

**Steve Lisgo** took the Bronze medal in the prestigious NCAA National Championships in the USA and in the place bagged himself a qualifying time for the European Under 23 Track and Field Championships.

Lisgo went into the final of the 3000m Steeplechase in the early hours of Saturday morning (UK time) having only qualified as a fastest loser but stormed to glory taking 3<sup>rd</sup> place in 8:35.49, a time that is also inside the Scotland qualifying time for next year's Commonwealth Games. Qualifying to represent Scotland through his late mother's nationality the potential of a place on the plane to Delhi in October 2010 now seems a real likelihood.



After struggling psychologically in his last few races the former Garibaldi School student went through the bell in the tough seven and a half mile race in 6<sup>th</sup> position but worked his way back through the field and a well executed last water jump saw him emerge in a medal contention spot. Chasing down the leaders over the last 150 metres he finished strongly taking over 7 seconds off his previous best time.

Lisgo's performance inspired three of his Mansfield training partners to good performances at Saturday's BMC meeting at Watford with James Mee and Danny Barkes both producing new PB's.

Mee took 3 seconds off his best over 1500m, clocking 3:55.11 whilst Barkes improved his 800m time again to 1:52.39. Chris Brown also ran over 800m recording 1:52.55.

Mansfield's Under 20's were at home in the 3<sup>rd</sup> fixture of this season's National Junior League Midland Premier Division where they finished in 4<sup>th</sup> position after a close match.

Birchfield Harriers came out on top in the 8 team match with final scores ending up as Birchfield: 506, Notts: 454, Cannock and Stafford: 433, Mansfield: 429, Charnwood: 419, CDAV: 392, West Wales: 337, Cardiff: 332. Danny Martin and Greg Millar took good points in the Men's Javelin with Martin taking second in the A string with a best throw of 51.82m and Millar winning the B event in 48.96m.

Hayden Richards took third spot in the A string Hammer with a best throw of 38.65m whilst Charlotte Gair followed up her 4<sup>th</sup> place in the A string Hammer with a second spot overall in the Discus, throwing 26.26m and 38.49m respectively.

Adam Sansom posted a new PB in the Long Jump, finishing in second place with 6.40m and adding to a third place in the 400m Hurdles where he recorded a time of 56.5. Sansom went on to anchor home a 4x400m team, also comprising Ryan Childs, Alex Lloyd and David Lagerberg, who finished in 3<sup>rd</sup> spot.

Jono Cordin took 3<sup>rd</sup> place in the B string 200m clocking 23.8 whilst David Lagerberg was 6<sup>th</sup> in the A string in 23.8 to add to a time of 51.4 in the 400m. These two along with Ewan Millar and Adam Sansom ran well in the 4x100m relay to take 3<sup>rd</sup> place in 45.8.

Daniel Winter made his debut over the 2K Steeplechase with an excellent 3<sup>rd</sup> place finish and his time of 7:01.8 just an hour after his 1500m race showing that he is well capable of sub 6:45 performances. Daniel Ward made sure of good points for harriers, finishing 3<sup>rd</sup> in the B string.

In the Women's Steeplechase Lara Thomas and Amie Grainger took valuable points finishing 2<sup>nd</sup> in the A string and 1<sup>st</sup> in the B string respectively. Grainger had earlier taken 3<sup>rd</sup> spot in the B string 800m.

Claire Talbot made it 3 in a row when she won the 3000m for the third successive time, on this occasion recording a time of 11:17.4 – Kate Raynor took second in the B string. Hannah Wragg and Emma Wilkinson both took 3<sup>rd</sup> position in the 1500m, Wragg clocking 4:57.5 in the A string and Wilkinson 5:18.6 in the B.

Chloe Elphick and Laura Brown both made it to the last six of the Triple Jump, Elphick finishing up 3<sup>rd</sup> in the A string with a best jump of 10.51m whilst Brown produced a PB of 10.46m to win the B string. Elphick also finished 6<sup>th</sup> in the A string Long Jump and 4<sup>th</sup> in the Pole Vault where Laura Massey took second spot in the B string.

Jess Grieves took third spot in the 400m Hurdles A string in 70.1 before going on to set another PB in the 400m recording 60.3 with the other top 3 spot in the match coming from Greg Millar in the B string Pole Vault.

On the roads Pete Stafford finished in 15<sup>th</sup> spot at the Notts 10 mile race. Based around Holme Pierrepont National Water Sports Centre the race also incorporated the Notts County Championships this year.

Stafford recorded a time of 58:33 with Jonny Lowe, 55<sup>th</sup> in 63:34, and Dave Ward, 224<sup>th</sup> in 80:22, being the only other harriers to turn out.

Doug Ross and Clare Coombes took part in the inaugural Trent Beeston 5 mile race along the banks of the River Trent – Ross finishing in 5<sup>th</sup> position in 28:00 and Coombes 71<sup>st</sup> overall (8<sup>th</sup> lady) in a time of 35:58.