thompson (Middlesex) 57.27; 2 L Mascarenhas (Kent) 48.12; 3 M Baptiste (Essex) 44.80. **B:** 1 S Chineryedo (Middlesex) 41.20; 2 K Wilson (Essex) 40.50. **HT:** 1 T Parker (Kent) 63.91; 2 P Clarke (Essex) 53.87; 3 M Evans (Sussex) 48.96; 4 J Goss (Hertfordshire) 45.92. **B:** 1 B Prait Singh (Essex) 52.50; 2 G Holder (Kent) 48.38; 3 S Evans (Sussex) 47.18. **JT:** 1 J Foot (Essex) 61.45; 2 A Johnson (Middlesex) 55.93. **B:** 1 C Lacy (Essex) 59.62
Women: 100: A (3.7): 1 B Shaw (Hertfordshire) 12.16. **400:** 1 A Root (Kent) 57.08; 2 L Saunders (Sussex) 57.72. **800:** 1 J Monteiro (Essex) 2:09.72; 2 K Sutton (Kent) 2:09.87; 3 A Clarke (Essex) 2:12.62; 4 B Cooke (Hertfordshire) 2:16.68. **1500:** 1 I Weir (Middlesex) 4:39.23; 2 L Harris (Sussex) 4:40.87. **3000:** 1 K O'Neill (Essex) 10:13.75; 2 C Elms (Kent, W50) 10:26.10. **100H: A (1.2):** 1 E Lovell (Sussex) 14.40. **400H:** 1 G Vans Agnew (Sussex) 64.52; 2 C Netley (Hampshire) 65.34; 3 J Fitt (Kent) 65.71. **2000SC:**



MARK SHERMAN
 Jade Lally: discus win at Chelmsford

1 H Page (Kent) 6:42.43; 2 E O'Grady (Middlesex) 7:02.07; 3 E Bullis (Essex) 7:05.16; 4 S Ainley (Middlesex) 7:25.20; 5 C Bently (Hertfordshire) 7:30.77; 6 A Bream (Hampshire) 7:46.22; 7 K Murdoch (Sussex) 7:53.31; 8 M Repley (Essex) 7:54.38. **3000W:** 1 A Jennings (Hampshire) 15:14.06; 2 M Shott (Middlesex) 15:59.44; 3 M Peddle (Essex) 17:08.55. **4x100:** 1 Essex 50.50; 2 Kent 50.61; 3 Hampshire 51.12; 4 Sussex 51.88. **4x400:** 1 Kent 3:52.98; 2 Essex 4:00.11. **HJ:** 1 L Armogier (Essex) 1.74; 2 L Franks (Sussex) 1.74; 3 D Martin (Kent) 1.65. **PV:** 1 M Bailey (Middlesex) 3.70; 2 N Purchas (Sussex) 3.70; 3 L Edwards (Hampshire) 3.40; 4 E Breen (Hertfordshire) 3.30; 5 G Thomas (Kent) 3.10. **B:** 1 S Semerar (Middlesex) 3.40; 2 C Billingham (Sussex) 3.40. **LJ:** 1 E Lovell (Sussex) 5.79/0.8; 2 N Parcell (Hertfordshire) 5.65/1.3. **TJ:** 1 E Harvey (Middlesex) 12.22/2.3. **SP:** 1 H Cabbage (Hampshire) 11.13. **DT:** 1 J Lally (Guest) 56.53; 2 H Cabbage (Hampshire) 45.77; 3 G Jenkins (Essex) 43.29; 4 E Robinson (Sussex) 39.58; 5 S Drummond (Middlesex) 36.33. **B:** 1 H Connor (Middlesex) 36.03; 2 S Hewitt (Sussex) 35.89. **HT:** 1 K Head (Essex) 57.59; 2 V Wiltshire (Kent) 47.09; 3 V Pellett (Sussex) 46.42; 4 F Williams (Middlesex) 46.02. **B:** 1 P Davenall (Essex) 56.10. **JT:** 1 S Cruz (Essex) 45.42; 2 G Floyd (Middlesex) 41.20; 3 E Locke (Kent) 38.71

BA PARALLEL SUCCESS & OPEN, Newham

Men: 100: r1 (1.5): 1 J Thoronka (SB) 10.55; 2 D Hylton (B&B) 10.68; 3 A Adewale (E&H) 10.75; 4 P Kari (E&H) 10.88; 5 A Wright (M&M) 10.91; 6 K Oludoyi (Harrow) 10.94; 7 K Oghorie (Inv Ek) 10.99. **r2 (1.5):** 1 N Brown (Kent) 10.77; 2 D Oderinde (Mil K) 10.89; 3 I Ojuriye (Herne H) 10.89; 4 G McLaren (Kent) 10.98; 6 M Hanson (E&H, M35) 11.05. **r5 (-2.8):** 3 J Carty (ESM, M45) 11.50. **r6 (-0.9):** 1 M Dobrescu (If, U15) 11.33; 2 M Elliott (Met P, M40) 11.48. **r7 (-1.4):** 3 J Wood (Harrow, M40) 11.78. **r8 (-0.3):** 6 O Acquah (NEB, U13) 12.14; 7 R Sutherland (Serq, U13) 12.72
Mixed events: 200: r1 (0.9): 1 E Amaning (TVH) 21.07; 2 J Gladman (Bir

21.31; 3 D Hylton (B&B) 21.52; 4 L Cain (TVH) 21.55; 5 P Kari (E&H) 21.63; 6 A Wright (M&M) 21.64; 7 A Beachey (Soton) 21.70. **r2 (0.6):** 1 N Brown (Kent) 21.71. **r3 (1.9):** 1 M Shonibare (VP&TH, U20) 21.70; 2 M Dobrescu (If, U15) 22.00. **r4 (0.5):** 5 F Agyapong (NEB, W) 23.40. **r5 (-2.3):** 3 J Carty (ESM, M45) 23.46. **r6 (-2.1):** 4 P Fairclough (SB, W) 24.76. **r7 (-0.1):** 1 O Acquah (NEB, U13) 24.92; 3 P Adu (E&H, U17W) 25.64; 4 K Mayindu (BFTTA, U15W) 25.87. **r8 (-2.1):** 1 M Spence-Forde (TVH, U13) 26.84. **400: r1:** 1 S Adeyemi (Herne H) 47.40; 2 A Coulibaly (VP&TH) 48.45; 3 W Oyowe (NEB) 49.20; 4 C Blango (VP&TH) 49.22. **r2:** 1 J Lule (SB) 49.97. **r3:** 5 N Campbell-Smith (Bir, W) 54.70; 6 S Banjo (NEB, W) 54.94. **r4:** 2 M Osunamsi (NEB, M45) 56.44
Women: 100: r1 (-2.9): 1 M Douglas (B&B) 12.10; 2 P Fairclough (SB) 12.28. **r2 (-2.0):** 1 A Sibbons (NEB, U17) 12.39. **100: r1:** 1 K Mayindu (BFTTA, U15) 12.68; 3 S Idris (Esx Sch, U15) 12.90
Disability
Men: 100WC: r1 (0.9): 1 R Chiassaro (Harl, M35) 14.38. **400WC: r1:** 1 R Chiassaro (Harl, M35) 46.25; 2 D Labroy (Middlesex) 49.89; 3 J Smith (Weir Arc) 50.49. **800WC: r1:** 1 R Chiassaro (Harl, M35) 1:32.05; 2 D Labroy (Weir Arc) 1:38.55; 3 J Smith (Weir Arc) 1:39.04; 4 D Sidbury (Sutt) 1:45.59; 5 I Towers (BWF) 1:48.13; 6 S Jones (Cov) 1:49.82. **1500WC:** 1 D Labroy (Weir Arc) 3:09.23; 2 J Smith (Weir Arc) 3:12.06; 3 J Hartley (Cov) 3:39.27; 4 S Jones (Cov) 3:40.19; 5 K Brotherton (Red S, U20) 3:46.25; 6 J Brazier (Harl) 3:50.15; 7 Z Zhou (Cov, U17) 3:53.63; 8 S Bloor (Weir Arc) 3:54.41. **SP: F44:** 1 H Walsh (Swan) 14.61/6.0; 2 M Nicholls (SB) 12.67/6.0. **SP: F37:** 1 J Bain (Chelm) 11.59/5.0. **SP: F35:** 1 C O'Hare (Chelm, U20) 8.07/4.0. **F56:** 1 E Clifton (BWAAN) 10.84. **F57:** 1 S Holwell (E&H, M40) 6.53. **SP: F33:** 1 K Tschemiaynski (Charm) 8.88
Women: 100WC: r1 (-0.6): 1 K Adenegan (Cov, U20) 18.03; 2 E Rainbow-Cooper (Weir Arc, U20) 18.30. **400WC: r1:** 1 K Adenegan (Cov, U20) 60.44; 2 E Rainbow-Cooper (Weir Arc, U20) 61.82. **800WC:** 1 K Adenegan (Cov, U20) 2:02.79; 2 E Rainbow-Cooper (Weir Arc, U20) 2:06.59; 3 P Murray (Cov) 2:38.62. **1500WC:** 1 E Rainbow-Cooper (Weir Arc, U20) 4:09.92. **LJ:** 1 S Reid (Charm) 4.97/-0.8; 2 M Barber (SNH) 4.96/-1.5; 3 E O'Connell (D&T, U17) 4.24/1.2. **SP: F37:** 1 M Forrest (Wig D) 7.60/4.0. **SP: F34:** 1 V Wallace (E&H, W40) 7.28. **F44:** 1 E Gaston-Monerville (E&H) 7.23/3.0

NORTH EAST MASTERS CHAMPIONSHIPS, Jarrow

V35 mixed events: 3000: 1 K Aspin (New M, W50) 11:11.7; 3 M McNally (Els, M70) 11:53.0; 5 S Phillips (Darl, W55) 12:21.3; 6 H Robinson (J&H, W55) 12:48.8. **5000:** r1: 1 K Jeffress (Sun) 15:40.9; 2 M Joyeux (Quak) 15:45.9. **r2:** 1 G Penn (NSP, M55) 17:41.5; 2 P Merrison (NSP, M55) 17:59.9; 5 B Martin (Quak, M60) 18:56.9; 6 I Brown (Tyne, M60) 19:01.0; 8 R Smedley (Gate, M65) 19:15.8. **3000W:** 1 E McFadden (Unatt, M55) 16:41.6. **HJ:** 1 S Dudink (Heat, W40) 1.50; 10 D Butler (J&H, M75) 1.15. **LJ:** 1 L Hetherington (SSH, M45) 5.14; 2 M Keogh (TeamCOCO, M45) 5.11; 6 D Dixon (Tyne, M55) 4.74; 16 P Whittaker

(R&Z, W50) 3.70. **TJ:** 3 S Dudink (Heat, W40) 9.03. **SP:** 1 J Sloan (Annan, M75) 9.90; 2 S Dudink (Heat, W40) 9.12; 3 I Humphries (Tyne, M75) 8.03. **DT:** 1 J Wild (VAANE, M65) 37.41; 2 D Maggs (Gate, M60) 37.11; 3 J Sloan (Annan, M75) 28.92; 4 C Cameron (VPCG, W55) 26.83; 6 I Humphries (Tyne, M75) 24.98. **HT:** 1 B Gentleman (Edin, M75) 34.40. **JT:** 2 S Dudink (Heat, W40) 26.21
V50: SP: 1 C Cameron (VPCG, W55) 9.03; 3 H Ryan (NE Vets, M80) 7.84. **WT:** 2 C Gentleman (Spen, W50) 8.66; 3 P Wheeler (NE Vets, M70) 8.27. **HT:** 1 C Gentleman (Spen, W50) 29.87; 2 C Cameron (VPCG, W55) 26.35; 3 H Ryan (NE Vets, M80) 24.46. **JT:** 1 J Sloan (Annan, M75) 24.60; 2 I Humphries (Tyne, M75) 23.67
Mixed events: Mile: 5 I Brown (Tyne, M55) 5:44.9; 7 M McNally (Els, M70) 5:56.6
M35 men: 100: r1: 1 C Fenwick (Tyne, M60) 13.7; 2 S Todner (H&P, M60) 13.7. **300: r1:** 3 D Butler (J&H, M75) 16.0. **r2:** 1 P Donaghy (Dur, M50) 12.8; 3 D Hughes (NSP, M55) 13.5; 4 S Lynn (NSP, M55) 13.6. **r3:** 1 D Swallow (Blyth, M45) 12.3; 2 J Ions (NE Vets, M45) 12.4. **200: r1:** 1 S Todner (H&P, M60) 28.4; 2 C Fenwick (Tyne, M60) 28.9. **r2:** 1 C Kennedy (Dur, M50) 26.4; 2 D Hughes (NSP, M55) 28.0. **r3:** 1 J Ions (NE Vets, M45) 25.5; 2 D Swallow (Blyth, M45) 26.0. **400: r1:** 1 P McCluskey (H&P, M50) 59.7; 2 D Hughes (NSP, M55) 62.9. **800: r2:** 1 G Bracken (NSP, M55) 2:13.2; 2 G Penn (NSP, M55) 2:23.9. **r3:** 1 N De Bruin (NSP, M50) 2:15.3. **1500: r2:** 2 G Bracken (NSP, M55) 4:20.7; 5 T Brannon (NSP, M50) 4:42.6; 6 G Penn (NSP, M55) 4:52.0; 8 B Baines (Bir, M55) 4:58.7; 9 D Suleman (NSP, M55) 4:59.7. **SP:** 1 D Upton (Traff, M40) 12.33. **DT:** 1 D Upton (Traff, M40) 34.89
M40: WT: 1 D Upton (Traff) 11.00
M50: SP: 1 S Ryan (Gate, M55) 12.29; 2 S Duckworth (NSP, M55) 11.48; 3 P Corrigan (Walls) 10.98; 4 J Moreland (R&N, M55) 10.81. **WT:** 1 J Moreland (R&N, M55) 12.98. **DT:** 1 J J Moreland (R&N, M55) 43.55; 2 S Ryan (Gate, M55) 38.92; 3 S Duckworth (NSP, M55) 33.63; 4 P Young (M&C, M55) 30.34. **HT:** 1 J Moreland (R&N, M55) 36.46; 2 S Duckworth (NSP, M55) 34.65. **JT:** 1 S Ryan (Gate, M55) 37.12
M60: SP: 1 J Wild (VAANE, M65) 9.53; 2 J Birkett (N Masters) 9.30. **WT:** 1 J Wild (VAANE, M65) 13.65; 2 D Maggs (Gate) 12.12. **HT:** 1 D Maggs (Gate) 41.05; 2 J Wild (VAANE, M65) 37.31
M75: 80H: 1 D Butler (J&H) 16.3
M80: WT: 1 H Ryan (NE Vets) 7.81
W35 women: 100: r1: 1 A Kelly (Giff N, W55) 15.3; 2 K Stewart (NSP, W75) 18.6. **r3:** 1 H Richardson (M&C) 13.3. **200: r1:** 3 K Stewart (NSP, W75) 39.6. **400: r1:** 4 K Stewart (NSP, W75) 90.2. **r2:** 1 L Bradley (NSP, W40) 64.9. **800:** r1: 1 S Phillips (Darl, W55) 2:57.0. **r2:** 1 N Woodward (Sun, W40) 2:31.9. **1500:** 2 L Lennox (Tyne Br, W45) 5:29.1; 4 S Phillips (Darl, W55) 5:40.2; 11 P Woodcock (Morp, W65) 6:44.0
W50: SP: 2 P Gardiner (Gate, W55) 8.04

SCOTTISH ATHLETICS MEN'S LEAGUE, DIVISION 1, Grangemouth

CHRIS O'HARE sharpened up for the Muller British Championships with a narrow 1:48.35 800m victory just ahead of Neil Gourley.

MATCH: 1 A'deen 371; 2 Shett 307; 3 VPCG 280; 4 Kilb 274; 5 Falk V 263; 6 Centr 213; 7 I'ness 197; 8 Pit 136
Men: 100: A (3.8): 1 K Aiken (Kilbarcharn) 10.73; 2 K Thomas (VP Glas) 10.83. **ns1 (3.3):** 7 G Glas (Edinburgh, M55) 13.00. **200: A (2.8):** 1 G Plenderleith (Falkirk) 21.20; 2 K Aiken (Kilbarcharn) 21.70; 3 C Strachan (Aberdeen, U17) 22.01. **800:** 1 K Elliott (Falkirk, U17) 1:57.01. **B:** 2 B Grant (Falkirk, U20) 1:57.88. **ns:** 1 C O'Hare (Guest) 1:48.35; 2 N Gourley (Guest) 1:48.37; 3 J Bowness (Guest) 1:49.59. **1500:** 1 S Fontana (VP Glas) 3:59.16; 2 M Ferguson (Aberdeen) 3:59.22; 3 J Burns (Shettleston, U20) 4:02.99. **5000:** 1 S Fontana (VP Glas) 15:18.50; 2 C Symmons (Aberdeen) 15:25.54. **B:** 3 B Scally (Shettleston, U20) 16:59.99. **110H: A (2.9):** 1 A Murphy (Kilbarcharn) 15.44; 2 R Hewitson (Aberdeen) 15.54; 3 T Chandler (Central) 15.67; 4 D Graham (Shettleston, M40) 17.36. **400H:** 1 C Henderson (Kilbarcharn) 54.57. **3000SC:** 1 M Hayes (VP Glas) 9:39.63; 2 W Mackay (Aberdeen) 9:45.01; 3 M Wright (Central) 9:47.72; 4 L Raeburn (Shettleston, U20) 9:51.85; 5 L Pentecost (Falkirk, U20) 10:14.18. **B:** 1 F Thomson (Aberdeen) 9:52.16. **4x100:** 1 VP Glas 43.29. **HJ:** 1 L McGuire (VP Glas) 2.10; 2 S Mackenzie (Inverness, U20) 1.95; 3 R Hewitson (Aberdeen) 1.95; 3 R Woods (Pitreevey, U20) 1.95. **B:** 1 M Morton (VP Glas) 2.00; 4 J Macgregor (Aberdeen, M50) 1.60. **PV:** 1 J Thoires (VP Glas) 4.20; 2 T Chandler (Central) 4.05; 3 A Murphy (Kilbarcharn) 4.05. **B:** 1 R Todd (Central, M55) 3.00. **LJ:** 1 D Martin (Shettleston) 7.30/1.9; 2 S Lyon (Aberdeen) 7.19/1.8; 3 J Thoires (VP Glas) 6.99/3.2; 4 S Mackenzie (Inverness, U20) 6.92/1.9; 4 J Thoires (VP Glas) 6.83/1.7. **B:** 1 J McIntosh (Aberdeen, U17) 6.31/2.6; 4 D Graham (Shettleston, M40) 5.80/1.8. **TJ:** 1 M Ahmed (Shettleston, U17) 14.08/-2.2; 2 S Lyon (Aberdeen) 13.67/-2.0. **SP:** 1 C Wright (Falkirk) 15.55; 2 W Falconer (Kilbarcharn, M35) 14.06; 3 A McInroy (Shettleston) 13.23. **B:** 1 A Murphy (Kilbarcharn) 13.02. **DT:** 1 A McInroy (Shettleston) 49.02; 2 C Wright (Falkirk) 42.00; 6 G Farrell (VP Glas, M50) 31.64. **B:** 1 H Zagorski (Inverness, U20) 38.30. **HT:** 1 C Wright (Falkirk) 64.22; 2 N Stone (Inverness) 45.95; 7 G Farrell (VP Glas, M50) 30.29
Standings after 3 matches: 1 A'deen 24; 2 Shett 18; 3 Falk V 17; 4 Centr 13.5; 5 VPCG 12.5; 6 I'ness 10; 7 Kilb 7; 8 Pit 6
DIVISION 2, Grangemouth MATCH: 1 Edin 316; 2 Cors 276; 3 I'clyde 262; 4 Lass 228; 5 Giff N 143; 6eq Law/W moss 133; 8 Arb 121; 9 C'dale 95
Men: 100: A (1.9): 1 S Wilson (Edinburgh) 10.71. **B (4.2):** 1 M Bajo (Edinburgh) 10.84. **200: A (3.8):** 1 A Hamilton (Edinburgh) 21.25; 3 S Hannaway (Inverclyde, U17) 22.65. **B (2.0):** 1 S Wilson (Edinburgh) 21.79. **400: A(1):** 1 G Louden (Lasswade) 49.28. **800:** 5 I Robertson (Clydesdale, M40) 2:05.27. **5000:** 1 C McKenzie (Corstorphine) 14:59.29; 2 J Bell (Inverclyde) 15:22.91; 3 N Renault (Edinburgh) 15:30.18; 4 D Muir (Law, M40) 15:57.15. **B:** 3 J Sharp (Guest, M40) 16:27.57. **4x400:** 1 Lasswade 3:24.08; 2 Edinburgh 3:24.23. **HJ:** 2 S Young (Giffnock, U17)



1.88; 3 C Simpson (Edinburgh, U17)
1.85. **PV:** 1 D Graham (Arbroath, M40)
3.90. **LJ:** 1 S Brindley (Inverclyde, U17)
7.18/2.0. **S:** S Brindley (Inverclyde, U17)
6.60/2.0. **SP:** 1 P Dearie (Law, M35)
12.61; 2 C Smith (Arbroath, M40) 11.64;
4 I Smith (Whitemoss, M45) 10.33. **B:** 1
G Ferguson (Law, M40) 12.17. **JT:** 1 C
Smith (Arbroath, M40) 54.51
Standings after 3 matches: 1 Cors 26;
2 Edin 25; 3 Lass 18; 4 Clyde 17; 5 Giff
N 16; 6 Law 12.5; 7 W moss 10.5; 8 Arb
7; 9 C'dale 3

WESSEX YOUNG ATHLETES' LEAGUE,

Poole
MATCH: 1 New Forest Juniors 441; 2
City of Portsmouth 319; 3 Poole AC 294;
4 Bournemouth 242; 5 Dorchester 194;
6 Poole Runners 66
U15 boys: 80H: 1 D Perry (Dor) 12.7.
DT: 1 C Taylor (Havant) 32.73. **JT:** 1 C
Taylor (Havant) 43.92
U13: 200: 1 L Bourke (Poole) 26.7. **800:**
1 W Rabjohns (Poole) 2:16.2. **JT:** 1 F
Dodkin (New FJ) 33.96
U17 women: 1500: 1 F Kimber (Poole
R) 4:53.5. **HJ:** 1 J Gordon (New FJ) 1.66.
JT: 1 I Davis (Poole) 36.87
U15: SP: 1 G Jones (Ports) 10.71
U13: 100: 1 L Smith (New FJ) 12.9.
200: 1 L Smith (New FJ) 27.1. **1200:** 1
M Preece (B'mth) 4:07.3. **B:** 1 N East
(B'mth) 4:09.3. **70H:** 1 C Ramsay (Ports)
12.1. **4x100:** 1 Ports 57.1. **HJ:** 1 Harris
(New FJ) 1.46

Swindon

BEN EAST posted a second successive
league record in the under-15 boys'
javelin with a 63.36m throw.
MATCH: 1 Team Kennet 468; 2 Swindon
436; 3 Woking 360; 4 Southampton
316.5; 5 Andover & Overton 200.5; 6
Fleet & Crookham 155
U17 men: 200: 1 D Ariyo-Francis
(Woking) 22.9. **SP:** 1 J Wise (Soton)
14.70. **DT:** 1 J Wise (Soton) 42.32. **JT:** 1
J Wise (Soton) 50.43
U15: 4x100: 1 Team K 48.0. **SP:** 1 R
Allen (Soton) 12.57; 2 H Booker (Team K)
11.89. **DT:** 1 R Allen (Soton) 42.26; 2 H
Booker (Team K) 41.73. **B:** 1 O Gregory
(Team K) 35.63. **JT:** 1 B East (Team
K) 63.36
U13: 200: 1 J Evison (And) 26.4. **1500:** 1
F Hart (Swin) 4:53.7. **75H:** 1 H Christian
(Woking) 12.5; 2 Z Balcombe-Betts
(Soton) 14.0. **4x100:** 1 Soton 55.2. **DT:** 1
M Smith (Woking) 18.29
U17 women: 200: 1 M Wateridge (Over)
25.6. **SP:** 1 E Adamson (Soton) 11.11.
DT: 1 E Hunter (Soton) 31.98. **JT:** 1 P
Hoean (Team K) 39.38
U15: LJ: 1 A Gray (Over) 5.10. **DT:** 1 S
Wheaton (Team K) 29.72
U13: 200: 1 J Oveyemi (Woking) 28.0.
800: 1 A Todd (Team K) 2:27.2. **1200:**
1 F Davidge (Swin) 4:11.1; 2 K Fraser
(Team K) 4:12.7. **70H:** 1 C Absalom
(Team K) 12.4; 2 R Hewitt (Swin) 12.5.
4x100: 1 Swin 57.5; 2 And 57.5. **HJ:** 1
A Wall (Soton) 1.40. **JT:** 1 K New (Swin)
26.76

JUNE 23-24

**ESAA SOUTH EAST SCHOOLS'
COMBINED EVENTS & RACE WALK
CHAMPIONSHIPS, Ashford**
U20 men: 3000W: 2 N Hart (Hampshire,
U17) 15:28.5. **Dec:** 1 D Noel (Kent)
57.20 (12.4, 5.88/0.0, 11.18, 1.81, 56.2,
16.9, 38.35, 3.70, 46.23, 4:56.5); 2

O Jopp (Guest) 5432 (12.2, 6.00/0.1,
9.50, 1.81, 58.0, 15.5, 33.06, 4.00,
36.64, 5:28.0); 3 M Gair (Hampshire)
5313 (12.1, 5.76/0.0, 10.32, 1.93, 54.2,
16.4, 28.44, 2.80, 33.33, 4:58.2); 4
D Fullbrook (Kent) 5288 (12.1, 5.72/-
0.2, 10.35, 1.78, 54.3, 17.4, 29.22,
2.90, 44.34, 4:54.8); 5 L Chashchin
(Hertfordshire) 5256 (12.0, 6.09/-0.2,
8.73, 1.75, 53.3, 16.9, 24.59, 3.80,
29.86, 5:00.2); 6 B Taylor (Surrey) 5105
(12.0, 5.61/1.8, 11.15, 1.75, 55.1, 18.6,
31.88, 2.70, 44.90, 5:07.4); 7 G Blake
(Kent) 5100 (11.9, 5.60/0.1, 9.76, 1.63,
56.4, 17.2, 30.78, 3.50, 42.97, 5:19.9);
8 R Scott (Surrey) 5037 (12.0, 5.54/0.0,
7.69, 1.78, 51.2, 17.3, 24.35, 3.50,
37.15, 5:25.2); 9 C Buton (Hampshire)
5034 (12.4, 5.72/-0.1, 10.25, 1.90,
57.5, 16.2, 28.86, 2.90, 31.09, 5:12.4);
10 J Harrison (Hertfordshire) 4549 (12.5,
5.30/0.0, 8.51, 1.51, 54.9, 18.6, 32.63,
3.00, 30.81, 4:57.5); 11 L Hennessy
(Sussex) 4457 (11.8, 5.62/-1.5, 9.23,
1.54, 55.5, 19.4, 26.18, 2.80, 38.93,
5:35.7)
U17: Oct: 1 P Gleadall (Kent) 5109
(6.42/1.5, 32.31, 54.43, 54.2, 14.1,
1.91, 11.28, 4:54.5); 2 S Bladon
(Berkshire) 4886 (6.65/0.6, 38.46,
41.34, 53.5, 14.1, 1.79, 11.48, 4:41.9);
3 P Kastner (Middlesex) 4878 (6.15/0.7,
38.92, 40.17, 53.8, 14.0, 1.79, 13.36,
5:20.6); 4 F Reilly (Hertfordshire) 4676
(5.75/0.0, 28.65, 29.00, 50.6, 14.0,
1.70, 12.20, 4:36.5); 5 H Thorne
(Berkshire) 4584 (6.38/1.2, 31.15,
38.07, 53.1, 14.5, 1.94, 10.98, 5:45.0);
6 O Thatcher (Hertfordshire) 4469 (5.92/-
0.2, 40.68, 31.63, 55.5, 15.7, 1.76,
11.96, 5:04.3); 7 G Seery (Kent) 4387
(5.92/0.8, 29.70, 34.71, 54.6, 15.0,
1.82, 8.85, 4:43.7); 8 B Blake (Kent)
4379 (5.47/0.1, 25.27, 35.31, 52.9,
14.9, 1.70, 10.73, 4:32.7); 9 A Coates
(Surrey) 4231 (5.66/-0.6, 26.71, 22.44,
51.9, 14.8, 1.70, 9.29, 4:32.8); 10 B
Jenvey (Hampshire) 4218 (5.66/0.0,
30.67, 47.22, 56.1, 16.5, 1.64, 10.95,
4:58.0); 11 W Jarvis (Hampshire)
4097 (5.38/0.7, 37.04, 49.29, 57.1,
16.8, 1.49, 10.64, 5:01.8); 12 X Booth
(Hampshire) 4079 (5.69/0.0, 28.48,
38.64, 54.8, 14.1, 1.46, 9.37, 5:05.3);
13 S Rimmer (Berkshire) 4000 (5.62/-
2.0, 27.78, 29.50, 56.2, 14.5, 1.67,
11.07, 5:20.7); 14 R Langdon (Berkshire)
3981 (5.26/0.1, 27.55, 35.19, 54.5,
15.5, 1.61, 9.50, 4:52.6); 15 G Hopkins
(Surrey) 3895 (5.95/2.2, 27.60, 42.49,
59.4, 15.8, 1.70, 8.59, 5:17.1); 16 J
Roache (Hertfordshire) 3841 (5.85/0.0,
21.52, 22.10, 52.7, 14.5, 1.49, 8.90,
4:55.1); 17 M Ayako (Surrey) 3792
(5.54/1.0, 23.35, 25.65, 51.4, 19.7,
1.76, 9.53, 4:41.1); 18 C Gregson
(Hampshire) 3750 (5.37/-0.1, 16.49,
21.87, 55.7, 14.5, 1.82, 7.27, 4:44.9);
19 L Mellor (Kent) 3698 (5.44/-1.0,
27.57, 34.54, 58.9, 16.3, 1.73, 10.32,
5:31.8); 20 J Evans (Hertfordshire) 3627
(5.33/0.0, 19.91, 28.37, 54.2, 14.9,
1.52, 8.25, 5:02.2)
U15: 3000W: 1 C Hopper (London)
16:11.2. **Pen:** 1 E Evans (Hampshire)
2875 (12.0, 12.03, 5.89/-2.9, 1.61,
2:13.2); 2 S Ball (Berkshire) 2803 (11.9,
10.41, 5.84/0.1, 1.73, 2:18.0); 3 S
Wallace (Sussex) 2681 (11.6, 10.49,
6.00/0.0, 1.67, 2:28.9); 4 R Henry-Daire
(Berkshire) 2486 (12.8, 10.20, 5.51/-0.2,
1.43, 2:12.0); 5 P Seema Roca (Kent)
2435 (13.2, 9.00, 5.09/-1.5, 1.52,

2:07.2); 6 O Adepegba (Kent) 2428
(12.7, 9.29, 5.42/0.0, 1.70, 2:26.3);
7 G Pring (Kent) 2399 (12.7, 11.82,
4.95/-0.5, 1.61, 2:27.6); 8 O Hector
(London) 2360 (13.2, 9.20, 5.03/0.4,
1.61, 2:16.4); 9 W Lawler (Hertfordshire)
2353 (12.1, 8.64, 5.07/0.1, 1.64,
2:24.8); 10 R Law (Sussex) 2349
(13.1, 10.82, 4.87/-0.1, 1.58, 2:21.0);
11 H Booker (Berkshire) 2330 (13.0,
11.33, 5.29/-0.2, 1.52, 2:28.3); 12 L
Middleton (Middlesex) 2326 (12.3, 8.66,
4.62/-0.3, 1.61, 2:17.5); 13 M Kirk
(Berkshire) 2323 (12.6, 9.53, 5.08/-2.4,
1.58, 2:23.7); 14 B Nolan (Kent) 2255
(13.1, 11.03, 5.20/0.7, 1.43, 2:25.4);
15 R Sayer (Hertfordshire) 2239 (13.0,
9.75, 4.84/0.0, 1.61, 2:26.4); 16 N
Sukhraj-Hammerl (Middlesex) 2199
(12.9, 9.61, 4.91/-0.9, 1.49, 2:23.6); 17
E Johnston (Hertfordshire) 2177 (12.8,
9.29, 5.02/0.0, 1.55, 2:29.8); 18 C
Rice (Hertfordshire) 2175 (13.3, 8.28,
4.77/0.5, 1.55, 2:18.1); 19 D Davies
(London) 2117 (12.2, 7.72, 5.02/-1.5,
1.43, 2:25.1); 20 A Polleri (Middlesex)
2059 (13.3, 10.39, 4.60/-1.7, 1.43,
2:27.3); 21 S Oceng-Engena (London)
2040 (13.1, 5.70, 5.18/0.0, 1.70,
2:33.7); 22 C Wells (Sussex) 2025 (15.3,
7.51, 4.73/0.0, 1.55, 2:12.7)

U13: 2000W: 1 E Purser (Hampshire)
12:39.9
U20 women: 3000W: 1 E Payton-White
(Sussex) 17:42.4; 2 J Benson (Kent)
17:49.7; 3 H Hopper (London, U17)
17:58.6. **Hept:** 1 A West (Kent) 4058
(15.6, 1.68, 8.94, 27.2, 5.06/0.0, 21.33,
23.91); 2 B Harryman (Hertfordshire)
4036 (16.3, 1.59, 10.40, 27.9,
4.97/0.0, 25.12, 2:39.8); 3 A Macdonald
(Middlesex) 4021 (16.5, 1.62, 7.76, 28.0,
5.45/0.0, 18.24, 2:29.6); 4 T Morton-
Kemsley (Hertfordshire) 3840 (16.4, 1.50,
8.54, 27.6, 5.04/0.0, 26.15, 2:43.8); 5
A Hanslow (Sussex) 3488 (18.1, 1.41,
6.95, 27.5, 4.84/-0.5, 20.40, 2:28.2); 6
E Cornwall (Hampshire) 3337 (18.7, 1.50,
7.25, 28.6, 4.95/0.0, 20.07, 2:40.5); 7 N
Hayman (Hertfordshire) 3191 (19.2, 1.41,
7.89, 27.9, 4.70/-0.4, 24.87, 2:51.6);
8 F Cox (Kent) 3159 (18.9, 1.38, 7.31,
27.1, 4.42/-0.1, 15.63, 2:34.6)

U17: Hept: 1 J Smith (Berkshire) 4884
(12.4, 1.63, 11.64, 26.0, 5.47/-
1.6, 40.33, 2:38.7); 2 H Thurgood
(Hampshire) 4774 (12.1, 1.51, 12.52,
26.9, 5.12/0.0, 41.65, 2:31.9); 3 M
Gall (Hertfordshire) 4484 (11.9, 1.57,
9.80, 26.3, 5.35/0.0, 31.60, 2:43.0); 4
L Farley (Kent) 4468 (12.9, 1.48, 12.58,
27.7, 5.12/0.0, 41.14, 2:40.6); 5 R
O'Brien (Kent) 4368 (13.0, 1.60, 9.46,
25.9, 5.12/-1.1, 21.18, 2:23.6); 6 Y
Grosvenor (Hampshire) 4282 (12.4, 1.54,
11.41, 26.4, 5.16/-1.4, 23.50, 2:42.2);
7 M Cluley (London) 4192 (11.9, 1.53,
8.42, 25.4, 5.02/0.0, 22.57, 2:40.6); 8
L Tunnacliffe (Surrey) 4163 (12.6, 1.48,
10.25, 26.7, 4.99/-2.2, 23.87, 2:32.6);
9 A Montagne (Berkshire) 4029 (13.1,
1.53, 9.29, 26.4, 4.42/-1.2, 25.93,
2:31.2); 10 P Herbert (Hampshire) 3816
(13.5, 1.41, 7.98, 26.8, 4.57/0.0, 31.10,
2:35.6); 11 M Rixon (Kent) 3711 (13.6,
1.54, 10.73, 27.3, 4.23/0.0, 20.01,
2:42.9); 12 Z Shepherd (Surrey) 3671
(13.1, 1.38, 11.18, 28.6, 4.73/-1.3,
24.83, 2:48.6); 13 Z Austridge (Kent)
3582 (12.6, 1.50, 7.32, 27.6, 4.68/-1.0,
24.11, 2:56.3)

U15: 3000W: 1 L Carly (Hampshire)
17:32.9; 2 A Smith (Kent) 17:49.2; 3 K

Stringer (Kent) 17:53.0; 4 G Whittingham
(Kent) 17:53.9; 5 D Nova (Kent) 18:56.3;
6 H Atkinson (London) 19:12.2. **Pen:** 1 I
Harding (Kent) 3161 (11.7, 8.87, 1.55,
5.06/-1.5, 2:26.2); 2 M Jeger (Berkshire)
3049 (12.3, 10.55, 1.49, 4.82/-1.1,
2:27.8); 3 E Manning (Hampshire) 3034
(11.5, 9.01, 1.49, 4.93/-0.8, 2:30.6); 4
L Fellows (Middlesex) 2996 (12.2, 8.50,
1.58, 5.14/-1.0, 2:37.5); 5 F Witheat
(Hertfordshire) 2980 (12.2, 12.20,
1.46, 4.98/-1.4, 2:44.4); 6 C Tomlinson
(Sussex) 2963 (11.9, 9.03, 1.52, 5.34/-
2.0, 2:45.4); 7 E Frimpong (Kent) 2933
(11.6, 11.10, 1.46, 4.86/0.0, 2:45.6); 8
I Humphreys (Sussex) 2887 (12.0, 7.80,
1.58, 4.82/-0.4, 2:37.4); 9 S Stubbs
(Kent) 2872 (12.2, 8.89, 1.55, 5.45/99-1.4,
2:34.8); 10 L Scott (Hampshire) 2808
(13.2, 7.99, 1.61, 4.67/-1.9, 2:34.2); 11
I Irvine (Hampshire) 2797 (11.5, 7.74,
1.55, 4.95/0.0, 2:50.7); 12 G Colmer
(Hampshire) 2745 (12.2, 8.28, 1.55,
4.54/-1.1, 2:41.1); 13 K Ridley (Sussex)
2681 (12.4, 6.84, 1.43, 4.94/-1.1,
2:34.4); 14 F Jury (Kent) 2613 (12.3,
8.50, 1.40, 4.90/-1.0, 2:46.9); 15 G
Hucknall (Hertfordshire) 2568 (12.6,
7.35, 1.43, 4.46/-1.3, 2:34.3); 16
Z Carroll (Hertfordshire) 2470 (12.0,
8.96, 1.43, 4.39/0.0, 2:57.6); 17 M
James (Surrey) 2457 (13.4, 8.97, 1.34,
4.52/-1.6, 2:39.1); 18 M McIntosh
(Hertfordshire) 2407 (11.5, 6.25, 1.46,
4.47/0.0, 2:57.6); 19 F Taylor (Surrey)
2400 (12.9, 7.45, 1.40, 4.20/0.0,
2:38.4); 20 L James (Berkshire) 2375
(12.8, 10.94, 1.22, 4.31/-1.0, 2:48.1);
21 C Harrison-Moore (Berkshire) 2371
(14.0, 7.57, 1.52, 4.51/-0.2, 2:51.9);
22 E Taylor (Surrey) 2333 (11.7, 6.76,
1.37, 4.85/-0.7, 3:07.0); 23 A Kohler
(Middlesex) 2310 (13.5, 6.88, 1.37,
4.42/-1.1, 2:40.0)

ESAA SOUTH WEST SCHOOLS' COMBINED EVENTS & RACE WALK CHAMPIONSHIPS, Yeovil

U20 men: Dec: 1 C Hale (Dorset) 6202
(11.97, 6.17, 13.39, 1.80, 55.35,
16.35, 43.38, 3.50, 56.33, 5:24.88); 2
K Cairney (Cornwall) 5529 (11.21, 6.25,
11.55, 1.71, 51.29, 15.81, 28.25, 2:50,
39.51, 5:01.10); 3 T Sauter (Somerset)
4956 (12.02, 5.56, 9.68, 1.77, 57.49,
16.53, 26.04, 2.70, 38.38, 5:14.66); 4
K Short (Wiltshire) 4894 (11.69, 5.35,
9.35, 1.71, 56.13, 16.35, 25.61, 2.70,
31.30, 5:10.58)

U17: Oct: 1 J Schlueter (Somerset) 4924
(6.43, 33.42, 37.19, 52.62, 13.56,
1.68, 13.65, 5:06.37); 2 L Cressey
(Devon) 4859 (5.89, 29.29, 49.58,
53.62, 13.99, 1.89, 11.57, 4:56.31);
3 R Howarth (Wiltshire) 4758 (5.74,
38.08, 42.87, 53.53, 17.00, 1.71,
12.26, 4:23.13); 4 C Moncur (Devon)
4634 (5.67, 39.30, 45.55, 56.13,
15.53, 1.65, 13.07, 4:56.67); 5 P Tutt
(Devon) 4417 (5.74, 30.08, 48.90,
54.26, 16.26, 1.68, 11.25, 4:58.85); 6
B McIntyre (Gloucestershire) 4404 (5.23,
29.36, 44.11, 53.31, 15.81, 1.62, 9.65,
4:21.37); 7 W Scammell (Wiltshire) 4106
(5.46, 28.55, 35.08, 54.09, 14.94, 1.59,
10.91, 5:11.41); 8 J Evans (Avon) 4030
(5.29, 23.51, 34.79, 54.24, 15.23, 1.56,
12.49, 5:07.30); 9 W Stakes (Somerset)
4017 (5.06, 28.97, 44.73, 55.35, 15.47,
1.68, 9.63, 5:20.07); 10 J Kelly (Wiltshire)
3742 (5.10, 22.76, 28.90, 53.22, 16.23,
1.65, 9.69, 5:06.59); 11 L Hillier (Avon)
3521 (5.00, 23.16, 25.99, 57.90, 15.86,

1.65, 7.79, 4:50.44); 12 J Gordon
(Wiltshire) 3225 (4.61, 19.57, 27.50,
56.35, 18.49, 1.53, 7.72, 4:35.01); 13
R Hughes (Dorset) 3218 (5.32, 18.40,
24.60, 59.83, 15.78, 1.71, 7.77,
5:35.55); 14 T Dollery (Somerset) 3166
(4.58, 28.53, 53.08, 63.37, 20.50, 1.47,
9.77, 5:25.23)
U15: Pen: 1 O D'Rosario (Somerset) 3051
(11.30, 9.95, 6.31, 1.80, 2:16.46); 2
L Ball (Avon) 2705 (12.36, 9.66, 5.77,
1.83, 2:25.16); 3 D Hamilton-Strong
(Devon) 2694 (11.97, 12.19, 5.64, 1.50,
2:18.90); 4 L Alli (Wiltshire) 2601 (13.01,
10.20, 5.72, 1.65, 2:18.59); 5 H Barton
(Somerset) 2331 (12.23, 7.81, 4.94, 1.65,
2:22.38); 6 A Hardy-Stewart (Somerset)
2301 (13.22, 8.48, 5.12, 1.68, 2:24.29);
7 B Pitts (Devon) 2229 (14.93, 8.12,
5.99, 1.59, 2:24.38); 8 F Middleton
(Wiltshire) 2222 (13.21, 7.33, 5.09, 1.47,
2:13.45); 9 H Tomlin (Corn) 2183 (13.56,
11.97, 4.67, 1.38, 2:23.23); 10 J
Mitchell (Avon) 2167 (13.93, 8.41, 5.21,
1.59, 2:25.04); 11 K Ketterer (Corn) 2073
(12.93, 8.45, 5.01, 1.35, 2:23.48)

U20 women:
Hept: 1 O Dobson (Devon) 5223 (15.32,
1.74, 12.45, 26.40, 5.65, 38.96,
2:31.40); 2 N Smith (Gloucestershire)
4861 (15.04, 1.68, 9.70, 26.08, 5.28,
29.96, 2:23.11); 3 J Blundell (Avon)
4799 (14.31, 1.65, 9.33, 25.62,
5.32, 25.82, 2:28.96); 4 C Jones
(Gloucestershire) 4727 (15.19, 1.68,
11.11, 27.45, 5.15, 36.46, 2:34.25);
5 C Lee (Somerset) 4444 (15.50, 1.59,
10.09, 26.63, 5.09, 30.84, 2:38.68); 6
A Brophy (Somerset) 4384 (15.82, 1.71,
9.24, 27.67, 4.92, 25.59, 2:28.44); 7
B Burley (Dorset) 4031 (14.69, 1.44,
11.54, 25.79, 5.01, 35.65, DNF); 8 R
Ousby (Avon) 3560 (18.67, 1.50, 7.93,
26.78, 4.55, 20.34, 2:33.00); 9 H Fox
(Somerset) 3482 (18.33, 1.38, 7.84,
27.24, 4.37, 22.41, 2:27.47); 10 L Riley
(Cornwall) 3371 (18.20, 1.47, 7.18,
29.10, 4.18, 30.42, 2:38.85)

U17: Hept: 1 E Bee (Devon) 5064 (11.29,
1.68, 10.98, 25.20, 5.42, 30.25,
2:28.50); 2 E Tyrrell (Devon) 4491
(11.94, 1.56, 9.52, 26.43, 5.47, 28.51,
2:37.86); 3 H McKenna (Somerset) 4425
(11.56, 1.50, 10.23, 26.84, 4.98, 33.29,
2:39.28); 4 O Willmore (Dorset) 4323
(12.72, 1.56, 10.16, 26.98, 4.57, 32.27,
2:28.85); 5 M Jones (Somerset) 3988
(13.28, 1.65, 9.97, 27.49, 4.92, 18.95,
2:42.59); 6 E Carrow (Somerset) 3978
(11.99, 1.50, 9.52, 27.31, 5.01, 28.77,
2:42.20); 7 G Kirkham (Wiltshire) 3713
(13.13, 1.53, 9.30, 26.87, 5.25, 18.92,
3:07.99); 8 G Veal (Gloucestershire) 3689
U15: Pen: 1 K Chapman (Devon) 3177
(11.27



Alastair Chalmers: 50.52 400m hurdles PB at St Peter Port

JUNE 23-24

WELSH U13 / U15 / U17 / U20

CHAMPIONSHIPS, Newport

U20 mixed events: 3000W: 1 M

Stratton-Thomas (Swan, U20W) 15:58.56

U20 men: 400: 1 A Hill (S'end) 50.14

800: 1 I Williams (Carm) 1:57.92. **110H**

(-0.4): 1 T Slade (Swan) 14.27. **400H:**

1 H Reynolds (Card, U17) 57.23; 2 W

Lloyd (P'broke, U17) 57.33. **LJ:** 1 T

Slade (Swan) 6.60/0.4. **TJ:** 1 T Atkinson

(Card) 13.73/-0.7. **SP:** 1 N Young (Sale)

16.64. **DT:** 1 N Young (Sale) 44.28. **JT:**

1 T Hewson (And) 64.04; 2 R Hughes

(Swan) 48.60

U17: 100 (-1.4): 1 Z Price (Menai)

11.08. **200 (-0.6):** 1 Z Price (Menai)

22.31; 2 D Jones (Col H) 22.76; 3 Z

Jones (Swan) 22.89. **H2 (-0.6):** 1 Z

Price (Menai) 22.36. **400:** 1 S Jones

(Swan) 50.56; 2 I Glynn (Carm) 51.30.

Ht1: 1 S Jones (Swan) 50.17. **800:** 1

D Locke (Newp) 1:56.31; 2 B Reynolds

(Card) 1:56.79; 3 C Owen (Maldwyn)

1:59.90. **100H (0.7):** 1 B Hillman (Card)

13.97; 2 J Alexander (Card) 14.04; 3

T Wilcock (R&N) 14.31; 4 T Thompson

(P'broke) 14.37. **400H:** 1 H Reynolds

(Card) 57.23; 1 H Reynolds (Card) 57.23;

2 W Lloyd (P'broke) 57.33; 2 W Lloyd

(P'broke) 57.33. **1500SC:** 1 J Gold

(Card) 4:49.70. **PV:** 1 M Mellor (Card

Arch) 3.84; 2 F Fenwick (Swan) 3.84; 3

C Thompson (Card Arch) 3.64; 4 I Slade

(Swan) 3.54. **SP:** 1 M Devan (Newp)

12.48; 2 T James (Swan) 12.19. **DT:** 1

H Davies (Neath) 42.70. **HT:** 1 K Davies

(Brec) 46.64. **JT:** 1 L Clarke (Card) 49.24

U15: 200 (0.4): 1 E Jones (B'end)

22.86; 2 F Savage (Dees) 23.40; 3 S

Petherbridge (Swan) 23.51; 4 L Morgan

(Neath) 23.74; 5 W Lovejoy (Here) 23.78.

Ht1 (-1.8): 1 E Jones (B'end) 24.17.

H2 (-0.8): 1 W Lovejoy (Here) 24.24.

H3 (-1.3): 1 S Petherbridge (Swan)

23.98. **Ht4 (-2.0):** 1 Z Wall (Card Arch)

23.99; 2 F Savage (Dees) 24.09. **SF1**

(-0.5): 1 E Jones (B'end) 23.21; 2 W

Lovejoy (Here) 23.72; 3 L Morgan (Neath)

23.92; 4 B Vincent (Card) 24.17. **SF2**

(-1.3): 1 S Petherbridge (Swan) 23.96;

2 F Savage (Dees) 23.97. **800: Ht1:** 1 J

Reynolds (Card) 2:04.88; 2 T Cartledge

(Dees) 2:09.81. **H2:** 1 D Jones (Carm)

2:03.68; 2 K Abraham (Neath) 2:06.49.

Ht3: 1 C Holland (Swan) 2:02.96; 2 R

Hodgson (Col B) 2:07.46. **80H (0.3):**

1 Z Wali (Card Arch) 11.52; 2 O Clarke

(Swan) 12.18; 3 Z Davies (Swan) 12.20;

4 E Willis (Swan) 12.91; 5 J Aka (Swan)

12.91. **PV:** 1 W Trott (Swan) 3.54; 2 N

Osborne (Swan) 3.04; 3 E Maullin-Davies

(Card Arch) 2.74; 5 M Thomas (Swan,

U13) 2.04; 6 H Newton (Swan, U13)

2.04. **LJ:** 1 B Vincent (Card) 6.24/-0.1; 2

F Savage (Dees) 5.88/1.2. **DT:** 1 J Knight

(Card Arch) 35.52

U13: 200 (1.8): 1 R Clark (Card Arch)

26.66; 2 H Garcia (Swan) 26.77. **800:**

Ht1: 1 J Organ (Brec) 2:20.32. **H2:**

1 L Stark (Newp) 2:20.67. **1500:** 1 L

Camilleri (Card Arch) 4:55.03. **HJ:** 1 O

Roberts (Carm) 1.45. **DT:** 1 E Wittchell

(Card) 33.33. **JT:** 1 F Wrey Brown (Win)

32.53

U20 women: 100 (-2.1): 1 A Samuel

(Amman) 12.25; 2 G Fakande (Swan)

12.46. **200 (-1.8):** 1 H Longden (Card)

25.41. **400:** 1 F Roberts (Col B) 57.25;

2 L Culliford (Card) 58.21; 3 S Benson

(Dees) 58.34. **800:** 1 N Reid (Card)

2:15.05; 2 H Roberts (Col B) 2:16.99.

1500: 1 S Cordiner (Wrex, U17) 4:39.45;

2 C Gwyther (Swan, U17) 4:43.38; 3

N Clatworthy (Card, U17) 4:48.69; 4

H Roberts (Col B) 4:48.99. **400H:** 1

L Culliford (Card) 65.62. **2000SC:** 1

L Lawrence (Menai) 6:11.06. **HJ:** 1

L Evans (Card) 1.65. **PV:** 1 L Hillman

(Card) 3.24; 2 F Llewellyn (B'end) 3.14.

LJ: 1 E Thomas (Card Arch) 5.62/1.0.

TJ: 1 M Jones (Swan) 11.82/1.4; 2 E

Thomas (Card Arch) 11.04/1.4. **SP:** 1 S

Omorieg (Card) 13.62; 2 C Arnold (Card

Arch) 10.79; 3 G Lewis (Newp) 10.64; 4

C Lockett (Bir) 10.33. **DT:** 1 A Simpson

(Dees) 37.27; 2 C Lockett (Bir) 33.31. **HT:**

1 A Simpson (Dees) 54.54; 2 C Lockett

(Bir) 48.05; 3 F Palmer (Card) 47.57;

4 C Thomas (Ports) 45.67; 5 S Watkins

(Neath) 36.12. **JT:** 1 B Rees (C&S) 47.22;

2 C Morgan (Newp) 36.91; 3 R Jones

(Swan) 33.64

U17: 100 (-0.3): 1 C Mapps (Card Arch)

12.27; 2 Tustin (Card) 12.49; 3 E Kone

(Card) 12.49. **200 (-1.3):** 1 E Kone (Card)

25.74; 2 M Morris (Swan) 25.89. **Ht1:**

(-2.0): 1 E Kone (Card) 25.54. **300:** 1 E

Jenkins (Cwmb) 41.04; 2 I Davies (Swan)

41.55. **Ht1:** 1 I Jenkins (Cwmb) 41.61.

800: 1 M Roberts (Dees) 2:17.24; 2 C

Gwyther (Swan) 2:17.55; 3 N Clatworthy

(Card) 2:17.93; 4 S Cordiner (Wrex)

2:18.22. **80H (0.9):** 1 G Morgan (Card

Arch) 11.22; 2 C Mapps (Card Arch)

11.81; 3 L Ivin (Card) 12.44; 4 L Thomas

(Neath) 12.49. **300H:** 1 N Roberts (L'neil)

46.92; 2 S Vella (Card) 47.50; 3 A Evans

(Card Arch) 47.55; 4 F Jenkins (P'broke)

47.72. **1500SC:** 1 B Stratton-Thomas

(Swan) 5:38.62; 2 B Gold (Card) 5:55.56.

PV: 1 M Hamer (Card Arch) 2.94; 2 E

Lawrence (Swan) 2.94. **LJ:** 1 C Mapps

(Card Arch) 5.39/-0.9; 2 G Morgan (Card

Arch) 5.22/1.6. **TJ:** 1 B Roberts (Carm)

10.74/0.7. **SP:** 1 M Greenman (Card

Arch) 11.75; 2 C Fox (P'broke) 11.37.

DT: 1 B Cronin (Newp) 30.45. **HT:** 1 C

Grimwade (Card) 44.14; 2 H Cooper

(Swan) 37.99; 3 L Spacey (Swan) 37.87.

JT: 1 B Moule (Neath) 45.90; 2 M Galpin

(And, U15) 42.41; 3 H Pemberton (Wrex)

35.24

U15: 200 (-0.8): 1 E Wintle (P'broke)

25.87. **800: Ht1:** 1 M Lyons (Card)

2:21.11. **H2:** 1 S Jones (Menai)

2:16.24; 2 O Pye (Mari J) 2:21.53. **H3:**

1 D Thompson (Carm) 2:19.15. **Ht4:** 1

E Kearney (Wirr) 2:15.82. **75H (1.0):** 1

C Poole (Swan) 11.41; 2 E Wong (Card)

11.75; 3 E Isaac (Card Arch) 11.75;

4 B Magwood (Rhym V) 12.34. **HJ:** 1

R Domican (Card Arch) 1.55. **PV:** 1 I

Thomas (Card) 2.94; 2 M Carter (Swan)

2.64. **LJ:** 1 C Poole (Swan) 5.17

U13: 100 (1.8): 1 T Boateng (Newp)

13.15; 2 M Roberts (Carm) 13.20; 3 O

Gillespie (Newp) 13.26. **H3 (-3.1):** 1 T

Boateng (Newp) 13.50. **200 (-0.8):** 1

O Gillespie (Newp) 27.31; 2 T Boateng

(Newp) 27.45; 3 M Roberts (Carm)

27.64; 4 T Teisar (B'end) 28.50. **Ht1**

(2.8): 1 T Teisar (B'end) 28.19; 2 M Type

(Card) 28.41. **H2 (0.7):** 1 T Boateng

(Newp) 28.08; 2 S Popham (Walton)

28.15. **H3 (2.2):** 1 O Gillespie (Newp)

27.17; 2 M Roberts (Carm) 27.48. **H4**

(1.4): 1 K Gill (Card Arch) 28.50. **SF1**

(0.6): 1 T Boateng (Newp) 28.29; 2

S Popham (Walton) 28.46; 3 T Teisar

(B'end) 28.50. **SF2 (0.5):** 1 M Roberts

(Carm) 27.35. **800: Ht1:** 1 L Wintle

(P'broke) 2:27.03. **1500: H2:** 1 M

Griffiths (Maldwyn) 5:09.51. **70H (-0.8):**

1 S Lisk (Card Arch) 11.52; 2 L Wintle

(P'broke) 11.84; 3 K Thomas (Swan)

11.86; 4 H Forkuoh (L'neil) 11.97; 5

M Gwyther (Swan) 12.22; 6 L Lloyd

(P'broke) 12.35; 7 S Lyons (Swan) 12.47.

Ht1 (1.8): 1 S Lisk (Card Arch) 11.38;

2 L Wintle (P'broke) 11.76; 3 S Lyons

(Swan) 12.06; 4 C Jones (Cwmb) 12.36.

H2 (2.3): 1 K Thomas (Swan) 11.57; 2

M Gwyther (Swan) 11.99; 3 H Forkuoh

(L'neil) 12.01; 4 L Lloyd (P'broke) 12.05.

HJ: 1 S Griffiths (Card Arch) 1.50; 2 S

Lisk (Card Arch) 1.45; 3 K Thomas (Swan)

1.40. **LJ:** 1 H Forkuoh (L'neil) 4.81/0.4;

2 S Lyons (Swan) 4.76/-0.1; 3 S Davies

(Card Arch) 4.55/0.5. **SP:** 1 C Seaborn

(Rhym V) 8.90. **JT:** 1 C Walker (Carm)

32.16; 2 L Lloyd (P'broke) 27.74

JUNE 23

BRISTOL & WEST AC NIGHT OF FAST

5000m OPEN, Yate

Mixed events: 5000: r1: 1 J Bancroft

(Wells) 14:45.14; 2 B Robinson (B&W)

14:47.68; 3 A Stewart (Chilt) 15:01.78;

4 B Price (Chelt, M35) 15:01.89; 5 P

Burden (Taun, M40) 15:04.04; 6 W

Ferguson (CLC, M35) 15:15.10; 7 K

Taylor (B&W) 15:18.08; 8 A Lee (Chelt,

M35) 15:20.46; 9 R de-Camps (Chelt)

15:23.80; 10 J Chantler-Mayne (Chelt,

U20) 15:25.80; 11 J Rodgers (N Som)

15:29.91; 12 C Williams (AFD) 15:33.08;

13 E Taylor (Chelt) 15:41.51. **r2:** 8 F

Jennings (Bide, U17) 16:14.79; 11 M

James (Chelt, M40) 16:24.95. **r3:** 4 S

Goss (B



Richard Allen: on his way to 3000m victory in Birmingham

Metcalfe (Sheff U) 10.99; 5 O Williams (Bir, U17) 11.19. **400: r1:** 1 C McAlister (TVH) 47.40; 2 L Thompson (Shef/Dearn) 47.44; 3 E Greatrex (Bir, U20) 47.86; 4 S Wright (Kent) 48.19; 5 B Fields (Cornell) 49.18; 6 C Crosby (Limerick) 49.27. **r2:** 1 S Cooper (Cornell) 48.98; 2 T Bennett-Williams (W&B) 49.17. **r3:** 1 G Whitehouse (Tip) 49.64; 2 M Waterfield (Morp, U20) 49.71; 4 E Sheffield (Burt, U17) 51.03. **1 Mile: r1:** 1 K Clements (SB) 4:03.72; 2 J Gormley (Shef/Dearn) 4:03.97; 3 D Musson (Notts) 4:10.97; 4 D Deluca (Cornell) 4:16.76; 5 J Taylor-Caldwell (ESM) 4:17.12; 6 P Hally (Penn) 4:17.12; 7 J McCrae (Nene V) 4:19.02. **r2:** 3 E Moran (Exe, U20) 4:29.02. **3000: r1:** 1 R Allen (AFD) 8:06.83; 2 M Pearce (SB) 8:07.45; 3 K Omar Abdullahi (Birchfield Harriers) 8:10.49; 4 G Cackle (AFD) 8:18.38; 5 R Chesser (Ennis T) 8:21.83; 6 M Jackson (Liv H) 8:24.29; 7 S Beattie (Morp) 8:25.03; 8 H Halford (Bir) 8:25.34; 9 C Smith (Swan, U20) 8:26.30; 10 G Anderson (Stock H) 8:30.23; 11 R Bough (Edin) 8:30.78; 12 A Groff (Penn) 8:30.92; 13 C Luciano (Penn) 8:37.34; 14 S Chauvin (Cornell) 8:39.50; 15 D Carpenter (E&H) 8:42.71. **r2:** 1 T Jervis (Read) 8:36.33; 2 T Mcstay (Galw, U20) 8:45.57; 5 L Boot (SSH, U20) 8:51.44; 6 A Brennan (IRL, U20) 8:52.08; 10 J Minter (Mil K, U20) 8:59.33. **110H (3.1):** 1 J Porter (Bir) 13.99; 2 A Lyons (Cornell) 14.12; 3 O Okoro (Bir) 14.91; 4 M Bowler (Birmingham University) 14.95; 5 M Curtis (W'borne) 15.83. **4x200:** 1 Penn/Cornell 1:26.80; 2 Birm U 1:28.62. **HJ:** 1 D Ogbechie (High, U17) 2.10; 2 R Webb (Bir) 2.10; 3 A Coward (SB) 2.05; 3= R Dwyer (Strat) 2.05; 5 M Lazarou (Cornell) 1.95; 6= B Saunders (Bir, U20) 1.95; 6= S Jones (Liv H, U20) 1.95; 6= J McCabe (NI Schs) 1.95. **SP:** 1 D Cartwright (Bir) 15.93; 2 Z Hawley (Cornell) 15.02; 3 K Benson (Cornell) 13.76; 4 C Parker (Penn) 13.42. **DT:** 1 J Kubiatowicz (Penn) 49.05; 2 K Benson (Cornell) 47.16; 3 C Parker (Penn) 45.44; 4 D Cartwright (Bir) 43.25; 5 Z Hawley (Cornell) 43.20; 6 S Cooper (Cornell) 40.76.

Mixed events: Mile: 1 L Whittingham (Macc, U20W) 5:16.94. **PV:** 1 S Clarke (Penn) 5.40; 2 A McNeillis (NEB) 4.90; 3 A Barlow (Cornell) 4.80; 4 J Phipps (Bir) 4.70; 5 M Bowler (Birmingham University) 4.40; 6 Y Kanesh (Limerick) 4.20; 7 K Schroeder (Penn, W) 3.40; 8 C Kao (Cornell, W) 3.40. **LJ:** 1 A Price (Swan)

7.18; 2 A Rodriguez (Cornell) 7.08; 3 C Constantin (Penn) 6.91; 4 M Durrant-Sutherland (Bir) 6.86; 5 D Whitsett (Penn) 6.86; 11 S Warnock (Edin, W) 6.23. **JT:** 1 E Jamieson (Norw, W) 43.59; 2 B Cope (Penn, U20W) 39.79; 4 C Jones (Charm, U20W) 34.43.

Women: 100: r1 (1.2): 1 H Mills (Notts) 11.67; 2 T McCorkle (Penn) 11.97; 3 H Paton (Bir) 12.22; 4 B Biney (Penn) 12.24. **400: r1:** 1 N Akins (Penn) 54.54; 2 T Radoslav (Cornell) 54.89; 3 M Smith (Bir) 55.22; 4 H Cooper (Charm, U20) 56.63; 5 G Moyinhan (IRL) 57.48. **r2:** 1 T McGraw (Amber, U20) 57.00; 2 B Taiwo Eyiowuwayi (Bexley, U20) 57.96; 3 C Clarke (Worc, U20) 58.71. **Mile:** 1 A O'Donoghue (IRL) 4:49.65; 2 D Hallam (Hav) 4:55.25; 3 D Orié (Penn, U20) 4:58.63; 4 J Keene (B&B, U20) 4:59.61; 5 M Riglin (WSEH) 4:59.96; 6 G Orié (Cornell, U20) 5:01.28; 7 J Catania (Penn) 5:02.65; 8 E Shirley (Notts) 5:05.77; 9 N Brown (AFD, U20) 5:06.85; 10 M Grice (AFD, U20) 5:08.83. **3000:** 1 J Nesbitt (Worc) 9:17.98; 2 R Murray (Birm U) 9:22.76; 3 J Paternain (C&C, U20) 9:23.07; 4 A Hong (Penn) 9:30.79; 5 L Gent (AFD) 9:34.38; 6 L Webb (Soton) 9:37.26; 7 S Treacy (Bir) 9:41.28; 8 H Carruthers (Roth) 9:42.30; 9 J Coyne (Limerick) 9:46.20; 10 B Brumley (Cornell) 9:52.56; 11 B Straw (Bir) 9:54.52; 12 V Weir (Ply) 10:04.85; 13 S Burns (Roth) 10:06.10; 14 L Whittingham (Macc, U20) 10:25.52; 15 R Berger-North (Brack) 10:29.86. **100H (1.2):** 1 H Paton (Bir) 13.46; 2 S Lavin (IRL) 13.65; 3 B Stenekes (Cornell) 13.79. **4x200:** 1 Penn/Cornell 1:38.65; 2 Birm U 1:39.08. **4x800:** 1 Cornell 8:38.11; 2 England Juniors (U20) 8:39.78; 3 Harb 8:56.58; 4 Birm U 9:01.06; 5 Birm U 9:12.57. **HJ:** 1 M Lorenzo (Cornell, U20) 1.70; 2 E Madden Forman (Strat, U20) 1.65. **SP:** 1 M Kimmel (Penn) 16.05; 2 M Smith (Cornell) 12.46; 3 L Morris (Cornell) 12.40; 4 L Chantler Edmond (Bir, U20) 11.49. **DT:** 1 A Anumba (Penn, U20) 53.39; 2 M Kimmel (Penn) 48.07; 3 S Milner (B&B) 43.16; 4 S McKen (W&B) 39.71; 5 T Drayton (Cornell) 39.65; 6 M Smith (Cornell) 39.14; 7 L Chantler Edmond (Bir, U20) 37.56

SOUTHERN ATHLETICS LEAGUE,

DIVISION 1, Bromley

MATCH: 1 Blackheath & Bromley 233; 2 City of Norwich 210; 3 Southampton 168; 4 Nene Valley Harriers 154

DOUGLAS WILSON

Men: 100: A (-0.4): 1 T Gilling (B&B) 10.80; 2 R Rawlings (Nene V, U20) 10.89. **B (-0.4):** 1 D Bovell (B&B) 10.95. **200: A (0.6):** 1 R Rawlings (Nene V, U20) 22.13. **B (0.6):** 1 O Briars (B&B, U17) 22.72. **400:** 1 J Higgins (Soton, U20) 50.33. **800:** 2 O Bright (B&B, U17) 1:57.25. **1500:** 2 M Francis (B&B, U17) 1:57.58. **3000:** 1 P Guy (B&B, U17) 4:07.35. **5000:** 1 A Harrell (Norw) 15:19.13. **B:** 1 J White (Norw, U20) 15:31.72. **110H: A (0.7):** 1 R Young (B&B) 14.87; 2 L Hunt (Norw) 15.19. **B (0.7):** 1 C Marshall (Norw) 15.95. **ns:** 1 R Thomas (Herne H) 14.47. **400H:** 1 S Adams (Soton) 53.30; 2 A O'Callaghan-Brown (B&B, U20) 56.39. **ns:** 5 R Holt (B&B, M45) 62.91. **2000SC:** 1 E Sumskis (Nene V) 5:47.06. **4x100:** 1 B&B 43.87. **HJ:** 1 A Jones (Soton) 2.00; 2 K Aguocha (B&B, U20) 1.95. **B:** 2 B Thompson (Soton, M40) 1.75. **PV:** 2 A Williams (B&B, M65) 3.10. **B:** 1 D Warn (Soton, M50) 2.90. **TJ:** 1 D Tree (Norw, U20) 13.41. **B:** 1 T McLeLain (Norw, U17) 12.88. **SP:** 1 L Durant (B&B) 14.61; 2 M Tinkler (Nene V) 14.42; 3 N Smith (Norw) 13.11. **B:** 2 S Achurch (Nene V, M40) 11.86. **DT:** 1 M Tinkler (Nene V) 43.81; 2 M Callaway (Soton) 41.03. **B:** 1 S Achurch (Nene V, M40) 35.05. **HT:** 1 C Brown (Norw) 66.19; 3 S Achurch (Nene V, M40) 42.07. **ns:** 1 J Moore (Norw, U20) 40.26. **JT:** 1 J Whiteaker (B&B) 72.49. **B:** 1 S Achurch (Nene V, M40) 44.10. **M60 HT: ns:** 1 E Lawlor (Yate) 37.49. **Women: 100: A (-0.2):** 1 S Grace (Norw, U17) 12.48; 2 Z Thomas (B&B, U17) 12.56. **200: A (0.5):** 1 H Mpassy (B&B, U17) 24.59; 2 H Brown (Norw, U20) 25.30. **B (0.5):** 1 M Walsh (B&B, U20) 24.84; 2 S Grace (Norw, U17) 25.46. **ns (-0.1):** 1 I Hilditch (B&B, U20) 24.64. **400:** 1 R Dickens (B&B) 54.71; 2 B Brown (Norw, U20) 56.28. **B:** 1 K Galley (B&B) 54.74. **800:** 1 E Jenkinson (Soton) 2:15.65; 2 K Goldsmith (Norw, U17) 2:18.48. **1500:** 1 J Neal (B&B, U17) 4:54.40. **3000:** 1 I Lake (Norw) 9:50.47; 3 C Penlington (B&B, W40) 10:45.68. **100H: A (-0.1):** 1 I Hilditch (B&B, U20) 14.10. **400H:** 1 S Fisher (B&B, U20) 66.95. **2000SC:** 1 E Osmond (B&B, U17) 2:15.65; 2 B Bowness (Soton) 7:55.39. **4x100:** 1 B&B 48.57; 2 Soton 51.75; 3 Norw 51.99. **4x400:** 1 B&B 3:43.29; 2 Norw 4:08.70. **PV:** 1 L Edwards (Soton) 3.40; 2 E Barrett (B&B, U17) 3.30. **B:** 1 L Warden (B&B, U17) 3.30. **ns:** 1 C Moore (Craw) 3.20. **TJ:** 1 E Maltby (Nene V) 11.17; 2 S Bishop (Norw, U20) 10.96; 3 H Garrathy (Soton, U20) 10.78. **SP:** 1 B Hall (Nene V) 12.67; 2 H MacAulay (B&B, U17) 10.17. **B:** 1 L Church (Nene V, U20) 10.76. **DT:** 1 A Jenkins (Nene V, W40) 39.62; 2 H MacAulay (B&B, U17) 39.10. **B:** 1 C Marsden (B&B, U20) 34.02. **HT:** 1 G Vickery (Norw) 49.98; 2 A Jenkins (Nene V, W40) 48.02; 3 V Wiltshire (B&B, U20) 48.01. **B:** 1 C Marsden (B&B, U20) 42.00. **JT:** 1 E Locke (B&B, U20) 40.18; 2 S Ellis (Soton) 38.45

DIVISION 1, Chelmsford

MATCH: 1 Chelmsford 229; 2 Crawley 156.5; 3 Colchester Harriers 205.5; 4 Marshall Milton Keynes 181. **Men: 100:** 1 D Kusi (Mil K) 10.8; 2 A Akinboh (C&T, U17) 11.0. **ns:** 1 A Adom (Mil K) 10.9. **200:** 1 A Adom (Mil K) 22.0. **400:** 1 J Tuttle (Mil K) 15:36.4. **110H:** 1 B Reed (Chelm) 14.9. **2000SC:** B: 3 B Creed (Craw, M55) 7:37.7. **4x100:** 1

Mil K 43.5. **HJ:** 1 S Featherstone (Mil K, U17) 1.85. **PV:** 1 M Bartlett (Chelm) 4.00; 2 R Eynashall (Craw, U17) 3.50. **B:** 1 S Tremelling (Chelm, U17) 3.70. **SP:** 1 J Bloomfield (Chelm) 13.91; 2 R Earle (Col H, M55) 11.87. **B:** 1 K Wilson (Chelm) 13.04. **ns:** 1 G Tyler (Chelm, M65) 9.43. **DT:** 1 J Bloomfield (Chelm) 48.36; 2 R Earle (Col H, M55) 37.47. **ns:** 1 M Deman (Aust) 42.93; 3 G Tyler (Chelm, M65) 30.40. **HT:** 1 J Bloomfield (Chelm) 63.35; 2 R Earle (Col H, M55) 47.29; 3 M Roberson (Mil K, M40) 42.14. **B:** 1 A Reynolds (Chelm, U20) 44.03. **ns:** 1 J Beal (Worth, U17) 40.35

Women: 100: 1 A Kiddle (Chelm) 12.0; 2 R Jeggo (Col H, U20) 12.0; 3 P Oliver (Craw, U17) 12.4. **B:** 1 J Ogunleye (Col H, U20) 12.2. 2 A Packham (Craw, U17) 12.6. **ns:** 3 C St. John-Coleman (Chelm, W55) 15.7. **200:** 1 R Jeggo (Col H, U20) 24.7; 2 P Oliver (Craw, U17) 25.8. **B:** 1 J Ogunleye (Col H, U20) 25.0. **400:** 1 H McLean (Chelm) 56.6. **800:** 2 M Smith (Chelm, U17) 2:19.1. **ns:** 1 H Bolton (Chelm, U17) 2:20.9. **1500:** B: 2 R Luxton (Chelm, W55) 5:00.9. **3000:** 1 L Davies (Spring S, W55) 10:10.5; 2 E Roche (Mil K) 10:11.4. **B:** 3 D Baldwin (Mil K, W60) 12:56.8. **100H:** 1 J Lambert (Craw, U20) 15.5. **400H:** 1 H McLean (Chelm) 58.9. **B:** 1 C Netley (Chelm) 65.0. **4x100:** 1 Craw 50.0; 2 Chelm 51.2. **4x400:** 1 Chelm 4:10.4; 2 Col H 4:11.4. **PV:** 1 N Purchas (Craw, U20) 3.70; 2 T Quinlivan (Chelm, W40) 2.80. **LJ:** 2 A Packham (Craw, U17) 5.39; 3 D Czekajlo (Chelm, U17) 5.20. **TJ:** 1 J Morgan (Col H) 11.18; 2 E Rattle (Chelm, U17) 10.79. **SP:** 1 T Egbulefu (Chelm, U17) 11.78; 2 M Noyce (Craw, U17) 11.47. **DT:** 1 E Beales (Mil K, W45) 41.49. **B:** 1 T Egbulefu (Chelm, U17) 31.65. **ns:** 1 S Quinn (Chelm, W60) 29.71. **HT:** 1 K Presswell (Mil K) 60.56; 2 P Davellan (Col H) 53.38; 3 G Howe (Chelm) 48.47; 4 A Steer (Craw, U20) 39.49. **B:** 1 L Runciman (Chelm, U20) 45.78; 3 D Presswell (Mil K, W50) 23.37. **ns:** 1 S Quinn (Chelm, W60) 28.34

DIVISION 2W, Portsmouth

MATCH: 1 Basingstoke & Mid Hants 213; 2 City of Portsmouth 212.5; 3 Newbury 198; 4 Walton 128.5

Men: 100: B (1.1): 1 J Nelson (Ports, U17) 11.2. **ns1 (1.4):** 5 R Watkins (BMH, M65) 14.0. **200: A (1.3):** 1 J Martin (Ports, U20) 22.3. **ns2 (1.8):** 4 R Watkins (BMH, M65) 28.8. **400:** 1 H Pocock (Ports) 49.8. **800:** 2 S Charig (Ports, U17) 1:59.1; 3 D Woolmer (Walton, M35) 1:59.7. **110H: A (1.0):** 1 R Bonifas (BMH) 15.3; 2 S Plumb (Newb) 15.4. **400H:** 1 S Plumb (Newb) 54.8; 2 J Messenger (BMH) 54.9. **2000SC:** 4 C Ness (Walton, M45) 7:22.0. **B:** 2 W Lillis (Newb, M50) 7:16.4. **HJ:** 1 R Bonifas (BMH) 2.05; 2 J Norton (Ports, U20) 2.00. **PV:** 1 G Conlon (Walton, M40) 4.00; 4 A Smith (Ports, M55) 2.70. **B:** 2 M Franklin (Walton, M50) 2.90. **LJ:** 2 G Rosam (Ports, U20) 6.67/0.5. **TJ:** 1 E Margelis (Ports) 13.65/0.6. **SP:** B: 1 B Broadbridge (Newb, M55) 10.11. **DT:** 1 O Hewitt (Newb, U20) 40.62. **HT:** 1 S Mace (Walton, U20) 54.48; 2 O Hewitt (Newb, U20) 52.13; 3 D Marchlewicz (Ports, M35) 48.60; 4 J Filitcroft (BMH) 48.14. **B:** 3 B Broadbridge (Newb, M55) 32.65. **ns:** 1 B Jongejan (Walton, M45) 32.24. **JT:** 4 B Jongejan (Walton, M45) 44.93

Women: 100: A (1.1): 2 J Flowers (Walton, W45) 13.5. **B (1.7):** 1 L Amos (Walton, W40) 13.2. **200: A (0.9):** 3 J Flowers (Walton, W45) 27.8. **400:** 1 B Davies (Ports, U20) 57.9; 4 J Flowers (Walton, W45) 63.4. **800:** 1 I Mannion (BMH, U17) 2:17.9; 3 L Amos (Walton, W40) 2:24.9. **1500:** 1 M Deadman (BMH, U20) 4:42.4; 2 I Fry (Newb, U20) 4:46.3; 3 J Locker (Walton, W40) 5:02.3. **B:** 1 J Franklin (Newb, W35) 4:57.2. **3000:** 1 M Deadman (BMH, U20) 10:17.4; 2 E Montiel (Ports, W40) 10:32.3; 3 J Franklin (Newb, W35) 10:35.8. **B:** 1 E Jolley (Ports, W35) 10:50.6; 2 A Stewart-Power (Newb, W55) 11:42.3. **100H: A (1.6):** 1 H Haugvik (BMH, U20) 15.8. **2000SC:** 1 Y Ryder (Walton) 7:32.3. **4x100:** 1 Ports 51.8. **PV:** 1 C Cubbage (Ports, W45) 2.22; 2 S Rudd (Newb, W50) 1.80; 3 D Singleton (Walton, W55) 1.70. **LJ:** 1 M Wilton (Ports, U17) 5.18/0.8. **TJ:** 1 M Wilton (Ports, U17) 10.86/0.5. **SP:** 1 H Cubbage (Ports, U20) 11.60; 2 H Broadbridge (Newb) 11.26. **B:** 1 C Payne (Newb, U17) 10.48; 2 C Cubbage (Ports, W45) 8.62. **DT:** 1 H Cubbage (Ports, U20) 43.75; 2 H Broadbridge (Newb) 42.89; 3 D Singleton (Walton, W55) 22.79. **B:** 1 C Payne (Newb, U17) 35.81. **HT:** 1 H Broadbridge (Newb) 56.94; 2 H Cubbage (Ports, U20) 37.95; 4 D Singleton (Walton, W55) 22.90. **B:** 1 C Payne (Newb, U17) 53.64; 2 P March (Ports, U17) 35.96. **JT:** 1 A Miell (Ports, U20) 38.46; 3 S Jacob-Williams (BMH, W45) 21.57. **B:** 2 L van der Wel (BMH, W45) 20.24

DIVISION 2W, Horspath

MATCH: 1 Woking 245.5; 2 South London Harriers 196.5; 3 Oxford City 186; 4 City of Plymouth, Erme Valley and Tavistock 111

Men: 100: 1 J Hanson (Woking, U20) 10.93. **ns (0.2):** 6 M Stone (Head, M60) 13.93. **200: A (0.2):** 1 J Hanson (Woking, U20) 22.14. **1500:** 4 S Anderson (Ply, M50) 4:38.90. **400H:** 3 G Davies (Oxf C, M45) 65.16. **2000SC:** B: 2 A Tindall (S Lon, M55) 7:03.17. **SP:** 1 J Edwards (Ply) 15.04; 2 S McCauley (Swin, M40) 14.51; 3 T Bullen (S Lon) 14.07. **DT:** 1 J Edwards (Ply) 44.48; 2 T Bullen (S Lon) 43.92; 3 S McCauley (Swin, M40) 40.95. **ns:** 1 P Evans (Woking, M45) 30.69. **HT:** 1 J Edwards (Ply) 58.33; 2 S McCauley (Swin, M40) 38.07; 3 P Kelly (Woking, M50) 32.74. **JT:** B: 1 P Evans (Woking, M45) 35.59

Women: 100: A (0.2): 1 A Obijaku (S Lon, U17) 12.37; 2 T Araga (Woking, U17) 12.61. **B (3.2):** 1 S Minton (Woking, U17) 12.55. **200: A (0.1):** 1 J O'Dowda (Oxf C) 25.0; 2 A Obijaku (S Lon, U17) 25.80. **800:** 1 K Hopkins (Woking, U20) 2:18.85. **400H:** 2 T Gribble (Ply, W45) 76.4. **2000SC:** 1 M Collings (Woking, U17) 7:37.59. **4x100:** 1 Woking 51.44; 2 S Lon 51.79. **HJ:** 3 T Gribble (Ply, W45) 1.30. **PV:** 1 C Maurer (Woking) 3.60. **B:** 4 S Morrison (Woking) 3.40. **TJ:** 3 T Gribble (Ply, W45) 9.18. **SP:** 1 E Gatrell (Woking, W40) 12.65; 2 J O'Dowda (Oxf C, U20) 11.54; 3 J Barnaby (S Lon, U17) 10.10. **B:** 1 L Anderson (Woking, U20) 11.81. **DT:** 1 A Niedbala (Oxf C) 40.05; 2 J Barnaby (S Lon, U17) 34.76. **HT:** 1 A Niedbala (Oxf C) 41.44; 2 C Taylor (Ply, W45) 36.78; 3 S Kabeya (S Lon, U17) 36.32. **B:** 1 E Gatrell (Woking, W40) 31.60. **JT:** 1 J O'Dowda (Oxf C, U20) 38.77

JUNE 22

CSW NETWORK SUPER 4 OPEN

MEETING, Leamington

U13 girls: 150: **r1:** 1 L Lane (Strat) 20.8.
HJ: 1 L Lane (Strat) 1.40

JUNE 20

AVON/BRISTOL & WEST / YATE OPEN SERIES, Yate

Mixed events: 100: r5 (0.1): 1 R Tremblen (Swan) 10.97. **1500: r1:** 3 S Kerfoot (B&W, U15) 4:21.30; 5 S Robinson (W'bury, U15) 4:28.63; 6 I Parry-Jones (Swan, W) 4:32.50; 9 N Griffiths (B&W, W) 4:42.20; 10 D Jones (Yate, U15W) 4:45.80; 15 D Bedwell (B&W, M60) 5:02.06. **3000: r1:** 1 A Parsons (Bath, U17) 9:15.30
Men: 200 (1.9): 4 R Brady (Av Sch, U13) 26.38. **DT:** 1 H Walsh (Swan) 41.52; 1 A Thomas (B&W, M45) 35.03
U20: HJ: 1 A Brooks (Yate) 1.95
Women: DT: 2 H Cooper (Swan, U17) 30.23
U20: LJ: 1 O Adamson (Herne H, U17) 5.53
U17: SP: 1 M Greenman (Card Arch) 10.93; 2 A Fattis (Newp, U15) 10.39
U15: HJ: 1 F Barkley (Yate) 1.61

CAMBRIDGESHIRE AA EVENING OPEN SERIES, St. Ives

Mixed events: 100: r1.1 (0.3): 3 J Purbrick (Hunts, U15) 11.64; 5 J Bogle (Nene V, U15) 11.90. **r1.2 (0.8):** 1 L Harrison (Hunts, U15W) 12.90. **800: r1:** 5 C Anthony (Wuff, W55) 2:40.4. **1500:** 6 C Anthony (Wuff, W55) 5:47.7. **r2:** 1 L Sullivan (St Ed, U15) 4:29.8
M45 men: 3000SC: 1 G Ramsay (FVS) 11:13.0
Women: SP: 1 S McKinna (Gt Yar) 17.40

CRAWLEY OPEN SERIES, Crawley

Mixed events: 100: r3 (-1.2): 1 K Craven (Worth, M45) 12.65. **1500: r1:** 3 H Grant (B&H, U15) 4:22.78; 4 T James (Craw, U15) 4:23.33; 6 T Cheshire (G&G, U15) 4:28.89; 13 E Holland (Herne H, U15W) 4:48.45. **r2:** 3 L Dooley (B&H, U17W) 4:49.89; 4 R Losh (B&H, U15W) 4:52.26; 5 M Pickering (Reig, U13) 4:54.47; 6 T Beare (HW, U13) 4:55.02; 7 C Wormley (Craw, U13W) 4:55.23; 9 L Wormley (Craw, U13W) 4:55.79; 11 T Walker (B&H, U15W) 4:57.24; 12 E Darcy (Craw, U13) 4:58.05. **r3:** 1 E Strevens (E'rne, U13W) 4:59.00; 2 G Penrose (Lewes, U13) 4:59.18
Men: HT: 1 D McCourt (Lewes, U17) 46.48; 2 J Beal (Worth, U17) 43.71
U20: HT: 1 B Hawkes (Worth) 66.91
U17: HT: 1 S Illsley (Worth) 56.83
Women: HT: 1 L Carter (Lewes, U20) 41.80
U17: HJ/LJ: 1 A Packham (Craw) 1.60/5.32. **HT:** 1 E Franklin (Craw) 46.99; 2 C Lipscomb (Craw, U15) 38.32
U15: HJ: 1 I Humphreys (Craw) 1.60

LEE VALLEY SPRINT OPEN SERIES

ANDY ROBERTSON'S windy 10.26 100m was the highlight of the sprint performances.
Mixed events:
100: r1.1 (0.9): 1 A Robertson (Sale) 10.45; 2 K Showler-Davis (BMH) 10.46; 3 D Hylton (B&B) 10.60; 4 L Dorrell (AFD) 10.60; 5 A Adewale (E&H) 10.66; 6 G Grant (Harrow) 10.69; 7 J Smyth (Derry CT) 10.71. **r1.2 (-0.3):** 1 M Popoola (Herne H) 10.69; 2 J Thoronka (SB) 10.77. **r1.3 (-0.1):** 1 N Gilbert (WSEH) 10.77; 2 M Hogg-Williams (NEB) 10.93; 3 K Williams (E&H) 10.97. **r1.4 (-0.5):** 1 T Gilling (B&B) 10.82; 4 L Slue (Harrow, M35) 11.22. **r1.6 (0.2):** 1 T Ossai (SB, M40) 10.90; 2 O Williams (Bir, U17) 11.02. **r1.8 (1.5):** 6 J Wood (Harrow, M40) 11.58. **r1.9 (-0.1):** 4 C Harvey (Lewes, M40) 11.70. **r1.11 (-0.3):** 3 D Olusanya (Bed C, M45) 12.35. **r1.12 (0.4):** 1 R Tapper (Harrow, U13W) 12.99. **r1.15 (0.6):** 6 Y Holmes (Ips, W55) 15.14. **r1.16 (2.8):** 4 R Sutherland (Serp, U13) 12.17; 5 A Ndiaye (Serp, U17W) 12.54. **r2.1 (3.3):** 1 A Robertson (Sale) 10.26; 2 N Gilbert (AFD) 10.42; 3 D Hylton (B&B) 10.42; 4 O Grant (Harrow) 10.58. **r2.2 (0.2):** 1 J Thoronka (SB) 10.54; 2 N Gilbert (WSEH) 10.56; 3 P Africa (Craw) 10.67; 4 J Smyth (Derry CT) 10.70; 5 M Popoola (Herne H) 10.71; 6 T Gilling (B&B) 10.74; 7 T Adeyeye (E&H) 10.77; 8 L Smith (SB) 10.98. **r2.3 (3.4):** 1 K Williams (E&H) 10.80; 2 K Oghorie (Inv Ek) 10.82; 3 T Ossai (SB, M40) 11.10. **r2.4 (0.7):** 1 A Richardson (WSEH) 10.88; 2 G McLaren (Kent) 10.90; 3 A Wright (M&M) 10.91; 4 J Fairclough (Liv H) 10.95; 5 O Williams (Bir, U17) 10.97. **r2.5 (3.2):** 1 I Smith-John (Craw) 10.90; 2 W Thompson (Camb H) 10.94; 3 D Olaniji (Harrow, U20) 10.95; 4 J Thurston (Hill) 10.97; 5 K Bruney (E&H) 10.99; 6 L Slue (Harrow, M35) 11.01; 7 L Collis (Harrow, U20) 11.01. **r2.6 (1.4):** 1 K Opara (WG&L) 10.94; 2 A Sesay (R&N) 10.99. **r2.7 (-0.5):** 1 L Richards (VoA, U20) 11.02. **r2.9 (0.8):** 6 J Wood (Harrow, M40) 11.70. **r2.10 (1.1):** 2 C Harvey (Lewes, M40) 12.10. **r2.12 (0.6):** 1 E Suhonen (Charn, W) 12.22; 3 J Reavil-Bede (WSEH, W) 12.30; 4 D Olusanya (Bed C, M45) 12.34; 6 A Ndiaye (Serp, U17W) 12.56; 8 R Tapper (Harrow, U13W) 13.19. **r2.13 (2.0):** 1 I Smith (Have, U15W) 12.85. **r2.15 (0.5):** 5 Y Holmes (Ips, W55) 15.19; 6 C St. John-Coleman (Chelm, W55) 15.58



Henry Johnson: wins the Stan Long Mile at Jarrow

DAVID HEMMISON

Men: 200 (0.3): 1 A Infantino (unatt) 20.83; 2 C Lawson (SB) 21.20; 3 S Safo-Antwi (E&H) 21.37; 4 F Africa (Craw) 21.46; 5 T Adeyeye (E&H) 21.85
U18: 110H (1.4): 1 J Ricketts (Bir, U17) 13.78; 3 R Cottell (B&B, U17) 14.45; 5 R Cottell (B&B, U17) 14.53
U18 women: 100H: r1 (0.1): 2 S O'Toole (IRL) 14.63. **r2 (-0.6):** 2 S O'Toole (IRL) 14.64
MANCHESTER MILE, Sportcity
Mixed events: Mile: r6: 8 D Gill (Warr, M60) 5:32.25. **r8:** 5 A Porter (Bram R, M50) 5:05.70; 7 L Rudd (Stock H, W40) 5:07.82; 11 A Cauley (Traff, W) 5:13.14. **r9:** 7 M Russell (Salf, M50) 4:56.35. **r10:** 1 T Griffiths (SHS) 4:19.28; 4 I Grime (Salf, M45) 4:42.10; 5 A Cartwright (Wake, M40) 4:42.40; 6 D Russell (Traff, M40) 4:44.56; 9 E Fazakerley (Manc H, M45) 4:53.08
NORTH EAST GRAND PRIX OPEN, Jarrow
Mixed events: 400: r1: 1 G Urwin (Tyne) 49.47; 2 M Waterfield (Morp, U20) 50.00. **Mile: r1:** 1 H Johnson (H&P, U17) 4:17.10; 2 G Jayasuriya (M&C) 4:18.35; 3 S Hancox (Morp) 4:18.85; 4 S Charlton (Walls, U17) 4:20.30; 7 J Fiddaman (Blyth, U17) 4:24.32; 9 W Bellamy (H&P, U17) 4:25.25; 11 C Allan (H&P, U20) 4:26.00; 12 S Gibson (H&P, U17) 4:30.49. **r2:** 1 D Mellington (Morp, U17) 4:36.60; 1 J Barnshaw (J&H, U17) 4:38.34; 6 G Bracken (NSP, M55) 4:40.35. **r3:** 6 L James (H&P, U17W) 5:21.11; 7 A Pigford (H&P, U17W) 5:24.09. **3000:** 2 D Dixon (Morp, U17) 9:03.23; 3 P Haycock (M'bro, U17) 9:18.86; 5 C Perkins (Bir, U15) 9:24.86; 10 G Campbell (J&H, W) 10:05.06. **LJ:** 4 E Gargan (Gate, W) 5.54/0.0. **JT:** 1 B Griffiths (Morp, U20W) 36.35
Men: SP: 1 C Sturrock (TVH) 14.57
U20: PV: 1 O Herring (Gate) 3.90
U17: 100H (0.0): 1 C Splevins (NSP)

14.95. **JT:** 1 M Graham (Bir) 48.63
U15: 800: r1: 1 D Race (Gate) 2:06.03; 2 B Waterfield (Morp) 2:06.77; 3 J Blevins (NSP) 2:09.22. **SP:** 1 J Halpin (Gate) 15.18. **JT:** 1 J Halpin (Gate) 42.85
Women: SP: 1 S Littlemore (Gate) 13.20; 2 L Turner (Gate) 11.78
U17: SP: 1 C Burns (M'bro) 11.41; 2 L Giles (Gate) 11.20
U15: 800: r1: 1 R Hughes (NSP) 2:19.64. **r2:** 1 T Graham (Bir) 2:22.33
U13: 70H (0.0): 1 G Johnson (Blay) 12.23. **SP:** 1 L Thompson (Dar) 8.51

SHEFFIELD RUN JUMP THROW OPEN, Sheffield

U17 mixed events: TJ: 2 C Yates (Amber, U15W) 10.78
Mixed events: 800: 2 Z Ferguson (Shef/Dearn, U13) 2:23.62. **100H (0.5):** 1 G Lawrence (Gate, U20W) 14.62. **110H (0.5):** 1 J Wright (R&N) 15.00. **PV:** 1 A White (Linc W, M45) 3.34; 2 A Hunt (Wake, U15W) 3.04; 3 J Waters (Shef/Dearn, U20W) 3.04; 4 L Green (C'field, U17W) 3.04; 5 J James (Shef/Dearn, U15) 3.04; 6 E Hopkins (Shef/Dearn, U15) 2.74; 7 S Hubbard (Tam, U15W) 2.74; 8 E Hunt (Wake, U15W) 2.74; 10 H Moody (C'field, U15W) 2.59; 14 R May (Shef/Dearn, U13) 2.29. **B:** 1 G Heppinstall (Shef/Dearn) 4.83; 2 W Foot (C'field, U15) 3.75; 3 C Blunt (KuH, W) 3.54
Men: 400: 1 L Thompson (Shef/Dearn) 47.66; 2 A Walker-Khan (City of Sheffield) 47.82; 3 C Heayesezo (Shef/Dearn) 49.64; 4 A Parker (W Ches, M40) 52.17. **DT:** 1 S Linsell (Leeds C, M50) 33.39
U17: JT: 1 F Bishop-Timings (R&N) 51.92
U13: 800: 1 L Parker (Roth) 2:24.38
Women: 400: 1 N Campbell-Smith (Bir) 54.83; 2 E Barrett (C'field) 55.99. **800:** 1 E Ball (Roth, U17) 2:17.92
U17: JT: 1 L Foletti (Hallam) 41.28
U13: 800: 1 O Bell (Roth) 2:29.88

WELSH ATHLETICS RUNWITHTHEWIND SPRINTS OPEN MEETING, Cardiff

SAM GORDON won the 100m in a season's best of 10.36.
Mixed events: 100: r1 (1.1): 1 S Gordon (Card) 10.36; 2 J Brown (Card) 10.76; 3 T Williams (B&W) 10.76; 4 D Beadsley (Swan) 10.81; 5 Z Price (Menai, U17) 10.84; 6 J Griffiths (Card) 10.89. **r2 (1.8):** 1 M Wilson (Swan) 10.82; 2 W Kennedy (B&W) 10.86; 3 R Cawkwell (Glouc, U20) 11.03. **r3 (1.6):** 3 D Chesser (NEB) 15:01.79; 4 T Higgs (S L) 15:13.89; 5 B Shearer (Camb H, M40) 15:16.89; 6 P Chesser (NEB) 15:20.48; 7 M Welsh (Belg) 15:20.60; 8 G Foster (Hast) 15:20.66; 9 C Sharp (S'port W) 15:23.28; 10 M Vardy (Newb) 15:30.61; 11 E Buckner (NEB) 15:36.07; 12 J Bowler (Kent, M35) 15:51.78; 13 R Laing (Kent, M40) 15:53.58
Mixed events: 800: E: 1 C Macrae (Inv Ek, U17) 1:59.68; 2 C Sharp (Central P, M40) 2:00.12; 8 R Walcott-Nolan (Lut, W) 2:01.78; 9 S Oskan-Clarke (WSEH, W) 2:02.01. **C:** 1 C Ford (Camb H, W) 2:11.07; 2 Z Mossi (B&B, U15W) 2:11.38; 5 H Viner (High, W) 2:13.99; 6 C Sharp (Central P, U20W) 2:14.13; 7 W Odele (Camb H, M50) 2:18.26. **HT:** 2 E Minshull (Cov, U20W) 2:15.49; 3 J Goater (High, W) 2:16.26; 4 C Young (M&M, U17W) 2:16.79; 5 A Hobbay (Herne H, U20W) 2:17.03; 6 T Bage (Phoe, W) 2:17.68. **1500: D:** 2 K Mhlanga (Chelm, U20W) 4:20.96; 3 T Machin-Paley (High, U15) 4:25.43; 4 N Taylor (Ton, W)

CAMBRIDGE H OPEN, Eltham

Mixed events: 100 (-0.7): 1 N Brown (Kent) 10.93. **800: r2:** 2 M Sawyer (Inv Ek, U15W) 2:17.63. **1500:** 4 K Rushton (Win, W50) 5:22.67
Women: SP3K: 2 J Agyepong (Camb H, W50) 9.69
U17: HJ: 1 M Egbo (Herts P) 1.70

BMC REGIONAL RACES, Eltham

SOUTH OF ENGLAND 1500m champion Sean Molloy came from a long way back to pip English national cross-country champion Adam Hickey to win an exciting 1500m in a PB 3:50.28.
Hickey then did a fine pacing job in the 5000m, reeling off 70 second laps throughout and leading Paul Martelletti all the way to the finish, which the latter won in a season's best 14:32.73.
Molloy did a similarly good job in the B 5000m, in which Sophie Harris ran 16:33.72.

In a mixed 800m, Reeve Walcott-Nolan (2:01.78) just got the better of Shelayna Oskan-Clarke (2:02.01).
Men: 800: 1 V Nutakor (NEB) 1:50.91; 2 N Akpan (Liv H) 1:51.10; 3 P Taylor (Bir) 1:51.47; 4 B Murphy (Ton) 1:52.01; 5 C Dodd (E'rne) 1:52.28; 6 D King-Clutterbuck (NEB) 1:52.48; 7 D Neary (York) 1:52.88. **B:** 1 O Lill (Bas, U17) 1:54.22; 2 A Harrington (B&B, U20) 1:54.54; 3 B White (Phoe) 1:54.93. **C:** 3 I Brown (Bas, U20) 1:57.19; 4 P Guy (B&B, U17) 1:57.28; 6 J Cunningham Marsh (M&M, U20) 1:57.90; 7 S Ward (WG&L, U17) 1:58.01; 8 J Rashbrook (WG&L, U17) 1:59.80. **F:** 2 T Linsell (Bas, U15) 2:06.36; 5 J Minshull (Cov, U15) 2:07.23. **1500:** 1 S Molloy (Ton) 3:50.28; 2 A Hickey (S'end) 3:51.10; 3 L Kempson (C&C) 3:53.41; 4 T Richardson (Bas) 3:55.28; 5 M Ali (ESM, U17) 3:57.59; 6 O Bright (B&B, U17) 3:57.65; 7 J Taylor-Caldwell (ESM) 3:58.80; 8 J Bryant (Ton) 3:59.34; 9 A Clarke (Herne H) 3:59.46. **B:** 1 R Poolman (Camb U) 3:59.37; 3 E Corderly (Have, U20) 4:02.50; 5 K Kyereme (SB, M40) 4:04.37; 6 M Smith (Ashf, U20) 4:04.72; 7 M Francis (B&B, U17) 4:04.93. **C:** 1 C Brisley (Inv Ek, U17) 4:04.05; 2 L Garrett (Lon Hth, U20) 4:04.45; 12 F Vaughan (S Lon, U15) 4:16.67. **1500: D:** 1 P Martelletti (VP&TH) 14:32.73; 2 M Hashi (ESM) 15:00.03; 3 D Chesser (NEB) 15:01.79; 4 T Higgs (S L) 15:13.89; 5 B Shearer (Camb H, M40) 15:16.89; 6 P Chesser (NEB) 15:20.48; 7 M Welsh (Belg) 15:20.60; 8 G Foster (Hast) 15:20.66; 9 C Sharp (S'port W) 15:23.28; 10 M Vardy (Newb) 15:30.61; 11 E Buckner (NEB) 15:36.07; 12 J Bowler (Kent, M35) 15:51.78; 13 R Laing (Kent, M40) 15:53.58
Mixed events: 800: E: 1 C Macrae (Inv Ek, U17) 1:59.68; 2 C Sharp (Central P, M40) 2:00.12; 8 R Walcott-Nolan (Lut, W) 2:01.78; 9 S Oskan-Clarke (WSEH, W) 2:02.01. **C:** 1 C Ford (Camb H, W) 2:11.07; 2 Z Mossi (B&B, U15W) 2:11.38; 5 H Viner (High, W) 2:13.99; 6 C Sharp (Central P, U20W) 2:14.13; 7 W Odele (Camb H, M50) 2:18.26. **HT:** 2 E Minshull (Cov, U20W) 2:15.49; 3 J Goater (High, W) 2:16.26; 4 C Young (M&M, U17W) 2:16.79; 5 A Hobbay (Herne H, U20W) 2:17.03; 6 T Bage (Phoe, W) 2:17.68. **1500: D:** 2 K Mhlanga (Chelm, U20W) 4:20.96; 3 T Machin-Paley (High, U15) 4:25.43; 4 N Taylor (Ton, W)



Sean Molloy (54) wins the 1500m at Eltham from Adam Hickey

MARK HOOKWAY

4:26.15; 8 L Harris (Worth, W) 4:33.21; 9 S Millard (Herne H, U20W) 4:34.66; 11 E Palmer (DMV, U20W) 4:37.16. **E:** 3 L Mannes (B&B, U15W) 4:46.11; 4 N Ravenhill (ESM, U20W) 4:47.85; 6 S Judd (Chelm, W40) 4:51.81; 7 C Elms (Dulw, W50) 4:52.77; 8 A Thomas (B&B, U15W) 4:52.97. **5000:** **B:** 4 S Harris (Belg, W) 16:33.72; 8 S McCall (S Lon, W) 17:22.99; 10 S Clusker (Hast, W) 17:43.08; 12 T Murphy (Kent, W40) 18:47.45

Women: 800: **I:** 3 S Mannes (B&B, U17) 2:21.29; 4 R Garrett (Lon Hth, U15) 2:21.50; 5 F Evered (Reig, U15) 2:22.42

JUNE 19

BMC REGIONAL RACES, Tipton

SARAH MCDONALD carried on her top form with a 2:00.91 800m PB in a mixed race.

Markhinn Lonsdale won the men's 800m in 1:50.47.

Men: 800: 1 M Lonsdale (Croom, U20) 1:50.47; 2 A Lloyd-Davies (B'nth, U20) 1:57.37; 7 J Martin (RSC, U17) 1:58.90. **B:** 2 A Visram Cipolletta (SSH, U17) 1:59.41. **D:** 2 M Price (Hale, U15) 2:05.46; 3 J Wardle (Rush, U15) 2:06.22; 4 R Bruce (FVS, M45) 2:07.02; 6 O Jinks (Hale, U15) 2:09.78. **1500:** 1 R de-Camps (Chelt) 3:58.55; 2 P Wilson (Tip) 3:59.31; 3 T McStay (Galw, U20) 3:59.98; 5 C Maddock (Stoke, U20) 4:02.09. **B:** 8 J French (Wrekin College Triathlon Club, U15) 4:19.46. **5000:** 1 A Abdulle (Hil) 14:57.03; 2 P Brookes (Tip) 15:00.97; 3 S Hawkes (Tip, M40) 15:13.51; 4 J Smith (Tip) 15:19.28; 5 K Farrow (Der, M40) 15:33.98; 6 M Williams (Tip, M40) 15:37.72; 8 D Robinson (BRAT, M35) 15:51.62; 9 M Chronicle (R&N, U20) 15:58.62; 14 G Lee (Leic C, M50) 16:15.74

Mixed events: 800: **C:** 5 S McDonald (Bir, W) 2:00.91. **Ht:** 7 R Coupe (Tel, W45) 2:31.70. **1500:** **C:** 1 A Veloso (WM Sch, U15) 4:22.33; 6 C Richardson (Bir, W) 4:37.82; 7 R Harrison (Linc W, W) 4:38.94; 8 F Scrafton (Yate, W) 4:39.03; 11 F Robins (Bir, U15) 4:56.76. **D:** 2 V Weir (Ply, W) 4:41.03; 3 M Browne (BRAT, W) 4:43.86; 4 Z Brickley (W&B, U20W) 4:47.60; 5 C Martin (Tel, W40) 4:51.17;

6 L Bull (Stroud, U15W) 4:55.90; 7 N Hatfield (B&R, U15W) 4:58.49. **5000:** **B:** 2 J Dungworth (Leic C, U20) 16:13.72; 3 M Ince (BRAT, M40) 16:15.72

Women: 800: **F:** 1 A Lundy (B'burn) 2:09.78; 2 B Gunn (Bir) 2:14.24; 3 S Sinha (Camb H, U20) 2:17.34; 4 I Cotham (W&B) 2:17.67; 5 S Malpass (Wrekin College Triathlon Club, U17) 2:19.35. **G:** 1 A Samuels (W&B, U20) 2:17.96; 2 C Burrows (Tel, U15) 2:19.67; 4 R Brook (Stroud, U15) 2:20.52. **1500:** **E:** 1 B Dyal (W&B, U15) 4:57.33; 4 Z Gilbody (B'nth, U13) 5:11.52; 5 L Tait-Harris (Tel, W45) 5:16.92

CARDIFF AAC YOUNG THROWERS INVITATIONAL, Cardiff

BRETT MORSE threw a season's best in the discus of 61.71m.

Men: DT: 1 B Morse (Card) 61.71

Mixed events: DT: 1 A Nicol (Bir, W) 45.34; 2 E Wittchell (Card, U13) 33.19; 3 C Grimwade (Card, U17W) 33.15

U17 women: HT: 1 C Grimwade (Card) 46.48

CORBY AC OPEN, Corby

U15 mixed events: 300: 3 I Skelton (SinA, U15W) 42.3

Mixed events: 400: **r3:** 2 D Brown (Nene V, M40) 53.0. **800:** **r4:** 5 P Braybrook (GAC, U15) 2:09.2

NORTH DOWN AC OPEN, Bangor

Men: 800: **r2:** 1 N McKibbin (Drom, M45) 2:13.90; 2 F Marsh (N Down, M50) 2:14.23

Mixed events: 3000: 1 M Cox (Carmen R, M35) 8:49.76; 7 R Gibson (N Down, W) 10:09.29

U20: HT: 1 B O'Donnell (Lifford) 62.08

Women: 800: **r2:** 1 C Diver (Beech, W40) 2:27.50

TIPTON HARRIERS OPEN, Tipton

Mixed events: 400: **r1:** 2 D Thompson (Tip, W) 57.96. **HJ:** 3 E Cook (RSC, U13) 1.45; 4 A Rickard (Bir, U13W) 1.40. **LJ:** **B:** 3 P Lundby (C&S, M70) 4.24

Women: HT: 1 C Lockett (Bir, U20) 45.92

U15: HT: 1 M Hughes (RSC) 37.70; 2 M Peniket-Aldridge (Bir) 32.11

STAFFORD AC GRAND PRIX OPEN, Stafford

Mixed events: 100: **r1 (0.5):** 1 U Hameed (Sale) 10.74; 4 S Ngwie (Traff, U20) 11.10. **r3 (-0.8):** 4 A Bellis (Traff, M40) 11.84. **r7 (-1.0):** 2 J Wright (Chor ATC, M55) 12.79. **200:** **r1 (-0.6):** 1 S Ngwie (Traff, U20) 22.20; 2 C Strachan (Banc, U17) 22.24; 3 L Stubbs (Prest, U20) 22.38; 4 J Walters (Traff, U17) 22.49. **r3 (-0.1):** 2 A Bellis (Traff, M40) 23.88. **r4 (-0.6):** 4 A Williams-Hewitt (Hallam, U17W) 25.29. **r5:** 3 L Golding (Pend, M50) 26.00. **r6 (-0.5):** 2 J Wright (Chor ATC, M55) 26.35; 3 P Knowles (Warr, M55) 27.54. **400:** **r1:** 1 L Thompson (Shef/Dearn) 47.42; 2 J Richardson (Traff) 48.20; 3 R Ingley (Traff) 49.61; 4 L Stubbs (Prest, U20) 49.65; 5 M Lee (Harrow) 49.99. **r2:** 1 H Dalbal (Long, U20) 50.33. **r6:** 2 A Darbyshire (Prest, U17W) 60.53. **5000:** 2 S McCormack (Ambie, W) 17:39.72; 3 C Willis (Leeds C, W55) 17:52.95. **LJ:** 1 T Alexanderson (Bir) 6.92; 4 D McGifford (Wig D, W) 5.90. **TJ:** 3 E Jarad (Stock H, U20W) 10.78

U20 women: 400H: 1 J Jolly (Prest, U17) 59.95; 2 E Mailer (Centr, U17) 68.66

U17: 300: 1 K Reville (Edin) 41.61; 2 H Murray (Stock H) 41.75. **300H:** 1 A Bennett-Cordy (Tip) 45.14

JUNE 17

EAST ANGLIAN LEAGUE, Bury St Edmunds

Men: 1500: **B:** 1 J Gray (C&C) 3:58.6. **TJ:** **ns:** 1 P Harrison (Ryst, M50) 11.38. **SP:** **ns:** 2 C Kent (W Suff, M40) 11.00. **HT:** **ns:** 1 G Parsons (C&C, M45) 32.80. **JT:** 3 C Kent (W Suff, M40) 40.55. **B:** 1 A Dudley (C&C, M50) 37.26

U17: JT: 1 T Mitson (W Suff) 53.34

U15: 1500: 1 A Melloy (C&C) 4:27.2. **SP:** 1 M Van Haren (W vney) 11.92. **JT:** 1 M Jones (W Suff) 44.88

Men: 1500: 2 C Anthony (W Suff, W55) 5:33.5. **LJ:** 1 A Hawkins (C&C, U20) 5.31. **TJ:** 1 T Spurling (W Suff) 11.37. **SP:** 1 S McGrath (C&C, W45) 9.28. **JT:** **A:** 1 N Palmer (C&C, U20) 34.00; 2 M Bartholomew (W Suff, U20) 33.25. **B:** 1 S McGrath (C&C, W45) 21.63

U17: HT: 1 S Browne (C&C) 38.57

U15: 100: 1 E Cann (W Suff) 12.7. **JT:** 1 S Wilson (W Suff) 31.34

U13: 200: 1 G Jude (Attie) 28.5. **70H:** 1 P Frakina (C&C) 12.3. **SP:** 1 L Oakley (Ryst) 9.45

Luton

Men: 200: 2 D Brown (Nene V, M40) 24.2. **HJ:** **B:** 1 J Horne (P'boro) 1.95. **SP:** 1 N Stonehouse (L Buzz, M50) 11.38. **B:** 1 S Achurch (Nene V, M40) 12.38. **DT:** 2 S Achurch (Nene V, M40) 33.09. **HT:** 1 P Potton-Burrell (Lut) 49.08; 2 S Achurch (Nene V, M40) 42.88. **JT:** 2 S Achurch (Nene V, M40) 44.25

U17: 4x100: 1 Brain 46.7. **SP:** 1 A Coker (S'end) 12.36

U15: 80H: 1 S Taylor (Hunts) 12.8. **SP:** 1 D Capes (Nene V) 11.98. **DT:** 1 D Capes (Nene V) 34.21. **HT:** 1 G Harrison (Nene V) 37.08

U13: 75H: 1 M Roe (P'boro) 12.5; 2 K Whittington (S'end) 13.8

Women: 100: **B:** 2 C Smith (Nene V, W40) 13.6. **HJ:** **B:** 1 L Tanushi (Lut, W40) 1.35. **SP:** 1 L Church (Nene V, U20) 10.10. **JT:** 1 D Partridge (Brain, U20) 33.63; 2 L Tanushi (Lut, W40) 28.65; 5 L Coleman (L Buzz, W45) 22.16

U17: 800: 1 E Bentham (Lut) 2:20.8

U15: 75H: 1 C Dunstone (P'boro) 12.2

U13: 70H: 1 K Marsh (Nene V) 11.7; 2 A Bennett (P'boro) 12.3. **4x100:** 1 Nene V 57.3

Norwich

Men: 100: **ns:** 4 M Wyndham-Jones (Norw, M65) 14.1. **SP:** **B:** 1 N Smith (Norw) 13.29. **HT:** 1 C Brown (Norw) 67.78. **JT:** **B:** 1 M Wyndham-Jones (Norw, M65) 25.95

U20: HT: **ns:** 1 J Moore (Norw) 44.86

U17: 100H: 1 T Ntuli (Ips) 14.7. **SP:** 1 A Williams (W Norf) 12.87; 2 J Cunningham (Norw) 12.67

U15: DT: 1 C Try (Thet) 38.57

U13: 100: 1 J Dean (Norw) 12.9. **800:** 1 F Webb (Ips) 2:24.8. **75H:** 1 B Diaby (Ips) 13.4. **4x100:** 1 Norw 55.2

Women: 100: **B:** 2 E Welbourn (Ips, W55) 15.5. **800:** 1 K Goldsmith (Norw, U17) 2:18.6. **DT:** 1 L Fulcher (Ips, U20) 33.03. **HT:** 1 L Fulcher (Ips, U20) 50.20. **JT:** **ns:** 1 S Pain (Norw, W40) 28.19

U17: 4x100: 1 Gt Yar (SEN) 51.4. **HT:** 1 A Money (Norw) 38.77; 2 F Alexander (Ips) 37.92. **JT:** 1 M Hughes (Ips) 37.15

U15: 75H: **B:** 1 C Graham (Ips) 12.3

4x100: 1 Ips 51.6. **LJ:** 1 D Dalrymple (Norw) 4.93. **HT:** 1 L Brookes (Diss) 31.95

U13: 1500: 1 R Vinton (Ips) 4:58.3. **70H:** 1 I Mardle (Norw) 12.1; 2 H Willeard (Gt Yar) 12.5. **4x100:** 1 Norw 56.5. **HJ:** 1 I Mardle (Norw) 1.40

W50: JT: **ns:** 1 L Brown (Norw) 24.76

UK YOUTH DEVELOPMENT U13/U15 LEAGUE DIVISION

MIDLAND PREMIER SW, Yate

U15 boys: 100: 1 S Petherbridge (Swan) 11.4; 2 Z Wall (Card Arch) 11.6; 3 L Rochefort-Shugar (Card) 11.9. **B (4.1):** 1 H James (Swan) 11.80. **200:** **A (3.1):** 1 S Petherbridge (Swan) 23.54; 2 J Carter (Bath) 24.34. **300:** 1 C Holland (Swan) 38.25. **800:** 1 C Holland (Swan) 2:07.36; 2 J Reynolds (Card) 2:07.43. **80H:** **A (2.4):** 1 Z Wall (Card Arch) 11.44; 1 H James (Swan) 11.80. **200:** **A (3.1):** 1 S Petherbridge (Swan) 23.54; 2 J Carter (Bath) 24.34. **300:** 1 C Holland (Swan) 38.25. **800:** 1 C Holland (Swan) 2:07.36; 2 J Reynolds (Card) 2:07.43. **80H:** **A (2.4):** 1 Z Wall (Card Arch) 11.44; 1 H James (Swan) 11.80. **200:** **A (3.1):** 1 S Petherbridge (Swan) 23.54; 2 J Carter (Bath) 24.34. **300:** 1 C Holland (Swan) 38.25. **800:** 1 C Holland (Swan) 2:07.36; 2 J Reynolds (Card) 2:07.43. **80H:** **A (2.4):** 1 Z Wall (Card Arch) 11.44; 1 H James (Swan) 11.80. **200:** **A (3.1):** 1 S Petherbridge (Swan) 23.54; 2 J Carter (Bath) 24.34. **300:** 1 C Holland (Swan) 38.25. **800:** 1 C Holland (Swan) 2:07.36; 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2 J Reynolds (Card) 2:07.43. **80H:** **A**

ROAD

JUNE 24

APPLEBY ROTARY 10km, Appleby
Overall: 1 S Nott (Caine) 32:51; 2 J French (Eden) 35:17; 3 D Fisher (Vall) 37:10
Women: 1 D Nott (Caine, W40) 41:40; 2 N Shaw (C'land) 42:14; 3 S Enhard (Comp, W50) 46:43

BRADING 10km, Ryde

Overall: 1 R Skelton (Brighton Phoenix Ac) 33:27; 2 S Richards (Pontypridd Roadents Ac) 34:43; 3 J Brougham (Ryde) 36:53
Women: 1 L Brackley (AFD) 39:02; 2 L Barton (Wight Tri) 44:29; 3 J King (Ryde, W50) 46:07

DITTON DASH 10km, Thames Ditton

Overall: 1 J Lurkins (Strag) 36:55; 2 M Taylor 37:51; 3 C Miles (Tri-Anglia, M40) 38:36
Women: 1 A Klein (Sheen, W35) 43:35; 2 H Quinn (W4H, W35) 44:02; 3 J Bradshaw (B&B, W45) 44:03

HARRY HAWKES 10, Thames Ditton

Overall: 1 A Jaksevics (Belg) 53:21; 2 P Piper (W4H) 55:29; 3 S Woolley (W4H) 55:40; 4 M Atkins (K&P, M40) 55:46; 5 E Cameron (VP&TH) 56:46

M40: 2 P Gainster (VP&TH) 57:16. **M50:** 1 M Rabbetts (Wimb W) 59:38. **M60:** 1 P Crockford (Lon Hth) 65:25; 2 I Kitching (S Lon) 66:42; 3 K Harris (Brom Vets) 67:33
Women: 1 J Collett (Datch, W35) 62:18; 2 J Lowe (VP&TH) 65:16; 3 K Carter (Wimb W, W35) 66:40
W65: 1 J Rowden (W4H) 82:10

HITCHIN HARD 10km, Hitchin

Overall: 1 T Webb 37:22; 2 G Allen (Orion) 39:06; 3 P Males 40:00
Women: 1 A Fake 47:31; 2 G Thompson 49:34; 3 S Cattermole 50:20
Overall (5km): 1 C Turner 19:10; 2 O Ellis-Holmes (SNH, U13) 25:24; 3 J Ellis-holmes 26:24
Women: 1 M Mason 26:33; 2 C Winn 31:11; 3 E Higgins 31:50
Overall (HM): 1 M Vaughan (N Herts, M45) 78:38; 2 N Malpeil (N Herts, M50) 83:33; 3 A Dobre 84:06
Women: 1 A McKeown (N Herts, W45) 89:21; 2 L Kenny 90:26; 3 K Guneratne 97:26

HUMBER BRIDGE HALF-MARATHON, Hesse

Overall: 1 C Elson (Roundhay Runners) 74:24; 2 R Weekes (E Hull) 75:07; 3 R Payne (Caist) 75:51
M60: 1 S Rennie (CoH) 85:33. **M65:** 1 S Braund (CoH) 98:29
Women: 1 R Rigby (Sheff U) 80:18; 2 K Pearson (Bart D) 87:25; 3 N Bell 89:17
W50: 1 J Masterman (GVS) 94:26. **W65:** 1 A Bakker (Haltem) 1:59:30

HUMPTY DUMPTY 10km, Norwich

Overall: 1 A Harrell (Norw) 31:50; 2 K Holland (, M40) 33:11; 3 J O'Neill (RySt) 33:52; 4 S Coyne (Bure) 34:45; 5 R Davidson (Bure) 34:47; 6 C Merrylees (N Norf, M40) 34:50; 7 M Pyatt (Dere, M40) 35:00
M45: 1 T Topper (Wym) 35:31. **M55:** 1 J Moore (Norf G) 38:08. **M60:** 1 N Arnold (Norf G) 39:58. **M65:** 1 S Dady (Wym) 42:59. **M70:** 1 K Bowman (Colt) 44:04
Women: 1 D Nimmock (Norw) 35:14; 2

E Grubb (Norw) 38:11; 3 E Risbey (Norw) 38:45; 4 F Viney (Bure) 39:34

W45: 1 S Spence (Bure) 42:51. **W50:** 1 H Mian (Norf G) 44:22. **W55:** 1 J Sheahan () 46:48; 2 L Wilkinson (Norw) 46:57. **W60:** 1 A Ellen (Norf G) 47:37

INSTITUTE OF SPORT EXERCISE AND HEALTH (SEH) 5km / 10km, London Regent's Park

Overall (5km): 1 J Pickle 16:21; 2 N Lane (W) 17:36; 3 D Koprucki 18:40
Women: 1 Lane 17:36; 2 R Sikulova 19:38; 3 A Pilichos (Metro, W35) 21:02
W60: 1 J Mulryan (Stock H) 23:10
Overall (10km): 1 T Wilkin 33:27; 2 D Matthews 35:35; 3 M Solari 37:40
Women: 1 M Gibson (Eal E) 39:24; 2 K Holmes 46:01; 3 I Piatejewa 50:14

JCP SWANSEA HALF MARATHON, Swansea

THERE were course records for both Matt Clowes and Tracy Barlow.

Clowes and Joshua Griffiths shared the early lead and the 10km point was passed in 30:51 and it was then that Clowes pushed on to take victory and revise the course record set by three-time champion Dewi Griffiths in 2017 by six seconds, stopping the clock in 64:43.

Griffiths finished second in 66:10. Barlow enjoyed a dominant win in the women's race, producing a healthy lead by the 10km mark passed in 32:28 and going on to lower Hannah Walker's course best to 73:51.

Irish marathon champion Laura Graham ran close to her best in 75:57 for second place. Gladys Ganiel of North Belfast Harriers completed the podium positions in 77:23.

Overall (HM): 1 M Clowes (Card) 64:44; 2 J Griffiths (Swan) 66:11; 3 P Matthews (Swan) 69:35; 4 A Holland 70:04; 5 M England (Chelt) 71:49; 6 R Jackson-hookins (Les C) 72:34; 7 M Marti 73:16; 8 P Graham (P'pridd R) 73:30; 9 T Barlow (TVH, W) 73:51; 10 D Jones (Bath) 73:57; 11 G Fletcher (Les C) 74:55
M40: 1 M Jacklin (A'dare) 75:23; 2 R Jones (Llisserry Runners) 75:41; 3 S Lewis (P'pridd R) 76:18. **M50:** 1 L Lloyd (Swan) 79:25. **M60:** 1 I Van Lokven (Mil K) 84:16
Women: 1 Barlow 73:51; 2 L Graham (Mourne Ac) 75:58; 3 G Ganiel (NBH, W35) 77:24; 4 N Cockram (MickMorris) 78:49; 5 L Marland (Card) 80:22; 6 N Mitchell (Read) 80:30; 7 E Stepto (Corn, W45) 80:32; 8 T Beach 81:57; 9 L Flynn 87:00
W45: 2 T Malan (Swan) 88:49; 3 N Jukes (Parc Bryn Bach Rc) 89:58. **W55:** 1 D Chick (Port T) 94:59; 2 L Eynon (TROTS) 1:40:50; 3 M Anthony (TROTS) 1:44:17
Overall (WC): 1 R Powell 62:05

LORDSHILL 10km, Southampton

Overall: 1 M Bennett (Soton) 33:05; 2 R Waldron (Soton) 33:25; 3 S Holloway (Salis) 33:42; 4 S Hoenig (Lords, M35) 34:03; 5 S Brown (Salis) 34:36; 6 S Gill (Vict, M40) 34:39; 7 D Baker (Soton) 34:42; 8 J Manning (Denm, M40) 34:42; 9 M Groundsell (Over, M35) 34:57
M40: 3 E O'Gorman (Salis) 35:14. **M45:** 1 S Stevens (Win) 35:29; 2 S Holmes (Over) 35:47. **M50:** 1 L Passingham (Over) 35:34. **M55:** 1 A Turner (Liss) 36:38. **M70:** 1 M Renyard (Hard) 45:43
Women: 1 J Elkins (Soton) 35:52; 2 H Cozens (Fleet) 37:18; 3 E Jolley (Ports,

W35) 37:29; 4 A King (Hart RR, W35) 38:00; 5 K Bailey (Win, W50) 38:04; 6 S Winstone (Lords) 38:48; 7 S Thomas (Salis) 38:55; 8 E Montiel (Ports, W40) 39:06; 9 I Locks (Hart RR, W40) 39:19; 10 G McClure (Itchen) 39:42; 11 n Blandford (Soton, W40) 39:53
W35: 3 R Thom (Salis) 40:28. **W40:** 4 S Perry (Win) 40:04; 5 S Shedden (Health) 41:05. **W45:** 1 S Gurney (Win) 40:15; 2 J Humphries (Alton) 41:32. **W55:** 1 j Bailey (Salis) 45:34; 2 A Richardson 46:03. **W65:** 1 J Radford (Win) 46:52; 2 B Topliss (Roms) 51:04; 3 J Georgioui (Farn) 51:20; 4 J Shilling (Gosp) 51:51

KENT GOLDEN MILE / 5km, Dymchurch

Overall (1M): 1 M Major (Col H) 4:39; 2 T Kay (Ashf D) 4:57; 3 J Brough (M40) 4:59
Women: 1 A Preston (W45) 6:23; 2 J Kay (Ashf D, W35) 7:09; 3 N Barton 7:15
Overall (5km): 1 T Kay (Ashf D) 17:47; 2 A Jones (M50) 18:14; 3 T Latala (Ashf D) 18:15
Women: 1 B Benson (W45) 20:20; 2 H Newman 21:35; 3 A Preston (W45) 22:47

NEWPORT & DISTRICT 10km, Newport

Overall: 1 J Egleston (Tel) 37:31; 2 C Evans (Tel, M40) 37:59; 3 W Dolding (Newp&D) 39:05
Women: 1 L Browning (Newp&D) 46:07; 2 S Flanagan (Serp) 49:36; 3 K Gibbons (B'nth, W40) 50:09

PENNY LANE STRIDERS 10km, Liverpool

Overall: 1 J Rutherford (Liv RC) 33:44; 2 T O'Dowd (Knows) 33:53; 3 R Pope (Kirkby Milers, M40) 34:21; 4 C Pownell (Knows) 34:59
M40: 2 R Pearce (W'sey) 35:14. **M50:** 1 A Lawlor (Knows) 37:08; 2 F Rafferty (Southport & Waterloo) 37:11. **M60:** 1 C Pedder (Liv PS) 40:18. **M65:** 1 M Walker (S'port W) 42:20
Women: 1 H Maccormick (Penny L) 39:40; 2 T Allan (Southport & Waterloo, W35) 41:23; 3 K Hamilton (St H Str) 41:34
W55: 1 M Ludden (Buckley Runners) 46:56. **W70:** 1 S Stewart (Southport & Waterloo) 53:18

RISBOROUGH RUN IN THE PARK 5km, Princes Risborough

Overall: 1 D Adam 18:41; 2 D Rees-hall 20:50; 3 L Byrne 21:42
Women: 1 C Nickless 24:47; 2 K Smith 24:49; 3 R Stevenson 27:17

ST MARY'S CARLAND 5km, Carland

Overall: 1 B Taggart 17:51; 2 M Gillespie 18:55; 3 H Taggart 19:11
Women: 1 L Mitchell 21:58; 2 G Whitehouse 22:04; 3 T Quinn 23:00

THAME CPM 10km, Thame

Overall: 1 K Spielmann (M40) 33:39; 2 D Lewis (Eynsh, M40) 34:26; 3 J Richardson (Oxf C, M50) 34:30; 4 S Upton (Wit) 34:54; 5 C May (VoA) 34:55
M50: 2 R Storey (Eynsh) 36:24; 3 D Cantwell (W'stock) 37:09. **M55:** 1 M Turney (Chilt) 38:29. **M70:** 1 J Xley (Oxf C) 45:42; 2 P Kimber 46:22
Women: 1 S Carter (W'stock, W35) 40:00; 2 J Roberts (Wyc P) 40:42; 3 R Shaw (Head, W35) 41:34
W45: 1 L Smith (Wit) 42:57

TORBAY HALF-MARATHON, Torbay

Overall: 1 T Merson (Exm H) 69:04; 2 S Antell (Bide) 69:55; 3 T Higgs 70:29; 4 A Stokes (Taun) 72:30; 5 K King 73:08; 6 A Drozd 74:35; 7 D Hampton (S Dev) 74:49
M40: 1 I Tyson (Torb) 77:46. **M45:** 1 D Beckenkraeger (Ply H) 77:38. **M50:** 1 G Bale (Plyms) 78:22; 2 T Dunn (RN) 79:44; 3 B Austin 82:32. **M55:** 1 T Vialls (SWRR) 85:27; 2 R Burn 86:19. **U20:** 1 B Smith (AFD) 75:47
Women: 1 R Felton (SB, W35) 77:07; 2 C Arnell (Torb) 78:47; 3 L Carrick 80:03; 4 K Sygne 84:16; 5 A Granger (B&W, W45) 85:10; 6 N Flanagan (Torb) 86:46
W45: 2 K Partridge 93:54. **W55:** 1 J Woon (Teign) 98:24. **W60:** 1 B Minayo Gutierrez 99:08

HENHAM 5 10km, Stanstead, Essex

Overall (10km): 1 J Bethell 35:30; 2 A Mynott (Saffron, M40) 35:33; 3 R Hynes (Har) 37:49
Women: 1 F Halls (Saffron, W40) 42:47; 2 S Menell 45:38; 3 E Langley

HORNDON 10km, Essex

Overall: 1 C Bloomfield (Bill-cay) 33:11; 2 L Ionita 35:15; 3 C Holmes 35:32
Women: 1 R Wallace (THH, W35) 40:04; 2 M Campbell 40:16; 3 R Matson (Hav'g) 41:44

JOHN O'CALLAGHAN 5, Luton

DARREN DEED retained his title, with a 24:45 clocking and has now won the event a dozen or so times, *Martin Duff reports.*

Christine Lathwell made it a veteran double by adding the women's section. in 33:16.

Overall: 1 D Deed (Bed C, M40) 24:45; 2 I Halpin (Ampt) 28:41; 3 J Noblett (Lut) 28:50
Women: 1 C Lathwell (Lut, W40) 33:16; 2 S Langer (Tring) 35:33; 3 E Prejac (Dunst) 35:53

NORMANBY HALL 10km, Scunthorpe, Lincolnshire

Overall: 1 D Robinson (Scun) 33:40; 2 M Stonehouse (Scun) 34:39; 3 M Hutesson (Gains) 34:49
M40: F Hobson (Driff) 35:26. **M55:** C Gibbs (Lincs Q) 37:54

Women: 1 L Kaye (Linc W) 39:03; 2 N Whitaker (CoH, W40) 42:56; 3 S Francis (W40) 43:42

WELWYH 10km, Hertfordshire

Overall: 1 J Scott (St Alb, M40) 35:09; 2 C Marriott (Dac) 35:48; 3 T Burke (M40) 36:25
M70: R Bloom (Herts P) 47:02
Women: 1 J Conway (St Alb) 41:59; 2 W Walsh (St Alb, W45) 42:56; 3 J Maddocks (St Alb, W35) 43:01

WILMSLOW HALF MARATHON

MOHAMMED ABU-REZEQ won easily, he passed 10km in 30:43 and 10 miles in 50:30 and his final time of 66:44 gave him a two-minute 20 second win over James Douglas (69:04).

Sarah Lowery was first woman in 80:12.

Overall: 1 M Abu-Rezeq (Alt) 66:44; 2 J Douglas (Bord H) 69:04; 3 D Hallam (W&SV) 70:02; 4 A Pilcher 71:44; 5 R Affleck (Prest, M45) 72:16; 6 N Harrison (Sale) 72:28; 7 D Bennett (Elles P, M40) 72:41; 8 C Moulton (Boaloy, M35) 73:17; 9 C Williams (Vale R) 73:24; 10 N Pendlebury (Leigh) 73:36; 11 J Hindle (B'burn) 73:43; 12 C Smith (Leeds C) 73:45; 13 R Little (Hallam) 73:54; 14 S Gray (Menai, M35) 74:32; 15 M Hallam (Vall) 74:36; 16 B Coop (Bury) 74:39; 17 L Eccleston 74:43

M40: 2 P Graves (DH Runners) 75:28; 3 M Irving (DH Runners) 75:35; 4 C Adams (N Der) 76:35; 5 S Weston (DH Runners) 77:39. **M45:** 2 S Doyle (Vale R) 75:17; 3 J Prest (Traff) 79:37. **M50:** 1 D Roberts 82:30. **M55:** 1 S Watmough (Warr) 78:13; 2 G Rowlinson (Sale) 80:32; 3 D Guy (Swint) 84:42. **M60:** 1 S Shaughnessy (Stock H) 87:07; 2 M Hunter (Alt) 90:41. **U20:** 1 P Watson (Bury) 78:00

Women: 1 S Lowery (Roth, W35) 80:12; 2 G Connolly (SHS, W35) 82:09; 3 K Wood (Sale) 82:17; 4 D McVey (Wilm, W40) 83:57; 5 E Ballantyne (York) 84:49; 6 V Cronin (Traff) 85:13; 7 L Candioli (Sale) 86:09
W55: 1 C Bird (Bidd) 96:01; 2 L Sinclair (Stock H) 98:28; 3 A Blomfield 1:41:11.
W65: 1 A Oldham 1:42:06; 2 E O'Brien 1:57:15. **W70:** 1 V Leigh 2:08:46



Tracy Barlow: victory at Swansea Half



JUNE 23

BUCKLAND BURN UP 5,

Kirkcubright

Overall (age not declared): 1 R

Houston 25:18; 2 A Simpson 27:25; 3 E Henry 28:42

Women: 1 R Ross 29:39; 2 D Burnett 32:26; 3 A Cruickshanks 36:14

DROMORE 10km, Dromore

Overall: 1 S Duncan (Omagh, M45) 33:48; 2 C Griffin (Ballinamore AC, M35) 34:29; 3 S Prentice (Anna) 36:23

Women: 1 A Bulman (Willow, W35) 39:45; 2 P Donnelly (W35) 42:39; 3 I Clements (1Zero2, W55) 45:34

Overall (5km): 1 M McBrearty (Omagh) 18:49; 2 T Kelly (Carmen AC) 18:51; 3 T Carson (Willow) 19:03

Women: 1 N Donnelly (Armagh) 21:18; 2 G Macrory 22:56; 3 A Donnelly (Clones) 23:06

RUNFEST WALES HALF MARATHON, Rhyl

Overall: 1 C Hollinshead (C&S, M50)

77:15; 2 J Welch (Denb, M35) 79:59; 3 I Ellis (M35) 81:19

M70: 1 J Davies (Forf) 1:40:16

Women: 1 K Smith (W Ches, W35) 93:39; 2 L Turley (Cannock And Staford Ac) 97:16; 3 K Robinson (W45) 99:24

Overall (10km): 1 S Forsyth (W&B, M35) 34:47; 2 S Hayes (Deestr, M40) 36:08; 3 G Holland (Aberys) 36:56

M55: 1 G Jones (P'atyn) 37:02

Women: 1 P Steele (Stone MM, W35) 41:51; 2 M Dafydd (GOG Tri) 43:25; 3 R Willmot (Cybi) 44:12

W70: 1 C Birch (A'gele) 51:42

Overall (5km): 1 C Bolton 16:08; 2 A Bromley (P'atyn) 16:52; 3 R Shearer (Wrex, M45) 17:27

Women: 1 E Japp 17:57; 2 E O'Dea (Wrex, U20) 18:38; 3 A Banall (P'atyn) 19:09

SELF TRANSCENDENCE 10km, Battersea Park

Overall: 1 N Handley (JP Mor, M35)

32:15; 2 M McDaniel (G&G) 33:28; 3 P Cheetham (THH, M45) 33:54; 4 A Martin Romero (E Lon) 34:10; 5 M Harrison-tosatto (Serp) 34:18; 6 S Beane (Kent, M40) 34:21; 7 R Purdy (Serp, M35)

34:22; 8 P Bal (S Lon, M35) 34:56

M40: 2 P Willcock (Jknetrunners) 35:10. **M45:** 2 W Pitt (Kent) 35:12; 3 A Mitchell (TVH) 35:47. **M65:** 1 A Roberts (Serp) 41:05

Women: 1 E Houchell (Bas) 35:31; 2 A Cook (Lon Hth) 38:44; 3 C Simpson (Fulham) 39:41

W35: 1 A Ben Gueblia (Serp) 40:26

JUNE 21

CITY OF MANCHESTER 5km SERIES, Manchester

Overall: 1 B McCartney (Salif, M40) 16:26; 2 G Booth (Horw, M45) 16:42; 3 O Williams (Vale R) 16:46

M60: 1 M Oldham (Manc H) 19:53

Women: 1 J Pilling (Roch H) 19:33; 2 H Armitage (Sale, W40) 19:34; 3 L Etchells (Man FR) 19:51

W45: 1 A Reid (N Masters) 20:43. **W60:** 1 J Hove (Traff) 23:35

RUN MEDIA CITY 10km, Salford

Overall (5km): 1 J Birmingham 17:45; 2 N Nudds 18:51; 3 E Neveitt 19:16

Women: 1 A Briggs 21:35; 2 E Tolond (Manc H) 22:12; 3 C Walker 23:21

Overall (10km): 1 B McIntyre (M35) 35:27; 2 A Taylor (M40) 35:51; 3 D Hamilton (Sport W, M50) 36:00

Women: 1 N Gill (Chorton) 44:21; 2 J Page 44:32; 3 N Armitage 45:26

WARRINGTON 10km, Woolston

Overall: 1 D Cliffe 32:13; 2 C Pownell (Knows) 33:25; 3 J Walker (W'sey) 35:32

M50: 1 A Green (Warr) 36:51

Women: 1 B Lomax (Warr RR, W40) 41:11; 2 J Irvin (UTS) 41:20; 3 L Casey (Widnes RC) 41:28

BIRKETTS RACE FOR BUSINESS, Chelmsford, Essex

Overall (3.5M): 1 D Jenkin 16:56; 2 J Scaife 18:02; 3 P Miles 18:36

Women: 1 L Jones 21:31; 2 L Kirchell 21:40; 3 S Moore 21:59

JUNE 20

JUBILEE SERIES 5, Horwich

Overall

MEN'S TEAM: 1 B'burn 13; 2 Swint 48; 3 B'den RR 58; 4 Radc 70; 5 Horw 105

Women

TEAM: 1 B'den RR 29; 2 Wig P 36; 3 Radc 40; 4 Swint 64; 5 Wig D 80

ROSEISLE FOREST 4, Elgin

Overall: 1 F Todd (Ross C, U21) 23:07; 2 J Wilson (Moray) 23:38; 3 C Green (Moray, M40+) 25:17

Women: 1 G Whelan (Moray, U21) 28:35; 2 H Cameron (Forres, W35+) 30:26; 3 M Bee (HHR) 30:46

U16 (1.3M approx.): 1 D Scott 8:02; 2 L Hay 8:10; 3 S Perry 8:11

U16 girls: 1 E Hay 9:06; 2 I Coull 9:11; 3 M Findlay 9:15

U12 (1M approx.): 1 T Reynolds 5:35; 2 R Taylor 5:35; 3 T Palmer 5:53

U12 girls: 1 B Urquhart 5:57; 2 Z Gill 5:58; 3 N Taylor 6:08

EVEN SPLITS 5km SERIES, Leeds

Overall (5km): 1 J Hobbs (Vall, M40) 16:01; 2 S Sagar (Spem) 16:21; 3 D Hibberd (Vall) 16:36

M55: 1 K McGhie (Spem) 18:37

Women: 1 B Garland (Chichester AC) 17:31; 2 L Watson (Bing, W45) 19:47; 3 C Corrigan (Hynd, U20) 19:57

W45: 2 J Khoueiri (Wake) 20:40

Overall (5km): 1 F Morus (Abbey R, U20) 21:35; 2 N Marshall (Kirks) 22:24; 3 A Spencer (Vall, W45) 22:40

M70: 1 C Gill (St Theresas AC) 22:46

Women: 1 Spencer 22:40; 2 K Hind (Leeds & Br, W45) 23:14; 3 S Johnstone (Roundhay Runners, W40) 23:30

W65: 1 H Cousey (Ilkley) 24:14

LAVANT MIDSUMMER 5, Lavant

Overall: 1 J Turner (B&H) 25:48; 2 J Baker (Chich) 26:20; 3 M Houston (Chich) 26:58

M40: 1 S Gill (Vict) 27:24; 2 J Manning (Denm) 27:36. **M60:** 1 P Guest (Ports J) 31:53

Women: 1 A Cox-rusbridge (Chich) 32:38; 2 J Harrop (Chich) 32:49; 3 I Matthews (Chich) 33:01

W55: 1 J Hughes (Arenas) 37:50

LISBURN 10km, Lisburn

Overall (10km): 1 C Madden (Lisb) 31:36; 2 A Annett (North Belfast Hrs) 31:39; 3 E Hughes (Acorns) 33:34; 4 E White (North Belfast Hrs, M45) 33:48; 5 S Wylie (Conswater & Victoria Park Ac) 34:18

M40: 1 W McDowell (Drom) 35:08; 2 F McGrady 35:26. **M55:** 1 D Clarke (North Belfast Hrs) 36:15; 2 J Wallace (North Belfast Hrs) 36:51; 3 M Connolly (Finnvalleyac) 37:26. **M60:** 1 N

Mawhinney (B'drain) 39:57. **M65:** 1 T Eakin (N Down) 42:06

Women: 1 J Craig (N Down) 35:52; 2 R Henderson (Queen's University Ac) 37:21; 3 S Murtagh (Newcastle Ac) 38:07; 4 D Gilliland (Springw) 39:27

W60: 1 P Brown (Newry) 40:09. **W45:** 1 S O'Kane (Lag V) 40:19. **W50:** 1 A Atkins (Raheny Shamrock Ac) 44:32.

W60: 1 P Brown (Newry) 44:32. **Overall (10km):** 1 D Kerr (Torque Wheelchair Racing) 34:10; 2 D Erwin (Ballym R) 35:02

SCOTTS TRAVEL MIDWEEK LEAGUE Divisions 2/3, Welwyn

Men (10km): 1 A Rosom (Herts P) 32:04; 2 N Hume (GCR, M40) 34:37; 3 O Saville (Hitch RC) 34:44; 4 B O'Connor (Royst 34:56; 5 M Ames (Watf, M40) 35:14; 6 W Bell (Hitch RC, M40) 35:16; 7 D O'Sullivan (Watf, M40) 35:58; 8 P Makowski (Royst, M40) 35:58

TEAM (Div 2): 1 Royston Runners 198; 2 Garden City Runners 250; 3 Bishops Stortford RC 276; 4 Harlow RC 700; 5 Royst b 747

VET TEAM: 1 GCR 49; 2 Royst 56; 3 Bish S 94

TEAM (Div 3): 1 Watford Joggers 228; 2 Hitchin RC 316; 3 Freedom Tri 533

VET TEAM: 1 Watf 66; 2 Hitch 71; 3 Free Tri 156

Women: 1 M Hall (GCR, W40) 39:23; 2 H Mussen (Watf, W40) 39:39; 3 L Rowedder (Herts P) 39:43; 4 A Other (gst) 40:27; 5 C Hale (GCR, W45) 42:13

TEAM (Div 2): 1 Garden City Runners 40; 2 Royst 68; 3 Bish S 101; 4 Harl 155; 5 Bish S B 251

VET TEAM: 1 GCR 8; 2 Harl 22; 3 Bish S 26

TEAM (Div 3): 1 Hitch 14; 2 Watf 67; 3 Edmonton Joggers 155

VET TEAM: 1 Hitch 14; 2 Watford 16; 3 Hitch B 37

LISBURN HALF-MARATHON, Lisburn

Overall (HM): 1 K Shiels (Foyle V, M40) 70:26; 2 C McCambridge (North Belfast Hrs) 71:12; 3 D Stauber (Raheny Shamrock Ac) 75:38

M40: 2 C Devine (Newry) 76:59. **M45:** 1 M Smith (Mallusk) 76:28; 2 I Taggart 76:36. **M50:** 1 J Turtle (Ballym R) 79:11.

M60: 1 M Shields (North Belfast Hrs) 83:54. **M65:** 1 H Boyle (Springw) 88:34

Women: 1 R Mitchell 78:52; 2 K Alexander (W40) 83:14; 3 S Smyth (Drom, W35) 86:33; 4 M Eccles 86:42

W45: 1 K Fullerton 92:05; 2 D Ross (Scrabo Striders) 93:18. **W50:** 1 N Fegan (Armagh) 89:10. **W55:** 1 P McCullagh (Lisb) 88:32; 2 I McCambridge (North Belfast Hrs) 96:14; 3 M Slocum (Ward Park Runners) 98:16. **W65:** 1 M Lynch (Raheny Shamrock Ac) 1:40:05

Overall (HM): 1 J Corbett 66:24; 2 P Hannan (Torque) 66:24

OFFERTON 10km, Stockport

Overall: 1 J Littlehales (Stock H) 35:09; 2 J Bartley 37:22; 3 R Cooper (M45) 37:42

Women: 1 S Thomas (Stock H, W40) 44:29; 2 E Macdonald 45:28; 3 L Hiscock (W45) 46:07

RAVENSCRAIG MILE SERIES, Kirkcaldy

Overall: 1 J Donald (Dund H, U20) 4:30; 2 R Lafferty (Kirkcaldy Wizards) 4:50; 3 B Kinninmonth (Fife) 5:00

Women: 1 H Brown (Fife, U20) 6:15; 2 K Aitken (Fife) 6:41; 3 R Clark (Falk TR, U20) 6:45

SCOTTS TRAVEL MIDWEEK ROAD RACE LEAGUE DIVISION 2, Welwyn Garden City

Overall: 1 A Rossom (Herts P) 32:04; 2 N Hume (Gard CR, M40) 34:37; 3 O Saville (H'worth) 34:44

Women: 1 M Hall (Gard CR, W35) 39:23; 2 H Mussen (Wat, W35) 39:39; 3 L Rowedder (Herts P) 39:43

CHIPPENHAM LONGEST DAY 10km, Wiltshire

Overall: 1 S Nott (Calne) 32:32; 2 M Biologowski (B&W) 33:49; 3 G O'Brien (Swin) 34:57

Women: 1 S Lane (Bourt) 40:13; 2 J White 40:17; 3 C Ward-Sell 40:29

EYE 5km, Cambridgeshire

Overall: 1 A Hampson (C&C, U20) 15:49; 2 D Hudson (BRJ) 15:57; 3 S Walton (P'boro) 16:09

M45: S Mead (P'boro) 16:55. **M50:** S Beard (Nene V) 17:53. **M70:** P Ridley (Eye) 22:31. **M75:** P Brown (March) 31:14

Women: 1 C Finlay (P'boro) 18:16; 2 M Peel (Nene V, U17) 18:47; 3 S Crothall (BRJ) 19:09

W50: R Loutit (Yax) 20:44. **W55:** A Wood (Werr) 22:15. **W60:** J Greenland (F'land) 24:53. **W65:** A Newton (BRJ) 24:50

MIDSUMMER 5, Lavant, West Sussex

Overall: 1 J Turner (B&H) 25:48; 2 J Baker (Chich R, M40) 26:20; 3 M Houston (Chich R) 26:58

M40: 2 S Gill (T Zone) 27:24; 3 J Manning (Drmm) 27:36. **M60:** P Guest (Ports J) 31:53

Women: 1 A Cox-Rusbridge (Chich R) 32:38; 2 J Harrop (Chich R, W55) 32:49; 3 M Matthews (Chich R) 33:01

RIPLEY 10km, Derbyshire

Overall: 1 D Annable (Heanor) 35:21; 2 N Cope (Mansf) 35:55; 3 M Blair (Mat) 36:25

Women: 1 H Schofield (N Dwyer) 40:18; 2 L Taylor (Ripley) 41:34; 3 S Fairry (Mat) 44:37

JUNE 19

AVR WESTBURY 5km, Westbury

Overall: 1 M Towler (Avon VR) 15:34; 2 M Davis (Avon VR) 15:48; 3 S Howson 16:52

M70: 1 F Lamerton (Avon VR) 22:48. **U20:** 1 H Webb 16:55

Women: 1 J Rockliffe (Avon VR, W40) 18:56; 2 B Francis (Avon VR) 19:08; 3 V Cranston (Avon VR, W40) 19:36

W50: 1 D Hier (Avon VR) 20:56; 2 F Price (Avon VR) 20:59

HARROGATE & DISTRICT SUMMER RACE LEAGUE 4.8, Ilkley

Overall: 1 M Newell (Ilkley) 26:02; 2 R Little (Ilkley) 26:03; 3 A Grant (H'gate, M45) 26:04

TEAM (M&W): 1 Harr 964:55; 2 Ilkley 935:13; 3 Ripon 922:77; 4 Nidd 874:62;

5 Weth 871:30; 6 Knare 859:16; 7 Ott 848:25; 8 Drag-Aire 780:13

V40+ TEAM: 1 Harr 477:94; 2 Ripon 472:60; 3 Weth 454:69

M50+ TEAM: Harr 417:73

Women: 1 C Goecker (H'gate, W35) 31:20; 2 D Ridler (R&Z, W40) 32:17; 3 E Legg (Wetherby Runners) 32:24

TEAM: 1 Harr 398:92; 2 Weth 361:24; 3 Ilkley 333:67; 4 Ripon 317:41; 5 Knare 315:76; 6 Nidd 297:44; 7 Skip 267:40; 8 R&Z 264:93

W40+ TEAM: 1 Harr 252:85; 2 Knare 200:16; 3 R&Z 192:75

HARWICH 5km SERIES, Harwich

Overall: 1 D Millward (Col H) 17:01; 2 G Knott (Harw) 17:09; 3 T Cresswell (Col H) 17:50

Women: 1 E Drury (Sud J) 19:32; 2 R Hamblin (ips J) 20:15; 3 A Ranson (Roadrunners Club) 20:18

JUNE 19

SELF TRANSCENDENCE 5km, Bristol

Overall: 1 J Cox (GWR) 17:53; 2 L Grogan (B&W) 17:54; 3 A Stockwell (Stubb G) 18:42

Women: 1 K Dicks (GWR) 20:04; 2 L Ellis (GWR) 20:20; 3 A Doggrell (B&W) 20:54

VETERANS' AC 5, Battersea Park

Overall: 1 S Beane (Kent, M40) 27:57; 2 I Johnston (Vets, M50) 27:59; 3 D Madams (Ton, M40) 28:24

M45: 1 P Sanders (Kent) 28:33. **M50:** 2 S Philcox (Ilf) 29:47. **M55:** 1 L Reilly (Kent) 30:53. **M60:** 1 D Cox (Woodford Green with EL) 30:47. **M65:** 1 I Kitching (S Lon) 32:33; 2 T O'Neill (Belg) 33:21; 3 A Roberts (Serpentine Runners) 34:38.

M70: 1 P Giles (HW) 34:27; 2 L O'Hare (Barn) 37:24

Women: 1 A Norris (Dulw, W55) 34:11; 2 J Reid (Metropolitan Police, W50) 38:58; 3 C Holder (Wimbedon Windmilers, W55) 39:29

W60: 1 C Jones (Ealing Southall & Midd) 39:33. **W65:** 1 J Rowden (W4H) 39:57; 2 J George (Farm) 41:41

YORK ROAD RACE LEAGUE BISHOP WILTON 10km, Bishop Wilton

Overall: 1 I Ellwood (York PH) 36:02; 2 C Poulton (York A, M35) 36:35; 3 P Whitaker (York A, M40) 36:44

TEAM: 1 Knave 79; 2 York Ac 84; 3 CoY 95; 4 Pock 162; 5 York Post 234; 6 York TC 239; 7 Easing 387; 8 Selby 391

Women: 1 C Mason (York) 40:09; 2 J Troy (York) 41:38; 3 S Attwood (Knaves, W35) 41:57

TEAM: 1

WALKS

JUNE 24

RWA / UKA CHAMPIONSHIPS 20km, Leeds

ROUNDHAY PARK in Leeds witnessed an historic day as four British race walkers secured their selection for the European Championships, *Ian Richards reports.*

Tom Bosworth and Bethan Davies took the Grand Prix and British titles, securing their spots on the team for Berlin in the process. Callum Wilkinson and Heather Lewis took second places in the British trial to also book their European places, having achieved the qualifying standards earlier this year.

In the men's 20km, Bosworth went to the front from the start on his home turf and soon established a lead ahead of Wilkinson, Slovak Miroslav Uradnik and Cameron Corbishley. Bosworth passed the 5km mark in 20:27, with the chasing trio 30 seconds behind, but crucially on pace for the 85:00 British and Slovakian qualifying time for Berlin. Bosworth passed halfway in 41:08 with the chasing pack in 41:53.

Corbishley began to push the pace, but before the 13km he was shown the red paddle and disqualified. Uradnik and Wilkinson passed the 15km point in 62:57 just under a minute behind Bosworth.

Bosworth maintained his lead and cruised home in a course and meeting record of 83:10, to record a hat-trick of British Grand Prix titles and take his seventh British crown.

"This is a fantastic event showcasing race walking," he said. "I'm so happy to have achieved a record of seven national titles."

In the battle for the minor medals, Uradnik moved ahead of Wilkinson to record a huge PB of 84:09. Wilkinson secured his place in Berlin with a time of 84:21 in third.

Guy Thomas took third in the British Championships and took the Welsh title by clocking his second best ever time of 89:32 to move to third on the UK rankings for 2018. Andrew Millar took bronze in the English Championships behind Bosworth and Wilkinson.

In the women's 20km, Davies started quickly and established a lead, passing 5km in 23:30. Behind her, Welsh compatriot Lewis went through 5km in 23:56. Gemma Bridge went through 5km in 24:26 alongside Erica Kelly.

Davies passed the halfway mark in 47:36, with Lewis clear in second in 48:27. Kelly went through this point in 49:31, having moved into third place ahead of defending champion Bridge's 49:50. At the 15km point Davies had a comfortable lead (72:07) and hung on to regain the British Grand Prix and British title she last won in 2016, clocking 96:55.

Lewis took the silver medal, clocking 99:06, with Kelly third in 1:41:30 ahead of Slovakian Monika Hornakova in fourth and Ireland's Kate Veal, who clocked a PB of 1:42:35.

Bridge who was second in the England Championships (1:43:27) behind Kelly, who took her first England 20km title.

Davies said: "I'm happy to have finished in a decent time and secured a



Tom Bosworth: leading at Leeds

place for the European Championships this summer."

Lewis said: "I am so happy to have qualified for the Europeans."

In the supporting 10km, Tom Partington clocked a PB of 44:04 to move to the top of the UK under-20 rankings for 2018. Agata Kowalska who is based in Leeds, clocked a PB of 48:47.

Men: 20kmW: 1 T Bosworth (Ton) 83:10; 2 M Uradnik (SK Dukla Banska Bystrica) 84:09; 3 C Wilkinson (E&H) 84:41; 4 G Thomas (Ton) 89:32; 5 D Cerny (SK Dukla Banska Bystrica) 89:56; 6 E Caprice (M35) 92:57; 7 A Miller (W&B, M45) 1:47:55

10kmW: 1 T Partington (Marx, U20) 44:04; 3 F Reis (TVH, M55) 53:10.

Women: 20kW: 1 B Davies (Card) 96:55; 2 H Lewis (P'roke) 99:06; 3 E Kelly (Nthn (IOM)) 1:41:30; 4 M Hornakova (SK Dukla Banska Bystrica) 1:41:47; 5 K Veale (IRL) 1:42:35; 6 G Bridge (Oxf C) 1:43:27

10kW: 1 A Kowalska (HPH) 48:47; 2 N Myers (Shef/Dearm) 55:38; 3 E Pontarelo (Hyde PK) 56:14

3kW: 1 J Nicholls (Leic WC) 15:48; 2 P Spooner (HPH, U20) 17:52

JUNE 19

VETERANS AG SUMMER SERIES 5, Battersea

Overall: 5MW: 1 D Annetts (N Herts, M50) 42:28; 2 N Noel (Belg, W50) 51:50; 3 D Maskell (Sy WC, M70) 55:03; 4 F Bishop (Woking, W55) 55:29; 5 C Flint (Sy WC, M70) 56:17; 6 P King (Belg, M65) 56:59; 7 T Casserley (Enfield, M75) 57:25; 8 D Hoben (Sy WC, M65) 59:07; 9 P Hannell (Sy WC, M75) 61:01

JUNE 17

BRITISH MASTERS 5km CHAMPIONSHIPS, Horwich

Overall: 5KW: 1 I Richards (Steyn, M70) 25:29; 2 P Murphy (IRL, M55) 25:51; 3 D Annetts (N Herts, M50) 26:14; 4 M Williams (Bir, M50) 27:44; 5 P Boszko (Bir, M65) 28:36; 6 T Malone (Lancs WC) 30:24; 7 J Constantinou (Bir, M45) 30:21

Women: 1 S McConnell (IRL, W50) 26:27; 2 C Derbyshire (Nun, W40) 26:32;

3 M Flynn (IRL, U20W) 28:02; 8 M Reid (IRL, W45) 28:17; 10 M O'Connor (IRL, W45) 28:39; 5 J Bellfield (Hale, W45) 30:50; 6 A Wheeler (Nun, W60) 31:10; 7 N Blatchford (Abing, W70) 32:28; 8 H Mann (Spark, W55) 32:30; 9 L Bellfield (Hale, W50) 33:24

FELL

JUNE 24

NORTH DEVON FELL MARATHON AND HM, Woolacombe

Overall (26.2M/3382ft): 1 K Macintosh (M40) 3:23:58; 2 M Menon (W) 3:46:22; 3 S Mitchell 3:48:34; 4 R Hayes (M50) 3:58:48; 5 M Hutcheson (Bude R, M50) 3:58:48

M55: N Percival 4:10:13. **M60:** B Pentland (Ports TC) 4:39:06

Women: 1 Menbon 3:46:22; 2 L Pursey 4:18:53; 3 K Kyle (W40) 4:31:59

W45: L Binmore (NDRR) 4:33:49. **W50:** D Butt 4:53:32. **W60:** D Parker 5:13:13

Overall (13.1M/1355ft): 1 J Parker (M45) 87:15; 2 K Darragh 92:05; 3 W Bray 93:53; 4 A Kearney 94:20; 5 G Williams 94:29; 6 S Beeby 94:47

M50: R McCormick 98:29. **M55:** S Hay 1:44:54. **M60:** R Burton 1:51:29

Women: 1 J Faram 98:47; 2 S Ridehalgh (W40) 1:45:29; 3 R Jones 1:49:04; 4 C Stibbs (W40) 1:50:48

W45: M Redwood 2:01:25. **W50:** S Burton 2:13:50. **W55:** M Zarrett 2:22:29. **W60:** A Clinch 2:58:58

LAIRIG GHRU, Braemar to Aviemore

Overall (27M/2100ft): 1 G Foster (Kesw) 3:18:36; 2 J Waldie (HBT) 3:20:04; 3 H Battle (Metro) 3:23:19

Women: 1 T Strain (HBT) 3:40:17; 2 S Provan (Dees R) 3:54:49; 3 C Morrison (Stir TC) 3:58:05

KINDER TROG, Hayfield

Overall (16M/3490ft): 1 P Marsden (Horw) 1:50:11; 2 N Winfield (Penn) 1:58:27; 3 T Bush (Penn) 2:04:03; 4 B Tetler (G'dale, M40) 2:04:13; 5 L Chekik (Dark Pk) 2:04:41

M50: C Leith (G'dale) 2:22:12. **M60:** S Entwistle (Penn) 2:22:43. **M70:** B Blyth

(Macc) 2:50:54

Women: 1 N Bowen (Dark Pk) 2:28:12; 2 A Shillcock (Mercia) 2:31:37; 3 G Lindsey (Macc, W40) 2:34:00

W50: S Mead (Totley) 3:08:45. **W60:** S Bradley (Bux) 3:24:11

JUNE 23

DARREN HOLLOWAY MEMORIAL BUTTERMERE (British and English championships counter), Loweswater

Overall (21M/9200ft): 1 C Bell (Kesw) 3:45:20; 2 R Jebb (Helm H, M40) 3:54:15; 3 S Tosh (Ross) 3:56:01; 4 T Mason (Wharf) 4:05:28; 5 A Fallas (C'thy) 4:06:34; 6 R Findlay-Robinson (Dark Pk) 4:10:35; 7 K Gray (Calder V, M45) 4:10:47; 8 P Davies (Dark Pk) 4:11:31; 9 H Holmes (P&B) 4:12:33; 10 D Haworth (Kesw) 4:12:37; 11 Billy Cartwright (Mat) 4:12:49; 12 B Townshend (Scott R) 4:13:13; 13 M Roberts (Calder V) 4:13:37; 14 A Perry (Helm H) 4:13:44; 15 I Holmes (Bing, M50) 4:13:58; 16 R Gollan (Shett) 4:14:16; 17 J Appleton (Kesw) 4:17:59; 18 P Vale (Mercia, M45) 4:18:45; 19 K Collision (B'dale F) 4:19:03; 20 J Harris (B Combe) 4:19:51; 21 M McGoldrick (Wharf) 4:20:14; 22 S Halsall (Kesw) 4:21:00; 23 A Anthony (Ochil, M40) 4:22:30; 24 M Yeomans (C'land F) 4:23:12; 25 A Worster (Tod) 4:24:23; 26 J Wright (Amble) 4:24:33; 27 K Richmond (Shett, M45) 4:24:50; 28 M Palmer (Ach CIC, M50) 4:25:01; 29 S Stead (Kesw) 4:25:23; 30 J Rylance (Amble, M40) 4:25:43

M55: M Roberts (B'dale F) 4:29:58.

M60: L Warburton (Bow) 5:09:06. **M65:** N Brooke (Dors Dod) 6:17:36

TEAM: 1 Kesw 79; 2 Dark Pk 146; 3 Helm H 151; 4 Calder V 169; 5 Amble 172

Women: 1 J Paris (C'thy) 4:29:28; 2 K Roberts (Helm, H) 4:32:31; 3 S Taylor (Helm H) 4:41:38; 4 A Roberts (Tod) 4:50:19; 5 H Orr (B Combe) 4:51:24; 6 H Bonsor (C'thy) 4:58:25; 7 M Price (Mercia, W45) 5:03:02; 8 S Horrocks (Ross) 5:05:27; 9 S Brett (Kesw) 5:08:20; 10 C Nance (Lons) 5:10:31; 11 H Berry (Holm, W40) 5:11:25; 12 A Lupton (B Combe) 5:14:28; 13 S Noon (C'land F)

5:16:10; 14 S Willhoit (Mercia) 5:17:44; 15 M Kunicka (Dark Pk) 5:18:00; 16 S Fawcett (Dark Pk) 5:18:46; 17 C Rice (Ribb) 5:19:27; 18 V Haworth (Kesw) 5:20:53; 19 J Rice (Helm H) 5:24:30; 20 L Beeststone (Eryri) 5:25:06

W50: N Skilton (C&S) 5:59:04. **W55:** R Browne (Bow) 6:16:20. **W60:** B Weight (Bing) 6:18:02. **W65:** L Malarkey (Kesw) 6:44:14

TEAM: 1 Helm H 24; 2 B Combe 44; 3 C'thy 47; 4 Kesw 53; 5 Dark Pk 73

EILDON THREE HILLS (incorporating Scottish East District Championships), Melrose

Overall (4.5M/1500ft): 1 J Espie (Dees R) 35:27; 2 J Dunn (HBT) 36:38; 3 G Bryson (HHR, U20) 37:57; 4 A Luetchford (HBT) 38:55

M40: J McGowan (Gala) 43:06. **M50:** A Anderson (Annan) 44:53. **M60:** J Tullie (Tev) 45:19. **M70:** D Milligan (Sol) 53:51

Women: 1 B Hanson (Edin U) 39:08; 2 H Anderson (Fife) 43:09; 3 A Galbraith 43:50

W60: J Scott (Fife) 55:34

U20: A Badial (A'deen) 46:18

MARK EASTON

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W60: J Scott (Fife) 55:34

U20: A Badial (A'deen) 46:18

WINDY GYLE, Barrow Burn

Overall (9M/1800ft): 1 W Robson (NSP, U21) 60:17; 2 J Johnston (Ross) 61:28; 3 J Butters (N'land F, M40) 64:03; 4 M Briggs (N'land F, U21) 64:30

M50: G Robson (NSP) 65:45. **M60:** M Broadhurst (Tyne) 78:01

Women: 1 N Duggan (Aln TC) 71:55; 2 R Vincent (Tyne, W40) 80:25; 3 J Bennett (N'land F, W45) 81:33

W55: C Bagness (Wooler) 84:01

JUNE 22

DRINAHILLY, Donard

Overall (3M/1080ft): 1 T McCambridge (St Mal, U20) 21:56; 2 T Johnston (Mourne) 22:02; 3 D Hicks (Neww) 22:39; 4 C Murtagh (Newc) 22:53; 5 J McKeew (Mourne) 22:58; 6 J Martin (Scarab, U20) 23:08

M50: N Carty (N Belv) 23:21. **M55:** J Brown (BARF) 26:15. **M60:** D McGreevy (Newc) 27:33. **M65:** E Hall (Drom) 30:47. **M70:** F Strickland (B'drain) 37:08

Women: 1 K Wilton (J Lisb, W45) 25:07; 2 S Graham (Mourne) 26:26; 3 G Wasson (B'mena R, W40) 26:28; 4 M Troeng (Newc) 27:07

W55: A Shannon 29:35. **W60:** M Mackin (Drom) 31:50

U20: G Carson (Mud Uls) 27:10

JUNE 21

GRINDLEFORD CARNIVAL, Sheffield

Overall (4.5M/500ft): 1 L Kemp (Totley) 32:16; 2 R Simpson (Dark Pk) 33:16; 3 D Miller (Dark Pk, M40) 34:33; 4 M Nolan (Dark Pk, M50) 34:41; 5 A Frost (Dark Pk, M40) 34:56; 6 E James (Belper) 35:14

M60: A Batty (W'stock) 42:51

Women: 1 C Brock (Sheff) 36:49; 2 Z Procter (Penn, W40) 39:29; 3 V Penn (Smiley) 39:55; 4 R Rose (Sheff RC) 40:02

W50: N Rafferty (Steel) 44:04. **W60:** P Goodall (Totley) 45:54. **W70:** M Small (Smiley) 59:03

BEAMSLEY BEACON, Addingham

Overall (6.5M/1100ft): 1 R Little (Ilkley) 33:15; 2 J Cummings (Ilkley) 33:34; 3 N Edmondson (Ilkley) 35:20; 4 C Holmes (Wharf, M40) 35:27; 5 O Stapleton (Ilkley, U19) 35:37



M50: S Vallance (Vall) 39:52. **M60:** J Holt (Clay) 44:43. **M70:** G Breeze (Wharf) 56:59
Women: 1 P Munro (Ilkley, W40) 41:32; 2 M Padilla (Wharf) 42:06; 3 R Harper (Ott) 44:12
W50: C Busby 47:51

AGGIE'S STAIRCASE, Darwen

Overall (4M/900ft): 1 C Holdsworth (Ribb) 27:33; 2 M Perry (Clay) 30:17; 3 J Murphy (Darw RG) 30:43; 4 R Smith (Prest) 31:51; 5 S Hall (Ribb, M40) 32:18
M45: M Dunn (Holo) 32:35. M50: A Life (Clay) 36:18. M65: J Maxfield (N'burgh N) 39:34. M70: P McDermott (Prest) 51:10
U21: G Morris Chorley 33:00
U17: M Stevens (Clay) 35:52
Women: 1 B Holt (Clay, U21) 36:37; 2 J Nelson (B'burn, W45) 37:25; 3 T Robb (Clay) 38:06
W55: J Rolfe (Lyth) 48:32

JUNE 20

PONTESBURY

Overall (3M/1160ft): 1 J Agnew (Mercia) 20:51; 2 D Birtwistle (Tel) 21:04; 3 D Maskev (W&B) 21:06; 4 T Roo (Mercia) 21:22; 5 K McKenna (Aval Endur, M40) 21:37
M45: T Werrett (Mercia) 21:48. **M50:** J Atyeo (Mercia) 23:30. **M60:** E Davies (Mercia) 24:57. **M65:** D Nichols (Mercia) 28:51. **M70:** G Whitmarsh (Croft A) 30:47
U17: H Webb (Walton) 22:30
Women: 1 R Parker (Mercia) 22:01; 2 M Price (Mercia, W45) 22:57; 3 S Willhoit (Mercia) 24:11
W50: V Swingle (Shrops S) 28:18

WHORLTON CHASE, Swainby

Overall (7M/1080ft): 1 S Garratt (N Marske) 45:46; 2 T Grimwood (Swale) 46:07; 3 A Rhodes (Stubb) 46:22; 4 S Collins (Knave) 46:27; 5 R Woods (Dur F) 46:45
M40: A Potter 47:51. M50: K McLoughlin (N Yrk M) 47:59. M55: D Hughes (N Yrk M) 50:34. M65: E Meehan (N Yrk M) 64:00
TEAM: 1 N Yrk M 60; 2 Knave 72; 3 Darl 114
Women: 1 F Brannan (Elvet) 50:56; 2 K Smith (Knave) 53:22; 3 K Aspin (N Marske, W50) 53:55
W60: S Haslam (Scar) 55:27
TEAM: 1 Darl 35; 2 T&S 38; 3 N Yrk M 44

JUNE 19

BEACON BATCH, Lower Langford

Overall (8km/305m): 1 C McMillan (Weston) 34:54; 2 L Hanson (Nail) 37:02; 3 A Coombs (Wells) 38:27; 4 P Clarke (Weston) 38:42; 5 B Gibbison (Myn de Cwm) 39:15
M40: R Lowe (S'ville) 39:51. **M50:** A Grant (T&C) 40:35. **M60:** S Anning (Axe) 41:12
Women: 1 E Cox (S'ville) 41:38; 2 L Meech (Cleve) 42:33; 3 S Voller (W'bury, W40) 43:29
W50: N Morgan (Chep) 44:59. **W60:** P Withers (Weston) 57:30

MOEL TRYFAN, Caernarfon

Overall (3km/160m approx.): 1 M Dunford (St Dav, U18) 12:45; 2 C Dafydd (Menai, U18) 13:19; 3 G Roberts (Eryri) 13:22; 4 J Bowden (Eryri) 13:26
M40: C Jones (Eryri) 14:37. **M50:** R Owen (Eryri) 15:11. **M60:** S Jones (Eryri) 15:55. **M70:** E Davies (Hebog) 20:03

U16: C O'Donnell (Eryri) 14:04
Women: 1 C Connell (Eryri) 15:27; 2 G Moore (NWRR) 16:03; 3 L Lee (St Dav, U18) 16:30
W40: M Hughes (Eryri) 16:48. **W50:** S Barmwell (Eryri) 17:44. **W60:** M Baugh (Denbigh) 21:32. **W70:** M Oliver (Eryri) 23:59

MULTI-TERRAIN

JUNE 25

ANITA NOTT MEMORIAL WOMEN ONLY 5km, Jesmond Dene, Newcastle upon Tyne

DANNI SMYTHE was a convincing winner of this increasingly popular event held in memory of former Heaton Harrier Anita Nott, *Les Venmore reports.*

On a fine, warm summer evening, Smythe soon headed the record field of 457 runners on the undulating course which included Jesmond Dene and Armstrong and Heaton Park.

The lead was 30 seconds at 3km, with teenagers Emily Chong (2nd in 2017) and Katie Francis lying in second and third position. Smythe crossed the finish line 50 seconds ahead of Chong, with Francis taking third. Wendy Chapman led home the veterans in fourth.
Women: 1 D Smythe (Heat) 18:37; 2 E Chong (CleS, U15) 19:27; 3 K Francis (Birt, U13) 19:43; 4 W Chapman (Sun S, W45) 19:45; 5 N Batey (Derwent Valley) 19:55; 6 K Stevenson (Tyne Br, W45) 20:03; 7 J Penn (NSP) 20:15; 8 E Roberts (Heat, W35) 20:29; 9 L Raven (Gate) 20:31; 10 A Hemsley (Walls) 20:37; 11 G Ritchie (Sun S, W35) 20:44; 12 S Robson (J&H, U17) 20:44; 13 R Adamson (Tyne Br) 20:50; 14 E Quinn (Sun, U17) 20:55; 15 S Robson (Walls) 21:02; 16 S Driscoll (Gosh) 21:20; 17 J Routledge (Heat, W35) 21:22; 18 L Cheetham (Jes J) 21:26; 19 T Surtees (Ayc) 21:34; 20 E Foreman (Jes J) 21:34W40; 1 A Thompson (Blay) 22:27. W45: 3 L Matheson (Tyne Br) 21:34.
W50: 1 M Herworth (Clare) 22:16. W55: 1 J Shotton (Sun) 23:42. W60: 1 M Loraine (Gate) 22:19. W65: 1 D Craig (Blay) 27:07
TEAM (3 to Score): 1 Heaton H 26; 2 Tyne Bridge H 40; 3 Wallsend H 57

JUNE 24

BENARTY GALA TRAIL RACE, Lochore

Overall (4.5M): 1 G Mathieson (Flak TR) 27:03; 2 C Russell (Leven LV, M45) 27:41; 3 S Clark (Fife, M45) 29:01; 4 R Sellar (PHRC, M40) 29:19; 5 B Innes (Falk TR) 29:22
M50: A Lafferty 30:53. **M60:** L Allan (Falk TR) 34:43. **M65:** E Norton (PHRC) 34:47.
M75: P Rieu-Clarke (Leven LV) 48:25
Women: 1 J Macintyre 32:15; 2 J Menzies (BMF Dunf, W45) 32:41; 3 A Sutherland (C'gie) 34:16
W50: A Peat (Edin) 37:14

BRADFORD MILLENNIUM WAY RELAY, Bingley

Overall (48M/6000ft, 5 stages in pairs): 1 Bing 5:44:46 (T Midgley/G Askew 80:30, G Callan/A Brown 66:50, T Gomersal/M Peace 55:24, M Merrick/Fisher 65:34, A Jebb/R Mantle 76:28); 2 Saitaire 5:49:36; 3 Ribb (mixed) 6:18:50; 4 Wake 6:24:47; 5 Puds P 6:31:15; 6 Wharf 6:33:47



The winning Wharfedale women's team at Bradford

Mixed: 2 Skyrac 6:36:47
Fastest – Leg 1 (10.4M): L Athersmith/C Holmes (Wharf) 78:42
Leg 2 (9.4M): Callan/Brown 66:50
Leg 3 (8M): Gomersal/Peace 55:24
Leg 4 (8.7M): Merrick/Fisher 65:34
Leg 5 (11.6M): W Kerr/T Baldwin (Saitaire) 74:58
Women: 1 Wharf 7:26:29 (E Raven/L Needham 1:46:43, C Pearson/J Howells 86:48, L Mallinson/K Wetherby 76:11, M Padilla/L Sufategui 72:50, E Watson/K Kirkham 1:43:57; 2 Bing 7:34:08; 3 K&C 7:35:19; 4 Horsf 8:00:08; 5 K&C B 9:06:32; 6 Wharf B 9:18:50
Fastest – Leg 1: R Thackray/J Buckley (Bing) 92:32
Leg 2: Pearson/Howells 86:48
Leg 3: H Hardacker/S Hudson (K&C) 71:01
Leg 4: Padilla/Sufategui 72:50
Leg 5: S O'Sullivan/C Cooper (K&C) 92:16

LULWORTH CASTLE 10km, Dorset

Overall: 1 J Cieluszecski (B'mth, M40) 34:43; 2 C Alborough (Poole) 37:39; 3 M Dicks (Olney) 40:08
Women: 1 C Stanzel (Poole R) 42:56; 2 A Bond (Poole) 43:42; 3 A Baylis (W40) 45:29

YTHAN CHALLENGE 10km, Eilon

Overall: 1 D Barclay (M40) 55:31; 2 P Massie 55:44; 3 J Bonner 57:31
M40: M Duguid 59:30. M50: B Ferguson 59:35
Women: 1 V Bailie (W35) 66:17; 2 A Muir 67:42; 3 E Watt 67:58

BRIGHTLINGSEA CARTOON CAPERS CHALLENGE 6-HOUR, Brightlingsea

Overall: 1 C Harper 52:71; 2 F Cascio 42:16; 3 C Higdon 42:16
Women: 1 S Harper 42:16; 2 M Lloyd 42:16; 3 J Moore 42:16

GLORIOUS GARGRAVE, Skipton

Overall (10km): 1 J Burdon 42:17; 2 N Hardy (Leeds Fronrunners, M40) 43:24; 3 N Hart 44:07
Women: 1 S Cordingley (Bing) 47:45; 2 R Lowther (Barick Fellrunners) 51:36; 3 E Rose 54:04
Overall (HM): 1 M Keedy (St Theresa

A.C.) 88:06; 2 R Mewis 99:55; 3 M Montana 1:40:40
Women: 1 R Mewis 1:49:25; 2 J Lee (Crossg, W45) 1:50:50; 3 H Jenkins 1:52:45
Overall (20M): 1 A Dean (Dewsbury Road Runner) 2:23:15; 2 N Watson (W) 2:54:20; 3 D Gordon 2:58:58
Women: 1 Watson 2:54:20; 2 S Cullen (Rothwell Harriers) 3:03:38; 3 E Minazzi (Robertson Road Runners) 3:16:29
Overall (Mar): 1 P Brown (Trawd) 3:22:12; 2 R Beech 3:25:04; 3 B Charnley 3:28:10
Women: 1 V Cusack 3:58:20; 2 N Pounds 4:17:57; 3 A Kisluk (Ecc, W50) 4:32:46
Overall (MT): 1 D Smithers (Knives, M45) 4:08:28; 2 W Waterhead (Airedale centre Pacers) 5:12:25; 3 T Worboys (Ilkley, M35) 6:00:35
Women: 1 K Bowman 6:19:26; 2 S Ching 6:51:42; 3 K Dawson (Kirstall Harriers) 7:27:42

HADRIAN'S WALL HALF MARATHON, Haltwhistle

Overall: 1 J Wyatt 92:42; 2 G Ruddick (M35) 93:58; 3 L Turner (Clay) 94:39
Women: 1 L Macdonald (W35) 94:59; 2 R McIntyre (NSP) 1:41:52; 3 R Bentley (Allen V, W35) 1:42:08

LAMBTON RUN 10km, Chester-le-Street

Overall: 1 O James (Sun) 33:40; 2 L Taylor 33:46; 3 G Pritchard (Elv) 35:48
Women: 1 A Dixon (Sun S, W35) 38:51; 2 W Chapman (Sun S, W45) 41:09; 3 K Simpson (Gate, W35) 42:28

NORTH DOWNS RUN 30km (Inc BMAF Championships) Guildford

BRITISH Masters staged their multi-terrain championships along this historic route as they piggy-backed this long-standing event, *Martin Duff reports.*

Richard McDowell was the first over-35 home as Julian Rendall was the top M40 in fourth place overall, with Jeff Pyrah first M45 close behind.

Further down the field, Dave Gill made the long trip down from Warrington to take the M60 plaudits in 2:23:10.

Amy Clements was a convincing

women's race winner as she took the W35 title, while Kent AC team mate Teresa Murphy was top W40.

Overall: 1 R McDowell (HW, M35) 1:52:42; 2 T Collins (M&M) 1:57:53; 3 D Poulton (Camb H, M35) 2:00:55; 4 J Rendall (Ton, M40) 2:01:20; 5 S Hobbs (Than, M40) 2:04:25; 6 J Pyrah (Hast, M45) 2:05:18; 7 P Lighting (Kent) 2:06:35; 8 C Rampling (M&M) 2:08:05; 9 J Addison (Beck, M40) 2:08:12; 10 L McMeekin (M40) 2:09:05

M50: 1 J Ashworth-Beaumont (Serp) 2:09:53; 2 D Smith (W&B) 2:19:06; 3 C Poulton (Camb H, M35) 2:20:55; 1 S Mills (Jock) 2:11:05; A Howey (Tun W) 2:11:25; 2 P Jeggo (S'field) 2:19:54.
M60: 1 D Gill (Warr) 2:23:10; 2 S Rolfe (Norf G) 2:28:16. **M65:** 1 W Hill (Craw) 2:36:29; 2 K Fancett (Beck) 2:36:52.
M70: 1 D Winch (Than) 2:39:52; 2 T Edgley (R&I) 2:45:35; 3 L O'Hare (Barn) 3:01:04

Women: 1 A Clements (Kent, W35) 2:12:44; 2 L Weeks (Sitt, W35) 2:26:31; 3 H Woolley (Tun W) 2:28:54; 4 T Murphy (Kent, W40) 2:29:15; 5 S Flanagan (Eton M, W40) 2:30:40; 6 V Buck (Kent, W40) 2:32:20; 7 H Fitzmaurice (S'oaks, W45) 2:33:20; 8 F Russell (Morn, W45) 2:33:58; 9 A Andruskeviciute 2:37:12; 10 A Farrall (Kent, W45) 2:37:57
W50: 1 J Phillips (Orp) 2:39:58; 2 K Williams (Kent) 2:42:50. **W60:** J Lenton (Orp) 2:48:27

TRENT PARK TRIFFIC 10km, Enfield

Overall: 1 C Bruce (Trent P) 36:58; 2 R Patel (Barn) 37:11; 3 D Kunzmann (Trent P) 37:23
Women: 1 A Baird (Serp, W35) 41:35; 2 A Litchfield (Lon Hth) 41:44; 3 J Green (Serp, W35) 43:10

JUNE 22

BEACON HILL SUMMER SOLSTICE 5, Leicestershire

Overall: 1 T Woodward (Notts) 27:38; 2 T Bristowe (Redditch) 29:37; 3 J Williams (Herm) 30:07
Women: 1 N Stevenson (Poplar) 35:25; 2 V Hallam (Wend, E40) 37:27; 3 E Muddimer 37:50

JUNE 21

CATTLE CREEP 10km, Milton Keynes, Buckinghamshire

Overall: 1 B Fairhall (Redway) 35:21; 2 T Inchley (L Buzz) 36:08; 3 M Tizzard (MK Lake) 37:22
Women: 1 D Smith (Run MK) 43:02; 2 K Willis 44:12; 3 E Baverstock (Redway) 45:02

STAFFORDSHIRE MOORLANDS SUMMER SERIES, Shuttingsloe Fell

Overall (tough 3.6M): 1 A Thompson 24:28; 2 S Harding (Macc) 24:35; 3 S Myatt (Stoke) 25:49
Women: 1 A Shilcock (Newc) 30:30; 2 W Swift (Trenth, W45) 31:50; 3 C Wood (Congle) 32:08

TRAILFEST SERIES, Milngavie

Overall (17km, age not declared): 1 C Oates 66:55; 2 A Carr 67:16; 3 D Chapman 72:24; 4 M McQueen 73:36; 5 M Gallacher 73:44
Women: 1 R Hunt 81:43; 2 S Kent 83:37; 3 N Dawson 85:10

EUROPEAN U18 CHAMPIONSHIPS, GYÖR, HUNGARY, JULY 5-8

EUROPEAN TALENT IN GYÖR

BRITISH YOUTH SQUAD SELECTED FOR THE EUROPEAN U18 CHAMPIONSHIPS IN GYÖR IN JULY AIMS TO REPEAT THE SUCCESS OF TWO YEARS AGO

BRITAIN topped the medals table at the inaugural European Under-18

Championships in Tbilisi in 2016 and the country will be looking for similar success when the 2018 event takes place in the Hungarian city of Győr.

Two years ago, GB winners included Jona Efoloko, George Mills, Jake Heyward, Isabelle Boffey and Holly Mills as the GB team took five golds and 13 medals in total to beat Germany, Italy and France in the medals table.



Dominic Ogbechie: flying form in 2018

MARK SHEARMAN

Men: 400m: Ethan Brown, Ben Pattison; 800m: Max Burgin; 1500m: Kane Elliott, Jacques Maurice; 3000m: Thomas Keen, Rory Leonard; 2000m steeplechase: Ben Thomas; 110m hurdles: Sam Bennett, Jordan Ricketts; 400m hurdles: Karl Johnson; High jump: Dominic Ogbechie; Shot put: Lewis Byng, George Hyde; Javelin: Max Law; Decathlon: Ollie Thorne, Jack Turner

Women: 100m: Amy Hunt (subject to fitness), Cassie-Ann Pemberton; 400m: Hannah Foster, Natasha Harrison; 800m: Keely Hodgkinson; 1500m: Emily Williams; 3000m: Charlotte Alexander, Kiara Frizelle (subject to fitness); 2000m steeplechase: Elise Thorne; 100m hurdles: Lucy-Jane Matthews, Marcia Sey; 400m hurdles: Jasmine Jolly; Shot put: Hannah Molyneaux, Serena Vincent

Triple jump: Lily Hullah; **Pole vault:** Jade Spencer-Smith

• SOPHIE O'SULLIVAN, daughter of distance legend Sonia O'Sullivan, will make her debut for Ireland after being picked as part of a 23-strong squad for the European Under-18 Championships. The Irish squad also includes 1500m runners Sarah Healy and Cian McPhillips and 200m sprinter Rhasidat Adeleke.



MARK SHEARMAN

Now, the team is headed by high jump talent Dominic Ogbechie and 800m sensations Max Burgin and Keely Hodgkinson (left) at an event that takes place a few days before the IAAF World Under-20 Championships kicks off in Finland.

Ogbechie high jumped a world age 15 record of 2.22m earlier this year indoors and then this month took the England Athletics title in Bedford with

2.16m. Burgin ran a world age 15 800m record of 1:47.50 in May and has since been focusing on GCSE exams, while Hodgkinson impressed at the England Athletics Championships with victory over a field that included Boffey and European under-20 champion Khai Mhlanga.

Some athletes will be making a return visit to Győr 12 months after the Hungarian city staged the European Youth Olympics.

DOUBLE DIAMOND LEAGUE MEETS

SOME mouth-watering head-to-heads are due to take place when the Diamond League series continues in Paris on June 30 and Lausanne on July 5.

The French meeting will feature a women's high jump that includes world No.1 Maria Lasitskene and heptathlete

Nafi Thiam, while the 400m hurdles sees a 400m hurdles rematch between Abderrahman Samba and Karsten Warholm.

In Lausanne, meanwhile, Laura Muir faces Caster Semenya and Gudaf Tsegay over 1500m, while Elaine Thompson, Dafne Schippers,

Murielle Ahoure and Marie-Josée Tal Lou clash in the 100m, Noah Lyles and Michael Norman are in the 200m, Muktar Edris and Selemon Barega in the 5000m, Sam Kendricks and Armand Duplantis in the pole vault and Ryan Crouser and Tom Walsh in the shot.

Laura Muir: 1500m clash with Caster Semenya



MARK SHEARMAN

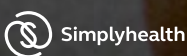
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ROAD

Saturday June 30

CASTERBRIDGE HALF-MARATHON
Cokers Frome Farm, Dorchester. 9.30am.
dorchestermarathon.co.uk/index.php

ISLE OF BARRA HALF-MARATHON
Castlebay Community School, Castlebay.
en-gb.facebook.com/
Barrathon-273413142715632

**KIRKISTOWN RACE TRACK 5km/10km/
HALF-MARATHON**
Kirkistown Race Track, Kircubbin. 2pm.
sientries.co.uk/event.php?eventId=Y&event_id=4581

LARNE AC COASTAL MARATHON
Glenann Primary Sch, Cushendall, Antrim. 9am.
larneac.co.uk/antrim-coast-road-marathon

**RUNTHROUGH LEE VALLEY VELOPARK
5km/10km/10M/HALF-MARATHON**
Lee Valley VeloPark, London. 9am.
runthrough.co.uk

WENLOCK OLYMPIAN 50
Priory Hall, Much Wenlock, Shropshire. 8am.
wenlock-olympian-society.org.uk

Sunday July 1

ALDERLEY EDGE BYPASS 10km
Melrose Way, Alderley Edge, Cheshire. 9.30am.
runnorthwest.co.uk

ALI BROWNLEE RIVERSIDE RUN 5km
Middlesbrough, Cleveland. 10.15am.
runmiddlesbrough.com

**ASDA FOUNDATION CITY OF LINCOLN
10km**
Riseholme Road, Lincoln. 9.30m.
runforall.com

**BASSINGBOURN BRAINSTRUST HALF-
MARATHON**
South End, Basingbourn, Herts. 9.30am.
fit4thechallenge.co.uk

BLACK COUNTRY RUN 5km/10km
Town Centre, Halesowen, W Midlands. 10am.
theblackcountryrun.com

**BRAMPTON BREWERY CHESTERFIELD
SPIRE 10**
Holmebrook Valley Park, Newbold. 10.30am.
northderbyshirec.jimdo.com

BRENTWOOD 10km
Village Hall, Blackmore, Essex. 10am.
thrifgreenrotters.co.uk

COMPTON VERNEY HALF-MARATHON
Compton Verney, Warwickshire. 9.30am.
tempoevents.co.uk

DIDCOT 5
Willowbrook Leisure Centre, Didcot, Oxfordshire.
9.30am.
didcotrunners.org.uk

DRONFIELD 10km
Pentland Road, Dronfield Woodhouse. 10am.
7hdronfield10k.org.uk

ECCUP 10
Long Causeway, Leeds, W Yorks. 9.30am.
abbeyrunners.co.uk

GREAT CARRADALE CANTER 5km/10km
Carradale, Argyll.
carradaleharbour.co.uk

HERNE BAY LES GOLDING 10km
Beacon Hill, Herne Bay, Kent. 10am.
hernebay10k.co.uk

ICKENHAM 5
Swankley Park, Ickenham, Middlesex. 10am.
fast-fitness.co.uk/ickenham5

ISLE OF ARRAN HALF-MARATHON
Shiskine Valley, Isle of Arran.
anranrunners.weebly.com

LEAMINGTON SPA HALF-MARATHON
Leamington Spa, Warwickshire. 9am.
leamingtonspahalfmarathon.co.uk

LINDLEY 10km
Lindley Infant School, Lindley, W Yorks. 9am.
lindley10k.org.uk

**LUTON AC SUMMER SERIES WARDOWN
PARK 5km**
Wardown Park, Luton, Bedfordshire. 11am.
lutonac.co.uk

MORECAMBE HALF-MARATHON
Marine Rd Central, Morecambe, Lancs. 11am.
lancaster-race-series.co.uk

NEWMARKET 10km
Ellesmere Centre, Stetchworth, Suffolk. 10am.
newmarketjoggers.co.uk

NORTON 9
Norton Middle School, Norton, S Yorks. 10am.
askermdrc.org

OWSTON FERRY 10km
Owston Ferry, Lincolnshire. 10am.
metrestomiles.co.uk

PORTLAND 10
Royal Manor Arts Coll, Portland, Dorset. 10am.
mpac.co.uk

PORTSOY 'FOLLOW THE HERRING' 10km
Recreation Park, Portsoy.
aberdeenshire.gov.uk/leisure-sport-and-culture/sport-and-fitness/sports-events/portsoy-fun-run

RACE THE NEIGHBOURS 10km
Cherry Tree Woods, East Finchley/ 9.30am.
racetheneighbours.com

REGENT'S PARK SUMMER 10km SERIES
The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org

RISBOROUGH RUN IN THE PARK 5km
Wades Pk, Princes Risborough, Bucks. 9am.
risboroughruninthepark.weebly.com

RUN HARROGATE 10km
Harrogate, North Yorkshire. 10am.
harrogate-harriers.co.uk

**RUN NORTHUMBERLAND COQUET 10km/
HALF-MARATHON**
Rothbury, Northumberland. 9.30am.
runnation.co.uk

SPIRE BUSHEY 5km/10km
Queen's School, Aldenham Road, Bushey,
Hertfordshire. 10am.
purplepatchrunning.com

ST MAGNUS 10km/MARATHON
Birsay community centre, Birsay, Orkney.
birsayhall.com/pages/marathon2017.php

SUBWAY HELPING HEARTS FAMILY 5km
Tredgar Park, Newport. Noon.
5ksubway.com

**TOUR OF MERSEYSIDE SOUTHPORT 10km/
HALF-MARATHON**
Victoria Park, Southport, Merseyside. 9am.
vitalevents.co.uk

WITHERSEA 5
Witthensea, East Yorkshire. 10.45am.
witthenseaharriers.org

Monday July 2

FRAMPTON VILLAGE 10km
Frampton-on-Severn, Gloucestershire. 7.30pm.
stroudathleticclub.co.uk

Tuesday July 3

ASPIRE 5 SERIES
Stothert & Pitt Rugby Club, Corston. 7.30pm.
aspirerunningevents.co.uk

BOOTH DECORATORS LEAGUE
Carsington Water, Ashbourne, Derbys. 7.30pm.
ilkestonrunningclub.co.uk/Training/Diary

BRIDGES OF THE TYNE 5
Quayside, Newcastle, Tyne & Wear. 7.15pm.
tynebridgeharriers.com

CRYSTAL PALACE CANTER 5km
Top car park, NSC, London, SE19. 12.30pm.
crystalpalacecancer.wordpress.com

EAST MIDLANDS GP HARBOROUGH 5
Market Harborough, Leicestershire. 7.45pm.
mcs.open.ac.uk/mkac/The_emgp.html

HOLME PIERREPONT GRAND PRIX 5km
Embankment, Nottingham. 7.15pm.
hprcrun.co.uk/gp

LAMBFOOT LOOP 10km
Cockermouth, Cumbria. 7pm.
denventac.com

PODIUM 5km
Wilton Street, Barrowford, Lancashire. 7pm.
ukresults.net

ROCHDALE HARRIERS 10km
Springfield Park, Rochdale, Lancashire.
7.15pm.
rochdaleharriers.co.uk

RUN EXE SUMMER 5km SERIES
Exwick Playing Fields, Exeter, Devon. 7.30pm.
city-runs.co.uk

SELF TRANSCENDENCE 2
Eastville Park, Bristol. 7.15pm.
uk.srchinimoyraces.org/races/bristol

YORK ROAD RACE LEAGUE WISTOW 10km
Wistow, North Yorkshire. 7.30pm.
roadraceleague.org.uk

Wednesday July 4

BRIG BASH 5
The Institute, Bridge of Eam, Perthshire.
perthroadrunners.co.uk

CURFEW RUN 1.28
Berwick-upon-Tweed, Northumberland.
7.30pm.
tweedstriders.org

HELEN WINDSOR 10km
Rochdale Road, Greetland, W Yorks. 7.15pm.
hallifaxharriers.co.uk

PETERBOROUGH GP 3km/5km SERIES
WaterSports Centre, Ferry Meadows. 7pm.
peterboroughgpseries.com

PITSTOP 5km/10km
Croft Circuit, Dalton on Tees, Durham. 6.30pm.
darlingtonharriers.co.uk

RUN4ALL 5km SERIES
Celtic Leisure Centre, Aberavon. 7pm.
run-4allneath.co.uk/santa

RUN4ALL NEATH ABERAVON 5km
Aberavon Promenade, Port Talbot.
run-4allneath.co.uk

RUTHIN 5km
Ruthin, Denbighshire. 6.45pm.
bespokefitnessandevents.co.uk

**SIMPLYHEALTH GREAT TEAM RELAY
(4x5km)**
Queen Elizabeth Olympic Park, London. 6pm.
greatrun.org

SOUTH SHIELDS MONTHLY MILE
Sanddancer Pub, South Shields. 7pm.
runneatsleep.co.uk/themonthlymile

SPENCERS ARMS DASH 3.75
Spencers Arms, Barugh Green, Barnsley. 7pm.
barnsleyac.co.uk

SUMMER TURKEY TROT 4
Trickys, Redruth, Cornwall. 7.30pm.
cornwallac.org.uk

TYNEDALE 10km
Ovingham Middle School, Ovingham. 7.30pm.
tynedaleharriers.com

WEST BROMWICH CLASSIC 5km
Aston Univ Recreation Centre, Walsall. 7.30pm.
facebook.com/WBHFRunners

WROXHAM 5km SERIES
Broadland High School, Wroxham. 7.15pm.
norwichroadrunners.com

YATELEY 10km SERIES
Yateley Comprehensive School, Yateley,
Hampshire. 7.30pm.
yateley10kseries.info



5km and 2km events. For more info, see greatrunlocal.org

Wythenshawe Park: 9am every Sunday

Debdale Park: 9am every Sunday

Birchfields Park: 11am every Sunday

Salford Quays: 6.45pm every Thursday

Burrs Country Park: 9.30am every Sunday

Gibside: 9.15am every Sunday

Sunderland: 9.30am every Sunday

Glasgow Quays: 6.30pm every Wednesday

Southwold: 9.30am every Sunday

Needham Lake: 9.30am every Sunday

Ashford: 9.30am every Sunday

Lancing: 9.30am every Sunday

Birmingham Ley Hill: 9.30am every Saturday

The Vale Birmingham: 10.30am every Sunday

Portsmouth Hilsa Lido: 9.30am every Sunday

Bournemouth Turbary Common: 9.30am every Sunday

Newham New Beckton Park: 9.30am every Sunday

Queen Elizabeth Olympic Park: 9.30am every Sunday

Thursday July 5

HUDDERSFIELD 5km PARK SERIES
Greenhead Park, Huddersfield. 7.30pm.
cannonballevents.co.uk

SALE SIZZLER 5km SERIES
Wythenshawe Park, Manchester. 7.30pm.
saleharriersmanchester.com

**TOUR OF MERSEYSIDE RAGING RED
BULL 5**
Otterspool Drive, Liverpool, Merseyside. 7pm.
btliverpool.com

VAZON MILE
Vazon, Guernsey. 6pm.
guernseyathletics.org/gg/event-calendar/vazon-mile

Friday July 6

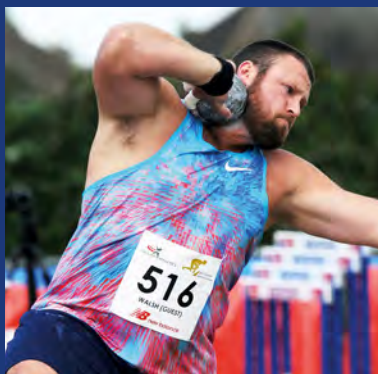
BEVERIDGE PARK 5km SERIES
Beveridge Park, Kirkcaldy, Fife.
fifeac.org

CARDIFF SUMMER SERIES 4
Pontcanna Fields, Cardiff.
cardiffrunningevents.org

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

NEXT ISSUE

**AW IS OUT ON
JULY 5**



MARK SHEARMAN

BRITISH CHAMPS
ALL THE ACTION
FROM BIRMINGHAM

TOM WALSH
INTERVIEW WITH SHOT
PUT STAR'S COACH

DAVID KING
UK 110m HURDLES
CHAMPION'S TRAINING

COLIN POTTER MEMORIAL 10km

Haslam's, Haslam's Lane, Derby. 7.15pm.
colinpotter10k.com

EALING MILE

Lammas Park, Ealing, London. 12.30pm.
ealinghalfmarathon.com/the-mile-series

GREAT BENTLEY FRIDAY 5

Village Hall, Great Bentley, Essex. 7.30pm.
gbrcc.org.uk

NEWTOWN BAR-B-QUE 5km

Latham Park, Newtown, Powys. 7.30pm.
maldwynharrisers.org.uk

RYE SUMMER CLASSIC SERIES 10km

Rye Harbour Nature Reserve, Rye. 7.30pm.
nice-work.org.uk

WHISSENDINE 6

Whissendine, Rutland. 7.30pm.
whissendine6ix.org.uk

Saturday July 7

CATFORTH CANTER 5km SERIES

Village Hall, Catforth, Lancashire. 6.30pm.
ukroadraces.info

CHESTERFIELD NO WALK IN PARK 5km

Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirec.jimdo.com

DRAYCOTE WATER SEVERN AT 7 7km

(RACE 1)
Draycote Water, Kites Hardwick, Warks. 7am.

DRAYCOTE WATER SEVERN AT 7 7km

(RACE 2)
Draycote Water, Kites Hardwick, Warks. 7pm.

theraceorganiser.com

FORRES HIGHLAND GAMES 10km (IHC

NORTH DISTRICT CHAMPIONSHIP)

Grant Park, Forres.

forreshighlandgames.com

HONEYPOT LEPE LOOP 10km

Lepe Country Park, Exbury, Hampshire.

honeypotlepeoop.eventbrite.co.uk

ISLE OF HARRIS HALF-MARATHON

Sir E Scott School, Tarbert, Isle of Harris.

harrishalfmarathon.org

LORD MAYOR'S 5km CITY CENTRE

CLASSIC

Tombland, Norwich, Norfolk. 4.45pm.

conac.org.uk/races/lord-mayor.asp

LOSTOCK HALL CARNIVAL 5km

St Gerrards Catholic Club, Lostock. 12.30pm.

facebook.com/carnival5k

QEOP SUMMER 10km SERIES

Queen Elizabeth Olympic Pk, London. 9.30am.

theraceorganiser.com

RUNTHROUGH REGENTS PARK 5km/10km

Regent's Park, London. 9.30am.

runthrough.co.uk

SUNFLOWERS HALEWOOD 5km SERIES

Environment Centre, Okell Drive, Liverpool.

10.30am.

knowsleyharrisers.com

MULTI-TERRAIN

Saturday June 30

BRACKNELL & DISTRICTS SAMARITANS

5km/10km

Easthampstead Pk Community, Berks 10.30am.

samaritans.org/samrun

DUE NORTH SHARPHAW METRIC

MARATHON

Skipton.

ENDURANCELIFE SNOWDONIA QUARTER

50

Borth-y-Gest, Porthmadog.

endurancelife.com/snowdoniaquarter

GREAT BARRROW CHALLENGE MARATHON

(DAY 3)

Academy, Church Road, Barrow, Suffolk. 8am.

thegbc.co.uk

HAWKSWICK HALF-MARATHON

Skipton, North Yorkshire. 10am.

duenorthevents.com

HOLKHAM 10km

Holkham Hall, Wells Next the Sea. Noon.

osbevents.com

HURSTPIERPOINT ST LAWRENCE VILLAGE

FAIR 5

Hurstpierpoint, West Sussex. 2.45pm.

stlawrencefair.org.uk/events/fun-run

INSOMNIACS CHALLENGE 12-HOUR

Staunton Country Park, Havant, Hants. 6pm.

onthe whistle.co.uk

MISBOURNE 5km/10km

Misbourne School, Great Missenden. 10.30am.

misbourne.bucks.sch.uk

MUSKIES MADNE5.5

Kings Tamerton Community Centre, Plymouth,

Devon. 6pm.

plymouthmusketeers.org.uk/muskies-

madness-race

ORIGINAL GLOUCESTERSHIRE MAVERICK

7km/17km/24km

Sudeley Castle, Winchcombe, Glos. 10am.

maverick-race.com/races/

theoriginalgloucestershire2018

RUN RICHMOND PARK 5km/10km

Richmond Park, Richmond, Surrey. 10am.

thefixevents.com

SHIPLEY PARK MARATHON/HALF-

MARATHON

Shipley.

SMUGGLER'S SCUTTLE HALF-MARATHON

Land's End Visitors' Centre, Sennen, Penzance

bysykevents.vpweb.co.uk

TRAILBLASTER 6/12/24-HOUR

Towneley Park, Burnley, Lancashire. 8am.

cannonballerents.co.uk/trailblaster-12

TRENT PARK 5km HANDICAP

Snakes Lane, Oakwood, Middlesex. 9.30am.

trentpark.org

WARRINGTON 5 SERIES

Colliers Moss, Warrington, Lancs. 10.30am.

warringtonrc5miller.co.uk

Sunday July 1

ABBOTTS ANN 5km/10km

Red Rice Road, Abbots Ann, Hampshire. 11am.

muddyrunners.org.uk

BEAT THE BOAT 10km

Eton, Berkshire. 9.30am.

beattheboat.com

BEWL 15

Uplands Community College, Wadhurst, East

Sussex. 10.30am.

bewl15.co.uk

BROMYARD GALA ROUND THE DOWNS 4.3

Bromyard, Herefordshire. 11am.

facebook.com/roundthedownsrace

BUSCOT 5km/10km

Buscot Park, Buscot, Oxfordshire. 9.30am.

faringdonrotaryclub.co.uk

CALDECOTE 10km/HALF-MARATHON

Primary School, Caldecote, Cambridgeshire.

9.30am.

facebook.com/CaldecoteCross

CLEOBURY MORTIMER 10km

Cleobury Mortimer, Shropshire. 11am.

runclceobury.org/cleobury-10km.html

DORSTONE DAWDLE 10km

Dorstone, Herefordshire. 11am.

dorstone.org.uk

FAIRY FRECKLED COW LLYN ALWEN 11km

Llyn Alwen Reservoir, Pentre-Llyn-Cymer,

Denbighshire. 11.30am.

denbighharrisers.com

GREAT BARRROW CHALLENGE MARATHON

(DAY 4)

Academy, Church Rd, Barrow, Suffolk. 8am.

thegbc.co.uk

HARLING 10km

East Harling, Norfolk. 10.30am.

ehssc.org.uk/10k

HUNGERFORD HAREY 8

Hungerford RFC, Hungerford, Berks. 10.30am.

hungerfordharies.co.uk

JOAN RHODES & FRED NORRIS 5km

Nellie Halstead Track, Radcliffe. 11am.

radcliffeac.org.uk

JUBILEE RUNNING 10km

Selsdon Hall, South Croydon, Surrey. 9.30am.

croydon-jubilee.co.uk/running

LINGFIELD 10km/10M

St Piers Lane, Lingfield, Surrey. 10am.

lingfieldrunningclub.co.uk

LITTLE EATON LEG IT 4.75

Little Eaton Primary Schl, Little Eaton, Derbys.

littleeaton.derbyshire.sch.uk

LYMM FESTIVAL 5km/10km

Lymm High School, Lymm, Cheshire. 11am.

lymmrunners.org.uk

MIDSUMMER MUNRO HALF-MARATHON/

MARATHON

Box Hill, Mickleham, Surrey.

trionium.com

MONMOUTH CHALLENGE 12.3km

Monmouth School Sports Club, Monmouth.

10.45am.

monmouthtriclub.moonfruit.com

NAYLAND 5km/10km

Nayland, Suffolk. 10am.

nayland10k.co.uk

NORTHUMBERLAND COASTAL HALF-

MARATHON/MARATHON

Alnmouth, Northumberland. 9am.

northeastmarathonclub.co.uk

PORT LYMPNE 5km CHALLENGE

Port Lympne Reserve, Lympne, Kent. 9am.

aspiralfoundation.org

QUANTOCK BEAST 5.7

Fyne Court, Broomfield, Bridgwater. 11am.

quantockharrisers.co.uk/beast.html

REDDAM HOUSE BERKSHIRE 5km/10km

Reddam House, Wokingham, Berks. 9.30am.

evensi.uk/reddam-house-berkshire-10k-5k-

charity-runs-2k-family-fun-run/259456720

RUNTHROUGH RICHMOND PARK HALF-

MARATHON

Sheen Gate Richmond Park, London. 10am.

runthrough.co.uk

SOUTH LONDON SUMMER 5km/10km

Danson Park, Bexley, London. 10am.

thefixevents.com

STONEHAVEN HALF-MARATHON

Mineralwell Park, Stonehaven. 11.15am.

stonehfm.webnode.com

STORT 5/10

National Trust, Takeley, Bishop's Stortford.

10am.

bsrc.org.uk/stort10

SUMMER PLOD 10/MARATHON

Clanfield Scout Hut, Little Hyden Lane, Clanfield,

Hampshire. 10.30am.

runevents.org

SWAY CARNIVAL 5

Willverley Inclosure, Sway, Hampshire. 10.30am.

runningtree.co.uk

TRAWDEN 7

Recreation Ground, Trawden, Lancashire. 11am.

trawdenac.co.uk/our-races.php

UMBORNE UG 10km

Village Hall, Umborne, Devon. 6pm.

axevalleyrunners.org.uk

WHITEMOOR 5

Elm Rd Sports Field, March, Cambs. 10.30am.

marcch.co.uk

WORKING LIONS CHARITY 5km/10km/

HALF-MARATHON

Fairoaks Airport, Chertsey Rd, Chobham. 9am.

wokinglions.org.uk/CharityRun.html

Monday July 2

GREAT BARRROW CHALLENGE MARATHON

(DAY 5)

Academy, Church Road, Barrow, Suffolk. 8am.

thegbc.co.uk

TOUR OF MERSEYSIDE THURSTASTON 5.9

Station Rd, Thurstaston, Wirral. 7pm.

btriverpool.com

WESTBURY WIPEOUT 3km

Westbury, Avon. 7.15pm.

westburyharrisers.co.uk

Tuesday July 3

BERRYHILL 10km

Berryhill, Staffordshire. 7pm.

stokeac.org.uk

EVERSLEY 3km

Crest Avenue, Basildon, Essex. 7.30pm.

eversley.essex.sch.uk

GREAT BARRROW CHALLENGE MARATHON

(DAY 6)

Academy, Church Road, Barrow, Suffolk. 8am.

thegbc.co.uk

JANE TOMLINSON APPEAL CANAL RUN

5km

Leeds Canal, Methley, West Yorkshire. 7.15pm.

secure.nochex.com/CanalRaceApplication

TOUR OF MERSEYSIDE SUSTRANS 10

Walton Hall Park Car Park, Liverpool. 7pm.

btriverpool.com

TWENTY BARRIERS 5

Carnforth, Lancashire. 7pm.

20barriersracecarnforth.blogspot.com

RUNNYMEDE RUNNERS RELAY
Windsor Great Park, Windsor, Berkshire. Noon.
runnymederunners.com

SERPENT TRAIL 10km/HALF-MARATHON/50km/100km
Penns Place, Petersfield, Hampshire.
serpenttrailrace.com

SHERE 10km/HALF-MARATHON/42km
Upper Street, Shere, Surrey. 9am.
trekhiereuk.com

SHROPSHIRE EASTRIDGE TRAIL 5.3/ HALF-MARATHON
Snailbeach, Shropshire. 10.30am.
shrewsburyac.org.uk/our-races/eastridge-trail-half

TOUR OF MERSEYSIDE WIRRAL COASTAL RUN 12
Coastal Drive, Wallasey, Merseyside. 10am.
btriverpool.com

TRACK

Saturday June 30
MULLER BRITISH CHAMPIONSHIPS (Inc EUROPEAN TRIALS)
Birmingham. Until Sunday July 1.
britishathletics.org.uk

DERBYSHIRE MINI LEAGUE
Derby. 10am.
dcaa.org.uk

EASTERN COUNTIES AA CHAMPIONSHIPS
Peterborough.
easternaa.co.uk

HERNE HILL HARRIERS OPEN
Tooting Bec. Noon.
hernehillharriers.org

HUMBERSIDE LEAGUE & OPEN SERIES
Hull.

LONDON INTER CLUB CHALLENGE
Hendon. Noon.
londonathletics.org/LICC

MID LANCASHIRE LEAGUE
Ormskirk.
midlancs.org.uk

NORTHERN IRELAND & ULSTER MASTERS CHAMPIONSHIPS
Belfast.
athleticsni.org

OXFORD/CAMBRIDGE UNIVERSITY v PENN/ CORNELL UNIVERSITY MATCH
Oxford.

SOUTH YORKSHIRE LEAGUE
Cudworth. 10am.
sycas.co.uk

SUSSEX COUNTY U13 CHAMPIONSHIPS
Brighton.
sussexathletics.org.uk

WELSH U15 LEAGUE
East: Newport. West: Brecon.
welshathletics.org

Sunday July 1
AVON LEAGUE
Yate. Noon.
avonleague.org.uk

CENTRAL & SOUTH SCOTLAND LEAGUE
Scotstoun, Ayrshire.

DACORUM & TRING OPEN PENTATHLON
Hemel Hempstead.
dacorumandtringac.org.uk

GRAMPIAN LEAGUE
East: Aberdeen. North: Inverness.

HERTFORDSHIRE COUNTY PENTATHLON CHAMPIONSHIPS (Inc 3000m CHAMPS)
Hemel Hempstead.
hertscaaa.org.uk

YOUTH DEVELOPMENT LEAGUE
Midland NE 1A: Leamington. **Midland NE 1B:** Stoke. **Midland NE 1C:** Solihull. **Midland NE 1D:** Nuneaton. **Midland Premier NE:**

Milton Keynes. **Midland Premier SW:** Exeter. **Midland SW 1:** Yeovil. **North East 1:** Middlesbrough. **North East 2:** Cleckheaton.

North Premier 1: Carlisle. **North Premier 2:** York University. **North West 1:** Leigh. **North West 2:** Ashton under Lyne. **South 1A:** Crawley. **South 1B:** Croydon. **South 2A:** Perivale. **South 2B:** Southampton. **South 2C:** Walton. **South 2D:** Woodford. **South Premier:** Eton.
ukyd.org.uk

WESSEX YOUNG ATHLETES' LEAGUE
Aldershot, Swindon.
wessexleaguetaandf.co.uk

Monday July 2
BMC REGIONAL RACES
Leeds. 7pm.
britishmilersclub.com

EASTERN MASTERS AC LEAGUE DIVISION NORTH
Peterborough.
emac.org.uk

NORTH EAST MASTERS AA LEAGUE
Jarrow. 6.30pm.
northeastmastersathletics.weebly.com

SOUTHERN COUNTIES VETERANS' LEAGUE
Herts & North Midd: Lee Valley. **Kent:** Dartford, Dartford. **Western:** Abingdon.
scvac.org.uk

Tuesday July 3
CARDIFF YOUNG THROWERS INVITATIONAL
Cardiff.
cardiffaac.org

DADA FLAT OPEN GRADED SERIES
Derby. 10am.

TRAFFORD AC GRAND PRIX OPEN
Stretford. 6.15pm.
traffordac.co.uk

Wednesday July 4
BLACKHEATH & BROMLEY CLUB CHAMPIONSHIPS & OPEN SERIES
Bromley. 7.30pm.
bandbhac.org.uk

EASTERN MASTERS AC LEAGUE
Central: Cambridge. **South:** Southend.
emac.org.uk

ESSEX SCHOOLS U13 CHAMPIONSHIPS
Chelmsford.

GRANGEMOUTH GRADED OPEN
Grangemouth.
talkirkcommunitytrust.org

LEE VALLEY SPRINT OPEN SERIES
visitleevalley.org.uk

MIDLAND VETERANS' LEAGUE
East: Derby. **North:** Tamworth.
mvfl.wordpress.com

ROSENHEIM LEAGUE DIVISION WEST
Kingsmeadow. 6.30pm.
herculeswimbledonac.org.uk

SHEFFIELD RUN JUMP THROW OPEN
Sheffield.
sheffielddathletics.co.uk

WARWICKSHIRE OPEN GRADED SERIES
Warwick University.
warwickshirecountyaa.co.uk

WESPORT SUMMER SCHOOL SUPER 6
Bath University.

WEST LONDON MIDDLE DISTANCE OPEN
Brunel University.

WEST YORKSHIRE LEAGUE
Wakefield. 1pm.
wakefield-harriers.co.uk/wyftfl/wyftfl.htm

Thursday July 5
BIGGLESWADE TRACK FEST OPEN
Sandy.
biggleswadeac.org.uk

LONDON HEATHSIDE AC 5000m OPEN
Finsbury Park. 6.45pm.
londonheathside.org.uk

Friday July 6
CSW U12 LEAGUE
Stratford.

GOLDEN STAG MILE
Finsbury Park.
barnetadac.com/mile

SUSSEX U15 LEAGUE DIVISION WEST
Horsham.
sussexathletics.net

TOMMY CLAY DEVELOPMENT OPEN SERIES
Boston.
bostonanddistrictac.com

Saturday July 7
ABERDEEN AAC OPEN GRADED MEETING
Aberdeen.
aberdeenaac.clubbuzz.co.uk

ATHLETICS NORTHERN IRELAND SENIOR OPEN
Belfast.

BMC GRAND PRIX
Eltham. 5pm.
britishmilersclub.com

BRITISH ATHLETICS LEAGUE
Premiership/1/2/3/4: Bedford.
bal.org.uk

ESAA ENGLISH SCHOOLS' CUP FINAL
Gateshead.

FORRES HIGHLAND GAMES
Forres.
foreshighlandgames.com

MIDLAND JOINT LEAGUE
2: Abingdon. **3:** Telford. **4:** Newport. **5:** Corby. **6:** Nuneaton.
midlandathletics.org.uk

MMTG HEAVY WEIGHT PENTATHLON OPEN
Derby.
mmtg.org.uk

NORTHERN ATHLETICS U15/U17 INTER COUNTIES CHAMPIONSHIPS
Leigh.
northernathletics.org.uk

SOUTH OF ENGLAND AA COMBINED EVENTS CHAMPIONSHIPS
Horspath. Until Sunday July 8.
seaa.org.uk

UK WOMEN'S LEAGUE PREMIER DIVISION
Grangemouth.
ukval.org.uk

WELSH SCHOOLS CHAMPIONSHIPS
Cardiff.
welshathletics.org

OVERSEAS

Saturday June 30
IAAF DIAMOND LEAGUE
Paris, France.
diamondleague.com

Sunday July 1
EUROPEAN ATHLETICS CLASSIC MEETINGS
Székesfehérvár, Hungary.
european-athletics.org
iaaf.org

Thursday July 5
EUROPEAN ATHLETICS U18 CHAMPIONSHIPS
Gyor, Hungary. Until Sunday July 8.
european-athletics.org

IAAF DIAMOND LEAGUE
Lausanne, Switzerland.
diamondleague.com

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MO'S INCREDIBLE CHALLENGE

FARAH URGES EVERYONE TO GET ACTIVE WITH NEW 24-HOUR CHALLENGE

MO FARAH and Disney have joined forces to launch the Incredibles 24 Hour Challenge – a free, family-friendly challenge for the summer.

In teams, families and friends are encouraged to clock up a total of 24 hours of physical activity from now until September 9.

A total of 24 'missions' inspired by Disney Pixar's forthcoming movie *Incredibles 2* have been created with funds raised going toward Unicef.

Farah, plus wife Tania and children Rhianna, Aisha, Amani and Hussein, kick-started their 24 hours of activity last week as they went head-to-head with



Mo Farah and family with characters from the new movie, *Incredibles 2*

complete Disney's 24 Hour Challenge this summer.

"We've already tried a few of the missions like the Super Dance Off and the Incredi-Crawl, which our kids absolutely loved doing. My daughters, Rhianna, Amani and Aisha, teaching me how to do the 'floss' dance was definitely a highlight!

"With four kids, I know it's not easy to always keep them entertained during the summer holidays, but by joining us in the 24 Hour Challenge, families have access to loads of free, fun activities they can do together, and all for a good cause – teams can help to support Unicef UK."

See 24HourChallenge.com

Mr Incredible and Elastigirl to complete a series of missions.

The missions include the Super Dance Off with Elastigirl, Dash's Daring Dash and the

Incredi-Crawl.

Farah said: "Being active together as a family is so important to us, which is why we jumped at the chance to

DINA MAKES A SPLASH

DINA ASHER-SMITH goes into this weekend's British Championships as one of the red-hot favourites to win her event, but the UK record-holder's early strides in the sport were not always so assured.

In a 2009 interview with AW when she was 13 years old, we reported that she sprinted away from her uncle in a local

park as a toddler ... and after her relative was unable to catch her she fell into a pond!

AW's page on Dina Asher-Smith from 2009



DOPEY NCAA ORGANISERS

SOME amazing performances were achieved at the US Collegiate (NCAA) Championships in Eugene earlier this month but the athletics world was disappointed to learn there was no drug testing at the event.

The event is arguably the highest-quality athletics team competition in the world and this year included marks such as a 43.61 for 400m by Michael Norman and 47.02 for 400m hurdles by Rai Benjamin.

But if any world records had been set they would probably not have been ratified by the IAAF.

SHAMED RUSSIAN WALKER STILL FASTER THAN EVER

DISGRACED Russian race walker Elena Lashmanova set a world best of 83:39 for 20km at a meeting in Cheboksary, Russia, that did not have any international officials.

The London 2012 Olympic 20km race walk champion was banned from February 2014 to February 2016 after testing positive for a banned substance in a sample given in January 2014.

All of which raises the argument of whether the drugs she took had a long-lasting effect.



Elena Lashmanova: drugs ban and now world best in Russia

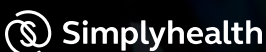
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