

Forest Town's Stephen Lisgo did Mansfield proud in his first outing in a Team GB vest. Competing in the European Under 23 Championships in Kaunas, Lithuania Lisgo finished second in his heat of the 3000m steeplechase before going on to take 5th spot in the final.

The race was won by a Russian athlete with 2nd, 3rd and 4th all producing personal best performances for the 2 Spaniards and one Pole – Lisgo's time of 8:45.77 being 10 seconds down on his season, and personal, best.

On home soil Mansfield travelled to Cardiff for the last fixture in the National Junior League where they did enough to retain their 5th place position in the league table in torrential rain.

With a squad of only 8 girls the whole team were in action throughout the whole day – the 4 older athletes all doing their maximum five events, the 4 younger ones all pitching in with their maximum of four and between them producing Mansfield's only 4 wins of the day.

Lara Thomas and Amie Grainger secured maximum points winning the A and B string 1500m Steeplechase - Thomas running 5:14.02 and Grainger 5:39.88. Both had earlier taken 4th place spots in the 400m Hurdles.

Chloe Elphick and Laura Brown did likewise in the Triple Jump – Elphick winning the A string with a best leap of 10.52m and Brown the B with 9.89m.

Rachel Brandham ran seven and a half laps in horrendous rain and wind to record a PB of 10:58.01 and take second place in the 3000m, Kate Raynor coming home 3rd in the B string.

Daniel Winter ran strongly in the 2000m Steeplechase to finish 3rd and clock a new PB of 6:39.45, running another PB earlier in the day of 2:05.59 over 800m. Luke Marshall and Daniel Ward took 2nd and 3rd in the 3000m, Marshall going on to produce a new PB of 4:32.63 over 1500m having clocked 9:43.73 over the longer distance.

Greg Millar and Danny Martin scored useful points in the Javelin with 3rd spot in the A and 2nd in the B string respectively.

Adam Sansom took 2nd place in the 400m Hurdles, losing out only to English Schools silver medallist Tom Moakes. There was another Hurdles second place spot for James Hardy in the 110m event, Jamie Allen taking 3rd in the B string having earlier taken 4th spot in the 400m Hurdles B race.

Club Chairman Steve Davies made the trip to Cardiff with the youngsters, fitting in an appearance at the Cardiff Bay 5 mile race before officiating at the Junior League match. He finished in 9th place in a time of 29:20.

Several Mansfield athletes have turned in good performances at recent British Milers Club meetings. James Mee, Stuart King and Natalie Yates were in action over 1500m at the Solihull Grand Prix with Mee producing a PB of 3:54.52. Yates ran a season's best of 4:46.79 and, after 2 years away from the sport, is beginning to get back to the sort of form she is capable of. King meanwhile, was disappointed with his time of 3:58.17.

As the BMC moved on to Stretford Danny Barks produced a 4 second PB, running an excellent 3:52.01 over 1500m. Meanwhile Mike Mumford recorded 2:04.02, a new PB for him, at the Birmingham event.

Youngster Sam Johnson was the star of the show at the PB Academy event at Tipton running a huge PB of 4:45.6 to set a new Under 13 Boys club record. Johnson was one of 10 Mansfield athletes competing who between them set 6 new PBs.

Joining Johnson with new PBs over 1500m were his twin sister Molly who ran 5:15.26, Caelidh Ross (5:15.46) and Jake Lancaster (5:02.82). Chevelle Baxter showed that she is recovering well from her recent illness to produce a season's best of 5:09.46.

Demi-Jade Jakymelen and Bailey Wardle dipped under 2:20 and 2:30 respectively for the first time over 800m clocking 2:19.16 and 2:29.19 whilst Ella Shirley ran a new best time of 2:47.0.

Sam Cordin took silver in the 200m at the England Sprints Grand Prix Series, run as part of the Birmingham open meeting. Clocking 22.11 in his heat Cordin went on to run 22.19 in the final to finish just behind Irish international Brian Murphy. He was rewarded with first place overall in the Grand Prix and a prize of England Athletics Puma clothing.

At the same meeting Stefan Wilcockson ran two new PBs in the 400m Hurdles, recording 56.48 in his heat and 56.43 in the final where he finished just outside the medals in 4th place. Lucy Spray ran a season's best of 58.31 in the 400m, Rachel Gair took bronze in the Women's Hammer with a best throw of 57.74m and Lee Peters threw 51.20m in the Javelin.

Away from the track and on the roads Doug Ross, Steve Grainger and Steve Davies travelled to Doncaster where they all took to the town centre for the 3 lap Doncaster 5K Road Race. Ross finished in 3rd place in the field of 180 finishers clocking 16:44 with Grainger in 8th place in a time of 17:18 and Davies in 15th, recording 17:48.

Steve Capewell and Steve Davies both finished in the top 10 of a field of 641 finishers at the Sherwood Pines 10K, Capewell taking 4th in 35:29 and Davies recording 37:07 for 10th spot.

Trevor Hiscox was 48th in 41:51 with Pete Collinge 71st in 43:48. Maddy Collinge and Carol Hartin made up the Mansfield contingent finishing 203rd and 211th respectively both just dipping under 50 minutes with times of 49:47 and 49:55.

Chris Dale came out on top at the same venue over 5K finishing at the top of the field of 104 with a time of 16:43, Daisy Collinge also running and finishing 28th in 25:01.

Harriers have also been in action in the fourth of five Booth Decorators Road race league fixtures at Carsington Water in Derbyshire. After a ten minute delay to the start due to a thunderstorm Pete Stafford produced another strong run to come home as the first green and blue vest, finishing in 5th place clocking 29:58.

Brian Harris was next back for Mansfield, recording 34:13 to take 48th position with Dave Peet just 6 seconds behind him – finishing 50th in 34:19.

Trevor Hiscox was 56th in 34:29 with Grant Saxton 62nd in 34:42. Miriam Tedder was first Mansfield lady back in 80th spot in a time of 35:36 with Jason Foster 5 seconds behind her in 81st place. Youngster Demi-Jade Jakymelen was 92nd in 36:25 with Pete Collinge and Julian Wood just making the top 100, finishing 98th and 99th respectively in times of 36:38 and 36:43.

With one race remaining Mansfield's women lie in 2nd place, the men in 4th and the overall team in 3rd.

OTHER MANSFIELD FINISHERS: 116 – Helen Scott: 37:51, 133 – Dave Ward: 39:45, 135 – Carol Hartin: 39:53, 139 – Dave Rose: 40:12, 148 – Tina Green: 40:57, 151 – Jane Stafford: 41:04, 164 – Maddy Collinge: 41:57, 183 – Denise Winfield: 45:20, 187 – Lynne O'Reilly: 46:15, 201 – Michelle Peet: 48:23, 202 – Elaine Greaves: 48:23.

Natalie Yates took the trophy for first lady home at the challenging Hardwick 6 mile road race finishing in 13th position overall in a time of 39:38.

Trevor Hiscox and Julian Wood were the other Mansfield athletes in action – Hiscox recording 42:55 for 34th spot and Wood coming home in 54th place in 45:11.