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UK Women's Athletics League

Division Four Match 1, Ware, 5 June 2005.

Belles win well in windy Ware

Having missed out on promotion by a measly couple of match points last season, the Belles' intentions for 2005 were made clear with an emphatic win at Ware in spite of a few blank spaces on the team sheet.

Good points came early in the hammer, thanks to Diana Holden and Jacqui Loney, and from there on the points piled up. The Belles moved into an early lead that grew to a winning margin of 43 by the end of the day.

On the track Hannah Stares set the ball rolling with a win in the long hurdle race but with Jennifer Culley, our other regular one-lap hurdler, due to cover the sprints, we had to make do with just the one runner.

Sarah Wellstead made a dramatic impact in the jumps, winning both long and triple, and the latter with her best ever performance. Fellow Sutton athlete Katryna Euridge backed up with a winning B long jump and Michelle Nestor did likewise in the triple. Also from Sutton, Sarah Porter cleaned up in her events - the B 100 and A sprint hurdles - and the three Sutton girls combined with Hannah Stares to do a demolition job in the sprint relay.

Eva Massey had the shot putt judges scampering to the further end of the arc and "complaining" that the 4kg ball had ice on it by the time it came down from orbit. Fifteen metres didn't please her, however, and she'll be looking for something around 16 plus before too long.

The standard of the middle distance races was particularly high and Birhan Dagne, fresh from winning the hilly Plymouth Half Marathon seven days earlier, found it impossible to stay clear of the pack in the 1500m.

Two-lapper Claire Robinson ran within a second of her season's best for second in the A 800m while Chrissie Foster ran her best for the year to win the B event. Next on the track was the 400 metres, and having seen Michelle Carey run away from the field with a 54.3 run and with no B competitor due to take part, Chrissie pulled her spikes back on to run sub-60 for second place - a great fifteen minutes work!

Honesty proved *not* to be the best policy for Jennifer Culley who stood up from her blocks after she judged that she'd got a flier. Unfortunately the starter had not seen it that way and did not fire the recall gun so it was "nil points" for the A 200. Happily she was allowed a guest run in the following B race.

So, it was a happy Team Manager Cynthia James after match 1 - and we just hope that we can do a similar job at Stoke in three weeks time.

100m: 3 J Culley 12.5; 1 S Porter 12.8. 200m: dns J Culley; 2 C Robinson 27.3; J Culley (guest run in B race) 26.5. 400m: 1 M Carey 54.3; 1 C Foster 59.4; 800m: 2 C Robinson 2:11.6; 1 C Foster 2:19.3. 1500m: 4 B Dagne 4:43.3; 3 A England 5:00.2. 3000m: 5 S Murphy 10:40.1; 5 V Goodwin 12:15.8. 100mH: 1 S Porter 14.2; 1 H Stares 14.7. 400mH: 1 H Stares 61.6. HJ: 2 H Stares 1.55; 2 M Nestor 1.45. LJ: 1 S Wellstead 5.86; 1 K Euridge 5.27. TJ: 1 S Wellstead 12.04; 1 M Nestor 11.05. PV: 2 J Searle 2.50. SP: 1 E Massey 15.07; 2 L Fox 10.43. DT: 3

L Fox 35.30; 1 J Loney 35.19. JT: 7 J Loney 21.27; 4 H Mead 17.96. HT: 1 D Holden 51.39; 2 J Loney 42.44. 4x100m: 1 Belgrave 49.1 (S Porter, H Stares, S Wellstead, K Euridge). 4x400m: 3 Belgrave 4:02.9 (J Culley 58.0, C Foster 59.7, V Goodwin 65.2, C Robinson 59.0).

1 Belgrave 226; 2 Blackheath & B 183; 3 Herts Phoenix 172.5; 4 Thames Valley 154; 5 Stoke 129; 6 Medway & Maidstone 111; 7 Kingston upon Hull 107.5; Radley 55.



Sarah Wellstead triple jumped to a personal best of 12.04 metres in the opening match of the UK Women's Athletics League at Ware.

Photo by Patricia Mead

Grapevine

Bels back in Europe!

Two years after UKA withdrew financial support for GB clubs to compete in European Champion Clubs Cup Belgrave athletes were again competing at Cup Final meets. That's the good news. The sad news is that they were competing for Irish Champions Crusaders and the Dutch club AAC.

Junior world champs sprinter James Ellington and multi throws exponent Scot Thompson were signed as the two permitted foreign athletes for a Crusaders team which competed in Portugal over the May bank holiday weekend. High jumper Ben Challenger competed for AAC of Holland.

Team manager Bill Laws dryly remarked that if UKA had any interest in clubs Belgrave athletes would be there in their own right. Many international athletes have used this competition as a learning process as they move to greater things. British teams are now barred from this championship as a direct result of UKA parsimony.

Arson attempt at Sutton Arena

The night after the BAL Division One match at Sutton Arena, the Fire Brigade were called to extinguish a blaze at the

stadium. It seems that vandals broke into the ground, dragged the high jump covers to the grandstand and then set them alight beneath the steps leading to the spectators' seating. The resulting conflagration destroyed the high jump equipment and some of the seating. Railings and roof were damaged, while walls were blackened and windows were cracked due to the severe heat. An attempt had also been made to set light to the temporary announcers' box. The damage caused was reported to be to the value of £100,000.

The police are making investigations but it seems that this is not the first time that vandals have been at work at the stadium. To protect this valuable asset from these mindless individuals, the security fencing will have to be considerably upgraded.

We were so fortunate that this incident did not occur 24 hours earlier!



Michelle Carey rips up the 400 metre field in the opening UKWAL match at Ware with a 54.3 run.

Photo by Patricia Mead

Results Roundup

Indoor Track & Field

April 2005

- 20 **Brunel University Invitation, Uxbridge.**
Men. 100m: 1 H Aikines-Aretey U20 10.61.
Women. 100m: 3 A Onuora 12.23. 100mH: 3 J Hollman 14.10.
LJ: 1 J Hollman 6.20.

Outdoor Track & Field

April 2005

- 9 **Eton Javelin Festival.** 3 J Everard 54.65.
10 **Barking.** DT: 1 L Marar 52:48.
16 **Knoxville TN USA.** w5000m: 1 C Berry 16:07.72.

- 16 **Woodford Green wEL Open, Woodford Green.** 1 J Everard 54.52.
17 **Brierley Hill.** DT: 1 K Brown M40 50.19.
22 **Triton International, San Diego USA.** 100m: 4r2 P Idowu 10.99/0.0.
23 **Flagstaff AZ USA.** HT: 1 K Chester 66.95A.
23 **Loughborough Open, Loughborough.** 200m: 1r2 J Hussain U20 22.89. 400m: 1r2 J Hussain 49.91.
24 **Scottish Men's League Div. One, Wishaw.** 1500m: 1 D Gauson 3:54.6. SP: 2 S Thompson 15.07. DT: 1 S Thompson 53.62.
28 **Potchefstroom RSA.** wSP: E Massey 15.78A.
30 **LICC Match 1, Cophall Barnet Stadium.**
Men. 100m: 8r1 J Regis U20 11.78/-1.5. 200m: 6r1 A Bennett 24.50/-; 1r2 J Regis U20 23.19/-; 6r3 R McMillan 27.56/- . 400m: 1r1 A Bennett 49.14; 5r2 R McMillan 62.53. 800m: 3 C Axe 2:00.86; 4 M Humphrey 2:03.59. 3000m: 2 M Humphrey 9:39.17. LJ: A Kneller 3nj. HT: 1 C Privett 42:22. 3000mW: 3 C Lawton M55 16:37.75.
Teams: 1 Shaftesbury Barnet 162; 2 Enfield & Haringey 87; 3 Belgrave 68; 4 London Heathside 57; 5 Woodford Green xEL 43.
Women. 200m: 2 J Culley 25.63/- . 1500m: 3 A England 5:19.10. 100mH: 1 J Hollman 14.28/-1.4. 400mH: mx 1 J Culley 60.61. SP: 1 J Hollman 12.62. HT: 1 J Loney 40.93.
Teams: 1 Woodford Green wEL 102; 2 Belgrave 67; 3 Shaftesbury Barnet 64; 4 London Heathside 37.
30 **Drake Relays, Des Moines IA USA.** HT: 5 K Chester 61.24.
30 **Southern Women's League Div One, Abingdon.** 100: 3 S Porter 12.7. 100mH: 1 S Porter 14.0. HJ: 3 S Wellstead 1.55. LJ: 1 S Wellstead 6.08; 1 K Euridge 5.38. TJ: 1 S Wellstead 11.71; 1 K Euridge 11.30. DT: 1 J Lally 40.39.
30-2 **BUSA Championships, Glasgow.** a=30th, b=1st, c=2nd.
Men. 100m: a 5s3 P Doorgachurn 11.18/1.1 (2h6 11.21/?). 200m: c 7s1 P Doorgachurn 22.72/0.9 (b 2h5 23.07/0.5). 1500m: c 3 D Gauson 3:47.89 (b 1h1 3:56.22); 15 D Watson 3:57.13 (3h1 3:56.76). 110mH: c 3 D Girdler 14.32w/2.6 (b 1s1 14.37/-3.4, 1h1 14.89/-2.1). DT: a 1 S Thompson 54.10.
Women. 100m: a 4 A Onuora 12.08/0.6 (2s2 11.96/1.9, 1h2 11.96w/2.2) 400mH: b 2 M Carey 59.22 (1h2 a 59.19); 8 M Marks 96.99 (1h1 60.05).

May 2005

- 1 **Cardinal Invitational, Stanford CA USA.** w5000m: 3rA C Berry 15:34.47.
2 **Birmingham.** DT: 1 K Brown M40 54.36. mxDT: 1 K Brown M40 52.83.
7 **Interclubs, Versailles FRA.** TJ: 3 F Mepandy 15.28w/2.8.
7-8 **Multistars IAAF Combined Events, Desenzano, ITA.** wHep: 9 J Hollman 5652 (100mH: 14.42/-0.7, HJ: 1.76, SP 11.94, 200m: 25.38/-3.3, LJ: 6.01/1.3, JT: 36.65, 800m: 2:18.84).
11 **Rosenheim League Match 1, Battersea.** No wind readings.
100m: 2r1 L Sargeant U20 11.96; 4r2 M Flores U17 12.72; 6r2 C Manning M75 25.66. 200m: 1 L Sargeant 24.07; 3 M Debrah U20 24.81. 400m: 2 D Campbell U20 54.28; C Foster SW 61:31. 800m: 2 T Ellacott 2:06.35; 3 M Humphrey 2:11.73; S Gailey SW 2:29.07. 1500m: 3 J Webb 4:26.35; 6 T O'Neill M50 4:45.1; 9 S Baxendale 5:08.7; 10 H Corbett M45 5:10.2. 4x200m: 1 Belgrave 1:38.03 (D Campbell, R Collier, M Flores, L Sargeant). HT: J Loney SW 43.38; C Privett 39.32.
11 **Opening of St. Mary's University Track, Twickenham.** 3000m: 3 M Miles 7:59.8; 4 S Sharp 8:10.2
13 **Big Sky Champs., Flagstaff AZ USA.** HT: 1 K Chester 65.70A.
14 **NI Team Trophy, Belfast.** Women. SP: 1 E Massey 15.15. DT: 1 E Massey 43.99.
14 **Essex Champs., Mayesbrook Park.** Senior Men. HJ: 3 J Everard 1.85. JT: 4 J Everard 58.18.
14 **Middlesex County Champs., New River.**
Senior Men. LJ: 1 A Phillips 7.17/1.9.
U20 Men. 100m: 6h2 L Sargeant 12.0/-3.7. 200m: 6 L Sargeant 23.7/-2.4 (4h2 24.0/-3.0).
Senior Women. DT: 4 J Loney 36.15.
14-15 **Hampshire County Champs., Mountbatten Centre Portsmouth.** a=14, b=15.
Senior Men. 1500m: b 8 K Nash gst 4:04.23. 3000mSC: b 1 T Watson 9:13.14.
Senior Women. 200m: b 5 R Lewis 28.13/-3.2. 400m: a 4 R Lewis 60.96.
14-15 **Kent County Champs., Ashford.** a=14, b=15.
Senior Men. LJ: a 4 A Kneller 6.55. SP: a 1 C Gearing U20 16.61. DT: a 2 C Gearing U20 43.01.
U20 Men. 100m: b 3 J Regis 11.47/-2.0 (3h1 11.46/0.5). 200m: a 5 J Regis 22.74/1.8 (4h1 23.03w/4.8). SP: a 1 C Gearing 18.03. DT: b 1 C Gearing 42.61.
14-15 **Scottish East Champs., Glasgow.** a=14, b=15.
Senior Men. 800m: b 3 D Watson 1:55.34 (2h2 2:00.94). 1500m: a 3 D Gauson 3:51.25; 4 G Oudney 3:54.57. SP: b 1 S Thompson 15.86. DT: b 1 S Thompson 51.89.
14-15 **Surrey County Champs., Kingsmeadow.** a=14, b=15.
Senior Men. 100m: b 6 K Adjepong 11.39 (3h2 11.3). 200m: a 5h1 R David 23.24/-1.2; 6h1 K Adjepong 23.65. 800m: a 5 C Axe 1:59.80; 7 M Humphrey 2:06.18. 1500m: b 1 P Wicks 3:59.37; 4 T Ellacott 4:05.41. 5000m: a 1 P Wicks 15:00.07. 400mH: b 2 P

Beaumont 57.51. LJ: a 2 R Danso 6.62/-1.0. SP: a 3 M Small 13.42. DT: a 1 L Marar 49.34; 2 M Small M45 42.28.
 U20 Men. 100m: a 1 H Aikines-Ayretey 10.67/0.4 (1s2 10.74/1.9, 1h1 10.80w/2.6); 3 P Doorgachurn 11.14 (2s1 11.12/0.5, 2h3 11.12w/2.4). 200m: b 1 H Aikines-Ayretey 21.66/0.0 (1h1 22.25/-1.5); 2 R Thomas 22.12 (2h1 22.44); 5 P Doorgachurn 22.80 (2h2 22.73/-1.3); 4h1 D Campbell 24.29. 400m: a 2 R Thomas 48.59; 4 H Aikines-Ayretey 57.42. 800m: b 2 J Van Der Toorn 1:53.05. 2000mSC: a 2 M Marshall 6:23.4. LJ: a 1 E Ewulo 6.88/-1.3. TJ: b 3 E Ewulo 14.08. PV: a 1 J Ive 4.80. SP: a 4 R Collier 11.04. DT: a 3 R Collier 28.54. JT: b 3 R Collier 37.95. HT: a 1 C Scott 50.44.
 Senior Women. 200m: b 3 S Porter 25.73/0.0 (2h2 26.17/0.0). 400m: a 2 S Bovill 57.71. 800m: a 1 C Robinson 2:10.07; 6 C Foster 2:24.22. 1500m: b 4 A England 5:03.54. 3000m: b 2 S Murphy 10:26.12. 100mH: a 1 S Porter 14.03/1.5. 400mH: b 2 J Culley 60.47. LJ: a 1 S Wellstead 6.17w/2.8 (6.08/0.8); 4 K Euridge 5.62/-0.2. TJ: 4 K Euridge 11.14/-0.1.
 U20 Women. SP: b 1 J Lally 9.48. DT: a 1 J Lally 38.57. HT: b 2 J Lally 33.50.

14-15 **Sussex County Champs., Crawley.** a=14, b=15.
 Senior men. 200m: a 1 A Bennett 22.3/-0.7. 400m: b 1 A Bennett 49.3. 800: a 1 T Bayley 1.52.42. HT: a 1 M Jones M40 70.45.
 U20 Men. 200m: a 1 J Hussain 21.8/0.7 (ht 21.82/1.7); 2 G Selway 22.2 (ht 22.44). 400m: 1 S Osho 47.92; 2 J Hussain 49.08.

15 **Bedfordshire County Champs., Bedford.** Senior Men. 100m: 1 G Beasley 10.6. 200m: 1 G Beasley 21.8.

15 **Berkshire County Champs., Bracknell.** 5000m: 1 P Willis 16:08.4.

15 **Dorset County Champs., Bournemouth.** U17 Men. 800m: 1 T Barry 2:04.8.

15 **Hertfordshire County Champs., Watford.** Senior Men. 5000m: 2 J Clarke 15:52.81.

18 **Loughborough U v Brunel U v Combined Services, Loughborough.**
 Men. 400m: 1 M Douglas 48.72. 3000m: 1 S Barden 8:23.66; 2 T Watson 8:28.10. 110mH: 2 D Girdler 14.02/1.0. LJ: 1 B Yeboah 7.12. SP: 1 L Marar 14.14. JT: T Dobbing 67.57.
 Women. 200m: 4 A Onuora 25.65/1.1.

18 **Watford Open, Watford.** 100m: 1rA L Oboh 10.88/-0.4. 200m: 4rC H Stares SW 25.8. 800m: 2rA C Axe 2:00.29.

18 **adidas Belgrave SPEED Grand Prix, Battersea Park.**
 100m Series 1. 1r1 W Bennett-Jackson U20 10.55/-1.4; 3r1 J Ellington 10.83. 2r3 R David 11.48/-0.8; 4r3 K Adjepong 11.61. 6r4 G Baksh 11.78/-0.3. 1r5 L Sargeant U20 11.64/0.5; 2r5 J Everard 12.22; 3r5 R Collier U20 12.32; 4 M Flores U17 12.49; 6 J Harris U17 12.54. 1r6 C Foster SW 13.58/0.9; 2 S Gailey SW 13.62. 100m Series 2. 2r1 J Ellington 10.95/-1.6. 4r2 R David 11.57/-0.7. 2r3 K Adjepong 11.60; 4r3 L Sargeant U20 11.66. 4r4 J Harris U17 12.43/0.3; 5r4 R Collier U20 12.43; 6r4 M Flores U17 12.61; 8r4 C Foster SW 13.67. 200m: 1r1 W Bennett-Jackson U20 21.44/-1.4. 1r2 R Thomas U20 22.90/-1.6; 3r2 K Adjepong 23.76; 5r2 G Baksh 25.27. 2r3 L Sargeant U20 23.83/-0.8; 3r3 R Collier U20 25.26. 1r4 C Foster SW 27.20/-0.9; 3 S Gailey SW 28.32; 4r4 R McMillan 28.51.

21 **BMC Nike Grand Prix, Manchester.** 1500m: 1rA P Owor 3:46.04.

21 **Southern League Div 1, Basingstoke.** 800m: 1 R Ashe 1:53.0.

21 **Oxford v Cambridge, Cambridge.** 800m: 1 J Blackledge 1:58.67.

22 **Loughborough International, Loughborough.**
 Men. 100m: 6rA H Aikines-Ayretey 11.27/1.2; 2rC J Ellington 10.61w/2.7. 200m: 2rA H Aikines-Ayretey (GBJ) 21.45/1.7. 400m: 3rB S Osho 47.89. 1500m: 3 S Sharp (Eng) 3:47.85; 5 D Gauson (Sco) 3:49.19. 5000m: 1 M Miles 13:54.97. 3000mSC: 1 K Nash (Sco) 8:59.57; 4 T Watson (Wal) 9:14.24. 110mH: 5rA W Sharman 14.04/1.7; 6rA D Davis (GBJ) 14.79/1.7. 1rB K Sempers 14.41/2.0. 2rC D Girdler 13.93w/3.3. HJ: 4 S Oni 2.11. LJ: B Yeboah 7.36/0.7. TJ: 3 F Mepandy 15.17/0.7. PV: 6 J Ive (GBJ) 4.70. SP: 4 C Gearing (GBJ) 16.52. DT: 2 L Marar 52.12; 9 C Gearing (GBJ) 36.84. JT: 6 T Dobbing (Sco) 64.78.
 Women. 100m: 5rA A Onuora 12.01/2.0. 100mH: 4rB S Porter 14.01/1.7; 1rC J Hollman 14.01/1.1. 400mH: 3rA M Carey 58.92; 2rC M Marks 58.43; 4rC J Culley 61.39. LJ: 3 J Hollman 6.08/0.7. SP: 4 E Massey 15.50; 7 J Hollman 12.44. JT: 1 G Sayers 61.45.

23 **SCVAC, Battersea Park.** All competing as guests.
 Men. DT: C Privett 30.83. JT: C Privett 35.77. M50 3000m: T O'Neill 10:09.8.
 Women. 800m: J Searle 2:46.5. W50 SP: V Thompson 9.32. DT: V Thompson 24.25.

24 **Trafford GP, Stretford.** 1500m: 6 S Marwood 4:02.9.

25 **Rosenheim League Match 2, Tooting.** All non-scoring events.
 Men. 100m: 7r2 C Manning M75 25.7. HJ: C Taylor M70 1.16. LJ: R Danso 6.68; C Taylor M70 3.34. JT: C Taylor M70 22.51. HT: C Taylor M70 26.75.
 Women. 200m: mx 6 C Foster SW 27.7. 800m: 1 C Foster 2:22.0; 2 S Gailey 2:23.7. JT: J Loney 22.66. HT: J Loney 40.15.

27 **Riga 2005, Riga LAT.** 400mH: 1 M Douglas 50.66.

27 **Anhalt 2005, Dessau GER.** 100m: 3h2 C Lambert 10.46/0.0 (dns final). 200m: 1rA C Lambert 20.81/-1.0.

28 **Antrim Games, Antrim.** LJ: 1 D O'Farrell 7.53w/4.7.

28 **Eugene, OR USA.** HT: 2 K Chester 63.53.

28 **Meeting Internacional d'Atletisme, Palafrugell ESP.** 110mH: 5rA D Girdler 14.27/-0.5.

28 **LICC Match 2, Cophall Barnet Stadium.**
 Men. 100m: 2r3 K Adjepong 11.57/-3.7; 3r3 R Danso 11.61/-3.7. 200m: 1r3 K Adjepong 23.60/-2.8; 7r4 R McMillan 28.83/0.5. 400m: 7r1 J Lynch 53.27; 4r2 R McMillan 63.28. 800m: 1r2 M Humphrey 2:11.04. 1 mile: 7 M Humphrey 4:54.60. 3000m: 3 J Charles 9:27.05. 3000mW: 1 J Hall M55 14:55.4. HJ: 1 J Everard 1.70. LJ: 1 R Danso 6.59. TJ: 4 J Everard 12.58. JT: 1 J Everard 53.30.
 Women. 1 mile: 2 S Murphy 5:20.89. DT: 1 J Loney 38.45. HT: 2 J Loney 41.91.

28 **Surrey County Veterans Champs, Kingsmeadow.**
 M35 DT: 1 L Marar 50.96.
 M40 1500m: 2 R Alsop 4:36.8. 5000m: 1 T St Leger 16:52.1. M45 HT: 1 C Privett 41.92.
 M50 1500m: 3 T O'Neill 4:41.7. SP: 1 M Small 15.08 CBP; 2 N Phipps 12.40. DT: 1 M Small 48.14 CBP.
 M75 100m: 2 C Manning 25.0/-0.5.
 W35 PV: 2 J Anderson 1.90.
 W45 800m: 1 J Searle 2:38.4mx.
 W50 SP: 1 V Thompson 10.17. DT: 1 V Thompson 23.33. JT: 1 V Thompson 25.37. HT: 1 V Thompson 28.98 CBP.

28-29 **Woodford Green Multi-events, Ashton Playing Fields.**
 Decathlon: 3 K Sempers 7085w (11.07w/2.9, 7.03w/7.9, 10.96, 2.05, 50.28, 14.64w/?, 34.74, 4.18, 48.26, 5:03.20).

28-29 **SEAA U20 Champs, Portsmouth.** a=28th, b=29th.
 Men. 100m: b 2 H Aikines-Ayretey 10.44/0.5 (1h3 10.63/0.1; 5h1 P Doorgachurn 11.38/1.0. 200m: a 2 J Hussain 21.74/?w; 7 P Doorgachurn 22.59 (ht 22.51w/4.8). 400m: b 3 R Thomas 48.34; 4 S Osho 48.46; 8 G Selway 50.27 (ht 50.11). 800m: b 1 J Van Der Toorn 1:54.12. LJ: 3 E Ewulo 6.76/1.0. TJ: a 2 E Ewulo 14.41w/2.9. PV: a 1 J Ive 4.60. SP: a 1 C Gearing 18.06. HT: b 4 C Scott 49.06.
 Women. DT: 2 J Lally 39.48.

28-29 **European Champion Clubs Cup, Lagos POR.** Division Two.
 100m: a 4 J Ellington 10.78w/3.7. 200m: b J Ellington 20.79. SP: a 2 S Thompson 15.69. DT: b 3 S Thompson 49.10. Division One. HJ: a 6 B Challenger 2.10.

28-29 **Hypobankmeeting, Gotzis, AUT.** wHep: 16 J Hollman 5974 (14.15/-0.6, 1.79, 11.93, 24.92/1.2, 6.38/1.7, 39.35, 2:16.15).

29-30 **Inter-County Champs, Bedford.** a=29th, b=30th.
 Men. 100m: a 6s1 G Beasley 10.58/1.0 (4h2 10.53/1.4). 200m: b 1 G Beasley 21.02w/2.5 (2h3w/3.9, 1s2 21.05w/2.8). 5000m: b 3 P Wicks 14:20.10; 10 T Watson 14:51.5. 3000mSC: a 6 T Watson 9:12.6. LJ: b 4 A Phillips 7.27w/2.8 (8Q 7.25w/2.6). TJ: a 3 S Majekodunmi 15.45/1.5. SP: a 3 C Gearing 16.61. DT: a 1 L Marar 53.72 (4Q 50.21); 7 K Brown 50.64 (4QB 49.67; 8QA C Gearing 36.43. JT: b 9 T Dobbing 63.79.
 Women. 800m: b 6 C Robinson 2:11.79 (4h1 2:11.73). 100mH: a 2 S Porter 13.67/1.6 (1h2 13.85/1.9). 400mH: b 3 M Carey 58.55 (1h3 60.61); 6 J Culley 61.71 (3h2 61.88); 5h1 H Stares 64.00. LJ: b 3 S Wellstead 6.13/1.4. SP: b 3 E Massey 14.76.

June 2005

1 **adidas Belgrave SPEED Grand Prix, Battersea Park.**
 100m: Round 1 2r4 A Mohammed U17 11.86/-0.8; 5r4 R Collier U20 12.22/-0.8. 1r5 M Flores U17 12.16/1.3; 5 S Gailey SW 13.59/1.3; 6 R McMillan 13.77/1.3. Round 2 3r3 M Debrah U20 11.89/-0.7; 1r4 A Mohammed U17 12.01/-0.4; 2r4 R Collier U20 12.15/-0.4; 4r4 M Flores U17/-0.4; 6r4 R McMillan 13.75/-0.4; 7 S Gailey SW 13.94/-0.4. 200m: 1r2 R Collier U20 24.53/0.6; 2r3 M Flores U17 25.01/0.6; 3r3 R McMillan 27.63/0.6. 5000m: 2 W Cockerell 15:42.82.

1 **Watford Open Meeting, Watford.** 800m: 5rA C Axe 1:58.27.

1 **Nummela FIN.** JT: 2 W Smith 60.06.

3 **Primo Nebiolo Memorial, Turin ITA.** 200m: 4 C Lambert 20.95/0.1.

4 **British League Div 2, Eton.** 800m: 1rB R Ashe 1:53.68.

5 **Norwich Union International, GBR v USA v RUS, Glasgow.**
 100m: n/s 7 J Ellington 10.85/-0.6. 200m: 3 C Lambert 21.25/-1.8. 400mH: 5 M Douglas 50.58. HJ: =5 B Challenger 2.15.

5 **Turku, FIN.** wJT: 2 G Sayers 57.18.

5 **Friidrettsfestival Elitestevne, Florø NOR.** 1500m: 4 N Speaight 3:40.62. DT: 6 S Thompson 51.12.

5 **Women's Southern League Div 1, Haringey.** LJ: 2 K Euridge 5.24. TJ: 3 K Euridge 11.01. SP: 3 K Euridge 10.60.

6 **Venezilia Meeting, Chania GRE.** 100m: 5r2 D Chin 10.66/1.1.

7 **Cena Slovenska, Bratislava, SVK.** 800m: 3r1 N Speaight 1:51.74.

8 **NCAA Div 1 Champs., Sacramento CA USA.** HT: 14Q K Chester 62.06.

8 **Loughborough.** w400mH: 1 M Marks 58.21.

8 **Airnorth Champs, Herentals, BEL.** JT: 1 T Dobbing 70.44.

9 **Zlatá Tretra, Ostrava CZE.** HJ: 11 B Challenger 2.10.

11 **Northern Ireland Champs, Belfast.** LJ: 1 D O'Farrell 7.32/1.4.