

# ATHLETICS WEEKLY

OCTOBER 12, 2017 | £3.95

## ROAD RELAYS

Swansea's men  
and AFD's women  
victorious at  
Sutton Park

## PARKRUN PARADOX

Are frequent 5km  
runs good for  
kids?

## GIRL POWER

Why females  
stole the show  
at London 2017

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# MAKING THE UNNORMAL NORMAL

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Jason Henderson, editor

## QUEST FOR NEW AND WINNING IDEAS

SEB COE's thoughts on the future of athletics have generated much discussion in the past week. Speaking at a sporting leaders conference in London, the IAAF president described some radical ideas (*News*, p20) and said: "The sport is open and should be ready for change. I'm not ruling anything out. Everything is on the table."

The problem with many of the ideas floating around the sport, though, is that they're not very new. One suggestion, for example, is to have athletics events at football matches, but Ron Hill's first marathon victory – in Liverpool in 1961 – saw him finish in Anfield on match day, while in 1974 there was a 3000m race at Wembley before the FA Cup final.

There's also talk of creating inter-city rivalry, but UKA tried it with an 'indoor city challenge' 10 years ago and the experiment merely reminded us that athletics is an individual sport and its cities/regions don't have the same tribal following that team sports enjoy.

Elsewhere at UKA televised events in recent years we have seen 'extreme high jump', with BMX riders and inline skaters going over laser beams against high jumpers. Golden oldies like Allan Wells, Daley Thompson and Kriss Akabusi have dusted off their spikes in 'legends sprint races'. We've even seen events like 400m hurdles indoors, with runners breaking into lane one as chaos ensued.

Naturally the better ideas such as CityGames street athletics survive, whereas others are swiftly forgotten (does anyone, for instance, remember Mo Farah winning a devil-takes-the-hindmost mile race in 2007?).

The jury is still out on Nitro Athletics, too. Yes, it was a success this year, but would it be as popular if you took Usain Bolt and Aussie sunshine out of the equation?

When it comes to reinventing the sport, the richest source I've come across is a 2002 book called

*Rethinking Track & Field* by Alphonse Juillard. It is full of imaginative ideas and, in some ways, ahead of its time.

So good luck to the IAAF in their attempts to improve the format of our ancient sport. Meanwhile if you have any genuinely new ideas that might help in their brainstorming sessions, email us at [haveyoursay@athleticsweekly.com](mailto:haveyoursay@athleticsweekly.com).

MARK SHEARMAN

Luke  
Duffy –  
p32



MARK SHEARMAN



Cover: Dewi Griffiths anchors Swansea Harriers to national six-stage road relay victory (Mark Shearman)

Below: popular events such as the CityGames street athletics are doing well



## ACTION

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Swansea win the men's six-stage title at Sutton Park while Aldershot, Farnham & District take the women's four-stage crown

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Russian high jump star targets IAAF World Indoor Champs

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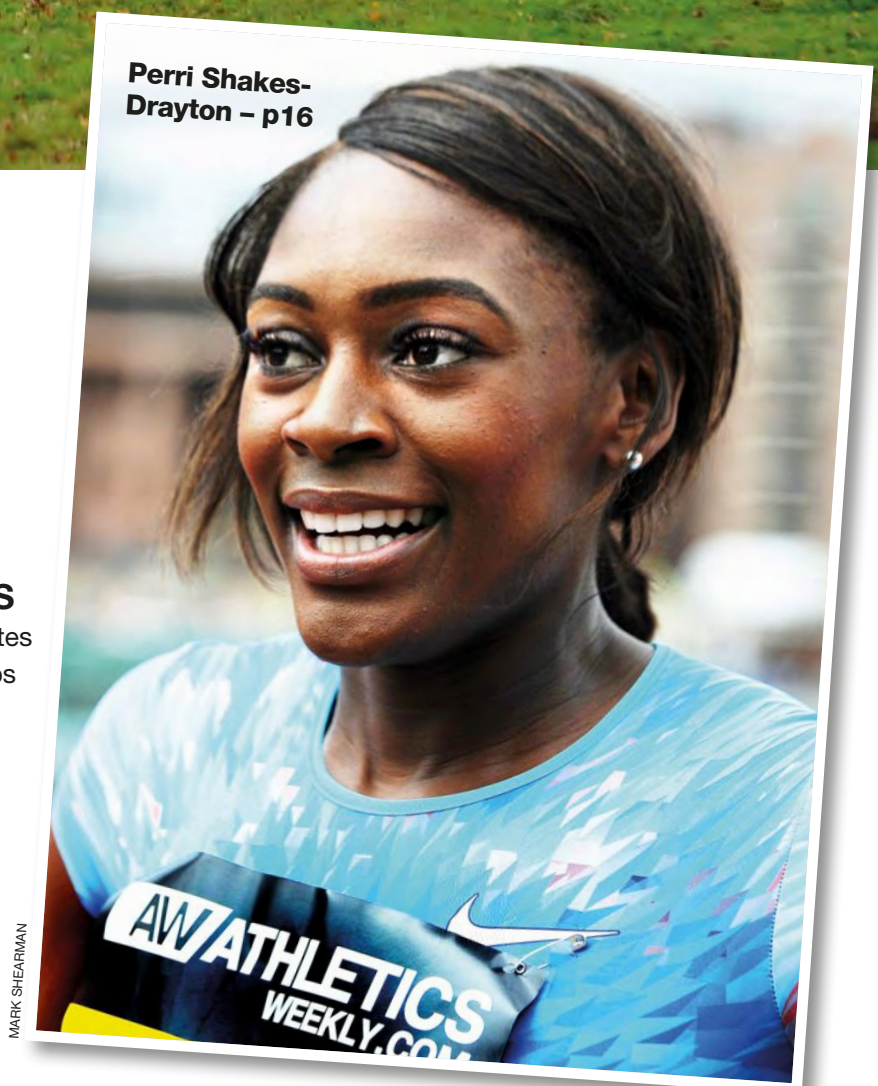
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Perri Shakes-Drayton – p16



MARK SHEARMAN





# WELSH RULE AGAIN

## SWANSEA INHERIT CARDIFF MEN'S TITLE AS ALDERSHOT RETAIN WOMEN'S

REPORTS: MARTIN DUFF

PICTURES: MARK SHEARMAN



IN A BLUSTERY day, Aldershot, Farnham & District's women annexed their 10th title in the past 11 years, while Swansea Harriers were triumphant in the men's event.

Both added UKA titles while the debate concerning Celtic clubs taking medals in an English championship remained active with the English Road Running Association (ERRA) trying hard to find a solution.

Swansea's men benefited from an agreement between UKA and the ERRA that if a team from Wales or Scotland won the event then that team would be awarded British championships gold. This allowed runners-up Tonbridge to take the English title.

Aldershot's women took both British and English titles from Leeds and fourth overall Birchfield, but third-placed Swansea were left ruing the decision by UKA to only sanction one British championships medal, despite the ERRA agreeing to fund the UK awards.

The young athletes' races were nearly delayed due to access problems to the park. These were caused by team coaches blocking the car park entrances preventing car

access as some runners were stuck in traffic entering the park for more than half an hour. This resulted in youngsters leaving cars and running up to the start.

Elsewhere, a duplicate numbering system caused the results for the under-15 and under-17 events to be called into question with no fastest lap awards being made on the day. A faulty generator also caused announcements to be curtailed due to limited power.

Top individual awards, among the seniors, went to

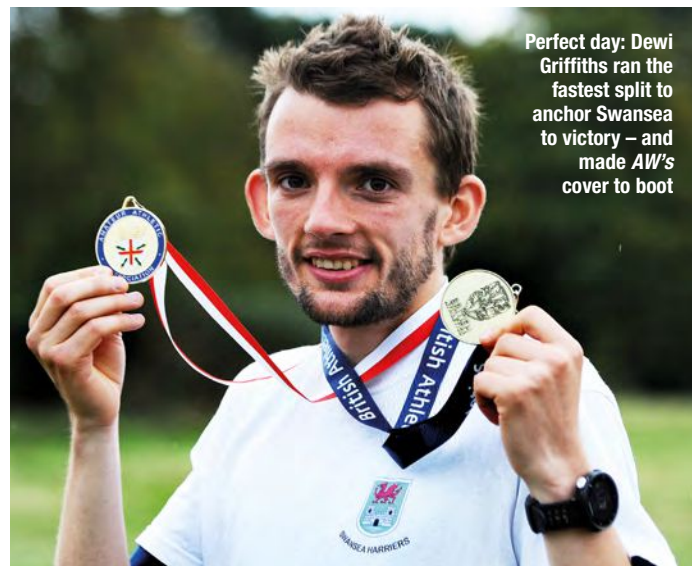




Runners charge away at the start of the 2017 national six-stage relay



Debate rages about Celtic nations receiving medals at an English Championships



Perfect day: Dewi Griffiths ran the fastest split to anchor Swansea to victory – and made AW's cover to boot

Jess Judd and Dewi Griffiths, both by big margins, while Liverpool's Ella McNiven was the pick of the young athletes and fastest in the under-17 women's event as she dragged Liverpool from fourth to first on the final leg with the quickest effort of 13:00.

Other titles went to Vale Royal, Blackheath and Hillingdon, while Aldershot's boys ensured that they were the only club to annex more than a single title after wins in both under-13 and under-17 events.

## MEN

While the title went to Swansea, with Griffiths taking the glory leg with the fastest lap, the battle between Northern winners Lincoln and Southern second-placers Tonbridge was only resolved on the final stage when Chris Olley secured the English title for the Kent outfit.

Griffiths front ran the fastest men's 5847m lap in 16:40, more than half a minute quicker than the next best, Phil Sesemann, who 'won' the opening leg for Blackheath & Bromley.

That opener produced quite a battle but none of the eventual podium finishers were prominent on that opening stage. Sesemann said: "I'm fitter than I have ever been at this time of year and I am benefitting from cumulative training over the last two years."

Of the race tactics, he added: "Tom Lancashire led, then Jack Gray and then Shaun Antill and I took the lead at the bottom of the hill by the lake."

Eventual winners Swansea led the medallists in 10th on the leg, with Tonbridge, Lincoln and

## LEADING MEN'S RESULTS

CLUB	TIME	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
1 Swansea	1:45:16	J Tobin (10) 17:37	M Hobbs (5) 17:53	J Hopkins (1) 17:30	J Gooch (1) 18:10	J Griffiths (1) 17:26	D Griffiths (1) 16:40
2 Tonbridge	1:46:30	C Joslin-Allen (18) 17:51	D Brown (10) 17:52	B Cole (8) 17:54	G Duggan (4) 17:53	R Driscoll (3) 17:43	C Olley (2) 17:17
3 Lincoln W	1:46:34	S Robinson (19) 17:54	T Straw (9) 17:49	L Allison (5) 17:47	A Scott (3) 17:51	M Bowser (2) 17:49	J Wilkinson (3) 17:24
4 AFD	1:46:38	L Prior (21) 18:00	G Cockle (16) 18:04	J Grace (10) 17:55	E Cross (5) 17:33	J Morwood (4) 17:46	J Hay (4) 17:20
5 Bristol	1:47:59	J Millar (11) 17:39	T Merson (4) 17:49	J McKenna (7) 18:04	D Studley (2) 17:41	M Bialogonski (5) 18:58	S Mitchell (5) 17:48
6 Liverpool	1:48:19	J Webb (23) 18:03	D Devine (18) 18:09	J Ashcroft (13) 18:12	D Gezimu (8) 17:53	D Jarvis (6) 17:54	M Jackson (6) 18:08
7 Cardiff	1:48:53	S Blake (53) 18:57	J Heyward (37) 18:18	C Jones (22) 17:59	M Clowes (15) 17:32	M Kallenberg (9) 18:14	I Thomas (7) 17:53
8 Newham	1:49:19	J Trigwell (24) 18:03	L Merrien (14) 17:55	J Beattie (9) 18:00	L Conway (9) 18:22	D Clutterbuck (8) 18:39	R Chesser (8) 18:20
9 Highgate	1:49:22	R Bahelbi (14) 17:41	P Chambers (3) 17:44	A Nordveit (2) 17:51	R Wilson (6) 18:40	F Smithwick (7) 18:39	J Laybourn (9) 18:47
10 AFD B	1:49:28	M Cox (26) 18:07	H Dixon (17) 18:02	R Allen (12) 17:56	S Eglan (11) 18:32	A Poinon (11) 18:35	R Harvie (10) 18:16

Positions at end of each stage shown in brackets

<b>Fastest</b>	P Sesemann (B&B) 17:14	G Rush (Chelt) 17:16	J Hopkins (Swan) 17:30	M Clowes (Card) 17:32	J Griffiths (Swan) 17:26	D Griffiths (Swan) 16:40
	M Mahamed (Soton) 17:21	M Bergin (Bed C) 17:24	R Skelton (Phoe) 17:43	E Cross (AFD) 17:33	R Driscoll (Ton) 17:43	C Olley (Ton) 17:14
	S Antel (Bide) 17:26	R Weir (Der) 17:34	L Allison (Linc W) 17:47	E Cairress (Leeds) 17:41	J Morwood (AFD) 17:46	J Hay (AFD) 17:20
	L Moses (Gate) 17:30	M Buckingham (Holmf) 17:43	A Nordveldt (High) 17:51	D Studley (B&W) 17:41	M Bowser (Linc W) 17:49	J Wilkinson (Linc W) 17:24
	J Gray (C&C) 17:34	P Chambers (High) 17:44	B Cole (Ton) 17:54	W Richardson (Bir) 17:47	D Jarvis (Liv) 17:54	A Watson (Notts) 17:42
	N Martin (Sale) 17:34	J Morris (Stock) 17:44	A Richmond (Bide) 17:54	A Scott (Linc W) 17:51	D Musson (Notts) 18:00	S Mitchell (B&W)/C Milne (Cent) 17:48
<b>Biggest movers</b>		M Bergin (Bed C) 40-13	W Fuller (B&B) 53-33	W Richardson (Bir) 52-33	C Smithard (Cent) 40-30	T Raynes (B'burn) 50-35





**Philip Sesemann:** got Blackheath off to flying start on stage one



**Marc Hobbs:** solid leg two for Swansea



**Jonathan Hopkins:** took Swansea into lead on stage three



**Matt Bowser:** kept Lincoln in the medals hunt

third English team Aldershot in 18th, 19th and 21st places respectively.

In the Midland event over the same lap two weeks earlier, Graham Rush had confirmed his status as a course specialist and was at it again on the second stage as he posted the fastest lap when taking Cheltenham to the front, after moving up from 12th with the day's third best time of 17:16. He said: "I was quicker than in the Midland and it was nice to have those people to chase. The wind was blowing but it



**Lee Merrien:** flew in from Guernsey to run Newham & Essex Beagles' fastest leg on stage two

was no excuse not to run fast."

The eventual medallists only crept closer to the lead but Swansea then asserted themselves on the third stage as Jonathan Hopkins took them into a halfway lead with the quickest stage time of 17:30. He said: "I went for it and caught them on the hill and felt great and better than last year when I was outkicked."

Thereafter the rest of the medallists could only play catch-up as Jack Gooch and Josh Griffiths extended the lead. Griffiths said: "I ran 65:38



**Dominic Brown:** part of the successful Tonbridge squad



**Joe Morwood:** fought hard to get AFD on to the podium





Chris Olley: anchored Tonbridge home



Swansea's winning team: Jonathan Tobin, Marc Hobbs, Jonathan Hopkins, Jack Gooch, Josh Griffiths and Dewi Griffiths

in the Cardiff Half-marathon last weekend and today was the first hard run since."

Some way down on Griffiths, the battle for top English club was hotting up.

As Bristol and West dropped back from second to fifth, just eight seconds covered Lincoln, Tonbridge and Aldershot.

On the last leg, Dewi Griffiths opened out a 74-second margin by the tape with by far and away the best effort of the day that was the sixth best time since the course was changed in 2001.

He said: "That is now six races in six weeks but it was so windy on the top.

"At the turn, I saw them chasing and I was not sure of fitness after just an easy session on Thursday," Griffiths added.

Olley, courtesy of a 17:17 final leg, overhauled Joe Wilkinson to see Tonbridge second just ahead of Lincoln.

On a high-quality last leg, Jonathan Hay ran 17:20 to

bring Aldershot home a further four seconds in arrears.

Bristol and Liverpool, completed the top six.

Showing their strength in depth, Aldershot's B team finished 10th to enjoy a two-minute advantage over the next B team from Tonbridge.

Altogether 82 teams finished.

## RESULTS

### Senior men (6x5.847km): 1

**Swansea 1:45:16** (J Tobin (10) 17:37, M Hobbs (5) 17:53, J Hopkins (1) 17:30, J Gooch (1) 18:10, J Griffiths (1) 17:26, D Griffiths (1) 16:40); **2 Tonbridge 1:46:30** (C Joslin-Allen (18) 17:51, D Brown (10) 17:52, B Cole (8) 17:54, G Duggan (4) 17:53, R Driscoll (3) 17:43, C Olley (2) 17:17); **3 Lincoln W 1:46:34** (S Robinson (19) 17:54, T Straw (9) 17:49, L Allison (5) 17:47, A Scott (3) 17:51, M Bowser (2) 17:49, J Wilkinson (3) 17:24); **4 Aldershot 1:46:38** (L Prior (21) 18:00, G Cockle (16) 18:04, A Grace (10) 17:55, E Cross (5) 17:33, J Morwood (4) 17:46, J Hay (4) 17:20); **5 Bristol 1:47:59** (J Millar (1) 17:39, T Merson (4) 17:49, J McKenna (7) 18:04, D Studley (2) 17:41, M Bialogonski (5) 18:58, S Mitchell (5) 17:48); **6 Liverpool 1:48:19** (J Webb (23) 18:03, D Devine (18) 18:09, J Ashcroft (13) 18:12, D Gezimu (8) 17:53, D Jarvis (6) 17:54, M Jackson (6) 18:08); **7 Cardiff 1:48:53** (S Blake (53) 18:57, J Heyward (37) 18:18, C Jones (22) 17:59, M Clowes (15) 17:32, M Kallenberg (9) 18:14, I Thomas (7) 17:53); **8 Newham 1:49:19** (J Trigwell (24) 18:03, L Merrian (14) 17:55, J Beattie (9) 18:00, L Conway (9) 18:22, D Clutterbuck (8) 18:39, R Chesser (8) 18:20); **9 Highgate 1:49:22** (R Bahelbi (14) 17:41, P Chambers (3)

17:44, A Nordveit (2) 17:51, R Wilson (6) 18:40, F Smithwick (7) 18:39, J Laybourn (9) 18:47); **10 AFD B 1:49:28** (M Cox (26) 18:07, H Dixon (17) 18:02, R Allen (12) 17:56, S Eglan (11) 18:32, A Pointon (11) 18:35, R Harvie (10) 18:16); **11 Kent 1:50:06** (C Greenwood (25) 18:04, B Harding (22) 18:18, J Connor (15) 18:16, J Gilbert (13) 18:04, N Armitage (13) 18:55, J Weaver (11) 18:29); **12 Cheltenham 1:50:25** (P Beastall (13) 17:40, G Rush (1) 17:16, D Owen (3) 18:25, J Denne (10) 19:03, A Bampton (10) 18:36, A Lee (12) 19:25); **13 Notts 1:50:32** (M Williams (60) 19:08, R Keal (57) 19:19, T Hartley (42) 18:28, S Mitchell (27) 17:55, D Musson (19) 18:00, A Watson (13) 17:42); **14 Bedford & C 1:50:36** (J Goodwin (40) 18:33, M Bergin (13) 17:24, B Davies (16) 18:41, J Hoad (14) 18:06, M Bray (15) 19:13, J Eves (14) 18:39); **15 Southampton 1:50:55** (M Mahamed (2) 17:21, B Brewster (12) 18:34, J Knapp (17) 18:48, M Costley (19) 18:58, M Revier (17) 18:34, M Bennett (15) 18:40); **16 Phoenix 1:50:56** (R Fitzgibbon (7) 17:35, A Davis (8) 18:06, R Skelton (4) 17:43, M Pickard (7) 18:41, B White (16) 20:03, M Dumbrell (16) 18:48); **17 Hercules 1:51:07** (F Slembeck (51) 18:50, A Penney (32) 18:04, F Johnson (30) 19:09, B Ahmed (26) 18:44, J Cornish (21) 18:14, B Toomer (17) 18:06); **18 Leeds:51:21** (M Salter (16) 17:47, M Burrett (29) 18:56, A Buckley

(31) 19:22, E Cairress (20) 17:41, P Vis (22) 19:18, O Meslek (18) 18:17); **19 Derby 1:51:28** (M White (30) 18:18, R Weir (11) 17:34, J Bull (11) 18:12, K Farrow (12) 18:34, H Hardcastle (12) 18:52, J Booth (19) 19:58); **20 Morpeth 1:51:34** (I Hudspith (22) 18:01, T Straughan (30) 18:43, C Avery (19) 18:00, G Lowry (17) 18:47, R Balmra (18) 19:08, J Scott (20) 18:55); **21 Bideford 1:51:47** (S Antell (3) 17:28, M Jenkin (7) 18:09, A Richmond (6) 17:54, A Ingle (16) 19:30, D Mapp (14) 18:54, I Gooding (21) 19:52); **22 Birchfield 1:51:50** (E Banks (80) 20:18, A Tovey (59) 18:11, R Grant (52) 19:05, W Richardson (33) 17:47, J Goringe (26) 18:21, T Dodd (22) 18:08); **23 Tonbridge 1:51:56** (J Bryant (47) 18:42, N Marsh (26) 17:53, J Puxty (23) 18:52, C Payas (29) 19:31, K Reilly (25) 18:23, M Ellis (23) 18:35); **24 Tipton 1:52:01** (P Brookes (17) 17:50, J Smith (19) 18:24, I Williams (18) 18:30, J Carter (18) 18:48, M Williams (20) 19:20, R White (24) 19:09); **25 Hillingdon 1:52:11** (A Abdulle (36) 18:29, M Mohamed (25) 18:00, A Zeration (35) 19:52, R Thompson (31) 18:55, J Laing (17) 18:39, M Mohamed (25) 18:16); **26 Central 1:52:13** (A Thompson (33) 18:27, I Davies (39) 18:52, R Miller (45) 19:44, L Millar (40) 18:54, C Smithard (30) 18:28, C Milne (26) 17:48); **27 Sale 1:52:30** (N Martin (6) 17:34, G Hill (15) 18:25, E Gilchrist

(20) 18:50, P Robertson (22) 19:22, N Harrison (24) 19:08, D Kashi (27) 19:11); **28 Liverpool B 1:52:57** (C Field (31) 18:25, R Challinor (34) 18:38, J McNally (29) 18:55, T Rogerson (24) 18:30, R Burney (23) 18:50, E Martin (28) 19:39); **29 Cambridge & C 1:53:37** (J Gray (5) 17:34, C Darling (21) 18:48, A Hampson (27) 19:29, L Kempson (32) 19:27, O Park (33) 19:32, S Smith (29) 18:47); **30 Bolton 1:53:49** (T Lancashire (20) 17:57, J Kay (20) 18:20, K Darcy (21) 18:34, A Valentine (25) 19:55, T Harrison (29) 19:19, J Knowles (30) 19:44); **31 Tyne Br 1:53:55** (F Brodie (27) 18:10, S Morley (45) 19:30, T Scott (43) 19:19, T Charlton (38) 18:54, J Dunce (32) 18:49, M Hedley (31) 19:13); **32 Lincoln W B 1:53:58** (R Wilson (50) 18:50, R Page (42) 18:36, W Strangeway (28) 18:32, P Williams (28) 18:59, M Thorpe (36) 20:40, T Trimble (32) 18:21); **33 Shaftesbury 1:54:08** (B Goater (12) 17:40, A Thorpe (28) 18:59, D Watts (24) 18:59, W Ryle-Hodges (23) 18:47, M Grant (28) 19:32, A Mathur (33) 20:11); **34 Gateshead 1:54:55** (L Moses (4) 17:30, C Parr (6) 18:03, J Cripwell (14) 18:56, J Marshall (21) 19:20, M Slater (31) 20:41, K Connolly (34) 20:25); **35 Blackburn 1:55:14** (R Warner (34) 18:27, C Arthur (24) 18:00, M Nuttall (46) 20:41, C Davies (51) 20:18, J Hinde (50) 19:19, T Raynes (35) 18:29); **36 Salford 1:55:26** (J Tighe (38) 18:31, J Bailey

(40) 18:49, I Grime (41) 19:33, M Russell (47) 20:05, B Lima (40) 18:52, J Ragan (36) 19:36); **37 Rossendale 1:55:27** (C Fell (42) 18:35, G Cunliffe (35) 18:29, J Johnston (37) 19:35, M Harris (42) 19:26, S Corbishley (38) 19:37, C Richardson (37) 19:45); **38 Blackheath & B 1:55:28** (P Sesemann (1) 17:14, D Brewer (53) 21:02, W Fuller (33) 17:59, L Mills (37) 19:37, W Ruiz (37) 19:49, C Tuck (38) 19:47); **39 Brighton & H 1:55:45** (J Turner (43) 18:36, S Ferroni (38) 18:40, K Moore (34) 19:01, H Bristolow (30) 18:52, G Godden (34) 20:06, P Howard (39) 20:30); **40 Norwich 1:55:50** (A Dunbar (29) 18:16, P Arnold (31) 18:30, J Senior (25) 18:59, G Gay (34) 19:37, B Spratling (43) 20:46, G Crush (40) 19:42; 41 Kent B 1:55:55; 42 Charnwood 1:55:57; 43 Herne H 1:55:58; 44 Reading 1:56:03; 45 Holmfirth 1:56:05; 46 Ealing S&M 1:56:07; 47 Cardiff B 1:56:09; 48 Stoke 1:56:18; 49 Highgate 1:56:19; 50 Rotherham 1:56:21; 51 Stockport 1:56:26; 52 Vale R 1:57:00; 53 Cheltenham B 1:57:35; 54 Colchester 1:57:43; 55 Wakefield 1:58:07; 56 Horwich 1:58:51; 57 Windsor SE&H 1:59:06; 58 Westbury 1:59:52; 59 Kenilworth 2:00:00; 60 Notts B 2:00:22 **Fastest:** D Griffiths 16:40; Sesemann 17:14; Rush 17:17; Olley 17:17; Hay 17:20; Mahamed 17:21; Bergin/Wilkinson 17:24; J Griffiths 17:26; Antell 17:28





# ALDERSHOT DOMINANT

### WOMEN

DESPITE a slip-up in 2015, Aldershot have dominated this event for more than a decade. Their challengers have come and gone. Here in Birmingham it was City of Leeds who were closest but they never really got a sniff of the title as they tried but failed to make an impression, as the holders controlled the race from the front after Philippa Bowden had taken the Hampshire team to the front at the end of the second stage.



**Claire Duck:** got the Leeds City challenge under way



**Cari Hughes of Swansea and Nicole Taylor of Tonbridge** battle on leg one

This built on an opener by Katie Bingle, whose 14:21, for the 3861m circuit, was close enough to the opening leg winner Amelia Quirk's 14:16, albeit also behind Sophie Harris' 14:17 for Belgrave.

Quirk had won the opening stage for Bracknell with the fastest overall lap in the Southern event and here again came out on top with the day's fifth best effort. She said: "It was pretty hard but it wasn't the plan to lead most of the way. I was in age group races





Amelia Quirk (222) leads the charge as the women's four-stage gets underway

LOUISE SMALL ANCHORS AFD TO GOLD AS JESS JUDD RUNS FASTEST STAGE

**LEADING WOMEN'S RESULTS**

CLUB	TIME	STAGE 1	STAGE 2	STAGE 3	STAGE 4
1 AFD	58:26	K Bingle (3) 14:21	P Bowden (1) 14:50	E Gorecka (1) 14:28	L Small (1) 14:47
2 Leeds	59:08	C Duck (8) 14:39	E Clayton (3) 15:00	G Malir (2) 14:41	L Crookes (2) 14:48
3 Swansea	59:26	C Hughes (6) 14:34	S Edwards (6) 15:31	A Whitcombe (6) 15:09	V Ockenden (3) 14:12
4 Birchfield	60:23	D Hodgkinson (9) 14:48	B Gunn (7) 15:20	M Smith (7) 15:27	R Straw (4) 14:48
5 C&C	60:26	C Christensen (4) 14:28	S Kelly (8) 15:43	V Knight (5) 15:00	K Hedgethorpe (5) 15:15
6 AFD B	60:43	L Hall (30) 15:38	N Brown (15) 15:12	A Griffiths (4) 14:15	L Gent (6) 15:38
7 St Mary's	61:01	S Lawrence (26) 15:32	L Coward (9) 14:57	P Law (3) 14:17	K Astin (7) 16:15
8 Norwich	61:16	I Lake (11) 14:53	M Beckett (16) 16:01	S Astin (9) 15:14	D Nimmock (8) 15:08
9 Rotherham	61:43	J Bizard (25) 15:31	S Cowper (10) 15:00	N Hatswell (8) 15:20	S Johnson (9) 15:52
10 Belgrave	61:55	S Harris (2) 14:17	S Haileselase (2) 15:19	N Quispel (11) 16:40	J Vongvorachoti (10) 15:39

Positions at end of each stage shown in brackets

<b>Fastest</b>	A Quirk (Brack) 14:16	C Arter (Card) 14:10	A Griffiths (AFD B) 14:15	J Judd (Chelm) 13:55
	S Harris (Belg) 14:17	J Hill (Sale) 14:47	P Law (St Mary's) 14:17	V Ockenden (Swan) 14:12
	K Bingle (AFD) 14:21	P Bowden (AFD) 14:50	E Gorecka (AFD) 14:28	T Barlow (TVH) 14:34
	C Christensen (C&C) 14:28	S Chapman (WSEH) 14:57	G Malir (Leeds) 14:41	L Small (AFD) 14:47
	N Taschimowitz (SB) 14:30	L Coward (St Mary's) 14:57	A Donnelly (Linc W) 14:49	L Crookes (Leeds) 14:48
	C Hughes (Swan) 14:34	E Clayton (Leeds)/S Cowper (Roth) 15:00	V Knight (C&C) 15:00	R Straw (Bir) 14:48
<b>Biggest movers</b>		C Arter (Card) 23-4	A Donnelly (Linc W) 38-16	J Judd (Chelm) 29:13



Amelia Quirk of Bracknell leads Belgrave's Sophie Harris on leg one



Emelia Gorecka: kept AFD in the lead

before but this was longer and that suits me as I am now doing more longer stuff under Beverly Kitching."

With Emelia Gorecka and Louise Small closing for Aldershot, the rest had little chance of victory as the holders simply cruised to yet another success.

Spare a thought for Swansea's women. While their men basked in the glory of a British championship gold medal they left with nothing, despite being third across the

line. This was described as being a rather mean-spirited action by UKA, who refused the ERRA offer to provide three British championship medals. Midland winners Birchfield were therefore elevated to the bronze medals despite finishing fourth overall.

Behind Bowden's lead on stage two, Belgrave remained second through Saron Haileselase but they were then to drop back. Leeds were up five places through Emma Clayton's 15:00.

Even faster, though, was Charlotte Arter of Cardiff.

The British championship 5000m bronze medallist ran 14:10, which would ultimately be the day's second fastest.

Bowden was surprised to take the lead and explained: "I have been ill all week, so I was nervous but caught them on the loop. It was quite windy but I felt really good."

The third stage saw Leeds advance further with Georgina Malir's 14:41 but they lost ground to Gorecka's 14:28.

The 23-year-old said: "I am now coached by Chris Thompson and Jemma Simpson and when you're messed up for two years it seemed right for a change." She now plans to race herself back to fitness with Mansfield and the trials in Liverpool as the immediate targets.

Faster laps came behind. Relegated to the Aldershot B team after not being able to prove her level of fitness, Amy Griffiths posted 14:15 for the third stage quickest time but it



**Jessica Judd:**  
fastest stage  
of the day



**AFD gold medallists:** Louise Small, Katherine Bingle, Philippa Bowden and Emelia Gorecka

was Kingston & Polytechnic's Phoebe Law who raised eyebrows as she turned out for a St Mary's squad, posting 14:17.

Small rounded off for the winning Aldershot quartet as Lucy Crookes' 14:48 brought home Leeds in second.

Verity Ockenden closed for third-placed Swansea with a nippy 14:12.

"I just wanted a tempo run and it was nice to have some men to run with," said Small, referring to the fact that the men's and women's races were run simultaneously.

Bristol were a minute from the medals in fourth place as



**Lucy Crookes:**  
silver for  
Leeds

they advanced three spots courtesy of Rebecca Straw's 14:48. Cambridge & Coleridge and Aldershot B completed the top six as 86 teams finished.

Before the start, Jess Judd had suggested that her Chelmsford club would do well to make the top 20 women's teams. In the event she gained 19 places to 13th with the day's quickest effort of 13:55 for their 3851m lap.

She said: "It is such a good course but being tall I can't take the bends but it was good to have a hard run and have a good run-out as I am struggling with the longer training runs."



**Louise Small:**  
celebrates  
for winners  
Aldershot,  
Farnham &  
District

## RESULTS

### Senior women (4x4315m): 1 AFD

**58:26** (K Bingle (3) 14:21, P Bowden (1) 14:50, E Gorecka (1) 14:28, L Small (1) 14:47); **2 Leeds 59:08** (C Duck (8) 14:39, E Clayton (3) 15:00, G Malir (2) 14:41, L Crookes (2) 14:48); **3 Swansea 59:26** (C Hughes (6) 14:34, S Edwards (6) 15:31, A Whitcombe (6) 15:09, V Ockenden (3) 14:12); **4 Birchfield 60:23** (D Hodgkinson (9) 14:48, B Gunn (7) 15:20, M Smith (7) 15:27, R Straw (4) 14:48); **5 C&C 60:26** (C Christensen (4) 14:28, S Kelly (8) 15:43, V Knight (5) 15:00, K Hedgethorne (5) 15:15); **6 AFD B 60:43** (L Hall (30) 15:38, N Brown (15) 15:12, A Griffiths (4) 14:15, L Gent (6) 15:38); **7 St Mary's 61:01** (S Lawrence (26) 15:32, L Coward (9) 14:57, P Law (3) 14:17, K Astin (7) 16:15); **8 Norwich 61:16** (I Lake (1) 14:53, M Beckett (16) 16:01, S Astin (9) 15:14, D Nimmo (8) 15:08); **9 Rotherham 61:43** (J Blizard (25) 15:31, S Cowper (10) 15:00,

N Hatswell (8) 15:20, S Johnson (9) 15:52); **10 Belgrave 61:55** (S Harris (2) 14:17, S Haileselase (2) 15:19, N Quispel (11) 16:40, J Vongvorachoti (10) 15:39); **11 Cardiff 62:02** (C Hughes (24) 15:30, C Arter (4) 14:10, E Brown (10) 16:31, C Evans (11) 15:51); **12 Ribble V 62:28** (H Glover (22) 15:26, N Jackson (19) 15:42, L Powell-Smith (13) 15:45, K Walshaw (12) 15:35); **13 Chelmsford 62:46** (A Joel (37) 15:51, S Judd (33) 16:11, R Cole (32) 16:49, J Judd (13) 13:55); **14 Sale 62:54** (M Davies (15) 15:05, J Hill (5) 14:47, O Green (12) 16:31, L Candioli (14) 16:31); **15 TVH 63:03** (I Weir (40) 15:56, K Weir (31) 16:01, S Ainley (28) 16:32, T Barlow (15) 14:34); **16 Soton 63:05** (J Elkins (28) 15:34, L Brenton (17) 15:24, C McElean (18) 16:28, B Bowness (16) 15:39); **17 Notts 63:09** (L Holt (32) 15:45, L Marshall (24) 15:33, S MacKness (14) 15:42, L Deacon (17) 16:09); **18 B&B 63:11** (J Hickman-Dunne (14) 15:03, N Bridson-Hubbard (11) 15:36, A Leach (21) 17:08, J

Keene (18) 15:24); **19 WSEH 63:13** (A Barbour (36) 15:50, S Chapman (13) 14:57, M Compton-Stewart (15) 16:23, D Barnes (19) 16:03); **20 Hallamshire 63:18** (C Ward (42) 15:59, N Hackett (26) 15:27, H Fletcher (19) 16:13, I Wilson (20) 15:39); **21 Derby 63:25** (V Wills (29) 15:37, N Weir (25) 15:42, R Olivant (16) 16:00, L Shipley (21) 16:06); **22 Lincoln W 63:27** (R Harrison (45) 16:05, L Wilkinson (39) 16:27, A Donnelly (17) 14:49, R Ward (22) 16:06); **23 Leeds B 63:41** (S Hodgson (44) 16:03, S Partridge (34) 16:02, A Leake (24) 15:55, L Armouch (23) 15:41); **24 Vale R 64:03** (A Pettitt (31) 15:42, C Broad (38) 16:42, S Griffiths (27) 16:03, S Murphy (24) 14:34); **25 Cheltenham 64:07** (C Crombie-Hicks (41) 15:58, H Mott (7) 15:29, F Maycock (26) 16:52, N Eaton (25) 15:48); **26 AFD C 64:13** (C Baxter (23) 15:30, E Cockle (20) 15:40, E Squibbs (20) 16:30, T Horton (26) 16:33); **27 Herne H 64:34** (F Demaury (50) 16:15, Z Tompkins (44) 16:40, E Newton (34) 16:11, C Tighe

(27) 15:28); **28 Holmfirth 64:59** (O Sykes (21) 15:21, H Berry (23) 15:56, L Byram (25) 16:44, E Byram (28) 16:58); **29 Liverpool H 65:02** (R Burns (18) 15:16, E Egan (36) 17:01, M Ball (37) 17:06, S Howard (29) 15:39); **30 Bed C 65:08** (A Burgin (19) 15:18, T Walford (22) 15:58, J Smith (23) 16:43, L Nichols (30) 17:09); **31 Trafford 65:44** (C Thomas (27) 15:33, A Cauley (32) 16:28, A Drasdo (40) 17:38, V Cronin (31) 16:05); **32 Birchfield B 65:48** (C Richardson (13) 15:01, A Wright-Smith (18) 16:02, E Watters (22) 16:51, F Vickers (32) 17:54); **33 Belgrave B 65:51** (L Goldie-Scott (55) 16:24, M Bailey (60) 17:57, K French (46) 16:01, M McDonald (33) 15:29); **34 B&W 66:20** (N Griffiths (34) 15:47, E Harrison (37) 16:34, D Mummy (39) 17:06, I Peck (34) 16:53); **35 Tonbridge 67:06** (N Taylor (7) 14:36, K Marsh (14) 16:13, L Pitcairn-Knowles (31) 18:02, C Richardson (35) 18:15); **36 Kent 67:12** (I Bradley (69) 17:04, K Rowland (55) 16:59, A Thomson (48) 16:52, T Murphy (36) 16:17); **37**

**Hillingdon 67:16** (G Barry (53) 16:21, A Harwood (42) 16:23, L McNulty (42) 17:27, H Wells (37) 17:05); **38 Salford 67:22** (S Bent (35) 15:49, B Barlow (35) 16:27, S Carroll (35) 17:01, R Mason (38) 18:05); **39 NSP 67:24** (C Penfold (33) 15:46, C McManus (43) 17:08, C Maley (36) 16:28, L Bradley (39) 18:02); **40 Soton B 67:37** (K Hewitson (60) 16:36, M Jones-Walters (50) 17:02, A Sharp (44) 16:38, N Blandford (40) 17:21); **41 Tipton 67:39**; **42 Taunton 67:40**; **43 C&C B 67:44**; **44 Serpentine 68:07**; **45 Leeds 68:25**; **46 Shaftesbury 68:40**; **47 Cheltenham B 69:34**; **48 Leamington 69:44**; **49 Herne H 69:50**; **50 Holmfirth B 70:34**; **51 Stroud 70:36**; **52 B&R 70:40**; **53 Liswerry 70:45**; **54 Bury 70:54**; **55 Barnsley 71:01**; **56 Coventry G 71:12**; **57 Chorlton 71:37**; **58 Tyne Br 72:13**; **59 Harborough 72:15**; **60 Halesowen 72:44**  
**Fastest:** Judd 13:55; Arter 14:10; Ockenden 14:12; A Griffiths 14:15; A Quirke (Brack) 14:16; Harris/Law 14:17; Christensen/Gorecka 14:28



# ALL CHANGE THIS YEAR

## NEW WINNERS GRACED THE PODIUM AT THE YOUNG ATHLETES' ROAD RELAYS

### AGE GROUP RACES

IT WAS all change in the age group races as no club who won last year retained a title.

The under-13s were first away and it was the Aldershot boys who stole the early show after they took the lead through Rudi Morrell on stage two before the diminutive Ethan Scott front ran the quickest time of the race, 12:54 for their 2880m lap. Bracknell and Cambridge & Coleridge were distant minor medallists.

Scott, who is trained by Trevor Raggett, said: "It was quite hard and I took the lead on the hill."

Worcester's Andrew Jeavons, who led the opening leg with 13:17, was second fastest overall.

For the girls, it was a similar story as Vale Royal's under-13s came from behind, this time on



The competitive under-17 men's relay was won by Aldershot (below, left to right) Marcus Shantry, Luke Van Oudtshoorn and Max Heyden

the final circuit through Holly Weedell's fastest lap of 13:50. She said of the course: "It was more challenging than Sport City (for the Northern Relays)."

Tonbridge and Bracknell won the other medals and Saffron's Elsie Robinson was second fastest (14:14).



Liverpool beat Vale Royal in the under-17 women's race

Ryan Shields had front run the opening under-15 boys' leg with the fastest race time of 12:34 for Birchfield but it was Hillingdon who hit the front mid-race through Abdi Kalif as they went on to win from Blackburn.

Herne Hill took bronze.

Aldershot's boys added their second victory in the under-17 event as triathlete Luke Van Oudtshoorn put them ahead mid-race before Max Hayden rounded things off. Hayden said: "It was good but I had





**Liverpool Harriers U17 women's winners (l to r): Emma Gordon, Ella McNiven, Jessica Cook**



**Adam Ireland: brings Hillingdon home in the under-15 boys' race**

to work hard on the hills and I wanted to get a good lead, early." Van Oudtshoorn said: "I prefer this course, the Southern was a nightmare."

The fastest laps here went elsewhere as Tom Keen secured bronze medals for Cambridge & Coleridge after moving up from 12th on the

final leg, with a race-quickest 11:23, and finishing seven seconds behind silver medalists Charnwood.

Keen was 26 seconds faster

than the next quickest which was Zak Mahamed's 11:49 who moved Southampton up 16 places to eighth on the final leg.

Liverpool dominated the

### RESULTS

**U17 men (3x2.88km): 1 AFD 36:09** (M Shantry (4) 12:05, L Van Oudtshoorn (1) 11:57, M Heyden (1) 12:07); **2 Charnwood 36:24** (D Maud (10) 12:13, F McAuliffe (2) 12:07, O Rouse (2) 12:04); **3 C&C 36:31** (D Dow (15) 12:26, O Newman (10) 12:42, T Keen (3) 11:17); **4 Norwich 36:32** (W Mahoney (5) 12:06, T Greenacre (3) 12:29, J White (4) 11:57); **5 Morpeth 23 36:54** (D Melling (33) 12:46, T Glover (8) 12:05, R Leonard (5) 12:03); **6 Vale R 37:04** (A Doyle (13) 12:19, S Evans (5) 12:27, B Lee (6) 12:18); **7 Reading 37:10** (E Steveni (9) 12:12, J Mott (6) 12:37, N Wiltshire (7) 12:21); **8 Soton 37:24** (T Hale (26) 12:37, M Satterly (22) 12:58, Z Mahamed (8) 11:49); **9 Preston 37:35** (K Davies (3) 12:05, B Preddy (9) 12:55, M Fazakerley (9) 12:35); **10 Charnwood B 37:39** (C McGlinchey (14) 12:20, B Rouse (7) 12:30, E O'Shea (10) 12:49); **11 Chelmsford 37:47** (T Keevil (21) 12:33, C Page (19) 12:53, E Corderly (11) 12:21); **12 Notts 37:50** (M Campion (23) 12:35, M Barnes (13) 12:38, J Dickinson (12) 12:37); **13 Tonbridge 38:04** (Undeclared (38) 13:00, D Schofield (14) 12:17, J Kingston (13) 12:47); **14 AFD B 38:08** (C Kershaw (28) 12:39, D Howells (18) 12:46, J Blacknell (14) 12:43); **15 Derby 38:11** (J Bush (27) 12:39, S Guzai (16) 12:43, L Ward (15) 12:49); **16 Portsmouth 38:24** (J O'Hara (7) 12:09, A Kimber (12) 13:01, S Cross (16) 13:14); **17 B&B 38:30** (A Harrington (44) 13:07, P Guy (23) 12:38, M Francis (17) 12:45); **18 Bracknell 38:30** (M Cooper (34) 12:49, A Enser (21) 12:44, B Willis (18) 12:57); **19 Wirral 38:33** (T Spence (12) 12:18, A Kearney (20) 13:11, J Brophy (19) 13:04); **20 Bed C 38:40** (A Killen (20) 12:32, C Gillies (15) 12:49, E Blythman (20) 13:19); **21 Westbury 38:42** (A Hasan (25) 12:36, A Noble

(17) 12:47, G Hayward (21) 13:19); **22 Trafford 38:57** (X O'Hare (1) 11:59, C Williams (11) 13:09, C Fazakerley (22) 13:49); **23 AFD C 39:01** (E Pocock (29) 12:41, J Pearson (26) 13:09, B Bishop (23) 13:11); **24 Liverpool 39:08** (M Brame (2) 12:05, D Preston (4) 12:39, M Chauhan (24) 14:24); **25 Chesterfield 39:10** (W Tighe (31) 12:44, M Meylan (25) 13:05, A Kirkland (25) 13:21); **26 Tonbridge B 39:13** (T Emm (41) 13:04, J Stoney (34) 13:07, S Coppard (26) 13:02); **27 Sheffield & D 39:14** (M Fuller (36) 12:54, D Byrne (32) 13:12, L Newell (27) 13:08); **28 Bracknell B 39:17** (H Digby (35) 12:51, M Borgnis (31) 13:12, O Hall (28) 13:14); **29 Derby B 39:23** (J Martin (43) 13:06, E Barr (28) 12:45, T Wright (29) 13:32); **30 Liverpool PS 39:25** (R Harrison (40) 13:04, T Dickinson (42) 13:35, A Jones (30) 12:46); **31 Stroud 39:27**; **32 Newport 39:37**; **33 Keighley & C 39:48**; **34 C&C B 39:52**; **35 B&B B 40:03**; **36 Newc Staffs 40:09**; **37 Wycombe Ph 40:11**; **38 Gateshead 40:15**; **39 WSEH 40:22**; **40 Birchfield 40:24**; **Fastest:** Keen 11:17; B White (RSC) 11:46; Mahamed 11:49; J Dickinson (York)/Van Oudtshoorn/White 11:57; **U15 boys (3x2.88km): 1 Hillingdon 38:57** (M McGarvie (3) 12:44, A Khalif (1) 12:51, A Ireland (1) 13:22); **2 Blackburn 39:17** (L Thomas (27) 13:33, S Hodgkinson (8) 13:02, M Ramsden (2) 12:42); **3 Herne H 39:21** (C Krammer (18) 13:16, J Kennedy (2) 12:42, J Harrison (3) 13:23); **4 Birchfield 39:33** (R Shields (1) 12:34, D King (3) 13:33, J Vaughan (4) 13:26); **5 AFD 39:44** (E Henderson (13) 13:09, R Martin (4) 13:11, H Hyde (5) 13:24); **6 Gateshead 39:46** (D Race (34) 13:41, H Morris (17) 13:24, E McGlen (6) 12:41); **7 Keighley & C 39:57** (H Lewis (2) 12:35, A Peel (5) 13:50, L Hudson (7) 13:32); **8 Tonbridge 40:02** (F Croll (31) 13:37, F Gordon (6) 12:48, M Taylor (8) 13:37); **9**

**Rushcliffe 40:11** (J Wardle (4) 12:45, T Emery-Peters (9) 13:51, S Shields (9) 13:35); **10 C&C 40:13** (H Dow (24) 13:24, W Newcombe (7) 13:10, T Bridger (10) 13:39); **11 Charnwood 40:18** (V Dawson (14) 13:11, R Elston (14) 13:47, A Coleston-Shields (11) 13:20); **12 WSEH 40:22** (L Hynes (43) 13:55, S Hodgson (24) 13:23, H Williams (12) 13:04); **13 AFD C 40:34** (M Gar (15) 13:13, A Spear (18) 13:52, G Manolis (13) 13:29); **14 Bed C 40:39** (G Herring (19) 13:18, T Cook (16) 13:45, J Vinnicome (14) 13:36); **15 Macclesfield 40:40** (F Proffitt (5) 12:47, J Browne (11) 13:56, J Doorbar (15) 13:57); **16 AFD B 40:42** (S Bodoano (25) 13:26, C Wagstaff (25) 13:52, T Cheshire (16) 13:24); **17 Durham 40:45** (A Ord (20) 13:19, I Taylor (32) 14:09, S Gibson (17) 13:17); **18 Chesterfield 41:03** (D Brown (17) 13:16, S Allen (11) 13:30, J Currie (18) 14:17); **19 C&C B 41:05** (E Seal (30) 13:35, F Collins-Shirley (34) 14:11, T Blake (19) 13:19); **20 Trafford 41:06** (A Bailey (38) 13:49, J Bental (29) 13:35, J Mangan (20) 13:42); **21 Preston 41:08** (L Blackwell (6) 12:50, E Warren (23) 14:24, T Durney (21) 13:54); **22 Norwich 41:08** (W Browne (23) 13:24, J Atkin (21) 13:47, D Adams (22) 13:57); **23 B&R 41:13** (J Robins (16) 13:15, L Richardson (15) 13:46, J Cunliffe (23) 14:12); **24 Salford 41:23** (J Dutton (39) 13:50, S Hopkins (20) 13:20, S Bryan (24) 14:13); **25 Birchfield B 41:39** (A Stapleton (35) 13:42, S McFall (27) 13:40, C Smith (25) 14:17); **26 Wells 41:40** (M Quarterman (12) 13:06, D Maydev (19) 14:02, T Watson (26) 14:32); **27 Horwich 41:44** (R Seddon (33) 13:40, M Flatters (22) 13:31, I Simmonite (27) 14:33); **28 Vale R 41:46** (S Stephens (22) 13:22, E Pettitt (10) 13:18, W Dight (28) 15:06); **29 Hallamshire 41:47** (T Hill (7) 12:52, D Stevens (45) 15:36, J McDadd (29) 13:19); **30 Bingley 41:47** (J Carnelley

(29) 13:35, A Flaherty (26) 13:46, B Rees (30) 14:26); **31 Rotherham 41:55**; **32 Kingston u H 41:59**; **33 St Mary's 42:00**; **34 Doncaster 42:05**; **35 Blackheath 42:06**; **36 Bristol & W 42:06**; **37 Liverpool 42:08**; **38 Reading 42:15**; **39 Hillingdon 42:31**; **40 Trafford B 42:38**; **41 Herne H B 42:39**; **42 Reading B 42:43**; **43 Derby 42:55**; **44 Sale 42:56**; **45 Chesterfield B 43:01**; **46 Kettering 43:05**; **47 WSEH B 43:18**; **48 Wells B 43:36**; **49 St Mary's B 43:38**; **50 Leamington 43:46**; **Fastest:** Shields 12:34; Lewis 12:35; McGlen 12:41; Kennedy/Ramsden 12:42; McGarvie 12:44; **U13 boys (3x2.88km): 1 AFD 40:31** (D Shattock (15) 13:59, R Morrell (1) 13:38, E Scott (1) 12:54); **2 Bracknell 41:55** (J Winship (7) 13:37, E Enser (4) 14:25, C Borgnis (2) 13:53); **3 C&C 42:06** (I Morris (5) 13:36, G Parmenter (3) 14:15, L McGrath (3) 14:15); **4 N Norfolk 42:15** (I O'malley (8) 13:39, B Keay (6) 14:30, H Jonas (4) 14:06); **5 Exeter 42:21** (S Mills (40) 14:48, O Capps (11) 13:39, C Hague (5) 13:54); **6 Bed C 42:42** (Z Saez (2) 13:21, T Dearden (2) 14:18, C Brodie (6) 15:03); **7 Saffron 42:46** (L Finch (6) 13:37, A Keeble (5) 14:27, A Butler (7) 14:42); **8 Salford 42:53** (M Russell (16) 14:03, M Lowrey (10) 14:17, E Nation (8) 14:33); **9 AFD B 43:00** (H Ware (20) 14:11, O Pickup (13) 14:20, L Lafreniere (9) 14:29); **10 B&B 43:01** (G Shaw (25) 14:20, B Campbell (17) 14:25, J Sears (10) 14:16); **11 Sheffield & D 43:13** (A Hirst (14) 13:58, J Rhodes (9) 14:17, J Close (11) 14:58); **12 Sale 33:18** (J Kelly (23) 14:19, J Spark (12) 14:10, A McCarron (12) 14:49); **13 Bromsgrove & R 43:21** (F Robins (18) 14:09, S Purvis (15) 14:33, L Merritt (13) 14:39); **14 Solihull & SH 43:23** (H Faizley (9) 13:40, J O'Leary (7) 14:30, T Maidment (14) 15:13); **15 Herne H 43:32** (J Taylor (29) 14:29, C Chilton (8) 13:42, F Hurst (15) 15:21); **16**

**Derby 43:46** (C Rose (11) 13:45, B Stevenson (14) 14:51, W Osullivan (16) 15:10); **17 Tonbridge 43:49** (O Croll (34) 14:37, A Kreuzberg (18) 14:10, S Breed (17) 15:02); **18 Trafford 44:12** (L McCormack (4) 13:29, C Atkiss (16) 15:14, C Massey (18) 15:29); **19 Rotherham 44:20** (J Gilbert (22) 14:19, L Parker (28) 15:12, D Hutson (19) 14:49); **20 Birchfield 44:24** (R Hand (21) 14:17, S Taylor (22) 14:53, A Cook (20) 15:14); **21 Liverpool 44:29** (A Kelly (46) 15:00, L McCoy (32) 14:52, G Meehan (21) 14:37); **22 St Albans 44:32** (A McDonald (33) 14:36, A Grimes (29) 15:05, T Gaunce (22) 14:51); **23 Blackburn 44:42** (D Holman (35) 14:38, K Taylor-Pomfret (30) 15:04, D Thompson (23) 15:00); **24 C&C B 44:49** (R Howe (42) 14:56, L Buchallet (23) 14:17, G Keen (24) 15:36); **25 Lincoln W 44:54** (O Pearson (31) 14:33, M Cheseldine (25) 14:46, C West (25) 15:36); **26 Sale 44:59** (C Tittensor (39) 14:47, L Chino (35) 15:12, H Edmondson (26) 15:00); **27 Keighley & C 45:02** (S Headley (17) 14:04, S Benson (34) 15:54, D Rudden (27) 15:04); **28 Worcester 45:03** (A Jeavons (1) 13:17, E Beard (19) 15:40, L Burnage (28) 16:06); **29 N Shields P 45:07** (J Blevins (1) 13:17, T Bird (21) 15:40, D Elson-Veale (29) 16:00); **30 Bracknell B 45:15**; **31 Shaftesbury 45:20**; **32 Kettering 45:22**; **33 Hillingdon 45:28**; **34 Vale R 45:29**; **35 Charnwood 45:35**; **36 Tonbridge B 45:38**; **37 Bristol & W 45:45**; **38 Portsmouth 46:01**; **39 N Somers 46:01**; **40 Wreake 46:06**; **41 Reading 46:54**; **42 Horwich 47:00**; **43 AFD C 47:22**; **44 St Albans B 47:30**; **45 Cookham 47:54**; **46 Rotherham B 48:09**; **47 Keighley & C B 48:15**; **48 Norwich 48:24**; **49 Liverpool B 48:33**; **50 Saffron 48:38**; **Fastest:** Scott 12:54; A Jeavons (Worc) 13:17; Saez 13:21; J Blevins (NSP) 13:27; McCormack 13:29; Morris 13:36





**Morgan Squibb: U15 girls' victory for Blackheath & Bromley**

13:00 saw them home by six seconds from Vale Royal, after pegging back more than half-a-minute. "I wasn't expecting that but I didn't have much left at the end," said McNiven.

Vale Royal were runners-up, six seconds back, while Blackheath and Bromley were a close third having led after the first two legs.

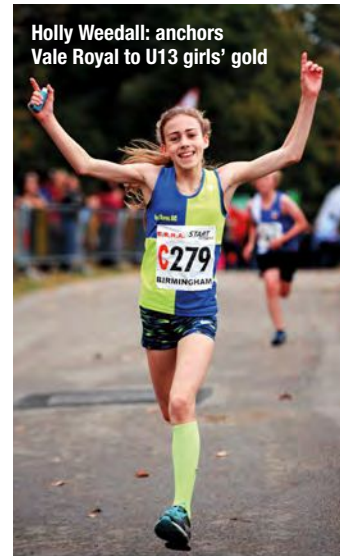
English Schools 3000m runner-up Charlotte Alexander was again second best with a 13:22 for Herne Hill.

The under-15 girls' race, held over the same circuit as the rest of the age group races, saw Blackheath dominate before eventually winning by more than a minute, Ava White gave them a first stage lead



**Ethan Scott: U13 boys win for AFD**

before Naomi Toft and Morgan Squibb extended the advantage over Aldershot. White said: "It was hillier and longer here than in the Southern." However, it



**Holly Weedall: anchors Vale Royal to U13 girls' gold**

was Caitlin Robinson who was quickest overall for third-placed Liverpool, with 13:38 after hauling her squad up from tenth on the final leg.

Northern under-17 women's event three weeks earlier as Ella McNiven came from behind to take the win and it was the same here as a final lap of

**U17 women (3x2.88km): 1**

**Liverpool 41:40** (E Gordon (4) 14:05, J Cook (4) 14:35, E McNiven (1) 13:00); **2 Vale R 41:46** (E Lowery (6) 14:24, L Smith (2) 13:48, H Smith (2) 13:34); **3 Blackheath 41:56** (S Hoare (3) 14:04, E O'Shaughnessy (1) 14:00, Y Marghini (3) 13:52); **4 Rotherham 42:39** (M Taylor (1) 13:24, E Ball (3) 14:52, C Robinson (4) 14:23); **5 Derby 42:59** (J Cooper (5) 14:07, A Crane (7) 14:46, M Hudson (5) 14:06); **6 Wirral 43:14** (K Thompson (9) 14:37, J Hodder (6) 14:13, C Gallagher (6) 14:24); **7 Herne H 43:47** (L Newton (23) 15:25, C Alexander (5) 13:22, K Balme (7) 15:00); **8 Bed C 44:04** (T Wilson (2) 13:47, L Shepherd (8) 15:07, R Abbott (8) 15:10); **9 Bracknell 44:17** (K Sittampalammain (8) 14:32, A Wills (9) 14:44, A Wilks (9) 15:01); **10 Charnwood 44:22** (L Davidson (21) 15:23, L Aryeetey (11) 14:51, M Atkinson (10) 14:08); **11 Swansea 44:48** (M Jones (7) 14:25, B Thomas (12) 15:38, B Stratton-Thomas (11) 14:45); **12 AFD 45:22** (E Savory (22) 15:24, J Cox (16) 14:56, K Brown (12) 15:02); **13 Reading 45:49** (A Hancock (13) 14:48, H Walker (15) 15:29, M Batt (13) 15:32); **14 Sale 45:57** (B Thornton (16) 14:59, S Moss (10) 14:43, M Gibbons (14) 16:15); **15 B&R 46:08** (B Sykes (15) 14:58, A Mijovic-Couldwell (14) 15:17, A Battey (15) 15:53); **16 Norwich 46:15** (E Taylor (12) 14:44, L Emmett (17) 16:34, K Goldsmith (16) 14:57); **17 Kettering 46:33** (A Other (10) 14:38, Other (18) 15:51, Other (17) 16:04); **18 Wakefield 46:54** (L Hall (19) 15:15, A Brooke (11) 14:47, E Preston (18) 16:52); **19 Tonbridge 47:03** (V Milana (26) 15:44, M Hall (23) 15:48, E Miller (19) 15:31); **20 Shaftesbury 47:18** (M Groom (14) 14:49, S Kent (26) 17:00, L Kyriacou (20) 15:29); **21 Stroud 47:46** (A Testar (17) 14:59, I Padfield (17) 15:26, L Dickenson (21) 17:21); **22 Liverpool 47:51** (J Morgan

(43) 16:16, M Raine (33) 16:13, N Donnelly (22) 15:22); **23 Portsmouth 47:54** (M Billins (30) 15:55, C Simister (19) 15:04, E Purdue (23) 16:55); **24 Bracknell B 47:54** (E Jones (33) 15:58, E Spencer-Jones (30) 16:22, C Nicholls (24) 15:34); **25 Rotherham B 48:19** (B Mount (37) 16:09, K Rennocks (25) 15:37, G Harris (25) 16:33); **26 Birchfield 48:30** (M Taylor (34) 15:58, S Causer (28) 16:09, G Lees (26) 16:23); **27 Newport 48:32** (E Robinson (24) 15:28, C Phillips (22) 15:51, B Wainwright (27) 17:13); **28 Saffron 48:35** (H Ord (25) 15:37, E Richards (20) 15:41, E Gascoigne (28) 17:17); **29 Wycombe P 48:46** (C Vico (27) 15:47, E Styles (31) 16:39, B Hanlon (29) 16:20); **30 Stockport 48:55** (N Moore (28) 15:53, M Cooke (37) 16:54, C Jarvis (30) 16:08); **31 Notts 49:16**; **32 Wirral 49:57**; **33 RSC 49:59**; **34 Stroud B 50:01**; **35 B&R B 50:11**; **36 Wycombe P B 50:26**; **37 Tonbridge B 50:31**; **38 Rotherham 50:52**; **39 Abingdon 51:31**; **40 W Suffolk 51:43**; **41 Liverpool C 51:47**; **42 Rushcliffe 55:04**  
**Fastest:** McNiven/Alexander/Taylor 13:24; H Smith 13:34; Wilson 13:47; L Smith 13:46  
**U15 girls (3x2.88km): 1 Blackheath 41:59** (A White (1) 13:57, N Toft (1) 13:59, M Squibb (1) 14:03); **2 AFD 43:14** (R Horton (9) 14:24, A Garner (3) 14:32, P Roessler (2) 14:18); **3 Liverpool 43:27** (F O'Hare (4) 14:13, T Dentith (10) 15:36, C Robinson (3) 13:38); **4 Herne H 43:28** (M Collis (7) 14:15, E Holland (2) 14:38, P Craig-McFeely (4) 14:35); **5 Wreake 43:51** (K Parker (20) 14:56, R Nealon (6) 14:12, H Gamble (5) 14:43); **6 B&B B 44:09** (A Thomas (12) 14:34, E Dolby (5) 14:30, Z Mossi (6) 15:05); **7 Safford 44:13** (E Russell (30) 15:16, S Mason (7) 14:25, E Collier (17) 14:32); **8 WSEH 44:26** (E Harris (26) 15:10, A Young (9) 14:36, J Young (8) 14:40); **9 Rushcliffe 44:40** (M

Todd-McIntyre (3) 14:10, N Britten (8) 15:33, I Edwards (9) 14:57); **10 Shaftesbury 44:43** (M Radus (18) 14:50, B Cooke (18) 15:25, G Ingles (10) 14:28); **11 Poole 44:59** (A Wilson (16) 14:44, D Goddard (21) 15:49, E Castagna (11) 14:26); **12 Tonbridge 45:17** (M Wise (23) 15:00, K Goodge (4) 13:58, L Anderson (12) 16:19); **13 Safford 45:33** (T Brockley-Langford (31) 15:17, C Haywood-Perival (25) 15:34, A Bratt (13) 14:42); **14 C&C 45:44** (M Taylor (24) 15:06, F Haines (17) 15:09, C Robson (14) 15:29); **15 Bed C 45:53** (S Perusko (2) 14:02, M Daniels (11) 15:49, A Ather-Smith (15) 16:02); **16 B&B C 45:54** (L Polloni (22) 14:59, J Neal (15) 15:13, B Panton (16) 15:42); **17 Hallamshire 46:00** (J Hill (6) 14:13, E Hunter (16) 16:01, Z Hartley (17) 15:46); **18 Charnwood 46:09** (O Bonshor (49) 15:57, G Newport (36) 15:44, L McLoughlin (18) 14:28); **19 Reading 46:13** (N Lee (47) 15:51, R Whalley (29) 15:10, N Harris (19) 15:12); **20 AFD B 46:19** (T Hansford (42) 15:44, C Parsons (28) 15:16, L Carter (20) 15:19); **21 Safford 46:35** (C Freilinger (33) 15:18, E Grime (24) 15:24, A Potter (21) 15:53); **22 Bracknell 46:40** (A Baines (5) 14:13, H Roberts (12) 15:48, L Croft (22) 16:39); **23 Preston 46:44** (S Sutton (17) 14:47, G Brown (22) 15:46, A Duffy (23) 16:11); **24 NSP 46:53** (R Hughes (15) 14:42, K Nash (19) 15:45, L Bradley (24) 16:26); **25 Wycombe P 46:59** (I Wijsman (40) 15:43, H Bell (55) 17:25, K Stilwell (25) 13:51); **26 Norwich 47:03** (E Jermy (16) 16:38, O Miller (33) 15:00, M Short (26) 15:25); **27 WSEH B 47:15** (K Clutterbuck (50) 15:59, I Craven (13) 15:29, M Foxcroft (27) 15:47); **28 AFD C 47:25** (E Boswell (19) 14:51, L Pocknee (31) 16:18, F Sutton (28) 16:16); **29 Stockport 47:31** (A Davies (21) 14:58, E Hullely (23) 15:43, C Rogers (29) 16:50); **30 Herne H B 47:35** (M Stevens-Cox (32) 15:17, S

Williams (27) 15:42, J Tabraham (30) 16:36); **31 Wells 47:49**; **32 Keighley & C 47:55**; **33 Norwich B 48:00**; **34 Abingdon 48:03**; **35 Stroud 48:07**; **36 RSC 48:11**; **37 Worcester 48:16**; **38 Wreake B 48:25**; **39 Newport 48:31**; **40 B&B D 48:39**; **41 Rotherham 48:51**; **42 Preston 49:05**; **43 Shaftesbury 49:27**; **44 C&C B 49:30**; **45 Vale R 49:38**; **46 RSC B 49:49**; **47 Herne H C 49:54**; **48 Leamington 50:05**; **49 Newc St 50:17**; **50 E Cheshire 50:24**  
**Fastest:** Robinson 13:38; Stillwell 13:51; White 13:57; Goodge 13:58; Toft 13:59; Perusko 14:02; Squibb 14:03  
**U13 girls (3x2.88km): 1 V Royal 44:01** (G Roberts (4) 14:43, A Gale (3) 15:28, H Weedall (1) 13:50); **2 Tonbridge 44:51** (F (17) 15:37, O Breed (1) 14:26, S Slack (2) 14:48); **3 Bracknell 45:06** (N Camp (5) 14:54, E Benson (4) 15:20, K Mair (3) 14:52); **4 St Albans 45:34** (L Tse (9) 15:12, M Pullan (6) 15:15, A Jubb (4) 15:07); **5 Wreake 45:50** (I Wrightam (6) 15:01, R Cullen (5) 15:15, S Dunbobbin (5) 15:34); **6 Saffron 46:00** (E Robinson (1) 14:14, P Adkin (2) 15:50, F Hagger (6) 15:56); **7 Rotherham 46:06** (H Butcher (11) 15:20, M Walsh (10) 15:55, O Bell (7) 14:51); **8 Norwich 46:07** (M Symonds (14) 15:27, T Crane (13) 16:05, M Kelly (8) 14:35); **9 Birchfield 47:23** (A Harland (3) 14:33, E Grace (7) 16:21, H Kendall (9) 16:29); **10 Horwich 47:25** (M Isabella (15) 15:31, L Dixon (8) 15:30, F Whittle (10) 16:24); **11 Bracknell B 47:29** (M Dethick (24) 15:49, A Bailey (16) 15:51, M Dave (11) 15:49); **12 Norwich B 47:33** (A Daniels (20) 15:45, G Pegg (14) 15:50, E Abbott (12) 15:58); **13 Keighley & C 47:40** (S Bairstow (36) 16:23, E Peel (20) 15:36, H Ghafoor (13) 15:41); **14 Charnwood 47:43** (L Morrison (21) 15:46, R Newport (17) 15:58, G Walters (14) 15:59); **15 AFD 47:48** (K Webb (31) 16:03, R Kelly (19) 15:44, C Borgars (15) 16:01); **16 AFD**

**C 47:49** (H Woolley (32) 16:05, S Harris (18) 15:40, T Hibbins (16) 16:04); **17 Safford 48:14** (N Mason (7) 15:03, I Cammish (9) 16:08, L Aplin (17) 17:03); **18 Cookham 48:16** (C Terry (10) 15:16, S Brancato (12) 16:14, K Horner (18) 16:46); **19 Wreake B 48:29** (H Lethbridge (30) 16:00, E Wesleyby (11) 15:27, D Reddin (19) 17:02); **20 Stroud 48:34** (D Barton (54) 17:01, C Barnard (36) 15:52, F Gregory (20) 15:41); **21 Herne H 48:35** (A Bailey (13) 15:23, Z Cruygenw (15) 16:13, H Hunter (21) 16:59); **22 Portsmouth 48:36** (O East (12) 15:20, S Newson (25) 16:50, E Dunkley (22) 16:26); **23 Reading 48:39** (E Newman (34) 16:14, J Crocker (21) 15:52, E Elson (23) 16:33); **24 WSEH 48:40** (R Clutterbuck (35) 16:21, O Gibbons (22) 15:47, F Wilcox (24) 16:32); **25 TVH 48:52** (L Dafter (45) 16:45, O Sparks (45) 17:06, K Price (25) 15:01); **26 Halesowen 48:52** (K Huxley (49) 16:59, A Hartshorn (31) 15:43, R Malone-Priest (26) 16:10); **27 RSC 48:55** (S Duval (26) 15:52, C Prince (26) 16:20, M Nauseadaite (27) 16:43); **28 B&B 48:56** (L Meers (19) 15:44, B Polloni (28) 16:35, A Sibley (28) 16:37); **29 Norwich C 48:56** (E Phillips (40) 16:33, G Daniels (27) 15:45, M Bacon (29) 16:38); **30 Wreake C 49:03** (I Orenas (42) 16:35, L Bryan (32) 16:10, I Cullen (30) 16:18); **31 St Albans B 49:18**; **32 Tipton 49:22**; **33 N Norfolk 49:24**; **34 Altrincham 49:29**; **35 Hillingdon 49:37**; **36 Bracknell C 49:44**; **37 Notts 49:57**; **38 Keighley & C B 49:59**; **39 NSP 50:03**; **40 W Suffolk 50:33**; **41 Bed C B 50:34**; **42 RSC B 50:36**; **43 Tonbridge B 50:58**; **44 Derby 51:02**; **45 Wreake D 51:03**; **46 Liverpool 51:33**; **47 Derby B 51:38**; **48 Liverpool B 51:50**; **49 AFD B 51:51**; **50 Saffron 51:54**  
**Fastest:** Weedall 13:50; Robinson 14:14; Weightman 14:19; Breed 14:26; Harland 14:33; Kelly 14:35



# COMEBACK QUEEN

INJURY ENDED PERRI SHAKES-DRAYTON'S HURDLES DREAM BUT SHE IS REINVENTING HERSELF AS A 400m FLAT CONTENDER

WORDS: STUART WEIR PICTURES: MARK SHEARMAN & GETTY IMAGES FOR UKA

**W**HEN Perri Shakes-Drayton ran the third leg in the 4x400m heats at London 2017, it was three days short of four years since her last championship run, the final of the 400m hurdles at the IAAF World Championships in Moscow. To see her back on the track – a reward for her perseverance and never-say-die attitude – pleased a lot of British athletics fans.

At the time of the injury, Shakes-Drayton was in the form of her life. She had won bronze in the 2011 European Championships. At the 2012 World Indoor Championships she had anchored GB 4x400m team to a rare gold and victory over USA, holding off Sanya Richards-Ross on that final leg in Istanbul.

In 2013 she showed great speed on the flat as she won the European indoor 400m title and the 400m in the European Team Championships in 50.50 the same year.

She also set a PB of 53.67 at the 2013 Anniversary Games so that only Sally Gunnell, among British women, had a faster 400m hurdles time.

In Moscow she was a real medal prospect as she qualified fastest in the heats and second fastest in the semi-finals. In fact her semi-final time of 53.92 would have taken silver in the final, but she injured

her knee during the race and faded to seventh.

As well as dealing with the injury, there were some upsetting press reports. The *Daily Mail* report on the 2013 World

**Perri Shakes-Drayton: injury in 2013 led to her abandoning the hurdles**







2011 World Champs 4x400m relay bronze medal winners (l to r): Lee McConnell, Christine Ohuruogu, Nicola Sanders and Perri Shakes-Drayton

Championship final started: “It is deeply uncomfortable to see such a talented athlete implode quite so spectacularly as Perri Shakes-Drayton did in the World Championship 400m hurdles final. A medal was hers for the taking and expectation was high, but the Briton trailed home in seventh place, some three-and-a-half seconds behind the winner, Zuzana Hejnova”.

The report continued: “She stumbled over the line in 56.25, bewildered and blaming a left knee problem sustained after she clipped the first hurdle.”

Talk about misreading the situation!

The reality was that by the time people in Britain were reading those words over their cornflakes, Shakes-Drayton was already on her way back to London to see a specialist and about to hear the shattering words that her knee was so badly damaged that she would never hurdle again. I had wondered at what point in her rehab the decision that she had to give up hurdling was taken and was shocked by the answer.

“The day it happened,” she replied. “I flew home from Moscow and saw the surgeon and the UKA doctor who was looking after me, Dr Rob Chakravarty, said: ‘no more hurdles’. I was upset but I said ‘okay I’ll put that behind me’.”

The diagnosis was damaged cartilage in the knee and a torn posterior cruciate ligament.

The next few months were quite traumatic. “To start with I had to be non-weight bearing for three months and at times I was in a wheelchair to make life easier because being on crutches was quite tiring after a while - even though it improved my upper body strength. I had to re-arrange my house and live downstairs because I couldn’t go up the stairs.”

For the next few months she did do pool sessions – aqua-jogging with a float. There was a lot of swelling in the knee and she just had to be patient waiting for the swelling to go down.

As far as rehab went, it was about trying to get movement, extension and flex in

the knee. After about six months, she was able to put weight on the knee, as she remembers: “I did a lot of gym sessions, working on my other leg too so that it stayed strong while wanting the left leg to catch up with the right.”

At the 2010 European Championships in Barcelona, she had won individual and relay medals. Four years on, it was a different story. “While the 2014 European Championship was happening, I went over to the States to work with a physio,” she says. “I made great progress, it was all about balance and trusting the knee, trying to challenge the knee in different directions when it came to balancing. I had to learn to walk again, like a child.”

She continued to make progress. “I remember the day that I was able to cycle, when I knew that I was getting full motion in the knee,” she explains. “It was January 2015 before I started to run for the first time. It wasn’t smooth but it was a building block.”

She continues: “But as I was making



progress something else went wrong with my knee and I had to go back for surgery. I had a plica membrane removed and got a screw in my knee. That set me back a bit.”

She was unable to compete at all in 2015 so set her sights on Rio 2016. She ran for the first time in June 2016 – a total of two years and nine months after the injury – in a low-key race in Germany.

She ran four races, all in 52 seconds and bits – two seconds slower than in 2013 but that, she feels, was okay. “I knew it was a process, because when you open up the season – even when you are not injured – you tend to improve, the more races they have,” she explains. “You improve the more you do. So I thought: ‘this is okay, it’s the start. I can build from it’.”

She ran in the Olympic Trials for Rio and made the final but did not finish the race. She recalls: “I tried to make the 2016

Olympics but I picked up another injury, in my hip, and had to have surgery again. So I missed out on going to the Olympics. That was devastating.”

Then her amazing positivity took over again. “I said to myself this injury [hip] is nowhere near as bad as my knee so I can overcome it. I am going to keep going. Until my legs fall off and I am not physically capable of moving or running so I just can’t do it – then I’ll stop.”

She explains how the process worked in her mind: “If someone had told me it would take four years to get back to where I needed to be, it probably would have been a different story. I would probably have thought, ‘forget that’ but being the person I am (I was determined) and also all the time I was making progress and I was thinking ‘I’m closer, I’m closer, even though I didn’t feel like myself.



**CityGames success:** Perri Shakes-Drayton wins the 500m against Lisanne de Witte, Anyika Onuora, Lynsey Sharp and others on Tyneside last month

“THE FACT THAT IT HAS TURNED OUT LIKE THIS IS AMAZING. I WAS OVER THE MOON TO BE SELECTED FOR LONDON 2017”

PERRI SHAKES-DRAYTON



**Perri Shakes-Drayton: back racing for Britain in the 4x400m at London 2017**

“I was telling myself ‘this is how I am going to feel for the rest of my life’. My knee is never going to feel the same and I accepted that. So when I was able to run, I was managing my knee.

“I thought ‘okay, I can manage it’ and I told myself ‘for the rest of my life I’m going to have to manage it’. As time went on I was feeling better and better. My body was getting better and stronger. At every stage I kept feeling better.”

By the time of the 2017 British Championships in early July, she had only run twice and this year proved to be a battle. “I started my season very late and even leading up to the trials, I was having issues and wondering if I could make the





**PERRI SHAKES-DRAYTON**

**BIOG**

- **Born** December 21, 1988
- **Club** Victoria Park & Tower Hamlets
- **Coach** Chris Zah
- **PBs** 200m 23.27; 400m 50.50; 400m hurdles 53.67

■ **Achievements**

2013 British Champs 400m hurdles gold; World Champs 400m hurdles 7th; Euro Team Champs 400m 1st; European Indoors 400m and 4x400m golds  
 2012 British Champs 400m hurdles gold; Olympics semi-finalist; World Indoors 4x400m gold  
 2011 British Champs 400m and 400m hurdles golds; World Champs 4x400m bronze  
 2010 British Champs 400m hurdles gold; European 400m hurdles bronze  
 2009 European U23 400m hurdles gold  
 2008 British Champs 400m hurdles gold  
 2007 European Juniors 400m hurdles silver  
 2006 World Juniors 400m hurdles 8th



trials. I even feared 'you know what, you are done with athletics'. Sometimes when I was training I was wondering if I would be able to run.

"The fact that it has turned out like this is amazing. I was over the moon to be selected for London 2017 because I didn't think it would ever happen again. I knew I wasn't where I had been. I was happy to take the spot for the relay – because I had been doubting whether I would even make trials."

In London 2017, she ran the heat of the relay where Britain finished second to the United States – as they did in the final when, ironically, without Shakes-Drayton in the team, the time was slower.

The 28-year-old says of her London 2017 experience: "I loved it, I enjoyed every minute of it, even though it went really fast. I've missed being on a world-class stage and it felt really good."

Having come through that test she is optimistic about the future. "I'm looking forward to the winter. For the first time for four years I'm going into winter without having to do rehab or prehab and I can get straight into it - doing the hard graft in the cold in Mile End. But I am happy that I am."

She has hopes for 2018 now that she has proved that she is back. "What I would hope for is to make teams, to comfortably

make teams. Anything else would be a bonus. I was told that I wouldn't be able to run indoors again but I feel confident in myself that I can.

"It would be nice to be selected for the Commonwealth Games on the Gold Coast. I have not been to that part of the world".

With an attitude like hers, nothing seems impossible.



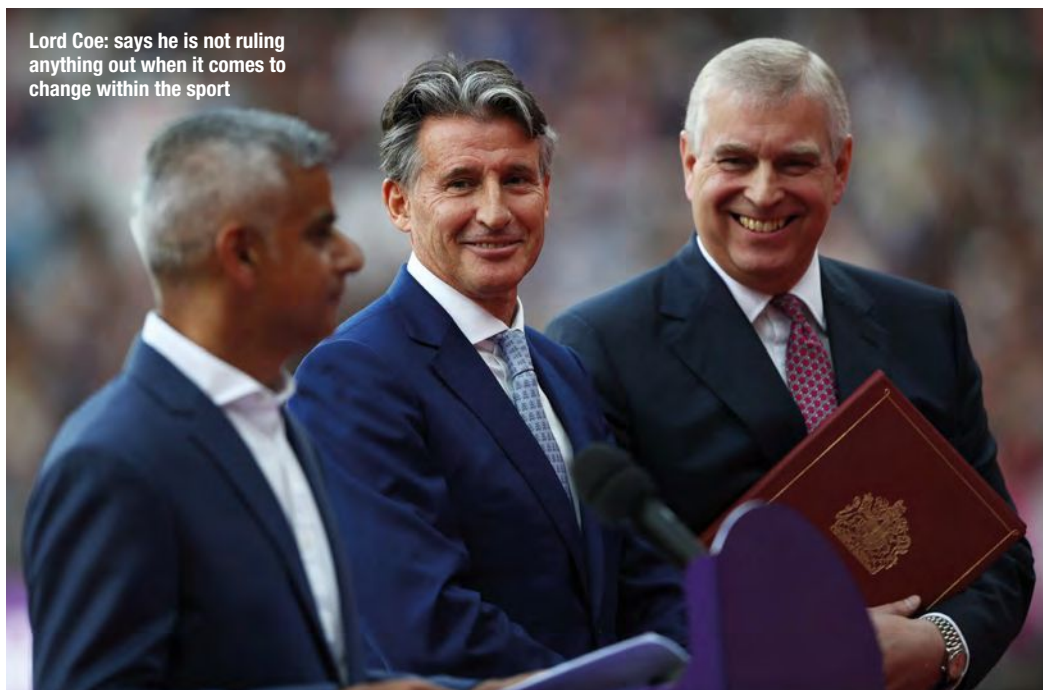
# COE: LET'S GET RADICAL

IAAF PRESIDENT PROPOSES IDEAS SUCH AS FRANCHISES AND TRACK CHANGES

**S**EB COE believes athletics must look at radical new ideas if it is to remain relevant in a fast-changing world.

Speaking at a Leaders in Sport conference in London last week, the IAAF president said: "The sport should be ready for change. I'm not ruling anything out now. Everything is on the table."

Among Coe's suggestions included the idea of top athletes being auctioned off to city franchises in a similar way to



Lord Coe: says he is not ruling anything out when it comes to change within the sport

GETTY IMAGES FOR LONDON 2017

cricket's Indian Premier League (IPL).

He also proposed experimenting with shorter tracks. "Why are we wedded to 400m tracks?" he asked. "Why not have a pop-up 300m track in a football stadium?"

He added: "There are lots of things we can do. What about cities, teams, franchises? You see the excitement of the pick with the IPL auction. We need to have some early-hour moments of unease about what we are prepared to do. We have to be radical."

Coe knows there is likely to be resistance to change.

"There will be challenges from the status quo," he said. "There will be gender challenges, challenges from the field and some track athletes. We should just look at this now, recognise that we have to make those changes."

"Over the next year, our relentless focus on formats and the changes we make in the sport has to be laser-like."

On filling the void left by Usain Bolt, Coe said of his potential successors: "They're not going to fill the boots of Usain straight away. This is not simply about finding somebody who is going to dominate

sprinting for three Olympic Games with world records. It's actually about his personality, we are in the entertainment business.

"They have to have an opinion, they have to dominate a room, they have to dominate a stadium. I go to a lot of post-race press conferences and too often I sit there thinking 'are you really offering as much as you should, in terms of the insights and the accessibility?' On balance they've got to be interesting, they've got to have an opinion. That's what takes the sport beyond the stadium."

■ **Comment, p4**



MARK SHEARMAN

Franchises: how much would today's stars of athletics be worth at auction?

## BLAIR BLAMES CREATINE FOR DRUGS POSITIVE

JO BLAIR is expected to blame a contaminated supplement at her anti-doping hearing following a failed drugs test.

The 2016 British javelin champion is provisionally suspended from the sport but told the *Telegraph* via a

statement that the anti-doping rule violation was triggered by a creatine product that she had been using for years.

She also apologised for "any negative impact this will have on the sport" although her legal representatives declined to

offer any information when *AW* contacted them.

Her statement in the *Telegraph* read: "We have investigated the source of the prohibited substance and it has been confirmed that a creatine supplement I had

been using was contaminated.

"Before I began using this supplement, I checked the ingredients to ensure this product was safe to use and, having satisfied myself that it was, had been using it for a number of years."



# STRICTLY BUSINESS FOR PEACOCK

## SPRINTER SAYS DANCING IS TOUGHER THAN ATHLETICS

JONNIE PEACOCK is impressing viewers on BBC's *Strictly Come Dancing* but the Paralympics sprint champion says it's not easy and that dancing is tougher than athletics.

The 24-year-old got a standing ovation in the *Strictly* studios last weekend after an Indiana Jones-themed paso doble with dance partner Oti Mabuse.

He is now 10/1 with William Hill to win the show but admits he is finding it hard. "When you only have three and a half days to train, you do not feel ready whatsoever, so you stand on the dancefloor not confident in your ability and not even confident you're going to get the steps right, so you're just nervous of messing it all up," he said. "In sprinting you just go up and down, whereas in dancing there's a few more steps than that."

Peacock has also devised a new training routine to get him fit for the dance performances and he revealed the workout at the opening of The Gym Group's 100th gym in Feltham, South West London, last week.



Jonnie Peacock: has been using the 'HIIT the Floor 100' workout to re-train his body

"Learning all the moves is difficult enough so I don't want to also be worrying about my fitness," he explains.

"So the 'HIIT the Floor 100' (workout) is designed to re-train my body and give me a significant boost in my aerobic ability. I've swapped the 100 metres on the track, where short sprints are key for core

strength and endurance in the dance studio.

"I've been working out in-between training sessions and I've noticed the difference already. I know that my new aerobic fitness levels will help me in the future and you never know it might also help with my sprint times when I get back to the track."

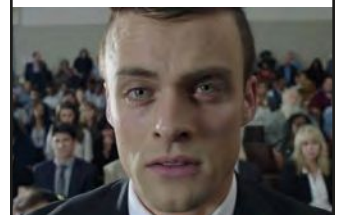
## PISTORIUS MOVIE IS SLAMMED

THE trailer for the upcoming movie *Blade Runner Killer* – about Oscar Pistorius' life – does not look hugely impressive and the family of the infamous para-sprinter are unimpressed as well.

The film is directed by Norman Stone and sees actor Andreas Damm and Toni Garrn play Pistorius and girlfriend Reeva Steenkamp and is out in cinemas next month.

But relatives of Pistorius, who is currently in prison for the murder of Steenkamp, have described it as a "gross misrepresentation of the truth" and are threatening to take legal action.

The Pistorius family said in a statement: "The film was made with a blatant disregard of both the Steenkamp and Pistorius families, as well as complete disregard for Reeva and Oscar."



Andreas Damm as Oscar Pistorius in *Blade Runner Killer*

## CLUB RUNNER IS HANDED A FOUR-YEAR BAN

A CLUB athlete with a modest 800m PB of 2:07.17 and who has barely competed for two years was last week given a four-year ban from all sports by UK Anti-Doping after a package containing the steroid

Stanozolol was intercepted by the Border Force.

UKAD ruled that Guildford & Godalming athlete Robert Myring-Thomson had committed two anti-doping rule violations – the "attempted use of a

prohibited substance" and "possession of a prohibited substance". Pat Myhill, UKAD director of operations said: "This case shows the importance of the work of our Intelligence and Investigations Team and

their collaborative efforts with partners such as Border Force. By intercepting this package, we were able to stop an athlete taking prohibited substances that could also have had negative side effects to his health."



# THE NEXT GREAT SCOT?

LUKE TRAYNOR IS KEEN TO MAKE HIS MARK IN THE HALF-MARATHON IN MANCHESTER

**L**UKE TRAYNOR has been inspired by fellow Scottish endurance runners such as Callum Hawkins and Andy Butchart and the Glasgow runner hopes he can join them soon with a big breakthrough performance, writes Jason Henderson.

The 24-year-old makes his 13.1-mile debut this weekend in the Manchester Half-Marathon on Sunday (October 15) before heading off to Mammoth Lakes in California for five weeks' altitude training before returning to the UK for the Euro Cross trials in Liverpool.

Traynor has run for Britain in the Euro Cross in the past. In 2012 he was part of a junior men's squad that won team bronze in Budapest. But since then he has been simmering along just under the radar and is poised, he hopes, to make an impact.

"After that race in Budapest I hurt my foot on the icy ground and it turned out to be my last race for about 10 months. But I've been training quite well lately and am looking for



**Luke Traynor: half-marathon debut this weekend followed by Euro Cross trials target**

MARK SHEARMAN

a decent performance on the roads this weekend to hopefully open some eyes and then follow it up with a good run at Liverpool.

"The half-marathon is double the distance I'd usually run but I'm looking forward to it. Chris Thompson is in the field and the 64:40 course record is a good target."

Traynor was third in 29:08.52 over 10,000m behind Thompson in Manchester in August at a BMC meet that incorporated the England Championships, but he feels

he didn't run up to his potential there and has more to offer.

Traynor has recently ended a spell at Tulsa University – the same place another flying Scotsman, Chris O'Hare, has been based at – but he is now back home in Glasgow, living temporarily with his parents and working at the Achilles Heel running shoe store in the city.

After being coached in his younger days by Dudley Walker in Glasgow, Traynor is now guided by Andrew Kastor, the husband of 2006 London Marathon winner Deena Kastor,

and the athlete is hoping a consistent block of training at altitude will take him to the next level, with his future probably on the roads.

"We've all seen what Callum has done," he says. "He has gone from strength to strength."

He adds: "Butchart was also nothing special as a junior but he has been running brilliantly lately. They've shown there are no secrets in distance running. It's all about hard, consistent training and their performances have given me the belief that I can also do it."

## BIRMINGHAM 2018 ON TRACK, SAYS IAAF

THE IAAF has emerged from a two-day inspection in Birmingham ahead of the IAAF World Championships in March by saying they were delighted with local organising committee's preparations.

A total of 14 IAAF staff were part of a two-day workshop this month to help plan the event and the IAAF's competition and events director, Paul Hardy, who led their delegation, said: "This

is a vastly experienced local organising committee and we are confident their planning and preparation are on track to deliver an amazing IAAF World Indoor Championships next March.

"The momentum of the extremely successful IAAF World Championships in London this summer is rolling on to Birmingham where great competition, innovation and organisation can be expected."



# GEMILI'S GOLD COAST GOAL

SPRINTER WANTS COMMONWEALTH GLORY AFTER AN INJURY-HIT 2017 SEASON

ADAM GEMILI plans to bounce back from his London 2017 selection disappointment by making an impact at the Commonwealth Games on the Gold Coast next April.

The 24-year-old was part of the gold-medal winning GB 4x100m team at this year's IAAF World Championships but during an injury-hit summer was not picked to run in an individual event in London.

So he hopes to earn England selection for the Commonwealths – preferably at 100m not 200m – before winning a medal in Australia. But he knows it won't be easy.

Speaking at a University of East London sports scholar induction last week, he said:



Glasgow 2014: Adam Gemili took 100m silver behind Kemar Bailey-Cole

MARK SHEARMAN

“The competition is going to be tough because the Jamaicans and South Africans are going to be there. Both competitions are going to be difficult and you're going to have world-

class sprinters at both. Both have guys who are going to be sub-10 and sub-20 so it is going to be tough, but I believe if I get myself in shape I will be competitive with the rest.”

Like many athletes, he then intends to race at the European Championships in Berlin in August. “It's going to be a learning experience for me to get to my peak in April,” he said. “I don't know whether you have a bit of time off afterwards or if you go straight through to August.

“It's going to be tough but it's part of the sport and every athlete is going to have to deal with that. We are going to see how it goes and it might leave a little room for me to do some indoors to get myself ready.

“I've got to sit down with my coach and have those discussions which I haven't had yet but, yeah, I'm excited for the challenge.”



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GOLD COAST GAMES	AUSTRALIA 4-15 April
EUROPEAN CHAMPS	BERLIN 6-12 August

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## McCOLGAN PRIZE

FOUR first-time marathon runners will be given the exclusive opportunity to be coached through the Stirling Scottish Marathon next April by Liz McColgan.

The 1991 world 10,000m champion is an ambassador for the Great Run British Marathon Series and organisers will pick four lucky Stirling entrants to be given a training programme by McColgan plus motivational support and free entry to the Simplyhealth Great Winter Run in Edinburgh on January 13, where they will meet her.

## CLUB MILESTONE

GLASGOW club Bellahouston Harriers celebrates its 125th anniversary on November 5. The club was formed in 1892.

## MASTERS MARK

JACKIE JENKINS improved her British W75 record by six minutes to 3:58:18 at the recent Baxters Loch Ness Marathon.

## GREAT SHAKES

CONGRATULATIONS to Perri Shakes-Drayton who, in addition to being featured in this issue of AW, got engaged to partner Mike Edwards last week.

## BIRMINGHAM BID

THE deadline for bids to host the 2022 Commonwealth Games has been extended to November 30 after Birmingham's application was judged to be "not fully compliant". The city was the only bidder before the original deadline last month.

## CHICAGO FINISH

OLYMPIC heptathlon bronze medallist Brienne Theisen-Eaton is now retired but completed the Chicago Marathon last weekend in 3:55:08.



Hurry if you want to enter the BMAF cross country relays

# MASTERS ARE READY FOR WINTER RELAYS

**T**HE BRITISH Masters Athletic Federation (BMAF) is urging runners to sign up for its national cross country relays at Long Eaton on October 28 before the entry deadline of Sunday October 15.

Championships secretary Mel James says: "This is an open championship which means that clubs can select their best athletes, who do not have to be members of masters area clubs, in each 10-year age band from age 35 upwards to the top age band of 75 plus. BMAF medals are given to the top three teams in each age band as well as to the top three fastest legs."

Despite being run entirely by volunteers, the BMAF puts on a diverse range of around 30 championships each year over a variety of surfaces but the coming weeks are dominated by cross country as, in addition to the relays, there is the British and Irish Cross Country International on November 18 in Derry, Northern Ireland.

Entries are decided via selection by committees of each of the five nations, based on an application process. Places in the teams, in five-year age bands, are always over-subscribed, but a number of reserves often travel and take part in an open race.

Harry Matthews, former England team manager for this event and now the chairman of the England Athletics Masters Association, says: "This international was first held in 1988 and each of the five home nations including the Republic of Ireland takes a turn in hosting the championship. Next year Wales will host it and in 2019 it will be England's turn again.

"The international attracts athletes of a very high standard

and produces some extremely fierce competition. Trophies and medals are presented to the overall winning women's team, men's team and combined team and medals are given to the first three individuals in each age group as well. While the England team has won every trophy since the inception of the event this disguises the fact that there have been many age group wins, both team and individual, by the other countries."

Other upcoming cross country masters events include the English Masters Inter-Area Challenge at Boscombe, Bournemouth, on November 25 and then, on March 17, the annual BMAF Championship, in Forres, in Scotland.

**"THE INTERNATIONAL ATTRACTS ATHLETES OF A VERY HIGH STANDARD AND PRODUCES SOME EXTREMELY FIERCE COMPETITION"**

**HARRY MATTHEWS, EAMA chairman**



The BMC was founded in 1963 by the late Frank Horwill, MBE, to raise the standard of British middle distance running

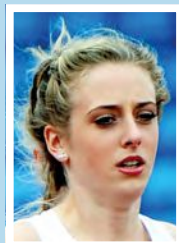


# CONGRATULATIONS TO BMC AWARD WINNERS 2017



## ATHLETE OF THE YEAR **LAURA MUIR**

also nominated:  
Jessica Judd, Kyle  
Langford, Lyndsey Sharp,  
Jake Wightman



## YOUNG ATHLETE OF THE YEAR **JEMMA REEKIE**

also nominated:  
Max Burgin, Ethan Hussey,  
Markhim Lonsdale

## COACH OF THE YEAR **JAMES THIE**

also nominated: Richard Massey,  
Adrian & Lynn Webb, Geoff Wightman

## LIFETIME SERVICES TO COACHING **BUD BULDARO**

## FRANK HORWILL AWARD FOR SERVICES TO BMC **DAVID ISZATT**

Awards will be presented at the British Athletic Writers' lunch on Friday 17 November at Tower Hotel, London.

## INDOOR RACES FOR YOUR DIARY

### SHEFFIELD

**Wed 13 Dec** M & W 800, M & W 1 Mile – **Wed 24 Jan** M & W 800, M & W 1500 – **Tue 6 Feb** M & W 800, M & W 1200

### SHEFFIELD

Sun 7 Jan M & W 800, M & W 1500, M 3000 – performances will taken into account for indoor International selection

### GLASGOW

Sun 7 Jan 3000 M & W.

Online entry via BMC website. Other races may be added. Due to the popularity of these events, members are given priority

## NOTICE OF BMC AGM

**CROWNE PLAZA, SOLIHULL – SUNDAY 24 NOVEMBER 2017 at 2pm**

Any member wishing to attend please advise secretary David Lowes. Email [coachlowes@aol.co.uk](mailto:coachlowes@aol.co.uk)

## ACADEMY TRAINING COURSE

**JESSICA JUDD** (world 1500m semi-finalist)

**ANTHONY WHITEMAN** (multi age-group world record-holder)

are **GUEST INTERNATIONALS** at our **ANNUAL RESIDENTIAL TRAINING COURSE FOR YOUNG ATHLETES**  
at Mount St Mary's, Spinkhill, Sheffield from Friday 27 October to Sunday 29 October.

**NOW FULL**

## CAN THE BMC DO BETTER? WANT TO HELP? WE WILL LISTEN

BMC are looking at ways to evolve its competition programme for 2018 and beyond especially the Grand Prix series. We are building our team for the future so anyone with ideas for consideration or feel they could contribute to our goal of providing meaningful and effective competition for our future middle distance talent by being part of our team (you do not need to be a member) please contact Tim Brennan [timbrennan@britishmilersclub.com](mailto:timbrennan@britishmilersclub.com)

**BEST OF BRITISH FROM BMC**





# LONDON 2017 REFLECTIONS



London Stadium: the UK capital welcomed the world for the IAAF's flagship championships

**L**ONDON. Summer 2017. The Olympic Stadium emerges from hibernation, out of its uncomfortable alias as a football stadium, to host 10 days of enthralling, exhilarating, controversial and unexpected track and field competition. The spirit of London 2012 is rekindled, but a very different affair.

The stadium bedecked in the vibrant colour palate of the 2017 Championships but on a perceptibly different scale and budget: the pragmatic electronic parade of flags being entirely different to the majestic 204 burning petals of the 2012 Olympic

cauldron; the 2017 volunteers, visibly straining to live up to the impossibly high standards of enthusiasm and joyfulness of their 2012 predecessors.

Yet it would be a disservice to portray 2017 as a poor relation to 2012, not least because they were clearly not comparable occasions. The medal ceremonies may have lacked the visual triumphalism of flags ascending to the top of towering flagpoles, but there was something wonderfully intimate about the flag-bearing service personnel and indeed the diverse mix of medal bearers.

The mascot, the wonderfully bonkers

Hero the Hedgehog, ignoring all health and safety dogma with his backflips, roly-polies down stairwells, tight-rope walking across advertising hoardings, making the escapades of Zurich 2014's Cooly the Cow look positively tame.

Perhaps the most unique and remarkable feature afforded by the 2017 configuration was the ability for spectators to observe the adjacent warm-up track, which not even 2012 could offer. Yes, for many it was simply an opportunity to point-and-click cameras; but for aficionados it was a priceless and fascinating glimpse into the rituals and psyche of championship



# PERFORMANCE, PERSONALITY AND MENTALITY: THOUGHTS ON THE IAAF WORLD CHAMPIONSHIPS

WORDS: DHANESH SANICHARA

PICTURES: GETTY IMAGES FOR LONDON 2017  
& MARK SHEARMAN



performers, the chance to glimpse any tell-tale signs of debilitating nerves and anxiety or of supreme assured confidence.

Even before the Stratford extravaganza kicked off, 2017 had arguably already been a year in which the women's season had been more captivating and high-quality than the men's. More women seemed to be operating at or near the top of their game, making for either highly competitive rivalries or commanding displays of dominance, whereas the men's season had often been dominated by recurrent themes which were not always commensurate with actual performance levels.

“IT WAS POIGNANT TO SEE LASITSKENE SHOW A FLICKER OF EMOTION ATOP THE PODIUM WHILE THE CURIOUS IAAF ANTHEM HONOURED HER BEFORE BREAKING INTO A WARM SMILE”

Most obviously, the feverish narrative surrounding the legend and legacy of Usain Bolt as he headed into his London swansong and the, at times, desperate attempts to anoint an immediate (male) heir to his throne, with the focus most frequently on Wayde van Niekerk and Andre De Grasse (with the late withdrawal from London through injury of the latter heaping yet further pressure on the shoulders of the former). The men in London certainly produced theatre, but often this arose from unexpected twists and turns rather than absolute performances, most notably the turn of pace by a certain American on the first Saturday and the twist of an ankle by a certain Jamaican on the second Saturday.

The booing of Justin Gatlin has been discussed ad nauseam. Those righteously defending the right to boo might, however, consider how noticeable it was that many of the boo-ers did so with a smirk more indicative of a mob of sheep turning on a pantomime villain who had just defeated the hero than of an out-pouring of genuine pent-up, well-informed and long-held indignation towards doping violators (especially considering that other culprits anonymously slipped under the radar of any such vitriol). To that extent, the London booing was not as far away from the partisan Carioca booing of Renaud Lavillenie in 2016 – which was roundly condemned as ignorant – as many would try to distinguish.

The men did, of course, provide many memorable moments in London: Mo Farah's epic refusal to cede gold in the 10,000m before finally being displaced into silver in the 5000m by Muktar Edris; in the high jump, where the bronze achieved by Majededdin Ghazal in the context of his astonishing Syrian backstory was arguably more golden than the gold secured by the effervescent Mutaz Essa Barshim; the drama, fiasco and conspiracy theories surrounding Isaac Makwala's participation in the 200m and non-participation in the

400m, needlessly fuelled by the IAAF administrators acting like deer in headlights; the celebrations of Karsten Warholm, Pierre-Ambroise Bosse and Omar McLeod after their victories in the 400m hurdles, 800m and 110m hurdles; and, above all, from a home perspective at least, the thrilling victory of the British men after finally executing a perfect sprint relay – the euphoric celebrations both on the track and in the stands relegating the sight of a prostrate Bolt in the home straight in his final competitive race as a forlorn footnote.

Yet for all the enduring stories authored by the men, the women – individually and collectively – were arguably the stellar performers, deserving of at least the same profile as the men.

Katerina Stefanidi and Maria Lasitskene represent an interesting dichotomy of character and profile. Both translated their utter domination throughout the season in the pole vault and high jump, respectively, into commanding golds in London but in very different manners. Stefanidi's joy at clearing 4.91m for a Greek record was magnetic and captivating, a perfect example of an athlete in sync with the crowd and each energising and enthralling the other, and her sense of fun extended to jiggling along to Zorba the Greek during her victory lap.

Lasitskene was as imperious and near-flawless as ever in securing high jump victory, but her steely and outwardly-joyless manner was more difficult to warm to (her hushing of the crowd's supportive clapping as she attempted 2.08m was almost admonishing). But not everyone can be an extrovert and there is a great deal to admire in her ruthless focus. Also, few people can truly empathise how turbulent it must surely be to perform as a nomadic ANA and it was poignant to see Lasitskene show a flicker of emotion atop the podium while the curious IAAF anthem honoured her before breaking into a warm smile.

As expected, Nafissatou Thiam was



another star performer. The Belgian's combination of power, poise and calm meant her heptathlon gold was never really in doubt and was awesome to watch as a spectator, never mind trying to contend with it as a competitor. Thiam looks set to dominate the heptathlon for many years to come: she is strong or steady in all seven disciplines and weak in few if any, and even her relative labouring in the 800m is always likely to be at a point where she has already sewn up the competition. Thiam is not an extrovert like Bolt – she was noticeably more comfortable modestly melting into the heptathletes' joint parade of honour than having the golden spotlight thrust onto her individually – but her charming and humble personality is equally endearing as the vivacious Stefanidi.

The afore-mentioned warm-up track provided a fascinating backdrop to numerous other stories, each further illustrating that performance and personality are critically intertwined. Kendra Harrison was another athlete who, like Stefanidi, Lasitskene and Thiam, was entitled to come into these championships brimming with confidence and belief from her performances in the high hurdles leading up to London. Yet the pressure that she seemed to heap on herself was visible not only from her performance in the rounds, which bore no resemblance to her flawless Diamond League performances, but also from her demeanour on the warm-up track, where the weight of her own and others' expectations were etched in her face.

Harrison appeared to be full of anxiety and the demons of her failure to make the US team for the Rio Olympics seems to have left a psychological scar when it comes to major meets. By contrast, the vastly-experienced Sally Pearson was a model of blinkered focus and determination on the warm-up track and the Australian stormed to a sensational victory as Harrison's race fell apart.

Ahead of the women's sprints, too, the warm-up track provided a fascinating prologue and insight into preparation and mental state. While the eyes of many were scanning for Elaine Thompson's and Dafne Schippers' preparations for the 100m final, the petite athlete in orange, green and white with the gold headphones calmly and



**Lynsey Sharp:**  
experienced a  
rollercoaster  
of emotions

assuredly going about her preparations with minimum commotion and no entourage went quietly unnoticed. Yet that calmness of mind and execution were exactly what took Marie-Josée Ta Lou to the cusp of gold, marginally losing out to Tori Bowie.

That Thompson failed to win a medal came as less of a shock to those who had witnessed her looking distracted and lethargic in her one-paced warm-up (although it later emerged that may have been due to illness) than to those who had not. At the other extreme, Schippers and her Dutch entourage were almost over-regimental in their warm-up routine and that absence of relaxation arguably manifested in her performance in the final where she was tense from the gun and never relaxed into her running to be able to place higher than a, nevertheless commendable, third.

For the 200m, Schippers' warm-up was far more relaxed (if more chilly) under the gaze of only a handful of watching spectators (most being glued to the main stadium's events), yielding a much more assured gold medal performance by the Dutch athlete (and Ta Lou's repeat-performance warm-up yielded a repeat-performance silver medal).

It would, of course, be fanciful to suggest that there is always such an easy and obvious correlation between warm-up track, race and post-race. Ivana Spanovic, for example, looked supremely prepared

and confident in her well-drilled warm-up for the long jump final, but a close and competitive final left her surprisingly out of the medals; her warm-down routine afterwards was initially as methodical as her warm-up had been, until the disappointment suddenly hit home in a flood of tears mid-hamstring stretch.

Similarly, after her initial disqualification in the 800m semi-final, in the space of 15 minutes Lynsey Sharp went from wandering around the warm-up track in bewilderment to burying her distraught head into the comforting arms of a friend or family member to being reinstated to compete in the final. A reminder of the rollercoaster of raw human emotions behind even the most composed of elite athlete.

Further sheen to the women's galaxy of stars was provided by the African athletes over the middle and long distances. Almaz Ayana's awesome and relentless run in the 10,000m, which was only a few metres short of lapping her silver-medal compatriot Tirunesh Dibaba; Hellen Obiri's triumph in the 5000m with a popular bronze for Ethiopian-born Dutch athlete Sifan Hassan, the softly-spoken but fiercely determined competitor with the unique running style; and Caster Semenya's continued domination of the 800m and continuing to conduct herself with admirable good grace and modesty in the face of the continuing scrutiny she endures, a reminder of the vulnerable human behind the colossus.

Seeing an athlete who has just accomplished what their entire year had been geared towards transform from fierce competitor to a picture of delight is special, with even a ferocious and focused competitor like Sandra Perkovic immediately softening into wonderfully childish skipping during her lap of honour with a radiant smile.

From a British perspective, the cherries on the cake were provided by both women's relay quartets, whose silver medals helped to ensure that the championships and the medal table ended with a much sunnier disposition than the frowns of concern that had endured during a week of fourth placings.

■ **Dhanesh Sanichara is a freelance writer, lawyer and athletics fan**



A NEW BOOK BY LONDON 2012 OLYMPIC GAMES 400m GOLD MEDAL WINNER **SANYA RICHARDS-ROSS** REVEALS WHAT LIFE AND SPORT HAVE TAUGHT HER

# CHASING GRACE

**T**HIS BOOK, which is structured around the four Ps which sum up Sanya Richards-Ross's strategy for running – push, pace, position poise – tells the story of a great career, drawing as the subtitle – what the quarter mile has taught me about God and life – suggests lessons for life from her athletics, *writes Stuart Weir*.

It is a career which in her own words has included exhilarating highs and excruciating lows.

She gets right to the point in the preface, writing: “My existence was all about my performance. Each loss came with the feeling of unhealthy and unwanted shame. Running, I had to figure out, is just what I do: it is not who I am.”

Later she develops this idea saying that buying into the winning at all costs mentality and believing winning isn't everything – it's the only thing, had tended to make her diminish the character of her peers instead of motivating herself.

When she came second behind Tonique Williams-Darling in the 2005 World Championships in Helsinki – pretty good for a 20-year-old – she came away thinking that she had lost because she had allowed an opponent to set her race plan.

The lesson learned was: “They can't beat me if I run my best race,” she says, which became a mantra for every race throughout her career.



She deals with a number of interesting life issues:

- The choice between representing Jamaica (where she was born) or the United States (where she grew up) and the fall-out from the decision.
- Standing up to a bullying college coach.
- Marrying an NFL player and dealing with the expectations of an NFL wife while balancing his career with hers.
- The role of her coach, Clyde Hart.
- The purpose of life: “What has God put me on the earth to accomplish?”

Wearing compression arm sleeves were at one stage a trademark. But the book reveals the real reason. She was suffering from Behçet's

disease (inflammation of the blood vessels and tissues) and the sleeves were to cover arm lesions.

However she takes a positive from that negative situation, where she “detested that my body was betraying me” and not living up to society's expectations of what a strong athletic female should look like. The lesson from this experience was: “Behçet's forced me to face my own perceptions of beauty, to be uncomfortable and become more compassionate to individuals who deal with body image. This experience changed me. I was more compassionate and understanding of what many women felt every day.”

When the book was first

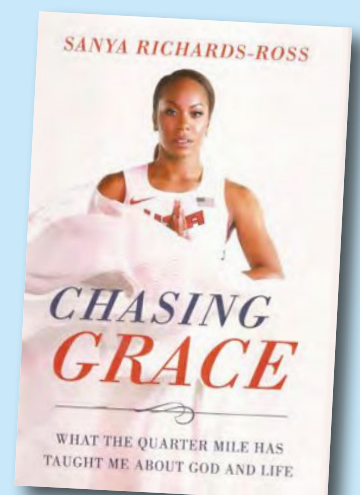
published, most of the publicity arose from her revelation that she had had an abortion prior to the 2008 Olympics and her assertion that “most of the women I knew in my sport have had at least one abortion”.

That reaction is a shame as that is one line in a 200-page book. She says of her abortion: “I had really screwed up this time and I knew it ... I had just done the one thing I never thought I'd do.”

The final chapter, written as a juxtaposition of 2012 and 2016 – Olympics triumph and US trials disappointment, is very powerful. While some readers may find the book too religious for them, her Christian faith is who she is.

The book gives a rare insight into the life, feelings and motivations of one of the greatest athletes of our time.

**■ *Chasing Grace* – what the quarter mile has taught me about God and life – by Sanya Richards-Ross is published by Zondervan**





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**Monday 30th October – Sunday 5th November 2017**  
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Monday: 'The Witches Whisk' – Marathon, Half Marathon or 10k  
Tuesday: 'The Scary Scamper' – Marathon, Half Marathon or 10k  
Wednesday: 'The Creepy Crawl' – Marathon, Half Marathon or 10k  
Thursday: 'The Ghostly Gallop' – Marathon, Half Marathon or 10k  
Friday: 'The Petrified Pootle' – Marathon, Half Marathon or 10k  
(evening time is The Gunpowder Plod 5k)  
Saturday: 'The Spooky Sprint' – Marathon, Half Marathon or 10k  
Sunday: 'The Zombie Shuffle' – Marathon, Half Marathon or 10k



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**[REGIS10.CO.UK](http://REGIS10.CO.UK)**



## Rockingham 10

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**5th November, 2017. 1pm**  
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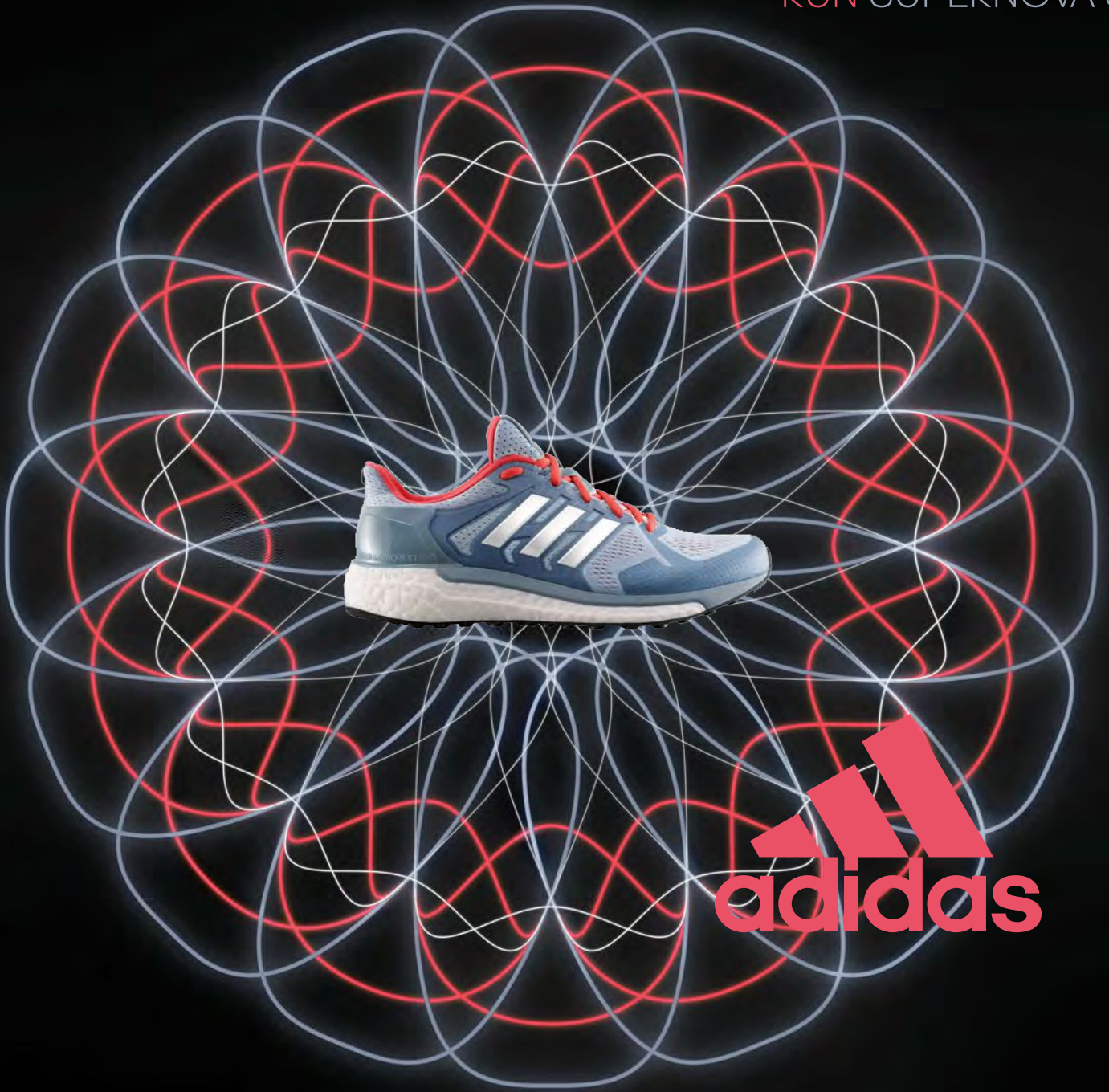
**For more info, see [www.sbrevents.co.uk](http://www.sbrevents.co.uk)**

The 10-mile race is the chosen County 10-Mile Championship Race in association with the Northants Athletics Association



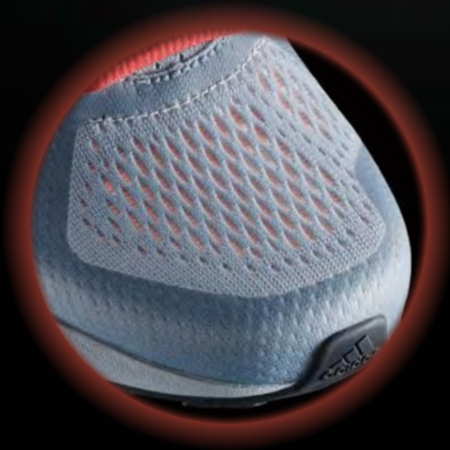
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# A TASTE OF SUCCESS

LUKE DUFFY'S COMMONWEALTH YOUTH 1500m BRONZE HAS WHETTED HIS APPETITE FOR MORE MEDALS, SAYS EMILY MOSS

**F**RESH from winning 1500m bronze at the Commonwealth Youth Games in the Bahamas this year, 16-year-old Luke Duffy enters the winter high on confidence.

"Going to the Commonwealth Youth Games was unreal," he explains. "I set it as my main target for this year and built my season around trying to qualify for it.

"The whole thing was just amazing, including wearing the kit, with the England logo which I had dreamed of representing."

On the race, he says: "It was just pure adrenaline. Lining up against the Kenyans, who are often spoken about as unbeatable, only served as motivation for me.

"At 800m, one of the Kenyans made a move to try and pull himself and his teammate away from the field. At this point I just thought 'it's now or never' and I had said to myself before the race that no matter what happens I will be on the shoulder of the leader at the bell.



Luke Duffy (right): School Games 1500m winner in 2016

MARK SHEARMAN

"I found myself catching the lead and when I actually started passing them I got too excited and kicked for home with 300m to go."

Ultimately, the teenager took bronze. "Crossing the line knowing I had won a medal for my country and being able to share the experience with one of my closest friends in athletics and my roommate, Josh Lay, was just indescribable. I was surrounded by an amazing team of support staff, who did a brilliant job of making sure the whole team were ready to race."

His success did not stop there. The Mansfield Harrier had started the year by taking the England under-17 indoor title. "To win off of almost no track work was a huge confidence boost for me, beating some of the best guys in the UK," he says.

Later in the season, he returned from the Bahamas to claim silver in the England Under-17 Championships, before he defended his title at the School Games. "It was a great way to cap off my season after a disappointing silver at the Nationals," he says.

Next he will move on to cross country. "It builds a mental and physical strength and allows you to run well throughout the track season," he explains. "Once you've

**"IT BUILDS A MENTAL AND PHYSICAL STRENGTH AND ALLOWS YOU TO RUN WELL THROUGHOUT THE TRACK SEASON"**

LUKE DUFFY, on cross country

got used to slogging out cross country in the rain and mud, 1500m round the track feels like nothing."

Under coach Richard Massey, Luke has long-term ambitions. "I feel I have more to give and the dream is to obviously run professionally. The experience at the Commonwealth Youth Games has made me hungry to represent and win more medals for my country in the future as I move through the age groups. Seeing athletes at the World Championships in London, who I race quite regularly at BMC races, has made the idea of making it to that stage seem more possible."

Having achieved mostly A\* grades along with a couple of A grades in his GCSEs, Luke is now studying for his A Levels in Biology, Maths and English Literature at Carlton le Willows Academy in Nottingham.

## LUKE DUFFY

- **Born** November 14, 2000
- **Coach** Richard Massey
- **Club** Mansfield
- **PBs** 800m 1:54.93 (2017); 1500m 3:49.70 (2017)
- **Achievements**  
**2017:** Commonwealth Youth Games 1500m bronze; School Games 1500m gold; England U17 1500m silver and indoor gold; Notts county and schools cross country gold  
**2016:** England U17 1500m silver; School Games 1500m gold; English Schools 1500m 4th; Midland 3000m gold; Notts schools 1500m gold  
**2015:** England U15 1500m silver; Notts 800m and 1500m gold; Midland 3000m silver; Notts county and schools cross country gold





# YOUR SAY

## ► FARAH'S FUTURE

I CANNOT agree with Steve Smythe that Mo Farah should stay on the track.

He writes in *AW* that Mo could run faster over 5000m and 10,000m, but why should Mo bother?

Every record-holder would swap all of their world records for just one global gold – I think Ron Clarke would have agreed, plus Dave Bedford.

Why dilute the focus on championships that has made Mo so successful by chasing records at the same time? His phenomenal championship record is the result of just that concentration – in the mix of his training (closing speed not record speed) and the schedule of his seasons.

No (or very little) record chasing, no athletics-community-pleasing National cross country or road relay appearances.

But what would we rather see – Mo slogging round Parliament Hill Fields, or winning in London and Rio? In this ultra-competitive world, focus is everything and you can't do both.

And I don't think Mo would benefit from continuing to do track races while he runs marathons. Steve cites Paula Radcliffe as an example of an athlete who greatly benefited from continuing to run track while setting marathon world records.

Paula is very different from Mo. She was always a

marathon runner in waiting. Strength was always her strength and she needed the track to maintain her (not great) speed.

Mo is the opposite: he is a natural track runner (look at his 1500m times) and needs to devote himself totally to endurance to make the marathon switch.

Many commentators have said that he needs to change his stride. If that is the case, then staying on the track would render marathon success impossible, because it would keep his stride track-orientated rather than road-friendly.

And the final point is: I think Mo is just tired, perhaps not physically but mentally and

emotionally, of pushing himself to do the sessions he needs to do to beat the world on the track three years out of every four – and the pressure of those championship occasions themselves.

I think he is looking forward to longer, more relaxed training and relishing competitions where he is not the favourite.

The pressure is more of the "let's see what Mo Farah can do on the roads now," kind, rather than the fanatical, all-consuming expectation of success that has dogged him in every track race.

No, I think he is glad to turn his back finally, absolutely, irrevocably, on the track.

Good luck, Mo!

**Steve Till, Alton, Hampshire**

## ► COACHING IS KEY

FOUR relay medals and one individual medallist do not justify the £27 million put into UK Athletics (at London 2017).

The problem is coaching!

Over the last decade it has gone downhill and I think that trying to put our best athletes in one or two places does not work.

Our best coaches are all based in clubs spread around the country. Such as the coach of Dina Asher-Smith, who finished a fine fourth in London.

Go back to the system of the 1980s and 1990s with 6-8 national coaches based around the country.

Those national coaches work together with club coaches and their athletes.

This way everybody helps each other to improve.

As Stan Greenberg recently said in *AW*, we have to do something.

**Ron Roddan, London**

## ► MILESTONE RECORDS

I KNOW that Ron Hill has run well over 100,000 miles and I have now reached that target after starting to record in 1971, so it has taken me 46 years!

My highlights have been winning the Northern Ireland steeplechase title and representing Northern Ireland at steeplechase and cross country but what I would really want to find out is how common this is.

Could any runners who are old like myself let me know?

**Alan Keys, via email**

## ► LET'S DRINK TO JONNY

WHO would have thought the key behind Jonny Mellor's marathon breakthrough in Berlin would have been as simple as getting mid-race nutrition right?

The Brit improved from 2:16 in Frankfurt and then 2:18 in London this year to 2:12 in Berlin last month – mainly because he got his drinking and gels strategy right.

All of which makes me wonder how much faster the great runners of the 1960s and 1970s might have gone if they'd had better drinks (and gels) with carbohydrates and electrolytes.

Didn't many of the marathoners from 30, 40, 50 years ago simply drink some water, if that, during the race?

**Daniel Adams, via email**

## ► SUB-TWO OPINIONS

CONGRATULATIONS on the superb article by Tim Hutchings in last week's *AW*. He beautifully deconstructs the hyperbole surrounding the notion of the sub-two-hour marathon, while celebrating the achievements of those extraordinary athletes at the pinnacle of our great sport now and in the past.

Most telling were Tim's simple sums where he compared what 1/40 reduction in other records represent.

A fantastic piece of athletics journalism that beautifully burst the shoe company bubble, while recognising their importance to our sport generally and elite athletes specifically.

**Chris Taylor, Eastbourne**





- Peta Bee, performance editor

**POWER OF PARKRUN**

THERE'S nothing that divides opinion quite like the parkrun phenomenon.

On one hand, there are those who are fiercely defensive of the positive influence that parkruns have had on mass participation. On the other, are junior coaches who tear their hair out at the number of youngsters who prioritise the free weekly fun runs above club events appropriate to their age group and development.

One thing is certain – parkruns can provide a springboard into athletics for children who might never otherwise have been exposed to the club system. Somehow, surely, these two disparate arms of the sport can work together to direct youngsters into clubs where their enthusiasm and talent can be harnessed?

We've gathered some parkrun opinions on pages 36-37 of this issue.

**PERFORMANCE GUIDE**

**34 News round-up**  
Sports science snippets

**36 Special report**  
The parkrun paradox

**38 Nutrition**  
The power of protein

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Best base layers on offer

# SCIENTISTS SAY NO TO BEETROOT AS A CIRCULATORY BOOST

BEET EXTRACT NO GOOD AT WARMING UP EXTREMITIES

**B**EETROOT has been hailed as an endurance aid, a recovery tool and a general health tonic. But it was found wanting when scientists tested its purported ability to help re-warm the body after exposure to the cold and provide another boost to winter training.

As a rich source of beneficial nitrates, beetroot has been the subject of a raft of sometimes conflicting studies into its performance-boosting properties. The latest is the first to test the theory that the nitrates in the vegetable, which



Beetroot: has a reputation as an all-round performance aid



Leafy greens and other vegetables give high levels of beneficial nitrates

are converted by good bacteria and other processes within the body into nitric oxide and which make blood vessels widen, can carry warmth to fingers and toes faster.

"Beetroot has very high nitrate levels – other vegetables, particularly leafy greens, are high in nitrate too, but not to the same degree – so we thought beetroot may make people warm up," says Ant Shepherd, lead researcher of the study conducted at the University of Portsmouth's department of sport and exercise science.

"That it didn't could be because the nitric oxide is being

neutralised or converted by oxidants in the body, or it could be that we need to give juice over a longer period."

The study, published in the journal *Nitric Oxide*, examined the effects on feeling cold or warm in 13 healthy people who suffer from feeling cold in the outdoors.

Despite all registering a meaningful rise in plasma nitrite concentrations, drinking beetroot juice did not have an effect on warming of the extremities (fingers and toes), on endothelial function, on blood pressure, pain or thermal comfort and sensation.

## SCOTTISH CLUBS CONFERENCE

**WORKSHOPS** at this year's Scottish clubs Conference, to be held at the Glasgow Hilton on November 4, include a 'welfare' workshop, and a guide to help clubs best

use the new software to be launched by Scottish Athletics.

For more details and to book your place, visit [scottishathletics.org.uk](http://scottishathletics.org.uk)





Pass on pasta: men opted for unhealthy high sugar foods after training

# MEN: WATCH WHAT YOU EAT POST-TRAINING

A NEW study suggests that training may alter men's diet preferences, whereas women's taste buds remain unchanged after exercise.

Reporting findings in the journal *Behavioural Brain Research*, Jenna Lee and colleagues from the University of Missouri studied male and female rats by splitting them into two mixed-sex groups: one group used a running wheel (the exercise group), while the other did not (the sedentary group).

Lee found that both sedentary male and female rats preferred high-fat diets

over the high-sucrose and high-corn starch diets. But in the exercise group, the male rats demonstrated a change in the diets, while female rats did not.

While exercising female rats continued to opt for the high-fat diet over the other two options, their male counterparts reduced their intake of the high-fat diet and increased their intake of the high-sucrose and high-corn starch diets.

The team suggests the same might be true in humans and plan more research to find out the phenomenon.

ENHANCING muscle recovery by wearing compression garments at night is a popular strategy by some athletes. But does it work?

In the latest issue of the *Journal of Strength & of Conditioning Research*, Japanese researchers put a group of athletes through a session of 10 sets of 10 repetitions of maximal eccentric and concentric knee contractions to exhaustion.



## SLEEPING IN COMPRESSION CLOTHING

Some of them then wore a leg compression garment at night. Results suggested that the compression clothing "may promote localised muscle fatigue recovery" but did not accelerate overall recovery rates following the test.

## MARATHON INITIATIVE

ENGLAND ATHLETICS has launched a marathon training programme with a view to raising depth of performance in the event.

Plans include two winter performance training camps led by Nick Anderson to be held in early December and early February.

"We are looking to bring together the coaches and athletes who are

at a standard of sub-2:55 for the marathon or sub-80 half marathon for women or sub-2:28 and sub-68 for men," Anderson says.

The weekend events will feature a mixture of training sessions, coach networking and development sessions. For more information, contact Anderson at: [nanderson@englandathletics.org](mailto:nanderson@englandathletics.org)

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

## SIS CHOCOLATE ISOTONIC ENERGY GEL

**WHAT:** The latest innovation from the brand Science In Sport – a chocolate-flavoured energy gel

**WHY:** We love the fact that it is chocolate flavoured, but if that doesn't tickle your taste buds you can try apple, blackcurrant, lemon and lime, orange, tropical; pink grapefruit, pineapple or the other new variety, cherry.

They are designed to be consumed without water, minimising the risk of being bloated that some athletes



Tasty mid-race carbohydrate boost

experience with gels or with over-drinking.

Each gel provides 22g of carbohydrate and the recommended dose is 1-3 gels per hour. "That would deliver approximately 60 grams of carbohydrate and maximise carbohydrate utilisation rates," the company says.

Every batch of SIS finished product is screened and endorsed by Informed Sport. SIS provides the documentation to athletes on

request. The gels are suitable for vegetarians, vegans and Coeliacs and are lactose free, gluten free, wheat free and nut free.

**WHERE:** £8.40 (6 pack) from [scienceinsport.com](http://scienceinsport.com)





# THE PARKRUN PARADOX

WITH ALMOST 500 EVENTS AND 1.4m RUNNERS HAVING TAKEN PART, PARKRUN IS A RESOUNDING SUCCESS. BUT IS IT HELPING THE PROGRESS AND PERFORMANCE OF YOUNG ATHLETES? PETA BEE REPORTS

**T**HIS WEEK our club secretary received an email from the parent of

a prospective junior member which read: "My son is interested in athletics and has completed 44 5km parkruns. He is 10 years old."

If your club is anything like ours, such correspondence is not unusual.

Applications for junior membership now invariably come with a CV-style parkrun pedigree, parents detailing how quickly their child has covered the 5km distance and how many times they have completed the events.

Such enthusiasm for running is encouraging, but should it also be a cause for concern that children as young as eight and nine are clocking up so many miles?

At a recent England Athletics coaching course,

Some youngsters joining athletics clubs arrive armed with a CV-style parkrun pedigree



the lunchtime conversation revolved around the issue of weekly 5km parkruns and their benefits or otherwise on the development of young athletes. Are they a blessing in that they introduce more youngsters to the sport, or a curse because they become an obsession in themselves?

Most agree that parkrun and events like Great Run Local have done wonders for mass participation, but opinion is divided on whether their burgeoning popularity is helping or hindering the performance progression of young athletes.

So, what factors are at play? We canvassed the views of coaches to find out where they stand on the parkrun paradox.

## The competition factor

Phil York, a team manager at Ealing, Southall and Middlesex AC, is a fan of parkruns in general, but thinks that some juniors do too many.

"I do notice that our club has certain young athletes who do parkrun in the morning but don't show for the more traditional club competition – cross country, track and field – in the afternoon," York says.

"The purist in me finds this rather sad, especially if the club struggles to put out full teams in the various leagues."

York suggests convenience plays a part in the decision to opt for a 9am run. "It's almost as though the athletes are happy to get their run completed as early as possible in order to free up the rest of the

weekend for other pursuits," he says.

"It's also the case that too many parkruns tend to leave you a bit 'stale' and I think younger athletes would be better testing themselves at other disciplines for their competitive development."

## Physical development

"The bones and joints of the 11-17 age group are growing rapidly and repetitive strain and impact on their tendon insertions and growth plates from 5km on tarmac paths is not desirable," says Guy Ogden, a sports osteopath and middle-distance coach at Highgate Harriers.

"There are several overuse lower limb injuries that specifically affect this age."



Among them are chondromalacia patellae, caused by an imbalance in muscle strength on either side of the kneecap which can require youngsters to wear heavy strapping until muscles are re-educated and Osgood-Schlatter disease, in which the growth plates at the top of the shinbone (or tibia) become inflamed when the tendons attached pull hard on it during high-impact exercise.

In extreme cases, treatment can involve setting the knees in plaster for up to six weeks.

### Athletics progress

York suggests that long-term athletic development might be hampered among 11-15 year-olds who repeatedly run 5km every week.

"The issue is not whether young athletes can complete the distance or even whether they enjoy doing it," he suggests. "It is absolutely not recommended that athletes as young as 11 run the 5km distance competitively and frequently."

One of the primary reasons stated by most coaches is that too much focus on the 5km distance means development of speed and primary movement skills are overlooked. "At this age, there is a unique physiological window of opportunity to develop basic speed which is the key performance factor in all events," Ogden explains.

"Excessive distances whether trained or raced will inhibit the development of this vital performance factor."

### The social factor

There's no denying that parkruns have introduced an additional dimension to running, one in which the entire



Parkrun children: too many 5km runs at too young an age can store up problems

family can engage in the same Saturday morning pursuit.

Many coaches lauded this initiative, stressing that the benefits of the 'fun' aspect of parkruns should not be overlooked.

"I would suggest that under-11s doing a 5km parkrun once a week or once every two weeks with parents and family is not fundamentally damaging but actually a nice way to get outside, exercise and spend time," suggests Hannah Viner, a coach at Highgate Harriers.

"It can be argued that the enjoyment and mental wellbeing aspect is almost as important as the child's health and development."

Some clubs, including my own, use parkruns as occasional social outings where juniors and seniors come together in a 'training environment' two or three times a year.

### Parental influences

Geoff Hawes, an endurance coach to Thames Valley Harriers' 50-strong 10-17-year-old group of middle distance athletes, highlights the fact that parental pressure to participate in parkruns can be an issue.

"It's the downside as I see it with the parental approach sometimes being: 'I want to do the run, what am I going to do with you kids? Oh you can join me, see if you can keep up!'," Hawes says.

"Or the other common thing I overhear is parents saying: 'I know you've been doing tennis, rugby, hockey at school but you need to keep up your running!'"

Ogden says athletics clubs have a role to play in advising parents about the impact of doing too much, too young. "The parkrun programme does a great job of promoting running for the general public," he says. "However, children are not little

adults and should have a completely different training/racing programme not a watered down adult one."

### How it can work

There are many ways in which parkruns can be used to further the development of young athletes.

The growth of junior parkruns, which are held over 2km, was widely considered a positive move. Even two years ago, the junior versions of the event were few and far between with many held monthly rather than weekly.

Now, organisers of new junior parkruns are encouraged to stage them every Sunday and many coaches suggested they were more appropriate than the 5km option.

Tom Lavender, manager of Great Run Local events, says their 20 events offer a 2km distance alongside the 5km. "It means that younger runners can run 5km if they wish but we encourage them to only do this once a month and enjoy running the 2km distance," he says. "Over 40% of our runners take part in the 2km distance."

Hawes says he encourages using parkruns for training runs and advises under-13s to do the junior 2km version. "It's safer and better than them pounding the pavements," he says.

Paddy McGrath, a junior endurance coach at Cookham Running Club in Berkshire, says both junior and senior parkruns can be useful fitness markers after a summer break and "an occasional one is an enjoyable way to see where you are".

As York says: "Parkrun is whatever you want it to be."

■ **What's your view?**  
**Email haveyoursay@athleticsweekly.com**



PROTEIN SUPPLEMENTS FOR ATHLETES COME IN MANY SHAPES AND FORMS. DO YOU REALLY NEED THEM? ANITA BEAN EXPLAINS

# WHEY UP THE EVIDENCE

**P**ROTEIN supplements can be broadly divided into three main categories: protein powders (the kind you mix with milk or water into a shake); ready-to-drink shakes; and high protein bars.

They may contain whey protein, casein, egg, soya or other non-dairy sources such as pea, hemp or brown rice protein – or a mixture of all of these.

## What do they do?

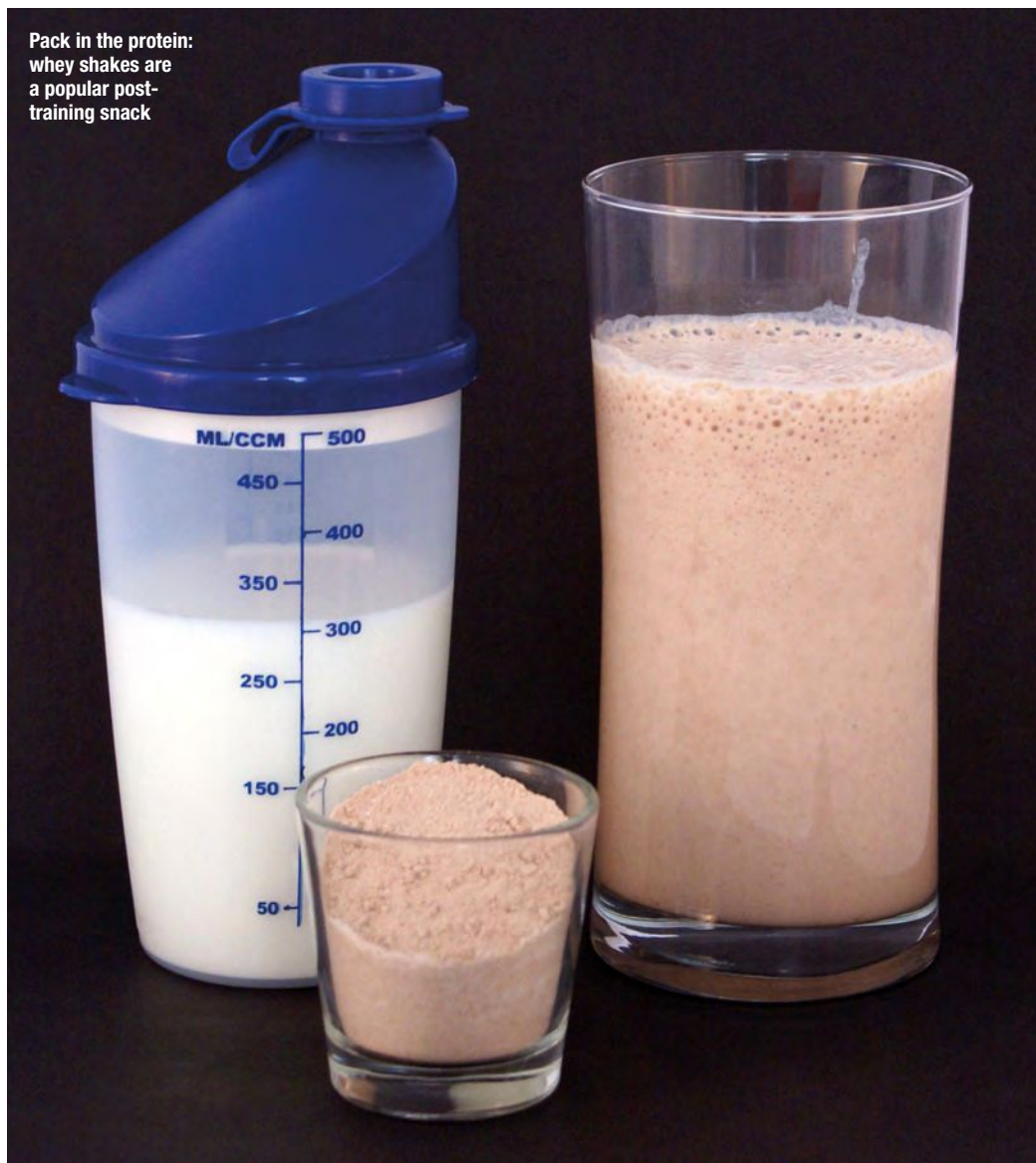
The supplements provide a concentrated source of protein to supplement your usual intake.

Whey protein is derived from milk and contains high levels of the essential amino acids, which are readily digested, absorbed and retained by the body for muscle repair. Whey protein may also enhance immune function.

Casein, also derived from milk, provides a slower-digested protein as well as high levels of amino acids.

Soy protein is less widely used in supplements but is a good option for vegans and people with high cholesterol levels – 25g of soya protein daily can help to reduce cholesterol levels. Other non-dairy proteins such as pea, brown rice and hemp are often combined so they provide the full range of essential amino acids.

Pack in the protein: whey shakes are a popular post-training snack



## What's the evidence?

Studies have shown that either a casein or whey supplement immediately after resistance training raises blood levels of amino acids and promotes protein synthesis.

Male volunteers who took 1.2g per kg of their bodyweight per day of whey protein during six weeks of resistance training

achieved greater muscle mass and strength gains compared with those who took a placebo, but others have reported no or minimal effects.

In one trial, those consuming 20g of whey supplement before and after resistance sessions had greater increases in muscle mass and strength over 10

weeks compared with those consuming a placebo. And another research paper showed that when athletes consumed whey immediately before and after a training session, they could perform more reps and lift heavier weights 24 hours and 48 hours after the workout compared with those who had a placebo.



**“It remains controversial whether supplements are necessary to increase muscle mass or strength or whether you can get sufficient protein from your food”**

### It's not all about whey

It's important to point out that consuming any high-quality protein source immediately after a weights or strength sessions will help to promote muscle repair and growth.

Compared with casein or soy, whey supplements may be a better option in the immediate post-training period as whey is absorbed quicker, but there is no strong evidence that it results in greater muscle growth over 24 hours.

Whey can also help to boost immunity and researchers found that those athletes who consumed it following a 40km cycling time trial experienced a smaller drop in glutathione levels, a substance in the body linked to lowered immunity.



Shake it up: plant-based protein has grown in popularity

### So, do you need protein supplements?

In studies where athletes were already consuming adequate amounts of protein in the diet, taking an additional source in the form of a supplement before and after training made absolutely no difference to their

muscle synthesis or strength.

It is undisputed that resistance training increases muscle protein turnover and therefore the daily protein requirement. But it remains controversial whether supplements are necessary to increase muscle mass or strength or whether you can get sufficient protein from your food.

The American College of Sports Medicine (ACSM) advise that protein requirements can be met from the diet alone without the use of supplements.

### Where else to get your protein

Foods such as milk, eggs, meat, poultry and fish all supply eight essential amino acids in amounts closely matched to the body's requirements and are also naturally high in the important amino acid leucine.

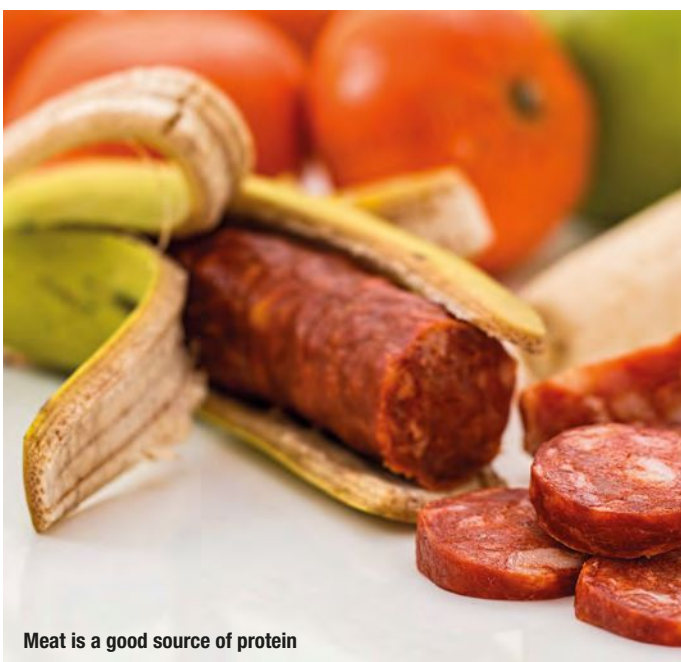
If you're already eating enough protein (1.2 to 2.0g

per kg of your body weight per day is required) and getting around 20-25g protein per meal, then an additional protein from supplements is unlikely to produce further gains in muscle mass, strength or performance. Perhaps the main benefit of protein supplements and the best argued case for taking them is their convenience.

### Any side effects?

Any excessive intake of protein, whether from food or supplements, is not harmful but offers no health or performance advantage. Concerns about excess protein harming the liver and kidneys or causing calcium loss from the bones have been disproved.

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



Meat is a good source of protein



# IT'S ALL ABOUT THE BASE

AS TEMPERATURES BEGIN TO DIP, **PAUL FREARY** CHECKS OUT THE BEST BASE LAYERS AND LONG-SLEEVE SHIRTS

## Gore Running Wear – Essential Lady 2.0 Shirt Long

**Price:** £59.99

**Stockist:** goreapparel.co.uk

This mid-weight shirt offers a slightly more substantial level of insulation, perfect for when you need more than a base layer but not the weight of a jacket.

The tailored fit gives a flattering, feminine shape with raglan sleeves for a great range of movement. The higher collar has a soft lining for comfort and added warmth, which together with the zip neck makes for a perfectly snug autumnal garment.



## More Mile – Ladies Compression Long Sleeve

**Price:** £25.00

**Stockist:** moremile.co.uk

This compression long sleeve shirt offers great all-over support for a snug and comfortable fit and works great in any conditions.

As a stand-alone garment or a baselayer, the fabric wicks moisture to retain a dry fit. Flat seams enhance the fit and ensure a fit that stays in place.



## Odlo – Midlayer Half Zip Omnius

**Price:** £45.00

**Stockist:** odlo.com

Using body mapping design and construction, this shirt has an engineered fit making it feel instantly made to perform. The multi-panel construction used ventilated inserts to aid breathability, which together with the zip neck help control the temperature perfectly. Reflective details on the chest, arms and rear of the shirt make you more visible to other road users and keep you safer on darker evenings.



## Odlo – L/S Crew Neck Blackcomb Evolution Warm

**Price:** £65.00

**Stockist:** odlo.com

Using a high percentage content of recycled Polyester, this baselayer is incredibly soft to the touch and highly efficient at wicking moisture. The knitted construction has created a slightly textured pattern in the body of the shirt, this allows for varying degrees of both insulation and breathability.

The shirt is fast drying too, meaning it remains comfortable even after extended use. Another useful feature is the antibacterial treatment that's been applied to the fabric, which helps it maintain a fresher feel.





### DHB – Merino Long Sleeve Base Layer

**Price:** £39.99

**Stockist:** dbhsport.com

We always like Merino wool garments, their natural temperature regulating behaviour proving comfortable year-round in varying conditions. This shirt uses a 200gsm wool making it a nice weight for autumn and winter use.

The super-fine yarn has a naturally soft handle and feels soft and welcoming against the skin. At this time of year, the shirt is perfect on its own, providing the perfect level of warmth, but as we approach winter, used with a lightweight jacket, this will be the perfect baselayer.



### Montane – Sonic Long Sleeve T-Shirt

**Price:** £35.00

**Stockist:**

montane.co.uk

A tailored fit and flat seam construction make this lightweight shirt a high performance and comfortable option. The 'Apex-Dry' fabric is a light, anti-static material that also provides sun protection and has been treated with Polygiene for odour control, making it feature packed.

Fine grade mesh panels inserted under the arms add to the shirt's breathability to extend the comfort levels. It's fast drying too meaning it washes very well, retaining its shape after repeated wear and wash cycles.



### Ronhill – Infinity Merino L/S Half Zip

**Price:** £48.00

**Stockist:** ronhill.com

Great as a base-layer or a stand-alone garment, this Merino shirt uses the natural wool yarn to enhance its moisture wicking and temperature regulating properties.

The longer length neck zip means temperature can be adjusted on the move and the shaped cuffs with thumb loops help keep the hands warm on cooler days. The soft touch of the shirt and its flat seam construction make it a great fit and a perfect year round garment.



### On Running – Clima-Shirt

**Price:** £100.00

**Stockist:** on-running.com

This long sleeve shirt is packed with features to help make it a perfect year-round garment. The four-way stretch fabric and multi-panel construction allows for the optimum range of movement and with flat seams and the ergonomic design, the shirt always stays in place for enhanced comfort.

The zipped collar opens across the neckline giving a versatile option for ventilation and a press-stud fastener helps keep it in place as you run. Breathability and ventilation comes from the fabrics used and a laser cut panel in the back of the shirt.

Thumb holes in the sleeve cuffs help keep the hands warm on cooler days and help make the shirt a versatile option throughout the cooler months. An investment item worth the expense.





# LASITSKENE AFTER MORE

## WORLD AND DIAMOND LEAGUE CHAMPION HOPES TO CONTINUE HER FINE HIGH JUMP FORM IN BIRMINGHAM

WORDS: JESSICA WHITTINGTON PICTURE: MARK SHEARMAN



**M**ARIA LASITSKENE is looking forward to the opportunity of being one of the first athletes to compete at the IAAF World Indoor Championships in Birmingham in March as the spotlight shines on the high jump for the first evening of competition.

The 24-year-old retained her world title in London in a summer which also saw her claim the overall Diamond League series title, clear a PB of 2.06m to move to joint fifth on the world all-time list and extend her unbeaten streak to 27 finals. But rather than spend time reminiscing on what she has achieved, the Russian has already switched her focus to 2018.

"I know the high jumpers are the first athletes who will compete in Birmingham. It means that we'll set the pace for the whole tournament," she says, with the first session of World Indoors action on March 1 featuring both high jump finals and the women's 3000m. "I think it's a great idea to make one more night session for us. I'm sure we won't let anyone down!

"I'm not the one who will defend the title there, because I missed Portland 2016, so no pressure for me," adds the 2014 world indoor champion, who was unable to compete at last year's global event due to the suspension of Russia. "Of course I will



try to win, like at any other tournament."

Reflecting on this year, she explains: "The first part of 2017 was really tough. I jumped 2.03m in February but had to miss the European Indoors in Belgrade, because my application to compete as a neutral athlete until Russia is reinstated was only accepted in April.

"After that, everything went well, but I can't say I'm still thinking about summer 2017. It was great but it's over now, I prefer to think about the future.

"I'm looking forward to the next year, I'm sure it will be thrilling. I know nothing about the result that I should expect and I just want to jump with the best opponents and try my best."

Given her form, breaking the world record of 2.09m set by Bulgaria's Stefka Kostadinova 30 years ago must remain an aim? "From 2.06m to 2.10m is a really long way, that's why I'm not thinking about that," says Lasitskene, who attempted the would-be world record height during the summer. "I want to enjoy what I'm doing and I don't need more pressure on my shoulders.

"I'm glad that during the last season my body felt what it is to jump 2.10m, I liked that feeling, and of course I will try to do it again and again. But I don't want to think about that too much. All these thoughts will never help me. Good preparation is the only thing that can help."

Lasitskene recently returned to training in Greece after a month break and in November will be back in her home town of Prokhladny to begin technical training with her coach, Gennadiy Gabrilyan.

Outside of athletics, she enjoys reading and visiting the theatre, musicals, movies, and concerts. "And of course I like to sleep," she adds. "A lot! I'm not sure that I'm a morning person."

### MARIA LASITSKENE (RUSSIA)

#### BIOG

- Born January 14, 1993, Prokhladny, Russia
- Event High jump
- PB 2.06m (outdoors), 2.03m (indoors)
- Achievements

2017 world gold; 2015 world gold, European indoor gold; 2014 world indoor gold, European silver; 2012 world junior bronze; 2011 European junior gold; 2010 Youth Olympics gold; 2009 world youth silver

■ The IAAF World Indoor Championships Birmingham 2018 will be staged at Arena Birmingham from March 1-4 with more than 400 athletes from 150 different countries expected to compete. For more information on the event, tickets and news please visit [wicbirmingham2018.com](http://wicbirmingham2018.com)



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Steve Smythe, results editor

## PARKRUN

I AM a great believer in parkruns. They are probably one of the greatest inventions to promote running and health in the UK, bringing newcomers into running and giving oldcomers new targets.

I have done 187 since my first in 2009. They are fundamentally a hard session/timetrial to me more than a race. With races I arrive a hour before the start to warm-up, while parkruns I arrive minutes before, but there have been occasions when I run as fast as I can against others as I would with any race. For some they are friendly jogs but for others they are their competitive element.

This week they have been in the running news for what I believe is an overreaction to a 'cheating' article in another magazine.

Coincidentally, in my last parkrun a young boy was blatantly cutting corners and I thought of mentioning that he shouldn't. Not to tell him off but because he was wearing a local club vest and if he ran the wrong side of flags in a club relay, he would have got his team disqualified.

In the end, I thought, it's up to him (and I finished ahead of him!) and so kept quiet. It's a shame others didn't this week.

## OVERSEAS

### AUSTRALIA

**AV Shield, Doncaster, October 7**  
Men: 3000: 3 NICK EARL 8:34.00

### AUSTRIA

**Graz, October 8**  
Men: Mar: 1 E Kirwa (KEN) 2:12:58; 2 W Cheruiyot (KEN) 2:15:32; 23 MARTIN LAW (M45) 2:56:57; 61 ANDREW TRIGG (M55) 3:09:46

### CANADA

**Goodlife Fitness Victoria Half-Marathon, Victoria, October 8**  
Men: HM: 10 KEVIN O'CONNOR (M50) 74:10. Women: HM: 1 SARAH INGLIS 74:21

### CROATIA

**Zagreb, October 8**  
THERE were course records for Kenyans Wyclif Biwot (2:09:55) and Stella Barsosio (2:30:15)  
Men: Mar: 1 W Biwot (KEN) 2:09:55.  
Women: Mar: 1 S Barsosio (KEN) 2:30:15

### CYPRUS

**Lefkosa, Oct 3**  
Women: HJ: 1 Y Levchenko 1.88

### ESTONIA

**Tartu Linnamarathon, Tartu, October 7**  
Men: Mar: 2 JONATHAN ROSENBRIER 2:36:20

### FRANCE

**Metz, October 8**  
Men: Mar: 1 A Girma (ETH) 2:12:27  
**Paris, October 8**  
Men: 20km: 1 C Chebil (KEN) 58:28; 2 J Menjo (KEN) 58:34; 3 F Carvalho 58:40; 9 D Meucci (ITA) 60:22. Women: 20km: 1 G Ayele (ETH) 66:02; 2 S Jeptoo (KEN) 66:16; 3 G Bekelech (ETH) 66:40; 6 S Duarte 69:35  
**Remes, October 8**  
Women: 10km: 9 KATIE MAUTHOOR (W35) 39:59  
**Les Bains, September 30**  
Men: 3000W: 1 RORY TAYLOR (U15) 15:28.65

### GERMANY

**Munich Marathon, Munich, October 8**  
Men: Mar: 4 MARTIN MATTHEWS (M40) 2:38:00. HM: 16 ROBERT DRAPER (M40) 77:30. Women: HM: 3 FLEUR SWANEY (W35) 82:22. 10km: 5 JUSTINE ANTHONY 38:51; 6 ABBEY MCGHEE 39:33; 24 CHRISTINE ANTHONY (W50) 44:52  
**Berlin, October 8**  
KENYAN Mathew Kimeli won the 10km in a fast 27:32 after an incredible 13:26 halfway split.  
Alfred Barkach was just a second back in 27:33  
The women's winner Alina Reh set a German under-23 record of 31:38.  
Ugandan Stella Chesang was second in 31:54.

Men: 10km: 1 M Kimeli (KEN) 27:32 (13:26 5km); 2 A Barkach (KEN) 27:33; 3 H Tilahun (ETH) 27:53; 7 R Ringer 29:13. Women: 10km: 1 A Reh 31:38 (U23 rec); 2 S Chesang (UGA) 31:54; 3 K Heinig 33:14

### HUNGARY

**Veszprem, October 7**  
U18 men HT (5kg): 1 D Varga 80.93

### IRELAND

**Galway, October 7**  
Men: HM: 13 MATT SHIELDS (M60) 82:32

### ITALY

**Telese Terme, October 8**  
Men: HM: 1 R Maiyo (KEN) 62:08.  
Women: HM: 1 W Moraa (KEN) 71:24

### JAPAN

**Matsuyama, October 6-7**  
Men: 100 (0.0): 1 S Tada 10.22. 110H (2.2): 1 G Masuno 13.47. 400H: 1 T Kishimoto 49.39. HJ: 1 T Eto 2.22. U20: 100 (4.2): 1 D Miyamoto 10.20. 110H (-0.1): 1 R Higuchi 13.40; 2 K Hiraga 13.48. 10000W: 1 E Takahashi 39:19.53. U20 women: 3000: 1 N Tanaka 8:54.27; 2 M Moyaka 8:54.68; 3 A Ogasawara 8:54.88. 5000W: 1 N Fujii 21:33.44

### KENYA

**Eldoret, October 8**  
Men: HM: 1 J Lumbasi 63:47. Women: HM: 1 P Korikwang 73:09

### MOROCCO

**Tamesna, October 8**  
Men: HM: 1 A Kachir 62:32; 2 N Samlesilassie (ETH) 62:35; 3 A Fathi 62:37; 4 S Rbina 62:41. Women: HM: 1 H Sinayehu c(ETH) 70:23; 2 H Muliye (ETH) 71:10; 3 A Fayesa (ETH) 71:35.

### NETHERLANDS

**Eindhoven, October 8**  
KENYAN Festus Talam successfully defended his title with a course record and PB 2:06:13 as he shared the winning time with Felix Kirwa.  
Marius Kipserem was third in 2:06:41, with Ethiopian Dejene Gonfa fourth in 2:07:10.  
Eunice Jeptoo made it a Kenyan double as she won by 10 minutes in a PB 2:26:13.  
Men: Mar: 1 F Talam (KEN) 2:06:13; 2 F Kirwa (KEN) 2:06:13; 3 M Kipserem (KEN) 2:06:41; 4 D Gonfa (ETH) 2:07:10; 5 C Jairus Kipchoge (KEN) 2:08:44; 71 JONATHAN KETTLE (M40) 2:47:51; 98 BARNABY SIMPSON (M45) 2:52:37. Women: Mar: 1 E Jeptoo (KEN) 2:26:13; 2 L Wanjiku (KEN) 2:36:38; 3 H Vandembussche (BEL) 2:37:30  
**Groningen, October 4**  
STEEPLECHASE world record-holder Ruth Jebet missed the women's course record with a time of 19:16.  
Victor Chumo was first man in 17:31, one second ahead of Ethiopian Yomif Kejelcha.  
Men: 4M: 1 V Chumo (KEN) 17:31; 2

## RUPP AND DIBABA ARE WINDY CITY WINNERS

### UNITED STATES

**Bank of America Chicago Marathon, Chicago, October 8**  
GALEN RUPP became the first US men's winner since 2002 when he took victory in 2:09:20.

The 31-year-old surged clear of his rivals with three miles to go as he beat 2016 winner Abel Kirui of Kenya by 28 seconds with another Kenyan, Bernard Kipyego, third.

Kenyans had won 13 of the past 14 men's races in Chicago, with the only other win coming from an Ethiopian. But Rupp broke the East African dominance as he became the first American to triumph since Moroccan-born Khalid Khannouchi took the race in 2002.

Rupp, the London Olympics 10,000m silver medalist and training partner of Mo Farah, had been content to sit in during a slow, tactical men's race as some of the leading contenders like world record-holder Dennis Kimetto and former Chicago winner Stanley Biwott fell by the wayside.

"It's incredible. I trained so hard, day in day out, so to win a big race like this in a special place which is where my dad grew up, words can't describe how good it feels," Rupp said.

"I've made the mistake in the past of going too hard, too soon. So I wanted to wait as long as possible here – the longer the better – and when I went I knew I had to put the hammer down, be decisive and go for the finish," the Alberto Salazar-coached runner added.

His finishing speed was exceptional as his 14:25 from 35km to 40km and his 6:12 from 40km to the finish were the fastest ever seen in Chicago and amongst the fastest in any race in history.

The women's race was in stark



Galen Rupp (right) won battle with Abel Kirui

contrast to the cagey men's race as the female runners held a strong pace from the start in the 40th anniversary of the event.

Tirunesh Dibaba proved strongest, though, as the Ethiopian broke clear and ran the final miles alone to clock history's sixth fastest time of 2:18:31. Her PB is 2:17:56. Her 6:55 last 2195m is one of the fastest ever finishes.

The Ethiopian's top three performance average is now 2:19:01, third behind Paula Radcliffe's 2:16:48 and Mary Keitany's 2:18:19

"I ran without a pacemaker for the whole way and to set a world record you usually need pacemakers. But the course is very good and I'm pleased to win," said Dibaba.

Behind, Brigid Kosgei of Kenya was second in 2:20:22, while American Jordan Hasay was third in 2:20:57 as she went No.2 on the US all-time rankings behind Deena Kastor and ran the fastest American time on US soil.

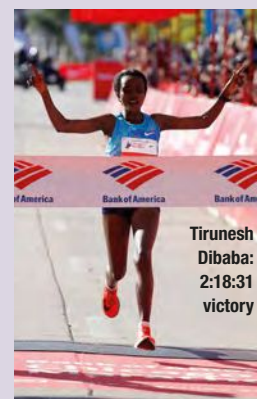
The top 10 performance average for the female runners is now 2:19:45 and the second fastest behind London's 2:18:26.

Tatyana McFadden took her eighth women's wheelchair race victory in Chicago while Marcel Hug successfully defended his men's wheelchair title.

Sammi Kinghorn of Britain clocked 1:43:52 in her marathon debut for fifth in the women's wheelchair race.

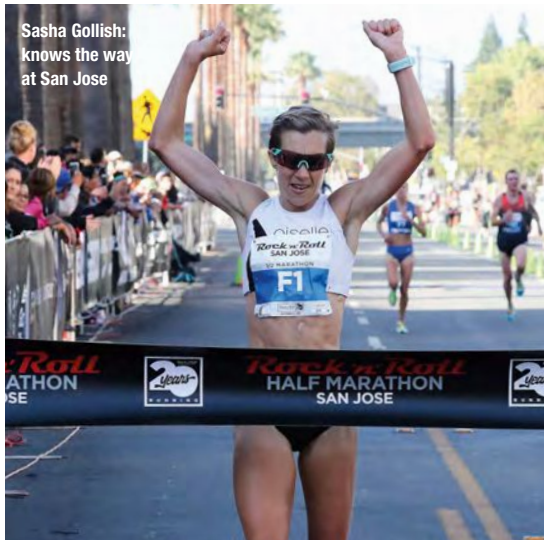
Men: Mar: 1 G Rupp 2:09:20; 2 A Kirui (KEN) 2:09:48; 3 B Kipyego (KEN) 2:10:23; 4 S Lemma (ETH) 2:11:01; 5 S Sambu (KEN) 2:11:07; 6 K Matsumura (JPN) 2:11:46; 7 E Chebil (KEN) 2:12:12; 8 Z Tadese (ERI) 2:12:19; 9 C Derrick 2:12:50; 10 M Shelley (AUS) 2:12:52; 45 PAUL PIPER 2:27:07; 59 MATTHEW SHARP 2:29:19; 61 LUKE BEEVOR 2:29:25; 65 MICHAEL HISCOTT 2:30:24; 106 PAUL GAIMSTER (M40) 2:36:04; 143 TOM BRIAN 2:39:24; 145 SHAUN LYON 2:39:30; 178 JAMES BOSHER 2:41:33; 232 ANDREW LOW (M45) 2:44:34;

260 ALEXANDER BETTS 2:46:22; 273 JOSHUA ARTHUR 2:46:56; 310 ANTHONY FRYER (M40) 2:48:33; 332 ANDREW POWELL (M40) 2:49:02; 335 MARTIN HEWETSON (M40) 2:49:06; 336 ANDREW PENFOLD (M40) 2:49:06; 358 JAMES FISHBURN 2:49:40; 377 MATT HALL (M45) 2:50:41; 499 JONATHAN RATCLIFFE (M50) 2:53:58; 564 STEPHEN LAMB (M45) 2:55:20; 596 BRUCE RAINFORD (M45) 2:55:54; 926 STEPHEN PLUMMER (M55) 2:59:56. Women: Mar: 1 T Dibaba (ETH) 2:18:31; 2 B Kosgei (KEN) 2:20:22; 3 J Hasay 2:20:57; 4 M Perez (MEX) 2:24:44; 5 V Kipketer (KEN) 2:28:05; 6 L Weightman (AUS) 2:28:45; 7 M Krifchin 2:33:46; 8 A Grey 2:34:25; 9 T Ward 2:35:27; 10 B Wade 2:35:46; 43 FIONA BRIAN 2:48:47; 63 CHARLOTTE FIRTH 2:54:03; 126 KATE OWENS (W35) 3:03:33; 138 WENDY WEBBER (W35) 3:04:47; 207 TRACEY ASHALL (W40) 3:11:11; 211 HELEN NUTTALL (W35) 3:11:23; 367 ANDREA BANNER (W45) 3:19:36; 468 KATHERINE SARGEANT (W45) 3:23:32



Tirunesh Dibaba: 2:18:31 victory





Sasha Gollish: knows the way at San Jose

SAN JOSE ROCK 'N' ROLL MARATHON / PHOTO: RUS

TRACK & FIELD

OCTOBER 7-8

**HAMMER CIRCLE REUNION OPEN, Hull**  
THE 65th Reunion of the Hammer Circle (the Association of British Hammer Throwers) saw nearly 100 athletes, coaches, parents and supporters attend the annual event, first established in 1952. The reunion is a mix of social events, awards and a range of keen competitions.

This year the BASC sponsored the U17 competitions which were won by Shaun Kerry (60.53m) and Tara Simpson-Sullivan (60.89m), two of the country's leading age-group throwers.

There was also a UK-leading mark for 2017 in the women's under-23 age group for Kayleigh Presswell at 59.38m and a fine throw of 61.38m by guest competitor Myra Perkins of Scotland.

The event also featured a talk by Mark Dry on his experiences as an international athlete, and a number of awards were presented for achievements during the season, including two special awards – for volunteer of the year to Rob Careless and for outstanding services to hammer to Paul Head.

**U20 mixed events: HT: B:** 1 C Williams (B'burn, U17W) 52.23; 3 H Blood (Sale, U20W) 40.32. **F:** 1 H Blood (Sale, U20W) 40.56; 2 S Howe (WG&E, U20W) 38.15  
**Men: WT: B:** 1 T Head (NEB) 17.03; 2 R Martin (Bed C) 14.31; 3 J Twiddle (KuH, M45) 11.52. **C:** 1 R Martin (Bed C) 15.48  
**HT: D:** 1 J Bedford (Bir) 63.00; 2 P Smith (KuH) 58.11. **G:** 1 T Head (NEB) 54.71.  
**HT: A:** 1 P Aston (WG&E, M70) 37.53  
**Mixed events: WT: C:** 1 S Gaskell (B'burn, U17) 19.16; 2 E Ball (And, U20W) 11.50

**U20: HT: D:** 1 J Roberts (B'burn) 65.50; 2 D Nixon (M'bro) 56.76. **G:** 1 J Roberts (B'burn) 64.57; 2 D Nixon (M'bro) 56.87  
**U17: HT: B:** 1 J Ericsson-Nicholls (Mil K) 54.80; 2 J Careless (Notts) 49.03. **D:** 1 S Kerry (KuH) 59.78; 2 J Lambert (K&S) 57.62; 3 S Gaskell (B'burn) 53.94. **G:** 1 S Kerry (KuH) 60.53; 2 J Lambert (K&S) 59.42; 3 S Gaskell (B'burn) 59.03; 3 J Ericsson-Nicholls (Mil K) 54.77  
**M45: HT: A:** 1 J Twiddle (KuH) 37.64. **HT:** 1 M Perkins (Falk) 59.93; 2 K Presswell (Mil K) 58.30; 3 C Williams (B'burn, U17) 51.94; 4 K Lambert (K&S, U20) 49.30; 5 K Head (NEB, U20) 49.19; 6 E Ball (And, U20) 33.32. **HT: F:** 1 J Trapnell (Mil K, U17) 43.34; 2 L Moffat (Mil K, U15) 34.72; 3 D Smith (KuH, W55) 31.08; 4 A Bunting (Bost, U15) 30.72

**U20: WT: A:** 1 T Simpson-Sullivan (Wig D) 16.84; 3 H Blood (Sale) 14.08; 4 S Robinson (Scun) 11.31. **HT: E:** 2 P Baggott (W&B, U17) 51.37; 3 J Routledge (Charm, U17) 48.07  
**U18: HT: A:** 1 T Allsopp (Notts, U17) 40.51; 2 L Moffat (Mil K, U15) 34.15; 4 A Bunting (Bost, U15) 28.57. **B:** 2 P Baggott (W&B, U17) 48.60; 3 K Finlay (Leic C, U17) 47.95; 4 J Routledge (Charm, U17) 46.76; 5 J Trapnell (Mil K, U17) 41.07

**U18: HT: A:** 1 T Allsopp (Notts, U17) 40.51; 2 L Moffat (Mil K, U15) 34.15; 4 A Bunting (Bost, U15) 28.57. **B:** 2 P Baggott (W&B, U17) 48.60; 3 K Finlay (Leic C, U17) 47.95; 4 J Routledge (Charm, U17) 46.76; 5 J Trapnell (Mil K, U17) 41.07

OCTOBER 7

SECTA END OF SEASON WEIGHT

PENTATHLON, Ewell

**M55 men: PenWt:** 1 C Privett (Belg) 3555 (41.92, 11.24, 38.02, 30.65, 15.64); 2 N Barton (S Lon) 2828 (31.34, 10.15, 34.86, 30.62, 10.32); 3 N Watson (E&E) 2083 (22.90, 7.04, 23.98, 30.60, 8.97)

**M60: PenWt:** 1 M Bale (Hay H) 2446 (33.80, 7.88, 30.00, 19.92, 12.38)

**M65: PenWt:** 1 J Eastwood (Walton) 2512 (21.80, 9.00, 25.90, 31.62, 9.12)

**M80: PenWt:** 1 W Dixon (Camb H) 3819 (38.07, 8.57, 28.66, 19.88, 12.12)

**W40 women: PenWt:** 1 T Gould (ESM) 2374 (34.47, 6.74, 19.69, 22.31, 9.62)

**W50: PenWt:** 1 B Norris (WSEH) 4507 (50.71, 10.50, 35.52, 33.29, 14.95); 2 J Wilson (Read) 2575 (31.59, 9.99, NM, 21.81, 11.32)

**W55: PenWt:** 1 W Dunsford (E&E) 2510 (28.28, 7.97, 21.81, 10.88, 8.09); 2 A Morgan (E'bne) 2037 (23.84, 7.01, 13.49, 13.76, 6.74)

**W60: PenWt:** 1 S Dassist (E&E) 2226 (18.79, 7.60, 15.59, 11.81, 8.34); 2 J Denyer (Hay H) 2175 (22.42, 5.86, 15.56, 11.63, 8.40)

**W70: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W80: PenWt:** 1 S Dassist (E&E) 2226 (18.79, 7.60, 15.59, 11.81, 8.34); 2 J Denyer (Hay H) 2175 (22.42, 5.86, 15.56, 11.63, 8.40)

**W90: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W100: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W110: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W120: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W130: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W140: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W150: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W160: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W170: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W180: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W190: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W200: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W210: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W220: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W230: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W240: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W250: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W260: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W270: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W280: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W290: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W300: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W310: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W320: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W330: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W340: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W350: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W360: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W370: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W380: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W390: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

**W400: PenWt:** 1 L Sissons (E&E) 3267 (19.87, 7.89, 17.19, 17.73, 7.84); 2 B Terry (B&B) 3010 (19.81, 7.13, 17.05, 13.63, 7.94)

SEPTEMBER 24

EASTERN COUNTIES AA COMBINED EVENTS CHAMPIONSHIPS, Peterborough

**Men: Pen:** 1 C Wood (C&C) 2545 (5.69, 28.45, 23.59, 23.65, 4:40.72)

**U17: Pen:** 1 T Adesina (Thurr) 2667 (6.26, 34.22, 23.51, 24.50, 4:58.48); 2 C Williams (W Norf) 2315 (5.34, 29.02, 24.59, 25.50, 4:59.46); 3 J Methven (Bed C) 2261 (5.64, 23.99, 24.70, 22.57, 4:55.78); 4 L Sayer (Newk) 2224 (5.00, 30.79, 25.41, 27.70, 5:03.30)

**U15: Pen:** 1 D Ogutuga (Thurr) 2376 (13.36, 11.28, 5.66, 1.47, 2:26.44); 2 F Fraser (Nene V) 2340 (11.96, 8.55, 5.40, 1.50, 2:25.34); 3 A Williams (W Norf) 2303 (12.89, 12.65, 4.32, 1.56, 2:27.63); 4 C Knott (C&C) 2128 (13.33, 7.20, 5.24, 1.71, 2:35.57)

**U20 women: Pen:** 1 A Dowsett (Gt Yar) 2586 (17.57, 8.20, 1.47, 4.60, 2:37.80); 2 E Forrest (P'boro, U17) 2369 (18.15, 8.60, 1.50, 4.69, 3:00.58)

**U17: Pen:** 1 M Bean (Gt Yar) 2846 (12.86, 7.14, 1.53, 4.84, 2:34.33); 2 K Daniels (Norw) 2785 (12.63, 8.44, 1.56, 4.79, 2:51.57)

**U15: Pen:** 1 R Bridger (Thurr) 3053 (4.95, 11.49, 9.51, 1.62, 2:45.04); 2 N Okoh (Chelm) 2754 (4.47, 13.07, 7.71, 1.62, 2:45.88); 3 S Taiwo (Thurr) 2587 (4.53, 12.37, 7.25, 1.44, 2:36.67); 4 M Waite (SNH) 2324 (4.34, 12.10, 6.36, 1.53, 2:56.90); 5 M Willis (Norw) 2444 (4.52, 13.69, 5.94, 1.47, 2:33.16); 6 A Soanes (Thet) 2426 (4.53, 13.45, 9.57, 1.35, 2:44.41); 7 E Taylor (P'boro) 2418 (4.44, 12.61, 6.55, 1.35, 2:35.08); 8 L Brunning (Bigg) 2345 (4.20, 13.43, 7.03, 1.50, 2:46.12)

**U13: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U11: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U9: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U7: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U5: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U3: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02, 5.65, 1.29, 2:29.91); 4 A Farrow (R&N) 1998 (3.87, 13.32, 6.02, 1.35, 2:43.44); 5 A Moses (Norw) 1941 (4.17, 12.89, 5.82, 1.26, 2:48.84); 6 H Pain (Norw) 1915 (3.56, 13.04, 5.90, 1.29, 2:40.88); 7 C Sampson (Charm) 1905 (3.87, 13.40, 6.72, 1.17, 2:39.44); 8 S Akifinwa (SNH) 1821 (3.77, 13.60, 6.21, 1.47, 3:12.08)

**U1: Pen:** 1 J Winogrodzka (Bolt) 2228 (5.25, 11.33, 8.30, NH, 2:42.52); 2 P Mitchell (SNH) 2125 (4.23, 13.14, 6.16, 1.41, 2:47.28); 3 N Okoh (Chelm) 2105 (3.90, 13.02,



## CROSS-COUNTRY

### OCTOBER 8

#### FIREFIGHTERS CHAMPIONSHIPS, Stowe

**Overall (5.4M):** 1 G Taylor (T&W) 30:57; 2 B McMillan (T&W) 31:30; 3 A Ford (Lancs) 32:55

4 P Vallance (Bucks) 33:42; 5 N Stirk (Leics) M45 33:50; 6 D Teggart (W Yks, M40) 34:06; 7 T Kelly (W Mids, M45) 34:45; 8 S Piper (Oxf, M40) 35:20; 9 K Monk (W Mids, M50) 35:34; 10 P Corbridge (T&W) 36:13

**TEAM:** 1 Tyne & Wear 43; 2 Oxfordshire 52; 3 Leics 55

**Women (3.6M):** 1 J Haley (Berks, W35) 23:29; 2 N Batey (T&W) 24:29; 3 A Harford (Avon, W35) 26:48; 4 L Chart (M/W Wal) 27:01; 5 N Orme (Leic, W35) 28:45; 6 A Beresford (Leic, W35) 31:09  
**TEAM:** 1 Leics 18; 2 Essex 28

#### START FITNESS NORTH EASTERN HARRIER LEAGUE, Druridge Bay, Northumberland

MORPETH and Tyne Bridge Harriers dominate the top divisions, after the second promotion at Druridge Bay Country Park. *Les Venmore reports.*

Tyne Bridge won the men's team event by a mere six points from Morpeth, who still lead their Newcastle rivals by a single point in the division one standings.

Luke Adams comfortably won the individual race from the slow pack, with Andy Burn clocking the fastest time moving through to ninth place from the fast pack in the 547-strong field.

Emma Holt won the senior women's race for the second successive occasion from the fast pack.

She caught long-time-leader Wendy Chapman in the closing strides. Jane Hodgson, second last time from the fast pack, had to settle for third, this time. Tyne Bridge reversed last week's placings with Morpeth in the team event, and the pair share the lead in the division one table.

Sam Charlton easily won the U17 race, with fast pack runner Patrick Donald clocking the fastest time in seventh position.

Teesdale athlete Shona Haston, running in the Newcastle University colours, won the junior women's race closely followed by the first fast pack runner, Sophie Burnett.

U15s Peter Cook and Amy Leonard and U13s Noah Curran and Anya Crowder won the other scoring races.

Zak Brannon and Poppy Old won the two U11 events.

**Senior men (9.7km Handicap):** 1 L Adams (SSH) 34:30; 2 P O'Mara (Tyne Br) 35:07; 3 M Hetherington (Heat) 36:28; 4 A Cook (Dur, U20) 36:53; 5 P West (NSP, M35) 37:15; 6 S Thorpe (Heat) 37:20; 7 S Mackie (Sun, U20) 37:21; 8 K Heron (Ashington Hirst) 37:21; 9 A Burn (J&H, M35) 37:27; 10 J Wilkinson (Dur) 38:01; 11 R Balmбра (Morp) 38:04; 12 M Linsley (Gate) 38:29; 13 P Blakey (Sun, M40) 38:30; 14 J Dunce (Tyne Br) 38:39; 15 T Coates (Gosf) 38:41; 16 W Clark (Morp, M35) 38:48; 17 A Powell (Sun) 38:50; 18 D Turnbull (Aln) 38:50; 19 J Bell (Black B) 38:56; 20 T Charlton (Tyne Br) 39:00  
**Fastest:** Burn 32:27; Balmбра 33:04; Dunce 33:39; Powell 33:50; Charlton 34:00; S Jackson (Ely) 34:05. **Veteran:** Blakey 35:30

**TEAM (6 to score):** Div 1: 1 Tyne Bridge 104; 2 Morpeth H 110; 3 Durham City H 132; 4 Heaton H 137; 5 Sunderland H 150; 6 Gateshead H 203. **Div 2:** 1 Alnwick H 65; 2 Gosforth H 127; 3 South



Emma Holt: another league victory at Druridge Bay

Shields H 149. **Div 3:** 1 Low Fell 80; 2 Blaydon H 130; 3 Houghton H 135

**U17 (5.2km Handicap):** 1 S Charlton (Walls) 17:06; 2 A Pinkney (Tyne) 19:09; 3 D Buffham (Blay) 19:17; 4 D Openshaw (Birt) 19:37; 5 C Mason (Els) 19:49; 6 L Shears (Blay) 20:05; 7 P Donald (Gosf) 20:12; 8 H Brown (Aln) 20:15; 9 L McConnell (Birt) 20:22; 10 D Harrison-Frater (Aln) 20:40  
**Fastest:** Charlton 17:06; Donald 17:32; McConnell 17:42

**TEAM (3 to score):** 1 Blaydon H 24  
**U15 (3.2km Handicap):** 1 P Cook (Dur) 11:50; 2 C Daley (Tyne) 11:58; 3 K Mutch (Gosf) 12:15; 4 W Croom (Gosf) 12:36; 5 H Johnson (Hough) 12:50; 6 J Gilmore (Morp) 12:53; 7 E Richards (Black B) 12:56; 8 W Bellamy (Hough) 13:00; 9 F Dorman (Tyne Br) 13:02; 10 J Rickerby (Gosf) 13:07  
**Fastest:** Johnson 11:10; Bellamy 11:20; J Barnshaw (J&H) 11:32

**TEAM (3 to score):** 1 Gosforth H 17; 2 Durham City H 44; 3 Morpeth H 46  
**U13 (3.2km Handicap):** 1 N Curran (Gate) 12:57; 2 M Laws (Tyne) 12:59; 3 C Perkins (Birt) 13:16; 4 J Armstrong (Birt) 13:19; 5 B Marr (Morp) 13:20; 6 S Terry (Dur) 13:24; 7 T Slane (Black B) 13:33; 8 L White (Black B) 13:34; 9 H Jackson (Morp) 13:40; 10 F Wilde (Aln) 13:45  
**Fastest:** Perkins 11:36; Slane 11:53; White 11:54

**TEAM (3 to score):** 1 Birtley 19; 2 Morpeth H 34; 3 Blackhill Bounders 36  
**U11 (1.3km):** 1 Z Brannon (NSP) 5:29; 2 McGinley (Hough) 5:46; 3 J Peacock (NSP) 5:49

**Senior women (6.5km Handicap):** 1 E Holt (Morp) 27:55; 2 W Chapman (Sun S, W45) 27:58; 3 J Hodgson (Morp, W35) 28:10; 4 J-L Bell (Gate) 28:54; 5 C Price (Birt) 28:55; 6 R McIntyre (NSP) 29:15; 7 A Dargie (Tyne Br, W40) 29:23; 8 L Smith (Derwent Valley) 29:23; 9 L Rodgers (Birt) 29:31; 10 E Aspinall (Els, W40) 29:36; 11 J Gascoigne-Owens (Aln, W35) 29:39; 12 N Cameron (Heat, W45) 29:43; 13 L Johnson (Heat, W35) 29:54; 14 L Watson (Gosf, W40) 30:11; 15 C Calverley (Blyth, W40) 30:11  
**Fastest:** Holt 24:35; Hodgson 24:50; Price 25:35; Dargie 26:03; Gascoigne-Owens 26:18

**TEAM (4 to score):** Div 1: 1 Tyne Bridge H 45; 2 Morpeth H 65; 3 Tynedale H 68; 4 North Shields Poly 71; 5 Alnwick H 84; 6 Gateshead H 90. **Div 2:** 1 Heaton H 28; 2 Claremont 71; 3 Elswick H 74. **Div 3:** 1 Saltwell H 49; 2 Ponteland Runners 61; 3 Sunderland Stroulers 64

DAVID HEWISON

**Junior women (4.7km Handicap):** 1 S Haston (New U, U20) 19:43; 2 S Burnett (Birt, U20) 20:02; 3 S Robson (J&H, U17) 20:37; 4 A Baker (Gate, U17) 20:52; 5 R Bennett (Els, U20) 21:08; 6 L Edwards (Bill MH, U17) 21:22; 7 M Foggon (Derw, U20) 21:25; 8 F Lancaster (Gosf, U20) 21:27; 9 E Duffield (Morp, U17) 21:28; 10 R Purvis (Gosf, U17) 21:34  
**Fastest:** Burnett 17:32; Bennett 18:38; Purvis 19:04

**TEAM (3 to score):** 1 Gateshead H 32; 2 Gosforth H 48; 3 Birtley 49

**U15 (3.2km Handicap):** 1 A Leonard (Hough) 13:35; 2 B Wilson (Crook) 13:48; 3 B Iveson (Crook) 13:55; 4 I Curran (Gate) 14:07; 5 E Allison (Els) 14:17; 6 J Levy (Blay) 14:23; 7 H Peck (Morp) 14:25; 8 R Hughes (NSP) 14:27; 9 E Chong (CleS) 14:28; 10 R Wren (Gosf) 14:45  
**Fastest:** Curran 12:27; Peck 12:45; Hughes 12:47

**TEAM (3 to score):** 1 Houghton H 37; 2 Elswick H 48; 3 Gateshead H 49

**U13 (3.2km Handicap):** 1 A Crowder (Gate) 14:12; 2 F Gibson (Dur) 14:22; 3 E Van Der Merve (NSP) 14:26; 4 A Dorman (Tyne Br) 14:33; 5 H Robinson (R'ton TC) 14:41; 6 J Peart (Dur) 14:43; 7 L Brown (Aln) 14:46; 8 N Kemp (CleS) 14:53; 9 A Ferguson (J&H) 14:58; 10 C Thornley (Tyne) 14:59  
**Fastest:** Brown 13:06; K Francis (Birt) 13:22; M Breeze (Aln) 13:27

**TEAM (3 to score):** 1 Alnwick H 39; 2 North Shields Poly 47; 3 Durham City H 54  
**U11 (1.3km):** 1 P Old (Els) 5:51; 2 E Jones (CleS) 5:57; 3 I Fishwick (Derw) 5:58

## OCTOBER 7

### ESSEX RELAYS, North Ockenden

**Men (4x4.5km):** 1 Havering 56:38 (B Davis 14:01, P Grange 14:26, J Buckley-Stanton 14:41, R Warner 13:20); 2 Southend 57:03 (C Hatton 14:47, L Taylor 4:50, T Wright 14:45, A Hickey 12:41); 3 Basildon 57:48 (H Smith 13:59, M Cox 14:56, M Jones 14:26, B Thorpe 4:27); 4 Ilford 58:03; 5 Orion 58:06; 6 Havering B 58:57; 7 S'field 60:08; 8 Southend B 60:50; 9 Chelmsford 63:04; 10 Thurrock 63:26  
**Fastest:** Hickey 12:41; R Prout (Thriff) 12:52; D Moses (Orion) 12:53; J Smith (S'field) 13:00; Warner 13:30

**U17 (3x3km):** 1 Basildon 28:04 (O Lill 9:02, I Brown 9:40, D Riley 9:22); 2 Orion 28:07 (L Harknett 9:00, O Harknett 9:53, J Clark 9:14); 3 Thurrock 28:09 (T Newell 9:44, L Wheeler 9:14, S Dhillon 9:11); 4 Colchester 28:32; 5 WG&E 28:48; 6 Southend 29:06; 7 Havering 29:15; 8 E Essex Tri 29:41; 9 Thurrock 31:00; 10 Col H B 31:24  
**Fastest:** Harknett 9:00; Lill 9:02; Dhillon 9:11

**U15 (3x3km):** 1 WG&E 29:04 (K Algood 9:53, B Sloan 9:38, K Boggan 9:33); 2 Ilford 29:13 (F Patel 10:07, J Wright 9:56, A Samuel 9:10); 3 WG&E B 29:30 (S Ward 9:31, R Edwards 9:50, J Morgan 10:09); 4 Basildon 29:35; 5 Southend 30:28; 6 Thurrock 30:40; 7 Southend B 31:29; 8 Chelmsford 31:31; 9 Havering 32:06; 10 Basildon B 33:11  
**Fastest:** Samuel 9:10; Ward 9:31; Boggan 9:33

**U13 (3x3km):** 1 WG&E 32:15 (N Wright 10:47, A Berni 10:56, J Geller 10:32); 2 WG&E B 34:07; 3 WG&E C 34:40; 4 Chelmsford 36:16; 5 Benfleet 36:22; 6 E Essex Tri 36:40  
**Fastest:** M Blacklock (Hav) 10:14; Geller 10:32; Wright 10:47

**Women (3x4.5km):** 1 Basildon 48:10 (R Wiseman 16:03, G Kersey 16:02,

E Houchell 16:05); 2 S'field 49:27 (E Davies 15:15, N Brockbank 17:07; S Barnes 17:05); 3 Chelmsford 52:07 (R Luxton 16:44, R Room 17:24, M Williams 17:59); 4 Chelmsford B 52:07; 5 Havering 53:15; 6 Basildon 53:19; 7 Basildon B 53:40; 8 Southend 54:54; 9 Orion 55:24; 10 Colchester 55:39  
**Fastest:** Davies 15:15; G Kersey (Bas) 16:02; E Bullis (Bas) 16:05

**U17 (3x3km):** 1 Havering 31:05 (K O'Neill 10:27, J Mitchell 10:06, M Sweetman 10:32); 2 Orion 34:19 (A Cole 10:38, C Grant 12:31, A Pearce 11:10); 3 Basildon 34:38 (M Daniels 12:20, A Rex 11:40, G Burrell 10:38); 4 Southend 34:50; 5 Havering B 35:04; 6 Chelmsford 35:21; 7 Basildon 38:27; 8 Ilford 31:04; 9 Col H 41:09; 10 Havering C 45:24  
**Fastest:** Mitchell 10:6; O'Neill 10:27; Sweetman 10:32

**U15 (3x3km):** 1 Basildon 33:36 (H Freegard 11:17, S Wetheridge 11:28, M Harris 10:51); 2 Havering 34:26 (S Foley 10:52, L Bath 11:34, A Grannell 12:00); 3 Orion 34:42 (S Sirkett 11:31, B Leddy 12:00, S Magson 11:11); 4 Basildon 34:53; 5 Thurrock 35:50; 6 Chelmsford 36:25; 7 Col H B 36:29; 8 Basildon B 36:44; 9 Thurrock n/s 37:32; 10 Havering 38:05  
**Fastest:** Harris 10:51; Foley 10:52; D Eves (Thurr) 10:57

**U13 (3x3km):** 1 Havering 34:29 (E Rand 11:25, S Okovo 11:28, N Sewell 11:36); 2 Chelmsford 35:36 (E Little 12:03, N Okah 11:56, H Watson 11:37); 3 Havering B 35:52 (I O'Connor 11:54, N barker 11:51, T canty 12:07); 4 Basildon 36:10; 5 Southend 36:42; 6 Orion 36:42; 7 WG&E 36:54; 8 Basildon B 39:00; 9 Havering B 39:08; 10 WG&E B 39:08  
**Fastest:** Rand 11:25; Okovo 11:28; Sewell 11:36

**Mixed Relay (4x4.5km):** 1 Havering 63:24; 2 Orion 65:34; 3 Col H 65:36  
**Fastest Men:** R Heath (Col H) 14:54  
**Women:** F Fullerton (Hav) 15:04; S Stilding 16:18

**CUMBRIA SERIES, Cockermouth**  
**Men (6.4km):** 1 J Battrick (Kesw) 28:58; 2 M Lamb (Kesw) 29:06; 3 P Winskill (Keswick, M35) 30:24; 4 J Eyre (Eden) 30:51; 5 B Rooney (Ellen) 30:55; 6 J Hatcher (Unatt, M40) 31:15; 7 Z Hudd (Kesw, U20) 31:41; 8 L Amor (Ellen) 32:10; 9 A Hale (North F) 32:15; 10 H Brassington (Derw C) 32:31  
**M40:** 2 R Daley (Eden) 33:07; 3 P Kemp (Ellen) 33:58. **M45:** 1 P Mcknespley (DH Runners) 33:43; 2 A Slattery (Kesw) 35:00; 3 N Atkinson (C'land F) 36:17. **M55:** 1 C Knowles (Ellen) 33:22; 2 T Davis (Derw C) 37:22; 3 B Riley (C'land F) 38:28. **M60:** 1 J Ritson (Derw C) 42:19; 2 P Hawley (CumbAC) 52:17. **M65:** 1 C Clark (Kesw) 47:01. **U20:** 2 R Everett (Lev V) 33:14

**TEAM:** 1 Kesw 6; 2 Ellen 24; 3 Eden 48; 4 Derw 57; 5 C'land F 80; 6 N Fell 89; 7 DHR 110  
**U17 (4.55km):** 1 H Strickland (Bord H) 15:01; 2 J Liddle (Eden) 15:02; 3 R Copley (Dallam) 15:21; 4 M Liddle (Bord H) 16:00; 5 C Bottomley (Eden) 16:03; 6 J Cooper (Lev V) 16:19  
**U15 (3.075km):** 1 J Smith (Kend) 10:21; 2 C Hudson (Eden) 11:02; 3 B Smith (Kend) 11:06; 4 D Bryden (Annan) 11:10; 5 B Strong (Kesw) 11:39; 6 J Nelson (Lev V) 11:59  
**U13 (2.25km):** 1 H Hunter (Kend, U15) 7:17; 2 J Bowen (Kend) 7:33; 3 T Renwick (Eden) 7:35; 4 H Bowen (Kend) 7:46; 5 J Dickson (Bord H) 7:47; 6 T Brailsford (Kesw) 7:53; 7 T Coates (Kesw) 7:59; 8 O Smith (Kend) 8:06; 9 ? Corkhill

(Lev V) 8:08; 10 H Ewbank (Eden) 8:19

**TEAM:** 1 Kend 7; 2 Kesw 31

**Women (6.4km):** 1 C Spurden (Kesw) 34:31; 2 R Kane (DH Runners) 35:20; 3 K Bridge (Eden, W45) 38:15; 4 A Stumpf (DH Runners) 38:31; 5 N Walkinshaw (Houg, W35) 39:24; 6 L Walker (Kesw, W35) 39:55; 7 H Winskill (Kesw, W40) 40:53; 8 V Strickland (Bord H, W45) 40:56; 9 H Home (North F, W50) 41:24; 10 ? Lamb (Carl Tc, W40) 41:32

**W35:** 3 K Batty (North F) 44:42. **W45:** 3 S Smith (Eden) 42:44; 4 A Singleton (Eden) 44:07; 5 C Carruthers (Eden) 45:06. **W50:** 2 M Williams (Clare) 42:40. **W60:** 1 K Clark (Kesw) 47:33  
**U17 (4.55km):** 1 E Pannone (Eden) 18:36; 2 G Pow (Annan) 18:52; 3 J Gillon (Eden) 21:14  
**U15 (3.075km):** 1 C Rylance (Amble) 11:36; 2 M Richards (Eden) 12:04; 3 E Swarbrick (Cope) 12:22; 4 H Dobson (Amble) 12:34; 5 C Paton (Annan) 12:46; 6 L Pawson (Seat) 12:52; 7 D Gillon (Eden) 13:03; 8 K Wren (Carl) 13:06; 9 B Stampfer (Eden) 13:14; 10 J Atkinson (Cope) 13:20

**TEAM:** 1 Kesw 12; 2 Eden 30; 3 N Fell 34; 4 DHR 59  
**TEAM:** Eden 18  
**U13 (2.25km):** 1 M McIntosh (Bord H) 8:21; 2 S Smith (Kend) 8:28; 3 M Bell (Bord H) 8:30; 4 I Cooper (Annan) 8:32; 5 L Brown (BarrowFS) 8:33; 6 T Wilson-Machin (Niths) 8:39; 7 S Rylance (Amble) 8:43; 8 C Samson (Kend) 8:45; 9 C Holmes-Ferguson (Annan) 8:56; 10 A Baines (Bord H) 9:26  
**TEAM:** 1 Bord 14; 2 Annan 26

**JERSEY ADVISA HEPBURN ORACLE LEAGUE (JUNIORS), Le Braye**  
**U17 men (XC):** 1 S Adkin (Jer) 11:45; 2 T Atkinson (Jer) 11:50; 3 L Scott (Jer, U17W) 12:22; 4 D Roderick (Jer) 12:28; 5 E Hillier (Jer, U17W) 12:30; 6 J Gurner (Jer) 12:44; 7 H Butler (Jer) 12:50; 8 H Worth (Jer) 13:43; 9 S Leather (Jer, U17W) 13:52; 10 W Atkinson (Jer) 14:20  
**U13 (XC):** 1 C Whitehead (Jer) 8:25; 2 R Roman (Jer) 8:37; 3 S Reynolds (Jer) 8:54; 4 S Silvester (Jer) 8:55; 5 M Geddes (Jer) 8:55; 6 E Jeffries (Jer) 9:08; 7 C Hart (Jer) 9:10; 8 L Atkinson (Jer, U13W) 9:23; 9 L Kelly (Jer) 9:32; 10 L Baker (Jer, U13W) 9:40; 11 T Huelin (Jer) 9:50; 12 K Kinniard (Jer) 9:53; 13 O Dodds (Jer) 9:55; 14 E Scott (Jer) 10:31  
**U11 (XC):** 1 M Bracken-smith (Jer) 3:41; 2 J Vowden (Jer) 3:43; 3 R Wanless (Jer) 3:59; 4 R Brennan (Jer) 3:59; 5 M Surcouf (Jer) 4:03  
**U11 (XC):** 1 L Holmes (Jer) 6:29; 2 R Baines (Jer) 6:32; 3 D Stocker (Jer) 6:35; 4 R Baines (Jer) 6:36; 5 C O'keefe (Jer) 6:49  
**U11 girls (XC):** 1 G Thomson (Jer) 4:01; 2 I Hall (Jer) 4:03; 3 R Tatton (Jer) 4:37; 4 S Slater (Jer) 4:38; 5 H Sterry (Jer) 4:39  
**U11 (XC):** 1 Vellam (Jer) 3:29; 2 L Maher (Jer) 7:11; 3 H Griffin (Jer) 7:24; 4 L Tba (Jer) 7:27; 5 E Hall (Jer) 7:27

**LIVINGSTON AAC OPEN SERIES, Livingston**  
**Men (3.7km):** 1 S Campbell (Cors) 13:41; 2 I Macleod (Cors) 14:13; 3 J Farquhar (Pit) 14:48; 4 N McClure (C'gie) 14:56; 5 S Taylor (Giff N) 15:37; 6 C Dalgleish (Unatt) 15:58; 7 A Morris (Living) 17:26  
**U17 (3.7km):** 1 R Bell (Living) 14:02; 2 A Brady (Living) 14:19; 3 R Kirkland (Loth) 14:43; 4 A Mckeown (Living) 15:18; 5 F Maciver (Living) 16:00; 6 M Boules (Living) 16:15  
**U15 (2.4km):** 1 A Marshall (Living) 8:20; 2 A Simpson (Dund H) 8:34; 3 B Young





(Aird) 8:42; 4 J Eytton-jones (Cors) 8:53; 5 F Morris (Living) 8:59; 6 K Macfarlane (Pit) 9:11; 7 T Scott (Dund H) 9:16; 8 M McIure (Dunf) 9:16; 9 J Marshall (Living) 9:34; 10 E Maciver (Living) 10:02  
**U13 (1.7km):** 1 D Woods (Shett) 6:08; 2 J Vivian (Living) 6:13; 3 J Mooney (Aird) 6:16; 4 E Frame (Living) 6:21; 5 E Russell (Dunf) 6:26; 6 J Scott (Aird) 6:27; 7 P Macfeeters (Aird) 6:46; 8 D Chalmers (Dunf) 6:49; 9 C Young (Aird) 7:11; 10 D Drylie (Dunf) 7:36  
**U11 (1.3km):** 1 B Smillie (Aird) 5:09; 2 J Kennedy (Centr) 5:09; 3 J Collings (Living) 5:10  
**Women (3.7km):** 1 N Kinghorn (Living) 17:07; 2 H Mairs (Living) 17:53; 3 M Sutherland (Living) 21:51  
**U17 (2.4km):** 1 K Craig (Living) 9:17; 2 L Johnston (Dunf) 10:31; 3 L Grennan (Aird) 10:40; 4 E Mcfadden (Living) 10:54; 5 M Brocklesby (Dunf) 11:52; 6 R Wishart (Aird) 12:42  
**U15 (2.4km):** 1 I Calvert (Living) 8:35; 2 E Johnson (Edin) 9:03; 3 C Maree Nolan (Living) 9:17; 4 D Burns (Aird) 9:24; 5 S Marshall (Pit) 9:53; 6 F Henry (Muss) 10:03; 7 R Donnelly (Law) 10:09; 8 S Prevost (Living) 10:36; 9 L Wright (Aird) 10:38; 10 E Bond (Dunf) 10:46  
**U13 (1.7km):** 1 K Johnson (Edin) 6:02; 2 M Kyle (Dunf) 6:10; 3 S Sinclair (VPGC) 6:11; 4 E Macfarlane (Pit) 6:35; 5 N Gaffney (N Ayr) 6:48; 6 M Henry (Centr) 7:01; 7 O Meikle (Lass) 7:02; 8 Z Macallister (Aird) 7:10; 9 S Messenger (Living) 7:11; 10 S Foster (Lass) 7:21  
**U11 (1.3km):** 1 S Frater (Aird) 5:31; 2 A Foster (Lass) 5:33; 3 T More (Aird) 5:45

**NORTH WALES JUNIOR LEAGUE, Wrexham**  
**U15 boys (XC):** 1 J Jones (Dees) 12:50; 2 C La Trobe Roberts (Menai) 12:54; 3 H Jones (Dees) 13:13; 4 M Anthony (Dees) 13:59; 5 C Lawrence (Menai) 14:08; 6 H Evans (Mid Shropshire Wheelers) 14:13; 7 T Cartledge (Dees) 14:14; 8 T Hughes (Dees) 14:52; 9 W Wasridge (Dees) 15:05; 10 T Williams (Wrex) 16:20  
**U13 (XC):** 1 M Thomas (Menai) 10:50; 2 D Robb (Menai) 11:20; 3 T Harper-Lloyd (Menai) 11:21; 4 T Bolton (Wrex) 11:27; 5 H Morgan (Menai) 11:33; 6 L Williams (Dees) 11:34; 7 O Winston (Dees) 11:38; 8 G Soley (Menai) 12:02; 9 L Lermite (Wrex) 12:17; 10 K Bushell (Dees) 12:19  
**U11 (XC):** 1 J Duffy (P'atyn) 9:30; 2 B Gwylim (Menai) 9:35; 3 S Dallas (Dees) 9:39  
**U15 girls (XC):** 1 S Jones (Menai) 11:04; 2 E O'dea (Wrex) 11:36; 3 O Davies (Unatt) 11:43; 4 F Madi Rees Jones (Menai) 12:04; 5 I Owen (Dees) 12:10; 6 A Parkinson (Menai) 12:17; 7 E Small (Dees) 12:27; 8 E Scott (Col B) 12:59; 9 C Watchorn (Dees) 13:02; 10 H Smith (Dees) 13:08  
**U13 (XC):** 1 N Roberts (Dees) 9:17; 2 M Crowe (Dees) 9:49; 3 E Edwards (Dees) 9:56; 4 E Grundy (Col B) 10:00; 5 M Parry (Dees) 10:22; 6 R Booth (Wrex) 10:45; 7 S Evans (Unatt) 10:46; 8 C Forrest (Menai) 11:02; 9 G Molloy (Dees) 11:33; 10 R Jones (P'atyn) 12:23  
**U11 (XC):** 1 M Parry (Dees) 6:30; 2 M Sinfield (Menai) 6:35; 3 J Hurst (Bro E) 6:36

**STREATHAM COMMON OPEN**  
**Overall:** 1 A Clarke (Herne H, M35) 35:02; 2 T Mcdowall (Herne H, M35) 35:38; 3 O Brooke (Clap C) 35:55; 4 G Ironmonger (Herne H, M50) 37:42; 5 S Brown 37:54; 6 E Turner (Herne H) 38:18; 7 W Bradley 38:57; 8 M Brown (Windrush TC, M40) 39:34; 9 C Barney (Herne H) 40:11; 10 N Hoyle (Clap C, M45) 40:49; 11 A Collins (AFD, W) 41:09; 12 M Hemming 41:12;

13 D Jackson (Coll, W45) 41:22; 14 I Kynoch 41:50; 15 E Simmons 42:25; 16 A Simms (Herne H, M50) 42:58; 17 J Cook 43:12; 18 L Custodio (Herne H) 43:18; 19 J Appleton (Herne H) 43:20; 20 V Coleman (W) 43:30  
**M40:** 2 S Morrison (Herne H) 46:51; 3 R Mainwaring (Unatt) 49:49. **M45:** 2 J Kazantzis (Unatt) 47:27; 3 T Ostrowski (SoC) 47:42. **M55:** 1 T Harran (Herne H) 43:39. **U20:** 1 M Ostrowski (SoC) 44:11  
**Women:** 1 Collins 41:09; 2 Jackson 41:22; 3 Coleman 43:30; 4 S Ciolino (Unatt) 43:48; 5 M Gajek (Herne H) 44:57; 6 A Pennington (Herne H, W40) 45:47; 7 J Winfield (Herne H) 46:12; 8 C Crawford (Herne H) 46:34; 9 B Laurence (Unatt) 46:40; 10 L Clapp (Dulw W50) 47:01

## OCTOBER 4

**MIDLANDS POLICE & SERVICES LEAGUE, Tally Ho!**  
**Overall:** 1 O Ellis (Tipton H) 34:04; 2 B Wilks (M35) 34:21; 3 J Walkley (M35) 35:10; 4 T Kelly (C&S, M45) 35:19; 5 M French 35:30; 6 A Hoole (Bournv, M35) 36:02; 7 L Holt (W) 36:05; 8 D Roberts (Barrow, M35) 36:12; 9 K Monk (Hales, M50) 36:28; 10 C Harris (Black P, M40) 36:39  
**M40:** 2 K Rogers 38:18; 3 L Fox 39:41. **M45:** 2 G Pattinson (Chead) 37:00; 3 G Simpson 37:38; 4 C Sturgess 39:30. **M50:** 2 I Parker (Beau L) 38:14; 3 K Tyson 38:36; 4 A Maxfield (Mow Cop Rc) 38:39; 5 D Kettle (Leic Tr) 38:42; 6 M Dobson 38:43. **M55:** 1 G Hobbs (Desf S) 39:42. **M60:** 1 S Clews (Hatton D) 39:36; 2 K Willis 40:16; 3 R Mills (Sparkhill H) 41:03. **M70:** 1 M West (Dark Peak Fr) 47:48  
**Women:** 1 Holt 36:05; 2 J Shilton 38:47; 3 N Nokes 42:48; 4 C White (W35) 45:33; 5 T Down 47:13; 6 M Deakin (W45) 47:35  
**W55:** 2 T Pearce 48:03. **W50:** 1 J Timms (Sphynx) 49:16. **W60:** 1 J Stuart (Sphynx Ac) 56:50

**OCTOBER 3**  
**CARDIFF & THE VALE SCHOOLS BOYS LEAGUE, Cardiff**  
**Senior boys (4.5km):** 1 J Vincent (Whit) 15:02; 2 L Spencer (Stan) 15:09; 3 O Edwards (CHS) 15:20; 4 M James (Stan) 15:28; 5 D Nazareth (CHS) 15:34; 6 C Stone (CV Coll) 15:35; 7 I Edwards (Rad) 16:07; 8 D Austin (CHS) 16:09; 9 J Gold (Chys) 16:19; 10 C Thomas (Bro E) 16:22  
**Years 8/9 (3.4km):** 1 H Pearce (Rad) 12:09; 2 B Macey (Cow) 12:10; 3 S Johnsey (CHS) 12:25; 4 H Spencer (Stan) 12:27; 5 L Hall (CHS) 12:28; 6 F Charles (CHS) 12:35; 7 R Thomas (Bro E) 12:36; 8 R Hardman (Cow) 12:38; 9 F King (CHS) 12:41; 10 W Watt (Stan) 12:43  
**Year 7 (2.8km):** 1 L Camilleri (St Cy) 10:29; 2 E Finlayson (Plas) 10:40; 3 J Joyce (Rad) 10:46; 4 D Ingram (Stan) 11:08; 5 C Flynn (Whit) 11:10; 6 O Lewis (Plas) 11:16; 7 I Sion (Bro M) 11:21; 8 J Hyndman (Corpus C) 11:22; 9 S Arthur (Barry) 11:26; 10 T Sheldon (Stan) 11:32

**SEPTEMBER 30**  
**EAST SURREY LEAGUE, Croydon**  
**Overall (5M):** 1 R Lutakome (Sutt, U20) 26:56; 2 J Cornish (HW) 27:09; 3 J Hancock (Sutt) 27:50; 4 O Garrod (E&E) 28:18; 5 A Weir (Herne H, M50) 28:32; 6 B Makuwa (SoC, M40) 29:45; 7 D Holloway (E&E) 29:48; 8 G Ironmonger (Herne H, M50) 30:06; 9 D Oppe (Ling) 30:39; 10 R Feline (E&E, M35) 30:41; 11 D Lewin (HW) 30:42; 12 M Ussher (Vets, M50) 30:49; 13 R Lines (SoC, M40) 30:53; 14 S Winder (E&E, M40)

**OCTOBER 3**  
**CARDIFF & THE VALE SCHOOLS BOYS LEAGUE, Cardiff**  
**Senior boys (4.5km):** 1 J Vincent (Whit) 15:02; 2 L Spencer (Stan) 15:09; 3 O Edwards (CHS) 15:20; 4 M James (Stan) 15:28; 5 D Nazareth (CHS) 15:34; 6 C Stone (CV Coll) 15:35; 7 I Edwards (Rad) 16:07; 8 D Austin (CHS) 16:09; 9 J Gold (Chys) 16:19; 10 C Thomas (Bro E) 16:22  
**Years 8/9 (3.4km):** 1 H Pearce (Rad) 12:09; 2 B Macey (Cow) 12:10; 3 S Johnsey (CHS) 12:25; 4 H Spencer (Stan) 12:27; 5 L Hall (CHS) 12:28; 6 F Charles (CHS) 12:35; 7 R Thomas (Bro E) 12:36; 8 R Hardman (Cow) 12:38; 9 F King (CHS) 12:41; 10 W Watt (Stan) 12:43  
**Year 7 (2.8km):** 1 L Camilleri (St Cy) 10:29; 2 E Finlayson (Plas) 10:40; 3 J Joyce (Rad) 10:46; 4 D Ingram (Stan) 11:08; 5 C Flynn (Whit) 11:10; 6 O Lewis (Plas) 11:16; 7 I Sion (Bro M) 11:21; 8 J Hyndman (Corpus C) 11:22; 9 S Arthur (Barry) 11:26; 10 T Sheldon (Stan) 11:32

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30:58; 15 L Flanagan (SoC, M40) 31:12; 16 E Turner (Herne H) 31:20; 17 D Fagan (Herne H, M40) 31:35; 18 S Knight (Herne H) 31:51; 19 M Stone (SoC, M50) 32:01; 20 M Constantinou (Coll, M50) 32:05  
**M55:** 1 C Oxlade (Croy) 33:29. **M60:** 1 J Spencer-Wood (SoC) 35:53. **U20:** 2 M Houghton (E&E) 33:09. **U17:** 1 A Shew (Croy) 34:18  
**Women:** 1 D Corradi (Sutt, U17) 32:46; 2 L Stavreski (HW, W40) 33:23; 3 D Norman (E&E, W40) 33:42; 4 D Jackson (Coll, W45) 33:51; 5 S Sinclair (Herne H) 34:32; 6 C Glover (HW, U20) 34:48; 7 A Hegvold (HW, W50) 34:56; 8 E Mason (Sutt) 35:02; 9 L Thomas (HW, W50) 36:25; 10 M Grajek (Herne H) 36:51  
**W40:** 3 M Crouse (HW) 38:52. **W50:** 3 V Filsell (HW) 36:52. **W55:** 1 A Purnell (HW) 38:32  
**U17 (2M):** 1 J Kennedy (Herne H, U15) 10:53; 2 R Tambling (Croy) 11:09; 3 J Bambury (Croy, U15) 11:17; 4 H Silverstein (HW) 11:25; 5 H Smith (E&E, U15) 11:31; 6 I Flanagan (Croy) 11:33; 7 J Alley (Herne H, U15) 11:38; 8 J O'dongo (Croy) 11:52; 9 K Valkenburg (E&E, U15W) 11:56; 10 A Hudson (Sutt, U15) 11:59; 12 J Valkenburg (E&E, U13) 12:14; 13 I Salim (Croy, U13) 12:15; 14 G Clarke (HW, U15W) 12:16; 17 I Pennicard (Herne H, U15W) 12:21; 19 J Barker (E&E, U13) 12:27; 21 E Holland (Herne H, U15W) 12:33; 22 E Weir (HW, U15W) 12:34; 23 M Naylor (Sutt, U13) 12:35; 25 P Bowen (Herne H, U13W) 12:41; 27 H Hinde (HW, U13) 12:52; 28 I Stockley (E&E, U17W) 12:56; 29 S Spencer (HW, U13) 12:57; 33 T Stevens-cox (Herne H, U15W) 13:02; 34 A Bailey (Herne H, U13W) 13:02; 37 J Nicholson (Herne H, U13W) 13:03; 38 S Williams (Herne H, U15W) 13:04; 41 L Pearson (E&E, U15W) 13:11; 42 I Adams (Herne H, U15W) 13:14; 48 L Armitage (HW, U13W) 13:24; 50 K Bunyard (E&E, U13W) 13:37

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Davies 16:59 M45 85.56%; **Glasgow Victoria:** K Richmond 16:59 M45 85.56%; **Banstead:** N Reissland 17:39 M50 85.53%; **Bradford:** L Haynes 21:57 M75 85.40%; **Larne:** D Clarke 18:15 M55 85.38%; **Tonbridge:** A Lee 16:33 M40 85.24%; **Upton House:** L Lascelles 20:03 W50 85.19%; **Brighton Hove:** J Lowden 18:54 M60 85.19%; **Cardiff Blackweir:** A Hughes 16:06 M40 85.15%; **Didcot:** I Fry 17:40 U18W 84.94%; **Cardiff Blackweir:** E Lepore 19:18 M60 84.83%; **Reigate:** N Danby 17:40 M50 84.79%; **Panshanger:** F Stapleton 18:38 U15W 84.75%; **Bromley:** G Schaer 19:30 W50 84.73%; **Kirkcaldy:** B Aitken 18:35 M55 84.53%; **Long Eaton:** C Shaw 15:53 M35 84.51%; **Kirkcaldy:** J Dobson 22:00 W60 84.26%; **Edmonton:** P Reddaway 18:30 M55 84.23%; **Penrose:** G Leitchford 19:57 M65 84.20%; **Elton:** G McPherson 18:58 M60 84.19%; **Frimley:** K Miyazaki 18:22 M55 84.16%; **Manchester Platts Field:** A Kenchington 17:33 SW 84.14%; **Hyde:** A Oldham 23:28 W65 84.13%; **Brighton Hove:** P Cousins 18:14 M55 84.11%; **Doncaster Sandall:** S Wright 17:57 M50 84.11%; **Norwich Eaton:** C Mukuya 17:35 SW 84.07%; **Leicester:** P Richardson 15:47 M35 84.02%; **Tonbridge:** W Levett 16:33 M40 84.02%; **Chichester Oaklands:** O Toms 19:11 U15W 84.00%; **Congleton:** M Stephenson 17:27 M45 83.90%; **London Bishop's:** A Riddell-Webster 19:43 W50 83.80%; **Edinburgh Silverknowes:** D Macdonald 16:09 M35 83.70%; **Belfast Ormeau:** S Stewart 16:52 M40 83.64%; **Burnley:** D Kelly 20:28 M65 83.56%; **Manchester Platts Field:** J Mulryan 22:45 W60 83.52%; **Brandon:** S Goodall 17:32 M45 83.50%; **Blickling:** A Durand 18:56 U15W 83.41%; **Castle:** I Kimpton 15:37 SM 83.39%; **Bath:** M Dooley 17:50 M50 83.36%; **Heartwood Forest:** V Pritchard 17:44 SW 83.35%; **Taunton:** J Tipper 16:07 M35 83.29%; **Cardiff Blackweir:** D Williams 16:01 M35 83.28%; **Northampton:** A Green 18:08 M50 83.25%; **Maidenhead:** J Binns 22:00 W55 83.25%; **Ellenbrook Fields:** N Hume 16:50 M40 83.20%; **Cassiobury:** A Miles 19:31 M60 83.19%; **Portsmouth Lakeside:** J Manning 16:43 M40 83.18%; **Walsall:** J McGe 20:34 W50 83.05%; **Leicester:** B Owen 22:36 W60 83.03%; **Beckenham Place:** J Spencer-Wood 20:14 M65 83.02%; **Catterick:** J Zakrzewski 18:23 W40 83.00%; **Mulbarton:** K Vaughan 18:20 M50 82.99%; **Rushmore:** D Smith 17:39 M45 82.95%; **Seaton:** E Wood 22:21 W60 82.94%; **Telford Town:** C Evans 21:21 W55 82.79%; **Pole:** S McAndie 16:56 M40 82.71%;

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Dejene Gezimu: clear win at Aintree

SPORTS TOURS INTERNATIONAL

**Women:** 1 Horrocks 17:29; 2 P Tattersfield (U17) 19:43; 3 E Tattersfield (U15) 19:45

### BURRINGHAM 10km, Burringham

**Overall:** 1 B Sadowjy (Bart D) 32:52; 2 R Bugg (R&Z) 35:49; 3 J Fray (Donc, M35) 36:24

**M55:** 1 N Plaskitt (Wold) 38:51. **M70:** 1 G Riley (Wold) 47:46

**Women:** 1 L Skinner (Scun) 39:08; 2 J Marrison (W40) 40:57; 3 L Ellis (Scun, U17) 44:23

### CROYDON 10km

**Overall:** 1 S Wade (B'ton P) 33:12; 2 J English (Croy) 33:32; 3 A Whelan (Camb H) 34:39

**M50:** 1 N Reissland (S Lon) 35:15. **M55:** J Foss (S Lon) 37:30. **M60:** G Quarton (S Lon) 37:41

**Women:** 1 H Ward (Serp) 39:58; 2 E Castelnuovo (Fulh, W45) 43:29; 3 G Furze (Wok) 43:45

### ISLE OF WIGHT MARATHON, Cowes

ADAM TUCK won the tough race in 2:53:15. Hayley Baxter was first woman in 3:43:09.

**Overall:** 1 A Tuck (Ryde, M35) 2:53:15; 2 D Faulkner (IOW RRC) 2:55:41; 3 J Grundy (Teamspy) 2:56:58

**M55:** 1 P Muffett (Ryde) 2:57:03

**Women:** 1 H Baxter (IOW RRC, W40) 3:43:09; 2 N Kelly (W35) 3:45:34; 3 M Steward 3:50:28

### LINLITHGOW 10km, Linlithgow

**Overall:** 1 P Sorrie (Shett, M35) 32:42; 2 H Wolfe 33:36; 3 J Brogan (Falk, M35) 33:48; 4 D Eriksson (Edin U HH) 33:54;

5 P Hadden (M35) 33:57; 6 T Ferrington (Cors, M40) 34:07; 7 F Logan (Belg) 34:08; 8 M Lang (Loth, M40) 34:15

**M55:** 1 P O'Kane (Strathe) 37:46

**Women:** 1 E Revitt (Edin) 37:19; 2 J Maclean (Edin, W40) 38:27; 3 K Maxwell (Gala) 39:23

**W60:** 1 P Hands (Moth) 49:35

### MARTLESHAM HEATH 10km

**Overall:** 1 T Adams (Ips) 34:16; 2 K Hayles (Sud J) 35:03; 3 A Tripp (Ips) 35:27

**M55:** 1 S Langley (Ips J) 38:32

**Women:** 1 O Robson (St Ed, W45) 38:02; 2 E Attwood (S'mkt) 41:36; 3 M Patten (Ips) 41:52

## ROAD

### OCTOBER 8

#### ALDER HEY GRAND AINTREE 10km, Liverpool

THE inaugural race was won by Dejene Gezimu representing Liverpool Harriers and he won in a time of 32:09, over two minutes from fellow Liverpool Harrier James Riley.

In the women's race, Liverpool Pembroke Sefton AC's Kirsty Longley enjoyed a six-minute winning margin in 37:26.

**Overall:** 1 D Gezimu (Liv H) 32:09; 2 J Riley (Liv H, M35) 34:32; 3 P Sankey (Penny L, M45) 35:00

**M55:** 1 C Bishop (Hels) 36:59

**Women:** 1 K Longley (Liv PS, W40)

37:26; 2 H Whitley 43:21; 3 R Mills (Swint, W35) 44:32

**W70:** 1 N Smith 58:06

#### ARMAGH 10, Armagh

**Overall:** 1 E Totten (Oxf U) 50:33; 2 P Hamilton (Sieve G, M35) 51:36; 3 D Power 55:01; 4 P McCullagh (Sper, M35)

55:24; 5 G Henderson (Armagh, M45)

56:17; 6 J Monaghan (Stpl)

56:40; 7 B Taggart (Sper, M40) 56:48; 8 C Devine (Gars, M35) 56:50

**M55:** 1 D Kerr (Armagh) 63:44

**Women:** 1 L Graham (Mourne) 57:18; 2

C McCourt 63:18; 3 E Dickson (Newry) 64:03; 4 G Short (Beech, W40) 64:43

**W40:** 2 C Diver (Beech) 69:38

#### BRAMLEY 10km, Bramley

**Overall:** 1 T Davies (Leeds C) 34:44; 2 F Pardini (Roundhay Runners) 35:54; 3 S Body (Leeds C) 37:10

**Women:** 1 A Wall (Horsf) 40:07; 2 H Nancolas (Vall HR) 42:27; 3 E Kitchen (Bing) 43:37

#### BRIGHOUSE RUNNING FESTIVAL

##### 10km, Brighouse

**Overall:** 1 D Coombs (C&C) 33:16; 2 G Mullholland (Staini, M45) 33:45; 3 M Gaughan (Hal) 35:05

**Women:** 1 A Cauffield (Hal) 38:42; 2 J Sutcliffe (Hal, W40) 39:28; 3 C Haines ( ) 41:33

**W50:** 1 E Dudley (Robert) 44:47

**Overall (1km):** 1 J Hughes ( , U13W)

4:31; 2 E Lyons (U11W) 4:57; 3 O Whitworth (U11) 6:00

**Women:** 1 Hughes 4:31; 2 Lyons 4:57; 3 S Hughes (U11) 6:16

**Overall (2km):** 1 T Steel (Long, U15)

7:37; 2 V Clements (U15W) 8:03; 3 A Brogden (Otl, U11) 8:05

**Women:** 1 Clements 8:03; 2 R Hobson (Hal, U15) 8:18; 3 P Steel (U13) 10:35

**Overall (4km):** 1 N Barker (Spen, M45)

15:34; 2 J Brogden (Otl, U15) 16:09; 3 E Horrocks ( , U15W) 17:29

Croydon 10km winners (with champagne): Sam Wade and Helen Ward alongside runners-up Emanuela Castelnuovo and Jake English



MIKE FLEET



HARRY SHAKESHAF

Sarah Lowery: on her way to a 2:44:27 win in the MBNA Chester Marathon

**W50:** 1 V Jennings (Ips J) 42:55

**Overall (5km):** 1 T Evin-andrews (Ips) 17:00; 2 J Grady (Ips) 17:14; 3 S Cooper (B&B) 17:25

**Women:** 1 R Hamblin (Ips J) 21:04; 2 J Bilner (Ips J) 21:52; 3 F Kindred Kirk (Fram) 22:34

#### MBNA CHESTER MARATHON, inc BMAF Championship

WHILE the race was won by Mercia's Lloyd Biddell in 2:26:12, there was also interest in the series of good performances by British veterans in their championships, which were incorporated, *Martin Duff reports.*

The stand out veteran performance was by recent, but former, British masters W55 record-holder Treena Johnson, whose 2:58:41 was worth more than 94 per cent on the age graded tables, but not being a BMAF affiliated athlete she could not also add the vets title.

Sheffield's Sarah Lowery won both the women's open race and British Masters championships by four minutes with her 2:44:27.

**Overall:** 1 L Biddell (Mercia) 2:26:12; 2 T Aldred (Lon H) 2:27:34; 3 S Hawkes (Tip) 2:28:11; 4 J Watson (Taunt, M40)

2:28:27; 5 M Swensson (Penny L, M40)

2:28:29; 6 C Ashford (BRAT) 2:29:02; 7 P Tucker (B&B) 2:29:29; 8 D Robinson (Brat) 2:29:57; 9 M Dunham (Sport W)

2:30:50; 10 D Hudson (BRJ) 2:33:02

**M40:** 1 S Saether (W City) 2:37:56.

**M45:** 1 K Wilson (Cambus) 2:33:12;

2 C Wartnaby (C&C) 2:38:55; 3 L Sida (Lewes) 2:39:01. **M50:** 1 S Fletcher (Seaf) 2:42:51; 2 M Kingsbury (Cham)

2:45:22; 3 N Malpeli (NHRR) 2:47:33.

**M55:** 1 S Watmough (Warr) 2:45:55; 2 S Dunbar (Saltair) 2:53:12; 3 A McEwen (Ryde) 2:59:31. **M60:** 1 P Mingay (T'tree)

2:49:59; 2 B Martin (Quak) 2:58:32; 3 K Harris (Vets) 3:04:19. **M65:** 1 A Miles (Fetch A) 3:11:56; 2 M Walker (Sport W) 3:22:51; 3 D Pettifer (Kenil) 3:25:06.

**M70:** 1 B Wells (Bed H) 3:07:59; 2 D Winch (Thanet) 3:18:27; 3 C Gill (St Ther)

3:25:39. **M75:** J Gardner (Pemb) 3:38:24

#### BMAF Champions

**M35:** Hawkes. **M40:** Watson. **M45:** Wilson. **M50:** Kingsbury. **M55:** Watmough. **M60:** Mingay. **M65:** Pettifer. **M70:** Winch. **M75:** Gardener

**Women:** 1 S Lowery (Sheff RC, W35)

2:44:27; 2 S Webster (North, W35)

2:48:30; 3 M Nolan-Hood (Gate, W35)

2:48:49; 4 F Banks (P'fract, W35)

2:50:31; 5 D Moore (Head RR, W40)

2:52:05; 6 S Bradbury (Farn R, W40)

2:54:11; 7 E Prideaux (Bill'cay, W40)

2:56:31; 8 H Claydon (Swin) 2:56:39; 9 L Wallace (Ayr, W35) 2:56:58; 10 V Nealon (R&N) 2:57:01

**W45:** 1 T Dean (Staff M) 3:06:19; 2 J Wilson (N York M) 3:09:04; 3 C Green N (WRR) 3:13:32. **W50:** 1 H Sida (Lewes)

3:06:48; 2 S Harrison (G&G) 3:09:45; 3 S Davis (R&N) 3:11:51. **W55:** 1 T Johnson (Dews) 2:58:41; 2 C Newman (Ex'mth)

3:20:09; 3 J Phillips (Trenth) 3:26:03.

**W60:** 1 L Hembry (Tring) 3:15:05; 2 D Heydecker (St Alb) 3:33:52; 3 J Atherden 3:42:29. **W65:** Y Twelvtree (Totley) 3:54:23

**BMAF Champions**

**W35:** Lowery. **W40:** Gruber. **W50:** Harrison. **W55:** Newman. **W60:** J Moorekite (Lark) 4:19:47. **W65:** Twelvtree

**NEIL McCOVER MEMORIAL HALF MARATHON, Glasgow**

**Overall:** 1 P Moffett (Falk) 73:30; 2 A Bonner (Giff N) 75:25; 3 D Murray (Kirk O) 75:31

**M40:** 1 J Lawson (P'bello) 76:31. **M45:** 1 A Chalmers (Gars) 79:13. **M55:** 1 W Jarvie (P'bello) 84:49. **M60:** 1 A Law (VPCG) 85:15. **M65:** 1 A Mc Linden (Ham H) 88:14; 2 R Young (C'dale) 97:52

**Women:** 1 K White (Gars, W35) 82:08; 2 F Matheson (Falk, W55) 82:41; 3 J Smylie (Giff N, W35) 88:26

**W45:** 1 D Gray (Bella RR) 88:53. **W55:** 2 P McCrossan (C'dale) 91:49

**PLYMOUTH 10km, Plymouth**

**Overall:** 1 J Andrews (TRP) 32:51; 2 C Rimmer 33:30; 3 M Bradley (Ply) 34:42;





Ross Houston: clear of the field at the Plusnet Yorkshire Marathon

PICTURES: SIMON DEWHURST

4 J Dwyer 34:47; 5 N Loewendahl (StA RR, M35) 34:50; 6 B Morrish 34:58  
**M50:** 1 G Bale (Plym) 35:31  
**Women:** 1 B Ezra 37:47; 2 R Bunting (W40) 39:00; 3 M Barber (Ply H, W50) 39:47  
**W35:** 1 R Orchard (Corn) 40:53. **W40:** 2 M Brooks (Daw) 40:22; 3 D Dixon (Storm Plymouth) 41:43; 4 E Lake (Erme) 41:51.  
**W45:** 1 T Elphick (Teign) 42:50. **W65:** 1 V Carpenter 50:12

**RICHMOND CASTLE 10km, Richmond**

**Overall:** 1 A Wiles (New M) 33:10; 2 A Kiel (Quak) 35:05; 3 P Lowe (Darl, M35) 36:35  
**M70:** 1 A Appleby (Prest) 46:43  
**Women:** 1 A Matthews (Metro, W35) 41:01; 2 K Simpson (Dur) 44:20; 3 H Fletcher ( ) 45:23

**RISBOROUGH RUN IN THE PARK 5km, Princes Risborough**

**Overall:** 1 D Adam 18:19; 2 T Madelin 21:49; 3 M Vince 22:12  
**Women:** 1 E Springell (U20) 26:00; 2 E James (U20) 26:46; 3 S James 27:06

**RISE UNDERCLIFF 8km, Brighton, West Sussex**

**Women:** 1 N Fonteyn (Phoe, U17) 32:32; 2 C Daniel (W35) 34:27; 3 C Onions (W35) 35:38

**ROCHDALE HALF-MARATHON, Rochdale**

**Overall:** 1 B Coop (Bury) 72:13; 2 R James (Royt) 74:50; 3 J Gritt (Royt) 79:42  
**M70:** 1 T Hillier (G'dale) 1:44:04  
**Women:** 1 L Probert (Team Derby Runner, W40) 1:40:00; 2 M Jeannin ( ) 1:40:22; 3 F Williams ( ) 1:40:28  
**Overall (10km):** 1 M Mannings (O&R) 33:55; 2 K White (HW, M40) 34:36; 3 T Muir (O&R, M35) 36:37  
**M60:** 1 S Owen (Salf) 39:03  
**Women:** 1 D Mcvey (Wilm, W40) 37:34; 2 J Bull (Roch H) 43:11; 3 J Johnson (PFRC, W50) 43:13

**SECO ALCESTER 10km, Warwickshire**

**Overall:** 1 T Mockett (Rane) 35:11; 2 T Bristow (K'fish) 35:42; 3 A Herbert 36:13  
**Women:** 1 L Pettifer (Kenil, W35) 40:57; 2 J Scott (W35) 41:13; 3 R Selvey (Worc, W35) 41:19  
**W55:** C Audhall (Kenil) 43:54

**TAMWORTH 10km, Staffordshire**

**Overall:** 1 S Forsyth (W&B) 35:51; 2 R Dyjak 35:56; 3 J Malloy 36:15  
**M50:** S Stone 36:48  
**Women:** 1 E Pick 43:08; 2 J Grant (Nun) 43:21; 3 S Coombs (W35) 44:21

**WEST COAST HALF MARATHON, Lytham St Annes**

**Overall:** 1 S Minshall (Trent) 77:55; 2 S Dally (Vegan, M45) 78:40; 3 R Gavin (Carl Tc) 79:30  
**M60:** 1 P Muller (Horw) 80:56

**WEST COAST HALF MARATHON, Lytham St Annes**

**Women:** 1 M Finch (Island View athletics, U20) 97:02; 2 N Unsworth (Wesh, W45) 1:40:23; 3 D Seville (Thornton C) 1:42:08

**PLUSNET YORKSHIRE MARATHON, York**

STARTED by Yorkshire legend and former umpire Dickie Bird at the University of York, the route took the field through the heart of the city and out into villages and country lanes before returning to the university and finish.

First across the finish line was Ross Houston in a time of 2:24:13.

He was followed by Tom Charles in 2:25:52 with Scott Harrington third in 2:30:55.

The first woman home was Tracy Millmore in 2:46:09.

Joasia Zakrzewski recorded 2:54:47 to take second spot with Sara Bird third in 2:55:34.

The winning male wheelchair athlete was Bret Crossley in 1:45:16 while Team GB Paralympian Jade Jones won the women's race in 2:08:31.

The oldest person in the run was York's Jean Snelling who at 81 managed a respectable 7:21:51.

The 10 mile races were won by Dominic Shaw in 50:15 and Tanya Blake who clocked 63:19.

**Overall (Mar):** 1 R Houston (M35) 2:24:13; 2 T Charles 2:25:52; 3 S Harrington (M35) 2:30:55; 4 M Lalor (Barlick) 2:32:33; 5 B Hope (Kent, M40) 2:34:24; 6 J Hood (Barlick, M35) 2:35:24; 7 C Bradshaw (Tyne) 2:37:25; 8 S Evans (Kent) 2:37:37; 9 G Cooke 2:37:51; 10 D Smithers (Knaves, M40) 2:38:46; 11 P Millgate (Weth, M40) 2:38:59; 12 L Pikett (Clap C) 2:39:56; 13 M Alderson (Blay) 2:40:13; 14 N Emmerson (Radc, M35) 2:41:08; 15 C Fiddaman 2:41:41; 16 C Mason 2:42:01; 17 S Lambert (M35) 2:43:40; 18 S Pope

(M50) 2:43:55; 19 D Jones (E Hull) 2:44:12; 20 T Shaw (Works) 2:44:31; 21 S Melber (M35) 2:44:56; 22 S Bowyer (M40) 2:45:29; 23 P Whitaker (York A, M40) 2:45:40; 24 T Baker (M45) 2:45:59; 25 T Millmore (W35) 2:46:09; 26 M Cook (Hay H, M35) 2:46:50; 27 S Maddison (Knaves, M40) 2:47:10; 28 C Schwiening (C&C, M50) 2:47:46; 29 J Reep 2:47:51; 30 J Stephens 2:49:11; 31 A Norton (Notts, M35) 2:49:24; 32 S Schubeler (Heat, M35) 2:49:48

**M40:** 7 J Ladyman (Vall) 2:50:52; 8 H Fletcher (Blay) 2:52:46; 9 M Devine 2:52:51. **M45:** 2 M Pinder 2:51:53; 3 J Morris (Dews) 2:56:03. **M50:** 3 R Paul Rycroft 2:59:59. **M60:** 1 M Paliwoda 2:59:22

**Women:** 1 Millmore 2:46:09; 2 J Zakrzewski (W40) 2:54:47; 3 S Bird (Ips J) 2:55:34; 4 E Yates (W45) 2:57:15; 5 E Ballantyne 2:57:21; 6 L Custance (Clap C, W35) 2:58:20; 7 J Hinton (Lon Hth) 2:59:35; 8 A Smith (Sun, W35) 3:04:55; 9 C Mason (York) 3:06:33; 10 S Fletcher (R&Z, W35) 3:07:08; 11 K Neesam (New M, W50) 3:12:39; 12 C Wildblood 3:14:50

**W40:** 2 A Adcock (Wat) 3:17:51; 3 A Lancaster (Knaves) 3:19:09; 4 S Thew (NSP) 3:19:32. **W45:** 2 A Gilchrist

3:17:28; 3 T Medley (Bord H) 3:24:20; 4 S Elizabeth Hardcastle 3:26:56; 5 S Thompson 3:28:55; 6 K Oliver 3:29:18. **W50:** 2 H Mcleary 3:28:31; 3 T Mcquaid 3:35:52. **W55:** 1 M Western (PH Racing) 3:21:58; 2 P Mburu (Comp) 3:41:35. **W60:** 1 J Hardman (Bev) 3:53:07. **W70:** 1 K Garrido 4:49:11

**Overall (WC):** 1 B Crossley 1:45:16; 2 C Hall 2:08:31; 3 J Jones (W) 2:08:31  
**Women:** 1 Jones 2:08:31

**Overall (10M):** 1 D Shaw (New M) 50:15; 2 J Sagar (Spem) 54:46; 3 T Smith (AFD) 55:51; 4 B Smith (AFD) 56:04

**M50:** 1 K Smith (Tyne Br) 59:46. **M55:** 1 R Rigby (SB) 62:49; 2 T Clough (Leeds C) 64:08. **M70:** 1 V Shirley (N Vets) 70:34

**Women:** 1 T Blake (Stainl, W40) 63:19; 2 S Douglas (Sale) 63:52; 3 M Beever (Stainl, W35) 63:53; 4 S Lewis (Roundhay Runners, W40) 63:58; 5 J Troy (Jer) 64:50; 6 J McCarthy (Ilkley, W40) 65:49; 7 N Jackson (Kirks, W35) 66:10; 8 J Beckett (Crook) 66:56

**W45:** 1 K Wood 70:56; 2 L Lewis/carpenter 71:30; 3 S Crabtree (Crossg) 71:45. **W50:** 1 A Scaife (H'gate) 74:45. **W55:** 1 J Nodder (Knaves) 73:17; 2 K Blakey (N Yks M) 77:38. **W60:** 1 D Gibbs (York A) 69:37; 2 J Jon Shepherd 73:59; 3 B Hughes (Stad R) 76:52; 4 J Holmes 80:34. **W65:** 1 M Metcalfe (Knaves) 87:15. **W70:** 1 J Hales (Knaves) 96:50

13:49, L Traynor 12:15, A Clark 13:54, A Bonner 13:43; 2 I clyde 53:45 (R Gray 13:31, C Ruddy 13:00, M Pollard 13:47, J Bell 13:27); 3 Cors 54:10 (M Anderson 14:12, B Clark 13:59, C McKenzie 13:01, D Cummins 12:58); 4 Cambus 54:11 (K Harvey 13:39, C Jardine 13:59, G Smith 13:34, S Gibson 12:59); 5 Kilb 14:27 (E McKerral 14:27, C Wright 13:28, J Hendry 14:02, C Hawkins 12:20); 6 Cambus B 54:52; 7 Shett 55:04; 8 E Kilb 55:18; 9 Gars 56:31; 10 Kil'k 57:11

**M40+:** C'nauld 60:02 (D Higg 14:48, M Fitchie 14:55, R McEachers 15:05, H Elliot 15:14)

**Fastest:** 1 Traynor 12:15; 2 Hawkins 12:20; 3 Cummins 12:58; 4 Gibson 12:59; 5 Ruddy 13:00; 6 McKenzie 13:01

**M40+:** R Quinn (Kilb) 14:18

**Women (3x2.7M):** 1 Kilb 48:11 (E Curran 14:51, C Simpson 16:33, J Rooney 16:47); 2 Gars 49:26 (K White 14:59, M Kelly 18:41, L Chisholm 15:46); 3 Cambus 50:52 (K Bristow 15:38, E Christie 17:44, K O'Brien 17:30); 4 Dumb 51:52 (C Kelly 17:41, V Garcia 17:18, L Currie 16:53); 5 Bella H 52:17; 6 Kilb B 52:23

**W35+:** Kilb 54:08 (S Hastie 17:54, U McIntyre 18:09, C Cochrane 18:05)

**Fastest:** 1 Curran 14:51; 2 White 14:59; 3 Bristow 15:38; 4 Chisholm (W35+) 15:46

**NO WALK IN THE PARK 5km, Chesterfield, Derbyshire**

**Overall:** 1 L Eccles (Penny L) 17:08; 2 L Fuller (Warr RC, M40) 17:15; 3 A Crawford 17:43  
**M70:** 1 D Tomkins (Warr) 22:57  
**Women:** 1 C Wilson-dewhurst (Liv H) 20:12; 2 A Delaney (Kirkyb Millers, W50) 21:06; 3 E Knowles (Amble, W45) 22:32

**BANGOR HALF-MARATHON, Bangor**

**Overall:** 1 R Fox (York, U20) 85:04; 2 B Sibson 88:22; 3 D Parry 89:29  
**Women:** 1 E Bailey (Barlick, W40) 93:39; 2 L Williamson (Ilkley, U20) 93:55; 3 C Jones (W35) 97:28  
**Overall (10km):** 1 R Bentley (Eryri, M35) 32:38; 2 C Bolton 34:12; 3 R Roberts (Cyb) 34:39  
**M50:** 1 C Hollinshead (C&S) 35:23  
**Women:** 1 S Beck (P'atyn, W40) 43:58; 2 C Standing 45:33; 3 A Wadcock (W40) 45:37

**OCTOBER 7**

**ALDER HEY HALEWOOD 5km SERIES, Liverpool**

**Overall:** 1 L Eccles (Penny L) 17:08; 2 L Fuller (Warr RC, M40) 17:15; 3 A Crawford 17:43

**M70:** 1 D Tomkins (Warr) 22:57  
**Women:** 1 C Wilson-dewhurst (Liv H) 20:12; 2 A Delaney (Kirkyb Millers, W50) 21:06; 3 E Knowles (Amble, W45) 22:32

**BANGOR HALF-MARATHON, Bangor**

**Overall:** 1 R Fox (York, U20) 85:04; 2 B Sibson 88:22; 3 D Parry 89:29

**Women:** 1 E Bailey (Barlick, W40) 93:39; 2 L Williamson (Ilkley, U20) 93:55; 3 C Jones (W35) 97:28

**Overall (10km):** 1 R Bentley (Eryri, M35) 32:38; 2 C Bolton 34:12; 3 R Roberts (Cyb) 34:39

**M50:** 1 C Hollinshead (C&S) 35:23  
**Women:** 1 S Beck (P'atyn, W40) 43:58; 2 C Standing 45:33; 3 A Wadcock (W40) 45:37

**GEORGE CUMMINGS RELAY, Houston Men (4x2.7M)**

1 Giff N 53:41 (N Fraser



Tracy Millmore: celebrates her Yorkshire victory



### OCTOBER 5

#### BURNHAM ON SEA WINTER 5km

**SERIES, Burnham-on-Sea**  
**Overall:** 1 C Owen (U20) 18:06; 2 S Wood (Cleve, M40) 18:09; 3 K Littlewood (Barns, M45) 18:17  
**M70:** 1 R Trubridge (T&C) 21:51  
**Women:** 1 T Allan (B&W, W55) 21:32; 2 C Hurcum (PAC-Tri) 21:43; 3 N Davies (Weston, W45) 21:53

#### SOUTH SHIELDS MONTHLY MILE, South Shields

**Overall:** 1 S Morley (Tyne Br) 4:44; 2 L MacPherson (Cambus, U17) 5:02; 3 J Barnshaw (Run D, U15) 5:06  
**Women:** 1 J Etherington (Sun, W35) 5:32; 2 E Clarke (Dur, U13) 5:50; 3 A Rippon (Gate, W35) 6:40

#### SSAA SCOTTISH SECONDARY SCHOOLS' ROAD CHAMPIONSHIPS, Falkirk

**S5/6 (3M):** 1 D Pollock 15:46; 2 B MacMillan 15:49; 3 C Wright 15:52; 4 J Gillon 15:54; 5 C Watson 15:56; 6 S McGrath 15:58; 7 C Graham 16:02; 8 A Rolland 16:04; 9 L Webster 16:05; 10 K Elliott 16:09; 11 J Jackson 16:24; 12 M Tait 16:24; 13 E Duff 16:27; 14 M Simson 16:30; 15 T Marr 16:35; 16 F Jackson 16:51; 17 A Hay 16:52; 18 J Ewing 16:52; 19 C Young 16:55; 20 C Stevenson 16:59; 21 S Addison 17:06; 22 J Trainer 17:06; 23 N Boyle 17:09; 24 T Ireland NTT; 25 N Gajic  
**S3/4 (2.5M):** 1 D Monair 12:30; 2 H Armit 12:32; 3 E Carolan 12:43; 4 B Sandilands 12:49; 5 L Hannigan 12:52; 6 D Low 12:53; 7 J Whitelaw 12:56; 8 J Patton 12:57; 9 P Mollay 13:04; 10 D Addison 13:09; 11 I Mcwhinnie 13:15; 12 M Hand 13:18; 13 T Ross 13:20; 14 G McKay 13:21; 15 G Mcwhinnie 13:22; 16 J Law 13:22; 17 J Connelly 13:22; 18 T Watson 13:29; 19 D Elliot 13:30; 20 A McLeod 13:32; 21 P Scott NTT; 22 E Elder; 23 P Bradshaw; 24 J Luc; 25 S Fischer-Keogh  
**S2 (1.5M):** 1 L Cairns 7:24; 2 R O'Brien 7:30; 3 A Wright 7:34; 4 K Crawford 7:36; 5 L Thomson 7:45; 6 D MacDonald 7:45; 7 A Mackinnon 7:47; 8 A Douglas 7:47; 9 A Rutter 7:47; 10 C Gourley 7:49; 11 R Barnett 7:49; 12 S Metcalf 7:51; 13 J Grant 7:51; 14 J Graham 7:55; 15 M Stewart 8:00; 16 T Lygate 8:03; 17 F Jarvis 8:07; 18 R Donald 8:09; 19 A Bradley 8:11; 20 P Cannon 8:11; 21 P Milne 8:12; 22 M Aiken NTT; 23 J McKay; 24 J Coleman; 25 A Ivory  
**S1 (1.5M):** 1 F Ross 7:28; 2 F Currie 7:37; 3 R Macdonald 7:42; 4 C Bell 7:52; 5 B Gordon-gibson 8:02; 6 B Struthers 8:04; 7 T Fulton 8:04; 8 C Ross 8:05; 9 S McGlennan 8:06; 10 H McKay 8:15; 11 F Macgregor 8:15; 12 R Elliot 8:17; 13 M Mackenzie 8:20; 14 R Bourke 8:23; 15 T Fatona 8:25; 16 D Frew 8:26; 17 C Deverill 8:26; 18 R McLean 8:27; 19 T Mcgeoch 8:28; 20 Z Kormos 8:29; 21 A Carlyle 8:30; 22 D Howard 8:31; 23 D Lidstone 8:31; 24 C McIndoe 8:31; 25 R Baird NTT  
**S5/6 (2.5M):** 1 H Barnes 13:38; 2 L McKenna 13:42; 3 L Dickson 13:48; 4 R Mowat 14:25; 5 C McKenna 14:27; 6 E Wallace 14:30; 7 J Jamieson 14:53; 8 G Molloy 14:55; 9 J Mitchell 14:57; 10 S Tait 15:01; 11 A Innes 15:02; 12 M Wallace 15:02; 13 B Hobbs 15:03; 14 A Rowley 15:05; 15 E Crusher 15:09; 16 A Shaw 15:23; 17 E Callander 15:26; 18 N Gillan 15:27; 19 S Godfrey-Faussett 15:36; 20 P Gillen 15:39; 21 K Charles NTT; 22 O Varelle; 23 Z Nicholson; 24 A Goodall; 25 A Ballantyne  
**S3/4 (2M):** 1 C Gemmill 11:20; 2 I

Britton 11:43; 3 R Davidson 11:44; 4 P Carcas 11:55; 5 E Andrew 11:57; 6 D Cumming 12:01; 7 K Richardson 12:08; 8 G Ledingham 12:09; 9 C Wallace 12:25; 10 I Ferguson 12:27; 11 E Johnson 12:28; 12 J Robson 12:33; 13 K Gibb 12:36; 14 J Carswell 12:36; 15 C Banks 12:37; 16 J Littlefield 12:41; 17 A Anderson 12:46; 18 C Clare 12:52; 19 H Chong 13:01; 20 R Newman 13:02; 21 M Morris 13:03; 22 A Dalglish 13:04; 23 S Kirkpatrick 13:04; 24 C Purcell NTT; 25 E Gibson  
**S2 (1.5M):** 1 A MacLean 7:51; 2 V Wright 8:01; 3 M Reid 8:10; 4 Z Flower 8:16; 5 A Tiffanye 8:18; 6 A Thomson 8:21; 7 M Chalmers 8:27; 8 M Kidd 8:32; 9 J Cash 8:34; 10 E Chong 8:34; 11 Z Kennedy 8:39; 12 B Harley 8:41; 13 I Ward 8:41; 14 R Ryan 8:42; 15 A Hammerman 8:47; 16 C Brown 8:52; 17 A Kirwan 8:53; 18 S Forbes 8:53; 19 M Nichol 8:54; 20 A Alemu 8:54; 21 H Kirkwood 8:58; 22 L Currie 8:58; 23 A Sloan 8:58 NTT; 23 C Scotland; 24 K Paul; 25 E Kennedy  
**S1 (1.5M):** 1 K Johnson 7:58; 2 P Armstrong 8:01; 3 M Kyle 8:13; 4 I Hubbard 8:20; 5 E Ward 8:26; 6 M McNally 8:28; 7 E MacFarlane 8:32; 8 B Bushell 8:35; 9 S Wade 8:37; 10 H Ryding 8:38; 11 L Muirhead 8:39; 12 A Cully 8:39; 13 K Christie 8:41; 14 E Carrick-Anderson 8:42; 15 A Macaulay Orr 8:50; 16 E Ritchie 8:51; 17 S Fraser 8:53; 18 A Mcclue 8:55; 19 R Morran 8:55; 20 S Nicol 8:55; 21 M Low 8:55; 22 K Paul NTT; 23 C Scotland; 24 C Kane; 25 E Kennedy

#### GREAT CUMBRIAN RUN HALF MARATHON, Carlisle

**Overall:** 1 M Brown (Salf) 69:29; 2 A Campbell (Bux) 72:34; 3 J Cox 73:17; 4 P Graves (DH Runners) 73:33; 5 B Hodgson 74:42  
**M50:** 1 J Purslow 82:52  
**Women:** 1 A Matthews 88:05; 2 K Bridge (Eden, W45) 88:46; 3 N Shaw 89:36  
**W40:** 1 F Todd 92:31

3 W Ches 483; 4 Worr 636; 5 Hells 689; 6 Ches TC 1222; 7 Wrex 1310  
**Div.2:** P'atyn 273  
**VETS TEAM:** 1 Buck 273; 2 W'sey 346; 3 W Ches 527  
**Women:** 1 G Mead (Ches TC, W50) 30:43; 2 M Roberts (Dees, U17) 30:53; 3 L Renondeau (Elles P, W35) 30:59; 4 J Marsden (Elles P, W35) 31:39  
**W40:** 1 J Ashbrook (Hels) 33:36. **W45:** 1 C Cook (Buck) 32:50; 2 J McHugh (Ches TC) 34:21. **W50:** 2 J Hickman (P'atyn) 35:08; 3 S Atkinson (Elles P) 35:56. **W55:** 1 E Collins (A'gele) 36:10; 2 M Ludden (Buck) 36:14; 3 C Shaw (Hels) 37:00.  
**W60:** 1 D Read (Hels) 38:13. **W70:** 1 C Birch (A'gele) 39:43  
**TEAM - Div.1:** 1 Esles P 34; 2 Buck 67; 3 W Ches 93; 4 Deestr 94; 5 W'sey 117; 6 Hells 128; 7 Worr 154  
**Div.2:** Ches TC 28  
**VETS TEAM:** 1 Elles P 14; 2 Ches TC 28; 3 Buck 42

**ROYAL BOROUGH OF KINGSTON HALF MARATHON, Kingston upon Thames**  
**Overall:** 1 M Welsh (Belg) 73:38; 2 A Ramsier (S Lon) 76:01; 3 A Hamilton (S Birch) (M35) 76:39  
**M40:** 1 J Broderick 77:19. **M50:** 1 J Foss (S Lon) 79:57  
**Women:** 1 A Germana (Sutt R) 84:55; 2 A King (Hart RR, W35) 85:20; 3 I Rea (W4H, W35) 86:57  
**W45:** 1 D Godwin (Wind VR) 91:57; 2 R Hutton (S Lon) 93:49. **W55:** 1 G Hellings (Wimb W) 1:42:41. **W65:** 1 J Davies (E&E) 1:44:46

#### SOUTH BUCKS 5km, Wexham

**Overall:** 1 W Clements (Datch) 18:36; 2 A Jones (M'head, U17W) 20:10; 3 M Halling (St Alb S, M60) 21:00  
**Women:** 1 Jones 20:10; 2 K Mulholland (Brack FR) 21:24; 3 D Irwin (St Alb S, W35) 22:35

#### STEWARTS LAW MOOR PARK 10km, Rickmansworth, Hertfordshire

**Overall:** 1 P Molyneux 32:46; 2 T Grimes 35:10; 3 M Woodman (M40) 36:27  
**M55:** N Rackham (Metros) 37:07  
**Women:** 1 C Hallissey (B&W, W35) 38:57; 2 A Harwood (Hill, W35) 40:15; 3 S Birkin (Metros, W45) 40:29

#### MERSEY TUNNEL 10km, Liverpool

**Overall:** 1 I Lawton (Mersey-Tri, M35) 33:30; 2 D Morgan 34:54; 3 C Gavin (W4H, M35) 36:10  
**M70:** 1 C Slavin 45:16  
**Women:** 1 K Longley (Liv PS, W40) 36:49; 2 P Williams (Bris U CC) 38:24; 3 C Triggs (W35) 39:39

#### PRUDHOE MINERS 10km, Prudhoe

**Overall:** 1 A Alderson (Blay) 35:30; 2 D Best (Black B, M40) 36:45; 3 L Hall 36:52  
**Women:** 1 C Young (Clare) 40:52; 2 C Davies (W35) 44:38; 3 N Cameron (Heat, W45) 44:57

#### REDCAR BEACON 5km, Redcar

**Overall:** 1 M Fenwick (Tyne Br) 15:49; 2 D Gunn (New M, U17) 16:17; 3 L Bennett (Els, M45) 16:39  
**Women:** 1 L Turner (Birt) 16:58; 2 K Aspin (New M, W50) 19:53; 3 L Havis

(M&C, U17) 20:18  
**W55:** 1 S Phillips (Darl) 20:45. **W70:** 1 S Gibson (Darl) 25:05

#### RISBOROUGH RUN IN THE PARK 5km, Princes Risborough

**Overall:** 1 D Adam 19:00; 2 K Lowies 19:02; 3 P Brookes 23:02  
**Women:** 1 L Waterton 26:03; 2 R Thompson 26:06; 3 E Lumb 26:06

#### ROYAL BOROUGH OF KINGSTON HALF MARATHON, Kingston upon Thames

**Overall:** 1 M Welsh (Belg) 73:38; 2 A Ramsier (S Lon) 76:01; 3 A Hamilton (S Birch) (M35) 76:39  
**M40:** 1 J Broderick 77:19. **M50:** 1 J Foss (S Lon) 79:57  
**Women:** 1 A Germana (Sutt R) 84:55; 2 A King (Hart RR, W35) 85:20; 3 I Rea (W4H, W35) 86:57  
**W45:** 1 D Godwin (Wind VR) 91:57; 2 R Hutton (S Lon) 93:49. **W55:** 1 G Hellings (Wimb W) 1:42:41. **W65:** 1 J Davies (E&E) 1:44:46

#### SOUTH BUCKS 5km, Wexham

**Overall:** 1 W Clements (Datch) 18:36; 2 A Jones (M'head, U17W) 20:10; 3 M Halling (St Alb S, M60) 21:00  
**Women:** 1 Jones 20:10; 2 K Mulholland (Brack FR) 21:24; 3 D Irwin (St Alb S, W35) 22:35

#### STEWARTS LAW MOOR PARK 10km, Rickmansworth, Hertfordshire

**Overall:** 1 P Molyneux 32:46; 2 T Grimes 35:10; 3 M Woodman (M40) 36:27  
**M55:** N Rackham (Metros) 37:07  
**Women:** 1 C Hallissey (B&W, W35) 38:57; 2 A Harwood (Hill, W35) 40:15; 3 S Birkin (Metros, W45) 40:29

### SEPTEMBER 30

#### LINDA NORGROVE FOUNDATION UIG 10km, Stornoway

**Overall:** 1 A Morrison 45:36; 2 A McKellar 45:48; 3 D Green 48:44  
**Women:** 1 J Miller 50:48; 2 J Mackay 53:06; 3 L McLeod 54:18

#### CARDIFF HALF MARATHON FESTIVAL OF RUNNING MILES (INC WELSH & BRITISH MASTERS CHAMPIONSHIPS), Cardiff

**Mixed (1M):** 1 I Scott 4:47; 2 S Browne 5:02; 3 A Lea 5:26; 4 R Watts 5:29; 5 R Atkin (5:57); 6 K Summerhayes 5:57; 7 E Jolliffe (W) 6:31  
**Women:** 1 Jolliffe 6:31  
**Men (1M):** 1 T Marshall (Card) 4:15; 2 J Tobin (Swan) 4:19; 3 J Thomas (Card) 4:22; 4 S Blake (Card) 4:22; 5 A Teweldebrihan (Newp) 4:26; 6 J Thie (Card, M35) 4:34; 7 S Lloyd-Perks (Card) 4:42; 8 O Locke (Newp, U20) 4:42; 9 O Sheppard (E Green) 4:50; 10 L Rawlinson (MickMorris) 4:57  
**U17 (1M):** 1 B Thomas (Card) 4:33; 2 L Ryan (Card) 4:34; 3 T Rees (Card) 4:43; 4 S Smith (Newp) 4:45; 5 S Lewis (Neath) 4:51; 6 T Leech (Card) 5:00  
**U15 (1M):** 1 J Reynolds (Card) 4:54; 2 J Griffiths (Neath) 4:59; 3 L Sheppard (Rhyrn V) 5:03  
**U13 (1M):** 1 F Morgan (Card) 5:19; 2 B Macey (Card) 5:29; 3 B Farrell (Card) 5:35  
**U11 (1M):** 1 I Thomas (Card) 5:42; 2 I Bowen (Card) 5:46; 3 L Upton-Boorman (Card) 5:52  
**M35 (1M):** 1 J Thie (Card) 4:31; 2 D Williams (Les C) 4:34; 3 M Gardner (L&M) 4:46; 4 D Nicholls (Les C) 4:46; 5 P Clarke (Card) 4:47; 6 P Mcdermott (Herm, M45) 4:50; 7 M Adcock (Herm, M40) 4:51; 8 M Turner (Hale, M40) 4:53; 9 E Land (Aberys) 4:59; 10 C Walsh (Swan, M40) 5:00; 11 D Kane (N'ness) 5:01; 12 D Smith (W&B, M45) 5:07; 13 A Lewis (A'dare, M45) 5:10  
**M50 (1M):** 1 L Aherne (Parc BB) 5:04; 2 S Toogood (Buck, M55) 5:13; 3 A Roper (B&W) 5:16; 4 D Wilkinson (SW Vets) 5:24; 5 D Bedwell (B&W, M60) 5:25; 6 K Archer (Wey SP, M60) 5:33; 7 K Ham (W'bury, M55) 5:37; 8 P Mountain (B&W, M60) 5:38; 9 S Doxey (Swint, M55) 5:39; 10 K Pye (Charn, M55) 5:40; 11 K McDonnell (Les C, M60) 5:54; 12 L Worth (P'broke) 6:00; 13 R Davis (B'end, M60) 6:01  
**Women (1M):** 1 E Brown (Card) 5:25; 2 A Ferguson (A'dare) 6:16  
**U17 (1M):** 1 M Jones (Swan) 5:26; 2 N Riley (Card Arch) 5:26; 3 B Stratton-Thomas (Swan) 5:38  
**U15 (1M):** 1 N Clatworthy (Card) 5:24; 2 M Lyons (B&W) 5:29; 3 A Hill (Card Arch) 5:31; 4 B Gold (Card) 5:54; 5 D Bass (Swan) 5:59; 6 A Lennon (Card Arch) 6:03  
**U13 (1M):** 1 T Rees (Swan) 5:40; 2 E Davies (Swan) 5:52; 3 J Robinson (Card) 5:54; 4 E Watkins (B&V) 6:03; 5 S Knoyle (Card Arch) 6:05  
**U11 (1M):** 1 A Davies (Card) 6:11; 2 G Ling (Card Arch) 6:21; 3 M Gold (Card) 6:26  
**W35 (1M):** 1 E Mcdermott (Mid M) 5:41; 2 S Everitt (B&W, W50) 5:45; 3 K Wellam (Sale) 5:52; 4 S Leech (Card, W45) 5:56; 5 H Davies (Swan, W40) 5:58; 6 R Lewis (Parc BB, W40) 6:06; 7 P Kennedy (Swan, W50) 6:27; 8 K Jones (Parc BB, W45) 6:29; 9 R Tabor (Dulw, W65) 6:43; 10 L Carpenter (Ciren, W45) 6:52; 11 J Jenkins (Fair W, W55) 6:54; 12 J Scholey (Les C, W55) 6:55; 13 J Gardener (P'broke, M75) 7:00; 14 B Roberts (B'ville, M70) 7:16; 15 E Simpson (Over, M80) 7:38; 16 M Yallop (SW Vets, W60) 8:59; 18 S Wheeler (Chep, M75) 9:18

Competitors in the Mersey Tunnel 10km



PAUL FRANCIS COOPER/BRIT LIVERPOOL

### SEPTEMBER 28

#### PROM 5, Weston-super-Mare, Somerset

**Overall:** 1 K Taylor 27:18; 2 K Summers (Weston, M40) 27:30; 3 J Cox (GWR) 27:37  
**M60:** 1 J Goodland (B&W) 31:33; 2 J Malone (Nailsea) 32:37; 3 D Wint (GWR) 32:34; 4 G Jennings (S'ville) 32:38  
**Women:** 1 F Marks (B&W) 28:34; 2 J Bishop (Cleve) 30:40; 3 k Dicks (GWR) 31:12; 4 C Broughton (GWR) 31:38  
**W40:** 1 R Stevens (Weston) 33:03; 2 P Richards (Weston) 33:20; 3 L Cronin (GWR) 33:44. **W60:** N Coates (Rutland) 38:28  
**HENLOW 10, RAF Henlow**  
**Overall:** 1 S Mitchell (Notts) 53:40; 2 S Robinson (P'boro) 55:27; 3 M Taylor (Riv, M35) 55:57  
**M40:** 1 P Vernon 58:00





**Women:** 1 C Finlay (P'boro) 73:59; 2 N Bown 74:37; 3 R Maddock 77:32

## SEPTEMBER 27

**3-1-5 LANCASTER 5km, Lancaster**  
**Overall:** 1 H Lord (B Combe) 17:31; 2 P Muller (Horw, M60) 17:55; 3 J Edwards (Lonsdale, M40) 18:40

**Women:** 1 L Gardner (L&M) 20:47; 2 L Goddard (L&M, W50) 22:06; 3 K Sharp 22:45

**EVEN SPLITS 5km Series, Leeds**

**Overall (5km):** 1 J Hobbs (Vall) 16:11; 2 J Crossfield (Hal) 16:21; 3 S Collins 16:24

**M55:** 1 J Convery (Bing) 17:45; 2 D Clark (Abbey R) 18:43. **M70:** 1 C Gill (St Th) 21:40

**Women:** 1 S Barlow (H'gate, W35) 18:15; 2 A Leake (Leeds C) 18:42; 3 L Doyle (Crossg) 19:01

**W45:** 1 L Watson (Bing) 19:53. **W50:** 1 S Malir (Ikley) 21:13  
**Overall (5km):** 1 B Howley 20:27; 2 D Beesley (Abbey R) 21:27; 3 M Westman (Bing, M55) 21:37

**Women:** 1 H Roden (Abbey R, W45) 22:15; 2 A Young (HPh) 22:20; 3 C Acton (Hal) 22:28

## SEPTEMBER 24

**BARNS GREEN HALF-MARATHON, Barns Green**

**Overall:** 1 N Boniface (Horsh J, M40) 70:15; 2 P Navesey 71:50; 3 K Rojas (B&H) 72:44; 4 J Westlake 73:02; 5 J Baker (Chich, M40) 74:03

**M40:** 3 J Skinner (Hay H) 75:38; 4 K Holland (Craw) 76:53. **M50:** 1 S Fletcher (Seaf) 79:52; 2 S Mills 81:55. **M70:** 1 M Hawthorne 98:24; 2 A Haig (Phoe) 1:44:34

**Women:** 1 B Male 87:41; 2 S Fry (Hail, W40) 88:18; 3 D Tarleton (Arena, W40) 88:26

**W40:** 3 C Richer 91:04; 4 S Wright (Arena) 91:41; 5 N McCreath (E'bine) 93:01. **W50:** 1 H Sida (Lewes) 91:50; 2 S Harrison (G&G) 94:26; 3 L Bacon 99:22. **W60:** 1 N Yeates (Arena) 1:44:11; 2 L Tombs (Fitt) 1:49:00

**Overall 910km):** 1 B Spannagl (Horsh BS) 33:11; 2 J Corbett (Worth) 34:58; 3 R Mullen (Hay H) 37:25

**Women:** 1 K Owens 40:42; 2 L Clarke (Horsh J) 42:46; 3 P Adams (RM Port, W50) 43:46

**BARNSTABLE MARATHON & HALF-MARATHON, Devon**

**Overall (26.2M):** 1 S Taberner (B&W) 2:42:32; 2 G Hogg (NZL, M50) 2:44:34; 3 M Menon (Ilfra, W35) 2:50:55

**M40:** S Willis (Taunt) 2:55:02. **M60:** G Rhimes (Ports) 3:27:26

**Women:** 1 Menon 2:50:55; 2 A Karlsson 3:21:45; 3 K Prowse 3:30:51

**Overall (13.1M):** 1 B Phillips (Yeo) 76:18; 2 D Stacey (E Corn) 81:06; 3 J Stanley (S Molton) 81:35

**Women:** 1 K Burgess (Corn, W35) 89:01; 2 J Johnson (Launc, W45) 90:30; 3 H Ansty (W35) 92:01

**W55:** P Solomon (Bodmin) 1:43:45

**BREWOD WOGGLE 10km, Brewod**

**Overall:** 1 D Turner 36:45; 2 T Jones (Kings Heath) 37:25; 3 S Forsyth (M35) 37:26

**Women:** 1 K Fawke (Lawley, W40) 38:44; 2 L Davidson (Bir, W35) 44:15; 3 K Gibbons (B'nth, W40) 44:49

**DORNFIELD LADIES 10km, Newton Abbott, Devon**

**Women:** 1 C Arnell (Torb) 39:53; 2 A Kelly (Ex'mth) 41:58; 3 M Brooks (Dawlish, W40) 42:44

**W60:** K Cook (SWRR) 48:41  
**TEAM (4 to score):** 1 Teignbridge 3:00:52; 2 Maverick 3:04:50; 3 T'bridge B 3:12:17

**DRAYCOTE WATER 10, Kites Hardwick**

**Overall:** 1 D Frankland (WestEnd RR) 57:33; 2 S Round (M40) 61:34; 3 O Saeed (Kings Heath) 61:58

**Women:** 1 C Fitzpatrick (WestEnd RR) 64:50; 2 J Speed 71:14; 3 J Penfold (Brack FR) 73:20

**Overall (10km):** 1 T Oury 38:21; 2 G Stevens 44:40; 3 M Parker 44:44

**Women:** 1 L Milner (Poplar Running Club) 45:13; 2 S Hunt (Bour, W45) 49:49; 3 L Mcguire (W35) 51:31

**Overall (20M):** 1 S Norris (Wat J) 2:00:30; 2 H Davies (M40) 2:02:53; 3 P Edwards (Spa) 2:10:10

**M50:** 1 N Jones (Ampt) 2:12:59  
**Women:** 1 V Nealon 2:20:21; 2 T Winspear (Chase) 2:37:34; 3 L Kelly (W35) 2:40:11

**ISLE OF AXHOLME HALF-MARATHON, Epworth**

**Overall:** 1 D Garbutt (Dur) 74:53; 2 J Dance (Salf, M40) 77:12; 3 D Grant (St Th) 77:35

**M70:** 1 V Shirley (N Vets) 97:06  
**Women:** 1 G Hoole (Scun, W35) 92:50; 2 T West (Works, W50) 93:21; 3 A Greenwood (Stad R) 97:24

**MORTIMER 10km, Berkshire**

**Overall:** 1 K Russell (Dur) 34:23; 2 C Lucas (Read RR) 35:42; 3 M Apsey (Read RR) 35:50

**Women:** 1 A Gascoine (W35) 38:57; 2 L Antelme (W40) 45:26; 3 H Price (Read J) 44:02

**W55:** L Whaley (Read RR) 45:38

**NATTERJACK SEASIDE 10km, Southport**

**Overall:** 1 J Monk (B'burn) 32:43; 2 M Wynne (Liv PS, M40) 34:20; 3 P Sankey (Liv H, M45) 34:30; 4 D Hamilton (S'port W, M50) 34:41

**M45:** 2 F Rafferty (S'port W) 35:36; 3 A Ashton (Liv H) 35:43. **M55:** 1 M Ashby (S'port W) 38:15. **M65:** 1 M Walker (S'port W) 40:43. **M70:** 1 T Hawkes 42:46; 2 T Hillier (G'dale) 45:36

**Women:** 1 M Tipper 37:19; 2 C Triggs (W35) 38:53; 3 D Jepson (W40) 39:25

**W45:** 1 K Stopforth 42:41. **W55:** 1 J Finch 46:41. **W65:** 1 P Vernazza 50:59; 2 S Stewart (Southport/Waterloo AC) 52:25; 3 J Mitchell (Skelm) 52:43

**PEMBROKESHIRE HALF-MARATHON/10km, Dale**

**Overall (10km):** 1 T Sinton ( ) 38:06; 2 J Ackermann (Milf) 38:26; 3 D Capps (Team Derby Runner, M40) 38:39

**Women:** 1 J Williams ( , W35) 44:57; 2 D Phillips ( , W45) 47:28; 3 S James (Team Derby Runner, W35) 47:59

**Overall (HM):** 1 D Triggs (Neath) 81:54; 2 M Cartwright (Derw R, M40) 84:24; 3 G Elliott (P'broke) 86:40

**Women:** 1 C Boothman (Pemb TC, W35) 91:24; 2 C Marks ( ) 94:22; 3 T King ( ) 99:33

**RISBOROUGH RUN IN THE PARK 5km, Princes Risborough**

**Overall:** 1 D Adam 18:37; 2 A Duffy 19:30; 3 A Mais 21:58

**Women:** 1 L Waterton 25:21; 2 R Thompson 26:13; 3 E Lumb 26:21

**HATFIELD 5km SERIES, Race 3, Finale, Hertfordshire**

**Overall:** 1 O Saville (Bec C) 16:17; 2 S Buckle (St Albans) 16:20; 3 M Vaughan

(NHRR, M40) 16:26  
**M55:** P Reddaway (Brox) 17:41. **M60:** B White (FVS) 19:11

**Final standings**  
**Overall:** Saville  
**M40:** Vaughan. **M50:** Reddaway. **M60:** White

**Women:** 1 K Rennie (Dac) 17:52; 2 M Hall (Gard CR, W40) 18:34; 3 S Fawcett (Dac) 19:00

**W45:** W Walsh (St Alb) 19:42. **W50:** Z Lowe (St Alb) 22:13. **W55:** C Findlay (Dac) 22:15

**Final standings**  
**Overall:** SRennie  
**W35:** Rennie. **W45:** Walsh, **W55:** Findlay

**JOLLY JAGUARS 10km, Coltishall**

**Overall:** 1 J Skalka 37:16; 2 A Clark (Harling) 37:45; 3 S Lines (Waveney, W) 37:50

**Women:** 1 Lines 37:50; 2 R Leary (Norf G) 42:40; 3 R Marks (Norw RR) 42:59

**W55:** J Sheahan 46:59

## SEPTEMBER 24

**ROBIN HOOD HALF MARATHON, Nottingham**

THIS event could go down as one of the least publicised British Championships in history despite being included in a major race, and it's hard to see the inclusion of the championships made little difference to the event.

Holding it the week before the Great Scottish Run and Cardiff Half Marathon and soon after the Great North Run meant elite athletes were in short supply.

Chris Thompson, prior to his Glasgow win, gave the race some class though with a two-minute victory in 64:58, but only nine other runners finished within 10 minutes of him.

Emily Waugh was the only woman inside 80 minutes and her 78:01 gave her a three-minute victory over top W35 Juliet Potter.

The results failed to be sent to Power of 10 until a week after the event and team results have yet to be circulated.

**Overall:** 1 C Thompson (AFD, M35) 64:58; 2 R Horton (SB) 67:38; 3 A Watson (Notts, M40) 67:57; 4 J Bull (Der) 69:22; 5 A Dunbar (Norw) 70:44; 6 A Kitagawa (Nott U) 71:16; 7 J Dunne (Herne H) 74:14; 8 M Nutt (Holme P) 74:32; 9 M Coltherd 74:41; 10 A McDonnell (R&N) 74:49

**M40:** 2 M Kingston-Lee (GRC) 76:46; 3 J Prest (Traff) 76:48. **M45:** 1 D Potter (Mid M) 78:19; 2 G Burnett (Charm) 78:35. **M60:** 1 A Madge (GAC) 88:15; 2 J Graham (S'oaks) 90:21. **M65:** 1 D Oxland (Notts) 90:18; 2 A Balicki 96:15

**Women:** 1 E Waugh (R&N) 78:01; 2 J Potter (Charm, W35) 81:09; 3 M Clarke (Tel, W45) 82:44; 4 L Niemi (Notts) 82:48; 5 E Fowler (Nun, W35) 85:28

**W45:** 2 M Hooton Kruger (Notts) 93:43. **W50:** 1 S Davis (R&N) 87:05; 2 H Vaughan 95:11; 3 W Roethenbaugh 96:07; 4 J Bramley-maye (Rush) 97:06; 5 J Brown (Road) 99:49. **W60:** 1 M Lomas (Charm) 1:42:48. **W65:** 1 M Collinge (Mans) 1:55:01; 2 J Braker 1:59:51

**W60:** 1 M Laney (R Rose) 44:33. **W70:** 1 C Douglass (R Rose) 53:27

**Overall (5km):** 1 G Pennington (Prest, M45) 17:26; 2 M Huddleston 17:45; 3 S Abbott (M40) 18:04

**Women:** 1 A Davies (B'burn) 22:21; 2 K Mathison (Chor ATC) 22:37; 3 S Mcmonagle (R Rose) 22:49

**W45:** 1 S Reimers 2:55:05; 2 J Warner (W50) 2:55:38; 3 K Malone (W35) 3:12:41

**SCOTTISH HALF MARATHON, Edinburgh**

**Overall:** 1 R Houston (Centr, M35) 67:42; 2 P Avent (Shett) 68:45; 3 A Powell 72:00; 4 S Crawford 74:04; 5 R Milne (Cors, M40) 74:06

**M40:** 2 P Kieran (C'gie) 76:03; 3 D O'looney (Harm) 76:46; 4 A Rouse (Edin) 77:06. **M45:** 1 R Watson (Muss) 76:28; 2 D Arnold (Tweed Str) 77:45; 3 P Moseley (Durb) 79:55. **M50:** 1 J Mayers (Muss) 81:55. **M55:** 1 J Baird (Haddington) 86:57. **M60:** 1 A Wilson (Clare) 90:10; 2 P Waterfield 90:18. **M65:** 1 S Hastie (P'head) 91:33

**Women:** 1 L Finlay (Dumf, W45) 80:56; 2 J Knowles (SPS, W40) 83:37; 3 C Probert (Edin) 84:37; 4 A Matthews (Darl, W35) 85:39; 5 J Rainger (Edin, W40) 86:37

**W40:** 3 A Pearson (Orp) 92:46. **W45:** 2 L Currie (Dumb) 87:22; 3 M Stanley (Gars) 88:26; 4 J Oswald (Muss) 91:23. **W50:** 1 C Turnbull 99:11

**Overall (10km):** 1 D Paviukovicus 33:01; 2 B Clark (Cors, M35) 33:23; 3 M Haskett (Cors) 33:34; 4 T Ferrington (Cors, M40) 34:37

**Women:** 1 E Revitt 36:15; 2 L Macdonald (jogscotland, W35) 37:54; 3 S Woodward (W50) 38:27

**RUN PRESTON 10km, Preston**

**Overall:** 1 D Rigby (Salf) 32:29; 2 A Benson (Prest) 32:43; 3 C Livesey (Salf) 33:37; 5 N Gaskell (RVH, M45) 34:54; 6 J Keir 34:56

**Women:** 1 M Campbell 19:08; 2 J Ansell (E Lon) 19:20; 3 E Wilson (Orion) 19:48

**TAUNTON 10km, Somerset**

**Overall:** 1 P Burden (Taunt, M40) 32:58; 2 K Squibb (Tiv, M40) 35:07; 3 B Hawkins (Taunt) 35:16

**M50:** 1 P Monaghan (Torb) 35:42; 2 K Paul (Taunt) 36:49

**Women:** 1 H Taunton (Taunt) 37:09; 2 S Stone (Tiv, W40) 37:39; 3 A Thorn (Erme V, W40) 38:18; 4 K Drew (Taunt) 39:32

**W50:** N Miller (Som Tr) 43:39

**VALENTINES PARK ELVIS 5km, Ilford**

**Overall:** 1 L Ionita (Bark RR) 16:36; 2 T Grimes (E Lon) 16:52; 3 C Partis (M40) 17:22

**Women:** 1 M Campbell 19:08; 2 J Ansell (E Lon) 19:20; 3 E Wilson (Orion) 19:48

**W45:** 1 K Levison (E Lon) 20:01

**BAXTERS LOCH NESS MARATHON, Inverness**

ADDITIONAL to those which were originally reported, Jackie Jenkins improved her British W75 best by six minutes to 3:59:41 though the point to point and overall downhill course means it won't count as an official record.

**W75:** J Jenkins 3:59:41 (3:58:18 chip\_

## SEPTEMBER 23

**WOMEN'S 10km, Windsor**

**Overall:** 1 G Bruinvels (AFD) 37:19; 2 D Godwin (Windle, W45) 41:31; 3 K Ferguson 41:56

**SEPTEMBER 17**

**RISBOROUGH RUN IN THE PARK 5km, Princes Risborough**

**Overall:** 1 L Twycross (M35) 20:49; 2 M Vince (M55) 22:23; 3 H Dawsdell 24:12

**Women:** 1 R Thompson 26:10; 2 E Lumb 26:12; 3 E Springell (U20) 26:42

## SEPTEMBER 10

**RISBOROUGH RUN IN THE PARK 5km**

**Overall:** 1 S Cheung (M35) 19:48; 2 E Johnston (U20W) 20:23; 3 A Rees 22:06

**Women:** 1 Johnston 20:23; 2 L Waterton 24:25; 3 K Smith 26:39

## SEPTEMBER 3

**RISBOROUGH RUN IN THE PARK 5km**

**Overall:** 1 S Cheung 19:53; 2 D Rees-Hall 20:40; 3 I Ward 21:57

**Women:** 1 T Frang 23:36; 2 K Smith 25:58; 3 E Lumb 25:59

**ROBIN HOOD MARATHON, Nottingham**

SONKA REIMERS won the women's race just ahead of W50 Julie Warner's PB 2:55:38 as both made the top seven overall.

**Overall:** 1 C Ortigosa (Nairn) 2:31:50; 2 B Harris (Ret, M40) 2:39:38; 3 M Soszka (Salt) 2:45:55; 4 G Pritchard (Elv) 2:46:58

**M50:** 1 P Davies (Centu) 2:58:35. **M70:** 1 P Mcdonald 3:38:16

**Women:** 1 S Reimers 2:55:05; 2 J Warner (W50) 2:55:38; 3 K Malone (W35) 3:12:41

**SCOTTISH HALF MARATHON, Edinburgh**

**Overall:** 1 R Houston (Centr, M35) 67:42; 2 P Avent (Shett) 68:45; 3 A Powell 72:00; 4 S Crawford 74:04; 5 R Milne (Cors, M40) 74:06

**M40:** 2 P Kieran (C'gie) 76:03; 3 D O'looney (Harm) 76:46; 4 A Rouse (Edin) 77:06. **M45:** 1 R Watson (Muss) 76:28; 2 D Arnold (Tweed Str) 77:45; 3 P Moseley (Durb) 79:55. **M50:** 1 J Mayers (Muss) 81:55. **M55:** 1 J Baird (Haddington) 86:57. **M60:** 1 A Wilson (Clare) 90:10; 2 P Waterfield 90:18. **M65:** 1 S Hastie (P'head) 91:33

**Women:** 1 L Finlay (Dumf, W45) 80:56; 2 J Knowles (SPS, W40) 83:37; 3 C Probert (Edin) 84:37; 4 A Matthews (Darl, W35) 85:39; 5 J Rainger (Edin, W40) 86:37

**W40:** 3 A Pearson (Orp) 92:46. **W45:** 2 L Currie (Dumb) 87:22; 3 M Stanley (Gars) 88:26; 4 J Oswald (Muss) 91:23. **W50:** 1 C Turnbull 99:11

**Overall (10km):** 1 D Paviukovicus 33:01; 2 B Clark (Cors, M35) 33:23; 3 M Haskett (Cors) 33:34; 4 T Ferrington (Cors, M40) 34:37

**Women:** 1 E Revitt 36:15; 2 L Macdonald (jogscotland, W35) 37:54; 3 S Woodward (W50) 38:27

**RUN PRESTON 10km, Preston**

**Overall:** 1 D Rigby (Salf) 32:29; 2 A Benson (Prest) 32:43; 3 C Livesey (Salf) 33:37; 5 N Gaskell (RVH, M45) 34:54; 6 J Keir 34:56

**M40:** 2 M Kingston-Lee (GRC) 76:46; 3 J Prest (Traff) 76:48. **M45:** 1 D Potter (Mid M) 78:19; 2 G Burnett (Charm) 78:35. **M60:** 1 A Madge (GAC) 88:15; 2 J Graham (S'oaks) 90:21. **M**



### FELL

#### OCTOBER 8

##### WITHINS SKYLINE, Keighley

**Overall (7M/1000ft):** 1 H Holmes (P&B) 42:40; 2 T Mason (Wharf) 43:29; 3 J Smith (Wharf) 44:19; 4 C Miller (Harr) 44:30; 5 A Worster (Tod) 46:18; 6 G Brown (Tod, M40) 46:59

**M50:** J Mason (Dews) 51:19. **M60:** T Taylor (Ross) 54:26. **M70:** K Taylor (Ross) 58:24

**Women:** 1 E Clayton (Leeds C) 49:01; 2 C Rice (Ribb) 50:02; 3 H Russell (Helm H) 50:34; 4 A Roberts (Tod) 51:11

**W40:** L Brindle (Horw) 51:40

**U17 (3.2km/100m):** 1 L Hargreaves-Madhas (Wharf) 12:06; 2 W Thompson (Wharf) 12:38; 3 S Thom (K&C) 13:00

**U17 women:** 1 E Jones (Wharf) 13:57; 2 E Findlay (Bing) 14:13; 3 S Rigby (Sett) 18:20

**U15 (1.6km/50m):** 1 A Thompson (Wharf) 5:46; 2 S Smith (Wharf) 6:09; 3 T Middleton (Horw) 6:11

**U13:** 1 W Hall (Calder V) 6:20; 2 J Duffy (Calder V) 6:44; 3 D Ruckley (K&C) 6:48

**U15 girls:** 1 A Jones (Wharf) 7:09; 2 E Whitaker (Harr, U13) 6:57; 3 A Whitaker (Harr) 7:01

**U13:** 2 S Smith (Helm H) 7:30; 3 E Malcolm (Helm H) 7:32

##### PENTLAND SKYLINE, Hillend,

##### Edinburgh

**Overall (16M/6200ft):** 1 A Chepelin (Edin U) 2:28:12; 2 A Anthony (Ochil, M40) 2:37:01; 3 D Flanagan (C'thy, M40) 2:39:06; 4 A Masson (Edin U) 2:40:24; 5 S Whittle (C'thy, M50) 2:41:37; 6 I Manson (Metro) 2:41:43

**M60:** R Pugh (Kil'k) 3:28:12

**Women:** 1 C Morgan (C'thy, W40) 2:59:13; 2 S Robertson (Shett, W40) 3:02:57; 3 Z Harding (Edin U) 3:03:56; 4 H Anderson (Fife) 3:17:30

**W50:** V Oldham (Cosmic) 3:23:58

##### MENDIP MUDDLE, Blagdon

**Overall (12.4M/1400ft):** 1 S Leaney (N Som) 83:26; 2 H Kingston (Bris U&R) 84:57; 3 C Green (Wells C) 85:48; 4 L HGanson (N'sea) 85:55; 5 T Dobra (Bris) 88:29; 6 A Thompson (Helm H) 89:12

**M40:** P Thorne (N Dev RR) 92:07. **M50:** J Bamber (GW/R) 92:54. **M60:** J Mallone (N'sea) 1:42:48. **M70:** G Newton (Tadw) 1:55:07

**Women:** 1 R Davies (Birm RC) 1:42:20; 2 M Thorneleo (W40) 1:43:05; 3 R Hurford (Clap C) 1:43:54; 4 E Johnstone 1:45:29

**W50:** T Robson (W'bury) 1:56:38. **W60:** A Raffle 2:32:24

#### OCTOBER 7

##### LANGDALE HORSESHOE, Great

##### Langdale

**Overall (14M/4000ft):** 1 C Bell (Kesw) 2:13:14; 2 M Mikkelsen-Barron (B'dale F) 2:17:25; 3 J Jardine (Helm H) 2:18:29; 4 R Simpson (Shett) 2:20:22; 5 S Watson (Wharf) 2:20:30; 6 T Cowin (Helm H, M40) 2:20:39

**M50:** I Holmes (Bing) 2:20:49. **M60:** L Warburton (Bow) 2:48:01.

**Women:** 1 K Roberts (Amble) 2:44:09; 2 N Spinks (Dark Pk, W50) 3:05:50; 3 S McCormack (Amble) 3:06:45; 4 Z Procter (Penn, W40) 3:06:55

**W60:** L Malarky (Kesw) 3:49:19

#### OCTOBER 1

##### SANDSTONE FELL TRAIL RACES,

##### Duckington

**Overall (27.5km/655m):** 1 M Wainwright (Hels) 1:59:29; 2 L Eccles



The start of the Withins Skyline with women's winner Emma Clayton (light blue vest) prominent

DAVE WOODHEAD

(Penny L) 2:00:14; 3 T Booth (W Ches) 2:12:40; 4 S Ellis (Ches TC, M50) 2:14:14; 5 D Betteley (S Ches, M40) 2:14:14

**M60:** A French (Wrex) 3:00:09

**Women:** 1 H Maccormick (Penny L, W35) 2:21:03; 2 A Halsall (Hels, W45) 2:32:37; 3 L Turner (Penny L, W35) 2:33:33

**W55:** J Grandfield (Whitw W) 2:50:36

**Overall (17km/288m):** 1 C Connor (Tatten) 77:17; 2 A Gifford (M40) 79:27; 3 R Olliver (M40) 80:27; 4 P Shannon (Tatten, M50) 83:58

**M60:** A Garnett (Spec) 89:46

**Women (all W35):** 1 A Cole (Elles P) 90:17; 2 J Irvin 94:31; 3 K McKee 95:07

**W45:** V Ormsby (Ches TC) 98:24. **W55:** C Roach (Hels) 1:42:29. **W65:** T Samuels (Ches TC) 1:44:26

### MULTI-TERRAIN

#### OCTOBER 8

##### ABERYSTWYTH TWIN PEAKS 7,

##### Aberystwyth

**Overall:** 1 K Caulkett (Sarn H) 47:10; 2 G Davies (Aberys) 48:45; 3 B Pinter (Aberys, M40) 48:56; 4 S Lewis (Lon Hth, M35) 50:02; 5 A Poole 50:58

**Women:** 1 D Jolly (Sarn H) 56:54; 2 L Guillaume (Aberys, W35) 61:41; 3 T Leighton (Aberys) 62:13

**W35:** 2 A Starr (Caer) 63:17

##### CHICHESTER HALF-MARATHON,

##### Chichester

**Overall:** 1 J Baker (Chich, M40) 72:46; 2 W Boutwood (Chich) 76:57; 3 O Murphy 81:08; 4 M Jolly 81:20; 5 J Ellis (Chich) 82:12

**M45:** 1 T Johnson (Bexley) 93:37. **M50:** 1 S Hawkswell 94:29. **M60:** 1 B Pentland (Ports J) 1:42:05

**Women:** 1 A Guihen (B&H) 91:08; 2 F Cripps 91:46; 3 P Brook 95:29

**W40:** 1 K Mack (Tone Z) 96:38. **W50:** 1 T Lake 1:45:16; 2 K Nelson (Chich) 1:46:04. **W60:** 1 J Lennon (Steyn) 1:55:13

**Overall (10M):** 1 M Stevens 62:46; 2 H Roper (Emsworth Joggers) 64:22; 3 S Francis (Unatt, W40) 73:41; 4 I Prince (Unatt, M40) 77:35; 5 A Moore (Chich, M40) 79:59

**Women:** 1 Francis 73:41; 2 C Mccullough 82:59; 3 E Wickens (Chich, W40) 87:37

##### GOLD HILL 10km, Shaftesbury,

##### Dorset

**Overall:** 1 C McMillan (Weston) 36:45;

2 B Underwood (Poole, M40) 37:19; 3 S Edwards (Lytch) 38:06

**Women:** 1 J Hanna (Poole, W35) 41:13; 2 M Langer (Poole R, W35) 45:37; 3 J Clarkson (W35) 45:46

##### GRANTCHESTER CHARITY 10km

**Overall:** 1 M Horrocks 37:45; 2 L Abbas (M40) 38:24; 3 M Lehman 38:48

**Women:** 1 R Fallow (W35) 39:59; 2 Z Gotto (Saffron, W40) 49:39; 3 L Goodwin 46:31

##### HERTS 10km, Harpenden

**Overall:** 1 W Wraath (Camb'y) 33:43; 2 R Lightowler (U20) 34:48; 3 G Slavov (M40) 34:56

**U20:** 2 N Chronicle (R&N) 35:32

**Women:** 1 C Jacobs-Conradie 38:52; 2 T Snow (Clap) 40:46; 3 L Hicks (Harp) 42:21

##### ACTIVE NORTHUMBERLAND

##### KIELDER MARATHON,

##### Kielder

RUSSELL MADDAMS won in 2:46:18 from Simon Newton (2:46:55) and Alex Daniels (2:52:43).

Lorna MacDonald was the women's winner in 3:15:20 from Lindsay Dixon (3:25:58) and Debbie Crozier (3:29:26).

World and Olympic marathoner Alyson Dixon won the women's half-marathon in 84:38 from Vikki Thompson (90:23) and Catherine Young (92:45). Men's winner was Benedict Moore in 80:29 from John Cook (83:11) and Chris Snowball (83:59).

**Overall:** 1 R Maddams (Kesw, M40) 2:46:18; 2 S Newton (Pol) 2:46:55; 3 A Daniels (Pol, M40) 2:52:43; 4 M Oldham (Pol, M40) 2:55:05; 5 S Cairns (Pol, M40) 2:56:03

**M40:** 5 I Twaddle 2:58:12; 6 P

Stainthorpe 2:59:02; 7 M Littlewood (Elv) 2:59:41. **M50:** 1 S Morrison 3:22:25.

**M60:** 1 R Nicholson (Ayc) 3:57:54. **M70:** 1 J Fenwick (B&B) 4:23:06

**Women:** 1 L Macdonald (Morp) 3:15:20; 2 L Dixon (Pol, W40) 3:25:58; 3 D Crozier (Unatt, W50) 3:29:26

**W50:** 2 M Janssen (Read RR) 3:47:55

**Overall:** 1 B Moore (Gosf) 80:29; 2 J Cook (Sun S) 83:11; 3 C Snowball (Ashington Hirst) 83:59; 4 C Camps 84:15; 5 A Dixon (Sun S, W) 84:38

**M40:** 1 M Wigmore 86:36; 2 T Holland (N Yks M) 86:46. **M50:** 1 S Hirst 90:13. **M60:** 1 M Eldson 94:57

**Women:** 1 Dixon 84:38; 2 V Thompson (Haldon) 90:23; 3 C Young (Clare) 92:45

**W40:** 1 F Belgian 94:03. **W50:** 1 S Wynn 1:52:10. **W60:** 1 L Valentine (Sun S) 1:47:17

##### MARSHFIELD MUDLARK 11km,

##### Marshfield

**Overall:** 1 E Knudsen (Avon VR) 42:43; 2 M Battenby (B&W) 44:01; 3 G Dunstone (Bath, M45) 46:20; 4 T Bower (Bath, U20) 46:46; 5 H Bampton (Woot B) 47:00

**M60:** 1 D Vaudin (Bath) 52:24. **M65:** 1 I Thompson (Devizes) 74:02. **M70:** 1 R Pearce (Pews) 68:42. **M80:** 1 A Hickson (THH) 1:58:02

**Women:** 1 E Walton (Nott U CC) 54:22; 2 M Maxwell (Chipp, W40) 56:21; 3 N Burke (Devizes) 57:00

**W35:** 1 D Jones (Chipp) 61:11. **W40:** 2 J Maddocks (Chipp) 61:23. **W50:** 1 S Mylchreest (Chipp) 63:43. **W55:** 1 A Graham (Corsh) 62:02. **W60:** 1 M Thompson (Devizes) 71:09

##### PHOENIX IT'S A NUMBERS GAME

##### MARATHON (DAY 2), Walton-on-Thames

**Overall:** 1 S Pickering 2:59:59; 2 D Wilcock 3:26:35; 3 T Dionisia 3:33:23; 4 M Beauchamp 3:35:29; 5 J Muller 3:46:50

**M60:** 1 T Byrne (Littled) 3:51:33

Russell Maddams: out on his own at Kielder



KIELDER MARATHON





The leaders set off at the Active Northumberland Kielder Marathon

**Women:** 1 J Lavis (Burg HR, W50) 4:32:43; 2 T Rufus 5:06:09; 3 L Large 5:18:43

**PORTSMOUTH RNLI 10km, Hampshire**  
**Overall:** 1 O Teenan (Zoom Trn) 34:52; 2 A Leigh 34:59; 3 J Carter (Bath U) 36:00  
**Women:** 1 E Monteil (Ports, W40) 38:53; 2 L Carveth (RAF) 44:57; 3 L Bartlett (Fare, W40) 45:06

**R.A.R.E. 10km, Didcot, Oxfordshire**  
**Overall:** 1 T Walsh (W Horse) 35:51; 2 E Valechna (NED) 37:19; 3 C Norris (W Horse) 37:25  
**Women:** 1 R Fisher 43:25; 2 F Brain (U20) 46:03; 3 L Hogger (W40) 47:44

**RIDGEWAY 15km, Tring Hertfordshire**  
**Overall:** 1 S Buckle (St Alb) 55:34; 2 T Grimes (E Lon) 56:05; 3 T Harris 56:18  
**M40:** N Chisholm (THH) 57:35  
**Women:** 1 C Hallissey (Dac) 64:40; 2 J Humphries (Alton, W45) 67:01; 3 W



Claire Hallissey: on her way to a Ridgeway win

Walsh (St Alb, W45) 69:46  
**W45:** 2 R Badham (W4H) 70:13; 3 C Pusey (Burn J) 70:55. **W55:** K Loach (Chilt) 73:15

**ROYAL PARKS FOUNDATION HALF-MARATHON, London**  
**Overall:** 1 J Hoad 68:51; 2 D Kiralyfi 71:37; 3 A Fraquelli 71:45; 4 A Finch 73:49; 5 J Gerschefski 74:29  
**M45:** F Rosselli 77:58  
**Women:** 1 S Davis 77:25; 2 J Chamberlain 83:04; 3 R Burrows 83:45; 4 A Emerson (W40) 83:55; 5 L Kroon 84:56; 6 R Thomas 85:29; 7 H Reynolds 85:49; 8 B Hazell (W40) 85:51  
**W40:** 3 N Page-Broughton 87:26; 4 C Pullam 87:58; 5 E Curtis 88:09; 6 E Lincoln-Antoniou 88:45. **W55:** 1 J Rowden 1:43:35; 2 N Hopkinson 1:43:57; 3 E O'Connor 1:44:14; 4 C Heckler 1:44:59

**SECOND SUNDAY 5, Wimbledon Common, Surrey**  
**Overall:** 1 T Greenwood (THH) 29:47; 2 B Murray (Oxf U, W0) 31:48; 3 H Waring (Milo) 32:21  
**Women:** 1 Murray 31:48; 2 A Webster-Riddell (Fulham, W50) 35:28; 3 C Waring (Milo) 36:30  
**W60:** A Garnier (THH) 37:36

**TWO RIVERS RUN 8, Presteigne**  
**Overall:** 1 M Thomas (Croft A, M40) 61:20; 2 J Sims 64:55; 3 N Powell (Croft A, M40) 65:09; 4 G Williams (Croft A, M40) 65:19; 5 M Davies 66:31  
**M50:** 1 A Kirby (R4W) 68:33  
**Women:** 1 J Rees (Rhay, W40) 73:51; 2 K Bowen (Croft A) 74:12; 3 L Reynolds (P'teigne, W45) 80:11  
**W45:** 2 J Marriot (Croft A) 80:15. **W55:** 1 R Tomkins (P'teigne) 83:03

**WESTBURY LIONS 10km, Wiltshire**  
**Overall:** 1 N Rose (Caine) 35:25; 2 D Beddis (Avon VR) 35:28; 3 N Thorne (Avon VR) 38:29  
**Women:** 1 C Trippick (Somer) 45:45; 2 S May 45:59; 3 A Girtun-Rea 48:49

**WINDSOR RIVER TRAIL MARATHON, Berkshire**  
**Overall (26.2M):** 1 J Parsons 2:47:46; 2 D Bishop (M40) 2:57:21; 3 M Ayre (M40) 3:03:22  
**Women:** 1 H Hirst 3:33:37; 2 K Zajakova 3:42:28; 3 E Kobayashi (W40) 3:52:28

**OCTOBER 7 ACTIVE NORTHUMBERLAND KIELDER 10km, Kielder**  
**Overall:** 1 M Fenwick (Tyne Br) 33:56; 2 J Butters (Morp, M40) 34:30; 3 J Masterman 35:05; 4 E Hetherington (Blyth) 36:13; 5 L Marsh (Morp) 37:26  
**M40:** 2 S Gardner (Dur) 39:55  
**Women:** 1 G Floyd (Morp) 39:47; 2 N Woodward (Sun) 43:41; 3 R Breheny (SSH) 43:53  
**W40:** 1 L Turner 47:41. **W50:** 1 L Culkin 47:40; 2 D Weightman (Aln) 50:03

**DUNOON ULTRA TRAIL MARATHON, Dunoon**  
**Overall (50km):** 1 D McPartlin (Gars) 3:54:56; 2 M Tweedley (Dunoon HR, M40) 4:12:17; 3 G Mackellar (Dunoon HR) 4:24:23; 4 R Cooper (M40) 4:27:14; 5 A White (G'nock, M40) 4:34:29  
**M50:** P Humphries (Edin Rn) 5:09:44  
**Women:** 1 F Ramsay (Can) 4:36:22; 2 K Ullrich 5:26:53; 3 S Young (Loth, W50) 5:36:15

**EDF ENERGY DOON HILL 10, Dunbar**  
**Overall:** 1 E Lennon (C'thy) 55:52; 2 M Strain (HBT) 59:11; 3 D Wright (HBT, M40) 59:24  
**Women:** 1 M Wright (HBT, M40) 68:00; 2 H Bonsor (C'thy) 71:02; 3 R Dearie 74:37

**PHOENIX IT'S A NUMBERS GAME MARATHON (DAY 1), Walton-on-Thames**  
**Overall:** 1 P Allen 3:16:49; 2 T Dionisio 3:28:23; 3 K Luxon (Ben, M50) 3:41:35; 4 M Johnston 3:43:09; 5 P Rand (100MC, M45) 3:49:29  
**Women:** 1 M Kucharska (ESM, W50) 3:54:23; 2 G Townsend 4:19:07; 3 J Lavis 4:19:30

**RUN RICHMOND PARK 10km, Surrey**  
**Overall:** 1 S Dykes 35:05; 2 S Mekjan 38:01; 3 F Acero 38:39  
**Women:** 1 M Roberts 40:32; 2 P Tusinska 46:44; 3 L Goodson 49:45

**MARATHON DE BEN NEVIS, Fort William**  
**Overall (64km):** 1 A Ross (L'ber, M40) 5:44:15; 2 M Gordon (I'ness, M40) 6:31:58; 3 D Lloyd 7:06:40; 4 R Dunley (Lon RC) 7:08:15; 5 A Cawthorne (Lon RC) 7:08:16  
**M50:** J Meehan 7:44:00  
**Women:** 1 A Whittaker 7:50:55; 2 H Leggett (L'ber, W50) 8:28:39; 3 T Jennett (TJP) 9:15:15

**TWEED VALLEY TUNNEL TRAIL RUNS, Peebles**  
**Overall (20km):** 1 A Brockie 84:27; 2 T Prew 91:19; 3 P Utz 95:12; 4 O Williams 95:39; 5 G Wilkinson 96:40  
**M40:** S Best 97:14. **M60:** D Nightingale 1:48:37  
**Women:** 1 S MacLulich (W40) 1:47:11; 2 M Conchar (W40) 1:49:01; 3 E Kerr 1:51:28  
**W50:** K McGreevy 2:03:51. **W60:** A Dodds 2:33:39  
**Overall (10km):** A Wardman 42:27; 2 A Steel 44:17; 3 R McKean (W40) 44:55; 4 R Crippin (M40) 45:55  
**M50:** E Dickson 50:53. **M70:** T Bryant 68:50  
**Women:** 1 McKean 44:55; 2 M Ayling 52:33; 3 S Norman 54:24  
**W60:** I Burnett 59:56

**OCTOBER 1 020 10km, Reading, Berkshire**  
**Overall:** 1 R Corney (Read RR) 34:04; 2 P Makias (M40) 34:41; 3 R Faulkner 36:14  
**Women:** 1 A Gascoyne (W35) 39:11; 2 H Prowse (W50) 42:15; 3 H Preedy 43:08  
**W55:** L Whiley (Read RR) 46:04

**TEMPO 10km, Eastbourne**  
**Overall:** 1 C Dodd (E'brne) 35:54; 2 R Jones (E'brne) 37:15; 3 M Dowle (B'wks, M40) 38:25

**Women:** 1 S Fry (Hails, W45) 40:12; 2 J Curran (Hails, W40) 42:26; 3 P Mercer (Hails, U20) 44:14  
**TITSEY TRAIL 10km, Oxted, Surrey**  
**Overall:** 1 R Phillips (Serp, M40) 36:22; 2 B Laird (Moray) 38:03; 3 N Danby (M50) 38:05  
**Women:** 1 B Chopman (S Lon, W35) 44:15; 2 S McDonald (S Lon, W45) 45:53; 3 K Willis (S Lon) 46:21

**SEPTEMBER 30 CLARENDON MARATHON, Winchester, Hampshire**  
**Overall (26.2M):** 1 R Johnstone 2:54:12; 2 M King 3:00:35; 3 M Hammarton (Roms) 3:02:45  
**M50:** M Stilerman 3:15:03  
**Women:** 1 S Sleath (Roms, W50) 3:45:11; 2 V Shaw 3:54:28; 3 L Goldsack (Purb, W50) 3:56:15  
**Overall (13.1M):** M Richards 80:06  
**Women:** C Ralph 1:43:45

**LONG COASTAL RELAYS, Kincardine to Newburgh, Fife**  
**Overall (116.5M, age, gender not declared):** 1 S'haven 14:45:06 (S Sell 2:03:15, R Gordon 2:45:16, J Kelly 2:25:10, C Cowley 3:07:43, M Barker 2:19:26, S Tervey 2:04:16); 2 HBT 15:13:59; 3 Leven LV 15:41:34; 4 C'thy 17:37:59; 5 Cors 17:40:39  
**Fastest - Leg 1 (16.8M):** C Russell (Leven LV) 1:50:34  
**Leg 2 (20.8M):** M Bareford (HBT) 2:44:25  
**Leg 3 (20.8M):** Kelly 2:25:10  
**Leg 4 (21.8M):** I Wallace (Leven LV) 3:04:19  
**Leg 5 (20.9M):** Barker 2:19:26  
**Leg 6 (15.6M):** Tervey 2:04:16

**SEPTEMBER 24 HITCHIN 5km, Hertfordshire**  
**Overall:** 1 A Patterson (FVS) 16:38; 2 S Hansell (Hitch) 17:37; 3 P Guy (Gard CR, M40) 17:42  
**Women:** 1 R Kieran (Herne H) 17:43; 2 K Harbon (NHRH) 18:16; 3 C Lathwell (Stops, W40) 20:06



GREAT BIRMINGHAM RUN & MARATHON, OCTOBER 15

# BIRMINGHAM RUN FESTIVAL

POPULAR HALF-MARATHON AND NEW MARATHON HIT WEST MIDLANDS CITY

**T**HE SECOND-biggest half-marathon in the country takes place on Sunday in

Birmingham alongside an exciting new marathon in the same West Midlands city.

The Simplyhealth Great Birmingham Run is second only to the Great North Run in size and stature when it comes to 13.1-mile races.

On the same day, the new Birmingham International Marathon gives runners an opportunity to tackle 26.2 miles on home soil in what will hopefully be marathon-friendly autumn weather.

The 26.2-mile event is the inaugural run in the new Great Run British Marathon Series and will start at Alexander Stadium, the home of British Athletics and Birchfield Harriers.

From Alexander Stadium, participants will pass Villa Park, home to Aston Villa FC since 1897. Just past Villa Park is the Grade I listed Aston Hall and as runners leave Aston and continue to the city centre, the



Andy Vernon gets last year's race under way

DAVID TYRELL

home of famous gunsmiths Westley Richards is the next famous landmark to look out for at the heart of Birmingham's Gun Quarter.

Marathon runners will then pass the start-line for the Great Birmingham Run half-marathon and the iconic Selfridges building before heading out towards the Irish Quarter of Digbeth and Peaky Blinders territory and Cannon Hill Park. World-famous Bournville is next, before participants begin the journey back to the city centre, passing Edgbaston cricket ground. Then it's on to the city's 'Golden Mile' of Broad Street and out again for one more lap to complete the 26.2 miles.

The Simplyhealth Great Birmingham Run, meanwhile, is a well-established event which in the past has staged the IAAF World Half-marathon Championships.

The marathon runners get going in various waves from 8:30am onwards on Sunday

with the half-marathoners starting from 1.30pm in waves.

In addition to this, the Simplyhealth Junior and Mini Great Birmingham Runs take place at Alexander Stadium on Saturday October 14 with the Mini Run open to children of all abilities aged 3-8 and the Junior Run for 9 to 15-year-olds.

Organisers hope that the new marathon will help to raise the standard of marathon running in the UK. Britain was the dominant force in marathon running in the 1960s but standards have been largely in decline. From 229 sub-2:25 performers in 1983 to 11 in 2007, there has been a small revival in recent years which shows that the time is right for a big addition to the calendar to further boost it.

Aside from the over-subscribed London Marathon, there are a lack of world-class marathon events in the UK and organisers have an aim of making the Birmingham

International Marathon the country's leading autumn event.

Both half and full marathon events this weekend have a number of aspiring club-standard runners. They include Laura Kyte of Bromsgrove & Redditch, who will be aiming to break 80 minutes for the first time, plus Michael Kallenberg of Cardiff – a 66:48 man.

Tsegegab Woldemichael of Shettleston also runs – he has a 63:00 PB but from 2009.

In the marathon, entries include 2:25 man Andrew Savery of Leamington, 2:29 runner Tony Banks of Jersey and Martin Williams of Tipton Harriers, who has a 2:17:36 PB but is now an M40.

Prize money is generous too with the overall individual men's and women's winner receiving £2000, with £1000 for second place and £750 for third, with awards stretching down to £50 for 10th, plus cash prizes for leading masters and prizes for the clubs as well.



Michael Kallenberg is a half-marathon contender

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## CROSS-COUNTRY

### Saturday October 14

#### ALTON SPORTS HAMPSHIRE LEAGUE

King's Park, Bournemouth. Noon.  
[hampshireathletics.org.uk/events/hxcl.html](http://hampshireathletics.org.uk/events/hxcl.html)

#### BRITISH ATHLETICS CROSS CHALLENGE

Blackweir Fields, Cardiff.  
[britishathletics.org.uk](http://britishathletics.org.uk)

#### CHILTERN LEAGUE

Oxford.  
[chilterncccl.co.uk](http://chilterncccl.co.uk)

#### COMBER CUP OPEN

Billy Neill Playing Pitches, Dundonald. Noon.

#### BALLYDRIN HARRIERS

[ballydrinharriers.co.uk](http://ballydrinharriers.co.uk)

#### FNB GUERNSEY LEAGUE

Delancey (Short Course). 2pm.  
[guernseyathletics.org/gg](http://guernseyathletics.org/gg)

#### GLOUCESTERSHIRE LEAGUE

Blackbridge, Gloucester. 11.45am.  
[athletics4u.co.uk/cross-country](http://athletics4u.co.uk/cross-country)

#### KENT LEAGUE

Stanhill Farm, Wilmington. Noon.  
[kcaa.org.uk](http://kcaa.org.uk)

#### MANCHESTER AREA LEAGUE

Heaton Park, Manchester. Noon.  
[maccl.co.uk](http://maccl.co.uk)

#### MID LANCs LEAGUE

Cuerden Valley Park, Preston. 12.30pm.  
[midlancs.org.uk](http://midlancs.org.uk)

#### NORTH MIDLANDS LEAGUE

Markeaton Park, Derby. 1pm.  
[northmidscxclague.co.uk](http://northmidscxclague.co.uk)

#### RED ROSE LEAGUE

Leigh Sports Village, Leigh. 12.15pm.  
[redrosecrosscountry.co.uk](http://redrosecrosscountry.co.uk)

#### RUNNERS RETREAT CHILTERN LEAGUE

Oxford.  
[chilterncccl.co.uk](http://chilterncccl.co.uk)

#### SCOTTISH EAST DISTRICT RELAY CHAMPIONSHIPS

Glamis Castle, Glamis.  
[scottishathletics.org.uk](http://scottishathletics.org.uk)

#### SCOTTISH NORTH DISTRICT RELAY CHAMPIONSHIPS

Village Hall, Edderton.  
[scottishathletics.org.uk](http://scottishathletics.org.uk)

#### START FITNESS GWENT LEAGUE

Llandaff Fields, Cardiff.  
[gwent-league.org.uk](http://gwent-league.org.uk)

#### START FITNESS METROPOLITAN LEAGUE

Claybury Park, Woodford.  
[metleague.co.uk](http://metleague.co.uk)

#### START FITNESS SURREY LADIES' LEAGUE DIVISION 1/2

Priority Park, Reigate. Noon.  
[surreyleague.org](http://surreyleague.org)

#### START FITNESS SURREY MEN'S LEAGUE

D1: Reigate. D2-4: Wimbledon Common.  
[surreyleague.org](http://surreyleague.org)

#### STOCKPORT HARRIERS SCHOOLS' LEAGUE

Stockport. 10.30am.  
[stockportharriers.co.uk/club-events](http://stockportharriers.co.uk/club-events)

#### SUSSEX LEAGUE

Goodwood Country Park, Chichester.  
[sussexathletics.net](http://sussexathletics.net)

#### WEST YORKSHIRE LEAGUE

Thomes Park, Wakefield. 11.45am.  
[westyorkshireathletics.org.uk](http://westyorkshireathletics.org.uk)

### Sunday October 15

#### AMPHILL TROPHY OPEN

Amphill Park, Ampthill. 11am.  
[amphilltrophy.org.uk](http://amphilltrophy.org.uk)

#### EAST SUSSEX LEAGUE

Snappe Wood, Wadhurst. 10.30am.  
[eastsussexcrosscountry.co.uk](http://eastsussexcrosscountry.co.uk)

#### GLIDDON & SQUIRE NORTH DEVON LEAGUE

Shebbear College, Shebbear. 10am.  
[northdevonxcclague.weebly.com](http://northdevonxcclague.weebly.com)

#### HEREFORDSHIRE LEAGUE

Fforest Fields. 11am.

#### NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Acklam Grange School, Middlesbrough. 1pm.  
[new-marske-harriers.co.uk](http://new-marske-harriers.co.uk)

#### NOTTS MINI LEAGUE

Grove Sports Centre, Newark. 11am.  
[notts-minileague.co.uk](http://notts-minileague.co.uk)

#### RYSTON RUNNERS OPEN LEAGUE

Shouldham Warren. 11am.  
[rystonrunners.org.uk](http://rystonrunners.org.uk)

#### SCOTTISH WEST DISTRICT RELAY CHAMPIONSHIPS

Hamilton Park Racecourse, Hamilton.  
[scottishathletics.org.uk](http://scottishathletics.org.uk)

#### UP & RUNNING SOUTH YORKSHIRE LEAGUE

Longley Park, Sheffield. 11am.  
[sycaa.co.uk](http://sycaa.co.uk)

#### WEST MIDLAND YOUNG ATHLETES' LEAGUE

Hatton Country World, Warwick. 11am.  
[wmyaccl.com](http://wmyaccl.com)

### Wednesday October 18

#### EAST ANGLIAN LEAGUE

West Runton Beach, West Runton.  
[eacl.webs.com](http://eacl.webs.com)

#### LONDON UNIVERSITIES & COLLEGES LEAGUE

Parliament Hill Fields. 3pm.  
[london-athletics.com/lcl](http://london-athletics.com/lcl)

#### NORTHERN POLICE LEAGUE

Wilmslow. 2pm.  
[slateman.co.uk/npccl](http://slateman.co.uk/npccl)

### Saturday October 21

#### CHINGFORD LEAGUE

Hackney Marshes. 1pm.  
[facebook.com/groups/913546882044405](http://facebook.com/groups/913546882044405)

#### MIDLAND COUNTIES RELAY CHAMPIONSHIPS

Aldersley Stadium, Wolverhampton. 11.30am.  
[midlandathletics.org.uk](http://midlandathletics.org.uk)

#### NORTHERN COUNTIES RELAY CHAMPIONSHIPS

Graves Park, Sheffield. 10.30am.  
[northernathletics.org.uk](http://northernathletics.org.uk)

#### NORTH WALES JUNIOR LEAGUE

St David's College, Llandudno. 10.30am.  
[northwalesxc.com](http://northwalesxc.com)

#### NORTH WALES SENIOR LEAGUE

St David's College, Llandudno. 2pm.  
[northwalesxc.com](http://northwalesxc.com)

#### RAF v EASTERN COUNTIES v CAMBRIDGE UNIVERSITY MATCH

TBC.  
[easternaa.co.uk](http://easternaa.co.uk)

#### SCOTTISH EAST DISTRICT LEAGUE

Stirling University, Stirling. Noon.  
[salroadrunningandcrosscountrymedalists.co.uk/](http://salroadrunningandcrosscountrymedalists.co.uk/)

#### SOUTH OF ENGLAND AA RELAY CHAMPIONSHIPS

Wormwood Scrubs.  
[seaa.org.uk](http://seaa.org.uk)

#### SURREY MASTERS' CHAMPIONSHIPS

Richmond Park, Richmond.  
[surreyathletics.org.uk](http://surreyathletics.org.uk)

### Sunday October 22

#### AYRSHIRE AAA RELAY CHAMPIONSHIPS

Beach park, Irvine. Noon.

#### CUMBRIA LEAGUE

Rickerby Great Park, Carlisle. Noon.  
[facebook.com/groups/114674541912211](http://facebook.com/groups/114674541912211)

#### DERBY RUNNER LEAGUE

Bagworth Heath, Bagworth Heath.  
[derbyrunnerleague.com](http://derbyrunnerleague.com)

#### KENT FITNESS LEAGUE

Knole Park, Sevenoaks.  
[kfl.canterburyharriers.org](http://kfl.canterburyharriers.org)

#### RENFREWSHIRE AAA RELAY CHAMPIONSHIPS

Poilok Park, Netherpollok.  
[bellahoustonroadrunners.co.uk/events](http://bellahoustonroadrunners.co.uk/events)

#### THREE COUNTIES LEAGUE

Croyland Park, Wellingborough. 10.30am.  
[threecountiesxc.co.uk](http://threecountiesxc.co.uk)

#### WESSEX LEAGUE

Bryanston School, Bryanston.  
[teamdorsetathletics.btck.co.uk](http://teamdorsetathletics.btck.co.uk)

#### WEST GLAMORGAN LEAGUE

Gnoll Estate, Neath. 11am.  
[westglamleague.co.uk](http://westglamleague.co.uk)

### Wednesday October 25

#### MIDLANDS POLICE & SERVICES LEAGUE

Bradgate Park. 2pm.  
[csaa.org.uk](http://csaa.org.uk)

#### SOUTH WEST UNITED SERVICES LEAGUE

Newnham Park, Plympton. 2.30pm.  
[dsfrs-running-club.org.uk/events/4543111790](http://dsfrs-running-club.org.uk/events/4543111790)

### Saturday October 28

#### BRITISH MASTERS RELAY CHAMPIONSHIPS

West Park, Long Eaton.  
[bmaf.info](http://bmaf.info)

#### BRUCE JUDD YOUNG ATHLETES' RELAYS (Inc SURREY COUNTY CHAMPIONSHIPS)

Stoke Park, Guildford.  
[surreyathletics.org.uk](http://surreyathletics.org.uk)

#### CUMBRIA LEAGUE

Hunter Hall School, Penrith. Noon.  
[facebook.com/groups/114674541912211](http://facebook.com/groups/114674541912211)

#### ESSEX LEAGUE

Horseheath. 10am.

#### COLCHESTER HARRIERS CO.UK/WINTERFIXTURES17

#### KENT LEAGUE

Somerhill School, Tonbridge. Noon.  
[kcaa.org.uk](http://kcaa.org.uk)

#### LEICESTERSHIRE AND RUTLAND SCHOOLS' LEAGUE

Long Field Academy, Melton Mowbray. 10.30am.  
[funtorun.co.uk/running-leagues/lscx](http://funtorun.co.uk/running-leagues/lscx)

#### LIDDIARD TROPHY (Inc NORTH OF THAMES CHAMPIONSHIPS)

Kingsbury.

#### LIVERPOOL & DISTRICT LEAGUE

Arrowe Park. 2pm.  
[lps-athletics.co.uk/lc-cross-country](http://lps-athletics.co.uk/lc-cross-country)

#### NORTHERN IRELAND & ULSTER EVEN AGE GROUP CHAMPIONSHIPS (Inc BOBBY REA OPEN)

Kilbroney Park, Newry. 10am.  
[athleticsni.org](http://athleticsni.org)

#### NORTH STAFFORDSHIRE LEAGUE

Park Hall Country Park, Weston Coyney. Noon.  
[nsccl.org.uk](http://nsccl.org.uk)

#### NORTH WEST LONDON YOUNG ATHLETES' LEAGUE

Kingsbury. 1pm.  
[british-athletics.co.uk/nwll](http://british-athletics.co.uk/nwll)

#### SCOTTISH NATIONAL RELAY CHAMPIONSHIPS

Cumbernauld Park, Cumbernauld.  
[scottishathletics.org.uk](http://scottishathletics.org.uk)

#### START FITNESS NORTH EASTERN HARRIER LEAGUE

Temple Park, South Shields. 12.15pm.  
[harrierleague.com](http://harrierleague.com)

#### UNIVERSITY OF MANCHESTER RELAYS

Wythenshawe, Manchester. 1pm.  
[umacc.com/manchester-relays](http://umacc.com/manchester-relays)



5km and 2km events. For more info, see [greatrunlocal.org](http://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

#### Southold

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 Hilsea 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

### Sunday October 29

#### 53-12 LEAGUE

Writtle College, Writtle. 10am.

#### 53-12xc.com

#### DBJ LEAGUE

Down Grange, Basingstoke. 1.15pm.

#### bmhac.co.uk/dbj-xc-league

#### LINCOLNSHIRE RUNNER

#### LINCOLNSHIRE LEAGUE

West Common, Lincoln. 11am.  
[lincsathletics.com](http://lincsathletics.com)

#### SOUTH ESSEX LEAGUE

Thorndon Park. 10am.  
[facebook.com/SouthEssexCrossCountryLeague](http://facebook.com/SouthEssexCrossCountryLeague)

#### SUNDAY LEAGUE

Cheshunt Park, Cheshunt. 10.30am.  
[runherts.com](http://runherts.com)

#### UP & RUNNING SOUTH YORKSHIRE LEAGUE

Winter Hill, Kimberworth. 11am.  
[sycaa.co.uk](http://sycaa.co.uk)

#### WEST YORKSHIRE LEAGUE

Nunroyd Park, Leeds. 11.45am.  
[westyorkshireathletics.org.uk](http://westyorkshireathletics.org.uk)

SUBMIT YOUR FIXTURE ONLINE AT [athleticsweekly.com](http://athleticsweekly.com)

# NEXT ISSUE

AW IS OUT ON  
OCTOBER 19



MARK SHEARMAN

## ENGLAND AWARDS

WHO'LL BE INDUCTED INTO THE SPORT'S HALL OF FAME?

## GREAT RUN

COVERAGE FROM THE NEW BIRMINGHAM MARATHON

## TRAINING ADVICE

PLAN YOUR WINTER WORKLOAD



## INDOOR

### Sunday October 15

**SCOTTISH UNIVERSITY & COLLEGE ATHLETICS FRESHERS MEETING**  
Emirates Arena.  
[scottishstudentsport.com](http://scottishstudentsport.com)

### Saturday October 21

**LEE VALLEY MINITHON**  
Lee Valley, 12.45pm.  
[visitleevalley.org.uk/athletics](http://visitleevalley.org.uk/athletics)

### Saturday October 28

**SCOTTISH ATHLETICS INDOOR LEAGUE**  
Emirates Arena.  
[events.scottishathletics.org.uk](http://events.scottishathletics.org.uk)

## MULTI-TERRAIN

### Saturday October 14

**CARMICHAEL 5km/10km**  
Carmichael Estate, Carmichael, Lanarkshire.  
[kitst.co.uk](http://kitst.co.uk)

#### FERGAL'S 10

Davagh Forest, Cookstown. Noon.  
**GRUESOME TWOSOME 10km/HALF-MARATHON**  
Village Hall, Swallow, Lincolnshire. 10.30am.

#### GRUESOME TWOSOME 10km/HALF-MARATHON

[gruesome-twosome.co.uk](http://gruesome-twosome.co.uk)  
**IPSWICH BIG FUN RUN 5km**  
Christchurch Park, Ipswich. 11am.

#### LAKELAND FOUR PASSES

Village Hall, Rosthwaite, Cumbria. 8.30am.  
[sientries.co.uk/event.php?event\\_id=3404&event\\_id=3404](http://sientries.co.uk/event.php?event_id=3404&event_id=3404)

#### ROUND ROTHERHAM 50

Dearne Valley College Sports, Wath, South Yorkshire.  
[rotherhamharriers.org](http://rotherhamharriers.org)

#### RUN FOR OSTEOPOROSIS 5km/10km

Hyde Park, London. 9.30am.  
[pbraceevents.co.uk](http://pbraceevents.co.uk)

#### SHINE A LIGHT 5km

Hargate Hill Equestrian Centre, Glossop, Derbyshire. 6.30pm.  
[winniemabaso.org](http://winniemabaso.org)

#### SHOREDITCH PARK RELAY (4x2.5km)

Shoreditch Park, New North Road, London. 10am.  
[theraceorganiser.com](http://theraceorganiser.com)

#### WICKHAM SLEEPWALKER 5km

West Walk, Forest of Bere, Wickham, Hampshire. 8pm.  
[eventrac.co.uk](http://eventrac.co.uk)

#### WORCESTERSHIRE BEACON RACE 7

Rose Gardens, Malvern, Worcestershire. 3pm.  
[worcester-ac.co.uk](http://worcester-ac.co.uk)

### Sunday October 15

#### ALTCAR 10km

Hightown, Merseyside. 11am.

#### CAMBRIDGE CAMBOURNE 5km/10km

Cambourne Business Park, Cambourne, Cambridgeshire. 10am.  
[cambridgefestivalofrunning.com](http://cambridgefestivalofrunning.com)

#### CARY CANTER 10km

Maggs Lane, Ansford, Castle Cary, Somerset. 10am.  
[1610.org.uk](http://1610.org.uk)

#### CHILHAM CASTLE 10km/5km

Chilham, Canterbury, Kent. 8am.  
[trisprievent.com/events/chilham-castle-running](http://trisprievent.com/events/chilham-castle-running)

#### EDEN PROJECT HALF-MARATHON/MARATHON

Eden Project, Bodelva, Cornwall. 9.30am.  
[edenproject.com](http://edenproject.com)

#### EDF ENERGY POWER SURGE 10km

Retford, Nottinghamshire. 10am.  
[retfordac.co.uk](http://retfordac.co.uk)

#### EDMONTON RUN THE RIVER 10km

Edmonton, London. 7pm.  
[edmontonrc.co.uk](http://edmontonrc.co.uk)

#### FRIETH HILLY 5km/10km

Frieth CEC School, Frieth, Oxon. 10am.  
[friethhilly10k.co.uk](http://friethhilly10k.co.uk)

#### HEADWAY THAMES VALLEY 5km

Beale Pk, Pangbourne, Berks. 10.30am.  
[headwaythamesvalley.org.uk/category/news/events](http://headwaythamesvalley.org.uk/category/news/events)

#### HORTON WINTER BULL RUN 6

Village Hall, Horton, Bristol. 10.30am.  
[hortonbullrun.co.uk](http://hortonbullrun.co.uk)

#### KELLYS LOSELEY 5km/10km/HALF-MARATHON

Loseley House, Guildford, Surrey. 9am.  
[kellystore.org](http://kellystore.org)

#### MENDIP OUTDOOR PURSUITS 10km

Mendip Snowsport Centre, Churchill, North Somerset. 9.30am.  
[aspirerunningevents.co.uk/mendip2016.html](http://aspirerunningevents.co.uk/mendip2016.html)

#### MILTON KEYNES BIG FUN RUN 5km

Willen Lake, Milton Keynes. 11am.  
[bigfunrun.com/milton-keynes](http://bigfunrun.com/milton-keynes)

#### NEW FOREST STINGER 5/10

Ocknell Camp Site, Cadnam, Hampshire. 10am.  
[tottonrc.weebly.com](http://tottonrc.weebly.com)

#### NICE WORK BUSHY PARK 5km/10km SERIES

Bushy Park, Hampton, London. 10am.  
[nice-work.org.uk](http://nice-work.org.uk)

#### PETHERTON PLOD 5km

Bridgwater, Somerset. 10am.  
[uniquefitnessbridgwater.co.uk](http://uniquefitnessbridgwater.co.uk)

#### PONTY PLOD 11

Llandegfedd Reservoir, New Inn, Pontypool, Torfaen. 10am.  
[pontypoolrunners.co.uk](http://pontypoolrunners.co.uk)

#### POST HILL 5km CHALLENGE

Pudsey, West Yorkshire. 10.30am.  
[pudseypacers.com](http://pudseypacers.com)

#### SAXONS 5

Carlton Park Recreational Club, Saxmundham, Suffolk. 11am.  
[thesaxons.org.uk](http://thesaxons.org.uk)

#### SHAUN LEE JOHNSTONE MEMORIAL 10

Boroughbridge, North Yorkshire. 11am.  
[shaunleejohnstonefund.co.uk](http://shaunleejohnstonefund.co.uk)

#### THE FOREST 5km/10km

Moor Park School, Ludlow, Shropshire. 10am.  
[theforest10k.com](http://theforest10k.com)

#### THURLOW 5/10

Village Hall, Great Thurlow, Suffolk. 10am.  
[haverhillrunningclub.com](http://haverhillrunningclub.com)

#### WELCOMBE TREMBLER 5km/

WOBBLER 10km  
Stratford Leisure Centre, Stratford On Avon, Warwickshire. 11am.  
[stratfordac.co.uk](http://stratfordac.co.uk)

#### YORKSHIRE WILDLIFE PARK RUN FOR WILDLIFE 5km

Yorkshire Wildlife Park, Doncaster, South Yorkshire. 9am.  
[kylsathletes.co.uk](http://kylsathletes.co.uk)

### Saturday October 21

#### NINESPRINGS BY NIGHT 5km/10km

Yeovil Country Park, Yeovil, Somerset. 7pm.  
[flyingfoxrunning.co.uk](http://flyingfoxrunning.co.uk)

#### ORIGINAL OXFORDSHIRE MAVERICK 8km/145/21km

Stonor Park, Stonor, Henley on Thames, Oxfordshire. 10am.  
[maverick-race.com](http://maverick-race.com)

#### PHOENIX BTTF DAY RUN 6-HOUR

Xcel Leisure Centre, Walton-on-Thames, Surrey. 9.30am.  
[phoenixrunning.co.uk](http://phoenixrunning.co.uk)

#### RICHMOND AUTUMN RIVERSIDE 10km

RAA Ground,, Twickenham Road, Richmond. 9.30am.  
[thefixevents.com](http://thefixevents.com)

#### STANDISH HALL AUTUMN 10km

Britannia Hotel, Standish, Lancashire. 2.30pm.  
[wiganphoenix.org.uk](http://wiganphoenix.org.uk)

#### THE TEMPEST 10

Saint Levan. 7pm.  
[mudcrew.co.uk](http://mudcrew.co.uk)

#### WARRINGTON 5 SERIES

Alder Lane, Burtonwood, Warrington, Lancashire. 10.30am.  
[warringtonrc5miler.co.uk](http://warringtonrc5miler.co.uk)

#### WRC AUTUMN 5

Fidler l'th Bag Inn, Warrington, Merseyside. 10.30am.  
[warringtonrc5miler.co.uk](http://warringtonrc5miler.co.uk)

### Sunday October 22

#### BEAT THE REAPER 10km

Croxeth Country Park, Liverpool, Merseyside. 10am.  
[poolrunnings.co.uk](http://poolrunnings.co.uk)

#### BECKENHAM HALF-MARATHON

Beckenham RUFC, Beckenham, Kent. 9am.  
[beckenhamhalfmarathon.org.uk](http://beckenhamhalfmarathon.org.uk)

#### CAMP HILL 10km

Camp Hill Estate, Kirklington, North Yorkshire. 11am.  
[camphill.co.uk](http://camphill.co.uk)

#### CINDERPATH 10km

Sutton Park, Sutton Coldfield, West Midlands. 11am.  
[7poolrun.org.uk](http://7poolrun.org.uk)

#### EXMOOR STUMBLE 6/STAGGER 15.1

West Somerset Community College, Minehead, Somerset. 10.30am.  
[mineheadrunningclub.co.uk](http://mineheadrunningclub.co.uk)

#### HARDMOORS 26.2 OSMOTHERLEY 10km/HALF-MARATHON/MARATHON

Village Hall, Osmotherley, North Yorkshire. 9am.  
[hardmoors110.org.uk](http://hardmoors110.org.uk)

#### NEWCASTLE BIG FUN RUN 5km

Town Moor, Newcastle. 11am.  
[bigfunrun.com/newcastle](http://bigfunrun.com/newcastle)

#### RAS DAU FRYN 6

Butchers Arms, Tegrny, Pembrokeshire. 10am.  
[runthroughgreenwichpark5km.com](http://runthroughgreenwichpark5km.com)

#### RUNTHROUGH GREENWICH PARK 5km/10km

Greenwich Park, London. 7pm.  
[runthrough.co.uk](http://runthrough.co.uk)

#### TRELLECH BEACON DASH 10km

Village Hall, Trellech, Monmouthshire. 11am.  
[facebook.com/TrellechBeaconDash](http://facebook.com/TrellechBeaconDash)

#### WELCOMBE TOUR OF EDINBURGH

Royal Mile, Edinburgh. 7am.  
[ratrace.com/ute](http://ratrace.com/ute)

#### WATER OF LIFE 10km/HALF-MARATHON

Bisham Abbey National Sports Centre, Bisham, Buckinghamshire. 10am.  
[purplepatchrunning.com](http://purplepatchrunning.com)

#### WHITE HORSE GALLOP 8

Leighton Recreation Centre, Westbury, Wiltshire. 10am.  
[stampedesports.co.uk](http://stampedesports.co.uk)

#### WILTON ARMS SERPENT 6

Wilton Arms, Bolton, Lancashire. 10am.  
[time2runevents.co.uk](http://time2runevents.co.uk)

### Tuesday October 24

#### ENIGMA 3 LAKES CHALLENGE DAY 1

Willen Lake, Milton Keynes. 9.30am.  
[enigmarunning.co.uk](http://enigmarunning.co.uk)

### Wednesday October 25

#### ENIGMA 3 LAKES CHALLENGE DAY 2

Furzton Park, Furzton. 9.30am.  
[enigmarunning.co.uk](http://enigmarunning.co.uk)

## ROAD

### Thursday October 12

#### DOUGLAS AUTUMN HANDICAP 10km

National Sports Centre, Douglas, Isle of Man. 6.30pm.  
[iomvac.co.uk](http://iomvac.co.uk)

#### IOM VETERANS AC AUTUMN HANDICAP 10km

NSC, Douglas, Isle of Man. 7.15pm.  
[iomvac.co.uk](http://iomvac.co.uk)

### Friday October 13

#### BARROW BRIDGE 5km SERIES

Barrow Bridge, Lancashire. 7.15pm.  
[time2runevents.co.uk](http://time2runevents.co.uk)

### Saturday October 14

#### BUXTON PAVILION GARDENS 5km

Pavilion Gardens, Buxton, Derbyshire. 9am.  
[buxtonac.org.uk](http://buxtonac.org.uk)

#### COIGACH HALF-MARATHON

Achiltibuie Playing Field, Achiltibuie, Ross. 2pm.  
[coigachrun.com](http://coigachrun.com)

#### GR8 DUNDRUM RUN

Sacred Heart Hall, Dundrum. 1pm.  
[murloughac.com](http://murloughac.com)

#### GREAT WEST RUN 5km

Exeter Athletics Arena, Exeter, Devon. 3pm.  
[thegreatwestrun.co.uk](http://thegreatwestrun.co.uk)

#### ST MARY'S PS KILLYCLOGHER 5km/10km

St Marys Primary School, Killyclogher. 11.30am.  
[stmaryskillyclogher.co.uk](http://stmaryskillyclogher.co.uk)

### Sunday October 15

#### BLACKPOOL AUTUMN BREAKER 10km

Stanley Park Arena, Blackpool, Lancashire. 10.30am.  
[fyldecoastrunning.org](http://fyldecoastrunning.org)

#### BRIDLINGTON HALF-MARATHON

Bridlington, North Yorkshire. Noon.  
[bridlingtonrr.co.uk](http://bridlingtonrr.co.uk)

#### BRIGHTON 10

Hove Lawns, Brighton, Sussex. 9am.  
[bright10.co.uk](http://bright10.co.uk)

#### CABBAGE PATCH 10

Cabbage Patch pub, Twickenham, Middlesex. 10am.  
[cabbagepatch10.com](http://cabbagepatch10.com)

#### CLISSOLD PARK RELAY (4x2.5km)

Clissold Park, Green Lanes, Hackney, London. 10am.  
[theraceorganiser.com](http://theraceorganiser.com)

#### DENMEAD 10km

Kidmore Lane, Denmead, Hampshire. 10am.  
[denmeadstriders.co.uk](http://denmeadstriders.co.uk)

#### FARNDON 10km

Sports & Social Club, Farndon, Cheshire. 10am.  
[cutefruitvents.com](http://cutefruitvents.com)

#### GREAT WEST RUN HALF-MARATHON

Exeter Athletics Arena, Exeter, Devon. 9am.  
[thegreatwestrun.co.uk](http://thegreatwestrun.co.uk)

#### GREAT YARMOUTH EAST COAST 10km

St Georges Park, Great Yarmouth, Norfolk. 10.30am.  
[gyrr.co.uk](http://gyrr.co.uk)

#### GRITTLETON 10km

Village Hall, Grittleton, Wiltshire. 10.30am.  
[cadence-events.co.uk](http://cadence-events.co.uk)

#### HEART OF EDEN HALF-MARATHON

Appleby Grammar School, Battlebarrow, Appleby in Westmorland, Cumbria. 11am.  
[rotary-ribi.org/clubs/page.php?PgID=587953&ClubID=1129](http://rotary-ribi.org/clubs/page.php?PgID=587953&ClubID=1129)

#### LEICESTER HALF-MARATHON/MARATHON

Victoria Park, Leicester. 9.15am.  
[leicestermarathon.org.uk](http://leicestermarathon.org.uk)

#### LEIGH-ON-SEA 10km

Two Tree Island, Leigh-on-Sea, Essex. 9.30am.  
[losstriders.org](http://losstriders.org)

#### MAIDSTONE HALF-MARATHON/MARATHON

Cornwallis Academy, Maidstone, Kent. 9am.  
[nice-work.org.uk](http://nice-work.org.uk)

#### MANCHESTER HALF-MARATHON

Lancashire County Cricket Club, Talbot Road, Manchester. 9am.  
[manchesterhalfmarathon.com](http://manchesterhalfmarathon.com)

#### MILLTOWN TO MOORS HALF-MARATHON

Oldham Sports Centre, Oldham, Lancashire. 9.30am.  
[milltownraces.co.uk](http://milltownraces.co.uk)

#### RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Buckinghamshire. 9am.  
[risboroughruninthepark.weebly.com](http://risboroughruninthepark.weebly.com)

#### RUN FOR OISIN 5km/10km

Lakeland Community Care Centre, Belcoo. 1pm.  
[runscotland.org](http://runscotland.org)

#### RUN SCOTLAND LOCH RANNOCH HALF-MARATHON/MARATHON

Kinloch Rannoch, Kinloch, Perth and Kinross. 9.30am.  
[runthroughco.uk](http://runthroughco.uk)

#### STILTON THROUGH BRIXTON 10km

Brockwell Park, London. 9.30am.  
[runthrough.co.uk](http://runthrough.co.uk)

#### SIMPLYHEALTH BIRMINGHAM INTERNATIONAL MARATHON

Alexander Stadium, Birmingham. 9am.  
[greatrun.org](http://greatrun.org)

#### STEP UP A GOOD 5km/10km

Greenham Business Park, Greenham, Berkshire. 10.30am.  
[greenham-common-trust.co.uk/stepup4good](http://greenham-common-trust.co.uk/stepup4good)

#### STILTON STUMBLE 10km/24km

Memorial Hall, Cropwell Bishop, Nottinghamshire. 10am.  
[stiltonstumble.com](http://stiltonstumble.com)

#### STRATHCARRON 10km</



## Saturday October 21

**SKOOL RUN 5km**  
Tavistock College, Tavistock. 9.15am.  
[skoolrun.events](http://skoolrun.events)

**BRISTOL SHE RUNS THE NIGHT 5km/10km**  
Durdham Downs, Bristol. 6.30pm.  
[sherunsthenight.com](http://sherunsthenight.com)

**GREAT LANGDALE HALF-MARATHON/MARATHON**  
New Dungeon Ghyll Hotel, Great Langdale, Cumbria. Noon.  
[greatlangdaleadroadraces.co.uk](http://greatlangdaleadroadraces.co.uk)

**LOUGHSHORE 5km/10km/HALF-MARATHON**  
Moortown, Co. Tryone. 10.30am.  
[facebook.com/loughshore](http://facebook.com/loughshore)

**RED HIGH 10km**  
St Patricks High School, Downpatrick. Noon.  
[eastdownac.co.uk](http://eastdownac.co.uk)

**RUNTHROUGH LEE VALLEY**

**VELOPARK 5km/10km/10M/HALF-MARATHON**  
Lee Valley VeloPark, London. 9am.  
[runthrough.co.uk](http://runthrough.co.uk)

**SELF TRANSCENDENCE 10km**  
Battersea Park, London. 8.30am.  
[uk.srichinmoyraces.org/races/london](http://uk.srichinmoyraces.org/races/london)

**SIMPLYHEALTH GREAT SOUTH RUN 5km**  
Portsmouth, Hampshire.  
[greatrun.org/south5k](http://greatrun.org/south5k)

## Sunday October 22

**ABINGDON MARATHON**  
Abingdon, Oxfordshire. 9am.  
[abingdonmarathon.org.uk](http://abingdonmarathon.org.uk)

**CHELMSFORD 5km/MARATHON**  
Shire Hall, Chelmsford, Essex. 9am.  
[chelmsfordmarathon.org.uk](http://chelmsfordmarathon.org.uk)

**CHESTERFIELD HALF-MARATHON**  
Queens Park, Chesterfield, Derbyshire. 9am.  
[chesterfieldmarathon.co.uk](http://chesterfieldmarathon.co.uk)

**DRAYCOTE WATER 10/MARATHON**  
Lytham CE Primary School, Lytham St Annes, Lancashire. 11am.  
[lythamrunners.org.uk](http://lythamrunners.org.uk)

**HOLMFIRTH 10km**  
Community Sports Centre, Holmfirth, West Yorkshire. 9.30am.  
[holmfirthharriers.com](http://holmfirthharriers.com)

**HOLMFIRTH 15 (Inc YVAA CHAMPS)**  
Community Sports Centre, Holmfirth, West Yorkshire. 9.30am.  
[holmfirthharriers.com](http://holmfirthharriers.com)

**McCAIN YORKSHIRE COAST 10km**  
Scarborough Spa Complex, South Bay, Scarborough, North Yorkshire. 10am.  
[yorkshirecoast10k.co.uk](http://yorkshirecoast10k.co.uk)

**NICE WORK RICHMOND PARK 5km/10km SERIES**  
East Sheen Gate, Richmond Park, Richmond, Surrey. 10am.  
[nice-work.org.uk](http://nice-work.org.uk)

**RISBOROUGH RUN IN THE PARK 5km**  
Princes Risborough, Buckinghamshire. 9am.  
[risboroughruninthepark.weebly.com](http://risboroughruninthepark.weebly.com)

**ROTARY BLENHEIM 5km/10km**  
Blenheim Palace, Woodstock, Oxfordshire. 10.30am.  
[rotaryblenheim10.co.uk](http://rotaryblenheim10.co.uk)

**RUN NORTHERBERLAND CASTLES HALF-MARATHON/MARATHON**  
Bamburgh Castle, Bamburgh, Northumberland. 9.15am.  
[run-nation.org](http://run-nation.org)

**SIMPLYHEALTH GREAT SOUTH RUN 10**  
Clarence Esplanade, Portsmouth. 10am.  
[greatrun.org](http://greatrun.org)

**STEVENAGE HALF-MARATHON**  
Ridlins Stadium, Stevenage, Hertfordshire. 10am.  
[fvspartans.org.uk](http://fvspartans.org.uk)

**STROUD HALF-MARATHON**  
Cainscross Road, Stroud, Glos. 9am.  
[stroudhalf.com](http://stroudhalf.com)

**TAVY 7**  
Tavistock, Devon. 11am.  
[tavy7.co.uk](http://tavy7.co.uk)

**TEMPO 10km SERIES**  
Mickleton Road, Stratford-upon-Avon, Warwickshire. 10.30am.  
[tempoevents.co.uk](http://tempoevents.co.uk)

**THRUXTON RACE CIRCUIT 5km/10km**  
Thurxton Circuit, Andover, Hants. 9am.  
[offbeat-events.com/event/thruxton-race-circuit-run-2017](http://offbeat-events.com/event/thruxton-race-circuit-run-2017)

**TROWSE 10km**  
Norfolk Snowsports Club, Norwich, Norfolk. 9am.  
[conac.org.uk/trowse-10k](http://conac.org.uk/trowse-10k)

**VICTORIA PARK 10km**  
Victoria Park, Grove Road, London. 9.30am.  
[theraceorganiser.com](http://theraceorganiser.com)

## Tuesday October 24

**WINDSOR HALF-MARATHON**  
Great Windsor Park, Windsor, Berkshire. 10am.  
[runwindsor.com](http://runwindsor.com)

## Wednesday October 25

**EVEN SPLITS 5km SERIES**  
Bodington Playing Fields, Leeds, West Yorkshire. 7.20pm.  
[evensplits.events](http://evensplits.events)

## Thursday October 26

**GRAVESEND CYCLOPARK WINTER 5 SERIES**  
Cyclopark, The Tollgate, Gravesend, Kent. 7.30pm.  
[cyclopark.com/enterprise/winter-running-series](http://cyclopark.com/enterprise/winter-running-series)

**WESTON PROM 5**  
Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.  
[westonac.co.uk/promrun](http://westonac.co.uk/promrun)

## Friday October 27

**3km ON THE GREEN SERIES**  
McLellans Arch, Glasgow Green, Glasgow. 12.30pm.  
[3konthegreen.com](http://3konthegreen.com)

**HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km**  
The Bandstand, Hyde Park, London. 12.30pm.  
[serpentine.org.uk](http://serpentine.org.uk)

**MONSTER DASH 5km**  
Carnfunnock Country Park, Carnfunnock. 8pm.  
[eastcoastathleticclub.co.uk](http://eastcoastathleticclub.co.uk)

**SHEFFIELD SHE RUNS THE NIGHT 5km/10km**  
Endfield Pk, Sheffield, S Yorks. 6.30pm.  
[sherunsthenight.com](http://sherunsthenight.com)

## Saturday October 28

**BARROW BRIDGE TIME TO TRICK OR TREAT 4**  
Barrow Bridge Mission, Bolton, Lancashire. 1pm.  
[time2runevents.co.uk](http://time2runevents.co.uk)

**BROOKS SNOWDONIA MARATHON**  
Electric Mountain Visitor Centre, Llanberis. 10.30am.  
[snowdoniamarathon.co.uk](http://snowdoniamarathon.co.uk)

**HEREFORD AUTUMN 10km**  
Near ASDA, Belmont, Hereford. 9am.  
[strideoutevents.co.uk](http://strideoutevents.co.uk)

**LEEDS SHE RUNS THE NIGHT 5km/10km**  
Temple Newsam, Leeds. 6.30pm.  
[sherunsthenight.com](http://sherunsthenight.com)

**MUCKLETOON PUMPKIN RUN**  
Langholm CC, Langholm, Dumfriesshire. 10am.  
[mtaf.co.uk](http://mtaf.co.uk)

**PATH OF CONDIE HALF-MARATHON**  
Church Hall, Orwell Church, Milnathort. 10am.  
[kinrossroadrunners.weebly.com](http://kinrossroadrunners.weebly.com)

**PORTH EIRIAS 10km**  
Bryn Williams, Porth Eirias. 10am.  
[bespokefitnessandevents.co.uk](http://bespokefitnessandevents.co.uk)

**SAINTFIELD 5km/10km**  
Saintfield Sports Club, Saintfield. Noon.  
[atlasrunning.co.uk](http://atlasrunning.co.uk)

**SSAA SCOTTISH PRIMARY SCHOOLS' RELAY CHAMPIONSHIPS**  
Grangemouth Stadium, Grangemouth. 10am.  
[ssaa.co.uk](http://ssaa.co.uk)

## TRACK

### Friday October 13

**WTC EUROPEAN HAMMER DECATHLON CHAMPIONSHIPS**  
Derby. Until Saturday October 14.  
[mmtg.org.uk](http://mmtg.org.uk)

### Saturday October 14

**CAMBRIDGE UNIVERSITY CUPPERS**  
Cambridge. Until Sunday October 15.  
[cuac.org.uk](http://cuac.org.uk)

## WALKS

### Sunday October 15

**MANX H 1-HOUR CHALLENGE**  
NSC, Douglas, Isle of Man.  
[manxharriers.com](http://manxharriers.com)

### Saturday October 21

**STEYNING OPEN 10km**  
Steyning.

### Sunday October 22

**SARNIA PARK WALK 5km**  
Cambridge Park, St.Peter Port.

### Sunday October 29

**MANX WINTER LEAGUE**  
NSC, Douglas, Isle of Man.  
[manxharriers.com](http://manxharriers.com)

**MIDLAND WINTER LEAGUE**  
Birchfield.

**SARNIA PETER KENDALL PAIRS 3km**  
Amarreurs Road, Vale.

## OVERSEAS

### Sunday October 15

**ROCK 'N' ROLL LISBON MARATHON**  
Lisbon, Portugal.  
[runrocknroll.com/lisbon/en](http://runrocknroll.com/lisbon/en)

**TCS AMSTERDAM MARATHON**  
Amsterdam, Netherlands.  
[tcsamsterdammrathon.nl/en](http://tcsamsterdammrathon.nl/en)

### Sunday October 22

**SCOTIABANK TORONTO WATERFRONT MARATHON**  
Toronto, Canada.  
[torontowaterfrontmarathon.com](http://torontowaterfrontmarathon.com)

**VALENCIA HALF-MARATHON**  
Valencia, Spain.  
[valenciaciudadadelrunning.com](http://valenciaciudadadelrunning.com)



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BIRMINGHAM'S BEEN IN THE SPOTLIGHT RECENTLY SO THIS WEEK'S QUESTIONS ARE ALL ABOUT THE COMMONWEALTH GAMES 2022 CANDIDATE CITY

How old is Alexander Stadium - see Q3



GARY MITCHELL

What record is Iwan Thomas setting and in what year - see Q7



MARK SHEARMAN

**1** Which city did Birmingham beat to become the UK candidate city for the 2022 Commonwealth Games?

**2** The IAAF World Indoor Championships returns to Birmingham in 2018, but in which year did the city previously host the event?

**3** In which year did the city's Alexander Stadium open?

**4** Who won last year's Great Birmingham Run half-marathon men's and women's races?

**5** Previously known as the National Indoor Arena, what is the venue for next year's IAAF World Indoor Championships now known as?

**6** Which club is the Alexander Stadium home to?

**7** Which current British track record was set in Birmingham and in which year was it set?

**8** This month's inaugural Birmingham International Marathon forms part of the Great Run British Marathon Series, but where did the first event in the series take place?

**9** Birmingham looks set to host the Commonwealth Games in 2022 but which other British cities have staged the event in the past?

**10** A single current world indoor record was set in Birmingham. By who and in which event?

MARK SHEARMAN



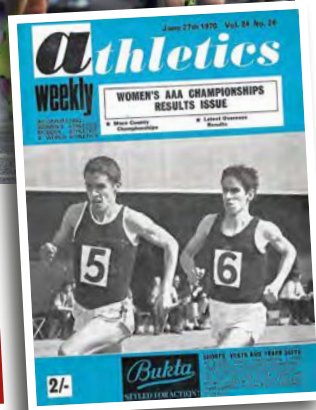
The NIA - Q5



Great Birmingham Run - Q4



DAVID TYRELL



## COVER STORY

What is the name of the Birmingham-born athlete pictured racing his brother on this cover of AW from June 1970?

**Quiz answers for October 5:** 1 Aldershot, Farnham & District; 2 Chris Davies; 3 5847m; 4 Newham & Essex Beagles; 5 Stoke; 6 1963; 7 Rob Birchall (Birchfield); 8 12-stage for men and 6-stage for women; 9 Cardiff and Aldershot; 10 Andy Butchart

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



# PARKRUN FEELING CHEATED

MAGAZINE ARTICLE SHINES LIGHT ON CONTROVERSIAL TOPIC IN THE SPORT BUT PARKRUN FOUNDER RESPONDS WITH ANGER ON SOCIAL MEDIA

**P**ARKRUN and *Runner's World* were at odds this month following an article that appeared in the magazine on cheating in running events.

The *Runner's World* feature listed numerous examples of runners who had cut the course in various races, but the backdrop to the piece saw the reporter describing his own successful attempts to cheat at a parkrun in Surrey.

Paul Sinton-Hewitt, the parkrun founder, hit back by voicing his annoyance in a lengthy email sent to parkrunners, in addition to posting it on social media. "I'm most disappointed at the foundations and fabric of our community being challenged by an established and respected publication, by the deliberate attempt to



undermine the authority of the team of volunteers delivering the event, and the impact the article could have in dismissing the achievements of so many parkrunners," he said.

Sinton-Hewitt added: "I'd have expected the role of a major running publication

to be to positively promote participation in running and volunteering, not attempt to undermine it for the sake of a publicity stunt. It was the behaviour I would expect of the gutter press, not a supposedly pro-running magazine, and I shall exercise my personal right

to not purchase that magazine any more."

But *Runner's World* stood by its article, posting it online a few hours after Sinton-Hewitt's complaint and saying their article was "not an attack on the ethos of parkrun ... which should be clear to anyone who reads the piece" and that the magazine "unwaveringly supports parkrun".

The magazine's editor Andy Dixon added: "Runners who choose to cheat are only cheating themselves and the aim of the feature was to try to understand the motivation behind this phenomenon.

"The writer's feelings of shame after he cheated speak for themselves. He also contacted parkrun prior to publication to explain what he had done and suggest his time be annulled, to ensure full transparency."

## WELL DONE! YOU'RE (NOT) IN

A RUNNER who featured on the front cover of a London Marathon magazine sent to all successful entrants was disappointed to discover his own application was ironically rejected.

Jason Russell took to Twitter with a light-hearted complaint. "Can't believe I am on the front page for the 'You're in!' magazine and yet I got a 'sorry' magazine. Boohoo – that can't be right?"

Russell received a deluge of social media sympathy and a few entry offers from rival events, but London Marathon soon got in touch to give him an entry after all.

"I will be running the 2018 #London Marathon after all!" he tweeted. "Thank you to @LondonMarathon for sorting it out so quickly."



## NOT EASY TO TRUST

CONFUSED athletes were told last week that they cannot even trust supplements that carry the logo that reads "Informed-Sport.com trusted by sport".

The official stamp of approval is given to approved supplements which have been screened and deemed safe to use, but a number of rogue companies are putting the logo on to their products without permission.

Companies misusing the logo can be found here: [informed-sport.com/logo-misuse](http://informed-sport.com/logo-misuse)







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