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6

EUROPEAN TEAM
CHAMPIONSHIPS

MARK SHEARMAN

EDITOR'S LETTER

Let the athletes tweet!

IT would be a shame if the war of words between Phillips Idowu and Charles van Commenee led to athletes being banned from using Twitter. We already have a situation where governing bodies and PR agencies try to control what athletes say and when they say it. So to outlaw one of the last bastions of free speech would be incredibly sad.

Apart from allowing fans to follow their favourite athletes and events, what's so wrong with spats and gossip anyway? Idowu v Van Commenee (*News*, p.20) or the infamous Linford v the Lord (Christie and Coe) from 2001 are part of what makes the sport so entertaining.

As Tony Parsons, one of Britain's best-known writers, says: "Hating Twitter is like hating the telephone. Or the carrier pigeon. Or the tribal drums."

Football, rugby and other sports have made moves to ban Twitter. Let's hope athletics does not follow the same route by gagging its stars.

withdrawing from the European Team Championships, it is worth remembering that there was a big hoo-ha in 2000 when 13 athletes, including Jonathan Edwards, Steve Backley and Colin Jackson, pulled out of the European Cup at Gateshead.

Yet three months later, only one of the six GB medallists at the Sydney Olympics (Darren Campbell) had used Gateshead in their countdown to the Games.

» WHAT do the following great British athletes have in common? Linford Christie, Tessa Sanderson, Lillian Board, Ashia Hansen, Keith Connor, McDonald Bailey, Robbie Brightwell, Chris Brasher, Godfrey Brown, Eric Liddell? (I could go on, incidentally).

The answer is that none of them were actually born in Britain.

All of which makes a mockery of the 'plastic Brits' debate (*News*, p.21) which has seen the *Daily Mail* accusing UKA of scouring the world for potential Olympic medallists with a vague British link.

» ON the simple issue of elite athletes

Jason Henderson, Editor



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With 9.95 for 100m, Christophe Lemaitre (centre) was the star of the weekend as he beat Dwain Chambers (left) and also won the 200m



GB blows hot and cold

ETC format

EACH of the 12 countries enters one athlete in each discipline. The track events from 100m to 400m are staged as two heats with the strongest athletes seeded in the latter; points are then decided on times.

Predictions

BELOW each report, we have indicated our pre-event predictions for the GB athlete and their actual placing. Based on our predictions, Britain were scheduled to finish fourth. Russia were expected to win but it was thought they could receive a challenge from Germany, while Ukraine were tipped to be bronze medallists.

CHARLENE THOMAS, ANDY TURNER AND DAI GREENE WERE AMONG THE WINNERS ON A MIXED WEEKEND FOR GB ATHLETES

Words: Paul Halford in Stockholm

Pictures: Mark Shearman

MUCH like the weather in Stockholm last weekend, the British team was as glorious as it was dismal.

For just as the sweltering heat on day one was replaced by persistent rain on day two, there were bright spots from four winners, encouraging performances from rising talents and wash-out displays from some.

Behind runaway winners Russia, Britain were fourth, aided by maximum points from Andy Turner, Dai Greene, Charlene Thomas and the men's 4x100m squad.

Aside from these wins, there were encouraging performances from some of the lesser experienced, like Gareth Warburton, James Shane, Steve Stockton and Eilish McColgan.

But the low point was a botched relay changeover between 4x400m relay runners Michael Bingham and Richard Buck in the final track event, which all but ended Britain's fading hopes of meeting the target of third set by GB head coach Charles van Commenee.

The Dutchman was as direct as ever when he assessed the team's showing, as "disappointing"

He explained: "We came here to finish in the top three, which we didn't achieve. It is a team event and the team in the end didn't produce so despite huge efforts and good competition from lots of athletes in difficult circumstances it was not good enough."

Of the relay mix-up, he said: "That changed everything because we were really in the mix all the way, but whether you do it in the first event or the last event it is not relevant. But it's a bit bitter happening in the last part of the last event."

After Britain performed on a par with expectations on the first day to start day two in third, there was a chance of edging out Ukraine. However, Britain went into the final track event, the men's 4x400m relay, trailing

Final standings

	Total	M	W
1 Russia	385	171	214
2 Germany	331.5	165.5	166
3 Ukraine	304	139	165
4 GB&NI	289	141	148
5 France	284	159	125
6 Poland	264	153	111
7 Spain	245	138.5	106.5
8 Italy	237	118	119
9 Belarus	220	98	122
10 Czech Rep	217	94.5	122.5
11 Portugal	176.5	86.5	90
12 Sweden	158	89	69

"It is a team event and the team in the end didn't produce so despite huge efforts and good competition from lots of athletes in difficult circumstances it was not good enough"

Charles van Commenee



Russia continued their domination of the European Team Championships

their close rivals by two points, knowing the pole vault, which was being held at an indoor venue elsewhere, would finish later.

After being in contention for victory in the 4x400m with Ukraine some way down the

field, a disqualification for a faulty changeover on the last leg was a significant blow. But with Britain's Steve Lewis finishing only seventh in the vault behind Ukrainian winner Maksim Mazuryk, the mistake turned out not to be crucial.

Unusually, Britain's women scored more points than their male counterparts, 148 to 141. In the European Cup, the forerunner to this event until 2009, which incorporated separate matches for each sex, Britain's men would traditionally place higher than the women. Here though, had the match been scored separately, Britain's women would have ended up fourth and the men fifth.

As Russia defended their title, the Czech Republic, Portugal and Sweden were relegated. They will be replaced by Turkey, Greece and Norway when the event is next held in Gateshead in two years' time.

With the European Championships occurring every other year from 2012 and held earlier to avoid a clash with the Olympics, that means this usually annual event is missing from next year's calendar.

Britain will hope for a better performance in two years' time. Whether the North East weather can be relied upon to be an improvement on Sunday's weather is another matter.

MEN

100m

CHRISTOPHE LEMAITRE confirmed his status as the continent's leading sprinter when taking a hundredth of a second off his French record to deny Britain's Dwain Chambers his third consecutive 100m title.

Chambers was away well, but Lemaitre, to his immediate left in lane four, accelerated away once he got into his stride and clocked 9.95.

Chambers continued his consistent form with his fourth sub-10.10 time of this season, a clear second in 10.07.

But he was left shaking his head afterwards in frustration at being outclassed by one of the world's fastest-improving sprinters.

"Maybe I'm getting old or he's getting fast, I don't know what it is," said Chambers, who beat Lemaitre into second in last year's European Team Championships. "We bring out the best in each other."

The 33-year-old is hopeful he can reel in the triple European champion, though.

"It's not over til it's over but he's going to go a long way," said Chambers, who added of his own form: "It's the most consistent I've been through all my career and hopefully I do get to dip under 10."

Andy Turner: confirmed status as No.1 in Europe



Chambers is limited in his competitive opportunities because of having been banned earlier in his career and the policy of promoters of major European meetings, but he has competed 13 times this season and said he does not think he is losing out.

"I have raced against him and other world-class athletes all summer so it has helped improve my sharpness," he said. "I know what I have to do going into races and I think I've had my fair amount leading up to these championships. And all I've got to do now is just rest and look forward to the trials."

GB prediction/place: 2nd/2nd

200m

DANNY TALBOT admitted to being slightly overawed on his senior outdoor debut, although his time of 20.96 into a strong headwind was hardly a below-par performance.

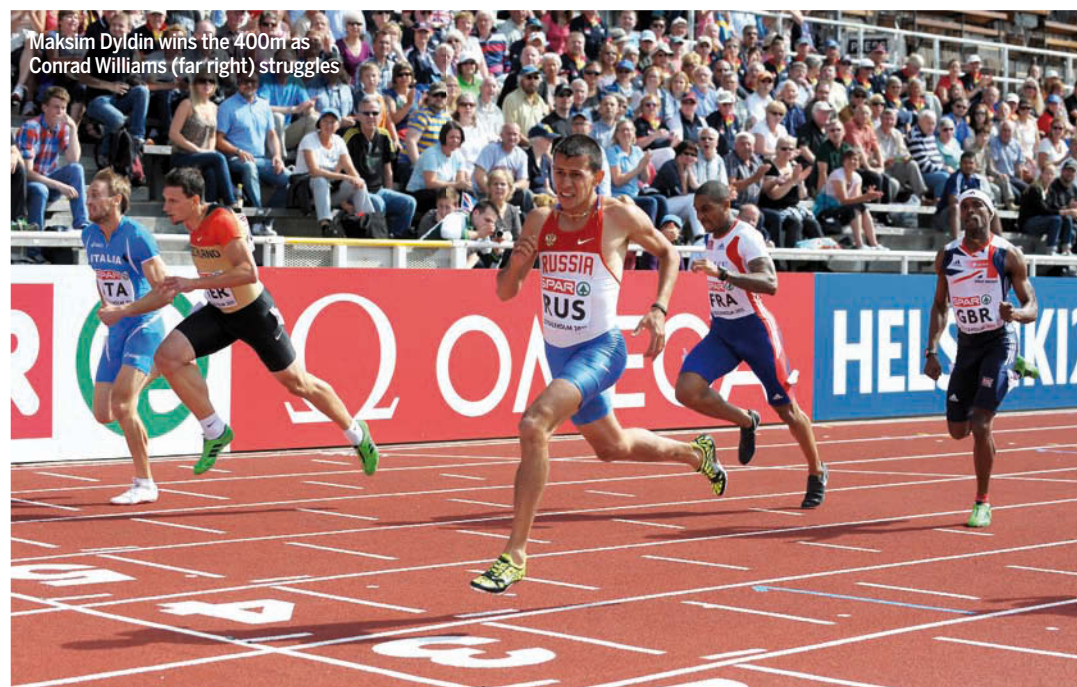
However, as the Briton finished sixth overall, France's Christophe Lemaitre proved a class apart, clocking a championship record 20.28 to win the A-string race by 0.63 seconds.

Czech Republic's Pavel Maslak just headed Talbot with 20.91 as the sprinters battled a wind of 2.8m/sec against. That was after three athletes in the weaker heat ran quicker with a lesser wind to ultimately knock Talbot down the order.

"I was aiming for top two or



Danny Talbot: sixth on GB senior debut



Maksim Dyldin wins the 400m as Conrad Williams (far right) struggles

three but I've learned a lot from the weekend. All in all it's been a good trip," said Talbot.

His time was quicker than his PB up to the end of last year when his highlight was reaching the semi-finals of the World Junior Championships.

Talbot, who has improved to 20.54 this year, said: "The only surreal bit was being in the call room with Lemaitre," he said. "That was a bit overwhelming, but I was trying to treat it like an ordinary race. I think I did but unfortunately the run wasn't that great."

"I thought I got out quite well and after the first 100 I wasn't too far off Lemaitre and then he just kicked and I was tying up a little bit."

GB prediction/place: 2nd/6th

400m

CONRAD WILLIAMS was nearly a second outside his PB in 46.44 as he finished last in his heat and seventh overall.

Chasing the fast-starting Frenchman Teddy Venel for most of the race, these two appeared to be in the lead coming into the straight. However, both faded as Russia's Maksim Dyldin came through strongly to take maximum points with a relatively weak 45.82.

Great Britain have been regular winners of the one-lap

event at this competition and at its predecessor so his finishing five places lower than AW's prediction was a major blow to the team's chances overall.

The European semi-finalist was added to the team late as the GB No.1 this season, but one day later Michael Bingham leaped above him in the rankings with 45.42 in tough conditions.

GB prediction/place: 2nd/7th

800m

BRITAIN'S Gareth Warburton showed a great turn of speed to make his way out of trouble and into third place.

Poland's European indoor champion Adam Kszczot took victory in 1:46.50, France's Jeff



Gareth Warburton: pleasing third place

Lastennet was second in 1:46.70 and Warburton was third in a season's best 1:46.95.

He was about fifth at 200m and fourth at the bell, though never in a great position to attack.

The happy Cardiff AC athlete, who reached the semi-final for Wales at last year's Commonwealth Games, said: "That's what 800 is about. Trying to work yourself a bit of room, get through the gaps when they come, and I managed to do that. I've got pretty good 400m speed so I managed to weave and duck and dive quite a bit."

Warburton, who was asked on Tuesday to stand in for Michael Rimmer, the European silver medallist, insists the best is yet to come this season.

He is hoping for the World Championships A standard of 1:45.40 and that could come when he returns to the Olympic Stadium on June 29 for the DN Galan meeting.

GB prediction/place: 6th/3rd

1500m

JAMES SHANE acquitted himself superbly on his GB senior debut with third place.

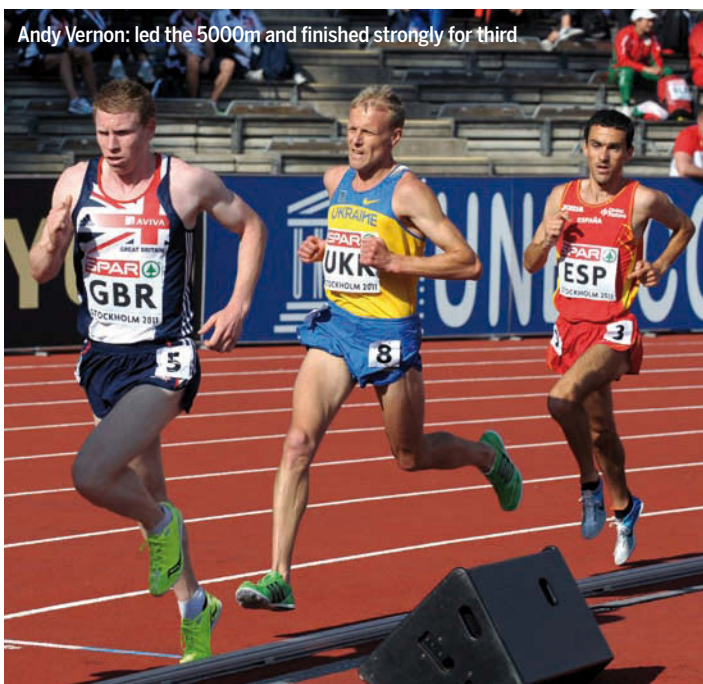
The 21-year-old led for much of the race, passing 800m in 1:59.92 and 1200m in 2:57.84, but was passed on the last



James Shane: fine third in 1500m



Juan Carlos Higuero of Spain takes the 3000m with Britain's Andy Baddeley (far left) fourth



Andy Vernon: led the 5000m and finished strongly for third

lap by Spanish winner Manuel Olmedo, the European indoor champion, and Russia's Valentin Smirnov.

Shane, who has already improved his best from 3:42.81 this season, helped vindicate his selection over the faster Nick McCormick. His 3:39.21 was just a tenth off his PB and suggested he is capable of far quicker in a race more set up for times.

Shane, who set a UK age-15 best of 3:52.68 in 2005, said: "It couldn't have gone much better really. There's some real big stars out there, so to push

them that hard gives me a lot of confidence.

"It went out hard on the first lap then the Russian guy eased up so I thought I'll keep the pressure on, make them hurt and at the end of the day if they want to beat me they're going to have to run hard. I'm not going to give them a ride and let them beat me easily."

Shane has traditionally mixed up the 800m and 1500m, last year clocking a PB of 1:47.99 for the shorter event, but has this year focused on the metric mile.

"The fifteens have been

going so well I'm going to keep them going. Towards the end of the season I'll drop down to eights, lower the training and then hopefully I'll do as well over fifteen. If I do half as well as over fifteen, it will be a great season."

But before that, his main aim is the European Under-23 Championships in Ostrava and he says he will have only one colour medal on his mind.

"I only go into a race to win it," said Shane, who is trained by long-term coach Martin Brown.

Having beaten France's European under-23 No.1 Florian Carvalho, who was eighth on Saturday, Shane will clearly be a strong contender.

GB prediction/place: 4th/3rd

3000m

ANDY BADDELEY produced a gutsy finish to place fourth, but he revealed afterwards he wanted nothing but the win.

The Harrow AC athlete was predicted by AW to finish third, but said: "I predicted myself 12 points because if you don't aim high, what's the point? There are guys there that I've beaten before and I'm disappointed with the decisions I made in the race."

Baddeley was at the back of the pack for much of the pedestrian opening kilometre of 2:56.7, and said: "I knew when

they went there was quite a bit of time for me to move up. Once I did get into a decent spot, a few times I was thinking I should have moved out and I didn't and it's those decisions I'll look back on and regret."

When the leaders went through 2km in 5:34.4, he was midpack and he completed the last 200m strongly to clock 8:03.97. Spain's Juan Carlos Higuero (8:03.43) and Russia's Yegor Nikolayev (8:03.80) finished one-two as expected, while Portugal's three-time European indoor 1500m champion Rui Silva proved just out of reach of Baddeley.

"I'm in good shape but it's the results that count," said the Brit, who despite a couple of 13:20 5000m runs in the last two years, insisted he was still focused on 1500m as his main event.

GB prediction/place: 3rd/4th

5000m

ANDY VERNON showed good finishing speed in pulling through to third on the last lap.

He led for most of the race until five laps to go and then drifted toward the back of the leading pack. However, he rallied to finish behind Spain's 2006 European 5000m champion Jesus Espana and Ukraine's nine-time European cross-

country champion Sergiy Lebid in 13:40.15.

Vernon, who is toying with steeplechase for the first time as a senior this season, stood in for Chris Thompson, who pulled out injured. The European silver medallist may have been tipped to win had he been here but Vernon, who clocked 13:27 earlier this season, proved an able deputy.

Regarding his drifting off the pace slightly after 3000m, he said: "I was making sure he didn't get too far in front. When someone makes a move they tend to put in a six or seven step burst and if you're not expecting it they steal a march on you. It's easy to fall back when a couple of guys do that and you've just got to kind of judge your move and I did that with 600m to go, so when I went through the bell I was a bit more in contention.

"I'd have liked to have run a little bit faster here but it was hot and I did a lot on my own and the first 600m was extremely slow. But I'm not fussed about the time. I didn't come here to run a time."

GB prediction/place: 4th/3rd



Andy Turner clocked 13.42 into a headwind

3000m steeplechase

FRANCE'S Vincent Zouaoui Dandrieux took the expected win in 8:30.85 as Britain's Luke Gunn struggled home in ninth.

The winner improved from second in 2009 and sixth

in 2010, helping to further France's fine record in this discipline. The fact that Dandrieux is his country's third-string steeplechaser - behind European champion Mahiedine Mekhissi-Benabbad and European record-holder Bouabdellah Tahri - underlined France's domination of the event on a continental level.

Behind Germany's Steffen Uliczka (8:31.01), Russia again scored solid points through Idar Minshin (8:34.56).

GB prediction/place: 8th/9th

110m hurdles

LIKE his fellow GB hurdler Dai Greene on day one, Andy Turner got the GB team off to a great start in the track events on day two.

The Sale Harrier was also favourite and, although it was expected to be a much closer race, he was arguably just as dominant.

Turner's time of 13.42 was promising into a 2.4m/sec wind and his margin of victory over France's European silver medallist Garfield Darien (13.64) and Poland's European under-23 champion Artur Noga (13.72) was impressive.

The start was fairly even, although Turner enjoyed the best reaction time and he pulled through particularly well in the second half of the race.

He said: "I felt pretty good into the seventh hurdle and then I started to really feel the wind. I'm happy to have run that time into that headwind. Things are going good. I'm happy with where I am right now physically and mentally."

Having now put behind him a recent Achilles injury that had hampered his training, the European champion must be optimistic of breaking his PB of 13.27 very soon.

GB prediction/place: 1st/1st

400m hurdles

GB TEAM captain Dai Greene led by example as he took victory in the opening track event.

Heading into the weekend as a massive favourite, the European and Commonwealth champion could afford not to taper down. Indeed on paper he was nearly a second and a half faster than the next best in the field.

"I've had a very hard training week as I knew I was No.1 on paper and knew I'd have to do something very wrong not to win," said Greene, who needed just 49.21 - a second outside his season's best - to take maximum points for Britain.

"I felt pretty comfortable coming round the top bend. I knew I was in the lead and I just focused on what I was doing."

Germany's Georg Fleischhauer took two tenths of a second off his PB to finish second in 49.56, but Greene was always in control.

GB prediction/place: 1st/1st

High jump

WHILE Britain's Samson Oni could manage only a disappointing 2.20m for eighth, a high-class competition saw Ukraine's Dmytro Demyanyuk equal the world-leading mark.

Russia's Aleksey Dmitrik started favourite as he topped the world rankings this year with 2.35m.

Both the Russian and the



Dai Greene: GB captain won 400m hurdles



Chris Tomlinson: 8.12m in long jump for third place



David Storl: maximum points for Germany in men's shot put

Ukrainian had first-time clearances at 2.31m to be the only ones remaining in the competition.

Demyanyuk went over 2.33m at the first time of asking to add a centimetre to his PB as his rival had one failure there before opting to move on to the next height.

Demyanyuk cleared 2.35m first time after Dmitrik failed to do so. The latter then opted for 2.37m and it was there he made his third consecutive failure to hand the Ukrainian maximum points.

GB prediction/place: 6th/8th

Pole vault

IN A competition which finished long after Russia were crowned champions of Europe, Makysm Mazuryk of Ukraine clinched victory at an indoor facility used because of the bad weather.

As the vaulters warmed up in the worst of the rain at the start of the second day, organisers moved the event indoors. But with the vaulters needing to be relocated elsewhere it meant the vault did not finish until more than an hour after all the other events.

That was despite special

European Team Championships rules designed to speed up the competition but labelled afterwards as "bizarre" by Britain's Steve Lewis, who was seventh.

Mazuryk beat Germany's Molte Mohr into second after these were the only two clear at 5.60m. They both ultimately vaulted 5.72m, the event decided on countback.

Under the rules of this meeting for vertical jumps, each competitor is allowed a maximum of four fouls before their competition is over.

For Lewis, who has been returning to good form this year, two failures at 5.20m thus proved costly. Despite a first-time clearance at 5.40m, he was allowed only two attempts at 5.60m, which he failed to clear.

GB prediction/place: 4th/7th

Long jump

BRITAIN'S Chris Tomlinson stepped in for the ill Greg Rutherford with a solid third as Russia's Alexandr Menkov took the win.

Tomlinson briefly led the competition with his second-round jump of 8.12m, but the Briton was visibly annoyed with

himself afterwards.

The former British record-holder felt his timing was out and believes jumps of 8.40m and further are due when he puts it all together.

He said: "In the past, 8.12m was like, 'woah, 8.12m', but now I know I'm better than 8.12m. I've just got to keep building and building.

"Finding a bit of consistency would help but I'm sure I'll get that."

Tomlinson, who had an 8.02m in the opening round, lost his lead to Sweden's Michel Torneus, whose PB of 8.19m in round two was just two centimetres off the national mark. Torneus delighted the home crowd to remain in second – five places higher than predicted – but Menkov edged in front with 8.20m as Tomlinson chalked up another eight-metre jump (8.04m) in round three.

GB prediction/place: 6th/3rd

Triple jump

A COMPETITION blighted by the withdrawals of Phillips Idowu, Teddy Tamgho and Christian Olsson was won by Italy's Fabrizio Schembri with only 16.95m.

Kola Adedoyin, drafted into the British team to make his outdoor debut, could manage only 15.32m for 10th.

However, the 20-year-old from Newham & Essex Beagles was predicted to pick up only one point anyway.

Most jumps in the competition were aided by a strong breeze, yet competitors can use the heavy and persistent rain as an excuse for low marks.

GB prediction/place: 12th/10th

Shot

GERMANY'S David Storl gained maximum points against quality opposition, while Britain's Greg Beard was also a predictable last place.

Storl, the world junior record-holder, continued his excellent season with a win in 20.81m – 22 centimetres down on his best. The 20-year-old beat Poland's Olympic champion Tomasz Majewski (20.51m) and current European leader Andrei Mikhnevich of Belarus (20.40m).

Beard, who returned to the sport last year after seven years out, recorded just 16.97m.

GB prediction/place: 11th/12th

Discus

IN A competition where performances were badly affected by the rain, Germany's world champion Robert Harting found 65.63m good enough for the 12 points.

Harting said: "These were hard conditions with bad winds and so on. I'm not happy with my result but 12 points for Germany is good."

Britain's Brett Morse coped well under the conditions to finish sixth – one place higher than expected – with 59.37m.

GB prediction/place: 7th/6th

Hammer

SEVERAL of the competitors struggled in the hammer circle, but Germany's Markus Esser produced what was in the circumstances perhaps one of the weekend's better performances.

As wind and rain played havoc

with technique, Esser was only just short of his season's best with 79.28m.

In second, Poland's Pawel Fajdek improved his PB to 76.95m then 76.76m then 76.98m.

However, Britain's Andy Frost was among those who struggled in the conditions, throwing just 61.53m, 10 metres down on his PB set last month.

GB prediction/place: 11th/12th

Javelin

UKRAINE'S Dmytro Kosynskyy prevailed with only 81.29m as pre-event favourite Matthias De Zordo of Germany flopped to fourth.

De Zordo, who has thrown over 85 metres this year, was the defending champion.

Britain's James Campbell was another who was disappointing, recording just 68.03m against his season's best of 80.18m.

GB prediction/place: 6th/9th

4x100m relay

A BRITISH squad which was not the strongest held off France in a solid 38.60 thanks to some good changeovers.

Christian Malcolm, a veteran of European Cup and Team Championships, gave the team a good start before Craig Pickering kept them in contention against double European sprint champion Christophe Lemaitre on leg two.

James Ellington then gave himself a senior international debut to remember to hand on



Harry Aikines-Aryeetey: brings GB home for sprint relay victory and 12 points

to Harry Aikines-Aryeetey, who finished 0.11 seconds in front of France.

A relieved Aikines-Aryeetey said: "We tend to run this sort of time at this point of the season. But when we get to the World Champs that's when we'll expect to put down a really good time."

Malcolm said: "I've lost count of how many of these I've done, but it's always fun. I've only got a couple of years left in me so I'm just going to enjoy it."

GB prediction/place: 3rd/1st

4x400m relay

THE track programme ended in a disqualification for Britain as Russia crowned their title defence with maximum points.

The individual 400m winner,

Maksim Dyldin (46.0), handed over in first for Russia with Andrew Steele (46.2) leaving one of four teams clear in the second heat.

A good leg from Conrad Williams (45.5) put Britain right

in the mix alongside Russia, for whom Dmitriy Buryak had also clocked 45.5, France (Teddy Venel, 45.4) and Poland (Marcin Marciniak, 45.2).

Although Michael Bingham came out worst from a brush with Frenchman Mamoudou Hanne at the start of the next leg, the team were in striking distance as he headed towards the handover with Richard Buck.

But Buck failed to grasp the baton and after it fell to the floor Bingham threw it to him rather than handing it on. Adding to the comedy of errors, Buck failed to catch it, though he gamely picked it up and came home last in 3:08.42.

It was no surprise when the letters "DQ" showed on the board next to Britain. Bingham's indiscipline in throwing rather than passing on the baton to Buck proved to have no consequence to the final team standings, though.

GB prediction/place: 1st/DQ



Pass the Buck: Michael Bingham and Richard Buck come unstuck in the 4x400m



Christian Malcolm, Craig Pickering, James Ellington and Harry Aikines-Aryeetey

WOMEN

100m

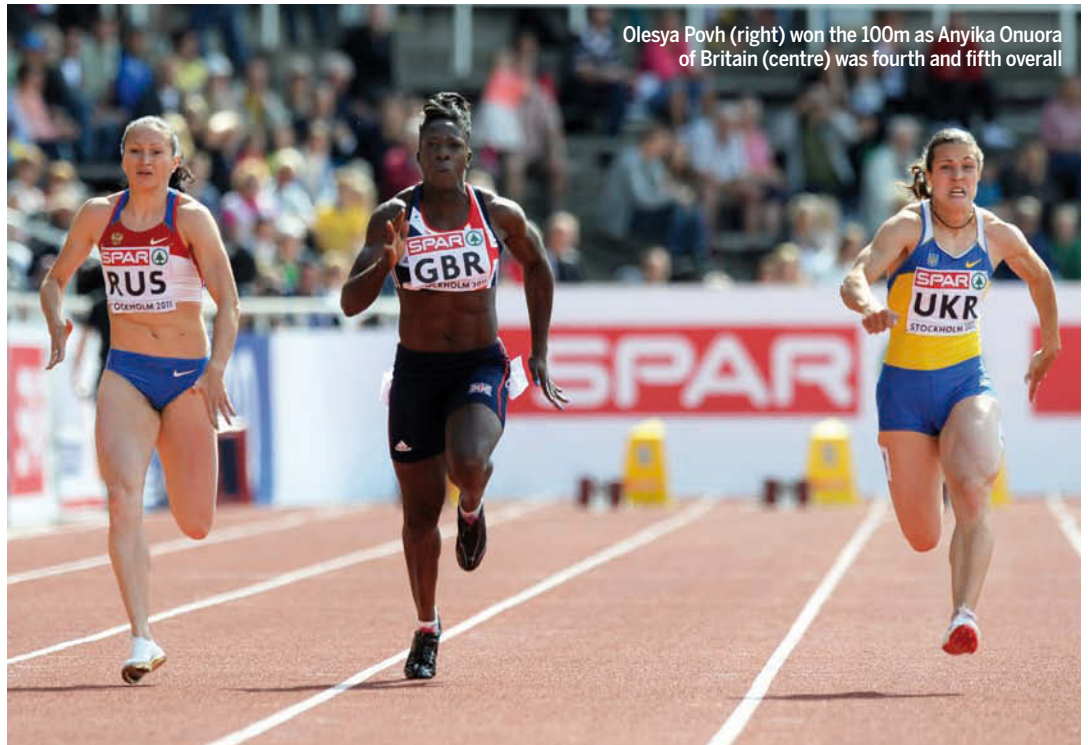
DESPITE lining up as fastest, Britain's Anyika Onuora never recovered from a bad start and finished fourth in the heat and fifth overall in only 11.43. Ukraine's Olesya Povh took victory in 11.28, which was a tenth of a second outside the PB Onuora set earlier this year in Germany.

That was a great result for the European indoor champion given it appeared she could have earlier been guilty of a false start. She appeared to twitch on her blocks at the first time of asking, but after a recall gun all eight were allowed to take to their blocks again.

The overall winner, however, was European silver medallist Veronique Mang of France, who clocked 11.23 in less favourable conditions in the 'B' race.

Onuora said: "I thought it was a blatant false start, but they decided she was allowed to run. My start could have been a little bit better but it's points for the team. I'm blessed to be back running. This is just one race – onwards and upwards to the next one."

The Liverpool Harrier is delighted to be back in action after missing last season through patella tendinopathy. After a promising junior and under-23 career, her senior career stalled until her



Olesya Povh (right) won the 100m as Anyika Onuora of Britain (centre) was fourth and fifth overall

performance in Germany last month took her to eighth on the UK all-time list.

"The difference between today and Germany was the fact that I nailed the start there," she said. "It's definitely something to go back and work on."

She feels 11.18 is just the start, though.

"There was no one there pushing me (in Germany).

"The next girl after 11.18 was 11.7. If I had someone pushing me I could have run quicker, but there's definitely loads more to come."

GB prediction/place: 3rd/5th

200m

UKRAINIAN pre-race favourite Mariya Ryemyen won the race in 23.10, slowed by a strong headwind of 2.2m/sec.

Abi Oyepitan was 0.81 seconds adrift in 23.91 in fifth. When the two races were combined, she was two places down on her predicted spot.

The Shaftesbury Barnet Harrier was disappointed with her return to the GB team for the first time since 2006.

The 2004 Olympic finalist has been blighted by injuries ever since, but was picked after clocking 23.21 this season.

GB prediction/place: 4th/6th

"Of course I would love to compete for Britain before next year but unfortunately that's not the circumstance so I've kind of been setting up small goals to try to do the best I can when I put on the uniform and compete again."

A section of the public and some newspaper articles – including one which labelled Britain's recent acquisition of "plastic Brits" from other nations as "cheating" – have been critical of the team management.

But Cox said: "I don't read the newspapers, positive or negative. I just concentrate on what I need to do. It doesn't really bother me."

GB prediction/place: 5th/3rd

400m

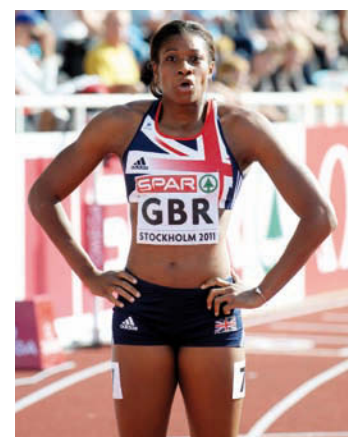
FORMER American Shana Cox performed solidly on her debut for Britain, clocking 51.49 for third behind winner Antonina Yefremova of Ukraine, who won the European Cup 400m nine years prior.

"That's about what I've been running this season so it was consistent," said the 26-year-old who was born to British parents.

Her switch in allegiance was cleared in April, but she will be unable to represent Britain at a major championships until November so Daegu is out of the question.



Ani Oyepitan strains to stay with her 200m rivals



Shana Cox: third place in 400m for GB



Russian Mariya Savinova wins the 800m from Britain's Jenny Meadows

800m

THE TWO-LAP result went according to the predictions as Russia's Mariya Savinova beat Britain's Jenny Meadows into second.

Savinova has proved to be a match for anyone in the world this season so far, so losing to the Russian, who clocked 1:58.75, was no disgrace for the world bronze medallist.

Meadows' time of 1:59.47 was just two tenths off her season's best.

The Wigan Harrier was in second through the bell, reached in 57.83, behind Belarusian Maryna Arzamasava. She overtook coming into the final bend but was then herself overtaken by Savinova.

"We went for the 11 points but I knew it wouldn't be a safe bet," she said of her predicted placing. "The Ukrainian girl had run a 1:58.30 this year and the Belarusian a 1:59.30.

"Mariya Savinova's a great athlete. If anyone had to beat me, I totally accept it was her. I'm glad I put the up-and-coming girls behind me."

She added: "I've not got a race for three weeks so I'm hoping to go away and do some training and top the tank up because it's running on low at the moment and I really need to get quite a few weeks' training done to compete with Mariya and the other girls that I'm going to race in Daegu."

GB prediction/place: 2nd/2nd

1500m

CHARLENE THOMAS enjoyed the race of her life and the best British performance of the weekend in taking victory against a top field.

The Wakefield & District athlete showed she was ready to step up into world-class when running 4:06.85 despite having to meander her way through and around the field.

Thomas found herself slightly boxed with a lap to go and left



Charlene Thomas enjoyed a breakthrough victory as she won an exciting 1500m race

herself a sizeable amount to do in the last 300 metres. Running very wide and despite getting bumped she brought herself closer to the front on the back straight, but even in the home straight victory looked unlikely.

Her finishing speed, however, was impressive as she beat Yekaterina Martynova into second by 0.23 seconds with

Ukraine's Anna Mishchenko – winner of the first two Diamond League meetings this year – finishing third.

The bubbly Yorkshire athlete jumped up and down with joy and squealed with excitement after crossing the line, during press interviews and probably long afterwards too.

"I just felt great all the way



Charlene Thomas burst through a gap in the home straight to win the 1500m

round," said the 29-year-old. "I felt so strong, so easy. I made a couple of mistakes, getting boxed in and maybe tried to make my move a bit too early and then managed to get pushed right towards the back, but I'm so fit and so strong at the moment that I seem to be able to come through and finish great."

Thomas, who had spent years at 800m in her early twenties without breaking through, finally made it to international level when switching to 1500m in 2009. She surprisingly beat Steph Twell at the World Championships trials, but in Berlin failed to progress from the heats after losing her shoe.

The way in which she ran here suggests she will almost certainly smash her PB of 4:05.06 in a faster race and against better-quality opposition. She complained she has struggled to find such races so far this season, but that will surely change.

"I'm in the best shape of my life. I've been setting PBs in training for three months," she said. "I want to get in those Diamond Leagues. The Ukrainian girl has run 4:03 and she did it in a Diamond League and these are the sort of races I need to get in now."

She is clearly benefiting from having given up her job as a design technology teacher last autumn.

"I do miss it [the job], but it's paying off being a full-time athlete, getting the recovery, being able to train that much harder, going away to altitude."

The victory has given her an immense amount of confidence that she can take on the best in the world and on this evidence who would bet against her?

Outlining her target for the World Championships, for which she will try to confirm her selection next month, she said: "I want a medal. I don't just aspire to be the best in the UK, I want to be one of the best in the world and I've just beaten some of them there so I believe I can do it."

GB prediction/place: 3rd/1st



Helen Clitheroe: disappointed with third place in 5000m

3000m

BRITAIN'S Stevie Stockton impressed on her GB track debut with seventh place, slicing eight seconds from her PB with 9:00.67.

At the head of the field Russia's Olesya Syreva claimed the fastest time of the year by a European with 8:53.20. The European indoor silver medallist also picked up a significant victory over Ukraine's 2008 Olympic 1500m bronze medallist Natalya Tobias



Stevie Stockton: 3000m PB of 9:00.67

and Spain's world indoor 1500m silver medallist Natalia Rodriguez.

"I'm glad I got a PB out of it," Stockton said. "I'm gutted I didn't go under nine minutes, but really happy to get the six points for the team."

"I've come out here and I've proved that I'm a championship performer and those girls out there are a lot more experienced than me and have PBs 20 or 30 seconds quicker than me. I was enjoying every minute of it."

Stockton will be aiming to secure the qualifying time of 4:13 in the 1500m for the European Under-23 Championships, although she admits that everyone keeps telling her she should be better at 5000m. She is keen to do herself justice over 1500m first, though, before moving up.

However, she was disappointed with her 4:19.16 at Watford the previous weekend. "I've not raced enough," she said. "I'm just getting into it really. I'm not pleased with my 15 at all. But last week I raced and I'd just finished exams so I was a bit tired but we had to do it to try to get the under-23 time."

GB prediction/place: 6th/7th

5000m

HELEN CLITHEROE was one of Britain's stars of the 2011 indoor season, but is running out of time in her quest to gain the World Championships qualifying time at either 5000m or 10,000m.

The former 1500m runner and steeplechaser won the European indoor title at 3000m in March, but has not found the step up in distance easy and here finished third.

It was a PB of 16 seconds, but she has raced the event rarely and was expecting faster after sizeably improving her 3000m PB to 8:39 over the winter and clocking 31:45 at the Bupa Manchester 10km in May.

"I'm a bit disappointed really," she said after finishing behind winner Dolores Checa of Spain and Yelena Zadorozhnaya of Russia. "I wish I was a bit more competitive in terms of the race. It wasn't even that fast. It was alright but I need to do better," she said.

After failing to gain the 10,000m qualifier for Daegu when she ran 32:11.29 in Oslo recently, she is likely to focus on the shorter event.

"I'm not panicking yet," she said. "I feel it will come. I need to get a couple of solid weeks' training in."

GB prediction/place: 3rd/3rd

3000m steeplechase

DESPITE finishing ninth, Eilish McColgan enjoyed an excellent international debut just a few days after learning she would be competing.

She has only ever undertaken two barriers practice sessions, but the daughter of 1991 world 10,000m champion Liz took three seconds off her PB to clock 9:55.13.

Already on the team as a travelling reserve, McColgan was drafted into this event after Hatti Dean had to withdraw through injury.

"I only found out about this the day before I was meant to travel so that night I went and did a couple of runs over the barriers," she said.

Still in her first year as a senior, the Scot received some words of advice from her mother regarding competing against the seniors in such a high-class competition.

She explained: "She told me 'you're out of the junior ranks now. You've got no option but to race seniors. And she said these are the people you're going to have to beat.' She just said to treat it like a normal race and that I should be right in there, which I tried to do really."

Olympic champion and world record-holder Gulnara Galkina, meanwhile, continued her return from maternity leave with a clear victory in 9:31.20.

The Russian, who became the first sub-nine-minute woman steeplechaser with 8:58.81 in the Beijing Olympic final, missed the whole of last year after giving birth.

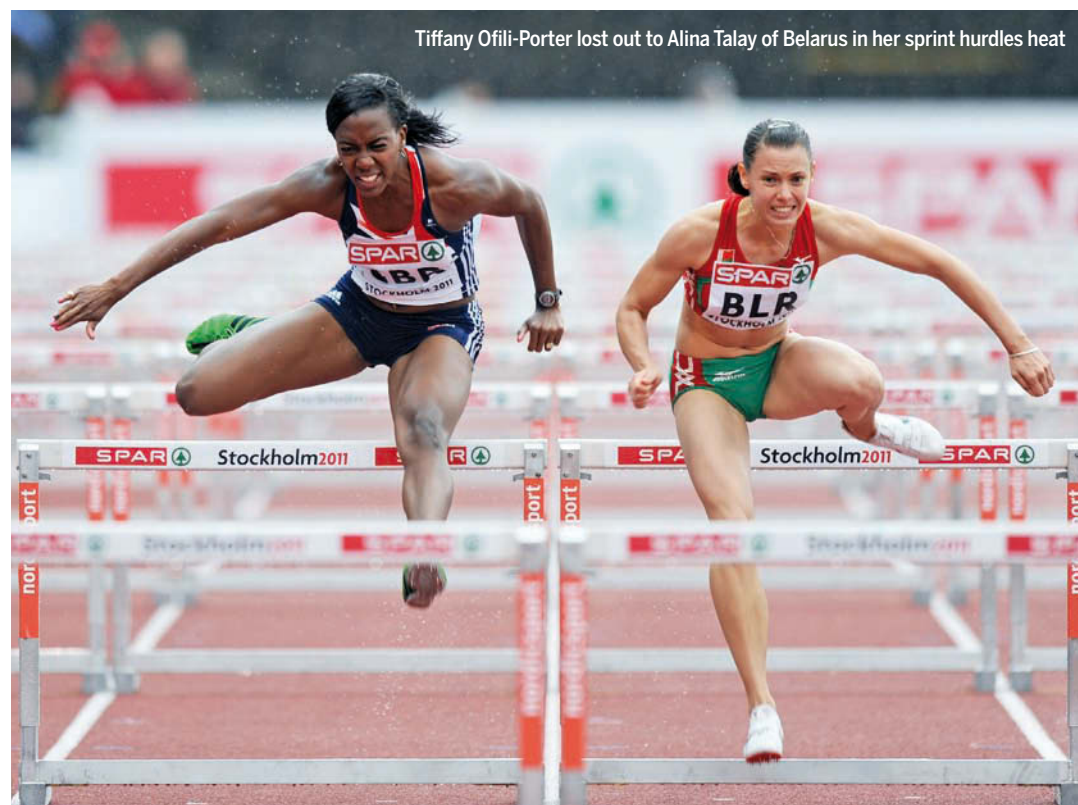
GB prediction/place: 9th/9th

» SEE News, page 23

100m hurdles

TIFFANY OFILI-PORTER went into the race on a high after breaking the UK record with 12.77 last month, but the former American finished a below-par second in her race and fourth overall.

Lining up as the quickest overall, Ofili-Porter ran 13.28 for second in the second heat behind winner Alina Talay of Belarus. However, in the first, supposedly weaker heat,



Tiffany Ofili-Porter lost out to Alina Talay of Belarus in her sprint hurdles heat

Russia's Tatyana Dektyareva (13.16) and Italy's Marzia Caravelli (13.21) ran quicker – despite a stronger headwind.

"I just wasn't sharp today and didn't put together a good race," she said. "I don't really pay attention to rankings or expectations, I just came out here to run and unfortunately I just didn't have it today."

GB prediction/place: 1st/4th

400m hurdles

BRITAIN'S Perri Shakes-Drayton failed to hold on to a lead she

established over the first half and the contest turned out to effectively be three races.

The first was between the Czech Republic's Zuzana Hejnova and Russia's Natalya Antyukh. Hejnova, who was one place behind Shakes-Drayton when winning Euro bronze last year, set a Czech record of 53.87 to beat European champion Antyukh into second (54.52).

Meanwhile, Shakes-Drayton was a long way back in third as she held off the challenge of Ukraine's Hanna Titimets in 55.06.

Shakes-Drayton said: "I'm pleased to get the 10 points for the team, but I have had better performances in the past – it's still early in the season and there's more to come. I was pleased with the first 200m but not the second."

This wasn't a poor performance from the Victoria Park Harriers and Tower Hamlets athlete, but she was nearly a second outside her best, while Hejnova – who has improved the Czech senior record every year since 2005 – took another 0.49 seconds off her PB.

GB prediction/place: 2nd/3rd

High jump

ONLY a year after returning to the sport, just being picked to represent Britain in this competition was a major success for Emma Perkins.

The former promising junior will surely have further opportunities to challenge more strongly at this level, but for now 11th place and 1.75m was a solid start.

After her recent victory over Blanka Vlasic, Emma Green-Tregaro was favourite to take victory for the home team and she did not disappoint.

Along with Ukraine's Viktoriya Stypina, Spain's Ruth Beitia and Russia's Irina Gordeyeva, she went clear at 1.89m. As no one could go any higher, it was decided on fouls at earlier heights.

This was the only win of the weekend for the host nation, which could not so long ago boast three or four of European athletics' superstars.

But Green-Tregaro's win was ultimately not enough to prevent Sweden finishing in the relegation zone.

"I am very happy to give Sweden these 12 points, but unfortunately some of the



Zuzana Hejnova (left) beat Natalya Antyukh (right) in the 400m hurdles

Swedish team are injured and in a league like this Sweden needs the best to succeed. We will just have to do our best next year to come back," she said.

GB prediction/place: 11th/11th

Pole vault

POLAND'S Anna Rogowska and Germany's Silke Spiegelburg both cleared a world-leading 4.75m in one of the best-quality competitions of the weekend.

However, with the Polish world champion clear on the first attempt, she took the 12 points. Spiegelburg, whose German indoor record is 4.76m, had only two failures at her final height, 4.80m. However, under the adapted rules for the European Team Championships, she was out of the competition due to her four failures overall.

Britain's Holly Bleasdale showed the ploy necessary under those rules by jumping sparingly early on. She entered the competition at 4.20m, which she cleared first time, skipped 4.35m and had a first-time clearance at 4.40m. However, after missing out 4.45m, she had three failures at 4.50m, which would have equalled her PB.

GB prediction/place: 6th/5th

Long jump

EUROPEAN indoor champion Darya Klishina of Russia denied a home win for Swedish heroine Carolina Klufft, who had her best jump since 2008.



Darya Klishina: Russian jumped 6.74m



**Anna Rogowska:
4.75m on first
attempt to win
pole vault**



Shara Proctor: 6.31m for ninth

Meanwhile, Britain's Shara Proctor, formerly of Anguilla in the Caribbean, had a GB debut to forget as she could only record a best of 6.31m for ninth.

Klufft has a best of 6.97m from 2004, the year in which she won the Olympic heptathlon title. Since giving up the event in 2007 after winning her third world title, she has rarely shown her best form in her new speciality.

However, she went out to 6.73m in the first round, only to be beaten by Klishina's 6.74m in round two.

Proctor, who has made only one visit to the UK, perhaps struggled in the Northern

European weather, which was at its worst when the long-jumpers were in action. The World Championships sixth-placer jumped 6.28m twice and 6.31m – exactly half a metre down on the PB she set eight days earlier.

GB prediction/place: 7th/9th

Triple jump

UKRAINE'S European champion Olga Saladukha was just 13 centimetres short of her own world-leading mark when recording 14.85m.

Her second round effort, aided by a legal 1.8m/sec wind, put her a massive 56 centimetres ahead of the next best, Italy's Simona La Mantia.

Britain's Yasmine Regis was ninth with just 13.27m, although she was one place higher than predicted.

GB prediction/place: 10th/9th

Shot

GERMANY'S Nadine Kleineirt found 17.81m enough to win a very low-standard competition.

Her third-round 17.81m was one of only seven 17-metre throws in the entire contest. Kleinert's best this season is 19.16m

In the history of the European Cup, the predecessor to this event, which ran from 1965 to 2008, the worst winning throw was 18.55m.

Rebecca Peake was more than a metre down on her season's best with 15.06m as she finished 10th.

GB prediction/place: 11th/10th

Discus

KATERYNA KARSAK of Ukraine moved up from third in this competition last year to take victory with a season's best 63.35m.

Germany's Nadine Muller was among the many having a bad day, though. The woman who threw 66.05m in May managed just 57.78m for fourth.

In second place, Russia's Darya Pishchalnikova was also a couple of metres down on her season's best as she recorded 61.09m.

Britain's Jade Nicholls was likewise struggling as she threw a best of 53.85m.

GB prediction/place: 6th/8th

Hammer

WITH Germany's Betty Heidler six metres down on her recent world record, this was another throwing event struggling for standards, but this one was held on the Saturday when the weather was better.

Only Heidler (73.43m) and Russia's Tatyana Lysenko were over 70 metres.

In ninth place, Britain's Sophie Hitchon was more three metres

down on her recent UK record, although her 66.05m was better than anything she had achieved before 2011.

GB prediction/place: 8th/9th

Javelin

GOLDIE SAYERS produced one of the most encouraging performances from a Brit all weekend when re-establishing herself as a major medal contender for Daegu.

Sayers finished second with her best throw since finishing fourth in the 2008 Olympic final. She opened with 64.31m and then after a couple of fouls improved to 64.46m, her third best ever throw.

It took a world-leading mark to beat her as Christina Obergfoll of Germany launched the spear out to 66.22m.

Sayers was delighted to be competing amid the world's best again after being hindered by injury in the past couple of years.

"After some ups and downs it is brilliant to be back in a British vest and performing well," said Sayers, who recovered from hip surgery last year only to have to face minor knee surgery after a freak training accident in March.

"It was a very pleasing performance but I'm even more pleased with my response and attitude today. Obviously to beat the world record-holder and Olympic champion (Barbora Spotakova), and Olympic silver medalist (Mariya Abakumova) is not a bad day's work after



Goldie Sayers: 64.46m in javelin was the Briton's third best throw ever

quite a difficult year."

Sayers felt she was in the best shape of her life in the spring, but then suffered another setback while weight training in Los Angeles. She was doing calf raises with 90kg on the bar when the box she was standing on slipped.

Out of action because of that for a month, she added: "I'm still kind of building my run-up. I didn't feel fully fit again for probably eight weeks."

Her UK record of 65.75m looks under threat after Saturday's performance. "I think there's a lot more to come," she said. "Technically it wasn't a great throw. It was just a competitive throw."

GB prediction/place: 5th/2nd

4x100m relay

A BRITISH squad of Jeanette Kwakye, Anyika Onuora, Laura Turner and Abi Oyepitan gained two points more than expected in fourth, having been reinstated from a disqualification.

The final changeover between Turner and Oyepitan was very late and the 43.50 time for Britain behind winners Ukraine (42.85) was quickly replaced with a "DQ".

However, after the spectators and athletes had left the stadium, officials let the original result stand after deciding the exchange did take place in the zone. That meant Britain were to start day two in third rather than fourth.

The time was the fastest by a GB relay squad since 2009, thanks particularly to a great second leg from Onuora.

GB prediction/place: 6th/4th

4x400m relay

AS IF the excitement of the sprint relay near the end of day one was not enough, Perri Shakes-Drayton nearly clinched a dramatic last-gasp victory over the usually unbeatable Russians.

However, the squad had to be content with second in 3:27.21, four hundredths adrift of Russia and nearly a second ahead of third-placed Ukraine.

After Kelly Massey's opening

leg of 53.6 put GB in fourth or fifth, Nicola Sanders split 52.4 to maintain the position.

Lee McConnell moved into third and then later on the final bend into second, clocking a split of 50.6, the fastest of the race.

As she handed on to Shakes-Drayton, the hurdler was a couple of metres down on Russia's Lyudmila Litvinova. The Brit was working hard to beat off Ukraine's Antonina Yefremova – the individual 400m winner – for most of the lap, but a superb kick over the last 100m brought her to within dipping distance by the line and gave her a 50.61 split.

Sanders said: "We thought that Russia would be out on their own a bit, but after watching the individuals we saw Russia only came fourth and they didn't run particularly fast.

"Perri ran a cracking last leg and nearly got them, Lee put us in touch so it was a good team performance."

Shakes-Drayton said: "I just didn't want that Ukrainian girl to get past me, that was the key thing, although coming first would have been even better.

"I didn't want to go off too hard as I didn't want to be struggling on the way home. It's nice to come home strong."

GB prediction/place: 2nd/2nd



Relay girls: Lee McConnell, Kelly Massey, Perri Shakes-Drayton and Nicola Sanders

RESULTS

(a=18, b=19)
TEAM STANDINGS: 1 Russia 385; 2 Germany 331.5; 3 Ukraine 304; 4 GREAT BRITAIN & NI 289; 5 France 294; 6 Poland 264; 7 Spain 245; 8 Italy 237; 9 Belarus 220; 10 Czech Republic 217; 11 Portugal 176.5; 12 Sweden 158
Men
100 (a) r1 (-0.6): 1 A D Rodriguez (ESP) 10.39; 2 A Khyutte (RUS) 10.46; 3 T Unger (GER) 10.47; 4 A Linnik (BLR) 10.53; 5 S Tarnhuvud (SWE) 10.58; 6 J Veleba (CZE) 10.62.
r2 (1.0): 1 C Lemaître (FRA) 9.95 (CR); 2 DWAIN CHAMBERS 10.07; 3 F Obikwelu (POR) 10.22; 4 D Kuc (POL) 10.24; 5 E Di Gregorio (ITA) 10.35; 6 S Smelyuk (UKR) 10.54. **200 (b) r1 (-1.8):** 1 K Krynski (POL) 20.83; 2 A Linnik (BLR) 20.90; 3 M Galvan (ITA) 20.93; 4 R Smirnov (RUS) 21.14; 5 A D Rodriguez (ESP) 21.33; 6 R Perestyuk (UKR) 21.79. **r2 (-2.8):** 1 C Lemaître (FRA) 20.28 (CR); 2 P Maslák (CZE) 20.91; 3 DANIEL TALBOT 20.96; 4 J Wissman (SWE) 21.10; 5 A Abrantes (POR) 21.34; 6 M Rigau (UKR) 21.44.
400 (a) r1: 1 J Wissman (SWE) 46.35; 2 M Ujakpor (ESP) 46.69; 3 V Burakov (UKR) 46.80; 4 D Paluyan (BLR) 47.15; 5 J Ferreira (POR) 47.65; 6 T Bosek (CZE) 48.02. **r2:** 1 M Dylidin (RUS) 45.82; 2 T Schneider (GER) 45.98; 3 M Vistalli (ITA) 45.99; 4 M Marcinišzyn (POL) 46.28; 5 T Venel (FRA) 46.33; 6 CONRAD WILLIAMS 46.44. **800 (b):** 1 A Kszczot (POL) 1:46.50; 2 J Lastennet (FRA) 1:46.70; 3 GARETH WARBURTON 1:46.95; 4 M Scapini (ITA) 1:47.20; 5 A Ananenka (BLR) 1:47.29; 6 O Kayafa (UKR) 1:47.42; 7 J Jaako (SWE) 1:47.61; 8 R Schembera (GER) 1:47.79; 9 I Tukhtachev (RUS) 1:48.27; 10 A M Reina (ESP) 1:48.56; 11 A Rodrigues (POR) 1:50.45; 12 M Kocourek (CZE) 1:59.28. **1500 (a):** 1 M Olmedo (ESP) 3:38.63 (CR); 2 V Smirnov (RUS) 3:38.89; 3 JAMES SHANE 3:39.21; 4 C Schlangen (GER) 3:39.86; 5 B Nowicki (POL) 3:40.48; 6 J Holusa (CZE) 3:40.69; 7 O Borysuk (UKR) 3:40.83; 8 F Carvalho (FRA) 3:41.25; 9 L Rifesser (ITA) 3:44.45; 10 J Rogestedt (SWE) 3:45.95; 11 M Yuschanka (BLR) 3:46.30; 12 R Pinto (POR) 3:49.17.
3000 (b): 1 J C Higuerro (ESP) 8:03.43; 2 Y Nikolayev (RUS) 8:03.80; 3 R Silva (POR) 8:03.88; 4 ANDY BADDELEY 8:03.97; 5 Y Kowal (FRA) 8:04.77; 6 M Labovskyy (UKR) 8:05.17; 7 S La Rosa (ITA) 8:05.70; 8 S Platouna (BLR) 8:11.05; 9 R Schwarz (GER) 8:15.04; 10 E Johansson (SWE) 8:15.93; 11 L Kourek (CZE) 8:20.88; 12 K Zaleski (POL) 8:21.61. **5000 (a):** 1 J España (ESP) 13:39.25 (CR); 2 S Lebid (UKR) 13:39.75; 3 ANDY VERNON 13:40.15; 4 Y Rybakov (RUS) 13:40.63; 5 S Chabiarak (BLR) 13:41.19; 6 L Parszczynski (POL) 13:42.21; 7 Y Durand (FRA) 13:44.71; 8 A El Mazouy (ITA) 13:45.89; 9 Y El Kalai (POR) 13:56.92; 10 A Gabius (GER) 14:01.88; 11 M Kocourek (CZE) 14:25.30; 12 A Bouafif (SWE) 14:44.67.
110H (b) r1 (-0.8): 1 J Quiñónez (ESP) 13.71; 2 P Nossmy (SWE) 13.73; 3 M Maksim (BLR) 13.76; 4 M Martin (CZE) 14.00; 5 R Dabó (POR) 14.14; 6 S Kopanayko (UKR) 14.57. **r2 (-2.4):** 1 ANDY TURNER 13.42; 2 G Darien (FRA) 13.64; 3 A Noga (POL) 13.72; 4 K Shabanov (RUS) 13.76; 5 E Abate (ITA) 13.85; 6 E Balnuweit (SWE) 13.98. **400H (a) r1:** 1 J Prorok (CZE) 50.60; 2 G Panizza (ITA) 50.60; 3 D Cabello (ESP) 50.84; 4 R Ostrowski (POL) 51.01; 5 V Kebets (BLR) 51.89; 6 T Nikitin (SWE) 52.23. **r2:** 1 DAVID GREENE

49.21 (CR); 2 G Fleischhauer (GER) 49.56; 3 A Derevyagin (RUS) 49.70; 4 J Paula (POR) 50.42; 5 S Melnyuk (UKR) 50.53; 6 H Kechi (FRA) 51.20. **3000SC (b):** 1 V Zouaoui Dandrieux (FRA) 8:30.85; 2 S Uliczka (GER) 8:31.01; 3 I Minshin (RUS) 8:34.56; 4 Y Slobodenyuk (UKR) 8:37.19; 5 A Merzoughi (ESP) 8:38.75; 6 P Nasti (ITA) 8:40.30; 7 T Szymkowiak (POL) 8:41.50; 8 A Paulo (POR) 8:44.17; 9 LUKE GUNN 8:45.41; 10 I Slavenski (BLR) 8:49.63; 11 E Senorski (SWE) 8:53.14; 12 J Kreisinger (CZE) 9:02.24. **4x100 (a) r1:** 1 Poland 39.09; 2 Portugal 39.43; 3 Czech Republic 39.77; 4 Spain 39.85; 5 Sweden 39.94; 6 Belarus 41.12. **r2:** 1 GREAT BRITAIN & NI 38.60 (CHRISTIAN MALCOLM, CRAIG PICKERING, JAMES ELLINGTON, HARRY AIKINES-ARYEETEY) (CR); 2 France 38.71; 3 Germany 38.92; 4 Russia 39.09; 5 Ukraine 40.23; Italy DQ. **4x400 (b) r1:** 1 Italy 3:05.66; 2 Czech Republic 3:06.76; 3 Spain 3:07.37; 4 Sweden 3:07.88; 5 Portugal 3:10.24; Belarus DQ. **r2:** 1 Russia 3:02.42; France 3:03.33; 3 Germany 3:04.10; 4 Poland 3:04.42; 5 Ukraine 3:05.93; GREAT BRITAIN & NI DQ (ANDREW STEELE, CONRAD WILLIAMS, MICHAEL BINGHAM, RICHARD BUCK). **HJ (a):** 1 D Demyanyuk (UKR) 2.35 (2.15), 2.20x, 2.24, 2.28, 2.31, 2.33, 2.35, 2.39xx) (CR); 2 A Dmitrik (RUS) 2.31 (2.10), 2.15, 2.20, 2.24, 2.28x, 2.31, 2.33x, 2.35x, 2.37x; eq3 J Bába (CZE) 2.28 (2.15), 2.20, 2.24x, 2.28xx, 2.31xxx) R Spank (GER) 2.28 (2.15), 2.20x, 2.24, 2.28xx, 2.31x; 5 A Diarra (FRA) 2.24; 6 S Chesani (ITA) 2.24; 7 J Bermejo (ESP) 2.24; 8 SAMSON ONI 2.20 (2.10), 2.15, 2.20, 2.24xxx); 9 A Zaitsau (BLR) 2.20; 10 M Alkhatib (SWE) 2.20; 11 W Theiner (POL) 2.20; 12 P Gonçalves (POR) 2.10. **PV (b):** 1 M Mazuryk (UKR) 5.72 (5.40), 5.50, 5.60x, 5.66, 5.72, 5.84xx); 2 M Mohr (GER) 5.72 (5.50), 5.72x, 5.84xxx); 3 A Gripič (RUS) 5.60 (5.50), 5.40, 5.50x, 5.56, 5.60, 5.66x, 5.72x); 4 L Michalski (POL) 5.60; 5 R Lavilénie (FRA) 5.50; 6 J Kudlicka (CZE) 5.50; 7 STEVEN LEWIS 5.40 (5.20xx, 5.40, 5.60xx); 8 S Tsvionchik (BLR) 5.40; 9 E Maia (POR) 5.20; 9 A Vélez (ESP) 5.20; 11 A Jeng (SWE) 5.20; G Gibilisco (ITA) NM. **LJ (a):** 1 A Menkov (RUS) 8.20/0.9 (x, 8.13/1.9, 8.20/0.9, 8.14/0.6) (CR); 2 M Tornéus (SWE) 8.19/1.4 (7.80/-0.5, 8.19/1.4, 8.10/2.8, x); 3 CHRIS TOMLINSON 8.12/1.8 (8.02/0.2, 8.12/1.8, 8.04/0.4, 7.91/0.4); 4 C Reif (GER) 8.10/1.2; 5 L F Méliuz (ESP) 7.94/1.9; 6 K Gomis (FRA) 7.91/0.6; 7 M Chuva (POR) 7.90/-0.2; 8 R Novotný (CZE) 7.72/0.1; 9 S El-Sheryf (UKR) 7.68/0.6; 10 E Formichetti (ITA) 7.52/-0.7; 11 K Podgórski (POL) 7.42/0.9; 12 A Pastupaila (BLR) 7.39/0.3. **TJ (b):** 1 F Schembri (ITA) 16.95/4.5 (16.71/1.9, 16.53/0.6, 16.66/-0.2, 16.95/4.5; 2 D Platnitski (BLR) 16.81/3.8 (16.81/3.8, x, x, x); 3 V Kuznetsov (UKR) 16.79/4.0 (16.47/1.4, 16.76/1.3, 16.79/4.0, 16.68/0.5); 4 K Hoffmann (POL) 16.78/2.2; 5 K Taillepiere (FRA) 16.63/1.2; 6 N Évora (POR) 16.33/1.2; 7 A Pohle (GER) 16.29/1.6; 8 J E Bellido (ESP) 15.95/0.1; 9 M Ström (SWE) 15.52/2.8; 10 KOLA ADEDOYIN 15.32/2.2 (15.12/2.0, 15.02/1.3, 15.32/2.2); 11 P Hnizdil (CZE) 15.32/3.6; A Fyodorov (RUS) NM. **SP (a):** 1 D Stori (GER) 20.81(19.95, x, 20.51, 20.81); 2 T Majewski (POL) 20.51 (19.90, x, 20.51, 20.18); 3 A Mikheevich

(BLR) 20.40 (20.22, x, 20.09, 20.40); 4 I Yushkov (RUS) 19.49; 5 M Fortes (POR) 19.40; 6 A Semenov (UKR) 19.38; 7 G Bucki (FRA) 18.93; 8 B Vivas (ESP) 18.64; 9 J Marcell (CZE) 18.49; 10 N Arrhenius (SWE) 17.87; 11 M Di Maggio (ITA) 17.51; 12 GREG BEARD 16.97 (16.33, 16.97, 16.75). **DT (b):** 1 R Harting (GER) 65.63 (64.42, 65.50, 65.63, 65.46); 2 F Casañas (ESP) 62.43 (56.90, 61.41, 62.43, 61.48); 3 P Malachowski (POL) 61.66 (61.41, x, 60.91, 61.66); 4 J Marcell (CZE) 61.46; 5 B Pishchalnikov (RUS) 59.89; 6 BRETT MORSE 59.37 (x, 59.37, x); 7 N Arrhenius (SWE) 57.75; 8 O Semenov (UKR) 56.30; 9 G Faloci (ITA) 56.09; 10 J-F Aurokrom (FRA) 52.85; 11 J A Grave (POR) 50.59; 12 S Rohanav (BLR) 49.23. **HT (b):** 1 M Esser (GER) 79.28 (76.95, 75.06, 79.28, 76.37) (CR); 2 P Fajdek (POL) 76.98 (76.73, 76.76, 76.98, x); 3 O Sokyrskyy (UKR) 76.96 (x, 76.96, 75.29, x); 4 P Kryvitski (BLR) 76.93; 5 N Vizzoni (ITA) 74.47; 6 F Pouzy (FRA) 73.88; 7 A Zagorniy (RUS) 73.85; 8 J Cienfuegos (ESP) 72.11; 9 L Melich (CZE) 70.86; 10 M Jons (SWE) 69.53; 11 ANDY FROST 61.53 (x, 61.53, x); D Manso (POR) NM. **JT (a):** 1 D Kosynsky (UKR) 81.29 (80.28, 81.29, x, 80.75) (CR); 2 S Makarov (RUS) 81.20 (80.43, 81.20, 80.23, 79.74); 3 G Wallin (SWE) 80.88 (80.88, 74.36, 80.24, 80.12); 4 M De Zordo (GER) 77.86; 5 P Frydrych (CZE) 74.42; 6 R Baraza (ESP) 74.11; 7 R Bertolini (ITA) 72.07; 8 P Rakoczy (POL) 71.79; 9 JAMES CAMPBELL 68.03 (68.03, x, x); 10 A Adakhousli (BLR) 65.47; 11 K Durechou (FRA) 63.21; 12 T Aperta (POR) 62.54

Women
100 (a) r1 (-0.5): 1 V Mang (FRA) 11.23 (CR); 2 S Tavares (POR) 11.51; 3 Y Nestsiarenka (BLR) 11.53; 4 A Allah (ITA) 11.63; 5 L Berntsson (SWE) 11.80; 6 M Cotán (ESP) 11.82. **r2 (1.5):** 1 O Povh (UKR) 11.28; 2 A Fedoriva (RUS) 11.34; 3 M Wagner (GER) 11.38; 4 ANYIKA ONUORA 11.43; 5 K Cechová (CZE) 11.45; 6 M Jeschke (POL) 11.55. **200 (b) r1 (-2.1):** 1 C Tschirch (GER) 23.45; 2 S Tavares (POR) 23.94; 3 M Hjelm (SWE) 24.05; 4 G Arcioni (ITA) 24.10; 5 B Reico (ESP) 24.59; 6 K Hanchar (BLR) 24.75. **r2 (-2.2):** 1 M Ryemyen (UKR) 23.10; 2 Y Chermoshanskaya (RUS) 23.40; 3 M Soumaré (FRA) 23.62; 4 D Rosolová (CZE) 23.66; 5 ABI OYEPITAN 23.91; 6 M Popowicz (POL) 24.03. **400 (a) r1:** 1 J Lindenberg (GER) 52.07; 2 M Milani (ITA) 52.64; 3 A Bednarek (POL) 52.93; 4 A L Bokesa (ESP) 53.60; 5 J Magnusson (SWE) 53.78; 6 C Nunes (POR) 55.02. **r2:** 1 A Yefremova (UKR) 51.02 (CR); 2 D Rosolová (CZE) 51.37; 3 SHANA COX 51.49; 4 S Usovich (BLR) 51.85; 5 K Zadorina (RUS) 52.00; 6 M Hurtis-Houari (FRA) 52.19. **800 (a):** 1 M Savinova (RUS) 1:58.75; 2 JENNIFER MEADOWS 1:59.47; 3 L Lobanova (UKR) 2:00.18; 4 M Arzamasava (BLR) 2:00.62; 5 E Cusma Piccione (ITA) 2:01.04; 6 J Hartmann (GER) 2:01.15; 7 A Cichočka (POL) 2:01.75; 8 C Moh (FRA) 2:03.38; 9 I Macías (ESP) 2:03.49; 10 S Öberg (SWE) 2:04.53; 11 S Teixeira (POR) 2:07.94; 12 L Masná ADEDOYIN 15.32/2.2 (15.12/2.0, 15.02/1.3, 15.32/2.2); 11 P Hnizdil (CZE) 15.32/3.6; A Fyodorov (RUS) NM. **SP (a):** 1 D Stori (GER) 20.81(19.95, x, 20.51, 20.81); 2 T Majewski (POL) 20.51 (19.90, x, 20.51, 20.18); 3 A Mikheevich

(BLR) 20.40 (20.22, x, 20.09, 20.40); 4 I Yushkov (RUS) 19.49; 5 M Fortes (POR) 19.40; 6 A Semenov (UKR) 19.38; 7 G Bucki (FRA) 18.93; 8 B Vivas (ESP) 18.64; 9 J Marcell (CZE) 18.49; 10 N Arrhenius (SWE) 17.87; 11 M Di Maggio (ITA) 17.51; 12 GREG BEARD 16.97 (16.33, 16.97, 16.75). **DT (b):** 1 R Harting (GER) 65.63 (64.42, 65.50, 65.63, 65.46); 2 F Casañas (ESP) 62.43 (56.90, 61.41, 62.43, 61.48); 3 P Malachowski (POL) 61.66 (61.41, x, 60.91, 61.66); 4 J Marcell (CZE) 61.46; 5 B Pishchalnikov (RUS) 59.89; 6 BRETT MORSE 59.37 (x, 59.37, x); 7 N Arrhenius (SWE) 57.75; 8 O Semenov (UKR) 56.30; 9 G Faloci (ITA) 56.09; 10 J-F Aurokrom (FRA) 52.85; 11 J A Grave (POR) 50.59; 12 S Rohanav (BLR) 49.23. **HT (b):** 1 M Esser (GER) 79.28 (76.95, 75.06, 79.28, 76.37) (CR); 2 P Fajdek (POL) 76.98 (76.73, 76.76, 76.98, x); 3 O Sokyrskyy (UKR) 76.96 (x, 76.96, 75.29, x); 4 P Kryvitski (BLR) 76.93; 5 N Vizzoni (ITA) 74.47; 6 F Pouzy (FRA) 73.88; 7 A Zagorniy (RUS) 73.85; 8 J Cienfuegos (ESP) 72.11; 9 L Melich (CZE) 70.86; 10 M Jons (SWE) 69.53; 11 ANDY FROST 61.53 (x, 61.53, x); D Manso (POR) NM. **JT (a):** 1 D Kosynsky (UKR) 81.29 (80.28, 81.29, x, 80.75) (CR); 2 S Makarov (RUS) 81.20 (80.43, 81.20, 80.23, 79.74); 3 G Wallin (SWE) 80.88 (80.88, 74.36, 80.24, 80.12); 4 M De Zordo (GER) 77.86; 5 P Frydrych (CZE) 74.42; 6 R Baraza (ESP) 74.11; 7 R Bertolini (ITA) 72.07; 8 P Rakoczy (POL) 71.79; 9 JAMES CAMPBELL 68.03 (68.03, x, x); 10 A Adakhousli (BLR) 65.47; 11 K Durechou (FRA) 63.21; 12 T Aperta (POR) 62.54

4:10.74; 8 D Krebs (GER) 4:11.96; 9 S Moreira (POR) 4:12.63; 10 V Tegenfeldt (SWE) 4:16.01; 11 V Costanza (ITA) 4:25.35; 12 F Félix (FRA) 4:30.75. **3000 (a):** 1 O Syreva (RUS) 8:53.20; 2 N Tobias (UKR) 8:54.16; 3 N Rodríguez (ESP) 8:55.09; 4 L Chojcecka (POL) 8:55.73; 5 S Weissteiner (ITA) 8:58.10; 6 S Kudzelich (BLR) 9:00.06; 7 STEVIE STOCKTON 9:00.67; 8 C Harrer (GER) 9:01.29; 9 C Daunay (FRA) 9:02.16; 10 D Félix (POR) 9:09.92; 11 L Sekanová (CZE) 9:19.83; 12 C Fougberg (SWE) 9:24.86. **5000 (b):** 1 D Checa (ESP) 15:16.89; 2 Y Zadorozhnaya (RUS) 15:28.65; 3 HELEN CLITHEREO 15:33.03; 4 S Mockenhaupt (GER) 15:35.02; 5 D Félix (POR) 15:36.99; 6 T Holovchenko (UKR) 15:46.02; 7 A Incerti (ITA) 15:49.54; 8 C Bardelle (FRA) 15:57.56; 9 W Frankiewicz (POL) 16:22.81; 10 M Liljestedt (SWE) 16:28.40; 11 K Pecková (CZE) 16:31.74; 12 O Dubovskaya (BLR) 16:40.47. **100H (b) r1 (-1.0):** 1 T Dektyareva (RUS) 13.16; 2 M Caravelli (ITA) 13.21; 3 K Tymniska (POL) 13.51; 4 O Yanovska (UKR) 13.56; 5 E Tuvsesson (SWE) 13.62; 6 P Mamona (POL) 14.30. **r2 (-0.2):** 1 A Talay (BLR) 13.19; 2 TIFFANY PORTER 13.28; 3 S Gomis (FRA) 13.32; 4 C Roleder (UKR) 13.40; 5 L Skrobáková (CZE) 13.45; 6 J Onyia (ESP) 13.60. **400H (a) r1:** 1 M Gentili (ITA) 56.85; 2 V Barbosa (POR) 57.26; 3 P Anacharsis (FRA) 57.26; 4 C Klopsch (GER) 57.85; 5 M Boika (BLR) 59.43; 6 O Ortega (ESP) 60.82. **r2:** 1 Z Hejnová (CZE) 53.87 (CR); 2 N Antyukh (RUS) 54.52; 3 HERRI SHAKES-DRAYTON 55.06; 4 P Timmis (UKR) 55.09; 5 J Linkiewicz (POL) 58.39; 6 S Persson (ESP) 60.34. **3000SC (a):** 1 G Galkina (RUS) 9:31.20; 2 S Moreira (POR) 9:35.11; 3 J Sussmann (GER) 9:43.28; 4 M Lustigová (CZE) 9:43.57; 5 D Martin (ESP) 9:46.89; 6 S Duarte (FRA) 9:48.83; 7 G Martinielli (ITA) 9:52.78; 8 V Mara (UKR) 9:54.10; 9 ELISH MCCLGAN 9:55.13; 10 M Slezak (POL) 9:57.38; 11 I Ananenka (BLR) 10:18.32; 12 K Bodinson (SWE) 10:25.55. **4x100 (a) r1:** 1 Belarus 43.67; 2 Poland 43.77; 3 Sweden 44.28; 4 Czech Republic 44.40; 5 Spain 44.59; 6 Portugal 44.72. **r2:** 1 Ukraine 42.85 (CR); 2 Russia 43.12; 3 Germany 43.37; 4 GREAT BRITAIN & NI 43.50 (JEANETTE KWAKYE, ANYIKA ONUORA, LAURA TURNER, ABI OYEPITAN); 5 France 43.61; 6 Italy 44.55. **4x400 (b) r1:** 1 Czech Republic 3:29.95; 2 Italy 3:30.11; 3 Belarus 3:30.44; 4 Poland 3:35.65; 5 Sweden 3:36.47; 6 Spain 3:37.66. **r2:** 1 Russia 3:27.17; 2 GREAT BRITAIN & NI 3:27.21 (KELLY MASSEY, NICOLA SANDERS, LEE MCCONNELL, PERRI SHAKES-DRAYTON); 3 Ukraine 3:28.13; 4 Germany 3:28.89; 5 France 3:31.13; 6 Portugal 3:40.57. **HJ (b):** 1 E Green (SWE) 1.89 (1.80, 1.85, 1.89, 1.92xxx); 2 V Stypolina (UKR) 1.89 (1.75, 1.80, 1.85x, 1.89, 1.92xxx); 3 R Beitia (ESP) 1.89 (1.80, 1.85, 1.89x, 1.92xxx); 4 I Gordyeyeva (RUS) 1.89; 5 M Melfort (FRA) 1.85; 6 V Bahdanovich (BLR) 1.85; 7 K Blazek (POL) 1.80; 8 R Lamera (ITA) 1.80; 9 O Maresová (CZE) 1.80; 10 M-L Jungfleisch (GER) 1.80; 11 EMMA PERKINS 1.75 (1.70x, 1.75, 1.80xxx); 12 M Anselm (POR) 1.70. **PV (a):** 1 A Rogowska (POL) 4.75 (4.40x, 4.55, 4.65x, 4.70, 4.75, 4.86xxx) (CR); 2 S Spiegelburg (GER) 4.75 (4.35, 4.45, 4.55, 4.65, 4.70x, 4.75x, 4.80xx); 3 J Ptácníková (CZE) (4.25, 4.40, 4.50, 4.55, 4.60, 4.65, 4.65x); 4 A Kiryashova (RUS) 4.50; 5 HOLLY BLEASDALE 4.40 (4.25, 4.40, 4.50xxx); 6 M Tavares (POR) 4.40; 7 A Shvedova (BLR) 4.25; 8 T Mathiot (FRA) 4.25; eq 9 A M Pinero (ESP)/E Scarpellini (ITA) 4.25; 11 H Shele (UKR) 4.00; M Dahlström (SWE) NM. **LJ (b):** 1 D Klisina (RUS) 6.74/0.9 (6.40/1.9, 6.74/0.9, 6.57/1.4, x); 2 C Klüft (SWE) 6.73/0.7 (6.73/0.7, x, 6.40/0.5, x); 3 E Lesueur (FRA) 6.60/2.2 (5.24/0.1, x, 6.60/2.2, 5.12/3.4); 4 N Gomes (POR) 6.58/0.4; 5 V Shutkova (BLR) 6.53/2.1; 6 B Kappeler (GER) 6.50/2.8; 7 C Montaner (ESP) 6.44/4.1; 8 T Dobija (POL) 6.41/1.2; 9 SHARA PROCTOR 6.31/2.2 (6.28/1.9, 6.31/2.2, 6.28/1.5); 10 T Vicenzino (ITA) 6.23/2.8; 11 I Ahkzozova (UKR) 6.18/2.1; 12 J Koresová (CZE) 5.99/2.44. **TJ (a):** 1 O Saladuha (UKR) 14.85/1.8 (14.51/0.4, 14.85/1.8, 14.44/-1.0, 14.53/0.2) (CR); 2 S La Mantia (ITA) 14.29/1.2 (14.12/1.2, 14.29/1.2, 14.09/-0.4, x); 3 P Sarrapio (ESP) 14.10/1.7 (14.10/1.7, 13.89/1.2, 13.69/0.7, x); 4 N Kutaykova (RUS) 14.07/2.1; 5 M Trybanska (POL) 13.98/0.0; 6 K Demut (GER) 13.81/-1.0; 7 N Viatkina (BLR) 13.73/0.2; 8 P Mamona (POR) 13.55/1.1; 9 YASMINE REGIS 13.27/0.5 (12.23/2.6, 13.22/1.7, 13.27/0.5); 10 L Májková (CZE) 12.99/0.9; 11 K Franke-Björkman (SWE) 12.99/0.2; N Marie-Nelly (FRA) NM. **SP (b):** 1 N Kleintert (GER) 17.81 (16.35, 17.28, 17.81, x); 2 A Avdeyeva (RUS) 17.33 (16.65, 17.33, x, 17.26); 3 C Rosa (ITA) 17.18 (16.21, 17.18, 17.04, 17.14); 4 Y Pravalinskay-Karolchik (BLR) 16.48; 5 J Cérival (FRA) 16.13; 6 P Guba (POL) 16.08; 7 H Engman (SWE) 15.85; 8 U Ruiz (ESP) 15.72; 9 O Holodnaya (UKR) 15.60; 10 REBECCA PEAKE 15.06 (15.06, 14.54, 15.03); 11 M A Borges (POR) 14.44; 12 B Spotáková (CZE) 12.64. **DT (b):** 1 K Karsak (POL) 63.35 (56.66, x, 60.07, 63.35); 2 D Pishchalnikova (RUS) 61.09 (53.47, 60.11, 58.74, 61.09); 3 Z Glanc (POL) 59.29 (53.71, 58.43, x, 59.29); 4 N Müller (GER) 57.78; 5 M Robert-Michon (FRA) 57.36; 6 V Cechlová (CZE) 56.13; 7 L Bordignon (ITA) 54.05; 8 JADE NICHOLLS 53.85 (x, 53.85, x); 9 S Siarova (BLR) 52.11; 10 I Rodrigues (POR) 49.97; 11 M De Sántalo-Ossorio (ESP) 49.50; 12 S Andersson (SWE) 45.33. **HT (b):** 1 B Heidler (GER) 73.43 (73.01, 73.43, 72.87, 73.19); 2 T Lysenko (RUS) 71.44 (71.44, 70.76, 71.18, x); 3 K Safránková (CZE) 69.39 (67.11, 69.39, x, 68.37); 4 A Matoshka (BLR) 69.31; 5 S Falzon (FRA) 68.63; 6 V Silva (POR) 68.35; 7 B Castells (ESP) 67.35; 8 S Salis (ITA) 66.55; 9 SOPHIE HITCHON 66.05 (63.53, x, 66.05); 10 I Sekachyova (UKR) 64.02; 11 T Andersson (SWE) 63.04; 12 J Fiodorov (POL) 62.19. **JT (a):** 1 C Obergföll (GER) 66.22 (66.22, 61.07, x, 62.32); 2 GOLDIE SAYERS 64.46 (64.31, x, x, 64.46); 3 B Spotáková (CZE) 64.40 (58.09, 61.98, 61.20, 64.40); 4 M Abakumova (RUS) 64.21; 5 M Chilla (ESP) 58.71; 6 Z Bani (ITA) 55.92; 7 V Rebrýk (UKR) 55.16; 8 S Cruz (POR) 55.12; 9 A Petersson (SWE) 53.63; 10 M Novik (BLR) 53.41; 11 R Ugatai (FRA) 52.61; 12 M Czenska (POL) 50.98

'Twittergate' could be just the start

THE spat between Phillips Idowu and Charles van Commenee could be a sign of things to come as more and more athletes see the social medium as a direct way of communicating with the public, writes Paul Halford.

To recap, Idowu allegedly announced on Twitter he would not be competing at the European Team Championships before informing the team management, although he insists he told UKA through the proper channels beforehand. He then responded angrily to stories reporting UKA head coach Van Commenee's criticism.

Some grasp hold of Twitter as the ultimate solution to bypassing the press, whom they trust to varying degrees.

But the directness of this self-publishing tool can also be its downside. One click and your views are out there for the world to see.

The sporting world has seen many instances of competitors posting tweets that are controversial or ill-advised. What we have seen from Idowu could be just the start when it comes to athletics.

Indeed just days later Usain Bolt published a tweet that many have taken to be a cruel taunt to Tyson Gay, his main challenger to the title of world's fastest man.

Just after Gay posted a link to a story entitled "Struck down by Bolt in 2008. Gay guns for gold again at 2012 Games"; Bolt tweeted: "I think some athlete need to get them self a girl so they can get there mind off me still cause my mind is on track, life and of course girls". It is not clear whether Bolt's tweet was referring to Gay, but many have concluded it is.

At least when it comes to media interviews, the press are not always desperate to publish comments that athletes will later regret.

Indeed, there have been instances when *AW* has in the past been called back by athletes begging us not to print something

they said to us. We will usually oblige, though when this happened we have informed them in such cases that we were not going to embarrass them by using it anyway.

Further, the traditional media will often attempt to present the facts in an unbiased way, seeking the other side of the story, whereas Twitter can create a slanging match.

When UKA set up contracts for its funded athletes in 2006, they included a controversial clause virtually banning athletes from

making public comments that were detrimental to the governing body. Clearly such a method has not worked in this case.

If Twitter had existed back then, there would have been much louder calls for its use to be banned among elite athletes, as other sports have done. It does not appear, at least from comments made by Van Commenee, that UKA will take such a measure.

Many athletes who use the social media network would be affected if that happened, but most use it wisely. Helen Clitheroe

(@clitherbot) is one of them and she said last weekend: "People make mistakes on Twitter and say things they shouldn't say on the spur of the moment as it's instant. It's a reminder for us all to be careful what we put out there."

But then maybe Idowu has not said the "wrong" thing. If it turns out that he was told by UKA to keep quiet about not competing until they after they put his name in the team press release then Twitter's use as a publishing tool in exposing this may be vindicated.

twitter WARS

June 8 via Twitter

Last session before my next diamond is done :) off to NY now. Hopefully it'll be another good. No Euro team champs 4 me this year.



June 17 to the press

I'm very unhappy with the timing of his decision and the way he communicated it through Twitter. I've told him it's not on.



June 18 to BBC Radio 5 Live

I told them a good few days before I flew out to the Diamond League meeting in New York and even before the team was announced I knew I was going to be selected but was told not to say anything about not competing until the official press release had gone out... I haven't spoken to Charles since I came back from warm-weather trip back in May so that's a blatant lie.



June 20 to the press

The situation is not good as it is and we need to find a solution together.



June 20 via Twitter

After dispute over the wkend, drugs tester turned up to my house today. Coincidence? Lol. Can't get rid of me that easily.



Influx of 'plastic Brits' continues with Reid

JAMAICAN triple jumper Julian Reid is the next athlete in line to qualify for British eligibility – and UKA head coach Charles van Commenee defended the recent spate of new UK recruits amid criticism from Colin Jackson and *The Daily Mail*.

Reid, a student at Texas A&M University, is a four-time medallist at the NCAA Championships in both long jump and triple jump. His PBs are 8.04m and 16.98m, and he has wind-assisted bests of 8.18m and 17.10m. Reid, who has had a British passport since birth, last represented Jamaica at the IAAF World Championships in 2009, where he finished 27th in the qualifying round.

With the process ongoing, the World Championships in Daegu this year may come too soon, but his eligibility could be finalised before London 2012.

Reid is the latest athlete to take up British eligibility. Former American Tiffany Ofili-Porter gained a British passport and earlier this year won silver at the European Indoor Championships. Fellow former American Shana Cox represented Britain in the 400m at last weekend's European Team Championships in Stockholm, where long jumper Shara Proctor – formerly of Anguilla – competed for Britain in the long jump.



Speaking to the BBC, van Commenee explained the governing body's stance. "UK Athletics doesn't recruit athletes. We're not searching actively across the globe for people who may be interested to compete for the British team," he said. "There are lots of people with a British passport and at one point they knock the door and ask 'can we compete for Britain?'. I say 'Of course! If you've got a British passport, you're welcome.'"

But former world champion hurdler Jackson disagrees. He said: "I'm not very keen on it. Even though you have a British passport, it doesn't necessarily mean that you are British. You don't absorb yourself totally into the British culture. It makes it very difficult and sometimes causes a bit of controversy in the team. If you hear an American accent

from someone wearing a Union Jack it's slightly... different.

"A lot of people are wondering if it wasn't the London Olympics next year, would all these people be coming to compete for Great Britain this year?"

Sportswriter Martin Samuel also fanned the flames of the debate with an opinion piece about what he called "plastic Brits" in *The Daily Mail*. (See this week's *Letters* and last week's *Dip Finish* column).

But Commenee sees all Brits as equals and welcomes the rise in standards. "There's no such thing as superior Brits or inferior Brits – when you've got a British passport, you're welcome," he said. "These girls (Cox, Porter, Proctor) are good, positive forces in the team. They lift the standard, so they're more than welcome."

Second chance for Olympic tickets

UNLUCKY losers in the first round of Olympic ticket applications will have an exclusive opportunity to secure a seat when the second round of sales begins later this week.

Of the 1.9 million people who applied for tickets during the first phase from March 15 to April 26, 1.2 million were left disappointed. But Games organisers have announced that those applicants will be given 10 days to apply from Friday June 24 before tickets are made available to the general public again on July 3.

Free seats for '48 Olympians

BRITISH athletes who competed in the 1948 Olympics are to be given free tickets to the London 2012 Olympics. Around 125 people who represented Britain at the 1948 Games will be eligible to the pair of free tickets from the British Olympic Association. The BOA say that where possible the tickets will be matched to the sport in which the Olympian competed 64 years earlier.

Geb set for Berlin

HAILE GEBRSELESSIE will compete in the BMW Berlin Marathon on September 25. It was in this race that he set the world record of 2:03:59 in 2008.

Abrahams book competition

WINNERS of the Harold Abrahams book competition in *AW* are: Pam Storey, Copthorne; Peter White, Scarborough; Lisa Webb, London NW6; Wilf Morgan, Birmingham; George Adie, North Shields.

Track & Field TOURS

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QUOTES OF THE WEEK

I personally feel it's for people with too much time on their hands and attention-seekers and clowns ... I wish it wasn't there but it's there. (But) It's a reality. You have to deal with it. High jumpers hate gravity but they have to deal with it and this is one of those things.

Charles van Commenee tells the BBC website what he thinks about Twitter

Maybe it's because Charles was on before me and he's not that funny!

GB's European Team Championships captain Dai Greene on being told that his pre-event speech was being praised for its humour

I don't blame anyone but myself. I just hope we can make up for it by bringing home a medal at the World Championships.

Michael Bingham, after the 4x400m relay fumble with Richard Buck in Stockholm

He has so many advantages with his height and those long legs that keep striding past me ... he is like an antelope.

Dwain Chambers on sprint rival Christophe Lemaitre

Museum demand increases

A CALL for the creation of a museum in Britain to chart the history of athletics has been backed by the premier guide to the country's sports museums, stadium tours and sporting visitor attractions – sportcloseup.co.uk.

Athletics Weekly has championed the case for a permanent museum to honour the achievements of stars like 'Chariots of Fire' gold medallists Harold Abrahams and Eric Liddell, four-minute miler Sir Roger Bannister, and contemporary figures such as Daley Thompson, Seb Coe, Sally Gunnell and Jonathan Edwards.

Most recently, *AW* editor Jason Henderson wrote a blog at athleticsweekly.com under the headline 'Keep history alive', which bemoaned the lack of a national athletics museum but pointed to the work that is underway to create an athletics library of archive material at Cobham Hall in Kent.

The push for a museum comes with just over 400 days to go to the start of the 2012 Olympic Games, when athletics is again expected to dominate media coverage and produce the largest stadium and television audiences, following stars like Usain Bolt and British gold medal contenders including



MARK SHERMAN

A national museum would celebrate the feats of athletes like Sally Gunnell

Jessica Ennis and Phillips Iduwu.

Now the *sportcloseup* website, covering more than 100 sports museums, tours, exhibitions and other sporting visitor attractions, has joined the call for a museum. Its athletics coverage is limited to the Oxford track where Sir Roger Bannister ran the first mile in under four minutes, London's three Olympic track and field venues from 1908, 1948 and 2012, and the Shropshire town of Much Wenlock which was one of the inspirations for the start of the modern Games.

Its editor, John Evans, said: "Athletics in Britain has hardly been short of inspiring runners, jumpers and throwers in the last 50 years, building on the heritage of Abrahams, Liddell and Bannister and the early Olympic pioneers. Yet, almost alone among major sports, there is no place to go and see the objects, images, memories and recordings that tell this story.

"It is more than just a shame that there is no athletics museum in Britain. It is actually shameful, given all the stars and all the history we have. We should be proud of the rich variety of museums that we have in this country. But if we can sustain ones about witchcraft, pencils and lawnmowers, why not one for an Olympic sport capable of exciting millions?"

Evans' website – sportcloseup.co.uk – reviews 50 visitor attractions charting the history of football, cricket, rugby, tennis, golf, racing, motor racing, motorcycling, speedway, badminton, cycling, fencing, rowing, shooting and snooker. And it lists more than 50 sports stadiums, and horse and motor racing facilities that can be toured, as well as the London 2012 Olympic Park.

Latest stats bible hits book stands

ATHLETICS 2011: The International Track & Field Annual, which is edited by Peter Matthews, has hit the bookstands.

The annual contains 600 pages of facts and figures relating to last year's athletics action and also includes articles such as how the sport has changed during the 60-year history of the Association of Track & Field Statisticians (ATFS).

"Then women had just ten events on the international

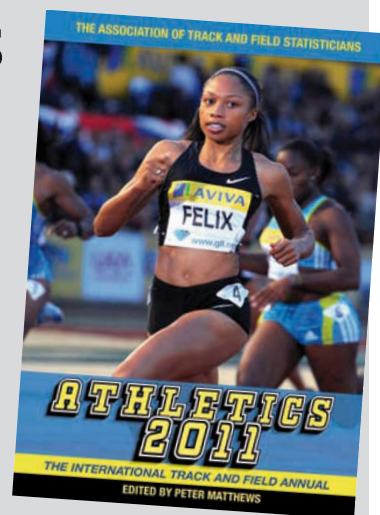
programme, now they have true equality after more and more events were added for them over the years," Matthews writes. "Then there was domination by athletes from the developed world, now participants are truly worldwide. Then the sport's administrators staunchly upheld amateurism, now the sport is professional at the top, side by side with schools, colleges, clubs and recreational participation."

The book also has a review of

2010 and early 2011 events, deep world and all-time lists, profiles of almost 800 athletes from Antigua to Zimbabwe, and an index to athletes ranked in the top 100 in 2010.

Among the trivia is the fact that British thrower Carl Myerscough is the second tallest and also second heaviest athlete in the book.

The book costs £19.95 for UK customers from SportsBooks Ltd, PO Box 422, Cheltenham GL50 2YN or see sportsbooks.ltd.uk for details.



Peter Matthews' annual features 600 pages of rankings and biographies

McColgan junior makes her mark

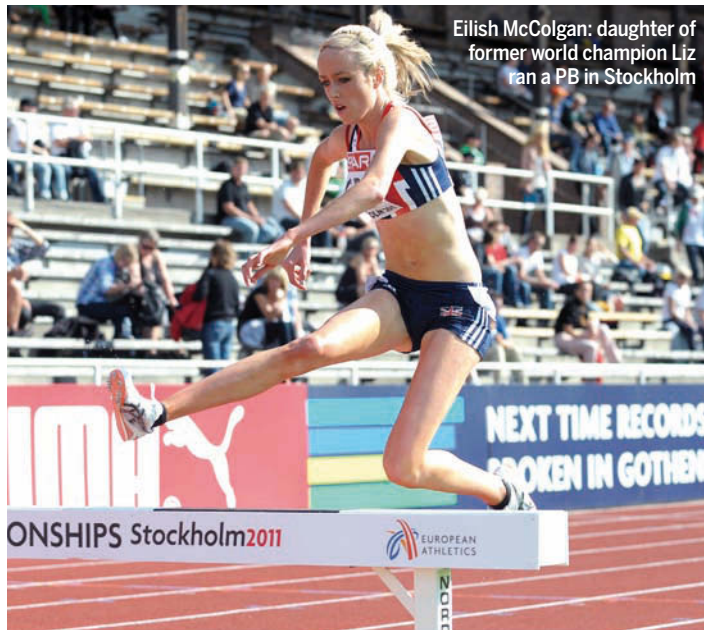
THE name McColgan may be a familiar one in terms of Great Britain teams, but last weekend it was Eilish making her senior international debut and carrying on in the footsteps of mum Liz, writes Paul Halford.

Her appearance at last weekend's Spar European Team Championships would not have seemed on the cards before this year, but a remarkable season has left many wondering whether McColgan junior can go on to emulate the success of the family world champion.

After only one practice session over barriers in her entire career, she clocked 9:58.53 for the 3000m steeplechase in Belgium earlier this month to move to second on the UK under-20 all-time list. With the withdrawal of Hatti Dean, that performance ultimately earned her an unlikely GB vest just six months out of the junior ranks. But with PBs of 4:14.44 and 15:53.87 for 1500m and 5000m respectively in the past four weeks, it is far from clear whether the 'chase will be her best event.

McColgan always showed promise as a youngster, but her improvement this season has been sudden. Although injuries held her back during the latter part of 2008 and all of the following year, she says it is mainly down to a more professional approach.

McColgan returned in 2010



Eilish McColgan: daughter of former world champion Liz ran a PB in Stockholm

MARK SHEARMAN

but a low iron count saw her unable to build on her earlier successes and she then started to become more serious in her training and lifestyle.

"I changed everything," the 20-year-old told AW just after taking nearly seven seconds off her 1500m best to win the B race at the BMC Nike Grand Prix in Watford two weeks ago.

"I let my running slip a bit after getting injured and I just decided I've got to change. I've been eating better. I'm not doing anything wrong. I'm doing everything right really. I'm just eating, sleeping and training and going to uni. There's nothing else much in my life!"

"But if you want to run well, that's pretty much what you've

got to do. I've had my two years of fun, but I've got to concentrate on my running now."

When McColgan first broke five minutes for 1500m as a 12-year-old and then won the Inter-Counties cross-country title the following winter, it was obvious she had inherited some of the talent that made her mother among Britain's best-ever female distance runners, winning the 1992 world half-marathon title and 1991 world title at 10,000m.

She steadily improved until, as she explained: "I took everything really, really seriously when I was younger. But I ended up getting a really bad injury and that just put me down completely. After coming back from it I relaxed

a bit. I was getting back into it and thinking I'm unfit. But at the start of this year I thought I've got to try and change and improve and obviously it's worked as I'm running really well."

Despite finishing ninth last weekend in Stockholm, with a PB of 9:55.13, McColgan claims her ability with the barriers is "awful" as she has been concentrating on improving her flat speed.

Coached by her mother, she said: "She has always said concentrate on the flat because I'm too young to specialise in anything so I've never done any barrier work. I did my first barrier work the week before Belgium. Hopefully with another couple of sessions of it I'll be able to get that lowered to 9:50ish by the end of the season."

However, after her performances at 1500m and 5000m this year, she has a dilemma over which event to concentrate on for the European Under-23 Championships in Ostrava next month.

Already in possession of the qualifiers for the steeple and 5000m, she said: "I'm a second off the qualifying for the 1500m so I'd like to at least run that time. At the trials, I'll do either a five or the steeple."

"I'll probably see how the training goes over the next few weeks and then decide which event to concentrate on for the Euros."



Sunday 16 October *Register Now* www.amsterdammarathon.nl

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Run England growing

RUN ENGLAND has appointed four regional coordinators to help create and support groups of recreational runners.

As well as helping to recruit and support group leaders in their areas, the new staff will coordinate seminars, conferences and road shows to promote the project.

Run England was set up after the Women's Running Network stopped delivering the "Run in England" project on behalf of England Athletics, taking over its 600-plus groups. It is supported by Sport England funding.

Although it is aimed at recreational runners, England Athletics hopes it will also increase club membership.

Scottish coaching courses

SCOTTISH Athletics has announced that from August its member coaches will be eligible for a 50 per cent subsidy on the Athletics Coach award.

Candidates will need to pay the £350 at registration but will be reimbursed £175 once all areas of the award are passed.

Contact Jim.Goldie@scottishathletics.org.uk for more information.

Historic match continues

THE world's oldest international track and field meeting takes place next Tuesday June 28, when Oxford and Cambridge universities take on Harvard and Yale.

The event, which was first held in Oxford in 1894, takes place for the 43rd time next week at Wilberforce Road in Cambridge.

Predating even the Olympics, the match sees the two British universities combining into one team to take on a combined Harvard and Yale squad. And this year the US universities are bringing across 60 athletes and 18 coaches.

Mark Young, a senior coach at Yale, said: "I have fond memories of each of the 18 matches I have had the good fortune to be involved with – two as an athlete and



Oxford and Cambridge universities take on Harvard and Yale on Tuesday

sixteen as a coach.

"The always spirited competition and the concomitant social and cultural interactions which ensue, make this

unique arrangement enduringly memorable for all who participate."

The Oxbridge team is also expected to be strong, though. Dr Dewi Roberts DL, the former Welsh international sprinter who is chairman of the Achilles Club, said: "The matches have always been vigorously contested with both teams producing individual athletes of the highest international standing, including Olympic and world champions and world record-holders."

He added: "The series continues to foster longstanding friendships across the Atlantic. Jim Wade of Yale and I competed in the match at the White City Stadium, London, in June 1959 – we remain firm friends to this day! Long may the series continue and thrive."



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The winner - it might be your family member, clubmate, coach or athlete - could be from any discipline. We are looking as much for tales about dedication, triumph over adversity and impressive improvement or skills as we are for stories of potential or achievement.

To nominate your winner please tell us in no more than 400 words why they should be featured in the next Ronhill UK Club Awards.

Please send all nominations for the awards to: rebecca.carbery@athleticsweekly.com
Please do not forget to include your telephone number and contact details for your nomination.

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"Every competition is like a matter of being dead or alive for me. I give so much to every competition emotionally and physically. I was like that when I was a little kid - if I wasn't winning then I wouldn't play. I never knew how to lose"

Height of her POWERS

BLANKA VLASIC ON HER FAMILY, HER HOME, HER FIGHT TO ACHIEVE SUCCESS AND HER HOPES FOR DAEGU AND LONDON 2012

PICTURES: PA IMAGES AND MARK SHEARMAN

Athletics Weekly: Can you remind us of the story about how you got your name?

Blanka Vlasic: It is special because my father [Josko] was a decathlete when he was young and he won a gold medal at the Mediterranean Games in Casablanca. And when I was born he said maybe we could name her Casablanca. My grandmother said okay, just let's lose Casa and leave Blanka.

AW: Your parents have been big supporters for you in your life and career. How important was it for you that they had a sporting background?

BV: My parents knew all about sport. All about the things I needed to do in order to become a professional athlete and they knew how to direct me from the beginning. They knew that it's never too early to start thinking like an athlete and acting like an athlete. And they knew that as soon as I learn how to live sport 24 hours a day it will be much easier later. So they were very supportive and it was especially important because in Croatia track and field athletics was not a popular sport. Now it's a little better, but it's still not on a level like football or tennis. So I needed the support of my family because I didn't have any other support. I didn't have the support of the system. A system came in only when I started to achieve good results. My father has been my coach since the beginning, so he was there all the way through.

AW: Is it good having your father as a coach?

BV: Yeah, we are basically the same characters. It can be a problem when you are a teenager, when you are like your parent, and then at practice you are together and at home you are together, but I moved out at 19 and then things got much better. So now we think similar and I don't have to waste any words about how I feel today. He knows everything from the moment he sees me when I enter in the training facility. It's much easier that way. My youngest brother does football and because my father is also involved in that, he cannot travel with me. For high jump specifically I have another coach, Bojan Marinovic. He travels with me all the time and he's really like a technical support.

AW: Do you have arguments?

BV: I leave the training stuff to him. I trust him. I've had such good results, I have no reason to doubt it. So the only arguments we have are when I'm nervous or something so I need someone to fight with for five minutes, but then he knows that it's only to relax me and then he's just quiet.

AW: You're a very famous person now in Croatia and Split, so what's it like for you going home?

BV: People think that I cannot walk on the streets in Split, but it's just the opposite. People are used to seeing me, so they don't really react too much. They're just very positive and happy and sometimes they greet me or say something to me, but it's not like I need to hide or something. I just live a normal life, like every normal person, and Split is my sanctuary. It's a place where I can find peace and I love to be in Split. I'm not a person who likes to travel too much, to be out of home. So my manager knows when he makes travel arrangements that he should keep me as little as possible away from home. I rarely go to training camps.

AW: When your career has ended, will you stay in Split?

BV: That's for sure. I mean 99 per cent. That's my wish, but I don't know what could happen after my career. I want to stay involved in sport, maybe to try to help promote sport in Croatia and help those young athletes that need support. Maybe help to provide more facilities for sport. Somehow help sport in Croatia because we have a lot of young talent, but a lot of them just don't make it, they just turn around and go to do something else because they see it's going to be a hard path. When I remember how hard it was for me, I wouldn't want that for my child, because we didn't have indoors and I was training late at night. I was at school at 11pm, during the winter, in small halls, where I couldn't see the bar when I was taking the approach. So it was a big struggle during my first years of high jumping and it's just too hard to make it if you don't have, like me, the bigger picture in your head the whole time and someone to push you, to motivate you every day.

AW: Has your success changed things at all in Croatia?

BV: We still don't have indoor facilities for the masses. I have one for myself. It's not big, but it has everything that I need. Also the biggest progress is that we had the Continental Cup last year in Croatia, in Split. It's big, a huge competition, the biggest competition last year in athletics. I couldn't imagine after the European Championships in Split 20 years ago that the big stadium would be full again and that we would organise some other huge event. I was so proud that we made it. We did a great job. Everybody was happy about it and they said it was great organisation. The atmosphere was just perfect. The stadium was full all the time. And one of my dreams came true when I was jumping

LEFT: Ever since winning her first world title in 2007, Blanka Vlasic has dominated the women's high jump

RIGHT: Competing – and winning – in a full stadium in her home town of Split at last year's IAAF Continental Cup was a dream come true for Blanka Vlasic

in that stadium, to jump in front of my people, my crowd. I'm planning maybe when I finish my career to organise a few more meets in Split, because it's a beautiful city.

AW: You're very competitive, aren't you?

BV: Every competition is like a matter of being dead or alive for me. It's a very strong approach and it's not easy to handle it because I give so much to every competition emotionally and physically that afterwards I'm just very tired. I was competitive like that since I was a little kid. When I was just a child I couldn't even play board games – if I wasn't winning then I wouldn't play. That was just my rule. So I never knew how to lose. I still have very sad memories from the moments I've lost, but I know it's a part of sport and sometimes to lose for me means to go on a higher level because you always have to learn more from losing than from winning. So those hard moments are just sometimes a wake-up call and then I would be even better afterwards.

AW: You're very visual and very active when you compete and the crowd love this.

BV: Yeah, they give me that few extra per cent of motivation – and jumping in front of an empty stadium is my worst nightmare. Interaction with the crowd is very important for me, but also for them. They come to see a show and not to see robots, who don't know how to show their feelings. So if I'm sad, if I'm not happy with my jumping, I will show it. And if I'm happy I will show it also. And they respond well to this. And in return they give me support. I was very happy in the World Championships in Berlin when I was jumping against my biggest rival who was a German girl jumping in front of her own home crowd, but they still were clapping for me and strongest for her. It was just amazing. And that's a real sporting spirit.

AW: You even have your own victory dance now!

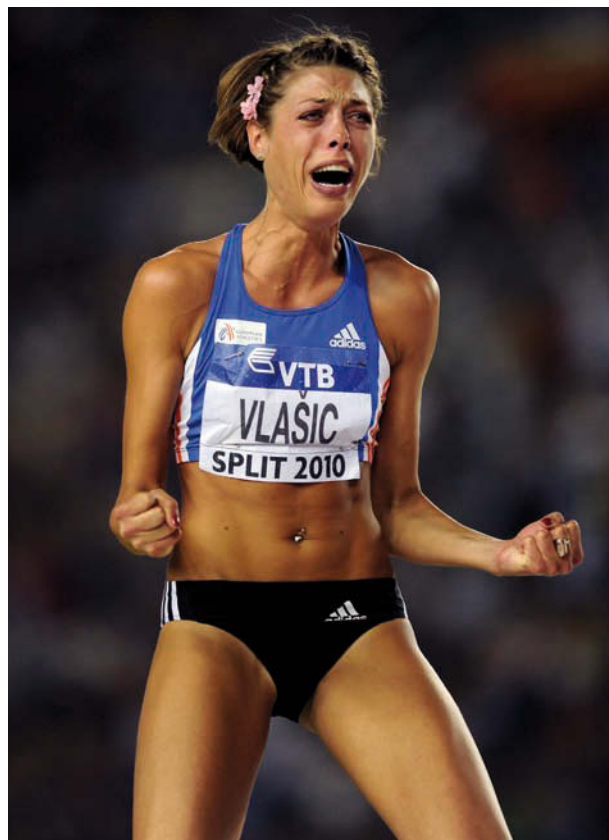
BV: I think it happened in Rome in 2007 for the first time. It was just a few moves and then in Osaka when everybody noticed I was just like crazy happy. I just did this goofy dance. Most of the time the dance is not very pretty. It's not very rhythmical. But it's something that comes out spontaneously and I'm not thinking about choreography or to think of something new for the season. If it comes out, I know that I'm doing a good job, I'm having fun and everybody knows that. That's why I cannot do the dance every time, because it's not good every time.

AW: What are your goals and hopes for this year?

BV: Last year was perfect because I was not 100 per cent on my top level, regarding results and physical shape. Something was wrong last year definitely, because the year before I jumped 2.08m and last year I only jumped 2.05m. In spite of that I won Europeans and a few awards after my season, so I was really happy because during the season I was very depressed and it was the hardest season I think for me ever. So this year I would like to improve my level of results. And of course the World Championships is the most important competition in this year.

AW: The rest of the world thinks that you are favourite for the World Championships and the Olympic Games. How does that impact on you?

BV: It's much harder that people think that I'm the favourite



than when you're not favourite. If nobody counts on you then you can just be free of pressure. But ever since 2007 when I won the World Championships I have to deal with the pressure of great expectations. And when you add to that my expectations, it's a huge ball of expectations that adds a huge amount of pressure. I think that being experienced means that you can handle this pressure and every year it's easier. But of course when you're talking about World Championships it never gets too easy. It's always a big meet, it's always a huge stress. It doesn't matter how many World Championships you've been in before and how many gold medals you have, every time is like the first time. And you know it's only one meet and what happens in that two hours happens and it's finished.

AW: And of course that was what happened to you in the 2008 Olympic Games in Beijing [winning the silver medal, not gold, on count back]. Do you regard that Olympics in Beijing as a disappointment or an achievement?

BV: Well I'm very proud to be able to say that I was a part of the competition that made history because never in the history of high jump was 2.05m not enough for the gold medal. I finished second with 2.05m and that is a great height – when I won Osaka I jumped 2.05m, when I won in Berlin I jumped 2.04m, so basically I was in great shape. I did my job. I was preparing for that Olympic Games for four years. I went there healthy and jumped only two centimetres lower than my PB, so I have nothing to be ashamed of. Nothing to be sad about. When you do all that then the only thing you can say is 'yeah I did my best and just destiny didn't want me to win that time'. Sure it was hard for me that night and a few days after, but I didn't understand why and still don't understand why people think that that was my biggest loss of my career.



"Most of the time the dance is not very pretty. That's why I don't do it every time - because it's not always good"

AW: So how important is it to win the 2012 Olympics?

BV: It is a focus, but I'm not thinking about that too much. The most important competition for me is my next competition. That way I keep myself calm – what would it be like if I started thinking about London now? To think about it for one year, all the time, you just go crazy and you go there and you're just emotionally empty completely. So I will think about London when it comes time. I know I need to go there, I need to be in great shape, but still it's not the time to think about it.

AW: Why is Olympic success is so special to you?

BV: Being Olympic champion is I think the dream of every athlete. It's one of my few dreams. One of my few goals. And it's very hard because it's only every four years. That's what makes it special. So you have like three or four real chances in your career to be Olympic champion. It's not easy to survive a period in between, as I said, to make it through all those seasons, to stay healthy and to still go there and be able to say I'm fighting for a gold. And then do it. It's definitely not easy but it would be nice. But I don't think that London is my last chance definitely.

AW: One other goal must be Stefka Kostadinova's world record. It goes back to 1987. You're very, very close – one centimetre away. Do you think about that at every event?

BV: Yeah, a world record motivates me, of course, but I'm not obsessed by it. I think everybody else is more obsessed because everybody asks me about that. And they say what is one more centimetre. It's not so big. But as my father says you don't have to jump one more centimetre I need to jump 2.08m plus one, so I need to lift the pyramid. It's a huge task. I remember when I jumped 2.08m, it was just the perfect day. The perfect competition, perfect conditions, I felt great. And you don't get that every day. Everything needs to come together to do that. I was ready two years ago for that. Maybe

I will be ready also this year. I hope so. But the question is if it's going to be in one meet that everything that you need comes together. Sometimes you're feeling perfect but it will be raining, so I'm just waiting for that perfect meet.

AW: Do you have that inner confidence that you can do it?

BV: Sure, yeah. It's more than my PB so it means a progress, and I believe in progress because otherwise I probably wouldn't train any more. I believe that I can go higher and it doesn't matter if it happens or not. I'm not sure if it's going to happen, but I believe it. So that's what keeps me going.

AW: In the rest of your career, if you could win only an Olympic gold medal or break the world record, which would you choose?

BV: Well, if I have to choose, probably the world record because there are so many Olympic champions and only one world record-holder.

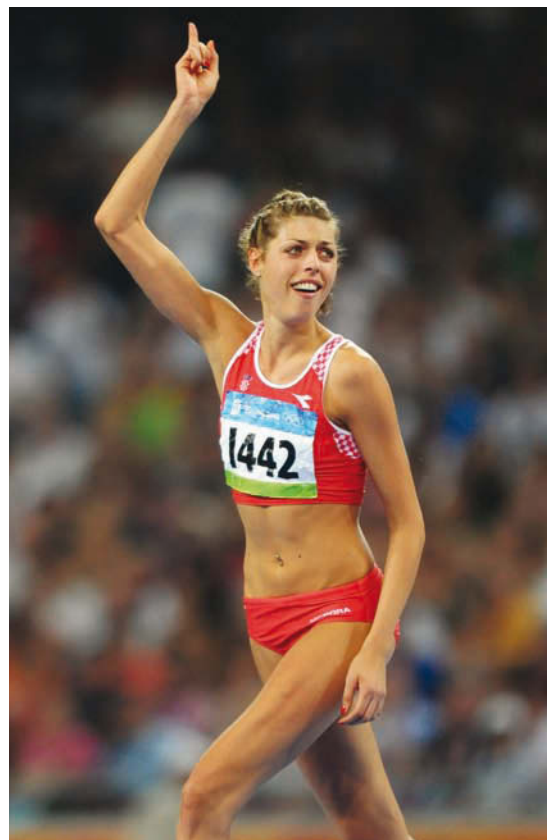
AW: If you did that, do you think you might win the Laureus award?

BV: I'm hoping, yeah. I know that I need to do that in order to win Laureus.

AW: Last year you were nominated for the Laureus Sportswoman Award. You didn't win, but what would it mean if you won that award?

BV: I know how it felt when last year I was the IAAF female athlete of the year and I got the award in Monte Carlo and I felt already like I'm on the top of the world. So winning Laureus I'm sure is much greater, the feeling to be announced the best sportswoman in the world. I cannot imagine how big an honour it is. I'm hoping to experience it one time.

» **BLANKA VLASIC spoke to Laureus. See laureus.com**



ABOVE LEFT: Blanka Vlasic dealt well with the pressure when she won her second world title in 2009

ABOVE RIGHT: Although disappointed to finish second at the Olympics in Beijing, Blanka Vlasic was happy with her 2.05m jump and hopes to win gold in 2012

How to organise an athletics meeting

EVER WONDERED WHAT IT TAKES TO SET UP AN ATHLETICS MEET?
LUKE STOTT TAKES YOU BEHIND THE SCENES AT CAFIA 2011 TO FIND OUT

IT IS PAST 8pm on a Tuesday night and Phil Taylor has just arrived at the Loughborough HIPAC for a training session. The black business suit he's wearing is in complete juxtaposition to the tracksuited bodies filing out of the facility; they're leaving, heading home for dinner and studying for some, TV for others. 'Power', though, as his friends call him, a nickname borrowed from his dart throwing namesake, is just about to begin what will be the highlight of the punishingly long days he's been working recently trying to get CAFIA 2011 off the ground: a good old fashioned lactic session.

"I like it when it's like this," he says, looking around the deserted HIPAC with a grin that seems a permanent fixture on his face. "It's nice and peaceful." With that he heads to the changing rooms as the last of the stragglers heads out under the dusk-stained sky.

Although the imposition of holding down a full-time job as the head of international recruitment at QA Business School has scuppered what was a burgeoning

and successful career as a 400m runner, Taylor still likes to push his limits when he gets the chance. For him the training habit has proved an impossible one to kick, especially since his efforts have been rewarded on the biggest of stages several times. Taylor counts a gold medal in the 4x400m at the 2007 European Indoor Championships held in Birmingham and silver in the 2009 Turin edition of the event among numerous national medals throughout the age groups.

An hour later he collapses next to me after a work-out on the exercise bike that has left his quadriceps almost unable to bare his own weight and his T-shirt soaked through with sweat. Clearly Taylor is a big believer in hard work.

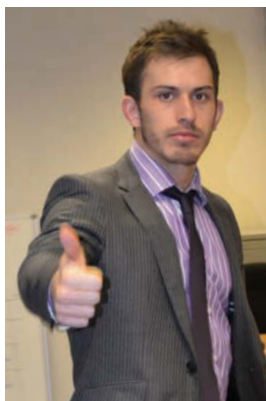
"My Achilles is killing me so this is as much as I can do at the moment." He speaks quickly, maximising the number of words he can verbalise from the shallow breaths his body is barely capable of drawing at that moment. "I usually do it at the gym near work but it's weird getting such a sweat on next to old ladies watching *EastEnders* on the monitor. You get some funny looks!"

After a few minutes he's ready to talk about his latest project: CAFIA 2011 or Citius Altius Fortius International Athletics to give the event its full title. The grimace of lactic-induced pain that featured so prominently on his face a few minutes ago has vanished; replaced with his trademark grin. After a few moments it's clear that CAFIA has become more than a profitable exercise (Taylor concedes it might take years to make any money from the event) for Taylor and his business partner, and former athlete himself, Alex Hopkins; it is, for them at least, a chance to give something back to the sport.

"CAF International Athletics started as an idea to try and create an athletics series designed by athletes for athletes." He continues his rapid-fire delivery; although now it's the result of enthusiasm rather than exhaustion. "Over time, we plan to bring the most enjoyable parts of all athletics competitions together to the fastest and most sought after tracks in the UK, both indoors and outdoors."

It's not every day a person decides to create their own athletics event and when I asked about the origins of CAFIA, Taylor delivers an answer with the smoothness of someone who has been asked the same question umpteen times, as

"CAF International Athletics started as an idea to try and create an athletics series designed by athletes for athletes. Over time, we plan to bring the most enjoyable parts of all athletics competitions together to the fastest and most sought after tracks in the UK, both indoors and outdoors"



RIGHT: the brains behind CAFIA, Phil Taylor and right, Alex Hopkins



MARK SHEARMAN

ABOVE: Phil Taylor (left) won 4x400m silver at the 2009 European Indoor Championships in Turin

if reciting from a script tucked up inside his cranium. "Alex and I had talked about organising an athletics meeting over the last year or so but didn't really have the cash to try and do one until now. It was literally over lunch that we were chatting again and we both thought let's just fire out a few emails and then the next week we were in a car checking out Bedford, Derby and the Mondo down at Coventry!"

"So many people including my parents have said why are you bothering? It's so much hassle!" he adds, his voice starting to slow. Clearly he's started going off-script. "But it keeps life interesting and you're picking up a lot of experience and transferrable skills that are good for other projects we are involved in at the moment: sales; negotiation; project management; financials; marketing; problem solving; and making the right connections through perseverance are all things that will stand anyone involved in business in good stead."

Taylor views this as only a beginning. Life has taught him to dream big. Using the Olympic motto in the title certainly adds a little bit of pressure but Taylor is unfazed. "We thought that it would be a pretty good name to try and encourage athletes to achieve, especially in the lead up to the Olympics in London 2012," he says.

With the inaugural edition of what Taylor and Co hope to be a lasting fixture on the athletics calendar scheduled for July 9, preparations have been taking place at breakneck speed. From the initial idea being hatched in an office over lunch one Birmingham day in mid-March to the actual staging of an event in July, Taylor has had to work around

the clock sometimes in order to ensure everything is in place come race day.

One of the first big ticket items to be sorted was the track. Having approached Bedford Stadium first but being unable to secure a suitable date, Taylor sought out Mark Bradford, the head of facilities at Derby's Moorways Stadium. Bradford, who is also part of the LOCOG team, proved particularly helpful, as Taylor explains: "He pointed us in the right direction with all the basic information such as the number of officials we would need, ground staff

needed, results collations and photo finish and that kind of thing. As an outsider looking in you just don't realise how many things have to be put in place to run a meet."

The trickiest of those things proved to be the

photo finish equipment. Taylor had initially contacted fellow 400m runner Luke Smallwood who runs 'Just-Timing'. Smallwood was more than happy to get involved with the project but a week later, when Taylor emailed a preliminary schedule to Smallwood, there was bad news: Smallwood had already been booked to supply photo finish services to the BMC in Solihull that day. With only a few weeks to go suddenly it was back to the drawing board.

"It was a little bit of a hairy time for us and after we'd exhausted the list of companies we'd found on Google we started to approach individual clubs. In the end Oxfordshire AA has kindly agreed to provide their equipment for the day at very late notice!"

"It was literally over lunch that we were chatting again and we both thought let's just fire out a few emails and then the next week we were in a car checking out Bedford, Derby and the Mondo down at Coventry!"



DAVID GREFFITHS

ABOVE: Moorways Stadium in Derby plays host to the first CAFIA event

In recent times many have begun to feel the pinch of rising entry fees for quality competition. High quality domestic meets such as South of England are now charging £14 per event while the England Under-20/23 Championships will cost as much as £15 to enter a single event. Here Taylor sees an urgent need for high quality domestic competition on a budget.

With prices of £6 for an initial event and £4 for each one thereafter as well as championship-style heats and final structure for the track events, CAFIA represents the best value for money of any competition in the country, a facet that again owes much to the organisers' previous lives as competing athletes.

But the burning question, the one that might decide whether in future years CAFIA still sits in the fixture list alongside other big domestic meets such as Bedford International Games or the Birmingham Games, is what makes it different to all the others that have gone before?

"Unique selling points are hard to find in athletics," he says, "especially on such a limited budget." His delivery is in complete contrast to earlier on. Now he's deliberate and definite, almost assertive like a candidate on *The Apprentice* about to unload a dictionary full of business jargon on an unsuspecting interviewer. "Our aim is to produce a set of conditions that are conducive to good performance. From our questionnaires, good competition and a good track seem to be the main factors influencing performance rather than a famous face handing out medals."

The questionnaires he refers to were conducted during the planning phase of the meet and yielded some interesting results. Given the success Britain traditionally enjoys in relays it can be surprising the relatively few chances individual training groups get to run the event. As a response, on the timetable this year are 4x100m and 4x400m relays which can be entered free of charge.

There are, of course, a few other surprises Taylor has in mind for CAFIA 2011 and future editions but for now those are being kept firmly under wraps. "You'll have to come to the meet and find out," he says. "We're trying to be fresh in our approach and stay ahead of the curve."

And with that he's gone. But before he leaves he tells me that he's got to send a few emails before dinner. I look at my watch: 22:24. Phil Taylor runs on his own time.

» SEE cafia.co.uk

Cost of a track meet

Track rental for 1 day: £750

Electronic timing: £500

Insurance: £100

Officials expenses: £2000

Marketing: £750

Miscellaneous: £500

Countdown to CAFIA 2011

» 12 weeks to go:

- The concept of CAFIA is born.
- Originally intended to be held indoors in 2012 the project was then brought forward to July 2011. This was chosen after consultation with other athletes and examining the fixture calendar to find a weekend that would fit into most athletes' preparations for major championships.
- Compiled a survey that could be completed online to try and understand what athletes wanted from competitions – for example, electronic timing, medals, the format of heats and finals etc.

» 11 weeks to go:

- Initial visit to Moorway's Athletics Stadium in Derby to meet the head of facilities.
- After a series of negotiations the stadium was provisionally booked for July 9, 2011.
- Began looking into booking officials.

» 10 weeks to go:

- Initial design of the website completed with the domain name www.cafia.co.uk. Research indicated that most athletes prefer online entry versus traditional means. Strategies began to be developed on how best to market the event.
- Initial enquiries were made to multiple photo finish companies; many of whom were already booked.

» 9 weeks to go:

- First contact with officials with a view to inviting some to officiate CAFIA 2011. Firstly thanks to the Derby Athletics official who suggested it was too late. However with the help of them and UKA, contact was made with every official in the Midlands and Northern Tri-Regional Area through Paul Yates and Barry Parker. We got a fantastic response and now have all the officials we need.

• Emails sent out to potential sponsors with limited success as most of their sponsorship budgets have already been set for 2011. This is something we hope to improve upon next year.

» 8 weeks to go:

- Contact with UKA regarding the permit level of CAFIA. This will be confirmed in the near future.
- Moorways Stadium, Derby confirmed as venue for CAFIA 2011.
- After numerous set backs concerning availability, Photo finish services were finally confirmed and the website launched.
- First contact with a possible announcer and Athleticos who have agreed to provide live online results, tweets and video of the event.

» 7 weeks to go:

- Over 1000 CAFIA flyers given to athletes competing at the Loughborough International.
- First entry!

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Wenlock Olympian Games

HERE IS A SELECTION OF THE LATEST ATHLETICS BOOKS

ON the eve of the 2011 Wenlock Olympian Games, Catherine Beale has written a book about its history.

Born out of Wenlock traces the origins of the Wenlock Olympian Games and its development up until the start of the Olympic Games.

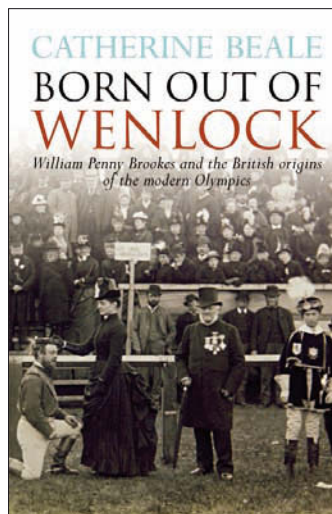
Taking place annually in Much Wenlock, Shropshire, the event was the unlikely inspiration for the modern Olympic movement.

Following a foreword by Jonathan Edwards, the

book goes on to explain how Shropshire doctor William Penny Brookes began an Olympian Games in 1850 for the 'moral, physical and intellectual improvement' of all classes of the local population of Wenlock Borough.

Within a decade he had donated a prize for athletics in Athens and was urging the Greeks to revive their ancient Games. He had also begun agitating for physical education to be compulsory at primary schools in England, something which eventually became a reality in 1894.

In 1890, Baron Pierre de Coubertin travelled to Much



The Wenlock Olympian Games provided the inspiration for the first modern Olympic Games in 1896

Wenlock, met Brookes and watched the Wenlock Olympian Games. Then, within two years and inspired by what he had seen, Coubertin revived the Olympic Games as an international sporting championship, and in 1896, the first of the modern Olympics were held in Athens. Brookes died 17 weeks short of seeing an international Olympic Games take place.

The 125th Wenlock Olympian Games starts on July 3 and 8-11. See www.wenlock-olympian-society.org.uk

» *Born out of Wenlock* by Catherine Beale is published by DB Publishing. £12.99

Olympic greats profiled

CARLTON Books has produced a series of London 2012-related books and *The 100 Greatest Olympians and Paralympians* is a grand publication, celebrating the best of the world's sporting endeavour since the modern Games began in 1896.

These 100 legends from the Olympics and Paralympics were more than special athletes, they took their sports to new levels of excellence and entered the psyche of the general public.

Some, like Jesse Owens in 1936, became torchbearers for social change, others, such as Usain Bolt in 2008, simply made their sport "cool" again. Each biography has been

painstakingly researched and is complemented by outstanding photographs capturing the essence of sporting greatness.

The book, which goes on sale on July 7, features a foreword by Sebastian Coe and is written by the sports journalist Nick Callow.

» *The 100 Greatest Olympians and Paralympians* by Nick Callow is published by Carlton Books. £25

Running Doc's Guide

AN EXCITING new publication which has just gone on to the shelves of bookstores, is potentially the book that runners have been waiting for. It tells the reader how to prevent injury and also what treatment is needed.

With unplanned inactivity periods where fitness is lost due to injuries, the American Medical Athletic Association estimate that 37-50 per cent of runners suffer a problem which grinds their training to a halt. The book is the first comprehensive guide to avoiding and overcoming running injuries. Lewis G. Maharam, MD is one of the most trusted doctors in running circles. From head to toe, he explains healthy running practices and guides runners to the correct diagnosis and treatment of over

100 running injuries and related health problems.

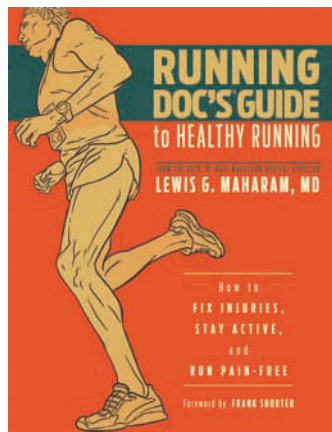
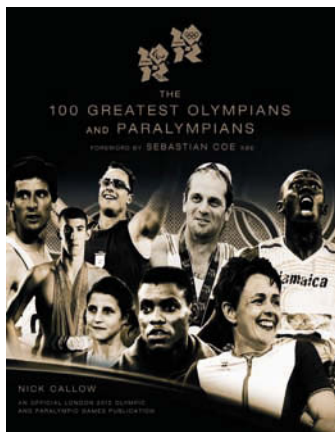
Maharam covers non-injury health issues such as colds and flu, aches and pains and also healthy running for women. The book has an illustrated injury manual which includes diagnosis and treatment information for injuries to all body parts.

Using clear illustrations of injured areas and therapeutic strength and mobility exercises, he describes medically proven ways to fix injuries such as runner's knee, shin splints, Achilles' tendonitis, ITB syndrome and plantar fasciitis to name but only a few. He also explains when runners should seek professional help.

As an example from the injury manual section – Illiotibial Band Syndrome has a quick guide which includes: symptoms, how it occurred, what the doctor may do and how to get back to running and this is prevalent to every injury in the book. The publication contains much more than just injury advice with chapters on training, cold/warm weather training tips, 10 commandments of Marathon running, common maladies, a comprehensive 66 page injury manual, sudden death and running and concludes with some useful information on health and fluid recommendations as an advisory statement on how young is too young in relation to youngsters attempting the Marathon.

With a foreword by 1972 Olympic marathon gold medallist, Frank Shorter, the book is now available at all good bookstores or direct from www.cordee.co.uk and a free download preview is available at velopress.com/runningdoc

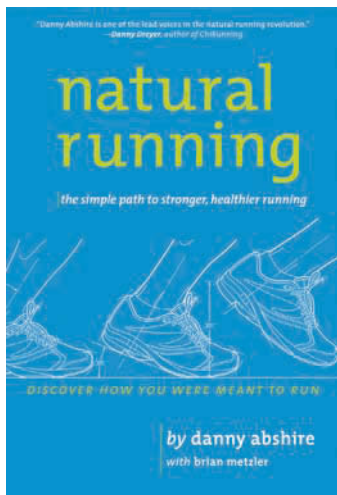
» *Running Doc's Guide to Healthy Running: How to Fix Injuries, Stay Active and Run Pain-Free* by Lewis G. Maharam, MD. VeloPress. £17



Running naturally

NATURAL RUNNING is a book that explains how to run the barefoot way with shoes.

Much has been written about barefoot running and, while the principles are sound, the practicalities of running shoeless over rough ground are not. However, by practising natural technique, you can enjoy a healthier way of running that also protects your feet from



the harmful impact of hard surfaces. Backed by university studies, running form and injury expert Danny Abshire presents the natural running technique, form drills and an eight-week transition plan.

The book explains how modern running shoes distort the efficient running technique that humans have evolved over thousands of years. It reviews the history of running shoes and how changing technologies have influenced running form and the incidence of overuse injuries.

Abshire makes the case for the barefoot running style but warns this comes with its own dangers. By learning the natural running technique, runners can enjoy both worlds – comfortable feet, knees and legs and an efficient running form that reduces impact and injuries.

» **Natural Running: The Simple Path to Stronger, Healthier Running** by Danny Abshire with Brian Metzler. VeloPress. £13

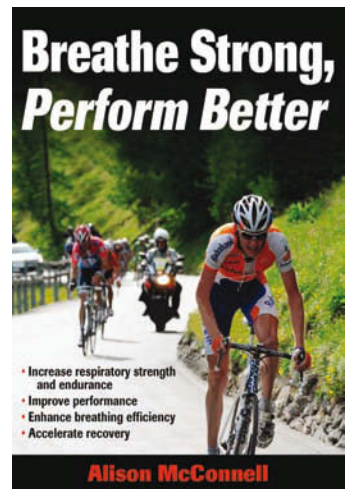
Take a breath

BREATHE Strong, Perform Better is an easy-to-follow introduction into the role of breathing muscles in sport and it contains ground-breaking training methods.

Inspiratory muscle training (IMT) is a vital and often-overlooked component of a training plan and the publication will help any athlete or coach implement IMT into their conditioning programmes.

The comprehensive guide is written by Alison McConnell, a professor of applied physiology at Brunel University, who is also the inventor of Powerbreathe, a breathing muscle training system.

Just as breathing is essential for life, it can also be used to achieve increased breathing strength, power and endurance, improve breathing comfort and performance, accelerate recovery, enhance breathing efficiency, reduce whole-body effort and minimise the risk of



injury. Although the book covers many sports it has more than 20 sample workouts for specific sports including running and weight training.

There are short passages on running in the activity-specific exercises section and the in-depth generic functional exercise pages are applicable to athletes in particular.

» **Breathe Strong, Perform Better** by Alison McConnell. Human Kinetics. £12.99

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Martin graces veteran ranks

CLAIRE MARTIN MAKES SEAMLESS TRANSITION TO MASTERS DIVISION, WRITES MARTIN DUFF

TELFORD Harrier and former senior international Claire Martin won the British & Irish Masters Cross-Country championship in Dublin last autumn and then, in April, led her Telford veterans' team to the National Masters road relay title at Sutton Park. This came after another top class performance from the 36-year-old in the senior Inter-Counties at Cofton Park, Birmingham, where her 20th position was also that of top veteran.

AW: What do you class as your best performance?

CM: I have a few favourites really. My top 10 finishes in the National Cross-Country championships and Inter-Counties in previous years are ones that stand out for me. But also winning the JP Morgan world corporate challenge final in New York, three times in a row, is a record I'm very proud of. Obviously I've only been competing in the masters' races for just over a year but the one that stands out for me was winning the Masters international in Dublin last cross-country season.

AW: You seem to be more highly rated over the country. This year you were 20th in the Inter-Counties.

CM: I do prefer the country and I really enjoy the races. I find I can compete better with people on the country who I can't get near on the track. All my England vests have been for the country.

AW: In the National senior relays you ran 16:44 at Sutton Park and in the Masters relays (on a basically similar course)



you anchored Telford home with a solo 16:43. Are you always so consistent?

CM: A lot of people say I'm consistent. The masters relays was tough as I was out on my own, so the time was pleasing, especially as I only ran 17.20 last year in much better conditions.

AW: You had a really good team in the veteran relays. Do you find it an advantage being part of a good squad?

CM: Definitely and we have a really good team spirit which helps as well. Last year we were second in the masters relays so we were determined to go one better this year. Obviously having Kim Fawke move up to the W35 ranks helped our chances and, together with Michelle Clarke and Amanda Davies from last year's team, we knew we had a great chance. I love competing for Telford as it's my home town club, so when we do well it's extra special.

AW: Some good veterans prefer not to take part in veteran-only competition. What is your view?

CM: I just see it as a natural progression really – juniors, seniors, vets and it's nice to be one of the youngest in the race for a change!

AW: How do you see the organisation of veteran athletics?

CM: The organisation seems to be spot on, I can't fault it at all. I thought the Masters International in Dublin was organised brilliantly and the atmosphere at most events seems great.

AW: As no doubt you were aware, there was much debate at Sutton Park among the men about the merits of men being classed as veterans at 35. You have embraced the age group, so what is your view about women being classed as veterans at 35?

CM: A lot of today's top British female distance runners seem to be in their 30s and in general are having their best years well into the mid 30s. This is where the debate starts really as a lot don't like to be seen as vets. I do agree though that the male and female age groups should be the same.

AW: Were you a good athlete at school?

CM: I started running when I was 10 and have run ever since. Like many athletes, my PE teachers noticed I had a talent when beating all the boys in a school cross-country race. My biggest achievement in my school years was winning the English Schools Milk Cup Final Cross-Country.

AW: What goals have you set yourself as a master runner?

CM: I wouldn't mind making my debut in the marathon, maybe London next year. Also I still have some PBs which need updating soon!

AW: Your 1500m best of 4:25 dates right back to 2000. Will you get back down to that?

CM: It would be nice but I don't really train for the track these days, I was never graced with fantastic natural speed anyway, so to try and get back to those times would be hard.

AW: Have you any advice for women in their early 30s who are wondering whether or not they should carry on in the sport?

CM: I would say they should certainly carry on, especially as studies have shown women can improve into their 30s. The Masters competitions I have attended are a great way to meet new people. Watching the likes of Helen Clitheroe and Liz Yelling run so well in their late 30s should be enough to inspire anyone.

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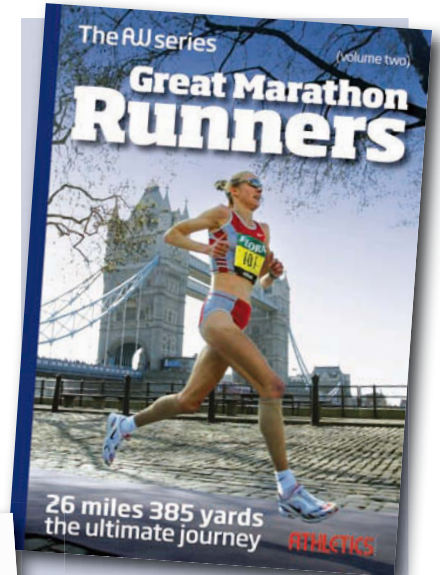


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» Lottery was fair

WHILE I consider myself fortunate to have received two tickets for a main session at London 2012, I do not share the view that I am somehow entitled to tickets. It is totally impractical to devise a system that differentiates between long-term servants of the sport and 'non-athletics' types.

The allocation of tickets to corporate bodies is, unfortunately, an established feature of all major sporting events. The decision not to allocate tickets to all athletics clubs, maximising attendance from within the sport is questionable. However, it avoids difficult committee decisions as to whether preference should go to the younger athletes or the older generation who may have attended the 1948 or more recent games.

Geoff Morgan, Ipswich

» Three ticketing facts

I AM surprised that the letters from disappointed fans (of whom I am one, having travelled to support GB teams in 18 major championships since 1987) fail to mention three other matters worthy of serious criticism.

These are the outrageous ticket prices; the right of the organisers, at a time of rising inflation, to hang on to our money for more than a year before the Games begin; and thirdly the failure to indicate to fans how particular ticket prices related to where they would be sitting.

I can think of only one earlier example of the latter point and that again involved an event in this country. When my son enquired about the link between prices and seating for the Manchester Commonwealth Games, he was told he would have to apply for tickets 'blind'. So he immediately

lost interest and went to the European Championships in Munich instead.

Robert Lowe, Harrow

» Olympic rip-off

IT IS good to know people have thousands of pounds to splash on Olympic tickets. I don't think there are many in my city in the same fortunate position.

There are few in this country, or the world, who could beat me in an Olympics quiz, with the questions not ignoring the pre-war years. However, I have never been interested in going to watch them. The prices of tickets are shocking and London is rip-off city – I loathe the place.

As for the Games helping other parts of the country, there is no evidence of that here.

Peter Grundy, Stoke-on-Trent

» Great athletics books

I ENJOYED Brian Aitken's rundown on his best athletics books (*Your Say*, AW, June 2), but my favourite is "Feet in the Clouds: a tale of fell-running and obsession" by Richard Askwith.

Packed with first-hand accounts of hellish days in the hills ("Finally, I fumble my way into my car, collapse on to the passenger seat, half-change into the dry clothes I have left there, close the door, and fall asleep") insights into the greats ("Why," she asked, "was Kenny Stuart the only one who was running?") and truisms ("Anyone can be fit. It's being hard that's hard"), it is a book full of inspiration for everyone – from a club runner's struggles to complete the Bob Graham Round to the superhuman achievements of the record holders.

I offer you this paragraph describing the campsite on the

LETTER OF THE WEEK

» Disappointment after 2012 expectations

I WELLED up with pride when we won the bid to host the Olympics in 2012 and I was sure I would get tickets. How silly of me!

With a son who sprints and long jumps for Exeter Harriers and Devon, we would love to have made it next year. What really annoys me is the corporate companies that have tickets and the likes of Thomas Cook which will make a mint on the packages to

spend a night in a hotel with a day's event!

I think it is a shame that the local clubs with the kids and hard-working coaches didn't get a look in. I am keeping my fingers crossed for the next pool of first come, first served ... but who am I kidding!?

We are going to watch the London Grand Prix at Crystal Palace and will enjoy watching our idols there.

Denise Burges, Devon

Brooks Sports, the specialist running company, is happy to sponsor Athletics Weekly's 'Letter of the Week'. Brooks Sports has long been associated with producing technical, innovative running footwear and apparel and its products are stocked by specialist running retailers. For more information visit www.brooksrunning.co.uk. Each week's letter will win a Brooks 'Podium' technical T-shirt. Please specify size: S/M/L/XL and include your address, telephone and email.



middle night of a two-day, two-man mountain marathon: "I am lying in a puddle in a field in Scotland, an icy wind screaming overhead ... The nearest hot tap is probably 20 miles away. But at least Lewis and I have managed to get our tiny tent up; and, although liquid mud from the waterlogged field is already seeping through the door, we're a great deal warmer and drier than we have been all day. We're also not running, which, to be honest, is all that really matters. Instead, we're lying in the tent, sharing an ex-fruitcake that has been battered back into its constituent parts, and washing it down with some minestrone Cup-o'-Soup from a shared mug that still carries the flavour of that morning's tea. It is, by some distance, the most delicious meal I have ever tasted."

Steve Till, Alresford

» Jump to it!

PHILLIPS IDOWU'S continuing failure to represent his country other than at the very major championships continues to give me ire. He is a paid professional but then fails to turn up at work.

Part of his wages over the

years have, I believe, come from us, the tax payer, and I believe we are being short changed. He certainly clocks on for the big pay-out meets and he should reciprocate and show gratitude by also turning up when no £ signs are involved.

Dave Fereday, Barnet & District AC

» Anti-Abrahams

IN SPITE of Mel Watman's eulogy on the new book about Harold Abrahams (AW, May 26) I will definitely not be getting it. No doubt the book will discuss the outrageous treatment of chief national coach Geoff Dyson, which caused his resignation and set back the British athletics coaching structure 20 years. Perhaps mention will be made in the book of the 4x100m team which Dyson got together for the 1948 Olympics, only to have it altered by Abrahams.

Obviously the book will deal with Abrahams' denial over many years of the rights of international athletes and the banning of Derek Johnson for three months for writing a letter to the British Amateur Athletics Board listing the problems with the Board. David Hemery was also to clash

Web talk



Excerpts from AW's messageboard and Facebook page...

"Julian Reid has held a British passport since birth. He is entirely entitled to compete for Britain if he chooses and as such is also entitled to lottery funding. Whether this benefits UKA or not or whether other athletes are happy or sad are side issues."

Exile

"This is also working both ways. Nick Thomas, Nikki Hamblin, Tosin Oke, Gerald Phiri – these athletes have all decided to not represent GB and compete for other nations, Oke and Hamblin in particular would have very strong chances of making the British team."

Sportsman29

"Phillips should do whatever he wants. That said, I think he is missing out on a potentially great experience. I think the European Team Championships is like the annual office party. No one looks forward to it and you know it will be a bit naff; but in the end everyone has a dance, new friends are made, team spirit grows and you go home happy."

sovietvest

» athleticsweekly.com/messageboard

with Abrahams over treatment of internationals. The International Athletes' Club was formed as a direct result of Abrahams' attitude to internationals.

Anyone would think from Watman's gushings that Abrahams was another Usain Bolt or a greater athlete than Paavo Nurmi. He was from a privileged background, had the money to employ a professional coach and looked upon specialist clubs as a damned nuisance.

After a meeting with Abrahams in 1969, I found him to be arrogant to the point of insulting and he was lucky not to get a punch on the jaw. He was a good radio commentator and that's about it.

Frank Horwill MBE, London

» *THE author of the Abrahams biography, Mark Ryan, says the book does indeed tackle these topics and encourages Mr Horwill to read it. Likewise, Mel Watman responds below* Editor

» Rash judgement

BEFORE dismissing out of hand Mark Ryan's outstanding book on Harold Abrahams, Frank Horwill would have been well advised to have read it – but then he has a long history of jumping to conclusions without justification.

As I mentioned in my review, this is a "rounded warts-and-all portrait", not a hagiography.

It may surprise Mr Horwill that I have always sided with Geoff Dyson in his dispute with the officials who employed him. I am a member of the England Athletics Hall of Fame voting panel and Geoff was my first choice for induction in the category for those who have provided notable services to the sport. Awarded the privilege at the 2008 induction ceremony of explaining his importance, I said "it could be argued that he made a greater individual contribution to British athletics than anyone", but "unfortunately the leading amateur administrators of the day failed to appreciate Geoff's qualities and professionalism and he resigned in 1961."

Mr Horwill has been making false accusations against me for more than 40 years and his latest reference that while AW editor I suppressed all criticism of BAAB members is the usual nonsense. I would suggest he goes through the back issues, noting the letters, articles and editorials during that period.

He might notice, for example, that I was campaigning for an end

to the strict amateur code many years before the administrators began to accept the world was changing; likewise the full merging of men's and women's athletics.

I hope Mr Horwill will live up to his award for services to sport by concentrating on the present and future challenges facing athletics instead of endlessly airing his prejudiced views.

Mel Watman, Athletics International

» Sub-2 team tactics

I ENJOYED David Lowes' article about the possibility of a sub-two hour marathon (AW, June 9). Coming from a team background, I find runners seem to be blind to the concept of team spirit and team tactics. This goes as far as our national selectors, who choose to send only one athlete to world championships etc. They don't seem to realise that a few team buddies present make the task much easier than taking on the world by yourself.

My belief is that the sub-two hour marathon is there for the taking. Running negative splits is not the fastest way to run a marathon. All the top times were achieved that way simply because the athletes were racing each other and it was important to get to the latter stages in a state where they were ready to race. Even effort or possibly slightly negative splits will achieve a faster time.

If you could set up a race, maybe in Berlin, where you paid the top ten marathon runners in the world a flat fee for running, but all ten got a big bonus if any one of them broke two hours, then you would be in with a chance. You would have the group use team tactics where four runners set the pace to just after halfway, while six sheltered and took it easy. Then another three would take it from there to around 21 miles and then the final three could work together for the last part of the race.

In cycling, the domestiques revel in the victory of the team leader because they know that in a good team the whole is greater than the sum of the

parts. They perform their role without question knowing that they can't win but neither can their team leader without their devotion. We need the runners to work like this. Competition in the team is harmful to chances of achieving the ultimate goal.

Roger Bannister effectively used a team to break the four-minute mile. The victory on that day was completely irrelevant. If we could repeat that scenario over the 26.2 miles, then two hours would crumble.

Henry Szwinto, New Forest Runners

» So-called experts

HOW dare a man who rarely writes about any sport other than football – surely he is not one of Britain's top sportswriters, but merely one of Britain's top football writers – use the terms "fair play" and "self-respect" when writing about another sport. (AW, *Dip Finish*, June 16).

Aside from that, if he had any knowledge of athletics at all, he would be aware that about 25 per cent of any United States athletics team is made up of athletes born in Europe, Africa and the Caribbean.

Isn't it remarkable how the most ignorant become "experts" as soon as an Olympics looms. I fear we will suffer much more of this sort of tripe before, and probably during, the Games.

On a different topic, I understand that, in the USA, a number of sprinters were asked their opinion of the "new" false start rule. Asking sprinters what they think of the "one false start and you are out" rule is like asking serial murderers if they agree with the death penalty.

In a purely sporting context the crimes are not dissimilar. Why not ask their opinion of that?

Stan Greenberg, London

» *AS Simon Turnbull in The Independent has pointed out in the past week, the sportswriter you refer to (Martin Samuel) also writes for a newspaper (Daily Mail) that played a big part in bringing Zola Budd over to Britain in time for the 1984 Olympics* Editor

Reeling his rivals in

BIRCHFIELD 800 MAN ADAM COTTON HAS STARTED THE SUMMER IN FINE FORM, WRITES EMILY MOSS

FRESH from a 1500m PB of 3:41.33 in the BMC Nike Grand Prix at Watford, Adam Cotton is hoping to see off his rivals at the Aviva England Athletics Under-20 Championships and European Trials over 800m this weekend and seal his selection for Estonia next month.

The 19-year-old's breakthrough run was not only a three-and-a-half second improvement on his previous PB set two weeks earlier, but it was also a BMC junior record, places him top of the 2011 UK age group rankings and moves him to seventh on the UK all-time list. All this has led the Birchfield Harrier to joke: "I think I am turning into a 1500 runner!"

With a strong sporting family background, Adam's father, Dave, was a successful race walker before joining the police. His mother, Mary (née Stewart), won the 1978 Commonwealth 1500m title in a Games record that survived for two decades. The former European indoor 1500m champion is also the sister of 1972 Olympic bronze medallist and UKA head of endurance Ian Stewart.

Adam, however, didn't originally take up athletics as he



Adam Cotton: in great shape as he heads toward this weekend's national junior championships

OLAF MOELDER

played tennis for Staffordshire for five years, including at Wimbledon aged 14 in 2006, but he quit tennis ahead of his A-levels "to run for a bit of fun and to keep fit" and in 2009 won the England indoor junior 800m title shortly after turning 17.

Until 2011, Adam considered himself an 800m specialist and his 1:48.30 clocking from last year saw him finish 2010 as Britain's No.2 800m junior in a season where he reached the semi-finals of the World Juniors. But since linking up with coach John Nuttall at Loughborough at the end of last summer, he has sliced 11 seconds off his 1500m time and is now a contender for a medal at the Europeans.

Adam says: "I put this improvement down to my training this past winter and spring. The training set-up is so much better than I've had previously, with loads of other athletes to train with. My training

has changed significantly, with me running many more miles and doing much bigger volumes in my sessions."

Being on the UKA Futures scheme has meant Adam has been able to live in the UKA endurance house at Loughborough and also have access to medical support. He also credits two stints of altitude training – in Kenya and Font Romeu – for his improved fitness.

"Living and training with top endurance athletes like Mo Farah showed me just how hard you have to train to reach the top," he says. "You can train so much harder when you return to sea level. Maybe there isn't such a direct link to improvement in 800m races, but if you can train harder and handle less recovery then that is going to improve your performance over time."

Adam achieved the European Junior qualifying marks over

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800m and 1500m on his first outings this season, which has meant he has been able to plan his races carefully with the Europeans fixed firmly as the target. He also feels his 800m best is due for revision.

The teenager also praises the work he has done in the past with former coach Geoff James in Birmingham. He says: "Geoff gave me a great start with my athletics, but I just decided I needed a change to help me move things forward in the long run. Ian Stewart put me in contact with John. Before, I did all of my sessions on my own, so having such good athletes to train with has helped."

In addition, in August last year he was offered a place at Harvard to study chemistry beginning in 2011. Keen to take up this offer, he turned down his university place in England for 2010 and has a year concentrating on his running. He will now head Stateside in August this year, but intends to keep Nuttall as his main coach.

FACTFILE
ADAM COTTON

Born January 26, 1992
Coach John Nuttall
Club Birchfield
PBs 400: 50.3; 800: 1:48.30; 1500: 3:41.33

Achievements
2011: England U20 Indoor 1500 1st
2010: World Juniors SF 6th; England U20 2nd
2009: World Youth SF 5th



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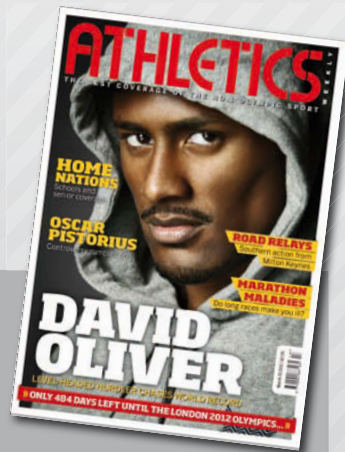


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Away from the track

FOR THOSE WHO PREFER DOING THEIR WORKOUTS AWAY FROM THE CONFINES OF A TRACK, FARTLEK RUNNING CAN BE BENEFICIAL AND ENJOYABLE AT THE SAME TIME, WRITES **DR JASON KARP**

AS A runner, you want to enjoy your training, avoid injury and improve your PBs. Fartlek running is a great way to introduce yourself to speedwork and it can give you a chance to have fun with your training, play with changes in speed and make you faster.

Fartlek is a Swedish term meaning “speed play” and dates back to 1937 when it was developed by Swedish coach Gosta Holmer as part of that country’s military training.

Fartleks are continuous runs during which you pick up the pace at different times, when you reach specific landmarks, or simply based on how you feel. Distances, speeds and recovery periods may vary within the same workout. They can be used to learn different paces, work on team tactics, respond to other runners’ surges, add variety and fun to your training, and as a transition into more formal speedwork. They are also a good way to ease back into quality training from an injury or layoff and to step back from the psychological intensity of interval workouts on the track.

You can do them on trails, through parks or on the roads.

The classic fartlek

DEPENDING on your ability and level of training, run 5-12km, changing the pace throughout the run based on how you feel. For this workout, there are no set paces or times and you shouldn’t even refer to a watch other than for the total time you’re out running.

The classic aerobic fartlek

THIS is a variation of the classic fartlek. Run 5-12km, picking up the pace according to how you feel, with all of the speeds used throughout the run being aerobic and with the acidosis (lactate) threshold being the fastest speed. Your acidosis threshold is your fastest sustainable aerobic pace, above which lactate accumulates and acidosis develops in your muscles. The pace corresponds to about 20 seconds per mile slower than 5km race pace and should feel “comfortably hard”.

Fartlek: best carried out in a natural, off-road environment



MARK SHEARMAN

The classic anaerobic fartlek

YET another variation of the classic fartlek, run 5-12km, picking up the pace according to how you feel, with all of the pick-ups used throughout the run being anaerobic, all being faster than acidosis threshold pace, with only the recovery periods between pick-ups being aerobic.

The 3-2-1 fartlek

RUN 5-10km picking up the pace for three minutes, two minutes and then one minute with an equal time jog recovery and repeat this 3-2-1 pattern throughout the run.

The ladder fartlek

AFTER an adequate warm-up, run one minute, two minutes, three minutes, four minutes and five minutes hard with an equal-time jog recovery. More advanced runners can do two sets. For variation, try a sprint ladder fartlek – do three to four sets of 30-second sprints, one minute sprint, one and a half minutes hard and two minutes hard with two minutes jog recovery.

The pyramid fartlek

AS previous, after an adequate warm-up, run one minute, two minutes, three minutes,

four minutes, three minutes, two minutes and one minute hard with equal-time jog recovery. Variation: run two minutes, four minutes, five minutes, four minutes and two minutes hard with three minutes jog recovery.

Tee to green

RUNNING on a golf course and starting at the first tee, run hard from the tee to the green, with a jog recovery from the green to the next tee. Run as many holes of the golf course as is reasonable for your ability and fitness level. Note that efforts will vary from 150-550m depending on the length of a particular hole.

If you want to include speedwork in your training without the intimidation of the track, try these fartleks. Not only will you increase your range of running speeds and get faster, you’ll also find them an enjoyable way of integrating hard work into your training.

» DR JASON KARP PhD is a recognised speaker, writer, author and exercise physiologist. For more information see www.runcoachjason.com

STEEPLECHASER AIMING TO CLEAR ANY BARRIERS IN HER QUEST FOR SUCCESS

» Training

AS A youngster Kerry Harty competed from the age of 14-17, winning several titles in Ireland over 800m and 1500m before taking a step back from competitive athletics in 2000-2004 to concentrate on studying for her degree and teacher training. She won the Irish universities mountain running title in 2005 and after being selected to represent Ireland at the World Mountain Running Trophy in New Zealand, she went back to her first love – track.

She says: "I have really started to enjoy tempo running, especially in the forests around my home (County Down) where I am spoilt for choice for off-road terrain such as Tollymore and Castlewella Forest Parks, Murlough Nature Reserve and the Mourne Mountains."

Her favourite track sessions are speed sessions, such as pyramids (200m, 150m, 100m, 150m, 200m) and short endurance sessions like 20x200m. She has learnt to

"I have really started to enjoy tempo running, especially in the forests around my home (County Down)"

FACTFILE KERRY HARTY

- Born** July 15, 1981
Club Windsor, Slough, Eton & Hounslow and Newcastle AC (Northern Ireland)
Coach Richard Rodgers
PBs 1500m 4:14.17 (2009), 3000m 9:09.50 (2009), 3000mSC 10:10.87 (2011), 5000m 15:58.67 (2011)
Achievements
 2011 Welsh Indoor 1500m silver, 3000m silver; Ireland 3000m gold.
 2010 NI Commonwealth Trials 5000m gold.
 2009 Inter-Counties 5000m gold.
 2008 Inter-Counties 5000m gold; Northern Ireland 5000m gold; Northern Ireland 1500m gold; Scottish 5000m gold; Irish indoor 1500m bronze, 3000m bronze; Scottish indoor 3000m gold; Northern Ireland Cross gold
 2007 Northern Ireland 800m silver; Welsh 800m bronze; Northern Ireland 1500m gold; Scottish 1500m bronze; Scottish indoor 1500m bronze; Irish indoor 800m silver
 2006 Northern Ireland 1500m silver. Irish indoor 1500m silver
 2005 Northern Ireland U23 800m silver; Northern Ireland 1500m silver

Kerry Harty



Kerry Harty (220): back on track after a spell of mountain running and has run 10:10 for 3000m steeplechase

MARK SHEARMAN

enjoy lactic tolerance sessions such as a split 500m (300m – 30 second recovery – 200m) because they have five minutes recovery in between the sets.

However, her least favourite sessions are 1km sessions and she also finds descending recovery sessions, such as 12x400m with 60/45/30 second recoveries, tough.

New sessions this year have included alternate hurdle and flat laps over 10x400m or 4x1km.

A few injuries over the years (including a stress fracture in a metatarsal in the summer of 2009) have meant that her mileage has tended to be low at 35-45 miles per week but over the past 12 months she

has increased this again to around 65-70 miles. She now hopes that niggles have become a thing of the past since linking up with her sponsor, MultiSport Podiatry, who have been a key factor in providing her with orthotics for training and racing shoes and spikes. X-Bionic have been providing her over the past few years with running kit including compression clothing and socks. "The latter have really helped my calf muscles and lately they have become a market leader and are regularly top of the reviews in *Athletics Weekly*," she adds.

She says: "I am absolutely passionate about my running and I'm very focused and determined." She also loves the opportunity

» **Training example – Font Romeu (Pre-track season preparation) 70-mile week with good quality (week two out of four spent there)**

Sunday	(am) Long run of 64 minutes, including forest trails (9 miles)				extensions, running arms, chest press (pm) Forest trail run (5 miles)
Monday	(am) Recovery run plus hurdle drills and clearances on track (7 miles) (Midday) Core and weights – hang cleans, squats, lunges, running arms (pm) 30-minute forest run, including 10 minutes at tempo pace (4½ miles)	Thursday			(am) Tempo run with hills, 2x10 minutes with 6x10 second hills in between (6 miles) (Midday) Sports massage and 45 minutes sleep (pm) Forest trail run (5 miles)
Tuesday	(am) Track session: 6x600m at 3km pace with two minutes recovery (7 miles) (Midday) Sports massage (pm) Afternoon relaxation at the thermal baths (natural hot springs)	Friday			(am) Recovery run plus hurdle drills and clearances, hurdle walk-overs lead leg, trail leg and plyometrics (7 miles) (Midday) Core and weights – running arms, cleans, lunges, medicine ball work (pm) Forest trail run (4½ miles)
Wednesday	(am) Hurdle work at the track, including water jump barrier practice, 3x400m with five hurdles to replicate steeplechase lap with one minute recovery (7 miles) (Midday) Core and weights – cleans, squats, back	Saturday			(am) Track session: 10x400m (alternative flat 400m lap and five hurdle 400m lap with two-minute recovery in average pace of 72 seconds (8 miles) (Midday) Sports massage and afternoon at hot thermal baths after a 45-minute nap

“In fact, female endurance athletes are like a fine wine - we get better with age. I will certainly be looking to compete in Rio de Janeiro in 2016. I will be 35 but just look at what Kelly Holmes, Helen Clitheroe, Jo Pavey and Paula Radcliffe have all achieved in their thirties”

to be able to train full-time - a decision taken in 2009 after being made redundant from her athletics development role in Northern Ireland. Analysing her current form, she says: “I was pleased to dip under 16 minutes (for 5000m) for the first time recently at the BMC Grand Prix in Manchester but disappointed not to win. However, I want to run a 1500m PB this summer and also improve my hurdling technique and achieve the Olympic ‘A’ standard of 9:43 for the ‘chase for London 2012.”

She maintains that even at the age of 29 and having had five years out of the sport

in her early twenties, that there are many years of improvement left. “After all, my running age is only 24 and I believe that age is no barrier,” she says. “In fact, female endurance athletes are like a fine wine – we get better with age. I will certainly be looking to compete in Rio de Janeiro in 2016. I will be 35 but just look at what Kelly Holmes, Helen Clitheroe, Jo Pavey and Paula Radcliffe have all achieved in their thirties,” she says.

» **THE above sessions are specific to the individual athlete and may not be suitable for other athletes**



Kerry Harty: is keen to qualify for London 2012 but thinks her peak could be at the 2016 Olympics

MARK SHEARMAN

DID YOU KNOW?

SHE was the first female development officer for the Irish Football Association (IFA) and holds a UEFA ‘B’ coaching licence. She is also a UKA Level-3 coach and coaches under-20 runner Eoghan Totten (third in the European Junior Mountain Running Championships in 2010).

After her last trip to the French Pyrenees altitude camp at 6000ft in April/May her red blood cell count and haemoglobin levels improved by 10 per cent after four weeks. Her dog, who is now aged 14, is called Zola (after Zola Budd) and has her own passport and goes with her to Font Romeu. She benefits from financial assistance from the “Asda Athlete” scheme and has support from the Mary Peters Trust and ChampionChip Ireland.

THE LONG JUMP IS ONE OF THE SIMPLEST OF ALL ATHLETICS EVENTS, AS **JOHN SHEPHERD** EXPLAINS

FROM personal experience of coaching the long jump, I have seen and performed numerous drills and followed training rationales that make the event even more difficult than it should be and which fail to utilise an approach that's actually designed to maximise jump distance. This article deals principally with technique and keeping training simple, while adhering to some key principles.

The long jump involves a sequencing of acceleration, alignment, attack, take-off (these three elements are on the run up), mid-air action and landing. When coaching or performing the event, always remember this sequence and crucially the attack and take-off parts (the transition into the jump). Many athletes learn how to sprint and learn how to jump, but they don't necessarily learn how to combine the two (attack the board and take-off). The transition across a 20cm piece of wood is what makes a great long jumper.

The run-up

THERE are many theories on how to run into the board and take off. Many come from biomechanical analysis or from the thoughts of a coach who has had success with a particular athlete. This does not mean that they are "right" for the long jump athletes you are coaching or the type of jumper you are.

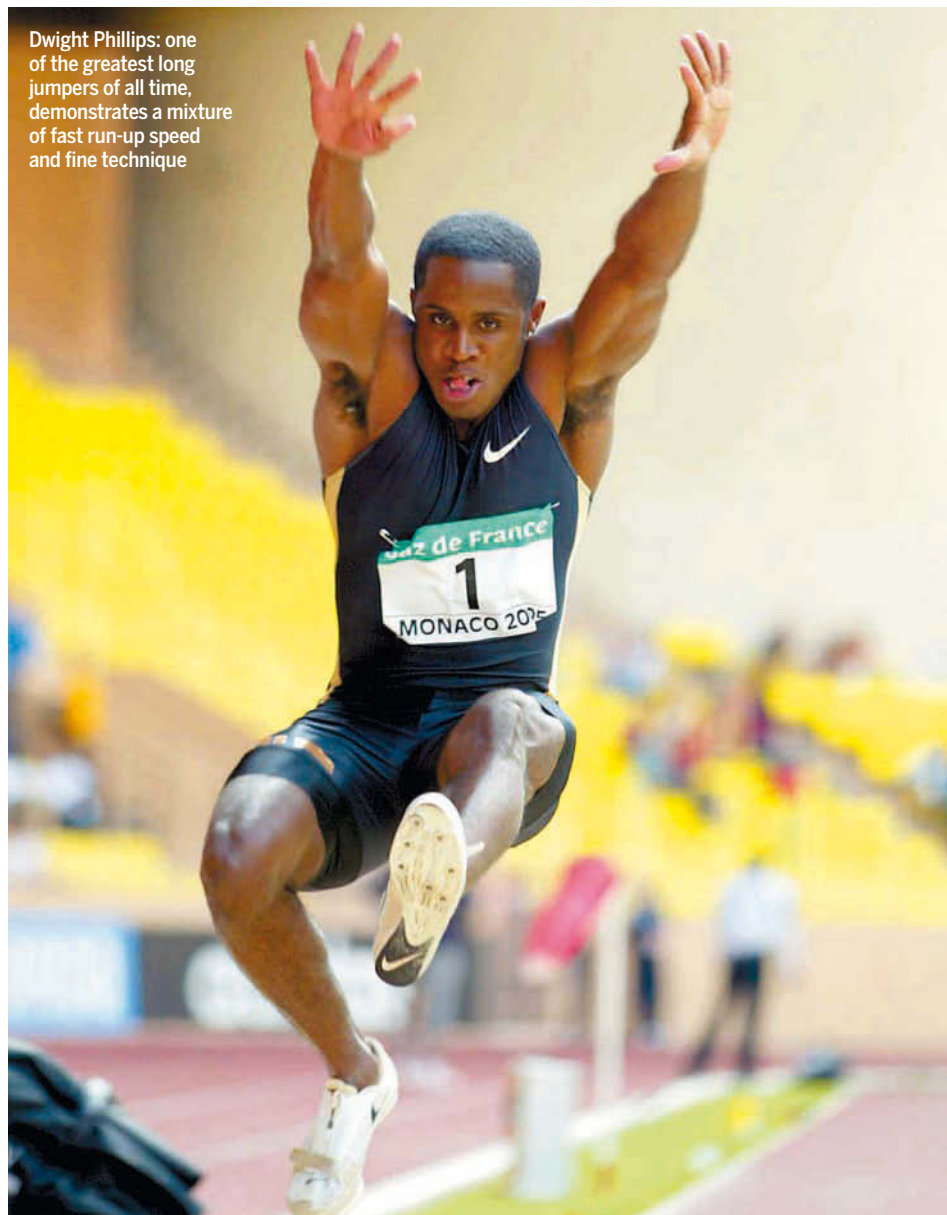
Some US coaches talk of "steering" on to the board. Having attended a practical session given by Loren Seagrave, coach to Dwight Phillips, I contemplated that some of his thoughts might have got lost in translation. If I understood him correctly, Seagrave advocates the positioning of a marker six or so strides out from the board from which the athlete runs past as a cue. This I believe, is for the coach and not the athlete, in terms of their eventual positioning on the board.

When I started long jumping, coaches would advocate a cue or checkmark being placed a similar distance from the board. Passing this accurately would reflect (hopefully) in an equally accurate strike of the board.

In hindsight, this is flawed, as a jumper looking for a marker while travelling at speed and then computing mentally to make adjustments from there on to hit the board without fouling is going to need incredible

The long and the short of it

Dwight Phillips: one of the greatest long jumpers of all time, demonstrates a mixture of fast run-up speed and fine technique



MARK SHEPHERD

skill or more likely luck. I therefore advocate numerous drills and practices that teach the athlete how to adjust and transition into and across the board by making their own spatial awareness adjustments automatically as they approach the board. To this should be added with an ingraining of the need to get over the board and into the jump, smoothly, dynamically and technically efficiently by the deployment of specific movements. The key determinant of jump distance, all else being equal, will be the minimisation of loss of horizontal velocity on the take-off board.

Take-off technique

IT IS my belief that if the long jump athlete cannot effect an optimum take-off, then no matter how good they are on the run-up, they will never jump as far as their genetic and conditioned potential allows. Seagrave came up with an interesting play on words when he referenced "negative acceleration" at the point of take-off. By this he describes a situation where the strike on the board, which will slow the athlete, is as minimal as possible and comprises a series of movements that start a few strides out from

the board. The take-off foot coming back under the athlete at the point of take-off creates the negative acceleration aspect in particular.

Athletes should learn very early on how to get across the board and into the jump smoothly, without undue blocking or creating too much forward rotation after take-off. Forward rotation will result in the athlete rotating over their axis of rotation (basically their hips) and a poor landing as their legs drop prematurely into the sand with a loss of distance.

There is a school of thought that advocates a flat-foot approach on the penultimate take-off stride. Basically, this technique is designed to position the long jumper in a way that allows the non take-off leg to swing through quicker in advance of the athlete – getting the free leg into this forward position is crucial to optimise take-off velocity. Note also that the free leg's thigh should be held after the take-off to maximise the drive off the board and the climb into the jump (this too must be learnt).

Carl Lewis and Dwight Phillips are athletes whose approach to the board is in excess of 11m/sec over their last three strides and in order to take off they literally drop their hips significantly on the penultimate stride to give themselves an opportunity to take off.

In a way this is not too dissimilar from the high jump take-off, where the jumper spends more time on the ground to create vertical momentum. But that's the problem! The long jump is about horizontal distance, not vertical distance, and it also requires a very quick take-off.

Even though Lewis was one of the greatest jumpers of all time, if he didn't "hip sink" so much he would probably have jumped even further. However, he'd have had to get his neuromuscular system trained to handle the approach speed and co-ordinate the sequence of movements which make up the take-off. Lewis was so quick that even if he slowed to take off he would still jump huge, which is similar to what Phillips also does.

It could be argued that Usain Bolt, should he decide to fulfil his post-2012 ambitions, will have the same problem when it comes to taking off for the long jump. However, given that he is nearly half a second quicker than Lewis over 100m, he may be able to slow more at take-off and jump similar distances – that's if he can jump, which is another subject in its own right!

Run-up drills and practices

THE run-up should be ingrained into the athlete and they should develop a rhythm of their own which they could replicate with

their eyes closed. The coach should also understand this and be able to advise on distribution of effort accordingly.

When teaching novices, I will get them to sprint from a standing start. There will come a point when they slow and it's at this point that a marker should be placed and a run-up constructed from this distance. Don't worry about the number of strides initially but look for continued acceleration. Once a distance is established, then the strides can be counted and the run-up measured.

Standing or rolling start

THIS topic could make an article on its own. However, for expediency, a standing start should be the preferred method. This will provide for more control.

Note, the long jumper needs to be able to accelerate comfortably and this requires a specific set of biomechanics. They must push themselves forwards deliberately and incline their trunk forwards. In many ways this is not that dissimilar from the acceleration required from a sprinter as they leave the blocks. The big difference is that the jumper has to effect their acceleration with much more control. After the five to eight strides of acceleration the athlete should begin to raise their posture and to do more of the work with their legs to the front of the body. They should run tall but on dorsi-flexed feet and their speed should progress into the attack phase of the run-up (the previous phase is often termed the "alignment phase").

To look or not to look

IDEALLY the jumper should not look for the board as this will probably slow their approach or negatively affect the take-off because a head-down position will "pull" them down as they take-off.

I advocate looking at the board with the eyes during the alignment phase and then lifting the gaze during the attack phase. As the athlete becomes more training-mature and their run-up becomes more polished, the need to look at the board will diminish.

It is crucial that a jumper does not learn a looking take-off action. The body likes routine movement patterns and these "motor-engrams" can become patterned. That is great if the jumper has learnt optimum take-off dynamics, for example, but is obviously not so great if they haven't. Years spent learning incorrectly will probably require more years than the athlete has in the sport to "unlearn" them.

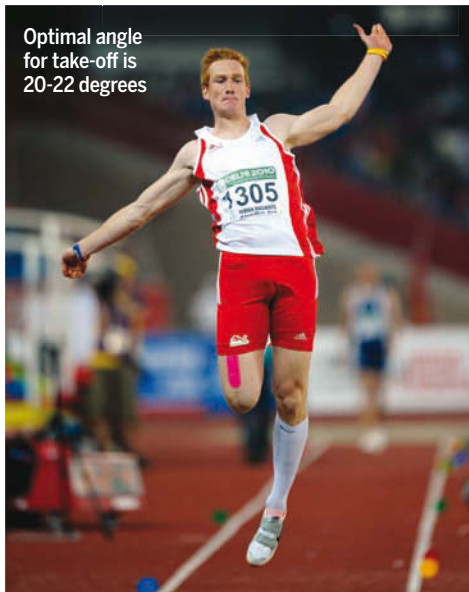
This is because the central nervous system (CNS) is also crucial. This combination of the neural and the physical and the conscious and the unconscious

» So what should you tell a long jump athlete to do to take off optimally?

1. Always get them thinking that the take-off board is not the real target. They must see getting over the board quickly while effecting the optimum take-off movements as the goal. It's "board-and-go", not "board-and-stop". Thinking solely of getting to the board negates what comes next and will not pattern the neuromuscular and central nervous system reactivity and patterning of movement that will optimise the take-off and jump distance.
2. Keep the hips level when coming into the board and do not significantly drop them (you can experiment with a flat-foot penultimate stride).
3. Create negative acceleration – by pulling the dorsi-flexed (toes up) heel of the take-off foot back toward the board at the take-off prior to striking the board.
4. Get this foot under the hips.
5. Stand tall at take-off – no rounded postures, chest up and chin parallel to the runway. I advocate the shoulders being slightly in advance of the hips.
6. Pre-swing the free leg into the take-off stride and jump. Just as the take-off foot nears hitting the board, the free leg should

be swung forwards and into the take-off. If the athlete were to try to advance his free thigh forwards at the point of take-off, it would be virtually impossible to do so, due to the speed at which they are travelling. However, if the free leg begins its passage to a position in front of the body before the take-off foot hits the board this will enhance speed off the board and minimise any board-blocking.

7. Use the arms. These balance and assist the transition into the jump. I advocate blocking the forward swinging arm at eye level. Doing this will help to position the free leg in a thigh parallel (or near to) the ground position and create an additional propulsive momentum through the take-off leg. Remember Newton's Law – for every action there is an equal reaction.
8. The take-off position must be maintained after take-off before the athlete performs a hitch or a hang. Doing this enables maximum propulsion to derive from leg extension at take-off and for the jumper to "fly" forward and up into the jump. Moving too quickly into a hitch-kick, for example will reduce take-off effectiveness and have a negative effect on jump distance.



Optimal angle for take-off is 20-22 degrees

will programme a set of responses. Timing of take-off movements will reflect what the CNS becomes accustomed to. A less than optimal take-off will teach the CNS a set of reactions and movements that are not the ones needed for optimising jump distance.

Numerous drills must be performed that pattern in the elements of the take-off from speed and this will inevitably involve a run-up of sufficient length to require the athlete to jump from speed. Once base condition has been established the athlete must perform run-ups of various distances with the take-off action. I set a target for athletes I coach to be able to approach the board at full speed off their normal run-up, take-off and hold the take-off position well after take-off, so they then run out of the pit as they drop on to the free leg as it extends towards the sand.

Some of the athletes in my group have been able to clear six metres doing this (the point when their free leg strikes the sand after they have flown off the board). The control and balance that the jumper needs to do this, without nose-diving into the pit is my indicator that they can take off properly.

Angle of take-off

BIOMECHANICAL analysis indicates that the optimum angle of take-off for the long jump is around 20-22 degrees, but try telling that to Fabrice Lapierre of Australia, who generates incredible vertical velocity. He also often bucks a trend with a longer last stride compared to most jumpers, whose final stride is shorter than those preceding it.

At the 2009 World Championships his 8.21m jump was good enough for fifth place and was made from a 28-degree angle of take-off. This compared with Phillips' 20 degrees for his winning 8.54m. A shallower angle of take-off should minimise board-contact time and this was also borne out

by the stats available for the loss of forward velocity at the point of take-off. Phillips lost 1.5m/sec and Lapierre 2.3m/sec, with the American taking off at the instance of take-off at 9.23m/sec and the Australian at 7.99m/sec.

These stats indicate there are different ways to jump a long way and sports science and biomechanics rules do not apply equally to everyone. So I believe the coach should work to the athlete's strengths and allow for some divergent personal idiosyncrasies in their athletes. There are different types of jumpers and some will benefit from more personal technical nuances.

Mid-air action

THIS is another subject of great debate. It should be noted at the outset that whether a jumper uses the hitch-kick, hang or stride jump technique along with their various permutations, for example in terms of arm action, these movements do not increase the distance jumped. Once the athlete leaves the take-off board the parabola of their flight pattern is pre-ordained. What a mid-air action does do is to stave off forward rotation, allowing the jumper to maximise their landing (extend their legs and get their heels out as far as they can in front of them).

I believe that most athletes will have a natural way of jumping. Some will be hitch-kickers, others hangers and a few stride jumpers. The key is to maximise their take-off technique and the mid-air action will then be less important as it is very much a case of get the take-off right and the jump distance will be equally right.

Young athletes should not be encouraged to learn the hitch-kick as this will invariably lead to them rushing the take-off and not getting a good landing, due to the shorter distances they will be achieving. It's very much a process of teaching the stem skills of the take-off action and then effecting it from a fast and progressive run-up. Coaches will often use boxes and even spring boards to enable the athlete to buy more time in the air to learn a hitch or hang technique. On limited occasions, these can have a use, but too frequent a usage can result in faulty take-off biomechanics being learnt consciously and unconsciously.

Hopefully this introduction to good long jumping will be useful to both athletes and coaches. Remember, though, long jump is a relatively simple event and it should never be over-complicated.

» JOHN SHEPHERD is the editor of *ultra-FIT* magazine. He jumped 7.89m and now coaches some of the top junior and senior long jumpers in the UK

What's up, doc?

» I AM a veteran runner in my late fifties and try to run every day with most of it no faster than a steady pace. My injury history is vast and because of this I don't run fast in training. During my last couple of races over 5/10km I have performed well, but entering the last 800m or so my gut has tried to wretch and it feels like I want to vomit. Is this because my body is not used to running out of breath and what can I do?

» THERE are many potential causes from relatively benign to quite serious. If it continues I would check this out with a sports doctor. It may simply be lactic acidosis as you sprint for the line.

Many a 400m sprinter can tell you all about the post-session puke! If this is the case, only improving your fitness will help, which unfortunately will mean running faster.

Athletes also commonly get acid reflux and this also increases with ageing. Some Gaviscon and Zantac or Omeprazole taken just before you race could help. Hyperventilation has also been known to cause nausea and abdominal cramping.

Some more serious causes include problems with the blood flow to the gut. It's not a good idea to eat a heavy meal before a race as you will still be digesting it, so give it at least two hours. Three hours is the preference of many athletes, although some prefer a four-hour window.

Occasionally a ligament can cross the coeliac artery which supplies the gut. This can constrict the blood flow when running – median arcuate ligament syndrome. This requires an operation to correct the situation.

Finally in a man in his fifties we must consider cholesterol. If cholesterol has narrowed the arteries to the gut, it is possible to develop an ischaemic bowel (critically low blood supply, starved of oxygen). This is rare, but quite dangerous.

» Dr Leon Creaney is a consultant physician in sport and exercise medicine. Send your questions to him at david.lowes@athleticsweekly.com. Please note that answers cannot replace face-to-face consultation with a sports physician, so only general guidance is given above.

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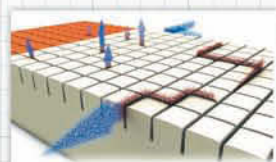
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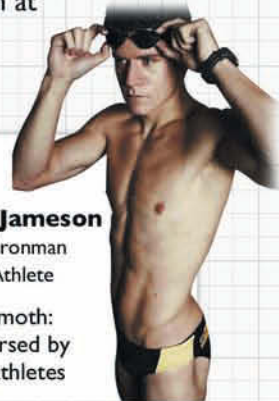
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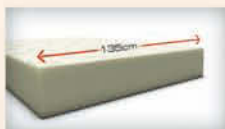
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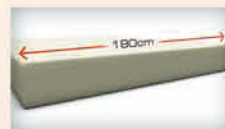
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OVERSEAS

AUSTRALIA

Gold Coast, June 17

Men: DT: 1 M Davies 10.31; 2 M Watt 10.31. **200 (-0.9):** M Davies 20.79. **Women:** 100 (0.6)/100H (1.1): S Pearson 11.35/12.74

BRAZIL

Sao Paulo, June 19

Men:Mar: 1 D Kemboi (KEN) 2:11:53; 2 H Abebe (ETH) 2:13:12; 3 M Ikoki (TAN) 2:18:43. **Women:Mar:** 1 S Raif (MAR) 2:36:01; 2 E Rumokol (KEN) 2:36:36; 3 N Jepkosgei (KEN) 2:38:52.

CANADA

Burnaby, June 6

Men: 5000: 6 KEVIN O'CONNOR (M40) 15:27:28

CHINA

Wunjiang, May 29

Men: DT: M Samimi (IRI) 63.21. **Women: TJ:** 1 L Xiemei 14.16/-0.2; 3 M Johny (IND) 14.02/0.1 (rec)

CROATIA

Zagreb, June 11

Men: DT: R Varga 65.17; 2 R Fazekas (HUN) 64.30; 3 M Maric 63.62

CUBA

Havana, June 10

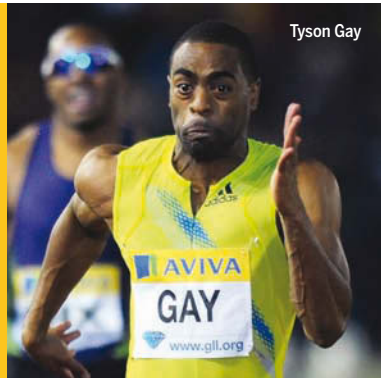
Men: TJ: E Reve (U20) 17.40/0.8. **Women: TJ:** Y Martinez 14.40

Havana, May 26-28

Men: 100 (-1.6): M Herrera 10.34. **200 (-0.9):** 1 Herrera 20.63; 2 N Ruiz 20.70.

World rankings leaders 2011

MEN			4x400: Texas A&M	3:00.45
100: Tyson Gay (USA)	9.79/1.1	WOMEN		
200: Usain Bolt (JAM)	19.86/0.7	100: Carmelita Jeter (USA)	10.70/2.0	
400: Rondell Bartholomew (GRN)	44.65	200: Kimberlyn Duncan (USA)	22.24/1.5	
800: Abubaker Kaki (SUD)	1:43.68	400: Allyson Felix (USA)	49.81	
1500: Nixon Chepseba (KEN)	3:31.42	800: Halima Hachlaf (MAR)	1:58.27	
1M: Haron Keitany (KEN)	3:49.09	1500: Maryam Jamal (BRN)	4:00.33	
3000: Yenev Alamirew (ETH)	7:27.26	1M: Hind Dehiba (FRA)	4:29.59	
5000: Imane Merga (ETH)	12:54.21	3000: Viola Kibiwott (KEN)	8:46.84	
10,000: Mo Farah (GBR)	26:46.57	5000: Vivian Cheruiyot (KEN)	14:31.92	
10km: Micah Kogo (KEN)	27.15	10,000: Sally Kipyego (KEN)	30:38.35	
HM: Zersenay Tadese (ERI)	58:30	10km: Mary Keitany (KEN)	30:45	
Mar: Emmanuel Mutai (KEN)	2:04:40	HM: Mary Keitany (KEN)	65:50	
(DH: Geoffrey Mutai (KEN)	2:03:02)	Mar: Mary Keitany (KEN)	2:19:19	
3000SC: Paul Kipsiele Koech (KEN)	8:01.83	3000SC: Milcah Chemos (KEN)	9:12.89	
110H: David Oliver (USA)	12.94	100H: Kellie Wells (USA)	12.58/1.3	
400H: Lj van Zyl (RSA)	47.66	400H: Lashinda Demus (USA)	53.31	
HJ: Aleksey Dmitrik (RUS)	2.35	HJ: Blanka Vlasic (CRO)	1.97	
HJ: Dmytro Demyanyuk (UKR)	2.35	PV: Silke Spiegelburg (GER)	4.75	
PV: Brad Walker (USA)	5.84	PV: Anna Rogowska (POL)	4.75	
LJ: Mitchell Watt (AUS)	8.44/0.8	LJ: Veranika Shutkova (BLR)	6.95/0.2	
TJ: Teddy Tamgho (FRA)	17.67/0.6	TJ: Olga Saladukha (UKR)	14.98/0.6	
SP: Reese Hoffa (USA)	21.87	SP: Nadezhda Ostapchuk (BLR)	20.59	
DT: Robert Harting (GER)	68.99	DT: Sandra Perkovic (CRO)	69.99	
HT: Aleksey Zagorniy (RUS)	81.73	HT: Betty Heidler (GER)	79.42	
JT: Vadims Vasilevskis (LAT)	88.22	JT: Christina Oberegfolli (GER)	66.22	
Dec: Trey Hardee (USA)	8689	Hep: Jessica Ennis (GBR)	6790	
20kW: Zhen Wang (CHN)	78:30	20kW: Vera Sokolova (RUS)	1:25:08	
50kW: Sergey Bakulin (RUS)	3:38:46	4x100: USA	42.28	
4x100: Jamaica	38.33	4x400: USA	3:22.92	



Tyson Gay



Blanka Vlasic

400: Ruiz 45.94. **800:** R Acea 1:45.62. **110H (0.0)** O Ortega 13.56. **Women:** DT: D Caballero 62.94

CZECH REPUBLIC

Olomouc, June 18

Men: HM: 1 S Dawid (ETH) 60:44; 2 E Kiptanui (KEN) 61:23; 3 A Takele (ETH) 61:39. **Women: HM:** 1 N Achamo (ETH) 70:41

Kladno, June 15/16

TATYANA CHERNOVA set a personal best of 6773 points and fell just 17 short of Jessica Ennis's world-leading score.

The Russian showed a great improvement over her form from Gatzis when she trailed the Brit by 251 points. She was better in six events

and only a below-par long jump, where she had run-up problems, cost her the world lead.

She started with a personal best at 100m hurdles (13.32/0.5) and followed that by 132.2m in the shot, 1.83m in the high jump and 23.32/2.5 in the 200m to give herself an overnight score of 3882.

Her second-day marks were 6.59m in the long jump (6.82m in Gatzis), 52.00m in the javelin and 2:10.62 in the 800m.

"I wanted to achieve a world lead, but in the long jump I was not able to find the right approach. Fortunately I gave everything in the javelin and 800m and improved my best," she said. Second-placed Karolina Tymniska of Poland also set a PB with 6516 points.

Cuba's Lionel Suarez, only ninth overnight, pulled off a dramatic win in the decathlon with 8231 as the leader on 4225, Darius Draudvila, went in the opposite direction from first to 10th.

Olympic silver medalist Andrey Kravchenko did the long jump (7.51m) and shot (14.35m), but due to Achilles problems decided that his season was over as he would have no chance of competing in Daegu.

Men: Dec: L Suarez (CUB) 8231 (11.17/-2.4, 7.02/0.5, 13.59, 2.07, 49.55, 14.67, 45.66, 5.00, 67.18, 4:27.98); 2 H Van Alphen (BEL) 8120; 3 W Coertzen (RSA) 8094; 4 D Karпов (KAZ) 8089; 5 C Chinin (BRA) 8068; 6 V Garcia (CUB) 8067; 7 R Barras (FRA) 8010;

8 Mayer (FRA, U20) (U20 rec) 7992; 10 D Draudvila (LIT) 7734 (4225 day 1); 18 R Sebrle (CZE) 7343; A Kravchenko (BLR) dnf. **Women: Hep:** T Chernova 6773 (13.32/0.5, 13.22, 1.83, 23.32/2.5, 6.59, 52.00, 2:10.62); 2 K Tymniska (POL) 6516 (13.35, 14.41, 1.74, 23.52/2.5, 6.58, 40.17, 2:08.33); 3 A Grabuste (LAT) 6252 (6.65 LJ)

ESTONIA

European Team Championships, Second League, Novi Sad, June 18/19

BULGARIA, who narrowly lost to hosts Estonia but gained promotion, produced the top three performances. Ivet Lalova's 100m of 11.20. Vania Stambolova's 400m of 50.98 and

Turkish delight at First League promotion match

TURKEY

European Team Championships, First League, Izmir, June 18/19

TURKEY, only ninth last year, made the most of home advantage and will compete in the top flight in 2013 for the first time, while Greece and Norway gained the other qualifying spots for Gateshead.

Belgium set a European lead in the 4x400m in 3:01.59, while the marks of Kevin Borlée (45.61 for 400m),



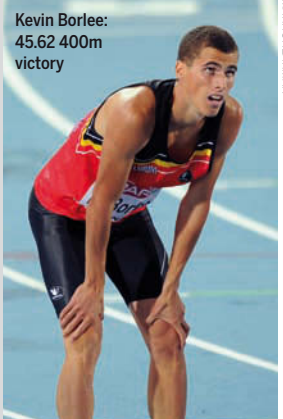
Christina Vukicevic: helped Norway gain promotion with Turkey and Greece

Krisztian Pars (80.14m for hammer), Gregory Sedoc (13.39 at 110m hurdles), Christina Vukicevic (12.87 at 100m hurdles) and Ana Simic (1.92m for high jump) were superior to those achieved in the Super League. While not as quick as Christophe Lemaitre, Jaysuma Saïdy Ndure produced a useful sprint double of his own of 10.19/20.32.

MATCH: 1 Turkey 329; 2 Greece 307.5; 3 Norway 290; 4 Romania 282.5; 5 Hungary 265; 6 Netherlands 256; 7 Switzerland 251.5; 8. Finland 248. 9 Belgium 245.5 10 Ireland 224.5; 11 Slovenia 200.5; 12 Croatia 17. **Men: 100 (0.0):** 1 J Saïdy Ndure (NOR) 10.19; 2 P van Luijk (NED) 10.34; 4 J Smyth (Derry/IRL) 10.44. **200:** 1 Saïdy Ndure 20.32; 2 J Astrand (FIN) 20.56; 3 J Borlée (BEL) 20.56; 4 van Luijk 20.62; 5 P Hession (IRL) 20.65; 5 L Tsakonas (GRE) 20.75; 7 A Wilson (SUI) 20.88. **400:** K Borlée (BEL) 45.61. **800:** T Kazi (HUN) 1:50.75. **1500/3000:** K Koyuncu (TUR) 4:01.51/8:10.69. **5000:** 1 M Girmalegese (TUR) 14:00.97; 8 S Scullion (NBH/IRL) 14:26.41. **3000SC:** 1 H Akkas (TUR) 8:45.01; 2 J Keskisalo (FIN) 8:45.73. **110H: (-1.2)** 1 G Sedoc (NED) 13.39; 2 D Kiss

(HUN) 13.46; 3 K Douvalidis (GRE) 13.51; 4 D Broothaerts (BEL) 13.73. **400H:** 1 P Iakovákis (GRE) 50.26. **HJ:** 1 D Hondrokoúkis (GRE) 2.32 (2.05/1, 2.10/1, 2.15/1, 2.20/1, 2.25/1, 2.32/2). **PV:** K Filippidis (GRE) 5.40. **LJ:** L Tsátoumas (GRE) 7.90/0.1. **TJ:** M Oprea (ROU) 16.83/0.4. **SP:** 1 I Kürthy (HUN) 19.02. **DT:** 1 R Fazekas (HUN) 62.31; 2 M Kyyrö (FIN) 62.09; 3 E Olgundeniz (TUR) 61.98; 4 R Varga (CRO) 61.83; 5 S Ursu (ROU) 60.04; 6 E Cadée (NED) 59.46. **HT:** 1 K Pars (HUN) 80.14 (75.46, x, x, 80.14); 2 E Apak (TUR) 74.20; 3 E Henriksen (NOR) 73.35; 4 P Kozmus (SLO) 72.77. **JT:** 1 A Mannio (FIN) 81.24; 2 F Avan (TUR) 77.31. **4x100:** r1: 1 SUI 39.20; 2 NED 39.30; 3 IRL 39.61; 4 FIN 39.74. **r2:** 1 HUN 39.89; 2 NOR 39.96; 3 TUR 40.00 (rec). **4x400:** r1: 1 BEL 3:01.59; 2 IRL 3:06.76. **r2:** 1 TUR 3:05.32; 2 GRE 3:06.30. **Women: 100: r1 (0.0):** 1 A Foster (N Down/IRL) 11.60. **r2: (-0.4)** 1 E Okparaebọ (NOR) 11.48. **200: r1 (-0.9):** 1 Okparaebọ 23.43; 2 Foster 23.58. **r2 (-0.7):** 1 J Samuel (NED, U20) 23.28; 2 S Veit (SLO) 23.41. **400:** 1 B Razor (ROU, U18) 52.56; 2 P Saka (TUR) 52.73; 5 M Carey (SB/IRL) 53.49. **800:** 1 Y Kurt (TUR) 2:01.95;

2 Y Hak (NED) 2:02.33; 3 E Filándra (GRE) 2:02.50; 7 R Galligan (Glouc/IRL) 2:05.57. **1500:** 1 Måkestad Bovim (NOR) 4:25.92; 4 C Mageean (Lisb/IRL, U20) 4:27.20. **3000:** S Haydar (TUR) 9:11.60. **5000:** 1 A Bekele (TUR) 15:37.15; 2 F Britton (IRL) 15:37.78; 3 K Grøvdal (NOR) 15:44.92. **3000SC:** 1 B Uslu (TUR) 9:40.29; 2 Grovdal 9:46.07; 3 C Casandra (ROU) 9:50.73; 4 S Reilly IRL 9:53.79. **100H: r2 (-1.3)** 1 C Vukicevic (NOR) 12.87; 2 L Utech (SUI) 12.90; 3 M Tomic (SLO) 13.10; 4 D O'Rourke (IRL) 13.11; 5 A Zagre (BEL) 13.15; 6 N Yanit (TUR) 13.18. **400H:** 1 E Ouédraogo (BEL) 55.74; 2 S Tomb (NOR) 56.38; 5 J Barr IRL 57.21 (U23 rec). **HJ:** 1 A Simic (CRO) 1.92; eq 2 T Amgelsen (NOR)/E Petre (ROU) 1.89; 4 B Ayhan (TUR) 1.89. **PV:** 1 N Kiriakeopoulou (GRE) 4.30; 2 N Büchler (SUI) 4.15; 3 C Larssén (NOR) 4.15; 4 A De Ryck (BEL, U20) 4.15; 5 T Sutej (SLO) 4.00. **LJ:** 1 V Tigau (ROU) 6.50/0.3; 2 I Pusterla SUI 6.50/0.0; 3 N Kolaric (SLO) 6.40/0.8; 4 K Mey Melis (TUR) 6.37/-0.1. **TJ:** 1 P Papahristou (GRE) 14.09/-0.9; 2 A Gavrilă (ROU) 13.87/0.3; 3 S Rodic (TUR) 13.56/0.0; 5 B Baar (NED) 13.51/-0.4 (rec.). **SP:** 1 M Boekelman



Kevin Borlée: 45.62 400m victory

(NED) 17.62. **DT:** 1 N Grasu (ROU) 60.85; 2 M Jansen (NED) 57.87. **HT:** 1 B Perie (ROU) 70.37; 2 M Korpela (FIN) 68.68. **JT:** 1 M Ratej (SLO) 61.53; 2 S Utriainen (FIN) 57.46. **4x100 (a):** r1: 1 NED 43.90; 2 SUI 44.50; 3 CRO 45.14 (rec); 4 FIN 45.44; dq SLO (inc M Ottey (W50)). **r2:** 1 BEL 44.49; 2 TUR 44.71 (rec); 3 GRE 44.82. **4x400:** r1: 1 IRL 3:31.25; 2 BEL 3:34.09; 3 CRO 3:37.03; 4 FIN 3:38.13. **r2:** 1 TUR 3:29.40 (rec); 2 ROU 3:33.96; 3 NOR 3:36.25; 4 GRE 3:37.98; 5 NED 3:38.44; 6 HUN 3:38.92

British find gold in the mountains

SLOVENIA

WMRA World Long Distance Mountain Running Challenge, Podbrdo, June 19

ENGLAND'S Pippa Maddams took the gold medal in 4:08:46 and led England to an easy team win in an event over 37.5km mountain track with 5000m of climbing and two major peaks to negotiate.

Maddams led from start to finish to take the biggest win of her career to date.

Ireland's Karen Alexander took silver, while former BMAF cross-country runner-up Helen Fines took the bronze. Both set off steadily and they were in eighth and ninth at 22km, but they produced the fastest descents off the final peak to move them into medal positions.

England, with Anna Lupton, battling well over the second half after struggling and not feeling good

at halfway, had a half-hour victory over Russia with Scotland taking the bronzes. Wales' Andrea Rowlands finished fifth.

This was the eighth running of these long-distance championships and more than 400 runners from 18 nations started the race.

Maddams said: "I really didn't expect this, but I felt very well on the course. I am very tired, I have a few scratches because I fell but I am also thrilled to have won this hard race."

Mitja Kosovelj won a home gold to prevent a Scottish clean-sweep as the Scots, led by Thomas Owens easily retained their title by nearly half an hour.

The individual bronze medal went to teenager Robbie Simpson, who was only 14th at 22km. Another Scotsman, Jehro Lennox, was fourth with debutante Oli Johnson the leading Englishman in seventh. The latter

was just 14 seconds up on the top Welshman Andrew Davies in eighth as England took team bronzes and Wales sixth place.

Men: 37.5km Mountain: 1 M Kosovelj (SLO) 3:22:42; 2 TOM OWENS (SCO) 3:26:59; 3 ROBBIE SIMPSON (SCO, U20) 3:29:05; 4 JETHRO LENNOX (SCO) 3:33:21; 5 R Birchmeier (SUI); 6 P Peček (CZE); 7 OLI JOHNSON (ENG) 3:38:16; 8 ANDREW DAVIES (WAL) 3:38:30; 9 GRAHAM PEARCE (ENG) 3:38:37; 10 BEN ABDELNOOR (ENG) 3:41:53; 14 ANDREW FALLAS (SCO) 3:43:26; 23 RICKY LIGHTFOOT (ENG) 3:53:04; 26 RICHARD ROBERTS (WAL) 3:56:50; 34 IAIN RIDGWAY (WAL) 4:02:31; 35 SIMON PEACHEY (SCO) 4:03:46; 38 RICHARD PATTINSON (M45) 4:05:22; 44 IFAN RICHARDS (WAL) 4:13:17; 52 MATTHEW FORTES 4:21:49; 117 JOHN EWART (M55) 4:55:47; 129 TIM TAYLOR (M45) 5:00:53; 182 BILL MAXWELL (M50) 5:22:28. **TEAM:** 1 SCO 10:29:15; 2 SLO 10:57:20; 3 ENG 10:58:46; 4 SUI; 5 POL; 6 WAL; 7 CZE; 8 RUS; 9 USA; 10 HUNG. **Women:** **37.5km Mountain:** 1 PIPPA MADDAMS (ENG, W35) 4:08:46; 2 K Alexander (IRL) 4:16:21; 3 HELEN FINES (ENG, W35) 4:19:14; 5 ANDREA ROWLANDS (WAL, W35) 4:24:08; 8 ANNA LUPTON (ENG) 4:26:49; 10 FIONA MAXWELL (SCO, W50) 4:29:46; 11 ANDREA PRIESTLEY (SCO, W40) 4:30:50; 12 SARAH RIDGWAY (WAL, W35) 4:33:47; 17 CLAIRE GORDON (SCO) 4:40:31; 28 ANNA BARTLETT (WAL, W40) 5:12:56. **TEAM:** ENG 12:54:49; 2 RUS 13:24:37; 3 SCO 13:41:07; 4 POL; 5 SLO; 6 WAL; 7 CRO

Scotland's winning team



Pippa Maddams takes gold after leading from the start

400m hurdles of 53.70 were each better than the corresponding marks recorded in Stockholm.

TEAM: 1 Estonia 218; 2 Bulgaria 215.5; 3 Serbia 188.5; 4 Lithuania 185; 5 Denmark 177.5; 6 Austria 172; 7 Latvia 147; 8 Slovakia 134.5. **Men: 100:** (-0.6): R Sakalauskas (LTU) 10.34. **200:** (0.5) M Niit (EST) 20.75. **HJ:** V Ninov (BUL) 2.28. **LJ:** 1 P Mykolaitis (LTU) 8.03/0.7; 2 M Jensen (DEN) 8.01w/2.2. **SP:** 1 M Urtans (LAT) 20.31; 2 A Kolasinac (SRB) 20.09. **DT:** 1 M Israel (EST) 62.91; 2 A Bromavicius (LTU) 59.91; 3 G Mayer (AUT) 59.90. **HT:** L Charfreitag (SVK) 77.69. **JT:** R Mátas (EST) 79.55. **4x100:** DEN 39.71 (rec). **4x400:** EST 3:08.16 (rec). **Women: 100:** (-0.6)/200 (1.6): I Lalova (BUL) 11.20/23.71.

400: 1 V Stambolova (BUL) 50.98; 2 M Mägi (EST) 52.51. **800 (a):** 1 V Klovová (SVK) 2:02.24; 2 E Balciunaitė (LTU) 2:02.83. **400H:** 1 Stambolova 53.70. **HJ:** 1 V Veneva-Mateeva (BUL) 1.91; 2 A Palsyte (LTU) 1.89. **TJ:** 1 D Veldáková (SVK) 13.89/0.1. **HT:** M Hrasnová (SVK) 68.09. **JT:** 1 M Palameika (LAT) 63.46. **4x100:** 1 BUL 44.59; 2 LTU 44.67. **4x400:** 1 BUL 3:37.10

FINLAND

Nordic Championships, Helsinki, June 18/19

LIAM RAMSEY won in a personal best of 7147 to top the UK under-20 rankings for the year, but he could not quite reach the European Junior standard of 7200. **Men: Dec:** 1 LIAM RAMSAY (U20) (11.38/0.1, 6.86/0.7, 12.95, 1.94, 49.49, 14.77/0.0, 35.98, 4.05, 43.56, 4:29.09) 7147

FRANCE

Caen, June 19
Men: 10km: 1 CHRIS DAVIES 30:54; 3 MARK DALKINS (M40) 32:22; 17 TONY JACKSON (M40) 34:48. **Women: 10km:** 1 AMANDA DAVIES (W35) 39:58. **Besancon, June 14**
Men: HJ: R Stanyas (LTU) 2.28. **Women: SP:** V Adams (NZL) 20.19

GERMANY

Osterode, June 15
Men: DT: 1 M Munch 65.19; 2 M Wierig 64.32; 3 B Harradine (AUS) 63.45. **Women: SP:** C Schwanitz 18.38. **Wesel, June 13**
Men: LJ: C Reif 8.26/0.6; 2 A Camara 8.08/1.2; 3 O König 8.07/1.4; 4 A Al-Shourafa (KSA) 8.05/1.8. **Women:**

LJ: 1 B Kappler 6.81/0.4; 2 K Mey (TUR) 6.66/1.0; 3 M Bauschke 6.66/1.4. **TJ:** K Demut 14.57/1.2 (rec)

Oeude, June 11

Men: 10km: 1 P Langat (KEN) 27:49; 2 R Sigei (KEN) 28:16. **Women: 10km:** 1 F Tola (ETH) 32:19; 2 M Wangari (KEN) 33:05

HUNGARY

Szekesfeharvar, June 11
Men: HT: K Pars 79.61

ICELAND

European Team Championships, Third League Reykjavik, June 18/19
TEAM: 1 Israel 490; 2 Cyprus 469; 3 Moldova 440; 4 Iceland 411; 5 Bosnia & Herzegovina 390; 6 Azerbaijan 377; 7 Armenia 341; 8 Luxembourg 335; 9 Malta 270; 10 Montenegro 266; 11 Macedonia 233; 12 Small States 178; 13 Andorra 174; 14 Georgia 144; 15 Albania 93.

IRAN

Tehran, May 12
Men: HT: K Mousavi 75.26 (rec). **DT:** 1 M Samimi 64.10; 2 M Samimi 63.98

IRELAND

Dublin, June 18
Men: 800 A: 5 N Collins (IRL) 1:51.18. **B:** 2 NIALL ROBINSON 1:53.55; 4 JORDAN BRANSBERG (U17) 1:53.79. **1500:** 2 EDDIE MCGINLEY 3:56.23. **5000:** 1 D Mulhare (IRL) 14:11.18; 3 ANDREW COMBS 14:21.98; 4 M Mulhare (IRL) 14:22.01; 9 ANDREW AGNEW 14:40.31; 15 ANDREW MONAGHAN (U20) 15:12.18; 18 AARON DOHERTY 15:20.91. **Women: 800:** 1 K McNeice (IRL)

2:07.16. **1500:** 1 K Harty (IRL) 4:17.95. **Woodies DIY National League, Sligo, June 12**

Men: 1500: 2 AARON DOHERTY 15:34.14; 5 FRANCIS MARSH (M45) 16:26.88. **110H:** 1 LUKE REYNOLDS 15.85. **400H:** 4 ANDREW BOLSTER (U17) 59.68. **Women: 3000:** 3 ROBERTA DORNAN (V35) 10:48.5.

JAPAN

Kitami, June 19
Men: 1500: E Waweru (KEN) 3:38.90. **10,000:** I Jeylan (ETH) 27:09.02; 2 A Mwangi (KEN) 28:01.50.

KENYA

Prison Championships, Nyayo, June 17
Men: 10,000: 1 K Kipkemai 28:06.6; 2 J Birechh 28:42.2. **Women: 5000:** 1 J Mwikali 16:28.04; 2 A Mogire 16:36.23; 3 C Ndereba 16:48.56. **AdminstrationPolice Championships, Nairobi, June 14/15 (altitude): Men: 1500:** 1 C Cheboi 3:36.9; 2 B Birgen 3:40.7. **10,000:** P Kirui 28:29.2. **Women: 5000/10,000/3000sc:** E Kimaiyo 17:32.5/35:11.9/11:22.5

Kenyan Police Championships, Nairobi, June 3

Men (altitude): 10,000: 1 B Kipyego 28:35.1; 2 P Rono 28:35.4; 3 W Kipsang 28:36.2. **Women: 1500:** 1 M Wangare 4:09.8; 2 M Chemos 4:17.5. **Safari Marathon, Mombasa, May 15**
Men: Mar: W Loyalnai 2:13:00. **Women: Mar:** R Nyangacha 2:39:01

LITHUANIA

Alytus, June 17
Men: 20kw: 1 I Trotskiy 1:21:22; 2 D

Simanovich 1:21:26; 8 T Nymark (NOR) 1:23:47. **Women: 20KW:** B Virbalyte 1:30:15; 2 K Saltanovic 1:30:36

LUXEMBOURG

Night Marathon, Lux, June 11
Men: Mar: 1 T Bacha (ETH) 2:15:42; 2 S Rono (KEN) 2:15:47; 3 E Kimaiyo (KEN) 2:15:48. **Women: Mar:** R Kiyara (KEN) 2:34:28; 2 T Abebech (ETH) 2:35:45

MOLDOVA

Chisinau, May 28-29
Men: SP: I Emilianov 20.64 (rec). **HT:** S Marghiev 76.45 (U20 rec)

NETHERLANDS

Hengelo, May 31
Men: 3000SC: 2 SULLIVAN SMITH 9:31.95. **Zwolle, June 18**
Men: HM: 1 W Kipsang (KEN) 60:49; 2 E EI Abbasi (MAR) 61:53; 3 S Turn (KEN) 61:53; 14 PHIL WICKS, 64:41. **Women: HM:** F Chepchirchir (KEN) 68:22

PERU

Lima, May 14
Men: 5000mW: Y Magali Capcha (U17) 21:53.8 (snr rec)

POLAND

Krakow, June 12
Men: 400 A: 5 JAMIE BOWIE 47.31. **B:** 3 KRIS ROBERTSON 48.02. **Bialogard, June 11**
Women: LJ: T Dobija 6.72/-0.5

PORTUGAL

Abrantes, June 12
5000mW: I Henriques 22:00.57



Ivet Lalova's 11.20 was a highlight at Novi Sad



RUSSIA
Russian U17 Championships, Cheboksary, June 17
Women: 3000: A Kudashkina (U17) 9:13.79
Podolsk, June 16
Women: HT: S Litvinov 78.63.
Women: HT: M Bupalova 67.83
Moscow, June 14/15
Women: 400: A Kapachinskaya 51.03. **800:** A Bulanova 2:00.14. **TJ:** Y Borodina (U20) 14.35
Saransk, June 12
Additional: Men: 50KW: 3 H Nava (MEX) 3:45:29; 4 A Yargunkin 3:59:22

SERBIA
Novisad, June 4
Men: SP: A Kolasinac 20.50. **DT:** D Tomasevic 60.00

SLOVAKIA
Banska Bystrica, April 29
10,000W: 1 M Toth 39:24.8; 2 A Kucmin 39:47.0

SLOVENIA
Slovenian Championships, Velenje, April 2
Men: 10kmXC: M Kosovelj 31:07.
Women: 5kmXC: L Krkoc 17:27

SOUTH AFRICA
Comrades Ultra Marathon 87km, Durban-Pietermaritzburg, May 29
Additional: Men: 87km: 248 STEVIE DODD 7:12:33; 267 MIKE STOCKS (M40) 7:14:26; 302 GRAHAM BOOTY 7:18:33; 348 DANIEL ROBINSON 7:22:14. **Women: 87km:** 13 SUE HARRISON (W35) 7:11:45

SPAIN
Spanish Junior Championships, Ganolers, June 18/19
Men: 800: 2 HARRY SAGEL (U20) 1:54.06 (1:57.52 ht). **Women: 3000:** 2 SUMMER IBRAHIM (U17) 9:58.92.
Women: 400H: 7 CAMILLA LOVELL (U20) 67.04. **h1:** 3 LOVELL (U20) 65.67; 5 LUCY ASHCROFT (U17) 68.78
Málaga, June 19
Women: 300: 1 SOPHIE HEWITT (U17) 41.87
Bilbao, June 18
 LARRY ACHIKE, the 1998 Commonwealth champion, made a belated debut for 2011 with a fourth place in 16.28m. He goes to second in

the UK rankings with a performance that, although over a metre down on winner David Giralt, would have yielded GB extra points in Stockholm.

After being out for all of 2010, 2009 UK 100m champion Simeon Williamson eased back to competition and ran a windy 10.35 behind Ramil Guliyev, who had been blocked by Azerbaijan from competing for his new country Turkey in Izmir.

Top GB junior David Bolarinwa ran a windy 10.40 and also achieved a sub-21.200m, albeit with a very strong tailwind. Marilyn Okoro was second in the 800m with 2:04.19.

Men: 100 (3.2): 1 R Guliyev (TUR) 10.11; 2 A Zakari (GHA) 10.16; 4 SIMEON WILLIAMSON 10.35; 5 DAVID BOLARINWA (U20) 10.40. **h2 (2.2):** 1 DAVID BOLARINWA (U20) 10.41; 2 SIMEON WILLIAMSON 10.49. **h3 (4.6):** 3 FABIAN COLLYMORE 10.86. **200 A (5.2):** 1 DAVID BOLARINWA (U20) 20.95; 2 RICHARD STRACHAN 21.08; 4 SAM WATTS (U20) 21.27; 5 SET OSHO 21.77. **400 A:** 1 RICHARD STRACHAN 46.32. **1500:** 1 H Maiyo (KEN) 3:39:56; 2 NICK McCORMICK 3:40:51; 6 CHRIS WARBURTON 3:45:47; 8 JAMES BREWER 3:47:07. **5000:** A Kashongwor (KEN) 13:29.19. **LJ:** 1 Y Berrabah (MAR) 8.28/5.6; 2 P Shalin (RUS) 8.12/3.4; 4 MATTHEW BURTON 7.73/4.2; (7.47/1.8). **TJ:** 1 D Girat (CUB) 17.42/3.4 (17.10/1.4); 2 Y Betanzos (CUB) 16.91/0.3. 4 LARRY ACHIKE 16.28/1.4. **SP:** C Veliz (CUB) 19.96. **DT:** M Pestano 64.96. **Women: 200 A (3.6):** 1 MARGARET ADEOYE 23.79. **800 A:** 2 MARILYN OKORO 2:04.19; 3 TARA BIRD 2:05.53; 4 CELIA TAYLOR 2:05.59; 5 SUZANNE HASLER 2:05.87; 7 ALISON LEONARD 2:07.03. **TJ:** M Gay (CAN) 14.37/3.7; 2 Y Aldama (SUD) 14.18/2.3. **DT:** Y Barrios (CUB) 62.47. **HT:** Y Moreno (CUB) 69.33

Spanish Veterans Championships, Madrid, June 18
Men: 800: 2 DAVID COWLISHAW (M40) 2:00.83. **3000SC:** 1 CHRIS SAMPSON (M35) 9:35.73
Barcelona, June 15
Women: 400: 2 MARIA THOMAS 55.87
Valladolid, June 12
Women: 400: 2 MARIA THOMAS 56.32
Valencia, June 11

Women: 800: 1 SUZANNE HASLER 2:07.93. **400H:** 6 CAMILLA LOVELL (U20) 64.73

Madrid, June 10
Men: 1500: 5 CHRIS SAMPSON (M35) 4:05.60; 9 DAVID COWLISHAW (M40) 4:06.78

Fuenlabrada, June 2
Men: 800: 10 DAVID COWLISHAW (M40) 1:59.46. **Women: LJ:** 1 LARA RICHARDS 5.83/2.7; (5.67/1.9)

Madrid Veterans Clubs Championships, May 29
Men: 800: 1 DAVID COWLISHAW (M40) 1:59.45

Spanish Road Mile Championships, Aranda de Duero, May 14
Men: 1M rd: D Ruiz 4:12.00; 2 J Higuero 4:12.01. **Women: 1Mrd:** 1 N Fernandez 4:53; 2 I Macias 4:55

Madrid, May 7
Men: 800: 6 DAVID COWLISHAW (M40) 1:58.68

SWEDEN
Stockholm, June 17

IN races held the day before the European Team Championships, Great Britain clocked an encouraging 38.72 at 4x100m hurdles with Christian Malcolm, Craig Pickering, James Ellington and Harry Akinees-Aryeetey warming up well for the following day's exploits.

Men: 4x100: 1 GB 38.72; 2 Russia 39.22; 3 Czech Republic 39.45

Gothenburg, June 11
Men: 400: R Yusif (SUD) 45.53. **110H:** T Akins 13.46/0.6. **SP:** D Stori (GER) 21.03. **Women: HJ:** R Beitia (ESP) 1.90; 2 A Di Martino (ITA) 1.90. **TJ:** Y Aldama (SUD) 13.80/0.8. **PV:** M Strutz (GER) 4.60. **SP:** 1 Lijao Gong (CHN) 19.76

Ystad, June 19
 WORLD junior champion Mutaz Essa Barshim improved to a national high jump record of 2.32m.
Men: HJ: M Essa Barshim (QAT) 2.32 (rec)

SWITZERLAND
Geneva, June 4

Men: 200 (0.3): 1 R Schenkel 20.53; 2 A Wilson 20.56

Gamperney - Berglauf Up Hill Mountain Race, Grabs, May 29
Women: 8.8km: 4 CLARE McKITTRICK (W35) 57:14

TAIWAN
Kaohsiung, May 27/28

Men: 100 (0.3): M Frater 10.06. **JT:** I Janik (POL) 80.75. **Women: SP:** N Kleinert (GER) 18.63.

TRINIDAD
Marabella, May 28
Men: 100 (0.2): D Brown 10.22

TURKMENISTAN
Ashgabad, May 20-21
Men: 800: A Akbar Rabiei (IRI) 9.9

UKRAINE
Kyiv, June 18
Men: PV: A Kovalchuk 5.72
Ukrainian Championships, Donetsk, June 16
Women: HJ: I Gerashchenko (U20) 1.87. **LJ:** M Bekh (U16) 6.47/1.6

USA
Portugal Day 5, New York, June 19
Men: 5M: 15 PAUL THOMPSON (M45) 25:59

Greensboro, June 18
Women: Mile: 9 AMY-ELOISE NEALE (U17) 4:51.08 (1500 split 4:33.13). **100H h2 (-1.0):** 5 SHANTELL BINGHAM (U20) 14.60. **2000SC:** 2 NEALE 6:42.48.
Grandma's Marathon, Duluth, June 18
Men: Mar: 1 C Kipyego (KEN) 2:12:15; 2 T Deneke (ETH) 2:12:17; 3 S Malakwen (KEN) 2:12:38. **Women: Mar:** 1 Y Bekele (ETH) 2:30:38; 2 E Lagat (KEN) 2:31:32; 3 D McMahan 2:31:48
Chula Vista, June 16
 CARL MYERSCOUGH went top of the British discus rankings with his

65.04m, which just missed his seven-year-old PB of 65.10m. Myerscough finished second, though the meeting's top performance came from former pole vault world champion Brad Walker, who set a world-leading 5.84m.

Men: PV: B Walker 5.84. **LJ:** 1 J Tobler 8.22w; 3 NICK NEWMAN 7.51. **DT:** 1 I Waltz 65.43; 2 CARL MYERSCOUGH 65.04. **Women: PV:** B Holliday 4.55. **LJ:** B Glenn 7.00w/ (7.00/4.1, 6.96/3.3, 6.85/2.3, x, 6.72/1.5, 6.87/1.3). **DT:** B Breisch 64.30

Indianapolis, June 18
Men: 1500: 3 ROB MULLETT 3:44.35; 10 ANDREW SHERMAN 5:50.04.

Women: 800: 3 KIRSTY LEGG 2:05.72

Indianapolis, June 15
Men: 1500: 6 TIM BAYLEY 3:44.14.

Women: 1500: 5 KIRSTY LEGG 4:20.90.

Miramar, June 11
Men: 110H (-0.4): R Forbes (CAY) 13.50.

Women: 100 (-0.2): T Harrigan (BVI) 11.12

Kentfield, May 30
Men: 10km: 46 SIMON FISHER 33:55.

Women: 10km: 33 EMILY FERENCZI 39:52

San Mateo, May 29
Women: 5000: 1 EMILY FERENCZI 18:56.09

Monroe, May 28
Men: DT: J Morgan (JAM) 64.11 (rec)

Abilene, May 12
Men: 400: M Smith 45.21

Tempe, April 8
Women: HT: J Cosby 72.22

Los Angeles, April 2
Men: 400: J Mance (U20) 45.86.

Women: 200 (1.6): A Payne 23.09

Starkville, April 1
Men: 200 (0.0): T Tate 20.88. **110H (0.8):** A Hicks 13.59

San Luis Obispo, April 1
Men: DT: A Eaton 44.19

Orem, April 1
Men: SP: Z Loyd 20.21

Starkville, March 26
Men: 200 (-2.5): 1 H Adams 20.74. **HJ:** 1 D Drouin (CAN) 2.23; 2 J Harris 2.23



Carl Myerscough

Sally reaches her pole vault Peake

JUNE 18 WELSH OPEN SENIOR CHAMPIONSHIPS Cardiff

WHILE a few of the top Welsh athletes such as Dai Greene and Christian Malcolm were competing in Stockholm, there were still plenty of encouraging efforts in Cardiff with pole vaulter Sally Peake achieving the star performance.

The 25-year-old, who is coached by Scott Simpson, set a Welsh record when she cleared 4.30m. Apart from smashing her PB, the mark gained Peake the qualifying standard for the World University Games, which will take place in Shenzhen, China, later this year. After being assured of victory, she then attempted to clear 4.40m, the 'B' standard for the World Championships but, despite coming close, missed out on this occasion.

Highlighting she is literally an up-and-coming pole vaulter, it's worth noting that Peake had won the 2010 championship with a height of just 3.85m, a whopping 45cm in a year.

Other athletes who showed fine form included Joe Thomas as the Commonwealth 800m finalist displayed good speed to easily win the 400m in a PB 47.25.

Also moving down in distance and looking for a sharpener was European silver medallist Rhys Williams, who won the 200m in style.

The Cardiff athlete won with a time of 21.85, beating team-mate Gareth Price and Birchfield's Dwayne Lewis by two metres after running a faster 21.81 heat. He said: "The 200m really help me as a

speed training and I knew I'd get a good race. I love to compete at the Welsh Championships. They are a fundamental part of the path to higher stages and I hope the presence of established athletes will help inspire younger ones.

"Doing well at the World Championships is my objective, but I know that doing a good season in 2011 will put me in a good stead for the Olympics next year. The coaching, the training, the training partners – everything is perfect and I couldn't ask for more. I want to get to the final in Daegu."

Commonwealth silver medallist Carys Parry made a good season's debut with a 63.01m win in the hammer, while Phillipa Roles did likewise in the discus with 54.64m, which won her the title by 14 metres.

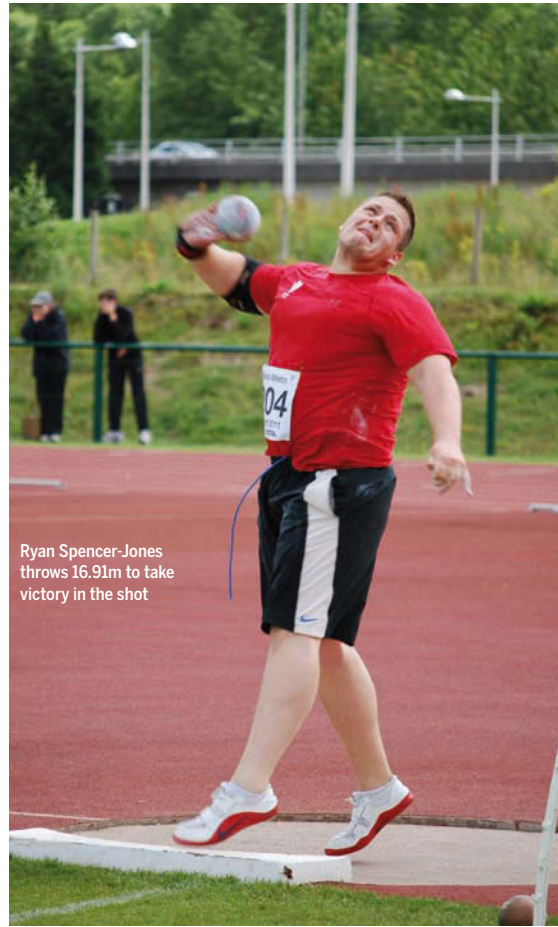
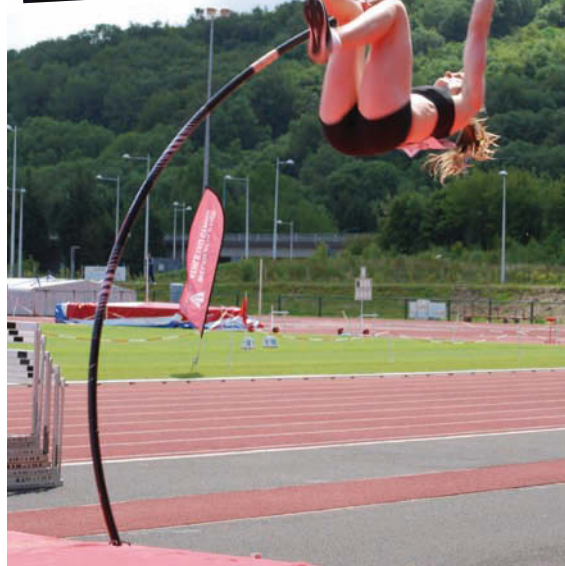
Another thrower in form was Matthew Richards. The 25-year-old, who like Parry is coached by Lorraine Shaw, was just a metre outside his PB as he set a championship record of 63.68m.

Caryl Granville won a good double taking the two hurdles races in 14.26 and 58.99 and another up-and-coming athlete to win was Adam Bitchell. The teenager, coached by James Thie, was nearly nine seconds down on his recent BMC 1500m time at Manchester as he followed up his sub-14 5000m with a still impressive win in 3:54.52.

Rachel Johncock gained a good sprint double. The 17-year-old Colwyn Bay athlete saw off a late surge by Lucy Evans to win the 200m in 24.33 following her 12.42 100m win into a huge headwind.

Pole vaulter Paul Walker went close to equalling Neil Winter's 1993 championship best performance but had to settle for a season's best of 5.21m.

Sally Peake completes a 45cm improvement this season to vault 4.30m



Ryan Spencer-Jones throws 16.91m to take victory in the shot

PICTURES: BRIGITTE MANNING/STEEN PONSIS

Ann Jones (Wrex, U20) 58.84. **800:** A Moss (Card) 2:13.61. **1500:** 1 C Glover (Swan) 4:30.22; 2 J Williams (Amman, U20) 4:36.01; 3 D Rees (Card) 4:39.32. **5000:** 1 A Beynon-Thomas (Carm, U23) 17:43.24; 2 A Davies (Carm, U23) 18:27.51. **100H (-0.1):** 1 C Granville (Swan, U23) 14.26; 2 L O'Reilly (Newp, U23) 14.44; 3 C Stone (Swan, U20) 14.93. **400H:** 1 C Granville (Swan, U23) 58.99; 2 A Rees (Swan) 62.93. **2000SC:** E Brown (Card) 7:10.56. **HJ:** F Bodilly (Card, U17) 1.68. **PV:** 1 S Peake (Bir) 4.30 (all comers rec/welsh rec/CBP); 2 B Raine (Card) 3.90; 3 E Taylor (Bath U, U23) 3.60; 4 L Maund (Swan) 3.45; 5 S Lee (Swan, U17) 2.70. **LJ:** 1 L Richards (AD Marathon) 6.10/6.9; 2 I Miles (Card) 5.59/2.9. **TJ:** 1 I Miles (Card) 11.79/3.1; 2 M O'Sullivan (Card, U20) 11.07/2.7; 3 D Jones (Swan, U23) 11.05/3.9; 4 A Bradley (Cwmw, U20) 10.83/1.3. **SP:** L Griffiths (P'broke, U20) 11.38. **DT:** 1 P Roles (Swan) 54.64; 2 C Williams (Carm) 40.76; 3 A Rosser (Carm, U17) 35.98; 4 L Griffiths (P'broke, U20) 34.23. **HT:** 1 C Parry (Rhon) 63.01; 2 I Douglas (Sale) 60.06; 3 T Wells (Swan, U20) 51.95; 4 K Yhnell (Glouc, U23) 48.13; 5 Z Dakin (B'end, U17) 46.03. **JT:** 1 L Clarke (Card) 52.26 (cbp); 2 T Ward (Sheff, U23) 50.63; 3 C Williams (Swan) 39.76

U15
1500: 1 S McPhillips (Blaen G) 4:55.43; 2 L Philpart (Swan) 4:56.42; 3 R Yates (B'end) 4:57.39; 4 O Gwynn (Swan) 4:57.44

U13
1500: 1 C Hughes (Menai) 4:54.46; 2 I Morris (Blaen G) 5:11.64

Men

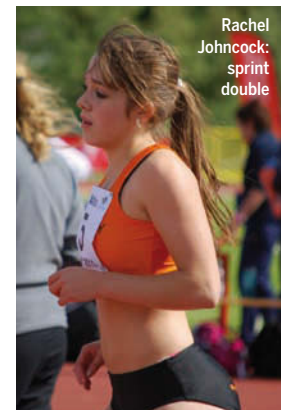
100 (-2.8): 1 W Roberts (Swan) 10.99; 2 G Price (Card) 11.08; 3 M Baker (Card) 11.30. **200:** 1 R Williams (Card) 21.85; 4 M Prentice (Card, U20) 22.41. **HT1 (-0.5):** R Williams (Card) 21.81. **400:** 1 J Thomas (Card, U23) 47.25; 2 T Miller (Card, U23) 48.65; 3 G Hawkes (Card) 49.29; 4 J Williams (L'nelli) 49.84. **800:** 1 R Smith (Sale) 1:51.38; 2 I Thomas (Card, U23) 1:51.73; 3 M Kershaw (Card, U23) 1:52.67; 4 J Williams (L'nelli) 1:54.78. **1500:** 1 A Bitchell (Card) 3:54.52; 2 T Phillips (WG&EL, U23) 3:55.74; 3 J Mills (Card) 3:57.69; 4 J Hopkins (B'end, U20) 3:58.57; 5 E Slade (Card, U17) 4:00.29. **5000:** 1 M Janes (Bed C) 15:00.26; 2 D Mountford (Deeside, U20) 15:13.24; 3 M Kallenberg (Carm, U20) 15:19.60. **400H:** 1 P Bennett (Swan, U20) 53.52; 2 G Morris (Ashford, U23) 53.86. **3000SC:** E Penny (Newp, U20) 10:08.90. **HJ:** 1 S Guest (B'end, U20) 1.90; 3 J Bailey (Card, U17) 1.85. **PV:** 1 P Walker (Lough S) 5.21; 2 G Price (Swan) 4.01. **LJ:** 1 R Childs (Brec) 7.48/4.1; 2 D Cook (K&P) 7.23/0.3. **TJ:** 1 N Childs (TVH) 14.91/3.7; 2 A Williams (UWIC, U23) 13.90/2.3. **SP:** R Spencer-Jones (Bir) 16.91. **HT:** 1 M Richards (Belg) 63.68 (CBP); 2 G Holder (Bexley) 55.32; 3 R Wells (Swan, U23) 48.50; 4 A Andrews (FoD/Rhon, U20) 47.60; 5 B Cole (Card, U20) 43.94. **JT:** 1 L Doran (Sheff) 70.90; 2 J Hallett (Card) 54.09; 3 B Cole (Card, U20) 53.85

U15
1500: L Jones (B'end) 4:27.90

U13
1500: J Heyward (Card) 4:43.32

Women

100 (-4.4): 1 R Johncock (Col B, U20) 12.42; 2 M Moore (Card, U20) 12.48; 4 H Thomas (Wrex, U20) 12.49. **HT1 (-3.5):** 1 H Thomas (Wrex, U20) 12.34; 2 M Moore (Card, U20) 12.36; 3 R Johncock (Col B, U20) 12.49. **HT2 (-2.0):** L Evans (Sale) 12.24. **200 (-0.3):** 1 R Johncock (Col B, U20) 24.33; 2 L Evans (Sale) 24.69; 3 R Williams (Newp, U23) 24.70. **HT1 (-0.4):** L Evans (Sale) 24.86. **HT2 (-3.3):** R Johncock (Col B, U20) 25.14. **400:** 1 R Williams (Newp, U23) 55.50; 2 C Ann Jones (Wrex, U20) 57.50. **HT1:** 1 R Williams (Newp, U23) 56.50; 2 J Osborn (Swan, U20) 58.87. **HT2:** 2 C



Rachel Johncock: sprint double



Joe Thomas: 800m runner stepped down with success

Robbie Grabz the chance to shine

JUNE 19

MIDLAND U20/SENIOR CHAMPIONSHIPS Birmingham

WITH perhaps an eye on performances in Stockholm, high jumper Robbie Grabz jumped an outdoor best for 2011 of 2.25m to go second in the UK high jump rankings to the injured Tom Parsons.

The 23-year-old's previous best this year was a 2.20m in the European Clubs Cup and this performance equalled what he achieved indoors a couple of occasions and compares favourably to Samson Oni's 2.20m on GB duty.

Another high jumper in form was women's winner Jayne Nisbet, who also bettered what was achieved in Sweden where Emma Perkins leapt 1.75m. Nisbet set a PB of 1.83m to go third in the senior rankings.

Andy Pozzi, who headed the under-20 110m hurdles rankings with his 13.69 at Loughborough, found Jack Meredith equalled it in the North of England, but he responded magnificently with a 13.61 PB victory to give himself sole ownership of the top spot and also go well inside UKA's European Junior standard of 14.00. What was particularly impressive was there was a strong 2.3m/sec headwind so he can look forward to going much faster in better conditions.

Another to achieve a big breakthrough was Nick Crucley who leapt a PB 5.35m to go third in the men's pole vault UK 2011 outdoor rankings. The 21-year-old's previous outdoor best was 5.20m from the Loughborough International and he is beginning to show the potential that saw him finish fourth in the 2007 IAAF World Youth Championships.

Ryan James was the pick of the male sprinters with a 10.71 100m victory, which equalled his heat time and just as impressive was Judah Simpson who retained his under-20 title with a PB 10.74 compared to his 10.91 win last year.

Nadine Okyere won the 400m in 53.57, almost a second down on what she achieved in Switzerland in better conditions last month,



Robbie Grabarz: 2.25m high jump victory

PICTURES: DAVID GREENHILLS

The senior men's 800m was a cagey affair with 1:50.95 performer Andrew De Camps taking a narrow one-metre win over Tom Gayle in a pedestrian 2:00.33. Tom Curr did not mess around though in the under-20 race as the IAAF World Cross Country Championships representative won by around 40 metres in a PB 1:52.63.

W35 Karen Harewood just missed her lifetime best in the 1500m with 4:23.88 though under-20 winner Olivia Sadler was pleased to go inside 4:30 for the first time with a 4:28.91 PB win.

There was a competitive men's 1500m won by James Trollope with

less than 20 metres from first to eighth placer Midlands Cross champion James Walsh, who ran a recent sub-13:50 5000m and found he did not quite have the speed to match the metric milers on the last lap.

World junior medallist Laura Samuel was not at her best in the triple jump, though her 12.91m was still sufficient for victory.

Jennie Batten moved up to the senior ranks to get greater competition and the 18-year-old achieved an 11.93/24.47 sprint double.

In the throws, which did not include the seniors as they will compete on the

morning of the Birmingham Games later in the year, Gareth Winter, the UK No.2 junior shot putter, was close to his best with a 16.47m victory.

However, Najee Fox narrowly got the better of him in the discus with a 51.05m win.

Men
100 (1.4): 1 R James (Bir) 10.71; 2 D Lima (Bir) 10.79; 3 R Odumosu (SB) 10.80; 4 P Doorgachurn (Card) 10.90.
Ht1 (2.3): 1 R Odumosu (SB) 10.85; 2 P Doorgachurn (Card) 10.96. **Ht2 (0.3):** 1 R James (Bir) 10.71; 2 D Lima (BRAT) 10.78. **200:** 1 D Lima (BRAT) 21.41; 2 P Doorgachurn (Card) 21.77;

3 S Cordin (Mans) 21.88; 4 P Shand (Tip) 21.98. **Ht3 (2.1):** 1 D Lima (BRAT) 21.26; 2 S Cordin (Mans) 21.80.

400: A: 1 J McGrath (Bir) 48.43; 2 R McDonald (Bir) 48.97; 3 J Hornblow (Der) 49.07; 4 R Allen (R&N) 49.27. **Ht1:** 1 J McGrath (Bir) 48.45; 2 R McDonald (Bir) 49.35; 3 J Imray (Tip) 49.69.

Ht2: 1 R Allen (R&N) 48.82; 2 S Peters (Exe) 49.50. **Ht3:** J Hornblow (Der) 49.25. **800:** 1 A de Camps (Glouc) 2:00.33; 2 T Gayle (Stoke) 2:00.44.

1500: 1 J Trollope (Bir) 3:54.28; 2 T Dalton (Severn) 3:55.09; 3 B Coldray (Stroud) 3:55.58; 4 S Mitchell (Notts) 3:55.68; 5 B Sharman (Bir) 3:55.91; 6 A Russell (Stroud) 3:56.13; 7 T Mahon (OWLS) 3:56.57; 8 J Walsh (Leeds C) 3:56.88. **5000:** 1 B Ande (Bir) 14:56.51; 2 G Lee (Leic C) 15:01.24; 3 S Duffy (Stoke) 15:06.12; 4 J Douglas (Charn) 15:25.46; 5 J Perkins (Notts) 15:38.24.

400H: 1 C Forde (Charn) 54.36; 2 J Lloyd (Chelt) 55.52; 3 J Horder (Chelt) 55.78. **3000SC:** 1 S Millward (Glouc) 9:37.55; 2 J Griggs (Cov) 9:41.63; 3 J Goringe (Kett) 9:49.82. **HJ:** 1 R Grabarz (NEB) 2.25; 2 R Sithole (Charn) 2.05; 3 P Stewart (Bir) 2.05; 4 M Brown (Cov) 1.95; 5 I Vos (Bir) 1.95. **PV:** 1 N Crucley (Hale) 5.35; 2 A Marsh (Bir) 5.00; 3 C North (WG&EL) 4.90; 4 G Showell (Tam) 4.10; 5 J Courtenay (Chelt) 4.00. **LJ:** 1 L Smith (Bir) 7.21/2.0; 2 M Lewis (BRAT) 7.20/-0.8; 3 M Fenn (Dav) 6.88/1.7. **TJ:** 1 M McKernan (Bir) 15.32/-1.0; 2 G White (Card) 15.24/-0.2; 3 L Harvey (Traff) 14.72/1.1; 4 M Madden (Notts) 14.04/0.0

U20
100 (-0.1): 1 J Simpson (Der) 10.74; 2 Y Phippen (Kett) 10.92; 3 S Bajere (B&W) 10.96; 4 D Hammond (B&R) 11.01. **Ht1:** 1 J Simpson (Der) 10.80; 2 S Bajere

Judah Simpson won the under-20 men's 100m and, here, the 200m impressively





Nick Cruchley:
5.35m pole
vault PB



Jade Perry: junior
women's javelin
and shot winner



Ryan James of Birchfield Harriers takes the men's 100m in 10.71 on a busy weekend for Midlands athletes in Birmingham

(B&W) 11.03; 3 Y Phippen (Kett) 11.04. **Ht2 (0.0):** D Hammond (B&R) 10.91. **200 (0.5):** 1 J Simpson (Der) 21.69; 2 Y Phippen (Kett) 21.97; 3 J Dunn (Bir) 22.08; 4 J Lutwyche (BRAT) 22.37. **Ht1 (0.7):** J Dunn (Bir) 22.28. **Ht2 (1.3):** 1 Y Phippen (Kett) 21.97; 2 J Simpson (Der) 22.33; 3 A Bradnick (Worc) 22.42. **400:** 1 D Lagerberg (Mans) 48.41; 2 E Okoro (Bir) 48.49; 3 C Byron (Bir) 49.36; 4 N Pryce (RSC) 50.15. **Ht1:** 1 C Byron (Bir) 49.38; 2 B Sturgess (Mil K) 49.91; 3 N Pryce (RSC) 50.16. **Ht2:** 1 D Lagerberg (Mans) 48.60; 2 E Okoro (Bir) 49.31. **800:** T Curr (Stroud) 1:52.63. **Ht2:** V Gorlukovic (W&B) 1:57.79. **Ht3:** 1 T Gayle (Stoke) 1:57.02; 2 A Watt (Bir) 1:57.30; 3 J Miller (Chelt) 1:57.58; 4 C Lamb (R&N) 1:57.61. **110H (-2.3):** 1 A Pozzi (Strat) 13.61; 2 J Porter (Bir) 14.40; 3 J Wright (Bir) 14.84. **2000SC:** 1 N Hardy (Bir) 6:28.06; 2 A Brecker (Stoke) 6:29.74. **PV:** M Cooper (Stoke) 4.40. **TJ:** 1 J Martin-Fullerton (Bir) 14.74/0.1; 2 S Edwards (Shrews) 14.69/0.1; 3 J Nesbitt (Bir) 13.42/-0.2; 4 A James (Leic C) 13.40/0.0. **SP:** 1 G Winter (Glouc) 16.47; 2 D Stark (Tam) 12.33. **DT:** 1 N Fox (Bir) 51.05; 2 G Winter (Glouc) 50.26; 3 B Pearson (W&B) 46.99; 4 D Power (Neath) 43.01; 5 D Stark (Tam) 40.30. **HT:** 1 C Murch (R&N) 59.52; 2 S Foster (Corby) 52.32; 3 R Wallace (Chelt) 49.95. **JT:** 1 T Morris-Reid (Leic C) 56.90; 2 J Bell (Tel) 55.52; 3 C Murch (R&N) 51.16

R Cole (Cov) 56.62. **Ht2:** 1 S Adams (Traff) 56.04; 2 E Paton (Bir) 56.45; 3 M Cooksey (Bir) 57.23. **800:** 1 C Burgoyne (Shrews) 2:12.32; 2 R Parker-Simpson (Hale) 2:14.91; 3 A Carter (Bir) 2:15.12. **1500:** 1 K Harewood (Corby) 4:23.88; 2 S Johnson (C&S) 4:32.41. **5000:** S Johnson (Trent) 17:38.88.



Andrew Dwe Camps (268) narrowly beat Tom Gayle in a tactical 800m senior final

Women
100 (0.0): 1 J Batten (Stroud) 11.93; 2 A Tyson (Bir) 12.00; 3 E Ruddock (R&N) 12.21; 4 K Russell (Bir) 12.28. **200 (0.4):** J Batten (Stroud) 24.47. **400:** 1 N Okyere (Bir) 53.57; 2 E Pullen (Shrews) 54.07; 3 S Adams (Traff) 54.56; 4 E Williams (Cov) 54.89; 5 R Cole (Cov) 55.83; 6 E Paton (Bir) 56.87. **Ht1:** 1 N Okyere (Bir) 54.66; 2 E Pullen (Shrews) 54.92; 3 E Williams (Cov) 56.16; 4

100H (-1.3): L O'Reilly (Newp) 14.53. **400H:** 1 E Okoro (Bir) 59.39; 2 E Peters (Card) 60.36; 3 J Surman (Bir) 61.06; 4 S Davies (Swan) 65.96. **2000SC:** 1 S Hogan (B&R) 7:51.37; 2 A Magee (Charn) 7:54.99. **HJ:** 1 J Nisbet (Edin) 1.83; 2 P Hughes (Birm U) 1.75; 3 A Lassu (Sale) 1.70; 4 B Partridge (Bir) 1.65; 5 C Boulter (C&S) 1.65. **PV:** 1 K Ogden (Mil K) 3.35; 2 E Lyons (Notts) 3.25. **LJ:** E Lyons (Notts) 5.88/1.4. **TJ:** 1 L Samuel (Bir) 12.91/0.2; 2 S Gutzmore (Bir) 12.73/-0.4; 3 Z Ceessay (WG&EL) 12.25/-0.3; 4 H Walsh (Charn) 11.06/0.3
U20
100 (2.4): M Hanson (Bir) 12.29. **200 (0.1):** M Hanson (Bir) 25.15. **400:** 1 J Harrison (W&B) 56.55; 2 A Ika Oqua (W&B) 56.57. **800:** 1 M Sadler (B&W) 2:13.22; 2 K Turner (Bath) 2:14.59. **1500:** 1 O Sadler (B&W) 4:28.91; 2 C Richardson (Bir) 4:33.14; 3 L Crookes (Leic C) 4:44.34. **100H (-1.3):** 1 K Ogden (Osw) 15.16; 2 K Jakovenko (Bir) 15.64; 3 D Samuels (Bir) 15.79. **400H:** H Reeves (Worc) 66.31. **HJ:** D Hankins (Bed C) 1.65. **PV:** 1 H Grubb (Bath) 3.35; 2 H Rubery (Tel) 3.15; 3 S Cook (Bir, U17) 3.05; 4 K James (Yeov O) 2.85. **LJ:** 1 K Ogden (Osw) 5.50/1.5; 2 I Green (Bir) 5.33/1.4. **TJ:** S Hutchinson (Bir) 11.26/-0.3. **SP:** J Perry (Bir) 10.78. **DT:** H Rubery (Tel) 33.86. **HT:** 1 B Mitchell (SinA) 45.79; 2 C Beaumont (Mans) 40.51; 3 E Campbell (Notts) 37.21; 4 S Allen (Tam) 33.98. **JT:** J Perry (Bir) 34.88

Ennis is Northern long jump queen

JUNE 18-19
NORTH OF ENGLAND
CHAMPIONSHIPS

Sportcity
WORLD and European heptathlon champion Jessica Ennis added a North of England long jump title to her collection at Sportcity, Manchester, Trevor Baxter reports.

But the City of Sheffield athlete couldn't double up her success in the javelin where Hayley Thomas achieved a lifetime best of 49.96 metres to win the competition.

Ennis, watched by coach Toni Minichiello and throws coach Mick Hill, was easily the biggest name on duty at the two-day meeting.

She won the long jump with a best of 6.24 metres from Wigan's Alex Russell who took silver with 6.20 metres.

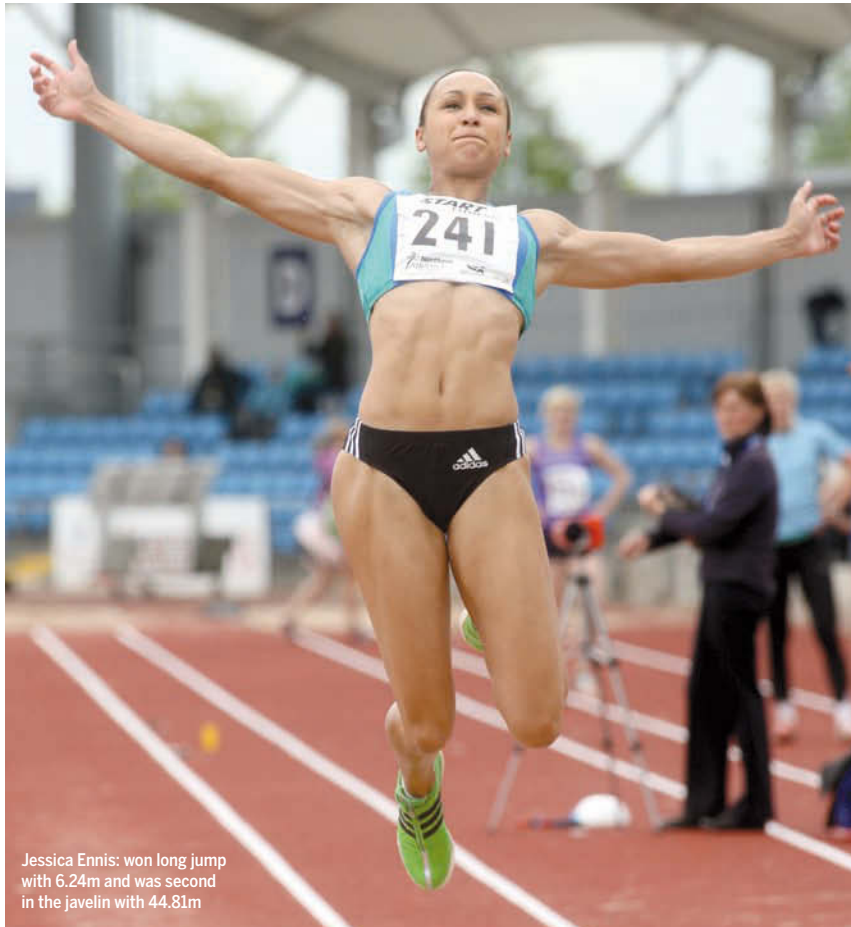
Ninety minutes later the 25-year-old Olympic gold medal favourite topped an impressive series with 44.81 metres.

"I started awfully but thankfully things improved," said Ennis. "I think Mick was quite pleased with how I threw in the end. It is a season's best so I can't be too disappointed," she added after finishing just under two metres down on her personal best achieved in Barcelona last year.

Thomas, coached by former British international, Shelley Holroyd, added: "It's a privilege just to be in the same competition as Jess. She is a nice girl and I always enjoy throwing against her. As for me it's a season of progression for me and hopefully I can break through 50 metres by the end of the year."

Thomas's winning throw bettered her previous lifetime best of 49.83m that had stood since 2003.

Ennis was less happy with her long jump performance – 27 centimetres down on her PB. "It was not brilliant to be honest," she said. "I would like to have jumped a bit better. I was a bit flat and there are a few things to work on. But I am back into heavier training now getting ready for the World Championships. It was good to jump but I wasn't overly happy with the distance. I just want to get in as many long jump competitions as possible. I've changed a few minor things in



Jessica Ennis: won long jump with 6.24m and was second in the javelin with 44.81m

PICTURES: DAVID HEWITSON

Katarina Johnson-Thompson, the 2009 world youth heptathlon champion, also set a lifetime best of 13.90 seconds in the heats of the 100 metres hurdles.

Clubmate Ashley Helsby took the senior title with a PB of 13.50 seconds. Trafford AC's Louise Bloor retained her senior women's 100 metres title, edging out Wigan's Commonwealth relay squad member Hayley Jones who was disqualified for a false start in the 200 metres final.

Bloor's time of 11.57 seconds was a lifetime best by just six hundredths of a second.

City of Sheffield's Matt Hudson won the men's senior high hurdles for a third successive season in a time of 14.08 seconds.

Manx Harrier Harriet Pryke defended her 400 metres crown with a new PB of 54.92 seconds and doubled up 24 hours later in the 200 metres.

Sale club-mates Mike Floyd and Alex Smith fought out an excellent hammer competition with Floyd coming out on top this time with a PB effort of 71.73 metres which puts him third in the UK rankings leapfrogging Smith.

(a) = 18th;(b) = 19th

Men
100 (a) (-2.7): 1 A Robertson (Sale) 10.71; 2 J Kibirige (Bath U) 10.92; 3 R Reeves (Sheff) 10.95. **Ht1 (0):** J Kibirige (Bath U) 10.94. **Ht2 (0.4):** 1 C Craig (Sale) 10.73; 2 R Reeves (Sheff) 10.75. **Ht3 (0.4):** 1 R Beardsall (Sheff) 10.83; 2 A Robertson (Sale) 10.52; 3 J Williams (Wirr) 10.89; 4 D Scott (Sheff) 10.96. **Ht4 (0.3):** 1 L Giblin (Belg) 10.79; 2 G Kenyon (Gate) 10.97. **200 (b) (-2.1):** 1 L Evans (B'burn) 21.31; 2 U Hameed (Sale) 21.70; 3 R Beardsall (Sheff) 21.73; 4 D Scott (Sheff) 21.85; 5 L Giblin (Belg) 21.88; 6 D Riley (Gate) 22.00. **Ht1 (4.0):** 1 R Beardsall (Sheff) 21.55; 2 L Giblin (Belg) 21.68. **Ht2 (-0.7):** U Hameed (Sale) 21.73. **Ht3 (-0.7):** U Hameed (Sale) 21.95. **400 (a):** 1 H Doran (Liv PS) 47.51; 2 D Riley (Gate) 47.77; 3 T Burn (R&Z) 48.06; 4 M Hungwe (Dur) 48.57; 5 N Hilton (Liv PS) 48.71; 6 L Baird (Traff) 48.97; 7 J Ryan (Wirr) 49.10; 8 T Grantham (Sheff) 49.57. **Ht1:** 1 L Baird (Traff) 49.00; 2 M Hungwe (Dur) 49.17; 3 R Evans (Stock H) 49.51; 4 L Stephenson (Tyne) 49.75.

training and I want to put them into practice. It was good to come here and compete but I will go back into training now and get ready for the Trials next month. Obviously, I missed quite a bit of training earlier in the year so I want to get in a solid block and come out strong for the Trials. I'm not sure of my next competition but it will probably be the Trials at Birmingham."

Max Eaves, the Commonwealth Games bronze medallist, cleared 5.20m to win the pole vault before bowing out of the competition at 5.40m.

Talented teenager Jack Meredith was one of the star performers on the first day of the championships.

The 18-year-old Liverpool Harrier came looking for the European Junior Championships qualifying time and duly delivered.

On the same afternoon training partner Dai Greene was winning in Stockholm, Meredith defied blustery conditions to take the Under 20's title with a championship best 13.69 seconds.

His time eclipsed Kevin Lumsden's 1993 best of 13.90 seconds and the

University of Bath student is confident he can go to Tallinn and take gold.

"I think I'm owed it," he smiled. "I've got a World Junior bronze and a World Youth silver so I think I deserve it," said the 2010 British Athletics Writers' Association junior male athlete of the year.

"This year has been a bad one for injuries because I tore my quad out in South Africa which cost me quite a bit of training. And I am still running with a cartilage problem. But I won't be having anything done before Tallinn."

Liverpool Harriers team-mate



Trafford's Louise Bloor (220) takes the 100m in 11.57 by a margin of six hundredths from Hayley Jones (336) with Bernice Wilson (330) third



Jonathan Taylor (190) on his way to steeplechase victory



Jenna Hill is happy to win the women's 800m



Nick Hooker (96) beats David Forrester in the 1500m

Ht2: 1 D Riley (Gate) 48.43; 2 T Burn (R&Z) 48.80; 3 D Dempsey (Long) 49.72. **Ht3:** 1 H Doran (Liv PS) 48.77; 2 J Ryan (Wirr) 48.87; 3 T Grantham (Sheff) 49.16. **Ht4:** 1 N Hilton (Liv PS) 49.10; 2 D Barry (Traff) 49.41. **800 (b):** 1 S Evison (Sheff) 1:51.23; 2 R Hastey (Roth) 1:52.10; 3 L Minns (BWF) 1:52.40; 4 M Jackson (Warr) 1:53.79. **Ht2:** 1 M Jackson (Warr) 1:54.78; 2 R Hodges (KuH) 1:54.90; 3 J Hallas (Wake) 1:54.94. **1500 (a):** 1 N Hooker (Leeds C) 3:52.51; 2 D Forrester (SHS) 3:52.68; 3 R Hodges (KuH) 3:53.03; 4 T Egerton (Traff) 3:53.23; 5 M Jackson (Warr) 3:53.74; 6 D Worton (Leeds C) 3:54.61; 7 M Nicholson (Morp) 3:56.31. **800 (a):** 1 J Wills (B&W) 14:38.04; 2 I Kimpton (Linc W) 14:43.28; 3 J Smith (Leeds C) 14:47.70; 4 J McCole (Liv H) 14:50.40; 5 D Cliffe (Warr) 14:55.75; 6 J Douglas (Bord H) 14:58.36; 7 A Buckley (Leeds C) 14:58.78; 8 T Cornthwaite (B'burn) 14:58.87; 9 D Archer (Hallam) 15:00.32; 10 P Hooole (Roth) 15:04.82; 11 M Gostling (Leeds C) 15:06.21; 12 R Brown (Linc W) 15:16.24; 13 D Turnbull (Holm) 15:21.09; 14 F Meade (Leeds C) 15:23.45; 15 O Ziff (Leeds C) 15:23.45; 16 M Dawson (Morp) 15:28.00; 17 J Loxam (Stock H) 15:43.35. **110H (a) (0.6):** 1 M Hudson (Sheff) 14.09; 2 S Nyananyo (NEB) 14.72; 3 J Andrew (Macc) 15.15. **400H (b):** 1 O Robinson (Bing) 52.41; 2 A Rogers (Sale) 53.30; 3 T Grantham (Sheff) 53.72; 4 M Haslett (Card) 54.43; 5 D Holiday (KuH) 55.59; 6 D Eckersley (K&P) 55.81. **3000SC (a):** 1 J Taylor (Morp) 8:54.45; 2 T Doe (Linc W) 8:56.07; 3 R Morrell (New M) 9:23.82; 4 L Athersmith (Bing) 9:33.91; 5 M Hartley (Staffs M) 9:37.84; 6 C Perry (Vale R) 9:39.08; 7 H Wood (Sheff) 9:47.43; 8 J Tighe (N'land) 9:50.11. **HJ (a):** D Hammond (Sale) 2.00. **TJ (a):** 1 A Babatunde (M'bro) 15.39; 2 M Barton (Leeds C) 14.09; 3 R Tranter (Vale R) 13.70. **SP (a):** 1 R Martisaukas (Sale) 16.56; 2 J Williamson (Sheff) 16.06; 3 L Richard (York) 16.01; 4 D Brunt (Sheff) 14.82; 5 J Nicholls (Sale) 13.73. **HT (a):** 1 M Floyd (Sale) 71.73; 2 A Smith (Sale) 70.74; 3 J Bedford (Bir) 65.90; 4 M Bomba (Liv H) 64.58; 5 R Bate (Traff) 56.64; 6 J Robinson (C' field) 47.96

U20
100 (a) (-2.3): 1 J Toth (Holm) 10.89; 2 B Shields (Roth) 10.92; 3 R Brown (Leeds C) 11.00; 4 S Landsborough (Wirr) 11.04. **Ht1 (-0.2):** R Brown (Leeds C) 10.99. **Ht2 (-0.2):** 1 B Shields (Roth) 10.79; 2 J Toth (Holm) 10.82; 3 S Landsborough (Wirr) 10.82. **200 (b) (-1.6):** 1 S Landsborough (Wirr) 21.52; 2 L Clowes (C&N) 21.82; 3 J Gladman (Warr) 21.90; 4 B Stephenson (M'bro) 22.15; 5 D Nelson (Bing) 22.40. **Ht1 (1.8):** 1 L Clowes (C&N) 21.71; 2 J Gladman (Warr) 21.74; 3 D Nelson (Bing) 22.34. **Ht2 (2.2):** 1 S Landsborough (Wirr) 21.47; 2 B Stephenson (M'bro) 22.18; 3 S Dolman (Liv PS) 22.47. **400 (a):** 1 A Boyce (Liv H) 47.86; 2 G Caddick (Sale) 48.36; 3 J Allan (Traff) 48.47; 4 L South (Sheff) 48.58; 5 O Lithgow (Seat) 49.15; 6 R Ingle (Traff) 49.34; 7 S Edwards (Card) 50.15. **Ht1:** 1 Boyce 48.32; 2 Allan 49.52; 3 Edwards 49.88; 4 J Buck (York) 50.10. **Ht2:** 1 South 48.45; 2 Caddick 48.48; 3 R Ingle (Traff) 49.48; 4 O Lithgow (Seat) 49.72; 5 A Thomson (Liv PS) 50.14. **800 (b):** 1 N Maguire (Der) 1:54.91; 2 B Akin (Prest) 1:55.24; 3 G Urwin (Gate) 1:56.07; 4 D Cheeseman (York) 1:56.46. **Ht1:** 1 N Maguire (Der) 1:56.95; 2 D Cheeseman (York) 1:57.10; 3 G Urwin (Gate)

1:57.11. **Ht2:** R Buck (York) 1:57.90. **Ht3:** 1 C Matthews (B'burn) 1:57.07; 2 M Kaye (Holm) 1:57.11. **1500 (a):** 1 J Ashcroft (SHS) 3:58.07; 2 M Kaye (Holm) 4:00.09; 3 T Loveridge (Liv PS) 4:00.46; 4 S Bucknall (Leeds C) 4:01.25; 5 M Wood (Leeds C) 4:01.43; 6 J Clark (Sheff) 4:04.44. **5000 (b):** 1 C Wright (Leeds C) 15:09.08; 2 J Bull (Der) 15:57.41. **110H (a) (-0.7):** 1 J Meredith (Liv H) 13.69; 2 J Gladman (Warr) 14.14; 3 D Needham (Wig D) 14.17; 4 A Khan (Sheff) 15.53; 5 N Wood (Gate) 15.62. **400H (b):** O Palmer (York) 54.38. **2000SC (a):** T Jervis (Warr) 6:20.26. **PV (a):** 1 G Sharp (Prest) 4.40; 2 N Cole (Dearn H) 4.30; 2 L Billam (Dearn H) 4.30; 4 G Appleby (Sale) 4.00. **LJ (a):** 1 C Jones (Liv H) 6.96; 2 J Davies (BWF) 6.94. **DT (a):** 1 A Toward (Gate) 48.99; 2 J Armstrong (Leeds C) 45.43; 3 I Swall (York) 43.14; 4 K Humphrey (Roth) 41.94; 5 C Westerman (Wake) 41.57; 6 R Winson (Der) 40.23; 7 D Evans (Prest) 39.33; 8 S Johnson (Prest) 37.72. **JT (a):** 1 J Carter (Roth) 61.78; 2 A Mimmack (KuH) 56.49; 3 R Winson (Der) 50.00; 4 T Dewhurst (Prest) 48.72

Women

100 (a) (0.3): 1 L Bloor (Traff) 11.57; 2 H Jones (Wig D) 11.63; 3 B Wilson

(Bir) 11.84; 4 A Lewis 11.93. **Ht1 (1.1):** 1 Bloor 11.82; 2 Jones 11.87. **Ht2 (2.7):** 1 Wilson 11.77; 2 Lewis 11.79. **200 (b) (-0.5):** H Pryke (Manx) 24.98. **Ht1 (-2.4):** H Jones (Wig D) 23.98. **Ht2 (-2.6):** Lewis 24.98. **400 (a):** 1 H Pryke (Manx) 54.94; 2 K Would (Der) 56.27; 3 A Freeman (Spem) 56.43; 4 L Brennan (Sale) 56.84; 5 N Desai (Traff) 56.94; 6 J Simmons (Sale) 57.94. **Ht1:** Pryke 55.99. **Ht2:** 1 Freeman 57.00; 2 Would 57.08; 3 Brennan 57.31; 4 Desai 57.64. **800 (b):** 1 J Hill (Sale) 2:12.24; 2 J Dawes (Traff) 2:12.92; 3 A Turner (Amber) 2:13.93; 4 V O'Donnell (Traff) 2:14.13; 5 N Shaw (Der) 2:14.49; 6 R Franklin (Manx) 2:16.29; 7 A Owen (Loft) 2:17.0. **1500 (a):** 1 E Baker (Stock H) 4:25.82; 2 J Adams (R&Z) 4:28.30; 3 J Hill (Sale) 4:29.02; 4 C Gallagher (Liv H) 4:32.18; 5 R Franklin (Manx) 4:37.89; 6 L Spence (Roth) 4:42.67. **5000 (b):** 1 E Raven (Bing) 16:40.39; 2 J Maddick (KuH) 16:57.24; 3 T Walker (Salf) 17:27.93; 4 K Spilsbury (Vale R) 18:28.46. **100H (a) (0.7):** 1 A Helsby (Liv H) 13.50; 2 Z Hohn (Wake) 13.75; 3 K Johnson-Thompson (Liv H, U20) 14.13; 4 K Drew (Sheff) 14.28; 5 J Taylor (Sale) 14.48; 6 D Rooney (Sale) 14.54; 7 R Marino (Sheff) 14.72. **Ht1 (2.0):** 1 A Helsby (Liv H) 13.52; 2 Z Hohn (Wake)

13.82; 3 J Taylor (Sale) 14.37; 4 K Drew (Sheff) 14.42; 5 J Dotzek (Sale) 14.93. **Ht2 (0.5):** 1 K Johnson-Thompson (Liv H) 13.90; 2 D Rooney (Sale) 14.57; 3 A Liddell (Gate) 14.66; 4 R Marino (Sheff) 14.69; 5 H Riley (Manx) 15.01. **400H (b):** 1 N Desai (Traff) 59.89; 2 K Sockett (Sheff) 60.92; 3 R Marino (Sheff) 62.40; 4 N Bromley (Wake) 64.90; 5 R Culshaw (Wig D) 65.54; 6 J Simmons (Sale) 65.87. **HJ (a):** 1 K Drew (Sheff) 1.65; 2 J Lumley (Leeds C) 1.65. **TJ (a):** K Hilton (Wig D) 12.52. **SP (a):** 1 S Benson (Bing) 13.26; 2 H Evenden (Edin) 12.58; 3 J Dotzek (Sale) 11.30; 4 J Lumley (Leeds C) 11.08. **HT (a):** 1 S Holt (Sale) 62.73; 2 A Carter (KuH) 54.83; 3 H Evenden (Edin) 52.75; 4 A Simpson (Leeds C) 51.91; 5 J Wheatman (Scar) 51.21; 6 K Wilson (Gate) 49.97; 7 S Hendy (P'boro) 46.88; 8 V Johnson (Liv H) 46.49; 9 J Winson (Der) 44.91; 10 S Drake (Wake) 42.73

U20

100 (a) (1.0): 1 S Thompson (Sale) 11.97; 2 L Robson (Wake) 12.17; 3 S Riley (BWF) 12.42; 4 E Jackson (KuH) 12.48. **Ht1 (0.0):** 1 Thompson 12.15; 2 Riley 12.50. **Ht2 (0.0):** Robson 12.47. **200 (b) (-2.5):** K McAslan (E Ches) 25.46. **400 (a):** 1 L Shanley (Liv H) 56.37; 2 L Critchley (BWF) 57.16. **800 (b):** 1 J Walsh (Spem) 2:09.69; 2 A Mellor (Bux) 2:14.94; 3 L Sumner (Prest) 2:15.91. **1500 (a):** 1 J Walsh (Spem) 4:27.17; 2 H Tarver (Wirr) 4:31.05; 3 L Riches (Leigh) 4:41.07; 4 A Mellor (Bux) 4:44.82; 5 S Griffiths (Warr) 4:49.61. **100H (a) (1.6):** 1 K Clark (Sheff) 14.48; 2 M Brindle (Wig D) 14.54; 3 E Newton (S'port W) 15.64; 4 B Taylor (KuH) 15.95. **400H (b):** 1 S Wood (Dur) 61.13; 2 A Fitzpatrick (Sale) 62.52; 3 S Brook (Wake) 64.67; 4 G Whitfield (Dur) 67.36. **PV (a):** 1 K Byres (Sale) 4.05; 2 P Collings (C' field) 3.00; 3 V Price (Sheff) 3.00. **LJ (a):** 1 M Brindle (Wig D) 5.59; 2 D McGifford (Wig D) 5.47; 3 M Cockburn (Sale) 5.24; 4 S Palmer (Der) 5.23. **DT (a):** 1 A Carter (KuH) 41.91; 2 T Breen (Blay) 36.06. **JT (a):** 1 D Bentley (Sale) 44.85; 2 S Roberts (Spem) 44.21; 3 K Bramhald (Donc) 43.16; 4 A Lupton (Prest) 39.55; 5 L England (Barns) 38.41; 6 S Wilkinson (Warr) 33.44



Jordan Toth (445) wins the under-20 men's 100m

Pembroke triumphs at Southernns

JUNE 18/19

SOUTH OF ENGLAND SENIOR/U20 CHAMPIONSHIPS

Ashford
WHILE rain dampened spirits on an opening day that consisted mainly of heats, the weather improved on Sunday and saw a fine javelin victory from Dan Pembroke, Martin Duff reports.

After three throws over 75m, at Bedford the previous weekend, the 19-year-old had three throws over 70m topped by a 73.91 in the fourth round, compared to James Campbell's 68m effort at the European Team Championships in Sweden.

The Windsor man goes back to Bedford again this coming weekend, seeking the 76m throw that would all but guarantee selection for the European Under-23 Championships in Ostrava. "I had three over 75m last weekend and I am very pleased, as I'm definitely going in the right direction," said Pembroke, adding: "This week I've had an ear infection and have trained only twice," he added.

Pembroke, however, was not too pleased with the lack of atmosphere in the stadium where, as regular visitors know, the main stand is situated almost too far back from the action.

Nadia Williams was another athlete to beat the British performance in Stockholm. Her 13.45m triple jump, albeit with a 2.8m/sec breeze behind, bettered that of Yasmine Regis the previous day.

Elsewhere in the field, Louisa James retained her under-20 hammer title with an improvement to 55.56m and the championship record will surely be hers with more improvement next year. Watched by former Windsor thrower and father Ron, the 16-year-old had posted 54.30m on the Saturday for third behind Samantha Hynes' 58.09m in the senior competition, before returning the following day to win the junior event with a best of 55.56m.

The poor cage arrangements saw many throwers' hammers hitting the



Dan Pembroke: 73.91m was superior to the British best at the European Team Championships

PICTURES: MARTIN DUFF

side netting on the way out to landing within the legal arc, surely a situation that must be improved if this stadium is to retain its premier status. "I'm not happy because the net should be tight," said James, who claimed a warm-up of 56.51m. She now aims for Bedford this weekend and then the Commonwealth and IAAF World Youth events later in the year.

Despite the Saturday rain there were some noteworthy performances led by Andrew Elkins with 67.38m in the first round to take the under-20 men's hammer. "My previous best was 66.85m but I hope to be around 70m by the end of the year," said the 18-year-old, adding: "It was windy and wet and on a good day and better conditions I could have thrown a bit further."

Despite there being no clash with the BMC Watford Grand prix this year, entries in the middle-distance races were still poor, nevertheless Katie

Snowdon won the women's under-20 800m in 2:10.37, a time faster than the senior event. Charlie Grice notched up a useful 1:52.52 junior 800m victory to prove his racing pedigree and said: "A win's a win and good preparation for next week (the England U20 Championships at Bedford)."

Steve Fennell front ran the men's 800m before winning in 1:49.67. "That was good fun and leading was the safest option, but running sub-1:50 is never easy but it was good to have a good race," he said.

The 5000m saw James Baker lead in the early stages before finally Inter-Counties winner Mark Sanford burst clear on the final lap to win in 14:53.18. "I've had four years out with injury and disillusionment but am now being coached by Jessica Judd's coach Jeremy Freeman and have won Essex 1500m, cross-country, Inter-counties and now this," said the 33-year-old.

The women's 3000m saw the under-20 and senior events combined and Grace Nicholls won both, but with a single run, in 9:58.93. How come? Well, she had entered both, paying two entry fees, was allocated the same number in both and won the race, so could not be denied the two medals!

"It was very windy and I found it quite hard," said the 19-year-old who has a best of 9:33.63 from last year. Despite the pace being even, Nicholls added: "It was a bit of an odd race."

Elsewhere in the field, Shaunagh Brown had a good championship, taking the senior discus on the Saturday and shot on Sunday, each with final round throws: 50.15m in the discus and a PB of 15.37m in the shot. "In two weeks I've improved from 15.32, to 15.35 and now 15.37," said the 21-year-old, who also picked up a medal in the hammer.

"I do all the throws and the Highland Games. I've been invited to Callandar this year and you get all expenses and you get paid and it's good training doing eight events," added Brown.

There was another UK men's discus throw over 60m as Chris Scott's 60.24m first round effort just topped Tom Norman's 59.98m to take the senior event.

In the junior men's shot, Jonathan Edwards threw 15.63m to get close to his recent PB of 16.22m but was disappointed by the entry. "I'm not sure why there were only four in it," said the 18-year-old UK third ranked thrower.

In the long hurdles events Hayley McLean, the 2010 English Schools 300m hurdles champion, took the under-20 400m here in a hand timed 60.5 and, with a best of 59.58, said: "I am hoping for the IAAF World Youth Championships in Lille."

At the other end of the age range, Tracey Duncan regained the title she last won in 2000 with a 58.87 effort. "It went really well and I got my stride pattern right," said the 32-year-old, whose best is 56.5, "before I had a heart operation, for RVOT in 2005."

The sprints were affected by strong headwinds but Annie Tagoe's under-20 100m in 12.01 was one of the better efforts while Joey Duck regained the women's 200m title she previously won in 2009, with 24.55. "I had a lot of injuries last year but want to get back to my 23.46 best," said the 22-year-old.

Joe Ive retained his men's pole vault title with 5.00m before hoisting the bar to an ambitious 5.40m: "I wanted to get back and equal my personal best of last year," said the three time winner, who had at least one fair attempt.

The winds affected the 400m races but Tom Druce coped well to take the senior men's race in 46.95, while Selanya Oskan added the women's in 54.92. Ashley Fry ran a 52.92 heat and 52.98 final to top the 400m hurdles.

(a) = 18th; (b) = 19th

Men

100 (a) (-4.0): 1 A Wright (M&M) 10.90; 2 O Ojuriye (Herne H) 10.94; 3 N Thomas (TVH) 10.97. **SF2 (-4.1):** J Swaray (Harrow) 10.94. **Ht1 (-2.2):** 1 N Thomas (TVH) 10.81; 2 A Wright (M&M) 10.84; 3 T Gilling (B&B) 10.85. **Ht2 (-2.8):** T Edgar (NEB) 10.95. **Ht6 (-2.6):** J Swaray (Harrow) 10.91. **200 (b) (-3.3):** 1 L Fagan (E&H) 21.72; 2 Ojuriye (Herne H) 21.84; 3 A Wright (M&M) 21.91. **Ht1 (-1.0):** L Fagan (E&H) 21.92. **Ht3 (-1.0):** 1 J Hussain (Craw) 21.77; 2 A Wright (M&M) 21.90; 3 L Wooldridge (Kent) 21.98. **400 (b):**

1 T Druce (CI) 46.95; 2 R Morrissey (Hav M) 47.90; 3 M Hamilton (Herts P) 48.47; 4 M Hunt (Chelm) 48.48; 5 A Wilson (B&B) 48.83; 6 N Atwell (Herne H) 49.71. **SF1 (a):** 1 A Wilson (B&B) 48.48; 2 M Hunt (Chelm) 48.83; 3 M Hamilton (Herts P) 48.94; 4 W Oyowe (Sheff) 49.00; 5 A Kendall (Hill) 49.42; 6 S Adeyemi (Herne H) 49.51. **SF2:** 1 R Morrissey (Hav M) 48.23; 2 T Druce (CI) 49.15; 3 H Lubega (VP&TH) 49.54; 4 N Atwell (Herne H) 49.93. **Ht1:** 1 T Druce (CI) 49.30; 2 M Threadgold (Belg) 49.64. **Ht3:** A Wilson (B&B) 49.01. **Ht4:** 1 R Morrissey (Hav M) 49.38; 2 M Hunt (Chelm) 49.39; 3 S Adeyemi (Herne H) 49.83; 4 P Phillips (Herne H) 49.93. **800 (b):** 1 S Fennell (Ton) 1:49.67; 2 R Graham-Watson (WSEH) 1:50.87; 3 D Stepany (Phoe) 1:51.00; 4 H Fisher (Soton) 1:51.80; 5 C Johnson (Craw) 1:52.90; 6 J Slade (Soton) 1:53.27. **Ht2 (a):** R Graham-Watson (WSEH) 1:54.96. **Ht3:** S Fennell (Ton) 1:54.87. **1500 (a):** 1 M Mashford (AFD) 3:57.60; 2 J Tydemann (Bas) 3:58.57; 3 B Tyler (M&M) 4:02.22. **5000 (b):** 1 M Sanford (Bas) 14:53.18; 2 S Phillips (Soton) 14:53.66; 3 M Dumigan (Swan) 14:55.41; 4 H Carter (Ports) 14:59.65; 5 J Guilman (Phoe) 15:04.75; 6 C Thomson (Swan) 15:06.88; 7 N Wood (Dartf) 15:11.80; 8 S Connor (AFD) 15:12.76; 9 T Gardner (If) 15:31.16; 10 B Paviour (Herne H) 15:33.19; 11 J Baker (Chich) 15:42.39; 12 B Cole (Ton) 15:43.52. **110H (b) (0.3):** 1 N Gayle (Sale) 14.65; 2 Y Budd (B&W) 15.03; 3 M Brockman (M&M) 15.67; 4 J McLean (S'end) 15.81. **400H (b):** 1 A Fry (WSEH) 52.98; 2 J Lodowski (E&H) 53.13; 3 I Ogunlade (Hav M) 53.28; 4 A Wing (VP&TH) 53.90; 5 P Irving (CI) 53.96; 6 A Clements (WSEH) 54.04; 7 S Reidy (Nene V) 54.73; 8 Z Saucedo (E&H) 55.06. **Ht1 (a):** 1 P Irving (CI) 53.91; 2 A Clements (WSEH) 54.35; 3 A Wing (VP&TH) 54.46; 4 S Reidy (Nene V) 54.62; 5 A McCarthey (Hav M) 55.75. **Ht2:** 1 A Fry (WSEH) 52.92; 2 J Lodowski (E&H) 53.43; 3 Z Saucedo (E&H) 54.00; 4 I Ogunlade (Hav M) 54.57; 5 J Roghi (Belg) 55.59; 6 S Parsons (B&H) 55.96. **3000SC (a):** 1 S Collins (E&H) 9:35.57; 2 T Beedell (WG&EL) 9:37.89; 3 M Grant (SB) 9:43.49; 4 O Berry (Exe) 9:48.3; 5 T Collins (M&M) 9:52.33. **HJ (a):** 1 D Edwards (Belg) 2.15; 2 B Challenger (WG&EL) 2.10; 3 M Brockman (M&M) 2.00. **PV (b):** 1 J Ive (SB) 5.00; 2 M Longhurst (B&B) 4.80; 3 S McLennan (WSEH) 4.70; 4 D Gardner (SNH) 4.70; 5 A Kaye (S'end) 4.40; 5 C Mills (WSEH) 4.40; 5 R Wood (Chelm) 4.40; 8 B Hazell (BMH) 4.20; 8 M Brockman (M&M) 4.20; 10 S Brown (Lewes) 4.20; 11 J Wright (WG&EL) 4.20; 12 I Parkinson (Wyc P) 4.00. **LJ (a):** 1 P Ogun (Croy) 7.14/-2.0; 2 S Rodger (Craw) 7.05/w; 3 P Oluyemi (Herne H) 6.82/-3.1; 7 B Hazell (BMH) 7.00/-3.9. **TJ (b):** 1 D Lewis (SB) 15.17/2.5; 2 M Morsia (Ashf) 14.74/2.0; 3 D March (M&M) 14.17/3.0; 4 D Wellstead (Belg) 13.92/4.5. **SP (a):** 1 N Owen (K&P) 14.38; 1 A Oshodi (WG&EL) 15.56; 3 G Newton (Soton) 14.25; 4 C Linque (WG&EL) 13.49; 5 C Green (Kent) 13.05. **DT (a):** 1 C Scott (SB) 60.24; 2 T Norman (WG&EL) 59.98; 3 D Douglas (WG&EL) 53.05; 4 D Coleman (Card) 52.54; 5 L Marar (Belg) 50.53; 6 C Linque (WG&EL) 48.95; 7 M Plowman (Yeov O) 44.53. **HT (b):** 1 S Bown (NEB) 64.07; 2 A Jordan (B&B) 61.26; 3 P



Mark Sandford (298) makes his winning break in the senior 5000m

Clarke (WG&EL) 54.28; 4 R Earle (Col H) 52.62. **JT (b):** 1 D Pembroke (WSEH) 73.91; 2 C Lacy (Camb H) 63.73; 3 S Harvey (WG&EL) 60.16

U20

100 (b) (-2.5): 1 E Stephens (Thurr) 10.97; 2 J Kirby-Polidore (WG&EL) 11.02. **Ht1 (-2.1):** J Musa-Lawal (SB) 11.09. **Ht2 (-2.1):** E Stephens (Thurr) 11.03. **200 (a):** 1 J Kirby-Polidore (WG&EL) 22.10; 2 S Ramsey Graham (Herne H) 22.14; 3 O Abiodun (WG&EL) 22.15. **Ht2:** 1 J Kirby-Polidore (WG&EL) 22.22; 2 O Abiodun (WG&EL) 22.35.

400 (b): 1 P Scanlan (WG&EL) 49.60; 2 A Joseph (WG&EL) 49.63; 3 L Oluwole-Ojo (E&E) 49.64; 4 O Smith (Chich) 49.74; 5 C Chancellor (Inv EK) 50.21.

Ht1 (a): 1 P Scanlan (WG&EL) 50.06; 2 O Smith (Chich) 50.10. **Ht2:** A Joseph (WG&EL) 50.34. **800 (b):** 1 C Grice (Phoe) 1:52.52; 2 J Bird (Ips) 1:52.81; 3 B Waterman (ESM) 1:53.14; 4 A Provost (AFD) 1:53.35; 5 M Thomas (Hast) 1:54.25; 6 W Gurton (VoA) 1:54.30; 7 O Aitchison (AFD) 1:55.51; 8 R Farnham-Rose (Ton) 1:55.69. **Ht1 (a):** 1 C Grice (Phoe) 1:54.80; 2 R Farnham-Rose (Ton) 1:55.18; 3 O Aitchison (AFD) 1:55.54; 4 M Thomas (Hast) 1:56.76.

Ht3: 1 A Provost (AFD) 1:56.31; 2 W Gurton (VoA) 1:57.05; 3 A Gilbert (M&M) 1:57.63. **1500 (a):** 1 K Reilly (Inv EK) 4:04.18; 2 L Russo (Ton) 4:05.36; 3 D Gurton (VoA) 4:06.82. **5000 (b):** A Stewart (Chilt) 16:12.79. **100H (b) (-2.6):** 1 M Djurovic (E&E) 14.75; 2 B Reed (Chelm) 15.16; 3 A Chalk (Dartf) 15.41; 4 R Kirby (Hill) 15.45; 5 M Baker (Horsh BS) 15.74; 6 J Edgar-Hill (Hav M) 15.92. **Ht1 (-1.8):** 1 J Yarde (Croy) 14.77; 2 B Reed (Chelm) 15.05; 3 M Baker (Horsh BS) 15.24; 4 J Edgar-Hill (Hav M) 15.84. **Ht2 (-2.1):** 1 M Djurovic (E&E) 14.70; 2 R Kirby (Hill) 15.37; 3 A Chalk (Dartf) 15.48; 4 M Hewitt (B&H) 15.97. **400H (b):** 1 M Cryer (M&M) 57.00; 2 B Hopkins (B&B) 53.53; 3 J Paul (E&E) 53.55; 4 S Adams (Soton) 54.88; 5 C Morten (B&B) 55.44. **Ht1 (a):** 2 B Hopkins (B&B) 53.40; 3 J Paul (E&E) 54.70; 4 C Perry (Camb H) 54.79; 5 G Grainger (Craw) 56.74. **Ht2:** 2 S Adams (Soton) 55.93; 3 C Morten (B&B) 56.30; 4 S Maguire (WSEH) 56.48; 5 P Cave (E&E) 56.79. **3000SC (a):** 2 J McCarthy (B&H) 9:40.51. **HJ (b):** 1 R Armorgie (Herts P) 2.00; 2 D Alexander (M&M) 1.95. **PV (a):** 1 M Longhurst (B&B) 4.90; 2 D Gardner



800m winner Steve Fennell leads from Rory Graham-Watson



Grace Nicholls won the junior and senior 3000m titles

(SNH) 4.80; 3 C Smith (WSEH) 4.60; 4 J Phipps (Woking) 4.60; 5 J Hallberg (Ton) 4.30; 6 G Lester (K&P) 3.95. **LJ (b):** 1 O Newport (Craw) 7.02/1.8; 2 O Anochirionye (TVH) 6.75/1.6. **TJ (a):** 1 J Okeyemi (Harrow) 14.31/4.5; 2 P Kirabo (WG&EL) 14.25/4.9; 3 J Sawyers (WSEH) 14.15/1.8. **SP (b):** 1 J Edwards (Hunts) 15.63; 2 T Martin (Bas) 14.11; 3 L Goodacre (Hav M) 13.99; 4 J Kelly (Havant) 12.42. **DT (b):** 1 R Barrett (WSEH) 48.53; 2 G Jones (And) 47.53; 3 J Edwards (Hunts) 44.24; 4 C Line (D&T) 43.38; 5 Y Zatat (WG&EL) 42.25; 6 T Martin (Bas) 41.92. **HT (a):** 1 A Elkins (SB) 67.38; 2 D McGuigan (WLHS) 66.82; 3 S Ridgway (Mil K) 61.27; 4 M Lasis (Craw) 57.59; 5 H Clarke (WG&EL) 56.74; 6 J Edwards (Hunts) 56.56; 7 S Evans (Worth) 52.15; 8 M Evans (Worth) 50.58; 9 L Doran (Newb) 47.58; 10 S Aquilino (VoA) 40.63. **JT (a):** M Mortimore (Ips) 61.33

Women

100 (-3.6): 1 T Thompson (E&H) 12.43; 2 S Bowen (Read) 12.47; 3 A Francis (WG&EL) 12.51. **Ht1 (-3.2):** A Philip (NEB) 12.00. **Ht2 (-2.6):** T Thompson (E&H) 12.25. **200 (b) (-1.5):** 1 J Duck (Mil K) 24.55. **Ht1 (0.1):** 1 J Duck (Mil K) 24.66; 2 R Telfer-James (E&H) 25.06; 3 D Gayle (E&H) 25.22. **400 (b):** 1 S Oskan (WSEH) 54.92; 2 L Owusu (WSEH) 56.18; 3 K Laidlow (Camb H) 56.81; 4 R Lewington (Soton) 56.92; 5 L Fairweather (Harrow) 57.95. **Ht1 (a):** 1 K Wall (Bas) 55.68; 2 L Owusu (WSEH) 56.58. **Ht2:** 1 S Oskan (WSEH) 56.12; 2 D Hunt (WSEH) 56.44. **800 (a):** 1 M Jones (AFD) 2:14.43; 2 N Anderson (SB) 2:14.45; 3 C Reynolds (Havant) 2:15.64; 4 H Corbin (Woking) 2:16.40; 5 R Long (High) 2:17.30; 6 S Wheat (Col H) 2:17.71; 7 N Bredin (Bas) 2:17.97. **1500 (a):** 1 P Aukett (SB) 4:26.70; 2 C Mitchell (Soton) 4:27.29; 3 E Murty (B&B) 4:28.26; 4 D Barnes (N&P) 4:32.58; 5 E Wicks (AFD) 4:34.11; 6 L Bromilow (Mil K) 4:35.02; 7 A McGuigan (Harrow) 4:40.46; 8 D Niccol (B&W) 4:42.24; 9 C Kiely (AFD) 4:42.34; 10 N Lenane (AFD) 4:42.46. **3000 (b):** 1 G Nicholls (Ton, U20) 9:58.93; 2 K Good (TVH) 10:08.92; 3 L Bromilow (Mil K) 10:11.22; 4 G Bruinvels (AFD) 10:20.18; 5 S Henry (B&B) 10:24.83. **100H (b) (-2.6):** 1 S Solomon (B&B) 14.57; 2 M Sasegbon (SNH) 15.50. **400H (b):** 1 T Duncan (WG&EL) 58.87; 2 G Coveney (ESM) 61.39; 3 E Bonnett (Yeov O) 61.81; 4 S McLoughlin (Walt) 62.39; 5 K Lannon (Sale) 63.53; 6 M Bomb (E&H) 64.60. **Ht1 (a):** 1 T Duncan (WG&EL) 61.41; 2 K Lannon (Sale) 65.80. **Ht2:** 1 G Coveney (ESM) 63.05; 2 E Bonnett (Yeov O) 63.11; 3 S McLoughlin (Walt) 63.20; 4 J Favell (Sutt) 64.31; 5 M Bomb (E&H) 64.66; 6 L Thompson (E&E) 65.79. **HJ (b):** 1 M Sasegbon (SNH) 1.70; 2 S Langford (Ashf) 1.65. **PV (a):** 1 S Smith (Craw) 3.70; 2 L Shortland (SNH) 3.60; 3 L Hughes (B&B) 3.60; 4 K MacKintosh (WG&EL) 3.50; 5 K Cowley (Hav M) 3.50; 6 A Massey (SB) 3.40; 7 E Rendell (Ashf) 3.20;

8 C Moore (B&B) 3.05; 9 K Gibbs (Ashf) 3.05. **LJ (b):** 1 A Woodman (Bir) 6.37/0.5; 2 P Agbo (TVH) 6.07/2.0; 3 J Pacey (WSEH) 5.94/1.6; 4 K Murray (WG&EL) 5.78/-0.9; 5 L Wood (Chelm) 5.69/1.8; 6 C Linskill (Sale) 5.68/2.2; 7 S Wilkins (Mil K) 5.57/0.0; 8 E Martin (HW) 5.57/1.7. **TJ (a):** 1 N Williams (SB) 13.45/2.8; 2 C Linskill (Sale) 12.70/4.3; 3 S Whight (WSEH) 12.48/4.9; 4 C Matthews (NEB) 12.45/3.5; 5 S Aneto (WG&EL) 12.44/3.1; 6 L Blackie (B&B) 12.15/3.4; 7 Z Asante (Harrow) 12.09/3.2; 8 R Jones (NEB) 12.08/4.1; 9 J Morgan (Col H) 11.78/4.0; 10 H Frankson (WG&EL) 11.70/1.6; 11 L Priest (N Dev) 11.65/3.7; 12 D Bakre (E&H) 11.55/3.1. **SP (b):** 1 S Brown (B&B) 15.37; 2 M Harrison (E&H) 12.11. **DT (b):** 1 S Brown (B&B) 50.15; 2 M Harrison (E&H) 42.22; 3 J Tibbenham (Ashf) 41.37; 4 H Redman (WG&EL) 39.77; 5 A Mitchell (Harrow) 38.44; 6 B Staniland (TVH) 37.73. **HT (a):** 1 S Hynes (SB) 58.09; 2 S Brown (B&B) 55.05; 3 L James (Hast) 54.30; 4 B Ogun (WSEH) 53.23; 5 D McCaw (ESM) 44.93. **JT (a):** 1 K Watts (Ports) 49.97; 2 K Herbert (M&M) 46.03; 3 S Ellis (Soton) 43.81

U20

100 (b): 1 A Tagoe (TVH) 12.01; 2 S Papps (WSEH) 12.19; 3 F Slater (Herts P) 12.52. **200 (a):** 1 D Asher-Smith (B&B) 25.41; 2 F Fabunmi-Alade (Herne H) 25.63; 3 S Harrison (S Lon) 25.97. **Ht1:** 1 Tagoe 24.87; 2 Harrison 25.19. **Ht2:** 1 Asher-Smith 25.34; 2 F Fabunmi-Alade (Herne H) 25.35. **400 (b):** 1 A Clifford (Soton) 56.19; 2 F Foster (B&B) 57.35; 3 M Owusu-Ansah (Camb H) 57.80; 4 J Knight (Herne H) 58.05. **Ht1 (a):** 1 A Clifford (Soton) 56.73; 2 J Knight (Herne H) 57.99; 3 M Owusu-Ansah (Camb H) 58.46; 4 K Body (B&H) 58.62. **Ht2:** F Foster (B&B) 58.56. **800 (a):** 1 K Snowden (Herne H) 2:10.37; 2 M Austin (G&G) 2:11.88; 3 M Renfer (K&P) 2:12.24; 4 G Kersey (Bas) 2:12.41; 5 S Redgrave (C&T) 2:12.51; 6 R McClay (Brack) 2:12.75; 7 E Gilmore (Ports) 2:12.83. **1500 (a):** 1 L Farrar

(St Alb) 4:43.22; 2 J Andrews (AFD) 4:45.47; 3 C Ford (Camb H) 4:46.37; 4 E Hosker-Thornhill (Inv EK) 4:48.49; 5 A Burgin (Bed C) 4:48.64. **100H (b) (-1.8):** 1 H Thomas (NEB) 14.96; 2 C Humphries (Walt) 15.02; 3 G Ade-Onojobi (Camb H) 15.06; 4 J McCabe (WSEH) 15.43; 5 E Lovell (Hast) 15.57; 6 L O'Brien (Walton) 15.77. **Ht1 (-2.4):** 1 H Thomas (NEB) 15.15; 2 J McCabe (WSEH) 15.31; 3 L O'Brien (Walton) 15.38. **Ht2 (-3.4):** 1 G Ade-Onojobi (Camb H) 15.12; 2 C Humphries (Herts P) 15.19; 3 E Lovell (Hast) 15.68. **400H (b):** 1 H McLean (Chelm) 60.5; 2 M Southward (B&B) 62.1; 3 A Clifford (Soton) 62.8; 4 L Burke (WSEH) 63.6; 5 S Brown (Dartf) 64.6; 6 H Lloyd (Herts P) 65.6. **Ht1 (a):** 1 A Clifford (Soton) 62.57; 2 L Burke (WSEH) 64.04; 3 H Lloyd (Herts P) 65.75; 4 L Hanagan (Ashf) 67.53. **Ht2:** 1 H McLean (Chelm) 61.50; 2 M Southward (B&B) 61.82; 3 S Brown (Dartf) 66.01; 4 A Naibe-Wey (Herne H) 66.57. **HJ (a):** 1 I Pooley (AFD) 1.75; 2 M Martin (Ashf) 1.65; 3 H Frith (Bed C) 1.65. **PV (b):** 1 J Ive (SB) 3.90; 2 L Henderson (Ton) 3.40; 3 N Epsly (Chelm) 3.30; 4 E Herbert (M&M) 3.20; 5 N Lee (Lewes) 3.20; 6 E Blackwell (Lewes) 3.20; 7 A Huggins (B&B) 2.90. **LJ (a):** E Lovell (Hast) 5.65/2.7. **TJ (b):** 1 R Hanagan (Ashf) 11.42/3.1; 2 A Holman (Harrow) 11.18/2.9; 3 L O'Brien (Walton) 11.00/2.8; 4 R Zelic (Herne H) 10.89/3.1; 5 L Hanagan (Ashf) 10.81/2.8; 6 G Harris (B&H) 10.64/2.0. **SP (b):** C Vernon-Hamilton (SNH) 10.39. **DT (a):** 1 P Dowson (B'mth) 44.56; 2 S Milner (B&B) 42.37; 3 R Hector (SNH) 38.96; 4 E Kirk-Odunubi (B&H) 36.04; 5 C Webb (Read) 35.53. **HT (b):** 1 L James (Hast) 55.56; 2 C Coker (Chelm) 47.41; 3 C Slater (Bexley) 44.46; 4 H Sayer (C&C) 42.11; 5 P Wingate (K&P) 41.62; 6 B Knapp (SNH) 41.02; 7 S O'Brien (Walton) 33.74. **JT (b):** 1 J Jeffs (N Dev) 52.55; 2 F Jones (Soton) 50.57; 3 K Oniwinde (Hav M) 45.59; 4 E Meakins (Herts P) 43.19; 5 H Johnson (WSEH) 39.49



Louisa James: won the under-20 women's hammer with 55.56m

Judd faster still over 800m in 2:02.70

WATFORD OPEN INC BMC GOLD STANDARD RACES,

JESSICA JUDD missed the BMC races at Watford a few days earlier as she focused on the Essex Schools Championships, but the 16-year-old made a successful return to the track where she has set 400m, 800m, 1500m and 3000m PBs.

In the 800m, she won by more than two seconds and achieved her first sub-2:03 with a 2:02.70 clocking.

According to the IAAF lists, Judd is one of only two under-18s worldwide to have run sub-2:04.5 this year.

Judd lies second worldwide at 800m, 1500m and 3000m, but it is the shorter event for which she was this Tuesday announced on the GB team for the IAAF World Junior Championships in Lille, France, next month.

Georgia Peel, who will represent Britain in Lille at 1500m, set a PB in second of 2:05.21.

Joe Thomas won the men's 800m in 1:48.44.

Men

800: A: 1 J Thomas (Card) 1:48.44; 2 B Wallis (G&G) 1:48.83; 3 M Berridge (BMH) 1:49.15; 4 R Ward (Norw) 1:49.64; 5 M White (Brack, U20) 1:50.16; 6 T Burt (Ashf) 1:50.47; 7 T Carroll (Norw) 1:50.62; 8 C Parr (Gate) 1:51.53; 9 B Harding (B&B) 1:52.33. **B:** 1 E Slade (Card, U17) 1:51.82; 2 A Provost (AFD, U20) 1:52.79; 3 J McMurray (St Alb, U17) 1:52.99; 4 I Williamson (Bir) 1:53.24; 5 P Laslett (SB) 1:53.34; 6 D Clutterbuck (Bas, U20) 1:53.50; 7 F Kelly (Kent) 1:53.58; 8 L Hamilton (Kent) 1:53.96. **C:** 1 T Mahon (OWLS) 1:54.19; 2 M McLaughlin (SB, U17) 1:54.34; 5 W Durkin (Phoe, U17) 1:56.44; 7 J Williams (Read, U20) 1:57.16. **1500 A:** 1 J McDonnell (Lut)

3:47.19; 2 C Bradbury (Read) 3:47.72; 3 A Clarke (AFD) 3:47.76; 4 Z Seddon (Brack, U20) 3:47.90; 5 E Palmer (Ips) 3:48.47; 6 J Blackledge (Belg) 3:50.87; 7 M Sanford (Bas) 3:52.05; 8 J Prickett (Inv EK, U20) 3:52.62; 9 S Phillips (Soton) 3:53.14. **B:** 1 J Cook (WG&EL) 3:51.11; 2 A Mariani (WG&EL) 3:52.90; 3 J Tyler (M&M) 3:53.08; 4 R Bentley (B&B) 3:53.30; 5 M Glowacki (Hill) 3:53.83; 6 K Clements (Ips, U20) 3:53.84; 7 M Allott (Staffs M) 3:54.19; 8 S Sterling (NEB) 3:54.39; 9 T Comerford (Mil K) 3:54.97; 10 J Goodwin (Bed C, U20) 3:55.22; 11 J Davies (Read, U17) 3:55.73; 12 P Bisceglia (Cov) 3:56.16; 13 T Traynor (W Horse) 3:56.17; 14 D Ragan (BMH) 3:57.32; 15 M Bergin (Bed C, U20) 3:58.61.

Women: 800: A: 1 J Judd (Chelm, U17) 2:02.70; 2 G Peel (AFD, U20) 2:05.21; 3 C Tarplee (SSH) 2:07.03; 4 E Grant (Hill) 2:10.53; 5 A Campbell (SB) 2:12.38; 6 A Holopainen (FIN, U20) 2:14.05; 7 G Howie (Poole, U17) 2:14.49; 8 R Weston (Inv EK, U20) 2:14.77; 9 J Finlay (Mil K, U17) 2:16.02. **1500:** A: 1 R Galligan (Glouc) 4:18.60; 2 F Fullerton (Hav M) 4:22.20; 3 G Turtle (Glouc) 4:22.84; 4 J Kinney (RSC) 4:23.44; 5 E Moss (WG&EL) 4:25.60; 6 G Kersey (Bas, U20) 4:29.56; 7 E Pallant (AFD) 4:30.77; 8 L Lattimore (Harrow) 4:32.45; 9 E Bird (Herts P, U17) 4:33.31; 10 S Riches (Chelm, U17) 4:36.85; 11 J Emery (Cov) 4:37.00; 12 R Robinson (AFD, U20) 4:37.70; 13 C Corsini (TVH) 4:44.68; 14 M Söderström (FIN, U20) 4:47.26

Watford Open
Men: PV: 1 S Walker (WSEH) 4.00; 2 D Ditton (WSEH, U17) 3.80; 3 M Wood (WSEH, U17) 3.60. **JT:** J Curtis (Mil K, U20) 53.45
M60: SP: R Burton (unatt, M65) 8.18
U17: JT: F Curtis (Mil K) 54.49

U15: JT: R Curtis (Mil K) 48.96
Women: PV: 1 K Lai (WSEH, U17) 3.10; 2 S Yeomans (Wat, W55) 2.40. **JT:** 1 E Meakin (Herts P, U20) 44.18; 2 O Dacosta (Bed C, U17) 37.96; 3 S Watts (Mil K) 37.30
U13: SP: A Levy (SNH) 8.71. **JT:** A Levy (SNH) 28.98

Mixed events: 200: r1 (0.9): J Trimble (K&P, W55) 29.85. **r2 (0.8):** 3 M Maisey (Herts P, M60) 28.95. **r4 (0.2):** P Logan (K&P, M50) 24.43. **r5 (1.3):** 3 G Matthew (Lut, U15) 23.80. **r7 (0.9):** S Osho (Belg) 21.95. **400:** r1: 2 K Laidlow (Camb L, W) 57.33. **r2:** 5 L Barrow (WSEH, U20, W) 57.81. **r4:** 1 Z Curran (WSEH, U20) 49.17; 2 A Walshe (Herts P, U20) 50.36; 3 R Tanswell (IoW, U17) 51.20. **800: r2:** 9 G Duckworth (L Buzz, W55) 2:38.74; 10 J Austin (VoA, W45) 2:39.79. **r5:** 2 T Conway (Chilt, U13) 2:24.11; 3 J Judd (Chelm, U13, W) 2:25.18; 7 C Stafford (Oxf C, U13, W) 2:26.17. **r6:** 5 C Lewis (Chilt, U15, W) 2:22.53; 6 A Botham (Mil K, U15, W) 2:22.76; 9 A Barbour (WSEH, U13, W) 2:24.12; 10 K Mhlanga (Chelm, U13, W) 2:24.13; 11 J Cronin (VoA, U13) 2:24.27. **r7:** 3 K Johansen (Chelm, U17, W) 2:19.43; 7 M Humphreys (Rad, U15W) 2:20.79; 8 L Harris (Worth, U15W) 2:20.88; 10 G Russell (Wyc P, U17W) 2:21.21; 11 W Perkin (Chilt, U13) 2:21.39. **r8:** 4 M Jones (Bas, U13) 2:17.78; 6 B Myers (WSEH, U20W) 2:18.34; 7 R O'Neill (Chelm, U20W) 2:18.97; 8 R Turton (Brack, U17W) 2:19.09; 12 A Edwards (Lut, U15W) 2:20.01. **r9:** 5 M Smith (Leic C, U15W) 2:11.81; 6 M Jones (AFD, W) 2:14.99; 9 R Johnson (ESM, U17, W) 2:16.43; 11 M Steer (St Alb, U17W) 2:17.70; 12 K Brown (E&H, U20, W) 2:18.40. **r10:** 8 R Walcott-Nolan (Lut, U17, W) 2:12.31; 9 J Hill (Sale, W) 2:12.80; 12 N Lenane (AFD, W) 2:17.82. **r11:** 2 R O'Connor (St Alb, U15)

Jessica Judd: heading to World Youth event after PB 800m



2:06.26; 6 J McCarthy (Chilt, U15) 2:07.48; 8 A Thorpe (SB, U15) 2:08.68. **r12:** 5 G Elliott (Ben, U15) 2:06.27; 6 J Dee (Herts P, U15) 2:06.32; 8 L Yates (SB, W) 2:06.77; 13 O Smith (Bed C, U15) 2:08.24. **r13:** 8 R Webster (Oxf C, M45) 2:05.30; 12 J Hutton (Leic C, U15) 2:07.49. **r14:** 10 C Keane (Wat, U15) 2:04.58; 14 H Sutherland (Wyc P, U15) 2:06.19. **r16:** T Syckelmoore (BMH, U20) 1:57.20. **r17:** 1 L Dee (Herts P, U17) 1:56.81; 3 C Todd (WSEH, U17)

1:58.62; 4 S Redding (Mil K, U17) 1:59.15; 10 J Buckley-Stanton (Hav M, U20, W) 2:01.49. **r18:** 3 R Reed (Nene V, U20) 1:56.37; 6 W Pinder (ESM, U20) 1:56.88; 7 P Taylor (VoA, U17) 1:57.26; 9 J Saissi (Hast, U17) 1:57.83; 12 C Von Eitzen (Rad, U15) 1:59.59. **r19:** 1 A Heyes (Hallam) 1:53.58; 2 O Aitchison (AFD, U20) 1:54.66; 3 D Gurton (VoA, U20) 1:55.37; 5 C Vine (WSEH, U20) 1:55.99; 8 D Yaxley (WG&EL, U20) 1:57.47

4x100: Traff 49.5. **4x400:** S'port W 3:58.1. **LJ:** J Marchan (Traff) 6.11
U13: 200: R Brown (Traff) 26.9. **75H:** R Brown (Traff) 13.7
U17 women: 200: S Waring (S'port W) 25.6. **80H:** S McKeever (Traff) 12.4. **4x300:** S'port W 3:10.6. **PV:** S McKeever (Traff) 3.10
U15: 200: E Edwards (Traff) 26.3. **75H:** T Cuff (Traff) 12.1. **4x100:** Traff 52.5
U13: 75: C Hughes (Dees) 10.6. **150:** 1 C Hughes (Dees) 20.6; 2 S Atkinson (Dees) 21.9

Crewe

MATCH: 1 East Cheshire 560.5; 2 Macclesfield 444.5; 3 Wigan 415.
U17 men: SP: J Barton (E Ches) 12.25. **HT:** 1 J Barton (E Ches) 49.35; 2 J Hill (E Ches) 40.01. **JT:** B Whip (Wig D) 54.13
U15: HT: J Mearin (E Ches) 35.86
U13: SP: S Dean (E Ches) 8.95
U17 women: 300: S Bundy-Davies (Macc) 41.5. **800:** S Bundy-Davies (Macc) 2:18.6. **4x100:** E Ches 52.5.
4x300: 1 Wig D 3:03.7; 2 E Ches 3:13.8. **TJ:** R Williamson (Wig D) 11.38. **JT:** L Bibby (Wig D) 37.96
U15: 200: E Borthwick (Wig D) 26.3. **PV:** R Whipp (Wig D) 2.70
U13: 150: C Lawrenson (Wig D) 21.9.
1200: L McGuinness (E Ches) 4:03.0. **SP:** G Kinsley (Wig D) 9.67

Liverpool

MATCH: 1 Wirral 661; 2 Liv Pem Sefton 530; 3 Colwyn Bay 308.
U17 men: 100H: H Sutton (Wirr) 15.0. **1500SC:** W Turner (Liv PS) 4:54.1. **SP:** M Reece (Col B) 13.02. **DT:** M Reece

(Col B) 38.30. **HT:** M Reece (Col B) 46.00
U15: 1500: B Sache (Liv PS) 4:28.0
U13: 1500: J Crook (Liv PS) 4:58.6
75H: R Al Shabazz (Wirr) 13.6. **SP:** A Porter (Wirr) 10.04
U17 women: 4x300: Wirr 3:16.5
U15: HJ: A McLaughlin (Liv PS) 1.65
U13: 150: K Jones (Liv PS) 22.0. **1200:** 1 O Benbow (Wirr) 4:15.4; 2 F Davies (Col B) 4:16.4

Northern Premier E: Barlborough

MATCH: 1 Wakefield 626; 2 Doncaster 571.5; 3 City of Sheffield 554.5
U17 men: 100H: A Davies (Don) 14.9. **400H:** A Davies (Don) 58.6. **1500SC:** J Worton (Wake) 4:47.3. **4x100:** 1 Don 46.5; 2 Wake 46.6. **4x400:** 1 Wake 3:35.2; 2 Don 3:41.3. **PV:** A Harrison (Don) 3.40. **SP:** 1 T Kirk (Don) 13.06; 2 J Anderson (Sheff) 12.23. **JT:** T Peters (Sheff) 54.70
U15: 80H: 1 J Filleul (Sheff) 12.2; 2 D Hardman (Don) 12.3; 3 P Thackray (Wake) 12.9. **4x100:** Wake 49.9. **PV:** 1 A Hague (Sheff) 4.00; 2 A Jones (Wake) 3.10
U17 women: 100: 1 G Eyles (Wake) 12.5; 2 B Sharp (Wake) 12.7. **200:** 1 G Eyles (Wake) 25.3; 2 A Bishell (Sheff) 25.6. **800:** 1 E Pound (Sheff) 2:19.3; 2 B Ansell (Sheff) 2:21.1. **80H:** 1 B Porter (Wake) 12.2; 2 N Bewley (Don) 12.3. **300H:** B Sharp (Wake) 48.2. **4x100:** Sheff 51.5. **4x300:** 1 Wake 2:52.6; 2 Sheff 3:01.0; 3 Don 3:17.3
U15: 100: K Edwards (Sheff) 12.7. **800:**

E Curran (Sheff) 2:20.7. **75H:** 1 L Toop (Don) 11.8; 2 L Chappell (Don) 12.5. **4x100:** Sheff 52.6. **HJ:** L Chappell (Don) 1.55. **PV:** 1 A Roberts (Wake) 3.00; 2 C Baker (Sheff) 2.50
U13: 150: 1 A Mussett (Don) 21.0; 2 B Jo Harris (Sheff) 21.5; 3 K Wilson (Don) 21.7. **1200:** B Oates (Wake) 4:12.6. **70H:** 1 E Grace (Don) 12.3; 2 A Mussett (Don) 12.3. **4x100:** Don 56.5. **HJ:** A Ward (Wake) 1.40

Hull (Match 2)

MATCH: 1 Gateshead 630; 2 City of York 535; 3 Chesterfield 516
U17 men: 100H: J Wilkinson (Gate) 14.6. **4x400:** 1 Gate 3:43.0; 2 York 3:44.1. **PV:** 1 N Pentin (C'field) 4.02; 2 E Selvey (C'field) 3.30. **SP:** T Morgan (Gate) 14.13. **HT:** C Stephenson (York) 47.15. **JT:** T Morgan (Gate) 58.53
U15: 100: C Searle (York) 12.0. **200:** T Somer (York) 23.5. **400:** T Somer (York) 52.6. **4x100:** Gate 49.7. **PV:** J Patton (C'field) 2.60. **LJ:** Z Haddon (Gate) 5.86. **SP:** B Sansom (Gate) 13.92. **HT:** C Cambridge (York) 46.34
U13: 800: M Lonsdale (Gate) 2:19.5. **1500:** W Hall (York) 4:55.4. **75H:** J Nicholson (York) 13.3
U17 women: 800: 1 L Morgan (C'field) 2:20.0. **4x100:** Gate 52.1. **4x300:** 1 Gate 3:03.7; 2 C'field 3:05.1; 3 York 3:16.0. **HJ:** T Lowther (York) 1.60. **HT:** R Parker (York) 34.44
U15: 75H: 1 J Parry (York) 11.7; 2 J Gilmour (Gate) 11.9; 3 E Gilmour (Gate) 12.5. **4x100:** Gate 52.2. **PV:** E Barrett (C'field) 2.40. **LJ:** L Turner (Gate) 4.95

U13: 75: 1 C Wilson (C'field) 10.2; 2 B Leckie (Gate) 10.4. **150:** 1 C Wilson (C'field) 20.4; 2 A Bland (Gate) 20.9; 3 B Leckie (Gate) 20.9. **1200:** 1 N Grenier (York) 4:09.9; 2 I Poore (Gate) 4:15.8. **70H:** A James (Gate) 12.2. **4x100:** 1 Gate 55.9; 2 C'field 57.8

Northern Premier W: Crewe

MATCH: 1 Crewe & Nantwich 620; 2 West Cheshire 524; 3 Blackburn 507.
U17 men: 4x100: C&N 46.7. **4x400:** C&N 3:44.5. **HJ:** M Bailif (W Ches) 1.85. **LJ:** A Howell (C&N) 6.30. **TJ:** A Howell (C&N) 12.82. **SP:** F Ashman (C&N) 12.22. **DT:** F Ashman (C&N) 41.72
U15: 100: J Boulton (C&N) 11.7. **200:** J Boulton (C&N) 23.4. **4x100:** C&N 48.6. **DT:** N Clowes (C&N) 33.29. **JT:** 1 W Murray (B'burn) 46.90; 2 N Clowes (C&N) 46.03
U17 women: 80H: O Montez-Brown (W Ches) 12.2. **300H:** 1 O Montez-Brown (W Ches) 47.7; 2 A Jennings (W Ches) 47.8. **4x100:** 1 C&N 50.5; 2 W Ches 51.5. **4x300:** W Ches 3:02.7. **PV:** G Valentine (C&N) 2.70. **LJ:** 1 L James (C&N) 5.34; 2 O Montez-Brown (W Ches) 5.15. **SP:** K Baker (W Ches) 10.34. **HT:** J Potter (W Ches) 33.00
U15
1500: A Hinchley (W Ches) 4:58.8
U13: 150: 1 G Barlow (W Ches) 21.5; 2 E Nicholls (C&N) 21.7; 3 E Nickisson (C&N) 21.7; 4 A Barnsley (W Ches) 21.8. **1200:** E Greenwood (W'burn) 3:47.5.
70H: O Williams (W Ches) 12.5. **4x100:** 1 C&N 56.4; 2 W Ches 56.8

Liverpool

MATCH: 1 Sale HM 716; 2 Liverpool H 599; 3 Warrington 410
U17 men: 100: 1 N Selby (Sale) 10.9; 2 M Tapa (Liv H) 11.0. **200:** 1 M Tapa (Liv H) 22.5; 2 C Roughneen (Sale) 22.5. **100H:** J Webster (Warr) 14.5. **400H:** 1 C Asong (Sale) 56.0; 2 J Webster (Warr) 57.1. **4x100:** 1 Sale 45.0; 2 Liv H 46.1. **4x400:** 1 Sale 3:32.3; 2 Warr 3:35.8. **PV:** J Sutcliffe (Sale) 3.20. **LJ:** L Robins (Sale) 6.35. **TJ:** L Robins (Sale) 12.80. **SP:** F Mulvaney (Liv H) 12.57. **HT:** F Mulvaney (Liv H) 42.75
U15: 100: 1 J White (Liv H) 11.5; 2 J Malcolm (Sale) 11.7. **200:** J White (Liv H) 23.9. **400:** D Morrison (Sale) 53.6. **1500:** B Yates (Sale) 4:28.7. **80H:** T Leeming-Vick (Sale) 11.8. **4x400:** Sale 3:53.6. **DT:** J Booth (Sale) 32.83. **JT:** E Bell (Warr) 46.41
U13: 800: J Evans (Warr) 2:21.2. **75H:** 1 C Meakin (Warr) 12.5; 2 O McCormick (Sale) 13.0
U17 women: 100: E Jones (Sale) 12.7. **300:** 1 A Mansfield (Liv H) 40.5; 2 B Bolton (Sale) 42.0. **80H:** C Jones (Sale) 12.2. **300H:** B Bolton (Sale) 46.4. **4x100:** 1 Sale 51.5; 2 Liv H 52.1. **4x300:** 1 Sale 2:57.7; 2 Liv H 2:58.0
U15: 100: 1 A Carr (Sale) 12.8; 2 G George (Sale) 12.9. **1500:** 1 H Knowles-Jones (Warr) 4:56.7; 2 Z Tynan (Liv H) 4:59.5. **75H:** 1 A Carr (Sale) 12.0; 2 A Williams (Sale) 12.4. **4x100:** Sale 52.2. **HJ:** A MacKenzie (Liv H) 1.65. **LJ:** 1 A Williams (Sale) 5.51; 2 A Carr (Sale) 5.00



2 M Wood (Glouc) 33.57; 3 R Spear (Dev) 30.31. **HT:** D Bird (Glouc) 33.58. **JT:** 1 N Whiskin (Dors) 38.98; 2 M Coe (Avon) 33.71. **U15: 100:** J Cook (Wilts) 12.75. **Htl (3.4):** J Cook (Wilts) 12.69. **800:** 1 M Long (Corn) 2:19.68; 2 A Cooper (Som) 2:19.87; 3 K Grimyer (Avon) 2:19.88. **1500:** **r2:** 1 C Cayton-Smith (Corn) 4:48.23; 2 I Glaisher (Dors) 4:50.36; 3 G Shepherd (Wilts) 4:54.02; 4 H Brown (Som) 4:55.77. **75H (3.7):** 1 J Simpson (Dev) 11.48; 2 L Gauntlett (Avon) 11.57; 3 M Courtney (Glouc) 12.00; 4 G Hoff (Som) 12.01; 5 M Bishop (Glouc) 12.02; 6 S Fowler (Wilts) 12.07. **Htl (w):** 1 L Gauntlett (Avon) 11.73; 2 M Courtney (Glouc) 11.85; 3 M Bishop (Glouc) 12.08. **Ht2 (2.2):** 1 J Simpson (Dev) 11.71; 2 S Fowler (Wilts) 12.10; 3 G Hoff (Som) 12.19; 4 A Martin (Glouc) 12.35. **4x100:** 1 Avon 51.50; 2 Dev 52.17; 3 Corn 52.17; 4 Glouc 52.20; 5 Wilts 52.79. **HJ:** 1 C Merritt (Wilts) 1.57; 2 S Robertson (Som) 1.57. **LJ:** 1 L Dearden (Dors) 4.98; 2 E Wright (Avon) 4.95. **SP:** E Hutchinson (Wilts) 9.89. **DT:** K Cross (Som) 33.86. **JT:** 1 J Loxton (Som) 34.53; 2 E Godwin (Dev) 32.10

JUNE 17
GLASGOW METRIC MILE MEET
Scotstoun

Women: 800: A: 1 M Hendry (Shett, U17) 2:16.43; 2 E MacKenzie (Storn) 2:16.77; 3 Cowan (GN, U17) 2:17.26; 4 S Winters (Shett, U17) 2:17.54. **B:** 1 B Ross (Kil'k, U20) 2:16.65; 2 A McGrath (Law, U17) 2:20.37; 3 E Dunnett (Edin, U17) 2:20.52. **2000SC: A:** S Hood (Edin) 6:51.73. **U20: 2000SC: A:** 2 H Rees (Fif) 7:04.56. **Mixed events: 800: A:** 1 G Learmonth (Lass, U20) 1:51.36; 2 G Smith (Falk) 1:53.22; 3 J Walker (Giff N, U20) 1:53.34; 4 M MacLeod (Storn) 1:53.64; 5 D Colley (Falk, U17) 1:55.19. **B:** 1 A Drummond (Shett, U20) 1:55.17; 3 S Orr (Cambus, U20) 1:55.53; 4 L Wilson (U20) 1:55.75; 5 C McDowall (Loth, U20) 1:56.04; 6 E Dudgeon (Edin, U20) 1:56.75. **C:** 1 M Aitchison (Glas, U17) 1:56.35; 2 M Lott (Giff N, U20) 1:57.33. **D:** 8 F White (Niths, U15) 2:02.74. **E:** L Boyle (Glas, U17) 1:59.95. **F:** J Moultrie (Glas, W) 2:07.31. **H:** 7 A Scott (Fife, U13) 2:24.53. **3000: A:** 1 C MacKay (l'clyde) 8:20.09; 2 M Mitchell (Forres) 8:21.97; 3 C Ruddy (l'clyde) 8:27.54; 4 A Hendry (Centr, U23) 8:32.31; 5 J Newsom (Centr) 8:32.8; 6 L Traynor (Giff N, U20) 8:35.42; 7 D Selman (Centr) 8:37.36; 8 L Oates (Shett, U23) 8:40.42; 9 S Gibson (Cambus) 8:41.27; 11 J Hamilton (Cambus, U20) 8:52.97. **B:** 1 E Gillham (Kilb, U15) 9:19.34; 5 E Curran (Kilb, W) 9:42.76; 7 S Potter (Glas, U20W) 9:58.22

JUNE 16
BIGGLESWADE JUMPS FEST, Sandy
M40 men: PV: S Eastwood (Bed C) 3.40

U20: TJ: J Udemezue (Lut) 13.56/1.8. **U17: PV:** J Devereux (Bed C) 4.30. **LJ:** J Grenfell (P'boro) 6.43/3.3. **TJ: C:** Ajestina (unatt) 13.20/1.6. **U15: TJ:** B Wharnton (unatt) 12.29/1.7. **Women: PV:** K Gibbs (Ashf) 3.31. **U20: LJ:** S Hibbert (Lut) 5.30/0.6

MENDIP AC OPEN, Street
Men: 2000SC: B Westhenry (Wey SP, U17) 6:05.7. **U13: 75H:** S Dove (Exe) 13.5. **U15 girls: 75H:** E Allen (Mend) 12.4. **PV:** C Lavender (Mend) 2.47. **U13 mixed events: 80: r1:** 1 A Paulin (Taun, U11) 11.4; 2 J Crommack (WSM)

11.6; 3 H Wright (WSM) 11.6; 4 S Marsh (Mend, U11, W) 11.9

ENGLISH SCHOOLS TRACK & FIELD CUP REGIONAL A FINAL
North Midlands: Grantham

U17 men
LJ: S Street (Nott) 6.70. **DT:** S MacGregor (WY) 36.06. **80HU16M:** 1 C Cooper (WY) 12.0; 2 M Mokoya (Nott) 12.1; 3 E Saxton (WY) 12.3; 4 J West (Linc) 12.4; 5 G Daynes (Nott) 12.8; 6 T Bradley (Linc) 12.8; 7 J Atkinson (Nott) 12.9; 8 N Burgin (Nott) 13.8; 9 A Horsfall (WY) 13.9; 10 F Beaumont (WY) 14.0; 11 L Garton (Linc) 14.0; 12 T Kaye (WY) 14.2; 13 M Nabridnyj (WY) 14.8; 14 A Bremner (Linc) 14.9; 15 A Buckley (Nott) 15.0. **U15: 100:** E Nakuti (WY) 11.8. **80H:** 1 C Lake (WY) 13.7; 2 K Russell (WY) 14.2; 3 S Brown (Nott) 14.4; 4 M Dearnley (WY) 14.5; 5 E Ward (WY) 14.6; 6 K Dawson (Derb) 14.6; 7 T Ravenscroft (Nott) 14.7; 8 M De Rooij (Derb) 15.0; 9 G MacDonald (Derb) 15.2; 10 J White (WY) 15.5; 11 R Nespor (Nott) 15.5; 12 T Dobson (Nott) 15.8; 13 J Lawler (WY) 16.1; 14 N Stanyard (Derb) 18.6. **SP:** 1 E Ward (WY) 13.37; 2 F Exley (Nott) 10.41; 3 E Mason (WY) 10.06; 4 G MacDonald (Derb) 9.84; 5 K Dawson (Derb) 9.48; 6 B Longton (WY) 9.32; 7 S Brown (Nott) 8.99; 8 H Watt (WY) 8.38; 9 K Russell (WY) 8.15; 10 G Wainright (Nott) 7.68; 11 W Smith (WY) 7.43; 12 G Risorto (Derb) 7.18; 13 N Stanyard (Derb) 6.86; 14 J Denty (Nott) 6.55. **DT:** 1 J Glover (WY) 27.68; 2 T Kaye (WY) 24.93; 3 B Wilkinson (Derb) 24.07; 4 S Haviland (Nott) 23.17; 5 J Moore (Derb) 22.53; 6 J Rickett (WY) 22.18; 7 T Ravenscroft (Nott) 20.81; 8 A Walsh (Nott) 19.42; 9 W Allsop (Derb) 19.20; 10 J Cooper (WY) 18.54; 11 C Boyd (WY) 18.46; 12 C Sutcliffe (WY) 13.77; 13 E Baxter (Nott) 12.28; 14 S Page (Derb) 11.92. **HT:** 1 E Hill (Nott) 26.43; 2 L Johnson (Nott) 21.67. **U17 women: SP:** 1 A Pywell (Linc) 8.59; 2 E Myall (WY) 7.79; 3 R Cronson (Linc) 7.46; 4 L Seldon-Fullwood (Derb) 7.46; 5 S Harvey-Franklin (WY) 7.43; 6 J Crombie (Linc) 7.35; 7 M Baxter-Chinery (Linc) 7.29; 8 K Round (Derb) 7.15; 9 F Gerakios (Linc) 7.05; 10 H Kingdon (Derb) 7.00; 11 O Conway (Linc) 6.67; 12 J Bridge (Derb) 6.29; 13 S Thorpe (Derb) 5.89; 14 H Middleton (Derb) 5.80; 15 S Peppercorn (Linc) 5.62; 16 A Minks (Linc) 4.90

North West: Blackpool

U17 men: 80H: 1 F Falalu (Lancs) 11.0; 2 C Mitchell (Lancs) 11.1. **HJ:** 1 C Mann (G Man) 1.85; 2 F Falalu (Lancs) 1.81; 3 C Mitchell (Lancs) 1.81. **PV:** D Campbell (G Man) 3.30. **SP:** 1 W Goodier (Lancs) 14.18; 2 D Hardman (Mers) 12.50. **JT:** D Jones (Lancs) 49.87. **U15**
800: O Crankshaw (Lancs) 2:10.0. **80H:** 1 D Youd (Mers) 13.0; 2 A Krajewski (Ches) 13.3; 3 S Price (Lancs) 13.4. **SP:** 1 L Doyle (Mers) 11.01; 2 M Harrop (G Man) 10.73; 3 A Shetty (Lancs) 10.57. **DT:** 1 J Halcroft (Mers) 29.37; 2 N Obinma (G Man) 27.63; 3 L McFaul (Mers) 27.27. **HT:** J Pratt (Mers) 27.93. **U17 women: 100:** 1 K Johnson (Cumb) 12.6; 2 T Lungu (Lancs) 12.7. **800:** A Hetherington (Cumb) 2:11.0. **HJ:** A Hastie (Lancs) 1.62. **SP:** 1 R Todd (Lancs) 9.12. **JT:** N Wilson (Cumb) 39.74. **U15**
800: C Nugent (Cumb) 2:23.0. **75H:** A Williams (Ches) 12.1. **LJ:** A Williams (Ches) 5.11

JUNE 15
HEREFORD & WORCESTERSHIRE SCHOOLS CHAMPIONSHIPS,
Worcester

U15 boys: 100: Htl: F Silva (H&W Schs) 11.8. **U17 women: 100:** Ht3: 1 Z Styles (H&W Schs) 12.6; 2 D Johnson (H&W Schs) 12.6. **U15: 75H:** Ht1: 1 S Glover (H&W Schs) 12.3; 2 I Wilding (H&W Schs) 12.5

DARTFORD HARRIERS OPEN

Men: 300: L Smallwood (B&B) 35.3. **DT:** 1 D Coleman (Card) 52.89; 2 M Plowman (Yeov O) 46.13; 3 M Brockman (M&M) 41.06. **HT:** A Williamson (SB) 62.27. **M45: 100:** 1 L Campbell (E Grin) 12.6; 1 L Campbell (E Grin) 12.3. **DT/HT:** 2 T Tipping (Camb H) 35.69/39.47. **U20: HJ:** A Barham (Dartf) 1.90. **HT:** S Ridgway (Mil K) 59.00. **W45 women: 100:** I Barauskiene (Bexley) 13.9. **W50: HJ:** T Eades (Dartf) 1.30. **DT:** A Goad (Dartf) 22.46. **W55: HJ:** C Clements (Dartf) 1.25. **HT:** A Goad (Dartf) 23.99. **U20: HJ:** F Baylis (M&M) 1.65. **HT:** L James (Hast) 54.72. **U17: DT:** G Brown (Dartf) 32.44. **HT:** H Searing (Dartf) 33.70. **U13: HT:** K Head (unatt) 27.91

KENT CHAMPIONSHIPS, Dartford

Mixed: 10,000: 1 P Tucker (Met P) 32:16.1; 2 B Shearer (Camb H) 33:13.3; 3 S Beaney (Kent) 33:50.0; 4 T Erskine (M'stone) 34:20.6; 5 M Williams (Inv EK) 34:34.2; 6 A Green (Dartf, M40) 34:38.3; 7 G Kitchingham (Orp RR, M40) 34:56.0; 15 S Hawkins (Inv EK, W45, W) 40:10.8; 16 H Penfold (M&M, W) 41:45.9; 18 L Hall (Ashf, W55) 42:41.0. **Women: 3000:** 1 R Loubser (Folk) 10:20.9; 2 E Hosker-Thornhill (Inv EK, U20) 10:25.5

WINCHESTER OPEN

Men: DT: G Jones (And) 47.53. **M60: DT:** M Ferne (Win) 42.66. **U17: DT:** N Percy (IoW) 57.16. **U15: 80H:** R Farrell (Soton) 12.4. **U13: 75H:** 1 A Jones (Soton) 12.9; 2 A Howard (Havant) 13.9. **DT:** E Jenkinson (Soton) 31.78. **Mixed events: 1500: r1:** 2 D Blackman (Soton, M40) 4:24.6; 3 C Upton (Win, U15) 4:25.6; 9 P Stoodley (Win, M50) 4:48.8. **r2:** 3 G Morris (Win, U17, W) 4:42.2; 6 H Knapton (Win, U15W) 4:50.2; 7 E Stoodley (Win, U15W) 4:52.2. **5000:** 1 G Klepacz (Soton) 15:44.1; 6 L Elliot (Win, W35) 17:03.8. **LJ:** 3 F Brown (Win, U15W) 4.93. **U15: LJ:** 1 R Farrell (Soton) 5.86; 3 D Brimcombe (Havant, W) 5.05

ENGLISH SCHOOLS CUP REGIONAL A FINAL, South West: Street

U17 men: SP: 1 A Walker (Hant) 12.98; 2 W Gasper (Dors) 12.37; 3 J Radford (Som) 12.36. **DT:** G Lavallin (Som) 39.28. **HT:** J Lange (Uolux) 47.66. **80H:** 1 J Sidhu (Berk) 11.5. **U15: 80H:** 1 H Close (Som) 12.4. **SP:** 1 T Woodbridge (Corn) 10.46; 2 B Summers (Dev) 10.38; 3 G Downing (Som) 10.31. **DT:** 1 R Bullen (Corn) 24.35; 2 J Newey (Dors) 24.34; 3 H Watts (Som) 24.02. **HT:** H Norton (Hant) 26.47. **U17 women: 100:** H Butt (Dors) 12.3. **800:** 1 E Jenkinson (Sont) 2:14.5; 2 A Cooper (Som) 2:17.0. **SP:** 1 C Haynes (Wilt) 9.37. **DT:** 1 F Thompson (Som) 31.11; 2 K Cross (Som) 30.63. **JT:** J Loxton (Som) 36.84



The start of the BMC 800m at Stretford with Mukhtar Mohammed in lane two

U15: 1500: Y Ryder (Berk) 4:59.1. **DT:** S Merritt (Wilt) 33.56

A FINAL, South East, Hendon

U17 men
SP: J Ibulanokpe (Lond) 12.59. **DT:** 1 S Okonta-Wariso (Middlesex) 40.06; 2 H McKimm (Lond) 36.22. **HT:** N Healy (Kent) 46.92. **80H:** 1 J Masterson (Kent) 11.3; 2 C Lambert (Surrey) 11.8. **U15: 80H:** 1 A Coker (Surrey) 12.5; 2 A Ssali (Lond) 12.5. **SP:** 1 N Best (Surrey) 13.18; 2 D Olajiga (Surrey) 11.52; 3 N Kyei (Lond) 10.61; 4 J Toomey (Kent) 10.38; 5 A Other (Lond) 10.20. **DT:** 1 D B-Ageyi (Lond) 34.60; 2 M Maruziva (Surrey) 29.89; 3 J Gibson (Kent) 29.33. **HT:** 1 J Desir (Lond) 34.93; 2 T Litondo (Lond) 29.01. **U17 women: 300:** 1 M Rainsborough (Surrey) 40.5; 2 O Caesar (Bucks) 41.2. **1500:** B Croft (Bucks) 4:38.5. **TJ:** R Arulanandam (Bucks) 10.47. **SP:** 1 L Crawford (Bucks) 10.43. **DT:** C Owens (Surrey) 30.51. **U15: 1500:** K Shiel-Rankin (Surrey) 4:50.2. **75H:** C Williams (Bucks) 12.4. **DT:** M Simons (Sussex) 27.83

JOHN CUMMING STADIUM OPENING, Carluke

Men
5000: 1 T Mengisteab (Shett) 14:22.9; 2 T Twelwele (Shett) 15:00.7; 3 T Fay (Shett) 15:24.0; 4 A Dearie (Shett, U20) 15:49.6. **U18: 4x400:** 1 Pit 3:35.7; 2 Law 3:37.9. **U16: 4x100:** 1 E Kilbride/W'moss 46.9; 2 Pit 49.6. **U14: 4x100:** Pit 54.0

Women
Mile: 1 N Sharp (Kilb) 4:49.2; 2 S Hood (Edin) 4:52.0; 3 E Curran (Kilb) 4:54.9; 4 S Winters (Shett, U18) 5:17.5; 5 M Hendry (Shett, U16) 5:33.7. **U18: 4x300:** 1 Pit (U14) 2:57.6; 2 Law (U14) 2:59.4. **U16: 4x100:** 1 Pit (U14) 52.7; 2 Shett (U14) 53.1. **U14: 4x100:** 1 Glas Sc Sp 55.4; 2 E Kilb/W'moss 55.9; 3 Aird 56.1; 4 C'dale Scls 56.5; 5 Pit 56.9; 6 Law 58.0

TOWN v GOWN INC OXFORDSHIRE CHAMPIONSHIPS, Oxford

Men: 110H: R Baderin (Ox) 15.8. **LJ:** J Wright (Ox) 6.88. **TJ:** J Wright (Ox) 14.49. **DT:** P Wilkins (Ox) 44.91. **Women: DT:** E O'Hara (Ox) 35.69. **JT:** D Anderson (Ox) 38.69. **Mixed events: 5000:** 1 S Naylor (Ox Aa) 15:02.1; 10 A Vessey (Abing, U17) 17:45.1; 12 L Tolmie (Ox, U23, W) 18:50.4. **3000W:** 1 F Reis (Ilf/POR, M50) 13:49.8; 2 S Uttley (Ilf, M55) 15:10.4; 3 G Chapman (Head, M55) 15:49.7; 4 N Blatchford (Abing, W60, W) 17:52.0; 6 J Howard (Abing, W50) 18:05.6

JUNE 14
STRET福德 OPEN INC BMC GOLD STANDARD, Stretford

JENNY MEADOWS warmed up for the European Team Championships with a satisfactory 54.05 speed workout over 400m at one of her favourite venues, Stephen Green reports.

Meadow's training partner, 17-year-old, Kirsty McAslan, returned a promising effort, just failing to break the 55-second barrier (55.02) over one lap and looks an interesting future prospect over 800m.

Mukhtar Mohammed delivered another knockout performance in the 800m event. The early pace of training partner Steve Evison was swift, passing through 400m in around 50 seconds, with Mukhtar around a second down, leading from Niall Brooks. Evison pulled out at 600m, leaving Mohammed at the front, easing away from Brooks in the last 80 metres, to finish agonisingly close to his best, with 1:47.17. Brooks clocked a season's best 1:48.22. There were also PBs for Chris Warburton and Andrew Richardson, the first five breaking the tape under 1:50.

Jonny Mellor and Ryan McLeod enjoyed a close duel over 1500m, Mellor taking on the running with 600m to go before winning a home-straight battle with McLeod in 3:45. After a relatively modest 2010, Beth Potter showed she is returning to form with a 4:18 1500m. Eleanor Baker's 9:19 3000m was equally impressive, while Alison Leonard set a season's best of 2:04.22 in the 800m.

The BMC races produced a 64 per cent PB ratio.

BMC

Men: 800: A: 1 M Mohammed (Sheff RC, U23) 1:47.13; 2 N Brooks (Sale, U23) 1:48.24; 3 C Warburton (Notts) 1:48.53; 4 A Richardson (Tyne, U23) 1:49.03; 5 W Frey (Bir) 1:49.55; 6 D Proctor (Roch) 1:50.48; 7 S Horsfield (E Ches, U23) 1:50.60; 8 C Keys (E Ches, U23) 1:51.12. **B:** 1 S Yates (NEB, U23) 1:52.02; 2 R Needham (Notts, U20) 1:52.07; 3 D Forrester (St Hel, U23) 1:52.79; 4 J Blackburn (Liv H, U23) 1:52.95; 5 S Backnall (Leeds C, U20) 1:53.15; 6 J Bransberg (Sky, U17) 1:53.20; 7 S Morrow (Ballymena) 1:53.51; 8 J Grattan (Hallam, U23) 1:53.66; 9 J Tartt (S'port W) 1:53.96; 10 J Lancaster (Sheff, U17) 1:56.41. **1500: A:** 1 J Mellor (Liv H) 3:45.41; 2 R McLeod (Tip) 3:45.58; 3 M Bowser (Linc W) 3:47.73; 4 K Flannery (Gate) 3:48.21; 5 J Trollope (Bir) 3:48.90; 6 R Hodges (KuH) 3:49.02; 7 S Evans (Birchfield Harriers & AC, U23) 3:49.93; 8 J Thewlis (Notts) 3:50.45; 9 J Boxell (OWLS) 3:54.50; 10 D Garbutt (Dur) 3:58.68. **B:** 1 M Ali (Leeds C) 3:54.45; 2

ROAD

JUNE 20
SELF TRANSCENDENCE 3x1M
RELAY, Battersea Park

Men (3x1M): 1 London Front R 15:00 (J Gillanders, S Cullinan, J Oldacre); 2 Wet, Wet, Wet 15:42 (R Jacobs, K Kyte, J Kyte); 3 Morningson Chasers 15:46 (I Gordon, J Armstrong, J Craggs); 4 Magnificent Three 16:01; 5 London Front B 16:16; 6 Fulham RC 16:18
Fastest: J Cregan (Fulham)/J Oldacre (L Front) 4:53; J Gillanders (L Front) 4:59; J Kyte (WWW) 5:03; S Cullinan (L Front) 5:08; I Gordon (Morn)/T Craggs (Morn) 5:10
M50 (3x1M): 1 Serpentine RC 19:22.
M60 (3x1M): 1 Satchell & Bartlett 22:38
Women (3x1M): 1 Serpentine 18:30 (V Carter, A Nolan, S Reddy)
Fastest: G Bruinwells (Mag Three) 5:20; G McDonald (L Front) 5:38; V Carter (Serp) 5:43; T Gray (Fulham) 6:05

JUNE 19
3M AYLCLIFFE 10km, Newton Aycliffe

Overall: 1 J Askew (Ayc) 33:08; 2 M Jefferies (Bill MH) 33:14; 3 R Bee (Black B, M35) 33:16; 4 T Wali (Morp, M40) 33:20; 5 A Pearson (N Yks M, M40) 35:00
M50: 1 P Teece (Bill MH) 36:23
Women: 1 A Snook (Gate) 37:49; 2 S Lister (Black B, W35) 39:43
W35: 2 J Clark (Blyth) 40:31. W45: 1 J Keavney (Swale) 42:09. W60: 1 S Gibson (Darl) 49:46

ARDEN 9, Hampton-in-Arden

Men: 1 T Spencer (Cov) 46:25; 2 O Harradence (RSC) 49:02; 3 C McCarthy (Tip) 49:49; 4 P Finnegan (Spark, V45) 50:13
M50: H Andersen (Cov) 54:40
Women: 1 E James (Bir) 58:02; 2 K Banerjee (K&D, W35) 60:24

BRADING 10km, Ryde

Overall: 1 B Martin-Dye (Brack FR, M40) 35:31; 2 G Kurth (Tri UK) 36:01; 3 C Morey (IOW RRC) 36:19
M60: 1 G Tuck (HW) 38:40; 2 P Young (Ryde) 39:13
TEAM: 1 Isle of Wight RR 12; 2 IoW RRR B 39; 3 West Wight 54
Women: 1 A Abe (IOW RRC) 38:59; 2 M Womack (Ryde, W35) 45:25
TEAM: Ryde H 10

TORBAY HALF-MARATHON, Paignton

Overall: 1 I Kimutai () 65:42; 2 C Tanui () U20) 66:23; 3 P Martelletti (VP&TH) 67:21; 4 T Merson (SWRR) 69:41; 5 M Jenkin (Bide) 72:24; 6 M Ellis (W'bury) 74:48
M45: N Holmes (Erme) 77:32. M50 H Marsden (Exm H) 82:07; 2 M Farnell (Tip) 82:55. M60: R Blake (Gt Yar RR) 88:58
Women: 1 V Pincombe W35) 77:13; 2 H Rush (Bath) 77:36; 3 A Chalk (B&W, W35) 79:37; 4 A Granger (B&W, W35) 81:18
W50: K Cook (SWRR) 91:11. W70: S Lambert (Serp) 1:53:31

JANE TOMLINSON'S LEEDS 10km

Men: 1 P Lockwood (Wake) 32:41; M Hallam (H gate) 35:01; 3 J Marshall (, V40) 35:14;
Women: 1 N de la Salle (Notts) 36:01; 2 J Bucknell 40:34
W50: B Clayton 44:42

ORCHILL 10km, Gleneagles

Overall: 1 T Johnston (M40) 33:43; 2 G Barrie (Dund) 34:07; 3 G Campbell

(C'gie) 34:19; 4 E Jack (Kirkin) 34:29; 6 E Taylor (Perth R) 34:55; 7 P O'Kane (HBT, M45) 34:59

M40: 2 A Hume (C'gie) 35:42; 3 C Walker 35:59. M50: R Rogerson (Kirkin) 37:12

Women: 1 A Docherty (Centr) 36:04; 2 C Couper (W35) 38:25; 3 J Turner (C'gie, W35) 39:38

W45: M Western (C'gie) 42:27. W55: M Fleming (C'gie) 46:28. W65: S Bauchop (Ferr) 50:47

LLANELLI WATERSIDE 10km

Men: 1 C Jones (Card) 31:40; 2 M Harvey (Neath) 34:56; 3 L Young (Cardiff) 34:56

M50: B Richardson (Les C) 37:24. M65: R Hall (Hal) 42:29

Women: 1 K Roberts (B'end) 37:39; 2 E Butler (Swan) 39:56; 3 K Murray (TROTS, W35) 40:57

W45: M Bowen Rees (TROTS) 42:22

FRECKLETON HALF-MARATHON

Men: 1 B Fish (B'burn) 71:03; 2 J Mason () 71:26; 3 S Robinson (BWF) 72:19; 4 G Pennington (Prest, V40) 74:44

M45: G Callaghan (Liv Ps) 79:55. M50: T Barbat (W'sey) 80:55

Women: 1 C Betmead (BWF, W35) 84:50; 2 G Adams (Prest) 86:13
W40: J Goorney (Wesh) 88:46. W45: A Sedman (Belle V) 89:51. W50: 1 B Wright (BWF) 91:45; 2 C Madden (Royt) 94:16; 3 M Moore (Stock H) 99:58

WYE VALLEY 10km, Hereford

Men: 1 L Mason (Wye V) 33:43; 2 G Jones (Maldwyn, U17) 36:01; 3 R Hughes (Here C, M45) 36:10
Women: 1 S Marr (Wye V, W45) 39:42; 2 V Sivertsen (Malv, W45) 43:31
W65: C Mottetaram (Wye V) 52:28

GIAAC FATHERS DAY HALF-MARATHON, Guernsey

Overall: 1 C Jeffreys (Guern) 73:37; 2 M Dorian (unatt) 74:09; 3 L Walton (unatt) 74:24
Women: 1 K Robin (Guern) 88:31; 2 V Barrey (CI) 89:35

RANELAGH RICHMOND 10km (INC SURREY CHAMPS), Ham

AFTER helping Serpentine to a resounding victory the previous week, in the Welsh Castles Relay, Nick Torry was back on the domestic circuit with a comfortable victory in a race that produced a host of good times, Martin Duff reports.

John Gilbert finished around 100m back in second. Lucy MacAlister was also in good form to take the women's section in 35:08.

Overall: 1 N Torry (Serp) 31:02; 2 J Gilbert (Kent) 31:25; 3 K Quinn (AFD) 31:48; 4 D Russell (High) 31:53; 5 S Dixon (High) 31:59; 6 R Scott (High) 32:32; 7 R Phillips (Serp) 32:38; 8 B Louch (unatt) 32:41; 9 H Torrey (Serp) 32:57; 10 J Cooper (Met P) 33:04; 11 P Haarer (Rane, M40) 33:10; 12 H Dodwell (High) 33:11; 13 S McGrory (Kent, M40) 33:26; 14 R Wilson (ESM) 33:32; 15 A Gibbins (B&B) 33:33; 16 C Minns (Beck) 33:33; 17 G Brook (Strag) 33:41; 18 W Cockerell (Belg) 33:43; 19 A Bourne (Serp) 33:45; 20 C Greenwood (Kent) 33:46; 21 P Bal (S Lon) 33:47; 22 J Ellis (Clap C) 33:55; 23 B Wallace (Herne H) 34:08; 24 S Beaney (Kent) 34:12; 25 J Savage (Kent) 34:16; 26 B Evans (G&G) 34:18; 27 R Munn (Kent) 34:19; 28 J Kettle (Herne H) 34:20; 29 N Aitken (Clap C) 34:22; 30 N Hodges (DMV) 34:25; 31 A Moreton (Kent) 34:27; 32 S Whiting (High, M40)

34:34; 33 P O'Callaghan (Tad) 34:37; 34 M Giles (Sutt R, M50) 34:40; 35 R Edmonds (Serp, M40) 34:47; 36 A Walker (Reig) 34:51; 37 W Harrison (Serp) 34:55; 38 S Mitchell (W4H) 34:59; 39 B Shepherd (Dulw) 35:00; 40 D Child (Kent, M50) 35:00

M40: 5 R Reader (Strag) 35:02; 6 S Loach (Kent) 35:11; 7 L Gomez (Sutt R) 35:15. M45: 1 T Tuohy (Dulw) 35:26; 2 L Armitage (Kent) 35:38. M50: 3 G Quarton (S Lon) 36:06. M60: 1 T Eakin (N Down) 40:08; 2 M Mann (Dulw) 40:50

Women: 1 L MacAlister (THH) 35:08; 2 L Custance (Clap C) 36:58; 3 R Nicholson (Woking) 37:18; 4 C Grima (HW) 37:23; 5 J Rodriguez (Woking) 37:52; 6 C Elms (Dulw, W45) 38:13; 7 C Lee (Dulw) 39:02; 8 E Alden (E&E) 39:07; 9 R Bentley (Clap C, W35) 39:18; 10 S McDonald (S Lon, W40) 39:58

W40: 2 O Balme (Dulw) 40:17. W45: 2 M Synnott-Wells (Rane) 40:39; 3 C Costiff (S Lon) 40:43; 4 C Shelley (Serp) 41:21; 5 K Trinder (Woking) 41:50; 6 D Cattermole (Col H) 42:11; 7 V Caulfield (E&E) 42:56. W50: 1 R Thevenet-Smith (Woking) 41:20.

W60: 1 J Davies (E&E) 42:21; 2 R Tabor (Dulw) 44:34

TEAM: Dulwich Runners

FRASERBURGH 10km

Overall: 1 S Mutch (P'head) 38:37; 2 R Murray (Dark S, M40) 38:37; 3 R Youngson (Fraser, M40) 38:38
Women: 1 S Styles (Metro) 40:18; 2 L Stephen (Fraser) 42:54

GLENMORAY 10, Forres

Overall: 1 B Livesey (Bor) 51:35; 2 J Goodall (Keith, M50) 58:34; 3 M Whyte (I'ness, W45) 59:00
Women: 1 Whyte 59:00; 2 L Ross 66:20; 3 O Wilson (Moray, W40) 66:50
W50: S Houston (Moray) 74:04

GLENMORAY 10km (incorporating North District championships), Forres

Overall: 1 J Whittet (Keith, M40) 34:31; 2 G Lennox (Cambus) 35:18; 3 L Gallantree (Forres, M40) 35:31
Women: 1 C MacLeod (Storn) 38:23; 2 J Bannerman (I'ness) 39:32

MEN'S HEALTH FORUM SCOTLAND 10km, Bellahouston, Glasgow

Men: 1 D Millar (Irv, M40) 31:25; 2 R Gilroy (Cambus) 32:43; 3 T McDonald (Bella H) 33:36; 4 J MacNamara 33:54; 5 C Black (Bella R) 34:17; 6 R Bark (Gallo) 34:22; 7 R Whittington (Bella R, M40) 34:26; 8 K Docherty (Bella R) 34:34; 9 B Carmichael (Bella R) 34:37; 10 D Muir 34:43; 11 G Glendinning (Bella R, M40) 34:52; 12 D Hughes 34:57
M40: 4 G Hester 35:24; 5 G Taylor 35:41

ORCHILL 5km, Gleneagles

Overall: 1 J Sneddon (Irv) 18:59; 2 G Campbell 19:38
Women: 1 E O'Kane (S'earn) 20:49; 2 P Bushell 24:32

HENDON BROOK 13.5M, Nelson

Overall: 1 T Cornthwaite (Salf) 79:04; 2 S Livesey (Acc RR) 86:38; 3 S Edmondson (Horw) 86:58; 4 G Shaw (Clay) 88:26; 5 J Lloyd (Tod) 90:29
M50: 1 I Greenwood (Clay) 92:21. U20: A Holgate (Clay) 91:53
Women: 1 J Butterworth (Skip, W45) 1:45:32; 2 G Whittaker (Clay, W35) 1:49:01; 3 M Blackhurst (Tod, W45) 1:53:28

BATHGATE HALF-MARATHON,

Scotland

Overall (age, club not declared): 1 A MacKay 86:07; 2 M Anderson 83:53; 3 M Gordon 84:58
Women: 1 A Hannah 99:41; 2 M Storrer 1:40:26

RRRRALLYE 10km, Keith

Overall: 1 F Barton (Keith, M55) 39:05; 2 D George 40:05; 3 G Angus 41:42
Women: 1 A Reid 46:54; 2 A Cruickshank 50:13

JUNE 18

CRAGSIDE 10km, Rothbury
Overall: 1 I Harding (Morp) 32:07; 2 M Jones (SSh, M45) 37:09; 3 M Miller (Aln) 38:54
Women: 1 S Morley (Tyne, W45) 40:32; 2 H Ross (W55) 42:26

HUMPH'S HILLY HAF-MARATHON, Bourton-on-the-Water

Men: 1 S Fox (B'mth) 74:35; 2 M Smith (Bour, M40) 76:45; 3 A Bailey (Almost) 77:49
M60: J Bateman (RRC) 88:26. M65: C Talbot (Mid M) 98:13
Women: 1 S Crombie-Hicks (Win, W40) 83:00; 2 D Rasgauski (Strat) 88:40

TIMBERHONGER 10km, Bromsgrove

Overall: 1 R McMahon (HW) 34:59; 2 R O'Sullivan (Mid Mast) 35:47; 3 D Brazier (W&B) 36:12
M50: 1 R Wadey 37:28
Women: 1 L Cox (Tip) 37:48; 2 A Arnold (unatt, W35) 42:35

DROMORE 10km

Men: 1 S Duncan (Omagh) 32:13; 2 T Donnelly (Abney) 35:28; 3 D Cox (Omagh) 36:01
Women: J Butler (Omagh, W35) 39:49; 2 S Maguire 42:42

MOSSTOWIE PRIMARY SCHOOL 5 Elgin

Overall: 1 R Paterson (Forres) 28:40; 2 B Little (Moray, U17) 29:05; 3 R Montgomerie 30:41

Women: 1 M Green (Moray, W35) 32:44; 2 A Robinson 39:09; 3 C Riley 40:45

JUNE 17

DUNHAM MASSEY 5km, Altrincham
Overall: 1 I Grime (NEB, M40) 15:51; 2 D Mahon (Warr) 16:03; 3 M Hatch (Sale) 16:07

M40: 2 M Flatley (M'ton) 16:27; 3 A Timmins (Warr) 16:30. M45: 1 G Rowlinson (Sale) 16:59; 2 G MacNeil (Wilm) 17:01. M50: 1 A Barbat (W'sey) 17:35. M55: 1 D Carrington (Alt) 17:58. M60: 1 F Day (E Ches) 19:25. M65: 1 F Reilly (Stock H) 18:52. M70: 1 A Peers (Spec) 22:17

U20M: 1 H Valentine (S Ches) 16:19

Women: 1 L Thompson (Leigh) 17:43; 2 C Andrew (Spec) 18:02; 3 A Jordan (Stainl) 18:59

W45: 1 C Hemming (Spec) 20:36; 2 C Geraghty (Wilm) 20:37; 3 S Howarth (Traff) 20:49; 4 B Ganose (Spec) 20:56. W55: 1 A Pugh (Alt) 21:13. W60: 1 R Rogers (Deestr) 22:48

BEVERIDGE PARK 5km SERIES, Kirkcaldy

Overall: 1 P Roarty (C'gie) 16:47; 2 J Farquhar (Pit, M50) 16:51; 3 R Clark (C'gie, M40) 17:22
Women: 1 J Kibble (Fife) 18:59; 2 J McWhinnie (Fife, W40) 20:20
W50: M McLaren (Fife) 22:46

DAVE PHILLIPS SERIES, St John's

Overall (10km, age not declared): 1 O Lockley (Manx H) 34:51; 2 A Russell 39:37; 3 C Reynolds 39:39
Women: 1 C Gillings 61:11; 2 D Slater 62:05
Handicap: 1 N Farquhar (Manx F) 54:38; 2 R Lambden (Manx H) 55:05
Overall (2M): 1 T Cringle (Manx F) 15:32; 2 S Brand (Western) 15:55; 3 K Vondy (Northern) 16:12

Women: 1 K Astin (Manx H) 18:15; 2 A Cringle (Western) 19:41
Handicap: 1 Vondy 26:32; 2 Cringle 27:32; 3 S Swales (Northern) 27:42



Freckleton Half-marathon winner Caroline Betmead

MULTI-TERRAIN

JUNE 19

BELTANE 10km, Peebles

Overall: 1 S Cairns (HBT, M40) 35:19; 2 A Hart (HBT) 37:24; 3 M McGovern (Moorf, M40) 38:18
M50: P Kadobinskyj (Harm) 40:58
Women: 1 S Ridley (Edin, W40) 41:26; 2 S Adkin (Moorf, U20) 42:58; 3 C Moss (Moorf, W40) 44:25

LEATHERHEAD ROTARY MIDSUMMER 10km

Overall: 1 S Boaden 39:24; 2 D Hitchcock 39:35; 3 C Wood 39:56
Women: 1 L Dent (Amble) 42:00; 2 S Thomas 42:32

NORTH DOWNS 30km Gravesend

Overall (30km): 1 H Lobb (Serp) 1:52:43; 2 J Rendall (Ton) 1:55:28; 3 D McNeely (Serp) 2:03:56; 4 J Addison (Beck) 2:07:09; 5 W Downey (Camb H, M40) 2:09:01; 6 S Pettit (Ely, M45) 2:09:33; 7 D Cox (WG&L, M55) 2:15:07; 8 J Ashworth-Beaumont (unatt, M40) 2:16:22; 9 D Truopenny (Runn, M55) 2:17:51; 10 J Attwooll (Serp) 2:18:40
Women: 1 A Stearns (Grave, W40) 2:20:37; 2 N Griffiths 2:24:46; 3 M Fraser (Grave) 2:25:15; 4 C Gaskill (Grave) 2:26:18; 5 S Enhard (Comp, W45) 2:28:09
W55: 1 S Musson (Ton) 2:32:24

WELLINGBOROUGH MID SUMMER MADNESS 10km

Overall (10km): 1 D Green 40:42; 2 S Giles (PACTRAC) 43:29; 3 C Tompkins (W'boro) 45:35
Women: 1 N Phillips 62:09; 2 A Barnicoat (W60) 76:02

WELLINGBOROUGH MID SUMMER MADNESS 20km

Overall (20km)
 1 J McKeivitt (Camb) 91:10; 2 B Cooper 98:16; 3 I Archalette (W'boro) 1:54:12
Women
 1 E Murphy (W'boro, W35) 2:02:20; 2 R Fleckney (Ampt) 2:13:08

WELLINGBOROUGH MID SUMMER MADNESS 30km

Overall (30km): 1 S Hayward 2:40:00; 2 D Ilaria 2:43:11; 3 D Tonks 3:05:04
Women: J Needham (Rugby Tri) 3:16:18

JUNE 18

THREE LAKES CLASSIC TRAIL 15, Rother Valley

Overall: 1 D Palmer (Steel, M40) 94:16; 2 G Briggs (Staffs M) 94:33; 3 M Parker 95:26
M40: 2 I Kane (Killam) 96:38
Women: 1 S Fawcett (Run TNT) 1:47:54; 2 S Ilsley (Belper, W35) 1:50:19; 3 L Gray (K'worthy) 1:50:42
W35: 2 C Howard (Totley) 1:51:16

MIDSUMMER MUNRO HALF-MARATHON, Mickleham

Overall (26.2M, 6000ft): 1 N Booker (DMV) 3:59:45; 2 R Westaway (Serp, M40) 4:08:24; 3 E Catmur (THH) 4:10:27
M50: 1 J Hudspith (Serp) 4:21:42
Women: 1 K Mercer 4:49:58; 2 S Van Huyssean (Newb, W45) 5:13:45
W35: 1 P Leroyer 5:24:42
W45: 2 Y Okuzono 5:24:20
Overall (13.1M, 3000ft)
 1 J Clark 1:52:03; 2 D Sweeney 1:54:32; 3 G Capps 1:54:42; 4 D Ashfar (W4H) 1:55:48

M50: 1 J Foss (S Lon) 2:01:34. **M55:** 1 T Epps (Wym) 2:08:51
Women: 1 J Moulder (DMV, W40) 2:17:08; 2 F Alexander (Serp) 2:18:55

JUNE 17

TEMPLETON TRAIL 10km, Dundee

Overall (age not declared): 1 J Crowe (Dund) 32:27; 2 C Love (Dund) 33:47; 3 I McNulty (Dund) 35:46
Women: 1 L Beveridge (Dund) 38:55; 2 G Sangster (Arb F) 39:35; 3 M Taggart (Dund, W50) 42:05

JUNE 16

KIRKINTILLOCH GALA WEEK 10km,

Overall: 1 P Sorrie (Shett) 31:58; 2 R. Gilroy (Cambus) 32:43; 3 C Upson (W'lands CC) 35:19
M40: D Cameron (C'dale) 35:31. **M50:** R Rogerson (Kirkin) 38:07
Women: 1 C Setchell (Shett) 37:49; 2 J Knowles (Scot Pris) 38:32; 3 E McKecharnie (HBT) 38:45

JUNE 15

QUARRELWOOD FOREST RACE, Elgin

Overall (4.52M approx): 1 S Pride (Forres, M40) 24:16; 2 G Barlett (Forres, M40) 24:39; 3 H Archibald (Forres) 25:02
Women (all Moray): 1 O Wilson (W40) 28:13; 2 M Green (W35) 29:07; 3 N Beaton 30:58

ALAN BROCKLEHURST BROWNHOUSE RESERVOIR 5km, Whitworth

Overall: 1 W Smith (K&C) 17:31; 2 C Barnes 17:32; 3 D Brocklehurst (Salf) 17:39; 4 L Spencer (K&C) 17:57
M45: 1 Ireland (M'ton) 18:10. **M55:** 1 Aitchison (Roch) 19:05
Women: 1 J Davison (Roch, U20) 19:34; 2 R Wickham (U20) 21:18; 3 J Butterworth (Roch, W35) 22:08

BRACKNELL FOREST 5

Overall (5M): 1 G Robinson (Sand J) 28:16; 2 J Sherman (Read RR) 28:47; 3 W Stueckle (Sunbury) 29:12; 4 S Balbi (Brack FR) 29:14
M40: 1 M Symes 29:56; 2 I Collier 30:00; 3 A Chappell (Brack FR) 30:11.
M45: 41 M Tennyson (G&G) 30:19.
M50: 1 M Jones (Brack FR) 31:21; 2 M Perrin (Sand J) 31:47. **M60:** 1 T Harrison (Read RR) 33:11; 2 A Webb (Mid M) 35:08

TEAM: 1 Bracknell Forest; 2 Reading RR; 3 Sandhurst Joggers

Women: 1 J Gray (Sand J) 31:35; 2 S Keates (Runn) 33:14
W35: 1 A Salter (Fleet) 33:24. **W45:** 1 M Stedman (WSEH) 34:32; 2 J Eaton (Team K) 34:56

PENSHAW HILL RACE, Penshaw

Overall: 1 L Taylor (Sun S) 16:52; 2 R Bushworth (Sun, M45) 17:14; 3 K Calvert (Sun) 17:19
M35: 1 G Lancaster (Sun) 18:15. **M45:** 2 T Field (Sun) 17:56; 3 J Dobson (Sun) 18:10; 4 P Redman (Sun) 18:23. **M50:** 1 K Maynard (Sun S) 19:07; 2 T Campion (Sun) 19:12. **M60:** 1 S Borlos (NSP) 21:19. **U20M:** 1 F Brodie (Gosf) 18:19
Women: 1 C Duck (Leeds C) 20:01; 2 M Holt (Sun) 20:18; 3 A Fox (Dur) 20:30
W35: 1 M Haughan (Salt) 22:51. **W45:** 1 S Hunter (Blyth) 23:40. **W55:** 1 S Clughen (Sun) 26:30

JUNE 14

HAYWARDS HEATH MIDSUMMER RELAYS, Cuckfield

Men (4x1M approx): 1 Haywards Heath H 26:16 (T Mullen 6:52, M McLoughlin 6:36, P Radford 6:14, R

Mullen 6:34); 2 Haywards H B 28:43; 3 Burgess Hill R 29:59
Fastest: Radford 6:14

M40 (4x1M approx): 1 Burgess Hill R 30:07 (T Symes 7:24, S Condie 7:56, D Oldfield 7:20, M Ramshaw 7:27); 2 Haywards H 32:13; 3 Burgess H R B 35:14

Fastest: McLoughlin 6:36

Women (4x1M approx): 1 Burgess Hill R 31:31 (S Sturgeon 8:20, S Symes 8:26, J Bryce 7:21, F Bussell 7:24); 2 Haywards H Juniors 32:58; 3 Haywards H 34:23

Fastest: Senior: Bussell 7:24. **W35:** Bryce 7:21

YORKSHIRE VETERANS' GRAND PRIX SERIES, Pudsey

Overall (5M approx): 1 D Watson (Holm, M40) 28:32; 2 G Mulholland (Stain) 29:10; 3 R Pattinson (P&B, M45) 29:45; 4 J Holah (P&B, M50) 29:52; 5 P Stevenson (P&B, M45) 29:59; 6 C McIntosh (P&B, M40) 30:02; 7 Neil Armitage (P&B, M40) 30:09; 8 Nigel Armitage (Puds P, M35) 30:14; 9 C Keedy (St Ther, M40) 30:26; 10 W Kerr (Aire, M35) 30:38

M55: J Ewart (Holm) 32:11. **M60:** C Gill (St Ther) 35:44. **M65:** D Spendlove 37:43. **M70:** M Coles (Vall) 41:20

TEAM: 1 Pudsey & Bramley 786; 2 Holmfirth H 749; 3 Pudsey Pacers 734
Women: 1 K Pickles (Puds P, W40) 34:43; 2 M Sykes (Holm, W40) 35:29; 3 J Field (Stain, W35) 35:42; 4 J Khoueiry (Holm, W35) 36:09; 5 L Ewart (Holm, W55) 38:49; 6 A Baldwin (Stain, W55) 39:00

W60: C Wilkes (Horsf) 50:35. **W70:** M Lenaghan (C gates) 49:59

TEAM: 1 Pudsey Pacers 370; 2 Stainland Lions 355; Horsforth H 341

QUEEN MOTHER RESERVOIR 10km SERIES, Horton

Overall (10km): 1 C Coleman (WSEH, M40) 34:32; 2 J Reppel (Chit) 34:33; 3 W Stueckle (Sudbury) 34:51
M40: 2 M Murray (N York M) 37:24
Women: 1 E Barnes (Read RR) 39:35; 2 J Johnson (RAF) 42:03

Overall (5km)

1 J Durrant (Runn, M40) 18:21; 2 M Walker (M40) 18:25; 3 P Mannion (Wind VR, M40) 18:34
Women: 1 S Unwin-Mann (Read RR, W40) 20:01; 2 S Holt (Read RR, W35) 20:19
W45: 1 P Thomas (ESM) 21:18. **W50:** 1 C Jones (ESM) 21:25

JUNE 7

CORFE MULLEN CARNIVAL 5km

Overall (5km): 1 S Hogan (Poole R) 16:43; 2 R Ineson (Poole R, U20) 16:59; 3 A Smith (Poole R, U20) 16:59
M45: 1 R Kellaway 17:31. **M50:** 1 J Aylemore (Poole R) 19:16. **M70:** 1 R Panter (Eg H) 23:46. **U20M:** 3 L Chandler (Poole R) 17:18; 4 J Arundel (B'mth) 17:20

Women: 1 L Lamb (Poole R, U20) 20:34; 2 S Hutchings (Wimb, U20) 20:47

W45: 1 L Hutchings (Wimb) 21:13. **W50:** 1 H Ambrosen (Poole R) 22:32; 2 J Neal (Poole) 22:47

JUNE 6

SELF TRANSCENDENCE 3, Oxford

Overall: 1 M Coffey (Oxf C) 15:47; 2 L Newell (Abing) 16:01; 3 L Faulkner (St Ed Sch) 17:50

M55: J Wigmore (Abing) 18:40

Women: 1 L Richards (S'ville) 18:01; 2 L Hawtin (Oxf C, U17W) 18:21; 3 B Hawtin (Oxf C, U15W) 18:25

W50: G Hueter (Oxf C) 22:26



Huw Lobb on his way to winning the North Downs 30km

JUNE 5

SEVEN SINS 7

Blakeney

Overall: 1 K Mazzucca (W) 57:43; 2 J Maynard 58:47; 3 M Matthews 59:09; 4 A Manley 59:32
Women: 1 Mazzucca 57:43; 2 L Summers 64:03; 3 R Jinny-Jones 66:04; 4 C Ansell 70:56

WESTBRIDGE 5, Stone

Overall: 1 M Dalkins (Tel, M40) 26:09; 2 R Holroyd (Staffs M, U20) 27:05; 3 D Mansbridge (Tel, M45) 27:36; 4 M Needl (Stone MM, M40) 27:52; 5 J Goodwin (Boalloy, M40) 27:56; 6 R Hughes (Tel H) 28:00; 7 M Eustace (C&S, M50) 28:02; 8 M Flint (Newc S, M45) 28:31

M50: 2 K Amos (Chead) 29:25; 3 M Hull (Trentham) 29:54

Women: 1 A Lavender (Osw) 29:55; 2 S Hollinshead (Trentham, W40) 30:28;

3 M Vernon (Trent, W40) 30:50; 4 M Buckle (Newc S, W35) 31:36; 5 J Payne (Mich) 32:08; 6 R Watchorn-Rice (Chead, W40) 32:53

JUNE 1

WIRRAL SEASIDE RUNS, Leasowe

Overall (4.91km)
 1 M Keeley (Liv H) 15:32; 2 M Hulmston (Wirr) 16:01; 3 R Grantham (Elles P) 16:14; 4 S Jeffs (Elles P) 16:17; 5 J McNally 16:31

M45: I Cooper (Elles P) 16:52. **M50:** A Barbat (W'sey) 17:06. **M55:** A McDevitt (Wirr) 18:18

Women
 1 J Neville (W45) 22:22; 2 L Madden (W45) 23:01; 3 S Parker (Pens) 24:12

ROSEISLE FOREST RUN, Burghhead

Overall (4.5M): 1 R Paterson (Forres) 24:05; 2 S Pride (Forres, M40) 24:26; 3 C Green (Moray) 24:29; 4 S Thompson (Nairn R) 24:32; 5 J Ward (Forres) 24:34

M50: M Johnson (Metro) 25:08
Women: 1 A Dargie (Els) 25:34; 2 O Wilson (Moray, W35) 25:41; 3 E Jenkins (Moray, W35) 27:31

FELL

JUNE 19

KINDER TROG, Hayfield

Overall (16M/3490ft): 1 D Allcott (Dark Pk, M40) 1:54:34; 2 T Brunt (Holm) 1:54:36; 3 N Northrop (Dark Pk) 2:00:07
Women: 1 C Howard (Mat, W40) 2:15:44; 2 S Lomas (Stock H) 2:17:49; 3 S Cooper (G'dale, W40) 2:19:13

HELM HILL, Oxenholme

Overall (3.3M/900ft): 1 T Addison (Helm H) 21:54; 2 A Dunn (Helm H) 22:40; 3 I Nixon (P&B) 22:54
Women: 1 E Flangan (Ross) 27:17; 2 M Hyder (Helm H, U20) 28:02; 3 R Slattery (Kesw, W40) 32:32

U17 (1.5M/400ft approx): 1 W Smith (Helm H) 10:27; 2 B Johnstone (Wharf) 11:15; 3 P Done (Wharf) 11:20

U17 women: 1 L Williamson (Ross) 13:23

U14 (1M/250ft approx): 1 N Orr (Bord) 7:30; 2 H Muir (Wharf) 7:54; 3 L Davies (Wharf) 8:02

U14 women: 1 R Flanagan (Ross) 8:41; 2 M O'Reilly (Helm H) 8:43; 3 E Lambert (Wharf) 8:45

U12 (0.7M/100ft approx): 1 C Lowry (Wharf) 4:15; 2 J Lund (K&C) 4:26

U12 women: 1 S Atkinson (Helm H) 4:50; 2 S Williamson (Ross) 5:03

FLAGSTAFF TO CARLINGFORD, Newry

Overall (11M/3100ft): 1 S Cunningham (Mourne) 98:14; 2 D Woods (Mourne) 98:41; 3 J Steed (B'mena) 1:40:02

Women: 1 S O'Kane (Lagan, W40) 2:02:32; 2 C Largey 2:07:14; 3 J Toal (BARF, W40) 2:23:08

SEVEN HILLS OF EDINBURGH, Caltion Hill

Overall (14M/2200ft): 1 R Houston (Center) 98:29; 2 A Anthony (HBT) 1:42:17; 3 A Wright (C'gie) 1:43:13

Women: 1 J MacLean (Edin) 2:04:34; 2 N Christie (Edin) 2:08:09; 3 S Johnston (Portob) 2:11:48

TOM TITTIMAN, Wadsworth

Overall (4M/600ft): 1 J Williams (Charn) 28:17; 2 A Thorpe (Clader V, M40) 29:47; 3 B Traviss (Hali, U16) 30:00
Women (all Calder V): 1 S Newman (W50) 33:54; 2 G Sugden 33:55; 3 A Johnson (W45) 35:00

ARTHUR JONES BRADDA, Isle of Man

Overall (15M/4100ft): 1 L Taggart (Manx F, M40) 2:00:49; 2 S Skillicorn (Manx F) 2:11:34; 3 M Armstrong (Manx F, M40) 2:17:50
Women: 1 R Wallace (Manx H) 2:50:51; 2 C Caren (Manx F) 3:19:05; 3 S Curphey (Manx H) 3:19:37

JUNE 18 GREAT HILL FELL RACE, Brinscall, Chorley

IN uncharacteristically warm conditions, the race was dominated by Marc Tillotson, who finished almost a minute clear of Duncan Anderson in 36:08. Veteran Lynne Clough had an outstanding run to finish more than four minutes ahead of Scot Briony Curtis in 42:36.

Overall (5.75M/1300ft): 1 M Tillotson (Bolt) 36:08; 2 D Anderson (Tri Prest) 37:07; 3 P Guinan (B'burn, M40) 38:10
TEAM (M&W): 1 Blackburn H 29; 2 Chorley H 40; 3 Southport Waterloo 43
VETS TEAM: Southport Waterloo 43
Women: 1 L Clough (Chor H, W40) 42:36; 2 B Curtis (HBT) 46:40; 3 A Kelly (Clay, W45) 46:46

ARRAN DISTILLERY GLEN ROSA HORSESHOE, Brodick

Overall (13M/5500ft): 1 A Anthony (Ochil) 2:33:15; 2 K Rawlik (C'thy) 2:34:04; 3 S Whittle (C'thy, M40) 2:35:21
TEAM: Carnethy Hill Runners 26
Women: 1 E Wardlaw (HBT) 3:18:31; 2 A Finlay (Ochil) 3:19:43; 3 J Connor (Moorf) 3:35:00

CONONLEY

Overall (3M/958ft): 1 M Wilkinson (Bing, W) 26:37; 2 J Raven (Card) 27:25; 3 S Brock (K&C) 28:10
Women: 1 Wilkinson 26:37; 2 T Gavins (K&C, W50) 36:26; 3 H Thom (K&C, U20) 38:12

MOEL HEBOG, North Wales

Overall (4M/2400ft): 1 F Jones (Aberys) 50:48; 2 A Jones (Aberys) 52:08; 3 R O'Donnell (Eryri) 55:54
Women: 1 L Callaghan 72:09

RERSERVOIR BOGS, Wadsworth

Overall (7M/1000ft): 1 T Brunt (Holm) 69:50; 2 J Williams (Charn) 69:53; 3 J

Logue (Calder V, M40) 71:27
TEAM: 1 Calder Valley FR 12; 2 Todmorden H 40; 3 Wigan Phoenix 81
Women: 1 H Gardner (Calder V) 95:17; 2 G Sugden (Calder V) 1:40:28; 3 I Hughes (B'den RR, W45) 1:46:10
TEAM: 1 Calder Valley FR 9; 2 Wigan Phoenix 41

JUNE 17

ICKEN HILL WHIZZ, Mytholmroyd Overall (3M/1000ft)
1 B Mounsey (Calder V) 20:05; 2 A Whittern (Calder V) 20:36; 3 S Carey (Tod, U18) 20:52
TEAM: 1 Calder Valley FR 7; 2 Todmorden H 20; 3 Wigan Phoenix 134
Women: 1 S May (Tod) 25:33; 2 G Sugden (Calder V) 25:45; 3 A Johnson (Calder V, W40) 27:23
TEAM: 1 Calder Valley FR 10; 2 Todmorden H 18

JUNE 16

WALSH TWO LADS, Horwich Overall (5.25M/900ft): 1 G Priestley (Horw) 31:06; 2 R Hope (P&B) 31:16; 3 D Hope (L&B) 31:38
Women: 1 L Brindle (Horw) 38:12; 2 L Clough (Chor H, W40) 39:21; 3 N Jackson (Prest) 40:58

ROCKY, Hilltown, Co Down

Overall: 1 A Niblock (Mourne) 32:37; 2 A McKibben (Newc NI, M40) 32:58; 3 N Carty (N Belf, M40) 33:11
Women: 1 S O'Kane (Lagan, W40) 40:30; 2 A Sandtford (Newc NI, W45) 41:46; 3 D Wilson (Lagan, W40) 41:58

JUNE 15

TEBAY, Penrith Overall (8M/3000ft): 1 R Jebb (Bing) 73:08; 2 C Bell (Howg) 74:31; 3 J Davies (B'dale F) 75:04
Women: 1 H Robinson (Amble) 98:17; 2 C Evans (Kesw) 1:40:36

JUNE 14

WHORLTON CHASE, Swainby Overall (7M/1080ft): 1 P Butler (Loft, M45) 44:57; 2 W Horsley (N'land F) 45:25; 3 G Webb (Calder V, M50) 45:46
TEAM: 1 Loftus & Whitby 38; 2 North York Moors 57; 3 Esk Valley FR 74
Women: 1 K Rawnsley (Scar) 49:28; 2 K Neesam (N Marse, W40) 51:38
TEAM: 1 Scarborough 10; 2 Sunderland Strollers 38; 3 Quakers 62

UP THE BEAST, Maeshafin

Overall (4.5M/1500ft): 1 J Brown (Buck) 35:25; 2 N Parry (Clwyd) 36:53; 3 A Braughton (Hels) 38:30
Women: 1 J Ashbrook (Hels) 44:55; 2 S Loach (Pens) 45:40; 3 M Gillie (Clwyd) 46:04

JUNE 11

WEETS, Barnoldswick Overall (5.5M/1800ft): 1 M McGoldrick (Wharf) 40:05; 2 J Craig 41:41; 3 L Morley (Ilkley) 42:27
Women: 1 L Needham (Holm) 51:07; 2 L Slater (Clay, W40) 52:20; 3 L Whittaker (Wharf, W45) 56:08
U14 (1.6M/300ft approx, all Bing): 1 L Strause 14:33; 2 L Boden (W) 14:44; 3 M Nichol (W) 14:56
U14 women: 1 Boden 14:44; 2 Nichol 14:56; 3 A White (Bing) 16:11
U12 (0.8M/150ft approx): 1 J Boyle (Hynd) 8:03; 2 A Stewart (Bing) 8:10; 3 M Merrick (Bing) 8:32
U12 women: 1 V Merrick (Bing) 9:10; 2 E Root (Clay) 10:04

TRAPRAIN LAW, East Linton

Overall (6.5M/650ft): 1 H Haines (Edin U) 39:13; 2 A Green (Portob)

40:46; 3 H Jones (HBT) 41:09
Women: 1 R Anderson (Dunb, W40) 50:03; 2 S Johnston (Portob, W40) 51:39; 3 R Johnstone (Portob) 53:53
TEAM (M&W): Portobello RC

DURISDEER, Dumfries-shire

Overall (10.5M/3800ft): 1 J Davies (B'dale F, M40) 92:01; 2 K Cullison (Eden R) 1:41:24; 3 A Anderson (C'thy, M40) 1:45:48
Women: 1 J Connor (Moorf) 2:03:13; 2 S Singh (W40) 2:08:07; 3 P O'Brein (HBT, W50) 2:15:17

JUNE 10

BARLEY CABIN, Barley Overall (4M/1000ft): 1 G Shaw (Clay) 32:45; 2 A Stubbs (clay, M40) 33:05; 3 C Holmes (Wharf) 33:16
Women: 1 J Butterworth (Skip, W45) 39:16; 2 G Whittaker (Clay) 40:49; 3 W Mousley (Acc) 41:48

DOWNHILL DONARD, Newcastle, Northern Ireland

Overall (2.5M/850M desc)
1 J McCloy (B'mena) 16:14; 2 B Wells (Newc NI, M45) 17:13; 3 O Largey 17:51
U20: N McComb (Newc NI) 17:59

JUNE 9

HEBDEN BRIDGE Overall (5.9M/1150ft): 1 B Mounsey (Calder V) 42:37 (rec); 2 G Mulholland (Clader V) 44:02; 3 S Carey (Tod) 44:11
Women (all Calder V)
1 H Fines 51:48 (rec); 2 A Johnson (W40) 55:15; 3 J Porter 55:33

TANSLEY, Matlock

Overall (4.3M/600ft): 1 J Stevens (Wirk) 25:46 (rec); 2 K Edwards (Tam) 26:41; 3 M Stenton (Dark Pk, M50) 27:28
Women: 1 J Reed (Mat) 31:17; 2 S Grimes (Wirk, W50) 34:13; 3 E Taylor (Wirk) 34:42

ABBEY RUNNERS' ANNIVERSARY RACE, Kettlewell

Overall (5M/1800ft, all Wharf): 1 T Mason 36:29 (rec); 2 W Smith 37:05; 3 M McGoldrick 38:02
Women: R Bamford (Otl) 44:34; 2 T Hird (Wharf) 48:20; 3 C Bradley (Wharf) 50:14

MONUMENT, Tollymore Forest, N Ireland

Overall (4M/1000ft): 1 A McKibben (Newc NI, M40) 29:30; 2 N Carty (N Belf, M40) 30:10; 3 A Niblock (Mourne) 30:29
Women: 1 S O'Kane (Lagan, W40) 36:08; 2 A Sandford (Newc NI, W45) 36:46; 3 D Wilson (Lagan, W40) 38:07

PARKRUN

Parkrun 5km, June 18

NORWICH provided the three fastest men's times with Alex Dunbar, who finished in the top 20 in the Inter Counties cross-country, the quickest. The best age-graded winner was a quality battle as double Olympic finalist Sheila Carey came out on top from



Carl Bell heads towards victory at Settle

former world 5000m record-holder Paula Fudge. Maxine Czarnaeka was the quickest woman of the week by more than a minute.

- Fastest men**
Norwich: A Dunbar 15:31
Norwich: B Russell 15:42
Norwich: N Earl 15:43
Edinburgh: R Ward 15:56
Bushy Park: M Trees 16:07
Brighton & Hove: J Sharkey 16:10
Richmond Park: J Murdoch 16:11
Cardiff: I Harrett 16:11
Wanstead Flats: B Powell 16:21
Middlesbrough Albert: T Carter 16:27
Brighton & Hove: M Bristow 16:27
Wormwood Scrubs: L Huang 16:29
Brighton & Hove: H Bristow 16:31
Age Graded Winners
Brueton: S Carey 21:37 W60 94.83%
Frimley Lodge: P Fudge 20:59 W55 90.79%
Bushy Park: M Trees 16:07 M45 90.07%
Edinburgh: E Gilchrist 23:29 W65 89.99%
Middlesbrough Albert: S Gibson 22:52 W60 89.65%
Hull: B Jackson 19:50 W50 87.48%
Norwich: C Robilliard 18:17 M55 86.24%
Richmond Park: J Murdoch 16:11 JM15 85.99%
Leamington: M Williamson 20:02 W50 85.52%
Newcastle: M Czarnaeka 17:24 W30 85.06%
Brighton & Hove: C Naylor 21:31 W55 84.97%

- Pooler: L Lascelles 19:13 W45 84.91%
Black Park: B James 19:36 M60 84.78%
Glasgow: E Christie 21:00 W50 84.76%
Coventry: Z Hyde Peters 19:31 W45 84.63%
Strathclyde: A Derrick 16:53 M45 84.60%
Waterworks: G Branagh 19:34 W45 83.39%
Bedford: E O'Sullivan 20:50 W50 83.28%
Huddersfield: L Mannion 23:16 W60 83.09%
Valentines: R Dzikowski 17:29 M45 83.03%
Brighton & Hove: C Wood 19:48 W45 83.42%
Pennington Flash: J Whittington 19:51 M60 82.96%
Cambridge: J Vickery 19:43 W45 82.76%
Fastest women
Newcastle: M Czarnaeka 17:24
Hackney Marsh: A Gounelas 18:33
Wimbledon: R Clifton 18:46
Newcastle: J Lee 18:35
Heaton: C Taylor 18:45
Cambridge: L Barklie 18:54
Basingstoke: K Robson 18:59
Frimley Lodge: J Blomquist 19:00
Bramhall: S Lomas 19:04
Brueton: R Smith 19:18
Braunstone: K McBlane 19:20
Cannon Hill: V Dixon 19:20
Bushy Park: K Mellor 19:22
Norwich: A Smith 19:27
Cambridge: R Jones 19:31



Lynne Clough out on her own at the Great Hill Fell Race

EVENT ORGANISERS

- » Please send results immediately after the conclusion of the event to results@athleticsweekly.com, ideally on Excel spreadsheets.
- » Fax to 01733-808535 if this is not possible.
- » See www.athleticsweekly.com for our standards

SPONSORED BY:



CLAIM YOUR RANKING AT RUNBRITAIN.COM

To advertise your road race, call 01733-808545 or email catherine.dugdale@athleticsweekly.com

Manchester Harriers & AC

PLATT FIELDS 10K

Sunday 26 June 2011 – 11am

Traffic free paths inside Platt Fields Park, Mabfield Road, Fallowfield, Manchester M14 6LP
10K Entry Fee - £7 (£5 affiliated athletes). Pre-entries close on 22 June.
Prizes: Men first 5 individuals. Women first 3 individuals. Plus age categories.
Also Junior 3K U17/U15/U13 – 10:30am – Entry £2. Prizes to first 3 in each age group.
Tel: 0161-795 6310/email Brenda: arnoldbradshaw@btinternet.com

The Bewl 15

ORGANISED BY: **WADHURST RUNNERS**

3rd July 2011
Start 10:30
UKA Permit no. 2011-101364

A challenging, undulating, multi terrain 15 mile race around the beautiful Bewl Water.
Race entry Attached £15 or unattached £17 plus £2 on the day.
Online entry at runbritain.com or runnersworld.co.uk
Check out our website www.bewl15.co.uk for more details

Bracknell Samaritans Annual 10k & 5k Run

Sunday 3rd July 2011, at Wellington College, Berkshire
Entry Donations: 10km Race (16yrs & over) £10, 5km Race (11-15yrs/16yrs & over) £5/£8

www.samaritans.org/bracknellsamsrun2011

To celebrate the 30th Anniversary of the event this year there will be a celebratory picnic party! Supporters will enjoy picnic areas, activities & entertainment throughout the event, for a donation of just £2 per ticket.

SAMARITANS
Charity Registration No. 219432

Tadley Runners.

Summer 10K Road Race

11am on Sunday 3rd July 2011
Hurst Community School, Tadley, Hants, RG26 5NL
£8 attached / £10 (U/A) / £1 extra on day

An accurately measured course through the lanes of Hampshire

Entry form or online entry available at:
www.tadleyrunners.hampshire.org.uk

ABERDARE 10K

SUNDAY 3RD JULY 2011

TO REGISTER CALL 01656 867 968 OR VISIT
WWW.RUNNERSWORLD.COM/ABERDARE 10K

Register Charity no. 261017

Romney Marsh Rotary Club 10K

Sunday 10th July 2011 at 10.30am
St. Martin's Field, New Romney, Kent

Circular run round flat Romney Marsh Lanes
Entry: £12 attached, £14 unattached, Licence No 101660
Entry details from: rpmoses984@aol.com - 01797 363175

Lee Valley 10k and Fun Run

Sunday 10 July 2011 from 10am
River Lee Country Park,
Waltham Abbey, Essex (J26, M25)

08456 770 600 www.leevalleypark.org.uk

CHEADLE 4

Tean Road, Cheadle, Staffs, ST10 1LG - Sunday 10th July 2011 at 10:30

Prize List: First 6 Men / First 3 Ladies / Leading vets in age groups.
Entry Fees: £5 for attached, £7 (U/A) (+£2 on the day). Cheques to **Cheadle Running Club**
Please add 9x6 SAE for race number. Postal entries close Saturday 2nd July.
Entries to: B. Clutton, 69 Thorley Drive, Cheadle, Stoke-on-Trent, ST10 1SF
www.cheadlerunningclub.co.uk

DEBDALE PARK 7km

Sunday 10th July 2011 - 11.00 am

Eddie Cheetham Memorial Race - U17 3km at 10.30am
Entries to: Debdale Grand Prix, 6 Tirza Avenue, Burnage, Manchester, M19 2JY
Entry Fees for 7km – Club Member £4 unattached £6 - £2 extra late entry / on the day
Entry Fees for 3km – Club Member £2 unattached £2 - £2 extra late entry / on the day
Cheques to "Belle Vue Racers" or enter online at www.ukresults.net
Full details on www.bellevueracers.co.uk

NISSAN BAILEY'S NISSAN 01227 766777

Canterbury Harriers

THE MOUNT EPHRAIM SUMMER 10K ROAD RACE

Sunday 10th July 2011, 11am start
Entry £11 Attached £13 Unattached £15 on day
Entry forms & full details www.mountephrain10k.org.uk
Online entry at www.runnersworld.co.uk
£1 from each entry will be donated to Demelza House Children's Charity

The BNY Mellon Brentwood 10K Road Race
(incorporating The Essex 10K Championship)

BNY MELLON
Sunday 17th July 2011 at 11.00am

Venue: Herongate FC (CM13 3PS), on A128 South East of Brentwood, Essex
Prizes: Winner (M/W)-£100. Vouchers to 2nd, 3rd age cats. T-shirt to all finishers
Fees: £9 Affiliated / £11 U-A / +£1 Essex Champs / £12 on the day (if available)
Full details and online entry at www.thriftgreentrotters.co.uk

BINGLEY SHOW 3 MILE TRAIL RACE

SHOW FIELD, MYRTLE PARK, BINGLEY
SATURDAY 23rd JULY 2011. Race start 11:20

ENTRY FEE: £7.50 Includes free entry to the show (worth over £7) to all who pre-enter before 16 July.
Cheques payable to Bingley Harriers & AC. Please enclose a 9x6 SAE (Please ensure correct postage!)
Entries to: Entry Secretary, Glen Esk House, Street Lane, West Morton, West Yorkshire BD20 5UP.

Details on www.bingleyharriers.org.uk

31ST BURNHAM BEECHES HALF MARATHON

Sunday 21st August 2011 at 10.00 am
Caldicott School, Farnham Common, Bucks, SL2 3SL
BARR Gold event. SEAA Course Certificate 06/112.
Inc Southern Counties Veterans AC (SCVAC) Champs

Entry fees: £16 UKA affiliated, £18 other runners. Entries on the day +£4
Postal entries to: Burnham Joggers, PO BOX 2307, Maidenhead, SL6 0WD
Or online at WWW.burnhamjoggers.co.uk

Dorset Blind Association

Hengistbury Hundred 5km & 10km Charity Runs
Sunday 24th July. 5km-9:15am / 10km-9:00am
St Catherine's Path, Southbourne Promenade
Registration opens at 8am near Bistro on the Beach, BH6 4BE. Entry fee - £5. U16's - £2.50

Entry forms at www.dorsetblind.org.uk

MULTI-TERRAIN

Thursday June 23

BAGGERIDGE 5km
Baggeridge Country Park, Dudley, West Midlands. 7pm.
www.actionheartrunning.com
Entry: £7.50.

BRADFORD ON AVON 5km SERIES
Barton Farm Country Park, Bradford on Avon, Wiltshire. 7pm.
www.dbmax.co.uk
Entry: £5.50. Extra on day: £1.

FORDE ABBEY 10km
Forde Abbey, Chard, Somerset. 7pm.
www.fordeabbeyrun.co.uk
Entry: £8. Extra on day: £2.

Friday June 24

CALDERGLEN HARRIERS 5/10km
East Kilbride Sports Club, Calderglen Country Park, East Kilbride, Glasgow. 7.30pm.
www.calderglenharrriers.org.uk
Entry: £6/£8. Extra on day: £1.

COLWORTH 5
Colworth Sports Clubhouse, Yelnow Lane, Sharnbrook, Bedfordshire. 7pm.
colworthstriders@hotmail.com
www.colworthstriders.org.uk
Entry: £8.

NEAR AS DAMN IT 10km SERIES
SLH HQ, Brighton Road, Coulsdon, Surrey. 7.30pm.
www.southlondonharrriers.org
Entry: £3.

POOLE RUNNERS SUMMER 3.5 SERIES
Upton Country Park, Poole, Dorset. 7.30pm.
www.poolerunners.com
Entry: £2 on the night.

ULTRARACE 100
Stratford-upon-Avon, Warwickshire. Noon. Until Saturday June 25.
www.ultrarace.co.uk
Entry: £40.

Saturday June 25

ANGELA DEEGAN COWM RESERVOIR 5km
CANCELLED.

COLWORTH 8
Colworth Sports Clubhouse, Yelnow Lane, Sharnbrook, Bedfordshire. Noon.
colworthstriders@hotmail.com
www.colworthstriders.org.uk

Entry: £9. Extra on day: £3.

DOWNLANDS FAYRE 5
Downlands School, Dale Avenue, Hassocks, Sussex. 2.30pm.
www.downlands-w-sussex.sch.uk
Entry: £6. Extra on day: £2.

G3 10km SERIES
Newlands Corner, Drove Road, Guildford, Surrey. 7pm.
www.g3series.co.uk
Entry: £16.

HOLLY CHALLENGE HALF-MARATHON/MARATHON
Lightmoor, Shropshire. Noon.
www.codrc.co.uk
Entry: £15.

WHALEY WALTZ 5.75
Carnival Show Ground, Whaley Bridge, Derbyshire. 2.15pm.
www.goytvalleystriders.org.uk
Entry: £5.

Sunday June 26

AMBERSWOOD 5km
Spring View Sports Club, Wigan, Lancashire. 11am.
pbar@blueyonder.co.uk
Entry: £7. Extra on day: £1.50.

BLANDFORD BRIDGES RUN 10km
Blandford School, Blandford, Dorset. 10.30am.
blandfordbridgesrun@hotmail.co.uk
www.blandfordbridgesrun.co.uk
Entry: £7. Extra on day: £1.

COLWORTH HALF-MARATHON
Colworth Sports Clubhouse, Yelnow Lane, Sharnbrook, Bedfordshire. Noon.
colworthstriders@hotmail.com
www.colworthstriders.org.uk
Entry: £12. Extra on day: £3.

G3 10km SERIES
Newlands Corner, Drove Road, Guildford, Surrey. 8.30am.
www.g3series.co.uk
Entry: £16.

GREAT LANHYDROCK 10
Lanhydrock House, Lanhydrock Park, Bodmin, Cornwall. 10am.
www.nationaltrust.org.uk/lanhydrock
Entry: £10. Extra on day: £2.

HEPWORTH DRYAD 5
Hepworth, near Holmfirth, West Yorkshire. 10am.
hepworthdryad5@hotmail.co.uk
www.ukresults.net
Entry: £8. Extra on day: £2.

JHGSPA 10km

Penn House Estate, Amersham, Buckinghamshire. 10am.
<http://jhgspaschoolruns2011.weebly.com>

Entry: £12. Extra on day: £3.

KIELDER 30km
Kielder Castle Visitor Centre, Kielder, Cumbria. 10am.
www.highterrainevents.co.uk
Entry: £18.

KNOLE-IGTHAM LONG CHALLENGE 7/14/21km
Sevenoaks Leisure Centre car park, Sevenoaks, Kent. 10am.
www.saxons-oc.org
Entry: £7. Extra on day: £2.

LITTLE EATON 5
St Peters Park, Little Eaton, Derbyshire. 10am.
cathygez@fsmail.net
Entry: £5. Extra on day: £2.

NORTH DEVON AONB HALF-MARATHON/MARATHON
The Esplanade, Woolacombe, Devon. 10am.
www.northdevonmarathon.co.uk
Entry: £30.

SAUCONY STANMER 5 ELITE
Stanmer Park, Brighton, Sussex.
info@stanmerparkraces.co.uk
www.stanmerparkraces.co.uk

SHERBORNE 10km
C of E Primary School, Sherborne, Gloucestershire. 10am.
www.sherborneschool.co.uk
Entry: £6. Extra on day: £2.

STANMER PARK 8km
Stanmer Park, Brighton, Sussex. 9am.
info@stanmerparkraces.co.uk
www.stanmerparkraces.co.uk
Entry: £10. Extra on day: £2.

STAPLEHURST CARNIVAL 10km
Surrenden Road Playing Field, Staplehurst, Kent. 10am.
www.nice-work.org.uk
Entry: £10. Extra on day: £2.

STORTFORD 10
Bishops Stortford RFC, Bishops Stortford, Hertfordshire. 10.30am.
www.bsfc.org.uk
Entry: £10. Extra on day: £4.

SUTTON COLDFIELD 10km
Town Gate, Sutton Park, Sutton Coldfield, West Midlands. 10.30am.
www.kpevents.net
Entry: £12. Extra on day: £3.

TAMWORTH GATE GALLOP 10km
Anker Valley Football Pitches,

Tamworth, Staffordshire. 9.30am.
www.gategallop.co.uk
Entry: £8. Extra on day: £2.

TRENT PARK TRIFFIC 10km
Trent Park, Cockfosters, London. 10.30am.
www.trentparkrc.org
Entry: £13. Extra on day: £4.

WIGAN THINK AHEAD 5km
Haigh Hall Country Hall, Haigh, Greater Manchester. 10am.
www.think-ahead.org.uk
Entry: £8.

YTHAN CHALLENGE 11km
Meadows Sports Centre, Ellon, Aberdeenshire. 11am.
info@ythanchallenge.org.uk
www.ythanchallenge.org.uk

Wednesday June 29

CROWTHORNE WOODLAND 5
Upper Broadmoor Road, Crowthorne, Berkshire. 7.30pm.
www5@finchcoasters.org.uk
www.finchcoasters.org.uk
Entry: £7. Extra on day: £1.

IRONBRIDGE 4
Tontine Hotel, Ironbridge, Shropshire. 7.30pm.
www.telfordrunning.co.uk
Entry: £5.

JOYDENS WOOD 5km SERIES
Joydens Wood, Dartford, Kent. 7.15pm.
www.dartfordroadrunners.co.uk
Entry: £5.

LLANWONNO 5
Brynffynon Inn, Ynysybwl, Glamorgan.
www.pontypriddoadentsac.org.uk

MONAUGHTY FOREST 4
Torrieston Woodland Walks car park near Pluscarden, Inverness-shire. 7.15pm.
www.forresharriers.org.uk
Entry: £3 on the day.

SUE ROTHWELL BROWNHOUSE RESERVOIR 5km
Albion Inn, Rochdale, Lancashire. 7pm.
info@andemrunners.co.uk
Entry: £4. Extra on day: £1.

Thursday June 30

ASH TOWN TREE 7
Ash Primary School, Ash, Somerset. 7pm.
www.ashexcellenteight.com
Entry: £8. Extra on day: £2.

What's On TV guide

Sky Sports 4HD
Saturday June 25: 5.30am – IAAF
Athletix (plus various other times)

CUERDEN VALLEY BADGER 10km SERIES

The Barn, Berkeley Drive, Bamber Bridge, Lancashire. 7.30pm.
ckenny@lancswt.org.uk
www.lancswt.org.uk
Entry: £6 on the night.

DELAMERE SUMMER DASH 6
Whitefields Car Park, Delamere Forest, Delamere, Cheshire. 7pm.
www.epicevents.org
Entry: £15. Extra on day: £3.

TINTERN TROT
Tintern, Gwent. 7.30pm.
tinterntrout@chepstowharrriers.org.uk
www.chepstowharrriers.org.uk

Friday July 1

COLIN POTTER MEMORIAL 10km
Haslam's, Haslam's Lane, Derby. 7.15pm.
www.colinpotter10k.com
Entry: £8. Extra on day: £2.

Saturday July 2

ABNEY HALL 5km
Abney Hall, Cheadle, Cheshire. 9.30am.
www.abneycheaderun.co.uk
Entry: Free.

BIRMINGHAM AND BLACK COUNTRY HALF-MARATHON
Wolverhampton Railway Station, Wolverhampton, West Midlands. 9am.
www.bbchm.co.uk
Entry: £14. Extra on day: £6.

CHARMOUTH CHALLENGE 8
Charmouth School, Lower Sea Lane, Charmouth, Dorset. 3pm.
www.charmouthchallenge.co.uk
Entry: £8. Extra on day: £2.

COMPTON CANTER 9.3km
Recreation Ground, Burrell Road, Compton, Berkshire. Noon.
www.comptonharrriers.org.uk
Entry: £4. Extra on day: £1.

EXMOOR COASTAL MARATHON/ULTRA
Minehead, Somerset. 10am/8am.
www.adventurehub.com/adventurehub/ultra_races.html

Submit your fixture online at athleticsweekly.com

Salclear Isle of Man Marathon & Half Marathon
Sunday 14th August 2011

Run on quiet country lanes on this lovely island. Unique medal, Tech Tshirt, Goody Bag, Buffet Lunch, Electronic Timing, Trophies for all age groups. Not a big city event, but small and friendly.

Full information on www.isleofmanmarathon.com

Or email iomvclub@yahoo.co.uk

Darlington 10Km
Sunday 14th August
10.30am

2 Lap Route. Chip Timed. Extensive Prize List.
Plus Family Fun Run 9:00 am, Junior 3km 9:30 am

Full details at www.darlington.gov.uk/10k

The Pharmalink 2011 MAIDENHEAD HALF MARATHON
Sunday Sept 4th at 9:30

Flat, Fast and Traffic free.
Entry Fee: £18 (Affiliated) / £20 (Unaffiliated).
Both £4 extra on the day.

Email info@purplepatchrunning.com Online entry available.
Entry forms and details at www.purplepatchrunning.com

Take the ultimate challenge 09.10.11
The Eden Project Marathon
Too far?..Try the Eden Project Half Marathon

Featuring multi-terrain courses through Eden, varied countryside and mining areas. Themed memento, t shirt, pasty and goodie bag to all finishers.
Places are limited so register now www.edenproject.com/marathon

Saucony Stanmer Races, June 26

ORGANISERS of the Brighton Marathon, The Grounded Events Company, are expanding their event portfolio with a series of races in Stanmer Park on Sunday, headed by an elite five-miler taking in more than three circuits of the park, writes Martin Duff.

The two elite five-mile races feature some of Britain's top distance runners competing against the local area's up-and-coming stars. First place in each will be awarded £500.

Heading the men's elite field in the five-miler will be Phil Wicks, Mark Warmby, Dan Robinson, Paul Richardson, Dave Webb and Ben Tickner – and hopes are high for a fast paced race with a significant number of sub-24-minute times.

Joining them will be Jon Pepper, already a winner of a five-mile race in Brighton last November when he took the Phoenix event in Preston Park. Local interest will be led by Rob Mullett, Josh Guilmett and James Baker.

The women's race will be started a few minutes before the men's and will be headed by Natalie Harvey, Julia Bleasdale and the favourite Justina Heslop, while Susie Bush, Emily Wicks, Lucy MacAlister and Holly Rush also go.

Preceding the elite races will be a series of age-group events and an 8km trail run up in the woods above the park. Events start at 9am.



Dan Robinson

MARK SHERMAN

www.idsallschool.org
Entry: £10. Extra on day: £2.
SWAY CARNIVAL 5
Wilverley Plain car park, near Brockenhurst, Hampshire. 10.30am.
www.runningtree.co.uk
Entry: £7.
TAYO 5km
Dinefwr Park, Llandeilo, Carmarthenshire.
www.humanbeingactive.org
Entry: £5.
TOAD HALL 5km
Whitchurch Hill, near Pangbourne, Berkshire. 10.30am.
www.toadhall10k.com
Entry: £10. Extra on day: £2.
TOTTENHAM MARSHES RUN THE RIVER 5
Watermead Way, Tottenham, London. 10.30am.
www.edmontonrunningclub.co.uk
Entry: £8. Extra on day: £7.
TYTHING BARN BARE IF YOU DARE 5km
Tything Barn, West Williamston, Pembrokeshire. 11am.
tythingbarn5k@tiscali.co.uk
www.tb5k.moonfruit.com
Entry: £5.
URCHFONT MOONRAKER 5/10km
The Green, Urchfont, Devizes, Wiltshire. 5pm.
www.urchfont.org.uk
Entry: £8/£10.

Monday July 4
BLAISE BLAZER 4
Blaise Castle, Bristol. 7.30pm.
www.westburyharriers.co.uk
Entry: £3 on the day.

Tuesday July 5
CITY OF HULL CHAMPAGNE LEAGUE
Kiplingcotes, East Yorkshire. 7.15pm.
www.cityofhullac.co.uk
COCKERMOUTH HAY-O 6km
Cockermouth School, Cockermouth, Cumbria. 7pm.
www.derwentac.com
Entry: £5.

Wednesday July 6
AFTER HOURS 10km SERIES
Catton Park, Walton on Trent, Derbyshire. 7pm.
www.provelosupportuk.com
Entry: £15.
BROOKS ROUNDHILL ROMP
Steyning, West Sussex.
www.steyningac.co.uk
CHORLEY HARRIERS 4.4 SERIES
Baron's Rest, Astley, near Chorley, Lancashire. 7.30pm.
www.chorleyharriers.co.uk
Entry: £4. Extra on day: £2.
FOREST PARK LADIES' 5km
Birchwood Forest Park, Warrington, Cheshire. 7.30pm.
www.spectrumstriders.org.uk
Entry: £5.50. Extra on day: £1.
LANGLEY PARK 5km SERIES
Langley Park Country Park, Iver Heath, Buckinghamshire. 7pm.
http://bucksinfo.net/langley-park-races
Entry: £4. Extra on day: £2.
OFFERTON 10km
Woodbank Stadium, Offerton, Stockport, Cheshire. 7.30pm.

www.stockportharriers.com
Entry: £7. Extra on day: £1.
THAMES 10km
Beale Park, Lower Basildon, Reading, Berkshire. 7.30pm.
www.thames10k.co.uk
Entry: £12.50.

Thursday July 7
BARBURY CASTLE RAMPARTS 5
Barbury Shooting School, Swindon, Wiltshire. 7.30pm.
www.grassrootsevents.co.uk
Entry: £5. Extra on day: £1.
HANCOCK'S HALF HOUR 5
Federation Sports Club, Downham Market, Norfolk. 7.30pm.
www.rystonrunners.org.uk
Entry: £7. Extra on day: £2.
NONSUCH RELAYS (4x1.87M)
Nonsuch Park, Cheam Road, Epsom, Surrey. 7pm.
www.runningwithdavid.com
Entry: £12 per team. Extra on day: £1.

Friday July 8
BEACON HILL 5
Beacon Hill Country Park, Woodhouse Eaves, Leicestershire. 7.30pm.
www.purepersonaltraining.co.uk
Entry: £9. Extra on day: £6.
GWR TOWPATH 10km SERIES
Greville Smyth Park, Ashton, Bristol. 7.30pm.
www.greatwesternrunners.org.uk
Entry: £6.
MAYFAIR PARK AND TOWER 4.5km
London Hilton, Park Lane, London. 8am.
www.mayfairparkandtowerrace.com
Entry: £20.
POOLE RUNNERS SUMMER 3.5 SERIES
Upton Country Park, Poole, Dorset. 7.30pm.
www.poolerunners.com
Entry: £2 on the night.

Saturday July 9
AVON VALLEY RELAY (4x4.5M)
Christie Miller Sports Centre, Melksham, Wiltshire. 2pm.
www.avonvalleyrunners.org.uk
Entry: £20/team.
BEACH BUSTER 6
Oldland AFC, Castle Road, Bristol. 6.30pm.
www.bittonroadrunners.co.uk
Entry: £5.50. Extra on day: £2.
DERWENT RIVER RELAY (4x3.2M)
Belper RFC, Derby Road, Belper, Derbyshire. 2.30pm.
www.belperharriers.wordpress.com
Entry: £16/team.
DUCKPONDS 7km
Oreston Community Academy School Playing Fields, Plymstock, Devon. 6pm.
www.plymstockroadrunners.co.uk
Entry: £9. Extra on day: £1.
GORDS 6
Morgan Jones Farm, Sugwas, Herefordshire. 6.30pm.
www.wyevalleyrunners.co.uk
Entry: £8. Extra on day: £1.
MAIDEN CASTLE 6.5
Thomas Hardy Leisure Centre, Dorchester, Dorset. 7pm.
www.egdonheathharriers.com
Entry: £7. Extra on day: £2.
THREE SPIRES 10km/HALF-

MARATHON
Lucy Plackett Playing Field, Adderbury, Oxfordshire. 9.45am.
www.adderburyrunningclub.co.uk
Entry: £10/£13.

Sunday July 10
10 AT KIRROUGHTREE
Newton Stewart, Dumfries. 9am.
www.nofussevents.co.uk
CHICHESTER CHALLENGE 15/25/42km
Village Green, Lavant, near Chichester, West Sussex. 9am.
www.chichester-march.org.uk
Entry: £14.80.
CRANLEIGH 10km
Band Room, Village Way, Cranleigh, Surrey. 11am.
www.cranleighrunners.com
Entry: £8. Extra on day: £4.
CRIEFF 10km
Morrison's Academy Playing Fields, Crieff, Perthshire. 11am.
www.strathearnharriers.org.uk
Entry: £7. Extra on day: £1.
DYRHAM PARK 10km SERIES
Dyreham Park, Dyreham, near Bath, Gloucestershire. Noon.
www.relishrunningraces.com
Entry: £14. Extra on day: £6.
ETON MANOR OPEN 5km
Waterworks Centre, Leyton. 10am.
www.eton-manor.com
Entry: £4. Extra on day: £1.
EVESHAM VALE 10km
High Street, Evesham, Worcestershire. 10.30am.
www.eveshamvalerunningclub.org.uk
Entry: £10. Extra on day: £2.
GILL PIMBLOTT MEMORIAL 5km
Miners Welfare Institute, Ley Road, Gin Pit, near Tyldesley, Greater Manchester. 11am.
www.astleyrunners.co.uk
Entry: £4. Extra on day: £1.
HEVENINGHAM HALL 10km
Heveningham Hall, Heveningham, Suffolk. 9.45am.
www.countryfair.co.uk
Entry: £10.
HUGHENDEN MANOR 10km
Hughenden Manor, High Wycombe, Buckinghamshire. 9am.
www.purplepatchrunning.com
Entry: £13. Extra on day: £3.
KIRROUGHTREE HALF-MARATHON
Kirroughtree Visitor Centre, Galloway Forest, Newton Stewart, Dumfrieshire. Noon.
www.nofussevents.co.uk
Entry: £20.
LEE VALLEY 10km
River Lee Country Park, Waltham Abbey, Essex. 10am.
www.leevalleypark.org.uk/events
Entry: £10. Extra on day: £5.
NEW FOREST 10
New Park Farm, Brockenhurst, Hampshire. 11.15am.
enquiries@nf10.co.uk www.nf10.co.uk
Entry: £10.
RUN JERICO 10km
St Barnabas School, Oxford. 10.15am.
www.runjericho.com
Entry: £10.
SHEFFIELD RUN IN THE PARK 10km
Pavilion, Graves Park, Sheffield, South Yorkshire. 10am.
www.wphcancercharity.org.uk
Entry: £10.

Entry: £30/£40.
GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey. 9am.
ggac.timetrial@ntlworld.com
www.ggac.co.uk
Entry: Free.
KCA 5km
Cunningham Park, Harrow, Middlesex. 2pm.
http://kidscanachieve.co.uk
Entry: £7.
KINLOCHLEVEN ULTRA 64km
Kinlochleven, Highlands. 8am.
www.ultramathon.org.uk
Entry: £43.
ORION HARRIERS FOREST 5
Epping Forest, London. 10am.
www.orionharriers.org.uk
Entry: £6. Extra on day: £2.
RUN RICHMOND PARK 5/10km
Sheen Gate, Richmond Park, London. 10am.
info@thefixuk.com
www.thefixevents.com
Entry: £13/£16.
RUNNYMEDE RUNNERS RELAY
Windsor Great Park, Windsor, Berkshire. Noon.
www.runnymedrunners.com
Entry: £42/team.
WOMEN ONLY 5/10km
Eton College Rowing Facility, Dorney Lake, Windsor, Berkshire.
info@humanrace.co.uk
www.humanrace.co.uk
Entry: £20/£22.

Sunday July 3
ASHFORD THREE LAKES 5km
Julie Rose Stadium, Ashford, Kent. 11am.
www.podplus.co.uk
Entry: £8. Extra on day: £2.
BEWL 15
Uplands Community College, Wadhurst, East Sussex. 10.30am.
info@bewl15.co.uk www.bewl15.co.uk
Entry: £15.
BLACKPOOL 5km LEGACY EVENT
Stanley Park, Blackpool, Lancashire. 10am.
www.legacyevent.org

Entry: £10.
BRACKNELL SAMARITANS 5/10km
Wellington College, Crowthorne, Berkshire. 10.45am.
www.samaritans.org/bracknellsamsrun2011
Entry: £8/£10.
CLAPHAM COMMON 5/10km SERIES
Clapham Common, London. 10am.
running@innovationsports.co.uk
www.innovationsports.co.uk
Entry: £10/£15. Extra on day: £5.
GUNNERSBURY PARK 10km
Gunnersbury Park, Popes Lane, London. 11am.
http://southlondonfives.co.uk
Entry: £10.
HEAPEY THIRSTY 3.25
Heapey, Lancashire. 3.15pm.
tdickenson@tesco.net
HIGH ONGAR 10km
Village Hall, High Ongar, Essex. 11am.
www.highbongarcharity10k.co.uk
Entry: £10. Extra on day: £2.
KINGSCLERE 5
Fieldgate Centre, Kingsclere, Berkshire. 11am.
www.twistkingsclere5.org.uk
Entry: £8. Extra on day: £2.
LAKELAND MINI-MARATHON 14km/MARATHON
John Ruskin School, Coniston, Cumbria. 11am/9am.
www.lakelandtrails.org
Entry: £22/£35.
MARCH 5
Elm Road Sports Field, March, Cambridgeshire. 11am.
www.marchathleticclub.co.uk
Entry: £8. Extra on day: £1.
ORPINGTON 10km
Darrick Wood School, Orpington, Kent. 11am.
www.orrunners.com
Entry: £8. Extra on day: £2.
RAS CWM ARIAN 10km
Hermon Old School, Hermon, Pembrokeshire. 11am.
www.onlineraceresults.org.uk
Entry: £7.
SHIFNAL HALF-MARATHON
Idsall School, Coppice Green Lane, Shifnal, Shropshire. 10.30am.

Submit your fixture online at athleticsweekly.com

WATERGATE 10km

Watergate Park, Lobley Hill, Gateshead, Tyne & Wear. 10.30am.
www.lowfellrunningclub.co.uk
Entry: £10. Extra on day: £2.

WELLINGTON 10
Wellington RFC, Wellington, Somerset. 10.30am.
www.thewellingtonten.co.uk
Entry: £12.

ROAD**Thursday June 23**

WARRINGTON 10km
Woolston Park, Warrington, Cheshire. 7pm.
www.warringtonroadrunners.co.uk
Entry: £7. Extra on day: £1.

Friday June 24

ARDS HALF-MARATHON
Ards Leisure Centre, Newtownards. 6.30pm.
www.ards-council.gov.uk

BROOKS SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
malcolmfrrench@aol.com
www.serpentine.org.uk
Entry: £2 in advance only.

BURY FRIDAY 5
Nowton Park, Bury St Edmonds, Suffolk. 7.30pm.
www.pacers.org.uk
Entry: £7. Extra on day: £3.

FELINFACH 6
Felinfach School, Felinfach, Ceredigion. 7.30pm.
www.sarnhelen.org.uk
Entry: £6.

HEANOR 5
Shipleigh Hall CC, Shipley Park, Heanor, Derbyshire. 7.30pm.
www.heanorrunningclub.com
Entry: £8. Extra on day: £2.

JOHN O'CALLAGHAN MEMORIAL 5
Vauxhall Recreation Club, Gypsy Lane, Luton, Bedfordshire. 7.30pm.
www.lutonathleticclub.co.uk
Entry: £8. Extra on day: £2.

SWEATSHOP CHORLEY PARK 5km SERIES
Astley Park, Chorley, Lancashire. 7pm.
www.youspoon.com/cac/index.php
Entry: £5.

Saturday June 25

CROWLAND SHOW 12km
Snowden Field, Crowland, Cambridgeshire. 10.30am.
www.nvh.org.uk
Entry: £9. Extra on day: £2.

LANCASTER 5km SERIES
Salt Ayre Leisure Centre, Lancaster. 6.30pm.
www.lancasterathletics.co.uk
Entry: £3.50. Extra on day: £1.

LYMM 5km
Cherry Tree Primary School, Lymm, Cheshire. 4.30pm.
www.spectrumstriders.org.uk
Entry: £5. Extra on day: £1.

SLEAFORD 10km
Scredington Community Centre, Sleaford, Lincolnshire. 11am.
http://sleafordhalf.co.uk
Entry: £8. Extra on day: £2.

TATTYREAGH 5
Tattyreagh GAC, Fintona Road,

Omagh. 11am.
http://omaghhalfmarathon.onjoomlahosting.com

YATE 5.5km
St Mary's School, Church Road, Yate, Gloucestershire. 11am.
www.stmarysrn.co.uk
Entry: £6.50.

Sunday June 26

ABERDARE PARK WILL BURROWS MEMORIAL 5
Aberdare Park, Aberdare, Rhondda Cynon Taff. Noon.
www.avaac.net
Entry: £4.

BARTS AND THE LONDON CHARITY 10km
Victoria Park, Hackney, London. 10am.
www.bartsandthelondoncharity.org.uk
Entry: £18. Extra on day: £2.

BODDINGTON 10km/MARATHON/50km
Boddington Manor, Boddington, Gloucestershire. 10am/11.15am.
www.beyondthelimitations.co.uk
Entry: £5/£28/£28.

HAMPSTEAD MIDSUMMER 10km
Hampstead Heath Extension, Wildwood Road, Hampstead, London. 9.30am.
www.londonheathside.org.uk
Entry: £10.

HEATHFIELD 10km
Heathfield & Waldron RFC, Heathfield, Sussex. 10am.
www.heathfieldroadrunners.com
Entry: £10.

HORNDON FEAST AND FAYRE 10km
Horndon-on-the-Hill, Essex. 11am.
info@horndon10k.co.uk
www.horndon10k.co.uk
Entry: £8. Extra on day: £4.

HUMBER BRIDGE HALF-MARATHON
Humber Bridge Car Park, Ferryby Road, Hessle, East Yorkshire. 10am.
www.humber-half.org.uk
Entry: £20. Extra on day: £2.

HUMPTY DUMPTY 10km
Village Hall, Reedham, Norfolk. 10.30am.
gydacraces@btconnect.com
www.gydac.org.uk
Entry: £9. Extra on day: £2.

LORDSHILL 10km
Lordshill Outdoor Recreation Centre, Southampton, Hampshire. 10.30am.
lordshillraces@hotmail.co.uk
www.lordshillroadrunners.org.uk
Entry: £10. Extra on day: £2.

MANSFIELD HALF-MARATHON
Berryhill Park, Mansfield, Nottinghamshire. 10am.
www.mansfieldhalf.co.uk
Entry: £12.

MORTON 6km
New Street Playing Field, New Street, Morton, Derbyshire. 11am.
www.rnmorton.com
Entry: £5. Extra on day: £1.

PURBROOK LADIES' 5
Purbrook Heath Sports Ground, Purbrook, Hampshire. 10am.
www.pjc.org.uk
Entry: £7.50. Extra on day: £2.50.

RUN NORTHUMBERLAND BAMBURGH 10km
Bamburgh, Northumberland.
info@runnorthumberland.org

www.runnorthumberland.org
Entry: £10.

SNIPPE 6
Snitterfield Sports and Social Club, Snitterfield, Warwickshire. 10am.
protheroe1103@aol.com
www.snitterfieldfc.co.uk
Entry: £10. Extra on day: £2.

SOTOS 10km
Sea Cadet Base, Princes Way, Fleetwood, Lancashire. 11am.
http://weshamroadrunners.com
Entry: £7.50. Extra on day: £2.

STONE ST MICHAEL'S 10km
St Michael's First School, Stone, Staffordshire. 10am.
www.stone10k.co.uk
Entry: £9.

TENOVUS 5km
Band Stand, Marine Parade, Aberystwyth, Ceredigion. Noon.
www.onlineracesresults.org.uk
Entry: £5.

THAME CPM 10km
me Leisure Centre, Thame, Oxfordshire. 9.30am.
www.thamerunners.co.uk
Entry: £11.

WEALD OF KENT 10
Links Farm, Ayleswade Lane, Biddenden, Kent. 10am.
www.maidstoneharriers.co.uk
Entry: £14. Extra on day: £3.

Monday June 27

DUNHAM MASSEY PARK 5km SERIES
Dunham Massey Park, Altrincham, Cheshire. 7.15pm.
www.spectrumstriders.org.uk
Entry: £5.

SELF TRANSCENDENCE 2 MILES
South Carriage Drive, Battersea Park, London. 7pm.
races@runandbecome.com
http://uk.srichinmoyraces.org
Entry: £3.50.

Tuesday June 28

BRIDGE INN (BRISTOL) 5km SERIES
Bridge Inn, Bridge Road, Shortwood, Bristol. 7.30pm.
c.j.elson@bris.ac.uk
www.bristolandwestac.org.uk
Entry: £5 on the night.

RAVENS CRAIG PARK SERIES MILE
Ravenscraig Park, Kirkcaldy, Fife. 7pm.
woosh@rock.com www.fifeac.co.uk
Entry: £2 on the day.

Wednesday June 29

BACK IN A FLASH 5km SERIES
Coate Water Country Park, Swindon, Wiltshire. 7.30pm.
www.grassrootsevents.co.uk
Entry: £4. Extra on day: £1.

BUNGAY 10km SERIES
Village Hall, Sun Road, Broome, Norfolk. 7.30pm.
www.bungayblackdogrunningclub.co.uk
Entry: £6. Extra on day: £1.

LINCOLN WELLINGTON 5km SERIES
Yarborough Leisure Centre, Lincoln. www.lwac.org.uk

SAMPHIRE HOE 5km SERIES
Samphire Hoe, Dover, Kent. 7.30pm.
www.nice-work.org.uk
Entry: £8. Extra on day: £2.

SELF TRANSCENDENCE EDINBURGH MILE
The Meadows, Edinburgh. 7pm.
races@runandbecome.com
http://uk.srichinmoyraces.org
Entry: £2.

SPHINX SUMMER 5
War Memorial Park, Coventry, Warwickshire. 7.45pm.
www.sphinx.org.uk
Entry: £7. Extra on day: £2.

SUMMER COAST ROAD 5km
Redcar RFC, Redcar, Teesside. 7pm.
http://new-marske-harriers.co.uk
Entry: £5.

TAIN GALA 10km
Tain Links, Tain, Highlands. 7pm.
http://tainrunners.co.uk
Entry: £6.

Thursday June 30

GREAT CHALFIELD 10km
Broughton Gifford & Holt Scout HQ, Melksham, Wiltshire. 7.30pm.
stampedesports@yahoo.co.uk
www.stampedesports.co.uk
Entry: £8. Extra on day: £2.

HARWICH 5km SERIES
Dovercourt Sea Scout Hall, Harwich, Essex. 8pm.
www.harwichrunners.co.uk

MANCHESTER 5km SIZZLER SERIES
Wythenshawe Park Track, Wythenshawe, Manchester. 7.30pm.
fechin@kemptoncourt.com
www.saleharriersmanchester.com
Entry: £5. Extra on day: £1.

STOURPORT FAST & FURIOUS 5km SERIES
Stourport sports club, Kingsway, Stourport-on-Severn. 7.15pm.
www.pitchero.com/clubs/kidderminsterstourportac
Entry: £4 on the night.

Friday July 1

ASHFORD SUMMER 5km SERIES
Victoria Park, Ashford, Kent. 7pm.
www.nice-work.org.uk
Entry: £8. Extra on day: £2.

SAUMAREZ PARK 5km SERIES
Saumarez Park, Guernsey. 6pm.
www.leemerienrunning.com
Entry: £2.

SWEATSHOP CHORLEY PARK 5km SERIES
Astley Park, Chorley, Lancashire. 7pm.
www.youspoon.com/cac/index.php
Entry: £5.

Saturday July 2

BARRATHON HALF-MARATHON
Castlebay School, Castlebay, Isle of Barra. 10.40am.
www.barrathon.org.uk
Entry: £18.

CHESTERFIELD NO WALK IN THE PARK 5km
Queens Park, Chesterfield, Derbyshire. 9am.
http://ndrc.co.uk
Entry: £3.

KINGHAM 10km
Village Hall, Kingham, Oxfordshire. 10.30am.
www.kinghamrun.co.uk
Entry: £8. Extra on day: £2.

STRATFORD SUMMER 6
Mary Ardens House, Wilmcote, Stratford-upon-Avon, Warwickshire.

7.30pm.
www.stratfordac.co.uk
Entry: £8. Extra on day: £2.

Sunday July 3

ABERDARE 10km
Penderyn, Aberdare, Rhondda Cynon Taf. 9.30am.
www.macmillan.org.uk/wales
Entry: £12. Extra on day: £2.

ALEXANDRA PARK 5km
Alexandra Park, Whalley Range, Manchester. 11.30am.
alexandrapark5k@openathletics.org
www.openathletics.org
Entry: £3.

BRINSWORTH 10km
Brinsworth Gala, Brinsworth Lane, Rotherham, South Yorkshire. 10am.
www.brinsworth10k.co.uk
Entry: £10.

DIDCOT 5
Willowbrook Leisure Centre, Didcot, Oxfordshire. 9.30am.
www.didcotrunners.co.uk
Entry: £10. Extra on day: £1.

FAIRCLOUGH 5
Stanah Country Park, near Staynall, Lancashire. 11am.
www.run-tcrc.co.uk
Entry: £7. Extra on day: £2.

K-SWISS CITY OF MANCHESTER 10km
Sportcity, Manchester. 9.30am.
www.sportstoursinternational.co.uk
Entry: £16.

LAUNCESTON 10
Coronation Park, Launceston, Cornwall. 10.30am.
www.kernowrunners.moonfruit.com
Entry: £12. Extra on day: £2.

LUNE VALLEY 10
Sedbergh, Cumbria. 11.30am.
www.sedbergh.org.uk
Entry: £9. Extra on day: £2.

NEWMARKET 10km
Ellesmere Centre, Stetchworth, Suffolk. 10am.
www.newmarketjoggers.co.uk
Entry: £8. Extra on day: £2.

PENNY LANE STRIDERS 10km
Merseyside Police Sports Club, Liverpool, Merseyside. 10.30am.
www.pennylanestriders.co.uk
Entry: £8. Extra on day: £2.

PORTLAND 10
Royal Manor Arts College, Portland, Dorset. 10.30am.
www.rmpac.co.uk
Entry: £8. Extra on day: £2.

PRINCES RISBOROUGH 10km
Market Square, Princes Risborough, Buckinghamshire. 9.30am.
www.voac.org.uk
Entry: £10. Extra on day: £2.

QUANTOCK BEAST 5.7
Fyne Court, Broomfield, Somerset. 11am.
www.quantockharriers.co.uk

RAINFORREST FOUNDATION UK SUMMER 10km
Hackney Marshes, London. 11.15am.
events@rainforestuk.org
www.rainforestfoundationuk.org/4SC
Entry: £20.

RAS CWM ARIAN 10km
Hermon Old School, Hermon, Pembrokeshire. 11am.
www.onlineracesresults.org.uk
Entry: £7.

REGENT'S PARK 10km SERIES
The Hub, Regent's Park, London.

9.30am.
<http://regentsparkraces.org>
 Entry: **£10.**
TADLEY RUNNERS SUMMER 10km
 Hurst Community College, Tadley, Hampshire. 11am.
www.tadleyrunners.hampshire.org.uk
 Entry: **£8.**
THURLBY 10km
 Lawrence Park, Bourne, Lincolnshire. 11am.
<http://thurlbyrun.btck.co.uk/home>
 Entry: **£6.** Extra on day: **£1.**

Tuesday July 5
CRYSTAL PALACE CANTER 5km
 Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.
canter5k@hotmail.com
 Entry: Free.
DALLAM 20 BARRIERS RACE
 Carnforth High School, Carnforth, Lancashire. 7pm.
<http://goringunwithdallam.blogspot.com>
EMGP MILTON KEYNES 10km
 Milton Keynes, Buckinghamshire.
http://mcs.open.ac.uk/mkac/The_emgp.html
ROCHDALE 10km
 Springfield Park, Rochdale, Lancashire. 7.15pm.
www.rochdaleharriers.co.uk/10K3Day.htm
 Entry: **£5.** Extra on day: **£2.**
RUN EXE SUMMER 5km SERIES
 Mill on the Exe, Exeter, Devon. 7pm.
www.ironbridgerunners.co.uk
 Entry: **£5.**
SELF TRANSCENDENCE 2
 Eastville Park, Bristol. 7.15pm.
[races@runandbecome.com](http://www.races@runandbecome.com)
<http://uk.srichinmoyraces.org>
 Entry: **£3.** Extra on day: **£1.**
WAVERTREE MYSTERY 5km SERIES
 LHAC Clubhouse, Wavertree Stadium, Liverpool. 7.15pm.
www.liverpoolharriers.co.uk
 Entry: **£2.**

Wednesday July 6
CROXBY 8.8
 Croxby crossroads, Lincolnshire. 7pm.
www.woldsvets.co.uk
 Entry: **£3** on the night.
HUNGARTON 7
 Hungarton, Leicestershire.
www.lrrl.co.uk
NEWPORT SCENIC 7
 Cwmcarn Forest Drive, Cwmcarn, Gwent. 7pm.
www.islwynrunningclub.org.uk
 Entry: **£8.** Extra on day: **£2.**
PORTSMOUTH PROMENADE 5km SERIES
 Mountbatten Centre, Portsmouth, Hampshire. 7.15pm.
www.portsmouthathletic.co.uk
 Entry: **£5.** Extra on day: **£1.**
SELF TRANSCENDENCE EDINBURGH 5km
 The Meadows, Edinburgh. 7pm.
[races@runandbecome.com](http://www.races@runandbecome.com)
<http://uk.srichinmoyraces.org>
 Entry: **£2.**
SPENCERS DASH 3.7 SERIES
 Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.
www.barnsleyharriers.org.uk
 Entry: **£3** on the night.
TYNEDALE 10km

Ovingham Middle School, Ovingham, Northumberland. 7.30pm.
www.tynedaleharriers.com
 Entry: **£10.**
YATELEY 10km
 Yateley Centre, School Lane, Yateley, Hampshire. 7.30pm.
www.yateley10kseries.info/
 Entry: **£11.**

Thursday July 7
BRISTOL HARBOUR 5km
 Lloyds TSB Amphitheatre, Canons Marsh, Bristol. 7pm.
www.bhf.org.uk/bristol
 Entry: **£10.** Extra on day: **£5.**
CALDERVALE SUPPER RUN 4
 Village Hall, Caldervale. 7.30pm.
<http://shoestringresults.com>
 Entry: **£4.50.** Extra on day: **£1.**
KIDLINGTON AC MOTA-VATION 4 SERIES
 Recreation Ground, Combe, Oxfordshire. 7.30pm.
www.kidlingtonrunning.org.uk
 Entry: **£6.50.**
LLANELLI FUSION 5km SERIES
 Llanelli Leisure Centre, Llanelli, Carmarthenshire. 7pm.
www.harwichrunners.co.uk
 Entry: **£5.** Extra on day: **£1.50.**
LLOYDS TSB FITNESS 4
 Pilot Inn, Hardwicke, Gloucestershire. 7.30pm.
www.severnac.co.uk
 Entry: **£2.**
THORNBURY CARNIVAL 10km
 Thornbury RFC, Thornbury, Avon. 7.30pm.
<http://thornburyrunningclub.co.uk>
 Entry: **£5.** Extra on day: **£1.**

Friday July 8
GREAT BENTLEY FRIDAY 5
 Village Hall, Great Bentley, Essex. 7.30pm.
www.gbrc.org.uk
 Entry: **£6.** Extra on day: **£4.**
MALDWYN HARRIERS BAR-B-QUE 5km
 Latham Park, Newtown, Powys. 7.30pm.
www.maldwynharriers.org.uk
 Entry: **£6.**
SELF TRANSCENDENCE 4
 Blackweir, Cardiff. 7pm.
<http://uk.srichinmoyraces.org>
 Entry: **£3.**
WALKINGTON 10km
 Walkington, East Riding of Yorkshire.
www.beverleyac.com

Saturday July 9
GLOUCESTER PILOT INN 10
 Pilot Inn, Hardwicke, Gloucestershire. 3pm.
www.severnac.co.uk
 Entry: **£4.** Extra on day: **£1.**
NORWICH LORD MAYOR'S 5km
 Tombland, Norwich. 4.45pm.
www.conac.org.uk
 Entry: **£10.**
WOMEN'S ONLY BOUTIQUE RUN 10km
 Battersea Park, London. 4pm.
www.boutiquesport.com
 Entry: **£38.50.**

Sunday July 10
ASICS BRITISH LONDON RUN 10km
 Hyde Park Corner, London. 9.35am.

Monday July 11
WARRINGTON 10km
 Warrington, Cheshire. 7.30pm.
www.warrington10k.com
 Entry: **£10.**
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www.warrington10k.com
 Entry: **£10.**
WARRINGTON 10km
 Warrington, Cheshire. 7.30pm.
www.warrington10k.com
 Entry: **£10.**

www.thebritish10klondon.co.uk
 Entry: **£29.50.**
BUSHY 10km
 Bushfield Sports Centre, Peterborough, Cambridgeshire. 11am.
www.bushfieldjoggers.co.uk
 Entry: **£8.** Extra on day: **£7.**
CATFORTH 10km
 Village Hall, Catforth, Lancashire. 10am.
ronmcandrew@hotmail.co.uk
 Entry: **£10.** Extra on day: **£5.**
CHEADLE 4
 Cheadle, Staffordshire. 10.30am.
www.cheadlerunningclub.co.uk
 Entry: **£5.**
CHESTERFIELD B2NET 5km
 b2net Stadium, Chesterfield, Derbyshire. 10am.
<http://northderbyshirerc.jimdo.com>
 Entry: **£8.**
CLIFFE WOODS 10km
 bral Palsy Care, View Road, Cliffe Woods, Rochester, Kent. 11am.
www.cpckent.org
 Entry: **£10.** Extra on day: **£2.**
DEBDALE PARK 7km
 Debdale Park, Reddish Lane, Manchester. 11am.
<https://sites.google.com/site/debdalegrandprix/home>
 Entry: **£4.** Extra on day: **£2.**
ECCUP 10
 Adel War Memorial Association, Adel, Leeds, West Yorkshire. 9.30am.
www.abbeyrunners.co.uk
 Entry: **£10.**
FELSTED 10km
 Felsted Primary School, Felsted, Essex. 11am.
 Entry: **£7.** Extra on day: **£1.**
MOUNT EPHRAIM 10km
 Mount Ephraim Gardens, Boughton, Kent. 11am.
www.mountephraim10k.org
 Entry: **£11.** Extra on day: **£4.**
NOTFAST OPEN 10km
 Newark RFC, Newark, Nottinghamshire. 10.30am.
<http://notfastrunningclub.co.uk>
 Entry: **£7.** Extra on day: **£2.**
ROMNEY MARSH 10km
 St Martins Field, Fairfield Road, New Romney, Kent. 10.30am.
roger.constable@btinternet.com
 Entry: **£12.** Extra on day: **£2.**
ST ANNES CARNIVAL 5km
 St Annes Promenade, St Annes on Sea, Lancashire. 11am.
www.shoestringresults.com
 Entry: **£7.** Extra on day: **£1.**
STOPSLEY STRIDERS LADIES 5km
 Wardown Park, Old Bedford Road, Luton, Bedfordshire. 10.30am.
www.stopsleystriders.org.uk
 Entry: **£8.**
WENLOCK OLYMPIAN 7
 Much Wenlock, Shropshire. 11am.
www.wenlock-olympian-society.org.uk/olympian-games
 Entry: **£4.** Extra on day: **£1.**

Sunday July 11
WHARFEDALE TTT 2.5
 Kettlewell, North Yorkshire. 11am.
 As above.
Sunday July 3
WHARFEDALE TTT 1.5
 Kettlewell, North Yorkshire. 11am.
 As above.
Saturday July 9
WELSH MOUNTAIN CHAMPIONSHIPS (MEDIUM COURSE)
 Llanuwchllyn, near Bala.
www.welshathletics.org

Thursday July 14
BULL HILL 5.5/1100ft
 Wagon & Horses, Bolton Road West, Hawshaw, Lancashire. 7.30pm.
www.radcliffeac.org.uk
 Entry: **£3.50** on night.
Sunday July 17
HOLME MOSS 17M/4000ft
 Cartworth Moor CC, Cartworth Moor, Holmfirth, West Yorkshire. 11am.
www.legacyevent.org
 Entry: **£5.** Extra on day: **£1.50.**

Friday July 15
RADCLIFFE SUMMER 5
 Giant Seat Scout Camp, Radcliffe, Greater Manchester. 7pm.
www.radcliffeac.org.uk
 Entry: **£4.** Extra on day: **£1.**

Friday July 15
WARRINGTON 10km
 Warrington, Cheshire. 7.30pm.
www.warrington10k.com
 Entry: **£10.**
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www.warrington10k.com
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 Warrington, Cheshire. 7.30pm.
www.warrington10k.com
 Entry: **£10.**

CROSS-COUNTRY

Wednesday June 29
PORTSMOUTH SUMMER OPEN 5
 Queen Elizabeth Country Park, Horndean, Hampshire. 7.15pm.
www.pjc.org.uk
 Entry: **£6.**
Tuesday July 12
TOUR OF EXETER
 King George V laying Fields, Exeter, Devon.
www.city-runs.co.uk/letourofexeter

Friday July 15
RADCLIFFE SUMMER 5
 Giant Seat Scout Camp, Radcliffe, Greater Manchester. 7pm.
www.radcliffeac.org.uk
 Entry: **£4.** Extra on day: **£1.**

PARKRUNS

Abingdon – Rye Meadow.
 Ashford – Bedford Lakes Country Park.
 Banstead – Banstead Woods.
 Barnsley – Locke Park.
 Basingstoke – War Memorial Park.
 Bedford – Bedford Park.
 Belfast – Victoria Park.
 Belfast – Waterworks Park.
 Birmingham – Cannon Hill Park.
 Bolton – Leverhulme Park.
 Bradford – Lister Park.
 Bramhall – Bramhall Park.
 Brighton – Hove Park.
 Bristol – Ashton Court Estate.
 Camberley – Frimley Lodge Park.
 Cambridge – Milton Country Park.
 Cardiff – Blackweir.
 Conkers – near Ashby-de-la-Zouch.
 Coventry – War Memorial Park.
 Croydon – Lloyd Park.
 Croydon – Roundshaw Downs.
 Eastleigh – Lakeside County Park.
 Edinburgh – Silverknowes Promenade. 9.30am.
 Edmonton – Pymmes Park.
 Enfield – Grovelands Park.
 Forest of Dean – Covenham

Enclosure.
 Glasgow – Pollock Country Park. 9.30am.
 Great Yarmouth – Gorleston Cliffs.
 Greenwich – Avery Hill Park.
 Huddersfield – Greenhead Park.
 Hull – East Park.
 Kingston – Canbury Gardens.
 Killerton – near Exeter.
 Leamington – Newbold Common.
 Leeds – Hyde Park.
 Leeds – Roundhay Park.
 Leicester – Braunstone Park.
 Leigh – Pennington Flash.
 Liverpool – Princes Park.
 London – Brockwell Park.
 London – Bushy Park.
 London – Crystal Palace Park.
 London – Finsbury Park.
 London – Hackney Marshes.
 London – Norman's Park.
 London – Wimbledon Common.
 London – Wormwood Scrubs.
 Middlesbrough – Albert Park.
 Manchester – Heaton Park.
 Manchester – Platt Fields Park.
 Milton Keynes – Willen Lake.
 Newcastle – Exhibition Park.
 Newport – Tredegar House.
 Norwich – Eaton Park.
 Oldham – Alexandra Park.
 Poole – Poole Park.
 Richmond – Old Deer Park.
 Richmond – Richmond Park.
 Reading – Thames Valley Park.
 Redbridge – Valentines Park.
 Sheffield – Concord Sports Centre.
 Sheffield – Endcliffe Park.
 Slough – Black Park Country Park.
 Solihull – Brueton Park.
 Stockport – Woodbank Park.
 Strathclyde – Strathclyde Country Park. 9.30am.
 Sunderland – Silksworth Sports Complex.
 Swindon – Lydiard Park.
 Whitstable – Promenade.
 Entry: Free. Recurs every Saturday. 9am unless stated.
www.parkrun.com

TRACK

Thursday June 23
CARDIFF & VALE OF GLAMORGAN U14 & U16 CUP FINAL B
 Cardiff. 1.30pm.
EDWARDS & CO SUPER FIVE SERIES
 Belfast. 7pm.
laganvalleyac@gmail.com
<http://laganvalley.org>
 Entry: **£3.**
SHROPSHIRE YOUNG ATHLETES' LEAGUE
 Shrewsbury.
www.oswestryolympians.co.uk/juniors/j-leagues1.html

Saturday June 25
AVIVA U20/U23 CHAMPIONSHIPS (Inc EUROPEAN TRIALS)
 Bedford. Until Sunday June 26.
www.uka.org.uk
BRITISH MASTERS' CHAMPIONSHIPS
 Birmingham. Until Sunday June 26.
www.bmaf.org.uk
DASH YOUNG ATHLETES' QUADRATHLON
 Sport City.
www.clubnet.org.uk/sites/dash-

athletics-club
ENGLISH SCHOOLS' REGIONAL COMBINED EVENTS
 Southampton. Until Sunday June 26.
HUMBERSIDE LEAGUE
 Grimsby. 10.30am.
MID LANCASHIRE LEAGUE 1/2: Hyndburn.
www.midlancs.org.uk
MIDLAND SCHOOLS' COMBINED EVENT CHAMPIONSHIPS
 Derby.
NATWEST ISLAND GAMES
 Isle of Wight. Until Friday July 1.
www.natwestislandgames2011.co.uk
SOUTH WEST SCHOOLS' COMBINED EVENTS CHAMPIONSHIPS
 Exeter. Until Sunday June 26.
WELSH SCHOOLS' COMBINED EVENT CHAMPIONSHIPS
 Newport. 11.30am.
 Pete Morris. 029-2089 1248.
www.welshathletics.org

Sunday June 26

ALDER VALLEY GIRLS' LEAGUE
 Guildford.
www.wseh.info/AlderValleyGirls
CHESHIRE LEAGUE
 Crewe, Macclesfield, Stockport.
www.cheshireaa.com
EBBISHAM BOYS' LEAGUE
 Walton.
HEART OF ENGLAND LEAGUE 1: Worcester. **2:** Brierley Hill. **3:** Nuneaton.
www.hofe-league.org.uk
INGRAMS LEAGUE
 York. 11.15am.
www.athleticsyork.org.uk
WELSH U15 LEAGUE
 West: Swansea.
www.welshathletics.org
WILTSHIRE COUNTY CHAMPIONSHIPS
 Tidworth.
www.wiltshire-athletics.org.uk

Tuesday June 28

BMC GOLD STANDARD
 Trafford.
www.britishmilersclub.com
BMC REGIONAL OPEN
 Exeter. 8pm.
www.britishmilersclub.com
EXETER OPEN
 Exeter. 6.35pm.
www.exeterharriers.co.uk
 Entry: £4.
OXFORD AND CAMBRIDGE v HARVARD AND YALE
 Cambridge.
<http://users.ox.ac.uk/~ouac>
TRAFFORD GRAND PRIX (DISTANCE/THROWS)
 Trafford. 6pm.
www.traffordac.co.uk
 Entry: £4.

Wednesday June 29

DUNREEN GRADED OPEN
 Linwood. 7pm.
www.scottishathletics.org.uk
EASTERN VETERANS' LEAGUE
Central: TBC. **Essex:** Chelmsford. **Fenland:** TBC.
www.evac.explorertravel.co.uk
MANX HARRIERS LEAGUE
 Douglas.
www.manxathletics.com
MCCAIN SCOTTISH YOUNG

ATHLETES' LEAGUE

1: Grangemouth. **2:** Wishaw. **North East:** Aberdeen.
www.natyal.co.uk
SOUTHERN COUNTIES VETERANS' LEAGUE
Sussex: Lewes.
www.scvac.org.uk
TEAM BATH AC EVENING OPEN
 Bath.
www.teambathac.org
WATFORD OPEN
 Watford. 7pm.
www.watfordharriers.org.uk
 Entry: £3.

Friday July 1

AVIVA ENGLISH SCHOOLS' CHAMPIONSHIPS
 Gateshead. Until Saturday July 2.
www.esaa.net
SOUTHERN COUNTIES VETERANS' LEAGUE
Kent: Ashford.
www.scvac.org.uk

Saturday July 2

AVIVA WELSH SCHOOLS' CHAMPIONSHIPS
 Brecon.
www.welshathletics.org
BRITISH ATHLETICS LEAGUE Premiership: Hendon. **1:** Kingston. **2:** Leigh. **3:** Yeovil. **4:** Hendon.
www.bal.org.uk
LILY B GIRLS' YOUNG ATHLETES' LEAGUE
 Sutton.
LONDON YOUTH GAMES
 Crystal Palace. Until Sunday July 3.
NORTH EAST VETERANS' CHAMPIONSHIPS
 Jarrow. 11.30am.
www.communicate.co.uk/ne/veteransathleticsnortheast
UK WOMEN'S LEAGUE
Premier: Edinburgh. **3:** Crawley.
www.ukwal.org.uk

Sunday July 3

CENTRAL & SOUTH OF SCOTLAND LEAGUE
1: Scotstoun. **2/3:** Wishaw.
www.scottishathletics.org.uk
EASTERN YOUNG ATHLETES' LEAGUE
 Bedford, St Albans, Stevenage, Watford.
raygibbins1@activemail.co.uk
KENT YOUNG ATHLETES' LEAGUE
 Canterbury.
www.kcaa.org.uk/kyal.htm
NORTH OF ENGLAND LEAGUE 1: Preston. **2E:** Jarrow. **2EC:** Cudworth. **2W:** Stretford. **2WC:** Blackburn. **3E:** York. **3EC:** Kings Lynn. **3W:** Macclesfield. **3WC:** Carlisle. **4E:** Middlesbrough. **4EC:** Grimsby. **4W:** Wrexham. **4WC:** Clayton-le-Moors.
www.northernathletics.org.uk
PETROFAC GRAMPANIAN ATHLETICS LEAGUE
East: Dundee. **North:** Inverness.
<http://grampianathleticsleague.synthasite.com>
SOUTH WEST LEAGUE 1: Exeter. **2:** Plymouth.
www.swathletics.org.uk
SUSSEX U13 COUNTY CHAMPIONSHIPS
 Brighton.

www.sussexathletics.org.uk
UK WOMEN'S LEAGUE 1: Hendon. **2:** Wigan.
www.ukwal.org.uk
UP & RUNNING MIDLAND LEAGUE 1: Birmingham. **2:** Birmingham Uni. **3:** Cannock. **4:** Solihull. **5:** Burton. **6:** Worcester. **7:** Telford.
www.midlandathletics.org.uk
WESSEX YOUNG ATHLETES' LEAGUE
 Bournemouth, Guildford, Winchester. 11.15am.
www.wessexleagueandf.co.uk

Monday July 4

SOUTH YORKSHIRE U13 CHAMPIONSHIPS
 Cudworth. 6.45pm.
www.xoolon.com/sycaa
SOUTHERN COUNTIES VETERANS' LEAGUE
Hants/Surrey: Portsmouth.
www.scvac.org.uk

Tuesday July 5

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
 Middlesbrough. 6.15pm.
<http://new-marske-harriers.co.uk>
OLDHAM & ROYTON HARRIERS OPEN
 Oldham. 7pm.
www.oldhamroytonharriers.co.uk
 Entry: £1.50.
TONBRIDGE AVRIL BOWRING MEMORIAL OPEN
 Tonbridge. 6.40pm.
www.tonbridgeac.co.uk
TRAFFORD GRAND PRIX (SPRINTS/HURDLES/JUMPS)
 Trafford. 6.30pm.
www.traffordac.co.uk
 Entry: £4.
WOODFORD GREEN OPEN
 Woodford. 6.15pm.
www.wgel.org.uk
 Entry: £3 on the day.

Wednesday July 6

CHELTENHAM OPEN
 Cheltenham.
www.athleticprowess.co.uk
EASTERN VETERANS' LEAGUE
Central: St Ives. **Essex:** TBC. **Fenland:** Peterborough.
www.evac.explorertravel.co.uk
GRANGEMOUTH STADIUM GRADED OPEN
 Grangemouth. 6.45pm.
rhonda.jones@falkirk.gov.uk
www.falkirk.gov.uk
INTER-SERVICES CHAMPIONSHIPS
 HMS Temeraire.
www.raf.mod.uk/rafathletics
MANX HARRIERS LEAGUE
 Douglas.
www.manxathletics.com
MIDLANDS VETERANS' LEAGUE
East: Rugby. **North:** Stoke. **South:** Brierley Hill.
<http://mvtfl.wordpress.com>
ROSENHEIM LEAGUE
East: Croydon. **West:** Eton.
SOUTH YORKSHIRE U11 CHAMPIONSHIPS
 Cudworth. 6.45pm.
www.xoolon.com/sycaa
WEST YORKSHIRE LEAGUE
 Cleckheaton. 6.45pm.
www.wakefield-harriers.co.uk/wyftfl/

Aviva England Athletics Under-23/Under-20 Championships, Bedford, June 25/26

WITH national titles and European Junior Championship places at stakes, the England Athletics under-20 and under-23 Championships promises to be a top-quality competition, writes Emily Moss.

In the junior age group, Jodie Williams will be looking to secure selection for Estonia, by taking a double sprints victory, while Georgia Peel looks a likely winner of the 1500m. Having won the 5000m trial race last month, Emelia Gorecka will hope to repeat that feat over 3000m. In the shot put, Sophie McKinna will be keen to make her presence known ahead of the IAAF World Youth Championships.

Defending champion David Bolariwa is fastest on paper in the under-20 men's 100m, while Adam Cotton's 1500m strength may help him see off opposition over 800m (see Young Athlete, page 40). Charlie Grice and Jonathan Hay are the leading 1500m entrants, but Hay is also entered in the 5000m. Training partners Andrew Pozzi and world junior silver medalist Jack Meredith will both be desperate to claim top spot in the sprint hurdles. In the field, James McLachlan heads the long jump list and Allan Smith will hope to continue his good form in the high jump.

Among the under-23s, breakthrough athlete Lynsey Sharp will hope to continue her winning streak in the 800m, while defending champion Stacey Smith will start as favourite in the 1500m. The 5000m could be one of the most competitive events of the weekend, with six qualifiers fighting to secure one of the three GB spots for Ostrava. Holly Bleasdale will hope to add pole vault victory to her growing list of credentials, while Laura Samuel heads the triple jump entries.

Fresh from his appearance in the European Team Championships, Danny Talbot leads the men's 200m. The 400m hurdles is another potential highlight, with the top three in Europe – Jack Green, Nathan Woodward and Niall Flannery – set to battle it out for top spot.

An exciting duel also awaits in the javelin with both Matthew Hunt and Dan Pembroke having thrown over 75 metres this season.



MARK SHERMAN

wyftl.htm

Saturday July 9

BMC GRAND PRIX
 Solihull. 5pm.
www.britishmilersclub.com
CHESHIRE COUNTY RELAY CHAMPIONSHIPS
 Ellesmere Port.
www.cheshireaa.com
ENGLISH SCHOOLS' CUP FINAL
 Abingdon.
www.esaa.net
MCCAIN JUMPS & THROWS FEST
 Hendon. Until Sunday July 10.
www.uka.org.uk
SOUTHERN ATHLETICS LEAGUE 1: Norwich, Perivale, Southampton, Walton. **2:** Croydon, Parliament Hill, Salisbury, Sandy.
www.southernathletics.org.uk
SOUTHERN MEN'S LEAGUE 1: Dartford, Eton, Par, Parliament Hill, Twickenham. **2N:** Lee Valley, Watford. **2S:** Bracknell, Crawley, Horsham, Kingston. **2W:** Andover (TBC), Poole, Portsmouth.
www.sussexbarn.com/sml/
SOUTHERN WOMEN'S LEAGUE
Premier: Eton, Horsham, Mile End, Portsmouth. **1 North:** Lee Valley. **1 South:** Crawley. **1 West:** Par. **Senior 1:** Bracknell, Dartford, Kingston, Twickenham. **Senior 2 North:** Parliament Hill. **Senior 2 South:** Brighton.
www.swtfl.co.uk
WELSH SCHOOLS' GAMES (GEMAU CYMRU)
 Cardiff.
www.welshathletics.org
WELSH U15 LEAGUE

West: Brecon.
www.welshathletics.org
WIRRAL AC CENTENARY OPEN
 Bebington. 1pm.
www.wirralac.co.uk
 Entry: £5.

Sunday July 10

AVIVA BRITISH GRAND PRIX
 Birmingham.
www.uka.org.uk
BARNESLEY AC OPEN
 Cudworth.
www.barnesleyac.co.uk
DEVON OPEN SERIES
 Plymouth. 11.15am.
www.tavistockathletics.com/devonleague
 Entry: £4.
NATIONAL JUNIOR LEAGUE
Southern Premier: Basildon.
Midland Premier: Derby. **Northern Premier:** Sportcity.
Avon: Cardiff. **Brent:** Kingston. **Central:** Tipton. **Humber:** Doncaster. **Itchen:** Portsmouth. **Medway:** Erith. **Mersey:** Wigan. **Pennine:** Trafford. **Thames:** Luton. **Trent:** Tamworth.
www.nationaljuniorathleticleague.co.uk
SHIRE HARRIERS OPEN
 Aberdeen.
www.aberdeenaac.co.uk
SOUTHERN MEN'S LEAGUE 2N: Milton Keynes.
www.sussexbarn.com/sml/
WENLOCK OLYMPIAN GAMES
 Much Wenlock.
www.wenlock-olympian-society.org.uk/olympian-games
WESSEX YOUNG ATHLETES'

LEAGUE
Horspath, Oxford. 11.15am.
www.wessexleaguemandf.co.uk
WILSON YOUNG ATHLETES' OPEN
Crossford Bridge. Noon.
www.saleharriersmanchester.com
WORCESTER AC YOUNG ATHLETES' OPEN
www.worcester-ac.co.uk

OVERSEAS

Thursday June 23
USA CHAMPIONSHIPS
Eugene, USA. Until Sunday June 26.
www.usatf.org

Friday June 24
EUROPEAN PERMIT MEETING
Nancy, France.

Saturday June 25
EUROPEAN CLASSIC MEETING
Sofia, Bulgaria.
EUROPEAN PERMIT MEETING
Kuortane, Finland.
EUROPEAN PREMIUM MEETING
Szczecin, Poland.
WORLD SCHOOLS' CUP
Poland. Until Thursday June 30.

Sunday June 26
AAI JUNIOR/U23 CHAMPIONSHIPS
Tullamore, Ireland.
www.athleticsireland.ie
EUROPEAN RACE WALK PERMIT MEETING

Dublin, Ireland.
Monday June 27
EUROPEAN PREMIUM MEETING
Moscow, Russia.

Tuesday June 28
EUROPEAN CLASSIC MEETING
Velenje, Slovenia.
FOLKSAM GRAND PRIX
Sollentuna, Sweden.
www.folksamgp.se

Wednesday June 29
EUROPEAN CLASSIC MEETING
Biberach, Germany.
www.european-athletics.org
EUROPEAN PERMIT MEETING
Ohrid, Macedonia.

Thursday June 30
SAMSUNG DIAMOND LEAGUE
Lausanne, Switzerland.
www.iaaf.org

Saturday July 2
BAUHAUS JUNIOR GALA
Mannheim, Germany. Until July 3.
www.juniorengala.de
CORK CITY GAMES
Cork, Ireland.
www.corkcitysports.ie
EUROPEAN CUP COMBINED EVENTS
Brassanone, Italy. Until July 3.
Torun, Poland. Until July 3.
EUROPEAN PERMIT MEETING

Sotteville, France.
Sunday July 3
IAAF WORLD CHALLENGE MEETING
Zhukovskiy, Russia.

Tuesday July 5
EUROPEAN PERMIT MEETING
Reims, France.

Wednesday July 6
ASIAN CHAMPIONSHIPS
Kobe, Japan. Until July 10.
DUBLIN ATHLETIC BOARD GRADED OPEN

Dublin, Ireland. 7pm.
www.dublinathletics.com
EUROPEAN PERMIT MEETING
Tampere, Finland.
www.european-athletics.org
IAAF WORLD YOUTH CHAMPIONSHIPS
Lille, France. Until Sunday July 10.
www.iaaf.org
WORLD MASTERS' STADIA CHAMPIONSHIPS
Sacramento, USA. Until Sunday July 17.
www.world-masters-athletics.org

Friday July 8
IRISH MILERS' CLUB OPEN
Dublin, Ireland.
irishmilersclub@gmail.com
www.irishmilersclub.com
SAMSUNG DIAMOND LEAGUE
Paris, France.
www.iaaf.org

Saturday July 9
AAI JUVENILE CHAMPIONSHIPS
Tullamore, Ireland. Until Sunday July 10.
www.athleticsireland.ie
EUROPEAN PERMIT MEETING
Pergine Valsugana, Italy.
www.european-athletics.org
EUROPEAN PERMIT MEETING
Plovdiv, Bulgaria.
www.european-athletics.org
EUROPEAN UPHILL MOUNTAIN RUNNING CHAMPIONSHIPS
Bursa, Turkey.
www.european-athletics.org
IAAF WORLD CHALLENGE MEETING
Madrid, Spain (Date TBC).
www.iaaf.org

Sunday July 10
EUROPEAN MOUNTAIN RUNNING CHAMPIONSHIPS
Bursa, Turkey.
www.wmra.ch
IAU WORLD TRAIL CHAMPIONSHIP
Connemara, Ireland.
www.iau.org.tw

Wednesday July 13
EUROPEAN PERMIT MEETING
Liege, Belgium.
www.european-athletics.org
EUROPEAN PREMIUM MEETING
Rethimno, Greece.
www.european-athletics.org

Thursday July 14
EUROPEAN U23 CHAMPIONSHIPS
Ostrava, Czech. Until Sunday July 17.
www.european-athletics.org



Lucy Elliott

IAN WILSON/PA/REUTERS

British Masters Championships, Alexander Stadium, June 25-26

ORGANISERS of these championships, covering five-year age groups for men and women from 35 through to 90-plus will be hoping that the new track and stands at the stadium are completed in time, writes Martin Duff.

British Masters Athletics Association secretary Maurice Doogan was optimistic when he spoke last week and said: "The track now has a certificate and the only areas not finished are the pole vault and long jump on the back straight, plus the outside throwing area. They are still working on the stand, but the workmen are very co-operative and stop banging and drilling when races start."

When the event moved to Cardiff last year, entries were down to 655 compared to between 750 and 835 for the previous six years. An increase was expected this time, but they have come in at 676 as some are keeping their powder dry for the World Masters Championships in Sacramento on July 6-17, to which 195 Brits are due to travel.

Leading the sprinters will be British M40 200m record holder Darren Scott, who will have Mark Dunwell chasing him. Steve Peters will be hoping his hamstrings have mended since they caused trouble in the European Indoors in Ghent earlier this year as he looks for another M55 sprint treble.

Rosemary Chrimes, the 1970 Commonwealth discus champion, is one of many athletes who will be competing in five or more events. She is down for the 100m, high jump and the three heavy throws in the W75 class. European M75 champion Tony Bowman will appear in six events, including both hurdles and the sprints.

The oldest competitor will once again be 90-year-old Mary Wixey, who has entered the long jump and three throws. Meanwhile, the 1956 Olympic Games steeplechase finalist Eric Shirley, aged 82, is in the 800m and high jump.

In the distance races one of the best should be the M65 5000m where Tony Brackstone, Martin Ford, Geoff Newton and Gordon Orme are all possible winners. Angela Copson will have Nancy Hitchmough and Ros Tabor against her in the W60 1500m and also goes in the 800m and 5000m. European indoor champions Jane Clark (W50) and Gail Duckworth (W55) are down for the 5000m. National vets cross-country champion Lucy Elliott drops down to the 1500 in the W45 group.

Over the hurdles, Carole Filer should take golds in the W55 class, Tony Wells in the M60, and Barry Ferguson in the M65s.

ATHLETICS WEEKLY

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One race, but double gold

GRACE NICHOLLS was given both the junior and senior gold medals after winning the 3000m at the South of England Championships in Ashford last weekend. How come? Well, she had entered both events, paying two entry fees – and was allocated the same number in both.

Pierre makes hall of fame

WHEN Rion Pierre won the national junior indoor 200m title in 2006, little did he know a blown up version of his image on *Athletics Weekly's* front cover from that event would sit proudly on the 'wall of fame' at Harefield Academy.

The Middlesex academy specialises in sports and Pierre was its first student for whom a flexible timetable was created – allowing him to fit training around studies.

And now the image inspires current students, such as the members of the Watford FC development squad, who are pictured with Pierre (below).



Smashing idea for Denise

DENISE LEWIS can run, jump, throw and hurdle, but is the 2000 Olympic heptathlon champion able to play tennis? We will find out in December because the 38-year-old is due to take part in the Aegon Masters event in front of thousands of spectators.

Lewis is learning the game from scratch as part of the Lawn Tennis Association's "Allplay" scheme. She has six months to get ready for the big event at the end of this year, but she also has a secret ambition to beat her husband.

Speaking to *The Mirror*, she said: "He can hit a ball and he's pretty competitive. In fact no, he's fiercely competitive. But he tends to want to smash the ball with no finesse and no skill. I want to beat him – with skill."

Lewis also told the newspaper that there was little opportunity for her to play tennis as a child, so she welcomes a scheme that attempts to roll the game out to the masses.

"I played a little bit at school but no one really encouraged you to take it further or play recreationally," she said. "To me, tennis was a sport for middle-class people. People who



Denise Lewis: set to play in the Aegon Masters tennis tournament

could afford the tennis attire, afford the club memberships. It wasn't something I could really participate in."

On the Aegon Masters, she said: "I've tried to keep an open mind – there's a natural expectation that I'm going to be good because I'm an Olympic athlete.

"But when something is new,

it's genuinely new and I suppose it is a bit nerve-wracking. Will I watch the professionals to try to get tips? I already do! Even at home I'll be thinking about how to hold the tennis racket.

"The beauty about tennis is that for some people, they can just pick up a racket and play. But I'm a bit more competitive than that."

4x400m relay horror in Stockholm



ATHLETES who have competed in the 4x400m might sympathise with Michael Bingham and Richard Buck after they dropped the baton at last weekend's European Team Championships in Stockholm.

Approaching the final leg in second place, the British duo let the stick slip out of their hands and then, in comical fashion, Bingham tried to throw it to Buck, who dropped it and then picked it up before starting to run again – by this time a long way behind the leaders. Up until then, Britain had been in contention to win the race

"It's sure to become a YouTube classic," winced European silver medallist Bingham.

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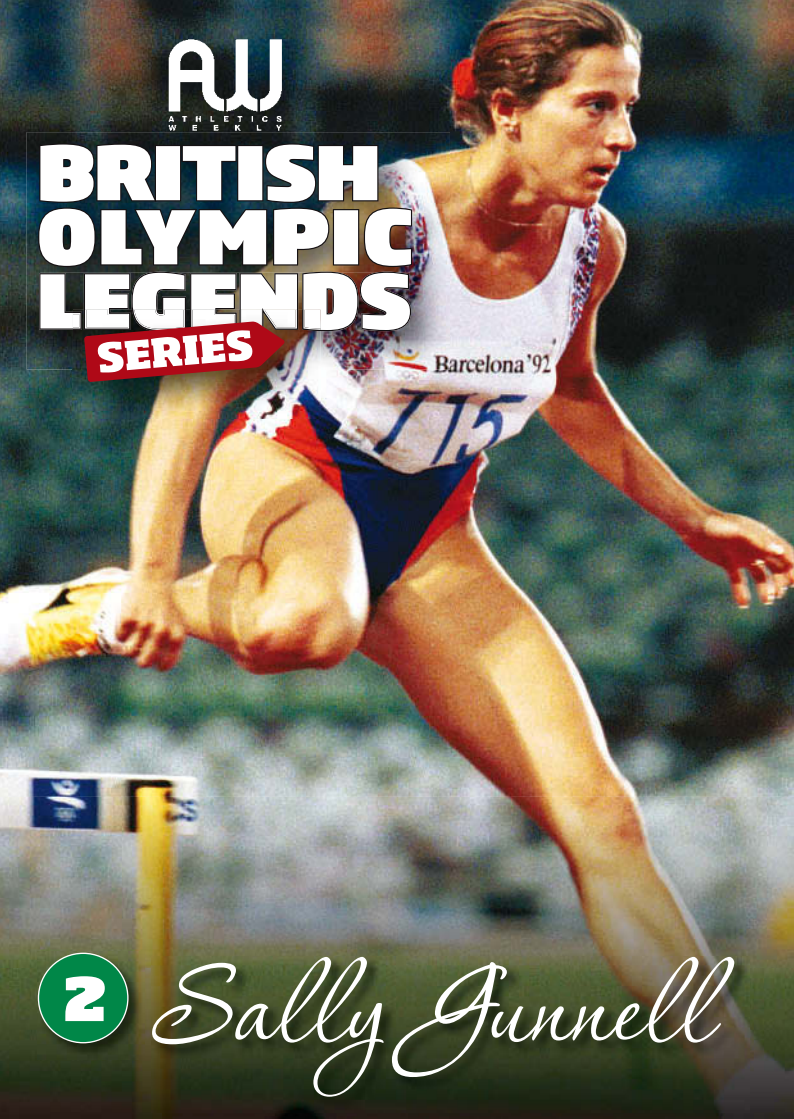
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A green starburst graphic with a white border, containing the text "#02" and "EVENT: 400M HURDLES".

#02

EVENT:
400M HURDLES

Sally Gunnell

Having lost the previous year's World Championships by a tantalisingly close margin, the 1992 Olympics were to prove Sally Gunnell's golden moment. Britain's hurdling queen stunned a world-class field to take the gold medal and seal her place among Britain's Olympic greats. For Gunnell, it was a dream come true.

SALLY GUNNELL

Sally Gunnell was already Britain's 'golden girl' before she won her Olympic 400m hurdles title in Barcelona in 1992. And yet, to that point, she had yet to win a global title, despite coming tantalisingly close the previous year in the World Championships in Tokyo, losing the gold medal to the Russian Tatyana Ledovskaya by a mere 0.05secs.

That loss merely fired Gunnell's competitive spirit - which had been honed ever since she began competing at the age of 13 under the watchful eye of coach Bruce Longden - and she worked harder than ever over the winter of 1991/1992 to turn that loss into winning ways. "I was more determined than last year," said Gunnell. "I made a mistake in Tokyo at the 10th hurdle and I was determined not to do that again; I've been mentally working on that."

So all through the winter and spring, she put in hours of drills, thousands of metres on the track and endless repetitions up and down the climbs of Brighton, all with one goal in mind - to be Olympic champion. It was a dream that the young Gunnell had even from those



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SALLY GUNNELL

early days, when she was winning English Schools and National titles over the long jump and heptathlon, before the 100m hurdles would emerge as her strongest event.

But, while she enjoyed success over the sprint hurdles, winning the 1986 Commonwealth Games title, when she stepped up a level in competition on a European and World stage, the gap between herself and the highest-level performers was simply too great. It was Longden who realised that the gap could never fully be bridged and persuaded her to try a low-key 400m hurdles race in June 1987, and although she hadn't trained or practised for it ("I mucked up every hurdle," she confessed) she won in 59.9. Following that debut, she improved rapidly in 1988 to set four British records from 55.40 to 54.03 when she was fifth at the Olympics.

She also ran a British record of 12.82 for 100m hurdles. In 1989 she won the European Indoor 400m and in 1990 won Commonwealth gold medals at 400m hurdles and 4 x 400m relay and a silver at 100m hurdles, but it was the one-lap hurdles which became her sole event.




OVER THE SPRINT HURDLES,
THE GAP BETWEEN HERSELF
AND THE BEST PERFORMERS
WAS SIMPLY TOO GREAT

After her success in the World Championships in 1991, Gunnell was a genuine contender for the Olympic title, although the build-up did not go as smoothly as she might have hoped. The flamboyant Sandra Farmer-Patrick beat her in Stockholm and Lille and it wasn't until after she had won in London in a season's best of 54.40 that she felt everything was clicking into place. She went to Barcelona as the third fastest of the year behind Farmer-Patrick and former world record holder, Margarita Ponomaryova.

After the first round, her goal - the one she had worked so hard towards - looked like being possible.





Melona '92

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"I WAS REALLY
QUITE CALM
FOR THE FINAL"



SALLY GUNNELL

By the semis, it looked likely and by 200m of the final, it was certain. Gunnell, drawn a lane inside Farmer-Patrick, was drawing away.

"At the start of it all there were some doubts in my mind, but once I got into the heats and the semis and I realised I was in good shape, I really wanted to do it," said Gunnell. "I was confident." She looked by far the most relaxed athlete on the line, going about her block measurements coolly and running a couple of half bends with the assurance of a champion. "I was really quite calm for the final," she said. "I was quite surprised; I thought I would be a nervous wreck. The race that I ran was one of the races that I had been running in my mind, so it just went to plan.

"It was nice to be warming up knowing you're fit and fast and everything was going the right way. It was just a case of 'enjoy yourself' and go out there and prove that you can do it," she said.

It didn't take too long for that to happen, as she quickly made in-roads on those drawn outside her. "I realised that the second part of my race is the

SALLY GUNNELL

strongest," Gunnell explained, confident that she would win after running such a brilliant first 200m.

Myrtle Bothma, the South African champion, had started better, but by 150m, she was a spent force. And Gunnell was focused on the ragged figure of Farmer-Patrick up front. Bothman was in lane two and out of sight.

"I got to the eighth hurdle and realised I was up there and so many people had said to me if that I could be ahead at that point in the race, I was the strongest coming home," explained Gunnell. This time - unlike the previous year - there would be no mistake. "I was just going to give everything I could on the home straight," she continued.

She needed to because the taller, but far less proficient hurdler, Farmer-Patrick, was getting into her giant stride. As the two approached hurdle nine and the infamous, for Gunnell at least, hurdle 10, the result was still in doubt. Would Farmer-Patrick haul back the Briton with her late charge?

Gunnell wasn't about to make a mistake. While she trained in Brighton the previous year and later in Phoenix in the US, she mentally rehearsed clearing that 10th



SO MANY PEOPLE SAID TO ME
THAT IF I COULD BE AHEAD AT
THE EIGHTH HURDLE, I WAS
THE STRONGEST COMING HOME

barrier. But she felt that however fast she was running, the result would always be the same - she cleared it with ease and ran on. Not once did she think of ever hitting it. "You never think of something like that. You just block it out. You don't dare think of something like that," she said.

For the record, Gunnell broke the tape in 53.23, ahead of Farmer-Patrick (53.69), the two of them way clear of third-placed Janeene Vickers, also of the USA. "Technically, it was my best race," said Gunnell. "All the way round that lap of honour, I just couldn't believe I had done it. It was like being in a dream world."



**"GUNNELL
IS STILL ONE
OF BRITAIN'S
BEST KNOWN
SPORTSPEOPLE"**

SALLY GUNNELL

All those negative thoughts were replaced by positive: time and time again, she cleared and jumped onto the medal rostrum. "I just wanted to savour every moment," said Gunnell. "You dream about it, but to be actually out there, for it to be real, is something that won't sink in."

Twelve months on, the World Championships took place in Stuttgart and the 400m hurdles was a re-run of Barcelona. Despite being behind virtually the entire race, Gunnell won the world title in a world-record run of 52.74, with Farmer-Patrick second once more, in 52.79. It was the eighth time, also, that Gunnell had broken the British record and the landmarks just kept being achieved.

She ended the year as the IAAF Female Athlete of 1993, on an unprecedented night for Britain when Colin Jackson, collected the Male award. In 1994, Gunnell won European gold in Helsinki and Commonwealth gold in Victoria to become the first woman athlete to hold the big four major titles in athletics. Injury was to blight her next three seasons, and she retired in front of her fans in 1997. She is still one of Britain's best known sportspeople, and still holds the British record.

SALLY GUNNELL - A CAREER IN STATISTICS

INTERNATIONAL CHAMPIONSHIPS

1983: sf 100mh, 13th heptathlon European Juniors

1986: 1st 100mh Commonwealth Games; 6th 400mh, 3rd 4x400m, ht 100mh Europeans

1987: ht 60mh European Indoors, sf 100mh Worlds

1988: 4th 400m European Indoors, sf 100mh, 5th 400mh, 6th 4x400m Olympics

1989: 1st 400m European Indoors, 6th 400m World Indoors, 3rd 400mh World Cup

1990: 1st 400mh & 4x400m, 2nd 100mh Commonwealth Games; 4th 400m European Indoors; 6th 400mh, 3rd 4x400m Europeans

1991: 2nd 400mh, 4th 4x400m Worlds

1992: 1st 400mh, 3rd 4x400m Olympics

1993: 1st 400mh, 3rd 4x400m Worlds

1994: 1st 400mh & 4x400m Commonwealth Games; 1st 400mh, 4th 4x400m Europeans; 1st 400mh & 4x400m World Cup

1996: sf 400mh Olympics

1997: sf 400mh Worlds

NATIONAL CHAMPIONSHIPS

Won UK 100mh 1986, 400mh 1997; AAA 100mh 1986-9, 1991-3; 400mh 1988, 1996; WAAA junior LJ 1980, intermediate LJ 1981.



EUROPEAN CUP

(400mh & 4x400mR):
1989- 2/3R, 1991- 2/3R,
1993- 1/5R, 1994- 1/1R,
1996- 1/5R, 1997- 1/3R.

PERSONAL BESTS

100m 11.83 (1990),
11.8 (1987), **11.79w**
(1986); **200m** 23.30
(1993), **300m** 36.44
(1993), **400m** 51.04
(1994), **100mh** 12.82,
12.80w (1988);
400mh 52.74 (1993),
high jump 1.67 (1983),
long jump 6.08 (1983),
shot 11.18 (1984),
heptathlon 5493 (1984).

INDOORS

300m 37.88 (1989),
400m 51.72 (1994),
800m 2:08.36 (1991),
60mh 8.27 (1990),
100mh 13.71 (1985),
Pentathlon 3690 (1983)



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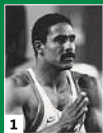
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DALEY THOMPSON

Decathlon: Moscow 1980,
Los Angeles 1984

SALLY GUNNELL

400m hurdles: Barcelona 1992

DAVID HEMERY

400m hurdles: Mexico 1968

KELLY HOLMES

800m & 1500m: Athens 2004

KEN MATTHEWS

20km Walk: Tokyo 1964

DON THOMPSON

50km Walk: Rome 1960

ANN PACKER

800m: Tokyo 1964

ALLAN WELLS

100m: Moscow 1980

CHRIS BRASHER

3000m steeplechase:
Melbourne 1956

TESSA SANDERSON

Javelin: Los Angeles 1984

STEVE OVETT

800m: Moscow 1980

CHRISTINE OHURUOGU

400m: Beijing 2008

LINFORD CHRISTIE

100m: Barcelona 1992

MARY PETERS

Pentathlon: Munich 1972

MARY RAND

Long jump: Tokyo 1964

JONATHAN EDWARDS

Triple jump: Sydney 2000

DENISE LEWIS

Heptathlon: Sydney 2000

LYNN DAVIES

Long jump: Tokyo 1964

SEB COE

1500m: Moscow 1980,
Los Angeles 1984