

Mansfield Harriers' Stephen Lisgo, currently ranked number one in the UK at the 3K Steeplechase, received a massive boost this week when he was announced as one of 26 athletes named on the Scottish Athletics Commonwealth Games programme. As a contender to compete in the 2010 Commonwealth Games in Delhi this recognition gives Lisgo access to a range of support and resources.

The 22 year old former Garibaldi School student is currently studying at Butler State University in the USA so is unlikely to take advantage of the training and medical support offered by Scotland however being named on the squad is significant as he works hard over the winter to retain his form.

Luke Cragg, also studying and training in the USA, was a member of the winning Adams State University team at the prestigious NCAA Div 2 National Cross Country Championships in Indiana. Cragg had an excellent run to finish in 11th position in a race that was dominated by Kenyan athletes.

Back on UK soil James Mee and Steve Davies both competed in the UK Cross Challenge event at Liverpool's Sefton Park. In a race which doubled as the trials for the forthcoming European Championships to be staged in December, Mee finished 122nd and Davies 186th.

Eight Harriers braved the wet conditions to take part in the Clowne Half Marathon with Rob Smith the first green and blue vest back. Smith finished in 37th spot with a time of 88:17. Colin Fell made the top 200 with his time of 1:42.25 being good enough for 169th place. With the runners coming in thick and fast at this point Dave Rose was next back in 215th spot in a time of 1:44.32.

Clare Coombes was the first Mansfield female back, taking 220th position with her time of 1:44.48. Constantly improving Sally Smith was not far behind, clocking 1:46.07 for 237th position and Maddy Collinge took 258th place in 1:48.02. Simon Travell was just six places behind with a time of 1:48.17 and Carol Hartin completed the line up, finishing 312th in 1:51.10.

Mansfield's youngsters lead the way after two fixtures in the Nottinghamshire Mini League having come out on top in the second fixture at Newark.

Stars of the day were Nicole Goulding and Alex Rieley who both took the honours in the Under 13 races. Mansfield had total domination in the Girls race where Emma Heath, Rachel Norris and Claire Norris joined Goulding to fill the top four spots.

In the U13 Boys race Rieley was backed up by Bailey Wardle (5th), Ben Hardy (6th) and Andrew Frettingham (9th).

At U11 level Archie Raynor and Ruby Codd both took third spots with Jessica Tomlinson (6th) and Emma Beeson (7th) also making the top ten in the Girls race.

Harriers' trio of Hayley Silver, Alice Mortiboy and Harriet Codd all took top ten spots in the U15 Girls race – Silver taking second, Mortiboy fifth and Codd ninth. Sam Dobb, Jake Lancaster and Sam Raynor did likewise in the Boys race taking fifth, sixth and tenth respectively.

OTHER MANSFIELD FINISHERS: U11 Girls – 15: Elisabeth Rieley, 20: Isobel Verner, 22: Chloe Asher, 23: Maddison Wardle, 31: Katie Lancaster, 33: Jennifer Dobb. U11 Boys- 15: Josh Boam, 16: Alistair Flynn, 28: Donald Flynn. U13 Girls – 13: Beth Mortiboy, 16: Anya Ramsdale. U13 Boys – 17: Jack Foster. U15 Boys – 12: Jordan Boam, 19: David Wilkinson.

One of the first indoor meetings of the winter took place when Sheffield hosted the Northern Athletics Open meeting. Harriers produced the fastest 60m and 2K of the day through promising performances from Neal Baines and Stuart King respectively.

Baines clocked 7.14 over 60m whilst King recorded 5:37.13 over 2000m. Sam Cordin ran 7.37 in the same race as Baines before going on to record the second fastest time of the day over 150m with a performance of 16.58.