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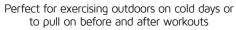


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- Jason Henderson editor

DISTANCE REVIVAL

THE line-ups for the Euro Cross trials in Liverpool on Saturday look stacked (see p56). The men's field especially is full of talent and is expected to include this week's cover star, Andrew Butchart.

Readers who remember the golden era of the 1970s and 1980s often bemoan the current quality of men's distance running in Britain. But statistics show that standards have risen healthily in the past dozen years from the club scene through to Olympic level.

Barry Fudge, British Athletics' head of endurance, has found, for example, that there were 312 'national standard' performances (marks equivalent to a UK top-100 ranking) in 2004, but this has risen to 938 in 2016.

At the highest level, meanwhile, Mo Farah was the only GB endurance athlete in the 'medal zone' in 2012 but the figure rose to six this year.

These stats will be revealed in more detail in our *AW* Review of 2016 that is out on December 1 (see p17).

For the time being, we can look forward to the rising stars of the British distance running scene battling it out on Saturday.



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Cover: Rio Olympics 5000m sixth-placer Andrew Butchart (Mark Shearman)



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AW/NEWS



- Ben Coldwell staff writer

DISTANCE DOUBLE

IN THE same Olympic Games that Dame Kelly Holmes completed her historic 800m/1500m double, Hicham El Guerrouj used the metric mile as a starting point to step up to 5000m, where he beat world record-holder Kenenisa Bekele to complete his own golden double.

Laura Muir is eyeing something similar (see right). She has toyed with 800m/1500m in the past, while the latter is what her rival Genzebe Dibaba prefers.

While we eagerly watch Muir continue to grow over her preferred distance, it's clear for all to see that there's a lot of untapped potential whichever double route she opts for.

DAVIES FACING BRIBERY CLAIM

THE former secretary general at the IAAF has informed the Ethics Board that he received a £25,000 payment intended as a bribe to bury news of Russian doping, according to the Daily Mail.

Nick Davies stepped down from his position in December last year after emails emerged allegedly showing him discussing ways to cover news of Russia's positive tests during the 2013 World Championships.

Davies, once Seb Coe's righthand man, has denied the money was intended for a cover-up.

MUIR: SCOPE FOR ME TO DO A DOUBLE **LIKE HOLMES IN FUTURE**

DESPITE ROOM FOR IMPROVEMENT, THE SCOT DOUBTS IF SHE WILL EVER **GO ANY FASTER THAN HER 3:55.22** BRITISH 1500m RECORD RUN IN PARIS

AURA MUIR says she is open to the prospect of following in the footsteps of Dame Kelly Holmes and one day doubling up distances, though for now she is focused on the tough task of improving her British 1500m record.

The 23-year-old Scot took the 1500m scene by storm this year, ending the season as the world No.1 over the distance after running a phenomenal 3:55.22 personal best in Paris, beating the national record she set before the Olympics and recording the 16th fastest time ever.

So far in her career Muir has competed internationally on the track both in the 800m, where she reached the World Championship semi-final in Moscow three years ago, and, latterly, the 1500m where she has excelled to the point at which she is now a major consideration to win gold at next summer's Worlds in London.

The 2014 Commonwealth Games is the closest Muir has come to competing over both distances in a championship, though she did not start the

heat of the shorter distance just a day after finishing 11th in the 1500m final.

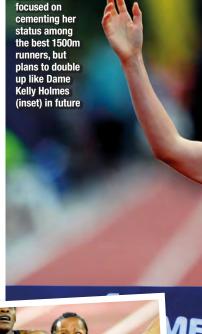
Right now, conquering the world over the 1500m is Muir's top priority for 2017, but the Glasgow-based runner says competing over two distances is something which she envisions down the line.

"It crossed our minds a couple of years ago. I was entered for the 800m and 1500m in the Commonwealth Games," Muir said. "We looked to other distances as well but if I'm running as fast as I can in the 1500m then that's great.

"[Doubling up] depends on the timetable of different championships as well. It's

"NOW THE MAIN FOCUS IS 1500m. **BUT THERE IS** SCOPE FOR OTHER THINGS IN FUTURE'

LAURA MUIR on attempting to double up distances



Laura Muir is



certainly something I'm thinking about. But now the main focus is 1500m, but there is scope for other things in future.

"It's important to properly grasp the 1500m for a little bit more, and from there you can branch out a little bit. There's still work to do in the 1500m, but we're open to ideas and my capabilities allow for different options. It's exciting for the future, but I think you have to see how things go though."

While the 800m has much scope for improvement -Muir's 2:00.42 PB is arguably not befitting of her ability improving her best time over in her main event is something she acknowledges will be a greater challenge.

Muir's time from Paris - more than two seconds better than the British record she set at



the Anniversary Games in July - makes her the 13th fastest athlete in history and second in Europe over the distance.

It's still a surreal thought for Muir to be in the record books with such exalted company and, although she knows there are areas she can improve on, she questions - semi-jokingly just how much faster her body will allow her to go.

"I only do circuits once a week during the winter. And circuits aren't heavy lifting so I think on that side of things there is more work to do. That's a big area where there is scope to progress, but as things are

going right now you have to take small things at a time and not rush too much. But there are definitely places still to improve on," she added.

"I would never have thought I would run 3:55. That's crazyfast. I'm over the moon but still sort of surprised. I don't think I'll ever get a 1500m PB again. It means a lot to have that next to my name and to know that it will never go. It's a big honour.

"I don't know how much faster I can go. If everything is perfect on the night then maybe I'll go a smidge faster but not too much more, I wouldn't think."

PRESCOD: ME AND JOEL HAVE OPENED THE FIELD

REECE PRESCOD says the emergence of both himself and Joel Fearon among Britain's top sprinters has thrown the cat among the pigeons and he expects the level to be raised in

The pair shone on the domestic scene once the British team for the Rio Olympics had been selected. In July, 20-year-old Prescod ran 10.04 at the England Championships in Bedford on the same day that Fearon clocked 9.96 at the same event to go joint third on the all-time list of Britons over the 100m.

Both went on to run on the Diamond League circuit in the post-Olympic period, firming up their elevated statuses among the country's elite sprinters.

"[The level of competition] is going to be rammed this year but hopefully everyone will raise their games," Prescod said. "Me and

Joel have raised the bar a little bit - I'm not saving we're better than the others or anything.

"The boys went to Rio and had just heard I'd run 10.04 when they got on the plane. They got off the plane and heard Joel had run 9.96. It was like 'cool, the country is on now'. [Richard] Kilty had run 10.01 earlier too. It has made the game a bit more competitive now."

Over his short career Prescod has primarily focused on the 200m, for which he has a 20.38 PB from Lausanne this year, and he feels that's where the biggest level of competition will lay next season.

Prescod added: "I feel the 200m was a little better than the 100m this year, so I think that will be really competitive next year. If everyone is fit we've got me, Nethaneel [Mitchell-Blake], Adam [Gemili], Zharnel [Hughes], Danny [Talbot]. It's going to be big."



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AW/NEWS

INTERNATIONAL FEEL FOR BIRMINGHAM MARATHON

HE inaugural
Birmingham
International
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living up to its name as dozens
of runners from across the
world have already signed up
to take part.

The 26.2-mile run, which takes place on Sunday,
October 15, 2017 – the same day as the Great
Birmingham Run half-marathon
– has attracted entries from
Singapore, the USA, Canada,
Cayman Islands and Australia.

Dozens of runners from across Europe, too, will also be heading for the Alexander Stadium start line next autumn, entry data has revealed.

Almost 5000 people have already signed up to take part, just six weeks after the entry window was opened.

Birmingham is considered the birthplace of mass-participation long-distance running events and the Birmingham International Marathon hopes to cement the city's position as the European Capital of Running.

The city staged one of



Birmingham's streets will be flooded with runners from around the globe at next year's international marathon

the country's first open-toall marathons, the People's Marathon, which ran from 1980-85 and was organised by the late Solihull-based elite runner John Walker.

The event is also likely to be a boon to Birmingham's bid to host the 2026 Commonwealth Games.

Entry is now available to all for the first Birmingham International Marathon, which starts at Alexander Stadium, the home of British Athletics, and takes in a host of the city's most famous landmarks.

Birmingham-born lan Stewart, one of the world's top distance runners in the 1960s and 1970s, said: "I think the fact that Birmingham now has a major international marathon next year is a fantastic addition to Birmingham's portfolio of major athletics events.

"It is also the perfect time of the year for athletes who want to qualify for major Games the following year."



Jess Judd: Euro Cross medal in 2014

JUDD LONGING FOR AN INTERNATIONAL RETURN

JESS JUDD says she has missed the buzz of competing for Great Britain and hopes to return to the international scene at the European Cross Country Championships.

The 21-year-old has had a strong start to her winter with good runs at the Saucony English Cross Country Relay Championships in Mansfield and the British Athletics Cross Challenge opener in Milton Keynes.

The talented junior middle-distance

runner hasn't competed for Great Britain in a championship environment since the 2014 Euro Cross in Samokov where she picked up a silver in the under-20s race, having struggled to kick on from the form she showed when she burst on to the scene as an 18-year-old.

Judd has had a disrupted couple of years, which have seen a series of coaching changes over a short space of time, but the Loughborough University student is hopeful she will be back in the international picture next month.

She said: "If I did get on the team it would be nice to be in that environment again. I've really missed it. I'm always at the trials and see everyone going off to the internationals, but I've just not quite been there. It would be nice to get in the start tent again, be around there and be part of that atmosphere again."



IOC RETESTS HIT 2008 HIGH JUMP



SEVEN more athletes have had results disqualified from the 2008 and 2012 Olympics after retests by the International Olympic Committee (IOC) came back positive for banned substances.

Russia's Olympic high jump champion from 2004, Yelena Slesarenko, is among the biggest names to have been identified from 2008 in the latest IOC announcements, while 2012 steeplechase champion Yuliya Zaripova has also been disqualified.

Pole vault bronze medallist

Denys Yurchenko, triple jump bronze medallist Hrysopiyi Devetzi and high jumper Vita Palamar all tested positive from 2008, and long jumper Margaryta Tverdokhlib and hammer thrower Oleksandr Drygol from 2012.

The disqualifications of the fourth-placed Slesarenko and fifth-placed Palamar, following that of bronze medallist Anna Chicherova announced last month by the ICC

last month by the IOC, have decimated the Beijing high

jump and, if officially corrected, could see 32-year-old American athlete Chaunte Lowe (pictured below) awarded bronze despite originally finishing sixth.

The disqualification of Devetzi and Yurchenko takes the total of Beijing medallists who have tested positive retrospectively to 10

compared to four from the London 2012 Games.

The IOC has so far named 26 track and field athletes among those to

have tested positive in its two waves of sample reanalyses.

NEW PAYMENT EMERGES FROM QATAR TO DIACK

THE son of disgraced IAAF president Lamine Diack, Papa Massata Diack, is in more hot water after reports from France alleged he received a \$3.5 million payment from the Qatari government just days before the country's bid to host the 2017 IAAF World Championships failed.

Diack Jr was banned for life from the sport earlier this year as a result of his role in the scandal surrounding corruption in the IAAF, in which he denies any involvement.

French newspaper *Le Monde* claims to have seen receipts from 2011 showing payments made by Oryx Qatar Sports Investments (QSI) – a government-controlled organisation – to a company set up by Diack Jr. The Qatar Athletics Federation has denied any wrongdoing of QSI.

IPC LAY ROAD TO RECOVERY FOR RUSSIAN SPORT

RUSSIA has been set a series of reinstatement criteria by the International Paralympic Committee (IPC) which it must fulfil before being allowed back into international competition.

The Russian Paralympic Committee (RPC) was barred from the Rio Games as a result of its part in a country-wide doping cover-up.

The IPC criteria states, among other requirements, that the RPC must oversee the "establishment of a strong anti-doping culture" within its ranks.

Russia is traditionally a Paralympic track and field powerhouse, and finished second at last year's IPC Athletics World Championships with 69 medals.

ORIGINALITY AT HEART OF NITRO ATHLETICS

DETAILS of the first Nitro Athletics competition have been revealed by the organisers, and the event will see a mix of both traditional and original disciplines across the three-event meet.

Nitro Athletics, the revolutionary new series in the sport, takes place in Melbourne, Australia, on February 4, 9 and 11, and will see six teams of 24 athletes go up against one another in a range of disciplines in a points-based competition.

The schedule sees teams take part in a mixture of power, technique, endurance and teamwork events. Traditional 100m sprints will take place but there will also be mixed and medley relays, such as the 2x300m relay, the 100m/10m hurdles relay and a 200/200/400/800m relay.

Endurance events will include elimination mile and two-mile races and a three-minute run.

The new concept will also see teams able to win double points in a selected event, steal points from other teams in a chosen event, and a 'Nitro Turbo Charge' in the long jump will allow one athlete to declare when they will attempt to achieve a set distance – 8.00m for men and 6.60m for women.

AW/ NEWS

BASC'S BEST BRITS JOIN TO CELEBRATE SUCCESS

MO FARAH WON BASC'S ATHLETE OF THE YEAR AT THE ANNUAL AWARDS EVENING WHILE BRITISH 2016 SUCCESS WAS CELEBRATED

HE British Athletics Supporters' Club (BASC) honoured the class of 2016 last weekend as athletes past and present came together at the annual award ceremony to celebrate a year of success for athletics in Britain.

Four-time Olympic champion Mo Farah was named as winner of BASC's 2016 athlete of the year award ahead of Rio hammer bronze medallist Sophie Hitchon, who pipped British 1500m record-holder and world No.1 Laura Muir to second place.

Farah was unable to attend the ceremony but recorded a message saying: "I just wanted



Athletes past and present came together to celebrate the British Athletics Supporters' Club awards weekend for 2016

to say thank you so much for giving me the athlete of the year. It's pretty amazing and if it wasn't for you guys I wouldn't be able to achieve – the drive you give me and the support are pretty incredible.

"I'm sorry I can't be with you on the night – I'm here training hard for the 2017 World Champs in London. Thanks for your support and hopefully I will see you at the World Champs."

The 2016 awards were the first in which the BASC had drawn up a shortlist. Along with Farah, Hitchon and Muir on the shortlist were Jessica Ennis-Hill, Dina Asher-Smith, Jazmin Sawyers and Adam Gemili.

Sprinter Kadeena Cox was recognised for her outstanding

Paralympic gold medal-winning season with the Susanna Ingram award.

Long jumper Holly Mills and 1500m runner George Mills were recognised as BASC's young male and female athlete of the year award winners after both picked up gold medals at the European Youth Championship awards in Tbilisi.

The other winners were 10,000m walk world junior champion Callum Wilkinson, awarded the Ron Jewkes trophy for the best performance by a junior male athlete, and Olympic high jumper Morgan Lake, winner of the Katharine Merry award – the female equivalent.

The weekend also saw athlete panels tackle questions posed to them, first by former 5000m world record-holder and previous head of UK Athletics, Dave Moorcroft, and then by Olympic 400m bronze medallist and BASC president Merry.



Callum Wilkinson: world junior champ won an award



Sophie Hitchon: Olympic bronze medallist was runner-up

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AW/NEWS

SEEKING NEW CHALLENGES, COSSINS QUITS SPRINT COACHING

HE former coach of Olympic sprinter Danny Talbot has given up coaching citing a lack of love for the sport, writes Kevin Fahey.

Dan Cossins, who has coached numerous international athletes from his base in Bath including 200m sprinter Talbot, whom he took from the school sports field to the 2012 Olympics, issued a statement saying it was time for a new direction in his life.

"Over the last two years, I have gradually fallen out of love with the sport, and as I have learned more about myself as a person, the desire to be involved has gotten further and further away from me." the 31-year-old said in a statement released last month.

"That understanding has led to me knowing that my path does not lie at this point in top-class athletics, but in using the skills I have amassed along the way, and the experiences I've had in life, to help people with more fundamental human issues."

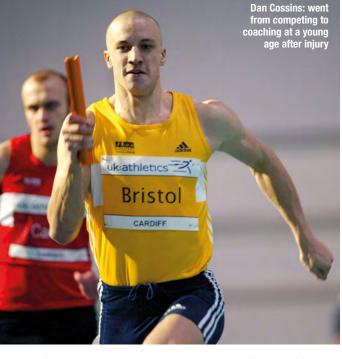
Talbot, who left Cossins to work with Benke Blomkvist in Loughborough at the start of the year, said he hoped his former mentor would return to the sport one day.

"I learned so much from Dan and if it wasn't for him I would not be in the position I am today," said Talbot.

"I am so grateful for what he did for me and hopefully he will come back into the sport one day."

Coach James Hillier has worked alongside Cossins for some years at Bath University and, while surprised by the decision, said it may be best in the long run.

"I have known Dan for many



years and he is a very talented coach so this will be a big loss to the sport," said Hillier.

"But you can't coach at the top level half-heartedly so maybe taking a break is the best thing for him. He started coaching at a very young age and clearly feels he needs a change.

"I think we must commend him for being brave enough to make that decision and he has been honest enough with himself and his athletes to say he has had enough."

Cossins moved into coaching at an early stage after his career as a competitor

was cut short by injury. He has lifetime bests of 10.55 for 100m, 21.17 for 200m outdoors and 21.20 indoors and 47.10 on the boards over 400m.

"I would like to thank everyone who has been a part of my journey," added Cossins.

"Special mentions must go to my coaches, Dave Lease, Darcy J. Cumming, Malcolm Arnold and Linford Christie. And it wouldn't be right to not mention a man who has always been there for me, a hero before I even knew him, and even more of a hero once he was in my life, Jason Gardener."

OVERALL LEADS BERMUDA TEAM

MARATHON runner Scott Overall and Gemma Steel are among six athletes selected to represent England at the Bermuda Marathon weekend.

Taking part from January 13-15, Overall (pictured), who competed at the 2012 Olympic Games, will be joined by Matthew Sharp and Alexander Teuten while Steel, the 2014 European cross country champion, is part of a trio with Jenny Spink and Rebecca Moore, racing over a variety of distances.



GEBRSELASSIE'S TOUGH TASK

HAILE GEBRSELASSIE says that he has come to the realisation of the mammoth task ahead of him as he plans his first steps as president of the Ethiopian Athletics Federation (EAF).

The multiple world and
Olympic champion was
elected as head of his country's
national federation earlier in November,
just months after he was one of a
group of figures in Ethiopian athletics

protesting against the body's handling of a number of key issues dogging the sport in the east African nation.

"I went into the office to meet the people I will be working with and to talk to them about their experiences over the last few years," Gebrselassie (pictured)

"I am just beginning to realise how big a job this is — it is going to take a lot of my time and attention."

told insidethegames.biz.

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Closing date for applications is midnight on Sunday 4th December 2016.

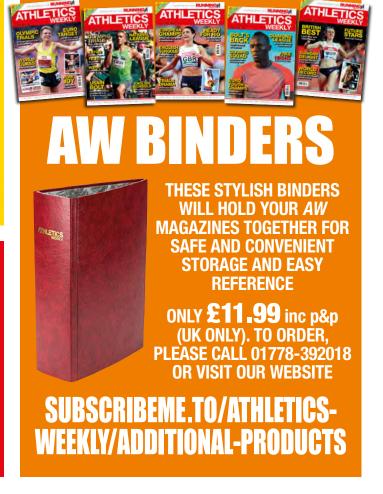
UKA is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, ethnicity, disability, age, sexual orientation, gender identity, religion or belief.

In the result of high volumes of applications, UK Athletics reserves the right to close the vacancy ahead of the stated closing date - please apply early to avoid disappointment.









BUTCHART IS NOW A BELIEVER

EUAN CRUMLEY SPEAKS TO A YOUNG BRITON WHO IS NOT AFRAID OF SUCCESS —OR TAKING OVER FROM MO FARAH

PICTURES: MARK SHEARMAN

NDREW BUTCHART is clearly not an athlete who is easily fazed. After all, this is a man who broke the long-standing Scottish 5000m record in May, despite losing a shoe for the final lap.

This is also a man who, in July, saw off some highly esteemed company to finish second behind Mo Farah at the Anniversary Games in London.

And this is a man who, when faced with the challenge of his first Olympic 5000m final, did not shrink from the task. Rather, he grew in stature with almost every passing stride in Rio — at one point dictating race proceedings with Farah — before finishing a hugely creditable sixth, breaking that Scottish record once again into the bargain.

Britain's multi-Olympic and world champion won't be around forever, of course, and 2017 is expected to be the final year of track competition in Farah's storied career before he turns his attention to the roads.

The 33-year-old's absence will leave a sizeable hole in British endurance track running but, when asked about the prospect of trying to fill it, Butchart's assured response comes as little surprise.

"Obviously Mo has done an incredible job in the sport and has achieved so much," says the 25-year-old, who also broke the Scottish 3000m record this year. "In my opinion he's probably the best distance runner of all time and for anyone to beat that will be hard going.

"But, from a British point of view, if I can take over from what he's been doing and be the No.1 5/10km athlete in the UK then yeah I'd love to do that, I'd love to take that on."



It wasn't so long ago that the task ahead of Butchart was trying to combine his training with working as a fitness instructor at the famous Gleneagles resort in Perthshire to pay the bills. Now his 'to do' list involves somewhat loftier aims.

Under the guidance of long-time coach Derek Easton, Butchart has taken large strides forward of late – at an appropriately rapid pace. He has made sure, however, to give himself the time to take in his surroundings at the big occasions, to watch those around him, to learn on the job.

"I definitely feed off Mo," he continues.
"But I'm not the kind of athlete that
necessarily looks just at Mo or just 5km, I'll
look at how other people train and run well

- and analyse it. I'm intrigued to see what other people are doing in terms of training.

"Because this year has been new to me, I don't really have much experience about how to act between rounds and tapering for massive races, stuff like that. So I'm intrigued to see what other people are doing and work out what I thought was best.

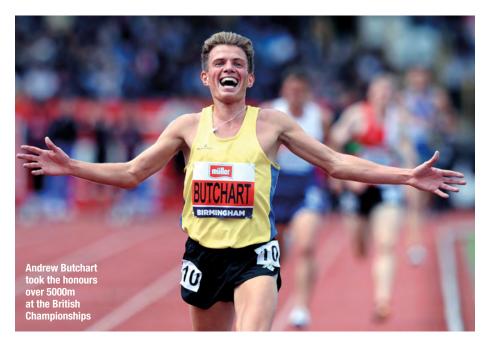
"My coach and I were learning together how to treat my body properly and to make sure we are doing the right things at the right time. It's just learning from other people by watching them and seeing what they were up to.

"I still feel new to the sport at the top level, so every day I'm learning more about myself and more about the sport."



AW/THE BIG FEATURE

ANDREW BUTCHART



He's clearly putting that learning into practice, too.

"This year I definitely improved a lot and I think a lot of that is down to planning and making sure we're doing the right things at the right time, just increasing the intensity of the workload just a little bit," adds Butchart.

"There have been no dramatic changes but I would say a lot of it has come down to doing some altitude training. I went to altitude quite a lot this year and that definitely helped me a lot.

"It's quite hard not to get ahead of yourself if you're training with the likes of Mo Farah, with the best people in the world. It's hard not to try and compete with them when you get on the track. So being with the best in the world makes you be the best person in the world."

Butchart has, in fact, just returned from a spell training at altitude in Font Romeu and will get a gauge of where his fitness levels lie when he competes at this weekend's

"YOU'VE JUST GOT TO BE CONFIDENT. YOU SHOULDN'T HAVE ANY DOUBTS IN YOUR HEAD THAT YOU'RE NOT IN THE RIGHT PLACE"

Liverpool Cross Challenge, which doubles up as the British trials for next month's European Cross Country Championships

However, the biggest target in his sights — the event that looms largest on the horizon — is, of course, next year's IAAF World Championships in London. His Anniversary Games performance showed he is certainly comfortable racing in front of a large, partisan home crowd at the Olympic Stadium. His Olympic performance demonstrated he has the right mental abilities to go with his physical attributes.

"I respect every athlete but I definitely think I'm in the right place," he says. "When you're with these top guys and training with these top guys, there's nothing special about them — they are just training very hard and working very hard. Anyone can put the work in to try and do it — it just so happens that I put the work in and it came off.

"You've just got to be confident, have faith in what you've been doing and I'll definitely take that forward into every single race that I run from now on. You should never have any doubts in your head that you're not in the right place and hopefully I can keep thinking like that for every single race that I do from now on."

There have been rewards for Butchart's hard work. Sixth place in an Olympic final has opened doors which would otherwise have remained firmly shut. There are changing perceptions of him, too. He is a recognised face on the track - and at home

ANDREW BUTCHART

- > Born Oct 14, 1991
- **> PBs** 800m: 1:51.39, 1500m: 3:44.57, mile: 4:05.40, 3000m: 7:45.00, 5000m: 13:08.61, 10,000m: 29:32.43, mile (road): 4.00, 5km: 14:35, 10km: 28:28,
- > Achievements (5000m unless stated) 2016: Olympics 6th; Scottish record, British champion, Scottish 3000m record, Scottish cross country champion 2015: European Team Championships bronze; Scottish champion, Inter-counties cross country champion.
- > Progression (5000m)

2009: 14:49.93, 2010: 15:18.33, 2013: 15:14.18, **2014**: 13:58.05, **2015**: 13:29.49,

2016: 13:08.61

in Dunblane, the town which also gave the sporting world Jamie and Andy Murray.

"A lot has changed since the Olympic Games," he says. "A lot of people are wanting to support me and a lot of people are wanting to help me out. There was a lot of talk and a lot of hype after the Olympics and it's all settled down now. We've sorted a few things out and it's nice to get back to

"When I'm in Dunblane there are a lot of people that recognise me now. A lot of people are wanting to speak to me and take pictures. It's exciting."

Exciting is a very apt word when it comes to considering Butchart's future and what might lie ahead. He is hopeful, too, that a few more of his compatriots will come along for the ride.

"I think I proved this year that it can be done - from not being the best in the country to becoming up there in the world," says the British 5000m champion.

"I know a lot of British athletes will look at me and think 'If Andrew can do it then I can too'.

"And I want them to do that because I want British Athletics — especially distancewise — to get picked up because really there only has been Mo for the past few years, give or take a few names.

"Hopefully a few of us can take over and challenge these guys at the top of the world, challenge the East Africans and prove that Britain is a country which has good distance athletes."

ANDY BUTCHART, on mixing

it with the world's best

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AN ATHLETICS EXTRAVAGANZA

ED WARNER PUTS NEXT YEAR'S MASSIVE SUMMER **OF ATHLETICS** INTO PERSPECTIVE

WORDS: JASON HENDERSON PICTURES: MARK SHEARMAN

F YOU want an idea of the size of the challenge facing organisers of London 2017, the Olympic Stadium will stage a football season's worth of athletics in a mere fiveweek spell next year. It is a prospect that is sure to keep the team on its toes as they approach what is sure to be a memorable summer of athletics.

"We've got 22 days of international athletics next summer," says Ed Warner, the chair of UK Athletics and co-chair of London 2017. "We have 11 days of the IPC Athletics Championships and 10 of IAAF Championships plus one day of Diamond League. That's a football season's worth of sport.

"West Ham will play 22-25 games at home through a whole season from August until May. We've got that squashed into a much smaller period. And the turnaround time from Diamond League to IPC Championships is a few days and then two weeks before the IAAF Championships."

The Müller Anniversary Games on July 9 is effectively staged by the same federationled local organising committee, while the IPC Championships run from July 14-23 and the IAAF Championships from August 4-13, but the athletics takeover of the Olympic Park really begins on July 2 with the Great Newham London Run.

As readers of last week's London 2017 special issue will realise, Warner was instrumental in bringing these global championships to the UK and he describes



the 2011 bid victory over Doha to stage the IAAF World Championships as his proudest moment in a UKA chairmanship which is due to end late next year.

"We have two championships next summer but the IAAF event we want 700,000 people walking away from the stadium with great memories of great sport and if you can secure that in your own city in the home country then it makes you very proud, there's no doubt about it," he says.

"British Athletics has a 100% record during my chairmanship of winning bids. Everything we have bid for, we have won. We win the pitches. Look what we have coming up - we have a World Indoors and European Indoors, we've had European Team Champs here, a World Cross, European Indoors. We go in and win them partly because we know what we're doing in putting the events on but we also win them because of British fans, I believe.

"The sport likes to come to Britain as it gets well received. It loves that fan engagement. And that's a real ace up our sleeves. We are also well supported by UK Sport, who want to see major events come

to the UK, so we can go to them for some funding and logistical support. Other countries don't have that and Britain is quite lucky to have a Government wanting to have major events coming here, whether it's for athletics, swimming, cycling or gymnastics."

Warner is also excited by the IPC Championships being staged in the same city - London - in the same year for the first time. As chairman of the IPC Athletics technical committee, he was out in Rio for the Paralympics but not the Olympics and is keen to see this part of the sport shine in the spotlight.

"It's massive for the IPC Championships because the glow of being part of a summer of athletics is really important. We've heard para-athletes down the years complaining about lack of opportunities versus their able-bodied counterparts and lack of publicity but the summer of athletics will give equal prominence to the two championships, which is fantastic. It's a first for London and a first for the world as well as the fact that these two championships have never been in the same city let alone the same country in the same year."

Will it set a trend with future bid cities wanting to hold both global events in the same summer? "I hope so," he says. "I think it should do. The Rio engagement with the athletes was fantastic and the crowd atmosphere was brilliant and we'll get that again in London."

A few weeks before the Paralympics, it was being billed as a disaster waiting to happen due to lack of money and resources. But Warner says it was nowhere near disastrous. "The sun shone in the way that it didn't during the Olympics," he says. "The transport flowed more effectively because they didn't have all the Olympic lanes clogging up the city. People were happy. They got to the stadium and competed in front of a crowd and got great feedback from that crowd."

With stars like Jonnie Peacock, Hannah Cockroft and Libby Clegg ready to perform, he adds: "One of the things I'm confident about next year is that people who get a ticket for the IPC Championships next year will see great sport. And they maybe don't realise that quite yet but they will."

But what about British medal hopes at the IAAF World Championships? With Jess Ennis-Hill retiring and Mo Farah and Greg Rutherford not getting any younger, where are the podium places coming from and are GB hopes slim?

"I think you could have said that eight years ago in the UK," he replies. "Back then you couldn't have had Greg Rutherford nailed on as a twin Olympic medallist. Eight years ago you wouldn't have thought Mo Farah was going to win all these Olympic and world titles.

"I think there's more than enough young stars coming through and a lot of it is very exciting. Look at Laura Muir. In the great summer of British sport that we had, the average person on the street won't have heard of Laura and won't recognise that she

broke Kelly Holmes' British 1500m record and then did it again. She smashed it. That woman has an amazing future if herself and her coach can keep it together and do the things they've been doing. If Laura Muir wins a medal next year, that will be a great story. She wasn't on people's radars four to eight years ago."

Warner cites the women's long jump as an example of British athletes emerging as a force. "Look how many world-class contenders we have got in an incredibly difficult event where you have to jump seven metres to win a medal and we've got people who can do that.

"Also, look at the women's high jump, which is coming on. And it helps that our relay programmes are kicking. We're still gutted we didn't win three or even four medals in Rio in the relays. In every major



Ed Warner: looking

forward to IPC

and IAAF World

Championships



"I think there's lots to be excited about," he says, adding: "I think what people sometimes forget in athletics when they compare it with, say, cycling is that they would expect every event in the cycling velodrome to have a competitive British athlete but there aren't that many nations who take track cycling too seriously as it's expensive and you require a velodrome and people prefer road cycling. Athletics is 200 nations in 47 disciplines and no one, except for America, is strong across all events. So you have Jamaican sprinters and Kenyan and Ethiopian distance runners and Britain has some real pockets of strength. Russia aside when they are there we are unambiguously the strongest European nation and that's quite an accolade in our sport and it's quite easy to forget that."

British athletes won two golds, one silver and four bronze medals at the Rio Olympics but only three countries – the United States, Jamaica and Kenya – won more than two golds, which illustrates the tough nature of global track and field.

"I have every hope next year that we win medals through the week (at the IAAF Championships) and end up with a bunch of relay medals on the final weekend and we can walk away saying 'it's never been that good'.

"It could happen if Mo stays fit, while Katarina will get it right one day and it'll all come together – I have no doubt of that and if it's in London next year it will be sensational."

ANTI-DOPING IN ETHIOPIA

MICHAEL CRAWLEY HAS A UNIQUE INSIGHT INTO ETHIOPIAN ATHLETICS AFTER IMMERSING HIMSELF IN THE COUNTRY



ISTANCE runner Michael
Crawley of Corstorphine AC
made significant progress in
2015 with second place in
the Scottish 10-mile championships and
fourth place in the Manchester Marathon in
2:19:39 and earned his first GB vest.

The Edinburgh University student is not involved in serious racing in the UK this year as he has "gone native" for a year in Ethiopia as a consequence of undertaking research work related to an economics based Phd he is studying for, funded by the Economic and Social Research Council (ESRB).

He is training hard as part of an Ethiopian training group which has athletes of varying abilities (by British standards some are good, some are superb) but his altitude experience is significantly different to the usual groups of UK-supervised athletes at places such as Iten in Kenya. It is most unusual for the group he is with to have a non-Ethiopian training with them. Also, because he is part of their community for such an extended period of time, the free flow of chatter on all manner of subjects (yes, Michael is mastering the local language!) takes place as with any training group.

Therefore his thoughts are intriguing within the context of recent revelations concerning doping issues among Ethiopian and Kenyan distance runners. While not intended in any way to be an excuse for transgressions, it illustrates the fact that that there is a significant education gap to be bridged if knowledge of doping issues is to permeate to all East African athletes."

Crawley takes up the story ...

THE group I train with in Addis Ababa meet at 5am three mornings a week for a bus journey to one of the many training locations on the outskirts of the city. I stumble down to the bus one morning and open a thermos of coffee.

Aseffa, one of the runners who has been abroad and speaks a little English, gets on the bus a couple of minutes later, smells the coffee, looks at me and raises his eyebrows. "Doping!" he exclaims. It's not, I tell him, it's 'bunna bicha' – or only coffee. And it's absolutely necessary at this time of the morning. "It's doping," he says, shaking his head as he heads to the back of the bus.

Another time I ask Fasil, a runner who lives next door, what the tablets next to his bed are for. "Doping!" he tells me triumphantly, a cheeky grin on his face. I

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East African athletics has been in the doping spotlight, but Michael Crawley found the Ethiopian running scene to be guilty only of ignorance and naivety







look them up just in case and it turns out they're for acid reflux. Energy products, which are referred to as 'Powerbar' by everyone regardless of the brand, are hard to come by here and are therefore assumed to have special powers. Many people tell me that using these is 'doping' too.

Our group has a meeting convened by the coach and our manager, Malcolm Anderson, the founding director of Moyo Sports. We sit on a grass verge outside a farm after training, shielding our eyes from the sun. The issue of doping had been discussed again at the managers' meeting, and a fledgling anti-doping body is currently being staffed.

Given the criticism Kenya is under at the moment, it should be recognised that while Kenya's anti-doping agency has been incompetent in recent years, Ethiopia's has been more or less non-existent. Our coach lectures the runners in Amharic. He speaks of doping as a danger coming from outside Ethiopia. "The factories are not here," he tells them, "but drugs can

come into the country through relatives and friends."

If people start to be caught, he adds, all of Ethiopia's medals might be taken away. In the meeting, he tells them, a doctor did a presentation on doping "in front of the whites (the managers) and the blacks (their sub-agents and coaches)."

He starts to ask the athletes if they've heard anything. "Aseffa, what have you

Ethiopian athletes such as Asmara (far left), Berhanu (above) and Zeleke (left) rise at dawn to start training for running, which is a huge sport in their country

heard about this?
Nothing? What about
Asmara? Nothing too?"
he asks. He knows
they will not want to
talk about it, but he and
Malcolm have decided

that education is the most important tool in the fight against doping, an idea that Malcolm has found resistance to in the past. "If you try to talk to coaches in the rural areas who work with young athletes about this they say, 'oh no, we can't talk to them about this!" he tells me – and in one sense I can understand their logic.

Earlier in our meeting, the coach had been discussing training and racing

AW/TALKING POINT

MICHAEL CRAWLEY

opportunities. He told them they had to work hard and be disciplined if they wanted to be sent abroad to race. He told them that before they went to a race they had to make sure that they were ready, because the future of the group depended upon their success. "You will be given one or two chances at races abroad," he tells them, and after that "it will be difficult" to find races that will take them: the market is increasingly competitive, while prize money is falling.

"You are young now," he says, "but the time will pass," before finally noting, in English, a language few of them understand. "this is business."

When he starts speaking about doping, the first thing he says is, "What do these drugs do? They give you energy. They give you power." In fact, the language he uses is very similar to that used when discussing another source of malignant power few athletes want to talk about: mitat, or the belief that if you take an item of another runner's clothing to a witchdoctor they can allow you to run with some of their power. As with mitat, rumour and hearsay abound, but real evidence does not. Most runners have heard things about certain people; some even reportedly found some 'testosterone' tablets with Russian labels by a skip in Kotebe. Given what the coach had said before about the high-stakes nature of the sport it is perhaps understandable that some athletes would be tempted.

In the run-up to Rio, the Ethiopian federation called a meeting about antidoping at the national hotel and Haile, the sub-agent from our group, attended. "How was it?" I asked him. "Long," he replied, before adding that there wasn't a single farenj (foreigner) there, but a few famous athletes turned up, including Meseret Defar and Sileshi Sihene.





He said that the emphasis was on Ethiopia's reputation being damaged by outside influences. Twice they were shown images of Abebe Bikila's bare feet and told that "these feet tell a story" about Ethiopia as powerful as the one being celebrated at the moment on the 125th anniversary of the battle of Adwa. Athletics, he said, was Ethiopia's life, their 'brand' in the outside world.

Dr Ayalu, head of the anti-doping agency in Addis, said: "The problem is that people trust all farenj. People don't know what they are taking."

He illustrated this with an Ethiopian proverb, terter baganfo wist alle sinter, which means 'the porridge is thick, but somewhere inside it there is a splinter', and told a story about an athlete who supposedly tested positive after eating an apple that had been injected with drugs. He said that Abebe Bikila had triumphed on a diet of buso (roasted barley drink) and injera, and that today's athletes could too.

I ask Haile what he makes of this. "He is right that people need to be very careful with what they are taking," he says, "but not all supplements and energy drinks are banned."

He is right, the sport has moved on since Bikila won in Rome in 1960 running 2:15. Marathon runners are over two miles faster and sustaining the level of training necessary to be at the top is difficult with barley and teff alone.

At the other end of the scale in terms of financial backing and access to information is Nike's Oregon Project. Regardless of

"THE PROBLEM IS THAT PEOPLE TRUST ALL FARENJ (FOREIGNERS). PEOPLE DON'T KNOW WHAT THEY **ARE TAKING"** DR AYALU

whether there was any wrongdoing in strictly legal terms - and enough has been written about that in the past year so there is no need for me to add to it - their access to the knowledge and resources to get as close to that legal line as possible undeniably gives them an enormous advantage. If the runners in Ethiopia do not even know that coffee is not banned, then they're certainly not going to know what a TUE (Therapeutic Use Exemption) is, or understand the ins and outs of micro-

Those who do fall foul of the rules can hardly expect to defend themselves in the way that tennis player Maria Sharapova and her team of legal and PR experts did following her positive test. Education clearly has an enormously important role to play here, but it will have to be handled very carefully. And it should be recognised that to portray doping as a problem of education places the blame solely on Ethiopians. The financial interests underpinning the sport, the supply chains across which drugs flow and the pressures many athletes are put under should be made accountable too.

BOOK REVIEWS \ AW

INSPIRATIONAL LIFE STORY

WITH CHRISTMAS FAST APPROACHING, WE **REVIEW SOME OF THE** LATEST ATHLETICS **BOOKS NOW ON THE** SHELVES, INCLUDING THIS MUM RUNS

O PAVEY is one of the most inspirational British sports stars of recent times and her autobiography This Mum Runs has not surprisingly become an hit on the book shelves since its release.

A regular and consistent British international for many years, Pavey made a real name for herself firstly at the Commonwealth Games in Glasgow in 2014 when her plucky performances led to 5000m bronze, but soon after she took European gold over 10,000m in Zurich at the age of 40.

What's more, she did it less than a year after giving birth to her second child.

Her bold running raised hairs on the back of the nation's neck and inspired athletes of all ages and abilities. She manages to mix pure grit and determination



with amazing grace and humility and not surprisingly became a BBC Sports Personality contender, finishing third in the popularity contest at the end of her memorable 2014 year.

In her book, which is ghost-written by Sarah Edworthy, Pavey tells the story of her early days as an English Schools 1500m champion, her injuries and frustrations, her long relationship with husband and coach

Gavin and her journey through a career that has included five Olympic Games.

Pavey's story is one of determination, talent and athletics excellence but it is also heartwarming. Who can fail to be amused, for example, by the fact her Exeter Harriers racing vest in recent seasons is older than many of the younger rivals she is racing against?

In typically quirky and down to earth style, the book is full of great anecdotes that sum up her personality. She remembers, for instance, when the Aussie soap Neighbours first hit British television and some young athletes could not train at the same time because they were addicted to it.

"I came to love it, too," says Pavey, who goes on to say that she later won a race in Melbourne, where it was filmed, and was presented with her medal by one of the cast.

This Mum Runs is full of amusing stories like this and also contains many great photographs that capture her life as a child, senior athlete and supermum.

> This Mum Runs is published by **Penguin Random House and costs** £18.99 in hardback

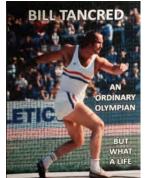
THROWS LEGEND ON HIS GREAT CAREER

BRITISH discus great Bill Tancred has brought out a book on his life entitled "An ordinary Olympian – But what a life".

The 74-vear-old competed in the 1968 Mexico and 1972 Munich Olympics and won bronze at the 1970 Commonwealth Games and silver at the 1974 Commonwealth Games in

addition to winning a spate of AAA titles and holding the UK record for 25 years.

He tells AW: "I mention my early life in India, growing up in Felixstowe and Ipswich before nine years of Army service with the 1st East Anglian Regiment and the Royal Army Physical Training Corps.



"Thereafter I went to Loughborough and West Virginia universities, studied at the sports institutes in Australia and the USA and let's not forget my athletics career with two Olympic Games and over 12 years in the British team.

"There were so many characters met and discussed which might be of interest to

some of the readers of AW."

> The 366-page book is available direct from Tancred for £15 (including post and packaging) from 1 Northcliffe Court, Felixsowe, Suffolk IP11 7UA. Email billtancred@hotmail.com for more information

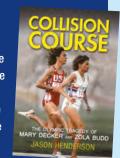
WIN A COPY OF COLLISION COURSE

WE HAVE three copies of Collision Course – the Olympic story of Mary Decker and Zola Budd, written by AW editor Jason Henderson, to give away to readers who can answer this question:

Decker and Budd clashed in the 1984 Olympic 3000m final but can you name the athlete who won gold in that race?

Send your answers to jason.henderson@

athleticsweekly.com by the deadline of midnight on December 2. Collision Course tells the story of the Los Angeles 3000m and the wider, complex and interweaving lives of two of the greatest female endurance runners of all time.



Next week: Greg Rutherford's autobiography, Pat Butcher's book about Emil Zatopek and The Miracle Mile by Jason Beck

UNUSUAL PRIZES

ROSSING the line first is always exciting. Quite apart from the personal satisfaction a great run produces, there's usually a medal, a trophy and perhaps even a voucher for the nearest sports shop to take home. Meanwhile, for the lucky few, a big win can result in a significant boost to their bank account. All in all it's a good day.

Of course, it hasn't always been like that. Yes, the feeling of job well done is always there, but the prize structure has been a little different in the past.

I know that first hand as a sub fourminute miler in the 1980s who has been the winner of a rowing boat, a model aeroplane, a model train, numerous wine glasses and so many canteens of cutlery I could have opened my own restaurant.

Medals and cash weren't quite so popular, even at Grand Prix level (a vase in Russia and a model plane for winning in Finland). However, useful – and not so useful – everyday appliances were.

It was a picture used in the Cambridge News recently that got me wandering down this gift-laden memory lane. Just who was this amazing sprinter looking back at the camera and, more importantly, where on earth did she put all those prizes? Cutlery, crockery, even a grandfather clock clearly were the order of the day when it came to rewarding tremendous performances.

Vic Phillips had sent the image of his mum to the paper. Apparently, she was a great star in the 1940s in the Cambridge area, but the information he supplied was a little sketchy.

"It was just after the really bad winter of 1947, that I found out Kath (Vic's mother) was quite famous. She took me on the front of her bike to Pye's sports ground and I tried hard to keep up with her as she trained," recalled Vic, now in his nineties.

"At 14 years of age, she had won an All-England 100 yards dash at Crystal Palace or White City, perhaps. I've since found newspaper cuttings about that and letters from hair product companies inviting her to advertise their wares.

"I watched my mum several times running on the cinder track at Fenners in what was called a scratch race. Mum would give the other ladies up to three yards' start in the 100."

WINNER, WINNER, CHICKEN DINNER

FORGET TAKING HOME \$50,000, TOP INTERNATIONAL ATHLETICS HASN'T ALWAYS BEEN ABOUT THE CASH, AS **PAUL LARKINS** DISCOVERS



Kath Phillips: 1940s sprinter won many varied prizes

So I made a few calls, chatting about the picture and that got the ball rolling — not in telling me more about Kath Phillips but of the prizes awarded back in the day.

Let me set the scene for you. When Mo Farah crossed the line at this year's Great North Run, do you think he was thinking, "what's on at the pictures tonight?"

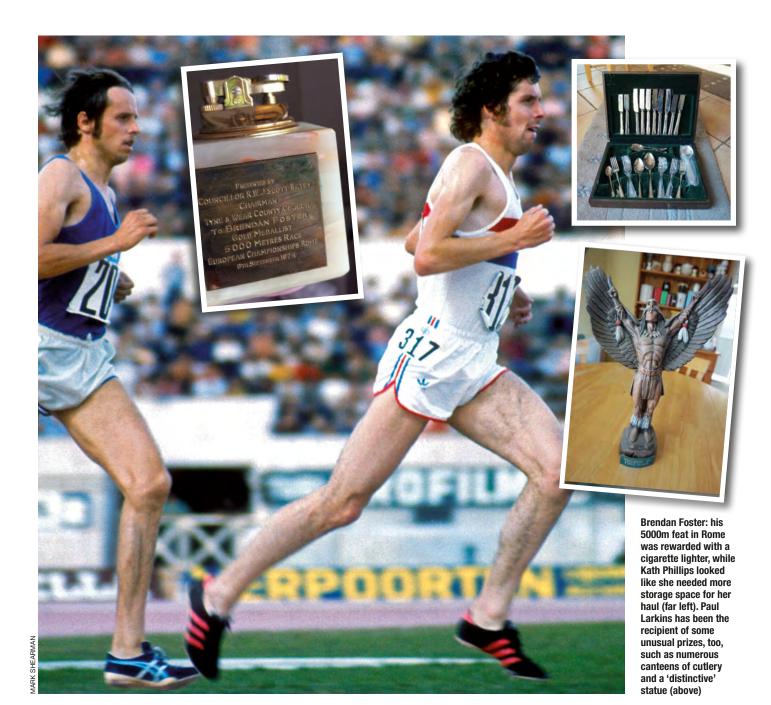
In 1982 Isle of Man's Margaret Lockley took top honours at this classic and

probably did have the flicks on her mind, given her prize was two one-year passes to the Odeon in Newcastle. Similarly, 1984 men's winner Øyvind Dahl from Norway was treated to the same possibility of 365 evenings out, presumably before he jumped on the plane home to Oslo.

A fair few years later, Lockley asked one of the organisers if she could head over and still use her pass, safely treasured in the top drawer at home, but was informed that the Odeon had long since closed. She should have gone to watch ET when she had the chance.

And it gets better. Remember Brendan Foster surging hard to win the 1974 European 5000m championships with a mid-race four-minute mile? Well, forget the gold medal he took home for that — still on his desk is the cigarette lighter he also won. That prize was the result of a set of meetings at Tyne and Wear council about how best to award their athletic employee.

Mind you, former Olympic steeplechaser John Bicourt and his team-mates would have found that prize rather handy, so they could have lit up one of the 50 Piccadilly cigarettes each took home for securing top



spot in the Chingford Relays of 1965, along with a bottle of beer.

It makes for a satisfying image, doesn't it? Contented Belgrave Harriers happily puffing away on the bus home while sipping one of their hard-won brews. Very 1960s.

Former British marathon record-holder Sarah Rowell, who was second in the London Marathon and 14th in the 1984 Olympics, picked up similarly odd prizes for her amazing performances.

On one occasion, she took home some toilet roll — always useful I guess — although the out-of-date chocolates she got for one road race were probably less so.

She can also recall one rival winning

a bed. I bet she won a portable TV somewhere else. I did once and gave it to my mum, who could watch it in bed. You see? Race organisers knew what they were doing back then.

For instance, a handy-to-have sugar bowl and a soda siphon are among John Gladwin's prize haul, but top of the pile has to be the huge vacuum cleaner the miler won and then had to carry home on the train

Veteran cross-country runner John Pike has a similar tale. About 25 years ago, long before he could drive, he was first in the Spalding 10km and then had to carry the garden bench he won the two miles home.

His mother still has it, rusting in the garden.

My wife Elaine Larkins, an English Schools finalist many years ago, can still picture the bathroom scales she was awarded at the Preston Guild Races.

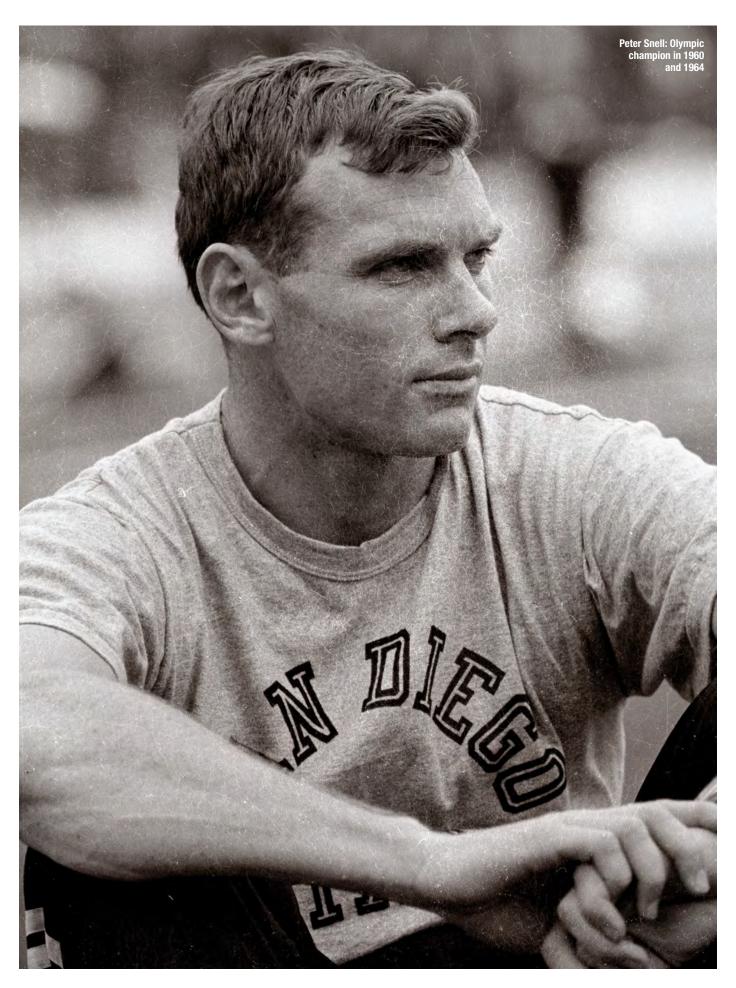
Slightly more off-piste is Liz McColgan-Nuttall's cowbell picked up for a great win in Switzerland, while Matt Yates' box of salmon sounds good, but not if you're a fish-hater like Matt.

So, have you won anything like this? Let us know via email or on social media.

And, on a more serious historic note, if any stat experts out there have information on Kath Phillips, please let us know. She seems to have been an amazing athlete.

AW/SPOTLIGHT

WHERE ARE THEY NOW?





OF THE MOST PROLIFIC MIDDLE-**DISTANCE RUNNERS** IN HISTORY. **CAMERON TUCKER** TALKS TO POSSIBLY THE GREATEST OF THEM ALL

PICTURES: MARK SHEARMAN

HIS YEAR has been a recordbreaking one in sport for New Zealand. The island nation, renowned for its haka-dancing rugby team, secured its largest ever medal haul at the Olympics in Rio.

Four of those medals came in athletics, including a bronze in the men's 1500m for veteran Nick Willis, adding to his silver from

Middle-distance running holds a sacred place in Kiwi lore. Since Jack Lovelock's 1500m gold in Berlin (1936), the country's medal cabinet has been kept full with gold from John Walker (1500m, Montreal 1976), Rod Dixon's bronze (1500m, Munich 1972) and Willis's double.

Although Lovelock's was the first on the board, the country's affinity with middledistance running was truly established more than two decades later thanks to the exploits of Peter Snell.

Snell won three Olympic golds - the 800m titles in 1960 and 1964 and the 1500m, also in 1964 – and broke the world record in the 800m, 880yds, 1000m and the mile. Not bad for someone who, as a teenager, would have been "happy to settle down as a provincial runner."

Having shown early promise as a rugby and tennis player, the Te Aroha-native shifted his focus to middle-distance running in his late teens

After breaking into the Waikato provincial squad, Snell began to compete nationally. At one meet in Auckland, he ran the 880vds in a PB of 1:54:2. A chance meeting with an old school friend at this meet would change the course of the sport.

NEW ZEALAND HAS PRODUCED SOME OF THE MOST TRACK



Snell recalls his friend "rushing down after the race and saying, 'You've got to meet my coach." The coach in question was Arthur Lydiard, the man who oversaw the nation's golden era on the track. He also incorporated endurance development and periodisation into his training routines, a turning point in the discipline.

For Snell, it was Lydiard's approach which really appealed to him. "He was so positive. He would say to me, 'You've got more speed than anyone else I've ever trained'." For a 19-year-old Snell, whose headmaster had told his parents he was an academic failure, Lydiard's encouragement was "music to [his] ears".

For three years, Snell endured his new coach's punishing regimes. One hundred miles a week was standard, sprints and hill circuits thrown in for good measure.

The aim was to get to Rome for the 1960 Games, a feat he achieved seven months before the competition. With only his 800m qualifying time in February 1960 to account for his ability, however, some in the New Zealand team questioned his selection. "I knew differently," he asserts. "I was on a steep improvement curve. By the time the Games rolled around in September, I was in much better shape, endurance-wise."

Unknown and underestimated - two labels most runners would relish going into a major championships with. It was only after his arrival in the Italian capital that he started turning heads.

Murray Halberg, who went on to win the 5000m in Rome, was another student of Lydiard. In the lead-up to his first heat, Snell joined Halberg in the Olympic Village, completing time trials on the practice

AW/SPOTLIGHT

WHERE ARE THEY NOW?

track. Like their coach, Halberg offered the support that would help push Snell to his full potential.

This approach, combined with Lydiard's endurance training, paid off for Snell as he recorded a PB (1:48:22) in his first-round heat. He was then forced to run another round that afternoon, where he qualified for the semi-finals. Looking back on a schedule that could end many athletes' competitions on the first day, Lydiard's training made it "feel easy" for the Kiwi.

Snell went on to beat favourite Roger Moens in the semi-final by fifteen hundredths of a second before pipping the Belgian by seven hundredths. His time of 1:46:3 was an Olympic record. "I was the only one with endurance training. Had it just been three races, Moens probably would've had it," he suggests.

After missing the opening ceremony four years earlier to focus on the heats, the reigning gold medallist was his country's flagbearer in Tokyo. He also went into the competition expected to bring home the gold, a totally different set of expectations to those in Italy. At the time, he was producing the best performances of his career, holding the world records in the 800m (1:44:3) and the mile (3:54:4). The pressure was unprecedented. He said: "People wanted me as a miler, especially after I got a world record in 1962. By the time Tokyo came around, I thought, "Can I even run a worldclass 800m?"

He needn't have worried. Like four years before, a time trial in the Olympic Village (this time against American Tom O'Hara)

"PEOPLE WANTED ME AS A MILER, **ESPECIALLY AFTER** I GOT A WORLD RECORD IN 1962 BY THE TIME TOKYO CAME AROUND. I THOUGHT, 'CAN I EVEN RUN A **WORLD-CLASS** 800m?'" **PETER SNELL**



laid his fears to rest as he came within a whisker of another world record in practice.

Snell's endurance would be stretched to its limits as his route to two finals consisted of six races in eight days. A day's rest, however, was all he needed between juggling the 800m and 1500m rounds, before two surprisingly straightforward finals. "Everyone just trundled around. I was the fastest finisher in there and everyone just dawdled around waiting for something to happen."

Snell had achieved the holy grail of track running - an 800m-1500m double, a feat not emulated in global competition since (Rashid Ramzi's double at the 2005 World Championships in Helsinki was later annulled for doping violations). Arguably the only man to come close was Seb Coe, except for one Steve Ovett there to hinder his efforts.

Even winning just the 800m has failed to deliver the same flourish as Snell's Sixties spree. The final in London, won in emphatic fashion by David Rudisha, was the first to break the 1:41 barrier, a mark at which it had been stuck since 1981. In Beijing 2008, Snell's best time would have won gold.

On this plateau, the former champion reflects on a change in racing culture. "Runners are gassed out from the early round heats and don't have it in the tank for the final. You run as well as you need to, to win." he said.

Snell's unprecedented success lay not just in his physical prowess - 1964 1500m bronze medallist John Davies remembers Snell "kicked up great wads of earth" as he hit the turn. He was also psychologically

Unlike fellow Antipodean Herb Elliott, there was no desire to "crush people". "My mental approach was not focusing on the individuals I couldn't control, but focus on myself.

"It normally worked out all right," he laughs.

There's no denying Snell was an exceptional runner, standing out also for the brevity of his career. After eight years as the undisputed titan of the track, Snell hung up his spikes. A lack of money and social life brought about his early retirement. "I worked, I ran and I slept. That got old after a while. What else did I have to prove? It just wasn't worth the sacrifice."

Yet, he never truly left the sport.

After 10 years working for a tobacco company, Snell was rewarded with a coaching placement at Loughborough College. There, he discovered a passion for physiology.

Needing funds to pursue further education, Snell entered Superstars, an all-around sports competition pitting elite athletes against each other. He won, of course. Looking back on the event, Snell jokes: "My misspent youth paid off!"

With the prize money, he headed to UC Davis in the United States, where he gained a BSc in human performance before embarking on a PhD in exercise physiology at Washington State University.

Proving to himself, and his old headmaster, that he "wasn't a dummy after all", Snell considers his academic accomplishments as among his greatest. "These things persist in your mind. After Loughborough, I realised my school results were wrong and I did have an academic side. That's great to find out, isn't it?"

After graduating from Washington State, he joined the University of Texas Southwestern Medical Center in Dallas as a research fellow. It was also in Dallas where he met his wife, Miki. More than three decades later and the couple are still in Dallas. "I'm forever grateful for the opportunities the States has given me."

Thirty years of marriage, four years of track dominance and for ever in the history books, longevity has been at the centre of Peter Snell's life. Endurance has become key to success in the 800m and 1500m and it was Snell, with the help of Lydiard, who brought that about. A rich culture of Kiwi middle-distance runners spawned from Snell's feats, and his contribution to medicine has been equally significant.

To repeat his own words, "It worked out all right."

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TWENTY-FIVE YEARS AFTER RON PICKERING'S DEATH, FORMER COLLEAGUE STUART STOREY PAYS TRIBUTE TO HIM AND THE FUND THAT IS HIS LEGACY

PICTURES: MARK SHEARMAN

ON PICKERING was a former national coach and television commentator. He was a coach with the British Olympic team in 1964 and was the personal coach of Lynn Davies, who became Olympic long jump champion at those Games. He went on to be a brilliant orator and a superb athletics commentator for BBC television. For me it was a privilege to sit alongside him as a co-commentator for four Olympic Games beginning in 1976 in Montreal. He was a man who valued ethics and fair play and was an advocate of eradicating drugs and all forms of ergogenic aids from the sport he loved and sport in general. When he spoke, believe me, everybody listened.

"Sport is the most precious commodity we have to hand on to the next generation," he famously said.

Ron passed away in 1991 and so this year marks the 25th anniversary of the charity that bears his name – the Ron Pickering Memorial Fund (RPMF). When Ron died, his wife Jean set out to make



Stuart Storey: Ron Pickering Memorial Fund chair

FUNDING THE FUTURE



sure that his memory and, importantly, his ideals lived on in setting up the RPMF in order to support young athletes and help them remain and develop in the sport that he held so dear.

Jean Pickering was an Olympic bronze medallist at the 1952 Olympics in the 4x100m and later became European champion in the long jump in 1954, following on from her relay gold four years earlier.

Over the years she was often called "the Fairy Godmother" of British athletics, such was her support for young athletes. She was awarded the MBE for services to sport and in 2011 was inducted into England Athletics' Hall of Fame.

Jean passed away on March 25, 2013, having achieved her goal of staying around long enough to experience the London 2012 Olympic Games in her home town of Stratford. She was in the stadium on "Super Saturday" to watch three former RPMF grant recipients win gold medals within an hour.

The key aims of the fund are:

- 1. To ensure that young able-bodied athletes and those with disabilities, with financial need or hardship, are able to participate fully in the sport of athletics.
- 2. To support young athletes to develop and reach their full potential in sport and life through encouragement to remain in athletics and education.
- 3. To help create a positive environment for the sport of athletics, through education, and aiding the promotion of good coaching practice.

The impact of the Memorial Fund has been huge, raising and distributing more than £1.5 million since 1991, with grants awarded to more than 2500 talented young British athletes ranging from 15 to 23 years of age, much of it going to athletes under 18. The majority of the British athletes in Beijing 2008, London 2012 and Rio 2016 had benefited early in their careers from support from the fund.

From 15 to 23 years and particularly



the transition from junior to senior athlete is a key period in a young athlete's development, but this is also a time when the fall-out rates from the sport are considerable as young athletes come under increasing pressure to succeed educationally, socially and physically and where time is always at a premium. During this time it is imperative that young athletes are provided with the right environment, support and encouragement to enable them to develop.

In 2016, the RPMF awarded grants to 221 young athletes. Each grant awarded was designed to make a difference and take into account personal need, outgoings and financial hardship. Dropout rates at this age are huge and the charity's aim is that this acknowledgement of their efforts will help keep these talented youngsters within the sport so they can go on to reach their full potential. Most of the money for these grants is raised by volunteer "Ronners" by running in the Virgin Money London Marathon and other events each year.

The Trustees of the Fund, who all give their time freely, have also created a number of special Olympic scholarships in memory of Jean Pickering which provide substantial longer term support. The scholarships aided five young athletes in their development toward their goal of qualification for Rio 2016. The RPMF now looks toward raising the funds to do the same towards Tokyo 2020.

Both Ron and Jean understood athletics and athletes and their memory lives on through the Fund.

Ron Pickering Memorial Fund

The application process for 2017 RPMF grants is still open until November 28 and can be accessed via rpmf.org.uk



RPMF trustees: Shaun Pickering, Kim Pickering, Stuart Storey, Lynn Davies, John Lister, Richard Hughes, Ian Hodge, Jo Summers, Alison Potts, Fuzz Caan, Kath Dee

Rn Pickering: died 25 years ago but his legacy lives on

CHASING THE DREAM

STEEPLECHASER VICTORIA WEIR IS AIMING HIGH AFTER A SUCCESSFUL 2016, WRITES **EMILY MOSS**

AVING won the English Schools senior girls' 1500m steeplechase title in a UK age-group record earlier this year, 18-year-old Victoria Weir cannot help but wonder where her athletics career could take her.

Although the City of Plymouth athlete's long-term goal is to race internationally, she is not forgetting the real reason she is in the sport. "A dream would be to represent my country," she says. "However, my definite long-term target is to make sure that whatever I end up doing in athletics, I am doing it because I love running and want to use my talent, rather than anything else. I'll continue to train hard and see where that takes me."

Such a healthy and balanced attitude is clearly serving Victoria well, as she has this year enjoyed a big improvement over all distances, in addition to claiming her first national title in a UK best at the English Schools. She says of that: "It was the biggest achievement in my athletics so far.



I was ranked first on the Power of 10 and really wanted to win, but really didn't expect it. I felt ready and I was running better than I ever had in my life. As soon as the gun went, all pressure and expectations left my head, and it felt like any other race. Winning my first national title was an immense feeling that I will never forget. I was overwhelmed when standing on the podium."

The young athlete credits going back to basics last winter for her run of good form this summer. "I didn't do cross country for the first time and I was able to train without the thought of progress and medals in my mind," she says. "I was training because I love running and I adore the feeling of pushing my body beyond its limits, rather than to gain any prestige from it. That put me back in the right place mentally before I started to compete again. This definitely made the times come down, because my renewed love for training had pushed me more than I realised."

However, other factors undoubtedly contributed too. "I've lived more like a proper athlete," she says. "I've been eating well, getting the right amounts of sleep, resting my body when I needed it, and balanced the intense training with my school work and social life.

"I have come to realise it is okay to take a break and hang out with friends and that having one bad training session doesn't mean things aren't improving! I've also done much more specific steeplechase training this year, doing lots of hurdle drills and sessions over hurdles."

Victoria is quick too to praise her coach, Simon Anderson, for the role he has played.





"Simon is a successful athlete himself, winning various vets and masters titles," she says. "Although the coaching is a different style to most, it works well for me, and I have a great relationship with Simon. He is also a GP, which is a bonus when it comes down to trying to explain any aches and pains we get.

"I have also been training with Poppy Tank since I was 10 and, although we both have competitive spirits, we are extremely close."

She also feels her Christian faith goes hand in hand with her running.

Having just moved to study international relations and politics at Birmingham University, she has slotted into the training environment and is already loving it.

"Head coaches Bud Baldaro and Luke Gunn interact with athletes on a personal level, facilitating for individual needs. It's amazing to be training with some of the best girls in the country and the university has amazing opportunities. I am on the talent ID programme and can access many additional experiences on top of my athletics training."

Many of Victoria's family members are also involved in the sport. Her grandfather, Graeme Nicholson, coached athletes in North Yorkshire, including her mother, Helen Weir, who trained as a 400m hurdler. Her grandmother, Wendy Nicholson, was an official. Her father, Jim, has an uncle, Robert Russell, who won English Schools senior high jump in 1960. Victoria's three siblings

FACTFILE

> Name Victoria Weir

> Born March 17, 1998

> Coach Simon Anderson

> Club City of Plymouth AC

1500m steeplechase: 4:40.23 (UK U20 record); 800m: 2:09.69; 1500m: 4:30.4; 3000m: 9:37.56

> Achievements

2016 **English Schools steeplechase** gold; Devon County steeplechase and 1500m gold; Devon Schools steeplechase gold; South West Schools 800m gold

2015 **Devon County and Schools** steeplechase gold; South West Schools steeplechase gold; South West Schools cross country gold; **Devon Schools cross country** silver

2014 Devon County 800m and steeplechase gold; South West Schools 1500m silver; Devon Schools cross country bronze

ran cross country, with older brother David still involved in the sport.

However, despite the family background, her favourite athletics story is that of Roger Bannister's sub-four-minute mile. "The story should give every middle-distance runner goosebumps," she says. "I was honoured to be invited to the Oxford mile BMC at Iffley Road in 2014."

Like many young athletes, Victoria used to look forward to the Mini London Marathon, participating six years in a row.

Athletics Weekly is a proud supporter of the Ron Pickering **Memorial Fund**

THE charity, which was formed in 1991, supports many of Britain's most talented athletes aged

15-23 with financial grants totalling tens of thousands of pounds every year.

Such is its impact, 43 British Olympians

at Rio 2016 were helped during the early part of their career by the Fund.

Ron

Pickering

rpmf.org.uk



performance editor

ACHILLES HEEL

IF THERE is an injury that unites all athletes it is Achilles pain. At some time in their career, most sports people will suffer a degree of pain in the tendons that bear the strain of running and jumping.

Its prevalence does bring a small bonus in that Achilles injuries are the most studied of all sports injuries. Physiotherapists and surgeons now know what works (and what doesn't) when it comes to treating them and this week - on pages 36-37 -Paul Hobrough provides expert advice on caring for the Achilles and recovering from any pain it causes.

Given that the temperatures have dipped and the heavens have opened in true wintry fashion in many parts of the UK in the past week or so, we also present a timely review of the latest wet weather jackets that promise to protect you against the elements (see pages 38-39).

PERFORMANCE

News round-up The latest science news

Injury Achilles care

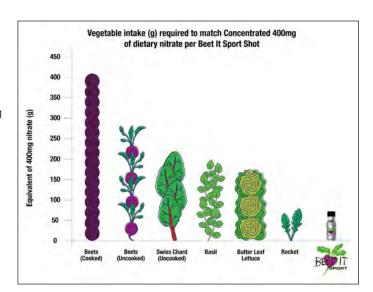
Products Rain jackets on trial

BEETROOT STILL BEATING VEGGIES

ESEARCHERS took a shot at the wonder-root, beetroot recently when they claimed that other nitrate-rich vegetables, including kale and Swiss chard, were just as effective at boosting performance.

Yet, scientists at the University of Exeter have produced more evidence that concentrated beetroot juice tops the lot, at least when it comes to improving sprint times.





According to Professor Andrew Jones and his research team, a single 70ml concentrated shot of commercial beetroot juice is all that's needed to significantly improve sprint and high-intensity intermittent running performance.

That amount provides 400mg of natural dietary nitrate, the active ingredient that is linked to a multitude of physiological benefits. To get the same amount from food, you'd need to consume more than 300g of uncooked

beetroot, 250g of uncooked Swiss chard or 85g of rocket leaves just before training.

In the latest trial, 36 athletes from team sports such as football and rugby were given a 70ml beetroot shot each day over a five-day period and performed a series of intermittent sprint tests.

Results showed significant increases in sprint performance over distances of 5m (by 2.3%); 10m (by 1.6%) and 20m (by 1.2%) after the beetroot shots had been consumed.

ATHLETES BENEFIT FROM SPECIALIST DIET ADVICE

HOW helpful is expert advice about nutrition? That was the question posed by exercise scientists at the University of Wisconsin who recently recruited 83 college athletes to participate in a study of their dietary habits.

Subjects completed a detailed survey about their eating habits, breakfast habits, hydration habits, use of nutritional supplements, pre and post-workout nutrition, nutrition on team trips, and meal timing.

Analysis of the results, which were published in the Journal of the International Society of Sports Nutrition, showed that athletes who had consulted a qualified sports dietitian or nutritionist had a far better understanding of how to plan their meals and were 10% less likely to consume fast food on team trips. "Positive effects on dietary habits were observed when a sports dietitian was the primary nutrition information source," the researchers concluded.



ENERGY DRINKS BOOST YOUR RUNNING TIMES

RECREATIONAL runners given a commercial energy drink prior to completing a 5km time trial saw their performances improve significantly, according to a study published in the November issue of the Journal of Strength and Conditioning Research.

In the double-blind, randomised trial, participants were given either 500ml of Red Bull or a non-caffeinated, sugar-free placebo an hour



before completing two time trials on a treadmill, separated by seven days. Researchers measured their heart rate and rate of perceived exertion at rest, an hour before consuming the drinks, at fiveminute intervals during the run, and immediately after they had finished the trial.

Times were on average 10 seconds quicker after the energy drinks, although there were no improvements in perceived effort between the two time trials.

FLIP-FLOP CURE FOR PLANTAR FASCIITIS

AN orthopaedic surgeon from Louisiana has developed a flipflop that she says can help to cure plantar fasciitis, a painful condition that is the scourge of many an athlete. Dr Meredith Warner previously worked with the US Air Force and was stationed in Afghanistan where she noticed how many of her military colleagues were afflicted by the severe pain of plantar fasciitis.

Caused by inflammation of the plantar fascia, a strong band of tissue (like a ligament) that stretches from your heel to your middle foot bones and acts as a shock-absorber in your foot, plantar fasciitis results in searing heel pain. Around one in ten people are thought to suffer from it at some point during their lives and it is common among athletes and the very active.

Warner designed the "Healing Sole" footwear to raise the big toe, gently stretching the plantar fascia while walking and helping to reduce stress and pain

associated with plantar fasciitis. The shoes also feature arch support "rarely found in flip flops", a rocker-bottom sole "to reduce tension on the plantar fascia" and a compressible heel "to support your weight while reducing pressure at the most painful point in your heel, where the plantar fascia meets the heel bone".

Her advice is to wear the footwear daily. "Scientifically and in my head, I assumed the concept would work because it's based on scientific principles and a lot of theories I use every day in treatment." Warner said.

Although not yet available in the UK, the flip-flops can be bought online for around £100 from thehealingsole.com

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

APPLE WATCH NIKE+

What: The latest incarnation of the Apple Watch Series 2, complete with integrated Nike+ features, including the Nike+ Run App that allows you to track your

Why: Given the hefty price tag, we were sceptical that this watch would outperform other sports-specific watches costing half as much. Yet, in rigorous trials here at AW. it has left us seriously impressed. It's easy to use, has large digits and a choice of data displayed, including pace, distance and heart rate. There's a built-in GPS that works even if you don't have your iPhone with you and automatically pauses on a run, for example at a traffic light, resuming when you do. We had some initial hiccups

syncing the Nike+Run app to an iPhone, but they ironed out after a few days

of use. There are plenty of nifty little selling points - it's water resistant to 50m, which means you can shower and swim in it and it converts to an alarm clock when placed on its side at night. If nothing else, you will impress the kids by using the Siri command to order the watch to time your runs for you. One for the Christmas list in case your Santa is feeling extravagant.

Where: Apple Watch Nike+ is available from apple.com and nike.com, at a starting price of £369.



AW/PERFORMANCE INJURY

ACHILLES INJURIES ARE RIFE AMONG **RUNNERS. IN AN** EXTRACT FROM HIS NEW BOOK, **PHYSIOTHERAPIST** PAUL HOBROUGH TELLS HOW BEST TO LOOK AFTER THE TENDONS

HE ACHILLES the tendon that attaches the gastrocnemius and soleus muscles (known together as the calf muscles) to the calcaneus (heel bone) - is such a common area for runners to injure that only the knee can knock it off the top of the injury leader board. Pain is noticed more as Achilles stiffness initially, first thing in the morning. It's only when the pain starts to influence their running do they present to clinic in search of some answers.

Common reasons for injury

Why the Achilles is such a common site for injury is largely unknown despite several internet articles suggesting that it's down to poorly fitting shoes, bad running technique or, my personal bugbear, overpronation. The fact is that we just don't know what the main cause is. What we do know is that the tendon itself breaks down. When it becomes injured it affects the collagen fibres that make up the tendon and this causes stiffness and pain. The fibres have a shortlived period of inflammation and then what's left is a sort of inflammatory soup that causes disruption to the fibres, which creates the common bump seen on the distal third of the tendon.

ACHILLES CARE



Achilles pain starts as heel stiffness, but can become debilitating

During the acute phase (although these injuries are chronic in nature there has to be a start point of injury which we refer to as acute or onset of injury), the additional fluid within the structure creates an opportunity for blood vessels to work their way into the tendon from the fat pad just anterior to the Achilles. Early-stage management of an Achilles tendon injury is the key to success. In patients who present on first signs of soreness, it is highly likely that just the outer layer, known as the paratendon, will be inflamed. The paratendon can become inflamed and irritated, causing similar symptoms to a full-blown Achilles tendinopathy.

The methods used to treat an Achilles have changed more times since I became a physiotherapist than the approach to any other injury. Research is always evolving in this area and there are a greater number of research papers currently, largely owing to the increased numbers of those suffering.

Progression of the injury

Research indicates that the injury is caused by the Achilles breaking down, that the collagen fibres start to spread and ground substance (waterbased, gel-like substance found in connective tissue) infiltrates the spaces between them. With this expansion of the fibres comes an increase in Achilles size, usually in the distal third of the tendon, just above the heel. The tendon is usually 0.6cm from back to front and a thickened Achilles will increase towards a full centimetre. This can be measured using either ultrasound scan (USS) or magnetic resonance imaging (MRI). My preference is a USS as you can scan in real time, scan through movement and switch to dopla mode to look for blood vessel involvement.

Self-assessment

- 1. Try first squeezing the tendon along its length to see if you identify a clearly defined most painful spot. Take hold of the Achilles tendon with both fingertips and gently distort the tendon, lifting with one hand and pulling with the other so it bends side to side. If this elicits pain, then, given nothing else is being manipulated, it's likely the issue does lie with the tendon itself.
- 2. Try a stretch to the tendon (a calf stretch off a step) and if this also gives pain, you are likely to have an Achilles problem.

Treatment

A physiotherapist will use soft-tissue massage on the calf muscles and into the foot, ankle joint mobilisations and foot mobilisations. You may well

be prescribed in-shoe orthotic inserts if the biomechanics of the foot and ankle are perceived to be at fault. Eccentric or appropriate loading as outlined on the next page are the key route to being free from this common running ailment.

Shock wave therapy

If all conventional treatment options fail, for those resistant tendons that just don't respond to the normal physiotherapy, there is shockwave therapy (SWT), a series of shocks derived from lithotripsy, which in layman's terms is breaking up of hard substances. Cells responsible for soft tissue and bone regeneration and healing are known as fibroblasts and osteoblasts. SWT has been shown to stimulate these cells and therefore promote healing. Finally SWT has a pain-reducing element to it, working on the brain's transmission of pain, first of all as a transient, shortlived pain reduction. However, it is also being shown to work on the 'pain-gate', acting as a reset button for the perception of pain and therefore having potential long-term effects on pain reduction. Recent scientific study into SWT revealed 75% of patients reporting their Achilles pain-free at their six-month follow-up and a further 14% with greater than 50% reduction in pain.

Injection

Another option is high-volume injection, known as a bolus, whereby saline is injected between the tendon fibres and the fat pad that sits anterior to it, thus separating the two (similar to a surgical intervention).



Polypill

If you don't get better, a new polypill under a GP's guidance could help. Recent research in sports science has suggested that putting three medications together has a beneficial effect on chronic tendon issues. Doxycycline (a penicillin available on prescription), taken 100mg per day alongside 400mg of ibuprofen four times per day and as much green tea as you like make up the polypill. You are unable to selfadminister this as you need a prescription from your GP for the Doxycycline, and just taking ibuprofen and green tea does not have the same effect at all, but may cause some stomach issues.

Surgery

Finally, while I am not an advocate, surgery could be an option. Instead of looking to perform surgery on the Achilles itself, some orthopaedic surgeons favour cutting (resecting) the small muscle that sits alongside the Achilles 'plantaris' - although not everyone has one to start with – as chronic Achilles pain can be attributed to an issue with the plantaris, and not the Achilles tendon itself. By having the plantaris surgically resected, some individuals have found their pain has subsequently gone.

Self-treatment

The treatment centres around three key types of muscle contractions:

- 1 Isometric contraction
- 2 Eccentric contraction
- 3 Concentric contraction

The key here is to understand how to do these contractions in the correct way at the correct



ISOMETRIC LOADING

Start with isometric loading (muscle contraction without movement).

Stand on the floor using the wall for balance if necessary. You can add weight through handheld dumbbells or a filled rucksack (to keep your hands free)

 Lift up on to your tiptoes and hold for 45 seconds

 Slowly lower down and return to the floor.

Hold this pose for approximately 45 seconds at a time and repeat four times. Move to single-leg isometric holds after a few days. CONCENTRIC CALF RAISES Perform concentric calf raises

from the floor (moving onto

tiptoes before lowering yourself down). Move to double gle leg as you are

leg then single leg as you are able to progress. Do 3x15 reps per day for three weeks. Eccentric loading is where you stress the muscle only on the return against gravity or resistance.

Therefore, you need to do as little work as possible to get into the start position on tiptoes, then work in a slow motion down to the end of your available ankle range (which has to be done single leg), 3x15 reps with weight on alternate days. Lower slowly, taking six seconds from tiptoes to end range, then raise up either with support or using the good leg back to the starting point.

time. Initially you may well be just matching resistance, contracting the muscle without movement known as isometric contraction. Then you can move on to eccentric exercises, whereby there is no load on the upward movement but resistance against the lowering back to the neural position. Finally, concentric movements are included whereby the muscle is being used in both the upward and lowering movements through range.

It is easier to explain these movement patterns in relation to the biceps muscles and the patient can then take this model on to the more complex ankle exercises.

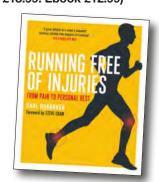
The Achilles requires appropriate loading via exercise. "Appropriate loading" means loading the tendon using the best methods for that individual

to stress the fibres for optimal healing.

It is universally accepted that eccentric loading of the Achilles tendon through the heel raise is optimal for healing. However, the patient may be in too much pain or lack the strength to achieve an eccentric contraction.

Heel raises, as in pushing up on to your toes, can be done in several different ways. The heel raise can be done from the flat surface up on to tiptoes, or lowering off a step, enabling a greater degree of movement into dorsiflexion. This can be done single-leg and double-leg, as well as with the feet positioned for internal or external rotation. Such is the variety, it's difficult to give just one method of exercising all Achilles injuries, but the norm is shown in the panel above.

> Paul Hobrough is a chartered physiotherapist at physioandtherapyuk. co.uk. For eight years, he competed in the GB flatwater kayak team and is now lead physiotherapist for Lucozade Sport and Sweatshop UK and counts Steve Cram among his clients. Running Free of Injuries: From Pain to Personal Best by Paul Hobrough is published by **Bloomsbury books (RRP** £18.99. Ebook £12.99)



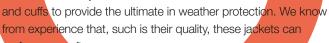
RAINY DAYS AND RUN DAYS

UNPREDICTABLE WINTER WEATHER MAKES A GOOD RAIN JACKET A MUST. PAUL FREARY AND THE AW TEAM PUT THIS SEASON'S OFFERINGS TO THE TEST

Gore Running Wear – Essential GT AS Jacket

Price: £229.99

Stockist: goreapparel.co.uk The king of the crop, this Gore-Tex jacket is pricey, but provides the ultimate in protection and durability. While there are other waterproof fabrics and jackets, it's Gore-tex that remains the favourite with most of our testers. Fully waterproof, windproof and breathable, the jacket has taped seams and an adjustable hood



perform year after year.

Saucony – Razor Jacket

Stockist: saucony.com The slim-fitting style of this jacket makes it great for fast-paced training, when it won't distract from the job in hand. The

Price: £122.00

waterproof and windproof fabric features taped seams and a waterproof zip for full protection from the elements. The material has

a lovely soft handle to it and is quiet in use, with no rustling noise, something a lot of our testers found an irritant with some other choices. Given its tailored fit, it's not for the chunkier runner and you may need a size larger than normal.



Pearl Izumi - Pursuit **Barrier Light Hoody**

Price: £79.99

keeping the

Stockist: pearlizumi.co.uk The most lightweight jacket on test, this feather-light garment can be packed down into its own rear zip pocket and carried easily for use when required. The water-resistant fabric does a good job of

rain at bay and allowing heat and moisture to escape, while additional vents on the shoulders enhance the breathability. Reflective details are placed around the jacket to provide maximum visibility. A great one to keep in your kit back.

2XU - Tech 360 Jacket

Price: £90.00

Stockist: 2xu.com

With a super-soft back panel, lightweight, breathable fabric and a waterresistant coating to the front, this top provides great protection while remaining extremely comfortable. The stretch fabric in the back allows great range of movement and creates a close fit, giving the feel of a training shirt rather than

a coat and, as such, allows real fluidity of movement. There is lots of reflective detail, providing 360 degrees of enhanced visibility to other road users.



@athleticsweekly

Columbia – Outdry Extreme **Gold Tech Jacket**

Price: £120.00

Stockist: columbiasportswear.

co.uk

With most waterproof garments, the waterproof layer is usually positioned on the inside of the clothing, but here it's on the outside to combat the rain at the first point of contact and leave the inside of the jacket with a soft, wicking fabric. Rain simply rolls straight off the jacket, while moisture from the inside escapes through the membrane. leaving you dry and comfortable. All seams are taped



and a dropped rear section, hood and adjustable cuffs ensure the moisture stays out. This jacket feels extremely durable and capable of tackling the most arduous of adventures as well as a training run.

Craft - Prime Jacket

Price: £50.00



Asics - Lite Show Winter Jacket

Price: £75.00

Stockist: asics.co.uk

As its name suggests, this jacket has lots of reflective detail to create a highly visible presence to other road users. The reflective elements are subtle, so keep the styling rather discreet but are highly effective for maximum effect. The jacket itself has a 'softshell' type construction, providing protection from the rain as well as warmth. The rear of the jacket uses a soft, stretch fabric, which gives a good fit and range of movement as well as making the jacket extremely comfortable. A good between price-range



Dhb Women's lightweight packable run iacket

Price: £28.00

Stockist: wiggle.co.uk

Granted, this is not the most waterproof of jackets, but our women testers loved it for its price, its pack-ability and its flattering fit. With ruched sides, it really cinches the waist and hugs well as you run although you probably

need a size bigger than usual. It packs into a light and tiny parcel and the colour and fabric are attractive. "It's cheap and cheerful, rather than a great product for its waterproof abilities, but it's one I'll use and use,' one tester said.



AW/ACTION BRITISH MASTERS CROSS COUNTRY RELAYS

RACE RECORDS ARE SMASHED

CLAIRE MARTIN AND ANDY PEAT WERE ON FORM AS THE **COUNTRY'S TOP VETS COMPETED** FOR THEIR CLUBS

REPORT: STEVE SMYTHE PICTURES: DAVID GRIFFITHS

KEENLY contested British masters relays event saw eight clubs share

the honours in the eight races. This event has increased

in popularity but still is some way short of the quality and numbers of the masters road relays and the senior cross relays in Mansfield.

It would probably attract greater numbers if there were not more legs than the national senior event and if some of the men's races did not have more stages than the road relays.

However, the fast, flat circuit - used for the second time although not a traditional crosscountry course, is centrally located, spectator-friendly and has good facilities. The quality just about justified the event continuing. However, an earlier date in the calendar could mean it could be used as a trial for the Masters International rather than being held the week after.

WOMEN'S RACES

In the women's event, Lisa Palmer was keen to make up for a slightly disappointing run in the International due to a breathing problem.



She shot off and blazed the first kilometre in 3:10 and, although slowing, she won the W35 leg by a minute in 10:42.

Last year her fastest leg was 10:54. Telford's Michelle Clarke and Belgrave's Zoe Doyle were close for second.

Louise Insley kept Heanor ahead on leg two with Sophie Carter moving Belgrave closer with 11:51 with Telford now 26 seconds behind. Sarah Harris.



Sarah Harris: secured Heanor victory

a regular at the Long Eaton parkrun, set off for Heanor with a 70-second lead and a fast 10:51 proved more than sufficient for victory and was 14 seconds quicker than she ran in 2015.

It wasn't the quickest, though, as Claire Martin, fresh from her International win in Glasgow, moved Telford up a place with a 10:36, which broke Palmer's earlier race record and showed an incredible 26-second improvement on her run last year.

Belgrave held off Cheadle to take the bronze.

In the W45 race, another athlete coming off an international victory, Clare Elms, tried to match W35 Palmer on the opening leg, having pipped her by a place in Glasgow but felt afterwards she went off far too fast. She nevertheless hung on well for an 11:09 to take five seconds off her race record from last year and give Dulwich a 34-second lead over Clare

Joliffe, who had been fifth W50 and in England's winning team in Glasgow.

Sarah Everitt (11:50) had easily brought Bristol & West into a big lead over Dulwich. She was 71 seconds quicker than anyone else on the leg.

On the final leg, Dulwich's Ange Norris (12:22) was easily quickest, but Bristol & West 's Penny Gardiner held on for a comfortable 37-second victory.



Claire Martin: clocked fastest W35 leg

LONG EATON, DERBYSHIRE, NOVEMBER 19





The W55 race was not much of a contest with Sue Becconsall, the Glasgow W55 runner-up, achieving the fastest leg of 12:24. It was almost two minutes up on the previous race record. Then her Bingley team-mates Rebecca Weight and Mary Green were the fastest on their legs too and they won by 98 seconds. Burnden and Rotherham made it a North 1-2-3.

The W65 race was an all-Hastings affair as their A team took the honours, although sadly their B team were not eligible for the medals.

MEN'S RACES

There were fewer men from the previous week's International competing but one of them made a huge impression.

Birchfield's Andy Peat, a former member of the hosting Long Eaton club, had finished 10th overall in Glasgow and here he blasted clear with ease. His 9:23 won the opening leg by 23 seconds, an extraordinary margin for a 3km distance and indeed Mark Powell's 9:46 would hold up as second best





Salford M35 team: Billy McCartney, Glyn Billington, Richard Brook,

overall. The previous race record was a mere 9:48.

Leicester stayed second on leg two but Rotherham went from sixth to first courtesy of Gareth Simpson's 9:51 as just five seconds covered the top

Rotherham also had the best of leg three with Chris Adams' 10:08 extending the lead to 21 seconds.

Salford were second, but on leg four they took command with Chris Tully's 9:51 and then Stuart Robinson's 10:04 gave them a 40-second margin over Leicester with Rotherham taking the bronzes.

In the M45 race, Darren Newbould of Hallamshire won the opening leg and his 10:02 would ultimately stand up as the day's fastest.



Darren Newbould (A34), the fastest M45 leg runner, with Mark Couldwell

Hallamshire, who had former world half-marathon medallist Carl Thackery entered but not in action went further clear on leg two through Stuart Maycock and then extended the lead on leg three through David Palmer.







BRITISH MASTERS CROSS COUNTRY RELAYS

Richmond & Zetland were second at this stage but Mark Crawford caught a slowing Hallamshire on leg four and then on the final leg Greg McDonald wrapped it up with a 10:37.

Hallamshire made it a



John Hill: easily the quickest M65

Yorkshire one-two while Dulwich held on for third.

In the M55 race, Simon Calrow of Wolverhampton & Bilston led the opening leg with 11:14 ahead of BMAF M60 silver medallist Stan Owen of Salford.

Cambuslang were third at this stage ahead of Bristol & West's Mark Scrutton, who was a sub-28 10km road performer at his peak. There was also an Olympian on the leg as Les Morton, who walked a sub-4 50km in the 1988 Games, competed for Sheffield.

Salford took over on leg two through Derek Crewe's assured 11:11, although recently crowned M60 world half-marathon champion Paul Thompson was only a few



Colin Donnelly: set M55 race record

seconds slower (11:13) in moving Cambuslang to second.

The Scots went ahead on leg three as Dave Thom (11:10) knocked clubmate Crewe off the fastest legs and the gap to Salford was 29 seconds.

On the final leg, Cambuslang

opened up a huge margin and Colin Donnelly easily took the fastest leg award with a race record 10:26.

Far behind, Woodford Green (Tony Pamphilon's 11:00) and Sheffield (Chris Ireland 10:58), moved into medal positions with times only bettered by the

John Hill of Halesowen won the opening M65 leg by a huge 34 seconds with the day's fastest of 11:59.

However, Blackheath & Bromley closed the gap to 13 seconds and then former track record-breaker Bob Minting took the Kent club into the lead, although Bob Tintiger of Rotherham chased him hard but ultimately finished 13 seconds short.

P Gardiner (1) 12:44); 2 Dulwich R

RESULTS

Men: M35 (5x3km): 1 Salford 50:11 (B McCartney (4) 9:51, G Billington (3) 10:01, R Brook (2) 10:24, C Tully (1) 9:51, S Robinson (1) 10:04); 2 Leicester C 50:51 (M Powell (2) 9:46, G Lee (2) 10:06, C Southam (3) 10:28, L Renou (4) 10:02, G Deacon (2) 10:29); 3 Rotherham 50:59 (R Harris (6) 9:56, G Sampson (1) 9:51, C Adams (1) 10:08, D Worsdall (2) 10:24, S Marshall (3) 10:40); 4 Charnwood 51:11 (M Couldwell (9) 10:01, G Burnett (5) 10:08, M Makin (4) 10:16, P Swaine (3) 9:56, M Kingsbury (4) 10:50); 5 Birchfield 51:49 (A Peat (1) 9:23, S McNamee (6) 11:06, M Morley (6) 10:43, O Corea (5) 10:03, A Parker (5) 10:34); 6 Halesowen 52:00 (A Cross (8) 9:59. D Turvey (7) 10:32, T Kenderdine (5) 10:40, R Mallard (6) 10:13, M Turner (6) 10:36); 7 N Derbyshire 53:25 (C Adams (5) 9:52, A Tarry (4) 10:15, I Monaghan (7) 11:16, A Todd (7) 11:17, S Penney (7) 10:45); 8 Rushcliffe 53:44 (M Dunkley (7) 9:57, K Bowen (8) 10:39, T York (8) 11:08, A Wardle (12) 11:57, S Dickens (8) 10:03): 9 Bournville 53:48 (R Bayliss (11) 10:24, C Collins (10) 10:29, I Jones (10) 11:12, S Pearson (9) 11:15, P Thompson (9) 10:28); 10 W&B 54:14 (D Smith (13) 10:31, S Andrews (13) 11:08, J Toddington (13) 11:00. J Lewis (8) 10:40. G Briggs (10) 10:55); 11 R&Z 54:41 (S Middleton (12) 10:25, D Hack (12) 10:52, C Jones (11) 10:54, L Davies (10) 11:22, J Simpson (11) 11:08); 12 Salford B 54:46 (J Lloyd (14) 10:31, M Grace (11) 10:41, P West (12) 11:05, D Hudson (13) 11:38, M Holt (12) 10:51); 13 Ripley 55:11 (D Taylor (20) 11:32, R Kimber (18) 11:05, P Sorrell (17) 10:38, R Coates (15) 11:07, T Clayton (13) 10:49); 14 Cov G 55:37 (S Hazell (3)

11:08, S Clarke (11) 11:37, H Andersen (14) 12:03): 15 Charnwood B 55:44 (A Lockton (18) 11:08, D Guess (17) 11:18, D Locker (16) 10:45, A Parkin (16) 11:16, J Douglas (15) 11:17); 16 Matlock 56:32; 17 Dulwich R 56:39; 18 Penistone 56:49; 19 W&B B 58:06; 20 Holme P 59:12: 21 L Eaton 61:47: 22 Heanor 62:53

Fastest: Peat 9:23; Powell 9:46;

Hazell/Tully 9:49; McCartney/Sampson M45 (5x3km): 1 R&Z 53:19 (T Lambert (2) 10:15, A Pearson (2) 10:42, K Harker (2) 10:58, M Crawford (1) 10:47, G McDonald (1) 10:37); 2 Hallamshire 53:53 (D Newbould (1) 10:02, S Maycock (1) 10:33, D Palmer (1) 10:46, M Wilson (2) 11:31, D Furniss (2) 11:01); 3 Dulwich R 55:09 (C Lound (7) 11:02, S Davies (3) 10:22, T Tuohy (3) 10:36, H Betz (3) 11:23. M Foster (3) 11:46): 4 Penistone 55:21 (M Robinson (11) 11:23, S Dimelow (6) 10:11, M Ball (5) 11:10, R Clough (4) 11:19, A Wright (4) 11:18); 5 Salford 55:49 (D Lockett(5) 10:48, R Alsop (4) 10:41, C Foster (4) 10:56, T Rayner (6) 12:22, P Birkett (5) 11:02); 6 Mansfield 56:03 (P Shaw (10) 11:19, N Watkin (11) 12:02, G Naylor (11) 11:27, A Wetherill (10) 10:58, P Butcher (6) 10:17); 7 SinA 56:14 (G Baird (6) 10:48, D Cross (7) 10:59, P Whittingham (6) 11:17, B Stevenson (5) 11:32, P Dobbs (7) 11:38); 8 L Eaton 56:21 (I Chant (9) 11:12, E Murden (10) 11:43, A Dickenson (9) 10:56, T Baggs (8) 11:30, M Howard (8) 11:00); 9 Barnsley 57:16 (MHavenhand (4) 10:41, K Littlewood (5) 10:51, L Tart (8) 12:00, R Davies (9) 12:08, D Brooksbank (9) 11:36); 10 Nene V 58:04 (S Beard (8) 11:10, D Neal (8) 10:52, C Mooney (7) 11:11, C Armstrong (7) 11:48, P Parkin (10) 13:03); 11 Rotherham 58:28; 12

Burnden 64:09; 13 N Derbyshire 65:46;

14 Rushcliffe 66:01: 15 Holme P 67:19 Fastest: Newbould 10:02: Dimelow 10:11; Lambert 10:15; Butcher 10:17; Davies 10:22; I Whyman (Roth) 10:31 M55 (4x3km): 1 Cambuslang 44:24 (F Hurley (3) 11:35, P Thompson (2) 11:13, D Thom (1) 11:10, C Donnelly (1) 10:26); 2 WG&EL 46:47 (A Evans (7) 11:55. R Holland (5) 12:30. D Cox (4) 11:22, T Pamphilon (2) 11:00); 3 Sheff RC 46:56 (L Morton (10) 12:29, M Quinn (6) 12:05, J Turner (6) 11:24, C Ireland (3) 10:58); 4 B&W 47:13 (M Scrutton (4) 11:43, D Gapper (4) 11:46, P Mountain (3) 12:16, J Hogan (4) 11:28); **5** Salford 47:49 (S Owen (2) 11:20, D Crewe (1) 11:11, P Quibell (2) 11:56, R Derbyshire (5) 13:22); 6 W&B 47:58 (S Calrow (1) 11:14, K Koren (3) 12:04, L Spittle (5) 12:30. D Davies (6) 12:10): **7 L Eaton 49:42** (A Maplethorpe (8) 12:13, D Riley (11) 13:13, R Wilkinson (8) 12:36, R Fox (7) 11:40); 8 Barnet 50:10 (M Davies (11) 12:31, J Kilsby (8) 12:36, Y Ben-Aroya (7) 12:21, D Wilcock (8) 12:42); 9 Rotherham 50:59 (T Eastwood (6) 11:49, D Nuttall (9) 13:24, P Clemmens (9) 13:10, P Neal (9) 12:36); 10 Sale 51:19 (J Smith (13) 13:12, F Cordingley (12) 12:33, B Green (12) 13:09, N Peach (10) 12:25); 11 Dulw R 52:05; 12 Hastings R 54:33 Fastest: Donnelly 10:26; Ireland 10:58; Pamphilon 11:00; Thom 11:10; Crewe 11:11: Thompson 11:13 M65 (3x3km): 1 B&B 38:32 (P B Minting (1) 12:50); 2 Rotherham

Hamilton (4) 13:03, R Brown (2) 12:39, 38:45 (M Marsters (3) 12:55, M Palfreyman (4) 13:21, R Tintinger (2) 12:29); **3 Bingley 39:09** (S Thompson (5) 13:19 B Parkinson (3) 12:28 L Haynes (3) 13:22); 4 Halesowen 40:21 (J Hill (1) 11:59, P Allen (1) 13:30, D Lloyd (4) 14:52); 5 Sale 41:32 (M Curley (2) 12:33, M Dunne (5) 13:50, B Goulden (5) 15:09); 6 Stratford 41:43

(R Wilson (6) 14:10, D Jones (6) 13:44, P Brennan (6) 13:49); 7 Barnet 42:05; 8 Bingley B 46:17; 9 Salford 46:46 Fastest: Hill 11:59; Parkinson 12:38; Tintinger 12:27; Curley 12:33; Brown 12:39; D Michael (Barn) 12:40

Women: W35 (3x3km): 1 Heanor **33:42** (L Palmer (1) 10:42, L Insley (1) 12:09, S Harris (1) 10:51); **2 Telford** 34:37 (M Clarke (2) 11:42, R Coupe (3) 12:19, C Martin (2) 10:36); 3 Belgrave 36:00 (Z Doyle (3) 11:44, S Carter (2) 11:51, F Maddocks (3) 12:25); 4 **Cheadle 36:12** (A Davies (5) 11:58, J Day (4) 12:21, R Harrison (4) 11:53); 5 Sale 36:39 (K Wellam (4) 11:57, A Chinoy (5) 12:23, H Armitage (5) 12:19); 6 Staffs M 38:03 (D Hope (10) 12:49, K Marchant (6) 11:36, J Hackett (6) 13:38); 7 Derby 38:07 (T Greenway (8) 12:22, S Holford (8) 12:59, S Spencer (7) 12:46): 8 Cheadle B 38:11(R Watchorn-Rice (9) 12:23, J Hulbert (10) 13:19, S Hollinshead (8) 12:29); 9 L Eaton 38:29 (S Warwick (11) 12:51, J Smith (9) 12:45, S Semmens (9) 12:53); 10 Holme P 39:45 (J Atkinson (16) 13:14, E Cupitt (13) 13:20, C Hayes-Gill (10) 13:11); **11** Penistone 40:06 (L Latchem (7) 12:18, S Smith (7) 13:01, S Walch (11) 14:47); 12 Halesowen 40:33 (K James (15) 13:09, E Ambrose (16) 14:30, S Morton (12) 12:54); 13 Vale R 41:01 (H Smith (6) 12:13, S Gibbs (12) 14:17, D Broad (13) 14:31): 14 Mansfield 41:03 (B Armstrong (13) 12:57, G Arbon (17) 15:11, K Johnson (14) 12:55); 15 Barnsley 41:20 (K Storrar (14) 13:05, N Biddlestone (11) 13:09, H Jones Crofts (15) 15:06); 16 Dulwich R 41:50; 17 Holme P B 42:06: 18 Clowne 43:42 Fastest: Martin 10:36; Palmer (10:42; Harris 10:51; K Marchant (Staffs M) 11:36; Clarke 11:42; Doyle 11:44 W45 (3x3km): 1 B&W 36:17 (C Jolliffe (2) 11:43, S Everitt (1) 11:50,

36:54 (C Elms (1) 11:09, M Lennon (2) 13:23. A Norris (2) 12:22): 3 Penistone 39:20 (J Darigala (5) 13:09, D Broom (4) 13:11, J Johnson (3) 13:00); 4 Holme P 39:39 (C Heaton (3) 12:25, B Ruth (3) 13:13, E Vanloon (4) 14:01); 5 Telford 40:41 (A Preece (4) 12:49, L Bladden (5) 13:59. J Kirby (5) 13:53): 6 Heanor 40:44 (A Shipley (7) 13:21, R Fisher (7) 14:26, J Burke (6) 12:57); 7 Croft A 42:08 (S Davies (9) 14:02, S Powell (9) 14:02, E Bowers (7) 14:04); 8 Sale 42:41 (J Cordingley (6) 13:11, H Reagan (6) 13:53, M Breddy (8) 15:37): 9 Birchfield 43:16 (H Bloomer (8) 13:38. J Rogers (8) 14:23. M Ross (9) 15:15); **10 L Eaton 45:18** (W Ray (11) 15:36, C Benson (11) 14:39, V Verhoeven (10) 15:03); 11 Mansfield 46:08: 12 Rotherham 48:49 Fastest: Elms 11:09; Jolliffe 11:43; Everitt 11:51; Norris 12:22; Heaton 12:25; Preece 12:49 W55 (3x3km): 1 Bingley 39:11 (S Becconsall (1) 12:24, R Weight (1) 13:48, M Green (1) 12:59); 2 Burnden 40:49 (G Kinloch (3) 13:35, A Ferguson (2) 14:02, L Fisher (2) 13:12); **3 Rotherham 43:25** (P Fisher (4) 14:09, J McWilliam (3) 14:04, S Burton (3) 15:12);4 Barnsley 46:08 (J Wakeman (2) 12:58, L Westlake (4) 15:23, A Bennett (4) 17:47); 5 Hastings R 46:54 (J Young (5) 15:40, S Miller (5) 15:11, J Hughes (5) 16:03); 6 Matlock 49:07 (K Morley (7) 15:45. T Whittake (7) 16:34, T Brough (6) 16:48); 7 Mansfield 50:00; 8 Rotherham B 53:00 Fastest: Becconsall 12:24; Wakeman 12:58; Green 12:59; Fisher 13:12; Kinloch 3:35; Weight 13:48 W65 (3x3km): 1 Hastings R51:38 (S Marzaioli (1) 16:39, Y Richardson (1) 18:37, S Huggett (1) 16:22); 2 Hastings Fastest: Huggett 16:22; Marzailoi

16:39; Balch (Hast R B) 17:31

9:49, I Jones (9) 11:00, J Wilson (9)















AW/RESULTS

TRACK & FIELD / OVERSEAS



- Steve Smythe, results editor

FAST RELAY RESULTS

I ATTENDED the British masters crosscountry relay event at Long Eaton and on the race-results.co.uk website while the event was still taking place.

the weekend were still not available for our result pages on Tuesday afternoon. Why do some organisers take so long to

UK 5km (road) leaders - 2016 WOMEN MEN 14:03 Charlie Hulson Senior 15:50 Kate Reed Stephie Pennycock Kyran Roberts U20 14:34 16:34 15:18 Lachlan Wellington **U17** Hannah Hobbs 14:06 Chris Thompson 16:27 Rachael Burns V35 14:56 Anthony Whiteman V40 16:40 Helen Clitheroe 14:50 Ian Hudspith V45 17:45 Mandy Vernon 15:56 Robert Quinn V50 18:03 Clare Elms 16:43 V55 18:53 Carolyn Muir **Bob Atkinson** 16:40 Martin Rees Sue Haslam V60 David Oxland V65 20:04 Janette Stevenson 19:56 Chris McDonnell 23:15 V70 Kate Williamson 21:45 John Batchelor V75 Brenda Jones 24:45 Ian Barnes VRN

TRACK & FIELD

NOVEMBER 19

SWINDON WINTER THROWS **INVITATIONAL**, Swindon TriLWt (SP, DT, JT). TriWt (SP, HT, WT) Men: DT: 1 B Broadbridge (Newb, M55) 39 23

U17: Tril WtU17M: 1 K Duxbury (Ports) 1601 (12.28, 32.34, 41.70).

M40: TriWtM40: 1 D Upton (Traff) 1438 (10.91, 28.81, 9.14) M45: TriLWtF38: 1 P Gowers (Ports) 998 (8.04, 24.41, 21.30)

M50: SP: 1 B Broadbridge (Newb, M55) 12.15. HT: 1 B Broadbridge (Newb, M55) 43.39. TriWtM50: 1 S Pomeroy (Abing) 1781 (10.86, 33.40, 12.69). Women: DT: 1 C Payne (Newb, U17) 37.58; 2 M Bird (Chelt, U20) 33.83. HT3K: 1 C Payne (Newb, U17) 50.15; 3 K Loach (Swin, U15) 24.05, TriWtW: 1 M Brett (N&P) 1581 (7.05, 41.46, 10 32)

U17: WT5.45K: 1 C Payne (Newb) 17.93. TriLWtU17W: 1 S Vincent (Ports) 1440 (13.47, 23.20, 31.90) U13: TriLWtU13W: 1 J Larsen (Soton) 905 (5.51, 17.99, 27.60) **W50: TriWtW50:** 1 J Brett (N&P) 2367 (10.17, 39.33, 11.43)

NORTH LANARKSHIRE LEISURE **GRADED OPEN, Motherwell**

Mixed events: 60: r8: 5 G Leek (Edin. M55) 8.16. r9: 3 D Rae (Tev. M40) 7.82. 100: r7: 2 D Rae (Tev, M40) 12.30; 5 G Leek (Edin, M55) 13.28. LJ: A: 2 D Graham (Shett, M40) 5.75 U17 women: SP: 1 L Davison (Edin)

NOVEMBER 16

CARDIFF METROPOLITAN **UNIVERSITY V UNIVERSITY OF BIRMINGHAM**, Cardiff

U17 mixed events: 600: r5: 2 T Jones (Card Arc. U17W) 1:39.81: 3 N Rilev (Card Arc. 1117W) 1:41 03

Mixed events: 60: r2: 1 C Mapps (Card Arc, U15W) 8.19. r4: 1 C Staples (Card Arc. U15) 7.58

Men: 600: 1 C McAlister (Birm U) 1:22.68. LJ: 1 A Price (Birm U) 7.05 Women: 60: A: 1 S Geary (Guest) 7.99. **B:** 1 C Orton (Birm U, U20) 7.71. 300: ns: 1 A Williams (Newp H, U17) 41.84. 600: 1 G Walton (Car Met, U20)

NOVEMBER 13

SOUTH YORKSHIRE SERIES, Sheffield

U15 boys: 800: 1 G Gisborne (Hallam)

U15 girls: 60: r1: 1 P Owoeye (Sale) 8.27. r2: 1 A Williams-Hewitt (Hallam) 8.05; 2 G Goodsell (Bury) 8.07; 3 A Pawlett (W Ches) 8.23: 4 S Kaka (Shef/ Dearn) 8.30. 200: r1:1 A Williams-Hewitt (Hallam) 25.88. LJ: 1 G Goodsell (Bury) 5.34; 2 A Pawlett (W Ches) 5.12 U13: 60: r1: 1 A Jones (Donc) 8.52; 2 D Adebayo (Shef/Dearn) 8.68; 3 R Leather (Stock H) 8.73. **200: r1:** 1 A Jones (Donc) 27.53; 2 E Lobley (Hallam) 28.09; 3 J Winogrodzka (Bolt) 28.15. 800: 1 R Simpson (Hallam) 2:21.78; 2 E Shipley (Hallam) 2:24.87. LJ: 1 J Winogrodzka (Bolt) 4.80. SP: 1 E Lobley (Hallam) 9.33

Maria Brett: Winter Throws winner at Swindon

OVERSEAS

AUSTRALIA

Victorian 5000m Championship, Albert Park, November 17 Men: 5000: 10 FRANKIE CONWAY 14:33.18; 12 NICK EARL 14:39.28 Canberra, November 19 Men: 100 (2.6)/200 (0,6): R Browning (U20) 10.27/20.96 Nathan, November 19

Men: 200 (2.8): 1 T Gamble 20.60. DT: 1 J Wruck 60.27. **U18 women: 100** (1.8)/200 (1.3): 1 R Day 11.79/23.94

BELGIUM

Ploeasteert, November 11 Women: HM: 3 JULIET CHAMPION (W35) 83:17

ETHIOPIA

Great Ethiopian Run, Addis Ababa, November 20

ETHIOPIAN juniors took the honours as around 40,000 participated.

Eighteen-year-old Abe Gashahun won by a second in 28:53 as Kenyan teenaged runner-up Jerome Lumbasi became the first Kenyan to finish on the podium since 2005.

Fotyen Tesfay, who finished fourth in the 3000m at the World Junior Championships this year, won the women's race in 33:09.

Men: 10km: 1 A Gashahun (U20) 28:53; 2 J Lumbasi (KEN, U20) 28:54; 3 A Takele 28:55. Women: 10km: 1 F Tesfav(U20) 33:09: 2 M Dakamaw 33:17: 3 T Bekele 33:25

FRANCE

Semi-marathon De Boulogne Billancourt, Billancourt, November 20 Men: HM: 21 MATTHEW SHARP 72:32 Nice, November 13 Men: Mar: 1 E Kipchirchir (KEN)

2:10:45; 2 F Kimutai (KEN) 2:11:11; 3 A Mengistu (ETH) 2:12:27. Women: Mar:

1 K Tilahun (ETH) 2:37:56; 2 Z Kedir (ETH) 2:41:30; 3 L Murigi (KEN) 2:42:39 Germany

Darmstadt, November 20

JULIA BLEASDALE finished second in her first race since switching from Britain to Germany. The double 2012 Olympic finalist finished nine seconds down on Caterina Granz.

European under-20 cross-country champion Konstanze Klosterhalfen looks on course for a repeat as she won the junior race easily to confirm her selection for 2016, while Kenyans dominated the men's race with Daniel Kemoi a clear winner.

Men: 9.1kmXC: 1 D Kemoi (KEN) 27:29; 2 A Kibarus (KEN) 27:53: 3 Y Tekle (ERI) 28:32; 5 S Boch 28:45. U20 6.2kmXC: J Seelhofer 21:19. Women: 6.6km: 1 C Granz 23:31; 2 J Bleasdale 23:40. U20 4.2km: 1 K Klosterhalfen 14:06: 2 A Reh 14:38

INDIA

Airtel Delhi Half-marathon, Delhi, November 20

IN his first race since winning the Olympic marathon title, Eliud Kipchoge won in 59:44, missing his PB by just 19 seconds

Kipchoge said: "The running conditions were good, my training was good and I was able to win the race. Along the route the crowd was also cheering us and that helped to further motivate us."

Ethiopia's Yigrem Demelash was a close second in 59:48 with former Commonwealth 5000m champion Augustine Choge third in a PB 60:01

The top European finisher was Ireland's Kent AC athlete Paul Pollock, who was 14th.

In the women's race. Ethionians took a one-two through Worknesh Degefa (67:42) and Ababel Yeshaneh (67:52)

Kenyan Helah Kiprop was third in 68:11

Men: HM: 1 E Kipchoge (KEN) 59:44; 2 Y Demelash (ETH) 59:48; 3 A Choge (KEN) 60:01; 14 P Pollock (Kent/IRL) 64:43. Women: HM: 1 W Degefa (ETH) 67:42; 3 A Yeshaneh (ETH) 67:52; 4 H Kiprop (KEN) 68:11; 5 G Chesire (KEN) 68:23; 6 P Jepchirchir (KEN) 68:28; 7 M Wacera

(KEN) 69:06; 11 V Straneo (ITA) 73:55)

IRELAND

Hollymount International Road Race, Hollymount, November 20 Men: 10km: 1 MATTHEW BIDWELL (M45) 33:15; 3 ALAN ASHTON (M45)

ITALY

Verona Marathon, Verona, November 20

Men: Mar: 1 E Kipngetich Koech (KEN) 2:10:52; 2 A Limo (KEN) 2:15:10; 226 GAVIN JONES (M55) 3:09:55. Women: Mar: 7 GEORGIA WOOD (W35) 3:05:32

JAPAN

Ageo Half-Marathon, November 20

CONFIRMATION of the great depth in Japanese distance running was illustrated by this event as the first eight were separated by 18 seconds. Rintaro Takeda winning in 61:59.

Men: HM: 1 R Takeda 61:59; 2 K Ueda 62:01; 3 S Onitsuka 62:03; 4 T Komatsu 62:04; 5 A Aizawa 62:05; 6 K Taira 62:14; 7 Y Suzuki 62:16; 8 J Matsuo 62.17

LIBYA

Beirut, November 13 IN VERY hot and humid conditions,

Kenya's Edwin Kibet Kiptoo (2:13:19) and Ethiopian Tigist Girma (2:32:48) fashioned impressive wins.

Men: Mar: 1 E Kibet Kiptoo (KEN) 2:13:19; 2 A Gizachew (ETH) 2:14:06: 3 J Limo (KEN) 2:15:02. Women: Mar: 1 T Girma (ETH) 2:32:48: 2 S Kedir (ETH) 2:34:12; 3 A Guta (ETH) 2:37:23



OVERSEAS / MULTI-TERRAIN

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NETHERLANDS

Zevenheuvelenloop, Nijmegen, November 20

UGANDA'S Joshua Cheptegei defended his title, winning in 42:08 by nearly a minute ahead of Eritreans Abrar Osman (43:04) and Hiskel Tewelde (43:06).

Men: 15km: 1 J Cheptegei (UGA) 42:08; 2 A Osman (ERI) 43:04; 3 H Tewelde (ERI) 43:06; 4 G Ronoh (KEN) 43:28: 6 A Nageeye 43:45; 13 JONATHAN MELLOR 46:01. **Women: 15km:** 1 S Krumins 49:30; 2 J Vastenburg 50:42; 3 K Furuya (JPN) 52:08

SPAIN

Soria. November 20

OLYMPIC 10,000m fourth-placer Alice Aprot took the women's race by more

Timothy Toroitich won the men's race for the third time in succession.

Men: 10km:1 T Toroitich (UGA) 29:10: 2 A Kifle (ERI) 29:20: 3 G Kifle (ERI) 29:44: 4 S Sanchez 29:52; 5 I Fifa 30:09.

Women: 8km: 1 A Aprot (KEN) 26:18; 2 J Chekwel (UGA) 27:30; 3 S Ennaoui (POL) 27:51; 8 JESSICA MARTIN 28:18 Maraton Valencia Trinidad Alfonso, Valencia, November 20

VALARY JEMELI led all the way to set a Spanish all-comers' record of 2:24:48 ahead of her Kenyan team-mate Nancy Kiprop (2:25:13).

Emma Macready followed up her British Masters International W35 victory with a 2:51:52 clocking, which took 19 minutes off her six-year-old PB.

Kenyans filled the first four places in the men's race with Victor Kipchirchir winning in a PB of 2:07:39 ahead of Gilbert Yegon (2:08:04), Peter Kirui (2:08:12) and reigning champion John Mwangangi (2:08:31), Paul Martelletti finished 20th in 2:18:55, which was remarkably his 10th sub-2:20 marathon

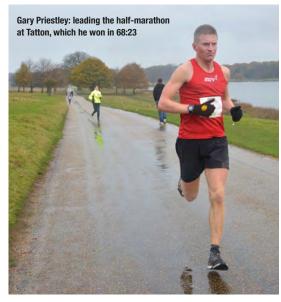
Geoffrey Mutai and Sergiy Lebid were among the notable non-finishers.

Men: Mar: 1 V Kipchirchir (KEN) 2:07:39; 2 G Yegon (KEN) 2:08:04; 3 P Kirui (KEN) 2:08:12; 4 J Mwangangi (KEN) 2:08:31; 9 M Kisorio (KEN) 2:13:27; 10 S Yego (KEN) 2:14:44; 17 C Zablocki (Chic/USA) 2:18:18; 20 PAUL MARTELLETTI 2:18:55: 32 7AK TOBIAS 2:23:31; 60 JAMES CHETTLE 2:30:33; 65 TONY BANKS (M40) 2:31:24; 95 PETER THOMPSON 2:36:22; 100 PHIL DICKENS 2:37:02; 120 MARTIN COX (M45) 2:38:31; 123 MATTHEW SLATER 2:38:41: 193 JAMES SMITH 2:43:09: 269 MARTIN FOOTMAN 2:45:48: 272 STEVEN FLOWERS 2:46:02: 277 JAY FALLAIZE 2:46:13; 466 PETER DIMBLEBY (M40) 2:51:50; 662 CHRIS GOODWIN (M45) 2:55:47; 936 ALISTAIR CHAMBERS (M50) 2:58:34. Women: Mar: 1 V Jemeli (KEN) 2:24:48; 2 N

Kiprop (KEN) 2:25:13: 3 B Moges (ETH) 2:26:11; 4 A Mekuria (ETH) 2:27:41; 5 M Esteban 2:30:37; 7 B Naigambo (NAM) 2:33:10; 18 EMMA MACREADY (W35) 2:51:52; 21 ANDREA BANKS (W40) 2:54:27; 25 LEIGH JAMES 2:58:38; 38 JO-ANNE BARFOOT (W40) 3:09:00: 49 CATHERINE STEWART 3:12:00; 49 EMMA CRAWFORD (W35) 3:13:51; 135 VIVIENNE MIDDLEBROOK (W50) 3:26:12; 159 VICKY COOPER (W45) 3:28:53; 180 DOROTHY MATHIE (W45) 3:29:51; 196 SIAN JAMES (W60) 3:30:50: 223 KATHERINE LOACH (W55) 3:32:18 Algeciras, November 13

Men: HM: 5 ARNOLD ROGERS 71:15 Madrid, November 13

Men: 10km: 12 ROBERT EVESON 33:06; 13 MATTHEW NICHOLSON 33:13



SWITZERLAND

Corrida Bulloise, Bulle, November

Men: 8km: 13 ROBBIE SIMPSON 24:19; 20 DANIEL STUDLEY 24:56; 28 BEN RIDDELL 25:46. Women: 6km: 12 SARAH TUNSTALL 22:08

TURKEY

Istanbul, November 13

FORMER Kenyan Evans Kiplagat, who now runs for Azerbaijan won the 38th running of this race in 2:13:38. Kenya's Agnes Barsosio won the women's race in 2:28:24.

Men: Mar: 1 F Kiplagat (AZF) 2:13:38: 2 S Tola (ETH) 2:14:08; 3 P Kiptoo (KEN) 2:14:33. Women: Mar: 1 A Barsosio (KEN) 2:28:24; 2 S Dalasa (ETH) 2:33:37; 3 T Chota (ETH) 2:35:44

UNITED STATES

NCAA DI Championships, Terre Haute, November 19

VILLANOVA'S Australian athlete Pat Tiernan took a surprise win in 29:22 from Justyn Knight in 29:28. Reigning three-time champion Edward Cheserek of Oregon finished third in 29:48.

Luke Traynor in 13th and Alex George in 15th were the leading Britons.

Missouri's Karissa Schweizer won a competive women's 6km in 19:42, just three seconds ahead of Erin Finn and Anna Rohrer

Britain's Amy-Eloise Neale finished eighth, just 17 seconds down on the winner. Charlotte Taylor and Alice Wright also finished in the top 20.

Oregon's women teams and Northern Arizona's men won the team titles.

Men: 10kmXC: 1 P Tiernan (AUS) 29:22: 2 J Knight 29:28: 3 F Cheserek 29:48; 13 LUKE TRAYNOR 30:08; 15 ALEX GEORGE 30:11; 22 ALEX SHORT 30:13; 44 KIERAN CLEMENTS 30:31; 71 MICHAEL WARD 30:42: 74 RYAN FORSYTH 30:43: 106 HENRY PEARCE 30:55; 108 ADAM VISOKAY 30:56; 111 MICHAEL VENNARD 30:58; 117 LIAM DEE 31:02; 123 ROBBIE FARNHAM-ROSE 31:05; 155 MATTHEW FAYERS 31:19; 170 JAC HOPKINS (U20) 31:24; 242 RHYS PARK 32:55, TEAM: 1 N Arizona; 2 Stanford; 3 Syracuse. Women: 6kmXC: 1 K Schweizer 19:42: 2 F Finn 19:45; 3 A Rohrer 19:45; 8 AMY-ELOISE NEALE 19:59; 10 CHARLOTTE TAYLOR

20:03; 19 ALICE WRIGHT 20:14; 28

CALLI THACKERY 20:18; 32 RHIANWEDD

PRICE 20:21: 56 KATHERINE TURNER 20:35; 66 FFION PRICE 20:39; 75 SOPHIE CONNOR 20:43: 89 BETHAN KNIGHTS 20:48; 110 POPPY TANK (U20) 20:53; 178 ABBIE HETHERINGTON 21:17. TEAM: 1 Oregon; 2 Michigan; 3 Colorado

NCAA DII Championships, Saint Leo. November 19

Men: 10km: 36 ADAM CRAIG 31:14; 55 KRIS EVERETT 31:38; 60 OWEN HIND 31:42; 241 TOM BAINS 36:33. Women: 6km: 69 KATE ROBINSON 22:00; 137 EILISH FLANAGAN (U20) 22:45 **NAIA Cross Country National** Championships, Elsah, November 19

Men: 8km: 31 MAX MCNEILL 25:15; 91 DAVID MOUNTFORD 25:57. Women: 5km: 2 HANNAH SEGRAVE 17:09; 9 SARA MOORE 17:32

Caiun Cup 10km, Lafavette, November 12 Women: 10km: 1 AMY TALBOT 39:53

MULTI-TERRAIN

NOVEMBER 20

BEACON TRAIL HALF-MARATHON, Leicestershire

Overall: 1 T Woodward (Herm) 81:56; 2 D Whittaker (Bal P) 82:42; 3 H Davis (McCark) 86:40

Women: 1 N Holmes (Poplar) 97:33; 2 B Robinson (Herm) 1:44:55: 3 L McCracken (Desf) 1:46:15

COOMBE 8. Coventry

Overall: 1 K Hope (Kenil, M35) 47:28; 2 P Edwards (Spa) 47:49; 3 R Merrell (Leam, M40) 48:12

Women: 1 F Fowler (Nun. W35) 51:56: 2 H Talbot (Nun, W40) 53:00; 3 Strain

CROXLEY GREEN CHRISTMAS CRACKER. Hertfordshire

Overall: 1 D O'Sullivan (Wat J) 38:02: 2 L Jones (Dac) 39:57; 3 B Cope (Wat J) 40:11

Women: 1 A Gabb (Dac) 43:10; 2 H Bennett (Dac) 44:41; 3 K Barrow 45:48

ELY 5km, Cambridgeshire

Overall: 1 B Morris (Ely Tri) 18:33; 2 P Waggitt (Ely Tri) 18:37; 3 L Thompson (Elv R) 18:48

Women: 1 L Edwards (Ely Tri) 22:47; 2 L Thomas 22:55; 3 N Baker (Ely Tri) 24:17

GLENTRESS WINTER TRAIL HALF-MARATHON, Glentress

Overall: 1 D Flanagan (M40) 90:40; 2 I Manson 92:37: 3 N Webster (M40) 94:33; 4 D Dougal (M40) 95:17; 5 A Hoyle 96:02

Women: 1 C Buchanan 1:44:10; 2 M Wright (W45) 1:46:20; 3 M McCutcheon (W50) 1:47:53

HERBERT'S HOLE CHALLENGE 10km, Chesham

Overall: 1 R Coles (Gade V, M40) 40:41; 2 S Norris (TVH, M45) 41:23; 3 J Roberts (Gade V, M40) 41:45

Women: 1 E Bates (Chilt) 45:39; 2 S Gerrie (ESM) 47:14; 3 C Hall 47:19

LYNNE EDMONDSON AND CHRISTINE NAVAN BROWNHOUSE 5km, Whitworth

Overall: 1 M Cunningham (Ross, U20) 22:07; 2 N Crossfield (Hali, M45) 22:46; 3 B Edmondson (Ross, M40) 22:49 Women: 1 J Butterworth (Roch, W40) 26:48; 2 D Raidy (Ross, W45) 27:17; 3 G Simpson (Ross, W50) 30:01

MATTHEW WALKER HEANOR 10km, Heanor

Overall: 1 M Bickerstaff (Hean) 33:44: 2 C Millett (Derb R) 35:16; 3 A Hatswell (McCarkis) 36:13

M40: 1 M Howard (Long E) 38:. M45: 1 M Nutt (Form 1) 38:11; 2 I Monaghan (C'field) 38:31. M50: 1 P Fitzgerald (Long F) 40:38 M60: 1 R Robinson (Reau 1) 40:21

Women: 1 H Viner (High) 38:07; 2 L Winfield (Hean, U15) 40:57; 3 J Spencer (Notts, W40) 41:52

W40: 2 S Spencer (Der) 43:12; 3 S Warwick (Long E) 43:1. W50: 1 J Burke (Hean) 43:32. W65: 1 M Collinge (Mans)

MILTON KEYNES MO RUN

Overall (10km): 1 B Hyams 36:25; 2 M Ma 37:29; 3 D Cook (North RR) 38:01 Women: 1 .1 .lohnson 42:46: 21 Watson 43:04: 3 J Sharples 43:59 Overall (5km): B Hawkins 18:20 Women: D Smith 20:26

NORTH HIGHLAND HARRIERS **PUDDLE RUN, Dorrery**

Overall (5.5M, all NHH, age not declared): 1 A Harris 41:33; 2 B Newlands 42:01; 3 D Stockan 42:31 Women: 1 M Lindsay 58:53; 2 K Cockburn 68:48; 3 T Sutherland 71:40 Overall (3M): D Orr 23:43

NOTTINGHAM MO RUN

Overall (10km): 1 A Holland 35:58; 2 C Lockhart 37:48; 3 R Evans 38:37 Women: 1 R Grant 40:05; 2 K Biddulph 42:53; 3 R Keeley 43:22

RUGGED RADNAGE 10km, **Buckinghamshire**

Overall: 1 P Fernandez (Abing, M40) 37:31; 2 0 Hucks (Protect, U20) 38:34; 3 J Branch (Wyc P) 38:41

Women: 1 F Wiggins (Abing) 44:17; 2 V Broadbent (B'brook) 46:44; 3 N Johnson

RUN TATTON 10km/Half-marathon, Knutsford

Overall (10km): 1 M Abu-Rezeq 30:19; 2 M Clowes 30:50; 3 B Lima (Salf) 32:28; 4 J Cox (Eden) 33:33; 5 R Moore (Vale R) 33:57: 6 J Horman (Liv H. M35) 34:18: 7 R Coen (Unatt. M35) 35:12: 8 L Harreld 35:41; 9 R West (Unatt, M40) 36:58; 10 L Rudd (Stock H, W40) 37:00 M40: 2 M Green (W'sey) 37:42. M45: 1 A Knockton (Macc) 37:58. M50: 1 K

Hinett 39:53. M55: 1 A Staveley (Burn RR) 39:10

Women: 1 Rudd 37:00; 2 G Connolly (SHS) 37:19; 3 H Sahgal (Liv PS) 37:56; 4 L West 39:31: 5 C Dooley (Vale R W40) 39:50; 6 H Wilkinson 40:48

W50: 1 L Anderson 42:36. W55: 1 L Hartley (New C) 46:07

Overall (HM): 1 G Priestley (Salf) 68:23; 2 T Charles (Traff) 70:34; 3 J Savage (Kent) 71:19: 4 C Rowlinson (Sale) 71:53; 5 N Barry (Sale) 71:57; 6 P Speake (Wilm, M40) 72:56; 7 B Edwards (Shrews, M35) 74:02; 8 P Williams (Roch H) 74:06; 9 K Welborn (Unatt, M35) 74:14: 10 M Lawlor (BRAT, M40) 74:16 **M40:** 3 G Whitehouse (Tip) 77:15. **M50:** 1 R Downs (Wilm) 75:31. **M70:** 1 D

Women: 1 C Walton (W'sey) 83:01; 2 R Davies 85:58; 3 C Dawson (Hal, W45) 87:40

Chadderton (Stock H) 92:12

THREE MOLEHILLS, Dorking, Surrey

JAMES BAKER is at his best over these up-and-downers, here comprising the three Dorking hills of Norbury, Boxhill and Ranmore. He took his 729th career victory

Overall (tough 15M): 1 J Baker (Chich R) 89:32; 2 C Elliott (FoT) 090:42; 3 E Rees (Clap) 92:31

M40: 1 R Brown 94:09; 2 N Aitken (Clap) 94:51. M55: C Phelan (S Lon) 1:45:43. M60: W Hill (Craw) 1:58:14

Women: 1 L Weeks (M&M, W35) 1:46:26: 2 F Cripps (Chich R W35) 1:46:53; 3 B Mayo (Wimb W) 1:50:56 W45: S Scott 1:53:22

NOVEMBER 19

GLENTRESS NIGHT TRAIL 10km

Overall: 1 | Park 42:38: 2 K Ross (M40) 42:40; 3 A Park 42:52; 4 J Andre 43:31 M50: A Laycock 45:31. M60: T Downie

Women: 1 C Ward 49:29; 2 K Henderson 54:34; 3 K Walling 54:51 W40: L McCutcheon 56:49

KENDAL MOUNTAIN FESTIVAL TRAIL 10km, Kendal

Overall: 1 C Arthur (Bowl) 37:59; 2 J Baxter (P&B) 39:38; 3 A Perry (Helm H) 40:47; 4 M Ainsworth (Helm H) 41:17; 5 K Hodgson (Hel,m H, M40) 42:01; 6 R Goodhead 42:08

M50: C Knowles 44:55. M70: D Waywell (Wesh) 67:46

Women: 1 H Dent (Howg) 44:24; 2 S Taylor (Helm H) 46:03; 3 L Roberts (Amble, W40) 46:32; 4 S Noon (Derw) 51.18

W55: F Douglas (Helm H) 53:20 W60: W Dodds (Clay) 61:29

KIRKSTALL ABBEY TRAIL RACES,

Overall (32M): 1 D Peat 5:10:54; 2 G Fearnley 5:16:25: 3 A Thornton 5:20:14 Overall (HM): 1 P Cornock (Kirks) 88:36; 2 S Head (R'well) 93:21; 3 J Butler 93:40 Women: 1 N Jackson (Kirks) 1:41:02; 2 A Saltmarsh 1:42:20; 3 H Nancolas (Vall, W35) 1:42:52

Overall (Mar): 1 T Forrest (C'gorm) 2:54:49: 2 N Emmerson (Radc. M35) 3:02:03; 3 N Hitchcock (Sun, M35)

Women: 1 K Corcoran 3:32:04; 2 C Hemming (100MC, W50) 3:52:22; 3 L Warren (Ack, W45) 3:58:36

Overall (8M): 1 B Wain (Wake) 63:27; 2 S Kelly (Wake TC) 64:41; 3 M Hemsworth (Wake TC) 64:41

Women: 1 C Pickersgill (Long) 66:28; 2 K Blackburn (Farsley F) 76:25; 3 N Winter 77:08

AW/RESULTS CROSS-COUNTRY



CROSS-COUNTRY

NOVEMBER 20

BORDERS CROSS COUNTRY, Galashiels

Overall (4M approx.): 1 A Chepelin (Edin U, U20) 22:00; 2 J Barrable (Cors) 22:48: 3 K Stevens (Moorf, U20) 23:11: 4 R Anderson (Tev) 23:20: 5 R Ward (HBT. M40) 23:21; 6 J Harrison (Cors) 23:27; 7 0 Chepelin 23:30; 8 T Wilson (Cors) 23:33; 9 B Reid (Gala) 23:36; 10 K Hood (Cors, M40) 23:42

M50: S Whitlie (C'thy) 24:00. M60: L Turnbull (Norham) 28:10

Women: 1 G Kirkhope (Chirn) 224:43: 2 C Gordon (HBT, W40) 25:58; 3 J Stephen (HBT) 26:17; 4 H Bonsor (C'thy) 27:26; 5 B Curtis (HBT) 27:47; 6 L MacDonald 27:57

W50: C Moss (Moorf) 30:01. W60: P McAdam (Tev) 35:20

U20: K Rourke (Gala) 28:03 TEAM (M&W): 1 Cors 16; 2 HBT 43; 3 C'thy 50

U18 (1.5M approx.): 1 F Kelly (E Loth, U16) 10:24; 2 Y Khursheed (Gala, U16) 10:27; 3 F Clyne (Tev, U16) 10:39 **U14:** 1 F Ross (Harm, U12) 10:52; 2 A Wright (E Loth, U12) 10:58; 3 G Collins (Gala) 11:13

U12: 1 B Allan (Moorf) 12:07 U18 women: 1 E Johnson (Edin, U14) 11:39; 2 K Johnson (Edin, U12) 12:08; 3

H Little (Edin, U14) 12:28 **U12:** 2 E Minto (Moorf) 13:13: 3 I Paterson (Gala) 13:50

TEAM (M&W): 1 E Loth 10; 2 Gala 19; 3 Edin 57

CAMBERLEY OPEN, Camberley

Men (9.6km): 1 B Evans (G&G, M35) 35:02; 2 P Gaylor (AFD, M45) 35:14; 3 R Harkness (Wind VR, M35) 36:54; 4 N Watkins (C'ley) 37:59; 5 G Baker (Wind VR) 38:35; 6 L Campbell (Unatt) 38:53; 7 D Bradley (C'ley, M45) 38:58; 8 D Black (AFD) 39:11: 9 D Bouch (Wind VR) 39:21: 10 I Coates (Wind VR) 39:53

M40: 1 R Maclagan (Wind VR) 43:50. M50: 1 T Grainger (C'ley) 45:14 U15 (4km): 1 M Ali (Herne H) 13:54; 2 E Kendall (C'ley) 14:06; 3 J Alley (Herne H) 14:11; 4 E Yewings (C'ley) 14:45; 5 J Sohon (Herne H) 15:48

U13 (3km): 1 J Kennedy (Herne H) 9:25; 2 J Harrison (Herne H) 9:53; 3 B Harrison (Herne H) 9:59; 4 M Duckworth (C'ley) 10:18; 5 N Ayiui-knott (C'ley) 11:40; 6 E Ashmore (Holl S) 12:03; 7 H Dodd (C'ley)

12:33; 8 T Martin (C'ley) 12:51 U11 (2.5km): 1 C Chilton (Herne H) 9:34;

2 M Pickering (Reig) 9:50; 3 J Dargan (C'lev) 10:07 Women (6.25km): 1 S Calver (Wind VR)

28:19; 2 T Duke (Fleet, W40) 33:10; 3 S Hadwen (Wind VR) 33:11; 4 M Place (Wind VR) 36:23; 5 M Mannan (Wind VR) 38:41

U17 (4km): 1 K Balme (Herne H) 14:41; 2 P Wonders (Reig) 17:19

U15 (3km): 1 M Collings (Woking) 9:50; 2 C Holden (C'ley) 10:05; 3 K Beckett (C'ley) 10:20; 4 I Penniceard (Herne H) 10:45; 5 H Barrett (C'ley) 11:45; 6 I Gonclaves (C'ley) 12:35

U13 (2.5km): 1 P Roessler (Reig) 9:49; 2 E Wilson (C'ley) 9:57; 3 P Craig-McFeely (Herne H) 9:58; 4 J Butland (Herne H) 10:28; 5 J Rabey (C'ley) 10:36; 6 K Bowler (AFD) 10:49; 7 T Stevens-cox (Herne H) 10:55: 8 J Gates (C'lev) 11:04: 9 S Breen (C'ley) 11:15; 10 F Myall (C'lev) 11:25

U11 (2km): 1 L Levy (Herne H) 8:14; 2 L Denece (Reig) 8:27; 3 C Kirkby (W'ley) 8:36

RENEREWSHIRE CHAMPIONSHIPS. **Johnstone**

Men (6M): 1 M Pollard (l'clyde) 31:05; 2 C Ruddy (l'clyde) 31:07; 3 J Bell (l'clyde) 31:21; 4 D Henderson (l'clyde) 32:06; 5 R Quinn (Kilb, M50) 32:12; 6 R Gray (l'clyde) 32:35

TEAM: 1 l'clyde 27; 2 G'nock 99; 3 Bella H 125

U17 (2.5M): 1 R Gray (l'clyde) 13:42; 2 C Watson (l'clyde) 13:53; 3 N Boyle (Giff

N) 14:37 TEAM: I'clyde 8

U15 (2.5M, all Kilb): 1 J Patton 14:30; 2 L Hannigan 14:32: 3 L Barclay 14:37 TEAM: 1 Kilb 6; 2 l'clyde 17; 3 G'nock

U13 (2M): 1 R Gray (l'clyde) 11:20; 2 C Green (Giff N) 11:28; 3 A McGillivray (Giff N) 11:36

TEAM: 1 Giff N 10; 2 l'clyde 14; 3 Kilh 33

U11 (1M): 1 H Morrison (l'clyde) 6:39; 2 O Patton (Kilb) 6:43; 3 C Shennan

TEAM: 1 Giff N 13; 2 Kilb 14; 3 l'clyde

Women (4.5M): 1 N Mulholland (l'clyde) 28:21; 2 S Muir (l'clyde, W40) 28:34; 3 J Smylie (Giff N) 29:14; 4 R Bushfield (l'clyde) 29:27; 5 J Rooney (Kilb) 29:52 TEAM: 1 l'clyde 7; 2 Kilb 19; 3 Giff N 19 U17 (2.5M): 1 E Crusher (Giff N) 16:59;

2 M Forrest (G'nock) 20:12 U15 (2.5M): 1 N McCheyne (l'clyde) 15:17: 2 A Sivell (Kilb) 15:38: 3 H Chong (Giff N) 16:05

TEAM: 1 Kilb 12; 2 l'clyde 17 U13 (2M): 1 E Ward (Giff N) 11:57; 2 L Hastie (Kilb) 12:22; 3 C Cameron (Kilb) 12:30

TEAM: 1 Giff N 12; 2 Kilb 14 **U11 (1M, all Giff N):** 1 A Carter 7:47; 2 H O'Dongohue 7:48; 3 E McLennan 7:59 TEAM: 1 Giff N 6; 2 l'clyde 27; 3 Kilb 39

WEST MIDLANDS YOUNG ATHLETES' LEAGUE, Warley Woods

U17 men (4.8km): 1 A Searle (R&N) 17:39: 2 M Chronicle (R&N) 18:01: 3 J Cavens (SSH) 18:01; 4 C McLeod (SSH) 18:05; 5 K Hopewell (SSH) 18:06; 6 G Richardson (B&R) 18:17; 7 S Barber (BRAT) 18:22; 8 B Chesters (C&S) 18:26; 9 M Hogg (W&B) 18:36; 10 R Ashfield (W&B) 18:43; 11 F Hutton (R&N) 18:45; 12 G West (Leam) 18:47: 13 H Dvall (W&B) 18:50; 14 K Chahal (Leam) 18:51; 15 D Priest (Leam) 18:55; 16 J Musgrove (R&N) 18:56; 17 J Pickett (W&B) 19:13; 18 S Howard (Nun) 19:19; 19 A Walmsley (Cov) 19:29: 20 B Horton (RSC) 19:42 U15 (3.2km): 1 A Caulfield (R&N) 11:51; 2 A Saul-Braddock (W&B) 12:11; 3 H Hardy-Smith (C&S) 12:32; 4 C McKeaney (Leam) 12:36; 5 J Hamilton (B&R) 12:38; 6 J Humpage (W&B) 12:39; 7 M Kent (Tam) 12:48; 8 0 Jones (Strat) 12:50; 9 H Walters (D&S) 12:50; 10 R Shields (Bir) 12:53: 11 W Kay (D&S) 12:56: 12 B Hope (R&N) 12:57; 13 O Mason (W&B) 13:06; 14 N Casey (Bir) 13:07; 15 K Coleman-smith (Nun) 13:14; 16 A Stapleton (Bir) 13:15; 17 D King (Bir) 13:15; 18 M Pearce (W&B) 13:17; 19 O Hamilton-Russell (W&B) 13:17: 20 T

Keenan (Cov) 13:22 **U13 (2.5km):** 1 S Mannings (Hale) 9:51; 2 J Robins (B&R) 10:07; 3 J Sispal (Leam) 10:11; 4 H Faizey (SSH) 10:14; 5 T Bentley (Tip) 10:15; 6 L Buttrick (R&N) 10:24; 7 N Bennett (R&N) 10:28; 8 O Jinks (Hale) 10:31: 9 A O'Brien (R&N) 10:32; 10 T Francis (W&B) 10:33; 11 R Currie (Nun) 10:38; 12 B Frost (Spark) 10:45; 13 J Cunliffe (B&R) 10:47; 14 A Enland (Bir) 10:48; 15 B Edwards (Tam) 10:53; 16 J Stretton (Tam) 10:54; 17 T Kearns (Bir) 10:59; 18 T Brownshill (C&S) 11:00; 19 M Corbett (R&N) 11:01; 20 Z Taylor (W&B) 11:04

U11 (1.6km): 1 A Adams (Strat) 6:54; 2 A Tilt (R&N) 7:03; 3 F Robins (B&R) 7:11 U17 women (4km): 1 A Saker (Hale)

17:10; 2 L Higgins (Hale) 17:17; 3 0 Kelly (Cov) 17:21; 4 A Mijovic-cauldwell (B&R) 17:46; 5 K Simpson (Hale) 17:56; 6 C Ferreira (Hale) 18:00: 7 A Samuels (W&B) 18:04; 8 Z Brickley (W&B) 18:26; 9 E Bowen (B&R) 18:32; 10 E Humpherston (RSC) 18:32; 11 L Evans (W&B) 18:35; 12 E Negus (Nun) 18:45; 13 G Mitchell (Strat) 18:46; 14 R Lewis (Tip) 18:47; 15 R Nicholls (Tip) 18:54: 16 B Tabor (W&B) 19:08; 17 H Cherry (Cov) 19:10; 18 B Hinett (Cov) 19:14; 19 G Chattwood (C&S) 19:15; 20 B Walker (Tip) 19:16

U15 (3.2km): 1 G Campbell (Strat) 13:46; 2 M Williams (R&N) 14:01; 3 L Roberts (Hale) 14:22; 4 T Hart (C&S) 14:26: 5 S Causer (Tip) 14:26; 6 J Humphreys (W&B) 14:28; 7 A Nicod (B&R) 14:35; 8 E Clawley (Tam) 14:42; 9 K Scott (SSH) 14:43; 10 G Lees (Bir) 14:44; 11 B Sykes (B&R) 14:45; 12 H Walker (R&N) 14:46: 13 I Sheppard (Strat) 14:48: 14 L Silk (W&B) 14:55: 15 A Preston (W&B) 14:58: 16 O Walker (Hale) 15:02; 17 A Dalby (SSH) 15:03; 18 F Bennett (Cov) 15:08; 19 A Pearce (R&N) 15:09; 20 P Jones (Bir) 15:11 U13 (2.5km): 1 A Harland (Bir) 10:11: 2 T Ward (W&B) 10:22; 3 L Saxon (SSH) 10:47: 4 J Ruane (K&S) 10:51; 5 A Westwood (W&B) 10:52; 6 E Bullock

(W&B) 11:02; 7 B Pugh (W&B) 11:04; 8 N Hatfield (B&R) 11:06; 9 C Searle (R&N) 11:09; 10 B Dyall (W&B) 11:10; 11 E Marshall (W&B) 11:16; 12 E Stark (Hale) 11:17; 13 E Pardy (B&R) 11:18; 14 E Buchanan (BSC) 11:19: 15 L Semple (W&B) 11:22; 16 E Grace (Bir) 11:24; 17 L Carey (RSC) 11:24; 18 A Westbury (Tip) 11:27; 19 H Bates (Cov) 11:29; 20 E Unitt (R&N) 11:34

U11 (1.6km): 1 C Prince (RSC) 7:43; 2 S Williams (W&B) 7:53; 3 I Jones (W&R) 7:54

NOVEMBER 19

AYRSHIRE CHAMPIONSHIPS, Irvine Men (9km): 1 R Mair (Kil'k, M35) 32:52: 2 R Martinez (C.A. Albacete, M40) 33:15; 3 K Neill (Ayr S, M35) 33:21; 4 B Richardson (Irv, M45) 33:28; 5 F Stirling (Ayr S, U20) 34:28; 6 R Lindsay (Kil'k, M40) 35:24; 7 G Hopper (Ayr S) 35:38; 8 G Reid (Kil'k, M40) 35:47; 9 P Lafferty (Irv) 36:36; 10 S Martin (Kil'k, M45) 36:36

M45: 3 A Donachy (N Ayr) 38:33. M50: 1 D Auchie (Ayro) 41:01; 2 A Stewart (Rons Runners) 41:10

TEAM: 1 Kil'k 45; 2 lrv 63; 3 Ayr S 98

U17 (6km): 1 D McGhee (Ayr S) 24:00; 2 J Nix (Kil'k) 24:55

U15 (4.2km): 1 J Houson (Kil'k) 16:28: 2 K Mccolgan (UAB) 16:55: 3 L Cotter (Avr. S) 17:07; 4 S Brindley (N Ayr) 17:20; 5 A Orderly (N Ayr) 17:34; 6 A Jenner (Kil'k) 18:26; 7 R Littlejohn (Kil'k) 18:38; 8 L Ferguson (Kil'k) 19:31; 9 D Goddard (N Ayr) 21:37; 10 E Usher (N Ayr) 23:27

TEAM: 1 Kil'k 12; 2 N Ayrs 15 **U13 (3km):** 1 A Crooks (Ayr S) 11:58; 2 J Dainey (Kil'k) 12:08; 3 J Graham (UA (Ayrs.Resident)) 12:20; 4 E Bell (Ayr S) 12:20; 5 A Brindley (N Ayr) 12:58; 6 S Drummond (Ayr S) 13:15; 7 T Caldwell (Kil'k) 13:18: 8 C Mcnulty (Kil'k) 13:30: 9 B Burns (N Ayr) 14:04; 10 L Hill (Ayr S) 14:06

TEAM: 1 Ayr S 11; 2 Kil'k 17; 3 N Ayrs 28

U11 (1.2km): 1 J Phillips (Kil'k) 4:33; 2 B Dean (Kil'k) 4:37; 3 R Booth (N Ayr) 4:48 TEAM: 1 Kil'k 9; 2 N Ayrs 15; 3 Ayr S 30 **Women (6km):** 1 L Wallace (Ayr S, W35) 25:33; 2 T Macintosh (Ayr S) 26:49; 3 M Stewart (Ayro) 27:24; 4 K Alexander (Kil'k, W40) 27:29; 5 L Lynn (N Ayr, W35) 28:43; 6 F Comrie (N Ayr, W40) 29:27; 7 P Wilson (Kil'k, W45) 30:31; 8 D Burke (N Ayr) 30:36; 9 S Mulholland (Ron's R. W45) 30:48; 10 J Jackson (Irv, W55) 31:00

W40: 3 C Millar (Troon) 31:37. W45: 3 R Kirk (Ayr S) 31:36

TEAM: 1 Ayr S 14; 2 N Ayrs 19; 3 Kil'k 24 U17 (4.2km): 1 | Nelson (Lisb) 17:35; 2 C Chilton (Ayr S) 22:20

U15 (3km): 1 R Davidson (Ayr S) 12:15; 2 E Frew (Ayr S) 12:40; 3 I Kirk (Ayr S) 13:02; 4 A Heron (Kil'k) 13:36; 5 I Neilson (Kil'k) 13:39; 6 E Mackay (Ayr S) 13:45; 7 C McDowall (Ayr S) 13:49; 8 L Jedrusiak (Kil'k) 13:50; 9 e Mccutcheon (Kil'k) 14:07; 10 C Murray (N Ayr) 14:23 TEAM: 1 Avr S 6: 2 Kil'k 17: 3 N Avrs 38 **U13 (3km):** 1 V Lightbody (Lisb) 12:15; 2 M Hubbard (Ayr S) 12:37; 3 H Burn (Kil'k) 13:43; 4 M Chalmers (Kil'k) 13:49; 5 V Mcdowell (Kil'k) 14:02; 6 M McInally (N Ayr) 14:12; 7 I Hubbard (Ayr S) 14:17; 8 E Ballantyne (Kil'k) 14:20; 9 T Crooks (Ayr S) 14:26; 10 I Raeburn (Kil'k) 14:56 TEAM: 1 Kil'k 9; 2 Ayr S 15; 3 N Ayrs 26 U11 (1.2km): 1 E Mcmillan (Ayr S) 4:56;

2 N Gaffney (N Ayr) 5:04; 3 I Hubbard (Ayr S) 5:05

TEAM: 1 Ayr S 10; 2 N Ayrs 17; 3 Kil'k 19

EASTERN COUNTIES CHAMPIONSHIPS, Keysoe

Men: 1 M Janes (Bed C) 42:10; 2 S Robinson (P'boro) 42:22; 3 A Darby (Elv) 43:11: 4 A Leach (N Herts, M50) 43:29: 5 S Haw (P'boro) 43:50: 6 S Goodall (Norw, M45) 44:11; 7 J O'Neill (Ryst, M35) 44:14; 8 C Emmerson (Bed C) 45:28; 9 S Walton (Rams) 45:36; 10 M Taylor (Riv, M35) 46:42; 11 T Farrer (Hunts, M40) 46:57: 12 M Clements (lps J. M35) 47:17: 13 S Fraser-Lim (lps J. M35) 47:35; 14 R Webb (Ely) 47:59; 15 M Hewetson (Bure, M40) 48:36; 16 G Irvine (Ely, M35) 48:47; 17 S Hall (P'boro, M45) 48:55; 18 N Popple (P'boro) 49:03; 19 N Osborn (Hunts, M35) 49:20; 20 J Sadlier (P'boro, M35) 49:40

M40: 3 R Parkins (S'mkt) 51:04. M45: 3 G Finch (Bed H) 51:44. **M50:** 2 A Blair (Bed C) 51:01; 3 K Hiner (Riv) 52:09.

M55: 1 P Jeggo (Spring S) 51:02 U20: 1 A Lawrence (lps) 28:05; 2 W Mullins (Bed C) 28:35; 3 P Wain (lps J) 28:41; 4 S Headley (Bed C) 29:20; 5 A Headley (Bed C) 29:32

TEAM: 1 Peterboro 72; 2 Ely 129 U17: 1 J Croft (Hunts) 20:40; 2 I Ellard (Eye) 20:41; 3 C Gillies (Bed C) 22:04; 4 R Laursen (Bed C) 22:31; 5 H Steele (St

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Ed) 23:04; 6 0 Davies (Bed C) 23:32; 7 S Quercia-Smale (St Ed) 23:37; 8 E Breen (Herts P) 23:44

U15: 1 A Killeen (Bed C) 14:36; 2 T Elvin-Andrews (Ins.) 15:13: 3 C McGinness (Hunts) 15:24: 4 F Blythman (Bed C) 15:34; 5 A Wood (lps) 15:46; 6 B Breen (Herts P) 15:55; 7 C Wakefield (St Ed) 15:56; 8 O Brownston (Bed C) 16:05; 9 T Henson (St Ed) 16:07; 10 H Brodie (Bed C) 16:07

U13: 1 | Sullivan (St Ed) 11:42: 2 C Brodie (Bed C) 11:47; 3 T Dearden (Bed C) 11:50; 4 T Frohn (lps) 12:18; 5 C Campion (Bed C) 12:21; 6 M Hanford (Bed C) 12:24; 7 0 Fentelman (Bed C) 12:37: 8 J Hart (Hunts) 12:39: 9 0 Woodward (St Ed) 12:50; 10 J Price (Bed C) 12:58

M60: 1 B Rogers (lps J) 24:38; 2 J Haynes (Bish S) 24:54; 3 P Reddon (Riv) 25:00; 4 T Newton (lps J, M65) 27:35; 5 M Rosbrook (Had H, M75) 35:17

Women: 1 R Gibbs (P'boro) 24:17; 2 A Folland (Bed H, W45) 24:39; 3 C Weller (lps TC) 24:41; 4 S Cartwright (Bed H, W45) 25:05; 5 M McCarthy (W Suff, W50) 25:36; 6 S Spencer (lps J) 26:07; 7 C Anthony (W Suff, W50) 26:28; 8 E Daykin-Colombel (lps J, W35) 27:06; 9 J Muspratt (Hunts, W40) 28:25: 10 W Perkins (P'horo W35) 29:04

W45: 3 S Johnson (Bed H) 30:27. W55: 1 P Stocker (Hunts) 31:59. W60: 1 N Haggart (Bed H) 29:55

TEAM: 1 Bedford H 17; 2 lps J 30 U17: 1 L Woodruff (lps) 26:16; 2 J Vuvlsteke (Hunts) 28:47: 3 E Temple (St Fd) 31:12: 41 Oram (Gt Yar) 31:17 U15: 1 S Tydeman (lps) 16:36; 2 H Fisher (lps) 16:45; 3 L Taylor (SNH) 16:55; 4 M Salsby (lps) 17:00; 5 B Cooke (SNH) 17:05; 6 K Challinor (lps) 17:10; 7 E Robinson (Nene V) 17:37; 8 K Tasker (Nene V) 18:04: 9 0 Mead (Nene V) 18:23: 10 K Wright (Hunts) 18:59 U13: 1 I Wilkins (Hunts) 12:51; 2 B Oram (Gt Yar) 13:35; 3 E Taylor (P'boro) 13:39; 4 F Nicolls (St Ed) 13:43; 5 C Alvarez (St

Ed) 14:25; 6 S Allen (St Ed) 14:47 **ESSEX LEAGUE. Horseheath**

Men (8km): 1 T Frith (S'end) 27:39; 2 S Smith (C&C, M40) 27:58; 3 R Warner (Have, M35) 28:05; 4 A Finch (Thurr) 28:22; 5 M Granger (Chelm) 28:49; 6

T Windley (Spring S) 28:59; 7 H Smith (Bas, U20) 29:13; 8 T Cammack (Spring S) 29:23; 9 T Fletcher (C&C) 29:30; 10 B Davis (Have, U20) 29:50; 11 R Gillard (S'end) 29:59; 12 R Maidment (Orion, M40) 30:15; 13 S Rand (Have, M40) 30:17; 14 D Richards (Orion, U20) 30:19; 15 W Page (C&T, U20) 30:22; 16 B Thorpe (Bas, U20) 30:27; 17 C Parker (S'end) 30:28; 18 L Taylor (S'end, M40) 30:29: 19 S Smith (Thurr, U20) 30:37: 20 K Swan (B'cav) 30:41: 21 D Moses (Orion) 30:47; 22 A Waithaka (Have, M35) 30:50; 23 A Manton (Spring S, M35) 30:50; 24 R Mahen (C&C) 30:51; 25 J Patterson (C&T, U20) 30:51; 26 A Hodges (C&C, M35) 30:53; 27 C Ridley (Col H, M50) 30:54; 28 P Rodgers (Col H, M40) 31:00; 29 M Harrod (Col H, M40) 31:14; 30 J Wright (Spring S, M35) 31:17; 31 P Smith (Spring S, M35) 31:22; 32 A Eggeman (C&C, M35) 31:23; 33 L Martin (Spring S, M45) 31:30; 34 C Read (Orion, M45) 31:31; 35 R Tubbs (Chelm, M45) 31:35; 36 S Rice (Thurr, M45) 31:37; 37 A Jopson (Ben. M35) 31:49: 38 A Low (Ben, M45) 31:56; 39 P Veitch (C&C, M45) 32:01; 40 J Nears (Col H, M40) 32:03

M50: 2 P Spowage (Col H) 32:12; 3 J Barker (Thrift) 32:55; 4 A Kyriakides (S'end) 33:31: 5 D Lawless (Thurr) 33:51: 6 P Broome (Spring S) 34:00. M55: 1 M Bridgeland (Chelm) 33:01; 2 N Rankin (Ben) 34:56; 3 T Horncastle (Phoe S) 36:42. M60: 1 T Nixon (IIf) 35:47; 2 B Langley (Hals) 36:17; 3 C Ritchie (C&C) 36:46. M65: 1 P Binns (S'end) 37:15. U20: 8 J Stewart (Have) 32:05: 9 0 Mann (Thurr) 32:11; 10 C Gray (Bas) 32:34 TEAM: Div 1: 1 Springfield 131; 2 Havering 162; 3 Southend 175; 4 Orion 197; 5 Colchester 247; 6 Benfleet 320; 7 Basildon 393: 8 Phoenix 698 Div 2: 1 C&C 132; 2 Thurrock 240; 3

Halstead 548

M40 TEAM: 1 Col H 124; 2 S'field 175; 3eq C&C/Orion 176; 5 Southend 233; 6

U17 (6km): 1 L Harknett (Harl) 22:25; 2 O Newman (C&C) 22:48; 3 B Miller (C&T) 22:53; 4 I Brown (Bas) 22:59: 5 S Norris (S'end) 23:02; 6 O Randall (S'end) 23:10; 7 S Dhillon (Thurr) 23:37; 8 J Clark (Orion) 23:41; 9 F Richardson (C&T) 23:43; 10 L Gill (E Esx) 24:18

TEAM (4 to score): 1 Southend 40; 2 Thurrock 34 (only 3); 3 Basildon 44 (only 3)

U15 (4km): 1 D Dow (C&C) 14:25: 2 D Millward (Col H) 14:28: 3 O Lill (Bas) 14:43; 4 M Caulfield (Col H) 14:46; 5 K Boggon (Guest - WG &EL) 14:51; 6 J Trim (E Esx) 15:00; 7 J Shotter (Orion) 15:01; 8 B Prior (Thurr) 15:06; 9 H Dow (C&C) 15:13; 10 S Wheatley (S'end) 15:21 TFAM: 1 C&C 44: 2 Thurrock 64: 3 Chelmsford 84: 4 Orion 98: 5 Havering

U13 (3km): 1 A Ford (Have) 11:37; 2 K Kalmanis (S'end) 11:38; 3 A Cahill (Brain) 11:40; 4 L Pullen (S'end) 11:44; 5 J Aguilar-Agon (C&C) 11:45; 6 J Muller (S'end) 11:47; 7 M Benyan (C&C) 12:03; 8 F McGrath (C&C) 12:10; 9 J Borrett (C&C) 12:17; 10 L Randall (S'end) 12:21 TEAM: 1 Southend 22; 2 C&C 29; 3 Havering 64; 4 Thurrock 102

Women (6km): 1 F Fullerton (Have) 22:53; 2 E Davies (Spring S, W35) 23:43; 3 K Holland (S'end) 24:25: 4 C Somerton (C&C) 24:26: 5 A Joel (Chelm) 24:34: 6 L Brooks (Bas) 24:40; 7 S Judd (Chelm, W40) 24:42; 8 C Thurgood (Orion) 25:03; 9 C Brown (C&C) 25:13; 10 S Imbush (S'end) 25:33; 11 R Luxton (Chelm) 25:44; 12 H Hawes (E Esx, W35) 25:58; 13 V Hayes (Sale) 26:01; 14 W King (Chelm, W45) 26:28; 15 D Morley (Col H, W45) 26:39; 16 S Pennington (S'end) 26:53; 17 R Cooke (Col H) 26:56; 18 E Neale (Col H) 27:16; 19 K Whitmarsh (Bas) 27:25; 20 E Bullis (Bas) 27:33; 21 N Bredin (Bas) 27:34: 22 M Deasy (C&T. W45) 27:38; 23 C Sterling (Ben) 27:42; 24 S Godfrey (C&C, W50) 27:45; 25 N Kipps (Orion) 27:59; 26 P Bridgman (Spring S, W35) 28:02; 27 A Oakman (Col H, W40) 28:07; 28 C Bedingfield (C&C, W35) 28:20: 29 J Smith (Chelm, W45) 28:24; 30 A Trauttmansdorff (Orion, W45) 28:29

W40: 3 N Lagden (S'end) 28:50. W55: 1 C Deacon (B'cay) 32:18. W60: 1 V Sinclair (Pits) 36:52. W65: 1 D Braverman (C&C) 33:33. W80: 1 P Jones (IIf) 42:04

TEAM: Div 1: 1 Chelmsford 36: 2 Southend 62; 3 C&C 65; 4 Basildon 66; 5 Col H 77; 6 S'field 100; 7 Benfleet 171; 8 Thrift 233. Div 2: 1 Bill'cay 182; 2 Halstead 207; 3 Havering (only 3) 65 W35 TEAM: 1 Chelmsford 50; 2 S'field 63: 3C&C 84; 4 Billerical 82; 5 Southend 138: 6ea Ilford/Thrift 164

U20 (5km): 1 K Mhlanga (Chelm, U17) 19:09; 2 A Pullinger (Thurr, U17) 20:10; 3 K O'Neill (Have, U17) 20:22; 4 B Dow (C&C) 20:50; 5 R Broome (Chelm, U17) 20:55; 6 L Rowedder (Harl, U17) 20:59; 7 S Clark (Ben, U17) 21:14; 8 S Rand (Have, U17) 21:17: 9 E Grav (C&T, U17) 21:53; 10 L Callan (Chelm) 22:05 U20/U17 TEAM: 1 Chelmsford 30; 2

Havering (3) 26; 3 Thurrock (2) 15 U15 (4km): 1 M Sweetman (Have) 15:57: 2 H Instance (Thurr) 16:03: 3 G Burrell (Bas) 16:18: 4 H Dyce (C&C) 16:29; 5 M Smith (Chelm) 16:38; 6 F Sweeting (Chelm) 16:46; 7 S Sirkett (Harl) 16:55; 8 G Tombs (Chelm) 17:15; 9 S Wetheridge (Bas) 17:29; 10 H Phipps (Bas) 17:35

U15 TEAM: 1 Basildon 33: 2 Chelmsford 34; 3 C&C 46; 4 Havering 83; 5 Harlow

U13 (3km): 1 S Foley (Have) 12:26; 2 H Freegard (Bas) 12:48; 3 E Little (Chelm) 12:48; 4 D Eaves (Thurr) 12:55; 5 C Rand (Have) 13:08: 6 D Harris (Bas) 13:22: 7 E Savidge (Harl, U15) 13:27; 8 G Holmes (S'end) 13:37; 9 D Fraser (C&C) 13:45; 10 S Anderson (S'end) 13:54 TEAM: 1 Havering 35; 2 Chelmsford 66;

3 C&C &0; 4 Thurrock 79

FNB GUERNSEY LEAGUE,

Stonecrusher Overall (3M): 1 L Le Cheminant (Guern,

U15) 18:04; 2 C Bain (Guern, U15) 19:00: 3 A Goovaerts (Guern 1115) 19:12; 4 I Powers (Guern, U15) 19:18 5 J Blackham (Guern, U17) 19:25; 6 A Skinner (Guern) 20:08; 7 F Bown (Guern, U17W) 20:52; 8 J Press (Guern, M35) 20:53; 9 B Duquemin (Guern, M50) 21:02: 10 H Herve (Guern, W) 21:04 M40: 1 J Isabelle (Guern) 22:05; 2 C Roughsedge (Guern) 22:13; 3 R Le Brun (Guern) 23:13. **M45:** 1 B Moroney (Guern) 21:23; 2 D Watson (Guern) 22:12; 3 G Gallienne (Guern) 22:17 M50: 2 K Kreckeler (Guern) 21:51; 3 T Hatton (Guern) 22:23. M60: 1 T Greening (Guern) 25:18: 2 R Mann (Guern) 28:46. M65: 1 B Holden (Guern) 25:25 Women: 1 Bown 20:52; 2 Herve 21:04; 3 V Rodrigues (Guern) 21:28; 4 E Graham (Guern, W40) 21:30; 5 M Nicolle (Guern) 21:57; 6 A Phillips (Guern, W40) 22:20 W40: 3 A Gavey (Guern) 23:42; 4 N Scott (Guern) 25:05; 5 V Joyce (Guern) 25:19; 6 J Svejstrup (Guern) 26:34; 7 C Dunsterville (Guern) 26:53; 8 S Sexton (Guern) 27:54. W45: 1 S Ingrouille (Guern) 28:42. W50: 1 G Rowe (Guern) 24:16; 2 C Birnie (Guern) 26:24; 3 S

Lawrence (Guern) 27:25 Overall (4M): 1 D Emery (Guern) 20:54; 2 M Wilesmith (Guern) 21:06; 3 J James (Burg HR) 21:31; 4 C Holden (Guern) 22:01; 5 T Robilliard (Guern, M35) 22:25; 6 A Rowe (Guern, U17) 22:38; 7 J Priest (Guern) 22:39: 8 J Yeaman (Guern, U17) 22:40: 9 S Culverwell (Guern 1117) 22:43; 10 J De Garis (Guern, M35) 22:44 M45: 1 I Scholes (Guern) 24:34; 2 A Lihou (Guern) 26:18. M50: 1 S Galpin (Guern) 24:15; 2 D Dyke (Guern) 24:40. M60: 1 C O'Neill (Guern) 28:08. U17: 4 S Galpin (Guern) 23:16

Women: 1 L Perrio (Guern) 23:35; 2 J James (Guern, W35) 25:12; 3 L McCarthy (Guern) 25:38; 4 N Neal (Guern, W40) 26:20; 5 C Green (Guern) 27:47 U15 (2M): 1 E Mason (Guern, U15W) 12:29; 2 S Woodhead (Guern, U13W) 12:33; 3 L Gallagher (Guern, U13) 12:37: 4 J Le Tissier (Guern, U13) 12:47: 5 J Le Cheminant (Guern, U13) 13:18; 6 K Bain (Guern, U13W) 13:25; 7 J Reed (Guern, U13) 13:31; 8 J Goubert (Guern, U13) 13:45; 9 R Moroney (Guern, U13) 13:47; 10 A Sexton (Guern, U13) 14:56

LONDON CHAMPIONSHIPS Parliament Hill Fields

PETER HUCK went clear on the second of the four laps on his way to victory, Alastair Aitken reports.

After a fast start on a dry course four-time champion Chris Smith headed the field at the top of Parliament Hill. The 39-year-old looked determined to add this to his extensive portfolio but was joined by Huck. They ran together for a while, but after the break Huck was on his own for the rest of the race as Tom Aldred was third.

Dean Lacy, the winner in 2014, was next, with Nick Torry having moved through to fifth in the closing stages.

Highgate Harriers won the four-toscore team prize. All their runners were within the first 19, so it was as convincing a victory as it was for the London Heathside women, who were all within the first 14 places.

Stacey Ward dominated the women's race. Next behind her, after a while, was Nicole Jackson, having overtaken three runners, but she said her legs were tired after breaking the course record in the Calder Valley Fell race the previous weekend.

Thus, it was Lara Bromilow, who won in 2013, who came past her on the last big hill to take second.

In fourth place, in her first year as a senior, was Hannah Viner.

Men (9.5kmXC): 1 P Huck (Barr) 30:50; 2 C Smith (TVH, M35) 31:04; 3 T Aldred (Lon Hth, M35) 31:26; 4 D Lacy (Camb H) 31:56; 5 N Torry (Serp, M35) 32:00; 6 C Haywood (High) 32:00; 7 A Abdulle (Ilf, U20) 32:11: 8 F Slemeck (HW) 32:15: 9 R Henderson (Bed C) 32:15; 10 J Cornish (HW) 32:15; 11 B Toomer (HW) 32:18; 12 R Kowenicki (THH, M35) 32:48; 13 J Laybourn (High) 33:08; 14 S Renfer (High) 33:10; 15 W Green (Serp, M40) 33:12; 16 R Thompson (Hill) 33:14; 17 S Humphrey (VP&TH) 33:18; 18 D Nevins (Harrow, M35) 33:23; 19 D Smith (High) 33:23; 20 D Morgan (Serp) 33:25; 21 J Laing (Hill) 33:32; 22 J Ellis (TVH) 33:35; 23 J Cunningham (Herne H) 33:42; 24 J Bradford (Serp) 33:50; 25 J Cooper (Harrow, M40) 33:56: 26 G Pearce (K&P) 34:02; 27 H Torry (Serp, M35) 34:05; 28 M Shore (THH, M40) 34:06; 29 S Prigent (TVH) 34:13; 30 D Davison (High) 34:17; 31 A Summers (VP&TH) 34:21; 32 G Cribier (High, M40) 34:25; 33 S Coombes (Herne H, M40) 34:27; 34 J Franklin (Sern) 34:34: 35 T Grimes (F Lon, M35) 34:46; 36 J Bannister (Clap C) 34:48; 37 M Caeiro (TVH) 34:51; 38 F Lassonde (VP&TH, M35) 34:54; 39 S Beedell (WG&EL) 34:58; 40 A Mitchell (TVH, M45) 35:00; 41 D De Palol (Serp, M40) 35:02; 42 G Wright Colopy (Harrow) 35:02; 43 T Willner-Reid (High) 35:05; 44 S Dunderdale (Lon Hth) 35:12; 45 D Kennedy (B&B) 35:12; 46 P Brown (E Lon) 35:13; 47 S Barrett (Serp, M40) 35:16; 48 S Shaw (ESM, M40) 35:19 49 S Wurr (Herne H, M35) 35:27; 50 A Barrington (VP&TH) 35:28

M45: 2 A Reeves (Serp) 35:46; 3 C Beecham (High) 35:53. **M50:** 1 K Klidzia (SoC) 37:06; 2 A Davidson (High) 37:45; 3 M Cursons (Harrow) 37:54. M55: 1 R Rigby (SB) 36:57. M60: 1 A Roberts (Serp) 42:19

TEAM:1 High 52; 2 Serp 64; 3 Thame V 90; 4 THH 115; 5 Herc W 127; 6 VPHTH 136; 7 Harrow 143; 8 Lond H 163; 9 Herne H 186; 10 Trent Park 276

Women (6km): 1 S Ward (Herne H) 21:29; 2 L Bromilow (Mil K) 21:55; 3 N Jackson (Rane) 22:05; 4 H Viner (High) 22:33: 5 L Ashe (Harrow) 22:37: 6 K Hedgethorne (C&C) 22:38; 7 E Waldman (Lon Hth) 22:46; 8 C Grima (HW, W35) 22:59; 9 S Pemberton (Serp) 23:03; 10 K Thorneycroft (Lon Hth) 23:05; 11 M De Silva (Rane) 23:05; 12 A Gounelas (Eton M. W35) 23:07: 13 R Bunting (Lon Hth) 23:07: 14 S Rust (Lon Hth, W35) 23:07: 15 H Brock (High) 23:09; 16 R Penfold (Fulham) 23:23; 17 C Penlington (B&B, W40) 23:24; 18 A Stevens (Herne H) 23:32; 19 A Scott-Wilson (High) 23:34; 20 J Kent (Barn, W45) 23:37; 21 R Baker (Clap C) 23:46: 22 C McMahon-Adie (Lut. W35) 23:51; 23 K Gundersen (WG&EL, W40) 23:54; 24 R Thomas (VP&TH) 23:56; 25 G Kyriacou (SB, U20) 23:56; 26 J Ansell (E Lon) 23:58; 27 E Antcliffe (Harrow, W35) 24:04; 28 A Whiley (Clap C) 24:08; 29 S Harris (Belg) 24:12; 30 I Rea (W4H, W40) 24:12

W45: 2 A Critchlow (W4H) 24:28; 3 R Badham (W4H) 25:23. W50: 1 A Hegvold (HW) 25:00; 2 M Synnott-Wells (Rane) 26:14; 3 L Thomas (HW) 26:27. W55: 1 F Kennedy (ESM) 25:33; 2 J Wastell (Lon Hth) 27:17. W60: 1 A Riddell (Morn)

TEAM: 1 Lon H 44; 2 Herne Hill 90; 3 Rane 91; 4 High 103; 5 Serp 165; 6 Belg 181; 7 W4 215; 8 Herc W 232; 9 Eton M 247; 10 Clap C 252

AW/RESULTS CROSS-COUNTRY



SCOTTISH EAST DISTRICT LEAGUE,

Men (9km): 1 M Christoforou (Edin) 30:07; 2 C McKenzie (Cors) 30:28; 3 D Colley (Centr) 30:52: 4 T Rees (Fife, U20) 30:52: 5 W Mackay (Bed C) 31:10: 6 L Whitaker (Edin) 31:17; 7 C Milne (Centr) 31:29; 8 J Stevenson (Ochil) 31:32; 9 J Arthur (Edin, U20) 31:35; 10 A Addison (Cors, U20) 31:35; 11 C Smithard (Centr) 31:59; 12 D Hastie (Gala) 32:07; 13 G Bryson (Edin, U20) 32:15; 14 M Haskett (Cors) 32:26: 15 T White (Pit. U20) 32:38; 16 A Hendry (Centr) 32:49; 17 J Henderson (HBT) 32:52; 18 C Reid (Edin) 32:58; 19 S Fernando (Fife, U20) 32:59; 20 H Rankin (Fife, U20) 33:12; 21 R Russell (Centr) 33:24; 22 M Bax (Perth RR) 33:27: 23 L Johnson (Edin. M35) 33:29: 24 J Joy (A'deen) 33:34: 25 F Cartmell (Stir, M35) 33:36; 26 L Cheskin (Moorf) 33:38; 27 J Harrison (Cors) 33:41; 28 A Brockie (Cors, M35) 33:44; 29 A Ferguson (A'deen) 33:53; 30 P Moffett (Falk) 33:55

M40: 1 R Campbell (Mont) 34:39: 2 S Brember (Centr) 34:52; 3 S Buchan (Metro) 34:54; 4 B Gibson (Dund H) 35:03; 5 P Keiran (C'gie) 35:05; 6 N Milovsorov (Metro) 35:14

TEAM: 1 Edin 70; 2 Centr 89; 3 Cors 116; 4 A'deen 299; 5 HBT 363: 6 Metro 382: 7 Fife 387: 8 Dund H 397

VETS TEAM: 1 Centr 29; 2 Metro 36; 3

U17 (6.2km): 1 F Carcas (Edin) 21:26; 2 F Khursheed (Team Bord) 22:01; 3 M Swinton (Edin) 22:35: 4 R Sparks (Fife) 22:54: 5 E Boyle (Fife) 23:00: 6 L Pentecost (Falk) 23:03; 7 A Campbell (Mont) 23:05; 8 M Tait (Lass) 23:10; 9 S Addison (Cors) 23:13; 10 C Graham (Lass) 23:30

TEAM: 1 Edin 16; 2 Fife 22; 3 Lass 39; 4 Dund H 59: 5 Pit 62: 6 T Bord 113 U15 (3.8km): 1 D Addison (Cors) 14:13: 2 I McWhinnie (Fife) 14:16; 3 C Taylor-Cameron (Falk) 14:27; 4 H Hall (A'deen) 14:29; 5 B Sandilands (Fife) 14:42; 6 T Ross (Cors) 14:46; 7 G McWhinnie (Fife) 14:53; 8 J Donnelly (Tm E Loth) 14:56; 9 R Donald (Dund H) 14:58; 10 T Ireland (Fdin) 15:00

TEAM: 1 Fife 14; 2 Cors 21; 3 Falk 44; 4 Edin 56; 5 Dund H 58; 6 Centr 66 U13 (3km): 1 H Henriksen (Lass) 10:27; 2 A McGill (L'gow) 10:40; 3 C Gourlay

(Pit) 11:13; 4 A Wright (Tm E Loth) 11:17; 5 G Lecrivain (A'deen) 11:23; 6 S Griffin (A'deen) 11:26; 7 F Muir (Centr) 11:27; 8 L Watt (A'deen) 11:35; 9 C Kerr (Centr) 11:49; 10 I Ramsay (Falk) 11:49

TFAM: 1 A'deen 19: 2 Centr 38: 3 Cors 47; 4 Edin 59; 5 Falk 60; 6 Dund H 71 **U11 (1.7km):** 1 P Armstrong (A'deen) 6:55; 2 M Turnbull (Centr) 6:57; 3 O Clark (Cors) 6:58

TEAM: 1 A'deen 36: 2 E Loth 37: 3 Lass 39 Women (6.2km): 1 K Jarrett (Metro) 24:32: 2 J Wetton (Centr) 24:39: 3 L Stoddart (Edin) 25:07; 4 M Crawford (Fife) 25:18; 5 C Morgan (C'thy, W35) 25:31; 6 K Bain (Edin) 25:38; 7 J Dunbar (Edin, W35) 25:40; 8 C Buchanan (Centr) 25:42: 9 F Matheson (Falk, W35) 25:44: 10 K Maxwell (Gala) 26:01; 11 V Oldham (A'deen, W35) 26:08; 12 L Wilson (Edin) 26:12; 13 M Wright (HBT, W35) 26:15; 14 A Badial (A'deen, U20) 26:23; 15 S McIntosh (HBT) 26:38; 16 J Murphy (C'gie) 26:50; 17 J Cruickshanks (Fife) 26:56; 18 F Dalgleish (Gala) 26:59; 19 E McKechanie (HBT, W35) 27:04; 20 M Mowbray (HBT, W35) 27:21

W45: 1 C Reynolds (Dund H) 32:07; 2 C Reynolds (Dund H) 33:01. U20: 2 E Hanson (Centr) 27:44; 3 E Stickle (A'deen) 28:46; 4 K Reynolds (Dund H) 29:02; 5 K Aitken (Fife) 32:54

TEAM: 1 Edin 16: 2 Centr 33: 3 Fife 45: 4 HBT 47; 5 A'deen 57; 6 Gala 67; 7 Falk 78; 8 C'gie 85

U17 (3.8km): 1 N Lang (A'deen) 14:48; 2 L Dickson (Lass) 14:59; 3 R Eggeling (A'deen) 15:12; 4 C Gemmell (Tm E Loth U15) 15:25; 5 J Mcleod (Cors) 15:31; 6 K Gallagher (Centr) 15:42; 7 P Carcas (Edin, U15) 16:00; 8 I Calvert (Living, U15) 16:11; 9 C McClung (Falk, U15) 16:15; 10 E Jenkins (Perth, U15) 16:17; 11 D Cummimng (Dunf T&F, U15) 16:17; 12 L Mcculloch (Centr) 16:17; 13 S Calvert (Living) 16:22; 14 B Winkler (Edin. U15) 16:24: 15 J Jamieson (Pit. U15) 16:30 TEAM: 1 A'deen 23; 2 Edin 41; 3 Centr 45; 4 Lass 51; 5 Living 59; 6 Pit 60 U13 (3km): 1 A Hedley (Fife) 11:16; 2 E Johnson (Edin) 11:50; 3 A Dalglish (Fife) 12:11; 4 B Harley (Tm E Loth) 12:19: 5 K MacLeod (Cors) 12:19; 6 I Hedley (Fife) 12:28; 7 K Johnson (Edin) 12:39; 8 R Ryan (Perth) 12:44; 9 C Marie Nolan (Living) 12:47; 10 K Christie (Falk)

TEAM: 1 Fife 10; 2 Edin 23; 3 T Bord 42; 4 Falk 59; 5 Dund H 79; 6 Centr 101 U11 (1.7km): 1 F Ross (Harm) 6:06; 2 R Woodland-Broome (Edin, U11M) 6:26 TEAM: 1 Fife 22; 2 Cors 30; 3 Centr 41

SCOTTISH STUDENT SPORT CHAMPIONSHIPS, Craigmillar, Edinburgh

Men (9.9km approx.): 1 L Rees (Edin U) 34:13; 2 F Roberts (Stirl U) 34:19; 3 A Carcas (Edin U) 34:24; 4 B Drury (Aber U, U20) 34:33; 5 J Crickmore (Her W) 34:39; 6 D Roberts (Stirl U) 34:50; 7 A Chepelin (Edin U) 34:58; 8 J Leitch (Edin U) 35:17; 9 R Gollan (Glas U) 35:21; 10 C Campbell (Edin U) 35:31; 11 A Thurlbeck (Glas U) 35:44; 12 H Battle (Rob G U) 35:47; 13 G Chalmers (Glas U) 35:48; 14 J Dunn (Edin U) 36:22: 15 C Young (Edin U) 36:34; 16 J Adkin (Edin U) 36:41; 17 R Muir (Aberd U) 36:48; 18 T Callan (Glas U) 37:10; 19 T Cunningham (Edin U) 37:16; 20 E Mckerral (Strath U) 37:31 TEAM: 1 Edin U 19; 2 Glas U 51; 3 A'deen U 69

Women (6.1km): 1 F Gyurko (Glas U) 23:15; 2 C Graves (Edin U) 23:33; 3 E Mackinnon (Edin U) 24:33; 4 S Collins (Edin U) 24:51; 5 A Lamond (Strath U) 25:13; 6 Z Bates (Aber U, U20) 25:19; 7 A Cruickshanks (Edin Nap U) 25:23; 8 A Frankland (Edin II) 25:34: 9 H Rees (Strath U) 26:10: 10 K Dickson (Glas U) 26:12; 11 H Cameron (Rob G U, U20) 26:22; 12 S Douglas (Edin U) 26:23; 13 M Boyle (Aber U, U20) 26:23; 14 F Walsh (Edin U) 26:35; 15 I Scott-Pearce (Aberd II) 26:41

TEAM: 1 Edin U 9; 2 Glas U 30; 3 S'clyde U 31

START FITNESS NORTH EASTERN **HARRIER LEAGUE SHERMAN CUP &** DAVISON SHIELD

Temple Park, South Shields MORPETH HARRIERS won the Sherman Cup for the fifth successive year, with Gosforth Harriers taking the Davison Shield for the first time at a bright but cold Temple Park, Les Venmore reports.

The competiton was to decide the strongest overall cross-country team over all the age-groups from under-13 up.

Morpeth Harriers dominated the men's Sherman Cup, winning three individual races and three team titles.

Carl Avery and Sam Hancox led from the start in the 380-strong senior men's field, with Avery dropping his rival on the second of the three laps. Avery won by 32 seconds from Hancox with Andy Burn moving through to third.

Morpeth's dominance in the under-17 race was even greater, as Kieran Hedley came home ahead of Taylor Glover and Rory Leonard, making it a clean sweep.

Daniel Dixon easily won the under-15 race from Henry Johnson.

Chris Perkins won the under-13 race with Durham City edging out Morpeth on countback in the team competition. Gosforth took second place in the Sherman Cup with Gateshead in third, only three teams providing counters in all age groups.

In the senior women's race, double Olympian Laura Weightman led from the start and finished 74 seconds clear of runner-up Emma Holt.

Morpeth dominated the senior team competition but could not repeat the success in the other age-groups, finishing third behind Gosforth and Gateshead in the Davison Shield.

Gosforth's best performance came in the junior race, as their Rhian Purves, competing against girls up to four years older, was a comfortable winner by 21 seconds from Jess Fox

Gosforth took the team honours and they also finished third in the under-13 and under-15 team competitions.

Holly Peck won the under-15 race from Lydia James, who led Houghton to a narrow team victory over Morpeth.

Emily Chong retained her season's unbeaten record to easily win the under-13 race. Birtley took the team

SHERMAN CUP (Men): 1 Morpeth H 10; 2 Gosforth H 32: 3 Gateshead H 42 Senior men (9.1km): 1 C Avery (Morp) 29:10: 2 S Hancox (Morn) 29:42: 3 A Burn (J&H) 30:24; 4 A Bailes (Birt) 30:32; 5 T Straughan (Morp) 30:34; 6 R Balmbra (Morp) 30:39; 7 J Askew (Dur) 30:54; 8 J Scott (Morp) 30:57; 9 A Brown (Hough, U20) 31:03; 10 K Jeffress (Sun, M35) 31:30; 11 M Hedley (Jes J) 31:37; 12 K Walker (Sedge, U20) 31:43; 13 K Taylor (Morp) 31:44; 14 B Maskell (Sun) 31:45; 15 D Purvis (Birt, M40) 31:47; 16 S Morley (Sun) 31:59; 17 A Powell (Sun)

32:06; 18 B McMillan (J&H) 32:07; 19 S McMahon (Sun, M35) 32:10; 20 M Barker (Sun, M35) 32:12; 21 J Wilkinson (Dur) 32:17: 22 R Linten (Dur) 32:27: 23 K Connolly (Gate, M35) 32:31; 24 J Evans (J&H) 32:36; 25 G Driscoll (Gosf) 32:57 Further Vets (M40+): 2 S Potts (Sun, M40) 33:20; 3 G Bracken (NSP, M50) 33:23; 4 A Green (Tyne, M45) 33:58; 5 D Moir (Tyne BR, M45) 34:04

TEAM (3 to score): 1 Morpeth H 8; 2 Sunderland H 39: 3 Jarrow & Hebburn 43; 4 Durham City H 48; 5 Gateshead H 80; 6 Tyne Bridge H 108. Veterans: 1 North Shields Poly 29; 2 Sunderland H 46: 3 Jarrow & Hebburn 55

U17 (6.1km): 1 K Hedley (Morp) 20:56; 2 T Glover (Morp) 21:12; 3 R Leonard (Morp) 21:24; 4 P Donald (Gosf) 21:33; 5 J Reed (J&H) 21:55; 6 J Ramshaw (Morp) 22:01; 7 M Wade (Dur) 22:03; 8 A Armstrong (Gate) 22:04; 9 L Marsh (Morp) 22:12; 10 C Marshall (Morp)

TEAM (3 to score): 1 Morpeth H 6: 2 Durham City H 34; 3 Jarrow & Hebburn

U15 (3.1km): 1 D Dixon (Morp) 10:16; 2 H Johnson (Hough) 10:37; 3 S Charlton (Walls) 10:41; 4 R Charlton (Morp) 10:44; 5 C Thomas (Dur) 10:50: 6 J Fiddaman (Blyth) 10:54; 7 D Melling (Morp) 10:58; 8 W Bellamy (Hough) 11:05; 9 A Pinkney (Tyne) 11:15; 10 H Morris (Gate) 11:17 TEAM (3 to score): 1 Morpeth H 12; 2 Houghton H 36; 3 Wallsend H 63 U13 (3.1km): 1 C Perkins (Birt) 10:58; 2 J Blevins (NSP) 11:05; 3 P Cook (Dur) 11:16; 4 D Race (Gate) 11:21; 5 R Teasdale (Bill MH) 11:22; 6 B Walker

11:36; 10 Z Old (Els) 11:38 TEAM (3 to score): 1 Durham City H 37; 2 Morpeth H 37; 3 Gosforth H 39 U11 (1km): 1 T Slane (Black B) 3:50; 2 N Curran (Gate) 3:51; 3 E Bond (Gosf) 4:00 DAVISON SHIELD (Women): 1 Gosforth H 19; 2 Gateshead H 23; 3 Morpeth H 28

(Morp) 11:22; 7 A Marston (Tyne) 11:31;

8 C Prior (Sun) 11:34; 9 L White (Gosf)

Senior women (6.1km): 1 L Weightman (Morp) 21:29: 2 F Holt (Morp) 22:43: 3 M Ferrier (Gate) 23:08; 4 A Pettitt (Newc U) 23:12; 5 G Rutherford (J&H-n/s) 23:21; 6 E Brown (Aln, W40) 23:43; 7 J Hodgson (Morp, W35) 24:03; 8 A Dargie (Tyne Br, W40) 24:13; 9 J Cram (Morp) 24:23; 10 M Nolan (Gate, W35) 24:27; 11 C Macdonald (Morp) 24:33; 12 L Short (Birt, W40) 24:44; 13 J Gascoigne-Owens (Aln, W35) 24:50; 14 L Graham (Birt, W35) 25:14; 15 A Smith (Sun) 25:25; 16 J Sutton (Tyne) 25:37; 17 K Robertson (Tyne, W45) 25:42; 18 B Larby (Gosf) 25:47; 19 S Marr (Tyne Br) 25:48; 20 R Falloon (Aln) 25:48

TEAM (3 to score): 1 Morpeth H 8; 2 Gateshead H 30; 3 Tyne Bridge H 64; 4 Jesmond Joggers 64; 5 Gosforth H 67; 6 Tynedale H 69. Veterans: 1 Tyne Bridge H 45: 2 Alnwick H 45: 3 Sunderland H 53 Junior women (5.5km): 1 R Purves (Gosf, U17) 20:58; 2 J Fox (Sun, U20) 21:19; 3 R Bennett (Els, U17) 21:33; 4 H Matheson (Heat, U17) 22:06; 5 H Short (Birt, U17) 22:16; 6 I Robinson (NSP, U17) 22:20; 7 R Rees (Gosf, U17) 22:22; 8 E Ricketts (Tyne, U17) 22:31; 9 S Knight (Sun, U17) 22:32; 10 G Hufton (Morp, Ù17) 22:58

TEAM (3 to score): 1 Gosforth H 20; 2 Sunderland H 24; 3 Morpeth H 44 U15 (3.1km): 1 H Peck (Morp) 11:49; 2 L James (Hough) 12:14; 3 R Wren (Gosf) 12:19: 4 S Robson (J&H) 12:33: 5 F Hardie (Hough) 12:39; 6 L Heaton (Morp) 12:46; 7 L Hardie (Hough) 12:54; 8 L Cummings (Morp) 12:55; 9 C Henderson (Aln) 13:11; 10 F Smith (Gosf) 13:16

12:49 U13

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College London to victory, although they





TEAM (3 to score): 1 Houghton H 14; 2 Morpeth H 15: 3 Gosforth H 33

U13 (3.1km): 1 E Chong (CleS) 11:40; 2 I Curran (Gate) 12:06; 3 E Keeler-Clarke (Dur) 12:06; 4 O Katory (Gosf) 12:16; 5 R Hedley (Morp) 12:18; 6 N Phillips (Hough) 12:23; 7 A Leonard (Hough) 12:34; 8 T Graham (Birt) 12:36; 9 A Ellis (Gosf) 12:47; 10 J Hall (Sedge) 12:51

TEAM (3 to score): 1 Birtley 31; 2 Houghton H 32; 3 Gosforth H 43 U11 (1km): 1 F Landless (Gosf) 4:11; 2 F Gibson (Dur) 4:12; 3 I Herbert (Bill MH) 4:18

SE LANCS LEAGUE, Heaton Park JOE BAILEY took club bragging rights after a close tussle with fellow Salford Harrier Will Beauchamp, Stephen Green reports.

Beauchamp had led through the hilly terrain, which had been made more challenging by overnight rain, until around midway. Bailey took the lead just before the final of three laps. He extended his lead, pushing on on the downhill sections, to eventually break the tape 20 seconds

Anna Lupton dominated proceedings in the women's race. The Black Combe runner opened up a 50-metre gap on Carolyne Baxter at the end of lap one. Out of the woods and through the stream she had increased her lead to 150 metres, and was able to cruise to the finish. Men (10km approx.): 1 J Bailey (Salf) 36:19; 2 W Beauchamp (Salf) 36:39; 3 C Fitzpatrick (E Ches, M40) 37:50; 4 S Matthews (E Ches) 38:30; 5 S Pymm (Horw) 38:53; 6 M Russell (Swint, M45, Gst) 39:05; 7 M Mannings (Oldhm) 39:17; 8 G Lewis (E Ches, U20) 39:20: 9 P Massey (Horw, M45) 39:56; 10 M Jackson (Roch) 39:59; 11 R Lindsay (M'ton) 40:13; 12 T Baker (Salf) 40:29;

13 D McManus (Royt) 40:41; 14 0

Mitchell (Roch TC) 41:02; 15 S Crossman (G'dale, M45) 41:27

M50: B Hirst (E Ches) 41:30. M55: G Dale (Hyde V) 43:56. M60: T Brierley (Manc Y) 47:08. M65: N Eames (Roch) 50.15

U20: 2 F Nawrozy (Roch) 43:44 TEAM: 1 E Ches 30; 2 Salf 48: 3 M'ton 7k3: 4 Rot 81: 5 Horw 126: 6 Roch TC 131; 7 Roch 138; 8 Oldhm 141 VETS TEAM: 1 E Ches 14; 2 Royt 33;

3 Horw 34 M50+ TEAM: E Ches 19 M60+ TEAM: Manc Y 23

U17 (6.8km approx.): 1 R Smyk (Oldhm) 26:22; 2 N Barlow (E Ches) 27:00; 3 J Taylor (E Ches) 27:28; 4 G Littibeaudie (Oldhm) 27:52

TEAM: E Ches 12

Oldhm 42

U15 (3.7km approx.): 1 H Collier (Oldhm) 15:51; 2 R Seddon (Horw) 16:04; 3 K Kinealy (Horw) 17:35

U13 (3km approx.): 1 M Mair (Horw) 13:26; 2 M Flatters (Horw) 13:30; 3 I Simmonite (Horw) 13:56; 4 S Wade (Leigh) 14:08; 5 J White (Leigh) 14:28 TEAM: 1 Horw 6; 2 E Ches 27; 3

U11 (1.5km approx.): 1 D Senior (Leigh) 6:04; 2 J Harney (E Ches) 6:10; 3 E Davies (Leigh) 6:12

TEAM: 1 Leigh 12; 2 E Ches 17; 3 Roch 40

Women (6.8k approx): 1 A Lupton (B Combe, Gst) 30:09; 2 C Baxter (Gst) 30:32: 3 K Johnson (G'dale) 31:41: 4 V Wright (Hyde V, W35) 32:19; 5 H Simpson (E Ches) 32:24; 6 D Cartwright (Bury, W40) 32:42; 7 B Hirst (E Ches) 32:45; 8 K Welsay (Roch) 33:03; 9 F Lynch (Radc, W40) 33:16; 10 J Bloor (Royt) 33:24; 11 L McGuinness (F Ches. U20) 33:26: 12 S Wood (Royt) 33:38; 13 B Faulkner (Manc TC, Gst) 33:46; 14 S Carroll (Salf) 34:22; 15 R Ratcliffe (Sadd, Gst) 34:40 W55: A Blomfield (Roch) 35:09. W60:

A-M Jones (Alt) 35:46. W65: M Leigh (Leigh) 42:40

U20: 2 C Hirst (Roch) 39:57 U17: 1 | Dunkerley (Oldhm) 34:57: 2 B Flizabeth (G'dale) 36:17: 3 7 Hirst (Roch) 36:42

TEAM: 1 E Ches 17; 2 Royt 30; 3 Roch 44; 4 Hyde V 57; 5 Salf M 71; 6 B'den RR 86; 7 Radc 86; 8 Oldhm 105

VETS TEAM: 1 E Ches 25; 2 Roch 36; 3 Royt 41

W40+ TEAM: E Ches 21 W45+ TEAM: E Ches 16 W50+ TEAM: Roch 12

U15 (3.7km approx.): 1 M Lewis (E Ches) 17:44; 2 A O'Neill (E Ches) 17:51; 3 S Andrews (Oldhm) 18:04; 4 K Morley (Leigh) 18:23: 5 J Bailey (Salf M) 18:28 TEAM: 1 Leigh 19; 2 Oldhm 24; 3 Salf

U13 (3km approx.): 1 O Winder (Leven V, Gst) 13:45; 2 I Merritt (Horw) 14:10; 3 M Ince (Leigh) 14:23: 4 R Barlow (E Ches) 14:49; 5 M Short (Leigh) 14:59; 6 M Lever (Horw) 15:17

TEAM: 1 Horw 13; 2 E Ches 20; 3 Leigh 22; 4 Oldhm 38; 5 Roch 54

U11 (1.5km approx.): 1 B Cordwell (Chorley) 6:18; 2 K Wilkinson (Roch) 6:25; 3 M Brynes (E Ches) 6:34

TEAM: 1 E Ches 12: 2 Leigh 32: 3 Salf M 48

NOVEMBER 17

FIRE v POLICE v PRISON, Stowe Men (9.65km): 1 J Rainsford (Pol) 34:48: 2 J Clifford (Even. M45) 36:11: 3 B Lawrence (Fire) 36:52; 4 G Taylor (Fire) 36:59; 5 P Lowe (N Yks M, M45) 37:29; 6 R Grantham (Pens, M40) 37:50; 7 B Mcmillen (Fire) 38:06; 8 I Ritchie (Sun, M35) 38:15; 9 H Paton (Ton) 38:50; 10 S Hall (Fire, M50) 39:20: 11 A Gardiner (Chelt) 39:55: 12 P Vallance (Fire, M35) 40:17; 13 J Mcculla (Prison Service Du-Tri Club, M40) 40:40; 14 N Stirk (Tip, M40) 41:00; 15 G Bennett (Pol) 41:05; 16 S Piper (Fire) 41:33; 17 M King (Pol, M40) 41:47; 18 N Dale (Pol, M40) 41:53; 19 G Hindmarsh (Fire) 41:59; 20 M Aspinal (Fire) 42:33

M40: 6 S Haywood (Prison Service Du-Tri Club) 43:27; 7 C Wales (Fire) 43:51; 8 K French (Fire) 44:20; 9 P Gibson (Prison Service Du-Tri Club) 44:54; 10 A Slater (Fire) 45:04; 11 P Smith (Pol) 45:12; 12 T Matthewson (Prison Service Du-Tri Club) 49:05. M45: 3 G Crone (Fire) 43:06; 4 M Richards (VoA) 44:03. M55:1 D Gill (Warr) 44:40

Women (6.4km): 1 J Collett (Pol) 26:36; 2 L Bickerstaff (Pol) 28:03; 3 S Griffiths (Pol) 28:18: 4 H Leigh (Pol) 29:36: 5 N Batev (Derwent Vallev) 29:47: 6 L Brine (Pol) 30:00; 7 G Jones (Prison Service Du-Tri Club) 30:56; 8 L Chant (Fire, W35) 31:05; 9 A Douglas (Pol) 31:16; 10 H Lodder (Fire) 33:09

NOVEMBER 16

LONDON COLLEGES LEAGUE, Wimbledon Common

ST MARY'S again dominated the men's race but they fell back in the women's, Martin Duff reports.

Their Fllis Cross took the individual plaudits ahead of UCL's Duncan Tomlin, who not only leads the overall standings, but also claimed the London universities title, which was held in conjunction.

While Brunel's Philippa Bowden took the overall women's race victory, secondplaced Emma Dixon cemented her lead at the top of the season's standings and added the London universities title.

With Hanna Viner third, fourth-placed Emma Butcher who led University

nevertheless trail Brunel after three rounds in the overall team stakes. Men (9.4km): 1 E Cross (St Marv's) 31:10: 2 D Tomlin (UL) 31:39: 3 C Haywood (UCL) 31:42; 4 M Arnold (St Mary's) 31:48; 5 C Von Eitzen (St Mary's) 31:59; 6 J Cove (Brunel, U20) 32:10; 7 L Jagger (St Mary's) 32:13; 8 J Hall (St Mary's) 32:20; 9 U Runner (Unatt) 32:26; 10 L Prior (St Mary's) 32:33; 11 R Stroud (St Mary's) 32:47; 12 B Moore (St Mary's) 32:56; 13 A Moore (St Mary's) 33:33; 14 E Campbell (St Mary's) 33:41; 15 G Kay (Brunel, U20) 33:46; 16 R Boorman (Roehampton) 34:03; 17 A Gill (LSE, U20) 34:30: 18 A Cameron (Brunel) 34:41: 19 U Runner (Unatt) 35:01: 20 G Grierson (UCL, U20) 35:02; 21 U Runner (Unatt) 35:03; 22 J Bukovinsky (LSE) 35:06; 23 H Scriven (Imperial, U20) 35:07; 24 W Jones (Imperial) 35:26; 25 T Guy (St Mary's) 35:31: 26 G Elliott (St Mary's) 35:44: 27 P Lostis (LSF) 35:51: 28 J Downing (Brunel) 35:55; 29 G Loveday (Brunel) 36:05; 30 J Harrison (UCL) 36:09

TEAM (5 to score): 1 St Mary's 730; 2 St Mary's B 680; 3 Brunel 659; 4 UCL 633; 5 LSE 602; 6 Imp C 580; 7 Kings 50-8; 8 Imp C B 451; 9 Reading 451; 10 Barts 424

Standings after 3 matches: 1 St Mary's 2185; 2 St Mary's B 12029; 3 UCL 1895; 4 Imp C 1869; 5 Brunel 1817; 6 LSE 1678; 7 King's 1507; 8 Barts 1444; 9 Reading 1424

Univ of London Champs: 1 Tomlin: 2 Hayward: 3 Gill

Women (4.7km): 1 P Bowden (Brunel) 17:01; 2 E Dixon (RVC) 17:22; 3 H Viner (King's) 17:44; 4 E Butcher (UCL) 17:55; 5 B Rottweiler (UCL) 17:59; 6 E Moyes (St Mary's) 18:03; 7 E McKane (Brunel) 18:25: 8 T Christiaen (LSE, U20) 18:30: 9 F Harrison (RVC) 18:46: 10 R Johnson (UCL) 18:49; 11 K Olding (Imperial) 18:54; 12 L Herrington (Brunel, U20) 18:56; 13 C McIlwain (LSE) 19:05; 14 C Dearman (Reading) 19:26; 15 E Simpson-Dore (UCL) 19:35; 16 E Grice (Brunel) 19:38: 17 G Juknyte (Fast London) 19:43; 18 A Jenkins (RVC) 19:45; 19 C Billy (UCL) 19:48; 20 M Anes

TEAM (4 to score): 1 UCL 370; 2 Brunel 368: 3 R Vet 332: 4UCL B 313: 5 Reading 308; 6 St Mary's 297; 7 King's

293; 8 Barts 267; 9 Imp C 261 Standings after 3 matches: 1 Brunel 1073; 2 UCL 1044; 3 St Mary's 1028; 4 R Vet C 991: 5 Imp C 931: 6 Reading 881:7 King's 850: 8 UCL B 806: 9 Barts 702; 10 Imp C B 626

Univ of London Champs: 1 Dixon; 2 Viner; 3 Butcher

TEAM: 1 UCL; 2 R Vet; 3 King's

NOVEMBER 13

BOOTH DECORATORS LEAGUE. Chaddesden Park

Overall: 1 J Rainsford (Hean) 24:06; 2 S King (Hean) 24:26; 3 H Holmes (Wirk) 24:42: 4 R Robinson (SinA. M35) 24:53: 5 S Rice (Hean) 24:53; 6 L Beresford (Ripley) 24:53; 7 K Watson (SinA) 24:57; 8 P Butcher (Mans, M50) 25:40; 9 C Davenport (Mat, M35) 25:54; 10 S Moakes (SinA, U17) 26:33; 11 T Clayton (Ripley, M50) 26:36; 12 J Sanderson (N Der. M35) 26:41: 13 P Harpham (Hean) 26:43: 14 C Handford (Chesap, M45) 26:44; 15 I Hunter (Ilk, M40)

M40: 2 I Duffin (Hean) 26:47; 3 D Taylor (Ripley) 27:21. M45: 2 A Deeming (Hean) 26:56; 3 D Cross (SinA) 27:18; 4 P Christmas (Wirk) 27:20. M50: 3 A Dickenson (Long E) 28:41. M55: 1 N Watkin (Mans) 28:31; 2 R Fox (Long E) 28:53; 3 A Maplethorpe (Long E) 30:10. M60: 1 D Riley (Long E) 32:07; 2 M Moorhouse (Mat) 33:05; 3 S Wardle (Hean) 33:50. M65: 1 P Collinge (Ripley) 33:28. M70: 1 C Russell (Mat) 35:32. **U17:** 2 B Burnham (SinA) 26:49 Women: 1 J Stone (Mat, W35) 28:19; 2 R Keeley (Belp) 30:35; 3 L Taylor (Ripley) 31:06; 4 L Moakes (SinA, W40) 31:27 5 M O'Hanlon (Hean, U17) 31:31; 6 C Avton (Ilk, W35) 31:32: 7 K Lacaster (Mans. U20) 32:00: 8 J Burke (Hean. W50) 32:31; 9 J Denman (Ilk) 32:36; 10 A Shipley (Hean, W45) 32:44 W40: 2 E Broughton (Ripley) 32:52; 3 C Loosemore (IIk) 33:27;. W45: 2 J Grant

W50: 2 A Forte (Ripley) 36:39. W55: 1 A Holland (Long E) 36:20; 2 R Fisher (Hean) 36:44. W60: 1 J Forrester (Mat) 37:02. W65: 1 E Robinson (Ripley) 38:24. U20: 2 J Bacon (Mans) 33:53; 3 F Shipley (Der) 36:12. U17: 2 A Holden (Mat) 33:53; 3 D Smith (Hean) 35:24

(Mat) 33:00: 3 C Cresswell (Ripley) 33:59.



AW/RESULTS CROSS-COUNTRY

DERBY RUNNER LEAGUE, Markfield

Men (5.5M): 1 C Jordan (Team Derby Runner) 30:42; 2 N Walker (W End, M35) 30:48: 3 C Nicoll (Der TC, M45) 31:09: 4 R Donald (Shelt) 31:29; 5 B Harding (Hinck, M40) 31:49; 6 A Hurdman (Hatt D) 32:17; 7 R Bennett (Badgers) 32:28; 8 L Renou (R Rose, M40) 32:32; 9 R McGregor (Clap C) 32:34: 10 D Frankland (W End) 32:36: 11 M Lambell (W End. M35) 32:37; 12 M Cartwright (Derw R, M40) 32:42; 13 D Warren (Badgers) 32:58; 14 M Kerr (Shelt) 33:09; 15 C Pearson (S Der, M40) 33:15; 16 K Malton (Shelt) 33:21; 17 C Neil (C'land) 33:23; 18 A Peet (Wigston, M45) 33:24; 19 J West (Leic Tc, U20) 33:27; 20 A Percy (Herm, U20) 33:32; 21 M Hulbert (Wigston, M40) 33:33; 22 R Twigg (Herm, M35) 33:35; 23 A Simpson (Barr, M40) 33:47; 24 F Miskin-Young (Soar Valley, U20) 33:56; 25 S Martin (Der TC) 34:04; 26 J Smith (Poplar Running Club, U20) 34:09; 27 R Carter (Rolls R) 34:10; 28 I Cox (Barr R) 34:11: 29 S Pearch (Shelt. M35) 34:12; 30 S Pole (F&K) 34:13 M45: 3 | Murdey (Beau L) 34:37. M50: 1 S Coulton (Herm) 34:38; 2 B Nikoloff (Wreak) 35:11; 3 D Masser (Hinck) 35:45. M55: 1 P Wright (Hatt D) 37:40; 2 C Gunstone (S Der) 38:42. M60: 1 R Robinson (Beau L) 37:14. U20: 5 B Masser (Hinck) 35:24; 6 J Pollard (Herm)

U17: 1 Z Spence (Team A, U15) 12:46; 2 K Parker (W&SV, U13W) 13:42; 3 L Spence (Birst, U13) 13:51: 4 S Thorpe (W&SV 115W) 14:04: 5 L Talbot (Ivan Rob, U13) 14:06; 6 F Faria (Hinck, U15) 14:10; 7 A Steinert (Leic Tc, U13) 14:15; 8 E Weselby (Wreak, U13W) 14:24; 9 H Colver (Leic Tc, U15) 14:57; 10 F Miskin-Young (W&SV, U13W) 14:58; 11 M Potter (Ivan Rob. U13) 15:11: 12 | Orencas (W&SV. U13W) 15:34: 13 F White (W&SV. U13) 15:45; 14 K Bourne (Unatt, U15) 15:46; 15 E Cook-sutton (Hinck, U13W) 15:48

U11: 1 M Bloxham (W&SV) 5:32; 2 J Mathews (Desf) 5:42; 3 S Dunbobbin (W&SV, U11W) 5:45: 4 J Pointon (Desf) 5:48: 5 | Wrightam (Hinck, U11W) 5:52: 8 L Bryan (W&SV, U11W) 6:08

Women (5.5M): 1 R Mcguiness (Derwent Valley Trail Runners) 36:39; 2 C Fitzpatrick (W End) 37:23; 3 E Armstrong (Ivan, U20) 37:57; 4 N Teece (Stilt, W35) 38:13; 5 I Armstrong (Ivan) 38:30; 6 J Male (W End) 38:36; 7 T Hinxman (Hatt D, W40) 38:46; 8 B Robinson (Herm) 38:56; 9 E Marvin (Desf, W35) 39:13; 10 R Gould (Hinck) 39:25; 11 B Padbury (Hinck, U17) 39:30; 12 L Harman (Barr R, W35) 39:33; 13 W Lockton (Shep, W35) 39:39; 14 S Terry (Ivan) 39:42; 15 J Laing (S Der) 39:56; 16 P Holden (Shelt, W40) 39:58; 17 H Gavin (Poplar Running Club) 40:01; 18 K Knight (S Liv) 40:04; 19 K Collins (Poplar Running Club, W40) 40:11; 20 G Vaughn (Leic Tc, W55) 40:18 W45: 1 P Lancaster (Herm) 43:34: 2 R Dear (Ivan) 44:46. W50: 1 E Whittlestone (Birst) 44:55; 2 S Murphy (Leic Tc) 45:18; 3 N Lowe (Barr R) 46:01. W55: 2 B Parry (Hunc) 45:06; 3 K Kemp (Birst) 45:22. W60: 1 P Chamberlain (Hatt D) 47:07; 2 B Owen (F&K) 47:27. U20: 2 E Alderson (Barr) 42:57

DUNBARTONSHIRE

CHAMPIONSHIPS, Balloch

Men (6M): 1 A Thurlbeck (GU Hares & Hounds) 30:56; 2 G Chalmers (GU Hares & Hounds) 31:10; 3 M Milarvie (VPCG, U20) 31:15: 4 K Rafferty (VPCG) 31:40: 5 D McPartlin (Gars) 32:27; 6 T Callan (GU Hares & Hounds) 32:35; 7 A Macmillan (Gars) 32:57; 8 A Blair (Gars) 33:20; 9 J McLaughlin (Dumb, M40) 34:02; 10 N

Heaney (Gars, M40) 34:08

M40: 3 D Lindsay (Centr) 34:20. M45: 1 P Harper (Gars) 36:02; 2 G Craig (VPCG) 36:25: 3 D Thomson (Vic P) 37:57. M50: 1 C Little (Vic P) 35:24. M55: 1 P Walsh (Dumb) 36:40. U20: 2 A McCaffrey (Kirk 0) 35:47; 3 A Stevenson (Maryh) 37:54 TEAM: 1 Gars 30; 2 Glas U 31; 3 VPCG 40

U17 (3M): 1 C Milarvie (VPCG) 17:22; 2 L Webster (Gars) 17:36; 3 C Kemp (Helen) 17:56: 4 C Stevenson (Gars) 18:10: 5 M Miller (C'dale) 18:47; 6 F Gordon (Gars) 19:34; 7 R Burnside (Gars) 20:02; 8 C Brown (Vic P) 20:12; 9 F Blyth (Vic P) 20:36; 10 T Connolly (VPCG) 21:01

TEAM: Gars 12

U15 (3M): 1 E Duff (Gars) 17:45; 2 J Trainer (Gars) 18:02; 3 M Hand (Gars) 18:13; 4 J Connelly (Gars) 18:32; 5 D Elliott (Kirk O) 18:43; 6 R Whittick (C'dale) 18:59; 7 C Bryne (Vic P) 19:04; 8 J Cathro (Gars) 19:10; 9 B Davies (Helen) 19:20; 10 B Wright (VPCG) 19:23

TEAM: Gars 6 U13 (2M): 1 F Ross-Davie (Gars) 11:09; 2 F Gilmour (Vic P) 11:15; 3 R Barnett (Vic P) 11:23; 4 D Miller (VPCG) 11:31; 5 A Mccartney (Helen) 12:30; 6 D Kinniburgh (Vic P) 12:35; 7 M Donnelly (Gars) 12:44; 8 L Sharp (Vic P) 12:49; 9 C Kalkman (Kirk 0) 12:49; 10 M Cameron (Helen) 12:51

TEAM: 1 VPCG 9; 2 Gars 22; 3 Helen 36 U11 (1M): 1 F Currie (Gars) 6:56; 2 R Elliott (Kirk 0) 6:57; 3 S Mcglennan (Vic P) 6:58

TFAM: 1 Gars 13: 2 VPCG 15: 3 Helen

M60 (4M): 1 P O'Brien (Gars) 25:32; 2 H Laverty (C'dale) 27:15; 3 B Ferguson (Dumb) 28:33; 4 K Mcvey (Vic P) 35:53 Women (4M): 1 K Ballantyne (GU Hares & Hounds, U20) 25:12; 2 V Houston (W'lands, W50) 25:59: 3 C Kelly (Dumb) 26:27; 4 P McCrossan (C'dale, W55) 27:10; 5 R Croney (GU Hares & Hounds) 27:15; 6 R Stansfield (Helen) 27:19; 7 C McAdam (Gars) 27:40; 8 L Mahoney (W'lands, W50) 28:09: 9 M Senior (Gars, W40) 28:14: 10 M I ovatt (Gars) 28:19 W45: 1 F Mccue (C'dale) 28:24. W55: 2

C Duncanson (C'dale) 32:05 TEAM: 1 Glas U 23; 2 Gars 26; 3

W'lands CC 28 U17 (3M): 1 E Mahon (Kirk 0) 20:48; 2 B Gibbons (VPCG) 22:52; 3 N Shaw

U15 (3M): 1 E Gilmour (VPCG) 19:44; 2 E Hinks (Gars) 20:09; 3 U Runner (Unatt) 20:31; 4 M Padmanabhan (Gars) 21:19; 5 R Callan (VPCG) 21:24; 6 S Birnie (C'dale) 22:12; 7 J Little (VPCG) 22:43; 8 K Flett (Helen) 25:01

TEAM: VPCG 13

(C'dale) 26:08

U13 (2M): 1 A MacLean (Gars) 11:36: 2 V Wright (VPCG) 11:41; 3 C Quail (Kirk 0) 12:57; 4 K Macintosh (C'dale) 13:03; 5 J Scott (Helen) 13:05; 6 I Burnside (Gars) 13:15; 7 R Paton (Kirk 0) 13:22; 8 G MacLean (Gars) 13:29: 9 B Raeside (Gars) 13:38: 10 B Bushell (Vic.P) 13:44 TEAM: 1 Gars 15; 2 Kirkin 22; 3 VPCG

U11 (1M): 1 S Sinclair (VPCG) 7:35; 2 R Elsby (Vic P) 8:04; 3 Z Wilson (Vic P) 8:13 TEAM: 1 VPCG 6; 2 Helen 29; 3 Mary 41

EAST YORKSHIRE LEAGUE, South Cave

Overall (6M): 1 J Kraft (Scar) 41:15: 2 D Brunton (Brid, M35) 42:46; 3 A Bushby (CoH, M45) 43:12; 4 S Hobson (Drif. M40) 43:21: 5 M Archibald (GVS) 44:00: 6 D Ball (CoH) 44:09: 7 J Rogers (CoH, M50) 44:16; 8 A Morrell (Bev, M45) 44:17; 9 P Tayor (Brid) 44:36; 10 S Hargreaves (Brid) 44:48; 11 S Rennie (CoH, M60) 45:35; 12 C Duck (Scar,

M40) 45:36; 13 S Rycroft (Pock, M40) 45:45; 14 S Lee (CoH, W) 45:47; 15 M Smith (Pock) 46:54

M45: 3 W Anderson (Pock) 47:21 M50: 2 C Godley (CoH) 48:22: 3 D Ball (Pock) 49:03. M55: 1 J Edeson (Drif) 48:00; 2 N Ridsdale (Drif) 49:30; 3 T Bramham (GVS) 50:53. M60: 2 M Booth (GVS) 47:49; 3 P Cartwright (CoH) 49:44. M65: 1 N Scruton (Scar) 52:00

TEAM: 1 CoH 63; 2 Brid 105: 3 Scar 143: 4 Pock 153: 5 Goole 199: 6 Bev 208; 7 Driff 228; 8 Selby 319

Women: 1 Lee 45:47; 2 C Stansfield (CoH) 46:58; 3 K Pearson (CoH) 48:22; 4 J Holmes (Selb, W35) 48:57; 5 E Clapton (Scar, U20) 49:16; 6 J Masterman (GVS, W50) 51:13; 7 L Nairn (Selb) 51:35; 8 P Bulmer (GVS) 54:14; 9 N Whitaker (CoH, W40) 54:53; 10 P Featherstone (Selb, W35) 55:29; 11 E Artley (Brid, W35) 57:47; 12 S Wood (Brid) 58:21; 13 E Simmons (Pock, W35) 58:22; 14 L Fallon (CoH) 58:27; 15 G Lundy (Pock) 58:56 W40: 2 E Simmons (Scar) 62:36. W45: 1 D Rycroft (Pock) 63:25. W50: 2 T Cream (CoH) 61:46; 3 J Dowson (Pock) 62:33.

W55: 1 H Thompson (GVS) 67:49 TEAM: 1 CoH 6; 2 Selby 21; 3 Scar 43; 4 Goole 45; 5 Brid 46; 6 Pock 48; 7 Bev 106: 8 Driff 168

NEWBURY BORDER LEAGUE, **Basingstoke**

U15 boys: 1 J Johnson (C'ley) 14:03; 2 A Caruth (Woking) 14:11; 3 J Foreman (AFD) 14:29; 4 0 Morgan (BMH) 14:30; 5 C Enser (Brack) 14:30; 6 L Hillary (AFD) 14:59: 7 T Hardman (G&G) 15:03: 8 K Ruffle (BMH) 15:09; 9 N Holmes (AFD) 15:48; 10 T Horrell-Tidbury (AFD) 15:51 U13: 1 M Gar (AFD) 10:36; 2 M Duckworth (C'ley) 10:39; 3 J Winship (C'ley) 10:40; 4 H Ware (AFD) 11:03; 5 E Enser (Brack) 11:05; 6 L Lafreniere (AFD) 11:08; 7 O Pickup (AFD) 11:20; 8 G Stevens (BMH) 11:25; 9 K Hamilton-

(AFD) 11:29 U11: 1 O Stephenson (AFD) 9:24; 2 M Pickering (Reig) 9:44; 3 J Bowler (AFD) 9:50

Jones (BMH) 11:28; 10 T Henderson

U15 girls: 1 S Stapinoiu (C'ley) 11:25; 2 L Wright (G&G) 11:36; 3 E Savory (AFD) 11:42; 4 P Smith (G&G) 11:49; 5 C Farrell (Fleet) 11:50; 6 E Slevin (G&G) 11:52; 7 L Croft (Brack) 11:58; 8 K Beckett (C'ley) 12:04; 9 L Ambridge (Brack) 12:11; 10 E Stalley (Fleet) 12:18 **U13:** 1 T Hansford (AFD) 9:48; 2 C Borgars (AFD) 9:51; 3 H Woolley (AFD) 9:55; 4 E Sutton (G&G) 9:56; 5 L Hall (Brack) 10:07; 6 P Matravers (G&G) 10:09; 7 J Rabey (C'ley) 10:10; 8 D Sakaria (G&G) 10:11; 9 A Attenborough (W'ley) 10:12; 10 M Grandin (Brack) 10:16

U11: 1 K Sakaria (G&G, U13) 7:36; 2 E Denton (Has B) 7:48; 3 I Law (BMH, U13) 7:52

RYSTON RUNNERS OPEN LEAGUE. Shouldham Warren

Men (9km): 1 D Middleton (Norw RR) 29:55; 2 C Balmer (Ryst, M35) 29:58; 3 R Simmonds (Ryst) 31:08; 4 S Coyne (B'ville) 31:29; 5 M Wergrzyn (Unatt) 31:47; 6 D Guppy (Ryst, M35) 31:59 U20: 1 T Devlin (Dere) 33:39; 2 P Keaney (Ryst) 34:05

U17 (4.5km): 1 J Stearman (Dere) 16:11; 2 J Tackei (DSC) 16:59; 3 C Stone (Thet) 17:57

U15 (3km): 1 A Clark (Harling) 10:37; 2 B Heseltine (Gt Yar) 10:42; 3 B Took (Ryst) 11:06; 4 0 O'malley (NNH) 12:03; 5 A Morton (Unatt) 12:32

U13 (3km): 1 | O'Malley (NNH) 11:02; 2 J Peck (Thet) 11:08; 3 Z Houghton

(N'hant RR) 11:10; 4 J Kandola (Norw RR) 1:11; 5 J Devlin (Dere) 11:31

U11 (2km): 1 | Morris (C&C) 7:29; 2 S Yellop (Norw RR) 7:59; 3 T Maquire (Norw) 8:20

M40 (9km): 1 R Johnson (Norw RR) 32:54; 2 S Smith (Thet) 33:07; 3 R Hill

M45 (9km): 1 N Bensley (Ryst) 31:11; 2 R Ebbs (Unatt) 32:28; 3 J Wing (Unatt) 33:59

M50 (9km): 1 K Vaughan (Thet) 32:20: 2 P Maclean (Unatt) 34:20; 3 M Ive (Rvst) 35:52

M55 (9km): 1 T Savage (Ryst, M50) 36:06; 2 C Bailey (Thet) 36:12; 3 G Meah (C&C) 39·44

M60 (9km): 1 C Richie (C&C) 36:35; 2 D Neale (KL Tri) 37:40; 3 C Simpson (3 M) 39:14; 4 D Vaughan (St Ed) 39:15; 5 P Harris (Ely, M65) 39:26; 6 P Thompson (Norf G) 39:39; 11 G Smith (C&C, M70) 40:56

Women (9km): 1 N Mukuya (Unatt) 34:58; 2 B Runciman (E Ang U) 36:07; 3 A Balaam (B'ville) 37:15; 4 S Peachey (Norw RR) 37:22; 5 M Reed (Ryst) 38:31 U17 (4.5km): 1 H Stone (B'ville) 20:48; 2 L Oram (Gt Yar) 21:39; 3 J Panavaite (Unatt) 24:17

U15 (3km): 1 A Durand (NNorfolk) 10:48; 2 E Taylor (Norw) 11:17; 3 E McNulty (Dere) 12:08

U13 (3km): 1 M Symonds (Dere) 11:36; 2 M Short (Norw) 11:44; 3 A Clouston (Thet) 12:10; 4 T Crane (Dere) 12:19; 5 B Oram (Gt Yar) 12:22

U11 (2km): 1 A Mccallum (NNH) 8:27: 2 M Kelly (Norw) 8:40; 3 G Pegg (NNH)

W35 (9km): 1 E Patel (Win) 33:32; 2 S Schaefer (Thet) 36:37; 3 S Matthews (Ryst) 36:54; 4 C Smith (Thet) 38:58; 5 A Seaman (Ryst) 40:42

W40 (9km): 1 J Andrews (BBD) 33:07: 2 L White (Thet) 36:27; 3 L Robins (Ryst) 39:18

W45 (9km): 1 T Plumley (Thet) 39:56; 2 E Potter-Campbell (Dere) 40:16; 3 P Drewery (Ryst) 40:41

W50 (9km): 1 C Devlin (Dere) 36:29: 2 C Anthony (W Suff) 36:43; 3 G Jordan (Rvst) 40:34

W55 (9km): 1 J Clarke (Norw) 38:46; 2 M Wolfe (Ryst) 44:13; 3 S George (3M) 51:14

SUNDAY LEAGUE, Grovelands

Overall: 1 P Adams (St Alb S, M35) 28:27; 2 G Ramsay (FVS, M40) 29:11; 3 T Grimes (E Lon, M35) 29:35; 4 N Hume (Gard CR, M40) 29:36; 5 A Patterson (FVS, M35) 29:39; 6 T Beach (Royst) 29:47: 7 R Owers (Trent P) 29:53: 8 A Reeves (Sern. M45) 30:12: 9 D O'Sullivan (Wat J, M35) 30:19; 10 S Jackson (FVS, M40) 30:26; 11 T Cursley (Trent P) 30:28; 12 S Speirs (Harp A, M45) 30:29; 13 M Boulton (E Lon) 30:30; 14 P Scofield (Bish S, M40) 30:31; 15 G Smith (St Alb S. M40) 30:34: 16 S Aiken (Trent P, M45) 30:44; 17 A Romero (E Lon) 30:49; 18 E Valtanen (Lon Hth, M45) 30:54; 19 C Gallagher (St Alb S, M35) 30:58; 20 B Brackstone (Brack, M45) 31:04; 21 C Rouveyrol (Serp) 31:04; 22 A Juggins (St Alb S) 31:05; 23 D Kunzman (Trent P) 31:08: 24 J Gillanders (Serp. M35) 31:14; 25 J Pabon (Eal E) 31:18; 26 A Piepgrass (Harp A, M35) 31:21; 27 S Norris (Wat J, M35) 31:24; 28 M Holden (Serp, M35) 31:25; 29 J Maloney (Trent P, M45) 31:28; 30 D Russell (Harp A. M50) 31:29 M50: 2 D Browne (Lon Hth) 31:55: 3 A

Jordan (Harp A) 32:15. M55: 1 G Foster (St Alb S) 32:36; 2 C Taylor (Wat J) 34:46; 3 S Manktelow (Trent P) 35:00. M60: 1 J Haynes (Bish S) 32:51; 2 D Desborough

(Gard CR) 33:43; 3 A Roberts (Serp) 35:10. M65: 1 B James (Wat J) 35:26. M80: 1 D Evans (Royst) 50:58. M85: 1 G

Woods (Gard CR) 63:41 Women: 1 S Pemberton (Serp) 32:39;

2 L Cowley (Gard CR, W35) 34:03; 3 S Pretty (FVS) 34:27; 4 M Hall (Gard CR, W35) 34:59; 5 S Bailey (Eal E) 35:12; 6 I Cotter (Trent P) 35:46; 7 J Watt (Eal E, W45) 35:58; 8 O Lacigova (Team Trident) 36:06; 9 M Fitzgerald (Eal E, W35) 36:08; 10 J Prior (Trent P) 36:22; 11 T Palmieri (Freedom Tri, W35) 36:41; 12 L Hicks (Harp A) 36:42; 13 E Drake (Lon Hth, W35) 36:45; 14 V Shadbolt (Gard CR, W55) 37:07: 15 S Hietanen (Lon Hth. W45) 37:16; 16 A Clark (Royst) 37:25; 17 E Easten (Eal E, W35) 37:28; 18 L Davison (Royst) 37:37; 19 Y Linney (Eal E, W40) 37:38; 20 P Adams (Team Trident, W45) 37:44

W40: 2 S Sumarlidadottir (Lon Hth) 38:46; 3 R Lynes (Freedom Tri) 39:08. W45: 4 L Pettit (Serp) 37:45: 5 S Buckton (Lon Hth) 38:08. **W50:** 1 T Green (Trent P) 40:00; 2 M Attree (St Alb S) 40:17; 3 A Anders (St Alb S) 40:54. W55: 2 C White (Lon Hth) 40:53; 3 C Pout (St Alb S) 41:11. W60: 1 D Heydecker (St Alb S) 40:32. W65: 1 J McGreal (Royst) 44:57

SOUTHERN LEAGUE, Portsmouth

Men: 1 R Wood (BMH); 2 D Hull (W'ley, M35); 3 L Shearring (Has B, M35); 4 C Peck (W'ley, M35); 5 P Collins (Ports J, M40); 6 R Lovejoy (Farn); 7 A Tappin (Farn TC); 8 L Passinghan (Alton); 9 M Shaylor (BMH M40): 10 P Stephenson (Denm) NT Women: 1 R Lord (Stubb G); 2 A King (Hart RR); 3 K Ward (Has B, W35); 4 S Cleland (Hart RR, W35); 5 D Mcclements (Stubb G); 6 L Mitchell (P'field TC); 7 S Shearring (Has B, W40); 8 D Read (Has B, W40); 9 M Lloyd (BMH, W40); 10 E Stradling (Farn) NT

NOVEMBER 12

BIRMINGHAM LEAGUE. Cheltenham Div 1

TEAM: 1 Loughborough 44; 2 Birm U 97; 3 Cheltenham 98; 4 Tipton 215; 5 Birchfield 222; 6 Cov G 260; 7 W&B 475; 8 BRAT 508; 9 Stoke 402*; 10 RSC 602; 11 Kenil 613; 12 C&S 615; 13 Knowle & D 7647; 14 R&N 685; 15 Halesowen 698: 16 B&R 1120

B TEAM: 1 Lough 171; 2 Birm U 273; 3 Chelt 303; 4 Tipton 646; 5 Birchfield 740; 6 Knowle & D 1045; 7 Kenil 1077; 8 W&B 1123; 9 BRAT 1190; 10 Cov G 1192; 11 R&N 1205; 12 Hales 1262; 13 RSC 1473: 14 B&R 1547 Note: Stoke had 200 points added for not

providing an official

LIVINGSTON OPEN

Men (3.9km): 1 S Mcdermott (Moth, M40) 14:58; 2 A Mcnair (Pit, U20) 15:21; 3 S Thomson (Living, M55) 16:10; 4 D Mackenzie (Unatt. M40) 16:57: 5 A Marr (Anst, M60) 17:06

U17 (3.9km): 1 D Wynne (Living) 14:44 U15 (2.4km): 1 A Marshall (Living) 8:40; 2 B Scott (Dund H) 8:53; 3 R Bell (Living) 9:25

U13 (1.7km): 1 S Vigrow (Dund H) 6:02; 2 E Frame (Living) 6:03; 3 J Marshall (Living) 6:22

U11 (1.3km): 1 C Mckay (VPCG) 5:21; 2 J Collings (Living) 5:44; 3 G Calvert (Living) 6:22

U17 women (2.4km): 1 S Calvert (Living) 8:44; 2 C Moffat (Living) 10:04; 3 E Brown (Living) 11:52

U15 (2.4km): 1 | Calvert (Living) 9:03; 2 E Petrie (Living) 10:39; 3 E Mcfadden (Living) 11:15

U13 (1.7km): 1 C Frew (W'moss) 6:15;

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2 C Nolan (Living) 6:19; 3 H Steel (Loth)

U11 (1.3km): 1 M Kyle (Dunf T&F) 5:32; 2 M Frew (W'moss) 5:49; 3 M Sokoluk (Living) 6:10

NORTH MIDLANDS LEAGUE, Kettering

Men (10km): 1 A Pilcher (Der) 33:12; 2 J Millar (B&W) 33:29; 3 D Hallam (OWLS) 33:46; 4 J Rainsford (Hean) 33:57; 5 T Hartley (Notts, M45) 34:19; 6 T McGuinness (E Ches. U20) 34:21: 7 T Mahon (OWLS) 34:37; 8 M Powell (Leic C, M35) 34:54; 9 M Williams (Notts) 34:55; 10 M Couldwell (Charn, M40) 35:09; 11 M O'Sullivan (OWLS, U20) 35:18; 12 S King (Hean) 35:26; 13 C McMillan (OWLS) 35:36; 14 M Adcock (Herm, M35) 35:40; 15 S Long (Notts, M35) 35:47; 16 L Ingram (OWLS) 35:49: 17 T Whitmore (Charn) 35:56; 18 T Corby (OWLS, U20) 36:08; 19 L Montgomery (Corby) 36:18; 20 J Watson (Cov U) 36:28; 21 S Dickens (Rush, M40) 36:29; 22 S Headley (Bed C, U20) 36:35; 23 A Hampson (Nene V, U20) 36:39: 24 M Dunkley (Rush, M35) 36:41: 25 T Garrity (Corby, M40) 36:41; 26 G Burnett (Charn, M45) 36:46; 27 C Parkes-bowen (OWLS) 36:48; 28 E Wilson (Charn, U20) 36:55; 29 M Channing (Nene V) 36:57; 30 A Ben-Israel (P'boro, U20) 37:05 M45: 3 C Palmer (Notts) 37:12: 4 I Murdey (Beau L) 38:05. M50: 1 D Keating (Corby) 39:43. M55: 1 A Wetherill (Mans) 39:15; 2 N Watkin (Mans) 41:10; 3 R Fox (Long E) 41:34;. M60: 1 K Lomas (Charn) 45:05; 2 M Moorhouse (Mat) 47:06; 3 C Lewis (Ere V) 47:32. U20: 8 J Tuffin (Rush) 37:11; 9 D Leng (Aln) 37:12; 10 J West (Leic Tc) 37:13 U17 (6km): 1 A Ediker (C'field) 21:14; 2 M Cawthra (Newk) 21:34; 3 L Ward (Der) 21:38; 4 F Backin (Kett) 21:43; 5 E Meram (C'field) 21:58; 6 A Kirkland (C'field) 22:05; 7 D George (C'field) 22:10; 8 B Allan (Nene V) 22:15; 9 A Goulding (Newk) 22:31; 10 A McCrone

U15 (5km): 1 T Wright (Der) 18:28; 2 D Brown (C'field) 18:42; 3 U Runner (Unatt) 18:49; 4 J Martin (Der) 18:55; 5 E Barr (Der) 18:57; 6 J Bush (Der) 19:09; 7 F Spencer (C'field) 19:18: 8 T Spencer (C'field) 19:19; 9 L Mayes (Corby) 19:29; 10 S Marsh (Hean) 19:38 U13 (3km): 1 J Currie (C'field) 12:44; 2

(Corby) 22:46:

J Davias (Der) 12:56; 3 J Wardle (Rush) 13:00; 4 P Walsh (Der) 13:10; 5 S Johnson (Der) 13:12; 6 W O'Sullivan (Der) 13:31: 7 F Hutchinson (Notts) 13:32: 8 E Cresswell (Der) 13:32; 9 D Hughes (4Life Tri) 13:53; 10 A Butler (Saff) 14:10 U11 (2km): 1 J Greenhalgh (Notts) 6:58;

2 T Onandy (OWLS) 7:04; 3 J Stretton (Leic C) 7:09

Women (6km): 1 L Holt (Notts, U20) 23:16; 2 R Hall (Corby) 23:20; 3 K Lomas (Charn) 23:42; 4 P Taylor (Nene V W45) 24:09: 5 F Butler (Charn) 24:23: 6 F Arnott (Soton) 24:26: 7 C Bird (Ton) 24:29; 8 C Nevett (Kett, U20) 24:34; 9 R Gallop (Newk) 24:42; 10 A Reed (B&B) 24:49; 11 A Ritchie (Nott U) 25:11; 12 B Hudson (Der, U20) 25:17; 13 E Pennington (Notts, U20) 25:26: 14 M Gildea (Nott LI) 25:33: 15 B Robinson (Herm) 25:48; 16 A McArdell (WG&EL, U20) 25:49; 17 C Charlton (Notts, W35) 25:59; 18 C Shea-simmonds (Leic Tc, W35) 26:05; 19 C Heaton (Holme P, W50) 26:19; 20 E Towns (4 Life Tri, U20) 26:44 W40: 1 S Baxby (Corby) 26:45; 2 L Blake (Nene V) 27:00: 3 S Spencer (Der) 27:09: 4 G Brown (Leic C) 27:10; 5 K Johnson (Mans) 27:12; 6 S Wilkson-hagoke (Nene V) 27:18; 7 C Tinker (Charn) 27:28; 8 B Armstrong (Mans) 27:29; 9 E Broughton (Ripley) 27:39; 10 A Hewit (Der) 28:28; 11 S Lambert (Hunc) 31:41: 12 A Palmer (Beau L) 34:56. W45: 2 R Brandon (Holme P) 27:49; 3 J Howett (Ripley) 28:11; 4 P Lancaster (Herm) 29:03; 5 T Pike (Kett) 29:09; 6 S Coombs (Corby) 29:27; 7 G Grainger (Holme P) 29:54; 8 Y Mehmet (Kett) 30:40; 9 K Benson (Long E) 30:54; 10 A Marlow (Kett) 31:44. W50: 2 J Postlethwaite (Harb) 27:04: 3 A Hardy (Mans) 31:09; 4 E Clawson (Kett) 32:14; 5 J Inglis (Holme P) 34:03; 6 D Cralletta (Corby) 34:13. W55: 1 K Munn (Kett) 27:46; 2 K Brooks (Harb) 28:11. W60: 1 C Cregg (S'well) 38:04. W65: 1 F Robinson (Ripley) 32:00: 2 V Lindsey (Long E) 36:42. U20: 7 L Carmichael (Kett) 27:19; 8 W Luk (Cov U) 27:20; 9 M Hunt (Ret) 27:27; 10 M Gilmore (Saff) 27:33; 11 B Howells (Nene V) 28:32; 12 M Clarke (Notts) 28:46; 13 S Hughes-

stanton (Nott II) 29:34 U17 (5km): 1 A Owens (Newk) 20:29: 2 M Ellison (Nene V) 20:45; 3 A Scott (Ret) 20:46; 4 M Scott (Ret) 21:26; 5 T McGraw (Amber) 21:36; 6 E Ingram (Der) 21:43; 7 L Berwick (Amber) 21:44; 8 E Coombs (Corby) 21:48; 9 I Spindley (Nene V) 21:59: 10 J Fortune (Nene V) 22:00: 11 N Hattee (Corby) 22:00: 12 M O'Hanlon (Hean) 22:27; 13 U Runner (Unatt) 22:38; 14 E Piccaver (Nene V) 22:52; 15 E Deeming (Amber) 22:55; 16 M Hoejbjerg (Rush) 23:50; 17 I Woodard (Nene V) 24:07: 18 M Bould (Der) 24:08: 19 A Saville (Corby) 24:14; 20 M Watson (Harb) 24:32; 21 U Runner (Unatt) 24:36; 22 D Smith (Hean) 25:02; 23 M Ormolia (Der) 25:02; 24 U Runner (Unatt) 25:04; 25 P Naylor (Nene V) 26:01; 26 S Spal

(Der) 26:05; 27 A Cooper (Bourne) 26:14; 28 U Runner (Unatt) 26:28

U15 (3km): 1 E Grant (Mat) 12:58; 2 M Hudson (Der) 13:10: 3 M Toon Mccintvre (Rush) 13:29: 4 L McNeil (Notts) 13:51: 5 E Robinson (Nene V) 14:01; 6 L Cocking (C'field) 14:20; 7 N Britten (Rush) 14:22; 8 A Park (Nene V) 14:24; 9 T Joslin (Amber) 14:25; 10 G Smith (Leic C 14:29 U13 (3km): 1 | Dee (Corby) 12:39; 2 A Chrispin (Newk) 12:47: 3 M Brockway (Kett) 12:49: 4 F Battin (Kett) 12:57: 5 L Hemmings (Nene V) 13:03; 6 I Smith (Saff) 13:05; 7 V Costa (Der) 13:06; 8 P Mead (Der) 13:44; 9 H Smith (Harb) 13:45; 10 J McAllister (Corby) 14:06 U11 (2km): 1 H Round (Kett) 7:22; 2 L Wilkinson (Corby) 7:37; 3 P Adkin (Saff) 7:41

WESTWARD LEAGUE (inc CORNWALL CHAMPIONSHIPS), Newquay

Men (8.55km): 1 A Richmond (Bide) 26:59; 2 M Jenkin (Bide, M35) 27:02; 3 P Norman (N Dev) 27:06; 4 P Legrice (Mt B) 27:36; 5 S Antell (Bide) 27:37; 6 C Critchley (AFD) 27:57; 7 J Cole (Tav) 28:01; 8 M Wilsmore (B&W) 28:05; 9 C Rimmer (Ply H) 28:30; 10 P Bridge (Yeov 0) 28:53; 11 J Williams (Ply, U20) 28:55; 12 J Clay (Corn) 28:56; 13 J Tranvåg (Exe U) 28:58: 14 R Mann (Bath) 29:06; 15 A Stone (Bexley, U20) 29:14; 16 P Devonport (Okehampton) 29:21; 17 A Ingle (Bide, M35) 29:28; 18 P Smith (Corn, M40) 29:39; 19 T Watson (Torb, M40) 29:51; 20 S Peters (Hallam, 1120) 29:58

M40: 3 K Walker (Newg RR) 30:01; 4 A Hatchard (Exm H) 30:50; 5 C Whitmore (Corn) 31:02. M45: 1 D Bechenkranger (Ply H) 32:03; 2 A Ball (Corn) 32:29; 3 J Brown (Newq RR) 32:36. M50: 1 S Anderson (Ply) 30:28; 2 M Colwill (Bide) 31:10: 3 D Buzza (Corn) 31:34: 4 S Burns (Ply) 32:26. M55: 1 M Exley- Deane (Tav) 32:23; 2 H Marsden (Exm H) 35:06; 3 M Davis (Newq RR) 35:15. M60: 1 | Walker (StA RR) 36:57; 2 P Bazely (Tav) 38:35. M65: 1 N Kernahan (N Dev) 37:07; 2 B Chapman (Tav) 39:37: 3 | Snow (N Dev) 41:36. U20: 4 T Slattery (Corn) 30:22: 5 I Parker (N&P) 31:08; 6 W Dax (Tav) 31:21; 7 D Watling (Bir) 31:24; 8 T Luton (N&P) 31:30; 9 T Newman (Corn) 32:01; 10 J Williams (Corn) 34:06;

U17 (4.99km): 1 A Kent (N&P) 16:25; 2 F Birnie (N&P) 16:29; 3 C Choules (N Dev) 17:01; 4 K Klimek (Corn) 17:08; 5 A McCartney (N&P) 17:19; 6 J Greenwood (N&P) 17:23; 7 T Davies (Exe) 17:25; 8 A Gupta (Corn) 17:28; 9 L Cotterill (N&P) 17:34; 10 S Goodchild (Corn) 17:39 U15 (4.52km): 1 H Mier (Corn) 15:27; 2 H. James (N Dev) 16:11: 3 J Alcock (Torb) 16:20: 4 J Mcalhone (Corn) 16:29: 5 0 Smart (Tav) 16:43; 6 L Dart (Exe) 16:47; 7 F Ball (N Dev) 16:48; 8 A Bly (Torb) 16:49; 9 B Stevens (Tav) 16:51; 10 B

McCartney (N&P) 16:53 U13 (3.07km): 1 T Heal (Taun) 10:58: 2 A Leworthy (N Dev) 11:14: 3 J Ponter (Taun) 11:21; 4 E Botham (Tav) 11:26; 5 S Mills (Exe) 11:32; 6 D Fisher (Taun) 11:33; 7 D Dayman (N Dev) 11:37; 8 J Lamboll (N&P) 11:40; 9 J Horton (Corn) 11:42; 10 Z Clemens (Corn) 11:52

U11 (1.73km): 1 X Bly (Torb) 6:15; 2 C Hague (Exe) 6:19; 3 J Hardy (Hayle) 6:22 Women (4.99km): 1 T Masselink (Tav, U20) 17:26; 2 E Banbury (N Dev, U17) 18:57; 3 H Blair (Ply) 19:00; 4 S Temple (N&P, U17) 19:15; 5 E O'Grady (Harrow, U20) 19:17: 6 E Paull (Havle) 19:31: 7 W Chapman (Corn, W40) 19:33; 8 H Tregenza (B'mth) 19:35: 9 K Hughes (Corn, U17) 19:41; 10 I Tjørsvaag (Exe U) 19:59; 11 C Apps (Exe, U17) 20:08; 12 L Hawkins (Yeov O) 20:10; 13 A Yetton

(Ply H, W35) 20:23; 14 R Giles (N&P, U17) 20:25; 15 A Sole (Corn) 20:28

W35: 2 S Lake (Tav) 20:32; 3 K Burgess (Corn) 20:51. W40: 2 J Herd (Newq RR) 20:37: 3 F Lake (Frme) 20:53: 4 P Simson (Ply) 21:11; 5 J Bedlar (Bide) 21:26. W45: 1 D Raggett (Corn) 20:45; 2 C Steven (Tav) 21:57; 3 S Olliffe (Torr) 22:21; 4 H Colwill (Bide) 22:27; 5 S Colvin (Bide) 22:40W50: 1 T Oxborough (Tav) 22:56; 2 D Nugent (Corn) 23:34; 3 S Myford (N&P) 23:43; 4 C Chesterfield (Corn) 24:13. W55: 1 M Blair (Torr) 21:03; 2 K Eccles (Ply H) 24:30; 3 J Duncan (Newq RR) 25:15. U20: 3 M Roche (Exe) 21:35; 4 J Sabine (Tav) 22:54. U17: 6 N Savage (Corn) 20:30; 7 E Penfold (N&P) 20:50; 8 I Wood (Corn) 21:05; 9 F German (SWRR) 21:13; 10 0 Carthew (N&P) 21:23

U15 (3.97km): 1 M Canham (Exe) 15:39; 2 S Miles (N Dev) 15:58; 3 C Olford (N Abb) 16:13; 4 N Farrington (Tav) 16:19; 5 T Brown (N&P) 16:28; 6 G Davidson (E Corn) 16:37; 7 É Banbury (N Dev) 16:41; 8 H Turner (N Dev) 16:50; 9 L Mitchell (Penair School) 16:52; 10 E Fraser-Smith (N Dev) 16:55

U13 (3.07km): 1 M Luke (Corn) 11:37; 2 E Devery (Corn) 12:33; 3 J Spry (N&P) 12:37; 4 C Dawson (E Corn) 12:39; 5 F Perkin (Corn) 12:42: 6 A Jose (Corn) 12:43; 7 J Stone (Exe) 12:47; 8 C Groves (Corn) 12:52; 9 M Ayres (N Dev) 12:59; 10 K Stanley (N&P) 13:08

U11 (1.73km): 1 | Peyton-Jones (Exe) 6:46; 2 J Pratt (Corn) 6:58; 3 L Broomby (Exe) 6:59

TEAM: 1 Exeter Uni 1447: 2 Bideford 1443; 3 Cornwall AC 1393

VETERAN TEAM: 1 Cornwall AC 764; 2 Newquay RR 748; 3 Plymouth H 733

TEAM: 1 Newquay & Par 295; 2 Cornwall AC 283; 3 Newquay & Par B 273 1115

TEAM: 1 Cornwall AC 285; 2 North Devon 275: 3 Tayistock 272 U13

TEAM: 1 Taunton 293; 2 Tavistock 282; 3 Cornwall AC 273

Women

TEAM: 1 Cornwall AC 579; 2 Exeter Uni 569; 3 Newquay & Par 564 VETERAN TEAM: 1 Cornwall AC 291; 2

Tavistock 270; 3 Newquay RR 266 1115

TEAM: 1 North Devon 286; 2 Exeter 281; 3 Newquay & Par 268

TEAM: 1 Cornwall AC 295; 2 Newquay

ENGLISH SCHOOLS CUP REGIONAL FINALS

EAST CENTRAL, Oakley

U15 boys: 1 A Caulfield NTT: 2 N Goddard; 3 M Perry; 4 N Harhalakis; 5 A Williams; 6 B Lindars; 7 C Reid; 8 T Davies; 9 A Aldred; 10 F Scott U13: 1 N Bennett; 2 C Turner; 3 T Cook; 4 G Wharam; 5 J Vinnicombe; 6 C Roberts: 7 K Evans Lombe: 8 H West: 9 A Taylor: 10 J Winter

U15 girls: 1 A Pettit; 2 S Kennedy; 3 S Barker; 4 A Graham; 5 A Chappelhow; 6 K Tasker; 7 S Lockwood; 8 M Hughes; 9 O Lowrie; 10 J Copeman

U13: 1 C De Jonge; 2 I Cudlip; 3 A Henderson: 4 H Henderson: 5 B Thomas: 6 K Mannix; 7 C James; 8 J Lockwood; 9 E Hinton; 10 C Boyd

EAST MIDLANDS. Leeds

U15 boys: 1 D Coy 13:50; 2 L Hunter 13:58; 3 J Sherman 14:05; 4 L Cuming 14:22; 5 H Hudson 14:39; 6 S Soles 14:41; 7 R Matthews 14:43; 8 E Diamond 14:48; 9 S Akerman 14:54; 10 J Jones 14:55

U13: 1 S Oakley 10:25; 2 S Cuming 10:31; 3 H Hewitt 10:40; 4 S Okrafo Smart 10:43; 5 N Coy 10:46; 6 M James 10:50: 7 J Wynne 10:50: 8 F Ziegler 10:51: 9 W Summerson 10:53: 10 H Bullough 10:56

U15 girls: 1 B Morley 10:34; 2 J Hill 10:39; 3 A Crane 10:47; 4 A Brooke 11:01: 5 E James 11:21: 6 E Field 11:29; 7 H Ray 11:42; 8 D Lowe 11:45; 9 H Booker 11:47; 10 B Raven 11:58 U13: 1 E Jones 7:55; 2 F Brill 8:00; 3 I King 8:10; 4 E Plimmer 8:27; 5 F Dolby 8:31; 6 M Naylor 8:35; 7 A Walton 8:36; 8 E Braithwaite 8:37; 9 I Causer 8:40; 10 A Naylor 8:44

NORTH EAST, Middlesbrough

U15 boys: 1 D Dixon 13:55; 2 H Lewis 14:15; 3 R Charlton 14:19; 4 C Thomas 14:38; 5 D Melling 14:39; 6 L Hudson 14:43; 7 C Downs 14:45; 8 H Morris 14:46; 9 R Eames 14:47; 10 W Thompson 14:49

U13: 1 A Thompson 9:36: 2 W Hugill 9:38; 3 C Perkins 9:47; 4 P Cook 9:55; 5 K Mutch 10:00; 6 J Russell 10:13; 7 N Bunkle 10:16; 8 W Atkinson 10:16; 9 C Phillips 10:17; 10 J Lee 10:20 U15 girls: 1 H Peck 10:29; 2 E Hart 10:34; 3 F Moore 10:53: 4 L Heaton 10:57; 5 E Jones 10:58; 6 A Schwarze-

Chintopatta 10:59; 7 R Firth 11:06; 8 M Scatchard 11:08; 9 K Smallwood 11:10; 10 H Da Costa 11:12 U13: 1 A Jones 8:07; 2 R Forrest 8:11; 3

L Carr 8:18; 4 0 Katory 8:37; 5 E Keeler-Clarke 8:41: 6 J Hall 8:45: 7 W Morris 8:54; 8 E Whitaker 8:59; 9 E Salmon 9:01: 10 E Foster 9:05

NORTH THAMES, St Albans

U15 boys: 1 A Other 13:55; 2 D Riley 14:27; 3 L Wheeler 14:46: 4 0 Lill 14:49: 5 A Samuel 14:54: 6 H Jones 15:07: 7 S Wheatley 15:09; 8 B Rushman 15:09; 9 J Trim 15:16; 10 P Bissett 15:18; **U13:** 1 K Kalamanis 10:38; 2 L Stubbs

10:41: 3 A Ford 10:43: 4 T Archer 10:49: 5 D Michel 10:50; 6 J Mart 10:53; 7 J Muller 10:56: 8 J Edwards 10:59: 9 G Hey 10:59; 10 V Clark 11:03

U15 girls: 1 G Malcolm 11:07; 2 C Malcolm 11:08; 3 K Stern 11:14; 4 F Sweeting 11:24; 5 G Burrell 11:27; 6 M Smith 11:35; 7 B Ashley 11:37; 8 C Carlos 11:38; 9 G Tombs 11:44; 10 M Takahashi 11:46

U13: 1 A Thomas 8:55: 2 A Ives 9:12: 3 H Freegard 9:27; 4 M Manttan 9:28; 5 S Rolls 9:31; 6 A Jubb 9:34; 7 I Scott-Gall 9:37; 8 N Sewell 9:40; 9 R Palmer 9:42; 10 R Keohane 9:43

NORTH WEST, Birkenhead

U15 boys: 1 S Almond 14:51; 2 T Jordan 15:07; 3 M Knowles 15:16; 4 C Harding 15:19; 5 L Johnston 15:25; 6 S Johl 15:27; 7 J Blakemore 15:36; 8 L Johnson 15:41; 9 W Pyle 15:44; 10 F Izquierdo-Bernard 15:46

U13: 1 F Sproul 9:14; 2 S Hopkins 9:26; 3 J Fountain 9:35; 4 J Bowen 9:37; 5 D Hayes 9:42; 6 0 Sanders 9:48; 7 D Sanderson 9:52; 8 W Wright 9:53; 9 H Bowen 9:57; 10 T Middleton 9.58

U15 airls: 1 C Robinson 9:56: 2 J Spilsbury 10:00: 3 C Spencer 10:17: 4 I Hayes 10:21; 5 A Gibbons 10:26; 6 H Witchells 10:34; 7 H Slater 10:38; 8 P Townsend 10:39; 9 M Pearce 10:40; 10 L Grayson 10:41

U13: 1 E Russell 10:03; 2 I Merritt 10:04; 3 L Pyne 10:13; 4 E Pendlebury 10:16; 5 I Pugh 10:21; 6 A Newing 10:24; 7 M Harrison 10:25; 8 A Potter 10:29; 9 G O'Dowd 10:31; 10 G Heath

AW/RESULTS CROSS-COUNTRY / ROAD



SOUTH EAST, Tonbridge

U15 boys: 1 H McLuckie 13:28; 2 T Emm 13:36; 3 J Kingston 13:37; 4 H Norman 13:37; 5 B Fitzpatrick 13:40; 6 A van der Plas 13:41; 7 J Johnson 13:44; 8 L Brewer 13:49; 9 I Gunn 13:49; 10 S Martin 13:51

U13: 1 M Taylor 10:13; 2 F Croll 10:23; 3 H Taylor 10:35; 4 P Seema-Roca 10:40; 5 J Winship 10:40; 6 F Webster 10:44; 7 L Nerurkar 10:46; 8 M Windle 10:47; 9 T Armstrong 10:47; 10 W Murphey 10:48

U15 girls: 1 S Hoare 10:45; 2 T Pearse 10:51; 3 A Tydeman 11:09; 4 T Jeffes 11:10: 5 F Sakaria 11:15: 6 C Griffiths 11:19; 7 E Miller 11:21; 8 A White 11:26; 9 V Milana 11:33; 10 A Dove 11:39 U13: 1 0 Thompson 9:01; 2 M Wise 9:12; 3 A Barnes 9:18; 4 M Cant 9:22; 5 P Craig-McFeely 9:22; 6 A Evans 9:23; 7 F Wilson 9:26: 8 A Fernandez-Laaksonen 9:30: 9 E Sutton 9:31: 10 A Attenborough

SOUTH WEST, Taunton

9.33

U15 boys: 1 H Mier 15:24; 2 J Livingstone 16:12; 3 S Davis 16:21; 4 G Tomkins 16:35: 5 H Wendin 16:42: 6 M Cox 16:46; 7 B McCartney 16:57; 8 D Poynting 17:01; 9 0 Haines-francis 17:05; 10 E Mier 17:06

U13: 1 N Burton 12:23; 2 S Hodgson 12:24; 3 A Leworthy 12:30; 4 R Jones 12:36: 5 J Smith 12:42: 6 H Stevens 12:51; 7 T Houghton-king 12:54; 8 0 Phillips 12:56; 9 J Webb 12:59; 10 L Bailev 13:04

U15 girls: 1 K Shepherd-cross 12:49; 2 K Sittampalam Main 12:59; 3 C Cripwell 13:13; 4 P Pellow 13:15; 5 C Hickman 13:18: 6 H Read 13:19: 7 C Smith 13:24: 8 C Holden 13:28: 9 T Brown 13:38; 10 F Jones 13:39

U13: 1 B Wood 11:12; 2 E Castagna 11:18; 3 A Wilson 11:38; 4 A Baines 11:44; 5 S Wilson 11:46; 6 D Pellow 11:50; 7 N Camp 12:02; 8 S Main 12:07; 9 A Riggott 12:12; 10 F Blackwell 12:13

NOVEMBER 8

CARDIFF & THE VALE SCHOOLS BOYS' LEAGUE, Cardiff Senior boys (5.1km): 1 T Nesham (Whit) 18:24; 2 L Spencer (Stan) 18:29; 3 D Nazareth (Cor C) 18:46; 4 J McConkey (Stan) 18:50; 5 L Ryan (Rad) 18:55; 6 S Kelly (Plas) 19:05; 7 O Edwards (Cor C) 19:12; 8 S Curwen (CV Col) 19:20;

9 C Russell (Stan) 19:31; 10 R Jones (Stan) 19:31

Years 8/9 (4.3km): 1 C Thomas (Bro E) 16:04; 2 N Ernest (BoL) 16:17; 3 H Riley (Rad) 16:21; 4 L Hall (CHS) 16:29; 5 C Davies (Bro M) 16:46; 6 D Lloyd-Owen (Plas) 17:07; 7 R Hardman (Cow) 17:09; 8 I Davies (Bro M) 17:14: 9 F King (CHS) 17:22: 10 B Graham (Cor C) 17:27

Year 7 (3.1km): 1 B Macey (Cow) 11:57: 2 H Spencer (Stan) 12:03; 3 T Waters (St Cy) 12:19; 4 J Driscoll (Cow) 12:26; 5 0 Kirkham (Rad) 12:30; 6 C Hardman (Bro M) 12:36; 7 L Da Cruz (Bro E) 12:37; 8 M Wigley (Cor C) 12:38: 9 M Stockton (Bro M) 12:40: 10 B Farrell (Whit) 12:42

NOVEMBER 6

OXFORD MAIL LEAGUE. Newbury Showground

Men: 1 P Fernandez (Abing, M40) 31:07; 2 T Wright (Banb) 31:40; 3 J Craggs (Newb, M35) 31:44; 4 J Bolton (W'stock, M40) 32:05; 5 W Gardner (Oxf C) 32:19; 6 J Eve (Head, M40) 32:22; 7 A Ind (Newb, M40) 32:28; 8 L Byrne (Swin) 32:33; 9 S Martinez-gonza (Swin) 32:41: 10 D Lewis (Evnsh) 32:56: 11 S Barnes (Newb, M45) 33:06; 12 S Byrne (Swin) 33:11; 13 A Miell-Ingram (Rad, U20) 33:13; 14 T Bradford (Hook N, M40) 33:15; 15 F Shires (Wit) 33:17; 16 P Marshall (Newb, M35) 33:32; 17 J Cox (Evnsh. M40) 33:36: 18 S Upton (Kid) 33:38: 19 M Pearce (Head) 33:40: 20 S Elsmere (Newb) 33:45; 21 A Simpson (Oxf C) 33:47; 22 J Harrison (W'stock) 33:50; 23 T Holdsworth (Kid) 33:51; 24 P Crisp (Newb) 33:52; 25 B Pollard (Eynsh, M40) 33:53; 26 M Robbins (Newb) 34:00; 27 S Garrigues (Abing, M40) 34:01; 28 P Leek (Head, M35) 34:02; 29 F Campbell (Head, M45) 34:07; 30 D Wilson (Abing) 34:15

M45: 3 S Pritchard (Banb) 34:20; 4 R Gould (Alch) 34:29; 5 D Tame (Hook N) 34:32. M50: 1 K Lowies (Head) 34:42; 2 A Lock (Wit) 35:04: 3 LThomas (Cher R&J) 35:18; 4 G Bridges (Eynsh) 36:06; 5 I Lambourn (W Horse) 36:31. M55: 1 J Griffiths (Head) 37:37; 2 M Jones (Head) 38:12; 3 N Moglia (Wit) 38:41. M60: 1 B Vaughan (W'stock) 37:13; 2 I Fairclough (Newb) 37:20; 3 S Thorp (Oxf C) 38:59. M65: 1 M Sheridan (Newb) 38:06; 2 R Treadwell (Oxf C) 39:13; 3 J Exley (Oxf C) 43:02. M70: 1 N Lambert (Alch) 49:38. **U20:** 2 C Cooper (Swin) 34:21; 3 E Cugnet (Wit) 36:05; 4 M Ray (Eynsh)

36:47; 5 T Gould (Bic) 37:16 **U17:** 1 B West (Bic) 16:48; 2 S Snelson (Banb, U15) 17:14; 3 A Ede (Abing, U15) 17:23; 4 V Tsagov (Newb) 17:26; 5 E Pierce (Swin) 17:34; 6 0 Knox (Banb, U15) 17:40; 7 D Davis (Marjon) 17:49; 8 B McIntyre (Swin, U15) 17:53; 9 A Blackwell (Rad) 18:07: 10 M Nicolle (Bic. 1115) 18:14: 11 D Patel (Swin) 18:19: 12 H Insley (Rad, U15) 18:21; 13 E Lawton (Abing) 18:26; 14 D Bunn (Abing) 18:29; 15 M Smith (Swin, U15) 18:40 U13: 1 B Cumberland (Rad) 8:32; 2 R

Miell-Ingram (Rad) 8:44; 3 H Cunningham (Swin) 8:51; 4 W D-arcy (Rad) 9:01; 5 J James (Rad) 9:04: 6 D Grant (Swin) 9:07: 7 R Clarke (Swin) 9:08; 8 H Woods (Swin) 9:10; 9 G Ferguson (Newb) 9:25; 10 T Kent (Rad) 9:27

U11: 1 Q Miell-Ingram (Rad) 6:08; 2 T Phillips (Oxf C) 6:19; 3 F Jones 6:19 Women: 1 S Crumly (Newb) 24:38: 2 G Bridge (Oxf C) 24:56; 3 H Hale (Eynsh) 25:21; 4 J Franklin (Newb, W35) 25:35; 5 Y Ryder (Newb, U20) 26:37; 6 S Rendell (Alch, W40) 26:52; 7 L Mcallister (Eynsh, W35) 26:58; 8 R Ferry (Oxf C, W35) 27:02; 9 E Haley (Rad) 27:20; 10 L Sanderson (OxB U) 27:28; 11 S Usher (Alch, W40) 27:33; 12 S Davies (Oxf C, W40) 27:38; 13 D Allen (Hook N) 27:49; 14 J James (Abing, W40) 27:49; 15 C Blair (Newb) 28:01; 16 E Marshall (Newb) 28:10; 17 H Preedy (Team K, W35) 28:15; 18 A Johnson (Head) 28:19; 19 F Snare (Wit) 28:26: 20 S Francis (Read W45) 28:33; 21 B Fennell (Alch) 28:36; 22 M Bartlett (Banb, W45) 28:41; 23 R Kelling (Banb, W50) 28:47; 24 R Bladon (Team K, W45) 28:49; 25 E Bailey (Newb, W40) 28:50

W50: 2 S Van Huyssteen (Newb) 30:04. W55: 1 G Hueter (Oxf C) 30:38: 2 K Bates (Eynsh) 32:11. W60: 1 S Fowler (Newb) 31:56; 2 S Marshall (Newb) 35:10W65: 1 S Smith (Banb) 41:06; 2 N Blatchford (Abing) 42:42. U20: 2 C Clover (Newb) 29:14; 3 F Brew (Rad) 29:31; 4 J Milne (Oxf C) 30:02; 5 E Backhouse (Rad) 30:09

U17: 1 | Fry (Newb) 12:22; 2 K Shepherd-Cross (VoA, U15) 12:40; 3 A Scrivener (Banb, U15) 12:52; 4 L Wells (Team K, U15) 13:12; 5 B Darwent (Abing, U15) 13:24; 6 S Kennedy (Oxf C, U15) 13:41; 7 M Bedlington (Abing, U15) 13:47; 8 R Burton (Rad, U15) 13:52; 9 J Garry (Oxf C) 14:00; 10 R Oram (Swin, U15) 14:03; 11 K Harris (Abing) 14:03; 12 A Pozniak (Rad) 14:03; 13 H Jewell (Rad, U15)

14:12; 14 I Hole (Team K, U15) 14:16; 15 L Kennedy (Oxf C, U15) 14:19: 16 L Rycroft (W Horse) 14:23: 17 C Barwick (Abing, U15) 14:27; 18 B Philp (Team K, U15) 14:27; 19 R Lawrence (Team K) 14:37; 20 S Capel (Swin, U15) 14:41 U13: 1 M Jones (Team K) 9:29; 2 C De Jonge (Oxf C) 9:34; 3 0 Martin (Oxf C) 9:37: 4 L Robertson (Newb) 9:46: 5 N Eadie (Team K) 9:50; 6 0 Newhouse (Oxf C) 9:51; 7 G Thomson (Team K) 9:58; 8 R Thomson (Team K) 10:01; 9 K Dee (H'worth) 10:02; 10 0 Mahony (Oxf C) 10:04

U11: 1 J Robertson (Newb, U13) 6:15; 2 H Hillman (Swin) 6:48; 3 C Ashby (Oxf C) 6:55

ROAD

NOVEMBER 20

BRAMPTON TO CARLISLE 10, Cumbria

NICK SWINBURN was a decisive winner as Tracy Millmore was first woman, Les Venmore reports.

After the early frost had disappeared. conditions were bright and dry for the 675 runners as they left William Howard School in Brampton to the Sands Centre

Swinburn went straight to the front, running the first mile in 4:54 and extending his advantage throughout the first half of the race, passing five miles in 24:42.

A group of around six athletes were locked together in second place.

Passing 10km in 30:50, the pace began to slow as patches of black ice were still lying on sheltered sections of the course, with the seventh mile covered in 5:24

Picking up the pace again at seven and a half miles, Swinburn crossed the finish line more than a minute ahead of track specialist James Bowness, who held off Marc Fenwick for second

It was a PB for the winner by more than two and a half minutes.

Millmore comfortably won the women's race, coming home 45th overall, breaking her previous best figures for the distance by 59 seconds.

Her margin of victory was 32 seconds over Alex Sneddon, who won the race two years ago. Defending champion Joanna Zakrzeswki was the leading veteran, in third.

Overall: 1 N Swinburn (Morp) 50:18: 2 J Bowness (Traff) 51:19; 3 M Fenwick (Tyne Br) 51:24: 4 M Brown (Salf) 51:27: 5 S Stead (Kesw) 51:46; 6 C Steele (Bord,



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M35) 51:57: 7 | Quinn (Barr) 52:01: 8 J Walker (Giff N) 52:20: 9 M Walsh (Fllen. M35) 52:25; 10 F Brodie (Tyne Br) 53:13; 11 J Dunce (Tyne Br) 53:31; 12 T Durcan (Derw C) 53:54; 13 T Scott (Tyne Br, M45) 53:55; 14 M Hornsby (Dur, M35) 53:58; 15 P Graves (DH Runners, M35) 54:00; 16 R Landon (Bord) 54:18: 17 J Mason (Bord) 54:59; 18 W Smith (Keigh, M40) 55:06; 19 I Dixon (Sun, M40) 55:20; 20 R Maddams (Bord, M40) 56:02; 21 S Jackson (Elv) 56:08; 22 A Walker (Reig, M40) 56:15; 23 S Ellis (NSP) 56:18; 24 C Tinnion (Ellen) 56:20; 25 B Rooney (Ellen) 56:27: 26 J Old (Els. M45) 56:52: 27 M Hall (Otl, M55) 56:58; 28 S Weston (DH Runners, M35) 56:59; 29 R Murdock (Ellen) 57:03; 30 K Harvey (Cald) 57:08; 31 B Clough (Blyth) 57:19; 32 M Penn (Kesw, M40) 57:21; 33 G Pritchard (Elv, M35) 57:23: 34 R Pattinson (Horsf, M50) 57:27; 35 I Pickett (Tyne Br, M40) 57:40; 36 K MacPherson (Cambus, M45) 58:02 M40: 7 M Irving (DH Runners) 58:13. M45: 4 S Angus (Bord) 58:10; 5 D Hogg (Kirk 0) 58:20; 6 A Thomas (Keigh) 58:31; 7 M Parkinson (NSP) 59:05; 8 L Smith (Heat) 59:38 M50: 2 B Hetherington (Walls) 60:31; 3 J Purslow 60:48; 4 P Waterston (Morp) 61:07; 5 L Johnson (Low F) 61:30; 6 G Penn (NSP) 62:00. M55: 2 D Watt (Cald) 59:25; 3 K McCaig (Dumf) 63:44; 4 L Hill (Dumf) 65:00. M60: 1 I Brown (Tyne) 64:59; 2 N Lancaster (Derw C) 66:20; 3 F Karpo (Dumf) 67:22; 4 M Mallen (Kesw) 67:47. M65: 1 A Miles (Fetch) 65:10; 2 M McNally (Els) 67:32; 3 D Evans (Eden) 70:30; 4 S Beryl (Blay) 70:32. M70: 1 R Wells (Bed C) 66:57

TEAM (3 to score): 1 Tyne Bridge H 24; 2 Border H 39; 3 Ellenborough 58; 4 Keswick 75; 5 DH Runners 84; 6 Elvet Striders 115. Veterans: 1 Keighley & Craven 39; 2 Border H 56; 3 North Shields Poly 63 Women: 1 T Millmore (Birt) 58:35; 2 A Sneddon (J&H) 59:07; 3 J Zakrzewski (Dumf, W40) 59:30; 4 G Campbell (J&H) 60:42; 5 H Waugh (W35) 61:10; 6 S Pattinson (J&H) 63:25; 7 C McManus (NSP, W40) 65:03; 8 S Bulman (N Marske, W40) 65:07; 9 J Beveridge (Cald, W35) 65:24; 10 K Moore (Kesw) 65:28; 11 R Fairclough (St H Str) 66:09; 12 B Massey (Barns H, W45) 67:12; 13 R Falloon (Aln) 67:24; 14 S Robson (Walls) 67:49; 15 C Elliman (W40) 68:49; 16 T Medley (Bord, W45) 69:20; 17 V Strickland (Bord, W45) 69:25

W40: 5 F Todd 69:42; 6 T Imber (Elv) 69:44. W50: 1 C Gilchrist (Ferran) 72:34; 2 A Macfarlane (Dumf) 74:12. W55: 1 M O'Connor (Cald) 71:35; 2 A McViride 75:19. W60: 1 J Bradley (Elv) 78:12; 2 J Oliver (Tyne) 82:43. W75: 1 E Armstrong (Tyne) 99:15

TEAM (3 to score): 1 Jarrow & Hebburn 11; 2 Border H 51; 3 Calderglen H 53; 4 North Shields Poly 57; 5 Wallsend H 75; 6 Tyne Bridge H 94. Veterans: 1 Calderglen H 28; 2 North Shields Poly 30; 3 Elvet Striders 88

ADNAMS SOUTHWOLD 10km, Lincolnshire

Overall: 1 D Oliver (Norw) 34:19; 2 R Chenery (lps J) 35:09; 3 S Collins (G Yar, U20) 36:43

Women: 1 L Thomas (lps J) 39:25; 2 C Weller (lps Tri) 40:44; 3 K Titlow (Vale R) 40:57

BELFAST TANDEMS 5km SERIES, Belfast

Overall: 1 B Guiney (Unatt) 17:02; 2 D Conliffe (PACE, M35) 17:12; 3 C McKendry (Anna, M35) 17:28 Women: 1 K Neely (Lisb, W35) 18:52; 2 M Fitzpatrick (Lag V, W40) 20:17; 3 I Fahy (Orangegrove, U13) 23:13 Overall (4M): 1 C Harrison (Unatt) 24:04; 2 G Flynn (Unatt) 24:30; 3 C Mcdowell (Unatt) 25:12

Women: 1 C McQuillan (Ballym R) 28:43

CANNOCK ROTARY 10km, Staffordshire

Overall (undulating): 1 P Thacker (C&S, M45) 38:53; 2 M Rogers (Wig, M45) 39:16; 3 S McNamee (Bir, M40) 39:39 Women: 1 L Booker (Aldridge, W35) 44:26; 2 c Beddow (W40) 44:49; 3 H Bloomer (Bir, W50) 46:02

CHELMSFORD 10km, Essex

Overall: 1 R Prout (Chelm) 32:42; 2 C Bloomfield (Bill'cay 33:15; 3 T Woolfe (Brain) 34:15; 4 R Reason (Harw) 34:23; 5 M Muir (Ilf, M40) 34:35; 6 I Clark (Orion) 35:00

M40: 3 K Hoye (Chelm) 35:29 **Women:** 1 A Joel (Chelm) 37:33; 2 R Cole (Chelm) 38:26; 3 S Bilbie (S'field, W35) 38:56

W45: K Mills (S'field) 40:21

CLOWNE HALF-MARATHON, Clowne Overall: 1 P Skelton (Steel, M35) 76:41; 2 B Harris (Ret, M35) 76:50; 3 R Bateson

(Yeov T, M35) 76:52 **M50:** 1 S Pope (T'ley) 77:54; 2 T Clayton (Ripley) 82:30

Women: 1 F Kesteven (T'ley, W35) 90:25; 2 L Deacon (Notts, W35) 90:45; 3 B Coomber (Denb DT, W45) 93:13

W50: 1 G Barber (Malt) 99:51. **W55:** 1 K Spencer (Barr R) 1:42:21. **W60:** 1 M Stansfield (Dews) 1:49:52. **W65:** 1 E Robinson (Ripley) 1:52:24

CONWY HALF-MARATHON, Conwy,

Overall: 1 R Bentley (Kent, M35) 69:47; 2 J Douglas (Bord H) 70:40; 3 R Challinor (Liv H) 74:17; 4 R Roberts (Cybi) 74:29 M40: 1 M Green (Nwrrc) 76:12. M45: 1 A Whittingham (Wilm) 79:25; 2 G Milligan (Stock H) 79:53. M55: 1 G Xuereb (Unatt) 79:10. M60: 1 D Weaver (Eryri) 89:24 Women: 1 D McVey (Wilm, W35) 81:06; 2 J Clague (Liv H, W40) 85:41; 3 R Douglas (Bord H) 86:07; 4 A Rowlands (Eryri, W40) 86:16

W40: 3 L Grantham (Pens) 90:01; 4 S Gray (C&S) 91:14. W50: 1 N Skilton (Cannock&stafford) 91:33; 2 J Evans (Mine) 96:50; 3 E Collins (Denb) 99:40. W55: 1 E Jackson (Unatt) 1:41:16; 2 A Collier (Shyal) 1:43:02. W65: 1 P Wright (Unatt) 1:47:19

CORNISH MARATHON, Liskeard Overall: 1 D Costello (Hayle) 2:47:21;

2 P Maskell (StA RR, M35) 2:47:35; 3 T Robinson (Laun RR) 2:48:00 **Women:** 1 Z Morrall (Corn, W45) 3:01:15; 2 W Chapman (Truro, W40) 3:17:40; 3 I Wykes (Truro, W35) 3:20:09 **W50:** 1 J Johnson (Laun RR) 3:20:33; 2 D Roy (E Corn) 3:33:06. **W55:** 1 J Bremner (Tamar) 3:49:42. **W65:** 1 J Mills

GOSPORT HALF-MARATHON, Hampshire

(Laun RR) 3:57:18

DESPITE the cancellation of the Brighton 10km, just along the coast, due to the gale force winds, this race went ahead as planned and men's winner, Jonathon Roberts, set a course, but not race, record of 69:40.

Overall: 1 J Roberts (Soton) 69:40; 2 J McMullan (THH) 71:05; 2 R Waldron (Soton) 72:40; 4 P Lighting (Kent) 73:19; 5 B Brewster (Soton) 73:43; 6 J Manning (Denm, M40) 74:26; 7 W Russell (B&W) 74:38; 8 K O'Holleran (C&C) 74:44; 9 A Martin (M High) 74:58

M40: 2 N Ling (Dart) 75:12; 3 L Tolhurst (Over) 77:39; 4 P Collins (Ports J) 77:43.

M45: 1 S Holmes (Over) 787:35; 2 E Passingham (Alton) 77:37. M50: 1 R Bentley (Wx) 79:05. M55: 1 N O'Dowd (E'leigh) 84:47; 2 A McEwen (Ryde) 84:50; 3 P Hoy (Ports J) 86:37. M60: M Hargraves (Ports) 90:58. M65: P Young (Ryde) 90:29. M70: P Klmber (Oxf C) 1:42:36

Women: 1 E Monks (Soton) 81:36; 2 H Wallington (Totton, W45) 81:47; 3 C Bunch (E'leigh) 84:53; 4 E Jolly (Baff) 85:58.

W45: 2 L Hales (Wok) 90:54; 3 T Corker (Soton) 91:24; 4 S Gurney (Win) 91:52. W50: 1 T Train (loW) 90:08; 2 V Lowe (Alton) 99:04. W55: 1 L Whitaker (Win) 96:36; 2 J Riley (Bitt) 97:45. W60: J Georahiou (Farn R) 1:46:38

HADLEIGH 10, Hadleigh

Overall: 1 G Davies (lps J, M35) 58:16; 2 K Hayles (Sud J) 58:40; 3 J Last (Fram, M40) 58:53

M55: 1 H Beasley (St Ed) 64:50 **Women:** 1 V Kenny (Had H) 62:13; 2 O Robson (St Ed, W45) 63:55; 3 S Bird (lps J) 65:27

W65: 1 E Knott (Harw) 83:19 Overall (5M): 1 D Rock (Felix, M35) 29:08; 2 M Sladden (Bung) 29:28; 3 C Bilner (lps J, U17) 30:51

Women: 1 S Thorogood (Sud J, W50) 35:39; 2 G Porch (S'mkt) 36:04; 3 M Tuli (Haver, W45) 36:08

JERSEY SPARTAN HALF-MARATHON, St Clements

Overall: 1 J Faudemer (Jer) 75:46; 2 T Perchard (OxB U) 76:15; 3 J Manners (Jer) 78:30

Women: 1 R Thompson (Unatt) 87:34; 2 M Messervy (Unatt) 93:46; 3 P Worth (Unatt) 94:50

RISBOROUGH RUN IN THE PARK 5km. Princes Risborough

Overall: 1 D Adam (Unatt) 19:36; 2 G Surtees (Wimb W, M50) 21:18; 3 M Vince (Unatt) 23:09

Women: 1 L Waterton (Unatt) 23:38; 2 T Jagot (Unatt) 25:52; 3 S Shepherd (Unatt) 32:09

ST NEOTS RIVERSIDE HALF-MARATHON, St Neots

Overall: 1 D Hudson (BRJ, M35) 73:40; 2 T Easten (Eal E, M40) 76:03; 3 T Fletcher (Unatt) 76:13

M45: 1 C Wartnaby (C&C) 77:51; 2 A Howlett (Fram) 79:30. **M50:** 1 C Ray (Unatt) 82:13. **M55:** 1 D Vaudin (Bath) 85:23

Women: 1 K Murphy (Barn, W45) 84:53; 2 S Pretty (Dunst) 88:27; 3 M Kozlova (C&C) 88:29

W40: 1 L Kristiansen (Rut RC) 93:49. **W45:** 2 G Larham (March) 90:43. **W65:** 1 J Mcgreal (Royst) 1:57:11

SUTTON BENGER FLYER 5, Sutton Benger

Overall: 1 J Dixon (Stroud) 25:51; 2 M Passmore (H'worth) 29:44; 3 W Trew (Chipp, M35) 29:52

M55: 1 G Morris (Ware J) 30:48 Women: 1 E Bell (Chipp) 30:52; 2 J Creed (Unatt) 34:19; 3 C Blake (Chipp, W45) 34:51

W55: 1 L Jeffries (Bath) 37:26. **W65:** 1 Z Marchant (Bath) 42:48

SYD QUIRK HALF-MARATHON, Castletown

Overall: 1 M Garrett (Manx, M45) 76:19; 2 J Newton (Manx, M35) 76:43; 3 J Okell (Manx) 77:57

Women: 1 K Parry () 92:11; 2 H Taylor (Western, W40) 97:33; 3 A King (W35) 1:43:08

TEMPO 10km SERIES, Stratford

Overall: 1 R Shephard (Spa, M35) 37:08; 2 R Simpkiss (McCarkis) 38:57; 3 I Mansell (D&S, M35) 39:04

Women: 1 H Rogan (Unatt) 45:19; 2 E Bexson (Strat, W40) 45:50; 3 K Garrity (Unatt) 47:10

9 BAR CHILLY 10km, Castle Combe, Wiltshire

Overall: 1 E Knudsen (Avon VR) 33:38; 2 L Rankin (T DB) 34:55; 3 T Jordan 36:12 Women: 1 N Wilkinson 39:20; 2 R Bunting 39:23; 3 E Smith (W'bury) 39:52



MICK HAL



MALVERN VIEW 10km, Worcestershire

Overall (tough 10km): 1 H Davies 37:47; 2 E davies 38:20; 3 C Harris 40:39

Women: 1 S Baldwin 49:45: 2 A Thomas 50:14: 3 7 Rvan 50:28

MCC PROMOTIONS COVENTRY 10km, Warwickshire

Overall: 1 B Corleys (B'field) 34:44; 2 M Lambell (W End) 35:02; 3 D Humphreys

Women: 1 S Powell (Kidd) 41:16: 2 J Ward 42:37; 3 T Thickbroom 44:27

SWINDON 10km, Wilshire

Overall: 1 B Cole 31:31: 2 S Nott (Calne)

32:23; 3 C Gillespie 34:19; 4 D Tomlin (M40) 34:57

M55: L Christmas (Stroud) 39:51 **U20:** C Cooper 35:55

Women: 1 N Eaton 38:47; 2 D Nott, nee Grech (Calne, W45) 39:55: 3 F Maycock (Chelt, W45) 39:52

WIMBORNE 10, Dorset

Overall: 1 R McTaggart (B'mth) 55:55; 2 I Trickett (Dors) 56:29; 3 S Way (B'mth, M40) 59:05

M45: R Swindlehurst (Poole) 59:30. M55: S Sharma (B'mth) 61:21. M60: H Murray (Purb) 65:07. **M65:** R Orme (Eg H) 71:27. M75: 1 J Hallett 91:22; 2 B Cameron (Poole R) 93:03; 3 R Panter (Poole R) 94:12

Women: 1 E Dews (B'mth, W40) 63:06; 2 N Sandell (B'mth, W40) 66:17; 3 C Martin (Purb) 66:37

W55: Y Tibble (B'mth) 71:11. W60: F Anderson (Eg H) 74:06. W65: M Kirk 95:17. W70: J Jenkins (L'down) 87:10

WAMPHREY GLEN 5, Annan Overall (5M): 1 A Anderson (Annan,

M45) 33:46; 2 M Whitelaw (Annan, M45) 35:05; 3 E Fairgrieve 36:15 Women: 1 S Singh 42:38; 2 R Allen

(Annan, W40) 42:42; 3 K Stevenson (Annan) 48:01

AUTUMN CLASSIC WINDSOR & ETON HALF-MARATHON, Berkshire

Overall: 1 M Costley (Soton) 72:34; 2 S Begg 75:01; 3 R Snell (Ex'mth) 75:01 **U20:** S Costley (Soton) 77:10 Women: 1 S Harrison (Leam) 84:05; 2 R Brown 87:21; 3 L McHale 88:41

RUNNING 4 RESCUE 10km. Annalong

Overall: 1 N Mooney (Armagh) 36:57; 2 L Mcginnis (Newry, M35) 39:59: 3 N Rankin (Unatt, M40) 40:58

Women: 1 V Ervine (Mourne, W50) 47:57; 2 P Bailey (Unatt, W40) 48:06; 3 D Kelly (Newry, W45) 51:24

Overall (10M): 1 W McKee (Mourne) 57:08; 2 D Mckee (Mourne) 60:58; 3 N Carty (NBH, M45) 61:08

Women: 1 L Graham (Mourne) 61:42; 2 A Perry (B'drain, W40) 70:41; 3 K Porter (Mourne, W35) 75:00

NOVEMBER 17

TODMORDEN PARK 5km SERIES, Todmorden

JUST six days after being in Britain's winning IAU world 50km team, Hannah Oldroyd won this race outright in 18:33. Overall: 1 H Oldrovd (Salt. W) 18:33: 2 S Suttle (Unatt) 19:05; 3 I Jackson (O&R, M40) 19:25

Women: 1 Oldroyd 18:33; 2 A Kalph (Barlick) 20:00; 3 L Gregg (Ross, U15)

RUN IN THE DARK Manchester 10km

Overall: 1 J Watson 35:14; 2 M Tismaoui 36:36; 3 R Fairbanks 37:14 Women: 1 J Marley 39:26; 2 E May 39:58: 3 A Welch 41:46

NOVEMBER 16

DERBY MIDWEEK RACES,

Roundsway, Derby

Overall (5km): 1 H Leleu (Lough) 15:48; 2 A Ediker (C'field, U20) 15:54; 3 T Davis (Lough) 16:29

Women: 1 V Wills (Der) 17:29; 2 R OLivant (Der) 18:19; 3 S Warwick (L Eaton) 19:57

Overall (1M): 1 A Banks (Beacon, U20) 4:33; 2 A Thompson (Beacon) 4:33; 3 P Bouttier-Butler (Beacon) 4:52

Women: 1 H Phillips (Derwent) 4:55: 2 F Deeming (Amber V, U20) 5:46; 3 H Lynas (Heanor, U20) 5:47

NOVEMBER 13

EPSOM 10, Epsom

SCOTT OVERALL continued on his good recent form with a clear win in 52:46 on the tough course. Last year's winner, Ollie Garrod, was second, while third place went to Phil Sanders, whose partner Amy Clements won a bronze medal that weekend in the IAU World 50km Championships.

Overall: 1 S Overall (B&B) 52:46; 2 0 Garrod (E&E) 54:52; 3 P Sanders (Kent, M40) 57:22

M50: 1 R Adams (Unatt) 59:14. M55: 1 C Phelan (S I on) 61:56

Women: 1 S Crumly (Newb) 61:55: 2 M De Silva (Rane) 64:20; 3 J Vickers (S Lon,

W40: 1 D Norman (E&E) 69:03; 2 S Aldridge (Craw) 69:26. W50: 1 M Synnott-wells (Unatt) 71:53; 2 P Major (S Lon) 74:15

RISBOROUGH RUN IN THE PARK 5km, Princes Risborough

Overall: 1 J Evans (Unatt) 23:12; 2 A Vere (Unatt) 23:40: 3 R Bailey (Unatt) 25:01

Women: 1 S Aries (Unatt) 26:00: 2 F Springell (Unatt) 29:01; 3 T Badham (Unatt) 31:03

WINDMILL 10km, Lytham St Annes Overall: 1 C Mccarthy (Lyth) 34:54; 2 S

Croft (R Rose, M35) 35:43; 3 M Osinskigray (Unatt) 37:49 M65: 1 M Walker (S'port W) 42:27

Women: 1 N Archer (Unatt, W35) 39:44; 2 C Triggs (Unatt, W35) 40:36; 3 E Mullan (Clay) 43:49

W55: 1 K Ellis (Edgw) 46:03; 2 B Holmes (Lyth) 46:52. W70: 1 M Christian (Unatt) 59:28

NOVEMBER 12

BUXTON PAVILION GARDENS 5km,

Overall: 1 R White (Bux, M40) 17:55; 2 R Lloyd (Bux) 18:13; 3 J Bennett (Bux, M45) 18:24

Women: 1 E Oulsnam (Unatt) 24:12; 2 J Brereton (Unatt, W55) 25:41; 3 M Babington (Bux, W45) 26:01

MO RUN, Holyrood, Edinburgh Overall (5km): 1 J Aubrey (U20) 18:26;

2 A Heggie 20:37; 3 K Aubrey (W50) 20:45

Women: 1 Aubrey 20:45; 2 M Douglas (W40) 23:11; 3 L Johnston (U20) 23:40 Overall (10km): 1 A Thomson (W) 31:42; 2 M Kenny (W) 33:34; 3 T Roberts 38:36

Women: 1 Thomson 31:42; 2 Kenny 33:34; 3 S Grant 40:55

SUPERNOVA SATURDAY 5km, **Kelpies**

Overall: 1 C McLean (M50) 17:30; 2 M Sutherland (M40) 17:55: 3 C Brand 18:09

Women: 1 N McIntyre 21:42; 2 C-a Brannan (W35) 22:07; 3 L McArthur (W35) 22:15

NOVEMBER 8

AYR SEAFORTH WINTER 5km SERIES. Avr

Overall (all Ayr S and M40+): 1 K Neill 17:12; 2 D Hopper 18:00; 3 A Meldrum 20:19

Women: 1 J McKellar 26:00: 2 L Hunter 26:09: 3 K Green 26:58

NOVEMBER 1

CHINGFORD YOUNG ATHLETES LEAGUE, Hog Hill, Essex

U17 Men (3M approx): 1 J Clarke (Orion) 18:00; 2 J Shotter (Orion, U15) 18:11; 3 E McArdle (Trent P, U15) 19:30; 4 S Ashton (Orion, U15) 19:37; 5 R Edwards (WG&EL) 20:04; 6 L Minns (Orion) 20:16

U15: 6 A Brennan (Trent P) 20:20 U17 TEAM: Orion 1

U15 TEAM: 1 Orion 33; 2 Trent P) 44; 3

WG&FI 49

Standings after 3 matches **U17 TEAM:** Orion 30

U15 TEAM: 1 Orion 29; 2 WG&EL 27; 3 Trent P 17

Final individual

U13 (1M approx): 1 J Geller (WG&EL) 6:27; 2 M Trayner (Orion) 6:54; 3 S Shaw (Orion) 7:05

TEAM: 1 Orion 31; 2 WG&EL 41; 3 Dagenham 44

Standings after 3 matches: 1 Orion 30; 2 WG&EL 27; 3 Dagenham 24 U17 Girls (3M approx): 1 A Cole (Orion, U15) 20:35; 2 B Leddy (Orion, U15) 20:43; 3 A Pearce (Orion, U15) 21:01; 4 M Harnett (Trent P, u15) 21:39; 5 E

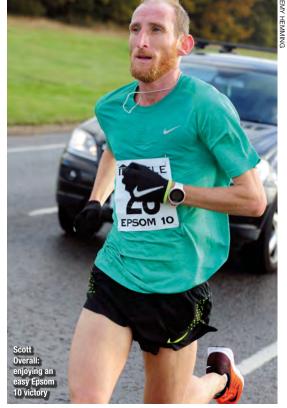
Hathaway (Trent P. U15) 21:42 U17 TEAM: none

U15 TEAM: 1 Orion 27; 2 Trent P 48 Standings after 3 matches

U17 TEAM: Orion 10 U15 TEAM: 1 Orion 30; 2 Trent P 17;

WG&FL 9 U13 (1M approx): 1 M Silverstone (Orion) 6:49; 2 A Dawson (Orion) 6:53; 3

R Natu (Orion) 7:12 TEAM: 1 Orion 21 Standings after 3 matches TEAM: 1 Orion 30; 2 WG&EL 9







OCTOBER 29

PATH OF CONDIE HALF-MARATHON Overall: 1 C Somerville (PHRC) 80:18; 2 A Laycock (Kinross, M50) 83:05; 3 M McConnell (Perth R) 84:20 Women: 1 J Murphy (C'gie) 92:51; 2 L Stephen (Fife, W50) 96:22; 3 Z Johnston (Falk TR, W40) 97:34

OCTOBER 4

MOTHERWELL AAC MONTHLY HANDICAP 4, Strathclyde Park Overall (all Moth): 1 C MacDonald 21:34; 2 A Cameron 21:53; 3 G Kennedy (M50) 23:44

Handicap: P Blackmore (M40) 27:28 Women: 1 K McGeever 24:51; 2 C Hughes 25:42; 3 E Stevenson 28:06 W40: T Lamont 29:22 Handicap: G McCaffer (W40) 30:58

OCTOBER 1

WICKERSLEY CHASE 5, Wickersley

Overall: 1 S Marshall (Roth, M40) 22:39; 2 K Doyle (K'worth, M40) 24:12; 3 H Darwin (Roth, M50) 24:58

Women: 1 G Barber (Malt, W50) 28:46; 2 H Brown (T'ley, W40) 30:49; 3 S Burton (Roth, W55) 30:56

PARKRUN

NOVEMBER 19

parkrun 5km

Leading age-graded
Perth: A Copson 21:29 W65 96.92%;
Burnham-on-Sea: S Nicholls 23:36
W70 90.71%; Dewsbury: T Johnson
19:45 W55 88.47%; Harrow: N
Rackham 17:14 M50 88.29%;
Longford: G Rowlinson 17:13 M50
87.69%; Brighton Preston: C
Naylor 21:47 W60 87.22%; Norwich
Catton: J Clarke 20:19 W55 87.00%;
Banstead: K Quinn 15:31 M35 86.51%;
Bournemouth: A Ridley 17:26 M50

85.93%; Lowestoft: R Cheverton 18:35

M60 85.92%: Poole: D Nicholson 17:13 M50 85.69%; Sheffield Endcliffe: L Adams 17:15 SW 85.60%; Horsham: R Farrington 17:39 M50 85.53% Cambridge: M Holmes 28:44 W80 85.47%; Southampton: B Brown 17:29 U15M 85.34%: Bath: J Thompson 21:13 W55 85.29%: Stockport Varley: A Oldham 22:51 W60 85.29%; Weymouth: F Anderson 21:48 W60 85.03%; Tunbridge Wells: J Lowden 18:49 M60 84.86%; Greenock: D Petrie 18:41 M55 84 77%: Lincoln: P Duncan 18:06 M55 84.73%; Cranleigh: C Finill 18:27 M55 84.46%; Holkham: M Tuff 17:45 M50 84.40%; Longford: S Moss 18:43 U15W 84.37%; Maidstone: G Saker 18:11 M55 84.34%; Frimley: M Symes 17:14 M45 84.32%: Banstead N Reissland 17:48 M50 84.16%: Nonsuch: S Bean 18:41 M55 84.08%; Brockenhurst: G Ratcliffe 19:19 M60 84.05%; Derry City: S Rankin 15:27 SM 84.03%; Exeter River Valley: P Monaghan 17:42 M50 83.98%; Hull: J Morley 23:13 W60 83.94%; Edinburgh Silverknowes: P Avent 15:33 SM 83 94%: Brockwell: G Ironmonger 18:08 M50 83.91%; **Salisbury**: S Herring 17:43 M50 83.91%; Weymouth: K Archer 19:31 M60 83.89%; Hull: D Edge 17:44 M50 83.83%; Congleton: M Hull 18:19 M55 83.73%; Swindon: H Hillman 20:48 U11W 83 59%: Basingstoke: T Ellis 18:39 M55 83.55%; King's Lynn: J Ashby 24:38 W65 83.39%; Belfast Victoria: C Curran 16:34 M40 83.34%; Bushy: A Jaksevicius 15:55 M35 83.32% Bognor Regis: R Moore 17:44 SW 83.27%; Bushy: J Harvey 17:44 SW 83.27%: Cannon Hill: M James 20:04 W50 83.24%; Brockenhurst: J Balfour 21:00 W55 83.21%; Hornchurch: L Deadman 17:46 SW 83.20%; Bushy: I Brinsden 17:45 SW 83.19%: Taunton H Taunton 17:45 SW 83.19%; King's Lynn: M Pyatt 16:23 M35 83.09%; Erddia: P Jones 17:14 M45 83.07% Ellenbrook Fields: V Pritchard 17:47 SW 83.05%; Scunthorpe Central: C

Gibbs 18:39 M55 82.89%; Maldon

Promenade: P Dobson 17:40 M45 82.87%; Woodley: M Worringham 16:26 M35 82.83%; Preston: G Pennington 17:17 M45 82.83%: Hull: J McQueen 17:41 M45 82.79%; Holkham: N Bensley 17:27 M45 82.65%; Belfast Queen's: P McCullagh 19:01 M55 82.61%; Huddersfield: D Watson 17:21 M45 82.51%; Harwich: E Knott 24:15 W65 82.48%; **Blickling**: A Durand 19:10 U15W 82.39%: Ellon: K Buchan 16:53 M40 82.36%; Stoke-on-Trent: J Wilson 18:07 U15M 82.35%; Cardiff Blackweir: S Paterson 16:25 M35 82.34%; Minehead: L Lascelles 20:31 W50 82.32%; Hackney Marshes: P Holloway 17:40 M45 82.25%; Perth: W Mackay 18:13 M50 82.23%; Raphael: S Philcox 18:05 M50 82.20%; Bromley: C Desmond 18:24 M50 82.05%; Cambridge: M Phillips 23:11 W60 81.95%; Beckenham Place: C Steward 23:47 W60 81.94%: Cardiff Blackweir: F Lagomarsino 18:02 SW 81.89% Cambridge: A Joiner-Handy 19:33 W45 81.88%

Fastest men Derry City: S Rankin 15:27 Banstead: K Quinn 15:31 Edinburgh Silverk: P Avent 15:33 Bushv: A Jaksevicius 15:55 Manchester Platts: A Sciacca 15:58 Beeston: J Millar 15:59 Nonsuch: T Higgs 16:03 Solihull: P Brookes 16:05 Llanelli Coast: I Harris 16:05 Nostell Priory: N Hooker 16:06 Seaton: J Smith 16:10 Milton Keynes: R Burling 16:11 Middlesbrough Albert: E Brhane 16:12 Manchester Heaton: P Robertson 16:16 Malling: T Collins 16:16

Cannon Hill: E Banks 16:17 Whitstable: D Carter 16:17 Poole: R McTaggart 16:19 Frimley: B Johnson 16:21 York: J Howe 16:21 King's Lynn: M Pyatt 16:23 Crawley: J Westlake 16:23

Great Lines Heritage: T Menges 16:24 Nonsuch: 0 Garrod 16:24 Cardiff Blackweir: S Paterson 16:25 Southampton: A Mahamed 16:26 Woodley: M Worringham 16:26 Edinburgh Silverk: B Potrykus 16:27 Southsea: R Johnstone 16:27

Fastest women

Sheffield Endcliffe: L Adams 17:15 Bognor Regis: R Moore 17:44 Bushy: J Harvey 17:44 Bushy: I Brinsden 17:45 Taunton: H Taunton 17:45 Hornchurch: L Deadman 17:46 Ellenbrook Fields: V Pritchard 17:47 Cardiff Blackweir: E Lagomarsino

Edinburgh Silverknowes: C Cox 18:22 Perth: N Bartlett 18:26 Hull: H Baynham 18:30 Horton: H Oldroyd 18:37 Longford: S Moss 18:43 Inverness: T Hill 18:45 Norwich Eaton: M Solway 18:46 Dulwich: T Murphy 18:47 Blandford: S Thomas 18:53 Cardiff Blackweir: H Sharpe 18:53 Longford: B Donnelly 18:53 Bangor: J Smith 18:54 Hampstead Heath: A Ostrowsk 18:54 Brandon: C Spencer 18:56

Harrogate: R Jones 18:57 Poole: J Wadsworth 18:57 Frimley: R Vickers 19:00 Beckton: V Cronin 19:02

Wormwood Scrubs: S Johnson 19:03 **Lee-on-the-Solent**: N Moxham 19:05 **Raphael**: H Wilson 19:05 Bury St Edmunds: H Davies 19:08
Goole: A Leake 19:09
Blickling: A Durand 19:10
Rising Sun: C Penfold 19:10
Peckham Rye: G Turner 19:15
Perry Hall: L MacDonald 19:15
Perth: S Green 19:16
Eastleigh: J Meek 19:21
King's Lynn: R Gallop 19:22
Congleton: S Heslop 19:26
Bath: K Svane 19:27
Limavady: C Toner 19:29
Belfast Victoria: J Black 19:30
Finsbury: S Walsh 19:30

FELL

NOVEMBER 20

WREKIN WRECKER, Telford
Overall (8.1M/2400ft): 1 H Holmes
(Knave) 57:58; 2 P Jones (Mercia, M45)
58:21; 3 S Adney (Mercia) 64:35; 4 S
Hall (Shrews) 64:53; 5 I Grindley (Mercia, M50) 65:34

M60: S Morran (N Mast) 75:43. **M70:** G Gunner (Croft A) 98:43

Women: 1 R Parker (Mercia) 69:01; 2 M Price (Mercia, W40) 70:27; 3 Z Barber (Shrews) 75:09

W55: S Howarth (Mercia) 88:21

ARNSIDE KNOTT, Far Arnside
Overall (5.5/919ft): 1 C Arthur (Bowl)
36:13; 2 R Edgar 39:00; 3 J Jardine
(Helm, H) 39:36; 4 H Lord (B Combe)
40:24; 5 L Bowen (Amble) 40:39
M40: A Meanwell (B'dale F) 41:08.
M50: J Coleman (Lons) 47:02. M60: A
Stokes 50:45

Women: 1 H Dent (Howg) 42:38; 2 C Maley (NSP) 46:00; 3 E Maddocks (Lons) 47:45

W40: R Hill (Sett) 49:14. **W60:** W Dodds (Clay) 57:21

U16 (2.3M/463ft): 1 R Askew (Helm H) 15:12; 2 B Edmondson (Amble) 17:26; 3 H Sanderson (Amble) 18:47

U16 women: 1 R Woodhams (Dall) 19:03; 2 C Hutchinson (Amble) 22:04 U14: 1 J Smith (Kend) 15:51; 2 O Sanders (Helm, H) 16:04; 3 J Egner (Sett) 16:13 **U14 girls:** 1 C Rylance (Amble) 17:23; 2 E Swarbrick (C'land F) 18:05; 3 M Doherty (Hel,m H) 18:57

U12 (1.78M/260ft): 1 J Bowen (Amble) 10:43; 2 B Greenup (Sett) 11:27; 3 C Coates (Amble) 12:00

U12 girls: 1 S Rylance (Amble) 12:13; 2 C Samson (Helm H) 12:16; 3 S Smith (Helm H) 12:49

NOVEMBER 19

PENMAENMAWR, Gwynedd Overall (16.1km/594m): 1 G Hughes (Mercia) 74:14; 2 M Corrales (NWRR) 77:24; 3 R Grantham (Pens, M40) 77:46; 4 J Brown (Buck, M40) 77:58; 5 D Griffiths (Rhedwyr) 79:06 M50: J Hunt (Dark Pk) 79:37. M60: I

M50: J Hunt (Dark Pk) 79:37. M60: I Edgar (Rhedwyr) 91:56. M70: I Jones (Wrec TC) 1:50:47

Women: 1 M Grant (Eryri) 84:56; 2 A Rowlands (Eryri, W40) 89:02; 3 S Williams (Hebog) 89:52 W50: B Ripley 1:52:56

NOVEMBER 12

HARRIERS V CYCLISTS, Dowley Gap, Bingley

Overall (5.5M/827ft, runners only): 1 T Adams (Ilkley) 34:03 (rec): 2 J Hall (Wharf) 335:48; 3 J Baxter (P&B) 36:01; 4 C Bell (Kesw) 36:02; 5 M Elkington (Dark Pk) 36:25

M40: D Kay (Calder V) 38:41. M50: J Mason (Dews 41:05. M60: J Wheldon (Bail) 52:41. M70: G Breeze (Wharf) 63:18

Women: 1 A Lupton (B Combe) 41:18; 2 B Jenkinson (Eryri) 42:00; 3 H Berry (Holm, W40) 42:03

BURLEY MOOR RUN, Burley in Wharfedale

Overall (11km/800ft): 1 P Livermore (N Leeds F) 47:24; 2 D Driver (Wharf) 48:25; 3 B Addey 48:35; 4 T Ashelford (Leeds Brad TC) 49:18; 5 B Sheppard (Ilklev) 49:23

Women: J Elgood (Ilkley) 51:48; 2 P Munro (Iklkey) 54:36; 3 J McCarthy (Ilkley) 54:57



AW/PREVIEWS

LIVERPOOL CROSS CHALLENGE, SEFTON PARK, NOVEMBER 26

OLYMPIAN SHOOT-OUT

TOP TRIO CONTEST SENIOR MEN'S RACE IN LIVERPOOL

HE country's best cross-country runners line up in the second of this year's British Cross Challenge series.

The first four in each of the senior and under-23 categories and first five in both of the under-20 races will gain automatic selection for the European Cross Country Championships in Chia, Italy, on December 11. Current form will see the six-berth teams completed, with selectors' discretion usually relying heavily on positions in Liverpool.

The senior men's race sees a trio of Rio Olympians set for an intriguing battle.

Andrew Butchart was second here two years ago, but he has gone to another level in the last 12 months, placing sixth in the 5000m at the Rio Olympics.

Another who shone in Brazil was Callum Hawkins, placing ninth in the marathon. The athlete, who pipped Butchart in 2014, will be hoping he has the upper hand again.

Andrew Vernon, who competed over 10,000m at the Olympics, has been Britain's best cross-country runner domestically over the last several years and the winner from the Milton Keynes leg of the series is out to maintain that status as he looks to be nearing his best.

Others expected to challenge for Chia places are Adam Hickey, Dewi Griffiths, Jonathan Taylor, Andrew Heyes, Charlie Hulson, Jonny Hay and Tom Lancashire.

International Jonathan Davies and Abel Tsegay, the winner of the under-20 race two years ago, head the under-23 entries. They will face leuan



Thomas, Josh Kerr and Robbie Fitzgibbon.

Among those with high hopes of selection in the under-20 race are triathlon international Alex Yee, Gus Cockle and Jamie Dee.

Former European crosscountry champion Gemma Steel is hoping to return to her best form following her fourth place in Milton Keynes.

The winner there, Pippa Woolven, is back and keen to crown her improvement with a Euro Cross place.

Others set to be in with a shout are under-23 Jessica Judd and Katrina Wootton, who were second and third in Milton Keynes, and Beth Potter.

Louise Small, Claire Duck, Steph McCall and Victoria Knight are other seniors who look likely to be in the mix.

Among those challenging Judd for under-23 places could be Amy Griffiths and Charlotte Taylor.

Harriet Knowles-Jones was a convincing under-20 winner in the opening leg of the series and last year's European Cross silver medallist should start favourite here.

Phoebe Law, Sabrina Sinha, and Niamh Bridson-Hubbard are other contenders.

In the age-group races, Milton Keynes winners Elliot Dee (under-17), Hamish Armitt (under-15), Sam Smth (under-13), Amelia Quirk (under-17), Shannon Flockhart (under-15) and Anna Hedley (under-13) are all in the line-up.

TV GUIDE

THURSDAY NOVEMBER 24

12pm - Manchester Half-marathon FRIDAY NOVEMBER 25

SKY SPORTS 3

12.15am - Lightning Bolt, profile of an Olympic legend

5.30am - Weight of a Nation, Cathy Freeman and Sydney 2000 SKY SPORTS 4

9.30am - Sporting Greats, Carl Lewis

SATURDAY NOVEMBER 26

RIKE

9.30am - In the High Country, with mountain runner Anton Krupicka **MONDAY NOVEMBER 28**

SKY SPORTS 5

12.30pm - Going the Distance, the **Emil Zatopek story**



TIMETABLE

11.45am

11am 1.9km Under-11 boys and girls

One short lap plus start and finish straights

11.15am 3km **Under-13 girls**

One long lap plus start and finish straights

11.30am 3km **Under-13 boys**

One long lap plus start and finish straights 3km

One long lap plus start and finish straights

Noon 3km **Under-15 girls**

One long lap plus start and finish straights

Under-17/under-20 women 12.15pm 4.4km

Under-15 boys

One short lap and one long lap plus start and finish straights

12.35pm Under-17 men 5.5km

Two long laps plus start and finish straights

12.55pm 6.7km Under-20 men

Two long laps with loop each lap plus start and finish straights

1.15pm 8.1km Senior women

One short lap and two long laps with loop each long lap plus start and finish straights

2.05pm 9.8km Senior men

Three long laps with loop each lap plus start and finish straights

brooksrunning.com/uk





CROSS-COUNTRY

Saturday November 26 BRITISH ATHLETICS CROSS

CHALLENGE (Inc EUROPEAN TRIALS)

Sefton Park, Liverpool.

britishathletics.org.uk

ESSEX COUNTY U13/U15/VETERANS' CHAMPIONSHIPS

Writtle College, Writtle. 10am. essexroadrunning.org.uk

FRATERNITY/SORORITY CUP

barnetadac.com

GRAND PRIX EXPRESS NORTH WALES

SENIOR LEAGUE

Treborth Track, Bangor. 2pm. northwalesxc.com

KENT LEAGUE

Danson Park, Welling. Noon

kcaa.org.uk LIVERPOOL & DISTRICT LEAGUE

Sefton Park. 2pm.

lps-athletics.co.uk

MID LANCS LEAGUE Sefton Park, Liverpool. 12.30pm.

midlancs.org.uk NORTH WEST LONDON YOUNG

ATHLETES' LEAGUE

Trent Park, 1pm.

SOUTH OF THAMES CCA 5

Ham Lands.

START FITNESS NORTH EASTERN HARRIER LEAGUE

Thornley Hall Farm, Peterlee. 12.15pm.

harrierleague.com

STOCKPORT SCHOOLS LEAGUE Woodbank Stadium, Stockport, 10,30am,

stockportharriers.co.uk

Sunday November 27

DERBY RUNNER LEAGUE
Bagworth Heath, Bagworth. 11am.

derbyrunnerleague.com GLIDDON & SQUIRE NORTH DEVON

Arlington Court, Arlington. 10am.

northdevonxcleague.weebly.com

NORTH YORKSHIRE & SOUTH DURHAM LEAGUE (CANCELLED)

Croft Racing Circuit, Darlington, 1pm.

new-marske-harriers.co.uk

PECO LEAGUE

Temple Newsam.

pecoxc.co.uk
THREE COUNTIES LEAGUE

Leighton Buzzard. 10.30am.

threecountiesxc.co.uk

WEST GLAMORGAN LEAGUE

Kenfig Nature Reserve, Kenfig. 11am. westglamleague.co.uk

Saturday December 3

ALTON SPORTS HAMPSHIRE LEAGUE

Popham Airfield, Basingstoke. Noon hampshireathletics.org.uk/events/ hxcl.html

BIRMINGHAM LEAGUE

1: Sandwell Valley. 2: Stratford upon Avon. 3: Gloucester

birminghamccleague.co.uk CHILTERN LEAGUE

Luton.

chilternccl.co.uk

ENGLISH SCHOOLS CUP FINAL

Range High School, Formby. esaa.net

KENT COUNTY MASTERS'

CHAMPIONSHIPS

Central Park, Dartford.

kcaa.org.uk

LEICESTERSHIRE AND RUTLAND

SCHOOLS' LEAGUE

Brooksby College. 10.30am. systemed.co.uk/lsxc

MALCOLM CUP

Six Mile River Park, Ballyclare.

athleticsni.org

MANCHESTER AREA LEAGUE Heaton Park, Manchester, Noon,

manchesterareaccl.com

MIDLAND WOMEN'S LEAGUE

Stratford on Avon

midlandathletics.org.uk NORTH MIDLANDS LEAGUE

Heanor, 1pm.

northmidsxcleague.co.uk PYRAMID CONSULTANCY NORTH WALES JUNIOR LEAGUE

Ysgol Morgan Llwyd, Wrexham. 10.30am.

northwalesxc.com
RED ROSE LEAGUE

Marl Pits Sports Centre, Rossendale. 12.15pm.

redrosecrosscountry.co.uk SCOTTISH EAST DISTRICT

CHAMPIONSHIPS Aberdeen

scottishathletics.org.uk
SCOTTISH NORTH DISTRICT CHAMPIONSHIPS

Inverness

scottishathletics.org.uk

START FITNESS GWENT LEAGUE

Blaise Castle, Bristol.

gwent-league.org.uk

START FITNESS METROPOLITAN

LEAGUE Wormwood Scrubs.

metleague.co.uk

SUSSEX LEAGUE

Stanmer Park, Brighton, sussexathletics.org.uk

Sunday December 4

53-12 LEAGUE East Newhall Farm, Harwich. 10am.

53-12xc.com

BOOTH DECORATORS LEAGUE Bakewell Showground, 11am

CUMBRIA LEAGUE

DEVON COUNTY CHAMPIONSHIPS Exeter.

city-runs.co.uk

DOWNS LEAGUE

Epsom Downs. 10.45am.

EAST YORKSHIRE LEAGUE

Langdale End. 11am. HEREFORDSHIRE LEAGUE

Rotherwas. 11am JERSEY OPEN

Les Creux Country Park. 10am. jerseyspartan.com

NORTH WEST SUNDAY LEAGUE

Walton Hall Park, Liverpool. 10am.

stevesaunders.co.uk

OXFORD MAIL LEAGUE TBC, 9,55am.

oxonxc.ora

PIRIE 10

Farthing Downs. 10am. southlondonharriers.org

SCOTTISH BORDERS LEAGUE

Spittal Beech, Berwick, 11,30am,

hordersxc.com

SCOTTISH WEST DISTRICT CHAMPIONSHIPS

scottishathletics.org.uk

SHROPSHIRE YOUNG ATHLETES' LEAGUE

Oswestry School, Oswestry. 1.30pm. oswestrvolympians.com

SOUTH ESSEX LEAGUE Hadleigh Downs West. 10am

east-essex-tri-club.co.uk/xcsunday.

SUFFOLK WINTER LEAGUE

Sutton Heath, Woodbridge. bungayblackdogrunningclub.co.uk THAMES VALLEY LEAGUE

Bradenham

tvxc.org.uk
WESTWARD LEAGUE

Exeter.

city-runs.co.uk

WEST YORKSHIRE LEAGUE

westyorkshireathletics.org.uk

Wednesday December 7 NORTHERN POLICE LEAGUE (Incl. MIDLANDS POLICE AND SERVICES

Derbyshire. 2pm. slateman.co.uk/npccl

Saturday December 10

CHINGFORD LEAGUE

Alexandra Palace. 1pm.

CUMBRIA LEAGUE

Workington. **EAST SURREY LEAGUE**

Wimbledon Common. FNB GUERNSEY LEAGUE

Delancey. 2pm

guernseyathletics.org.gg HERCULES WIMBLEDON INTERCLUB 5

Wimbledon Common. 11am.

herculeswimbledonac.org.uk
LIVERPOOL & DISTRICT LEAGUE

Beacon Park. 2pm. lps-athletics.co.uk

NORTH EASTERN COUNTY

CHAMPIONSHIPS Aykley Heads, Durham. 11am.

SOUTH EAST LANCASHIRE LEAGUE

Tandle Hills, Oldham, 1pm.

selcc.co.uk SOUTH OF ENGLAND AA MASTERS

CHAMPIONSHIPS

Horspath Track, Oxford seaa.org.uk SOUTH OF ENGLAND MASTERS'

CHAMPIONSHIPS (Inc SOUTH OF ENGLAND INTER COUNTIES

CHAMPIONSHIPS) Horspath, Oxford.

seaa.org.uk

STOCKPORT SCHOOLS LEAGUE

Woodbank Stadium, Stockport. 10.30am.

stockportharriers.co.uk WELSH INTER-REGIONAL

CHAMPIONSHIPS Royal Welsh Show Ground, Builth Wells.

welshathletics.org

Sunday December 11

53-12 LEAGUE Gosfield School, Gosfield. 10am.

53-12xc.com

CC6 LEAGUE Janesmore Pond, Stoney Cross. 9.30am.

cc6.co.uk DERBY RUNNER LEAGUE

Bradgate Park, Newtown Linford. 11am. derbyrunnerleague.com

DORSET COUNTY CHAMPIONSIPS Canford School, Canford Magna

teamdorsetathletics.btck.co.uk

FAST SUSSEX LEAGUE New Place Farm (Date TBC). 10.30am.

eastsussexcrosscountry.co.uk FROSTBITE FRIENDLY LEAGUE

Hinchingbrooke Park. 10.15am frostbiteleague.org.uk

LEWIS & HARRIS SERIES Lews Castle, Stornoway srac.org.uk

LINCOLNSHIRE LEAGUE

lincsathletics.com MICROGAMING MANX LEAGUE

NEWBURY BORDER LEAGUE Stoke Park

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

RYSTON RUNNERS OPEN LEAGUE

Shouldham Warren. 11am.

rystonrunners.ora.uk

SCOTTISH BORDERS LEAGUE Chirnside Primary School, Selkirk

11.30am. bordersxc.com

SOUTHERN LEAGUE

Bourne Woods, 11am.

bobayer.com/trwl TADLEY RUNNERS 5.2

Hurst Leisure Centre, Tadley, 11am tadleyrunners.co.uk

TRI-COUNTY CHAMPIONSHIPS (Inc AVON, SOMERSET & WILTSHIRE

CHAMPIONSHIPS) Bath University, Bath

avon-aa.org.uk
UP AND RUNNING SOUTH YORKSHIRE

LEAGUE

Spinkhill. 11am. sycaa.co.uk

WESSEX LEAGUE

Canford School, Canford Magna. teamdorsetathletics.btck.co.uk **WEST MIDLAND YOUNG ATHLETES**

Perry Park, Birmingham. 11am. wmyaccl.com

Wednesday December 14

EAST ANGLIAN LEAGUE Whitwell Station, Reepham

eaccl.webs.com SOUTH WEST UNITED SERVICES LEAGUE HMS Raleigh. 2.30pm.

dsfrs-running-club.org.uk

ROAD

Thursday November 24 TODMORDEN PARK 5km SERIES Todmorden CC, Todmorden, Lancashire,

6.45pm.

cannonballevents.co.uk WESTON PROM 5 Pavilion Bar, Upper Church Road, Weston-

Super-Mare, Somerset, 7,30pm. westonac.co.uk Friday November 25

3km ON THE GREEN SERIES McLellans Arch, Glasgow Green, Glasgow. 12.30pm.

BROOKS SERPENTINE LAST FRIDAY

The Bandstand, Hyde Park, London.

3kontheareen com

serpentine.org.uk Saturday November 26

3-1-5 LANCASTER 5km/10km 3-1-5 Heath Club, Caton Road, Lancaster.

CHEDDLETON CHRISTMAS PUDDING DASH 10km St Edwards First School, Cheddleton,

Staffordshire. 2pm cheddletoncarnival.co.uk GLASGOW UNIVERSITY 5

Garscube Sports Complex, Glasgow spevrunners.co.uk RAVENSTONEDALE RED 10km Ravenstonedale, Cumbria. 1.30pm.

howgillharriers.co.uk SEELEY CUP 10km Ozone Centre, Ormeau Park, Belfast.

willowfieldharriers.co.uk SELF TRANSCENDENCE 10km WESHAM 10km

St Mary's Catholic Primary School, Lea Town, Preston, Lancashire, 11am.

weshamroadrunners.co.uk WOLVERTON 5 (Inc EMAC

CHAMPIONSHIPS) Willen Lakeside, Milton Keynes, Buckinghamshire. 2pm

mcs.open.ac.uk/mkac/w5info.htm

Sunday November 27 AVR WILTSHIRE HALF-MARATHON

Station Yard, Edington, Wiltshire. 11am. avrwiltshirehalfmarathon.org

BARNSLEY 10km Royston Leisure Centre, Royston, South

Yorkshire. 10am. barnslevac.co.uk

BOSCOMBE 10km

Kings Park Athletic Stadium, Bournemouth, Dorset. 11am.

bournemouthjoggers.co.uk CITY OF SALFORD WOMEN'S 5.25 Swinton FC Clubhouse, Barton Road,

Swinton, Manchester. 10.30am. swintonrunningclub.co.uk

CROWBOROUGH 5km/10km Beacon Community College, Crowborough, East Sussex. 10am.

crowboroughrunners.org.uk
DOWNTON HALF-MARATHON

Trafalgar School, Downton, Wiltshire. 9am. racenewforest.co.uk

EYNSHAM 10km Bartholomew School, Eynsham,

Oxfordshire. 10.30am. evnshamroadrunners.org.uk FALMOUTH MOB MATCH 5

Falmouth, Cornwall. 10.30am. falmouthroadrunners.co.uk **GUERNSEY 5**

Guernsey. 10am guernseyathletics.org.gg

HATFIELD 5 University of Hertfordshire, College Lane, Hatfield, Hertfordshire. 10am.

hatfield5.co.uk JIGSAW RUN 10km

Dunsfold Park, Cranleigh, Surrey. 10.30am jigsawrun.co.uk

KINGSTON 10km

Hawker Centre YMCA, Kingston Upon Thames. 9.15am.

energizedsports.com

OWLER HALF-MARATHON/MARATHON Julie Rose Stadium, Ashford, Kent. 9.30am.

trispiritevents.com/owler-marathon PRESTON THE BEST 5km

Moor Park, Preston, Lancashire. 11am. ukroadraces.info RED RUN 5km/10km

Victoria Park, London. Noon.

redrun.org.uk

RISBOROUGH RUN IN THE PARK 5km Princes Risborough, Buckinghamshire.

risboroughruninthepark.weebly.com RUN NORTHUMBERLAND BIG 10 Kirkley Hall, Ponteland, Northumberland.

9.45am. run-nation.org

SOUTHAMPTON COMMON 10km Cemetery Road, Southampton, Hampshire. 11am. mccnromotions10kseries.com VALE OF CLWYD HALF-MARATHON

Village Hall, Llandyrnog, Clwyd. 10am. **Tuesday November 29**

Aztec West Business Park, Bristol. 7.30pm.

AZTEC WEST FAST 5km

Battersea Park, London uk.srichinmoyraces.org bristolandwestac.org.uk

AW/FIXTURES

CONQUER THE CAIRN

Knockmany Forest. athleticsni.org

Thursday December 1 BOSTON MANOR MILE

Boston Manor Park, Brentford, Middlesex,

ealinghalfmarathon.com

BURNHAM ON SEA WINTER 5km SERIES

Berrow Road, Burnham on Sea, Somerset. 7.30pm.

bospool.com

GRAVESEND FLOODLIT 10km/5km SERIES

Cyclopark, The Tollgate, Gravesend, Kent. 7.30pm.

nice-work.org.uk

TODMORDEN PARK 5km SERIES

Todmorden CC, Todmorden, Lancashire. 6.45pm.

cannonballevents.co.uk

Friday December 2 EALING MILE

Lammas Park, Ealing, London. 12.30pm. ealinghalfmarathon.com

RUN-4-IT METRO PROMS 3km

WINTER SERIES Promenade Aberdeen 1nm metroaberdeen.co.uk

Saturday December 3 CHESTERFIELD NO WALK IN THE

PARK 5km Queens Park, Chesterfield, Derbyshire, 9.30am.

northderbyshirerc.jimdo.com CHRISTMAS CHARITY FESTIVAL

5km/10km Inverleith Park, Edinburgh. 9.30am.

greatscottishevents.org.uk GREAT LANGDALE CHRISTMAS **PUDDING 10km**

New Dungeon Ghyll Hotel, Great Langdale, Cumbria. Noon.

greatlangdaleroadraces.co.uk **LANCASTER SANTA DASH 3km**

Lancaster. Noon PROSTATE CANCER HALEWOOD 5km SERIES

Environment Centre, Okell Drive, Liverpool, Merseyside. 10am.

knowsleyharriers.com **QEOP WINTER 10km SERIES**

Queen Elizabeth Olympic Park, London. 9.30am.

aeopraces.com **RUN4ALL NEATH ABERAVON 5km**

Aberavon Promenade, Port Talbot. 10am. run4allneath.co.uk

Sunday December 4

3-1-5 LANCASTER HALF-MARATHON

3-1-5 Heath Club, Caton Road, Lancaster.

lancaster-race-series.co.uk **ALAN GREEN MEMORIAL 10**

Sea Road, Westgate on Sea, Kent. 9.30am

thanetroadrunners.org.uk BEDFORD HARRIERS HALF-

MARATHON Wootton Upper School, Bedford. 10am.

hedfordharriers.co.uk

BORDERS LEAGUE 5 Birkenhead Park, Birkenhead, Merseyside.

11am bordersleague.org.uk

BROMHAM PUDDING RUN 10km

Social Centre, Bromham, Wiltshire. 11am. bromhampuddingrun.co.uk **EDINBURGH CHRISTMAS 5km/10km**

Inverleith Park, Edinburgh, 9,30am christmascharityfestival.com

GUY'S 10

Guy's Thatched Hamlet, Garstang, Lancashire, 10am,

garstangre en uk

HOAD HILL HARRIERS CHRISTMAS **PUDDING 10km**

Glaxo Sports Club, Ulverston, Cumbria. 11.30am.

hoadhillharriers.co.uk

HOGS BACK 11.7km Loseley House, Guildford, Surrey. 9am.

hogsbackrun.co.uk MORNINGTON CHASERS' REGENTS

PARK 10km WINTER SERIES

Regents Park, London. 9am

theraceorganiser.com NETHER HEYFORD SANTA RUN 5

Nether Heyford, Northamptonshire. 2pm. onvourmarksevents.org

PERCY PUD 10km

Low Bradfield, Sheffield, South Yorkshire. 9.30am.

steelcitystriders.co.uk

PERIVALE 5

Perivale Park, Greenford, Middlesex, 10am.

esm.org.uk

PUTNEY RIVERSIDE 10km

Barn Elms Sports Centre, Queen Elizabeth

Walk, London. 9am. energizedsports.com

RISBOROUGH RUN IN THE PARK 5km Princes Risborough, Buckinghamshire.

risboroughruninthepark.weebly.com **ROC SEARCH READING SANTA RUN**

5km Forbury Gardens Reading

readingsantarun.co.uk

STOCKPORT 10 Woodbank Stadium, Stockport, Cheshire. 10am.

stockportharriers.com

VICTORY 5

Mountbatten Centre, Portsmouth, Hampshire. 11am.

portsmouthathletic.co.uk

VICTORY MILE Mountbatten Centre, Portsmouth,

Hampshire, 11am.

portsmouthathletic.co.uk

WILMSLOW FESTIVE 10km Wilmslow, Cheshire. 9.30am.

Tuesday December 6 CRYSTAL PALACE CANTER 5km

Top car park, NSC, Crystal Palace,

London, SE19. 12.30pm.

https://crystalpalacecanter.wordpress.

SOUTH SHIELDS MONTHLY MILE

Sanddancer Pub, South Shields, Tyne and Wear, 7pm.

runeatsleen.co.uk

Wednesday December 7

LEICESTER CITY WINTER 5km SERIES Victoria Park, London Road, Leicester. 7.30pm.

nice-work.org.uk OXFORD CITY/COUNTY COUNCIL **CHRISTMAS 2.25**

Oxford, 12:45

Saturday December 10 BATTERSEA PARK REINDEER

5km/10km

Battersea Park,, London. 9.30am.

innovationsports.co.uk

BUXTON PAVILION GARDENS 5km Pavilion Gardens, Buxton, Derbyshire.

buxtonac.org.uk LLANDUDNO 5km

The Pier, North Parade, Llandudno,

Conwv. 10am

bespokefitnessandevetns.co.uk PERTH SANTA 5km

Perth Noon eventfull.biz

Sunday December 11 ABERDEEN CHRISTMAS CANTER 10km

Leisure Centre, Aberdeen, 9.30am.

ABERYSTWYTH CHARITY 10km

Plascrug Leisure Centre, Llanbadarn Fawr,

Aberystwyth. 1.30pm. aberystwythac.co.uk

ANDY READING 10km

Bicester Sports Association, Chesterton, Oxfordshire. 10.30am. alchester-runningclub.co.uk

BECCLES TURKEY TROT 10 Beccles Sports Centre, Beccles, Suffolk.

waveneyvalley.org BLANDFORD SANTA RUN 5

Station Court, Blandford Forum, Dorset, 10.30am.

blandfordsantarun.btck.co.uk **CHRISTCHURCH CHRISTMAS 10km**

Christchurch, Dorset. 11am

christmas10k.org.uk

DERBY RUNNER BOLSOVER 10km Bolsover School, Bolsover, Derbyshire, 10.30am.

northderbyshirerc.jimdo.com KEYWORTH TURKEY TROT HALF-

MARATHON Keyworth, Nottinghamshire. 10.15am.

turkeytrot.org.uk Longridge Christmas Pudding 7

Civic Hall, Longridge, Lancashire, 11am. ukroadraces.info

LOSSIEMOUTH TURKEY TROT 10

Community Centre, Coulardbank Road Lossiemouth.

moravroadrunners.com MILTON KEYNES WINTER HALF-

MARATHON Newlands, Milton Keynes, Bedfordshire.

fqevents.co.uk

NICE WORK RICHMOND PARK 5km/10km SERIES

East Sheen Gate, Richmond Park, Richmond, Surrey. 10am.

nice-work.org.uk

OLYMPIC PARK 5km/10km Queen Elizabeth Olympic Park, London.

olympicpark10k.com

REGENTS PARK 10km

Regents Park, London. 9.30am.

theraceorganiser.com RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Buckinghamshire

rishoroughruninthenark weehly.com SNEYD STRIDERS CHRISTMAS

PUDDING 5/10 Sneyd Community School, Bloxwich, West Midlands. 10am.

sneydstriders.org.uk SOUTHEND RUDOLPH RUN 5 Esplanade, Southend on Sea, Essex.

. 10.30am. nice-work.org.uk

TELFORD 10km Telford Town Park, Telford, Shropshire.

10.45am. telfordathleticclub.co.uk

WELWYN FESTIVE 5 Stanborough Green, Welwyn Garden City.

9.30am. gardencityrunners.org.uk WESTONBIRT 10km

Westonbirt House, Tetbury, Gloucestershire. Noon. dbmax.co.uk

MULTI-TERRAIN

Saturday November 26

BRIGHTON MUDDY MO 5km/10km Stanmer Park, Brighton, Sussex. 10am. **CHASEWATER CHRISTMAS PUDDING**

DASH 5km/10km

Chasewater Country Park, Burntwood, Staffordshire. 10.30am.

nice-work.org.uk

RUNTHROUGH OLYMPIC PARK 5km/10km/10M/HALF-MARATHON

Queen Elizabeth Olympic Park, London.

runthrough.co.uk

TRENT PARK 5km HANDICAP

Snakes Lane, Oakwood, Middlesex 9.30am.

trentparkrc.org WENDOVER WOODS 50

Wendove centurionrunning.com

Sunday November 27 AVEBURY 8

Village Hall, High Street, Avebury, Wiltshire. 10.30am.

marlboroughrunningclub.co.uk **BASSINGBOURN BELLE 10**

Bassingbourn Village College, Bassingbourn, Cambridgeshire. 10am.

fit4thechallenge.co.uk **BICTON BLISTER 4.5/10.5**

Bicton College, East Budleigh, Devon.

bictonblister.co.uk

BRENT KNOLL 5.75 BASC Sportsground, Burnham-on-Sea, Somerset. 11.30am.

burnham-on-sea-harriers.com

BRETT ASHFORD HALF-MARATHON Julie Rose Stadium, Ashford, Kent.

10 45am trispiritevents.com

CAYTHORPE 10km Playing Field, Old Lincoln Road, Caythorpe, Lincolnshire. 11am.

caythorpe.org

CHARLES BURRELL CENTRE 10km Charles Burrell Centre, Thetford. Norfolk.

https://charlesburrellcentre.joomla.

COLWORTH HARE & TORTOISE 26.3 Colworth House, Sharnbrook,

Bedfordshire, 9am.

colworthstriders.org.uk **CROOME CAPABILITY CANTER 10km** Croome Park, Severn Stoke,

Worcestershire. 9.30am. blackpearjoggers.org.uk

EAST MIDLANDS AIRPORT 10km East Midlands Airport, Castle Donington,

Leicestershire, 10am. huubevents.com

FESTIVE FLASH 5 Pennington Flash Country Park, Leigh,

Lancashire. 10am. penningtonevents.org GREENWICH PARK MO 10km

Greenwich Park, London. 10am. mo-running.com

HAYLING 10

Island, Hampshire. 10am. havantac.co.uk

HOWLING BULL RUN 6 Village Hall, Walford, Herefordshire. 2pm. howlingbull.co.uk

Community Centre, Station Road, Hayling

LEARMOUNT TRAIL RUN Learmount Community Centre,

Learmount 9.30am MANCHESTER CHRISTMAS

PUDDING 5 Wythenshawe Park, Manchester. 11am.

NICE WORK BUSHY PARK 5km/10kmSERIES

Bushy Park, Hampton, London. 10am.

capitalrunners.com RUN VENTURE ROLLERCOASTER 5

Run Venture Trail Running Hub, Gulworthy, Devon. 10.30am.

runventureonline.com

SUICIDE 6 Baggeridge Country Park, Sedgley, West Midlands. 11am.

actionheartrunning.com

WATFORD AUTUMN 10km West Herts Sports Club, Watford,

Hertfordshire. 11am. watfordjoggers.org.uk WICKSTEAD WANDER 5

Warneford School, Shrivenham Road,

Highworth, Wiltshire. 11am. highworthrunningclub.co.uk

WINTER FESTIVE FROLIC 6-HOUR Stauton Country Park, Havant, Hampshire.

9.30am onthewhistle.co.uk

Saturday December 3

ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire. 9.30am. abneycheadlerun.co.uk

BURRATOR NOIR 10 Burrator Visitor Centre, Burrator, Yelverton.

Devon. 6pm. wildnightrun.co.uk **ENDURANCELIFE CTS DORSET**

6.1/16.3/27.3/33 Lulworth Cove, Wareham, Dorset.

endurancelife.com LETCHWORTH FIRST SATURDAY OF

THE MONTH 5km Letchworth Outdoor Pool, Letchworth Garden City, Hertfordshire. 9am.

firstsaturday5km.org.uk **MONIKIE SANTA 5km**

Monikie Country Park, Monikie, Dundee. Noon.

10km

eventfull.biz MOUTH 2 MOUTH MARATHON Brighton Road, Shoreham-By-Sea,

Sussex. https://www.sussextrailevents.com OLD DOWN COUNTRY PARK SANTA

RUN 5km/10km Old Down Country Park, Tockington,

Bristol. 10.30am. aspirerunningevents.co.uk OTTERTON REINDEEER RUN 10km

Otterton Church, Otterton, Devon, 10am. ottertonreindeerrun.co.uk RUN FOREST RUN - LOUGHGALL

Loughgall Country Park, Armagh. 11am. born2runevents.com SILKSTONE SHUFFLE 4.5 SERIES

Yorkshire, 10,30am. barnsleyharriers.org.uk WORTHING RUNNING SISTERS **CHRISTMAS CRACKER CHASE**

Silkstone Sports Pavilion, Barnsley, South

5km/10km The Lido, Promenade, Worthing, Sussex.

worthingrunningsisters.org.uk

Sunday December 4 BATH SKYLINE 5km/10km Sports Training Village, University of Bath,

relishrunningraces.com BLYTH SANDS 5

Bath. 11am.

South Beach, Blyth, Northumberland.

blythrunningclub.org.uk **CENTURION GRAND PRIX 5**

John Henry Newman Catholic College, North Solihull, Birmingham. 11am. centurions.ora.uk

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

brooksrunning.com/uk





DOWNLAND DEVIL 9

Church Farm, Coombes, West Sussex. 10am

worthingstriders.co.uk

EDWINSTOWE CHRISTMAS 10km

Edwinstowe Forest Corner, Edwinstowe, Nottinghamshire, 10,30am,

2pointb.co.uk **FULL MONTY CUTE 10**

Ham Hill Centre, Stoke sub Hamdon, Somerset, 10.30am.

fullmontycute.btck.co.uk

GEORGE'S MARCH SANTA RUN 5km March, Cambridgeshire. 10am.

https://www.georges-march.co.uk LEEDS AND LIVERPOOL CHRISTMAS CRACKER 10km/HALF-MARATHON/

Kirkstall, Leeds, West Yorkshire. 9.30am.

itsgrimupnorthrunning.co.uk MAPLEDURHAM 10km

Mapledurham House, Mapledurham, Berkshire. 10am.

mapledurhamten.co.uk

MEERBROOK 6.8km/16.8km Village Hall, Meerbrook, Leek,

Staffordshire

trailrunninapeaks.co.uk/autumn-se-

MINCE PIE 10

MARATHON

Meridian Leisure Centre Peacehaven East Sussex. 11am.

seafordstriders.org.uk

NEWCASTLE DALES DASH 10km

Apedale Community Country Park Chesterton, Staffordshire. 11am.

newcastlestaffsac.org.uk **BACE FOR WILDLIFF 7.5**

Penwith College, Penzance, Cornwall,

mountsbayharriers.co.uk **RUDOLPH RUN 6km**

The Holloway, Tamworth, Staffordshire. 10am

stgileshospice.com

Wednesday December 7

ENIGMA DEJA VU MARATHON

Willen Park, Milton Keynes. 10am.

enigmarunning.co.uk GLOW AROUND THE FOREST 5km

Wickham Common, Wickham,

Hampshire, 7pm.

rogueruns.com

SEVERN BRIDGE NIGHT 5 Chepstow RFC, Bulwark, Chepstow, Monmouthshire. 7.15pm.

INDOOR

Saturday November 26 LEE VALLEY NOVEMBER OPEN

Lee Valley 10am

visitleevalley.org.uk/athletics

Sunday November 27 LONDON UNIVERSITIES & COLLEGES LUCA CHAMPIONSHIPS

Lee Valley.

Iondon-athletics.com

SALE HARRIERS OPEN SERIES Sportcity. 10.30am.

saleharriersmanchester.com

Wednesday November 30 NL LEISURE GRADED

OPEN Motherwell.

https://www.q-buster.co.uk

Thursday December 1 MONKTON YOUNG ATHLETES GRAND **PRIX SERIES**

Jarrow, 7pm.

necaa.weeblv.com

Saturday December 3 MONKTON MINOR ATHLETES GRAND PRIX SERIES

Jarrow 9.30am

necaa.weebly.com NORTHERN ATHLETICS OPEN

Sheffield EIS. 11am.

northernathletics.org.uk

Sunday December 4

SOUTH YORKSHIRE SERIES

Sheffield EIS. Noon.

CHAMPIONSHIPS)

sycaa.co.uk WELSH ATHLETICS JUNIOR OPEN (Inc **SOUTH & EAST WALES REGIONAL**

Cardiff.

welshathletics.org WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES

Eton. 12.30pm. wseh.info

Wednesday December 7 GRANGEMOUTH STADIUM OPEN

GRADED MEETING Grangemouth. 6.30pm falkirkcommunitytrust.org

Saturday December 10 BRUNEL SPEED SERIES

Brunel.

brunel.ac.uk

LEE VALLEY MINITHON

Lee Valley. 12.45pm.

visitleevalley.org.uk/athletics LOUGHBOROUGH STUDENTS AC

Seb Coe Centre, Loughborough, Noon, loughboroughsport.com/au-athletics/

Sunday December 11 CARDIFF MET GP1: CHRISTMAS CLASSIC

Cardiff. Noon

cardiffmetathletics.co.uk/events/ indoor-grand-prix-series METASWITCH GAMES OPEN

Lee Valley. 10am. ehac.co.uk

Wednesday December 14

CRYSTAL PALACE OPEN

Crystal Palace. SHEFFIELD RUN JUMP THROW

SERIES

Sheffield. 6.30pm.

sheffieldathletics.co.uk

Thursday December 15 GATESHEAD HARRIERS OPEN SERIES

Gateshead, 6.15pm gatesheadharriers.com

Saturday December 17 SOUTH OF ENGLAND AA COMBINED EVENTS CHAMPIONSHIPS

Lee Valley. 10am. Until Sunday December 18.

seaa.org.uk

TRACK ACADEMY SPRINT CHALLENGE

goo.gl/forms/JaUyWN87uM

Sunday December 18 ABERDEEN OPEN GRADED MEETING

Aberdeen, 10am,

aberdeenaac.co.uk CHRISTMAS HORIZONTAL JUMPS

COMPETITION Cardiff 11am

https://longjumptraining.com/ christmas-horizontal-jumps-competition-2016

SALE HARRIERS OPEN SERIES

Sportcity. 10.30am

saleharriersmanchester.com

TRACK

Saturday December 3 MMTG CHRISTMAS THROWERS PENTATHI ON

Derby mmtg.org.uk

WALKS

Saturday November 26 HILLINGDON OPEN 10km (Inc **ENFIELD LEAGUE)**

Hillingdon Cycle Circuit, 1pm

Sunday November 27 MANX WINTER LEAGUE

Andreas, Isle of Man

SARNIA WALKING CLUB 2km Imperial Hotel, Pleinmont, Guernsey.

Saturday December 3 CHRISTMAS CUP 5km

Tonbridge

DICK MAXWELL MEMORIAL 10km

Sunday December 4

FORTUNE CUP 10km

Saffron Lane, Leicester. 10.30am

Monday December 5

CHRIS SMITH LEAGUE Saffron Lane, Leicester. 6.30pm

Sunday December 11 SARNIA WALKING CLUB HILL CLIMB

Le Val des Terres, St Peter Port, Guernsey. 9am

sarnia.wordpress.com **Sunday December 18**

ALF PALMER MEMORIAL Horsham, 11am

MANX WINTER LEAGUE

sarnia wordnress com

SARNIA WALKING CLUB 3 Rocquaine Bay, Guernsey. 9.30am.

YORKSHIRE WINTER LEAGUE 10km Kirby Fleetham, North Yorkshire, 11am.

OVERSEAS

Sunday November 27 AAI SENIOR & EVEN AGE GROUP

CHAMPIONSHIPS

Abbotstown, Dublin, Ireland **EUROPEAN ATHLETICS CROSS COUNTRY PERMIT**

Leffrinckoucke France Tilburg, Netherland.

Sunday December 4 FUKUOKA INTERNATIONAL MARATHON

Fukuoka, Japan

Sunday December 11 SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

Sunday December 18 EUROPEAN ATHLETICS CROSS COUNTRY PERMIT

Brussels, Belgium

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INCORPORATING RUNNING

PUBLISHING

Athletics Weekly, The Great Run Company, 22 Long Acre, London WC2E 9LY General enquiries: officemanager@athleticsweekly.com

athleticsweekly.com

twitter.com/athleticsweekly

facebook.com/athleticsweekly

EDITORIAL

EDITOR Jason Henderson

jason.henderson@athleticsweekly.com

DEPUTY EDITOR Paul Halford

paul.halford@athleticsweekly.com

STAFF WRITER Ben Coldwell 07508-545064 / ben.coldwell@athleticsweekly.com

PRODUCTION EDITOR Mike Taylor

07712-583796 / mike.taylor@athleticsweekly.com

07584-528799 / jessica.w@athleticsweekly.com

WEB EDITOR Jessica Whittington

PERFORMANCE EDITOR Peta Bee

peta.bee@athleticsweekly.com PRODUCT REVIEWER Paul Freary

paul.freary@athleticsweekly.com

PHOTOGRAPHER Mark Shearman MBE

mark@athleticsimages.com Editorial contributors: Alastair Aitken, Steve Bateson, Trevor Baxter, Martin Duff, Jean-Pierre Durand, Kevin Fahey, David Griffiths, Jeremy Hemming, Ruth Jones, Paul Larkins, Matt Long, Keith Mayhew, Gary Mitchell, Alex Mills, Steven Mills, Emily Moss, John O'Hara, Steve Roe, Harry Shakeshaft, Denis Shepherd, Simon Turnbull, Mel Watman, Stuart Weir

RESULTS

RESULTS EDITOR Steve Smythe

results@athleticsweekly.com FIXTURES COMPILER Steve Mosley

whatson@athleticsweekly.com Results team: Steve Green, Nigel Harding, Hannah Makins, Malcolm McCausland, Jackie Sibthorp, Les Venmore plus Athletics Data:

Jacky Brett, John Falvey, Hayley Livesey

ADVERTISING & MARKETING

HEAD OF PUBLISHING SALES Neil Presland

07471-035555 / neil.presland@thegreatruncompany.com ADVERTISING MANAGER Mark Judd

backissues@warnersgroup.co.uk

mark.judd@thegreatruncompany.com

GROUP SALES EXECUTIVE Matt McLaughlin 07580-939386 / matthew.mclaughlin@thegreatruncompany.com

PUBLISHING & DISTRIBUTION

RETAIL DISTRIBUTION Seymour Distribution

MANAGING DIRECTOR, GREAT RUN PUBLISHING Wendy Sly wendy.sly@thegreatruncompany.com

2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4000

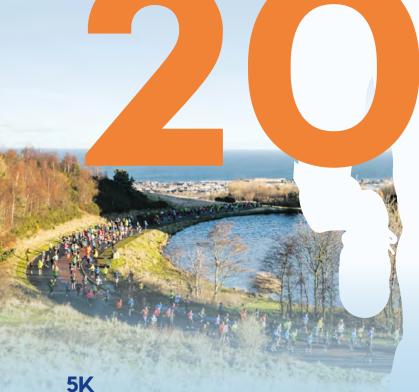
SUBSCRIPTIONS AND BACK ISSUES Warners Group Tel: 01778-392018 / subscriptions@warnersgroup.co.uk

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QUIZ CORNER/AW

STARTER FOR =1()=

WELCOME to another in a regular series of guizzes and competitions for athletics trivia lovers. Our quick-fire 10 questions this week are on current athletics affairs.

Which British marathoner went to the top of the UK 2016 rankings with a fine run in Frankfurt last month?

Name the city that won the right to stage the 2020 World Masters Championships - a) London; b) Melbourne or c) Toronto.

 Haile Gebrselassie recently became president of the a) Ethiopian government; b) Ethiopian athletics federation; c) Ethiopian Olympic Committee?





Race walks at next year's IAAF World Championships in London take place in a) the Olympic Park; b) The Mall outside Buckingham Palace or c) Wembley Stadium?

Which British sprinter has been elected on to the British Olympic Association's Athletes' Commission?

What is the title of Greg Rutherford's recentlyreleased autobiography?

In which televised cross country race will Laura Muir open her season in 2017?

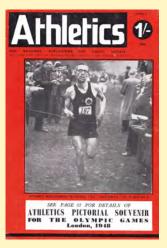
O Jessica Ennis-Hill and Mo Farah were voted senior athletes of the year in the British Athletics Writers' Association awards this month but who were the runners up?

Ron Roddan was inducted into the England Athletics hall of fame this winter but who is his most famous student?

Youngsters will be going to the Bahamas next July, but for which under-18 championship?

MYSTERY COVER STAR

Can you name this athlete pictured on our front page in April 1948 when winning the National Cross?



Quiz answers for November 17: Starter for 10: 1 Milton Keynes, Liverpool, Antrim, Cardiff and Loughborough; 2 Chia in Italy; 3 Paula Radcliffe in 2002; 4 Dewi Griffiths and Kate Avery; 5 Adam Hickey; 6 Bobby Clay; 7 Three; 8 Mahamed and Zakariya Mahamed; 9 1997; 10 McCain Who is this?: David Forrester

NEXT ISSUE: ANSWERS TO ALL THE QUESTIONS POSED HERE, PLUS MORE PROBLEMS TO TEST YOUR ATHLETICS KNOWLEDGE

AW IS OUT ON **DECEMBER 1**



LIVERPOOL CROSS **REPORTS AND PICTURES**

FROM THE EUROPEAN **CHAMPS TRIALS**

DYNAMIC ARE THEY HERE TO STAY?

FREE SUPPLEMENT

RUNNING MONTHLY – FEATURING 'THE BEST OF 2016'

RUNNERS WIN THE LOTTERY

MOUNT'S BAY HARRIERS HIT THE JACKPOT ON WAY TO AMSTERDAM MARATHON



EuroMillions ticket on a whim as they travelled to the Amsterdam Marathon ended up winning £1 million.

The syndicate from Mount's Bay Harriers backed their friend's 'lucky feeling' and bought 13 tickets at Exeter Airport as they travelled out to the Netherlands – and then a few days later realised their ticket had come up trumps.

Syndicate leader Nicky Morse, 58, a self-employed painter and decorator from Penzance, said: "I do seem to have a bit of a magic touch. I'm not a regular gambler but every now and then, I feel lucky



In the money: runners celebrate their EuroMillions win with some champagne

and I'll be drawn to bet on something and I always win. Over the years I've learned to take these feelings as they come and put my positive mindset to good use. It always pays off but this is by far my biggest win to date."

Once the group had

purchased their tickets they forgot about them and carried on with enjoying their weekend of running in Amsterdam.

It was only when they returned that one of the syndicate decided to check the results. However, they neglected to check the UK

Millionaire Maker code and threw the screwed up tickets at Morse along with a jibe about his 'lucky feelings'.

Luckily, Morse and his wife took the tickets home to double check and they discovered they had won and they contacted the rest of the group to tell them they were all £76,923 better off.

"There were a lot of tears and disbelief when I broke the news," he said. "Certainly no one slept that night. I think it has settled in now and everyone has started making plans. Everyone will be doing something different with their share. Some are going to pay off their mortgages, there are a few holidays being booked and I'm planning some home improvements."

THE CORNISH LUCK **KEEPS ON ROLLING**

ATHLETICS facilities in the most south-westerly county of England have been in danger of closing down, but one of Cornwall's two synthetic surfaces enjoyed good news this month that should ensure its survival.

The future has been unclear for Par track near St Austell - the main base for Newquay & Par AC - but an agreement has been made for it to pass into the hands of the community.

Local councilor Doug Scrafton has been working with the 'Par Sports and Leisure Park' group and said: "I am immensely proud to be associated with them. What we have achieved is significant and the decision means that the track will come under community control and therefore be guaranteed for the community. We expect to sign the option agreement early in the new year. The agreement will enshrine the group's irrevocable right to take over the running of the facility."

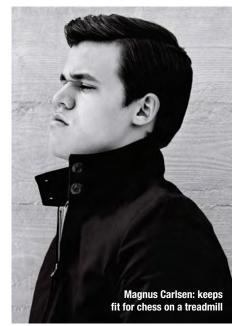
Meanwhile the only other all-weather track in Cornwall, at Carn Brea, is continuing to survive after plans to replace it with a new supermarket last year fell through.

KING CARLSEN IN RUNNING TO DEFEND WORLD TITLE

YOU would think chess requires considerable mental athleticism but physical strength and stamina are not as important.

That's not the way world chess champion Magnus Carlsen sees it. The Norwegian is currently defending his crown against Russian Sergey Karjakin in New York City and part of his preparation has involved running on a treadmill.

"Running is a time where I can go through game strategies," says Carlsen, who typically runs for 30-60 minutes on an incline and also does yoga and plays football in an effort to get fit for seven-hour



marathon games across the board. "Games are lost or won in the final hours due to mistakes caused by fatigue."

Karjakin, meanwhile, who like Carlsen is aged 26, gets fitness coaching from former US Open tennis semi-finalist Anna Chakvetadze.



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