

ATHLETICS WEEKLY

FEBRUARY 1, 2018 | £3.95

GREG'S GOAL

Rutherford insists he still has what it takes to beat the best



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Euan Crumley, editorial director

HELP US SHAPE AW'S FUTURE

WE at *Athletics Weekly* are looking for your help, dear reader. Without you, the magazine simply wouldn't exist and we'd love to hear what you like (or even don't like) about what we put on the pages every week.

The team here works extremely hard to put together the best product we possibly can but we know there is always room for improvement and it seems only right that we seek out the opinion of you, the very people for whom *AW* is produced.

We have just launched our *AW* 2018 reader survey on athleticsweekly.com and it would be great to know what you think. Do we need to do a bit more of that, or less of this? Your views really will count so please get online and visit athleticsw.com/18survey, fill out our questionnaire and you could even win a £50 M&S voucher for your trouble.

Thank you for your help.

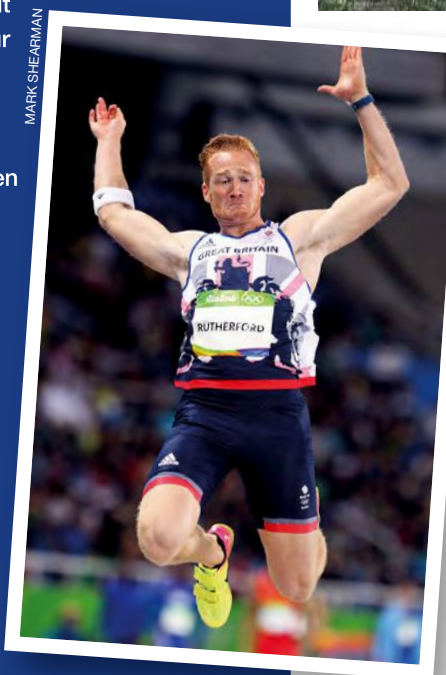
■ IT'S well known that being mentally strong is just as, if not more important than, being physically ready when it comes to sporting endeavour.

This is particularly true when it comes to Greg Rutherford. He has reached soaring heights during his career, of course – particularly when you think back to the glorious Super Saturday of the London 2012 Olympics. World, European and Commonwealth long jump titles have followed, too, but they have come at a physical price.

As Rutherford reveals in this issue (*News* p26), the latest in a long line of surgeries came at the tail end of last year when he had his groin reconstructed – he assures that is as painful as it sounds – and a procedure to his ankle.

He also had to watch from the sidelines last summer as Luvo Manyonga took his world crown in London.

Yet that has only made the Briton hungry to get back out there and his mental strength is giving him the faith that he can reach the top of the tree once more.



MARK SHEARMAN

MARK SHEARMAN



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MARK SHEARMAN

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Above: Greg Rutherford is mentally strong

Cover: Greg Rutherford can't wait to return to competition (Dan Vernon), plus Phoebe Law leads the way in the Southern cross-country (Mark Shearman)



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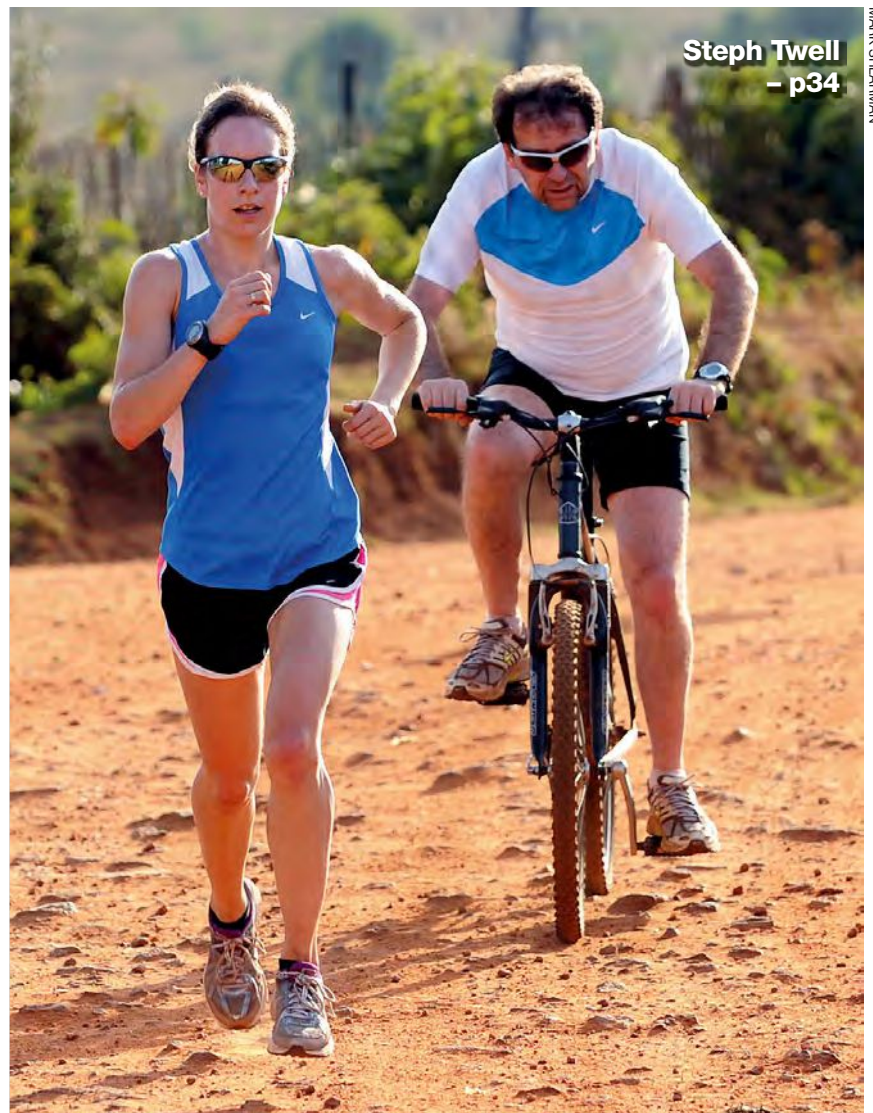
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MARK SHEARMAN

FIRST TIMERS

SIMILAR TO LAST YEAR, THERE WERE TWO MORE ATHLETES TASTING AN INAUGURAL SENIOR RACE VICTORY

REPORT: STEVE SMYTHE PICTURES: MARK SHEARMAN

BOTH John Gilbert and Phoebe Law won their first ever South of England cross-country titles at a wet, muddy and very testing course at Stanmer Park, used because the traditional Parliament Hill venue is earmarked for the National on February 24.

Due to Brighton being far from central for most clubs in the area, doubts over parking, no through trains from London, motorway closures, highly successful clubs such as Tonbridge boycotting the event and general dissatisfaction over the quality of recent South of England Championships, numbers were disappointing.

There were no complaints at this event over the quality of the course, though, and parking issues were resolved because the adjacent Brighton and Hove Albion Amex Stadium was available as the club were drawn away in the FA Cup on

the day. However, because of the very early closing date of December, many athletes made their decision then and altogether over 500 fewer seniors finished than last year.

There were other things that disappointed those that did turn up.

While the announcers arrived, there was no generator and consequently the event badly lacked atmosphere and information and some of the presentations, which are always close to the finish in London, were poorly attended with many athletes and supporters unaware they were taking place.

While results were better than in some recent championships, on Monday morning the men's results were still incorrectly presented, for example showing John Gilbert's finishing time as 15:40:57 for 15km and the men's team results were wrongly shown as four to score rather than the usual six.



SENIOR MEN

JOHN GILBERT had won a bronze in this race in 2014, but the 37-year-old was far from favourite for this year's event, again held over 15km, while the other areas and National settle for a mere 12km.

The Kent AC stalwart had been ninth two years ago at Parliament Hill and, in his two previous runs at Brighton, he was 10th in 2015 and seventh in 2012.

Gilbert was at the head of the field at the end of the first small lap alongside last year's bronze medallist Chris Smith but had a clear lead at the end of the first of three big laps which were close to 5km.

With the course getting wetter and tougher during the race, the 2:15 marathoner was making his strength tell with his long stride and power up the hills impressing the relatively few spectators left as the conditions became worse by the hour.

At the start of the final lap, though, the gap was down to

a few seconds as Southend's Adam Hickey looked to be reeling him in on the flatter sections, at least.

With a target ahead, many thought it was predictably going to go the way of the Essex man rather than the reigning Kent champion.

Hickey may not be in the same shape as when he gained a top 10 finish in the European Championships in 2014, but he had broken 30 minutes for 10km last November, a time target that Gilbert himself has perhaps surprisingly never bettered.

On the last lap Gilbert again went away on the many hills mid-lap and despite a flying finish from the Eamonn Martin-coached Hickey down the long final hill and finishing straight, he could not get closer than five seconds.

Gilbert was delighted with the biggest win of his life.

"I would have been happy with top five but I was ahead and knew I had to make it as



Brighton winner John Gilbert (centre) with Adam Hickey (right) and Max Nicholls

The senior men's race gets under way in difficult conditions at Stanmer Park on the outskirts of Brighton



SENIOR WOMEN

PHOEBE LAW'S victory was more expected than Gilbert's after a superb sixth in Edinburgh earlier in the month showed her current condition.

She had also enjoyed a highly successful 2017 which saw her finish 10th in the Europeans and finish fourth in the European Under-23 Championships at 10,000m.

The 21-year-old Kingston and Poly athlete, who has previously finished second in both the under-20 and under-17 race, run a strong final mile to eventually win by 22 seconds.

On the first small lap, it was Springfield's W35 Liz Davies who led a huge pack with Law tucked in just behind.

By the end of the first of two big laps, it was down to just half a dozen contenders.

Law shared the lead with Aldershot's Katie Bingle and Cambridge and Coleridge's Charlotte Christensen with Philippa Bowden a stride behind and a third Aldershot athlete, defending champion Emily Hosker Thornhill, a few seconds back in fifth and then there was a five-second gap to multi Surrey league winner Sophie Harris.

A mile later as they returned back close towards the finish, but with still a very hilly final mile back into the woods remaining, it appeared to be down to just Christensen and Law as they had a significant gap on the Aldershot trio of Bingle, Bowden and Hosker Thornhill, with the latter still chasing but still not with her team-mates.

The final tough section was where Law made her move and she went away for a clear victory as Christensen suffered. In the final straight, Hosker Thornhill came to life, just as



John Gilbert (1806) battles with Chris Smith (2281), John Sanderson (1597) and Adam Hickey (2169) in the senior men's race

entered in the event, bronze medallist Max Nicholls, like Gilbert, is from Kent, and like Hickey, is a former junior champion. He won that event in 2016, the same year he ran for Britain in the World Mountain Running Championships.

Here, he had too much strength on the last lap and broke clear from John Horton to be a delighted third.

Last year when his club won the 12-stage relay, they had only finished fourth in this event won by Highgate from Bedford.

This year, led by John Eves in fifth, Bedford won the team event and it was their 10th win in the last 17 years.

Darren Deed was the second scorer in seventh and won his ninth team gold with what was his 11th top-10 finish.

Between Eves and Deed finished John Sanderson of Guildford, who has been dominating the Surrey league Division two fixtures. Early leader Smith was the top M40 in ninth.

hard as possible as Adam has got a lot more speed than me and I kept the pressure up on all the hills."

Despite wearing the longest possible 15mm spikes, Gilbert admitted the grip was insufficient on some of the course though he stayed upright when many of the field fell and finished covered in mud.

The modest Gilbert did not mention after the race that he very nearly didn't run because

of an ankle problem that had curtailed his training mid-week. His coach Ken Pike said: "It was touch and go he would run and, after a few days off, it was only on Thursday he decided his ankle should be okay."

Hickey, who won the junior title a decade ago, seemed satisfied with his best-ever long distance cross-country and admitted: "John was just too strong for me on the hills."

The only Tonbridge athlete

she had in Parliament Hill last year where she outkicked Louise Small, and this time it was the Cambridge athlete who lost out by a second.

Law, who now trains with Hosker Thornhill and the Aldershot athletes, believes it has benefitted her running having previously trained alone.

"Training has been going really well this winter and I had a good run at Edinburgh and felt strong today though Helena put a tough burst in on that last lap."

Hosker Thornhill seemed delighted with her second and training partner Law's win, saying: "I had a bad start and was always catching up but I finished strongly."

The much improved Christensen, who was 11th in 2016 but has run well abroad recently in Seville and Venta de Banos, was also pleased with her first major medal.

With Bowden and Bingle fourth and fifth, Aldershot easily defended their title ahead of Cambridge and Coleridge and Serpentine.

Belgrave's Harris finished a clear sixth with India Lee, a member of Winchester's winning Southern six-stage team, seventh and 2016 race winner Naomi Taschimowitz completed the top eight.



Ruth Barnes leads Phoebe Law shortly after the start

AGE GROUP RACES

THE best quality race of the day was the under-17 race where National and Inter Counties and defending champion Zak Mahamed could only finish third.

Last year he outsprinted his great Hampshire rival Lachlan Wellington by inches and this time Wellington lost by a similar margin to Thomas Keen.

The Cambridge and Coleridge athlete had won the under-17 race in Liverpool in the absence of Wellington, who contested the under-20 race to make the European team, but Keen's cross-country prowess had previously been below though of his major rivals, having finished 89 seconds down on Mahamed last year.

But though Wellington



Phoebe Law (3801) leads from Katie Bingle

seemed in control throughout and a clear lead down the final hill, he couldn't repel the final challenge of National under-17 and ESAA 3000m winner Keen, who just got up on the line.

Aldershot won the team race.

Last year, Naomi Brown finished second and Jessica Keene third in the under-20 race and Amelia Quirk won gold, though in the under 17 race.

They won the same medals in 2018 as National under-17 champion Quirk of Bracknell fought off a strong challenge from Brown.

The younger athlete only got away in the final mile but, such was the power of her running,

she won by 17 seconds. She, like Law, is benefitting from training with the Aldershot contingent.

"I felt strong on the last lap," and she will be out to add major under-20 titles to the under-17 ones she won last year.

Keene, under the watchful eye of Bud Baldaro at Birmingham University, was pleased to repeat her bronze from last year after a disastrous eighth place in the County Championships.

Only 61 finished and three teams closed in.

Under 17 winner Cornwall's Grace Brock, followed up her impressive win in Seville the week before ahead of Northern



Phoebe Law (centre) with Emily Hosker Thornhill (left) and Charlotte Christensen



Elliot Dee: wins under-20 title

champion Ella McNiven, by dominating the under-17 race to win by 36 seconds from locally-based Almi Nerurkar, who is now focussing more on triathlon.

Alma is the daughter of National winner Richard, who said though that his daughter's silver topped all his area performances.

Another with an impressive heritage is the Dee family and Billy Dee and the former Nicky Morris saw their first family area cross-country title.



Niamh Brown (3343) leads the junior women's race from eventual winner Amelia Quirk (3368), Holly Page (3388) and Jessica Keene (3362)

The last time the race was held in Brighton in 2015, Jamie Dee finished second in the junior race and his younger brother Elliot went one better in this year's under-20 race.

Elliot Dee's previous best

was only 13th but he confirmed a good run in Elgoibar recently with a well executed victory.

It was a close on though as he held off fast-finishing Jeremy Dempsey of his former club Shaftesbury.

Dempsey would have potentially been even closer than the two second margin, had he not had a heavy fall on the first lap.

Bronze medallist Luke Prior led Aldershot to team victory.



Under-17 men's race winner Thomas Keen (814) battles with Marcus Shantry (751), Henry McLuckie (911), Liam Mahoney (841), Lachlan Wellington (854) and Tom Eames (798)



Under-17 women's race winner Grace Brock leads from Almi Nerurkar

Bodywork's Bethany Cook, who won the under-13 race last year, dominated the under-15 race to win by 44 seconds with a very strong second lap.

Mohamed Ali of Ealing was a highly impressive winner of the under-15 race which started the day's proceedings in much better weather.

Ali, who broke the British under-15 3000m record during the summer, said he felt tired after a tough race midweek



Under-15 battle: Bethany Cook (left) came out on top from Beatrice Wood



Mohamed Ali (518) prevailed in the under-15 boys' race from Will Barnicoat (385)

RESULTS

Senior men (15km): 1 J Gilbert (Kent, M35) 51:07; 2 A Hickey (S'end) 51:12; 3 M Nicholls (Ton) 51:40; 4 R Horton (SB) 52:02; 5 J Eves (Bed C, M35) 52:10; 6 J Sanderson (G&G) 52:22; 7 D Deed (Bed C, M35) 52:24; 8 C Smith (TVH, M40) 52:30; 9 J Knapp (Soton) 52:47; 10 A Greenleaf (Serp, M35) 52:56; 11 J Morwood (AFD) 52:59; 12 T Evans (Lewes) 53:01; 13 R Allen (AFD) 53:02; 14 A Lepretre (Barn) 53:06; 15 D Long (B'mth) 53:24; 16 W Mackay (Bed C) 53:50; 17 C Rainsford (High) 53:55; 18 G Twist (Have) 53:58; 19 D Lacy (Camb H) 54:02; 20 P Martelletti (VP&TH, M35) 54:07; 21 S Evans (K&P) 54:08; 22 L Metselaar (THH) 54:13; 23 M Strain (High) 54:16; 24 R Braden (B&B) 54:17; 25 T Mower (Kent, M35) 54:33; 26 E Knudsen (Avon VR) 54:36; 27 T Menges (M&M) 54:37; 28 S Tuttle (Mil K) 54:38; 29 C Wright (Serp) 54:44; 30 J Weaver (Kent) 54:51; 31 B Toomer (HW) 55:02; 32 R Wilson (High) 55:03; 33 J Ellis (TVH) 55:03; 34 C High (G&G) 55:04; 35 J Douglas (Bed C) 55:05; 36 D Nevins (Harrow, M35) 55:07; 37 W Green (Serp, M40) 55:10; 38 G King (Win) 55:11; 39 D Morgan (Serp) 55:21; 40 B Noad (High, M40) 55:26; 41 C Palmer (Amp't) 55:28; 42 S Renfer (High) 55:31; 43 J Turner (B&H) 55:33; 44 J Franklin (Serp) 55:35; 45 J Cieluszeczki (B'mth, M40) 55:36; 46 M Bray (Bed C) 55:38; 47 W Cork (B&H) 55:42; 48 C Busaileh (Herne H) 55:44; 49 F Slembeck (HW) 55:46; 50 S Eglan (AFD) 55:46; 51 T Payne (Serp) 55:47; 52 M Marshall (Soton) 55:47; 53 R Lalata (Ashf D) 55:47; 54 P Owor (Belg, M35) 55:53; 55 F Smithwick (High) 55:57; 56 N Buckle (Belg) 55:59; 57 A Penney (HW) 56:02; 58 A Muir (Newb) 56:03; 59 E Stockdale (Read) 56:06; 60 G Foster (Hast) 56:07; 61 H Leleu (Chich) 56:08; 62 A Robinson (HW) 56:09; 63 D Evangelidis (HW, M40) 56:10; 64 M Grant (SB) 56:19; 65 M Sharp (HW, M35) 56:21; 66 J Pepper (Phoe) 56:22; 67 P Hawkings (High) 56:23; 68 J McCullum (THH) 56:25; 69 T Collins (M&M) 56:26; 70 P Sewell (AFD) 56:28; 71 J Collins (Hay H) 56:29; 72 M Costley (Soton) 56:30; 73 C Darling (C&C) 56:31; 74 R McTaggart (B'mth) 56:32; 75 K Moore (B&H) 56:33; 76 R Henderson (Bed C) 56:38; 77 D Dibaba (Kent) 56:42; 78 J Masson (DMV) 56:52; 79 J Branch (Wyc P) 56:54; 80 M Vardy (Newb) 56:56; 81 W Russell (HW) 56:57; 82 J Tuttle (Mil K) 57:05;

83 R Warner (Have, M35) 57:08; 84 D Watts (SB) 57:10; 85 R Gregory (Rane, M35) 57:13; 86 T Smith (AFD) 57:15; 87 D Kendall (Camb H, M35) 57:16; 88 G Watts (SB) 57:17; 89 J Cornish (HW) 57:18; 90 M Towler (Avon VR) 57:20; 91 A Holford (WG&L) 57:23; 92 P Lighting (Kent, M35) 57:25; 93 B Savill (Croy) 57:27; 94 C Haywood (High) 57:30; 95 J Escalante-Phillips (C&C) 57:31; 96 H Murdoch (High) 57:34; 97 A Clarke (Herne H) 57:37; 98 C Houston (TVH) 57:39; 99 A Miller (Belg, M35) 57:42; 100 N Phillips (Kent, M35) 57:51; 101 J Baker (Chich, M40) 57:52; 102 L Worsley (Folk) 57:54; 103 C Fullerton (M&M) 57:54; 104 L Davis (Clap C, M35) 57:58; 105 N Bundle (Belg, M40) 58:00; 106 R Gillard (S'end) 58:02; 107 J Laing (Hill) 58:06; 108 R Boorman (A'dare) 58:22; 109 J Cunningham (Herne H, M35) 58:24; 110 G Pearce (K&P) 58:28; 111 M Boucher (AFD, M35) 58:32; 112 S Cornforth (Spring S) 58:34; 113 C Crawford (Exe) 58:44; 114 A McMullin (Bed C) 58:45; 115 D Davidson (High) 58:46; 116 R Newsome (S Kent, M40) 58:47; 117 D Kennedy (B&B) 58:48; 118 J Goss (S Kent) 58:51; 119 A Hamilton (BMH, M40) 58:51; 120 N Wilkins (Serp) 58:55; 121 M Wilkins (M&M, M35) 59:05; 122 O Stepany (Abing) 59:06; 123 N Faulkner (Bexley) 59:09; 124 R Brown (Clap C) 59:09; 125 C Thomas (TVH) 59:10; 126 J Cordwell (VPHH) 59:11; 127 M Booth (Read) 59:13; 128 R Laing (Kent, M40) 59:13; 129 D Lewis (Read) 59:14; 130 M Green (Newb) 59:15; 131 T Millard (S Kent) 59:15; 132 S Coombes (Herne H, M45) 59:15; 133 D Pettitt (Kent) 59:17; 134 S O'Neill (Head) 59:22; 135 W Bell (NEB, M35) 59:23; 136 N Fleming (Barn) 59:28; 137 S Beaney (Kent, M40) 59:30; 138 J Cooper (Harrow, M40) 59:37; 139 G Hills (Dulw) 59:39; 140 M Alwin (DMV) 59:41; 141 D Carter (B'ton P) 59:41; 142 B Pochee (High) 59:42; 143 L Liote (High) 59:43; 144 J Vogel (Serp) 59:47; 145 S Way (B'mth, M40) 59:48; 146 J Earl (HW) 59:49; 147 A Ansell (Kent) 59:51; 148 K Doulis (Lon Hth) 59:56; 149 S Coyne (Bure) 59:56; 150 A Warburton (Herne H) 59:57; 151 S Headley (Bed C) 60:00; 152 A Walker (VoA) 60:01; 153 A Manzano (GoodGym) 60:03; 154 B Underwood (Poole, M40) 60:03; 155 A Hobbly (Herne H) 60:04; 156 T Dell (VoA) 60:05; 157 L McMeekin (M&M, M45) 60:05; 158 M Harrison-Tosatto (Serp) 60:05; 159 P Mackrell (L Buzc, M35) 60:05; 160 N Fraser (HW) 60:06; 161 T Delaney

(Herne H) 60:07; 162 D Steel (WG&L) 60:09; 163 H Wyber (WG&L) 60:10; 164 A Jago (Arena) 60:11; 165 R Finlay (Belg) 60:14; 166 R Bahelbi (High) 60:14; 167 T Grimes (E Lon, M35) 60:17; 168 J Toomey (HW) 60:18; 169 H Andrew (Tun W) 60:19; 170 P Sanders (Kent, M45) 60:20; 161 D McKeown (Lon Hth, M35) 60:21; 172 R Murray (Reig) 60:21; 173 J Abel (W4H, M35) 60:22; 174 S Fitzpatrick (Kent) 60:22; 175 S Woodford (Hill) 60:23; 176 M Misak (Serp) 60:23; 177 R Jones (E'bne) 60:24; 178 G Turner (Rane, M35) 60:25; 179 A Reeves (Serp, M45) 60:25; 180 P Acaye (Phoe) 60:26; 181 T Wright (Bexley) 60:31; 182 J Chettle (THH) 60:31; 183 T Alexander (Kent, M35) 60:32; 184 L Hunt (Harrow) 60:32; 185 J P Marshall (Newb, M35) 60:34; 186 J Quinlan (AFD) 60:35; 187 O Carrod (E&E) 60:36; 188 J Adams (G&G, M35) 60:36; 189 J MacDonald (Camb H, M35) 60:37; 190 T Wilner-Reid (Head) 60:37; 191 A Chau (UCL) 60:37; 192 O Hill (Wat J) 60:38; 193 S Cirillo (E'bne) 60:39; 194 B Day (Kent, M35) 60:39; 195 R Macaulay (Lon Hth) 60:39; 196 T Cuthbertson (Mil K) 60:39; 197 C Redondo (Trent P, M40) 60:40; 198 C Tuck (B&B) 60:41; 199 D De Palol (Serp, M40) 60:42; 200 P Bown (GoodGym) 60:42

M50: 1 A Weir (THH) 60:49. **M55:** 1 A Davidson (High) 63:32. **M60:** 1 A Fay (E&E) 73:37; 2 P Sanderson (G&G) 76:05. **TEAM:** 1 Bedford & C 185; 2 Highgate 209; 3 Serpentine 210; 4 Kent 325; 5 Hercules W 327; 6 AFD 341; 7 Herne H 690; 8 TVH 761; 9 Belgrave 767; 10 Thames 780; 11 Medway & M 927; 12 Mil K 1074; 13 B&H 1079; 14 Phoenix 1118; 15 Lon H 1148; 16 Newbury 1175; 17 Blackheath & B 1176; 18 VP&TH 1197; 19 Havering 1294; 20 Cambridge & C 1313; 21 Guildford & G 1337; 22 Clapham 1457; 23 Soton 1459; 24 Chich R 1508; 25 Hastings 1563; 26 Arena 1651; 27 Reading 1672; 28 Trent P 1675; 29 Dork MV 1705; 30 WG&L 1722; 31 Hay H 1734; 32 Cambridge 1834; 33 Portsmouth 1834; 34 Epsom & E 1880; 35 Ranelagh 2010

U20 men (8km): 1 E Dee (Bed C) 26:53; 2 J Dempsey (SB) 26:55; 3 L Prior (AFD) 27:00; 4 J Leitch (Worth) 27:27; 5 N Wellard (K&P) 27:36; 6 G Groom (SB) 27:40; 7 T Butler (SB) 27:48; 8 R McCawley (AFD) 27:51; 9 A Sutton (Read) 27:51; 10 O Dickinson (Wells) 27:53; 11 I Farnworth (Kent) 28:00; 12 N Armitage-Hookes (Read)

28:04; 13 A Rossom (Herts P) 28:09; 14 J Boswell (AFD) 28:11; 15 R Meyer (M&M) 28:12; 16 J Cvetkovic (AFD) 28:29; 17 J Beeks (BMH) 28:40; 18 J Taylor (Wyc P) 28:44; 19 F Rusby (Wells) 28:47; 20 J Croft (Hunts) 28:51; 21 B Spratling (Nonw) 28:51; 22 R Slade (Chilt) 28:51; 23 R Coupland (AFD) 28:56; 24 M Farah (ESM) 28:58; 25 J Shaylor (Abing) 28:59; 26 D Stidder (Phoe) 29:01; 27 B Smith (AFD) 29:04; 28 L Reid (AFD) 29:07; 29 J Goddard (WSEH) 29:10; 30 S Rodda (Read) 29:11; 31 W Mullins (Bed C) 29:14; 32 D Willmore (Poole R) 29:30; 33 D Clark (Wyc P) 29:34; 34 N Unger (WSEH) 29:37; 35 J Preston (W Suf) 29:40; 36 A Mohamed (TVH) 29:46; 37 O Percival (AFD) 29:50; 38 S Kanyady (Read) 29:50; 39 D Cooke (Aldershot Farnham & Daw) 29:52; 40 J Viney (Bed C) 30:00. **TEAM:** 1 AFD 41; 2 Shaftesbury 59; 3 Reading 88; 4 Bed C 113

U17 men (6km): 1 T Keen (C&C) 19:40; 2 L Wellington (Ports) 19:41; 3 Z Mahamed (Soton) 19:50; 4 H McLuckie (LovH) 19:52; 5 D Stone (SB) 20:01; 6 M Shantry (JF) 20:21; 7 T Eames (B&H) 20:23; 8 J O'Hara (Ports) 20:23; 9 D Dowd (C&C) 20:28; 10 T Tarragano (B&H) 20:30; 11 M Stonier (Inv EK) 20:33; 12 W Mahoney (Norw) 20:36; 13 M Heyden (AFD) 20:38; 14 G Pool (Hast) 20:38; 15 J O'Flaherty (Lon Hth) 20:41; 16 C Macrae (Inv EK) 20:44; 17 L Garrett (Lon Hth) 21:05; 18 O Newman (C&C) 21:06; 19 E Pocock (AFD) 21:06; 20 M Davis (Avon VR) 21:06; 21 L Brewer (Phoe) 21:09; 22 C Kershaw (AFD) 21:14; 23 H Digby (Brack) 21:17; 24 C Brisley (Inv EK) 21:19; 25 B Hughes (M&M) 21:21; 26 B Winfield (SB) 21:24; 27 E Steveni (Read) 21:26; 28 D Brookling (WSEH) 21:27; 29 W Broom (Chich) 21:28; 30 L Burgess (Horsh BS) 21:28; 31 B Ate (DMV) 21:29; 32 A Enser (Brack) 21:34; 33 N Goddard (Ips) 21:36; 34 T Mead (Norw) 21:37; 35 M Cooper (Brack) 21:40; 36 A Killeen (Bed C) 21:40; 37 L Stallard (Chich) 21:42; 38 B Wills (Brack) 21:48; 39 C Myatt (B&B) 21:48; 40 L Harknett (Orion) 21:50; 41 C Ackroyd (W Suf) 21:51; 42 J Olawunmi (Camb H) 21:57; 43 S Norris (S'end) 21:57; 44 Z Bridgeland (Chelm) 21:58; 45 J Cann (Horsh BS) 22:01; 46 J Genco-Russo (AFD) 22:03; 47 J Clayton (B&H) 22:04; 48 S Sheppard (S Lon) 22:05; 49 P Guy (B&B) 22:09; 50 S Cross (Ports) 22:09. **TEAM:** 1 AFD 80; 2 Portsmouth 115; 3 Bracknell 128; 4 B&H 151; 5 Chich R 191; 6 Norwich 191; 7 Inv EK 212; 8 Bed C 247; 9 Blackheath 299; 10

WSEH 301. **U15 boys (4.5km):** 1 M Ali (ESM) 14:15; 2 W Barnicoat (AFD) 14:20; 3 A Williams (Chilt) 14:22; 4 K Boggon (WG&L) 14:36; 5 L Dunne (Chich) 14:37; 6 F Vaughan (S Lon) 14:38; 7 D Spencer (AFD) 14:41; 8 S Martin (G&G) 14:47; 9 S Harnett (New F) 14:51; 10 O Bright (B&B) 14:54; 11 C Woollett (Wat) 14:56; 12 O Parmenter (C&C) 14:59; 13 J Kramer (Serp) 15:01; 14 R Martin (AFD) 15:04; 15 S Ward (WG&L) 15:05; 16 A Aldred (Chilt) 15:08; 17 E Henderson (AFD) 15:09; 18 A Johnson (Chilt) 15:09; 19 A Williams (Horsh BS) 15:11; 20 H Norman (S Lon) 15:11; 21 A Harris (St Alb S) 15:13; 22 J Moore (St Alb S) 15:14; 23 L Hynes (WSEH) 15:14; 24 M Gar (AFD) 15:14; 25 C Wagstaff (AFD) 15:15; 26 T Roberts (B&H) 15:16; 27 C Enser (Brack) 15:20; 28 K Allgood (WG&L) 15:21; 29 H Hyde (AFD) 15:23; 30 I Elam (Hast) 15:23; 31 T Blake (C&C) 15:24; 32 O Parrick (Inv EK) 15:24; 33 T Cheshire (AFD) 15:25; 34 N Smith (S Lon) 15:27; 35 C Stone (Craw) 15:27; 36 M Magin (C&C) 15:28; 37 J Seal (S Lon) 15:29; 38 S Hodgson (WSEH) 15:31; 39 S Newson (Inv EK) 15:33; 40 J Aguilar-Agon (C&C) 15:34; 41 B Sloan (WG&L) 15:34; 42 T James (Craw) 15:35; 43 T Rickards (Read) 15:35; 44 A Caruth (Woking) 15:36; 45 A Dray (Hay H) 15:36; 46 F Townley (Woking) 15:37; 47 W Jerome (AFD) 15:38; 48 E Ward (Worth) 15:39; 49 A Samuels (Ilf) 15:40; 50 B Hunter (Wat) 15:42. **TEAM:** 1 AFD 40; 2 WG&L 88; 3 S London 97; 4 Chiltern 108; 5 C&C 119; 6 Crawley 238; 7 B&H 259; 8 WSEH 269; 9 St Albans 287; 10 Hastings 299. **U13 boys (3km):** 1 W Rabijohns (Poole) 10:01; 2 Z Saez (Bed C) 10:05; 3 I Morris (C&C) 10:07; 4 E Scott (AFD) 10:08; 5 J Peck (Thet) 10:11; 6 B Brown (Soton) 10:13; 7 O Hitchcock (Ips) 10:13; 8 E Gladwell (Ips) 10:14; 9 E Enser (Brack) 10:17; 10 M Blacklock (Have) 10:20; 11 R Morrell (AFD) 10:21; 12 T Redmond (Chilt) 10:25; 13 O Emment (Walton) 10:26; 14 O Craggs (Read) 10:26; 15 J Winship (Brack) 10:30; 16 J O'Malley (N Norfolk) 10:35; 17 C Chilton (Herne H) 10:36; 18 W Jackson (Chilt) 10:38; 19 L Bailey (Salis) 10:39; 20 B Sims (Oxf C) 10:42; 21 C Norman (E&E) 10:43; 22 R Page (Inv EK) 10:44; 23 O Home (Med Tri) 10:44; 24 N Hollan-Elridge (Craw) 10:45; 25 M Pickering (Reig) 10:47; 26 J Geller (WG&L) 10:49; 27 A Grimes (St Alb S) 10:50; 28 H Yelling (B&H) 10:52; 29 G

STANMER PARK, BRIGHTON, JANUARY 27

against older opposition in the Middlesex Schools event.

The under-13 girl's race was a superb battle with Ipswich's ESAA cup winner Ruby Vinton just pipping front-running Charlotte Dewar on the line.

Poole's 11-year-old William Rabjohns, who has another year left in the age group, won the under-13 boys race using the speed that won him last year's Southern inter county match at 1500m.



William Rabjohns (281) took the under-13 boys' race from Zena Saez (30)



Ruby Vinton (2644) pipped Charlotte Dewar in the under-13 girls' race

Parmenter (C&C) 10:54; 30 C Nisbet (Chilt) 10:54; 31 E Fiore (Camb H) 10:55; 32 D Shattock (AFD) 10:56; 33 T Hutton (Inv EK) 10:57; 34 C Borgnis (Brack) 10:58; 35 J Borrett (C&C) 10:58; 36 T Emery (Chilt) 10:58; 37 J Alexander (Brack) 10:58; 38 L Gawne (Chilt) 10:59; 39 J Horner (Soton) 10:59; 40 O Pickup (AFD) 10:59; 41 B Aron Draskoczy (Lon H) 11:01; 42 G Stevens (BMH) 11:02; 43 B Morrell (S Lon) 11:03; 44 H Channon (Oxf C) 11:03; 45 A Shelley (M&M) 11:03; 46 M Knight (WSEH) 11:04; 47 S Blake (Lon Hth) 11:04; 48 F Canning (AFD) 11:05; 49 J Kandola (Norw) 11:05; 50 R Hudson (WSEH) 11:06
TEAM: 1 AFD 87; 2 Bracknell 85; 3 Chiltern 96; 4 C&C 135; 5 Soton 184; 6 Ipswich H 237; 7 Lon H 239; 8 Cornwall 269; 9 Herne H 322; 10 M&M 327
LA Bearer Cup (overall men): 1 AFD 589; 2 Bed C 1244

Senior women (8km): 1 P Law (K&P) 28:56; 2 E Hosker Thornhill (AFD) 29:18; 3 C Christensen (C&C) 29:19; 4 P Bowden (AFD) 29:26; 5 K Bingle (AFD) 29:43; 6 S Harris (Belg) 29:56; 7 I Lee (Win) 30:05; 8 N Tschimowitz (SB) 30:15; 9 V Knight (C&C, W40) 30:24; 10 H Viner (High) 30:33; 11 L Davies (Spring S, W35) 30:44; 12 R Barnes (Avon VR, W35) 30:46; 13 L Brenton (Soton) 30:47; 14 S Davis (Clap C) 30:52; 15 M Wilkins (Win) 30:55; 16 K Hedgethorpe (C&C) 31:10; 17 I Clark (Serp) 31:12; 18 S McCall (S Lon) 31:19; 19 N Mitchell (Read) 31:21; 20 A Burgin (Bed C) 31:24; 21 S Daley (Win) 31:29; 22 L Hall (AFD) 31:31; 23 C Baxter (AFD) 31:34; 24 L Ashe (Harrow) 31:39; 25 G Barry (Hill) 31:46; 26 L Bromilow (Mil K, W35) 31:47; 27 B Murray (Oxf U) 31:51; 28 R Woolfe (THH) 31:54; 29 B Bowness (Soton) 31:55; 30 C Firth (WSEH) 31:56; 31 G Girec (Herne H) 32:11; 32 L Harris (Worth) 32:18; 33 C Grima (HW, W40) 32:20; 34 R Piggott (Lon Hth) 32:35; 35 R Lord (Stubb G) 32:37; 36 R Robinson (Mil K) 32:38; 37 S Clusker (Hast) 32:38; 38 S Pemberton (Serp) 32:41; 39 E Burgess (High) 32:44; 40 A Frake (C&C) 32:52; 41 C Hoyte (Arena, W45) 32:53; 42 L Rogers (Wyc P) 32:57; 43 C Chalwin (BMH) 33:00; 44 J Hinton (Lon Hth) 33:02; 45 N Sheel (Serp) 33:12; 46 Y Goater (G&G) 33:16; 47 V Barthelmess (THH) 33:17; 48 S Ludlow Taylor (Serp, W35) 33:17; 49 S Lawrence (Croy) 33:22; 50 L Blazey (Rane) 33:22; 51 S Crumly (Read) 33:31; 52 M Dohren (VP&TH, W35) 33:32; 53 K Ellison

(Herne H, W35) 33:49; 54 S Kingston (Soton) 33:53; 55 E Jolley (Ports, W35) 33:54; 56 C Wright (Dartf) 33:54; 57 V Walker (SB) 33:59; 58 C Parker (Abing) 33:59; 59 J Vickers (S Lon, W35) 34:00; 60 E Brandley (HW) 34:00; 61 L Da Silva (TVH) 34:08; 62 O Desborough (Lon Hth) 34:09; 63 R Gifford (Worth) 34:12; 64 M Steer (St Alb) 34:14; 65 V Smith (Have) 34:16; 66 E Stavreski (THH, W40) 34:17; 67 C Lathwell (Stop, W40) 34:23; 68 S Amend (Belg, W35) 34:25; 69 K Hewitson (Soton) 34:26; 70 F Vein (Rane, W35) 34:38; 71 G Bailey (Have) 34:43; 72 A Baird (Serp, W35) 34:45; 73 S Winter (Strag, W40) 34:47; 74 M Hall (Belg) 34:48; 75 R Grass (Hast) 34:50; 76 G Furze (Woking) 34:52; 77 B Hubbard (AFD) 34:52; 78 B Francis (Avon VR) 34:54; 79 E Rowley (Trent P) 34:56; 80 R Hurford (Clap C) 34:57; 81 A Godfrey (Read) 34:59; 82 J Roberts (Wyc P) 35:02; 83 C Kandle (Kent) 35:08; 84 A Hoogkamer (Norw) 35:14; 85 N Johnson (Wyc P, W35) 35:16; 86 C Somerton (C&C) 35:18; 87 I Bradley (Kent) 35:25; 88 G Rasukeviciute (Inv EK) 35:28; 89 E Montiel (Ports, W40) 35:31; 90 L Wenninger (High) 35:33; 91 S Flanagan (Eton M, W40) 35:35; 92 R Phelps (Lewes) 35:40; 93 L James (Lon Hth) 35:43; 94 E Dimmer (SB) 35:45; 95 A Ellis (Hail, W40) 35:48; 96 J Kent (Barn, W50) 35:49; 97 N Atherton (Barn) 35:49; 98 L Faunch (Woking) 35:50; 99 L Hegwood (HW, W50) 36:14; 111 R Lund (WG&L) 36:18; 112 S Shephard (Larkf) 36:19; 113 H Hughes (Poole) 36:20; 114 P Connolly (B&B) 36:28; 115 J Rockliffe (Avon VR, W45) 36:29; 116 R Curtis-Hall (Rane, W35) 36:30; 117 H Wells (Hill) 36:32; 118 B Neal (Poole) 36:35; 119 J Gray (Wyc P, W35) 36:36; 120 H Copeland (Ealing Eagles Running C) 36:39; 121 A Johnson (Head) 36:46; 122 N Blandford (Soton, W40) 36:46; 123 S Hearn (M&M) 36:48; 124 N Green (Harp) 36:55; 125 C Bedingfield (C&C, W35) 37:02; 126 M Edey (Clap C) 37:07; 127 F Jeacocke (VP&TH, W40) 37:12; 128 L Goldie-Scot (Belg) 37:14; 129 G Wiley (Kent) 37:16; 130 I Woods (Have) 37:19; 131 H Wright (Read) 37:24; 132 K Murphy

(Barn, W45) 37:31; 133 K Hinshelwood (High) 37:35; 134 J Rayfield (Read, W45) 37:36; 135 R Hutton (S Lon, W50) 37:39; 136 P Blackledge (B&B, W40) 37:43; 137 R Maslen (Hast, W50) 37:50; 138 Z Redondo (Trent P, W40) 37:53; 139 T Shrestha Carney (Lon Hth) 37:55; 140 H Gillard (S'end) 38:00; 141 J Green (Serp, W35) 38:07; 142 L Davison (Royst) 38:09; 143 R Bennett (W Horse, W45) 38:13; 144 R Ashworth (GoodGym) 38:15; 145 A Brough-Nuesink (Sutt R, W40) 38:16; 146 C Fisher (Eton M) 38:17; 147 S Godfrey (C&C, W50) 38:20; 148 E Georgiades (Head) 38:22; 149 E Everill (Hail, W40) 38:24; 150 E Hughes (Chich) 38:24
W55: 1 S Boxer (Barn) 39:09. **W60:** 1 L Walls (St Alb S) 41:32. **W65:** 1 P Forse (Stubb G) 42:15
TEAM: 1 AFD 33; 2 C&C 68; 3 Serpentine 148; 4 Winchester 149; 5 Soton 165; 6 THH 168; 7 Lon H 263; 8 Highgate 272; 9 Belgrave 276; 10 Reading 282; 11 Wyc P 308; 12 Clapham 329; 13 HW 369; 14 Ranelagh 315; 15 S London 390; 16 Avon VR 390; 17 Kent 404; 18 Havering 435; 19 Barnet 489; 20 Hastings 492; 21 Hillingdon 546; 22 Portsmouth 555; 23 Woking 558; 24 Eton M 570; 25 Head RR 594; 26 Southend 601; 27 Stubb GR 604; 28 VP&TH 624; 29 Hailsham 653; 30 Ealing 725
U20 women (6km): 1 A Quirk (Brack) 21:53; 2 N Brown (AFD) 22:10; 3 J Keene (B&B) 22:45; 4 M Ormond (WSEH) 23:24; 5 H Page (Dartf) 23:26; 6 A Brown (WSEH) 23:33; 7 K Weir (TVH) 23:45; 8 A Barbour (WSEH) 23:55; 9 E Cackle (AFD) 24:11; 10 M Deadman (BMH) 24:17; 11 E Carey (Brack) 24:20; 12 M Grice (AFD) 24:34; 13 A Weston (Inv EK) 24:39; 14 Y Ryder (Newb) 24:47; 15 L Squibbs (AFD) 24:53; 16 R Whyte-Wilding (Lewes) 24:56; 17 C Taylor (C&C) 24:57; 18 M Compton-Stewart (WSEH) 25:06; 19 S O'connor (Poole R) 25:08; 20 M Solway (Norw) 25:12; 21 A Hughes (B'works) 25:17; 22 C Weitzel (B&B) 25:25; 23 N Ravenhill (ESM) 25:27; 24 Y Austridge (B&B) 25:35; 25 G Kyriacou (SB) 25:40; 26 T Horton (AFD) 26:03; 27 T Forde (Craw) 26:20; 28 R Ellis (Chich) 26:28; 29 L Nichols (Bed C) 26:29; 30 L Rycroft (W Horse) 26:30; 31 A Leach (B&B) 26:33; 32 R Pope (WSEH) 26:35; 33 S Hall (Inv EK) 26:37; 34 A Stubbs (W'borne) 26:54; 35 R Burford (Dartf) 26:56
TEAM: 1 WSEH 36; 2 AFD 38; 3 B&B 80

U17 women (5km): 1 G Brock (Corn) 17:14; 2 A Nerurkar (Phoe) 17:50; 3 E Palmer (DMV) 17:53; 4 K O'Neill (Have) 17:54; 5 E Farrow (Ports) 17:58; 6 G Copeland (W'borne) 18:09; 7 T Wilson (Bed C) 18:10; 8 M Sweetman (Have) 18:10; 9 E Sakaria (G&G) 18:16; 10 A Millard (Inv EK) 18:23; 11 O McDonald (G&G) 18:23; 12 R Bullock (BMH) 18:26; 13 I Mannion (BMH) 18:32; 14 L Clarke (Hast) 18:36; 15 A Wills (Brack) 18:38; 16 O Wiseman (Ports) 18:40; 17 L Rowedder (Herts P) 18:41; 18 A Hancock (Read) 18:48; 19 A Richer (Horsh BS) 18:51; 20 R Poole (BMH) 18:55; 21 M Jones (WSEH) 18:57; 22 D Knotkova-Hanley (Hay H) 18:58; 23 K Goldsmith (Norw) 18:58; 24 H Walker (Read) 18:59; 25 K Hopkins (Woking) 19:03; 26 K Rodda (Read) 19:04; 27 I Matthews (Chich) 19:06; 28 O Stillman (Herne H) 19:07; 29 L Wright (G&G) 19:11; 30 N Fonteyn (Phoe) 19:12; 31 L Jay (Lut) 19:13; 32 E Chambers (Folk) 19:19; 33 K Brown (AFD) 19:26; 34 H Cooper (Hast) 19:28; 35 R Temple (Inv EK) 19:30; 36 A Wilks (Brack) 19:31; 37 G Mann (Win) 19:35; 38 K Sittampalam-main (Brack) 19:36; 39 L Kyriacou (SB) 19:38; 40 C Griffiths (G&G) 19:39; 41 C Holden (C'ley) 19:41; 42 J Cox (AFD) 19:44; 43 K Stern (St Alb S) 19:44; 44 M Groom (SB) 19:46; 45 M Hodgson (WSEH) 19:47; 46 S Morton (Chilt) 19:48; 47 B Irving (C&C) 19:50; 48 A Cole (Orion) 19:51; 49 A Cox-Rusbridge (Chich) 19:53; 50 E Jones (Brack) 19:56
TEAM: 1 Guildford 89; 2 Portsmouth 129; 3 Bracknell 139; 4 Reading 161; 5 Wimbome 210; 6 WSEH 218; 7 Norwich 262; 8 Chich R 263; 9 Lon H 365
U15 girls (4km): 1 B Cook (B'works) 13:35; 2 E Shaw (W'borne) 14:19; 3 B Wood (Salis) 14:22; 4 K Valkenberg (E&E) 14:27; 5 E Holland (Herne H) 14:31; 6 M Harris (Bas) 14:31; 7 O Williams (Chilt) 14:34; 8 I Hinkley (Soton) 14:36; 9 S Lecoutre (G&G) 14:37; 10 A Barnes (Camb H) 14:39; 11 E Harris (WSEH) 14:41; 12 A Hill (Ips) 14:43; 13 G Ingles (SB) 14:45; 14 P Roessler (AFD) 14:45; 15 M Ramnarine (Hast) 14:51; 16 I Wilkins (Hunts) 14:53; 17 K Willis (Norw) 14:54; 18 H Fisher (Ips) 14:57; 19 N Ainsworth (Ports) 14:57; 20 P Craig Mcfeely (Herne H) 14:58; 21 R Horton (AFD) 14:58; 22 R Losh (B&H) 14:59; 23 M Taylor (C&C) 15:00; 24 E Roncarati (SB) 15:03; 25 A Young (WSEH) 15:03; 26 M Rose (Dartf) 15:06; 27 F Haines (C&C) 15:08; 28 T Aldis (Ips) 15:10; 29 S Peruso (Bed C) 15:11; 30 J Young (WSEH) 15:12; 31

H Wilkinson (Ports) 15:13; 32 A Durand (NNorfolk) 15:14; 33 R Whalley (Read) 15:15; 34 M Short (Norw) 15:15; 35 M Collings (Woking) 15:15; 36 G Clarke (HW) 15:16; 37 T Stevens Cox (Herne H) 15:16; 38 E Weir (HW) 15:17; 39 B Abigail (Brack) 15:18; 40 L Dooley (B&H) 15:18; 41 J Norkett (Theft) 15:19; 42 E Dolby (B&B) 15:20; 43 I Penniceard (Herne H) 15:23; 44 J Tofté (HW) 15:23; 45 E Key (B'works) 15:24; 46 A Garner (AFD) 15:24; 47 Z White (B&B) 15:25; 48 C Parsons (AFD) 15:26; 49 M Sawyer (W'borne) 15:26; 50 B Panton (B&B) 15:26
U15 TEAM: 1 Herne H 105; 2 WSEH 119; 3 Ipswich H 121; 4 AFD 129; 5 Wimbome 192; 6 Norwich 222; 7 B&H 229; 8 HW 236; 9 C&C 255; 10 B&B 263
U13 girls (3km): 1 R Vinton (Ips) 10:50; 2 C Dewar (WSEH) 10:50; 3 M Luke (Corn) 10:55; 4 A Weightman (SB) 11:01; 5 M Olivia (Oxf C) 11:06; 6 A Henderson (Chilt) 11:09; 7 N Simmons (Bed C) 11:10; 8 F Baxter (Chilt) 11:11; 9 S Woodhead (Guern) 11:12; 10 P Bowen (Herne H) 11:19; 11 H Henderson (Chilt) 11:23; 12 E Streven (E'nev) 11:24; 13 S Lomas (E&E) 11:26; 14 S Okoro (Have) 11:27; 15 F Willcox (WSEH) 11:29; 16 L Tse (St Alb S) 11:29; 17 J Swandale (Than) 11:30; 18 T Crane (Norw) 11:30; 19 R Clutterbuck (WSEH) 11:34; 20 N Sewell (Have) 11:38; 21 H Hunter (Herne H) 11:41; 22 D Yelling (B&H) 11:41; 23 T Sullivan (Inv EK) 11:42; 24 K Webb (AFD) 11:42; 25 L Weisz (HW) 11:43; 26 A Palmer (M&M) 11:44; 27 E Phillips (Norw) 11:44; 28 L Wormley (Craw) 11:45; 29 E Abbott (Norw) 11:45; 30 D Wilkinson (Ports) 11:46; 31 O Gibbons (WSEH) 11:48; 32 C Wormley (Craw) 11:49; 33 S Graham (W'borne) 11:50; 34 L Law (BMH) 11:50; 35 J Bowen (G&G) 11:51; 36 K Mair (Brack) 11:51; 37 L Armitage (HW) 11:52; 38 F Hinds (Lewes) 11:52; 39 D Burton (B'works) 11:53; 40 E Benson (Brack) 11:53; 41 E Botha (Chilt) 11:54; 42 K Driscoll (High) 11:55; 43 L Russell (High) 11:56; 44 C Garland (Bexley) 11:57; 45 H Watson (Chelm) 11:57; 46 A Goodhand (Than) 11:57; 47 R Stockley (E&E) 11:57; 48 A Clouston (Theft) 11:58; 49 S Thomas (Herne H) 11:58; 50 A Daniels (Norw) 11:59
TEAM: 1 Chiltern 66; 2 WSEH 67; 3 Norwich 124; 4 Herne H 143; 5 AFD 201; 6 Bracknell 224; 7 Havering 238; 8 E&E 251; 9 HW 262; 10 G&G 272
SEAA Trophy (overall women): No teams completed all five races

MIGHTY MORPETH



The senior men's race unfolded in the beautiful surroundings of Harewood House

MORPETH GAIN INDIVIDUAL SENIOR DOUBLE FOR FIRST TIME AS CARL AVERY AND MHAIRI MACLENNAN WIN

REPORT: ROGER NORTON

PICTURES: DAVID HEWITSON

WITH the splendid backdrop of Harewood House, Morpeth did the senior double, for the first time ever, as Carl Avery won the Fred Ireland Trophy and Mhairi MacLennan lifted the Madeline Ibbotson Trophy.

Sale beat Leeds City for the men's team race but Leeds narrowly reversed the result in the women's contest.

The age groups provided some top quality racing on an excellent course which most runners thought would be a great course for the National.

After plenty of rain in the week leading up to the race, there were inevitably some

sticky sections but also some stretches of fast running on the quickly draining grazing land.

There was plenty of variety with some testing hills, while strong winds added to the challenge, but the threatened rain did not materialise.

SENIOR MEN

CARL AVERY had a close head-to-head contest with Matthew Bowser of Lincoln Wellington, with the Morpeth man going on to win his first Northern title.

The race had had an open look about it when last year's winner Ben Connor opted not to defend, concentrating instead on the road.

Avery seized the opportunity in style, with he and Bowser opening up an early gap as Hallamshire's Steve Bayton led the chasing group.

Inevitably, after nine previous races, the course was churning up but much of it was still fast. On one such downhill stretch early on the second lap, Bowser stole a 20-metre lead and

Eventual winner Carl Avery (583) took control at the head of the field in Leeds



looked full of running as Avery struggled with a stitch. Later, it was Bowser's turn to struggle, suffering from cramp, an issue that troubles him regularly.

He could not respond when Avery caught him for a well deserved, if somewhat unexpected, victory.

Very consistent over the years up to National level, this was a significant breakthrough for the Morpeth man.

His best Northern had been sixth place two years ago and he admitted he had not expected to finish first.

As for Bowser, his only other Northern cross-country medal came in the junior race 17 years ago. Cramp apart, he looks to be running as well as ever.

Bayton, isolated throughout, stuck to his task and was not threatened for the bronze medal. He will probably miss the National, aiming instead for the London Marathon.

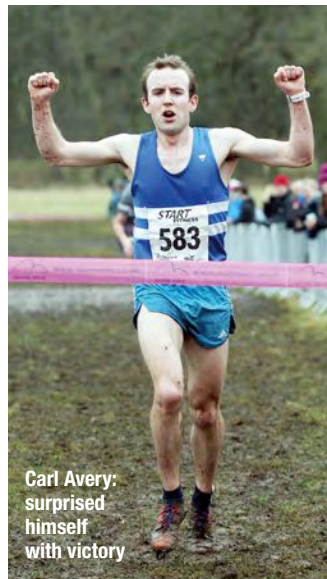
James Roden and Nigel Martin ran strongly for fourth and fifth to lay the foundation for Sale to successfully retain their team title. Roden just missed an individual bronze for



Mhairi MacLennan (335) was quick to get to the front in the senior women's race

the second year. With six in 37 they saw off the challenge from Leeds City, their counters after Roden and Martin being Luke Betts (20th), Matthew Barnes (30th), Philip Robertson (36th) and Callum Rowlinson (37th). Lincoln Wellington, with Shane Robinson seventh and Aaron Scott eighth, were a well-deserved third.

Top Leeds man was Olympic triathlete Gordon Benson, having his best run for some time to finish sixth. Leeds are not the formidable team they were when winning 11 titles in



Carl Avery: surprised himself with victory

12 years from 2003 but can still turn out a strong line-up and were almost level with Sale after four counters.

Following Benson they had Josh Woodcock-Shaw (10th), Alisdair McLeod (11th), Mike Burrett (34th), Michael Salter (47th) and Patrick Vis (50th).

SENIOR WOMEN

MHAIRI MACLENNAN, an Edinburgh-based Scottish runner whose English club is Morpeth, scored an impressive win in the women's race.

Preferring the Northern to

the Scottish District races, MacLennan was always in the lead or thereabouts and, once she put the pressure on, no-one could match her.

Whilst the Morpeth runner was somewhat unknown to many of the field, it was no surprise to see her at the front.

She ran for Great Britain at the recent Simplyhealth Great Edinburgh XCountry, whilst her international experience has also included ninth in the European under-23 cross country championship.

"I will not be running the



Senior men's winner Carl Avery (centre) with Matt Bowser (left) and Steve Bayton



Women's leaders: I-r, Georgia Taylor-Brown, Mhairi MacLennan, Lauren Howarth and Abbie Donnelly



Mhairi MacLennan (centre), with Lauren Howarth (left) and Georgia Taylor-Brown

English National," she said, "but prefer to go for the Scottish title." Longer term, the Highgate 10,000m is a target.

Behind her, Lauren Howarth was delighted with her silver medal in what was her first race since September. It was sciatica, not the usual run of the mill injury, which kept her out of action.

"Training is going well just now," she said. "I am working as a locum (doctor) and can control how much I do. There is no weekend work or on-calls."

Georgia Taylor-Brown was safe in third place, the triathlete replicating last year's performance and leading Sale's challenge for the team title. When Katie Hewison came in fifth, just behind Lincoln's Abbie Donnelly, and Danielle Fegan finished eighth, it looked to be "in the bag" for Sale.

However, defending champions Leeds City were not to be denied. They were led by Georgia Malir, who had a fine run in sixth, and she was followed home by Claire Duck.

Looking for a hat-trick, Duck was below par this time but the prospect of a team win kept her going, whilst Emma Clayton ran well for 11th.

It was all down to the last counter and Lucy Crookes ran a gritty race for Leeds to finish

15th, 10 places ahead of Sale's Hannah Brown, to clinch the title by just two points.

Leeds could also claim another four runners in the top 50, even with Stevie Stockton dropping out. Rotherham, always consistent, took the bronze medals led by Sophie Cowper's 10th.

AGE GROUP RACES

THIS was a Sale Harriers exhibition. Francesca Brint started to go clear on an uphill section after the first lap.

"It was good for me because I enjoy the hills," she said after winning by 46 seconds, the biggest winning margin of the day. The first-year under-20 was accompanied at the presentation by her team-mates Juliet Downs and Claudia Cowan, all three coached by Paul Roden.



Francesca Brint: victory in the under-20 race

In the men's event, Emile Cairaess has won the Yorkshire senior title the last two years but, due to his January birthday and the nature of the age groupings, he is still an under-20 for this race and the National.

He was simply a class above the rest, as his winning margin of 37 seconds showed.

"It went as planned," said the St Mary's Twickenham student. "I went away just after a lap and felt good." His next outing will be the BUCS Championships. He won the B race last year but should be a contender for the A race this time.

Angus McMillan, last year's under-17 winner, and Joshua Schofield were the other medallists with their City of York club easily winning the team race.



Rory Leonard: took the under-17 title

In the under-17 race, Euan Brennan of Ilkley and Josh Dickinson of City of York had turns in the lead but Rory Leonard was always handily placed and, when he put his foot down, his challengers had no answer as he brought Morpeth their third individual gold of the meeting.

In the team race, however, Morpeth were narrowly beaten by Middlesbrough, led by the consistent Josh Cowperthwaite in fifth place.

Once the field had settled down in the under-15 boys' race, there was little change as Middlebrough's Archie Lowe stamped his authority on the race to leave Henry Johnson of Houghton and Finley Proffitt of Macclesfield to scrap for second place, with the



The leading pack in the junior men's race, with winner Emile Cairaess to the far left



Ella McNiven: under-17 winner



Archie Lowe: first across the line in the under-15 contest

Christopher Perkins and Sale winning the team race.

It was no great surprise that Ella McNiven of Liverpool won the under-17 women's race, even though she is in the first year of the age group.

Leading from the start she looked to have a winning gap by halfway and so it turned out. The chasing Keely Hodgkinson of Leigh and Holly Smith of Vale Royal, also first-year under-17s, closed towards the end when cramp affected McNiven but



Joshua Blevins: comfortable under-13 win

Holly Weedall won the under-13 girls' race with quite a bit in hand, while her Vale Royal team-mate Grace Roberts came home third. Sandwiched between them was Hallamshire's Ruby Simpson.

Despite having first and third, Vale Royal were beaten easily by Simpson's Hallamshire team. So dominant were Hallamshire that they had three more runners who could have taken the place of their last courier and still won.

Houghton runner getting the verdict.

There was no dominant team. Hallamshire, led by Joe McDadd in eighth place, won by a single point from neighbours Rotherham.

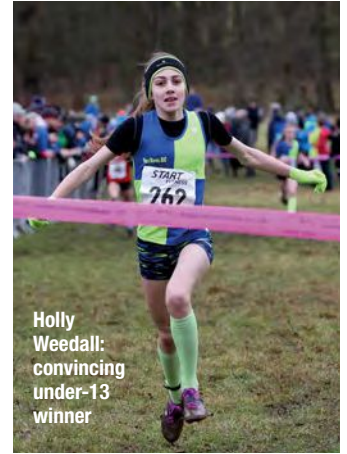
Despite getting spiked, Joshua Blevins won the under-13 boys' race comfortably, with a fast-finishing Patrick Welsh beating



Sian Heslop: improved on her silver medal from last year

the Liverpool athlete was never in danger. Defending champion Mya Taylor of Rotherham was fourth.

Sian Heslop of Macclesfield upgraded last year's under-15 silver to gold, taking the lead on a downhill section and going away for an untroubled win over Lara Crawford of Sale and Jodie Hill of Hallamshire whilst Salford took the team title.



Holly Weedall: convincing under-13 winner

RESULTS

Senior men (12km): 1 C Avery (Morp) 39:50; 2 M Bowser (Linc W) 39:54; 3 S Bayton (Hallam) 40:10; 4 J Roden (Sale) 40:22; 5 N Martin (Sale) 40:35; 6 G Benson (Leeds C) 40:41; 7 S Robinson (Linc W) 40:47; 8 A Scott (Linc W) 40:49; 9 H Powell (Kuh) 40:52; 10 J Woodcock-Shaw (Leeds C) 40:56; 11 A Mcleod (Leeds C) 41:07; 12 G Priestley (Salf) 41:11; 13 M Sheen (Vale R) 41:17; 14 R Burney (Liv H) 41:20; 15 A Russell (Kend) 41:20; 16 S Robinson (Salf) 41:22; 17 J Douglas (Bord H) 41:22; 18 J Wood (Ilkley) 41:34; 19 G Jayasuriya (M&C) 41:37; 20 L Betts (Sale) 41:41; 21 S Whitehead (Vale R) 41:45; 22 M Grieve (Bord H) 41:48; 23 A Burrn (J&H) 41:50; 24 E Smales (Roth) 41:52; 25 R Little (Hallam) 41:54; 26 L Timmins (Morp) 41:56; 27 A Corlett (Manx) 41:57; 28 D Bebbington (Prest) 42:03; 29 J Kilgour (Der) 42:11; 30 M Barnes (Sale) 42:19; 31 C Livesey (Salf) 42:20; 32 S Stead (Kesw) 42:25; 33 T Raynes (B'burn) 42:31; 34 M Burrett (Leeds C) 42:33; 35 C Milnes (Hallam) 42:40; 36 P Robertson (Sale) 42:41; 37 C Rowlinson (Sale) 42:43; 38 D Rigby (Salf) 42:43; 39 R Warner (B'burn) 42:45; 40 S Hancox (Morp) 42:45; 41 W Beauchamp (Salf) 42:52; 42 J Battrick (Kesw) 42:53; 43 M Lamb (Kesw) 42:55; 44 C Bell (Kesw) 42:58; 45 R Wilson (Linc W) 43:00; 46 D Norman (Alt) 43:01; 47 M Salter (Leeds C) 43:02; 48 P Bray (Chorlton)

43:08; 49 T McGuinness (E Ches) 43:09; 50 P Vis (Leeds C) 43:12; 51 J Richardson (Linc W) 43:18; 52 J Hindle (B'burn) 43:23; 53 A Jarvis (Liv H) 43:26; 54 J Sagar (Spen) 43:31; 55 M Hoyle (Leeds C) 43:32; 56 C Smith (Morp) 43:34; 57 R Page (Linc W) 43:36; 58 D Haworth (Kesw) 43:36; 59 A Benson (Prest) 43:40; 60 K Jeffers (Sun) 43:40; 61 K Unknown (Roth) 43:43; 62 M Shaw (Salf) 43:44; 63 T Straughan (Morp) 43:48; 64 J Savage (Chorlton) 43:53; 65 L Siemaszko (Liv H) 43:55; 66 S Doyle (Vale R) 43:56; 67 J Vis (Sale) 44:01; 68 B Houghton (Hallam) 44:03; 69 A Johnson (Roth) 44:06; 70 M Hallam (Vall) 44:07; 71 J Bailey (Salf) 44:10; 72 D Smith (Leigh, M40) 44:13; 73 J Birch (Hallam) 44:14; 74 J Johnson (Roth) 44:14; 75 A Burns (Wharf) 44:20; 76 A Bailes (Birt) 44:21; 77 J Wignall (Sale) 44:25; 78 T Charlton (Tyne Br) 44:26; 79 A Larkin (Roth) 44:27; 80 D Newton (New M) 44:34; 81 J McNally (Liv H) 44:42; 82 T Harrison (Bolt) 44:42; 83 P Leybourne (Salf) 44:44; 84 C Miller (H'gate, M35) 44:46; 85 P Winkler (Morp) 44:46; 86 K Darcy (Bolt) 44:50; 87 A Bradford (Sale) 44:51; 88 A Kershaw (S'port W) 44:53; 89 R Harris (Roth, M45) 44:59; 90 K Critchley (Knaves) 45:02; 91 M Abshir (Leeds C) 45:03; 92 D Jenkin (Dur) 45:05; 93 E Martin (Falk) 45:06; 94 J Hobbs (Vall) 45:08; 95 P Hodges (Hallam) 45:11; 96 M Malyon (Bail) 45:12; 97 C Davies (B'burn) 45:13; 98 J Woodley (Sky) 45:14; 99 C Powell

(Knows) 45:16; 100 N Barber (Hallam) 45:26; 101 C Smith (Leeds C) 45:28; 102 G Melvin (Bord H) 45:32; 103 B Lima (Salf) 45:35; 104 J Bell (Black B) 45:36; 105 A Lawrence (Morp) 45:38; 106 D Collinge (Clay) 45:40; 107 B Costello (B'burn) 45:40; 108 P Millgate (Weth) 45:41; 109 W Robson (NSP) 45:43; 110 T Collinge (Queenst) 45:47; 111 G Clarkson (Kuh) 45:49; 112 S Watson (Wharf) 45:52; 113 S Hall (RVH) 45:53; 114 D Franks (Wake) 45:54; 115 L Shaun (RVH) 45:56; 116 A White (Sale) 45:58; 117 R Moore (Vale R) 45:59; 118 G Foster (Kesw) 46:02; 119 K Sunman (Holm, U20) 46:02; 120 R Christie (Gate) 46:02; 121 N Gaskell (RVH) 46:04; 122 K Connolly (Gate, M35) 46:08; 123 B Hobson (Chorlton) 46:11; 124 P Williams (Leigh) 46:12; 125 D Russell (Traff) 46:12; 126 M Russell (Salf) 46:16; 127 J Dry (Kend) 46:17; 128 C Davenport (Mat) 46:20; 129 M Mannings (O&R) 46:20; 130 L Dover (H&P) 46:21; 131 J Rose (Steel) 46:26; 132 S Berry (Bord H) 46:26; 133 T Venning (Vall) 46:30; 134 S O'Meara (Traff) 46:34; 135 G Hull (Leeds C) 46:38; 136 S Sharp (Holm) 46:38; 137 G Scott (Chorlton) 46:40; 138 R Stirzaker (Roch H) 46:41; 139 P Livermore (N Leeds) 46:44; 140 A Murray (Horw) 46:46; 141 L Foster (Leeds C) 46:49; 142 T Baldwin (Salt) 46:51; 143 T Dart (Spen) 46:53; 144 C Fishwick (Hallam) 46:56; 145 S Magrath (Low F) 46:59; 146 M Nuttall (B'burn) 47:00; 147 J Seed (Salf) 47:03; 148 H

Baxter (Linc W) 47:05; 149 T Midgley (Bing) 47:06; 150 C Rumsey (M&C) 47:08; 151 J Knowles (Bolt) 47:09; 152 J Pownall (Vall) 47:12; 153 B Light (Bux) 47:12; 154 B Jones (Steel) 47:14; 155 J Wilkinson (M&C) 47:15; 156 M Sprot (Hallam, M35) 47:19; 157 T Greaves (Warr RR) 47:20; 158 B McCartney (Salf) 47:22; 159 J Prest (Traff) 47:23; 160 J Hudak (E Ches) 47:24; 161 S Bowyer (Black B) 47:25; 162 H Henshaw (Wirr) 47:27; 163 J Mcreesh (Gost) 47:29; 164 D Addenbrooke (Sheff RC) 47:30; 165 D Marsh (Sale) 47:31; 166 T Fletcher (Chorlton) 47:32; 167 M Fanning (Holm) 47:34; 168 G Sampson (Roth, M35) 47:34; 169 J McKenzie (Heat) 47:36; 170 A Douglass (Morp) 47:37; 171 S Collins (Prest) 47:38; 172 R Graham (H&P) 47:38; 173 W Rawson (Leigh) 47:40; 174 N Orr (Bord H) 47:40; 175 T Street (Holm) 47:41; 176 S Fricke (Knaves) 47:42; 177 E Hetherington (Blyth) 47:42; 178 A Haney (Chorlton) 47:43; 179 N Charlesworth (Wharf) 47:44; 180 C Jones (Manc Y) 47:47; 181 T Fletcher (York) 47:48; 182 S Medd (Gate) 47:49; 183 K Craib (Roth) 47:51; 184 S Shuttleworth (Linc W) 47:53; 185 P Turnbull (Tyne Br) 47:54; 186 J Hulse (Tyne Br) 47:55; 187 J Waller (Ross) 47:56; 188 G Browne (E Ches) 47:57; 189 S Pymm (Horw) 48:06; 190 R Armstrong (Abbey R) 48:10; 191 L Medley (Bord H) 48:11; 192 J Heaney (NSP) 48:17; 193 D Hudson (Salf) 48:18; 194 J Howe (B'burn) 48:21; 195 P Smith (Alt) 48:22;

196 R Brook (Salf) 48:26; 197 S Spence (Wirr, M45) 48:28; 198 D Josephs (SSH) 48:31; 199 N Armitage (P&B) 48:32; 200 J Hull (Bord H) 48:34
M45: 3 P Guinan (B'burn) 49:46. **M55:** 1 C Ireland (Sheff RC) 50:55
TEAM: 1 Sale 132; 2 Leeds 158; 3 Linc W 170; 4 Salford 200; 5 Morpeth 271; 6 Hallam 299; 7 Keswick 337; 8 Rotherham 396; 9 Blackburn 474; 10 Border 638; 11 Liverpool 707; 12 Chorlton 716; 13 Valley St 929; 14 Holmfirth 1089; 15 York Knives 1165; 16 Vale R 1176; 17 Wharfedale 1246; 18 Tyne Br 1250; 19 Trafford 1321; 20 Midd & C 1346; 21 Preston 1383; 22 Wirral 1587; 23 Harrogate 1741; 24 Ilkley 1754; 25 Steel 1802; 26 Saitaire 1820; 27 E Ches 1827; 28 Sheff RC 1847; 29 Gosforth 1917; 30 Leigh 1918; 31 N York M 1978; 32 Bingley 2022; 33 Sunderland 2030; 34 Wetherby 2088; 35 NSP 2139; 36 Baildon 2171; 37 Houghton 2195; 38 Heaton 2264; 39 N Derby 2387; 40 J&H 2401
U20 men (8km): 1 E Cairress (Leeds C) 27:07; 2 A Mcmillan (York) 27:44; 3 J Schofield (York) 27:53; 4 B Magnusson (Kuh) 28:10; 5 C Bell (Hallam) 28:14; 6 N Dunn (Prest) 28:15; 7 J Massingham (Roth) 28:18; 8 H Hardcastle (Der) 28:43; 9 J Ferns (Traff) 28:44; 10 A Brown (H&P) 28:49; 11 M O'Malley (Traff) 28:59; 12 K Hedley (Morp) 29:02; 13 M Seal Caltan (York) 29:06; 14 D Mullarkey (Manx) 29:08; 15 H Dexter (Vale R) 29:13; 16 J Brown (Vale R)

29:24; 17 J Callis (Leeds C) 29:29; 18 K Walker (Sedge) 29:30; 19 A Kettlewell (Holm) 29:32; 20 C Law (Holm) 29:35; 21 J Wigfield (Wirr) 29:37; 22 J Brennan (H'gate) 29:40; 23 C Elson (Rond) 29:45; 24 J Lund (Keigh) 29:47; 25 M Saleh (Sheff RC) 29:49; 26 T Hutchinson (York) 29:54; 27 A Robinson (Holm) 29:55; 28 B Bergstrand (Middles) 29:55; 29 C Weaver (Vale R) 30:03; 30 T Rogerson (Liv H) 30:12; 31 A Cook (Dur) 30:17; 32 S Smith (KuH) 30:19; 33 M Smith (Sun) 30:29; 34 R Dalton (R&Z) 30:34; 35 L Piper (E Ches) 30:44; 36 M Bostock (Wake) 30:44; 37 C Harvey (Knows) 30:48; 38 E Godridge (Barns) 30:55; 39 E Greenland (W Ches) 31:05; 40 J Ford (Liv H) 31:12

U20 TEAM: 1 York 44; 2 V Royal 108; 3 Holmfirth 117; 4 Sunderland 201

U17 men (6km): 1 R Leonard (Morp) 20:05; 2 J Dickinson (York) 20:17; 3 E Brennan (Ilkley) 20:36; 4 M Hill (Wake) 20:45; 5 J Cowperthwaite (Middles) 20:58; 6 M Mackay (Ross) 21:01; 7 P Haycock (Middles) 21:02; 8 D Coy (Ilkley) 21:03; 9 J Maurice (H'gate) 21:04; 10 A Doyle (Vale R) 21:05; 11 O Dustin (Bord H) 21:17; 12 C Reilly (Ilkley) 21:20; 13 K Owen (E Ches) 21:23; 14 M Brame (Liv H) 21:24; 15 L Parker (York) 21:31; 16 W Tighe (C'field) 21:35; 17 B Lee (Vale R) 21:37; 18 L White (Long) 21:38; 19 K Davis (Prest) 21:41; 20 R Mantle (Bing) 21:42; 21 C Mcmillan (Gate) 21:43; 22 B Preddy (Prest) 21:44; 23 B Forrest (Ross) 21:50; 24 M Fazakerley (Prest) 21:51; 25 C Williams (Traff) 21:51; 26 D Melling (Morp) 21:51; 27 R Harrison (Liv P) 21:53; 28 D Currie (Middles) 21:57; 29 T Glover (Morp) 22:03; 30 T Barrett (Keigh) 22:03; 31 A Kearney (Wirr) 22:04; 32 H Mackenzie (Grim) 22:07; 33 J Buckley (Warr) 22:09; 34 R Charlton (Morp) 22:10; 35 N Higham (Prest) 22:14; 36 S Guzai (Der) 22:16; 37 P Donald (Gosf) 22:18; 38 J Liddle (Eden) 22:19; 39 M Burgin (Hal) 22:20; 40 J Creasey (Middles) 22:23; 41 T Dickinson (Liv P) 22:27; 42 C Thomas (Dur) 22:31; 43 J Green (Linc W) 22:34; 44 A Doyle (Vale R) 22:35; 45 P Goodfellow (Macc) 22:38; 46 T Sursham (NSP) 22:40; 47 A Jones (Liv PS) 22:42; 48 L Pettit (Middles) 22:43; 49 H Johnson (Hal) 22:45; 50 E Spencer (C'field) 22:46

TEAM: 1 Middlesborough 80; 2 Morpeth 90; 3 Preston 100; 4 York 168; 5 Rossendale 205; 6 Chesterfield 221; 7 Derby 281; 8 Salford 344; 9 W Chesh 367

U15 boys (4km): 1 A Lowe (Middles) 13:51; 2 H Johnson (H&P) 14:04; 3 F Proffitt (Macc) 14:06; 4 S Nutter (Barns) 14:14; 5 K Rabjohn (R&Z) 14:18; 6 W Bellamy (H&P) 14:22; 7 F Hutchinson (York) 14:25; 8 J McDadd (Hallam) 14:26; 9 S Smith (Wharf) 14:27; 10 L Johnston (Wirr) 14:29; 11 M Knowles (L&M) 14:32; 12 E Morton (Roth) 14:36; 13 S Hopkins (Salf) 14:36; 14 J Taylor (Ross) 14:37; 15 L Budgen (Linc W) 14:41; 16 C Stephenson (R&Z) 14:46; 17 S Segger-Staveley (Sett) 14:46; 18 T Spencer (R&Z) 14:46; 19 M Ramsden (B'burn) 14:48; 20 R Ashton (L&M) 14:49; 21 W Ashfield (Vale R) 14:50; 22 A Flaherty (Bing) 14:51; 23 D Boyer (Dar) 14:52; 24 M Cunningham (Ross) 14:53; 25 L Hudson (Keigh) 14:54; 26 T Hill (Hallam) 14:55; 27 R Serif (C&N) 14:55; 28 S Hodgkinson (B'burn) 14:56; 29 S Gibson (Dur) 14:57; 30 D Sanderson (Kend)

14:59; 31 B Watkinson (Donc) 15:01; 32 W Beaton (Roth) 15:02; 33 J Currie (C'field) 15:03; 34 H Lewis (Keigh) 15:04; 35 T Hayes (York) 15:05; 36 D Race (Eden) 15:06; 37 J Sherman (Sky) 15:08; 38 J Hartley (Hallam) 15:08; 39 O Sutcliffe (Liv P) 15:10; 40 D Francis (R&Z) 15:13; 41 A Bailey (Traff) 15:14; 42 J Wrang (Roth) 15:19; 43 R Bennett (Els) 15:20; 44 J Carnelley (Bing) 15:21; 45 S Stephens (Vale R) 15:21; 46 J Bentall (Traff) 15:22; 47 J Cottingham (Clee) 15:22; 48 A Russell (Dar) 15:24; 49 E Duffin (Morp) 15:24; 50 R Seddon (How) 15:26

TEAM: 1 Hallam 185; 2 Rotherham 186; 3 Blackburn 197; 4 Trafford 205; 5 K&C 209; 6 Macclesfield 216; 7 Chesterfield 205; 8 R&Z 234; 9 Darlington 238; 10 Kendal 252

U13 boys (3km): 1 J Blevins (NSP) 10:44; 2 P Welsh (Der) 10:58; 3 C Perkins (Birt) 10:59; 4 K Green (Holm) 11:02; 5 F Mayoh (Stock H) 11:04; 6 I Butler (B'burn) 11:05; 7 T Slane (Black B) 11:06; 8 P Griffith (Vale R) 11:07; 9 W Collinson (Blay) 11:07; 10 W Sutcliffe (Wirr) 11:11; 11 J Dickson (Bord H) 11:17; 12 J Bowen (Kend) 11:19; 13 J Spark (Sale) 11:21; 14 S Conroy (Keigh) 11:21; 15 Z Ferguson (Shef/Deam) 11:24; 16 O Peace (Bing) 11:26; 17 J Kelly (Sale) 11:28; 18 H Bowen (Kend) 11:30; 19 T Manton (Stock H) 11:38; 20 C Burrell (Clee) 11:39; 21 B Hill (Sky) 11:39; 22 A McCarron (Sale) 11:40; 23 S Tate (Morp) 11:40; 24 F Corkill (Lev W) 11:41; 25 C Rose (Der) 11:42; 26 M Henderson (S'port W) 11:42; 27 W Hall (Cald V) 11:42; 28 T Jones (Wirr) 11:43; 29 J Gilbert (Roth) 11:43; 30 S Hughes (Barns) 11:43; 31 O Douglass (Gate) 11:44; 32 E Patton (Sheff TC) 11:45; 33 E Hanley (York) 11:45; 34 C Tittensor (Sale) 11:46; 35 P Goodfellow (Macc) 11:47; 36 T Barron (Gate) 11:50; 37 J Catterall (Stock H) 11:50; 38 W Summerson (Ilkley) 11:53; 39 E Brady-jones (WESPA) 11:53; 40 A Poulson (Wirr) 11:54; 41 L Mccay (Liv H) 11:54; 42 J Richardson (W Ches) 11:54; 43 T O'mahoney (R&Z) 11:54; 44 T Renwick (Eden) 11:55; 45 J Duffy (Hal) 11:56; 46 A Whitlock (Macc) 11:56; 47 E Marshall (Warr) 11:57; 48 D Rudden (Keigh) 11:58; 49 B Greenep (Kend) 11:58; 50 R Teasdale (Bill MH) 11:59

TEAM: 1 Sale 86; 2 Wirral 132; 3 Kendal 153; 4 Derby 211; 5 Rotherham 226; 6 Macclesfield 233; 7 Bingley 270; 8 Gateshead 278; 9 K&C 293; 10 Blackburn 340; 11 Liverpool 341; 12 Crewe & N 344; 13 Ilkley 381; 14 Skyrac 385; 15 Harrogate 426; 16 Salford 430; 17 E Chesh 448; 18 Billingham 464; 19 Leeds 469; 20 Wakefield 481

Senior women (8km): 1 M MacLennan (Morp) 30:50; 2 L Howarth (Leigh) 31:08; 3 G Taylor-Brown (Sale) 31:23; 4 A Donnelly (Linc W) 31:37; 5 K Hewison (Sale) 31:41; 6 G Malir (Leeds C) 32:00; 7 C Duck (Leeds C) 32:12; 8 D Fegan (Sale) 32:17; 9 B Owen (Scar) 32:25; 10 S Cooper (Roth) 32:31; 11 E Clayton (Leeds C) 32:32; 12 N Hatswell (Roth) 32:40; 13 E Japp (BWF) 32:45; 14 R Franklin (Marx) 32:48; 15 L Crookes (Leeds C) 32:51; 16 E Holt (Morp) 32:54; 17 J Hodgson (Morp) 32:58; 18 G Holloway (Linc W) 33:04; 19 S Hodgson (Leeds C) 33:05; 20 S Murphy (Vale R) 33:08; 21 A Howarth (Leigh) 33:09; 22 G Connolly (SHS, W35) 33:10; 23 S Potter (Sheff U) 33:14; 24 K Walshaw (Rth) 33:17; 25 H Brown

(Sale) 33:20; 26 L Powell-smith (RVH) 33:21; 27 H Berry (Holm) 33:29; 28 G Campbell (J&H) 33:31; 29 E Parkinson (Roth) 33:32; 30 Z Knappy (Roth) 33:35; 31 S Bent (Salf) 33:39; 32 R Burns (Liv H) 33:42; 33 C Ward (Hallam) 33:48; 34 H Sellars (Leeds C) 34:04; 35 N Jackson (RVH) 34:09; 36 R Ward (Linc W) 34:13; 37 E Downs (Sale) 34:14; 38 H Warburton (Gosf) 34:15; 39 S Howard (Liv H) 34:17; 40 H Kuter (Salf) 34:18; 41 L Lombard (Bolt) 34:20; 42 E Renoudeau (Vale R) 34:22; 43 S Burns (Roth) 34:23; 44 A Leake (Leeds C) 34:24; 45 C Davies (Salf) 34:25; 46 H Fletcher (Hallam) 34:25; 47 K Shimmer (Manx) 34:26; 48 Z Wray (Hallam) 34:30; 49 G Griffiths (Manx) 34:31; 50 S Partridge (Leeds C) 34:36; 51 E Morris (Manx) 34:49; 52 L Riches (Leeds C) 34:53; 53 N Terrega (Knaves) 34:57; 54 R Sykes (Holm) 34:58; 55 H Glover (RVH) 35:11; 56 E Tilley (Sale) 35:15; 57 P Munro (Ilkley) 35:15; 58 C Goecker (H'gate) 35:16; 59 V Cronin (Traff) 35:18; 60 S Pattinson (J&H) 35:26; 61 B Ansell (Shef/Deam) 35:33; 62 C Wills (Leeds C) 35:45; 63 A Prendergast (Hallam) 35:48; 64 A Mason (Wake) 35:51; 65 A Smith (Sun) 36:00; 66 S Wallis (Linc W) 36:05; 67 S Kearney (Wirr) 36:07; 68 V Stainburn (Oth) 36:10; 69 C Maley (NSP) 36:16; 70 J Evans (Sale) 36:19; 71 J Buckley (Bing) 36:24; 72 N Jackson (Kirks) 36:25; 73 S Hudak (Traff) 36:29; 74 S Bell (RVH) 36:33; 75 J Featherstone (T'ley) 36:34; 76 H Lang Whitlam (Leeds C) 36:34; 77 A Clark (Bux) 36:36; 78 R Hibberd (Sale) 36:37; 79 E Leslie (J&H) 36:39; 80 L Short (Birt) 36:41; 81 V Wills (Der) 36:45; 82 C Slack (Hallam) 36:50; 83 L Blann (Alt) 36:52; 84 J Guard (Bail) 36:55; 85 N Curgenvin (Dar) 37:07; 86 E Birchall (Leeds C) 37:15; 87 H Simpson (E Ches) 37:21; 88 S Lewis (Rounding) 37:24; 89 H Whitlam (Hallam) 37:26; 90 H Elmore (Sheff TO) 37:31; 91 K Hamilton (St H Str) 37:31; 92 R Pilling (P&B) 37:37; 93 S O'sullivan (Keigh) 37:37; 94 J Mустon (Spen, W40) 37:40; 95 K O'mahony (Dur) 37:41; 96 L Pinder (Knaves) 37:42; 97 R Burton (N Der) 37:46; 98 K Simpson (Gate) 37:47; 99 M Jones (Vall) 37:51; 100 A Lee (Leeds C) 37:55; 101 A McGurk (J&H) 37:57; 102 K Allen (Bail) 38:00; 103 S Armouss (Sheff RC) 38:04; 104 R Cesar De Sa (Sky) 38:07; 105 H Hardaker (Keigh) 38:09; 106 J Giles (Gate) 38:19; 107 E Stoney (Bail) 38:21; 108 L McCabe (Oth) 38:23; 109 L Watson (Bing) 38:28; 110 C Cooper (Keigh) 38:31; 111 N Greaves (Knaves) 38:34; 112 L Etchells (Man Fr) 38:40; 113 N Woodward (Sun) 38:41; 114 A Swindells (Salf) 38:43; 115 S Phillips (Dar) 38:45; 116 S Fourie (Ches TC) 38:46; 117 K Archer (Ilkley) 38:47; 118 A Jones (Macc) 38:49; 119 K Pickles (P&B, W45) 38:50; 120 C Pettitt (Vale R) 38:53; 121 B Baquero (P&B) 38:54; 122 R Silson (Bord H) 38:58; 123 B Hirst (East Cheshire H & Tameside) 38:59; 124 C Haines (Steel) 39:01; 125 J Raine (Crook) 39:04; 126 F Brannan (Elv) 39:06; 127 R Rose (Sheff RC) 39:10; 128 M Cooper (Wirr) 39:12; 129 E Baines (Knaves) 39:15; 130 H Stansfield (W'sey) 39:16; 131 D Wright (Bing, W45) 39:18; 132 K Green (Wilim) 39:18; 133 Z Gmerek (Chorlton) 39:18; 134 A Rosbottom (Wirr) 39:26; 135 R Brown (Bord H) 39:27; 136 L Atkinson (Gate) 39:30; 137 S Attwood (Knaves, W35) 39:32; 138 N Davenport (Traff) 39:34; 139 P Thorn (Wirr) 39:40; 140 A

Grocock (Linc W) 39:41; 141 E Wilkins (Bail) 39:45; 142 E Egan (Liv H) 39:47; 143 S Gutchter (SSH) 39:50; 144 B Robinson (Salf) 39:50; 145 N Andrews (Weth) 39:53; 146 L Williams (Oth) 39:54; 147 E Holt (N Der) 39:54; 148 L Hubbard (Keigh) 39:54; 149 V Clarke (Dar) 39:58; 150 J Butterworth (Roch H) 39:59

W50: 1 J King (Jes J) 40:13; 2 N Geere (Spen) 40:31; 3 R Poole (Hallam) 42:29
TEAM: 1 Leeds 39; 2 Sale 41; 3 Rotherham 81; 4 Linc W 124; 5 Ribble V 140; 6 Manx 161; 7 Hallam 190; 8 Morpeth 219; 9 Salford 230; 10 J&H 268; 11 Vale R 342; 12 Leigh 385; 13 York Knave 389; 14 Trafford 431; 15 Baildon 434; 16 K&C 456; 17 Wirral 468; 18 Bingley 494; 19 Otley 497; 20 Darlington 512; 21 Gatheshead 634; 22 Macclesfield 666; 23 Valley St 697; 24 N Derby 705; 25 Sunderland 706; 26 Roundhay 734; 27 Sheff RC 742; 28 Ilkley 744; 29 N Shields H 769; 30 Buxton 812

U20 women (6km): 1 F Brint (Sale) 22:55; 2 J Downs (Sale) 23:41; 3 C Cowan (Sale) 23:48; 4 S Stockman (Macc) 23:58; 5 G Rothwell (York) 24:05; 6 O Stones (Leigh) 24:12; 7 E Barnbrook (New M) 24:13; 8 B Briggs (CoH) 24:15; 9 L Hunter (Dar) 24:16; 10 S Tarver (Wirr) 24:35; 11 H Delaney (Liv H) 24:44; 12 M Butterworth (Donc) 24:50; 13 I Wilson (Hallam) 24:56; 14 L Ferris (Warr) 24:57; 15 E Bolton (RVH) 24:58; 16 O Green (Sale) 25:08; 17 L Byram (Holm) 25:15; 18 E Byram (Holm) 25:25; 19 A Moore (Barns) 25:35; 20 A Francis (Sky) 25:41; 21 S Whittaker (Bury) 25:44; 22 E Gray (Liv H) 25:49; 23 S Chumas (H'gate) 26:02; 24 E Bridge (Vale R) 26:17; 25 E Robinson (Keigh) 26:20; 26 S Cross (Weth) 26:38; 27 L Haywood-Perival (Salf) 26:43; 28 B Barlow (Salf) 26:46; 29 E Tait (Gate) 26:47; 30 H Corden (Stock H) 26:47; 31 A Kiltie (Der) 27:00; 32 R Bennett (Els) 27:17; 33 L McGuinness (E Ches) 27:20; 34 R Mason (Salf) 27:26; 35 T Hammond (Barns) 27:35; 36 C Jones (H'gate) 27:39; 37 C Gibbons (Vale R) 27:46; 38 H Durkin (Amble) 27:53; 39 J Hutchinson (Dar) 27:55; 40 B Hudson (Der) 27:59

TEAM: 1 Sale 6; 2 Holmfirth 79; 3 Salford 89; 4 Vale R 108

U17 women (5.5km): 1 E McNiven (Liv H) 20:48; 2 K Hodgkinson (Leigh) 20:52; 3 H Smith (Vale R) 20:59; 4 M Taylor (Roth) 21:13; 5 B Morley (Ilkley) 21:32; 6 C Robinson (Roth) 21:35; 7 I Pentland (Dar) 21:37; 8 L Smith (Vale R) 21:46; 9 O Mason (Bord H) 21:54; 10 E Field (Bing) 22:01; 11 R Woodhams (Kend) 22:08; 12 E Davies (Eden) 22:13; 13 J Cooper (Der) 22:24; 14 F Ireland (Liv H) 22:34; 15 R Purves (Gosf) 22:39; 16 J Cook (Liv H) 22:51; 17 L Trask (Hallam) 22:53; 18 F Royle (Chor ATC) 22:55; 19 S Moss (Sale) 22:59; 20 E Lowery (Vale R) 22:59; 21 I Castelow (Hal) 23:14; 22 L Spiers (Nthn (OM)) 23:14; 23 E Grinnell (Vale R) 23:32; 24 E Pannone (Eden) 23:35; 25 E Crownshaw (Hallam) 23:36; 26 A Brooke (Wake) 23:40; 27 C Gallagher (Wirr) 23:45; 28 L Hall (Wake) 23:50; 29 H Jackson (Sale) 23:51; 30 E Ball (Roth) 23:56; 31 L Cocking (C'field) 24:00; 32 S Knight (Sun) 24:02; 33 E Jones (Wharf) 24:05; 34 B Thornton (Sale) 24:05; 35 E Phillips (Dar) 24:07; 36 H Wittchalls (Sale) 24:10; 37 A Crane (Der) 24:10; 38 E Patton (Shef/Deam) 24:10; 39 I Robinson (NSP) 24:14; 40 G Hulton (Morp) 24:17

TEAM: 1 Vale R 54; 2 Liverpool 78; 3 Rotherham 97; 4 Sale 118; 5 Leigh 196

U15 girls (4km): 1 S Heslop (Macc) 15:23; 2 L Crawford (Sale) 15:32; 3 J Hill (Hallam) 15:47; 4 R Forrest (H'gate) 15:54; 5 F O'Hare (Liv H) 16:00; 6 A Jones (Wharf) 16:12; 7 A Mason (Bord H) 16:15; 8 J Jones (H'gate) 16:19; 9 G Sullivan (Clee) 16:20; 10 H Peck (Morp) 16:21; 11 E Chong (CleS) 16:28; 12 C Ryland (Amble) 16:29; 13 L James (H&P) 16:31; 14 J Martin (KuH) 16:35; 15 O Logan (S'port W) 16:37; 16 S Mason (Salf) 16:39; 17 R Wren (Gosf) 16:53; 18 A Leonard (H&P) 16:56; 19 H Williams (Linc W) 16:58; 20 R Greenway (Clee) 16:58; 21 L Carr (Keigh) 16:58; 22 E Parkman (Stock H) 17:02; 23 T Graham (Birt) 17:10; 24 C Pigford (H&P) 17:10; 25 E Collier (Salf) 17:11; 26 H Metherall (Hallam) 17:12; 27 A Davies (Stock H) 17:14; 28 S Sutton (Prest) 17:15; 29 E Kearney (Wirr) 17:18; 30 J Spilsbury (Sale) 17:18; 31 M Calton-Seal (York) 17:21; 32 E Webster (Macc) 17:23; 33 B Bergstrand (Middles) 17:25; 34 B Raven (Ilkley) 17:28; 35 E Crookes (Linc W) 17:29; 36 C Haywood-Perival (Salf) 17:29; 37 C Corrigan (Hynd) 17:31; 38 E Russell (Salf) 17:32; 39 C Robinson (Liv H) 17:32; 40 G Fazakerley (Manc H) 17:34; 41 N Hardcastle (Long) 17:36; 42 E Hart (Dar) 17:37; 43 E Plimmer (Wake) 17:39; 44 R Morris (Shef/Deam) 17:40; 45 K Salthouse (Tyne) 17:40; 46 E Grime (Salf) 17:41; 47 R Hughes (NSP) 17:41; 48 M Davey (Hallam) 17:41; 49 D Lonsdale (Prest) 17:43; 50 M Wiseman (Sale) 17:43

TEAM: 1 Salford 115; 2 Hallam 130; 3 Sale 137; 4 Houghton 188; 5 Stockport 198; 6 Preston 217; 7 Wirral 243; 8 Liverpool 251; 9 Birtley 329; 10 Wakefield 349

U13 girls (3km): 1 H Weedall (Vale R) 11:35; 2 R Simpson (Hallam) 11:43; 3 G Roberts (Vale R) 11:45; 4 E Greenway (Clee) 11:49; 5 I Nicholls (Scar) 11:49; 6 R Flaherty (Bing) 11:52; 7 K Brady-Jones (WESPA) 11:55; 8 I Richardson (Holm) 11:59; 9 G Robertson (Hallam) 12:04; 10 L Brown (Aln) 12:07; 11 O Winder (Lev V) 12:09; 12 A Lloyd (Wig D) 12:11; 13 K Francis (Birt) 12:13; 14 I Wolff (Holm) 12:15; 15 E Keeler-Clark (Dur) 12:15; 16 S Smith (Kend) 12:16; 17 M Burns (Chor) 12:16; 18 J Reed (Stock H) 12:17; 19 E Whitaker (Vale R) 12:18; 20 G Hall (Dar) 12:19; 21 H Ghafoor (Keigh) 12:20; 22 I Pughe (W Ches) 12:21; 23 N Boyd (Sale) 12:23; 24 O Gregory (Warr) 12:23; 25 I Causer (Hallam) 12:24; 26 S Ludlam (Hallam) 12:24; 27 C Roberts (W Ches) 12:25; 28 L Gregory (Hallam) 12:27; 29 L Robson (NSP) 12:31; 30 M McIntosh (Bord H) 12:32; 31 E Peel (Keigh) 12:32; 32 P Mead (Der) 12:32; 33 S Grainger (W Ches) 12:33; 34 M Hillier (WESPA) 12:34; 35 H White (Clay) 12:34; 36 O Bell (Roth) 12:35; 37 L Langan (York) 12:37; 38 A Gale (Vale R) 12:38; 39 M Reynolds-Jones (H'gate) 12:38; 40 H Bain (Liv H) 12:39; 41 G Tobin (Liv H) 12:39; 42 L Kilbourne (E Ches) 12:39; 43 E Mcneil (Middles) 12:40; 44 A Allcard (Hallam) 12:41; 45 H Forrest (H'gate) 12:41; 46 F Potts (Bury) 12:41; 47 L Creasey (Middles) 12:42; 48 F Roberts (H'gate) 12:42; 49 N Mason (Salf) 12:42; 50 A Topless (Roth) 12:43
TEAM: 1 Hallam 62; 2 Vale R 117; 3 Harrogate 151; 4 K&C 168; 5 Middlesborough 207; 8 Holmfirth 281; 9 Rotherham 286; 10 Salford 314



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ALEX BRECKER AND KATE HOLT WIN INDIVIDUAL CROWNS AT A VERY MUDDY WOLLATON PARK

REPORT: MARTIN DUFF PICTURES: DAVID GRIFFITHS



Alex Brecker: third Midlands senior win on the trot



THREE athletes retained their titles on a wet and miserable day, where honours were spread around the Midlands clubs.

Alex Brecker completed a hat-trick of senior men's victories, while Tom Mortimer held on to his under-20 men's title and Libby Coleman retained her under-17 women's crown.

There was nearly a fourth retention but Juliet Potter found that suffering a midweek cold was enough for her to forfeit her senior women's title to Kate Holt after making much of the early running.

As well as taking both senior titles, the City of Stoke club had a good day as Connor Bentley (U17 men) and Giani Loska (U13 boys) also came out on top in their respective races.

Team honours went to Charnwood with five wins and they were also the only club to

finish a team in all of the men's and boys' races, to annex The Fox Cup.

Whilst numbers seemed to hold up well in the senior events, participation and entries for the age group races were considered to be down by many on previous years.

SENIOR MEN

THE biggest field of the day came, predictably, in the senior men's event after the athletes emerged from the shelter of the many club bases in the tented village.

It was the final race of a packed programme that saw the ground badly churned up, especially on a really boggy 100-metre long section near the end of each lap.

From the start, Brecker had the upper hand and the 24-year-old always looked the smoothest of operators while the rest struggled.





The senior women's field snakes out around Wollaton Park

Talking about his challenge and his hat-trick, Brecker said: "That was the plan and it went as I thought. I wanted to get out with a decent first mile and then wait until a gap came naturally."

He admitted that he has not always delivered in trials or National events but added; "I am always much fitter in January."

SENIOR WOMEN

THE Potter twins Juliet and Jane were prominent from the start while eventual winner Katie Holt was also clearly up for it.

It was Juliet Potter who had broken clear at the end of the first lap, but Holt had run down the title holder by the end of the second, longer, lap before taking over on the final 3km circuit.

Holt said: "That's my first win." Although a previous under-17 winner in this event, the Euro Cross international has had three second places.

Holt's individual title may have secured a senior double for the City of Stoke club but, when it came to the team

Along with Cambridge & Coleridge's Jack Gray, he soon broke clear of the field but they were then joined by Wreake and Soar Valley's Danny Hallam, who took the lead at the end of the first lap.

His challenge was ultimately short-lived but it seemed to secure the bronze medal, even if he had to fight hard towards

the end of the race to fend off the attentions of Felix McGrath and Alastair Watson.

Gray pluckily stayed with Brecker mid-race but then began to struggle and conceded as the winning margin stretched to 150 metres.

With the men running four relatively short laps of less than 3km, the leaders had to begin

threading their way through back markers as early as the third lap, which made getting a handle on who was leading in the team stakes hard to judge.

By half distance Notts and Birchfield were fairly even, with Tipton trailing, and that was how it finished as the eighth-placed Jon Thewlis led Notts home.



Alex Brecker: the Stoke athlete does battle with Jack Gray of Cambridge & Coleridge (left), while Wreake and Soar Valley's Danny Hallam gives chase



Defending senior champion Juliet Potter was chased down by Katie Holt

Inset: Tom Mortimer, men's under-20 winner and the start of the race



honours, it was Charnwood who then had the Potter twins and Anna Holyland home in quick succession behind.

Although they then had to wait for fourth scorer Katie Lomas to come home in 21st place, the title was theirs. Second-placed Bristol & West packed well between 14th and 23rd spots but they were a well-beaten second.

Holt was second to Potter last year but here the 25-year-old bided her time then struck mid-race before going away for a 60-metre victory.

Top of the veteran women was multi-international masters winner Claire Martin, the 43-year-old coming home ninth.

AGE GROUP RACES

THE first race of the day, in bitterly cold and wet conditions, saw Libby Coleman retain her under-17 title after following Kettering's Emily Williams on the first lap before breaking clear on the second to win by 70 metres. This gave Mansfield their only win of the day as they narrowly conceded team honours to Charnwood.

Coleman said of her challenger: "She seemed to slow on the hill then I got away going down."

Charnwood's green and yellow vests were also prominent in the junior men's race but their best, second-placed Joe Pollard, was soundly beaten by



Connor Bentley: under-17 men's winner

Tom Mortimer in a race that saw just 36 finishers.

Talking about the course, Mortimer said: "The sticky bog is horrible and it's difficult to get your feet up."

Numbers were even fewer in the under-20 women's event where Olivia Mathias was another run-away winner, like Pollard taking the title by nearly a minute. Triathlete Mathias was strong throughout and built on her under-17 win from 2016 and her silver in this race last year. "I love running in Wolly Park," she said.

Behind the Newark victor, the other medal winners Lily Higgins and Georgia Curry, from Halesowen and Sutton Coldfield respectively, had no back-ups so it was left to eighth-placed Lucy Matthews to lead Newcastle Staffs to team gold.



In the damp and cold conditions, the under-17 women's race starts



Olivia Mathias: under-20 women's winner



Libby Coleman: under-17 champion



Rushcliffe under-15 girls' team, including individual winner Maya Todd McIntyre (782)



Under-13 boys' winner Gianni Loska

Rushcliffe looked to have the under-15 girls' team gold sewn up as clubmates Maya Todd McIntyre and Lizzy Edge battled for the gold medal.

The title narrowly went to Todd McIntyre but they then had to wait for their third and fourth scorers. Frankie Barrie closed them in at 26th spot but, in the meantime, Wreake and Soar Valley had made it home.

Both clubs totalled 49 points so the title went to Wreake on their last scorer. Third-placed Westbury were also quickly all in but totalled a single point more.

Talking of her rivalry with Edge, Todd McIntyre said: "It's one of us then the other in races."

Connor Bentley had a comfortable passage in the under-17 men's race as Luke Duffy just got home second,

ahead of bronze medallist Oliver Rouse, who kept up the Charnwood momentum with a comfortable team win over fourth-placed Adam Searle's Rugby & Northampton.

This was perhaps the most keenly contested race of the

day as a group of seven were still together at the end of the first lap. They began to split up on the biggest hill, at half distance, as Bentley applied pressure and afterwards he put his hill strength down to his triathlon training.

He was surprised by his win and added he had three years to decide whether he wanted to be a good runner or triathlete.

Charnwood also took team honours in the under-15 boys' event but it was Telford's William Kay who had a big individual win over Oswestry's Liam Rawlings.

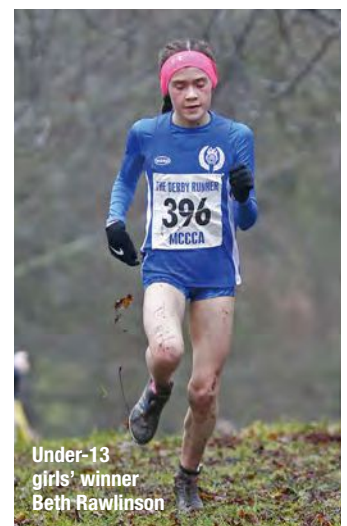
Kay was 30 metres down at the end of the first lap but said: "I passed him on the hill and it was okay as I am a fell runner with Mercia in the summer."

The under-13 titles went to

Beth Rawlinson for Wenlock Olympians after taking the lead halfway through the first lap and Stoke's Gianni Loska, both by about 30-40 metres. Loska said he "had to push it from the start," adding that "it was tough in the mud."



Under-15 boys' winner William Kay



Under-13 girls' winner Beth Rawlinson

RESULTS

Senior men (12km): 1 A Brecker (Stoke) 40:09; 2 J Gray (C&C) 40:36; 3 D Hallam (W&SV) 40:58; 4 F McGrath (Newc S) 42:04; 5 A Watson (Notts, M40) 42:10; 6 G Smith (Charn) 42:12; 7 R Grant (Bir) 42:14; 8 J Thevlis (Notts) 42:18; 9 J McKenna (B&W, M35) 42:30; 10 J Smith (Tip) 42:35; 11 M Tanner (Bir) 42:41; 12 D Jones (R&N) 42:58; 13 C Perrin (C&S) 43:01; 14 P Roddy (Kenil) 43:02; 15 J Goringe (Bir) 43:09; 16 P Brookes (Tip) 43:27; 17 S Hawkes (Tip, M40) 43:37; 18 T Hartley (Notts, M45) 43:39; 19 R Smith (Notts) 43:40; 20 E Banks (Bir) 43:43; 21 T Mahon (W&SV) 43:45; 22 M Couldwell (Charn, M40) 44:04; 23

B Robinson (B&W) 44:06; 24 M Powell (Leic C, M35) 44:26; 25 A Smith (Cov) 44:30; 26 A Watt (B&W) 44:37; 27 C Jordan (Leic C, M35) 44:37; 28 A Woodward (Notts) 44:42; 29 S Allen (OWLS) 44:45; 30 S Janally (Stoke) 44:52; 31 I Williams (Tip) 44:53; 32 J McCrae (Nene V) 44:56; 33 M Williams (Tip, M40) 44:58; 34 M Hall (Shrews) 45:02; 35 P Miles (Wreake) 45:09; 36 A Tovey (Bir) 45:21; 37 P Gould (Leam, M35) 45:29; 38 S King (Notts) 45:31; 39 B Griffiths (Bir) 45:31; 40 O Corea (Bir, M40) 45:33; 41 L Stubbs (Red, M35) 45:33; 42 M Stratford (Red, M35) 45:36; 43 A Ben-Israel (Cov) 45:39; 44 J Muddeman (Leam, M35) 45:41; 45 A Ash (W'boro) 45:45; 46 J Williams (Herm, M40) 45:47; 47 C McMillan

(OWLS) 45:50; 48 C Smith (Notts) 45:52; 49 T Lupton (Charn) 45:53; 50 A Palmer (OWLS) 45:55; 51 C Gidlow (Stoke, M35) 45:58; 52 K Welborn (Tip, M35) 46:04; 53 L Beresford (Ripley, M35) 46:11; 54 G McDermott (Herm, M45) 46:12; 55 A Rutherford (Bir) 46:18; 56 A Salmon (B&W) 46:29; 57 S Rice (Hean) 46:35; 58 K Hallett-Blanch (Stoke) 46:40; 59 M Johnson (Leic C, M45) 46:46; 60 O Matharu (Poplar) 46:58; 61 T Bailey (Notts, M35) 46:58; 62 J Cullen (Bir, M40) 47:02; 63 S Corbishley (Tip) 47:04; 64 L Renou (Leic C, M40) 47:05; 65 G Burnett (Charn, M50) 47:08; 66 L Montgomery (Corby) 47:08; 67 P Featherstone (Herm, M40) 47:10; 68 G Beetham (Barr R, M40) 47:16; 69 J Perrin (C&S) 47:17; 70 D

Nation (D&S, M35) 47:20; 71 J Spruce (RSC) 47:22; 72 J Berehowski (Long E) 47:25; 73 R Meredith (D&S) 47:26; 74 R Bennett (Badgers) 47:27; 75 J Read (Bir) 47:29; 76 B Foster (D&S, M35) 47:29; 77 R White (Tip, M35) 47:41; 78 G Smith (Hean, M45) 47:48; 79 J Carter (Tip) 47:50; 80 T Holden (Tip) 47:54; 81 P Sorrell (Ripley) 47:57; 82 M Biggs (Bir, M35) 48:01; 83 B Rhodes (Hean) 48:02; 84 A Squire (Holme P, M40) 48:02; 85 B Carrington (Tip) 48:04; 86 A Meads (Harb) 48:10; 87 B Lloyd (RSC, M40) 48:15; 88 M Sliwinski (Hale) 48:17; 89 G Briggs (Dark Pk, M45) 48:19; 90 P Maddocks (Leic C) 48:22; 91 A Cross (Hale, M35) 48:24; 92 C Bagshaw (Tel, M40) 48:28; 93 S Green (OWLS, M35) 48:30; 94 J McLeod

(Cov) 48:39; 95 T Powell (BRAT) 48:44; 96 M Pollard (B'ville, M35) 48:53; 97 D Turvey (Hale) 48:55; 98 M Eardley (Newcastle (Staffs) Tri Club, M35) 49:00; 99 S Mayglothing (Wye V) 49:01; 100 I Jones (B'ville, M35) 49:04; 101 J Lundy (BRAT) 49:07; 102 A Cole (SSH) 49:10; 103 M Appleton (B&R) 49:12; 104 M Driver (Harb) 49:13; 105 C Palmer (Notts, M50) 49:15; 106 S Chauh (Burt) 49:21; 107 S Ratcliffe (Newc S, M35) 49:28; 108 T Bagguley (Newk) 49:35; 109 T Hutchinson (Strat, M45) 49:38; 110 D Titheradge (B&W) 49:50; 111 C Clements (W'boro, M35) 49:50; 112 T Meakin (OWLS) 49:58; 113 R Tyrrell (Desf) 50:03; 114 G Moffatt (Dark Pk, M45) 50:03; 115 M Dyer (Kenil, M35) 50:14; 116 R Hawley (W&B,

M40) 50:17; 117 A Deeming (Hean, M45) 50:21; 118 D Cross (Sina, M50) 50:32; 119 C Parkes-Bowen (OWLS) 50:35; 120 J Akers (Corby) 50:36; 121 T Dallamore (Corby) 50:38; 122 T Livesley (Kings Heath, M35) 50:39; 123 R Cartwright (W&B, M35) 50:46; 124 A Massey (Nun, M35) 50:49; 125 M Scott (Rush) 50:52; 126 S Flowers (Wye V) 50:54; 127 J Moroney (Notts, M35) 51:00; 128 S Godwin (Notts) 51:02; 129 S Dunsby (BRAT) 51:05; 130 R Jinks (Beau L) 51:12; 131 J Brotherhood (Cov, M35) 51:13; 132 E Wilson (Trent, M35) 51:14; 133 P Dimbleby (Bir, M40) 51:15; 134 J Pegler (Cov) 51:19; 135 T Caldwell (Long E, M35) 51:20; 136 D Gapper (Tel, M40) 51:24; 137 P O'Brien (Tel, M40) 51:24; 138 P Nugent (Wye V) 51:33; 139 I Murday (Herm, M45) 51:34; 140 D Aston (Tel H) 51:35; 141 A Carney (Form 1, M40) 51:35; 142 A Freeman (B&R, M40) 51:42; 143 J Hill (Leam, M45) 51:45; 144 J Taylor (R&N, M40) 51:54; 145 T Clayton (Ripley, M55) 51:58; 146 J Kirkwood (Holme P) 52:00; 147 S Chatwin (Birchfield Harriers, M40) 52:04; 148 Z Hassan (Tip) 52:06; 149 T Twentyman (Newc S, M50) 52:10; 150 G Maguire (Tip) 52:11

M55: 2 T Healy (Centu) 52:43. **M65:** 1 D Oxland (Notts) 56:25; 2 E Smith (Staff H) 59:36

TEAM: 1 Notts 116; 2 Birchfield 128; 3 Tipton 159; 4 OWLS 450; 5 Leic C 516; 6 Charnwood 576; 7 Cov G 639; 8 Hermitage 669; 9 Heanor 762; 10 W&B 855; 11 L Eaton 927; 12 W'boro 983; 13 Halesowen 984; 14 BRAT 989; 15 Red RR 991; 16 Leamington 1000; 17 Ripley 1018; 18 Kenilworth 1080; 19 Holme P 1115; 20 Corby 1119; 21 Harboro' 1130; 22 Rugby & N 1130; 23 Newc Staffs 1203; 24 Bourneville 1250; 25 Rushcliffe 367; 26 Knowle & D 1368; 27 Sphinx 1624; 28 Beaumont 1363; 29 Ilkeston 1637; 30 Telford 1638

U20 men (8km): 1 T Mortimer (Stroud) 26:27; 2 J Pollard (Charn) 27:20; 3 H Sadler (B&W) 27:26; 4 S Evans (RSC) 27:57; 5 C Smith (GAC) 28:24; 6 A Hampson (C&C) 28:54; 7 O Freer (Leic C) 28:58; 8 K Chahal (Leam) 29:09; 9 O Barbour (Strat) 29:14; 10 L Boot (SSH) 29:15; 11 A Banks (Charn) 29:20; 12 B Burnham (Sina) 29:30; 13 B Musgrove (R&N) 29:38; 14 F Lydon (Charn) 29:46; 15 T Corby (OWLS) 29:50; 16 P Bouttler-Butler (Leic C) 29:58; 17 J Condyffe (Stoke) 30:16; 18 P Dear (Hale) 30:18; 19 J Boyd (Stroud) 30:19; 20 G West (Leam) 30:22; 21 B Meir (Newc S) 30:51; 22 A Jones (RSC) 30:59; 23 F Hutton (R&N) 31:02; 24 S Dosey (Kenil) 31:06; 25 C Howett (Ripley) 31:16

TEAM: 1 Charnwood 60; 2 Stroud 82; 3 R&N 98

U17 men (6km): 1 C Bentley (Wrek C Tri) 20:34; 2 L Duffy (Mans) 20:47; 3 O Rouse (Charn) 20:49; 4 A Searle (R&N) 20:57; 5 G Beardmore (Worc) 21:03; 6 C McLeod (SSH) 21:08; 7 K Coleman Smith (Charn) 21:12; 8 M Clisham (Cov) 21:19; 9 M Chronicle (R&N) 21:23; 10 L Nuttall (Charn) 21:37; 11 E O'Shea (Charn) 21:40; 12 M Campion (Notts) 21:47; 13 K Hopewell (SSH) 21:50; 14 M Barnes (Notts) 21:54; 15 J Dickinson (Notts) 21:59; 16 L Kearns (Chelt) 22:05; 17 N Lambert (Stroud) 22:14; 18 M Hassan (R&N) 22:16; 19 L Nagington (Newc S) 22:16; 20 L Moses (Tel) 22:19; 21 W Tucker (GAC) 22:19; 22 B

Hope (R&N) 22:21; 23 A Caulfield (R&N) 22:26; 24 A Mayne (Stoke) 22:30; 25 T Hughes (Leic C) 22:31; 26 L Dailey (Stroud) 22:32; 27 L O'Brien (Cov) 22:35; 28 J Lally (Stoke) 22:37; 29 L Harris (Sils) 22:46; 30 J Cavens (Worc) 22:48; 31 D Bendle (Stroud) 23:02; 32 J Dale (Worc) 23:04; 33 J Musgrove (R&N) 23:04; 34 Z Spence (W&SV) 23:11; 35 A Irvine (Notts) 23:23; 36 C Davis (Stroud) 23:25; 37 T Barnett (Sils) 23:29; 38 G Hodgkinson (Staff H) 23:31; 39 M Cashmore (Worc) 23:36; 40 A Houghton (Kenil) 23:40

TEAM: 1 Charnwood 31; 2 R&N 53; 3 Notts 76; 4 Worcester 106; 5 Stroud 110; 6 Telford 201; 7 Birchfield 211

U15 boys (4km): 1 W Kay (Tel) 13:33; 2 L Rawlings (Osw) 13:41; 3 J Wardle (Rush) 13:47; 4 J Connell (Sina) 13:59; 5 A Coleston-Shields (Charn) 13:59; 6 V Dawson (Charn) 14:05; 7 D Bowley (Kett) 14:12; 8 X Salcedo (W&SV) 14:17; 9 P Clisham (Cov) 14:17; 10 F Hawker (B&W) 14:19; 11 L Mayes (Corby) 14:20; 12 R Shields (Bir) 14:27; 13 J Robins (Bir) 14:28; 14 B Smith (Mans) 14:38; 15 T Hattee (Corby) 14:39; 16 J Williams (Tel) 14:40; 17 J Day (Charn) 14:41; 18 R Watson-Quilter (W&SV) 14:46; 19 S McFall (Bir) 14:53; 20 M Francis (Charn) 14:54; 21 A Visram Cippolletta (SSH) 14:57; 22 R Rodell (GAC) 14:57; 23 C Williams-Stein (Leam) 15:03; 24 C Norman (Sina) 15:03; 25 J Gaskill (Abs Tri - EM) 15:04; 26 L Watson-Quilter (W&SV) 15:04; 27 J Cunliffe (B&R) 15:06; 28 L Iles (B&W) 15:07; 29 R Elston (Charn) 15:08; 30 S Davey (Worc) 15:11; 31 F Hutchinson (Notts) 15:13; 32 J Shorten (Burt) 15:14; 33 L Panter (R&N) 15:17; 34 L Tziortzis-Foskett (Wen) 15:19; 35 J Louis (R&N) 15:19; 36 H Mayne (B&R) 15:20; 37 L Adamson (B&W) 15:20; 38 E Holdsworth (Chelt) 15:21; 39 B Cook (Staff H) 15:22; 40 T Tyler (R&N) 15:24; 41 L Hunt (Tip) 15:25; 42 L Spence (W&SV) 15:26; 43 O Read (Kett) 15:28; 44 J Hope (R&N) 15:28; 45 F Myers (R&N) 15:31; 46 E Smith (Newc S) 15:34; 47 M Thatcher (Abs Tri - EM) 15:35; 48 H Denton (GAC) 15:36; 49 M Davies-Brown (Notts) 15:36; 50 H Watson (Tip) 15:36

TEAM: 1 Charnwood 48; 2 Wreake 54; 3 Birchfield 122; 4 Telford 139; 5 B&W 141; 6 Sina 147; 7 R&N 152; 8 B&R 217; 9 Kettering 222; 10 Absolute Tri 229; 11 Notts 233; 12 Tipton 248

U13 boys (3km): 1 G Loska (Stoke) 11:08; 2 A Adams (Strat) 11:17; 3 D Galloway (B'nth) 11:26; 4 S McCann (Charn) 11:31; 5 A Jeavons (Worc) 11:32; 6 H Faizley (SSH) 11:32; 7 A Butler (Saff) 11:44; 8 S Robinson (W'bury) 11:47; 9 F Robins (B&R) 11:48; 10 D Van Aardt (W&SV) 11:56; 11 A Tilt (R&N) 12:06; 12 T Simpson (Notts) 12:09; 13 P Tvardauskas (B&R) 12:10; 14 R Hand (Bir) 12:10; 15 J Minshull (Cov) 12:11; 16 J Asher-Relf (Kett) 12:11; 17 L Buttrick (R&N) 12:14; 18 S Purvis (B&R) 12:18; 19 A Dickson (Bir) 12:18; 20 L Merritt (B&R) 12:19; 21 D Paston (Cov) 12:19; 22 E Dee (Corby) 12:23; 23 C Chapajong (Bir) 12:23; 24 J Hull (B&W) 12:26; 25 W Holdsworth (Chelt) 12:30; 26 E O'Halloran (B&W) 12:31; 27 T Maidment (SSH) 12:33; 28 J Stretton (Leic C) 12:33; 29 A Taylor (Strat) 12:36; 30 J Buttrick (R&N) 12:39; 31 M Bloxham (Wreke) 12:39; 32 L Talbot (Ivan Rob) 12:41; 33 E Jackson (Kett) 12:42; 34 R Brotherton (W&SV) 12:43; 35 M Evans

(B&W, U13W) 12:43; 36 J Johnson (Chelt) 12:43; 37 T Bavin (Rush) 12:47; 38 D White (Kett) 12:53; 39 S Wright (Saff) 12:54; 40 O Rowles (Ivan Rob) 12:55; 41 A Jackson (Cov) 12:56; 42 I Henderson (Chelt) 12:58; 43 J Towne (Notts) 13:00; 44 J Robson (R&N) 13:02; 45 H North (Cov) 13:06; 46 C Preece (Tel) 13:07; 47 C Coleston-Shields (Charn) 13:09; 48 T Harris (Hale) 13:09; 49 F Bevilacqua Masunda (Charn) 13:10; 50 F Cummins (B&W) 13:11

TEAM: 1 B&R 90; 2 R&N 102; 3 Birchfield 107; 4 Cov G 122; 5 Charnwood 132; 6 B&W 135; 7 Wreake 145; 8 Kettering 160; 9 Saffron 201; 10 Ruscliffe 208; 11 Cheltenham 215; 12 Worcester 241; 13 Stoke 247; 15 Notts 262

Senior women (8km): 1 K Holt (Stoke) 30:00; 2 J Potter (Charn, W35) 30:13; 3 J Potter (Charn, W35) 31:02; 4 A Holyland (Charn, W35) 31:23; 5 L Marshall (Notts) 31:29; 6 E Fowler (Nun, W35) 31:57; 7 M Browne (BRAT) 32:03; 8 P Keen (Nun) 32:10; 9 C Martin (Tel, W40) 32:20; 10 K Allen (Bir) 32:24; 11 L Palmer-Blount (Hem, W40) 32:38; 12 A Williams (Tip) 32:42; 13 K Edwards (Leam, W35) 32:52; 14 N Griffiths (B&W) 32:56; 15 Z Chandler (Strat) 33:14; 16 C O'Donoghue (TeamCOCCO) 33:19; 17 G Moriarty (R&N) 33:24; 18 M Clarke (Tel, W45) 33:29; 19 R Pierce (Bath) 33:48; 20 L Holt (Notts) 33:57; 21 K Lomas (Charn) 34:01; 22 E Harrison (B&W) 34:20; 23 E Gard (B&W) 34:21; 24 S Tucker (GAC) 34:28; 25 K Hodgson (Nun) 34:34; 26 E Butler (Charn) 34:37; 27 L Hayes (Stoke) 34:43; 28 K Hughes (W'bury, W40) 34:44; 29 R Gallop (Newk) 34:48; 30 S Hogan (B&R) 34:50; 31 K Barnett (W'boro) 34:57; 32 C Hubbard (Newk) 35:01; 33 L Nell (Birm U) 35:05; 34 K Stuart (Sphin) 35:27; 35 E Watters (Bir) 35:28; 36 A Duran-Mingo (A'deen) 35:33; 37 S Davies (Tip) 35:34; 38 E Lee (BRAT) 35:36; 39 J Walker (Warks U) 35:42; 40 C Charlton (Notts, W35) 35:43; 41 C Holden (Tip, W45) 35:44; 42 J Jeeves (Leam, W50) 35:47; 43 J Parker (Bir) 35:54; 44 K Hamilton-James (W'bury, W40) 35:57; 45 P Cullingworth (Beeston) 36:08; 46 R Pritchard (Notts) 36:12; 47 A Hadley (Tip) 36:14; 48 T Freeman (B&R) 36:20; 49 L Dawson (Stoke, W40) 36:25; 50 L Pettifer (Kenil, W35) 36:32; 51 R Jones (Nene V, W35) 36:38; 52 F Vickers (Harb, W35) 36:43; 53 A Hollingworth (Stone MM, W35) 36:48; 54 M Kirkham (Cov, W35) 36:56; 55 N Roper (Ik, W40) 37:01; 56 L Davison (W End, W40) 37:01; 57 M Vernon (Trent, W45) 37:05; 58 S Conway (Bir, W35) 37:06; 59 M Denman (Ik) 37:14; 60 Z Blower (Leam) 37:23; 61 E Woodworth (W'bury, W40) 37:28; 62 J Hanmer (Harb, W50) 37:36; 63 B Goddard (R&N) 37:37; 64 J Bentley (Stone MM, W40) 37:38; 65 E Sherwin (Leam, W45) 37:46; 66 H Smith (Charn) 37:49; 67 P Ainsley (B&W) 37:54; 68 E Cupitt (Holme P, W35) 37:56; 69 C Sims (Wye V, W40) 38:02; 70 L Taylor (Ripley, W35) 38:04; 71 A Palace (Holme P) 38:15; 72 J Wharton-Howett (Ripley) 38:17; 73 T Chick (W'bury, W35) 38:19; 74 M Bartlett (Banb, W45) 38:24; 75 K Johnson (Mans, W40) 38:27; 76 S Baxby (Corby, W40) 38:28; 77 M Hensman (B'ville, W40) 38:30; 78 A Shillcock (Staffs M) 38:39; 79 A Gamble (Stone MM, W40) 38:53; 80

C Todd McIntyre (Rush, W50) 38:57; 81 J Atkinson (Holme P, W45) 39:08; 82 J Harvey (Tel, W35) 39:17; 83 A Gould (Holme P, W35) 39:19; 84 R Miles (W&SV) 39:24; 85 K Salt (Bir) 39:26; 86 C Tinker (Charn, W40) 39:29; 87 H Tromans (Dud K, W45) 39:33; 88 P Barber (Tip, W55) 39:35; 89 C Drummond (Banb) 39:40; 90 K Moloney (Hean) 39:42; 91 S Morton (Hale, W45) 39:44; 92 L Tindle (BRAT, W35) 39:44; 93 H Mason (Market Drayton) 39:44; 94 J Kidd (Kenil, W60) 39:51; 95 E Broughton (Ripley, W40) 39:51; 96 J Denman (Ik) 39:56; 97 T Hardman (R&N, W45) 40:07; 98 L Richmond (Charn, W35) 40:13; 99 B Armstrong (Mans, W40) 40:14; 100 C Stretton (Holme P) 40:17

W55: 2 S Spencer (Hale) 41:18; 3 J Burke (Hean) 41:51

TEAM: 1 Charnwood 30; 2 B&W 75; 3 Notts 111; 4 Tipton 137; 5 Birchfield 140; 6 BRAT 170; 7 Nuneaton 177; 8 Leamington 180; 9 Westbury 206; 10 Telford 211; 11 R&N 284; 12 Holme P 303; 13 Stone 308; 14 Heanor 343; 15 Ilkeston 368; 16 Kenil 375; 17 Ripley 409; 18 Halesowen 437; 19 Beaston 452; 20 Bourneville 465; 21 B&R 479; 22 Stratford 523; 23 Ivanhoe 537; 24 Mansfield 604; 25 Belper 620

U20 women (6km): 1 O Mathias (Newk) 23:50; 2 L Higgins (Hale) 24:43; 3 G Curry (RSC) 24:56; 4 J Waine (Saff) 25:06; 5 A Owens (Newk) 25:21; 6 T Walford (Bed C) 25:34; 7 E Negus (Nun) 25:45; 8 L Matthews (Newc S) 25:49; 9 A Hammersley (Charn) 25:51; 10 R Weston (Banb) 25:58; 11 K Lord (C&S) 26:00; 12 C Nevett (Kett) 26:06; 13 A Saker (Hale) 26:14; 14 S Goodfellow (Newc S) 27:12; 15 R Brayer (Tam) 27:31; 16 M Hunt (Ret) 27:48; 17 G Chattwood (C&S) 27:56; 18 A Errington (Stroud) 28:01; 19 A Roberts (Cov) 28:10; 20 L Charlton (Newc S) 28:16; 21 K Goddard (R&N) 28:19; 22 M Andrews (W&B) 28:23; 23 R Brown (C&S) 28:55; 24 K Bennet (Team K) 29:03; 25 B Lewis (Kett) 29:19

TEAM: 1 New Staffs 42; 2 C&S 51; 3 Kettering 65

U17 women (5km): 1 L Coleman (Mans) 18:47; 2 E Williams (Kett) 19:06; 3 M Atkinson (Charn) 19:50; 4 B Sykes (B&R) 19:58; 5 A Scott (Mans) 20:00; 6 L Areyettey (Charn) 20:15; 7 E Here (Charn) 20:20; 8 A Mijovic-Couldwell (B&R) 20:22; 9 E Richards (Saff) 20:26; 10 A Testar (Stroud) 20:34; 11 A Adams (Cov) 20:36; 12 A Walker (R&N) 20:37; 13 E Clarkson (Newc S) 20:43; 14 M Scott (Mans) 20:47; 15 H Brayer (Tam) 20:53; 16 M Hillton (Stroud) 20:59; 17 E Humphreys (RSC) 21:00; 18 H Ord (Saff) 21:01; 19 J Humphreys (W&B) 21:02; 20 C Ferreira (Hale) 21:03; 21 A Soutar (C&S) 21:04; 22 H Love (Worc) 21:05; 23 H Seager (Charn) 21:28; 24 B Bowen (B&R) 21:29; 25 S Malpass (Wrek C Tri) 21:35; 26 E Mortimer (Stroud) 21:44; 27 M Hoelberg (Rush) 21:47; 28 A Nicod (B&R) 21:51; 29 L Silk (W&B) 21:58; 30 E Coombs (Corby) 22:03; 31 I Padfield (Stroud) 22:14; 32 E Stanyer (Stoke) 22:22; 33 B Moores (Leic C) 22:26; 34 L Matthews (Worc) 22:30; 35 A Hillary (Cov) 22:36; 36 E Miller (Newk) 22:39; 37 A Remzi (Notts) 22:43; 38 G Woodward (R&N) 22:46; 39 H Dykes (Stoke) 22:48; 40 A Batty (B&R) 22:53

TEAM: 1 Charnwood 18; 2 Mansfield 20; 3 B&R 36; 4 Stroud 52; 5 R&N 95; 6 Cov G 100; 7 Worcester 113; 8 Stoke

118; 9 Notts 138; 10 Stratford 145

U15 girls (4km): 1 M Todd McIntyre (Rush) 15:16; 2 L Edge (Rush) 15:20; 3 G Campbell (Strat) 15:45; 4 D Jones (Yate) 15:49; 5 I King (W&SV) 16:06; 6 N Hatfield (B&R) 16:09; 7 E Schiller (Staffs M) 16:09; 8 R Hamilton-James (W'bury) 16:14; 9 K Parker (W&SV) 16:21; 10 C Spice (B&W) 16:30; 11 L Attwell (Stroud) 16:30; 12 I Dee (Corby) 16:33; 13 R Nealon (W&SV) 16:36; 14 L Watts (W'boro) 16:39; 15 K Howard (W'bury) 16:42; 16 C Mander (Wrek C Tri) 16:43; 17 L McLaughlin (Charn) 16:44; 18 C Searle (R&N) 16:45; 19 E Taylor (Strat) 16:47; 20 L Rathbone (Rush) 16:47; 21 M Williams (R&N) 16:52; 22 H Gamble (W&SV) 17:00; 23 R Paton (W'bury) 17:03; 24 G Newport (Charn) 17:07; 25 M Twardochleb (Newc S) 17:11; 26 F Berry (Rush) 17:13; 27 D Sinclair (B&W) 17:17; 28 K Ingram (Cov) 17:24; 29 R Timlock (W&SV) 17:31; 30 G Tavner (Stroud) 17:33; 31 N Tomkinson (Newc S) 17:39; 32 L Carey (RSC) 17:41; 33 N Britten (Rush) 17:50; 34 C Broadhurst (K&S) 17:53; 35 A Jones (Stoke) 17:55; 36 O Bailey (Nun) 17:56; 37 F Bennett (Cov) 18:00; 38 M Tinwell (Stoke) 18:03; 39 L Clapp (Harb) 18:08; 40 S Cotton (Newc S) 18:09; 41 L Bottomley (B'nth) 18:11; 42 A Hamer (Tam) 18:13; 43 F Fuller (Stroud) 18:16; 44 O Reeves (R&N) 18:16; 45 C Hey (RSC) 18:18; 46 E Charlesworth (Wen) 18:18; 47 E Lovett (Leam) 18:21; 48 M Stokes (Leic C) 18:23; 49 A Lovett (Leam) 18:24; 50 I Bebb (Corby) 18:25

TEAM: 1 Wreake 49; 2 Ruscliffe 49; 3 Westbury 50; 4 R&N 16; 5 Stroud 145; 6 Newc Staffs 177; 7 B&W 192; 8 Stoke 203; 9 Corby 209; 10 Leamington 247


U13 girls (3km): 1 B Rawlinson (Wen) 12:06; 2 A Chrispin (Newk) 12:11; 3 J Hughes (Notts) 12:18; 4 E Hinton (Sils) 12:22; 5 A Bates (R&N) 12:26; 6 Z Gilbody (B'nth) 12:33; 7 O Williams (R&N) 12:40; 8 S Dunbobbin (W&SV) 12:41; 9 S Williams (W&B) 12:46; 10 I Downes (Shrews) 12:47; 11 L Bull (Stroud) 12:49; 12 A Aberley-Barker (Stoke) 12:49; 13 A McCann (Charn) 12:49; 14 L Lane-Craddock (Wrek C Tri) 12:51; 15 I Wrightam (W&SV) 12:56; 16 H Round (Kett) 12:57; 17 R Newport (Charn) 13:02; 18 A Harland (Bir) 13:05; 19 E Unitt (R&N) 13:06; 20 M Nauseadaite (RSC) 13:10; 21 T Lainchbury (Banb) 13:13; 22 A Thayanithy (R&N) 13:14; 23 G Walters (Chelt) 13:16; 24 L Andrzejewski (Stoke) 13:20; 25 S Smith (Charn) 13:27; 26 I Cullen (W&SV) 13:28; 27 G Bowerman (Stroud) 13:28; 28 M Gould (Leam) 13:29; 29 E Grace (Bir) 13:30; 30 N Boulton (Stoke) 13:31; 31 S Phillips (Staffs M) 13:31; 32 E Harwood (Saff) 13:32; 33 Z Buchanan (RSC) 13:33; 34 M Smith-Byrne (Saff) 13:35; 35 I Orenacs (W&SV) 13:37; 36 I Oakland (Charn) 13:41; 37 L Wilkinson (Corby) 13:42; 38 L Campbell (Banb) 13:43; 39 O Willison (R&N) 13:43; 40 B Homer (RSC) 13:44; 41 S Barrett (Corby) 13:45; 42 P Adkin (Saff) 13:48; 43 M Jacks (R&N) 13:49; 44 A Foster (Mans) 13:50; 45 R Cullen (W&SV) 13:52; 46 A Harris (Sils) 13:54; 47 F Goatley (R&N) 13:54; 48 K Huxley (Hale) 13:55; 49 T Vickery (Tam) 13:56; 50 J Lambert (R&N) 13:57

TEAM: 1 R&N 53; 2 Charnwood 768; 3 Wreake 81; 4 Stoke 121; 5 RSC 145; 6 Saffron 192; 7 Stroud 193 8 Birchfield 236; 9 Tamworth 254; 10 Notts 256



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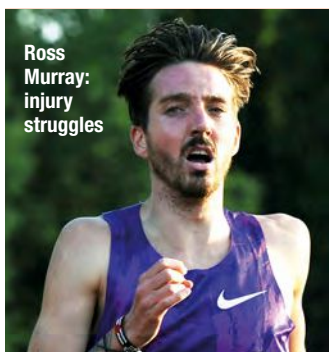
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Ross Murray: injury struggles

MARK SHEARMAN

MURRAY HANGS UP HIS SPIKES

ROSS MURRAY has announced that he is to retire following injury and illness struggles.

The 27-year-old British Olympian, who raced in the 1500m at the London 2012 Games, posted his decision on Instagram last weekend.

"I've been battling with issues caused by Haglunds Deformity," he wrote. "It seems that, if I ever wanted to compete properly again, I would need to have reconstructive surgery on both heels. It's time to move on and put my efforts into other things."

The Gateshead athlete clocked his 1500m PB of 3:34.76 in Hengelo in 2012, a week after running 3:36.69 at a BMC Grand Prix meeting at Sportcity. His mile PB of 3:52.77 puts him in the top 20 on the GB all-time list.

WANAMAKER MILE

BRITAIN'S Chris O'Hare, Josh Kerr and Charlie Grice will line up for the Wanamaker Mile, staged as part of the NYRR Millrose Games in New York, on February 3.

The trio will be up against a field including New Zealand's double Olympic medallist Nick Willis and American defending champion Eric Jenkins.

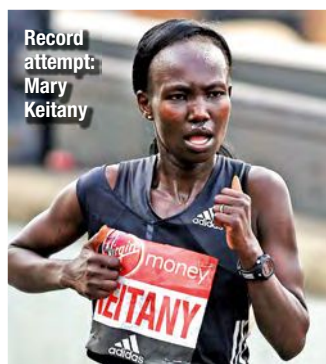
COULD PAULA'S RECORD BE ABOUT TO FALL?

BEDFORD BELIEVES KEITANY CAN SMASH RADCLIFFE'S WORLD MARATHON MARK

DAVID BEDFORD believes that Mary Keitany is capable of breaking Paula Radcliffe's world marathon record, with a time as quick as 2:13 during her career not out of the question, writes Jessica Whittington.

The Kenyan, who improved Radcliffe's women-only world record with 2:17:01 at the Virgin Money London Marathon last year, is returning to defend her title in the UK capital on April 22 and has voiced her intention to target the 2:15:25 run by Radcliffe in London in 2003.

Organisers have announced that, like Radcliffe 15 years ago, Keitany is to run with male pacemakers.



Record attempt: Mary Keitany

MARK SHEARMAN

"The marathon world record is something that I have been working towards for several years and I feel I am now in the position where I can really attack the time of 2:15:25," said Keitany, who last year clocked 66:54 for the fastest ever women's half-marathon split in a marathon.

"At last year's Virgin Money

WEIR'S AIMING FOR EIGHT TITLES

DAVID WEIR says he feels as though he has a "new lease of life", with an eighth win at the Virgin Money London Marathon in April his next major target.

The 38-year-old, who retired from track racing last year, out-sprinted Switzerland's Marcel Hug to claim a record seventh London Marathon victory in 2017.

Weir is relishing his road race

focus and he says there is much more he hopes to achieve in his career yet.

"I feel like I've got a new lease of life and more desire," he explains. "I'm 38 and some of the guys are still racing and still winning in their 40s, so we'll see. I don't feel I'm getting any slower, I think my endurance is getting a lot better as I'm getting older."



Paula Radcliffe: set her remarkable time in 2003

London Marathon, I was feeling good but it was hard to run nearly half the race on my own. By having male pacemakers, I will be able to have the support throughout the race."

With the 2018 London Marathon field also featuring Ethiopia's Tirunesh Dibaba, who ran 2:17:56 behind Keitany last year, Bedford is looking forward to an exciting race.

"I think we are now looking at the best of the post-Paula Radcliffe generation," said the event's elite field co-ordinator and former world 10,000m



MARK SHEARMAN

David Weir: feeling confident



MARK SHEARMAN



MARK SHEARMAN

Josh Griffiths:
beneficiary

RECORD NUMBER OF ATHLETES LAND PICKERING AWARDS

A RECORD number of Ron Pickering Memorial Fund (RPMF) grants have been awarded to talented young British athletes for 2018.

World Championships marathoner Josh Griffiths is among the 231 athletes who will receive support from the Fund this year, with a record total amount of almost £46,000 to be distributed.

This followed a highest ever total of 640 applications received at the end of 2017.

Also among the recipients this year are a number of European U20 Championships medallists, including 200m champion Maya Brunej, 1500m winners Jemma Reekie and Jake Heyward, pole vault silver medallist Molly Caudery, triple jump bronze medallist Naomi Ogbeta and 1500m bronze medallist Harriet Knowles-Jones, who also claimed under-20 gold at the European Cross Country Championships.

Among the 13 para athletes to receive support is London 2017 T13 long jump

fourth-placer, Zak Skinner.

Founded in memory of the former coach and BBC broadcaster Ron Pickering, the RPMF helps a number of the country's top athletes make the transition from junior to senior level by providing financial support for equipment, specialist training and travel, as well as a vital confidence boost.

Past recipients of the annual grants include Olympic medallists Jessica Ennis-Hill, Mo Farah, Christine Ohuruogu, Greg Rutherford, Robbie Grabarz and Dina Asher-Smith.

Of the athletes receiving support in 2018, 52% are aged 17 or under, while 25% are aged 18-20 years and 23% are aged 21-24.

"Not only were the overall numbers high, the quality of the applications and the demonstration of need was the highest the RPMF had ever received," said a Fund spokesperson

■ **The full list of 2018 grant recipients can be found at rpmf.org.uk**

record-holder. "It feels as if we are on the edge of moving almost a quantum leap forward, in the same way as we did with Paula back in 2003.

"Last year Mary went at 2:13 pace early on but managed to hold it together and break the women's only record by a significant margin.

"You knew then that in a more measured race, with more support from pacemakers – and in the same way as we did with Paula, male pacemakers – that if the weather is half decent and she is in half decent shape, she

must have a great chance of breaking Paula's amazing time."

On how fast Keitany might be able to go, he added: "I think she is capable of running 2:13. A lot of people will say 'no, that won't happen' but from what I have seen, this is just now a question of attitude and confidence for the runners.

"I will certainly see 2:13 (in his lifetime). Even if 2:13 is slightly beyond Mary and her limit is potentially maybe 2:14, we will see 2:13 in the next 15-20 years."

SPIRIT OF LONDON AWARD

THE 2018 Virgin Money London Marathon is to celebrate the unique spirit of the event by showcasing the extraordinary stories of its runners, champions, volunteers, supporters and spectators through a new "Spirit of London" campaign.

Launching the campaign at an event in the UK capital,

London Marathon director Hugh Brasher announced that Matthew Rees and David Wyeth had been selected as the first two winners of the Spirit of London award.

The Spirit of London theme was inspired by the moment in the 2017 race when Rees stopped on The Mall to help an exhausted Wyeth to finish.

RUTHERFORD: I'VE STILL GOT WHAT IT TAKES TO BEAT THE WORLD'S BEST

BRITON RARING FOR RETURN TO ACTION AFTER INJURY AND ISN'T RULING OUT COMPETING AT THE TOKYO OLYMPICS

BRITAIN'S Greg Rutherford has admitted he is shelving any thoughts of retirement for the moment after insisting he still has what it takes to beat the best long jumpers in the world, writes *Euan Crumley*.

The former Olympic and world champion endured yet another injury-ravaged season and had to watch as South Africa's Luvo Manyonga took centre stage at London 2017.

Rutherford also announced he will not be defending his Commonwealth title, either, but that decision is based on taking a long-term view and doing what is best for his body as he prepares for a return to competition following an operation to reconstruct his groin and a procedure on his ankle in the latter part of last year.

The immediate future, instead, will take place indoors.

Rutherford's last competitive jump came on June 4 but he is delighted with how he is progressing in training and is aiming to win a place

at the IAAF World Indoor Championships by performing well at the British trials, before also competing at the Müller Indoor Grand Prix in Glasgow on February 25.

Significantly, he is also refusing to rule out the possibility of competing at the 2020 Tokyo Olympics.

"I'm probably hungrier now than I have been for a long time just to get back out there and mix it up," says the 31-year-old. "I think because last year I was in a difficult place with my body it seemed natural for me to say 'do you know what? I think I'll probably retire soon'.

"But these were problems that could be fixed by a surgeon and they have been fixed.

"Never say never with me. There have been so many occasions in my career where it's either looked like 'this is going to be it' or 'I'm not going to make it', but it has come together at the right time.

"It would be a mutual decision between all of us (Rutherford is coached by Dan Pfaff) to say 'I don't have it any



MARK SHEARMAN



more' but I feel like I do and, yes, if all goes well and I can still mix it up with the best in the world then I will 100% go to another Olympic Games."

Despite his lack of action, Rutherford's competitive fires clearly still burn brightly and he is adamant that, provided his comeback continues to go to plan, he will be a force to be reckoned with once more.

"Every other jumper in the world knows that, if I'm in shape, then I can beat them – it doesn't matter who it is," he says. "Look, the world was lit up by Luvo (Manyonga

followed his Rio Olympic gold by finishing first in London) last year – he's an exceptional long jumper who is doing things all of us have been hoping to do during our careers.

"However, I don't see anybody as unbeatable and I know that, as long as I'm fit, then I can upset a few. I'll 100% be aiming to do that.

"Some of the younger Americans have probably already written me off but I love that. In 2015 when I won the world championships there were certain individuals telling me that they were going to sort



Raring to go: Greg Rutherford can't wait to compete again

PHIL OLDHAM

THOMPSON AND TA LOU TO GLASGOW

DOUBLE Olympic champion Elaine Thompson and double world silver medallist Marie-Josée Ta Lou have been added to the 60m field for the Müller Indoor Grand Prix Glasgow on February 25.

Thompson, who won both the 100m and 200m at the

Olympic Games in 2016, has been added to the already stellar line up, which includes Dina Asher-Smith and Dafne Schippers.

Ta Lou, meanwhile, enjoyed a double podium breakthrough at London 2017, claiming silver medals in both the 100m and 200m.



NPOWER SUPPORTING ENGLAND

COMMONWEALTH Games England president, Denise Lewis OBE, last week helped launch npower as Team England's official partner with pupils from Dorrington Academy School, Birmingham, host city of the 2022 Games.

RUSSIANS TO COMPETE

THE IAAF has approved 18 Russian athletes to compete as neutrals in international competition this year.

The IAAF Doping Review Board agreed that the applications of the athletes met the 'exceptional eligibility criteria' to compete internationally under competition Rule 22.1A(b) while the Russian national federation (RusAF) remains suspended.

The suspension of RusAF has been in place since November 2015.

Approved athletes:

Viktor Butenko (discus); Danila Danilov (hammer throw); Alexsey Fedorov (triple jump); Irina Gumenyuk (triple jump); Vyacheslav Kolesnichenko (sprints); Maria Lasitskene (high jump); Aleksandr Lesnoy (shot put); Alyona Lutkovskaya (pole vault); Danil Lysenko (high jump); Alaina Mamina (sprints); Yuliya Maltseva (discus); Polina Miller (sprints); Ilya Mudrov (pole vault); Olga Mullina (pole vault); Sofiya Palkina (hammer throw); Viktoriya Prokopenko (triple jump); Anzhelika Sidorova (pole vault); Aleksei Sokyrskii (hammer throw).

me out at the Diamond League final and I got into their heads and still managed to beat them.

"I am keen to come out there and hopefully scare a few."

But was Rutherford scared, last year, that he might never compete again?

"It was difficult," he admits. "I've had multiple surgeries but you get to that point where you are thinking 'is it now too much for my body, am I going to be able to recover from this one?'."

"I'm 31 now and I wasn't sure it was going to happen. However, remarkably, I'm in this position where I'm

even considering the indoors whereas, when we agreed the ankle had to have surgery on it, indoors was written off.

"I've got a great team around me and we did the right things to get me back. I can shelve those retirement ideas and look to having a few more years."

■ **Greg Rutherford will be competing at the Müller Indoor Grand Prix Glasgow on Sunday, February 25.**

To book tickets, visit: britishathletics.org.uk/events-and-tickets/muller-indoor-grand-prix-glasgow-2018

BALLOT CLOSING

THE general entry ballot for the world's biggest half-marathon, the Simplyhealth Great North Run, is closing on Monday, February 5.

Being staged for the 37th time, this year's event will take place on Sunday, September 9.

To register for the ballot, prospective applicants should visit greatrun.org.

The ballot will close at midday on February 5 with all applicants being notified by email no later than Friday, February 9.

GREAT TEES 10K

ENTRIES are now open for the new Simplyhealth Great Tees 10k, which takes place on Saturday, September 8 as part of the Simplyhealth Great North Run weekend.

The 10k event will be joined in the Borough by the Great North CityGames Elite Mile race, which is relocating from NewcastleGateshead.

There will also be the Simplyhealth Junior and Mini Great Tees Run. To enter visit greatrun.org.

PARKER FUNERAL

THE funeral of former coach Bob Parker will take place at Hendon Cemetery and Crematorium, London NW7 1NB on February 7 at 11am.

24-HOUR TEAM

A LINE-UP of 11 athletes will represent Great Britain at May's IAU 24-Hour European Championships in Romania.

Reigning European champion Dan Lawson is joined by three other members of the silver medal-winning men's team from 2016; Marco Consani, Steve Holyoak and Patrick Robbins.



Zharnel Hughes: opened his season with 20.28 over 200m

MARK SHEARMAN

HUGHES WON'T BE DETERRED

SPRINTER OPENS SEASON AFTER ARMED ROBBERY ORDEAL

ZHARNEL HUGHES does not intend to change anything about his training set-up, despite being the victim of an attempted armed robbery in Jamaica last week.

The incident occurred in a university car park in Kingston, where the 22-year-old trains with the local Racers Track Club.

Hughes had a gun pointed in his face and shots were fired but he escaped unharmed and also returned to complete his training session at the University of the West Indies Usain Bolt Track in Mona, St Andrew.

It did not stop him from subsequently opening his

season last weekend, either, as he ran a strong 20.28 for 200m (0.8) in Kingston.

Of the attempted robbery, the 200m world semi-finalist in London last year told the *Jamaica Gleaner*: "I was putting on my sneakers at my trunk and this guy just came up pointing a gun in my face.

"He asked me for my phone and I ran off and the guy opened fire."

Hughes, who was born in Anguilla but has competed for Britain since 2015, also tweeted: "Lost for words, but thankfully I'm okay."

Hughes' manager Norman Peart said there was an exchange of gunfire between

the robber and a licenced firearms holder who was at the venue.

"There was an exchange of gunfire but nothing in the direction of the athletes," he said.

Peart also told *Athletics Weekly*: "Zharnel is okay at the moment and doing better each day as he moves along with his life. He has no plans to change his training location.

"The attempted robbery doesn't seem to be a personal attack but random and he also shares that view.

"The entire coaching staff and athletes are all giving support at this time to Zharnel to ensure he recovers."



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ANOTHER RECORD FOR MUIR

DOUBLE EUROPEAN INDOOR CHAMPION THRILLED BY LOWERING 800m MARK

LAURA MUIR could not hide her delight, or her surprise, after adding yet another record-breaking performance to her ever-expanding collection.

This one came over 800m, at the FPSG Indoor Senior and Under-17 Championships in Glasgow, as the 24-year-old ran 1:59.69 to lower the Scottish indoor mark of 2:00.30 set by Lynsey Sharp in 2016, with Mhairi Hendry second in a PB of 2:02.41. Muir's winning time is also a world lead.

"I thought that if I could get close to my indoor PB, which was 2:00.57, then I would be really happy," Muir, who won European indoor 1500m and 3000m titles in Belgrade, told Scottish Athletics.

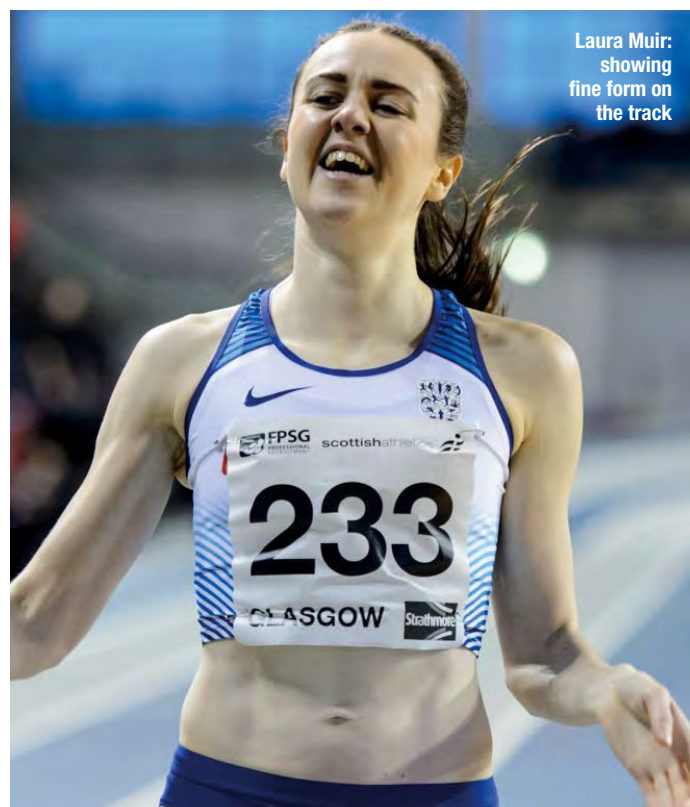
"But to break two minutes and get the Scottish record back from Lynsey, I am just really happy. Lynsey and I do seem to be trading that record around all the time.

"I am not thinking about the 800m right now for indoors so to be running times like that bodes really well," added Muir, who is working towards the IAAF World Indoor Championships in Birmingham.

"It is a wee bit of a surprise to get that kind of time. Beforehand my legs were feeling a bit tired. I always have a habit of smashing training the week before I race.

"I couldn't believe it when I saw the time was 1:59."

The British 1500m record-holder added her sub-2 minute 800m time to other indoor



Laura Muir: showing fine form on the track

BOBBY GAMIN

PBs of 8:26.41 for 3000m and 14:49.12 for 5000m, then promptly paced training partner Gemma Reekie to the 1500m title in Glasgow.

Muir's wasn't the only Scottish record-breaking performance at the Emirates Arena as Zoey Clark also improved a national mark over a distance which is not her favoured event. Clocking 23.58, she broke a 200m indoor

record which had been set by Melanie Neef (23.62) in 1996.

"I am absolutely thrilled with that time," Clark told Scottish Athletics. "I knew I was in good shape and to break the Scottish indoor record at 200m is very pleasing.

"It's a great start to 2018 and gives me a lot of confidence for 400m runs to come and Gold Coast 2018 is definitely the priority."

BUCS CHAMPS ACTION AWAITS

BRUNEL UNIVERSITY will host the latest edition of the BUCS Cross Country Championships on February 3, which will be run over a fairly flat course at Hillingdon House Farm.

Last year Jess Judd won the National and Inter Counties championships but could only finish third in the BUCS event as she was headed by Rebecca Murray and Emily Hosker Thornhill.

However Judd will start as favourite this time around.

Her Loughborough team will be out to defend their title from strong squads from St Mary's, Birmingham and Edinburgh.

Murray does not return but Hosker Thornhill is in a strong St Mary's squad alongside her South of England conqueror Phoebe Law.

Manchester University's European under-20 champion Harriet Knowles-Jones is sure to challenge for a medal while Brunel's Philippa Bowden is another likely contender.

Defending champion Alex Teuten will start favourite in the men's race.

The Southampton student was second in Liverpool and ran in the European Cross-Country Championships.

National junior champion Ellis Cross is another likely medallist.

Loughborough have a strong men's team with Pat Dever and Ben Dijkstra included to challenge defending champions St Mary's while Birmingham, Oxford and



Jess Judd: favourite

MARK SHEARMAN

Cambridge are others likely to be in the mix.

Timetable: 12.00: Women's 6.5km; 13.00: Men's long 10km; 14.00: Men's short 7.9km.

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Goldie Sayers:
recognises
the need for
a bespoke
programme

ATHLETES URGED TO SIGN UP TO COACHING SCHEME

BRITISH ATHLETICS has launched a brand new programme,

Athlete to Coach, designed to encourage current and former elite international athletes to become licenced coaches.

Many of those who competed to a high level in the sport already possess a high level of technical expertise and this new initiative is aiming to recognise that knowledge and help put it to practical use.

The *Athlete to Coach* programme is open for any athlete who has represented Great Britain and Northern Ireland or one of the Home Countries at senior level at the Olympic or Paralympic Games, World or European Championships or Commonwealth Games to apply.

It will start with two separate

six-day courses in Birmingham and Loughborough respectively, beginning in March and with a final assessment in November.

The bespoke programme has been designed to cover the requirements of the British Athletics Coaching Assistant and Athletics Coach Courses but in a way that meets the needs of athletes with advanced levels of knowledge.

Participants will be supported by a team of coach education tutors and former international athletes who are fully licenced coaches.

Olympic bronze medallists Kelly Sotherton and Goldie Sayers will be tutors on the course. Both have links to the UKA Athletes' Commission and were consulted in the development of the programme.

"Retired athletes are often told they can't coach," says

three-time Olympic bronze medallist Sotherton. "We want to encourage athletes to stay within the sport, whether that is teaching in schools or at clubs, adult or age groups. It is all about learning the art of coaching and applying the knowledge you have, which takes years to build.

"We want a new generation of able coaches and we know there are people out there who want to be involved."

Sayers, an Olympic javelin bronze medallist at Beijing 2008, adds: "Elite athletes work with a coach or a number of great coaches over their careers and therefore gain a tremendous amount of knowledge which can be lost from the sport if they are not encouraged into coaching.

"Kelly and I completed the British Athletics Coaching

Assistant and Athletics Coach Courses and understood that, as athletes, there needed to be something bespoke to meet the needs of those going from being an athlete into coaching.

"Most athletes know what to coach but the challenge comes in how to coach and, most importantly, how and when to give input. For athletes who like helping people, it is certainly a rewarding practice."

Nigel Holl, Director of Strategy & Partnerships at UK Athletics, says: "The Programme does not take anything away from the British Athletics Coaching Assistant and Athletics Coach Courses, it is bespoke to athletes who have elite technical and tactical knowledge but need guidance in how to transfer and deliver this knowledge in a way that is meaningful to others."



BRITISH
ATHLETICS

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LOCATION: ALEXANDER STADIUM
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WORKSHOP 2: SATURDAY APRIL 14
WORKSHOP 3: SATURDAY JUNE 23
WORKSHOP 4: SUNDAY SEPT 30
WORKSHOP 5: SUNDAY OCT 28
ASSESSMENT: SATURDAY NOV 24

LOUGHBOROUGH

LOCATION: LOUGHBOROUGH UNIVERSITY
WORKSHOP 1: WEDNESDAY MAR 21
WORKSHOP 2: FRIDAY APRIL 20
WORKSHOP 3: TUESDAY JUNE 26
WORKSHOP 4: TUESDAY OCT 2
WORKSHOP 5: FRIDAY NOV 2
ASSESSMENT DAY: TUESDAY NOV 27
ALL DATES MUST BE ATTENDED

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CLOSING DATE FOR APPLICATIONS: WEDNESDAY FEBRUARY 28

LISTENING TO A NEW VOICE

STEPH TWELL EXPLAINS HER DECISION TO MOVE FROM LONG-TIME MENTOR MICK WOODS TO JOIN FORCES WITH COACH AND FORMER INTERNATIONAL MARATHON RUNNER GEOFF WIGHTMAN – AND HIGHLIGHTS THE IMPORTANCE OF A FRESH START

MAIN PICTURE: MARK SHEARMAN

I'M EXTREMELY proud of what Mick and I achieved together but, at this stage of my career, I think it's important to delve into the finer details of what I'm doing and for me to have a new conversation about my training and competition phases.

I'm really excited about my new training set-up, environment and new training stimulus. It's different and I think that's what my body and mind needed. I think that, paired with being a full-time athlete now, it will be a big difference for me.

Last year I was doing a full-time PGCE on top of training and for the three years prior to that I started as a volunteer before becoming a paid teaching assistant.

It was a really fulfilling job and I really love helping people but it was an exhausting teaching degree, which wasn't fully conducive to training at the level I really knew I was capable of.

My aim is to be a supply teacher in future and then look at teaching full-time later in

“IT'S ABOUT BEING A STUDENT OF THE SPORT AND I THINK ATHLETES CAN GET TO THE POINT WHERE THEY ARE MAYBE NO LONGER LEARNING”

STEPH TWELL

life but I need to take this opportunity in my athletics now.

I've just turned 28 and I feel like it's a really nice time to take serious steps in my progression. I now feel ready to go again.

In Geoff, I've got a coach who will look at the detail and maybe tap into things that I haven't tapped into before.

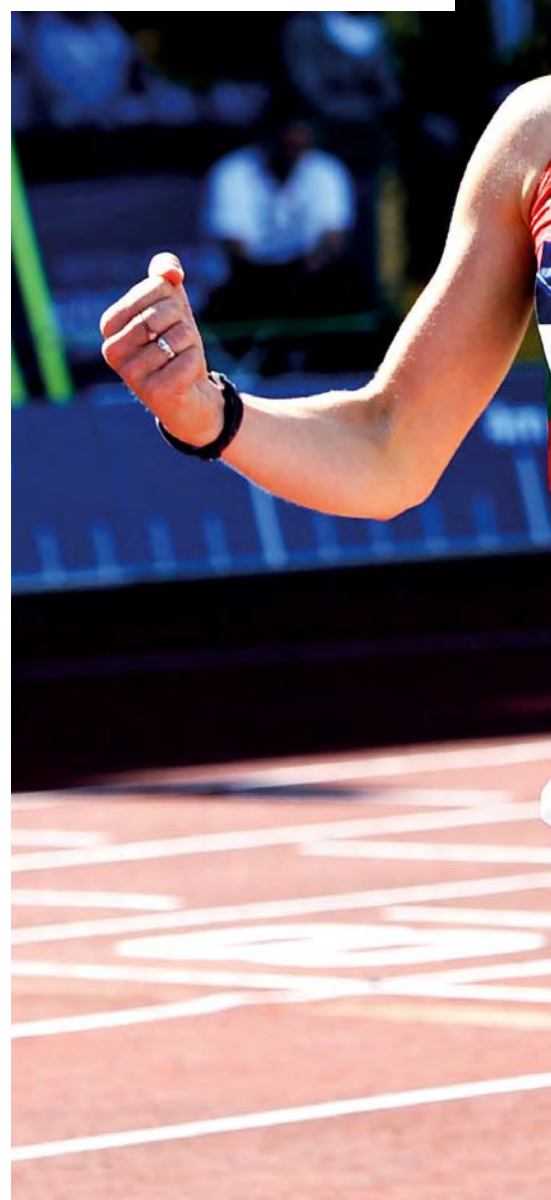
I think I've got speed and strength but maybe I can explore my speed a little bit more, because I'm still relatively young. I think Geoff's experience of coaching his son Jake over 1500m, which is my background, will be hugely beneficial to me but I'm also looking to tap into his own personal experience for the marathon.

I am eventually looking to move up to that distance but not immediately. I think staying at the shorter distances for as long as I can is the right way to go because I feel that there's still a bit of business I still need to take care of in the 5000m.

As I say, with Geoff it's a new conversation. It's about being a student of the sport and I think athletes can get to the point where they are maybe no longer learning in the set-up they find themselves in or maybe it's good to be challenged in a new way.

I think my body was almost at the point of wanting a new stimulus to encourage and motivate my mind because I won't know what's coming up and I think a fresh start can be very important to stress and train my body in a new way.

It was a very difficult decision to stop



working with Mick but it was also just a natural feeling to make the move to Geoff and, also, more that need for a challenge.

Seeing Jake doing so well on the Diamond League circuit last year and the fact there's a coach intricately looking over my week to week, looking into the detail, I thought that would compliment my own understanding of training, too.



Steph Twell: has decided to make a major change to her set-up and start working with Geoff Wightman (inset)



to have a go at trying to qualify for a fourth Commonwealth Games with Scotland. Yet the 26.2-mile distance could be in more or less than four years' time. I don't know when the transition to the longer distances will be but I think I will know naturally when the time is right. As I said, Geoff has got that knowledge I'm looking for.

I'm working away in South Africa just now ahead of the Gold Coast and I'm as excited for my third Commonwealth Games as I was for my first. I think Scotland have a really strong team and why would I not want to be part of Scottish Athletics at the moment? It's just buzzing.

I've seen the team develop and progress consistently at an international level. This is not a flash in the pan – everyone is experienced and consistently performing at major championships and at an international level.

I think a change in the general mindset of the athletes was already developing but I would say Laura Muir has really spearheaded our success and I think it's really encouraging that we are watching someone so close to home creating British and European records. You can't argue with that – it's down to genuine, pure graft and her coaching set-up. It's just exciting to be part of that sport.

As for me, I've still got the same passion and drive for the sport, so that hasn't changed. I just want to make sure I'm still looking at things to help me reach my full potential. That includes using the wealth of knowledge I've gained, and integrating it with my new coach's knowledge, to tune the finer details.

Someone looking over the finer details of my week is really good – keeping up the conditioning, keeping up the rest, keeping up the speed in sync with training is equally as conducive as I also move up in distance.

Geoff is someone that I feel like I can talk with and also learn from. He's got a lot of personal knowledge I think I can tap into and of course he was part of Scottish

Athletics yet I never thought, all those years ago when he was chief executive, that I would one day be coached by him.

As he has been instrumental in my career already, that gave me an element of trust in knowing he would want to see me develop, which I think is very important.

The marathon is something I'm going to look at doing in the future and I'd love

EDINBURGH

STEVE SMYTHE
CONTINUES OUR LOOK
AT THE HISTORY OF
THE COMMONWEALTH
GAMES WITH THE STORY
OF WHAT UNFOLDED AT
MEADOWBANK STADIUM

1970

S COTLAND'S first Games saw the end of imperial distances and another first in that it was the initial Games to be held on an all-weather surface. It was a huge success and easily the best Games so far.

The initial wet and windy weather was less welcome and one of the 100m heats had a 9.8mps tailwind, which equates to well over 20 mph.

However, the men's 10,000m delighted the 30,000 crowd and got the athletics events off to a flying start.

In a field that included world record-holder Ron Clarke and Olympic champion Naftali Temu, recent world 3000m steeplechase record-holder Kerry O'Brien and British record-holder Dick Taylor, very few gave Scotland's Lachie Stewart a chance.

The Shettleston Harrier had no top-class international form, had been ninth in the

1966 steeplechase, 12th at three miles and wasn't given a mention in the *Athletics Weekly* preview.

He was in a pack of a dozen at halfway, which was reached in a quick 14:09.2.

Clarke made his move with around 3km to go and only Taylor and Stewart were able to cover the acceleration.

On the last lap it was Stewart who had the best kick and was roared on by the home supporters as he sprinted to a huge PB of 28:11.72, a time he had never previously approached or would do in the future and not far short of the UK record.

Later in the week, Stewart could only finish 11th in the greatest mass 5000m in history. A Scottish Stewart still won gold, though, as Birmingham-based Ian sprinted to victory.

Clarke – second in the 10,000m and, despite being owner of the fastest times, had missed the gold in the 1964 and 1968 Olympics as well as the 1962 and 1966 Commonwealth Games – failed to get on the podium, falling back when the race came alive in the closing two laps finishing fifth in his last major race.

Olympic and Commonwealth 1500m champion Kip Keino was the favourite but a pulsating 55 last lap by European champion Stewart won the day, with team-mate Ian McCafferty pushing him to the limit in the straight.

The Scots went second and third all-time behind Clarke as Stewart's European record of 13:22.85 thrilled the capacity crowd.

Keino was third here but had earlier won the 1500m in 3:36.68 after laps of 57.6, 57.4 and 57.0, though future world 5000m record-holder Dick Quax had held him until the closing stages.



Lachie Stewart: defeated Ron Clarke at 10,000m

PICTURES: MARK SHEARMAN



Brendan Foster, courtesy of a two-second PB, won the battle for a distant third, defeating Ian's brother Peter by a hundredth of a second with European champion John Whetton fifth.

Australia topped the medal tables with 10 golds ahead of England's seven, but some of their big names, as well as Clarke, didn't do as well as hoped.

World marathon record-holder Derek Clayton dropped out of a marathon won with a stunning run by Ron Hill as his European record 2:09:28 gave him a win of well over two minutes on Scotland's defending champion Jim Alder.



Ron Hill: European marathon record with near three-minute victory

Hill had blasted through 10 miles in 47 minutes, which equates to 2:05 pace.

Olympic 800m champion and shared world record-holder Ralph Doubell was a well-beaten sixth in a race won by Kenyan Robert Ouko and, in the steeplechase, O'Brien fell heavily in the water jump and failed to finish.

Australia's disappointment was masked there, though, as his team-mate Tony Manning won in a world-class 8:26.2. Second was star to be Ben Jipcho while Olympic champion Amos Biwott was third and Olympic silver medallist Ben Kogo sixth.

Australia dominated the women's sprints, though, with teenager Raelene Boyle repelling the strong challenge of Ghana's Alice Annum for a windy 11.26/22.75 double.

She won a third gold in the relay where Pam Kilborn was also in the team. Kilborn won her third successive hurdles gold, easily beating Olympic champion Maureen Caird who had finished just ahead of her in Mexico.

There was also a teenage men's triple sprint champion as Jamaican Don Quarrie scored a 10.24w/20.56 double, defeating 1968 Olympic medallist Lennox Miller and

future Olympic champion Hasely Crawford in the short sprint. Jamaica also won the relay.

England won a men's hurdles double, with Olympic champion David Hemery dropping down to the high hurdles to defend his title with a windy 13.66 while Olympic bronze medallist John Sherwood won a competitive men's 400m hurdles. The soon to be 1972 Olympic champion and world record-holder John Akii-Bua of Uganda finished fourth.

Sherwood's wife Sheila, who had been second in Mexico, won the long jump with a world-class 6.73m and all six of her jumps

were better than runner-up Ann Wilson managed.

Rita Ridley won a dramatic 1500m. The event had only made its international debut in the 1969 Europeans and Ridley just got past English team-mate Joan Page and Sylvia Potts who fell dramatically just before the line after taking the lead in the straight.

England also had their moments in the field with clean sweeps in the men's hammer and javelin.

Dave Travis's 79.50m was a class apart in the javelin, while Howard Payne won his third successive hammer title. He won by almost five metres, taking a similar margin off the championship best with a 67.80m throw.

Payne's wife Rosemary won gold for Scotland. She still competed as Rosemary Chrimes, setting British records into her eighties up until 2014. Their other success came in the women's 800m.

England's Sheila Taylor, who was fourth in the 1968 Olympics and still competing in parkruns last year, was a faller and New Zealand-born Rosemary Stirling won a disappointingly slow but exciting race in 2:06.24, three hundredths of a second ahead of England's Pat Lowe.

Wales' moment of glory came as expected in the long jump as 1964 Olympic



Rita Ridley (472) took the 1500m from Joan Page (469) after Sylvia Potts (493) fell

MARK SHEARMAN

champion Lynn Davies successfully defended his title with a windy 8.06m ahead of Australia's triple jump winner Phil May.

Northern Ireland won a record three golds. Mary Peters won a shot and pentathlon double, with England's Wilson again second. Wilson won a third silver in the high jump.

Peters won the inaugural pentathlon with a score of 5148 and she threw much further in the five event competition than she did in the individual shot final.

The ever-smiling Peters was to show even better form – dramatically improving in the high jump – to win 1972 Olympic gold.

Her team-mate Mike Bull won the pole vault with the Games' first five-metre vault.

Kenyan Charles Asati won the 400m easily in 45.01 and contributed a 44.6 anchor leg in winning a second gold in the 4x400m relay.

Canada did well in the field with 17-year-old Debbie Brill winning the high jump, Dave Steen retaining the shot title easily with a 19.21m throw and George Puce denying Kiwi Les Mills a second discus gold.

Other Australian winners were high jumper Lawrie Peckham, walker Noel Freeman, decathlete Geoff Smith and javelin thrower Petra Rivers.

PERFORMANCE OF THE GAMES

The star performance of the Games came from a 17-year-old schoolgirl!

Marilyn Neufville, who competed for south London club Cambridge Harriers and had won gold for Britain in the 400m in the European Indoor Championships, was the favourite after a 52.6 UK all-comers record in the summer and a 52.0 overseas clocking, which was deemed to be a 'flyer' but on par with the UK record.

This time running in Jamaican colours – she left the West Indies at the age of eight – she smashed the world record of 51.7 with a staggering 51.02 and won by a quite remarkable 2.64 seconds.



Scotland's Rosemary Stirling (526) wins the women's 800m from Pat Lowe (466) and Cheryl Peasley (422)

Despite her youth, she would never repeat this form and, while finishing sixth in the 1974 final, she ran three seconds slower than in Edinburgh.

She still helps out as an official for Cambridge, her club.

TALKING POINT

It seems curious in these days of equality that the women's events had grown to a more respectable 13, yet that still left them 10 short of the men's 23.

The Games saw the debut of the pentathlon and the longest women's event became the 1500m – featuring first in the usually conservative Commonwealths before its appearance in the Olympics.

Despite this minor advance, of course we were some way off from 400m hurdles, marathons, triple jumps, pole vault, hammer and steeplechase.

The 4x400m relay was only a Games away and should really have featured in Edinburgh, having made its European debut the year before.

While many of the men's track performances particularly seem respectable 48 years on, some of the women's marks that won medals do look old-fashioned.

53.77 at 400m, 2:06:33 at 800m, 4:19.1 at 1500m, 15.32m shot, 48.42m discus and 49.54m javelin all proved good enough for a women's medal.



Mary Peters: double gold for Northern Ireland athlete

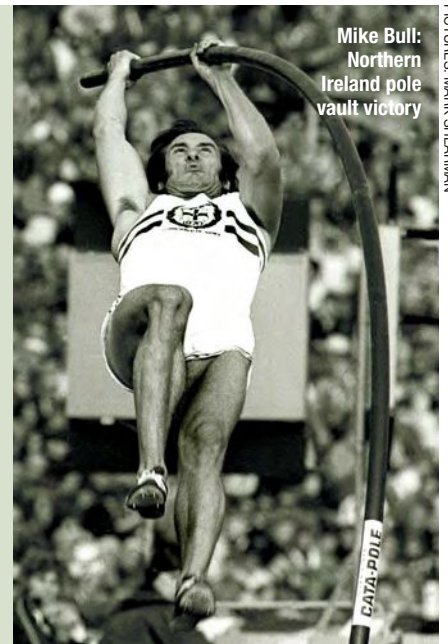
EDINBURGH 1970 WINNERS

Men		
100m	Don Quarrie (JAM)	10.24w
200m	Don Quarrie (JAM)	20.56
400m	Charles Asati (KEN)	45.01
800m	Robert Ouko (KEN)	1:46.89
1500m	Kip Keino (KEN)	3:36.68
5000m	Ian Stewart (SCO)	13:22.85
10,000m	Lachie Stewart (SCO)	28:11.72
Marathon	Ron Hill (ENG)	2:09:28
3000SC	Tony Manning (AUS)	8:26.2
110m hurdles	David Hemery (ENG)	13.66w
400m hurdles	John Sherwood (ENG)	50.03
High jump	Lawrie Peckham (AUS)	2.14m
Pole vault	Mike Bull (NIR)	5.10m
Long jump	Lynn Davies (WAL)	8.06m (w)
Triple jump	Phil May (AUS)	16.72 m
Shot	Dave Steen (CAN)	19.21m
Discus	George Puce (CAN)	59.02m
Hammer	Howard Payne (ENG)	67.80m
Javelin	Dave Travis (ENG)	79.50m
Decathlon	Geoff Smith (AUS)	7492
20 miles walk	Noel Freeman (AUS)	2:33:33
4x100m relay	Jamaica	39.46
4x400m relay	Kenya	3:03.63

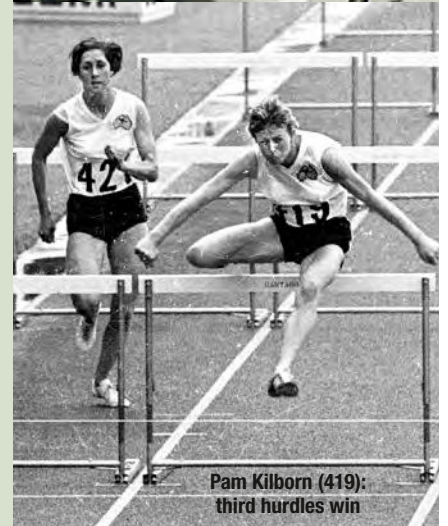
Women		
100m	Raelene Boyle (AUS)	11.26w
200m	Raelene Boyle (AUS)	22.75w
400m	Marilyn Neufville (JAM)	51.02
800m	Rosemary Stirling (SCO)	2:06.24
1500m	Rita Ridley (ENG)	4:18.8
100m hurdles	Pam Kilborn (AUS)	13.27
High jump	Debbie Brill (CAN)	1.78m
Long jump	Sheila Sherwood (ENG)	6.73m
Shot	Mary Peters (NIR)	15.93m
Discus	Rosemary Payne (SCO)	54.46m
Javelin	Petra Rivers (AUS)	52.00m
Pentathlon	Mary Peters (NIR)	5148
4x100m relay	Australia	44.14

MEDAL TABLE

	Country	Gold	Silver	Bronze	Total
1	Australia	10	9	3	22
2	England	7	11	12	30
3	Scotland	4	2	2	8
4	Kenya	4	1	4	9
5	Jamaica	4	1	1	6
6	Canada	3	2	8	13
7	N. Ireland	3	0	0	3
8	Wales	1	0	0	1
9=	N Zealand	0	3	1	4
9=	Trinidad	0	3	1	4



Mike Bull: Northern Ireland pole vault victory



Pam Kilborn (419): third hurdles win



Ian Stewart: wins the 5000m

PICTURES: MARK SHEARMAN



- Peta Bee,
performance editor

TALK IT OVER

OF THE coaching courses I've attended, all have focused on what to say to an athlete in terms of technical input and event advice, but not one has given advice on how to tailor the advice to an individual.

Psychology is barely acknowledged when it comes to coach education at club level, yet the impact it can have on the relation between athlete and coach is powerful. A single comment made at the wrong time or in the wrong way can trigger a cascade of negative thinking that has lasting impact on performance.

This week, sport psychologist Dr Josephine Perry provides advice on how to tackle those tricky conversations with your athlete.

Elsewhere, Paul Freary has been busy testing this season's shoe launches and presents part one of his spring shoe special.

PERFORMANCE GUIDE

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MINERAL BLEND HELPS WOMEN TO RUN FASTER

STUDY REVEALS SUPPLEMENT ENHANCES PERFORMANCE

A BLEND of minerals including iron, copper and zinc along with two other nutrients – carnitine (derived from an amino acid) and phosphatidylserine (made up of fatty acids and amino acids) – helped a group of women to reduce their three-mile run times by almost a minute, a study has found.

Researchers at Ohio State University recruited 28 women – all runners aged 18 to 30 – for the study and asked them to take the specially prepared supplement combination sprinkled into a beverage of their choice twice a day or in capsule form. The amount of nutrients in the supplements was well below a level that could cause harmful side-effects.

"We know that young women in particular often have micro-deficiencies in nutrients and that those nutrients play a role in how cells work during exercise," said Robert



Women athletes have specific nutrient requirements

DiSilvestro, lead author of the study and a professor of human nutrition at Ohio State. "They tend to eat less meat than men and menstruation also plays an important role in mineral loss.

"I decided to start with minerals that are commonly low – or thought to be low in many diets – and brought in some of the supporting cast."

Results, published in the *Journal of the International Society of Sports Nutrition*,

compared the performance of those who took the supplement with a control group that took a placebo and found that, as well as run times improving, women who took the supplement also saw improvements in distance covered in 25 minutes on a stationary bike. Professor DiSilvestro is planning to develop and market a supplement based on his findings. It will cost approximately £30 per month.

MAKE TIME TO RUN AND TALK

A NATIONWIDE series of 'run and talk' events, targeted at improving mental wellbeing through running, have been announced by England Athletics in support of 'Time to Talk Day' on Thursday, February 1.

Taking place this week, the #runandtalk campaign encourages people to run a mile or further as they chat with friends, family, colleagues or other runners.

Launched four years ago, the

Time to Talk Day aims to break the silence around mental health problems and the #runandtalk campaign is supported by the mental health charity Mind as well as a network of over 420 volunteer England Athletics Mental Health Ambassadors.

"Mind is delighted to support England Athletics and the #RunAndTalk initiative," says Hayley Jarvis, Community Programmes Manager (Sport) at Mind.

"Our research with Loughborough University reinforced this, showing that being physically active, in a social, supportive environment had a positive impact on mental wellbeing and improved people's resilience and ability to cope."

To join a #runandtalk organised run, search on MeetUp for your nearest #runandtalk or visit meetup.com/runandtalk and use #runandtalk on social media to be part of the conversation.

Coffee: caffeine addicts get less of a boost



CAN NON-COFFEE DRINKERS GAIN A GREATER BOOST FROM CAFFEINE?

CAFFEINE can boost performance, but how and to what extent is the subject of much scientific scrutiny. In the latest investigation, by Dr Brendan Egan and Mark Evans from the School of Health and Human Performance at Dublin City University, it's suggested that the performance-enhancing benefits of the substance are more pronounced in athletes who are not habitual consumers of tea, coffee and energy drinks.

For their trial, the DCU team examined the impact of caffeinated chewing gum, equivalent to two strong cups of coffee, on the performance of 18 male team sport athletes during a series of sprints.

The athletes performed 10 repeated sprints under specific conditions both with and without two sticks of the caffeinated gum. Results showed the gum provided little advantage to athletes whose

bodies may have become de-sensitised to caffeine through habituation – a result of consuming a lot of caffeine frequently.

In those athletes with a low daily caffeine consumption, performance was maintained in the sprint tests after ingesting a caffeinated chewing gum.

In athletes who consumed the caffeine equivalent of three or more cups of coffee per day, their performance deteriorated as they completed more of the sprints.

Publishing their findings in the *International Journal of Sport Nutrition and Exercise Metabolism*, the team recommended athletes who are coffee and tea fans reduce their consumption in the lead-up to an important competition in order to gain the benefits of a caffeine supplement as a performance aid.

WHAT'S NEW? WHAT'S NEW?

BLUE DIAMOND ALMOND FUSIONS

What: A new range of almond-based performance snacks

Why: Almonds have a reputation as a performance food – and with good reason. Three years ago, a study showed that endurance athletes perform better if they replace sugar-loaded snacks and energy bars with almonds.

In the study involving eight cyclists and two triathletes, Chinese researchers gave the athletes either 75g almonds [three handfuls] every day for four weeks or, on separate occasions, biscuits containing the same number of calories.

Publishing their findings in the *Journal of the International Society of Sports Nutrition*, the researchers showed how the athletes performed significantly better after consuming almonds on a regular basis.

They suspected that the combination of L-arginine (the athletes consumed 2g a day more L-arginine than normal when they ate almonds) and phenols in almonds contributed to the improvement.

This new range of snacks offers the benefits of almonds with an added twist of different flavours. The Thai Sweet Chilli variety combines corn, peas, chickpeas and cashews, the Smoked Chipotle contains dates, cranberries and cashews while the Coconut Trail Mix has chocolate chunks, cranberries, almonds and dates.

Where: Available in Asda, WHSmith and Sainsbury's from February; RRP £1.50 per pack



Almond Fusions come in three flavours

DISCUSS WHAT MATTERS MOST TO YOUR ATHLETE

TALKING THROUGH SENSITIVE ISSUES WITH THE ATHLETES YOU COACH CAN BE DIFFICULT TO HANDLE. DR JOSEPHINE PERRY PROVIDES TIPS ON HOW IT SHOULD BE DONE

TOM FAIRBROTHER crossed the finish line of his first marathon in a time of 2:38, a brilliant debut result which suggested there was much more to come. With that in mind he headed off to run at altitude in Iten, Kenya, the mecca of marathon runners.

It was while he was there, however, that a chance comment by another athlete sparked a downward spiral of behaviour that threatened his health and his career.

The fellow athlete in question remarked that Fairbrother was too heavy to be a distance runner. As a result the Serpentine athlete began to cut his food intake in a bid to shed a few pounds. It was a slippery slope that led firstly to anorexic behaviours and eventually to bulimia nervosa.

As he suffered over the next two years, Fairbrother's coach never once asked him about his health, wellbeing, weight or behaviour. He is now determined that other runners are better supported when going through a similar ordeal.

"My weight dropped rapidly and my appearance changed drastically," he says. "I suffered numerous injuries due to overtraining, under-fuelling, poor recovery and rushed comebacks. During these injury breaks, neither my coach or my club contacted me to check on my health or whereabouts."

Eating disorders like Fairbrother's are probably the issue coaches expect to see the most, but equally fear confronting the most.

A 2001 study of UK female distance runners found that 16% were affected by



Tackling sensitive issues carefully can make a huge difference to the athletes you coach

SHUTTERSTOCK

anorexia or bulimia nervosa. And beyond eating disorders there are many more 'hidden' issues that younger athletes also struggle with; the balance of athletics, education and social life, the immense pressures they feel to excel in every area and the day to day frustrations and worries which come with exams, school, family, friends and social media.

How to tackle these issues is something about which many coaches feel woefully unprepared. Speaking to those who have recently taken both UKA and IAAF qualifications, their training did not cover the process of tackling difficult subjects like this.

Dr Ceri Bowley lectures on coaching at the University of South Wales and agrees there is little support or education for coaches.

"What there is available will vary from coach to coach depending on how

proactive they are to seek other training and support, whether they have a mentor and whether the coach is a volunteer, part-time, or full-time," says Bowley.

Without formal training, coaches can find broaching these subjects daunting as they don't want to say the wrong thing or get out of their depth. But, as every coach knows, there is so much more to athletics than race results and the athletes who stay and excel in their sport are the ones who have their welfare, as well as their results, supported.

Last year UK Athletics announced they were creating a working group to create a robust and relevant Coaching Code of Practice which may well offer some of this much-needed advice. But until this is in place here are my 10 tips to follow to help you handle difficult issues with your athletes.

Prepare for the conversation

If you know you need to have that tough conversation, write yourself a few bullet points so you don't get flustered and you can keep the tone positive and proactive. Then, rather than sitting face to face with the athlete, which can feel quite confrontational, go for a walk with them. This can take some of the emotion and threat out of the situation.

Finally, make sure there is enough time for the conversation needed. You don't want an athlete opening up to you just as their parent arrives to collect them.

Get to know your athlete's support team

Those taking their athletics seriously may well have some specialist support around them. Knowing who is working with your athletes will mean you get a heads up on any difficulties. Coach Rob Griffiths says he works closely with everyone surrounding an athlete such as their parents, teachers, other coaches and medical practitioners.

"Sometimes athletes will tell people different things, so we need to have really clear communication between all parties," Griffiths says. "Agree clear goals and parameters with the athlete and supporting team, so we are singing the same song."

Watch your tongue

Think carefully about any comments which could be taken the wrong way. That single comment to Fairbrother was enough to trigger negative thoughts that spiralled out of control and resulted in his eating disorder. Diligent, ambitious athletes will do anything to get faster so your comments to them should be purposeful and never flippant.

Support the person, not just the athlete

Young athletes will be going through many difficult transitions. Treating them first as people, and then athletes will mean they give you a lot more respect.

"Just because an individual can run fast, jump high or throw far does not mean they are less at risk of suffering with the illnesses and challenges faced by the rest of the population," Fairbrother says. The pressures athletes face include dealing with relationships, feelings and stress and

all of them impact on their performance. If you understand this, you can make them a better athlete and a healthier one.

Proactively educate your athletes about the challenges they face in athletics

Rather than waiting for issues to arise, show your athletes you know what they may be facing. Hold workshops on key issues. Mention things you've seen in the news. Normalising chats about difficult subjects can put you on the front foot when issues do arise.

"Be proactive in your approach as much as possible through educating all of your athletes and parents," says Bowley. "Discuss the potential performance and life challenges in an open way instead of waiting for an issue to arise and having to react to it."

Give vulnerable athletes mentors

If you feel unqualified to broach difficult issues then hunt out potential mentors. James Bridge of Marathon Sports Foundation runs education programmes for young elite athletes and gives each of them a mentor. "They become a sounding wall for athletes to vent and express without judgement or implication," he says. "They support and reassure the athletes to move forward."

Get tech savvy

The way coaches communicate may be different to how athletes of a younger generation communicate. You need to be on the same channels.

"I have learned that many will find it difficult in the first instance to say things

face to face but they may open up a little more on text, Whats App or some other social media," says Griffiths. "That can lead to a conversation."

Know your professional code of practice

Working within a professional code of practice makes boundaries feel safer. This is vital when ethical issues like confidentiality come into play. Know and explain to your athletes when you can keep confidences and when you would need to bring someone else in to support them.

Have referral routes in place

For the areas you don't feel comfortable talking about, having a referral route in place so you can signpost athletes to expert help can make the whole process feel easier.

Having a local clinical psychologist, sport psychologist, nutritionist and a mentor in your contacts list will give more purpose to that difficult initial conversation.

Listen without judgement

Many of the young athletes I see in my sports psychology clinic who are closest to leaving their sport are those who feel that their views are ignored by their coach. So instead of thinking about how to talk to your athletes, sometimes don't talk, just listen.

"I think the most valuable thing I can do as a coach is listen to them, not to judge them, encourage them to share thoughts and feeling, and show I care as much about who they are as a person as I do about their sports performance," says Griffiths.

■ Dr Josephine Perry can be contacted at performanceinmind.co.uk



SPRING IN YOUR STEP

SPRING WILL SOON BE IN THE AIR AND **PAUL FREARY** TAKES A LOOK AT THE NEW SEASON'S NEUTRALLY-CUSHIONED FOOTWEAR LAUNCHES

adidas Ultraboost Laceless

Price: £159.99

Stockist: adidas.co.uk

More 'traditional' runners may find these laceless shoes unappealing, but there is no denying their comfort. Designed to provide a degree of natural movement, they provide a sock-like fit that is also snug and secure. At their best on smooth road surfaces and for neutral runners, the Boost midsole provides excellent shock absorption with the now familiar responsive feel. And there's plenty of 'Boost' for high mileage runners, with a deep 29mm heel and 19mm forefoot midsole providing the plush, cushioned ride. As well as the comfort of the knitted upper, our testers liked the cut-away section of the heel counter which leaves a space for the Achilles to move naturally and without any pressure.

Verdict: Perfect for faster-paced runs and athletes who prefer minimally styled looks.



Asics – Gel Nimbus 20

Price: £150.00

Stockist: asics.com

Previous users of the Nimbus will go straight into this model and enjoy it right away, as the slight adjustments only go to make the ride feel smoother and the fit feel nicer. The cushioning remains capable of high mileages with a sumptuously smooth ride. Now the combination of GEL and Flytefoam uses an updated 'FluidRide' system that essentially provides an adaptive and responsive ride in a lighter package. In short, it feels very nice. The upper uses an engineered mesh with a printed overlay that supports the foot and, in this, the twentieth version of the shoe, feels a little roomier in the toe box area. The heel collar of the shoe is soft, smooth and very plush, essentially what is expected now of premium models, creating an instantly comfortable fit.

Verdict: An effective update to a premium high mileage model.



Brooks – Ghost 10

Price: £120.00

Stockist: brooksrunning.com

Long-time fans of the Ghost won't be disappointed by the latest model, as the updates here simply add to what was already great about the shoe. The plush cushioning remains very familiar, with the new 'tweaks' making it feel even smoother as you transition through your running gait. The most drastic change is in the new upper design, but that simply adds to making the shoe more comfortable from the moment you slip your foot into it. A soft, plush heel collar welcomes the foot and the new, engineered mesh upper is complimented by a rubberised print overlay that takes care of the support. It's one of the brand's most popular models and it's easy to see why as it's so simple to get along with, taking care of your daily miles with ease.

Verdict: High levels of comfort make this a great choice for mile after mile of daily training.



Inov-8 – Parkclaw 275 GTX

Price: £140.00

Stockist: inov-8.com

If ever a shoe can be described an 'all-rounder', this is it. Suitable for trails, road, wet or dry, training or racing, this shoe can pretty much handle anything, anywhere with ease. From a brand that is known primarily for its off-road footwear, the grip is good wherever you decide to take them. On the trails it's aggressive enough to handle most conditions but, on the road, the evenly spaced studs ensure a smooth enough ride to remain comfortable. The cushioning again is soft enough for the road yet responsive enough to give a surefooted feel off-road. The shoe's upper utilises Gore-Tex, so is waterproof, a great benefit recently which ensured we kept dry feet on every run this month.

The 8mm heel drop is similar to many road going models, so it's an easy shoe to pull on and go and the 20mm of heel cushioning again ensures adequate shock absorption for longer runs.

Verdict: The ultimate all-rounder.



Salomon – Sonic RA Pro

Price: £120.00

Stockist: salomon.com

Part of a 'family' of three new shoes, this model is the lightweight trainer option, with new high mileage and more supportive versions also available. At around 235g the shoe is certainly as light as some racing models, but the deeper midsole cushioning (24mm heel/18mm forefoot) makes it more suited perhaps as a racer/trainer for the neutral runner. All three models use what is essentially the same construction with variations in the outsole geometry and flex-grooves to guide the foot. Here you get a smooth, naturally flowing ride that certainly feels comfortable from the first outing. The upper is a seamless, one-piece construction that fits the foot neatly and has a low heel collar with internal padding that holds the heel snugly in place without any irritation. Although the outsole is that of a road running shoe, it is deep and rugged and felt at home on 'light' trail – which was no surprise really given the brand's background.

Verdict: Lightweight, neutral shoe that is a great choice for a variety of surfaces.



361° – Spinjet

Price: £99.99

Stockist: 361europe.com

A relatively unknown brand in the UK, but this model could change that. The Spinjet brings the brand's shoes bang up to date with a knitted upper and modern design that feels as good as it looks. The upper materials are exactly what you'd expect of a shoe at this price, making it a model worthy of consideration for neutral runners. The cushioning comes from the brand's 'Quikfoam' and provides what they refer to as 'Quick Dynamic Performance'. That's very true, as the feel does seem to get better as the pace increases and the shoe takes on more of a race-like sensation. The shoe is stable and balanced throughout, even holding slight over-pronators in place, perhaps thanks to the structured shape of the midsole that provides a close, supportive fit that's particularly noticeable in the arch and midfoot. The shoe has 21mm of rearfoot cushioning, dropping to 13mm in the forefoot, although it feels a little more. That's not a bad thing and is possibly due to the midsole/outsole one-piece design with just heel and toe reinforcements that give it the deeply cushioned feel. It's worth consideration and, at under £100, is one of the more competitively priced models here.

Verdict: A structured fit and feel that provides plenty of cushioning and a great fit.



Saucony – Triumph ISO4

Price: £140.00

Stockist: saucony.com

A massively popular shoe in all of its previous incarnations, the brand has taken a risk here in creating a shoe that essentially 'does the same job' but in a slightly different way. The previous versions relied on CM-EVA and then combined this with the brand's EVERUN midsole material. In this update the EVERUN makes up the midsole in its entirety. While it offers the same high levels of cushioning it does have a different feel to it. Where previously the feel was very smooth and plush, here it's a little firmer on initial impact and follows through with a 'snappier' more responsive toe-off. There's no doubt pretty much everyone who tries the shoe will end up enjoying it, it's just a slightly different feel from previously and takes a couple of runs to get used to the racier dynamics of the shoe. The 'ISO fit' upper feels great and retains a high quality fit and finish that works well with this premium, high mileage trainer.

Verdict: We love the blend of cushioning with a responsive feel.



Nike – Epic React Flyknit –

Price: £129.99 – due late February

Stockist: nike.com

Promising to be 'softer', 'bouncier' and 'lighter' than their previous best cushioning materials, Nike also says this new model will be exceptionally durable. In their tests, runners tried samples of the shoes that had already covered around 500 miles of running and, when asked how much wear they thought the shoes had had, the average response was around 15 miles. With a soft, seamless knitted upper the shoes look very comfortable and we are looking forward to trying them very soon.



UPCOMING COURSES

THE LATEST OPPORTUNITIES FOR YOU TO GAIN COACHING QUALIFICATIONS

Coaching Assistant

Date: March 3-4 2018
Venue: Eastlands (Sportcity), Gate 13, Rowsley Street, Manchester M11 3FF
Details: englandathletics.org

Leadership in Running Fitness

Date: March 3, 2018
Venue: Princes Risborough School, Merton Road, Princes Risborough, Bucks HP27 0DR
Details: englandathletics.org

Leadership in Running Fitness

Date: March 3, 2018
Venue: Newham Leisure

Centre, 281 Princes Regent Lane, Plaistow, London E13 8SD
Details: englandathletics.org

Leadership in Running Fitness

Date: March 4, 2018
Venue: Caroline Chisolm School, Wooldale Centre for Learning, Northamptonshire NN4 6TP
Details: englandathletics.org

Leadership in Running Fitness

Date: March 4, 2018
Venue: Arena Leisure Centre, Grand Avenue, Camberley

Surrey GU15 3QH
Details: englandathletics.org

Coach in Running Fitness

Date: March 4, 2018
Venue: Perth
Details: scottishathletics.org

Coach in Running Fitness

Date: March 10 to 11, 2018
Venue: Sheffield Springs Academy, Hurlfield Road, Sheffield S12 2SL
Details: englandathletics.org

Coaching Assistant

Date: March 17, 2018
Venue: Lochgilphead
Details: scottishathletics.org

Leadership in Running Fitness

Date: March 18, 2018
Venue: Abergavenny Leisure Centre, Old Hereford Road, Abergavenny NP7 6EP
Details: welshathletics.org

Leading Athletics

Date: March 25, 2018
Venue: Swansea University
Details: welshathletics.org

Coaching Assistant

Date: April 14 to 15, 2018
Venue: East Wales
Details: welshathletics.org

Dates correct at time of going to press

ENGLAND ATHLETICS OFFICIALS CONFERENCE

THE annual England Athletics Officials' Conference, which attracts around 250 participants, has been set for Sunday, April 8, 2018. Officials of all levels and experience are invited to attend the conference and EA's Officials' Development officer, Nikki English, says she wants "to ensure all of our officials have a great experience of officiating".

Results of a pilot trial of event management software for officials are to be announced at the conference. Used by other sports already, the software will "make it easier for officials to find out the dates of forthcoming competitions, make themselves available for selection, replace someone who has withdrawn or withdraw themselves", says English. For more details, email: n.english@englandathletics.org

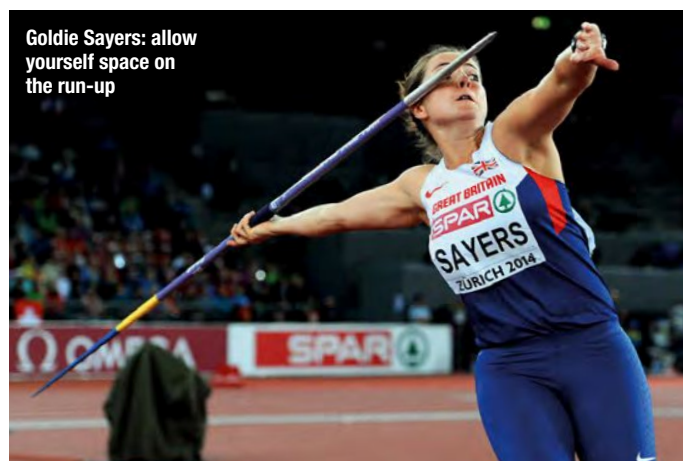
COACHING POINT:

STEP AWAY FROM THE LINE

ONE of the biggest errors in javelin is allowing yourself a lack of space on the run-up. "It can cause untold damage," says three-time Olympian and British record-holder, Goldie Sayers. "It subconsciously causes the body to shrink and shorten to try and stay behind it."

So what's her advice to young athletes prone to treading too close to the line coming into the throw?

■ If you struggle staying behind the line when you throw (which many young athletes do), practice your run-up away from the runway and base the approach on rhythm, not on precise check marks. That way, you will be relying on internal, not external, cues giving you more control over your run-up.



Goldie Sayers: allow yourself space on the run-up

MARK SHEARMAN

■ Don't be afraid to take your run-up back a little way. I would recommend throwing at least 1.5 to two metres behind the line to allow for a good follow through and recovery.

■ Don't convince yourself this will have a negative effect. In fact, giving yourself space behind the line allows you to create length, pull and follow

through which gives you distance.

■ Remember, distances and PBs count for nothing if your foot goes over the line so make room for the recovery and you will not only allow yourself longer throws but no fouls.

■ **Contact Goldie Sayers:** @Javelin Champ1; javelinchamp.com

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THE SUNDAY TIMES





Steve Smythe,
results editor

AREA OF CONCERN

WHILE overall numbers might not quite reach that of the county champs, area weekend still sees such a high level of participation that relatively few other events on road and country take place, in England at least. It was a busy weekend for indoor and overseas results, though.

I attended the Souths at Brighton and the geographical position meant numbers were down.

I had never before realised the difference good announcing can add to the atmosphere and experience but, with a lack of generator and information, it was a disappointing experience, albeit the course was superb.

Some clubs deliberately stayed away, not just because of the venue or lack of parking or ease of travel. I know many (including me) who took double what would be their normal travel time from Brighton.

The standard of the event was still good despite the absentees and, in years to come, no-one will look at the winners and consider who was not there.

I think it is a shame that some potential medallists, who may not quite make it on to the National podium, or be in the same shape in following years, might have lost their one medal chance at an area championships.

OVERSEAS

AUSTRALIA

Llanberris, January 26

Men: 5000: 3 FRANKIE CONWAY 14:49.91. **Women: 5000W:** 4 NATALIE MYERS 26:57.53

Canberra, January 26

Men: 200: (-0.1): 1 J Millar (NZL) 20.71. **800:** 1 L Mathews 1:45.83; 2 J Riseley 1:46.35. **400H:** 1 C French (NZL) 49.33 (rec). **HJ:** 1 Lee Hui Wei (MAS) 2.28; 2 B Starc 2.24. **Women: 800:** 1 G Griffiths 2:02.16. **400H:** 1 L Wells 55.78. **JT:** 1 K Mitchell 61.05

Canberra, January 28

Women: 100H (-1.2): 1 S Pearson 12.87; 2 B Beahan 13.15

AUSTRIA

Vienna, January 27

BRITON Jamie Webb won the 800m in 1:47.33 for a temporary world lead. In the women's 400m there were wins for Phil Healy's Irish record 52.08 and hurdles specialist Eilidh Doyle in 52.34.

Men: 60: r1: 1 E Zafer Barnes (TUR) 6.71 (6.67 ht (rec)); 2 DEJI TOBAIS 6.74; 4 REUBEN ARTHUR 6.79. **Ht1:** 3 ARTHUR 6.80. **Ht2:** 1 TOBAIS 6.80. **200: r2:** 1 CHARLIE DOBSON (U20) 21.30. **r4:** 1 ANDREW MORGAN-HARRISON 21.28. **400:** 1 L Janecik (SLO) 46.02 (rec). **r2:** 1 JARRYD DUNN 47.56. **r3:** 2 OWEN SMITH 47.03. **r5:** 1 LEE THOMPSON 46.74. **r8:** 1 JOSEPH BRIER (U20) 48.29. **800: r1:** 1 JAMIE WEBB 1:47.33; 2 F Snejdr (CZE) 1:47.46; 3 C Demetriou (CYP) 1:48.23 (rec); 7 JOSEPH REID 1:51.39. **1500: r1:** 1 PHILIP SESEMANN 3:44.18; 5 MICHAEL WILSMORE 3:45.28. **LJ:** 1 FERON SAYERS 7.42; 3 JACK ROACH 7.20. **TJ:** 1 SAM TRIGG 15.50. **SP:** 1 SCOTT LINCOLN 18.54; 2 YUCEF ZATAT 17.62. **Women: 60:** 1 RISQAT FABUNMI-ALADE 7.47; 2 DIANI WALKER 7.51. **Ht1:** 1 WALKER 7.47; 3 FABUNMI-ALADE 7.56. **200: r5:** 1 GEORGINA ADAM (U20) 24.37. **r40H:** 1 P Healy (IRL) 52.08. **B:** 1 A Horvat (SLO) 52.24 (rec). **D:** 1 M Ciric (SRB) 52.95 (rec). **r1:** 1 EILIDH DOYLE 52.34; 2 SEREN BUNDY-DAVIES 54.74. **r3:** 1 LAURA MADDOX 54.17. **r4:** 1 HANNAH WILLIAMS 53.55. **r5:** 1 AMY ALLCOCK 53.89. **800: r1:** 1 L Velvere (LAT) 2:02.21; 4 LEAH BARROW 2:04.85; 5 ISABELLE BOFFEY (U20) 2:05.79. **60H:** 1 I Loncarek (CRO) 8.15 (8.14 ht); 5 YASMIN MILLER 8.33. **Ht1:** 4 MILLER 8.34. **Ht2:** 5 ALICIA BARRETT 8.57. **LJ:** 5 ELEANOR BROOME (U20) 5.93. **SP:** 1 RACHEL WALLADER 16.58

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CZECH REPUBLIC

Hustopeč, January 27

RUSSIAN world silver medalist Danil Lysenko won with a world-leading clearance of 2.37m at his first attempt.

Morgan Lake finished third in the women's event with a leap of 1.90m. **Men: HJ: A:** 1 D Lysenko (RUS) 2.37; 2 S Bednarek (POL) 2.31; 3 Wang Yu (CHN) 2.28; 4 M Nedasek (BLR) 2.28; 5 D Nabokau (BLR) 2.28; 6 E Rivera (MEX) 2.28; 7 G Tamberi (ITA) 2.25; eq 8 CHRIS KANDU/A Protchenko (UKR) 2.20; 10 TOM GALE 2.20; 11 J Baba 2.20; 12 CHRIS BAKER 2.20. **B:** 1 M Bubenik (SVK) 2.30; 4 WILLIAM GRIMSEY 2.12; 5 RYAN WEBB 2.12; 12 AKIN COWARD 1.95. **Women: HJ: A:** 1 L Spencer (LCA) 1.93; 2 A Trost (ITA) 1.90; 3 MORGAN LAKE 1.90; eq 4 A Šimic (CRO)/S Skoog (SWE) 1.87; 6 M Vukovic (MNE) 1.87; 7 NIKKI MANSON 1.87; 10 BETHAN PARTRIDGE 1.84. **B:** 3 EMILY BORTHWICK 1.75 (1.78 jump off); 6 REBECCA HAWKINS

(U20) 1.75; 7 KATE ANSON 1.75; eq 9 LAURA ARMORGIE; LILLIE FRANKS (U20); CAMELLIA HAYES 1.70

Ostrava, January 25

Men: 60: 1 Y Pérez (CUB) 6.53; 2 E Clarke (JAM) 6.55; 3 J Volko (SVK) 6.63; 4 D Záleský 6.64; 5 KYLE DE ESCOFET 6.64. **Ht 1:** 1 Pérez 6.58; 2 Clarke 6.60. **Ht2:** 3 DE ESCOFET 6.70. **300:** 1 P Maslak 32.83. **B:** 1 Maslak 32.52; 2 K Zalewski (POL) 32.60; 3 L Santos (DOM) 33.16. **3000:** 1 M Ayoub Tiouali (BRN) 7:44.58; 2 B Kigen (KEN) 7:44.77; 3 T Haile (ETH) 7:45.34; 4 B Melesse (ETH) 7:47.57; 5 Y Hiss Bachir (DJI) 7:48.75; 6 Y Bouli (ITA) 7:50.94; 10 ZAK SEDDON 8:04.32; 11 ROBBIE FITZGIBBON 8:07.20. **60H:** 1 P Svoboda 7.61; 2 J Eaton (USA) 7.66; 3 D Czykier (POL) 7.70; **Ht1:** 1 Svoboda 7.29; 6 KHAI RILEY-LA BORDE 7.90. **Ht2:** 1 Eaton 7.60; 6 B Reynolds (N Down/IRL) 7.94. **LJ:** 1 M Tentóglou (GRE) 7.93; 3 A McMullen (IRL) 7.77. **SP:** 1 T Stanek 21.61; 2 M Pezer (BIH) 20.68 (rec); 3 S Žunic (CRO) 20.54; 4 K Bukowiecki (POL) 20.29; 5 R Whiting (USA) 19.68. **Women: 60:** 1 E Svoboda (POL) 7.21; 2 K Seidlová 7.25; 3 J Samuel (NED) 7.29; 6 BIANCA WILLIAMS 7.32. **Ht1:** 1 Samuel 7.28; 3 FINETTE AGYAPONG 7.36. **Ht2:** 1 Svoboda 7.28; 4 WILLIAMS 7.41. **300: r2:** 1 A Horvat (SLO) 37.34; 2 A Zupin (SLO) 37.60; 3 A Kielbasinska (POL) 37.60; 4 AGYAPONG 37.74. **3000:** 1 H Obiri (KEN) 8:38.81; 2 B Chepkoech (KEN) 8:39.15; 3 T Fantu (ETH) 8:39.55; 4 M Mamo (ETH) 8:43.87; 5 R Jebet (BRN) 8:48.99; 6 N Tanui (KEN) 8:49.89; 7 S Ennaoui (POL) 8:53.63; 8 C Bobocea (ROU) 8:53.97; 9 M Magnani (ITA) 8:54.56; 10 S Vrzalova 8:57.07. **HJ:** 1 I Herashchenko (UKR) 1.93; 2 M Hrubá 1.93; 3 K Tabashnyk (UKR) 1.91; 4 L Spencer (LCA) 1.88.

ETHIOPIA
Sendafa, January 28
HELD at an unfavourable 2355m altitude, Getaneh Molla won the national half-marathon title in 61:25 and qualified for the World Championships in Valencia. **Men: HM:** 1 G Molla 61:25; 2 B Getahun 61:33; 3 D Fekadu 61.44; 4 J Tolosa 62:13. **Women: HM:** 1 Z Ymer 70:24; 2 M Belete 70:35; 3 B Gudeta 71:19; 4 Z Mekonnen 71:27

FRANCE
Val De Reuil, January 27
ETHIOPIAN Samuel Tefera won the

1500m in a world junior indoor record of 3:36.05.

There was a surprise world lead and African record for Burkina Faso's Hugues Fabrice Zango with a 17.23m triple jump win.

Wilfred Koffi of Ivory Coast won the 60m in 6.63 ahead of world and European indoor champion Richard Kilty, who also ran 6.63.

Men: 60: 1 W Koffi (CIV) 6.63; 2 RICHARD KILTY 6.63; 3 M Rodgers (USA) 6.67. **1500:** 1 S Tefera (ETH, U20) 3:36.05 (world U20 rec); 2 A Igcuider (MAR) 3:36.87; 3 B Kaazouzi (MAR) 3:37.15; 4 J Soget (KEN) 3:38.47; 5 B Kigen (KEN) 3:40.92. **60H:** 1 J Eaton USA 7.59. **400H:** 1 J Santos (DOM) 50.78. **TJ:** 1 F Zango Hugues (BUR) 17.23 (African rec); 2 A Copello (AZE) 16.74; 3 N Évora (POR) 16.38. **Women: 60:** 1 E Svoboda (POL) 7.27; **800:** 1 R Arrafi (MAR) 2:02.49; 2 SHELAYNA OSKAN-CLARKE 2:02.90; 3 M Akkaoui (MAR) 2:02.94; 6 HANNAH ENGLAND 2:05.59. **HJ:** 1 K Tabashnyk (UKR) 1.90; 2 I Herashchenko (UKR) 1.86. **TJ:** 1 P Papahristou (GRE) 14.25; 2 R Diallo 14.22; 3 A Peleteiro (ESP) 14.20

GERMANY

Berlin, January 26

TATJANA PINTO took the 60m with 7.13 after producing a world lead of 7.08 in her heat.

Britain's European indoor champion Andrew Pozzi won the 60m hurdles in 7.58 from Balazs Baji.

Pozzi said: "I am very happy to have won here. It was my first ISTAF and I enjoyed the great atmosphere. It was a tough race."

Men: 60: 1 Su Bingtian CHN 6.55 (6.61 ht); 2 F Tortu (ITA) 6.62; 3 K Collins (SKN, M40) 6.64. **60H:** 1 ANDY POZZI 7.58; 2 B Baji (HUN) 7.61; 3 A Manga (FRA) 7.65. **PV:** 1 P Lisek (POL) 5.83; 2 T Braz (BRA) 5.70; 3 R Lavillenie (FRA) 5.70; 4 R Holtzdeppe 5.60; 5 S Barber (CAN) 5.60. **DT:** 1 L Weissshaidinger (AUT) 63.91; 2 R Harting 62.32; 3 D Jasinski 61.86; 4 P Milanov BEL 60.82; 5 L Djouhan (FRA) 60.70; 6 B Harradine (AUS) 59.76. **Women: 60:** 1 T Pinto 7.13 (7.08 ht); 2 M Kambundji (SUI) 7.14; 3 M Ahye (TTO) 7.16; 4 L Mayer 7.17; 5 G Lückenkemper 7.19; 6 M Josée Ta Lou (CIV) 7.22. **Ht 1:** 5 T Bartoletta (USA) 7.33. **Ht 2:** 1 Kambundji 7.17; 2 Mayer 7.19; 3 Ta Lou 7.22. **60H:** 1 A Talay (BLR) 7.89; 2 P Dutkiewicz 7.93; 3 C Roleder 7.93; 4

S Nelvis (USA) 7.94; 5 C Manning (USA) 7.98; 6 N Visser (NED) 7.98. **Ht1:** 1 Talay 7.94; 2 Roleder 8.00; 3 Nelvis 8.06. **Ht 2:** 1 Dutkiewicz 7.96; 2 Manning 7.96; 3 Visser 7.99. **LJ:** 1 N Käther 6.56; 7 JAZMIN SAWYERS 6.31

IRELAND

Irish Life Health National Indoor Junior/U23 Championships, Athlone, January 28

U23 men: 200: 1 C Newell (B&A/IRL) 21.70. **Ht2:** 1 Newell 21.83. **U20: 60H:** 4 JOSH ARMSTRONG 8.24. **PV:** 1 SHANE MARTIN 4.20. **U23 women 60H:** 2 NAOMI MORGAN 8.91. **U20: 60:** 2 M Scott (B&B/IRL) 7.45; 3 LAUREN ROY 7.57. **Ht1:** 2 ROY 7.62. **Ht2:** 1 Scott 7.49; 4 CAITLIN MAGUIRE 7.98. **60H:** 1 Scott 8.54. **PV:** 1 ELLEN MCCARTNEY 3.50; 8 ERIN FISHER (U17) 2.70. **LJ:** 1 K O'Connor (Newry/IRL) 5.79

Irish Life Health National Indoor League, Athlone, January 27

Men (Guests) 400: 1: 4 CATHAL McLAUGHLIN (M50) 58.59. **800: 2:** 7 ROBERT BIGGER (M60) 2:20.18. **1500:** 6: 11 McLAUGHLIN 4:34.35

Axa Raheny 5, Dublin, January 28
Men: 5M: 9 DECLAN REED (M40) 24:30; 20 MARK LONG 26:13. **Women 5M:** 13 CATHY MCCOURT (W45) 50:00; 20 GERRIE SHORT (W40) 30:34; 32 NOREEN FEGAN (W50) 32:06.

JAMAICA

Kingston, January 27

In this outdoor meeting, Olympic champion Elaine Thompson won the 60m in 7.18 while, in the 200m, Zharnel Hughes showed great early-season form to win the 200m in a fast 20.28. Yohan Blake won a different race in a much slower 20.95.

Men: 60: 1 K Smith 6.69; 2 A Powell 6.73. **200 (nwi):** 1 ZHARNEL HUGHES 20.28; 2 J Francis 20.52. **B:** 1 Y Blake 20.95. **SP:** 1 O Richards 20.55. **Women: 60:** 1 E Thompson 7.18; 2 C Williams 7.19; 5 Jackson 7.31.

Kingston, January 20

Men: DT: 1 F Dacres 68.08; 2 T Smikle 67.72

JAPAN

Osaka, January 28

ON her marathon debut, 22-year-old Mizuki Matsuda ran a quicker second half to win in 2:22:44 from Honami Maeda (2:23:48) and pre-race favourite Yuka Ando (2:27:37).

Forty-two-year-old Mari Ozaki was sixth in a national over-40 record of 2:30.03.

Men: HM: 1 K Ito 62:10; 2 K Nakamoto 62:12; 3 R Takahashi 62:14; 4 K Tanaka 62:15; 5 M Terauchi 62:23; 6 T Bando 62:25; 7 T Fukatsu 62:29. **Women: Mar:** 1 M Matsuda 2:22:44; 2 H Maeda 2:23:43; 3 Y Ando 2:27:37; 4 A Scherl (GER) 2:29:29; 5 K Yoshida 2:29:53; 6 M Ozaki (W40) 2:30:03 (W40 rec); 7 G Tejada (PER) 2:30:44; 8 H Mizuguchi (JPN) 2:33:10. **HM:** 1 M Ashi 71:26; 2 A Yokose 71:58; 3 M Nakano 72:12; 4, Hsieh Chien-Ho (TPE) 72:19 (rec)

LATVIA

Kuldiga 2018, Kuldiga, January 20

Men: 60: 2 EMMANUEL STEPHENS 6.78; 4 NICK STEWART 6.85. **Ht:** STEPHENS 6.84; STEWART 6.91; JOE APPIAH (M45) 7.39. **60H:** 4 ROBERT SAKALA 8.18. **Ht:** SAKALA 8.07; APPIAH (M45) 8.65. **Women 400:** 1 LILY BECKFORD 55.54



Andrew Pozzi won 60m hurdles in 7.58 in Berlin

JP DURRAN



WORLD LEADS GALORE IN THE STATES

USA

New York, January 25-26

AN exciting women's mile was won by Katie Van Buskirk's Canadian record 4:26.92.

Men: 60: 1 C Gillespie 6.64. **800:** 1 E Sowinski 1:46.98. **Mile: r2:** 10 THOMAS GEORGE 4:19.30. **r4:** 11 SCOTT SNOW 4:13.31. **r5:** 1 C Engels 3:57.35 (3:42.12); 2 Oakley NZL 3:57.45 (3:42.34); 3 CHARLES DA'VALL GRICE 3:58.31 (3:42.79 1500). **3000:** **r4:** 1 R Buchanan 7:51.98; 9 JAMES WEST 7:58.26. **TJ:** 1 D Scott 16.92. **B:** 2 DANIEL IGBOKWE 15.53. **Women: 60:** **r4:** 2 OLIVIA OKOLI (U20) 7:56. **200:** 1 G Thomas 23.04. **400:** 1 C Okolo 51.89; 2 S Wimbley 52.11. **800:** 1 A Wilson 2:00.90; 2 N Goule (JAM) 2:01.07. **3000:** 1 Paquette 8:53.09. **r1:** 4 OLIVIA GWYNN 9:55.53. **1M:** 1 K Van Buskirk (CAN) 4:26.92 (4:10.06); 2 R Schneider 4:27.30 (4:10.38); 3 K Schweizer 4:27.54 (4:10.68); 4 S Osika 4:27.55 (4:10.24); 5 G Stafford CAN 4:28.88 (4:11.07). **3000:** 1 L Paquette 8:53.09. **60H: r2:** 2 LVIA GAUNTLETT 8.63; **r3:** 5 ZOE HUGHES 8.87. **TJ:** 2 SIMI FAJEMISIN 12.70. **WT: B:** 1 REBECCA KEATING 18.50. **4x200:** 1 USA 1:32.67 (rec); 2 JAM 1:34.83. **4x400:** Oregon 3:32.92

Albuquerque, January 27

DESPITE the unfavourable altitude, Edward Cheserek ran a world-leading mile of 3:54.73.

Men: 400: 1 D Mokalgeng (RSA) 46.25 (rec). **Mile:** 1 IAN CROWE-WRIGHT 4:15.08; 2 MICHAEL WILSON 4:16.90. **A:** 1 E Cheserek (KEN) 3:54.73. **3000:**

3 JONATHAN GLEN 8:44.44. **WT:** 10 FELLAN MCGUIGAN 16.22. **Women: HJ:** eq1 ADA'ORA CHIGBO (U20) 1.80. **SP:** A: 2 CHIGBO (U20) 12.54

Annapolis, January 27

Men: SP: B: 3 GREGORY THOMPSON 15.31. **Women: WT:** 2 EMMA O'HARA 16.71

Boston, January 26/27

SHADRACK KIPCHIRCHIR scored an impressive double of 3:55.52 for the mile and 7:42.71 for 3000m. Both were world leaders at the time.

Men: Mile: 1 S Kipchirchir 3:55.52; 2 J Knight (CAN) 3:55.82; 3 P Callahan (BEL) 3:57.14. **r4:** 8 JORDAN DONNELLY 4:11.49. **3000:** 1 Kipchirchir 7:42.71; 2 E Bor 7:44.93; 3 K Erassa 7:47.48. **r3:** 5 JAMIE DEE 8:04.19; 6 LIAM DEE 8:04.23. **Women: 800: r1:** 4 MAE THOMPSON 2:08.11. **60H:** 6 CHARLOTTE ROBISON 9.20; **h6:** 1 ROBISON 9.19. **WT: C:** 11 ALICE BARNSDALE (U20) 15.18

Fayetteville, January 26/27

There was a world-leading 400m for Linna Irbay of 51.48 just ahead of Kendal Ellis' 51.53.

Irbay aso ran 22.96 for 200m.

Men: 60: 1 C Greene 6.63. **400:** 1 O Igbokwe 45.72. **B:** 1 B Vedel (DEN) 46.14 (rec); **r9:** 2 ROY EJAUKUWU 47.59. **800: r1:** 2 MATTHEW FAYERS 1:50.93. **LJ: B:** 5 JACOB FINCHAM-DUKES 7.64. **TJ: B:** 6 MONTEL NEVERS 15.47. **WT:** 2 DEMPSEY MCGUIGAN 20.44; 3 JAKE NORRIS (U20) 19.79.

4x400: 1 Texas A&M 3:03.95. **Women:**

60: 1 K Johnson 7.18. **200: r9:** 1 L Irbay 22.96. **r10:** 1 P Chadwick 22.99. **400:** 1 Irbay 51.48; 2 K Ellis 51.53; 3

Katie Van Buskirk wins an exciting mile in New York



VICTOR SALES

S Barnett 51.64. **800:** 1 J Fray (JAM) 2:02.30. **r1:** 5 KAYLEE DODD 2:06.27; 9 CHELSEA JARVIS 2:15.55; **r2:** 5 ABBIE HETHERINGTON 2:09.58. **Mile: r1:** 7 JODIE JUDD (W) 4:50.32. **3000: r1:** 11 HOLLIE PARKER 9:56.71; **r2:** 11 GRACE BAKER 10:28.27. **60H:** 1 D Hall 7.98. **4x400:** 1 USC 3:31.25

Houston, January 26/27

Men: 60: 5 NETHANEEL MITCHELL-BLAKE 6.74. **H3:** 3 MITCHELL-BLAKE 6.78. **3000: r2:** 1 JAMIE CROWE 8:26.47. **Women: 60:** 1 M Ahoure (CIV) 7.07. **Mile: r3:** 1 LENNIE WAITE 4:47.42; 8 KATY WHITEOAK 5:07.57. **3000: r1:** 1 GEORGIA TUCKFIELD 10:29.49; 2 CHARLOTTE TARA MURPHY 9:54.98.

Iowa City, January 27

Women: TJ: 2 JAHISHA THOMAS 13.11

Lewisburg, January 26/27

Men: HJ: 1 PATRICK O'CONNOR 2.07. **Lubbock, January 26**
KENYAN Michael Saruni followed up his

600m world best with a world-leading 800m of 1:45.19.

Men: 800: 1 M Saruni (KEN) 1:45.19. **Mile: r1:** 3 RYAN THOMSON 4:18.61. **60H: r2:** 2 HARRY MASLEN 8.50. **HJ:** 1 Jeron Robinson 2.30; 2 T Culver 2.30; 3 V Turner 2.30. **Women: 200: r1:** 1 AMA PIPI 23.43. **LJ:** 1 B Reece 6.57

Lynchburg, January 26/27

Men: 1000: r2: 9 ADAM CRAIG 2:30.70. **Mile: r1:** 6 CRAIG 4:08.28. **Women:**

400: r1: 3 HANNAH SEGRAVE 56.27. **1000: r2:** 9 LAUREN GLENCROSS 3:04.73. **60H: r2:** 6 EMILY DIXON 9.22. **WT: B:** 4 CANDY LOCKETT (U20) 13.65

Mankato, January 26/27

Women: 60H: 4 OLIVIA MONTEZ-BROWN 8.86; **s2:** 1 MONTEZ-BROWN 8.77. **h3:** 1 MONTEZ-BROWN 8.86

Phoenix, January 27

Men: 60: 1 K Wilson 6.60

State College, January 26/27

RETURNING from injury, British 60m hurdles record-holder Tiffany Porter

opened her season with a 8.16 win.

Men: 400: 1 D Chisena 46.27. **800:** 1 Harris 1:47.79. **PV:** 1 M Ludwig 5.66. **SP:** 1 D Hill 20.54; 2 A Miller JAM 20.42. **Women: Mile:** 3 LUCY JONES 5:02.28. **3000:** 1 MILLIE HOWARD 9:49.97. **60H:** 1 TIFFANY PORTER 8.16; **s1:** 1 PORTER 8.23. **h2:** 1 PORTER 8.26. **PV:** 1 LUCY BRYAN 4.18

Seattle, January 26/27

DUTCH world indoor champion Sifan Hassan clocked a world-leading 8:34.45 3000m on an oversized 307m track ahead of Shalane Flanagan's 8:43.28.

Yomif Kejelcha of Ethiopia won an impressive mile and 5000m double while 19-year-old Jordan Geist won the shot with a 21.45m throw.

Britain's Lynsey Sharp won the 800m in 2:04.97.

Men: 1M: 1 Y Kejelcha ETH 3:56.95. **3000: r3:** 9 JACOB ALLEN 8:14.54; 13 RHYS PARK 8:21.01. **r4:** 7 MICHAEL WARD 7:58.64; 8 JACK ROWE 7:58.82. **5000:** 1 Kejelcha 13:34.67; 2 G Rupp 13:34.78. **HJ:** D Lovett (CAN) 2.29. **SP:** 1 J Geist 21.45. **Women: 400:** R Rogers 52.24. **800: r4:** 9 LAUREN HERRINGTON 2:16.42. **r7:** 1 LYNSEY SHARP 2:04.97; 2 J Stepanova 2:06.92; 7 REBECCA CROFT 2:12.25. **Mile: r2:** 3 ELLIE LEATHER 4:59.24; **r6:** 6 ELIZABETH BIRD 4:44.62. **3000:** 1 S Hassan (NED) 8:34.45; 2 S Flanagan 8:43.28. **r3:** 4 LOUISE MERCER 9:43.44; 11 BELLA WILLIAMS 9:52.18; **r4:** 11 POPPY TANK 9:29.22. **Women: 5000:** 1 BETHAN KNIGHTS 15:45.94. **60H: r4:** 3 CHELSEA WALKER 8.88; 2 WALKER 8.97

Champaign, January 27

Men: LJ: 4 OLIVER NEWPORT 7.03

MOROCCO

Marrakech, January 28

Men: HM: 1 H Amghar 60:23; 2 El Araby 60:38; 3 M Aziz 60:41; 4 M Ahmani 61:17; 5 Y Ben Hadi 61:24; 6 R Kansour 61:48. **Mar:** 1 W Kipkorir Biwott (KEN) 2:11:04; 2 C Adugna (ETH) 2:11:47; 3 M Zaghou 2:12:06; 25 THOMAS PORTER 2:46:08; 31 MATT WINN-SMITH 2:49:11. **Women: HM:** 1 H Hassanoui 70:43; 2 El Othmane 71:07; 3 S Achahbar 71:32. **Mar:** 1 T Gidey (ETH) 2:26:48; 2 T Chepchirchir KEN 2:28:41; 3 R Wanjiur KEN 2:28:27; 4 Y Nurit ETH 2:28:41; 5 A Mulunesh 2:32:14; 6 R Matebo KEN 2:32:15

RUSSIA

Volgograd, January 27

WORLD champion Mariya Lasitskene won the high jump with a world-leading first time clearance of 2.04m to go equal eighth all-time in the indoor lists. She had good attempts at 2.07m.

Men: 1500: 1 V Smirnov 3:40.25. **HJ:** 1 I Ukhov 2.30. **Women: HJ:** 1 M Lasitskene 2.04 (1.85o, 1.91xo, 1.96xo, 2.01xo, 2.04o, 2.07xxx). **TJ:** 1 V Porokopenko 13.98

SLOVAKIA

Elán Miting, Bratislava, January 28

NAOMI OGBETA won the women's triple jump with a British under-23 record of 13.52m.

Men: 60: A: 1 E Barnes 6.67 (eq rec); 2 CONFIDENCE LAWSON 6.69; 5 DOM ASHWELL (U20) 6.82. **H1:** 2 LAWSON 6.75; 4 ASHWELL 6.90. **400: r1:** 1 JAMAL RHODEN-STEVENS 48.24. **r2:** 1 JAMES GLADMAN 48.74. **800: r1:**

2 CANAAN SOLOMON 1:51.84. **1500:** 3 PIERS COPELAND 3:56.35. **60H:** 1 JAKE PORTER 7.87. **H1:** 1 PORTER 7.91; 5 JAMES WEAVER 8.07. **TJ:** 2 LAWRENCE DAUIS 15.27. **5000W:** 1 E Barrondo (GUA) 19:22.95; 2 A Wright IRL 19:24.85; 3 M Tóth 19:43.06. **Women: 60: A:** 1 ALEASHA KIDDLE 7.46; 2 TOREMA THOMPSON 7.53. **H1:** 1 KIDDLE 7.50; 2 THOMPSON 7.55. **400: r1:** 2 EMMA ALDERSON (U20) 55.65.

1500: 1 STACEY SMITH 4:17.71. **60H:** 3 JESSICA HUNTER 8.52; 7 STEPHANIE CLITHEROE 8.75. **H1:** 2 HUNTER 8.53; 7 CLITHEROE 8.86. **LJ:** 3 JOSIE OLIARNYK (U20) 5.74. **TJ:** 1 NAOMI OGBETA 13.52 (U23 rec); 3 ANGELA BARRETT 12.90. **3000W:** Czaková 12:34.54

SPAIN

Indoor Combined Events International, Madrid, January 28

TEAM captain Jo Rowland placed fifth in the women's pentathlon with a score of 4291 points to move to eighth place on the UK all-time list.

Eliska Klucinova of the Czech Republic won the event with a world-leading 4580 points and European champion Antoinette Nana Djimou of France was second with 4456.

The British team finished third with Emma Nwofor bettering 4000 points for the first time to go fifth all-time in the under-23 age group with a total of 4073, which included a 1.78m high jump.

In the men's heptathlon, captain Andrew Murphy added 90 points to his PB with a total of 5492.

Holly Mills achieved the highest individual placing of the British athletes in taking third in the under-20 women's

event with Jade O'Dowda's PB also over 4000 points.

The Czech women and the French men, led by individual winner Ruben Gado, won the team event.

Men: TEAM: 1 FRA 17,539; 2 CZE 17,171; 3 ESP 16,565; 4 POL 16,274; 5 GBR 16,119. **Hept:** 1 R Gado (FRA) 6014 (6.99, 7.33, 12.91, 2.00, 8.32, 5.30, 2:40.96; 2 A Helcelet (CZE) 5916; 11 ANDREW MURPHY 5492 (7.21, 6.96, 12.20, 1.97, 8.39, 4.60, 2:46.00); 16 LEWIS CHURCH 5326 (7.46, 6.74, 13.24, 1.97, 8.53, 4.50, 2:48.98); 17 JAMES FINNEY 5301 (7.22, 7.28, 11.23, 2.00, 8.56, 4.60, 3:05.11); 18 CURTIS MATHEWS 5161 (7.34, 6.96, 13.79, 1.88, 8.59, 4.20, 2:59.49). **500W Hept:**

5 NICOLAS GEROME 5056 (7.48, 6.69, 11.04, 1.90, 8.65, 4.31, 2:46.32); 6 JOEL MCFARLANE 4968 (7.36, 3.09, 11.23, 1.90, 8.90, 4.01, 2:55.18); - CAIUS JOSEPH DNF (7.12, 6.70, 11.13, DNS). **Women: W Pen:** 1 CZE 12,889; 2 FRA 12,653; 3 GBR 12,381; 4 ESP 11,767; 5 POL 11,682. **Penl:**

1 E Klucinová (CZE) 4580 (8.61, 1.81, 14.60, 6.27, 2:19.24); 2 A Nana Djimou (FRA) 4456 (8.30, 1.72, 14.88, 6.19m 2:25.15); 3 K Cachová (CZE) 4331; 5 JO ROWLAND 4291 (8.93, 1.69, 13.62, 5.93, 2:12.62); 9 EMMA NWOFOR 4073 (8.46, 1.78, 11.54, 5.56, 2:25.84); 10 MARILYN NWAWULOR 4017 (8.49, 1.63, 12.24, 5.92, 2:28.37); - KATIE STANTON DNF (8.86, DNS). **U20: Penl:** 3 HOLLY MILLS 4022 (8.50, 1.73, 10.15, 5.86, 2:24.18); 4 JADE O'DOWDA 4016 (8.91, 1.73, 11.37, 5.92, 2:25.37); 6 HOLLY McARTHUR 3885 (8.64, 1.64, 11.04, 5.55, 2:21.62).

Antequera, January 28

Women: PV: 2 GEMMA TUTTON (U15) 3.15

Seville, January 28

LILY PARTRIDGE won the Half-marathon in 71:09.

Men: HM: 1 Z Taibi (MAR) 62:49; 25 LAWRENCE AVERY 71:31; 127 STEVEN UPTON (M40) 77:59. **Women: HM:** 1 LILY PARTRIDGE 71:08

Antequera, January 21

Men: 200: C: 1 GARY CLARE (M50) 26.07. **U16 PV:** eq2 THOMAS TODD 3:15

UAE

Standard Charetred Dubai Marathon, January 26

THIS RACE may not have the history of London or Boston but it confirmed its position as one of the best and fastest marathons in the world.

The 6am start meant it was too hot and Ethiopian athletes made the most of the conditions. They took the first ten men's places and only Bahrain's Ethiopian-born Desi Jisa prevented the women from doing the same.

Mosinet Geremew, who was a late addition to the field, also left it late in the race to win in the finishing straight with a course record 2:04:00. The top six all finished within 15 seconds and a record seven bettered 2:05.

The early speed was fast and past halfway a dozen men were on world record pace, but the race for first eventually became slightly more cagey and it was only resolved in the last 100 metres.

Leul Gebrselassie, who led until that point, finished in 2:04:02, the second-fastest debut on a standard course. Last year's winner and course record-holder Tamirat Tola finished third after

almost falling at the 35km point.

The women's race also had great depth with Ethiopia's Roza Dereje winning in a course record 2:19:17, which like Geremew won her \$200,000.

The race was decided in the final stages as Derehe accelerated over the last 3km with successive kilometre splits of 3:14, 3:11 and 3:08.

Her time moved her to seventh all time. Times for third to seventh in both races were fastest ever for those positions.

Men: Mar: 1 M Geremew (ETH) 2:04:00; 2 L Gebrselassie (ETH) 2:04:02; 3 T Tola (ETH) 2:04:06; 4 A Mengistu (ETH) 2:04:06; 5 S Lemma (ETH) 2:04:08; 6 B Legesse (ETH) 2:04:15; 7 A Tura (ETH) 2:04:44; 8 Y Alamirew (ETH) 2:08:56; 9 M Ayenew (ETH) 2:09:20; 10 B Teshome (ETH) 2:10:27; 11 R Korir (KEN) 2:13:03; 12 H Negassa (ETH) 2:13:20; 13 C Kuma (ETH) 2:13:28; 40 JAMES BUCHANAN 2:36:26; 47 TONY CLARKSON (M40) 2:43:41; 69 GRAHAM HEDGER (M50) 2:56:54. **Women: Mar:** 1 R Dereje (ETH) 2:19:17; 2 F Tadese (ETH) 2:19:30; 3 Y Melese (ETH) 2:19:36; 4 W Degefa (ETH) 2:19:53; 5 H Tesfay (ETH) 2:20:13; 6 G Burka (ETH) 2:20:45; 7 D Dida (ETH) 2:21:45; 8 D Jisa BRN 2:24:05; 9 S Teferi (ETH) 2:24:11; 10 M Dekebo (ETH) 2:26:52; 11 G Ayalew (ETH) 2:27:46; 12 A Abreha (ETH) 2:28:12; 13 A Hyryläinen (FIN) 2:28:53; 16 EMILY WAUGH 2:38:52; 22 REBECCA WINTER 3:07:11; 29 DEBBIE POWELL (W45) 3:24:36; 34 CHRISTINE MCCARTHY (W55) 3:29:37; 72 ELIZABETH DRIVER (W60) 3:52:04. **M Dibaba (ETH) DNF: 10km:** 18 MICHAEL OSHEA 34:42. **MarWC:** 3 NIKKI EMERSON 1:55:52; 4 MEGGAN DAWSON-FARRELL 2:00:42

INDOOR

JANUARY 28

SCOTTISH NATIONAL U17 / SENIOR CHAMPIONSHIPS, Emirates Arena
EUROPEAN indoor 1500m and 3000m champion Laura Muir set a world-leading Scottish record over 800m of 1:59.69, breaking Lynsey Sharp's mark of 2:00.30. Mhairi Hendry was second in a 2:02.41 PB.

Muir also paced Jemma Reekie to the 1500m title in 4:15.69.

Zoey Clark set a Scottish record of 23.58 to win the 200m.

Men: 60: 1 M Olsen (Edin, U20) 6.84; 2 A Clayton (Giff N, U20) 6.89; 3 A Thomas (Glas C) 6.92; 4 P Olatoko (Kilb, U20) 6.96; 5 J Allaway (Guern) 7.00; 6 G Kelly (E Kilb, U20) 7.03. **SF1:** 1 M Olsen (Edin, U20) 6.89; 2 P Olatoko (Kilb, U20) 6.99. **SF2:** 1 A Clayton (Giff N, U20) 6.93; 2 A Thomas (Glas C) 6.93. **SF3:** 1 J Allaway (Guern) 6.99; 2 G Kelly (E Kilb, U20) 7.02. **H1:** 1 M Olsen (Edin, U20) 6.92; 7 G Leek (Edin, M55) 8.25. **H2:** 1 A Clayton (Giff N, U20) 7.04. **H3:** 2 P Olatoko (Kilb, U20) 7.12; 7 J Smith (Moth, M70) 9.59. **H5:** 2 G Kelly (E Kilb, U20) 7.19. **200:** 1 A Thomas (Glas C) 21.79; 2 T Johnson (Ply) 21.83; 3 S Wilson (Edin) 21.87. **SF2:** 1 S Wilson (Edin) 21.67; 2 A Thomas (Glas C) 21.73. **H1:** 1 A Clayton (Giff N, U20) 22.11. **400:** 1 S Koumi (Bir) 47.89; 2 E Okoro (Bir) 48.12; 3 G Plenderleith (Shef/Dearn) 48.37; 4 L Brown (Shef/Dearn) 48.72; 5 S Dawkins (Jer) 49.37. **SF1:** 1 G Plenderleith (Shef/Dearn) 47.70; 2 E Okoro (Bir) 47.70; 3 S Dawkins (Jer) 48.84; 4 D Gall (Dund H, U20) 49.18; 5 A Chalmers (Guern, U20) 49.84. **SF2:** 1 S Koumi (Bir) 48.47; 2 L Brown (Shef/Dearn) 48.91; 3 H Doran (Liv PS) 49.53; 4 D Rees (SB) 49.99. **H1:** 1 S Koumi (Bir) 49.18; 2 D Gall (Dund H, U20) 49.83; 4 M McLachlan (I'clyde, U20) 50.31. **H2:** 1 E Okoro (Bir) 49.50; 2 D Rees (SB) 49.68; 3 F Owsley (B&W) 49.79. **H3:** 1 G Plenderleith (Shef/Dearn) 48.48; 2 A Young (Glas C) 49.06; 3 H Doran (Liv PS) 49.27. **H4:** 1 S Dawkins (Jer) 49.81; 2 A Chalmers (Guern, U20) 49.88; 3 K Aiken (E&H) 49.90; 6 C Chalmers (Guern, M55) 62.00. **H5:** 1 L Brown (Shef/Dearn) 49.17. **800:** 1 G Muir (Giff N) 1:54.78; 2 S Brown (Edin, U20) 1:55.15. **1500:** 1 J Williamson (Spring) 3:48.39; 2 S Sweeney (Perth) 3:50.79; 3 B Potrykus (Pit) 3:51.88; 4 E Campbell (Storn) 3:57.06; 5 J Donald (Dund H) 3:59.55. **5000:** 1 J Lindacher (N'hum U) 8.39; 2 W Seed (Clee) 8.68; 3 D McFarlane (Ross C) 8.80. **H1:** 1 L McGuire (SB) 2.14; 2 J Broom-Edwards (NEB) 2.09; 3 L Revley (Blay) 1.99. **PV:** 1 D Thomson (Pit, U20) 4.60; 2 A McFarlane (Ross C, U20) 4.32. **LJ:** 1 A Schenini (Giff N, U20) 7.31; 2 P Ogun (Croy) 7.20; 3 S Hall (Bir) 7.16; 4 C Henderson (Edin, U20) 7.11; 5 H Clark (Lass, U20) 7.03; 6 R Tsang (Shercock) 6.85. **TJ:** 1 C Onyia (Kent) 15.34; 2 A Quinn (Shett, U20) 15.21; 3 S Okantey (Strath U, M40) 14.89; 4 S MacKenzie (I'ness, U20) 14.42; 5 H Clark (Lass, U20) 14.21. **SP:** 1 C Sturrock (TVH) 15.48; 2 C Wright (Shef/Dearn) 15.27; 3 K Randalis (Falk) 14.71; 4 A McInroy (SB) 13.92; 5 W Falconer (Edin, M35) 13.82; 6 M Masterson (M Arg) 13.17; 7 C Winslow (IRL2) 13.15; 8 D Upton (Traff, M40) 11.24. **H1:** 1 K Walton (Shild) 7.10; 2 J Reid (Dund H) 7.28; 3 S Mcgraw (VPCG) 7.30; 4 C Holmes (Edin) 7.32; 5 C Marshall (Fife) 7.33; 6 A Davren (I'ness) 7.34; 7 S Stewart (Pit) 7.45. **H11:** 1 K Walton (Shild) 7.22; 2 C Marshall (Fife) 7.40; 3 R Wilson (Barr) 7.50. **H2:** 1 J

Reid (Dund H) 7.34; 2 S Mcgraw (VPCG) 7.35; 3 C Holmes (Edin) 7.37. **H3:** 1 A Davren (I'ness) 7.37; 2 S Stewart (Pit) 7.46. **200:** 1 J Chadwick (Guern) 22.41; 2 M Leslie (Edin) 22.54. **SF1:** 1 J Chadwick (Guern) 22.52. **SF2:** 1 M Leslie (Edin) 22.90. **400:** 1 A Brady (Living) 50.02; 2 W Doyle (Pit) 50.11. **800:** 1 K Elliott (Falk) 1:56.69; 2 J Ewing (Edin) 1:56.85. **60H:** 1 D Knight (E&H) 8.12; 2 A Mackay (Ross C) 8.39; 3 S Brindley (N Ayr) 8.42; 4 C Newby (Edin) 8.60; 5 C Keelan (Pit) 8.76; 6 B Ajala (Edin) 8.90. **H1:** 1 D Knight (E&H) 8.07; 2 C Keelan (Pit) 8.63; 3 B Ajala (Edin) 8.98. **H2:** 1 S Brindley (N Ayr) 8.49; 2 A Mackay (Ross C) 8.60; 3 C Newby (Edin) 8.66. **HJ:** 1 A Davren (I'ness) 1.94; 2 M Fotheringham (Giff N) 1.94. **PV:** 1 S Brindley (N Ayr) 3.87; 2 A Mackay (Ross C) 3.42; 3 A Brindley (N Ayr, U15) 3.12. **LJ:** 1 S Brindley (N Ayr) 6.51; 2 M Fotheringham (Giff N) 6.35. **TJ:** 1 M Ahmed (Glas Sc Sp) 13.73. **SP:** 1 A Knight (Morp) 15.18. **Women: 60:** 1 K Wyper (BWF) 7.51; 2 J Wrisberg (Giff N) 7.58; 3 S Murray (IRL) 7.61; 4 S Downie (Edin) 7.88; 5 S Malone (Edin, U20) 7.96; 6 D Samuels (Bir) 7.98; 7 R Olaleye (A'deen, U20) 8.00. **H1:** 1 S Murray (IRL) 7.63; 2 S Downie (Edin) 7.87; 3 D Samuels (Bir) 7.88; 4 R Olaleye (A'deen, U20) 7.91; 6 R Taylor (VPCG, U20) 8.10. **H2:** 1 K Wyper (BWF) 7.53; 2 J Wrisberg (Giff N) 7.69; 3 S Malone (Edin, U20) 7.98. **200:** 1 Z Clark (TVH) 23.58. **H1:** 1 Z Clark (TVH) 23.91. **400:** 1 R Smith (Aird) 56.40; 2 A Nelson (WG&L) 57.42. **800:** 1 L Muir (Dund H) 1:59.69 (Scot rec); 2 M Hendry (VPCG) 2:02.41; 3 P Millage (VPCG, W35) 2:05.96; 4 O Varelle (Falk, U20) 2:13.49; 5 A Innes (Lass, U20) 2:13.84. **1500:** 1 J Reekie (Kilb) 4:15.69; 2 N Lang (A'deen, U20) 4:31.48; 3 K MacAngus (Kilb, U20) 4:33.97; 4 S Calvert (Living, U20) 4:34.72; 5 K Gallagher (Centr, U20) 4:37.90; 6 S McLellan (Shett) 4:38.02; 7 H Cameron (Edin) 4:39.11; 8 A Tait (VPCG) 4:40.19; 9 J Bannerman (I'ness) 4:40.58. **60H:** 1 H Paton (Bir) 8.40; 2 J Nimmo (Sale) 8.66; 3 F Marriott (C&C, U20) 8.98; 4 B McAndrew (Pit, U20) 9.06. **r2:** 1 H Paton (Bir) 8.34; 2 J Nimmo (Sale) 8.74; 3 J Henry (VPCG, U20) 8.89; 4 F Marriott (C&C, U20) 8.90; 5 B McAndrew (Pit, U20) 9.06; 6 N Guest (Pit) 9.17. **HJ:** 1 S Lecky (Finn, U20) 1.86; 2 N Gray (Blay) 1.74. **PV:** 1 A Gordon (Edin) 3.65; 2 H Lawler (Edin) 3.55; 3 K Bradbeer (Pit) 3.35; 4 K Mullen (Pit) 3.35; 5 G Cooke (Edin, W35) 3.25. **LJ:** 1 R Alexander (Giff N) 6.04; 2 E Canning (Edin) 5.89; 3 G Cooke (Edin, W35) 5.62; 4 M Busby (Carl, U20) 5.62; 5 A Burns (Helen, U20) 5.58; 6 A Cameron (Centr, U20) 5.29. **TJ:** 1 S Kingham (Edin) 12.00; 2 C Harvey (Ayr S) 11.96; 3 S Ross (Kilb) 11.79; 4 A Burns (Helen, U20) 11.64; 5 G Cooke (Edin, W35) 10.91; 6 F Davidson (A'deen, W40) 10.45. **SP:** 1 M Porterfield (VPCG, W35) 13.54; 2 S Crossan (Shett, U20) 11.45; 4 B Trevis (Edin, U20) 10.65. **U17: 60:** 1 M Costello (Gate) 7.91; 2 C Richardson (Gate) 8.03; 3 E O'Hara (Edin) 8.04; 4 S McLay (Centr) 8.13; 5 S Duff (Pit) 8.17; 6 E Rutherford (Perth) 8.20. **SF1:** 1 J Hutchison (Pit) 8.01; 2 L Zuill (Fife, U15) 8.12; 3 S McLay (Centr) 8.13; 4 L Giles (Gate) 8.14. **SF2:** 1 M Costello (Gate) 8.04; 2 S Duff (Pit) 8.10; 3 E Rutherford (Perth) 8.11; 5 T Fowlie (Moray, U15) 8.30. **SF3:** 1 C Richardson (Gate) 8.05; 2 E O'Hara (Edin) 8.08. **H1:** 1 J Hutchison (Pit) 8.04. **H2:** 1 M Costello (Gate) 8.08; 2 S McLay (Centr) 8.13; 3 O Quinn (Gate) 8.16. **H3:** 1 C Richardson (Gate) 8.10; 2 S Duff (Pit) 8.16. **H4:** 1 E O'Hara (Edin) 8.15; 2 L Zuill (Fife, U15) 8.16; 3 L Giles (Gate)



Laura Muir: running a 1:59.69 world lead and Scottish record at 800m

8.16. **200:** 1 R Bennett (Shild) 25.39; 2 K Reville (Edin) 25.61; 3 S McLay (Centr) 25.61; 4 E Thompson (Centr) 25.89. **SF1:** 1 R Bennett (Shild) 25.38. **SF3:** 1 E Thompson (Centr) 25.99. **H2:** 1 R Bennett (Shild) 25.75. **300:** 1 E Miller (VPCG) 40.67; 2 L Garland (Perth) 41.21; 3 I McDonald (Living) 41.38; 4 A Lees (Guern) 41.96. **H11:** 1 E Miller (VPCG) 41.47. **H2:** 1 I McDonald (Living) 41.82; 2 A Lees (Guern) 41.99. **H3:** 1 L Garland (Perth) 41.88. **800:** 1 Calvert (Living) 2:15.68; 2 C Clare (Moort) 2:17.67; 3 N McCheyne (I'clyde) 2:18.11; 4 C Couits (Pit) 2:18.13; 5 D Cumming (Dunf) 2:20.57; 6 H Anderson (E Kilb) 2:20.62. **H11:** 1 Calvert (Living) 2:18.78; 2 D Cumming (Dunf) 2:18.91; 3 G Morrison (I'clyde) 2:18.94. **1500:** 1 G Ledingham (Cors) 4:52.97; 2 A Goodall (Edin) 4:53.84. **60H:** 1 P Ellis (Gate) 8.84; 2 H Mulholland (Lisb) 8.94; 3 K Sharkey (Centr) 8.97; 4 J Davidson (A'deen) 9.03; 5 R Broadfoot (Dund H) 9.13; 6 C Neat (A'deen) 9.41. **H1:** 1 P Ellis (Gate) 9.04; 2 H Mulholland (Lisb) 9.10; 3 K Sharkey (Centr) 9.19. **H2:** 1 J Davidson (A'deen) 9.13; 2 R Broadfoot (Dund H) 9.19; 3 C Neat (A'deen) 9.30. **HJ:** 1 C Neat (A'deen) 1.69; 2 M Blaikie (Lass) 1.64. **PV:** 1 L Warden (B&B) 3.25. **LJ:** 1 E O'Hara (Edin) 5.45; 2 N Proudfoot (Annan) 5.35; 3 L Callaghan (IRL) 5.35; 4 L Keisler (Law) 5.26; 5 J Davidson (A'deen) 5.18. **TJ:** 1 E O'Hara (Edin) 11.29; 2 M Findlay (Glas Sc Sp) 10.67; 3 N McGuire (Glas Sc Sp) 10.56. **SP:** 1 C Casey (IRL Craughwell AC) 13.17; 2 H Berry (Law) 11.90; 3 T Tehoudja (Shett) 11.82; 4 P Ellis (Gate) 11.60; 5 L Giles (Gate) 11.56; 6 A Baxendale (VPCG) 10.71; 7 L Wroe (W'floss) 10.68

SHEFFIELD FESTIVAL INDOOR OPEN

Men: 60: 1 J Williams (Liv H) 6.97; 3 D Greenaway (Roth, U20) 7.04. **r2:** 2 M Amed (Cov, U20) 7.12; 3 B Holden (New M, U17) 7.15. **r3:** 2 A Douglas (Stoke, U17) 7.26. **r4:** 1 E Jones (W&SV, U17) 7.35. **r5:** 2 M Filicha (Leeds C, U17) 7.50. **r7:** 6 J Statham (Cham, M55)

8.26. **r8:** 6 M Orange (W&SV, M55) 8.75. **r9:** 4 P Lundby (C&S, M70) 9.70. **200:** 1 J Williams (Liv H) 21.40; 2 D Putnam (B&B) 21.84. **r2:** 1 E Ross (Bir) 21.94; 2 M Amed (Cov, U20) 21.97. **r3:** 1 D Greenaway (Roth, U20) 22.19. **400:** 1 J Vernon (Hallam, U15) 53.79; 2 B Brinsdon (Bir, U15) 53.85. **r2:** 1 N Atwell (Herne H) 48.99; 2 E Dunn (Bir) 49.18; 3 M Chant (And) 49.24. **r3:** 1 D Garland (Guern, M35) 49.59. **r6:** 1 J Clowes (Stoke, U17) 51.20. **r9:** 2 J Lowe (Mans, M50) 59.97. **800:** 1 P Roberts Nash (W&B, U20) 1:56.86. **r2:** 5 S Toogood (Buck, M55) 2:09.93. **r3:** 2 J Lowe (Mans, M50) 2:16.75; 4 J Turner (Sheff RC, M55) 2:19.00. **HJ:** 1 K Walker (Shef/Dearn, U20) 2.00; 2 A Wall (Shef/Dearn) 2.00; 3 S Linsell (Leeds C, M50) 1.65. **LJ:** 1 S Khogali (WG&L) 7.38; 2 D Gardiner (Shef/Dearn) 7.17; 16 P Lundby (C&S, M70) 4.04. **SP:** 1 G Pell (Scun, M45) 12.81; 4 P Lundby (C&S, M70) 9.45; 5 J Sewell (York, M55) 9.35. **Mixed events: 1500:** 1 D Richardson (Stoke, M40) 4:11.99. **U20: SP:** 1 A Hamling (R&N) 13.25. **U15: 60:** 1 E Lawal (Hallam) 7.64. **U13: 60:** 1 F Venables (W&SV) 8.33; 1.69; 2 M Blaikie (Lass) 1.64. **Women: 60:** 1 R Campsall (York) 7.52; 2 B Dobbin (Edin) 7.62; 3 C Orton (Bir) 7.83; 4 M Palmer (Cham, U17) 7.88; 5 S Money (Liv H) 7.89; 6 C Clarke (Worc, U20) 8.06. **r2:** 1 A Shaw (Wake) 7.97. **r3:** 3 M Thomas (Bir, W45) 27.30. **400:** 1 R Campsall (York) 24.37; 2 C Orton (Edin) 24.86; 4 I Malik (Notts, U17) 25.40. **r4:** 3 M Thomas (Bir, W45) 27.30. **800:** 1 R Campsall (York) 53.44; 2 B Dobbin (Edin) 53.72; 3 E Barrett (C'field) 56.41; 4 K Simpson (Hale, U20) 57.71. **r3:** 1 N Millet (St Ab) 57.17; 2 N Ainge (C&S) 57.48; 3 T Anderson (Dur, U17) 59.45. **r4:** 1 M Spink (Roth, U17) 59.38. **800:** 1 K Simpson (Hale, U20) 2:14.42. **HJ:** 3 M Levy (Hallam, U17) 1.60; 12 R Shuttleworth (Notts, W40) 1.35. **LJ:** 1 M Palmer (Cham, U17) 5.75; 2 S Porter (Guern, U20) 5.62; 3 A Bagley (Shef/Dearn, U20) 5.30

BOBBY GAVIN

U15: 60: 1 E Ajagbe (Hallam) 8.21. **800:** 1 R Bell (Sale) 2:18.91. **HJ:** 1 R Domanic (Card Arch) 1.55. **LJ:** 1 D Adebayo (Shef/Dearn) 5.08. **SP:** 1 D Adebayo (Shef/Dearn) 11.22; 2 L Carlaw (R&N) 11.04. **U13: 60:** 1 R S Jalloh (S'port W) 8.55; 2 K Topham (W&SV) 8.75; 3 S Davies (Card Arch) 8.76. **200:** 1 S Jalloh (S'port W) 27.97. **HJ:** 1 A Hughes (S'port W) 1.40. **SP:** 1 A Hughes (S'port W) 9.61

JANUARY 27-28

LONDON SENIOR & U20 GAMES,

Lee Valley

OJIE EDOBURUN produced world class 60m times of 6.58and 6.61 while Amy Foster equalled the Irish 60m record with 7.30.

Men: 60: **A1.1:** 1 O Edooburun (SB) 6.61; 2 A Robertson (Sale) 6.76; 3 O Bromby (Soton) 6.86; 4 S Osewa (Croy) 6.86; 5 A Syers (NEB) 6.87; 6 O Grant (Harrow) 6.96. **A1.2:** 1 E Stephens (NEB) 6.80; 2 E Amaning (TVH) 6.83; 3 D Lima (BRAT) 6.85; 4 J Oscar Caracassis (ARG) 6.86; 5 K Daly (B&B) 6.91; 6 A Adewale (E&H) 6.95; 7 T Fasipe (E&H) 6.98. **A1.3:** 1 J Lawrence (Bir) 6.86; 2 J Thornton (SB) 6.87; 3 K Williams (E&H) 6.93; 4 L Dorrell (AFD) 6.94; 5 D Obeng (QM&WC) 6.97; 6 A Murdoch (Harrow) 6.98. **A1.4:** 1 T Harries (Phoe) 6.86; 2 J Broome (Cov) 6.92; 3 M Popoola (Herne H) 6.93; 4 S Thomas-Campbell (B&B) 6.94; 5 T Ramdhan (Bexley) 6.95. **A1.5:** 1 N Walsh (Sale) 6.90; 2 K Wright (Nene V) 6.93; 3 E Jones (Liv PS) 6.98. **A1.6:** 1 C Carly (Sutt) 6.89. **A2.1:** 1 O Edooburun (SB) 6.58; 2 A Robertson (Sale) 6.74; 3 E Amaning (TVH) 6.78; 4 D Lima (BRAT) 6.82; 5 J Lawrence (Bir) 6.83; 6 S Osewa (Croy) 6.86. **A2.2:** 1 A Syers (NEB) 6.81; 2 J Thornton (SB) 6.82; 3 T Harries (Phoe) 6.86; 4 J Oscar Caracassis (ARG) 6.87; 5 O Bromby (Soton) 6.88; 6 N Walsh (Sale) 6.93. **A2.3:** 1 K Daly (B&B) 6.87; 2 M Popoola (Herne H) 6.89; 3 K Williams (E&H) 6.91; 4 S Thomas-Campbell (B&B) 6.94; 5 J Broome (Cov) 6.97; 6 K Wright (Nene V) 7.00. **A2.4:** 1 O Grant (Harrow) 6.82; 2 A Adewale (E&H) 6.88; 3 A Murdoch (Buck, M55) 6.95; 4 D Obeng (QM&WC) 6.95. **A2.5:** 1 C Carly (Sutt) 6.83; 2 J Lennard (Ton) 6.99; 3 D Powell (Kent) 7.00. **A2.6:** 1 A Sessay (R&N) 6.99. **B1.1:** 1 M Larrea (TVH) 6.96; 5 D Green (Kent, M35) 7.10. **B1.4:** 3 C Winchester-Wright (Nene V, U20) 7.16. **B2.1:** 1 J Williams (Harrow) 6.96; 2 C McLaughlin (E&H) 6.99; 3 R Frederick (Harrow) 7.00. **B2.2:** 6 D Green (Kent, M35) 7.17. **B2.4:** 1 C Winchester-Wright (Nene V, U20) 7.12. **B2.5:** 2 L Collis (Harrow, U20) 7.17. **C1.1:** 4 J Carly (Esm, M45) 7.30. **C1.2:** 2 L Collis (Harrow, U20) 7.17. **C2.2:** 3 J Carly (ESM, M45) 7.34. **D1.4:** 4 W Odele (Bir) 7.83; 6 R Allen (Harrow, M55) 8.25. **D1.5:** 3 D Hinds (Serp, M65) 9.07. **D2.4:** 1 W Odele (Camb H, M50) 7.96; 3 R Allen (Harrow, M55) 8.29. **D2.5:** 1 D Hinds (Serp, M65) 9.08. **E1.1:** 1 M McAllister (Ton, M45) 7.87; 2 A Gordon (K&P, M40) 7.88; 4 D Brown (Mid M, M50) 7.91; 5 D Tomlinson (Has B, M45) 7.95; 6 J Cooper (Poole R, M50) 8.10. **E1.2:** 2 R Wood (Harrow, M40) 7.34; 3 M Vallier (Poole R, M40) 7.81; 4 R Wheeler (Poole, M50) 8.22; 5 D Powell (Notts, M50) 8.45; 6 K Robbins (Mid M, M55) 8.69. **E1.3:** 1 T Ossai (SB, M40) 7.16; 2 C Harvey (Lewes, M40) 7.35; 4 C Lawson (Unat, M40) 7.71; 6 L Campbell (E Gryn, M50) 8.04. **E2.1:** 2 T Ossai (SB, M40) 7.16; 3 J Wood (Harrow, M40) 7.29; 4 C Harvey (Lewes, M40) 7.37; 5 C Lawson (Unat, M40) 7.68. **E2.2:** 2 M Vallier (Poole R, M40) 7.82; 4 M McAllister (Ton, M45) 7.87; 5 A Gordon (K&P, M40) 7.89;



6 D Brown (Mid M, M50) 8.04. **E2.3:** 1 D Tomlinson (Has B, M45) 7.96; 2 L Campbell (E Grin, M50) 8.06; 3 R Cooper (Poole R, M50) 8.12; 4 R Wheeler (Poole, M50) 8.22; 5 K Robbins (Mid M, M55) 8.61. **200: r1:** 1 T Ramdhan (Bexley) 21.81; 2 M Mahamuud (Bir) 22.00; 5 C Williams (Kent, M35) 22.68. **r8:** 6 D Hinds (Serp, M65) 29.93. **400: r1:** 1 V Dos Santos Soares (TVH) 47.39; 2 L Lennon-Ford (TVH) 47.66. **r2:** 1 E Sosanya (NEB) 49.92. **r6:** 6 G Gray (Kent, M45) 57.54. **r7:** 6 T James (Bed C, M60) 62.11. **800: r1:** 1 K Langford (SB) 1:52.54; 2 S Molloy (Ton) 1:53.00; 3 S Thomas (Phee) 1:53.24; 4 R Kisel (Camb U) 1:53.79; 6 C Dodds (E&H, U20) 1:55.39. **r2:** 1 D Ragan (BMH) 1:53.95; 2 J Downing (Harrow) 1:54.00. **r9:** 2 A Haines (Craw, M50) 2:06.60; 7 A Coleman (B'cay, M50) 2:19.78. **60H: r1:** 1 M Perera (Harrow) 8.07; 2 C Filley (B&H) 8.07; 3 J Kirby (Harrow) 8.20; 4 E Dickson-Earle (Bigg) 8.32; 5 A Al-Ameen (NEB) 8.33. **r1.2:** 1 R Young (B&B) 8.30; 2 J Anderson (Sale) 8.31; 3 G Etherington (Yeov O) 8.50; 4 M Hewitt (Soton) 8.55; 5 A Nwenuw (W&B) 8.56; 6 J Appiah (Kent, M45) 8.77. **r1.3:** 1 A Byrom (St Alb) 8.63; 2 M Dorey (Brack) 8.73; 3 L Eagle (P'boro) 8.81; 4 K Tucker (H&H) 8.86; 5 G Orton (Holm) 8.96. **r1.4:** 1 E Thompson (E&H) 8.99. **r2.1:** 1 M Perera (Harrow) 8.03; 2 C Filley (B&H) 8.19; 3 R Young (B&B) 8.22; 4 E Dickson-Earle (Bigg) 8.26; 5 J Andrew (Sale) 8.28; 6 J Kirby (Harrow) 8.32. **r2.2:** 1 A Al-Ameen (NEB) 8.26; 2 G Etherington (Yeov O) 8.48; 3 A Byrom (St Alb) 8.51; 4 M Hewitt (Soton) 8.56; 5 M Dorey (Brack) 8.63. **r2.3:** 1 J Appiah (Kent, M45) 8.73; 2 L Eagle (P'boro) 8.77; 3 G Orton (Holm) 8.90. **HJ: B:** 1 T Hewes (Chelm, U20) 2.07; 2 H Rienecker-Found (B&H, U17) 1.90. **PV: A:** 1 K Apps (Sot, U20) 4.21; 2 R Hajipanay (SB, U20) 4.06; 7 W Snashall (Craw, U17) 3.46. **B:** 1 E Bryden (WSEH) 4.71; 2 T Farres (Ports) 4.56; 3 E Thompson (E&H) 4.41; 4 T Snee (K&P) 4.41; 5 G Turner (Craw) 4.41; 6 J Harris (Lewes, U20) 4.26; 7 C Court (Card) 4.26; 8 O Jopp (SNH, U20) 4.11; 9 O Heard (C'ley, U17) 4.11; 10 C Woodage (Wat, U20) 3.96; 11 C Mills (WSEH, M40) 3.96. **LJ: A:** 1 P Sylla (B'mth) 7.16; 2 B Pickup (B'mth) 7.09; 3 T French (B&B) 7.08; 4 J Lelliott (B'mth) 7.00; 5 D Morson (VP&TH) 6.99; 6 I Grech (MLT) 6.97. **TJ:** 1 P Svaraskas (C&T) 13.88; 2 J Allwood (Herne H) 13.79; 3 T Fadaryou (NEB, U20) 13.41. **SP:** 1 S Heawood (Craw) 15.72; 2 L Ransley (Malta) 13.61. **U20: 60: r1:** 1 S Lumsden (E&H) 6.86; 2 R Bouju (Bed C, U17) 6.91; 3 C Lytle (B&B) 6.95; 4 E Davis (Herts P) 7.01; 5 B Mingeli (Camb H) 7.03; 6 R Facey (HW) 7.12; 7 M Knight (B&B) 7.15. **r1.2:** 1 R Turner (Craw) 7.09; 2 K Paris-Samuel (TVH) 7.19; 3 M Williams (SSH) 7.20. **r1.3:** 1 A Marshall (M&M) 7.05; 2 P Lyon (SB) 7.18; 3 D Boakye (Mil K) 7.19. **r1.4:** 1 R Miller (Herne H) 7.19. **r2.1:** 1 B Mingeli (Camb H) 6.86; 2 L Lumsden (E&H) 6.86; 3 E Davis (Herts P) 6.87; 4 C Lytle (B&B) 6.93; 5 R Bouju (Bed C, U17) 6.94; 6 A Marshall (M&M) 7.00; 7 R Turner (Craw) 7.00. **r2.2:** 1 R Facey (HW) 7.02; 2 K Paris-Samuel (TVH) 7.12; 3 A Cross (C&C) 7.13; 4 R Miller (Herne H) 7.16; 5 P Lyon (SB) 7.17. **r2.3:** 1 M Miller (Herne H) 7.12; 2 D Boakye (Mil K) 7.19; 3 N Shergar (Chelm) 7.19. **r2.4:** 1 K Tsumasi-Tawiah (Mil K) 7.18. **200: r2:** 1 P Lyon (SB) 22.30; 2 A Marshall (M&M) 22.48. **400: r1:** 1 E Brown (E&H) 49.10; 2 K Calhoun (Charm) 50.27; 3 B Hawkes (Leam) 50.50. **r2:** 1 C Miller (HW) 50.04. **60H: r1.1:** 1 T Thomas (Charm) 7.76; 2 E

Akanni (Bexley) 7.91; 4 J Zeller (Brack) 8.16; 6 K Mtshweni (Win) 8.51; 7 O Stacey (Rad) 8.51. **r1.2:** 1 D Thomas (Win) 8.70; 2 O Jopp (SNH) 8.73; 3 B Higgins (Charm) 8.75; 4 D Aryeetey (Charm) 8.78. **r1.3:** 1 J Mann (Bexley) 8.43; 2 W Adeyeye (NEB) 8.74; 3 K Farral (Thanet) 8.62. **r2.1:** 1 T Thomas (Charm) 7.76; 2 E Akanni (Bexley) 7.79; 3 J Zeller (Brack) 8.07; 4 O Stacey (Rad) 8.43; 6 J Mann (Bexley) 8.56. **r2.2:** 1 W Adeyeye (NEB) 8.32; 2 K Mtshweni (Win) 8.54; 3 O Jopp (SNH) 8.63; 4 B Higgins (Charm) 8.63; 5 D Aryeetey (Charm) 8.67; 6 D Thomas (Win) 8.76. **r2.3:** 2 S Clarke (C&C) 8.99. **LJ:** 1 R Wilde (Brack) 6.68; 2 J Burkey (Bath) 6.92; 3 I Gal-Shohet (High) 6.60. **SP:** 1 D Thomas (E'rne) 15.65; 2 V Adebiyi (Chelm) 15.28; 3 A White (Croy) 12.66; 4 C Hale (B'mth) 12.63; 5 L Martini (Rush AC, MALTA) 12.60. **Women: 60: r1.1:** 1 A Foster (Lisb) 7.42; 2 G Hooper (ITA) 7.48; 3 M Bruney (B&B) 7.53; 4 L Nielsen (E&H) 7.65; 5 J Sapal (E&H) 7.82; 6 S Harrison (S Lon) 7.91; 7 V Olatunji (B&B) 7.92. **r1.2:** 1 M Shokunbi (B&B) 7.74; 2 Y Westwood (Yate) 7.82; 3 E Richardson (SB) 7.88; 4 I Bryant (Soton) 7.93; 5 G Ade-Onojobi (Camb H) 7.94. **r1.3:** 1 S Busuttill (Unatt) 7.89; 2 C Spurway (SB, W35) 7.90; 3 J Armah (WSEH) 7.96. **r1.4:** 2 G Skervin (Notts, W45) 8.25. **r2.1:** 1 A Foster (Lisb) 7.30; 2 G Hooper (ITA) 7.46; 3 M Bruney (B&B) 7.49; 4 M Shokunbi (B&B) 7.69; 5 S Sapal (E&H) 7.69; 6 L Nielsen (E&H) 7.70; 7 Y Westwood (Yate) 7.82. **r2.2:** 1 G Ade-Onojobi (Camb H) 7.82; 2 E Richardson (SB) 7.83; 3 S Harrison (S Lon) 7.84; 4 C Spurway (SB, W35) 7.87; 5 I Bryant (Soton) 7.87; 6 V Olatunji (B&B) 7.91; 7 S Busuttill (Unatt) 7.93. **r2.3:** 1 J Armah (WSEH) 7.94; 2 H Jones (WSEH) 7.97; 5 G Skervin (Notts, W45) 8.21. **200: r2:** 1 S McLoughlin (Walton, W40) 22.42. **r3:** 4 G Skervin (Notts, W45) 28.56. **r5:** 3 A Bates (E&E, W50) 29.35. **400: r1:** 1 M Okoro (SB) 54.22; 2 H Turner (Craw) 55.01; 3 L Beckford (SB) 55.68; 4 A Naibe-Wey (TVH) 56.00. **r2:** 1 L Thompson (Herts P) 57.28; 2 H Plumtre (Bir) 57.96. **r3:** 1 S McLoughlin (Walton, W40) 59.54. **800: r1:** 1 P Lowe (D&T) 2:07.19; 2 E Haley (Rad) 2:12.23; 3 C Ford (Camb H) 2:12.98; 4 A Clark (WG&L) 2:13.74; 5 A Harray (TVH, U20) 2:17.26; 6 M Canham (Exe, U17) 2:17.43. **r2:** 1 A Hill (Herts P) 2:16.66. **r3:** 1 J Locker (Walton, W40) 2:24.78. **r4:** 4 L Webb (SB, W50) 2:33.52. **60H: r1.1:** 1 M Marrs (WSEH) 8.34; 2 M Courtney (Chelt) 8.39; 3 S Lavin (IRL) 8.41; 4 C Hawkins (Swan) 8.55; 5 A Davies (B&B, U20) 8.57; 6 M Adekun (NEB) 8.59; 7 S Yorke (Chelt) 8.70. **r1.2:** 1 P Earley (K&P, U20) 8.54; 2 I Hilditch (B&B, U20) 8.67; 3 G Ade-Onojobi (Camb H) 8.74; 4 A Bates (Bir, U20) 8.79; 5 Z Pollock (Oxf C, U20) 8.81; 6 E Russell (Harrow, U20) 9.16. **r1.3:** 1 A Hopkins (Rad) 8.73; 2 E Nanson (AFD) 8.97; 3 J Blundell (Bath, U20) 9.08; 4 L Bailey (Have) 9.14. **r1.4:** 1 A West (M&M, U20) 9.07. **r1.5:** 1 S Obi (SB, U20) 9.35. **r2.1:** 1 M Marrs (WSEH) 8.26; 2 M Courtney (Chelt) 8.41; 3 A Davies (B&B, U20) 8.41; 4 S Lavin (IRL) 8.45; 5 M Adekun (NEB) 8.52; 6 P Earley (K&P, U20) 8.54; 7 C Hawkins (Swan) 8.59. **r2.2:** 1 G Ade-Onojobi (Camb H) 8.67; 2 I Hilditch (B&B, U20) 8.67; 3 S Yorke (Chelt) 8.68; 4 A Bates (Bir, U20) 8.80; 5 A Hopkins (Rad) 8.81; 6 Z Pollock (Oxf C, U20) 8.83. **r2.3:** 1 E Russell (Harrow, U20) 8.93; 2 K Cooke (E&H) 8.97; 3 A West (M&M, U20) 9.09; 4 J Blundell (Bath, U20) 9.13; 5 L Bailey (Have) 9.15; 6 E Nanson (AFD) 9.20. **r2.4:** 1 S Obi (SB, U20) 9.18; 2 B

Wigman (Harrow, U20) 9.19. **HJ: A:** 1 B Crocker (Craw) 1.65. **B:** 1 A Thurgood (D&T, U20) 1.65; 2 J Browne (SNH) 1.65; 3 M Chantrel (Chelm, U17) 1.65; 4 B Siddons (Have) 1.65; 5 A West (M&M, U20) 1.65. **PV: A:** 1 J Ive (Sutt) 4.11; 2 J Spencer-Smith (Harrow, U17) 3.86; 3 E Andersson (SB) 3.86; 4 A Eichelmann (SB, U20) 3.56; 5 L Edwards (Soton) 3.41; 6 S Connolly (TVH) 3.26; 7 E Macdonald (Brack, U20) 3.26; 8 C Parkinson (Wyc P) 3.11; 9 I Deacon (Brack, U20) 3.11. **B:** 1 C Cole (Craw, U20) 3.06; 2 J Hall (G&G, U20) 3.06; 4 G West (Wat, U20) 2.91; 5 K Nowers (WSEH, U17) 2.76. **LJ: A:** 1 C Hawkins (Swan) 5.69; 3 A West (M&M, U20) 5.21; 10 L Wood (G&G, W50) 4.58. **B:** 1 K Eleyay (WG&L) 6.02; 2 J Ware (Ton) 5.81; 3 D Mazeau (France) 5.73; 4 S Abrams (B&B) 5.64; 5 E Barber (Yeov O) 5.54. **TJ: A:** 1 S Gutzmere (Bir) 12.80; 2 L Stephenson (TVH) 12.46; 3 C Landim (VP&TH, U20) 12.46; 4 Z Asante (B&B, W35) 12.10; 5 J Oni (B&B, U20) 12.10; 6 A Omotowu (C&C, U20) 11.97; 7 S Hibbert (Lut) 11.59; 8 R Sare (Bolt) 11.58; 9 M Hughes (Have, U20) 11.52; 10 G Sullivan (Ashf, U20) 11.39. **B:** 1 M Smith (B'mth, U20) 11.39; 2 J Fox (C&C) 11.29; 3 D Mapamboli (VP&TH, U17) 10.97; 4 M Farmer (B&B, U20) 10.87. **SP:** 1 G Osborne (Ports, U20) 13.31; 2 E Barber (Yeov O) 11.52; 3 M Noyce (Craw, U17) 10.82; 9 A Chouhal (York, W40) 9.05. **U20: 60: r1.1:** 1 K Awuah (Herne H) 7.47; 2 A Hunt (Charm, U17) 7.49; 3 G Akpe-Moses (Bir) 7.62; 4 I Aliu (B&B) 7.63; 5 C Pemberton (Bir) 7.75; 6 B Dwaah (E&H) 7.78; 7 L Owusu-Junior (Herne H) 7.88. **r1.2:** 1 E Wansell (E&H) 7.75; 2 L Hoad (Sutt) 7.79; 3 R Jeggo (Col H) 7.80; 4 M Edwards (Brack) 7.84; 5 A Ellis (E&H) 7.88; 6 P Johnson (B&B) 7.94. **r1.3:** 1 D Awala-Shaw (NEB) 7.82; 2 L Pleace (WSEH) 7.98; 3 S Henlon (Sutt) 7.99; 4 C Iwunze (SB) 8.05; 5 Z Owolana (Harrow, U17) 8.11. **r1.4:** 1 C O'Reilly (Col H) 7.95; 2 K Jean-Francois (Camb H) 8.06; 3 R Oderinde (Mil K) 8.10. **r1.5:** 1 M Brooks (B&B) 8.01. **r1.6:** 1 K Grant (SB, U17) 8.03. **r2.1:** 1 K Awuah (Herne H) 7.39; 2 A Hunt (Charm, U17) 7.49; 2 G Akpe-Moses (Bir) 7.49; 4 I Aliu (B&B) 7.64; 5 C Pemberton (Bir) 7.70; 6 E Wansell (E&H) 7.71; 7 L Dwaah (E&H) 7.76. **r2.2:** 1 A Ellis (E&H) 7.74; 1 D Awala-Shaw (NEB) 7.74; 3 M Edwards (BMH) 7.76; 4 L Owusu-Junior (Herne H) 7.78; 5 R Jeggo (Col H) 7.78; 6 L Hoad (Sutt) 7.82; 7 P Johnson (B&B) 7.98. **r2.3:** 1 L Pleace (WSEH) 7.86; 2 S Henlon (Sutt) 7.90; 3 C O'Reilly (Col H) 7.94; 4 R Oderinde (Mil K) 7.97; 5 M Brooks (B&B) 7.97; 6 K Jean-Francois (Camb H) 7.99; 7 K Grant (SB, U17) 8.03. **r2.4:** 1 Z Owolana (Harrow, U17) 7.98; 2 R Watkins (Brack) 8.07; 3 R Jessop (D&T) 8.08; 4 B Wigman (Harrow) 8.08. **200: r1:** 1 G Akpe-Moses (Bir) 24.67. **400: r1:** 1 A Anning (B&H) 54.77; 2 A Shaw (G&G) 55.41; 3 K McDonald (B&B) 56.93; 4 L Evans (B&B) 57.10; 5 M Mamudu (VP&TH) 58.65. **r2:** 1 E Turner (Oxf C) 57.02; 2 S Fisher (B&B) 58.61; 3 S Haldane (Giff N) 58.74. **r4:** 1 O Brennan (WSEH, U17) 59.14. **LJ:** 1 A Bates (Bir) 5.79; 2 N Parcell (E&H) 5.57; 3 O Adamson (SB, U17) 5.41; 3 M Hughes (Have) 5.33; 5 C Azzopardi (Malta) 5.21.

JANUARY 27
NORTHERN IRELAND & ULSTER
JUMPS & THROWS OPEN,
Jordanstown
Men: LJ: 1 A McMullen (Bir) 7.97. **TJ:** 1 M Burton (Lisb) 14.46

U17: HJ: 1 T McConville (N Down) 1.90
M80: SP: 1 F Stewart (Derry) 9.89
Women: LJ: 1 L Mills (B&A) 5.60
U19: SP: 1 K O'Connor (Newry, U20) 12.66
U17: SP: 1 F Nixon (N Down) 10.51

WELSH ATHLETICS SENIOR CHAMPIONSHIPS, Cardiff

SALLY PEAKE won the pole vault with a 4.27m leap.
Men: 60: A: 1 S Gordon (Card) 6.71; 2 H Aikines-Aryeetey (Sutt) 6.75; 3 J Azu (Card, U20) 6.85; 4 R Wells (Yeov O) 6.86; 5 E Powell (Leic C) 6.90; 6 J Griffiths (Card) 6.91; 7 C Stone (WG&L) 6.94; 8 D Beadsley (Swan) 6.95. **B:** 1 A Owen (Card) 6.94; 2 S Bajere (B&W) 6.95; 3 W Kennedy (B&W) 6.98. **Ht1:** 1 S Gordon (Card) 6.70; 2 C Stone (WG&L) 6.87; 5 M Bayliss (Card, U17) 7.37. **Ht2:** 1 R Wells (Yeov O) 6.89; 2 S Bajere (B&W) 6.96. **Ht3:** 1 J Azu (Card, U20) 6.84; 2 E Powell (Leic C) 6.90; 3 J Griffiths (Card) 6.95. **Ht4:** 1 H Aikines-Aryeetey (Sutt) 6.81; 2 D Beadsley (Swan) 6.90; 3 A Owen (Card) 6.95. **200:** 1 B Paris (Card Arch, U20) 22.24; 4 O Lloyd Hughes (Neath, U17) 22.85. **Ht1:** 1 B Paris (Card Arch, U20) 22.47; 2 O Lloyd Hughes (Neath, U17) 22.65. **400:** 1 H Fisher (Soton) 49.86. **60H:** 1 T Marshall (Card) 1:55.19; 2 M Parry (Col B, U20) 1:55.59; 4 J Howorth (Bath, U20) 1:57.78. **Ht1:** 2 J Howorth (Bath) 1:55.82; 4 R Howorth (Bath, U20) 1:56.98. **Ht2:** 1 M Parry (Col B, U20) 1:57.68. **1500:** 1 I Thomas (Card) 3:53.89; 2 J Tobin (Swan) 3:54.47; 3 J Hopkins (Swan) 3:56.49; 4 R Adebiyi (Newp, U20) 4:04.23. **60H:** 1 D King (Ply) 7.80; 2 M Wilson (Swan) 8.38; 3 H Hillman (Card) 8.51; 4 K Arnold (Newp) 8.81. **HJ:** 1 J Hewitt (Liv H, U20) 2.05; 2 J Bailey (Card) 2.02; 3 W Edwards (Carm) 1.94. **PV:** 1 = C Walker-Shepherd (Bir) 5.01; 1 = B Gregory (Bir) 5.01; 3 J Phipps (Bir) 4.71; 4 T Walley (Wrex) 4.41. **LJ:** 2 C Hopkins (Neath, U20) 6.71. **TJ:** 1 G Francis (Card) 13.99; 2 T Walley (Wrex) 13.64. **SP:** 1 P Swan (Card) 14.07; 2 A Davies (Card) 13.88; 3 C Cork (Newp) 13.42; 4 B Gregory (Bir) 13.06
U20: SP: 1 N Young (Sale) 15.24
U17: SP: 1 D Bevan (Newp) 12.16; 2 D Phillips (P'roke) 12.04
U15: 800: r1: 1 J Reynolds (Card) 2:07.22. **r2:** 1 C Holland (Swan) 2:04.43.
4x200: r1: 1 Card 1:43.18; 2 B'end 1:45.58. **r2:** 1 Newp 1:46.32; 2 Card Arch 1:49.80
U13: 800: r2: 1 J Organ (Brec) 2:23.91.
4x200: r2: 1 Card Arch 2:00.68; 2 B'end 2:01.86
Women: 60: 1 I Lansiquot (Sutt) 7.42; 2 M Roberts (Bir) 7.62; 3 Z Nash (Newp) 7.74; 4 S Griffiths (Chelt) 7.77; 5 A Samuel (Amman, U20) 7.78; 6 E Suhonen (Charm) 7.81; 7 M Evans (Swan, U20) 8.04. **400:** 1 L Turley (W Ches) 55.97; 2 L Williams (Swan, U20) 58.00; 3 F Roberts (Col B, U20) 58.65. **100:** 1 R McClay (Brack) 2:11.05; 2 R Scott (Wig D) 2:13.33; 3 N Reid (Card, U20) 2:14.71. **1500:** 1 B Kidger (Poe) 4:29.27; 2 J Cooke (Bir) 4:30.03. **60H:** 1 O Walker (C&S) 8.76; 2 M Evans (Swan, U20) 8.86; 3 S Hay (Card) 8.98; 4 L Evans (Card, U20) 8.99; 5 G Sunderland (Rad) 9.24. **HJ:** 1 H Tapley (Worc) 1.73. **PV:** 1 S Peake (Bir) 4.27; 2 M Caudery (Corn, U20) 4.17; 3 C Maurer (Woking) 3.27; 8 S Morrison (Woking) 3.27; 9 L Hillman (Card, U20) 3.12. **LJ:** 1 E Thomas (Card Arch, U20) 5.79; 4 G Morgan (Card Arch, U17) 5.39; 5 C Mapps (Card Arch,

U17) 5.34. **TJ:** 1 S Swanson (Swan) 11.51. **SP:** 1 A Nicoll (Bir) 15.18; 2 S Fortune (Dees) 11.69; 3 L Griffiths (Card) 11.58
U20: 1500: 1 H Roberts (Col B) 4:48.81.
TJ: 1 M Jones (Cwmb) 11.51. **SP:** 1 G Lewis (Newp) 10.68
U17: 1500: 1 N Riley (Card Arch) 4:51.24. **TJ:** 1 C Campion (Swan) 10.49.
SP: 1 C Fox (P'roke) 11.02; 2 J Holland (Swan) 10.94
U15: 1500: r1: 1 D Thompson (Carm) 4:53.61. **4x200: r1:** 1 Newp 1:54.37. **r2:** 1 Card 1:50.99; 2 B'end 1:55.59; 3 Card Arch 1:55.97
U13: 4x200: r1: 1 Card Arch 2:09.78; 2 Cwmb 2:13.17. **r2:** 1 Card 2:00.55; 2 Card Arch 2:04.92; 3 B'end 2:13.45. **r3:** 1 Card Arch 1:58.41; 2 Newp 2:02.29

JANUARY 24

BMC SHEFFIELD OPEN

Men: 800: A: 1 C Solomon (WG&L) 1:52.41; 2 P Taylor (Bir) 1:53.87; 3 K Bell (Liv H) 1:54.89. **B:** 1 T Randolph (Tarn, U20) 1:55.39; 3 F McAuliffe (Charm, U20) 1:56.77; 5 M Paterson (Corby, U20) 1:57.94; 6 A Whiteman (SB, M45) 2:02.16. **C:** 6 D Richardson (Stoke, M40) 2:03.10. **1500: A:** 1 J Davies (Read) 3:47.26; 2 M Wharton (Liv H) 3:51.42; 3 J Barnes (Cov) 3:51.72; 4 M Seddon (Brack) 3:54.30; 5 D Musson (Notts) 3:54.32; 6 A Moore (WSEH) 3:59.29; 9 J Simpson (Burt, U20) 4:04.95. **B:** 1 D Proctor (Sale) 3:59.78; 4 M Jones (Bas, U20) 4:04.51
Women: 800: D: 1 L Barrow (WSEH) 2:10.33; 2 J Cooke (Bir) 2:10.97; 3 D Webb (Liv H) 2:13.23; 4 G Covey (ESM) 2:13.52; 5 S Huxham (Hallam, U20) 2:14.71; 6 M Pocock (AFD) 2:15.57; 7 R Browne (Sli Cral, U20) 2:19.36. **1500: C:** 1 C Everard (IRL) 4:27.28; 2 G Hartigan (Bir) 4:27.49; 3 K Johansen (Chelm) 4:28.94; 4 G Kersey (Bas) 4:33.65; 5 L Coward (Inv EK) 4:37.22; 6 A Nolan (Cov, U20) 4:39.26; 7 G Maddox (Prest) 4:44.45

SHEFFIELD RUN JUMP THROW SERIES, Sheffield

U15 mixed events: 60: r3: 1 A Abberley (Roth, U13W) 8.73
Mixed events: 60: r1: 3 D Greenaway (Roth, U20) 7.13; 5 M Edwards (N Vets, M35) 7.24. **r4:** 5 E Barrett (C'field, W) 7.95. **r5:** 2 M McPhail (N Vets, M50) 8.05. **r9:** 1 D Logan (KuH, U15W) 8.20. **200: r1:** 1 D Greenaway (Roth, U20) 22.38. **r2:** 2 M Coogan (E Ches, M45) 22.95. **r3:** 1 M McPhail (N Vets, M50) 25.09. **r6:** 1 L Golding (Pend, M50) 26.39. **300: 1** A Walker-Khan (Bir) 34.38; 2 M Coogan (E Ches, M45) 36.15; 5 M Spink (Roth, U17W) 41.98. **800: r1:** 1 J Turner (Sheff RC, M55) 2:20.13; 2 C Ireland (Sheff RC, M55) 2:20.50. **1500: 2** G Bracken (NSP, M55) 4:25.97. **PV:** 1 W Lane (Sheff/Dearn, U15) 3.08; 2 L Green (C'field, U17W) 2.93; 3 A Hunt (Wake, U15W) 2.93; 6 E Hunt (Wake, U15W) 2.53; 11 T Murray (Sheff/Dearn, U13) 2.23; 14 R May (Sheff/Dearn, U13) 2.08. **LJ: A:** 8 C Filer (Norw, W60) 4.01. **B:** 3 A Benjamen (Bir, W) 5.52; 9 D Adebayo (Sheff/Dearn, U15W) 4.98; 9 D G Plater (Leeds C, U20W) 11.13
Men: 60H: 1 D Milandu (Sheff/Dearn) 8.52; 2 C Mitchell (Prest) 8.53. **PV:** 1 G Heppinstall (Sheff/Dearn) 4.63; 2 J Lindley-Harris (Sheff/Dearn, U20) 4.03; 4 J May (Sheff/Dearn, U17) 3.33. **SP: A:** 1 A Gurklys (Sheff/Dearn) 16.95; 2 J Briggs (BRAT) 13.35
U17: 60H: 1 S Croney (KuH) 8.86
Women: SP: A: 1 E Dakin (Roth, U20) 12.09; 2 L Holmes (Wake) 11.73
U20: 60H: 1 E Race (Works) 9.19

CROSS-COUNTRY

JANUARY 28

CARDIFF AND THE VALE SCHOOLS CHAMPIONSHIPS, Barry

Senior/Inter boys (5.1km): 1 D Nazareth (CHS) 20:28; 2 I Edwards (Rad, I) 20:48; 3 C Stone (CV Col) 20:56; 4 D Austin (CHS) 21:08; 5 B Graham (Cor C, I) 21:14

Junior (3.8km): 1 B Macey (Cow) 15:36; 2 H Pearce (Rad) 15:48; 3 O Tyrell (Plas) 15:50; 4 L Hall (CHS) 15:56; 5 B Ray (Bro M) 15:59

Year 7 (2.6km): 1 L Camilleri (St Cy) 10:26; 2 J Joyce (Rad) 10:39; 3 C Flynn (Whit) 11:16; 4 C MacNamara (BoL) 11:31; 5 L Martin (Cow) 11:39

Senior/Inter girls (3.8km): 1 L Wright (St D) 16:42; 2 S Rayment (Glant, I) 17:24; 3 M Friedl (Whit, I) 17:33; 4 R Jones (Plas) 17:44; 5 E Williams (Plas, I) 17:50

Junior (3.0km): 1 F Bostock (How) 12:38; 2 M Lyons (Bro M) 12:53; 3 E Andrews (Cow) 13:28; 4 J Robinson (Stan) 13:34; 5 E Watkins (Cow) 13:38

Year 7 (2.6km): 1 S Knogle (Plas) 11:41; 2 P Williams-Jones (Cow) 12:04; 3 B Hardman (Cow) 12:05; 4 T Nathan (Cow) 12:07; 5 E Williams (Plas) 12:08

KENT FITNESS LEAGUE, Nurstead

Overall: 1 B Maillardet (New Eltham J, M35) 30:21; 2 G Seymour (Dartf RR) 30:27; 3 G Hills (Dartf) 30:37; 4 D Pyne (Dartf) 30:58; 5 C Sharp (Dartf, M40) 31:00; 6 S Jones (Cant, M40) 31:06; 7 N Chapman (Padd W) 31:32; 8 K Hughes (Dartf) 31:37; 9 K O'doherty (Petts) 31:40; 10 J Smith (Dartf RR, M35) 31:43; 11 C Tricker (Padd W, M35) 31:51; 12 M Major (Medway & Mstn AC) 31:54; 13 C Burford (Dartf) 32:01; 14 N Lyons (Larkf, M50) 32:18; 15 D Gower (Dartf RR) 32:20; 16 D St Martin (M'stone) 32:28; 17 Y Christodoulou (Cant) 33:02; 18 J Scott (Than, M35) 33:40; 19 D May (Dartf, M40) 33:40; 20 T Durey (Dartf, M50) 33:42

M45: 1 A Swan (Deal TC) 34:39; 2 D Selman (Petts) 34:44; 3 G Mackay (Petts) 35:05. **M50:** 3 G Kitchingham (Orp) 34:31; 4 M Simmonds (I&I) 34:47; 5 A Noble (Folk) 35:01. **M55:** 1 R Whittaker (Inv EK) 35:19; 2 D Sampson (Padd W)



The intermediate start at Dundonald

35:44; 3 A Eastment (N Elth) 36:22. **M60:** 1 M Abousselam (Bromley Vets AC) 37:09; 2 J Graham (S'oaks) 38:28; 3 P McAuliffe (Larkf) 39:31. **M65:** 1 D Thornby (M'stone) 40:12; 2 C Dellow (Dartf RR) 41:29; 3 J Denyer (S'oaks) 41:38. **M70:** 1 T Edgley (I&I) 43:10; 2 V Thomas (Plums) 48:36

Women: 1 R McDonnell (Deal TC, W40) 34:49; 2 G Schaer (Petts, W50) 36:24; 3 A Johnson (Dartf, W40) 37:19; 4 L Portway (N Elth, W35) 37:29; 5 B Morrish (Padd W) 37:43; 6 E Crawford (Petts, W35) 38:03; 7 R Burford (Dartf, U20) 38:54; 8 V Gilmartin (S'oaks, W40) 39:08; 9 R Blacker (Swanley, W45) 39:10; 10 C Linney (Petts, W45) 39:21; 11 S Cronin (Dartf RR) 39:25; 12 L Champion (I&I, W45) 39:33; 13 A Crockford (Grave, U20) 39:53; 14 A Fuller (Dartf RR, W50) 40:21; 15 A Kasprzyk (N Elth) 40:34

W50: 3 J Stoppani (M'stone) 41:10. **W55:** 1 B Wenman (Cant) 40:37

NORTHERN IRELAND & ULSTER INTERMEDIATE & MASTERS' CHAMPIONSHIPS, Dundonald

QUAGMIRE underfoot conditions and a strong breeze failed to detract from an excellent afternoon's action, *Malcolm McCausland* reports.

North west clubs dominated the team competitions with three of the four titles going back over the Glenshane pass, while the individual crowns stayed closer to Belfast.

North Down's Craig McMeechan showed a maturity well beyond his 18 years to win the men's intermediate race over 8km.

The current national junior U20 champion bided his time on the opening 2km lap before moving away from the front pack on the hill for the second time. He enjoyed a healthy lead over Foyle Valley duo Chris McGuinness and Scott Rankin at the halfway point and

continued to pull further away as the race progressed.

At the finish line the Queen's student had 40 seconds to spare over McGuinness, who had foregone the opportunity to defend his masters' title to assist his club in its quest for the team title, with pre-race favourite Scott Rankin another 14 seconds back in third. Foyle Valley put an iron grip on the team trophy when Roy McGilloway moved through to take fourth ahead of Newcastle's Zak Hanna and East Down's Aaron McGrady.

With two more scorers in the top dozen and its sixth man comfortably in the top 20, Foyle Valley were clear winners of the team competition from Acorns AC, led by Darrell McKee in eighth, who occupied the runner-up spot for the fourth consecutive year. Newcastle took the bronze team medals.

The women's intermediate title also went to a teenager as 16-year-old Rebecca Wallace from the Lagan Valley club waited until close to home in the 4km race to gain the victory. The Eamonn Christie-coached athlete quickly built up a 20-second winning margin from long-time leader Newry's Esther Dickson as Ballymena's Kerry Bamber held on for third another 14 seconds in arrears. North Down took the team championship from a disappointingly small field.

With all of last year's medalists missing, Ian Bailey scored an upset in the male 6km masters' race. Using all the skills that have made him a top mountain runner, the 39-year-old powered through to victory on the final lap. Another ultra distance specialist Neill Weir finished in runner-up spot another 20 seconds back with Dermot McElchar making the long journey from Donegal to take the bronze medal. Letterkenny packed superbly well to take the team title ahead of Newcastle and North Belfast.

Earlier, Catherine Diver had opened the programme with a convincing gun to tape win in the female masters' 4km race. The Beechmount Harrier raced to the front from the gun and was already well clear by the top of the first hill. She maintained that advantage to the tape as her namesake from Letterkenny Fionnuala Diver took the silver medal ahead of a

strong finishing Cathy McCourt. Finn Valley ladies won a tight team contest over North Down and Ballymena Runners.

North Down's Terry Eakin was the winner of the M65 race with British & Irish age group champion Jim Patterson in second.

Men (8km): 1 C Mcmeechan (N Down, U20) 27:25; 2 C McGuinness (Foyle V, M35) 28:05; 3 S Rankin (Foyle V) 28:19; 4 R McGilloway (Foyle V) 28:35; 5 Z Hanna (Newc) 28:36; 6 A McGrady (E Down) 28:40; 7 C Kelly (Monaghan Town Runners) 28:43; 8 D McKee (Acorns, M35) 29:22; 9 R Hughes (Willow) 29:24; 10 J Canning (Foyle V) 29:31; 11 M McLaughlin (Foyle V, M35) 29:43; 12 G Donnelly (Acorns, M35) 29:53; 13 E Hughes (Acorns) 29:57; 14 B Kinsella (Willow) 30:15; 15 L McMullan (Newc) 30:20; 16 J Gartland (Newc, M45) 30:22; 17 P Mc Intyre (Foyle V) 30:29; 18 J Malone (NBH) 30:45; 19 G Taylor (B'drain) 30:55; 20 M Mcvey (Acorns, M35) 30:59; 21 V Mcalister (Acorns, M35) 31:05; 22 G Morrow (Willow, M35) 31:14; 23 J Kennedy (Foyle V) 31:16; 24 P Higgins (Newc) 31:18; 25 P Carlin (Newc) 31:19; 26 C Murphy (Armagh) 31:19; 27 C Speers (N Down, M40) 31:19; 28 P Conway (Acorns) 31:22; 29 A Meharg (Acorns) 31:24; 30 A Brown (Newc, M35) 31:26

M40: 2 N Irvine (N Down) 33:34; 3 N Gallagher (Newc) 33:43; 4 J O'hare (Newc) 36:55. **M45:** 2 M Weir (N Down) 31:55; 3 A Johnston (Drom) 38:46. **M50:** 1 G Keenan (VP&Conns) 35:32. **U20:** 2 J Ewing (N Down) 32:12; 3 O O'hare (Foyle V) 33:59; 4 C Jenkins (N Down) 34:15; 5 M Jeffrey (Willow) 35:55

M35 (8km): 1 I Bailey (Newc) 27:42; 2 N Weir (Willow, M40) 27:44; 3 D Mc Elchar (Finn V, M40) 27:59; 4 E White (NBH, M45) 28:09; 5 P Carroll (Anna, M45) 28:22; 6 S Cassidy (Ennis) 28:29; 7 P Mc Kinney (Inish, M50) 28:36; 8 A Doherty (L'keny) 28:51; 9 R Birch (L'keny) 28:55; 10 B Morrow (Ballym R) 29:04; 11 N Carty (NBH, M50) 29:08; 12 S O'donnell (Finn V, M40) 29:15; 13 A Brown (Newc) 29:20; 14 J Mc Elhill (Finn V, M40) 29:33; 15 M Wright (Anna, M45) 29:40; 16 S Nicholson (PACE) 29:49; 17 W McDowell (Drom, M40)



Winner Fiona Bostock (62) and Mollie Lyons; dispute the junior girls lead at Barry



29:55; 18 D Bell (Willow, M50) 29:57; 19 G Mc Granaghan (L'kenney) 29:58; 20 C McMullan (Anna, M40) 29:59; 21 D Proctor (Willow) 30:03; 22 I Toner (L'kenney, M40) 30:15; 23 D Hicks (Newc) 30:16; 24 W Morrow (Larne) 30:32; 25 M Bennett (Ballym R, M40) 30:35; 26 C Logue (Derry Spart) 30:41; 27 M Willcox (E Down, M45) 30:42; 28 P Thompson (Springw) 30:44; 29 N Glenn (NBH, M50) 30:47; 30 C Murtagh (Newc) 30:56; 31 N Napier (AthleticsNI Unattached) 31:10; 32 P Hutchinson (NBH, M40) 31:15; 33 G Mcglinchey (Derry Spart, M40) 31:16; 34 S Mc Fadden (L'kenney, M40) 31:20; 35 M Smith (Mallusk, M45) 31:21; 36 N Connor (Ballym R, M55) 31:33; 40 A Considine (NBH, M40) 31:40; 41 J Turtle (Ballym R, M50) 31:45; 42 A Brennan (Springw, M40) 31:50; 43 D O'kane (Derry Spart, M40) 31:53; 44 D Noble (Larne, M40) 31:56; 45 M Mullan (Derry Spart, M40) 31:57; 46 R Agnew (Ballym R, M45) 32:00; 47 P Le Blanc (Newry AC, M55) 32:02; 72 N Mawhinney (B'drain, M60) 35:01; 87 E Montgomery (Lag V, M60) 36:09
M65 (XC): 1 T Eakin (N Down) 16:59; 2 J Patterson (Newc, M70) 18:13; 3 M Mccaustland (Derry TC) 19:06; 4 B Todd (Orangegrove) 19:11; 5 M Smith (Dub Bel) 19:23; 6 R Mullins (St Ab, M70) 20:05; 7 F Hammond (Lag V) 20:19; 8 F Boal (Lag V) 21:12; 9 J Proctor (Willow) 22:44; 10 W Weir (Drom, M70) 23:42; 11 J Harris (Orangegrove) 24:30; 12 P O'driscoll (N Down, M70) 26:38; 13 I Baxter (NICSSA, M75) 27:18
Women (4km): 1 R Wallace (Lag V) 16:55; 2 E Dickson (Newry) 17:05; 3 K Bamber (Ballym R) 17:19; 4 R Catney (N Down) 17:30; 5 C Turner (N Down) 17:52;

6 C Tonny (Dub Running Club) 17:57; 7 M Troeng (Newc) 18:13; 8 D Weatherall (E Down) 18:13; 9 J Scott (N Down) 18:14; 10 E Mcconnell (N Down) 18:29; 11 J Finlay (Lag V) 18:30; 12 C Lagan (Omagh) 18:39; 13 J Foster (E Down) 18:46; 14 A Turner (N Down) 19:05; 15 A Mccardie (Dub Running Club) 19:28
W35 (4km): 1 C Diver (Beech, W40) 15:40; 2 F Diver (L'kenney) 15:50; 3 C McCourt (W40) 16:03; 4 C Devine (Finn V, W40) 16:10; 5 J Smith (N Down) 16:15; 6 P Worthington (Ballym R) 16:17; 7 H Shields (Derry Spart, W50) 16:28; 8 A Bulman (Willow) 16:39; 9 J Murphy (Lag V, W40) 16:47; 10 D Mone (Monaghan Town Runners) 16:53; 11 D Logue (B'drain) 16:57; 12 S O'kane (Lag V, W45) 16:58; 13 A Perry (B'drain, W45) 17:02; 14 D Evans (Clones, W50) 17:18; 15 K Byrne (Finn V, W55) 17:27; 16 C Coffey (Newry AC) 17:34; 17 J Brown (Ballym R, W40) 17:41; 18 C Mccourt (Dub Running Club) 17:50; 19 J Plumb (NBH, W45) 17:54; 20 E Connor (Derry TC, W40) 18:01; 21 J Hamilton (Willow, W45) 18:02; 22 N O'connell (Murlough, W45) 18:06; 23 P Lindsay (NBH, W50) 18:07; 24 R Dornan (N Down, W40) 18:14; 25 L Gibson (VP&Conns) 18:17; 26 J Redpath (Drom, W40) 18:20; 27 S Brennan (VP&Conns) 18:21; 28 G Quigley (Ballym R, W40) 18:27; 29 A Mcneill (Drom, W50) 18:32; 30 M Harpew (Finn V, W40) 18:35; 35 N Bonner (Finn V, W60) 19:10; 43 C Clarke (NBH, W50) 19:38; 51 C Moran (Foyle V, W55) 20:12; 52 I McCambridge (NBH, W55) 20:14

RUN4IT SCOTTISH NORTH DISTRICT LEAGUE, Thurso

Men (9.6km): 1 J Newsom (I'ness) 35:49; 2 K Wilson (Moray) 36:00; 3 G Lennox (I'ness) 36:42; 4 J Wilson (Moray) 38:51; 5 L Williams (I'ness,

U20) 39:52; 6 W Nicolson (High H, M40) 39:57; 7 P Miller (I'ness, M45) 40:04; 8 G Jenkins (Moray, M45) 40:27; 9 M Stewart (Keith & District, M50) 40:41; 10 S Gardiner (I'ness, U20) 40:46; 11 P Rogan (Moray, M45) 40:56; 12 E Coull (Ross C, M40) 41:56; 13 K Ewing (Keith, M40) 42:00; 14 R Burnett (I'ness) 42:04; 15 A Maclellan (Ross C, U20) 42:19; 16 C Green (Moray, M45) 42:27; 17 F MacLennan (I'ness) 43:07; 18 J Aitken (High H, U20) 43:37; 19 K Cormack (NHH, M50) 44:26; 20 D Spencer (North High Harriers, M50) 44:37; 21 M Bain (Moray, M40) 45:02; 22 J Urquhart (Keith & District, M50) 45:11; 23 I Meek (High H, M50) 45:52; 24 D Orr (North High Harriers, M40) 46:32; 25 N Purdie (Moray, M45) 46:54; 26 D Stockan (NHH, M40) 47:19; 27 R Sutherland (NHH, M35) 47:51; 28 R Cairns (I'ness, M40) 47:54; 29 D Macdonald (I'ness, M45) 48:20; 30 G Angus (Keith & District, M50) 48:25
TEAM: 1 I'ness 388; 2 Moray 379; 3 Keith 330; 4 HHR 328; 5 NHH 315; 6 Ross C 241
U17 (6.4km): 1 S Mcgrath (Dev) 24:27; 2 H Hickey (Ross C) 25:36; 3 J Slimon (High H) 27:26; 4 B Johnston (I'ness) 29:15; 5 R Paul (I'ness, U20) 30:32; 6 M Lewis (Moray) 31:25
TEAM: I'ness 193
U15 (4.95km): 1 L Cairns (I'ness) 18:38; 2 B Cameron (Forres) 19:17; 3 E Rollo (I'ness) 19:30; 4 A Smith (I'ness) 19:31; 5 B Milne (Moray) 19:33; 6 F Rutter (I'ness) 19:58
TEAM: 1 I'ness 295; 2 Ross C 268; 3 Forres 193
U13 (3.5km): 1 L Buchanan (I'ness) 13:33; 2 S Coull (Ross C) 13:45; 3 S Burnett (I'ness) 14:05; 4 R Ellen (Ross C) 14:26; 5 J Henderson (I'ness) 14:28; 6 A Jamieson (I'ness) 14:31; 7 G Nixon (I'ness) 14:33; 8 R Taylor (Moray) 14:37; 9 B Evans (Forres) 15:08; 10 B Newlands (Moray) 15:19
TEAM: 1 I'ness 294; 2 Ross C 284; 3 Moray 266; 4 Forres 177
U11 mixed (1.6km): 1 F Askew (Keith) 6:50; 2 K Burnett (I'ness, U11W) 7:10; 3 M Miller (I'ness) 7:12; 4 K Meek (High H, U11W) 7:14; 5 A Bain (Moray) 7:18; 6 B Dunn (Ross C, U11W) 7:24
Boys TEAM: 1 Moray 289; 2 Nairn 187
Girls TEAM: 1 I'ness 289; 2 Ross C 195
Women (6.4km): 1 J Tullie (Forres) 28:08; 2 G Cormack (I'ness) 28:39; 3 C Nankivill (E Suth, U20) 28:53; 4 K Rogan (Moray) 29:02; 5 R Grant (High H) 30:09; 6 S Gollan (E Suth, W50) 31:26; 7 C Marwick (I'ness) 31:47; 8 M Slater (Moray, W35) 31:56; 9 C Ward (Forres) 32:59; 10 J Haworth (N Norf) 33:11; 11 H Gardiner (I'ness, W40) 33:33; 12 A Wilson (I'ness, W45) 33:53; 13 J Blaszk (Moray) 34:32; 14 E Kenyon (Forres, W40) 34:55; 15 K Whiteside (Ross C, W40) 35:03; 16 H Patterson (North High Harriers) 35:13; 17 L Coull (Ross C, W40) 35:36; 18 A Scott (E Suth, W50) 36:27; 19 F Stewart (E Suth, W40) 36:46; 20 L Macrae (E Suth, W50) 37:06
TEAM: 1 Forres 283; 2 I'ness 283; 3 Moray 278; 4 E Suth 276; 5 Ross C 250; 6 NHH 237
U17 (4.95km): 1 E Andrew (I'ness) 21:31; 2 E Gardiner (I'ness, U15) 21:49; 3 C Garvie (I'ness, U15) 22:22; 4 E Smith (Moray, U15) 22:35; 5 O Richards (Ross C, U15) 22:41; 6 G Whelan (Moray) 22:44; 7 A Gollan (E Suth, U15) 23:17; 8 R Ross (E Suth, U15) 23:35; 9 S Bath (E Suth, U15) 23:56; 10 E Seed (I'ness, U15) 24:21
U15 TEAM: I'ness 294
U15 TEAM: 1 I'ness 292; 2 E Suth 285; 3 Ross C 188
U13 (3.5km): 1 Z Sharpe (I'ness) 14:47;

2 G MacDonald (I'ness) 14:51; 3 A Cairns (I'ness) 15:05; 4 I Howard (Forres) 15:15; 5 K Slimon (High H) 15:30; 6 Z Gill (Moray) 15:43; 7 R Milligan (E Suth) 16:24; 8 B Urquhart (Moray) 16:45; 9 N Taylor (Moray) 17:01; 10 A Walsh (I'ness) 17:09
U13 TEAM: 1 I'ness 297; 2 Moray 280; 3 Ross C 174

JANUARY 24

LONDON COLLEGES LEAGUE, Race 4, Alexandra Palace, London

PHILIPPA Bowden notched up her fourth successive victory over a muddy and hilly Ally Pally course as the rain poured down, *Martin Duff reports.*

The 22-year-old ran out a winner by some 150 metres from Emma Butcher, whose UCL won the women's team laurels on the day and now trail Imperial College by just four points.

The men's race was closer at the front as UCL's Pat Roddy got the nod over St Mary's Oliver Dickinson to lead his college to not only a team victory on the day but also a narrow lead in the overall standings. The previously dominant St Mary's men slipped but their women gave the race a complete miss.

No doubt many had their eyes on the South of England Championships at Stammer Park in Brighton just three days later where hills again featured.

Men (XC): 1 P Roddy (UCL) 24:00; 2 O Dickinson (SMU) 24:06; 3 O Newton (Imperial) 24:29; 4 E Campbell (SMU) 24:37; 5 H Murdoch (UCL) 25:20; 6 H Scriven (Imperial) 25:23; 7 H Hart (Imperial) 25:34; 8 A Chau (UCL) 25:41; 9 A Bonnet Badille (UCL) 25:54; 10 J Lyne (Reading) 26:22; 11 A Boisson (LSE) 26:29; 12 F Johnson (Imperial) 26:39; 13 W Hirst (Barts) 26:46; 14 K Mikhaylov (Imperial) 26:55; 15 C Mcfadzean (Imperial) 26:59; 16 J Dellimore (King's) 27:06; 17 M Wileman (UCL) 27:09; 18 J Shaw (LSE) 27:11; 19 L Jackson (Imperial) 27:13; 20 M Gibbons (UCL, U20) 27:16; 21 C Payne (UCL) 27:17; 22 S Birch-machin (Barts) 27:19; 23 J Dickenson (St George's) 27:25; 24 O Croysdale (Barts) 27:28; 25 A Other 27:31; 26 E Mason (SMU) 27:34; 27 W Marshall (King's) 27:37; 28 C O'brien (Brunel) 27:38; 29 W Sawtell (UCL) 27:51; 30 J Jones (UCL) 28:10
TEAM (5 to score): 1 UCL 965; 2 Imp C 963; 3 UCL B 864; 4 King's 837; 5 Imp C B 835; 6 LSE 825; 7 Brunel 787; 8 UCL C 747; 9 St Mary's 728; 10 Barts 711
Standings after 4 matches

TEAM: 1 UCL 3774; 2 Imps C 3736; 3 St Mary's 3587; 4 Brunel 3488; 5 LSE 3420; 6 King's 3335 7 UCL B 3219; 8 Imp C B 3196; 9 Barts 2689; 10 UCL C 2659
Women (XC): 1 P Bowden (Brunel) 17:35; 2 E Butcher (UCL) 18:09; 3 t Christiaen (LSE) 18:21; 4 T Bage (UCL, U20) 18:31; 5 S Johnson (Imperial) 18:37; 6 K Olding (Imperial) 18:50; 7 C Billy (UCL) 19:14; 8 A Lawson (Imperial) 19:15; 9 A Mundell (Imperial) 19:20; 10 N Edmunds (UCL) 19:41; 11 N Plummer (Reading) 19:58; 12 S Grover (Imperial) 20:01; 13 E Mckane (Brunel) 20:02; 14 S Chastell (St George's) 20:18; 15 R Pease (Barts) 20:20; 16 M Horn (UofL) 20:28; 17 M Powell (King's) 20:52; 18 M Wightman (LSE) 20:57; 19 A Wilson (Imperial) 20:58; 20 L Unknown 21:18
TEAM (4 to score): 1 UCL 581; 2 Imp C 576; 3 Imp C B 529; 4 LSE 513; 5 Reading 507; 6 UCL B 501; 7 Imp C C 482; 8 King's 468; 9 Imp C D 435; 10 UCL C 419
Standings after 4 matches

TEAM: 1 Imp C 2269; 2 UCL 2265; 3 King's 2048; 4 LSE 2020; 5 Imp C B 1965; 6 UCL B 1914; 7 Reading 1755; 8 Imp C C 1751; 9 Imp C D 1585; 10 UCL C 1567
JANUARY 23
MIDLANDS POLICE & SERVICES LEAGUE, Northamptonshire
Overall: 1 O Ellis (Tip) 45:53; 2 J Walkley (RAF) 45:54; 3 S Henderson 46:21; 4 G Hobbs (Unatt, M55) 46:52; 5 A Hoole (B'ville) 47:22; 6 I Parker (Beaumont Lees Rc, M50) 47:58; 7 J Middleton (Leic Tc) 48:33; 8 J Parker 48:40; 9 G Simpson (Shawbury, M45) 48:53; 10 D Kettle (Leic Tc, M50) 49:12; 11 T Fowler (Unatt, M50) 49:21; 12 O Webb 50:04; 13 M Dobson (Unatt, M50) 50:16; 14 O Lole 50:42; 15 S Walters (Unatt, M45) 50:46
M40: 1 T Rees (Chase) 52:29; 2 D Mattocks (Staff H) 57:07. **M45:** 3 J Larkin (Desborough & Rothwell Ac) 51:18; 4 D Randle 54:56; 5 J Holt 57:21; 6 C Hanson 60:26. **M50:** 5 A Mcmurtrie (R&N) 53:10; 6 R Cannon 56:40; 7 P Ryder 65:31; 8 R Watson (Herm) 67:07. **M55:** 2 P Caswell 59:00; 3 M Timms (Sphynx Ac) 66:41. **M60:** 1 S Clews (Hatton D) 51:06; 2 K Willis 51:58; 3 P Dargue (Herm) 67:20. **M70:** 1 M West (Dark Peak Fr) 64:44; 2 P Murphy 70:04. **M75:** 1 T Marchi (Sphynx Ac) 78:32
Women: 1 C White 58:32; 2 K Kemp (Leic Tc, W55) 59:48; 3 M Deakin (Unatt, W45) 60:58; 4 L Valkild (Holmepeierpoint, W50) 61:10; 5 M Moutrie (Silson J, W55) 61:33; 6 T Pearce (Hatton D) 64:00; 7 J Timms (Sphynx Ac, W50) 66:41; 8 L Deans (Unatt, W50) 69:04; 9 L Pym (B'ville, W60) 74:32; 10 J Stewart (Sphynx Ac, W60) 76:37

NORFOLK SCHOOLS' CHAMPIONSHIPS, Norwich

U20 men (XC): 1 J White 21:38; 2 F Swanson 22:42; 3 J Stares 22:42; 4 G Clements 22:50; 5 E Cator 23:06; 6 J Stares 23:09; 7 U Runner 23:36; 8 T Dowden 24:44; 9 H Collins 25:31; 10 T Chapman 26:22
U17 (XC): 1 W Mahoney 21:16; 2 W Simm 22:51; 3 T Bilyard 23:14; 4 A Clarke 23:17; 5 J Price 23:38; 6 B Heseltine 23:43; 7 H Allcock 24:01; 8 R Foyster 24:10; 9 J Atkin 24:12; 10 L Lynds 24:16
U15 (XC): 1 D Adams 16:30; 2 J Smith 17:22; 3 I O'malley 17:30; 4 C Green 17:45; 5 J Kandola 17:46; 6 B Life 17:49; 7 R Andrews 17:51; 8 Z Houghton 18:01; 9 J Keeble 18:05; 10 B Keay 18:08
U13 (XC): 1 C Gowing 8:06; 2 T Stewart 8:11; 3 F Moir 8:18; 4 A Turner 8:21; 5 B Todd 8:23; 6 M Unknown 8:24; 7 M Blaxell 8:25; 8 J Reynolds 8:27; 9 D Conway 8:27; 10 C Crane 8:28
U20 women (XC): 1 M Solway 15:00; 2 R Bruce 15:12; 3 L Emmett (Norfolk, U17) 15:28; 4 A Foster 16:46; 5 K Skazick 17:45; 6 I Brett 18:02
U17 (XC): 1 A Durrand 14:18; 2 K Goldsmith 14:29; 3 M Winship 14:37; 4 K Willis 14:47; 5 J Norkett 14:53; 6 T Anema 15:21; 7 M Gadsby 15:32; 8 E Walker 15:39; 9 O Miller 15:54; 10 R Booth 16:08
U15 (XC): 1 G Jerry 11:53; 2 H Reynolds 12:00; 3 G Forster 12:06; 4 A Watling 12:16; 5 M Shart 12:27; 6 T Crane 12:31; 7 A Clouston 12:33; 8 A Daniels 12:40; 9 E Phillips 12:44; 10 M Symomos 12:51
U13 (XC): 1 M Kelly 5:39; 2 E Abbott 5:44; 3 G Pegg 5:50; 4 T Andrews 5:54; 5 A McCallum 6:05; 6 E Chen 6:09; 7 A Graddock 6:13; 8 K Harvey 6:14; 9 O Draper 6:16; 10 D Grantham 6:16



Sunny McGrath: on his way to an under-17 win at Thurso

REBECCA VANWEL

ROAD

JANUARY 28

FERRIBY 10, Skidby

Overall: 1 K Lecher (CoH) 52:15; 2 S Bateson (E Hull, M40) 54:22; 3 R Page (Linc W) 54:36; 4 B Sadowjy (Bart D) 55:31

M45: 1 M Hayes (E Hull) 58:52; 2 G Thomas (Wold) 59:27. **M50:** 1 D Edge (Bev) 60:56; 2 S Dring (Wolds Veterans RC) 61:09. **M60:** 1 S Rennie (CoH) 64:12; 2 G Perkins (Wolds Veterans RC) 67:58
Women: 1 C Stansfield (CoH) 61:20; 2 S Darling (Linc W) 66:03; 3 S Hughes (Sutton-in-Ashfield Harriers & AC, W45) 68:16

W50: 1 C Oakshott (CoH) 72:51

LSK MASTERS' RELAYS, Strathclyde Park, Motherwell

M35+ (4x3.8M): 1 Bella R 80:48 (B Carmichael 20:24, B Carse 20:25, G Paterson 20:04, A Campbell 19:55); 2 Moth 81:22 (A Cameron 19:47, J White 21:13, M Hand 20:05, D Gardiner 20:17); 3 Irv 81:58 (C Whitby 20:21, B Richardson 20:02, D Millar 19:31, A Douglas 22:04); 4 Cambus 82:30; 5 Dund H 82:33; 6 G'nock 82:53

M50: Shett 87:26 (B Scally 22:28, D Williams 21:30, B Coyle 21:34, W Henderson 21:54)

Fastest: 1 C Mooney (G'nock) 19:12; 2 D Muir (Law) 19:14; 3 Millar 19:31
M50+ (3x3.8M): 1 Spring 68:49 (C Stewart 24:44, R Fraser-Moodie 22:58, M Sandison 21:07); 2 Giff N 70:17 (J Smyllie 23:18, A Chong 23:06, M McCutcheon 23:53); 3 Bella R 71:01 (R Beard 23:22, E Campbell 23:29, C Wharton 24:10); 4 PHRC 71:43; 5 Cald 73:35; 6 Bella H 75:47

Fastest: 1 Sandison 21:07; 2 Fraser-Moodie 22:58; 3 Chong 23:06

FREETHORPE 10, Freethorpe

Overall: 1 A Darby (Ely) 54:26; 2 D Middleton (Norw RR, M35) 54:30; 3 D Blake () 55:12; 4 B Russell (Norw RR) 56:35; 5 D Nimmo (Norw, W) 56:42
M40: 1 M Pyatt (Ryst) 57:40. **M45:** 1 S Walford (Bure) 58:09; 2 T Topper (Wym) 59:18. **M55:** 1 J Moore (Norf G) 60:49. **M65:** 1 S Dady (Wym) 71:37. **M70:** 1 K Bowman (Colt) 74:22

Women: 1 Nimmo 56:42; 2 C Rose (Norw, W35) 60:25; 3 C Nicole Mukaya (Gl Yar) 61:19; 4 C Neale (N Norf) 65:00; 5 K Murrell (Tri-Anglia, W35) 65:35; 6 C Cummings (Wym, W40) 65:45

W40: 2 A Smith (Wym) 68:27. **W45:** 1 S Spence (Bure) 68:44; 2 T Dooley (Norf G) 70:33; 3 S Hurren (Wym) 71:42; 4 H Mian (Norf G) 71:50. **W50:** 1 C Henery (Norw) 73:25; 2 S Roberts () 74:53.
W55: 1 J Sheahan 77:44. **W60:** 1 A Ellen (Norf G) 78:55; 2 P Edwards (Norw RR) 79:00. **W70:** 1 J Ashby (Ryst) 87:48

GAYTON RUN 10km, Gayton

Overall: 1 K Tustain (Brackley) 39:34; 2 J Carberry 40:18; 3 O Grady (Bed H, M40) 40:38

Women: 1 E Townsend (Sils) 45:07; 2 L Cash (Unatt, W40) 46:56; 3 R Bailey (Unatt, W40) 47:13

Overall (5km): 1 S Dix (Brackley) 18:18; 2 J Boot (Desf) 19:10; 3 P Catchside (Mil K, M40) 19:42

Women: 1 N Crookes (Brackley, W40) 22:16; 2 K Rignall (Kingfisher Harriers) 22:35; 3 J Dowling (Redway) 24:47

LONGLEAT 10km, Wiltshire

Overall: 1 N Young (Wells) 34:30; 2 N Papa (Bust Tri) 35:19; 3 R Wheeler 35:59

Women: 1 A Zmslona 40:21; 2 S Thomas (Sails) 40:31; 3 J White 41:20

W55: D Hier (Avon VR) 45:13

MELTHAM 10km, Meltham

Overall: 1 S Hinchcliffe (PFR) 35:16; 2 T Kaye 36:16; 3 S Cook 36:30

M55: 1 M Hall (Otl) 38:45

Women: 1 A Caufield (Hal) 43:10; 2 L Gill (PFR) 44:08; 3 H Roby (Long) 44:08

W55: 1 B Coomber (Denby Dale AC) 44:10; 2 J Johnson (PFR) 46:03. **W65+:** 1 A Baldwin (Stainl) 50:06

RISBOROUGH RUN IN THE PARK 5km, Princes Risborough

Overall: 1 D Adam 20:19; 2 L Byrne 23:04; 3 T Madelin 23:06

Women: 1 E Springell (Unatt, U20) 27:07; 2 C Williams 27:52; 3 M Peters 29:01

ROMSEY 5, Hampshire

Overall: 1 J Roberts (Soton) 25:00; 2 B Brewster (Soton) 25:13; 3 M Revier (Soton) 25:40; 4 A Mohamed (Soton) 25:54; 5 R Greenwood (Stubb G) 26:58

M50: 1 D Blackman (Soton) 28:53; 2 P Costley (Soton) 29:50; 3 A Graham (Lhill) 29:57

Women: 1 L Locks (Hart, W40) 30:00; 2 K Bailey (Win, W45) 30:07; 3 A Chamberlain 30:43

W40: 2 T Hare 33:36; 3 C Dyer (Tott) 33:59. **W45:** 2 K Shannon (Hedge E) 34:03. **W50:** J Eaton (Newb) 34:11

ROYAL PARKS WINTER 10km, Hyde Park

Overall: 1 J Tidd (WSEH) 34:16; 2 N Marriage (Fulham) 34:35; 3 P Davis (Norw) 35:04

Women: 1 M Gibson 40:40; 2 P Teoh-Shi (Kent) 41:05; 3 K Ramahay (W35) 43:44

STAVERTON 10; Gloucestershire

Overall: 1 W Ferguson (CLC) 53:40; 2 A Lee (Chelt) 53:51; 3 M England (Chelt) 53:52; 4 J Parker (Chelt, M45) 54:44

M40: M James (Chelt) 58:21. **M45:** 2 J Hayes (Bitt) 59:52. **M50:** J Moer (Glouc) 51:12. **M55:** 1 D Walsley (Bourf) 62:31; 2 I Smith (FoD) 63:52

Women: 1 S Crombie-Hicks (Chelt, W45) 63:55; 2 H Jenkins (Almost A) 64:13; 3 F Maycock (Chelt, W50) 65:06; 4 R Orchard (Corn, W35) 65:14

W40: J Fletcher (Chelt) 67:36. 2 D Livabella (Stroud) 67:47

SWANAGE 10km, Dorset

Overall: 1 B McGreevey 36:47; 2 R Skinner 36:51; 3 S Pound 37:06

Women: 1 L Hulson 41:10; 2 C Halford 41:35

ST ANNES 10, Lytham St Annes

Overall: 1 R Danson (Wesh) 52:59; 2 A Worster (Tod) 59:04; 3 B Hagan (Kesw) 59:57

M60: 1 P Muller (N Vets) 64:28

Women: 1 D Allen (Leigh) 61:08; 2 S Douglas (Sale) 65:43; 3 J Nelson (B'burn, W40) 66:26

W50: 1 A Allen 71:15

HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km, London Hyde Park

Overall: 1 R Weston (Serp) 15:37; 2 N Besson (Serp) 16:35; 3 S Pearce-Higgins (TVH) 16:42

M45: 1 F Allen (Hercules Wimb) 17:40.

M50: 1 C Jackson 18:11; 2 A Green (Tm East H) 18:27. **M55:** 1 J Bere (High) 18:30; 2 S Plummer (ESM) 18:35; 3 C Lydon (Beck) 18:48; 4 P Sinton-Hewitt (Rane) 19:04. **M60:** 1 J Haynes (Bish S) 18:38; 2 J Barron (Kent) 20:17. **M65:** 1 A Roberts (Serp) 20:05. **M70:** 1 T Rea (Dragons R) 23:15. **M75:** 1 T Kimber (Barnet & District) 28:28. **M80:** 1 C Collins (Vets) 28:56. **M85:** 1 R Pitcairn-Knowles (S'oaks) 32:08

Women: 1 S Bailey (W4H) 19:26; 2 S McDonald (S Lon, W50) 19:31; 3 I Rea (W4H, W40) 19:41

W45: 1 C Wilding (Serp) 20:01; 2 K Pardoe (Purple P) 20:03; 3 A Barber (Kent) 21:56. **W50:** 2 P Major (S Lon) 21:35. **W55:** 1 V Mitchell (S Lon) 24:40.

W60: 1 P Clarke (Sutt R) 23:42; 2 A Sanders-reece (Serp) 24:47; 3 S Edwards (Camb H) 25:30. **W65:** 1 P Kelvin (Serp) 25:28; 2 R Calderbank (Stratford Upon Avon) 25:40

W45: 1 C Wilding (Serp) 20:01; 2 K Pardoe (Purple P) 20:03; 3 A Barber (Kent) 21:56. **W50:** 2 P Major (S Lon) 21:35. **W55:** 1 V Mitchell (S Lon) 24:40.

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2 J Malone (Naisea) 32:34

Women: 1 F Marks (B&W) 28:48; 2 J Bishop (Cleve) 30:46; 3 J Faram (S'ville) 31:17; 4 C Broughton (GWRP) 31:54

W40: P Richards (Weston) 32:33. **W50:** 1 T Allan (B&W) 33:31; 2 R Mushens (B&W) 35:13. **W65:** M Palmer (W'bury) 41:48

JANUARY 21

FOUR VILLAGES HALF MARATHON, Helsby

Additional results

Overall: 1 B Fish (B'burn) 69:09; 2 M Abu-rezeq (Alt) 70:33; 3 T Charles (Traff) 73:21; 4 N Watson (Scar) 73:27; 5 M Shaw (Salf) 73:32; 6 M Jenkin (Bide) 74:28; 7 R McGeachie (H&F) 74:49

M40: 1 R Pearse (W'sey) 77:40; 2 J Ainsworth (Vale R) 77:44; 3 D Bennett (Elles P) 77:47. **M45:** 1 S Doyle (Vale R) 76:50; 2 J Walton (Leeds C) 79:18. **M55:** 1 A Green (Warr) 77:59. **M60:** 1 P Muller 81:48. **M65:** 1 C Mason (S Der) 94:30

Women: 1 G Connolly (SHS, W35) 79:40; 2 L Riches (Leigh) 83:00; 3 K Wood (Sale) 83:32; 4 F Davies (Roth, W40) 83:34; 5 D McVey (Wilm, W40) 84:17

W40: 3 M Buckle (Newc S) 89:37; 4 C Dooley (Vale R) 90:08; 5 S Kearney (Welsh Anglo Athletes) 90:59. **W45:** 1 L Dixon (Newc S) 90:17. **W50:** 1 B Jackson (Alt) 97:18; 2 J Dala (Pens) 99:01. **W55:** 1 C Bird (Bidd) 96:40. **W60:** 1 M Rees (W'sey) 1:47:40. **W65:** 1 Y Twelvetree (T'ley) 1:51:48; 2 S Pilling-wilke (Northwich) 1:57:25

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MULTI-TERRAIN

JANUARY 28

PORTSMOUTH JOGGERS CHILLY HILLY 10km, Hampshire

Overall (tough 10km): 1 J Manning (Denm, M40) 41:11; 2 K Gale (M50) 44:06; 3 J Ellard (M40) 44:07

Women: 1 F Cripps (Chich R, W40) 46:05; 2 L Mitchell (W40) 51:28; 3 K Bailey (W40) 52:53

FALKIRK ULTRA, Falkirk

Overall (8hr): 1 N Gibson 51.993M; 2 A Brown 51.296M; 3 C Harris 50:51M; 4 S Gold 49.323M

Women: 1 E Lairnaity 49.0835M; 2 L Cameron 48.839M; 3 C Mackenzie 45.062M

SKULL WINTER TRAIL SERIES, Glenrothes

Overall (4.1M): 1 C Russell (Leven LV, M45) 26:59; 2 D Clark (Falk TR) 28:40; 3 A Lowden 28:46

M55: N Muir (Perth R) 30:11

Women: 1 J Menzies (BMF Dunf, W45) 30:29; 2 J Turner (Falk TR, W45) 31:05; 3 Z Johnston (Falk TR, W40) 33:37

W55: R Cochrane (JogScot) 33:53

SLAUGHTERFORD 9, Wiltshire

Overall: 1 C McMillan (Weston) 55:09; 2 E Knudsen (Avon VR) 55:43; 3 D Anderson (Durs) 55:09

M40: D Hall (Corsh) 57:23

Women: 1 C Prosser (Wells, W45) 66:25; 2 P Porter (Bitt, W45) 70:37; 3 V Ratcliffe (Somer, W35) 71:02

FLITCH WAY 100km, Braintree

Overall: 1 A Higgins (Dublin Bay, M40) 7:55:00; 2 P Vermeesch (Gard CR, M40) 7:56:53; 3 I Hammett (Bed H, M35) 8:27:57

M40: 3 P Whiting (Norf G) 11:21:08; 4 P Adams 11:27:22; 5 J Steele (Tadcaster) 11:51:50. **M45:** 1 S Mathieu 9:10:36; 2 M Andersson 9:43:46; 3 J Rio Rodriguez (Colchester) 9:57:12. **M55:** 1 R Pinnington 10:49:37

Women: 1 I Cairns (Tyne Br, W35) 10:00:04

PHOENIX RUNNER BEAN, Sawbridgegorth

Overall (Mar): 1 J Drake 3:39:33; 2 T Dionision 3:39:48; 3 D Little 3:46:23

M40: 1 M Bastick (Redway) 4:49:33. **M45:** 1 E Cleary (26.2) 4:50:41

Women: 1 N Juchau (Met P, W45) 4:06:36; 2 J Booker 4:32:11; 3 L Henderson 4:50:34

Overall (6H): 1 I Shelley 52:48; 3 L Lundy 47:2

Women: 1 L Dale 31:52

JANUARY 27

BRUTAL WOMEN ONLY 10km, Longmoor, Hampshire

Women (tough 10km): 1 A Gascoigne (Elles P) 77:47. **M45:** 1 S Doyle (Vale R) 76:50; 2 J Walton (Leeds C) 79:18. **M55:** 1 A Green (Warr) 77:59. **M60:** 1 P Muller 81:48. **M65:** 1 C Mason (S Der) 94:30

Women: 1 G Connolly (SHS, W35) 79:40; 2 L Riches (Leigh) 83:00; 3 K Wood (Sale) 83:32; 4 F Davies (Roth, W40) 83:34; 5 D McVey (Wilm, W40) 84:17

W40: 3 M Buckle (Newc S) 89:37; 4 C Dooley (Vale R) 90:08; 5 S Kearney (Welsh Anglo Athletes) 90:59. **W45:** 1 L Dixon (Newc S) 90:17. **W50:** 1 B Jackson (Alt) 97:18; 2 J Dala (Pens) 99:01. **W55:** 1 C Bird (Bidd) 96:40. **W60:** 1 M Rees (W'sey) 1:47:40. **W65:** 1 Y Twelvetree (T'ley) 1:51:48; 2 S Pilling-wilke (Northwich) 1:57:25



(Helm H, U21) 40:35; 3 E Johnston (Helm, H) 44:03
W40: A Richards (Helm, H) 45:09. **W50:** J Wilcox (Helm H) 46:55
U17 (1.3M/200ft approx.): 1 M Knowles (L&M) 11:11; 2 E Beaumont (K&C) 11:39; 3 T Umpleby (Kend) 11:45
U17 women: 1 C Ryland (Amble) 12:28; 2 B Holt (Clay) 13:13; 3 B Raven (Ilkley) 12:28
U15 (0.8M/120ft approx.): 1 O Sanders (Helm H) 7:47; 2 J Villiers (Barl) 8:06; 3 C Coates (Amble) 8:21
U15 girls: 1 S Ryland (Amble) 9:03; 2 G O'Dowd (Eden) 9:22; 3 E Beardwood (Helm H) 9:46
U13 (0.6M/90ft approx.): 1 H Ewbank (Eden) 6:33; 2 W McNally (Leven V) 6:36; 3 J Dixon (Amble) 6:39
U13 girls: 1 S Smith (Helm H) 6:42; 2 E Taylor (Ross) 7:28; 3 J Edmondson (Amble) 8:08

TARRENHENDRE, Tywyn

Overall (6M/2000ft): 1 M Roberts (Calder V) 53:07; 2 G W Hughes (Mercia) 53:09; 3 K Steinegger (Amble) 54:34; 4 J Brown (Buck, M40) 55:11
M60: S Jones (Eryri) 60:35. **M70:** J Morris (Buck) 79:00
U20: R Jenkins 56:02
Women: 1 M Grant (Eryri) 58:20; 2 S Williams (Rhed Heb) 60:32; 3 A Bartlett (Mercia, W40) 60:54

JANUARY 27

DEVIL'S BURDEN RELAY, Falkland

Overall (7.5km/220m, 10km/680m, 11.5km/410m, 5.5km/390m): 1 W'lands CC 2:47:04 (N McAllinden 26:44, T Callan/S Alexander 64:36, G Stewart/M Sutherland 46:40, S Halsall 29:04); 2 Shett 2:49:51 (G Boyne 25:25, R Gollan/R Simpson 67:25, M Sullivan/K Richmond 49:10, R Stewart 27:51); 3 C'thy 2:51:27 (E Lennon 24:03, K Rawliff/J Britton 70:39, L Braby/A Fallas 48:18, I Gilmore 28:27); 4 Ochil 2:57:36 (C Smithard 25:21, J Stevens/S Feltbower 66:19, A Park/A Hayward 57:20, R Spalding 28:36); 5 Cors 2:58:16 (D Gavine 27:49, T Ferrington/M Anderson 69:11, J Carpenter/J Harrison 53:00, E Brown 28:16); 6 Ochil (M40+) 2:59:53 (D Wallace 26:11, A Anthony/D Eiser 70:49, G Campbell/E Jack 53:00, D Godfree 29:53); 7 C'thy (M40+) 3:02:36; 8 Shett (M40+) 3:05:35; 9 Cambus 3:05:46; 10 HBT (mixed) 3:06:33
M50+: C'thy 3:26:33 (A Ward 32:32, A Patience/N Gilmore 79:54, G Macinnes/S Fallon 58:34, A Spenceley 35:33)
M60+: W'lands CC 4:00:31 (P Strachan 36:25, D Dickson/G McCaffrey 90:50, M MacLeod/D Atkin 71:45, B Brennan 41:31)
Mixed: 1 HBT 3:06:33 (E McKechnie 30:39, J Stephen/G Tindley 73:59, P Gardner/C Freshwater 52:22, J Dunn 29:33); 2 Edin U 3:09:01 (J Gloss 32:52, T Morgan/G Malcolm 68:45, P Edwards/K Hall 61:23, J Adkin 26:01); 3 Ochil (V40+) 3:21:39 (G Godfrey 33:07, A Priestley/E Mooney 82:09, G Baxter/G Fraser 54:44, N Leslie 31:39); 4 Ochil 3:26:26; 5 Shett 3:37:52
Women: 1 C'thy 3:30:46 (J Paris 31:22, A Mudge/H Bonsor 80:53, N Duncan/R Normand 61:45, E Leason 36:46); 2 Fife 3:43:57 (F Bracegirdle 29:57, M Crawford/J Cruickshanks 96:10, M Stone/R van Rensburg 60:53, L Gibson 36:57); 3 W'lands CC 3:45:29 (E Homewood 32:59, A Berry/V Houston 90:22, M Robins/S Ranford 66:39, S Adam 3:45:14); 4 Fusion T 3:45:29; 5 Dees R 3:46:53; 6 S'earn 4:02:08
W50: Fife 4:08:23 (A Gerrard 34:42, H Ritchie/K Macpherson 93:54, L

Stephen/L Brown 73:24, J McWhinnie 46:23
Fastest: **Leg 1:** Lennon 24:03
Leg 2: L Rees/T Rees (Fife) 61:35
Leg 3: Stewart/Sutherland 46:40
Leg 4: Adkin 26:01

BLAKES'S HEAVEN, Lamplugh

Overall (4.4M/1463ft): 1 R Lightfoot (Ellen) 34:40; 2 A Thomas (Kesw, U21) 34:42; 3 M Mikkelsen-Barron (B'dale F) 35:03; 4 C Tinion (Ellen) 35:09; 5 J Dugdale (C'land F) 35:15
M45: S Booth (B'dale F) 39:17. **M55:** P Cornforth (Amble) 39:47. **M60:** P Crampton (C'land F) 44:56
Women: 1 S Noon (C'land F) 40:36; 2 L Roberts (Amble, W45) 42:26; 3 N Hunter (Kesw, U21) 44:51
W55: K Beaty (C'land F) 53:01
U17 (2M/160ft): 1 T Coates (Kes, U15) 11:39; 2 E Swarbrick (C'land F, U15G) 11:54; 3 A Rhodes (C'land F, U15) 12:42
U17 women: 1 Swarbrick (U15) 11:54; 2 K Russell (C'land F, U15) 13:50; 3 M Easthope (C'land F) 15:01
U15 girls: 3 R West (N'land F) 16:27
U13 (1.25M/20ft): 1 M Jewell (C'land F) 8:17; 2 X Booth (Kesw) 8:50; 3 A Alcon (Kesw) 8:51
U13 girls: 1 E Stone (Kesw) 9:27; 2 F Bowness (C'land F) 9:30; 3 O Swarbrick (C'land F) 9:47

ARD WHALLIN, Beldwin

Overall (7.8M/2411ft, Manx F unless stated): 1 B Corkill 75:19; 2 N Colburn 78:03; 3 P Sheard (M50) 82:01; 4 I Gale (M50) 83:52
Women: 1 A Forster 84:41; 2 E Miklos 90:11; 3 R Craine (Northern, W40) 98:03

JANUARY 26

DESS WOODS NIGHT RACE, Aboynae

Overall (8km/200m): 1 F Wilson (U20) 33:51; 2 J Wright (Dees R, U2) 34:16; 3 C Williamson (Cosmic, U20) 35:43; 4 P Henry (Dees R) 36:34
M40: K Harper (Dees R) 36:44. **M50:** D Kerridge 38:38. **M60:** D Duncan (Ochil) 48:35
Women: 1 S Provan (Dees R) 39:40; 2 F McDonald (Cosmic, W40) 42:14; 3 M Entwistle (Dees R, W40) 44:21
W60: L Wallace (Dees R) 53:47
U20: A Mason (Dees R) 44:45

JANUARY 21

CONVY MOUNTAIN RACE, Conwy

Overall (8km/500m): 1 M Fortes (Eryri, M40) 46:29; 2 J Bowden (HBT) 46:47; 3 J Hartley (B Combe) 47:48
M50: G P Jones (Eryri) 57:20. **M60:** L Hughes (Mald) 57:58
Women: 1 L Browne (B Combe) 48:49; 2 B Law (Eryri) 64:06; 3 J Williamson (Eryri) 69:02

KENDAL WINTER LEAGUE

GIGLESWICK, Settle

Overall (4M/650ft): 1 A McLeod (Leeds C) 22:43; 2 J Hall (Wharf) 23:52; 3 M Ainsworth (Helm H) 24:40; 4 Ben Procter (Helm H) 24:55; 5 J Ryland (Amble, M40) 25:07
M50: R Stuart (Helm H) 27:07. **M60:** B Thompson (Helm H) 30:25. **M70:** J Hodgson (Dall) 39:58
U21: R Askew (Helm H) 27:07
Women: 1 I Burrow (Helm, H, U21) 28:49; 2 E Maddocks (Lons) 30:34; 3 B Dyer (Helm H, W40) 31:22
W50: C Evans (Sett) 33:00
U17 (2M/325ft approx.): 1 M Knowles (L&M) 12:47; 2 S Segger-Steveley (Sett) 12:59; 3 J Taylor (Ross) 13:04

U17 women: 1 C Ryland (Amble) 14:34; 2 M Doherty (Helm H) 16:28; 3 I Palmer (Hall) 16:50
U15 (1.3M/210ft approx.): 1 S Smith (Wharf) 10:13; 2 O Sanders (Helm H) 10:22; 3 J Villiers (Barl) 10:51
U15 girls: 1 O Winder (Leven V) 11:53; 2 S Ryland (Amble) 12:24; 3 E Malcolm (Helm H) 12:33
U13 (0.7M/110ft approx.): 1 H Ewbank (Eden) 6:48; 2 W McNally (Leven V) 6:51; 3 R Ashworth (Amble) 6:55
U13 girls: 1 S Smith (Helm H) 7:00; 2 E Tallon (Helm H) 7:36; 3 E Walkingshaw (Eden) 8:05

LAMB'S LONGER LEG, Congleton

Overall (3.25M/950ft): 1 S Bailey (Mercia) 30:10; 2 Billy Cartwright (Mat) 31:45; 3 A Campbell (Bux) 32:00
M40: M Johnson (Stock H) 34:48. **M50:** S Smithies (Calder V) 35:14
Women: 1 L Batt (Dark Pk, W50) 39:05; 2 A-M Jones (Macc, W60) 40:08; 3 J Mellor (Penn, W50) 42:04

FEEL THE BURNS, Selkirk

Overall (21.4km/800m): 1 D Tullie (HBT) 69:21; 2 S Feltbower (Ochil) 70:51; 3 L Braby (C'thy) 71:49; 4 E Sedman (RTCW) 72:42; 5 J Britton (C'thy) 72:47
M40: D Flanagan (C'thy) 73:06. **M50:** C Donnelly (Cambus) 77:54. **M60:** J Tullie (Tev) 81:57
Women: 1 G Tindley (HBT) 78:07; 2 R Newstead (C'thy) 85:39; 3 C Hopkins 86:50
W40: G Cairns (Penic) 90:50. **W50:** M Hetherington (C'thy) 91:48. **W60:** S Macnab (Lauder) 1:49:00

JANUARY 20

BOX HILL, Dorking

Overall (7.5M/1800ft): 1 A McGrady (VPH) 56:40; 2 M Marshall (Fulham) 56:45; 3 J Dale (VPH) 57:43; 4 C Assmundsen (R'lagh) 58:53; 5 F Lassonde (VPH) 59:37; 6 R Macdonald Jones (R'lang) 59:45
M40: R Harris (Weigate) 60:14. **M50:** M Brown (Crys P TC) 67:59. **M60:** H Balfour (Dulw) 75:14. **M70:** P Hadley (Camb) 1:47:22
Women: 1 R Thomas (VPH) 65:23; 2 S Pemberton (Serp) 69:11; 3 N Sheel (Serp) 71:44; 4 N Cahusac (G&G, W40) 73:04
W60: L Henbury (Tring) 78:58

CRAIG YR ALLT

Overall (3.75M/984ft): 1 P Ryder (Clwb R) 30:00; 2 D Borman (A'dare) 31:03; 3 A Tuckey (B'end, M40) 31:16; 4 J Whierlock (L'wery, M50) 32:03
M60: J Aggleton (MDC) 38:17. **M70:** L Williams (Rhedydd) 48:29
TEAM: 1 Mynydd D 84; 2 P'pridd R 90; 3 FoD 97
Women: 1 H Brown (Mynydd D, W40) 35:50; 2 K Ironside (MDC) 37:29; 3 N Morgan (Mynydd D, W50) 38:14
TEAM: 1 Mynydd D 80; 2 MDC 123

KINDER TRIAL, Hayfield

Overall (11M/2000ft): 1 S Coldrick 98:29; 2 D Ward (Penn, M40) 1:45:40; 3 T Bush (Penn) 1:45:52; 4 A Stuart (Beest) 1:49:35; 5 K Webster (Mat, M45) 1:53:14
M55: D Soles (Penn) 1:54:35
M60: D Bowen (Penn) 2:11:10. **M65:** A Duncan (Bowl) 2:26:18
Women: 1 K Bryan-Jones (Dark Pk, W45) 2:11:19; 2 S Richmond (Penn, W40) 2:14:50; 3 J Grantham (W40) 2:22:55
W50: J Bednall (Bux) 2:52:25

PARKRUN

JANUARY 27

parkrun 5km

Leading age-graded

Beckenham Place: C Elms 18:52
W50 91.56%; **Poole:** A Ridley 17:01
M50 88.72%; **Bedford:** A Leach 17:11
M50 88.55%; **Exmouth:** P Monaghan 17:03
M50 88.54%; **Clumber:** H Burrell 19:36
W50 88.14%; **Tonbridge:** L Slack 19:47
U11W 87.89%; **Tonbridge:** O Breed 19:17
U15W 87.68%; **Carrickfergus:** G Davison 17:40
M55 87.50%; **Livingston:** Y Crilly 20:13
W55 87.43%; **Newbury:** M Moody 23:37
W65 86.98%; **Rother Valley Country:** D King 16:51
M45 86.89%; **Tonbridge:** S Slack 19:30
U15W 86.70%; **Perth:** J Pyrah 16:24
M45 86.65%; **Cannon Hill:** M James 19:31
W50 86.54%; **Brighton Hove:** G Godden 17:03
M50 86.52%; **Bushy:** M Shields 18:56
M60 86.47%; **Cardiff Blackweir:** D James 18:31
M60 86.23%; **Bushy:** J Reid 16:52
M45 86.15%; **Belfast Victoria:** R Peroli 21:16
W55 86.12%; **Bushy:** A White 18:21
U15W 86.06%; **Troon:** B Hughes 18:48
M60 85.64%; **Manchester Platts Field:** M Curley 19:59
M65 85.58%; **Glasgow Victoria:** P McCrossan 20:40
W55 85.53%; **Brighton Preston:** R Skelton 15:11
SM 85.51%; **Strathclyde:** F Roberts 15:11
SM 85.51%; **Edinburgh Silverknowes:** J Blair 17:48
M50 85.48%; **Redbridge:** F Fullerton 17:19
SW 85.47%; **Bramhall:** R Downs 17:40
M50 85.45%; **Bromley:** G Schaer 19:38
W50 85.08%; **Raphael:** S Foley 18:34
U15W 85.05%; **Dulwich:** S Davies 17:08
M45 84.81%; **Greenwich:** R Tabor 24:14
W65 84.76%; **Barking:** S Philcox 17:41
M50 84.71%; **Poole:** J Bassinder 17:25
M50 84.70%; **Rickmansworth:** P Stainer 18:09
M55 84.50%; **Northala Fields:** L Lascelles 20:16
W50 84.28%; **Reading:** M Dowling 20:45
W55 84.21%; **Bushy:** M Atkins 16:31
M40 84.19%; **Bromley:** R Beswick 18:13
M55 84.19%; **Cannon Hill:** B Gunn 17:34
U20W 84.06%; **Newcastle:** I Norman 18:33
M55 84.00%; **Raphael:** M Bland 17:34
M50 83.98%; **Linwood:** D Petrie 19:01
M60 83.97%; **Northala Fields:** M Lascelles 19:30
M60 83.96%; **Cardiff Blackweir:** S Mitchell 15:30
SM 83.87%; **Northampton:** A Green 18:10
M50 83.75%; **Poole:** G Alan-Williams 16:30
M40 83.67%; **St Albans:** S Ward 17:42
SW 83.62%; **Preston:** L Hesketh 17:44
SW 83.61%; **Peterborough:** E Sumskis 15:33
SM 83.60%; **Bushy:** A Jaksevicius 15:58
M35 83.54%; **Worcester Pitchcroft:** M Turner 17:01
M45 83.51%; **London Bishop's:** A Riddell-Webster 19:48
W50 83.45%; **Rickmansworth:** M Turney 18:17
M50 83.22%; **Exmouth:** K Syngie 17:45
SW 83.19%; **Sedgefield:** K Edwards 19:31
M60 83.19%; **Skipton:** P Powell 18:44
W40 83.18%; **Belton House:** B Livesey 16:22
M35 83.17%; **Tonbridge:** K Holmes 19:15
W45 83.15%; **Cardiff Blackweir:** G Fletcher 16:16
M35 83.10%; **Greenock:** P Monaghan 17:15
M45 82.99%; **Haigh Woodland:** J Taylor 21:33
W55 82.99%; **Leicester Victoria:** A Quigley 17:08
M45 82.94%; **Eastbourne:** L Lumber 20:09
W50 82.90%; **Druridge Bay Country:** I Harding 16:00
M35 82.89%; **Perth:** D Knight 17:40
M45 82.87%; **Phoenix:** C Bishop 18:58
M55 82.82%; **Exeter River Valley:** K Cook 22:23
W60 82.82%; **Brighton Preston:** N Yeates 22:23
W60 82.82%; **Redbridge:** P Reddaway 18:59
M55 82.75%; **Southport:** M Walker 20:40
M65

82.75%; **Cardiff Blackweir:** M James 16:01
U18M 82.70%; **Wimbleton Common:** L Woolhouse 21:23
W55 82.66%; **Barnstaple:** P Thorne 17:36
M45 82.56%; **Harcourt Hill:** T Jones 16:51
M40 82.52%; **Dulwich:** S Goldsworthy 15:44
SM 82.52%; **Darlington:** B Martin 19:31
M60 82.50%; **Perth:** S Robertson 17:37
M45 82.48%; **Bakewell:** R White 16:59
M40 82.47%; **Highbury Fields:** P Kelland 18:36
M55 82.45%; **Wolverhampton West:** T Kelly 17:22
M45 82.43%; **Eastville:** S Everett 20:16
W50 82.42%; **Dolgellau:** R Bentley 16:11
M35 82.42%; **Jersey:** P Ahier 18:20
M50 82.35%; **Congleton:** C Bird 21:29
W55 82.28%; **Greenock:** S Campbell 17:10
M40 82.18%; **Eastbourne:** S Fry 19:08
W45 82.12%; **Brighton Hove:** D Dunstall 18:50
M55 82.08%; **Aberystwyth:** A Worthing 23:09
W60 82.07%; **Wellholme:** B Parkinson 20:39
M65 82.06%; **Gunnersbury:** R Dadswell 18:24
M50 82.05%; **Shrewsbury Quarry:** P Savill 20:18
M65 82.04%; **Telford Town:** R Coupe 19:31
W45 82.02%; **Bakewell:** C Leigh 17:28
M45 81.96%; **Bedford:** J Decesars 18:00
M50 81.96%; **Conkers:** S Halsey 18:34
M50 81.95%; **Bradford:** T Adams 16:11
M35 81.95%; **Dulwich:** M Giles 18:53
M55 81.86%; **Birkenhead:** J Pickett 16:11
U18M 81.85%; **Market Harborough:** B Owen 22:56
W60 81.83%; **Harwich:** S Langley 19:03
M55 81.80%; **Bushy:** N Chisholm 17:15
M40 81.78%; **Hove Promenade:** S Smythe 19:22
M55 81.78%; **Leicester:** G Vaughan 22:08
W55 81.76%; **Hackney Marshes:** P Quinton 16:32
M35 81.76%; **Penrose:** S Wherry 18:28
M50 81.75%; **Raphael:** T Pecoraro 18:46
M55 81.72%; **Maidenhead:** P Mannion 18:55
M55 81.72%; **Hilly Fields:** R Dessaix-Chin 16:40
M35 81.67%; **Hackney Marshes:** P Gaimster 17:09
M40 81.67%; **Hackney Marshes:** R Thomas 18:06
SW 81.67%; **Worcester Pitchcroft:** P Beastall 15:59
SM 81.66%; **Swansea Bay:** L Jones 18:20
W35 81.60%; **Burgess:** R Johnson 17:49
M45 81.56%; **Cambridge:** J Paternain 18:11
U20W 81.54%; **Cardiff Blackweir:** D Jay 16:15
U18M 81.51%; **Brandon:** K Vaughan 18:40
M50 81.51%

Fastest men

Brighton Preston: R Skelton 15:11
Strathclyde: F Roberts 15:11
Cardiff Blackweir: S Mitchell 15:30
Peterborough: E Sumskis 15:33
Dulwich: S Goldsworthy 15:44
Worthing: G Doliner 15:55
Bushy: A Jaksevicius 15:58
Worcester Pitchcroft: P Beastall 15:59
Druridge Bay Country: I Harding 16:00
Dulwich: E Chuck 16:00

Fastest women

Vogrie: L Mitchell 16:15
Linwood: L Johnson 17:06
Redbridge: F Fullerton 17:19
Cannon Hill: B Gunn 17:34
St Albans: S Ward 17:42
Preston: L Hesketh 17:44
Exmouth: K Syngie 17:45
Strathclyde: S Green 18:01
Belton House: V Hubbard 18:02
Hackney Marshes: R Thomas 18:06
Norwich Eaton: M Beckett 18:09
Cambridge: J Paternain 18:11
Burgess: A Thomson 18:18
Swansea Bay: L Jones 18:20
Worthing: A White 18:21
Falkirk: C Moffett 18:23
Belfast Queen's: R Gibson 18:23
Liverpool Princes: P O'Hare 18:24

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CROSS-COUNTRY

Saturday February 3

ANGLIA SCHOOLS' CHAMPIONSHIPS
RHS, Holbrook.

BUCS CHAMPIONSHIPS

Hillingdon House Farm Sports Ground, Uxbridge.

bucs.org.uk

HERTFORDSHIRE COUNTY SCHOOLS' CHAMPIONSHIPS

Westminster Lodge, St. Albans.

hsaa.info

LEICESTERSHIRE & RUTLAND COUNTY SCHOOLS CHAMPIONSHIPS

Ratcliffe College.

systemed.co.uk/isxc

NORTH WALES SENIOR LEAGUE

Marches School, Oswestry. 2pm.

northwalesxc.com

RANELAGH H v ORION 7.5M MOB MATCH

Richmond Park. 2.30pm.

ranelagh-harriers.com

SCOTTISH NATIONAL MASTERS' CHAMPIONSHIPS

Deans Castle Country Park, Kilmarnock.

events.scottishathletics.org.uk

SOUTH WEST SCHOOLS' CHAMPIONSHIPS

Exeter.

STOCKPORT HARRIERS SCHOOLS' LEAGUE

Stockport. 10.30am.

stockportharriers.co.uk/club-events

STORMONT OPEN

Stormont, Belfast. 11am.

nics-ac.com

Sunday February 4

CULTYBRAGGAN JUNIOR OPEN

Cultybraggan Camp.

DBJ LEAGUE

Andover. 1.15pm.

bmhac.co.uk/dbj-xc-league

EAST YORKSHIRE LEAGUE

Welton. 11am.

beverleyathleticclub.co.uk

FROSTBITE FRIENDLY LEAGUE

Bourne Woods, Bourne. 10.15am.

frostbiteleague.org.uk

GLIDDON & SQUIRE NORTH DEVON LEAGUE

West Buckland Sch, Barnstaple. 10am.

northdevonxcleague.weebly.com

GWENT LEISURE CENTRE LEAGUE

Usk Campus, Usk. 11am.

sites.google.com/site/gwclcrunning/home/cross-country

HEREFORDSHIRE LEAGUE

Nash Woods, Presteigne. 11am.

OXFORD MAIL LEAGUE

Lawns Park, Swindon. 9.55am.

oxonxc.org.uk

SCOTTISH BORDERS LEAGUE

Hay Lodge Park Peebles.

bordersxc.blogspot.co.uk

THAMES VALLEY LEAGUE

Bracknell.

tvxc.org.uk

Wednesday February 7

EAST ANGLIAN LEAGUE

Theford RFC, Theford.

eaaccl.webs.com

NORTHERN POLICE LEAGUE

Woodbank Park, Stockport.

2pm.

slateman.co.uk/nppcl

Saturday February 10

ALTON SPORTS HAMPSHIRE LEAGUE

Aldershot. Noon.

hampshireathletics.org.uk/events/hxcl.html

BIRMINGHAM LEAGUE

1: Wolverhampton. 2: Ullenwood. 3: TBC.

birminghamccleague.co.uk

CHILTERN LEAGUE

Campbell Park, Milton Keynes.

chilterncl.co.uk

ESSEX LEAGUE

Gloucester Park, Basildon. 10am.

colchesterharriers.co.uk/winterfixtures17

JERSEY ADVISA HEPBURN ORACLE LEAGUE (JUNIORS & SENIORS)

St Johns Manor.

jerseyspartan.com

KENT LEAGUE

Sparrows Den, Hayes. Noon.

kcaa.org.uk

MANCHESTER AREA LEAGUE

Wythenshawe Park, Manchester. Noon.

maccl.co.uk

MIDLAND WOMEN'S LEAGUE

Wolverhampton, Wolverhampton.

midlandathletics.org.uk

NORTH DOWN FESTIVAL OF XC RELAYS

Castle Park, Bangor. Noon.

northdownac.co.uk

RUNNERS RETREAT CHILTERN LEAGUE

TBC.

chilterncl.co.uk

SCOTTISH NORTH DISTRICT LEAGUE

Forres.

northleague.co.uk

START FITNESS GWENT LEAGUE

Pontypool Park.

gwent-league.org.uk

START FITNESS METROPOLITAN LEAGUE

Trent Park, Enfield.

metleague.co.uk

START FITNESS NORTH EASTERN HARRIER LEAGUE

Thornley Hall Farm, Peterlee. 12.15pm.

harrierleague.com

START FITNESS SURREY LADIES' LEAGUE DIVISION 1/2

Richmond Park. 11am.

surreyleague.org

START FITNESS SURREY MEN'S LEAGUE

1: Wimbledon Common.

2/3/4: Lloyd Park

surreyleague.org

SUSSEX LEAGUE

Stanmer Park, Brighton.

sussexathletics.net

Sunday February 11

BOOTH DECORATORS LEAGUE

Holmebrook Valley Park, Chesterfield.

11am.

leaguetracker.co.uk/Organiser/?O=Booth

LIVERPOOL & DISTRICT LEAGUE

Clarks Garden. 2pm.

lps-athletics.co.uk/d-cross-country

MATHIESON CUP

Belfast Playing Fields, Park Road,

Mallusk. 11am.

malluskharriers.co.uk

PECO LEAGUE

Middleton Park.

pecoxc.co.uk

WEST MIDLAND YOUNG ATHLETES' LEAGUE

Aldersley Stadium, Wolverhampton.

11am.

wmyaccl.com

WESTWARD LEAGUE

Central Park, Plymouth.

city-runs.co.uk/westward

WEST YORKSHIRE WINTER LEAGUE

Skipton. 10.30am.

wymedia.co.uk/wywl/fixtures.html

WINTER SERIES RACES

Camperdown Park, Dundee.

dundeehawks.com

Wednesday February 14

MIDLANDS POLICE & SERVICES LEAGUE

RAF Cosford. 2pm.

csaa.org.uk

Saturday February 17

BLACKHEATH & BROMLEY H v RANELAGH H MOB MATCH

Richmond Park.

bandbhac.org.uk

CHINGFORD LEAGUE

Victoria Park. 1pm.

facebook.com/groups/913546882044405

GLOUCESTERSHIRE LEAGUE

Pitville Park, Cheltenham.

11.45am.

athletics4u.co.uk/cross-country

LEWIS & HARRIS SERIES

Lews Castle, Stornoway.

srac.org.uk

MID LANCASHIRE LEAGUE

Rylands Park, Lancaster. 12.30pm.

midlancs.org.uk

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE

Harrow. 1pm.

british-athletics.co.uk/nwll

SOUTH EAST LANCASHIRE LEAGUE

Astley Park, Chorley. 12.30pm.

selcc.co.uk

Sunday February 18

53-12 LEAGUE

Holbecks Lane, Hadleigh. 10am.

53-12xc.com/fixtures.htm

CC6 LEAGUE

Dennywood, New Forest. 9.30am.

cc6.co.uk

DERBY RUNNER LEAGUE

Gracedieu. 11am.

derbyrunnerleague.com

DOWNES LEAGUE

Epsom Downs. 10.45am.

EAST SUSSEX LEAGUE

Heathfield Park, Heathfield. 10.30am.

eastsussexcrosscountry.co.uk

GARSCUBE HARRIERS SCHOOLS OPEN

Maryhill Park, Glasgow.

garscubeharriers.org.uk

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE

Old Racecourse, Richmond. 1pm.

new-marske-harriers.co.uk

SCOTTISH BORDERS LEAGUE

Galashiels Policies, Galashiels.

bordersxc.blogspot.co.uk

SOUTH ESSEX LEAGUE

One Tree Hill. 10am.

facebook.com/SouthEssexCrossCountryLeague

SUFFOLK WINTER LEAGUE

Nowton Park, Bury.

suffolkathletics.org.uk/Temp%20work/crosscountry.htm#Suffolk Winter League

SUNDAY LEAGUE

Royston. 10.30am.

runherts.com

INDOOR

Thursday February 1

HORSHAM BS OPEN SERIES

Broadbridge Heath Leisure Centre,

Horsham. 7pm.

horshamblestharriers.org.uk

Saturday February 3

ESSEX & EASTERN AA CHAMPS

Lee Valley. Until Sunday February 4.

essexathletics.org.uk

GLASGOW POLE VAULT GRAND PRIX

Emirates Arena.

events.scottishathletics.org.uk



5km and 2km events. For more info, see greatrunlocal.org

Wythenshawe Park

9am every Sunday

Debdale Park

9am every Sunday

Birchfields Park

11am every Sunday

Salford Quays

6.45pm every Thursday

Burrs Country Park

9.30am every Sunday

Gibside 9.15am every Sunday

Sunderland 9.30am every Sunday

Glasgow Quays

6.30pm every Wednesday

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

LOUGHBOROUGH STUDENTS AC OPEN

Seb Coe Centre, Loughborough. Noon.

loughboroughsport.com/au-athletics/fixtures

NORTHERN IRELAND & ULSTER JUNIOR CHAMPIONSHIPS

AIT Arena. 9am. Until Sunday February 4.

athleticsni.org

SCOTTISH COMBINED EVENTS/MASTERS/RELAY CHAMPIONSHIPS

Emirates Arena. Until Sunday February 4.

SALE HARRIERS OPEN SERIES

Sportcity. 10.30am.
saleharriersmanchester.com
WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES
 Eton. 12.30pm.
wseh.info

Tuesday February 6

BMC SHEFFIELD OPEN SERIES/ SHEFFIELD RUN JUMP THROW
 Sheffield EIS. 6.30pm.
britishmilersclub.com/fixtures/bmcfixtures.aspx
sheffielddathletics.co.uk

Wednesday February 7

BMC LEE VALLEY OPEN
 Lee Valley. 7.30pm.
sheffielddathletics.co.uk
NEWHAM & ESSEX BEAGLES 60m SPRINT SERIES
 Newham. 11.30am.
justiming-live.co.uk
SOAR OPEN
 Lee Valley.
soarrunning.com
SSAA CHAMPIONSHIPS
 Emirates Arena. Until February 8.
ssaa.co.uk

Thursday February 8

GATESHEAD HARRIERS OPEN SERIES
 Gateshead. 6.15pm.
gatesheadharriers.com

Saturday February 10

MIDLAND CHAMPIONSHIPS
 Birmingham (PB). Until February 11.
midlandathletics.org.uk
WELSH U13/U15/U17/U20 CHAMPS
 Cardiff. Until February 11.
welshathletics.org

Sunday February 11

LEE VALLEY U13/U15 OPEN
 Lee Valley. Noon.
visitleevalley.org.uk/athletics
ORKNEY HIGH JUMP OPEN
 Kirkwall.
orkneyathleticclub.co.uk
SCOTTISH ATHLETICS U12 SUPER TEAMS
 Emirates Arena.
scottishathletics.org.uk

Wednesday February 14

GRANGEMOUTH STADIUM OPEN GRADED MEETING
 Grangemouth. 6.30pm.
online-entries.co.uk
LEE VALLEY MIDDLE DISTANCE OPEN
 Lee Valley. 7pm.
visitleevalley.org.uk/athletics

Friday February 16

BUCS CHAMPIONSHIPS
 Sheffield. Until Sunday February 18.
bucs.org.uk

Saturday February 17

BRITISH ATHLETICS CHAMPIONSHIPS
 Sheffield. Until Sunday February 18.
britishathletics.org.uk
SURREY/SUSSEX CHAMPIONSHIPS
 Carshalton. Until Sunday February 18.
sussexathletics.org.uk
SUTCLIFFE INDOOR 60m SERIES
 Sutcliffe Park.

Sunday February 18

GEOFF CAPES SHOTACULAR SERIES
 Holbeach.
SCVAC CHAMPIONSHIP
 Lee Valley.
scvac.org.uk

MULTI-TERRAIN

Saturday February 3

ABNEY CHEADLE RUN 5km
 Abney Hall, Cheadle, Cheshire. 9.30am.
abneycheadlerun.co.uk
AVON VALLEY RAILWAY 4km/10km
 Bitton Station, Bitton, Bristol. 9am.
aspirerunningevents.co.uk
BOLTON ABBEY TRAIL 5km/10km/8.8
 Bolton Abbey Estate, Wharfedale, North Yorkshire. 9am.
itsgrimupnorthrunning.co.uk
FITSTUFF G3 5km/10km/15km
 Newlands Corner, Guildford, Surrey. 9am.
g3series.co.uk
RAUCEBY RIPPER 9
 South Raucely, Lincolnshire. 10.30am.
theraucebyripper.webnode.com
RUN FOREST RUN – ANTRIM 5km/10km
 Antrim Castle Gardens, Randalstown Road, Antrim. 11am.
bom2runevents.com
THAMES TROT 50
 Iffley, Oxford.
gobeyondultra.co.uk/events
THE ICING ON THE CAKE HALF-MARATHON/MARATHON
 Cardinmill Valley, Church Stretton. 9am.
codrc.co.uk

Sunday February 4

BEDGEBURY FOREST 5/10
 Bedgebury National Pinetum & Forest, Goudhurst, Kent. 9am.
nice-work.org.uk
BOLTON ABBEY TRAIL HALF-MARATHON/MARATHON/ULTRA
 Bolton Abbey Estate, Wharfedale, North Yorkshire. 9am.
itsgrimupnorthrunning.co.uk
CENTURION GRAND PRIX 5
 John Henry Newman Catholic College, North Solihull, Birmingham. 11am.
centurionc.org.uk
CRANLEIGH ADVENTURE RACE 15km
 Band Room, Village Way, Cranleigh, Surrey. 10am.
triadventure.co.uk/18winter3
MAY HILL MASSACRE 9
 Huntley Estate, Huntley, Gloucestershire. 9am.
trimaxevents.com
MONTANE TRAIL 13/26
 Grizedale Forest Visitor's Centre, Ambleside, Cumbria. 9am.
trail26.com
MUDDY BOOTS 10km
 St Wilfrid's RC Primary School, Ripon, North Yorkshire. 11am.
facebook.com/muddyboots10k
NONSUCH PARK 10km
 Nonsuch Mansions, Epsom, Surrey. 10am.
mccpromotions.com
PEAK DISTRICT SPRING SERIES 5km/17km
 Whitworth Centre, Darley Dale, Derbyshire. 8.30am.
trailrunningpeaks.co.uk
PORTCHESTER BANGER 5km
 Portchester Castle, Portchester, Hampshire. 11am.
ruralrunningevents.com
PORTSMOUTH COASTAL HALF-MARATHON
 Pyramids Centre, Southsea, Hampshire. 9.45am.
fitproab.biz
STOURBRIDGE LADIES ONLY 7km/STOURBRIDGE STAGGER 10
 Mary Stevens Park, Stourbridge, West Midlands. 10.30am.
srclub.co.uk

STRATHEARN TRAIL 5km

BlueSky Experiences, Methven, Perthshire. 11am.
kitst.co.uk/strath17-18.html
STREET CHILD CRAFT HALF-MARATHON
 Wimbledon Common, Wimbledon. 11am.
street-child.co.uk/craft-half

Thursday February 8

ARC OF ATTRITION 100
 Coverack, Helston, Cornwall. Noon.
mudcrew.co.uk

Saturday February 10

BATH SKYLINE 5km/10km
 Sports Training Village, University of Bath, Bath. 6pm.
relishrunningraces.com
DARTMOOR 12km/HALF-MARATHON/MARATHON
 Holwell Farm, Widdecombe-in-the-Moor, Devon. 10.30am.
trailevents.co/events/dartmoor
SPERRIN HARRIERS PARKANAUR FOREST 10
 Parkanaur Forest, Castlecawfield. Noon.
sperrinharriers.co.uk

Sunday February 11

ABSENT FRIENDS 5
 Cowpen Bewley Country Park, Billingham, Co Durham. 11am.
marsh-house.org
BATH SKYLINE 5km/10km
 Sports Training Village, University of Bath, Bath. 11am.
relishrunningraces.com
DURSLEY DOZEN 12
 Dursley Sports Centre, Dursley, Gloucestershire. 10.30am.
dursleyac.org.uk
SECOND SUNDAY 5
 Richardson Evans Memorial Fields, Roehampton Vale, London. 9.30am.
secondsunday5.com
STOCKPORT TRAIL HALF-MARATHON
 Railway Pub, Marple, Stockport. 9.30am.
crazylegsevents.co.uk
VIGO VALENTINE'S TOUGH LOVE 10km/10
 Swanswood Field, Vigo, Gravesend, Kent. 10.30am.
pitchero.com/clubs/vigorfc/contact

Thursday February 15

PHOENIX BREAKFAST RACE 6-HOUR
 Excel Leisure Centre, Walton-on-Thames, Surrey. 9.30am.
phoenixrunning.co.uk

Friday February 16

PHOENIX GREASE LIGHTNING 6-HOUR
 Excel Leisure Centre, Walton-on-Thames, Surrey. 9.30am.
phoenixrunning.co.uk

Saturday February 17

CASTLE WARD 4.2/8.4
 Castle Ward, Strangford, Downpatrick. 10.30am.
atlasrunning.co.uk
CASTLE WARD LAST ONE STANDING ULTRA
 Castle Ward, Strangford, Downpatrick. Noon. Until February 18.
atlasrunning.co.uk
PHOENIX JAW DROPPER 6-HOUR
 Excel Leisure Centre, Walton-on-Thames, Surrey. 9.30am.
phoenixrunning.co.uk
SILVERDALE CIRCUIT 21
 Milnthorpe CC, Milnthorpe, Cumbria. 8.30am.
sientries.co.uk/event.php?event_id=3703

ROAD

Saturday February 3

3-1-5 LANCASTER 5km/10km SERIES
 3-1-5 Heath Club, Caton Road, Lancaster. 11am.
lancaster-race-series.co.uk
CHESTERFIELD NO WALK IN THE PARK 5km
 Queens Park, Chesterfield. 9.30am.
northderbyshirec.jimdo.com
OMAGH CBS 5km/10km
 Omagh CBS, Omagh. 11am.
cbsomagh.org
QEOP WINTER 10km SERIES
 Queen Elizabeth Olympic Park. 9.30am.
qeopaces.com
SUNFLOWERS HALEWOOD 5km
 Environment Centre, Okell Drive, Liverpool, Merseyside. 10.30am.
knowsleyharriers.com

Sunday February 4

ALSAGER 5
 Alsager Leisure Centre, Alsager, Staffordshire. 11am.
alsager5.co.uk
ASHFORD & DISTRICT 10km
 Sandyacres, Sandyhurst Lane, Ashford, Kent. 11am.
ashfordanddistrict10k.co.uk
BLACKBURN WINTER WARMER 10km
 Witton Park, Blackburn. 11am.
blackburnroadrunners.net
BLACKMORE VALE LIONS 5.25
 Bishops Caundle, Sherborne, Dorset. 11am.
bvlhm.yolasite.com
BLACKMORE VALE LIONS HALF-MARATHON
 Bishops Caundle, Sherborne, Dorset. 11am.
bvlhm.yolasite.com
CANCER RESEARCH UK LONDON WINTER RUN 10km
 Trafalgar Square, London. 9.30am.
winterunseries.co.uk
CHERTSEY HOUSE SERIES 10
 Imperial Hotel, St Peter Port, Guernsey. 10am.
guernseyathletics.org/gg
CHICHESTER PRIORY 10km
 Goodwood Motor Circuit, Chichester, Hampshire. 9.30am.
chichester10k.com
DEWSBURY 10km
 Dewsbury, West Yorkshire. 9am.
dewsburyroadrunners.co.uk
FULFORDS 5
 Exmouth Sports Centre, Exmouth, Devon. 10am.
exmouth-harriers.co.uk
GREAT BENTLEY HALF-MARATHON
 Village Hall, Great Bentley, Essex. 10.30am.
gbrc.org.uk
GREENWICH PARK WINTER 10km SERIES
 Greenwich Park, London. 9.30am.
theraceorganiser.com
MORNINGTON CHASERS REGENT'S PARK 10km WINTER SERIES
 Regents Park, London. 9am.
chaser.me.uk/tenk/tenk.php
NEWQUAY 10km
 Newquay Sports Centre, Newquay, Cornwall. 9.45am.
newquayroadrunners.co.uk
PONTYPRIDD REVERSE 10
 Penallta House, Tredomen Park, Ystrad Mynach, Rhondda Cynon Taff. 10am.
pontypriddroadentsac.org.uk
RENFREWSHIRE AAA CHAMPIONSHIPS
 Battery Park, Greenock.

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com
RUN DURHAM DALTON PARK 10km
 Seaham.
runnation.co.uk
RUN HEATON 5km/10km/HALF-MARATHON
 Heaton Park, Manchester. 10am.
runheaton.com
RUNTHROUGH OLYMPIC PARK 5km/10km
 Queen Elizabeth Olympic Park, London. 10am.
runthrough.co.uk
RYDE 10
 Esplanade, Ryde, Isle of Wight. 11am.
rydeharriers.co.uk
SOUTHPORT MAD DOG 10km
 Stanley High School, Southport, Merseyside. 10am.
maddog10k.co.uk
WATFORD HALF-MARATHON
 Cassiobury Park, Watford, Hertfordshire. 10.30am.
watfordhalf.co.uk

Tuesday February 6

CLEETHORPES WINTER 3km/5km SERIES
 Cleethorpes CC, Chichester Road, Cleethorpes. 6.30pm.
cleethorpesac.co.uk
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
crystalpalacecanter.wordpress.com

Wednesday February 7

LEICESTER CITY WINTER 5km SERIES
 Victoria Pk, London Rd, Leicester. 7.30pm.
nice-work.org.uk
SOUTH SHIELDS MONTHLY MILE
 Sanddancer Pub, South Shields. 7pm.
runeatssleep.co.uk

Friday February 9

CHARLES DARWIN DAY HALF-MARATHON/MARATHON
 Sports Village, Shrewsbury. 10am.
codrc.co.uk

Saturday February 10

BUXTON PAVILION GARDENS 5km
 Pavilion Gardens, Buxton. 9am.
buxtonac.org.uk
EXETER HALF-MARATHON (DAY 1)
 Haven Banks Outdoor Education Centre, Exeter, Devon. 9.30am.
exetercitycommunitytrust.co.uk/courses/running-events/exeter-half-marathon-2018
RUNTHROUGH TATTON PARK 10km
 Tatton Park, Knutsford, Cheshire. 9am.
tatton10k.com

Sunday February 11

26.2 VALENTINE'S 10km
 Chessington Sports Centre. 9am.
26point2.co.uk/valentines10k
BRAMLEY 10/20
 Bramley Primary School, Bramley, Hampshire. 10.30am.
readingroadrunners.org/bramley.html
DEAL HALF-MARATHON
 Fowlmead Country Park, Sholden, Kent. 10.30am.
dealtri.co.uk
DRAYCOTE WATER WINTER 10km
 Draycote Water, Kites Hardwick, Warwickshire. 9.45am.
theraceorganiser.com
DUNE HALF-MARATHON
 Albert Basin, Newry. 10am.
dunehalfmarathon.com

EXETER HALF-MARATHON (DAY 2)
Haven Banks Outdoor Education Centre, Exeter, Devon. 9.30am.

exetercitycommunitytrust.co.uk/courses/running-events/exeter-half-marathon-2018

HARROW HILL 10km
Garlands Lane, Harrow. 10.30am.

metros.org.uk
KEYWORTH TURKEY TROT HALF-MARATHON

Keyworth, Nottinghamshire. 10.15am.

turkeytrot.org.uk

KIRKINTILLOCH 12.5km
Gartconner Primary School, Kirkintilloch.

entrycentral.com/kirkintilloch125k
LANCASTER VALENTINES 10km

George & Dragon Pub, Lancaster.

ukroadraces.info

LEICESTERSHIRE HALF-MARATHON

Prestwold Hall, Loughborough. 9.30am.

leicestershirehalf.com

LOVE WELWYN GARDEN CITY 10km

Welwyn Garden City, Herts. 10am.

lovewelwyngardencity10k.co.uk

LYTCHETT MANOR 10

Lytchett Manor Sports Centre, Poole, Dorset. 10.30am.

lytchettmanorstriders.org

NEWCASTLE WINTER WONDER 6-HOUR

Town Moor, Newcastle. 9.30am.

northeastmarathonclub.co.uk

NICK BEER 10km (Inc WELSH CHAMPS)

Promenade, Llandudno, Conwy. Noon.

nwrc.co.uk

RAS CORS CARON HALF-MARATHON

Tregaron Leisure Centre, Dyfed. 11am.

trots.org.uk/tregaron.shtml

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.

risboroughruninthepark.weebly.com

RUN LIVINGSTON 10km/ HALF-MARATHON

West Lothian College, Livingston. 10am.

runlivingston.co.uk

ST VALENTINES 30km

Queen Eleanor School, Green Lane, Stamford, Lincolnshire. 11am.

stamfordstriders.co.uk

VICTORIA PARK WINTER 10km SERIES

Grove Road, Bow, London. 9.30am.

theraceorganiser.com

WILTSHIRE 10

King George V Playing Field, Melksham, Wiltshire. 10am.

stampedesports.co.uk

WORTHING HALF-MARATHON

Marine Parade, Worthing, Sussex. 9am.

worthinghalf.co.uk

Wednesday February 14

ARMADA ATHLETICS NETWORK WINTER 3km SERIES

Central Park, Plymouth, Devon. 7pm.

armadaathletics.co.uk

RUNTHROUGH CHASE THE MOON OLYMPIC PARK 5km/10km

Queen Elizabeth Olympic Park. 7pm.

runthrough.co.uk

STREET 5km SERIES

Utd Reformed Church Hall, Street. 7.30pm.

wellsctcityharrriers.org.uk

Thursday February 15

ARMAGH INTERNATIONAL RACES

Crozier Hall, Armagh. 6.30pm.

armagh5k.com

Friday February 16

HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km

The Bandstand, Hyde Park. 12.30pm.

serpentine.org.uk

Saturday February 17

5KOOL RUN 5km

Tavistock College, Devon. 9.15am.

skoolrun.events

9BAR WINTER RAILWAY ULTRA 9/18/28/37

Woodbridge PH, Coalport. 10am.

codrc.co.uk

BALLYGALGET AC SANTA 5km/10km

Mitchell Park, Ballygalget. 11.30am.

eastdownac.co.uk

SELF TRANSCENDENCE 10km

Battersea Park, London. 8.30am.

uk.srichinmoyraces.org/races/london

Sunday February 18

BATH TWO TUNNELS 5km/10km

Brickfields Park, Bath. 10am.

relishrunningraces.com

BORDERS LEAGUE - CAERNARFON 10km

Coed Helen Rec Grounds. 11am.

bordersleague.org.uk/fixtures

CASTLE COMBE CHILLY 10km

Castle Combe Race Circuit, Castle Combe, Wiltshire. 10am.

dbmax.co.uk

CENTRAL LANCASHIRE 5km

Leverhulme Park, Bolton. 9.30am.

boltonunitedharriers.co.uk

DORNEY LAKE WINDSOR WINTER HALF-MARATHON

Dorney Lake, Eton, Berkshire. Noon.

f3events.co.uk

DYMCHURCH 10km

The Slipway, Dymchurch, Kent. 11am.

mccpromotions.com

GREAT NORTH WEST HALF-MARATHON

Hilton Hotel, North Promenade, Blackpool, Lancashire. 11am.

fydecoastrunning.org

HAMPTON COURT HALF-MARATHON

Giggs Hill Green, Thames Ditton. 8.30am.

hamptoncourthalf.com

KINLOSS TO LOSSIEMOUTH HALF-MARATHON

Lossiemouth Community Centre, Lossiemouth. 11am.

morayroadrunners.com

LIVERSEDEGE HALF-MARATHON

Roberttown Community Centre, Roberttown, West Yorkshire. 11am.

roberttownroadrunners.co.uk

LLANELLI HALF-MARATHON

Parc Y Scarlets, Llanelli, Carmarthenshire. 9am.

llanellihalf.co.uk

NASEBY 1645 16.45

Village Hall, Naseby, Northamptonshire. 9am.

raceharborough.co.uk/naseby-1645

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.

risboroughruninthepark.weebly.com

RUN FOR ROTARY 10km SERIES

Draycote Water, Kites Hardwick, Warwickshire. 10am.

rfr.1060.org.uk

RUN NEWCASTLE VALENTINES 10km

Exhibition Pk, Newcastle upon Tyne. 11am.

run-nation.org

RUN WITH THE WIND HALF-MARATHON

Nether Lethame Farm, Strathaven.

strathavenstriders.co.uk

TEMPO 10km SERIES

Mickleton Road, Stratford-upon-Avon, Warwickshire. 10.30am.

tempoevents.co.uk

TENTERDEN 5

Village Hall, Wittersham, Kent. 10.30am.

nice-work.org.uk

TEST TRACK 10

Ford Motor Company, Laindon. 9.30am.

stlukeshospice.com

VALENTINE 10km (Inc NORFOLK CHAMPIONSHIPS)

Easton College, Easton, Norfolk. 10am.

norfolkzelles.co.uk

WOKINGHAM HALF-MARATHON

Cantley Park, Wokingham. 10am.

wokinghamhalfmarathon.co.uk

WOMBWELL 5

Rec Ground, Wombwell. 10.30am.

wombwellsportingac.weebly.com

TRACK

Wednesday February 7

DOROTHY HYMAN WINTER TRACK

Cudworth.

barnsleyac.co.uk

Saturday February 10

JERSEY SPARTAN AC WINTER WARRIORS THROWING SERIES

St. Clement.

jerseyspartan.com

Tuesday February 13

SWINDON WINTER THROWS

Swindon.

swindonharriers.com

WALKS

Sunday February 4

LONDON OPEN WALKS

Hillingdon Cycle Circuit, Hillingdon. Noon.

MANX WINTER LEAGUE

Isle of Man.

SARNIA PARK WALK 3km

Cambridge Park, St.Peter Port.

Saturday February 10

SAM SHOEBOOTS TROPHY

Samster.

Saturday February 17

ENFIELD LEAGUE

Donkey Lane, Enfield. 1pm.

OVERSEAS

Saturday February 3

IAAF WORLD INDOOR TOUR

Karlsruhe, Germany.

iaaf.org/home

IRISH LIFE HEALTH NATIONAL LEAGUE FINAL

Abbotstown, Ireland.

athleticsireland.ie

Sunday February 4

IRISH LIFE HEALTH AAI INDOOR GAMES

Abbotstown, Ireland.

athleticsireland.ie

Tuesday February 6

IAAF WORLD INDOOR TOUR

Düsseldorf, Germany.

iaaf.org/home

Thursday February 8

IAAF WORLD INDOOR TOUR

Madrid, Spain.

iaaf.org/home

Friday February 9

IRISH UNIVERSITY CHAMPIONSHIPS

Athlone, IRE.

iuaa.org

Saturday February 10

IAAF WORLD INDOOR TOUR

Boston, USA.

iaaf.org/home

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Athletics Weekly, The Great Run Company, 22 Long Acre, London WC2E 9LY

General enquiries: officemanager@athleticsweekly.com

athleticsweekly.com

twitter.com/athleticsweekly facebook.com/athleticsweekly

EDITORIAL

EDITOR **Jason Henderson**

jason.henderson@athleticsweekly.com

EDITORIAL DIRECTOR **Euan Crumley**

euan.crumley@athleticsweekly.com

PRODUCTION EDITOR **Mike Taylor**

07712-583796 / mike.taylor@athleticsweekly.com

WEB EDITOR **Jessica Whittington**

07584-528799 / jessica.w@athleticsweekly.com

PERFORMANCE EDITOR **Peta Bee**

peta.bee@athleticsweekly.com

PRODUCT REVIEWER **Paul Freary**

paul.freary@athleticsweekly.com

PHOTOGRAPHER **Mark Shearman MBE**

mark@athleticsimages.com

Editorial contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, Michael Butcher, Ben Coldwell, Martin Duff, Jean-Pierre Durand, Kevin Fahey, David Griffiths, Paul Halford, Jeremy Hemming, Ruth Jones, Paul Larkins, Matt Long, Keith Mayhew, Tom McNab, Gary Mitchell, Steven Mills, Emily Moss, John O'Hara, Steve Roe, Vic Sailer, Harry Shakeshaft, Denis Shepherd, Simon Turnbull, Dan Vernon, Mel Watman, Stuart Weir, John Wragg

RESULTS

RESULTS EDITOR **Steve Smythe**

results@athleticsweekly.com

FIXTURES COMPILER **Steve Mosley**

whatson@athleticsweekly.com

Results team: Steve Green, Nigel Harding, Hannah Makins,

Malcolm McCausland, Jackie Sibthorp, Les Venmore

Athletics Data: Jacky Brett, John Falvey, Hayley Livesey

ADVERTISING & MARKETING

HEAD OF PUBLISHING SALES **Neil Presland**

07471-035555 / neil.presland@thegreatruncompany.com

GROUP SALES EXECUTIVE **James Mason**

07964-516673 / james.mason@athleticsweekly.com

PUBLISHING, PRINTING & DISTRIBUTION

MANAGING DIRECTOR, GREAT RUN PUBLISHING **Wendy Sly**

wendy.sly@thegreatruncompany.com

PRINTING **Henry Stone Ltd**

Unit 10 Acre Industrial Estate, Wates Way, Banbury, Oxon OX16 3ES

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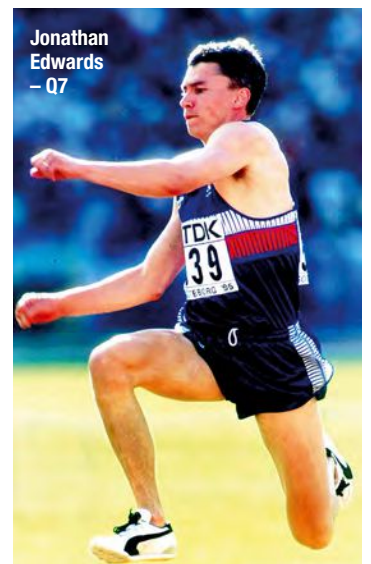
WITH NEWS THAT MARY KEITANY HAS HER SIGHTS SET ON BREAKING PAULA RADCLIFFE'S FAMOUS MARATHON MARK, THIS WEEK'S THEME IS WORLD RECORDS



Who came second to Paula Radcliffe in 2003? – Q1

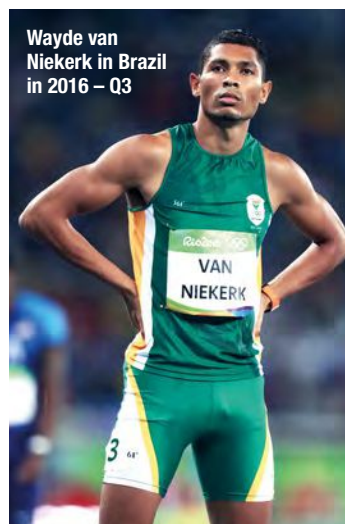
PICTURES: MARK SHEARMAN

- 1** Who came second behind Paula Radcliffe on the day she clocked 2:15:25 in the 2003 London Marathon?
- 2** What is the current men's marathon world record, who holds it and where was it set?
- 3** Whose 17-year-old mark did Wayde van Niekerk smash when he broke the 400m world record at the 2016 Rio Olympics?
- 4** Which American athlete still holds the women's 100m and 200m world records and in which year did she set them?
- 5** Who was the 100m world record-holder before Usain Bolt and what was his mark?



Jonathan Edwards – Q7

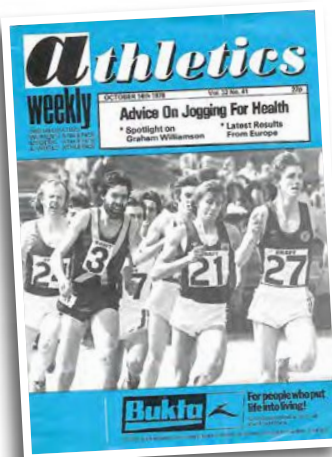
- 6** Which member of the 2018 London Marathon elite men's field holds the world records for 5000m and 10,000m?
- 7** For how long has Jonathan Edwards' triple jump world record stood?
- 8** Merlene Ottey still holds the women's indoor world record for 200m. Which nations did she compete for during her career?
- 9** What outdoor world records does Ethiopia's Genzebe Dibaba hold?
- 10** Can you name the athlete who has clocked the fastest time for 50m indoors?



Wayde van Niekerk in Brazil in 2016 – Q3



Name the athlete who held the world 100m record before Usain Bolt – Q5



COVER STORY 1

Name two athletes pictured on this AW cover from 1978 who competed in the Olympic Games

- 1 Tom McKean and Yvonne Murray, 2 Pakistan, 3 Kenya, 4 Scotland, 5 Two gold, 6 Two appearances and no medals, 7 Steve Backley, 8 Charles Clover, 9 Debbie Brill, 10 Brendan Foster. **Cover story 1:** Kip Keino, Ian Stewart and Mike Baxter. **Cover story 1:** Donna Hartley

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

DOCTOR'S BICYCLE BURDEN LANDS HIM WORLD RECORD

SHAUN SCOTT LOWERS MARATHON MARK IN GLOUCESTER AND NOW HE'S SETTING HIS FUNDRAISING SIGHTS ON THE LONDON SHOWPIECE IN APRIL

THE ACT of completing a marathon is arduous enough for most, but doing so while also carrying a bike is a challenge many people would run the proverbial mile from.

Shaun Scott has proved to be particularly adept at the skill, however, and in fact looks to have written his name into the Guinness World Record books after his performance at the Gloucester Winter Marathon.

The doctor who works at Churchill Hospital, Oxford, is fundraising for the Fire Fighters charity and will also take part in this year's Virgin Money London Marathon.

Scott carried a 7kg road bike around the 26.2-mile Gloucester course and, as a condition of the record attempt, was accompanied the whole way by Angie Sadler of Tewkesbury Athletic Club and



Shaun Scott (left) with Kevin Biles and Angie Sadler

Kevin Biles of Hatch Warren Runners.

The 47-year-old crossed the finish line in 4:51:30 and is awaiting confirmation that his mark is indeed a world record for the fastest marathon whilst carrying a bike.

He is no stranger to running with the mode of transportation. Last year he completed the Blenheim 10k, Oxford Half-Marathon and Simplyhealth

Great South Run 10-miler while carrying a 15kg fixed gear model.

Scott began his fundraising efforts in the aftermath of the Grenfell Tower tragedy and he told the *Oxford Mail*: "Our firefighters risk their lives and put themselves under immense physical and mental pressures in order to help others.

"What really struck me at the time was that the hundreds of

firefighters who went to Grenfell knew that the structure could collapse at any minute and yet they all chose to enter anyway to do what they could to save lives."

He added: "The bike is supposed to symbolise the burdens carried by our firefighters. It is intended as a spectacle to get people talking. I quite like the idea of the irony of a fully-working bicycle being carried, rather than ridden. I hope it symbolises the wasted potential of our fire fighters when dealing with things like post traumatic stress disorder."

Scott is aiming to raise £10,000 for the Firefighters Charity who support members of the fire service if they are injured, ill or in need of psychological support.

■ To support his cause go to [justgiving.com/fundraising/giveitupforfirefighters](https://www.justgiving.com/fundraising/giveitupforfirefighters)

PERRI KEEPS COOL AS ICE ADVENTURE ENDS

PERRI SHAKES-DRAYTON chose to accentuate the positives after her time on ITV entertainment show *Dancing on Ice* came to an end last weekend.

The world 4x400m relay silver medallist, who will compete for England at the Commonwealth Games in April, was somewhat surprisingly voted out in week three of the show, during which she had been partnered by Hamish Gaman.

Shakes-Drayton and Gaman found themselves in the bottom two, and judges opted instead to save the singer Lemar, who had been in the

skate-off for three weeks running.

The sprinter said: "I am gutted to be going but, in the grand scheme of things, I am happy and grateful for the opportunity – and that I am still in one piece.

"Going into it people said: 'What is she doing? It is a big risk'. And it was a big risk that I took but I have come out the other side – and learned a new skill, met new people. Now I can crack on with athletics again and with whatever opportunities come my way.

"The reality is that it did not go the way I wanted but people got to see

my personality – people who don't normally watch sport got to see me. And other people said to me, 'I don't usually watch the show but because you are on it I'm watching'."

Shakes-Drayton will now concentrate on her preparations for Gold Coast 2018, where she will compete in the 400m and the 4x400m relay.

"As well as the athletics training I was doing a minimum of 10 hours per week skating," she said of her *Dancing On Ice* schedule. "Typically I would train at the track in the morning

and be picked up and taken to a local ice rink.

"My session could last four hours. Sometimes you had rehearsals for the show and you had to make up the time skating another time in the week.

"Wednesday was usually a day off but sometimes it didn't work out like that. Every week was very different. Everything fitted around my athletics – except for the weekends when I had to be in the studio. The skating came second."

She added: "I enjoyed every minute of it. I have a lot of memories."

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