

INSIDE: FULL COVERAGE OF THE WEEKEND'S ATHLETICS

ATHLETICS WEEKLY

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Jason Henderson, editor

FINEST CROSS COUNTRY RUN EVER

JULIAN GOATER'S demolition of a world-class field to win the 1981 English National Cross Country Championships has been part of athletics folklore for years and now *AW* can confirm it is your No.1 moment in cross-country history.

The results of our readers' poll to find the greatest cross-country runners and performance of all time are on p32-35 of this issue and Goater's Parliament Hill victory 37 years ago was your top choice.

Goater was on fire that day as he finished a whopping one minute and 55 seconds ahead of Dave Clarke, Mike McLeod, Dave Moorcroft, Steve Jones and Steve Binns.

One week before the race, Goater had lost to Jones in an inter-services race and nearly did not start at Parliament Hill due to a heel injury. But he recovered in time and used his local knowledge to navigate the gruelling nine-mile course better than anyone.

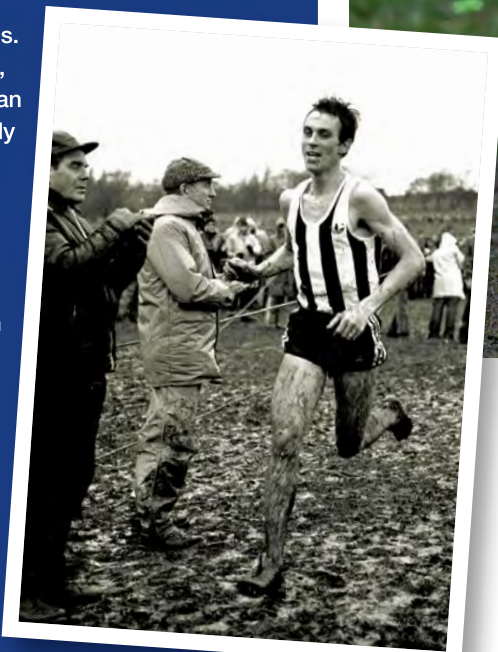
"You always know if you're going to have a good one or not at the top of that first hill," he told *AW* a few years ago. "I felt fantastic – it was like a training run. I went into the lead on the downward stretch and never looked back.

"During the final lap, my lead was so great, I heard someone in the crowd shouting, 'There's nobody in sight – you can stop for a cup of tea!'" he added.

■ LIKE Goater's 1981 National win, the second-half split during Mary Keitany's New York City Marathon win on Sunday will live long in the memory.

Her 66:58 (after a 75:50 first half) is faster than Liz McColgan, Jo Pavey, Mara Yamauchi and Gemma Steel have run for the distance. Indeed, Paula Radcliffe is the only Briton with a superior half-marathon time and Keitany's mark is a couple of minutes faster than legends Grete Waitz and Joan Benoit managed for the half-marathon in the 1980s.

MARK SHEARMAN



Above: Julian Goater wins the National in 1981 (Mark Shearman)

Cover: Phil Sesemann brings Leeds home at the English Cross Country Relays (Mark Shearman) with, inset, New York winner Mary Keitany (Victah Sailer)

ACTION

14 SAUCONY ENGLISH CROSS COUNTRY RELAYS

Leeds City's men and Tonbridge's women capture senior titles at the popular annual event in Mansfield's Berry Hill Park

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Mary Keitany on fire with sizzling women's victory as Lelisa Desisa beats Shura Kitata in close men's race

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English Cross Country Relays: U17 men's action (left) and Tonbridge win the women's title (above) in Mansfield – p14

DAVE WOODHEAD

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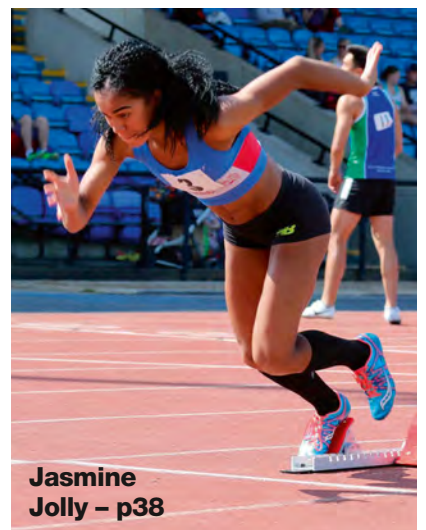
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Amazing story from the 1930s brought back to life in touching tribute online



Jasmine Jolly – p38

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GILES SHOWS STAMINA

BRITISH 800m CHAMP LOOKING AT POSSIBLE MOVE TO 1500m

OLYMPIC 800m runner Elliot Giles hinted at a move up in distance to 1500m after he was a notable participant in the Saucony English Cross Country Relays last weekend, writes Paul Halford.

He anchored Birchfield Harriers to bronze medals (see p14-21) and his 15:19 was just 22 seconds slower than that of the quickest on the longer legs, Jonny Hay.

Giles, who was fourth in the 800m at the IAAF World Indoor Championships this year, has a 3000m, a parkrun and a 5km to his name from 2011, but since



Elliot Giles: good early winter form in Mansfield last weekend

MARK SHEARMAN

then he has run only seven 1500m races.

Immediately after the race he said: "I'm a little out of my depth, I'm feeling it now. My coach said he's not going to wrap me up in cotton wool anymore, he's going to throw me in at the deep end."

Although cagey about his plans for the future, he added regarding a possible move up in distance: "That's the whole point of this winter, I think, if I can do that and mix it with the big guys..."

"I'm more of a 1500m runner than an 800m, however I've only been able to do about 25 miles a week and it's not good enough for 1500m. Whereas I'm already at 40 miles per week [now] and will be at 50 in a few weeks. We'll see."

Giles, who has an 800m PB of 1:44.99, has a metric mile best of 3:41.27 from last year.



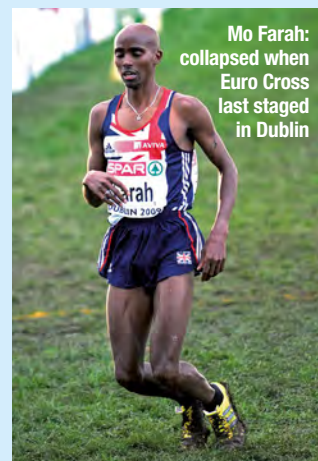
Hayley Yelling: took her second Euro Cross women's title in Dublin in 2009

MARK SHEARMAN

EURO CROSS SET FOR 2020 DUBLIN RETURN

WHEN Dublin last staged the European Cross Country Championships, back in 2009, Hayley Yelling won the women's title and Mo Farah passed out shortly after finishing second in the men's race to Alemayehu Bezabeh – a Spanish runner who has subsequently served a doping ban.

In two years' time this kind of drama is set to return to the Irish capital when it holds the European Championships again. The event will be held at the National Sports Campus in the Blanchardstown area on the outskirts of Dublin on



Mo Farah: collapsed when Euro Cross last staged in Dublin

MARK SHEARMAN

December 13, 2020.

In addition, European Athletics says its under-20 championships in 2021 will be held in Tallinn, Estonia.

BUD'S RUN GOES FROM STRENGTH TO STRENGTH IN BIRMINGHAM

THE latest Bud's Run raised £7000 when it was staged at the University of Birmingham on October 21.

This brings the total fundraising efforts for Parkinson's UK to £87,000 at the annual event which was held for the fifth time last month.

The 5km event, which featured more than 400 runners this year, is the brainchild of coach Bud Baldaro, who was diagnosed with Parkinson's in 2009, and has been based at the University for over a decade.

Baldaro said: "I have been overwhelmed by all the hard work from so many people to make this event a success. There was fantastic support from the Birmingham University runners and from all the families involved, from tiny tots to grannies and grandpas! It was a truly joyful occasion with so many coming together



Bud Baldaro: with under-11 runners Stephen and Denis Scott and, right, with daughter Becky Baldaro-Booth



BUD'S RUN A SUCCESS

to increase awareness of Parkinson's and raise money for Parkinson's UK.

"It was a telling indictment that although I have Parkinson's, it hasn't got me! Thank you to everyone."

Gayle Kelly from Parkinson's

UK said: "We'd like to thank everyone who took part and volunteered to make it such a fantastic day.

"A special thanks to our event sponsors University of Birmingham Sport, Go Faster Food, Up and Running, Running

Imp, and Waitrose for their support."

Parkinson's is a progressive neurological condition for which there is currently no cure and it affects 145,000 people in the UK. For more information, see parkinsons.org.uk

RESPECTED EQUIPMENT GURU DIES

ALAN NEUFF, coach, official and owner of Neuff Athletic Equipment, died at the end of last month from cancer.

Born in 1937, his love of athletics began at an early age as a successful youth sprinter. Through his chosen career as a teacher he soon found his way into coaching and guided athletes in almost all disciplines and in particular pole vault.

In 1966 he designed his own vaulting poles, which were the first flexible fibreglass poles made in Britain, replacing earlier inflexible metal poles.

This led to the formation of Neuff Athletic Equipment, initially as a hobby business which he expanded when he retired from teaching in 1995.

Neuff was supportive of grassroots athletics and in particular disability sports. He was actively involved in the annual games at Stoke Mandeville and this year received a lifetime achievement award from the Cerebral Palsy Sports Awards.

He was able to use his business to develop disability sporting equipment such as throwing clubs and, when

officiating at disability games or regional able-bodied events, he would often take athletes aside after an event to offer them coaching tips.

He is survived by his wife Caroline, children Ralph and Sara and five grandchildren with the family keen to continue Neuff Athletic Equipment with the business relocating to Devon.

■ **The funeral will be held on November 14 at East Riding Crematorium, Driffield. All are welcome to attend, with more details via AlanNeuff2018@gmail.com**



Alan Neuff: funeral is next week but his business is set to live on

NEW SAFEGUARDING COURSE

NATIONAL GOVERNING BODY KEEN TO MAKE SAFETY A PRIORITY IN ATHLETICS

A NEW mandatory online safeguarding course for coaches has been launched in an effort to ensure children and adults at risk within the sport are protected.

UK Athletics and the home country athletics federations have been working with EduCare – an independent and industry-leading provider – to develop a course which will meet the requirements within the Child Protection in Sport Unit (CPSU) annual national governing body assessment process.

Nigel Holl, UKA interim chief executive, said: “Safeguarding is everyone’s business and UKA



Nigel Holl: calling on all coaches to complete online safeguarding course

alongside the home country athletics federations are leading by example by meeting the requirements of the CPSU.

“We want, and need children, young people and adults at risk to feel safe and at ease in all athletics environments, so it is critical that all our coaches – whatever level and experience – complete the online course so we can maintain the integrity of our sport and the safety of those within it.

“We understand the huge time and resource demands on our dedicated and primary volunteer workforce, which is why extra measures have been taken to ensure this is a course they can complete in their own time and at lowest possible cost due to it being subsidised.

“When it comes to welfare and safeguarding we cannot

take any shortcuts in getting this right. We have to ensure athletics coaches are best prepared but also that we help them to do it affordably and with a course that most closely meets the unique requirements of our sport.”

The new course will be introduced in phases from April 1 to coincide with each coach’s DBS (Disclosure and Barring Service) renewal. The online nature of the training allows coaches to complete it in their own time and choice of location. It is also subsidised – costing £10 to access – and comprises two modules as well as a short, multiple-choice test after each module.

THROWS CAGES TO BE RENOVATED

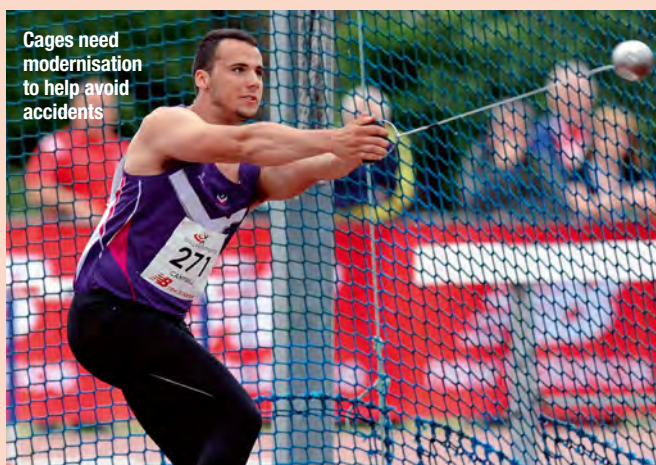
UK ATHLETICS has announced plans to bring throws safety cages up to IAAF standard specifications over the next few years.

The move will see more than 200 cages in the UK modified to meet international standards.

Working in cooperation with The Hammer Circle and home country athletics federations, UKA have identified the venues involved and will work with the operators to undertake a programme of cage modernisation.

Priority will be given to venues that host higher levels of competition, or are home to active training groups of throwers, or which have cages adjacent to the 200m start.

These venues will be contacted by UKA in the coming weeks about



MARK SHEARMAN

modernising their cages ahead of next season, while it’s expected the entire project will be finished by April 2022.

Michael Hunt, UKA facilities and health and safety manager, said: “Earlier this year there was a near miss incident involving a hammer at a league fixture where we were fortunate not to

see a serious injury occur.

“The safety of all athletes and athletics participants is paramount and immediately following the incident we conducted a thorough review of all UK cages. As a result of the review UKA has defined a new UK cage specification that will reduce the ‘danger zone’

of all UK cages and will provide increased safety for all facility users.

“We know new throws cages are costly and we have worked with the Track & Play division of the Sport & Play Construction Association (SAPCA) to develop a programme of cage modification as opposed to replacement which has been endorsed by facilities providers.”

Dave Smith, chairman of The Hammer Circle, said: “It is important to get these modifications right to ensure our throwing events prosper into the future. UKA have been pragmatic in their approach and we have worked hard to provide a number of solutions that are affordable and achievable within the proposed timeframe.”

MILTON KEYNES CHALLENGE

THE British Athletics Cross Challenge series moves to Milton Keynes on Saturday (November 10) with strong fields descending on the Teardrop Lakes venue.

The men's entries include reigning English National champion Adam Hickey, former National winner Charlie Hulson

plus Mahamed Mahamed and Alex Teuten.

Kate Avery, Jess Judd and Gemma Steel head the women's fields along with, among others, Sonia Samuels, Verity Ockenden and Rebecca Murray.

The event is held in conjunction with the Chiltern

League and the age-group races include a strong under-17 and under-20 women's race that features Grace Brock, Khai Mhlanga, Keely Hodgkinson, Olivia Mason and Ella McNiven.

The under-17 and under-20 men's race, meanwhile, sees Mohamed Ali testing himself against older rivals.



Jonny Hay: finding his form again after low-key summer

MARK SHEARMAN

HAY REDISCOVERS MOJO

FORMER Euro Cross under-23 fourth-placer Jonny Hay is delighted to be enjoying his running again after a period of low motivation.

The former junior prodigy, now 26, showed good form in running the fastest standard-length leg in the English Cross Country Relays in Mansfield (see p14-21).

Hay, who ran only low-key races in the summer of 2017 following a disappointing

marathon debut of 2:24, was in a positive mood after his Berry Hill Park leg.

He told AW briefly: "I quit last April and didn't run until kind of September time and since then I moved to St Mary's and got a new routine in and have got going again."

Although keen to watch his team-mates race to an eventual second place rather than elaborate too much, he added: "It was lack of motivation more

than anything. I've probably been running more than most people and I kind of needed a break. [There are] lots of reasons, I won't go into it now. The important thing is I'm back running and enjoying it, which is a good thing."

Hay added he is planning to run the Liverpool Cross Challenge, but stressed the early cross-country races were all about enjoyment and he plans to focus on the indoor season.

Kambundji joins British sprints group

WORLD indoor 60m bronze medallist Mujinga Kambundji has joined the training group of British coach Steve Fudge and athletes Asha Philip and Ojie Edoburun. The 26-year-old sprinter represents Switzerland.

Pavey's Tokyo 2020 goal

JO PAVEY wants to become the first British runner to compete in six Olympics. The 45-year-old told the *Telegraph* that she's aiming to make the Tokyo Games in 2020.

Asher-Smith award

DINA ASHER-SMITH has been named *Sunday Times* sportswoman of the year ahead of Olympic skeleton champion Lizzy Yarnold and cyclist Katie Archibald.

Centrowitz in switch

OLYMPIC 1500m champion Matt Centrowitz has cut ties with Alberto Salazar and the Nike Oregon Project.

Tickets on sale

TICKETS for the Spar British Indoor Championships on February 9-10 and Müller Indoor Grand Prix in Birmingham on February 16 go on general sale today (November 8).

Kiptum's marathon bid

AFTER breaking the world half-marathon record in Valencia last month, Abraham Kiptum now hopes to lower his marathon PB of 2:05:26 in Abu Dhabi on December 7.

Marathon heat fears

MEDICAL experts are urging organisers of the Tokyo Olympic marathons to move the planned start times from 7am to nearer 5.30am due to the expected heat.

US athletes marry

SPRINT hurdler Queen Harrison married long and triple jumper Will Claye last month.

Youth Olympics

THE next Youth Olympic Games have been awarded to Senegal to be staged in 2022.

Adams expecting

SHOT putter Valerie Adams is expecting her second child in April next year.

NOW LAURA CAN STRIKE TOKYO GOLD

DOUBLE OLYMPIC CHAMPION KELLY HOLMES EXPECTS MORE SUCCESS FOR ATHLETE OF THE YEAR MUIR

WHEN Dame Kelly Holmes used the words “your future Olympic champion” in announcing Laura Muir as the Scottish Athletics FPSG Athlete of the Year last weekend, she wasn’t just being nice to the award’s recipient or merely saying what the Glasgow-based audience wanted to hear.

Instead, the woman who knows exactly what it takes to reach the pinnacle of athletics – winning gold at 800m and 1500m so famously in Athens 2004 – is firm in her belief that the young Scot is more than capable of also standing atop the sport’s greatest podium.

Holmes has already seen her 1500m British record overtaken by an athlete who won two world indoor medals, became European champion and landed the Diamond League title in 2018.

Expectations are high as to what might now be possible for Muir and, with Tokyo 2020 hurtling ever closer, Holmes can easily picture the 25-year-old wearing an Olympic 1500m gold medal of her own.

“Yes, absolutely,” said Holmes after Scottish Athletics’ annual awards ceremony which also saw Muir’s coach Andy Young named as Performance Coach of the Year and IPC Marathon World Cup winner

FPSG Awards Dinner Roll of Honour

Technical Official of the Year:

Margaret Brown

Raymond Hutcheson Trophy for Services to Officiating:

Mike Forrest

Volunteer of the Year:

Stephen Wallace

The Eddie Campbell Memorial Award:

Sunny McGrath

Honorary Life Membership:

Mairi Levack

Impact Club of the Year:

Team East Lothian

Track & Field Club of the Year:

Edinburgh AC

Off Track Club of the Year:

Garscube Harriers

The Tom Stillie Sword: Adrian Stott

The Dallas Trust Trophy:

Eilish McColgan

Club Coach of the Year:

Kirk and Linda Smith

Development Coach of the Year:

John Lees

Performance Coach of the Year:

Andy Young

U17 Athlete of the Year:

Kane Elliott

U20 Athlete of the Year:

Erin Wallace

Masters Athlete of the Year:

Charlotte Morgan

Para Athlete of the Year:

Derek Rae

FPSG Athlete of the Year:

Laura Muir

Derek Rae becoming Para Athlete of the Year.

“You can see the natural talent, obviously, but it’s more

than that. When you’re the best in the world it’s more around your composure, your ability to understand your tactics, your awareness of others. And she just gets it right.

“She’s got that ability to run from the front and obviously sometimes that’s a bit dangerous because you are the pacemaker, simple as that, hence why I never did it, but I think with maturity and as time goes on she’s going to learn where her strengths are and where others’ weaknesses are.”

Another of Muir’s sizeable achievements this year was to complete her veterinary degree in tandem with her on-track achievements.

A full-time athlete now that her studies are finished, she will have more time to spend concentrating on her sport but Holmes – who combined her track and field pursuits with an army career for a while – insists the transition will take some adjustment.

“The biggest challenge out of everything for Laura isn’t really about the athletics, it’s being a full-time athlete because sometimes that change in mindset is different,” she added.

“That transition is probably going to be a big test for her – just to settle into being a full-time athlete with nothing else to be worried about and think about.



You can overthink it, you can think ‘I’ve got time where I can do more’.

“It is just a different mindset, thinking purely about athletics, whereas when you’ve got another job you don’t always think about athletics.

“You think about going to do the training, you’re thinking about recovering and thinking about the racing but other than that your mind is on something else and it’s actually quite a big relief.

“When it’s full-time, sport brings quite a lot of pressure and everyone’s going to expect it (success from her) now.”



PICTURES: BOBBY GAVIN



Night to remember: Laura Muir received her award from Dame Kelly Holmes (left), while there was double celebration when Andy Young was named Performance Coach of the Year (above). Derek Rae (below) was named Para Athlete of the Year following his marathon success



CHAMPION'S GRATITUDE

LAURA MUIR couldn't hold back the emotion, a tear in her eye and her voice cracking as she thanked coach Andy Young and her friends and family as she became FPSG Athlete of the Year for the third time.

"This year has just been so tough," she said of the task of winning medals alongside qualifying as a vet.

"It has just been so much. I was permanently shattered.

"When we had the world indoors, a home championships, the Europeans, my first chance to win an outdoor title, there was a lot of pressure.

"To have that home champs, to pass my finals. Everyone knew it was my final year, everybody would know if I failed.

"It was a really big year, not just physically doing everything, but mentally as well – juggling all that pressure and expectation.

"It (getting emotional) was just realising I had a lot of people who helped me and wanting to thank them. Andy as well, coaching me through all that, trying to organise everything."



High achievers: some of the inductees with Scottish Athletics president Leslie Roy (far left) and former 100m Olympic champion Allan Wells (far right)

Fifteen inducted into Scottish Hall of Fame

IN addition to the annual awards ceremony, 15 names were inducted into the Scottish Athletics Hall of Fame. The inductees ranged from well-known track athletes such as multi international medallist Lee McConnell, world, European and Commonwealth Gold medallist Ian Stewart and 1970 Commonwealth 10,000m champion Lachie Stewart through to world and European mountain running champion Angela Mudge and renowned ultra marathon athlete Don Ritchie, who died earlier this year.

The inductees for November 2018 were as follows:

Duncan Clark – Commonwealth Games hammer champion; **Dale Greig** – marathon world record holder; **Lee McConnell** – multiple track medal winner; **Angela Mudge** – World and European mountain running champion; **Tom Nicolson** – winner of 42 Scottish titles; **Geoff Parsons** – triple Commonwealth high jump medallist; **Alan Paterson** – European high jump champion; **Rosemary Payne (now Chrimes)** – Commonwealth discus champion; **Don Ritchie** – multiple world ultra record holder; **Meg Ritchie (now Stone)** – Commonwealth discus champion; **Ian Stewart** – world, European and Commonwealth Gold medallist; **Lachie Stewart** – Commonwealth 10,000m champion; **Rosemary Stirling (now Wright)** – Commonwealth 800m champion; **James Wilson** – ICCU Cross Country winner and Olympic medallist; **Dunky Wright** – Scotland's first Commonwealth Games champion

AMBITION BURNS FOR EMILY

HOSKER THORNHILL SHOWS FORM AND DESIRE TO RETURN TO GB TEAM

EMILY HOSKER THORNHILL is keen to make a return to the international scene after her recent run of good form, writes Paul Halford.

The 26-year-old, who competed in the Euro Cross and World Cross two years ago, clocked the fastest leg at the English Cross Country Relays last weekend (see p14-21).

That came after she was quickest at the national four-stage road relays and second Brit at the Cardiff Cross Challenge.

Hosker Thornhill says she is pleased to be in her best form since the 2016-2017 winter season before a string of injuries and illnesses held her back.

After helping Aldershot, Farnham & District to team



Emily Hosker Thornhill (left): back to her best following injury

MARK SHEARMAN

silvers in Mansfield, she said: “2017 was just plagued with injury after injury and illness so it’s just nice to be consistent and be able to string some training together.

“This time last year I had only been running for about a week when I had a nerve problem in my knee and that took me out for about six weeks and then after that I had an Achilles problem in the second half of the cross season so I missed the National and Inter-Countries.”

Looking ahead to the Liverpool Cross Challenge at the end of this month, she added of the prospect of getting into the European Cross squad: “I think it’s a level playing field this year. There are so many good names and to be among them would be a real privilege.”

BARSHIM AND BONDARENKO RECOVERING AFTER INJURY

HIGH jump talents Mutaz Essa Barshim and Bohdan Bondarenko hope to return to form in 2019 after surgery.

Barshim underwent ankle surgery in July but is looking to return to defend his world title on home soil in Doha next year. The 27-year-old from Qatar also got married recently.

Ukrainian Bondarenko, one of Barshim’s major rivals, and the 2013 world champion, is also back in training after undergoing knee surgery.

CLASSIC RUN SERIES LAUNCHED

AINTREE, Cheltenham and Newmarket are best known for staging horse races but in autumn next year they will host three new running events.

Hollicom Events, Reach Plc and The Jockey Club have teamed up to launch The Classic Run Series, with each event featuring a 10km, 5km, junior run and family mile.

“It’s not every day you wake up and say I’m going to run past Becher’s Brook or jog down the Rowley Mile,” says Mark Hollinshead of Hollicom Events. “Next year that opportunity will become a reality.”

Liz McColgan and daughter Eilish are early supporters of the events and the latter says: “Runners are always on the look out for a different kind of experience and the Classic Run Series will be just that. I’ll be taking part myself and I’m sure these events will quickly become fixtures on the calendar for the club running community. There is also a large prize money pot which is an extra incentive to take part.”

The Classic Run Series events are in Cheltenham on September 1, Aintree on September 8 and Newmarket on October 20 in 2019.



Eilish McColgan: supporting new events at Aintree, Cheltenham and Newmarket

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RELAYS FESTIVAL

LEEDS CITY TAKE THE MEN'S TITLE AND TONBRIDGE AC WIN THEIR FIRST WOMEN'S CROWN AT THE POPULAR EARLY-SEASON EVENT IN MANSFIELD

REPORT: PAUL HALFORD

PICTURES: MARK SHEARMAN

Emily Hosker Thornhill (1058) and Katie Snowden (1120) are to the fore as the senior women's race gets underway

EVEN if it is the case that the cross-country calendar has too many early-season championships, as suggested in an *AW* editorial last week, the popularity of these relays remains high.

Mild weather and a bone-dry course also boosted turnout and support after strong overall entries and a record senior women's entry were taken.

On an individual level, ahead of the British trials in Liverpool later this month for the European Cross Country Championships in Tilburg, this event again provided a form

indicator for the season, but the "Mansfield relays" again showed themselves to be about team spirit.

Tonbridge AC took their first senior women's title in this event, while Leeds City were convincing winners of the senior men's clash.

Notable individual performances came from Emily Hosker Thornhill and Jamie Williamson, who were quickest seniors on the shorter opening stages, as well as Jess Judd and Jonny Hay, who were fastest on the remaining legs, plus 800m specialist Elliot Giles.



Senior women

TONBRIDGE'S surprise victory in the 3x3km event came as they ran home four seconds clear of Aldershot, Farnham & District.

The in-form Emily Hosker Thornhill took a big lead for AFD on the opening leg. Her 9:11 for the slightly shorter opening stage put her 24 seconds in front of Tonbridge's Nicole Taylor, who was just a second in front of Cambridge & Coleridge's Holly Archer.

However, AFD were hit by the late withdrawal of former



Naomi Taschimowitz: put Shaftesbury in contention after leg two

Right: Tonbridge winners Lucy Reid, Ashley Gibson and Nicola Taylor

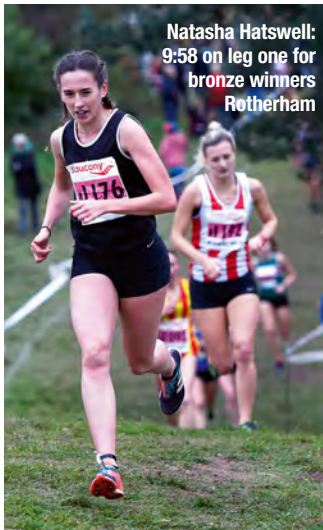
European junior cross-country champion Emelia Gorecka, due to illness. Hosker Thornhill had been moved from anchor as a result.

On leg two, Tonbridge's Lucy Reid (9:52) quickly overtook AFD's Anna Watson and came home 25 seconds in front. Naomi Taschimowitz, with a 9:45, lifted Shaftesbury Barnet from 27th to third, 15 seconds behind AFD.

Ashley Gibson then extended the winning gap with a lap of 10:02. Rotherham Harriers fought back to finish 15 seconds behind and edge ahead of Shaftesbury for bronze.

Jess Judd was fastest on the final two





Natasha Hatswell:
9:58 on leg one for
bronze winners
Rotherham



Laura Gent:
10:12 final
leg for AFD

legs, running 9:24 to improve Blackburn Harriers 25 places to 22nd.

Remarkably, according to Tonbridge team manager Mark Hookway, only once has the club managed to complete a senior women's team here – when they finished 31st in 2016.

Thanks in no small part to Hookway, the club has had much recent success in the boys' young age groups and last year's win in the senior men's race here showed they are progressing well. Now, finally, their women are combining to maximum effect, too.

Hookway said: "Nicole and Lucy have come through the age groups and are both coached by Richard Owen. They have found a way to

continue to develop after university, being very consistent and patient. Ashley moved to live in Tonbridge a few years ago, having previously been a member of Morpeth."

Reid, who further impressed after her 73:47 half-marathon debut in Cardiff last month, said: "I caught her (AFD's runner) earlier than I was expecting and I was worried I had gone off too quick, but it was all right I think."

Anchor runner Gibson said the team benefited from their late decision to run here instead of at the popular Age UK Leeds Abbey Dash 10km 24 hours later. She added of the Tonbridge squad: "It's just going from strength to strength. We've got Nicole getting better, she's got her first England vest next week.

"Lucy Reid smashed it at the half in Cardiff and I'm getting back into decent shape. It's the first time we've managed to all get out and I think we've really surprised ourselves."

Senior men

LEEDS led as soon as the second of the four 5km legs after Loughborough's Jamie Williamson, quickest on the opener with 14:56, had no one to hand on to.

In fact, two Leeds squads came in together, four seconds



The senior men's field jostles for position



Ashley Gibson:
brings winners
Tonbridge home



Jamie Williamson (left) battles with Leeds' Ossama Meslek on leg one

adrift of Williamson – Ossama Meslek marginally justifying his top-team selection ahead of Linton Taylor.

After his solo effort, Williamson, a 1:49/3:41 middle-distance specialist, explained his desire to run in Mansfield

by saying: "I was just using it to get a solid race. The first leg is always pretty quick. I'm just using it to see where I'm at after a few weeks' good training."

On leg two, Graham Rush pushed on for Leeds A as their B outfit drifted back, first caught by Liverpool Harriers' Daniel Jarvis. Then Jonny Hay continued the onslaught and his 14:57 was surpassed on the day only by Williamson on that shorter first stage. However, Rush's 15:18 was strong enough to keep Leeds four seconds in front at the halfway point.

Emile Caires, with 15:01, crucially stretched out the lead to 19 seconds on AFD's Ellis Cross after leg three as defending champions Tonbridge moved themselves up to third.



Top: winners Leeds City AC (l to r) Ossama Meslek, Graham Rush, Emile Caires and Phil Sesemann

Richard Allen powered away for AFD on the final lap and, when cutting back Phil Sesemann by three seconds over the first 800m, put the result in doubt. However, by the time they completed the first 2.5km lap, the gap between

them stood at 17 seconds and it looked to be all over.

Sesemann duly came home to split 15:06 and bring the team in 23 seconds over the hour as Allen ended up with 15:20.

Just over half a minute back, Elliot Giles, fourth at the World Indoors this year over 800m, showed great endurance as he brought Birchfield home to bronze ahead of Tonbridge with 15:19.

Sesemann said: "I wanted to get out hard and not give Richard (Allen) a sniff at anything because I know what he's run over 10km. It meant the last 'k' was really tough, just trying to stay on my feet."

The long-serving Leeds City athlete paid tribute to the club spirit which saw some of his team-mates giving up a fresh



Elliot Giles (19): chases Tonbridge's Ryan Driscoll on the last leg



Jonny Hay: strong running

run in their local PB-fest, the Age UK Leeds Abbey Dash 10km, the next day.

He added: "It looks good for the 12-stage, which we're really targeting. There were a few of the guys who sat out

today to do the Abbey Dash tomorrow, the more road-based guys. But it was really good to have Graham (Rush) and Emile (Caires), who probably would have enjoyed doing the Abbey Dash, to commit to the team."

Under-20 races

IN THE first race of the day, the under-20 women's, Loughborough took the overall win but, as university teams are not eligible for medals, the title went to Herne Hill Harriers.

European junior 800m champion Khahisa Mhlanga, who has switched from Chelmsford AC to Herts Phoenix, showed her pedigree on the opener. The Euro Cross under-20 team gold medallist came home in front, 20 seconds clear of Loughborough's Zoe Wassell in 8:07 on the first of the 2.5km legs.

Bracknell's Amelia Quirk then clocked 8:24 on the second lap



Cari Hughes: brought the ineligible Loughborough Students home to 'win'



The under-20 women's race gets off and running in Mansfield

to lead by three seconds over Herts Phoenix in second.

Loughborough were just a few seconds adrift as their Cari Hughes took over with an 8:28 to finish comfortably in front, although the plaudits went to Alex Brown, whose 8:38 on anchor gave Herne Hill gold in a time of 26:04.

She was supported by good runs from Ella Newton (8:38) and Zoe Tompkins (8:39) on the first two legs.

AFD took silvers, three seconds adrift, and Bracknell the bronze medals.

English Cross Country Association rules state: "University/higher education teams may enter but can only include 1st claim members

of open clubs that are not entering teams in an age group themselves. University/higher education teams will not be eligible for any awards."

What was arguably the race of the day ended with Rory Leonard storming home to win the junior men's 3x3km for Morpeth after starting in eighth.

The topsy-turvy race began with Birchfield's Tom Dodd establishing a 15-second lead with 8:24. At this point Morpeth were 11th.

Then it was a three-way tussle into the finishing straight the second time around as Max Brame (8:57) crossed the line a second ahead of Birchfield and another second in front of Rugby & Northampton.

However, it was all about Leonard, who scythed through the field on the last stage. The athlete who was second in the under-20 race at the Cardiff Cross Challenge went to the front with a kilometre to go and eventually was 10 seconds clear.

Leonard's 8:34 was eight seconds quicker than that of the next best on the last two legs. That came from Thomas Keen, the European under-18 3000m champion, who brought Cambridge & Coleridge up from 10th to third.

They sandwiched Tonbridge AC, who had been 22nd after the first lap.

Alex Brown (8:50) and Tay Glover (9:09) had earlier helped set up Morpeth for the win.



Strong start: the under-20 men's race gets underway



Morpeth hero: Rory Leonard

Age group races

JUST minutes after their under-20 team-mates had taken gold, Herne Hill Harriers' under-17 women followed their example as they led from the first leg to the last to post a huge winning margin of 47 seconds.

Yasmin Marghini ran 8:29 for the opener and handed on to Phoebe Anderson (9:01). Anchor runner Charlotte Alexander's 8:47 was then the quickest of the last two legs.

Blackheath & Bromley and Sale Harriers took second and third respectively.

In the under-17 men's 3x3km, Rossendale Harriers' Mark Mackay (8:48) led after leg one by just three seconds from Ethan Hussey, whose fellow Leeds runner Tommy Dawson then took out the lead with eventual winners Invicta East Kent.

After taking over from first-leg runner Cameron Macrae (8:55), IEK's Charlie Brisley (8:53) passed on to Matthew Stonier (8:59), who brought them 15 seconds in front of runners-up AFD. Shaftesbury Barnet gained third.

AFD secured the top two places in the under-15 boys' 3x2km relay. With a lap remaining, their B team held the



Charlotte Alexander: brings Herne Hill Harriers home in the women's U17 race



Matthew Stonier: ran the final leg which saw Invicta East Kent win the men's U17 race

lead, but Ryan Martin (6:23) and Woody Jerome (6:20) recorded the quickest times on the last two legs to put the A team in front.

Rushcliffe, who were eventually third, had led after leg one through James Wardle's 6:12, while Michael Gar of AFD A was 23rd with 6:35.

In the under-15 girls' 3x2km, Windsor, Slough, Eton & Hounslow led most of the way, although they were only two seconds in front of runners-up City of Norwich at the end.

Charlotte Dewar's 7:02 gave them a narrow edge on leg

one. Eloise Harris then ran 7:21 for a lead of about 10 seconds over the eventual second-placers.

Jasmine Young (7:18) finally withstood a challenge from City of Norwich's Tia-Lily Crane (7:11). Abigail Ives' 7:08 on anchor brought Basildon third place, while behind them the quickest overall was Holly Weedall of Vale Royal with 6:58.

Cambridge & Coleridge won the under-13 boys' race by nine seconds as Isaac Morris, Lewis Buchallet and Luca McGrath combined to head runners-up

Herne Hill Harriers. Winchester & District took bronze.

Tonbridge AC left it late to take a two-second win in the corresponding girls' battle.

Sisters Lily and Sophie Slack carried the proverbial baton on the opening two legs, but Olivia Breed was 18 seconds behind long-time leaders St Albans at the start of leg three.

She wasted no time in chasing down the Hertfordshire club's final runner, Florence Crowley, although it was only on the final hill that she edged in front. Wolverhampton & Bilston were third.



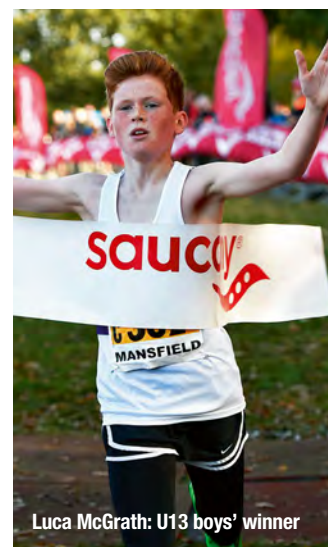
Jasmine Young: U15 girls' glory leg for WSEH



U15 winners' leg two: Ryan Martin



Olivia Breed: pipped Florence Crowley in the U13 girls' race



Luca McGrath: U13 boys' winner

RESULTS

Senior men: **1 Leeds 60:22** (O Meslek 15:00, G Rush 15:01, E Cairnes 15:01, P Sesemann 15:05); **2 AFD 60:54** (B Bradley 15:25, J Hay 14:56, E Cross 15:14, R Allen 15:19); **3 Birchfield 61:26** (A Tovey 15:28, O Ahmed 15:33, K Abdullahi 15:07, E Giles 15:18); **4 Tonbridge 61:36** (D Brown 15:14, C De'Ath 15:19, G Duggan 15:31, R Driscoll 15:32); **5 B&W 62:03** (J Millar 15:15, W Christofi 15:41, O Jones 15:33, P Le Grice 15:35); **6 Norwich 62:05** (A Harrell 15:09, L Smith 15:45, A Dunbar 15:47, T Hook 15:24); **7 AFD 62:20** (R Harvie 15:18, L Prior 15:44, C Charleston 15:33, P Sewell 15:44); **8 Liverpool 62:46** (A Sharif 15:04, D Jarvis 15:22, L Burthorn 16:01, L Jackson 16:19); **9 Cambridge & C 62:50** (L Kempson 15:33, J Gray 15:11, P Aste 16:19, J Escalante-Phillips 15:48); **10 Tonbridge B 62:56** (J Bryant 15:36, K Reilly 15:46, M Nicholls 15:47, R Farnham-Rose 15:47); **11 Leeds B 63:01** (L Taylor 15:00, M Hoyle 16:29, A Holliday 15:54, M Grieve 15:38); **12 TVH 63:33** (H Cayssials 15:51, S Yusef 17:01, P Surafel 15:31, M Aidan 15:10); **13 Blackheath & B 63:36** (W Ruiz 16:34, W Fuller 15:15, R Braden 16:00, J Schofield 15:51); **14 Keswick 64:10** (C Bell 16:00, M Lamb 16:31, J Adkin 15:47, C Arthur 15:53); **15 Harrow 64:28** (N Johnston 15:49, N McCartan 16:03, C Kirk 16:08, D Nevins 16:28); **16 Bedford & C 64:29** (J Lunn 15:49, M Bray 15:58, J James 16:08, A Headley 16:34); **17 WSEH 64:33** (C Madden 16:05, B Moore 15:52, A Moore 16:17, A Goodall 16:19); **18 Shaftesbury 64:36** (J Crabtree 15:41, T Butler 15:56, R Horton 15:31, M Grant 7:28); **19 Rotherham 64:48** (J Cotter 15:24, L Milburn 16:17, E Smales 16:26, A Larkin 16:11); **20 B&W B 64:49** (J Moody 16:18, H Allen 15:53, K Taylor 16:10, J Bancroft 16:28); **21 Newham & EB 64:52** (J Rossiter 15:22, L Conway 16:11, J Gordon 17:13, S Farah 16:05); **22 Birchfield B 65:02** (J Hallas 16:12, H Halford 16:15, E Banks 16:25, T Beasley 16:10); **23 Notts 65:07** (C Smith 16:06, J Thewlis 15:59, T Hartley 16:26, A Woodward 16:36); **24 Norwich B 65:09** (J Senior 16:07, B Spratling 16:11, S Huntington 16:26, G Gay 16:26); **25 Tonbridge C 65:13** (B Murphy 15:59, S Fennell 15:50, M Ellis 16:23, J Taylor 17:01); **26 Morpeth 65:19** (G Lowry 16:02, C Avery 15:24, L Armstrong 16:43, J Young 17:10); **27 Vale R 65:19** (R Moore 16:51, C Perry 16:04, S Whitehead 16:31, J Brown 16:52); **28 Stoke 66:00** (A Brecker 15:07, D Sheldon 16:05, S Janally 16:56, T Hendricks 17:52); **29 Coventry G 66:02** (O Paulin 15:54, S Hudspith 16:22, A Ben-Israel 16:52, J McLeod 16:54); **30 Tipton 66:07** (T Bains 15:13, P Wilson 16:57, J Carter 16:54, A Brown 17:04); **31 Milton K 66:10** (S Winters 16:06, P Mizson 16:33, D Woodgate 16:27, T Cuthbertson 17:04); **32 Tyne Br 66:12** (F Brodie 16:21, J Dunce 16:19, T Charlton 16:58, R Holt 16:54); **33 Blackburn 66:30** (T Raynes 16:09, J Hindle 16:52, C Davies 17:25, B Fish 16:04); **34 AFD C 66:35** (M Cox 15:44, S Egen 16:17, B Boucher

17:24, S Smith 17:09); **35 Kendal 66:35** (A Russell 16:12, J Dry 16:04, H Foster 16:34, T Hartley 16:46); **36 C&C B 66:40** (R Park 16:55, M Gilbert 16:46, O Park 16:49, C Darling 16:10); **37 Stockport 66:42** (T Drabble 15:50, J Nixon 16:30, A Nixon 17:36, K Acton 16:45); **38 Rossendale 66:48** (C Fell 16:19, G Cunliffe 16:51, R Webb 16:51, J Johnston 16:47); **39 Sale 67:21** (E Gilchrist 15:44, P Robertson 16:18, J Wignall 16:32, R Fairbanks 18:46; **40 Lincoln W 67:33** (R Page 16:05, J Richardson 15:55, H Baxter 16:58, J Barkses 18:36); **41 MK DP 67:36** (K Smith 16:08, G Wheeler 16:06, C Wheeler 17:06, M Greener 16:16); **42 Bed C B 67:48** (R Henderson 16:22, S Headley 16:41, C Thornley 17:04, M Channing 17:41); **43 Oxf U 67:59** (T Renshaw 15:56, T Woods 17:36, C Coomer 18:11, L Doughty 16:16); **44 Mil K B 68:17** (J Tuttle 16:37, L Smith 16:27, T Comerford 17:21, J Vick 17:57); **45 Holmfirth 68:20** (C Law 15:55, P Vis 16:58, A Buckley 16:50, J Allison 18:22); **46 B&W C 68:25** (R Stewart 17:14, A Watt 16:52, P Radford 17:14, M Chandler 17:05); **47 Leeds C 68:35** (A Bellew 16:25, P Vis 16:58, A Buckley 16:50, J Allison 18:22); **48 Reading 69:15** (E Stoddale 16:36, M Booth 17:12, G Crossley 17:31, D Lewis 17:56); **49 Gateshead 69:17** (S Asquith 17:01, J Cripwell 17:11, R Christie 17:25, M Linsley 17:38); **50 L&M 69:32** (D Brown 17:00, B Smith 17:12, L Parrington 17:41, D Edgar 17:40); **51 Mansfield 69:35**; **52 Nene V 69:39**; **53 Herne H 69:49**; **54 Birchfield C 69:52**; **55 TVH B 69:54**; **56 Abingdon 70:08**; **57 Norwich C 70:23**; **58 SinA 70:27**; **59 Vale R B 70:39**; **60 OWLS 71:09**; **61 Tonbridge 71:30**; **62 Peterboro 71:34**; **63 Charnwood 72:11**; **64 Hallamshire 72:20**; **65 W&B 72:23**; **66 Exeter 72:27**; **67 Wirral 72:34**; **68 Holme P 72:43**; **69 Bamsley 72:46**; **70 Harrow B 73:09**
Fastest leg 1: J Williamson (Lough) 14:55; Meslek 15:00; L Taylor 15:00; Sharif 15:04; Brecker 15:07; Harrell 15:09
Fastest other legs: Hay 14:56; Cairnes 15:01; Sesemann 15:05; Abdullahi 15:07; Gray 15:11; Cross 15:14
U20 men: **1 Morpeth 26:31** (A Brown 8:50, T Glover 9:08, R Leonard 8:34); **2 Tonbridge 26:41** (J Goodge 8:58, A Kinloch 8:48, J Puxty 8:55); **3 C&C 26:43** (O Newman 9:02, R Huckle 8:59, T Keen 8:42); **4 Loughborough 26:45** (J Arthur 8:47, T Fawden 9:06, F Carcas 8:51); **5 Liverpool 26:46** (D Preston 8:41, M Brame 8:56, T Rogerson 9:07); **6 Birchfield 26:51** (T Dodd 8:24, A Jolly 9:13, A Meade 9:14); **7 Soton 26:58** (S Tyass 9:08, S Costley 9:01, Z Mahamed 8:49); **8 St Mary's 27:00** (names unknown - 8:44, 8:55, 9:20) **9 AFD 27:02** (M Shanry 8:50, J Boswell 9:21, M Hayden 8:52); **10 Bed C 27:15** (A Yabsley 9:13, W Mullins 9:22, B Davies 8:40); **11 Reading 27:16** (A Sutton 8:51, E Stevini 9:05, C Kemp 9:20); **12 Rugby & N 27:21** (J Lay 8:40, M Hassan 8:59, A Bayene 9:42); **13 Preston 27:21** (J Dee-Ingham 9:12, N Dunn 8:56, K Davis 9:13); **14 Sheffield & D 27:22** (A Manthorpe 8:55, J Slater 9:19, O Dane 9:08); **15 Shaftesbury 27:28** (T Fulton 9:14, T Patrick 8:58,

G Groom 9:16); **16 Havering 27:40** (E Cordery 9:03, S Atkins 9:32, B Davis 9:05); **17 Lough B 27:43** (D Wilde 8:49, D Racle 9:15, N Brown 9:40); **18 Birm U 27:45** (J Tuffin 9:07, M Walk 9:20, K Sullivan 9:19); **19 Tonbridge B 27:50** (B Pitcaim-Knowles 9:10, O Schofield 9:14, S Crick 9:25); **20 Vale R 27:50** (B Lee 9:00, C Weaver 9:20, J Humphries 9:51); **21 Norwich 27:51**; **22 K&C 27:52**; **23 Middlesbrough 27:55**; **24 E Cheshire 27:56**; **25 Trafford 28:02**; **26 Wirral 28:02**; **27 C&C B 28:13**; **28 Portsmouth 28:32**; **29 AFD B 28:33**; **30 MK Dist P 28:37**; **31 Tonbridge C 28:39**; **32 Bracknell 28:56**; **33 Chesterfield 29:01**; **34 Warrington 29:23**; **35 Preston B 29:35**; **36 Nene V 29:29**; **37 Bed C B 29:41**; **38 AFD C 29:48**; **39 Mansfield 29:49**; **40 Doncaster 29:59**
Fastest leg 1: Dodd 8:24; J Meijer (Mil K) 8:34; J Cowperthwaite (Mid) 8:35; M Cassa (C Chesh) 8:38; Lay 8:40; Preston 8:41
Fastest other legs: Leonard 8:34; Keen 8:42; Kinloch/Mahamed 8:48; Heyden 8:52; Puxty 8:55
U17 men: **1 Invicta EK 26:46** (C Macrae 8:55, C Brisley 8:53, M Stonier 8:58); **2 AFD 26:57** (E Pocock 9:06, W Barmocote 8:58, L Van Oudtshoorn 8:53); **3 Shaftesbury 27:16** (F Harvey 9:25, D Stone 8:53, K Imroth 8:58); **4 Charnwood 27:39** (K Coleman-Smith 8:54, V Dawson 9:27, E O'Shea 9:18); **5 Tonbridge 27:48** (J Kingston 8:59, T Emm 9:30, T Gordon 9:18); **6 Rossendale 27:50** (M McKay 8:48, J Taylor 9:31, M Cunningham 9:31); **7 C&C 27:51** (J Stanton-Stock) 9:36, N Harhalakis 8:55, D Dow 9:20); **8 Leeds 27:54** (E Hussey 8:51, T Dawson 8:59, S Akerman 10:03); **9 R&N 27:55** (F Scott 9:00, J Vaughan 9:36, A Cauffield 9:19); **10 Trafford 28:02** (A Bailey 9:35, J Bental 9:18, C Williams 9:09); **11 B&B 28:02** (P Guy 9:27, M Francis 9:15, O Bright 9:21); **12 York 28:08** (F Hutchinson 9:11, H Antcliff 9:46, J Dickinson 9:11); **13 Preston 28:13** (M Fazakerley 9:18, L Blackwell 9:46, B Preddy 9:09); **14 Houghton 28:15** (H

Johnson 9:22, S Gibson 9:47, W Bellamy 9:07); **15 Middlesbrough 28:17** (D Payne 9:43, P Haycock 9:19, A Lowe 9:14); **16 Walton 28:25** (B Marks 9:08, B Pitzpatrick 9:19, O Coppellotti 9:58); **17 Norwich 28:43** (W Mahoney 9:17, W Browne 10:01, W Simm 9:25); **18 Morpeth 28:48** (T Balsden 9:24, R Charlton 9:19, R Bennett 10:05); **19 AFD B 28:51** (J Blacknell 9:23, J Johnson 9:42, T Doran 9:45); **20 Chesterfield 28:54** (W Tighe 9:18, E Spencer 9:36, S Allen 10:00); **21 Charnwood B 28:54**; **22 Mil K 28:56**; **23 Bed C 29:00**; **24 Reading 29:09**; **25 ESM 29:09**; **26 Mansfield 29:16**; **27 C&C B 29:21**; **28 Tonbridge B 29:22**; **29 Hillingdon 29:26**; **30 S London 29:30**; **31 Cleethorpes 29:31**; **32 B&B 29:46**; **33 Bracknell 29:49**; **34 Buxton 30:01**; **35 AFD C 30:02**; **36 Shaftesbury B 30:03**; **37 K&C 30:30**; **38 Abingdon 30:14**; **39 Chiltern 30:17**; **40 Cornwall 30:21**
Fastest leg 1: MacKay 8:48; Hussey 8:51; Coleman-Smith 8:54; Kingston 8:59; Scott 9:00
Fastest other legs: Harvey/Macrae/Van Oudtshoorn 8:53; Pocock 8:57; Imroth/Stonier 8:58
U15 boys: **1 AFD 19:18** (M Gar 6:35, R Martin 6:23, W Jerome 6:21); **2 AFD B 19:24** (C Wagstaff 6:16, A Spear 6:27, S Bodoano 6:41); **3 Rushcliffe 19:33** (J Wardle 6:11, E Parry 6:48, T Emery-Peters 6:33); **4 Kendal 19:37** (F Sprout 6:16, D Sanderson 6:41, O Sanders 6:39); **5 AFD C 19:44** (E Henderson 6:30, H Hyde 6:31, M Duckworth 6:43); **6 Bed C 19:46** (C Saez 6:29, T Cook 6:39, A Alston 6:37); **7 B&B 19:50** (S Reardon 6:26, T Brash 6:28, F Georgiou 6:56); **8 Tonbridge 20:00** (M Dubury 6:47, M Taylor 6:25, H Taylor 6:48); **9 C&C 20:00** (A Melloy 6:20, G Parmenter 6:52, C Wood 6:49); **10 Walton 20:04** (J Gemmill 6:30, R Hurst 6:54, D Emmert 6:40); **11 WSEH 27:07** (L Hynes 6:19, J Campbell 6:54, W Goddard 6:55); **12 Taunton 20:08** (T Heal 6:34, D Fisher 7:07, J Ponter 6:27); **13 R&N 20:10** (N Bennett 6:29,

F Myers 6:52, T Tyler 6:49); **14 Exeter 20:12** (L Chamberlain 6:38, O Capps 6:53, S Mills 6:41); **15 Bracknell 20:22** (M Stevens 6:52, I Winslip 6:46, E Enser 6:44); **16 Preston 20:25** (T Durney 6:43, T Barnes 6:51, A Kerfoot 6:52); **16 Wirral 2:26** (W Sutcliffe 6:49, T Jones 6:52, D Hayes 6:46); **17 Gateshead 20:31** (D Race 6:30, T Barron 7:17, E McGlen 6:45); **18 Chiltern 20:32** (N Hackley 6:41, L Petersen 6:42, J Carruthers 7:10); **19 Morpeth 20:35** (B Waterfield 6:55, E Duffin 6:29, D Davies 7:10); **20 Tonbridge B 20:35** (F Crowl 6:39, A Jeddo 6:58, A Ganquill 6:59); **21 Norwich 20:36**; **22 Stockport 20:38**; **23 Shaftesbury 20:43**; **24 Winchester 20:43**; **25 Charnwood B 20:49**; **26 ESM 20:53**; **27 Herne H 20:54**; **28 Chesterfield 20:57**; **29 NSP 20:58**; **30 Doncaster 20:59**; **31 R&N B 21:00**; **32 Kendal 21:01**; **33 Sale 21:01**; **34 Derby 21:02**; **35 Hillingdon B 21:03**; **36 Notts 21:05**; **37 Reading 21:06**; **38 Salford 21:06**; **39 Wirral B 21:08**; **40 Kingston Hill 21:08**
Fastest leg 1: Wardle 6:11; C Perkins 6:15; Sprout/Wagstaff 6:16; Hynes 6:19; Melloy 6:20
Fastest other legs: Jerome 6:21; Martin 6:23; Spear 6:27; M Taylor 6:25; Emery-Peters 6:33
U13 boys: **1 C&C 20:32** (I Morris 6:38, L Buclealet 7:20, L McGrath 6:44); **2 Herne H 20:51** (Z Crowthorpe 6:49, F Whitelock 7:10, C Chilton 6:53); **3 Winchester 21:05** (J Lewis 6:37, M Shingleton-Smith 7:08, B Chesterfield 7:20); **4 Tonbridge 21:16** (A Kreuzberg 6:47, T McLain 7:27, G Hopkins 7:02); **5 Bracknell 21:20** (H Prescott 6:34, C Jones 7:09, T Brooks 7:37); **6 Bamsley 21:37** (S Hughes 6:58, B Nutter 7:35, J Hughes 7:04); **7 Sale 2:39** (L Colquhoun-Lynn 7:15, J Spark 6:59, F Meredith 7:24); **8 Chiltern 21:44** (E Pinder 7:01, T Redmond 6:58, O Denson 7:46); **9 AFD 21:45** (A Bishop 7:19, J Haywood 7:24, D Shattock 7:02); **10 WSEH 21:52** (G Thomas 7:10, B Dewar 7:21, S Johnston 7:21); **11 Shaftesbury 21:53** (Z Jones 7:13, A Nash 7:23, G Stubbs 7:17); **12 Lincoln W 22:00** (H Samkin 7:19, Z West 7:15, O Pearson 7:25); **13 WG&EL 22:16** (R Fibward 7:23, N Wright 7:34, J Geller 7:20); **14 S London 22:17** (M Pickering 7:02, N Findell 8:04, C Norman 7:11); **15 W Surfoll 22:23** (T Taylor 7:16, A Taylor 7:26, E Shearer 7:41); **16 E Cheshire 22:29** (L Carrington 7:17, J McGraw 7:35, T Harney 7:37); **17 Liverpool 22:32** (L McKay 6:51, M Webster 7:35, B Taylor 8:06); **18 Camb H 22:32** (J Barnes 7:08, G Card 7:31, J Adams 7:53); **19 Mansfield 22:35** (J Greenhalgh 6:54, J Orr 7:44, S Knott 7:56); **20 Wakefield 22:36** (B Shackleton 7:28, D George 7:34, E Gaskin 7:34); **21 Norwich 22:38**; **22 Blackburn 22:38**; **23 St Albans 22:39**; **24 Morpeth 22:40**; **25 Winchester B 22:40**; **26 C&C B 22:40**; **27 Mil K 22:50**; **28 Chiltern B 22:54**; **29 R&N 22:56**; **30 Birchfield 22:57**; **31 Tonbridge B 23:00**; **32 Newquay & P 23:00**; **33 Herne H B 23:01**; **34 Preston 23:02**; **35 Leic C 23:02**; **36 AFD B 23:07**; **37 Trafford 23:09**; **38 B&W 23:10**; **39 W&B 23:13**; **40 Sale B 23:16**
Fastest leg 1: Prescott 6:34; Lewis



Early leaders in the under-15 boys' race

6:37; Morris 6:38; Kreuzberg 6:47; Crowther 6:49; McKay 6:51
Fastest other legs: McGrath 6:44; Chilton 6:53; Redmond 6:58; Spark 6:59; Hopkins/Shattock 7:02;

Senior women: 1 Tonbridge 29:28 (N Taylor 9:35, L Reid 9:51, A Gibson 10:02); **2 AFD 30:02** (E Hosker-Thornhill 9:11, A Weston 10:40, L Gent 10:12); **3 Rotherham 30:17** (N Hatswell 9:58, N Devine 10:13, N Handbury 10:06); **4 Shaftesbury 30:27** (R Felton 10:20, N Taschimowitz 9:45, V Pritchard 10:21); **5 Sale 30:38** (E Tilley 10:04, E Downs 10:31, S Samuels 10:03); **6 Linc W 30:58** (A Donnelly 9:51, R Harrison 10:22, L Kaye 10:45); **7 Basildon 31:05** (G Kersey 9:49, I Ives 10:45, R Wiseman 10:31); **8 Wycombe P 31:11** (Z Doyle 10:26, J Roberts 11:07, P Woolven 9:38); **9 Herne H 31:18** (K Snowden 9:39, F De Mauny 10:58, S Philippeau 10:40); **10 Hallamshire 31:21** (C Thackery 10:02, H Fletcher 10:37, N Squires 10:42); **11 Leigh 31:33** (L Riches 10:18, L Peplow 11:05, A Howarth 10:11); **12 Norwich 31:40** (I Lake 10:03, I Rodriguez 10:46, M Beckett 10:51); **13 B&W 31:42** (N Griffiths 10:16, C Taylor-Green 10:18, C O'Donoghue 11:10); **14 Mil K 31:44** (R Robinson 9:52, M Wood 11:14, E Roche 10:38); **15 Derby 31:47** (V Wills 10:25, L Palmer-Blount 10:12, C Dover 11:10); **16 Salford 31:50** (S Bent 10:18, C Davies 10:38, A Beaman 10:53); **17 C&C 31:55** (H Archer 9:35, Z MacDonald 11:24, B Frake 10:56); **18 Rotherham B 31:59** (S Hughes 10:22, S Burns 10:57, E Parkinson 10:40); **19 Leeds 32:26** (G Malir 10:05, L Armouch 11:27, S Partridge 10:54); **20 Soton 32:27** (L Webb 10:01, M Jones-Walters 11:39, S Kingston 10:48); **21 Birchfield 32:29** (G Hartigan 10:15, S McManus 10:35, E Watters 11:40); **22 Blackburn 32:39** (K Buckingham 11:18, E Sagar-Hesketh 11:58, J Judd 9:23); **23 Notts 32:46** (E Shirley 10:32, S Reimers 11:12, H Robinson 11:03); **24 Holmfrith 32:58** (H Berry 10:30, R Sykes 10:46, C Leaver 11:42); **25 Dacorum & T 33:00** (G Groves 10:34, K Warren 11:31, S Fawcett 10:55); **26 Shaftesbury B 33:02** (N Connor 10:19, V Walker 10:52, E Dimmer 11:50); **27 WSEH 33:08** (M Compton-Stewart 10:58, M Riglin 11:22, C Firth 10:48); **28 Hallamshire B 33:15** (C Ward 10:48, C Slack 11:05, E Crownshaw 11:22); **29 Charnwood 33:16** (E Butler 10:32, N Egginton 11:35, S Lomas 11:09); **30 AFD B 33:23** (G Tickfield 10:39, E Stevens 11:09, M Gilda 11:36); **31 B&W B 33:30** (E Harrison 11:07, H Pollak 10:58, S Everett 11:24); **32 Tonbridge B 32:52** (C Richardson 11:45, A Wood 11:00, O Lucas 11:38); **33 Rotherham C 34:06** (H Holmes 10:09, J Reid 11:31, N Clegg 12:26); **34 Liverpool 34:04** (R Burns 10:09, H Hughes 12:02, E Egan 11:57); **35 Nene V 34:13** (R Jones 11:26, J Foster 11:00, E Randall 11:48); **36 Herts P 34:14** (S Judd 11:00, I Found 11:43, A Found 11:36); **37 Oxf U 34:35** (T Woods 11:16, C Hammett 11:01, A Broughton 12:17); **38 Harborough 34:39** (S Ward 11:13, J Hammett 11:46, H Eveleigh 11:40); **39 B&W C 34:59** (C Jolliffe 11:29, A Doran-Mingo 11:31,



Leading the charge: the field is off in the under-13 girls' race

G Miles 11:59); **40 Mansfield 35:13** (N Yates 10:47, K Huntington 11:55, K Johnson 12:30); 41 St Albans 35:22; 42 Wakefield 35:23; 43 SinA 35:50; 44 Trafford 35:54; 45 NSP 35:59; 46 Hull 36:00; 47 Steel 36:04; 48 Notts B 36:06; 49 Mil K B 36:24; 50 Vale R 36:27; 51 Birchfield B 37:05; 52 Peterborough 37:16; 53 Sheff RC 37:32; 54 Ilkeston 37:37; 55 Redway 37:52; 56 Holme P 38:00; 57 Notts C 38:01; 58 Beeston 38:01; 59 NSP B 38:10; 60 Sale B 38:25
Fastest leg 1: Hosker-Thornhill 9:11; Archer/K Holt (Stoke)/N Taylor 9:35; Snowden 9:39
Fastest other legs: Judd 9:23; Woolven 9:38; Felton/Taschimowitz 9:45; N Taylor 9:51; Gibson 10:02
U20 women: 1 Loughborough 26:03 (Z Wassell 8:28, A Barbour 9:08, C Hughes 8:27); **2 Herne H 26:42** (E Newton 8:58, Z Tompkins 9:06, A Brown 8:39); **3 AFD 26:46** (M Grice 9:17, N Scott 8:45, N Brown 8:43); **4 Bracknell 26:50** (E Carey 9:04, A Quirk 8:23, A Wilks 9:23); **5 Reading 27:22** (? 8:28, P 9:37, ? 9:17); **6 B&B 27:29** (Y Austridge 8:33, M Smith 9:31, L Elms 9:25); **7 AFD B 27:37** (N Reid-Smith 9:02, K Brown 9:17, E Squibbs 9:19); **8 Herts P 27:43** (K Mhlanga 8:07, L Rowedder 8:23, H Booth 10:14); **9 Charnwood 27:58** (E Here 9:06, A Seager 9:34, H Hammersley 9:18); **10 Lough B 27:58** (G Carson 8:42, M Owen 9:52, G Chatwood 9:24); **11 Salford 28:19** (B Barlow 8:41, R Mason 9:35, C Hooper 10:03); **12 Basingstoke & MH 28:40** (R Bullock 9:11, M Watson 9:52, R Poole 9:37); **13 Mansfield 28:56** (A Scott 8:59, M Roberts 10:13, M Scott 9:44); **14 Liverpool 29:07** (I Cook 9:14, M Raine 10:12, A Oliver 9:41); **15 ESM 29:18** (N Ravenhill 9:16, A Grimes-McTavish 10:27, J Leane 9:34); **16 Herne H B 29:29** (A Hobday 9:57, M O'Sullivan 9:07, J Hayward-Bhikha 9:32); **17 Cov G 29:47** (I Davis 9:58, A Nolan 10:02, A Roberts 10:13); **18 Nene V 29:52** (M Ellison 9:17, E Picaver 10:23, J Woodard 10:12); **19 Wirral 30:50** (J Hodder 9:02, K Thompson 10:14, E Davies 11:34); **20 St Albans 30:57** (J Laitner 10:21, A Bentley 10:15, C Eckley 10:22); 21 Tonbridge 31:08; 22

Birchfield 31:12; 23 St Albans B 32:48; 24 Liverpool B 33:12
Fastest leg 1: Mhlanga 8:07; A Other (Read)/Wassell 8:28; Austridge 8:33; Barlow 8:41; Carson 8:42
Fastest other legs: Quirk 8:23; Hughes 8:27; A Brown 8:38; N Brown 8:43; Grice 8:45; Newton 9:06
U17 women: 1 Herne H 26:15 (Y Marghini 8:28, P Anderson 9:01, C Alexander 9:46); **2 B&B 27:03** (M Squibb 8:54, S Hoare 9:10, A White 8:58); **3 Sale 27:08** (L Crawford 8:37, J Spilsbury 9:17, S Moss 9:14); **4 Shaftesbury 27:39** (C Ingles 9:14, L Radus 9:15, F Stapleton 9:10); **5 Norwich 27:41** (K Goldsmith 9:02, E Taylor 9:17, M Gadsby 9:22); **6 Vale R 27:50** (L Smith 9:28, T Neal 9:06, S Smith 9:17); **7 Salford 27:52** (S Mason 9:08, E Collier 9:26, T Brockley-Langford 9:18); **8 B&B B 28:02** (J Neal 9:06, A Miller 9:28, L Poloni 9:28); **9 Ilkley 28:08** (B Morley 8:38, B Raven 9:57, N Pearce 9:33); **10 Cleethorpes 28:11** (R Greenway 9:22, H Reid 9:38, G Sullivan 9:11); **11 Reading 28:11** (A Hancock 9:23, H Walker 9:32, N Harris 9:16); **12 Houghton 28:22** (L James 9:24, E Hardie 9:33, A Pigford 9:25); **13 C&C 28:26** (H Dyce 9:46, M Taylor 9:38, S Flockhart 9:02); **14 Nene V 28:38** (M Peel 9:05, E Robinson 9:33, K Tasker 10:01); **15 Portsmouth 28:41** (M Billins 9:49, E Farrow 9:20, N Ainsworth 9:33); **16 Rotherham 28:44** (K Rennocks 9:42, E Ball 9:21, E Holden 9:41); **17 Sheffield & D 28:44** (R Morris 9:48, E Rowe-Towle 9:07, E Patton 9:49); **18 Bracknell 28:47** (A Wills 9:19, L Wells 9:30, C Nicholls 9:58); **19 Charnwood 28:54** (M Atkinson 8:38, L Arnyetty 9:56, L Gregory 10:20); **20 Derby 28:55** (M Hudson 9:17, A Crane 9:50, S Badjie 9:49); 21 Shaftesbury B 29:59; 22 AFD 29:12; 23 Stroud 29:14; 24 Bed C 29:14; 25 Mansfield 29:17; 26 Leigh 29:18; 27 Herne H B 29:22; 28 Birchfield 29:33; 29 Mil K 29:35; 30 Sale B 29:44; 31 Reading B 30:02; 32 Tonbridge 30:03; 33 Wirral 30:08; 34 RSC 30:20; 35 B&B C 30:27; 36 Newcastle St 30:31; 37 Bracknell B 30:33; 38 Basildon 30:33; 39 C&C B 30:37; 40 Stroud B 30:51
Fastest leg 1: Marghini 8:28; K

Hodgkinson (Leigh) 8:29; M Todd-McIntyre (R'cliffe) 8:36; Crawford 8:37; Atkinson/Morley 8:38
Fastest other legs: Alexander 8:46; White 8:58; Anderson 9:01; Flockhart 9:02; Harris 9:05; Morris 9:07
U15 girls: 1 WSEH 21:41 (C Dewar 7:02, E Harris 7:21, I Young 7:19); **2 Norwich 21:44** (G Foster 7:18, G Jerry 7:15, T Crane 7:11); **3 Basildon 21:49** (M Harris 7:09, M Harris 7:33, A Ives 7:07); **4 Herne H 21:57** (P McFeely 7:15, M Collis 7:25, E Holland 7:17); **5 B&B 22:00** (A Thomas 7:25, N Toft 7:20, Z Mossi 7:15); **6 Hallamshire 22:13** (R Simpson 7:11, H Metherall 7:46, E Shipley 7:16); **7 Winchester 22:19** (R Chesterfield 7:14, A Moore 7:29, H Foster 7:36); **8 Vale R 22:22** (E Hudson 7:48, G Roberts 7:36, H Weedall 6:58); **9 AFD 22:27** (R Horton 7:324, R Gillett 7:41, R Roessler 7:11); **10 B&B B 22:29** (L Mannes 7:05, H Clark 7:44, K Price 7:40); **11 St Albans 22:38** (S McGrath 7:29, L Tse 7:41, A Jubb 7:28); **12 Harrogate 22:41** (M Holbert 7:37, E Colbourne 7:45, B Forrest 7:19); **13 Houghton 22:45** (A Leonard 7:16, E Keeler-Clarke 7:54, N Phillips 7:35); **14 Sale 22:46** (K Stringer 7:19, I Burke 7:42, O Brown 7:45); **15 Birchfield 22:47** (A Westwood 7:19, E Bullock 7:40, L Semple 7:48); **16 Shaftesbury 22:49** (J Miranda 7:27, M Radus 7:38, E Roncarati 7:44); **17 Wirral 22:51** (K Brady-Jones 7:13, E Kedzlaw-MacDonald 8:20, E Keaney 7:18); **18 Birtley 22:55** (T Graham 7:26, A Thwaites 7:56, K Francis 7:32); **19 B&B C 22:57** (E Dolby 7:20, D Harper 7:54, O Berry 7:41); **20 W&B 22:56** (T Ward 7:47, B Dyllal 7:45, L Hackett 7:24); 21 Linc W 22:57; 22 Hallamshire B 22:57; 23 Hallamshire C 22:57; 24 K&C 22:59; 25 Norwich B 23:06; 26 Preston B 23:09; 27 AFD C 23:10; 28 Herne H B 23:12; 29 Basildon B 23:12; 30 Winchester B 23:18; 31 Cornwall 23:21; 32 Salford 23:22; 33 R&N 23:24; 34 Ruschcliffe 23:26; 35 Sale B 23:30; 36 Preston 23:31; 37 Derby 23:31; 38 Exeter 23:34; 39 Saffron 23:38; 40 RSC 23:38
Fastest leg 1: Dewar 7:02; Mannes 7:05; L Edge (R'cliffe) 7:07; Curran (Gate) 7:08; Harris 7:09; Simpson 7:11

Fastest other legs: Weedall 6:58; Ives 7:07; Roessler/Crane 7:11; Jerry/Mossi/Shiple 7:15
U13 girls: 1 Tonbridge 22:11 (I Slack 7:14, S Slack 7:39, O Breed 7:18); **2 St Albans 22:13** (P Gill 7:07, H Read 7:30, F Crowley 7:38); **3 W&B 22:24** (I Price 7:21, I Jones 7:47, Z Gilbody 7:16); **4 WSEH 23:05** (D Baga 7:38, E Wilcox 7:43, R Clutterbuck 7:44); **5 Middlesbrough 22:23** (I Herberly 7:46, E McNeil 8:01, Z Hill 7:36); **6 Stockport 23:27** (E Murdoch 7:24, S Meade 7:56, S Ellwood 8:07); **7 Rotherham 23:28** (O Bell 7:30, M Walsh 7:49, M Topliss 8:09); **8 Reading 23:28** (E Newman 7:37, H Haldane 7:45, E Elson 8:06); **9 Liverpool 23:28** (L Bellingham 7:33, E McMurtrie 8:16, H Bain 7:39); **10 Derby 23:34** (I Robertson-Dover 7:44, S Bourne 7:48, B Creswell 8:02); **11 Hallamshire 23:39** (A Tolley 7:39, E Patton 8:18, R Styler 7:43); **12 Sale 23:45** (S Clough 7:28, A Clough 7:54, E Gillespie 8:24); **13 Hillingdon 23:50** (N McGovern 7:31, A Abdrahman 7:43, A Doyle 8:36); **14 B&B 23:50** (I Blakey 7:53, B Polloni 7:56, G Martin 8:01); **15 Norwich 23:52** (M Kelly 7:38, G Pegg 8:02, M Adams 8:11); **16 Mansfield 23:53** (B Hamilton 7:54, A Foster 7:48, R Milnes 8:12); **17 Hallamshire B 23:57** (A Ashmore 7:34, G Brown 8:23, K Beeton 8:16); **18 RSC 24:00** (M Wood 7:42, B Homer 8:19, M Nauseadate 8:00); **19 WG&L 24:07** (A Reid 7:50, K Beeton 8:16, L Morgan 8:21); **20 Altrincham 24:08** (E Pearson 8:00, V Charnley 8:11, A McHale 7:57; 21 Stoke 24:08; 22 WG&L B 24:11; 23 Herne H 24:12; 24 Cleethorpes 24:13; 25 Tonbridge B 24:15; 26 Notts 24:15; 27 Rotherham B 24:16; 28 Vale R 24:20; 29 Winchester 24:21; 30 Charnwood 24:31; 31 Gateshead 24:35; 32 Altrincham B 24:37; 33 Saffron 24:41; 34 AFD B 24:42; 35 R&N 24:43; 36 N Norfolk 24:44; 37 W Suffolk 24:49; 38 Matlock 24:52; 39 Gosforth 24:53; 40 B&B C 24:56
Fastest leg 1: Gill 7:07; Slack 7:14; Price 7:21; A Gale (Vale R) 7:23; Murdoch 7:24; Clough 7:28
Fastest other legs: Gilbody 7:16; Breed 7:18; Read 7:30; Crowley/Hill 7:36; Bain 7:39

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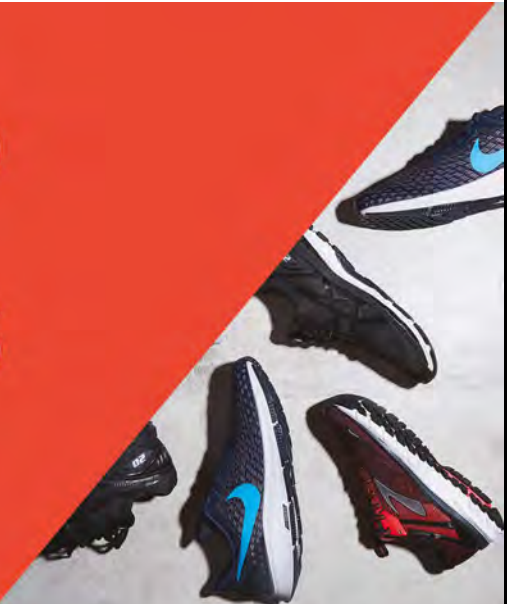
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SUPERB SECOND HALF SECURES KEITANY FOURTH NEW YORK TITLE WHILE DESISA HANGS ON TO LAND HIS FIRST

PICTURES: VICTAH SAILER

AS THE famous old jazz standard says: “Autumn in New York, why does it seem so inviting?”

That sentiment must certainly be music to the ears of Mary Keitany, who left the rest of the women’s field dancing to her tune as she completed a quartet of marathon victories in the Big Apple. This race also finally struck the right note with Lelisa Desisa as he got to taste victory on these city streets at the fifth attempt.

Keitany’s time of 2:22:48 to regain the New York crown might seem impressive enough, given that it puts her second on the race’s all-time list, but it only tells half the story.

With the first 13.1 miles run in 75:50, it was the Kenyan’s superb negative split of 66:58 which really set her performance apart.

The 36-year-old was utterly dominant and came home more than three minutes ahead of her fellow compatriot Vivian Cheruiyot, while America’s defending champion Shalane Flanagan had to settle for third on this occasion.

Keitany had won three consecutive New York City Marathon titles between 2014 and 2016 and had been on the hunt for her fourth after coming second to Flanagan 12 months ago.

The Kenyan set her women’s-only world record of 2:17:01 in London last year but at the 2018 edition of the race in the UK



NEGATIVE

capital she faded and finished fifth. Keitany made sure to leave enough for a strong finish this time around.

“I didn’t want to rush at the beginning so that I would suffer at the end,” she explained. “I wanted to be comfortable throughout the race.”

With the opening 5km

covered by the large elite women’s pack in 18:45 and 10km passed in 37:05, the course record of 2:22:31 run by Kenya’s Margaret Okayo in 2003 had looked to be well out of reach.

The pedestrian pace continued for the first half, with world half-marathon champion

Netsanet Gudeta and fellow Ethiopian Rahma Tusa leading the field through the halfway point.

Keitany joined them and really put her foot on the accelerator around the 15-mile mark on her way to blasting out that time of 66:58 for the remaining 13.1 miles – the fastest ever seen

Leading the way: Mary Keitany was in full control of the women's race



Fantastic four: Mary Keitany celebrates her New York win

THINKING

in a women's marathon – and producing a pace that none of her rivals could live with.

From 25km to 30km she ran a split of 15:19 and between 30km to 35km it was 15:34 – a 30:53 10km between 25-35km.

She clocked 4:55 for mile 17, 4:58 for mile 18 and 4:55 for mile 19, helping her towards a

second 10-mile split of 51:37. Her first 10 miles had been covered in 58:51.

After dropping the Ethiopian duo, Keitany went on unchallenged.

On coming so close to the course record, she said: "For today, I was thinking of trying to win, not actually the course

record. I come to see that I missed it by just 17 seconds, but it's okay. For me, winning was very important."

Behind her, this year's London Marathon winner Cheruiyot was working her way up, despite having been struggling with a leg injury, and also clocked impressive splits of 75:50 and

70:12 to secure the runner-up spot, while Flanagan ran a 75:49 first half and 70:33 second half to move up to third.

Four American athletes finished in the top 10. Behind Flanagan's 2:26:22 was Molly Huddle with 2:26:44 in fourth, Desiree Linden in sixth with 2:27:51 and Allie Kieffer in seventh with 2:28:12.

There was also a strong finish in the men's race but it was in complete contrast to the clear win claimed by Keitany, the result being in doubt until the very closing stages and Desisa's



Lelisa Desisa: flying the flag

margin of victory being a meagre two seconds.

Last year's Frankfurt and Rome marathon winner Shura Kitata, who finished second behind Eliud Kipchoge in 2:04:49 in London in April, had been pushing the pace but Desisa seemed determined to claim his first victory after five attempts and three podium places in New York.

After the lead group went through halfway in 63:55, the Ethiopian duo had broken away along with Kenya's defending champion Geoffrey Kamworor. However, with a mile to go, Desisa threw off his hat and made a move.

Kamworor simply couldn't keep up and it looked as though Desisa was well on his way to adding a win in New York to his two Boston Marathon victories. Kitata, however, was starting to chase them down.

With the finish line in sight, Desisa gritted his teeth and held on for the win in 2:05:59 for the second-quickest men's

time in the race's history. Kitata ran 2:06:01 for second and Kamworor 2:06:26 for third, while Ethiopia's Tamirat Tola was fourth in 2:08:30 and Kenya's 2017 London Marathon winner Daniel Wanjiru fifth in 2:10:21.

"This year I decided to be champion," said Desisa, who had placed third in New York in 2017 and 2015, second in 2014 and failed to finish in 2016.

"Today is my day. I am very, very happy. I am very, very satisfied to be the champion.

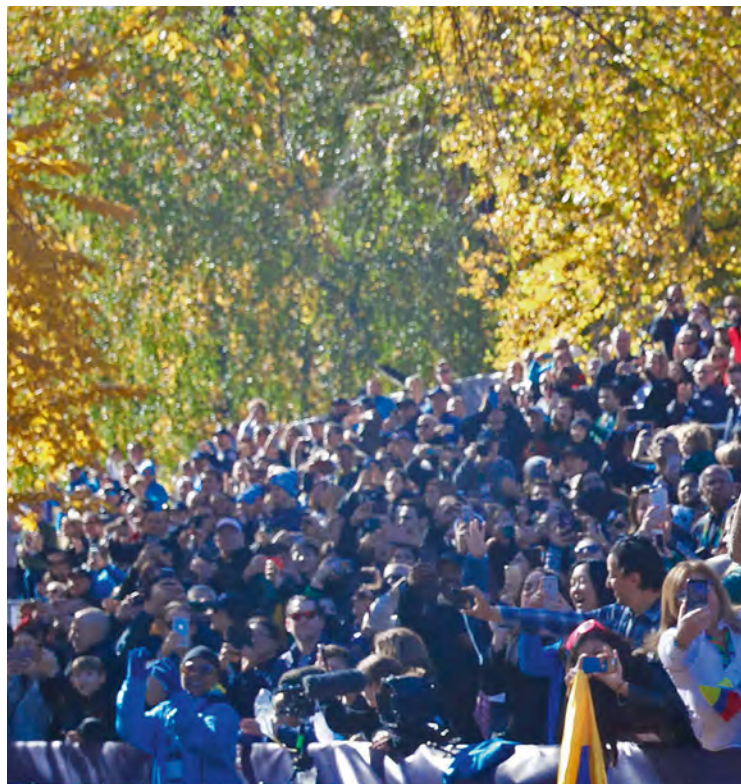
"I have finished on the podium before and this time I did such hard training, but with everything under control.

"Thank you, New York."

Jared Ward was the top US athlete in 2:12:24 for sixth, while Jonny Mellor was the first British athlete home, clocking 2:16:09 for 15th place.

Andy Davies ran 2:20:23, Matthew Gillespie 2:25:05 and Nick McCormick 2:27:35.

Chris Thompson has been in fine form lately and looked on track for around 2:12 after going



Victory at last: Lelisa Desisa heads for top spot on the New York podium

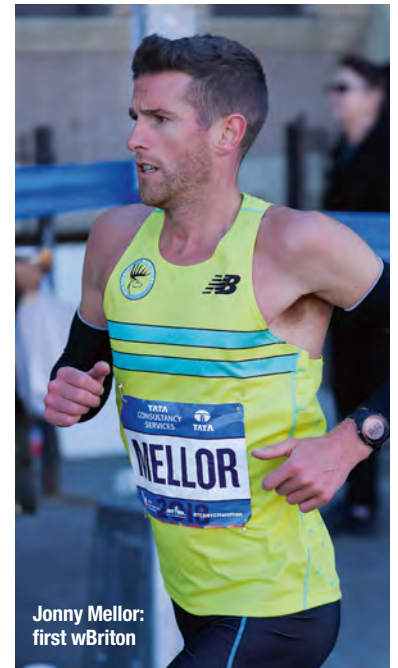
through halfway in 66:07 but the 37-year-old struggled in the second half after suffering with cramp and instead crossed the finish line in 2:28:54.

Making his marathon debut, the USA's Olympic 1500m medallist and double 2007 world champion Bernard Lagat clocked 2:17:20 in 18th.

The wheelchair races were won by the USA's Daniel Romanchuk in 1:36:21 and

Switzerland's Manuela Schär, who retained her title in 1:50:27.

Switzerland's three-time winner and Paralympic marathon champion Marcel Hug was second and GB's 2010 champion and six-time Paralympic gold medallist David Weir third in the men's race, while USA's five-time New York winner Tatyana McFadden was second and Zou Lihong third in the women's race.



Jonny Mellor:
first wBriton



Chris Thompson:
issues with
cramp

RESULTS

Men: Mar: 1 L Desisa (ETH) 2:05:59; 3 S Kitata (ETH) 2:06:01; 3 G Kamworor (KEN) 2:06:26; 4 T Tola (ETH) 2:08:30; 5 D Wanjiru (KEN) 2:10:21; 6 J Ward 2:12:24; 7 S Fauble 2:12:28; 8 H Talam (KEN) 2:12:40; 9 S Biwott 2:12:52; 10 C Derrick 2:13:08; 11 J Barrios (MEX) 2:13:55; 12 T Yae Dabi 2:13:57; 13 T Ritchie 2:15:22; 14 R Vail 2:15:31; 15 JONATHAN MELLOR 2:16:09; 25 ANDREW DAVIES 2:20:23; 29 MATTHEW GILLESPIE 2:25:05; 40 NICK MCCORMICK 2:27:35; 42 JAMES KELLY 2:27:51; 53 CHRIS THOMPSON 2:28:54; 50 SEAN FITZPATRICK 2:28:57; 55 CHARLIE SANDISON 2:29:05; 60 LAWRENCE

AVERY 2:30:03; 64 STUART HAYNES (M40) 2:30:20; 77 JONATHAN TIPPER 2:31:33; 78 JORDAN O'DONOGHUE 2:31:33; 86 DAMIEN BRUNEAU (M40) 2:33:02; 90 A Fraquelli (ITA) 2:33:32; 104 JONATHAN ROSENBLIER 2:35:52; 134 STUART FARMER (M40) 2:38:05; 179 LEWIS MILLAR 2:40:24; 205 RICHARD LILLEY 2:42:12; 210 LEE FEDDEN 2:42:23; 241 JAMES DWYER 2:43:18; 265 STEPHEN DAVIES (M45) 2:44:22; 266 STUART ROBERTSON (M45) 2:44:24; 272 DENYS OLEFIR 2:44:58; 292 MARK SENTER 2:45:30; 283 LIAM BUTLER 2:45:32; 303 STEVEN DANIELS 2:45:55; 320 PAUL WHITAKER (M40) 2:46:32; 329 ALEXANDER BETTS 2:46:36; 323

ANDREW PENFOLD (M40) 2:46:47; 336 JAMES FISHBURN 2:46:50; 360 CRAIG JONES 2:47:24; 365 DAVID MOHRING 2:48:01; 414 CRAIG JARMAN 2:49:07; 420 JON QUINT (M40) 2:49:12; 452 BENN THOMAS 2:49:24; 430 DANIEL HURST 2:49:32; 447 JULIEN SAMPLE 2:49:40; 458 MATT BIGGS 2:49:42; 448 ANTHONY BROOKES 2:49:46; 473 NEIL SMITH (M45) 2:49:54; 482 ANGUS TAYLOR 2:49:56; 528 STEPHEN LAMB (M45) 2:51:32; 545 TOM EASTEN (M40) 2:52:06; 661 MARTIN JOHN FILLINGHAM (M45) 2:53:36; 691 SCOTT STRACHAN (M45) 2:54:45; 756 R Reismann (EST/ M45) 2:54:59; 754 GEORGE REDMAN (M45) 2:55:11; 755 ANDREW BLAIR

(M50) 2:55:16; 1436 GREG PENN (M55) 3:03:15; 4431 ANDREW JEYES (M70) 3:28:00.
Women: Mar: 1 M Keitany (KEN) 2:22:48; 2 V Cheruiyot (KEN) 2:26:02; 3 S Flanagan 2:26:22; 4 M Huddle 2:26:44; 5 R Tusa (ETH) 2:27:13; 6 D Linden 2:27:51; 7 A Kieffer 2:28:12; 8 L Weightman (AUS) 2:29:11; 9 M Daska 2:30:31; 10 B Fikadu 2:30:47; 11 S Bruce 2:30:59; 12 R Groner 2:31:01; 13 G Steyn (RSA) 2:31:04; 14 C Dimoff 2:31:12; 15 S Bluske 2:32:04; 44 GILLIAN PEASE (W35) 2:55:25; 55 ZANTHE WRAY 2:56:36; 80 ASHLEY SANDERSON 2:59:54; 93 EDWINA McDOWALL (W45) 3:01:17; 147 JOELLE

REEVES 3:05:59; 184 LIZ GROLIMUND (W35) 3:08:56; 177 JESSICA ANDERSON 3:09:43; 226 IONA COUSLAND 3:12:29; 207 EMILY SOANES 3:12:37; 428 CATH POWELL (W45) 3:23:54; 446 LIBBY FERGUSON (W45) 3:24:16; 707 RUTH NEGUS (W45) 3:29:19; 1153 AMIRA LERARIO (W50) 3:36:45; 1218 MICHELLE ROBERTS (W50) 3:39:37.

Wheelchair: Men: 1 D Romanchuk 1:36:21; 2 M Hug (SUJ) 1:36:22; 3 DAVID WEIR 1:36:23; 11 SIMON LAWSON 1:47:54
Women: 1 M Schar (SUJ) 1:50:27; 2 T McFadden 1:50:48; 3 Lihong Zu (CHN) 1:56:14

COMPLETE GUIDE TO 400m

IN THE LATEST PART OF OUR SERIES WE PRESENT A STATISTICAL SUMMARY OF THE ONE-LAP EVENT WORDS: STEVE SMYTHE PICTURES: MARK SHEARMAN & TOM PHILLIPS

THE 400m was first run in the Olympics in 1900, and the USA's 17 Olympic gold medals in the discipline make them the most successful nation – they have also won 10 of the 16 world titles.

400m STAR: MICHAEL JOHNSON

WHILE his breakthrough first came at 200m – he won an Olympic, and two world titles and set a staggering world record at the half-lap event – it is over 400m that Michael Johnson had the greater success.

The American won two Olympic titles and four World Championship golds in the individual 400m. From his first major 400m – a 45.23 at Waco at the age of 20 in 1988, to his final race at the distance when he won the Sydney Olympics in 2000 in 43.88 – he was almost unbeatable at the event.

His first global title at 400m was at the 1993 World Championships at Stuttgart when he won by half a second in 43.65. In the 1995 World Championships at Gothenburg, he again beat the then world record-holder Butch Reynolds into second, winning by 83 hundredths of a second in 43.39 to miss Reynolds' mark by one tenth of a second, blasting away with a 10.29 third 100m split.

He was even more dominant in the 1996 Atlanta Olympics, winning by just under a second in 43.49.

In 1997 he was below his best, and in the

Recent world records

World records have been in short supply of late with just three marks in the last 50 years.

44.5	Tommie Smith (USA)	San Jose 1967
44.1	Larry James (USA)	Echo Summit 1968
43.86	Lee Evans (USA)	Mexico 1968
43.29	Butch Reynolds (USA)	Zurich 1988
43.18	Michael Johnson (USA)	Seville 1999
43.03	Wayde van Niekerk (RSA)	Rio 2016

• Smith's 1967 time was in a 440 yards race



Michael Johnson:
43.18 world record in Seville

World Championships in Athens was lucky to survive his quarter final, as he prematurely eased and scraped into the semis as a fastest loser by five hundredths of a second. In the final, he won by just two metres in 44.12 and became the first ever 'wild card' gold medallist.

In 1999 he won his fourth and final world gold as he sped to a 43.18 world record made up of 200m splits of 21.22 and 21.96 and included a middle 200m of 20.52 as he won by the huge margin of 1.11 seconds.

The average of his 10 fastest 400m was 43.557, which at the time he retired had only been beaten by two other runners, on one occasion each.

Men: List of champions

Olympic (2016)	Wayde Van Niekerk (RSA)	43.03
World (2017)	Wayde Van Niekerk (RSA)	43.98
European	Matt Hudson-Smith (GBR)	44.78
Commonwealth	Isaac Makwala (BOT)	44.35
Diamond League	Fred Kerley (USA)	44.80
World U20	Jonathan Sacoor (BEL)	45.03
European U18	Lorenzo Benati (ITA)	46.85
British	Matt Hudson-Smith (Bir)	44.68
CAU/English	Sadam Koumi (Bir)	46.14
England U23	Ben Claridge (Abing)	47.40
England U20	Ben Pattison (B&MH)	47.19
England U17	Max Leslie (Edin)	49.64
South	Nicholas Atwell (Herne)	47.05
Midland	Jack Hocking (Worc)	48.66
North	Adam Walker-Khan (Shef)	47.39
N Ireland	Theo Campbell (Bir)	47.03
Scotland	Sadam Koumi (Bir)	47.30
Wales	Owen Smith (Car)	47.32
ESAA SB	Ethan Brown (Kt)	47.92
ESAA IB	Ben Pattison (Hants)	47.80

• 2018 unless stated

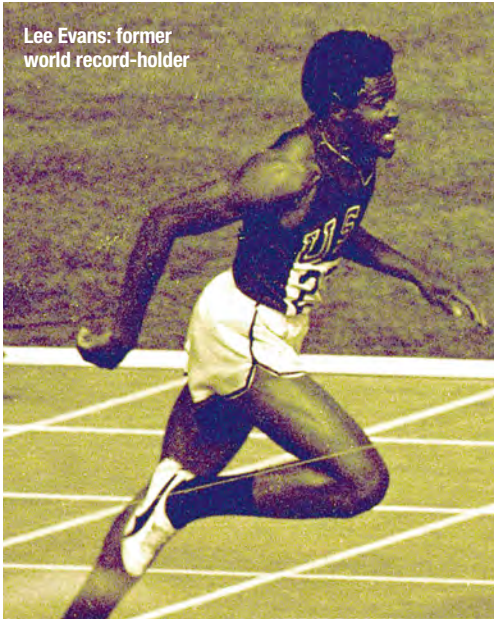
World masters records

Charles Allie is the most prolific record-holder with three marks between the M55 and M70 age-group.

M35	Chris Brown (JAM)	44.54	2015
M40	Enrico Saraceni (ITA)	47.81	2004
M45	Allen Woodard (USA)	49.09	2017
M50	Roland Groger (GER)	50.73	2017
M55	Charles Allie (USA)	52.24	2003
M60	Ralph Romain (TTO)	53.88	1995
M65	Charles Allie (USA)	56.09	2013
M70	Charles Allie (USA)	57.26	2018
M75	Guido Mueller (USA)	62.40	2014
M80	Hisamitsu Hijiya (JPN)	70.01	2012
M85	Earl Fee (CAN)	77.12	2014
M90	Yoshiyuki Shimizu (BRA)	89.35	2018
M95	Orville Rogers (USA)	2:21.82	2013
M100	Erwin Jaskulski (AUT)	3:41.00	2004

World teenage records

13	Bryce Love (USA)	48.62	2011
14	Kirani James (GRN)	46.96	2007
15	Chris Taylor (JAM)	45.27	2015
16	Obea Moore (USA)	45.14	1996
17	Luguelin Santos (DOM)	44.71	2011
18	Karaba Sibanda (BOT)	44.25	2016
19	Steve Lewis (GBR)	43.87	1988



Lee Evans: former world record-holder

Best world record: Lee Evans – 43.8/43.86, Mexico 1968

IT had the big advantage of altitude, but Lee Evans' Mexico run was a staggering mark at the time and still stands up to comparison 50 years later and would have easily won both the 2009 and 2011 World Championships and 2004 Olympics.

The previous Olympic record was 45.07 and the American entirely missed the 44 second timing with his clocking.

At the start of the 1968 season, the world record was 44.5 by Tommie Smith (during a 44.8 440 yards race).

In September, Evans had run a 44.0 in winning the US Olympic trials at Echo Summit, but the IAAF refused to ratify as he wore illegal brush spikes and the record officially went to runner-up Larry James.

James gave Evans a good race a month later in the Olympics when there was a metre between them and James also broke the 44-second barrier. The 43.86 eventually became the first accepted automatic timing mark and it lasted as a world record for 20 years.

Result: 1 Lee Evans (USA) 43.8/43.86; 2 Larry James (USA) 43.9/43.97; 3 Ron Freeman (USA) 44.4/44.41; 4 Amadou Gakou (SEN) 45.0/45.01; 5 Martin Jellinghaus (FRG) 45.3/45.33; eq6 Andrzej Badenski (POL)/ Tegagn Bezabih (ETH) 45.4/45.42; 8 Amos Omolo (UGA) 47.6/47.61

Best race: World Championships, Beijing 2015

THE 400m races were unparalleled in China in terms of quality. Even in the first round heats there were 16 PBs, and two athletes ran 43.93. European champion Martyn Rooney ran a big 44.45 PB and near UK record and yet only advanced as a fastest loser. There were 17 sub-45s in the semi-finals and the quality continued in the final as, for the first time in history, three runners broke 44 in the same race.

Wayde van Niekerk, who had been eliminated in his first-round heat in 2013 with a 46.38, started fast. The South African was through 100m in 10.8 and then covered the next 100m in 9.9 to lead through 200m

in 20.7, hotly pursued by the two previous world champions LaShawn Merritt and Kirani James. The pace continued on the bend with a 10.7 as he led through 300m in 31.4, three metres up on the previous champions.

Most expected him to falter in the straight but he held the advantage to run 43.48 for the fastest ever time by a non-American while Merritt held on for second.

Result: 1 Wayde van Niekerk (RSA) 43.48; 2 LaShawn Merritt (USA) 43.65; 3 Kirani James (GRN) 43.78; 4 Luguelin Santos (DOM) 44.11; 5 Isaac Makwala (BOT) 44.63; 6 Rabah Yousif (GBR) 44.68; 7 Machel Cedonio (TTO) 45.06; 8 Youssef Masrahi (KSA) 45.15

Records list

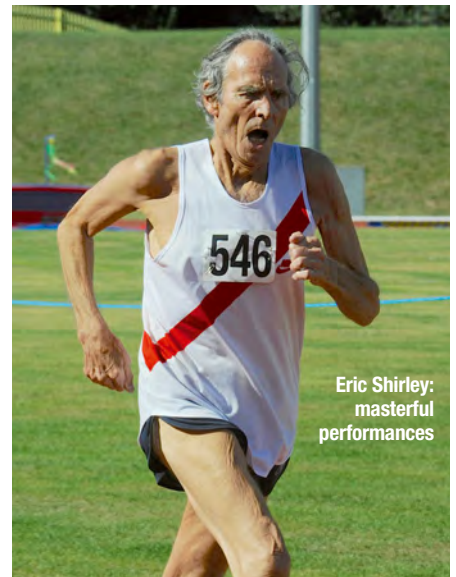
World/Commonwealth/ Olympic	Wayde van Niekerk (RSA)	43.03
World Champs	Michael Johnson (USA)	43.18
Europe	Thomas Schonlebe (GDR)	44.33
British	Iwan Thomas (N&EB)	44.36
British U20	Martyn Rooney (Croy)	45.35
British U17	Mark Richardson (WS&E)	46.43

Doha 2019 prediction

ALTHOUGH he did not race at all in 2018, Van Niekerk will start favourite if he gets anywhere near back to his global winning form of 2015-2017. However, in his absence, Norman, Bloomfield, Gardiner and Haroun made big advances in the year and will former champion Kirani James return to his best?

Winning time: 43.66

1 Wayde van Niekerk (RSA); 2 Michael Norman (USA); 3 Steven Gardiner (BAH); 4 Abdalalah Haroun (QAT); 5 Akeem Bloomfield (JAM); 6 Isaac Makwala (BOT); 7 Fred Kerley (USA); 8 Matthew Hudson-Smith (GBR)



Eric Shirley: masterful performances

British masters records

STEVE PETERS, with the latest mark this year, holds three marks though Charles Williams unusually has marks at M55 and M75.

M35	Conrad Williams	46.54	2017
M40	Darrell Maynard	48.74	2002
M45	David Elderfield	50.23	2001
M50	Steve Peters	51.41	2003
M55	Charles Williams	53.98	1987
M60	Steve Peters	55.86	2015
M65	Steve Peters	59.09	2018
M70	John Ross	64.84	2008
M75	Charles Williams	69.51	2007
M80	Rodney Mills	82.59	2016
M85	Eric Shirley	98.68	2015
M90	Dalbir Singh Deol	117.83	2016
M95	Charles Eugster	2:21.46	2015



Wayde van Niekerk: current world record-holder with 43.03

Recent world records

There are technically no recent world records as current holder Marita Koch dominated record-breaking in the late-70s and early-80s

49.29	Irena Szewinska (POL)	Montreal 1976.
49.19	Marita Koch (GDR)	Leipzig 1978
49.03	Marita Koch (GDR)	Potsdam 1978
48.94	Marita Koch (GDR)	Prague 1978
48.89	Marita Koch (GDR)	Potsdam 1979
48.60	Marita Koch (GDR)	Turin 1979
48.16	Marita Koch (GDR)	Athens 1982
47.99	Jarmila Kratochvilova (CZE)	Helsinki 1983
47.60	Marita Koch (GDR)	Canberra 1985

THE first women's Olympic 400m was in 1964. France is the most successful nation with three gold medals. USA are the most successful nation in the World Championships with four golds.

400m STAR: MARIE-JOSE PEREC

HER times may pale into comparison compared to Marita Koch's but the graceful French athlete has won two Olympic titles and two world titles at 400m.

Many believe her 48.25 in winning the 1996 Atlanta Olympics (where she also won over 200m) should be the world record.



Marie-Jose Perec: 48.25 to beat Cathy Freeman to 1996 Olympic gold

Perec's time is the fastest in the last 32 years.

After she won bronze in the 1990 Europeans, she thereafter dominated her event, winning the 1991 world title in 49.13, the 1992 Olympics in 48.83 and the 1995 world title in 49.28 before smashing her best

in Atlanta, although she was hotly pursued by Cathy Freeman, who ran 48.63 herself.

After an early season 50.32, she was expected to run in the 2000 Olympics, where Freeman won, but bizarrely scratched from her heat and made a quick exit from Australia.



Marita Koch: wins in Canberra in 1985 in an unbelievable 47.60

Best world record: Marita Koch – 47.60, Canberra 1985

IN VIEW of the proven East German doping, this should not even be a world record but it is and 33 years on the astonishing mark is unchallenged and should be for another 33 years.

Despite the sadness of it being beyond clean athletes (or even many dirty ones), there is no denying it is a special mark. Koch had fantastic sprint marks (10/83/21.71) and good endurance and she eventually brought the record down by 1.59 seconds from 49.29 to 47.60. In the IAAF World Cup in Canberra it is estimated she ran 11.4 at 100, 22.4 at 200m and 34.1 at 300m (45.5 paces) and she won by around six metres from Olga Vladykina. Former record-holder Jarmila Kratochvilova was fifth.

Result: 1 Marita Koch (GDR) 47.60; 2 Olga Vladykina (RUS) 48.27; 3 Lillie Leatherwood (USA) 50.43; 4 Ana Quirot (AME) 50.86; 5 Jarmila Kratochvilova (EUR) 50.95; 6 Debbie Flintoff-King (OCE) 51.57; 7 PT Usha (ASI) 51.61; 8 Kehminde Vaughan (AFR) 53.16

Best race: World Championships, Moscow 2013

AMANTLE MONTSHO was defending champion and had run the fastest semi of 49.56 but Francena McCorory led at 200m in a brisk 23.3, a metre up on Montsho (23.4) with former Olympic and world champion Christine Ohuruogu, seventh in 23.8.

McCorory faded and Montsho was ahead at 300m in 35.7 with Natasha Hastings second in 36.1, with the Briton disputing third. By 350m, Ohuruogu was up to second and closing fast on the Botswanan. It looked like she would just fail to catch her but executed a perfect dip while Montsho leaned back. The result took a while to be confirmed as the margin was four-thousandths of a second and as an added bonus the 49.41 time eclipsed Kathy Cook's 29-year-old UK record.

Result: 1 Christine Ohuruogu (GBR) 49.41 (49.404); 2 Amantle Montsho (BOT) 49.41 (49.408); 3 Stephenie-Ann McPherson (JAM) 49.99; 4 Natasha Hastings (USA) 50.30; 5 Francene McCorory (USA) 50.68; 6 Kseniya Ryzhova (RUS) 50.98; 7 Novlene Williams-Mills (JAM) 51.49; Antonina Krivoshapka (RUS) DQ (49.78)



Christine Ohuruogu: trademark strong finish in 2013

Records list

World/Euro	Marita Koch (GDR)	47.60
Olympic	Marie-Jose Perec (FRA)	48.25
World CBP	Jarmila Kratochvilova (CZE)	47.99
British	Christine Ohuruogu (N&EB)	49.41
British U20/U17	Linsey MacDonald (Pit)	51.16

List of champions

Olympic (2016)	Shaunae Miller (BAH)	49.44
World (2017)	Phyllis Francis (USA)	49.92
European	Justyna Swiety-Ersetic (POL)	50.41
Commonwealth	Amantle Montsho (BOT)	50.15
Diamond League	Salwa Eid Naser (BRN)	49.33
World U20	Hama Das (IND)	51.46
European U18	Barbara Malikova (CZE)	52.66
British	Anyika Onuora (Liv H)	51.95
CAU/English	Margaret Adeoye (E&H)	53.14
England U23	Hannah Williams (Herts P)	54.02
England U20	Hannah Foster (SB)	54.98
South	Phillipa Lowe (D&T)	53.69
Midland	Derrion Thompson (Tip)	57.09
North	Louise Royston (Hal)	56.63
N Ireland	Louise Royston (Hal)	56.48
Scotland	Kelsey Stewart (A'deen)	54.89
Wales	Lauren Williams (Swan)	55.01
ESAA SG	Natasha Harrison (GM)	53.67

• 2018 unless stated

UK masters records

CAROLINE POWELL holds three UK records.

W35	Donna Fraser	53.11	2008
W40	Linda Staines	54.81	2005
W45	Nina Anderson	57.56	2018
W50	Caroline Powell	59.87	2005
W55	Caroline Powell	61.55	2012
W60	Caroline Powell	64.31	2015
W65	Joylyn-Saunders-Mullin	69.79	2018
W70	Angela Copson	77.47	2018
W75	Kathleen Stewart	85.74	2015
W80	Anne Martin	108.53	2016



Jearl Miles-Clark: 50.27 as a W35

World masters records

WITH the W45-W55 marks, Marie Mathieu holds the most world records.

W35	Jearl Miles-Clark (USA)	50.27	2002
W40	Sara Montecinos (CHI)	53.68	1994
W45	Marie Mathieu (PUR)	56.15	2003
W50	Marie Mathieu (PUR)	57.66	2007
W55	Marie Mathieu (PUR)	60.56	2013
W60	Caroline Powell (GBR)	64.31	2015
W65	Diana Palmason (CAN)	68.21	2003
W70	Aletta Ungerer (RSA)	73.97	2016
W75	Christa Bortignon (CAN)	79.53	2013
W80	Emma Mazzenga (ITA)	91.21	2013
W85	Nina Naumenko (RUS)	109.46	2011
W90	Emilia de Fontan (COL)	2:46.56	2015
W95	Hollyce Kirkland (USA)	4:29.64	2017

World teenage records

13/14	52.54	Kayla Davis (USA)	2017
15	51.16	Li Jing (CHN)	1995
16	51.14	Grit Breuer (GDR)	1988
17	50.01	Li Jing (CHN)	1997
18	49.50	Grit Breuer (GDR)	1990
19	49.42	Grit Breuer (GDR)	1991

Doha 2019 prediction

AFTER fouling up London in 2017, Shaunae Miller-Uibo will be favourite and should regain the title unless she chooses to focus on the 200m. Salwa Eid Naser is on an upward curve though and improving race by race.

Winning time: 48.65

1 Shaunae Miller-Uibo (BAH); 2 Salwa Eid Naser (BRN); 3 Shericka Jackson (JAM); 4 Phyllis Francis (USA); 5 Lynna Irby (USA); 6 Shakima Wimbley (USA); 7 Kendall Ellis (USA); 8 Amantle Montsho (BOT)



Shaunae Miller-Uibo: current world No.1

CROSS GREATS

YOU VOTED FOR THE NO.1 CROSS-COUNTRY RUNNERS IN HISTORY AND HERE ARE THE RESULTS

PICTURES: MARK SHEARMAN

IN OUR September 27 issue we asked you to vote for your top British and international cross-country runners of all time, plus the greatest race or moment in history. Our short lists caused a mild stir and have led to plenty of debate online and meanwhile you've been voting in droves.

International male: Kenenisa Bekele

Among other things Kenenisa Bekele won 11 senior individual titles at the World Cross Country Championships as he saw off the challenge of one of his predecessors as world champion, John Ngugi.

Athlete	Vote %
Kenenisa Bekele	39
John Ngugi	27
Carlos Lopes	14
Gaston Roelants	10
Paul Tergat	10



Kenenisa Bekele: Ethiopian finished ahead of John Ngugi (left) in our international men's poll

**International female:
Grete Waitz**

The Norwegian legend was a big winner of the international women's poll as she took 56% of the votes to beat Tirunesh Dibaba – the Ethiopian finishing a clear second.

Waitz, who died in 2011 aged 57, won world cross-country titles from 1978-81 and in 1983, mostly by huge margins during an era when the race distance was not very far.

Athlete	Vote %
Grete Waitz	56
Tirunesh Dibaba	25
Gete Wami	8
Lynn Jennings	6
Doris Brown	5



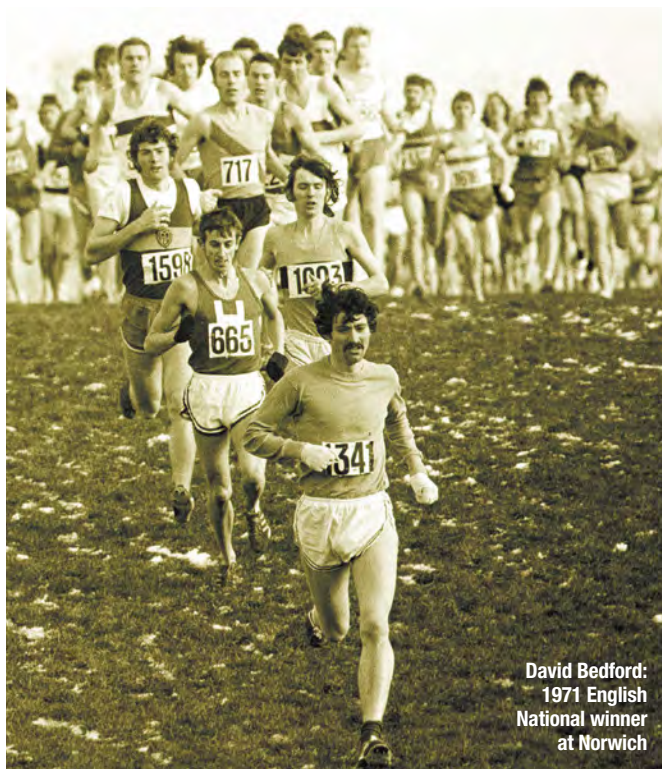
Grete Waitz: Norwegian was an overwhelming winner of the women's international category ahead of Ethiopian Tirunesh Dibaba (above)

British male: David Bedford

This category created much debate with readers asking why three-time National Cross winners like Dave Clarke, Gordon Pirie and Dave Lewis were left out, as well as world champions Ian Stewart and Frank Sando and European winners Jon Brown and Mo Farah.

It was an incredibly competitive section but the winner ultimately was quite decisive as he took just over half the votes.

Athlete	Vote %
David Bedford	51
Tim Hutchings	22
Jack Holden	10.5
Alf Shrubbs	8.5
Basil Heatley	8



David Bedford:
1971 English
National winner
at Norwich

British female: Paula Radcliffe

After winning junior world cross gold in Boston in 1992 Paula Radcliffe won the senior title in Ostend in 2001 before retaining it in Dublin in 2002.

Add to this her two European titles in Ferrara 1998 and Edinburgh 2003 and she was a clear winner from double world champion Zola Budd.

Joyce Smith pipped Hayley Yelling for third.

Athlete	Vote %
Paula Radcliffe	64
Zola Budd	16
Joyce Smith	11
Hayley Yelling	6
Diane Leather	3



Paula Radcliffe: British runner saw off the challenge of Gete Wami on muddy course

Greatest moment: Julian Goater's National win

Julian Goater's 1981 English National victory at Parliament Hill saw him beat a world-class field that included Steve Jones, Dave Clarke, Mick McLeod and Dave Moorcroft by almost two minutes (*Comment*, p4).

Goater was on fire as he ripped through the mud and undulating ground to pulverise his opponents with one of the most memorable and commanding distance-running performances of all-time on British soil.

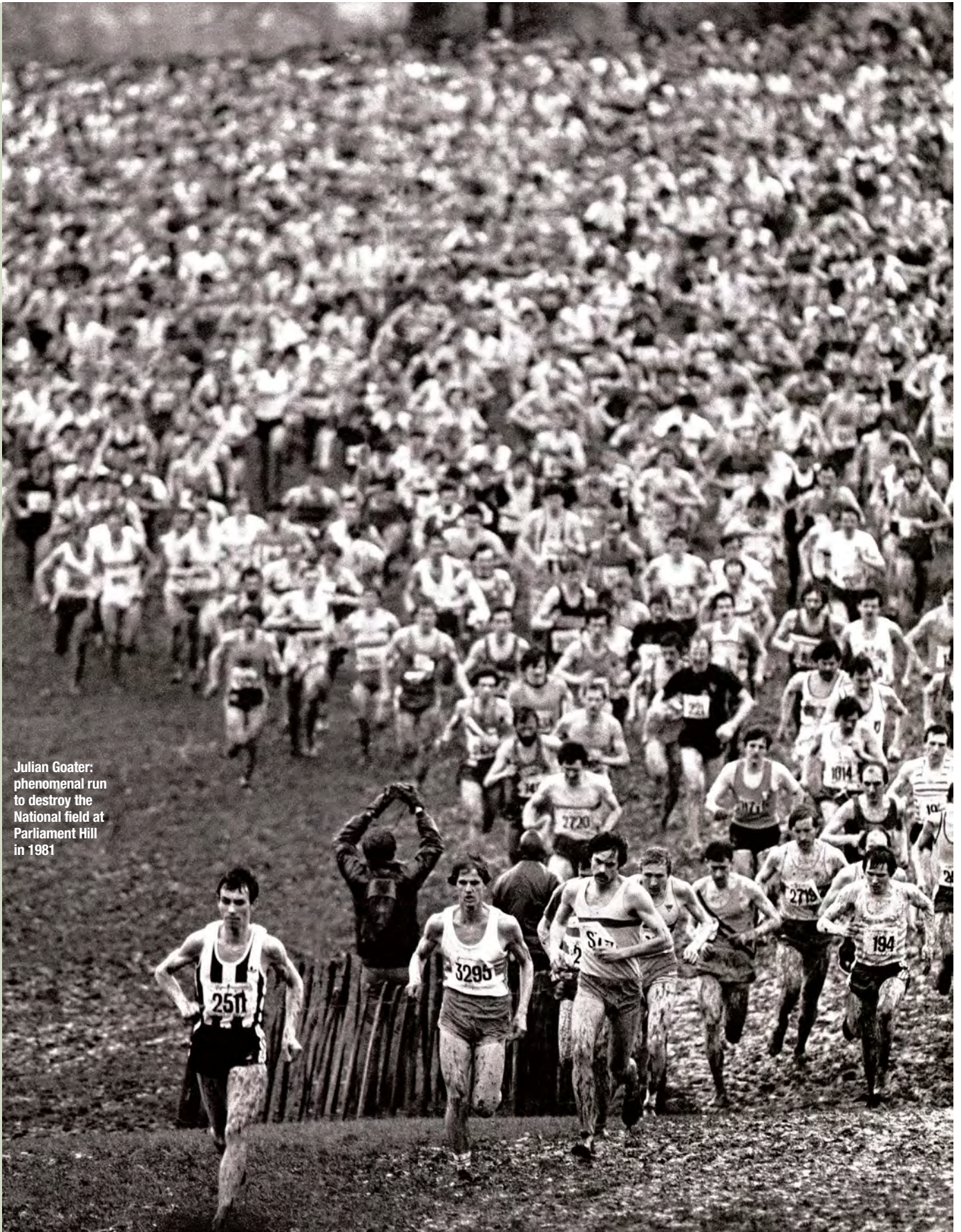
The runner-up performance was Dave Bedford's famous Southern Championships double when he won the 1971 junior and senior titles on the same afternoon, again at Parliament Hill.

Paula Radcliffe's first senior world cross country title as she beat Gete Wami over the mud in Ostend was your choice for the bronze medal in this category.

In fourth place, John Treacy's second world cross title in 1979 in front of a home crowd in Limerick got your votes.

Hot on his heels was barefoot Zola Budd winning the 1986 world cross title by a large margin on a greasy course in Switzerland, while memorable victories by John Ngugi, Sergey Lebid, Craig Virgin, Sonia O'Sullivan and Ian Stewart brought up the rear.

Moment	Vote %
Goater's grand National	30
Double trouble	16.5
Radcliffe top of the world	14
Treacy the green machine	12.5
Barefoot brilliance	10.5
Kenya believe it?	6
Magnificent seven for Lebid	3.5
Home straight burn-up	3.5
O'Sullivan supreme	2.5
Global gold in Rabat	1



Julian Goater:
phenomenal run
to destroy the
National field at
Parliament Hill
in 1981

EATING DISORDERS ANALYSED

A RECENT CONFERENCE ON ATHLETES' MENTAL HEALTH FOCUSED HEAVILY ON EATING DISORDERS

THE SECOND national Mental Health of Athletes Conference in Leeds last month saw presentations from UKA's former performance director Dave Collins, world masters sprint champion and psychiatrist Steve Peters and Olympic slalom canoeist champion Etienne Stott.

One of the sessions was "eating disorders and sport" with three speakers all heavily involved in athletics – Prof Alan Currie, Dr Carolyn Plateau and Dr Emily Dudgeon, while four-time British steeplechase champion Luke Gunn also attended the conference.

Currie has been active in the field of sports related eating disorders for over 20 years and works full-time as an NHS

psychiatrist. He opened the session by reflecting on the characteristics of an 'athletic diet' and accompanying concerns about weight and performance. He compared these to a normal diet and also emphasised the distinction between an 'athletic diet', disordered eating and clinical conditions such as anorexia and bulimia nervosa.

He gave a qualified endorsement of the new term 'relative energy deficiency in sports' (RED-S) by pointing out that it is a broader and less specific description of a much older problem. RED-S is broader because it emphasises the problem is not confined to female athletes and less specific because it acknowledges that medical problems extend beyond poor bone health and



altered menstrual function, both of which are implied by the term 'female athlete triad'.

However he urged caution when diagnosing RED-S as it does not distinguish those who become energy deficient by accident or miscalculation from those who might be very ill as a result of an eating disorder. He stressed the need for appropriate monitoring and follow-up in all those who are at risk of energy deficiency whether or not they have a clinical eating disorder. Further research is also needed to determine what proportion of athletes with RED-S actually have a clinical diagnosis and how many have simply become depleted by accident or miscalculation.

Plateau is based within the School of Sport, Exercise

and Health Sciences at Loughborough University as a lecturer in psychology and has been conducting research in the area of eating disorders among sports populations for several years, obtaining a PhD in this area in 2014.

Speaking at the October 18 event, which was held at Elland Road, the home of Leeds United FC, she presented an academic perspective on disordered eating in athlete populations, focusing on three main areas of interest: notably the risk and trigger factors for disordered eating in athletes, the challenges surrounding identification of eating concerns and an update on intervention and treatment strategies.

She discussed the latest findings around the role of team-



Speakers in Leeds (left to right): Emily Dudgeon, Alan Currie and Carolyn Plateau



MARK SHEARMAN

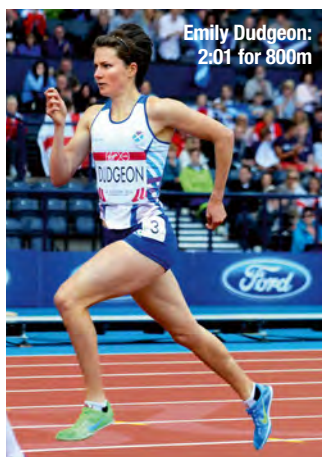
Having activities outside of the sport is important to maintain a balanced life

mates in promoting or protecting against disordered eating practices within athletics teams, highlighting the importance of developing and maintaining positive environments to promote healthy attitudes toward weight and shape among athlete groups.

Plateau also highlighted a new online CPD (Continuing Professional Development) course developed at Loughborough to help coaches recognise the signs and symptoms of disordered eating and to promote awareness around sources of support. In addition, she discussed a new, exercise-based screening questionnaire to identify athletes at risk of eating issues.

Dudgeon competed at the Commonwealth Games in 2014

and wrote an article in *AW* about the junior to senior transition in 2016. She also worked with the British Milers' Club to develop a mentoring programme for young athletes which she continues to run and this year qualified as a doctor and is now working in liaison psychiatry.



MARK SHEARMAN

She says: “We tend to encourage and reward athletes based on personality traits such as attention to detail, perfectionism, conscientiousness but these are associated with a higher risk of eating disorders. They can be taken to extremes to the detriment of an athlete’s sporting potential as well as to the detriment of their mental and physical health.

“Sport can begin to infiltrate every part of an athlete’s life and self worth can become entirely dependent on performance on the track. Having activities outside of the sport and encouragement (not permission) from coaches to do these is really important to maintain a sense of perspective. Actively discouraging rigidity by making athletes feel it is okay to deviate from a plan can help them to be more adaptable.”

She adds: “Embracing a tailored approach to individual athletes and explaining to the group that they are all different and have different requirements can reduce unhelpful comparisons between each other.

“Reframing mistakes as learning opportunities is important because obsessive or perfectionist athletes may be driven by an overwhelming and unhealthy fear of failure.”

Gunn, who now works as head of athletics at the University of Birmingham, said: “As all coaches know, we are often the first responders or identifiers to these issues with the athletes we work with and can often feel under-equipped and overwhelmed in being able to provide enough support to those in need.

“Hearing Emily, Carolyn and Alan talk through the complexities of eating disorders so eloquently, helped to not only



Steve Peters: world masters sprint champion and *Chimp Paradox* author

re-educate myself and delve into these complexities further, but also focus on areas we as coaches can channel this support to the athlete.

“Furthermore, it provided me with additional evidence to help educate athletes I work with and encourage positive change.

“Plenty of research has already been done in this area and although we still have a very long way to go in addressing this issue or making a substantial change within our sport, we coaches are the most influential stakeholders in this implementation.”

Elsewhere at the conference, the canoeist Stott spoke about how he developed the mental skills and techniques to win gold at London 2012.

Peters, a former *AW* cover star and author of *The Chimp Paradox*, was the keynote speaker, while other speakers included sports psychiatrist Dr Allan Johnston, former pro footballer Dr Vincent Gouttebauge and Chris Chapman from UK Coaching.

■ If you would like to discuss these issues with Emily Dudgeon, one of the speakers at the conference, you’re welcome to email her at ekd93@hotmail.co.uk

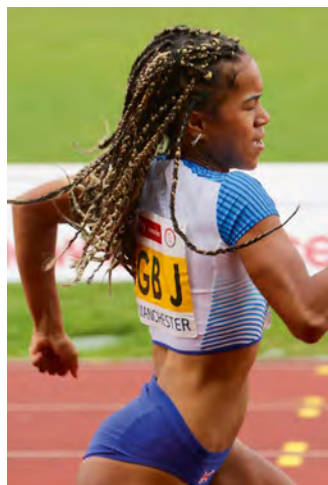
JOLLY GOOD PROGRESS

LANCASHIRE ATHLETE JASMINE JOLLY HAS BEEN UNBEATABLE THIS YEAR AT 300m HURDLES, WRITES EMILY MOSS

HAVING won all the national titles on offer to her at 300m hurdles this year, Jasmine Jolly has her sights set on making a successful transition to 400m hurdles at under-20 level next year.

The 16-year-old won English Schools, SIAB Schools International, England Athletics and School Games titles at 300m hurdles in 2018 but she has also set out her stall at the longer distance, clocking 59.79 to go No.4 on the UK under-17 all-time rankings.

She did this when placing fifth in the European Under-18 Championships in Hungary in July and said: "It had been my main target for the year. I had wanted a medal and had thought I would be disappointed with anything less than that.



Fifth in the European Under-18 Champs in Hungary: Jasmine Jolly



Jasmine Jolly: 16-year-old has shown brilliant form over 300m and 400m hurdles in 2018

MARK SHERMAN

"But on reflection I was so pleased with my time. It was a big step up in the level of competition and an amazing atmosphere."

Just a few days after returning to the UK, the bubbly teenager went straight to the English Schools Championships in Birmingham. Not wanting to miss out on representing her county, the Lancashire athlete had a title to defend and did not disappoint.

"I had wanted the record, but having come straight from the Europeans, I was just pleased to win really," she explains, adding: "It is so important to me and it's nice to do it with your friends. It is like a reunion every year."

One week later she was back in action, this time in the England colours at the SIAB

Schools International, where she again retained her title, in her fastest ever electronic time of 42.21.

She has also clocked a hand-timed 42.0 – a time which is not only the fastest in the UK for her age group in 2018, but also places her eighth fastest UK under-17 athlete of all time.

At 80m hurdles, Jasmine's best of 11.1 is the second quickest time in the UK in 2018, but her ambitions lie at 400m hurdles and she wants to run about 56-57 seconds with her main target being the European Under-20 Championships in Boras, Sweden.

"I just want to keep improving. I want to make a successful transition from being a good junior to an elite senior athlete," she says.

Training five times a week with her mum Maria as her hurdles coach, Jasmine started out in middle-distance running coached by Peter Crook, but quickly realised her love for hurdling after also winning the England under-15 indoor pentathlon title.

"I like the rhythm of the event and I like it because it's my best event!" she explains.

Inspired by the focus and poise of Serena Williams, Jasmine is studying for her A-levels at Lancaster Girls Grammar in psychology, English literature, maths and biology and hopes to get a scholarship to a US university.

What is her secret to success at the major championships? "I like to smile," she says. "It relaxes me. I try to spot my parents and give them a wave before I start.

"Also, just being at the World Championships in 2017 made me realise how much I want to make it."

JASMINE JOLLY

- **Born** December 7, 2001
- **Club** Preston Harriers/ Birchfield Harriers
- **Coach** Maria Jolly
- **PBs** 400m hurdles 59.79; 300m hurdles 42.21 (42.0 hand-timed); 400m 57.7; 80m hurdles 11.1
- **Achievements**
2018: English Schools 300H gold; SIAB Schools International 300H gold; School Games 300H gold; England Athletics U17 300H gold; European U18 Champs 400H 5th
2017: English Schools 300H gold; SIAB Schools International 300H gold; School Games 300H gold
2016: England Athletics Indoor U15 pentathlon gold; English Schools 75m hurdles 5th
2015: English Schools 800m heats

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DOES YOUR COACH REALLY KNOW YOU?

SARA ALMEIDA ASKS HOW ATHLETES AND COACHES DEVELOP THE MOST EFFECTIVE RELATIONSHIP

I WAS always searching for ways to improve the relationship with my coach and then my athletes. Talking about relationships in general is complex but within the sport it is even more difficult because there are so many issues – such as, cohesion, leadership, motivation, power, performance, results and success. There are in fact so many that contribute toward a positive relationship.

Even though elite coaches and athletes have used numerous means to achieve outstanding performances, often these were not enough, they needed something more, something else that could provide those extra centimetres and fewer seconds. So, perhaps there is more that can be achieved through the psychological aspects of performance – and not just those that pertain to the athlete, such as, visualisation and attribution – but to the relationship the athlete has with their coach and vice-versa.

Research problem

Sports psychologists writing in *Applying Sport Psychology* noted there is evidence to indicate that coach-athlete relationships are likely to



include positive interpersonal qualities such as trust, respect, commitment and understanding, but there is much work to be done. In an attempt to fill this knowledge gap, the dynamics involved between coach and athlete have been identified in areas such as leadership, motivational climate and cohesion as requiring attention.

However, the nature of the interpersonal relationship that coaches and athletes develop in the course of their athletic partnership has remained unchallenged conceptually and empirically. Also, less attention has been directed toward studying the two-way interaction process between coach and athlete

Through my research I came across a completely new instrument that acts as a diagnostic tool for coaches

and athletes' relationships. Its purpose is to bring them closer together and to interact beyond the technical realm dictated by the sport. This device is CARI (coach-athlete relationship inventory). It's an on-line questionnaire. I chose to interview coaches and athletes to understand their perceptions about their relationship.

I decided to select coaches and athletes from two different countries and to compare a very successful country with a less successful one. After comparing the results of all of the Olympics since 1986, I realised that Great Britain was one of the top athletics nations (256 medals) while at the other end of the scale stood Portugal (10 medals).

My next step was to select 16 current coaches and athletes to participate in the study. Their

recruitment was based on certain prerequisites: they had to be elite athletes (minimum standard – county level) and age-wise 16-plus.

In all I came up with eight pairings. The Portuguese coaches' experience varied between 15 to 26 years and that of the British eight and 30. A diverse range of athletics disciplines were represented – pole vault, discus, hammer, javelin and sprints. The Portuguese athletes' experience varied from four to 15 years and the British six to 10.

Through the interview process themes such as closeness, cohesion barriers, power of influence, complementarity, commitment, compatibility, co-orientation and motivation were identified and brought up by the participants. These views were then used to create CARI.

Interview findings

CLOSENESS

Participants spoke at length about the importance of communication, trust and support. I discovered that coaches take the time to get to know their athlete as a person. They take an interest in the athlete's life off the track. According to them "you can't ever separate the athlete as a performer from who he/she is as a person".

All of the eight coaches mentioned that they were supporting their athletes not only on the track but also with their personal life and as a consequence, athletes become part of the family. These findings match other similar coach athlete sports psychology research where it's noted that the closer the athlete and coach feel, the more the opportunities occur for the coach to provide support, to spend time and effort, and to respond to athletes' needs and wishes.

COHESION BARRIERS

There were different perspectives across the two countries. For instance, British participants mentioned more interpersonal barriers, like lack of commitment and lack of trust. The latter was given more importance by the athletes. It was reported that British

coaches made them sign contracts because they were afraid of losing them. From the athletes' perspective this seemed like a lack of trust. This also reflected on the part of the British coaches a fear of losing out financially – if and when an athlete started to earn money via endorsements and their performances. However, this action could put the relationship at risk.

Conversely for the Portuguese structural barriers were more problematic, like distance to travel for training, university and a general lack of time. In Portugal nearly everyone goes to university. Universities are very demanding, and because only a few athletes can make a living through athletics, athletes start to focus more on their studies, leaving their sport in second place. So, from a coaches' point of view when the time comes it is hard to manage this situation because athletes are under a lot of pressure as a student and athlete.

POWER

All eight coaches were unanimous in saying that they use the power of influence to convince their athletes to do what they think is best and that is the way they lead their athletes. Athletes were very conscious that this type of

power was exerted by their coaches, and they were very happy with it, as they also thought that this was the best way.

COMPATIBILITY

British coaches believed they had completely different personalities to their athletes – however, this did not stop them rating their relationship with the maximum score.

This tells us that for British coaches, compatibility is not a pre-requisite for a strong relationship.

In reality this theme was controversial, as coaches and athletes' opinions diverged a little. British athletes focused more on the outcomes (results) – this meant that as long as they reached their goals, the relationship with their coach was less important. In contrast, Portuguese participants focused more on their relationship. This might explain why British coaches and their athletes are more successful than Portuguese.

COMMITMENT

The participants stated that commitment is what keeps you moving when you have a dip in motivation. However, commitment, for the two nation's coaches meant different things – for British coaches



EDDIE BOIS

Athletes need to trust the knowledge that their coaches possess

being committed reflected their behaviours and their actions, like for instance, travelling a long distance to deliver a session and spending their own time and money to coach. In comparison Portuguese coaches' commitment meant being available when their athletes needed them and the support of their athletes "all the way". From the athletes' perspectives, regardless of whether Portuguese or British, there was no divergence – with both thinking that to be committed is to give 100% in every session.

MOTIVATION

British and Portuguese coaches were unanimous in saying that motivation plays a giant part in a sports relationship. But having said that the research findings also revealed that a coach athlete partnership at this level has already an enormous capacity for self-motivation. So, therefore the coach's task is to maintain that motivation and to generate excitement and enthusiasm.

CO-ORIENTATION

Coaches and athletes spoke about how they perceived each other. Athletes pointed out as a very positive aspect that their coaches were very good listeners and communicators.



MARK SHEARMAN

Coaches need to be innovative and supportive

These coaches relevantly understand that communication is a two-way street between coach and athlete.

Another important factor for British pairings was that “drive” was everything – being committed 100% to the cause to achieve goals. On the other hand, Portuguese pairs gave more importance to attitudes, like being professional, responsible and competent.

COMPLEMENTARITY

Coaches and athletes were asked to reflect how well their personalities and characteristics balanced to create a positive environment for their sport. The eight pairs held similar views as they believed that athletes and coaches should make decisions together. This was seen to be so in order to create an atmosphere of safety on the track and field that was absolutely crucial for optimal learning and peak performance.

ADDITIONAL THOUGHTS ...

A few athletes during the interviews said that they really enjoyed it when coaches prepared different sessions, or different environments. Thus, the coach needs to take into account these ideas, such as the introduction of new technologies, or new theories and information, all of which will impact the level of

athletes’ motivation and hopefully their level of performance.

In the coach athlete relationship, the athlete needs to know that the coach is keeping up to date with the latest conditioning and technical knowledge in order that they can feel secure that they are being coached by someone who is knowledgeable, who can be trusted and relied upon.

Conclusion

CARI enables coaches and athletes to better perceive their relationship – in particular to understand each other’s goals, values and opinions. I believe that the research sends out a powerful message to coaches to invest in a good coach athlete relationship, and to make sure the relationship is perceived in the same way by the athlete. However, it is important to bear in mind that this research has also shown that there is some divergence in the way that athlete and the coach perceive their relationship. Therefore, besides investing in a good coach athlete relationship, coaches need to check and re-check how their athletes really perceive this on an on-going basis. This research also indicates that a lot of work still needs to be done in this field.

The next step is to make CARI available on the official sports online platforms of UKA, IAAF and the Portuguese athletics federation (FPA), so it can be used at the beginning of the season for all coaches and athletes. The aim being to know each other’s thoughts, opinions and goals and to help coaches and athletes plan the season ahead based on a solid and stronger relationship.

■ Sara Almeida has a doctorate in sports psychology and is an athlete and coach



Sara Almeida: coach-athlete dynamic is crucial

“WHAT MAKES UP THE COACH-ATHLETE RELATIONSHIP?”

This questionnaire is part of the study “What makes up the Coach-athlete relationship?”. Please read the statements below carefully and circle the answer that indicates what you think. There are no right or wrong answers. If you agree to take part in this study, we can guarantee that all your answers will be completely confidential.

1. Identification: We would like to thank you for your cooperation.

1.1 Age: _____ 1.2 Gender: Male Female
 1.3 Sport: _____ Years of practice: _____ Years of practice with the current coach: _____

2. Please respond to the statements as honestly as possible and relevant to HOW YOU PERSONALLY FEEL about your relationship WITH YOUR COACH. Each answer has 5 options, please answer by marking with a cross. There is no right or wrong answer.

	1	2	3	4	5
	Strongly Agree	Agree	Neither	Disagree	Strongly Disagree

My Coach:	1	2	3	4	5
1 I trust my coach					
2 Cultural differences are a barrier in my relationship with my coach					
3 I am close to my coach					
4 When I am coached by my coach I always work to the max					
5 My communication with my coach is excellent					
6 My coach is not easy to talk to					
7 We work as a team					
8 Distance is a barrier in my relationship with my coach					
9 I discuss everything beforehand with my coach					
10 My coach made me sign a contract					
11 I have difficulties in expressing my feelings with my coach					
12 When I am coached by my coach I am at ease					
13 When I am coached by my coach I am ready to do my best					
14 I like my coach					
15 I have different goals than my coach					
16 We talk about our future in athletics					
17 I am committed to my coach					
18 My coach listens to what I have to say					
19 My coach and I have distinct personalities					
20 I think my sport career is promising with my coach					
21 Sometimes my coach puts a lot of pressure on me					
22 My coach is always available for me					
23 We have different opinions, but we share the same goals					
24 I share the same beliefs as my coach					
25 We motivate each other all the time					
26 My coach takes into account my needs					
27 My coach influences my decisions					
28 My coach makes me false promises					
29 My time for training is limited					
30 It is important to have a personality match between coach and athlete					
31 I am 100% committed to my coach					
32 I consider my coach as family					
33 When I am coached by my coach I am responsive to his/her efforts					
34 I love my coach's excitement towards training					
35 My coach interacts with me all the time					
36 My coach makes me feel special					
37 My relationship with my coach is more important than achieving the goal					
38 I understand my coach					
39 My coach understands me					
40 My coach lets me set my own goals					
41 I know my coach's strong points					
42 My coach and I are always very focused					
43 My coach inspires me					
44 My coach gives me sport specific support as well as personal support					
45 We both want to succeed					
46 I want to gain social recognition					
47 I know my coach's weak points					
48 My coach provides a safe environment for his athletes					
49 I agree with my coach's views					
50 My coach punishes his athletes					
51 I strive to achieve similar goals with my coach					
52 I make personal sacrifices to achieve my goal					
53 I see my coach as a leader					
54 We share the same passion for athletics					
55 I always do my best in every session					
56 I am self-motivated					
57 I recognise my coach's authority					
58 My coach keeps my motivation high					
59 I am capable of doing anything to achieve my goals					
60 My coach plans everything in advance					
61 I have something to prove to others than my coach					
62 My coach gives me a lot of feedback during training					
63 My coach refuses any kind of commitment					
64 My motivation comes from my results					

Cohesion	2, 7, 8, 15, 21, 28, 29, 37
Closeness	1, 3, 11, 14, 32, 36, 44, 48
Power	9, 10, 18, 27, 40, 50, 53, 57
Complementarity	4, 12, 13, 16, 33, 42, 54, 60
Commitment	17, 20, 22, 31, 52, 55, 59, 63
Compatibility	6, 19, 23, 24, 26, 30, 35, 62
Co-orientation	5, 34, 38, 39, 41, 47, 49, 51
Motivation	25, 43, 45, 46, 56, 58, 61, 64

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ENDURING SPEED

THE ABILITY TO SUMMON A SPRINT AT THE END OF A DISTANCE RACE IS A GREAT WEAPON IN ANY RUNNER'S ARMOURY, WRITES DAVID LOWES

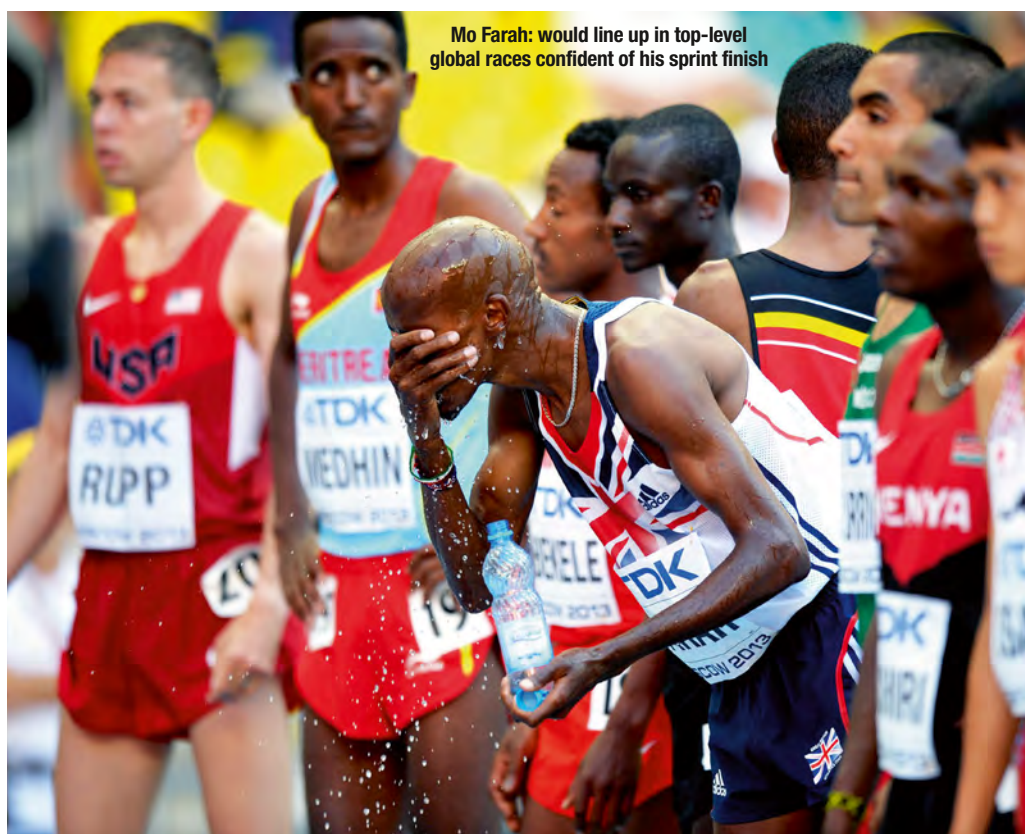
THE world's best endurance athletes have one great asset – they can run forever. No surprise there then. However, all of them can also run fast over the closing stages of their races – and some can run unbelievably fast. So much so that it almost feels like what happened before the bell blurs into obscurity.

An obvious example over 10,000m is Mo Farah. With 24 tough laps completed, the lap counter signals just one final 400m circuit and it is game-on for Farah.

While others run a swift 55-56sec circuit – and as impressive as that sounds – it usually results in a place outside of the medals, whereas Farah, at his pomp, was able to run a 52-53sec final lap.

In this article I'll take a look at the role of speed in endurance events. However, before I do this let's consider that the physical make-up of an athlete can have a huge influence.

I'm talking here about muscle fibre in particular. The percentage of fast, slow and intermediate twitch fibres varies from person to person and is determined by genetics, but can be changed with appropriate training. I'll examine some of the limitations, potentialities and options for training these in the following in order to improve endurance speed as well as look at the different types of speed required for successful endurance running – see the panel opposite for more on muscle fibre.



Mo Farah: would line up in top-level global races confident of his sprint finish

MARK SHEARMAN

Three speeds

If we look at events from 800m through to the marathon, it's quite easy to see the speed and endurance requirements. There are three basic speeds of training: slower than race pace, race pace, and faster than race pace. All are vitally important.

Those that gain success deal with the spread of those paces better than others. Too much 'top-end' speed, although essential, has to be blended with slower paces, including an appropriate recovery to produce improvements and peak performance and develop muscle fibre relevantly.

Although many club runners love a 16x400m session with

a 60sec recovery, a 4x400m flat-out session with a 5-8min recovery can be even more beneficial if done at the appropriate time in training.

A chat with most endurance runners would reveal that they class fast 400m reps as speed work when in fact it is a speed endurance session albeit with a high incidence of lactic acid.

Endurance runners face the dilemma of trying to train at many differing paces and distances in the hope of improving race performances by way of increased aerobic and anaerobic capability. These contain: within race pace, cruise pace and within top-end speed, sub-maximal sprinting and of

course outright maximum speed sprinting.

The latter is a lot easier to produce when free of fatigue but when legs feel like a lead weight, it is no easy task at all. This therefore needs to be practiced regularly all-year round. And with this comes a big focus on mental toughness too – of which more later.

Before we go any further, I've not found many runners who can deliver all of the above speed options. Certain runners will push hard for most of their chosen event and wear the opposition down, while others will be able to hang in and make a long run for home well before the sound of the bell.

However, whether your race is 800m or 10,000m, it will cause great frustration if you have played all your aces and still have three or more runners breathing down on you with only 100m remaining.

Those that have a great finish may well have that asset as a natural inherent ability (and the determination to unleash it). If you haven't got it then you had better do something about it so that you have at least a chance to succeed. More on this again later.

How you can capitalise on your speed

If you are born with a preponderance of slow twitch muscles fibre you may actually struggle to improve your speed at all. However, having said that most research indicates that most of us are born with a fairly even distribution of fast and slow twitch muscle fibres. This means we should be able to take them in a specific sporting direction with the right training.

Although continual aerobic work, speed endurance and strength endurance sessions will be the staple of an endurance runner's training regime with its

focus on slow twitch muscle fibre – speed, and its potential effects on fast twitch muscle fibre, should never ever be neglected.

If we define speed as the ability to run as quickly as possible before the onset of lactic acid, it should become obvious that very short distances are desired to produce this effect. In conversation with the great Peter Elliott many years ago, the athlete said: "I came to realise that doing flat-out 200m and 150m reps were not only giving me constant injury problems but also the comprehension that I never ever ran anywhere near that pace in an 800m race."

He added "I then started to run at, or around, my race pace and finished off sessions with things like flying 40m sprints which were done at 100%."

These explosive efforts done regularly can help with leg turnover and stimulate fast twitch muscle fibre. Research indicates that running at these high anaerobic power efforts will also boost running economy, VO2max and lactate tolerance.

A further idea may be to do some sprints of maybe a slightly

Muscle fibre types

Although subject to argument, three basic types of muscle fibre have been identified:

Type IIb "Fast"

- Large in diameter (will "grow" larger when subject to the relevant training)
- Use high energy phosphates to power them – which is high premium, quickly burnt fuel
- Few mitochondria (cellular "power plants")
- Generate great force
- Rely on anaerobic metabolism
- Fatigue rapidly
- Require large amounts of neural energy to recruit them

Type IIa "Intermediate"

- Have properties of both fast and slow twitch fibres
- Similar in appearance to fast twitch fibres
- Similar in endurance to slow twitch fibres
- Can take on a greater speed or endurance contribution when subject to the relevant training

Type I "slow"

- Smaller than fast twitch muscles
- Take around three times longer to contract
- High in mitochondria
- Contain large amounts of myoglobin which carry oxygen to muscle fibres
- Fatigue resistance
- Rely on oxygen (and glycogen) to fuel them
- Require less neural energy to recruit

longer duration on a very slight downhill slope, so that the assistance allows for an increase in speed compared to on flat running. This may improve your run power and turn over.

A strong mind and body

Also, what's often neglected when it comes to speed for endurance is potential muscle weaknesses in areas such as the core, glutes, hamstrings, quadriceps, calf muscles, or technically inappropriate foot plant, arm action and so on. These must all be identified and addressed accordingly through some form of testing and improved posture, appropriate drills, work in the gym and plyometric exercises.

As I've eluded to, a further aspect that's often overlooked when it comes to endurance speed and one that can make a huge difference is working hard on your mental toughness to the point where you almost disregard fatigue

and concentrate solely on the execution of your race. Your "speed" will take care of itself and hopefully your competitors.

Training is where you will work on this and the idea is to make yourself believe that no matter how tired you feel you still have the gears to explode into action when required. It's tough, but it can be done.

While aerobic improvements can be improved significantly, even with the appropriate training, speed improvements may at best be minimal. However, if they are improved by even the smallest margin then those three runners breathing down your neck with the finish line in sight, may still be doing that as you take victory!

■ **David Lowes is a freelance level 4 coach, writer and photographer, BMC academy chair, event organiser, English Schools 880 yards winner and 7:52 3000m and 2:15 marathon runner**



Peter Elliott: adapted his speed work with experience

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Stockist: on-running.com

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The beautifully constructed jacket has a neatly tailored fit that removes any excess and ensures a streamlined fit that doesn't hold you back. The seams are all carefully placed to provide a perfect range of movement, with articulations in the arms and a neat, close fitting hood with a semi-structured peak.

We found the jacket great in light rain and wind, keeping the rain out and blocking the wind, but most importantly, we didn't over heat. Even during faster paced runs it was a joy to be wearing and performed exceptionally well.



Asics – GT-1000 7 G-TX

Price: £110.00

Stockist: asics.com

Using a Gore-Tex upper often means a shoe becomes much more expensive. In this case the shoe sees just a £5 increase over the regular model and makes it a great value and much more versatile shoe for the winter.

The addition of a waterproof upper allows you to perhaps venture along those paths that become too wet in the winter months, while still keeping your feet dry and warm.

The shoe offers great cushioning from the rear foot Gel and it's now incorporated into the latest midsoles that reduce the overall weight of the shoe. Support comes via the DuoMax system and works well for those needing a little control for over pronation.



Proviz – REFLECT360 Women's Running Jacket

Price: £84.99

Stockist: provizsports.com

Offering the most amazing reflectivity, this jacket really could be a lifesaver! The latest model uses the same ultra-high visible reflective fabric but the weight has been reduced greatly. In this women's version it's as little as 170g (also available in men's versions) meaning you won't be weighed down as you run.

It's also more breathable now, with a mesh section to the rear to allow good airflow. The 360-degree reflectivity of the jacket ensures light is projected back towards the light sources, making you so visible it simply has to be seen to be believed.

For those that regularly train in dark or poorly lit areas where there is any traffic at all, this really is a fantastic garment.



Mizuno – 20K ER Jacket

Price: £115.00

Stockist: mizuno.eu

Offering premium levels of both waterproof protection and breathability, this jacket is a top performer. The '20K' in the name refers to the hydrostatic pressure rating of the fabric, or simply how waterproof it is and at this level it's among the best around. Its taped seams are perfect for even the most demanding endurance events, or even just a training run.

It's also very breathable too, ensuring better comfort and no over-heating. The lightweight, stretch fabric allows a good range of movement and the multi-paneled hood provides added protection and a great fit. The large chest pocket provides an easy to reach storage option as well as allowing the jacket to fold into it for carrying in a waist pack as a piece of essential kit in changeable weather conditions.



Gore – Windstopper Gloves

Price: £42.99

Stockist: gorewear.com

Totally windproof, these gloves provide excellent thermal protection even in the coldest conditions. The fabric also provides a high level of water repellency, making them great in any winter weather.

The pre-shaped fingers are a neat fit and seams are minimal, meaning there's no bunching of the material.

Silicone print on the thumbs, forefingers and palms ensure good dexterity when being worn and conductive fabric even allows for the operation of touch screen devices without removing the gloves.



On – Cloudflyer Waterproof

Price: £155.00

Stockist: on-running.com

Updated for the winter, the Cloudflyer, one of the brand's most popular models, gets the waterproof and reflective treatment.

For the most part the shoe remains the same, offering good cushioning from the 'Cloud' technology that provides a reasonable level of support and control. It's not a shoe for out and out over pronators but does a pretty good job when a little control is required.

The fit as always is great, the neatly constructed upper holding the foot very well and in this case with a waterproof upper. We've tried the shoes pretty much every time it's rained in the last few months and it's held up very well, keeping our feet dry on the roads and even on the occasional stretch of playing fields.

The upper also uses a reflective treatment, with reflective yarns incorporated into the upper, making the wearer highly visible

to other road users. It's a great seasonal update that fans of the brand and this model will welcome.



Gore – Gore-Tex Infinium Soft Lined Hooded Jacket

Price: £259.99

Stockist: gorewear.com

Like all Gore-Tex products this jacket offers guaranteed waterproof protection from the elements. Where this particular jacket differs is that the waterproof membrane is placed on the outside of the garment. This means water instantly beads on the outer shell and quickly runs off the garment, leaving it



drier and lighter due to no moisture being held on the garment.

The fabric is soft and light and quiet when you run. It's also windproof, breathable and warm. It's an amazing fabric technology and this jacket from the innovators showcases it to its best.

As you'd expect the fit is excellent. The seams are equally well positioned and allow a perfect range of movement. Pockets are well placed and the collar is soft and snug. There's also a stretch insert at the sleeve end to ensure a great fit that doesn't ride up as you move. A nicely shaped hood provides more protection from the elements should it be required and thanks to the soft nature of the fabric, it remains comfortable throughout longer runs.



Steve Smythe,
results editor

RELAY STRONG EVENT

THE relays at Mansfield last week was again a great event. However, why can't all the legs be the same length to ensure a proper fastest leg comparison? Surely it would not be too difficult to adjust the shorter first leg?

There was equality in some respects as the younger athletes were three each – unlike many of the bigger road relays which have more men's legs – but why do the men run almost twice as far and have an extra leg?

It is good that some big events are going with the same distances, which is right – women don't run shorter marathons – but it is inconsistent and illogical.

It may mean men's distances are occasionally reduced but gives the same opportunities to both genders.

While things are improving in gender imbalance, it is notable that it still exists in many forms.

This week some of the home nations named their teams for the Masters International cross-country.

There is no equality there, though. For the men it is six to run in the younger age groups but four for the women. Consequently there are always more selection squabbles among the women as there are usually more athletes missing out. Why not make it five to run for all and three to score?

OVERSEAS

BELGIUM

Mol, November 4
Men: 9.2kmXC: 1 S Fitwi (GER) 28:38; 2 I Kimeli 28:47; 3 D Tasama 28:49.
Women 5.5kmXC: 1 A Gosk (POL) 19:23; 2 K Rutkowska (POL) 19:42; 3 S Heaslip (IRL) 19:44. 5 STEPHANIE BARNES 19:52

CANADA

Fall Classic Half-Marathon, Vancouver, November 4
Men: HM: 4 CRAIG McMILLAN (V40) 75:52.

ESTONIA

Estonian Cross-Country Championships, Joulumae, October 13
Men: 10kmXC: 1 O Allase 32:54.
Women: 6kmXC: 1 K Nevoilihinn 22:27

FRANCE

Nice, November 4
ETHIOPIA'S Abriha Milaw won by more than three minutes in a course record of 2:07:25
Men: Mar: 1 A Milaw (ETH) 2:07:25; 2 N Kurgat (KEN) 2:10:41; 3 B Too (KEN) 2:11:55; 16 RICHARD HOBBY (M40) 2:44:44; 90 DEAN MORLEY (M50) 2:59:56. **Women: Mar:** 1 N Shimels (ETH) 2:31:53; 2 D Changeywo (KEN) 2:38:17; 3 E Kimaiyo (KEN) 2:41:55
Women Mar: 8 SARAH HILL (W40) 3:12:17; 76 SOPHIE RAWORTH (W50) 3:38:02
Colmar, November 4
Men: 10km: 1 T Talbi (MAR) 28:54.
Women: 10km: 1 A Keino (KEN) 34:17.

MORLAIX (FRA, Nov 4): Wins for Kenya's Paul Melly (29:01) and Ethiopia's Chaltu Negasa (32:08) in the Morlaix 10K.

GERMANY

Frankfurt (addn), October 28
Women: Mar: 28 ROSIE EDWARDS 2:40:49

Paul Chelimo: wins the 5km in New York in a dramatic finish



VICTOR SAUER



Over 6000 competed in the United Airlines Rock 'n' Roll Los Angeles Half Marathon

MIRALIS/GETTY IMAGES

IRELAND

Dublin (addn), October 28
Men: Mar: 45 AARON WILSON 2:31:28; 46 LAWRENCE O'HARA 2:31:39; 49 SAMUEL JODY RICHARDS 2:31:49; 52 STEPHEN WYLIE 2:32:56; 61 ROB GRANTHAM (V45) 2:34:19; 116 ALEX DANIELS (V45) 2:40:39; 129 ADRIAN SCULLION 2:42:41; 132 CHRIS LIDDLE 2:42:48; 170 PETER CASSIDY 2:45:11; 176 WESLEY MCDOWELL (V40) 2:45:44; 192 TATSUYA OKAMOTO 2:46:32; 1713 MAURICE O'CONNELL (V65) 3:20:34.
Women Mar: 28 SINEAD MURTAGH (W35) 2:59:28; 71 AISLING MURRAY 3:14:04.

ITALY

Rome, November 1
Men: 10km: 1 S Kipnetich (KEN) 29:26; 2 A Kwemol (KEN) 29:42; 3 J Kanda (KEN) 30:05; 4 H Kisorio (KEN) 30:12; 5 S Colombini 30:15. **Women: 10km:** 1 C Mukandanga (RWA) 33:17; 2 I Jeruto (KEN) 33:34; 3 F Maraoui 33:37
Pisa, October 14
Men: HM: 1 P Tjongik (KEN) 63:43; 2 D Meucci 66:00
Turin, November 4
Men: Mar: 1 S Gena (ETH) 2:14:48; 2 M Mengich (KEN) 2:15:51; 3 B Kiproop (KEN) 2:16:55. **Women: Mar:** 1 D Chefo (ETH)

2:35:53; 2 C Cheroni (KEN) 2:36:59; 3 S Brogiato 2:38:58

JAPAN

Oita, October 20
Men: 5000: r18: 1 P Tanui (KEN) 13:36.97. **Women: 5000:** 1 T Muthoni 15:13.89; 2 C Bayre 15:15.35; 3 M Moyaka 15:15.89; 4 T Kamau 15:20.52

JORDAN

Amman, October 12
Men: Mar: 1 R Chemungor (KEN) 2:16:31. **Women: Mar:** 1 L Kiprono (KEN) 2:44:59

KOREA

Seoul, November 4
THE 2:04:06 marathoner Asefa Mengistu won in 2:08:11, leading an Ethiopian clean sweep ahead of Tariku Kisfu and Abdele Godana as seven runners broke 2:10, including former world indoor champion Tariku Bekele in seventh.
Men: Mar: 1 A Mengistu (ETH) 2:08:11; 2 T Kebede (ETH) 2:08:19; 3 A Godana (ETH) 2:08:32; 4 B Kipyego (KEN) 2:08:42; 5 F Musobo (KEN) 2:09:04; 6 Z Regads (ETH) 2:09:30; 7 T Bekele (ETH) 2:09:30

NORWAY

Norwegian Championships, Trondheim, October 14
Men: 10kmXC: 1 D Tonseth 31:28.
Women: 6kmXC: 1 S Vag 21:23
Norwegian Championships, Stavanager, November 3
Men: HM: 1 S Fissehatsion (ERI) 67:38
Women: HM: 1 R Falch 75:32.

PORTUGAL

Porto, November 4
UGANDA'S 21-year-old Robert Chemonges won in a PB 2:09:06 from Olivier Irabaruta's Burundian record of 2:09:47.
Men: Mar: 1 R Chemonges (UGA) 2:09:06; 2 O Irabaruta (BUR) 2:09:47; 3 F Kebede (ETH) 2:10:40. **Women: Mar:** 1 A Tekulu (ETH) 2:30:13; 2 M Abera (ETH) 2:33:49; 14 KATHERINE SARGEANT (W45) 3:10:03

SOUTH AFRICA

Cape Town, October 14
Men: HM: 1 D Manja 62:58. **Women: HM:** 1 J Mbhele 75:10

SPAIN

Madrid, November 4
Men 10Km: 5 MAX TRAVERS 34:54.

USA

USATF 5km Championships, New York, November 3

PAUL CHELIMO won in a course record of 13:45 ahead of last year's winner Shadrack Kipchirchir, who shared the winning time.

Emily Sisson won the women's race in 15:38 from Erika Kemp, with world marathon bronze medallist Amy Cragg third.

Men: 5km: 1 P Chelimo 13:45; 2 S Kipchirchir 13:45; 3 S Kebelei 13:53; 27 MATT LEACH 14:36; 50 STEVE VERNON 15:48; 65 HUW LOBB (M40) 16:07; 120 MARTIN JOHN FILLINGHAM (V45) 17:29.
Women: 5km: 1 E Sisson 15:38; 2 E Kemp 15:50; 3 A Cragg 15:54; 112 SUE PHILLIPS (W55) 21:41

United Airlines Rock 'n' Roll Los Angeles Half Marathon, October 28

Men: HM: 1 S Reyes 66:39. **Women: HM:** 1 R Miura 81:43
Denver, October 21
Men: HM: 1 C Wanjiku 66:38. **Women: HM:** 1 N Rojas 77:47

Heart Of America Conference Championships, Atchison, November 3

Men: XC: 9 LIAM BARNSBY 27:23
RMAC Championships, Arvada, November 3
Men: XC: 103 THOMAS STAINES 28:23. **Women: XC:** 2 EILISH FLANAGAN 21:37; 4 ROISIN FLANAGAN 21:47

AAC Championships, Canton, November 3

Women: XC: 35 LAUREN GLENCROSS 20:53

Lone Star Championship, Canyon, November 3

Men: XC: 5 DANIEL HAYMES 25:49

Pacwest Conference Championships, Clovis, November 2

Men: XC: 3 FREDDIE HESSIAN 25:02

Sunshine State Conference, Daytona Beach, November 3

Men: XC: 38 MICHAEL PARRY (J20) 27:13

Northeast10 Conference Championships, Hopkinton, November 4

Men: XC: 16 PADDY CLARK 25:29; 17 CHARLIE JOSLIN-ALLEN 25:29; 68 WILLIAM NEW 27:14

Conference Carolinas Championships, Mount Olive, November 3

Women: XC: 1 SHONA BLADES 22:39; 6 AMBER OWENS (J20) 23:36; 31 HEIDI MURRAY (J20) 25:20

Sooner Athletic Conference, Oklahoma City, November 3

Men: XC: 2 MAX McNEILL 25:26

South Atlantic Conference Championships, Spartanburg, November 3

DANIEL WALLIS and Luke Greer scored a British one-two.

Men: XC: 1 DANIEL WALLIS 23:34; 2 LUKE GREER 24:42; 13 SEBASTIAN ANTHONY 26:02; 17 SAM LLOYD-PERKS 26:09

Pittsburgh, November 4

Men: 10M: 1 M Hehir 46:48; 2 S Sambu (KEN) 46:55; 3 D Korir (KEN) 47:12. **Women: 10M:** 1 M Ngige (KEN) 52:07; 2 G Gebreslasie (ETH) 53:05; 3 V Chepngeno (KEN) 53:23; 4 K Taylor 53:53

Hartford, October 13

Men: Mar: 1 D Sinclair 2:18:20.
Women: Mar: 1 R Schilkowsky 2:41:02



The start of the walk at Perry Barr

DAVID GRIFITHS

WALKS

OCTOBER 28

MIDLANDS WINTER LEAGUE, Perry Barr

Overall: 5KW: 1 M Williams (Bir, M50) 28:13; 2 C Derbyshire (Nun, W40) 29:05; 3 S Arnold (Nun, M55) 29:12; 4 F Alkhamesi (Nun, U17) 29:21; 5 D Mckerlich (Card, U20) 29:32; 6 W Kane (Notts, W50) 29:47; 7 H Minhas (Leic WC, M60) 30:15; 8 C Vesty (Leic WC, M50) 30:40; 9 A Wheeler (Nun, W60) 30:54 10 R Michell (Sy Wc, M70) 31:41; **10KW:** 1 P Boszko (Bir, M65) 57:19; 2 S Arnold (Nun, M55) 60:25; 3 J Bellfield (Hale, W45) 60:42; 4 D Mckerlich (Card, U20) 61:15; 5 L Achurch (Leic WC, U20) 61:15; 6 P Hawkins (Stratford on Avon AC) 61:45; 7 J Constandinou (Bir, M45) 62:12; 8 H Minhas (Leic WC, M60) 62:40; 9 G Smolinski (Leic WC, M65) 64:02; 10 C Vesty (Leic WC, M50) 64:29 **U15 men: 3KW:** 1 J Wellard 20:23. **U15 women: 3KW:** 1 G Parkinson (Menai, U17) 18:55 **U13W: 2KW:** 1 K Tozer (Bir, U13) 13:14; 2 E Richards (D&S, U13) 13:47

PARKRUN

NOVEMBER 3

Parkrun 5km

Leading age-graded

Beckenham Place: C Elms 18:16 W50 94.57%; **Walsall Arboretum:** D Fellows 23:27 W70 93.94%; **Whiteley:** P Fosse 22:36 W65 92.13%; **Cardiff:** C Arter 16:10 SW 91.34%; **Bushy Park:** S Baines 16:02 M45 89.95%; **Exeter Riverside:** P Monaghan 16:48 M50 89.86%; **Woodley:** A Soane 18:26 M60 89.58%; **Victoria:** E Christie 21:14 M60 89.48%; **Congleton:** A Jones 22:08 W65 89.19%; **Cranleigh:** S Tooby (now Wightman) 20:18 W55 89.14%; **Hackney Marshes:** P Reddaway 17:40 M55 88.92%; **Bedworth:** S Carey 24:30 W70 88.62%; **Peterborough:** P Taylor 18:56 W50 88.23%; **Lowestoft:** J Davies 20:52 W55 87.77%; **Horsham:** R Farrington 17:29 M55 87.72%;

Sheffield Hallam: D Ogden 18:04 M55 87.66%; **Bushy Park:** J Reid 16:44 M45 87.49%; **Preston Park:** C Wood 19:59 W55 87.44%; **South Manchester:** M Curley 19:47 M65 87.33%; **Catton:** S Walford 16:39 M45 87.27%; **Chelmsford Central:** L Davies 17:20 W35 87.06%; **Bedfont Lakes:** C Hoyte 18:37 W45 86.87%; **Southampton:** T Hillier 17:07 M50 86.85%; **Livingston:** Y Crilly 20:22 W55 86.79%; **Cannon Hill:** O Corea 16:09 M40 86.72%; **Strathclyde:** D Gardiner 16:53 M45 86.72%; **Dulwich:** A Prangley 17:26 M50 86.60%; **Exeter Riverside:** H Lambert 21:41 W60 86.54%; **Springburn:** P Thompson 18:47 M60 86.43%; **Pool:** J Cieluszecki 15:52 M40 86.40%; **Fountains Abbey:** B Grant 20:14 M70 86.33%; **Southport:** T Hawkes 19:49 M65 86.30%; **Druridge Bay:** C Page 21:14 W55 86.25%; **Worcester:** D Jackson 19:39 M65 86.23%; **Walsall Arboretum:** J Jennings 17:15 M50 86.18%; **Springburn:** C Upson 17:48 M55 86.16%; **Phoenix:** C Bishop 18:15 M55 86.08%; **Hackney Marshes:** R Lowe 17:01 M45 86.04%; **Bakewell:** S Nott 15:06 SM 85.98%; **Rushmore:** J Cross 18:44 M60 85.95%; **Chester:** L Jones 17:03 M45 85.87%; **Brighton & Hove:** J Burrell 17:52 M55 85.83%; **Bushy Park:** M Shore 16:12 M40 85.83%; **Royal Tunbridge Wells:** A Howey 17:55 M55 85.60%; **Walsall Arboretum:** D Robinson 15:49 M35 85.46%; **Frimley Lodge:** M Symes 17:17 M50 85.35%; **Burnley:** S Burns 21:44 W60 85.29%; **Banstead Woods:** T Tuohy 18:08 M55 85.25%; **Castle Park:** P Thompson 18:44 M60 85.24%; **Exeter Riverside:** K Cook 22:01 W60 85.23%; **Cheadle Hulme:** A Oldham 23:28 W65 85.23%; **Southport:** F Rafferty 17:21 M50 85.03%; **Preston Park:** P Cousins 18:11 M55 85.01%; **Southport:** G Callaghan 18:11 M55 85.01%; **Carrickfergus:** G Davison 18:20 M55 85.00%; **Peckham Rye:** A Bond 16:44 M45 84.93%; **Norwich:** P Hurr 17:07 M60 84.93%; **Burgess:** C Jacobs-Conradie 17:53 W40 84.83%; **Croxtheth Hall:** F O'Hare 18:37 U15W 84.82%; **Osterley:** S

Shaw 16:54 M45 84.71%; **Wimbledon Common:** L Woolhouse 21:07 W55 84.69%; **Colchester Castle:** K Atkinson 19:28 U15W 84.68%; **Lancing Beach Green:** J Lowden 19:11 M60 84.63%; **Harrogate:** R Street 15:21 SM 84.61%; **Southampton:** M Renyard 21:29 M70 84.56%; **Kings Lynn:** J Ashby 24:58 W70 84.55%; **Newcastle:** A Johnson 16:56 M45 84.54%; **Bakewell:** M Nolan 17:35 M50 84.54%; **Cardiff:** S Bartlett 17:35 M50 84.54%; **Oxford:** S Dales 18:26 M55 84.53%; **Brighton & Hove:** A Tribe 17:28 M50 84.46%; **Cardiff:** A Twelvedbrhan 15:24 SM 84.31%; **Cardiff:** S Mitchell 15:28 SM 84.20%; **Chelmsford Central:** E Brown 19:17 M60 84.19%; **Hove Promenade:** I Leitch 16:39 M40 84.12%; **Victoria:** D Williams 18:14 M55 84.11%; **Basingstoke:** T Watkins 18:15 M55 84.03%; **Armsley:** K McGhie 18:51 M55 84.02%; **Kings Lynn:** M Pyatt 16:26 M40 84.01%; **Wimbledon Common:** S Pfeifer 18:42 M55 84.00%; **Blickling:** N Arnold 19:10 M60 84.00%; **Marketon:** C Nicoll 17:26 M45 83.98%; **Bushy Park:** M Yamauchi 18:43 W45 83.95%; **Workington:** S Cain 22:39 W60 83.88%; **Pool:** D Cartwright 20:36 M65 83.87%; **Llanelli Coast:** A Beynon-Thomas 17:37 SW 83.82%; **Edinburgh:** L Nicholson 23:52 W65 83.80%; **Penrose:** S Wherry 18:10 M50 83.75%; **Valentines:** C Bloomfield 16:37 M40 83.68%; **Victoria:** K Richmond 17:30 M45 83.66%; **Ellenbrook Fields:** S Wells 18:29 M55 83.63%; **Colney Lane:** J Moore 18:47 M55 83.63%; **Mill End:** A Young 15:57 M35 83.62%; **Aberdare:** M Jacklin 16:45 M40 83.62%; **Hackney Marshes:** N Abagie 16:38 M40 83.60%; **Salisbury:** T Cooper 17:00 M45 83.60%; **Havant:** J Baker 16:31 M40 83.59%; **Ecos:** J Turtle 17:56 M50 83.53%; **Bushy Park:** P Adams 20:27 W50 83.53%; **Portsmouth Lakeside:** A Turner 18:23 M55 83.42%; **Pool:** J Robbins 17:33 M45 83.42%; **Southport:** M Walker 20:43 M65 83.39%; **Exmouth:** A Chambers 15:55 M35 83.32%; **Northampton:** A Green 18:16 M50 83.30%; **Stretford:** P Schofield 17:51 M50 83.28%; **Southend:** A Green 17:35

M45 83.26%; **Riverside:** H Robinson 21:29 W55 83.25%; **Portrush:** S O' Kane 19:51 W50 83.24%; **Stretford:** P Mannion 18:17 M50 83.22%; **Preston Park:** S Jones 23:08 W60 83.18%; **Edinburgh:** B Mackie 16:29 M40 83.17%; **Wanstead Flats:** E Brown 15:37 SM 83.16%; **Coventry:** A Lee 17:13 M45 83.15%; **Southend:** C Sharp 16:58 M40 83.15%; **Medina I.O.W.:** A Weir 17:53 M50 83.12%; **Bakewell:** D Nott 19:28 W45 83.08%; **Southsea:** P Guest 19:33 M60 83.04%; **Sunderland:** I Norman 18:47 M55 82.96%; **Cannon Hill:** M Ince 16:53 M40 82.96%; **Shrewsbury:** L Davis 18:12 M50 82.95%; **Eastbourne:** L Lumber 20:23 W55 82.84%; **Keswick:** C Livesey 16:19 M35 82.84%; **Coldham's Common:** B Baldelli 17:49 M50 82.80%; **Brierley Forest:** M Dawson 16:55 M40 82.79%; **Stratford-upon-Avon:** P Brennan 23:03 M75 82.76%; **Exeter Riverside:** C Benstead 22:08 W55 82.74%; **Woodhouse Moor:** N Armitage 17:35 M45 82.64%; **Lee-on-the-Solent:** N Moxham 19:01 W45 82.63%; **Wycombe Rye:** M Turney 18:34 M55 82.60%; **Plymvalley:** S Hall 18:17 M50 82.57%; **Cannon Hill:** P Coughlan 17:52 M50 82.57%; **Oxford:** K Aspin 20:14 W50 82.56%; **Southampton:** S Sleath 21:10 W55 82.55%; **Walsall Arboretum:** K Welborn 16:16 M35 82.52%; **Rother Valley:** E Bovingdon 15:47 SM 82.51%; **Frimley Lodge:** W Raath 16:30 M35 82.50%; **Victoria Dock:** P Martelletti 16:30 M35 82.50%; **Mill End:** C Bradley 17:54 SW 82.50%; **Reigate Priory:** S McDonald 20:15 W50 82.49%; **Heslington:** R Ginn 17:37 M45 82.48%; **Reading:** P Mannion 18:54 M55 82.45%; **Eastbourne:** S Fry 19:14 W45 82.43%; **Stratford-upon-Avon:** R Wilson 23:36 M75 82.36%; **Clapham Common:** N Sirs 19:33 M60 82.35%; **Pool:** I Barnes 21:28 M70 82.35%; **Waterworks:** C Morgan 16:19 U18M 82.35%; **Bedford:** M Bergin 15:46 SM 82.35%; **Ellesmere Port:** M Rees 23:59 W65 82.31%; **Braunstone:** L Griffin 25:18 W65 82.30%; **Maidstone:** P McAuliffe 19:54 M60 82.27%; **Wolverhampton:** T Kelly 17:32 M45 82.26%; **Wimbledon Common:** L Thomas 20:46 W50 82.25%; **Whitstable:** L Small 16:39 U15M 82.24%; **Kingston:** J Earl 16:03 SM 82.22%; **Barrow:** G Bell 20:03 U15W 82.22%; **Roding Valley:** S Pilcox 18:22 M50 82.20%; **Chipping Sodbury:** M Bialogonski 15:56 SM 82.16%; **Dulwich:** C Williamson 18:40 M55 82.16%; **Pymmes:** O Cooney 18:54 U11M 82.15%; **Worcester Pitchcroft:** N Holliday 19:36 M60 82.14%; **Worthing:** M Rix 17:34 M45 82.10%; **Ellenbrook Fields:** N Hume 17:11 M40 82.10%; **Birkenhead:** B Beercroft 20:18 M65 82.04%; **Springburn:** B Young 22:29 M70 82.03%; **Folkstone:** R Newsome 17:12 M40 82.02%; **Eastbourne:** G Purdy 19:38 M60 82.01%;

Bedford: M Bergin 15:46 **Rother Valley:** E Bovingdon 15:47 **Walsall Arboretum:** D Robinson 15:49 **Wolverhampton:** J Morris 15:49 **Kingsbury Water:** C Lockhart 15:52 **Pool:** J Cieluszecki 15:52 **Pool:** P Baksh 15:53 **South Manchester:** N Harrison 15:54 **Exmouth:** A Chambers 15:55 **Chipping Sodbury:** M Bialogonski 15:56 **Mill End:** A Young 15:57 **Harrogate:** J Wood 15:58 **Riverside:** L Pickering 15:59 **Bushy Park:** S Baines 16:02 **Kingston:** J Earl 16:03 **Wyre Forest:** W Richardson 16:03

Fastest women
Cardiff: C Arter 16:10 **Chelmsford Central:** L Davies 17:20 **Llanelli Coast:** A Beynon-Thomas 17:37 **Preston:** J Fairchild 17:45 **Burgess:** C Jacobs-Conradie 17:53 **Mill End:** C Bradley 17:54 **Bushy Park:** M Dillon 18:01 **South Manchester:** A Mackenzie 18:12 **Darlington South:** E Waudby 18:13 **Worthing:** E Prota 18:13 **Bedford Lakes:** M Trafford 18:14 **Beckenham Place:** C Elms 18:16 **Richmond Park:** O Matthews 18:23 **Felixstowe:** D Glover 18:26 **Preston:** L Abbott 18:27 **South Manchester:** H Stroud 18:34 **Southampton:** H Sharpe 18:34 **York:** A Young 18:35 **Bedford Lakes:** C Hoyte 18:37 **Chelmsford Central:** R Prideaux 18:37 **Croxtheth Hall:** F O'Hare 18:37 **Walsall Arboretum:** R Vickers 18:41 **Burgess:** A Birch 18:42 **Bushy Park:** M Yamauchi 18:43 **Southampton:** G Barry 18:43 **Basingstoke:** F Bloor 18:44 **Chelmsford Central:** E Hart 18:44 **Walsall Arboretum:** C Baldwin 18:44 **Cannon Hill:** G Kirby 18:46 **Oxford:** L John 18:47 **Rising Sun:** D Smythe 18:48 **Chelmsford Central:** N Brockbank 18:49 **Worcester:** S Booth 18:51 **Chelmsford Central:** L Brooks 18:52 **Gunnersbury:** M Gibson 18:52 **Peterborough:** P Taylor 18:56 **Lee-on-the-Solent:** N Moxham 19:01 **Stratford-upon-Avon:** G Campbell 19:01 **Finsbury Park:** G Cozens 19:03 **Wimbledon:** G Galbraith 19:05 **Bushy Park:** I Atkins 19:07 **Aylesbury:** J Sharples 19:08 **Warrington:** J Humphreys 19:08 **Basingstoke:** A Richardson 19:09 **Bushy Park:** C Anderson 19:09 **Dulwich:** J Wedmore 19:10 **Hackney Marshes:** M Taylor 19:10 **Hyde:** K Sharp 19:12 **Eastbourne:** S Fry 19:14 **Burgess:** C Pennock 19:15 **Gunnersbury:** C Buckley 19:15 **Rickmansworth:** A Young 19:16 **Bushy Park:** I Deakin 19:17 **Cardiff:** A Johnston 19:17 **Salisbury:** D Baker 19:19 **Sheffield Hallam:** K Baxter 19:19 **Brueton:** R Gifford 19:20 **Harrow Lodge:** S Foley 19:20 **Huddersfield:** L Gregg 19:20 **Brighton & Hove:** C Bounds 19:21 **Northampton:** K Barnett 19:21 **Upton House:** J Vickers 19:21 **Burnham/Highbridg:** K Hodgson 19:23 **Chipping Sodbury:** E Hobbs 19:23

TRACK & FIELD

OCTOBER 20

CAMBRIDGE UNIVERSITY WINTER CUPPERS, Cambridge

Men: PV: 1 C Court (Cambridge Uni) 4:35; 2 F Bunbury (Cambridge Uni) 4:00
Mixed events: 1500: 3 I Dye (Camb U, W) 4:36.0

Women: PV: 1 C Billingham (Cambridge Uni) 3:20. **DT:** 1 B Fryer (Cambridge Uni) 35.61. **HT:** 1 E Okafor (Cambridge Uni) 41.97; 2 S Browne (Cambridge & Coleridge, U17) 35.19. **JT:** 1 M Bevan (Cambridge Uni, U20) 33.36

SEPTEMBER 5

GRANGEMOUTH GRADED OPEN, Grangemouth

Mixed events: 100: r2 (-0.7): 1 D Agnew (Pit, M40) 11.97. **r3 (1.5):** 7 G Leek (Edin, M55) 13.37. **150: r2 (1.9):** 2 A Crichton (Fife, U17W) 19.97. **r3:** 1 C Tindle (Edin) 15.86; 2 L Turner (Pit, U20) 17.38; 6 R Smith (Aird, W) 18.99. **300: r1:** 1 J Reid (Dund H, U17) 36.03. **400: r3:** 3 O Varelle (Falk, U20W) 58.13. **r4:** 2 C Clare (Lass, U17W) 59.40. **1500: r1:** 1 A Macleod (Falk, U13W) 5:14.10. **r2:** 1 C McLeod (Pit, U13) 4:49.28; 3 C Christie (Falk, U13W) 4:58.57; 4 I Wright (Tm E Loth, U13) 4:59.57. **r3:** 2 F Currie (Gars, U13) 4:36.59; 3 V Wright (Giff N, U15W) 4:40.55; 5 S Tait (Lass, U20W) 4:43.65. **r4:** 1 L Buchanan (Inness, U13) 4:28.65; 2 A McGill (L'gow, U15) 4:29.98; 5 N Freer (HBT, M45) 4:31.88; 7 K Johnson (Edin, U15W) 4:35.30; 10 K MacAngus (Kilb, U20W) 4:38.73; 11 A Hedley (Fife, U15W) 4:39.28; 12 S Coultis (Pit, U17W) 4:39.38. **r5:** 1 J Donald (Dund H) 3:57.53; 2 H Armit (Giff N, U17) 4:00.43; 3 N Gajic (Giff N, U20) 4:01.72; 5 B MacMillan (Centr, U17) 4:09.69; 11 J Selman (Fife, W) 4:29.67

SEPTEMBER 1

LANKESHIRE CHAMPIONSHIPS, Wihaw

Men: 1500: 2 S Allen (Moth, M50) 4:26.28. **3000:** 1 D Muir (Law, M40) 9:17.68
U17: 400: 1 O Logan (Law, U15) 54.89
U15: 800: 1 O Logan (Law) 2:08.25; 2 D Gilchrist (Law) 2:09.40. **SP:** 1 R Morgan (W'moss) 12.81

U13: 800: r1: 1 D Hill (Lark) 2:20.78; 2 J Burns (Shett) 2:22.62

U15 girls: SP: 1 S Gough (Law) 10.74. **JT:** 1 D Russell (Law) 31.77

U13: 100: r1: 1 M Murdoch (Lark) 13.50. **200: r1:** 1 M Murdoch (Lark) 27.86. **800: r1:** 1 C Mchalm (Lark) 2:25.41. **SP:** 1 C Fraser (W'moss) 8.81

AUGUST 5

BRITISH TRANSPLANT GAMES, Birmingham

M40 men: 100/200: 1 S Jarvis (Plym) 12.26/24.71

Women: LJ: 1 K Chadwick (Manch, U20) 5.59

FELL

NOVEMBER 4

COP HILL (inc. Yorkshire Veterans' championships), Meltham

Overall (7M/900ft): 1 S Hinchcliffe (P'stone FPR) 36:49; 2 J Dale (VPH) 37:44; 3 C Miller (Harr) 37:50; 4 M Malyon (Bail) 38:11; 5 K Hogson (Holm H, M40) 38:55

M45: S Knowles (Penn) 40:13. **M50:** M Fanning (Holm) 41:09. **M55:** J Rank (Holm) 44:35. **M60:** B Greaves (Royt R) 45:27. **M65:** R Kersey (Holm) 53:09. **M70:** K Taylor (Ross) 53:22

Women: 1 H Croft (Holm) 47:11; 2 J Stevens (Calder V) 51:20; 3 J Johnson (P'stone FPR, W55) 51:31

W60: L Ewart (Holm) 52:26

NOVEMBER 3

KNOCKFARREL (inc. Scottish North District championships), Strathpeffer

Overall (8km/365m): 1 R Gollan (E Suth, U20) 40:37; 2 E Gollan (E Suth, U20) 40:37; 3 A Beaven (HHR) 41:00; 4 R Paterson (Moray) 41:50; 5 G Bee (Inness) 42:51
M40: W Nicolson (HHR) 43:16. **M50:** A Keith (HBT) 43:46. **M60:** D Reid (W'lands CC) 52:11

TEAM: 1 E Suth 16; 2 HHR 19; 3 Inness 21

Women: 1 M Keith (Inness, U20) 45:30; 2 C Morrison (HHR, W40) 46:12; 3 K Rogan (Moray) 48:15

W50: J Wilson (Lom) 60:01. **W60:** J Bowman (Lom) 68:22



Jordan Bell (42): won the Gibside Fruit Bowl 7

DAVID HEWITSON

TEAM: 1 HHR 17; 2 Moray 34; 3 Forres 67

OCTOBER 28

GORMIRE GAMBLE, Sutton Bank

Overall (11km/430m): 1 C Vanderhoven (Dark Pk) 43:42; 2 T Levi (T&S) 43:42; 2 G Rudman (Blay) 43:57; 3 J Butters (Morp, M40) 45:04; 4 M Alderson (Blay) 45:27; 5 P O'Mara (Tyne Br) 45:46; 6 L Bennett (Morp, M45) 46:05; 7 M Barker (M35) 46:10; 8 P Duffy (Black B, M40) 47:17; 9 C Morley (NSP, M55) 48:13; 10 L Dickens (SSH) 48:22; 11 J Anderson (NSP, M35) 48:37; 12 J Law (Jes J) 48:44; 13 S Land (Morp) 48:52; 14 J Cherry (Jes J) 49:17; 15 G Johnson (M40) 49:29; 16 M Turnbull (Eis, M50) 49:34; 17 E Holt (Morp, SW) 49:36; 18 M Littlewood (Elv, M40) 49:44; 19 P Redman (Sun, M50) 49:48; 20 T Jones (Wash, M35) 49:56

M60: 1 G Hewitson (Crook) 56:02. **M70:** 1 J Green 70:58

Women: 1 K Sijpesteijn (Kesw) 48:36; 2 K Smith (Knave) 50:07; 3 A Burke (Knave) 51:08

W45: H Butterworth (Scar) 52:40. **W50:** K Aspin (N Marske) 53:13. **W60:** S Haslam (Scar) 55:28

TEAM: 1 Knave 25; 2 Scar 28; 3 Pick 41

MULTI-TERRAIN

NOVEMBER 4

GIBSIDE FRUIT BOWL 7, Gibside Estate, Rowlands Gill, Gateshead, Tyne & Wear

Jordan Bell and Emma Holt repeated previous victories in the 22nd running of this popular autumn trail event, held in the grounds of the picturesque Gibside Estate, Les Venmore reports.

Conditions were dry and mild as George Rudman soon headed the field of nearly 500 runners, holding a lead of around 50m after the first loop (2.5M). Bell, winner in 2015 and second last year, was joined in second place by John Butters and Matthew Alderson. Bell broke away shortly after this point and overhauled Rudman after halfway, pulling away to a 10-second victory over his rival.

Butters was the leading veteran in third place ahead of Alderson. Holt, the winner in 2015 and 2016, was untroubled in the women's race.

Coming home in 17th position, her margin of victory was over two minutes over Kath Davis, who was first veteran. Laura Cheetham finished in third place.

Overall (7.5M): 1 J Bell (Black B) 43:27; 2 G Rudman (Blay) 43:57; 3 J Butters (Morp, M40) 45:04; 4 M Alderson (Blay) 45:27; 5 P O'Mara (Tyne Br) 45:46; 6 L Bennett (Morp, M45) 46:05; 7 M Barker (M35) 46:10; 8 P Duffy (Black B, M40) 47:17; 9 C Morley (NSP, M55) 48:13; 10 L Dickens (SSH) 48:22; 11 J Anderson (NSP, M35) 48:37; 12 J Law (Jes J) 48:44; 13 S Land (Morp) 48:52; 14 J Cherry (Jes J) 49:17; 15 G Johnson (M40) 49:29; 16 M Turnbull (Eis, M50) 49:34; 17 E Holt (Morp, SW) 49:36; 18 M Littlewood (Elv, M40) 49:44; 19 P Redman (Sun, M50) 49:48; 20 T Jones (Wash, M35) 49:56

M60: 1 G Hewitson (Crook) 56:02. **M70:** 1 J Green 70:58

Women: 1 K Sijpesteijn (Kesw) 48:36; 2 K Smith (Knave) 50:07; 3 A Burke (Knave) 51:08
W45: H Butterworth (Scar) 52:40. **W50:** K Aspin (N Marske) 53:13. **W60:** S Haslam (Scar) 55:28
TEAM: 1 Knave 25; 2 Scar 28; 3 Pick 41

EPSOM DOWNS AUTUMN 5km / 10km, Epsom

Overall (5km): 1 T Trott 19:30; 2 D Johnson (M40) 21:59; 3 S Mackenzie (Black dogs, W) 27:45
Women: 1 Mackenzie 27:45; 2 Q Zhang 28:00; 3 T Sheppard (, W50) 28:17
Overall (10km): 1 J Ball 39:31; 2 G Gillham (M50) 41:56; 3 M Newberry 42:33
Women: 1 S Caunt 45:01; 2 N Swan

(Arena, W45) 48:28; 3 Y Reynard (, W40) 50:49

CENTURIAN GRAND PRIX 5, Solihull

Overall: 1 J Carter (Tip) 27:06; 2 N Bolavia (Coventry Godiva) 28:13; 3 D Williams (R&N, M40) 28:25
Women: 1 E Fowler (Nun, W35) 30:39; 2 N White (N'brook, W35) 32:16; 3 R Marsh (Knowle & Dorridge) 33:12

GUNPOWDER PLOT, Horsham, West Sussex

Overall (4.5M approx): 1 B Burke (Horsh BS) 25:51; 2 A McCaskill 26:19; 3 A Anderson (Arena) 26:50
Women: 1 T Shanahan (Arena, W40) 28:48; 2 J Elphick (P'slade) 30:10; 3 C Nash 30:32
TEAM (M&W): 1 Hove 124; 2 Worthing 117; 3 Arena 113

HAYLING 10, Hayling Island

Overall: 1 J Baker (Chich, M40) 54:11; 2 J J Corbett (Worth) 55:37; 3 A Wilkins (Itchen) 55:43
Women: 1 E Jolley (Ports, W35) 61:28; 2 K Bailey (Win, W50) 62:55; 3 R Phelps (Lewes) 66:16

STRIDERS 5, St. Helens

Overall: 1 T Griffiths (SHS) 28:19; 2 S Anders 31:25; 3 J Ellis 32:58
Women: 1 L Gawthorne 36:12; 2 L Casey 37:11; 3 V Unsworth 38:19

PEAK DISTRICT AUTUMN SERIES, Buxton

Overall: 1 D Gibbs (M50) 35:54; 2 S Krizmanics 36:23; 3 C Shaw (M50) 40:46
Women: 1 S Martin-smith (W40) 41:50; 2 G Care 47:47; 3 C Bedingfield (C&C, W35) 48:07

SATURN RUNNING RINGER GAMES CHALLENGE 6-HOUR, Earley

Overall: 1 A Marshall 63.4; 2 M Chrusowski (Tri20) 50
Women: 1 L Hall 50

UK 400m leaders – 2018

MEN		WOMEN	
44.63	Matt Hudson-Smith Senior	51.13	Anyika Onuora
45.75	Cameron Chalmers U23	51.21	Lavai Nielsen
46.87	Ethan Brown U20	53.67	Natasha Harrison
47.11	Ben Pattison U17	54.85	Hannah Foster
50.52	Amir Sultan-Edwards U15	39.87 (300)	Jeslyn Agyei-Kyem
48.27i	Conrad Williams V35	56.53	Philippa Millage
49.68	Gavin Stephens V40	57.79	Susie McLoughlin
51.88i	Mike Coogan V45	57.56	Nina Anderson
52.4	D Bokor-Ingam V50	63.81	Jacqui Hodgson
54.71	Jonathan Tilt V55	62.16	Virginia Mitchell
58.63i	Tennyson James V60	66.67	Caroline Powell
59.09	Steve Peters V65	69.79	J Saunders-Mullins
69.51	Victor Novell V70	77.47	Angela Copson
70.09	Winston Laing V75	88.11	Kath Stewart
84.49	Rodney Mills V80	1:58.86	Dorothy Fraser
1:52.26	Eric Shirley V85		
2:18.87i	Dalbir Singh Deol V90		



OVER THE HILLS 12km, Bradford-upon-Avon, Somerset
Overall: 1 D Hall (Corsh, M40) 45:24; 2 H Palmer 45:31; 3 N Hazel (T Fit) 45:58
M50: A Woods (SWRR) 48:15. **M55:** M O'Doherty 51:02

Women: 1 L Wraith (T Bath) 52:45; 2 L Backhouse (T Bath) 54:36; 3 A Fenwick (Winch) 55:28
W40: A Mellowdew (Avon VR) 58:02

TOUR DE MOFFAT 5.7, Moffat

Overall: 1 J Boardman (Annan, M50) 46:13; 2 J Johnstone (Annan) 46:36; 3 G Viviers (Annan, M60) 47:32
Women: 1 M Marshall (Annan) 53:05; 2 L Hopper (Annan, W55) 53:43; 3 L Dawson (Annan, W55) 58:50

LYNNE EDMONDSON AND CHRISTINE NAVAN BROWN HOUSE 5km, Whitworth

Overall: 1 M Barrett (Ross, M40) 19:49; 2 M Fowler (Wilm, M55) 20:31; 3 C Parkinson (Ross C, U20) 20:39
Women: 1 E Taylor (Ross, U20) 22:34; 2 V Young (Ross C, U20) 22:52; 3 J Barton (Roch, W45) 23:47

TWMBARLWM TERROR 7, Risca

Overall: 1 H Wyber (WG&EL) 51:41; 2 I Rhodes (MickMorris, M40) 54:01; 3 M Richardson (Lis, M40) 55:50
Women: 1 R Jinny-jones 59:47; 2 S Chipper (Lis, W45) 60:46; 3 H Hopkinson (Torfaen Runners) 62:32

WILDCAT TRAIL 7, Newtonmore

Overall: 1 J Mann 45:23 (rec); 2 B Anderson 51:26; 3 C Morrison (W40) 52:03

Women: 1 Morrison 52:03 (rec); 2 G Tindley 52:59; 3 L Provan (W40) 62:13

NOVEMBER 3

FOXTRAIL 5km AND 13km, Dunbar

Overall (5km): 1 P Barry 20:53; 2 P Sidoti 21:28; 3 R Irving (M40) 21:34; 4 M Anderson (M40) 21:42

Women: 1 C Roberts (R Fitn, W35) 22:23; 2 C Halpenny (W35) 24:13; 3 J Kilpatrick (W40) 24:15

W50: J McWhinnie (Fife) 26:59

Overall (13km): 1 A Brown (E Loth, M40) 50:02; 2 D Fraser (C'thy, M40) 52:22; 3 O Williams (Edin) 53:54; 4 R Laucht (Portob) 54:38; 5 R Barton 54:54; 6 K Leitch 55:07

M50: I Sills (Dunb) 52:23

Women: 1 N Dincan (R Fitn, W35) 55:53; 2 E McFadden 59:43; 3 K Mcbrinie (Harm, W40) 60:53; 4 S Connolly (Ferr) 62:33

W45: S Sandland (Harm) 62:57

NOVEMBER 2

FLASH MOB TRAIL 10km, Pentland Hills

Overall: 1 A Gray 51:24; 2 R Normand

(W) 52:22; 3 I Holmes 55:15; 4 D Porteous 55:56
Women: 1 Normand 52:22; 2 S King 60:07; 3 L Low 64:11

OCTOBER 28

ANTONINE HALF MARATHON, Croy

Overall: 1 B Sharp 86:18; 2 M Gray 89:45; 3 C Drummond (Kil'k, M45) 92:11
Women: 1 R Normand (was Newstead) (C'thy) 96:00; 2 I Allen 99:07; 3 M Mccutcheon (W35) 99:55

HUBBLE BUBBLE, Leeds

Overall (32M): 1 R Eagles (Penny L) 4:37:32; 2 S Miller (Penny L, M40) 4:41:40; 2 D Rickerby (Vegan, M40) 5:00:21

Women: 1 A Wren (Hinck, W60) 6:00:31; 2 C Thomasson 6:16:32

Overall (10km): 1 J Harding (SLL) 37:16; 2 J Burdon 39:17; 3 A Scotney (M35) 40:49

Women: 1 C Wright (Vegan, W35) 47:48; 2 G Penny 48:15; 3 A Douglas 49:10

Overall (HM): 1 G Walker (Ack) 89:09; 2 A Geraghty 90:04; 3 S Barber (Ack) 90:37
Women: 1 R Winter (Ack) 91:24; 2 A Jackson 99:40; 3 J Stafford (Ack, W50) 1:44:29

Overall (20M): 1 T Forest 2:15:02; 2 M Wilkinson 2:17:37; 3 P Fieldsend (Barns, M45) 2:29:47

Women: 1 A Cienciala (Ecc) 2:49:40; 2 I Kneale (Burn RR, W50) 2:49:54; 3 A Hyde 3:01:44

Overall (Mar): 1 C Johnstone (UKRunChat, M40) 3:05:53; 2 D Jenness 3:11:42; 3 J Godfrey (CoH, M45) 3:19:35
Women: 1 A Kisluk (Ecc, W50) 3:57:59; 2 K Jayden 4:07:53; 3 R Hutherford (100MC) 4:08:11

SEPTEMBER 23

LLYN ALWEN 11.5km, Pentre-Llyn-Cymmer

Overall: 1 E Cox (Buck) 43:31; 2 A Bodden 44:58; 3 D Lane 47:05
Women: 1 H Davies 50:54; 2 C Thompson (Vale R) 51:46; 3 N Weeks 54:18

LONGWORTH 10km, Longworth

Overall: 1 J De La Harpe 38:28; 2 E Birkbeck 40:46; 3 C Lewis (M45) 41:27

Women: 1 M Sucksmith 45:07; 2 R Stanley-evans 45:54; 3 L Butler 46:28

MARKET RASEN 10km, Market Rasen

Overall: 1 R Morris 35:26; 2 S Vicary (CoH) 35:42; 3 G Monks 37:44

Women: 1 C Wheat 44:47; 2 C Harvey 45:57; 3 C Sutton 48:25

MELLS SCENIC 7.14, Melles

Overall: 1 E Knudsen (Avon VR) 43:07; 2 S Winder (E&E, M40) 45:53; 3 D Piper (Avon VR) 46:12

Women: 1 G Thompson 54:52; 2 L Sartain (Avon VR) 54:59; 3 P Brewer (Avon VR) 56:14

PEAK DISTRICT AUTUMN SERIES, Biggin

Overall (15.9km): 1 A Harding 60:37; 2 T Perry 65:06; 3 A Sheldon 65:42

Women: 1 L Wasinski 78:47; 2 I Sinfield (W40) 80:13; 3 E Collins (W50) 81:24

Overall (5.3km): 1 S Krizmanics 22:49; 2 D Gibbs (M50) 22:55; 3 J Dillnutt 23:49
Women: 1 G Care 26:06; 2 D De Simone 27:43; 3 N Owen (W40) 28:58

PENISTONE HILL RACE, Sheffield

Overall (10.5km/300m): 1 T Saville (Dark Pk) 40:15 (rec); 2 S Hinchcliffe (P'stone FPR) 42:03; 3 J Sweetnam-Powell (Roth) 43:47; 4 G Cooke (P'stone FPR) 43:53

M55: J Mason (Dews) 46:09. **M60:** S Storey (P'stone FPR) 54:31. **M70:** B Phillips (P'stone FPR) 58:41

Women (all P'stone FPR): 1 L Gill (W35) 53:34; 2 J Darigala (W45) 54:52; 3 B Timms 58:29

W60: P Goodall (Totley) 59:52. **W70:** B Haigh 74:13

SHORNE WOOD 5, Shorne

Overall: 1 D Pyne (Dartf) 32:10; 2 G Mackay (Petts, M45) 33:06; 3 M Pywell (I&I, M45) 33:30

Women: 1 C Wetherill (Cant, W40) 40:03; 2 A Link (W35) 42:28; 3 D Painter (MedwayFit, W40) 42:59

SUTTON PARK 10km, Sutton on the Forest

Overall: 1 D Smithers (Knaves, M45) 36:13; 2 D Cross (Dur) 36:57; 3 P Baker (CoH, M40) 37:28

Women: 1 C Evans (H'gate, W40) 44:23; 2 R Mackenzie (Dur) 44:43; 3 C Percival (Knaves, W45) 44:47

THOMPSON RUN 5km / 10km, Thompson

Overall (5km): 1 K Vaughan (M50) 20:02; 2 S Burnham 23:46; 3 A Wright (W) 24:39

Women: 1 Wright 24:39; 2 K Okedina 27:29; 3 D Grantham 27:48

Overall (10km): 1 M Wegryzn 35:51; 2 A Clark 38:51; 3 T Lake (M50) 39:52

T'OWD MAN 22.5km, Wirksworth

Overall: 1 B Cartwright (Mat) 89:41; 2 G Spellman (W'boro, M50) 1:44:44; 3 A Shaw (Wirksworth RC, M50) 1:47:26

Women: 1 H Gill (Mat, W40) 2:01:12; 2 C Williams (Belp) 2:10:11; 3 R Keeley (Belp) 2:17:35

TILGATE FOREST 5, Crawley, West Sussex

Overall (5M approx): 1 R Sherwood (Horsh J) 31:00; 2 T Brown (Henf) 31:55;

3 L Lee-Wright (Horsh J) 32:09

Women: 1 S Cornes (Lewes) 34:29; 2 F Leman (Hove) 36:21; 3 J Elphick (P'stade) 37:45

TEAM (M&W): 1 Hove 120; 2 Burgess HR 115; 3 Portslade 111

SEPTEMBER 2

BOG STOMP TRAIL 10km, Greenock

Overall (age not declared): 1 M Bromwich 49:53; 2 V McGregor 52:04; 3 I Carrick 57:03

Women: 1 S Hewitson 58:28; 2 N Stevenson 60:00; 3 C Thomas 61:00

SCOTTISH MID TRAIL CHAMPIONSHIPS, Strathmiglo

Additional
U17 (5km): 1 J Trainer (Gars) 18:24; 2 R MacGregor (Cambus) 19:03; 3 H Morrow (Edin) 19:18; 4 I McWhinnie (Fife) 19:27;

5 B Sandilands (Fife) 19:31; 6 B Aitken (Cambus) 19:39

TEAM: 1 Cambus 15; 2 Fife 18

U15 (5km): 1 H Henriksen (Lass) 18:27; 2 L Cairns (I'ness) 19:28; 3 A Wright (Tm E Loth) 19:35; 4 Z Povey (Cambus) 20:23; 5 E Christie (Gala) 20:34; 6 B Struthers (Cors) 20:49

TEAM: Cambus 21

U17 (5km): 1 C Gemmill (Tm E Loth) 19:37; 2 E Andrew (I'ness) 21:24; 3 L Jeffrey (Falk) 21:44; 4 G Ledingham (Cors) 21:59; 5 E Hinks (Gars) 22:05; 6 K Slimon (High H) 23:30;

TEAM: Garsc 24

U15 (5km): 1 A MacLean (Gars) 20:39; 2 B Harley (Tm E Loth) 21:48; 3 F Henry (Tm E Loth) 22:35; 4 N Riggins (Cambus) 23:03; 5 I Burnside (Gars, U17) 23:18; 6 K Slimon (High H) 23:30

TEAM: Garsc 26

U15 (5km): 1 A MacLean (Gars) 20:39; 2 B Harley (Tm E Loth) 21:48; 3 F Henry (Tm E Loth) 22:35; 4 N Riggins (Cambus) 23:03; 5 I Burnside (Gars, U17) 23:18; 6 K Slimon (High H) 23:30

TEAM: Garsc 13; 2 Cambus 26

AUGUST 26

WHIRLOW TRAIL CHALLENGE, Whirlow Farm
Overall (10km approx): 1 E Davies (Tm E Loth) 22:35; 4 N Riggins (Cambus) 23:03; 5 I Burnside (Gars, U17) 23:18; 6 K Slimon (High H) 23:30

TEAM: 1 Garsc 13; 2 Cambus 26

WHIRLOW TRAIL CHALLENGE, Whirlow Farm
Overall (10km approx): 1 E Davies (Tm E Loth) 22:35; 4 N Riggins (Cambus) 23:03; 5 I Burnside (Gars, U17) 23:18; 6 K Slimon (High H) 23:30

TEAM: 1 Garsc 13; 2 Cambus 26

M40: D Fauset 46:22
Women: 1 E Cooper 52:14; 2 H Wood 52:23; 3 F Pickering (W40) 53:24

W50: J Buxton 58:43

STUDLAND 5km, Studland

Overall: 1 D Willmore (Poole R, U20) 17:20; 2 C Alborough (Poole) 17:35; 3 J Frampton 18:36

Women: 1 C Stanzel (Poole R, W35) 21:16; 2 F Kimber (Poole R, U15) 21:41; 3 B Rendell (Poole R) 21:46

SUMMER SAUNTER SERIES - SOWERBY WOODS ADVENTURE, Barrow-in-Furness

Overall (5km): 1 M Hill 24:27; 2 M Blakey (W60) 27:28; 3 M Pearson 27:53

Women: 1 Blakey 27:28; 2 A Crosthwaite 28:46; 3 N Carruthers 34:16

Overall (10km): 1 P Managh 47:57; 2 H Travis (Hoad, W40) 51:16; 3 C Young 52:35

Women: 1 Travis 51:16; 2 B Bagley 60:38; 3 K White 62:05

Overall (HM): 1 R Husband 1:40:24; 2 C Thompson 1:44:24; 3 S Wright-rosie 1:51:40

Women: 1 M Wright-rosie 1:53:07; 2 J Barnard 1:53:09; 3 P Herbert 2:02:52

Overall (Mar): 1 M Potter 3:36:34; 2 S Hughes 4:23:50; 3 S Birnie (W) 4:36:15
Women: 1 Birnie 4:36:15; 2 S Farish 5:20:16; 3 C Pendery 5:29:14

THE 401 FOUNDATION FESTIVAL OF RUNNING 10km, Portishead

Overall: 1 L Hanson 36:10; 2 J England (Win) 37:16; 3 H Stow (Win) 39:26

Women: 1 E Mcfadden 43:07; 2 H Graz (Usk, W45) 43:10; 3 A Vaz (W35) 43:25

Overall (5km): 1 J Jewell (Bide, M40) 24:10; 2 L Kennedy 24:17; 3 S Burrows (M40) 24:20

Women: 1 H Graz (Usk, W45) 26:47; 2 A Vaz (W35) 27:38; 3 K Barrett (W35) 28:04

AUGUST 22

NEWHAM GRANGE FARM 5km, Coulby Newham

Overall: 1 P Lowe (Darl, M35) 16:56; 2 D Francis (Richmond Tri Club, U20) 17:19; 3 D Bentley (Sedge, M35) 17:33

Women: 1 K Neesam (New M, W50) 18:57; 2 G Hall (Middlesbrough AC, U20) 19:48; 3 L Darby (Sedge, W45) 20:59

WESTERN WHIRLIGIG, Silver End

Overall (4M): 1 I Foskew (Mid E, M55) 45:55; 2 A Trowbridge (Spring S, W) 46:24; 3 P Trowbridge (Spring S) 46:24

Women: 1 Trowbridge 46:24; 2 J Smythe (Wit) 50:18; 3 S Aves (Wit) 50:39

Overall (6M): 1 A Smalls (Chac) 39:25; 2 J Byford (Spring S) 44:55; 3 C Dawson (Mid E) 45:14

Women: 1 N Brockbank (Spring S, W40) 47:52; 2 V Knight (Tip) 51:56; 3 L Higgs (Mid E) 54:49

AUGUST 12

NORTHUMBERLANDIA TRAILRUNNER 5km, Cramlington

Overall: 1 P Weir (Dur, M40) 18:17; 2 R Corder (Low F, M35) 18:19; 3 P Brown (Blyth, M45) 18:32

Women: 1 G Hinton-lewis 21:15; 2 S Scott (Tyne, W45) 22:03; 3 J Oecken 23:50

STANDISH WOODLAND CHASE 10, Stonehouse

Overall: 1 R Brackley 55:40; 2 L Stopford (Stroud) 58:32; 3 D Tomlin (Chelt, M45) 60:03

Women: 1 K Maltby (B&W) 65:04; 2 S Booth (Bla PJ) 69:39; 3 H Graz (Usk, W45) 72:25



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ROAD

NOVEMBER 4

AGE UK LEEDS ABBEY DASH 10km, Leeds

IN near perfect conditions – a mild 13 degrees and no wind – there was a classic all-British domestic elite tussle. Even with Eilish McColgan missing with a respiratory infection and Jo Pavey having a foot niggle, there was a great day's racing.

Scotland came out on top, as Mark Pollard, the Scottish endurance manager, brought two strong teams south to Leeds. Inverclyde's Adam Craig smashed his 29:40 road 10km PB in recording a 29:08 and taking first place, over 100 metres ahead of Stockport's Jack Martin who ran 29:27.

On-form Lucian Allison of Lincoln Wellington was third in 29:33 in a quality race which saw 10 men run under 30 minutes and 34 run under 31 minutes.

The North of England secured the Tudor Shield team victory, with Dejene Gezimu 14th in 30:18, Joe Wilkinson 15th in 30:21 and Nigel Martin 18th in 30:26.

Scotland were second and Leeds University combined were third.

Scotland dominated the women's race, which saw 19 under 36 minutes. Fionnuala Ross of Shettleston was first in 33:31, Mhairi MacLennan was second in 33:38 and Stephanie Pennycook third in 33:50.

Claire Duck from the North of England had set the fastest pace early on, only to succumb to a rib stitch at 7km, finishing fourth in 34:02.

Kilbarchan's Elspeth Curran was fifth in a PB of 34:18 – she is coached by previous Dash winner and Olympian Lynne MacDougall.

Scotland took the Tudor Shield team victory, with North of England second and UK Armed Forces third.

The latter were led by Danielle Hodgkinson who was sixth in 34:33.

Overall (10km): 1 A Craig (I'clyde) 29:08; 2 J Martin (Stock H) 29:27; 3 L Allison (Linc W) 29:33; 4 K Clements (SB) 29:40; 5 C Parr (Gate) 29:47; 6 J Shelley (SB) 29:54; 7 D Shaw (New M) 29:55; 8 J Smith 30:01; 9 K Seaward (Card) 30:05; 10 R Wilson (Linc W) 30:15; 11 K Dooney 30:17; 12 A Heyes (Hallam) 30:18; 13 D Gezimu (Liv H) 30:18; 14 J Wilkinson (Linc W) 30:21; 15 S Hawkes (Tip, M40) 30:23; 16 R Samuel (Eryri) 30:26; 17 N Martin (Sale) 30:26; 18 T Evans 30:36; 19 P Crout (SB) 30:39; 20 C Rainsford (High) 30:46; 21 W Indelbu (Leeds C) 30:48; 22 M Brown (Salp) 30:49; 23 C Strachan (Metro) 30:51; 24 R Poolman (Camb U) 30:52; 25 E Gillham 30:53; 26 K Wilson 30:54; 27 D Bebbington (Prest) 30:56; 28 K Lecher (CoH) 30:58; 29 J Ferns (Traff) 30:58; 30 P Sewell (AFD) 30:59; 31 K Moore (B&H) 30:59; 32 J Roberts 31:00; 33 P Martin (Stock H) 31:01; 34 B Cole (Ton) 31:02; 35 S Mitchell (Notts) 31:06; 36 J Ashcroft 31:08; 37 D Hawkins (Leeds C) 31:09; 38 J Kay 31:09; 39 L Rabijohn 31:11; 40 R Babelbi (High) 31:11; 41 D Bradford 31:12; 42 M Milner 31:14; 43 P Pollock (Kent) 31:15; 44 D Carpenter 31:18; 45 N Shreeve 31:26; 46 N Faulkner (Bexley) 31:27; 47 W Strangeway (Linc W) 31:28; 48 C Durney 31:29; 49 H Bristow (B&H, M40) 31:30; 50 J Turner 31:33; 51 S Rankin

(Foyle V) 31:35; 52 R Fitzgibbon (Phoe) 31:35; 53 C Busaille (Herne H) 31:35; 54 J Donald 31:36; 55 G Smith 31:37; 56 S Gibson (M35) 31:38; 57 A Leprêtre (Barn) 31:39; 58 M Walsh (Netherhall, M35) 31:40; 59 B Savill (Croxy) 31:40; 60 J Monk (Prest) 31:40; 61 D Long 31:40; 62 K Walker (M'bro) 31:40; 63 J Johnson (Roth) 31:41; 64 C Smith (Leeds C) 31:46; 65 J Leitch 31:50; 66 T Roberts (Meir) 31:53; 67 J Habergham (Hal) 31:54; 68 J Bell 31:55; 69 P Molyneux 31:56; 70 J Rainsford (Hean) 31:56; 71 A Tovey (Bir) 31:58; 72 D Dixon (Morp, U17) 31:59; 73 D Wilson (THH) 32:00; 74 A May (Darft, U17) 32:03; 75 A Lanz (Meir) 32:06; 76 T Higgs (S Lon) 32:06; 77 M Strain (High, M35) 32:08; 78 A Stokes (Toun) 32:10; 79 D Newton (New M) 32:11; 80 J McGraw 32:13; 81 A McDonnell (R&N) 32:13; 82 D James (Chelt) 32:14; 83 D Norman (Alt, M40) 32:14; 84 C Bird (Chich, M35) 32:14; 85 M Bostock (Wake, U20) 32:16; 86 A Bailes (Bir) 32:19; 87 M Edmonds (MickMorris) 32:19; 88 N Armitage-Hookes (Kent, U20) 32:20; 89 A Kiel (New M) 32:21; 90 I Farnworth (Soton) 32:21; 91 J Townsend (Leeds C) 32:21; 92 G Raven (M40) 32:21; 93 A Stacey (M35) 32:23; 94 J Croft (S Lon) 32:23; 95 M Hill (Wake, U20) 32:24; 96 J Sagar 32:24; 97 S Franklin (T'ley) 32:26; 98 G Anderson 32:27; 99 B Costello (B'burn) 32:31; 100 D Brooker (Lon Hth) 32:33; 101 P Roddy (THH) 32:33; 102 P Graham 32:33; 103 M Couldwell (Charn, M40) 32:34; 104 M Salter (Leeds C) 32:35; 105 M Joyeux (Quak, M35) 32:35; 106 A Lawrence (Morp) 32:41; 107 J Arnold 32:42; 108 M Maclarty 32:42; 109 C Elson (Roundhay Runners, U20) 32:44; 110 N Edmondson (Ilkley) 32:46; 111 B Ward (Metro) 32:48; 112 T Tbc (Belg, W) 32:49; 113 E Taylor (Chelt) 32:50; 114 W Gardner (R&N) 32:51; 115 T Davies (Leeds C) 32:52; 116 R James (Ply H) 32:52; 117 R Campbell (Barr) 32:56; 118 J Perkins (Notts) 32:58; 119 O Saville (Bed C, M35) 32:59; 120 C Hicks 32:59; 121 P Prothero (M35) 32:59; 122 J Hendrickson (Higham) 33:01; 123 G Boyne 33:03; 124 M Lalor (RVH) 33:03; 125 A Dumez (Belg) 33:03; 126 J Birch (Hallam) 33:04; 127 J Turner 33:04; 128 S Coyne (Bure) 33:04; 129 J Short (Leic C) 33:05; 130 S Garrett (Manx) 33:09; 131 O Barbour (Strat, U20) 33:11; 132 A Hartley (Kent) 33:12; 133 J Kraft (Scar) 33:12; 134 D Wight (Chelt) 33:13; 135 J Watson (B'burn, M35) 33:13; 136 T Harrison (Bolt, M35) 33:13; 137 M Craig (Hallam) 33:14; 138 J Tucker 33:14; 139 T Clark (Lon Hth) 33:19; 140 P Coon (Netherhall, M35) 33:20; 141 C Fell (Ross, M40) 33:22; 142 S Robinson 33:22; 143 H Torry (Serp, M40) 33:23; 144 B Butler (Wake, M35) 33:24; 145 J Connors (Yate) 33:25; 146 J Rutherford (Liv RC) 33:25; 147 S Lewis (P'pridd R, M40) 33:26; 148 A Pratt (Tyne) 33:26; 149 O Fraser-Krauss (York) 33:27; 150 A Graham (Walls, M35) 33:28; 151 G Cooke (P'stone) 33:29; 152 B Beattie (Hallam, M35) 33:29; 153 C Maher (Liv PS) 33:29; 154 A O'Brien (Tip) 33:30; 155 P Winkler (Morp) 33:30; 156 C Reilly (Ilkley, U20) 33:31; 157 F Ross (Shett, W) 33:31; 158 J Drakeford (B'ville) 33:31; 159 M Kitching (QPH) 33:34; 160 C Thornton (Sky) 33:34; 161 J Walton (Leeds C, M45) 33:35; 162 R Poingdestre (Jer) 33:35; 163 C Jones (Chelt) 33:36; 164 M Lockyer (Leeds C, M35) 33:37;

165 M Allen (Ryst, M40) 33:37; 166 M MacLennan (Edin U HH, W) 33:38; 167 W Cork (B&H) 33:41; 168 C Richardson (Metro) 33:42; 169 A Salmon (Liv H) 33:42; 170 C Jones (R&Z, M40) 33:43; 171 S Chester 33:43; 172 A Tripp (lps, U20) 33:48; 173 S Pennycook (Fife, W) 33:50; 174 J Cleaver (Barlick, M35) 33:51; 175 M Chadwick 33:51; 176 C Dornemval (Soton) 33:51; 177 K Reay (Bir) 33:51; 178 A Douglass (Morp) 33:52; 179 G Mcdermott (Herm, M45) 33:53; 180 B Courtney-Pinn (P'pridd R) 33:54; 181 T Stevens (Soton) 33:56; 182 B Coop (Bury) 33:57; 183 P Smith (M40) 33:57; 184 C Gillett (G&G) 33:58; 185 D Mcquade 34:00; 186 R Purdy (Serp, M35) 34:01; 187 C Duck (Leeds C, W) 34:02; 188 W Collumb (R'well) 34:04; 189 R Hughes 34:05; 190 A Gudin 34:07; 191 X Gruot (Serp, M35) 34:08; 192 G Clarkson (KuH, M35) 34:10; 193 P Cooper (Hallam, M35) 34:10; 194 S Courtney (Stad R, M35) 34:12; 195 R Torch (Leeds C) 34:13; 196 B Douglas (Leeds C) 34:14; 197 J Oldfield 34:14; 198 D Tate (Selb, M35) 34:15; 199 D Page (Clowne) 34:18; 200 P Savage (Prestwich, M40) 34:18; 201 E Curran (Kilb, W) 34:18; 202 O Roberts (Hebog R) 34:19; 203 R Donald 34:21; 204 S Bolland (Spn) 34:24; 205 P Blakey (Sun, M45) 34:25; 206 S Matthews (E Ches) 34:27; 207 A Jago (Arena) 34:28; 208 B Hayton (P'pridd R) 34:28; 209 B Findlay (WSEH) 34:29; 210 J Brannan (Stad R) 34:32; 211 D Hodgkinson (Walls, W) 34:33; 212 J Malley (Gate) 34:36; 213 L Crookes (Leeds C, W) 34:36; 214 S King 34:38; 215 B Reynolds 34:41; 216 G Pritchard (M40) 34:42; 217 J Callis 34:43; 218 D Tune (Roth, M45) 34:44; 219 H Viner (High, W) 34:44; 220 R Smith (Prest) 34:46; 221 B Smith (RN) 34:47; 222 P Stevenson 34:49; 223 R Mullen (Hay H) 34:51; 224 S Pulley (Soton) 34:52; 225 G Bridge 34:53; 226 K Smith (Tyne Br, M55) 34:53; 227 T Marshall 34:53; 228 R Everson (Dur) 34:55; 229 V Riviere (M40) 34:56; 230 P Hodgson (Blay, M35) 34:56; 231 R Johnson (Morp) 34:56; 232 C Millett (Team Derby Runner, M35) 34:57; 233 C McCarthy (Lyth) 34:57; 234 J Robertson (Tyne Br) 34:57; 235 D Bagot 34:57; 236 D Bell (M50) 34:57; 237 D Richardson (Aln) 34:58; 238 M Kingstone-Lee (GRC, M40) 34:58; 239 M Magee (Clay) 34:59; 240 M Combe (M35) 35:00

M40: 16 W Bell (NEB) 35:06; 17 S Lowe (P'fract) 35:19; 18 T Kelso (Tyne Br) 35:21; 19 A Walker (Reig) 35:23. **M45:** 5 E Fazakerley (Manc H) 35:45; 6 C Auld (Crook) 35:58. **M50:** 2 M Thompson (Sun) 35:01; 3 S Barkes (Linc W) 35:13; 4 W Pearson (Crook) 36:09; 5 R Long (B'mth) 36:49; 6 K Littlewood (Barns) 37:02; 7 R Hancox (Morp) 37:06. **M70:** 1 M Weir (Belp) 43:47; 2 J Moran 46:50; 3 R Hall (Hal) 46:57; 4 P White (Val) 47:07. **U20:** 8 T Hartley (Wig D) 35:04; 9 S Vicary (Linc W) 35:15

Women: 1 Ross 33:31; 2 MacLennan 33:38; 3 Pennycook 33:50; 4 Duck 34:02; 5 Curran 34:18; 6 Hodgkinson 34:33; 7 Crookes 34:38; 8 Viner 34:44; 9 A Simpson (Fife) 35:14; 10 B Briggs (CoH, U20) 35:18; 11 J Williams 35:26; 12 J Potter (Charn, W35) 35:33; 13 L Brenton (Soton) 35:42; 14 L Hall 35:44; 15 E Japp (BWF) 35:47; 16 J Bannerman (I'ness) 35:49; 17 C Evans (Card) 35:53; 18 M Browne 35:55; 19 S Potter 35:59; 20 K

Marsh (Ton) 36:07; 21 B Jenkinson (Eryri) 36:08; 22 K Rye (BRA1) 36:18; 23 S McCall (Herne H) 36:22; 24 S Barlow (H'gate, W40) 36:31; 25 K Thorneycroft (Lon Hth) 36:36; 26 J Anthony (C&C) 36:38; 27 E Burgess (High) 36:48; 28 B Garland 36:50; 29 K Wood (Sale) 36:51; 30 R Robinson 36:55; 31 R Friend (Leeds C) 36:56; 32 V Needham (York) 36:56; 33 L Wilkinson (Linc W, U20) 37:01; 34 G Campbell (J&H) 37:03; 35 C Finlay (P'boro) 37:11; 36 F Davies (Roth, W45) 37:19; 37 E Hutchinson 37:21; 38 C Mason (York) 37:26; 39 D Booth (Der) 37:26; 40 D Lickert 37:29; 41 J Lutwyche 37:32; 42 R Gallop (Newk) 37:38; 43 N Swaffield (WSEH) 37:47; 44 C Bruce 37:51; 45 J Elgood (Ilkley, U20) 37:58; 46 R Wild (York Triathlon) 38:02; 47 G Ball (Linc W) 38:09; 48 S Murphy (Vale R, W40) 38:20; 49 R Doherty (Higham) 38:27; 50 E Navesey (Hay H) 38:37; 51 K Pearson (Bart D) 38:40; 52 L Collins (Cald W) 38:51; 53 K Marchant (Newc S, W40) 39:00; 54 J Muston (Spn, W40) 39:00; 55 L Eastman (K'worth) 39:01; 56 F Birky (Puds P) 39:05; 57 H Buswell (Leeds C) 39:07; 58 A Young (HPH) 39:07; 59 E Brown (Card, W35) 39:21; 60 K Haniver (Stubb G, W40) 39:36; 61 S Richards (Leeds C) 39:41; 62 S Lewis (Roundhay Runners, W40) 39:41; 63 V Merrick (Bing, U20) 39:50; 64 R Falloon (Morp) 39:55; 65 S Hanley (Kent) 39:55

W35: 3 H Mercer-jones 40:03; 4 G Lodge (Stad R) 40:20; 5 L Holliday (Crossg) 40:29; 6 N Jackson (Kirks) 40:45; 7 C Collins (S Lon) 40:51; 8 S Swaine (Herne H) 40:57. **W40:** 7 Saylor (Tadcaster) 40:50; 8 M Neal (March) 41:31; 9 H King (Morp) 41:59. **W45:** 2 K Allen (Bail) 40:05; 3 L Birchall (Stad R) 42:07; 4 J Lawton (Stock H) 42:31. **W50:** 1 C Heaton (Holme P) 40:57; 2 K Morris 41:18; 3 M Duncan (Sheff TC) 43:42. **W55:** 1 T Johnson (Dews) 40:43; 2 C McCarthy 44:26; 3 S Kaye (Denb DT) 45:40. **W60:** 1 D Gibbs (York A) 43:06; 2 J Wakeman (Barns) 44:42; 3 B Lee (Bing) 49:43. **W65:** 1 D Kesterton (Steel) 46:34

BARTON DEEPDALE DASH 10km, Barton upon Humber

Overall: 1 B Sadowyjj (Bart D) 33:49; 2 R Harris (Wold, M45) 34:51; 3 A Holt (Wint) 35:33

M50: 1 S Dring (Wold) 37:23. **M55:** 1 C Gibbs (Lincsquad) 37:58. **M70:** 1 P Taylor (CoH) 47:30

Women: 1 N Burns (Linc W) 37:59; 2 S Lee (CoH) 38:18; 3 L Higgins (Wold, W40) 41:11

W50: 1 B Wilson (Clee) 42:09; 2 H Smith (Lincsquad) 44:45. **W60:** 2 G Crosskill (Bart D) 49:27. **W65:** 1 S Oglesby (E Hull) 49:43

BECKLEY 10km, Beckley

Overall: 1 J Pyrah (Rye, M45) 35:34; 2 D Saxby (Hast R) 39:21; 3 D Barzee (Hast W) 39:38

Women: 1 F Gardner (Weald Tri, W35) 46:08; 2 S Smith 46:08; 3 D Humbles (Hast R, W50) 47:09

W60: 1 M Ford (Hedge End) 49:15. **W70:** 1 S Marzaioli (Hast R) 58:13

BILLERICAY STRIDERS 10km, Overall: 1 P Whittaker (RRC) 32:42; 2 A Finch 34:27; 3 J Pincini (M35) 36:09

M70: 1 P Binns (S'end) 45:15; 2 C McDonnell (Dengie 10k) 46:31; 3 P



Alyson Dixon: three-minute win at Hexham

Woodger 46:57

Women: 1 M Evans (Chelm) 38:19; 2 R Brown (W35) 41:04; 3 A Hughes (Leigh S, W35) 41:44

W60: 1 S Spong (Hav 90) 45:49

CORNISH MARATHON, Liskeard

Overall: 1 D Nash (Card) 2:35:29; 2 D Alsop (StA RR, M35) 2:44:59; 3 S Nicholas (StA RR) 2:48:41

Women: 1 E Lake (Erme, W40) 3:27:47; 2 S Hirons (Erme, W35) 3:29:28; 3 S Wharton (Run For, W40) 3:35:26

W55: 1 D Roy (E Corn) 3:36:04. **W60:** 1 J Bremner (Tamar) 3:45:48. **W65:** 1 J Mills (Laun RR) 4:17:19

DEAL CASTLE 5, Deal

Overall: 1 J Lane (Adalta Cycling Club) 26:57; 2 M Major (Col H) 27:50; 3 B Williams 27:56

M45: 1 A Stevens (Than) 28:40. **M50:** 1 S Male (Folk) 28:10; 2 M Potter (Lon Hth) 28:42. **M55:** 1 T Jessen (Folk) 30:38.

M60: 1 R Hyland (SC Vets) 32:32

Women: 1 J Cliff (Deal TC, W45) 31:37; 2 M Bates 32:00; 3 E Creasey (Folk) 32:33

W55: 1 J Wastell (Lon Hth) 35:53. **W65:** 1 B Ockendon (&J) 39:17

DECATHLON BELFAST 10km

Overall: 1 J Craig 32:45; 2 C Hutchinson 33:38; 3 B Kinsella (Willow) 35:31

M70: 1 J Macaulay (Spring S) 38:09

Women: 1 M Sloucum 42:49; 2 L Rose 43:57; 3 G Blake 44:39

DERWENTWATER 10, Keswick

Overall: 1 J Lightfoot (Ellen) 53:05; 2 J Douglas (Bord H) 53:41; 3 B Townshend (Kesw) 56:29

M50: 1 D Birch (Kesw) 61:45. **M55:** 1 C Upon (Cambus) 63:32

Women: 1 J Zakrzewski (Dur, W40) 68:38; 2 C Maley (NSP, W40) 69:34; 3 K Bridge (Eden, W40) 70:33

M70: 1 L Varney (Kendj) 73:18; 2 H Davies (Bodyfit) 74:36. **W55:** 1 B Wright (BWF) 70:53. **W70:** 1 J Laycock (Amble) 95:00

PICTURES: DAVID HEWITSON



GILLINGHAM HILLY 7.5, Gillingham

Overall: 1 P Bridge (Yeov O) 43:31; 2 J Towner (Poole R, M35) 45:27; 3 K Little (M40) 46:33

Women: 1 L Lascelles (Maid N, W50) 54:55; 2 A Hendy (W45) 57:35; 3 L Saunders 58:05

GUY FAWKES 10, Ripley

Overall: 1 J Wood (Ilkley) 55:58; 2 G Green (Knives, M40) 60:17; 3 B Hamilton (Selb, M40) 60:24

M55: 1 M Hall (Otl) 62:40

Women: 1 A Wall (Horsf) 66:50; 2 B Coomber (Denb DT, W55) 69:42; 3 E Robinson (W35) 71:08

W45: 1 E Towers (New M) 71:40. **W55:**

2 J Masterman (GVS) 72:19. **W65:** 1 A Baldwin (Stainl) 84:36; 2 D Bland (Ecc) 87:32

NOTTINGHAM LET'S GO ROUND

AGAIN, Holme Pierrepont

Overall (5km): 1 S Scott (Corby, U20W) 19:51; 2 A Windle (M35) 19:59; 3 A Winson (Hean, U13) 20:16

Women: 1 Scott 19:51; 2 N Reeves (S Der, W40) 22:19; 3 E Wilkins (Hean, W35) 22:55

W60: 1 B Stevens (Mid M) 23:40

Overall (HM): 1 G Gregory (Hallam, M35) 75:13; 2 B Beckett (, M40) 80:58; 3 M Bailey (Shelt, M45) 83:35

Women: 1 J Knass (Stock H, W35)

88:36; 2 A Deavy (N'brook, W40) 88:40; 3 A Mosby (Sphin, W40) 97:59

Overall (Mar): 1 D Macrae (P'bello, M40) 2:54:48; 2 C Schwiening (C&C, M50)

3:08:57; 3 C Johnstone (UKRunChat, M40) 3:14:24

Women: 1 V Old (Stam S, W35) 3:26:57;

2 H James (Barr R, W45) 3:54:25; 3 S Calitz-Patel (100MC, W50) 3:57:52

35TH DRESSERS THROUGH THE

VILLAGES, Chorley

A record near-capacity entry heralded this 35th Through the Villages Race at Wheelton. The 385 runners provided some sharp contrasts, with Southport and Waterloo's Ben Johnson absolutely blitzing the field to win by nearly four minutes, leading from start to finish.

Joshua Crowther came a creditable second, the Blackburn Road Runner outpacing third-placed Red Rose man Simon Croft by just under a minute.

In the women's race W35 Lindsey Brindle outpaced the talented Chorley junior Finty Royle to win her first title in 56:44 to Finty's 58:09.

M60 Paul Muller, a previous eight-time winner, was a splendid 16th overall in 54:17.

Terry Dickinson, who has organised this race for the 35 years, made this his final event.

Overall (8.45M): 1 B Johnson (S'port W) 45:38; 2 J Crowther (B'burn) 49:32; 3 S Croft (R Rose) 50:14

M40: A Payne (Ribb) 51:00. **M55:** A Lundberg-Bury 51:49. **M60:** P Muller (N Mast) 54:17

Women: 1 L Brindle (Horw, W35) 56:44; 2 F Royle (Chorley, U20) 58:09; 3 A-M Hindle (Ross, W45) 58:12

W45: M Koth (Lyth) 59:47. **W60:** J Jefferson (R Rose) 61:14

RICHMOND HALF MARATHON

Overall: 1 N Marriage (Fulham) 75:35; 2 P Gulliksen 76:44; 3 T Franceschi (Clap C) 80:35

Women: 1 L Folscher 88:40; 2 A Datta 90:08; 3 S Milner 91:46

TEMPLETON 10, Dundee

Overall: 1 M Muir (If, M40) 60:25; 2 R Harrison (Monif TC, M40) 61:05; 3 D Batt (Metro) 61:18

M60: G McPherson (Metro) 67:24

Women: 1 J Learmonth (Dund H, W40) 68:11; 2 S Krawczyk (Dund H) 72:29; 3 L Henderson (Forfar, W40) 72:32

W60: 1 J Dobson (Kinross) 75:47; 2 L Stephen (Fife) 78:10; 3 M Martin (Fife) 82:33

NOVEMBER 3

LANGLEY 7, Langley

Overall: 1 S Crook (Stock H, M40) 49:40; 2 J Noakes (Macc, M50) 50:15; 3 G Scott (Chorlton, M40) 51:05

Women: 1 M Beever (Stainl, W35) 57:24; 2 R Hall (Macc, W35) 58:52; 3 A Birtwistle (Macc) 60:06

ABERDEEN MORUN, Aberdeen

Overall (5km): 1 N Tosh (U20) 18:16; 2 K El Hidane 19:06; 3 J Love 22:02

Women: 1 A Farquharson (W50) 22:02; 2 A Stuart 23:39; 3 S Brown (W50) 24:16

Overall (10km): 1 S Birse 38:44; 2 K

Wood 39:51; 3 J Steker 42:04

Women: 1 E Murray 45:10; 2 R Wilkinson 52:13; 3 D Joiner 52:16

STIRLING'S TOUGHEST, Stirling

Overall (8.2km): 1 A Strobl 39:50; 2 M Sutherland (Wee C, M40) 40:36; 3 L Kent (W) 41:10

Women: 1 Kent 41:10; 2 K Marchbank 47:26; 3 L Hislop (W40) 47:26

Overall (4.1km): 1 M Conway (M40) 23:08; 2 K MacNeil (M45) 24:49; 3 R Cowan (M45) 27:54

Women: 1 A Hadden 28:35; 2 B Mckenzie 29:51; 3 J Morley 30:32

OCTOBER 28

ACCRINGTON RUNNERS 10km

Overall: 1 B Fish (B'burn, M35) 31:32; 2 J Hindle (B'burn) 33:41; 3 B Costello (B'burn) 33:48; 4 K Billington (B'burn) 33:58; 5 J Holgate (B'burn) 34:06; 6 J Prest (Traff, M45) 34:31; 7 C Davies (B'burn, M40) 34:45

M50: 1 J Parkinson (Torbay Tri) 36:46. **M55:** 1 A Lundberg-bury (Ross) 36:48. **M70:** 1 T Hesketh (Horw) 47:44

Women: 1 A Hindle (Ross, W45) 42:35; 2 M Buchan (Traw, W40) 44:06; 3 M Mcmyler (Horw, W35) 44:41

ASHFORD & DISTRICT 10, Ashford

Overall: 1 A Pieris (M35) 61:03; 2 C Searson (Dover) 65:20; 3 K Hart (Dover, M35) 65:47

Women: 1 J Tysoe 73:21; 2 D Parris (Cant, W50) 76:22; 3 E Whittingham (MedwayFit) 78:15

Overall (5M): 1 A Old (Inv Ek, W) 35:53; 2 S Gibson (M35) 36:14; 3 E Hayes (UKC Runners, W) 36:39

Women: 1 Old 35:53; 2 Hayes 36:39; 3 M Taranda 37:00

W70: 1 T Jones (Cant) 42:51

DH RUNNERS RIVER RUN 10km,

Carlisle

Overall: 1 M Hawley (C'land) 36:04; 2 N Postill (Bord H, U20) 36:14; 3 S Stobbart (C'land) 36:27

M70: 1 S Viney (DH Runners) 47:34

Women: 1 N Shaw (C'land) 38:47; 2 A Stumpf (DH Runners) 40:02; 3 N Mccarron (C'land) 40:21

W40: 1 F Todd (Bord H) 40:51. **W60:** 1 S Cain (C'land) 44:44

LANCASTER JAIL BREAK 10km

Overall: 1 B Walmsley (RVH) 34:52; 2 I Aguilar (Prest) 35:04; 3 S Payne (RVH, M40) 35:39

M70: 1 B Wells (Bed H) 44:43

Women: 1 L Gardner (LancR) 42:04; 2 S Willis (Bux, W35) 44:25; 3 E Spooner (W35) 45:40

LEICESTERSHIRE 10km,

Loughborough

Overall: 1 N Samuels (M35) 32:34; 2 K Welborn (Team Marathon, M35) 33:09; 3 S Letendart (Tam, M35) 33:28; 4 P Townsend (Nott Tri U) 34:11; 5 M Dunkley (Rush, M35) 34:25; 6 D Bagley 34:42

M50: 1 M Kingsbury (Charn) 36:42

Women: 1 A Daniel (Sheffield Hallam Ac) 37:06; 2 A Lester (Barr R) 38:21; 3 J Warner (W50) 39:38

W35: 1 L Pettifer (Kenil) 40:10; 2 N Teece (Stit) 40:41. **W50:** 2 J Massey 43:30

LOVE LUTON 10km, Luton

Overall: 1 S Strange (Bas) 33:23; 2 W Bowran (St Alb, U20) 34:23; 3 I Halpin (Cant) 34:27

M50: 1 S Bowran (Harp A) 36:36. **M60:** 1 J Chapman (Stop) 40:38

Women: 1 A Schoenwetter (FVS) 40:14; 2 P Robinson (Grange Farm & Dunmow) 40:23; 3 K Large (Ampt) 43:51

LOVE LUTON HALF-MARATHON

CHARLENE JACOBS-CONRADIE, last year's British Masters International W35 silver medalist who was surprisingly overlooked for a place in England's W40 team having won the BMAF 5km and the Inter Area cross-country, enjoyed another victory.

She won by seven minutes.

Overall: 1 K Gibson (St Alb S) 72:49; 2 R Barnes (Stop) 73:38; 3 S Buckle (St Alb S, M35) 74:40

M60: 1 D Desborough (Gard CR) 88:28

Women: 1 C Jacobs-Conradie (Lut, W40) 83:19; 2 C Lathwell (Stop, W40) 90:13; 3 S Cashin (W35) 96:59

MILL TOWN TO MOORS OLDHAM

HALF-MARATHON, Oldham

Overall: 1 G Raven (Sale, M40) 75:11; 2 J Pichl (Salf, M35) 75:46; 3 M Mannings (O&R) 77:50

Women: 1 E Davies (Prest) 82:37; 2 V Wright (Hyde, W40) 87:06; 3 G Keane (S'worth, W40) 96:48

W65: 1 A Oldham (E Ches) 1:47:52

RISBOROUGH RUN IN THE PARK

5km, Princes Risborough

Overall: 1 D Nickless 22:11; 2 J Day (M40) 22:13; 3 M Vince (M55) 22:15

Women: 1 C Nickless 26:20; 2 N Carbery 28:05; 3 K Barnes 28:52

RUBY'S 5km, Kilmarnock

Overall: 1 S Gibson (Cambus) 16:28; 2 R Lindsay (Kilmarnock Harrier & Athletic Club) 17:26; 3 J Welch (Denb, M35) 17:37

Women: 1 T McIntosh (Ayr S) 18:00; 2 L Wallace (Ayr S, W35) 18:56; 3 H Burn (Kil'k, U15) 20:02

RUGBY HALF-MARATHON, Rugby

Overall: 1 A McDonnell (R&N) 76:10; 2 S Marks (R&N, M40) 76:25; 3 M Glenn (Rugby Triathlon Club) 77:54

Women: 1 S Booth (Bla PJ) 86:29; 2 N Bhangal (Leam) 87:11; 3 S Baker (R&N, W50) 89:18

W50: 2 J Jeeves (Leam) 89:52

RUN NORTHUMBERLAND HEXHAM

10km, Hexham

ALYSON DIXON won the women's race in 36:00.

Overall: 1 L Taylor (Sun S) 33:39; 2 L Adams (SSH) 33:54; 3 S Morley 34:09; 4 D Alexander (Gate) 34:27

M55: 1 R Tailford (Tyne Br) 37:59; 2 P Hearn 38:35

Women: 1 A Dixon (Sun S, W40) 36:00; 2 L Tang (Tyne) 39:40; 3 W Chapman (Sun S, W45) 40:01

W55: 1 J Gray Carnaffin 46:22. **W60:** 1 L Valentine (Sun S) 45:41

TAVY 7, Tavistock

Overall: 1 J Andrews (TRP) 39:10; 2 T Brogden 41:34; 3 E Smart (TRP, U20) 41:52

M50: 1 A Mee 43:56. **M55:** 1 T Vials (SWRR) 44:51

Women: 1 S Dyson (Haldon) 45:11; 2 J Johnson (Laun RR, W50) 47:18; 3 R Malthouse (TRP) 47:39

W55: 1 J Kingdon (Plymouth Striders) 51:47; 2 M Blair (Torr) 52:53. **W60:** 1 A Englelew (Erme) 56:22; 2 A Ross (Tamar Trail Runners) 57:56

WISTOW 10km, Selby, Yorkshire

Overall: 1 R Scott (R&Z) 32:50; 2 M Joyeux (Quak, M35) 32:55; 3 R Dalton (R&Z) 34:19

M60: 1 M Booth (GVS) 40:46. **M70:** 1 W Allan (Tadcaster) 46:19; 2 P White (Val) 46:59

Women: 1 S Barlow (H'gate, W40) 36:24; 2 L Young 37:35; 3 S Hunter (Ack) 40:19

W55: 1 J Masterman (GVS) 42:30; 2 C McCarthy (P'fract) 44:12. **W60:** 1 B Lee (Bing) 48:56. **W65:** 1 D Bland (Ecc) 50:39

OCTOBER 27

PORTH EIRIAS 10km,

Porth Eirias

Overall: 1 J Cerefice (P'atyn) 36:50; 2 J Bruce (Deesriders) 37:27; 3 J Davies (Eryn) 38:04

Women: 1 H Davies (Wrec, W50) 42:34; 2 L Bowen 45:03; 3 N Merrison (Col B, U20) 45:52

RUNTHROUGH LEE VALLEY

VELOPARK HALF-MARATHON,

Lee Valley

Overall: 1 J Payne (VP&TH) 74:13; 2 N Cunningham (Dashing Whippets Running Team) 74:37; 3 D Lewin (HW) 75:19

Women: 1 T Bergman (Morn, W35) 90:31; 2 H Charman 91:01; 3 L Culver (Beck) 94:55

Overall (10M): 1 J Whitehorn (C&C, M40) 62:15; 2 L Grose 66:44; 3 D Mercer 67:31

Women: 1 K Evans (Road, W45) 74:50; 2 J Dickenson 74:50; 3 M Goss 75:20

W60: 1 A Rutherford 80:44

Overall (10km): 1 M Lavedrine (M40) 37:02; 2 A Gallet 38:17; 3 J Roberts 38:54

Women: 1 M Rothman 39:50; 2 S Davis 42:37; 3 C Huggins (Orion) 48:19

Overall (5km): 1 A Sanders 18:24; 2 J Owens (M45) 19:17; 3 G Thomas (Ips J, M55) 19:36

Women: 1 L Whitehead (Herts P) 19:43; 2 A Killick 20:12; 3 K Killick 23:47

Overall (1M): 1 A Domanin (Daugavpils Individual Sports School) 5:44; 2 C Scott (Orion, M40) 5:45; 3 I Coleman (U20W) 6:49

Women: 1 Coleman 6:49; 2 S Duffy (Wat, U20) 7:01; 3 A Collins (Wat H, U20) 7:20



The start at Hexham

CROSS-COUNTRY

NOVEMBER 4

BORDERS WINTER SERIES (1), Lauder

Overall (4M): 1 M Shankey (HBT) 26:09; 2 T Ferrington (Cors, M40) 27:10; 3 O Chepelin (HBT) 27:12; 4 C Donnelly (L'aber, M55) 27:28; 5 R Ward (Edin, M40) 27:34; 6 I Gilmore (C'thy) 27:40; 7 G Nash (Carnethy Hill Racing Club, M40) 27:45; 8 A McVey (C'thy) 27:55; 9 P Gardner (HBT) 27:57; 10 R Thomson (Penic) 28:10; 11 R Anderson (Tev) 28:15; 12 F Kelly (Tm E Loth, U20) 28:19; 13 C Scott (Gala) 28:24; 14 D Limmer (Hinck) 28:28; 15 F Clyne (Tev, U17) 28:37; 16 J Addie (Dunb, M35) 28:38; 17 T Darlow (Gala, M40) 28:55; 18 N Shekleton (C'thy) 28:59; 19 D Dougal (Moof, M45) 29:03; 20 N Williamson (Dunb, M40) 29:09
M45: 2 G Glendinning (C'nauld) 29:24; 3 J Warman (HBT) 29:46. **M50:** 1 S McDonald (Moof) 29:40; 2 D Eades (Loth) 30:06; 3 D Rodwell (Gala) 30:12. **M55:** 2 S Hay (Dunb) 31:27; 3 I Maxwell (Gala) 32:15; 4 J Tullie (Tev) 32:19. **M60:** 1 F Otton 33:26. **M65:** 1 S Wallace (Haddington) 35:54

Women: 1 S Green (Gala, W35) 31:02; 2 L MacDonald (RC Dalkeith) 31:11; 3 M Wright (Dunb, W40) 32:38; 4 C Ward (HBT, W40) 32:59; 5 R Anderson (Dunb, W50) 33:53; 6 G Cairns (Penic, W40) 33:59; 7 P Gardner (Dunb, W50) 34:28; 8 G Mackenzie (P'belo) 35:17; 9 G Duncan (Gala, W45) 35:26; 10 E Kerr (W40) 35:29; 11 F Shepherd (Border Triathletes, W40) 35:48; 12 J Jackson (Carnethy Hill Racing Club, W40) 35:52; 13 J Johnstone (W40) 36:04; 14 A Campbell (Gala) 36:37; 15 C Fortune (Gala, W55) 36:46

W50: 3 M Douglas (Tweed Str) 40:10. **W55:** 2 P O'Brien (HBT) 37:31; 3 E Maxwell (Gala) 38:55; 4 C Page (Aln) 39:35. **W60:** 1 H Spenceley (Carnethy Hill Racing Club) 40:47

TEAM (M&W): 1 HBT 9; 2 C'thy 21; 3 Gala 51; 4 Tev 52; 5 Dunbar 67; 6 Penic 80; 7 Moorf 82
U17 (2M): 1 A Wright (Tm E Loth, U15) 11:09; 2 C Fordyce 11:12; 3 G Collins (Gala, U15) 11:30; 4 J Donnelly (Tm E Loth) 11:33; 5 E Christie (Gala, U15) 11:36; 6 C Angus (Moof) 11:41; 7 T Slane (Black B, U13) 11:44; 8 C Campbell (Tm E Loth, U13) 12:02; 9 I McDonald (Edin, U13) 12:12; 10 C Rankine (Gala, U13) 12:12; 17 F Henry (Tm E Loth, U15W) 12:44; 27 A Patriclough (Gala, U15W) 13:36; 29 I Ferson (Gala, U13W) 13:46

TEAM (M&W): 1 E Loth 13; 2 Gala 18; 3 Moorf 43; 4 Tev 58; 5 HELP 107

FROSTBITE FRIENDLY LEAGUE, Nene Park

Overall (XC): 1 J Lunn (PACTRAC) 26:36; 2 A Scott (PACTRAC) 26:36; 3 J Dunce (C&C) 26:45; 4 J McCrae (Nene V) 26:54; 5 J Hall (Hunts) 27:12; 6 D Hudson (BRJ, M35) 27:19; 7 A Tate (Muddy Mn, M40) 27:38; 8 M Barry (Hunts, M35) 28:09; 9 M Gichuhi (Bush J, M35) 28:35; 10 T Farrer (Hunts, M45) 28:37; 11 C Hiscock (Hunts, U17) 28:39; 12 D Burgess (March, M45) 28:50; 13 D Connell (Hunts, M40) 28:58; 14 S Lomax (Yax) 29:01; 15 T Oliver (Hunts) 29:05; 16 M Moore (Nene V) 29:08; 17 N Osborn (Hunts, M35) 29:11; 18 J Williams (Rv, M35) 29:18; 19



Bronwen Owen (492): won
West Yorkshire League from
Jennifer Walsh (414)

R McKee (Hunts, M45) 29:33; 20 A Hunt (Nene V, U20) 29:37; 21 L Harthill (Nene V) 29:39; 22 J Baslington (C&C) 29:41; 23 G Evans (Bed C, U20) 29:46; 24 M Channing (Nene V) 29:55; 25 D Matthews (Hunts, M35) 29:57; 26 S Margot (Hunts, M40) 29:58; 27 C Pell (C&C) 30:00; 28 J Shiner (Riv) 30:03; 29 J Borrett (Eye, M45) 30:05; 30 P Galpin (BRJ, M45) 30:16

M50: 1 S Barker (Hunts) 31:16; 2 S Howard (Ely) 31:45; 3 M Rowe (Hunts) 32:44. **M55:** 1 M Jacklin (Werr J) 33:05; 2 D Darnell (Hunts) 33:58; 3 S Ashurst (Rams) 34:19. **M60:** 1 A Larham (March) 32:17; 2 C Ritchie (C&C) 34:29; 3 R Haggart (Ely) 35:33. **M65:** 1 P Harris (Ely) 36:49; 2 E Winstone (Bush J) 37:54; 3 J Stocker (Hunts) 38:44. **U17:** 2 J Orrell (BRJ) 30:17; 3 H Hancock (Nene V) 30:41; 4 C Nicholson (Bed C) 31:56; 5 S Darnell (Hunts) 32:45; 6 M Dowling (Nene V) 33:09

Women: 1 T McCarty (Bush J, W40) 30:49; 2 E Livery (Hunts) 31:13; 3 L Marriott (Rams, W35) 31:25; 4 J Williams (Riv) 32:09; 5 M Brett (Rams, W35) 32:23; 6 E Swire (Werr J) 32:57; 7 S Caskey (PACTRAC) 33:03; 8 K Hymers (C&C, W35) 33:07; 9 E Tuck (March, W45) 33:11; 10 S Parker (Werr J) 33:15; 11 J Cocker (C&C) 33:29; 12 E Tomlinson-mccrae (Nene V) 33:39; 13 S Duffy (BRJ, W35) 33:41; 14 L Lister (Nene V, W50) 34:08; 15 O Mead (Nene V, U17) 34:30; 16 S Wilkinson-harga (Nene V) 34:34; 17 K Draper (Yax) 34:34; 18 G Crane (Yax, W40) 34:38; 19 G Larham (March, W45) 35:00; 20 G Rose (Fen) 35:09

W40: 2 D McMillan (York) 36:23; 3 M Farran (Leeds C) 36:58. **M60:** 1 R Barker (Denb DT) 38:42. **M70:** 1 B Grant (H'gate) 37:55. **U20:** 5 J Spencer (Bing) 36:26; 6 C Broughton (Goole Y) 36:47

TEAM: 1 CoY 122; 2 Wharf 135; 3 Holm 136; 4 P&B 161; 5 Ilkley 212; 6 Knave 241; 7 Vall 265; 8 Wake 292
U17 (XC): 1 S Staines (Nene V) 7:50; 2 C Molloy (C&C, U15) 7:55; 3 H Croft (Hunts, U15) 8:01; 4 D Tomaselli (Nene V, U15) 8:04; 5 L Conway (BRJ, U13) 8:11;

6 J Wilson (Riv, U15) 8:14; 7 M Downhill (Hunts, U15) 8:17; 8 L Benningfield (March) 8:19; 9 K Duffy (BRJ) 8:19; 10 C Burke (Hunts, U15) 8:21; 16 I Wilkins (Hunts, U15W) 8:46; 22 A Large (Hunts, U11) 8:59; 23 E Loosley (C&C, U13W) 9:00; 24 O Corner (PACTRAC, U15W) 9:02; 25 C Bole (Nene V, U15W) 9:03; 27 T Richards (Hunts, U11) 9:08

WEST YORKSHIRE LEAGUE, Leeds

Men (distance not measured): 1 J Baxter (Leeds & Br) 30:15; 2 A Smith (P&B) 30:17; 3 W Smith (Hal, M40) 30:19; 4 M Calton-Seal (York, U20) 30:42; 5 J Maurice (H'gate, U20) 30:56; 6 A Kettlewell (Holm) 31:04; 7 L Byram (Holm) 31:06; 8 K Critchley (Knaves, M45) 31:23; 9 N Hardy (H'gate) 31:37; 10 R Howie (Wharf) 31:51; 11 D Watson (Holm, M45) 31:54; 12 M Hallam (Vall) 31:56; 13 G Cook (York) 31:58; 14 J Hooley (York, U20) 32:03; 15 A Burns (Wharf, M35) 32:07; 16 C Holmes (Wharf, M45) 32:10; 17 B Butler (Wake, M35) 32:21; 18 B Crowthor (Hal) 32:23; 19 G Phillips (York) 32:25; 20 K Sunman (Holm) 32:40; 21 G Pearce (P&B, M35) 32:45; 22 D Hilberd (Vall) 32:54; 23 D Figg (York, U20) 33:00; 24 J Navis (P&B) 33:09; 25 E Hassell (Wharf) 33:15; 26 D McKeown (Ilkley, M40) 33:17; 27 M Cox (Ilkley, M40) 33:22; 28 I Jasco (Ilkley, M35) 33:23; 29 T Midgeley (Bing, M35) 33:24; 30 J Pownall (Vall) 33:24

M50: 1 G Hull (Leeds C) 33:26; 2 P Crabtree (Wharf) 33:57; 3 T Ashelford (Ilkley) 34:25. **M55:** 1 M Hall (Spn) 35:58; 2 D McMillan (York) 36:23; 3 M Farran (Leeds C) 36:58. **M60:** 1 R Barker (Denb DT) 38:42. **M70:** 1 B Grant (H'gate) 37:55. **U20:** 5 J Spencer (Bing) 36:26; 6 C Broughton (Goole Y) 36:47

TEAM: 1 CoY 122; 2 Wharf 135; 3 Holm 136; 4 P&B 161; 5 Ilkley 212; 6 Knave 241; 7 Vall 265; 8 Wake 292
U17 (XC): 1 D Coy (Ilkley) 17:47; 2 C Spencer (Hal) 18:23; 3 T Antcliff (York) 18:28; 4 H Norden (R'well) 18:29; 5 H Johnson (Hal) 18:32; 6 S Segger-Staveley

(Sett) 18:54; 7 E Beaumont (Keigh) 19:16; 8 E Wheelwright (Hal) 19:33; 9 R Matthews (Ilkley) 19:35; 10 K McLeay (York) 19:37
TEAM: 1 Hall 15; 2 Ilkley 27; 3 K&C 34
U15 (XC): 1 A Thompson (Wharf) 14:02; 9:00; 2 A Flaherty (Bing) 14:15; 3 S Headley (Keigh) 14:25; 4 T Jacques (Sky) 14:30; 5 J White (Long) 14:32; 6 L Parker (R'well) 14:37; 7 N Coy (Ilkley) 14:45; 8 G Coultie (H'gate) 14:54; 9 B Rees (Bing) 15:00; 10 D Linstrom (Weth) 15:05

U13 (XC): 1 J Walker (Vall) 12:53; 2 D George (Wake) 12:58; 3 M Ashelford (Ilkley) 13:00; 4 Z Rayner (Wake) 13:02; 5 B Hill (Sky) 13:07; 6 E Gaskin (Wake) 13:11; 7 T White (Long) 13:17; 8 J Beavers (Ilkley) 13:19; 9 W Partner (H'gate) 13:21; 10 G Buckley (Ilkley) 13:23

TEAM: 1 Wake 12; 2 Ilkley 21; 3 Skyrac 36; 4 R'well 69; 5 Hall 99; 6 Weth 105
U11 (XC): 1 A Peaker (Keigh) 5:36; 2 D Levay (Holm) 5:39; 3 R Mirfin (Vall) 5:39
TEAM: 1 K&C 29; 2 Ilkley 31; 3 CoY 31
Women (XC): 1 B Owen (Leeds U) 18:59; 2 J Walsh (Leeds C) 19:34; 3 H Cross (Knaves, W35) 19:40; 4 N Tarrega (Knaves) 19:41; 5 B Penty (Knaves) 19:42; 6 H Berry (Holm, W40) 19:54; 7 R Sykes (Holm) 20:25; 8 P Munro (Ilkley, W50) 20:50; 9 F Lightowler (P'fract, W35) 21:05; 10 J Buckley (Bing, W40) 21:23; 11 M Jones (Vall, W35) 21:26; 12 C Inch (Holm, U20) 21:37; 13 L Pinder (Knaves, W35) 21:39; 14 C Green (P&B) 21:42; 15 V Stainburn (Oth) 21:43; 16 R Pilling (P&B, W35) 21:46; 17 A Burke (Knaves) 21:57; 18 J Halloran (Sky, W45) 21:58; 19 L Watson (Bing, W45) 21:59; 20 E Birchall (Leeds C) 22:03; 21 C Jones (H'gate) 22:05; 22 K Archer (Ilkley, W35) 22:06; 23 C Gibbons (York, U20) 22:08; 24 R Carter (Ilkley, W40) 22:11; 25 R Cesar de Sa (Sky, W40) 22:21; 26 J Branford (Holm, U20) 22:24; 27 S O'Sullivan (Keigh, W40) 22:27; 28 E Eadon (York) 22:33; 29 A Blackwell (Knaves, W40) 22:38; 30 H Beck (Wake, W35) 22:42

W45: 3 K Farquhar (Holm) 22:55. **W50:** 2 K Oddy (Hal) 22:52; 3 N Geere (Spn) 23:23. **W55:** 1 S Cordingley (Bing) 23:00; 2 C Schofield (Vall) 25:31; 3 D Kitchen (Ilkley) 26:13. **W60:** 1 B Weight (Bing) 25:05; 2 J Nodder (Knaves) 26:43. **U20:** 4 E Findlay (Bing) 23:19; 5 P Thorpe (Wake) 23:38; 6 L Knowles (Hal) 23:53; 7 A Hartley (Sky) 23:59; 8 P Dickens (City of York N/S) 24:31; 9 L Rickard (Ripon) 24:50; 10 B Grogan (Goole Y) 24:54

TEAM: 1 Knave 25; 2 Holm 51; 3 Ilkley 91; 4 Bing 107; 5 P&B 139; 6 Skyrac 159; 7 CoY 172; 8 Harr 181
U17 (XC): 1 E Field (Bing) 15:30; 2 M Calton-Seal (York) 15:30; 3 N Pearce (Ilkley) 15:30; 4 Z Tyas (Holm) 16:16; 5 E Jones (Wharf) 16:34; 6 B Raven (Ilkley) 16:47; 7 O Dyson (Holm) 16:56; 8 H Moss (York) 17:07; 9 E Crossley (Keigh) 17:08; 10 G Neary (York) 17:22

TEAM: 1 CoY 20; 2 Holm 23
U15 (XC): 1 A Jones (Wharf) 12:38; 2 H Brewster (Holm) 12:55; 3 E Jones (Sky) 12:56; 4 R Forrest (H'gate) 12:57; 5 N Hardcastle (Long) 13:06; 6 J Jones (H'gate) 13:13; 7 Z Hunter (Leeds C) 13:24; 8 M Holbert (H'gate) 13:29; 9 E Plimmer (Wake) 13:38; 10 E Inch (Holm) 13:47

TEAM: 1 Harr 18; 2 Long 20; 3 Wake 50; 4 Skyrac 64; 5 Holm 70; 6 Ilkley 72
U13 (XC): 1 M Jackson (Bing) 10:43; 2 R Flaherty (Bing) 10:48; 3 J Wolff (Holm) 10:54; 4 M Reynolds-Jones (H'gate) 11:07; 5 H Forrest (H'gate) 11:10; 6 P Midgley (Keigh) 11:13; 7 L Langan (York) 11:14; 8 C Rawstron (Sky) 11:20; 9 A Lane (Wharf) 11:23; 10 E Horner (Hal) 11:32

TEAM: 1 Hrr 21; 2 Skyrac 35; 3 Bing 35; 4 CoY 37; 5 Ilkley 53; 6 K&C 59
U11 (XC): 1 M Bellwood (Keigh) 5:56; 2 K Buckley (Keigh) 6:06; 3 N Harrison-Sargent (Hal) 6:08
TEAM: 1 K&C 11; 2 Wake 41; 3 Leeds C 41

BSAC KNOCKBURN, Knockburn
Men (6M): 1 M Abernethy (Fraser, U20) 36:21; 2 B Barnes (JSKRC, M35) 37:20; 3 D Jamieson (Metro) 37:25; 4 J Buchan (Fraser) 39:49; 5 E Wilson (Insch) 40:09; 6 C Howorth (Stonehaven) 40:46
U17 (3M): 1 J Benton (Dees R) 18:12; 2 B Cameron (Forres) 18:46; 3 B Brown (A'deen) 20:23; 4 J Cruickshank (Metro) 20:25; 5 O Simpson (Arbroath) 20:50
U15 (3M): 1 K Noble (Banc) 19:09; 2 C Lechatellier (Banc) 19:48; 3 C Mardall (Aboyny Academy) 21:05; 4 A Nunn (A'deen) 21:08; 5 G Johnson (Banc) 21:17; 6 T Benton (Dees R) 21:24
TEAM: Banc 8

U13 (2M): 1 D Pearson (Ashley Road School) 12:30; 2 W Mardall (Banc) 12:38; 3 A Jovicic (A'deen) 13:00; 4 J Ferries (Metro) 13:40; 5 G Small (Ellon) 13:50; 6 N Yuda (Banc) 14:05
TEAM: Banc 17

U11 (1M): 1 L Macleod (Banc) 8:24; 2 F Crawford (Banc) 8:44; 3 C Parton (Banc) 8:48
TEAM: Banc 6

M40 (3M): 1 N Mardall (Dees R, M45) 21:07; 2 A Smith (M50) 21:21; 3 A Ferguson (Banc, M50) 22:06; 4 K Creamer 22:36; 5 R Lechatellier 23:53
M40 (6M): 1 D Whitehead (Dees R, M45) 37:02; 2 J Ross (Dees R) 38:21; 3 E Murray 44:52

Women (3M): 1 E Learmonth (Ellon, U20) 23:46; 2 L Wade (Banc) 28:27; 3 N



McDonald (Ellon, W35) 29:55

Women (6M): 1 A Muir (Stonehaven Club) 45:32; 2 M Ferguson (A'deen) 46:38

U17 (3M): 1 K Oldham (A'deen) 20:57; 2 E Dempsey (A'deen) 23:49; 3 K Hare (Banc) 25:32; 4 M Cowie (Banc) 27:22
U15 (2M): 1 E Creamer (Banc) 13:53; 2 C Davie (Banc) 14:03; 3 C Mackenzie (Metro) 14:26; 4 I Parnaby (Banc) 14:35; 5 A Crawford (Banc) 14:54; 6 A Birch (Banc) 15:02

TEAM: Banc

U13 (2M): 1 M McClelland-Brooks (Banc) 13:27; 2 R Beaton (Banc) 14:28; 3 A Riddell (Banc) 14:32; 4 C Anderson (Banc) 15:00; 5 E Parnaby (Banc) 15:07; 6 C D'Arcy (Banc) 15:23

TEAM: Banc 6

U11 (1M): 1 L Todd (A'deen) 8:57; 2 S Hamden (Drumock) 9:22; 3 E Cook 9:36

TEAM: A'deen 19

W35 (3M): 1 L Payne (Dees R, W45) 23:50; 2 V Brown 24:34; 3 L Kelly (Stonehaven, W45) 24:47; 4 L Silcocks (W60) 26:16; 5 L Scaife (Stonehaven) 27:40

W35 (6M): 1 V Oldham (A'deen, W50) 41:28; 2 A Gallon (Stone, W45) 44:14; 3 S Brown (Alford Jock Scotland, W45) 49:01

GLIDDON & JOIRE NORTH DEVON LEAGUE, Shirewell

Men (5km): 1 V Blasi Cairoli (U20) 18:59; 2 F Ball (N Dev, U17) 19:09; 3 J Mckibbin (S Molt) 19:51; 4 L Hamley (N Dev, U17) 20:11; 5 A Grigg (U20) 20:35; 6 D Cutler (S Molt, M40) 20:52; 7 S Baldaro (N Dev, U17) 20:54; 8 S Tithcock (Torr, M45) 20:59; 9 D Knight 21:16; 10 D Parkin (U20) 21:22

M40: 2 S Dayman (N Dev) 24:03; 3 S Reeves (Bide) 26:26. **M45:** 2 B Cox (N Dev) 32:25. **M65:** 1 J Shapland (Bide) 21:59. **U17:** 4 H Darling (N Dev) 23:34
U13 boys/U15 girls (2.8km): 1 W Pengelly (N Dev, U13) 11:12; 2 K Pearson (N Dev, U13) 11:22; 3 C Pirie (N Dev, U13) 11:34; 4 A Barrow (U13) 11:38; 5 M Standen (U13) 11:51; 6 J Tithcock (N Dev, U13) 12:01; 11 J Parker (Bide, U15W) 12:24; 12 M Ayres (N Dev, U15W) 12:32; 13 I Stephenson (N Dev, U15W) 12:35; 15 S Pirie (N Dev, U15W) 12:57; 18 T Powe (Bide, U15W) 13:09

U11 boys/U13 girls (2.2km): 1 C Oliveira (N Dev, U11) 8:57; 2 D Dean (U11) 9:17; 3 L Pearson (U11) 9:18; 9 S Land (N Dev, U13W) 10:01; 10 M Bell (N Dev, U13W) 10:04; 11 J Beer (N Dev, U13W) 10:04

Women (4.4km): 1 E Banbury (N Dev, U17) 20:42; 2 F Corrick (U20) 21:10; 3 A Alford 21:16; 4 Z Betteridge (N Dev RR) 21:26; 5 M Blair (Torr, W55) 21:36; 6 R N Cornish (Just Jock) 22:31; 7 D Brown 22:35; 8 I Edworthy (Okehampton, U17) 22:50; 9 Y Wafai (N Dev, U20) 23:04; 10 E Woodhead 23:13

W35: 1 K Shapland (Bide) 23:18. **W40:** 1 L Hobbs (Torr) 23:23; 2 A Reeves (Bide) 25:08; 3 D Crabb (N Dev) 26:06; 4 J Young (S Molt) 27:31. **U20:** 3 H Shute 25:17; 4 E Silverst (N Dev) 25:26
U11 (1.95km): 1 F Woodhead 7:57; 2 A Drake (N Dev) 8:13; 3 S Webster 8:15

RANELAGH v ORION H MOB MATCH, Chingford

Overall: 1 B Anderson (NZL) 46:22; 2 C Assumundon (Rane) 46:54; 3 N Harris-Fry (Orion) 48:19; 4 M Leysdon (Rane, M35) 48:26; 5 P Haarer (Rane, M50)

49:44; 6 C Selya-Hammer (VP&TH, M35) 51:53; 7 C Bundhun (Rane, M35) 51:53; 8 T Mockett (Rane, M40) 52:04; 9 A Whatmough (Rane) 52:49; 10 M Herbert (Rane, M35) 53:00

M60: 1 D Wright (Ciren) 56:26. **M65:** 1 C Owens (Rane) 59:22

Women: 1 F Vein (Rane, W35) 57:58; 2 L Blazey (Rane) 58:32; 3 J Busen-Smith (W40) 60:16; 4 E McLachlan (Rane) 61:20; 5 M Synnott-Wells (Rane, W50) 63:35; 6 A Kilpatrick (Rane, W35) 71:51

NOVEMBER 3

PRIORY RELAYS, Reigate, Surrey

DESPITE Belgrave Harriers having two of the top three men's times, it was Dorking & Mole Valley who came through to win, thanks to Luke Caldwell's fastest lap of the day, *Martin Duff reports.*

Dorking led on the opening lap through Charlie Wylie but firstly Phil Wicks and then Paskar Owor hauled Belgrave into the lead with the second and third best times of the day.

Starting nearly 200 yards down, Caldwell, in his first race since May, quickly pulled back the advantage before going over a minute clear with his 12:54 clocking.

Fiona Clark had led the first of the women's laps for a Crowley team before Susie Monk put Guildford & Godalming into a narrow mid-race lead over Belgrave.

It was then left to Saron Hailaselase to post 15:03, the fastest women's lap of the day, to give her Belgrave tri victory by more than a minute. Further back, Isabel Brinsden's second best lap of 15:34 saw Epsom & Ewell take third behind Guildford.

Despite the rival attraction of the National relays at Mansfield, 100 teams faced the starter to show the enduring popularity of relays – be it on road or country.

Men (4x2.5M approx.): 1 Dorking & MV 55:03 (C Wylie 13:50; B Brunswick 13:56; E Bate 14:23; L Caldwell 12:54); 2 Belgrave 56:08 (A Mills 14:55; P Wicks 13:21; P Owor 13:25; A Miller 14:27); 3 Walton 62:18 (A Crooks 15:47; J McLoughlin 15:20; J Ladley 15:34; C De Mauny 15:37); 4 Striders Croydun 62:44; 5 Epsom & Ewell 63:10; 6 Crowley 63:33; 7 Guildford & Godalming 63:35; 8 Horley 64:35; 9 Croydun 64:39; 10 S London 65:10

Fastest: Caldwell 12:54; Wicks 13:21; Owor 13:25
Women (3x2.5M approx.): 1 Belgrave 47:55 (K McKenzie 16:49; S Amend 16:03; S Hailaselase 15:03); 2 G&G 48:54 (S Ludlow-Taylor 17:06; S Monk 15:38; E Harrison 16:10); 3 E&E 50:46 (G Hunter 17:17; N Lenane 17:55; I Brinsden 15:34); 4 Belgrave B 51:23; 5 Reigate P 52:15; 6 S London 52:32; 7 G&G B 53:01; 8 Stragglers 53:25; 9 DMV 53:30; 10 E&E B 53:49

Fastest: Hailaselase 15:03; Brinsden 15:34; Monk 15:38
42 teams finished

NORTH LONDON CHAMPIONSHIPS, Hackney Marshes

SEYFU JAMAAL timed his run for home just right to clinch the individual title and put London Heathside on course for team gold medals, *Steve Roe reports.*

Aaron McGrady was among the principal challengers from the start and still offered a threat late on, but Jamaal

went clear on the final lap and, with seven seconds in hand, he won comfortably.

Anna Hollingsworth, who had won the North of The Thames title a week earlier, was quickly prominent in the women's race but had a rival for the lead in Serpentine team-mate Catherine Meyer.

The two matched strides on both the short and long laps of a testing course before Hollingsworth's strength told in the closing stages.

Emma Rowley was fourth and with three more from Trent Park in the top 10 her club were easy team winners.

Men (8km): 1 S Jamaal (Lon Hth) 28:32; 2 A McGrady (VP&TH) 28:39; 3 A Mckerrell (Eton M) 29:21; 4 C Hardy (Lon Hth) 29:25; 5 G Bruce (Trent P) 29:51; 6 E Gault (Lon Hth) 29:57; 7 S Greenwood (VP&TH) 30:07; 8 A Mitchell (Gst) 30:10; 9 J Laing (Gst) 30:13; 10 D Davison (High) 30:27; 11 A Barnes (Lon Hth) 30:35; 12 F Lassonde (VP&TH) 30:38; 13 E Mooney (QPH) 30:39; 14 C Selya Hammer (VP&TH) 30:49; 15 A Wiststandley (VP&TH, M45) 30:55; 16 D De Palol (Serp, M40) 31:01; 17 D Burrows (Trent P) 31:08; 18 C Redondo (Trent P, M40) 31:21; 19 F Melloni (Lon Hth) 31:31; 20 B Wickham (VP&TH) 31:33

TEAM: 1 London Heathside 62; 2 Victoria Park & Tower Hamlets 70; 3 Trent Park RC 112; 4 VP&TH B 182; 5 Serpentine RC 224; 6 Eton Manor 237

VET TEAM: 1 Trent P 23; 2 Serp 26; 3 VP&TH 59

Women (6km): 1 A Hollingsworth (Serp) 23:59; 2 C Meyer (Serp) 24:10; 3 O Desborough (Lon Hth) 24:32; 4 E Rowley (Trent P) 24:47; 5 C Cano (Trent P) 24:52; 6 L Thraives (High) 24:52; 7 J Prior (Trent P) 25:00; 8 J Armonson (QPH, W35) 25:01; 9 A Byrne (VP&TH) 25:03; 10 E Jeanne (Trent P) 25:04; 11 K Hinshelwood (High) 25:46; 12 K Brown (Trent P) 26:03; 13 H Wells (Hth) 26:11; 14 C Airey (High) 26:17; 15 H Norton-Hale (Trent P, W35) 26:24

TEAM: 1 Trent P 26; 2 Lon Hth 59; 3 VP&TH 61; 4 Highgate H 66; 5 VP&TH B 92; 6 Serp 104

VET TEAM: 1 VP&TH 11; 2 Eton M 18; 3 VP&TH B 47

OCTOBER 31

LONDON COLLEGES LEAGUE, Race 2, Mitcham Common, Surrey

ST MARY'S again comfortably came out on top in the men's match but, with only a token presence in the women's, it was left to Imperial College to take the honours, *Martin Duff reports.*

It was Georgina Curry, the 2018 Midlands U20 bronze medalist, who took that women's race by more than 200m from team-mate Katie Olding, as their Imperial College squad now lead the team standings after two races.

For the men, Tom Butler, fourth here last year, was an equally impressive winner for St Mary's. He secured victory over Cameron Allen as his College extended their team lead.

Men (XC): 1 T Butler (SMU) 29:07; 2 C Allan (SMU, U20) 29:50; 3 H Cochrane (King's) 30:03; 4 E Campbell (SMU) 30:14; 5 J Hunt (UCL) 30:27; 6 J Lyne (Reading) 30:31; 7 W Stanley (Barts) 30:37; 8 C Blatchford-Kemp (SMU) 30:38; 9 R Eveson (UCL) 30:53; 10 C Choules (Brunel) 30:56; 11 W Stockley (SMU) 31:05; 12 L Bowen (SMU) 31:17; 13 A Gill (LSE) 31:20; 14 C Crawford-walker

(SMU) 31:54; 15 O Bell (UCL) 32:03; 16 Z Weller-Davies (UCL) 32:14; 17 W Marshall (King's) 32:15; 18 A Tadesse (SMU) 32:32; 19 J Dickenson (St George's) 32:37; 20 C Mcfadzean (Imperial) 32:48; 21 F Allison (Brunel) 32:52; 22 O Dickens (Reading) 33:00; 23 M Grabowski (UCL) 33:17; 24 D Le Mare (Reading) 33:26; 25 L Krefelis (Imperial) 33:31; 26 L Heyes (SOAS) 33:33; 27 W Griffiths (King's) 33:37; 28 J Fox (Reading) 33:41; 29 J Mckeon (Imperial) 33:51; 30 F Johnson (Imperial) 33:59

U20: 2 J Johnson (Brunel) 34:30

Men TEAM (5 to score): 1 St Mary's 979; 2 UCL 937; St Mary's B 890; 4 Reading 881; 5 Imp C 863; 6 King's 856; 7 Barts 814; 8 UCL B 798; 9 LSE 782; 10 Brunel 756

Standings after 2 matches TEAM: 1 St Mary's UCL 1958; 2 UCL 1876; 3 St Mary's B 1810; 4 Imps C 1757; 5 Reading 1741; 6 King's 1720; 7 UCL B 1552; 8 Barts 1552; 9 LSE 1515; 10 Imp C B 1482

Women (XC): 1 G Curry (Imperial) 22:31; 2 K Olding (Imperial) 23:21; 3 M Powell (King's) 23:50; 4 L Bather (UCL) 24:00; 5 A Flower (UCL) 24:09; 6 A Vermeulen (Imperial) 24:18; 7 S Chastell (St George's) 24:27; 8 G Kirby (UCL) 24:39; 9 M Mearns (LSE) 24:44; 10 L Sterritt (Imperial) 24:58; 11 C Dearman (Reading) 25:07; 12 L Kirsh (St George's) 25:09; 13 R Pease (Barts) 25:17; 14 A Wilson (Imperial) 25:25; 15 r Catney (SMU) 25:30; 16 E Vandamme (UCL) 25:31; 17 G Judge (Reading) 25:40; 18 Z Stiby (RVC) 25:54; 19 L Hodgkinson (RHUL) 26:15; 20 C Taubman (Reading) 26:33
TEAM (4 to score): 1 Imp C 585; 2 UCL 571; 3 Reading 534; 4 St George's 507; 5 UCL B 496; 6 Imp C B 488; 7 LSE 472; 8 R Holloway 470; 9 R Vet 467; 10 King's 465

Standings after 2 matches: 1 Imp C 1154; 2 UCL 1125; 3 Reading 1021; 4 Imp C B 997; 5 UCL B 987; 6 King's 954; 7 LSE 945; 8 St George's 931; 9 R Holloway 913; 10 R Vet 912

OCTOBER 28

DBJ LEAGUE, Lord Wandsworth College

U15 boys (4km): 1 A Lakeland (BMH) 12:54; 2 D George (And) 12:58; 3 R Sutton (BMH) 13:15; 4 K Hamilton-Jones (BMH) 13:31; 5 B White (BMH) 13:32; 6 S O'luhannane (BMH) 13:50; 7 N Lane (BMH) 13:55; 8 J Harold (BMH) 14:21; 9 J Maslin (BMH, U17) 14:25; 10 A Leavy (BMH) 14:43; 11 F McGuinness (Fleet) 14:54; 12 G Stevens (BMH) 15:04; 13 E Buckley (Tadley Youth) 15:15; 14 S Richardson (BMH, U15W) 15:32; 15 B Jno-lewis (Wessex Wyverns) 15:38

U13 (3km): 1 L Liversage (BMH) 9:52; 2 C Coveny (BMH) 10:10; 3 S Murphy (BMH) 10:23; 4 J Hedderly (BMH) 10:25; 5 M Mcdermott (BMH) 10:26; 6 O Webb (Fleet) 10:40; 7 T Vhapple (Tadley Youth) 10:45; 8 N Gates (Fleet) 10:49; 9 J McMahon (Fleet) 10:50; 10 Z Ruggman (BMH) 10:52; 11 J Breeds (BMH) 11:16; 12 J Baker (BMH) 11:36; 13 S Kemp (BMH) 11:37; 14 B Read (BMH) 11:44; 15 L Lamport (BMH) 11:51

U11 (2.2km): 1 G Sharp (BMH) 8:40; 2 N O'Neill (BMH) 8:53; 3 J Bone (BMH) 8:57
U13 girls (3km): 1 P Morris (BMH) 10:41; 2 E Price (Fleet) 10:56; 3 J O'Neill (BMH) 11:14; 4 C Fletcher (Fleet) 11:30; 5 L Conway (BMH) 11:31; 6 S Powell

(Fleet) 11:32; 7 I Warmerdam (Wessex Wyverns) 11:59; 8 J Hill (BMH) 12:27; 9 A Page (BMH) 12:27; 10 Z Cook (Fleet) 12:31; 11 S Yates (Wessex Wyverns) 12:53; 12 M Edmondson (BMH) 13:06; 13 K Bracken (Fleet) 13:08; 14 L Moore (BMH) 13:12; 15 F Philip (Fleet) 13:24
U11 (2.2km): 1 M Coleman (BMH) 9:30; 2 M Gibson (BMH) 9:39; 3 T Dare-bryan (BMH) 9:41

LINCOLNSHIRE RUNNER LEAGUE, Castle Dyke Equestrian Centre, Boston

Men: 1 W Tucker (Granth, U20) 37:02; 2 C Cope (Bost, M40) 37:23; 3 I Bailey (Slea, M40) 37:41; 4 J Carlisle (Clee, U20) 37:45; 5 D Hunter (Linc & D, M40) 37:56; 6 R Sim (Linc & D) 38:40

TEAM: 1 Linc & D 25; 2 Cleethorpes 49; 3 Grantham 55; 4 Sleaford Str 65; 5 Linc & D B 63; 6 Boston 66

U17 (5.82km): J Daniels (Louth) 23:30; 2 Everest (Bourne) 26:40; 3 A Glover (Bev'lyS) 31:46

U15 (4.48km): 1 M Spendlove (Clee) 17:12; 2 M Chesledine (Linc W) 18:20; 3 W Beatley (Skeg) 19:32; 4 J Carrott (Clee) 19:39

TEAM: Sleaford 19

U13 (2.54km): 1 C West (Linc W) 9:37; 2 H Samkin (Linc W) 9:39; 3 D Templeton (Imperial) 24:58; 11 C Dearman (Reading) 25:07; 12 L Kirsh (St George's) 25:09; 13 R Pease (Barts) 25:17; 14 A Wilson (Imperial) 25:25; 15 r Catney (SMU) 25:30; 16 E Vandamme (UCL) 25:31; 17 G Judge (Reading) 25:40; 18 Z Stiby (RVC) 25:54; 19 L Hodgkinson (RHUL) 26:15; 20 C Taubman (Reading) 26:33

TEAM (4 to score): 1 Imp C 585; 2 UCL 571; 3 Reading 534; 4 St George's 507; 5 UCL B 496; 6 Imp C B 488; 7 LSE 472; 8 R Holloway 470; 9 R Vet 467; 10 King's 465

Standings after 2 matches: 1 Imp C 1154; 2 UCL 1125; 3 Reading 1021; 4 Imp C B 997; 5 UCL B 987; 6 King's 954; 7 LSE 945; 8 St George's 931; 9 R Holloway 913; 10 R Vet 912

U11 (1.42km): 1 G Wilson (Clee) 5:35; 2 O Conroy (Linc W) 5:52; 3 T Morris (Linc W) 6:09
Women (5.82km): 1 P Atherton (Slea) 26:24; 2 P Downing (Mable, W50) 24:34; 3 A Cooper (Bourne, U20) 27:30; 4 J Smith (Granth RC) 27:31; 5 L Straves (Gains, U20) 27:51; 6 K Stainton (Louth, W35) 28:12

TEAM: 1 Linc W 31; 2 Louth 36; 3 Linc & D 39; 4 Sleaford 40; 5 L&D B 69; 6 Skegness 89

U17 (4.48km): 1 M Wood (Linc W) 18:58; 2 E James (Bourne) 19:42; 3; 2 L Ellis (Scun) 26:01; 3 M Weaver (Scun) 21:42

TEAM: Scunthorpe 12

U15 (3.36km): 1 I Barwell (Linc W) 14:08; 2 E Brooks (Louth) 14:19; 3 F Plaskitt (Louth) 14:2; 4 M Green (Linc W) 13:01; 5 C Love (Scun) 15:28; 6 I Vintner (Linc W) 15:34

TEAM: 1 Linc W 11; 2 Louth 14
U13 (2.54km): 1 L Hirst (Grims) 10:41; 2 N McBride (Linc W) 10:48; 3 E Richardson (Barton) 11:09; 4 H Taylor (Bourne) 11:13; 5 E Barwell (Linc W) 11:41; 6 E Bradley (Grims) 11:49

TEAM: Barton 19
U11 (1.42km): 1 M Carrott (Clee) 6:20; 2 J Frick (Bost) 6:38; 3 M Bell (Louth) 6:59

NESS LEAGUE 5, Writtle
Men (5M): 1 B Turley (Ips J, M35) NTT; 2 C Fiddaman (Ips J); 3 D Millward (Col H, U17); 4 P Wain (Ips J, U20); 5 C Peck (Col H); 6 A Spring (Spring S, M35); 7 J Sullivan (Spring S); 8 S Peck (Harw, M40); 9 J Crisp (With RC, M40); 10 C Bradley (Spring S, M40)

Women (5M): 1 L Thomas (Ips J) NTT; 2 H Ellen (With RC); 3 A James (Col H); 4 E Zethraeus (Gt B, W35); 5 V Curren (Spring S, W40); 6 R Roughan (Hals, W35); 7 V Jennings (Ips, W50); 8 R Hamblin (Ips); 9 L Ferguson (Mid E, W45); 10 C Roberts (Witham)

NORTH WEST SUNDAY LEAGUE, Clarke Gardens

Men (4.9M): 1 L Lawton (Liv H, M35) NTT; 2 C Stanford (Warr TC, M35); 3 M Swensson (Penny L, M40); 4 J Smith (Lymm); 5 M Clair (Mers Tri, M35); 6 C Pownell (Knows); 7 D Wilson (St H Str); 8 K Steingegger (Spec); 9 J Rutherford (Liv RC); 10 D Harbridge (Warr TC)

Women (4.9M): 1 J Evans (Sale) NTT; 2 S Hunt (Ches TC); 3 K Hamilton (St H Str); 4 R Fairclough (St H Str); 5 S Roberts (Elles P, W35); 6 B Lomax (Warr RR, W40); 7 L Turner (Penny L, W35); 8 H Thompson (Skelm, W40); 9 L Casey (Widnes RC, W35); 10 H Whittaker (St H Str)

SOUTHERN LEAGUE, Basingstoke

Men (5M): 1 R Lovejoy (Farn) NTT; 2 D Selmes (Has B); 3 C Berryman (Havant); 4 T Mendum (Has B, M45); 5 P Mitchinson (Vic, M35); 6 C Butfield (Has B, M40); 7 O Bradford (Has B); 8 J Molina (BMH); 9 B Gray (Farn TC); 10 D Bailey (Vic)

Women (5M): 1 S Evans (BMH); 2 R Vincent (H War, W35); 3 M Deadman (BMH, U20); 4 J Wright (Farn TC); 5 M Lloyd (BMH, W40); 6 C Earl (BMH); 7 R Jones (Farn TC); 8 S Scott (Hart RR, W45); 9 S Hawkes (Ports TC); 10 P Staddon (W'ley)

OCTOBER 27

MANCHESTER UNIVERSITY RELAYS, Wythenshawe Park

LEEDS BECKETT were clear winners of the men's race and they were anchored by 2017 National under-17 champion James Puxty.

Second were Birmingham University, who went one better in the women's race. They were led off by Kate Seery, who was a second down on fastest leg overall Lucy Crookes.

At the same time her mother Clare was running exactly the same 5.46 mile pace in winning the British Masters W45 relay team event, Lucy Elms moved Birmingham ahead on leg two.

The team were anchored by ESAA steeplechase champion Yasmin Austridge.

Overall (6x2.1M): 1 Leeds BU 52:55 (L Taylor 8:32; J Schofield 8:51; J Habergam 8:56; C Durney 8:57; D Mullarkey 8:51; J Puxty 8:48); 2 Birm U 53:22 (J Gormley 8:30; L Laylee 9:13; J Vincent 8:56; A Rieley 8:49; T Dodd 8:42; D Carpenter 9:12); 3 Doss 54:05 (J Kilgour 8:55; R Powell 8:50; W Monaghan 9:13; L Taylor 9:04; N Marsh 9:06; J Ashcroft 8:57); 4 Nott U 54:19 (S Stevens 8:27; C Fielding 9:40; D Stanway 9:11; G Wheeler 8:57; C Bell 9:14; T Trimble 8:50); 5 Manc U 54:56 (J Ferns 8:58; A Sutton 9:02; B Brunwick 9:07; M O'Malley 9:28; E Gilchrist 8:58; A Sciaccia 9:23); 6 Dur U 55:12; 7 Leeds BU B 55:18; 8 Sheff Pro 55:29; 9 Liv U 55:47; 10 Traff 55:54; 11 Not BUAC 56:01; 12 69 56:27; 13 Exe RCR 56:27; 14 TFN 7 56:57; 15 CM 56:59

Fastest: 1 Stevens 8:27; 2 Gormley 8:30; 3 Taylor 8:32; 4 L Rabijohn (Leeds Beck B 8:41; 5 Dodd 8:42; 6 Ashcroft (CM) 8:46; 7 Carpenter 8:47; 8 Puxty 8:48; 9eq McGraw (Not BUAC)/Rieley 8:49

Women (3x2.1M): 1 Baldaro's 30:45 (K Seary 9:48; L Elms 10:41; Y Austridge 10:16); 2 Leeds BU 31:23 (B Donnelly 10:04; E Curran 10:36; H Warburton 10:43); 3 Sheff U 31:24 (E Downs 10:20; J Downs 10:41; S Potter 10:23); 4 Pride Pack 31:25 (J Keene 10:28; E Thompson



10:37; K Palfreeman-Watt 10:40); 5 Nott U 31:30 (K Marsh 10:06; M Coyle 10:52; H Novakovic 10:32); 6 Holy Fit 31:36; 7 Leeds 31:38; 8 Bris 31:43; 9 Thong DR 32:00; 10 Birm U 32:05; 11 Manc U 32:07; 12 Manc MU 32:17; 13 Dur U 32:23; 14 Move It 32:28; 15 H Feet 32:50

Fastest: 1 L Crookes (Doss) 9:47; 2 Seary 9:48; 3 M Smith (Holy Fit) 9:57; 4 Donnelly 10:04; 5 Marsh 10:06; 6 B Garland (Leeds) 10:10; 7 E Bullis (Manc MU) 10:11; 8 A Frankland (Move It) 10:14

LIDDARD TROPHY (Inc NORTH OF THAMES CHAMPIONSHIPS), Kingsbury

Men (8km): 1 J Shelley (SB) 24:38; 2 J Poole (Serp, M35) 24:49; 3 S Jamaal (Lon Hth, U20) 25:02; 4 M Hashi (ESM) 25:04; 5 A Mcgrady (VP&TH) 25:13; 6 J Laybourne (High) 25:32; 7 A Mohamed (TVH, U20) 25:46; 8 J Dale (VP&TH, M35) 26:19; 9 D Garcia Rasines (TVH) 26:20; 10 G Pelosi (Barn) 26:22; 11 A Horton (Barn) 26:26; 12 J Hooley (TVH, U20) 26:38; 13 O Edwards (SB, M40) 26:42; 14 M Kitching (QPH) 26:45; 15 H Torry (Transport For London, M40) 26:49; 16 M Gren (SB) 26:51; 17 E Mooney (QPH) 26:53; 18 J Cooper (Harrow, M40) 27:14; 19 M Mair (Lon Hth) 27:25; 20 N Abagibe (TVH, M40) 27:27; 21 W Morris (Barn) 27:36; 22 L Nicholls (ESM) 27:45; 23 R Ashford (High, M35) 27:48; 24 F Melloni (Lon Hth) 27:53; 25 A Sweet (Lon Hth, M35) 27:59; 26 J Matthewman (High) 28:07; 27 T Oates (TVH, M35) 28:15; 28 P Bodley (Eton M, M40) 28:22; 29 J Gillanders (Serp, M40) 28:23; 30 C Mcfadzean (TVH) 28:25; 31 M Misak (Serp) 28:26; 32 C Jones (Harrow) 28:29; 33 M Koltermaki (QPH, M35) 28:39; 34 S Cottle (Eton M, M35) 28:56; 35 J Litchfield (Lon Hth, M40) 28:59; 36 S Bennett (VP&TH, M40) 29:00; 37 J Wild (Serp) 29:01; 38 M Kencroft (ESM, M50) 29:03; 39 M Cottle (Barn) 29:10; 40 D Mulrobin (VP&TH) 29:17

M45: 1 A Dahlkamp (VP&TH) 29:46; 2 A Spaccatores (High) 30:00; 3 S Farley (Hill) 30:39. **M50:** 2 C Michael (Barn) 29:30; 3 J Hopkin (Lon Hth) 30:07; 4 L Connor (Lon Hth) 30:12; 5 S Norris (TVH) 30:27; 6 R Brown (ESM) 30:30; 7 R Shulman (Lon Hth) 30:43. **M55:** 1 M Martin (Barn) 29:56; 2 K Murray (Serp) 31:05; 3 C Tatham (QPH) 31:26. **M60:** 1 J Black (Eton M) 32:29; 2 P Ellis (Barn) 33:24; 3 C Heap (Lon Hth) 33:52

M65: 1 J Bignell (Hill) 35:14

Women (5km): 1 A Hollingsworth (Serp) 16:58; 2 L Rowedder (Herts P, U20) 17:19; 3 J Armonson (QPH, W35) 18:10; 4 K Hinshelwood (High) 18:29; 5 H Somani (VP&TH) 18:38; 6 S Nash (QPH) 18:39; 7

M Maddick (QPH) 18:42; 8 S Gerrie (ESM, W35) 18:43; 9 C Airey (High) 18:46; 10 A Casey (TVH, U20) 18:48; 11 S Bailey (High, W45) 19:10; 12 S Barnard (QPH, W45) 19:21; 13 C Fisher (Eton M) 19:43; 14 L Faherty (High, W40) 19:54; 15 J Heymann (Herne H, W35) 19:56; 16 R Vallance (TVH, U20) 20:06; 17 F Russell (Morn, W45) 20:11; 18 S Harris (ESM, W40) 20:19; 19 S Boxer (Barn, W55) 20:20; 20 R Fode (VP&TH) 20:22; 21 H Knight (QPH, W40) 20:26; 22 A Barber (Eal E, W35) 20:28; 23 B West (Serp) 20:29; 24 S Donges (VP&TH, W35) 20:29; 25 N Cendrowicz (High, W45) 20:35; 26 J Burkett (Serp, W40) 20:36; 27 R Kandt (Eal E) 20:38; 28 F Lou (TVH, W35) 20:51; 29 E Beard (Lon Hth, W45) 20:52; 30 C Akingbola (Morn) 20:56

W50: 1 C Shelley (Serp) 21:28; 2 H Hoyle (Barn) 21:30; 3 Y Bullen (Les C) 21:57. **W55:** 2 S Park (Eal E) 21:47; 3 B Smith (Hill) 22:13. **W60:** 1 C White (Lon Hth) 22:15; 2 A Riddell (Serp) 22:38; 3 C Jones (ESM) 22:51. **W65:** 1 J Barrow-Green (VP&TH) 23:22

NORTH STAFFORDSHIRE LEAGUE, Stafford

Men (7.2km): 1 H Ben-Tiba (New M, U20) 24:21; 2 V Martin (Stoke) 24:23; 3 A Campbell (Bux) 24:25; 4 C Gidlow (Stoke, M35) 24:28; 5 S Janally (Stoke) 24:42; 6 M McCormack (C&N, U20) 24:48; 7 I Salt (Stoke, M35) 24:52; 8 E Nicholls (Ton) 24:56; 9 C Moulton (Boalloy, M35) 25:03; 10 D Richardson (Stoke, M45) 25:07; 11 J Condylyffe (Stoke, U20) 25:10; 12 W Page (C&T, U20) 25:16; 13 B Ratcliffe (Ribb) 25:29; 14 B Light (Bux) 25:30; 15 R Nokes (Stoke) 25:33; 16 T Hendricken (Stoke) 25:37; 17 P Jones (Shrews, M45) 25:40; 18 J Nixon (Newc S, U20) 25:42; 19 L Watson (Newc S, U20) 25:55; 20 S Waters (Shrews) 25:57; 21 M Walker (Macc, M40) 26:08; 22 D Aston (Tel H) 26:12; 23 G Richardson (B&R, U20) 26:13; 24 C Jones (Vale R, M35) 26:15; 25 R Fox (Shrews, M35) 26:16; 26 R Hasler (Macc, M35) 26:18; 27 J Brunnock (Bux) 26:19; 28 J Drogmans (Newc S, U20) 26:20; 29 M Eardley (Newcastle (Staffs) Tri Club, M35) 26:22; 30 T Sharman (Newc S, M35) 26:24; 31 C Middleton (Shrews) 26:25; 32 S Ashworth (Stone MM) 26:26; 33 S Ford (Newc S, M40) 26:28; 34 C Bagshaw (Tel, M40) 26:30; 35 D Soltys (Stone MM) 26:30; 36 P O'Brien (Tel, M40) 26:32; 37 D Alexander (W Ches, M45) 26:40; 38 P Hilsdon (Staff H, M40) 26:44; 39 S Hodgkinson (Stone MM, M35) 26:46; 40 J Goodwin (Boalloy, M45) 26:47; 41 J Adamson (Newcastle (Staffs) Tri Club, U20) 26:49; 42 J Pringle (Newc S, M40) 26:51; 43 J Harvey (Stoke, U20) 26:57;

44 H Mohammed (Shrews, U20) 27:00; 45 R McKenna (Shrews, M40) 27:01; 46 K Loundes (Chase, M35) 27:02; 47 M Smith (Tel H) 27:04; 48 M Harper (Newcastle (Staffs) Tri Club, M40) 27:08; 49 I Bayliss (Newc S, M35) 27:09; 50 G Knapper (Chead, M40) 27:12

M50: 1 A Clague (W Ches) 28:36; 2 T Wall (Boalloy) 29:06; 3 R Murray (Vale R) 29:10; 4 S Wilde (Macc) 29:39; 5 M Dobson (Staff H) 29:52. **M55:** 1 M Hull (Trent) 27:18; 2 O Baron (Uttox) 28:25; 3 S Dunn (Trent) 28:40; 4 M Haire (Boalloy) 29:32; 5 K Harrison (Sneyd) 29:55. **M60:** 1 C Green (Chead) 31:06; 2 A Frost (Trent) 31:17; 3 G Jones (Shrews) 31:45. **M65:** 1 P Savill (Shrews) 33:05; 2 D Alcock (Trent) 33:06; 3 S Miles (Mich) 34:22. **M70:** 1 B Blyth (Macc) 34:13; 2 K Uzzell (Stone MM) 34:44; 3 R Marland (Ruge) 36:11. **U20:** 12 J Thomas (Stoke) 27:42

U15 men/U17 women (3.75km): 1 W Longden (Bux, U15) 12:55; 2 L Prestwich (C&N, U15) 13:06; 3 B Wakefield (Newc S, U15) 13:30; 4 J Richardson (W Ches, U15) 13:50; 5 I Tait (W Ches, U15) 13:56; 6 H Bond (Bux, U15) 14:08; 7 J Doorbar (Macc, U15) 14:17; 8 E Schiller (Staffs M, U17W) 14:18; 9 S Hollis (W Ches, U15) 14:21; 10 E O'Dea (Wrex, U17W) 14:24; 11 N Tomkinson (Newc S, U17W) 15:16; 12 M Tinwell (Stoke, U17W) 15:36; 13 E Clarkson (Newc S, U17W) 16:01; 28 S Cotton (Newc S, U17W) 16:08; 29 M Twardochleb (Newc S, U17W) 16:22; 33 C Leather (C&N, U17W) 16:35

U13 boys/U15 girls (2.6km): 1 P Goodfellow (Macc, U13) 9:29; 2 A Whitlock (Macc, U13) 9:41; 3 C Preece (Tel, U13) 9:44; 4 K Mikulski (C&N, U13) 9:50; 5 J Kinrade (Shrews, U13) 9:51; 6 B Hayes (Tel, U13) 9:53; 7 J Williamson (Vale R, U13) 9:54; 8 N Walker (Newcastle (Staffs) Tri, U13) 9:58; 9 D Hilditch (Stoke, U13) 10:00; 10 R Price (Vale R, U13) 10:09; 11 K Williams (Stoke, U15W) 10:10; 12 J Hayes (Tel, U13) 10:11; 13 B Fisher (Vale R, U13) 10:14; 14 L Andrzejewski (Stoke, U15W) 10:16; 16 L Pyne (W Ches, U15W) 10:20; 20 G Wilne (C&N, U15W) 10:32; 22 I Ashcroft (C&N, U15W) 10:35; 24 A Whelan (Bux, U15W) 10:41; 25 L Richardson (C&S, U15W) 10:41; 26 A Jones (Stoke, U15W) 10:41; 29 O Ball (C&S, U15W) 10:48; 30 M Preece (Tel, U15W) 10:49

U11 boys/U13 women (1.5km): 1 A Aberley-Barker (Stoke, U13W) 5:12; 2 C Roberts (W Ches, U13W) 5:15; 3 F Cooke (Macc, U13W) 5:17; 4 N Boulton (Stoke, U13W) 5:19; 5 L Donnelly (Stoke, U13W) 5:24; 6 T Bradshaw (Stoke, U11) 5:26; 7 R Dilworth (Macc, U13W) 5:27; 8 M Dawson (Stoke, U11) 5:30; 9 T Wassall (Vale R, U11) 5:32; 10 G Longden (Bux, U13W) 5:32; 11 O Woodward (Newc S,

U11) 5:36; 12 S Phillips (Bux, U13W) 5:36; 14 P Dawson (Stoke, U13W) 5:39; 18 J Lark (W Ches, U13W) 5:45

Women (5km): 1 R Twardochleb (Newc S, U20) 18:28; 2 S Willhoit (Shrews) 19:03; 3 L Whiston (Newc S) 19:11; 4 J Donnelly (Stoke, W40) 19:22; 5 K Defries (Stone MM) 19:25; 6 A Clark (Bux) 19:27; 7 L Dawson (Stoke, W45) 19:31; 8 S Goodfellow (Newc S, U20) 19:48; 9 L Matthews (Newc S, U20) 19:51; 10 J Dickens (Trent, W45) 20:03; 11 W Swift (Trent, W45) 20:04; 12 A Neill (Newc S) 20:08; 13 M Vernon (Trent, W45) 20:14; 14 D Thomas (Trent, W35) 20:16; 15 V Hughes (Stone MM, W40) 20:17; 16 S Dufour-Jackson (C&N, U20) 20:28; 17 N Skilton (C&S, W50) 20:38; 18 N Nokes (Stone MM) 20:41; 19 M Huxley (C&S) 20:43; 20 D Hughes (Chead, W35) 20:49; 21 R Coupe (Tel, W45) 20:50; 22 A Gamble (Stone MM, W40) 20:52; 23 A Mellor (Bux) 20:57; 24 H Smith (Vale R, W45) 21:03; 25 L Knight (Vale R) 21:09; 26 A Oakley (Newc S, U20) 21:10; 27 E Weston (Congle, W45) 21:18; 28 S Knell-Boxley (C&S, W50) 21:19; 29 J Stanfield (Trent, W45) 21:21; 30 R Watchorn Rice (Chead, W50) 21:25; 39 J Matheson (Newcastle (Staffs) Tri Club, W55) 21:48

W55: 2 A Mynott (Col B) 22:46. **W65:** 1 A Jones (Macc) 22:58. **W70:** 1 D Fellows (C&S) 25:19. **U20:** 6 E McMahon (W Ches) 22:33

U11 girls (1.5km): 1 R Phillips (W Ches) 5:26; 2 E Lee (Vale R, U13) 5:28; 3 E Fawkes (Vale R) 5:35

OCTOBER 21

DOWNES LEAGUE, match 3, Epsom

U15 boys: 1 J Harrison (Herne H) 10:42; 2 B Harrison (Herne H) 10:57; 3 D Quirici (Holl Sp) 11:01; 4 J Roberts (Herne H) 11:13; 5 S Bateman (S&D) 11:18; 6 H Kande (Herne H) 12:00; 7 J Green (E&E) 12:18; 8 M Webb-Bourne (K&P) 12:22; 9 H Ryall (Holl Sp) 12:45; 10 O Palmer (K&P) 13:02

TEAM: 1 Herne H 13; 2 Holl Sp 37; 3 Kingston & P 48; 4 Sutton & D 50; 5 Epsom & E 52; 6 Sheen 57

U13: 1 F Lett (Strag) 11:31; 2 J Barker (E&E) 12:03; 3 D Slaveno (E&E) 12:07; 4 J Valkenburg (E&E) 12:10; 5 A Walters (Holl Sp) 12:13; 6 O Prebble (Holl Sp) 12:15; 7 D Lister (Herne H) 12:19; 8 S Smith (Walt) 12:21; 9 H Hutchison (Strag) 12:22; 10 R McKenzie (E&E) 12:23

TEAM: 1 E&E 19; 2 Holl Sp 40; 3 Herne H 63; 4 Straggers 88; 5 Walton 101; 6 S London 110

U11: 1 J Mayborough (Walt) 11:04; 2 J McDonald (E&E) 11:20; 3 J Johnston (Walt) 11:23

TEAM: 1 Walton 16; 2 E&E 20; 3 HWP 81

U15 girls: 1 K Mooney (S Lon) 12:09; 2 H



Hunter (Herne H) 12:25; 3 M Hensor (Holl Sp) 12:31; 4 L Heseason (Strag) 12:34; 5 K Valkenburg (E&E) 12:43; 6 S Lorke (S Lon) 13:14; 7 B Taylor (E&E) 13:17; 8 G Ceccherini (E&E) 13:21; 9 I Brown (E&E) 13:23; 10 M Vickers (S Lon) 13:31

TEAM: 1 E&E 29; 2 S London 30; 3 Herne H 57; 4 Holl Sp 78; 5 Stragglers 78; 6 Croydon 98

U13: 1 T Chan (Herne H) 12:31; 2 E Priest (K&P) 12:38; 3 G Fordham (E&E) 12:56; 4 Z Girling (E&E) 13:01; 5 P Wells (Holl Sp) 13:09; 6 L Tunali-Flynn (Sheen) 13:09; 7 P Mitchell (STrag) 13:27; 8 E Ashmore (Holl Sp) 13:30; 9 A Turner (Rei P) 13:32; 10 S Osborn (E&E) 13:36

TEAM: 1 E&E 30; 2 K&P 53; 3 Stragglers 65; 4 Holl Sp 66; 5 Sheen 79; 6 Herne H 84

U11: 1 S Sahai (Herne H) 11:22; 3 L Wright (Herne H) 11:47; 3 F White (E&E) 11:49

TEAM: 1 Herne H 19; 2 Walton 29; 3 E&E 49

OXFORD UNIVERSITY CUPPERS, Oxford

Men (6M): 1 T Lefroy (Oxford) 29:47; 2 J Millar (B&W) 29:54; 3 L Cotter (Oxford) 30:35; 4 N Hurton (Oxford) 30:37; 5 W Christofi (Oxford) 30:51; 6 O Paulin (Oxford) 30:57; 7 K Smith (Oxford) 31:01; 8 K Marshall (Oxford) 31:03; 9 T Harrison (Oxford) 31:28; 10 A Smith (Oxford) 31:41

Women (4M): 1 A Shipley (Oxford) 22:42; 2 C Dannatt (Oxford) 22:54; 3 F Scrafton (Oxford) 23:21; 4 C Shipley (Oxford) 23:31; 5 E Bolton (Oxford) 23:54; 6 L John (Oxford) 24:10; 7 H Plaschkes (Oxford) 24:17; 8 A Sharp (Oxford) 24:24; 9 H Greenwood (Oxford) 24:28; 10 E Sharrock (Oxford) 24:34

SHROPSHIRE YOUTH ATHLETES' LEAGUE, Bridgnorth

U17 men (XC): 1 L Rawlings (Osw) 16:52; 2 W Kay (Tel) 17:27; 3 J Cole (B'nth) 17:41; 4 O Carvell (B'nth) 18:05; 5 L Moses (Tel) 18:05; 6 C Owen (Maldwyn) 18:17; 7 D Lale-craddock (Wrekin College Tri) 18:34; 8 E Hunt (Wrekin College Tri) 18:39; 9 J Gilling (Shrews) 19:14; 10 T Heldre (Wrekin College Tri) 19:24

U15 (XC): 1 D Galloway (B'nth) 15:27; 2 W Timmins (Wrekin College Tri) 15:40; 3 A Wickens (B'nth) 16:30; 4 C Corvell (B'nth) 16:46; 5 D Owen (Maldwyn) 16:52; 6 I Williams (S'Ytri) 16:58; 7 H Gill (Maldwyn) 17:18; 8 W George (B'nth) 17:26; 9 A Preece (Tel) 18:02; 10 A Dean (Shrews) 19:15

U13 (XC): 1 C Morgan (Maldwyn) 10:39; 2 A Breeze (Maldwyn) 10:50; 3 B Hayes (Tel) 10:52; 4 C Pugsley (Osw) 11:14; 5 A Bello (Tel) 11:17; 6 C Preece (Tel) 11:25; 7 J Hayes (Tel) 11:28; 8 D Green (B'nth) 11:40; 9 A Warburton (Osw) 11:46; 10 H Gibbons (B'nth) 11:48

U11 (XC): 1 A Bentham (Shrews) 6:28; 2 D Warrender (Carm) 6:33; 3 D Wood (B'nth) 6:38

U17 women (XC): 1 C Mander (Wrekin College Triathlon Club) 17:10; 2 M Williams (Shrewsbury High) 17:17; 3 J Gunner (Shrews) 17:27; 4 E Charlesworth (Wen) 18:04; 5 S Malpass (Wrekin College Triathlon Club) 18:34; 6 L Bottomley (B'nth) 19:37; 7 M Ware (Wen) 20:25; 8 G Jew (B'nth) 20:53; 9 A Tatton (Tel) 21:29; 10 L Elcock (B'nth) 21:48

U15 (XC): 1 B Rawlinson (Wen) 10:51; 2 C Gilbody (Bridgnorth Endowed) 11:55; 3 B Jones (Osw) 12:04; 4 M Preece (Tel)

12:11; 5 G Switonski (Priory Sch Shrews) 12:24; 6 R Hancox (Tel) 12:31; 7 C Daniels (Priory Sch Shrews) 12:52; 8 M Tate (Osw) 12:55; 9 A Junjua (Tel) 12:59; 10 S Stewardson (B'nth) 13:05

U13 (XC): 1 Z Gilbody (Bridgnorth Endowed) 7:40; 2 L Newell (Shrews) 8:12; 3 M Griffiths (Maldwyn) 8:18; 4 L Lane-craddock (Wrekin College Triathlon Club) 8:39; 5 J Jones (Abery) 8:44; 6 A Owen (Shrews) 8:49; 7 E Gapper (Wen) 8:51; 8 J Barrett (Shrews) 9:01; 9 E Carvell (B'nth) 9:03; 10 S Roberts (Osw) 9:08; 11 A Craven (Wen) 9:09

U11 (XC): 1 B Trow (Shrews) 6:32; 2 A Joyce (Abery) 6:45; 3 T Rodgers (Wen) 6:55

WESSEX LEAGUE, Poole

Men (8km): 1 B Lloyd (Yeov O, U20) 29:12; 2 L Toth (B'mth) 30:15; 3 B Day (Poole R, M40) 30:25; 4 S Rigby (Dors, M35) 30:45; 5 P Jegou (W Horse, M40) 31:00; 6 B Meredith (B'mth, U20) 31:50; 7 C Phelan-heath (B'mth, M35) 31:56; 8 T O'Sullivan (B'mth, U20) 32:11; 9 O Astington (Running For Time) 32:19; 10 T Hawkins (Wells, M45) 32:23; 11 T Ventress (Win) 32:30; 12 G Hale (Poole) 32:41; 13 A Gough (Dor, M35) 32:47; 14 S Wyatt (W'borne, M50) 33:01; 15 J Godden (Poole R, M35) 33:36; 16 M Cole (Yeov O) 34:08; 17 M Gosney (Running For Time, M45) 35:06; 18 C Dunning (Poole) 35:14; 19 N Masterman (Poole, M45) 35:26; 20 D Crowther (Dor, M35) 35:37

M50: 2 P Kingswell-Farr (W'borne) 36:22; 1 M L Jones (B'nth) 37:12; **M60:** 1 M Hirst (Poole) 36:27; 2 G Lissenburg (Hamw) 37:55; **M70:** 1 I Graham (B'mth) 42:39; **M75:** 1 B Mitchell (Poole R) 43:06

U17 (4km): 1 C Crook (Ports) 13:55; 2 O Hawkins (New FJ) 14:48; 3 N Willmore (Poole R) 15:03; 4 J Moss-Wilcox (W'borne) 15:36; 5 C Millard (Ports) 15:47; 6 B Martin (W'borne) 15:56; 7 T Farwell (B'mth) 16:09; 8 D Davies (Yeov O, U17W) 16:14; 9 H Nixon (W'borne, U17W) 16:30; 10 W Brodie (Poole R) 17:00; 11 M Small (Poole R) 17:49; 12 D Goddard (Poole, U17W) 17:51; 13 I Somers (Poole R, U17W) 18:12; 14 L East (B'mth, U17W) 18:13; 15 B Kingswell-Farr (W'borne, U17W) 18:33

U15 (3.1km): 1 R Jones (New FJ) 11:10; 2 J Todd (B'mth) 11:22; 3 J Smith (Poole) 11:25; 4 S Hall-Nunn (Dor) 11:28; 5 E Bird (Dor) 11:30; 6 T Fuller (W'borne) 11:42; 7 C Corbin (Poole) 11:49; 8 W Campbell (Ports) 11:54; 9 G Scarborough (Dor) 12:15; 10 J Green (W'borne) 12:27; 11 L Jones (New FJ, U15W) 12:28; 12 D Dryden (Yeov O, U13W) 12:30; 13 A Reynolds (B'mth, U15W) 12:37; 15 I Rabjohns (Poole, U15W) 12:54; 16 N R Smith (Ports, U15W) 13:32; 20 A White (New FJ, U15W) 13:37; 21 L Evans (W'borne, U15W) 13:54

U13 (2.66km): 1 W Rabjohns (Poole) 9:11; 2 J Pepin (New FJ) 10:28; 3 J Moores (Win) 10:54; 4 C Cox (Win) 10:55; 5 L Riggs (Poole) 10:56; 6 J Smith (W'borne) 10:57; 7 J Guy (Yeov O) 10:58; 8 O Mathews (B'mth) 10:59; 9 S Farwell (B'mth) 11:02; 10 J Fazakerley (W'borne) 11:04

U11 (2km): 1 I Jacobs (Soton) 7:27; 2 B Conti (New FJ) 7:30; 3 C Coles (New FJ) 7:39

Women (6km): 1 H Southcott (Maid N, W35) 24:48; 2 A Stubbs (W'borne, U20) 27:01; 3 N Sandell (B'mth, W40)

27:26; 4 J Austin (B'mth, W50) 27:40; 5 V Scrowston (Running For Time, W40) 28:07; 6 N Guiver (Yeov T, W50) 28:15; 7 S Shaw (Poole R, W40) 28:39; 8 A Lloyd (Yeov T, W45) 28:46; 9 J Neal (Poole, W60) 29:30; 10 S Swift (Poole R, W45) 29:39; 11 J Watson (Dors, W45) 30:37; 12 K Drewett (B'mth, W40) 30:39; 13 J Bassett (B'mth, W30) 30:57; 14 R Cotter (B'mth, W50) 31:19; 20 H Ambrosen (B'mth, W60) 33:54

U13 (2.66km): 1 E Bailey (Soton) 10:35; 2 N East (B'mth) 10:57; 3 M O'Dea (Yeov O) 11:02; 4 I Courtney (W'borne) 11:12; 5 E Bailey (Soton) 11:18; 6 F Siderfin (New FJ) 11:20; 7 L Bassett (Win) 11:32; 8 H Norton (If) 11:33; 9 M Preece (B'mth) 11:34; 10 E Wells (B'mth) 11:36

U11 (2km): 1 D Davies (Wells) 8:25; 2 K Brydon (Ports) 8:26; 3 F Coomber 8:27

WEST YORKSHIRE LEAGUE, Cleckheaton

THE under-17 men's results previously published included athletes from the women's age group.

The race was won by Finnian Hutchinson from 800m star Max Burgin.

Correction
U17 (XC): 1 F Hutchinson (York) 18:05; 2 M Burgin (Hal) 18:20; 3 H Johnson (Hal) 18:45; 4 S Segger-Staveley (Sett) 18:58; 5 H Norden (R'well) 19:08; 6 T Antcliff (York) 19:22; 7 C Spencer (Hal) 19:33; 8 E Wheelwright (Hal) 20:02; 9 K McLeay (York) 20:13; 10 B Mann (W'lake) 20:28

OXFORD 21

DOWNES LEAGUE, Epsom Downs

U15 boys: 1 J Harrison (Herne H) 10:42; 2 B Harrison (Herne H) 10:57; 3 D Quirici (Holl Sp) 11:01; 4 J Roberts (Herne H) 11:13; 5 S Bateman (S&D) 11:18; 6 H Kande (Herne H) 12:00; 7 J Green (E&E) 12:18; 8 M Webb-Bourne (K&P) 12:22; 9 H Ryall (Holl Sp) 12:45; 10 O Palmer (K&P) 13:02

TEAM: 1 Herne H 13; 2 Holl Sp 37; 3 Kingston & P 48; 4 Sutton & D 50; 5 Epsom & E 52; 6 Sheen 57

U13: 1 F Lett (Strag) 11:31; 2 J Barker (E&E) 12:03; 3 D Slaven (E&E) 12:07; 4 J Valkenburg (E&E) 12:10; 5 A Walters (Holl Sp) 12:13; 6 O Prebble (Holl Sp) 12:15; 7 D Lister (Herne H) 12:19; 8 S Smith (Walt) 12:21; 9 H Hutchison (STrag) 12:22; 10 R McKenzie (E&E) 12:23

TEAM: 1 E&E 19; 2 Holl Sp 40; 3 Herne H 63; 4 Stragglers 88; 5 Walton 101; 6 S London 110

U11: 1 J Mayborough (Walt) 11:04; 2 J McDonald (E&E) 11:20; 3 J Johnston (Walt) 11:23

TEAM: 1 Walton 16; 2 E&E 20; 3 HWP 81
U15 girls: 1 K Mooney (S Lon) 12:09; 2 H Hunter (Herne H) 12:25; 3 M Hensor (Holl Sp) 12:31; 4 L Heseason (Strag) 12:34; 5 K Valkenburg (E&E) 12:43; 6 S Lorke (S Lon) 13:14; 7 B Taylor (E&E) 13:17; 8 G Ceccherini (E&E) 13:21; 9 I Brown (E&E) 13:23; 10 M Vickers (S Lon) 13:31

TEAM: 1 E&E 29; 2 S London 30; 3 Herne H 57; 4 Holl Sp 78; 5 Stragglers 78; 6 Croydon 98

U13: 1 T Chan (Herne H) 12:31; 2 E Priest (K&P) 12:38; 3 G Fordham (E&E) 12:56; 4 Z Girling (E&E) 13:01; 5 P Wells (Holl Sp) 13:09; 6 L Tunali-Flynn (Sheen) 13:09; 7 P Mitchell (STrag) 13:27; 8 E Ashmore (Holl Sp) 13:30; 9 A Turner (Rei P) 13:32; 10 S Osborn (E&E) 13:36

TEAM: 1 E&E 30; 2 K&P 53; 3 Stragg 65; 4 Holl Sp 66; 5 Sheen 79; 6 Herne H 84

U11: 1 S Sahai (Herne H) 11:22; 3 L Wright (Herne H) 11:47; 3 F White (E&E) 11:49

TEAM: 1 Herne H 19; 2 Walton 29; 3 E&E 49

OXFORD 20

AYRSHIRE RELAY CHAMPIONSHIPS, Irvine

Men (4x4km): 1 Kil'k 55:26 (M Brown 13:38, D Thompson 14:26, R Lindsay 14:30, R Mair 12:52); 2 Irv 56:41 (C Whitby 14:33, R Evans 14:30, D Millar 13:42, R Harvey 13:56); 3 Ayr S 59:35 (K Neill 13:46, G Hopper 14:22, S McCrorie 15:23, S Kirk 16:04); 4 Irv B 60:24; 5 N Ayr S 61:35; 6 Kil'k B 61:58

Fastest: 1 Mair 12:52; 2 Brown 13:38; 3 Millar 13:42

U17 (3x2.5km): Kil'k 30:30 (R Littlejohn 9:53, M Govans 10:53, L Ferguson 9:44)

Fastest: Ferguson 9:44

U15 (3x2.5km): Kil'k 28:21 (J Downey 8:58, T Cardwell 9:51, S Lindsay 9:32)

Fastest: A Crooks (Ayr S) 8:48

U13 (3x2.5km): 1 Kil'k 29:43 (C Gaskin 9:47, Jordan Philips 10:07, Jamie Philips 9:49); 2 Ayr S 30:12; 3 N Ayr S 31:00

Fastest: D Byres (Ayr S) 9:34

U11 (3x1.2km): 1 N Ayr S 14:55 (I McNicol 4:55, D Goldie 4:56, A Strett 5:04); 2 Ayr S 15:17; 3 Kil'k 15:21

Fastest: B McLean (Ayr S) 4:51

Women (3x4km): 1 Ayr S 47:02 (T Mcintosh 15:26, N Dunn 16:09, L Wallace 15:27); 2 N Ayr S 49:37 (V Barnhill 15:25, A Reid 17:53, A Boucher 16:19); 3 Kil'k 52:59 (L Haggarty 17:19, K Alexander 17:11, K Havin 18:29); 4 N Ayr S 56:23; 5 Ayr S B 56:42; 6 Rons R 57:01

Fastest: 1 Barnhill 15:25; 2 Mcintosh 15:26; 3 Wallace 15:27

U17 (3x2.5km): 1 Kil'k 32:57 (L Jedrusiah 10:44, M Murray 10:50, L McCutcheon 11:23); 2 Kil'k B 37:38

Fastest: Jedrusiah 10:44

U15 (3x2.5km): 1 Kil'k 31:27 (E Ballantyne 10:42, I Raeburn 10:32, H Burn 10:13); 2 N Ayr S 33:59; 3 Kil'k B 36:40

Fastest: Burn 10:13

U13 (3x2.5km): 1 Ayr S B 30:22 (A Kirk 10:01, S McCallum 10:18, I Hubbard 9:53); 2 N Ayr S 31:25; 3 Ayr S 33:16

Fastest: Hubbard 9:53

U11 (3x1.2km): 1 Kil'k 15:53 (L Henderson 4:57, E Shirkie 5:36, A Jedrusiah 5:20); 2 N Ayr S 16:44; 3 Kil'k B 17:18

Fastest: Henderson 4:57

CHINGFORD LEAGUE Jubilee Park, London

Overall: 1 P Grange (Bark RR, M35) 28:55; 2 A Horton (Barn) 28:58; 3 G Towers (Eton M, M45) 29:03; 4 N Harris-Fry (Orion) 29:12; 5 P Brown (E Lon) 29:17; 6 B Jenkins (Orion, M35) 29:24; 7 C Redondo (Trent P, M40) 29:51; 8 C Read (Orion, M50) 30:00; 9 W Morris (Barn) 30:01; 10 S Browne (E Lon) 30:07; 11 J Arrowsmith (Trent P, M35) 30:11; 12 A Withstandley (VP&TH, M45) 30:20; 13 S Cottle (Eton M, M35) 30:28; 14 E O'brien (VP&TH) 30:44; 15 D Jones (VP&TH, M35) 30:48; 16 B Wickham (VP&TH, M35) 30:51; 17 J Bewley (VP&TH, M35) 30:56; 18 S Laver (East London Tri, M45) 31:03; 19 P Boddey (Eton M, M45) 31:24; 20 D Denning (Trent P, M40) 31:28; 21 B Glasgow (Orion, M40) 31:32; 22 A Bartlett (Harold Woo) 31:51; 23 N McGoun (Orion, M35) 31:56; 24 B

Rowlands (Orion, M35) 31:59; 25 S Villis (VP&TH) 32:00; 26 J Pilch (Eton M, M35) 32:03; 27 R Parr (Eton M, M35) 32:06; 28 L Kaye (VP&TH, W) 32:10; 29 D Wilson (Orion, M35) 32:11; 30 T Burrard-lucas (E Lon) 32:30

M50: 2 P Mee (VP&TH) 33:43; **M55:** 1 E Paul (Orion) 33:36; 2 R Holland (W Green) 35:01; 3 D Daugrida (Eton M) 35:11

M60: 1 J Black (Eton M) 35:02; **M70:** 1 R Green (W Green) 40:40; **U20:** 1 N Scott (Barn) 39:04

A TEAM: 1 Orion 86; 2 VP&TH 99; 3 Eton M 127; 4 E London 207; 5 E Lon Tri 260; 6 Trent P 345

B TEAM: 1 200; 2 VP&TH 241; 3 Eton M 407

M40 TEAM: 1 Orion 173; 2 Eton M 270; 3 VP&TH 330

Standings after 2 races

A TEAM: 1 VP&TH 25 (158); 2 Orion 25 (164); 3 Eton M 22

B TEAM: 1 Orion 26; 2 VP&TH 24; 3 Eton M 22; **M40 TEAM:** 1 Orion 26; 2 VP&TH 23; 3 Eton M 22

U17: 1 A Ansell (Orion, U15) 17:05; 2 J L (Orion, U15) 17:30; 3 R Dolan (Orion) 17:25; 4 B Bella (Orion, U15) 17:29; 5 O Keen (Orion, U15) 18:11; 6 N Boase (Orion, U15) 19:20

U17 TEAM: 1 Orion 10; 2 Eton M 11

U15 TEAM: Orion 10

Standings after 2 matches:

U17: 1 Orion 48; 2 WG&EL 38; 3 Trent P 9

U15 TEAM: 1 Orion 50; 2 Trent P 9

U13: 1 J Grange (Bark) 10:34; 2 K Livierre (Orion, U11) 10:53; 3 R Johnson-Ray (Orion) 10:58; 4 R Edwards (WG&EL) 11:26; 5 L Dyer (E Lon Tri, U11) 11:37; 6 O Emery (Orion) 13:37

U11: 3 J Hard (Loughton) 13:20

U13 TEAM: 1 Orion 21; 2 Barking 28; 3 Loughton 29

U11 TEAM: 1 Orion 18; 2 Loughton 27; 3 E Lon Tri 44

Standings after 2 matches

U13 TEAM: 1 Orion 20; 2 Barking 18; 3 Loughton 15

U11 TEAM: 1 Orion 20; 2 Loughton 18; 3 E London Tri 16

Women: 1 Kaye 32:10; 2 C Cano (Trent P) 32:35; 3 H Norton-Hale (VP&TH, W35) 34:04; 4 J Hall (VP&TH) 35:21; 5 H Rogerson (Orion, W40) 35:32; 6 J Heymann (Herne H, W35) 35:49; 7 L Jarvis (Orion, W35) 36:10; 8 D Stapleton (Barn) 36:24; 9 S Bint (VP&TH, W40) 36:27; 10 Z Woodward (Eton M, W55) 36:33; 11 Z Redondo (Trent P, W40) 36:39; 12 S Velez (VP&TH) 36:43; 13 J Singer (VP&TH, W45) 36:43; 14 C Frith (E Lon, W40) 36:50; 15 C Evans (VP&TH) 37:34

TEAM: 1 VP&TH 42; 2 Eton M 94; 3 Orion 119; 4 E London 217; 5 Trent P 316; 6 Loughton 319

W35 TEAM: 1 VP&TH 169; 2 Eton M 170; 3 Orion 202

Standings after 2 matches

TEAM: 1 VP&TH 25; 2 Orion 24; 3 Eton M 23; 4 E London 20 (864); 5 Loughton 18; 6 Harold W 14

W35 TEAM: 1 Orion 24 (351); 2 Eton M 24 (393); 3 VP&TH 23

U17/U15:</

YOUR ROAD TO GLORY

BALLOT OPENS EARLY JANUARY



 Simplyhealth
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***SIGN UP TO THE REMINDER SERVICE AND BE
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GREATRUN.ORG/NORTH***



CROSS-COUNTRY

Saturday November 10

ALTON SPORTS HAMPSHIRE LEAGUE

Aldershot. Noon.
hampshireathletics.org.uk/events/hxcl.html

BIRMINGHAM LEAGUE

1: Pitville Park, Cheltenham. 2: Cob House Country Park, Wichenford. 3: Northbrook.

birminghamccleague.co.uk

BRITISH ATHLETICS CROSS CHALLENGE INC CHILTERN LEAGUE

Teardrop Lakes, Milton Keynes.

britishathletics.org.uk

chiltermcccl.co.uk

ESAA CUP REGIONAL FINALS – EAST CENTRAL

Lincroft School, Oakley.

EAST MIDLANDS

Mount St Mary's Playing Fields, Spinkhill.

ESSEX & SUFFOLK

Burkitt Road, Woodbridge.

LONDON NORTH

St Columba's College, St Alban's.

NORTH EAST

Stewart Park, Middlesbrough.

NORTH WEST

Cartmel Race Course.

SOUTH EAST

Vizards Sports Ground, Tonbridge.

SOUTH WEST

Downside School, Stratton-on-the-Fosse.

WEST CENTRAL

Chetwynd Deer Park, Newport.

esaa.net

ESSEX LEAGUE

One Tree Hill, Corringham. 10am.

FNB GUERNSEY LEAGUE

Stoneycrusher. 2pm.

guernseyathletics.org.gg

KENT LEAGUE

Danson Park, Bexleyheath. Noon.

kcaa.org.uk

MANCHESTER AREA LEAGUE

Kenworthy Woods. Noon.

maccl.co.uk

MID LANCS LEAGUE

Wilson Playing Fields, Hyndburn. 12.30pm.

midlancs.org.uk

MIDLAND WOMEN'S LEAGUE

1/2: Northbrook.

midlandathletics.org.uk

NORTH MIDLANDS LEAGUE

Kettering. 1pm.

northmidscxleague.co.uk

NORTH WALES LEAGUE

Ysgol Morgan Clwyd, Wrexham. 10.30am.

northwalesxc.com

RED ROSE LEAGUE

Astley Park, Chorley. 12.15pm.

redrosecrosscountry.co.uk

SCOTTISH NATIONAL SHORT COURSE CHAMPIONSHIPS

Lanark Equestrian Centre, Lanark.

scottishathletics.org.uk

START FITNESS GWENT LEAGUE

Pembrey Park.

gwent-league.org.uk

START FITNESS METROPOLITAN LEAGUE

Stanborough Park, Welwyn Garden City.

metleague.co.uk

START FITNESS SURREY LADIES' LEAGUE DIVISION 1/2

Nonsuch Park. Noon.

surreyleague.org

START FITNESS SURREY MEN'S LEAGUE

1: Wimbeldon Common. 2: Nork Park.

3/4: Epsom.

surreyleague.org

SUSSEX LEAGUE

Stammer Park, Brighton.

susssexathletics.net

Sunday November 11

BOOTH DECORATORS LEAGUE

Chaddesden Park, Derby. 11am.

leaguestracker.co.uk/Organiser/?O=Booth

CHARLES STANLEY WESTWARD LEAGUE

Newquay. 12.15pm.

city-runs.co.uk/westward

CORNWALL CHAMPIONSHIPS

Newquay Sports Centre, Newquay.

city-runs.co.uk/westward

DERBY RUNNER LEAGUE DIVISION

DERBY/STAFFORDSHIRE

Foremark Reservoir. 11am.

derbyrunnerleague.com

EAST SUSSEX LEAGUE

Blackcap, Lewes. 10.30am.

eastsussexcrosscountry.co.uk

EAST YORKSHIRE LEAGUE

Drewton Woods, South Cave. 10am.

bridlingtonr.co.uk/page14.html

HEREFORDSHIRE LEAGUE

Croft Castle. 11am.

KENT FITNESS LEAGUE

Swanley Park, Swanley.

kfl.canterburyharriers.org/index.php

NORTHERN IRELAND & ULSTER

UNEVEN AGE GROUP CHAMPIONSHIPS

Scotstown. 10am.

athleticsni.org

NOTTS MINI LEAGUE

Mansfield. 11am.

notts-minileague.co.uk

RYSTON RUNNERS OPEN LEAGUE

Shouldham Warren. 11am.

rystonrunners.org.uk

SHROPSHIRE YOUNG ATHLETES' LEAGUE

Meol Brace. 1pm.

oswestryolympians.com

SOUTHERN LEAGUE

Queen Elizabeth Country Park. 11am.

bobayer.com/trwl

THAMES VALLEY LEAGUE

Eton. 11am.

tvx.org.uk

Wednesday November 14

LONDON UNIVERSITIES & COLLEGES LEAGUE

Wimbeldon Common. 3pm.

london-athletics.com/competitions/xc/2018-19

MIDLANDS POLICE/SERVICES LEAGUE

Newbold Revel. 2pm.

csaa.org.uk

Saturday November 17

AYRSHIRE AAA CHAMPIONSHIPS

Ayrshire Athletics Arena.

kilmarnockharriers.com

EASTERN COUNTIES CHAMPIONSHIPS

Chantry Park, Ipswich. Noon.

easternaa.co.uk

EDINBURGH UNIV BRAID HILLS OPEN

Braid Hills Golf Course, Edinburgh. 2pm.

haries.eusu.ed.ac.uk

JERSEY ADVISA LEAGUE

Noirmont. 12.30pm.

jerseyspartan.com

LEICESTERSHIRE & RUTLAND

SECONDARY SCHOOLS' LEAGUE

Rutland Water. 10.30am.

LIVINGSTON AAC OPEN SERIES

Dechmont Law Park.

livingstonaac.com

LONDON CHAMPIONSHIPS

Parliament Hill.

seaa.org.uk

MIDLAND COUNTIES WOMEN'S 5/

MEN'S 7 MILE CHAMPIONSHIPS

Bulwell Hall Park Nottingham.

midlandathletics.org.uk

NORTH STAFFORDSHIRE LEAGUE

Park Hall Country Pk, Weston Coyney. Noon.

nscsl.org.uk

RED ROSE LEAGUE

Mari Pits Sports Centre, Rossendale.

12.15pm.

redrosecrosscountry.co.uk

START FITNESS NORTH EASTERN

HARRIER LEAGUE

Aykley Heads. Noon.

harrierleague.com

Sunday November 18

BERKS, BUCKS & OXON CCA CHAMPS

Newbury Showground, Hermitage.

11.30am.

oxfordshireathletics.org.uk

BLACKHEATH & BROMLEY H V ORION

H MOB MATCH

The Warren, Hayes. 11am.

bandbhac.org.uk

BRITISH & IRISH MASTERS' INTERNATIONAL

Singleton Park, Swansea.

welshathletics.org

CAMBERLEY OPEN

Ravenscote Junior School, Frimley. 11am.

camberleyathletics.org.uk

DERBY RUNNER LEAGUE DIVISION

LEICESTER/DERBY

Holly Hayes Wood, Whitwick. 11am.

derbyrunnerleague.com

GARSCUBE H SCHOOLS OPEN

Maryhill Park, Glasgow.

garscubeharriers.org.uk

GWENT LEISURE CENTRE LEAGUE

Pontnewynydd CC, Pontnewynydd.

sites.google.com/site/gwclrunning/home/cross-country

HARTLEY RELAY

Loch Leven Community Campus, Muirs.

kinrossroadrunners.weebly.com

LINCOLNSHIRE RUNNER

LINCOLNSHIRE LEAGUE

Belton House, Grantham. 11am.

lincsathletics.com

MABAC LEAGUE

Farley Heath, Farley Green. 10am.

mabac.org.uk

NORTH YORKSHIRE & SOUTH

DURHAM LEAGUE

Preston Park, Stockton. 1pm.

nysd.org.uk

UP & RUNNING SOUTH YORKSHIRE

LEAGUE

Cannon Hall, Cawthorne. 11am.

sycaa.co.uk

WEST MIDLAND YOUNG ATHLETES'

LEAGUE

Warley Woods. 11am.

wmyaacc.com

WEST YORKSHIRE LEAGUE

Thornes Park, Wakefield. 11.45am.

westyorkshireathletics.org.uk

WEST YORKSHIRE WINTER LEAGUE

Baildon. 10am.

westyorkshirewinterleague.blogspot.co.uk



5km and 2km events. For more info, see greatrunlocal.org

Wythenshawe Park: 9am Sunday
Debdale Park: 9am Sunday
Boggart Hole Clough: 9am Sunday
Birchfields Park: 11am Sunday
Salford Quays: 6.45pm Thursday
Burrs Country Park: 9.30am Sunday
Gibside: 9.15am Sunday
Sunderland: 9.30am Sunday
Souter Lighthouse: 9.30am Sunday
Stockton: 9.30am Sunday
Glasgow Quays: 6.30pm Wednesday
Southwold: 9.30am Sunday
Needham Lake: 9.30am Sunday
Asford Kingsnorth: 9.30am Sunday
Holbrook: 9am Sunday
Newmarket: 11am Sunday
Birmingham Ley Hill: 9.30am Saturday
The Vale Birmingham: 10.30am Sunday
Edgbaston: 9.30am Sunday
Portsmouth Lakeside: 9.30am Sunday
Lancing Beach Green: 9.30am Sunday
Queen Elizabeth Olympic Park: 9.30am Sunday

Wednesday November 21

EAST ANGLIAN LEAGUE

Fritton Outdoor Centre, Fritton.

eaaccl.webs.com

LINCOLNSHIRE POLICE LEAGUE

Cleveland.

slateman.co.uk/npccl

SOUTH WEST UTD SERVICES LEAGUE

Prince Town. 2.30pm.

dsfrs-running-club.org.uk

Saturday November 24

BRITISH ATHLETICS CROSS CHALLENGE (Inc EUROPEAN TRIALS, LIVERPOOL & DISTRICT & MID LANCS LEAGUES)

Sefton Park, Liverpool.

britishathletics.org.uk

lps-athletics.co.uk/ld-cross-country

midlancs.org.uk

CHINGFORD LEAGUE

Trent Park.

chingfordleague.co.uk

ENGLISH SCHOOLS CUP FINAL

Woodbridge School, Woodbridge.
esaa.net

FRATERNITY/SORORITY CUP

Trent Park.
barnetadac.com/racing/club-races/fraternity-cup

KENT LEAGUE

Footscray Meadows, Bexley. Noon.
kcaa.org.uk

MALCOLM CUP OPEN

Six Mile River Park, Ballyclare.
athleticsni.org

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE

Trent Park. 1pm.

RANELAGH H V THAMES HARE & HOUNDS 7.5 MOB MATCH

Richmond Park. 2.30pm.
ranelagh-harriers.com

SCOTTISH EAST DISTRICT LEAGUE

Broxburn Academy, Broxburn. Noon.
salfroadrunningandcrosscountrymedalists.co.uk/Archive/East%20District%20League/ED%20League%20Home.html

SCOTTISH NORTH DISTRICT LEAGUE

North Highland. 1.15pm.
northleague.co.uk

SOUTH OF THAMES CCA 5 CHAMPIONSHIPS

Morden Park. 2pm.
sotcca.org.uk/events.htm

STOCKPORT H SCHOOLS' LEAGUE

Woodbank Park, Stockport. 10.30am.
stockportharriers.co.uk/club-events

MAD JACK'S 5

Attingham Pk, Atcham, Shropshire. 11am.
shrewsburyac.org.uk

MAVERICK SILVA DARK SERIES

SURREY 5km/10km/15km
Denbies Wine Estate, Dorking. 5pm.
maverick-race.com/races/silva-dark-surrey-2018

PHOENIX DINOSAUR DASH 6-HOUR

Xcel Leisure Centre, Walton-on-Thames, Surrey. 9.30am.
phoenixrunning.co.uk

REMEMBRANCE DAY 10km

Portsmouth Hill Road, Fareham, Hampshire. 11am.
eventrac.co.uk

REMEMBRANCE DAY 5km/10km

Fort Nelson Armouries Museum, Portchester, Hampshire. 11am.
ruralrunning.org

SEAGRAVE WOLDS CHALLENGE 16

Seagrave, Leicestershire. 9am.
seagravewoldschallenge.co.uk

VALE HALF-MARATHON

Llantwit Major Youth Center, Llantwit Major, Vale of Glamorgan. 9am.
freewebs.com/barryandvaleharriers

WALES WINTER 10

Bryn Bettws Lodge Pontrydyfen, Afan Forest, Port. 11am.
toughrunneruk.com/events/winter-10-miles-wales

WARRINGTON WAY 40

Village Hall, Lymm, Cheshire.
lymmrunners.org.uk

WOOLER TRAIL HALF-MARATHON

Cheviot St, Wooler, Northumberland. 10am.
trailoutlaws.com/wooler.php

Wednesday November 14

INDOOR

Wednesday November 14

CARDIFF MET v BIRMINGHAM U

Cardiff. 6.30pm.
cardiffmetathletics.co.uk

Saturday November 17

NORTHERN ATHLETICS OPEN

Sheffield Eis. 10.45am.
northernathletics.org.uk

MULTI-TERRAIN

Saturday November 10

BRIGHTON MO 5km/10km

Stanmer Park, Brighton, Sussex. 9.30am.
mo-running.com/brighton

CANCER RESEARCH UK TOUGH 10km

Roundhay Park, Leeds, W Yorks. 11am.
Heaton Pk, Prestwich, Manchester. 11am.

CANCER RESEARCH UK TOUGH 10

Cannock Chase, Cannock, Staffs. 10am.
cancerresearchuk.org/support-us/find-an-event/charity-runs/tough-10

CARDIFF MO 5km/10km

Bute Park, Cardiff. 9.30am.
mo-running.com

DROVERS 10km

Community Centre, Brynna, Mid Glam.
ogmorephoenixrunners.co.uk

EDINBURGH MO 5km/10km

Holyrod Park, Edinburgh. 9.30am.
mo-running.com

ENDURANCELIFE CTS GOWER 12km/ HALF-MARATHON/MARATHON/ULTRA

Village Hall, Rhosili, West Glamorgan.
endurancelife.com

HOLLY HUSTLE 22km

Myrtle Tavern, Leed, W Yorks. 10am.
greatowl.org

MAD BULL TORCH CHALLENGE 5

Rivington, Lancashire.
madbullevents.com

Sunday November 11

BATH HILLY 10km/HALF-MARATHON

Bath Racecourse, Bath. 11am.
trionium.com/bathhillyhalf

BATTERSEA PARK MO 5km

Battersea Park, London. 9.30am.
mo-running.com

BECKENHAM CHARITY 10km

Beckenham CC, Beckenham, Kent. 11am.
beckenhamrunning.co.uk

BOLTON ABBEY TRAIL 10km/HALF-MARATHON/15/20

Bolton Abbey, Skipton, N Yorks. 11am.
sueryder.org/runboltonabbey

BRISTOL MO 5km/10km

Ashton Court, Bristol. 9.30am.
mo-running.com

DALBY DASH 10km

Dalby Forest Visitor Centre, Low Dalby, North Yorkshire. 11am.
dalbydash.com

DIRTRUN WINTER WARRIOR SERIES

5km/10km
Wyre Forest Visitor Centre, Bewdley, Worcestershire. 9am.
dirtrun.co.uk

GLASGOW MO 5km/10km

Glasgow Green, Glasgow. 9.30am.
mo-running.com

GRAND UNION CANAL HALF-MARATHON

Cowley Rec Ground, Uxbridge. 10am.
purplepatchrunning.com

HYLANDS HOBBLE 14

Horse & Groom Pub, Galleywood. 10am.
springfieldstriders.org.uk

PHOENIX REMEMBRANCE DAY

MARATHON
Xcel Leisure Centre, Walton-on-Thames, Surrey. 9am.
phoenixrunning.co.uk

REMEMBRANCE DAY 100TH

ANNIVERSARY 6-HOUR
Promenade Way, Brightlingsea. 9.30am.
eventbrite.co.uk

RUN DURHAM 5

Hamsterley Forest, Co Durham. 11am.
runnation.co.uk

RUNTHROUGH CHASE THE SUN

CRYSTAL PALACE 5km/10km
Crystal Palace, London. 10am.
runthrough.co.uk

SECOND SUNDAY 5

Richardson Evans Memorial Fields, Roehampton Vale, London. 9.30am.
secondSunday5.com

SILVER Y TAY 4.6

West Hall, Bay Rd, Wormit, Fife. 11.05am.
entrycentral.com/silverytay

SODBURY SLOG 9

Chipping Sodbury School, Chipping Sodbury, Bristol. 11am.
sodburyslog.co.uk

ST MICHAEL'S MOUNT

REMEMBRANCE RUN 4.2
Mounts Bay Sailing Club, Marazion. 11am.
mountsbayharriers.co.uk

WINTER BEAST 5/10

Aylesford Equine X Country Course, Melton Mowbray. 11am.
thebeastrun.co.uk

WOOLER TRAIL MARATHON

Cheviot St, Wooler, Northumberland. 8am.
trailoutlaws.com/wooler.php

Wednesday November 14

HELL OF A HILL MARATHON DAY 1

Bibbys Farm Activity Centre, Rivington, Lancashire. 9am.

Thursday November 15

HELL OF A HILL MARATHON DAY 2

Bibbys Farm Activity Centre, 9am.

Friday November 16

HELL OF A HILL MARATHON DAY 3

Bibbys Farm Activity Centre. 9am.
time2runevents.co.uk

Saturday November 17

BIRMINGHAM MO 5km/10km

Sutton Park, Sutton Coldfield, West Midlands. 9.30am.
mo-running.com

BRECHFA TRAIL 5km/10km/HALF-MARATHON

Byrgwm Woodland, near Carmarthen. 11am.
toughrunneruk.com/events/brechfa-half-marathon

CANCER RESEARCH UK BOX HILL TOUGH 10km

Box Hill, Dorking, Surrey. 10am.
cancerresearchuk.org/support-us/find-an-event/charity-runs/tough-10

CHILTERN HILLS CHALLENGE 18

Tring Station, Tring, Hertfordshire. 9am.
runthewild.co.uk

DIRT HALF-MARATHON

Cedars Upper Sch, Leighton Buzzard. 10am.
dirtrunning.co.uk

HELL OF A HILL MARATHON DAY 4

Bibbys Farm Activity Centre. 9am.
time2runevents.co.uk

LIVERPOOL MO 5km/10km

Croxtheth Park, Liverpool. 9.30am.
mo-running.com

PHOENIX DAY AT MOVIES 6-HOUR

Xcel Leisure Centre, Walton-on-Thames, Surrey. 9am.
phoenixrunning.co.uk

ROUNDWAY REVENGE 7

Wyvern Club, Church Walk, Devezes. 9am.
devezesrunningclub.co.uk/home/roundway-revenge

RUN FOREST RUN – DRUM MANOR

5km/10km
Drum Manor, Drum Rd, Cookstown. 11am.
born2runevents.com

SATURN RUNNING WINTER IS

COMING 6-HOUR
Wraysbury Skiff and Punting Club, Egham, Surrey. 9.30am.
saturnrunning.co.uk

VIGILANTES CLEETHORPES MARAVAN

MARATHON DAY 1
Thorpe Park Holiday Park, Humberston, Cleethorpes, Lincolnshire. 9am.
vigilantesrunning.co.uk

WENDOVER WOODS 50

Wendover Woods, Halton, Bucks. 8am.
centurionrunning.com

ROAD

Saturday November 10

BALLYNAHINCH RUN TO REMEMBER

5km
Market House, Ballynahinch. 10am.
facebook.com/TheRoyalBritishLegionBallynahinchBranch

BUXTON PAVILION GARDENS 5km

Pavilion Gardens, Buxton, Derbyshire. 9am.
buxtonac.org.uk

CHESHIRE 10km

Arley Hall, Antrobus, Cheshire. 9.30am.
cheshire10k.com

GLEN CLOVA HALF-MARATHON

Glen Clova Hotel, Kirriemuir, Angus.
forfarroadrunners.co.uk/glen-clova-half-marathon

POPPY 5km/10km / HALF-MARATHON

Bexhill-on-Sea, East Sussex. 10am.
poppyhalf.co.uk

REMEMBRANCE DAY 5km

Portsdown Hill Road, Fareham, Hampshire. 11am.
eventrac.co.uk

SUPERNOVA KELPIES 5km (DAY 2)

Helix Park, The Kelpies, Falkirk. 5pm.
supernovaran.com

Sunday November 11

COALVILLE 10km

Snibston Country Park, Snibston, Leicestershire. 10.30am.
nice-work.org.uk

DRAYCOTE WATER WINTER 10km SERIES

Draycote Water, Kites Hardwick, Warwickshire. 9.45am.
theraceorganiser.com

GEORGE MUNDAY 10km

Leverington Sports and Social Club, Leverington, Cambridgeshire. 11am.
threecountiesrc.org/gm10k#/

HEATON HARRIERS MEMORIAL 10km

Town Moor, Newcastle upon Tyne. 11am.
heatonharriers.org.uk

JIMMY IRVINE BELLA 10km

Bellahouston Park, Glasgow.
bellahoustonroadrunners.co.uk

PETERHEAD 10km

Dales Park Pavilion, Kinmundy Road, Peterhead.
peterheadathleticsclub.co.uk

REGENTS PARK 10km

Regents Park, London. 9am.
nice-work.org.uk

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com

RUNTHROUGH TATTON PARK 10km

Tatton Park, Knutsford, Cheshire. 9am.
tatton10k.com

STEBBING 10

Stebbing Primary School, Stebbing, Essex. 11am.
grangefarmdunmowrunners.co.uk

STOWMARKET STRIDERS SCENIC 7

Mid Suffolk Leisure Centre, Stowmarket, Suffolk. 9.30am.
stowmarketstriders.org.uk

SUPERNOVA KELPIES 5km (DAY 3)

Helix Park, The Kelpies, Falkirk. 5pm.
supernovaran.com

WINDMILL 10km

Windmill, South Beach, Lytham St Annes, Lancashire. 11am.
fydecoastrunning.org

Monday November 12

DORNEY RIVER RUN 6-HOUR

Dorney Lake, Eton, Berkshire. 9am.
runningmiles.co.uk/dorney-river-run

Tuesday November 13

POWER OF 5km

Salt Ayre, Morecambe, Lancashire. 7pm.
lancasterathletics.co.uk

Wednesday November 14

ARMADA ATHLETICS NETWORK

WINDMILL 10km
Windmill, South Beach, Lytham St Annes, Lancashire. 11am.
fydecoastrunning.org

ARMADA ATHLETICS NETWORK

WINDMILL 10km
Windmill, South Beach, Lytham St Annes, Lancashire. 11am.

ROTHER VALLEY RUNNING FESTIVAL 10km/MARATHON/ULTRA 50km
Watersports & Activity Centre, Wales Bar, South Yorkshire. 9am.
cannonballevents.co.uk/rother-valley

RUNTHROUGH VICTORIA PARK 5km/10km/HALF-MARATHON
Victoria Park, London. 9.30am.
runthrough.co.uk

WINDSOR & ETON AUTUMN CLASSIC HALF-MARATHON
Rowing Centre, Dorney Lake, Windsor, Berkshire. 12.30pm.
f3events.co.uk/events/running

Sunday November 18

ADIDAS CITY RUNS FULHAM 10km
Eel Brook Common, Fulham. 9.30am.
adidascityruns.com/fulham

ADNAMS SOUTHWOLD 10km
Southwold, Suffolk. 11am.
adnams.co.uk/about/the-adnams-southwold-10k-run

BRAMPTON TO CARLISLE 10 (Inc NORTHERN ATHLETICS CHAMPIONSHIPS)
Brampton.

BRIGHTON 10km
Madeira Drive, Brighton, Sussex. 9.30am.
brooksbrighton10k.co.uk

CANNOCK ROTARY 10km
Cannock Chase Visitor Centre, Hednesford, Staffordshire. 11am.
cambaevents.co.uk

CASTLE COMBE CHILLY 10km
Castle Combe Race Circuit, Castle Combe, Wiltshire. 10am.
dbmax.co.uk

CHELMSFORD 10km
Melbourne Park, Chelmsford, Essex. 2pm.
endurancecui.active.com

CO DOWN 5km
St Patrick's Square, Downpatrick. 9am.

CONWY HALF-MARATHON
Conwy Quayside, Conwy. Noon.
runwales.com

ELAN VALLEY 10
Elan Valley Visitor Centre, Elan, Powys. 1pm.
rhayaderac.org.uk

EMER CASEY LONDON 10km
Brockwell Park, Herne Hill, London. 9.30am.
emercaseyfoundation.com

GOSPORT HALF-MARATHON
Gomer Lane, Alverstoke, Gosport, Hampshire. 10am.
gosporthalf.org

HADLEIGH 5/10
Hadleigh United FC, Hadleigh, Suffolk. 11am.
hadleighhares.co.uk

HERTFORDSHIRE HALF-MARATHON
Knebworth House, Knebworth, Hertfordshire. 9am.
hertshalf.com

LONG SUTTON 10km
Long Sutton, Spalding, Lincs. 10am.
sublimerracing.com

LOPWELL LOOP 12km
Mary Dean's Primary School, Tamerton Foliot, Devon. 9.30am.
stormrunningplymouth.co.uk

NEWCASTLE TOWN MOOR HALF-MARATHON/MARATHON
Exhibition Park, Newcastle, Tyne & Wear. 9.30am.
northeastveteransathleticsclub.weebly.com

NEWENT 9.5km
Newent, Gloucestershire. 11am.
newentrunkers.com

PETERBOROUGH 10
Nene Park, Peterborough, Cambridgeshire. 10am.
livingsport.co.uk/events-courses-2/peterborough-10-miler

PRESTON 10 (Inc LANCASHIRE CHAMPIONSHIPS)
Hutton Grammar School, Preston, Lancashire. 10am.
prestonharriers.co.uk

RICHMOND 10km
Old Deer Park, Richmond, Surrey. 9.15am.
runuk.co.uk

RISBOROUGH RUN IN THE PARK 5km
Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com

ROTHER VALLEY RUNNING FESTIVAL HALF-MARATHON
Watersports & Activity Centre, Wales Bar, South Yorkshire. 9.30am.
cannonballevents.co.uk/rother-valley

SNETTERTON RACE TRACK HALF-MARATHON/MARATHON
Snetterton Circuit, Norwich, Norfolk. 10.30am.
inspireraces.co.uk

SOUTHAMPTON MO 5km/10km
The Common, Southampton, Hampshire. 10am.
mo-running.com

ST NEOTS RIVERSIDE HALF-MARATHON
St Neots, Cambridgeshire. 10am.
nicetri.co.uk

SUTTON BENDER FLYER 5
Sutton Benger, Wiltshire. 10.30am.
cadence-events.co.uk

SWINDON 10km
Swindon Karting, Wroughton, Swindon, Wiltshire. 11am.
grassrootsevents.co.uk

SYD QUIRK HALF-MARATHON
Castletown, Isle of Man. 9.30am.
iomvac.co.uk

TEMPO 10km SERIES
Mickleton Road, Stratford-upon-Avon, Warwickshire. 10.30am.
tempoevents.co.uk

WIMBORNE 10
Pamphill Village Green, Wimborne, Dorset. 10.30am.
wimborneac.co.uk/wimborne10home.htm

WINDSOR & ETON RUN SERIES 5km/10km/15km
Dorney Lake, Eton, Berkshire. Noon.
f3events.co.uk

Wednesday November 21

RUNTHROUGH CHASE THE MOON OLYMPIC PARK 5km/10km
Queen Elizabeth Olympic Park, London. 7pm.
runthrough.co.uk

Saturday November 24

CHEDDLETON CHRISTMAS PUDDING DASH 10km
Cheddleton Community Centre, Cheddleton, Staffordshire. 2pm.
cheddletoncommittee.co.uk/pudding-run

IPSWICH MO 5km/10km
Chantry Park, Ipswich, Suffolk. 10am.
mo-running.com

WINTER CHASE 6-HOUR
Rye Harbour, Rye, E Sussex. 9am.
weruntheyrun.co.uk/wc

TRACK

Saturday November 10

MMTG BRITISH HEPTATHLON AND DECATHLON CHAMPIONSHIPS OPEN
Derby.
mmtg.org.uk

Sunday November 11

SARNIA HANDICAP WALK MILE
Osmond Prialux. 9am.
samia.wordpress.com

Saturday November 24

SWINDON WINTER THROWS INVITATIONAL
Swindon.
swindonharriers.com

WALKS

Saturday November 10

ENFIELD OPEN 7 (Inc ENFIELD LEAGUE)
Lee Valley.

Sunday November 18

HALDENE FISHER SYD QUIRK HALF-MARATHON
Ronaldsway.

MIDLAND WINTER LEAGUE
Coventry.

SARNIA NORTH SIDE ROAD WALK
North Side, Vale. 9am.
samia.wordpress.com

OVERSEAS

Sunday November 11

IAAF CROSS COUNTRY PERMIT
Burgos, Spain.
iaaf.org

ISTANBUL MARATHON
Istanbul, Turkey.
istanbulmarathon.org

Saturday November 17

NCAA DI CHAMPIONSHIPS
Madison, USA.
ncaa.com

NCAA DIII CHAMPIONSHIPS
Oshkosh, USA.
ncaa.com

Sunday November 18

EUROPEAN ATHLETICS CROSS COUNTRY PERMIT MEETING
Leffrinckoucke, France.
european-athletics.org

EUROPEAN ATHLETICS CROSS COUNTRY PERMIT MEETING
Soria, Spain.
european-athletics.org

Saturday November 24

DUBLIN MO 5km/10km
Phoenix Park, Dublin, Ireland. 9.30am.
mo-running.com

EUROPEAN ATHLETICS CROSS COUNTRY PERMIT MEETING
Skanderborg, Denmark.
european-athletics.org

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UNSUNG HEROINE WHO BEAT BIG BEN'S CHIMES

INSPIRATIONAL TALE OF VINTAGE SPINTER GOES VIRAL ON SOCIAL MEDIA

THE amazing story of Florence Ilott, a 1930s athlete who ran across

Westminster Bridge in London in record time, has been shared and liked tens of thousands of times in the past week.

It even attracted the attention of Dina Asher-Smith, with the UK 100m and 200m record-holder asking how far and fast Ilott ran.

Originally tweeted by Scott Pack, the grandson of Ilott, the viral post began by saying: "I want to tell you about a remarkable woman you almost certainly haven't heard of."

He went on to explain that his grandmother sprinted across the bridge in April 1934 – a distance described at the time as 1160ft (just over 350m) – before the 12th chime of Big Ben at midday.

As she worked in the House of Commons, an MP who knew she was an amateur



Florence Ilott: remembered in touching thread on Twitter

athlete suggested she give the challenge a go.

The feat was covered in the media at the time and received wide coverage but the story has been forgotten – until now.

Ilott died in 2002 aged 88, but her achievement back in 1934 is enjoying a fresh wave of publicity, with Pack's posts including a number of nostalgic photographs and even an old video clip.

"How many seconds do they chime for!? And how long is Westminster Bridge?" Asher-Smith tweeted, intrigued, when she saw the thread.

Don't bet against someone organising for Asher-Smith to have a crack at this either. In the autumn of 1988 Seb Coe donned old-school athletics gear to beat Steve Cram in a charity race around Trinity College at Cambridge University, as the two supermilers re-created the classic scene from the film *Chariots of Fire*.

BOLT STILL REFUSING TO DITCH FOOTBALL DREAM

USAIN BOLT has promised not to give up on his football dream despite his spell with the Central Coast Mariners in Australia coming to an end.

"It's sad that it didn't work out," he told Melbourne's *Herald Sun*. "But we parted on good terms – and that's a good thing. I had a great experience with them. The guys were great – we just couldn't work out things with the contract, but hopefully I get another chance with another team."



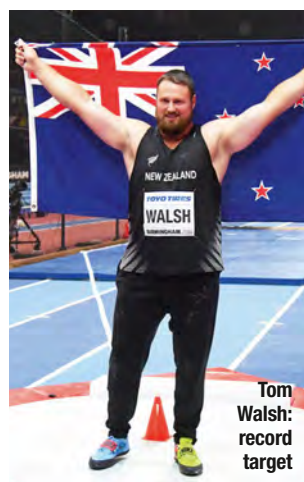
Usain Bolt: soccer career is on hold for now

WALSH'S MIND GAMES

TOM WALSH has enlisted the help of a sports psychologist in a bid to break Randy Barnes' long-standing world shot put record of 23.12m.

"I do a lot of meditation and mindfulness stuff, which is probably the most important part of my game now," he says. "I want to break the world record – I've got pretty close to it and in years to come, I think I can do it."

New Zealander Walsh is the reigning world outdoor and indoor and Commonwealth champion and has a best of 22.67m.



Tom Walsh: record target

AW

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Dorney Lake

Sunday, 31st March 2019

Start time: 9:30am



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