

ATHLETICS WEEKLY

OCTOBER 5, 2017 | £4.95

GREAT RUN

Chris Thompson
wins in Glasgow

JO PAVEY

Ageless runner targets
European glory in 2018

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impossible quest



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Jason Henderson, editor

IN CELEBRATION OF CROSS COUNTRY

WITH the track season behind us and an autumnal feel in the air, our athletics instincts tell us the cross-country season is about to kick off. Mud lovers will hopefully have enjoyed our annual cross-country calendar and spikes reviews in last week's *AW*. As regular readers know, it only gets better as the winter unfolds, too, with unrivalled coverage of everything from local leagues to national and international championships.

The British Athletics Cross Challenge starts next week in Cardiff and I'm looking forward to reporting on the English Cross Country Relays in Mansfield in a few weeks' time. Who knows, I might even dust off my spikes at some stage for a race somewhere. After all, we like to practise what we preach at *AW*.

In this issue of *AW* we review a new book that chronicles cross country's considerable history (see p34). In it, the author Andrew Hutchinson explores the current health of one of the oldest parts of the sport and highlights some worrying trends.

The fact the world championships is held only once every two years is not great, of course. In the popularity stakes, cross country is also being given a run for its money by trendier-looking obstacle races.

It's not all bad, though. Cross country still features on the path to stardom for most top athletes, albeit these days at the start of their journey rather than the end. The sport is also being introduced into the Youth Olympics next year – a move that promises a potential senior Olympics debut one day.

For me, cross country remains the purest and most natural part of the sport as well and its charm is summed up in a quote in the aforementioned book. I don't think this column has ever contained any poetry before but this little verse sums up the beauty of the discipline.

*"The start, the sprint,
The spikes that flail.
The biting, frosty air inhale.
Across the plough,
Up hill and down dale,
The field, the ditch, the paper trail.
The end in sight, the last half-mile;
the race is lost, but the run's worth while."*

Good luck in the coming season.

MARK SHEARMAN



London 2017 pole vault analysis – p38

JEFF HOLMES



Callum Hawkins interview – p28

Cover: Chris Thompson winning the Bank of Scotland Great Scottish Run (Jeff Holmes)

Below: the cross-country season is here and *AW* is the place to read about it (Mark Shearman)



MARK SHEARMAN

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Chris Thompson beats Callum Hawkins in Glasgow over the half-marathon distance

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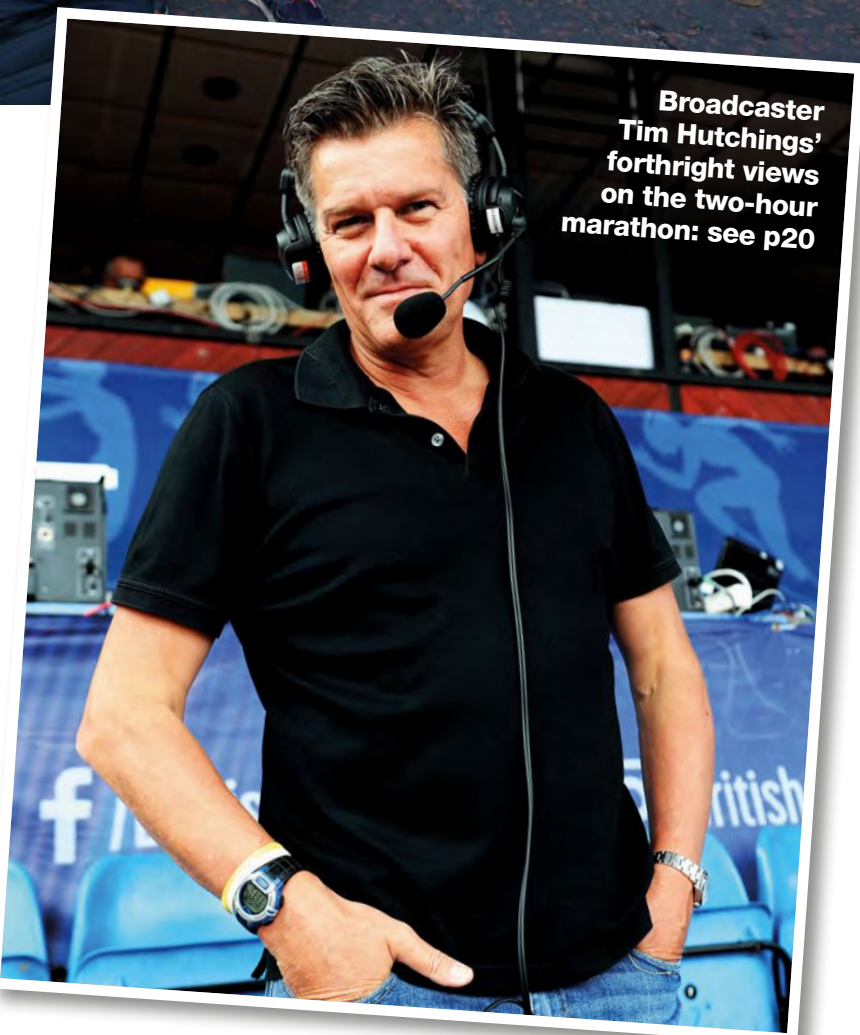
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MARK SHEARMAN



Broadcaster Tim Hutchings' forthright views on the two-hour marathon: see p20



Chris Thompson:
impressive with
the manner of his
victory in Glasgow

THOMPSON ON TOP FORM IN GLASGOW

CHRIS THOMPSON admits it takes him a while to get going in the morning these days. After a career which has involved a near constant battle with injury, his 36-year-old body now needs some persuading to respond when he asks questions of himself.

Yet there would have been something almost resembling a spring in his step on Monday morning when he awoke to the realisation of an impressive victory in the Bank of Scotland Great Scottish Run half-marathon.

When his body responds properly and everything falls into line, Thompson in full flow is still very much a force to

BRITISH HALF-MARATHON CHAMPION SEES OFF HAWKINS WHILE DANIEL DOMINATES IN HER 'SPECIAL' CITY

REPORT: EUAN CRUMLEY PICTURES: JEFF HOLMES & THE GREAT RUN COMPANY

be reckoned with. As BBC commentator Andrew Cotter observed, he is one of those runners who creates the impression of always moving extremely quickly.

He was certainly fleet of foot around the soggy streets of Glasgow – and he had to be to see off the challenge of Scotland's Callum Hawkins and Tsegai Tewelde.

It was supposed to be the day when the 25-year-old local boy who had won this event in such style 12 months ago

returned to be crowned again. However, Thompson didn't follow that script and, after putting his foot down in mile five, established a gap that simply could not be bridged.

The British half-marathon champion crossed the line in 62:44, while Hawkins had to sprint down the closing straight with Tewelde to snatch second, both clocking 63:18.

For Thompson it was another welcome win hot on the heels of his success at the Robin Hood half-marathon at

the end of last month – and he will savour this. After all, he admitted to having 'retired at least 10 times mentally' in finishing 13th at the Simplyhealth Great North Run recently.

There have been plenty of downs for Thompson, who had to have extensive Achilles surgery three years ago, so the ups tend to leave a particularly sweet taste in his mouth, especially when success comes against opposition of the calibre he faced in Glasgow.

Hawkins is feeling his way back after his fourth-place marathon finish at the IAAF World Championships in August – a wise two-week break in the immediate aftermath leaving



Tsegai Tewelde and Callum Hawkins: battled it out for second place



And they're off: the runners begin their 13.1-mile journey

some rust which he has yet to shake off – but that is in no way to take away from Thompson's performance.

He had led the trio through 5km and, following that surge five miles into proceedings, always created the impression of being in control.

Hawkins, who admitted to having felt an early wobble following his trademark surging start, and Tewelde did their best to close in but it was a tight corner and a patch of slippery leaves which almost did it for Thompson as he momentarily lost his footing in the second

half of the race. However, he regained his balance and composure to take a deserved victory.

Now comes the search for consistency and realising the ambition of racing at next year's European Championships.

"When I have days like that I

feel like I can run as fast as I've ever done," said the Aldershot athlete, a European silver medallist over 10,000m in 2010.

"Today was good but I've got to be better.

"I've been training well but I can't back it up. My consistency has been horrendous. I'm showing signs there's life in the old dog yet but then I'm being brought back down to earth a few days later.

"A few weeks ago at the Great North Run I reckon I retired about 10 times mentally, thinking 'why am I doing this?'.

"But then you go away, you rationalise it and you realise there were reasons why that happened and you can turn it around pretty quickly. Callum, for example, will be a different athlete in two or three weeks after that.

"I hope this will be a kick on. At my age you've got to accept you're going to have bad days and it's not because you're crap, it's because things are different.

"When I wake up I have more aches and pains than



Flomena Daniel: relished her run, despite the conditions

ever. Today, it took me an hour to get myself in a position to think about warming up, whereas before I would just get up and go.

"Hobbling to the toilet in the morning is hilarious – it's literally a step by step process.

"You take one step and you hear your ligaments creak! If you'd seen me this morning you'd have thought 'there's no way he's finishing today'."

He added: "I said to Callum afterwards that it was an honour

to beat him because he is such a world class athlete. It will fuel me going forward."

As for Hawkins, he will now get back to work with the Commonwealth Games marathon next April his primary concern.

"That was tough, the legs weren't there," he said. "When Chris made his move, I was in a terrible spot. I tried to recover and hoped he'd come back. But towards the end I was just racing Tsegai. I've just been

struggling since I started back.

"Thommo's run brilliantly. You can't take anything away from him. We came out and I was pushing it hard to catch him but he wasn't coming back.

"To get my butt handed to me a bit there gives me extra motivation"

Before the race, there had been intrigue about Andrew Butchart's debut over the half-marathon distance. The world championships 5000m eighth placer, who was not even

sporting racing flats however, was quickly left behind by the leading group and finished 14th in a time of 70:03.

"I'm not moving up to half-marathon any time soon," he said. "It was just a bit of fun. And, when I do take it really seriously, I will definitely be in shape for it. It was definitely a learning experience. I was serious today but the mindset is going to be that I need to be strong for it.

"I think you always tell the



Sammi Kinghorn: marathon mission

KINGHORN'S CHICAGO WARM-UP

NO SOONER had Sammi Kinghorn crossed the finish line in the 10km elite wheelchair race in Glasgow than she was boarding a plane bound for America and a Chicago Marathon experience she hopes will end in qualification to compete over the 26.2-mile distance at next year's Commonwealth Games.

The 200m world record-holder is learning all the time about road racing and was second at the weekend in 29:45, finishing behind men's winner Sean Frame (29:28), with Simplyhealth Great North Run winner Simon Lawson third overall in 31:36.

In the other 10km races there was a win for Ronhill Cambuslang's Stuart Gibson in 31:37, ahead of Shettleston's Alasdair McLeod (31:55) and Darren Thom of New Marske Harriers, who clocked 32:55. Bedford's Rebecca Murray continued her successful return from injury by winning the women's event in 34:30, followed by Jenny Bannerman of Inverness in 35:50 and Metro Aberdeen's Claire Bruce (35:55).



Rebecca Murray: 10km victory



Podium feeling: (from l to r) Charlotte Purdue, Flomena Daniel and Fionnuala Ross

in 70:17 ahead of Charlotte Purdue (72:18) and Fionnuala Ross (74:26), she said: "I really enjoyed it, although obviously the weather was not good. The memories of Glasgow are fresh in my mind. When I won the Commonwealth Games in 2014, the people were cheering along the way. The people really motivated me again. Glasgow, somehow, is a special place for me. Good things happen, despite the rain."

Purdue, who finished first European at the world championships marathon, will not be heading for Australia however. She will instead focus her attention on the European Championships.

"I had two weeks off after the world champs, so I'm just getting back into training," said Purdue after a race in which Jo Pavey made her comeback from injury, coming seventh in 78:11. "This was just a rust buster to see what kind of shape I was in.

"I'm not going to do the Commonwealth Games – my coach and I decided to focus on one championship marathon and that is going to be the Europeans. Being first European at the world champs made me make up my mind."

kids, don't go out too hard, it is a long way. And that is what it was like for me today!

"At the start Callum saw my footwear – I was wearing just what you would normally wear for a long run, not race shoes. He said 'what are you wearing those for?' and I said

'well it's a long run'. "Everyone was shouting at me 'stay on the track'. I said: 'don't worry, I will'. It was a long day."

Finishing not far behind Butchart was Kenya's Flomena Daniel, who was utterly dominant in her victory in the women's race and clearly

enjoys racing in Glasgow.

It was in the same city, and in very similar conditions, when she won the Commonwealth Games marathon three years ago.

Daniel is looking defend her title in Australia if selected and, following her win, coming home

RESULTS

BANK OF SCOTLAND GREAT SCOTTISH RUN HALF-MARATHON

Overall: 1 C Thompson (AFD, M35) 62:44; 2 C Hawkins (Kilb) 63:18; 3 T Tewelde (Shett) 63:18; 4 K Jones (Swan) 66:11; 5 B Johnson (Sport W) 67:17; 6 L Oates (Shett) 67:25; 7 K Wilson (Moray) 67:37; 8 B Cole (Ton) 67:57; 9 M Ionescu 68:14; 10 A Hay (Centr) 68:15; 11 W Fikre (Leeds C) 68:38; 12 J Hoad (Bed C) 68:38; 13 R Gilroy (Cambus, M40) 68:43; 14 A Butchart (Centr) 70:03; 15 D Rae (Fife) 70:06; 16 I Kosgei (Bella H, M40) 70:08; 17 P Avent (B'end) 70:11; 18 F Daniel (KN, W35) 70:17; 19 N Renault (Edin) 70:22; 20 J Bell (l'clyde) 70:56; 21 K Brydon (Shett) 71:31; 22 S Brember (Centr, M40) 71:42; 23 K Wilson (Cambus, M45) 71:51; 24 P Sorrie (Shett, M35) 72:00; 25 J Brogan (Falk, M35) 72:00; 26 S Johnston

(Edin, M35) 72:06; 27 R Mair (Kil'k, M35) 72:13; 28 C Purdue (AFD, W) 72:18; 29 I Reid (Cambus, M40) 72:36; 30 P Da Silva (Leeds C) 73:09; 31 G Lennox (l'ness) 73:10; 32 C Reilly (Cambus) 73:10; 33 D Muir (Law, M35) 73:23; 34 C Reid (Edin) 73:36; 35 R Maas 73:38; 36 A O'brien (M45) 73:53; 37 A Tanguy 74:03; 38 E Webster (A'deen) 74:13; 39 S McGeachy (C'town, M35) 74:18; 40 F Ross (Shett, W) 74:26; 41 I Macdonald (Edin) 74:34; 42 M Herron (Dund H) 74:46; 43 G Hogarth (Centr) 74:46; 44 M Breen (Cors) 74:49; 45 R Clark (PH Racing, M45) 74:52
M40: 5 D Tamburini (l'clyde) 75:29; 6 T Roche (Gari) 75:54; 7 B Gibson (Dund H) 75:57; 8 J Carter (Cambus) 77:08; 9 R Sellar (PH Racing) 77:48; 10 S Prentice 77:51; 11 D Turtle (E Ant) 77:58. **M45:** 4 P Monaghan (G'nock) 75:24; 5 G McCabe (Kirk O) 76:15; 6 A White (G'nock) 77:04; 7 S

Kennedy (Shett) 77:11; 8 B Douglas (Cambus) 79:02; 9 K Speirs (Cors) 79:24. **M50:** 1 S Campbell (Cors) 76:57. **M55:** 1 G Lambie 85:32. **M60:** 1 T Coyle 84:26; 2 G McPherson (Metro) 87:10; M65: 1 D Burns 95:38; 2 E Norton (PH Racing) 97:12. **M70:** 1 J Davies (For) 1:42:51. **U20:** 1 K Cooper 75:05; 2 D Smith (PH Racing) 77:29
Women: 1 Daniel 70:17; 2 Purdue 72:18; 3 Ross 74:26; 4 G Rankin (Kilb) 76:37; 5 F Gyurko (HUN/Centr) 77:28; 6 K White (Gars, W35) 77:34; 7 J Pavey (Exe, W40) 78:11; 8 C Moffett (Falk) 82:55; 9 J Elvin (IRL/Metro) 83:41; 10 C MacDonald (Bella RR) 85:54; 11 R Fraser-Moodie (W40) 86:06; 12 A Hartmann (PH Racing, W35) 86:17; 13 K Jones (Fife, W35) 86:21
W40: 3 E Prasad 87:10; 4 A Riske 87:25; 5 L Fraser (Edin) 88:36; 6 A Boyd 92:15; 7 M Baxter (Gari) 92:35; 8 C Steven 92:48. **W45:** 1 J Reid

(Cambus) 89:19; 2 A Wallace 91:06; 3 A Chong (Giff N) 91:49; 4 L Tyler 93:45. **W50:** 1 R Anderson (Dumb) 89:12; 2 V Gray 89:35. **W55:** 1 P McKay 1:42:14; 2 L Wang (Giff N) 1:43:26. **W60:** 1 T Espie 1:48:05

BANK OF SCOTLAND GREAT SCOTTISH RUN 10km, Glasgow

Overall: 1 S Gibson (Cambus) 31:37; 2 A McLeod (Shett) 31:55; 3 D Thom (New M) 32:55; 4 D Savage (Cambus) 33:04; 5 J Heathwood (Bella H, U20) 33:26; 6 P Moffett (Falk) 33:30; 7 A Clark (Giff N) 33:48; 8 J Roebuck 33:53; 9 L Raeburn (Shett, U17) 33:55; 10 B Bristow (Cambus) 34:01; 11 R Kennedy (Loth) 34:01; 12 S Allan (Kirk O, M40) 34:28; 13 R Murray (Bed C, W) 34:30; 14 P O'Hare (C&C) 34:35; 15 A Macmillan (Gars) 34:35; 16 L Rabjohn (R&Z, U20) 34:49; 17 J Burns (Shett, U17) 34:52; 18 D Lindsay (Gars, M40) 34:59

M40: 3 S Campbell (G'nock) 35:15. **M45:** 1 P Heim 35:29. **M50:** 1 R Watson (Muss) 35:53; 2 R McEachern (Kirk O) 36:19; 3 D Williams (Shett) 36:46; 4 D Walmsley 36:48; 5 D Simmons 37:18. **M55:** 1 G Matheson (Falk) 38:40. **M60:** 1 F Barton (Keith) 38:16; 2 A Chisholm (Gars) 39:08. **U20:** 3 J Barton (Helen) 35:25
Women: 1 Murray 34:30; 2 J Bannerman (l'ness) 35:50; 3 C Bruce (Metro) 35:55; 4 C McShane 35:59; 5 J Williams (Loth) 36:03; 6 E Curran (Kilb) 36:05; 7 L Niemz (Notts) 36:54; 8 F Matheson (Falk, W55) 37:00; 9 K Bristow (Glas) 37:57; 10 S Woodward (W50) 39:03
W60: 1 T McCarthy 49:58. **W65:** 1 E Leckie 50:50
Wheelchair (10km): 1 S Frame (Red S) 29:28; 2 S Kinghorn (Red S, W) 29:45; 3 S Lawson (Carl Tc, M35) 31:36
Women: 1 Kinghorn 29:45

GB JAVELIN THROWER BLAIR IS SUSPENDED

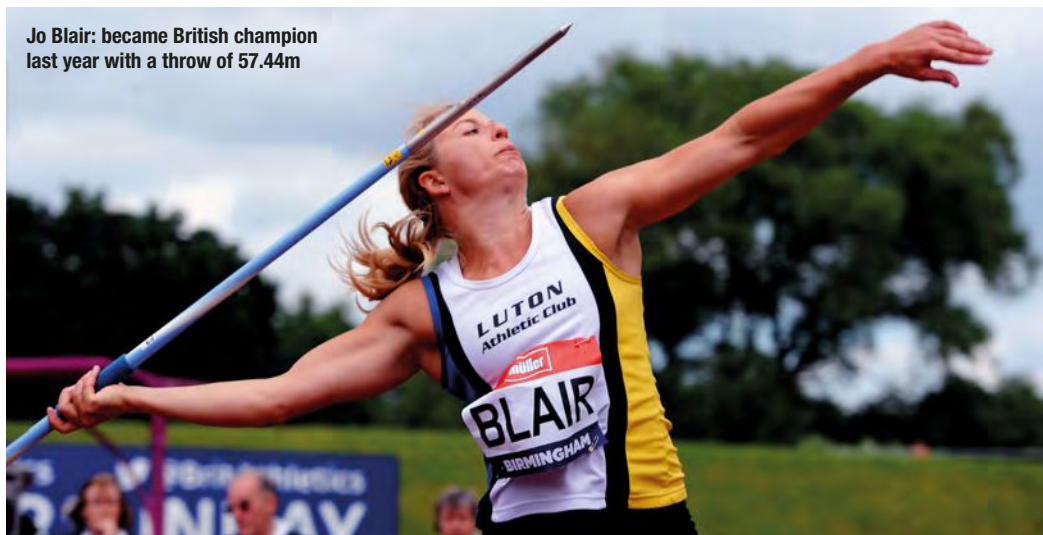
PROVISIONAL DOPING BAN FOR ATHLETE WHO ENDED GOLDIE SAYERS' UK TITLE STREAK

LAST YEAR Jo Blair became the first athlete to defeat Goldie Sayers in the British Championships for 14 years. With a throw of 57.44m the Luton AC athlete leapt to No.7 on the UK all-time rankings and, during 2017, she went on to represent Britain in the European Team Championships.

However, now she finds herself at the centre of a drugs scandal after being provisionally suspended after a doping violation.

UK Athletics said this week that Blair had been "charged with having committed an anti-doping rule violation contrary to IAAF Anti-Doping Rule Article 2.1

Jo Blair: became British champion last year with a throw of 57.44m



MARK SHEARMAN

(presence of a prohibited substance or its metabolites or markers in an athlete's sample)."

The governing body added: "The provisional suspension was issued by UK Anti-Doping and is in accordance with IAAF Anti-Doping Rules."

The Luton athlete now has the chance to respond to the allegations and the opportunity of a full hearing into the case.

A masseuse in Leagrave, on the outskirts of Luton, she

is coached by a leading M50 thrower, David Burrell.

When Blair beat Sayers to the national title last year, *AW*'s headline read: "Relative unknown defeats Goldie".

A few weeks earlier, the javelin thrower had also taken the scalp of Jessica Ennis-Hill at the Loughborough International, although the former Olympic heptathlon champion is not particularly known for her javelin excellence, of course.

The national championships last year also doubled as the Olympic trials. Four years earlier, in 2012, Blair finished fourth in the Olympic trials, but her victory in 2016 did not lead to Olympic selection. Instead she was picked for the European Team Championships this year, where she finished ninth, and had hoped to compete in the Commonwealth Games next year in Australia – an ambition that looks unlikely now.



MARK SHEARMAN

Mo Farah: the only British athlete to have made it on to the shortlist

FARAH MAKES IT TO IAAF SHORTLIST

MO FARAH is the only British athlete on the shortlist for IAAF athlete of the year, while the six-time winner but now retired sprinter Usain Bolt is not shortlisted for the first time in years.

In the men's category Farah is up against high jumper Mutaz Essa Barshim of Qatar, hammer thrower Pawel Fajdek of Poland, pole vaulter Sam Kendricks and triple jumper Christian Taylor of the United States, 1500m runner Elijah Manangoi of Kenya, long jumper

Luvo Manyonga and 200/400m runner Wayde van Niekerk of South Africa, sprint hurdler Omar McLeod of Jamaica and javelin thrower Johannes Vetter of Germany.

The women's contenders are distance runner Almaz Ayana of Ethiopia, high jumper Maria Lasitskenskene of Russia, middle-distance runner Hellen Obiri of Kenya, sprint hurdler Sally Pearson of Australia, discus thrower Sandra Perkovic of Croatia, long jumper Brittney Reese of the United States,

800m runner Caster Semenya of South Africa, pole vaulter Katerina Stefanidi of Greece, heptathlete Nafissatou Thiam of Belgium and hammer thrower Anita Wlodarczyk of Poland.

The public can vote but it is weighted toward IAAF council and 'family', with the results on November 24.

■ Look out in coming weeks for the *AW* readers' athletes of the year awards

BUTCHART RELAXED ON COACH CHANGES

TERRENCE MAHON'S MOVE DOESN'T WORRY 5000m MAN



NORTH NEWS

Andrew Butchart: will meet with Terrence Mahon to settle his schedule for 2018

ANDREW BUTCHART insists the news that his new coach Terrence Mahon is stepping down from his role leading the Boston Athletic Association high performance team will have little impact on his training and preparations for 2018.

Mahon, whose coaching group also includes the likes of Chris O'Hare and Lynsey Sharp, is to leave his position with the BAA at the end of the year and is relocating to his home state of California with his wife and three-time Olympian, Jen Rhines.

Butchart, who recently moved from long-time mentor Derek Easton to work under the former lead endurance coach at British Athletics, is relaxed about the development.

"It's not going to change much at all," said the 25-year-old British 5000m champion. "We live such weird lifestyles that we're just all over the place all the time. It's just going to be a lot of travelling, but I'm used to it, I've been doing it for the past few years now and I'm used to it already."

Butchart will quickly be clocking up the miles following his half-marathon debut in the Bank of Scotland Great Scottish Run at the weekend.

Last year's Great Britain captain and team gold medallist intends to race the European Cross Country championships in Samorin, Slovakia in December.

Before that, he will fly out to America to meet Mahon and

decide if he is going to add the World Indoor Championships to a 2018 schedule which involves targeting medals at both the Commonwealth Games in Australia and the European Championships. There will also be a training stint in Font Romeu.

When asked if he is considering indoor competition in Birmingham in March, Butchart said: "It makes sense to do world indoors and then to go on to the Commonwealth Games. We have to run on the track, so if you can get races in then indoors is where it is because there's none, unless you go to Australia – but the races aren't that good there – so the best competition is indoors."

ROLE FOR BOLT

ORGANISERS of the Commonwealth Games on Gold Coast next April are trying to get Usain Bolt to act as an ambassador at the event.

"If he comes, he'll get media across the Commonwealth," Gold Coast 2018 chairman Peter Beattie told the *Gold Coast Bulletin*. "Having him here on the Gold Coast would just add to the whole dynamic nature of the Games. It would just be a sensational thing for the event."

NO UK PARA BID

UK ATHLETICS has withdrawn its interest in staging the 2019 World Para Athletics Championships, although it is still keen to bid for the 2022 European Championships, despite the Commonwealth Games looking certain to be held in Birmingham in the same year.

BRAZILIAN DIES

FORMER South American heptathlon champion Elizete da Silva of Brazil died in a car accident last month, aged 46.

SHELLY-ANN BACK

JAMAICAN sprinter Shelly-Ann Fraser-Pryce returns to training this month after giving birth to her first child in August, with the long-term goal of the 2019 World Championships in Doha.



Shelly-Ann Fraser-Pryce: training again

MARK SHEARMAN

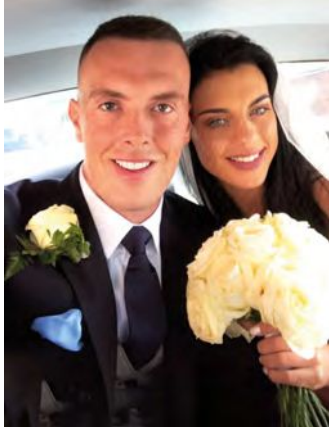
KILTY WEDS TOP TRIPLE JUMPER

CONGRATULATIONS to Richard Kilty and his partner Dovile Dzindaletaite, who tied the knot when getting married last weekend on Teesside.

Kilty is a former world and European indoor 60m champion while Dzindaletaite holds the Lithuanian triple jump record.

The 24-year-old Lithuanian also won world junior silver in 2012 and European under-23 gold in 2015 before having a child with Kilty in 2016 and then returning to compete at the IAAF World Championships in London this summer, where she went out in qualifying.

Mr & Mrs Kilty on their special day



AMBITIOUS TARGET FOR BUD'S RUN

ENDURANCE coach Bud Baldaro and the organisers of the Bud's Run 5km on October 21 at the University of Birmingham have set themselves the target of having 700 people walk, jog or run the event in aid of Parkinson's UK.

In addition, they hope to raise an overall target of £70,000 to fund research into movement and mobility in those with Parkinson's disease.

For more, see budsrun.co.uk



Birmingham 2022: ready to stage the Commonwealth Games

BIRMINGHAM IS POISED FOR COMMONWEALTHS

BIRMINGHAM looks certain to stage the 2022 Commonwealth Games after receiving government backing prior to last weekend's bid deadline and also seeing its only potential rival, Kuala Lumpur, pull out.

The event was due to be held in Durban but the South African city was stripped of the event due to financial concerns.

Birmingham then went head to head with Liverpool to be considered as the British candidate to stage the Games. But the West Midlands pipped the Merseyside city to the right and now is almost guaranteed to be chosen as the host by the Commonwealth Games Federation (CGF).

The CGF says it will now review the bid to check it "meets the requirements of successfully hosting" the event.

A CGF board meeting is due to take place in Sri Lanka this week and it says a final decision on the host city is expected by the end of the year.

The cost of staging the event is expected to be at least £750m, which would be the most expensive sports event in Britain since the London 2012 Olympics. Birmingham City Council will have to fund a quarter of that but the rest of the budget will be provided by central government.

If the bid gets the green light, preparations for the Games will include an upgrade of the Alexander Stadium, where athletics will be held.

"NOT ONLY WOULD IT HELP GROW THE ECONOMY IN THE WEST MIDLANDS AND BEYOND, IT WOULD ALSO LEAVE A STRONG SPORTS LEGACY, BY UPGRADING FACILITIES"

KAREN BRADLEY MP



Culture Secretary Karen Bradley: has given Birmingham her full support

Culture Secretary Karen Bradley said: "The Commonwealth Games in Birmingham would be absolutely brilliant. It would showcase the best of Britain to the world and make the entire country proud.

"Not only would it help grow the economy in the West Midlands and beyond, it would also leave a strong sports legacy, by upgrading facilities to benefit both elite athletes and the local community."

MASTERS CROSS COUNTRY season starting ...



British Masters Open Cross Country Relays, Long Eaton, 28 October
Inter-Area Cross Country Challenge, Bournemouth, 25 November



For closing dates and other information, check the website: bmaf.org.uk



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2018 EVENTS

IAAF WORLD INDOOR CHAMPS BIRMINGHAM 1-4 March
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 EUROPEAN CHAMPS BERLIN 6-12 August

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SAMMI KINGHORN believes the powers that be are facing an almost impossible job when it comes to the classification of British Paralympic sport, writes Euan Crumley.

The Digital, Culture, Media and Sport Committee has recently announced it will look at widespread claims and concerns that athletes are attempting to cheat the system and gain an unfair advantage.

There will be a hearing on October 31, at which will the likes of 11-time Paralympic gold medallist Baroness Tanni-Grey Thompson – who has regularly voiced her concerns over the issue – and British Paralympic Association chief executive Tim Hollingsworth will appear before MPs.

Proving that athletes are cheating is notoriously difficult while wheelchair racer Kinghorn, the world champion over 100m and 200m, feels classification is already a hugely complicated and tricky topic to tackle.

“I think a lot of the athletes get caught up on what they think is fair and what they think isn't fair,” says Kinghorn, who is preparing to make her marathon debut in Chicago this weekend. “For me, I don't think

KINGHORN CONCERN OVER CLASSIFICATION



Sammi Kinghorn: sees para sport classification as hugely complex

MARK SHEARMAN

“It's tough and disability is such a long line of people and nobody is going to be the same. Nobody is going to fit perfectly into the same classification and it's going to be really difficult to make it fair and the same (for everybody).”

Does that make the classification process an almost impossible job then?

“It is. It's difficult, especially with a lot of the CP (cerebral palsy) classes that everyone's up in arms about,” adds Kinghorn. “It's hard to tell an athlete ‘you're not disabled enough’. That's difficult – someone that's gone through their life being told they're disabled and then being told ‘you're not disabled enough to take part in the Paralympics’.

“Then obviously there are a lot of other disabilities which are coming into it and people who deserve to be on that global stage. To have that taken away ...

“It's not something I do think about. If I came up on to the start line and was looking around and thinking ‘that's not fair’ then I wouldn't be concentrating on myself.”

I could let myself think about it, because it would probably drive me mad.

“Sitting on that start line, what's the point of even racing if you're thinking about everyone

else on that start line? At the end of the day I want to beat everybody. I don't care if you're less disabled or more disabled than me, I just want to be the best in the world.

MASTERS ATHLETES LEAD THE CHARGE IN CHESTER

SUNDAY'S MBNA Chester marathon will see around 200 masters athletes donning an England vest in what will be the culmination of a new England Athletics initiative.

The age groups from V35 through to V75 will be represented in an England team consisting of athletes who qualified to compete for their country through events held in autumn of last year and earlier this spring.

The England Age Group Representative Team competition, designed to recognise

and reward the commitment of competitive age group club runners, was launched last year and athletes were able to achieve their qualification at the 2016 Chester, York and Bournemouth marathons, as well as at Brighton and Manchester this year.

The top five finishing in each category from V35 upwards earned the England Age Group vest, with the line-up taking on a Celtic Nations team in Chester.

The initiative has created plenty of interest,

with the news already having been announced that a similar representative opportunity will be available at an autumn marathon in 2018, the identity of which is to be confirmed.

As well as hosting this year's age group contest, Chester also offers the first chance to qualify for the 2018 team.

The Bournemouth Marathon, also taking place this Sunday, is another qualifying event, with the last chance coming in Brighton on April 15.

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SCENIC STIRLING COURSE TO CHANGE FOR 2018 RACE

RUNNERS will enjoy a new and improved course in the Stirling Scottish Marathon next year.

The 2017 event was the first-ever 26.2-miler to be held in Stirling and featured athletes such as Andrew Lemoncello, Liz McColgan-Nuttall and Zola Budd Pieterse among a 6500 field.

And now organisers, The Great Run Company, have unveiled the new route for the marathon which takes place on Sunday April 29.

Following feedback from runners, an improved course has been designed which will showcase the scenery and landmarks of central Scotland.

Starting in the city centre near to Stirling Castle, runners will make their way along the A84, picking up the 2017 route from Blair Drummond Safari Park toward Doune.

Crossing the historic Bridge of Teith, the route continues through Doune into Dunblane. Both communities turned out in their thousands to support the runners as they made their way during 2017's event.

The route then follows the old A9, entering Bridge of



Allan, then on to the University of Stirling where runners will complete a loop of the campus, rejoining Airthrey Road, passing the Wallace Monument.

A new section will take in a long, scenic loop along Hillfoots Road through Blairlogie, close to Tullabody, before picking up the 2017 route into the Springkerse area, along the riverside and into the city centre. Runners were given a rapturous reception on Murray Place as they passed the

Thistles Centre and it will be the same again in 2018 with the route heading through the city centre then finishing alongside King's Park.

The Stirling Scottish Marathon became one of the UK's biggest marathons in its first year and the ambition is to make the event Scotland's biggest 26.2-mile running event.

Paul Foster, chief executive of The Great Run Company, said: "We were delighted with the response to the first-ever

Stirling Scottish Marathon and we are excited to return to the heart of Scotland next year, with an improved course.

"This event managed to capture the imagination of the running community in Scotland and we're looking forward to next year's marathon."

Early bird sales for the inaugural event sold out inside three weeks earlier this year and it is expected that the event will once again reach capacity. To sign up visit greatrun.org/stirling



MARK SHEARMAN

TRAIN WITH ELITES ON THE ALGARVE

READERS of *Athletics Weekly* have the chance to train with top British runners Kyle Langford, Lily Partridge and Charlie Grice on the Algarve this month.

The GB athletes are part of a new Campus Academy at Quinta do Lago in Portugal and are hosting three

and five-day camps that include accommodation, coaching support and physiological testing from October 23-27.

The camp is especially geared toward promising young athletes and Olympic 1500m finalist Grice says athletes attending can "learn what it

takes to be a pro athlete on and off the track".

The three-day camp at Quinta do Lago costs £500 and five days is £700. To find out more information, see quintadolago.com or email accounts@fortesportsmanagement.com



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RUN BARBADOS READY TO CELEBRATE MILESTONE

WHERE BETTER TO RACE THIS COMING DECEMBER THAN IN BARBADOS?

THE TINY island of Barbados is a mere dot on most world maps, measuring only 21 miles long by 14 miles wide. Yet every year it attracts a wide range of visitors from all over the world, from the sun and sea seekers to Hollywood A-listers to the sports lovers who are drawn to its world-class sporting events.

This year the Caribbean's oldest road running festival will celebrate its 35th year when it kicks off in December at the Bay Street Esplanade overlooking the magnificent Carlisle Bay. "Run Barbados" was created by locals back in 1983 and for the first few years consisted of just two races, the Bridgetown 10km and the marathon. Today, this exciting event has evolved into one of the premier sporting attractions on the island with five running races and a walk spread over three days.

Over the past three decades the Run Barbados Series has attracted a variety of runners of varying ages and abilities from recreational to world-class and hailing from all over the world. Runners such



There are six events over the three days

as John Treacy, Rob de Castella, Geoff Smith, Alberto Cova, Ron Hill, Hugh Jones, Catherine Ndereba and Jill Hunter have run through the island's streets.

De Castella, the 1983 world marathon champion, won the first Run Barbados men's 10km race. Jones, the 1982 London Marathon winner, won the Barbados Marathon six times between 1990 and 1996 and still holds the race record of 2:22:33 from 1991. Another Briton, Jill Hunter, still holds the 10km course record of 32:44 from the 1990s.

The choice of races around the world is endless but the Run Barbados event has distinguishing characteristics that can provide the experience of a lifetime. The event doesn't offer the large pre-event expo or the generous goody bags associated with mega-marathons but the beauty of the island in conjunction with the small-time charm, laid-back atmosphere and friendly people attracts repeat visitors. The 2016 Run Barbados enjoyed over 2000 entries across the six events with runners flying in from countries like Canada, USA, France, Spain, Germany, Malaysia, Colombia, Venezuela, UK, Sweden and many Caribbean islands.

The three-day schedule allows runners to take part in several events and the event

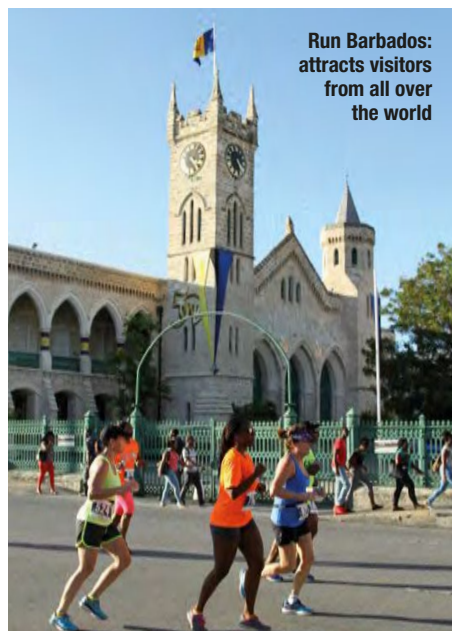
"THE BEAUTY OF THE ISLAND, OFFERING SMALL-TIME CHARM, LAID BACK ATMOSPHERE AND FRIENDLY PEOPLE, ATTRACTS REPEAT VISITORS"

camaraderie epitomises the event slogan, coined by Alan Brookes in 2000 when he was race director in Barbados: "Come for the Run, Stay for the Fun!"

In 2017 Barbados is celebrating a year of sport which will culminate in December with the 35th edition of Run Barbados. A large turn-out of locals and foreigners is expected for this milestone in its history.

Together with title sponsor the Cave Shepherd group of companies, Run Barbados's races include the Cave Shepherd Marathon, Fortress Half-Marathon, Colombian Emeralds Int'l 10K, Cave Shepherd Visa Credit Card 5K, Ganzee 5K Walk for Charity and the Signia Fun Mile.

■ **The Run Barbados events are on December 1-3. See runbarbados.org**



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“LET’S ACKNOWLEDGE WHAT IS BECOMING CLEARER WITH EVERY RACE HE RUNS – THAT HE IS INDEED THE GREATEST MARATHON RUNNER EVER ... SO FAR”

TIM HUTCHINGS, on Eliud Kipchoge

SUB-TWO STUPIDITY

IN THE CURRENT QUEST FOR THE ELUSIVE SUB-TWO-HOUR MARATHON, **TIM HUTCHINGS** ASKS IF THERE’S ANOTHER ROCKET MAN OUT THERE?

PICTURES: MARK SHEARMAN / NIKE / VICTAH SAILER

THE BIG autumn marathon season is already underway and after yet another failed attempt to get any closer to the two-hour barrier in Berlin on September 24 (the weather was bad, blah, blah, blah – there’s always a reason) and the world’s fastest race “failing to deliver”, it seems to me that there’s something almost desperate about the whole “sub-two” chase that has been grabbing headlines over this last two or three years.

I’m one of those who believes that no human being as we know the species, under the rules that currently apply, will break two hours for the full marathon



distance. It's not going to happen. And if I hear one more person say, "That's what they said about the sub-four-minute mile, you know!" then I'll be done for GBH sooner than I become a truly angry old man.

The irony, of course, of this whole soulless chase for a distant science-fictional barrier, briefly rolled into one weekend of a media frenzy at Italy's Monza motor-racing circuit last May, is that the world record has been moving on very nicely in recent years, when just racing and winning were the priorities, qualities we can all identify with and admire.

Don't get me wrong, I generally like Nike as a brand. Why? Well, for a start, they virtually underwrite our sport (a minor point!) and have clad thousands of legendary athletes over the years who have, in part thanks to the Nike-dollars funding their lifestyles, entertained us royally again and again, which in turn has kept athletics a very popular sport, on TV and elsewhere. Our very own Messrs Coe, Cram and Ovett were all Nike athletes, not forgetting a certain Paula Radcliffe too.

Of course, adidas have done their bit with a then relative newcomer to the marathon scene called Dennis Kimetto, who just happens to own the current marathon world record, wearing their gear in his astonishing Berlin run of 2:02:57 in 2014. Incidentally, since that run, aside from a third-place finish in London in 2015, Kimetto's done virtually nothing.

But while events like the rule-breaking 2:00:25 run of Eliud Kipchoge at Monza on May 6 were interesting to some, and while it garnered publicity and was temporarily engaging, let's look at the facts of this distraction from our wonderful sport of competitive distance running, for one of the crying shames of that shamelessly contrived event, was that it denied the Olympic champion a chance to win a third consecutive London Marathon title – and undoubtedly attack the world record at the same time.

We mustn't forget that just prior to his majestic Rio Olympic win, Kipchoge won the London Marathon in 2016 in 2:03:05, a mere eight seconds outside Kimetto's world record and, at the time, the second fastest time ever. Make no mistake, London is very much a course that can

deliver world records, as past events have proven. Kipchoge's win 18 months ago, for example, came on a cool, windy day when many runners wore hats and gloves, so there is undoubtedly more to come.

Back to those facts, though. I'll try not to blind you with statistics, but they do illustrate just how far away the sub-two-hour barrier really is. To run 1:59:59, a runner must cover each kilometre in 2:50.6 or each mile in 4:34.6, meaning at steady pace, he'd reach 10 miles in 45:50 – a time run by only a handful of men on the planet each year, let alone a lot before halfway in a marathon!

That pace must be maintained, of course, meaning that with each 10km being covered in a cool 28:26, 20km would be reached in 56:52. Now, this year, just 15 men have run 20km that fast, all of them en route during a very quick HALF marathon – and there is nothing (outside of a lab!) to suggest that this pace is remotely achievable and maintainable in a full marathon.

And then 30km would be passed in 1:25:20 (exactly Kipchoge's time in his rule-breaking Monza effort, after which he slowed significantly), yet the official world record for 30km is 1:27:13, funnily enough by Kipchoge in his London 2016 effort.

So let's clarify that – no one has ever got near the required pace for a sub-two-hour marathon, even over 30km – not even three-quarter distance of a full marathon effort.

Oh, and after reaching that so-far unreachable 30km mark, our man would have to reach 20 miles after another 10 miles in 45:50 – with more than six miles yet to go.

These sorts of figures are so far from what anyone has yet even come close to, I find it rather farcical that the two-hour barrier is still talked about. How about the 2:02 barrier and then the 2:01 barrier? And those are not any old minutes by the way; they're incredibly tough minutes, representing hundreds of metres of running. Kimetto's current mark would leave him a



Breaking2: Lelisa Desisa (left), Zersenay Tadese (centre) and Eliud Kipchoge (right) were cajoled by Nike to attack the two-hour barrier in artificial circumstances

tiny dot in the background of our 1:59:59 man finishing, well over a kilometre between the two.

Let's consider the potential talent that might be out there, just in case anyone doubts that Kipchoge is about as good as it gets. Let's also acknowledge what is becoming clearer with every race he runs – that he is indeed the greatest marathon runner ever ... so far (just to appease the eternal optimists).

Just as the times achieved over various middle and long distance races in the late 90s and early 2000s are seldom approached – funnily enough, an era when EPO was rife and the testing was a long way behind – so the limits of the marathon are, in my humble opinion, being reached.

The world records for 5000m and 10,000m on the track are not remotely approached these days, nor the times of many running absurdly fast in that era. Can you tell me why, because I can't work it out?

I do believe that Kipchoge is a much better runner than Kimetto. This is just being objective, as Paula Radcliffe was a much more rounded and better athlete than Mary Keitany. And Kipchoge can probably take 20-30 seconds off the current world record, though his window of opportunity is closing.

However, do I think that there's someone out there who is capable of making a Bolt-esque advance in marathon running? Someone who can advance the current top standard by a huge chunk and maybe get us down to the low 2:01s or even under 2:01? No. Just as I don't think that there's anyone who can improve any track world records by what is about 1/40th of

“DO I THINK THAT THERE'S SOMEONE OUT THERE WHO IS CAPABLE OF MAKING A BOLT-ESQUE ADVANCE IN MARATHON RUNNING? NO”

TIM HUTCHINGS



Dennis Kimetto:
official world
record-holder
with 2:02:57

the current mark, because that is what the near three minutes to get to sub-two-hours represents.

Guye Adola ran the fastest marathon debut in history in Berlin this year with 2:03.46, but uniquely that can happen with the marathon, when years of training and racing at lower distances, is the perfect preparation.

For Wayde van Niekerk's 400m world record to be improved by 2.5%, that would mean improving to about 41.95. Is that going to happen? Not soon.

How about the 800m? David Rudisha's mark would move down to 1:38.4. I don't think that's coming soon either.

I won't bother to extrapolate from the 5000m or 10,000m marks – no one can get near them, never mind smash them. Do you see my point?

The jump from 2:02:57 to sub-two-hours couldn't be done with almost every rule in the book being broken at Monza. Had Kipchoge done it, for me at least it would have meant almost nothing anyway, as it's like putting Bolt (at his best) in front of a big wind machine, slanting the track downhill a bit, and saying "Let's see how close he can get to nine seconds flat!"

Well, of course he's already broken nine seconds ... in a relay leg. Big deal. Or as respected coach Father Colm O'Connell said when asked about the Monza sub-two-hour bid, "So what."

I much prefer racing, the good old-

fashioned way that has sustained our sport for generations, without the lab coats getting quite so excited. I genuinely feel they don't understand the critical spirit of racing, the humanity of it. Isn't it strange that Chicago, New York and Boston, three of the six Abbott World Marathon Majors races, have decided they don't need pacers (Boston has never had them of course), each relying upon – wait for this novelty – a race to unfold and for people to think on their feet from the word go.

The irony is that London generally produces enthralling races, as does Berlin – and of course the German capital did this year, just a few days ago, so the two can live side by side; just don't talk about sub-two.

The men's world record for the marathon has been 2:02:57 since Berlin 2014 and of course it'll get broken one day. The world record will have a few seconds chipped away here and there and, yes, I can see something around 2:02 perhaps being within reach.

But sub-two hours? In the next 100 years? They'll have to be taking rocket fuel.

■ Tim Hutchings won silver at the World Cross Country Championships behind Carlos Lopes in 1984 and John Ngugi in 1989, took two English National cross-country titles and today works as a television commentator both at home and abroad



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MARK SHEPHERD

DAY ONE

Friday 4th August, 2017

Day one has finally arrived. I ran/walked with Steve Backley to Hackney Marshes and back at 08.00 this morning. His geography master at school was my club colleague Paul Hills, so the last time I ran with him was to hare his school cross country race in about 1980!

Being in the stadium from 13.00 meant that we had enough time to rehearse the opening segment before the stadium doors opened to the public. This was quite a neat series of songs – from the Gamesmaker Choir and Rebecca Ferguson – speeches and medal ceremonies for those who had lost out to drugs cheats in the past. In situations like these, our narration is useful practice for us but then becomes important for other people's timings and cue points. Sadiq Khan is the only politician

LONDON CALLING

WORLD CHAMPIONSHIPS STADIUM COMMENTATOR **GEOFF WIGHTMAN** HAS PUBLISHED HIS LONDON 2017 DIARIES AND HERE IS AN EXTRACT

I ever introduced who received resounding cheers. I believe he will be Prime Minister one day.

When we finished, it was 17.00, with the pre-show proper, starting with Iwan Thomas as MC at 18.00.

By the end of the session it was 22.00. John Rawling and I went for a beer in hospitality but were then asked to spend 30 minutes recommending the featured athletes in tomorrow

morning's track heats.

It made it a ten-hour stint in total. The time didn't particularly drag though. I found a couple of the medal ceremonies to be quite emotional, especially for British runners who missed their big opportunity ten years ago. Lee McConnell's upgrade would have been good for Scottish athletics, when I was CEO there back in 2008 but the moment was lost forever. Those are the

sort of widespread implications of the cheats and their actions.

At the end of the session, there were high fives all around the sports presentation team, perhaps with relief, because it went pretty well. The IAAF, who give a lot of feedback during the session, sometimes disconcertingly so, were very happy. The crowd noise for Bolt and Farah was immense. Who knows how it compared

with 2012 but the Stadium's new extended roof adds to reverberation, even if the capacity is less, in my opinion.

I enjoyed it and was amazed that Mo found a way to win over 10,000m, yet again, in a seriously fast race. I think I did all right and the voice held up but you can't ever feel too smug about it. On the one hand my recycled comment about a 100m false start warranting a green card from the marksman, "meaning they can all work in the USA" got a big laugh and some favourable Twitter comments. Equally saying "It's not panto season" when Gatlin was resoundingly booed got mentioned. At the same time an athletics blogger quoted online wrote of the "annoying announcer who hyped a 10,000m race that needed no hype at all."

At times like these, I am reminded of my first meeting in 1991 with Ian Darke (now football and boxing) who was one of the best ever athletics commentators. "Always remember that most people listening to you think you are a prat," he said. Sound advice.

Seven million people tuned in to the 10,000m final. There wasn't a spare seat to be



MARK SHEARMAN

had. Athletics can still excite people as well as any sport if the context is right. Must have got to sleep around 01.00 and back in the stadium for 08.30 tomorrow.

DAY TWO

Saturday 5th August, 2017

Because of the way the event allocations work, John covers 12 events today and I do just five so, as I write this between sessions, I am preserving my voice for the men's 100m semis and finals. We had bad rain for a few minutes this morning and thunderstorms are predicted tonight.

My son Jake did a great final

session of 400m reps in Paris. Thanks Fuzz Caan for timing. Five days to go before his 1500m heat.

The evening thunderstorms didn't happen. John and I were involved in the evening pre-show and had to make an entrance through the athlete tunnel, complete with 'sparklers' going off on either side, to be interviewed by Iwan Thomas. Actually, we were waiting behind the screens with former Olympic and World heptathlon champion Carolina Klufft, who was to be interviewed with us. We practised a routine where we linked hands and bowed in unison but, in the end, Iwan called Carolina out first.

We saw Seb Coe, across the rail in the IAAF stand before the session and he said: "I saw your son's girlfriend last week. She said he had received my letter and was pleased with it." What? Seb is the Chancellor of Loughborough University and Georgie Hartigan graduated last week. She had spoken to him about it in the quad beforehand. Seb hadn't realised he was on a Commonwealth Games team with her mother Bev (nee Nicholson).



MARK SHEARMAN

Martin Lewis, of moneysaving expert fame, is our infield analyst. He is a real athletics enthusiast. He came bounding in like Tigger, pre-show, as JR and I were prepping. "Okay. Here's the question. Who would win a 400m race between Bolt and Farah right now?"

He said Farah. I said Bolt. Farah couldn't run 47.0 from a cold start. I am pretty sure Bolt could.

I only had two events in the evening session – the semis and finals of the men's 100m – so was asked to help out with the men's discus on a busy night for John. The stadium



Author Geoff Wightman with daughter Martha and son Sam at London 2017

Justin Gatlin offers a hand to Yohan Blake at the IAAF World Championships



DAY THREE

Sunday 6th August, 2017

The morning session included coverage of the men's marathon which was displayed on the giant screens. Callum Hawkins had another excellent Steve Jones-style run to take fourth. The course and spectator zone looked magnificent and I would like to have been there. Aly Dixon was a long-time leader in the women's championship but I was asleep.

With only 5-6 hours sleep at night on the days when we have double sessions in the stadium, I would disintegrate if I didn't get a lunchtime nap. There is no time for anything else. I haven't run since Friday and just grab a bag lunch from the canteen while beetling my way back to the hotel. There was only two hours between the end of the morning session and our afternoon call time but I slept for 20 minutes which was bliss.

Hero, the mascot, played by two American acrobats who work in the NFL, pranked John and me during the morning session when, on camera, he pretended to spill coffee in my lap. It was like Rod Hull and Emu but got the laugh at my expense.

Callum Hawkins had just taken the lead in the marathon, which was on the giant screen so I was distracted and well and truly kippered. My retaliation is to use it as cover photo for this book.

My Hungarian pronunciations are execrable, which is unfortunate because occasional announcing colleague, Marton Gyulai, the President of the Hungarian Federation, is sat two rows in front. For tomorrow, in the men's sprint hurdles final, I must remember that

had a big Jamaican contingent. Bolt was edged by Christian Coleman in his semi but the stage was set, with Reece Prescod qualifying and CJ Ujah just missing out.

Twenty minutes before the final we had a stalker – a pot-bellied bloke with 'Peace and Love' written on his torso and 'For Mum' written on his back. I am sure she would have been proud of the tribute.

I have noticed from the days when the London Marathon finish line used to have one stalker a year that the lady spectators get very animated about male stalkers, reaching for their cameras and chatting excitedly about it afterwards.

Men look faintly disgusted by it. I imagine if it was a female stalker the roles would be reversed. The late John Arlott, doyen of the cricket commentators, called the first one he saw on the pitch "one of those freakers."

We hyped the introduction of the men's 100m final with big, staged entrances and the crowd responded. I called the race between Coleman and Bolt, given that there is only nine seconds to say anything and knew there were other athletes in the dive for the line. I hadn't spotted that one was Gatlin and, along with everyone else, my heart sank when he appeared first on

the scoreboard. I didn't say anything else.

When the booing rang around the stadium, producer Andy Kay asked us to say something so we paid tribute to Bolt. Gatlin should not be in our sport.

I have deep concerns about the evident effortlessness of Ayana's run in the women's 10,000m which included a 14.25 5k segment in the middle.

At midnight, we got an email from Florian of IAAF production team to say the medal ceremonies for the men's 100m would be at 18.50 not 20.00. The stadium will probably be as full, even for the earlier time.



Running in the family: the Wightman clan pictured a few years ago in action

Baji is pronounced 'Boyee'. Consonant please, Carol.

Jake's session yesterday was some 400s where he came down to 55 and 54 seconds at the end but only did six, not eight, which is unusual but I didn't query it at the time because the quality was there. Today, during the session, I got a text from UKA doctor, Noel Pollock, confirming that Jake's mild hamstring recurrence was likely to respond well to treatment and that he was putting in place an emergency dental appointment for a suspected gum abscess as soon as he arrives in London tomorrow. In the meantime, it was hoped that a three-day course of anti-biotics would do the trick. What?

I messaged Jake. "Hamstring is fine but I have a lump on my gum where my wisdom tooth is coming through. I am being taken to the dentist as soon as the train gets in at St Pancras tomorrow."

Just ratchets the tension up another notch, doesn't it? More worryingly, my wife Susan has to head down to Herefordshire first thing tomorrow because my father-in-law Stan, who was 88 last month, has taken two tumbles in the last two days. I am living in a bubble in Stratford doing the same odd things

every day but real life is still going on everywhere else.

On the pronunciation front, John hit a new high by cruising through a nine-syllable athlete name on introduction while I stumbled over a two-letter name. The guy is called Davide Re and he runs the 400m for Italy. I had read through my Butler notes but hadn't clocked that one.

When I got to it, I thought he had written "Re: Davide" so introduced him as 'Davide'. "He's called 'Re'" said Andy Kay in my earphones. It's the first time this summer I have had to apologise to an athlete for making a Horlicks of his name. One syllable and I can't even get that right. Jesus.

There is concern about the potential booping of Gatlin at the men's 100m medal ceremony and how this might taint the memory and experience for the other two medallists.

During my walk in from hotel to stadium this afternoon, I had some words in my head that I would offer to say. I dislike what he stands for as much as anyone but a medal ceremony is a medal ceremony. I went through the wording with Florian Weber of IAAF but in the end it wasn't required. He did still get booed but on nothing like the level of last night.



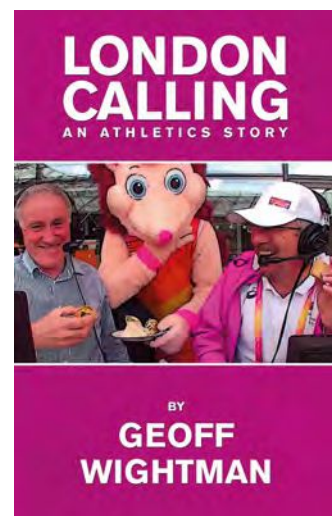
Geoff Wightman with AW snapper, Mark Shearman

Our announcements are still subject to extensive feedback from different parties in the stadium but I think Andy, Florian and Arndt filter most of them and only a couple per session get passed on. You can't say 'fastest loser'. You can only say 'Authorised Neutral Athlete' once and then don't repeat. Don't add 'The' before you say 'Bahamas' 'Ukraine' or 'Netherlands'.

Kyle Langford took his chances really well to make it through to the men's 800m final but, after KJT and Holly Bradshaw both bombed, there is concern about where British medals are coming from over the next week.

A full stadium rocked and swayed to Neil Diamond before the women's 100m final tonight. I could see the American delegation from Eugene 2021 in front of us shaking their heads and laughing. I have

promoted 'Sweet Caroline' before, especially at the New York Marathon finish line but the suggestion to play it this summer came from Kris Temple, at the Paras, who said "it goes down well at the cricket". It's our tune now.



London Calling – An Athletics Story, by Geoff Wightman, is out on Kindle now for just £2.99

THE look on Callum Hawkins' face said it all. As he stormed down the finishing straight in the sunshine, and in blissful isolation, the young Scot couldn't quite believe what he'd done.

Winning the Bank of Scotland Great Scottish Run last year was hugely significant for the 25-year-old, whose hands went to his head and jaw hit the floor when he glanced around to see the clock reading 60:24 – a time which was over two minutes faster than the Scottish half-marathon record at the time.

Unfortunately, Hawkins' mark was subsequently annulled after the Glasgow course was found to have been 149.7m short but, even allowing for the measurement error, his performance had represented a great leap forward.

That run was 12 months ago, when he was also still digesting the achievement of a remarkable top 10 finish in the Olympic marathon, and Hawkins now finds himself operating on a very different level to the one he was performing at as the first leaves of last autumn began to fall.

December saw him come home from the European Cross Country Championships with an impressive individual bronze medal, as well as team gold, while 2017 was barely under way when he came agonisingly close to winning the Great Edinburgh XC after a stirring performance in the shadow of Arthur's Seat.

The February follow-up was even more impressive, though, as Hawkins well and truly confirmed his Scottish record-breaking ability with a run of 60:00 in winning the Kagawa Marugame International Half-Marathon in Japan.

March brought a second-place finish to Feyisa Lilesa in running 60:08 at the New York half-marathon but it was at the height of summer when Hawkins well and truly rose to the occasion again.

He just ran out of road in the pursuit of the major medal he so craves, coming fourth at the IAAF World Championships Marathon in London – the best performance by a British man since 1995 in a personal best time of 2:10:17.

The Kilbarchan athlete has had a little time to draw breath since that memorable August day and he grins as he

CALLUM HAWKINS HAS HAD A YEAR TO REMEMBER SINCE WINNING IN GLASGOW. NOW HE WANTS TO TURN PROMISE INTO PRIZES, WRITES EUAN CRUMLEY

PICTURES: JEFF HOLMES & MARK SHEARMAN

THE NEXT LEVEL

contemplates how things have changed in what has truly been a year to remember.

The smile gets a little wider when he thinks about his run in Glasgow last year.

"That came out of nowhere, really," he admits. "My training following the Olympics hadn't shown any sign of that happening. Then I came out, popped out a decent performance and training after that signified I could do a quick time.

"Then there were the performances at the start of this year – one being 60 flat and the other 60:08 – and I think it was probably

worth a bit more than that on that (New York) course.

"Then there was the actual world championships itself and I can't quite explain it, to be honest. This time last year, I would have chopped your arm off for those kind of times.

"This time last year, I never even thought about getting to that kind of level at all but then, after Glasgow, things have gone as I'd expected."

He adds: "Japan was the one where I thought 'right, I've proved that I can do it'



Callum Hawkins: surprised himself in Glasgow last year (right) but cut an assured figure in London (below right)



and proved to everyone else that that (kind of performance) was there.”

Hawkins has undoubtedly made his point and his return to the Bank of Scotland Great Scottish Run last weekend was the first staging post on the road to his next big target, the marathon at the Gold Coast Commonwealth Games.

He was an interested spectator as the events of the recent Berlin Marathon unfolded, too. What was he thinking as he watched Eliud Kipchoge and company strut their stuff?

“At the top end, I was thinking ‘how do they do that?’,” he grins. “But I definitely want to get up there, to run the big races, get a quick time and improve.

“I think I was in at least 2:08 shape at the Worlds – and it’s slightly annoying seeing people I know I can beat out there with quicker times than me.

“At the end of the day, though, I’m out to get medals first. Times come second.”

Could that medal come in Australia next spring, though?

“The Commonwealth Games is the big

target for next year – I’ve obviously been looking at that since Rio so it’s going to be a good one and hopefully I can be up there challenging,” says Hawkins. “It’s going to be tough, though.

“You never know who Kenya are going to bring and the guy who was third at the world championships – Alphonse Simbu of Tanzania – is a Commonwealth runner too. Then there’s Michael Shelley, the defending champion and a couple of other guys doing their first marathon at the end of this year so it will be interesting to see what they can do, too.”

Hawkins’ performances might just be worth keeping an eye on as well.

2017 MAY HAVE BEEN A YEAR HAMPERED BY INJURY BUT JO PAVEY IS NOT ONE FOR LOOKING BACK. IN FACT, HER TARGETS FOR NEXT YEAR ARE ALREADY SET, WRITES EUAN CRUMLEY

PICTURES: JEFF HOLMES, VICTAH SAILER & MARK SHEARMAN

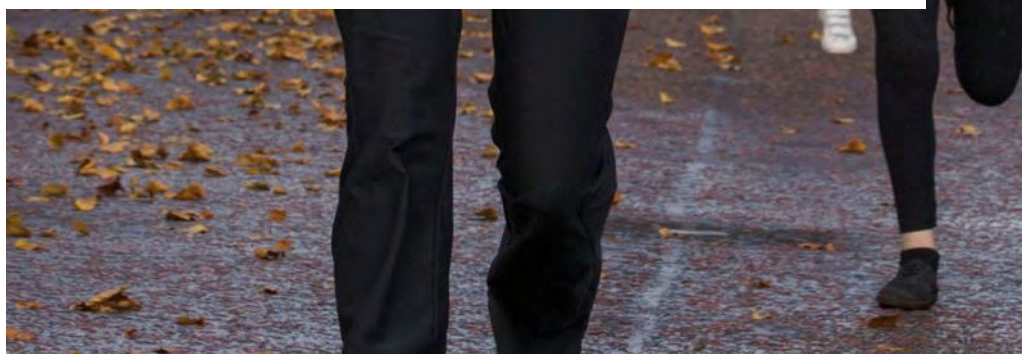


MOVING FORWARD

FOR Jo Pavey, it seems, there's always a reason to keep going. She will be just shy of her 45th birthday when the women's 10,000m takes place at the European Championships in Berlin next August, but that is certainly not putting an end to any thoughts of an attempt at regaining the title she won so memorably back in 2014.

The extent of Pavey's natural enthusiasm, the depth of love for what she does, is seemingly limitless and, though her body may have let her down on occasion this year, optimism abounds when you speak to this athlete who has crammed just about every experience imaginable into a lengthy career which she doesn't intend to end any time soon.

The combination of putting her young family first – she's a mother of two – and the challenge of trying to be fully fit for early spring, have all but ended any



ideas of making it on to the plane for the Commonwealth Games in Australia.

But having a flexibility – to training, scheduling and life in general – has been vital in keeping her, quite literally, on track for so long and instead her focus has been trained on a summer date in Germany.

"There's always a next thing to aim for, and something to look forward towards," smiles Pavey. "I'm getting older but you get ups and downs. Around June time, I felt younger than I had done for years and

things were going a bit better for me. The thing is that you get some years when you feel older but when things are going wrong you can be 26 and feel old! You get years when you feel old and others when you feel young again.

"I'm still keen to try to qualify for the Europeans next year, so I'm going to really try to build into getting a good winter. But I probably won't aim for the Commonwealths.

"I've been very lucky to have had race



Jo Pavey: leading the way for some budding athletes in Glasgow



Jo Pavey's injury troubles began not long after the New York Mini 10k

“YOU GET SOME YEARS WHEN YOU FEEL OLDER BUT WHEN THINGS ARE GOING WRONG YOU CAN BE 26 AND STILL FEEL OLD! IN JUNE I FELT YOUNGER THAN I HAD DONE FOR YEARS”

experiences and go to championships all over the world – and obviously I did the Sydney Olympics and the Melbourne Commonwealth Games. I've had those experiences and I just think to try and qualify for something in March/April is going to be tough.”

It would be made all the tougher by the injury which disrupted Pavey's season right when she wanted it least. Her beloved track has not been particularly kind to her of late and if 2014, which brought Commonwealth

bronze and that European title, was a dream then 2017 has been something a little more akin to a nightmare.

“I've had a frustrating time with injury, really,” she adds. “I'd run a road race in June (New York Mini 10k) and had been pretty pleased with that but, about a week after that, I was doing 400s on the track. I'd done 14 of them and on the 15th one the plantar fascia near my heel tore.

“It was niggling during the session but at the end of the day something is always niggling so I thought I'd get away with it.”

Unfortunately for Pavey she didn't and the setback forced upon her a decision she really hadn't wanted to make.

“That was when I'd said to the selectors not to look at selecting me for the world championships because it was unrealistic.

“They said I'd shown the fitness needed but the last thing I wanted to do was put

my name down for the sake of it and then have to withdraw.”

That meant that, rather being right in the thick of things, Pavey instead had a seat on the sidelines watching the spectacular London 2017 action unfold.

Yet still she was one of few British athletes to receive a medal at the unforgettable showpiece.

Pavey had been denied a podium moment at the 2007 World Championships when she was beaten into fourth place by Turkey's Elvan Abeylegesse, who was retrospectively disqualified after being found guilty of doping.

It may have taken 10 years, but the Briton finally got her hands on the bronze medal to which she had been entitled in front of a home crowd which also included her two children.

As is typical, she found a way to cast a

positive light on a situation which had been a source of personal pain.

"It was disappointing not to compete at a home games, particularly as I got to take part in London 2012," she says. "But of course I was very lucky to receive my bronze medal from 2007 and to celebrate that. So, ironically, I did get to go out and receive my medal, albeit 10 years late.

"I was very fortunate to be a part of that championships, albeit in a different sort of way.

"It was amazing and I was very, very grateful to everyone that made it possible. It was very special and my children, who weren't even born then (when the race took place), were there. It was very emotional."

Pavey was finally able to step back into the action at the weekend thanks to her participation in the Bank of Scotland Great Scottish Run.

The sense of satisfaction in her being able to toe the start line for the half-marathon on the streets of Glasgow was palpable and also understandable, given a preparation which required her to be a little creative.

"I'm just really pleased to get back out there racing," she says. "With my history of being a track runner I normally like to keep in touch with the track and to do track sessions just to know where I'm at. I was determined to keep the track work going but, with the injury, it was causing too much damage and then affecting the rest of the (training) week.

"So I've just been going to a flat bit of road and just working very hard. I just go up

"IT WAS DISAPPOINTING NOT TO COMPETE AT A HOME GAMES BUT I DID GET TO RECEIVE MY BRONZE MEDAL FROM 2007. I WAS FORTUNATE TO PLAY A PART AT THOSE CHAMPIONSHIPS, ALBEIT IN A DIFFERENT SORT OF WAY"

JO PAVEY on her podium moment in London



Podium moment: Jo Pavey and America's Kara Goucher (left) receive the medals they were denied 10 years ago

there and race myself – just do half an hour of running like it's a race.

"I do that once a week and then I'll also go up there and do road reps. I've been doing all my training on the roads and on the trails.

"I always make sure I've got the volume of work done and then any speedwork I get done is a bonus.

"I've kept going. If I've got an injury I don't stop and rest it – it just means I can't do exactly what I'd want to do."

Yet keep going Pavey does, with the drive coming not just coming from within but also from those younger athletes she finds herself surrounded by.

For example it's a very clear and evident happiness she feels for Charlotte Purdue, who also raced in Glasgow and has impressed many observers with her performances so far in what is a fledgling

marathon career – particularly in finishing as top European at the world championships.

"She's doing really well," says Pavey of the 26-year-old. "I've known her since she was a junior and it's great to see her going from strength to strength and also finding her event. Now she's moved up to the marathon and is getting stronger and stronger."

And are any of Pavey's younger athletic colleagues now seeking her out for advice, attempting to tap in to her extensive knowledge? Yes they are but, as it turns out, where that's concerned it's something of a two-way street.

"At the Rio Olympics my team-mates were younger than me and encouraged me with their enthusiasm," says Pavey. "We all work off each other really."

There's always something to work for, after all. Another reason to keep going.

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CROSS-COUNTRY HISTORY



From the world championships (above) to local league and schools events, cross country is a big part of the athletics calendar

CROSS-COUNTRY running enthusiasts and athletics fans with a thirst for history will find a new book by Andrew Boyd Hutchinson to be essential reading.

The Complete History of Cross-Country Running – from the 19th Century to the present day is a comprehensive review of the sport as it chronicles every part of its background in 400 pages.

The only downside is that this mouth-watering feast of cross-country history is not out until the new year. But *AW* has seen a preview of the book and can confirm it is an immense work of around 400 pages that is sure to stand the test of time as a definitive source of history for one of athletics' most traditional disciplines.

The author is a keen cross country runner himself and his love of the sport is obvious as he has painstakingly logged the major events in the history of the sport over the past couple of hundred years.

This is not merely a regurgitation of events, though. While the book is big, it is also edited well and he has plucked the most interesting and significant events and athletes to focus on.

So while each chapter moves through the history from the early 1800s to the present day, it is broken up with 'event spotlight' and 'did you know?' boxes and all of it is an easy, entertaining, informative read.

The book has a slight US bias, but the early section on the origins of cross country focus very much on England and, specifically, Shrewsbury School in the Midlands, which is credited with being the place where "the first recorded evidence of cross-country running as a sport appeared at the dawn of the Victorian Age" in 1819.

As an example of the style of writing in the book, the author writes: "The Shrewsbury schoolboys harnessed their adolescent adrenaline, answered the call of the outdoors, and aligned with their comrades to escape the rigour and discipline of the classroom. These were the seeds that allowed the sport to grow on a global scale."

From then on, the book charts the growth of the sport across the United States and indeed around the world. Naturally, the impact of athletes from East African nations is also explored in detail.

Craig Virgin, twice world cross-country champion at the start of the 1980s, has given the book his seal of approval and writes a nice preface. In this he explains the beauty of cross-country but also includes his concerns about its current status in global athletics.

Virgin writes that Seb Coe's appointment as IAAF president is good for cross country, for example, as he explains: "The survival of the IAAF World Cross Country Championships may hang in the balance over the next few years."

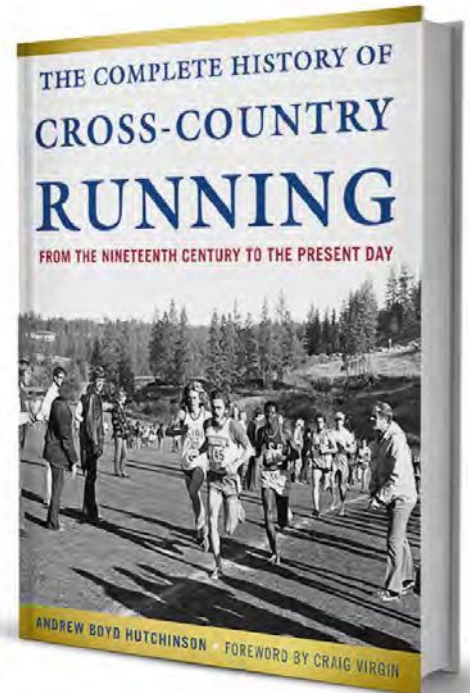
He adds: "Cross-country will soon need "friends in high places" if the IAAF is to rebrand and reorganise the World Championships in order to survive and thrive into the future."

Hutchinson agrees and expands in the pages as he says: "Cross-country has a rich, international tradition. For more than 200 years it has thrilled audiences and participants alike, has provided a natural venue for athletes, and now attracts runners of all ages. But some of the biggest names in cross-country are worried about the difficulties in growing the sport."



MARK SHEARMAN

**JASON HENDERSON
REVIEWS AN
UPCOMING BOOK
THAT PROVIDES
A DEFINITIVE
BACKGROUND TO
CROSS-COUNTRY
RUNNING**



■ ***The Complete History of Cross-Country Running – from the 19th Century to the Present Day* by Andrew Boyd Hutchinson is published by Carrel Books for £35.99 hardback and is out in January**

“There are multiple reasons why: lack of enthusiasm from professional coaches, the biennial structure of the world championship, format changes ranging from race distances to monetary compensation, and dominance by specific nations.”

Related to this, the book briefly explores the growth of obstacle course racing and gives an interesting explanation on why it has managed to secure sponsorship and massive growth in participation thanks to smart marketing while the more traditional sport of cross-country running

has seemingly struggled in comparison for popularity.

Certainly, if cross-country running is to enjoy a major revival then one of its great strengths is its history and this book demonstrates that it has it in abundance (see *Comment*, p4).

LIFE THROUGH CORRIDORS OF UNCERTAINTY

THE VAST majority of athletics books tend to centre on an athlete’s life in the sport, rather than their achievements outside of that, *writes Alastair Aitken.*

Dave Morgan, 72, not only expresses himself with a challenging political stance on things but honours the sporting heroes in several sports, with little known facts about Motspur Park and Lords Cricket Ground and his involvement with London University.

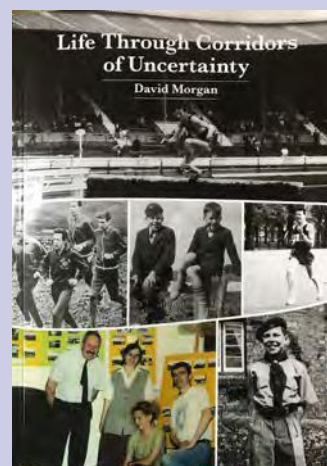
He was head groundsman at Motspur Park, after being a trainee

gardener at Kew, where he started his athletics at 17 years old.

He was head groundsman at Winchmore Cricket Club, a cricket professional at Edinburgh Academy and among other things he taught in Poland from 1994 to 2005.

He joined Thames Valley Harriers in 1962 and became a Welsh International runner. He also won quite a few steeplechases, which included a win in that event in the popular old Fire Brigade meeting, at the White City Stadium.

However, his ‘Life Through Corridors of Uncertainty’ certainly came true on August 26, 1967, when he looked on course to win a 3000m



steeplechase on the old cinder track at Crystal Palace when he put his foot down below the water jump and broke his foot on the clods of earth.

The very next day, his brother died of Hodgkinson’s disease aged only 19.

Like many of us, he has athletics heroes that he knew, such as Fred Bell, the Welsh mile champion of 1969; Ken Norris, the Olympian; and international Mike Wiggs from his club.

This book is unusual but an interesting read to say the least.

■ ***Life through Corridors of Uncertainty* by David Morgan, is available from the author at 14 Beaumont Court, Church Stretton, Shropshire SY6 6DT for £9.99 plus £3.50 p&p**



- Peta Bee, performance editor

GET PREPARED

AS the heavy training workloads of winter get underway, in this week's performance pages we take a look at some of the precautionary measures that might help you to ward off injury and illness.

Anita Bean investigates the pros and cons of the nutritional substance HMB – which is used as a strength training aid – on p42, and we look into the science behind foam rolling on p43.

Every athlete seems to have a foam roller, but do you know how and why to use it?

Our big question on p40 is how to treat teenage knee problems, so commonly an issue as junior athletes progress through growth spurts.

Should athletes take time away from the sport to recover, we asked the experts.

IF YOU HAVE FOOT PAIN, THE CAUSE MAY BE YOUR HIP

HIP AND KNEE PROBLEMS COULD CAUSE PAINFUL FEET

IF FOOT pain has been interrupting your training, it could be problems with your hip or knee joints that are to blame.

Researchers at the US Hospital for Special Surgery (HSS) and Harvard Medical School set out to find if there was a link between foot pain and lower extremity joint pain. Their findings suggest a strong association between foot pain and existing hip or knee pain.

It also demonstrates the importance of the 'kinetic chain', the theory that the body's joints and segments have an effect on one another during movement, playing a key role in pain.

"Studying the interaction between the knee and the foot, or the hip and the foot is very important because it's a kinetic chain," says Dr Rock Positano, director of the non-surgical foot and ankle service at HSS. "The foot is the first part of the

Harvard study: found strong evidence for the kinetic chain



body that makes contact with the ground. Its primary function is a shock absorber. If the shock-absorbing capability of the foot is somehow altered or minimised, it's going to affect other body parts."

The study used data from the 2181 people who had participated in the government-funded Framingham Foot Study between 2002 and 2008. It revealed that in the study, 16% of participants reported bilateral foot pain, 6% right foot pain only and 5% left foot pain only.

Slightly more women than men reported foot pain.

Researchers found that foot pain was linked with bilateral and same-side knee pain in both men and women. Men with right foot pain, for example, were five to seven times more likely to have pain in their right knee or in both knees.

Foot pain was also associated with hip pain on the same side in men whereas women with bilateral foot pain were more likely to have hip pain on both or either sides.

PERFORMANCE GUIDE

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CHECK COLD AND COUGH REMEDIES

ATHLETES are being urged to check cold and cough remedies and reminded that many over-the-counter or off-the-shelf varieties may contain prohibited substances.

You can check the safety of medicines purchased in the UK, Canada, Switzerland, Australia and Japan on the GlobalDRO website (globaldro.com) or by using the 100%me Clean Sport App.

For more visit uka.org/cleanathletics



ULTRA-RUNNING MOUNTAIN RECORD

Top speed: Maciel broke the mountain record by almost three hours



FERNANDA MACIEL, the ultra-runner, smashed the record for the fastest female time up and down Mount Kilimanjaro last week.

Maciel, a North Face athlete, ran the Tanzanian route from Umbwe Gate to the summit and then down to the Mweka Gate, in just 10 hours and 6 minutes, breaking the previous record of 12 hours and 58 minutes held by Anne-Marie Flammersfeld by nearly three hours.

“There was a moment just two days before the attempt, when a rock avalanche came down during my training at 5200m high,” she says. “Imagine rocks as large as fridges hurtling towards you. It was scary, but I shielded my body quickly and all was okay.”

WHAT'S NEW? WHAT'S NEW? WHAT'S NEW? WHAT'S NEW?

HEALTHSPAN YOGO

WHAT: A range of yoghurt-flavoured functional drinks

WHY: If you aren't a fan of popping pills but need an extra boost to your training diet, then this product could be the solution.

YoGo comes in the form of individual sachet sticks of powder that are mixed with 150ml of any kind of cold milk (from cows' to coconut) in a glass 'shaker' bottle that's provided.

There are various flavours and options from YoGo with Omega 3 fatty acids for general and heart health, YoGo Optiflex with glucosamine for the injury prone and YoGo Multivitality

Healthspan YoGo: yoghurt-flavoured drinks



for an all round vitamin and mineral shot.

We tried the YoGo Pro 2 billion cultures Apricot which was delicious and, with added strains of Lactobacillus acidophilus and Bifidobacterium lactis, will help to prime the gut lining with beneficial bacteria to ward off winter infections.

They are suitable for vegetarians and have no added sugar, plus they are fine if you're lactose-intolerant.

WHERE: YoGo costs £19.99 for 20 sticks and a glass shaker bottle from healthspan.co.uk

HEIGHTS OF PERFECTION

IN THE FINAL PART OF OUR REVIEW OF IAAF FINDINGS, WE REPORT ON THE BIOMECHANICAL ANALYSIS OF THE WOMEN'S POLE VAULT IN LONDON

PICTURES: MARK SHEARMAN



Katerina Stefanidi: the only finalist to exceed her season's best in London

KATERINA STEFANIDI won the women's pole vault at the World

Championships in impressive fashion, clearing 4.91m on her first attempt to set a Greek record. In doing so, the 27-year-old added a world title to her Olympic and European wins.

Behind her were USA's Sandi Morris, who took silver with 4.75m and Venezuela's 19-year-old Robeilys Peinado who snatched bronze with 4.65m. Britain's Holly Bradshaw was a disappointed sixth with 4.65m, a height achieved by five athletes.

How the medals unfolded was the subject of a detailed study by Dr Athanassios Bissas, head of biomechanics at the Carnegie School of Sport at Leeds Beckett University, and his team of 40 scientists were commissioned by the IAAF to

study every scientific parameter of the final.

Positioning seven digital video cameras around the stadium Bissas and colleagues captured footage for 3D motion analysis during the event.

The cameras recorded between 60 and 200 frames per second for each vault, with the highest vault for each athlete selected for analysis.

Of the 12 finalists, only Stefanidi exceeded her season's best performance, but what led to her victory?

Previous pole vault studies have focused predominantly on the biomechanical run-up variables. But the Leeds Beckett team extended these concepts to include data of takeoff and bar clearance.

So exactly what do their initial findings tell us?

RESULTS: COMPARISONS AGAINST SEASON'S BESTS

Athlete	Position	SB 2017 (m)	World Championship – London 2017 (m)	Difference (%)
Stefanidi	1	4.85	4.91 (O)	+1.24%
Morris	2	4.84	4.75 (O)	-1.86%
Peinado	3	4.65	4.65 (XO)	0.00%
Silva	3	4.82	4.65 (XO)	-3.53%
Ryzih	5	4.75	4.65 (XO)	-2.11%
Bradshaw	6	4.81	4.65 (XXO)	-3.33%
Newman	7	4.71	4.65 (XXO)	-1.27%
Mullina	8	4.67	4.55 (O)	-2.57%
McCartney	9	4.83	4.55 (XO)	-5.80%
Bengtsson	10	4.65	4.55 (XO)	-2.15%
Büchler	11	4.73	4.45 (O)	-5.92%
Newell	12	4.65	4.45 (XO)	-4.30%

IAAF World Championships LONDON 2017 04-13 AUGUST



BAR CLEARANCE HEIGHTS (m)



Run up velocity

Bissas and the university's team calculated run up velocity between 5m and 10m before the box. Velocity ranged between 7.01 and 7.76 m/sec across the top six finalists.

The three medallists were, predictably, the fastest with Morris at 7.76m/sec, followed by Peinado at 7.51m/sec and Stefanidi at 7.44m/sec. Britain's Holly Bradshaw scored the fourth fastest run up velocity with 7.23m/sec.

medallists perhaps facilitated a take-off position closer to the box and a steeper take-off angle of 27.5 degrees, Bissas suggested.

Morris and Peinado recorded an angle of 21.3 degrees with Bradshaw clocking 14.5 degrees.

Stefanidi's leading leg contact time was longer than those of the other medallists, which might also go some way to explaining her steeper take-off pathway and the bar clearance height.

Take off

Results of the take off (TO) position – the distance from the box to the athlete's front foot at take off – were more widely spread. For Morris, TO was 4.04m followed by Bradshaw's much shorter 3.77m.

By contrast, Stefanidi's TO position was measured at a sixth-ranked 3.21m.

Stefanidi's lower speed at TO compared to the other

■ **The pole vault preliminary report was jointly compiled by the following members of the biomechanics team from the Carnegie School of Sport at Leeds Beckett University: Helen Gravestock; Dr Brian Hanley; Dr Gareth Nicholson; Dr Tim Bennett; Dr Athanassios Bissas. The full report will be published by the IAAF in 2018**



Holly Bradshaw: disappointed with her fifth place clearing of 4.65m

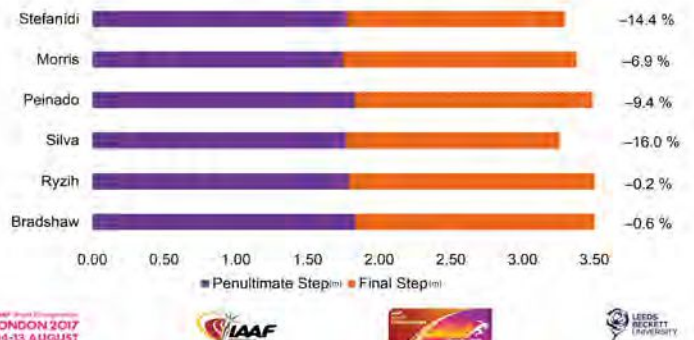


Data generated will be invaluable to all jumpers in the future

RESULTS: TAKE OFF ANGLE (ALL FINALISTS)



COMPARISON BETWEEN LAST TWO STEP LENGTHS



TEENAGE RUNNERS' KNEE

KNEE PAIN IS COMMON IN TEEN ATHLETES, BUT WHAT CAUSES IT AND HOW CAN IT BE TREATED? PETA BEE FINDS OUT

What is it?

Chondromalacia Patellae is a knee pain that most commonly affects teenagers, particularly females, and younger adults. It's often mistaken for so-called Runners' Knee, or patellofemoral pain syndrome, but is markedly different in its underlying cause as there is no cartilage damage.

The condition is characterised by softening and weakening of the cartilage on the underside of the patella (or knee cap), possibly through overuse or wear and tear. Poor knee alignment or imbalance in the tightness of the muscles holding the knee in place are often implicated.

"Often there's a weakness in the muscles at the lateral hip which causes the knee to drop in medially at mid-stance," explains Paul Hobrough, a physiotherapist and sports scientist who is clinical director of Physio&Therapy UK. "The result is inflammation caused by a tight ITB and overuse, core stability weakness and commonly patellar mis-tracking."

What are the warning signs?

Knee pain, particularly behind and beneath the kneecap but also to the sides of and rubbing, clicking or grinding of the kneecap instead of it smoothly gliding over the knee joint are common symptoms.



Teen angst: more females suffer knee pain

Crunching, grinding or cracking noise whenever you the knees are moved is common and you may find the pain gets worse when climbing up or down the stairs or when extreme pressure is put on the knees.

"In some cases rest eases the pain, but inflammation can also cause a constant ache," says Hobrough.

Why is it more common in teenagers?

Adolescent growth spurts can throw posture and alignment into disarray, changing the biomechanics of the lower body.

"There is a higher incidence of young females suffering with it because females generally have a higher degree of valgus knee, whereby the knee comes in across the midline when running and squatting," Hobrough says. "It's this stress that causes tension in the ITB and mis-tracking of the patellar."

What can you do?

Exercises for the glutes, quadriceps and core, stretches for ITB, hamstrings,

calf and hip flexors can all be beneficial in helping to align the kneecap.

"You should also work on functional strength with exercises like the single leg squat, ensuring that you start with very small movements and graduate slowly into deeper squats," Hobrough says.

Rest is important and you should not rush back into training. "Opt for fewer miles and more focus on technique than pre-injury," says Hobrough.

"Don't run if the pain increases, although at first you may need to accept a little soreness at very low level as you return to running."



Rest and recover: pain eases with time away from training

TRY THESE

SAMMY MARGO, a chartered physiotherapist who treats sports people, suggests the following three exercises to help prevent and treat Chondromalacia Patellae:

■ **Thigh contractions:** Sit up straight on a chair. Slowly straighten and raise your right leg until straight with your flexed foot pointing slightly outwards. Squeeze your right thigh muscles and hold this position for 10 seconds. Repeat with the other leg. Perform 3-4 sets on each leg.

■ **ITB stretch:** Stand next to a wall and cross your right leg behind your left leg. Keeping both feet on the ground, lean to the wall on your left side and push your right hip outwards. Don't bend forwards or stick your bottom out. You should feel the stretch along your outer right thigh and hip. Hold for 12-15 seconds and perform three sets on each leg.

■ **Squats:** Stand with your feet shoulder-width apart, feet pointing slightly outwards and your hands down by your sides or stretched out in front for extra balance. Lower yourself by bending your knees to no more than a right angle. Keep your back straight and don't let your knees go past your toes. Repeat 8-10 times and perform 3-4 sets.

■ **Sammy Margo is at sammymargophysiotherapy.com; Paul Hobrough is author of *Running Free of Injuries* (Bloomsbury) and at physioandtherapyuk.co.uk**

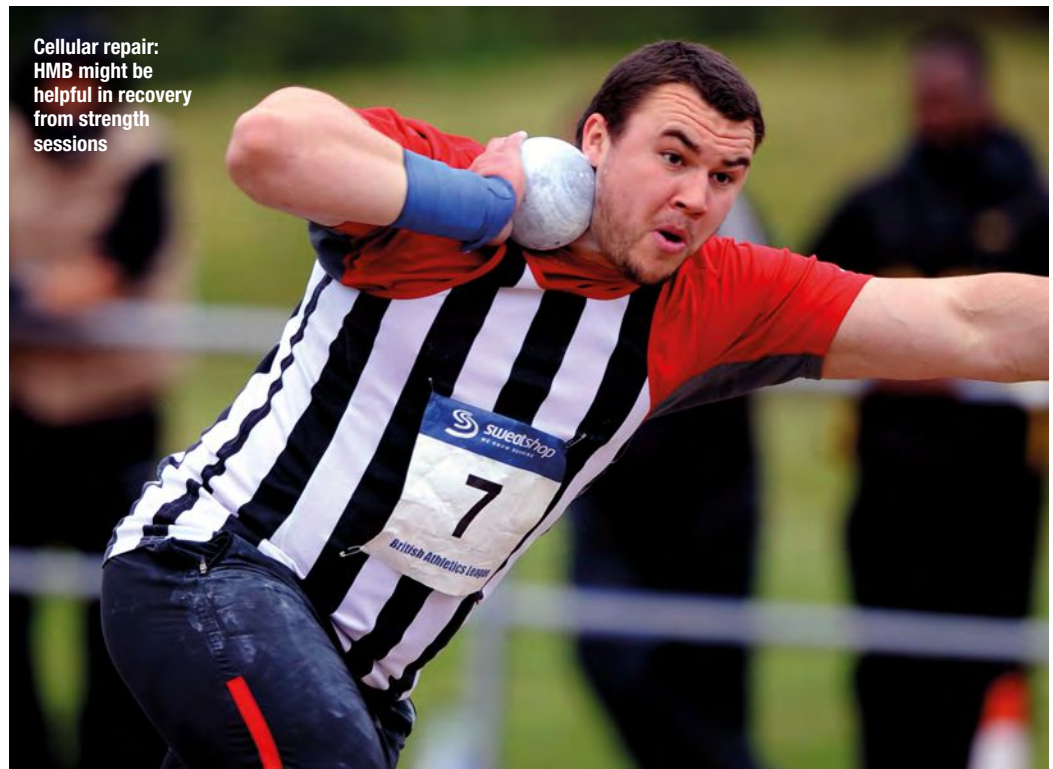
MUSCLE RECOVERY

WHAT IS HMB AND HOW CAN YOU USE IT? ANITA BEAN GIVES THE LOWDOWN ON THE POPULAR MUSCLE RECOVERY FORMULA PICTURE: MARK SHEARMAN

HMB is beta-hydroxy beta-methylbutyrate, made in the body from the branched chain amino acid (BCCA) leucine. It can also be obtained from a few foods such as grapefruit and catfish.

No one knows exactly how HMB works, but it is thought to be involved in cellular repair.

HMB is a precursor to an important component of cell membranes that helps with growth and repair of muscle tissue. HMB supplements claim to protect muscles from excessive breakdown during exercise, accelerate repair and build muscle.



Cellular repair: HMB might be helpful in recovery from strength sessions

TWO TO TRY

Healthspan Elite HMB

1g (£25.95 for 90 tablets; healthspan.co.uk):

This one promises 1000mg of active HMB is available for use by the body including 1405mg of calcium bound HMB per tablet.

A daily three tablets providing



3g of HMB is recommended.

Suitable for vegetarians.

Maximuscle HMB 1000 (£33.99 for 60 tablets; maxinutrition.com)

Batch tested and screened for quality assurance, this product also provides 1000mg of HMB per tablet. A daily three tablets



providing with meals is recommended.

Both products are accredited by Informed Sport

Peta Bee

What's the evidence?

The evidence for HMB is divided. A review of studies published in 2013 by the International Society of Sports Nutrition concluded that HMB promotes recovery, reduces exercise-induced muscle breakdown and damage, enhances muscle repair and increases muscle mass.

Researchers at Iowa State University have shown muscle mass gains of 1.2kg and strength gains of 18% after three weeks of using HMB, compared with 0.4kg of muscle gain and 8% strength gain from a placebo.

One study suggested that HMB might boost muscle mass more effectively when taken with creatine supplements. And there's some evidence that HMB combined with

alpha-ketoisocaproic acid may reduce signs and symptoms of exercise-induced muscle damage in novice weight trainers.

No firm proof

However, this level of improvement hasn't been demonstrated in all HMB studies. In experienced athletes it appears to have little effect. Indeed, one study at the Australian Institute of Sport failed to find strength or muscle mass improvements in 22 athletes taking 3g a day of the substance for six weeks.

In a 2001 study, researchers at the University of Queensland in Australia also found no beneficial effect of HMB on reducing muscle soreness following weights and resistance sessions.

Do you need it?

If you're new to weight training and are looking to build muscle bulk and strength for your event, then HMB might help for the first two months of training.

Consuming enough calories, protein, carbohydrate and fat in conjunction with resistance training is still likely to produce better results, however, and a supplement is never a magic bullet. No long-term studies have been carried out to date, but the evidence suggests HMB won't benefit athletes who have been strength training for a while. No side effects have been reported.

■ Anita Bean is an award-winning sports nutritionist and author of *The Complete Guide To Sports Nutrition* (Bloomsbury, £18.99)

SHOULD YOU ROLL WITH IT?

FOAM ROLLERS ARE AN OBLIGATORY ITEM OF KIT FOR MANY ATHLETES. BUT ARE YOU SURE YOU'RE USING THEM CORRECTLY, ASKS PETA BEE

HAVE YOU got a foam roller? Almost certainly, the answer is that, even if you don't have the utilitarian prop du jour in your kit bag, you have used one to relieve tight muscles and connective tissue. From its humble beginnings as a physiotherapy aid, the roller has become the accessory of choice, not just for sports people but for the gym set who are

prepared to spend anything from £10 at TK Maxx or Tesco to £189.99 for a Hyperice-Vyper vibrating foam roller in bright pink or blue (live-on-the-edge.com) with three different speed settings said to loosen your muscles. But how do they work and when should you use them?

Beyond the stretch

Stretching helps with flexibility but it's also important to release fascia, the dense, fibrous connective tissue around the body that encompasses all muscles and bones. In small amounts, fascia is protective, but when it builds up through bad habits, heavy training and injury it becomes restrictive, limiting the ability to move freely.

Ignoring knots – or, to give them their medical term, myofascial adhesions – can worsen the dysfunction and potentially raise the risk of injury. This is where foam rollers come in. Used correctly a roller helps to elongate and smooth out the fascia, rolling away areas of tension and density to improve the circulation, lubrication and hydration of this connective tissue.

What's the evidence?

Some small studies have confirmed that rolling offers pain relief, including one published in the journal *Medicine and*

Science In Sports and Exercise in 2014 which looked at 20 men who were split into two groups, both asked to perform

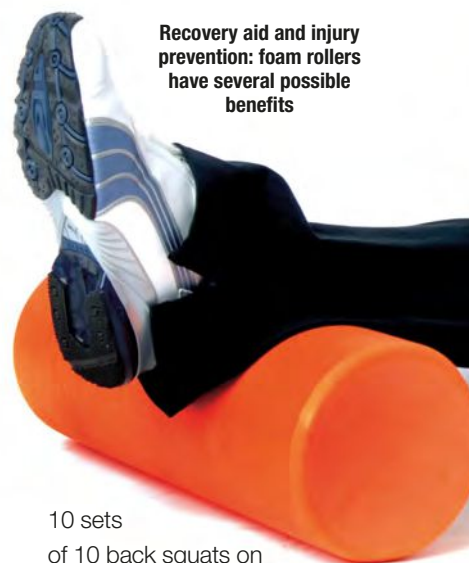
10 sets of 10 back squats on a weights machine. After the workout, all of the men were evaluated for their muscle soreness level, and the range of movement in their quadriceps and hamstrings.

One group of men then did a five-exercise foam rolling routine targeting the muscle groups in the thigh with each muscle group rolled twice for 60 seconds on each leg, totaling about 20 minutes of foam rolling.

The other group of men did no additional exercise.

When the soreness assessments were repeated one, two, and three days after the squat session, results showed significantly reduced muscle soreness and resulted in a very small, but significant increased range of motion in the thigh.

Beyond this, the scientific support for their effectiveness is surprisingly lacking.



Recovery aid and injury prevention: foam rollers have several possible benefits



The jury's out: foam rollers are increasingly popular but do they work?

Far right: foam rollers come in different sizes and densities and vary widely in price



“Despite their widespread use, physiotherapists do question their validity in terms of helping people to get over injuries”



Rollers must be used perpendicular to the problem area to have any chance of working

The physios' view

Despite their widespread use, physiotherapists do question the validity of rollers in helping people to get over injuries. “There’s certainly not a huge body of research to suggest they are helpful and some physios believe using a foam roller can make injuries worse”, says chartered physiotherapist Sammy Margo, who works with many elite athletes. Part of the problem is that people use them incorrectly.

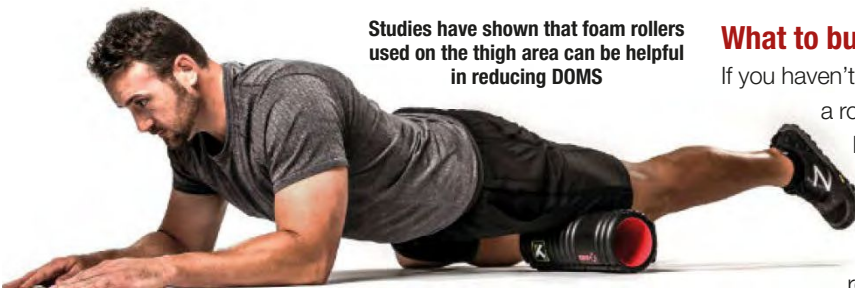
“The worst case scenario is that someone goes out and buys a very cheap roller that is too squashy and not dense enough,” Margo says. “Then they use it in the wrong way.”

Jack Chew, an NHS physiotherapist and spokesperson for the Chartered Society of Physiotherapy who is an expert in musculoskeletal and sports medicine, says some of the rollers’ benefits are overplayed.

“Foam rollers are sold as some sort of miracle tool that will help to deform tissue, break-down scarring and improve neuro-vascular function,” he says.

“There’s very little science at all behind this.”

Studies have shown that foam rollers used on the thigh area can be helpful in reducing DOMS



How to use them

The main rule is that you must roll perpendicular to the problem area. “Runners often have issues with their iliotibial band (ITB), the ligament that runs down the outside of the thigh from the hip to the shin, becoming tight or inflamed,” says Margo. “Rolling might help in the right hands and in the right way, but you need to roll across the thigh, not down it and it’s rarely done correctly.”

What to buy

If you haven’t used one before, a roller can feel more like self-torture than self-help. Choose a medium density roller to begin with

as a lot of brands are too hard and painful to use for beginners. Don’t spend less than £15. “Cheap versions are too soft and too short,” Margo says. “Ideally you want one that costs £15-£20 and that is about 50 to 100cm long. Smaller rollers are designed to treat specific body parts and you might get the wrong one.” And get some expert advice from a physio if you’ve never used one before. “Rollers are only good when used in the right way and can aggravate problems when used with poor technique,” says Margo. “It’s best to learn how to use them well.”

■ **Sammy Margo is at sammymargophysiotherapy.com and Jack Chew is at chewshealth.co.uk and co-kinetic.com**



Steve Smythe,
results editor

DOUBLING UP

THE Chinese walk results below unusually had four races in four days and therefore gave slightly different results than had it been a single competition.

Are athletes now less capable of doing more than one event than in the past?

Certainly, in London 2017, athletes struggled to double successfully. The 100/200m and 5000/10,000m double has been achieved regularly in recent championships through Usain Bolt, Mo Farah, Tirunesh Dibaba etc, but this time there were no double champions.

Wayde van Niekerk won medals at 200m and 400m and Farah added a 5000m silver to 10,000m gold but unusually double golds were absent.

One pair of events that regularly used to see doubles was the 800/1500m. It was of course successfully achieved by the likes of Peter Snell, Kelly Holmes, Seb Coe and Steve Ovett.

Caster Semenya did gain two medals in London, but men certainly now seem to consider themselves either 800m or 1500m specialists and doubles are rare in the events in championships. Though most 1500m runners run 800m more than the two-lap men go longer in smaller meets.

OVERSEAS

BELGIUM

Belfius Brussels Marathon, Brussels, October 1

Men: Mar: 1 S Kiplagat (KEN) 2:11:44; 2 E Kering (KEN) 2:14:10; 8 CONOR ROBINSON 2:42:11; 10 GRAHAM ANDERSON 2:44:59; 15 STEVEN NIMMO (M45) 2:53:21; 256 MICHAEL WARRICK (M65) 3:29:00. **HM:** 1 JOSHUA BULL 68:07. **Women: HM:** 19 RACHEL HAGGAR (W50) 96:49

BRAZIL

Rio De Janeiro, October 1

WORLD 100m champion Justin Gatlin won the 100m street race at Jockey Club Brasileiro in a modest 10.52. Afterwards, Gatlin confirmed he wants to be in Doha at the 2019 World Championships and then win the gold medal at the Tokyo Olympics in 2020.
Men: 100: 1 J Gatlin (USA) 10.52; 2 P de Oliveira 10.57 (10.41 ht); 3 I Young (USA) 10.65. **Women: 100:** 1 R Santos 11.63

CANADA

Global Energy Race, Vancouver, Canada, September 24

BRITAIN'S Sarah Inglis won the 10km in a PB 33:28.

Women: 10km: 1 SARAH INGLIS 33:28
Invictus Games, Toronto, September 24/25

Men: 100: IT1 (-0.3): 7 BRUCE EKMAN 14.62. **h1 (0.3):** 3 EKMAN 14.62; 4 CORIE MAPP 15.52; 5 STEVEN COKAYNE 17.40. **IT2 (-0.4):** 2 LUKE SINNOTT (M35) 14.32; 3 SCOTT MEENAGH 15.34; 4 DAN PHILLIPS 15.43. **h1 (-0.2):** 2 PHILLIPS 15.26. **h2 (0.5):** 1 SINNOTT 14.05; 2 MEENAGH 15.19. **IT6 (0.1):** 3 JAMES WELLER 14.63. **IT7 (-1.7):** 3 JAMES MCGILL 12.18. **h2 (-0.7):** 1 MCGILL 11.85; 4 GREG DUNNINGS 13.83. **h2:** 2 ALEX MOULDER 12.79. **WC: IT4 (0.4):** 2 ANDREW BRACEY (M40) 16.85. **200: IT1 (-0.6):** 6 EKMAN 34.75. **IT2 (-0.8):** 1 SINNOTT 27.99; 4 MEENAGH 30.50; 5 PHILLIPS 32.71. **h1 (-0.9):** 3 PHILLIPS 31.69. **h2 (0.8):** 1 SINNOTT 28.50; 2 SCOTT MEENAGH 31.70. **h3 (-0.70):** 3 JAMES WELLER 30.31. **IT7 (-1.4):** 2 MCGILL 24.42. **h3 (-0.7):** 2 MCGILL 24.26; 5 ALEX MOULDER 26.20. **200WC: IT4 (-0.4):** 2 ANDREW BRACEY (M40) 31.45. **400: IT1:** 5 EKMAN 69.18. **IT2:** 1 SINNOTT

63.94; 2 SCOTT MEENAGH 65.31. **IT6:** 3 JAMES WELLER 71.74. **IT7: h3:** 3 MICHAEL WESTWELL 62.22. **400WC: IT4:** 2 BRACEY 60.34. **1500: IT1:** 1 BRUCE EKMAN 5:25.91. **IT2:** 2 SCOTT MEENAGH 5:46.97. **IT7B:** 5 STEPHEN SEBBURN 4:47.33; 6 IAN YOUNG (M35) 4:57.93. **1500WC: IT4:** 2 BRACEY 3:54.67. **4x100: r1:** 2 GB 55.51. **r2:** 5 GB 79.70. **SP: IF1:** 5 MICHAEL MELLON (M35) 9.54; 7 STEVEN COKAYNE 9.33; 10 EKMAN 8.69. **IF4:** 7 GREG DUNNINGS 11.68; 14 SCOTT SIMON 11.05; 16 DOM NOTT 10.33; 17 ALEX MOULDER 10.14; 19 SEVECI NAVELINIKRO 10.05. **SP: IF5:** 3 MARTIN TYE 9.78; 4 CHRIS MACFADYEN 9.27. **DT: IF1:** 6 MICHAEL MELLON (M35) 27.18; 8 STEVEN COKAYNE 26.20. **IF2:** 3 OLAF JONES (M50) 26.27. **IF4:** 3 SEVECI NAVELINIKRO 35.48; 7 ALEX MOULDER 30.55; 8 GREG DUNNINGS 28.37. **IF5a:** 3 MACFADYEN 24.09; 4 TYE 23.12. **IF6:** 1 DAVE WATSON 21.52; 2 LAMIN MANNEH 20.65. **Women: 100: IT5 (-0.2):** 1 LINDSAY CHAPMAN (W40) 23.30; 7 KELLY MARIE GANFIELD (W35) 16.21. **100WC: IT4 (0.5):** 3 JENNIFER WARREN (W35) 22.11. **200: IT6 (-1.3):** 8 GANFIELD 36.88. **h2 (0.8):** 4 GANFIELD 35.79. **IT4 (-1.2):** 2 WARREN 38.40; 5 LINDSAY CHAPMAN (W40) 42.52. **400WC: IT4:** 2 WARREN 73.08; 5 CHAPMAN 81.31. **1500WC: IT4:** 2 WARREN 4:50.91; 4 CHAPMAN 5:18.97. **SP: IF4:** 15 FAITH FORDHAM 7.44; 16 JO HURSEY 7.28. **IF5:** 5 EMMA PACK 6.41. **DT: IF4:** 6 JO HURSEY 21.22

CHINA

Hengshui, September 30

Men: Mar: 1 M Njenga Kunyuga (KEN) 2:12:31; 2 H Laquouahi (MAR) 2:13:10; 3 R Mindaye (ETH) 2:13:18. **Women: Mar:** 1 B Wilson Lempus (KEN) 2:29:31; 2 A Taikulu (ETH) 2:30:50; 3 P Arusei (KEN) 2:30:58

DENMARK

Odense, October 1

Men: Mar: 1 P Chege (KEN) 2:14:37. **Women: Mar:** 1 L Langelund Batting (W35) 2:38:50

FRANCE

Lyon, October 1

Men: Mar: 1 L Kiptui (KEN) 2:13:21; 2 T Wokneth (ETH) 2:13:26; 3 A Wale (ETH) 2:13:34. **Women: Mar:** 1 E Macharia

(KEN) 2:35:18; 10 LIBBY COLLINSON (W60) 3:26:59

Le Poinconnet, October 1

Men: 10km: 21 JOHN HIGGINSON (M60) 36:50

GERMANY

Cologne, October 1

Men: Mar: 1 H Pfeiffer 2:13:39; 6 JACK BLAICKLOCK 2:30:44. **Women: HM:** 1 S Mockenhaupt 72:02; 19 NIKKI JOHNSTONE 70:19; 21 GARY WILBERFORCE 71:19

IRAN

Tehran, September 27

Men: 100: 1 H Taftian 10.22. **HJ:** 1 K Ghanbarzadeh 2.24. **DT:** 1 E Hadadi 65.28

ITALY

Trento, September 30

WORLD 5000m champion Muktar Edris won the 71st running of the road race and clocked 28:54 ahead of another Ethiopian, Telahun Haile.

World under-20 cross-country champion Yasin Haji was third.

Men: 10km: 1 M Edris (ETH) 28:54; 2 T Haile (ETH) 28:55; 3 Y Haji (ETH) 29:13; 4 Y Crippa 29:20

Trento, October 1

Men: HM: 1 J Kangogo (KEN) 61:48; 2 H Amghar (MAR) 62:21; 3 W Cheruiyot (KEN) 62:25. **Women: HM:** 1 S Eshete (BRN) 70:10; 2 I Lagat (KEN) 75:10

Turin, October 1

Men: HM: 1 Y Sbaai (MAR) 62:42. **Women: HM:** 1 W Mosefi (KEN) 69:38

JAPAN

Tokyo, September 30

Men: 5000: 1 R Kimuyan (KEN) 13:22.66; 2 N Ndiku (KEN) 13:23.60; 3 A Mutiso (KEN) 13:25.75

KENYA

Kisii, September 29

Men: HM: 1 J Koech 64:39; 2 E Mokua 65:18; 3 K Leitch 65:28. **Women: HM:** 1 P Ongori 76:05; 2 J Kemuma 76:06; 3 T Omosa 77:12

Ndakaini, September 30

Men: HM: 1 P Kipngeno 67:18. **Women: HM:** 1 D Meringor 76:10

MOROCCO

Marrakech, October 1

Men: 20km: 1 A Kachir 59:10; 2 H Abbassi 59:12. **Women: 20km:** 1 K Bouaasayriya 69:05

Casablanca, October 1

Men: 10km: 1 A Fathi 28:47; 2 H Bellani 28:50. **Women: 10km:** 1 S El Othmani 31:47

NETHERLANDS

Breda, October 1

Men: HM: 1 E Kiptoo (KEN) 60:42; 2 A Mande (UGA) 60:51; 3 P Langat (KEN) 60:52; 7 M Butter 63:52; 14 DANIEL STUDLEY 66:27. **Women: HM:** 1 N Jebet (KEN) 68:44.

Utrecht, October 1

Men: 10km: 1 E Kiptoo (KEN) 27:57; 2 A Kipchumba (KEN) 28:12; 3 L Komon (KEN) 28:14. **Women: 10km:** 1 G Beyene (ETH) 33:29; 2 J Holterman (NED) 33:35

POLAND

Bialogard, September 30

Women: JT: 1 M Witek 60.81

RUSSIA

Russian Championships, Orenburg, September 30

Men: 10kmXC: 1 I Maksimov 32:45. **U23 6kmXC:** 1 S Petrov 16:16. **U20 XC:** E Batoryshin 16:30. **Women: 5kmXC:** 1 N Vlasova 17:42. **U20 3km:** 1 A Tropina 10:54

Moscow Marathon, Moscow, September 24

Men: Mar: 41 DANIEL BRADFORD 2:42:11

SLOVAKIA

Kosice, October 1

THE 94th International Peace Marathon, which attracted a record total participation in all races of around 13,000, was highlighted by a women's course record for Sheila Jerotich.

Jerotich ran 2:27:34 to win €8000 prize money and take 13 seconds off the previous course record.

The halfway split was 73:03.

The winner said: "I will be back, I still feel I can run better on this course. Next year I will go for 2:25." Sheila Chepkoech was second in 2:29:13.

The men's winner controversially gets €12,000 and that prize went to Reuben Kerio, who broke clear at 38km and won in a PB 2:08:12.

After a halfway time of 63:40 and perfect conditions, there was good depth as seven runners finished inside 2:12 with Ethiopian Fikre Robi second in 2:08:36. Back in ninth, Tibor Sahajda ran

BIRD-SMITH WINS AS BOSWORTH STRUGGLES

CHINA

Wuzhong: 20km (a); Lake Taihu 10km (b); Yuanboyuan 10.5km (c), Dongshan 10km (d), September 24-27

DANE BIRD-SMITH came out on top in the four-day event. Fourth in the 20km, he was second in both 10km walks but it was a clear victory in the 10.5km event that gave him overall victory by 45 seconds.

Lebogang Shange was second.

Britain's Tom Bosworth only finished 55th overall after failing to finish the 10.5km race but he was only 20th to 26th in the other three races.

Antonella Palmisano of Italy won the women's race overall, though second in the 20km was her best individual result. Qieyang Shenjie won the three shorter races. Her 42:46 was a world lead but, as she was only 26th in the 30km, she only finished 13th overall.

20kmW (a): 1 P Karlström (SWE) 1:24:19; 2 L Shange (RSA) 1:24:21; 3 C Bonfim (BRA) 1:24:21; 4 D Bird-Smith (AUS) 1:24:22; 5 Jin Xiangqian 1:24:24; 6 A Chocho (ECU) 1:25:13; 7 E Dunfee (CAN) 1:25:45; 8 R Dmytrenko (UKR) 1:26:03; 9 Gao Wenkui 1:26:16; 10 C Linke (GER) 1:26:18; 20 TOM BOSWORTH 1:27:48. **10kmW (b):** 1 Shange 39:48; 2 Bird-Smith 39:55; 3 Bonfim 40:00; 4 Linke 40:08; 5 Jin Xiangqian 40:23; 6 Karlström 40:24; 7 Dunfee 40:31; 22 BOSWORTH 42:15. **10.5kmW (c):** 1 Bird-Smith 42:10; 2 Shange 42:59; 3 Gao Wenkui 42:14; 4 Linke 43:34; 5 Dunfee 43:49; 6 Song Huazhang (CHN) 43:52; 7 Choco 43:54; 8 Bonfim 43:54; BOSWORTH dnf. **10kmW (d):** 1 Gao Wenkui 41:03; 2 Bird-Smith 41:03; 3 Shange 41:07; 4 Choco 41:12; 5 Linke 41:12; 6 Dunfee 41:14; 7 A Lyakhovich (BLR) 41:16; 8 Bonfim 41:21; 26 BOSWORTH 43:21. **Overall:** 1 Bird-Smith 3:27:30; 2 Shange

3:28:15; 3 Bonfim 3:29:36; 4 Gao Wenkui 3:31:04; 5 Linke 3:31:12; 6 Chocho 3:31:14; 7 Dunfee 3:31:19; 8 W Snyman (RSA) 3:34:12; 55 BOSWORTH 3:53:24. **Women: 20kmW (a):** 1 Nie Jingjing CHN 1:30:13; 2 A Palmisano (ITA) 1:30:32; 3 E de Sena (BRA) 1:31:26; 4 S Lorena Arenas (COL) 1:32:29; 5 A Pinedo (ESP) 1:32:37; 6 N Borovska (UKR) 1:32:55. **10kmW (b):** 1 Qieyang Shenjie 42:46; 2 De Sena 43:03; 3 Nie Jingjing 43:05; 4 Arenas 43:16 (rec); 5 K Garcia (PER) 43:23 (rec); 6 Palmisano 43:27. **10.5kmW:** 1 Qieyang Shenjie 45:50; De Sena 46:26; 3 Palmisano 46:39; 4 V Madarász (HUN) 46:49; 5 Borovska 46:56; 6 Arenas 46:58. **10kmW:** 1 Qieyang Shenjie 43:31; 2 Nie Jingjing 43:44; 3 Palmisano 44:07; 4 Borovska 44:52; 5 Arenas 45:05; 6 Garcia 45:05. **Overall:** 1 Palmisano 3:44:45; 2 Nie Jingjing 3:45:27; 3 de Sena 3:46:00; 4 Arenas 3:47:47; 5 Borovska 3:48:42; 6 Garcia 3:51:31; 13. Qieyang Shenjie 3:55:29



Dane Bird-Smith:
win in China

MARK SHEARMAN



a PB 2:18:44 and became the first Slovak in 11 years to break 2:20 and qualify for the European Championships in Berlin.
Men: Mar: 1 R Kerio (KEN) 2:08:12; 2 F Robi (ETH) 2:08:36; 3 R Sigei (KEN) 2:09:05; 4 H Chirchir (KEN) 2:09:42; 5 R Choge (KEN) 2:09:53; 6 T Mamo (ETH) 2:10:49; 7 G Masai (KEN) 2:11:19; 8 D Kiyeng (KEN) 2:12:07; 9 T Sahajda 2:18:44. **Women: Mar:** 1 S Jerotich (KEN) 2:27:34; 2 S Chepkoech (KEN) 2:29:13; 3 E Samoei (KEN) 2:31:17; 4 W Alemu (ETH) 2:31:27; 5 M Ababayehu (ETH, U20) 2:32:31; 6 T Kirong (KEN) 2:32:46; 7 J Rono (KEN) 2:34:06

UNITED STATES

Chilli Pepper XC Festival, Fayetteville, September 29
 ALEX GEORGE won the men's division one cross-country race in 29:46 while fellow Brit Mark Shaw won the other division event in 29:56.
Men: XC: D1: 1 ALEX GEORGE 29:46. **Non D1:** 1 MARK SHAW 29:56; 10 OWEN HIND 30:48; 24 RYAN THOMSON 31:18; 26 MAX McNEILL 31:19. **Women: XC: Non D1:** 5 KAYLEIGH JARRETT 17:15

Stillwater, September 30
Men: XC: O: 13 THOMAS GEORGE 25:04; 28 HENRY PEARCE 25:35

Lakeland, September 30
Women: XC: 6 ROSIE CHAMBERLAIN 20:43; 12 EMILY JENKINSON 21:35

Joe Piane Notre Dame Invitational, South Bend, September 30
 ALICE WRIGHT finished second, 10 seconds back on Kenyan Ednah Kurgat, and Gilbert Kigen won the men's race by half a second from fellow Kenyan and Alabama student, Vincent Kiprop.

Men: 8km: XC: 1 G Kigen (KEN) 23:24; 2 V Kiprop (KEN) 23:25; 3 A Chelanga (KEN) 23:27; 11 JAMAINA COLEMAN 24:03; 18 JOSH KERR (U20) 24:10; 24 RYAN FORSYTH 24:14; 65 JONATHAN GLEN (U20) 24:46; 87 EUAN MAKEPEACE (U20) 25:02; 112 LINTON TAYLOR 25:20; 159 MICHAEL WILSON 26:27; MICHAEL CALLEGARI DNF. **Women: 5km XC:** 1 E Kurgat (KEN) 16:02; 2 ALICE WRIGHT 16:12; 5 BETHAN KNIGHTS 16:19; 30 POPPY TANK (U20) 17:00; 39 JODIE JUDD (U20) 17:11; 71 LOUISE MERCER 17:44; 83 SARAH LAVERTY (U20) 17:48. **G:** 35 MILLIE HOWARD (U20) 18:12; 55 LUCY JONES (U20) 18:22

Louisville, September 30
Men: XC: G: 25 MICHAEL VENNARD 24:07; 52 MATTHEW EDWARDS 24:34; 122 RHYS PARK 25:11; 160 DECLAN MCMANUS (U20) 25:29; 182 JAYMEE DOMONEY (U20) 25:44. **Women: XC: G:** 80 REBECCA EVANS 17:44; 105 SARAH LIVETT 17:52; 301 BETHAN EVANS (U20) 19:15. **B:** 6 GEORGINA RUSSELL 18:58

Master's University Invitational, Santa Clarita, September 30
Men: XC: 10 SCOTT SNOW 25:28
Mcneese State Cowboy Stampede Invite, Lake Charles, September 30
Men: XC: 2 NATHAN JONES 19:21; 4 OLIVER JAMES 19:57; 26 FINLAY MURRAY 21:29. **Women: XC:** 16 JESSICA FOX (U20) 19:07

Bethlehem, September 30
Men: XC: B: 26 JACK JIBB (U20) 25:38. **G:** 12 ADAM CRAIG 23:52; 172 CHARLES COOPER 25:16. **Women: XC: G:** 47 ELISH FLANAGAN (U20) 20:48; 48 ROISIN FLANAGAN (U20) 20:48; 59 SOPHIA PARVIZI-WAYNE (U20) 20:54; 329 SHONA BLADES (U20) 23:30

Rcky Mountain Shootout, Boulder, September 30
Men: XC: 64 THOMAS STAINES (U20) 30:32

Royals Challenge, Charlotte, September 30
Men: XC: 3 TOM BAINS 24:09; 5 DANIEL WALLIS 24:27. **Women: XC:** 2 EMILY KEARNEY 17:07; 10 OLIVIA GWYNN (U20) 17:56

Sacramento, September 30
Women: XC: 153 REBECCA CROFT (U20) 24:00

Sam Bell Invitational, Bloomington, September 30
Men: XC: 4 MICHAEL WARD 24:43; 16 HARAN DUNDERDALE 25:08; 39 NYLE CLINTON 25:49. **Women: XC:** 35 KIRSTIN OAKLEY (U20) 22:03

Minneapolis, October 1
Men: 10M: 1 S Kipchirchir 47:33; 2 L Korir 47:33; 3 E Bor 47:39. **Women:** 10M: 1 S Hall 53:43; 2 N Rogers 53:45; 3 A Tuliamuk 53:52

Medtronic Twin Cities Marathon, St Paul, October 1
 KENYANS Dominic Ondoro and Jane Kibii won the event.

Men: Mar: 1 D Ondoro (KEN) 2:11:53. **Women: Mar:** 1 J Kibii (KEN) 2:30:25; 6 RUTH SENIOR 2:49:15

TRACK & FIELD

SEPTEMBER 30

DENIS LUMBARD MEMORIAL OPEN, Grimsby
Men: 100: 1 R Higson-Blythe (Wake, M40) 12.2. **SP:** 1 J Twiddle (KuH, M45) 11.73; 2 G Pell (Scun, M40) 11.57. **DT:** 1 J Twiddle (KuH, M45) 33.56

U15: 100: 1 T Wood (Wake) 12.0; 2 G Sudderick (Walton) 12.0; 3 M Filcha (Leeds C) 12.0. **200:** 1 T Wood (Wake) 24.3; 2 A Yeo (Scun) 24.4. **LJ:** 1 A Yeo (Scun) 6.39

Women: HJ: 1 H Moat (Scun, U17) 1.65; 2 C Kerr (Roth, U17) 1.60

U15: SP: 1 L Welton (Scun) 10.29

U13: 200: 1 K Howden (Cle) 28.4. **800:** 1 E Greenway (Cle) 2:20.0

EXETER EVENING OPEN
U15 mixed events: 1500: 1 O Capps (Exe, U13) 4:40.87. **PV:** 1 N Jones (Ply, U13) 2.75

U17: 300: 1 K Oliver-Stevens (Exe, U15) 38.15

U20: SP: 1 C Moncur (Exe, U15) 13.99; 1 A Turner (Exe, U20W) 10.04. **DT:** 1 E Sharpe (N Dev, U17W) 32.34

Men: SP: 1 P Swan (Corn) 13.23. **DT:** 1 P Swan (Corn) 43.77. **JT:** 1 J Moncur (Exe, U20) 54.87

Mixed events: 100: r3 (0.1): 1 J Harding (N Abb, U15) 11.67; 2 K Oliver-Stevens (Exe, U15) 11.96. **400:** 4 L Fairbrother (Exe, M75) 71.17. **3000: r1:** 1 J Hedges (SWRR, W55) 12:38.25; 14 K Cook (SWRR, W60) 12:48.12; 15 A White (Exm H, W60) 13:50.91. **LJ:** 2 I Allen (Yeov O, M50) 5.61

U17: SP: 1 J Tyler (Exe) 12.31. **DT:** 1 J Tyler (Exe) 39.27; 3 C Moncur (Exe, U15) 34.88

U15: DT: 1 C Moncur (Exe) 39.49

U13: SP: 1 W Saltmarsh (Exe) 10.05

Women: JT: 1 A Turner (Exe, U20) 33.81

U17: SP: 1 K Chapman (Exe, U15) 10.31

EXETER COMBINED EVENT OPEN MEETING, Exeter
Men: Pen (100, LJ, SP, HJ, 400): 1 C Harris (N&P) 3022 (11.50, 6.36, 8.03, 1.75, 53.75); 2 J Slipper (Taun) 2723 (11.96, 5.59, 12.87, 1.55, 58.13)

U20: Pen (100, LJ, SP, HJ, 400): 1 T Harris (N&P) 2892 (11.85, 5.84, 9.77, 1.55, 51.18)

U17: Pen: 1 L Naptin (Poole) 2590 (12.24, 5.91, 9.84, 1.49, 55.96); 2 T Casson (Poole) 2453 (11.70, 4.91, 8.40, 1.49, 54.81); 3 E Harris (N&P) 2243 (12.41, 5.16, 8.91, 1.55, 60.05); 4 A Booth (Poole) 2163 (12.36, 4.96, 8.41, 1.40, 57.60)

U15: Pen: 1 L Hillier (Yate) 2205 (13.01, 8.16, 4.88, 1.55, 2:20.71); 2 D Hamilton-Strong (Exe) 2194 (12.91, 9.24, 4.98, 1.46, 2:23.41)

U13: Pen: 1 L Ball (Yate) 2025 (12.35, 9.44, 4.94, 1.61, 2:45.51); 2 I Ketterer (N&P) 1726 (12.98, 7.55, 4.44, 1.28, 2:26.76); 3 B Goodridge (Soton) 1642 (12.61, 6.33, 4.35, 1.43, 2:38.34)

Westley (K&P, U17) 3.43; 8 J Andrews (E&E, M50) 3.43; 9 D Barnes (Notts, U20W) 3.43; 11 S Ashurst (Sale, U15W) 3.43; 11 C Billingham (Horsh BS, U20W) 3.43; 13 E Breen (Herts P, U20W) 3.33; 14 W Snashall (Craw, U15) 3.23; 15 C Lavender (B&W, U20W) 3.23. **D:** 1 E Thomas (Croy, U20) 4.73; 2 G Turner (Craw, U20) 4.63; 3 W Gwynne (K&P, U20) 4.43; 4 T Snee (K&P) 4.13; 5 C Kearns (Chelt, U20) 4.13; 6 J Ive (Sutt, W) 4.13; 7 K Apps (Soton, U20) 4.03; 8 A Roberts (Shef/Dearn, W) 3.93; 9 F Miloro (SinA, U17W) 3.83; 9 E Edden (Bir, W) 3.83; 11 E Breen (Herts P, U17) 3.73; 13 N Purchas (Craw, U17W) 3.43. **E:** 1 O Barte (Lewes, U15) 2.73; 2 D Watson (Cham, U15W) 2.63; 4 D Tierney (Craw, U15) 2.63; 5 L Bayo (Craw, U15W) 2.53; 8 C Cabbage (Ports, W40) 2.43; 9 N Clarke (Lewes, U15W) 2.43; 10 M Burgman (Bed, C, M60) 2.43; 13 E Oakden (Lewes, U13W) 2.33; 18 J Pratt (Craw, U13) 2.03. **F:** 1 D Hateley (Nun, M45) 3.43; 2 G Hopkins (Woking, U15) 3.43; 4 A Leiper (AFD, M55) 3.23; 5 F Brooks (Ton, U17) 3.23; 6 C Parkinson (Wyc P, W) 3.13; 7 E Barrett (B&B, U17W) 3.13; 8 A Buchanan (AFD, M45) 3.13; 9 L Henderson (Ashf, W) 3.13; 10 S Birrell (Norw, W) 3.13; 11 C Cole (Craw, U20W) 3.03; 12 E Thomas (Bexley, U17W) 3.03; 13 K Sexton (Craw, U20W) 3.03; 14 G Duthie (Sutt, U17W) 2.93; 15 A Murray (HW, W50) 2.83

U17 women: SP: 1 A Curtis (Exe) 11.69. **JT:** 1 A Curtis (Exe) 35.76. **Hep:** 1 O Willmore (Dor) 4113 (13.36, 1.50, 10.05, 27.87, 4.71, 33.45, 2:32.7)

U15: Pen: 1 M Royle (Salis) 2502 (4.93, 12.95, 7.87, 1.43, 2:50.92); 2 L Crawley (Chelt) 2425 (4.57, 13.93, 7.53, 1.61, 2:58.10); 3 I Humphreys (Horsh BS) 2400 (4.54, 12.83, 6.36, 1.49, 2:49.05); 4 O Travers (Erme) 2334 (4.12, 13.18, 7.31, 1.34, 2:34.07); 5 G Kirkham (Salis) 2329 (5.05, 13.39, 8.41, 1.46, 3:17.18); 6 L Kirby (Craw) 2324 (4.38, 11.98, 6.85, 1.22, 2:38.22)

U13: Pen: 1 G Colmer (Soton) 2381 (4.39, 11.66, 6.97, 1.39, 2:42.69); 2 C Keaney (Corn) 2337 (3.90, 12.55, 7.86, 1.39, 2:33.95); 3 E Isaias (Erme) 2257 (3.70, 13.14, 6.58, 1.51, 2:36.60); 4 S Rodgers (Taun) 2245 (4.39, 12.11, 6.74, 1.36, 2:46.67); 5 E Wainwright (Newp) 2208 (3.96, 12.61, 7.70, 1.30, 2:36.82); 6 I Imeson (Swin) 2183 (4.26, 12.25, 8.65, 1.24, 2:48.53); 7 E Smith (Yeov O) 2135 (4.47, 12.17, 7.89, 1.33, 3:03.80); 8 M Kendall (Ports) 2102 (4.32, 12.48, 8.47, 1.27, 2:57.66); 9 G Nuttall (WESPA) 2015 (3.52, 12.75, 6.85, 1.39, 2:47.78); 10 A Wall (Soton) 1903 (4.28, 13.58, 5.62, 1.42, 3:05.21); 11 E Adcock (Exe) 1889 (3.88, 13.08, 6.34, 1.27, 2:49.83); 12 M White (Dor) 1862 (3.71, 12.48, 5.60, 1.18, 2:46.78); 13 A Watling (Salis) 1833 (4.33, 12.99, 5.51, 1.27, 3:01.88); 14 G Fielder (Taun) 1814 (3.75, 13.01, 5.17, 1.24, 2:44.49)

YORKSHIRE VETERANS OPEN & CHAMPIONSHIPS, Cleckheaton
V35 mixed events: 1500: 1 A Cartwright (Wake, M40) 4:22.9. **3000:** 7 J Wakeman (Barns, W60) 12:25.4

V45: 1500: 1 K Oddy (Hal, W50) 5:26.6

Mixed events: 5000: 7 M Sykes (Holm, W45) 19:27.9

Men: LJ: 1 M McPhail (N Vets, M50) 5.31; 5 C Gowland (Unatt, M55) 4.58; 8 J Charlton (Shef/Dearn, M70) 3.97

M35: 100: 1 R Higson-Blythe (Wake, M40) 12.0. **SP:** 1 J Twiddle (KuH, M45) 10.95. **DT:** 1 J Twiddle (KuH, M45) 32.52

HT: 1 J Twiddle (KuH, M45) 41.12

M40: 200: 2 D Carpenter (Bing, M45) 25.7. **400:** 1 I Noble (City of York AC) 54.5. **800: r1:** 1 A Cartwright (Wake) 2:04.5; 3 M Havenhand (Barns, M50) 2:14.6; 4 K McGhie (Spen, M55) 2:16.7

HJ: 1 S Linsell (Leeds C, M50) 1.65; 2 D Carpenter (Bing, M45) 1.60; 4 C Shafto (York, M80) 1.10

M45: 100: 1 D Brown (Mid M, M50) 12.5; 2 A Burniston (Donc, M50) 12.5; 3 J Statham (Cham, M55) 13.0; 5 J Wright (Chor ATC, M55) 13.1

M50: 100: 3 G Bobb (York, M80) 16.7. **200:** 1 J Wright (Chor ATC, M55) 27.0. **SP:** 1 D Gibson (KuH, M55) 9.65. **DT:** 1 S Linsell (Leeds C) 32.65. **HT:** 2 D Gibson (KuH, M55) 39.68; 3 S Linsell (Leeds C) 32.86

M60: SP: 1 B Renshaw (Roth, M65) 9.12. **DT:** 1 B Renshaw (Roth, M65) 29.73. **HT:** 3 I Cooley (Roth) 37.33; 2 J Edwards (Burnley, M65) 35.66; 1 B Renshaw (Roth, M65) 29.36

M70: SP: 1 R Garland (Worc) 8.67. **DT:** 1 J Charlton (Shef/Dearn) 26.15. **HT:** 1 M Linaker (Burnley) 25.80

M80: SP: 1 F Howgate (Spen) 7.09

W35 women: 200: 1 H West (Macc, W60) 33.5. **800:** 1 A Stepanchuk (Roth) 2:27.3; 3 J Wakeman (Barns, W60) 3:01.0. **LJ:** 1 W Laing (Leigh, W50) 4.39; 2 M Garland (Worc, W50) 4.36; 3 S Hearnshaw (now Richardson) (York, W55) 3.75. **SP:** 1 F Thomas (Spen) 10.58. **DT:** 1 J Ibbitson (Wake, W60) 26.04; 5 M Garland (Worc, W50) 20.75; 6 L Baker (Pend, W55) 18.55

W40: TJ: 1 M Garland (Worc, W50) 9.15; 3 S Hearnshaw (now Richardson) (York, W55) 7.97

W50: HJ: 1 W Laing (Leigh) 1.45; 2 M Garland (Worc) 1.35; 3 S Hearnshaw (now Richardson) (York, W55) 1.25; 4 M Williams (N Vets, W70) 1.00. **SP:** 1 W Laing (Leigh) 9.99; 2 J Ibbitson (Wake, W60) 8.82; 3 S Hearnshaw (now Richardson) (York, W55) 8.70; 5 S Pickersgill (Long, W60) 6.08. **HT:** 1 J Ibbitson (Wake, W60) 36.18; 2 L Baker (Pend, W55) 24.90

W75: SP: 1 S Bolland (Spen) 4.89. **HT:** 1 S Bolland (Spen) 17.66



Lucinda White: 38.18m javelin record

SEPT 23-24

WREXHAM FINAL FLING OPEN,
 LUCINDA WHITE ended an exceptional season with a UK U13 javelin all-time best throw of 38.18m. Her performance came the week after winning medals in six different individual events at the Kent Championships.

The below includes additional results to those published last week and White threw 36.66m on the second day of the meeting.

Men: SP: 1 D Upton (Traff, M40) 12.50. **HT:** 1 S Livett (Liv H) 46.44. **JT:** 1 S Dean (Sale, U20) 59.11; 3 M Holland (Wrex, U20) 49.01

U20: SP: 1 N Young (Dees) 15.10. **DT:** 1 N Young (Dees) 42.98. **HT:** 1 W Schofield (Sale) 45.21; 2 C Jones (Burt) 40.50

M35: SP: 1 D Upton (Traff, M40) 11.92. **HT:** 1 M Elliott (Tel) 43.73. **JT:** 1 W Todd (Leigh, M40) 50.11

M55: DT/HT: 1 D Stokes (Dees) 31.31/29.97

M65: SP/JT: 1 P Todd (Leigh) 10.10/34.78. **DT:** 1 Todd 37.73; 2 I Robinson (Wrex, M70) 28.31

M70: HT: 1 P Brown (Leam) 25.12

Women: SP: 1 S Fortune (Dees) 12.18. **DT:** 1 J Pyatt (Liv PS, U20) 42.02; 2 S Fortune (Dees) 37.73. **HT:** 1 F Palmer (Card, U20) 50.86; 2 C Prince (RSC, U20) 39.69; 3 C Brown (Amber, U20) 37.95.

JT: 1 B Rees (C&S, U20) 45.49

U20: DT: 1 S McKen (W&B) 44.11; 2 J Pyatt (Liv PS) 42.95; 3 J Griffin Morris (Rad) 39.93; 7 H Pemberton (Wrex, U15) 27.73. **HT:** 1 B Rees (C&S) 45.82

U17: HT: 1 P Baggott (W&B) 54.82; 2 T Mullings (B&R) 39.55. **HT:** 1 H Blood (Aldel) 48.10; 2 R Moore-Martin (Stoke) 47.26; 3 L Pursey (R&N) 42.15; 4 C Grimwade (Card, U15) 41.49; 5 J Arnison (Leigh) 41.45; 6 J Surrige (K&S) 39.06.

JT: 1 L Ashbourne (Leam) 35.72; 3 H Pemberton (Wrex, U15) 32.93

U13: SP: 1 L Carlaw (R&N) 10.26; 2 L White (Ton) 9.45. **DT:** 1 L Carlaw (R&N) 27.22; 2 I Shillingham (W Ches) 26.34; 3 White 24.55. **HT:** 1 Shillingham 21.26.

JT (at): 1 White 38.18 (UK rec). **JT (b):** 1 White 36.66; 2 J Larsen (Soton) 35.57

SEPTEMBER 23

BIGGLESWADE AC OPEN, Sandy
U13 mixed events: **JT:** 1 D Coleman (L Buzz) 36.89

Mixed events: 100: r6 (-4.0): 3 M Brown (FVS, W50) 14.65. **400: r1:** 1 T Druce (Guern) 48.57. **r2:** 4 D Edghill (Mil K, M55) 62.67. **800: r1:** 4 D Edghill (Mil K, M55) 2:21.01. **1500:** 5 J Norkett (Theat, U15W) 4:55.28. **HJ:** 2 B Siddons (Hav, W) 1.70; 5 L Brunning (Bigg, U15W) 1.55. **PV:** 1 R Phelan (Hunts, M55) 3.10; 3 S Pedley (Hunts, W50) 2.00. **TJ:** 1 A Barrett (TVH, W) 12.90; 4 P Harrison (Ryst, M50) 10.98; 7 L Brunning (Bigg, U15W) 9.56. **DT:** 1 A Jenkins (Nene V, W40) 39.89; 2 T Tunstall (Wat, U17W) 34.82; 3 D Capes (Nene V, U13) 31.94; 4 T Needham (P'boro, M65) 30.75. **HT:** 1 A Jenkins (Nene V, W40) 45.36. **HT:** 1 L Taylor (SNH, U17W) 43.36; 2 E Finch (Chelm, U15W) 35.65; 4 A Bunting (Bost, U15W) 29.99; 5 O Simon (Col H, U13W) 28.72; 7 K Grinstead (Lut, W50) 27.05; 8 K Gibson (Kett, U13W) 26.21

Men: 10000: 1 M Vaughan (N Herts, M45) 34:02.81; 2 J Hall (Bigg) 34:07.21. **DT:** 1 B Tunstall (Wat, M40) 34.03. **DT:** 1 D Buckland (SNH, U17) 42.07; 3 G Grinstead (Lut, M50) 31.37. **HT:** 1 R Martin (Bed C) 61.35. **HT:** 1 M Knowles (SNH, U17) 46.22; 2 T Litchfield (Bed C, U17) 40.39; 3 J Blackwell (Nene V, M65) 30.48; 4 T Needham (P'boro, M65) 29.03. **U15: 80H (-2.0):** 1 J Purbrick (Hunts) 12.66. **DT:** 1 H Booker (Team K) 39.34. **JT:** 1 B East (Team K) 54.88

U13: SP: 1 D Capes (Nene V) 11.12; 2 O Ford (Team K) 8.86
Women: LJ: 1 D Domel (Bed C, U15) 4.98; 8 E McMahon (E&H, W65) 3.52. **JT:** 1 G Shephard-Gazely (SNH, U17) 35.71; 3 S Ingham (Bigg, W55) 21.74
U17: 80H (-2.5): 1 P Earley (K&P) 11.96
U15: 75H (-2.9): 1 D Domel (Bed C) 12.50
U13: DT: 1 L Brookes (Diss) 25.50

ENFIELD LEAGUE HOUR WALKS, Lee Valley

Mixed events: HourW: 1 F Reis (TVH, M55) 12.193; 2 D Crane (Sy WC, M35) 11.392; 3 D Annetts (N Herts, M50) 11.243; 4 G Wilkinson (E&H, U17) 10.864; 5 M Martin (Padd W, M60) 10.264; 6 M Culshaw (Ilf, M50) 9.943; 7 M Peddle (Loughton, W45) 9.620; 8 S Allen (Barn, M60) 9.426; 9 J Ralph (E&H, M60) 9.417; 10 M Noel (Belg, W50) 9.383; 11 S Davies (AFD, W50) 9.327; 12 F Bishop (Woking, W55) 9.087; 13 J Crawford (Red Lodge, W50) 8.880; 14 A Jones (Steyn, W60) 8.877; 15 J Borgars (Herts P, M70) 8.826; 16 A Cox (Hill, M65) 8.749; 17 A Seddon (E&H, M75) 8.710; 18 P Hannell (Sy WC, M75) 8.676; 19 S Lightman (Sy WC, M70) 8.491; 20 A Martin (Padd W, W50) 8.471; 21 G Legon (Bexley, W55) 8.446; 22 B Dobson (Ilf, M70) 8.436; 23 R Vroobell (Hill, M55) 8.341; 24 D Hoben (Sy WC, M60) 8.313; 25 T Casserley (Gard CR, M75) 8.126; 26 P Goodwin (Ilford) 8.089; 27 P Cassidy (Loughton, M75) 7.892; 28 S Clements (Cambs/Col, W) 7.631; 29 T Wilkinson (unattached, M55) 7.616; 30 M Bambrook (Ilf, M70) 7.381; 31 J May (E&H, M65) 7.149; 32 D Ainsworth (Ilf, M65) 6.701; 33 K Livermore (E&H, M80) 6.527

LAW & DISTRICT AAC CLUB CHAMPIONSHIPS - TRACK ONLY, Carluke

Men: 100: 4 J Gillon (Law, M50) 13.05. **400:** 5 J Gillon (Law, M50) 58.55
U15 girls: 300: 1 L Keisler (Law) 42.86

LEEDS GOLDEN MILE, Leeds (B)

Mixed events: Mile: r9: 2 S Lewis (Roundhay Runners, W40) 5:36.0. **r12:** 5 S Bairstow (Keigh, M45) 4:58.5

CP Sport National Championships, Nottingham

Mixed events: DT: 2 M Hawkswood (GER, W50) 20.11

SEPTEMBER 21

NENE VALLEY HARRIERS END OF SEASON OPEN, Peterborough

Mixed events: 800: r1: 2 A Hunt (Nene V, U17) 1:58.0. **r2:** 5 S Williams (Herts P, W) 2:17.2

M65 men: HT: 1 J Blackwell (Nene V) 30.51; 2 T Needham (P'boro) 28.43
U20 women: HT: 1 L Church (Nene V) 35.56
U15: HT: 1 E Moorhouse (Nene V) 30.00
W40: HT: 1 A Jenkins (Nene V) 48.08

SEPTEMBER 19

JERSEY SPARTAN AC WINTER WARRIORS THROWING SERIES, St. Clement

Men: DT: 1 Y Zatat (WG&EL) 49.10
U20: DT: 1 N Thomas (SB) 43.46
U17: DT: 1 E Campbell (SB) 40.44
Women: DT: 1 S Duquemin (SB) 49.75

SEPTEMBER 17

NORTHERN MASTERS CHAMPIONSHIPS, Bury

V35 mixed events: 1500: r2: 1 K Oddy (Hal, W50) 5:24.3. **3000:** 10 B Parkinson (Bing, M65) 11:52.0. **HJ:** 1 D Otter (Donc, M40) 1.65; 2 S Linsell (Leeds C, M50) 1.65; 3 W Laing (Leigh, W50) 1.45; 5 D Robinson (N Vets, M65) 1.30; 6 S Hearnshaw (now Richardson) (York, W55) 1.30; 7 C Shafto (York, M80) 1.15. **LJ:** 1 W Laing (Leigh, W50) 4.27; 2 D Robinson (N Vets, M65) 4.18; 3 J Charlton (Shef/Dearn, M70) 3.88; 4 S Hearnshaw (now Richardson) (York, W55) 3.86; 6 H Halliwell (N Vets, M70) 3.84. **TJ:** 2 D Robinson (N Vets, M65) 8.93; 4 S Hearnshaw (now Richardson) (York, W55) 8.19; 5 H Halliwell (N Vets, M70) 7.65; 9 C Shafto (York, M80) 5.78. **SP:** 1 F Thomas (Spen, W35) 10.36; 3 E Almond (N Vets, M75) 7.80. **DT:** 9 H Barker (Leeds C, W55) 18.97; 12 L Baker (Pend, W55) 18.28. **JT:** 1 J Charlton (Shef/Dearn, M70) 26.63; 2 M Linaker (Burnley, M70) 26.04; 3 J Fallon (Wirr, M75) 24.58; 4 W Laing (Leigh, W50) 23.70; 5 J Yates (Radc, W50) 22.02

M35 men: 100: r1: 1 R Higson-Blythe (Wake, M40) 12.0; 2 R Cordwell (Chor ATC, M40) 12.1; 3 S Thorpe (Wake, M40) 12.2. **r2:** 1 M McPhail (N Vets, M50) 12.5; 2 J Wright (Chor ATC, M55) 12.9. **r3:** 1 D Spencer (B&H, M65) 13.9. **r4:** 1 H Halliwell (N Vets, M70) 15.5; 2 B Hughes (N Vets, M75) 15.5. **200: r1:** 2 R Cordwell (Chor ATC, M40) 24.7. **r2:** 1 M McPhail (N Vets, M50) 25.3; 2 J Wright (Chor ATC, M55) 26.6; 3 P Knowles (Warr, M55) 27.8. **r3:** 1 D Spencer (B&H, M65) 28.6; 2 B Hughes (N Vets, M75) 31.8. **400: r2:** 1 R Wallace (Manc TC, M55) 63.0. **r3:** 1 D Spencer (B&H, M65) 66.2. **800: r1:** 2 M Havenhand (Barns, M50) 2:14.6; 3 G Bennett (Bury, M50) 2:16.5; 6 R Wallace (Manc TC, M55) 2:20.2. **LJ:** 1 M McPhail (N Vets, M50) 5.33. **SP:** 1 G Pell (Scun, M40) 12.13; 2 J Twiddle (KuH, M45) 11.26. **DT:** 3 M Hammond (Scun, M45) 32.09; 5 J Twiddle (KuH, M45) 30.62. **HT:** A: 1 J Twiddle (KuH, M45) 38.53; 2 M Hammond (Scun, M45) 36.99. **JT:** 1 S Downs (KuH, M40) 40.23

M50: SP: 1 T Balko (B'burn) 10.33. **DT:** 1 S Atkin (N Vets, M55) 32.97; 2 T Balko (B'burn) 31.77. **HT:** 1 T Balko (B'burn) 35.45; 2 S Linsell (Leeds C) 32.62; 3 D

Gibson (KuH, M55) 31.21. **JT:** 8 T Balko (B'burn) 31.34

M60: 100H: 1 D Robinson (N Vets, M65) 20.4. **SP:** A: 1 D Leach (N Vets, M65) 9.32; 2 B Renshaw (Roth, M65) 9.04. **B:** 1 S Thomas (Barr) 12.73; 2 D Martin (Salf M) 9.10. **DT:** 1 S Thomas (Barr) 40.60. **HT:** 1 S Thomas (Barr) 40.43; 2 I Cooley (Roth) 39.88; 3 D Martin (Salf M) 38.65. **JT:** 7 D Martin (Salf M) 31.47

M65: HT: 1 J Edwards (Burnley) 36.96; 2 B Renshaw (Roth) 26.07
W35 women: 100: 1 A Saunders (Pend, W45) 13.4; 2 W Andrews (E Ches, W45) 14.0; 5 S Hearnshaw (now Richardson) (Pend, W55) 15.7. **200:** 1 A Saunders (Pend, W45) 28.9; 2 W Andrews (E Ches, W45) 29.2. **800:** 1 A Hartopp (Macc, W50) 2:45.6
W50: SP: 1 W Laing (Leigh) 9.76; 2 S Hearnshaw (now Richardson) (York, W55) 8.85; 3 H Barker (Leeds C, W55) 8.31; 5 M Leigh (Leigh, W65) 6.16. **HT:** 1 L Lockhart (E Ches, W55) 24.69; 2 L Baker (Pend, W55) 24.50

SEPTEMBER 10

STRATFORD UPON AVON AC CLUB CHAMPIONSHIPS, Stratford

U17 men: 200: 1 J Sumners (Strat) 22.6. **100H:** 1 O Cresswell (Strat) 12.9; 2 J Sumners (Strat) 13.0; 3 Z Boxall (Strat) 14.0. **HJ:** 1 O Cresswell (Strat) 1.85. **LJ:** 1 J Sumners (Strat) 6.52
U15: 100: 1 C Williams (Strat) 12.0. **80H:** 2 C Williams (Strat) 12.5
U13: 1500: 1 L Kendrick (Strat) 4:52.6; 2 A Adams (Strat) 4:55.2. **75H:** 1 M Bexson (Strat) 12.7; 2 F Clemons (Strat) 12.9; 3 O Calladine (Strat) 13.3. **LJ:** 1 F Clemons (Strat) 4.76
U20 women: 100: 1 I Sheppard (Strat, U17) 12.7. **HJ:** 1 E Madden Forman (Strat) 1.65
U17: 300H: 1 A Gionis (Strat) 48.2
U15: 1500: 1 G Campbell (Strat) 4:56.8
75H: 1 J Williams (Strat) 12.2; 2 M Leighton (Strat) 12.5. **TJ:** 1 M Leighton (Strat) 10.42

WATFORD MINORS OPEN SERIES, Watford

Mixed events: 800: 3 J Wilkinson (Bed C, W40) 2:27.5. **HJ:** 3 C Murray (Wat, U15W) 1.55
Men: SP: 1 R McKenna (Wat, M40) 12.40
U15: SP: 1 S Jacobs (Maccabi LH, U13) 9.26

SEPTEMBER 6

CIVIL SERVICE OPEN & MASTERS CHAMPIONSHIPS, Stretford

Men: 100: r1: 1 W MacGee (M45) 12.2. **200: r1:** 1 W MacGee (M45) 24.5. **r2:** 2 S Bond (M50) 26.4. **5000:** 1 T Griffiths (15:41.8. **3000W:** 1 J Hall (M65) 17:01.9
Women: 5000: 1 V Carter (W45) 18:57.0

AUGUST 20

SLAN SUPER 8 U13 / U15 YOUNG ATHLETES' OPEN, Carshalton

U15 boys: 100: r4: 1 M Owusu (S Lon, U13) 13.0. **r5:** 1 L Smithen (Croy) 11.8; 2 M Lewis (Herne H) 11.9. **200: r1:** 1 J Wilson (Sutt, U13) 26.3. **r2:** 1 T Smithen (Croy) 24.1. **LJ:** 1 M Lewis (Herne H) 5.71
U15 girls: 100: r2: 1 L Bonsu (Croy, U13) 13.5. **200: r2:** 1 G Berkeley-Agyepong (Croy, U13) 28.4
U13: 70H: 1 L Bonsu (Croy) 11.4

AUGUST 17

FIRMEN ENERGY SUPER 6 SERIES OPEN, Belfast

Men: 1500: 6 F Marsh (N Down, M50) 4:21.27
U17: 1500: 2 P Carty (Lag V, U15) 4:23.04

U15: 100: 1 J Cunningham (Lisb) 11.94. **1500:** 1 R Miskely (Lag V) 4:19.23. **LJ:** 1 J Cunningham (Lisb) 6.22
U13: 1500: 1 C O'Hare (3 Ways) 4:50.11; 2 J McCausland (Lisb) 4:51.73. **LJ:** 1 Z McQuillan (B&A) 4.85
Women: 1500: 1 K Neely (Lisb, W35) 4:31.61
U17: LJ: 1 E Fisher (Lisb) 5.21

AUGUST 13

EASTERN YOUNG ATHLETES' LEAGUE Lee Valley

MATCH: 1 Basildon 792; 2 Thurrock 697; 3 Watford 611; 4 Dac & T 599; 5 HAWCs/EH 307; 6 Colch & T 129; 7 WestSuff 81
U17 men: 100: A: 1 D Ogali (D&T) 11.1; 5 D Ogutuga (Thurr, U15) 12.0. **200: A:** 1 D Ogali (D&T) 22.5; 2 S Bennett (Bas) 22.7. **ns:** 2 C Ellis (Bas, U15) 24.2. **400: A:** 1 H Chapman (Bas) 51.1. **100H: A:** 1 S Bennett (Bas) 13.1; 2 D Knight (E&H) 13.4; 3 T Adesina (Thurr) 14.5; 4 R Williams (D&T) 14.5. **B:** 2 T Fisher (D&T) 14.8. **4x100:** 1 Bas 44.1; 2 D&T 46.4. **HJ: B:** 1 C Ellis (Bas, U15) 1.70. **PV:** 1 C Hastings (Bas) 3.16. **LJ: A:** 1 T Adesina (Thurr) 6.39. **TJ: A:** 1 J Woods (D&T) 12.93; 2 C Williams (Bas) 12.79. **DT: A:** 1 R Whitehead (E&H) 40.69

U15: 100: A: 1 J Sijuwola (C&W) 11.7; 2 P Chinda (E&H) 11.8; 3 L Wilson (Wat) 11.9; 4 M Oshiyemi (Bas) 12.0. **ns:** 1 J Fisher (Bas) 11.8. **200: A:** 1 P Chinda (E&H) 23.6; 2 J Sijuwola (C&T) 24.0; 3 L Wilson (Wat) 24.0. **300: A:** 1 M Oshiyemi (Bas) 38.4; 2 C Agbo Thomas (E&H) 38.9. **800: A:** 1 H Parker (Thurr) 2:09.1. **80H: A:** 1 M Oshiyemi (Bas) 12.4. **SP: A:** 1 K Ikeji (Bas) 13.29. **DT: A:** 1 K Ikeji (Bas) 36.94; 2 K Tunstall (Wat) 34.10. **HT: A:** 1 K Ikeji (Bas) 56.93

U13: 75H: A: 1 S Emeke-Ugwuadu (Thurr) 13.5. **4x100:** 1 D&T 55.3. **SP: A:** 1 A Mancey (D&T) 9.43. **JT: A:** 1 S Hill (Bas) 33.21
U17 women: 100: A: 1 S Wicks (HAWC) 12.2; 2 K Nwaelene (Thurr) 12.2. **B:** 1 E Modeste (E&H) 12.6. **200: A:** 1 E Tulu (E&H) 25.5. **300: A:** 1 S Wicks (HAWC) 40.8. **800: A:** 1 H Instance (Thurr) 2:16.4. **80H: A:** 1 A Woodrick (D&T) 12.0; 2 J Smith (E&H) 12.2. **ns:** 1 K Nwaelene (Thurr) 10.36. **4x100:** 1 Thurr 50.6; 2 E&H 50.7. **HJ: A:** 1 F Olajide (Thurr) 1.65. **LJ: A:** 1 F Olajide (Thurr) 5.65. **DT: A:** 1 T Tunstall (Wat) 37.15. **HT: A:** 1 A Wright (D&T) 38.45

U15: 100: B: 1 P Perry (Bas) 12.7. **800:** A: 1 D Eves (Thurr) 2:20.2. **75H: A:** 1 R Bridger (Thurr) 11.2; 2 M Jessop (D&T) 11.7; 3 Y Uwakwe (E&H) 11.7. **B:** 1 S Taiwo (Thurr) 11.8; 2 Z Carroll (D&T) 11.8; 3 E Knight (E&H) 11.9. **4x100:** 1 Bas 52.6. **LJ: A:** 1 P Perry (Bas) 5.25. **SP: A:** 1 O Agbo Thomas (E&H) 10.01
U13: 100: A: 1 E Whyte (E&H) 13.1. **200: A:** 1 E Whyte (E&H) 27.2; 2 P Stephens (Bas) 27.8; 3 S Gammell (Wat) 28.5. **B:** 1 A Chinda (E&H) 28.1. **1500: A:** 1 J Elvin (Thurr) 5:12.1. **70H: A:** 1 S Gammell (Wat) 11.7; 2 A Nesbitt (E&H) 12.2. **4x100:** 1 Bas 56.5. **HJ: A:** 1 A Sparham (Bas) 1.45

EASTERN YOUNG ATHLETES' LEAGUE, Stevenage

MATCH: 1 City of Norwich 734; 2 Stevenage & North Herts 693; 3 Woodford Green 690; 4 Colchester Harriers 413; 5 Braintree 287; 6 Luton 163; 7 Waveney Ladies 11
U17 men: 4x100: 1 Norw 46.5; 2 WG&EL 46.8. **SP: A:** 1 D Koffi (SNH) 13.63; 2 J Cunningham (Norw) 12.43.
U17 men: 4x100: 1 Norw 46.5; 2 WG&EL 46.8. **SP: A:** 1 D Koffi (SNH) 13.63; 2 J Cunningham (Norw) 12.43.
U15: 100: A: 1 D Buckland (SNH) 39.59. **HT: A:** 1 M Knowles (SNH) 41.61. **JT: A:** 1 F O'Reilly (Col H) 49.13
U15: 100: A: 1 H Lawes (Col H) 11.7;

2 E Brown (Brain) 11.8. **80H: A:** 1 J Thorne (Brain) 12.8. **HT: A:** 1 J Adams (SNH) 36.76
U13: 200: A: 1 K Chambers (WG&EL) 26.8. **75H: A:** 1 H Morrill (Norw) 13.8. **4x100:** 1 WG&EL 55.8. **SP: A:** 1 Z Grinstead (Lut) 9.34

U17 women: 800: A: 1 E Bentham (Lut) 2:20.5. **1500: A:** 1 K Goldsmith (Norw) 4:51.1. **HT: A:** 1 L Taylor (SNH) 46.10; 2 A Golban (WG&EL) 45.37
U15: 200: A: 1 L Duncan (Brain) 26.0; 2 S Grace (Norw) 26.1; 3 L Uzokwe (SNH) 26.3. **300: A:** 1 L Uzokwe (SNH) 42.0. **800: A:** 1 K Willis (Norw) 2:20.4. **75H: A:** 1 E Brown (Norw) 12.0. **4x100:** 1 Norw 52.6. **HJ: A:** 1 A Rhodes (SNH) 1.58. **LJ: A:** 1 E Brown (Norw) 5.03. **SP: A:** 1 Z Powers (Norw) 10.31. **HT: A:** 1 S Sikiru (WG&EL) 42.86; 2 A Money (Norw) 34.29; 3 J Larkins (Brain) 33.46. **JT: A:** 1 E Stone (SNH) 33.04
U13: 100: A: 1 S Vincent (WG&EL) 13.5. **800: A:** 1 Z Malcolm (WG&EL) 2:27.4. **70H: A:** 1 Z Ateba (Col H) 12.3; 2 C Seaton (WG&EL) 12.4; 3 M Mansell-Baker (SNH) 12.5. **4x100:** 1 WG&EL 55.5; 2 SNH 57.3. **HJ: A:** 1 S Akintfenwa (SNH) 1.51; 2 Z Ateba (Col H) 1.48. **B:** 1 P Mitchell (SNH) 1.40

OXFORDSHIRE JUNIOR LEAGUE, Banbury

U20 mixed events: LJ: ns: 1 J O'Dowda (Oxf C, U20W) 5.72
U15 boys: 1500: A: 1 S Snelson (Banb) 4:28.6. **80H: A:** 1 C Charles (Banb) 12.8. **B:** 1 O Aneju (Radley) 13.0. **DT: A:** 1 H Booker (Team K) 33.98
U13: 75H: A: 1 S Rayson (Bic) 13.1. **SP: A:** 1 O Ford (Team K) 9.49. **JT: A:** 1 K Hockaday (Team K) 36.79
U15 girls: 75H: A: 1 T Armstrong (Banb) 12.4. **B:** 1 M Dowden (Banb) 12.5
U13: 200: A: 1 C Morris (Rad) 28.0. **70H: A:** 1 E Hind (Rad) 12.3; 2 M Westbrook (Oxf C) 12.5. **HJ: A:** 1 E Hind (Rad) 1.40. **LJ: A:** 1 I Bowen (Oxf C) 4.52

SCOTTISH WOMEN'S ATHLETICS LEAGUE, Scotsoun

Women: 100: A (1.0): 1 A Rees (Edinburgh AC, U20) 11.77; 2 S Henderson (Forth Valley, U20) 12.43. **B (0.6):** 1 E McGinty (Edinburgh AC) 12.30. **200: A (1.0):** 1 A Rees (Edinburgh AC, U20) 23.76; 2 K Stewart (Aberdeen AC) 24.33. **B (2.0):** 1 R Matheson (Aberdeen AC, U20) 25.49. **400: A:** 1 S Downie (Edinburgh AC) 56.74; 2 E McIveen (VP Glasgow) 57.49. **800: A:** 1 O Vairelle (Forth Valley, U17) 2:15.17; 2 K MacAngus (Team West, U20) 2:15.69. **B:** 1 N Graham (Team West, U17) 2:20.01. **1500: A:** 1 S Calvert (Forth Valley, U17) 4:45.83; 2 E Walker (Edinburgh AC, U17) 4:46.05. **3000: A:** 1 S Potter (VP Glasgow) 10:16.61. **100H: A (3.3):** 1 J Nimmo (VP Glasgow) 14.18; 2 K Patullo (Tayside & N.E. Fife, U20) 14.55; 3 E Fulton (Team West, U20) 15.54; 4 E Craig (Edinburgh AC, U20) 15.76. **B (1.7):** 1 A Jackson (Edinburgh AC) 15.30. **400H: A:** 1 A Jackson (Edinburgh AC) 59.91; 2 A Nelson (Lothian) 61.10; 3 S Haldane (Team West, U20) 67.63. **B:** 1 E Craig (Edinburgh AC, U20) 63.95; 2 G Gordon (Lothian, U20) 65.22. **4x100:** 1 Edinburgh AC 46.92; 2 Team West 50.12; 3 Aberdeen AC 51.95; 4 Forth Valley 51.98. **4x400:** 1 Aberdeen AC 3:59.81; 2 Edinburgh AC 4:02.90; 3 Forth Valley 4:04.31. **PV:** 1 K Mullen (Edinburgh AC) 3.20. **TJ: A:** 1 G Cooke (Edinburgh AC) 11.55/-0.4; 2 S Ross (Team West, U20) 11.45/-0.0; 4 F Davidson (Aberdeen AC, W40) 10.39/-0.0. **SP: A:** 1 M Porterfield (VP Glasgow, W35) 12.40. **DT: A:** 1 C Cameron (



A: 1 S Fowler (Edinburgh AC, U20) 53.02; 2 M Porterfield (VP Glasgow, W35) 51.50; 3 H Fawcett (Team West, U20) 46.57; 5 R MacLennan (Lothian, U17) 32.49. **B:** 1 N Robbins (Edinburgh AC, U20) 51.94; 2 K Ord (VP Glasgow) 47.25. **JT:** **A:** 1 A Rennie (Edinburgh AC) 43.54; 3 C Steele (VP Glasgow, U20) 34.02. **B:** 1 K Waddell (Edinburgh AC, U17) 36.63
U17: 100: A (1.9): 1 J Kokoworho (Aberdeen AC) 12.34. **200: A (2.0):** 1 J Kokoworho (Aberdeen AC) 25.63.
300: A: 1 E Miller (VP Glasgow) 41.81.
80H: A (1.0): 1 J Henry (VP Glasgow) 11.48; 2 J Davidson (Aberdeen AC) 11.99; 3 E Stone (Lothian) 12.26; 4 N Robertson (Tayside & N.E Fife) 12.27; 5 K Sharkey (Forth Valley) 12.41. **300H: A:** 1 D Ingram (VP Glasgow) 46.24; 2 K Sharkey (Forth Valley) 46.78. **4x100:** 1 VP Glasgow 50.98; 2 Tayside & N.E Fife 51.32; 3 Aberdeen AC 51.98; 4 Forth Valley 52.03. **HJ: A:** 1 C Neat (Aberdeen AC) 1.67. **SP: A:** 1 A Baxendale (VP Glasgow) 10.61. **DT: A:** 1 A Baxendale (VP Glasgow) 35.89. **B:** 1 G Thompson (VP Glasgow) 30.83
U15: 100: A (1.7): 1 C Antwi (Edinburgh AC) 12.58; 2 J Jeffrey (Forth Valley) 12.86. **B (2.3):** 1 S McLay (Forth Valley) 12.59. **200: A (2.4):** 1 L Jeffrey (Forth Valley) 25.87. **B (1.2):** 1 S McLay (Forth Valley) 26.17. **800: A:** 1 I Calvert (Forth Valley) 2:16.43. **1500: A:** 1 A Hedley (Tayside & N.E Fife) 4:48.84; 2 D Cumming (Forth Valley) 4:54.27; 3 P Carcas (Edinburgh AC) 4:55.90. **75H: A (3.4):** 1 B Cook (Forth Valley) 11.70; 2 R Johnstone (Lothian) 12.15; 3 S Inglis (Team West) 12.43. **4x100:** 1 Forth Valley 51.21; 2 Edinburgh AC 51.28. **LJ: A:** 1 B Cook (Forth Valley) 5.19/1.0; 2 R Johnstone (Lothian) 4.93/2.4; 3 L Keisler (Team West) 4.93/2.6. **SP: A:** 1 V Duruh (Team West) 11.55. **B:** 1 H Berry (Team West) 10.41. **DT: A:** 1 H Berry (Team West) 30.06; 2 A Fairley (Forth Valley) 27.90
U13: 100: A (1.5): 1 E Watson (Forth Valley) 13.27; 2 R Grieve (Edinburgh AC) 13.34. **200: A (2.4):** 1 R Grieve (Edinburgh AC) 27.33; 2 S Walkwork (Pitreevie AC) 28.29; 2 E Ramsay (Team West) 28.29. **70H: A:** 1 C Scott (VP Glasgow) 11.53; 2 R Renton (Edinburgh AC) 11.72; 3 M McMahon (Forth Valley) 11.91. **B:** 1 A Ball (Edinburgh AC) 12.14; 2 R Maclean (VP Glasgow) 12.34.
4x100: 1 Edinburgh AC 54.95; 2 Forth Valley 56.23; 3 Team West 56.85; 4 VP Glasgow 56.95. **LJ: A:** 1 M McMahon (Forth Valley) 4.84/2.0; 2 R Grieve (Edinburgh AC) 4.78/1.1; 3 S Fraser (Lothian) 4.52/1.4. **SP: A:** 1 M Porterfield (VP Glasgow) 11.63

WARRINGTON OPEN SERIES, Warrington

U15 mixed events: 200: 1 T Eccleson (Wirr) 23.5; 2 M Ali (Warr) 24.0; 3 B Wallace (Wirr) 24.4
Men: 200: 1 A Bellis (Traff, M40) 23.3.
400: r2: 2 A Bellis (Traff, M40) 51.4.
800: 3 I Grime (Salf, M45) 2:10.4. **TJ: 2:** J Gittens (Leeds C, M55) 11.62. **SP:** 1 W Knight (Bir) 13.14; 2 D Cripps (Worc, M45) 10.58. **DT:** 1 W Knight (Bir) 42.25; 3 D Cripps (Worc, M45) 30.65
U17: HJ: 1 O Southern (Liv PS) 1.85
U15: 100: r2: 1 T Eccleson (Wirr) 11.6; 2 S Worthington (Sale) 11.8; 3 B Wallace (Wirr) 11.9. **300:** 1 S Worthington (Sale) 38.3; 2 M Ali (Warr) 38.4. **800:** 1 G Safranauskas (Sale) 2:08.3. **80H:** 1 D Naylor (C&N) 13.0
U13: 100: r1: 1 G Mikoleizik (W Ches) 13.0. **1500:** 1 E Savage (Sale) 4:44.4; 2 E Savage (Sale) 4:44.9; 3 G Meehan (Liv H) 4:49.7. **75H:** 1 D Bradley (C&N) 12.2;

2 F Nugent (Ches Sch) 13.4; 3 A Kennedy (Stock H) 13.7. **HJ:** 1 G Lowe (Prest) 1.45
Women: 800: 4 H West (Macc, W55) 2:52.2. **3000:** 1 L Crawford (Sale, U15) 10:25.6
U15: 100: r4: 1 H Murray (Sale) 12.8; 2 J Nelson (Sale) 12.9. **200: r2:** 2 J Winogrodzka (Bolt, U13) 27.9. **75H:** 1 S Robertson (S'port W) 12.0; 2 L Carroll (Prest) 12.4; 3 L Kirby (Craw) 12.5. **TJ: 1** M Greenway (Sale) 10.26
U13: 75: r1: 1 L Warren (Sale) 10.7. **r2:** 1 N Pickavance (Wirr) 10.0; 2 A Hughes (S'port W) 10.2; 3 J Richardson (Sale) 10.5; 4 E Dillon (Wirr) 10.6. **r3:** 1 C Wilkinson (Sale) 10.3; 2 K Ogedengbe (Wirr) 10.6. **150: r1:** 1 N Pickavance (Wirr) 20.2; 3 M Vincent-Hall (Bir) 20.7. **r2:** 1 I Merritt (Horw) 21.2; 2 K Ogedengbe (Wirr) 21.2. **r3:** 1 H Ferguson (Traff) 20.0; 2 C Wilkinson (Sale) 20.3; 3 E Dillon (Wirr) 20.7; 4 S Reeder (C&N) 22.0. **800: r1:** 1 K Brady-Jones (Wirr) 2:29.4. **r2:** 1 I Merritt (Horw) 2:29.6.
1500: 1 O Winder (Lev V) 4:59.1.
70H: r1: 1 M Corker (Warr) 11.0; 2 J Winogrodzka (Bolt) 11.3; 3 A Hughes (S'port W) 11.6. **HJ:** 1 H Ferguson (Traff) 1.50; 2 A Hughes (S'port W) 1.40; 3 M Tinsley (Wig D) 1.40. **SP:** 1 J Buckley-Ratcliff (Alt) 8.84. **DT:** 1 N Saunders (B'burn) 25.79; 2 J Buckley-Ratcliff (Alt) 22.34

AUGUST 12

WREXHAM GAMES, Wrexham

Men: 100: B: 2 A Powell (Maldwyn, U13) 12.6. **800:** 4 R Hodgson (Dees, U13) 2:19.7. **SP:** 1 R Woodhall (D&S, M35) 13.21; 3 S Warwick (Wrex, M45) 10.24
U20: PV: 1 T Walley (Wrex) 4.20; 2 C Lamb (Wig D) 4.10. **LJ:** 1 T Walley (Wrex) 6.67. **JT:** 1 M Holland (Wrex) 48.47
U17: PV: 1 J Watson (Tel) 3.90. **DT:** 1 J Worrall (Carm) 45.27. **HT:** 1 J Lambert (K&S) 57.87; 2 J Turner (C&S) 49.79
U15: DT: 1 I Lecki (Wrex) 32.44
U13: 200: 1 A Powell (Maldwyn) 26.6
M40: SP: 1 D Upton (Traff) 11.07
M50: DT: 1 D Stokes (Dees, M55) 30.45
M60: DT: 1 Robinson (Wrex, M70) 28.35; 2 P Brooks (Wrex, M65) 27.55
Women: 200: 1 R Bowie (C&N, U13) 27.8. **SP:** 1 S Fortune (Dees) 11.65. **DT:** 1 N Prells (Swan) 36.51. **JT:** 1 K Addis (W&B, W45) 26.60
U20: HT: 1 M Walsh (W&B) 52.76; 2 K Lambert (K&S) 51.85
U17: DT: 1 J Whitehouse (Bir) 31.19. **HT:** 1 P Baggott (W&B) 53.35; 2 T Mullings (B&R) 36.02
U15: HT: 1 N Owen (Menai) 33.43; 2 J Rogaczewska (Tel) 30.70. **JT:** 1 H Pemberton (Wrex) 35.67
U13: 100: 1 R Bowie (C&N) 13.5. 200: HT: 1 R Bowie (C&N) 28.2. **800:** 1 K Brady-Jones (Wirr) 2:28.7. **SP:** 1 N Saunders (B'burn) 9.05; 2 J Buckley-Ratcliff (Alt) 8.98. **DT:** 1 N Saunders (B'burn) 22.13
W50: SP: 1 R Prells (Swan, W60) 6.87. **DT:** 1 R Prells (Swan, W60) 18.23. **HT:** 1 R Prells (Swan, W60) 31.40

AUGUST 10

INVICTA EAST KENT OPEN SERIES, Canterbury

Mixed events: PV: 1 C Maurer (Woking, W) 4.06; 3 S Morrison (Woking, W) 3.46; 4 O Simon (Col H, U13W) 2.60

AUGUST 6

ACHILLES V TOKYO UNIVERSITY, Cambridge

Men: 100: r1.1 (2.3): 1 K Opara (Camb U) 10.85; 2 D Hayashi (Kyoto University) 10.95; 3 J Fairclough (Liv H) 10.96. **r1.4 (2.7):** 1 S Kurihara (Tokyo University) 10.63. **r1.5 (0.8):** 1 N Kihira (Kyoto

University) 10.99. **r2.1 (3.8):** 1 K Opara (Camb U) 10.77; 2 J Fairclough (Liv H) 10.81; 3 D Hayashi (Kyoto University) 10.89; 4 A Njie (Lough S) 10.97; 5 L Sargeant (Kent) 10.98. **200: r1 (3.3):** 1 K Opara (Camb U) 21.96. **400: r1:** 1 N Kihira (Kyoto University) 49.45. **800:** 1 S Molloy (Ton) 1:52.87. **1500: 1** D King-Clutterbuck (NEB) 3:53.00; 2 J Carr (THH) 3:53.35; 3 K Reilly (Ton) 3:53.89; 4 J Cook (WG&L) 3:54.16; 5 L Conway (NEB) 3:54.46; 6 C Olley (Ton) 3:55.99; 7 A Walton (Tauf, U20) 3:58.58; 8 B Davies (Unattached) 3:58.93. **110H: r1 (1.6):** 1 M Bowler (University of Birmingham) 14.93. **r2 (1.6):** 1 R Young (B&B) 14.78; 2 F Vogel (TVH) 15.91. **SP:** 1 S Lincoln (York) 18.91. **DT:** 1 D Fleming (York) 44.79; 2 D Massingham (Norw, U20) 41.77

Mixed events: 100: r1.1 (2.9): 4 P Willcox (Ips, M65) 14.47. **r1.2 (4.0):** 5 E Suhonen (Charn, W) 11.86; 6 Y Miller (Der, W) 12.05. **r2.1 (2.9):** 4 E Suhonen (Charn, W) 11.93; 5 Y Miller (Der, W) 11.99. **r2.2 (2.9):** 6 P Willcox (Ips, M65) 14.57. **400:** 2 B Close (Swan, W) 56.67. **800:** 3 L Hallam (Have, W) 2:13.79; 1.50; 2 A Hughes (S'port W) 1:46.76; 2 P Rypdal (Unattached) 1:45.02; 3 D Wilson (Camb U) 14.50.73; 4 B Ahmed (HW) 15:01.56; 5 Y Shibata (Kyoto University) 15:04.89; 6 M Cox (AFD) 15:05.40; 7 M Hoyle (Kent) 15:20.44; 8 P Wangel (Camb U) 15:24.61; 9 R Gregory (Rane, M35) 15:38.41; 10 D Lawton (Traff) 15:40.68; 11 J Cara (Kett, U20) 15:50.10; 12 M Sagnes W&Gan (Unattached, W) 16:39.00; 16 S Johnson (TVH, W) 17:46.46; 17 H Greenwood (Kid, W) 18:04.17. **4x100:** 1 Tokyo & Kyoto Universities 42.33. **HJ:** 5 T Palumaa (TVH, W) 1.65. **PV:** 1 C Court (Card) 4.60; 2 Snee (K&P) 4.20; 4 C Billingham (HorsH BS, U20W) 3.30; 5= S Morrison (Woking, W) 3.20; 5= M Bailey (Harrow, U20W) 3.20. **LJ:** 1 M Ishida (Kyoto University) 7.26; 2 S Watanebe (Kyoto University) 7.23; 3 S Richards (C&C) 6.98; 4 S Kurihara (Tokyo University) 6.80; 16 N Mourouki (Tokyo University, M55) 4.83. **TJ:** 1 L Harvey (Traff, M35) 14.88; 2 A Mason (Unattached) 14.73; 4 A Barrett (TVH, W) 13.23
U17: HT: 1 J Moore (Norw) 48.99
Women: 100H (1.3): 1 T Benson (TVH) 14.48. **2000SC:** 1 E Shirley (Notts) 7:46.32; 2 E Clarke (Salls) 7:53.41. **DT:** 1 S Milner (B&B) 42.75. **HT:** 1 P Barnes (Mil K, U20) 42.47; 2 L Aldridge (SNH, U20) 38.42. **JT:** 1 L Britane (TVH) 48.00
U17: HT: 1 L Taylor (SNH) 41.81. **JT:** 1 E Butt (S'end) 38.75

UNIVERSITY 10.99. r2.1 (3.8): 1 K Opara (Camb U) 10.77; 2 J Fairclough (Liv H) 10.81; 3 D Hayashi (Kyoto University) 10.89; 4 A Njie (Lough S) 10.97; 5 L Sargeant (Kent) 10.98. **200: r1 (3.3):** 1 K Opara (Camb U) 21.96. **400: r1:** 1 N Kihira (Kyoto University) 49.45. **800:** 1 S Molloy (Ton) 1:52.87. **1500: 1** D King-Clutterbuck (NEB) 3:53.00; 2 J Carr (THH) 3:53.35; 3 K Reilly (Ton) 3:53.89; 4 J Cook (WG&L) 3:54.16; 5 L Conway (NEB) 3:54.46; 6 C Olley (Ton) 3:55.99; 7 A Walton (Tauf, U20) 3:58.58; 8 B Davies (Unattached) 3:58.93. **110H: r1 (1.6):** 1 M Bowler (University of Birmingham) 14.93. **r2 (1.6):** 1 R Young (B&B) 14.78; 2 F Vogel (TVH) 15.91. **SP:** 1 S Lincoln (York) 18.91. **DT:** 1 D Fleming (York) 44.79; 2 D Massingham (Norw, U20) 41.77

Mixed events: 100: r1.1 (2.9): 4 P Willcox (Ips, M65) 14.47. **r1.2 (4.0):** 5 E Suhonen (Charn, W) 11.86; 6 Y Miller (Der, W) 12.05. **r2.1 (2.9):** 4 E Suhonen (Charn, W) 11.93; 5 Y Miller (Der, W) 11.99. **r2.2 (2.9):** 6 P Willcox (Ips, M65) 14.57. **400:** 2 B Close (Swan, W) 56.67. **800:** 3 L Hallam (Have, W) 2:13.79; 1.50; 2 A Hughes (S'port W) 1:46.76; 2 P Rypdal (Unattached) 1:45.02; 3 D Wilson (Camb U) 14.50.73; 4 B Ahmed (HW) 15:01.56; 5 Y Shibata (Kyoto University) 15:04.89; 6 M Cox (AFD) 15:05.40; 7 M Hoyle (Kent) 15:20.44; 8 P Wangel (Camb U) 15:24.61; 9 R Gregory (Rane, M35) 15:38.41; 10 D Lawton (Traff) 15:40.68; 11 J Cara (Kett, U20) 15:50.10; 12 M Sagnes W&Gan (Unattached, W) 16:39.00; 16 S Johnson (TVH, W) 17:46.46; 17 H Greenwood (Kid, W) 18:04.17. **4x100:** 1 Tokyo & Kyoto Universities 42.33. **HJ:** 5 T Palumaa (TVH, W) 1.65. **PV:** 1 C Court (Card) 4.60; 2 Snee (K&P) 4.20; 4 C Billingham (HorsH BS, U20W) 3.30; 5= S Morrison (Woking, W) 3.20; 5= M Bailey (Harrow, U20W) 3.20. **LJ:** 1 M Ishida (Kyoto University) 7.26; 2 S Watanebe (Kyoto University) 7.23; 3 S Richards (C&C) 6.98; 4 S Kurihara (Tokyo University) 6.80; 16 N Mourouki (Tokyo University, M55) 4.83. **TJ:** 1 L Harvey (Traff, M35) 14.88; 2 A Mason (Unattached) 14.73; 4 A Barrett (TVH, W) 13.23
U17: HT: 1 J Moore (Norw) 48.99
Women: 100H (1.3): 1 T Benson (TVH) 14.48. **2000SC:** 1 E Shirley (Notts) 7:46.32; 2 E Clarke (Salls) 7:53.41. **DT:** 1 S Milner (B&B) 42.75. **HT:** 1 P Barnes (Mil K, U20) 42.47; 2 L Aldridge (SNH, U20) 38.42. **JT:** 1 L Britane (TVH) 48.00
U17: HT: 1 L Taylor (SNH) 41.81. **JT:** 1 E Butt (S'end) 38.75

CENTRAL & SOUTH OF SCOTLAND LEAGUE, DIVISION 1, Kilmarnock

Men: SP: 1 R Ferguson (Law, M40) 11.09. **JT:** 2 B Lynch (Falk, M65) 25.61
U17: 400: A: 1 A Brady (Living) 51.06
U15: 100: A (2.5): 1 S Stewart (Lark) 11.92. **400: A:** 1 S Stewart (Lark) 55.00
U13: 100: A (0.2): 1 B Gallagher (Aird) 12.89. **800: A:** 1 O Logan (Law) 21.27.5
M35: 100: A (-0.7): 1 D Carpenter (Bing, M45) 12.53; 5 B Lynch (Falk, M65) 14.24
Women: 3000: A: 1 H Barnes (Giff N, U17) 10:20.57. **DT:** 1 T Park (N Ayr) 38.67
U17: 300: A: 1 F Menzies (Giff N) 41.67
U15: SP: A: 1 V Duruh (Liv) 11.71
U13: 4x100: 1 VPCG 56.41. **SP: A:** 1 M Porterfield (VPCG) 10.51
W35: 800: A: 4 A Smith (Aird, W55) 2:58.23

DIVISION 2, Grangemouth
Men: 800: A: 1 M Smith (Lass, U20) 1:57.2; 2 L Brown (Sheff/D, U20) 1:57.4
U17: 400: A: 1 R Clydesdale (E Kilb) 51.5
Women: 800: A: 1 L Somerville (C'nauld, U20) 2:18.3. **100H: A:** 1 B Tobin (C'nauld, U20) 16.0. **4x100:** 1 Ayr S 51.2
U15: 800: A: 1 G Ledingham (Cors) 2:20.2; 2 D Cumming (Dunf T&F) 2:22.5

DIVISION 3, Grangemouth
M35: 800: A: 1 A Cameron (Moth, M45) 2:09.4. **B:** 1 B Scally (Shett, M50) 2:16.3
Women: LJ: 1 A Burns (Hel, U20) 5.23.
DT: 1 J Kirkpatrick (Bord H, W45) 27.06

AUGUST 5

NORTH OF ENGLAND LEAGUE, DIVISION 2E, Middlesbrough

MATCH: 1 Tyned H 37.4; 2 Middlesbrough 369; 3 Morpeth H 339; 4 Leeds City 332; 5 Skyrac 282.5; 6 Gateshead H 256
Men: 5000: A: 1 E Cairns (Leeds C) 15:18.2; 2 C Smith (Morp, M35) 15:29.8.
HJ: A: 1 P O'Connor (M'bro) 2.06. **B:** 1 E Rigg (M'bro, U17) 1.90. **TJ: A:** 1 A Babatunde (M'bro) 14.64; 2 C Orange (Leeds C, U17) 12.97. **SP: A:** 1 D Dowson (M'bro, M35) 14.25. **DT: A:** 1 F Wright (Gate) 42.98; 2 D Dowson (M'bro, M35) 40.05. **B:** 1 J Martin (M'bro, U20) 39.13. **HT: A:** 1 M Croft (M'bro) 46.60. **B:** 1 R Jeal (M'bro, M50) 35.15
Women: 100: A: 1 G Yearby (Leeds C) 12.3. **400: A:** 1 G Yearby (Leeds C) 56.9.
1500: A: 1 C Duck (Leeds C) 4:23.7.
3000: A: 1 L Crookes (Leeds C) 9:36.1.
100H: A: 1 G Whitfield (Gate) 15.5.
4x100: 1 Leeds C 50.5; 2 M&C 51.4.
4x400: 1 Leeds C 4:11.7. **LJ: A:** 2 G Plater (Leeds C, U17) 5.22. **TJ: A:** 1 E Pringle (Gate) 11.45; 2 G Plater (Leeds C, U17) 10.95. **SP: B:** 1 K Carmichael (M'bro, U20) 10.00; 2 B Griffiths (Morp, U17) 9.89. **DT: A:** 1 C Pickering-Pruvot (Morp, U17) 36.92. **HT: A:** 1 L Weatheritt (Gate, W40) 41.84. **JT: A:** 1 B Griffiths (Morp, U17) 36.45; 2 L Weatheritt (Gate, W40) 29.00

DIVISION 4E, Whitley Bay
MATCH: 1 Chester le Street/Darlington 469; 2 North Shields Polytechnic 365; 3 South Shields/Birtley 356; 4 Houghton 296; 5 Heaton Harriers 242; 6 Tyne Bridge Harriers 112
Men: SP: A: 1 S Duckworth (NSP, M55) 10.83. **DT: A:** 1 S Duckworth (NSP, M55) 31.62

Women: 800: A: 1 S Burnett (Birt, U20) 2:15.8

DIVISION 4EC, Wakefield

MATCH: 1 Harrogate 529; 2 Penistone 382; 3 Cleethorpes 346; 4 Grantham 323; 5 Newark 291; 6 Worsop 167; 7 Bradford Airedale 149
Men: 3000SC: A: 1 M Bryant (H'gate, M45) 10:52.4. **TJ: A:** 4 G Moffatt (Dark Pk, M45) 11.32. **HT: A:** 1 C Bainbridge (G&C) 49.68. **B:** 1 M Fenton (GAC, M60) 38.92
Women: 400: B: 1 L Mitchell (H'gate, W40) 63.0. **800: A:** 1 L Mitchell (H'gate, W40) 2:19.2. **HJ: A:** 1 E Race (Works, U17) 1.70. **LJ: A:** 1 E Race (Works, U17) 5.57. **DT: A:** 1 M Mellor (H'gate, U20) 39.28. **B:** 2 L Stephenson (Brad A, W55) 18.73. **HT: A:** 1 N McRae (Clee, U20) 39.60; 2 H Gilbert (GAC, W35) 39.20

AUGUST 2

WORLD CHAMPIONSHIPS TEST EVENT, Olympic Park

Men: 100 (-1.3): 1 A Ogunlewe (NEB) 10.41; 2 R Arthur (E&H) 10.44; 3 J Otugade (SB) 10.44; 4 A Adewale (E&H) 10.50; 5 C Lawson (SB) 10.52; 6 D Bolarinwa (NEB) 10.70; 7 J Rhoden-Stevens (SB) 10.87; 8 Z Plummer (SB) 10.99. **Ht (-1.8):** 1 C Lawson (SB) 10.56; 2 A Adewale (E&H) 10.62; 3 A Syers (NEB) 10.82; 4 O Barton-Ellington (E&H) 10.84; 5 O Abiodun (WG&L) 10.95; 6 M Hanson (E&H, M35) 11.08.
Ht2 (0.2): 1 A Ogunlewe (NEB) 10.34; 2 R Arthur (E&H) 10.38; 3 J Otugade (SB) 10.46; 4 D Bolarinwa (NEB) 10.52; 5 Z Plummer (SB) 10.77; 6 J Rhoden-Stevens (SB) 10.82; 7 S Dewar (WG&L, U20) 10.91. **2000SC:** 1 P Norman (WG&L) 5:39.99. **4x100:** 1 WG&L 42.39; 2 SB 43.46
Women: 4x400: 1 SB 3:45.47; 2 E&H 3:56.79; 3 WG&L 4:01.37

WALKS

OCTOBER 1

RWA FESTIVAL OF WALKING, Hillingdon

HEATHER LEWIS won the 10km walk by over six minutes and was faster than all the other male competitors.
Men: 10kmW: 1 N Connolly (Castlecomer, U20) 56:23; 2 C Hobbs (Ashf, M60) 58:18; 3 J Price (Breac, U20) 60:46; 4 B Allen (Leic WC, U20) 64:42; 5 A Thomson (E&H, M80) 71:02. **20kmW:** 1 T Jones (Steyn, M60) 2:05:43; 2 M Culshaw (If, M50) 2:07:00; 3 J Ralph (E&H, M60) 2:21:56
U17: 5kmW: 1 N Hart (AFD, U17) 30:45
U15: 3kmW: 1 C Hopper (Camb H, U15) 17:28
Women: 10kmW: 1 H Lewis (P'broke) 49:17; 2 S Glennon (Mullingar, U20) 56:00; 3 R Glennon (Mullingar, U20) 57:15; 4 S Nash (St. Abb) 57:35; 5 O Delahunty (Sligo, U20) 57:47; 6 A Jennings (AFD, U20) 60:06; 8 H Middleton (E&H, W50) 63:03; 9 S Davies (AFD, W50) 65:06; 10 L Hall (Ashf, W60) 66:14
20kmW: 1 K Veale (LRL) 1:52:43; 2 M Noel (Belg, W50) 2:12:13; 3 M Peddle (Loughan, W45) 2:12:42; 4 A Jones (Steyn, W60) 2:23:57
U17: 5kmW: 1 A McHugh (Naas, U17) 27:06; 2 M Flynn (Naas, U20) 27:13; 3 I Bridge (B&B, U17) 28:49; 4 L Lewis Ward (Camb H, U17) 29:26; 5 H Hopper (Camb H, U17) 32:24
U15: 3kmW: 1 A Smith (B&B) 17:38; 2 L Carly (AFD) 17:44; 3 D Nova (Ashf) 18:07; 4 C Wallis (AFD) 18:

CROSS-COUNTRY

OCTOBER 1

GOODWOOD RELAYS incorporating SUSSEX CHAMPIONSHIPS, West Sussex

BRIGHTON & HOVE took the senior men's event while Arena 80 led from start to finish in the women's race, *Martin Duff reports.*

Hosts Chichester Runners led on the opening men's lap, through Harry Leleu's 12:10. However, Brighton took over to win by 29 seconds from Lewes, who had Tom Evans pull back 41 seconds of the Brighton lead on the last leg, with 12:03. Brighton were, however, home and dry and they added the U17 men's race for good measure.

In the women's race, Arena 80 had a clean sweep, taking senior and all three veteran age groups. They did so without their fastest runner, 48-year-old Julie Briggs, who anchored their senior women's team to victory with 14:54.

Overall the races attracted 200 teams and the organisers made great play of the fact that they got the results out manually in good time, in contrast to the poor efforts at the South of England relays the previous week.

Men (4x4000m): 1 Brighton & H 49:56 (J Knapp 12:13, K Moore 12:22, J Turner 12:37, T Niner 12:44); 2 Lewes 50:25 (P Hough 12:27, J Burgess 12:47, B Savill 13:08, T Evans 12:03); 3 Chichester R 50:52 (H Leleu 12:10, W Boutwood 12:40, C Meagher 13:18, J Baker 12:44); 4 Phoenix 52:50; 5 Bodyworks 53:09; 6 Haywards H 53:59; 7 Hastings 54:10; 8 Arena 54:31; 9 T Synergy 54:59; 10 Horsham BS 55:47
Fastest: Evans 12:03; Leleu 12:10; Knapp 12:13

M40 (4x4000m): 1 Hay H 58:23 (R Watts 14:27, B Duncan 14:38, J Boyer 15:27, M Kimmins 13:51); 2 B&H 59:24; 3 Chich R 60:14; 4 Worthing 63:12; 5 Horsh BS 63:18; 6 Arena 63:57
Fastest: Baker 12:44; Kimmins 13:51; M Bristow (B&H) 13:57

M50 (4x4000m): 1 B&H 58:44 (P Froud 14:44, D Benton 14:33, K Newton 14:17, M Halls 15:10); 2 Phoenix 62:53; 3 Crawley 63:03; 4 Horsh J 65:03; 5 Hay H 65:39; 6 Chich R 69:41
Fastest: A Haines (Craw) 14:04; Newton 14:17; J Garland (Chich BR) 14:23

M60 (3x4000m): 1 Crawley 53:51 (D Beattie 17:59, J Carmichael 18:33, D Cook 17:19); 2 Hailsham 54:15; 3 B&H 54:39; 4 Chich R 57:54; 5 Hay H 62:19
Fastest: C Coomber (Hay H) 16:47; G Purdue (Hails) 17:07; P Witcomb (B&H) 17:29;

M70: Beattie 17:59
U17 (3x4000m): 1 B&H 39:26 (S Wilkinson 13:23, J Clayton 13:29, T Eames 12:34); 2 Chich R 40:29 (L Stallard 13:18, N Potter 13:39, B Collins 13:32); 3 Crawley 40:32 (T Thayne 13:30, A Perana 13:43, H Hewitt 13:19); 4 Horsh BS 40:37; 5 B'wks 42:59; 6 B&H B 43:42
Fastest: Eames 12:34; G Pool (Hast) 12:45; L Burgess (Horsh BS) 13:02

U15 (3x2800m): 1 Worthing 28:35 (L Ellard 9:09, R Ward 9:53, E Ward 9:33); 2 Crawley 28:58 (C Stone 9:13, N Buckenridge 9:59, B Stanger 9:46); 3 Lewes 29:09 (J Gardner 10:07, A Mokapi-Dobowry 9:28, A Duncan 9:34); 4 Hastings 29:24, B&H 23:07; 6 Chich R 30:18; 7 Horsh BS 30:38; 8 Hast B 34:44; 9 B&H B 30:59; 10 Lewes B 31:24
Fastest: Ellard 9:09; L Dunne (Chich R) 9:33; 9:13

U13 (3x2800m): 1 Hastings 31:06 (C Puxty 10:27, J Judah 10:15, A Morrissey 10:24); 2 B&H 31:23 (W Matthews 10:21, C Derangi 11:21, H Yelling 9:50); 3 Crawley 31:24 (N Holland-Ellidge 9:53, F Donjon 11:14, T Fox 10:17); 4 Chich R 32:21; 5 Lewes 32:27; 6 A Other 32:30; 7 Worthing 32:45; 8 Portsmouth 32:53; 9 Horsh BS 33:14; 10 B'wks 33:27
Fastest: Yelling 9:50; Holland-Ellidge 9:53; J McLarron (Chich R) 10:10

Women (3x4000m): 1 Arena 44:28 (M Trafford 14:41, E Proto 14:53, J Briggs 14:54); 2 Horsh BS n/Sx 47:36 (A Morton 15:15, J Spannagl 14:34; J Dunston 17:47); 3 Hay H 48:18 (E Navesey 15:32, S Amer 16:56, K Morgan 15:50); 4 Crawley non Sx 48:54; 5 Lewes 49:16; 6 B&H 50:15; 7 Hastings 52:09; 8 Phoenix 52:50; 9 Saints 52:59; 10 Crawley 53:59
Fastest: Trafford 14:41; Spannagl 14:34; Proto 14:53

W35 (3x4000m): 1 Arena 47:56 (K O'Hara 16:07, B Knights 16:17, D Tarlton 15:32); 2 Crawley 51:09; 3 B&H 51:52; 4 Hay H 53:53; 5 Chich R 54:40; 6 Worthing 54:46
Fastest: K Owens (Craw) 15:31; Tarlton 15:32; O'Hara 16:07

W45 (3x4000m): 1 Arena 50:47 (J Hughes 18:14, C Wood 16:36, T O'Shannahan 15:37); 2 B&H 54:17; 3 Horsh J 60:52; 4 Chich R 61:10; 5 R Acad 78:04
Fastest: Briggs 14:54; O'Shannahan 15:57; Wood 16:36

W55 (3x4000m): 1 Arena 56:52 (C Naylor 18:36, A Milners 19:45, J Rymell 18:51); 2 Arena non Sx 62:02; 3 R Acad 68:23
Fastest: K Parker (Arena non Sx) 18:23; Rymell 18:31; Naylor 18:36

W70: P Rich (R Acad) 22:27
U17 (3x4000m): 1 Chich R 47:07 (A Cox-Rusbridge 15:48, I Matthews 15:51, O Wiseman 15:38); 2 Hastings 48:24 (L Clark 15:22, H Cook 17:45, H Cooper 15:17); 3 Portsmouth 49:45; 4 B&H 50:02; 5 Chich R 54:01
Fastest: A Morton (Horsh BS) 15:15; Clark 15:22; Wiseman 15:28

U15 (3x2800m): 1 B&H 32:01 (C Muzio 10:50, R Losh 10:45, L Dooley 10:26); 2 Hastings 32:02 (M Ramnarine 10:25, S Hopkins-Parry 11:00, E Body 10:37); 3 B'wks 32:45 (B Cook 10:01, S Miller 11:16, K Simunsen-Brickley 11:28); 4 B&H C 33:03; 5 B&H B 33:28; 6 Phoenix 33:35; 7 Lewes 33:39; 8 Chich R 33:47; 9 Portsmouth 34:19; 10 Phoenix B 34:25
Fastest: Cook 10:01; Ramnarine 10:25; Dooley 10:26;

U13 (3x2800m): 1 Chich R 33:55 (E Buckler 11:04, C Dickenson 11:41, I Buckler 11:10); 2 B&H 33:59 (R Wilson 11:08, M Barrett 11:53, E Yelling 10:58); 3 Lewes 35:07 (F Hinds 11:00, A Funnell 12:45, B Ingles 11:22); 4 B'wks 36:03; 5 Worthing 36:12; 6 Portsmouth 36:24; 7 B&H B 36:58; 8 Horsh BS 37:11; 9 Phoenix 37:46; 10 T Synergy 38:20
Fastest: D Burton (B'wks) 10:44; H Brazier (Worthing) 10:55; Yelling 10:58

CG6 LEAGUE, Whiteley

Men (4.3M): 1 M Coffey (Stew) NTT; 2 T Cully (Stew); 3 P Stumpf (Lords); 4 J Du Preez (Hard, M35); 5 D Campion (Lords); 6 M Chamberlain (Strab); 7 P O'donnell (Hedge End, M40); 8 K Willsher (Lords); 9 D White (Lords); 10 K Lau (Stew); 11 A Forbes (Stew); 12 K Martin (Strab); 13 N Catchlove (Lords, M40); 14 B Ringrose-voase (Win, U17); 15 M Brown (Roms); 16 G Robson (Itchen, M50); 17 A Prinsep (Roms); 18 K Yates (Lords); 19 W Baggs (Hedge End); 20 C Van Leeuwen (Hedge End)

Women (4.3M): 1 K Bailey (Win, W40) NTT; 2 S Rushby (Strab, W40); 3 K Wickens (Strab); 4 G Russhard (Lym Tri); 5 C Hoskins (Win, W40); 6 B Tovey (Roms); 7 J Labram (Hedge End, W40); 8 S Peters (New FJ, W50); 9 A Burch (Lords); 10 L McDonagh (Hard, W40); 11 T Avery (Itchen); 12 S Giering (Lords); 13 E Bamber (Hedge End, W50); 14 J Radford (Win, W60); 15 L Fraser (Lords)

EAST YORKSHIRE LEAGUE, Bishop Wilton

Overall: 1 J Kraft (Scar) 38:17; 2 S Hobson (Drif, M40) 40:40; 3 B Briggs (Bev, W) 40:43; 4 S Smith (Pock, M40) 40:53; 5 S Hargreaves (Brid) 41:14; 6 J Wilson (Drif) 41:47; 7 J Rogers (CoH, M50) 42:05; 8 L Phipps (Bev) 42:30; 9 C Stansfield (CoH, W) 43:17; 10 M Middleton (Scar) 44:03; 11 S Rennie (CoH, M60) 44:06; 12 D Edge (Bev, M50) 44:08; 13 S Walker (Bev, M40) 44:20; 14 D Morrison (Bev) 44:27; 15 P Baker (CoH, M40) 44:28; 16 M Smith (Pock) 44:55; 17 C Ward (Selb) 45:26; 18 W Anderson (Pock, M45) 45:29; 19 N Ridsdale (Drif, M55) 45:33; 20 G Justice (CoH, M50) 45:46
M55: 2 J Edson (Drif) 46:36. **M60:** 2 M Booth (GVS) 47:15; 3 P Cartwright (CoH) 47:35; 4 J Potter (Brid) 47:56. **M65:** 1 A Flint (Bev) 52:58. **M70:** 1 N Scruton (Scar) 51:18
TEAM: 1 Drif 89; 2 CoH 91; 3 Bev 118; 4 Pock 139; 5 Scar 186; 6 Brid 265; 7 Goole 275; 8 Selby 418

Women: 1 Briggs 40:43; 2 Stansfield 43:17; 3 K Rawnsley (Scar, W45) 46:33; 4 A Crellin (Drif, W50) 49:44; 5 S Haslam (Scar, W60) 51:29; 6 P Tarbet (CoH) 52:56; 7 R Clifton (Brid, W45) 53:59; 8 E Greensmith (Bev, W40) 54:09; 9 E Simmons (Pock, W40) 54:24; 10 P Parkin (Drif, W50) 54:31; 11 K Wise (Pock, W35) 55:32; 12 P Bayford (Brid, W55) 56:43; 13 H Coates (Scar, W45) 57:00; 14 J Masterman (GVS, W50) 57:35; 15 M Walker (GVS, W35) 57:50

W35: 3 E Arley (Brid) 58:12; 4 S Mitchell (CoH) 58:23. **W40:** 3 L Stamford (Bev) 58:29. **W45:** 4 J Sutcliffe (Brid) 58:33. **W50:** 4 T Cream (CoH) 60:42. **W55:** 2 J Dale (Bev) 60:52. **W60:** 2 J Potter (Brid) 59:32; 3 P Booth (Bev) 79:32. **W70:** 1 P Atkins (Bev) 77:05
TEAM: 1 Scar 21; 2 CoH 25; 3 Bev 27; 4 Brid 35; 5 Pock 40; 6 Drif 47; 7 Goole 61; 8 Selby 121

FROSTBITE FRIENDLY LEAGUE, St Neots

Overall (XC): 1 J Gray (C&C) 25:41; 2 D Hudson (BRJ) 27:01; 3 M Taylor (Riv) 27:08; 4 J Croft (Hunts) 27:10; 5 B Heron (Eye) 27:12; 6 R Brownlee (Nene V) 27:46; 7 D Connell (Hunts) 28:05; 8 S Walton (Rams) 28:25; 9 A Hunt (Nene V) 28:28; 10 P Martin (Bush J) 28:33; 11 S Fell (Nene V) 28:38; 12 E Crothall (BRJ) 28:46; 13 J Palmer (Bourne) 28:50; 14 R Mahen (C&C) 28:52; 15 F Minney (Riv) 28:54; 16 T Farrer (Hunts) 28:55; 17 I Jacso (C&C) 29:04; 18 M Gichuhi (Bush J) 29:07; 19 T Walker (Hunts) 29:16; 20 R Santos (Riv) 29:24

M40: 1 J Lucas (Werr J) 30:20; 2 M Morley (Yax) 30:21; 3 R Smith (Yax) 30:37. **M45:** 1 M Evans (Yax) 30:06; 2 J Smith (Ely) 36:33; 3 R White (Rams) 39:15. **M50:** 1 D Houlton (GAC) 31:29; 2 T Richards (Fen) 35:03; 3 A Hall (Werr J) 36:44; 4 K Steel (Riv) 36:50; 5 M Wright (Eye) 37:33. **M55:** 1 A Richardson (Hunts) 35:35; 2 B Fox (Eye) 37:32; 3 M Rose (Hunts) 39:00; 4 A Barnes (Eye) 45:40; 5 C Price (Rams) 57:36. **M60:** 1 L Smith (Ely) 40:56. **M65:** 1 P Whitehead (Hunts) 50:29. **M70:** 1 P Ridley (Eye)

38:43. **M75:** 1 T Lack (Rams) 45:38. **U20:** 1 G Evans (Bed C) 29:31; 2 R Price (Rams) 34:42

Women: 1 S Kelly (C&C) 31:26; 2 L Marriott (Rams) 32:23; 3 T Alcaraz (March) 32:41; 4 E Tuck (March) 32:46; 5 E Tomlinson-McCrae (Nene V) 32:56; 6 C Finlay (Rams) 33:34; 7 E Swire (C&C) 33:59; 8 S Caskey (PACTRAC) 34:00; 9 B Hair (C&C) 34:07; 10 J Cocker (C&C) 34:11; 11 M Brett (Rams) 34:34; 12 H Chapman (Bush J) 35:10; 13 R Loutit (Yax) 35:24; 14 S Duffy (BRJ) 35:26; 15 S Godfrey (C&C) 35:44

W40: 1 J Rose (Riv) 48:45. **W45:** 1 L Richardson (Werr J) 37:22; 2 C Piercy (Yax) 38:51. **W50:** 1 T Barnes (Eye) 39:10; 2 A Fox (Hunts) 39:26. **W55:** 1 A Wood (Werr J) 37:46

U17 (XC): 1 O Wilkinson (Nene V) 7:10; 2 A Lawrence (Hunts) 7:14; 3 M Godfrey (C&C) 7:21; 4 C Nicholson (Riv) 7:22; 5 M James (Bourne) 7:27; 6 J Fox (Rams) 7:28; 7 S Flockhart (Hunts, U17W) 7:29; 8 O Brownston (Bed C, U15) 7:33; 9 M Benyan (C&C) 7:34; 10 A McIntyre (March) 7:34; 11 K Duffy (BRJ) 7:35; 12 C Walker (PACTRAC) 7:35; 13 S Darnell (Hunts) 7:38; 14 L Conway (BRJ) 7:40; 15 S Taylor (Hunts) 7:42; 16 J Bell (Ely) 7:44; 17 S Garner (Nene V) 7:51; 18 H Croft (Hunts) 7:53; 19 M Downhill (Hunts) 7:55; 20 O Wolfe (Ely) 7:55; 26 E Loosley (BRJ, U17W) 8:05; 33 K Tasker (PACTRAC, U17W) 8:17; 35 D Williams (Riv, U11) 8:20; 42 K Wright (Hunts, U17W) 8:24; 44 O Corner (PACTRAC, U17W) 8:26; 45 L Hemmings (Nene V, U13W) 8:26; 46 A Devine (Yax, U17W) 8:26; 52 S Dalrymple (Riv) 8:32; 55 J White (Ely, U11) 8:34; 56 H Miller (BRJ, U17W) 8:35; 58 E James (Bourne, U17W) 8:35; 60 L Mosca (BRJ, U17W) 8:38

SEPTEMBER 30
START FITNESS NORTH EASTERN HARRIER LEAGUE, Cardinal Hume School, Wrekenton, Gateshead, Tyne & Wear
MORPETH HARRIERS made an excellent start to the season by winning both the senior team races, *Les Venmore reports.*

For good measure the Northumberland club also won the U17 men and U15 boys team events.

Luckily the threatened rain held off until about the last 10 minutes of the meeting, and a record field of 452 competed in the senior women's race.

Kurt Heron, running for Ashington Hirst, who were making their debut in this league, soon headed the 580-strong men's field. He gradually increased his advantage over the three firm but undulating laps. Heron crossed the line over a minute ahead of Andrew Lawrence, who moved through from fourth position on lap one.

Durham teenager Michael Wade finished in third place.

Lawrence led Morpeth to the division one team award, but only on countback from Durham City. The fastest time went to another teenager Alex Brown of Houghton, who moved through to 20th position from the 'fast pack'.

Morpeth's victory in the senior women's race was a lot easier. Emma Holt and Jane Hodgson came through from the fast pack, taking the first two positions. Louise Rodgers of Tyne Bridge took third place after leading with 300m remaining. With Alison Brown in fourth and medium pack runner Lorna Macdonald in ninth, the Northumberland club, who were promoted from division two last season, finished well ahead of Tyne Bridge.

Holt and Hodgson were, not surprisingly, the fastest senior and veteran runners.

Other victories went to Josh Fiddaman (U17), Jamie Barnshaw (U15), Leo White (U13) and Eva Hardie (U20), Emily Chong (U15) and Freya Clarkson (U13).

Senior men (9.6km handicap): 1 K Heron (Ashington Hirst) 31:48; 2 A Lawrence (Morp) 32:57; 3 M Wade (Dur, U20) 33:11; 11 M Brett (Rams) 34:28; 9 L Piper (E Ches-gst) 34:29; 10 D Wright (Tyne Br, M40) 34:31; 11 B Moore (Gosf) 34:34; 12 M Laws (Sun) 34:36; 13 T Innes (Morp, U20) 34:39; 14 S Asquith (Gate, M35) 34:42; 15 C Callan (Ely, M35) 34:58; 16 F Pulman (Jes J) 35:00; 17 D Richardson (NSP, M35) 35:02; 18 D Cross (Dur) 35:07; 19 K Smith (Tyne Br, M50) 35:08; 20 A Brown (Hough, U20) 35:13
Fastest: Brown 30:33; A Burn (J&H, M35) 30:39; D Jenkin (Dur) 30:52; Heron 31:48; C Smith (Morp, M35) 31:54; A Powell (Sun) 31:54; S Jackson (Ely) 31:59; T Charlton (Tyne Br) 32:15. **Vets:** L Bennett (Eis, M45) 34:13

TEAM (6 to score): Div 1: 1 Morpeth H 101; 2 Durham City H 101; 3 Tyne Bridge H 116; 4 Sunderland H 171; 5 Elvet Striders 200; 6 Heaton H 202. **Div 2:** 1 Sunderland Strollers 135; 2 Gosforth H 136; 3 Jarrow & Hebburn 143. **Div 3:** 1 Houghton H 93; 2 Low Fell 101; 3 Blaydon H 249

M65+ (5.8km): 1 B Usher (Aur, M65) 29:39; 2 P Richardson (Sun, M65) 30:01; 3 G Leslie (Eis, M65) 31:13
U17 (5.3km Handicap): 1 J Fiddaman (Blyth) 20:31; 2 D Melling (Morp) 20:51; 3 M Briggs (Morp) 20:56; 4 L McConnell (Birt) 21:34; 5 C McMillan (Gate) 21:36; 6 A Phillips (Dur) 22:57; 7 D Buffham (Blay) 22:57; 8 T Glover (Morp) 23:16; 9 M Appleby (J&H) 23:25; 10 J Styles (Eis) 23:35
Fastest: Glover 20:26; Fiddaman 20:31; P Donald (Gosf) 20:46

TEAM (3 to score): 1 Morpeth H 13; 2 Blaydon H 37; 3 Gosforth H 42
U15 (2.6km handicap): 1 J Barnshaw (J&H) 8:41; 2 C Phillips (Dur) 8:48; 3 D Davies (Morp) 8:56; 4 B Walker (Morp) 9:02; 5 B Murray John (Aln) 9:05; 6 J Kidd (Morp) 9:07; 7 J Wraith (Dur) 9:17; 8 T Wraith (Dur) 9:19; 9 B Waterfield (Morp) 9:20; 10 C Coulson (Hough) 9:21
Fastest: H Johnson (Hough) 8:06; W Bellamy (Hough) 8:13; D Joyce (Tyne) 8:32

TEAM (3 to score): 1 Morpeth H 13; 2 Durham City H 17; 3 Alnwick H 38

U13 (2.6km Handicap): 1 L White (Black B) 9:08; 2 M Murray John (Aln) 9:24; 3 C Giblin (Crook) 9:39; 4 W Henderson (Dur) 9:42; 5 G Beevers (Birt) 9:44; 6 B Pye (Derw) 9:44; 7 J Swanston (Black B) 9:46; 8 J Lonergan (Blay) 9:47; 9 J Hudspitt (Morp) 9:56; 10 T Sadanandan (Dur) 9:57
Fastest: C Perkins (Birt) 8:27; R Teasdale (Bill M) 8:31; T Slane (Black B) 8:49

TEAM (3 to score): 1 Birtley 30; 2 Blackhill Bouncers 34; 3 Durham City 38
U11 (1.6km): 1 Z Brannon (NSP) 5:55; 2 W Wells (Gate) 5:59; 3 S Allison (Ponteland Runners) 6:05
Senior women (5.8km Handicap): 1 E Holt (Morp) 26:08; 2 J Hodgson (Morp, W35) 26:12; 3 L Rodgers (Tyne Br, W40) 26:15; 4 A Brown (Morp) 26:20; 5 E Thompson (Ely, W35) 26:29; 6 C Pettitt (New U) 26:29; 7 J McManus (NSP, W40) 26:41; 8 E Glover (Jes J) 26:45; 9 L Macdonald (Morp) 27:01; 10 C Price (Birt) 27:02; 11 G Campbell (J&H)



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27:02; 12 J Lee (Tyne Br, W40) 27:17; 13 K Farquhar (Crook, W45) 27:23; 14 J Gascoigne-Owens (Aln, W35) 27:32; 15 A Dargie (Tyne Br, W40) 27:34
Fastest: Holt 23:08; Hodgson 23:12; Price 24:02; Campbell 24:02; Gascoigne-Owens 24:32; Dargie 24:34; G Rutherford (J&H) 24:42; G Floyd (Morp, W35) 24:51

TEAM (4 to score): Div 1: 1 Morpeth H 14; 2 Tyne Bridge H 38; 3 Elvet Striders 77; 4 South Shields H 93; 5 Durham City H 106; 6 Alnwick H 121. Div 2: 1 Sunderland H 36; 2 Crook & District 46; 3 Heaton H 57. Div 3: 1 Jarrow & Hebburn 22; 2 Saltwell H 48; 3 Derwent Valley 75
U20 (5.5km Handicap): 1 E Hardie (Hough, U17) 25:28; 2 C Wellings (Gate, U17) 26:25; 3 G Hutton (Morp, U17) 26:37; 4 R Purves (Gosf, U17) 26:50; 5 R Bennett (Els, U20) 27:06; 6 L Hardie (Hough) 27:21; 7 E Tait (Gate, U20) 27:23; 8 S Knight (Sun, U17) 27:31; 9 M Foggon (Derw, U20) 27:53; 10 G Anderson (Gosf, U17) 28:07
Fastest: Purves 24:00; Bennett 24:16; Tait 24:33

TEAM (3 to score): 1 Gosforth H 32; 2 Gateshead H 33; 3 Birtley 61

U15 (2.6km Handicap): 1 E Chong (CleS) 9:11; 2 I Curran (Gate) 9:36; 3 R Hughes (NSP) 9:38; 4 K Salthouse (Tyne) 9:46; 5 N Phillips (Hough) 9:50; 6 S Newby (Birt) 9:58; 7 T Graham (Birt) 10:02; 8 A Ellis (Gosf) 10:08; 9 C Reid (Blay) 10:15; 10 E Compton (Sun) 10:24
Fastest: H Peck (Morp) 9:06; Chong 9:11; L James (Hough) 9:23

TEAM (3 to score): 1 Birtley 36; 2 North Shields Poly 40; 3 Gosforth H 46

U13 (2.6km Handicap): 1 F Clarkson (CleS) 10:11; 2 A Local (CleS) 10:16; 3 K Joslyn (NSP) 10:19; 4 C Flanagan (Els) 10:41; 5 A Hunter (Gate) 10:44; 6 R Mackenney (Dur) 10:51; 7 S Johnstone (Gate) 11:02; 8 J Milburn (Gate) 11:05; 9 A Short (Tyne Br) 11:06; 10 M Mitchell (Black B) 11:11

Fastest: L Brown (Aln) 10:04; E Keeler-Clarke (Dur) 10:08; Clarkson 10:11

TEAM (3 to score): 1 Gateshead H 20; 2 Durham City H 35; 3 Chester Le Street 50
U11 (1.6km): 1 E Jones (CleS) 6:31; 2 I Fishwick (Derw) 6:40; 3 K Peck (Morp) 6:41

NORTH STAFFORDSHIRE LEAGUE, Winsford

Men (8km): 1 A Brecker (Stoke) 26:50; 2 F Mcgrath (Newc S) 27:19; 3 D Sheldon (Stoke) 27:35; 4 E Arselth (Trent) 28:10; 5 C Williams (Vale R) 28:13; 6 C Moulton (Boalloy) 28:17; 7 M Dalbins (Chead, M45) 28:21; 8 S Janally (Stoke) 28:33; 9 J Arnold (Stoke, M40) 28:45; 10 A

Lamont (Macc, M40) 28:46; 11 L Wrigley (Stoke) 28:47; 12 D Richardson (Stoke, M40) 28:57; 13 K Hallett-blanch (Stoke) 28:59; 14 S Fisher (Stoke) 29:00; 15 M Hall (Shrews) 29:01; 16 J Hickinbottom (Shrews) 29:04; 17 E Nicholls (Keele U, U20) 29:16; 18 J Burgess (Trent, M40) 29:30; 19 C Walsh (Sport W) 29:37; 20 J Ross (Staffs M) 29:42; 21 J Condylyffe (Stoke, U20) 29:45; 22 W Page (Keele U, U20) 29:56; 23 D Rowlands (Wrex, M45) 30:03; 24 S Bazell (Stoke, M40) 30:14; 25 B Light (Bux) 30:16; 26 D Giles (Newc S, M45) 30:20; 27 T Hendricken (Stoke) 30:21; 28 S Waters (Shrews) 30:25; 29 M McCormack (C&N, U20) 30:30; 30 C Bagshaw (Tel) 30:31

M45: 4 D Alexander (W Ches) 30:45; 5 J Goodwin (Boalloy) 30:49; 6 C Goodfellow (Macc) 31:34. **M50:** 1 T Twentymen (Newc S) 31:35; 2 D Allen (Chead) 31:57; 3 J Garmson (Tel) 32:43. **M55:** 1 M Haire (Boalloy) 32:30; 2 S Dunn (Trent) 33:42; 3 D Soles (Bux) 34:08; 4 S Jones (Tel) 35:13. **M60:** 1 P Savill (Shrews) 35:00; 2 A Haycock (Staff H) 37:51; 3 J Clarke (Vale R) 39:08. **M65:** 1 M Beardmore (Chead) 39:47. **M70:** 1 K Uzzell (Stone MM) 41:34. **U20:** 5 B Meir (Newc S) 32:26; 6 H Mohammed (Shrews) 32:45; 7 J Adamson (Newc S) 33:03; 8 R Gregory (Stoke) 33:07; 9 J Thomas (Stoke) 33:48; 10 D Fryer-winder (Bux) 34:05

U17 (5km): 1 L Parker (Macc) 18:45; 2 J Nixon (Newc S) 18:58; 3 W Kesteven (C&N) 19:10; 4 L Naggington (Newc S) 19:18; 5 A Mayne (Stoke) 19:29; 6 J Lally (Stoke) 19:30; 7 M Browne (Macc) 19:40; 8 J Droogmans (Newc S) 19:49; 9 P Goodfellow (Macc) 19:54; 10 J Purvis (Bux) 20:01; 11 L Farrant (Bux) 20:14; 12 A Doyle (Vale R) 20:19; 13 M Bonney (Staff H) 20:22; 14 L Moses (Tel, U15) 20:30; 15 D Soles (Bux) 20:34

U15 (4.5km): 1 F Proffitt (Macc) 13:59; 2 R Serif (C&N) 14:14; 3 W Ashfield (Vale R) 14:21; 4 S Soles (Bux) 14:22; 5 I Tate (W Ches) 14:49; 6 S Diamond (Bux) 15:01; 7 L Prestwich (C&N) 15:10; 8 M Douglass (W Ches) 15:15; 9 J Doorbar (Macc) 15:21; 10 H Bachofner (Macc) 15:24; 11 D Jones (Stoke) 15:28; 12 J Farrall (Boalloy) 15:30; 13 T Roberts (Macc) 15:34; 14 E Smith (Newc S) 15:35; 15 A Agell (Stoke) 15:51

U13 (3.5km): 1 J Wilson (C&N) 13:10; 2 S Rowe (Stoke) 13:37; 3 O Atkinson (C&N) 13:43; 4 C Preece (Tel) 13:50; 5 E Davis-hayes (C&N) 14:02; 6 I Laydon (C&N) 14:05; 7 A Whitlock (Macc) 14:09; 8 R Cooke (W Ches) 14:11; 9 H Robinson (W Ches) 14:13; 10 P Goodfellow (Macc) 14:16; 11 E Clowes (Newc S) 14:24; 12 J Knockton (Macc) 14:26; 13 O Bradley

(Macc) 14:31; 14 J Harvin (C&N) 14:33; 15 J Betteley (Newc S) 14:41

U11 (2km): 1 N Rowe (Stoke) 7:50; 2 R Munro (W Ches) 8:01; 3 H Parker-McLain (C&N) 8:10

Women (5km): 1 S Stockman (Macc, U20) 20:09; 2 C Martin (Tel, W40) 20:29; 3 R Twardochleb (Newc S, W50) 21:31; 4 K Marchant (Staffs M, W40) 22:09; 5 J Donnelly (Newc S, W40) 22:18; 6 L Dawson (Stoke, W40) 22:23; 7 W Swift (Trent, W45) 22:40; 8 D Thomas (Trent, W35) 22:48; 9 J Dickens (Trent, W45) 22:59; 10 J Matheson (Newc S, W50) 23:01; 11 J Moss (Congle, W45) 23:02; 12 R Leadbeater (Keele U, U20) 23:03; 13 J Dalbins (Chead, W40) 23:06; 14 N Skilton (C&S, W50) 23:07; 15 T Dean (Staffs M, W45) 23:07; 16 L Matthews (Newc S, U20) 23:09; 17 V Hughes (Stone MM, W40) 23:09; 18 L Whiston (Staffs M) 23:34; 19 S Smith (Vale R, U20) 23:36; 20 H Smith (Vale R, W45) 23:38

W45: 6 R Coupe (Tel) 23:59. **W50:** 3 J Bednal (Bux) 24:38; 4 T Wilson (Bux) 24:49; 5 S Kneill-boxley (C&S) 24:59. **W55:** 1 J Phillips (Trent) 25:21; 2 K Jones (Newc S) 25:50; 3 G Evans (Shrews) 25:53; 4 M Bermingham (Chase) 26:04. **W60:** 1 A Jones (Macc) 24:46; 2 G Willis (Chase) 26:31; 3 S Bradley (Bux) 28:25. **W65:** 1 P Davies (Stone MM) 28:19; 2 P Davies (Vale R) 30:35. **W70:** 1 D Fellows (C&S) 27:22. **W75:** 1 M Singleton (Col B) 38:06. **U20:** 6 G Ranford (Newc S) 23:55; 7 G Stanfield (Trent) 24:29; 8 P Mckellar (Keele U) 25:31; 9 K Unnithan (C&N) 25:56; 10 H Pickup (Boalloy) 26:15

U17 (4.5km): 1 E Clarkson (Newc S) 16:09; 2 I Clarke (W Ches) 16:30; 3 E Stanyer (Stoke) 17:04; 4 E Grinnell (C&N) 17:14; 5 A Kenwright (Vale R) 17:35; 6 L Robinson (Macc) 17:39; 7 E Durett (W Ches) 17:52; 8 H Dykes (Stoke) 18:10; 9 B Mcmann (W Ches) 18:17; 10 C Bradshaw (Stoke) 18:22; 11 R Hargreaves (Stoke) 18:28; 12 S Williams (Macc, U15) 18:39; 13 A Goring (C&N) 18:54; 14 A Oakley (Newc S) 18:58; 15 H Peachey (Macc) 19:17

U15 (3.5km): 1 S Heslop (Macc) 12:53; 2 E Schiller (Staffs M) 14:03; 3 E O'dea (Wrex) 14:11; 4 L Bednal (Bux) 14:24; 5 R Spencer (Macc) 14:38; 6 E Wilson (Bux) 14:51; 7 M Twardochleb (Newc S) 15:01; 8 N Tomkinson (Newc S) 15:17; 9 L Greeney (Macc) 15:17; 10 M Tinwell (Stoke) 15:21; 11 A Whelan (Bux) 15:36; 12 A Jones (Stoke) 15:52; 13 S Cotton (Newc S) 15:54; 14 J Copeland (Newc S) 15:57; 15 A Condylyffe (Stoke) 16:09

U13 (2km): 1 C Roberts (W Ches) 8:19; 2 A Abberley-Barker (Stoke) 8:22; 3 I Ashcroft (C&N) 8:27; 4 R Dilworth (Macc) 8:31; 5 N Bould (Stoke) 8:33; 6 S Phillips

(Staffs M) 8:55; 7 L Andrzejewski (Stoke) 8:57; 8 M Holding (Stoke) 8:58; 9 F Cooke (Macc) 8:59; 10 T Smith (Vale R) 9:01; 11 G Wile (C&N) 9:04; 12 L Chadwick (Stoke) 9:04; 13 E Holmes (Vale R) 9:05; 14 E Hudson (Vale R) 9:06; 15 L Guderis (Stoke) 9:07

U11 (2km): 1 L Donnelly (Newc S) 6:37; 2 P Lamb (Newc S) 6:39; 3 A Holdcroft (Boalloy) 6:57

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE, GREENFORD

U17 men (4.7km): 1 K Imroth (D&T, U15) 14:16; 2 L Garrett (Lon Hth) 14:21; 3 N Barnard (QPH) 14:43; 4 F Harvey (SB, U15) 14:51; 5 H Turner (Cookham) 15:18; 6 S March (Cookham, U15) 15:39; 7 A Gambrell (Cookham, U15) 15:43; 8 D Hepworth (SB, U15) 16:08; 9 E Mcardle (Trent P) 16:11; 10 F Sturrock (Trent P) 16:11; 11 W Douglas (Trent P) 16:12; 12 G Dowding (D&T) 16:25; 13 O Quin (QPH) 16:27; 14 C Morris (Harrow) 16:31; 15 A Saunders (D&T) 16:47

U15 (4km): 1 E Alexander (Trent P, U13) 11:31; 2 M Ali (Hill) 12:15; 3 A Khalif (Hill) 13:02; 4 M Armstrong (D&T) 13:16; 5 T Machin-Paley (High, U13) 13:16; 6 M Watson (High) 13:28; 7 F Truman-Williams (D&T) 13:31; 8 S Umashankar (TVH) 13:34; 9 E Lowe (Cookham) 13:37; 10 S Bunnell (D&T) 13:51; 11 B Reynolds (Cookham) 13:54; 12 C Hudson (Harrow) 13:57; 13 N Barnard (QPH) 13:57; 14 B Rock (TVH, U13) 13:58; 15 A Manget (ESM) 14:03

U13 (3km): 1 A Hamud (Hill) 10:31; 2 N Douglas (Trent P) 10:39; 3 A, Turner (TVH) 10:42; 4 R Weinbrecht (High) 10:49; 5 F Griffith (High) 10:53; 6 F McGrath (Cookham) 10:55; 7 S Blake (Lon Hth) 11:03; 8 F Combe (ESM) 11:11; 9 D Bunn (Harrow) 11:23; 10 J Bailey (High) 11:26; 11 O Painter (D&T) 11:26; 12 T Fryer (D&T) 11:29; 13 T Lebeau (Cookham) 11:31; 14 L Maher (Lon Hth) 11:38; 15 L Webster (Harrow) 11:43

U11 (2km): 1 Z Jones (Barn) 7:01; 2 L Bailey (High) 7:03; 3 R Rook (TVH) 7:21

U17 women (4km): 1 L Kyriacou (SB) 14:16; 2 A Grimes McTavish (ESM) 14:52; 3 J Chadwick (SB) 15:08; 4 A Ibrahim (ESM, U15) 15:15; 5 A Casey (TVH) 15:16; 6 M Naylor (Lon Hth) 15:24;

7 S Kent (SB, U15) 15:25; 8 E Conlon (Lon Hth, U15) 15:48; 9 L Cheshire (TVH, U15) 16:02; 10 L McKay (Lon Hth) 16:09

U15 (3km): 1 G Ingles (SB) 10:44; 2 E Roncarati (SB, U13) 11:18; 3 E Donald (High, U13) 11:21; 4 R Garrett (Lon Hth, U13) 11:28; 5 E Hathaway (Trent P) 11:29; 6 E Dumbleton (Lon Hth) 11:38; 7 A Cassidy (D&T) 11:41; 8 P Poupart-Lafarge (TVH) 11:47; 9 O Colegrave (TVH, U13) 11:49; 10 J Miranda (Barn, U13) 12:09; 11 K Lloyd (SB, U13) 12:34; 12 C Rousset (TVH) 12:41; 13 J Hoar (D&T) 12:42; 14 L Boden (D&T) 12:46; 15 F Courts (Ealing, Southall & Midd) 12:47

U13 (2km): 5 C Terry (Cookham) 6:55; 2 K Price (TVH) 7:02; 3 O Edwards (D&T) 7:16; 4 S Whitium (D&T) 7:21; 5 L Henson (ESM) 7:22; 6 L Dafter (TVH) 7:24; 7 L Dumbleton (Lon Hth) 7:27; 8 A Robertson (TVH) 7:29; 9 Z Clarke (Cookham) 7:31; 10 E O'goan (Harrow) 7:31; 11 C Edge (TVH) 7:32; 12 R Keohane (Trent P) 7:34; 13 S Brancato (Cookham, U11) 7:44; 14 K Horner (Cookham) 7:48; 15 Z Nelson (TVH) 7:49

U11 (2km): 1 A Abdurahman (Hill, U13) 5:46; 2 K Saunders (Harrow) 5:53; 3 E Chadwick (High) 5:58

SEPTEMBER 26

CARDIFF & THE VALE SCHOOLS GIRLS LEAGUE, Cardiff

Senior girls (3.4km): 1 G Wheeler (Whit) 12:33; 2 L Wright (Stk) 12:41; 3 N Riley (Rad) 13:01; 4 C Bill (Plas) 13:25; 5 S Rayment (Giant) 13:29; 6 M Goddard (Bol) 13:32; 7 M Friedl (Whit) 13:44; 8 M Wynne-Jones (Plas) 13:45; 9 G Sion (Bro M) 13:49; 10 M Howell (Cow) 13:51
Years 8/9 (2.8km): 1 M Lyons (Bro M) 10:49; 2 A Hill (Rad) 10:54; 3 F Bostock (How) 11:12; 4 G Goode (Bro M) 11:31; 5 E Andrews (Cow) 11:35; 6 F Roberts (Plas) 11:37; 7 M Watts (Plas) 11:52; 8 J Robinson (Stan) 11:56; 9 E Watkins (Cow) 12:02; 10 E Capey (Giant) 12:11

Year 7 (2.2km): 1 S Knoyle (Plas) 9:32; 2 T Nathan (Cow) 9:52; 3 S Davies (Bro M) 10:04; 4 B Hardman (Cow) 10:16; 5 H Hislop (Bro M) 10:26; 6 E Williams (Plas) 10:27; 7 M Petts (Rad) 10:35; 8 M Webb (Lwt) 10:38; 9 P Williams-Jones (Cow) 10:39; 10 B Evans (Giant) 10:40



Emma Holt: on her way to victory at Gateshead

ROAD

OCTOBER 1

ABBOTS LANGLEY TOUGH 10km

Overall: 1 O Hill (Wat J) 34:05; 2 A Mathur (SB) 36:12; 3 E Twomey (Wat, M40) 37:49

Women: 1 L Sharma (Gade V) 43:51; 2 S Hibbs (Gade V) 44:44; 3 C McDonnell (Gade V, W45) 44:54

Overall (3km): 1 T Edwards (U15) 15:23; 2 O Cooper (Wat, U13) 15:26; 3 J Weidner (U15) 16:16

Women: 1 D Mainwaring (Wat, U13) 17:09; 2 O Wilson (U15) 18:40; 3 I Dunbar (U15) 19:00

Overall (5km): 1 A Harris (U15) 16:23; 2 J Moore (U15) 16:26; 3 B Curtis 16:32

Women: 1 S Dempsey (SB, U17) 19:10; 2 A Cassidy (D&T, U15) 19:43; 3 J Hill (D&T, U15) 20:33

BURE VALLEY 10, Banningham

Overall: 1 C Hollinshead (C&S, M50) 57:51; 2 N Adams (N Norf, M40) 59:23; 3 P Harvey (Wym) 60:04

M65: 1 S Mead (S'mkt) 66:49. **M70:** 1 K Bowman (Colt) 73:58

Women: 1 E Attwood (S'mkt) 69:14; 2 R Leary (Norf G) 69:47; 3 E Woodfield (Nun, W40) 70:38

W45: 1 S Hurren (Wym) 71:07. **W50:** 1 C Devlin (Dere) 73:11. **W60:** 1 L Walker 82:51

BURNHAM-ON-SEA HALF-MARATHON, Burnham-on-Sea

Overall: 1 K Squibb (Tiv, M40) 79:29; 2 I Connock 79:55; 3 D Stacey (WSM) 81:01

Women: 1 L Paull (Taun) 92:08; 2 J McNamara (Chedd, W35) 92:28; 3 P Richards (Weston, W40) 93:17

W65: 1 M Humphries (Tiv) 1:58:16

BURNLEY FIRE 10km, Burnley

Overall: 1 J Watson (Clay) 34:29; 2 M Hartley (Barlick) 34:51; 3 B Costello (B'burn) 35:44

Women: 1 P Powell (B'burn, W40) 37:44; 2 A Thorpe 42:02; 3 A Pearson (Trawd) 43:51

CAMBERLEY JULIAN FARRELL 10km, Camberley

Overall: 1 A Pointon (AFD) 33:33; 2 M Symes (AFD, M40) 34:11; 3 C Phillips-hart (Serp) 34:55

Women: 1 N Densley (C'ley) 41:30; 2 S Stallwood (C'ley) 43:23; 3 S Roberts (W40) 44:06

CARDIFF UNIVERSITY/CARDIFF HALF-MARATHON, Cardiff

A BLISTERINGLY quick time by Edith Chelimo further elevated this race in its 15th edition, with the organisers claimed in the build-up to be the third biggest in Britain, *Paul Halford reports.*

The Kenyan clocked 65:52, the 13th fastest by a woman in history. Only five women have run quicker on courses recognised by the Association of Road Race Statisticians as eligible for record purposes. Earlier John Lotiang had won the IAAF Silver Label race outright as he ran 60:42, while Dewi Griffiths set a big PB of 61:33 in fourth.

The winning women's time, a PB for the victor by more than three minutes, was particularly surprising after the withdrawal of Violah Jepchumba, the fifth fastest in history, due to illness the night before. Surrounded by a group of top male runners, including 2017 World Championships marathon representative Josh Griffiths, she posted a 15:14 for the opening 5km to be on course for a world best in the low-64-minute range. It was

no shock she slowed to go through 10km in 30:56, but at this point had a lead of 57 seconds over the second woman, Dorcas Kimeli.

She went through 15km in 46:36 and the fade continued as she passed 20km in 62:30, before she rallied to record the fastest women's time ever in Britain, excluding marks from the downhill, point-to-point Simplyhealth Great North Run. Such is the rise in standards that it is only the only fifth-quickest this year.

The 31-year-old, who set her PB when finishing second in Berlin last spring, said: "I'm really surprised [with the time]. This is a miracle for me. I was thinking I could maybe do 67:00.

Yesterday I was discussing with my manager and I was telling him maybe I can do 3:14 per kilometre (68 minutes) and he was telling me maybe I could go for 67. But it was amazing to see 65."

Chelimo plans next to race the Marseille-Cassis 20km in France on October 29. She is not sure about the IAAF World Half-marathon Championships next spring as she says there are so many Kenyans running around her times.

She was followed next by Kimeli in 70:48 as Beatrice Mutai (70:55) made it a Kenyan one-two-three.

Fifth-placed Jenny Nesbitt was the top British finisher in 73:23. The Worcester AC athlete, who was fifth over 10,000m at the World University Games in August, said: "I've only been back training for three weeks after the World Unis so to come back and do that, I was really pleased." Caryl Jones was next Brit, sixth with 75:24 and next woman to cross the line was her fellow Swansea Harrier Elinor Kirk, with 79:23.

Up at the front, a group of nine passed 5km in 14:16, just before Lotiang led a breakaway of three. Eritrea's Hiskel Tewelde and Kenya's Kipkemboi Kiprono went with him. Defending champion Shadrack Kiminyi, who had been dropped at that point, was returning to contention at five miles so that four men passed 10km in 28:29. Tewelde was dropped just before nine miles and then the lead trio took 15km in 42:58. The breakaway from Lotiang, the winner of this year's Warsaw Marathon, came just before 50 minutes was reached, and he went on to finish seven seconds in front of Kiminyi, with Kiprono third in 61:10.

After finishing ahead of more than 19,000, the winner, whose best of 60:16 dates from 2013, said: "Today was a very nice day for me. I was not even thinking I could win the race. I'm very happy and I want to come here next year. My next goal is to run 59 minutes. I think I can go quicker with faster guys in the race."

Griffiths had run a PB of 62:53 just three weeks earlier at the Great North so was delighted with his performance as he prepares to make his marathon debut at the end of this month.

After being watched by former world marathon record-holder Steve Jones – now the only Welshman quicker than him – the GB all-time No.13 said: "To come back comfortably after 62, I'm ecstatic. I couldn't believe how, mile after mile, I was still feeling good."

His 5km splits were 14:26, 14:26, 14:33, 14:30 and 15:00.

In 13th, Charlie Hulson was the next Brit, running 65:13. Next followed Ireland's Mick Clohisey (65:34) and Josh Griffiths (65:38).

Josh Griffiths said: "I didn't know what to expect after the World Champs because I'd only been back training properly for a few weeks and it's my first big race. It's come out with a positive and

I just to take this forward into the winter."

Overall (HM): 1 J Lotiang (KEN) 60:42; 2 S Kiminyi 60:49; 3 K Kiprono 61:10; 4 D Griffiths (Swan) 61:33; 5 H Tewelde 61:43; 6 E Kiptanui 62:34; 7 J Bett 62:36; 8 M Taguchi 62:58; 9 E Kiptoo Kemboi 63:35; 10 M Hadout 63:41; 11 W Murgor 63:42; 12 W Ueno 64:54; 13 C Hulson (Sale) 65:33; 14 M Clohisey (65:34); 15 J Griffiths (Swan) 65:38; 16 T Yagihara 65:39; 17 R Horton (SB) 65:50; 18 E Chelimo (KEN, W) 65:52; 19 M Clowes (Card) 66:07; 20 P Matthews (Swan, M35) 67:14; 21 A Douglas (I'clyde) 67:37; 22 B Fish (B'burn, M35) 68:38; 23 T Merson (B&W) 68:39; 24 S Mitchell (B&W) 69:09; 25 T Fitzpatrick (M35) 69:14; 26 S Hehir 69:52; 27 J Parslow (D&T) 70:15; 28 T Roberts (Meir) 70:27; 29 E Hind (Leight FR) 70:39; 30 D Kimeli (W) 70:50; 31 M Bialogonski (B&W) 70:53; 32 B Mutai (W) 70:57; 33 H Lupton (Charm) 71:15; 34 J Barnett (Teign, U20) 71:30; 35 Z Yimer Worku (W) 71:31; 36 S Humphrey (VP&TH) 72:08; 37 T Griffiths (G&G) 72:09; 38 A Hughes (Aberys, M40) 72:09; 39 J Andrews (Ply H) 72:15; 40 W Woodcock (Wirr) 72:26; 41 D Nevins (Harrod, M35) 72:27; 42 R Baker (Les C, M45) 72:29; 43 M Rees (Swan) 72:35; 44 O Williams (Les C) 72:41; 45 J Nesbit (Worc, W) 73:23; 46 C Williams (MickMorris, U20) 73:37; 47 R Jackson-Hookins (Pen, M35) 73:50; 48 I Harris (Swan) 74:22; 49 J Blackburn (P'pridd R) 74:28; 50 R Johnson (Aberys, M40) 74:30; 51 M Hornsby (M35) 74:30; 52 L Turner (Torb, M40) 74:37; 53 T Iveson (Bullth, M35) 74:43; 54 A Mcmulkinn 74:46

M40: 4 M Jacklin (A'dare) 76:56; 5 P Davis (High) 76:57; 6 J Nunn 77:00; 7 M Clark (S Molt) 77:06. **M45:** 2 G Smith (Hean) 78:18; 3 E Morgan (Les C) 79:20. **M50:** 1 M Pfeiffer (Brec) 76:18; 2 M Dooley (Bath) 77:32; 3 M Colwill (Bide) 78:34; 4 S Wherry (Hayle) 81:09; 5 D Williams (Parc BB) 81:45; 6 N Hardee (Newp) 81:51; 7 A Blair (Les C) 82:09; 8 M Williams (Les C) 82:26. **M55:** 1 I Lloyd (Swan) 79:11; 2 D James (Les C) 83:37; 3 V Nazareth (Les C) 84:11; 4 S Osborne (B'end) 85:05. **M60:** 1 D Griffiths 84:39; 2 J Goodland (B&W) 88:51. **M65:** 1 L Cattle 89:27. **U20:** 3 M Grantham 75:22

Women: 1 Kimeli 70:50; 3 Mutai 70:57; 4 Yimer Worku 71:31; 5 Nesbit 73:23; 6 C Jones (Swan) 75:24; 7 E Kirk (Swan) 79:23; 8 N Cockram (MickMorris) 79:30; 9 E Stepto (Corn, W45) 79:37; 10 A Beynon-Thomas (Swan) 81:33; 11 C Hughes (Card) 81:51; 12 K Svane (Bath) 82:28; 13 E Lagomarsino (San D) 82:52; 14 E McDowall (Head, W45) 83:04; 15 A Thorn (Erme, W40) 84:35; 16 A Taylor (Spirit of

Monmouth) 86:18; 17 L Jones (Amman, W35) 86:55

W40: 2 K Hughes (W'bury) 88:47; 3 M Nash 89:05. **W45:** 3 M Williams (Brackla) 87:08; 4 S Chipper (Lis) 87:53. **W50:** 1 N Morgan (Chep) 89:40; 2 D Ezard 89:50. **W55:** 1 A Mair (Les C) 90:09

Overall (HM): 1 M Nicholls (Cov, W40) 59:42; 2 R Powell (M45) 63:50; 3 R Smith (Cov, M40) 70:31

CHELtenham HALF-MARATHON

Overall: 1 B Price (Chelt, M35) 70:33; 2 O Mott (Chelt) 70:52; 3 P Bridge (Yeov O) 70:59; 4 A Lee (Chelt, M35) 74:36; 5 T Leckie 74:52

M40: 1 G Whitehouse (Tip) 76:49; 2 D Tomlin (Chelt) 77:48. **M50:** 1 C Goodwin (CLC) 82:40. **M70:** 1 J Liprot (Almost) 1:44:06; 2 S Turfrey (Chelt) 1:44:14

Women: 1 R Felton (SB, W35) 78:56; 2 S Stone (Tiv, W40) 82:22; 3 S Crombie-Hicks (Chelt, W45) 83:39; 4 H Mott (Chelt) 84:37; 5 M O'Rourke (Chilt, W35) 86:20; 6 S Chudley (Ciren, W40) 86:34. **W40:** 3 K Krzywiec (NCT&R) 87:52; 4 J Fletcher 90:58. **W55:** 1 C Jones 94:26; 2 K Galpin (Almost) 99:42. **W60:** 1 T Woodman (Phoe) 1:41:34. **W70:** 1 J Stone (N Dev RR) 1:57:51

CONGLETON HALF-MARATHON

Overall: 1 S Myatt (Trent, M35) 74:48; 2 P Jones (Shrews, M45) 75:03; 3 C Moulton (Boalloy, M35) 75:15

M45: 2 S Doyle (Vale R) 77:31. **M65:** 1 D Alcock (Trent) 92:36. **M70:** 1 B Blyth (Macc) 1:44:03

Women: 1 D McVey (Wilm, W40) 82:43; 2 K Defries (Trent) 85:26; 3 J Bentley (Stone MM, W40) 92:49

W55: 1 C Bird (Bidd) 96:25; 2 J Phillips (Trent) 99:22; 3 N Mowat (Wilm) 1:43:12

CRICKLADE HALF-MARATHON

Overall: 1 M England (Chelt, M35) 74:53; 2 D Cahill (Wells) 77:05; 3 G O'Brien (Swin, M45) 79:02

M65: 1 N Langridge (Thornb) 96:34. **Women:** 1 F Maycock (Chelt, W50) 86:32; 2 S Wintle (Swin S, W40) 94:41; 3 J Gullick (Almost, W50) 95:17

Overall (10km): 1 S Fisher (Oxf C, M35) 34:42; 2 J Rooney (B&W, M40) 36:44; 3 A Duncan (Chipp, M35) 37:13

Women: 1 J Musk (Ciren) 40:15; 2 D Nott (Calne, W45) 41:17; 3 V Jordan (W50) 45:20

CUSWORTH 10km, Doncaster

Overall: 1 S Hinchcliffe (P'stone) 32:39; 2 L Milburn (Donc) 34:01; 3 J Sweetnam-Powell (Sheff RC) 34:46

M50: 1 S Wright (Donc) 36:08. **M60:** 1 K Newson (Donc) 37:39. **M70:** 1 M Casey (Barns) 42:49

Women: 1 F Davies (Roth, W40) 38:35; 2 R Winter (Ack) 39:07; 3 N Devine (Donc) 39:20

W35: 1 K Shipman (Clowne) 40:06. **W40:** 2 K Storrar (Barns) 41:35. **W50:** 1 B Coomber (Denb DT) 40:56. **W70:** 1 J Heeley (Barns H) 59:42

GIFFORDTOWN 5km, Giffordtown

Overall: 1 L Rees (Fife) 14:59; 2 G Bryson (Edin, U20) 15:37; 3 S Fernando (Fife, U20) 16:10

M45: 1 G Barrie (Dund H) 16:29. **M55:** 1 B Aitken (Fife) 18:34; 2 J Tomlinson (Fife) 18:45. **M60:** 1 T Martin (Falk TR) 18:40; 2 A Marr (PH Racing) 19:47

Women: 1 H Rees (Fife) 17:39; 2 A Hedley (Fife, U15) 17:47; 3 S Logan (Fife) 18:14; 4 L Gibson (Fife) 18:33

W40: 1 G Sangster (Dund RR) 20:00. **W60:** 1 I Bracegirdle (Fife) 22:14; 2 M Martin (Fife) 22:34. **W70:** 1 M Robertson (Dund RR) 27:55

HANNEY 5, East Hanney

Overall: 1 J Bolton (W'stock, M40) 25:57; 2 M Costley (Soton) 26:36; 3 O Stepany (Abing) 27:05

W40: 1 R Storey (Eynsh) 29:11; 2 D Cantwell (W'stock) 29:40. **M55:** 1 P Cousins (Hay H) 29:56; 2 S Dales (Head) 30:51. **M60:** 1 P Gregory (VoA) 29:00; 2 B Vaughan (W'stock) 31:51; 3 I Fairclough (Newb) 32:16; 4 J Burgess (Alch) 32:48.

M65: 1 M Sheridan (Newb) 34:41. **M70:** 1 R Treadwell (Oxf C) 32:59

Women: 1 C Mowforth (W Horse) 32:33; 2 C Ridewood (Abing, U20) 32:54; 3 R Shaw (Head, W40) 33:04

W40: 2 T Wise (Did R) 33:28. **W45:** 1 R Bennett (W Horse) 34:14; 2 K Allred (Eynsh) 34:40. **W55:** 1 K Bates (Eynsh) 35:23. **W60:** 1 W Millatt (Abing) 39:52. **W70:** 1 K Williamson (Eynsh) 38:58

LITTLEBOROUGH 10km, Littleborough, Greater Manchester

Overall: 1 L Livesy (Barlick, M35) 33:52; 2 M Mannings (O&R) 34:54; 3 C Williams (Queensb) 35:26

M55: 1 B Davies 37:48. **M70:** 1 G Cumber (Hal) 43:36

Women: 1 J Sutcliffe (Hal, W40) 40:49; 2 A Caufield (Hal) 41:10; 3 J Dixon (M'ton) 42:26

W55: 1 A Blomfield (Roch H) 43:40; 2 H Berrett (Hal) 46:19. **W60:** 1 J Needham (Roch H) 49:14

MARTY'S RUN 5km, Derry

Overall: 1 G Kipsang (Derry CT) 15:05; 2 S Rankin (Foyle V) 15:12; 3 A McGowan (Foyle V) 16:26

Women: 1 C Whorisley (Derry) 18:07; 2 A McGinley (Foyle V, U20) 19:47; 3 M McMullan (Foyle V, W45) 19:53



HUM EVANS AGENCY



Claire Cooney:
Lincoln victory

MIDDLESEX 10km, Victoria Park
ABDISHAKUR ABDULLE started to go clear with 4km remaining of the 10km but it was a close race to the finish, *Alastair Aitken* reports.

It was at halfway, in the three-lap race on the paths, that things looked intriguing. A close-knit bunch were running together, ahead of the field of 300, before Alex Milne stepped up the pace. Thereafter, Abdulle went to the front and made his decisive move. Although chased by Antonio Silva and Milne, he held on well to win by just four seconds.

Abdulle's Hillingdon AC Somali coach, Idris Hamud, remarked: "I was very pleased with Abdi's run. I thought those running longer distances like Silva, would be stronger near the end. I was very happy he kept it up to the finish."

Isabel Clark was a convincing women's winner in 35:20.

Overall: 1 A Abdulle (Hill) 31:15; 2 A Silva (TVH) 31:19; 3 A Milne (E&H) 31:21; 4 T Aldred (Lon Hth, M35) 32:19; 5 C Wright (Serp) 32:24; 6 M Mohamed (Hill) 32:36; 7 R Hope (VP&TH, M45) 32:43; 8 J Franklin (Serp) 32:55; 9 J Dale (VP&TH, M35) 33:04; 10 A Fraquelli (Serp) 33:06; 11 G Anderson (Kent) 33:07; 12 G King (Win) 33:19; 13 J Young (E&H, U17) 33:24; 14 R Thompson (Hill) 33:26; 15 N Besson (Serp, M35) 33:29; 16 M Ismail (Herne H, M35) 33:31; 17 A Inglis (Camb H, M40) 33:34; 18 D Steel (WG&EL) 33:38; 19 H Torry (Serp, M35) 33:50; 20 E Zeration (Hill) 33:57; 21 P Woodriddle (Serp) 34:01; 22 S Hobbs (VP&TH, M40) 34:06; 23 N Pask (QPH, M40) 34:10; 24 C Hardy (Lon Hth) 34:13; 25 K Doulis (Lon Hth) 34:18; 26 C Selya-Hammer (Rane, M35) 34:21; 27 M Balen (Serp) 34:22; 28 S Woolley (W4H, M35) 34:23; 29 S Dunderdale (Lon Hth, M35) 34:24; 30 R Owers (Trent P) 34:24; 31 O Kean (High) 34:27; 32 S Craddock (Serp, M35) 34:40; 33 J Casal Perez (Lon Hth, M40) 34:46; 34 J Laing (Hill) 34:54; 35 S Barrett (Serp, M40) 34:55

M45: 2 A Mitchell (TVH) 35:03; 3 A Reeves (Serp) 35:17. **M50:** 1 C Hartley (Lon Hth) 36:43. **M55:** 1 A Davidson (High) 36:59; 2 P Kelland (Lon Hth) 38:03; 3 E Paul (Orion) 38:28
Women: 1 I Clark (Serp) 35:20; 2 R Piggott (Lon Hth) 37:52; 3 R Thomas (VP&TH, W35) 38:38; 4 S Donges (VP&TH) 38:53; 5 T Murphy (Kent, W40) 38:54; 6 B Scott (Lon Hth) 38:54; 7 A Harwood (Hill) 39:04; 8 A Byrne (VP&TH) 39:25; 9 A Thomson (Kent) 39:44
W50: 1 K Carruthers (Hill) 44:58. **W60:** 1 C White (Lon Hth) 47:52; 2 S Newton

(Serp) 49:12
LINCOLN HALF-MARATHON

WHEN the race returned to the calendar last year, Matt Bowser took the event in 68:15 and, in difficult conditions, he returned in 2017 to retain his title, *Martin Duff* reports.

A member of his Lincoln Wellington club's winning Northern six-stage relay team two weeks earlier, the 34-year-old did enough for a good work-out as he went in a canter in 70:46. Before the start he said: "I want to take it easy with the Nationals (6-stage) coming up next week, as last year I went off too fast."

After battling a strong wind and splashing through the mud on the finishing straight, Bowser added: "That was hard. I was running five-minute miles then, uphill, two at six minutes, then I came home steady as I'm just getting back into shape."

The closed road course through historic Lincoln took the runners through Burton Waters, along the Fossdyke Canal, through Brayford Wharf, up to the impressive landmarks of Lincoln Cathedral and Lincoln Castle and back to the Showground. The steep hills, both down and up, detract from its ability to yield good times.

Overall: 1 M Bowser (Linc W) 70:46; 2 S Fitzpatrick (Herne H) 75:46; 3 A Baker (Linc W) 76:23
M45: S Barks (Linc W) 78:28
Women: 1 C Cooney 92:09; 2 B Wilmot (Tri Money) 93:21; 3 R Beasley (Kenil) 94:09

MORNINGTON CHASERS REGENT'S PARK 10km WINTER SERIES

Overall: 1 B Crabb (M40) 35:08; 2 J Rodriguez Zaurin 35:51; 3 C Tsantoulas 37:54
Women: 1 F Beechener 41:58; 2 E Hayward (Morn) 43:40; 3 G Mackie (Felix) 45:03

PHILLIPS DESTINATION BASINGSTOKE HALF-MARATHON

Overall: 1 M Bennett (Soton) 72:33; 2 R Wood (BMH) 73:14; 3 D Ragan (BMH) 75:00
M40: 1 A Hamilton (BMH) 75:13. **M60:** 1 R Burton (BMH) 90:02
Women: 1 L Locks (Hart RR, W40) 84:14; 2 K Towerton 86:43; 3 M Bourne (W40) 92:18

PONTEFRAC HALF-MARATHON, PONTEFRAC

Overall: 1 M Hobbs 73:32; 2 S Newton 78:18; 3 S Spears (Ack, M35) 79:33
Women: 1 H Nancolas 93:28; 2 E Taylor

94:15; 3 S Warris 97:34
REDCAR HALF MARATHON, Redcar
FINISHING 10th overall, Britain's World Championships marathoner Alyson Dixon won the women's race in 77:30.

Overall (HM): 1 D Newton (New M) 71:06; 2 M Joyeux (Quak) 71:19; 3 L Gamble-Thompson (New M) 71:34; 4 G Jayasuriya (M&C) 72:02; 5 M Burrett (Leeds C, M40) 73:21; 6 J Fahey (N Yks M) 74:50

M40: 2 D Purvis (CleS) 76:21. **M45:** 1 J Clifford (Even) 75:14; 2 D Munnelly (Tyne) 79:42; 3 W Pearson (Crook) 79:45. **M55:** 1 P Collins (Scar) 85:54. **M60:** 1 L Taylor (N Yks M) 87:58

Women: 1 A Dixon (Sun S, W35) 77:30; 2 S Bulman (New M, W40) 90:25; 3 B Wright (BWF, W55) 91:14
W45: 1 L Trainor (Quak) 93:47. **W50:** 1 K Neesam (New M) 91:50. **W60:** 1 M Hesketh (Prest) 98:10

Wheelchair (HM): 1 B Crossley (M40) 51:08; 2 T Bosch (M35) 55:14; 3 J Jones (W) 56:53

RUN FOR ROTARY 10km SERIES, Kites Hardwick

Overall: 1 A Siggers (Kenil, M35) 35:40; 2 T Moseley (Beck, M35) 36:52; 3 D Pebody 40:02
Women: 1 J Guard (W35) 42:50; 2 A Cobb (R&N, W50) 46:58; 3 S Lawrence 49:11

SHELTON STRIDERS 10km, Derby

Overall: 1 A Harding (Belp) 33:28; 2 C Millett (Team Derby Runner) 34:48; 3 C Baxter (Badgers) 35:32
M55: 1 A Chambers (Ivan) 38:35
Women: 1 R Olivand (Der, W35) 38:44; 2 L Shipley (Der) 40:43; 3 P Holden (Shelt, W45) 42:39
W55: 1 J Burke (Hean) 43:19

SITTINGBOURNE STRIDERS CHRIS RYMAN MEMORIAL 10

Overall: 1 T Menges (M&M) 54:57; 2 S Habton (M&M, U20) 58:06; 3 B Cameron (Thant) 58:32
M45: 1 S Davies (Dulw) 59:53
Women: 1 L Weeks (M&M, W35) 64:14; 2 T Oldershaw (Padd W, W50) 65:34; 3 P Clements (Tun W, W40) 69:58
W45: 1 M Skinner (Than) 71:41. **W50:** 2 J Phillips (Orp) 72:01; 3 M Lennon (Dulw) 73:33. **W55:** 1 C Costiff (Ashf D) 77:52
W60: 1 J Lenton (Orp) 77:30. **W65:** 1 R Tabor (Dulw) 79:31

SOUTH BUCKS 10km, Wexham

Overall: 1 J Branch (Wyc P) 33:39; 2 J Hartop (Serp, M40) 34:30; 3 S Sikora (Mari S, M40) 35:29
M50: 1 M Kencroft (ESM) 37:14. **M70:** 1 I Spencer (Datch) 47:06
Women: 1 S Jarman (Chilt, W40) 41:44; 2 K Loach (Chilt, W55) 43:32; 3 S Gerrie (ESM) 44:01
W65: 1 A Bowles (Mari S) 50:51; 2 S Barnes (VoA) 51:39

SOUTHDEN 10km CLASSIC

ADAM HICKEY won the men's race easily in 30:31. Hannah Viner was first woman in 36:36.

Overall: 1 A Hickey (S'end) 30:31; 2 P Whittaker (RR) 31:24; 3 T Frith (S'end) 31:42; 4 C Rainsford (High) 32:19; 5 C Bloomfield (B'cay, M40) 32:48; 6 A Humphreys (E'bn) 33:09; 7 P Bracken (Ben) 33:10; 8 H Smith (Bas) 33:23; 9 C Burgoyne (Spring S, M35) 33:28; 10 T Wright (S'end, U20) 34:26; 11 M Waller (M40) 34:40; 12 C Hatton (S'end) 34:51
M40: 3 L Taylor (S'end) 35:08; 4 C Holmes (S'end) 35:25. **M45:** 1 A Low (Ben) 35:03. **M60:** 1 E Brown (B'cay) 40:52. **M65:** 1 M Burnstead (Thurr)

41:37
Women: 1 H Viner (High) 36:36; 2 E Burgess (High) 37:05; 3 L Shewbridge (Col H, W35) 38:40
W55: 1 R Pittman (Spring S) 43:34

STANDARD CHARTERED JERSEY MARATHON, St Helier

Overall: 1 H Chirchir (Project Africa Athletics) 2:22:32; 2 E Melly 2:26:43; 3 J Koech 2:29:27; 4 A Grant (H'gate, M45) 2:32:28; 5 T Bailey 2:35:28

M40: 1 E Lincoln 2:51:12. **M50:** 1 P Ahier (Jer) 2:50:12

Women: 1 U Maisch (Guern, W40) 2:57:28; 2 I Zalite (LAT, W40) 2:59:45; 3 S Kimutai 3:01:09; 4 C Probert (Edin) 3:05:32; 5 M Buckle (Newc S, W40) 3:14:13

W50: 1 S Thompson (Jer) 3:20:23; 2 A Sadler (Tewkesbury TC) 3:35:21; 3 M Evans (Jer) 3:39:26. **W55:** 1 C Findlay (D&T) 3:41:37

TONBRIDGE HALF-MARATHON

Overall: 1 J Rendall (Ton, M40) 74:17; 2 D Bradley (Ton) 76:03; 3 C Tricker (Padd W, M35) 77:31

M50: 1 C Poulton (Camb H) 81:25. **U20:** 1 D Blades (Ton) 77:59

Women: 1 M Heslop (Ton, W45) 83:34; 2 N Wilkinson 86:42; 3 R De Stacpoole 92:15

WESTERN 10, Peel

Overall: 1 O Lockley (Manx) 52:54; 2 A Corlett (Manx) 54:57; 3 C Varley (Manx) 56:03

Women: 1 H Taylor (Western, W40) 76:39; 2 R Craine (Nthn (IOM), W45) 78:50; 3 E Kawalenski (W35) 80:02

SEPTEMBER 30

BANGOR 10km, Bangor

GIDEON KIPSANG and Laura Graham were the impressive winners of the George Best City Airport-sponsored event hosted by North Down AC, *Malcolm McCausland* reports.

Held in sunny but breezy conditions, the race attracted a record entry of almost 1200 runners.

Kipsang followed the early leader Paddy Hamilton for the first kilometre through Bangor town centre before taking charge at the front. After that it was just a question of how much the Derry-based Kenyon would win by as he passed the halfway point in 15:05. The man from the Rift Valley forged on over the hilly country roads around Groomsport before returning to Bangor's Ward park where he broke the tape in a new course record and PB 30:03.

One minute and a half in arrears, Paddy Hamilton took the runner-up prize in 31:30, with Chris Madden having arguably his best run of the year to take third in 32:04.

Laura Graham made a quick return to action in the women's race just six days after her phenomenal 2:37:05 clocking in the Berlin Marathon. The Kilkeel mother of four wasted little time in showing a clean pair of heels to her female opposition as she flew to a 34:37 timing for 15th place overall. The host club's Jessica Craig took second in 36:09, well clear of Cathy McCourt who returned to competition after injury with a 38:06 timing.

Overall: 1 G Kipsang (KEN) 30:03; 2 P Hamilton (Sieve G, M35) 31:30; 3 C Madden (Lisb) 32:04; 4 M McKinstry (NBH) 32:35; 5 C McMeechan (N Down, U20) 32:51; 6 E McGinty (City of Norwich TC) 33:01; 7 K Doherty (Derry) 33:22; 8 M Long (Derry) 33:37; 9 N Weir (Willow, M40) 33:50; 10 D Scott (N Down) 34:01;

11 J Budde (N Down, M35) 34:11; 12 F Marsh (N Down, M50) 34:25; 13 M Jennings (NBH) 34:28; 14 B Teer 34:35; 15 L Graham (Mourne, W) 34:37; 16 K Swan (NBH) 34:40

M45: 1 M Smith (Mallusk) 35:03; 2 M Wright (Anna) 35:27. **M55:** 1 D Clarke (NBH) 35:54; 2 N Connor (Ballym R) 36:38; 3 L Johnston (NBH) 37:56; 4 N Grier (Drom) 38:33; 5 N Mawhinney (B'drain) 38:52. **U20:** 2 T Patterson (N Down) 35:48

Women: 1 Graham 34:37; 2 J Craig (N Down) 36:09; 3 C McCourt (W40) 38:06; 4 K Neely (Lisb, W35) 38:15; 5 A Perry (B'drain, W45) 39:11; 6 R Gibson (N Down) 39:20; 7 A Terek (Lisb, W50) 39:34; 8 J Murphy (Lag V, W40) 39:57
W50: 2 P Lindsay (NBH) 43:13. **W60:** 1 M Mackin (Drom) 49:15

LINCOLNSHIRE WOLDS 10, Swallow

Overall: 1 N Martin (Caist) 54:13; 2 W Strangeway (Linc W) 55:16; 3 L Westwood (Knaves) 58:19

M45: 1 R Harris (Wold) 59:13. **M50:** 1 S Dring (Wold) 61:29. **M60:** 1 G Perkins (Wold) 66:13. **M70:** 1 D Brown 75:49

Women: 1 M Hanby (Bart D, W50) 63:27; 2 R Ward 65:37; 3 L Kaye (Dur) 65:47

W50: 2 B Wilson (Clee) 68:14; 3 P Downing (Mab) 70:42; 4 T Gibson (Wold) 73:44. **W60:** 1 G Crosskill (Bart D) 81:27. **W65:** 1 B Brown (Wold) 81:33

PILLING 10km SERIES, Pilling

Overall: 1 M Duckworth (Clay) 36:25; 2 J Mulvany (Wesh, M35) 36:29; 3 R Mulvany (M40) 36:33

M55: 1 J Cook (B'urn RR) 38:10; 2 D Norman (Warr) 38:36

Women: 1 L Rudd (Stock H, W40) 36:55; 2 K Wood (Oxf U) 39:23; 3 E Wright (B'burn RR) 41:08

W70: 1 C Douglass (R Rose) 51:23; 2 H Christian 57:39

WICKERSLEY CHASE 5, Wickersley

Overall: 1 K Doyle (K'worth, M40) 26:38; 2 T Meager (Steel) 26:52; 3 L Rawson (K'worth, M45) 26:59

Women: 1 D Elliott (Roth, W50) 31:19; 2 T Hague (Roth) 32:13; 3 G Barber (Malt, W50) 32:55

SEPTEMBER 29

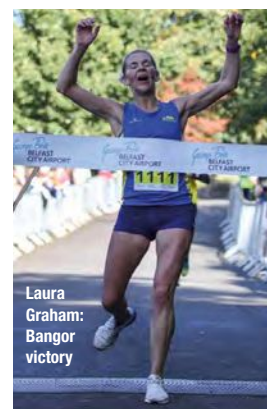
HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km, Hyde Park

Overall: 1 Z Randall (SB) 16:00; 2 D Lee (Datch) 16:29; 3 N Pask (QPH, M40) 16:43

M55: 1 J Bere (High) 18:32. **M70:** 1 T Rea (Drag) 22:56

Women: 1 C Jackson 19:43; 2 R Hutton (S Lon, W50) 20:30; 3 C Wilding (Serp, W45) 20:31

W50: 2 P Major (S Lon) 21:56. **W55:** 1 L Woolhouse 20:35. **W60:** 1 P Clarke



Laura Graham:
Bangor victory

KEITH MOCULURE

FELL

OCTOBER 1

BENNACHIE, Oyne

Overall (8.2M/1500ft): 1 R Simpson (Dees R) 55:21; 2 H Battle (Metro) 58:08; 3 S Worms 60:03; 4 J Espie (Dees R) 60:41; 5 S Milton (Metro) 60:49; 6 J Tole (Metro, M40) 62:21
M50: D Kerridge (Dees R) 69:21. **M60:** B Miller (Harr) 87:47
Women: 1 V Oldham (Cosmic, W50) 72:11; 2 K Bain (Edin) 75:25; 3 V Barrand (Metro) 77:26; 4 H Cameron (Forres, W40) 78:59
W60: R Evans (W'lands CC) 91:58

HODGSON BROTHERS MOUNTAIN RELAY, Brotherswater

Overall (25M/8500ft, teams of 8 in pairs): 1 Eden (mixed) 3:28:46 (C Hurton/D Hurton, N Hurton/J Eyre, S Morley/G Jackson, A Phillips/J Tombs); 2 N'land F 3:30:51; 3 Lons (mixed) 3:31:46
M40+: B Combe 3:36:22
Women: 1 Amble 3:32:43 (M Foxwell/H Robinson, S McCormack/L Roberts, J Reedy/K Roberts, K Wright/A Gibbs); 2 Helm H 3:33:49; 3 Dark Pk 3:34:11

ROMBALDS ROMP, Ilkley

Overall (7M/1083ft): 1 C Hanson (P&B) 52:27; 2 R Pattinson (M50) 53:29; 3 A Collins (Barl) 53:57; 4 D Wilkinson (Ilkley, M40) 54:51
M70: G Breeze (Wharf) 90:30
Women: 1 S Lewis (R'hay) 64:03; 2 J Whiteman (Chapel A) 70:06; 3 K Briggs (Bail) 72:57
W45: A Pattinson (Horsf) 73:45

SEPTEMBER 30

THIEVELEY PIKE, Burnley

Overall (4.25M/1300ft): 1 A Worster (Tod) 36:33; 2 P Davies (Dark Pk) 36:43; 3 I Conroy (Horw) 37:15; 4 J Warburton (Knare) 37:31; 5 D Fishwick (Chorley, M45) 38:14
M50: G Goodwin (Acc RR) 39:58. **M60:** T Taylor (Ross) 43:25. **M70:** K Taylor (Ross) 45:00
U19: M Howard (Calder V) 39:06
U15: J Hall (Clay) 39:50
Women: 1 L Brindle (Horw) 39:46; 2 A Roberts (Tod) 40:03; 3 D Gowans (Acc RR, W50) 44:25
W55: C Whitaker (Wharf) 50:40. **W60:** L Lord (Clay) 54:16
U15: B Reid (Chorley) 48:39

COMMEDAGH CHASE, Trassey

Overall (13km, ascent not measured): 1 I Bailey (Newc) 57:46; 2 S Lynch (Newc) 58:22; 3 T Johnston (Mourne) 62:32; 4 C Murtagh (Newc) 62:39
M40: A Brennan 67:25. **M50:** D Mathers (Mourne) 72:55. **M70:** J Patterson (Newc) 83:04
Women: 1 S O'Kane (Lagan, W45) 75:36; 2 M Hell (N Belf) 80:03; 3 B Haugh (Mourne) 80:28

SEPTEMBER 23

NORTH WALES JUNIOR CHAMPIONSHIPS, Llandudno

U19 (6.9km/800ft): 1 M Parry (Col B) 23:05 (rec); 2 G Hall 25:25
U19 women: 1 H Roberts (Col B) 26:26 (rec); 2 C Donnelly (Menai) 27:32
U17 (6.4km/720ft): 1 C La Trobe Roberts (Menai) 20:21; 2 M Dunford 20:30; 3 L Guest 20:35
U17 women: 1 E Hanlon (Col B) 24:25; 2 F Rees-Jones (Menai) 25:35; 3 S Edwards (Menai) 28:20
U15 (4.8km/700ft): 1 M Spill (Menai) 16:32 (rec); 2 M Thomas (Menai) 17:58;



Callum Hanson: fired up for Rombalds win

3 D Woodall (Col B) 19:00
U15 girls (all Menai): 1 S Jones 19:10; 2 A Parkinson 20:51; 3 G Parkinson 21:50
U13 (3.2km/500ft): 1 D Robb (Menai) 9:03; 2 T Bolton (Wrex) 9:16; 3 R Hodgson 9:19
U13 girls: 1 M Parry (Dee) 11:06; 2 E Baines (Ery

SEPTEMBER 15

SALOMON MAMORES VK, Kinlochleven

Overall (5km/1000m): 1 S Angermund-Vik (NOR) 42:04; 2 S Tosh 42:38; 3 A Sevensen (FRA) 42:44; 4 P Bucks (SWITZ, U21) 43:26; 5 J Adkin 44:26; 6 M Mikkelsen-Barron 45:05
M40: M Baddeley 52:15. **M45:** I Bothroyd 55:57. **M50:** S Wilson 59:28. **M60:** M Green 67:09
Women: 1 L Orgue (SPA) 52:22; 2 B Hanson 52:26; 3 E Forsberg (SWE) 52:50; 4 J Fiechter (SWITZ) 56:28
W40: K Hall 57:17. **W50:** T Togni (ITA) 71:17. **W55:** J Wilson 72:51

SEPTEMBER 10

SIMON WAKE COMRIE HILLS RELAY, Comrie

Overall (41.6km/2110m): 1 S'Earn 3:42:00 (A Dawson 52:46, P Mestecky/A Aitken 45:05, B Murphy 79:15, S Sweeney 41:54); 2 HBT Had (mixed) 3:45:02 (J Bowden 51:11, J Stephen/C Freshwater 54:59, P Gardner 65:06, A Cummings 53:46); 3 Ochil (mixed) 3:46:52 (A Mudge 55:26, J McEwan/T Casepuru 57:35, S Feltbower 65:51, D Millar 48:00); 4 C'gie 4:08:05; 5 S'Earn (W) 4:20:20; 6 C'thy 4:22:02
V40+: S'Earn (mixed) 4:50:55
Women: 1 S'Earn 4:20:20 (S McFadden 59:02, E Greaves/R Clark 57:15, G Dargie 82:33, M Watson 61:30); 2 C'thy (W50) 5:51:49 (H Spenceley 67:03, M Stewart/K Jarvis 55:45, N Innes 2:16:57, C Ingham 92:04); 3 C'gie 6:01:07 (K Lownie 83:43, S Newington/M Best 88:14, L Halstead 2:02:27, A Morgan 66:43)
Fastest: Leg 1 (11km/527m): E Lennon (C'thy) 51:07
Leg 2 (7km/400m): Mestecky/Aitken 45:05
Leg 3 (12.6km/712m): Gardner 65:06
Leg 4 (11km/370m): Sweeney 41:54

SEPTEMBER 9

LONGSHAW SHEEPDOG TRIALS, Longshaw near Sheffield

Overall (5.5M/650ft): 1 S Bond (Dark Pk, M40) 40:52; 2 A Smith (Hallam) 43:15; 3 P Hodges (Dark Pk) 43:51; 4 M Johnson (Stock H, M40) 44:17; 5 J Street (Clowne) 44:22; 6 J Ross (Steel) 44:29
M50: M Archer (Dark Pk) 50:52. **M60:** D Holmes (Dark Pk) 56:18
Women: 1 H Farnell (Totley) 49:27; 2 A Hoogkamer (Dark Pk) 50:45; 3 C Brock (Steel) 51:23; 4 R Walwyn (Dark Pk) 52:55
W40: Z Proctor (Penn) 53:44. **W60:** A-M Jones 59:48

GREAT WESTMORLAND TRAIL FELL RACE, Crosby Garrett

Overall (8.1M/1312ft): 1 C Lowther (Eden) 46:40; 2 T Cowin (Helm H, M40) 47:11; 3 T Lambert (R&Z, M40) 48:20; 4 P Hanna (Howg) 49:34
M50: M Sandamas (Barl) 51:21
Women: 1 L Roberts (Amble, W40) 52:29; 2 S Taylor (Helm H) 54:50; 3 H Dent (Howg) 56:23
W50: I Kneale (B'den RR) 69:07. **W60:** K Clark (Kesw) 73:29

MULTI-TERRAIN

OCTOBER 1

ABINGTON 10km, Little Abington

Overall: 1 M Gilbert (Haver) 33:42; 2 N Pollard (Newm, M35) 35:16; 3 P Cooke (C&C, U20) 35:22
Women: 1 E Hodson 39:52; 2 F Halls (Saff, W40) 40:47; 3 N McBride (C&C, W50) 40:52

BOURNVILLE LEAFY 10km

Overall: 1 H Brocklehurst (B'ville) 37:16; 2 P Jolliffe (Kings Heath) 37:50; 3 M Hill (R&N) 38:06
Women: 1 A Mold (W35) 43:37; 2 G Allen (S'bridge) 45:22; 3 E Holyoake (Badgers, W40) 47:48

GLEN NEVIS 10km, Fort William

Overall (all W): 1 A Hudson 56:24; 2 L Skurupy 64:18; 3 S Strangeways 68:31
W40: Z Morris 69:47. **W50:** C Gourley 79:36

GLENCOE MARATHON, Fort William

Overall: 1 I Porter 3:47:00; 2 K Vanags 3:53:48; 3 O Penachio (M40) 2:05:21; 4 B Thynne 3:59:33; 5 L Kearsley 4:02:24; 6 T Stocker (M40) 4:09:54
M50: M Anderson 4:12:28. **M60:** B Rooney 5:16:50
Women: 1 I Craft 4:11:47; 2 K McBirnie (W40) 4:24:45; 3 S Stephen 4:28:26; 4

X Janssen 4:40:17
W50: M Creber 4:55:47

GLENCOE HALF-MARATHON, Fort William

Overall: 1 D Prikulis 94:44; 2 F Miranda 1:45:14; 3 F Schwabe 1:45:25; 4 Mark Elsdon 1:47:38; 5 S Balancier (W) 1:47:56; 6 E Henderson 1:48:25
M60: Martin Elsdon 1:59:15
Women: 1 Balancier 1:47:56; 2 C McLeod (W50) 1:50:38; 3 K Hargreaves 2:02:00; 4 A Carroll 2:05:23
W60: A Lister 2:47:41

GREAT OAKS YORKLEY GALLOP, Yorkley

Overall (3M): 1 K Morgan (FoD, U13) 26:33; 2 R Bircher (CLC, M45) 28:10; 3 C Morgan (FoD, U13W) 29:22
Women: 1 Morgan 29:22; 2 L Patterson (Chep) 44:00; 3 H Woodhouse (FoD) 54:06
Overall (6M): 1 M Bennetto (FoD) 40:22; 2 J Thomas (Ciren) 40:54; 3 N Peart (M40) 44:26
Women: 1 D Machackova (Wye V) 49:05; 2 D Stenner (FoD, W40) 51:40; 3 J Lewis 52:53

GREWELTHORPE 13km, Grewelthorpe

Overall: 1 A Dobby (RAF Menw, M45) 50:57; 2 C Dwyer (Sun S, M35) 56:04; 3 L Stanley (Ripon, M40) 56:15
Women: 1 H Tuffs (York) 58:09; 2 R Hawxby (Knaves, W40) 59:48; 3 E Robinson (W35) 64:43

LEWES DOWNLAND 10, Lewes

Overall: 1 J Skinner (Hay H, M45) 65:05; 2 A McCaskill 65:45; 3 M Watson (Phoe) 66:39
Women: 1 M Perez Maroto 74:36; 2 A Brown (Saint&S, W35) 75:14; 3 S Underwood (Hail, W35) 78:17
Overall (5M): 1 C Meier (U20) 28:46; 2 B Martin (Phoe, U17) 28:50; 3 T Hine (U20) 30:35
Women: 1 J Fine (Arena, W45) 42:30; 2 Y Wu (Lewes, W45) 43:25; 2 A McCauley 44:44

LEY HILL CHALLENGE, Chesham

Overall (5km): 1 M Robins (Chilt, M35) 23:28; 2 M Channer (Chilt, M40) 23:50; 3 M Ellis-jones (Chilt, M45) 24:28
Women: 1 L Billingham 26:24; 2 L Battye 27:32; 3 L Bolden 27:42
Overall (10km): 1 C May (VoA) 39:02; 2 T Dell (VoA) 39:10; 3 G Allen 40:42
Women: 1 L Hembury (Tring, W60) 48:29; 2 H Cholowal (Chilt) 50:59; 3 G Thompson 52:03

LIMESTONE WAY, Ashbourne

Overall (43M): 1 R Holden (Mat, M45) 6:34:25; 2 L Cooper (Harl RC, M35) 7:36:47; 3 H Pickford (Sheff RC, W40) 7:42:13
Women: 1 Pickford 7:42:13; 2 K Briggs 8:31:27; 3 A Frost (Macc, W50) 8:51:24
Overall (17M): 1 W Bulcroft 2:10:13; 2 J Scott 2:19:43; 3 M Elwis (M50) 2:36:31
Women: 1 K Morris 2:45:31; 2 V Gasparini (Steel) 2:47:05; 3 H Mann 2:50:28

LOWESTOFT HALF MARATHON

Overall: 1 R Chenery (Ips J) 77:50; 2 L Cook () 78:42; 3 J Last (Fram, M40) 79:55
Women: 1 S Baxter (Bath, W35) 86:48; 2 N Lambert-John 97:34; 3 H Carr 99:21
OSBERTON CHASE 10km, Worksoop
Overall: 1 T Baker (M40) 39:52; 2 P Marriott (Works, M35) 40:36; 3 J Gregory 41:12
Women: 1 D Fenton (W35) 47:33; 2 M Allen (W35) 48:44; 3 S Chicken (W45) 53:41

PUNCH BOWL 10km, Hindhead

Overall: 1 D Selmes 39:35; 2 J Adams (G&G, M35) 40:03; 3 C Butfield (Has B, M40) 40:56
Women: 1 D Read (Has B, W45) 47:50; 2 A Vargin (W35) 49:46; 3 P Bennett (Has B, W45) 50:11
Overall (5km): 1 N Hobbs (U20) 20:11; 2 R Wayne (Purb R, M40) 20:58; 3 S Shearing (Has B, W40) 22:16
Women: 1 Shearing 22:16; 2 A Barton (AFD, U15) 22:58; 3 T Oxley 23:15

ROMBALDS ROMP 6.5, Ilkley

Overall (6.5M): 1 C Hanson (P&B) 52:27; 2 R Pattinson (M50) 53:29; 3 A Collins (Barlick) 53:57
Women: 1 J Whiteman (Chapel A) 70:06; 2 K Briggs (Bail) 72:57; 3 A Buttle (Melth) 73:42
Overall (6.5M): 1 R Herrington (St Th, M35) 57:29; 2 M Dearden (Chapel A, M35) 57:39; 3 R Airey 60:21
Women: 1 S Lewis (Roundhay Runners, W40) 64:03; 2 F Edmondson 73:59; 3 L Johnson (W35) 76:08

STOUR VALLEY SPECIAL 27, Nayland

Overall: 1 T Wake (Ips J) 3:15:11; 2 A Low (Ben, M45) 3:15:52; 3 A Smalls (Col H, M45) 3:17:56
Women: 1 J Stretton (Spring S) 3:50:28; 2 N Moss (Grange Farm & Dunmow, W45) 4:04:03; 3 M Narey (S'mkt, W45) 4:12:33

TUFTY TRAIL 8km, Falkland

Overall: 1 S Clark (Fife, M45) 33:00; 2 B Innes (Falk TR) 33:36; 3 M Murdoch (Falk TR, M40) 34:53; 4 N Muir (Perth R, M45) 36:13
M60: L Allan (Falk TR) 37:38. **M75:** P Rieu-Clarke (Falk TR) 57:30
Women: 1 H Robinson (W45) 36:32; 2 L Andrew (D&A Can) 36:37; 3 H Marshall (Falk TR) 38:03
W60: N Heaney (Falk TR) 41:07

SEPTEMBER 30

OCHIL 50, Perth

Overall: 1 S Bradley (M40) 8:17:19; 2 N Wolverson (M35) 8:23:45; 3 A Brown (Wee, M45) 8:49:32
Women: 1 A Jamie (W35) 9:37:31; 2 J Newens (RRC, W45) 10:27:06; 3 B Beale (W40) 10:34:48
Overall (30M): 1 S Connor (Perth RR, M50) 5:00:11; 2 B Supple (M35) 5:02:52; 3 S Timoney (M35) 5:04:53
Women: 1 M Nowaczyk (Perth RR) 5:11:19; 2 C Greig (M40) 5:22:50; 3 L Marshall 5:31:19

PHOENIX PYJAMATHON 6-HOUR, Walton-on-Thames

Overall (6Hours): 1 A Pearce (W) 39.4; 3 D Brett 32.8
Women: 1 Pearce 39.4; 2 J Cockayne 19.7
Overall (Mar): 1 L Whelan (Barnes, M50) 3:41:27; 2 C Constantino 3:44:01; 3 C Allen 3:53:39
Women: 1 T Taylor 4:01:38; 2 E Cleary 4:10:37; 3 H Weller 4:13:38

SEPTEMBER 27

RON HILL'S 79th BIRTHDAY 5km, Whitworth

Overall: 1 A Norman (Alt) 17:51; 2 M Mannings (O&R) 18:32; 3 N Gaskell (Ribb) 18:54
Women: 1 M Abbott (Clay, W35) 23:49; 2 C Smedley (Clay, W35) 23:51; 3 M Wall (O&R) 24:02

SEPTEMBER 24

DONCASTER TRAIL 10km, Doncaster

Overall: 1 L Stonehewer (Scun, U17)



36:14; 2 L Milburn (Donc) 36:19; 3 L Stubbs (Red, M35) 36:27
Women: 1 C Hay (Red, W45) 43:12; 2 M Hayward (W45) 45:04; 3 A Vinter (Linc W, W35) 49:27

ENIGMA AUTOMOBILES MARATHON, Milton Keynes

Overall: 1 P Sutherland (Mil K, M50) 3:30:46; 2 T Dionisio (100MC) 3:37:02; 3 D Kingsland 3:48:20
Women: 1 H Myers 4:48:17; 2 R Fleckney (Ampt, W35) 5:21:26; 3 C Dalchow 5:32:40

HARROGATE HAVERAH 10

Overall: 1 J Wood (Ilkley) 62:52; 2 C Miller (H'gate, M35) 64:22; 3 J Hood (Barlick, M35) 66:45
Women: 1 A Leake (Leeds C) 72:58; 2 E Clayton (Leeds C) 78:23; 3 L Irvine (Otl) 79:02

KILLERTON HALF-MARATHON

Overall: 1 T Pitcher 1:46:08; 2 A Hall (Sidm, M35) 1:46:56; 3 B Steve (Tamar, M60) 1:47:19
Women: 1 V Thompson (Haldon) 1:48:16; 2 H Frankpitt 1:51:07; 3 J Raynor 1:51:19
Overall (10km): 1 Y Gablinger (M40) 41:27; 2 M Bird (UKRunChat) 43:15; 3 T Whitworth 44:49
Women: 1 E Dominey (SWRR) 50:13; 2 H Bergman (Storm Plymouth) 56:54; 3 C Howard (U20) 57:06
Overall (5km): 1 T Davies (Exe, U20) 25:10; 2 M Hillis 30:44; 3 R Thornton (M60) 32:10
Women: 1 D Waters 36:13; 3 C Bogan (W40) 38:08; 3 K Foster 38:31

MELLS SCENIC 7.14, Mells

Overall: 1 E Knudsen (Avon VR) 44:16; 2 A Woods (B&W, M50) 46:46; 3 J Gilling (Taun, M40) 48:58
Women: 1 N Morgan (Chap, W45) 53:55; 2 V Ratcliffe (Somer, W40) 54:51; 3 C Trippick (Somer, W35) 58:09

MONSTER RACING 72.5km, Ely

STARTING and finishing outside the stunning Ely Cathedral, the Monster half, marathon and ultra marathon races saw hundreds taking on the flat but windy courses in unseasonably hot conditions.

Centurion Running's Craig Holgate was first across the line in the 42M ultra in 4:52:55, more than half an hour ahead of his nearest competitor, while Lesley Robins took the top female honours in 6:39:03.

Josh Holman was an impressive marathon victor in 2:43:35, with Lindsay Hamilton's 3:32:57 enough to win the women's race. Alex Metcalfe's 83:23 took the half-marathon spoils, while Ruth Jones won the women's race in 93:51, finishing fourth overall.

Overall: 1 C Holgate (Ely, M40) 4:52:55; 2 A Plume (Fen, M35) 5:29:53; 3 L Rogers (100MC, M55) 5:44:24
Women: 1 L Robins (Ryst, W45) 6:39:03; 2 R Calder-murphy (Vegan) 6:41:07; 3 T Simmonds (Serp, W35) 7:00:54
Overall (13.1M): 1 A Metcalfe (Ely) 83:23; 2 T Davies 87:29; 3 B Fox 91:16
Women: 1 R Jones (Nene V, W35) 93:51; 2 S Moore 1:43:10; 3 E Phillips (C&C) 1:43:58
Overall (Mar): 1 J Holman (Ely Tri Club) 2:43:35; 2 G Weller 3:03:55; 3 W Honeybone (Ryst, M45) 3:13:32
Women: 1 L Hamilton 3:32:57; 2 D Vulpe 3:36:43; 3 K Brooks 3:55:13

WYNARD HALL 10km, Stockton-on-Tees

Overall: 1 M Joyeux (Quak) 33:15; 2

D Newton (New M) 33:35; 3 C Rumsey (M&C) 36:41
Women: 1 D Richardson (Quak, W45) 43:25; 2 J Raine (Crok) 45:17; 3 L Warner (Ely, W35) 45:28

SEPTEMBER 23

SILKSTONE SHUFFLE 4.5 SERIES, Barnsley

Overall: 1 S Dimelow (P'stone, M45) 27:48; 2 A Ford (Barns H, M40) 27:59; 3 R Spooner (Barns H) 28:43
Women: 1 J Johnson (P'stone, W50) 33:44; 2 J Darigala (P'stone, W45) 35:07; 3 K Roberts (Barns H, W35) 35:11

SUUNTO RUN WIMBLEDON MARATHON, Wimbledon

Overall: 1 K MacIntosh (Wimb W, M40) 2:56:46; 2 R Spicer 3:08:59; 3 S Parfitt (Lyt MS, M35) 3:12:42
Women: 1 L Shutter 3:32:45; 2 R Bryant (Morn, W35) 4:05:08; 3 B Bagi 4:05:47
Overall (HM): 1 D Evangelidis (M40) 77:55; 2 S Hurley (Wimb W, M35) 82:49; 3 M Bridges (Wimb W, M40) 86:44
Women: 1 V Steffensen (W35) 99:02; 2 C Eason (Worst Pace Scenario) 1:41:57; 3 N Pavlova 1:45:13
Overall (10,55km): 1 R Wilson (Linc W) 33:47; 2 P Meslet 37:04; 3 R Walcott-nolan (W) 40:14
Women: 1 Walcott-nolan 40:14; 2 A Sneok 44:47; 3 J Donovan (Wimb W, W35) 45:13

TRAILFFEST HALF-MARATHON, Blaenau Ffestiniog

Overall: 1 S Skates (P'atyn, M35) 91:49; 2 A Williams 95:10; 3 M Cliffe (Eryri, M45) 1:40:04
Women: 1 K Lomas (Charn) 1:53:36; 2 K Cole 1:57:49; 3 K Champneys (Charn, W40) 1:58:16

WHITE PARK CATTLE 5km/10km, Dinefwr

Overall (5km): 1 S Wallwork (W) 25:29; 2 J Merry 28:17; 3 J Davenport 29:33
Women: 1 Wallwork 25:29; 2 T Fletcher 34:16; 3 K Merry 34:57
Overall (10km): 1 J Tremlett (Carm, M35) 41:02; 2 R Davies (Amman) 41:45; 3 J Dixon (B'end) 42:22
Women: 1 D Morris (Brec, W35) 51:33; 2 C Bray (I) 52:20; 3 A Harris (P'pridd R, W45) 52:33

UPHILL TO WELLS RELAY, West Mendip way, Somerset

WELLS' Clare Prosser completed the whole race solo, with its ups and downs over this ancient track, to Wells, in four hours and 20 minutes.

Overall (29M, 3259ft, hrs mins only): 1 S & S 3:26; 2 Weston 3:40; 3 Wells 3:49; 4 MH4 4:16; 5 Bristol & West Women 4:20; 6 Mixed Team 4:20
Women: 1 B&W 4:20; 2 Clevedon 5:00
Solo (all 29M): C Prosser (Wells, W45) 4:20
Stage 1 (Uphill to Loxton, 7.03M, mins only)
Fastest: 1 S Tarrant (S&S) 49:00; 0 Frost (Wells) 52:00
Women: C Prosser (Wells, W45) 57:00
Stage 2 (Loxton to Kings Wood, 2.96M)
Fastest: S Summers 22:00
Women: Prosser 27:00
Stage 3 (Kings Wood to Piney Sleight, 4.4M)
Fastest: S Hobbs (S&S) 36:00
Women: A Doggrell (B&W, W35) 41:00
Stage 4 (Piney Sleight to Draycott, 5.06M)
Fastest: A Khan (W'field) 24:00
Women: J Colman (B&W, W45) 48:00

UK parkrun 5km leaders – 2017

MEN		WOMEN	
14:23	Adam Clarke/Adam Hickey	Senior	16:20
14:32	Alex Yee	U20	17:05
15:16	Joshua Cowperthwaite	U17	17:14
15:35	Joshua Dickinson	U15	17:21
16:42	Andrew Jeavons	U13	17:47
14:48	Paul Martelletti	V35	16:45
15:06	Chris Smith	V40	17:30
15:22	Ian Hudspith	V45	17:26
16:23	Lee Aherne	V50	17:54
16:15	Guy Bracken	V55	17:56
17:37	Paul Muller	V60	20:13
18:27	Tony Martin/John Skelton	V65	21:31
19:37	Brian James	V70	21:59
21:36	Roger Wilson	V75	26:16
25:27	David Spencer	V80	28:56
			16:20 Katrina Wootton
			17:05 Julia Tomczak
			17:14 Grace Brock
			17:21 Beatrice Wood
			17:47 Beatrice Wood / Anna Hedley
			16:45 Jane Potter
			17:30 Victoria Knight
			17:26 Emma Stepto
			17:54 Kate Wright
			17:56 Fiona Matheson
			20:13 Erica Christie
			21:31 Angela Copson
			21:59 Angela Copson
			26:16 Jackie Jenkins
			28:56 Mary Holmes

Stage 5 (Draycott to Priddy, 3.68M)

Fastest: R Withers (Weston) 34:00
Women: F Carruthers (Wrap) 40:00
Stage 6 (Priddy to Wells, 5.14M)
Fastest: P Phaz (S&S) 34:00
Women: T Allan (B&W, W55) 42:00

COTSWOLD WAY CENTURY 102, Chipping Campden

Overall: 1 W Forbes 17:34:06; 2 H Rush (Avon VR, W40) 20:17:12; 3 R Hogben (Gate, M40) 20:57:36
Women: 1 Rush 20:17:12; 2 E Warren 26:19:55; 3 H Rawlings 26:28:04

ENIGMA AUTOMOBILES, Milton Keynes

Overall (HM): 1 S King (Redway, W) 1:44:01; 2 S Moroney (W) 1:50:55; 3 R Gamston (Sedgley Striders) 1:54:06
Women: 1 King 1:44:01; 2 Moroney 1:50:55; 3 T McGreal (Redway) 2:05:12
Overall (Mar): 1 M Atkinson (MKLS) 3:17:59; 2 G Malt (Littled, M50) 3:19:58; 3 N Stewart (Buck&St) 3:28:24
Women: 1 A Russell (Dav RR, W40) 3:59:59; 2 K Schonage (Redway) 4:07:52; 3 E Dean (100MC) 4:24:54

GREAT LANHYDROCK 10, Lanhydrock

Overall: 1 S Williams (StA RR, M40) 64:41; 2 A Marples (Truro, M35) 66:29; 3 S Strachan (Falm, M40) 67:13
Women: 1 K Harrison (Corn, W45) 78:56; 2 H Morse (E Corn) 79:14; 3 J Gay (Truro) 82:39

SEPTEMBER 20

ROGER WHITE COWM RESERVOIR 5km, Whitworth

Overall: 1 M Fowler (Ches HR, M50) 19:49; 2 H Johnson (Hali, U20) 20:21; 3 R Butterwick (Tod, M40) 20:39
Women: 1 D Cartwright (Radoc, W40) 22:09; 2 C Fryer (Calder V, W50) 23:58; 3 M Abbott (Clay, W35) 24:03

SEPTEMBER 16

CROSS KEYS RELAY, Saddleworth

Overall (Legs 1&3 3M road, 2&4 2.5M/700ft fell): 1 Holm (M40+) 84:30 (M Fanning 18:06, J Plank 22:49, A Shawn 21:13, D Stewart 22:22); 2 Holm 90:41 (J Durrant 22:14, C Longstaff 23:44, A Shelbourne 20:38, G Baxter 24:05); 3 Where (mixed) 94:23 (B Forrest 17:49, L Stansfield 31:37, C Parkin 21:21, C Stansfield 23:36)
Women: 1 Sadd 1:45:16 (S Tursley 24:37, C Cobby 28:45, K Thorpe 23:54, S Fraisse 28:00); 2 Holme V (W40+) 1:46:16 (L Ewart 24:16, D Hall 29:51, J France 24:48, J Howells 27:21); 3 Holm (W40+) 2:03:05 (D Beck 27:23, J Shutter 32:49, J Stirling 28:49, H King 34:04)

PARKRUN

SEPTEMBER 30

parkrun 5km

Leading age-graded
Pontefract: T Johnson 18:51 W55 93.77%; **Rushcliffe Country:** T Hartley 16:00 M45 91.50%; **Bideford:** J Dixon 18:01 W45 89.76%; **Aylesbury:** L Hembury 20:57 W60 89.57%; **Darley Abbey:** S Burns 20:29 W55 89.41%; **Hove Promenade:** I Leitch 15:36 M40 89.14%; **St Andrews:** I Thoms 19:00 U15W 88.98%; **Rother Valley Country:** Y Twelvetree 22:49 W65 88.83%; **Chelmsford:** P Mingay 18:05 M60 88.30%; **Rutland Water:** P Taylor 18:44 W50 88.20%; **Manchester Platts Field:** M Kenchington 21:04 W60 87.99%; **Pool:** D Cooper 17:10 M50 87.94%; **Rushmoor:** G Ruffie 18:57 M65 87.88%; **Cardiff Blackweir:** M Hobbs 15:07 M35 87.73%; **Brighton Hove:** G Godden 16:43 M45 87.58%; **Clumber:** D King 16:37 M45 87.45%; **Glasgow Victoria:** P McCrossan 20:13 W55 87.43%; **Strathclyde:** L Traynor 14:52 SM 87.33%; **Long Eaton:** S Spencer 15:11 SM 86.91%; **Bushy:** J Grace 14:57 SM 86.85%; **Harwich:** C Benstead 20:55 W55 86.52%; **Cannon Hill:** J McKenna 15:20 M35 86.49%; **Pegwell Bay:** P Donaldson 17:44 M55 86.48%; **Manchester Platts Field:** M Curley 19:47 M65 86.44%; **Rutland Water:** S Davis 19:07 W50 86.43%; **Folkestone:** C Brisley 15:33 U18M 86.41%; **Worcester Pitchcroft:** A Jeavons 16:42 U15M 86.36%; **Exeter River Valley:** P Monaghan 17:21 M50 86.34%; **Llanelli Coast:** I Webb 18:31 M60 86.23%; **Glasgow Victoria:** D Petrie 18:32 M60 86.16%; **Chelmsford:** L Davies 17:27 W35 86.08%; **Springburn:** R McLennan 18:16 M55 86.00%; **Whitley Bay:** G Bracken 17:50 M55 86.00%; **Bournemouth:** A Ridley 17:34 M50 85.94%; **Raphael:** E Prideaux 18:08 W40 85.94%; **Livingston:** Y Crilly 20:21 W55 85.86%; **Hull:** J Morley 23:00 W65 85.83%; **Dulwich:** M Sharp 15:45 M35 85.82%; **Darlington:** S Gibson 24:57 W70 85.80%; **Malling:** G Saker 18:01 M55 85.80%; **Pool:** J Cieluszcecki 15:52 M35 85.79%; **Edinburgh Silverknowes:** I Stewart 18:37 M60 85.77%; **Worsley Woods:** A Miles 19:50 M65 85.44%; **Preston:** G Pennington 16:53 M45 85.43%; **Worcester:** D Jackson 19:40 M65 85.41%; **Tewkesbury:** C Cowley 23:44 W65 85.40%; **Pool:** J Bassinder 17:17 M50 85.35%; **Shrewsbury Quarry:** C Morgan 25:05 W70 85.34%; **Edmonton:** P Gaimster 16:25 M40 85.31%; **Southport:** M Walker 20:03 M65 85.29%; **Manchester Platts**

Field: A Kenchington 17:19 SW 85.27%; **St Andrews:** I Hedley 19:20 U15W 85.26%; **Cardiff Blackweir:** J Gooch 15:14 SM 85.23%; **King's Lynn:** J Ashby 24:26 W65 85.22%; **Exeter River Valley:** C Hague 17:31 U15M 85.18%; **Oak Hill:** R McCormick 17:52 M50 85.16%; **Edinburgh Silverknowes:** I Calvert 18:34 U15W 85.05%; **Linwood:** B Hughes 18:56 M60 85.04%; **Riddledown:** A Norris 20:48 W55 84.98%

Fastest men

Strathclyde: L Traynor 14:52
Bushy Park: J Grace 14:57
Cardiff Blackweir: M Hobbs 15:07
Long Eaton: S Spencer 15:11
Cardiff Blackweir Park: J Gooch 15:14
Glasgow Victoria Park: R Gollan 15:17
Cannon Hill Park: J McKenna 15:20
Bushy Park: A Stewart 15:22
Folkestone: C Brisley 15:33
Hove Promenade: I Leitch 15:36
Bushy Park: R Franks 15:41
Dulwich: M Sharp 15:45
Belfast Victoria Park: C Kirk 15:46
Chipping Sodbury: B Toomer 15:48
Peterborough: A Hampson 15:49
Belfast Victoria: M Travers 15:51
Belfast Victoria: L Dinsmore 15:52
Soihull: C McLeod 15:52
Pool: J Cieluszcecki 15:52
Bideford: D Mapp 15:53
Shoeburyness: A Rossom 15:53
Bushy Park: A Jaksevicius 15:54
Cardiff Blackweir: J Smith 15:56
Cardiff Blackweir: M Harvey 16:00
Dulwich: C Peck 16:00
Rushcliffe Country: T Hartley 16:00

Fastest women

Manchester Platts: A Kenchington 17:19
Chelmsford: L Davies 17:27
Preston: L Hesketh 17:34
Heartwood Forest: V Pritchard 17:43
Cannon Hill Park: C Richardson 17:44
Bromley: N Bridson Hubbard 17:51
Bushy Park: H Sellars 17:51
Southampton: B Bowness 17:53
Cannon Hill Park: B Gunn 17:55
Edinburgh Silverk: E Revitt 17:55
Glasgow Victoria: C McShane 17:55
Manchester Platts: A Mackenzie 17:59
Bideford: J Dixon 18:01
Leicester Victoria: J Male 18:05
Raphael: E Prideaux 18:08
Norwich Catton Park: J Andrews 18:12
Southampton: S Kingston 18:13
Leeds Hyde Park: S Lee 18:14
Sheffield Endcliffe: S Tonkins 18:14
Leicester: A Holyland 18:15
Bushy Park: R Woolfe 18:18
Northampton: T Walford 18:20
Sheringham: C Mukuya 18:20
Sheffield Endcliffe: J Penn 18:21
Bradford: H Glover 18:23
Norwich Eaton Park: M Beckett 18:23

ERRA NATIONAL RELAYS, SUTTON PARK, BIRMINGHAM, OCTOBER 7

ALDERSHOT AND CARDIFF BOTH AIMING TO RETAIN

Last year's winning Cardiff team: Rowan Axe, Matthew Clowes, Carwyn Jones, Ieuan Thomas, Michael Kallenbe and Tom Marshall



MARK SHEARMAN

CAN WELSH CLUBS CONTINUE THEIR RECENT SUCCESS?

SUTTON PARK, the home of British road relay running, again sees the best clubs vie for medals in what is bound to be another top class event that could see the eight titles go eight different ways, writes *Steve Smythe*.

MEN'S RACE

LAST year's 'English' men's championships was more of a Celtic event with Cardiff and Swansea leading home a Welsh one-two and Central providing

the fastest leg with Andy Butchart. The Scot ran 16:29 for the 5847m course – the quickest since 2003.

Both the Welsh teams are entered again as are Butchart's Central.

Liverpool were the leading English team in 2016 and were third in the Northern counties. Jonny Mellor is among their entries but will still probably have his 2:12 from the Berlin Marathon in his legs, should he choose to run.

Lincoln were only 15th last year but look a very different proposition based on their impressive Northern victory at Manchester.

Highgate won the Southern



Andrew Butchart: fastest man in 2016

MARK SHEARMAN

& West and Cheltenham – are other top six contenders.

The 2015 champions Tonbridge and 2014 winners Aldershot were also in the medals at Crystal Palace and should be a factor.

The other 2016 top 10 teams – Notts, Derby and Morpeth – are others who again could be to the fore.

Defending national 6-stage champions:

Cardiff

2016 runners up: Swansea

2017 area champions

Midlands: Bristol & West

North: Lincoln

South: Highgate

title last week even without overall 2015 fastest Andy Maud and have a very strong all-round squad, while the top two Midlands teams – Bristol



AFD will be defending their four-stage title on Saturday

MARK SHEAMAN



Charnwood U17 women: in the mix

DAVID GRIFFITHS

WOMEN'S RACE

ALDERSHOT were winners in 2016, thanks to a strong last leg from Louise Small. They also won every year from 2007 to 2014 and claimed the Southern title with ease at Crystal Palace.

After their defeat in 2015, where they were eighth as Swansea took the honours, victory last year was without the familiar names of Steph Twell, Emelia Gorecka, Lily Partridge and Charlotte Purdue.

Such is the strength of their squad, which necessitated four teams being entered, they could field two teams in the top six without their top internationals.

They have run the six fastest ever times over the 4x4315m distance.

Defending national 4-stage champions:

Aldershot, Farnham & District

2016 runners up: Birchfield

2017 area champions

Midlands: Birchfield

North: Leigh

South: Aldershot

Leigh did not feature in 2016 but after their Northern win with Lauren Howarth easily the quickest in Manchester, they may be the most likely challengers to Aldershot.

The 2016 runners-up Birchfield should again be in the medal hunt judging by their impressive 90-second win in the Midlands event.

The 2016 bronze medallists Cardiff, and the teams that followed them home there – Leeds and Liverpool – should again be vying for a top six place at the very least.

Paula Radcliffe's 13:26 individual course record from 1993 will not be challenged. Last year Katie Hulls of Bristol was fastest with 13:58.

AGE GROUP RACES

THE young athletes' races are again being held with the senior ones, which does necessitate a quite tight timetable with

the female event in each corresponding age group starting five minutes after the age group's men's race.

Shaftesbury won the under-17 men's event in 2016 but the battle this year could be between the three area champions, Cambridge & Coleridge, Morpeth and Notts.

The under-17 women's race is another where the area champions (Blackheath & Bromley, Charnwood and Liverpool) look best placed to succeed Aldershot.

The Hampshire club did win the Southern title in the under-15 boys event and other potential challengers include Birchfield and Blackburn.

Blackheath could also

challenge for under-15 girls honours along with Liverpool and Wreake, while the under-13 girls' race is an open event with Vale Royal, Wreake and St Albans the best from the areas.

The under-13 boys' race contenders include Exeter, Sheffield and Chiltern.

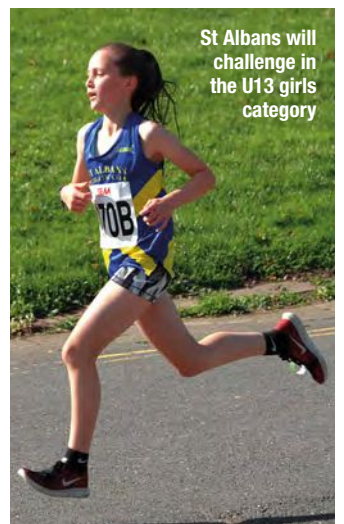


Lauren Howarth: good form at the Northern relays

DAVID HEWITSON



Cambridge & Coleridge: U17 men's contenders



St Albans will challenge in the U13 girls category

TIMETABLE

11.00	Under-13 boys
11.05	Under-13 girls
11.50	Under-15 boys
11.55	Under-15 girls
12.30	Under-17 men
12.35	Under-17 women
14.00	Senior men
14.10	Senior women

Times correct at time of going to press

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HALF MARATHON & 10K
SUNDAY 20 MAY 2018

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CROSS-COUNTRY

Saturday October 7

CUMBRIA LEAGUE

Cockermouth. Noon.
facebook.com/groups/114674541912211

ESSEX RELAY CHAMPIONSHIPS

Stubbers Outdoor Centre, North Ockendon. 10.30am.
essexroadrunning.org.uk

JERSEY ADVISA HEPBURN ORACLE LEAGUE (Juniors)

Le Braye.
jerseyspartan.com

NORTH WALES JUNIOR LEAGUE

Ysgol Morgan Clwyd, Wrexham. 10.30am.
northwalesxc.com

NORTH WALES SENIOR LEAGUE

Ysgol Morgan Clwyd, Wrexham. 2pm.
northwalesxc.com

NOTTINGHAMSHIRE SCHOOLS' LEAGUE

Berry Hill Park, Mansfield.
nottsaaa.org/schools.html

SCOTTISH NORTH DISTRICT LEAGUE

Keith.
northleague.co.uk

STREATHAM COMMON OPEN

Streatham Common. 11.15am.
hermehillharriers.org

Sunday October 8

CLEETHORPES BEACH OPEN

Kingsway Kiosk Cafe, Cleethorpes. 11am.
cleethorpesac.co.uk

GWENT LEISURE CENTRE LEAGUE

Bryn Bach Parc. 11am.
sites.google.com/site/gwclrunning/home/cross-country

HAYWARDS HEATH HARRIERS OPEN

Hickstead. 10.15am.
haywardsheathharriers.co.uk

MABAC LEAGUE

Lightwater Country Pk, Lightwater. 11am.
mabac.org.uk

MICROGAMING MANX LEAGUE

Castle Rushen High School, Castletown. 2pm.
iomaa.info

SHROPSHIRE YOUNG ATHLETES' LEAGUE

Oldbury Wells School, Bridgnorth. 1pm.
oswestryolympians.com

SOUTHERN LEAGUE

Pamber Forest, Basingstoke. 11am.
bobayer.com/twv

START FITNESS NORTH EASTERN HARRIER LEAGUE

Druridge Bay. 12.15pm.
harrierleague.com

THAMES VALLEY LEAGUE

Hillingdon Athletics Stadium, Hillingdon. 11am.
tvxc.org.uk

WESTWARD LEAGUE

Stover School, Newton Abbot.
city-runs.co.uk/westward

Tuesday October 10

FROSTBITE FRIENDLY LEAGUE

Hinchingbrooke Pk, Huntingdon. 10.15am.
frostbiteleague.org.uk

Wednesday October 11

CIVIL SERVICE CHAMPIONSHIPS

Parliament Hill. 2pm.
csaa.org.uk

SOUTH WEST UNITED SERVICES LEAGUE

CLR Barnstaple. 2.30pm.
dstfs-running-club.org.uk/events/4543111790

STIRLING UNIV. FRESHERS MATCH

Golf Pavilion, Stirling University Campus. 5pm.
stirlingstudentsunion.com/sportsunion/clubs/athletics

Saturday October 14

ALTON SPORTS HAMPSHIRE LEAGUE

King's Park, Bournemouth. Noon.
hampshireathletics.org.uk/events/hxcl.html

BRITISH ATHLETICS CROSS CHALLENGE

Blackweir Fields, Cardiff.
britishathletics.org.uk

CHILTERN LEAGUE

Oxford.
chilterncccl.co.uk

COMBER CUP OPEN

Billy Neill Playing Pitches, Dundonald. Noon.
ballydrainharriers.co.uk

FNB GUERNSEY LEAGUE

Delancey (Short Course). 2pm.
guernseyathletics.org.gg

GLOUCESTERSHIRE LEAGUE

Blackbridge, Gloucester. 11.45am.
athletics4u.co.uk/cross-country

KENT LEAGUE

Stanhill Farm, Wilmington. Noon.
kcaa.org.uk

MANCHESTER AREA LEAGUE

Heaton Park, Manchester. Noon.
maccl.co.uk

MID LANCs LEAGUE

Cuerden Valley Park, Preston. 12.30pm.
midlancs.org.uk

NORTH MIDLANDS LEAGUE

Markeaton Park, Derby. 1pm.
northmidscxleague.co.uk

RED ROSE LEAGUE

Leigh Sports Village, Leigh. 12.15pm.
redrosecrosscountry.co.uk

RUNNERS RETREAT CHILTERN LEAGUE

Oxford.
chilterncccl.co.uk

SCOTTISH EAST DISTRICT RELAY CHAMPIONSHIPS

Glamis Castle, Glamis.
scottishathletics.org.uk

SCOTTISH NORTH DISTRICT RELAY CHAMPIONSHIPS

Village Hall, Edderton.
scottishathletics.org.uk

START FITNESS GWENT LEAGUE

Llandaff Fields, Cardiff.
gwent-league.org.uk

START FITNESS METROPOLITAN LEAGUE

Claybury Park, Woodford.
metleague.co.uk

START FITNESS SURREY LADIES' LEAGUE DIVISION 1/2

Priory Park, Reigate. Noon.
surreyleague.org

START FITNESS SURREY MEN'S LEAGUE

Wimbledon Common, Wimbledon Common. 1: Reigate.
surreyleague.org

STOCKPORT H SCHOOLS' LEAGUE

Stockport. 10.30am.
stockportathletics.co.uk/club-events

SUSSEX LEAGUE

Goodwood Country Park, Chichester.
sussexathletics.net

WEST YORKSHIRE LEAGUE

Thornes Park, Wakefield. 11.45am.
westyorkshireathletics.org.uk

Sunday October 15

AMPHILL TROPHY OPEN

Amphill Park, Amphill. 11am.
amphilltrophy.org.uk

EAST SUSSEX LEAGUE

Snap Wood. 10.30am.
eastsussexcrosscountry.co.uk

GLIDDON & SQUIRE NORTH DEVON LEAGUE

Shebbear College, Shebbear. 10am.
northdevonxcleague.weebly.com

HEREFORDSHIRE LEAGUE

Florest Fields. 11am.
northyorkshireandsouthdurhamleague.co.uk

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Acklam Grange Sch, Middlesbrough. 1pm.
new-marske-harriers.co.uk

NOTTS MINI LEAGUE

Grove Sports Centre, Newark. 11am.
notts-mini-league.co.uk

RYSTON RUNNERS OPEN LEAGUE

Shouldham Warren. 11am.
rystonrunners.org.uk

SCOTTISH WEST DISTRICT RELAY CHAMPIONSHIPS

Hamilton Park Racecourse, Hamilton.
scottishathletics.org.uk

UP & RUNNING SOUTH YORKSHIRE LEAGUE

Longley Park, Sheffield. 11am.
sycaa.co.uk

WEST MIDLAND YOUNG ATHLETES' LEAGUE

Hatton Country World, Warwick. 11am.
wmyaccl.com

INDOOR

Saturday October 7

WELSH ATHLETICS COMBINED EVENTS CHAMPIONSHIPS

Cardiff.
welshathletics.org

Sunday October 15

SCOTTISH UNIVERSITY & COLLEGE ATHLETICS FRESHERS MEETING

Emirates Arena.
scottishstudentsport.com

MULTI-TERRAIN

Saturday October 7

ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire. 9.30am.
abneyheadlerun.co.uk

ACTIVE NORTHUMBERLAND KIELDER 10km

Leapshill Waterside Park, Kielder, Northumberland. 10am.
kielderamarathon.com

CHURCH FARM COOMBS 10km

Church Farm, Coombs, Sussex. 10am.
southernmultisports.co.uk

DUNBAR 10

Hailhill Healthy Living Centre, Dunbar. 11am.
dunbarrunningclub.com

FOREST & MOORS

Adderstone Car Pk, Dalby Forest. 9.30am.
greatbarrowchallenge.co.uk

GREAT BARROW CHALLENGE MARATHON (DAY 1)

Suffolk Academy, Church Rd, Barrow. 8am.
greatbarrowchallenge.co.uk

LETCHWORTH FIRST SATURDAY OF THE MONTH 5km

Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.
firstsaturday5km.org.uk

MENS HEALTH SURVIVAL OF THE FITTEST NOTTINGHAM 10km

Victoria Embankment, Nottingham. 9am.
mhsurvival.co.uk

ORIGINAL POWYS MAVERICK 8km/14km/22km

Llangorse Activity Centre, Brecon. 10am.
maverick-race.com

PETZL NIGHT TRAIL WALES 3-HOUR CHAMPIONSHIPS

Coed Y Brenin Visitor Centre, Dolgellau. 6pm.
runcoedybrenin.com/events-at-coed-y-brenin/night-trail

SANDSTONE WAY 120

Berwick-upon-Tweed. 8am.
trailoutlaws.com



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

Southwood

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

PHOENIX IT'S A NUMBERS GAME MARATHON (DAY 1)

Elmbridge Xcel Leisure Centre, Walton-on-Thames. 9am.
phoenixrunning.co.uk

RIVINGTON HALF-MARATHON

Rivington & Blackrod High School, Rivington, Lancashire. 10am.
209events.com

ROUND RIPON ULTRA 35

Studley Roger, North Yorkshire. 9am.
gobeyondultra.co.uk

RUN RICHMOND PARK 5km/10km

Richmond Park, Richmond, Surrey. 10am.
thefixevents.com

TISSINGTON HALF-MARATHON (DAY 1)

Parsley Hay, near Ashbourne, 10am.
nice-work.org.uk

TWEED VALLEY TUNNEL 10km/20km

Glentress Forest, Peebles. 9am.
highterrainevents.co.uk

ULTRA TRAIL SCOTLAND 25km/75km

Ormidale Pavilion, Brodick, Isle of Arran.
ultra trails scotland.com

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

NEXT ISSUE

AW IS OUT ON OCTOBER 12



MARK SHEARMAN

ROAD RELAYS COVERAGE FROM THE ERRA NATIONAL 6-STAGE AND 4-STAGE RACES

PARKRUN PARADOX ARE THE FREE WEEKLY 5KM EVENTS BOOSTING PERFORMANCE?

WINTER WARMERS WE REVIEW THE BEST BASE LAYERS FOR TRAINING

Sunday October 8

ABERYSTWYTH TWIN PEAKS 7
Plascrug Leisure Centre, Llanbadarn Fawr, Aberystwyth. 1pm.
aberystwythac.co.uk/page25.htm

ACTIVE NORTHUMBERLAND KIELDER HALF-MARATHON/MARATHON
Leaplish Waterside Park, Kielder, Northumberland. 1pm.
kieldermarathon.com

BIG BLUE RUN 5km
Harrow Lodge Park, Hornchurch. 11am.
haveringmind.org.uk

BLAZE THE BIBLINS 10km
Doward campsite, Ross-on-Wye. 11am.
entrycentral.com/Blazethebiblins

CHICHESTER 10/HALF-MARATHON
Chichester College, Chichester, Sussex. 11am.
chihalf.co.uk

GOLDEN GATES GALLOP 5
Elvaston, Derbyshire. 11am.
goldengatesgallop.org

GRANTCHESTER CHARITY 10km
Cantelupe Farm Road, Grantchester, Cambridgeshire. 10.30am.
grantchestercricket.com

GREAT BARROW CHALLENGE MARATHON (DAY 2)
Suffolk Academy, Church Rd, Barrow. 8am.
greatbarrowchallenge.co.uk

GREEN LEEK 10km
Kenilworth, Warwickshire. 10am.
greenleek10k.co.uk

HERTS 10km
Rothamsted Research, Harpenden, Hertfordshire. 10am.
herts10k.com

HOPE VALLEY RUN 8.3
Village Hall, Woolhope, Herefordshire. 11am.
hopevalleyrun.com

KATHARINE HOUSE 5km/10km
Shugborough Estate, Stafford. 11am.
kthospice.org.uk/events

MARRIOTT'S WAY 10km
Station Road, Aylsham, Norfolk. 11am.
broadland.gov.uk/mw10k

MARSHFIELD MUDLARK 11km
Marshfield CC, Marshfield, Wiltshire. 10.30am.
corshamrunningclub.co.uk

NOTTINGHAM GOOSE FAIR GALLOP 10km
Bracken Park, Nottingham. 10am.
kadsrunning.co.uk

OFFTRAC 10
Tickhill, Doncaster, South Yorkshire. groupsaces.com/
TickhillRunningAthleticClub

PENRITH ROTARY 10km
Lowther Park, Penrith, Cumbria. 10am.
rotary-ribi.org/clubs/page.php?PgID=630862&ClubID=1173

PETTS WOOD 10km
Willett Recreation Ground, Petts Wood, Kent. 10.30am.
pettswoodrunners.co.uk

PHOENIX IT'S A NUMBERS GAME MARATHON (DAY 2)
Elmbridge Xcel Leisure Centre, Walton-on-Thames. 9am.
phoenixrunning.co.uk

PORTISHEAD 10km
Lake Ground, Portishead, Bristol. 10.30am.
prestonheadrunningclub.co.uk

PRESTON PARK WINTER SERIES 5km
Preston Park Museum, Stockton-on-Tees. 10am.

RIDGEWAY RUN 15.5km
Tring Park CC, Tring, Hertfordshire. 10am.
tringrunningclub.org.uk

ROYAL PARKS HALF-MARATHON
Hyde Park, London. 9am.
royalparkshalf.com

RUSHMOOR WELLESLEY 10km
Aldershot Military Stadium, Hants. 10am.
rushmoor10k.co.uk

SECOND SUNDAY 5
Richardson Evans Memorial Fields, Roehampton Vale, London. 9.30am.
secondssunday5.com

SHEFFIELD CITY 10km
Rother Valley Country Park, Sheffield, South Yorkshire. 10am.
mccpromotions.com

TENNYSON 8
George & Dragon Public House, Hagworthingham, Lincolnshire. 10am.
facebook.com/pages/Tennyson-8/361951433848361

TISSINGTON HALF-MARATHON (DAY 2)
Parsley Hay, near Ashbourne, Derbyshire. 10am.
nice-work.org.uk

TWO RIVERS RUN 8
Broadaxe Lane, Presteigne, Powys. 11am.
presteignepacers.co.uk

WESTBURY LIONS 10km
White Horse Country Park, Westbury, Wiltshire. 11am.
westburylions.org.uk

WINDSOR AUTUMN HALF-MARATHON/MARATHON
Alexandra Gardens, Windsor, Berkshire. 9am.
windsorhalfmarathon.co.uk

WOMENS RUNNING LONDON 5km/10km
Finsbury Park, Haringey, London. 10am.
bit.ly/1PSG6m5

Saturday October 14

CARMICHAEL 5km/10km
Carmichael Estate, Carmichael, Lanarkshire.
kitst.co.uk

FERGAL'S 10
Davagh Forest, Cookstown. Noon.

GRUESOME TWOSOME 10km/HALF-MARATHON
Village Hall, Swallow, Lincolnshire. 10.30am.
gruesome-twosome.co.uk

IPSWICH BIG FUN RUN 5km
Christchurch Park, Ipswich. 11am.
bigfunrun.com/ipswich

LAKELAND FOUR PASSES
Village Hall, Rosthwaite, Cumbria. 8.30am.
sientries.co.uk/event.php?event_id=3404&event_id=3404

ROUND ROTHERHAM 50
Dearne Valley College Sports, Wath, South Yorkshire.
rotherhamharriers.org

RUN FOR OSTEOPOROSIS 5km/10km
Hyde Park, London. 9.30am.
pbraceevents.co.uk

SHINE A LIGHT 5km
Hargate Hill Equestrian Centre, Glossop, Derbyshire. 6.30pm.
winniemabaso.org

SHOREDITCH PARK RELAY (4x 2.5km)
Shoreditch Park, New North Road, London. 10am.
theraceorganiser.com

WICKHAM SLEEPWALKER 5km
West Walk, Forest of Bere, Wickham, Hampshire. 8pm.
eventrac.co.uk

WORCESTERSHIRE BEACON RACE 7
Rose Gardens, Malvern, Worcestershire. 3pm.
worcester-ac.co.uk

Sunday October 15

ALTCAR 10km
Hightown, Merseyside. 11am.

CAMBRIDGE CAMBOURNE 5km/10km
Cambourne Business Pk, Cambus 10am.
cambridgefestivalofrunning.com

CARY CANTER 10km
Maggs Lane, Ansford, Castle Cary, Somerset. 10am.
1610.org.uk

CHILHAM CASTLE 10km/5km
Chilham, Canterbury, Kent. 8am.
trispirevents.com/events/chilham-castle-running

EDEN PROJECT HALF-MARATHON/MARATHON
Eden Project, Bodelva, Cornwall. 9.30am.
edenproject.com

EDF ENERGY POWER SURGE 10km
Retford, Nottinghamshire. 10am.
retfordac.co.uk

EDMONTON RUN THE RIVER 10km
Edmonton, London. 7pm.
edmontonrc.co.uk

FRIETH HILLY 5km/10km
Frieth CEC School, Frieth, Oxon. 10am.
friethhilly10k.co.uk

HEADWAY THAMES VALLEY 5km
Beale Pk, Pangbourne, Berks. 10.30am.
headwaythamesvalley.org.uk/category/news/events

HORTON WINTER BULL RUN 6
Village Hall, Horton, Bristol. 10.30am.
hortonbullrun.co.uk

KELLYS LOSELEY 5km/10km/HALF-MARATHON
Loseley House, Guildford, Surrey. 9am.
kellystore.org

MENDIP OUTDOOR PURSUITS 10km
Mendip Snowsport Centre, Churchill, North Somerset. 9.30am.
aspirerunningevents.co.uk/mendip2016.html

MILTON KEYNES BIG FUN RUN 5km
Willen Lake, Milton Keynes. 11am.
bigfunrun.com/milton-keynes

NEW FOREST STINGER 5/10
Ocknell Camp Site, Cadnam, Hampshire. 10am.
tottonrc.weebly.com

NICE WORK BUSHY PARK 5km/10km SERIES
Bushy Park, Hampton, London. 10am.
nice-work.org.uk

PETHERTON PLOD 5km
Bridgwater, Somerset. 10am.
uniquefitnessbridgwater.co.uk

PONTY PLOD 11
Llandegfedd Reservoir, New Inn, Pontypool, Torfaen. 10am.
pontypoolrunners.co.uk

POST HILL 5km CHALLENGE
Pudsey, West Yorkshire. 10.30am.
sudsseypacers.com

SAXONS 5
Carlton Park Recreational Club, Saxmundham, Suffolk. 11am.
thesaxons.org.uk

SHAUN LEE JOHNSTONE MEMORIAL 10
Boroughbridge, North Yorkshire. 11am.
shaunlejohnstonefund.co.uk

THE FOREST 5km/10km
Moor Park Sch, Ludlow, Shropshire. 10am.
theforest10k.com

THURLOW 5/10
Village Hall, Great Thurlow, Suffolk. 10am.
haverhillrunningclub.com

WELCOMBE TREMBLER 5km/WOBBLER 10km
Stratford Leisure Centre, Stratford On Avon, Warwickshire. 11am.
stratfordac.co.uk

YORKSHIRE WILDLIFE PARK RUN FOR WILDLIFE 5km
Yorkshire Wildlife Park, Doncaster, South Yorkshire. 9am.
curlysathletes.co.uk

ROAD

Thursday October 5

BURNHAM ON SEA WINTER 5km SERIES
Borrow Road, Burnham on Sea, Somerset. 7.30pm.
bospool.com

RAMSEY BAKERY FIREMAN'S RUNS 5
Fire Station, Ramsey, Isle of Man. 7pm.
naciom.org

Friday October 6

EALING MILE
Lammas Park, Ealing, London. 12.30pm.
ealinghalfmarathon.com/the-mile-series

KELLYS LOSELEY 3km
Promenade, Aberdeen. 1pm.
metroaberdeen.co.uk

Saturday October 7

ALDER HEY HALEWOOD 5km SERIES
Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.
knowsleyharriers.com

BANGOR 10km/HALF-MARATHON
High Street, Bangor, Gwynedd. 10am.
runwales.com

BOURNEMOUTH MARATHON FESTIVAL 5km/10km
Kings Park Drive, Bournemouth, Dorset. 10am.
bournemouthmarathon.com

CALM 10km
Finsbury Park, London. 11am.
mensrunninguk.co.uk/race

CHESTERFIELD NO WALK IN THE PARK 5km
Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirerc.jimdo.com

CHORLEY 6 HOUR
Astley Park, Chorley, Lancashire. 10am.
chorley6hourrace.wordpress.com

ERRA NATIONAL MEN'S 6-STAGE RELAYS/WOMEN'S 4-STAGE RELAYS/YOUNG ATHLETE RELAYS
Sutton Park, Sutton Coldfield, West Midlands.
englishroadrunningassociation.co.uk

FAREHAM & GOSPORT ECLIPSE 5 RELAY (6 X 5M)
Fareham Rugby Club, Cams Allders, Hampshire. 11.55pm.
ruralrunningevents.com

GEORGE CUMMING ROAD RELAYS
Houston, Renfrewshire.
kilbarchanaac.org.uk/events/george-cummings-road-relays

MOTE PARK 10km
Mote Park, Maidstone, Kent. 10am.

NORTHERN IRELAND & ULSTER RELAY CHAMPIONSHIPS
Victoria Park, Belfast. 11am.
athleticsni.org

QEOP WINTER 10km SERIES
Queen Elizabeth Olympic Park. 9.30am.
qeopaces.com

BOURNEMOUTH FESTIVAL HALF-MARATHON/MARATHON
Kings Park Drive, Bournemouth. 10am.
bournemouthmarathon.com

BRAMLEY 10km
Bramley, West Yorkshire. 8.30am.
itsgrimupnorthrunning.co.uk

BRIGHOUSE RUNNING FESTIVAL 10km
Brighouse, West Yorkshire. 7.15pm.
cannonballevents.co.uk

BURRINGHAM 10km
Stone Lane, Burringham, North Lincolnshire. 11am.
facebook.com/events/393286597398222

CHESHIRE HALF-MARATHON
Arley Hall, Northwich, Cheshire. 9.30am.
cheshirehalf.com

CROYDON 10km
Lloyd Park Avenue, Croydon. 10.15am.
nice-work.org.uk

DRAYCOTE WATER WINTER 10km SERIES
Draycote Water, Kites Hardwick, Warwickshire. 9.45am.
theraceorganiser.com

GIVAUDAN ASHFORD 10km
Julie Rose Stadium, Ashford, Kent. 10am.
sportingeventsuk.com

GOLD HILL 10km
Shaftesbury School, Shaftesbury, Dorset. 11am.
goldhill10k.co.uk

ISLE OF WIGHT MARATHON
Community Club, Park Road, Cowes, Isle of Wight. 11.30am.
rydeharriers.co.uk

JIM DINGWALL 10km
Elloughton, East Yorkshire. 9am.
humber-triathletes.co.uk

KIRKBY MILERS 10km
Knowsley Safari Park, Knowsley. 10am.
facebook.com/KirbyMillersRace

LINLITHGOW 10km
Linlithgow, West Lothian. 2.30pm.
linlithgowac.org.uk

MARTLESHAM HEATH 10km
Village Green, Martlesham Heath, Suffolk. 10am.
frr.org.uk

MBNA CHESTER MARATHON
Chester Racecourse, Chester. 9am.
chestermarathon.co.uk

MBNA CHESTER METRIC MARATHON 26.2km
Chester Racecourse, Chester. 10.15am.
chestermarathon.co.uk

MICKY ANNETTE MEMORIAL 10km
Newrybridge, Newry. 1pm.

NEIL MCCOVER MEMORIAL HALF-MARATHON
Kirkintilloch Leisure Centre, Woodhead Park, Glasgow.
facebook.com/pages/Neil-McCcover-Memorial-Half-Marathon

PLUSNET YORKSHIRE 10/MARATHON
University of York, York, North Yorkshire. 9.30am.
theyorkshirerace.com

PLYMOUTH 10km
Princess Street, Plymouth, Devon. 8.30am.
runplymouth.co.uk

PORTSMOUTH RNLI 10km
RNLI station, Eastney, Hampshire. 9.45am.
fitprorob.biz

PUTNEY & FULHAM RIVERSIDE HALF-MARATHON
Barn Elms Sports Centre, Queen Elizabeth Walk, London. 9am.
energizedsports.com

RARE RUNNING EVENT 5km/10km
STFC Rutherford Appleton Laboratory, Didcot, Oxfordshire. 11am.
barnesfitness.co.uk

RICHMOND CASTLE 10km

Market Place, Richmond, N Yorks. 11am.
swaledaleroadrunners.co.uk

RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Bucks. 9am.
risboroughruninthepark.weebly.com

ROCHDALE 10km/HALF-MARATHON

Town Hall, Rochdale, Lancashire. 9am.
rochdale.gov.uk/run

SECO ALCESTER 10km

High Street, Alcester, Warwickshire. 9am.
raceways.eu

SHOREDITCH 10km

Shoreditch Pk, New North Rd. 9am.
adidascityruns.com/shoreditch

TEMPLE PARK 5km SERIES

Temple Park, South Shields. 11am.
runeatsleep.co.uk/2017races

TIP TREE 10

Tip Tree Sports Centre, Essex. 10.30am.
tiptreeroadrunners.com

UNDERCLIFF RUN FOR WOMEN 8km

Undercliff Walk, Saltdean, East Sussex. 10.15am.
riseuk.org.uk

VERNON'S 4

Vernon Carus CC, Factory Lane, Penwortham, Preston. 2pm.
ukroadraces.info

VIRGIN SPORT OXFORD HALF-MARATHON

City Centre, Oxford. 9.30am.
oxfordhalf.co.uk

WEST COAST HALF-MARATHON

Fairhaven Lake, Lytham St Annes, Lancashire. 10am.
fyldecoastrunners.com

Wednesday October 11

ARMADA ATHLETICS NETWORK

WINTER 3km SERIES

Central Park, Plymouth, Devon. 7pm.
armadaathletics.co.uk

Thursday October 12

DOUGLAS AUTUMN HANDICAP 10km

National Sports Centre, Douglas, Isle of Man. 6.30pm.
iomvac.co.uk

IOM VETERANS AC AUTUMN

HANDICAP 10km

NSC, Douglas, Isle of Man. 7.15pm.
iomvac.co.uk

Friday October 13

BARROW BRIDGE 5km SERIES

Barrow Bridge, Lancashire. 7.15pm.
time2runevents.co.uk

Saturday October 14

BUXTON PAVILION GARDENS 5km

Pavilion Gardens, Buxton, Derbyshire. 9am.
buxtonac.org.uk

COIGACH HALF-MARATHON

Achiltibuie Playing Field, Achiltibuie, Ross. 2pm.
coigachrun.com

GR8 DUNDRUM RUN

Sacred Heart Hall, Dundrum. 1pm.
murloughac.com

GREAT WEST RUN 5km

Exeter Athletics Arena, Devon. 3pm.
thegreatwestrun.co.uk

ST MARY'S PS KILLYCLOGHER

5km/10km
St Marys Primary School, Killyclogher. 11.30am.
stmaryskillyclogher.co.uk

Sunday October 15

BLACKPOOL AUTUMN BREAKER

10km
Stanley Park Arena, Blackpool, Lancashire. 10.30am.
fyldecoastrunning.org

BRIDLINGTON HALF-MARATHON

Bridlington, North Yorkshire. Noon.
bridlingtonrr.co.uk

BRIGHTON 10

Hove Lawns, Brighton, Sussex. 9am.
bright10.co.uk

CABBAGE PATCH 10

Cabbage Patch pub, Twickenham, Middlesex. 10am.
cabbagepatch10.com

CLISSOLD PARK RELAY (4x2.5km)

Clissold Park, Green Lanes, Hackney, London. 10am.
theraceorganiser.com

DENMEAD 10km

Kidmore Lane, Denmead, Hampshire. 10am.
denmeadstriders.co.uk

FARNDON 10km

Sports & Social Club, Farnon, Cheshire. 10am.
cutefruitevents.com

GREAT WEST RUN HALF-MARATHON

Exeter Athletics Arena, Exeter, Devon. 9am.
thegreatwestrun.co.uk

GREAT YARMOUTH EAST COAST

10km
St Georges Park, Great Yarmouth, Norfolk. 10.30am.
gyrr.co.uk

GRITTLETON 10km

Village Hall, Grittleton, Wiltshire. 10.30am.
cadence-events.co.uk

HEART OF EDEN HALF-MARATHON

Appleby Grammar School, Battlebarrow, Appleby in Westmorland. 11am.
rotary-ribi.org/clubs/page.php?PgID=587953&ClubID=1129

LEICESTER HALF-MARATHON/MARATHON

Victoria Park, Leicester. 9.15am.
leicestermarathon.org.uk

LEIGH-ON-SEA 10km

Two Tree Island, Leigh-on-Sea, Essex. 9.30am.
losstriders.org

MAIDSTONE HALF-MARATHON/MARATHON

Cornwallis Academy, Maidstone, Kent. 9am.
nice-work.org.uk

MANCHESTER HALF-MARATHON

Lancashire County Cricket Club, Talbot Road, Manchester. 9am.
manchesterhalfmarathon.com

MILLTOWN TO MOORS HALF-MARATHON

Oldham Sports Centre, Oldham, Lancashire. 9.30am.
milltownraces.co.uk

RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com

RUN FOR OISIN 5km/10km

Lakeland Community Care Centre, Belcoo. 1pm.
runscotland.org

RUN SCOTLAND LOCH RANNOCH HALF-MARATHON/MARATHON

Kinloch Rannoch, Kinloch, Perth and Kinross. 9.30am.
runthrough.co.uk

RUNTHROUGH BRIXTON 10km

Brockwell Park, London. 9.30am.
runthrough.co.uk

SIMPLYHEALTH BIRMINGHAM INTERNATIONAL MARATHON

Alexander Stadium, Birmingham. 9am.
greatrun.org

STEP UP 4 GOOD 5km/10km

Greenham Business Park, Greenham, Berkshire. 10.30am.
greenham-common-trust.co.uk/stepup4good

STILTON STUMBLE 10km/24km

Memorial Hall, Cropwell Bishop, Nottinghamshire. 10am.
stiltonstumble.com

STRATHCARRON 10km

Stirling University, Stirling.
strathcarronhospice.net

TADLEY RUNNERS REVERSE 10

Hurst Leisure Centre, Tadley. 10am.
tadleyrunners.co.uk

WERRINGTON 10km

Moorside High School, Werrington, Staffordshire. 10.30am.
trenchamrunningclub.co.uk

WEYMOUTH 10

Pavillion, The Esplanade. 9.30am.
egdonheathharriers.com

WINDSOR & ETON AUTUMN RUN

SERIES 5km/10km/15km/20km
Dorney Lake, Eton, Berkshire. Noon.
f3events.co.uk

WINDSOR SUMMERS END HALF-MARATHON

Dorney Lake, Eton, Berkshire. Noon.
windsorhalfmarathon.co.uk

WIX 5

Village Hall, Wix, Essex. 10.30am.
harwichrunners.co.uk

WORTHING SEAFRONT 10km

Splash Point Marine Parade. 11am.
mccpromotions.com

TRACK

Saturday October 7

HAMMER CIRCLE REUNION OPEN

Hull.
hammercircle.com

SECTA END OF SEASON WEIGHT

PENTATHLON
Ewell.

Monday October 9

LANCASHIRE WALKING CLUB TWO

HOUR TRACK WALK
Bury.

Friday October 13

WTC EUROPEAN HAMMER

DECATHLON CHAMPIONSHIPS
Derby. Until Saturday October 14.
mmtg.org.uk

Saturday October 14

CAMBRIDGE UNIVERSITY CUPPERS

Cambridge. Until Sunday October 15.
cuac.org.uk

Sunday October 15

COLCHESTER HARRIERS AUTUMN

THROWS INVITATIONAL SERIES
Colchester.
colchesterharriers.co.uk

WALKS

Saturday October 7

ALBERT RIGBY SHIELD 10km

Sutton Macclesfield.

Sunday October 8

MIDLAND WINTER LEAGUE

Stourport.
SARNIA HANDICAP 10km
Delancey Park, St. Sampsons. 9am.

OVERSEAS

Sunday October 8

BANK OF AMERICA CHICAGO

MARATHON
Chicago, USA.
chicagomarathon.com



PUBLISHING

Athletics Weekly, The Great Run Company, 22 Long Acre, London WC2E 9LY

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2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4000

SUBSCRIPTIONS AND BACK ISSUES

Warners Group Tel: 01778-392018

subscriptions@warnersgroup.co.uk

backissues@warnersgroup.co.uk

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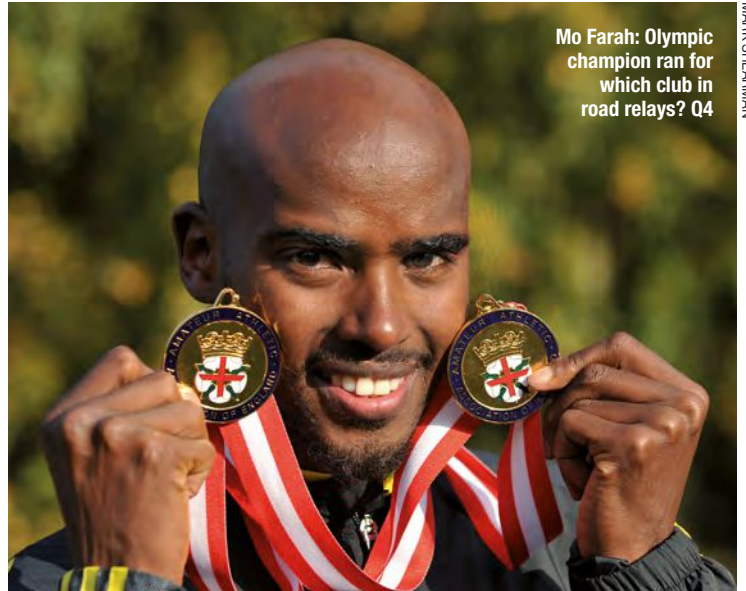
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THE THEME OF THIS WEEK'S QUIZ IS THE ERRA NATIONAL SIX-STAGE AND FOUR-STAGE ROAD RELAYS

Mo Farah: Olympic champion ran for which club in road relays? Q4



MARK SHEARMAN

- 1** Going into this weekend's event, who are the reigning women's national four-stage relay champions?
- 2** Name the Telford postman who smashed Chris Thompson's men's six-stage course record by almost half a minute in 2003 at Sutton Park with 16:25.
- 3** The Shropshire postie still holds the course record for the Sutton Park six-stage course used today but how far is the leg? (a) 5847m, (b) 4212m, (c) 7020m?
- 4** In 2009 Mo Farah clocked 16:33 for his stage at Sutton Park but what club was he representing?
- 5** Which Staffordshire club won four men's six-stage titles from 1969-1973 when the event was in its infancy. Clue, you'd have to be potty not to work this one out.
- 6** The women's national four-stage road relay was held in Huyton, Merseyside, but can you guess the year? (a) 1903, (b) 1963, (c) 1993?
- 7** The AW front cover from October 1998 (left) shows an athlete anchoring his team to national men's six-stage glory but can you name him and his club?
- 8** If the men's six-stage and women's four-stage road relays are held in the autumn, how many stages are involved in the spring road relays?
- 9** Welsh clubs won the national six-stage and four-stage titles 12 months ago. But which ones?
- 10** Which Central AC athlete from Scotland ran the fastest six-stage leg in Sutton Park in October 2016?



Can you remember the name of this running postman? See Q3



MARK SHEARMAN

Quiz answers for September 28: 1 Dennis Kimetto, 2:02:57; 2 2:00:25; 3 It was staged on the Monza racing circuit in Italy; 4 2014, 2:08:21; 5 Rose Chelimo of Bahrain; 6 Tokyo; 7 5000m and 10,000m; 8 Steve Brace, 1991; 9 Tokyo, Boston, London, Berlin, Chicago, New York; 10 Mary Keitany. **Cover story:** Colin Jackson and Nigel Walker

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

W50 RUNNERS WANT OWN RACE

MANY MASTERS ARE FORCED TO COMPETE AGAINST YOUNGER RIVALS

A CAMPAIGN is growing for more women's masters categories to be included in events like area road relays.

Dee Smale, a W55 runner with the Stragglers club, had a letter published in *AW's Your Say* section last week asking why so many older female runners had to be part of senior teams.

And at last week's South of England road relays at Crystal Palace she again noticed the large number of women in their 40s and 50s who were part of senior teams.

"I wonder how the competition would change if there were more categories?" she asks. "There may not seem like there is a case for another category in the women's event



A few of the many over-50s at the South of England road relays

(in area road relays), but the discrepancy between male and female categories is still unfair, especially when so many over 50s have to compete in senior teams.

"Adding a category would make no difference to the SEAA but might encourage more women runners to participate, as they will have a realistic chance of placing.

"In this photograph there is a group of us - many more were not pictured - who would love it if there was another team category for women over 50."

ATHLETICS FOLK GO BAA-RMY



CHERRY ALEXANDER, the managing director of London 2017, plus *AW* publisher Wendy Sly joined TV chef Mary Berry in the annual Great Sheep Drive across London Bridge last month.

The event celebrates the Freemen of the City's right to drive the animals over the bridge and involves hundreds of

people taking turns herding two groups of 10 sheep back and forth over the River Thames.

The ancient tradition dates back to the 12th century, when traders were allowed to enter the City without paying a toll, and today raises money for charity and helps publicise the British lamb and wool industry.

LOBO IS GUILTY OF VOYEURISM

JASON LOBO, the former middle-distance runner and policeman, has been convicted of secretly filming women that he was dating.

The 48-year-old ran for Blackburn Harriers and after a prodigious teenage running career he went on to clock 1:45.82 for 800m, won the AAA 800m title in 1998 and competed for England in the Commonwealth Games in Kuala Lumpur.

He was found guilty of 11 counts of voyeurism at Liverpool Crown Court for offences between 2011 and 2015, but he was also cleared of a further seven counts of voyeurism and will be sentenced on October 20 with a prison sentence likely.

Lobo was not on duty as a policeman when the offences took place but he was suspended from the force after his arrest in December 2015 and was later sacked for gross misconduct due to a separate matter where he had shared details and images from police incidents.

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