G. Hill (Swan) 30:02; 3, S. Smith (Swan) 30:03; 4, S. Brace (Gw. C) 30:09; 5, A. Smith (Swan) 30:10; 6, P. Hitchins (Newp) 30:58; 7, C. Elvins (Swan) 31:05; 8, G. Newhams (Bridge) 31:11; 9, G. Davies (Rhon) 31:13; 10, M. Adams (Newp) 31:14; 11, J. Pimley (Torf) 31:28; 12, R. Evans (Les C) 31:39. Terres 1. Surges 12:30. (Les C) 31:39. Teams: 1, Swansea 6; 2, Newport 29. (Youths): 1, P. Alden (S&E) 12:02; 2, A. Jones (A'dare) 12:04; 3, A. Pritchard (Car) 12:21; 4, A. McIntyre (Bedd) 12:26; 5, S. Merrick (Swan) 12:46; 6, P. Niblett (Car) 13:05. Teams: 1, Cardiff 22; 2, Aberdare Valley 26. (Boys): 1, M. Morrissey (Les C) 9:22; 2, T. Parr (Newp) 9:31; 3, S. Groves (Rhon) 9:33; 4, M. Buckley (Rhon) 9:42; 5, P. Jones (Car) 9:46; 6, R. Jenkins (Newp) 9:50. **Teams:** 1, Rhondda 17; 2, Cardiff 22. (Colts): 1, H. Davies (Newp) 6:28; 2, L. Evans (Rhon) 6:29; 3, N. Taylor (Newp) 6:30. Team: Newport. (Women): 1 A. Roblin (Car) 17:34; 2, D. Matthews (Swan) 17:52; 3, C. Pugh (Newp) 18:08; 4, C. Lock (Newp) 18:20; 5, C. Fereday (Newp-V) 18:52; 6, F. Nixon (Rhon) 18:57; 7, K. Burnell (Car) 19:05; 8, P. Tumelty (Car-I) 19:10; 9, L. Stenstrom (Car-I) 19:21; 10, R. Hickey (Car-I) 19:24 . . . 12, R. Mann (Les C-V) 19:29; 13, J. Bird (Les C-V) 19:54; 14, J. Finlayson (Car-I) 20:04. **Teams:** 1, Newport 12; 2, Cardiff 19. (**Juniors**): 1, L. Carthew (Swan) 10:18; 2, W. McNamara (Car) 10:36; 3, J. Parsons (Car) 10:38; 4, D. Morgan (Bedd) 10:54; 5, S. Chiles (Car) 11:13; 6, C. Thomas (Bedd) 11:18. Teams: 1, Cardiff 10; 2, Beddau 17. (Girls): 1, J. Garrett (Car) 6:55; 2, L. Carthew (Swan) 6:58; 3, E. Billings (Swan) 7:05. Team: Swansea. (5km Walk): 1, S. Johnson (Splott) 21:32; 2, N. Kavanagh (Roath) 21:55; 3, K. Taylor (Splott) 22:02; 4, B. Dowrick (Splott) 22:02; 4 22:02; 4, B. Dowrick (Splott) 22:10; 5, P. Chichester (Splott) 22:23; 6, K. Holloway (Roath) 23:44; 7, G. Holloway (Roath) 23:44; 8, A. Prior (Splott) 24:11; 9, L. Taylor (Splott) 24:31; 10, R. Hutchins (Splott) 24:46.

TONBRIDGE '10'

March 9th
1, M. Scrutton (Tonbridge)47:32
2, M. Gratton (Invicta)
3, G. Wightman (Dartford)49:22
4, P. Rowland (Hors) 49:22; 5, P. Griffiths (Inv)
49:52; 6, S. Brown (Chelt) 49:53; 7, I. Beauchamp
(Rane) 49:57; 8, N. Leach (Shaft) 50:17; 9, D.
Dymond (Exe) 50:19; 10, K. Stewart (Ton) 50:42;
11, T. Conlon (HHH) 50:51; 12, C. Lizieri (GM)
50:52; 13, G. Stratton (High) 50:54; 14, R.
Maxwell (Forb) 51:02; 15, D. Crane (Kt) 51:03;
16, B. Buonvino (Dart-V) 51:04; 17, J. Wilkins
(Inv) 51:05; 18, G. Edwards (HW) 51:15; 19, S.
Birkin (Camb. H-V) 51:16; 20, L. Slater (Inv)
51:34; 21, A. Weatherall (Hors) 51:47; 22, C.
Smith (GEC) 51:53; 23, P. Mason (Ton) 52:06;
24, P. Ross-Davies (HW) 52:08; 25, S. Littlewood
(HW) 52:09; 26, M. Hookway (Ton) 52:19; 27, J.
Wightman (Om) 52:22; 28, C. Bradley (Ton)
52:27; 29, P. Betts (B'hth) 52:32; 30, P. Eveleigh

(Lin. W) 52:36; 31, R. Dixon (Med) 52:40; 32, R. Wallace (Med) 52:42; 33, S. Redmayne (Mus. H) 52:48; 34, N. Smith (Camb. H) 52:50; 35, W. Stock (Inv) 52:51; 36, R. Kelly (Med) 52:52; 37, R. Dickson (Croy-V) 52:57; 38, M. Harris (HHH) 53:07; 39, K. O'Neill (Gold S) 53:08; 40, M. Upton (Leeds) 53:19. Teams: 1, Invicta 24; 2, Tonbridge 34; 3, Hercules Wimbledon 67; 4, Tonbridge 'B' 95; 5, Invicta 'B' 98; 6, Medway 99; 7, Horsham BS 99; 8, Cambridge H 102; 9, Dartford 118; 10, Omega 134; 11, Herne Hill 148; 12, Blackheath 159. (Vets): 1, Buonvino; 2, Birkin; 3, Dickson; 4, J. Geoghegan (Camb. H) 53:59; 5, A. Matson (Craw) 54:09; 6, D. Hardisty (Om) 54:20; 7, J. Morgan (Camb. H) 55:22; 8, R. King (Hast) 55:26; 10, L. Wright (Camb. H) 55:52. (Women): 1, S. Rowell (Dart) 54:05; 2, M. Lockley (Crow-V) 57:53; 3, M. Brayley (High) 58:26; 4, K. Dyett (Dart) 58:40; 5, S. Bradley (High) 60:39; 6, L. Hall (Ash) 62:21; 7, E. Sloan (Hast. R-V) 62:56; 8, A. Whiteman (Camb. H-V) 62:57; 9, A. Chapman (Crow-V) 63:10; 10, J. Cooper (Gold S-V) 64:50.

Two out of two for Anders

THE FIRST morning of British summertime, March 31st, saw more than 2000 runners take to the road in Wilmslow in the second race of the adidas/Mars Half Marathon Series. There was a strong field of elite runners contesting the race, including Stan Curran, Jim Dingwall, Ray Smedley, Graham Ellis, Kevin Best, John Wild,

Steve Anders and Mike Fromant.

The first three miles or so were run into a strong headwind, but there was still a pack of about 20 runners approaching one-third distance. At about 5M, Curran and Anders both put in bursts to try and split up the group, and soon thinned the leading pack down to ten. At 6M Dingwall took over the lead and really pushed the pace for a couple of miles, which had a devastating effect and reduced the leading group to three — himself, Anders and Fromant. Smedley worked very hard and eventually got back with the leading trio at 9M, but at about 10M Dingwall kicked again and Ray was dropped.

The work that Dingwall had been doing eventually took its toll, and at 12M Anders broke clear of Fromant and the Scot was dropped. That was the finishing order, with Anders' 65:21

marking his second win in the series.

1, Steve Anders65:21
2, Mike Fromant65:34
3, Jim Dingwall65:38
4, K. Best 66:05; 5, R. Smedley 66:21; 6, M. Plant
66:41; 7, M. Firth 67:09; 8, G. Ellis 67:27; 9, K.
Moss 67:29; 10, J. Wild 67:42; 11, P. Bassett
67:53; 12, S. Curran 67:59; 13, L. Reilly 68:07; 14,
A. Buckley 68:26; 15, C. Taylor 68:35; 16, S.
Poulton 68:49; 17, B. Donnelly 69:04; 18, P.
Brownson 69:14; 19, M. Dooling 69:34; 20, S.