

(Yeo O) 1:50.4; 3 J Rhodes (Swin) 1:51.5; 4 R Lock (Dor) 1:53.9. **B:** S Blest (B'mth) 2:01.4  
**70H:** 1 Dean 11.5; 2 J Brooking (B'mth) 12.2; 3 Hunt 12.3; 4 S Rodford (Yeo O) 12.6; 5 L Bennett (Wimb) 12.8. **B:** 1 Alford 12.2; 2 Murphy 12.5  
**HJ:** 1 J Bennett (B'mth) 1.35; 2 J MacAdie (Yeo O) 1.30. **B:** Brooking 1.30  
**LJ:** 1 Dean 4.40; 2 Brooking 4.26; 3 Hunt 4.23; 4 Rabjohns 4.22; 5 MacAdie 4.08. **B:** Alford 4.19  
**DT:** 1 S Davies (B'mth) 25.01; 2 H Carter (Ox C) 22.27; 3 Rodford 18.95. **B:** Bennett 20.79  
**4x100:** Bournemouth 55.8

## Road

September 20

### GLEN DIMPLEX CROSS BORDER CHALLENGE Ireland

THE second running of this event attracted a high class international entry and aided by beautiful weather conditions with a light following breeze the course records for men and women's races were smashed, *Alan Keys reports.*

Almost a 1000 runners toed the line in Carlingford in the Irish Republic to finish 10 miles away at Newry in Northern Ireland and with 26 athletes breaking 50 minutes the race lived up to expectations.

The early pace setters included South Africa's Henrick Ramaala,

C McLoughlin (CL) 48:27; 18 S Newport (Wales) 48:30; 19 J Burke (Mul) 48:58; 20 M Morgan (Swan) 49:06; 21 T Murray (Spango) 49:11; 22 C Jansen (DEN) 49:15; 23 G Croll (Cambus) 49:31; 24 S Rasmussen (DEN) 49:48; 25 D Gallagher (SNW) 49:53; 26 D Hiscox (B'end) 49:56; 27 S Phelmark (DEN) 50:27; 28 S Toban (Swan) 50:22; 29 P Friery (Bolt) 50:33; 30 D Boltz (Switz) 50:39; 31 P McKinney (CF) 50:44; 32 J Ruiz (SPA) 50:48; 33 G McClarnon (WTH) 50:53; 34 D Hooper (Raheny, M40) 51:24; 35 D Kerr (Armagh, M40) 51:51

#### Women

1 B Dagne (ETH/Ex L) 53:55; 2 J Thompson (ENG) 54:32; 3 I Kazakova (FRA) 55:37; 4 B Genovese (ITA) 55:40; 5 A Wyeth (Park) 55:59; 6 M Heathcote (ENG) 56:07; 7 C Joergensen (DEN) 56:25; 8 T Thompson (SCOT) 57:04; 9 S Branney (Glas) 58:32; 10 A Stiles (ENG) 58:57; 11 C Petersen (DEN) 59:29; 12 J Newton (Stock) 59:41

### MAIDSTONE HALF-MARATHON & 10km

WHEN Barry Royden ignored a water station at nine miles, it was the pivotal moment in his attempt to win here for the second time, *Steve Roe reports.*

Chris Knight and Roy Smith had been the threat to Royden throughout, but as they took on liquid last year's winner put in a burst that ultimately proved decisive.

Royden reached 10 miles (53:06) with a 50-yard lead and, for all his lack of training on a recent Spanish