

BMC



NEWS

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British Milers' Club*

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The British Milers' Club

sponsored by NIKE

Founded 1963

BMC VISION 2000

"to strive to win all four middle distance gold medals for Britain in the 2000 Olympics and at each successive games"

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Chairman	Dr Norman Poole
Vice Chairmen	Maureen Smith Matthew Fraser Moat
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JOURNAL

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MEMBERSHIP

Membership is limited to athletes who have achieved the required qualifying times, and to Coaches. Associate membership is granted to those possessing special qualifications likely to benefit the club.

Members receive the BMC News twice a year. They are eligible for reduced entry fees to BMC races and courses and preference in BMC race-seeding. Members are eligible to wear the BMC "White" Vest. Members with the BMC "Gold" Standard are eligible to wear the BMC "Gold" Vest.

All applications to join the BMC should be sent to the Membership Secretary with a cheque for £25 (£30 overseas) stating vest size and enclosing an A4 SAE. Annual subscriptions of £15 (overseas £20) are due 1st January each year and should be sent to the Treasurer.

MERCHANDISE

BMC vests (gold/white - S/M/L/XL - £10), BMC T-shirts (S/M/L/XL - £10) and BMC ties (£5) are available from the membership secretary, William Anderson.

Back issues of BMC News (£2.50 each) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to "The British Milers' Club" and enclose an A4 SAE.

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All pictures by Mark Shearman

BMC QUALIFYING TIMES

(from 1st January 1999)

MEMBERSHIP Entry Standard

	800m	1,500m	3,000m	5,000m
Senior Men	1:56.0	3:56.0	8:30.0	14:45.0
Under 17	2:10.0	4:30.0	n/a	n/a
Veterans	2:10.0	4:30.0	n/a	n/a
Senior Women	2:20.0	4:45.0	10:15.0	18:00.0
Under 17	2:25.0	5:00.0	n/a	n/a
Veterans	2:25.0	5:00.0	n/a	n/a

GOLD Standard

Men	1:52.0	3:49.0	n/a	n/a
Women	2:12.0	4:30.0	n/a	n/a

(the Gold Standard times were the BMC membership times prior to 1995)

ELITE Standard

Men	1:49.0	3:43.0	n/a	n/a
Women	2:05.0	4:20.0	n/a	n/a

(the Elite Standard times are how we judge the success of Vision 2000).



Vice Chairman's Notes

by Matthew Fraser Moat

Monday 25th September 2000. They promised it would be the Greatest Night of Athletics ever. And they were right. Cathy Freeman, Michael Johnson, Jonathan Edwards and Haile Gebreselassie were magnificent champions. I took the morning off work, telling the office I was working from home. Some offices even bought TV sets for their staff.

From a BMC perspective, we had three finalists that day. Two of them, Kelly Holmes and Sonia O'Sullivan, won medals and the third, Jo Pavey, ran a lifetime best. Once again we had BMC athletes making a mark on the world stage - that was the night that all of the hard work that the BMC put in to the Vision 2000 project came to fruition.

This of course in a year in which the BMC race programme was the best ever, with more BMC records being set than ever before, and this in a year when the BMC held more young athlete courses than for many years.

Ok, so Britain didn't get the four golds in Sydney that the BMC had aspired to. I don't think anyone had ever felt that that was realistic. What mattered was that we had made a difference and British performances were significantly better than in Barcelona and Atlanta.

In all, eighteen BMC members were selected for Sydney. Six of them made finals. Two of them returned with medals. In addition, a further 25 non-members (including two triathletes) with BMC connections represented 11 different countries in Sydney.

The two BMC medal winners in Sydney were:

Kelly Holmes: Kelly improved from 2:02.08 to 1:56.80 in six weeks to claim a most unexpected bronze medal in the 800m. Kelly is coached by BMC race organiser Dave Arnold and is one of the very few senior athletes who take the time to reply to BMC race invitations when they can't run. After the 1995 season Kelly had looked very capable of winning double gold in Atlanta, but injuries had meant that, apart from a few brief weeks in 1997 when she was clearly number one in the world, she had never regained full fitness. 2000 had looked no better, and at the AAA's Kelly had struggled to run a mediocre time. In Sydney, however, we saw a different athlete. She won her heat, and then qualified 2nd in the semi-final. In the final itself she was third or fourth at the bell, and suddenly with about 200m to go she was leading! Fitness obviously took its toll as first Mutola and then Graf passed

Kelly in the closing stages, but it was a magnificent effort for a bronze medal (and a new BMC Club Record!).

Sonia O'Sullivan: Sonia was without question the BMC Athlete of the Year. With her efforts at Battersea and Watford she had already done more than enough to earn our award for Outstanding Contribution to the BMC in 2000. In the Sydney 5,000m, having won her heat with relative ease, she and eventual gold-medallist Gabriella Szabo produced one of the best finishes of the games. Sonia got a silver medal, a new Irish Record and another new BMC Club Record. A few days later Sonia set another Irish Record when finishing 6th in the 10,000m.

The other BMC finalists in Sydney were:

Paula Radcliffe: Paula was many people's choice for the British Athlete of the Games. With the sixth fastest time ever to her credit, she front-ran a lifetime best in the final, and finished 4th in the best ever women's 10,000m

John Mayock: John has been the British number one at 1,500m for the last six years. He set his 800m pb at Battersea Park in 1998, and ran at Wythenshawe this year. He reached his second successive Olympic final and placed 9th, two places better than Atlanta.

Jo Pavey: Jo was without doubt the surprise of the year. She won our Outstanding Contribution award in 1997, but having missed most of 1998 and 1999 through injury, expectations were not high. She returned from injury over 3,000m at Cardiff and Solihull, setting two BMC members records on the way, and then moved up to 5,000m. She and Sonia O'Sullivan dominated their heat in Sydney and in the final, she ran 14:58.27 for the fastest ever 12th place in the Olympic final, and 4th place in the all-time British lists after Paula Radcliffe, Zola Budd and Yvonne Murray but ahead of Liz McColgan and Alison Wyeth.

Hayley Tullett: Hayley first ran 1,500m in at Wythenshawe in 1996, and ran again in BMC races in 1999 at Wythenshawe and Watford. This year saw her break through to world class, achieving a Top 10 merit ranking despite falling in the Sydney final and finishing 11th.

All in all, 2000 was a marvellous year for the BMC. Nike have indicated that they will continue their support for some years to come. We at the BMC will continue to strive to raise the standard of British middle-distance running for the next generation of runners.



BMC News....News....News...

2000 BMC NIKE GRAND PRIX

In the fourth year of the Nike sponsorship, the BMC held five Grand Prix meetings. The traditional Wythenshawe meeting opened the season on 14th June and the event winners were:

M800 Justin Swift-Smith	1:48.28
M1500 Matthew Dixon	3:40.42
M3000 Craig Mottram AUS	7:51.32 (Rec)
M3StC Christian Stephenson	8:29.33
W800 Georgie Clarke AUS U17	2:05.12
W1500 Sara Jamieson AUS	4:12.86
W3000 Hayley Yelling	9:11.20

Georgie Clarke thus became the first junior athlete to win a BMC Nike Grand Prix race, something that was to happen two more times during the season.

The second meeting took place at Cardiff on 5th July

M800 Luke Kipkoech KEN	1:46.64
M1500 Harrison Makau KEN	3:42.55
M3000 James Getanda KEN	7:51.47
W800 Kelly Caffel	2:06.59
W1500 Kerry Smithson	4:18.32
W3000 Natalie Harvey AUS	8:53.58mx (Rec)

In this meeting Andy Hart won the fastest ever 800m 'B' race in 1:46.97. With four overseas winners the BMC meetings are clearly fulfilling an international need as well as a national need for races.

The third meeting took place at Watford on 22nd July

M800 Anthony Whiteman	1:47.81
M1500 Andrew Graffin	3:39.79
M10000Kameil Maase HOL	27:56.94 (Rec)
W800 Aoife Byrne IRE	2:06.67
W1500 Sonia O'Sullivan IRE	4:08.08 (Rec)
W10000Elana Meyer RSA	31:41.1 (Rec)

This meeting, incorporating the 10,000m AAA Championships, and featuring international stars Sonia O'Sullivan, Georgie Clarke and Elana Meyer, and national stars Anthony Whiteman and Andrew Graffin, was immediately acknowledged as the best ever BMC meeting.

The fourth meeting took place at Solihull on 19th August

M800 Charles Makau KEN	1:46.99
M1500 Stephen Sharp	3:45.10
M5000 James Getanda KEN	13:39.14
M3StC Christian Stephenson	8:25.37 (Rec)
W800 Joanne Fenn	2:06.13
W1500 Jeruto Kiptum U20 KEN	4:16.93
W5000 Angela Newport	15:48.50

Christian Stephenson and Justin Chaston both set Olympic qualifying times in the Steeplechase.

The fifth and final meeting took place at Scotstoun on 3rd September

M800 Andrew Graffin	1:49.15
M1500 Stefan Beumer HOL U20	3:41.15
M3000 Allen Graffin	8:15.44
W800 Jennifer Ward	2:05.10
W1500 Shirley Griffiths	4:20.16

A fairly low-key meeting that provided Andrew

Graffin his final race before Sydney. Stephen Sharp ran in all five meetings, and ran in two races at Scotstoun to grasp the overall Grand Prix title from long time leader Justin Swift-Smith. Sally Evans and Allen Graffin were third equal and last year's winner Rachel Newcombe was fifth.

BMC RECORDS SET IN 2000

4th June Battersea Park: At the opening of the Millennium Arena, Battersea, David Kisang of Kenya ran 3:55.24 for the mile, pressed closely by Abraham Chebii with 3:55.31. This was just over a second inside Anthony Whiteman's BMC record of 3:56.35 set in 1996 and the race provided five of the top 15 performances by British athletes in 2000. Chebii became the 38th athlete (53rd performance) to break four minutes for the mile in a BMC race, and went on run 13:01.9 for 5,000m to place second behind Gebrselassie's 13:01.6 at Milan just three days later.

14th June Wythenshawe: In a race in which 13 men broke eight minutes, Craig Mottram, age 20, of Australia ran 7:51.32 for 3,000m to finally break Rob Whalley's BMC record of 7:51.4 set at Swindon in 1997. Chris Thompson broke his own BMC Junior Member's Record when finishing second in the B race in 8:04.93.

25th June Battersea Park: At our "Record Breakers" meeting, we saw no fewer than four BMC records and one world record! First of all, the afternoon opened with a women's 4 x 1,500m relay featuring an Australia team and an Irish BMC team. The Australia team set a new world best performance of 17:09.75 and the Irish Team set the third fastest ever performance with 17:19.09. Sonia O'Sullivan ran a split of 4:07.9 which was the fastest ever 4 x 1,500m relay split and was also well inside Sonia Bowyer's BMC Record of 4:10.7! Craig Mottram then continued his fine form to win the fastest ever BMC 5,000m where eight men broke 13:45. Mottram's new BMC record was 13:26.20, and Kris Bowditch in second place set a new BMC Member's Record of 13:28.22 which was an Olympic qualifying time. Chris Thompson in 13th place set a new BMC Junior Member's record of 14:06.52. Then David Kisang and the Graffin twins put on a splendid race in the men's 2,000m. Kisang set a new BMC record time of 5:00.66, whilst Andrew Graffin set a new BMC member's record of 5:01.28. Allen Graffin set a new pb for the mile en route to 5:02.90 in third place. Recovered from her relay, Sonia O'Sullivan kindly agreed to take the early pace in the women's 5,000m. She was feeling so good that she took the pace all the way to the line, setting a new BMC record of 15:32.23 and pulling Andrea Whitcombe to an Olympic qualifying time of 15:32.62.

27th June Stretford: Sarah Wilkinson set a new BMC Record of 8:57.75 in a mixed 3,000m race.

5th July Cardiff: Sarah Wilkinson's record lasted just eight days. Natalie Harvey of Australia ran 8:53.58 in a mixed 3,000 race paced by Steve Brace.

Behind her Jo Pavey broke her own BMC member's record of 8:57.00.

11th July Stretford: Sonia O'Sullivan's record lasted just sixteen days. Natalie Harvey broke her 5,000m record with 15:30.79 in a race in which five women broke 16 minutes.

19th July Solihull: Jo Pavey improved her 3,000m members record with 8:53.7 in a mixed race at Solihull.

2000 BMC COACH OF THE YEAR

Congratulations to Chris Wooldridge who was awarded the BMC Coach of the Year award in 2000. Chris has had a fine squad of female athletes for a number of years - in 2000 four of his athletes won English Schools titles on the same weekend. His athletes include:

Danielle Barnes age14

English Schools Junior (U15) 1500m Champion
South of England U15 1500m Champion
England Schools X Country Bronze medallist
England Schools International

Leah Harris age 18

English Schools Senior 800m Champion
AAA U20 800m Finalist
AAA U20 Indoor 800m 5th
South of England U20 800m Bronze medallist
Southwest Senior 800 & 400m Champion
Southwest Schools Senior 800 & 400m Champion

Zoë Jelbert age16

AAA U20 1500m Runner-up
English Schools Intermediate U17 1500m Champion
South of England U17 800m runner-up (behind Jemma)
AAA indoor U17 & U20 3000m Champion & British 3000m indoor record holder U17
England U20 International v Holland 1st position in 1500m
Ranked UK No 1 @ 1500m on 3 out the past 4 years

English Schools champion for the last 3 years
At 15 years of age Zoë became the youngest ever member of a GB team for the European X Country championships in Slovenia

Jemma Simpson age 16

AAA under20 800m Champion
Commonwealth Youth (U19) games 800m Champion.
English Schools Intermediate U17 800m Champion
South of England U17 800m Champion
AAA indoor U17 800m Champion
GB U20 International v Germany, Italy & France, 3rd in 800m out of 8 (2 per country)
England U20 International v Holland 1st position in 800m
Finished the season ranked UK No 1 @ 800 in age group & 8th on UK all time list
Former National Inter Counties X Country Champion.



22nd July Watford: This was truly the most spectacular BMC Grand Prix meeting to date, featuring Sonia O'Sullivan, Georgie Clarke and Elana Meyer, with Anthony Whiteman, Andrew Graffin and the AAA's 10,000m Championships. Kameil Maase of Holland won the 10,000m in a new BMC Record of 27:56.94, with Andres Jones, Rob Denmark and Mark Steinle running Olympic qualifying times for Britain. Jones set a BMC Members Record of 28:00.50. Sonia O'Sullivan ran 4:06.39 for a new BMC record in a Men's 1500m before winning the women's 1,500m in 4:08.08. In second place Georgie Clarke set a new BMC Junior record of 4:11.67. Elana Meyer ran 31:41.1 to set a new BMC record in the W10000. In 8th place Liz Yelling set a new BMC member's record of 33:07.9.

25nd July Stretford: We started running BMC 1,500m steeplechases at Stretford in 2000. Lee Hurst ran the fastest time of the season with 4:16.57 and this became the inaugural BMC Record.

8th August Stretford: Jayne Spark set a new British Record and an inaugural BMC Record in the women's 2,000m Steeplechase of 6:36.02. Jane Pidgeon set an inaugural BMC member's record of 7:15.48.

19th August Solihull: Christian Stephenson and Justin Chaston both set Olympic Qualifying times, Stephenson breaking his own BMC record with 8:25.37.

3rd September Scotstoun: Stefan Beumer of Holland set a new BMC Junior Record of 3:41.15 when winning the M1500 final at Scotstoun. Joanna Ross set a new BMC Junior Member's Record of 2:06.38 when finishing 3rd in the W800.

5th September Stretford: Colm Rothery of Ireland set a world vets record for M800 of 1:50.69 when finishing second behind John Rogers in the final Gold Standard meeting of the season. In the women's 3,000m Steeplechase, Tara Kryzywicki set a new Commonwealth Record and an inaugural BMC Record of 10:08.11.

2000 EUROPEAN CUP

Congratulations to the following BMC members who represented Great Britain and Northern Ireland in the European Cup Super League at Gateshead, 15th - 16th July 2000.

M800	Alasdair Donaldson	5th	1:49.17
M1500	John Mayock	2nd	3:42.32
M3000	Anthony Whiteman	3rd	8:01.0
M5000	Kris Bowditch	6th	14:03.10
M3000SC	Stuart Stokes	7th	8:53.90
W1500	Helen Pattinson	1st	4:12.05
W3000	Hayley Tullett	3rd	8:45.39

BMC DEVELOPMENT OFFICER'S AWARD

This award is made to the athlete who, in the opinion of the National Committee, made the outstanding contribution to British Milers' Club in 2000. The award was first presented in 1993 and previous winners have included Ian Gillespie, Tom Buckner, Neil Caddy, Rupert Waters, Jo Pavey, Andy Hart and the Graffin Twins.

In 2000, the award has been made to Sonia O'Sullivan, the first time the award has been made to an Irish athlete. The 1995 world champion over

5,000m is without doubt the biggest "name" athlete ever to run in a BMC race (Seb Coe and Steve Ovett ran all their serious BMC races prior to Moscow 1980) and Sonia ran in five BMC races at two BMC meetings to regain fitness after giving birth to a daughter in 1999.

At Battersea Park, Sonia ran the fastest ever 4x1500m relay leg when anchoring Ireland to an Irish Record behind the world record set by Australia that day. Her relay split was almost three seconds inside the BMC record but purists said it did not count as a BMC record as it was set with a rolling start. Sonia then agreed to make the pace for Andrea Whitcombe in the 5,000m. She obviously enjoyed it

so much that she continued to the end, set a new BMC record and dragged Andrea Whitcombe to an Olympic Qualifying time in the process.

Four weeks later Sonia entered in the Watford 1,500m. She warmed up by breaking BMC record again in a men's race before "properly" breaking it in the women's race a couple of hours later. Sonia therefore finished the season having set three fastest women's 1,500s ever in BMC races.

Sonia went on to set two national records and win a silver medal in Sydney. It is the first time that an athlete has run in a BMC race in the same year that they have won an Olympic medal.

2000 SYDNEY OLYMPICS

Congratulations to the following BMC members who represented their countries in the Olympic Games which took place in Sydney, Australia from 22nd September to 1st October

M400:	Mark Richardson	dns		(did not take his place in Sydney)
M800:	James Mellroy	3h1	1:47.44	(1 Longo 1:46.32, 2 Rodal 1:46.76)
		6s1	1:46.39	(1 Schumann 1:44.22, 2 Bucher 1:44.38)
	Andy Hart	6h1	1:48.78	(1 Schumann 1:47.76, 2 Said-Guerni 1:47.95)
M1500	John Mayock	4h1	3:39.08	(1 El Guerrouj 3:38.57)
		7s2	3:38.68	(1 El Guerrouj 3:37.60, 2 Lagat 3:37.84)
		9		(1 Ngeny 3:32.07, 2 El Guerrouj 3:32.32, 3 Lagat 3:32.44)
	James Nolan IRE	9h1	3:40.50	
	Anthony Whiteman	h2	dnf	
	Andrew Graffin	11h1	3:39.75	(1 Ngeny 3:38.03, 2 Morceli 3:38.41)
M5000	Kris Bowditch	15h1	14:08.92	(1 Lahlafi 13:22.70, 2 Wolde 13:22.75)
M10000	Andres Jones	9h1	28:11.20	(1 Gebreselassie 27:50.01)
M3StC	Christian Stephenson	10h1	8:46.66	(1 R Kosgei 8:23.17)
	Justin Chaston	7h1	8:31.01	(1 Bessou 8:21.14)
W800	Kelly Holmes	1h4	2:01.76	
		2s2	1:58.45	(1 Graf 1:57.46)
		3	1:56.80	(1 Mutola 1:56.15, 2 Graf 1:56.64)
	Diane Modahl	5h5	2:02.41	(1 Graf 1:58.39)
W1500	Helen Pattinson	6h1	4:08.80	(1 Favor-Hamilton 4:08.08)
		9s2	4:09.60	(1 Beclea-Szekely 4:06.60)
	Kelly Holmes	3h2	4:10.38	(1 Beclea-Szekely 4:10.18)
		4s2	4:05.35	(1 Merah-Benida 4:05.24)
		7	4:08.02	(1 Merah-Benida 4:05.10, Beclea-Szekely 4:05.15, Szabo 4:05.27)
	Hayley Tullett	3h3	4:10.58	(1 Dulecha 4:09.88, 2 Merah-Benida 4:10.58)
		3s2	4:05.34	(as above)
		11 fell	4:22.29	(as above)
W5000	Sonia O'Sullivan IRE	1h1	15:07.91	
		2	14:41.02	(1 Szabo 14:40.79, 3 Wami 14:42.23)
	Jo Pavey	2h1	15:08.82	(1 O'Sullivan 15:07.91)
		12	14:58.27	(as above)
W10000	Sonia O'Sullivan IRE	7h1	32:29.93	(1 Tulu 32:06.19, 2 Loroupe 32:06.41)
		6	30:53.37	(1 Tulu 30:17.49, 2 Wami 30:22.48, Ribero 30:22.88)
	Paula Radcliffe	6h2	32:34.73	(1 Barsosio 32:34.07)
		4	30:26.97	(as above)

In addition the following athletes who have appeared in BMC races in recent years, or have other links to BMC, ran in Sydney

M800:	Joseph Mutua KEN	3h3	1:47.86	(ran in Cardiff GP 1998)
	Japheth Kimutai KEN	2h6	1:45.60	
		5s2	1:45.64	(coached by a BMC member)
M1500:	Gabe Jennings USA	6h2	3:40.96	(ran in Solihull GP 1999)
M5000:	Mizan Mehari AUS	8h1	13:24.56	(holder of two BMC junior records)
	Marius Bakken NOR	11h1	13:44.80	(advised by a BMC member)
	Craig Mottram AUS	8h1	13:31.06	(ran in Wythenshawe and Battersea 2000)
M10000	Rob Denmark GBR	13h1	28:43.74	(former BMC member, ran in Watford and Solihull 2000)
M Mar	Tendai Chimusasa ZIM	9	2:14.19	(ran in SWGP in 1994)
	Hendrik Ramaala RSA	12	2:16.19	(ran at Battersea 2000)
	Kameil Maase NED	13	2:16.24	(ran at Watford 2000)
	Keith Cullen GBR	19	2:16.59	(ran in many BMC races in the nineties)
	P Ballantyne VIN	31	2:19.08	(ran at Battersea 1998)
	M Buchleitner AUS	33	2:19.36	(ran at Watford and Solihull 2000)
W1500	Georgie Clarke AUS	8h2	4:11.74	(ran Wythenshawe, Battersea and Watford 2000)
	Naomi Mugo KEN	10h2	4:13.18	(ran Cardiff and Watford 1999)
	Sinead Delahunty IRE	7h3	4:11.75	(ran at Stretford in 1995)
	Sara Jamieson AUS	11h3	4:12.90	(ran at Watford 1999, Wythenshawe and Battersea 2000)
W5000	Elva Dryer USA	7h1	15:23.99	(ran at Cardiff 1999)
	Rosemary Ryan IRE	8h1	15:33.05	(ran at Watford and Stretford 2000)
	Kate Richardson AUS	9h3	15:45.34	(ran at Battersea 2000)
W10000	Natalie Harvey AUS	17h1	34:12.90	(ran at Battersea, Cardiff and Stretford 2000)
	Sally Barsosio KEN	1h2	32:34.07	
		17	31:58.34	(ran at Cardiff 1999)
	Elana Meyer RSA	7s2	32:35.32	
		8	31:14.70	(ran at Watford 2000)



If it weren't for the BMC

by David Powell

"Without the BMC and the LMEI, I would not be going to the Olympics"

First published in *The Times*, July 2000

HOME HOPES FOR SYDNEY GET BETTER BY A DISTANCE

WHEN Helen Pattinson won the European Cup 1,500 metres in Gateshead two weeks ago, the part-time Preston lifeguard did more than fish the Great Britain women's team out of trouble. Pattinson's victory was a triumph, too, for a competitive structure set up three years ago to resuscitate British middle and long-distance running.

As long as the British Milers' Club (BMC) Nike Grand Prix, incorporating the London Marathon endurance initiative, continues to function, there should be no return to the dark days of 1999 when, at the world championships in Seville, two marathons, the men's 800 and 5,000 metres finals and the women's 1,500 metres final were run without a Briton involved. Paula Radcliffe apart, the British endurance team was an embarrassment.

Now, though, the work of the BMC and the London Marathon appears to be paying off as athletes who have developed through the series are rising to the surface. Hayley Tullett, third in the European Cup 3,000 metres, is another who has used it to good effect.

There are only four events, all on the men's side, in which Britain has four athletes in possession of Olympic qualifying marks. It is no surprise to find that the 100 metres, 200 metres and triple jump are three of them, but few would have expected the 10,000 metres to be the fourth. However, Andres Jones, Karl Keska, Rob Denmark and Mark Steinle have all beaten the 28min 10sec mark.

Jones, 23, has made extraordinary progress, improving his best by 1min 17sec to record 28:00.50 in the BMC-hosted AAA championships in Watford last weekend. "Without the BMC fixtures and the London Marathon endurance initiative I would not be going to the Olympics," he said.

A regular on the domestic grand prix circuit, Jones said: "Most of my personal bests have been set in BMC and London Marathon endurance initiative races. They bring all the top British athletes together for fast races which

give you an edge." Two seasons ago, Jones was running in C races and, last season, mainly in B races. "He is a product of the competitive system we have created," Mike Down, the London Marathon endurance initiative organiser, said. "We now have four Olympic qualifiers in an event everybody tells us we are hopeless at."

The success of Watford, where Jones, Denmark and Steinle all ran inside the qualifying time, was in the use of a pacemaker and a strong overseas entry, financed by the London Marathon and UK Athletics. Kameil Maase, a Dutchman, produced the first run under 28 minutes seen in a AAA 10,000 metres for 15 years and British athletes ensured that all three places in the Olympic team will be filled after two went vacant in Seville.

Pattinson no longer has need of the series, having attained the level that gains her invitations to the European circuit. In Barcelona on Tuesday she finished second to Svetlana Masterkova, the Olympic champion, in a career-best 4min 04.82sec. "I have done the BMC races every year prior to this and they have been really helpful," she said.

"You can always get a good-quality race. It's not about positions, it's about times. The fact they put pacemakers in gives you an opportunity to run fast, which is good practice for when you get the chance to run in Europe."

Alarmed by the decline in British standards, the BMC set out in 1996 to improve the position. "Our leading athletes were not running against each other enough," Matthew Fraser Moat, the BMC vice-chairman, said. Success was gradual.

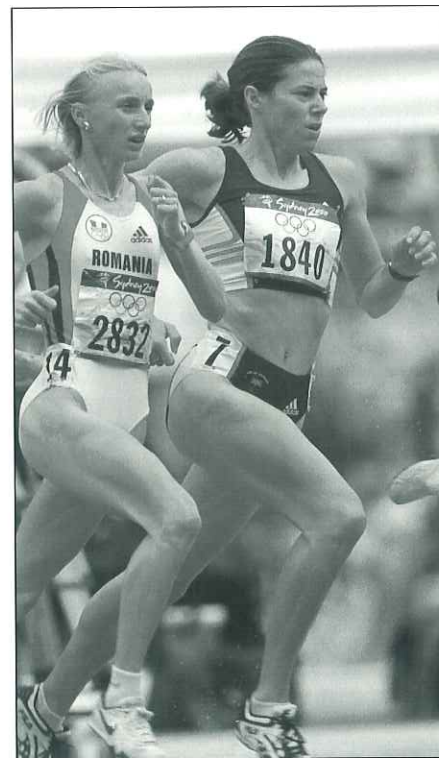
"The problem at first was in establishing credibility with the runners," Down said, "but we have seen a swing-round. We are putting on races that attract athletes from other European countries and putting money into that, rather than sending athletes willy-nilly overseas." Increasingly, British athletes had been finding difficulty in getting into European races that are loaded with Africans.

Andrew Graffin, 22, may not have to wait long before joining John Mayock and Anthony

Whiteman on the European 1,500 metres circuit after recording 3:39.79 in Watford. At another BMC meeting, Chris Thompson ran 3:44.60 to move ahead of Steve Ovett and Sebastian Coe in the all-time junior rankings.

"Everybody breaking through has used our races," Down said. Andrea Whitcombe ran an Olympic 5,000 metres qualifying time in the BMC Nike Grand Prix at Battersea Park, paced by Sonia O'Sullivan. Kelly Caffel and Jo Pavey look Olympic material, both having returned from longstanding injury this season, using the domestic series as their tool to get race fit.

From five men running under eight minutes at 3,000 metres in 1998, already there are 23 this season, with two months to go. The number of women running under 9:20 has risen from seven to ten. At 5,000 metres, 12 men broke 14 minutes in 1998. That is up to 25 this season. For women, the number has risen from 13 to 16. As Down said: "If you broaden the base of the pyramid, you have more chance of somebody making at international level."



Helen Pattinson: "fishing the Great Britain women's team out of trouble"



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For runners by runners.

2000 BMC Merit Rankings

compiled by Matthew Fraser Moat

Inspired by Peter Matthews' national merit rankings, the BMC Merit Rankings take account of performances made in BMC races only, on the following basis:

- best times and number of performances at that level;
- number of winning performances and the margins of their victories;
- win-loss record against other ranked athletes;
- performances in the 'special BMC events' i.e. the BMC Relays at Battersea and the BMC NIKE Grand Prix Final incorporating the BMC Championships at Scotstoun;
- the style of the athlete's racing, i.e. whether they are willing to take up the pace, and
- the distances athletes are prepared to travel to get fast races.

The rankings are therefore meant to reward consistent excellence by BMC members prepared to travel throughout the season. They are not meant to predict what would happen in an idealised race. Non-members are excluded and members who only ran once are listed as "not-ranked". Places in the last five years BMC rankings are in brackets. Times for women set in mixed races are discounted slightly in the rankings.

Men's 800m

- Hart** (1, 2, 1, 1, 2) 1:46.97:
3 Batt Pk, 1b CardGP;
- Donaldson** (5, nr, 27, 16, 9) 1:47.65:
2 Lough 10/5, 2 Lough 14/6, 3b CardGP,
2 SolGP;
- Moss** (-, 6, -, -, -) 1:47.75
1 Lough 14/6, 7 CardGP, 3 SolGP;
- Graffin, Andrew** (19, -, 22, -, -) 1:49.1:
1 Toot 19/7, 1 ScotGPF;
- Swift-Smith** (2, 18, 3, 8, -) 1:48.28:
1 WythGP, 2 WatGP, 2 Wat 2/8;
- Speaight** U23 (4, -, -, -, -) 1:48.74:
6 WythGP, 5 CardGP, 2 Stret 25/7,
1 Wat 2/8, 6 SolGP;
- McKay** (-, 7, 2, -, -) 1:48.56:
3 Wyth GP, 4 Stret 11/7
- Donkin** (3, 8, 13, nr, -) 1:48.72:
1 Stret 30/5, 4 WythGP, 9 Batt Pk,
3 Stret 11/7, 8 WatGP, 2 ScotGPF;
- Mayo J** (15, 20, -, 5, -) 1:49.07:
1b Batt Pk, 1 Wat 12/7, 3 WatGP,
6 ScotGPF;
- Watson** (-, -, -, -, -) 1:49.05
2 Stret 30/5, 2c WythGP, 7 Stret 11/7,
1b WatGP, 1 Stret 25/7
- Cuddy** (8, 19, 4, 19, -) 1:48.98:
1 Stret 16/5, 3 Stret 30/5, 8 Batt Pk,
3 CardGP, 8 Stret 11/7, 4 WatGP
- Shone** (12, 4=, -, -, -) 1:49.25:
3 Wat 7/6, 6b CardGP;
- Clark** (11, -, -, -, -) 1:49.24:
1b Wat 7/6, 7 Batt Pk, 5 WatGP,
7 Wat 2/8, 7 Bedford;
- Rogers** (new) 1:49.61
3 Stret 16/5, 8 Stret 30/5, 7b WythGP,
2b Batt Pk, 8 CardGP, 9 Stret 11/7,
4b WatGP, 4 ScotGPF, 1 Stret 5/9
- Bailey** (new) 1:49.46
4 Stret 16/5, 5 Stret 30/5, 10b WythGP
5b Batt Pk, 1b Stret 11/7, 5b WatGP,
3 Stret 25/7, 1b SolGP, 5 ScotGPF,
3 Stret 5/9
- Mulvaney** U20 (23, -, -, -, -) 1:49.86:
2 Stret 16/5, 8 WythGP, 3 Wat 12/7,
4 Wat 2/8
- MacLean** U23 (new) 1:49.82:
4 Wat 12/7, 2 Wat 30/8
- Graffin Allen** (-, -, -, -, -) 1:50.1:
6 Wat 12/7, 2 Tooting, 1c ScotGPF
- Dixon** (-, -, -, -, -) 1:49.74:
3 Lough 10/5, 1 Lough 24/5, 7b CardGP

- Mayo T** (13, -, -, -, -) 1:50.68:
1 Sol 24/5, 5b Stret 30/5, 4c Stret 30/5
3b Batt Pk, 6 Wat 30/8
- Rees Jones** (new) 1:50.21
4 Stret 30/5, 1 Stret 27/6, 6 Stret 1/7
- Parker** U23 (-, -, -, -, -) 1:50.22
3 Lough 14/6, 8b CardGP, 2b WatGP,
3 Wat 2/8
- Bolt** U20 (24, -, -, -, -) 1:50.4
1 Wat 10/5, 1 Sol 19/7
- Edwards** (6, 13, 11, -, -) 1:50.47
3b WythGP, 12 WatGP
- Ashe** (-, -, 20, 26, -) 1:50.36
5 Wat 7/6, 3 Wat 30/8
- Thie** (-, -, -, -, -) 1:50.52
7 SolGP, 4 Wat 30/8
- Hall** (29, 12, 14, -, -) 1:50.09
1b WythGP, 6 WatGP, 8 SolGP,
9 Wat 30/8, 2 Wat 6/9
- Knight** (14, 24, 7, 7, 3) 1:50.87
9 Wat 7/6, 1c Batt Pk, 9 Wat 12/7,
9b WatGP, 1b Wat 2/8, 11 Wat 30/8
- Brown** (new) 1:50.89
11 Wat 7/6, 7b Batt Pk, 2c WatGP, 1 Sut Pk,
4b Wat 2/8, 3b SolGP, 2 Bedford, 7 ScotGPF
- Davoren** (-, -, -, -, -) 1:51.1
6b Batt Pk, 5 Wat 2/8, 1 Brighton

not ranked

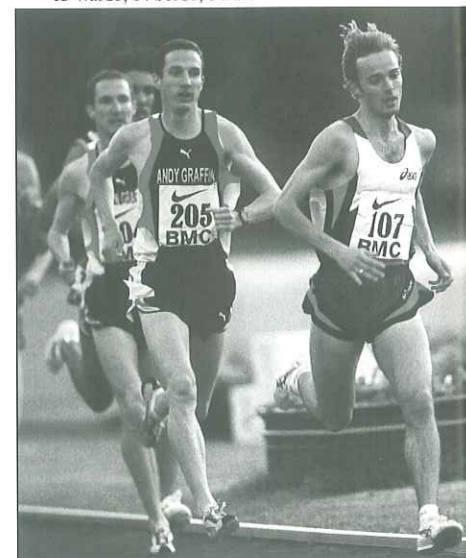
- Whiteman** (-, nr, nr, -, -) 1:47.81: 1 WatGP
Caddy (-, -, -, 11, 18) 1:47.89: 5b CardGP;
Turnbull IRE (7, -, -, -, -) 1:48.8: 1 Lough 10/5
Lees U23 (30=, 3, 23, -, -) 1:49.26: 2 Wat 7/6
King (nr, 9, 8, 9, -) 1:49.55: 7 WythGP
Andrews U20 (9, -, -, -, -) 1:49.67: 4 CardGP
Tulba (-, 4=, 15, 18, -) 1:49.76: 2 Wat 12/7

Andy Hart truly has been the athlete of these BMC merit rankings. In the six years of these rankings at 800m, he has been 1st four times and 2nd in the other two years. No other athlete in any event comes close to his loyalty and consistency. Donaldson and Moss made good progress, and BMC Champion Andrew Graffin is difficult to rank, winning both his races, but only placing 24th on time. Tom Mayo really did do two races at Stretford on 30th May, both in 1:55.

Men's 1,500m / Mile / 2,000m

- Graffin, Andrew** (2, 9, -, -, -) 3:39.79 / 5:01.28:
2 Batt Pk 25/6, 1 Wat GP;
- East** (nr, nr, -, -, -) 3:40.59:
2 WythGP, 2 Shapwick;
- Maclean** U23 (17, -, -, -, -) 3:41.19:
1 Wat 2/8, 2 ScotGPF;

- Ashe** (4, -, 11, 2, 6) 3:41.36:
11 CardGP, 1 Wat 12/7, 2 Wat GP;
- Thie** (22, 19, -, -, -) 3:42.85 / 4:01.7M:
4 WythGP, 12 CardGP, 2 Stret 22/8,
2 Yeovil, 2 Wat 6/9, 3 Shapwick, 2 SWGP;
- Davoren** (8, 13, nr, 24, 20=) 3:43.13:
1b Batt Pk 4/6, 7 CardGP, 4 Wat 12/7,
4 WatGP;
- Bolt** U20 (25, 28, -, -, -) 3:42.36 / 4:15.56:
13 CardGP, 5 Wat 12/7, 3 WatGP, 2 Bath,
4 Shapwick, 3 SWGP;
- Graffin, Allen** (9, -, -, -, -) 3:43.29 / 5:02.90:
3 Batt Pk 25/6, 5 WatGP, 3 Scot GPF;
- Sharp** (11, 10, 22, -, -) 3:43.88 / 4:02.0M:
9 Batt Pk 4/6, 8 WythGP, 5 CardGP,
9 WatGP, 1 SolGP, 3 Yeovil, 5 ScotGPF.
- Bowditch** (new) 3:42.59:
1 Stret 25/7, 1 Stret 22/8
- Swift-Smith** (-, -, 16, -, -) 3:43.01 / 4:02.45M:
8 Batt Pk 4/6, 2 CardGP, 8 SolGP
- Tulba** (-, 3, 15, -, -) 3:43.56:
4 CardGP, 7 WatGP
- Moorhouse** (-, 20, -, -) 3:43.41 / 4:02.35:
7 Batt Pk 4/6, 9 CardGP, 3 Stret 22/8
- Tedd** (new) 3:43.54:
7 WythGP, 8 WatGP
- Morris Michael** (new) 3:43.52
5 Stret 27/6, 11 WatGP, 5 SolGP, 4 Stret 22/8
- Mayo T** (5, 4, -, -, -) 3:44.07 / 4:00.60:
4 Batt Pk 4/6, 11 WythGP, 18 CardGP,
2 Wat 12/7, 14 WatGP, 4 Yeovil;
- Bouchamia** ALG U23 (new) 3:43.34 / 4:04.30M:
10 Batt Pk 4/6, 5 WythGP, 14 CardGP,
19 WatGP, 9 SolGP
- Stephenson** (-, 6, -, -, -) 3:49.66 / 4:00.4M:
18 WatGP, 1 Yeovil
- Zawadzki** (-, -, nr, 26, -) 3:45.67
6 Stret 11/7, 2 Sol 19/7, 1c WatGP,
3 SolGP, 1 Stret 5/9
- Thompson** C U20 (-, 27, -, -, -) 3:44.66
1 Millfield, 2b CardGP, 3 Wat 12/7, 6 SolGP, 5
Shapwick
- Taylor** (new) 3:44.79
6 Stret 16/5, 3b WythGP, 4 Stret 11/7,
1b WatGP, 2 Wat 2/8, 7 SolGP, 5 Stret 22/8,
8 Stret 5/9
- Renfree** (-, 26, 25, 30=, -) 3:44.88:
3 Lough 10/5, 9 WythGP, 4 ScotGPF
- Soos** U20 (new) 3:47.36 / 4:28.19M
2 Millfield, 5b WythGP, 6 Wat 12/7
13 WatGP, 14 SolGP, 8 Bath



Andy Graffin and Grant Cuddy



- 24 **McCormick** U20 (new) 3:45.19
7b WythGP, 7 Stret 27/6, 2 Stret 11/7
11b WatGP, 1 Stret 8/8
- 25 **Grime** (-, -, -, 7, -) 3:45.79
15 WatGP, 2 Stret 25/7
- 26 **Nicolson** (12, -, -, -, -) 3:44.70:
10 CardGP, 16 WatGP
- 27 **Skinner** U23 (-, -, -, -, -) 3:46.72
12 WythGP, 15 CardGP
- 28 **Mulvaney** U20 (-, -, -, -, -) 3:48.13 / 4:10.93
4b Batt Pk, 5b WatGP, 3 Stret 8/8,
11 SolGP
- 29 **Scanlon** (-, -, -, 13, -) 3:48.1 / 4:14.83
3 Stret 30/5, 6b Batt Pk 4/6, 1 Sol 19/7,
4 Wat 2/8
- 30= **Davies** M (30=, 24, 23, 17, 18) 3:47.28 / 4:15.83M
16 CardGP, 3b WatGP, 12 Wat 2/8, 3 Bath
- 30= **Ingle** U23 (-, -, -, -, -) 3:48.87 / 4:06.7
3b CardGP, 7c WatGP, 1b SolGP
5 Yeovil, 4 Watford 6/9, 5 Bath, 4 SWGP

not ranked

- Dixon** (nr, 23, -, -, -) 3:40.42: 1 WythGP;
Openshaw (-, nr, nr, -, -) 4:00.88M: 5 Batt Pk
Heath (-, -, -, -, -) 4:01.06M: 6 Batt Pk

Andrew Graffin continued to improve, making his breakthroughs at Battersea and Watford prior to gaining Olympic selection. Michael East and Angus Maclean show great promise for the future. Matt Davies is the only athlete to make the rankings for the sixth successive year, a record for this event. Steve Sharp won the BMC Nike Grand Prix at Scotstoun whilst Allen Graffin's 3rd place at Scotstoun was his third race of the afternoon.

Men's 3,000m / 5,000m / 10,000m

- 1 **Jones** (new) 7:54.12 / 28:00.50
1b WythGP, 6 CardGP, 2 WatGP
- 2 **Bowditch** (new) 7:52.27 / 13:28.22;
3 WythGP, 2 Batt Pk, 1(3k) SolGP
- 3 = **Openshaw** (2, nr, -) 7:55.12 / 13:37.97:
6 WythGP, 6 Batt Pk, 6 Stret 11/7,
1 Stret 25/7, 7 SolGP;
- 3= **Stewart** (nr, -, -) 7:56.80 / 13:38.37:
7 WythGP, 4 Stret 11/7, 4 SolGP;
- 5 **Graffin Allen** (new) 8:15.44 / 13:41.42;
2 SolGP, 1 ScotGPF
- 6 **Moorhouse** (nr, 2, -) 7:53.11 / 13:42.35
1 Stret 30/5, 4 WythGP, 8 Batt Pk,
8 Stret 11/7
- 7 **Passy** (new) 7:53.68 / 13:52.97
5 WythGP, 11 Batt Pk, 9 Stret 11/7, 5 SolGP
- 8 **Tromans** (3, -, 5)
8:05.45 / 13:57.31 / 29:05.28
14 WythGP, 14 CardGP, 11 Stret 11/7,
14 WatGP
- 9 **Lane** (new) 13:58.44 / 29:38.93
14 Stret 11/7, 17 WatGP
- 10 **Wetheridge** (new) 7:59.35 / 14:05.95
13 WythGP, 12 Batt Pk

not ranked

- Stephenson** (-, -, -, -, -) 7:53.23: 4 CardGP
Davies (7, -, -) 7:57.48: 9 WythGP

Andres Jones, a member of our 1996 4 x 1,500m junior relay team, won the AAA title in his Olympic qualifying time at Watford and Kris Bowditch ran the fastest 3k and 5k times by a member, getting his Olympic qualifying time at Battersea Park. Both set BMC member's records. Mike Openshaw and Glen Stewart both ran consistently well, whilst Allen Graffin is the first athlete to rank in three events in the same year.

Women's 800m

- 1 **Caffel** U23 (nr, -, -, -, -) 2:03.48mx:
1 CardGP, 1 Wat 30/8, 1 Wat 6/9;
- 2 **Carter** U23 (3, 13, -, -, -) 2:03.78mx:
1 Lough 10/5, 1mx Stret 22/8, 1 Stret 5/9;
- 3 **Fenn** (-, 3, nr, -, -) 2:06.13:
4 WythGP, 1 SolGP
- 4 **Newcombe** (1, 4, -, -, -) 2:05.69:
5 WythGP, 2 SolGP, 2 ScotGP;
- 5 **Simpson** U17 (new) 2:06.72:
1 Millfield, 3 SolGP
- 6 **Ross** U20 (8, -, -, -, -) 2:06.38:
7 WythGP, 3 ScotGPF;
- 7 **Fryer** (2, 19, 14, 10, 16) 2:07.71:
6 WythGP, 1 Stret 11/7, 2 WatGP,

- 1mx Stret 25/7;
- 8 **Evans** (9, -, -, -, -) 2:07.07:
1b WythGP, 3 CardGP, 3 WatGP,
1 Wat 2/8, 6 ScotGPF;
- 9 **Bowyer** (-, -, -, 1, -) 2:07.77:
1 Lough 10/5, 1 Lough 24/7
- 10 **Raven** (-, 8, 1, -, -) 2:08.26mx:
3 Lough 10/5, 1mx Stret 27/6, 2 Wat 2/8
- 11 **Smithson** (-, -, -, -, -) 2:08.75
1 Stret 27/6, 2 Stret 11/7
- 12 **Griffiths S** (14, -, -, -, -) 2:08.77
4 Stret 27/6, 1 Stret 8/8
- 13 **Quinn** U20 (new) 2:08.84
2b CardGP, 2 Stret 8/8
- 14 **Lynch** U23 IRE (-, 7, -, -, -) 2:08.90
8 WythGP, 3 Stret 8/8, 5 Wat 30/8
- 15 **Lamb** (-, -, 17, 3, 15) 2:09.14
2 Batt Pk, 2 Sol 19/7
- 16 **Blakeman** (-, 5, -, -, -) 2:09.11
3 Sol 19/7, 1 Stret 25/7, 4 Stret 8/8,
5 SolGP
- 17 **Bouchard** (-, -, 18, -, -) 2:09.08
1 Stret 16/5, 2 Stret 30/5, 2b WythGP
3 Stret 27/6, 2 Stret 25/7, 2 Stret 5/9
- 18 **Butler** (18, 9, 5, 19, -) 2:07.88:
1 Stret 2/5, 1 Stret 30/5, 9 WythGP,
6 Stret 27/6, 4 Stret 11/7, 5 Stret 8/8,
4 ScotGPF, 4 Stret 5/9
- 19 **Reed** U20 (new) 2:09.50
7b WythGP, 1b CardGP, 5 WatGP,
7 SolGP, 5 ScotGPF
- 20= **Andrews** (-, -, 12, -, 7) 2:09.80
3 Stret 30/5, 2 Stret 27/6, 3 Stret 25/7
- 20= **Brady** (11, 15, 15, -, -) 2:09.78:
5 Stret 27/6, 2 Stret 22/8, 3 Stret 5/9

not ranked

- Modahl** (-, nr, nr, -, -) 2:02.73mx: 1mx Stret 5/9;
Pattinson (nr, nr, 11, -, -) 2:05.0mx: 1 Stret 8/8;
- Once again, the races in the Grand Prix were disappointing, but there were fine runs by Caffel, Carter and Modahl in mixed races. Many old names reappear whilst Paula Fryer is the only athlete to appear in the rankings for the sixth successive year. The depth has improved significantly, with no athlete outside 2:10.

Women's 1,500m / Mile

- 1 **O'Sullivan** IRE (new) 4:06.39mx
1re4 Batt Pk, 1mx WatGP, 1 WatGP
- 2 **Yelling** L (-, -, -, -, -) 4:16.75
2 SolGP, 1 Bedford, 1 Wat 30/8
- 3 **Newport** (1, -, nr, nr, 1) 4:15.28:
2 Lough 10/5, 2 WythGP, 1mx Stret 25/7
- 4 **Carter** U23 (nr, 18, -, -, -) 4:17.98:
1 Lough 10/5, 3 WythGP, 3 CardGP
- 5 **Smithson** (-, 3, -, -, -) 4:18.32:
1mx Stret 30/5, 6 WythGP, 1 CardGP
- 6 **Scott** (3, -, -, -, -) 4:18.42:
5 WythGP, 8 WatGP
- 7 **Griffiths S** (6, 6, -, -, -) 4:20.16:
10 WythGP, 1 ScotGPF
- 8 **Lynch** IRE (4, 8, -, -, -) 4:18.79:
2re1 Batt Pk, 9 WatGP, 2 ScotGPF
- 9 **Fitzgerald** IRE (7, -, -, -, -) 4:18.8R:
2re2 Batt Pk, 11 WatGP
- 10 **Bull** (9, 10, -, -, -) 4:23.6:
1b WatGP, 2 Bedford
- 11 **Doughty** (8, 17, 13, 12, -) 4:22.75:
6 CardGP, 2b WatGP
- 12 **Lamb** (12, 9, -, nr, -) 4:22.19:
7 WythGP, 12 WatGP
- 13 **Jelbert** U17 (new) 4:23.96:
1 Millfield, 4 SolGP
- 14 **Sharp** (10, 19, -, 19, -) 4:22.30:
5 CardGP, 7b WatGP, 8 SolGP, 4 ScotGPF
- 15 **Bouchard** (new) 4:23.7
1mx Stret 11/7, 1mx Stret 8/8, 1 Stret 22/8
- 16 **Wannell** (11, 14, -, -, -) 4:23.72:
11 WythGP, 7 CardGP
- 17 **Gunning** (new) 4:24.52
1mx Sol 21/6, 5 SolGP, 6 Wat 30/8
- 18 **Wilkinson** (new) 4:25.45
4b WatGP, 7 SolGP, 3 Bedford
- 19 **Lee** (new) 4:25.50
3b WatGP, 12 SolGP
- 20 **Moore** U17 (new) 4:25.53
2 Millfield, 4 Wat 30/8



Kelly Caffel

not ranked

- Nolan** IRE (new) 4:16.82: 4 WatGP;
Parkinson (-, 5, 4, 4, 2) 4:17.85: 5 WatGP;
McCambridge IRE (new) 4:17.68: 6 WatGP;
Henaghan (-, nr, nr, -, -) 4:18.04: 7 WatGP;
Caffel (-, -, -, -, -) 4:18.14: 4 WythGP;
Modahl (-, -, -, -, -) 4:18.36: 1mx Stret 16/5;

As last year, most of the fast times were set by overseas athletes who ran just the once, which makes the efforts of Sonia O'Sullivan so very special, effectively breaking the BMC record on three occasions, the fastest in a relay, the fastest in a mixed race, and the fastest in a women only race. A week after her efforts in Watford, she ran 4:01 in Oslo, this confirms our belief that really top athletes can run up to 6 seconds faster over 1,500m in paced European races. Liz Yelling had a fine series of races in late August, and Zoe Jelbert and Charlotte Moore are the most promising juniors.

Women's 3,000m / 5,000m / 10,000m

- 1 **Pavey** (-, nr, nr) 8:53.7mx
2mx CardGP, 1mx Sol 19/7
- 2 **McCambridge** IRE (new) 9:02.35 / 15:39.40
3mx CardGP, 3 Stret 11/7
- 3 **Yelling** L (4, 1, -) 16:03.75 / 33:07.9
6 Batt Pk, 8 WatGP
- 4 **Parkinson** (-, -, -) 9:02.67mx / 15:56.64
2mx Stret 27/6, 5 Stret 11/7, 1mx Stret 22/8
- 5 **Newport** (1, nr, -) 9:05.86mx / 15:48.50:
dnf Batt Pk, 1mx Stret 25/7, 1 SolGP
- 6 **Ingman** U23 (2, 7, -) 9:16.42 / 16:10.25:
5 WythGP, 9 Batt Pk,
- 7 **Henaghan** (-, -, -) 9:22.68 / 16:01.96
7 Wyth GP, 6 Stret 11/7
- 8 **Wannell** (nr, 8,6) 9:31.01 / 16:32.13:
1 Millfield, 10 Stret 11/7
- 9 **Heasman-Knight** (-, -, -) 9:31.93:
3 Stret 30/5, 9 WythGP
- 10 **Waterlow** U23 (3, 10, -) 9:35.02mx:
10 WythGP, 6mx Stret 25/7
- 11 **Hyde Peters** W35 (5, -, -) 9:38.1mx:
6mx CardGP, 2mx Sol 19/7

not ranked

- Colleran** (-, -, -) 9:17.43mx: 3mx Stret 25/7;
Morris (-, -, -) 9:28.68: 8 WythGP
Wyeth W35 (nr, -, -) 9:33.09mx: 5mx Stret 25/7;

After almost two years out Jo Pavey returned to run a couple of low key mixed races, and broke her own BMC record each time. Amanda Parkinson made a fine debut at this event, but, like last year, many of the top performances are by non-members. Liz Yelling set a BMC member's record when finishing 8th at Watford.



BMC Records

British Milers' Club Records (as at 31st October 2000)

BMC Members' Record

*by a paid-up BMC member
in a BMC race*

"BMC Record"

*by anyone
in a BMC race*

BMC Club Record

*by a paid-up BMC member
in any race world-wide*

MEN

M600	1:17.4	Andrew Hart 1999	1:17.4	Andrew Hart 1999	1:15.0+	Seb Coe 1981
M800	1:46.7	James McLroy IRE 1998	1:45.2	Patrick Ndururi KEN 1997	1:41.73	Seb Coe 1981
M1000	2:19.4	Andrew Hart 1997	2:19.4	Andrew Hart 1997	2:12.18	Seb Coe 1981
M1500	3:37.5	Anthony Whiteman 1997	3:37.5	Anthony Whiteman 1997	3:29.77	Seb Coe 1986
M Mile	3:56.35	Anthony Whiteman 1996	3:55.24	David Kisang KEN 2000	3:47.33	Seb Coe 1981
M2000	5:01.28	Andrew Graffin 2000	5:00.66	David Kisang KEN 2000	4:53.06	Jack Buckner 1987
M3000	7:51.4	Rob Whalley 1997	7:51.32	Craig Mottram AUS 2000	7:32.79	David Moorcroft 1982
M 2 Mile	8:34.5	Ian Gillespie 1997	8:34.5	Ian Gillespie 1997	8:13.51	Steven Ovett 1978
M4000	11:03.2	Rob Whalley 1998	11:03.2	Rob Whalley 1998	10:28.7+	David Moorcroft 1982
M5000	13:28.22	Kris Bowditch 2000	13:26.20	Craig Mottram AUS 2000	13:00.41	David Moorcroft 1982
M10000	28:00.50	Andres Jones 2000	27:56.94	Kameil Maase HOL 2000	27:30.3	Brendan Foster 1978
M1500SC		no mark known	4:16.57	Lee Hurst 2000		no mark known
M2000SC	5:38.4	Stuart Stokes 1999	5:38.4	Stuart Stokes 1999	5:23.56	Tom Buckner 1992
M3000SC	8:25.37	Christian Stephenson 2000	8:25.37	Christian Stephenson 2000	8:18.91	Roger Hackney 1988

WOMEN

W600	1:29.4	Linda Staines 1997	1:29.4	Linda Staines 1997	1:26.5	Kirsty Wade 1985
W800	2:01.93	Diane Modahl 1998	2:00.7	Shireen Bailey 1985	1:56.80	Kelly Holmes 2000
W1000	2:44.9	Jo White 1980	2:44.9	Jo White 1980	2:32.55	Kelly Holmes 1997
W1500	4:06.39mx	Sonia O'Sullivan IRE 2000	4:06.39mx	Sonia O'Sullivan IRE 2000	3:58.07	Kelly Holmes 1997
W Mile	4:30.77	Joanne Pavey 1997	4:30.77	Joanne Pavey 1997	4:19.41	Kirsty Wade 1985
W2000	6:12.4mx	Dianne Henaghan 1998	6:12.4mx	Dianne Henaghan 1998	5:37.00	Christine Benning 1984
W3000	8:53.7mx	Joanne Pavey 2000	8:53.58mx	Natalie Harvey AUS 2000	8:27.40	Paula Radcliffe 1999
W 2 Mile		no mark known		no mark known	9:32.07	Paula Radcliffe 1999
W5000	15:32.23	Sonia O'Sullivan IRE 2000	15:30.79	Natalie Harvey AUS 2000	14:41.02	Sonia O'Sullivan IRE 2000
W10000	31:41.1	Elana Meyer RSA 2000	31:41.1	Elana Meyer RSA 2000	30:26.97	Paula Radcliffe 2000
W2000SC	7:15.48	Jane Pidgeon 2000	6:36.02	Jayne Spark 2000	7:10.77	Paula Gowing 1999
W3000SC		no mark known	10:08.11	Tara Kryzwicki 2000		no mark known

British Milers' Club Junior Records (as at 31st October 2000)

BMC Junior Members' Record

*by a paid-up BMC member
in a BMC race*

"BMC Junior Record"

*by anyone
in a BMC race*

BMC Junior Club Record

*by a paid-up BMC member
in any race world-wide*

JUNIOR MEN

M800	1:47.69	Simon Lees 1998	1:47.69	Simon Lees 1998	1:45.77	Steven Ovett 1974
M1000	2:23.4	Justin Swift-Smith 1993	2:23.4	Justin Swift-Smith 1993	2:20.0	Steven Ovett 1973
M1500	3:42.2	Paul Wynn 1983	3:41.15	Stefan Beumer HOL 2000	3:40.90	David Robertson 1992
M Mile	3:59.4	Steven Ovett 1974	3:59.4	Steven Ovett 1974	3:59.4	Steven Ovett 1974
M2000	5:20.0	Glen Grant 1972	5:20.0	Glen Grant 1972	5:20.0	Glen Grant 1972
M3000	8:04.93	Chris Thompson 2000	7:53.40	Mizan Mehari U20 ETH 1998	8:04.93	Chris Thompson 2000
M5000	14:06.52	Chris Thompson 2000	13:28.6	Mizan Mehari U20 ETH 1998	14:06.52	Chris Thompson 2000
M10000		no mark known		no mark known	30:06.01	Andres Jones 1996

JUNIOR WOMEN

W800	2:06.38	Joanna Ross 2000	2:04.6	Janet Lawrence 1977	2:02.0	Jo White 1977
W1000	2:52.0	Lesley Pamment 1974	2:52.0	Lesley Pamment 1974	2:38.58	Jo White 1977
W1500	4:20.0	Bev Hartigan 1986	4:11.67	Georgie Clarke AUS 2000	4:13.40	Wendy Sly 1976
W Mile	4:46.7	Jo Pavey 1990	4:39.0	Jacqueline Beasley 1985	4:34.29	Jo White 1979
W3000	9:25.95	Amber Gascoigne 1998	9:25.95	Amber Gascoigne 1998	9:09.14	Lisa York 1989
W5000	17:13.74	Charlotte Coffey 1999	16:30.38	Louise Kelly 1998	16:47.44	Collette Fagan 2000



“If you only learnt from your success you’re not going to do very much in this life.”

Bill Bowerman



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Improvement: With a reduced mid/outsole weight of 20%, just remember to take them off before you get in the shower.



AIR STRUCTURE TRIAX (6)

Improvement: No more shins of fire. The strengthened footbridge makes this shoe “The Daddy”.



AIR SPAN TRIAX (2)

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AIR PEGASUS 2001

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For runners by runners.

The Sydney success story

by Jason Henderson

VICTORIES by Nils Schumann and Gabriela Szabo in Sydney proved that European athletes could still defeat African runners in middle- and long-distance events on the ultimate stage: the Olympics.

Schumann, from Bad Frankenhausen in Germany, won the men's 800m title. Szabo, born in Transylvania, Romania, but of Hungarian descent, narrowly won the women's 5000m title by outsprinting an Irishwoman (and BMC member) Sonia O'Sullivan.

There were no British winners in events from 800m upwards (since World War II there have only been four - Ann Packer, Seb Coe, Steve Ovett and Chris Brasher). But there was still plenty to suggest that Britain can produce a gold medal winner in Athens in 2004.

The British Milers' Club is currently working to the theory that if Britain can produce 100 men who can break 1:50 for 800m in any given season, for example, then there is more chance one will crack 1:45 than there is if Britain has only 30 men who can run under 1:50.

UK Athletics is trying to apply a similar theory, by getting as many athletes into championship finals as possible. If Britain can simply get twice as many athletes to championships - for starters - then a greater number of finalists - and thus medallists - will follow.



Anthony Whiteman

So far the plan is working, because in the year 2000 Britain fielded almost twice as many endurance athletes (from 800m to the marathon) at the Olympics than they did at the previous year's World Championships in Seville. And this, despite qualifying standards being broadly similar.

HERE'S HOW BRITAIN'S MIDDLE- AND LONG-DISTANCE ATHLETES FARED IN SYDNEY...

Men

800M

James McIlroy ran 1:47.44 to place third in his first round heat behind Andrea Longo and the defending champion Vebjorn Rodahl.

The Northern Ireland athlete improved to 1:46.39 in his semi-final and finished ahead of Rodahl. But in sixth place (and with the 15th fastest time of the 25 semi-finalists) he was out of the qualifying positions.

Andy Hart ran 1:48.78 to finish sixth in a heat won by Nils Schumann - the German who went on to win a scrappy final in 1:45.08.

McIlroy seemed lacking in confidence throughout - and commented after his heat that he would be glad when the season was over so he could concentrate on getting ready for 2001.

Hart on the other hand said he was contemplating retirement after he was knocked out, because he thought he was never likely to win a major championship medal.

Such negative thought processes weren't evident on the track, though, as both McIlroy and Hart took their first round races by the scruff of the neck - running positively from the front and leading off the final bend on each occasion.

With 1:45.81, Anthony Whiteman was the fastest British 800m runner of the year, but he chose to run only the 1500m in Sydney.

The best British performer in the previous two Games, Curtis Robb (sixth in the final in 1992 and sixth in his semi in 1996), missed the season with injury.

1500M

After having no finalist in the 1992 Olympic final, John Mayock finished 11th in the 1996 final and then improved to seventh in Sydney.

The Yorkshireman ran 3:39.41 in the final after having run slightly faster in the rounds.

Andrew Graffin was something of a revelation. Firstly, he won a last-gasp place in

the British team by running a qualifying time in Leverkusen.

Then, in Sydney, he ran 3:39.75 to finish 11th in a first round heat won by the man who would eventually go on to beat Hicham El Guerrouj the final - Noah Ngeny - but his time was fast enough to win a semi-final slot.

With 3:42.72 to place 10th, however, Graffin could not make the final.

Anthony Whiteman was well placed in his first round heat, but was barged off the track and failed to finish the race.

5000M

Only Kris Bowditch made the Olympics in this event for Great Britain.

He ran 13:28.22 to gain an early season qualifying mark at Battersea. But poor runs followed, with sixth in the European Cup, seventh in a AAA final won by Andres Jones, and 15th in his Olympic heat.

In neither of these races did he break 14 minutes, including a 14:08.92 clocking in Sydney.

"It was just like my European Cup race," said Bowditch, after his Sydney race. "After about eight minutes they put a surge in and I couldn't go with them."

Barcelona in 1992 is now the last time Britain had a runner in the men's 5000m final - when Rob Denmark finished seventh.

But surely John Mayock could have been in with a chance of winning a medal in Sydney - if he had run this distance instead of 1500m.

The final was won by Ethiopia's Million Wolde in a pedestrian 13:35.49.

Mayock's credentials - as 1990 World University 5000m champion, 1998 European Indoor 3000m champion, and famed fast finisher - would have held him in good stead.

10,000M

Karl Keska was the leading European athlete in the Olympic final - with eighth place in a time of 27:44.09 (27:48.29 in his heat).

He finished less than half a minute behind Haile Gebrselassie and Paul Tergat, who fought out one of the greatest 10,000m finals in history - with Gebrselassie edging Tergat in a time of 27:18.20.

Andres Jones finished ninth in his Olympic heat in 28:11.20, just missing out on a place in the final.

Jones had earlier won the AAA title (the first man to win the AAA 5km and 10km in the same season since Dave Bedford in 1972) in 28:00.50.

John Mayock



While Keska's 28:00.56 in the European Challenge meant that both these athletes took over a minute off their pre-season bests.

Rob Denmark was Britain's third man in Sydney. After successfully fighting back from horrendous injuries, he placed 13th in his heat in 28:43.74.

Britain has a solid record in this event. In 1992, Paul Evans was 11th in 28:29.93 and Richard Nerurkar 17th in 28:48.48, with Jon Brown 10th in 1996 in 27:59.72.

3000M STEEPLECHASE

Unfortunately, Christian Stephenson's and Justin Chaston's Olympic appearances were an anti-climax following the thrilling way they achieved Olympic selection.

The two Welshmen failed to beat the qualifying time (8:27) at the AAA Championships, but then beat it at the BMC Nike Grand Prix in Solihull a week later.

However, in Sydney Stephenson finished 10th in his heat in a dismal 8:46.66; while Chaston ran closer to form with seventh place in a time of 8:31.01.

"My legs were tired and I don't know why," said Stephenson.

"It was very tough out there," said Chaston, "and making the final was always going to be hard." Britain has now not had a finalist since Tom Hanlon finished sixth in 1992.

Remember, too, that Mark Rowland ran 8:07.96 to win bronze in 1988 behind two Kenyans.

In Sydney, Reuben Kosgei (from Kenya, where else?) won a slow final in 8:21.43.

Women

800M

Kelly Holmes' performance was hailed by her British team-mates as the most inspirational of the Games.

And, who knows, with another two weeks training under her belt it could have been gold.

She ran 2:01.76 to win her heat. She then clocked 1:58.45 to finish runner-up to Graf in her semi-final.

In the final she ran 1:56.80, just short of her British record of 1:56.21 and one place better than her 1996 performance in Atlanta.

"I'm in shock," Holmes said. "Six weeks ago I didn't think I'd even be here.

To run my second fastest ever time is incredible." Diane Modahl was Britain's other 800m runner in Sydney. Hindered by injury problems, Modahl, who was making her fourth Olympic appearance, could finish only fifth in her heat in 2:02.41.

1500M

After her magnificent medal-winning performance over 800m, Holmes finished seventh in a 1500m final won by Algeria's Nouria Merah Benida (4:05.10).

Holmes ran 4:08.02 (after 4:10.38 in her heat and 4:005.35 in her semi).

Remarkably, the Sydney Olympics was the first occasion she tackled the metric mile all season.

Hayley Tullett placed third in her heat in 4:10.58 and third in her semi in 4:05.34 (just ahead of Holmes), but had the misfortune to fall in the final - where she subsequently ended up 11th with 4:22.29.

"That was the dirtiest race I have ever been in," said Holmes about the 1500m final. "Hayley had as good a chance as anyone, but I'm sure she'll bounce back, she's a fighter." Helen Pattinson couldn't recapture the inspirational form that won her the European Cup race at Gateshead earlier in the season.

The Preston athlete finished sixth in her heat in 4:08.80 and then ninth in her semi in 4:09.60.

5000M

BMC members Sonia O'Sullivan and Jo Pavey produced the performances of their lives.

Both athletes ran lifetime bests and O'Sullivan won a silver medal - making up for the disappointment of 1992, when she led into the finishing straight in the Olympic 3000m final but ended up fourth, and 1996, when she failed to finish the 5000m Olympic final due to illness.

In Sydney, O'Sullivan was outkicked by Gabriela Szabo in a thrilling final, with Szabo clocking 14:40.79 to O'Sullivan's Irish record of 14:41.02.

In her debut season over 12-and-a-half laps,

Andrea Whitcombe, like Bowditch in the men's event, ran a qualifying mark of 15:32.62 early in the season at Battersea.

But she finished 15th in her heat in Sydney with 16:15.82 and has spent most of this winter back in Australia training for the triathlon.

10,000M

Paula Radcliffe led for 24 of the 25 laps of the final, but was outsprinted over the final lap and finished an agonising fourth in a race won by Derartu Tulu of Ethiopia in 30:17.49.

The Bedford athlete ran a Commonwealth record of 30:26.97 and pulled the first six under Fernanda Ribeiro's Olympic record of 31:01.63.

"Paula ran the race of her life," said Sonia O'Sullivan, who ran an Irish record of 30:53.37 to place sixth. "I can't believe she didn't come away with a medal."

"Fourth is the worst possible place to finish," said a distraught Radcliffe.

In eighth place was South Africa's Elana Meyer. But such was the standard of the race, Meyer, who is a BMC member, ran a time (31:14.70) that was only three seconds slower than her 1992 Olympic performance, when she finished runner-up to Tulu in Barcelona.

CAN A BRITON WIN IN ATHENS?

British sprinters such as Mark Lewis-Francis and Vernicha James are being touted as possible Olympic gold medallists in 2004 and beyond.

Multi-eventers such as Denise Lewis and Dean Macey are the current bookies' favourites to triumph in Athens in their respective events.

Triple jumpers such as Larry Achike and Phillips Idowu, who were fifth and sixth in the Olympic final, look likely to follow in Olympic champion Jonathan Edwards' hop, skip and foot steps.

BUT WHAT OF BRITAIN'S MIDDLE- AND LONG-DISTANCE RUNNERS?

Here's who could be challenging in 2004...

Men

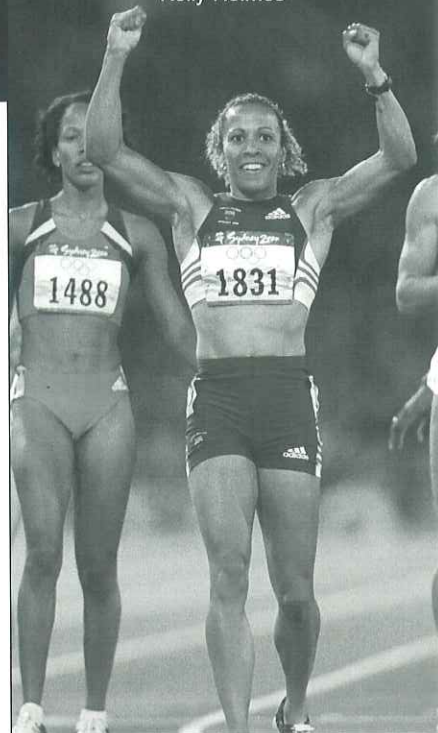
800

Tom Lerwill won a silver medal at the 1996 World Junior Championships.

The man who finished fifth that day, Nils Schumann, went on to win Olympic gold in Sydney, while Lerwill has only recently begun to resurrect his career - under the guidance of Malcolm Arnold - following



Kelly Holmes



Andrews finished second, but has since struggled with a mystery virus, while Borzakovski won the European Indoor Championships, has run 1:44.33, and placed sixth in the Olympic final.

There is still plenty of time for Lerwill and Andrews to recapture their form.

1500

There is no question that Britain has athletes talented enough to win medals in these events. James McIlroy and Curtis Robb are two such men, but they are just as likely to disappear from the sport as they are to triumph in three years' time.

Although their greater successes have come over 800m, both men seem perfectly suited to 1500m. In Athens, Robb will be 32 and McIlroy 27 years old.

There are also plenty of youngsters, such as Matt Dixon, Angus Maclean and Chris Bolt waiting in the wings. While let's not forget Andrew Graffin's superb Sydney performance - something he is likely to build on under the guidance of his coach, Tim Hutchings - himself an Olympic fourth-placer over 5000m in 1984.

Britain's World Junior Championship representatives last summer, looking capable of reaching the very top.

At the end of last year Thompson won an individual silver medal at the European Cross Country Championships, while Farah impresses every time he runs.

John Mayock will have hopefully already made a successful transition to 5000m. He could even be joined by his old 1500m sparring partner, Anthony Whiteman.

Allen Graffin and Neil Caddy are among a number of athletes who appear to have the potential to reach an Olympic Games. Although the African challenge is likely to prove to tough once they get there.

David Moorcroft's British record still stands, but the rest of the world (or rather Africa, to be more accurate) has moved on a further 20 seconds.

10,000

Karl Keska and Andres Jones will be 32 and 27 years old respectively in Athens and look set to dominate this event in Britain.

As they also both improved their best times by over a minute last season, they look set to continue improving too.

3000m steeplechase

Britain's strength in depth was better last year, with the 10th best UK runner clocking 8:44.18 compared to 8:54.46 to 8:55.74 from 1997-99.

There are several promising young steeplechasers emerging too, such as Iain Murdoch, Ben Whitby and Dave Mitchinson.

Like the men's 5000m, though, the African challenge is fierce.

Women

800

Athletes such as Alex Carter, Emma Davies and Jo Fenn have shown promise, but will struggle to fill the enormous void left by Kelly Holmes, who will be 34 years old in 2004.

1500

The future looks brighter at this distance.

Hayley Tullett and Helen Pattinson have emerged as truly world-class competitors.

Behind them, Kelly Cffel appears to have the ability to succeed at the highest level. The new Paula Radcliffe perhaps? Only time will tell.

Any one of a huge crop of talented young athletes, such as Emma Ward, Louise Damen, Charlotte Moore, Zoe Jelbert and

Jemma Simpson - among others - could break through and succeed in the senior ranks.

And don't count out Kelly Holmes still being around and fighting for medals in 2004.

5000

Jo Pavey is a serious medal prospect - if she can stay free of injury. It is a big 'if', but the Bristol athlete will only be 30 in 2004 and enjoyed her debut season over 5000m last year.

Hayley Tullett says she will never move up to 5000m; while this is the distance that Kelly Cffel could settle on.

10,000

Paula Radcliffe is likely to move up to the marathon after the 2002 track season. And she will surely be one of Britain's best medal chances in Athens over 26.2 miles.

Sadly there is no one who can get anywhere near her from 10,000m and upwards. And at last Autumn's World Half-marathon Championships in Mexico, even the trio of British men on show failed to run as fast.

3000M STEEPLECHASE

Tara Krzywicki is among the women who cannot wait for this to become a championship event. But don't be surprised if the event is swamped by a sea of African runners when it eventually becomes an official item.



Sonya O'Sullivan

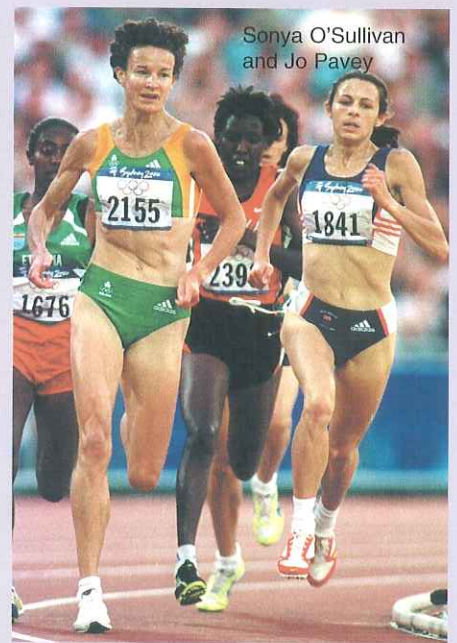


Photo spread – the Olympics

Paula Radcliffe in the lead



Sonya O'Sullivan and Jo Pavey



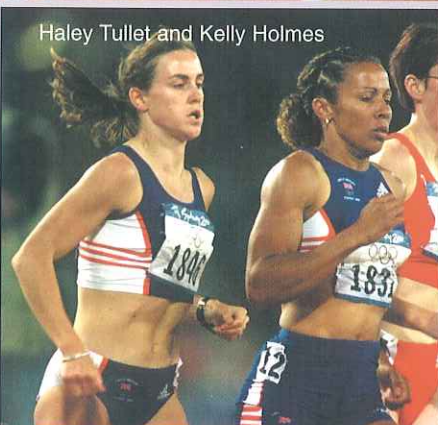
Sonya O'Sullivan with Gabrielle Szabo



James Mollroy



Haley Tullet and Kelly Holmes



Helen Pattinson

Eighteen BMC members were selected for Sydney, six of them made finals, two of them returned with medals.

photos by Mark Shearman

Diane Modahl

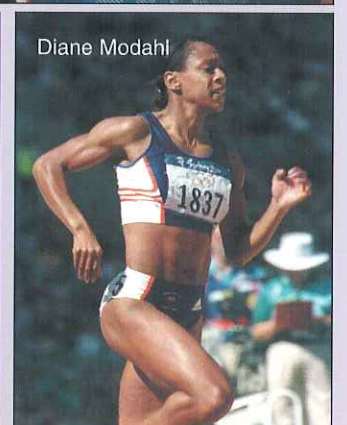
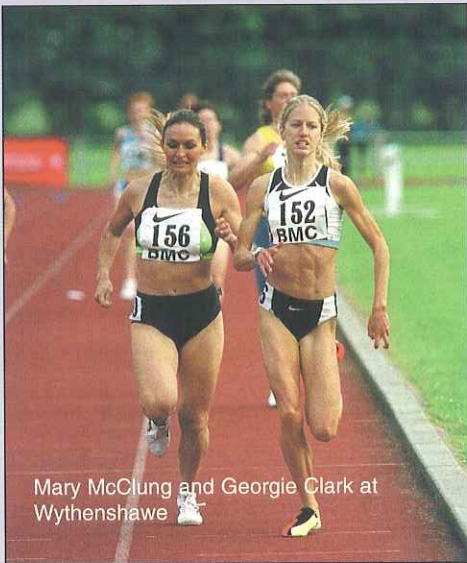
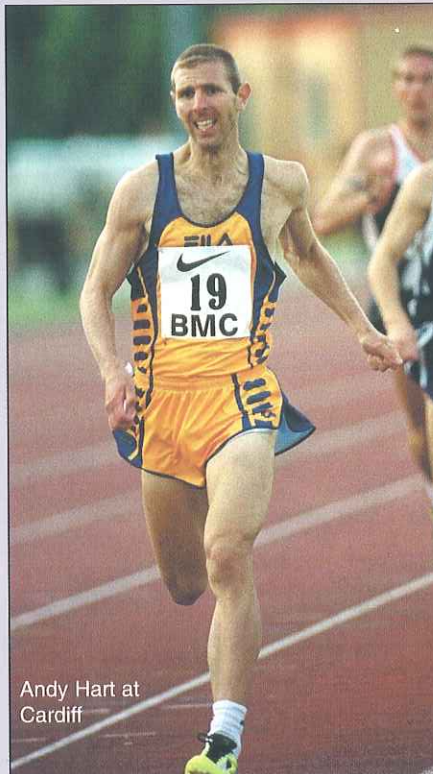


Photo spread - BMC races



Mary McClung and Georgie Clark at Wythenshawe



Andy Hart at Cardiff

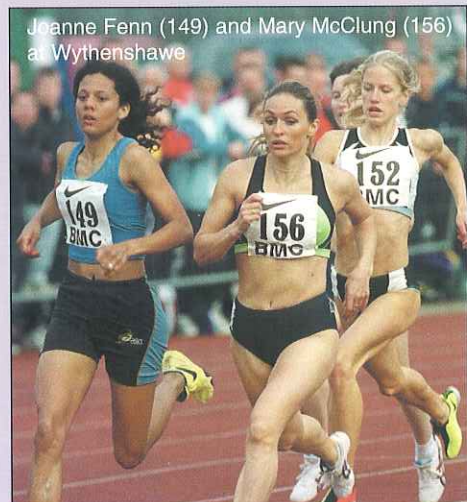


Kris Bowditch



Sonia O'Sullivan at Battersea

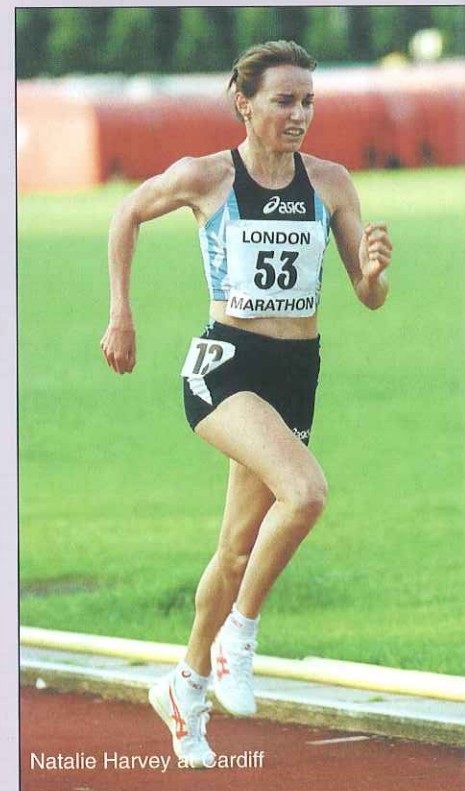
photos by Mark Shearman and Matthew Fraser
Moat except where stated



Jeanne Fenn (149) and Mary McClung (156) at Wythenshawe



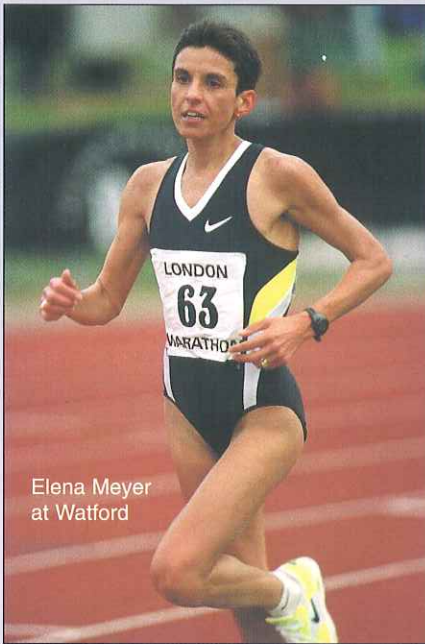
David Kisang and Abraham Chebii at Battersea



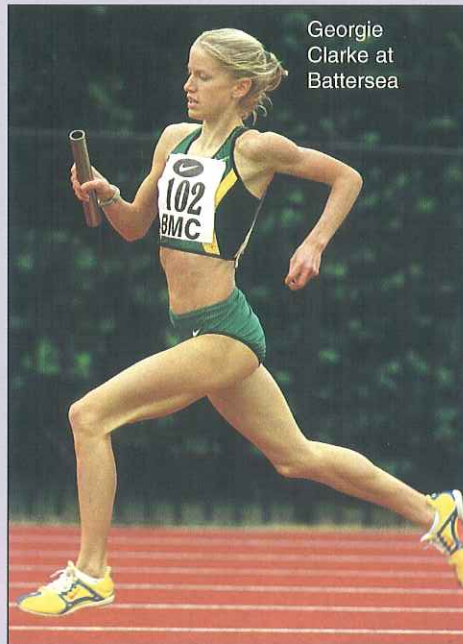
Natalie Harvey at Cardiff



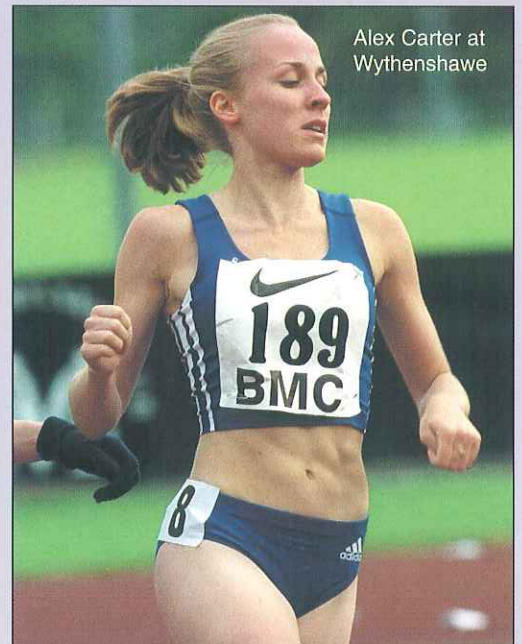
Photo spread - BMC races



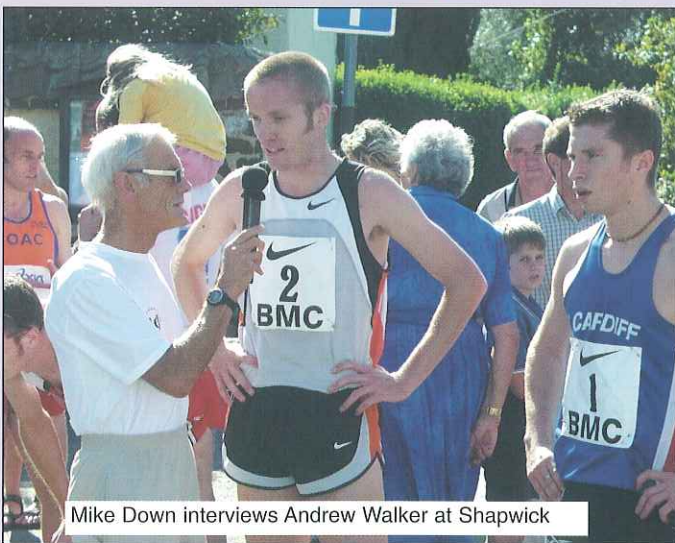
Elena Meyer
at Watford



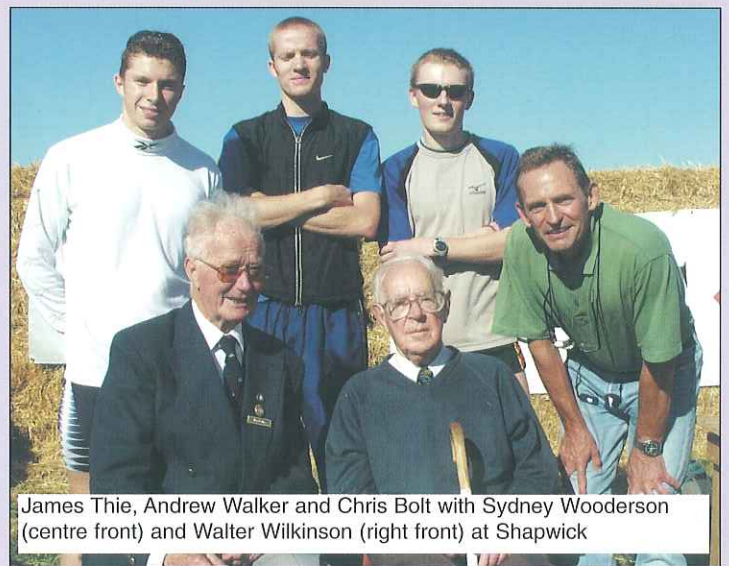
Georgie
Clarke at
Battersea



Alex Carter at
Wythenshawe



Mike Down interviews Andrew Walker at Shapwick



James Thie, Andrew Walker and Chris Bolt with Sydney Wooderson
(centre front) and Walter Wilkinson (right front) at Shapwick



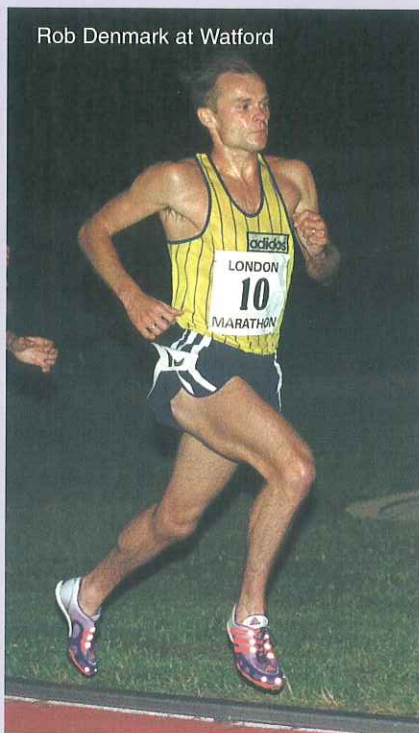
Mike Wheeler (left)
showing off his bronze
medal in the 4x400
from the Melbourne
Olympics 1956 with
local organiser Brian
James and a Shapwick
Gold medal



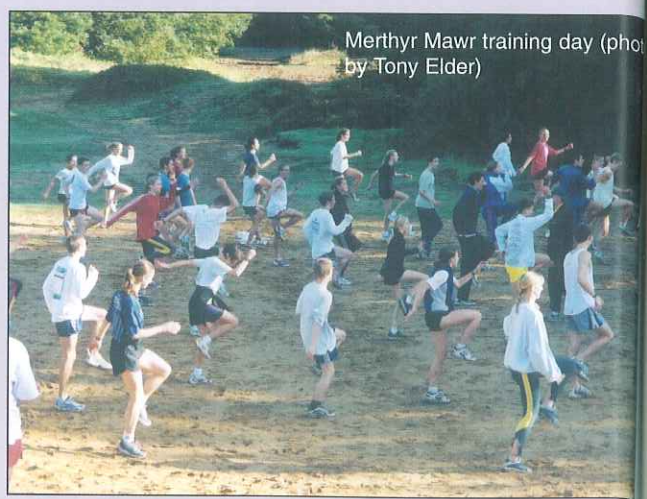
Andrew Graffin leading at Scotstoun



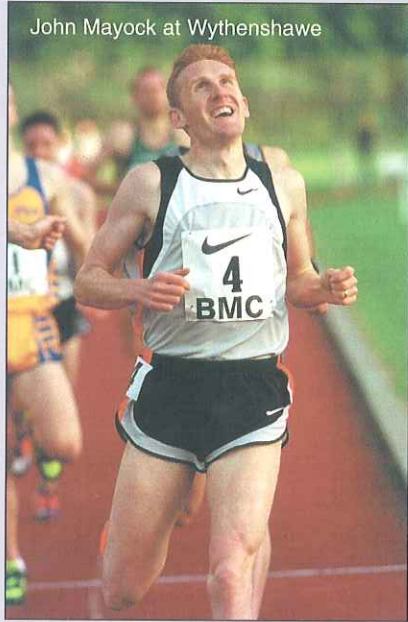
Georgie Clarke and Sonia O'Sullivan at Watford



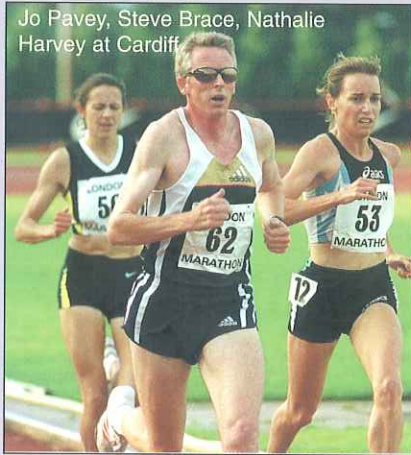
Rob Denmark at Watford



Merthyr Mawr training day (photo by Tony Elder)



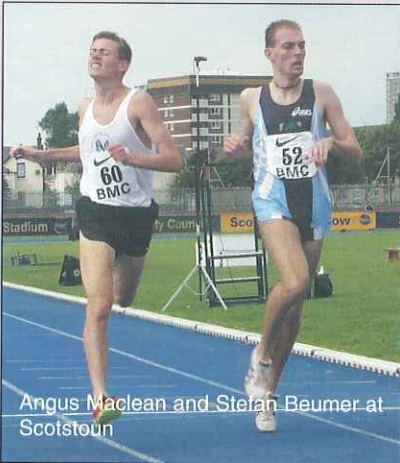
John Mayock at Wythenshawe



Jo Pavey, Steve Brace, Nathalie Harvey at Cardiff



l to r: Natalie Harvey, Georgie Clarke, Sara Jamieson, Richardson

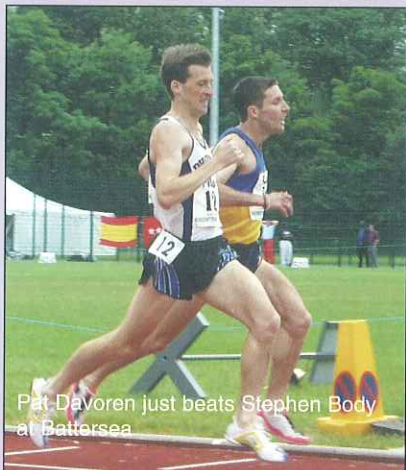


Angus Maclean and Stefan Beumer at Scotstoun

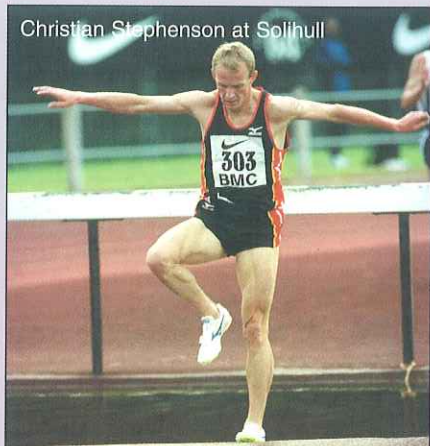
BRITISH MILERS' CLUB
BMC
Founded: 1963



Sally Evans, Rachel Newcombe, Maria Sharp, Steve Sharp, Andrew Graffin, Kate Reed, Allen Graffin



Pat Davoren just beats Stephen Body at Battersea



Christian Stephenson at Solihull



James Thie, Andrew Walker and Michael East at Shapwick

Vision 2000 Statistical Review

by Matthew Fraser Moat

One of the principle ways we set out to achieve Vision 2000 was "by providing competition opportunities for athletes so that they can progress to the next level of achievement". As part of our assessment of the success of Vision 2000, we present the following statistics from the BMC race programmes 1994 – 2000.

We therefore list the times required to achieve the 1st, 5th, 10th, 20th, 30th, 50th, 100th in our rankings, and then the numbers of athletes inside our elite, gold and membership standards year-on-year: [Please note that 1994 was when we worked in co-operation with the Reebok Challenge. At the time we proclaimed it as our "best ever year"]

M800:

The year 2000 showed the best ever depth from 20th down to 100th. 1:50 no longer guarantees a top 50 place. To compare with the national lists, 50th was 1:50.79, and 100th was 1:52.65. We can therefore conclude that at this event it is harder to make the BMC Top 100 than the national top 100.

M800	1994	1995	1996	1997	1998	1999	2000	
1st	1:46.83	1:46.4	1:47.7	1:45.2	1:46.6	1:46.96	1:46.64	4th
5th	1:49.3	1:48.2	1:48.3	1:46.8	1:47.69	1:47.8	1:47.65	2nd
10th	1:49.8	1:49.4	1:48.5	1:48.3	1:48.3	1:48.1	1:48.28	2nd
20th	1:50.9	1:50.0	1:49.3	1:49.8	1:49.1	1:49.06	1:48.8	1st
30th	1:51.69	1:50.3	1:50.0	1:50.2	1:49.8	1:49.53	1:49.46	1st
50th	n/a	1:51.5	1:51.4	1:51.0	1:51.37	1:51.1	1:50.51	1st
100th	n/a	1:53.7	1:53.2	1:53.1	1:53.3	1:52.90	1:52.34	1st
1:49.0	3	8	15	12	17	19	21	1st
1:52.0	41	61	68	77	57	70	89	1st
1:56.0	n/a	183	180	192	192	213	242	1st

M1500:

2000 showed the best ever depth at 20th, 30th and 100th. Astonishing that 3:44 does not automatically make the Top 30. To compare with the national lists, 50th was 3:47.31, and 100th was 3:51.17.

M1500	1994	1995	1996	1997	1998	1999	2000	
1st	3:40.35	3:42.1	3:39.1	3:37.5	3:39.0	3:39.85	3:39.79	4th
5th	3:41.65	3:43.0	3:41.2	3:41.6	3:39.7	3:41.3	3:41.19	2nd
10th	3:43.3	3:44.2	3:42.1	3:43.1	3:41.2	3:42.0	3:42.59	4th
20th	3:45.05	3:45.9	3:44.7	3:44.4	3:43.85	3:43.52	3:43.52	1st=
30th	3:46.42	3:47.9	3:45.9	3:45.6	3:45.51	3:45.08	3:44.79	1st
50th	3:48.27	3:50.2	3:47.7	3:47.9	3:47.5	3:47.0	3:47.63	3rd
100th	n/a	3:54.2	3:52.3	3:51.5	3:54.7	3:52.8	3:51.32	1st
3:43.0	8	5	15	9	17	15	11	4th
3:49.0	56	40	61	63	55	70	66	2nd
3:56.0	n/a	128	149	149	115	142	181	1st

W800:

As in 1999, this event was disappointing at the really sharp end in the Grand Prix, but the year showed best ever depth at 20th, 30th, 50th and 100th places. From the relatively few athletes that achieve it, there is evidence to suggest that our elite standard of 2:05.0 is just too tough at a domestic level (Kelly Holmes excepted). To compare with the national lists, 50th was 2:09.72, and 100th was 2:12.45, which indicates that female runners do not automatically choose BMC races in which to set their fast times.

W800	1994	1995	1996	1997	1998	1999	2000	
1st	2:03.67	2:03.3	2:04.1	2:03.1	2:01.93	2:03.2	2:02.73	2nd
5th	2:04.75	2:06.1	2:04.9	2:04.2	2:04.61	2:05.48	2:05.10	5th
10th	2:06.0	2:08.27	2:07.1	2:05.7	2:06.8	2:06.91	2:05.75	2nd
20th	2:08.1	2:10.0	2:09.2	2:08.7	2:08.4	2:09.04	2:07.88	1st
30th	2:10.4	2:11.4	2:10.3	2:10.0	2:10.5	2:10.2	2:09.11	1st
50th	n/a	2:15.7	2:12.4	2:13.2	2:13.8	2:11.81	2:11.19	1st
100th	n/a	n/a	2:19.8	n/a	n/a	2:17.0	2:15.91	1st
2:05.0	5	3	5	6	7	3	4	5th
2:12.0	35	32	49	41	38	51	55	1st
2:20.0	n/a	83	102	85	90	122	147	1st

W1500:

The only middle-distance event to have a BMC record set in 2000 (and it took a prospective Olympic silver medallist to do that) and the event continued the improvement of 1999. Again, best ever depth from 20th to 100th places. To compare with the national lists, 50th was 4:25.5, and 100th was 4:33.86, again indicating some more work to be done in persuading British females to run.

W1500	1994	1995	1996	1997	1998	1999	2000	
1st	4:13.6	4:12.8	4:10.7	4:12.6	4:14.84	4:10.84	4:06.39	1st
5th	4:14.9	4:22.1	4:17.1	4:18.6	4:19.9	4:11.9	4:15.66	2nd
10th	4:18.61	4:27.4	4:20.6	4:21.8	4:20.61	4:14.78	4:17.48	2nd
20th	4:25.32	4:33.8	4:23.0	4:25.4	4:23.0	4:20.8	4:19.61	1st
30th	4:30.0	4:36.1	4:28.1	4:31.3	4:26.1	4:23.76	4:23.6	1st
50th	n/a	4:42.8	4:37.3	4:38.9	4:35.7	4:31.5	4:28.36	1st
100th	n/a	n/a	n/a	n/a	n/a	n/a	4:42.04	1st
4:20.0	10	2	9	6	6	17	22	1st
4:30.0	30	15	33	26	34	45	55	1st
4:45.0	n/a	60	75	70	82	99	111	1st

OVERALL:

In 2000 all four main events achieved best ever standards at 20th, 30th and 100th places, and only the M1500 missed out at 50th place. The trend therefore is an improving one. When you combine this with the multitude of records and Olympic qualifying marks set last year at the LMEI events, it is clear that the BMC race programme in 2000 was the strongest it has ever been.

We can therefore conclude that the primary objective of the BMC's Vision 2000, that of providing the best possible competition opportunities for British athletes, has been achieved. With the help of Sonia O'Sullivan and Georgie Clarke, the reputation of our race programme has spread far and wide, and other countries (e.g. USA, Ireland and Canada) are now starting to copy our model.



Zatopek's legacy

by Frank Horwill

IMAGINE the cheek of it. When Emil Zatopek asked his chiefs to be considered for the 1952 Olympic marathon, they replied: "Just a minute! You're in the 10km and 5km. In any case, you've never run a marathon before – it will kill you!" Zatopek raised his hand and tapped his head with the forefinger, "you will see, you will see," he said.

And they did see – not only did he win, he broke the Olympic record with 2:23.03. A remarkable feat because Zatopek was technically too heavy for the event!

Standing five feet eight and a half inches, he weighed 154 pounds. Now, the medical profession tells us that a healthy weight for that height in a non-active person should be one 154! It's a bit like a man six feet tall weighing 179 pounds winning the London Marathon!

Frank Shorter (USA), the 1972 Olympic marathon gold-medallist, was five feet 11 inches tall and weighed 132 pounds. Taller than Zatopek, but 12 pounds lighter.

"It's not enough to win a race, one must contribute to it by doing one's share of the pace."

Zatopek defied gravity, but then, he defied every known rule of training. In 1948, he did daily 5x200m, 200 jog recovery, 10x400, 200 jog recovery, 5x200, 200 jog recovery. His reasoning behind this session was, "fast start – steady pace – fast finish."

A year later he thought it wasn't enough, so he doubled it. A further year on, it doubled again – 20x200, 40x400, 20x200.

If one adds up the total volume done, including the jog recoveries, it comes to more than the marathon distance of 26 miles. Little wonder the 1952 Olympic marathon held little fear for him.

When he visited England on a lecture tour in 1963, I asked him: "I suppose the repetitions were pretty slow?" Back came an indignant reply: "Certainly not! I run them as fast as I possibly can. The first 10 400s are in 64 seconds, the next 10 in 68 seconds, then I slow a bit to 72 seconds, and the final 10 are in 76

seconds. Mind you, the 200s are run in 30 seconds."

My jaw dropped open! More was to come. "I had to go into hospital for an appendix operation, a nuisance, it was Olympic year. I tested myself afterwards by doing 60x400 with 200m jog, on 10 consecutive days," said Zatopek.

After his incredible trio of victories in the 1952 Olympics (5km, 10km and marathon) a sports journalist asked him: "Don't you get tired doing all this training every day?" Zatopek retorted: "Tired? I'm too busy thinking about getting fit to think about getting tired."

Zatopek was born in a little Moravian town called Koprivnice on September 22, 1922. His father was a joiner in a factory; his passion was bees and Emil's first training when he was still a baby was long trips hunting for catkins as food for the spring bees.

One of a family of six children, Zatopek was not encouraged to run, "don't run, you'll tear your shoes! If you have nothing else to do, why don't you weed the garden?" But, out of sight of his parents, he did run. His sister shopped him: "I saw Emil running in the street, he was all red in the face," she'd said. "The teacher sent me for some sausages," Zatopek explained and proudly added, "he was surprised I came back so soon."

After primary school, Zatopek was moved away from his parents in 1941 to Bafa, in Zlin. During the day he cut soles for tennis shoes, in the evening he attended an industrial school and lived in a hostel.

Zatopek's first race was in May 1941. It was Bafa training school's spring race, and it was compulsory for all the hostel boys to run. Zatopek protested that he had a sore knee, but he had to run, very unwillingly.

As he lined up with 100 other boys, his father's words came to him: "When you have to do something, Emil, then do it well." He came second and exclaimed, "no more running for me."

But in a national socialist state, one does not argue with a hostel-head who wishes to curry favour with the local Nazi head.

Zatopek ran and won several local races. He was then sent to work as a miller in a silica

factory, which was bad for the lungs. It was either that or a forced labour camp – in 1941 the country was under occupation.

In 1942, aged 20, a friend timed him over two kilometres. "Five thirty-six," he shouted. "I say, do you know that's better than the Czechoslovak record?"

A 3km race was hurriedly arranged, he ran 8:38.8 and, shortly after, 14:55 for 5km, both new records.

In 1945 he joined the army as an officer cadet, but still found time to compete in the European athletics championship in Oslo in August 1946, in the 5km. Here Zatopek met the famous Sydney Wooderson and the 10km world record-holder, Viljo Heino.

Zatopek finished fifth in the race won by Wooderson, but established a new national record of 14:25.8.

While at the military academy he trained daily, running from 10 to 16km a time through forests. When snow came in the winter he switched to unlit roads and ran by torchlight. All runs were done in heavy, military boots. "It's best to get used to the worst conditions when training. A real race then seems a relief," he told colleagues.

After creating a new national record of 8:08.8 for 3km, Zatopek was promoted to lieutenant. In 1948 he married his commanding officer's daughter, international javelin thrower Dana Ingrova.

Both competed in the 1948 Olympics held at Wembley stadium, where Zatopek stunned spectators with a final 200m sprint in the 10,000m which was held in oppressive heat.

The time of 29:59.6 was an Olympic record. In the 5000m he became detached from the lead set by Gaston Reiff from Belgium, but another frenzied last 200m brought him into second place, half a second behind Reiff.

Zatopek then went on a world record-breaking spree, the first two were the 20km and the one-hour race (the distance covered in an hour). His 5km splits for the 20km were as follows: 15:36; 15:30; 15:08; 15:02. A new world record of 61:16.

In the hour run he covered 19.558km (over



12 miles). In all, he was to break six world records.

But at the short middle-distance events he did not shine. Barely able to break two minutes for 800m, his 3:52.8 for 1500m was good by comparison.

Zatopek will be remembered for his indomitable spirit and courage. As a major in the Army physical training corps, he had everything to lose standing in a Prague square entreating the people to resist the Soviet tanks that were usurping the country's rightful government.

It cost him dear, he was discharged from the army and forced to work as a road sweeper. But this backfired, as he went about his cleaning duties, large crowds followed him clapping and cheering wildly.

The British Milers' Club sent a telegram to the ministry of sport in Prague, it read "The British Milers' Club expresses grave concern about the welfare of Emil Zatopek."

Zatopek tells the story of being bored during sentry-duty. What could he do of use? It came to him – running was a matter of not getting out of breath. He would hold his breath for as long as possible. An officer found him spread-eagled on the floor in a semi-conscious state. "What are you doing there, Zatopek?" he asked him. "Sorry, sir, I was holding my breath," was Zatopek's reply.

His wife always accompanied Zatopek to the track for training. One day she expressed sorrow at not being able to do this because of a broken ankle. Zatopek replied: "Nonsense! Jump on my back." He ran all the way without stopping.

On racing, he observed, "it's not enough to win a race, one must contribute to it by doing one's share of the pace."

Zatopek was self-coached, but he imposed a regime on himself. "If one can stick to the training through many long years, then will-power is no longer a problem. It's raining? That does not matter. I am tired? That's beside the point. It's simply that I just have to."

In spite of breaking numerous records they held no great charm for him.

"To boast of a performance which I cannot beat is merely stupid vanity. And if I can beat it, that means there is nothing special about it. What is past is already finished with. What I find more interesting is what is still to come."

If all British runners emulated Emil Zatopek, we wouldn't have much to worry about.

800/1500m - Comparison of different decades of super-stars

by **Brian McEwan**

(first published on the *Track and Field mailing list*)

Out of the greatest Middle-distance runners ever (based on time), how come the super-studs of the 90's are so far behind in the 800m? Starting with the first stars of the '90's (post Abdi Bile-era) ... all of the super studs of the '90's are distinct underachievers in the 800m (yes - all), compared to their peers from the '80's, '70's and yes, even the '60's.

The dominators of the 90's have faster 1500m PR's as a group than any runners before (sometimes by several seconds):

The 90's runners:

Name	800m	1500m	Mile	Tot
Noah Ngeny	1:44.49	3:28.12	3:43.40	8:56.01
Hicham El Guerrouj	1:47.18	3:26.00	3:43.13	8:56.31
Noureddine Morceli	1:44.89	3:27.37	3:44.39	8:56.65
Venuste Niyongabo	1:45.13	3:29.18	3:46.70	9:01.01
Fermin Cacho	1:45.37	3:28.95	3:49.56	9:03.88
Bernhard Lagat	1:46.02	3:28.51	3:49.84	9:04.37

However, they stink in the 800m. Why so many 1:45's?? This cadre of Olympic Champs, World Champs, World #1's and WR setters has an 800m PB average of 1:45.51. The group's 1500m average is 3:28.02. The slowest of these is 3:29.18 (Niyongabo - a GREAT 2000m runner). Side note: All African (save Cacho)

The 80's runners:

Name	800m	1500m	Mile	Tot
Sebastian Coe	1:41.73	3:29.77	3:47.33	8:58.83
Steve Cram	1:42.88	3:29.67	3:46.32	8:58.87
Said Aouita	1:43.86	3:29.46	3:46.92	9:00.24
Steve Ovett	1:44.09	3:30.77	3:48.40	9:03.26
Abdi Bile	1:43.60	3:30.55	3:49.40	9:03.55
Steve Scott	1:45.05	3:31.76	3:47.69	9:04.50
Peter Elliott	1:42.97	3:32.69	3:49.20	9:04.86
Jose Luis Gonzalez	1:46.6	3:30.92	3:47.79	9:05.31

This group also contains Olympic Champs, World Champs, World #1's and WR setters ... but they average 3:30.69 ... and 1:43.8 for 800m. The fastest is 3:29.46 (Aouita - a great 5k runner), and he is slower than Niyongabo. Side note: two Africans - five anglo saxons

The 70's runners:

Name	800m	1500m	Mile	Tot
John Walker	1:44.92	3:32.4	3:49.08	9:06.04
Mike Boit	1:43.57	3:33.67	3:49.45	9:06.69

1:44.24 avg for 800m/3:33.0 for 1500m

I understand that predicting 800m success from a 1500m best is not a linear science 3:28 does not equal 1:42. However, if a whole decade of runners can race the 1500m faster than the fastest guys from the previous decade, shouldn't their 800m bests be at least in the same ball park (as a group)? There are a few outliers here (mostly 1500 great El G - 1:47), but there are some included in the 80's as well, so it is a decent comparison.

There is not a single GREAT 800/1500 runner from the 90's ... yet in the 70's and 80's the top-men competed in both events at most major Championships (Walker, Boit, Ovett, Coe, Cram, Peter Elliott).

Is it the better money in the 1500/mile now? Is it increased competition now??

It seems to me that there was plenty of 1500m money 20 years ago, and the competition was among the best in history. The 1500/mile times from 80-83 would be right up there today. Who can forget the prediction that "Someone named Steve" would win the '84 Olympic 1500m?

Any ideas???



2000 BMC Rankings

compiled by Matthew Fraser Moat

MENS' 800M															
1:46.64	* Luke Kipkoech KEN	1rA	Cardiff	5-Jul	1:51.36	5rB	Battersea Park	25-Jun	1:50.86	Grant Graham	6rB	Wythenshawe	14-Jun		
1:48.19		2rA	Stretford	11-Jul	1:51.43	5rA	Stretford	30-May	1:50.87	Andrew Knight	9rA	Watford	12-Jul		
1:55.86		10rA	Battersea Park	25-Jun	1:51.50	3rA	Stretford	5-Sep	1:51.91		1rC	Battersea Park	25-Jun		
1:46.71	* Bernard Kisilu KEN	2rA	Cardiff	5-Jul	1:51.66	5rB	Watford	22-Jul	1:51.95		9rA	Watford	7-Jun		
1:46.90		1rA	Battersea Park	25-Jun	1:51.77	1rB	Stretford	11-Jul	1:52.21		11rA	Watford	30-Aug		
1:46.97	Andrew Hart	1rA2	Cardiff	5-Jul	1:52.92	4rA	Stretford	16-May	1:52.24		9rB	Watford	22-Jul		
1:48.09		3rA	Battersea Park	25-Jun	1:55.15	10rB	Wythenshawe	14-Jun	1:52.3		1rB	Watford	2-Aug		
1:46.99	* Charles Makau KEN	1rA	Solihull	19-Aug	(30)	4rA	Stretford	25-Jul	1:52.32		5rA	Bedford	23-Aug		
1:47.17		2rA2	Cardiff	5-Jul	1:49.53	* Jon Stewart U23	2rB	Wythenshawe	14-Jun	1:50.89	Andrew Brown	7rA	Scotstoun	3-Sep	
1:47.48		1rA	Stretford	11-Jul	1:50.35		4rA	Stretford	25-Jul	1:51.26		3rB	Solihull	19-Aug	
1:47.57		2rA	Battersea Park	25-Jun	1:50.71		1rA	Stretford	8-Aug	1:51.65		2rC	Watford	22-Jul	
1:47.65	Alasdair Donaldson	2rA	Solihull	19-Aug	1:52.10	1:49.55	Edward King	2rB	Stretford	11-Jul	1:51.68	2rA	Bedford	23-Aug	
1:47.69		3rA2	Cardiff	5-Jul	1:49.61	John Rogers	7rA	Wythenshawe	14-Jun	1:51.73		7rB	Battersea Park	25-Jun	
1:49.7		2	Loughborough	14-Jun	1:50.16		4rA	Scotstoun	3-Sep	1:52.2		1	Sutcliffe Park	26-Jul	
1:51.5		2rA	Loughborough	10-May	1:50.32		2rB	Battersea Park	25-Jun	1:52.8		4rB	Watford	2-Aug	
1:47.75	Christopher Moss U23	3rA	Solihull	19-Aug	1:50.68		1rA	Stretford	5-Sep	1:52.83		11rA	Watford	7-Jun	
1:49.3		1	Loughborough	14-Jun	1:50.93		8rA	Cardiff	5-Jul	(60)					
1:50.67		7rA	Cardiff	5-Jul	1:50.93		7rB	Wythenshawe	14-Jun	1:50.91	Adam Zawadzki	7rA	Watford	30-Aug	
1:47.81	Anthony Whiteman	1rA	Watford	22-Jul	1:51.61		4rB	Watford	22-Jul	1:52.7		3rB	Watford	2-Aug	
1:47.86	* Jai Thomas AUS	4rA2	Cardiff	5-Jul	1:51.92		3rA	Stretford	16-May	1:50.92	* Peter Walsh U23	1rC	Wythenshawe	14-Jun	
1:48.20		4rA	Battersea Park	25-Jun	1:52.37		9rA	Stretford	11-Jul	1:51.30		1rA	Stretford	2-May	
1:48.98		5rA	Wythenshawe	14-Jun	1:52.40		8rA	Stretford	30-May	1:51.63		6rA	Stretford	30-May	
1:52.9		1	Croydon	17-May	1:49.67	Nicholas Andrews U20	4rA	Cardiff	5-Jul	1:53.32		5rA	Stretford	16-May	
1:47.89	Neil Caddy	5rA2	Cardiff	5-Jul	1:49.74	Matthew Dixon U23	7rA2	Cardiff	5-Jul	1:53.63		4rA	Stretford	5-Sep	
1:48.28	Justin Swift-Smith	1rA	Wythenshawe	14-Jun	1:52.0		3rA	Loughborough	10-May	1:50.94	* Gary Vickers	2rB	Solihull	19-Aug	
1:49.25		2rA	Watford	22-Jul	1:53.7		1rA	Loughborough	24-May	1:51.41		1rC	Watford	22-Jul	
1:50.1		2rA	Watford	2-Aug	1:49.76	Phillip Tulba	2rA	Watford	12-Jul	1:51.51		3rC	Wythenshawe	14-Jun	
(10)					1:49.82	Angus Maclean U23	2rA	Watford	30-Aug	1:50.96	David Campbell IRE U20	2rA	Stretford	8-Aug	
1:48.28	* Paulos Farouggias GRE	4rA	Solihull	19-Aug	1:50.12		4rA	Watford	12-Jul	1:55.15		10rB	Watford	22-Jul	
1:48.45	John Mayock	2rA	Wythenshawe	14-Jun	1:49.86	Christopher Mulvaney U20	3rA	Watford	12-Jul	1:51.01	* Yassin Mahamoud HOL	10rA2	Cardiff	5-Jul	
1:48.45	* Phillip Kibitok KEN	5rA	Battersea Park	25-Jun	1:50.18		8rA	Wythenshawe	14-Jun	1:51.1		5rA	Watford	2-Aug	
1:48.53	* Colm McLean U23	6rA	Battersea Park	25-Jun	1:51.0		4rA	Watford	2-Aug	1:51.1		1rA	Brighton	16-Aug	
1:50.45		9rA2	Cardiff	5-Jul	1:51.84		2rA	Stretford	16-May	1:51.38		6rB	Battersea Park	25-Jun	
1:48.56	Kevin McKay	3rA	Wythenshawe	14-Jun	1:49.98	* Ken Nason IRE	5rA	Stretford	11-Jul	1:51.10	Andrew Ingle U23	8rA	Watford	30-Aug	
1:49.47		4rA	Stretford	11-Jul	1:50.09	Dominic Hall	1rB	Wythenshawe	14-Jun	1:52.5		2rB	Watford	2-Aug	
1:48.56	* Joel Marwa KEN	5rA	Solihull	19-Aug	1:51.40		9rA	Watford	30-Aug	1:51.12	Steve Turvill	4rA	Watford	7-Jun	
1:48.72	Bradley Donkin	4rA	Wythenshawe	14-Jun	1:51.81		6rA	Watford	22-Jul	1:52.01		2rC	Battersea Park	25-Jun	
1:49.28		2rA	Scotstoun	3-Sep	1:51.85		2	Watford	6-Sep	1:52.05		1rC	Cardiff	5-Jul	
1:49.30		3rA	Stretford	11-Jul	1:52.84		8rA	Solihull	19-Aug	1:51.19	Eoin Cummins IRE U23	8rB	Wythenshawe	14-Jun	
1:49.99		1rA	Stretford	30-May	(40)					1:52.25		2rC	Cardiff	5-Jul	
1:51.96		9rA	Battersea Park	25-Jun	1:50.1	Allen Graffin	2rA	Tooting Bec	19-Jul	1:51.21	Richard Soos U20	1rB	Watford	30-Aug	
1:48.74	Neil Speaight U23	6rA	Solihull	19-Aug	1:50.48		6rA	Watford	12-Jul	1:52.61		10rA	Watford	7-Jun	
1:49.12		2rA	Stretford	25-Jul	1:51.84		1rC	Scotstoun	3-Sep	1:52.7		2rA	Solihull	24-May	
1:49.46		6rA	Wythenshawe	14-Jun	1:50.21	Steve Rees-Jones	6rA	Stretford	11-Jul	1:51.33	* Brendan Hanigan AUS	9rA	Wythenshawe	14-Jun	
1:49.8		1rA	Watford	2-Aug	1:51.15		1rA	Stretford	27-Jun	1:51.36	Michael Wilcox IRE	9rB	Wythenshawe	14-Jun	
1:50.24		5rA	Cardiff	5-Jul	1:51.31		4rA	Stretford	30-May	1:51.41	Robert Jeffries U23	1rC	Solihull	19-Aug	
1:48.78	* Anthony Draper	1rA	Watford	7-Jun	1:50.22	James Parker U23	8rA2	Cardiff	5-Jul	1:53.0		4rA	Solihull	19-Jul	
1:48.8	Gareth Turnbull IRE U23	1rA	Loughborough	10-May	1:50.4		3rA	Watford	2-Aug	1:54.8		2rC	Watford	2-Aug	
1:48.98	Grant Cuddy	3rA	Cardiff	5-Jul	1:50.29	* Francois van Schalkwyk SA U20	2rB	Watford	22-Jul	1:55.39		1rC	Watford	7-Jun	
1:49.52		8rA	Battersea Park	25-Jun	1:51.1		3	Loughborough	14-Jun	1:53.4		2rB	Scotstoun	3-Sep	
1:50.21		4rA	Watford	22-Jul	1:51.72		6rA	Cardiff	5-Jul	1:51.48	* Greig McEwan U20	6rA	Watford	2-Aug	
1:50.28		1rA	Stretford	16-May	1:50.31	* Michael Coltherd U20	3rA	Tooting Bec	19-Jul	1:51.88	Stephen Sharp	7rA	Watford	7-Jun	
1:50.68		3rA	Stretford	30-May	1:52.87		6rB	Watford	22-Jul	1:51.96		11rA	Watford	12-Jul	
1:50.80		8rA	Stretford	11-Jul	1:50.36	Richard Ashe	5rA	Stretford	25-Jul	1:51.51	* Malcolm Hassan U20	3rB	Watford	22-Jul	
1:49.05	Garth Watson	1rA	Stretford	25-Jul	1:51.20		2rA	Stretford	2-May	1:51.62		5rB	Solihull	19-Aug	
1:50.45		7rA	Stretford	11-Jul	1:50.4	Christopher Bolt U23	3rA	Watford	30-Aug	1:52.70		5rA	Stretford	27-Jun	
1:50.56		2rA	Stretford	30-May	1:53.4		5rA	Watford	7-Jun	1:51.55	Terry Feasey	4rB	Solihull	19-Aug	
1:51.07		1rB	Watford	22-Jul	1:50.4	Jonathan McCallum	1rA	Solihull	19-Jul	1:51.56		6rA	Watford	7-Jun	
1:51.28		2rC	Wythenshawe	14-Jun	1:50.47	Noel Edwards	1rA	Watford	10-May	1:51.87		3rA	Bedford	23-Aug	
1:49.07	James Mayo	1rA	Watford	12-Jul	1:50.52	James Thie U23	5rA	Watford	12-Jul	1:52.23		3rC	Battersea Park	25-Jun	
1:49.49		3rA	Watford	22-Jul	1:50.54	* Neil Dunn IRE	3rB	Wythenshawe	14-Jun	1:53.86		7rB	Watford	12-Jul	
1:50.10		1rB	Battersea Park	25-Jun	1:50.52	Gregg Taylor	12rA	Watford	12-Jul	1:54.8		2rB	Loughborough	10-May	
1:50.17		6rA	Scotstoun	3-Sep	1:50.54		1rB	Scotstoun	3-Sep	1:51.60	Christopher Bryan	6rA	Stretford	25-Jul	
1:56.00		5rC	Stretford	30-May	1:51.1		4rA	Watford	30-Aug	1:52.21		4rA	Stretford	27-Jun	
1:49.1	Andrew Graffin	1rA	Tooting Bec	19-Jul	1:51.72		7rA	Solihull	19-Aug	1:53.73		2rD	Wythenshawe	14-Jun	
1:49.15		1rA	Scotstoun	3-Sep	1:50.31	* Michael Coltherd U20	5rB	Wythenshawe	14-Jun	1:54.07		3rD	Watford	22-Jul	
1:49.24	Dean Clark	7rA	Battersea Park	25-Jun	1:50.36	Richard Ashe	6rB	Watford	22-Jul	1:54.08		8rB	Stretford	11-Jul	
1:51.14		5rA	Watford	22-Jul	1:50.4	Christopher Bolt U23	4rB	Battersea Park	25-Jun	1:54.09		4rA	Stretford	22-Aug	
1:52.0		7rA	Watford	2-Aug	1:50.63	Gregg Taylor	5rA	Watford	30-Aug	1:54.45		1rB	Stretford	16-May	
1:53.03		1rB	Watford	7-Jun	1:52.05		3rA	Stretford	27-Jun	1:54.50		1rB	Stretford	30-May	
1:53.13		7rA	Bedford	23-Aug	1:55.8		4rA	Loughborough	24-May	1:51.63	* Christopher Watson U20	3rB	Scotstoun	3-Sep	
1:49.25	Matthew Shone	6rA2	Cardiff	5-Jul	1:50.68	Thomas Mayo	6rA	Watford	30-Aug	1:55.62		2rF	Wythenshawe	14-Jun	
1:50.61		3rA	Watford	7-Jun	1:50.77		3rB	Battersea Park	25-Jun	1:51.64	Stephen Tompson U20	1	Watford	6-Sep	
1:49.26	Simon Lees U23	2rA	Watford	7-Jun	1:51.4		1rA	Solihull	24-May	1:54.06		6rC	Wythenshawe	14-Jun	
1:49.33	* Raymond Adams U20	3rA	Scotstoun	3-Sep	1:55.71		5rB	Watford	30-May	1:51.65	Joe Mills	1rA	Bedford	23-Aug	
1:51.85		7rA	Watford	22-Jul	1:55.91		4rC	Stretford	30-May	1:51.87		10rA	Watford	12-Jul	
1:49.44	* Brendan O'Shea IRE	1rA	Watford	30-Aug	1:50.69	* Colm Rothery M40 (World Veteran's Record)	2rA	Stretford	5-Sep	1:51.7	Lee Garrett U23	2rA	Solihull	19-Jul	
1:50.53		4rB	Wythenshawe	14-Jun	1:50.79	Michael Skinner U23	7rA	Watford	12-Jul	1:51.71	Kevin Corr U23	3rA	Stretford	8-Aug	
1:49.46	Stuart Bailey U23	3rA	Stretford	25-Jul	1:50.80	* Sean Surerus CAN	4rA	Loughborough	10-May	1:52.29		3rB	Stretford	11-Jul	
1:49.83		5rA	Scotstoun	3-Sep	1:52.89		8rA	Watford	12-Jul	1:51.76	Robert Whittle U20	6rB	Solihull	19-Aug	
1:50.83		1rB	Solihull	19-Aug			7rC	Watford	22-Jul	1:53.61		1rD	Battersea Park	25-Jun	



1:51.79	* David Kelly U23	7rB	Watford	22-Jul	1:52.88	Nicholas Davy	1rD	Watford	22-Jul	1:54.05	* Derek Ryan	1rC	Watford	30-Aug
1:51.81	Andrew Fulford U20	7rB	Solihull	19-Aug	1:53.69		4rB	Watford	7-Jun	1:55.14		3rC	Watford	12-Jul
1:51.88	Nathan Dosanji U23	8rA	Watford	7-Jun	1:52.90	Darren Middleton U23	2rB	Stretford	25-Jul	1:55.8		3rF	Watford	22-Jul
	1:51.9	3rA	Solihull	19-Jul	1:53.33		7rA	Stretford	8-Aug	1:54.1	David Bullock	2rA	Watford	10-May
	1:53.11	5rC	Battersea Park	25-Jun	1:52.94	Brian Stopher U23	3rB	Watford	30-Aug	1:54.1	* Richard Burnham	4rA	Solihull	24-May
1:51.92	* Andrew Baddeley U20	1rD	Stretford	30-May	1:52.95		4		6-Sep	(160)				
	1:52.35	1rA	Stretford	22-Aug	1:54.39		6rC	Battersea Park	25-Jun	1:54.1	Andrew Renfree	2	Jarrow	31-May
	1:53.53	6rB	Stretford	11-Jul	1:52.96	Paul Gilbert U20	2rD	Watford	22-Jul	1:54.17	Steve Cooper	9	Watford	6-Sep
1:51.94	* Paul McMullen USA	2rA	Stretford	27-Jun	(120)					1:54.82		3rC	Watford	30-Aug
1:52.01	* Karl Bum	10rA	Watford	30-Aug	1:52.99	Steven Redshaw U20	2rC	Scotstoun	3-Sep	1:55.0		6	Sutcliffe Park	26-Jul
	(90)				1:53.4		2rA	Jarrow	23-Jul	1:55.97		6rC	Watford	12-Jul
1:52.15	Nicholas McCormick U20	7rA	Stretford	25-Jul	1:53.59		1rD	Wythenshawe	14-Jun	1:56.0		4rF	Watford	22-Jul
	1:54.1	3	Jarrow	31-May	1:53.01	Ryan Davoile U23	4rB	Watford	30-Aug	1:54.18	David Moulton U20	2rC	Watford	30-Aug
1:52.19	Karim Bouchamia ALG U23	1rB	Watford	12-Jul	1:55.38		4rE	Solihull	19-Aug	1:54.2	* Richard McDonald U20	1rB	Loughborough	10-May
	1:53.1	9rA	Watford	2-Aug	1:53.04	* Daniel Hermann U20	3rB	Stretford	25-Jul	1:54.24	Stuart Overthrow	8rC	Solihull	19-Aug
1:52.21	Matthew Thompson U20	8rB	Watford	22-Jul	1:54.39		2rC	Stretford	27-Jun	1:54.32	Darren Talbot U23	3rB	Stretford	27-Jun
	1:52.41	2rA	Stretford	22-Aug	1:53.05	* Gavin Maley	2rB	Watford	7-Jun	1:55.38		6rB	Stretford	8-Aug
	1:52.73	8rB	Solihull	19-Aug	1:53.1	Timothy Alexander U23	6rB	Watford	2-Aug	1:55.43		6rA	Stretford	16-May
1:52.22	Vince Wilson	4rC	Wythenshawe	14-Jun	1:54.1		2rE	Watford	22-Jul	1:54.32	* Simon Rusbridge U20	1rF	Solihull	19-Aug
	1:52.35	4rB	Stretford	11-Jul	1:53.11	Raymond Waggitt	4rB	Stretford	25-Jul	1:58.23		5rA	Millfield	1-May
	1:52.5	1	Jarrow	31-May	1:53.12	Michael Morris	2rB	Stretford	27-Jun	1:54.35	Joe Corbett U23	5rD	Watford	22-Jul
	1:52.6	1rA	Jarrow	23-Jul	1:53.98		3rC	Stretford	11-Jul	1:54.98		5rC	Cardiff	5-Jul
1:52.23	Andrew Sherman U20	2rC	Solihull	19-Aug	1:53.12	* Michael Green U20	5rB	Stretford	11-Jul	1:54.35	Ian Munro U20	4rC	Scotstoun	3-Sep
1:52.24	Alan McDougall	4rA	Bedford	23-Aug	1:53.12	* Royston Green U20	5	Watford	6-Sep	1:54.36	* Matthew Bailey U20	7rC	Wythenshawe	14-Jun
	1:52.50	3	Watford	6-Sep	1:54.05		1rE	Solihull	19-Aug	(170)				
	1:52.8	2	Sutcliffe Park	26-Jul	1:54.23		9rB	Watford	30-Aug	1:54.37	* David Thomas	7rB	Watford	7-Jun
	1:53.5	4rA	Brighton	16-Aug	1:53.15	Joel Kidger U23	6	Watford	6-Sep	1:54.38	* Alastair Talbot	5rD	Solihull	19-Aug
	1:53.84	6rB	Watford	12-Jul	1:54.00		7rB	Watford	30-Aug	1:55.45		5rC	Watford	12-Jul
	1:54.16	5rD	Cardiff	5-Jul	1:55.4		1rB	Brighton	16-Aug	1:54.4	David Peters	4rA	Tooting Bec	19-Jul
	1:54.37	6rD	Watford	22-Jul	1:55.6		3rB	Loughborough	10-May	1:54.76		7rC	Battersea Park	25-Jun
	1:55.19	9rB	Watford	7-Jun	1:53.21	Ross Fittall U23	5rC	Solihull	19-Aug	1:54.4	Robert Hughes	6rA	Solihull	19-Jul
	1:55.8	7rA	Watford	10-May	(130)					1:55.4		3rA	Loughborough	24-May
1:52.26	* Paul Campbell U23	4rA	Stretford	8-Aug	1:53.23	Kojo Kyereme	3rB	Watford	12-Jul	1:54.4	Ian Davey U20	1rB	Jarrow	23-Jul
1:52.3	Andrew Young	8rA	Watford	2-Aug	1:54.65		6rD	Wythenshawe	14-Jun	1:54.42	Christopher Bertenshaw	1rB	Stretford	8-Aug
1:52.3	* John Goodwin	2rA	Brighton	16-Aug	1:55.47		7rD	Watford	22-Jul	1:55.37		2rB	Stretford	16-May
	1:53.25	2rD	Cardiff	5-Jul	1:53.26	* Alistair Moses	5rB	Watford	30-Aug	1:55.43		4rC	Stretford	25-Jul
1:52.34	* Carl Tipton	7rA	Stretford	30-May	1:53.30	Marc Turner II	3rD	Cardiff	5-Jul	1:55.60		5rC	Stretford	11-Jul
	1:53.20	1rD	Solihull	19-Aug	1:54.7		1rA	Solihull	21-Jun	1:54.43	Steffan North	3rD	Wythenshawe	14-Jun
	1:54.7	6rA	Stretford	22-Aug	1:53.33	* Ben Cooke U20	6rC	Solihull	19-Aug	1:54.47		7rB	Stretford	25-Jul
	(100)				1:54.61		2rB	Stretford	8-Aug	1:54.74		4rB	Stretford	27-Jun
1:52.36	Ben Hyman	1rB	Stretford	25-Jul	1:54.74		6rC	Scotstoun	3-Sep	1:55.39		3rB	Stretford	30-May
	1:52.9	5rB	Watford	2-Aug	1:55.9		1rB	Solihull	19-Jul	1:54.43	* Gareth Hill U23	5rC	Scotstoun	3-Sep
	1:53.69	3rD	Solihull	19-Aug	1:53.38	Christopher Davies	1rB	Stretford	27-Jun	1:54.47	* Matthew Simkins U20	2rB	Stretford	22-Aug
	1:55.06	7rA	Stretford	22-Aug	1:53.38	* Alasdair McLean U20	3rC	Cardiff	5-Jul	1:54.47	Mark Sanford U23	11	Watford	6-Sep
1:52.40	Martin Flook U20	3rC	Solihull	19-Aug	1:53.39	Andrew Walling	6rA	Stretford	27-Jun	(180)				
	1:54.40	2rD	Battersea Park	25-Jun	1:54.32		9rB	Stretford	11-Jul	1:54.5	Matthew Williams	6rA	Tooting Bec	19-Jul
	1:55.95	1rA	Millfield	1-May	1:53.42	* Denis Murphy U23	5rB	Stretford	25-Jul	1:54.50	* Andrew Evans	4rD	Wythenshawe	14-Jun
1:52.43	Scott Hughes U23	5rC	Wythenshawe	14-Jun	1:53.7		5rA	Loughborough	10-May	1:54.51	Thomas Doe U20	2rB	Watford	30-May
	1:52.59	1rC	Stretford	11-Jul	1:53.48	* Michael Chisholm U17	3rC	Scotstoun	3-Sep	1:54.78		3rB	Stretford	8-Aug
1:52.44	* Lee Willis USA	3rC	Watford	22-Jul	1:59.4		2	Chester-le-Street	7-May	1:57.10		3rD	Stretford	8-Aug
1:52.46	Neil Bangs U23	4rC	Battersea Park	25-Jun	1:53.5	Matthew Clarke	9rB	Watford	2-Aug	1:54.51	* Jeff Prest	8rB	Stretford	25-Jul
	1:53.20	12rA	Watford	7-Jun	1:53.63		1rC	Watford	12-Jul	1:55.30		3rC	Stretford	27-Jun
	1:54.32	8rC	Watford	22-Jul	1:54.45		2rE	Solihull	19-Aug	1:54.54	Patrick Davis	6rD	Cardiff	5-Jul
	1:55.69	9rC	Solihull	19-Aug	(140)					1:55.15		5rC	Watford	30-Aug
1:52.46	Andrew Prohett	5rA	Stretford	8-Aug	1:53.5	* John Burrell	5rA	Brighton	16-Aug	1:55.26		3rE	Solihull	19-Aug
	1:52.62	5rC	Watford	22-Jul	1:53.9		1rE	Watford	22-Jul	1:54.55	* Simon McIntyre U20	7rB	Scotstoun	3-Sep
	1:53.2	7rB	Watford	2-Aug	1:53.50	Martin Airey	3rB	Watford	7-Jun	1:54.61	Charles Boddam-Whetham U23	8rB	Watford	7-Jun
	1:53.26	3rA	Stretford	22-Aug	1:54.3		4	Sutcliffe Park	26-Jul	1:54.65	Mark Glennie U20	5rD	Wythenshawe	14-Jun
	1:53.40	2rD	Solihull	19-Aug	1:54.7		6rA	Brighton	16-Aug	1:54.7	* Simon Norris	4rA	Watford	10-May
	1:54.24	4rC	Cardiff	5-Jul	1:53.54	* Steve Patemore U23	2rC	Stretford	11-Jul	1:54.7	* Dafydd Clark U20	7rA	Solihull	19-Jul
	1:55.02	11rB	Watford	30-Aug	1:53.56	* Scott McDermit U20	5rB	Scotstoun	3-Sep	(190)				
1:52.51	James Searth	4rC	Watford	22-Jul	1:53.59	Andrew Thomas U23	1rB	Stretford	22-Aug	1:54.7	Steve Clarke	5	Sutcliffe Park	26-Jul
	1:53.6	10rB	Watford	2-Aug	1:53.68	* John McIlwham	5rA	Stretford	5-Sep	1:54.76	* Daniel Hayes U20	1rB	Stretford	5-Sep
	1:53.79	5rB	Watford	12-Jul	1:53.72	* Robert Barton U20	1rC	Stretford	27-Jun	1:54.78	Mark Goodger U23	7rD	Cardiff	5-Jul
	1:54.0	5rA	Solihull	19-Jul	1:54.73		9rA	Stretford	25-Jul	1:54.79	* Christopher Taylor U20	1rE	Wythenshawe	14-Jun
	1:54.1	3rA	Watford	10-May	1:55.64		6rA	Stretford	5-Sep	1:56.12		9rB	Stretford	25-Jul
1:52.60	* Karl Bryce	8rA	Stretford	25-Jul	1:53.77	* Russell O'Keefe U23	6rB	Stretford	25-Jul	1:57.77		6rA	Stretford	2-May
1:52.65	* Jeremy Bradley U23	2rB	Watford	12-Jul	1:54.2		5rA	Stretford	22-Aug	1:54.86	* Jamie Hickson U23	1rF	Wythenshawe	14-Jun
1:52.66	Paul Laslett U23	1rD	Cardiff	5-Jul	1:53.8	Simon Burton U23	3rA	Solihull	24-May	1:54.90		5rB	Stretford	27-Jun
	1:55.2	11rB	Watford	2-Aug	1:53.82	David Anderson	7rB	Stretford	11-Jul	1:55.22		3rB	Stretford	22-Aug
	(110)				(150)					1:55.46		8rD	Cardiff	5-Jul
1:52.69	* Christopher Stoves U17	6rA	Stretford	8-Aug	1:53.83	* Robert Nixon U23	4rD	Solihull	19-Aug	1:54.94	* Andrew Blair U23	2rC	Stretford	25-Jul
	1:54.78	3rA	Stretford	2-May	1:55.27		4rC	Watford	12-Jul	1:54.96	Thomas Carter U20	6rB	Stretford	27-Jun
1:52.69	Roger Morley	6rA	Bedford	23-Aug	1:55.9		1rG	Watford	22-Jul	1:55.44		3rE	Wythenshawe	14-Jun
	1:53.3	3rA	Brighton	16-Aug	1:53.91	* Damian Moss	7rC	Solihull	19-Aug	1:56.60		3rB	Stretford	5-Sep
	1:53.63	6rB	Watford	30-Aug	1:53.92		5rB	Watford	7-Jun	1:54.96	Robert Tobin U17	4rC	Watford	30-Aug
	1:54.02	2rC	Watford	12-Jul	1:53.92	Alexander Hutchinson CAN	8rB	Watford	12-Jul	1:56.2		1rC	Brighton	16-Aug
	1:54.14	8	Watford	6-Sep	1:54.25		6rB	Watford	7-Jun	1:59.11		1rB	Millfield	1-May
	1:54.23	4rD	Watford	22-Jul	1:53.95	Ric Sumner U23	4rD	Cardiff	5-Jul	1:54.99	* Christopher Birchall U23	4rB	Stretford	8-Aug
	1:54.6	1rC	Watford	2-Aug	1:54.21		10rB	Watford	12-Jul	1:55.0	Robert Seanlon	2rA	Loughborough	24-May
1:52.70	Karl Byrne IRE	4rB	Scotstoun	3-Sep	1:54.43		10	Watford	6-Sep	(200)				
1:52.76	Clive Gilby	6rC	Watford	22-Jul	1:54.56		10rB	Watford	30-Aug	1:55.00	* Ian Glendinning U20	4rA	Stretford	2-May
	1:53.5	8rB	Watford	2-Aug	1:54.70		9rA	Bedford	23-Aug	1:55.03	James Nasrat U20	6rC	Cardiff	5-Jul
	1:53.55	4rB	Watford	12-Jul	1:55.1		3rE	Watford	22-Jul	1:57.82		4rA	Millfield	1-May
	1:53.6	3	Sutcliffe Park	26-Jul	1:55.80		9rD	Solihull	19-Aug	1:55.06	* Daniel Yates U20	1rC	Stretford	22-Aug
1:52.80	* Alexander Tanner U23	4rC	Solihull	19-Aug	1:55.80	David Reader	7	Watford	6-Sep	1:55.1	Peter Bridger U20	5rA	Watford	10-May
	1:53.95	8rA	Bedford	23-Aug	1:54.5		5rA	Tooting Bec	19-Jul	1:55.81		3rC	Watford	7-Jun
	1:54.18	8rB	Watford	30-Aug	1:55.61		12rB	Watford	12-Jul	1:56.96		3rA	Millfield	1-May
	1:54.19	6rB	Scotstoun	3-Sep	1:55.65		6rB	Stretford	22-Aug	1:55.1	Stephen Body	3rC	Watford	2-Aug
	1:55.8	6rA	Watford	10-May	1:54.03	* A N Other	9rB	Watford	12-Jul	1:55.11	* Gary Richards U20	2rE	Wythenshawe	14-Jun
1:52.86	Richard Ward U20	2rB	Watford	30-Aug	1:55.34		4rC	Stretford	11-Jul	1:55.11	* A Brown	10rA	Bedford	23-Aug
					1:54.04	* Gavin Parkinson	1rC	Stretford	25-Jul					



1:55.12	* Matthew Lavis U20	1rE	Cardiff	5-Jul	1:57.31	* Ian Boneham U20	9rC	Watford	12-Jul	2:00.34	* Alistair Dunlop V40	4rE	Scotstoun	3-Sep
1:55.49		7rD	Solihull	19-Aug	1:59.2		5rB	Solihull	19-Jul	2:00.36	* Dan Palmer U20	3rC	Millfield	1-May
1:55.14	Ivan Hollingsworth	5rB	Stretford	8-Aug	1:57.31	Simon Flitter U20	3rC	Stretford	22-Aug	2:00.43	* Andrew Dean U17	4rC	Millfield	1-May
1:55.16	Richard Blagrove U20	3rC	Stretford	25-Jul	1:57.43	* Nicholas Hurren U20	5rD	Scotstoun	3-Sep	2:00.49	Keith Hatton V40	6rC	Stretford	8-Aug
1:55.54		5rB	Stretford	22-Aug	1:57.46	* Matthew Bowser U20	1rD	Stretford	22-Aug	2:00.63		4rB	Stretford	2-May
1:57.00		1rD	Stretford	27-Jun	2:00.48		6rE	Stretford	30-May	2:01.17		6rE	Stretford	25-Jul
1:59.56		3rD	Stretford	30-May	1:57.50	Tony McDonald V45	2rD	Stretford	27-Jun	2:02.11		6rF	Stretford	27-Jun
(210)					2:00.5		8rC	Stretford	22-Aug	2:02.29		3rD	Stretford	11-Jul
1:55.2	* Robert Dixon	2rA	Solihull	21-Jun	1:57.50	* Jamie Paterson U20	6rD	Scotstoun	3-Sep	2:02.9		2rE	Stretford	22-Aug
1:55.2	* David Maulton	4rE	Watford	22-Jul	1:57.6	* Liam McGowan U17	4rA	Solihull	21-Jun	2:03.8		2rF	Stretford	8-Aug
1:55.27	* Delroy Simon U23	11rB	Watford	12-Jul	2:00.19		3rB	Millfield	1-May	2:00.66	* Christopher Ball U20	3rA	Stretford	13-Jun
1:55.47		2rC	Watford	7-Jun	1:57.67	* Shaun Martin U20	8rB	Stretford	22-Aug	2:00.66	* David Barlow V40	4rG	Solihull	19-Aug
1:55.53	* Steve Thompson U20	1rB	Tooting Bec	19-Jul	2:06.87		9rB	Stretford	5-Sep	2:00.82	* David Edwards U20	3rF	Stretford	30-May
1:55.53	David Beagley	3rA	Jarrow	23-Jul	2:07.2		9rE	Stretford	30-May	* Ryan Williams U17	4	Chester-le-Street	7-May	
1:55.37	* Kieran Murray	1rC	Stretford	30-May	1:57.92	Paul Whitelam U20	3rC	Stretford	8-Aug	2:00.91	* Richard Sheeran U15	4rD	Stretford	5-Sep
1:55.37	Kevin Worlock	6rD	Solihull	19-Aug	1:59.87		6rC	Stretford	22-Aug	2:03.3		1rF	Stretford	22-Aug
1:55.70		6rC	Watford	30-Aug	1:58.37	* Ciaren Kelly U17	3rG	Wythenshawe	14-Jun	2:01.00	* James Harding U17	5rE	Stretford	25-Jul
1:55.73		4rE	Wythenshawe	14-Jun	1:58.45	* Steven Evison U20	4rD	Stretford	8-Aug	2:03.39		2rC	Stretford	2-May
1:55.4	* Alan Thomas	1rF	Watford	22-Jul	2:00.05		2rE	Stretford	25-Jul	2:01.04	Andrew Moreton U17	5rC	Millfield	1-May
1:55.40	Thomas Ranger	2rF	Solihull	19-Aug	2:01.62		5rF	Stretford	27-Jun	2:01.09	* Gareth Tapper U17	5rB	Millfield	1-May
1:55.5	Christopher Symonds	7rA	Tooting Bec	19-Jul	1:58.51	Ryan Cox U20	10rC	Solihull	19-Aug	2:01.13	Thomas Bolton U17	6rC	Millfield	1-May
(220)		2rF	Watford	22-Jul	1:58.51	Robin MacIntosh U17	8rD	Scotstoun	3-Sep	2:01.14	* Gary Coates U20	5rA	Stretford	13-Jun
1:55.5	Bradley Yewer U23	8rA	Solihull	19-Jul	1:58.74		4rC	Stretford	8-Aug	2:01.23	* Kieran McGing U17	6rC	Stretford	5-Sep
1:55.50	Ken Harker	4rB	Stretford	22-Aug	1:59.31		4rE	Cardiff	5-Jul	2:02.7		1rE	Stretford	8-Aug
1:55.56	* Michael Rimmer U15	1rD	Stretford	25-Jul	1:59.33		3rH	Wythenshawe	14-Jun	2:01.28	* Aaron Lowery U17	4rH	Wythenshawe	14-Jun
2:00.11		2rB	Stretford	2-May	2:02.5		5	Chester-le-Street	7-May	2:01.28	Derek Simpson U17	5rE	Scotstoun	3-Sep
1:55.59	* Ian Salisbury	2rD	Stretford	25-Jul	1:58.59	* James Baxell U17	4rD	Stretford	27-Jun	2:03.13		11rF	Solihull	19-Aug
1:55.62	Christopher Beswick	4rB	Stretford	30-May	1:58.60	* Glen Garrett U20	4rC	Stretford	22-Aug	2:01.43	* Matthew Hawkins U17	6rD	Solihull	19-Aug
1:55.88		4rB	Stretford	16-May	2:00.25		8rC	Stretford	27-Jun	2:01.43	* Peter Anderson U17	6rG	Solihull	19-Aug
1:55.63	* Michael Buntin U23	7rB	Stretford	27-Jun	1:59.6	* Richard Davenport U15	1rD	Solihull	19-Jul	2:02.3		6rD	Solihull	19-Jul
1:55.65	Alan Wray	10rB	Watford	7-Jun	2:02.4		2rB	Solihull	24-May	2:01.63	* Edward Bailey U17	7rC	Stretford	5-Sep
1:55.65	Huw Jenkins	5rC	Stretford	25-Jul	2:03.3		4rB	Solihull	21-Jun	2:01.73	Thomas Gunning U20	7rC	Millfield	1-May
1:55.68	* Raymond Ward	3rB	Stretford	16-May	1:58.7	Ketan Desai U20	1	Chester-le-Street	7-May	2:02.0	* Michael Cooke U20	4rC	Stretford	16-May
1:55.7	Scott Sterling U23	4rC	Watford	2-Aug	1:58.83	* Ian Lawton U20	5rD	Stretford	8-Aug	2:02.0	* Ben Wifien U17	5rH	Watford	22-Jul
(230)					1:59.24		1rD	Stretford	5-Sep	2:02.0	* Kristian Harrison U20	1rE	Stretford	22-Aug
1:55.71	* Gary Blackman U23	2rB	Stretford	5-Sep	1:59.45		6rE	Stretford	27-Jun	2:02.65		4rF	Stretford	25-Jul
1:55.77	* Michael Roberts	8rD	Solihull	19-Aug	1:59.50		2rG	Solihull	19-Aug	2:03.2		1rF	Stretford	8-Aug
1:55.77	* Gavin Massingham U20	1rD	Scotstoun	3-Sep	2:00.40		3rB	Stretford	2-May	2:03.66		2rG	Stretford	27-Jun
1:56.61		3rF	Solihull	19-Aug	2:00.8		1rC	Stretford	16-May	2:04.09		5rF	Stretford	30-May
1:57.3		2rG	Watford	22-Jul	1:58.95	* Andrew Oldham U20	3rE	Stretford	27-Jun	2:02.05	* James Boxall U17	4rD	Stretford	30-May
1:55.79	Tim Woodthorpe U23	2rC	Stretford	30-May	1:59.0	Darryl Hards U20	4rC	Brighton	16-Aug	2:02.15	* Christopher Watson U17	7rE	Stretford	25-Jul
1:55.81		10rD	Solihull	19-Aug	1:59.10	James Williams U20	3rE	Cardiff	5-Jul	2:02.19	Adam Wareing U20	7rF	Stretford	27-Jun
1:55.8	Daniel Dalmedo U23	5rC	Watford	2-Aug	1:59.15	* Paul Jones U20	6rF	Solihull	19-Aug	2:03.16		5rF	Stretford	25-Jul
1:55.83	Richard Waters U20	3rC	Stretford	30-May	2:01.76		6rB	Millfield	1-May	2:04.10		3rB	Stretford	13-Jun
1:57.29		5rA	Stretford	2-May	1:59.25	* Robert Spencer U17	2rF	Stretford	27-Jun	2:04.5		2rF	Stretford	22-Aug
1:57.53		7rB	Stretford	22-Aug	1:59.89		7rC	Stretford	22-Aug	2:05.19		5rC	Stretford	2-May
1:58.20		5rB	Stretford	5-Sep	2:00.18		4rC	Stretford	5-Sep	2:02.29	* Darryl Bamby U17	5rF	Cardiff	5-Jul
1:58.69		3rF	Wythenshawe	14-Jun	2:00.28		4rE	Stretford	25-Jul	2:02.36	* Craig Kelly U17	1rG	Stretford	30-May
1:55.9	Corin Hughes U20	2rB	Solihull	19-Jul	1:59.3	Andrew Mallows U20	8rB	Loughborough	10-May	2:02.37	Matthew Warley U17	6rH	Wythenshawe	14-Jun
1:58.85		6rA	Millfield	1-May	1:59.32	* Lloyd Pritchard U20	7rF	Solihull	19-Aug	2:02.40	* Stewart Haworth U20	4rF	Stretford	30-May
1:55.90	* Rory Smith U17	3rD	Stretford	25-Jul	2:00.09		2rB	Millfield	1-May	2:02.6		6rC	Stretford	16-May
1:55.96	Andrew Caine	6rC	Stretford	25-Jul	1:59.32	* Paul Rodgers U20	9rD	Scotstoun	3-Sep	2:03.21		1rC	Stretford	2-May
1:55.98	* Jonathon Ferguson	1rB	Stretford	2-May	1:59.38	* Adam Dyson U20	1rE	Stretford	25-Jul	2:02.42	* John Walker U17	7rE	Scotstoun	3-Sep
(240)					2:00.86		8rD	Stretford	8-Aug	2:02.66	Jason Atkinson U17	7rF	Cardiff	5-Jul
1:56.0	Edward Jackson U20	6rC	Watford	2-Aug	1:59.43	Daniel Acheson U20	7rA	Millfield	1-May	2:02.70	* Martyr Cryer U20	8rF	Stretford	27-Jun
1:58.0		4	Croydon	17-May	1:59.49	* Tony Stafford U20	5rC	Stretford	8-Aug	2:02.74	Christopher Bird U17	7rB	Millfield	1-May
1:56.00	Tristan Vellam U23	7rD	Wythenshawe	14-Jun	1:59.73		5rC	Stretford	22-Aug	2:02.78	* Craig Stewart U15	8rE	Scotstoun	3-Sep
30 elite performances to 1:49.0 by 21 athletes					2:00.28		4rF	Stretford	27-Jun	2:02.9	* Damian Doyle U17	2rE	Stretford	8-Aug
187 gold performances to 1:52.0 by 89 athletes					1:59.59	* Thomas Gayle U20	6rD	Stretford	27-Jun	2:03.08	* Paul Dable U20	5rG	Wythenshawe	14-Jun
533 membership performances to 1:56.0 by 242 athletes					2:00.42		4rB	Millfield	1-May	2:03.14	* Thomas Wade U17	9rE	Stretford	25-Jul
Additional Age Group					1:59.75	* Philip Williams U17	2rC	Stretford	5-Sep	2:03.17	* Mark Carter U20	7rA	Stretford	13-Jun
1:56.11	* Steven Dunn U20	6rC	Stretford	11-Jul	2:00.3		6rD	Stretford	22-Aug	2:06.08		6rC	Stretford	2-May
1:56.59		7rC	Stretford	30-May	2:00.39		6rD	Stretford	8-Aug	2:03.34	* Richard O'Toole U20	7rB	Stretford	2-May
1:57.52		8rE	Wythenshawe	14-Jun	1:59.77	Gareth Balch U20	8rD	Battersea Park	25-Jun	2:03.55	* Darren Doyle U17	4rD	Stretford	11-Jul
2:01.18		8rC	Stretford	25-Jul	2:00.5		3rH	Watford	22-Jul	2:03.67	* Steve Faulkner U17	5rD	Stretford	30-May
1:56.29	* M Pollard U20	2rD	Scotstoun	3-Sep	2:02.6		5rB	Watford	10-May	2:03.7	* Neilson Hall U20	6rB	Watford	10-May
1:56.3	Adam Davies U17	9rA	Solihull	19-Jul	1:59.77	* Stephen Richards U17	5rE	Cardiff	5-Jul	2:03.7	* Michael Smith U20	8rB	Jarrow	23-Jul
1:56.7		3rA	Solihull	21-Jun	1:59.77	* Adam Lee U17	1rE	Scotstoun	3-Sep	2:03.70	* Leon Tindell U17	1rD	Millfield	1-May
1:57.3		5rA	Solihull	24-May	2:04.84		6rG	Wythenshawe	14-Jun	2:03.70	* Michael Rough U17	3rC	Stretford	2-May
2:00.67		8rA	Millfield	1-May	1:59.81	Gareth Robbins U20	6rE	Cardiff	5-Jul	2:05.03		9rA	Stretford	13-Jun
1:56.31	Sam Coombes U20	7rC	Watford	12-Jul	1:59.82		2rC	Millfield	1-May	2:09.2		10rC	Stretford	16-May
1:56.45	* Ian Whittaker U20	1rE	Stretford	30-May	1:59.85	* Ged Stars V40	2rE	Scotstoun	3-Sep	2:09.54		3rH	Stretford	27-Jun
1:57.44		1rA	Stretford	13-Jun	1:59.87	Tim Egerton U17	3rD	Stretford	22-Aug	2:03.85	* Andrew Donaldson U15	2rG	Stretford	30-May
2:04.02		9rC	Stretford	27-Jun	2:00.13		3rC	Stretford	5-Sep	2:03.9	* Neal Jones U17	9rD	Stretford	22-Aug
1:56.5	Adam Vandenberg U17	6rF	Watford	22-Jul	2:00.17		2rD	Stretford	11-Jul	2:07.2		8rE	Stretford	8-Aug
1:59.21		1rC	Millfield	1-May	2:00.00	* Sean O'Reilly U20	7rD	Stretford	27-Jun	2:07.66		5rD	Stretford	11-Jul
2:06.15		5rD	Millfield	1-May	2:00.05	* Nicholas Goodliffe U20	5rC	Stretford	16-May	2:04.2	* K Pye V40	4rB	Solihull	24-May
1:56.58	Ian Bateman U20	4rD	Stretford	25-Jul	2:00.07	* Matthew Holt U20	4rE	Stretford	30-May	2:04.3	* Stephen O'Neill U20	3rE	Stretford	22-Aug
1:58.89		6rC	Stretford	27-Jun	2:00.1	* Ian Clarson U20	8rD	Stretford	27-Jun	2:04.30	* Alexander Spencer U17	8rB	Stretford	2-May
1:59.13		8rA	Stretford	2-May	2:00.13		6rB	Jarrow	23-Jul	2:04.42	* Aidan Mercer U20	2rD	Millfield	1-May
1:59.49		8rC	Stretford	30-May	2:00.13	* Willie Docherty U17	3rE	Scotstoun	3-Sep	2:04.47	* Jamie Dixon U17	6rF	Stretford	30-May
1:56.64	Christopher Reynolds U17	3rD	Battersea Park	25-Jun	2:00.18	* Christopher White U20	4rG	Wythenshawe	14-Jun	2:04.6	* Steven Evans U17	3rF	Stretford	8-Aug
1:57.8		9												

2:05.21	* Adam Gear U17	4rG	Stretford	30-May	3:43.54	Phillip Tedd	7rA	Wythenshawe	14-Jun	3:48.01	Christopher Davies	10rA	Solihull	19-Aug
2:07.86		8rC	Stretford	2-May	3:44.12		8rA	Watford	22-Jul	3:49.54		4rB	Watford	22-Jul
2:05.26	* Brett Mattison U20	10rG	Solihull	19-Aug	3:43.56	Phillip Tulba	4rA	Cardiff	5-Jul	3:48.07	* Marcus Morgan AUS	17rA	Cardiff	5-Jul
2:07.4		7rH	Watford	22-Jul	3:43.78		7rA	Watford	22-Jul	3:48.1	Robert Scanlon	1rA	Solihull	19-Jul
2:05.3	* Neil Jones U17	6rE	Stretford	8-Aug	3:43.88	Stephen Sharp	8rA	Wythenshawe	14-Jun	3:48.9		4rA	Watford	2-Aug
2:05.37	* Matthew Brady U20	9rE	Solihull	19-Aug	3:44.00		5rA	Cardiff	5-Jul	3:50.27		3rA	Stretford	30-May
2:05.64	* Tim Stubbs U17	4rD	Millfield	1-May	3:44.16		9rA	Watford	22-Jul	3:48.13	Christopher Mulvaney U20	3rA	Stretford	8-Aug
2:05.76	* Alexander Ireland U17	8rH	Wythenshawe	14-Jun	3:45.10		1rA	Solihull	19-Aug	3:48.24		11rA	Solihull	19-Aug
2:06.17	* Mark Dewhurst U17	3rG	Stretford	27-Jun	3:49.26		5rA	Scotstoun	3-Sep	3:49.59		5rB	Watford	22-Jul
2:06.38	* Steven Benson U17	1rE	Stretford	5-Sep	3:44.03	* Philip Kibitok KEN	6rA	Cardiff	5-Jul	(60)				
2:07.0		5rF	Stretford	22-Aug	3:44.07	Thomas Mayo	2rA	Watford	12-Jul	3:48.27	Stuart Stokes	2rA	Stretford	30-May
2:09.02		6rG	Stretford	30-May	3:45.23		11rA	Wythenshawe	14-Jun	3:48.27		4rA	Stretford	27-Jun
2:06.4	Richard Bough U15	5rB	Solihull	24-May	3:46.33		14rA	Watford	22-Jul	3:49.10		3rA	Stretford	11-Jul
2:08.30		9rH	Wythenshawe	14-Jun	3:49.82		18rA	Cardiff	5-Jul	3:48.7	* Tobias Lundvall SWE	1rA	Loughborough	24-May
2:08.73		3rE	Millfield	1-May	3:44.41	* Conor Sweeney IRE U20	8rA	Cardiff	5-Jul	3:48.70	Alexander Hutchinson CAN	2rB	Wythenshawe	14-Jun
2:06.41	* Carl Holding U20	7rC	Stretford	2-May	3:44.55	* Ken Nason IRE	10rA	Watford	22-Jul	3:48.74	* John Mackay NZL	2rB	Watford	22-Jul
2:06.48	* Joe Michaelson U17	6rD	Stretford	5-Sep	3:44.66	Christopher Thompson U20	3rA	Watford	12-Jul	3:48.78	Alasdair Donaldson	2rA	Stretford	5-Sep
2:06.57	* Stephen Ratcliffe U20	1rH	Stretford	30-May	3:46.28		6rA	Solihull	19-Aug	3:48.87	Andrew Ingle U23	3rB	Cardiff	5-Jul
2:06.63	* Ben Greem U17	7rF	Stretford	25-Jul	3:48.13		2rB	Cardiff	5-Jul	3:49.94		1rB	Solihull	19-Aug
2:06.66	* Toby Underdown U20	9rB	Millfield	1-May	3:55.16		1rA	Millfield	1-May	3:52.6		7rC	Watford	22-Jul
2:06.66	* James Hillier U20	8rC	Millfield	1-May	3:44.70	Christian Nicolson	10rA	Cardiff	5-Jul	3:49.13	Michael Gregory	7rA	Watford	12-Jul
2:06.7	* Christopher Shaw U20	4rF	Stretford	22-Aug	3:47.42		16rA	Watford	22-Jul	3:49.37	Samuel Haughian U23	12rA	Solihull	19-Aug
2:07.25		2rE	Stretford	5-Sep	3:44.79	Gregg Taylor	5rA	Stretford	22-Aug	3:53.1		9rC	Watford	22-Jul
2:06.73	* James Ellis U20	9rC	Millfield	1-May	3:46.58		7rA	Solihull	19-Aug	3:49.4	Richard Ward U20	6rA	Watford	2-Aug
2:06.9	Richard King U20	1rD	Stretford	16-May	3:47.0		2rA	Watford	2-Aug	3:51.65		2rD	Watford	22-Jul
2:08.40		9rF	Stretford	30-May	3:47.04		1rB	Watford	22-Jul	3:49.55	James Bowler U23	8rA	Watford	12-Jul
2:07.1	* Simon Wray U17	5rF	Stretford	8-Aug	3:48.85		3rB	Wythenshawe	14-Jun	3:54.06		1rA	Watford	7-Jun
2:07.1	* Lyr Pierce U17	6rF	Stretford	22-Aug	3:50.04		4rA	Stretford	11-Jul	(70)				
2:07.92		3rE	Stretford	5-Sep	3:54.55		8rA	Stretford	5-Sep	3:49.66	Christian Stephenson	18rA	Watford	22-Jul
2:09.11		8rG	Stretford	30-May	3:55.88		6rA	Stretford	16-May	3:49.68	* Geir Berg BUL	6rA	Stretford	25-Jul
2:09.57		4rH	Stretford	27-Jun	(30)					3:49.68	Craig Wheeler	3rA	Stretford	5-Sep
2:07.47	* Mark Sinclair U20	6rG	Stretford	27-Jun	3:44.88	Andrew Renfree	9rA	Wythenshawe	14-Jun	3:49.83	* Craig Kirkwood NZ	6rB	Watford	22-Jul
2:07.7	* Michael Nolan U20	6rB	Solihull	21-Jun	3:47.36		4rA	Scotstoun	3-Sep	3:50.0	Nicholas Wetheridge	7rA	Watford	2-Aug
2:07.8	* Derek Smith U17	8rH	Watford	22-Jul	3:53.7		3	Loughborough	10-May	3:50.11	* Steve Patemore U23	7rA	Stretford	22-Aug
2:07.89	* Adam Phillips U17	6rD	Stretford	11-Jul	3:44.93	Steve Rees-Jones	10rA	Wythenshawe	14-Jun	3:50.70		8rA	Stretford	27-Jun
2:08.17	* Paul Roberts U17	4rE	Stretford	5-Sep	3:45.12	Joe Mills	2rA	Solihull	19-Aug	3:54.3		12rC	Watford	22-Jul
2:08.20	* Thomas Owen U17	2rH	Stretford	27-Jun	3:45.19	Nicholas McCormick U20	1rA	Stretford	8-Aug	3:55.66		10rA	Stretford	5-Sep
2:08.37	* Christopher Bentley U20	5rE	Stretford	5-Sep	3:48.87		2rA	Stretford	11-Jul	3:50.3	Andrew Coleman	8rA	Watford	2-Aug
2:08.4	* James Tart U17	6rE	Stretford	22-Aug	3:50.32		7rA	Stretford	27-Jun	3:50.30	Simon Deakin	6rA	Stretford	27-Jun
2:08.78	* John Riley U17	6rE	Stretford	5-Sep	3:50.63		7rB	Wythenshawe	14-Jun	3:50.30	* Geir Derg NOR	7rB	Watford	22-Jul
2:09.15	* Jeremy Boll U20	7rD	Stretford	11-Jul	3:52.75		11rB	Watford	22-Jul	3:50.46	Stuart Overthrow	6rB	Wythenshawe	14-Jun
2:09.38	* Matthew James U17	6rB	Stretford	13-Jun	3:45.54	* Cormack Smith IRE	12rA	Watford	22-Jul	3:51.6		3rC	Watford	22-Jul
2:09.4		7rG	Stretford	30-May	3:45.67	Adam Zawadzki	3rA	Solihull	19-Aug	(80)				
2:09.5	* Martin Hutchin U17	7rF	Stretford	8-Aug	3:48.36		1rA	Stretford	5-Sep	3:50.5	Alistair Moses U23	2rC	Watford	22-Jul
2:09.5	* Andrew Donnelly U20	7rE	Stretford	22-Aug	3:48.8		2rA	Solihull	19-Jul	3:50.51	* Raymond Ward	1rC	Wythenshawe	14-Jun
2:09.6	* Ryan McLeod U17	6	Chester-le-Street	7-May	3:50.3		1rC	Watford	22-Jul	3:50.51	* Francois van Schalkwyk SA U20	5rA	Stretford	11-Jul
2:09.64	* Mark Buckingham U17	7rG	Stretford	27-Jun	3:51.97		6rA	Stretford	11-Jul	3:51.2		1rA	Jarrow	8-Jul
2:09.75	* James Coney U20	10rB	Millfield	1-May	3:45.78	* Robert Denmark	4rA	Solihull	19-Aug	3:50.51	* David Mitchinson U23	9rA	Watford	12-Jul
2:09.88	* Matthew Lockyer U20	2rH	Stretford	30-May	3:45.79	Ian Grime	2rA	Stretford	25-Jul	3:50.51	* Jonathan Prowse	7rA	Stretford	25-Jul
					3:47.39		15rA	Watford	22-Jul	3:52.94		10rA	Stretford	27-Jun
					3:45.90	* Spencer Barden	13rA	Watford	22-Jul	3:53.6		1rA	Stretford	2-May
					3:51.3		1	Loughborough	10-May	3:50.6	Iain Murdoch U23	2rA	Loughborough	24-May
					3:46.04	John Rogers	3rA	Stretford	25-Jul	3:54.8		4	Loughborough	10-May
					(40)					3:50.64	Guy Amos	1rA	Watford	30-Aug
					3:46.36	* Andrew Baddeley U20	4rA	Stretford	25-Jul	3:53.85		13rA	Watford	12-Jul
					3:49.4		5rA	Watford	2-Aug	3:50.70	Martin Airey	10rA	Watford	12-Jul
					3:49.8		3rA	Solihull	19-Jul	3:51.6		4rC	Watford	22-Jul
					3:50.79		4rA	Stretford	5-Sep	3:50.72	* Owen Marnell IRE	8rB	Wythenshawe	14-Jun
					3:53.44		6rA	Stretford	8-Aug	3:51.60		5rB	Cardiff	5-Jul
					3:56.62		13rA	Stretford	27-Jun	3:52.22		10rB	Watford	22-Jul
					4:00.0		3rA	Stretford	2-May	3:50.74	* Maaten van de Heuven HOL U20	6rA	Scotstoun	3-Sep
					3:46.72	Michael Skinner U23	12rA	Wythenshawe	14-Jun	(90)				
					3:46.87		15rA	Cardiff	5-Jul	3:50.8	* Lee Willis USA	9rA	Watford	2-Aug
					3:47.0	Christopher Moss U23	1rA	Solihull	21-Jun	3:50.87	Gavin Thompson U23	2rB	Solihull	19-Aug
					3:52.2		2	Loughborough	10-May	3:51.7		1rB	Watford	2-Aug
					3:47.25	David Anderson	1rA	Stretford	27-Jun	3:55.79		8rD	Watford	22-Jul
					3:48.95		4rB	Wythenshawe	14-Jun	3:50.87	Andrew Caine	5rA	Stretford	5-Sep
					3:47.28	Matthew Davies	16rA	Cardiff	5-Jul	3:53.45		9rB	Solihull	19-Aug
					3:49.43		3rB	Watford	22-Jul	3:53.68		8rA	Stretford	8-Aug
					3:52.2		12rA	Watford	2-Aug	3:55.8		2rA	Solihull	21-Jun
					3:47.31	Simon Lees U23	1rB	Wythenshawe	14-Jun	3:51.04	* Gary Murray IRE U23	4rB	Cardiff	5-Jul
					3:47.36	Richard Soos U20	6rA	Watford	12-Jul	3:51.78		11rB	Wythenshawe	14-Jun
					3:50.13		5rB	Wythenshawe	14-Jun	3:51.04	Martin Yelling	2rA	Watford	30-Aug
					3:52.29		14rA	Solihull	19-Aug	3:52.18		3	Bedford	23-Aug
					3:55.2		13rA	Watford	2-Aug	3:52.5		6rB	Watford	2-Aug
					3:55.90		2rA	Millfield	1-May	3:51.05	Neil Bangs U23	3rA	Watford	30-Aug
					3:47.5	Lee Garrett U23	3rA	Watford	2-Aug	3:51.6		10rA	Watford	2-Aug
					3:52.78		8rA	Stretford	11-Jul	3:51.12	* Gareth Raven	4rA	Stretford	8-Aug
					3:47.61	Andrew Walling	13rA	Wythenshawe	14-Jun	3:51.17	Bradley Yewer U23	8rA	Stretford	25-Jul
					3:53.10		2rA	Stretford	16-May	3:51.93		11rA	Watford	12-Jul
					3:54.94		12rB	Cardiff	5-Jul	3:55.56		6rB	Cardiff	5-Jul
					3:47.63	Adrian Passey	17rA	Watford	22-Jul	3:51.23	Matthew Skelton	1	Bedford	23-Aug
					(50)					3:52.0		4rB	Watford	2-Aug
					3:47.68	* Alisdair O'Connor	2rA	Stretford	27-Jun	3:51.32	* Brett Stocks	9rB	Wythenshawe	14-Jun
					3:47.95		6rA	Stretford	22-Aug	3:51.8		5rC	Watford	22-Jul
					3:47.77	Nathan Dosanjh U23	2rA	Stretford	8-Aug	(100)				
					3:52.3		5rB	Watford	2-Aug	3:51.35	Andrew Young	9rA	Stretford	25-Jul
					3:53.9		10rC	Watford	22-Jul	3:51.37	Steffan North	5rA	Stretford	8-Aug
					3:47.82	Gareth Price U23	1rB	Cardiff	5-Jul	3:52.9		8rC	Watford	22-Jul
					3:51.12		8rB	Watford	22-Jul	3:53.28		12rA	Stretford	22-Aug
	</													

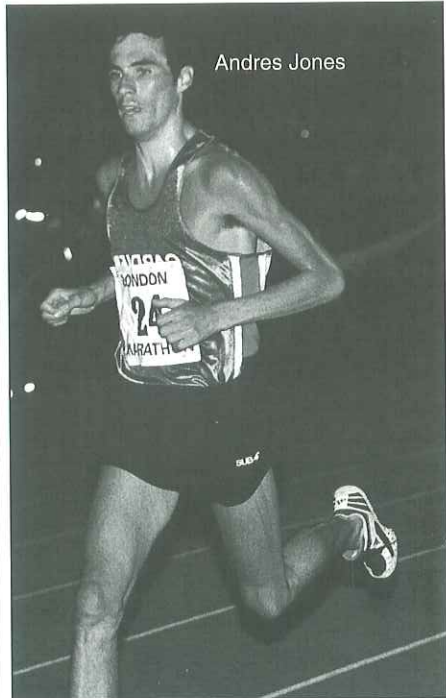
3:51.39	* Jeremy Bradley U23	1rD	Watford	22-Jul	3:54.27	Russell Pittam U23	8rB	Cardiff	5-Jul	3:59.60	Daniel Acheson U20	1	Watford	6-Sep
3:51.45		10rB	Wythenshawe	14-Jun	3:54.33	Ken Harker	10rA	Stretford	8-Aug	4:16.59		19rB	Watford	12-Jul
3:52.0		3rB	Watford	2-Aug	3:55.66		6rC	Wythenshawe	14-Jun	3:59.65	Owain Matthews U20	2	Watford	6-Sep
3:51.4	* Sean Surerus CAN	4rA	Solihull	19-Jul	3:54.37	Andrew Barber	7	Bedford	23-Aug	3:59.7	* Philip Nichols U20	7rA	Solihull	19-Jul
3:51.42	Stephen Body	4rA	Watford	30-Aug	3:55.0		12rB	Watford	2-Aug	4:05.00		3rB	Millfield	1-May
3:52.07		2	Bedford	23-Aug	(150)					3:59.91	* Scott Overall U17	1rF	Watford	22-Jul
3:55.40		3rA	Watford	7-Jun	3:54.38	* Thomas Fraser IRE U20	12rB	Wythenshawe	14-Jun	4:02.07		2rE	Wythenshawe	14-Jun
3:51.56	* Robert Barton U20	2rC	Wythenshawe	14-Jun	3:54.59		9rB	Cardiff	5-Jul	4:02.35		9rC	Cardiff	5-Jul
3:51.57	James Fewtrell U23	3rB	Solihull	19-Aug	3:54.45	* Anthony Brewer	11rA	Watford	30-Aug	3:59.96	Mark Draper U17	9rB	Watford	30-Aug
3:52.44		3rD	Watford	22-Jul	3:54.9		2	Tooting Bec	5-Jul	4:00.27	Tony McDonald V45	8rD	Wythenshawe	14-Jun
3:53.24		5rC	Wythenshawe	14-Jun	3:54.46	Steve Clarke	8	Bedford	23-Aug	4:02.63		7rB	Stretford	5-Sep
3:51.62	Matthew O'Dowd	9rB	Watford	22-Jul	3:54.80		15rA	Watford	12-Jul	4:02.92		1rA	Stretford	25-Jul
3:51.86	Andrew Hart	4rA	Stretford	30-May	3:55.86		10rD	Watford	22-Jul	4:03.79		10rA	Stretford	30-May
3:51.86	* Simon McIntyre U20	4rB	Solihull	19-Aug	3:54.66	Neil Boniface	2rA	Watford	7-Jun	4:06.72		4rD	Solihull	19-Aug
4:05.0		3rA	Chester-le-Street	7-May	3:54.67	* Neil Anderson	10rB	Cardiff	5-Jul	4:00.38	* Philip Banks U20	3	Watford	6-Sep
(110)					3:54.77	Noel Stoddard	3rC	Cardiff	5-Jul	4:02.75		4rF	Watford	22-Jul
3:51.94	Andrew Norman U23	10rA	Stretford	25-Jul	3:54.7	* Daniel Flint	4rA	Jarrow	8-Jul	4:07.13		5rB	Millfield	1-May
3:52.25		5rB	Solihull	19-Aug	3:54.89	* Nicholas Goodliffe U20	12rA	Stretford	25-Jul	4:00.41	* Bernie Stephenson U20	7rC	Solihull	19-Aug
3:53.78		13rA	Stretford	22-Aug	3:56.59		4rB	Stretford	22-Aug	4:01.04	* Ian Boneham U20	5rA	Millfield	1-May
3:55.72		12rA	Stretford	8-Aug	3:56.83		14rA	Stretford	27-Jun	4:01.25		12rA	Watford	7-Jun
3:55.93		7rC	Wythenshawe	14-Jun	4:00.77		11rA	Stretford	5-Sep	4:01.07	Richard Kinsey U17	6rC	Cardiff	5-Jul
3:52.0	Stephen Hepples U23	11rA	Watford	2-Aug	3:54.9	* John Fitzsimmons	1	Tooting Bec	5-Jul	4:01.1	Darryl Hards U20	7	Tooting Bec	5-Jul
3:52.8		1rA	Chester-le-Street	7-May	3:55.08	Thomas Carter U20	1rB	Stretford	22-Aug	4:02.4		2	Sutton	31-May
3:53.11		3rA	Stretford	16-May	4:12.70		12rA	Stretford	16-May	4:01.33	Steven Abliit U17	6	Watford	6-Sep
3:52.0	* Steffan White	2rB	Watford	2-Aug	3:55.12	Andrew Sherman U20	1rB	Watford	30-Aug	4:02.58		11rB	Watford	30-Aug
3:52.00	Terry Feasey	19rA	Cardiff	5-Jul	3:55.13	Martin Whitehouse	3rC	Solihull	19-Aug	4:04.04		10rA	Millfield	1-May
3:54.5		3rA	Loughborough	24-May	3:55.2	* Steven Horn	5rA	Jarrow	8-Jul	4:07.54		17rB	Watford	12-Jul
3:52.08	Ian Gillespie	7rA	Stretford	11-Jul	3:55.2	* David Peters	13rC	Watford	22-Jul	4:01.71	* Karl Convey U20	13rB	Watford	12-Jul
3:52.10	* Gary Blackman U23	8rA	Stretford	22-Aug	3:55.2	* Derek Watson U20	1rD	Wythenshawe	14-Jun	4:05.41		10rE	Watford	22-Jul
3:52.14	Vince Wilson	13rA	Solihull	19-Aug	3:55.37	* Ben Hyman	11rA	Stretford	8-Aug	4:01.80	Keith Hutton V40	9rD	Wythenshawe	14-Jun
3:52.2		2rA	Jarrow	8-Jul	3:55.47	Stephen Edmonds	12rA	Stretford	27-Jun	4:05.41		2rB	Stretford	16-May
3:52.14	Alan McDougall	5rA	Watford	30-Aug	3:55.62	Garth Watson	2rB	Stretford	22-Aug	4:01.81	* Stephen Davies U17	2rD	Solihull	19-Aug
3:52.91		7rB	Solihull	19-Aug	3:55.54	* Lee McCash U20	9rA	Stretford	5-Sep	4:05.52		4rB	Millfield	1-May
3:53.0		7rB	Watford	2-Aug	3:55.57	Matthew Williams	1rB	Stretford	5-Sep	4:02.07	* Daniel Ledgerwood U20	14rB	Watford	12-Jul
3:52.31	* David Hibbert U23	1rA	Stretford	16-May	4:12.70	(160)	3	Tooting Bec	5-Jul	4:03.41		10	Watford	6-Sep
3:52.33	Matthew Jones U20	3rC	Wythenshawe	14-Jun	3:55.7	Steve Turvill	14rA	Watford	2-Aug	4:02.18	* Elliot Cole U20	8rC	Cardiff	5-Jul
3:52.53		4rD	Watford	22-Jul	3:55.7	Corin Hughes U20	13rB	Watford	2-Aug	4:02.30	* Ian Lawton U20	6rB	Stretford	5-Sep
(120)					3:56.70	* James Bowskill U23	2rD	Wythenshawe	14-Jun	4:04.36		3rC	Stretford	22-Aug
3:52.34	* Stephen Vernon U23	9rA	Stretford	22-Aug	3:56.70	* Michael Chisholm U17	2rB	Stretford	5-Sep	4:04.62		6rB	Stretford	11-Jul
3:52.91		8rB	Solihull	19-Aug	3:55.79	* Martyn Cryer U20	13rA	Stretford	8-Aug	4:02.47	* Neil Gamester U17	9rB	Watford	7-Jun
3:53.50		11rA	Stretford	11-Jul	3:57.17		5rB	Stretford	22-Aug	4:18.54		12rE	Watford	22-Jul
3:54.35		11rA	Stretford	11-Jul	4:06.13		10rB	Stretford	5-Sep	4:02.6	* Glen Garrett U20	5rA	Stretford	8-Aug
3:52.49	* Andrew Morgan-Lee	9rA	Stretford	27-Jun	3:55.85	Ben Whitby	5rD	Watford	22-Aug	4:04.11		5rB	Stretford	11-Jul
3:54.90		5rA	Stretford	16-May	3:55.89	* Ben Cooke U20	3rB	Stretford	5-Sep	4:02.73	James Williams U20	3rF	Watford	22-Jul
3:52.5	Robert Whittle U20	6rC	Watford	22-Jul	3:55.9	Christopher Symonds	4	Tooting Bec	5-Jul	4:03.27		8rA	Millfield	1-May
3:52.78		20rA	Cardiff	5-Jul	3:55.93	Noel Edwards	14rC	Watford	22-Jul	4:06.34		1rA	Stretford	30-May
3:55.73		4rA	Watford	7-Jun	3:56.00	* Ben Nukins	5rA	Watford	7-Jun	4:06.60		7rA	Stretford	8-Aug
3:55.8		15rA	Watford	2-Aug	13 elite performances to 3:43.0 by 12 athletes				4:06.34		9rA	Stretford	27-Jun	
3:52.50	Jerome Brooks	6rA	Watford	30-Aug	110 gold performances to 3:49.0 by 66 athletes				4:02.90	* Abdi Ali U20	12rB	Watford	30-Aug	
3:53.21		9rB	Watford	2-Aug	343 membership performances to 3:56.0 by 181 athletes				4:04.34		15rB	Watford	12-Jul	
3:53.21		12rA	Watford	12-Jul	Additional Age Group				4:02.90	Robert Russell U20	4rB	Scotstoun	3-Sep	
3:55.71		7rD	Watford	22-Jul	3:56.03	* Malcolm Hassan U20	12rA	Stretford	11-Jul	4:03.25	* Thomas Gayle U20	3rE	Wythenshawe	14-Jun
3:52.76	Julian Wilkie	6rB	Solihull	19-Aug	4:01.3		2rA	Chester-le-Street	7-May	4:03.76	* Andrew Oldham U20	3rA	Stretford	30-May
3:53.02		7rA	Watford	30-Aug	3:56.05	Thomas Doe U20	7rA	Stretford	16-May	4:05.90		6rE	Wythenshawe	14-Jun
3:54.5		11rB	Watford	2-Aug	3:58.8		7	Loughborough	10-May	4:06.60		8rB	Stretford	11-Jul
3:52.80	* Steve Green	10rA	Stretford	22-Aug	3:56.61	Martin Flook U20	3rB	Watford	30-Aug	4:07.57		5rA	Stretford	25-Jul
3:53.46		4rA	Stretford	16-May	3:56.63	Mark Glennie U20	3rB	Watford	12-Jul	4:03.79	* Royston Green U20	9rA	Millfield	1-May
3:52.94	Neil A Miller	4	Bedford	23-Aug	3:56.72	Ed Prickett U20	3rA	Millfield	1-May	4:03.99	Colin Hawkins U17	6rF	Watford	22-Jul
3:53.69		10rA	Watford	30-Aug	3:57.21	* Simon Stygall U20	3rD	Wythenshawe	14-Jun	4:09.4		5rB	Loughborough	24-May
3:54.3		10rB	Watford	2-Aug	3:57.35	* Antony Ford U20	15rA	Stretford	8-Aug	4:04.04		1rB	Millfield	1-May
3:54.41		14rA	Watford	12-Jul	3:58.40		7rB	Stretford	22-Aug	4:04.39	* Thomas Holden U17	2rB	Millfield	1-May
3:54.96		2rC	Solihull	19-Aug	4:00.54		5rB	Stretford	5-Sep	4:04.62		4rA	Stretford	27-Jun
3:55.78		2rE	Watford	22-Jul	3:57.68	* Scott Tompsett U20	3rB	Watford	7-Jun	4:04.7		8rA	Stretford	8-Aug
3:53.03	* Simon Norris	4rC	Wythenshawe	14-Jun	3:57.70	* Christopher Stoves U17	2rB	Scotstoun	3-Sep	4:05.0		5rD	Stretford	22-Aug
3:53.14	Ivan Hollingsworth	11rA	Stretford	11-Jul	3:57.74	* Dafydd Clark U20	4rA	Millfield	1-May	4:05.14	* Neilson Hall U20	16rB	Watford	12-Jul
3:53.53		9rA	Stretford	11-Jul	4:00.32		5rC	Cardiff	5-Jul	4:05.20	* Peter Willis U20	7rF	Watford	22-Jul
3:53.69		7rA	Stretford	5-Sep	3:58.04	Edward Jackson U20	5rE	Watford	22-Jul	4:05.67	* Alexander Haines U17	10rC	Cardiff	5-Jul
3:53.14	* John Burrell	8rA	Watford	30-Aug	4:01.86		6rA	Millfield	1-May	4:06.16	* Terry Hankey U17	14rB	Watford	30-Aug
(130)					3:58.48	* Alexander Wright U20	4rA	Solihull	21-Jun	4:06.25	* Christopher Taylor U20	8rA	Stretford	27-Jun
3:53.2	Brian Stopher U23	8rB	Watford	2-Aug	3:59.37		16rA	Stretford	8-Aug	4:06.54	* Robert Spencer U17	5rA	Stretford	30-May
3:53.23	Andrew Knight	11rA	Stretford	25-Jul	3:59.64		6rD	Wythenshawe	14-Jun	4:08.84		12rB	Stretford	11-Jul
3:53.26	* M McKay	5	Bedford	23-Aug	4:05.22		9rB	Stretford	5-Sep	4:06.64	* Gary Richards U20	12rA	Stretford	30-May
3:53.28	* David Cowlishaw	9rA	Watford	30-Aug	4:08.23		11rB	Stretford	11-Jul	4:06.74	Jamie Atkinson U17	11	Watford	6-Sep
3:53.4	Kevin Corr U23	3rA	Jarrow	8-Jul	3:58.59	* Dominic McAllister	4rC	Cardiff	5-Jul	4:07.03	Darren Malin U17	1rC	Stretford	5-Sep
3:53.42	* Adrian McGarva AUS	7rB	Cardiff	5-Jul	IRE U20				4:11.32		1rC	Stretford	11-Jul	
3:53.43	* A N Other	6rA	Stretford	5-Sep	3:58.76	David Ragan U20	6rB	Watford	7-Jun	4:12.7		9rA	Jarrow	8-Jul
3:53.54	Daniel Dalmedo U23	11rB	Solihull	19-Aug	4:02.16		7rA	Millfield	1-May	4:15.8		4rB	Chester-le-Street	7-May
3:53.64	* Martin Hilton	7rA	Stretford	8-Aug	3:59.15	* John Fraser IRE U20	14rB	Cardiff	5-Jul	4:07.22	* Leon Russell U20	10rB	Stretford	11-Jul
3:53.70	Mark Sanford U23	1rC	Solihull	19-Aug	3:59.15	Edward van der Schans U20	8rB	Watford	12-Jul	4:07.46	Gareth Balch U20	12rC	Cardiff	5-Jul
(140)					4:00.93		4	Watford	6-Sep	4:10.9		4rB	Solihull	19-Jul
3:53.73	Kojo Kyereme	1rC	Cardiff	5-Jul	4:06.37		11rB	Watford	7-Jun	4:11.40		18rB	Watford	12-Jul
3:53.82	* Matthew Simkins U20	12rB	Solihull	19-Aug	3:59.28	Richard Lee U20	9rB	Watford	12-Jul	4:07.59	* Nicholas Samuels U20	6rA	Stretford	25-Jul
3:54.0	* Ewan North	11rC	Watford	22-Jul	3:59.59	* D Wards U20	7rB	Watford	7-Jun	4:07.62	* Liam Barton U20	11rB	Stretford	5-Sep
3:54.01	* Steve Murphy	1rE	Watford	22-Jul	3:59.60	Adam Vandenberg U17	10rB	Watford	12-Jul</					

4:07.8	* Jonathan Graham U17	4rA	Chester-le-Street	7-May	4:29.67	Alistair Watts U17	4rD	Millfield	1-May	MENS' 2,000M				
4:07.8	* Michael Rimmer U15	10rA	Stretford	8-Aug	4:29.7	* Patrick Martin U17	3rC	Chester-le-Street	7-May	5:00.66	* David Kisang KEN	1rA	Battersea Park	25-Jun
4:08.79		7rA	Stretford	30-May	MENS' MILE					5:01.28	Andrew Graffin	2rA	Battersea Park	25-Jun
4:07.92	Tim Egerton U17	10rE	Wythenshawe	14-Jun	3:55.24	* David Kisang KEN	1rA	Battersea Park	4-Jun	<i>(BMC Members' Record)</i>				
4:15.35		9rB	Stretford	16-May	3:55.31	* Abraham Chebii KEN	2rA	Battersea Park	4-Jun	5:02.90	Allen Graffin	3rA	Battersea Park	25-Jun
4:16.05		10rA	Stretford	30-May	4:00.4	Christian Stephenson	1	Yeovil	28-Aug	5:09.53	* David Chepkisa KEN	4rA	Battersea Park	25-Jun
4:07.92	* Darren Doyle U17	7rC	Stretford	22-Aug	4:00.40	* Stephen Thurston AUS	3rA	Battersea Park	4-Jun	5:17.72	Ian Grime	5rA	Battersea Park	25-Jun
4:08.4	* Sean O'Reilly U20	4rA	Stretford	2-May	4:00.60	Thomas Mayo	4rA	Battersea Park	4-Jun	5:22.13	* Daniel Ngeny KEN	6rA	Battersea Park	25-Jun
4:08.4	* James Sylvester U20	1rB	Chester-le-Street	7-May	4:00.64	4:02.5	4	Yeovil	28-Aug	5:23.62	* Steffan White	7rA	Battersea Park	25-Jun
4:08.70	* Nathan Boland U20	6rB	Millfield	1-May	4:00.88	Michael Openshaw	5rA	Battersea Park	4-Jun	5:25.43	Bradley Yewer U23	8rA	Battersea Park	25-Jun
4:09.24	* Richard O'Toole U20	7rA	Stretford	25-Jul	4:00.92	* Andrew Walker IRE	1	Watford	6-Sep	5:25.6	Ben Hukins U23	1	East Kilbride	20-Aug
4:09.4	* Henry Stewart U17	5rA	Stretford	2-May	4:05.47		1	Bath	16-Sep	5:25.8	* A Russell	2	East Kilbride	20-Aug
4:09.57	* Jamie Dixon U17	12rB	Watford	7-Jun	4:11.11		1	Shapwick	23-Sep	5:26.7	* Steven McAllister	3	East Kilbride	20-Aug
4:09.65	* Stephen Entwright U17	6rA	Stretford	13-Jun	4:01.06	David Heath	6rA	Battersea Park	4-Jun	5:37.6	* M Pollard U20	4	East Kilbride	20-Aug
4:12.32		6rC	Stretford	5-Sep	4:01.7	James Thie U23	2	Yeovil	28-Aug	<i>12 'membership' performances to 5:40.0 by 12 athletes</i>				
4:09.72	* Gary Darroch U17	6rB	Scotstoun	3-Sep	4:03.27		2	Watford	6-Sep	MENS' 3,000M				
4:09.73	* Adrian Pickett U20	15rB	Watford	30-Aug	4:13Rd		3	Shapwick	23-Sep	7:51.32	* Craig Mottram AUS U23	1rA	Wythenshawe	14-Jun
4:09.96	Daniel Beynon U20	13rC	Cardiff	5-Jul	4:02.0	Stephen Sharp	3	Yeovil	28-Aug	<i>(BMC Record)</i>				
4:10.1	* Richard Kemp U17	2rB	Chester-le-Street	7-May	4:04.28		9rA	Battersea Park	4-Jun	7:51.47	* James Getanda KEN	1rA	Cardiff	5-Jul
4:10.21	* Gareth Davies U20	11rE	Wythenshawe	14-Jun	4:02.35	Julian Moorhouse	7rA	Battersea Park	4-Jun	7:52.14	* Julius Kimutai KEN	2rA	Wythenshawe	14-Jun
4:10.35	Colin McCourt U17	9rF	Watford	22-Jul	4:02.45	Justin Swift-Smith	8rA	Battersea Park	4-Jun	8:03.7		1	Solihull	24-May
4:10.98	Richard Waters U20	7rB	Stretford	16-May	4:04.30	Karim Bouchamia ALG U23	10rA	Battersea Park	4-Jun	7:52.19	* Boaz Kisang KEN	2rA	Cardiff	5-Jul
4:11.0	Simon Flitter U20	6rA	Stretford	2-May	4:04.64	Christopher Bolt U23	3	Watford	6-Sep	7:52.27	Kris Bowditch	3rA	Wythenshawe	14-Jun
4:11.5	* Christopher Watson U17	11rA	Stretford	8-Aug	4:14Rd		4	Shapwick	23-Sep	8:01.84		1	Solihull	19-Aug
4:11.69	* Ben Willis U20	8rB	Millfield	1-May	4:15.56		2	Bath	16-Sep	7:52.87	* Kimutai Kosgei KEN	3rA	Cardiff	5-Jul
4:11.7	* Peter Kelly U17	6rB	Solihull	19-Jul	4:06.7	Andrew Ingle U23	5	Yeovil	28-Aug	7:53.11	Julian Moorhouse	4rA	Wythenshawe	14-Jun
4:11.89	Ian Carter U20	9rB	Millfield	1-May	4:07.95	Patrick Davoren IRE	1rB	Battersea Park	4-Jun	8:07.80		1rA	Stretford	30-May
4:12.86	* Mark Williams U20	1rB	Stretford	8-Aug	4:07.97	Stephen Body	2rB	Battersea Park	4-Jun	7:53.23	Christian Stephenson	4rA	Cardiff	5-Jul
4:18.8		2rD	Stretford	22-Aug	4:08.00		5	Watford	6-Sep	7:53.54	* John Nuttall	5rA	Cardiff	5-Jul
4:13.3	* Neil Jones U17	8rC	Stretford	22-Aug	4:08.43	Robert Whalley	11rA	Battersea Park	4-Jun	7:59.20		12rA	Wythenshawe	14-Jun
4:17.09		5rC	Stretford	11-Jul	4:08.60	Andrew Hart	12rA	Battersea Park	4-Jun	7:53.68	Adrian Passey	5rA	Wythenshawe	14-Jun
4:13.31	* Stephen O'Neill U20	8rC	Stretford	5-Sep	4:09.6	Matthew Skelton	1	Tooting Bee	16-Aug	8:04.42		6rA	Cardiff	5-Jul
4:13.38	* Ryan Armstrong U17	2rB	Stretford	8-Aug	4:10.64	James Trapmore	3rB	Battersea Park	4-Jun	8:06.49		1rB	Wythenshawe	14-Jun
4:13.4	* Christopher Stoker U17	3rB	Chester-le-Street	7-May	4:10.93	Christopher Mulvaney U20	4rB	Battersea Park	4-Jun	7:56.52	* John Henwood NZ	6rA	Wythenshawe	14-Jun
4:13.45	Andrew Mallows U20	11rA	Millfield	1-May	4:11.40	James Fewtrell U23	6	Watford	6-Sep	7:56.63	* George Okworo KEN	7rA	Cardiff	5-Jul
4:24.5		14	Loughborough	10-May	4:12Rd	Michael East U23	2	Shapwick	23-Sep	7:56.80	Glen Stewart	8rA	Cardiff	5-Jul
4:13.55	* Mark Dewhurst U17	9rC	Stretford	5-Sep	4:13.22	* Simon Field AUS	13rA	Battersea Park	4-Jun	7:57.15	* Sean Power IRE	7rA	Wythenshawe	14-Jun
4:19.14		9rB	Stretford	8-Aug	4:13.65	Simon Burton U23	5rB	Battersea Park	4-Jun	7:57.21	* Bjerre Fleming DEN	9rA	Cardiff	5-Jul
4:19.26		7rC	Stretford	11-Jul	4:13.96	Andrew Barber	7	Watford	6-Sep	7:57.48	Christopher Davies	8rA	Wythenshawe	14-Jun
4:24.27		12rA	Stretford	30-May	4:14Rd	Christopher Thompson U20	5	Shapwick	23-Sep	7:58.03	Dermot Donnelly IRE	9rA	Wythenshawe	14-Jun
4:13.57	* Steven Evans U17	3rB	Stretford	8-Aug	4:14.20	* Robert Smith U20	8	Watford	6-Sep	7:58.42	* Peter Matthews IRE	10rA	Wythenshawe	14-Jun
4:21.68		9rC	Stretford	11-Jul	4:14.49	* David Cowlishaw	9	Watford	6-Sep	(20)		10rA	Cardiff	5-Jul
4:14.25	* Paul Shaw U20	9rA	Stretford	30-May	4:14.83	Robert Scanlon	6rB	Battersea Park	4-Jun	7:58.74	James Nolan IRE	11rA	Wythenshawe	14-Jun
4:15.68	* Graeme Dobbie U20	7rB	Scotstoun	3-Sep	4:15.0	David Peters	2	Tooting Bee	16-Aug	7:59.35	Nicholas Wetheridge	13rA	Wythenshawe	14-Jun
4:15.7	* Thomas Wade U17	9rA	Stretford	2-May	4:15.21	* Anthony Brewer	10	Watford	6-Sep	8:01.84	* Craig Kirkwood NZ	11rA	Cardiff	5-Jul
4:16.6		12rA	Stretford	8-Aug	4:15.41	Ivan Hollingsworth	7rB	Battersea Park	4-Jun	8:03.58	* Mohammed Fathi MOR	12rA	Cardiff	5-Jul
4:17.98		6rC	Stretford	11-Jul	4:15.83	Matthew Davies	3	Bath	16-Sep	8:03.91	Darius Burrows	13rA	Cardiff	5-Jul
4:16.0	* James Harding U17	10rA	Stretford	2-May	4:16.2	* John Fitzsimmons	3	Tooting Bee	16-Aug	8:04.27	Michael East U23	1	Millfield	1-May
4:16.67		6rB	Stretford	8-Aug	4:16.47	* Ewan North	8rB	Battersea Park	4-Jun	8:04.93	Christopher Thompson U20	2rB	Wythenshawe	14-Jun
4:16.62	* Daniel Gurman U17	1rC	Millfield	1-May	4:16.75	Richard Ward U20	4	Bath	16-Sep	<i>(BMC Junior Members' Record)</i>				
4:17.2	* Paul Dable U20	5	Solihull	24-May	4:16.8	* Neil Thatcher	4	Tooting Bee	16-Aug	8:05.45	Glyn Tromans	14rA	Wythenshawe	14-Jun
4:17.22	* Philip McGlory U17	8rB	Stretford	8-Aug	4:17.31	* Ben Tickner U20	11	Watford	6-Sep	8:06.49		14rA	Cardiff	5-Jul
4:17.61	* Ian Jelbert U20	8rD	Solihull	19-Aug	4:20Rd		6	Shapwick	23-Sep	8:05.74	Michael Morris	3rB	Wythenshawe	14-Jun
4:17.68	Graham Welsh U17	8rB	Scotstoun	3-Sep	4:23.62		7	Bath	16-Sep	8:06.6	Ian Grime	1	Loughborough	14-Jun
4:17.74	* Neil Siner U17	15rB	Stretford	11-Jul	4:17.40	Corin Hughes U20	1	Solihull	19-Aug	8:06.76	* Mark Hudspeth	4rB	Wythenshawe	14-Jun
4:18.0	* Guy Thompson U17	5rB	Chester-le-Street	7-May	4:18.40	Mark Draper U17	2	Solihull	19-Aug	8:07.35	* Simon Field AUS	15rA	Wythenshawe	14-Jun
4:18.16	* Mark Buckingham U17	10rC	Stretford	5-Sep	4:18.58	* Matthew Collins U20	3	Solihull	19-Aug	8:08.8	Kevin Farrow	2	Solihull	24-May
4:18.93	* Alistair Smith U17	3rC	Millfield	1-May	4:20.60	Owain Matthews U20	9rB	Battersea Park	4-Jun	8:09.67	* Robert Maycock U20	5rB	Wythenshawe	14-Jun
4:19.22	Adam Wareing U20	1rD	Stretford	11-Jul	4:21.07	* Simon Stygall U20	10rB	Battersea Park	4-Jun	8:10.74	* Andrew Morgan-Lee	6rB	Wythenshawe	14-Jun
4:19.48	* Steven Lawley U17	9rB	Scotstoun	3-Sep	4:21.6	* Royston Green U20	6	Yeovil	28-Aug	8:11.27	* Alan Buckley	15rA	Cardiff	5-Jul
4:20.14	* Paul McCluskey U20	10rB	Scotstoun	3-Sep	4:21.6		6	Yeovil	28-Aug	8:18.68		2rA	Stretford	30-May
4:20.84	* Aidan Mercer U20	4rC	Millfield	1-May	4:21.81	* Philip Nichols U20	4	Solihull	19-Aug	8:22.00		2rA	Stretford	5-Sep
4:20.9	* Mark Donaghue U17	12rA	Stretford	2-May	4:21.98	James Williams U20	5	Solihull	19-Aug	8:11.68	Ian Mitchell	7rB	Wythenshawe	14-Jun
4:21.38	* Greg Morris U17	5rC	Millfield	1-May	4:22.17	* Abdi Ali U20	6	Solihull	19-Aug	8:13.32	Justin Swift-Smith	2	Millfield	1-May
4:21.70	* Ian Dean U17	4rC	Stretford	16-May	4:23Rd	Edward Jackson U20	7	Shapwick	23-Sep	8:13.94	Noel Cullen IRE	16rA	Wythenshawe	14-Jun
4:21.84	* Christopher Garside U17	6rC	Millfield	1-May	4:23.24	* D Randell	6	Bath	16-Sep	8:14.06	* Gareth Raven	8rB	Wythenshawe	14-Jun
4:22.18	* Alexander Spencer U17	10rC	Stretford	11-Jul	4:23.76	* Najib	11rB	Battersea Park	4-Jun	8:25.5		4rA	Stretford	16-May
4:23.08	* Colin May U20	11rB	Scotstoun	3-Sep	4:24Rd	* Dave Higgins	8	Shapwick	23-Sep	(40)		1rB	Cardiff	5-Jul
4:23.1	* Stephen Donegan U17	7rD	Stretford	22-Aug	4:26.03	Edward van der Schans U20	7	Solihull	19-Aug	8:14.2	* Joe McAllister IRE U23	2	Loughborough	14-Jun
4:23.66	Louis Randall U20	8rC	Millfield	1-May	4:27Rd	* L Wilkinson	9	Shapwick	23-Sep	8:14.8	Samuel Haughian U23	2rB	Cardiff	5-Jul
4:24.19	* Stuart Morland U15	1rD	Stretford	5-Sep	4:28Rd	* Daniel Ledgerwood U20	10	Shapwick	23-Sep	8:15.44	Allen Graffin	1	Scotstoun	3-Sep
4:24.23	* Rory Newton U17	2rB	Stretford	27-Jun	4:28.19	Richard Soos U20	8	Bath	16-Sep	8:16.2	Jerome Brooks	3rB	Cardiff	5-Jul
4:24.50	* Christopher Parr U17	9rC	Millfield	1-May	4:30Rd	* M Hogy	11	Shapwick	23-Sep	8:16.60	Andrew Caine	2	Scotstoun	3-Sep
4:24.76	* Dale Morris U17	2rD	Stretford	5-Sep	<i>2 elite performances to 4:00.0 by 2 athletes</i>									
4:24.9	* Nicholas Williams U17	1rC	Chester-le-Street	7-May	<i>26 gold performances to 4:10.0 by 20 athletes</i>									
4:24.94	* Andrew Sarren U20	13rB	Stretford	8-Aug	<i>71 membership performances to 4:30.0 by 58 athletes</i>									
4:25.13	* Matthew Lockyer U20	3rD	Stretford	11-Jul	Additional Age Group									
4:27.82		7rC	Stretford	16-May	4:33.6	* Mark Cowen U20	7	Yeovil	28-Aug	8:18.55	Thomas Mayo	3	Millfield	1-May
4:25.27	* Stephen Ratcliffe U20	4rD	Stretford	11-Jul	4:34Rd	* Shaun Dixon U20	12	Shapwick	23-Sep	8:19.53	* Nigel Brunton IRE	11rB	Wythenshawe	14-Jun
4:25.3	* David MacQuarrie U15	9rD	Stretford	22-Aug	4:38.66	Jonathan Blackledge U17	8	Solihull	19-Aug	8:19.75	* Martin Hilton	3rA	Stretford	30-May
4:25.43		14rB	Stretford	8-Aug	4:39.3	* T Jones U20	8	Yeovil	28-Aug	8:22.5		6rB	Cardiff	5-Jul
4:25.8	* Wesley Gordon U15	2rC	Chester-le-Street	7-May	4:41.39	* Darryl Bamby U17	9	Solihull	19-Aug	8:20.0	Stuart Stokes	1rA	Stretford	16-May
4:25.99	* Lyr Pierce U17	5rD	Stretford	11-Jul										
4:26.7	* Alan Stewart U17	13rA	Stretford	2-May										
4:27.4	* Nathaniel Williams U17	6rB	Chester-le-Street	7-May										
4:28.39	* Nathan Farrow-Coleman U20	15rC	Cardiff	5-Jul										

8:20.35 * Tony O'Brien	1rA	Stretford	5-Sep
8:20.91 * Ian Hudspith	12rB	Wythenshawe	14-Jun
8:21.10 * Daniel Ngeny KEN	16rA	Cardiff	5-Jul
8:22.26 Stephen Sharp	3	Scotstoun	3-Sep
8:22.6 Cathal Lombard IRE (60)	7rB	Cardiff	5-Jul
8:22.74 * Martyn Cryer U20	4	Scotstoun	3-Sep
8:32.70	1rA	Stretford	27-Jun
8:35.37	3	Solihull	19-Aug
8:38.00	3rA	Stretford	2-May
8:22.9 * Jonathan Prowse	2rA	Stretford	16-May
8:23.8 * Steve Green	3rA	Stretford	16-May
8:23.97 Paul Freary	5rA	Stretford	30-May
8:25.04 Simon Deakin	6rA	Stretford	30-May
8:25.19	2rA	Stretford	25-Jul
8:25.64 * A Russell	5	Scotstoun	3-Sep
8:25.81 Robert Gould	3rA	Stretford	5-Sep
8:26.08 Stephen Gisborne	1rA	Stretford	22-Aug
8:27.1 * Lee McCash U20	8rB	Cardiff	5-Jul
8:27.20	3rA	Stretford	25-Jul
8:30.9	8rA	Stretford	16-May
8:38.50	2rA	Stretford	2-May
8:39.64	11rA	Stretford	30-May
8:27.5 * Lee Hurst	5rA	Stretford	16-May
8:29.08	5rA	Stretford	25-Jul
(70)			
8:27.8 * Andrew Williams	6rA	Stretford	16-May
8:27.9 * Richard Gardiner	9rB	Cardiff	5-Jul
8:27.94 * Steffan White	17rA	Wythenshawe	14-Jun
8:28.04 Peter Grime	6	Scotstoun	3-Sep
8:28.22	4rA	Stretford	25-Jul
8:28.14 James Bowler U23	2	Solihull	19-Aug
8:28.73 * Antony Ford U20	7	Scotstoun	3-Sep
8:36.45	4	Solihull	19-Aug
8:28.9 Ian Gillespie	1	Solihull	19-Jul
8:28.92 * Martin Rush	7rA	Stretford	30-May
8:29.3 * John Brown	7rA	Stretford	16-May
8:29.37 * Neil Wilkinson (80)	8rA	Stretford	30-May
8:29.4 * Martin Hula	10rB	Cardiff	5-Jul
8:29.70 Alan Cross	1rC	Wythenshawe	14-Jun

Additional Age Group
 8:33.54 * Nicholas Goodliffe U20 2rA Stretford 8-Aug
 8:42.17 Matthew Jones U20 5rA Stretford 22-Aug
 8:42.26 * Stewart Payne U20 8rA Stretford 25-Jul
 8:44.8 Paul Moores U17 5 Solihull 24-May

MENS' 5,000M
 13:26.20* Craig Mottram AUS U23 1rA Battersea Park 25-Jun
(BMC Record)
 13:28.22Kris Bowditch 2rA Battersea Park 25-Jun
(BMC Members' Record)
 13:29.19* George Okworo KEN 3rA Battersea Park 25-Jun
 13:33.61 1rA Stretford 11-Jul



Andres Jones

13:30.22* Boaz Kisang KEN	4rA	Battersea Park	25-Jun
13:36.07	2rA	Stretford	11-Jul
13:31.32* Seamus Power IRE	5rA	Battersea Park	25-Jun
13:37.27	3rA	Stretford	11-Jul
13:37.97Michael Openshaw	6rA	Battersea Park	25-Jun
13:42.02	6rA	Stretford	11-Jul
14:00.82	7	Solihull	19-Aug
13:38.37Glen Stewart	4rA	Stretford	11-Jul
13:43.89	4	Solihull	19-Aug
13:39.02* John Nuttall	5rA	Stretford	11-Jul
13:39.14* James Getanda KEN	1	Solihull	19-Aug
13:41.42Allen Graffin (10)	2	Solihull	19-Aug
13:42.15* John Henwood NZ	7rA	Battersea Park	25-Jun
13:42.15* Michael Buchleitner AUT	3	Solihull	19-Aug
13:42.35Julian Moorhouse	8rA	Battersea Park	25-Jun
13:50.05	8rA	Stretford	11-Jul
13:47.18* Peter Matthews IRE	9rA	Battersea Park	25-Jun
14:04.38	17rA	Stretford	11-Jul
13:49.37* Mark Hudspith	7rA	Stretford	11-Jul
13:52.97Adrian Passey	5	Solihull	19-Aug
13:54.31	9rA	Stretford	11-Jul
14:02.11	11rA	Battersea Park	25-Jun
13:55.89* Martin McCarthy IRE	10rA	Stretford	11-Jul
13:56.98* Paul Evans	10rA	Battersea Park	25-Jun
13:57.31Glyn Tromans	11rA	Stretford	11-Jul
13:57.37* Ian Hudspith	12rA	Stretford	11-Jul
13:57.64 (20)	6	Solihull	19-Aug
13:57.58* Craig Kirkwood NZ	13rA	Stretford	11-Jul
13:58.44Nathaniel Lane	14rA	Stretford	11-Jul
13:58.88* Donald Naylor	15rA	Stretford	11-Jul
14:03.30Ian Mitchell	16rA	Stretford	11-Jul
14:12.53	1rB	Battersea Park	25-Jun
14:05.72* Mohammed Farah U20	8	Solihull	19-Aug
14:05.74* Alan Buckley	18rA	Stretford	11-Jul
14:05.95Nicholas Wetheridge	12rA	Battersea Park	25-Jun
14:06.52Christopher Thompson U20	13rA	Battersea Park	25-Jun
<i>(BMC Junior Members' Record)</i>			
14:08.92* Christian Olsen DEN	9	Solihull	19-Aug
14:10.49* Christian Pflugl AUT (30)	14rA	Battersea Park	25-Jun
14:22.03* Steffan White	10	Solihull	19-Aug
14:39.66	21rA	Stretford	11-Jul
14:22.44* Robert Denmark	11	Solihull	19-Aug
14:22.71Jerome Brooks	12	Solihull	19-Aug
14:25.07	2rB	Battersea Park	25-Jun
14:26.01Martin Yelling	13	Solihull	19-Aug
14:32.66	4rB	Battersea Park	25-Jun
14:27.36Cathal Lombard IRE	3rB	Battersea Park	25-Jun
14:28.47* David Wardle	14	Solihull	19-Aug
14:30.48Ian Grime	19rA	Stretford	11-Jul
14:31.29Richard Taylor	15rA	Battersea Park	25-Jun
14:31.40* Gareth Raven	1rB	Stretford	11-Jul
14:38.50	15	Solihull	19-Aug
14:32.47* Andrew Morgan-Lee (40)	20rA	Stretford	11-Jul
14:32.53Andrew Norman U23	2rB	Stretford	11-Jul
14:33.69* Simon Lessing	5rB	Battersea Park	25-Jun
14:38.06* Andrew Beavers	3rB	Stretford	11-Jul
14:39.64* Paul Howarth	4rB	Stretford	11-Jul
14:41.22* Martin Hilton	5rB	Stretford	11-Jul
14:42.22* Lee McCash U20	6rB	Battersea Park	25-Jun
14:56.27	9rB	Stretford	11-Jul
14:42.85* Nicholas Goodliffe U20	6rB	Stretford	11-Jul

MENS' 10,000M
 27:56.94* Kameil Maase HOL 1rA Watford 22-Jul
(BMC Record)
 28:00.50Andres Jones 2rA Watford 22-Jul
(BMC Members' Record)
 28:03.31* Robert Denmark 3rA Watford 22-Jul
 28:04.48* Mark Steinle 4rA Watford 22-Jul
 28:08.46* Michael Aish NZL 5rA Watford 22-Jul
 28:13.44* Hendrick Raamala RSA 6rA Watford 22-Jul
 28:18.58* Michael Buchleitner AUT 7rA Watford 22-Jul
 28:23.11* Seamus Power IRE 8rA Watford 22-Jul
 28:27.32* Peter Matthews IRE 9rA Watford 22-Jul
 28:42.40* Carly Nyberg SWE 10rA Watford 22-Jul
 (10)

28:43.08* Mark Hudspith	11rA	Watford	22-Jul
28:50.98* Ian Hudspith	12rA	Watford	22-Jul
29:02.36* Carsten Jorgensen DEN	13rA	Watford	22-Jul
29:05.28Glyn Tromans	14rA	Watford	22-Jul
29:20.19Noel Cullen IRE	15rA	Watford	22-Jul
29:36.91 Dermot Donnelly IRE	16rA	Watford	22-Jul
29:38.93Nathaniel Lane	17rA	Watford	22-Jul
29:58.65* Richard Findlow	18rA	Watford	22-Jul
29:58.72* Alan Buckley	19rA	Watford	22-Jul
30:12.17* David Cunningham (20)	20rA	Watford	22-Jul

30:43.04* Richard Gardiner	21rA	Watford	22-Jul
30:53.24* Piet Jacobs RSA	22rA	Watford	22-Jul
31:01.18* Steve Platts	23rA	Watford	22-Jul
31:36.35* Stuart Major	24rA	Watford	22-Jul

24 'membership' performances to 32:00.0 by 24 athletes

MENS' 1,500M STEEPLECHASE
 4:16.57 * Lee Hurst 1 Stretford 25-Jul
(Inaugural BMC Record)
 4:17.16 1 Stretford 2-May
 4:18.65 * Andrew Williams 2 Stretford 2-May
 4:19.98 * Daniel Yates U20 3 Stretford 2-May
 4:22.18 1 Stretford 13-Jun
 4:29.59 * Mark Donaghue U17 1 Stretford 30-May
 4:34.62 2 Stretford 25-Jul
 6 'membership' performances to 4:30.0 by 4 athletes

Additional Age Group
 4:31.90 * Paul Shaw U20 4 Stretford 2-May
 4:32.91 2 Stretford 13-Jun
 4:33.04 * Liam Barton U20 1 Stretford 27-Jun
 4:35.62 * Thomas Wade U17 3 Stretford 30-May
 4:40.81 * James Henry U17 3 Stretford 13-Jun
 4:42.98 2 Stretford 27-Jun
 4:48.56 5 Stretford 30-May
 4:46.37 * Graham Dobbs U17 4 Stretford 30-May
 4:54.48 * James Roberts U17 6 Stretford 30-May
 4:58.46 * John Selby-Sly U20 4 Stretford 13-Jun
 4:59.65 * Ross Matheson U20 5 Stretford 2-May

MENS' 2,000M STEEPLECHASE
 5:51.01 Spencer Duval 1 Stretford 11-Jul
 5:52.34 Richard Soos U20 1 Stretford 5-Sep
 2 'membership' performances to 6:00.0 by 2 athletes

Additional Age Group
 6:05.88 * Daniel Yates U20 1 Stretford 16-May
 6:20.14 * James Bailey U20 2 Stretford 16-May

MENS' 3,000M STEEPLECHASE
 8:25.37 Christian Stephenson 1 Solihull 19-Aug
(BMC Record)
 8:29.33 1 Wythenshawe 14-Jun
 8:26.07 Justin Chaston 2 Solihull 19-Aug
 8:33.06 * Stephen Thurston AUS 2 Wythenshawe 14-Jun
 8:40.90 1 Battersea Park 25-Jun
 8:33.61 Stuart Stokes 3 Wythenshawe 14-Jun
 8:36.54 * James Kandie KEN 3 Solihull 19-Aug
 8:37.63 Charlie Low 4 Solihull 19-Aug
 8:53.65 3 Watford 22-Jul
 8:42.04 David Heath 4 Wythenshawe 14-Jun
 8:42.98 2 Battersea Park 25-Jun
 8:52.92 2 Watford 22-Jul
 9:03.98 8 Solihull 19-Aug
 8:44.03 * Donald Naylor 5 Wythenshawe 14-Jun
 8:44.18 * Alister O'Connor 5 Solihull 19-Aug
 8:53.62 7 Wythenshawe 14-Jun
 8:46.05 * David Mitchinson U23 6 Wythenshawe 14-Jun
 (10)

8:47.65 * Andrew Morgan-Lee 6 Solihull 19-Aug
 8:48.30 * Tuomo Lehtinen FIN 1 Watford 22-Jul
 8:59.17 Craig Wheeler 7 Solihull 19-Aug
 9:00.68 * Lee Hurst 4 Watford 22-Jul
 9:02.92 Andrew Coleman 5 Watford 22-Jul
 9:02.92 Simon Bell 6 Watford 22-Jul
 9:04.77 Andrew Franklin U23 7 Watford 22-Jul
 9:06.49 * Mikael Tadasjoki FIN 8 Watford 22-Jul
 9:09.63 * Delroy Simon U23 9 Watford 22-Jul
 9:12.12 Martin Kearns 10 Watford 22-Jul
 27 'membership' performances to 9:15.0 by 20 athletes

WOMENS' 800M
 2:02.73mx Diane Modahl 8rC Stretford 5-Sep
 2:03.48mx Kelly Caffell U23 1 Watford 30-Aug
 2:04.35 1 Watford 6-Sep
 2:06.59 1rA Cardiff 5-Jul
 2:03.78mx Alexandra Carter U23 1rA Stretford 5-Sep
 2:05.68mx 5rE Stretford 22-Aug
 2:07.3 1 Loughborough 10-May
 2:05.0mx Helen Pattinson 5rE Stretford 8-Aug
 2:05.10 * Jennifer Ward U23 1rA Scotstoun 3-Sep
 2:05.12 * Georgie Clarke AUS U17 1rA Wythenshawe 14-Jun
 2:05.27 * Rebecca Lyne U20 2rA Wythenshawe 14-Jun
 2:05.28 * Mary McClung 3rA Wythenshawe 14-Jun
 2:17.29 8rA Solihull 19-Aug
 2:05.69 Rachel Newcombe 2rA Scotstoun 3-Sep
 2:06.60 2rA Solihull 19-Aug
 2:06.89 5rA Wythenshawe 14-Jun
 2:05.75mx * Lorraine Phillips 2 Watford 30-Aug
 2:11.8 6rA Watford 2-Aug
 (10)
 2:06.13 Joanne Fern 1rA Solihull 19-Aug



2:06.21	4rA	Wythenshawe	14-Jun	2:10.95	* Kim Heffernan	1rB	Solihull	19-Aug	2:15.0	Claire Taylor U20	2	Jarrow	23-Jul	
2:06.38	3rA	Scotstoun	3-Sep	2:11.23		1rB	Watford	22-Jul	2:15.94		7rA	Stretford	27-Jun	
2:10.05	7rA	Wythenshawe	14-Jun	2:11.64mx		4	Watford	30-Aug	2:16.04		5	Stretford	22-Aug	
2:06.67	* Aoife Byrne IRE U23	1rA	Watford	22-Jul	2:11.02	* Carolina Nysten SWE	4rB	Wythenshawe	14-Jun	2:16.54		1rB	Stretford	11-Jul
2:06.88	2rA	Cardiff	5-Jul	2:11.02	Kathryn Bright	3rB	Cardiff	5-Jul	(90)					
2:06.72	Jemma Simpson U17	3rA	Solihull	19-Aug	2:11.05	Charlotte Cutler	2rB	Solihull	19-Aug	2:15.10	Emma Grant U20	1rC	Solihull	19-Aug
2:10.40	1rA	Millfield	1-May	2:11.43mx		3	Watford	30-Aug	2:17.2		6rC	Watford	22-Jul	
2:07.07	Sally Evans	3rA	Cardiff	5-Jul	2:14.3		1rC	Watford	22-Jul	2:17.2		3rB	Watford	2-Aug
2:08.0	1rA	Watford	2-Aug	2:11.10	Pauline Powell	3rA	Stretford	11-Jul	2:16.66	2:15.17	Sarah Beevers	5rB	Stretford	8-Aug
2:08.56	3rA	Watford	22-Jul	2:13.06mx		7rH	Stretford	27-Jun	2:16.69		8rC	Wythenshawe	14-Jun	
2:09.22	1rB	Wythenshawe	14-Jun	2:11.19	Victoria Rolfe U23	4rB	Cardiff	5-Jul	2:16.80	2:15.47	Catherine Bacon NZ	6rB	Stretford	8-Aug
2:09.99	6rA	Scotstoun	3-Sep	2:11.95		2rB	Watford	22-Jul	2:15.80		5rB	Stretford	25-Jul	
2:07.19	* Jeina Mitchell	4rA	Solihull	19-Aug	2:12.2		7rA	Watford	2-Aug	2:17.55		2rB	Stretford	11-Jul
2:07.7	Sonya Bowyer	2	Loughborough	10-May	2:11.38	* Ellie Childs U20	5	Watford	6-Sep	2:19.39mx		1rH	Stretford	27-Jun
2:13.6	1	Loughborough	24-May	2:11.5	* Jenelle Deatherage USA	4rA	Watford	2-Aug	2:15.55	* Daniella Thomall	7rA	Watford	22-Jul	
2:07.71	Paula Fryer	2rA	Watford	22-Jul	2:11.69	* Leah Harris U20	3rB	Solihull	19-Aug	2:15.65mx	* Lisa Thompson U20	4rG	Stretford	22-Aug
2:08.45	6rA	Wythenshawe	14-Jun	2:17.32		2rA	Millfield	1-May	2:17.25mx		5rH	Stretford	8-Aug	
2:08.76	1rA	Stretford	11-Jul	2:11.7	Maria Sharp	5rA	Watford	2-Aug	2:15.76	* Jennifer Smith U20	6	Stretford	30-May	
2:09.06mx	4rG	Stretford	25-Jul	2:11.76	Lucy Doughty	5rB	Wythenshawe	14-Jun	2:16.65mx		9rE	Stretford	5-Sep	
2:09.47	1	Stretford	22-Aug	2:12.04	Faith Aston	1rC	Wythenshawe	14-Jun	2:18.78		4rA	Stretford	16-May	
2:07.88	Alice Butler	1	Stretford	30-May	2:12.61		3rB	Watford	22-Jul	2:15.8	* Stacy Ward U17	2rC	Watford	22-Jul
2:08.62	4rA	Scotstoun	3-Sep	2:14.13		5rA	Stretford	11-Jul	2:15.82	* Dominique Oughton U20	1rC	Cardiff	5-Jul	
2:10.81	5rA	Stretford	8-Aug	2:18.30		3rA	Stretford	16-May	2:15.9	* Lucy Pringle U23	6	Loughborough	10-May	
2:11.28	4rA	Stretford	11-Jul	2:12.1	Angela Newport	5	Loughborough	10-May	2:15.91	Victoria Clews U15	9	Watford	6-Sep	
2:12.06	1	Stretford	2-May	2:12.15	* Lucy Chaffy	4rB	Solihull	19-Aug	2:17.89mx		10	Watford	30-Aug	
2:12.09	6rA	Stretford	27-Jun	2:12.16	Jennifer Mockler U20	2rB	Stretford	25-Jul	2:18.2		5rB	Watford	2-Aug	
2:13.89	9rA	Wythenshawe	14-Jun	2:12.68		1rB	Stretford	8-Aug	2:23.64		4rC	Millfield	1-May	
2:14.30mx	4rA	Stretford	5-Sep	2:15.30mx		1rE	Stretford	2-May	(110)					
2:07.88	* Deirdre Fleming IRE	4rA	Cardiff	5-Jul	2:15.80		7	Stretford	30-May	2:16.0	Sally Oldfield U17	4rC	Watford	22-Jul
2:09.34	4rA	Watford	22-Jul	2:16.67mx		4rI	Stretford	27-Jun	2:16.0	Rosanna Iannone U23	10	Watford	6-Sep	
2:08.15	* Natalie Lewis U20	5rA	Cardiff	5-Jul	2:12.44	Lisa Dobrisky U17	6rA	Watford	22-Jul	2:16.11	Helen Zenner U20	10rB	Solihull	19-Aug
2:10.67	6rA	Solihull	19-Aug	(60)					2:16.38mx	* Jennifer Tunstall U17	2rF	Stretford	5-Sep	
2:10.70	3rB	Wythenshawe	14-Jun	2:12.45	Catherine Riley U20	4	Stretford	30-May	2:17.9		3rD	Wythenshawe	14-Jun	
2:08.26mx	Claire Raven	11rF	Stretford	27-Jun	2:12.45		6rB	Wythenshawe	14-Jun	2:18.06		8rB	Watford	8-Aug
2:08.6	2rA	Watford	2-Aug	2:12.6	Helen Bebbington U23	5	Solihull	19-Jul	2:18.57		6	Stretford	22-Aug	
2:09.2	3	Loughborough	10-May	2:12.76	Tina Brown	3rC	Wythenshawe	14-Jun	2:20.22mx		4rJ	Stretford	27-Jun	
2:08.71	* Lorna Scott	6rA	Cardiff	5-Jul	2:13.02		5rB	Watford	22-Jul	2:21.46mx		3rE	Stretford	2-May
2:08.77	Shirley Griffiths	1rA	Stretford	8-Aug	2:12.76	* Rachel Felton U23	4rB	Watford	22-Jul	2:21.66mx		2rI	Stretford	30-May
2:10.37	4rA	Stretford	27-Jun	2:13.8		9rA	Watford	2-Aug	2:16.4	Helena Marsden	2	Solihull	24-May	
2:08.84	Roisin Quinn U20	2rA	Stretford	8-Aug	2:13.01	* Rachael Thompson U15	3	Stretford	22-Aug	2:16.40mx	* Danielle Woods U17	4rD	Stretford	2-May
2:10.50	2rB	Cardiff	5-Jul	2:13.11	Emily Hathaway U23	6rB	Solihull	19-Aug	2:20.7mx		8rG	Stretford	22-Aug	
2:08.86	Sarah Knights	1rA	Battersea Park	25-Jun	2:13.44mx		6	Watford	30-Aug	2:16.57	* Louisa Woods	11rB	Solihull	19-Aug
2:08.90	Maria Lynch IRE U23	3rA	Stretford	8-Aug	2:13.17	Sarah Simmons	6rB	Watford	22-Jul	2:19.6		8rC	Watford	22-Jul
2:11.61	8rA	Wythenshawe	14-Jun	2:13.2	Maxine Baker	6	Solihull	19-Jul	2:16.6	* Jess Wakley	9	Solihull	19-Jul	
2:12.94mx	5	Watford	30-Aug	2:13.28	Suzanne Owen U23	5	Stretford	30-May	2:16.66	* Carolyn Smith	1rD	Wythenshawe	14-Jun	
2:08.95	Kerry Smithson	1rA	Stretford	27-Jun	2:14.82mx		5rA	Stretford	5-Sep	2:16.67mx	* Laura Carney	3rI	Stretford	27-Jun
2:10.75	2rA	Stretford	11-Jul	2:13.41	* Donna Riding U17	4rC	Wythenshawe	14-Jun	(110)					
2:09.08	Sarah Bouchard	2	Stretford	30-May	2:14.84		3rB	Stretford	8-Aug	2:16.7	* Clare Robson U17	2	Chester-le-Street	7-May
2:09.21	2rA	Stretford	25-Jul	2:18.64mx		1rI	Stretford	30-May	2:16.73	* Jennifer Main U17	2rB	Scotstoun	3-Sep	
2:09.80mx	2rA	Stretford	5-Sep	2:20.22		4rB	Stretford	11-Jul	2:16.8	Caroline Walsh U23	10rA	Watford	2-Aug	
2:10.09	3rA	Stretford	27-Jun	(70)					2:16.96	Jill Lando U17	8rA	Scotstoun	3-Sep	
2:10.37	2rB	Wythenshawe	14-Jun	2:13.43	* Hazel Connell U20	1rB	Scotstoun	3-Sep	2:16.99	* Jenna Hill U15	6rB	Stretford	25-Jul	
2:12.48	1rA	Stretford	16-May	2:13.49	Faye Fullerton U17	6	Watford	6-Sep	2:17.74		2rD	Wythenshawe	14-Jun	
2:09.11	Beverley Blakeman	1rA	Stretford	25-Jul	2:13.50	Elizabeth Crawford	7rB	Solihull	19-Aug	2:21.99mx		6rF	Stretford	5-Sep
2:09.99	5rA	Solihull	19-Aug	2:15.0		1	Solihull	24-May	2:17.00mx	Rebecca Smith U17	5rD	Stretford	2-May	
2:10.39	4rA	Stretford	8-Aug	2:13.60mx	Barbara Parker U20	7	Watford	30-Aug	2:18.29mx		3rH	Stretford	25-Jul	
2:11.3	3	Solihull	19-Jul	2:16.8		5rC	Watford	22-Jul	2:17.01	Karen McPherson	2	Stretford	2-May	
2:09.14	Susan Lamb	2rA	Battersea Park	25-Jun	2:13.68	Katie Brennan U20	2rA	Stretford	16-May	2:17.1	Liz Lilley U20	3	Solihull	24-May
2:10.7	2	Solihull	19-Jul	2:15.42		4rB	Stretford	25-Jul	2:17.29mx	* Paula Paine	6rD	Stretford	2-May	
2:09.22	Lucy Vaughan	2	Watford	6-Sep	2:21.30mx		8rI	Stretford	27-Jun	2:17.3	* V Owen	2	Loughborough	24-May
2:09.50	Kate Reed U20	5rA	Scotstoun	3-Sep	2:21.96		10	Stretford	30-May					
2:09.98	1rB	Cardiff	5-Jul	2:13.7	Jo Wilkinson	1rB	Watford	2-Aug						
2:11.42	5rA	Watford	22-Jul	2:13.7	* Helen Parsons U23	1	Brighton	16-Aug						
2:12.07	7rA	Solihull	19-Aug	2:13.75mx	Claire Hiscock	8	Watford	30-Aug						
2:12.47	7rB	Wythenshawe	14-Jun	2:14.3		2	Brighton	16-Aug						
2:09.72	Liz Yelling	3	Watford	6-Sep	2:17.8		1	Croydon	17-May					
2:09.78	Emma Brady	2	Stretford	22-Aug	2:13.84mx	Jessica Nugent U17	9	Watford	30-Aug					
2:09.87mx	3rA	Stretford	5-Sep	2:13.88		7	Watford	6-Sep						
2:10.38	5rA	Stretford	27-Jun	2:13.96	Ruth Homby	5rC	Wythenshawe	14-Jun						
2:09.80	Vicki Andrews	3	Stretford	30-May	2:17.29		5rB	Cardiff	5-Jul					
2:10.01	2rA	Stretford	27-Jun	(80)										
2:10.19	3rA	Stretford	25-Jul	2:14.0	* Clare Robinson	7	Solihull	19-Jul						
2:10.07	* DORTIA Harmse	4	Watford	6-Sep	2:14.16	* Lucy Jones U17	8rB	Solihull	19-Aug					
2:12.3	8rA	Watford	2-Aug	2:14.6		8	Solihull	19-Jul						
2:10.2	Rachel Buller	4	Loughborough	10-May	2:18.01		3rA	Millfield	1-May					
2:12.6	4	Solihull	19-Jul	2:14.29	* Caroline Swinbank	9rB	Solihull	19-Aug						
2:10.5	Dianne Henaghan	1	Jarrow	31-May	2:14.51	Kirsty Waterson U20	8	Watford	6-Sep					
2:10.5	Celia Brown	1	Solihull	19-Jul	2:15.6		2rB	Watford	2-Aug					
(40)				2:14.54	* Kaye Kirkham U17	3rB	Stretford	25-Jul						
2:10.5	Rhonda Munnik	3rA	Watford	2-Aug	2:18.45		3	Stretford	2-May					
2:10.6	Karen Johns U23	1	Jarrow	23-Jul	2:18.55		9rB	Stretford	8-Aug					
2:12.42	2rC	Wythenshawe	14-Jun	2:14.77	* Arlene Smith	7rC	Wythenshawe	14-Jun						
2:12.68	5rB	Solihull	19-Aug	2:14.77	Kathryn Waugh	2rB	Stretford	8-Aug						
2:13.1	2	Jarrow	31-May	2:15.6		3	Jarrow	23-Jul						
2:13.23	7rA	Scotstoun	3-Sep	2:14.84	Nisha Desai U17	4	Stretford	22-Aug						
2:10.75mx	* Victoria Lawrence	8rB	Stretford	13-Jun	2:15.8		1	Chester-le-Street	7-May					
2:10.89	* Louise Whittaker U20	1rB	Stretford	25-Jul	2:15.8		2rC	Watford	22-Jul					
2:14.36	6rC	Wythenshawe	14-Jun	2:14.94	* Vicki Hulme	4rB	Stretford	8-Aug						
				2:16.23mx		2rH	Stretford	25-Jul						



87 gold performances to 4:30.0 by 55 athletes
186 membership performances to 4:45.0 by 111 athletes

Additional Age Group

4:45.03 Lucy Thomas U17	7rB	Solihull	19-Aug
4:45.14 Jane McCrorie U20	6rB	Wythenshawe	14-Jun
4:51.43	4rB	Scotstoun	3-Sep
4:45.35 * Claire Gibson U20	2rB	Scotstoun	3-Sep
4:45.4	2	Chester-le-Street	7-May
4:45.38 Alison Hurford W35	7rB	Cardiff	5-Jul
4:54.6mx	9rB	Solihull	21-Jun
4:45.6 Eleanor Stevens U17	1	Solihull	19-Jul
4:46.87mx Rebecca Smith U17	8rD	Stretford	16-May
4:47.12mx * Stacey Kirby U17	2rE	Stretford	11-Jul
4:52.0mx	3rE	Stretford	22-Aug
4:47.35mx Katie Brennan U20	8rD	Stretford	5-Sep
4:47.69 * Natalie Bass U15	9rB	Wythenshawe	14-Jun
4:48.23 Jane Pidgeon W35	11rB	Wythenshawe	14-Jun
4:48.25 Claire Taylor U20	11rA	Stretford	8-Aug
4:48.48mx * Margaret Boleman W35	1rE	Stretford	22-Aug
4:50.44mx	2rE	Stretford	5-Sep
4:48.97 Claire Garwood U20	7	Watford	7-Jun
4:50.12	10rD	Watford	22-Jul
4:49.52 Heather Gordon U17	3rB	Scotstoun	3-Sep
4:51.5	4	Chester-le-Street	7-May
4:49.68 Carolyn Boosey U17	8rB	Solihull	19-Aug
4:53.19	6rB	Millfield	1-May
4:53.6	5	Bedford	23-Aug
4:49.89 * Amanda Jones U17	8rA	Millfield	1-May
4:49.9mx Sarah Williams U20	5rB	Stretford	2-May
4:50.2 * Lucy Flanner U17	3	Chester-le-Street	7-May
4:55.33	8rB	Millfield	1-May
4:50.36mx * Erin Lafferty U20	3rE	Stretford	11-Jul
4:50.96mx	7rB	Stretford	25-Jul
4:52.27 * Cheryl Hammond U15	3rB	Millfield	1-May
4:52.40mx * Elizabeth Spencer U17	5rE	Stretford	11-Jul
4:56.02mx	5rE	Stretford	5-Sep
4:56.46mx	7rB	Stretford	30-May
4:58.9mx	7rB	Stretford	2-May
4:52.58 * Louise Pittwood U15	4rB	Millfield	1-May
4:52.6 Laura Kenny U17	2	Solihull	19-Jul
4:52.63 Charlotte Browning U13	9rB	Solihull	19-Aug
4:55.66	1rC	Millfield	1-May
4:52.87 * Isabelle Stoaite U15	5rB	Millfield	1-May
4:52.94 * Lisa McNally U20	8	Watford	7-Jun
4:53.0 * Denise Smith U20	5	Chester-le-Street	7-May
4:53.28 * Leonie Smith U17	7rB	Millfield	1-May
4:54.03mx * Gemma Titterington U20	4rE	Stretford	5-Sep
4:54.5 * Abigail Wilshire U17	3	Solihull	19-Jul
4:54.7 Josephine Rhodes U15	4	Solihull	19-Jul
4:54.87 Pat Gallagher W55	9rB	Cardiff	5-Jul
4:55.35mx * Beth Fitton U17	10rB	Stretford	25-Jul
4:55.95mx * Emma Calderbank U20	8rC	Stretford	8-Aug
4:56.21mx Donna Daly U17	6rB	Stretford	30-May
4:56.48 * Benita Johnson U17	9rB	Millfield	1-May
4:56.53 * Nicola Bartholomew U15	2rC	Millfield	1-May
4:57.12 * Sarah Willmott U20	13rB	Wythenshawe	14-Jun
4:58.1mx * Victoria Rusius U20	6rB	Stretford	2-May
4:58.89 * Helen Glover U15	10rB	Millfield	1-May
4:59.28 Magdalena Powell U17	11rB	Millfield	1-May

WOMENS' MILE

5:02.21mx Susan Miles U20	1	Solihull	19-Aug
5:05.73mx Eleanor Stevens U17	2	Solihull	19-Aug
5:07.34mx Lisa Cater U17	3	Solihull	19-Aug
5:12.13mx Julia Bleasdale U20	4	Solihull	19-Aug
5:13.33mx * Hayley Barratt U20	5	Solihull	19-Aug

WOMENS' 3,000M

8:53.58mx * Natalie Harvey AUS (BMC Record)	5rC	Cardiff	5-Jul
8:53.7mx Joanne Pavey (BMC Members' Record)	5	Solihull	19-Jul
8:57.00mx (BMC Members' Record)	6rC	Cardiff	5-Jul
8:57.75mx * Sarah Young-Wilkinson (BMC Record)	7rA	Stretford	27-Jun
9:04.05mx	20rA	Stretford	30-May
9:02.35mx Maria McCambridge IRE	7rC	Cardiff	5-Jul
9:02.67mx Amanda Parkinson	20rA	Stretford	22-Aug
9:12.75mx	1rB	Stretford	27-Jun
9:02.88mx * Hayley Yelling	8rC	Cardiff	5-Jul
9:11.20	1	Wythenshawe	14-Jun
9:05.86mx Angela Newport	17rA	Stretford	25-Jul
9:12.64 Beverley Hartigan	2	Wythenshawe	14-Jun
9:16.02 * Beverley Jenkins	3	Wythenshawe	14-Jun
9:17.12mx	21rA	Stretford	25-Jul
9:26.5mx	3rB	Stretford	16-May
9:27.04mx	24rA	Stretford	30-May
9:29.70mx	9rB	Stretford	2-May
9:16.12 * Gillian Palmer U23 (10)	4	Wythenshawe	14-Jun

9:16.42 Jilly Ingman U23	5	Wythenshawe	14-Jun
9:17.43mx Joanne Coleran	22rA	Stretford	25-Jul
9:42.90mx	10rB	Stretford	2-May
9:18.59 * Karen Hind	6	Wythenshawe	14-Jun
9:19.31mx * Lucy Wright	28rA	Stretford	22-Aug
9:20.10mx	5rB	Stretford	27-Jun
9:20.46mx	11rC	Cardiff	5-Jul
9:23.74mx	24rA	Stretford	25-Jul
9:21.70mx * Ann Keenan-Buckley IRE	20rA	Stretford	2-May
9:22.68 Dianne Henaghan	7	Wythenshawe	14-Jun
9:28.68 Sharon Morris	8	Wythenshawe	14-Jun
9:31.01 Michelle Wannell	1	Millfield	1-May
9:31.93 Heather Heasman-Knight	9	Wythenshawe	14-Jun
9:38.5mx	6rB	Stretford	30-May
9:33.09mx Alison Wyeth W35 (20)	27rA	Stretford	25-Jul
9:35.02mx Amy Waterlow U23	29rA	Stretford	25-Jul
9:35.06	10	Wythenshawe	14-Jun
9:35.25 * Charlotte Dale U17	1	Solihull	19-Aug
9:35.46mx * Emma Ford	11rB	Stretford	27-Jun
9:42.39	13	Wythenshawe	14-Jun
9:36.51 * Kelly Wilder USA	11	Wythenshawe	14-Jun
9:36.57mx * Laura Carney	11rB	Stretford	25-Jul
9:54.78mx	5rB	Stretford	11-Jul
9:38.1mx Zahara Hyde Peters W35	10	Solihull	19-Jul
9:41.05mx	12rC	Cardiff	5-Jul
9:38.67 * Ann McPhail	12	Wythenshawe	14-Jun
9:40.77 * Jane Potter U20	2	Solihull	19-Aug
9:57.75	4	Millfield	1-May
9:40.96 * Juliet Potter U20	3	Solihull	19-Aug
9:41.83mx * Jennifer Heath	14rB	Stretford	27-Jun
9:49.90mx	13rB	Stretford	2-May
9:43.9mx Courtney Birch U17	9rB	Stretford	30-May
9:44.74mx * Beth Allott	9	Stretford	13-Jun
9:45.30mx	17rB	Stretford	25-Jul
9:48.17mx	12rB	Stretford	8-Aug
9:56.10mx	15rB	Stretford	2-May
9:58.6mx	12rB	Stretford	16-May
9:46.4mx Kerry Smithson	9rB	Stretford	16-May
9:48.07 Louise Brown U23	14	Wythenshawe	14-Jun
9:48.45 Catherine Dugdale	2	Millfield	1-May
9:50.52 Julie O'Mara	15	Wythenshawe	14-Jun
9:54.0mx	11rB	Stretford	30-May
9:58.55mx	22rB	Stretford	25-Jul
9:51.38 Louise Damen U20	3	Millfield	1-May
9:52.12mx * Vickie Pincombe	13rC	Cardiff	5-Jul
9:53.12mx * Jennifer Clague	15rB	Stretford	8-Aug
9:57.06mx	19rB	Stretford	27-Jun
9:55.2mx Sue Harrison (40)	10	Solihull	24-May
9:56.27mx Susannah Rutherford U23	21rB	Stretford	25-Jul
10:04.45mx	17rB	Stretford	8-Aug
10:00.56mx * Liz Proctor	24rB	Stretford	25-Jul
10:04.82mx * Amy Stiles	14rC	Cardiff	5-Jul
10:06.50mx * Helen Lawrence	23rB	Stretford	27-Jun
10:10.2mx * Erin Lafferty U20	15rB	Stretford	22-Aug
10:33.71mx	33rB	Stretford	27-Jun
10:11.44mx * Gill Varley	26rB	Stretford	27-Jun
10:12.36 Gemma Greenfield U17	5	Millfield	1-May
10:13.42mx * Sharon Marshall	9rB	Stretford	11-Jul
10:13.7mx * Louise Whittaker U20	22rB	Stretford	30-May
10:14.4mx * Sonia Clarke U17	24rB	Stretford	30-May
10:19.9mx	18rB	Stretford	22-Aug
10:27.90mx (50)	23rB	Stretford	2-May
10:14.71mx Jane Pidgeon W35	28rB	Stretford	25-Jul

71 membership performances to 10:15.0 by 58 athletes

Additional Age Group

10:18.36mx Sarah Williams U20	13rB	Stretford	11-Jul
10:30.3mx	19rB	Stretford	22-Aug
10:27.10 * Lisa McNally U20	6	Millfield	1-May
10:27.42 * Abigail Wilshire U17	7	Millfield	1-May
10:28.43mx * Natalie White U20	32rB	Stretford	27-Jun
10:31.6mx * Beth Fitton U17	20rB	Stretford	22-Aug
10:32.87 * Victoria Kenny U20	8	Millfield	1-May
10:32.7mx * Deborah Culshaw U20	21rB	Stretford	22-Aug
10:48.88mx	34rB	Stretford	25-Jul
10:33.0mx * Ruth Waller U17	20rB	Stretford	16-May
10:36.00mx	27rB	Stretford	2-May
10:38.63mx * Elizabeth Spencer U17	24rB	Stretford	8-Aug
10:44.25mx	33rB	Stretford	25-Jul
10:42.87mx * Aimee Bartley U20	25rB	Stretford	8-Aug
10:54.9mx	23rB	Stretford	22-Aug
10:47.22 * Ursula Counsell U20	10	Millfield	1-May
10:52.42 * Esme McClelland U20	12	Millfield	1-May
10:53.21 Alison Hurford W35	13	Millfield	1-May
11:14.0mx * Tara Isley U17	36rB	Stretford	30-May
11:15.7mx * Joanne Mayer U20	37rB	Stretford	30-May
11:17.4mx * Emily Pidgeon U13 (British U13 Record)	4	Solihull	21-Jun

WOMENS' 5,000M

15:30.79 * Natalie Harvey AUS (BMC Record)	1	Stretford	11-Jul
15:32.23 Sonia O'Sullivan IRE (BMC Record)	1	Battersea Park	25-Jun
15:32.62 * Andrea Whitcombe	2	Battersea Park	25-Jun
15:33.37 * Rosemary Ryan IRE	2	Stretford	11-Jul
15:39.40 Maria McCambridge IRE	3	Stretford	11-Jul
15:40.85 * Sarah Young-Wilkinson	4	Stretford	11-Jul
15:42.64 * Valerie Vaughan IRE	3	Battersea Park	25-Jun
15:42.93 * Hayley Yelling	4	Battersea Park	25-Jun
16:09.54	3	Solihull	19-Aug
15:48.50 Angela Newport	1	Solihull	19-Aug
15:56.64 Amanda Parkinson	5	Stretford	11-Jul
16:00.65 * Ann Keenan-Buckley IRE	5	Battersea Park	25-Jun
16:01.96 Dianne Henaghan	6	Stretford	11-Jul
16:03.75 Liz Yelling	6	Battersea Park	25-Jun
16:04.99 * Susan Kirui KEN	7	Battersea Park	25-Jun
16:05.81 * Karen Hind	8	Battersea Park	25-Jun
16:06.49 * Lucy Wright	7	Stretford	11-Jul
16:08.54 * Gillian Palmer U23	2	Solihull	19-Aug
16:10.25 Jilly Ingman U23	9	Battersea Park	25-Jun
16:10.95 * Tara Krzywicki	4	Solihull	19-Aug
16:21.39 * Beverley Jenkins	8	Stretford	11-Jul
16:27.96 * Louise Cavanagh IRE	9	Stretford	11-Jul
16:41.02	10	Battersea Park	25-Jun
16:32.13 Michelle Wannell	10	Stretford	11-Jul
16:36.71 * Louise Watson	5	Solihull	19-Aug
16:37.18 * Henrietta Freeman U20	6	Solihull	19-Aug
16:47.54 Debbie Gunning	11	Battersea Park	25-Jun
16:49.09 Sue Harrison	11	Stretford	11-Jul
16:56.02 Penny Thackray	12	Stretford	11-Jul
17:08.62 Jo Wilkinson	12	Battersea Park	25-Jun
17:25.96 Louise Brown U23	13	Stretford	11-Jul
17:38.14 Kirsty Waterson U20	13	Battersea Park	25-Jun
17:42.04 * Dawn Moneriffe	14	Battersea Park	25-Jun

33 membership performances to 18:00.0 by 31 athletes

WOMENS' 10,000M

31:41.1 * Elana Meyer RSA (BMC Record)	1	Watford	22-Jul
32:30.4 * Birhan Dagne U23	2	Watford	22-Jul
32:31.9 * Rosemary Ryan IRE	3	Watford	22-Jul
32:34.7 * Sarah Young-Wilkinson	4	Watford	22-Jul
32:52.5 * Hayley Yelling	5	Watford	22-Jul
32:57.3 * Bente Landoy NOR	6	Watford	22-Jul
33:05.5 * Ann Keenan-Buckley IRE	7	Watford	22-Jul
33:07.9 Liz Yelling	8	Watford	22-Jul
33:49.8 * Beverley Jenkins	9	Watford	22-Jul
34:30.9 * Debbie Sullivan	10	Watford	22-Jul
34:37.3 * Bronwen Cardy-Wise W45	11	Watford	22-Jul
35:21.9 * Jo Newcombe	12	Watford	22-Jul
35:22.5 * Theresa Duffy IRE	13	Watford	22-Jul
35:45.7 Sue Harrison	14	Watford	22-Jul

14 'membership' performances to 40:00.0 by 14 athletes

WOMENS' 2,000M STEEPLECHASE

6:36.02 * Jayne Spark	1	Stretford	8-Aug
(Inaugural BMC Record and British Record)			
6:47.30	1	Stretford	27-Jun
6:57.42 * Claire Martin	2	Stretford	8-Aug

3 'membership' performances to 7:15.0 by 2 athletes

Additional Age Group

7:15.48 Jane Pidgeon W35	3	Stretford	8-Aug
7:27.42	3	Stretford	27-Jun
7:42.06 Alison Hurford W35	5	Stretford	8-Aug

WOMENS' 3,000M STEEPLECHASE

10:08.11 * Tara Krzywicki	1	Stretford	5-Sep
(Inaugural BMC Record and Commonwealth Record)			
1 'membership' performance to 11:15.0 by 1 athlete			

WOMENS' 4 X 1,500M RELAY

17:09.75 Australia (World Record)	1	Battersea Park	25-Jun
17:19.09 BMC Ireland (Irish Record)	2	Battersea Park	25-Jun
20:42.01 Ashford AC U20	3	Battersea Park	25-Jun





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