



CORONA CHAOS

Virus throws events into disarray

BRITISH CHAMPION

Inter-Counties glory for Charlotte Dannatt at Prestwold Hall

ENGLISH SCHOOLS

Preview to the Sefton Park meeting

SPRING CLOTHING

Best kit to wear in the weeks ahead



MARC SCOTT

The man who broke Mo Farah's 5000m record



LATEST ARRIVAL

STARTFITNESS.CO.UK

FREE UK NEXT DAY DELIVERY ON ADIDAS SL20



WHAT'S YOUR DISTANCE? ADIDAS TRACK & FIELD SPIKES



£59.90

SPRINTSTAR

**TRACK SPIKES
DESIGNED FOR THE
POWER SPRINTER**
FOR DISTANCES UP TO 400M

MENS EG1199
WOMENS FW4875

MENS EE4539
WOMENS FW4874

MENS EG1200



£59.90

DISTANCESTAR

**LIGHTWEIGHT TRACK
SPIKES FOR LONGER
DISTANCES**
FOR DISTANCES UP TO 10,000M

MENS EG1201

MENS EE4671
WOMENS FW4871

MENS EG1202

THROWSTAR

£59.90

EE4673

Whether it's a hammer, shot put or discus, these adidas throwing shoes bring the stability you need.

JUMPSTAR

£59.90

EE4672

With a grippy six-spike design that is lightweight & cushioned for soft landings.



Jason Henderson,
editor

Coronavirus set to wreak havoc

THE UK Inter-Counties Cross Country Championships went ahead in defiance of the coronavirus last Saturday. Runners were more worried about the mud on the course than the potential germs in the air and a couple of athletes and an official even held out their hands for a shake to say 'hello.'

The only thing contagious in Prestwold Hall was a passion for cross-country running. Similar scenes are expected at the New Balance English Schools Cross Country Championships this weekend too.

In fact, as I write this, more races have been cancelled this winter due to car parks being flooded than because of the coronavirus. This could change soon, though. The

coronavirus outbreak is not going to end any time soon and, if anything, is snowballing in size. The World University Cross Country



Champs, European Masters Indoor Champs and World Half-Marathon Champs are among those already called off. The Olympic Games, Boston Marathon and Virgin Money London Marathon are already in doubt (see *Digest*, p6). Small events could remain unaffected but the international fixtures calendar could be a wipe-out in 2020.

■ **MARC SCOTT** is further proof you can finish well down the field in big events as a teenager but still mature into a record-breaker.

In 2008 he was 69th, 76th and 81st in English Schools, Inter-Counties and English National cross-country champs but last month he broke Mo Farah's European indoor 5000m mark and it will be exciting to see what he can do for 10,000m this summer (see p14-16).

■ **A NEW** era starts at UK Athletics next Wednesday when chief executive Joanna Adams and interim chair Nic Coward formally start working together (see *Digest*, p7). Speaking to Coward this week (full interview is in next week's *AW*) he is aware of the size of the task but confident and optimistic that the governing body will soon be back on track.

COVER: Charlotte Dannatt and inset: Marc Scott.
Images: Mark Shearman



Inter-Counties Cross Country Champs and Cross Challenge final – p18

DIGEST

- 6 Coronavirus claims more athletics events
- 7 Joanna Adams starts CEO role at UK Athletics
- 8 Jarrion Lawson sees doping ban overturned
- 9 Charlotte Dannatt is raring to go but now has to stop running
- 10 Zak Seddon to benefit from sponsorship deal
- 12 Ultra man Tom Evans struggles to plot his season

ACTION

- 18 **INTER-COUNTIES CROSS-COUNTRY CHAMPS**
Charlotte Dannatt and Mahamed Mahamed triumph in the final leg of the British Athletics Cross Challenge at Prestwold Hall
- 30 **BMAF INDOOR CHAMPS**
Kathleen Stewart breaks three records on a weekend of success for masters athletes at North London's Lee Valley venue

THE BIG INTERVIEW

- 14 **MARC SCOTT**
US-based Brit tells Jason Henderson about his plans for 2020 and what it was like to break one of Mo Farah's records



SPOTLIGHT

36 IN THE GENES

In the first of a series by Michelle Pierre-Carr, we feature Jamie Baulch and his talented son Morgan

PERFORMANCE

- 41 Warm-ups – John Shepherd looks at the triple jump and a squat using a Swiss ball
- 42 Rest and recovery – top tips on sleep for athletes such as how to beat insomnia
- 44 Product reviews – Paul Freary and his team look at the best spring clothing
- 46 Abigail Pawlett – up-and-coming combined events athlete explains her training schedule and background with her coach

REGULARS

62 DIP FINISH

Athletics fans start online petition to ask Mattel to sell new Dina Asher-Smith Barbie doll in the shops



Marc Scott interview – see p14

PREVIEWS

- 49 We look ahead to the New Balance English Schools Cross Country Champs at Sefton Park in Liverpool

RESULTS & FIXTURES

- 50 Results round-up includes the Loughborough Winter Throws Open, where Taylor Campbell was in PB form in the hammer, plus the Inverness Half Marathon and Hillingdon 20
- 59 What's On fixtures guide

Virus hits major events

COVID-19 CONTINUES TO WREAK HAVOC ON THE ATHLETICS CALENDAR OF 2020

GRAVE uncertainty surrounds the likelihood of the Tokyo Olympics and Virgin Money London Marathon taking place as the coronavirus outbreak showed little sign of abating this week.

Italy, the European nation hit worst by the illness, has cancelled all sporting events until at least April 4, including the Rome Marathon on March 29 being cancelled until 2021.

Further events cancelled or postponed as *AW* went to press included:

- World Half-Marathon Championships on March 29 in Gdynia, Poland, has been moved to October with British Athletics likely to arrange a new trial to pick the team.
- European Masters Indoor Championships in Braga, Portugal, was due to start on March 14 but has been rescheduled to January 10-21. The event would, of course, have featured many older athletes and the organisers said: "We understand that life is more important than holding a sporting event."

The Brighton Marathon is still scheduled to take place in April



- Paris Marathon has been moved from April 5 to October 18 with around 65,000 entrants now having to change their travel and training plans. As France acted faster than most countries to limit gatherings, too, the Paris Half-Marathon was also moved to September 6.

- Barcelona Marathon on March 15 has been moved to October 25.
- The World Universities Cross Country Championships in Morocco, as reported in last week's *AW*, was also called off.
- Dudince race walks event in Slovakia has also been called off. It was the British Olympic trial for 50km, while Tom Bosworth hoped to race 20km there.

The biggest Olympic trial for British athletes in doubt, though, is the London Marathon. If it does not go ahead, plans might be made to stage a separate Olympic trial elsewhere for athletes to make the team for Tokyo.

This is assuming, of course, that Tokyo itself will still take place later this summer, with the event currently under a huge coronavirus cloud.

It is also the 40th running of the London Marathon and, among other things, there are concerns that runners might try to run an unofficial 26.2 miles on April 26 without the back-up of medical or other facilities if it is cancelled.

Some events remained defiant, though. The Inter-Counties Cross Country Championships went ahead last weekend without any fuss. English Schools organisers are also, as *AW* went to press, going ahead with Saturday's annual cross-country championships in Liverpool (see p49).

Brighton Marathon has even gone so far as to invite British athletes who were due to race in Barcelona, Paris and elsewhere to enter their race instead, which is scheduled for April 19.

■ **Comment, p4**

Inter-Counties Cross Country Championships went ahead as planned





Optimistic: UKA interim chair Nic Coward

Adams begins biggest job in domestic athletics

JOANNA ADAMS begins her new job as chief executive of UK Athletics next Wednesday with Nic Coward, the interim chair, convinced she has the ability to bring positive change to domestic athletics and to drag the governing body out of its recent period of discontent.

Coward told *AW*: "I'm hugely looking forward to working with Joanna. She joins us to start working on March 18. We've been able to move quickly, which is fantastic. I was able to be in the interview process so we knew that we were bringing in someone who would fit in really well with myself and the rest of the board."

Adams made a name for herself as chief executive of England Netball and she steps into the role after the appointment of Zara Hyde Peters fell through last year.

"What Joanna and her team created at England Netball speaks volumes," said Coward. "As chief executive she was able to lead the sport through the process of recognising the great qualities in the sport and then working out how best to bring that life to the maximum impact in communities and the society as it is now."

"I'm sure many people sitting around tables for decades (in

netball) would have said 'we can't change that or do anything about this or that' – and that's one of the conversations that I hear most when I arrive at a governing body or organisation."

Coward believes Adams can bring similar positive change into athletics now.

"A lot of people I've spoken to who have worked with her and in her teams or in third party organisations, governing bodies and government organisations all speak very highly of her, which is very exciting," he adds.

Many in athletics might not know Coward's name particularly well but he has been involved off and on behind the scenes for many years and he worked with Dave Moorcroft, the former chief executive of UKA, to help rebuild the governing body after it went bankrupt in 1997.

Since then Coward has, like Adams, worked in football and several other sports. Now immersed in athletics, he believes plans need to be made not just for the next three or four years but up until 2032, with an emphasis on coaching and improving the athlete pathway among his priorities.

■ **See next week's *AW* for a big interview with Nic Coward**

In brief



MAX SHEARON

Four-year ban for Jebet

RUTH JEBET (left), the Olympic 3000m steeplechase gold medallist, has been banned for four years after testing positive for EPO. The Kenyan-born Bahrain athlete failed the test in December 2017 after winning gold in Rio and setting a world record of 8:52.78 in Paris. (Jarrion Lawson sees four-year ban overturned, see *Digest* p8).

Seven nations placed in AIU highest doping risk category

BAHRAIN, Belarus, Ethiopia, Kenya and Ukraine will remain in the highest-risk category for doping, the Athletics Integrity Unit has announced, whereas joining them this year are Morocco and Nigeria.

Harriet Knowles-Jones on her way back after illness

HARRIET KNOWLES-JONES is on the comeback trail after a bout of glandular fever. Just over two years ago the Warrington runner won the European under-20 cross-country title plus English National and BUCS cross-country titles. She has barely raced since, but is hoping to return to racing soon.

Tough call for Kamworor after World Half move

GEOFFREY KAMWOROR says he will discuss with his management whether to defend his World Half-Marathon or New York City Marathon titles later this year after the World Half was moved to October due to the coronavirus.

Semenya's plan for Tokyo

OLYMPIC 800m champion Caster Semenya insists she intends to compete at the Tokyo Games but not in her specialist event. The South African (right) is unable to compete in the 800m or 1500m owing to World Athletics' rules on differences of sexual development but she told *Network24*: "I'm going to surprise you ... my biggest goal remains to be at the Olympics and I will work hard to achieve that. No ruling is going to get in the way of it."



IMMIGRANT

1960 Olympic javelin thrower Averil Williams passes away

JAVELIN thrower Averil Williams, an Olympian at the 1960 Rome Games and bronze medallist at the 1958 Commonwealth Games, has died after a period of ill health. Williams went on to be a Wales team manager at the Commonwealth Games and was still competing as a masters athlete in the 1990s. Her PB was 49.50m set at Battersea in 1960 and she would have turned 85 this week.

Quote of the Week

The Olympic gold medallist is now serving a four-year ban for using EPO. I won bronze that day. She tested positive in 2017 so Rio results still stand. Sometimes if a performance seems too good to be true, it is. My bronze will shine brighter than her gold

EMMA COBURN, 2017 world steeplechase champion, reacts to the news of Ruth Jebet's doping ban

Mum's the word for Nia

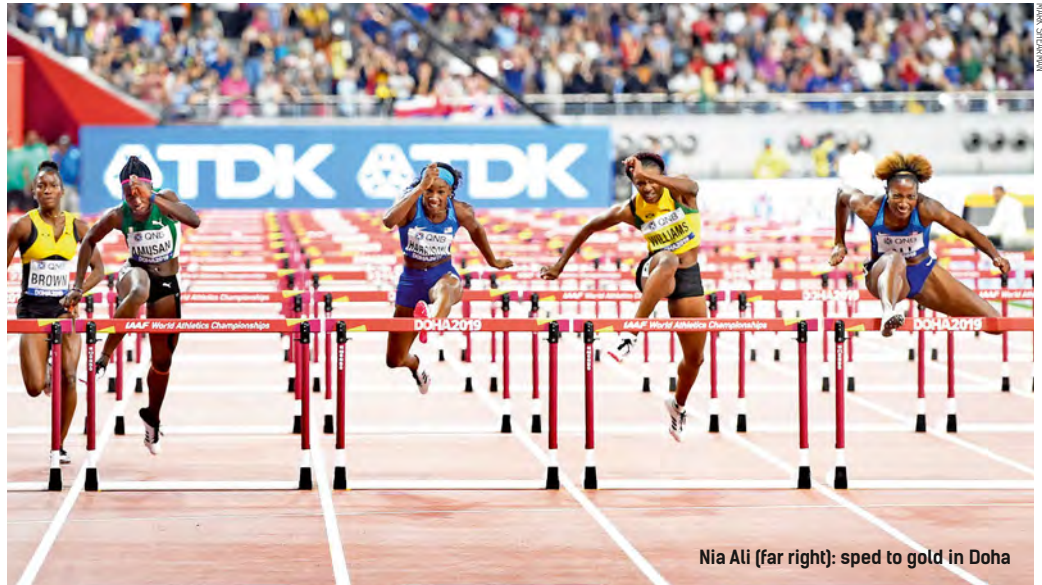
WORLD SPRINT HURDLES CHAMPION JUGGLES ATHLETICS WITH LIFE AS A BUSY MOTHER

MUM-of-two Nia Ali is after more success in 2020 after winning the world 100m hurdles title in Doha last October, writes *Stuart Weir*.

The 31-year-old American athlete famously celebrated her world title success on the track with her young children Titus and Yuri, showing women everywhere they can achieve athletics excellence while being a busy mother.

Her daily routine involves getting up at 6am but her kids come before training. "I get the kids ready for school," she explains. "I take them and come back, cook, get myself ready. Typically, I train from 10-11am-ish through to 3pm. Then I have to rush home, clean up, cook dinner, do little odds and endsy things so that I can be present when my children come home.

"I am always tired but that is my new normal. But I try to embrace that and be as present as I can and have energy to work with them and take them to activities. It's fun for me and it's great to watch them grow."



Nia Ali (far right): sped to gold in Doha

She talks about combining athletics and motherhood in matter-of-fact terms. "Being a mother is my life," she says. "It's a lifestyle issue. I don't really think about it like 'I'm doing this as a mother' but I do like being an inspiration.

"A lot of mothers come up to me and ask me about my journey

and I really enjoy talking to them. At college I majored in psychology so I'm all about the mindset and mental strength.

"Now I have a daughter I want to show her, 'hey, I did it once. And I'm gonna do it again with you'.

"I'm going to be more determined than ever. I'm not going to let up. And I don't want you ever

to think that you're the cause of anything not happening for me."

Ali won the world indoor sprint hurdles title in 2014 and 2016 but after Olympic silver in 2016 in Rio and suffering underpar performances at previous world outdoor championships, she felt she had a point to prove in Doha and duly delivered the gold.

Long jumper's ban is overturned on appeal



Jarrion Lawson: steroid ingested in Japanese beef meal

WHEN athletes blame positive drugs tests on eating contaminated beef, they are usually scoffed at. But Jarrion Lawson cited that as the reason for failing a doping test and the American long jumper this week had a four-year ban overturned by the Court of Arbitration for Sport.

The 25-year-old won world silver in London 2017, placed fourth at the Rio Olympics and has a best of 8.58m and claimed a banned steroid was ingested accidentally after eating beef in a Japanese restaurant in Arkansas in June 2018. Initially he was given a ban after testing positive the following day but after an appeal it has now been quashed and he plans to return to competition soon.

The judging panel who cleared him included Richard McLaren, who led

investigations into the Russian doping programme. "The CAS Panel found it more likely than not that the origin of the prohibited substance was contaminated beef consumed in a restaurant the day before the test," sport's highest court said in a statement.

"Following a careful review and examination of the evidence and expert testimony ... the panel was unanimously of the view that Lawson had established that he bore no fault or negligence for his positive finding.

"As a consequence of such finding, the period of ineligibility was eliminated."

Lawson last competed in 2018 and missed the 2019 season, including the World Championships. He tweeted last week: "Athlete: 1 ... System: 0. Glory to God!"

Muir backs Sport Relief in 2020

LAURA MUIR is supporting Sport Relief this year and this month visited a local Comic Relief-funded project – the Edinburgh-based Venture Trust.

The British record-holder and Olympic medal hope visited the leading youth work charity, which was set up to support vulnerable young people.

The project uses sport activities in a wilderness environment to address the complex needs of young people whose challenging backgrounds have led to them experiencing, or being at risk of experiencing, homelessness.

"It was an absolute honour for me to visit Venture Trust in support of Sport Relief," Muir said. "I witnessed first-hand the amazing work this organisation is doing for communities and young people in

Edinburgh. I have grown up with Sport Relief and it's great to see the work it helps to make possible."

The 26-year-old spent the afternoon speaking to a group of young people who are assisted by Venture Trust, exchanging stories and past experiences. Reflecting on how sport can be a positive impact for so many, she said: "Sport is such a powerful thing, it is a universal language, and it can be such an important tool in improving people's lives. We all know sport is very good for us physically, but it can be equally beneficial to us mentally and can give people a break from life's harder challenges.

"I'm calling on the public to get involved in Sport Relief 2020 in any way that they can, as their assistance can truly make a difference to those who need it."



Laura Muir: visited Edinburgh-based Venture Trust

Winner Dannatt 'rewarded' with rest

CHARLOTTE DANNATT hit peak form last weekend to win the Inter-Counties cross country title but the Surrey runner is now under order from her coaches to have a reluctant week off, writes Jason Henderson.

"I'll be made to have a week off which I don't enjoy," she said, after beating Jess Gibbon to gold at Prestwold Hall on Saturday. "I don't do high mileage anyway but my coaches are really strict about making sure I rest and then I'll have a few weeks to build back. Then we're going to Font Romeu for three weeks so I'll be running and studying there."

Dannatt is coached by Alan Driver of Camberley & District AC and Kyle Bennett from the Milton Keynes Running Project, who advises her when she's at Oxford University. She is approaching the end of her final year as a biomedical sciences student and ran the Inter-Counties only because the World University Games in Morocco was cancelled last weekend due to the coronavirus.



When her last exams are out of the way she says: "In the track season I just want to run fast times. There's no GB qualification that I can go for really so I'd like to run as fast as I can to bode well for Euro Cross at the end of the year and Euro Under-23s next year on the track. I'm just keen to keep enjoying it and if I look after myself and keep going then hopefully things will continue to go in the right direction."

On her coaching set-up, she adds: "I've very gradually built up my mileage under their guidance. I cannot thank them enough. My training groups at Camberley and Oxford are also such a great help."

She continues: "I'm also president of the athletics club at Oxford so that also takes up a considerable amount of my time. I spread myself quite thin but I like being busy and I'm supported by so many amazing people. It's very much a team effort and it seems to be coming together now and I can't really believe it."

■ Inter-Counties coverage, p18-28

Zak attacks Olympic year

STEEPLECHASER ZAK SEDDON HOPES TO BUILD ON HIS 8:21.28 PB FROM 2019

ZAK SEDDON hopes a new sponsorship partnership with a Bracknell company will help him to light up 2020, writes *Jessica Whittington*.

Last year the 25-year-old became Britain's first male world 3000m steeplechase finalist since Tom Hanlon in 1993 and moved to ninth on the UK all-time list with his Olympic-qualifying PB of 8:21.28.

Seddon was missed off British Athletics' funding list announced in December but his aim remains to make the Olympic final in Tokyo and the Bracknell AC athlete believes teaming up with Energy Saving Lighting will help him to do that.

"Everything was built towards the World Championships last year and the final, so to make that meant last year was definitely a successful year," says the European fifth-placer. "It was good to get another British title and I managed to drop my time down quite considerably. I think I could have run faster than that, but it's just finding the races."

The CEO of Energy Saving Lighting, Paul Daly, is a former athlete himself and Seddon adds:

Without that sponsorship I don't think I would be able to carry out my 2020 season exactly how I would want to. In a sport with such fine margins, it could be a huge difference

ZAK SEDDON



Zak Seddon: world finalist and 8:21.28 PB last year

"Without that sponsorship I don't think I would be able to carry out my 2020 season exactly how I would want to. In a sport with such fine margins, it could be a huge difference. It will allow me to try and achieve what I think I can."

Making the world final last year was a big step towards that, Seddon says, as he progressed from the European to global stage.

"It would have been hard to make the jump from a European athlete to finishing high up in Olympic finals," he says. "So last year, making the world final, is kind of the bridge between finishing high up in the final and being a European level athlete."

Seddon's first steps in the sport were taken in his back garden as he used to jump over hurdles into a paddling pool as a young boy racing

with his siblings. Later, his career took him to the USA as he studied at Florida State University before he returned to the UK, where he is now coached by his father Jeff, based in Herefordshire.

Just as it started out, his career remains a family affair with his two brothers, Steve and Matt, having helped him with training. Steve now plays for Portsmouth FC, while Matt is a fellow steeplechaser who made the British Championships last summer.

"Growing up, we all ran," he says. "I wouldn't be as good without those guys."

His US connections help with training camps, too, and he believes a trip to Colorado last year had a big part to play. "I had opportunities to go away and I trained in Colorado for a bit with the Army people out

there," says Seddon when giving background to his progression, which he says was also because of the cumulative effect from years of hard work. "Paul Chelimo is in that group and he was second in the Olympics in 2016, so I was training with those guys and realised what it takes to be so fast and what they are doing, their attitudes."

After starting his year with a seventh-place finish at the Saucony English National Cross Country Championships, Seddon now continues his heavy winter training before starting his summer.

His 2020 vision? "I'd say I'm targeting top eight at the Olympics," he says. "It's a big jump but I think you have to make a big jump in your career somewhere. We're trying to make mine this year."

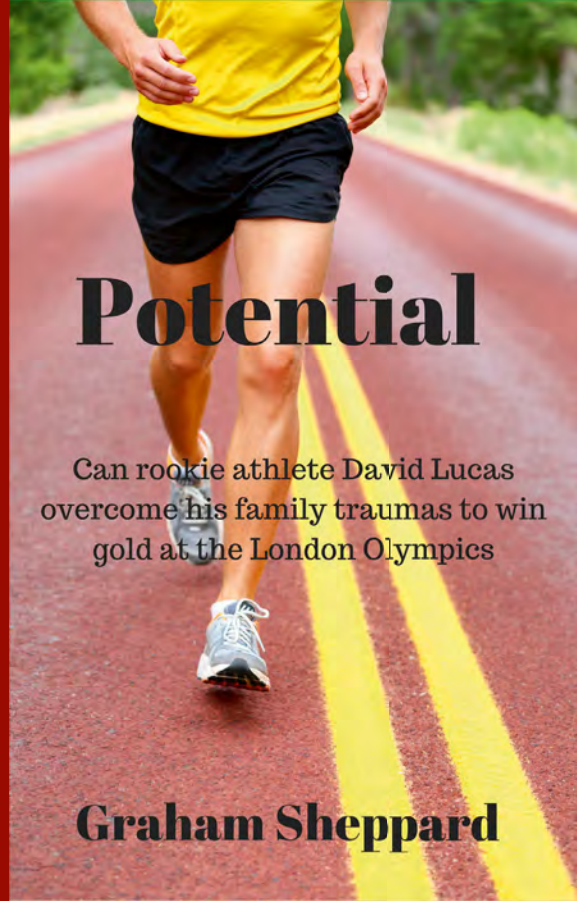
■ See energysavinglighting.org

Relive again the halcyon days of the iconic London Olympics in this exciting and inspiring novel

Can one man, given one chance, win gold at the world's greatest sporting event?

Potential by Graham Sheppard is available at £9.99 from Austin Macauley Publishers.

Also available from Amazon, W.H.Smith, Waterstones and all leading booksellers. E-book £3.50



Potential

Can rookie athlete David Lucas overcome his family traumas to win gold at the London Olympics

Graham Sheppard

TRACK & FIELD TOURS

APPROVED PROVIDER

ENGLAND ATHLETICS

BRITISH ATHLETICS SUPPORTERS CLUB

2020 MAJOR SPECTATOR TOURS

TOKYO – SUMMER GAMES

PARIS – EUROPEAN CHAMPIONSHIPS

GÖTZIS Hypo Meeting Diamond League Events & British Athletics Events

PLUS:

EUGENE 2021 – WORLD CHAMPS

MASTERS EVENTS

WORLD CHAMPIONSHIPS
Toronto, July 2020

WARM WEATHER TRAINING

SPAIN & CANARY ISLANDS

MALTA PORTUGAL

CYPRUS TURKEY

Plan 2020 Spring Training Camps now!

Track & Field Tours is bonded with International Passenger Protection Ltd and is a Retail Agent of ATOL holders

Tel: 01277-354377 info@trackandfield.co.uk

All events and tour information is available on our website

www.trackandfield.co.uk

T&F
stockport

QUALIFIED ATHLETICS COACHES

- Looking for a new challenge?
- Want to work with a fantastic coaching team and athletes?
- Hold a valid DBS and coaching licence with UKA?

You will work with athletes aged 12-19 across all T&F disciplines. They are already developed in the sport and you will be expected to follow a dedicated training plan for each athlete, providing technical expertise and advice to enable them to advance and improve.

Many are already at a national standard for their age and chosen discipline. We need coaches who will encourage, support and motivate them to reach their full potential.

We are a dynamic and growing club primarily based in the centre of Manchester but working with athletes from across the North and Midlands. Training is mainly late afternoon/evening and weekends.

Where possible we support our athletes at competitions and you would be required to be involved in this. We will provide reimbursement for reasonable travelling costs. We will also support you through CPD and will aim to financially support this where possible.

ENGLAND ATHLETICS
AFFILIATED CLUB

Please contact Rachel Lasseter:
secretary@stockporttrackandfield.co.uk

Evans keeps plans flexible

TOM EVANS HAS TWO PLANS FOR 2020 DUE TO CORONAVIRUS OUTBREAK

ULTRA runner Tom Evans has created two different plans for the rest of the year given the problems and uncertainty caused by the coronavirus but, ultimately, he says running is unimportant compared to the deaths and disruption the illness is causing, *writes Jason Henderson.*

"I'm being really flexible this year with my plans," he said. "For me the coronavirus is a real threat for myself, my friends and my family and just having a couple of plans is great.

"So I'll either race the British 100km champs in Boddington and go for a quick time and then go on to the World 100km Championships in the Netherlands (in September).

I'm now based in Loughborough so if one person gets it and goes to the gym then everything will be closed

TOM EVANS, on the coronavirus



Tom Evans: hopes to race World 100km or the UTMB

MARK SHEDDEN

Or I'll go on to the trails with the aim to win UTMB this year (in France in August)."

Like many athletes, the coronavirus has put Evans' plans

in turmoil and he added: "I've had two training camps cancelled in the next two months. I'm now based in Loughborough so if one person gets it and goes to the gym then

everything will be closed. So you don't want to be that person.

"In the next couple of weeks we'll know how big the threat is to the UK and on the world stage but at the end of the day running is running. It's great fun but world health is so much more important."

Evans was speaking at the UK Inter-Counties Cross Country Championships last weekend where he won bronze behind Mahamed Mahamed and Adam Hickey. It was a fine run given that he finished in the 50s in 2017 and 2018 and then ninth in 2019 before making the podium this year.

Remarkably he also won the 102km Tarawera ultra distance race in New Zealand only a month ago. "It felt very fast at the beginning," he said of Saturday's effort, "and going through the thick mud was so hard for me and Adam and Mo were too strong for me. But I'm very pleased with the way I ran and my position."

The ex-Army runner excels on the country but specialises moreso at longer distances. Last year for example he became the fastest non-American to complete the Western States 100-miler and he has also won the prestigious CCC 101km race during Ultra-Trail du Mont-Blanc race week.

Purple reign: Loughborough proves its the place to be



Loughborough: athletes came out top at BUCS

MARK SHEDDEN

LOUGHBOROUGH University confirmed its position in style at the BUCS Indoor Championships as the No.1 place for track and field athletes to study.

The team scores from the recent event at Sheffield saw Loughborough's women's squad score 101.5 points to beat Brunel's tally of 45 with Birmingham scoring 44, Sheffield Hallam 42, Cardiff Met 32, Bath 18, East

London 16, Cardiff 14, Cambridge 13 and Leeds Beckett 11.

Team scores in the men's competition were equally emphatic with Loughborough scoring 114 to runner-up Birmingham's 44 followed by Brunel 36, East London 31, Cardiff Met 24, Sheffield Hallam 16, Cardiff and Bath 15, St Mary's 14, Nottingham Trent, Gloucestershire and London 13 and Sheffield 12.

CHAFE-FREE RUNNING UNDERWEAR



RUNDERWEAR™

The Original Performance Underwear

MEN'S BASE LAYER

- ✔ Seamless technology, label-free design
- ✔ Super-soft, moisture-wicking fabric
- ✔ Built-in hand-warming mitts



ORIGINAL SUPPORT RUNDERBRA

- ✔ Super-soft, lightweight fabric
- ✔ Elasticated comfort underband
- ✔ Classic racerback style with adjustable straps



MEN'S BOXER SHORTS

- ✔ Seamless technology, label-free design
- ✔ Moisture-wicking and breathable
- ✔ Silicone leg grippers around thighs



WOMEN'S BRIEFS

- ✔ Seamless technology, label-free design
- ✔ Super-soft, lightweight fabric
- ✔ Moisture-wicking and breathable



ENGLAND ATHLETICS
*The Official Bra and Underwear
Partner of England Athletics*

EXCLUSIVE
15% DISCOUNT
FOR AW READERS!

ENTER CODE **AW15** AT CHECKOUT



★★★★★
RUNNER'S
"Forgot I was wearing them!"

★★★★★
theguardian
"Super comfy and sweat wicking"



Marc Scott: 13:08.87 last month in Boston broke Mo Farah's European indoor 5000m record



The man who took down Mo's mark

MARC SCOTT SPEAKS TO JASON HENDERSON ABOUT BREAKING MO FARAH'S EUROPEAN INDOOR 5000m RECORD AND NAILING THE ALL-IMPORTANT OLYMPIC QUALIFYING MARK

WHEN Marc Scott clocked an eye-opening 13:08.87 indoors in Boston on February 28, he was delighted to run inside the Olympic qualifying standard of 13:13.50. Breaking Mo Farah's European indoor record of 13:09.16 was merely an unexpected bonus.

"The record kind of just happened," he says. "The original goal was always to hit the Olympic standard – 13:13.5. After talking with my coach we thought on a good day 13:10 might be possible but we didn't know how the race was going to play out.

"A few people mentioned the British record to me and who had it but I didn't really think about it too much as I really mainly wanted that Olympic standard.

"The last 800m went well and I was shocked when I saw the time at the end which was a good feeling. I didn't know Mo's record was also the European record so to get a double whammy was pretty special. I didn't even know my time was a European record to begin with but it feels a little better when I know it's one of his!"

Scott is speaking to *AW* from his base in Portland, Oregon, just across the road from the Nike headquarters, where he does much of his training. After studying at the University of Tulsa and then running for the Bowerman Track Club, he has been based in the United States for a few years now but has not lost his Yorkshire accent.



Improving fast: US-based Yorkshireman Marc Scott is making great strides

PHOTO: MARK SHERRINMAN

Being based Stateside has certainly worked for him, though, and his indoor 5000m in Boston is a time that only three other Brits have beaten outdoors. "I had a good build up before Christmas where I stayed healthy and have got some consistent work done," he says.

"I had a bad run in Doha (he ran 13:47.12 in the heats) but didn't really have a break and jumped straight into doing cross country

and relays for my club in the UK. Then I had a good block of training in the US and then went to altitude for just over six weeks. Then I came down to race indoors in Seattle and then went over to Boston for that 5000m."

He adds: "It's not just me running well. It's our whole group. Things are going well for us all."

Scott did not enjoy amazing success during his early years in

athletics. Back in 2008, for example, as an under-15 he was a modest 69th in the English Schools Cross Country Championships, 76th in the Inter-Countries and 81st in the English National.

"I wasn't a very talented junior at all," he says. "I don't know what it was. I enjoyed the sport and wanted to keep doing it. I guess at that age a lot of factors go into it. I wasn't training very much and I was



Great South Run 2019: Marc Scott added his name to the roll of honour

BIOG

■ Born December 21, 1993

■ Club Cambridge & Coleridge ■ Coach Jerry Schumacher ■ PBs 1500m 3:42.39, 3000m 7:43.37, 5000m 13:08.87 (indoors) & 13:22.37 (outdoors), 10,000m 27:56.19, 10km 28:32, 10 miles 46:58

■ Achievements 2019: World Champs 5000m 15th heat, British 5000m silver; 2018: European 5000m 5th, British 5000m gold, Euro Cross 9th; 2017: NCAA 10,000m gold, Euro Team Champs 3000m 2nd; 2015: Euro U23 10,000m 6th; 2014: Euro Cross U23 7th; 2012: English Schools Cross Country 7th, Inter-Counties U20 8th; 2011: World Mountain Running Champs U20 17th, London Mini Marathon 5th, Inter-Counties 7th, English Schools Cross Country 13th, British Mountain Running Champs U20 gold; 2010: World Mountain Running Youth Challenge 8th, English Schools 3000m 17th; 2009: English Schools fell running gold

playing football a lot. I was mainly doing it just for enjoyment and it didn't come naturally to me when I was young."

Scott, who is from Northallerton, played football in central midfield or on the right wing or as a right back for his school and county and the Leeds United development squad.

An injury forced him out of the game and led him to turn his attention moreso to athletics but he still keeps an eye on the results for Leeds, Middlesbrough and Sunderland – the latter due to family links.

"I didn't really make a commitment to running until I was 16 years old," he says. "When I began to focus on it more then things started to develop. Maybe not doing too much has set me up well for what I do today."

He didn't show great form on the track initially either but he demonstrated impressive raw stamina on the fells. He won the English Schools title in fell running in 2009 and placed highly at international mountain running events as a teenager during his days with Richmond & Zetland Harriers.

"I moved on to the fells because I just wasn't good enough on the track," he explains. "I tried something different and got my first England vest on the fells. I was British and English Schools champion on the fells and I built up a lot of strength doing that and it transitioned quite well on to the cross country and eventually the track."

Due to his lack of track performances, Scott had trouble getting a full scholarship to a US

university. But he successfully sold himself to Tulsa, persuading the university to gamble on him. It was a gamble that paid off too as he broke eight minutes for 3000m in 2015 and brought his 5000m time down to 13:36.81 from well outside 14 minutes the previous year.

"I didn't have any times to my name because I didn't do much track running. It's the main way kids get recruited but I didn't have any good track times. I'd run a good 10km time at the Leeds Abbey Dash when I was about 16 but they weren't set on giving me a full scholarship. So I asked them to really trust in me and give me a chance and I think it paid off because I eventually won the NCAA title 10,000m title in 2017.

"I always wanted to go to the States because there's a great team opportunity. I got into a good routine training with people I got on with well and I began to fall in love with the sport a bit more."

Winning an NCAA title was huge and, after his European indoor record in Boston, is there more to come? He certainly looks like an athlete on the rise.

"Yes I think so," he says. "My coach (Jerry Schumacher) said he didn't expect the 13:08 yet. I like to think I can get close to 13 minutes. I've had four team-mates run 13 minutes or quicker last year

so the potential is there for our group and the coaching we have is remarkable."

He is even looking at going for Olympic selection at 5000m and 10,000m. "It's definitely doable. I ran 27:56 last year without any specific 10km work," he explains. "That wasn't too bad. In the long run I think I will be better in the 10km. But now I've run 13:08 we might stick with the 5km for a bit longer."

If he tackles 10,000m, he is likely to try to run a fast time early season followed by the Night of the 10,000m PBs at Highgate – an event he has not done before.

"I'm desperate to do that race!" he says. "I got selected for it last year but had to pull out. I've not ruled out doing it this year though. It'd be great to run it."

Being in the States, Scott picks and chooses his flights to the UK carefully because they can be draining and interrupt training. Family and racing aside, there is another reason for him to travel back to England, though.

His girlfriend is Holly Archer, the British indoor 1500m champion, fellow Cambridge & Coleridge member and, like Scott, an improving athlete in form.

"She works full-time back in Britain so we're doing the long distance thing and we're doing well with it," he says.



UK men's 5000m all-time

12:53.11	Mo Farah	Monaco, 2011
13:00.41	Dave Moorcroft	Oslo, 1982
13:06.21	Andrew Butchart	London, 2019
13:08.87	Marc Scott	Boston, 2020
13:09.80	Ian Hamer	Rome, 1992
13:10.15	Jack Buckner	Stuttgart, 1986
13:10.24	Rob Denmark	Rome, 1992
13:10.48	Tom Farrell	Heusden, 2015
13:11.50	Tim Hutchings	Los Angeles, 1984
13:11.50	Andy Vernon	Palo Alto, 2014
13:11.51	Chris Thompson	Gateshead, 2010

GREAT NEWS FOR BMC COACHES

The British Milers Club are delighted to announce
THE FRANK HORWILL COACHING AWARDS

This new initiative from the BMC provides assistance to coaches with financial support to enhance their experience and knowledge.

The aim of BMC is to raise the level of coaching to an International standard.

To attain this support, which could range from attendance at conferences, meeting other coaches-either in the UK or overseas, publications or in any other ways that can assist you and your athletes.

Please submit requests for these awards to
Neville Taylor - Head of Coaching, Tel. 07753 700885
nhtassociates@btinternet.com

All requests submitted should include the following details

Name club, email & contact number
BMC Membership number
Coaching qualification and length of coaching
Athletes you are coaching
Brief details of your coaching request

The BMC extends a welcome to all coaches to join the prime endurance club in the UK

Together we can help raise the standard of coaching to help all UK athletes for greater performances and success

Please go to membership on the BMC website for further information
www.britishmilersclub.com

BMC Grand Prix dates for 2020

16th May	Longford Park Stadium, Stretford, Manchester M21 9TA
30th May	Woodside Stadium, Watford, WD25 7HH
4th July	Manchester Regional Arena, Sports City, Manchester, M11 3FF
25th July	Loughborough University Athletics Track, LE11 3TP
8th August	Sutcliffe Park Sports Centre, Eltham, London, SE9 5LW

Many congratulations to all athletes who have broken records during the 2020 Indoor Season - Jake Wightman, Jemma Reekie, Tom Keen, Keeley Hodgkinson and Marc Scott





Best of British

NATIONAL TITLES AND CROSS CHALLENGE PRIZES WERE AT STAKE LAST SATURDAY AT PRESTWOLD HALL NEAR LOUGHBOROUGH

REPORTS: JASON HENDERSON (WOMEN) & MARTIN DUFF (MEN) PICTURES: MARK SHEARMAN



Mahamed Mahamed (4207) is to the fore in the early stages of the men's race

RUNNERS came from far and wide to contest the Inter-Counties Cross Country Championships last Saturday. They travelled from all corners of the nation to Prestwold Hall on the outskirts of Loughborough in defiance of the coronavirus outbreak. Up for grabs were Cross Challenge prizes and national titles at what is effectively the *de facto* British championships.

The senior races were won by an Ethiopian-born man who moved to the UK and settled in Southampton and an Oxford University student who had been due to race in the World Universities Cross Country Championships in Morocco on the same day until the virus put paid to her plans.

Perhaps the geographical spread was best demonstrated in the under-20 women's race, though, when an athlete who runs for Inverness and represents Scotland North beat a runner from the opposite end of the country about 700 miles away in Cornwall.

One thing drew them together, however. They faced the shared challenge of negotiating a testing course on the rolling East Midlands countryside. It was nowhere near as muddy as the 2018 event at the same venue but nevertheless contained plenty of sections of sticky mud and chewed up turf as gusty winds swirled around the course.

UK CROSS CHALLENGE: FINAL STANDINGS

Men: 1 M Mahamed (Soton) 208; 2 A Hickey (S'end) 202; 3 T Evans (Lewes) 195; 4 J Hunt (Card) 193. **U20:** 1 M Stonier (Inv EK) 106; 2 J Dickinson (Leeds) 98; 3 T Tarragono (BGH) 92. **U17:** 1 O Smart (Tav) 105; 2 F Jennings (Bide) 101; 3 A Lowe (Midd) 98. **U15:** 1 L Sullivan (St Ed) 106; 2 C Perkins (Birt) 104; 3 B Peck (Thet) 100. **U13:** 1 A Collier (Chilt) 105; 2 C Hague (Exe) 101; 3 O Patton (Kilb) 101

Women: 1 K Avery (Shildon) 203; 2 D Chattenton (MK Dist) 200; 3 C Dannatt (Camb'ly) 195; 4 J Gibbon (Read) 192. **U20:** 1 M Keith (Inv) 104; 2 C Gemmell (E Loth) 102; 3 I Wood (Corn) 84. **U17:** 1 M Todd-McIntyre (R'cliffe) 110; 2 A Hedley (Fife) 104; 3 K Stilwell (Wyc P) 88. **U15:** 1 K Dee (H'worth) 112; 2 S Livingstone (Exe) 106; 3 E Robinson (Saffron) 104. **U13:** 1 Z Gilbody (Chilt) 109; 2 S Smith (Charn) 100; 3 M Shorey (Plym) 98

Senior women

PERFECT preparation produces perfect performances. Or so they say.

Charlotte Dannatt's Inter-Counties experience was full of unpredictability and uncertainty, yet she took gold with her biggest athletics victory to date ahead of Jess Gibbon and Phillipa Williams.

For starters she was supposed to race at the World Universities Cross Country Championships but the Morocco event was cancelled due to the coronavirus outbreak and Dannatt sought a late entry to the Inter-Counties instead.

Then, as a third year student of biomedical science at Oxford University, she has final exams looming and the pressure of submitting coursework that makes up 20% of her degree just six days after her race.

Race day itself did not go smoothly either. The Surrey runner got lost during a shake-out run in the morning on the edge of Loughborough and ended up doing about 10km before then struggling to find a decent breakfast and pre-race meal.

The race itself was a little disconcerting, too, when her watch beeped at 10km but she still had a fair way to run. Both the men's and women's races were advertised as 10km but, as it turned out, they ended up being significantly longer.

After striding through the finish line in 43.01 to beat South of



Dannatt proves her pedigree

England champion Gibbon by six seconds, Dannatt said: "My coach always tells me off for looking at my watch too much but it beeped

at 10km ages ago (before the finish) and I thought 'why can't it just be over? I'm leading!'"

On the surprise of winning, she said: "I don't win many things so I don't even know how to break the tape or anything like that."

The field was a little weaker this year due to there being no trial element for the world cross country championships. Reigning champion Jenny Nesbitt, for example, who had also been due to race the universities event in Morocco, chose not to defend her title. But, even so, Dannatt ran an inspired race to take gold.

In December she narrowly failed to make the under-23 team for the Euro Cross after placing 23rd (and sixth under-23) at the trials.

Improving into the new year she then placed fourth at the BUCS Championships and fifth at the English National.

"I was disappointed to miss the World Universities event as it would have been a GB vest," she said. "I just missed the European Champs team before Christmas, so I've been trying to prove to people that I'm good enough to earn a GB vest."

"It's been a solid season so far," she added. "I always finish strong but my coach told me to go off a bit stronger and also in the middle section of the race. That's what I've been doing in the last few races and I was still able to finish strong. I thought if I had a stellar run I might make the podium."



Phillipa Williams (1135), Kate Avery (1121) and Jessica Gibbon (1188)



Eleanor Davis (868) leads the senior women's race in the early stages from Kate Avery



Megan Keith: emphatic winner of the junior women's race

Megan grinds out the win

Under-20 women

MEGAN KEITH enjoyed a big win as she front-ran her way to victory and finished more than half a minute in front of her rivals.

The Scotland North runner, who competes for Inverness, finished ahead of Imogen Wood of Cornwall and Kate O'Neill of Essex as Cera Gemmell finished fourth for Scotland East in a race that saw four Scots in the top seven although Yorkshire took the team gold.

"I was expecting some runners would be with me at the start and



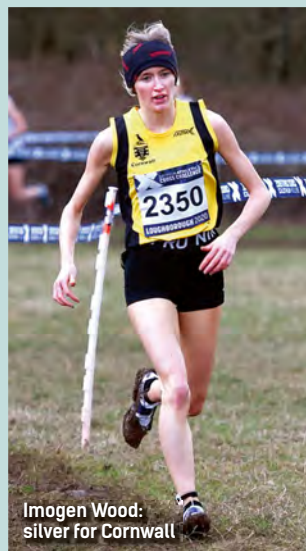
Kate O'Neill (2377) battles with Alexandra Millard

I was planning to push during the race but I found myself alone," said Keith. "So it was a bit of a long grind to the finish although it was nice that it didn't come down to a sprint."

The lack of rivals around her meant she finished her 6km event with her legs relatively free of mud too. Although she added: "I tried to conserve energy by avoiding the mud but at the end I just gave up and went straight through it!"

She added: "This was my first ever Inter-Counties. I've never run here before so I had no expectations."

On her future plans, she said: "It's the cross-country over for me now so we'll do a reset and then hopefully some spring road races."



Imogen Wood: silver for Cornwall



Charlotte Dannatt: surprised herself

Gibbon's silver medal ends a fine winter for the Reading runner. As well as her South of England win at Parliament Hill she was fourth at the English National and 10th at the Euro Cross trial in December.

Bronze medallist Williams showed her versatility, meanwhile. In November the North East athlete competed for Britain at the World Mountain Running Championships in Patagonia and she has also been active on the roads. At the Northern Cross she was sixth but improved to third here in the national event.

Dani Chattenton was fourth while Kate Avery finished fifth but sealed the overall British Athletics Cross Challenge victory as Yorkshire, led by Jennifer Walsh and Claire Duck, took the team prize.

I just missed the European Champs team before Christmas, so I've been trying to prove to people that I'm good enough to earn a GB vest

CHARLOTTE DANNATT

Mahamed Mahamed (left) with Adam Hickey (162), Tom Evans (4528), Jonny Glen (4447) and James Hunt (4472)



Mahamed takes winter target

Senior men

MAHAMED MAHAMED regained both his Inter-Counties title and British Athletics Cross Challenge trophy with victory over Adam Hickey who desperately tried to make amends for his lost shoe mishap in the English National at Wollaton Park two weeks earlier.

Hickey, who won this race last year, was determined to avoid a repeat of that agonising fourth-placed finish and, like there, the Essex man was prominent from the start.

As the course became stickier, he tracked Welshman James Hunt down the first hill and through the mud to the main part a course that was nearer 11km than the advertised 10km. Mahamed was already in third alongside National bronze medallist Linton Taylor and ultra-runner Tom Evans.

The field had settled down after completion of the lap at the bottom

of the course and as the runners snaked out behind following the trip near to the Prestwold Hall stately home, Hunt still led.

Mahamed was then just showing ahead of Hickey and Evans as, further back, National winner Calum Johnson was gaining ground, as was Tom Mortimer.

The second big lap then saw Hickey take Mahamed away from the rest and they ran shoulder to shoulder as, behind, it was Evans who had broken clear of Hunt to move into an uncontested third spot.

Johnson, who led a northern one-two-three in the mud of Wollaton

Park two weeks earlier, had a quiet race as did Mortimer as they completed the top six to finish.

National under-20 winner Zak Mahamed, the winner's younger brother, was quite handily placed in this senior race early on before dropping back to 18th, just behind the top-placed veteran runner Alastair Watson in 16th.

Gold medallist Mahamed said: "This was my main goal of the winter and I found it comfortable and it was good to take off and win another title after my last race at the BUCS championships."

Looking to the future, the 22-year-old added that he was going to try some track races but said of road running that a half-marathon is too long.

Mahamed was also complementary about Hickey, saying that they have shared a room in the past at international events and have a friendly rivalry.



Inter-Counties gold and overall Cross Challenge victory: Mahamed Mahamed



Josh Cowperthwaite leads from Thomas Keen (37), Oliver Newman (39) and Tomer Tarragano (299)

Early bird Stonier tracks his man

Under-20 men

IN the first race of the day and before much of the ground had been cut up, Matthew Stonier tracked the lead of Josh Cowperthwaite throughout before pouncing up the long sticky drag to the equally long finishing straight.

Cowperthwaite was in the lead from the start and going down to the main part of the course had a large group led by Tomer Tarragano alongside him as the pace was relatively modest. The Yorkshire pair of Josh Dickinson and Joe Hudson were also there.

After their trip out toward Prestwold Hall and nearing the end of their first big lap, Cowperthwaite still led and had the Cambridge pair of Tom Keen and Oliver Newman hot on his heels. Tarragano was in close order too, alongside the green vest of Ben Lewis.



Matt Stonier: strong finish to secure the junior men's title last weekend

Half a mile later and Henry McLuckie also began to show alongside Cowperthwaite, as Stonier was still keeping a watchful eye on proceedings from the middle of the still large group of 11 contenders.

Finally, as the pace lifted thanks to Cowperthwaite, it was only Stonier who went with the North East Counties runner before finally pouncing in the closing stages, as Henry McLuckie and Kian Davis were in for the ride.

Only fifth in the under-17 race last year, Stonier, who won the Southern title in January and here consolidated his Cross Challenge standing, said: "It was quite windy so there was no need to worry about going early but I tested them on the final uphill."

For his part, Cowperthwaite lamented: "I tried to speed up but he left me on the hill."

Behind the top two and after a steady start McLuckie came through to replicate his National third spot from last year.

Davis, who was only sixth in the Northern championships, headed Tarragano as the pair completed the top five.



Adam Hickey (4162) and Mahamed Mahamed battled it alone at the front

For his part Hickey, who is piling in the miles in anticipation of a run out in the Virgin Money London Marathon, was disappointed to concede his title but admitted that Mahamed's finish was stronger. In London he hopes to improve on his

2:18:56 from Berlin last September.

Third-placed Evans was pleased with his bronze after having won a 100km race in New Zealand three weeks earlier.

The North East, led by National winner Johnson, narrowly took the

team award from Yorkshire, but the prestigious nine-to-score Len Beavan Trophy went to the white rose county.

Despite Hickey's second spot, his county Essex did not even close in a full team.

Prizes were also awarded for the Cross Challenge series and while Mahamed won the £2000 first prize, the other awards went to the three finishers immediately behind the Southampton man and in the same order.

Under-17 women

BEA WOOD is compiling an impressive list of victories during her prodigious teenage career. On the track she has won the English Schools 1500m title for the past two years and has enjoyed victories in the London Mini Marathon and SIAB Schools Cross Country International. Last Saturday the Wiltshire runner took her second successive Inter-Counties title.

It is rare to see her lose but triathlon specialist Beth Cook finished ahead of her at the English Schools Cross Country Championships 12 months ago in Leeds. However, she turned the tables on Cook at Prestwold Hall to leave her rival 11 seconds behind as Maya Todd McIntyre was third, Anna Hedley fourth (leading Scotland East to the team title) and Kirsten Stilwell fifth.

Wood bided her time during race – and fought off a side stitch – before making her break with about a quarter of a mile to go.

Racing to victory in leggings to keep her limbs warm in the fresh breeze, Wood said: "I'm bottom year here so it's always going to be harder but I wanted to win and I'm so happy to have done it."

Under-17 women: Maya Todd McIntyre (2160), Anna Hedley (2177), eventual race winner Bea Wood (2288) and Bethany Cook (2251)



Bea Wood: victory in the under-17 women's race



The under-17 men's race gets underway on increasingly churned up ground



Under-17 men

WILL BARNICOAT added to his National victory of two weeks earlier but did not show in the early stages of the contest as West Wales' Lloyd Sheppard, Mo Ali for Middlesex and Devon's Oliver Smart were in the lead, as Harry Hudson and Louis Small followed.

Barnicoat was keeping out of trouble as Hamish Reilly, Arthur Lowe and Flynn Jennings were also not too far down.

As the field settled, a group formed at the front as Jennings, Ali and Hudson were tracked by Barnicoat, Smart and Reilly.

By the finish and on the second of their circuits, the Surrey man had broken well clear of Smart and Reilly as he won by around 60m.

Behind, Lowe and Jennings were left without any answers as the top three went clear but they stayed ahead of Matthew Knowles and Small.

"I was pretty confident and did all of the work in the last flat bit, after the hill, as I like the flat and dry sections," said Barnicoat, who added that he aims to do the treble by contesting the English Schools Championships in Liverpool this weekend [see preview, p49].



Will Barnicoat: timed his run to perfection to take U17 gold



Under-15 girls

AFTER winning the English National title, Kiya Dee added Inter-Counties gold to her growing list of achievements. The long-striding and fast-starting Gloucestershire athlete made light work of the mud to beat Hannah Ryding of Scotland West by 10 seconds with Holly Weedall of Cheshire third.

Afterwards she was wincing with pain. Not because of the kinesio tape around her knees but due to her laces being tied up too tightly.

It was just as well given that one of the earlier winners had lost a shoe mid-race. It was quickly remedied as well by her mother (and coach) who loosened the laces as she was speaking to *AW*.

Like under-17 winner Bea Wood, Dee also got a stitch in the latter

stages but gritted it out to win. "It was the kind of course where your feet got stuck in the mud and it drained all your energy so you just had to try to pick up speed again before hitting another patch of mud," she said.



Kiya Dee: strode away from her rivals

The under-15 boys are away at Prestwold Hall



Under-15 boys

LEWIS SULLIVAN made it a National and Inter-Counties double and now goes to the English Schools this weekend to try to complete the trio of top nationwide events, after also taking the Cross Challenge under-15 award.

The St Edmunds Pacer also led Suffolk to team gold in a rare victory for an East Anglia outfit.

From the start and as the field had to find their way through smoke from a farm bonfire, Northampton champion Luke Cole opened up a 20m gap on the rest before fading toward the back of the field at the finish. Behind him as they went down to the main part of the course, Chris Perkins, Sullivan and

Abdirahim Hamud followed.

Then, as the pretenders dropped away, it was left to Sullivan and Perkins to battle for gold, as Alex Adams came through to take the final podium spot.

Sullivan said: "The smoke made my asthma a bit weird but then I was watchful for most of the race."

Under-13 girls

NOT only did Zoe Gilbody manage to win gold minus her right shoe but the Shropshire runner finished almost half a minute ahead of her rivals Shaikira King and Maisey Bellwood.

"It came off in the mud just going into the second field when I was in third place," said Gilbody, who has



Zoe Gilbody took U13 girls' gold minus a shoe

Under-13 boys

HENRY SHEFFIELD, the Gloucestershire and South West Inter-Counties winner, who was 12th here in 2019, made it three wins out of three this year as he saw off a challenge from National winner Alden Collier.

Sam Plummer and Gianleo Stubbs came through to take the minor medals as Collier, who had collapsed into the mud at the end of his National victory, faded badly and slipped back to 29th spot as his unbeaten run came to an end. He nevertheless secured the overall Cross Challenge title.

Sheffield also gave it his all, saying: "At the end I had nothing left"

enjoyed success on the Prestwold Hall course before at the National Primary and Year 7 Championships. "I maybe ran half the race without a shoe but it was only at the finish that it was hard as I was slipping around."

Gilbody's white compression socks did the trick but she was quite keen to retrieve the missing shoe after speaking to AW due to the fact it was a new pair.

The youngster has also won the English National this year and like many youngsters will toe the line at this weekend's New Balance English Schools Championships in Liverpool, although she is bottom year and will be up against older athletes.



Lewis Sullivan: undefeated as an under-15 this winter



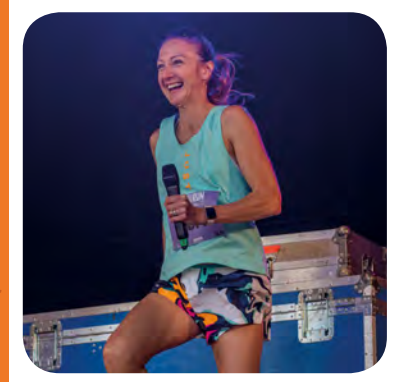
Henry Sheffield: strong run in under-13 boys event

RUNFEST RUN 2020

22 - 24 MAY 2020 • WINDSOR GREAT PARK

PROUDLY SUPPORTED BY **V O L V O**

“A WEEKEND OF RUNNING LIKE NO OTHER”



11 RUNS TO TAKE PART IN

2.5k • 5k • 10k • Half Marathon • Night Run • Fun Run • Club Relay...

LIVE MUSIC

All Saints • Basement Jaxx • The Feeling • Toploader • Duke • Judge Jules

RUN ALONGSIDE YOUR HEROES

Paula Radcliffe • Colin Jackson • Steve Cram • Chris Evans

PLUS

Yoga, Fitness Classes, Talks, Shopping, Food & Drink, Kids' Activities

BOOK YOUR TICKETS NOW ! RUNFESTRUN.CO.UK

V O L V O



Kathleen the great

KATHLEEN STEWART SETS ONE WORLD AND TWO BRITISH MARKS ON A RECORD-BREAKING MASTERS WEEKEND

REPORT: STEVE SMYTHE PICTURES: TOM PHILLIPS

WITH the opportunity to win European titles denied after the late cancellation of next week's masters event in Braga, British masters were forced to make this event the highlight of their winter. They responded with a bout of notable record-breaking in a championships which turned out to be one of the best quality masters events this winter.

Though British and European athletes of the year Ian Richards, Clare Elms and Evaun Williams dominated their age groups, it was W80 Kathleen Stewart who stole the headlines with a world and two UK records.

Other records were set by M75 Peter Giles (two), M60 John Wright, M55s Don Brown and Steve Linsell and W50 Carol Parker.

Irie Hill and Mark Johnson had good world record attempts and plenty of athletes showed form that would have been more than good enough for a European title.

There were other notable middle-distances doubles (or triples) for M65 Dave Wilcock, W45 Louise Rudd, M50 Mark Symes and M55 Gary Ironmonger but W70 Sally Hine was the most successful of the weekend with seven gold medals.

There were moans from some middle-distance athletes about the programme being geared for sprinters as the 800m, 1500m and 3000m all took place after all the sprinters had finished and the track's bumpiness unsettled some of the 200m and 400m runners. There were also a few seeding problems in separating A and B finals.



Kathleen Stewart: on her way to a W80 400m world record



Dominic Bradley: M40 sprint double



Graham Lay: M40 shot win with 12.62m

Results were not available due to a broken scoreboard and there was an absence of paper results, but online they were available in record time on the Open Track system.

Some previously Braga-bound athletes chose not to compete while a few who thought this was too close to the now cancelled championships regretted not entering.

Geoff Tyler set a UK M70 discus record in the outdoor throws (see report and results on p52-53).

M35-M45

THE M35s did little to justify their inclusion in terms of quality – with only one event reaching AW's standards – but there were some good races highlighted by Paul Howard and Richard Clayton sharing the winning 800m time.

European and world masters 200m medallist Dominic Bradley won a 7.05/23.06 sprint double.

Mensah Elliott, second in the 60m, won the hurdles in 8.21.

Andrew Brown, a 1:48.30 man at

his peak, won the 1500m from Mick Hill but lost out to the last-lap kick of 400m champion Keith Hutchinson, who broke two minutes for the first time.

Hill dominated the 3000m but noted he had run much faster during the Armagh 5km.

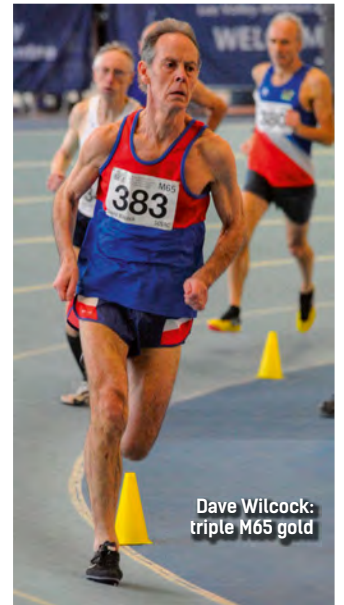
In the M45s, Ciaran Harvey gained a sprint double while world champion Joe Appiah won the hurdles. Another Torun winner, Dean Richardson, impressively controlled the 1500m in 4:10.25.



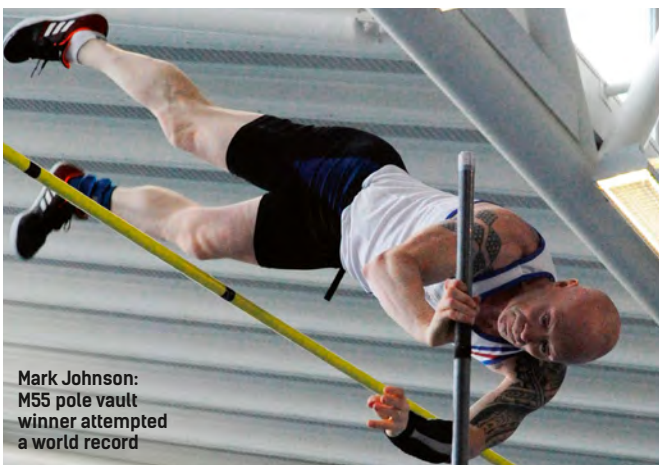
Paul Forbes: M60
800m victory for
the 1:45 man



W55 Clare Elms and W45
Louise Rudd both won
1500m/3000m titles



Dave Wilcock:
triple M65 gold



Mark Johnson:
M55 pole vault
winner attempted
a world record



Steve Linsell: M55 UK high jump record



John Wright: M60
UK 400m record

M50-M60

JASON CARTY could not quite match his recent UK 60m record of 7.17, but still impressed with a two-metre win over former multi champion and record-holder Darren Scott.

Giuseppe Minetti was third but showed his greater talents in the 200m with a 24.18 win which was quicker than his winning time in the 2019 European outdoors.

There was a close 400m as 2018 world masters silver medallist Michael Gardiner just held off the late rush of former Euro masters 800m champion Steve Baldock.

World 800m and 1500m champion Mark Symes impressively took the double in his speciality events, looking back to his best on the last lap of each.

European male master sprinter of the year Don Brown set a European M55 60m hurdles record of 8.91 and also looked sharp in the 60m as his 7.61 just missed the British record and left Pat Logan two metres in arrears.

Logan got his revenge, though, in the 200m – 25.41 to 25.46.

The other record in this age group came from Steve Linsell who improved his UK high jump record with a third-time clearance at 1.71m.

Mark Johnson won the overall pole vault with a 4.30m leap and had some good attempts at a world record of 4.53m.

The seeding was poor in the 400m as the supposed B final was won by Wole Odeje in a time of 58.02 which was two seconds faster

than the A final but the Cambridge Harrier won the gold medal.

Gary Ironmonger's fast finish dominated the 800m and 1500m race and former world 3000m champion Simon Anderson won the 3000m after being a close second over half that distance.

Steve Whyte dominated the throws.

Pick of the M60 performances was European triple sprint champion John Wright's UK record over 400m of 56.93 on his first ever visit to Lee Valley. Pick also won the 60m in 7.93 but was surprisingly beaten in the 200m by an inspired Ricky Huskisson – 25.68 to 25.71.

Paul Forbes, who has run 1:45.66 for 800m, controlled his speciality, 37 years after setting his PB!

Fourteen years after he won

the world title in Linz, Steve Smith showed his best form for a while in winning the 1500m in 4:47.30.

Paul Mingay, a reigning world and European masters champion on the road, and British M60 record-holder in the marathon, showed improving speed with a 3000m PB and title.

John Mayor won a high jump and hurdles double and just lost out in the long jump.

M65 and over

DAVE WILCOCK, who still holds some UK records, just missed out on another as he won the M65 800m in 2:24.93, which was a half a second outside Pete Molloy's record.

Had he been with a younger age group, he would have surely achieved it as he won his race by

10 seconds. The previous day he had won the 400m and 1500m, which suggested a 2:20 target is not impossible.

Another prolific record-setter, Nigel Gates, also paid for an unhelpful age split and having to run solo. The all-time great still holds the UK 3000m records for an M40 (8:20.16), M45 (8:45.19) and M50 (8:49.37) and last year added the M65 record (10:16.02).

He looked on target for that latter mark until halfway but the lack of opposition and the constant lapping took its toll and he won in a world age-group lead of 10:26.83.

In the M70 age group, athlete of the year Ian Richards won the overall walk, having been DQ'd in his two BMAF 3000m races last year.

Dave Spencer, who set a UK 400m mark last week, was not quite as quick but still impressed with a 29.13/67.36 200m and 400m double.

Rock musician Peter Giles might be better known for playing his bass guitar with Robert Fripp but his running is catching up – he ran a largely solo UK M75 record of 5:36.94 in the 1500m on the Saturday and the day after won the 800m with a minimum of effort in 3:15.12, taking the title by only half a second.

Just 80 minutes later he managed a slightly faster four minutes-per-km pace for most of the 15 laps of the 3000m and finished in 12:07.38 to add the indoor record to last year's outdoor record and surpassed Jimmy Todd's past mark as he did in the 1500m.

Victor Novell completed the sprint double (8.93/30.25) while Tony Bowman dominated the M80 category.

W35-W50

EUROPEAN medallist Fiona de Mauny, who had a fairly full cross-country season, showed good speed to win the W35 400m in 59.22 and then front ran a well-controlled 800m in a championships' best of 2:11.82.



Di Norman: four W45 golds and a silver on the Saturday

Also in sharp form was Lisa Bolland, who ran the fastest women's 200m time of 26.60.

In the W40s there was a sprint double for Karen Burles while Michelle Thomas did likewise in the W45s.

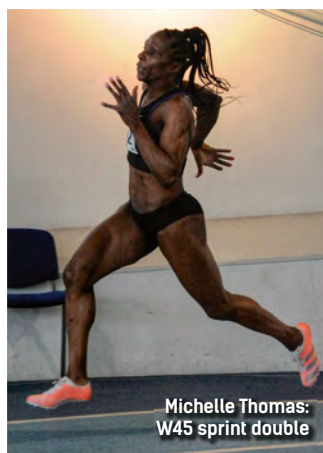
Former world champion Louise Rudd, who set a UK W45 mile record earlier in the year, was the fastest overall woman in action over 1500m and 3000m.

The most age group golds, though, predictably went to UK pentathlon record-holder Di Norman. She won the 60m hurdles, high jump, long jump and shot but missed out in the 400m to former world masters medallist Louise Wilkinson's impressive 60.60.

Norman missed out on further certain medals by not competing on the Sunday.

W50-W60

NEW to the age group, Carol Parker set a British W50 shot record of 12.63m, to eclipse 1970



Michelle Thomas: W45 sprint double

Commonwealth discus champion Rosemary Chrimes' mark from 34 years ago.

Multi world and European champion Irie Hill won the pole vault in a championship record 3.45m but missed out on setting a world record 3.55m.

Another world and European champion, Clare Elms, who received her overall women's master athlete of the year award here, dominated the W55 distance races.

With no-one to push her, she set a championship record in the 1500m, 25 seconds clear of European medallist and 800m winner Christine Anthony.

She did have some opposition in the 3000m and for more than half the race towed overall winner Louise Rudd. Though outside her world record set here last year, Elms' time of 10:30.05 was a world age-group lead and yielded the highest age-grading in the meeting of 101.06%.

Tracy Bezance won a 200m and 400m double.

Last week Melanie Garland lost her UK W55 long jump record to Jo Willoughby's 4.82m leap and just missed out on regaining it here with a 4.81m win. She also won the high and triple jumps as second in all three was 1984 Olympic long jump medallist Sue Richardson (nee Hearnshaw).

Kirstin King won the 60m.

W60 and over

KATHLEEN STEWART did not head anyone in the combined W60-W80

400m, finishing 14 seconds down on her only opponent W60 Hilary West, but her 90.37 clocking not only improved her own UK W80 record of 92.56 set last month by over two seconds but also remarkably eclipsed the world record of 91.10 set by Italian Emma Mazzenga six years ago.

The following day Stewart first broke her own UK 200m mark of 40.90 by a huge margin in the morning with a time of 39.13.

Then, in the afternoon, the North Shields Poly athlete rewrote the UK 800m mark in the W60 plus race. Chasing Anne Martin's 4:07.36, she took over 10 seconds off the previous record mark with 3:57.33.

For most of the race she headed all-time great Pat Gallagher, who won W70 gold.

Stewart is no stranger to record-breaking and has been producing quality times every year since entering the W60s 20 years ago.

Jane Horder won a W60 60m and 60m hurdles double but that was topped by Teresa Eades, who won golds in all four jumps.

Last year Helen Godsell set a world record in the W65 200m but here settled for a relaxed 31.73.

New W70 Sally Hine was the most successful athlete of the championships in terms of titles. She won seven golds taking the 60m, 200m, 60m hurdles, high, long and triple jumps and the shot.

W80 European masters athlete of the year Evaun Williams predictably dominated the throws.



Melanie Garland: W55 long jump win



SIGN UP TODAY AND CHOOSE YOUR FREE PAIR OF goodr SUNGLASSES WORTH £25!

goodr think running is fun and your kit should be too. They're about creating fun, functional, fashionable and affordable sunglasses, for all.

- ▶ NO SLIP
- ▶ NO BOUNCE
- ▶ ALL POLARIZED

Choose one of the following;

- 1 Whiskey Shots with Satan
- 2 Going to Valhalla...Witness
- 3 Gardening with A Kraken



goodr



SAUCONY ENGLISH NATIONALS

INSIDE ACTION FROM THE BIGGEST WEEK OF THE WINTER FEBRUARY 27, 2020 | £5.95

AW

80
PAGES PLUS
GUIDE

1945 **75** 2020

TEARS OF JOY

National victory for emotional Calum Johnson

WORLD RECORDS
Half-marathon and triple jump marks fall

6.18m!
uplantis breaks world record in Glasgow



BRITISH CHAMPS

Jessie Knight is indoor winners in Glasgow

GATESHEAD HARRIER

saucony

6770

ONLY £10.99 PER MONTH

REEKIE, PO... NEWS • ACTION • RESULTS • EVENTS • ATHLETICSWEEKLY.COM

Sign up today for only £10.99 per month paying by Direct Debit.

Delivery will be direct to your door upon publication. No minimum contract – you can cancel at any time.

To claim your AW subscription savings, simply go to:

<https://www.mymagazinesub.co.uk/athletics-weekly/promo/AWPAGEMAR20>

OR Call: 01778 392018 quoting AWPAGEMAR20

This offer is open to new subscribers only and only valid in the UK

“What I would say about my dad is that there is no corner that is untouched, no crack that isn't glossed over. He is dedicated, hardworking and an amazing dad who I couldn't be prouder of”

MORGAN BAULCH

Jamie Baulch, the former world indoor 400m gold medallist, with son Morgan

Jamie: H&M V-neck T-shirt. Primark black stress denim jeans. Morgan: Asos Design co-ord crop denim jacket. H&M T-shirt. Primark grey denim stretch jeans.



IN THE FIRST OF A SERIES
ON BRITISH OLYMPIANS AND
THEIR TALENTED CHILDREN,
MICHELLE PIERRE-CARR
CATCHES UP WITH
JAMIE BAULCH AND HIS
SON MORGAN

In my genes

FOR most sportsmen and women reaching the Olympics is not only the pinnacle of their careers but represents a lifetime of hard work that probably won't ever be matched again.

The dedication of training six days a week, giving up active social lives, being away from family and friends weeks at a time and generally going it out on their own, come rain or shine is their driving force for the pursuit of being the one per cent that makes it. But have you ever wondered what happens when they get there and the goals they have set have been accomplished?

I have and when the drive and hunger has gone and injury sets in what happens to these amazing men and women who don't pursue life on the television for all us to see. But bow out gracefully into our normal often mundane world?

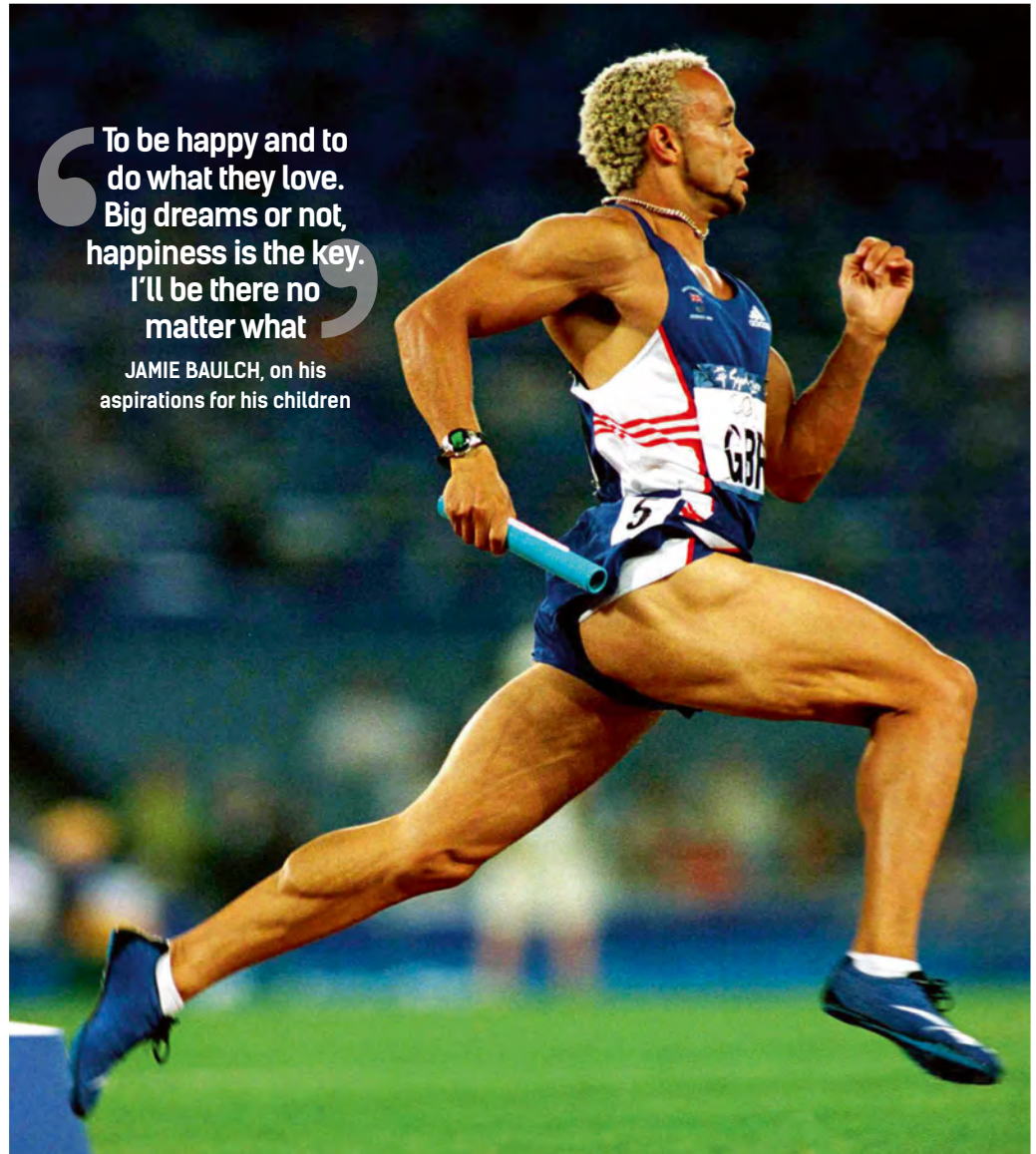
Scroll to 2019 and I am in a room with these people – former sprinters Jamie Baulch and Sarah Reilly, triple jumpers Francis Agyepong and Yamilé Aldama and high jumpers Brendan Reilly and Dalton Grant. Six talented Olympians who have represented Great Britain and have numerous titles and gold, silver and bronze medals among them.

However, this time they are surrounded by their offspring. Talented young kids in their own right that have the backing of a formidable force, their Olympic parents.

In this intimate photo shoot, I found out what it really means to retire from an all-consuming sport and how, if at all, that now translates to their kids.

This week we focus on Baulch and his son, whereas in coming weeks we will feature the remaining five Olympians and their children.

Styling: Michelle Pierre-Carr pierreccarr.com
 Photography: Paul Thorburn stemagery.com
 Photography assistant: Tim Wheeler
 Hair stylist: Angela Plummer angelaplummer.com
 Make-up: Malkia Roberts malkia.co.uk



To be happy and to do what they love. Big dreams or not, happiness is the key. I'll be there no matter what

JAMIE BAULCH, on his aspirations for his children

Jamie and Morgan Baulch

One of Britain's best known and favourite athletes, Baulch won the world indoor 400m title in 1999 and as part of the British 4x400m relay team took Olympic silver in 1996 and world gold in 1997, while his son Morgan, 16, is an actor, dancer, choreographer and founder of Newport K-Pop.

Jamie Baulch

AW: When and why did you retire?

Jamie Baulch: I retired in 2005 after having a minor injury which made me question my future in the sport and I decided that it was the right time to exit. I felt lucky to have

had a long career in athletics and I retired on my terms.

AW: How has the transition been and what do you do now?

JB: After leaving the sport I entered into a number of business ventures, one of which involved setting up my own sports agency and attaining the licence to produce the Welsh Rugby Union's official signed merchandise. This led me to do what I do now, which is taking part in silent auctions at charity events for my company BidAid.

AW: Are your hopes and dreams reflected in your child?

JB: I've always wanted my children to do what they want to do. I'll

always tried to help them with certain opportunities but on the most part I just let them carve out their own path.

AW: How do you feel your sport has helped you help your children?

JB: Due to my success on the track I have been very lucky to have met a lot of people. This has given me the opportunity to make certain things happen.

AW: What are your aspirations for your child?

JB: To be happy and to do what they love. Big dreams or not, happiness is the key. I'll be there no matter what.

Jamie Baulch, now aged 46, with son Morgan and, inset, with relay teammates Roger Black, Iwan Thomas and Mark Richardson



Jamie: H&M black motif jeans jacket. Primark black stress denim jeans. River Island caramel rollneck jumper. Morgan: Asos Design oversized denim shirt with splatter wash. Primark denim stretch jeans. H&M crew neck T-shirt

AW: How has parenting been and how has it changed you, if at all?

JB: I love being a parent. It gives me so much joy. Seeing my children (Jamie has two children in total) grow into young adults and grow into the people they want to be is a delight for me.

Morgan Baulch

AW: How has your parent's sporting success influenced you?

MB: It has made me want to become successful in my industry. Although my dad and I have chosen different career paths, we share the same determination and hunger to be the best.



Since retiring as an athlete, Jamie Baulch has been a regular on television

AW: Do you believe that your talent and your success been the direct result of your parents' success?

MB: I believe that since my dad was successful in his industry, he was able to educate me on the fundamental skills needed to succeed. He has helped me in more ways than he may know. However, I personally believe that my success is in the hands of no one else but myself. If I hope to go the distance and give myself a name, I have to take the wheel and work hard and make my own decisions.

AW: What would you say about your parent?

MB: I would say that my dad is one of the most hardworking people I know. Not only was his training rigorous and strict when he was competing, he now works long hours building up his business. What I would say about my dad is that there is no corner that is untouched, no crack that isn't glossed over. He is dedicated, hardworking and an amazing dad who I couldn't be prouder of.

■ **Michelle Pierre-Carr is a former international sprinter with a 400m best of 52.77. She now works as a fashion stylist and you can find out more information about her at pierre carr.com**



**ULTRA
NORTH**

WHAT ARE YOU MADE OF?

**RUN, JOG OR WALK
AN ALL TERRAIN ROUTE
STARTING AND FINISHING
IN NEWCASTLE**

25 APRIL 2020

ULTRANORTH.CO.UK

Triple jump phase

JOHN SHEPHERD LOOKS HOW TRIPLE JUMPERS BALANCE THEIR HOPPING AND JUMPING STAGES

IN AW's Performance pages we have considered the relationship between the hop, step and jump distances in the triple jump before when gaining an understanding of phase ratio.

Here we look at how you can determine whether you or the athlete you are coaching has a balanced, hop or jump dominated ratio.

Basically, the jumper's phase distribution is calculated on a 2% differential between the hop and the jump phases. If either is 2% or more longer than the other then the jumper is dominant in that particular phase and if it's less than 2% then the jumper is deemed to be using a balanced ratio.



Triple jumpers, male or female have a step phase which is the shortest of the three. It is generally between 27%-30% of total distance. So if a jumper with a best of 15m stepped 4.50m (30% of total distance) and had a jump phase of 5.55m (37%) off of a 4.95 (33%) hop, then they would be a jump dominant triple jumper.

Yulimar Rojas, the recent world indoor record-breaker with 15.43m, is similarly to the example given, a jump dominated triple jumper. Her stats from her much shorter, compared to her world record, 14.91m winning jump from the 2017 World Championships in London was as follows:

- Hop 5.21m (34.7%)
- Step 3.95m (26.3)
- Jump 5.86m (39%)

Interestingly of the 11 other London finalists only one other was jump dominant, eight were balanced and two hop dominant.

Plug into Electrical Muscle Stimulation

ELECTRICAL muscle stimulation has been used by athletes for over 20 years. Its usage has shown surges of interest and then decline. However, there is a growth in research to indicate that it could be an option worth looking into for the training mature and elite athlete looking to give that additional boost to their training as we move into the 2020s.

Researchers in the *Journal of Strength & Conditioning* carried out a research review of relevant studies with a specific focus on elite performers and of 200 studies, 89 were selected for appraisal.

It's beyond the scope of this column to go into specific detail now on this and other related research (look out for an

in-depth article and a review of one of the latest devices coming soon) but the sports scientists did discover that EMS did work for "significant strength gains".

To this end from their review they were able to identify the type of EMS required – specifically a stimulation intensity of $\geq 50\%$ maximum voluntary contraction (MVC; $63.2 \pm 19.8\%$).

It was also discovered that to produce these effects a training regime should use EMS 4.4 ± 1.5 times per week which amounted to 17.7 ± 10.9 minutes per session. Much more detail is added too relating to the specificity of the stimulatory frequencies. As mentioned look out for more on EMS.

EXERCISE FOCUS SWISS BALL SQUAT

Exercise type: Strength (balance)

Suitable for: All athletes, ages and events

Benefits: Strengthens leg muscles. Aids squatting technique and balance due to the inherent instability and function of the Swiss ball.

How to: Lean into the ball, having placed it against a wall and in the small of your back. Feet should be shoulder-width apart with heels on the ground and legs straight. Bend knees to lower. The ball will roll in the small of your back and the overall position should enable an ease of achieving a half squat (thighs parallel to the floor position). Push back up and repeat.

How many: 4x15.



Rest to be at your best

HOW CAN ATHLETES CALM NERVES AND GET A RESTFUL NIGHT BEFORE A COMPETITION?
DR NERINA RAMLAKHAN TALKS THROUGH HER TOP TIPS

GETTING good deep sleep is incredibly important. There is a reason why nature has designed us to spend over a third of our lives sleeping – there's an intelligence in this design. When we sleep our body repairs and rebalances on many levels, this can be physical, mental, emotional and even spiritual. This ensures we wake up with energy and enthusiasm, feeling inspired and looking forward to the day ahead. This is very important for athletes who are training hard and who especially need to be on top of their game – for them, getting nourishing sleep can literally give them a competitive advantage.

How does sleeping well do this?

During deep sleep the body produces a cocktail of neurotransmitters and hormones, including growth hormones, which aid recovery and optimise the growth and strengthening of muscles. The dream process enables the re-organisation and sorting of information in the brain so the athlete awakens feeling sharp, clear and laser focused. And we all know that getting velvety, deep sleep (my favourite type of sleep) makes us happy. Life just feels so much better and pressures are so much more manageable after a really good night's sleep.

Race night nerves

But it's not always that easy. I used to run marathons and I'd often find that the night before my race I just couldn't get to sleep. I was too wired and I'd lie there fretting about not performing at my best the next day and all that training going to waste



because I couldn't sleep. I found it difficult to switch my mind off and I definitely couldn't relax my body. By the way, this was before I started learning more about sleep, working on my own sleep habits and patterns and then helping others.

By virtue of what they do – competing to excel and win – athletes tend to be driven, perfectionistic, hard on themselves and have exacting standards. Exactly the opposite of what is needed in order to get a good night's sleep. In fact, in order to sleep well we almost need to not worry about how we sleep!

So, how can you give yourself a fighting chance of getting good sleep the night before an important event or before a hard training session?

■ Stop worrying about how you'll perform the next day. We're a great deal more resourceful than we think we are and sleep although vital, is only one way in which we get energy. Our energy levels are also bolstered by the way we eat, drink, move, breathe, and even think. Studies show that a night of poor sleep the night before a significant event such as an exam, presentation or a physical event

such as a race has a negligible effect on your performance. This is where adrenaline, determination and high levels of motivation can really go a long way. The bottom line – the night before a big event, don't worry too much about the sleep you are or aren't getting. ■ Use the word "rest" rather than "sleep". Tell yourself the night before your event: "Tonight I'm not going to worry about sleeping or not sleeping. I'm just going to rest". Using this form of auto-suggestion might even trick your mind and body into actually letting you fall asleep.

■ **Familiar rituals.** If you are staying in a strange environment or hotel room, have familiar things around you including sights, sounds and smells. If you use lavender oil in your own bedroom take this with you when you travel. Sleep on your favoured side of the bed. Take photos of your loved ones or pet and put them on your bedside table. Creating a feeling of inner safety around you will settle your nervous system and enable you to rest more easily.

■ **Wind down with chamomile tea** or a milky drink. You could also have a small snack such as oat cakes with some nut butter to avoid waking due to a blood sugar low.

■ **Stop clock watching.** Obsessively checking the time during the night will not help your inner perfectionist who will immediately go into calculating and catastrophising about what might happen if you don't get "X" hours of sleep.

■ **Know that it's normal to wake up** during the night. The average person wakes 10 to 15 times a night – it's actually an evolutionary survival mechanism in which we wake up and check the "cave" is safe. If we didn't do this, we would probably be extinct! We don't remember waking this many times (hopefully) but checking the time brings you into full consciousness thus making it difficult to return to sleep.

■ **Tech hygiene.** Avoid looking at your phone right before you switch your light off. The blue light suppresses melatonin production and can stop the eye muscles from relaxing which is vital for falling asleep. If you're a bookworm, start reading an easy-to-read uplifting book before your big event so you can lose yourself in a good story. Ideally it shouldn't be a page turner that you want to stay up all night reading but something easy and maybe even humorous.

■ **The power of the breath.** Use your breathing to put you to sleep. Put one hand on your chest and one on your belly. Follow your breath without trying to control it



Oatcakes before bed can prevent you waking and feeling hungry

while silently repeating the words 'IN' and 'OUT'. Gently prolong the exhalation and allow the inhalation to take care of itself. This will help to deepen and slow your breath down which activates the vagus nerve which controls the relaxation response.

■ **Gratitude.** If you're having difficulty getting to sleep or staying asleep get into a comfortable position in bed, close your eyes and slowly think of all the things that you're grateful for in your life. What has gone well in your training and what are you feeling grateful for right now. Place one hand over your heart and one on your belly and allow yourself to experience the feelings of gratitude. Soften into the feelings of gratitude. Smile inwardly.

■ **Love yourself to sleep.** This is a powerful meditation for putting yourself to sleep and sending gratitude to your body – it can be a great technique to use after all the hard work you've been through.

Repeat these words silently and slowly make your inner voice soft and gentle as if putting a small child to sleep. Starting with your right foot ...

- "I love my right foot"
- "I love my right big toe"
- "I love my right little toe"
- "I love all the toes of my right foot"
- "I love the top of my right foot"
- "I love the bottom of my right foot"
- "I love my right ankle"
- "I love my left foot"



Dr Nerina Ramlakhan: sleep expert has worked in elite sport and business

Then move through the sequence on your left foot. You will start to fall asleep. If you lose the meditation, go back to the starting point as soon as this happens and start as follows: "I love my right foot".

■ **Dr Nerina Ramlakhan has worked as a professional physiologist and sleep therapist for 25 years. This has included conducting sleep and wellness programmes at Nightingale Hospital in London, working for clients such as Chelsea FC. She is the founder of BUPA's Corporate Wellbeing Solutions and has also written several books. See drnerinamuses.com for more**



Create the right environment for sleep and don't clock watch

Spring clothing

IN CHANGEABLE WEATHER, WEARING THE RIGHT KIT IS ESSENTIAL. AW's PAUL FREARY TAKES A LOOK AT LIGHTWEIGHT PERFORMANCE CLOTHING FOR ANY CONDITIONS



Commen Clothing – Women's Samus Run Leggings

Price: £35.00

Stockist: commenathletics.com

Highly breathable and created using a high-performance fabric, these leggings provide great coverage and support and have an incredibly comfortable fit.

The flat-lock seams ensure no chafing and the high waistband provides a nicely fitted design, with colour block panels for a distinctive look. The two-side pockets are perfect for gels or other small items and a secure zip pocket incorporated into the waistband is perfect for a card or keys.

Runderwear – Easy-On Support Running Bra

Price: £50.00

Stockist:

runderwear.co.uk

New from the specialist sport-specific underwear brand, this running bra is available in over 70 sizes (28D to 40H) and provides super-soft, moisture-wicking and breathable support for comfort and performance.

The fully opening back feature with double adjustable hook-eye closures, makes it very easy to get on and off. This is particularly beneficial in the larger sizes where donning a running bra can require serious contortionist skills!



Running Bear – Heaton Artist Long sleeve

Price: £35.00

Stockist: runningbear.co.uk

This half zip long sleeve shirt is great for those dry, cooler morning runs. Its soft, moisture-wicking fabric is light and breathable, but with extra length sleeves and thumb loops it keeps you warm and snug. When you do warm up, the half zip neck allows for some temperature regulation.

A zip pocket is perfect for keys and with clever 'sticky-dots' on the inside, it means things stay in place as you run with no bounce!



New Balance – Impact Run Tight

Price: £50.00

Stockist: newbalance.co.uk

The two pockets situated on the side of the legs in these tights provide you with storage options for essential items. One is zippered for security and the other has a stretch design that allows easy access while on the move, perfect for a gel or discarded gloves.

The fabric is medium weight, so great for this time of year, being warm and moisture wicking. Zips to the ankles are a welcome addition that seem to have been abandoned by other manufacturers.

New Balance – Printed Impact Run Light Pack Jacket

Price: £70.00

Stockist: newbalance.co.uk

Designed for long runs where changeable weather conditions look possible, this jacket is wind and water resistant and can also pack neatly into its own pocket for storage. An integrated stretch waistband allows you to carry the jacket if not required and it is so light you'll hardly notice you have it with you.



Should the weather take a turn for the worse, the durable ripstop fabric provides useful protection and with a built-in hood you are fully covered.

Neat bindings to the cuffs and waist hem make it a good fit and the printed graphic design matches that of the New Balance Impact Run tights pictured on the left.

Craft Sportswear – Vent Pack Jacket

Price: £75.00

Stockist: craftsportswear.com

With a perforated design to the back, vents located at the front of the shoulders and mesh panels in the sides and under the arms, this jacket allows air to circulate and remains breathable however hard you are working. The light, ripstop fabric is wind proof and water repellent and the translucent fabric allows the colour of the garment beneath to be seen, making it as stylish as it is functional.

There's a zip pocket on the chest to secure items and a clever pocket located inside the sleeve cuff that allows the jacket to store itself in an incredibly small package.



CEP – Run Shorts 3.0 – £79.99

Price: £79.99

Stockist: cepsports.co.uk

The multi-panel construction of these compression shorts makes for high levels of support whilst still allowing a great range of movement. They provide a great compressive fit that stays in place without any movement as you train, ensuring the medical grade compression remains as effective as possible.

Ventilated panels in the legs means there's no over-heating and moisture management is excellent, keeping you dry and comfortable. Stretch pockets located at the hips are perfect for gels,

making these great shorts for longer events. A rear zip pocket is also useful for securing other items.



ASICS' recycled sportswear for Tokyo teams

ASICS Corporation, the only Olympic and Paralympic Games Tokyo 2020 Gold Partner in the sporting goods category, have announced a range of official sportswear made of recycled clothes donated from people across the country for the Japanese Olympic and Paralympic teams.

The concept for these items has been dubbed "JAPONISM" and it expresses the power and pride of the team by blending a traditional Japanese sense of beauty with the latest technology making ASICS worthy



of "the most innovative Games ever".

The brand also announced other targets working toward their 2030 CO2 reduction commitment, such as replacing polyester materials in shoe uppers and sportswear products with 100% recycled polyester.



New Balance's 40th London Marathon gear

To commemorate the 40th London Marathon, New Balance has launched kit with a unique 40th edition logo, including shorts, T-shirts and rain jackets. Available in all sizes for both sexes along with special editions of some of their road running shoes. [See newbalance.co.uk](http://newbalance.co.uk)

Abigail Pawlett

JOHN SHEPHERD FINDS OUT MORE ABOUT THE NEXT BRITISH ATHLETE ON THE HEPTATHLON PRODUCTION LINE

A BIGAIL PAWLETT has already broken one of Katarina Johnson-Thompson's records and the 17-year-old is one of the UK's talented up-and-coming combined events athletes.

Athletics Weekly: Tell us a little bit about your background?

Abigail Pawlett: I live and go to college in Tarporley, a small village around 40 minutes outside of Manchester, where I train and compete for my club, Stockport Track and Field.

AW: How did you get started in athletics?

AP: I first started athletics when I was eight years old. I always used to win the sprint race at primary school sports day, so my mum took me to West Cheshire AC. I stopped for a year after I had osteomyelitis (a bone infection in my left foot) before properly starting to train again and compete in my second year of under-11s.

AW: Did you always want to do multi-events?

AP: I never explicitly made the choice to do multi-events. When I was younger I was encouraged to try out different events at small league meets so I could see what I liked or was good at. I enjoyed everything so kept on competing over all the events. This then led me to do the Cheshire combined events champs - even as young as under-11s when you could choose the three events that you wanted to do. I went back to that comp every year until I was a first year under-15, when it was a pentathlon, and my first proper multi-events. Later that season I went to my first ever

English schools combined events at Exeter Arena, which was also the first competition where I was coached by Joe (Frost of Stockport Track and Field).

AW: Do you have any role models in and outside of the sport who inspire and motivate you?

AP: A big role model of mine is Katarina Johnson-Thompson and watching her win gold at the World Championships in Doha last October was a huge motivator for me this season and for next outdoors, especially as last summer I broke her under-17's north-west heptathlon record. Another role model of mine is Jessica Ennis-Hill, and I remember watching her win Olympic gold in London in 2012 when I was nine. I had just come out of hospital with osteomyelitis. It was such an inspiration and definitely one of the reasons why I decided to go back and try athletics again after missing a year.

AW: What have been your career highlights and what are you aiming for over the next couple of years?

AP: A big highlight of my career so far was breaking the under-17 British record in February 2019 at the England Combined Events Champs, something I had been desperate to do as I had missed my first indoor season as an under-17 through injury. As well as this, competing for England at the ISF World Schools Champs last summer was an amazing experience, and being a part of the winning England girls team was incredible (I was actually the

youngest on the whole England team). Winning 14 national age group titles so far has given me lots of confidence in my ability to bring my best performances in big competitions.

Over the next couple of years, I am aiming for this summer's European Under-18 Championships in Rieti, Italy, then hopefully the 2021 European Under-20 Championships in Tallinn and the 2022 World Under-20 Championships beyond that.

AW: Tell us a little about your very successful training group.

AP: I'm coached by Joe at Sportcity Manchester. Joe and I work with a number of additional coaches to assist in the individual disciplines of the heptathlon and our group has great support from our strength and conditioning coach Sam Graham, and support from Altius health care for physiotherapy. I compete for Stockport Track and Field as mentioned and our training group covers loads of different events, not just heptathlon.

For me, it's great because I can train with people who just do sprints, which makes me run quicker in training, or just the long jumpers which motivates me to keep up with them in training and at competition, especially the boys. We all push each other to do well and if any of us ever get on the same international teams for competitions it's always nice to have your friends with you.

AW: Multi-events and long jump for women are loaded in this country at the present time. Does that motivate you or sometimes make you think,





Abigail Pawlett: enjoys competition both in training and when it matters

“As long as I’m having fun and doing well in the heptathlon, I don’t see myself specialising in just one event”

ABIGAIL PAWLETT

INDEPENDENT SPORT

“Ah, why can’t I be a hurdler?” for example.

AP: The fact that the heptathlon and long jump are doing so well in Britain at the moment is really motivating for me – I like to look at the performances of people a few years older than me and make myself personal targets and aspirations based on them. Obviously, sometimes you think it would be nice to do an event with little competition but I think the fact that there is always someone who is or could be better than you, really keeps you working hard.

One of my favourite events outside or in a heptathlon is the hurdles. I was super happy running such a big 60m hurdles PB at the Scottish senior champs last month to win the Scottish senior title. A time of 8.48 is great for me to hopefully translate into points for the pentathlon or heptathlon in the summer.

AW: Do you ever think you may switch to specialise in one event, rather like Morgan Lake did in the high jump?

AP: I don’t think I would ever specialise, at least not any time in the near future. I think I would get bored training for just one event. We often do 3–4 events per session so narrowing that down to just one definitely wouldn’t be as enjoyable for me. As long as I’m having fun and doing well in the heptathlon, I don’t see myself specialising in just one event.

AW: What do you like about training and what do you hate?

AP: At training, I really enjoy doing competitive things, like racing over the hurdles or jumping high bars in high jump with the training group. This is always really good as we all push each other, and it almost forces us to jump better than we normally would in training, for example. When the pressure is on I always force myself to perform better, so to replicate this in training is really fun and really beneficial

to my training. I think my least favourite part would be the long running sessions we do during indoor winter training. I don’t dislike all 800m sessions with a passion or anything, but I do get way too bored running for a long time!

AW: How do you find fitting in all the training needed for multi-events with your school/college work?

AP: It’s really difficult balancing combined events training with school work and college. Sometimes I will leave the house at 8:30am, finish college at 3:20pm, go straight to training for 5pm and finish at 9pm, getting home after 10pm and then being so tired that I go straight to bed. Finding time to work and revise is definitely hard, but I think you have to be organised and balance your training with your school work and social life, so when you have the occasional hour or so free you can get as much work done as you can. Thankfully, my teachers are really understanding which helps out a lot.

AW: What are your athletics and educational plans for the future?

AP: My plans for the future are to finish year 12 and then my A-levels next year, hopefully going on to study either English literature or psychology at university. For athletics, obviously the long-term goals are the Olympics, World Champs, Europeans and Commonwealths, but before that I’d just like to keep on improving and hopefully getting selected for junior teams over the next three years.

AW: Do you think more could be done to help athletes continue on into college and adulthood in the UK?

AP: I think whether athletes choose to continue on into college in the UK is down to the individual and their personal preference or situation. Personally, I definitely want to stay in the UK for college and university,

but other people may want a change in environment or coaching set-up, so I think the choice should be down to the athlete, without external pressures over whether to stay in the UK or to go elsewhere.

AW: What advice have you for young athletes?

AP: My advice for young athletes is to try every event, to find what you like doing and if you enjoy everything, then keep on doing everything until you're old enough or ready to make a decision to specialise or continue down the combined events pathway. I definitely think it's important to not put too much pressure on yourself, else you might find that you're not enjoying athletics anymore.



Abigail Pawlett (40): started well over the hurdles this year, winning the Scottish senior title

MARK SHERRARD

Typical training week

ABIGAIL PAWLETT'S COACH JOE FROST DESCRIBES HER WEEKLY WORKLOAD

■ **Monday:** Alternate week Mondays are at Loughborough HiPAC where we work with supporting coaches on javelin and high jump. Every other week Abi will complete a home-based S&C session which focuses on stability and "accessory" movements, such as unilateral exercises and isometric holds to assist with tendon health and also support her speed and jumps training.

■ **Tuesday:** Rest

■ **Wednesday:** We start with hurdles and a focus on technical development, hurdling at speed and when in a pre-comp or competitive phase on competitive hurdling either running with others or working with touchdown times.

Our hurdles sessions often blend into our speed work where because of the number of sessions we have each week and the number of events we have to prepare for, we will complex some or all of our starts, acceleration and/or max velocity work together in different ways and with different ratios of work depending on the time of year.

Because Abi travels from distance to training we often do longer training sessions to reduce the amount of travelling

Coach JOE FROST

Often, we will use two activities for each element, such as a vMax technical development/potential exercise (cone or wicket runs, for example) followed by a vMax exercise (20m fly, for example). After a break, we move to the pit for long jump with a focus on approach construction, development and rhythm.

The day finishes in the gym. At present after the indoors we are moving back into a preparatory phase with the focus on strength development (including exercises such as trap bar deadlifts, cleans, RDL and split-squats, going no higher than six reps).

■ **Thursday:** We like to pair high jump and shot. Although shot sessions remain consistent through the year in the winter they may be preceded by some med ball and javelin ball/javelin development work and work with heavy and light implements at key times.

High jump sessions support the work we do at Loughborough with a significant amount of time spent on approach development and curve running mechanics at present. We finish with a specific 800m session, usually involving split runs at, or close to, race pace.

■ **Friday:** Rest

■ **Saturday:** Week A: Descending warm-up protocol followed by javelin (approach work followed by throwing outside), high jump (short approach

jumping, layout drills and work off a box or springboard depending on facilities available and time of year).

800m work (off-track aerobic development work with longer runs at the moment as we move back into a preparatory phase).

Week B: Ascending warm-up protocol followed by shot (as Thursday). Long jump (short approach and technical development work with a lot of time spent on penultimate and take-off step mechanics) followed by short speed endurance (over 60-120m with long recoveries and often run on the bend to allow us to work on technical factors specific to the 200m) or hurdle rhythm endurance work.

We finish in the gym again with a focus for the most part on posterior chain development, including heavy sled pushes and landmine jerks.

■ **Sunday:** Rest

Frost adds: "Because Abi travels from distance to training we often do longer

BIOG

■ Born January 14, 2003

■ Club Stockport T&F ■ Coach Joe Frost
 ■ PBs: 100m: 12.04, 200m: 24.84, 800m: 2:29.59j,
 100H: 14.30, 100H U18: 13.73sec, HJ: 1.76m, LJ: 6.09m,
 SP: 3kg 13.13m, JT: 500g 33.99m, Pent: U17 4036i,
 Hept: U18 4783, U17 5324

■ **Selected achievements:** U20: 2020 60H Scottish senior gold 8.48, English U20 gold, long jump 6.04m, Pent Scottish senior gold. U17: 2019 UK pent record-holder, gold England Champs 4036, England Champs 60H silver 8.51, 80H gold 11.08w, HJ England Champs U17 gold 1.76m, SIAB Schools LJ gold 6.06m, English Schools gold 6.05m

training sessions to reduce the amount of travelling in a week while she is still at school. Her programme has changed, and will change year on year in terms of volume of work and as she continues to develop.

"This is a typical week at this point of the year but it's important to note that, as with all developing athletes and combined events athletes in particular, there has to be significant flexibility and adaptability in the programme from week to week."

• Training representative of Abigail Pawlett's ability and training maturity

NEW BALANCE ENGLISH SCHOOLS CROSS COUNTRY CHAMPS, LIVERPOOL, MARCH 14

TOP TEENAGE CROSS-COUNTRY RUNNERS BATTLE FOR ENGLISH SCHOOLS HONOURS THIS SATURDAY

PICTURES: MARK SHEARMAN

Sefton Park awaits

AS AW went to press the 2020 New Balance English Schools Cross Country Championships was set to take place at Liverpool's Sefton Park on Saturday despite the coronavirus outbreak. The event was last held in the Merseyside city in 2008 and it follows the championships being staged at Temple Newsam in Leeds for the past two years.

Senior boys

Sam Charlton, Josh Dickinson and Matt Stonier, who were first, fourth and sixth last year, are able to race again, while 2019 intermediate boys' winner Oliver Smart, fellow Devon runner Flynn Jennings and English National champion Will Barnicoat move up to senior level.

Stonier won the under-20 race at the Inter-Counties last weekend while Barnicoat took the under-17 gold. Charlton, who was injured earlier this winter, was at Prestwold Hall to watch, saving his legs for his English Schools title defence.



Sam Charlton (left): defends senior crown



Sefton Park is the venue this year

Senior girls

Top-placed competitors from 12 months ago such as Shannon Flockhart, Tia Wilson and Mia Atkinson are all eligible to run again although reigning champion India Pentland will not defend her title after illness and injury has affected her training this winter.

Moving up from the intermediate age group to senior girls are Kirsten Stilwell and Lara Crawford.

Intermediate boys

Lewis Sullivan from Suffolk moves up to the intermediate age group having won the junior boys' English Schools title last year and also the English National and Inter-Counties under-15 crowns recently. He is unbeaten in his own age group but racing against older boys in Liverpool. Louis Small from Kent placed third last year at Leeds and is another contender.

Intermediate girls

The first four from last year are still under 17 this year – Bethany Cook, the triathlete and runner from

Sussex, was first ahead of runner-up Bea Wood of Wiltshire, with Emily Shaw from Dorset third and Isabelle Hinkley fourth. Wood goes into the event with the confidence of beating Cook at last weekend's Inter-Counties though.

Add to this the in-form Kiya Dee of Gloucestershire, who won the under-15 girls race at the English National and Inter-Counties recently plus English Schools junior girls' crown 12 months ago.



Bethany Cook (left): battling with Bea Wood last year

Junior girls

Scarlett Livingstone from Devon finished third last year. Look out also for Ruby Vinton and English National and Inter-Counties under-13 winner Zoe Gilbody.

The latter lost a shoe at the Inter-Counties event last weekend at Loughborough but still won by almost half a minute.

Junior boys

Watch out for Ben Peck of Suffolk, William Rabjohns of Dorset and Alden Collier of Buckinghamshire to be among the contenders on Saturday.

Timetable

Time	Event	Distance
12.30pm	Intermediate girls	3800m
1.00pm	Junior boys	4400m
1.30pm	Junior girls	3000m
2.00pm	Intermediate boys	5500m
2.35pm	Senior girls	4400m
3.05pm	Senior boys	6700m

Look out for AW's social media and online coverage this weekend with full reports in next week's magazine



STEVE SMYTHE
RESULTS EDITOR

Performance of the week: **Kathleen Stewart**

Stewart dynasty

GETTING old has some advantage in masters athletics as, every five years, you go into a new age category. It is notable that, with the spur of being among the youngest in the age group, many athletes go faster in their new category than they had done in the previous few years.

Most records at the BMAF Championships at Lee Valley were set by newcomers to their category.

Kathleen Stewart made the most of being a new W80 by breaking the 400m indoor world record on the Saturday and then setting British records over 200m and 800m on the Sunday.

All her times were faster than the UK outdoor records she set last summer.



Kathleen Stewart (650): records at Lee Valley

TOM PHILLIPS

TALKING POINTS

Athletes first

THE standard of British athletics officialdom is probably second to none.

I marvelled at the quality of timekeeping at recent masters events, where officials got almost every single time exactly the same as the electronic timing.

However, some officials possibly need reminding occasionally that the meetings are foremost run for the athletes

Some competitors at the weekend's BMAF thought their requirements were second to those of the officials and a lack of respect was evident by some officials to relative newcomers to the sport.

Mass events

THE coronavirus has already had a big effect on events, with Italian and French races particularly badly hit.

Britain has escaped the worst so far, but if some big events do suffer then hopefully the likes of London will still see the elite and championship race go ahead even if the mass race is deemed too much of a risk.

OVERSEAS

AUSTRALIA

Orange, March 8

Women: **Mar:** 1 JOASIA ZAKRZEWSKI (W40) 2:49.11

Sydney, March 8

Men: **110H (0.8):** 1 N Hough 13.67.

Women: **400H:** 1 S Carli 56.52

BELARUS

Minsk, February 25

Women: **Hep:** 1 K Blazevica (LAT) 4165

CANADA

Edmonton, March 5-7

Men: **60:** 2 PRAISE OLATOKE 6.75. **H1:** 1 OLATOKE 6.81. **300:** 4 OLATOKE 34.02. **H2:** 2 OLATOKE 34.86

BRAZIL

Sao Bernardo Do Campo,

March 7

Women: **DT:** 1 F Borges 62.37; 2 I Rodrigues da Silva 60.15

CROATIA

Split, March 7

OLYMPIC discus champion Sandra Perkovic showed good early season form with a 65.93m win.

Men: **SP:** 1 F Mihaljevic 21.69. **DT:** 1 M Markovic 63.00. Women: **DT:** 1 S Perkovic 65.93; 2 M Totj 60.75

GERMANY

Berlin, March 1

Men: **10km** 3 JOSH SAMBROOK 33:00; 8 ANDREW BRIAN (M40) 34:52

FRANCE

Miramas, February 22

U20 men: **60H:** 1 S Zhoya 7.34 (world U20 rec), (7.43 sf (Eur U20 rec))

CUBA

Camaguey, February 22-23

Men: **LJ:** 1 L Lescay (U20) 8.28/1.6; 2 M Masso 8.26/1.9. **TJ:** 1 A Diaz 17.12/1.4; 2 H Rosique 17.05/1.0. Women: **TJ:** 1 D Velazco 13.93/2.0

Havana, February 21-22

Men: **200 (L.8):** 1 R Mena 20.5. **DT:** 1 J Fernandez 63.32. Women: **DT:** 1 Y Perez 63.80

Havana, March 5-7

Men: **LJ:** 1 L Lescay (U20) 8.21/0.2. **DT:** 1 J Fernandez 63.68. **U20: SP:** 1 J Vazquez 20.32 (rec). Women: **DT:** 1 Y Perez 60.73. **U20: JT:** 1 M Hernandez 58.02; 2 Y Ballar (U18) 56.98 (U18 rec).

IRELAND

Lusk, March 1

Men: **4M:** 2 SCOTT RANKIN 20.21

Dublin, February 22

Women **HT:** 2 HANNAH GELLATLY (U20) 40.64

Bohermeen, March 8

Women: **HM:** 6 HELEN LAVERY 83.26; 15 TARA MALONE (W40) 88.30; 29 ANNE GRIBBIN (W45) 91.55; 32 IRENE CLEMENTS (W55) 92.18

Newmarket, March 7

Men: **10M:** 104 RICHARD PIOTROWSKI (M70) 72.49

Irish Schools Championships, Santry, March 7

Senior boys 6km: 1 M Morgan 18.53; 2 CONNALL McCLEAN 18.59; 3 S Mcevoy 19.08; 8 MICEAL McCAUL 19.24; 10 CALLUM MORGAN 19.26; 11 ADAM FERRIS 19.30; 19 NIAL MCKNIGHT 19.52; 32 MARK CARBERRY 20.34; 34 JARED MARTIN 20.35; 40 FIONNATAN CAMPBELL 20.46. **Inters 5km:** 1 A Laadjel 16.47; 2 MATTHEW LAVERY 16.51; 3 D Casey 16.52; 7 JACK MCCAUSSLAND 17.26; 10 RYAN SMITH 17.38; 13 MATTHEW BEVERIDGE 17.52; 16 LUKE FERRIS 17.54; 25 LUKE KELLY 18.11; 30 TOM CRUDDINGTON 18.20. **Juniors 3.5km:** 1 O Hopkins 12.47; 2 LUGHADH MALLON 12.53; 3 B Coogan 12.53; 11 JAMIE GAW 13.08; 15 CONOR BRODERICK 13.19; 21 PATRICK WILLIAMS 13.31. **Minors 2.5km:** 1 L O'Shea Breen 9.05; 2 S O'Croinin 9.07; 3 C Murphy 9.08; 5 FINN DIVER 9.11; 10 RYAN CORRY 9.28; 11 FRANK BUCHANAN 9.28; 15 CONOR MULLIGAN 9.34; 18 DANIEL McLORAN 9.40; 19 JJ HOLLEY 9.40; 22 CHARLIE REHILL 9.49; 27 MAX REID 9.56.

Senior girls 3.5km: 1 L Holmes 13.56; 2 C Gavin 14.04; 3 H Brennan 14.06; 9 AIDEE McGREENY 14.19; 12 CASSIE LAGAN 14.26; 15 HANNAH GILLILAND 14.37; 23 MURPHY MILLER 15.03; 27 RUBY McNIFF 15.21; 28 HERMIONE SKUJCE 15.23. **Inters 3.5km:** 1 E Maher 14.09; 2 KIRSTI FOSTER 14.18; 3 A Millerick 14.20; 4 ROISE ROBERTS 14.21; 5 CATHERINE MARTIN 14.21; 6 CARA LAVERY 14.22; 10 EMMA THORNTON 14.32; 14 TARA MCCONOUGH 14.43; 29 REBECCA ROSSITER 15.25; 30 LYDA MARTIN 15.26. **Juniors 2.5km:** 1 LAUREN MADINE 9.31; 2 ANNA GARDINER 9.32; 3 N Dinan 9.36; 4

LUCY FOSTER 9.44; 6 KATIE McCLEERY 9.47; 7 AVA DOWNEY 9.51; 11 CIARA NUGENT 10.06; 15 EVA WAINWRIGHT 10.10; 22 ELLA LATUSKE 10.18. **Minors 2km:** 1 S Fitzgerald 8.25; 2 F Duffy 8.28; 3 G Byrne 8.31; 6 AISLING SMITH 8.38; 9 AVA MEHAFFY 8.49; 17 HANNAH WADE 9.10; 21 MEABH COYLE 9.14; 22 EMILY DAWES 9.15; 30 ERIN CROSS 9.28

Irish Walking Championships, Raheny, March 7

Men: **20kmW:** 1 W Snyman(RSA) 1:22:16.2 D

Kenny 1:23:07; 3 B Boyce 1:24.45. Women:

20kmW: 1 M Ortiz (GUA) 1:32.43

Irish Life Masters Championships, Athlone, March 8

ANNE GILSHINAN, who had already set world masters W55 indoor records for 1500m and the mile this year, added the 800m mark.

Her 2:20.10 clocking took over two seconds off Briton Virginia Mitchell's time from last year.

The Irish athlete, who turned 55 shortly after finishing a close second in last year's World Indoors Masters W50 1500m Championships, had broken 2:20 outdoors last summer.

M40: 60: 1 GLEN SCULLION 7.31; 2 MARTIN O'DONNELL 7.84. **200:** 2 SCULLION 24.10; 6 O'DONNELL 25.90. **400:** 2 EDGHAN DEVLIN 55.43. **M60: 1500:** 2 T Hughes 4:45.46. **3000:** 1 Hughes 9:41.24. **M70 SP:** 1 JIM McCLEAN 11.42. **M80 60:** 1 FRANK STEWART 10.38. **W40:** 60: 4 KAREN O'DONNELL 8.55. **1500:** 1 K Neely 5:03.81. **3000:** 1 Neely 9:50.54. **W45 60:** 3

JOANNE McCAULEY 8.93; 4 ORLAGH COLTON 9.05. **200:** 3 McCAULEY 29.99. **60H:** 2 COLTON 10.97. **W55: 800:** 1 A Gilshinan 2:20.10 (world W55 rec)

ISRAEL

Tel Aviv, February 28

Men: **Mar:** 18 RICHARD GINN (W50) 2:52.00

JAMAICA

Kingston, March 7/8

Men: **DT:** 1 F Dacres 65.53; 2 T Smikle 64.66; 3 C Wright 61.45. **U20: 200 (L.4):** 1 A Watson 20.52; 2 D Walkin 20.70. **400:** 1 B McPherson 46.59. **110H: (L.6):** 1 J Stern 13.51. **DT: 1 R Mullings 61.43. U20 women: 200 (L.5):** 1 S Walker 23.34. **U18: 100 (L.0):** 1 T Clayton 11.45. **400:** 1 D Oakley 53.34

MALTA

GIG Malta Marathon, Sliema, March 1

Men: **Mar:** 4 R Saether (NOR/M40) 2:35.09; 10 C J DE MOI (M50) 2:47.55; 11 BERTIE POWELL 2:48.41; 23 KEVIN ROGERS (M45) 2:56.23; 45 STEVEN WOODBRIDGE (M55) 3:08.04. **HM: (downhill):** 17 ADAM BAKER (M45) 74.29. **Women Mar:** 2 CATHERINE SIMPSON (W35) 3:10.38; 24 ELIZABETH DRIVER (W65) 3:43.28; 126 GINA LITTLE (W70) 4:40.22. **HM:** 120 CHRISTINE BEXTON (W60) 1:49.13

NETHERLANDS

Hague, March 8

Men: **HM:** 1 D Wolde (ETH) 59.57; 2 K Kiptum (KEN) 59.59; B Kimani (KEN) 60.00. Women: **HM:** 1 J Chemutai (KEN) 69.44

NEW ZEALAND

Auckland, February 23

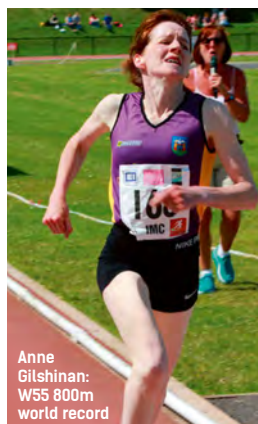
Men: **400: A:** 3 EFEKEMO OKORO 47.91

Women: **5000:** 8 NYNKE MULHOLLAND 17:10.84

New Zealand Championships, Christchurch, March 6-8

TOM WALSH'S 21.70m shot headed the championship performances as Canadian Brittany Crew bettered Valerie Adams with an 18.88m throw.

Men: **100 (-0.2)/200 (2.0):** 1 Osei-Nketia 10.46/20.88. **1500:** 1 N Willis 3:42.94; 2 J Oakley 3:42.99. **SP:** 1 T Walsh 21.70; 2 J Gill 21.07. **U20: DT:** 1 C Bell 67.40 (Oce U20 rec). **Women: 100 (L.3)/200 (4.5):** 1 Z Hobbs 11.47/23.26. **SP:** 1 B Crew (CAN) 18.88; 2 V Adams 18.73. **HT:** 1 R Ratcliffe 70.31



Anne Gilshinan: W55 800m world record

Japan's Olympic marathon team complete

JAPAN

Lake Biwa, March 8

EVANS CHEBET broke away at 35 kilometres to win in 2:07:29 in very wet and windy conditions.

Some 28 runners reached halfway together in 63:32 but, given the poor weather, none of the home runners could get anywhere near the 2:05:29 Japanese record time that was required for Olympic selection. Naoya Sakuda was the first home runner in a PB of 2:08:50.

Men: Mar: 1 E Chebet (KEN) 2:07:29, 2 S Mokoka (RSA) 2:08:05, 3 F Kiprotich (KEN) 2:08:48, 4 N Sakuda 2:08:50, 5 S Yamamoto 2:09:18, 6 A Simbu (TAN) 2:09:23, 7 K Ono 2:09:28, 8 K Sonota 2:09:50, 9 F Chemongos (UGA) 2:10:08, 10 K Yoshioka 2:10:13, 11 R Matsumoto 2:10:32, 12 K Suzuki 2:10:37, 13 L Adams (AUS) 2:10:48, 14 K Ogino 2:11:27, 15 M Tanihara 2:11:39, 16 K Tsujino 2:12:04, 17 B Isevanravda (MGL) 2:12:32, 18 M Sakata 2:12:36, 19 Y Fujimura 2:13:07, 20 T Hayakawa 2:13:46, 21 A Sato 2:13:57, 25 Y Kawauchi 2:14:33

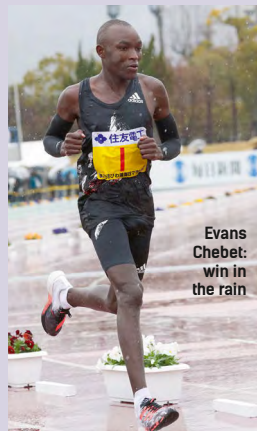
Nagoya, March 8

WHILE Britain may have a few women marathon runners who will find a sub-2:30 insufficient for Olympic selection, spare a thought for the Japanese.

To get the final place for Tokyo, runners had a 2:21:47 target to secure a spot on the national Olympic team. Not easy in wet weather.

Mao Ichihama, who had finished sixth at last year's main trial race, achieved the target as she blasted away from the field at 30km with a vicious 16:14 5km segment.

The start at Lake Biwa



Evans Chebet: win in the rain

She added: "My only concern today was my time, so I was not worried about my overseas opponents. The race went exactly as I imagined. At about 37km, I was sure I could run under 2:21. But, after 40km, it was starting to get tough."

Britain's Charlotte Purdue was among the pacemakers and she went through the half-marathon mark in 70:26 before clocking 83:30 through 25km and stopping as she continues her preparations for the London Marathon.

Women: Mar: 1 M Ichihama 2:20:29, 2 Y Ando 2:22:41, 3 P Rionorip (KEN) 2:22:56, 4 H Tiberu Damele (ETH) 2:23:17, 5 S Sato 2:23:27, 6 H Tola (ETH) 2:23:52, 7 B Debele (ETH) 2:25:08, 8 A Hosoda 2:26:34, 9 R Inwade 2:28:39, 10 N Omori 2:29:29

She kept a strong pace over the last 7km and won in 2:20:29 to run the fastest ever time by a Japanese athlete in Japan. Therefore Mizuki Matsuda found that her January victory in Osaka in 2:21:47 is now only good enough to be a reserve. The 22-year-old Ichihama's four-minute PB gave her a two-minute victory over Yuka Ando, who passed four runners in the final

seven kilometres. Ando ran 2:22:41, while Kenyan Purity Rionorip was third in 2:22:56. The top six finishers all broke the 2:24 barrier. Notable non-finishers included reigning champion Helalia Johannes from Namibia, Kanyans Betsy Saina and Nancy Kiprop and Kayoko Fukushi from Japan. The winner said: "I had been dreaming of a day like this. The weather was bad, so I

thought it would look great if I ran fast today. My goal was to run under 2:21:47, so I am very happy to run much faster. "I trained to run alone from 30km on, so I am happy that the race went as planned. However, my time is still not world class, so I am going to train at a higher level for the Olympics and produce a great performance at the Games for my country."

NORWAY

Ulsteinvik, February 28

ON his 24th birthday, Karsten Warholm won the 400m in a European leading time of 45.97. **Men: 400m:** 1 K Warholm 45.97, 2 P Maslak (CZE) 46.47. **600m:** 1 T van Diepen (NED) 1:17.73, 2 Z Rudolf (SLO) 1:17.88. **PV:** 1 S Kendrick (USA) 5.80, 2 P Haugen Lillefosse (U20) 5.70 (U20 rec). **LJ:** 1 J Miguelt Echevarria (CUB) 8.08, 2 M Masso 8.03. **SP:** 1 M Thomsen 20.57. **Women: 200m:** M Gravesgaard (DEN) 23.42 (rec). **HJ:** 1 Y Mahuchikh (UKR, U20) 1.96, 2 S Skoog 1.88, 3 T Angelsen 1.88

U18 Women: 800m: 2 FLORENCE SARGENT 2:17.96. **Benidorm, February 29** **Men: HM:** 5 SIMON GILL (M40) 75:57. **Women: HM:** JOANNE STANFIELD (W45) 92:25. **Málaga, February 29** **U16 Women: Tj:** 1 ARABELLA LAMB MAKLOUF 9:98/0.7. **Valencia, February 29** **U20 Women 400m: r1:** 1 HAVANA ALLSTONE-GREAVES 57.87. **W35: 60m:** 1 JENNY LEE 8.44. **Valencia, February 21** **Women: 60m: r2:** 1 JENNY LEE (W35) 8.35. **Antequera, March 8** **U16 women: Tj:** 7 ARABELLA LAMB MAKLOUF 10:28. **Valencia, March 7** **U18 women: 800m: HT:** 2 FLORENCE SARGENT 2:19:17. **PV:** 3 GENMA TUTTON 3.65.

World silver medalist Yaroslava Mahuchikh cleared 2.01m at her second attempt to win women's high jump. **Men: HJ:** 1 A Kovalyov 2.27. Hep. 1 R Malohlotevs 56.96. **Women: 60m:** Ratnikova 7.21. **HJ:** 1 Y Mahuchikh (U20) 2.01, 2 I Herashchenko 1.93, 3 Y Chumachenko 1.89. **Pen:** 1 A Shukh 4:50.3 (8.88, 1.90, 13.65, 5.91, 2:16.69), 2 D Sloboda 4:49.3, 3 I Rofe-Beketova 4:26.6, 4 H Kasyanova 4:26.3

Men: 1000m: 1 NATHAN GILLIS 2:29.31. **H3:** 1 GILLIS 2:28.56. **Mile: r2:** 6 GRANT ANDERSON 4:17.73, 7 MAX PEARSON 4:18.64. **5000m: r2:** 14 PEARSON 15:11.94. **UAA Championships, New York, February 29** **Women: 60m:** 5 MARY MARTIN 7.98. **Ht:** 1 MARTIN 7.89, 2 LAURA DARCEY 7.90. **60H:** 2 DARCEY 8.99. **Ht:** 1 DARCEY 8.99. **LJ: B:** 2 DARCEY 5.77.

21.99 (22.04 ht). **400m:** 1 J Sawyer 46.23, 2 J Benson 46.48. **800m:** 3 MICHAEL PARRY 1:51.07 (1:52.87 ht), 6 BEN LEE (U20) 1:51.86 (1:53.52 ht). **Mile: Ht:** 3 MATTHEW WIGELSWORTH 4:18.22. **3000m:** 1 ELIAN MAKEPEACE 8:15.63. **5000m:** 1 MAKEPEACE 14:11.78.

POLAND

Szczecin, February 25

Men: PV: 1 M Vlooon (NED) 5.74, 2 Yao Jie (CHN) 5.64, 3 R Sobera 5.64, P Wojciechowski NH. **Women: PV:** 1 R Peinado (VEN) 4.60, 2 A Bengtsson (SWE) 4.60, 3 J Zhuk (BLR) 4.60, 4 R Maláčová (CZE) 4.52

RUSSIA
Adler, February 25 **Men: DT:** 1 A Khudyakov 61.03. **HT:** 1 A Sokirskiy 77.31. **Women: DT:** 1 Y Strakova 61.70. **HT:** 1 S Palkina 73.55, 2 Y Isareva 70.50. **Volgograd; January 17-19** **Women: 400m:** 1 A Krivoschapka 52.82. **Moscow, March 3** **Men: HJ:** 1 M Akimenko 2.31, 2 I Ivanyuk 2.28. **Women: HJ:** 1 K Karotyova 1.91, 2 A Chicherova 1.88

TURKEY
Antalya, March 1 **Women: HM:** 1 JOASIA ZAKRZEWSKI (W40) 81.53. **USA**
Los Angeles, March 8 ETHIOPIAN teenager Bayelign Teshager won in 2:08:27 from Kenya's Wilson Chebet (2:09:17). **Men: Mar:** 1 B Teshager (ETH) 2:08:27, 2 W Chebet (KEN) 2:09:17, 3 M Chege (KEN) 2:09:30. **Women: Mar:** 1 M Muriuki (KEN) 2:29:28, 2 A Negadi (ETH) 2:32:29, 3 J Kibii (KEN) 2:36:05. **Missouri Valley (MVC) Championships, Cedar Falls, February 29-March 1** **Men: 60m:** 6 ADAM CLAYTON 7.00. **Ht3:** 4 CLAYTON 6.92. **60H:** 6 JACK SUMNERS 8.16. **Ht:** 4 SUMNERS 8.17. **LJ: B:** 3 SUMNERS 7.41. **TJ:** 4 EMMANUEL ODUBANJU 14.54. **Northern Sun Championships, Mankato, February 28-29** **Women: 60H:** 1 OLIVIA MONTEZ-BROWN 8.74. **Ht2:** 1 MONTEZ-BROWN 8.76. **LJ: B:** 5 MONTEZ-BROWN 5.60. **Pen:** 2 MONTEZ-BROWN 3682 (8.84, 15.7, 11.72, 5.36, 2:26.79)

South Atlantic Championships, Winston-Salem, February 29 **Men: Mile:** 2 SEBASTIAN ANTHONY 4:18.99. **Women: Mile:** 1 STEVIE LAWRENCE 5:13.60, 6 ZOE BRICKLEY (U20) 5:19.00. **HJ:** 2 LUCY WALLIKER 1.69. **Pen:** 2 CERYL LEE 3:15.9 (9.27, 1.54, 10.18, 5.12, 2:46.40). **Horizon League Championships, Youngstown February 29** **Men: LJ:** 4 SAM CHALLIS 7.10. **Women SP:** B: 6 OLIVIA JONES 12.34. **Pen:** 1 JONES 3681 (9.06, 1.67, 11.87, 5.65, 2:40.38). **Ohio Valley Conference Championships, Birmingham, February 26-27** **Men: 3000m: r2:** 11 DECLAN McMANUS 8:38.75. **5000m:** 9 McMANUS 15:12.22. **New York, March 1** **Men: 5km:** 6 BEN TOOMER 15:17. **Women 5km:** 9 JOELLE REEVES (W35) 17:59.

Sun Belt Championships, Birmingham, February 24-25 **Women: 800m:** 1 GEMMA FINCH 2:12.23. **Ht:** 2 FINCH 2:15.59. **WT: A:** 5 HANNAH BLOOD (U20) 15.24. **Big East Championships, Geneva, March 1/2** **Men: 60m:** 8 ANDREW ROBINSON (U20) 7:04. **Ht:** 4 ROBINSON (U20) 6:92. **200m:** 5 ROBINSON

SPAIN

Spanish XC Championships, Zaragoza, March 8

Men: 10.3km: 1 C Mayo 29:07, 2 A Abadía 29:21, 3 O Ournaz (U23) 29:26. **Women: 10.3km:** 1 Sanchez-Escribano 34:26, 2 C Robles 34:37.

Castellon, February 23

U20 men: DT: 1 Y Sotero 65.89 (U20 rec). **Antequera, March 1**

U20 Women: 800m: 1 FLORENCE SARGENT (U17) 2:20:07. **Tj:** 1 JASMINE HULLAND 11.73. **Antequera, February 29**

UKRAINE
Ukrainian Championships, Sumy, February 20-22 FORMER world champion Hann Kasyanov could only finish fourth in the pentathlon, which was won by Alina Shukh with 4503 points.

ROAD

MARCH 8

ARNCLIFFE 6.7 / HALF MARATHON, Arncliffe

Overall (6.7M): 1 O Thomas (Skip) 54:19; 2 J Bucknell (Unatt, W) 55:05; 3 M Grange 55:50
Women: 1 Bucknell 55:05; 2 D Bruce 56:42; 3 S Read 60:34
Overall (HM): 1 H Coates (Wharf) 75:28; 2 J Whittaker 87:30; 3 S Addison (Els) 88:36
Women: 1 M Bentley (HPH) 96:24; 2 T Nixon 99:12; 3 S Scott (Hart RR, W45) 1:45:16

BLAST RUNNING SPRING SERIES, Edinburgh

Overall (10km): 1 A Webb 40:06; 2 C Nicholls (Unatt, M50) 43:24; 3 K Tapaninaho 44:07
Women: 1 V Moore (Unatt, W40) 55:00; 2 E Hilder 56:45; 3 M Jamshidian 59:17

BURGHLEY 7, Burghley

Overall: 1 J Gesthorpe 39:26; 2 M Dunkley (Rush, M40) 39:34; 3 A Illingsworth (Red) 41:15
M50: 1 J Morris (Helpston) 42:17; 2 N - (Stam S) 44:34
Women: 1 P Taylor (Helpston, W40) 44:54; 2 N Martin (Kett, W35) 46:12; 3 R Jones (PNV) 46:56
W55: 1 J Brown (Road) 53:10

CHESTER 10km

DAN JARVIS continued his good form and made up for not being able to race in the Universities Championships in Morocco with a clear win in 29:45.

Gemma Steel won the women's race by 100 metres in 36:22 from Tessa McCormick. Organisers were unable to give more than provisional results as AW went to press. Additional results will appear next week.

Overall (chip times) 1 D Jarvis (Bed) 29:45; 2 K Omar (Bir) 30:15; 3 I Crowe-Wright 30:33; 4 A Fyfe (Bel) 31:00; 5 T Breastie (Bir) 31:33; 6 A Soley (Tip) 32:57
Women: 1 G Steel (Charn) 36:22; 2 T McCormick (Vale R) 36:44; 3 J Marsden (Elles) 37:07; 4 S Hunter 38:59; 5 R Turton 39:28

DAFFODIL DODDLE, Abbey Village

Overall (2.2km): 1 J Scaife (Bolt, U15) 7:32; 2 M Winstanley (Chorley, U13) 7:58; 3 C Singleton (Traw, U13) 8:28
Girls: 1 L Philbin (Bolt, U13) 8:30; 2 A Taylor (Traw, U13) 8:52; 3 A Heaton (Chorley, U15) 9:01

GLENKILN 12, Dunstable

Overall: 1 P McMahon (Gars, M35) 68:30; 2 A

Park 73:19; 3 D Hall (RACE OFF ROAD) 73:52
Women: 1 M Marshall (Annan) 84:15; 2 L Mitchell 87:13; 3 F Robertson (Dumf) 89:04

HIGH LEGH ROBERT MOFFAT MEMORIAL 10km, High Legh

Overall: 1 C Stanford (Warr, M40) 33:40; 2 C Rowland (Warr RC) 34:00; 3 M Rushbrook (Unatt, M40) 35:54
M70: 1 R Hall (Hal) 47:47
Women: 1 A Roberts (Lymn, W35) 40:04; 2 L Thompson (Leigh, W35) 41:07; 3 Z Gmerek (Sale, W45) 41:21

LYDD 20, Lydd

Overall: 1 T Collins (M&M) 1:59:16; 2 C Biddle (Dartf, M35) 2:00:26; 3 L Baker (Camb H) 2:00:56; 4 J Smith (Dartf RR, M35) 2:01:02; 5 A Bradley (LonelyGoat, M35) 2:02:03
M55: 1 D Sampson (Padd W) 2:17:05; 2 A Noble (Ashf D) 2:19:39; 3 B Arnold (S Lon) 2:21:19
M60: 1 K Murray (Serp) 2:12:42; 2 I Stokes (Cant) 2:21:48; 3 M Frier 2:26:28; 4 J Foss (S Lon) 2:29:10
M70: 1 D Winch (Than) 2:33:46
Women: 1 J Stretton (Spring S) 2:13:15; 2 H Gaunt (Ton, W40) 2:13:53; 3 T Murphy (Kent, W40) 2:18:01
W45: 1 R McDonnell (Deal TC) 2:23:56; 2 A Pearson (B&B) 2:25:02
W50: 1 J Cliff (Deal TC) 2:25:24; 2 K Marchant (Beck) 2:26:32
W55: 1 R Hutton (S Lon) 2:22:06
W60: 1 B Weekes (Soaks) 2:52:51; 2 K Evan-Jones (N Elth) 2:58:04
Overall (HM): 1 M Smith (Ashf, U20) 73:13; 2 E Bovingdon (Bill) 74:56; 3 D Bradley (Ton) 76:33
Women: 1 K Akimoto (Morn, W35) 90:20; 2 K Sung (M'stone, W45) 98:25; 3 S Stokes (Unatt, W40) 1:40:01
W55: 1 C Costiff (Ashf D) 1:41:07; 2 K Howes (Swale) 1:42:03

HILLINGDON 20, Ruislip

ANNABEL GUMMOW finished fourth overall and won the women's race in a fast 2:00:35.
Overall: 1 G Suthon (Serp) 1:56:57; 2 J Barton (TVH) 1:59:00; 3 J Horan (ESM, M35) 1:59:45; 4 A Gummow (Win, W) 2:00:35; 5 N Rackham (Metros, M55) 2:00:43; 6 T Hunt (Bla P) 2:02:52
M45: 1 A McKillop (IS Alb S) 2:04:52
M50: 1 D Williamson (Bradw) 2:05:19; 2 P Summers (Handy O) 2:14:09
M55: 2 M Iopham (Trent P) 2:17:34; 3 M Turney (Chitt) 2:21:45
Women: 1 M Gummow 2:00:35; 2 J Granger (Soton, W35) 2:06:21; 3 C Richardson (Bir) 2:10:29; 4 C Pellett (Gade V) 2:16:51; 5 H O'Neale (B'mth) 2:17:12; 6 C Paterson (Hill) 2:18:39; 7 S Birkin (Metros, W45) 2:19:17; 8 S Flanagan (Eton M, W40) 2:19:52

W40: 2 R Ormsher (Clap C) 2:22:38
W45: 2 R Nkoane (Chitt) 2:20:14; 3 S Gurney (Win) 2:26:32; 4 C Greenaway (Hillingdon Triathletes) 2:27:57; 5 A Young (Chitt) 2:28:05
W50: 1 K Willis (Women Running the World) 2:23:52; 2 T Doyle (Hill) 2:27:27
W55: 1 H Bolt (Datch) 2:44:18; 2 C Findlay (D&T) 2:47:15
W70: 1 A Bowles (Marl S) 3:18:16; 2 J Conneely 3:25:54

IWD WOMEN'S 5km, Leeds

Overall: 1 A Richards (Abbey R, W) 19:20; 2 L Stansbie (Abbey R, W45) 20:34; 3 M Lees (Unatt, W) 21:31
Women: 1 Richards 19:20; 2 Stansbie 20:34; 3 Lees 21:31

KNIGHTON 20, Knighton

Overall: 1 D Soltys (Stone MM, M35) 1:56:16; 2 D Harradence (RSC, M40) 1:59:19; 3 B Lloyd (RSC, M40) 2:00:12; 4 C Liddle (Spa) 2:02:48
M50: 1 R Harrison (Selb) 2:13:49
M55: 1 R Andrew (RSC) 2:13:35; 2 P Swan (Stone MM) 2:13:48
Women: 1 K Butter (Bir) 2:13:48; 2 E Taylor (Newc S) 2:13:56; 3 A Hollingworth (Stone MM, W35) 2:15:47; 4 L Akinci (Ply H) 2:16:00
W45: 1 J Bentley (Stone MM) 2:23:18; 2 J Stanfield (Trent) 2:29:17
W50: 1 A Mensing (Stone MM) 2:37:34
W55: 1 J Phillips (Trent) 2:48:28
W60: 1 S Bradley (Bux) 2:50:40

LOCKE PARK HARRY GAMBLE-THOMPSON 20TEN, Redcar

Overall (10M): 1 L Gamble-thompson (New M) 52:47; 2 C Callan (Elv, M40) 58:51; 3 J Allinson (New M) 60:34
Women: 1 P Brown (Dart, W55) 72:43; 2 D Sullley (New M, W45) 75:24; 3 C Earle (Hart, W45) 88:08
W70: 1 S Gibson (Dart) 88:17
Overall (20M): 1 M Littlewood (Elv, M45) 2:05:06; 2 M Parkinson (NSP, M45) 2:06:17; 3 A Love (Bill MH) 2:06:36
M50: 1 A Hardy (Bill MH) 2:06:36
Women: 1 K Neesam (New M, W50) 2:19:39; 2 S Roe (Bill MH) 2:29:15; 3 P Speedie (N Yks M, W45) 2:32:22
W50: 2 C Payne (GRC) 2:32:54; 3 N Noble (Dart) 2:39:49
W70: 1 C Gale (N Yks M) 3:19:03

NEW LONGTON 10km, Preston
Overall: 1 J Monk (Prest) 31:31; 2 I Aguilera (Prest) 34:07; 3 B Walsley (RVH, M35) 34:11
Women: 1 L Young (RVH) 36:49; 2 N Squires (RVH) 38:23; 3 N Iddon (Lancs Pol) 41:50
W50: 1 S Coulthurts (Wesh) 44:26
W70: 1 C Douglass (R Rose) 53:33



Callum Davidson: won a very wet Hot Toddy 10km

PONTEFRACT 10km, Pontefract

Overall: 1 A Humphries (Aire) 34:09; 2 W Taylor (Unatt, M40) 34:12; 3 D Grant (Wall) 35:44
M70: 1 R Donnachie (Danum) 42:42
Women: 1 F Banks (P'fract) 38:28; 2 H Beck (Wake, W35) 39:11; 3 A Smith (P'fract, W35) 39:42
W55: 1 C McCarthy (P'fract) 43:38; 2 J Smith (Crossg) 45:01

RED HOT TODDY 10km, Todmorden

Overall: 1 C Davidson (B'burn) 35:40; 2 C Oveden (Skip) 36:23; 3 J Hood (Bartick, M40) 36:36
Women: 1 J McGregor (Tod, W35) 45:00; 2 A Caulfield (Hal) 45:57; 3 M Ives (Skip) 46:09
W60: 1 K Dickinson (Knaves) 49:06

RODING VALLEY HALF-MARATHON, Woodford Green

Overall: 1 M Roberts (Orion) 78:34; 2 L O'rmahoney (East London Tri) 81:46; 3 A Devereux (Unatt, M35) 81:52
M65: 1 D Cox (WG6EL) 85:26
Women: 1 V Henderson (Corsh, W45) 92:27; 2 A Hargreave 95:51; 3 C Huggins (Orion) 1:40:39

RETFORD HALF-MARATHON, Retford

Overall: 1 W Strangeway (Linc W) 69:11; 2 J Hall (Hunts) 69:14; 3 G Lowe (Clowne, M45) 69:22; 4 P Wright (Mans, M35) 70:40; 5 B Butler (Wake, M35) 71:56; 6 J Skelley (Gains) 72:36; 7 G Cooke (Pstone) 72:36; 8 D Nugent (Si'A, M40) 73:00; 9 B Khan (Wake) 73:46; 10 P Skelton (Steel, M35) 74:06; 11 W Lathwell (Linc W, M40) 74:09; 12 G Lewis (E Ches) 74:14; 13 W Kerr (Salt, M40) 74:24; 14 S Midwood (Wake, M35) 74:27
M40: 4 C Griffiths (Roth) 75:09; 5 B Harris (Ret) 75:20; 6 D Sedgewick (Donc) 75:38; 7 M Parker (Roth) 76:23; 8 S Williams (Roth) 76:31; 9 M Kingston-Lee (GRC) 77:25
M45: 2 C Hunter (Wake) 77:55; 3 D Armstrong (Linc W) 79:57
M50: 1 D King (Clowne) 76:11; 2 L Ball (Linc W) 80:41; 3 D Parkin (Lof) 82:19
Women: 1 E Livera (Hunts) 80:38; 2 G Weston (Roth) 81:46; 3 L Eastman (K'worth) 81:46; 4 Z Wray (Steel City Striders) 82:00; 5 L Deacon (Notts, W40) 82:24; 6 C Brock (Steel, W35) 84:20; 7 T Wilson (RFT, W35) 85:24; 8 K Pearson (Roth, W35) 85:39; 9 M Willcocks (Si'A) 85:58; 10 A Pearce (Steel) 86:22
W40: 2 L Woodfield (Holm) 90:19; 3 S Sangster (Long E) 90:42; 4 S Stannard (Spa) 93:47
W45: 1 J Blizard (Roth) 87:51; 2 L Broom

(Steel) 92:56; 3 S Hughes (Si'A) 93:39
W50: 1 G Barber (Malt) 99:55
W55: 1 A Hegarty (Tley) 1:40:27; 2 D Broom (P'stone) 1:42:22
M70: 1 R Donnachie (Danum) 42:42

WREXHAM FREEDOM 20, Wrexham

Overall: 1 G Hill (Sale) 1:46:14; 2 R Davis (Wrex) 1:53:12; 3 M Green (N Wal RR, M45) 1:53:17; 4 D Weston (Wrex, M40) 1:56:01; 5 R McKenna (Shrews, M40) 1:56:51; 6 P Jones (Shrop S, M40) 1:58:40; 7 S Warburton (Hyde, M40) 1:59:53; 8 S Sayer (Menai, M35) 2:00:00; 9 T Joy (Buck) 2:01:55
M45: 2 J Moles (Man FR) 2:04:28
M50: 1 M Gillbanks (W'sey) 2:13:19; 2 T Hyland (Elles P) 2:13:54
Women: 1 D Allen (Leigh) 2:14:29; 2 R Hall (Macc, W35) 2:14:48; 3 J Brady (Liv RC, W40) 2:23:22
W40: 2 S Marnon (Ast&T) 2:23:37
W45: 1 E Weston (Congle) 2:25:35; 2 C Green (N Wal RR) 2:29:13
W50: 1 A Hill 2:37:23
W60: 1 T Hirst (Maldwyn) 2:57:30; 2 H Herman (Prestwich) 2:58:47
Overall (10M): 1 C Baxter (S Der) 55:55; 2 D White (Buck) 56:33; 3 L Butler (Shrews) 57:43
M55: 1 N Hershaw (W Ches) 64:24
Women: 1 S Wood (Sale) 58:57; 2 S Avery (Elles P, W50) 64:52; 3 J Adams (Buck, W35) 67:38
W50: 2 A Allen 72:39

DORNEY LAKE MARATHON, Buckinghamshire

Overall: 1 S Staples 2:52:18; 2 P Davies 3:15:46; 3 N Powell 3:20:44
Women: 1 H Khoshnevis (B'mth, W55) 3:28:54; 2 V Fakkell 3:57:45; 3 K Nitaraska 4:03:22

MINCHINGHAMPTON 10km, Gloucester

Overall: 1 M Wells (T Bath, M40) 36:19; 2 L Lister (Exe) 39:00; 3 M Sysum (Ciren, M40) 39:16
Women: 1 S McGloan (Glouc) 43:11; 2 C Baker (RN) 44:04; 3 L Hands 46:37

FRADLEY 10km, Lichfield, Staffordshire

Overall: 1 T Charles (Traff) 32:09; 2 K Welbourne (BRAT) 32:22; 3 L Gratten (Rugeley) 32:29; 4 A White (L Eaton) 33:05; 5 C Jordan 33:09; 6 M Lear (Burr) 33:10; 7 A Other 33:15; 8 L Harold (Aldridge) 34:16; 9 N Batavia (Cov G) 34:44; 10 A Smith 34:46; 11 R Wright (W&B, M40) 35:00
Women: 1 B Tabor 39:34; 2 N Lawrence 39:50; 3 M Matthews (Kenil) 40:01
W45: W Sharratt (T Der) 41:19



Dan Jarvis and Gemma Steel won in Chester

Wins for Ghebresilasie and Abbott at Inverness

INVERNESS HALF-MARATHON, Inverness

SHELLTESTON'S Waynay Ghebresilasie and Liz Abbott won in 65:06 and 77:53 respectively to land their second titles.

Ghebresilasie won by just over 400 metres from Kenny Wilson as the first eight broke 70 minutes.

Abbott's margin was only 100 metres over Kerry Paise.

Overall: 1 W Ghebresilasie (Shett) 65:06; 2 K Wilson (Moray) 66:35; 3 C Strachan (Metro) 66:50; 4 D Selman (Cors) 66:58; 5 W Mackay (Metro) 67:15; 6 K Wood (Fife) 67:22; 7 L Rodgers (Fife) 67:59; 8 G Baillie (E Kilb, M40) 69:14; 9 B Ward (Metro) 71:37; 10 T Roche (JSKRC, M40) 71:50; 11 J Wilson (Moray) 71:56; 12 G Lennox (High H) 72:04; 13 H Battle (Metro) 72:29; 14 R Lafferty (Fife) 73:21; 15 K Garden (Metro, M35) 73:23; 16 S Cumming (High H) 73:32; 17 G Bee (Iness, M35) 73:43; 18 R Strachan (Kintore Jog Scotland) 74:05; 19 L Millar (Centr, M35) 74:17; 20 R Macdonald (Metro) 74:20; 21 S Milton (Metro) 74:24; 22 G Jenkins (Moray, M50) 74:40

M40: 3 J Trevelyan (High H) 77:09 **M45:** 1 W



Dashper (Moray) 77:45; 2 D Roussias (Metro) 78:36. **M50:** 2 R Horne (Metro) 78:09. **M55:** 1 H MacIver (Storn) 83:06; 2 R Youngson (Fraser) 84:04; 3 M Ferguson (Edin) 84:06; 4 M Western (Falk TR) 86:22. **M60:** 1 G McPherson (Metro) 89:08; 2 J Robertson (Phead) 89:58; 3 A Kot 90:46. **U20:** 1 S Gardiner (Iness) 76:06

TEAM: 1 Metro 3:25:41; 2 Fife 3:28:41; 3

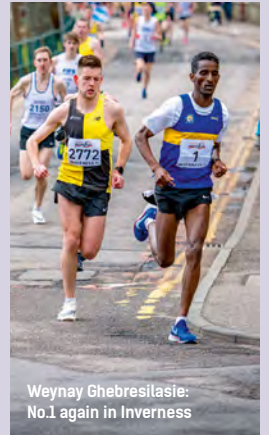
Moray 3:33:10

Women: 1 L Abbott (Lyth, W35) 77:53; 2 K Prise (Metro) 78:18; 3 J Weldon (Centr) 81:07; 4 J Murphy (Cgic) 83:43; 5 L Hansen (Iness, W35) 83:48; 6 E Watt (Kintore Jog Scotland) 84:08; 7 S Wallis (Dees R) 84:18; 8 C Fraser (Iness) 84:59; 9 L Fraser (Edin, W40) 85:48

W40: 2 L Allan (Fraser) 87:11; 3 C Black

(Shet) 87:54; 4 M Mclean (Fife) 90:55; 5 L Marshall (Edin) 91:02; 6 H Wyness (Metro) 91:24; 7 K Davies (Kintore Jog Scotland) 92:23; 8 K Comisso (Ross C) 93:55. **W45:** 1 R Van Rensburg (Fife) 87:38; 2 A Gallon (Stone) 90:17.

W50: 1 E Jenkins (Moray) 99:45. **W55:** 1 M Western (Fife) 90:57; 2 M Gamble (Dund RR) 98:47; 3 C Massie (Fraser) 99:55. **W60:** 1 E



Waynay Ghebresilasie: No.1 again in Inverness

Christie (Achilles Heel RC) 97:39; 2 S Aitken (Fife) 1:46:07; 3 S Linklater (Shet) 1:47:38.

W70: 1 A Docherty (Forres) 2:07:17

TEAM: 1 Metro 4:21:07; 2 Fife 4:28:21; 3 Iness 4:32:45

MARCH 7

CUPAR 5, Cupar

Overall: 1 A Hay (Centr) 24:33; 2 J Waldie (HBT) 25:44; 3 T Cunningham (Cors) 25:57; 4 M Sutherland (Centr) 26:18; 5 D Miller (Fife) 26:29; 6 R Donatd (Dund H, U20) 26:57

M40: 1 F Finlay (Gars) 27:16; 2 A Davis (PH Racing) 27:46; 3 G Doig (PH Racing) 27:50.

M45: 1 S Strachan (Kinr) 28:47. **M50:** 1 S Robertson (Perth RR) 28:03; 2 D Ryan (Perth RR) 28:13; 3 G Simpson (Dund H) 29:26; 4 W Beveridge (PH Racing) 29:56. **M60:** 1 J Tomlinson (Fife) 29:53. **M70:** 1 T Scott (Fife) 36:59

Women: 1 J Spence (Fife) 30:25; 2 L Gibson (Fife) 30:41; 3 K Lowrie (PH Racing, W35) 31:17

W40: 1 A McNeilly (Dund RR) 32:40; 2 J Gordon (Kinr) 33:45. **W45:** 1 J Menzies (BMF) 33:03

W50: 1 C Kibble 35:24. **W60:** 1 I Burnett (Cgic) 36:08; 2 M Martin (Fife) 38:08; 3 I Bracegirdle (Fife) 39:11

GROUNDHOG MARATHON,

Telford, Shropshire

GEMMA MALLET experienced Groundhog Day as she won her second marathon of the year to take the overall title here.

Overall: 1 G Mallet (Croft A, W) 3:13:06; 2 D Johnson 3:16:24; 3 P Pitcher 3:22:32

Women: 1 Mallet 3:13:06; 2 H James 3:27:27; 3 N Rees 4:13:49

JACK CRAWFORD SPRINGBURN CUP

10km, Bishopbriggs

Overall: 1 J Bell (Clcyde) 30:57; 2 M Haskett (Cors) 32:34; 3 K Liddle (Gars, M40) 32:45; 4 M Sullivan (Shett, M35) 32:54; 5 D Gardiner (Moth, M50) 34:09; 6 P Burns (Moth, M35) 34:24; 7 S Wordley 34:38; 8 E Martin (Falk) 34:39; 9 D Houston (Cumb) 34:43; 10 J Callender (Wlands) 34:49

M45: 1 M Gallacher (Moth) 35:19; 2 P Currie (Dumb) 35:28; 3 G Paterson (Giff N) 35:31. **M50:** 2 D Martin (Cumberlud AAC) 35:59. **M55:** 1 M McQuaid (Falk) 37:14; 2 G Matheson (Falk) 38:37. **M65:** 1 B McClinden (Moth) 41:04

MEN'S TEAM: MOTH 41

Women: 1 J MacLeod (Cors, U20) 38:54; 2 R Fraser-Mooidie (Spring, W40) 39:47; 3 C Kelly (Dumb, W35) 41:06

W55: 1 A Smith (Aird) 45:59

TEAM: Spr'burn 254

LYNDALE HALEWOOD 5km SERIES

Overall: 1 P Bagan (Warr, M40) 16:35; 2 S Jones (Penny, L, M35) 16:42; 3 J Walker (W'sey, M35) 16:52

M60: 1 D Gill (Warr) 19:29

Women: 1 A Cole (Elles P, W40) 19:30; 2 J Peck (Unatt, W45) 20:24; 3 J Harrison (Penny L) 20:29

NICK BEER 10km, Llandudno

Overall: 1 D Powell-Jones (Eryri, M35) 34:51; 2 I Dafydd 35:08; 3 S Skates (P'alyn, M40) 35:23

M45: 1 A Ashton (Liv H) 35:47; 2 N Brook (Eryri) 36:00. **M65:** 1 S Jones (Eryri) 42:04

Women: 1 L Sharpe 39:08; 2 A Rowlands (Eryri, W45) 41:32; 3 R Shipley (Agele) 42:57

W70: 1 M Oliver (Eryri) 59:49

NO WALK IN THE PARK 5km,

Chesterfield, Derbyshire

Overall: 1 L Turner (Steel) 17:10; 2 S Carrack 17:11; 3 D Taylor (N Der) 17:56

Women: 1 N Birch (Steel) 9:47; 2 H Bennett (N Der) 21:02; 3 B Elliott (N Der) 23:45

W65: C Rollason (C&S) 25:53

WALLED CITY DERRY 10

Overall: 1 C Simpson (Foyle V) 52:14; 2 E Hughes (Acorns, M35) 53:05; 3 S Rankin (Foyle V) 53:12

Women: 1 A McLynn (TVH, W40) 57:15; 2 C Toner (Springw, W35) 60:33; 3 N Hall (Armagh, W35) 63:18

MARCH 6

EALING MILE, Ealing

Overall: 1 X Blavia Yandri (W Lon Uni, U20) 4:39; 2 G James (M40) 5:15; 3 S Gutch (Eal E, M40) 5:16

Women: 1 S Cowper (ESM, W35) 5:58; 2 Y Burton (Eal E, W40) 6:02; 3 C Morris (Eal E, W40) 6:12

RUN-4-IT METRO PROMS 3km

WINTER SERIES, Aberdeen

Overall: 1 J Kelly (Metro) 9:27; 2 P Knight (Metro, M40) 9:50; 3 S Mollay 9:58

Women: 1 D Greig (Metro) 10:36; 2 J Brox (Metro) 10:42; 3 J Harrison (Adeem) 10:49

Overall series (best 3): 1 J Kelly (Metro) 28:12; 2 P Knight (Metro) 29:39; 3 M Barker (Stone'vn, M40) 29:42

Women: 1 E Watt (JogScot) 31:58; 2 J Harrison (Adeen) 32:00; 3 J Hayle (JogScot, W35) 33:52

MARCH 5

BURNHAM ON SEA WINTER 5km

SERIES, Burnham-on-Sea

Overall: 1 A Holland (fav) 15:32; 2 E Pierce (Swin, U20) 15:35; 3 D Priest (Leam, U20) 15:37

M40: 1 B Haines (Weston) 16:46. **M45:** 1 C Walker (Wells) 16:56. **M70:** 1 R Trubridge (Nails) 21:39

Women: 1 S Duncan (Weston, W35) 19:34; 2 J Coxon (BRAT) 19:54; 3 L Meech (Clev) 20:07

W45: 1 N Davis (Weston) 21:00. **W55:** 1 L Porter (Somer) 21:06; 2 H Ball (Clev) 22:42

MARCH 4

MIDDLESBROUGH GRADED 5km

Overall: 1 D Newton (New M) 14:56; 2 L Ionita (Dart) 15:28; 3 W Tarr (Dart, M40) 16:17

Women: 1 L Talman (Dart, W35) 18:36; 2 D Richardson (Qua, W45) 19:12; 3 E Palmer 20:06

SOUTH SHIELDS MONTHLY MILE

Overall: 1 S Morley (Tyne Br) 4:30; 2 J Robertson (Tyne Br) 5:02; 3 G Bracken (NSP) 5:04

Women: 1 D Tullis (U&H) 5:50; 2 L Havis 6:01; 3 E Jones (U&H) 6:02

MARCH 1

DUCHY 20, Hayle, Cornwall

FORMER London Marathon W40 winner Emma Stepto took the women's race in 2:15:08.

Overall: 1 C Murphy (Mile H, M40) 2:06:48; 2 A Benny (Mile H) 2:05:50; 3 A Peyton-Jones (Plym) 2:08:27

M55: S Wherry (Hayle) 2:17:34. **M60:** S Sincock (Okel) 2:21:47

Women: 1 E Stepto (Corn, W45) 2:15:08; 2 S Hoskin (Mile H) 2:23:38; 3 S Hearn (Corn) 2:28:49

W55: 1 L Trebilcock (Truro) 2:54:21; 2 J Hedges (SWRR) 2:54:24. **W60:** A Leunged (Erne V) 2:53:38. **W70:** J Mills (Auncel) 3:01:32

EASTBOURNE HALF-MARATHON

Overall: 1 B Mead 76:50; 2 M Preston 77:48; 3 R Brocklehurst 78:18

W70: N Harris 95:26

Women: 1 K Stoeane (W35) 85:30; 2 C Antille 92:58; 3 K Lo (W35) 97:07

W55: L Clancy 1:41:27

MORNINGTON CHASERS 10km,

Regents Park, London

Overall: 1 E Lawrence (Ealing E) 34:48; 2 K Carthuser 36:12; 3 W Sawtell (Wey) 37:34

Women: 1 C Allen (TVH) 40:31; 2 F Minucci 40:46; 3 N McAndrew (W40) 41:18

FEBRUARY 26

INTER-SCHOOLS ROAD RUNNING

CHALLENGE, race 1, Chichester, West Sussex

CAMERON WALKER-POWELLI handed out a big defeat to Joe McLarnon who, despite being faster than when winning the final race of last season, was comfortably headed by the St Edmunds schoolboy's 8:39. *Martin Duff reports.* Times were significantly fastest this year as conditions were generally good despite the bitter evening temperatures.

Boys Year 9 & 10 (2.8km): 1 C Walker-Powell, St Ed) 8:39; 2 J McLarnon (Ditch) 8:58; 3 S Colbourne (UTC Ports) 9:05; 4 F O'Murchu (P'brook) 9:35; 10 B Whitlock (P'field) 9:39

6 H Edgar (M'hurst) 9:20; 7 F Roberson (M'hurst) 9:23; 8 E Purser (P'brook) 9:34; 9 A Smart (P'brook) 9:35; 10 B Whitlock (P'field) 9:39

TEAM: 1 Midhurst R 29:45; 2 P Howard 29:52; 3 B Luffa 31:26

Year 7&8 (2.1km): 1 J Dunne (Bohunt) 6:49; 2 A Schmitt (Churchers) 7:30; 3 L Holman (P'field) 7:30; 4 D Furdod (Chich H) 7:37; 5N Collins (B Luffa) 7:44; 6 E Ruffer (Lady Sion) 7:49; 7 A Sydenham (B Luffa) 7:51; 8 N Rowe (P Howard) 7:55; 9 E Hill (B Luffa) 7:59; 10 S Cato (Chich H) 8:02

TEAM Yr 8: 1 P Howard 25:17

TEAM Yr 7: 1 B Luffa 23:34; 2 P Howard 25:19; 3 P Howard B 26:55

Boys Year 5 & 6 (1.6km): 1 M Young (J Young) 4:44; 2 C Wilson (Hillingbury) 4:49; 3 W Brown (Walburton) 4:50; 4 S Wilkes (J Young) 4:51; 5 W Allen (Easeb) 4:52; 6 C Stevenson (O'wood) 4:56

TEAM: 1 J Youngshusband 14:40; 2 Oakwood 15:30; 3 Fishbourne 15:43

Girls Year 9&10 (2.1km) 1 O East (M'field) 6:57; 2 E Dunkley (Angmering) 7:23; 3 C Dickinson (P Howard) 7:58; 4 I Eslitt (Felpham) 8:05; 5 A McGurk (B Luffa) 8:05; 6 H Locke (Swanmore) 8:06

TEAM: 1 B Luffa 24:49; 2 Felpham 25:53; 3 P Howard 24:46

Year 7&8 (2.1km): 1 F East (M'field) 7:17;

2 K Brydon (Ports C) 7:42; 3 Lala Hellyer (Felpham) 7:44; 4 Lily Hellyer (Felpham) 7:45; 5 H Bond (P'field) 7:53; 6 F Ingram (B Luffa) 7:57; 7 R Smith (Noads) 8:26; 8 H Ruffer (Lady Sion) 8:33; 9 L Bicknell (B'field) 8:34; 10 G Bishop (B Luffa) 8:37

Yr 8 TEAM: P Hoard 29:13

Yr 7 TEAM: 1 B Luffa 27:39; 2 P Howard 29:05; 3 P Howard B) 31:22

Year 5 & 6 (1.6km): 1 P Taylor (Overton) 4:58; 2 L Songhurst (Vale) 5:07; 3 G Hawthth (G Ballard) 5:12; 4 H Smithers (Walburton) 5:20; 5 I Tonks (N Mundham) 5:28; 6 T Williams (W'bourne) 5:33

TEAM: 1 G Ballard 17:31; 2 J Youngshusband 17:48; 3 Aidingbourne 18:04

FEBRUARY 22

BIRMINGHAM RUNNING FESTIVAL

HALF MARATHON, Sutton Coldfield

Overall: 1 S Nurrish (M40) 82:50; 2 E Quilty 83:30; 3 A Croughan 83:32

Women: 1 R Meredith (Manchester Y100 Marathon Cluba Harriers) 96:56; 2 K Oneill (Do3 Squad) 97:53; 3 E Wilkinson (E Lon) 1:40:35

Overall (10km): 1 L Kyte (B&R, W) 37:57; 2 D Robinson (M45) 39:31; 3 D Hibberd 40:24

Women: 1 Kyte 37:57; 2 J Jones 49:25; 3 G Hall (W35) 51:06

Overall (5km): 1 B Codorean 18:48; 2 A Mitchell 18:51; 3 S King (BRAT) 19:42

Women: 1 Z Schnepf (W35) 23:31; 2 J Hesson (W45) 24:55; 3 L Milverton 25:25

DRAYCOTE WATER WINTER 10,

Kites Hardwick

Overall: 1 M Thomas (Bla PJ, M40) 61:08; 2 M Norris (Hook N, M40) 64:04; 3 S Emson (Mass F) 65:06

Women: 1 E Bush (W40) 74:04; 2 K Southern (Walburton) 83:29

Overall (10km): 1 N James (M40) 38:22; 2 W Downey (Mit, M35) 39:22; 3 J Frost 40:27

Women: 1 R Beasley (Kenil) 44:55; 2 K Bond (Dav RR, W50) 47:19; 3 M Miller (N'brook) 49:24

LOOE 10, Looe

Overall: 1 D Angell (M35) 63:05; 2 L Storey 63:41; 3 J McWilliams (M35) 64:20

Women: 1 R Barnes (Falm, W40) 66:32; 2 S Hearn (Corn) 77:25; 3 P Riches 78:33

W60: 1 J Bremner (Famar) 80:47

THE GREATEST START LINE

IF YOU'RE GOING TO DO A RUN, MAKE IT THE GREATEST

10K | HALF MARATHON
SUNDAY 24 MAY 2020
GREATRUN.ORG

great  manchester
run

CROSS-COUNTRY

Saturday March 14
BRITISH MASTERS CHAMPIONSHIPS
Rhug Estate, Corwen. Noon.
bmaf.org.uk

NEW BALANCE ENGLISH SCHOOLS' CHAMPIONSHIPS
Sefton Park, Liverpool.
esaa.net

Sunday March 15
WEST GLAMORGAN LEAGUE
Gnoll Estate. 11am.
westglamleague.co.uk

Thursday March 19
SDS NATIONAL CHAMPIONSHIPS
Bellahouston Park, Glasgow.
scottishdisabilitysport.com

Saturday March 21
JERSEY ADVISA LEAGUE
St. John's Manor. 12.30pm.
jerseyspartan.com

SIAB SCHOOLS INTERNATIONAL
Callendar Park, Falkirk.
ssaa.co.uk

Sunday March 22
BROMLEY VETS AC OPEN
Sparrows Den. 10.30am.
bromleyvetsac.org.uk/event-opentrace.php

UNIVERSITY OF BRISTOL RELAYS
Durdham Down, Bristol. Noon.
facebook.com/UBACCC

Monday March 23
NATIONAL PRIMARY & YEAR 7 CHAMPS
Prestwold Hall, Loughborough.
primarycrosscountry.org.uk/the-races

OVER BALES YOUNG ATHLETES OPEN
Crossford Bridge, Sale.
saleharriersmanchester.com

Wednesday March 25
EAST ANGLIAN LEAGUE
Cotton Park, Norwich.
eaccl.webs.com/winter-events-locations

NORTHERN POLICE LEAGUE
Hough End. 1.30pm.
slateman.co.uk/npocl

Saturday March 28
NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Wormwood Scrubs. 1pm.

SOUTH LONDON H V THAMES HARE & HOUNDS MOB MATCH
Coultsdon. 2.30pm.
southlondonharriers.org

INDOOR

Saturday March 14
ENGLAND ATHLETICS U15/U17 COMBINED EVENTS CHAMPIONSHIPS
Sheffield EIS.
Until Sunday March 15.
englandathletics.org

SKY HIGH POLE VAULT OPEN
Tollcross. 10am.
scottishathletics.org.uk

TRI-COUNTIES CHAMPIONSHIPS (KENT, HERTFORDSHIRE & MIDDLESEX)
Lee Valley. Until Sunday March 15.
kcaa.org.uk

Sunday March 15
ABERDEEN OPEN GRADED MEETING
Aberdeen. 10am.
aberdeenaac.co.uk

GEOFF CAPES SHOTACULAR
Bourne.

NORTH EAST COUNTIES PENTATHLON CHAMPIONSHIPS
Gateshead.
necaa.weebly.com

SALE HARRIERS OPEN SERIES
Sportcity. 10.30am.
saleharriersmanchester.com

Saturday March 21
LEE VALLEY MINITHON
Lee Valley. 12.45pm.
visiteevalley.org.uk/athletics

Sunday March 22
STOCKPORT QUADRATHLON
EIS Sheffield.

Wednesday March 25
NORTHUMBERLAND SCHOOLS CHAMPIONSHIP
Gateshead.

Saturday March 28
MIDLAND COUNTIES CHAMPIONSHIPS & MIDLAND COUNTIES OPEN SERIES
Birmingham (PB).
Until Sunday March 29.
midlandathletics.org.uk

SKY HIGH POLE VAULT OPEN
Tollcross. 10am.
scottishathletics.org.uk

MULTI-TERRAIN

Saturday March 14
DEESIDE WAY ULTRA D33
Duthie Park, Aberdeen.
deesidewayultra.webnode.com

ENDURANCELIFE CTS SUSSEX 7.7/13.0/26.3/34.1
Birling Gap, East Dean, East Sussex.
endurancelife.com/sussex

ENIGMA WEEK AT THE KNEES MARATHON (DAY 6)
Bletcham Way, Caldecotte, Milton Keynes. 9am.
enigmarunning.co.uk

FORESTSIDE 5
Belfast Boat Club, Belfast. Noon.
ormeaurunners.co.uk

FYA ANCIENT TRAILS CHALLENGE 15
Chaplin's Farm, Fulbourn, Cambridgeshire. 9am.
findyouradventure.co.uk/pages/the-fya-ancient-trails-challenge

NEWBURGH BEACH BASH 10km
Newburgh Pavilion, Newburgh, Aberdeens.
facebook.com/newburghbeachbash10k

ROMAN ROAD RELAYS
Cambridge.
cuh.soc.srcf.net/competition/fixtures-and-results

SILKSTONE SHUFFLE 4.5 SERIES
Silkstone Sports Pavilion, Barnsley, South Yorkshire. 10.30am.
barnsleyharriers.org.uk

ST PADDY'S DAY PURGATORY 5km/10km
Meadowhall, Sheffield. 11am.
racebest.com/races/7g53t

WOLVERHAMPTON & WOMBOURNE HALF-MARATHON
Aldersley Leisure Village, Wolverhampton. 11am.
mashrunning.co.uk

Sunday March 15
ARLINGTON COURT CANTER 10km
Arlington Court, Arlington, Devon. 11am.
northdevonroadrunners.com

ASHCOMBE TOTALLY MUDDY 5km/10km
Colley Lane, Dawlish, Devon. 11am.
windingpaths.uk/totally-muddy-ashcombe

BEOWOLF 5km/10km
West Stow Country Park, Suffolk. 11am.
positivestepspt.co.uk/events/thorpe-forest-trail-10km-series-2017-race-1-1-1-2-2

BOLTON 5km
Leverhulme Park, Bolton, Lancs. 9.30am.
boltonunitedharriers.co.uk

ENIGMA WEEK AT THE KNEES MARATHON (DAY 7)
Bletcham Way, Caldecotte, Milton Keynes. 9am.
enigmarunning.co.uk

GLASGOW RESOLUTION RUN 5km/10km
Glasgow Green, Glasgow. 10.30am.
resolutionrun.org.uk/glasgow

LEWES MOYLEMAN MARATHON
Wallands CP School, Lewes, Sussex. 10am.
themoyleman.com

LONDON RESOLUTION 5km/10km
Battersea Park, London. 11.15am.
resolutionrun.org.uk/london

NOTTINGHAM RESOLUTION RUN 5km/10km
Rushcliffe Country Park, Ruddington, Nottinghamshire. 11am.
resolutionrun.org.uk/nottingham

OFFICIAL HAMPTON COURT PALACE HALF-MARATHON
Hampton Court Palace, Thames Ditton, Surrey. 9.30am.
palacehalf.com

PLYMPTON MAD MARCH HARE 10km
St Boniface Arena, Plympton, Devon. 9am.
plymouth.roundtable.co.uk

RED WARRIOR 5km/10km/HALF-MARATHON
Pembrey Country Park, Pembrey. 11am.
redwarrior.co.uk

SATURN RUNNING LOST RUNS 7-HOUR
Thames Valley Park, Epsom, Berkshire. 9.30am.
saturnrunning.co.uk

SLOUGH RESOLUTION RUN 5km/10km
Black Park, Slough, Bucks. 11am.
resolutionrun.org.uk/slough

THAMES RIVERSIDE 20
Bishop's Park, London. 8am.
claphamchasers.co.uk

TIGER BEETLE 10km
Sand Dunes NNR, Ainsdale, Merseyside. 10am.
time2runevents.co.uk

YORK RESOLUTION 5km/10km
The Knavesmire, York, North Yorkshire. 11am.
resolutionrun.org.uk/york

Tuesday March 17
ANDERTON BOAT LIFT 10km
Anderton Boat Lift, Northwich, Cheshire. 10am.
time2runevents.co.uk

great run local

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
- Gbside: 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
- Ashford 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 March 18
LANCASTER UNIVERSITY RAINBOW RUN 4km
Sports Centre, Lancaster University, Lancaster, Lancashire. 1pm.
lancastersu.co.uk/groups/running-and-athletics-club/events

Thursday March 19
BIGFOOT CHALLENGE 6-HOUR
Brixworth Country Park, Brixworth, Northamptonshire. 9am.
bigbearevents.net

KINGS OF THE CASTLE 6-HOUR
Jubilee Riverside Centre, Slough. 9am.
runningmiles.co.uk

TRUESAPIAN CHALLENGE 6-HOUR
Davenport Country Park, Daventry, Northamptonshire. 9am.
bigbearevents.net

YOU CAN SUBMIT YOUR FIXTURES ONLINE AT ATHLETICSWEEKLY.COM



NEXT ISSUE

ON SALE **MARCH 19**

ENGLISH SCHOOLS CHAMPS

Coverage from Sefton Park in Liverpool

NIC COWARD INTERVIEW

UKA interim chair speaks to AW



Friday March 20

DARK SKIES KIELDER 10
Kielder, Hexham, Northumberland. 8pm.
darkskiesrun.com
SCHOOL RUN 5km
Town Gate, Pudsey, West Yorkshire. 7pm.
itsgrimpupnorthrunning.co.uk

Saturday March 21

BRATTON 6-HOUR CHALLENGE
Bratton Fleming Sports Club, Barnstaple, Devon. 10am.
fremingtontrailblazers.co.uk
CONQUER CRYSTAL PALACE SPRING 5km/10km/15km/HALF-MARATHON
Crystal Palace Park, London. 9.30am.
thefixevents.com
DARK SKIES KIELDER MARATHON
Kielder, Hexham, Northumberland. 5pm.
darkskiesrun.com
DEE VALLEY & NORTH BERWYN WAY RUN CHALLENGE 30
Llangollen Leisure Centre, Llangollen.
out-fit.co.uk/e/dee-valley-and-north-berwyn-way-run-challenge-617
DEEP RIVER 10km/14M
Castle Drogo, Drewsteignton, Exeter, Devon. 10.30am.
puretrail.uk/deep-river
LEEDS & LIVERPOOL SPRING CANAL CANTER (DAY 1)
Beecroft Street, Headingley, Leeds, West Yorkshire. 10am.
itsgrimpupnorthrunning.co.uk
LULWORTH COVE 10km/HALF-MARATHON/MARATHON/ULTRA
Lulworth Cove, Wareham, Dorset. 8.30am.
trailevents.co/events/lulworth-cove
MAVERICK ADIDAS TERREX ORIGINAL BUCKINGHAMSHIRE 8km/14km/22km
Princes Risborough School, Princes Risborough, Buckinghamshire. 10am.
maverick-race.com
MONSAL TRAIL 10km/HALF-MARATHON (DAY 1)
Bakewell, Derbyshire. 10am.
nice-work.org.uk
POETS PATH POTTER 10/16/26
St Mary's Church, Wintours Green, Dymock, Gloucestershire. 9am.
edandphil.co.uk
YORKSHIRE CAKEATHON 6-HOUR
Church Street, Penistone, South Yorkshire. 2pm.
saxon-shore.com

Sunday March 22
BEDGEBURY FOREST SPRING 10km
Bedgebury National Pinetum & Forest, Goudhurst, Kent. 9am.
nice-work.org.uk
BIRMINGHAM INSURANCE INSTITUTE 5km/10km
Tamworth Castle, Tamworth, Staffordshire. 10.30am.
regevent.co.uk/birmingham-insurance-institute-510k-on-sunday-22nd-march-2020-1030am
BORN TO RUN 5km/10km
Hartham Common, Hertford. 9.30am.
facebook.com/bornatorunrace
DARK SKIES KIELDER 14
Kielder, Hexham, Northumberland. 8pm.
darkskiesrun.com
FOUR SEASONS SPRING 6-HOUR
Marston Moutaine Country Park, Marston Moretaine, Bedfordshire. 9.30am.
3-2-1-go-running.com/four-season-challenge-2020
GARTMORN 6
Mar Place, Sauchie, Alloa.
weecountyharriers.co.uk

GVH MARATHON TRAINING 20
Boxmoor CC, Hemel Hempstead, Hertfordshire. 9.30am.
gadevalleyharriers.co.uk
IPSWICH RESOLUTION RUN 5km/10km
Christchurch Park, Bolton Lane, Ipswich, Suffolk. 10.30am.
resolutionrun.org.uk/ipswich
LEE VALLEY RUN FEST 10km/HALF-MARATHON
Lee Valley White Water Centre, Waltham Cross, Hertfordshire. 9.45am.
runfestleevalley.co.uk
LEEDS & LIVERPOOL SPRING CANAL CANTER (DAY 2)
Beecroft Street, Headingley, Leeds, West Yorkshire. 10am.
itsgrimpupnorthrunning.co.uk
LEEDS RESOLUTION RUN 5km/10km/15km
Temple Newsham Park, Leeds. 11am.
resolutionrun.org.uk/leeds
LILLESHELL MONUMENTAL 10km
Lilleshall CC, Lilleshall, Shropshire. 11.30am.
newportrunningclub.org.uk
MAIDSTONE RESOLUTION 5km/10km/15km
Mote Park, Maidstone, Kent. 10am.
resolutionrun.org.uk/maidstone
MEDWAY MEGALITH HALF-MARATHON/MARATHON
Vigo, Kent. 9.30am.
hithetrailrunning.com
MONSAL TRAIL 10km/HALF-MARATHON (DAY 2)
Bakewell, Derbyshire. 10am.
nice-work.org.uk
PENDOCK SPRING CHICKEN RUN 5km/10km
Pendock CE Primary School, Pendock, Gloucestershire. 11.30am.
runpendock.co.uk
PERSEVERANCE RICHMOND 10km/HALF-MARATHON
Old Deer Park, Richmond, Surrey. 8.30am.
perseverance-events.com
REIGATE PRIORITY PARK 10km
Priory Park, Bell Street, Reigate, Surrey. 11am.
mccpromotions.com
RUN FOR MUM 5km/10km/HALF-MARATHON
Hyde Park, London. 9am.
targetovariancancer.org.uk/events/fundraising/run-mum
SORBROOK SLOG 7
Tire Herbert Road, Croesyceiliog, Cwmbran. 10am.
facebook.com/griffithstownharriers
THE PIKE AND BACK HALF-MARATHON
Moss Bank Park, Bolton, Lancashire. 9.30am.
time2runevents.co.uk
TUFFNUTZ 6.5/11
Thurstaston Visitor Centre, Wirral Country Park, Irby, Merseyside. 9am.
tuffnutz.run
TWIN LAKES 20
Willen Lake, Milton Keynes, Bedfordshire. 9am.
twinklakes20.com
WINTER BUILD UP SERIES 10km
Musettes Cafe, Aldbury, Hertfordshire. 8.30am.
runthewild.co.uk/adventures/detail/winter-10k-buildup-series
YORKSHIRE COOKIETHON 6-HOUR
Church Street, Penistone, South Yorkshire. 9am.
saxon-shore.com

ROAD

Saturday March 14

20/20 FISSION 20km/20M
Hamfields Leisure Centre, Berkeley, Gloucestershire. 9am.
rogueruns.co.uk
BUXTON PAVILION GARDENS 5km
Pavilion Gardens, Buxton, Derbyshire. 9am.
buxtonac.org.uk
DENTDALE 7.9/14.2
Dent Primary School, The Laning, Dent, Cumbria. 1pm.
dentdalerun.com
EAMS STORMATHON 6-HOUR
Loughshore Park, Newtownabbey. 8.30am.
eastantrimmarathonseries.co.uk
LORTON SCHOOL 10km
Lorton School, Lorton, Cumbria. 10am.
facebook.com/events/249987232087787
RICHMOND SPRING RIVERSIDE 10km
Riverside car park, Richmond, London. 9.30am.
thefixevents.com
ROYAL PARKS WINTER 10km SERIES
Hyde Park, London. 9.30am.
theraceorganiser.com
TAVY 5km
Tavistock College, Tavistock, Devon. 9.15am.
10am, 11am.
skoolrun.events
TEDDY HALL RELAYS
Oxford University, Oxford. 2.30pm.
ouccc.org.uk/teddy-hall-relays
WASHINGBAY GREEN RUN 5km/10km/HALF-MARATHON
Washingbay Centre, Coalisland, Dungannon, Co Tyrone. 10am.
wbaygreenrun.com
WHITWORTH THREAD 5km
Whitworth Centre, Darley Dale, Derbyshire. 9am.
5kparkrun Derbyshire.co.uk
WINDSOR & ETON RUN SERIES 5km/10km/15km/HALF-MARATHON
Dorney Lake, Eton, Berkshire. Noon.
f3events.co.uk

Sunday March 15

ALDI ASHBY 20
Hood Park Leisure Centre, Ashby-de-la-Zouch, Leicestershire. 10am.
ashby20.co.uk
BALLOCH TO CLYDEBANK HALF-MARATHON (Inc SCOTTISH STUDENTS CHAMPIONSHIPS)
Pier Road, Balloch, Dunbartonshire. 9am.
entrycentral.com/event/111373
BANBURY 15
Spiceball Park Sports Centre, Banbury, Oxfordshire. 10.30am.
banburyharriers.org
BATH HALF-MARATHON
Great Pulteney Street, Bath. 11am.
bathhalf.co.uk
BLAST RUNNING SPRING SERIES 5km/10km
Silverknowes Esplanade, Edinburgh. 10.30am.
blastrunning.co.uk
BORDERS LEAGUE
Helsby. 11am.
bordersleague.org.uk/fixtures
BRENTWOOD HALF-MARATHON
Sawyer's Hall Lane, Brentwood, Essex. 10am.
brentwoodhalf.org
CARLISLE HALF-MARATHON
Brunton Park Football Stadium, Carlisle Cumbria. 9am.
carlislehalf.co.uk

CHERTSEY HOUSE SERIES 5km
Saumarez Park, Castel, Guernsey. 9am.
guernseyathletics.org.gg
COLCHESTER HARRIERS JUNIOR RELAYS (3x2km)
Garrison Track, Colchester, Essex. 10am.
colchesterharriers.co.uk
COLTISHALL JAGUARS MAD MARCH HARE 10km
Scottow Enterprise Park, Scottow, Norfolk. 10am.
coltishalljaguars.co.uk
CROYDON HALF-MARATHON
Sandilands Club, Sandilands, Croydon, Surrey. 9.15am.
croydonhalf.co.uk
DALTON DASH 10km
Park Road, South Dalton, East Yorkshire. 9am.
humber-triatletes.co.uk
DARTFORD HALF-MARATHON
Central Park, Dartford, Kent. 9.30am.
dartfordharriersac.co.uk
DRONFIELD 10km
Pentland Road, Dronfield Woodhouse, Derbyshire. 10am.
dronfield10k.co.uk
EAMS ST PATRICKS DAY 6-HOUR
Loughshore Park, Newtownabbey. 8.30am.
eastantrimmarathonseries.co.uk
EPILEPSY ACTION BRADFORD 10km
City Centre, Bradford, West Yorkshire. 9am.
epilepsy.org.uk/bradford10k
FLEET PRE-LONDON HALF-MARATHON
Calthorpe Park, Fleet, Hampshire. 10.30am.
fleethalfmarathon.com
GLOUCESTER 20
Kingsway Sports Pavilion, Kingsway, Gloucester. 9.30am.
gloucesterac.co.uk
GORING 10km
Bourdillon Field, Goring, Oxfordshire. 11am.
goring10k.com
HYDE PARK SPRING 10km
Hyde Park, London. 9.30am.
theraceorganiser.com
JIMMY'S 10km
Ballydugan Road, Downpatrick. 10am.
eastdownac.co.uk
KNOWSLEY SAFARI 10km
Knowsley Safari Park, Knowsley, Merseyside. 9.30am.
runningbeefoundation.co.uk/events-calendar/knowsley-10k
LONG SUTTON SPRING 10km/HALF-MARATHON
Long Sutton, Spalding, Lincolnshire. 10am.
sublimerracing.com
MAD MARCH HARE 5km/10km
Marden Park, Woldingham, Surrey. 11am.
triproject.co.uk
MILTON KEYNES FESTIVAL OF RUNNING 5km/10km/HALF-MARATHON/20
Xscape, Milton Keynes, Buckinghamshire. 9.45am.
mkrun.co.uk
OUNDL 20
Oundle, Northamptonshire. 9am.
nice-work.org.uk
RAYLEIGH HERITAGE TRAIL 5
High Street, Rayleigh, Essex. 8.30am.
rayleighheritagetrailrace.wordpress.com
RICKI SAVAGE TRAC 20
Ramsgate, Kent. 9.30am.
thanetroadrunners.org.uk
RISBOROUGH RUN IN THE PARK 5km
Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com

ROBERT TOMLINSON HALF-MARATHON
Buxhall Stationmarket, Suffolk. 11am.
stowmarketstriders.org.uk
RUN FALMOUTH HALF-MARATHON
Falmouth Hotel, Falmouth, Cornwall. 9.30am.
cornwallhospicecare.co.uk
RUN NORTHUMBERLAND HALF-MARATHON/BIG 20
Kirkley Hall, Ponteland, Northumberland. 9am.
runnation.co.uk
SAN DOMENICO 10/20
Merthyr College, Merthyr Tydfil. 9.30am.
sandomenico.uk
SCOTTISH NATIONAL YOUNG ATHLETES ROAD RACE CHAMPIONSHIPS
Battery Park, Greenock.
events.scottishathletics.org.uk
SHREWSBURY 10km
High Street, Shrewsbury, Shropshire. 9am.
shrewsbury10k.co.uk
DRONFIELD HALF-MARATHON
Eslaforde Park, Sleaford, Lincolnshire. 9.45am.
sleafordhalf.com
SOUTHAMPTON RUN FOR CHOCOLATE 5km/10km
Southampton Common, Southampton, Hampshire. 10am.
runforchocolate.co.uk
SPEN 20
Princess Mary Stadium, Liversedge, West Yorkshire. 10am.
spenac.co.uk
STAFFORD HALF-MARATHON
Market Square, Stafford. 10am.
staffordhalf.com
STANWICK LAKES SPRING RUN 5km/10km/HALF-MARATHON
Stanwick Lakes, Wellingborough, Northamptonshire.
runatstanwicklakes.co.uk
SUBLIME LONG SUTTON SPRING 10km/HALF-MARATHON
Long Sutton, Spalding, Lincolnshire. 10am.
sublimerracing.com
THIRSK 10
Race Course, Thirsk, North Yorkshire. 10am.
thirskandsowerbyharriers.co.uk
TRIMPELL 20
Salt Ayre Sports Centre, Lancaster. 11am.
lancaster-race-series.co.uk
VICTORIA PARK 10km/HALF-MARATHON
Victoria Park, London. 9.30am.
theraceorganiser.com
VITALITY LIVERPOOL 10/HALF-MARATHON
City Centre, Liverpool, Merseyside. 9am.
btriverpool.com
WEST WORTHING 5km/10km
Marine Crescent, Goring-By-Sea, Kent. 10.30am.
sportingeventsuk.com
WEYMOUTH BAY 10km
Riviera Hotel, Weymouth, Dorset. 10am.
mccpromotions.com
WILMSLOW 10km/HALF-MARATHON
Wilmslow RFC, Wilmslow, Cheshire. 10.30am.
wilmslowhalfmarathon.org.uk

Tuesday March 17
ALTAMUSKIN 5
Community Centre, Altamuskinn. Noon.
altamuskinncc.co.uk
CRAIC 10km
Belfast City Hall, Belfast. 9am.
aisling-events.com

Wednesday March 18

DERBY MIDWEEK MILE/5km TRAINING RACE
Alvaston & Boulton CC, Raynesway, Derby.
7pm.
runningwithdavid.com

Thursday March 19

DOUGLAS SPRING HANDICAP 10km
National Sports Centre, Douglas, Isle of Man.
7pm.
iomvac.co.uk
WESTON PROM 5 SERIES
Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.
westonac.co.uk/promrun

Friday March 20

SUPERNOVA KELPIES 5km (DAY 1)
Helix Park, The Kelpies, Falkirk. 8pm.
supernovarun.com

Saturday March 21

ANTRIM COAST HALF-MARATHON
Larne Leisure Centre, Larne. 11am.
antrimcoasthalfmarathon.com
CARDIGAN TO NEWPORT 17
Cardigan. 10am.
facebook.com/HydroDragonEvents
CONISTON 14
John Ruskin School, Coniston, Cumbria. 11am.
coniston14.com
ED PRICKETT MEMORIAL RELAYS (MEN 4x2M/WOMEN 3x2M)
University Park Campus, Nottingham. 1pm.
facebook.com/
events/466689237191146
LANCASTER MOTHER'S DAY 10km
Salt Ayre Sports Centre, Lancaster. 11am.
lancaster-race-series.co.uk
NEWCASTLE UNIVERSITY TOWN MOOR COW BELL 5km
Town Moor, Newcastle upon Tyne, Tyne and Wear. 11am.
societies.ncl.ac.uk/nuaxc/newcastle-university-cowbell-race-2019
RHAYADER ROUND THE LAKES 5M/30km
Leisure Centre, Rhayader, Powys. 1pm.
rhayaderac.org.uk
RUN CHESHIRE ARLEY HALL 10km/HALF-MARATHON
Arley Hall, Arley, Cheshire. 9.30am.
cheshire10k.com
RUNTHROUGH OLYMPIC PARK 5km/10km
Olympic Park, London. 9.30am.
runthrough.co.uk
SELF TRANSCENDENCE 10km
Battersea Park, London. 8.30am.
uk.srichinmoyraces.org/races/london
SOUTH PARK 20
Pavilion, South Park, Darlington. 11am.
racebest.com/races/darlington-harriers-south-park-10
SUPERNOVA KELPIES 5km (DAY 2)
Helix Park, The Kelpies, Falkirk. 7pm.
supernovarun.com

Sunday March 22

CARDIFF TAFF TRAIL HALF-MARATHON
Bute Park, Cardiff. 8.45am.
cardiffrunningevents.org
CLOCHER VALLEY 5km
Main Street, Aughter, County Tyrone. 10am.
easthullharriers.com

EASTLEIGH 10km

Fleming Park Leisure Centre, Eastleigh, Hampshire. 9am.
runningmania.co.uk
GAINSBOROUGH & MORTON STRIDERS 10km
Morton Primary School, Morton, Lincolnshire. 10am.
gainsboroughrunningclub.co.uk
GRANITE WAY 10/20
Youth Hostel, Klondyke Road, Okehampton, Devon. 9am.
exetercitycommunitytrust.co.uk/running-events

LABC RUNNERS LITTLEBOROUGH 5km
Boxing & Fitness Club, Littleborough, Lancashire. 9.30am.
labcbboxing.uk/community/littleborough-boxing-fitness-club-13227/labcb-runners-5k-race
MALLORY PARK 5km/10km
Mallory Park, Kirkby Mallory, Leics. 9am.
malloryparkroadchallenge.co.uk
NEWCASTLE (STAFFS) 10km
Ashfields Track, Newcastle-under-Lyme, Staffordshire. 10am.
newcastlestaffsac.org.uk
RISBOROUGH RUN IN THE PARK 5km
Wades Park, Princes Risborough, Buckinghamshire. 9am.
risboroughruninthepark.weebly.com
RUN DORNEY 5km/10km/HALF-MARATHON
Dorney Lake, Windsor, Berkshire. 10am.
theraceorganiser.com
RUN WHITSTABLE 5km/10km
Hampton Pier Recreation Ground, Whitstable, Kent. 10am.
thefixevents.com
RUNNING GRAND PRIX BEDFORD 5km/10km/HALF-MARATHON/16/20/MARATHON
Thurleigh Airfield Business Park, Thurleigh, Bedfordshire. 10am.
runninggrandprix.com/event/bedford-autodrome
RUNTHROUGH HEATON PARK 5km/10km/HALF-MARATHON
Heaton Park, Manchester. 9.30am.
runheaton.com
SMUGGLERS 10km
Birchington, Kent. 10.30am.
sportingeventsuk.com
SOUTHERN MEN'S 12-STAGE/WOMENS 6-STAGE RELAYS
Milton Keynes.
seaa.org.uk
SUPERNOVA KELPIES 5km (DAY 3)
Helix Park, The Kelpies, Falkirk. 7pm.
supernovarun.com
WEYMOUTH HALF-MARATHON
Pavilion, The Esplanade, Weymouth, Dorset. 10am.
justracinguk.com
WIGAN FESTIVAL 5km/10/HALF-MARATHON
Market Street, Wigan, Lancashire. 9.30am.
runwiganfestivals.co.uk

Wednesday March 25

CHICHESTER CORPORATE CHALLENGE 4.5km
North Street, Chichester, Sussex. 7.30pm.
chichester-runners.org.uk/corporate-challenge
DEEP RIVERROCK QUEENS 5km
Annadale Embankment, Belfast. 3.30pm.
queenssport5k.com
EVEN SPLITS 5km SERIES
Brownlee Centre Cycle Circuit, Leeds, West Yorkshire. 7.15pm.
evensplits.events

TRACK

Saturday March 14

SWINDON WINTER THROWS
Swindon.
WOODFORD GREEN THROWS FEST
Woodford. Noon. wge1.org.uk

Sunday March 15

MARK CAWTE MEMORIAL MEETING
Swindon. swindonharriers.com

Wednesday March 18

GLASGOW TAXIS CUP
Scotstoun.
theglasgowcup.com

Friday March 20

READING AC FRIDAY NIGHT DEVELOPMENT OPEN SERIES
Reading. readingac.com

Saturday March 21

BLACKPOOL WYRE & FYLDE AC WINTER WARM UP OPEN
Blackpool. 11am.
bwfac.co.uk
HUMBERSIDE AA WINTER WARM UP
Scunthorpe.
RWA INTER-AREA RACE WALKS
Sheffield.
UNIVERSITY OF LEICESTER RAC OPEN
Leicester.
uolrac.com/open-meet

Sunday March 22

BRIGHTON & HOVE OPEN THROWS
Brighton.
VALHALLA THROWS ACADEMY
York.
facebook.com/ValhallaThrows

WALKS

Sunday March 15

IOM WINTER LEAGUE #6
N.S.C. Douglas.

Thursday March 19

IOMVAC SPRING HANDICAP 5km
N.S.C. Douglas.

Saturday March 21

INTER-AREA MATCH
Sheffield.

OVERSEAS

Sunday March 15

EUROPEAN MASTERS INDOOR CHAMPIONSHIPS
Cancelled until January 2021.
LOGICOM CYPRUS 5km/10km/HALF-MARATHON/MARATHON
Paphos, Cyprus.
WORLD ATHLETICS CROSS COUNTRY PERMIT MEETING
Albufeira, Portugal.

Saturday March 21

EUROPEAN THROWING CUP
Leiria, Portugal. Until Sunday March 22.

Sunday March 22

LISBON HALF-MARATHON
Lisbon, Portugal.
OPAP LIMASSOL 5km/10km/HALF-MARATHON/MARATHON
Limassol, Cyprus.
limassolmarathon.com



PUBLISHING

AW, The Great Run Company, The Space Holborn, 235 High Holborn, London WC1V 7LE
General enquiries: officemanager@athleticsweekly.com
athleticsweekly.com
twitter.com/athleticsweekly facebook.com/athleticsweekly

EDITORIAL

EDITOR Jason Henderson
jason.henderson@athleticsweekly.com
EDITORIAL DIRECTOR Euan Crumley
euan.crumley@athleticsweekly.com
PRODUCTION EDITOR Mike Taylor
07712-583796 / mike.taylor@athleticsweekly.com
WEB EDITOR Jessica Whittington
07584-528799 / jessica.w@athleticsweekly.com
PRODUCT REVIEWER Paul Freary
paul.freary@athleticsweekly.com
PHOTOGRAPHER Mark Shearman MBE
mark@athleticsimages.com
Editorial contributors: Alastair Aitken, Melanie Anning, Katy Barden, Steve Bateson, Martin Duff, Jean-Pierre Durand, Kevin Fahey, Paul Halford, Jeremy Hemming, Ruth Jones, Paul Larkins, Stuart Littlewood, Matt Long, Peter Matthews, Keith Mayhew, Gary Mitchell, Jonty Mitchell, John O'Hara, Tom Pollak, Steve Roe, Victah Sailer, Harry Shakeshaft, Denis Shepherd, John Shepherd, Dan Vernon, Mel Watman, Stuart Weir

RESULTS

RESULTS EDITOR Steve Smythe
results@athleticsweekly.com
FIXTURES COMPILER Steve Mosley
whatson@athleticsweekly.com
Results team: David Brown, Steve Green, Nigel Harding, Malcolm McCausland, Jackie Sibthorp, James Taylor, Les Venmore
Athletics Data: Meghan Beesley, Jacky Brett, Emily Diamond, John Falvey, Steve Way

ADVERTISING & MARKETING

GROUP SALES EXECUTIVE James Byrne
07973-290109 / james.byrne@athleticsweekly.com
ADVERTISING SALES EXECUTIVE Paul Bramley
07976 471245 / paul.bramley@athleticsweekly.com

PUBLISHING, PRINTING & DISTRIBUTION

MANAGING DIRECTOR, GREAT RUN PUBLISHING Wendy Sty
wendy.sty@thegreatruncompany.com
PRINTING Cliffe Enterprise Ltd
Unit 6F, Southbourne Business Park, Courtlands Road, Eastbourne BN22 8UY Tel: 01323-405980. www.cliffe-enterprise.com
RETAIL DISTRIBUTION Seymour Distribution
2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4000

SUBSCRIPTIONS AND BACK ISSUES

Warners Group Tel: 01778-392018
subscriptions@warnersgroup.co.uk
backissues@warnersgroup.co.uk

© AW 2020. Registered at the Post Office as a newspaper
» While AW takes every care to help readers with training, diet and injuries, neither they, nor their contributors, can accept responsibility for illness or injury caused as a result of advice given. We also cannot take responsibility for loss or damage to supplied material.
» AW takes no responsibility for the content of advertisements placed in the magazine.

Athletics fans demand Dina doll

PETITION IS ASKING FOR BARBIE VERSION OF DINA ASHER-SMITH TO BE SOLD TO PUBLIC

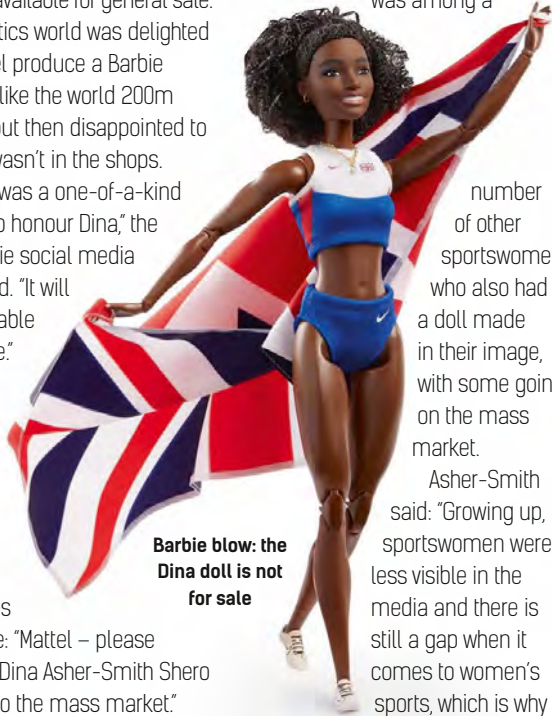
TOY manufacturer Mattel is under pressure to make its new Dina Asher-Smith Barbie doll available for general sale.

The athletics world was delighted to see Mattel produce a Barbie that looked like the world 200m champion but then disappointed to discover it wasn't in the shops.

"The doll was a one-of-a-kind gift, made to honour Dina," the official Barbie social media account said. "It will not be available for purchase."

A petition on change.org has been gathering support in recent days and it carries the headline: "Mattel – please release the Dina Asher-Smith Sherro Barbie doll to the mass market."

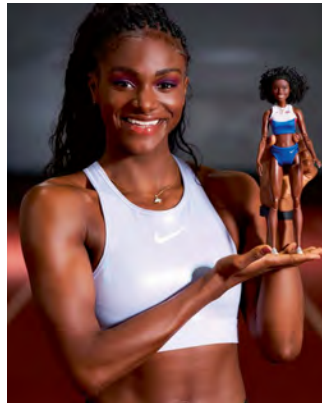
Mattel produced the doll to mark international women's day and wheelchair racer Madison de Rozario was among a



Barbie blow: the Dina doll is not for sale

number of other sportswomen who also had a doll made in their image, with some going on the mass market.

Asher-Smith said: "Growing up, sportswomen were less visible in the media and there is still a gap when it comes to women's sports, which is why



Dina Asher-Smith: proud to hold a Barbie doll version of herself

representation is so important.

"For Barbie to champion female athletes and different sports shows future generations that anything is possible. I hope little girls will see my doll and be inspired to take up and continue to enjoy sports."

Lisa McKnight, senior vice president of Barbie and global head of dolls, said the company is

"dedicated to shining a spotlight on powerful, diverse role models to inspire the limitless potential in every girl."

However the petition at change.org said: "With 2020 being an Olympic year, now is the perfect time for a wide-release Sherro doll of Dina.

"Wouldn't it be great to put a Dina Asher-Smith doll into the hands of hundreds of aspiring young athletes."



Madison de Rozario: wheelchair racer has also been 'Barbied'

US Olympic marathon trials shoe count

NIKE shoes dominated the US Olympic marathon trials with 408 of the 565 finishers wearing the brand.

Jeff Dengate from the US edition of *Runner's World* did a footwear count at the event in Atlanta and found Nike Vaporfly Next% was the most popular with 213 athletes wearing the shoe. The Nike Alphafly was runner-up with 148 wearing it, although Nike had given out free pairs of Alphafly pre-race.

The Brooks Hyperion Elite followed with 49 athletes wearing it,

closely followed by the Nike Vaporfly 4% (below), Hoka One One Rocket X, New Balance Fuel Cell TC Elite and Saucony Endorphin Pro, while no other shoe got into double figures.

The men's winner and runner-up wore Alphafly while the third-placer wore Vaporfly Next%.



In the women's race the podium was filled with Hoka, Saucony and Nike shoes.

Some runners even wore Next% despite being sponsored by another brand but tried to disguise them by painting them black.

Bolt's records tough to beat

TRACK fans are speculating that modern super shoes with carbon fibre plates could help sprinters break Usain Bolt's world records.

Nike's marathon racing footwear offer a 4% improvement and if there is a similar advantage on the track we could see 100m and 200m times tumble to 9.32 and 18.87.

But the Jamaican is dubious. "Let's wait and see. If it happens, it happens, but 9.32 and 18.87 in any spikes is not easy," Bolt told *Track & Field News*.

IF YOU HAVE A POTENTIAL DIP FINISH STORY, EMAIL JASON.HENDERSON@ATHLETICSWEEKLY.COM

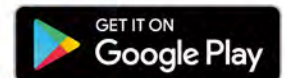


AW DIGITAL EDITION SUBSCRIPTION OFFER



**ONLY
£5.99
PER MONTH**

- ▶ Only £1.40 a week
- ▶ Delivered direct to your device
- ▶ All your AW news ahead of the weekend
- ▶ Enhanced with audio and video content



To order a digital subscription, please visit
pocketmags.com/athletics-weekly-magazine

TOWN AND GOWN SERIES

OXFORD

Sunday 3 May 2020



The runner's run
Professional • Chip-timed • Serious fun

www.townandgown10k.com/oxford

Muscular Dystrophy UK

Fighting muscle-wasting conditions



Join the race to beat muscle-wasting conditions.

Sign up to one of best 10k runs in the South East – for just £30 (unaffiliated) £28 (affiliated) – or challenge yourself to our new 10-miler run – for just £40 entry, £200 min sponsorship



Registered with
FUNDRAISING
REGULATOR



#townandgown10k @TownandGown10k

020 7803 2884 / townandgown10k@muscular dystrophyuk.org

Muscular Dystrophy UK, 61A Great Suffolk Street, London SE1 0BU Registered Charity No.205395 and Registered Scottish Charity No. SC039445



Scan with your camera to sign up