



In this issue:

30-34 Track & Field Results Backlog.

Having already brought you the majority of the team event results, the following should bring us right up to date.

### Track & Field Results Backlog

(i) indoor meetings

#### December 2003

- 03 (i) **MCAA Open**, Birmingham. 60m: 6r1 I Obu 7.9; 7r2 I Obu 7.9.  
07 (i) **Cardiff Open Meeting**, TJ: 3 C Catto 13.13.  
10 (i) **Dual Meeting**, Allston, MA USA. 3000m: 1 A McLean-Foreman 8:38.91.  
13 (i) **NoEAA Open**, Sheffield. 60m: 6h2 I Obu 7.71. 400m: 5h3 I Obu 59.92.  
21 (i) **Scottish Universities Champs.**, Kelvin Hall, Glasgow. SP: 1 S Thompson 15.79.

#### January 2004

- 04 (i) **WSE&H Open**, Eton. SP: M45 M Small 13.34. w60m: C Harrison-Bloomfield W35 7.73.  
17 (i) **Loughborough Open**. w60mH: Rd1 1r1 R King 8.35, Rd2 1r1 8.26.  
17 (i) **Scottish East Champs**. 800m: 3 G Oudney 1:58.57 (h 1:57.12).  
17-18 (i) **SEAA Indoor Champs.**, Bedford. HJ: 2 R Aspden 2.00. PV: 1 C Johnston 4.70. TJ: 6 C Catto 13.14.  
24 (i) **GBR v ITA v RUS, v SWE v World Select**, Kelvin Hall Glasgow. Men. HJ: 4 B Challenger (GBR) 2.24. TJ: 1 J Kapek (WS) 16.71 (15.99, 16.56, x, 16.71, 16.39, x). Women. 60mH: 3 S Claxton (WS) 8.21; 4 R King (GBR) 8.23.  
24 (i) **Welsh Indoor Champs**, Cardiff. PV: 2 C Johnston 4.70.  
25 (i) **MCAA Open**, Birmingham. Men. 60m: 1r1 P Idowu 7.00; 6r3 G Baksh 7.63; 5r5 G Beasley 6.97. 200m: 1r1 G Beasley 21.38; 4r8 G Baksh 24.12. 400m: 3r3 N Speaight 50.39. 800m: 2r1 T Bayley 1:52.43. HJ: 6 R Aspden 2.00. TJ: 2 J Flynn 14.23. U20. 400m: 1r1 S Osho 49.21; 2r1 G Selway 50.24. Women. 60m: 4r1 C Harrison-Bloomfield W35 7.72. 60mH: 3r1 J Hollman 8.64. SP: 2 J Hollman 12.31.  
27 (i) **TEAG Indoor 2004**, Erfurt, GER. w60m: 7 R King 7.77 (h 7.61). w60mH: 6 R King 8.23 (4h2 8.24).  
29 (i) **University & Forces Match**, Birmingham. 60m: 2 T Abeyie 6.86; 3 D Donovan 6.87. 3000m: 6 J Blackledge 8:39.31. HJ: 2 R Aspden 2.05. w300m: 1 M.Carey 39.26; 2 M.Marks 40.70.  
31 (i) **DM Hall Scottish Combined Events Champs**, Glasgow. Men's Heptathlon (60m, SP, HJ, LJ, 60mH, PV, 1000m) 1 L Eving-Jones 4819 (7.23, 11.35, 1.82, 6.68, 8.72, 3.80, 2:56.79); 2 K Sempers 4650 (7.35, 10.86, 1.88, 6.16, 8.51, 3.80, 3:05.22).  
31 (i) **NED v GBR v CZE v ESP v FRA**, Zuidbroek, NED. Women's Pentathlon: 3 J Hollman 4383 (8.60, 1.82, 12.18, 6.14, 2:20.33).  
31 (i) **NoEAA Champs**, Sheffield. Men. PV: 1 P Williamson 5.20. 1500m: 2 R Ward 3:52.29.  
31 (i) **Sutton & District Open**, Sutton. Men. 60m: Rd1 2rA D Donovan 6.86; 1r1 P Idowu 6.92; Rd2 1rB P Idowu 6.81; 1rJ J Regis U20 7.23. 60mH: Rd1 1rB R Sear 8.17; Rd2 2rB R Sear 8.19. PV: 2 C Johnston 4.50. SP: Rd1 1 G Beard 16.20; 3 M Small M45 13.36; Rd2 1 G Beard 16.16; 3 M Small M45 13.12. U20M. 60m: 2 J Regis 7.32. SP: 1 C Gearing 17.73. Women. 60m: 3 C Harrison-Bloomfield W35 7.62; 1rC A Onuora U20 7.78; Rd2 2rA C Harrison-Bloomfield W35 7.61; 2rB A Onuora U20 7.83. 60mH: 1 S Claxton 8.14. LJ: 1 S Claxton 6.17. PV: 1 T Grant 4.00.  
31 **Canberra AUS.**, 3000m: M Dent 8:19.85.

#### February 2004

- 01 (i) **MCAA Champs**, Birmingham. TJ: 1 J Flynn 14.11.  
01 (i) **Universities Match**, UWIC, Cardiff. 60m: 1r1 T Abeyie 6.7. 800m: 1r3 C Moss 1:50.5. 60mH: 1r1 R Sear 8.1. LJ: 3 S Majekodunmi 6.62. TJ: 1 S Majekodunmi 14.30.  
06 (i) **South Bend USA**, 1 mile: 2rB A McLean-Foreman 4:08.94.  
07 (i) **AAA Champs. & World Champs Trial**, Sheffield. Day One. Men. 60m: 4 T Abeyie 6.72 (1h3 6.70, 2s3 6.69); 6s1 P Idowu 6.89 (3h1 6.81); 6s2 D Donovan 6.86 (4h6 6.87). 800m: 2h1 C Moss 1:52.19; 1h2 T Bayley 1:51.30. 1500m: 5 R Ward 3:49.14; 8 N Speaight 3:52.70. 3000m: 1 Andy Graffin 8:06.59; 4 David Anderson 8:09.06. HJ: 1 B Challenger 2.20; 3 S Oni 2.17; 11 R Aspden 2.07. TJ: 1 J Kapek 16.32. SP: 5 G Beard 15.88. Women. 60m: 5s1 C Harrison-Bloomfield W35 7.60 (2h1 7.62). 400m: 2h3 M Carey 54.81. PV: 1 T Bloomfield-Grant 4.15 (3.70xo,

- 3.85o, 3.95o, 4.05xo, 4.10xo, 4.15xxo, 4.21x). LJ: 2 S Claxton 6.31.  
07 (i) **Bloomington USA**. TJ: 5 D Wellstead 13.93.  
07 (i) **MCAA Open**, Birmingham. U20M. 400m: 2r1 S Osho 49.33; 1r2 J Hussain 50.05.  
07 (i) **WSE&H Open**, Eton. 60m: 2r1 W Bennett-Jackson 6.97; 1r8 W Bennett-Jackson 6.92.  
08 (i) **AAA Champs. & World Champs Trial**, Sheffield. Day Two. Men. 200m: 2 T Abeyie 21.02 (1s3 21.15, 1h3 21.34); 4 G Beasley 21.14 (2s1 21.03, 1h2 21.47); 3s2 J Ellington U20 21.57 (3h1 21.56). 800m: 3 C Moss 1:50.57; 4 T Bayley 1:51.22. PV: 3 P Williamson 5.25; =6 C Johnston 4.80. Women. 60mH: 1 S Claxton 8.11 (1h2 8.24); 2 R King 8.24 (1h3 8.25). TJ: 6 C Stead 12.13.  
14 (i) **Allston MA USA**, 1000m: A McLean-Foreman 2:27.32. 1 mile: 1 A McLean-Foreman 4:08.02.  
14 (i) **Birmingham Games**, Birmingham. 1500m: 2 J Blackledge 4:02.28. TJ: 1 J Flynn 14.39. w400m: hts J.Culley 56.68.  
14 (i) **European Indoor Cup**, Leipzig GER. 800m: 7 C Moss 1:51.04. Medley Relay 7 GBR (T Bayley 600m, G Beasley 200m). w60mH: 7 S Claxton 8.22.  
14 (i) **Tyson Invitational**, Fayetteville AR USA. w3000m: 5 C Berry 9:19.71.  
14-15 (i) **All-Ireland Champs**, Belfast. 3000m: a 2 Andy Graffin 8:04.64. HJ: b 3 S Oni 2.20; 4 B Challenger 2.20. LJ: 2 D O'Farrell 6.84. w400m: b 3 M Carey 54.44 (a 55.71 ht).  
15 (i) **Kent County AA Champs**, Sutton. U20M. 60m: 1 J Ellington 6.85 (6.82 sf, 6.92 ht); 3 J Regis 7.18 (7.11 ht). SP: 1 C Gearing 17.72 (CBP). wSP: 1 L Fox 10.15.  
15 (i) **Scottish Champs**, Glasgow. 800m: 4 G Oudney 1:58.68 (1:55.84 ht). 1500m: 4 D Gauson 4:01.29. SP: 2 S Thompson 15.77.  
15 (i) **Surrey County AA Champs**, Sutton. 60m: 4 K Adjepong 7.21 (7.15 ht). 60mH: 1 R Sear (gst) 8.10. HJ: 1 R Aspden 2.10. PV: 1 C Johnston 4.60.  
19 (i) **Brno CZE**. HJ: 3 B.Challenger 2.25.  
20 (i) **Charleston USA**. Men. TJ: 7 D Wellstead 13.87.  
20 (i) **Norwich Union Grand Prix**, Birmingham. 200m: 3 T Abeyie 20.93. 400m: 3rB S Baldock 47.24. 5000m: 6 Andy Graffin 14:10.05. w400m: 3 M Carey 54.35. U20M. 60m: 3 W Bennett-Jackson 6.87.  
21 (i) **Sheffield**. 600m: 2 R Ward 1:21.71. 1000m: 1 R Ward 2:30.65. wPV: 1 T Bloomfield-Grant 4.00.  
26 **Australian Champs.**, Sydney AUS. 1000m: 7 M Dent 29:17.34; 8 M Thompson 29:23.33.  
28 (i) **Lievin FRA**. wLJ: 9 S Claxton 6.19.  
28 (i) **Otterburg GER**. HJ: =12 R Aspden 2.00.  
28-29 (i) **AAA U20 Champs**, Birmingham. U20M. 60m: a 1 J Ellington 6.79 (1s1 6.77); hts J Regis 7.28. 200m: b 2 J Ellington 21.59 (1h3 21.93, 2s1 21.45). 400m: b 2 S Osho 48.68 (a 1s2 48.71); sf J Hussain 51.34 (h 49.73). 800m: b 2 G Oudney 1:55.83 (h 1:55.38). SP: b 1 C Gearing 17.72. U17M. SP: 2 J Thomas 15.57.  
28-29 (i) **BUSA Champs**, Cardiff. Men. 60m: 1 T Abeyie 6.75; 7 W Sharman 7.11 (h 7.07). 1500m: 3 R Ward 3:55.38 (s 3:52.52). 60mH: 2 W Sharman 8.02; 4 R Sear 8.04. HJ: 1 S Oni 2.20 (CBP). LJ: 2 D O'Farrell 7.01. TJ: 1 S Majekodunmi 15.21. SP: 1 S Thompson 15.86. Women. 200m: 1rB M Marks 25.15. 400m: 2 M Carey 55.04.  
28-29 (i) **International Heptathlons**, Mondeville, FRA. U23M. 12 L Eving-Jones 5055 (7.24, 6.61, 10.45, 1.95, 8.67, 4.05, 2:45.67). U20M. 10 K Sempers 4571 (7.15, 6.62, 12.04, 2.04, 11.60, 3.95, 2:57.85); 14 M Allen 4129 (7.31, 6.60, 15.10, 1.89, 10.21, 4.05, dnf).  
29 (i) **Heps Champs**. Ithaca NY USA. 1000m: 1 A McLean-Foreman 2:25.94.

#### March 2004

- 05 (i) **Sutton Open**. PV: 1 C Johnston 4.50. wPV: 1 T Bloomfield-Grant 4.00.  
05-07 (i) **IAAF World Indoor Champs.**, Budapest HUN. 200m: b 4s3 T Abeyie 21.80 (2h4 21.23). TJ: c 8 J Kapek 16.50 (a 4qB 16.95). w60mH: c 6h4 S Claxton 8.15.  
06 (i) **Glasgow**. 600m: 2 C Watson 80.98. wPV: 1 T Bloomfield-Grant 4.01.  
07 (i) **WSE&H Open**. Eton. SP: M45 M Small 13.29.  
11 **World Masters**, Sindelfingen GER. W50 JT: 4 V Thompson 24.26.  
13 (i) **World Masters**, Sindelfingen GER. W50 SP: 5 V Thompson 10.72.  
14 **Euro Winter Challenge**, Marsa, MLT. HT: 16 M Jones M40 69.38. wJT: 10 G Sayers 55.93.  
20-21 (i) **AAA Indoor Combined Events**, Cardiff. U20M Heptathlon: 1 K

Sempers 5060 (60m 7.19, LJ 6.53, SP 12.42, PV 3.80, 60mH 8.40, HJ 1.98, 1000m 2:58.74). Women's Pentathlon: 3 H Stares 3449 (60mH 8.85, HJ 1.56, SP 9.38, LJ 5.34, 800m 2:31.34).

21 (i) **Sale H Open**, Manchester. LJ: 2 J Flynn 6.80. TJ: 1 J Flynn 14.73.

27 **Crawley Open**. 300mH: 2 P Beaumont M40 41.8. HT: 1 M Jones M40 70.14.

**April 2004**

09 **Sea Ray Relays**, Knoxville TN USA. w3000m: 1 C Berry 9:21.35.

10 **Azusa, CA USA**. 110mH: 3r1 W Sharman 14.66/0.1; 3r2 L Eving-Jones 15.24/1.5; 4r2 K Sempers U20 15.28. HJ: 1 K Sempers U20 2.03. 400mH: 1r2 M Douglas 51.87. Women. 100m: 6r1 S Claxton 11.91w/2.4. 200m: 1r2 S Claxton 24.71w/3.7.

10 **Providence USA**. 800m: 2 A McLean-Foreman 1:51.42.

10 **Sea Ray Relays**, Knoxville TN USA. w5000m: 1 C Berry 16:04.46.

10 **Tempe, AZ USA**. w200m: 4r1 V James 24.18/1.7.

11 **Epsom & Ewell v Gooise**, Ewell. SP: 2 M Small 13.20. DT: 1 M Small 41.97.

11 **Herts Phoenix Open**, Ware. 800m: 1 S Sharp 1:54.9.

12 **Healthspan Open**, Guernsey. TJ: 1 S Majekodunmi 14.82.

14 **VAC Meet**, Battersea Pk. M50 SP: 1 M Small 14.02. DT: 1 M Small 46.71. M70 SP: 1 C Taylor 10.63. DT: 1 C Taylor 28.23. W50 SP: 1 V Thompson 10.05. HT: 1 V Thompson 24.85.

14 **Watford Open**, Watford. 800m: 2r1 J Blackledge 1:55.62.

14-15 **Azusa, CA USA**. Decathlon. 7B L Eving-Jones 6786 (11.34w/?, 6.76w/?, 11.55, 1.92, 49.44, 15.32w/?. 35.48, 3.90, 42.33, 4:46.19; 16B K Sempers U20 6323 (11.40, 6.28, 10.96, 2.02, 50.90, 16.23, 31.25, 3.80, 41.97, 5:04.64) - U20M Club Record, all senior implements.

16 **Claremont, CA USA**. 110mH: 1r2 W Sharman 14.24/1.1.

16 **Walnut, CA USA**. 3000mSC: 3rA J Chaston 8:36.29.

17 **Long Beach, CA USA**. w100m: 3r3 S Claxton 12.14/0.8. w100mH: 1r1 S Claxton 13.49/?.

18 **Walnut, CA USA**. 400mH: 7rA M Douglas 51.19. w100mH: 3rA S Claxton 13.11/1.9.

24 **Blacksburg VA USA**. w1500m: 1 C Berry 4:23.99.

24 **La Jolla, CA USA**. w100mH: 1r1 S Claxton 13.29/0.6.

24 **Stanford CA USA**. 3000mSC: 1rA J.Chaston 8:24.88.

25 **Scottish League Div 1**, Grangemouth. SP: 2 S Thompson 15.46. DT: 1 S Thompson 52.67. JT: 1 S Thompson 51.60.

**May 2004**

01 **Athens GA USA**. w100m: 1r6 V James 11.66/0.5. w200m: 1r1 V James 23.59/0.0.

01 **LICC Match 1**, Cophthall Stadium. Men. 100m: 2r1 I Deeth 11.14/0.3; 5r1 R David 11.71; 6r1 J Regis U20 11.83; 8r1 G Baksh 11.92. 1r2 K Adjepong 11.49/0.5; 2 M Holder 11.76; 3 R Collier U20 12.55; 6 R Sinclair 13.31. 200m: 3r1 I Deeth 22.47/-1.2. 1r2 K Adjepong 23.76/-1.0; 2 J Regis U20 23.97; 3 G Baksh 24.13. 3r3 R Sinclair 27.07/-0.8. 400m: 6 R Sinclair 61.81. 800m: 1 J Blackledge 1:56.51. 1500m: 1 T Bayley 3:59.41; 2 R Alsop 4:12.74; 3 M Humphrey 4:17.49. 3000m: 1 M Humphrey 9:32.88. 400mH: 1 J Roghi 54.26. HJ: 2 R Collier 1.70. LJ: 3 R Collier U20 5.55; 4 P Cowling U20 5.19. JT: 2 J Lowery 45.54; 3 R Collier U20 36.20. HT: 3 C.Privett 41.17. Teams: 1 Belgrave 111; 2 Shaftesbury Barnet 105; 3 Enfield & Haringey 59. Women. 1500m: 2r2 D Hearn 5:35.40. TJ: 1 M Nestor U20 11.04. Teams: 1 Shaftesbury Barnet 74; 2 Woodford Green with Essex L 59; 3 Belgrave 13.

01-03 **British Universities Champs**, Gateshead. a=1st May, b=2nd, c=3rd. Men. 200m: 4s3 D Girdler 22.64/1.8 (1h3 22.36/na). 800m: 4s1 C Watson 1:54.2 (5h5 1:58.7). 1500m: c 3 R Ward 3:57.6 (1h4 3:50.55); 8 D Watson 4:04.1 (3h3 3:53.09). TJ: a 3 S Majekodunmi 14.97/?w. PV: b 1 P Williamson 5.10. SP: b 1 S Thompson 15.55. DT: a 1 S Thompson 53.02. Women. 200m: 5 M Marks 24.6 (3s2 24.88/na, 1h5 24.60/1.2). 400mH: b 1 M Carey 58.53 (2h1 61.66).

02 **Irvine CA USA**. w100m: 7 S Claxton 12.01/nws. w100mH: 1r1 S Claxton 13.18/0.0.

02 **Isle of Wight Open**, Isle of Wight. HT: 1 M Jones 69.40.

06 **AAA v Oxford University**, Oxford. 1 mile: 6rA S Sharp 4:07.02; 10 R Ward 4:27.95. SP: 1 C Gearing U20 16.25. w200m: 1 A Spencer 24.15/-1.6.

07 **Billy Hayes Inv**, Bloomington IN USA, TJ: 7 D Wellstead 13.48/-0.5.

07 **tennesseerunner.com Twilight Meet**, Nashville TN USA. w1 mile: 1 C Berry 4:36.5.

08 **Los Angeles CA USA**. w400mH: 4r1 J Culley 60.98.

08 **Scottish Universities Champs.**, Grangemouth. SP: 1 S Thompson 15.31; DT: 1 S Thompson 55.32; JT: 1 S Thompson 51.57.

08 **tennesseerunner.com Twilight Meet**, Nashville TN USA. mx5000m: C Berry 15:42.3.

10 **SCVAC T&F League**, Battersea Pk. W45 JT: 1 V Thompson W50 23.58. HT: 1 V Thompson W50 24.74.

12 **Loughborough Uni v Brunel v Army**, Loughborough. 200m: 3 G Dearman 22.54. 2000mSC: 2 S Barden 6:08.88. HT: 2 J Osazuwa 53.64. w100m: 1 M Carey 12.64. w200m: 2 M Carey 25.40. w100mH: 1 J Hollman 14.06.wLJ: 1 J Hollman 6.35f.

12 **Watford Open**. 3000m: 1 M Trees M40 8:40.71. mx200m: 4rB H Stares 26.13.

13 **Lindenwood Mini Meet**, St. Charles MO USA, TJ: 4 D Wellstead 13.48/0.5.

14 **Doha, QAT**, 400mH: 5 M Douglas 51.30. wLJ: 5 S Claxton 6.28/1.8.

15 **Big Sky Champs**, Ogden UT USA. HT: 1 K Chester 64.61.

15 **Claremont CA USA**, w400mH: 2 J Culley 60.86.

15-16 **County Champs**. a=15, b=16

**Buckinghamshire** at High Wycombe. Senior Men. 5000m: 1 C Herrington 15:18.0. Senior Women. 400m: a 1 H Stares 56.6. **Dorset** at Poole. U15B. 1500m: a 1 T Barry 4:27.2. 800m: b 1 T Barry 2:09.2. **Hampshire** at Mountbatten Centre, Portsmouth. Senior Men. 1500m: b 3 J Blackledge 3:58.80. 5000m: a 1 J Blackledge 14:44.05. SP: b 2 G Springings 11.82. DT: b 6 G Springings 34.20. Senior Women. 800m: b 4 E Davies 2:14.64. **Humberside** at Hull (15th) and Grimsby 16th. U20M. SP: a 1 K Sempers 12.53. DT: b 1 K Sempers 35.02. **Kent** at Ashford. Senior Men. SP: a 1 C Gearing U20 16.21. U20M. SP: b 1 C Gearing 18.32 (CBP). DT: b 1 C Gearing 47.48. Senior Women. SP: b 3 L Fox 10.13. DT: b 2 L Fox 39.20. **Leicestershire & Rutland/Warwickshire** at Nuneaton. Senior Women. 100mH: a 1 J Hollman 13.9/1.8. HJ: a 2 J Hollman 1.73. SP: b 1 J Hollman 13.01. JT: b 2 J Hollman 42.00. **Middlesex** at Haringey. U17M. a 100m: 6h3 L Sargeant 11.99/0.3. Senior Women. TJ: a 2 C Stead 11.92/1.1. **Scottish East** at Edinburgh. Senior Men. 1500m: a 1 D Watson 3:54.03 (1h1 4:00.0); 3 D Gauson 3:54.69 (2h1 4:01.5) SP: b 1 S Thompson 15.94. DT: b 1 S Thompson 52.21. U20M. 800m: b 1 G Oudney 1:54.99. U17M. 800m: b 1 K Gauson 1:55.8. 1500m: a 1 K Gauson 3:59.18. Senior Women. 100m: a 1 A Spencer 11.95w/3.2.200m: 1 A Spencer 24.16/nws. **Shropshire** at Telford. Senior Men. JT: a 1 T Dobbing 63.90. **Surrey** at Kingsmeadow. Senior Men. 100m: b 5 K Adjepong 11.2w/2.1 (4h2 11.5); 7 P Walsh 11.2 (4h1 11.4). 200m: a 6 P Walsh 22.8 (4h2 22.93/-2.2); 7h1 K Adjepong 23.22/-1.4. 400m: b 2 M Parper 49.93. 1500m: b 3 K Nash 3:58.6; 4 K Tadesse 3:59.6; 8 C Axe 4:11.2; 9 M Humphrey 4:12.29. 5000m: a 5 R Alsop 15:37.98; M.Humphrey finished a lap early. 110mH: a 2 J Lowery 15.8/-2.3. PV: a 1 C Johnston 4.50; 3 J Lowery 4.20. SP: a 2 M Small M45 13.68. DT: a 2 M Small M45 41.65. U20M: HJ: b 5 R Collier 1.75. LJ: b 6 R Collier 5.55. SP: b 4 R Collier 10.63. JT: b 3 R Collier 35.10. U17M a 100mH: 3 C Davis 15.20/-3.0. 400mH: b 3 C Davis 64.43. Senior Women. 1500m: b 3 R Powell 5:08.6. PV: b 1 T Bloomfield-Grant 3.80; 3 K Teamey 3.10; 5 J Searle 2.40. U20W. 400mH: b 1 A Forsyth 66.1. TJ: b 1 M Nestor 11.52. **Sussex** at Crawley. Senior Men. 400m: b 1 S Baldock 47.52. 800m: a 1 T Bayley 1:52.34. 1500m: a 2 T Bayley 3:49.53. HT: a 1 M Jones M40 73.28. U20M. 200m: a 1 J Hussain 21.55/0.9; 2 S Osho 22.13; 3 G Selway 22.54. 400m: b 1 J Hussain 48.12; 2 S Osho 48.32; 3 G Selway 49.99. U20W. 400m: a 4 F Gregory 65.77.

19 **adidas Belgrave SPEED GP I**, Battersea Park. 100m Round 1: 3r2 P Walsh 11.38/-0.3; 2r4 A Mohammed U15 12.08/0.4; 3r4 L Sargeant U17 12.13; 4r4 R Collier U20 12.27. 100m Round 2: 3r2 P Walsh 11.27/1.4; 2r3 A Mohammed U15 12.15w/2.2; 4r3 L Sargeant U17 12.29w; 5r3 R Collier U20 12.37w. 200m: 2r1 B Murphy 22.63/0.9; 6r1 L Sargeant U17 25.03; 3r2 R Collier U20 24.77/0.3; 5r2 A Mohammed U15 25.63. 800m: 4 J Charles 2:08.88. w400mH: 4 A Forsyth U20 65.31.

19 **BMC Regional Races**, Sutcliffe Park. 800m: 1 S Wegmann 1:57.1.

19 **Brunel Uni. v Middx v St. Mary's Uni.**, Uxbridge. 400m: 1 M Douglas 47.7; 2 S Baldock 47.8. 400mH: 1 M Douglas 50.8. w400m: 3 C Harrison-Bloomfield W35 60.3.

19 **Loughborough Uni. v Combined Services v Police**, Loughborough. 400m: 4 G Dearman 49.10. 1500m: 4 S Barden 3:54.61. JT: 3 T Dobbing 62.32. HT: 2 J Osazuwa 55.67.wPV: 2 T Bloomfield-Grant 3.95.

22 **BMC Nike GP**, Solihull. 800m: 4rA C Moss 1:49.09; 2rD R Ashe 1:52.69; 6rD D Gauson 1:53.64. 1500m: 11rA S Sharp 3:44.75; 12rA R Ward 3:44.98; 9rB J Blackledge 3:53.44. 5000m: 4rA M Miles 13:47.78; 12rA M Thompson 14:00.09.

22 **Halle GER**, HT: 11 M Jones M40 70.56. wDT: 11A S Newman 54.14.

22 **Mexico City, MEX**, w1500m: 7 C Berry 4:31.24A.

22 **Tønsberg Grand Prix**, Tønsberg, NOR, 100m: 3 G Beasley 10.82/nws (1h1 11.08/-1.7). 200m: 2 G Beasley 21.74/-2.7.

- 2000mSC: 3 K Nash 5:47.34. w100m: 2r1 V James 12.14/2.6. w200m: 3 V James 24.08/-1.9.
- 22 **Tucson AZ USA**, 100m: 1r1 T Abeyie 10.37/0.0. 200m: 1r1 T Abeyie 21.03/0.1.
- 26 **Rosenheim League E.Division Match 2**, Battersea Park. 100m: 6 C Manning M70 26.16. 200m: 4 F Young 29.06/0.0; 5 R McMillan 29.52. 400m: 1 R Collier U20 55.88. 800m: 3 M Humphrey 2:03.4; 4 C Axe 2:03.8; 5 C Smith 2:04.5. 1500m: 5 M Humphrey 4:26.06; 7 R Marcus 4:27.38. 3000m: 1 M Humphrey 9:28.35; 3 J Charles 9:44.40.
- 26 **Watford Open Meet**, Watford. 3000m 3r1 M Trees M40 8:33.8. mx200: 4r3 H.Stares 25.95.
- 29 **European Clubs Cup Div 2**, Maribor, SLO. HJ: 1 B Challenger 2.21.
- 29 **International IAAF Meeting**, Szombathely, HUN. 800m: 2 N Speaight 1:48.09. TJ: 1 P Idowu 17.00/+1.8 (16.54/+1.2, 17.00/+1.8, 16.74/+0.3, 14.27w/+2.7, 16.40/+1.2, x). w100m: 2r1 S Claxton 11.69/+1.4. w100m:H 1r1 S Claxton 13.05/+1.0, 2r1 R King 13.25/+1.0.
- 29 **LICC Match 2**, Cophthall Stadium. Men. 100m: 1r2 K Adjepong 11.44/1.1; 4r3 A Abiri U20 12.51/1.2; 5r3 R Collier U20 12.56/-1.2. 200m: 1r2 K Adjepong 23.48/1.6; 4r2 A Abiri U20 25.02; 5r2 R Collier U20 25.28. 400m: 1 I Deeth 48.95; 8 P Cowling U20 58.03. 800m: 1 R Ashe 1:52.66. 1 mile: 1 S Wegmann 4:32.05; 3 M Humphrey 4:44.38. 400mH: 1 J Roghi 54.77. 2000mSC: 1 S Barden 5:58.09. HJ: 1 R Collier U20 1.65. LJ: 2 A Abiri U20 6.34; 6 P Cowling U20 5.41. TJ: 1 C Huggins 13.06. DT: 4 C Privett 33.02; 5 M Marsden 32.37. HT: 4 C Privett 40.15. Teams: 1 Enfield & Haringey 103; 2 Belgrave 99; 3 Shaftesbury B 92; 4 Woodford Green w Essex L 14. Women. 100m: 1 C Harrison-Bloomfield W35 12.20w/2.1. 800m: 4 L Collier U17 2:18.95; 6 S Gailey 2:31.34. 400mH: 1 H Stares 59.86; 2 A Forsyth U20 65:56. LJ: 3 M Nestor U20 5.15. TJ: 2 C Stead 12.15. HT: 2 H Arbutnot 36.27. Teams: 1 Woodford Green w Essex L 91; 2 Shaftesbury B 67; 3 Belgrave 55; 4 Enfield & Haringey 6.
- 29 **Meeting Internacional d'Athletisme**, Palafrugell, ESP. wDT: 1 S Newman 55.49.
- 29 **NAIA Champs.**, Louisville, USA TJ: 22 D Wellstead 14.21/1.0.
- 29 **Northridge NCAA West Regional Champs.**, Waltham MA, USA. w5000m: 9 C Berry 15:33.86.
- 29 **Sinn, GER**. HJ: 4= R Aspden 2.15.
- 29-30 **CAU Inter-Counties Champs**, Bedford. Men. 200m: 2 G Beasley (Beds) 21.31/nws (1s2 21.30/0.3, 1h3 21.82/-1.5). 400m: 5h2 G Dearman (gst) 50.08. 800m: 2 T Bayley (Sussex) 1:55.48 (1h3 1:55.45); 4 C Watson (E Scot) 1:56.23 (2h3 1:55.87). 1 mile: 2 D Watson (E Scot) 4:14.35. 5000m: 4 K Tadesse (Surrey) 14:28.92; 10 J.Blackledge (Hants) 14:56.41. 110mH: 3 D.Girdler (gst) 14.04w/2.6 (2h1 14.14/1.9); 5 W.Sharman 14.07w (3h2 14.17w/2.7). 3000mW: 9 A Goudie (Kent) 13:46.47.12 T Watt (Surrey) 14:10.15. LJ: 4 B Yeboah (gst U20) 7.37. TJ: 7 J Flynn (gst) 14.43. PV: 7 C Johnston (Surrey) 4.50. SP: 2 C Gearing (Kent U20) 16.53; 5 S Thompson (gst) 15.19. DT: 2 S Thompson (gst) 52.19; 9 C Gearing (Kent U20) 46.03. JT: 7 T Dobbie (Shrops) 63.83. Women. 100m: 6 C Harrison-Bloomfield (gst W35) 12.05/-1.6 (4s2 12.21/-3.2, 3h1 12.18/-1.6). 200m: 2h1 A Spencer (G.Manch U20) 24.18/2.0. 100mH: 4 H Stares (Bucks) 14.41w/4.2. 400mH: 1 J Cullley (Surrey) 60.16 (2h2 61.77). 3000mW: 10 M Noel (gst) 17:49.81. PV: 2 T Grant (Surrey) 3.60. JT: 1 G Sayers (Cams) 60.10 (Champ Best).
- 30 **International IAAF Meeting**, Szombathely, HUN. w100m: 2 S Claxton (gst) 11.75/+0.7. w100m:H 1r1 S Claxton (E) 12.91w/+4.4, 2r1 R King (W) 13.14w/+4.4.
- 30-31 **SEAA U20 Champs.**, Watford. U20M. 100m: 3 W Bennett-Jackson 10.59/1.7 (1s2 10.54/1.2, 1h4 10.83/0.5. 200m: 3 W Bennett-Jackson 21.53/0.4 (2h3 21.75/0.5); 7h1 A Adebo 24.06/0.7. 400m: 3 S Osho 48.7 (1h3 48.55); 5 J Hussain 49.6 (1h1 48.54); 6 G Selway 49.6 (3h3 49.45). SP: 1 C Gearing 18.59. DT: 2 C Gearing 50.18.
- 31 **Internationales Pflingstsportfest**, Rehlingen, GER. 100m: 1r2 C Lambert 10.43/0.0.
- June 2004**
- 04 **Anhalt 2004**, Dessau, GER. w100mH: 2 R King 13.52/-0.8 (2h1 13.52/-0.6).
- 04 **Grand Prix Regione Lombardia**, Milan, ITA. 5000m: 12 Andrew Graffin 14:11.08.
- 04 **Primo Nebiolo Memorial**, Turin, ITA. HJ: 7= B Challenger 2.15. TJ: 3 P Idowu 16.98/+0.2.
- 05 **adidas Track Classic**, Gresham OR, USA. w3000m: 3 C Berry 8:58.83.
- 05 **Elitestevne Florø FriidrettsfestivalFlorø**, NOR. wDT: 5 S Newman 53.78.
- 05 **Meeting de Atletismo Sevilla 2004**, Seville, ESP. 200m: 3rA C Lambert 20.74/nws; 400 2rA T Benjamin 45.47.
- 06 **Loughborough International**, Loughborough. Men. Invitation events. 100m: 2rB T Abeyie 10.37/+1.9. 400m: 4rA S Osho U20 47.99; 6rB J Hussain (U20) 50.66.; 2rA W Sharman 13.94/+1.8. Match events. 400mH: 2rA R Dinham U20 52.19. 3000m: 3 M Miles 8:00.21, 4 S Barden 8:03.77; 11 K Nash 8:21.68. 110H 5rA D Girdler 14.05/+0.5. HJ: 4 S Oni 2.10. LJ: 4 D O'Farrell 6.97/1.0. SP: 1 C Gearing U20 16.62; 3 S Thompson 15.96. DT: 1 S Thompson 54.90. JT: 8 T Dobbie 59.83. HT: 1 M Jones M40 72.39. Women. Invitation events. 400m: 1rB T Lewis (AUS) 53.75. Match events. 400m: 5 M Carey 54.17. PV: 3 T Bloomfield-Grant 4.05. JT: 1 G Sayers 54.59. 4x400m: 1 International Select 3:33.11 (included T Lewis 54.5, A Spencer U20 53.3).
- 07 **SCVAC T&F League**, SW London Div., Ewell. DT: 1 M Small 48.96. JT: 1 M Small 41.57.
- 08 **Meeting Napoli**, Naples, ITA. HJ 4 B Challenger 2.21.
- 08 **Trafford GP**, BMC 800m: 3 R Ward 1:51.58.
- 09 **Bergen op Zoom**, NED. JT: 1 T Dobbie 66.24.
- 09 **Rosenheim League E.Division Match 3**, Wimbledon Park. 100m: 1r2 K Adjepong 11.1. 400m: 1r1 S Wegmann 52.7; 1r2 M Humphrey 53.9. 800m: 1r2 M Humphrey 2:02.0; 2 C Axe 2:03.1; 3 C Smith 2:03.6. 1500m: 4 R Alsop 4:20.7; 5 R Marcus 4:24.4; 11 T O'Neill M40 4:46.2. 3000m: 7 A O'Beirne 9:59.4.
- 09 **Rosenheim League W.Division Match 3**, Ewell Court. 800m: 1 T.Barry U15 2:09.7.
- 09 **Watford Open**. 200m: 2r2 D Holder 23.6. 400m: 4r1 R David 51.70. 1500m: 4 M Trees M40 3:59.73.
- 09 **Ymerspelen**, Borås, SWE. 3000mSC: 6 K Nash 9:12.17.
- 10 **Cena Slovenska**, Bratislava, SVK. 800m: 3r1 N Speaight 1:48.75.
- 10 **SCVAC Champs**, Battersea Pk. M50. SP: 1 M Small 15.07. DT: 1 M Small 48.30. HT: 1 M Small 49.35. W50. DT: 1 V Thompson 21.44. HT: 1 V Thompson 27.32.
- 11 **Askina 2004**, Kassel GER. 200m: 5rA T Abeyie 21.40/-0.7. w100mH: 3 R King 13.41/-1.4 (4h2 13.48/-1.8).
- 11 **Bislett Games**, Bergen NOR. 400m: 1 T Benjamin 45.67. 400mH: 3rB M Douglas 50.49.
- 12 **BMC Nike GP and AAA 10,000m Champs/Olympic Trial**, Watford. 800m: 8rA C Moss 1:49.59; 1rB T Bayley 1:49.12; 9rC G Oudney U20 1:53.69; 10rC C Watson 1:53.95; 4rG S Wegmann 1:56.8; 10rG R Poulter 2:01.5. 1500m: 7rA Andy Graffin 3:43.69; 9rA R Ward 3:45.35; 10rA S Sharp 3:45.58; 13rB D Watson 3:52.56. 10000m: 5 K Tadesse (2nd UK) 29:22.20; 6 M Miles (3rd UK) 29:27.05; H Raidi ran one lap short; dnf M Trees. Women. 10000m: dnf B Dagne.
- 12 **Dorset Schools Champs**. Junior Boys 1500m: 1 T Barry 4:31.7.
- 12 **Scottish Schools Champs**. U17M. 800m: 2 K Gauson 1:54.11 (1:58.67 ht)
- 12 **Surrey Schools Champs**. SB. LJ: 2 G Wilson 6.74.
- 12-13 **AAA Multi-Event Champs.**, Stoke. Senior Men Decathlon: 1 L Eving-Jones 7405 (11.04w/4.1, 7.33/3.8, 11.15, 48.20, 15.01, 38.31, 4.05, 45.31, 4:31.23). U20M Decathlon IAAF Spec. 1 K Sempers 7014 (11.00/4.0, 6.67/3.4, 12.71, 2.04, 52.29, 14.99/2.6, 40.18, 4.05, 46.86, 5:06.44) - UK U20 Best; 4 M Allen 6547 (11.36/4.0, 6.78/2.6, 15.03, 1.92, 55.15, 16.65, 42.97, 3.95, 48.63, 5:44.72).
- 13 **Bedford International Games**, Bedford. Men. 100m: 3r3 J Ellington U20 10.55/1.9; 4r3 W Bennett-Jackson U20 10.58/1.9; 3r4 T Abeyie 10.40/1.3; =4r4 G Beasley 10.45/1.3. 200m: 1r2 G Beasley 20.89/1.8. 400m: 2r2 M Douglas 47.37; 6r2 G Dearman 49.40; 6r3 M Parper 50.09. 800m: 1 C Moss 1:51.46. HJ: 7 R Aspden 2.05. LJ: 6 B Yeboah U20 7.36/2.0; 8 D O'Farrell 7.16w/2.1. SP: 1 C Gearing U20 16.62. HT: 1 M Jones M40 73.15. Women. 100m: 6r2 C Harrison-Bloomfield 11.86w/4.0; 6r3 S Claxton 11.84/2.0. 400m: 3r2 T Lewis 12.42/0.7. 100mH: 7r1 H Stares 14.60w/3.4; 1r2 S Claxton 13.01/0.2. TJ: 7 C Stead 12.42/0.7.
- 13 **DLV Meeting Erfurt 2004**, Erfurt GER. w100mH: 6 R King 13.17w/2.8 (4h1 13.16w/3.3).
- 13 **Meeting Int. Atletismo Ciudad de Gavà**, Gavà ESP. 3000mSC: 11 K Nash 9:14.72. HJ: 9 R Aspden 2.00. w100mH: 1 R King 13.44/-0.7.
- 13 **Sussex Schools Champs**, Crawley. Senior Boys. 200m: 1 J Hussain 22.2. 400m: 1 S Osho 48.6; 2 G Selway 49.5.
- 14 **London Business Houses Champs**, Battersea Pk. 100m: 1 K Adjepong 11.2.
- 16 **adidas Belgrave SPEED GP II**, Battersea Park. 100m Round 1: 3r1 I Deeth 11.08/-0.6; 1r2 R.David 11.14/1.0; 5r2 K Adjepong 11.41; 3r3 D Holder 11.56/0.9; 2r4 A Mohammed U15 12.01/0.9; 3r4 L Sargeant U17 12.20; 4r4 R Collier U20 12.41; mx 6r5 R Madada-Nyakauru 14.68/0.4. 100m Round 2: 4r1 R David 11.16/-0.3; 6r1 K Adjepong 11.51; 2r3 D Holder 11.79/1.6; 4r3 A Mohammed U15 12.16; 5r3 L Sargeant U17 12.17; 1r4 R Collier U20 12.32/0.8. 1500m: 3 S Wegmann 4:09.43; 5 M Humphrey 4:19.74; 6 T Hadfield 4:35.05; 7 J Charles 4:37.09. 200m: 1 I Deeth 22.22/0.5; 1r3 R David 23.00/1.1; 2r3 L Sargeant U17 24.61; 3r3 R Collier U20 24.84; mx 4r4 R Madada-Nyakauru 30.59/0.5.
- 16 **St. Mary's Uni v Birmingham Uni v Brown & Dartmouth Uni (USA)**, Kingston. 100m: 1 D Chin 10.5. 200m: 1 D Chin 21.6.
- 19 **Reunion Internacional de Atletismo Villa de Bilbao**, Bilbao ESP. 100m: 4 T Abeyie 10.69/0.0 (1h2 10.63/+0.3). 800m: 3 C Moss 1:50.53. w100mH: 1 R King 13.44/-0.7 (3h1 13.38/2.0).
- 19-20 **Bauhaus DLV-Juniorengala**, Mannheim GER. 100m: b 2 J Ellington 10.51/0.3 (1h4 10.49/1.2); 3 W Bennet-Jackson 10.51 (1h1 10.64/-0.8). 200m: b 1r1 W Bennett-Jackson 21.38/0.0; 2r2 J

Ellington 21.57/0.6. 400mH: 3r2 R Dinham 52.91. SP: a 2 C Gearing 18.53.

19-20 **European Cup Super League**, Bydgoszcz POL.  
Men. 100m: a 1rB2 C Lambert 10.47/-1.4. 400m: a 1 T Benjamin 45.37. TJ: b 3 P Idowu 7.10w/2.3; 5 J Kapek 16.86/0.5. HT: a 7 M Jones M40 68.56. 4x400m: b 5 GBR 3:02.90 (S Baldock 45.4, T Benjamin 45.2, Rawlinson, Caines).  
Women. 100mH: b dnf S Claxton. JT: a 7 G Sayers 52.90. 4x100m: a 8 GBR 45.02 (Deacon, A Spencer U20, Kwakye, Maduaka).

19-20 **SEAA Champs.**, Watford. a=19, b=20.  
Men. 100m: a 1 G Beasley 10.43/1.6 (1s1 10.66/w? 1h1 10.81/w?); 6h2 K Adjepong 11.44. 200m: b 1 G Beasley 20.92w/2.6 (2s2 21.35/w?, 1h2 21.83/w?); 4h3 I Deeth 22.40/w?. 400m: a 3h4 I Deeth 49.85 (sf dnf). 800m: b 6 S Sharp 1:51.63 (a 2s1 1:54.01, 2h2 1:54.21). 400mH: a 1 N Levy 52.10 (1h3 53.96). 3000mSC: b 13 J Charles 11:23.01. TJ: b 5 D Wellstead 14.35/0.7.DT: a 2 L Marar 50.50.  
Women. TJ: a 2 C Stead 12.12/-0.1. DT: b 1 S Newman 55.27.

20 **Aberdeen**. Men. DT: 1 S Thompson 53.04.

20 **Boston**, Lincs. wSP: 1 E Massey 15.37.

20 **MCAA Champs.**, Birmingham. JT: 1 T Dobbing 66.14.

21 **SCVAC T&F League**, Mid-London Div., Battersea Pk. W50. JT: 1 V Thompson 24.78. HT: 1 V Thompson 26.84.

21 **SCVAC T&F League**, SW London Div., Kingsmeadow. M50. SP: 1 M Small 14.42. HT: 1 M Small 50.92.

22 **Trafford GP**, Stretford. 800m: 2 R Ward 1:51.8.

23 **RAF Champs.**, Cosford. Men. JT: 1 T Dobbing 65.17.

23 **Rosenheim League E. Division**, Tooting. n/s 800m: 2 C Axe 2:05.3.

23 **Vardinoyiannia**, Rethymno GRE. 400mH: 1 M Douglas 49.87.

23 **Watford Open Meet**, Watford. 100m: 2r1 R David 11.2; 4r1 D Holder 11.6.

25 **Dublin International Games**, Dublin IRL. 800m: 1 N Speaight 1:46.78.

26 **BMC Nike GP**, Manchester. Men. 800m: 3rA T Bayley 1:49.55. 1500m: 4rA S Sharp 3:45.49. 5000m: 5 M Miles 13:55.02; 10 S Barden 14:12.47; 14 K Tadesse 14:38.40.

26 **LICC Match 3**, Battersea Pk.  
Men. 400m: J Roghi 52.21. 1500m: 3 C Axe 4:11.15; 4 K Hegvold M40 4:14.03; 5 R Marcus 4:25.66. LJ: 2 J Flynn 6.57/0.8; 4 A Kneller 6.50/-0.6. TJ: 1 C Huggins 12.77. HT: 2 C Privett 42.81. Teams: 1 Shaftesbury Barnet H 116; =2 Belgrave H and Enfield & Haringey 44; 4 Woodford Green with Essex L 26.  
Women. 100m: 3 S Gailey 13.60/0.4. 200m: 4 R Madada-Nyarkauru 30.21/-0.5. 400m: 3 R Madada-Nyarkauru 72.15. 800m: 1 S Gailey 2:31.02; 3 S Howard 2:50.82. TJ: 3 M Nestor U20 11.16; 5 S Howard 7.89. DT: 1 S Newman 55.20; 2 R Lister 37.61. JT: 1 S Howard 15.73. HT: 2 B Heil 37.87; 3 S Howard 9.78. Teams: 1 Belgrave H 86; 2 Woodford Green with Essex L 48; 3 Shaftesbury Barnet H 32; 4 Emfield & Haringey 14.

26-27 **AAA U23 & U20 Champs.**, Bedford. a=26th, b=27th.  
U20 Men. 100m: a 2 J Ellington 10.56/-0.9 (1s2 10.71/-1.8, 1h4 10.81/-1.0); 5 W Bennett-Jackson 10.68 (1s1 10.80/-2.6, 2h3 10.77/-0.3). 200m: b 4 W Bennett-Jackson 21.63w/2.2 (4s1 21.43/1.3, 2h4 21.72/-0.4); 7s1 J Hussain 22.18/1.3 (3h3 22.06w/2.4); 4h1 J Ellington 22.18w/2.4. 400m: a 7s1 G Selway 50.32 (3h4 48.8). 800m: b 4 G Oudney 1:53.87 (1h4 a 1:53.83). 110mH: b 4 K Sempers 14.94w/4.7 (2h2 14.93w/3.8). 400mH: b 2 R Dinham 51.62 (1h2 a 54.6). HJ: a 5 K Sempers 1.96. LJ: a 11 G Wilson 6.64/1.3. SP: b 1 C Gearing 17.97 (CBP). DT: b 3 C Gearing 49.84; 16 M Allen 38.03.  
U20 Women. 400mH: a 3h1 A Forsyth 67.53.

U23 Men. 100m: a 1 T Abeyie 10.79/-2.7 (1h3 10.84/-2.8). 200m: b 1 T Abeyie 21.25/0.3 (1h1 21.52/2.0). 800m: a 5h1 C Watson 1:54.93. 1500m: b 4 R Ward 3:57.90 (1h2 a 3:54.54); 6 D Gauson 3:58.50 (5h1 3:54.36); 9 D Watson 4:01.79 (7h1 3:54.98). 110mH: b 3 W Sharman 14.08/2.0 (3h2 14.01w/3.5); 4 D Girdler 14.35/2.0 (2h1 14.23/1.0). TJ: b 4 S Majekodunmi 15.26w/4.2; 6 D Wellstead 14.44/1.4. PV: b 3 C Johnston 4.75. HT: 2 K Chester 60.29.  
U23 Women. JT: 1 G Sayers 57.09.

26-27 **BMAF Champs**, Birmingham. M35 800m: 1 R Poulter 2:05.89. M50. SP: b 1 M Small 14.56. DT: a 1 M Small 49.60. HT: 2 M Small 47.27. WT: b 1 M Small 18.33. M70. HJ: b 2 C Taylor 1.18. SP: b 3 C Taylor 10.67. TJ: b 1 C Taylor 6.56w/3.3. JT: 3 C Taylor 21.00. W50. SP: a 1 V Thompson 9.74. DT: b 1 V Thompson 22.95. HT: a 3 V Thompson 25.12. JT: b 2 V Thompson 22.79. WT: a 1 V Thompson 9.54.

27 **Norwich Union Grand Prix**, Gateshead.  
Men 200m: 1 C Lambert 20.57/1.9. 400mH: 4 M Douglas 50.40. TJ: 3 P Idowu 16.72/1.1; 7 J Kapek 15.99/0.4.  
Women. 800m: 11 T Lewis 2:02.93. 100mH: 7 R King 13.18/1.3.

28 **Josef Odlozil Memorial**, Prague CZE. w5000m: 5 C Berry 15:40.59.

29 **Wexiö Games**, Växjö, SWE. HT: 3 M Jones M40 70.32.

29 **Zagreb 2004**, Zagreb CRO. w100mH: 3 R King 13.38/-0.8.

30 **adidas Belgrave SPEED GP III**, Battersea Park. 100m Round 1: 2r3 R Collier U20 12.50/0.8. Round 2 5r1 G Baksh 12.04/-0.5. mx200m: 1r2 R Collier U20 25.26/1.7; 5 L Collier U17W 27.86. 3000m: 3 K Hegvold M40 9:11.85; 5 J Charles 9:54.63.

## July 2004

01 **Army v Surrey v Hants**, Aldershot. 3000m: 3 K Tadesse 8:32.6. 400mH: 1 N Levy (Sy) 53.8. PV: 1 C Johnston (Sy) 4.60. HT: 1 J Osazuwa (Army) 62.25. w800m: 3 E Davies (Hants) 2:13.8.

02 **Golden Gala**, Rome ITA. TJ: 7 P Idowu 16.64/-0.1. w800m: 6rB T Lewis 2:00.96.

02 **Warstein GER**. w5000m: 1 B Dagne 16:29.90.

03 **BUPA Ireland Cork City Sports**. 100m: 2 T Abeyie 10.45/2.0. 200m: 4 T Abeyie 21.14/?w. 5000m: 7 M Miles 14:02.1.

03 **GB & NI v Australia U20**, Manchester. 100m: 2 J Ellington 10.50/1.3. n/s 200m: 2 W Bennett-Jackson 21.26/-1.1. n/s 400m: 6 J Hussain 49.79. 800m: 8 G Oudney (gst) 1:51.28. 110mH: 6 K Sempers 15.06/-0.7. n/s 400mH: 1 R Dinham 52.27. LJ: 6 B Yeboah (gst) 6.97/-0.6. SP: 2 C Gearing 18.55. 4x100m: 1 GBR 40.91 ) inc. W Bennett-Jackson, J Ellington). 4x400m: 1 GBR 3:10.15 (inc. R Dinham).

03 **Gran Premio Reebok Ciudad de San Sebastián**. 800m: 11rA N Speaight 1:48.87. 5000m: Andy Graffin dnf.

03 **Kortrijk BEL**. wDT: 1 S Newman 55.56.

03 **Manchester**. wPV: T Bloomfield-Grant 3.90.

04 **Anncy FRA**. w400mH: 5 M Carey 58.58.

04 **Golden Gala**, Rome ITA. TJ: 7 P Idowu 16.64/-0.1.

05 **SCVAC T&F League**, SW London Div., Croydon. M50. DT: 1 M Small 47.36. JT: 1 M Small 42.07.

07 **Falkirk Open**. 1500m: 2 K Gauson U17 4:03.5. DT: 1 S Thompson 53.39.

07 **Watford Open**. wDT: 1 S Newman 56.38.

09-10 **ESAA "English Schools" Champs**, Gateshead. SB 200m: 7 J Hussain 22.45/-1.4 (2h3 22.06w/2.6). 400m: 5h1 G Selway 50.95. LJ: 2 B Yeboah 7.37/1.5.

10-11 **AAA Championships & Olympic Trials.**, Manchester. a=10th, b=11th.  
Men. 100m: a 4s1 D Chin 10.54/-0.3 (3h4 10.48/-0.9); 4s2 T Abeyie 10.69/-1.4 (2h2 10.56/-1.3). 200m: b 1 C Lambert 20.94/-0.3 (1h1 20.59/0.2); 3h2 G Beasley 21.53/-0.5. 400m: b 1 T Benjamin 45.58 (1h4 a 5.70); 3 S Baldock 46.24 (1h3 a 46.04); a 5h1 S Osho U20 47.40; 5h2 G Dearman 48.41. 800m: b 6 N Speaight 1:49.94 (2h1 a 1:48.32); 7 T Bayley 1:50.72 (3h3 a 1:49.38); a 5h4 C Moss 1:53.11. 1500m: b 7 S Sharp 3:53.62 (5h2 a 3:46.28); a 6h1 R Ward 3:48.04. 5000m: b 2 S Barden 13:51.41; 5 Andrew Graffin 14:07.98. 110mH: a 3 W Sharman 13.97/-1.4 (2h1 13.96/-0.5); 5h2 D Girdler 14.57/-0.7. 400mH: a 3h1 N Levy 52.66. 3000mSC: 1 J Chaston 8:33.69. HJ: b 1 B Challenger 2.23; 3 S Oni 2.15. PV: b 9 C Johnston 4.71. SP: a 5 S Thompson 15.81. DT: a 3 S Thompson 52.65; 5 L Marar 51.13. JT: 8 T Dobbing 68.21. HT: b 1 M Jones M40 72.04; 8 K Chester 59.22.  
Women. 100m: a 5h4 C Harrison-Bloomfield W35 12.37/-2.2. 200m: b 5h3 V James 24.54/0.7. 5000m: a 1 C Berry 15:45.28; 2 G Tamirat 15:45.82. 100mH: a 1 S Claxton 13.21/-0.9 (1h3 13.53/-0.5); 3 R King 13.39 (1h1 13.31/-1.2). 400mH: a 4h1 J Culley 1:02.06; 4h3 H Stares 1:01.16. TJ: a 7 C Stead 12.40/-0.8. PV: a 4 T Bloomfield-Grant 3.95. SP: 2 E Massey 15.99. DT: b 2 S Newman 55.44. JT: a 1 G Sayers 60.85.

12 **SCVAC T&F League**, Mid-London Div., Battersea Pk. 800m: 3 N Clarke 2:13.9. 3000m: 4 Don Anderson 11:07.4. M50. JT: 6 C Lawton 11:07.4. 2000mW: 2 C Lawton 10:29.5.

12 **SCVAC Weight Pentathlon**, Ewell. M50. 1 M Small 4266 (HT 49.00, SP 14.87, DT 49.70, JT 43.87, WT 17.82).

13-18 **IAAF World Junior Championships**, Grosseto, ITA. a=13, b=14, e=17, f=18  
100m: b 7 J Ellington 10.56 (a 2h9 10.59/-0.7, 2s3 10.41/0.8. 400mH: b 5h2 R Dinham 52.86. SP: a 7 Group B C Gearing 18.48-13th overall - (18.23, 18.35, 18.48). 4x100m: f dq GBR - Pickering, Fifton, J Ellington, Baptiste (e 1h3 GBR 39.72 - Pickering, Fifton, J Ellington, Baptiste). 4x400m: f 5 GBR 3:07.02 - Buck, R Dinham, Rimmer, Davenport (e 1h1 GBR 3:06.52 - Buck, R Dinham, Rimmer, Davenport).

14 **BMC Regional Races**, Eltham. 800m: 1 N Speaight 1:47.6. 1500m: 1 J Blackledge 3:54.5.

14 **Inter-Services**, Cosford. 3000mSC: 1 T Watson 9:27.40. HT: 1 J Osazuwa 59.10.

14 **Rosenheim Lg E. Division**, Tooting. 100m: 2 n/s 2 C Manning M70 24.8. 1500m: 2 M Humphrey 4:20.1. 3000m: 5 L Greatorex 9:15.5; 10 R Marcus 9:51.8; 11 J Webb 9:53.6; 12 A O'Beirne 10:00.8.

16 **French Champs**, Rouen FRA. TJ: 2 J Kapek 16.87/0.6.

16 **North Down International Games**, Bangor NI. 800m: 2 N Speaight 1:48.11. 1500m: 4 Andy Graffin 3:43.98. wSP: 1 E Massey 15.74.

17 **BMC Nike GP**, Cardiff. 1500m: 3rA S Sharp 3:44.50; 7rA R Ward 3:48.24; 8rA R Ashe 3:48.32; 2rB D Gauson 3:52.14; 5r2 J Blackledge 3:54.53.

17 **Loughborough European Athletics Permit Meeting**. Men. 100m: 3rB G Beasley 10.60w/2.2. 110mH: 2 W Sharman 14.01w/2.2 (3h2 13.86w/4.0); 3rB D Girdler 14.01/1.6 (4h2 14.04w/4.0). HJ: 1 B Challenger 2.21; 4 S Oni 2.13. LJ: 4 B Yeboah 7.33/1.4. DT: 3 S Thompson 52.73; 6 L Marar 51.36. HT: 3 M Jones 73.63 (GBR M40 Record).  
Women. 100mH: 2 S Claxton 13.21/1.5 (1h2 13.17/2.0); 3 R King 13.40/1.5 (2h2 13.35/2.0). 400mH: 5rA M Carey 59.83; 4rB J

- Culley 61.16. DT: 1 S Newman 60.34.
- 17 **Meeting de Madrid 2012**, Madrid ESP. 400m: 7rB S Baldock 46.35.
- 17 **Schools International**, Chelmsford. U17 800m: 3 K Gauson 1:52.11.
- 17-18 **Spanish Champs.**, Cartagena ESP. wHept: dnf J Hollman 14.16w/2.8, 24.58w/4.4, 6.38/1.8, 35.42, dns.
- 18 **African Champs**, Brazzaville, Congo. TJ: 4 F Mepandy 15.88/0.0 (Congoese National Record).
- 18 Hammer Competition, Eton. HT: 1 M Jones 71.70.
- 18 **Thessaloniki 2004**, Thessaloniki GRE. w1500m: 10 C Berry 4:15.48.
- 21 **adidas Belgrave SPEED GP IV**, Battersea Park. 100m Round 1: 5r2 R David 11.70/0.7; 4r3 J Regis U20 11.87/0.9; 2r5 G Baksh 11.96/0.8; 3r5 L Sargeant U17 12.16/0.8; 4r5 R Collier U20 12.38/0.8. Round 2. 1r2 J Regis U20 11.59/0.7; 2r2 G Baksh 11.82/0.7. 200m: 4r2 R Collier U20 24.65/0.7; 6r2 P Beaumont M40 25.33; 1r3 L Sargeant U17 24.89/1.0. 800m: 6 C Axe 2:03.77; dnf M Humphrey. 5000m inc Belgrave Championship: 1 K Tadesse 14:32.55; 2 J Blackledge 14:50.57; 5 W Cockerell (3) 15:04.08; 23 L Greatorex (4) 16:01.22; 24 T Hadfield (5) 16:27.68; 27 J Charles (6) 16:41.20; 28 L Cooper (1st Woman) 18:23.09; dnf M Humphrey.
- 21 **Nacht van de Genste Feesten**, Ghent BEL. 5000m: 3 S Barden 13:57.43.
- 21 **Tallinn 2004**, Tallin EST. 800m: 7 N Speaight 1:48.38. 400mH: 4 M Douglas 50.93.
- 23 **Meeting Gaz de France**, Saint Denis, Paris FRA. TJ: 10 P Idowu 16.19/0.3.
- 24 **GBR v GER v ITA U23**, Manchester. 100m: n/s 1 T Abeyie 10.51/0.7. 200m: 2 T Abeyie 20.92/0.4. 110mH: 6 D Girdler (gst) 14.54/0.9. HT: 6 K Chester 57.45.
- 24 **Inter-Area**, Solihull. JT: 2 T Dobbing 65.66. wDT: 1 S Newman 55.88.
- 24 **Memorial Geert Rasschaert**, Ninove BEL. 1500m: 12r1 S Barden 3:47.43.
- 24 **SEAA Veteran Champs**, Bedford. SP/DT/HT: 1 M Small 14.41/46.05/49.63.
- 24-25 **SEAA Champs**, Bedford. PV: 1 C Johnston 4.81. wHept: 1 H Stares 4961 (14.38w/2.6, 1.60, 10.20, 25.49W/4.9, 5.55/?w, 28.16, 2:24.90).
- 24-30 **European Veteran Champs**, Aarhus DEN. M55. 1500m: (24th) 4h1 C Dickinson 4:47.77. 5000m: (28th) 4 C Dickinson 17:12.28. W50. JT: (29th) 1 V Thompson 22.29. Weight Pentathlon (HT, SP, DT, JT, WT): (30th) 9 V Thompson 3052 (28.87, 9.99, 23.21, 22.61, 10.52).
- 25 **AAI Champs**, Dublin IRL. LJ: 1 D O'Farrell 7.33w/4.3. w400mH: 1 M Carey 57.95. wSP: 1 E Massey 15.72.
- 25 **GBR v USA v COM v EUR**, Birmingham. 200m: 5 C Lambert 20.67/1.7. 400m: 2 T Benjamin 46.34.
- 25 **Karelia Games**, Lapeenranta FIN. wJT: 4 G Sayers 55.63.
- 25 **Scottish League**, Wishaw. DT: 1 S Thompson 54.87.
- 27 **DN Galan IAAF Super GP**, Stockholm SWE. w3000m: 10 C Berry 8:56.44.
- 28 **Rosenheim League E. Division**, Tooting. 400m: 3 n/s M Humphrey 55.7. mx 800m: 2 K Tadesse 2:02.2; 3 M Humphrey 2:03.9; 6 n/s L. Collier U17W 2:21.4. 1500m: 1 K Tadesse 4:03.5; 3 R Marcus 4:26.2; 4 J Webb 4:26.2.
- 28 **WGwEL Open Meeting**, Woodford Green. 800m: 1 T Bayley 1:49.6.
- 30 **Norwich Union London GP**, Crystal Palace. 200m: 1 C Lambert 20.50/0.5; 7 T Abeyie 21.23/0.5. 400m: 3 T Benjamin 45.04; 8 S Baldock 46.72. 400mH: 7 M Douglas 49.54. TJ: 1 P Idowu 17.47/0.2 (16.94/0.5, 16.88/1.4, x, 17.39/1.5, x, 17.47/0.2) U20 200m: 3 J Ellington 21.32/0.4; 5 W Bennett-Jackson 21.61/0.4.
- 31 **KBC Nacht van de Athletiek**, Heusden BEL. 5000m: 18 C Berry 15:19.78.
- 31-01 **Multi-events International**, Merignac FRA. U23M Decathlon: 6 L Eving-Jones 7295 (10.96/-1.5, 6.55/0.0, 11.89, 2.02, 47.88, 15.31/0.9, 39.04, 4.10, 46.60, 4:30.85). U20M Decathlon: 7 M Allen 6574 (11.41/1.7, 6.48/-0.5, 15.16, 1.87, 54.72, 16.24/1.0, 44.93, 4.00, 48.25, 5:37.64); dnf K Sempers (11.20/1.1, 6.63/1.0, 12.49, 2.05).

#### August 2004

- 01 **Meeting Internazionale e la Piemontese**, Sestriere ITA. 100m: 1 D Chin 10.37A/0.0.
- 02 **Malmö Al Galan**, Malmö SWE. wJT: 1 G Sayers 58.70.
- 04 **BMC Races**, Eltham. 1500m: 2rB C Axe 4:10.8.
- 07 **LICC Match 4**, Ashton Playing Fields, Woodford Green. Men. 100m: 3r2 K Adjepong 11.52/0.0. 200m: 3r2 K Adjepong 23.90. 800m: 4 M Humphrey 2:03.61. 1 mile: 1 C Axe 4:37.55; 2 M Humphrey 4:41.39. LJ: 4 A. Kneller 6.47. Teams: 1 Shaftesbury B 94; 2 Woodford Green w Essex L 82; 3 Enfield & H 74; 4 Belgrave 34. Women. 400m: 5r1 H Stares 58.56. mx 1 mile: 4 D Hearn SW 5:56.69. TJ: 2 C Stead 11.81. JT: 1 H Mead 19.03. SP: 2 E Massey 15.34. Teams: 1 Woodford Green w Essex L 148; =2 Shaftesbury B and

- Belgrave 32. Final LICC Positions 2004: 1 Shaftesbury B 24.5; 2 Belgrave 21.5; 3 Woodford Green w Essex L 19; 4 Enfield & Haringey 12.
- 07 **Memorial Leo Calewaert**, Brasschaat BEL. 5000m: 5rA S Barden 13:56.09.
- 08 **BMC Nike GP**, Scotstoun, Glasgow. 800m: 2rB D Gauson 1:54.42; 6rB G Oudney 1:56.92; 1rC D Watson 1:54.73. 1500m: 5rA J Blackledge 3:54.73; 6rA D Watson 3:59.31.
- 08 **Metál Hungária Holding RT Kupa**, Szombathely HUN. 400mH: 3 M Douglas 50.56; 7 N Levy 51.80. TJ: 1 P Idowu 16.77/0.9.
- 08 **Southern Veteran Inter-Counties**, Ashford. SP/DT/JT/HT: 1/1/2/1 M Small 14.72/45.92/42.97/50.78.
- 08 **U20 Inter-Area**, Abingdon. 100m: 1 T Abeyie 10.51w/5.3. 200m: 1 T Abeyie 21.23w/3.8. 110mH: 1 D Girdler 13.87w/4.7.
- 08 **U23 Inter-Area**, Derby. 100m: 2 W Bennett-Jackson 10.57/-1.0; 4 J Ellington 10.60/-1.0. SP: 1 C Gearing 18.19.
- 10 **Ljubljana 2004**, Ljubljana SLO. 400mH: 7 N Levy 52.92.
- 11 **Brighton Open Meeting**, Brighton. 200m: 1 S Osho U20 22.5. BMC 800m: 1rA T Bayley 1:49.1; 6rA S Sharp 1:51.5; 5rB J Blackledge 1:55.5. TJ: 2 D Wellstead 13.61.
- 14 **Scottish Champs**, Glasgow. 800m hts: G Oudney 1:52.57. 10000m: 4 K Nash 33:28.09. JT: 2 T Dobbing 62.82.
- 15 **AAA U17 Championships**, Birmingham. U17M. 1500m: 1 K Gauson 3:56.34.
- 15 **Mémorial Eugène Humberstet**, Fribourg SUI. 100m: 1 D Chin 10.40/0.7 (1h2 10.38/1.8). 110mH: 6 D Girdler 14.16/2.0 (6h1 14.22/1.7). HJ: 5 B Challenger 2.17.
- 15 **Scottish Champs**, Glasgow. 800m: 6 G Oudney 2:01.42. 1500m: 1 D Gauson 3:54.10; 2 D Watson 3:54.49. SP: 3 S Thompson 16.04. DT: 2 S Thompson 52.29.
- 15 **Southern Inter-Counties Match**, Hemel Hempstead. Men. 200m: 1r1 J Ellington U20 21.4/-0.5; 5r1 S Osho U20 22.4/-0.5; 1r2 J Hussain 22.0/1.8. 400m: 2r2 J Hussain 49.1; 3r2 G Selway 49.5. 110mH: 2 N Levy 14.9/0.4. 400mH: 1r1 N Levy 52.8. TJ: 3 D Wellstead 14.19. DT: 4 C Gearing U20 44.77. PV: 1 C Johnston 4.80. SP: 1 C Gearing U20 17.07. DT: 1 L Marar 52.09. Women. 100m: 6 F Gregory U20 13.0. 400mH: 2r1 J Culley 59.8.
- 17 **Trafford GP**, Stretford. 200m: 3 G Dearman 22.36.
- 18 **BMC Nike GP**, Watford. 800m: 2rA T Bayley 1:50.05; 9rA G Oudney 1:53.52. 1500m: 4rA S Sharp 3:44.33; 7rA R Ashe 3:45.32.
- 21 **Bournemouth Combined Events Meet**, Bournemouth. 1 mile: 4 T Barry U15 4:54.7.
- 21 **VAC Weight Pentathlon**, Ewell. M50. 1 M Small 4159 (HT 50.01, SP 14.42, DT 47.34, JT 41.14, WT 17.92). M70. 5 C. Taylor 2891 (28.58, 10.12, 21.12, 26.08, 10.00).
- 22 **Horsham Blue Star Open**, Horsham. LJ: 2 D Wellstead 6.50. TJ: 1 D Wellstead 14.16. JT: D Wellstead 42.10.
- 22 **Inter-Area U20 Match**, Ipswich. 400mH: 1 R Dinham 53.31. SP: 1 C Gearing 18.56. DT: 4 C Gearing 49.39.
- 22 **Scottish Men's League Div 1**, Meadowbank. 800m: 1rA D Gauson 1:53.0. 1500m: 2rB D Gauson 3:59.8.
- 28 **Herne Hill H Open**, Tooting. 10000m: (inc. Belgrave and Surrey Champ). 1 P Doyle (HHH) 32:43.9; 2 K Hegvold M40 33:17.1 (1st Belgrave/2nd Surrey); 5 T Hadfield 34:32.9 (2nd Belgrave). 400m: 1 R Aspden 50.5. 800m: 5 C Axe 2:03.4. DT: 1 L Marar 49.16. U17M. 200m: 3 T Ashby 24.7. 400m: 1 T Ashby 55.8.
- 29 **Scottish Champs**, Grangemouth. U17. 1500m: 1 K Gauson 4:10.37 (1h1 4:21.66). U20M. 800m: 1 G Oudney 1:53.72.
- 30 **Colchester & Tendring Open**. PV: 1 C Johnston 4.00.
- 31 **Trafford Open**. BMC 800m: 6 J Blackledge 1:53.8.

#### September 2004

- 03 **Memorial Ivo Van Damme**, Brussels BEL. 400m: 8 T Benjamin 45.85.
- 05 **Rieti 2004**, Rieti ITA. 400m: 6 T Benjamin 45.51.
- 05 **Team Solent Open**, Southampton. DT: 1 L Marar 51.01.
- 05 **VAC Champs**, Battersea. M50. SP/DT/HT: 1 M Small 15.45 (CBP)/47.46 (CBP)/50.31. M55. 5000m: 1 C Dickinson 17:02.7. M70. SP: 2 C Taylor 9.79.
- 08 **Rosenheim League Final**, Tooting. 800m: 2 n/s M Humphrey 2:00.8. 1500m: 1 n/s C Axe 4:10.1. 3000m: 8 A Porteous 9:29.7; 9 J Webb 9:31.8; 11 A O'Beirne 9:46.7.
- 11-12 **Woodbourn Stadium**, Sheffield. Decathlon (U20 implements): R Collier U20 4647 (12.14, 6.08, 10.12, 1.72, 56.32, 22.60, 25.66, 3.20, 33.07, 5:07.52).
- 12 **SCVAC T&F League Final**, Battersea. M50. SP: 1 M Small 15.56. DT: 1 M Small 50.01.
- 18 **Inter-Area Match**, Luton. M50. SP: 1 M Small 15.22. DT: 1 M Small 42.26. HT: 1 M Small 49.53.
- 18-19 **ESAA Champs**, Exeter. Senior Boys Decathlon: 1 K Sempers 6704 (11.21w/3.1, 6.67w/2.8, 12.52, 1.98, 51.70, 14.82w/2.3, 38.19, 3.70, 44.22, 5:19.05).
- 25-26 **Decastar Heptathlon**, Talence FRA. J Hollman 4784 (14.17/1.4, 1.74, 11.87, 25.52/1.3, 5.96/-0.6, 36.31, dns).
- 25-26 **Multi-Event Open**, Watford. Snr Decathlon: 2 K Sempers U20 6546 (11.54/0.0, 6.62/0.2, 11.19, 1.99, 51.3, 15.40/1.1, 33.55, 3.90, 44.40, 5:02.75).
- 26 **BMAF Weight Pentathlon**, Cophthall. M50. SP: 1 M Small 4255 (48.39, 14.65, 48.69, 44.67, 18.14).