

February 21 2001 £1.95

athletics

WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE

THIS WEEK

Another UK record
for Katharine Merry

International
profiles: Sergey
Bubka and Irina
Privalova

World bests
tumble at
British Veterans'
Indoor Championships

Coe v Christie
What's it all about?

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GABRIELA SZABO

World record run at Norwich Union Grand Prix

News, reports and results from around the world



Good line-up for AAA Half

TOP names have already lined up for the South's biggest half-marathon at Reading on March 11, including SoEAA 10km champion Andy Coleman, who made such a dramatic breakthrough last autumn, writes Martin Duff. Coleman ran 62:28 for second place in last year's BUPA Great North Run after his Kix 6 10km victory and is also in good form this year after winning the Alsager 5 in 23:21 earlier this month.

The Yellow Pages Reading Half-marathon incorporates the AAA of England Championships and already nearly 6000 runners have entered for the event, which has a limit of 10,000. Entries are up on the same stage last year, when the total reached over 7000.

Also in the field are last year's AAA of England champion Nick Wetheridge, who ran 64:09 to break through at Bristol and world 100km champion Simon Pridie, plus Eric Kiplagat, John Mutai and Simon Impey. Kiplagat set a personal best of 63:43 in fourth spot behind Simon Bitok's 62:56 last year and race director Deb Daniels said: "We're hoping the course record of 61:38 set by Paul Evans in '93 will go."

2000 AAA of England champion Andrea Green defends her women's title, after a breakthrough 73:28 at Bristol last October. "The ladies' race is looking good with last year's winner Birhan Dagne returning to defend her title against last year's runner-up Yelena Placinta," added Daniels. Dagne won in 74:23 last time, while 1999 champion Lyubov Denisova from Russia returns. Also in the field is Janet Ongera.

Tanni Grey-Thompson will be heading the wheelchair athletes," said Daniels, who expects more top names to sign up as the race draws nearer.

Javelin man wears cricket shoe

JAVELIN thrower Mark Roberson has been bowled over by a new Asics cricket shoe – to the extent that he has decided to wear it during the forthcoming track and field season, writes Jason Henderson.

The 33-year-old Newham & Essex Beagles athlete was second in the World Junior Championships in 1986, won the AAA senior title in 1997, and has a best of 85.67m – a mark that puts him third on the UK all-time rankings.

Bizarrely, he has rejected standard javelin shoes and instead plans to compete this summer wearing the Asics Gel Bowral – a shoe worn by cricket stars such as Darren Gough and Alec Stewart.

"These shoes are comfortable, light,



Owzat!: Mark Roberson with his new cricket shoes

flexible and also have the necessary stability for throwing," said Roberson, who is currently training in South Africa. "I am positive they will give me the added confidence to challenge for honours this season."

Roberson's ambition in 2001 is: "To challenge Steve Backley and Mick Hill and at the same time cement a place in the Great Britain team for the World Championships in Canada and next year's Commonwealth Games in Manchester."

The shoe, which features interchangeable spikes and rubber studs, has been named after cricket legend Sir Donald Bradman's home town and has been designed to reduce injuries for batsman, fielders, wicket-keepers ... and javelin throwers.

Gymnastics medallist turns to vaulting

AS a Commonwealth silver medallist in gymnastics in 1994, Sonia Lawrence has been there, done that and bought the T-shirt when it comes to major sporting championships, writes Andrea Morgan.

Now, she wants to be even better – as a pole-vaulter.

The 21-year-old from Bedwas in South Wales only took up the sport five months ago but she has come on in leaps and bounds and is already a Welsh international.

She said: "I've only done three competitions and after my first I was picked to be a Welsh international."

"I want to be a better pole-vaulter. In gymnastics, if you are the best in Britain, you are not necessarily going to do well against the rest of the world."

"But if you are the best in Britain in pole vaulting, you know you are world-class. What I did in gymnastics was great, but I want to go a lot further now."

After success at the vault in Victoria in 1994, Lawrence competed in the 1996 Olympic Games in Atlanta and the Commonwealth Games in Kuala Lumpur in 1998.

She said: "I gave up gymnastics because I had achieved everything I wanted to and wanted a new challenge."

"The two sports are closely related. You need spatial awareness, strength and flexibility."

"But there's only one way to do pole

vaulting so if you want to be good, you know you have to do it the right way. So many people don't make it because of that."

"I prefer pole vaulting now."

Lawrence is studying at the University of Wales Institute Cardiff. She is coached by father and son team Dave and Gareth Lease and trains with Welsh indoor pole vault record-holder Tim Thomas and European 60m indoor champion Jason Gardener.

She said: "It's great training with them. Tim is helping me a lot. I run with Jason as well. They don't make me feel they are any better than me."

Lawrence finished third in the Lansing Linde Severnside International meeting in Cardiff earlier this month.

With a personal best of 3.30m, she is a quick learner. She had a taste of world-class competition as a gymnast and wants more as a pole-vaulter.

She said: "I want to go to the Commonwealth Games next year. It's all going so well at the moment."

"People have very high expectations of me and I am expecting a lot from myself as well. I'm impatient to progress and people have been telling me to calm down."

"I've been coaching my sister at gymnastics. She's nine and is coming along really well. But I haven't been doing it so much lately as my coach comes down from Bath and I need to spend time with him."

Russian great attends potential day

RUSSIA'S Igor Nikulin, the No.4 ranked hammer thrower of all time, was the guest of honour at a UK Athletics World-Class Potential Day for under-23 and under-20 athletes in Hendon on February 3.

Nikulin's best of 84.48m has only been bettered by Igor Astapkovich, Sergey Litvinov and world record-holder Yuriy Sedykh. When Nikulin achieved the mark, in Lausanne in 1990, it led the world rankings for the year.

Demonstrating specialist weight exercises for hammer throwers, Nikulin was one of three coaches in Hendon.

Lorraine Shaw, the UK record-holder, taught the athletes core stability exercises and specialist hurdle drills. Phil McEvoy was on hand to teach weight lifting techniques.

One of the young athletes to benefit from the day was Enfield & Haringey athlete Carl Saggers, who won a handful of medals at the AAA U17 Championships last summer.

"This was the third of these days and they have all gone very well," said Alan Bertram, from the West London Hammer School.

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Q Name three vitamins contained within Isostar Energy Bars
Entries close on Monday, March 5.

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athletics

WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE

THIS WEEK

Road relays:
Tipton take men's
12-stage crown
at Sutton Park
and Charnwood
lift women's
six-stage title

NORWICH
UNION

sports:hall

Results and pictures
from the Sports Hall
final in Birmingham

DERARTU TULU

Ethiopian great adds London to her pile of trophies



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results ... results ... results ... results ... results ... results ... results

overseas

outdoors

BRAZIL

Apr 21-22, São Caetano do Sul: 100m (all): 12.85; 1. A D da Silva 10.12w; 2. R de Oliveira 10.16w; HT 1.18; C Sousa 10.20; 200: (1.41) A da Silva 20.50; LJ: Ferreira 8.08w/2.6; TJ: 1. Baptista 16.70w/3.4 (16.66/1.8); Women 100H (all): (1.1) Maggi 13.18; LJ (all): Maggi 6.99w/2.1 (6.87/1.8); TJ: Kella Costa (83) 14.15w/2.2 (14.00/0.8) 8Am jnr rec.

CHINA

Apr 21-22, Zhongshan: 110H: 1 Chen Yanhao 13.67; 2 Liu Xiang (83) 13.70 Asian jnr rec; LJ (all): Li Dalong 8.19; Women LJ (all): Hu Yoyao (83) 6.61; SP (all): Song Feina 18.36; DT (all): Song Almin 60.78.

FRANCE

Feb 18, Miramas: Women DT: Robert-Michon 62.10.

GREECE

Apr 21, Alexandroupolis: Women HT: Tsémgliou 62.77
Apr 22, Pireus: JT: Gatzabudis 67.62; Women HT: Papayaniou 63.89 rec
Apr 22, Thessaloniki: HT: Papadimitriou 76.76

HUNGARY

Mar 24, Szombathely: Women HT: Dvós 64.62. (text corrupted in AW of 25 April p.36)

JAPAN

22 Apr, Kobe: 10000: A: 1 Ngatho KEN 28:01.11; 2 Gtahi KEN 28:01.60; 3 Schiebler CAN 28:05.12; 4 S Meina KEN 28:05.90; 5 Takaka 28:13.55; 6 T Matsumiya 28:13.63; 7 Aiene Emre ETH-J 28:13.63; Women 10000: 1 Kotonide 31:41.32; 2 Fujinaga 31:47.82; 3 Shibui 31:48.73; 4 C Takahashi 31:59.87; 5 Sakashita 31:59.91; 6 H Okamoto 32:12.88; 7 Wang Hongxia CHN 32:12.88; 8 Noguchi 32:15.29; 9 Hashimoto 32:15.87; 10 M Ozaki 32:17.30.

MARTINIQUE

Apr 28, Fort-de-France: 100: (2.2) 1 B Lewis USA 10.18w (1h2 10.10w/2.7); 2 Bredwood JAM 10.13 (1h1 10.18w/2.2); 3 Mitchell 10.18; 4 Boldon TRI 10.22; 200: (1.8) Demeritte BAH 20.59; 3 D TURNER 21.19; 400: r2: P McKee IRL 47.63; W 100: (1.8) Ferguson BAH 11.25 (1h1 11.15w/4.7); 2, K White USA 11.39 (3h1 11.33w); 3 Dryell NGR 11.40 (1h2 11.39w/2.8); 200: (1.9) 1 White 23.18; 2 Bikan 23.23; 3 Dryell 23.29; 400: 1 George CAN 52.24; 2 Pompey GUY 52.36; 3 Shinkins IRL 52.55.

QATAR

Mar 29, Doha: 400H: Al-Nubi 49.35

SOUTH AFRICA

Feb 7, Johannesburg W: LJ: Louw NAM 8.08/0.4
Feb 9-10, Pretoria: 400H: Myburgh 49.52; SP: K Potgieter 18.36
Feb 21, Johannesburg: LJ: Louw 8.15/0.5
Apr 20-21, Pretoria: U23 Champs: JT: Erasmus 61.27; U20 Champs: 400H (all) 1 Kritzinger 49.57; 2 T de Villiers 49.65; HJ (all) Freitag 2.26

SPAIN

Apr 7, Benakado: 10,000 correct: 5, J M Martinez 28:20.14; 8, Adán 28:22.54
Apr 15, Alcorcón: 400H: r1: A HOPKINSON 57.17; JT: 1 S Kuusisto FIN 75.86; 2 S FABIEN 73.15; 3, V Sasimovich RUS 72.99; 4 M ROBERTSON 71.87; W 300: r3: J BENNETT 41.13; r3: 1 K Aikhigh NGR 37.45;... 4 H FROST 38.36; 100H: (0.3) 1 G Akzie NGR 13.11; 2 J PRATT 13.52 (1h2 13.79/0.3); 3 F HARRISON 14.01 (2h2 14.25); LJ: 6 HARRISON 5.68/0.4; 7 F WESTWOOD 5.68/0.3; 8 M Veldman NED 5.60/0.4
Apr 21, Alfaz del Pi: 100: (0.3) 4 K BLUS 10.83 (1h5 10.87/1.2); 110H: (0.2) 2 A SAWYER 15.25; HJ: R MITCHELL 2.24 = Welsh record; JT: 1 M ROBERTSON 76.50; 2, Incas UTU 75.33; 3 S FABIEN 72.25; Women 300: 1 H FROST 38.04; 100H: (0.3) 1 Akzie 12.96; 2 M T Clouf SEN 13.35; 3 PRATT 13.59 (1h3 13.60/0.0); LJ: 4 C PEARCE 5.51/0.3
Apr 22, León: SP: M Martinez 20.97 rec (20.89 rec, 20.74 rec, 20.87 rec, x, 19.99,

x); DT: Pestano 62.04

USA

Apr 7, Fresno: Women 100: Mayers VIN 11.19 was windy so not record.
Apr 14, Azusa: 2 C ENH-SNELL 2.02
Apr 14, Tehachas: 100: (-1.3) LEWIS-FRANCIS 10.12; Women 200: (-0.9) J HOLLMAN 24.86
Apr 18-21, Lawrence: Kansas Relays: 400: Byrd 45.44; 400H: Weakley JAM 49.29; LJ (all) nwi 1 Howard 8.10; 2 Lister 8.08; TJ: Howard 16.83; SP: 1 Bloom 20.08; 2 Tish 18.52; DT: Reynolds 63.18; HT (all): Sedykh RUS-MAS 62.30; W 100/200: 5/6 L OWUSU 12.04/0.3, 23.13/1.8; 3000 (all): 2 M BROOKS 9:47.82; Hsp (all): 1 K LIVESY 53.85 (14.44w/2.6, 1.75, 10.33, 24.84/1.1...)
Apr 19, Lancaster: SP: Davis 19.69; DT: Tunks CAN 64.64
Apr 20, Clermont: DT: Tunks CAN 65.78; Women 100: (3.2) 1 T Jones 11.33w; 2 S ANDERSON 11.45; 400: 1 F Williams CAN 52.69; 3 T BLAKE 54.35; 800: 6 R FELTON 2:09.80; 3000GC (short): Wilt Jackson 9:59.50; HT: Ezech FRA 66.16
Apr 20-21, Austin: 110H: (3.6) 1 K Allen 13.52w; 2 J Cooper 13.52; PV: Hunter 5.65; Women 100: (3.5) 1 Lee 11.13w; 2 L White 11.25; 200: (2.7) 1 Lee 22.74w; 2, Dombi 22.94; 3, Durst 23.05; 100H: (2.5) Oheeri 13.05w
Apr 20-21, Lexington: W 200: (1.8) 5 R ADDO 25.21 (2h3a 24.81/0.6); 400: 1 ADDO 55.18 (1h1a 55.48)
Apr 20-21, Orlando: 400: 1 Modibo TRI 44.87; 2 M Jennings 45.55; HJ: S Brown 2.25; Women 100: (0.0) 200: (-0.1) Mothersill CAY 11.34/2.57 rec
Apr 21, Allston: 800/1500: McLEAN-FORREMAN 1:53.79/3:53.53
Apr 21, Auburn: 200: Demeritte BAH 20.48w
Apr 21, Fort Worth: 100: r6: (3.3) L Frater JAM 10.17w; 200: r6 (2.1) Patton 20.42w; 110H: (3.3) Bramlett 13.56w; LJ: 1 Pete 6.48w; 2 Patton 6.10w
Apr 21, Gainesville: 100 (0.9) 200 (-0.6): Bredwood JAM 10.19/20.56; 110H: r2 (0.0) 3 D STODART 14.96; 5 J HEANLEY 15.85; 400H: 5r2 D HALL 58.89; LJ: 7 J GOLLEY 7.06/1.6; 10 HEANLEY 6.91/0.5; TJ: 5 M MURRAY 14.44/1.0; Women 100: r2 (1.1) 1, J MEADOWS 11.94; 2 K THOMAS 11.99; 4 K PALMER 12.38; 200: w? 2 MEADOWS 23.92; 5 THOMAS 24.47; 6 PALMER 25.00; 400: 6 M PURKISS 54.38; 800: Vriesde SUR 2:00.90
Apr 21, Lake Charles: 800 GOW 1:53.79
Apr 21, Logan (Al): HJ: Ginger 2.30
Apr 21, Long Beach: 110H: (-3.1) 3 M ELLIOTT 14.33; 6 N OWEN 14.67; PV: 5-1 TULLETT 5.07; 16 E JONES 4.47; Women 200: (1.1) L MILLER J 24.58; 400: r1: 8 N SANDERS 57.07; r2: 1 C Nylen GWE 56.87; 1500: 2 L JOSLIN 4:42.19; 400H: 1 M Marks Lough UnUSA 58.76
Apr 21, Orlando: 1500: 2 M GREEN 3:51.27
Apr 21, Waco: 200: (1.5) Browne CAN 20.57; 400: Houghton JAM 45.21; PV: 10 M EDWARDS 4.90; Women 5000: 2 C SANDERSON 17:05.79; PV: 5 A JESSEE 3.50
Mt SAC Relays
The annual Mt SAC Relays provided an early season competitive opportunity for many top American athletes. Much of the pre-meeting hype centered on Marion Jones's attempt to run a world best time for 300m. She ran well in the windy conditions for 35.68 but that was short of the 35.48 run by Kathy Cook and Chandra Cheeseborough in 1994, yet alone the 34.1 that was Merita Koch's intermediate time in her wonderful world record for 400m at Canberra in 1985.
There was a strong contingent of British athletes in action. 20 year-old Adam Sutton, from Preston, who is studying at Province College, made a significant breakthrough with 28:10.88 for 10,000m, and Doug Bignall ran a personal best for 100m in beating Marion Devonish
Apr 19-20, Azusa: Dec: 1 Day 7980; 2 Smith 7848; W Hsp: Krieger GER 6041w
Apr 20, Walnut: 5000: 168: P HOWARTH 14:40.87; 10,000: 11 A SUTTON 29:10.98; Women 5000: 8: 2 G PALMER 16:22.91; 5 S RUTHERFORD 16:31.73; 3000SC: Nilsson 10:03.98; 5 L JOSLIN 10:21.21 (2nd UK all-time)
Apr 21, Walnut: 1500: r3: 4 M DAVIES 3:51.45; r4: 6 C MULVANEY 3:49.07; HJ (High School): 1 C ENH-SNELL 2.16; DT: 9 B ROBB 52.24; W 200 (HS): (1.0) Henderson 23.16; 800 (HS): 3 B PARKER 2:14.55; HJ (HS): 1 A WILSON 1.73; PV: 21 = L WEBBER

3.66; HT: 1 Tolson 65.38; 2 Seong 64.24
Apr 22, Walnut: 100: (0.7) 1 B Williams 10.09; 2 G Williams 10.16; 3 Laynes 10.19; Open: r1: (0.6) 1 D BIGNALL 10.30; 2 M DEVONISH 10.32; r2: (0.5) J OPARKA 10.77; 200: (-1.1) Boldon TRI 20.76; Open: r3: (1.3) Brunson 20.37; r4: (3.2) 1 M Grimes 20.61w; 2 DEVONISH 20.67; 400: r1: 1 Washington 44.47; 2 Al-Bishi KSA 45.84; r2: 4 J DEACON 46.58; 1M: 1 B Lagat 3:55.40; 2 Sullivan CAN 3:55.90; 3 Kimani KEN 3:58.89; 110H: r2: (0.4) 1 Oser 13.51; 2 Swift 13.81; 400H: 1 Carter 49.14; 2 Al-Somali KSA 49.47; r3: 6 C ROBERTSON-ADAMS 52.41; PV: 1 L Johnson 5.81 (opening height); 2 Mack 5.81; 3 Buler 5.81; LJ: 1 Dworth 8.04w/2.1; 2 Streeter-Thompson CAY 7.90/1.6; 3 Phillips 7.98/0.4; SP: 1 Codine 21.35; 2 Snyder CAN 20.40; 3 Olsen DEN 20.20; 4 Davis 20.19; 5 Chakoum J 19.80; 8: 11 B ROBB 15.94; DT: 1 Tunks CAN 65.04; 2 Maté HUN 63.24; 3 Koseoglu GER 63.20; JT: Greer 64.22; 1M Walk: 1 Clausen 5:54.52 rec; 4x100: 1 HSI Drummond B Williams Boldon TRI McNoyl 38.73; 2 Cal International (Conwright Sadder Bridgewater G Williams) 38.83; 3 Octagon USA (Crawford Tremmel J Carter Streeter-Thompson CAN) 38.91; Women - 100: (2.6) 1 Glenn 11.10w; 2 Edwards 11.20; other races - r2: (1.7) 1 Manual 11.33; 2 S ANDERSON 11.40; 3 C MURPHY 11.48; r4: (0.3) 1 M RICHARDSON 11.70; r5: (-1.2) D ALLAHGREEN 11.91; 200: (2.2) 1 T Jones 22.97w; 2 Gaines 23.01; 3 Arran FRA 23.14; ... 8 MURPHY 23.65; 300: 1 M Jones 35.88; 2 K White 36.61; 3 S DUDGEON 37.08; 400: Katsouma CHA 51.73; 100H: r1: (0.4) 1 D ALLAHGREEN 13.14; r2: (2.4) 1 Morrison 12.82w; 2 Dixon JAM 12.88; 3 Russell-Love JAM 12.91; 4 Adams 12.94; 5 B Grant 13.19; 6 Roberts THA 13.48; Open: (-1.4) ALLAHGREEN 13.45; 400H: 1 N DANVERS 55.95; 2 Oheeri NGR 56.05; 3 M Johnson 56.83; HJ: Acuff 1.93; PV: 1 Warlock 4.41; 2 Seuer 4.41; 3 Mueller 4.31; ht: R CLARKE (4.01); SP: 1 Tunks 18.85; 2 Koeman NED 18.07; 3 Price-Smith 17.94; DT: 1 Powell 63.72; 2 Sue 62.56; 3 Kuehl 61.34; HT: 1 Ekerbe 66.30; 2 Ezech FRA 65.79; 3 Mepkeke AMS 65.81; 4 Griffin 62.84; 5 Coors 62.52; 6 Val 62.25; 1M Walk: Rohl 6:39.75 rec; 4x100: Addas (Beckus Gaines White Morrison) 43.88; 4x400: 1 TC Management (Hennigan Mills H Dark Katsouma CHA) 3:28.05; ... 5 SCOTLAND (Easton Curbishley Dudgeon Clarkson) 3:35.50
More British athletes were in action last weekend in the USA. Note especially the 110m hurdles time by Anthony Jarrett and excellent sprinting by Mercie Richardson and Joice Maduka in Fullerton.
Apr 25-28, Des Moines: Drake Relays: 1500 (all): 4 MULVANEY 3:49.01; 10 N KIRK 3:55.13; Women 400H: 2 OWUSU 52.93; 5000 (all): 1 PALMER 16:25.13; 4 BROOKS 17:03.96
Apr 26, Fullerton: 100: r1 (0.8) 1 DEVONISH 10.38; 3 HYUN 10.57; 5 Brizel IRL 10.67; 6 EDGAR J10.88; r2: (1.6) 3 BEASLEY 10.88; 5 DEACON 10.98; 7 RAWLINSON 11.18; 200: r1: (0.9) DEVONISH 21.01; 2 GOLDING 21.04; 4 HYUN 21.10; 6 BARBOL 21.47; 7 BEASLEY 21.82; r2: (1.9) 1 EDGAR 21.63; 3 DEACON 21.91; 4 RAWLINSON 22.06; 110H: (2.8) 1 JARRETT 13.62w; 400H: 1 Al-Somali KSA 50.12; 2 McDONALD 52.56; 5 Thomsen Lough UYDEN 55.14; SP: Davis 19.69; W100 r1: (1.7) 2 RICHARDSON 11.43; 3 MADUAKA 11.47; 5 MURPHY 11.67; 7 WILSON 11.98; 200: r1: (0.9) 1 MADUAKA 20.33; other results last: 400: 1 T BLAKE 55.01; 5 WATSON 58.07; 800: 3 Nylen Lough UnSWE 2:08.63; 400H: 1 CEESEY 60.88; 2 SANDERS J 61.54; PV: 1 = WEBBER 3.98
Apr 26-28, Philadelphia: 100: 1 Jarrett JAM 10.12; 2 M Lewis 10.13; 1M: 1 E Nyki KEN 3:56.84; 2 L Mucheru KEN 3:58.88; 5000 (all): 8 G RBD 14:04.48; 10,000 (all): 17 C BIRCHALL 30:28.67; 4x100: 1, USA Blue (Drummond, B Williams, C Johnson, Greenel) 38.03; 2, USA Red (Thammil, Harden, Brokenburn, Clay) 38.52; 3, JAM (Powell, Jarrett, Logan, Williams) 38.68; 4x200: 1, USA Blue (Drummond, Crawford, B Williams, Greenel) 1:19.30; 2, USA Red (Day, Brew, Brokenburn, Thammil) 1:20.63; 3, JAM 1:21.63; 4x400: 1, USA Red (Byrd 45.4, A Taylor 44.2, J Young 44.8, M Johnson 44.2) 2:58.60; 2, JAM (McDonald 45.2, D Clarke 44.4, McFarlane 45.1, Blackwood 45.1) 2:59.79; 3, USA Blue (C Davis 47.2, Brew 44.7, J Carter 44.9, Ja. Davis 45.0) 3:01.82; Women 1M (all): 8 D THORNAL 4:43.91; 5000 (all): 2 C BERRY 16:05.88; 10,000 (all):

Dennehy-Wills 32:38.50; 100H: 1, Morrison 13.00; 2, Bates 13.20; 3, Williams 13.51; 4, Cherry 13.51; HJ: 1, Forrester CAN 1.84; 2, Grant JAM 1.84; LJ: 1, B Williams 6.58; 2, T Smith JAM 6.39; TJ: 1, Hurd 14.07; 2, Smith 13.95; 3, Gilles JAM 13.64w; 4, Kinard 13.47; HT: 1, Ekerbe 70.62 rec; 2, Norgren 68.84; 3, Cross 68.12; 4, Boswell 61.98; 5, Coors 61.32; 6, Hart 60.98; 7, Folz 60.38; 8, Fort-Given 58.80; 9, Thoner 57.12; JT (all): Crouse 54.34; 4x100: 1, USA (T Edwards, N Perry, Miller, Gaines) 43.12; 2, JAM (A Walker, Fraser, McDonald, Lawrence) 43.18; 4x200: 1, JAM (McDonald, Frazier, V Campbell, A Walker) 1:30.23; 2, USA (Jenkins, Gaines, Perry, Edwards) 1:30.85; 4x400: 1, USA Blue (Hennigan, Collins, Colander-Richardson, M Jones) 3:21.34; 2, JAM (Hemmings, Scott, Richards, Charles) 3:25.33; 3, JAM-J K Stewart, Morgan, M Walker, Hall 3:29.65 2nd best ever junior time; 4, USA Red 3:32.52; 5, NGR 3:33.14; College: 4x100: 1, TOU L Frater JAM, Slowly, Patton, Collins SKN 38.58 (1h1 38.84w); 2, Tennessee 39.23; W 4x100: Florida (A Robinson, Shotwell, Soley, N Benjamin) 43.43; 2, LSU 43.94 (1h1 43.95w) Stacy Dragila - Another World record
Apr 27, Rocafella (A): W PV: Dragila 4.70 WR

road races

CANADA

Apr 22, Vancouver: 10k: 1, James Kospel KEN 28:06; 2, E Rutto KEN 28:07; 3, Jackson Keesh KEN 28:10; women - S Barsosio KEN 33:04

CHINA

Apr 7, Jinen: Women Mar Champs: 1 Zheng Guixia 2:30.11; 2 Li Helan 2:31.05; 3 Ren Xujuan 2:33.23

FRANCE

Apr 22, Nice: HMar: 1, P Chebet KEN 61:32; 2, Bar KEN 62:21; 3, A Konr KEN 62:22; 4, Mcai KEN 63:00; women - 1, Maa 67:53; 2, Ochichi KEN 68:38; 3, Okayo KEN 69:48;
Apr 22, Vitry-sur-Seine: HMar: 1, K Kplombai KEN 61:16; 2, Waweru KEN 61:18; 3, Metto KEN 62:02; Women - 1, Vioconce (A) 69:19; 2, C Kwembai KEN 69:51; 3, I Kwembai KEN 69:52

NORTH KOREA

Apr 15, Pyongyang: Women Mar: 2, Ham Dong-sil 2:29.44; 3, Jo Sun-hui 2:30.46; 4, Sin Myong-ee 2:31.13; 5, Li Gum-sil 2:32.16; 6, Jong Ok-ren 2:34.21; 7, Hong Ok-dan 2:34.56; ... 15 T THOMSON 2:41.49

POLAND

Apr 22, Poznan: 10k: 1 Yude TAN 28:25; 2 Blak 28:33; 3 Bartoszek 28:34; 4 Gepeyenko BLR 28:35; women - M Ngatho KEN 32:52

walks

CZECH REPUBLIC

Apr 21, Rumburk: 20k Champs: 1 Malya 1:20:47; 2 Holusa 1:22:27

FRANCE

Apr 22, Chillon-sur-Saone: Women 1 hr: Quall 12,879m (44:58.6 at 10,000 rec)

GREECE

Apr 20, Astros: Balkan Champs: 20k: 1 Belan ROM 1:22:14; 2 Casandra ROM 1:23:45; Women 20k: 1 Groza ROM 1:32:12; 2 Orfan ROM 1:33:38; 3, Papayanni 1:34:14; Junior 10k: Tsoumetsika 46:44 rec.

ITALY

Apr 22, Riccione: 20k: 1 Gungi 1:22:22; 2 Cavallero 1:23:15; Women 20k: 1 Rellno 1:32:38; 2 Orsini 1:32:58; 3 Barbieri 1:33:13

MEXICO

Apr 21-22, Mexico City (A): 50k: 1 M A Rodriguez 3:55:44; 2 Zepeda 3:56:51; 3 E Hernandez 3:59:58; 4 Konepanov KAZ 4:02:19; drt, Deakes AUS; Women 20k (all): 1 M G Sanchez 1:34:32; 2 J Saville AUS 1:35:26; 3 Afridi ITA 1:35:45; 4 Perrone ITA 1:35:47; 5 Cimpean ROM 1:35:57; 6 Vasco ESP 1:37:31.

SPAIN

Apr 22, Calella: 1 Merko RUS 1:19:36; 2 Fernandez 1:19:47; 3 Fadejevs UTU 1:19:53; 4 Malya CZE 1:21:32; 5 Gandellini 1:21:42; 6 Ghoulis TUN 1:22:11; 7 Dominguez 1:22:25; Women 10k: 1 Wang Liping CHN 45:24; 2

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WEEKLY

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THIS WEEK

Does league athletics in the UK have a future?

UKA outlines support plans for coaches

Emma George reveals she almost quit

Belgrave make winning start to title defence



DOUG WALKER

No triumphant return for the European champion



results ... results ... results ... results ... results ... results ... results

overseas

BARBADOS

Apr 14-18, Bridgetown: 30th Carifta Games. U20: 100 (a): D Brown TRI 10.24; 400 (a): Barry TRI 45.51; 4x100 (a): Trinidad 40.19; 4x400 (a): Jamaica 3:08.69; W 100 (a): D. O. 200 (a): I. 1.61; V Campbell JAM 11.32/22.93; 400 (a): S Morgan JAM 53.18; 400H (a): M Walker JAM 58.90; 4x100 (a): Jamaica 44.98; 4x400 (a): Jamaica 3:34.63.

BRAZIL

Apr 29, Americana: 100: (1.6/2.7) A D da Silva 10.22/10.10w; 110H: (1.7/2.8) Souza 13.60/13.49w; W 100H: (0.5) Maggi 12.92; LJ: Maggi 5.71/0.5.

CHILE

Apr 28, Santiago: SP: Verri 19.42.

CHINA

Apr 27-28, Ningbo: 110H: Liu Xiang (B3) 13.45 Asian jnr rec; W PV (a): Gao Shuying 4.40 Asian rec; LJ: Guan Yingnan 8.77.

GERMANY

Apr 26, Hesel: W HT Bunjes 63.42; Apr 28, Sythen: W HT Achilles 64.97.

GREECE

Apr 28, Tripoli: HT Papadimitriou 79.52; W JT Tsolokoudi 62.80.

HUNGARY

Apr 28, Szombathely: 8kg HT Gócsok 73.29; W 4kg HT 1. Divós 88.10; 2, B Nemeth 62.91 U23 rec.

ITALY

Apr 27, Padua: W TJ: Magdalen Martinez CLUB 14.32/-0.2 (married Italian last year and lives in Italy).

JAPAN

Apr 29, Hiroshima Oda Meet: 5000: 1, Ngatho KEN 13:26.47; 2, Alerie Emere J 13:32.17; HT 1, Murofushi 81.35 (81.35, x, 79.32, p, p, 80.17); 2, Rendel AUS 76.55; W 5000: Malot KEN 15:21.39; HJ: Pentelimon ROM 1.88; TJ: Marinova BUL 14.18/0.0.

May 3, Shizuoka: 5000: 1, S Maina KEN 13:27.13; 2, Emere 13:29.84; 3, J Ndungu KEN 13:30.32; 400H: 1, Kawamura 48.80; 2, Woody USA 49.98; PV: Burgess AUS 5.80; LJ: 1, Morinaga 8.18w/2.3; 2, Watanabe 8.10/1.6; HT 1, Murofushi 79.00; 2, Rendel 76.85; W 100: (0.5) Meni CMR 11.31; 5000: Melot 15:25.57; LJ: Marinova 8.83w/4.3.

MARTINIQUE

Apr 28, Fort-de-France: 400: 1, Mills USA 45.80; 2, Al-Bishi KSA 45.97; 110H: r1 (2.1) 1, Wade USA 13.46w; 2, York USA 13.50; 3, Dorval HAI 13.50; 4, Swift USA 13.55; 5, Crear USA 13.67; r2: (1.6) Coghlan IRL 13.53; 400H: 1, Porter USA 48.02; 2, Weakley JAM 48.08; HJ: Austin USA 2.24; PV: 1, L Johnson USA 5.50; 2, Borgeing GER 5.50; 3, Spiegelburg GER 5.50; 4, Blom NED 5.50; 5, Galfione FRA 5.20; LJ: 1, Streata-Thompson CAY 8.20/0.3; 2, Olworth USA 8.15/0.9; 3, Touré FRA 8.11w/2.3; W 100H: r1 (1.8) 1, Golding JAM 12.97; 2, Dixon JAM 12.99; 3, Rose JAM 13.02; r2 (3.0) Lamalle FRA 12.90w; 400H: 1, Parris JAM 55.17; 2, N DANVERS 56.84; LJ: E Johansson SWE 8.87/1.2; TJ: Dimitrova BUL 13.89w/2.9.

PORTUGAL

Apr 29, Lisbon: LJ: Calado 7.96/1.2.

SOUTH AFRICA

Apr 27-28, Port Elizabeth: 400H: Willemse 49.35; LJ: (a) McClintock 7.97/0.0; HT: Hermse 75.75; W 200: (a) (-0.6) Seyerling 23.13.

SPAIN

Apr 7, Barakaldo: W 10,000: 4, Szentgyörgyi HUN 32:27.80 Eur U23 rec; Apr 22, León: SP: Martínez's 5th put was 19.85; DT: Pestano 62.11; Apr 28, Barcelona: W HT Castillo 61.62 rec; JT: Moldovan ROM 62.00; Apr 28, San Sebastián: SP: Martínez 20.80; DT: Pestano 63.04.

UKRAINE

Apr 28, Kirovoh Zapor: HT 1, Krykun 79.73; 2, Piskunov 79.60; W SP: Pavlyeh 19.24; DT: Antonova 60.12; HT 1, Sekachova 64.66; 2, Rezenova 62.87.

USA

The 10.12 100m in Tallahassee on April 14 by the British prodigy Mark Lewis-Francis was run into a wind of 1.3m/s that's a staggering mark by the 18-year-old and suggests that in favourable conditions he could become the first junior to dip below 10 seconds. The world junior record is held by British rival Dwain Chambers at 10.08. At the other end of the age scale, world hammer record holder (88.74 in 1986) Yuriy Sedykh of Russia launched a comeback at 45, winning in Lawrence on April 19 with 62.30.

Stacy Dragila bounced back following her indoor defeats in Lisbon and Madrid by raising her world outdoor pole vault record to 4.70 at high-altitude Pocatello, Idaho on Apr 27. She had first time clearances at 4.11, 4.27, 4.42, 4.60, 4.85 and 4.70 before three failures at 4.90. Her previous official best was 4.63 from last July. She did clear 4.70 last June under conditions (platform runway) unacceptable for a world record and set a world indoor record of 4.70, also in Pocatello, in February of this year. Her immediate target remains 16 feet (4.87). Michael Johnson made his final racing appearance on an American track, at the Penn Relays on April 28, anchoring the USA team to a 2:58.60 4x400 victory over Jamaica (2:58.78) with a 44.2 split, the same as Angelo Taylor on the second leg. Johnson overtook Michael Blackwood halfway through his stint. However, Award Moncur of the Bahamas ran faster still in a college relay, clocking 43.8. The women's 4x400 was a fast race, too, as LaTasha Colander-Richardson (49.7) and Marion Jones (49.4) helped the USA clock 3:21.34, over a second quicker than the Americans' winning time in Sydney. Jamaica finished second in 3:25.33 while a Jamaican U20 team became only the second junior squad ever (after the GDR) to break 3:30. Maurice Greene anchored the USA to 38.03 and 1:19.39 in the shorter relays; in the corresponding women's events the Americans took the 4x100 narrowly in 43.12 (with Inger Miller back in action) but the Jamaicans upset them in the 4x200 in 1:30.23. Other highlights, watched by a record three-day attendance of 108,838 (49,922 on the final day), included an American hammer record of 70.62 by Dawn Ellerbe. British junior sensation Mark Lewis-Francis confirmed his sparkling form with a 10.13 100 (-1.1), losing by a whisker to Jamaica's Patrick Jarrett.

Apart from the great depth of relay competition, vaulters starred at the annual Drake Relays. Kelle Suttle (4.58) became the fourth woman to clear over 15ft in taking the event for the fourth successive year and Jeff Hartwig won the men's event for the seventh successive year. South Africa's Janus Roberts, who twice reached 21.35 indoors this year, set an African outdoor shot record of 21.22 despite arriving too late to warm up.

The best ever early season 10,000m race was seen at Stanford on May 4. Kenyans took the first three places with Abraham Chelil (21) the winner in an American all-comers record of 27:04.20 ahead of Ben Maiyo and Luke Kipkosgei. In fourth place Meb Keflezighi, originally from Eritrea but resident in the USA since 1987, set an American record of 27:13.98 on the eve of his 26th birthday, the previous mark being Mark Nenow's 27:20.56 from 1986. Toshiaki Takaka clocked an Asian record of 27:35.09 and Jeff Schiebler lowered his Canadian record to 27:36.01 as the first eight all set personal bests. Chelil (13:34.3 at halfway) had not run faster than 29:01.63 before on the track although he had run 27:26 on the road this year; he has a best 5000 time of 13:01.9 and best Paul Tergat in a Spanish cross country race this past winter. Bob Kennedy (13:35.0 at 5000) dropped out after losing contact with the leaders with eight laps to go.

Mar 24, Tuscaloosa: W LJ: 1, Smith JAM 8.74/1.4; Mar 31, Arlington: LJ: Patton 8.12/0.1; Apr 7, Austin: 400 relay legs: Moncur BAH 43.9, R Williams 44.2, Thompson 44.4, Kamani 44.6, Françoise GRN 44.7; Apr 7, St Louis: 100: (2.3) Barney JAM 10.10w; Apr 14, Coral Gables: W 100H: (1.1) Love

Inée Russell JAM 13.03;

Apr 14, Des Moines: 400H: Woody 49.68; Apr 14, El Paso: TJ: 3, Wellman BER 16.54w;

Apr 14, Ogden: WJ 100: (3.2) Andem GHA 10.12w;

Apr 14, Tallahassee: 100: (-1.30) 1, M LEWIS-FRANCIS 10.12; 2, N MORGAN 10.43;

Apr 18, Azusa: W 200/100HMJ: Eunice Barber FRA 24.34, 13.13/1.8 & 1.89;

Apr 20, Richmond: LJ: Simms J 8.00/1.6; Apr 21, Blacksburg: 110H: (1.8) Wallace 13.43;

Apr 21, Lawrence: W TJ: T Smith JAM 14.88w/3.8;

Apr 21, Fort Worth: 4x100: TCU 38.93; Apr 21, Stephenville: 100: (3.7) van Wyk NAM 10.19w;

Apr 21, Terre Haute: 110H: (2.9) A Herring 13.48w; SP: Miller 20.03;

Apr 25-28, Des Moines: 400: Gending 45.63; 1M: Lassiter 3:59.12; 110H (-0.4) A Herring 13.77 (1h1 13.61/0.0); 400H: 1, Kamani 49.49; 2, Woody 49.69; HJ: Leeper 2.25; PV: 1, Hartwig 5.74 (narrow miss at 5.86); 2, Miles 5.74; 3, Harvey 5.74; 4, Keul 5.59; 5, Hanna 5.59; 6, Butler 5.59; TJ: Carter 16.84w (legal 16.80); SP: 1, Roberts RSA 21.22 Afr rec; 2, Miller 20.55; 3, Snyder 20.49; DT (a) Tunks CAN 63.88; Dec (a-b): Jarvin 79.73; W 100H: (3.0) 1, Carson 12.99w; 2, S Burrell 13.11; HJ: Acuff 1.81; PV: Suttle 4.58 (3.99/2, 4.10/1, 4.30/1, 4.45/1, 4.58/2, 4.64/xxd);

SP: 1, Tunks 19.21; 2, Price-Smith 18.22; HT: Ezech FRA 84.42; Univ & College events:

4x110H: Indiana St 55.08; 4x400: Arizona State 3:03.10; W 100H (-0.4) (3.5) 1, S Kallur SWE 12.81w (1h5 13.33/-1.2); 2, Felicien CAN 13.04 (1h2 12.92/0.2);

4x100H: Illinois UJ Kallur, C Williams, S Kallur, Felicien 52.65;

Apr 25-28, Pocatello: W PV (a): Dragila 4.70 world record (100Hs 3rd 14.18w/3.5);

Apr 25-28, Philadelphia: 100: (1.1) 1, Jarrett JAM 10.12; 2, LEWIS-FRANCIS 10.13; 3, J J Johnson 10.25; PV: Hunter 5.69; 4x100: 4, Germany 38.43; W 3000SC (a): Bennion 10:08.69; 100H: (0.7) Morrison 13.00; LJ: S Williams 8.56w; TJ: 2, Smith JAM 13.55w; 4x400: 1, USA Blue (Hennigan 50.8, Collins 51.4, Colander-Richardson 49.7, M Jones 49.4) 3:21.34; 2, Jamaica (Hemmings 52.0, Scott 51.1, Richards 50.4, Clarke 51.8) 3:25.93; 3, Jamaica Juniors 3:29.86 (Stewart 54.1, Morgan 51.4, M Walker 51.6, Hall 52.6);

College events: TJ: Davis 16.78; 4x200: TCU 1:19.99 (1:19.71h2); 4x400: 1, Florida 3:04.22; 2, Auburn 3:04.27 (Moncur 43.8); 4x800: Stanford 7:19.39; 4x1M: Stanford 16:15.70; Sprint medley: Florida 3:13.21;

Dist Med: Villanova 9:30.49; 4x110H: Tennessee 54.73; W 100: (-0.3) Lee 11.24; 3000SC: (a) Kleinmann GER 10:01.52 rec; 100H: (-0.6) Nsiah GHA 13.02; HJ: (a) Györfy HUN 1.91; 4x200: LSU 1:31.24; 4x400: S Carolina 3:28.34 (M Barber 51.0);

Apr 27, Pullman: SP: Olsen DEN 19.50; Apr 28, Eugene: W 3000SC: Bennion 10:08.69; PV: Holiday 4.21;

Apr 28, Irvine: W PV: O'Hara 4.42; HT 1, Tolson 64.58; 2, Joyce CAN 62.08;

May 4, Stanford: 5000: 1, Broe 13:24.13; 2, Lane 13:25.38; 10,000: 1, A Chelil KEN 27:04.20; 2, B Maiyo KEN 27:07.55; 3, L Kipkosgei KEN 27:12.37; 4, Keflezighi 27:13.98 rec; 5, Culpepper 27:33.93; 6, T Takaka JPN 27:35.09 Asian rec; 7, Schiebler CAN 27:36.01 rec; 8, S Infune JPN 27:53.92; 9, Abdrahman 28:01.02; dnf Kennedy: SP: Bloom 19.76;

May 4-5, Los Angeles: W 100: (0.1) 1, Shakeda Jones 11.13; 2, Ang Williams 11.18; 200: (-0.4) K Davis 22.98; PV: O'Hara 4.27; HT (a) Tolson 63.16.

road

FRANCE

Apr 29, Hallacourt: 8.7k: 1, Paul Kosgei KEN 24:03; 2, P Ivuti KEN 24:09; 3, John Korir KEN 24:15; W 4.7k: 1, E Masai KEN 14:15; 2, Leghzaoui MAR 14:17; 3, I Ochihi KEN 14:25;

ITALY

Apr 1, Turin: Mar: 1, Simretu Alemayehu ETH 2:07:45; 2, Beldini 2:08:51; 4, Moiben KEN 2:12:21; 5, Chiesa 2:12:27;

Apr 25, Seveso: W 10k: Ines Cherange KEN (82) 32:30;

Apr 29, Padua: Mar: G Chirchir KEN 2:11:52; women - Console 2:30:55.

JAPAN

Apr 15, Nagano: Mar: Inet drop of 219.5m inc. 180m drop in first 5k M Musambi KEN 2:12:20 (14:07 at 5k, 28:58 at 10k); women - Orishi (2:31:20) 16:32 at 5k; dnf: V Yegorova RUS (final marathon for 37-year-old 1992 Olympic champion).

MEXICO

Apr 1, Monterrey: (522m alt) H Mar: 1, Jackson Koech KEN 61:25; 2, G Silva 62:18; 3, M Hussein KEN 62:30; women - 1, P Chepchumba KEN 71:39; 2, Paramanova RUS 71:51; 3, A Fernández 72:13.

RUSSIA

Mar 2, Sochi: Russian Women's Championships: 10k: Zhilyayeva 33:11; 15k: Skvortsova 49:50.

SOUTH AFRICA

Apr 21, Midelburg: 50k: (point to point: downhill) Malaqi 2:51:32; women - F van der Merwe 3:31:22.

SWITZERLAND

Apr 28, Luzern: 8.55k: 1, S Kipruto KEN 24:38; 2, M Kipchumba KEN 24:40; 3, M Tanui KEN 24:41; W 4.19k: 1, Lonsupe 13:03 (6 days after London Marathon); 2, Staicu HUN 13:13; 3, English IRL 13:22.

USA

Apr 15, New Orleans: Crescent City 10k: (29°C, 88% humidity): 1, James Koskei KEN 28:26; 2, E Mice KEN 28:31; 3, John Korir KEN 28:31; women - 1, Meyer RSA 32:06; 2, S Barsosio KEN 32:19 (4:33 first mile); 3, Mesquada 32:33;

Apr 28, Nashville: Mar: C Cheboiboch KEN 2:13:28; women - Bula ROM 2:34:40;

Apr 29, Cleveland: 10k: 1, J Koskei 28:09; 2, E Mice 28:11; 3, J Thuo Itai KEN 28:13;

women - 1, S Barsosio 31:43; 2, Meyer 32:00; Mar: 1, E da Silva BRA 2:12:43; 2, Fonseca VEN 2:12:59; 3, Holassie TRI 2:13:03 rec.

walks

HUNGARY

Apr 8, Békéscsaba: 20k: 2, Magdiarczyk POL 1:25:15; Apr 21, Balassagyarmat: 20k: Chamo; Urbanik 1:22:35.

THIS review of World results is brought to you by Peter Matthews and Mel Watman, publishers of *Athletics International*, which contains much more detailed worldwide results.

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USA

CARDINAL INVITATIONAL, Palo Alto, May 4

IT MUST have been the full moon or marching to different drums. For when a continental record falls, a continental all-comer's record tumbles, three national records succumb, and personal bests of the first eight finishers in a 25-lap race are betted and battered, the Cardinal numbers suddenly appear phosphorescent. *Paul Christmas reports.*

One day before Cinco de Mayo and Meb Keflezighi's birthday it was time for some grand Larsen-y. For ever since 1984 former UCLA and now Team USA coach Bob Larsen has been working with erstwhile Eritrean and new US citizen and TUSA camper Meb Keflezighi.

Yet the moonlit focus in front of the 3,500 excited fans at Stanford University's Cabb Track and Angel Field was to be Bob Kennedy. Sentimentally and realistically the US Olympian and 5000m record-holder has been the man.

The premier 10,000m race at 9:15p.m. was set up for him to give Mark Nenow's almost 15-year-old 27:20.56 record a good early-season try. Enough of Kennedy's KLM Kenyan team-mates were on hand to tow a

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WEEKLY

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THIS WEEK

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**800m man
Andy Hart
on his final season**

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Club has its sights
set on good times**

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WEEKEND AT
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overseas

CHILE

May 12-13, Santiago: W 100H (1.0) 1, Maggi BRA 12.91, 2, Machado BRA 13.31; HJ: Witteveen ARG 1.91; LJ (1.6) Maggi 6.51/0.5.

CHINA

Apr 21-22, Zhongshan: 110H: (1.4) Chen Yanhao 13.67 etc; LJ: (1.4) Liu Delong 8.19/0.2; W LJ: (1.4) Hu Yaoyao (83) 6.61/0.2; 2, Liang Shuyan 6.60/0.0; 3, Guan Yingnan 6.59/0.1; SP: (1.6) 2, Cheng Xiaoyan 18.27; Apr 27-28, Ningbo: 110H: (2.5) 1, Liu Xiang (83) 13.45w, so not Asian junior record as first reported; 2, Chen Yanhao 13.47; LJ: Wang Cheng 8.08/0.3; JT: (1.6) Li Rongxiang 80.04; W 100H: (1.4) Liu Jing 13.18; LJ: Guan Yingnan 6.77/1.3; TJ: (1.6) Wu Lingmei 14.02/0.2; SP: Zheng Xiaoyu 18.48; DT: Li Yanfeng 60.27; May 6-7, Shanghai: 110H: (1.8) 1, Liu Xiang 13.32 Asian junior record; 2, Chen Yanhao 13.37; 3, Shi Dongpeng 13.43; W SP: (1.6) 2, Song Feina 18.35; 3, Zheng Xiaoyu 18.32; HT: 2, Liu Yinghui 64.21; May 12-13, Jinan: W SP: (1.6) 1, Cheng Xiaoyan 18.41; 2, Song Feina 18.39; HT: (1.6) 1, Zhang Wenxia (83) 66.30 Asian rec; 2, Zhao Wei 64.36; 3, Yang Meping (85) 64.19; 4, Wang Xiaoyu 63.34; JT: 1, Liang Lili (83) 59.79; 2, Du Beibei (83) 58.08.

CHINESE TAIPEI

May 6-7, Hsinchu: 100H: (1.7) Tsai Meng-Lin 10.36 rec; W PV: Chang Ko-Hsin 4.03 rec.

CZECH REPUBLIC

May 8, Tynista nad Orlicí: SP: Sebrle 15.59 pb; May 12, Prague: 110H: 1, Sebrle 13.83; 2, Dvorák 13.99; HT: Sedláček 77.74; W PV: Hamáček 4.15; HT: Vrbenský 84.00 rec.

FRANCE

May 5, Orteil: 200: (1.3) Ladj Doucoure (28.3.83) 20.75 (went on to score 7371 decathlon at Fontenay-sous-Bois on May 12-13); 400: Diagne (start of comeback after injury: may run first 400H in Milan on June 6) 47.53; HT: 1, Fèvre 75.82.

May 6, Sotteville: HT: 1, Costa POR 74.82 ... 3, Sedkyth RUS (age 45) 65.48.

May 8, Tours: 3000: Sadi-Sief ALG 7:55.10; 3000SC: Sghir B 42.48.

GERMANY

May 1, Bochum: DT: Möllenbeck 64.14; May 5, Obertshausen: W 100H/HJ/SP: Shous SYR 16.32/1.85/12.47; May 5-6, Wesel: Dec: Leyckes 7822; W Hep: Freisen 5909;

May 6, Pecklinghausen: W LJ: Braun 6.46; May 9, Pfungsdorf: W JT: 2, Shous 48.83;

May 12, Wiesau: W HT: Priemer 64.10;

May 13, Pfalzhausen: 300: Cavallaro ITA 32.48; 300H: 1, Goller 35.0 (6.34.7); 2, Frinelli ITA 35.0; W 300H: Kampf 40.3;

May 13, Saarouis: W LJ: Leiwesmeier 6.57/0.8;

May 13, Wiesbaden: DT: 1, Lischka 65.04; 2, Seelig 64.26; 3, Schult (age 41) 62.08; W DT: Möllenbeck 62.02.

HUNGARY

May 5, Szombathely: DT: Fazekas 65.25; HT: Annus 82.37 (for 3rd on Hungarian all-time list behind Gécsek & B Kiss);

May 10, Szombathely: 5kg HT: J Horváth (84) 83.28 U18 rec; W HT: Divós 69.11 rec;

3kg HT: O Németh (86) 60.50 U18 rec;

May 17, Szombathely: HT: Gécsek 81.76.

ISRAEL

May 15, Tel Aviv: W 100H: (1.4) Lenskiy 13.03.

ITALY

Indrek Kasserg of Estonia and Svetlana Kazanina of Kazakhstan were the winners of the first event of the 2001 IAAF World Combined Events Challenge. Kazanina, who received her entry visa for Italy on Friday morning and did not arrive in Milan until late on Saturday morning, arrived at the stadium just minutes before the start of the 100m hurdles, having changed in the car en route. May 11, Cagliari: HT: Vizzoni 77.60; May 12-13, Desenzano del Garda: Dec: 1, Kaseorg EST 7834 (11.40, 6.84, 14.22, 1.97, 49.30, 14.99, 43.17, 4.81, 61.76,

4:33.29); 2, Casarosa 7805; 3, D Ivanov RUS 7789; W Hep: 1, Kazanina KAZ 8159 (14.70, 1.79, 12.94, 24.80, 6.18, 47.85, 2:09.89); 2, Hejnová CZE 5817; 3, Becher 5811.

JAPAN

Highlight of the opening IAAF Grand Prix I meeting in Osaka was provided by Maurice Greene in formidable form as he took his first 100 of the season by a clear two metres in 9.96 in virtually windless conditions. World indoor champion Shawn Crawford, clocked 20.20 for 200. Koji Murofushi produced a brilliant series in the hammer to defeat Olympic champion Szymon Ziolkowski, while Stacy Dragila - who had set world pole vault records of 4.65 and 4.70 in Pocatello two weeks earlier - found 4.30 beyond her this time and finished fourth as Tatiana Grigorieva won after a jump-off with Gao Shuying (Asian record) at 4.40. Revelation of the meeting was world junior 400 hurdles champion Marek Pawlo, who turned 20 on Feb 25. He improved hugely from 51.97 in 1999 to 49.23 last year, and in Osaka he produced a good field in a startling Polish record of 48.16.

May 12, Osaka: * Grand Prix events: 100: (-0.1) 1, Greene USA 9.96; 2, B Williams USA 10.17; 3, Zakari GHA 10.19; 4, Crawford USA 10.27; 5, Asahara 10.29; 200*: (0.2) 1, Crawford 20.20; 2, Zakari 20.37; 3, Suetsugu 20.42; 4, Aliu 20.55; 5, R Williams JAM 20.56; 6, Little USA 20.68; 1500*: 1, Sullivan CAN 3:39.42; 2, B Lagat KEN 3:39.17; 3, Zageye ETH 3:39.71; 5000*: 1, Ngitho KEN 13:11.37; 2, Gicahi KEN 13:11.66; 3, S Maina KEN 13:15.92; 4, Power AUS 13:23.56; 110H*: (0.5) 1, Dorval HAI 13.55; 2, Coghlan IRL 13.56; 3, C Phillips USA 13.61; 400H: 1, Pawlo POL 48.16 rec; 2, Tamesue 49.08; 3, Chiba 49.08; 4, C Davis USA 49.35; dq: Woody USA; LJ*: 1, Marinaga 8.05/0.0; 2, Streets-Thompson GAY 7.95/0.5; 3, Wang Cheng CHN 7.94/0.2; DT*: 1, Tunka CAN 65.12; 2, Setliff USA 64.63; 3, Kovács HUN 62.41; 4, Möllenbeck GER 60.70; 5, Bloom USA 60.49; HT: 1, Murofushi 62.59 (x, 78.85, 82.03, 81.49, 82.59, 82.28); 2, Ziolkowski POL 80.86 (78.99, 78.28, x, 80.86, 78.19, x); 3, Silvanuk UKR 78.59; 4, Kiss HUN 75.84; 5, Karjalainen FIN 70.98; women - 100: (-0.8) 1, Jayasinghe SRI 11.37; 2, Dryali NGR 11.54; 3, N Perry USA 11.61; 200*: (-0.5) 1, Jayasinghe 22.63; 2, Mari CMR 22.74; 3, Dryali 22.94; 800*: 1, Howell JAM 2:01.79; 2, Nishimura J 2:02.23 rec; 3, Hyman JAM 2:02.55; 4, Lewis AUS 2:02.72; 5000*: 1, Melot KEN 15:18.48; 2, Berhane Adere ETH 15:18.87; 3, Lorupe KEN 15:22.42; 4, Willis AUS 15:23.72; 100H: (-0.5) 1, Kanezawa 13.19; 2, Su Yiping CHN 13.27; 3, Walker JAM 13.32; HJ*: 1, Acuff USA 1.96; 2, Imei 1.92; 3, Damon USA 1.88; PV*: 1, Grigorieva AUS 4.40 (4.10/2, 4.30/2, 4.40/1, 4.50/xx; 4.40 in jump-off); 2, Gao Shuying CHN 4.40 Asian rec (4.00/1, 4.10/2, 4.20/2, 4.30/1, 4.40/1, 4.50/xx); 3, Auer AUT 4.30; 4, Dragila USA 4.20 (4.30/xx).

KENYA

Best marks from a series of six Kenya AAA weekend meetings which ended in high altitude Nairobi on May 12 - 400: Ezra Sambu 45.01; 800: Paul Korir 1:45.3; Michael Rotich 1:45.9; Joel Marwa 1:46.2; Kenneth Kipgetich 1:46.4; 1500: Michael Tso 3:39.8; John Koskei 3:40.3; Bonface Kiprotich 3:41.0; John Kibowen 3:41.2; 5000: Shadrack Kosegei 13:47.5; Michael Mbogo 13:49.2; Robert Mudogo 13:50.5; 10,000: Francis Kiprop 29:04.8; Jackson Gachui 29:17.5; Philip Terus 29:18.0; 3000SC: David Kirwa 8:38.1; David Chepkise 8:38.7; Philip Maru 8:39.6; W 800: Lucwa John TAN 2:03.4; 5000: Nancy Wambui 15:22.0;

May 11, Nairobi: W 10,000: 1, Catherine Nderaba 32:25.3; 2, Alice Chalangat 32:49.6.

POLAND

May 13, Łódź: DT: 1, Stanski 83.50; 2, Krawczyk 81.92; W DT: 1, Wisniewska 82.80; 2, Wysocika 82.98.

RUSSIA

May 17, Moscow: HJ: 1, Rybakov 2.26; 2, Voronin 2.24; 3, Klyugin 2.10; JT: Makharov 88.42 (87.50); W 100: Tskakova 11.29; SP: Khudorashkina 18.67.

SPAIN

Apr 29, Sabadell: 300: Canal 32.7; May 12, Madrid: PV: Miranda 5.80; SP: Martínez 20.84; May 12, Salamanca: W JT: Moldovan (née Tisei) ROM 80.01; May 13, Valladolid: TJ: Okantey GHA 18.75; SP: Martínez 21.04 rec.

SWITZERLAND

May 12, Willisau: 1000: Bucher 2:16.42

USA

World long jump record holder Mike Powell (37), who last competed in the 1995 Olympics but has long vowed to return, made good his promise by winning in Modesto on May 12 with a leap of 8.06. After such a long layoff, writes Ed Gordon, it was remarkable that the 1991 world champion was able to put all of the technical details together in his first jump, especially when he later admitted his fears about a return to active competition. "I was really scared on that first jump," he said. That Powell even competed at all was a last-minute decision. Although the Modesto data had long been circled on his calendar, he strained his left calf muscle on the Tuesday during a training session and almost cancelled the appearance. However, some deep messaging in the last days was sufficient to loosen the leg muscle for this highly publicised contest. "I probably could have jumped farther today," he said, confiding he was aiming for a 27ft (8.23) leap for his comeback. "But I didn't think I should push it too hard after this past week. But now I have this all out of my system. I can really go to work now. This was just a start of a slow return. I don't expect to be completely ready until next year. My ultimate goal is the 2004 Olympics." At that point, Powell would be approaching his 41st birthday.

At the same meeting Tim Montgomery clocked a windy 9.98 100, Larry Wade took the 110 hurdles in 13.33w, Jeff Hartwig vaulted 5.90 and Kellie Suttle reined her best to 4.80, falling three times at a world record 4.71. On the same day in Princeton, New Jersey, Marion Jones clocked a (for her) modest 11.12 in her first 100 race of the year but it was still good enough to win by over two metres from LaTasha Jenkins, credited with an 11.02 the week before. Olympic 400 hurdles champion Angelo Taylor confirmed there are few better than him on the flat by overtaking Michael McDonald in a pb of 44.68. Despite sustaining an injury to his left hip when warming up, causing him to lurch between jumps, Lawrence Johnson vaulted 5.85 and only narrowly failed at the US record height of 6.04. Tyree Washington has already shown this year that he is back in top form with three sub 45 second times for 400m. On May 12 he ran a time of 44.28, way out on his own, in Los Angeles, a lifetime best, beating his 44.29 from 1998. As usual there was some great sprinting at the South East Conference Championships. Justin Getlin moved to eighth on the world all-time junior list for 200m with 20.29 in his heat before winning the final in 20.32, and Mike Barber won the women's 400m in 50.63.

Apr 26-28, Philadelphia: W 3000SC: debata Bannion 10:08.68 (she did this in Eugene on Apr 28);

May 5, Austin: 100: 5, J BAULCH 10.79;

May 5, Madison: HT: Unscheid IRL 70.72;

May 10-11, Tampa: 10,000: (1.4) 1, C BIRCHALL 31:26.23; 3000SC: 5, M PLANO 9:21.92.

May 10-13, Columbia, SC: SEC Champs: 100 (c-d) (-0.8) 1, Scott 10.22; 2, Getlin 10.26 (1h1 10.22/0.0); 200 (c-d) (0.4) 1, Gatlin 20.32 (1h1 20.29/0.6); 2, Howard 20.59; 3, G White 20.81; 4, Scott 20.64 (1h3 20.34/1.3); 400: 1, Moncur BAH 44.79; 2, François GRN 44.99; 3, White 45.29; 800: 1, Lakota BOT 1:45.36; 110H: (0.0) 1, Bramlett 13.53; 2, Jones BAR 13.65;

400H: R Harris 49.65; HJ: 1, Evans 2.25;

2, Vincent 2.25; LJ (c): 1, Davis 8.18w/2.6;

2, Stringfellow 8.09/0.6; 3, Peta 8.07/0.5;

TJ: Davis 17.04/1.7; SP (c): Hoffa 20.12; DT:

Maté HUN 82.62; Dec (c-b): Bernard JAM

8024 rec; 4x400: LSU 3:03.63; W 100: (-0.3) Lee 11.28; 200 (b-d) (0.4) 1, Lee

23.13 (1h1 22.91w/5.6); 2, Washington

23.18 (1h2 22.87w/7.3); 3, M Barber

23.21 (1h4 22.99w/3.6); 4, T Jones 23.31

(1h3 22.83w/4.8); 400: 1, M Barber 50.63;

2, Washington 51.28; 4x100: S Carolina 43.48; 4x400: S Carolina 3:31.24;

May 11, Ann Arbor: 1500: 2, N KIRK 3:46.89;

May 11, Champaign: W 100H: (1.7) 1, Felicien CAN 12.78; 2, S Kallur SWE 12.85;

3, J Kallur SWE 13.24; 400H: Liphardt

57.95; DT: Lewis 57.76;

May 11, Indianapolis: 800: 2, N DOSANJH

1:53.14; 3000SC: 2, P HOWARTH 9:34.89;

W 3000SC: L JOSLIN 10:54.34;

May 11, Luling: Texas High School: 100: (1.7)

Blenton 10.30; 200: (1.6) Benton 20.37;

May 11, San Francisco: 10,000: 2, B

POORE 30:54.32;

May 12, Chapel Hill: 400: Brown 45.47;

May 12, Eugene: 1M: M Miller 3:57.13; W

5000: B G PALMER 16:10.94; 3000SC: 1,

J Trujillo 10:09.70; 2, Kennep-Nye

10:09.75;

May 12, Indianapolis: W 100H: (1.9) 1,

Cannuthers 12.95; 2, Merriman 13.28.

May 12, Lincoln: W 100: r1: (1.7) K LIVESSEY

12.21; r2: (2.7) 2, L OWUSU 11.93w; 200:

(0.6) OWUSU 23.88;

May 12, Los Angeles (Eagle Rock): 100: (rwd)

D BIGNALL 10.39; 400: 1, Washington

44.28; 2, Ammons 45.83; SP: 1, Godine

20.83; 2, Davis 19.51; DT: Godine 65.88; W

HJ: Barber FRA 1.85; DT: Sua 61.94; HT:

Coons 63.18;

May 12, Madison: HT: Unscheid IRL 72.62;

May 12, Modesto: Modesto Relays, LJ:

Powell 8.06/1.9 ... 5, Huffins 7.28w/2.6

(concentrating on LJ 5.100 in his final

season; no more decathlons); 4x100: HSI

39.15; W PV: 2, Wenick 4.40 ... 10, I HILL

3.80;

May 12, Princeton: GST Open & Princeton

Invitational (start of USATF Golden Spike

Tour) 100: (-0.8) 1, Jarnett JAM 10.22; 2, J

Johnson 10.30; 400: 1, A Taylor 44.68; 2,

McDonald JAM 44.78; 3, O Taylor 45.56; 4,

Jer Davis 45.69; 5, J Young 45.84; 6, J

Carter 48.23; 7, Pattignow 48.39; 800: r3:

A McLEAN-FOREMAN 1:49.84; 1M: 1,

Mucharu KEN 3:53.64; 2, Lassiter 3:58.88

... 8, D Caulfield IRL 4:02.41; 110H: (-1.0) 1,

Trammell 13.43; 2, Wallace 13.45; HJ: 1,

Patterson 2.26; 2, Harris 2.26; PV: 1, L

Johnson 5.85; 2, Mack 5.75; 3, Hysong

5.65; HT: McGrath IRL 72.64; W 100: (0.7)

1, M Jones 11.12; 2, Jenkins 11.36; 3,

Fynes BAH 11.37; 400: 3, S ALLEN 55.58;

1M: 1, Kenah 4:31.10 ... 4, C BERRY

4:38.28; 7, D THORNAL 4:42.67; 100H: (-1.3)

1, 3, Freeman 13.00; 2, Dixon JAM

13.17; 3, Rose JAM 13.18; 4, Golding JAM

13.20; dq: Morrison; HJ: Gyriffy 1.95;

May 13, Clemson: W 400: 6, R ADDO

55.50;

May 13, Palo Alto: DT: 1, Rome 81.78; 2,

Hoxmeier 80.00; 3, Waltz 59.48; 4, R WEIR

(age 40) 58.84; W 5000: 8, S

RUTHERFORD 16:42.83; PV: 1, Donoghue

3.80; 2, HILL 3.90.

May 14, Arlington, TX: 800: 2, D GOW

1:51.80 (2 ht 1:51.78 on 13th);

May 15-17, College Station: W Hep: 3,

LIVESSEY 5554 (13.60w/3.6, 1.75, 11.13,

24.33w/3.4, 5.69w/3.6, 31.14, 2:19.97).

VENEZUELA

May 4, San Felipe: 100: (0.0) Olaveres 10.30

rec.

road

AUSTRIA

Apr 16, Pinkafeld: 10k: Benedek HUN 28:01;

women - 1, Stalcu HUN 31:42; 2, Kálovics

HUN 31:58.

CANADA

May 6, Toronto: 10k: 1, B Ogato KEN 28:23;

2, G Koeh KEN 28:23; women - Edna

Kiplagat KEN 32:14;

May 30 2001 £1.95

athletics

WEEKLY

REVIEWS THE SPORT • REVEALS THE ATHLETE

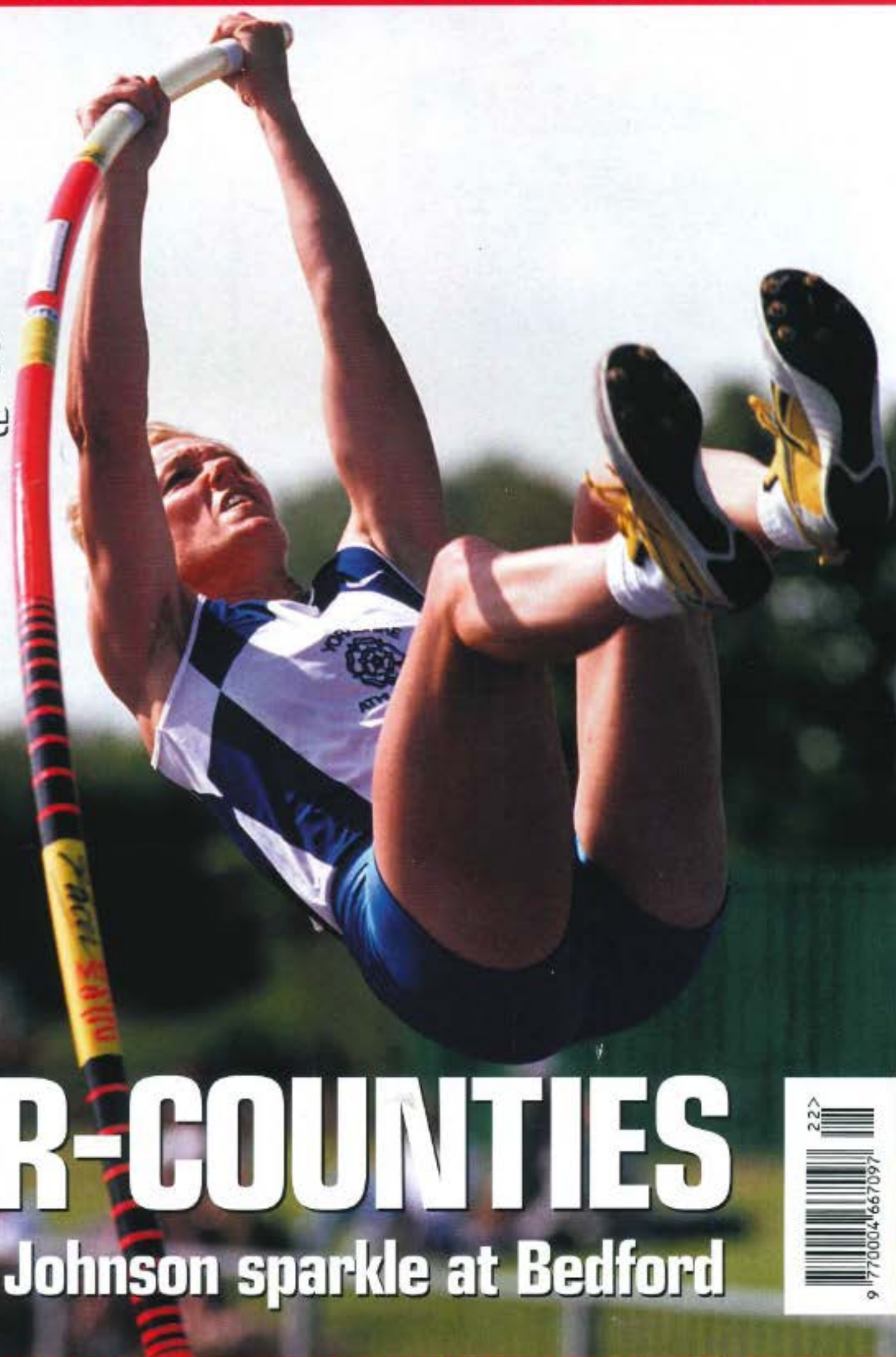
THIS WEEK

Kathy Butler
interviewed

Good times at
Wythenshawe
BMC meeting

Reports and
results from
the area
U20 champs

Mike Hager
on success
at 50-plus



INTER-COUNTIES

Potter and Johnson sparkle at Bedford



News and reports plus domestic and international results

overseas

outdoors

BARBADOS

May 19, Bridgetown: 100: (1-0.5) 1 Jarrett JAM 10.21; 2 Thompson BAR 10.25; 200: (0.0) Clay 20.25; 400: 1 D Clarke JAM 45.27; 400H: 1 Weekley JAM 48.84; 2 Morgan JAM 49.30; 3 Gardner JAM 49.32; 4 Zolner USA 49.45; Women 100: (inv) 1 Ferguson 11.17; 2 Fynes BAH 11.23;... 5 S WILHELMY 11.55; 200: (1-1.0) 1 Jenkins USA 22.46; 2 Fynes 23.02; 3 WILHELMY 23.27; 400: 1 Collins USA 51.20; 2 Shinkins IRL 52.33; 100H: (1-0.2) 1 Foster JAM 12.87; 2 Golding-Clarke JAM 13.07; 3 Dayley JAM 13.14; 4 Couch USA 13.16; 400H: 1 M Walker JAM 55.82; 2 Hemmings JAM 56.11; LJ: Golding-Clarke 6.61w/4.9

CHINA

May 18-19, Tianjin: DT (a): Li Shaojie 61.58; JT (a): 1 Li Rongxiang 80.44; W 400H: Huang Xiaohao (BS) 56.28; LJ (a): Gu Ying 6.61/1.8; DT: 1 Li Yinfeng 60.78; 2 Li Qiumei 59.95; HT (a): Yang Meiping 64.92

CZECH REPUBLIC

May 12, Turnov: HT: Maska 80.09
May 16, Pardubice: HT: Maska 78.08
May 20, Turnov: SP: 1 Stehlik 20.50; 2 Meno 20.39; DT: 1 Malina 63.97; 2 Ubartas LTU (41 on May 26) 63.05

FINLAND

May 20, Vantaa: Golden Javelin - very bad weather: 1 Parvainen 84.13; 2 Zolozny CZE 82.83; 3 Nairi 81.79

FRANCE

May 20, Clermont-Ferrand: PV: T Lachheb 5.80; LJ: Kouchi 9.090.7; HT: Chausson 79.23;... 4 Bedkyh RUS 87.74 (M45 rec)
May 20, Marseille: HT: Nigere 77.30
May 20, Montreuil: HJ: Gabella 2.25; TJ: Taillepiere 17.10w7; 5000W: Korzeniowski POL 19:07.62
May 20, Villeneuve d'Ascq: W PV: Boslek 4.20
May 24, Salon-de-Provence: DT: 1 Fazekas HUN 67.89; 2 Mollenbeck GER 65.51; 3 Retal 62.44; W DT: 1 Gerasu ROM 62.65; Dietzsch GER 62.60; 3 Mollenbeck GER 61.28

GERMANY

Lorraine Shaw was the most successful of the British contingent at the annual Throws International at Halle. She had a splendid victory in the hammer, beating a top-class field with 87.43. Nick Nieland won the javelin with a fine 82.22, but had little opposition.
May 19, Carlsberg/Hanover: TJ: Friedek 16.59-0.2
May 19, Halle: SP: 1 Stehlik CZE 20.39; 2 Buder 19.64;... 8 M PROCTOR 18.89; 10 M EDWARDS 17.41; DT: 1 Van Daele BEL 64.24; 2 Primo SLO 62.06; 3 Seelig 61.98; 4 Lischka 61.63; 5 Schult 61.42;... 9 G SMITH 56.30; HT: 1 Sedláček CZE 78.21; 2 Polysizio POL 76.85; 3 Kabs 76.51; 4 Maska CZE 75.43; 5 Klose 75.79; JT: N NIELAND 82.22; Women SP: 1 Kumbnuss 19.41; 2 Kleinart-Schmitt 19.05; 3 Beckel 17.72;... 8 J DUNKLEY 15.71; DT: 1 Dietzsch 64.21; 2 Wisniewski POL 63.75; 3 Mollenbeck 62.70; 4 Machado POR 59.37; 5 P ROLES 56.88; 6 S DREW 56.77; HT: 1 L SHAW; 2 Pogroszewska POL 68.62; 3 Keil 65.40; 4 Münchow 65.14; 5 Priemer 64.97; 6 Nilsson SWE 63.22; 7 Mathes 62.53; 8 Bunjes 60.56; 9 E RIDGEON 60.28; JT: 1 Friedrich 66.59;... 4 K MARTIN 55.59
May 20, Halle: Women HT: Nilsson 64.53
May 20, Kancel: Champs: 10,000: Greger 28:41.16; Women 10,000: 1 Zeltou 32:35.90; 2 Wessiluk 32:41.72;
May 20, Thum: 110H (2.8/LJ): Sebrle 13.68w/8.04 pb.
May 25, Wörnsdorf: W HJ: 1 Babakova UKR 2.01; 2 Ksok POL 1.89

GREECE

May 20, Kos: HJ: Kokotis 2.26; HT: Papadimitriou 77.80; JT: Gatsoudis 88.50; Women LJ: Xanthou 6.80/2.0

ISRAEL

May 15, Tel Aviv: Women 100H: (1.4) Lensky 13.03

ITALY

May 19, Catania: JT: Desiderio 80.80
May 19, Ravenna: DT: Fortina 62.89; Women HT: Balessini 67.33 rec
May 19-20, Rieti: 400H: 1 G Frinelli 48.8; 2 L Ottor 49.6; LJ (a): Trentin 6.18w/4.1

JAPAN

May 18-20, Yokohama: 400H (a): Chiba 48.65; 4x100 (b): 1, Itoai University 38.90
May 19, Rifu: 5000: Schiebler CAN 13:37.69; 10,000: 1, D Njenga KEN 28:21.18; Women 10,000: Hirayama 32:37.74

NORWAY

May 24, Pors: 2000: 1, M Kigen 5:02.29; 2 Joseph Kosgei 5:02.45; 3 J Boit 5:02.45

POLAND

May 20, Wrocław: Kółko 82.03
May 25, Sopot: JT: Kółko 81.03; 2 Trafes 80.92; Women DT: Wisniewska 62.20

QATAR

Enock Koech, the young Kenyan who was a surprising winner of the world 4km cross-country, came very close to catching Olympic champion Noah Ngeny in the 1500m at the IAAF Grand Prix meeting in Doha. He was some 15m behind Ngeny at the bell but closed to 3:35.23 compared to Ngeny's 3:35.17. There were impressive Kenyan successes also in the 3000, in which Sammy Kipketer (19) produced a 55.9 last lap for a time of 7:41.44, and in the steeplechase where world record holder Bernard Barmasai was just too quick for Olympic champion Reuben Kosgei in a world year's best of 8:08.59. Saudi Arabian Hussein Al-Sabee was just 2cm below his best with an 8.31 long jump (best outdoor leap so far in 2001), backed up by an 8.25. Women's highlights included the world's best outdoor marks this season of 19.51 and 19.49 by Astrid Kumbnuss and Svetlana Krivoylova in a closely fought shot contest and a 71.57 hammer throw by Olga Kuzenkova in a competition in which Katalin Divós became the seventh woman to exceed 70 metres. The temperature reached close to 40°C.

May 19, Doha: 200: (0.9) 1 Zakari GHA 20.49; 2 Buckland MRI 20.60; 800: 1 Mulaudzi RSA 1:45.30; 2 Sepeng RSA 1:45.75; 3 J Marwa KEN 1:46.05; 4 Yimopy KEN 1:46.24; 5 Dnyanche KEN 1:46.32; 6 P Karir KEN 1:46.38; 1500: 1 Ngeny KEN 3:35.17; 2 E Koech KEN 3:35.23; 3 Rotich KEN 3:38.27; 4 Longo ITA 3:39.49; 5 Zegeye ETH 3:39.89; 6 Kibowen KEN 3:39.92; 3000: 1 S Kipketer KEN 7:41.44; 2 Abiyote Abate ETH 7:41.82; 3 Nyanki KEN 7:42.42; 4 Koman KEN 7:43.76; 5 B Lima KEN 7:44.80; 6 Girma Tolla ETH 7:45.80; 7 Khadi ALG 7:47.36; 8 Yagoub SUD 7:48.65; 3000SC: 1 Barmasai KEN 8:08.59; 2 Reuben Kosgei KEN 8:08.83; 3 S Ocharono KEN 8:19.43; 4 John Kosgei KEN 8:20.84; 5 K Misi KEN 8:22.21; 6 Boit Kipketer 8:22.98; 110H: (1-0.5) 1 C Phillips USA 13.62; 2 Bowens RSA 13.64; 3 Coghlan IRL 13.74; LJ: 1 Al-Sabee KSA 8.31/0.6; 2 Moudrik MAR 8.20/0.1; 3 Shkuratov RUS 8.19/1.0; 4 Touré FRA 8.01/0.1; DT: 1 Alakna LTU 66.81; 2 Shevchenko RUS 65.92; 3 Kruger RSA 65.67; 4 Fazekas HUN 65.14; 5 Kaptyukh BLR 64.91; 6 Dubrovshchik BLR 64.11; 7 Tammert EST 62.92; 8 Al-Osani 62.77; JT: 1 Greer USA 79.73; 2 Lange GER 78.99; 3 Rags LAT 78.74; 4 Blank GER 78.58; 5 Hecht GER 78.48; Women - 200: (1-0.1) 1 J Campbell JAM 22.87; 2 Mari CMR 22.89; 3 Stunrup BAH 22.99; 4 A Diop SEN 23.07; 800: 1 Ceplak SLO 2:00.17; 2 John TAN 2:00.29; 3 Samaria NAM 2:01.68; 1500: 1 A Negussie ETH 4:09.73; 2 B Hipessa ETH 4:11.17; 3 Kalmer RSA 4:12.21; 3000: 1 Mekot KEN 9:05.84; 2 Worku ETH 9:06.12; 400H: 1 Terehina KAZ 55.42; 2 Tries ROM 55.96; 3 Glover USA 56.72; 4 Urbansky GER 57.08; 5 M Johnson USA 57.39; HJ: 1 Cioaba RSA 1.98; 2 Babakova UKR 1.94; 3 Dinescu ROM 1.91; 4 Miushava BUL 1.88; PV: 1 Mueller USA 4.40; 2 Sauer USA 4.30; 3-- Grigoriev AUS 5. Haméková CZE 4.30; 5 Auer AUT 4.30; TJ: 1 Merinova BUL 14.35/0.8; 2 Nicoleu ROM 14.16/1.0; 3 Tsimita GRE 14.06/0.4; 4 Koivola FIN 14.05/1.2; 5 Valant SLO 13.95/1.6; 6 Dimitrova BUL 13.93/0.7; SP: 1 Kumbnuss GER 19.51; 2 Krivoylova RUS 19.49; 3 Ostapovich BLR 18.88; 4 Tunks USA 17.85; 5 Zakowicz POL 17.86; 6 Koeman NED 17.68; HT: 1 Kuzenkova RUS 71.57; 2 Divós HUN 70.79 rec; 3 Eagles AUS 67.79;

4 Elertbe USA 67.02; 5 Münchow GER 65.67; 6 Dubkina RUS 64.89; 7 DiMarco AUS 63.12; 8 Konstantinova RUS 62.62; 9 Skolnowska POL 59.50

RUSSIA

May 18, Moscow: DT: Borichevsky 63.41; HT: 1 Khersontsev 78.55; 2 Zagornyy 78.43; 3 Konovlev 77.52; Women 800: 1 Cherkasova 1:59.98; 2 Gorelova 2:01.24; TJ: 1 Vasilyeva 14.44; 2 Oleynikova 14.20; SP (a): 1 Khudoroshkina 18.67; 2 Ryabinkina 17.85; DT: 1 Yespichuk 62.01; 2 V Ivanova 61.12; HT: 1 Davydova 64.83; 2 Turyanina 63.85

SPAIN

May 19, Palafuel: Women 100: (2.0) S Rally IRL 11.63 (2h 11.74w/2.2)
May 19, Salamanca: SP: Martinez 21.02

SWEDEN

May 19, Leksand: PV: Kristiansson 5.75

UKRAINE

May 17-19, Kiev: 400 (a): Zyukov 45.67; PV (a): Yurchenko 5.60; HT (a): Pleskunov 79.07; Women 100H (a): Krasovskaya 13.10; HJ (a): Mikhalchenko 1.92; PV (a): Balakhonova 4.35; DT (a): Boyko 63.43; HT (a): 1, Kunitskaya 66.40; 2, Ryzhenova 63.83
May 25, Kiev: SP: 1 Belonop 20.93; 2 Nemchaninov RUS 19.63; 3 Zabavski POL 19.63; Women 100: (1.0) 1 Krivchenko 11.35;... 7 S ANDERSON 11.78; 1500: 1 Lihinskaya 4:11.55; 2 Krivobok 4:11.97; 3 K CAFFEL 4:12.34; 3000SC: 1 Shestok 10:05.48; 2 Tot HUN 10:10.84; 110H: (0.4) Krasovskaya 13.03; PV: 1 Balakhonova 4.35; 2 A Nenova RUS 4.30

USA

South Africa's Janus Roberts (22), who set a world junior shot record of 20.39 three years ago, moved to no 1 on this year's world list with an African record of 21.60 in Fresno on May 19. It looks as though the days of Geoff Capes' 1980 Commonwealth record of 21.68 are numbered. On the same day other world-leading marks were set by Charles Clinger who high jumped 2.35 at altitude in Pocatello and by Elizabeth Jackson with a US steeplechase record of 9:55.63 in San Diego. The previous week Kip Janvin (35) notched up his 25th 8000-plus decathlon score with 8167

Kathy Butler moved to the head of the British rankings of 5000m as she easily bettered the World Championships A standard (15:22.0) with a splendid 15:14.62 at Madison.
Apr 14, Turlock: W DT: Powell 63.59
Apr 19-20, Azusa: Dec: dnf J QUARRY (11.14w/2.3, n/7, 13.80, 1.82, dnf, 14.51w/2, 38.75)

Apr 21, Lawrence: W TJ: Smith JAM 14.41w
Apr 28, Overland Park: Women 100: Bailey JAM 11.25w
Apr 28, Alacascadero: W PV: 1 Starkey 4.27
May 5, Indianapolis: 3000SC: 5 P HOWARTH 9:20.78

May 5, Madison: Women 5000: 2 K BUTLER 18:29.28
May 10-11, Maryville: Dec: Janvin 8167
Ialao May 11-12, Odessa, TX: 110H: Pinnock 13.54w; Women 100: Bailey 11.24w; LJ (a): Goulbourne 6.90w; TJ: Perez 14.00

May 11-13, New Orleans: 400: Herring 45.55
May 12, Madison: Women 5000: K BUTLER 15:14.62 (pacemakers included Suzi Favor Hamilton)

May 12, Minneapolis: HJ: Strand SWE 2.25
May 12, Modesto: PV: 5 P WILLIAMSON 5.30 (not 5.25)

May 12, Tallahassee: 400H: Zellner 49.39; Women 3000SC: 2 J DOWNES 12:18.99
May 13, Clemons: W 400: 6 R ADDO 55.50
May 17-19, College Station: 400: Szeglet HUN 45.43 rec; 400H: Kamani 49.22; DT (a): Köseoglu GER 62.20; 200 (a): (2.6) Green 22.99w; 400: Petrshin HUN 51.95; 100H (a): (1.7) 1 Ohaeri 13.09 (1h2 13.05w/2.8); 2 C Carter 13.09 (1h1 13.04w/2.8); 3 Hoie 13.11 (1h3 13.07w/3.3); HJ: 6 K LVESEY 1.71; LJ (a): 11 LVESEY 5.91w/5.0; Hep (16-17): Skujyté LTU 6150w

May 18, Baton Rouge: 200: (3.0) Garcia 20.4w; 400: Braw 45.5; TJ: Carter 17.15; Women 200: (3.0) Combs 22.5w; 100H: (3.9) 1 Babes 12.5w; 2 Jones 12.7

May 18-19, Atlanta: Georgia Tech Invitational: 200: (0.2) White 20.55; 400: R Harris 45.22; 1500 r2 (a): 3 M GREEN 3:49.27; 9 M CAMPBELL 3:52.33; 11, N DOBANJH 3:55.73; 110H: (0.0) Bramlett; 13.65 (1h1 13.51/0.0); 400H: Carter 49.01; SP (a): 1 Hoffa 20.22; 2 Chokouian J 20.13; Dec: (17-

18) Nolan CAN 79.85; Women 400: r1: 1 Colander-Richardson 51.17; 2 Hennagan 51.38; 4r3 R ADDO 55.30; 100H h1: (0.6) 1 Cherry 12.85; 2 Dixon JAM 12.95; 400H: Buford-Bailey 56.69

May 18-19, Fresno: WAC: 100 (1.5): 1 L Fraser JAM 10.11; 2 Collins SKN 10.13; 3 Patton 10.18; 200 (0.2): 1 Collins 20.34 (1h2/a 20.43/0.6); 2 Patton 20.46; SP: Robbarts RSA 21.60 African rec (21.60, 21.01, 21.46, 21.30, 19.94, x); Women 5000 (b)10,000 (a): 3/2 C SANDERSON 17:04.26/35:57.84; HT: 1 Ezeh FRA 66.58; 2 Guillén ESA 61.90

May 18-19, Houston: 100: (3.7) 1 Turner 10.12w (1h2 10.16w/2.2); 2 Powell JAM 10.22; 3 Woodson 10.22; HJ: Austin 2.26; Women 100: (1.7) Onyal NGR 11.25; 400: 1 Scott JAM 51.95; 2 L OWUSU 52.48 pb (6, 3rd 200 23.76w/2.6); TJ: Lee JAM 13.99/1.9; PV: 2 R CLARKE 3.85
May 18-19, Long Beach: SP: Olsen DEN 19.73

May 18-19, Sacramento: 100: (2.0) Norman 10.17
May 18-19, San Diego: 800: Berryhill 1:46.03; 2 W 3000SC: 1 Jackson 9:55.63 rec; 2 Larson 10:10.16; 3 Evans 10:12.90;
May 18-19, Terre Haute: 400: 4 I LOWTHIAN 47.92 (1h2/a 48.26); 110H: (2.2) A Herring 13.47w

May 18-20, Bloomington: Big 10: 400: 1 Pierce 44.94; 2 Gerding 45.38; 110H: (1.8) 1 Nelson 13.49; 2 Rose 13.56; Women 200: (2.5) Boone 22.94w; 100H (1.1): 1 Felicien CAN 12.73 (1h2 12.75/0.0); 2 Mamman 12.82 (2h2 13.05); 3 S. Kallur 12.85 (1h1 12.90/0.4);

May 18, Oxford, Ohio: 800: 5 N KIRK 1:52.95 (2h3/a 1:52.11)
May 18-20, Berkeley: PAC-10: 100: (1-0.4) Brunson 10.21 (1h3/a 10.06w/4.0); PV (a): Kholov ISR 5.60; 3000SC (a): MacDonald 10:03.20; PV: O'Hara 4.90; HT: 1 Tolson 65.42; 2 Tudjo HUN 63.02
May 19-20, Princeton: 800 (a) 5h3 A McLEAN-FORREMAN 1:50.54; 5000 (a): 7 A SUTTON 14:03.61; 11-G ABD 14:08.60; W 1500 (a): 1 R FELYTON 4:23.67 (2h2/19 4:24.18)

May 19-20, Pocatello (A): HJ: Clinger 2.35; W 1500/5000 (a): 5/3 S RUTHERFORD 4:36.64/17:33.29

road races

AUSTRALIA

May 19, Melbourne: Women 10k: Power 32:37

AUSTRIA

May 20, Vienna: Mar: 1 Novo POR 2:10:28; 2 A Lima KEN 2:12:50; 3 Degefu ETH 2:12:50; 4 Demissie ETH 2:12:57; 5 Buchelner 2:12:57; women - 1 Sakumbe EST 2:30:00; 2 Dubovik UKR 2:34:00; 3 Gemeche ETH 2:34:15

CZECH REPUBLIC

May 20, Prague: Mar: 1 Sambu TAN 2:10:14; 2 D Ngatich KEN 2:10:19; 3 W Kiplagat KEN 2:10:29; 4 B Rutto (debut) 2:11:06; 5 E Kering KEN 2:11:11; 6 Naumov UKR 2:12:31;... 22. Aguta KEN 2:24:14 (first race for four years after life-threatening injury); women - 1 Viceconte ITA 2:26:33; 2 Jantich KEN 2:32:01

USA

Apr 22, New York: 4M: 1 M OPENSHAW 18.45
May 20, San Francisco: Bay to Breakers: 12k: James Kosgei KEN 34:10; women - 1 J Ngocho KEN 40:35

walks

Russians won four of the five races and were first in all five team competitions at the 4th European Cup in Race Walking, held in Dudince (Slovakia) on May 19.

Three athletes repeated their wins from last year's edition in Eisenhüttenstadt (Tetyana Kozlova, Olimpiada Ivanova, Jesús Angel García) and García now has three wins and one second place in the European Cup at 50k. Sensation of the day was the win of junior Viktor Buryayev in the men's 20k with 1:19:30. Altogether 280 walkers from 31 countries competed on a sunny and windy day over a 2k lap course.
20k: 1 Viktor Buryayev RUS 1:19:30 (10k 39:31); 2 Yevgeniy Misyulya BLR 1:19:45 (39:30); 3 Andreev Erm GER 1:19:55 (39:31); 4 Fernández ESP 1:20:02 (39:30);

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**Top hurdler Matt
Elias interviewed**

**Steve Cram writes
exclusively for AW**

WHY BRITS ARE NO LONGER NO.1

Special endurance investigation – pages 28-31

News, reports and results from around the world



briefs

Nutrition on the web

THE next articles from the UK Athletics Performance Sports Science are now available on the UKA website. Two articles are by Dr Asker Jeukendrup, a nutritionist based at the University of Birmingham, who gives advice on weight loss strategies and on nutrition for the traveling athlete. The third article is by Professor Ron Maughan from the University of Aberdeen and is on the subject of alcohol. For more details go to www.ukathletics.org/performance

Lisbon-bound team

THE Norwich Union GB team to compete at the Junior International Cross Country in Lisbon, Portugal on January 27 has been announced.

Among them are five members of the medal-winning junior teams at the European Cross Country Championships at the end of last year.

The team is: Charlotte Dale, Freya Murray, Lisa Dobriskey, Charlotte Moore, Matthew Bowser, Tom Sharland, Matthew Lole, David Jones.

Team leader is recently retired cross country runner Angela Newport.

Vets' rankings

VETERANS' rankings in five year age groups for the Half-marathon and 5km can now be obtained from the compiler, Martin Duff, at Ramatuelle, Spronkett's Lane, Warminglid, West Sussex RH17 5SA, for £2.50 for each event and a large SAE. Details of any unpublished marks would also be welcomed.

Woking 10 returns

AFTER falling victim to the foot and mouth epidemic, the Woking 10 returns, but as the Woking Ten-Ten and on a new date, March 24.

It is Ten-Ten because the traditional 10-mile race, in which Richard Nerunkar ran 48:29 in 1997, is being joined by a 10km event.

There will be two races, with separate starts and one finish, said race director Steven Bell. The traditional character of the old Woking Ten has been retained, while a 10km race has been added, which will start 10 minutes after the 10 and have a more relaxed and sociable feel to it.

"The Woking 10 has been a feature of the British road-racing calendar for more than 30 years and is a well-regarded event," added Bell. "In the past it has attracted a higher than average percentage of elite runners and the course is considered fast and relatively flat."

Entry details are available from 4 Holmes Close, Woking GU22 9LU with an SAE.

Sesay's in optimistic mood

ONE of Britain's finest 800m talents of the last decade, Mark Sesay, is back in full training again and hoping to finally fulfill his potential in July's Commonwealth Games, writes *Steve Landells*.

The 29-year-old Leeds City AC athlete has been bedeviled by serious shin problems which have threatened his career.

But after recovering from a lengthy lay-off he has returned to full training and is hoping a trip to Belgium could help underwrite his comeback.

Sesay was an outstanding junior talent winning four English Schools' titles and at the age of 16 he became the youngest Briton to run under 1:50.

His career was blighted by shin problems and a bowel disorder between 1992-1996 and the Dave Sunderland-coached athlete only started to deliver his early promise in 1997 when he dramatically slashed his personal best to 1:46.05.

He also finished an encouraging third in the European Cup but failed to progress through the heats of the 1997 World Championships.

He recorded a best time 1:45.68 in 1999 but since then a serious stress fracture has ravaged his career.

It is testament to his character and desire to fulfill his potential that the Loughborough-based athlete is still in the sport.



Mark Sesay: back in full training after injury nightmare

"I had to take stock of my career and I seriously thought about whether I should carry on," he admitted. "But I'm still only 29, I'm back training again and my motivation is high."

Sesay was out for 11 months with the stress fracture and returned to training last March – but the nature of the injury was so severe he has been forced to carry out a lot of cross trainer work and only started running again in the autumn.

Sesay believes a trip to see Belgian orthotics expert Gempy Wilson on the recommendation of Paula Radcliffe has played a major role in helping his rehabilitation.

"I've never been on the lottery matrix and I had to pay £500 out of my own pocket to go and see Gempy."

"But the orthotics have made a big difference. I also now undergo regular massage on my shins two or three times a week to prevent injury."

Sesay, who has no plans to run the indoor season, is adamant his best days are still ahead of him.

"I wouldn't keep doing the sport if I didn't think I could run faster."

"I have a 400m personal best of 46.2 and I know I have the potential to run a world-class time of 1:44 for 800m."

"If I get down to my best I can make the England team for the Commonwealth Games."

THE middle and long distance debate continues – pages 28-31

Christian goes alone

OLYMPIC steeplechaser Christian Stephenson has parted company with long-term coach Paul Darney and is currently training alone, writes *Steve Landells*.

The 27-year-old Welshman has had a low-key winter, although an impressive second place finish behind Spencer Barden over 4km at the Reebok Cross Challenge event at Cardiff earlier this month suggests he is in useful form.

The Cardiff AAC athlete explained his unusual decision saying: "I'd been with Paul for a long time and I decided I wanted a change."

"For the past six weeks I've been running and training on my own. I'm quite fit at the moment and I'm in reasonably good shape."

"I'm not crying out for a new coach, if one comes along then fine, if not then fine."

Stephenson no longer receives lottery funding and has taken up a job as a part-time caretaker at a Cardiff school.

But he denies the fact his running will suffer without a coach and he hopes to compete in the short course trial for the World Championships in Newport on March 3.

Stephenson, a former apprentice jockey finished tenth in his heat in the 2000 Sydney Olympics and a series of niggling injuries blighted his 2001 campaign in which he failed to qualify for the World Championship squad in Edmonton.

But the three-time AAA steeplechase champion has the twin aims of both the Commonwealth Games and European Championships to look forward to next summer.

And the Cardiff-born athlete, who finished sixth in the 3000m steeplechase in Kuala Lumpur, is looking to improve upon that finishing position in Manchester.

Sedykh slams new rules

WORLD hammer record-holder Yuri Sedykh slammed a number of radical rule changes which are set to be implemented by the IAAF in his event next year.

The Russian legend, who was in Britain for a coaching throws weekend at Loughborough earlier this month responded with disdain at plans to alter the handle shape to an equilateral triangle with a straight grip from its current curved shape.

And he reacted to the new regulations which were ratified by the IAAF in August and are due to be implemented by January 1 2003 as 'a joke.'

He explained: "The new plans for an equilateral triangle would mean I couldn't even put my hand in the handle. Some of the guys couldn't even put three fingers through."

And he was equally perplexed by plans to change the angle of the hammer throwing area from 40 degrees to 34.92 degrees branding them as 'barmy.'

Sedykh agreed with Britain's national hammer coach Mike Morley the move would lead to complacency from athletics officials because the sector lines would be moved in by about 6m – but the changes would not guarantee hammers throwing within the sector.

But his biggest gripe was with the IAAF's controversial decision to reduce the weight of the junior hammer from 7.26kg to 6kg.

"In the world juniors next year they'll be throwing the hammer into row six."

"The hammer throwers are much better technicians than they were in my day and will throw it much further."

"It is ridiculous to reduce the weight if safety is a consideration."

Meanwhile, a meeting with UK Athletics coach Peter Sutcliffe, which include Mike Morley to discuss safety issues in the long throws and the IAAF rule changes will take place on Thursday February 7.

Your say

Write to: *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN
or fax: 01733-898441. Email: jason.henderson@athletics-weekly.co.uk
(Please supply both a full postal address and daytime telephone number)

Sedykh's preach to the elite

I READ on the UK Athletics website that double Olympic hammer champion and current world record-holder Yuri Sedykh was invited to Loughborough to enlighten UK throwers and their coaches. UKA is to be applauded for the foresight of bringing Sedykh to assist us, but once again has shown its contempt for all but the very elite of our sport.

Attendance was for those on World Class and Potential plans, which, when one considers the level of our international hammer throwers, Lorraine Shaw aside, meant there can have been very few people there.

Other 'selected' athletes and coaches were invited, but how were these selections made? As an athlete I would like to have been there; as a near 60m thrower in the M45 veterans' hammer rankings I am second in the world – and second, somewhat ironically, to Sedykh.

I coach three 58m-plus hammer throwers, with another at 56m, I would like to have been there as a coach, to give the athletes I work with a better product. Indeed what would have looked better as a credit for future advancement as a coach, than to have attended these sessions? I, and I am sure many others, would have paid to attend.

When Sedykh last visited these shores in 1986, along with his coach Bondarchuk, all athletes and coaches were invited and the National Squad worked alongside them. Everyone gained from these sessions, just seeing Sedykh throw was inspiration enough. I made a video of Sedykh training at Ipswich, which was distributed worldwide and 16 years on I am still being asked for copies. What, I wonder, will be produced from this weekend and will anything be cascaded to grassroots? I fear not and I despair for the sport.

MALCOLM FENTON, IPSWICH HARRIERS

Ticketing procedure suited me

ANOTHER vitriolic letter hits your desk regarding the ticketing arrangements for the Commonwealth Games.

I, for one, thought the arrangements quite sensible and easy to understand. After all, there is the website and regular updates in the newspapers and the application booklet itself.

Not difficult for someone to understand. I applied for tickets just prior to the closing date (memory like a sieve). I got my full allocation. And no, they're not for sale.

GREG SIMMONS, MILTON KEYNES

Getting the best seats

I HATE to be yet another moaner, as everything seems to be looking very good for the summer, but, just like the Sydney 2000 Olympics, the organisers have failed real fans of specific events by not giving the staff on the telesales maps of the stadium.

So if I want to watch the pole vault, which I think from guessing at photos of the stadium, is across the high jump D at one end, I cannot buy tickets with any level of assurance that my seat will be anywhere near the pole vault.

And just like Sydney, what they're going to have

is a game of cat and mouse as coaches and other enthusiasts of specific events bluff their way around the stadium to get the seats they could have had all along if they could have been sold them at the beginning.

It's actually good fun, but it takes up the time and attention of stewards and ends up with people hovering and budging people up on existing seats. If they resolve this at any time, it would be a joy to know, otherwise I shall be seeing them all in the back corridors of the stadium, hiding in doorways, laundry trolleys and bluffing my way through executive lounges to get the seat for free that I was quite happy to pay for if only they'd let me.

If Sydney's security was not 'me-proof' (I even got into the Aquatic Centre at 11.30 one night to impress some chums by doing a 'bomb' off the top board) on a daily basis, I don't see how Manchester's will fare any better, but if they'd like their system tested, I can give them a comprehensive report of all weak spots by the end of day one.

All this for the princely sum of a ticket for the men's and women's pole vault qualifiers and finals.

DAVID GORDON, RICHMOND, SURREY

Gareth Turnbull correction

I WISH to correct Tony Ward's report of the Great North Cross Country (AW, January 2). Readers (including John Mayock!) should know that Gareth Turnbull is eligible to represent Northern Ireland in Manchester.

Our team will almost certainly consist of athletes who represent GB&NI and athletes who represent Ireland – as long as they or their parents were born here they have the right to compete for us. Only time will tell if Gareth can beat John Mayock in Manchester, after all seven months is a long time in athletics. If they are both on the start line it will be a great race and may the best man win! We are doing our utmost to help all our Northern Ireland athletes prepare for the Games and we are looking forward to a great week in Manchester.

SIMON NATHAN, HIGH PERFORMANCE MANAGER, NIAF

In praise of a 'classic' event

SHOULD anybody want to organise a cross country event, they should make urgent contact with Simon Taylor at Sevenoaks School.

As somebody with working knowledge of cross country meetings from the world championships right down to district schools level, I would like to say that I have never come across a better organised event than the Knole Run, the 29th staging of which took place on January 12.

For everything from pre-race information, race-day details and on-course marshalling, to post-race presentations and refreshments, Mr Taylor and his team scored full marks every time. Given the subjects he teaches, it truly was a Classic performance.

On behalf of everybody who took part on an otherwise miserable afternoon in rural Kent, many many thanks.

BARRY TROWBRIDGE, MAIDSTONE, KENT

An article to savour

MANY congratulations for the interesting and very informative article on Mark Carroll. I feel the thanks must go to his coach Jim Harvey, for willingly including examples of Mark's training throughout the year.

Speaking to many people on the subject, it does seem that in the past, golden opportunities have been lost when interviewing athletes/coaches on the sessions undertaken. It is generally understood that there is no short cut to success, just hard work and dedication, but to read about a successful athlete's sessions can only encourage athletes along the same path.

So, I put it to you, let's have more of the same type of articles. We don't just want to read about the athlete's likes/dislikes etc, but more on the work they do. Now perhaps a combined article/interview with Ovett, Coe and Cram.

RAY DANIEL, CAMBRIDGE HARRIERS

So what's the way forward?

THE article by Dennis Quinlan on the 'distance running debate' was rather more about Dennis Quinlan than it was about the debate. It is always interesting to hear about the life and times of self-regarding coaches but it does little to forward the current discussion on middle-distance and endurance performance. Unfortunately there are some pretty big egos around and they seem to pop up quite often in *Athletics Weekly*, usually shedding little light on current concerns.

The one important point made by Quinlan was when he quoted someone who said that 'coaching was more of an art than a science'. Seeing as art often reflects the indeterminate and indefinable, this does present a problem because it almost gets on to the position where 'anything goes'. And this is patently not the case. Good coaching requires sound empirically-based knowledge; an athlete-centred approach and at the elite level an understanding of 'how the system works'. Overemphasising the art dimension can be merely an excuse for avoiding the slog of reading and understanding scientific papers.

So, what do we want to know? Is it just a question of training harder? This seems to be the current mantra. What were the training loads of Ovett, Coe, Elliott, Cram, Moorcroft and co?

If our present crop took up these schedules would they perform as well? Suppose they increased these loads would they run faster, longer, break world records? Let's train like the Kenyans, or train harder than the Moroccans. If only it was that simple. There are countless variables involved. This is where the discussion lies and the research needs to be done. Is anyone funding such research?

Maybe it is as suggested by Wilf Paish that it is all cyclical and that our turn will come again and more supermen will appear. But how long, how long?

RAY THOMPSON, LEVEL 4 COACH, COULSDON, SURREY

■ Please keep letters to the Editor brief and to the point. The Editor reserves the right to edit letters submitted for publication as space is at a premium.

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AMY SPENCER

Shines at the Norwich Union Trials & AAA Champs



News, reports and results from around the world

MY husband Lee and I have just got back from a National Throws Weekend in Loughborough. As it was the best national throws squad that I have been to in quite a long time, I thought I would take this opportunity to let people know why.

On the way to the squad get-together we were both apprehensive as to how the weekend would go, because in recent years throws squads have been very small, and elite, due to lack of funding. This year we were pleasantly surprised to find around 60 people at the get-together including lots of athletes (young and old, past and present) and lots of coaches (personal event coaches as well as national event coaches). In addition, Yuriy Sedykh attended (the greatest hammer thrower of all time). The chance to learn from such an athlete does not arrive every day and I believe the hammer throwers and coaches made the most of the opportunity. Since Sedykh was there, naturally the focus of the weekend was the hammer, in future this will change and other events will take precedence as next year we have the chance of Jurgen Schult (discus world record-holder) attending.

During the weekend there were some sessions which we all attended, and other sessions for which we split up into our event groups to discuss and practise event-specific training and throwing techniques. Each of these was valuable because there were so many throwing enthusiasts there, each with plenty of ideas and advice to give.

For me there were two key points made in the general sessions, which I believe not enough throwers or coaches emphasise or are aware of. These are techniques that my husband introduced into my training in 2000 and are "specific strength training", and "power versus strength training".

Calvin Morris showed us a video of some training that Steve Backley has been doing to improve his specific strength. This session stressed that being able to clean X amount and squat X amount (which are all in straight lines) is not necessarily as important as being able to move a weight in a rotation direction, because this is what we do when we throw.

It also demonstrated some novel ways in which to do specific strength work with heavy sacks. Power versus strength training was stressed by Shaun Pickering, and basically involves replacing heavy slow lifts with lighter (medium) faster lifts in which maximum power is achieved because it is power that we need to throw far, not just strength. After all, why learn to move a 200kg bar slowly in bench press if we want to move between



What a weekend!

SHELLEY NEWMAN reflects on the National Throws Weekend at Loughborough recently where Yuriy Sedykh and other experts passed on all manner of training and competition advice



1kg and 7kg fast in the throw? As well as being more effective, schedules based on working at maximum power may prevent some of the injuries that are caused by lifting very heavy weights and leave extra energy for technical sessions.

At the event-specific sessions it was good to try out new training ideas and to discuss athlete-specific training. Both Gary Herrington and Jackie McKernan were very helpful concerning my own training and had several good and new training ideas that I might include in my own schedule.

We also all went and threw outside on both days and, aside from the technical advice that we were given, training with competitors is also a great way to increase motivation in winter months when the prospect of throwing in the cold and dark miserable weather is not al-

ways appealing.

Apart from the timetabled sessions, a throws get-together is also a great opportunity for informal discussions with other throwers, and to get to know your competitors away from the competition environment. I remember that as a junior it made competing against the seniors much easier once I had met them at squad get-togethers, because I had seen them outside of the event and felt more comfortable around them. I was pleased to get the opportunity to meet the two very fine junior throwers that we have in the women's discus (Emma Carpenter and Claire Smithson), and I hope that their meeting more of the senior throwers will help them as it did me. I liked both girls, and I was particularly pleased to see that they were good friends despite each being the other's arch rival.

I believe this is a very positive environment for improvement and it reminds me of similar situations I had with Jackie McKernan and Philippa Roles. In 1997 and 1998 Jackie and I were good friends despite being fierce competitors, and we both feel that this played a big part in the success we had those years (we both threw over 60m). We pushed each other to throw further because we were encouraging towards each other as well as being competitive.

Throwers have a reputation for several things and yes, of course there were other essential activities during the weekend, such as eating and drinking! Lunch was always a central activity, and on the Saturday night we all invaded a curry house where we were provided with plenty of food, which was, of course, washed down with a few drinks.

All in all I felt it was a very enjoyable and worthwhile weekend so big thanks to those at PAS that organised it (John Trower in particular).

A big part of its success was the large number of attendants, but the attendance of Yuriy Sedykh and the overall organisation played a crucial role too. I look forward to next year's event, particularly if discus is to be the focus.

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KATHARINE MERRY

Chasing Commonwealth and European medals



News, reports and results from around the world

overseas

IAAF GRAND PRIX, Osaka, Japan, May 11

Previously better known for his exploits over 200m, including a world indoor title and bronze medal in Edmonton last year, Shawn Crawford has now set his sights on becoming the fastest 100m runner in the world. The American, who broke 10 sec for the first time at altitude in South Africa on April 12 (9.98 behind Tim Montgomery's 9.94, followed by a 19.85 200m), turned the tables on Montgomery in Osaka and improved to 9.94. But that's only the start. "I am focusing on the 100m this year and I am planning to run 9.72. Today was a personal best which is a great stepping stone. I think it is a realistic goal while I am running this well." Montgomery, who also believes he can break Maurice Greene's world record of 9.79, was overtaken at 70m and criticised himself for being "too relaxed". He commented: "I have never, ever, been caught by any sprinter before today. I never thought Shawn would be a big threat so it was certainly a wake-up call."

Other outstanding American victories in this Grand Prix meeting included a 44.72 400m by the 34-year-old former world champion Antonio Pettigrew, his quickest for two years, and a personal best long jump of 8.49 by Savante Stringfellow.

100: (1.8) 1, Crawford USA 9.94; 2, Montgomery USA 9.95; 3, Surtsgu 10.13; 4, Shrivington AUS 10.19; 5, Aliu NGR 10.20; 6, Asahara 10.20; 400: 1, Pettigrew USA 44.72; 2, Houghton JAM 44.82; 3, Sanchez DOM 45.16; 4, Byrd USA 45.26; 1500: 1, Hachlaf MAR 3:40.35; 2, Lassiter USA 3:40.65; 3, Berryhill USA 3:41.05; 4, Mottram AUS 3:41.31; 5000: 1, Ngatho KEN 13:18.66; 2, Gitahi KEN 13:19.05; 3, Gebremariam ETH 13:22.10; 4, S Maine KEN 13:26.02; 110H: (1.11) 1, Orea USA 13.48; 2, Shi Dongpeng CHN 13.50; 3, Dorival HAI 13.50; 400H: 1, Carter USA 49.21; 2, Kawamura 49.58; 3, Damesue 49.74; HJ: 1, Boswell CAN 2.24; 2, Bosteng CAN 2.24; 3, Strand SWE 2.21; PV: 1, Mack USA 5.60; 2, Lobinger GER 5.50; 3, Yasuda 5.40; 4, Burgess AUS 5.30; 5, Chistiakov AUS & Kigoshi 5.30; LJ: 1, Stringfellow USA 8.49/1.9; 2, Phillips USA 8.31w/3.4; 3, Terano 8.08w/3.2; 4, Li Delong CHN 7.82w/3.1; HT: 1, Annus HUN 80.10; 2, Murofushi 79.12; 3, Chaussinand FRA 78.89; 4, Gecsek HUN 77.34; 5, Ziskowski POL 76.81; 6, Palyszko POL 76.67; 7, Rendell AUS 76.39; 8, Kiss HUN 75.07.

Women
100: (2.5) 1, Jayasinghe SRI 11.11w; 2, Ferguson BAH 11.17; 3, Jenkins USA 11.22; 4, Onyiah-Omagbemi NGR 11.36; 400: 1, Kalcouna CHA 52.20; 2, Collins USA 52.23; 3, Reid USA 52.63; 4, Ngumgo CMR 52.90; 800: 1, Howell JAM 2:03.25; 2, Sugimori 2:03.56; 3, Wang Yanchun CHN 2:03.99; 1500: 1, Johnson AUS 15:01.44; 2, Malet KEN 15:04.16; 3, Fukushi 15:04.54; 4, Kidane ETH 15:05.05; 100H: (1.4) 1, Morrison USA 12.81; 2, Golding JAM 12.83; 3, Feng Yun CHN 12.91; 4, Walker JAM 13.07; LJ: 1, Rublyova RUS 6.73/0.7; 2, Hanecka 6.60/0.1; 3, Edwards BAH 6.51/1.1; ... 7, D Burrell USA 5.14/2.0; JE 1, Ha Xiaoyan CHN 59.90; 2, Huhtaniemi FIN 58.72; 3, Miyake 57.14.

BRAZIL

Apr 23, Sao Paulo: 400: 2, Venancio (BS) 48.63 South American U18 rec; May 5, Boleim: 800: Wachira KEN 1:46.29; 1500: H de Souza 3:36.56; PV: 1, Miles USA 5.70; 2, Bucierski DEN 5.40; 3, Burgess AUS & Lobinger GER 5.40; 5, Mack USA 5.40; W 1500: 1, Hymen JAM 4:12.03; 2, Koryagina RUS 4:12.05; 100H: (1.7) Foster JAM 12.64 etc.

CHINA

Apr 14, Shunde: 800: Li Huiquan (age 14; b 11.11.87) 1:49.73 (2nd in 1500 in 3:50.27 previous day); 110H: (1-0.5) Shi Dongpeng (84) 13.68.

CZECH REPUBLIC

May 1, Kolín: Women HT: Vrbanská 64.13; May 4, Uherské Hradiště: HT: Maska 78.72.

FRANCE

Apr 7, Confians-Sta-Honorine: HT: 1, Epelle 90.50; 2, Costa POR 75.77; May 1, Saint-Quentin: SP: Niené 19.59; May 4, Francville: 100: (3.8) Nthépé 10.14w; 110H: Doucouré J 13.73w; HT: 1, Epelle 78.20; 2, Figne 78.00; 3, Costa 75.09; ... 7, Sedvith RUS (age 46) 61.33; W HT: Ezeh 63.59; May 5, Villeneuve d'Ascq: 5000W: Korzeniowski POL 19:07.38.

GERMANY

Apr 14, Hagen: HT: Esser 75.43; Apr 27, Wiesau: Women HT: Priemer 64.53.

GREECE

May 11, Chalkida: Women HT: Papageorgiou 63.92;

HUNGARY

May 4, Budapest: DT: 1, Fazekas 69.71 rec; 2, Varga 64.72.

INDIA

May 1, New Delhi: Women 400: Deenamol 52.19; DT: Neelam Jaswant Singh 59.10; May 5, Bangalore: Women DT: 1, Neelam Jaswant Singh 61.93; 2, Harwant Keur 60.10; May 7, Chennai (Madras): SP: Behadur Singh 19.61.

ITALY

May 5, Mancos: Women 150: (2.8) Lavoreto 17.14w.

JAPAN

May 3, Shizuoka: 10,000: D Njenga KEN 27:51.83; LJ: 4, Arikawa 8.05/1.9; W 5000: 2, M Yamanka 15:25.97; May 8, Mito: 100: H: 14.51 1, Nagel RSA 10.16w; 2, Miyazaki 10.19; 3, G Williams USA 10.21; W LJ: Hanecka 8.69w/2.8.

SLOVAKIA

May 8, Nova Mesto nad Vahom: Women HT: Danieová 64.17.

SPAIN

May 4, Salamanca: DT: Pestano 62.09; May 4, Sanlúcar de Barrameda: Women JT: Moldaven ROM 59.73.

TRINIDAD

May 4, Port of Spain: 100: 1, Fredericks NAM 10.28; 2, Burns J 10.33; Jnr 100: D Brown (11.10.84) 10.19 jnr rec; 400: Houghton JAM 45.08; W 100: Sturup BAH 11.08; 200: 1, Ferguson BAH 22.97; 2, Walker JAM 23.05; 400: Miles Clark USA 51.98.

USA

Mar 9, Coalgida: Women TJ: Perez 14.05; Apr 13, Azusa: 900: 1, C RAWLINSO 32.5; 2, C Harrison 32.5 (not dead-heat); Apr 18, Lancaster: DT: Tunks CAN 65.24; Apr 19, Claremont: 110H: (1.9) Tim REETZ GBR (?) 14.27; Apr 20, Long Beach: 110H: (2.6) 4, REETZ 14.20w; DT: 6, G HERRINGTON (M40) 49.32; W DT: 3, R ROLES 48.64; Apr 20, Tampa: Women 200: (2.3) 2, S ANDERSON 24.06w; Apr 24-25, Des Moines: Dec: Jamrin 7775w; Apr 25, Chico: HJ: Wilburn (high school) 2.24;

Apr 25-27, Des Moines: 5000: (a) 6, A NORMAN 14:30.93; LJ: Pate 6.18; W SP: (a) 3, A OSHINDO 14.69; DT: (a) 9, OSHINDO 48.13; Apr 25-27, Philadelphia: 5000: r2 (a) 7, E NORTH 14:32.45; 10,000: (a) 6, C BIRCHALL 29:29.85; 400H: 12 (overall) L McRAE 52.63; 4x1M: Arkansas 16:09.84 (C MULVANEY 4:01.8); P RILEY 4:06.9, G REID 4:06.4; Distance Medley: (a) Arkansas 9:31.21 (MULVANEY 1:51.2 800L, W 5000: (a) 26, P GOWING 17:18.85; 10,000: (a) 12, S DAVEY 34:30.20; 400H: r7: (a) 6, H WALKER 54.06; 4x400: USA 3:23.41 (Collins 51.2, Miles Clark 51.0, Colander-Richardson 50.5, M Jones 50.7); Apr 26, Hastings NE: Women 200: K LVESEY 24.5; Apr 26, Louisville: Women 1500: 5, J SHANNON 4:37.49;

Apr 27, Albuquerque: (a) Women PV: 3, A JESSEE 3.20; Apr 27, Azusa: Women SP: Chukwuemaka NGR 17.94 rec; Apr 27, Berkeley: DT: 3, Maté HUN 64.77; Apr 27, Eugene: 800: 3, R GIRVAN 1:50.61;

HT: 2, Deaf (age 40) 71.09; Apr 27, Houston: Women 400H: Glover 55.50; Apr 27, Lubbock: 200/400: Weriner (high school) 20:41w/45.57; Apr 28, Knoxville: 100: (5.2) McRAE 10.58w; 200: (2.1) 2, McRAE 21.49w; May 2-3, Provo: (a) Women Hep: 2, Dragila 5139 (4.55 PV next day); May 3, Stanford: 10,000: Chepkurui KEN (27:18.79) ran his halves in 13:45.1 & 13:34.7; 3000SC (B): 4, D MATTHEWS 9:02.65; W 10,000: 4, Davenport IRL 31:58.29; Shibus JPN (30:48.89) ran her halves in 15:27.1 & 15:21.8; May 3-4, Alamogordo: (a) 110H: (a-b) 1-1.8) REETZ 14.10 (1st) 13.91w/3.0; 400H: 6, REETZ 57.23 (2nd 56.18); May 4, Arlington: 400: Simpson JAM 45.38; 110H: H: 10.91 Wignall JAM 13.54; May 4, Athens GA: HT: Heilits CRO 78.63 rec; May 4, Austin: 400: Blackwood JAM 45.59; May 4, Baton Rouge: 100: (1.1) Wade (B4) 10.21; 200: (1.2) Wade 20.59; May 4, Berkeley: Women HT: Joyce CAN 65.23 rec; May 4, Durham NC: Women 800: R FELTON 2:14.38; May 4, El Paso: (a) Women PV: 6, JESSEE 3.20; May 4, Greeley: (a) DT: Malone 88.58; May 4, Lincoln NE: SP: C MYERSDOUGH's 20.72 was an outdoor personal best and ranks him second to Geoff Capes on the UK all-time list; May 4, Missoula: 5000: A FORD J 14:42.14; May 4, Mt Pleasant: 800/1500: N KIRK 1:51.35/3:55.48; May 4, Sacramento: 110H: 1, Swift 13.56w; 2, Dan O'Brien 14.20 (also rh HJ, 6.88w LJ, 50.94 DT); W 100/200: Mayers VIN 11:21w/22.80w; May 4, San Luis Obispo: LJ: Ward 8.11; May 4, Westwood: LJ: Armon 8.00 (best of 7.49 in 2001); W 400: Henderson J 51.33; May 5, Moscow ID: SP: Olsen DEN 20.15; May 5, Storms: 5000: 3, A SUTTON 14:06.55; May 5, Abilene: 100: (3.3) Van Wyk NAM 10.15w; May 9-10, Indianapolis: 3000SC: (a) R VINT 9:03.40; 2nd 800 1:53.59 & 3rd 1500 r2 3:52.22 next day; May 9-10, Louisville: 10,000: (a) 2, BIRCHALL 30:54.68; W PV: R CLARKE 3.80; May 10, Champaign: Women SP: OSHINDO 15.02 (3rd DT 44.56, 4th HT 44.86); May 10, Stanford: 5000: 9, NORMAN 14:15.63; 110H: (a) 2, REETZ 14.18; W 5000: 5, V GILL 17:04.43 (With thanks to Martin Rix for details of British athletes in USA)

road

FRANCE

Apr 7, Paris: Women Mar: 12, M McCALLUM 2:41:41 - she was in full results, but missed from women only lists, so change placing for 15, MUDGE 2:43:05; and note: 29, Lucy Carr 2:57:23; 31, Sarah Paxton 2:59:16 - British; May 1, Marseille: 10k: John Korir KEN 27:59.

GERMANY

Apr 28, Leipzig: Mar: Eich 2:13:47; Apr 28, Würzburg: Women 10k: 1, Cheruyot KEN 32:10; 2, Chempor KEN 32:29; 3, Makot KEN 32:34; May 5, Hannover: Mar: Gordayev BLR 2:11:56.

SWITZERLAND

Apr 27, Luzern: 8.5k: 1, B Barus KEN 24:37; 2, G Mug KEN 24:39; 3, Daniel Kirui KEN 24:40; W 4.1k: 1, L Makot KEN 13:02; 2, A Jepkorir KEN 13:12; 3, Monteiro POR 13:12; 4, Toth HUN 13:24; 5, Loupe KEN 13:27; 6, Moolenbaup GER 13:29; 7, English IRL 13:36.

USA

Apr 15, Boston: Mar: 14, Pyodor Ryzhov RUS (age 42) 2:13:04; May 5, Cincinnati: Women Mar: Pozdnyakova UKR (age 47) 2:34:35; May 5, Indianapolis: H Mar: G Muchiri KEN 61:54; May 5, Philadelphia: 10M: 1, Simon Wangai KEN 45:16 (age 23; first race outside Kenya; fastest ever time in USA: 22:13 at DM); 2, B Barus KEN 45:44; 3, P Mchiwa

KEN (age 18) 45:57; May 5, Spokane: 12k: 1, J Koskei KEN 34:25; 2, J Itati KEN 34:26; 3, Dominic Kirui KEN 35:21; women - 1, De Reuck 38:53; 2, T Wangku KEN 40:17; 3, Davey IRL 40:24.

walks

AUSTRALIA

May 7, Melbourne: Australien 50k Championships & Commonwealth Games Trial: 1, Murphy 3:55:19; 2, Cousins 3:59:27; 3, Adams 4:04:03 (disb.)

GERMANY

May 5, Naumburg: 20k: 2, Heffernan IRL 1:20:25 (not 1:20:15); 4, Höhne 1:22:57; 50k: 3, Ghoulia TUN 3:59:56 rec; W 20k: 15, N MENENDEZ 1:41:23.

ITALY

May 1, Sesto San Giovanni: 30k: 1, Fedejevs LAT 2:06:13 rec; 2, Odrizola ESP 2:07:13; 3, Giungi 2:08:10; 4, De Benedicis 2:09:25; W 10k: 1, Tysse-Plätzer NOR 43:35; 2, Vasco ESP 43:51; 3, Trybulskaya BLR 44:15.

THIS review of World results is brought to you by Peter Matthews and Mel Worman, publishers of Athletics International, which contains much more detailed worldwide results.

There are 30 issues per year. Annual subscription rates for first-class post or airmail: UK - £70, rest of Europe - £80 or 140 euros, outside Europe - £95 or US \$160. By cash or cheques drawn on a UK bank in pounds sterling, payable to Athletics International, co. Mel Worman, 13 Garden Court, Marsh Lane, Stanmore, Middx HA7 4TE, England. Fax no: 020 8954 7497 (from abroad - 44 20 8954 7497). Free sample copy on request.

CANADA

NATIONAL CAPITAL MARATHON, Ottawa, May 12

Men
1 J Ndenitu (KEN) 2:14:04; 2 B Deacon (Tig/CAN) 2:15:46
Women: L Kortchaguina 2:33:14
10km (May 11)
Men: E Ketter 28:30
Women: U Pippig (USA) 32:58

GERMANY

HALLE INTERNATIONAL THROWS MEETING, May 12

BIRCHFIELD HARRIER's Zoe Derham was the biggest success for Great Britain & Northern Ireland at this high-quality international, Trevor Frecknell reports.

The 21-year-old, who began her athletics career with Bristol AC, threw the hammer a personal best 61.43m, the second-best ever by a UK U23 athlete. It left her just 27cm behind the age-group record which has stood to Lyn Sprules (Shaftesbury Barnet Harriers) since 1997.

More significantly, it was 1.08m further than Derham's best of last season, which left her fourth in the national senior rankings - and enabled her to fly out of Halle with a rare victory over Liz Pidgeon (Woodford Green with Essex Ladies), whose best of the day came in the third round, 60.73m.

It was a fifth-round throw that earned Derham first place in the B competition and surely restored any confidence she lost last summer at the European Under-23 Championships, when she finished 11th in her qualifying group with a below-par 55.53m.

Under the gaze of a sizeable and knowledgeable German crowd, she put all six of her throws beyond 55m.

Probably the best example of Halle quality was provided by the experience of another UK U23, Emeke Udechuku (Woodford Green with Essex Ladies). Seventh in the discus final at last summer's European Under-23 Championships in Amsterdam, he went beyond the Commonwealth Games qualifying distance of 57m on Saturday but did not earn a second three throws in a Halle competition surprisingly won by Michael Möllerbeck ahead of his more illustrious

athletics

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briefs

Birchfield celebrate

A FEW places are still available to join Birchfield Harrier's 125th anniversary celebrations at the Botanical Gardens in Birmingham on October 5. More than 300 people have confirmed their attendance. Tickets £40. Details: 0121-3444858.

Birmingham Uni races

A 5km road race and 2km fun run will take place at Birmingham University on October 20 with proceeds going to the Acoms Children's Hospice. There is a prize of £100 for the winners of the men's and women's races and every finisher will receive a commemorative award. Entry forms from Peter Hinton, tel: 0121-4145329.

England finish seventh

AN article in the July 31 issue of *AVV* concerning the European athletics championships for people with a learning disability stated that the 23-strong English team did not make the top 10 on the medal table when, in fact, they finished seventh (with one gold, one silver and two bronze medals) and the Scottish team fourth (not equal third as stated) with three golds and one silver.

Female development

THERE will be a development day for female distance runners at Monkton Stadium on Saturday (September 28) from 11am to 3pm.

Further details of the day, which is part of the Aqua-Pure women in athletics initiative, from Alyson Dixon, Gateshead centre co-ordinator, on 07799-885229 or email alyson.dixon@sunderland.gov.uk

Coe's address

TWO-time Olympic 1500m champion Seb Coe will address the AAA development conference at the Thames Valley Athletic Centre, Eton on October 10. The day will focus on three aspects: Active Sports & Athletics; Athletics Development Tools; and Athletics & Social Inclusion.

The day is aimed at sport development officers, teachers, physical education advisors and anyone else who is interested in the development of athletics.

Details: David Reader on 07968-498706.

Sedykh's dinner date

RUSSIAN hammer legend Yuri Sedykh, the two-time Olympic champion and world record-holder has been confirmed as Guest of Honour at the Hammer Circle's 50th anniversary celebration at the Thames Valley Centre in Eton (October 18-20).

Legend Bob Hayes dies at 59

FORMER Olympic 100m champion and world record-holder Bob Hayes, who died at the age of 59 last week, has been hailed by esteemed British athletics statistician Ian Hodge as one of the two greatest 100m runners in history, writes Steve Landells.

Hayes, who won the 1964 Olympic title, had been battling liver and kidney ailments and prostate cancer.

The American, who boasted a powerful, muscular frame, made a sensational impact at the Tokyo Games, smashing the world record in 10.06 and anchoring the victorious USA 4x100m relay team, which set the world record of 39.06. Hayes' split in the sprint relay was timed at a scintillating 8.6 seconds.

He also won the American 100m title three times from 1962-4 and was a track star at Florida A&M University but cut short his athletics career and switched to American football in 1965 going on to help the Dallas Cowboys win the Super Bowl in 1971.

Hodge said of Hayes' achievements: "A measure of his greatness is that when Carl Lewis emerged in the 1980s he was being compared to Bob Hayes," he said.

"He completely dominated his event for three years and it is just such a shame the college system was set



Carl Lewis: the only modern sprinter to bear comparison with Bob Hayes according to statistician Ian Hodge

up in America then, which meant once your college career was over so was your running career."

Hodge believed Hayes, although only involved in the sport for a short spell, was one of the two finest 100m sprinters of all time alongside Carl Lewis because his margin of victory over the opposition was so great.

"Even someone like Jesse Owens was only just in front of Ralph Metcalfe in the 1930s and Maurice Greene

over the past few years has not had the margin of dominance over the opposition Hayes enjoyed.

"Yes, I would say Hayes and Carl Lewis for his longevity are the two greatest 100m runners of all time. He was also the first real heavyweight sprint star. The likes of Owens, (Bobby-Joe) Morrow before him and even Jim Hines after him were middle-weights."

It is ironic that Hayes should die the week after his compatriot Tim Montgomery became the latest man to break the world 100m record.

Montgomery said: "Anytime you have a 100m sprinter die it is sad. I saw footage of his Olympic race and he was making holes in the track with his feet (the race was contested on a cinder track) it is incredible how times have changed."

US Track and Field chief executive Craig Masback added: "It is a great tragedy, he revolutionised two sports. His raw power in sprinting put him years ahead of his time."

Sadly, despite becoming the first and only man ever to win an Olympic gold medal and Super Bowl ring, in 1979 he was convicted of drug trading and was sentenced to five years imprisonment. He died in his hometown of Jacksonville, Florida and is survived by his mother, a brother, sister and five children.

Berlin return for Takahashi

OLYMPIC marathon champion Naoko Takahashi returns to the scene of her world record-breaking run when she competes in the Berlin Marathon on Sunday. But Takahashi, 29, is determined to make it a double this year, tackling the Tokyo women's marathon less than two months later.

When Takahashi became the first woman under two hours, 20 minutes for the marathon, winning in Berlin in 2:19:45 last year, she had planned to run Chicago a week later. Good sense prevailed and she went back to celebrate in Tokyo while Catherine Ndereba erased her world record, the Kenyan running 2:18:47 in Chicago. Then, of course, Paula Radcliffe's 2:18:56 debut in London relegated Takahashi to third best.

However, following Berlin, Takahashi got injured, lost her grandmother, and has not



Takahashi: 2002 double marathon bid

raced since. But she has followed last year's preparation for Berlin, training at altitude in Colorado, as much to escape the pressure of celebrity at home, which includes featuring in a weekly 'manga' comicbook, *Kozakko* (Daughter of The Wind), as for the benefits of altitude. She will return to Tokyo after Berlin and run the women's marathon in Japan's capital city on November 17.

The 29-year-old became the first Japanese to win an Olympic marathon title, in Sydney (Kobe Son in 1936 was a Korean, Sohn Kee-chung). Takahashi sees the back-to-back marathons as part of her preparation to defend her Olympic title in Athens in two years' time. Speaking from Boulder, Colorado, she said, "I have made up my mind to run in Tokyo, as I am expected to be in better condition then when I run in Berlin. I have positioned myself as a challenger this year, and by digesting tough training for two races, and running each of them with all my might, I will be able to test myself."

Berlin, with its regular world records - Ronaldo da Costa's 2:06:05 in 1998, Tigré Laroque's 2:20:43 in 1999, and Takahashi's last year - has rapidly developed into one of the world's leading marathons. The field is the biggest in Europe outside London, with over 30,000 starters, and the rapid course - slightly downhill in the last 10km - and the fact that Berlin is again the capital city of a reunified Germany have all made the race an increasingly popular tourist runner destination.

Kenyan training

A KENYAN-based training camp to aid British athletes will be up and running in the New Year, writes Steve Landells.

Ian Ladbrooke, who coaches a clutch of top Kenyan and British distance runners, has been working on the project - in the 7000ft high Rift Valley town of Kericho - since just before Christmas and is confident the base will be completed before the end of the year.

Ladbrooke, who coaches John Mutai and Scottish Commonwealth Games runner Simon Pride, admitted there had been a few delays in building the camp but he was confident the project would be completed by November.

Phase one of the scheme would house up to 30 athletes with Ladbrooke hoping to double the capacity in the future.

"Firstly," he explained, "I wanted a good environment for my Kenyan athletes to train in. Secondly, and most importantly I wanted somewhere for the British athletes to train. I can guarantee the cost, including flight and spending money, would come to less than £1000 per month - much cheaper than most other places for a month's warm weather training."

England's Commonwealth Games 12th place finisher and Tipton Harrier Stuart Hall is one athlete who has already confirmed he is attending the camp in the New Year.

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Mum-of-four in form of life

A TRIP to Florida with her four kids helped Dianne Henaghan produce the run of her life to finish third behind Liz Yelling in the opening Reebok Cross Challenge of the season at Liverpool's Sefton Park, writes Steve Landells.

The remarkable 37-year-old juggles the raising of her children and a full-time job with a gruelling training regime and the chatty Chester-le-Street Harrier is reaping the rewards of the best form of her life.

Although, she admits her preparations for Liverpool were far from orthodox.

"I was quite surprised with my run because I'd just come back from a two-week holiday in Florida with the kids," she said.

"It was quite a hectic holiday and there was little time for running. I think I only went out for a run twice. The best I'd ever finished before in a Reebok Cross event was eighth."

The support worker for the disabled started running at the age of nine and made her England international cross country debut at the age of 13. But she quit the sport at 16.

"My coach Bryan Simpson was disappointed when I packed in but my heart just wasn't in," she said.

But 16 years later a jog on the North-



Dianne Henaghan: fantastic third at Liverpool

east coast inspired Henaghan to return to the sport. She bumped into Simpson and he asked her to rejoin his training group, the Northumberland-born athlete accepted the offer, and re-entered competitive athletics at the age of 32.

Her basic ability had not waned and

she quickly established a respected reputation on the track, and within months of her return was crowned AAA 1500m champion in 1997.

She continued to compete solidly and 18 months ago gave birth to her fourth child, Beth, although earlier this year she seriously contemplated quitting.

"I got a leg muscle injury in April, got very down and thought about throwing the towel in," she added. "I thought, 'I'm a 37-year-old mother of four, I shouldn't be doing this.'"

But she persisted with the sport and at the back end of the track season set a couple of PBs for 3000m, including a time of 9:14.27 for Great Britain in a four-way international in Barcelona.

Henaghan is now reaping the rewards of sticking with the sport, and in her current rich vein of form has set her sights on booking a place in Great Britain's world and European cross country squads.

"I've never made a Great Britain championship team, and if I made it I could retire happy," she said.

"But I've got to thank my mother Margaret, if it wasn't for her looking after the kids when I'm at work or training I would never have achieved any level of success."

Olympian

■ UK ATHLETICS' website crashed last week after two wheelie bins full of ignited petrol were poured down a drain in Salford Quays.

The governing body for the sport is based in Birmingham but the website is hosted by the publishing company Umbra, based in Stockport, near to Salford Quays.

The site boasts more hits than any other athletics site in Britain. But not last week! Hopefully the site, www.ukathletics.net, will be up and running by the time you read this.

■ THE power of advertising in Athletics Weekly clearly pays dividends – just ask Commonwealth Games 1500m finalist Tom Mayo. The Newcastle-based athlete, who has set up his own art website as featured in *AW* (News, October 16), has since placed an advert promoting the business in the magazine.

And the Cannock and Staffs runner confirmed that within 24 hours of the ad being placed he had 110 hits.

■ If you have any quirky tales from the track, road or country then email olympian@athletics-weekly.co.uk

Colmer in the swim

SWIMMING to avoid running in temperatures of -25°C in Russia has seen one of Britain's once most promising juniors make a delayed impression on the senior ranks, writes Paul Hafford.

Former world junior cross country representative Claire Colmer has had two years of relative obscurity. But with a new coach and renewed enthusiasm, she is finally able to look forward to attaining the level of success already enjoyed by some of the athletes she used to beat.

While Susan Partridge, who was behind her in the World Junior Championships, was finishing fourth at the Reebok Liverpool Cross Challenge earlier this month, Colmer was surprised to win a Kent Women's League fixture.

Colmer showed much promise in the 1999 world junior cross, despite a sprained ankle, and was 39th at European level that winter. However, a combination of studying, a lack of enthusiasm and injury have stunted her progress as a senior.

"Trying to cope with university and running was a little bit difficult," said the 22-year-old languages graduate from Bexley, Kent. "And I had a year abroad in Germany and Russia, which didn't help."

During her stay in Russia, Colmer, who has always swum on average once a week, swam five times a week rather than brave the freezing cold conditions.

Further explaining why she has barely competed in the last two years, she says: "I had no enthusiasm whatsoever."

However, having finished her university course this summer and linking up with new coach Peter Branchley, who also trains Charlotte Dale, Colmer has made promising moves in the right direction. In the summer, she won the Red Lion 10km and was sixth in the Cliffe Woods 10km.

Haughian set to return to action

BRITAIN'S No. 1 cross country runner, Sam Haughian, hopes to return to competition at the Reebok European Cross Country Trials in Margate next month.

The 23-year-old Windsor, Slough, Eton and Hounslow athlete dominated the domestic cross country scene last season and was the highest placed Briton at the European cross country championships (sixth) and world cross (43rd).

Haughian also enjoyed his best ever track campaign wiping 27 seconds from his 5000m personal best during the course of the summer, recording an impressive 13:19.45 to finish fifth at the Commonwealth Games.

But after his fine run in Manchester he picked up a hip injury and struggled at the

European championships, where he had to settle for a disappointing ninth.

The injury has caused him to train irregularly and he was forced to withdraw from the Bupa Great North Run but he is now back in full training after a series of homeopathic jobs and he is hoping to return at Margate on November 17.

"It's pretty annoying not to have competed in the first Reebok event in Liverpool," he said. "I'm entered for Birmingham (Reebok Cross Challenge) at the weekend but that is a bit optimistic and I hope to be back for Margate. I don't think I'll win it, but I'll try and get a top 10 place to at least be considered for the European cross country championships."

The European championships are in Croatia on December 8.

Hammer Circle throw golden party

THE Hammer Circle celebrated its 50th anniversary and held a special dinner at the Thames Valley Arena with special guest Yuri Sedykh.

As well as Mick Jones and Lorraine Shaw, England's Commonwealth champions from 2002, other guests included past Commonwealth champions Robert Weir (over from California) and Dave Smith, the present UK record-holder Martin Givon and predecessors Barry Williams, Chris Black and Paul Dickenson – as well as Paul Head, Peter Seddon, Peter Wain, Diane Holden and Sarah Moore, plus many more.

International guests included Olympic and European medalist Igor Nikulin from Russia and Sedykh, the legendary Russian world hammer record-holder at 88.74, as well as the winner of two Olympic, one world and three European titles. His wife Natalya Lisovskaya, the world women's shot record-holder and daughter also enjoyed the weekend.

The weekend incorporated a competition, with Scotland's Iain Park improving his lifetime best by 69.29m to go to No.3 on the UK 2002 men's rankings.

■ FULL report and picture next week.

Athens marathon

BILL ADCOCKS will be the guest of honour at the Athens Classic Marathon this weekend, to watch the latest attempt on the course record of 2:11:07 that he set on the original marathon course more than 33 years ago, writes Pat Butcher.

It is one of the most unlikely statistics in world athletics that after one world, two European championships and a World Cup on the Marathon to Athens course, the Coventry Godiva Harrier's time still stands. But the former Commonwealth silver medalist is not surprised.

"Up until the Eighties, nobody really paid, they just relied on invitations, and since then, the Greeks haven't paid for the fastest runners of the day," he said. "And, in fairness, I ran in March/April, when the temperature was around 65°F, while the championships have been in mid-August, and with those sort of temperatures, it's bound to have an effect."

His record might have gone last year when the sponsors underwrote a posse of Kenyans. But monsoon rain put paid to that attempt, with Noah Bor coming home in 2:19:26. The latest East African assault features Kenneth Cheruiyot (2:07:18), John Moiben (2:10:07), Elijah Korir (2:08:59) and Mark Saina (2:09:00). Sonia Krok-Oberem of Germany, third in the European championships, defends her women's title.

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Yuriy Sedykh was a special guest at the Hammer Circle's recent anniversary

Report: Ian Tempest, with additional material from Mike Morley and Paul Dickenson
Picture: Mark Shearman

50th anniversary for Hammer Circle

FIFTY years ago, on August 2 1952, at Alperton, Middlesex, many of the country's leading hammer throwers took part in an invitation competition. At this time hammer throwers were interested in forming a club or association, building on the spirit of friendship and mutual coaching that had developed in the event over many years. Thus, after the meeting in Alperton, the throwers agreed to establish a new association called the Hammer Circle, to advance and promote hammer throwing in the UK.

The original members included the English native record-holder Peter Allday and future Olympian Don Anthony. The first president of the Hammer Circle was Malcolm Nokes, the Empire Games hammer champion in 1930 and 1934 and still to this day the UK's only Olympic hammer medallist (he was third in 1924). The honorary secretary and treasurer was Dennis Cullum, the leading hammer coach at the time.

Last month, on October 18-20, the Hammer Circle, whose membership now includes a host of UK record-holders and Commonwealth and AAA medallists, celebrated its 50th anniversary in a remarkable weekend of competition and reminiscence at the Thames Valley track in Eton.

As well as Mick Jones and Lorraine Shaw, England's Commonwealth champions from 2002, other guests included previous Commonwealth champions Robert Weir (over from California) and Dave Smith, the present UK record-holder Martin Girvan and predecessors Barry Williams, Chris Black and Paul Dickenson – as well as past and present stars such as Paul Head, Peter Seddon, Peter Vivian, Bruce Fraser, Diane Holden and Sarah Moore. Dickenson hosted the dinner and, along with Janet Smith, had organised the reunion with support from the Ron Pickering Memorial Fund, Seiko, Mars, Sandy Gray from Proathletics and UK Athletics. International guests included Olympic and European medallist Igor Nikulin from Russia and guest of honour was Yuriy Sedykh, the legendary Russian who is still world hammer record-holder at 86.74m, as well as winner of two Olympic, one world and three European



Dave Smith, Chris Black, Barry Williams, Yuriy Sedykh, Natalya Lisovskaya, Bob Weir, Paul Dickenson, Igor Nikulin

titles. His wife, Natalya Lisovskaya, (world women's shot record-holder) and daughter also enjoyed the weekend.

The party enjoyed a superb banquet, with the meal accompanied by video footage of great moments of hammer throwing (most appreciated by Yuriy, who had rarely seen his world record throw!) and Stuart Storey provided an after-dinner speech. Memories of the early days of the Hammer Circle were provided by an original member from 1952, Don Vanhegan. The occasion also included a poignant tribute to Dennis Cullum, written by his protégé, the 1958 Empire Games champion Mike Ellis, and delivered by Cullum's step-son Hamilton Thomas.

The meeting was not just a celebration of the past, however. There were many competitions held at the Thames Valley track over the weekend, which featured outstanding

performances from seniors and juniors – as well as the inevitable veteran stars. The top performance of the weekend was Iain Park's opening throw of 69.29m on the Saturday, moving him to third on the 2002 UK rankings.

Chris Black was outstanding yet again in the M50 6kg category (66.10m). Bob Weir, within five hours of arriving from San Francisco, joined in the throwing. In his first hammer competition for many years he looked good. A few more throws and he would surely have gone over 60 metres in the course of the weekend.

The reunion was an opportunity, in the bars and in the meeting rooms, to look to the future. Tragic accidents have led to calls for the event to be changed and made safer. Some of the measures proposed, such as changing the handle shape, narrowing the throwing sector and more radical options affecting the

weight of the implement and length of the wire will not make any difference except for destroying the very nature of the event and its historical continuity. The throwers agreed that improved coaching and education was a more effective way of securing the safety of athletes, officials and spectators, while still ensuring that hammer throwing remains the wonderful entertainment that it is.

The Hammer Circle also have their own awards and trophies which are presented to members at the annual reunion. This year award winners included Matthew Framp-ton (most promising junior), Chris Black (best veteran) and Lorraine Shaw (outstanding performance this year).

Most positively, the abiding memory of the weekend was the reception for Sedykh and his colleagues, and for Lorraine Shaw and Mick Jones, whose exploits in front of thousands of fans in Manchester put hammer throwing firmly back on the map. Here's to the next fifty years!

■ FOR further information on the 'Hammer Circle' please send a self-addressed envelope to Mike Morley, Honorary Secretary, The Hammer Circle, 38 Leeds Rd, Mirfield, West Yorks, WF14 0DA. Tel: 01924-493340, Mike.jmorley@virgin.net

To mark the 50th anniversary of the Hammer Circle, two special limited edition items were commissioned: polo shirts with a golden 50th anniversary Hammer Circle badge and a watercolour painting of world record-holder Yuriy Sedykh by renowned artist, Wendy Trinder. One hundred prints were then made from the original, all numbered and signed by the artist.

Some shirts and prints are still available at a cost of £16 and £30 (plus p&sp) respectively. Email Janet Smith (see below) for orders.

The original painting is offered for sale in a 'sealed bid' process which runs out on November 30. All bids will be totally confidential and can be made by email to hammercircle@hotmail.com. The reserve price is £350. Proceeds from the sale of all items will go to the Hammer Circle.