

Murray beats the deluge

Freya Murray set a PB on a night when the weather threatened to turn the meeting into a wash-out

Report: Trevor Baxter
Pictures: Harry Shakeshaft

FORGET Andy Murray – there was another Murray in a hurry at an eventful British Milers' Club Trafford Grand Prix.

Freya Murray ran the 5000m race of her life to threaten a Commonwealth Games qualifying standard for Scotland.

The 25-year-old's timing could not have been better, beating the torrential storm that threatened to cancel the Longford Park Stadium meeting.

Freya Murray:
huge PB for
5000m



Steven Fennell: 800m winner from
Ed Jackson (4) and Sam Ellis (8)

Instead, Murray made the most of humid conditions to clock 15:44.37 for a massive PB. Indeed, it obliterated her previous best of 16:05.86 set at last season's Olympic Trials.

The Scottish 1500m silver medallist wasn't the only runner to break 16 minutes. Coventry's Tina Brown also recorded a PB of 15:58.68 in finishing second. The 32-year-old improved her time from 16:10.75 at Sport City, Manchester in May.

The duo were well clear of the chasing pack, including GB international Gemma Miles and another former North of England cross-country champion, Sonia Samuels.

The top three in the men's 5000m – Antony Ford, Mark Miles and Phil Nicholls – recorded season's bests but narrowly failed to break 14 minutes.

Steven Fennell was another who enjoyed his trip to the North West. The injury-plagued Tonbridge athlete also improved his 800 metres lifetime best before the real drama of the evening began!

With the storm clouds gathering overhead, Fennell, 23, clocked 1:47.97 with local Sale Harrier Ed Jackson taking second and 2006 AAA silver medallist Sam Ellis, the fastest man in the field on paper, finishing third with 1:48.37.

Indeed, Fennell's run was almost on

the fourth anniversary of his 1:48.26 at the corresponding meeting in 2005. His time followed a 1:48.61 at the recent Watford BMC meeting.

However, with the race over, the rain started, eventually leading to a 35-minute delay in proceedings.

Organiser Mike Harris explained: "The heavens opened and the first lane of the home straight and the first bend were under several inches of water.

"I started to get things cleared up, but struggled on my own. Suddenly, Sam Ellis, who had been pleased with his latest run, found a large black waste bin and started to scoop up some of the surface water.

Charlotte Best
(49) narrowly
beat Amanda
Moss (51) in
the 800m



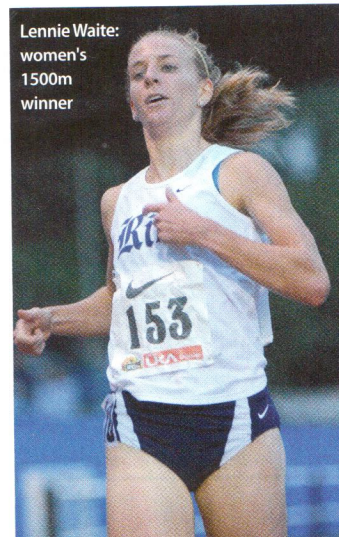
Paul Robinson:
B 1500m winner



Melanie Wood: under-17 took C 800m



Jermaine Mays (87): sub-3:40 to win the 1500m



Lennie Waite: women's 1500m winner

"That was the cue for about a dozen athletes and coaches to lend a hand. Eventually, the rain began to ease off and when we re-started, the track was virtually perfect.

"In all, we probably lost about 35 minutes. Cancelling the meeting wasn't really an option for me.

"I was happy to carry on for those athletes who wanted to run. In the end, we probably overran by about 20 minutes.

"Indeed, conditions were probably better after the storm because it was cooler.

"In all, it was quite a surreal evening. Just down the road at Old Trafford, *Take That* were performing and you could hear all the songs and see the balloons and the fireworks."



Antony Ford: took 5000 metres in 14:01.71

The bad weather did, however, knock out the electronic timing for a while. And the later races had to be hand-timed.

One of those in action after the deluge was Jermaine Mays. He beat Kenyan Bernard Kiplagat in the men's 1500 metres A race and was just outside his 2007 best of 3:39.85.

Charlotte Best won a tight 800m in which the clock could not separate her from runner-up Amanda Moss.

Both athletes were given a time of 2:03.65, which was a season's best for the latter.

In addition to the domestic athletes taking part, the meeting attracted entries from Ireland, Denmark, Australia, New Zealand and Finland, including the intriguingly named Finn, Matti Viren.



Charlotte Wickham: women's 1500m B race winner

RESULTS

Men

800 A: 1 S Fennell (Ton) 1:47.97; 2 E Jackson (Sale) 1:48.34; 3 S Ellis (Barns) 1:48.37; 4 G Warburton (Card) 1:49.09; 5 B Green (Warr) 1:49.35; 6 C Mackay (NEB) 1:50.14. **B:** 1 J Brocklehurst (Strat) 1:50.87; 2 I Munro (Cambus) 1:51.47; 3 C Bryant (Sale) 1:51.61; 4 T Salonen (FIN) 1:51.83; 5 D Barks (Mans) 1:51.85; 6 N Jensen (DEN) 1:51.93; 7 A Hay (Centr) 1:51.99; 8 C Welsh (Bord H) 1:53.58. **C:** 1 J Dunn (Bir, U20) 1:55.06; 2 J Joy (Adeen, U20) 1:55.45; 3 T Coney (Wake, U20) 1:55.63; 4 A Maguire (M'bro) 1:55.75; 5 C Lamb (R&N) 1:56.91; 6 R Duggan (IRL) 1:57.68. **D:** 1 R Greaves (P&B, U20) 1:56.23; 2 T Graves (SSH, U17) 1:57.46; 3 C Matthews (B'burn, U17) 1:57.76; 4 J Oguntayo (Sale, U17) 1:57.76; 5 M Quinn (Abbey) 1:57.78. **E:** 1 J Bleakley (Traff) 1:57.44; 2 M O'Sullivan (IRL, U20) 1:57.58; 3 J Roden (Sale, U20) 1:57.70; 5 T Murphy (M'bro, U20) 1:58.61; 6 D Cheeseman (H'gate, U17) 1:58.89; 8 T Nuttall (Traff, U17) 2:02.00. **1500 A:** 1 J Mays (Kent) 3:39.94; 2 B Kiplagat (KEN) 3:40.12; 3 S Moralee (Belg) 3:41.24; 4 R Dirشه (SWE, SEN-V35) 3:41.25; 5 F Baddick (NEB) 3:42.80; 6 C Parr (Gate) 3:43.16; 7 M Bowser (Linc W)

3:43.41; 8 R Chesser (IRL) 3:43.85; 9 J Thomas (Card) 3:44.25; 10 C Moss (Card) 3:44.82; 11 B Tickner (Wells) 3:45.73; 12 G Bristow (Traff) 3:45.84; 13 N Samuels (Sale) 3:46.68; 14 B Raeside (Notts) 3:47.98; 15 M Skinner (B&B) 3:55.16. **B:** 1 P Robinson (IRL, U20) 3:46.86; 2 M Fudalej (Mil K) 3:47.12; 3 R Whittle (BMH) 3:47.25; 4 M Viren (FIN) 3:47.31; 5 H Ellis (Warr, U20) 3:48.20; 6 R Weir (Der) 3:48.35; 7 T Fitzpatrick (IRL) 3:48.78; 8 C Warburton (Notts) 3:48.83; 9 M Pollard (Belg) 3:49.16; 10 T Egerton (Traff) 3:49.49; 11 S Broadhurst (Warr, U20) 3:49.78; 12 K Gerrard (NEB) 3:49.81; 13 C Murphy (IRL) 3:50.21; 14 P Erwood (Mil K) 3:50.66; 15 E Dunleavy (IRL) 3:50.83; 16 S Pilkington (Cors) 3:51.12; 17 M Nicholson (Morp) 3:52.39; 18 I Rawlinson (Bord H) 3:52.80; 19 J Millington (Tip) 3:58.36. **C:** 1 P Hurst (Els, U20) 3:51.28; 2 P McCartan (IRL) 3:51.90; 3 C Powner (Win) 3:52.43; 4 C Discombe (Les C) 3:52.87; 5 L Minns (BWF) 3:53.37; 6 J McCole (Liv H) 3:53.47; 7 S King (Mans) 3:53.54; 8 G Hill (B&A) 3:54.24; 9 B Jones (Cov) 3:54.31; 10 P Whitelam (Hallam) 3:54.46; 11 J Ellis (Win) 3:54.81; 12 M Reid (Sheff) 3:55.12; 13 B Warren (Hail) 3:58.86; 14 T Madden (Cov)

4:00.11. **D:** 1 J Gilmour (Traff, U20) 3:52.61; 2 L Carroll (Chelt, U17) 3:54.40; 3 T Prendergast (WG&EL) 3:57.35; 4 D Horniman (Traff, U20) 3:57.36; 5 G Hogg (Traff) 3:58.71; 6 A Smith (Hallam) 4:00.21; 7 N Elliott (Wake) 4:00.51; 8 T Meakin (OWLS) 4:00.53; 9 C Walker (W&B) 4:01.14; 10 J Adie (B&R) 4:01.28; 11 P Matthews (B'burn) 4:02.34; 12 S Bucknall (Wake, U20) 4:02.81. **5000 A:** 1 A Ford (BWF) 14:01.71; 2 M Miles (Belg) 14:02.76; 3 P Nicholls (Tip) 14:03.85; 4 B Whitby (WSEH) 14:04.75; 5 A Norman (Alt) 14:06.99; 6 R Dessais-Chin (Belg/AUS) 14:07.29; 7 I Hudspeth (Morp, V35) 14:07.94; 8 A Grice (Leeds C) 14:08.08; 9 J Woolhouse (NZL) 14:13.23; 10 F Uhrborn (SWE) 14:14.47; 11 M Hood (Sun) 14:17.19; 12 M Kenneally (IRL) 14:20.82; 13 S Deakin (Leeds C) 14:21.24; 14 J Thewlis (Roth) 14:25.81; 15 S Scullion (NBH) 14:27.58; 16 P Martin (Sun) 14:28.01; 17 A Buckley (Leeds C) 14:29.76; 18 K Skinner (NEB) 14:33.35; 19 D Norman (Alt) 14:36.86; 20 J Harjamäki (FIN) 14:37.57; 21 M Williams (Tip) 14:39.05; 22 D Hornery (AUS) 14:50.05. **B:** 1 N Swinburn (Morp) 14:24.38; 2 M Bond (Sale) 14:28.64; 3 J Lilly (Severn) 14:29.44; 4 J Smith (Leeds C) 14:34.61; 5 D Cliffe

(Warr, U20) 14:40.22; 6 S Marriott (Tip) 14:40.48; 7 S Huntington (Norw) 14:41.36; 8 A Valentine (Bolt) 14:42.14; 9 N Phillips (AFD) 14:45.75; 10 J Hamberg (FIN) 14:47.19; 11 S Robinson (BWF) 14:47.73; 12 J Travers (IRL, U20) 14:48.80; 13 A Harrell (Norw) 14:55.00; 14 C Sampson (Morp) 14:56.92; 15 O Pennanen (FIN, U20) 14:56.97; 16 M Whitehouse (Notts) 15:06.87; 17 M Dawson (Morp) 15:10.89; 18 L van Haften (Dono, U20) 15:25.57; 19 M Dooley (Dono) 15:27.81; 20 S Hallas (Prest, V35) 15:40.07.

Women

800 A: 1 C Best (Craw) 2:03.65; 2 A Moss (Card) 2:03.65; 3 K Storbaka (FIN) 2:04.27; 4 C Riley (Traff) 2:04.64; 5 K Harewood (Corby) 2:05.09; 6 R Thompson (Liv H) 2:05.79; 7 R Sweeney (Sale) 2:06.07. **B:** 1 D Riding (Sale) 2:07.40; 2 K Johnson (Wake) 2:07.81; 3 H Pappila (FIN) 2:07.97; 4 A Bell (P&B, U17) 2:08.53; 5 F Kehoe (IRL) 2:09.28; 6 A Ossum (DEN) 2:11.67. **C:** 1 M Wood (Mil K, U17) 2:09.24; 2 K McAslan (E Ches, U17) 2:11.43; 3 J Adams (R&Z, U20) 2:12.68; 4 J MacLaren (VPCG) 2:12.84; 5 E McIntyre (Sale) 2:13.30; 6 C Long (WSEH) 2:13.98. **D:** 1 S Roe (Prest)

2:13.59; 2 J Emery (Cov) 2:14.27; 3 L Farnell (Bir, U17) 2:14.35; 4 E Buchan (Adeen, U17) 2:14.44; 5 C Sloss (Kilb) 2:16.16; 6 R Atherton (C&S, U20) 2:17.78; 7 N Yates (Mans) 2:18.63. **1500 A:** 1 L Waite (Rice Un) 4:17.05; 2 K Harty (WSEH) 4:18.60; 3 R Ogden (Worth) 4:19.11; 4 F Fullerton (Hav M) 4:20.28; 5 H Singleton (Wake) 4:26.80; 6 E Raven (CleS) 4:26.88; 7 S Maude (Charn) 4:28.00; 8 A Brady (IRL) 4:28.13; 9 E Stevens (Der) 4:28.17; 10 A Gibson (Els) 4:29.02; 11 K Clark (Kuh, U20) 4:29.91; 12 A Joel (Hav M) 4:34.56. **B:** 1 C Wickham (Gate) 4:26.55; 2 G Cormack (Moray, U20) 4:27.22; 3 L Reilly (IRL) 4:35.09; 4 J Fairchild (Traff) 4:35.10; 5 E Heighway (Sale) 4:36.08; 6 E Merrick (B&W, U20) 4:37.99; 7 K Longley (Liv PS) 4:40.66; 8 F Meakin (SinA) 4:40.75; 9 C Robertson (Bing, U17) 4:41.35; 10 D Johnson (Bir, U17) 4:43.57; 11 B Strange (Card) 4:43.71; 12 S Beevers (Wake) 4:46.18. **5000:** 1 F Murray (CleS) 15:44.37; 2 T Brown (Cov) 15:58.68; 3 J Doyle (Charn) 16:10.20; 4 G Miles (Kend) 16:13.79; 5 S Samuels (Sale) 16:16.85; 6 G Turtle (SB) 16:22.95; 7 F Clark (Arena) 17:18.00; 8 C Phelan (St Ab) 17:28.97; 9 L Roche (Gate) 17:38.28; 10 G Sharp (Phoe) 18:10.44