

Mansfield Harrier Steve Lisgo, unable to take up his place in the Nottinghamshire team at last weekends Inter Counties Cross Country Championships having returned to University in the USA, made up for it on the track indoors with two sensational performances.

Lisgo, who continues to go from strength to strength after 6 months at Butler State University, ran 2 new personal bests within 45 minutes of each other at the Horizon Indoor Championships in Greencastle, Indianapolis.

The 21 year old former Garibaldi School student was named as the Most Outstanding Running Performer at the event after winning the mile in a time of 4:08.22 and going on to take second in the 800 metres in 1:51.28.

Both of these times put Lisgo in the top 6 UK Under 23 age group rankings and he'll be hoping that these results will continue into the summer in his main event – the 3000m Steeplechase.

Closer to home 29 Mansfield Harriers made the Nottinghamshire team for the Inter Counties Cross Country Championships, held for the eleventh year at Nottingham's Wollaton Park. 3 club members were also selected for the Derbyshire team at the same event.

There was national selection for Nottinghamshire athlete Jane Potter, who competes for Loughborough based Charnwood AC, as she finished 3<sup>rd</sup> in the Senior Ladies race to earn herself a place in the Great Britain team for the upcoming World Cross Country Championships in Jordan. Potter has been a regular competitor in events at Berry Hill Park this winter and was crowned champion in both the Nottinghamshire and Midland Championships back in January.

A highly competitive Senior Men's race saw a race to the finish between international athletes Frank Tickner and Steve Vernon, the latter just getting the title in the last 50 metres.

Stuart King was first Harrier home in 140<sup>th</sup> with just 5 seconds separating James Mee and Sean Ledger in 151<sup>st</sup> and 154<sup>th</sup> respectively. Danny Heathcote returned from army duties to make up a Mansfield quartet in this 12km race, finishing in 259<sup>th</sup> spot.

Mansfield's best performances again came from the Under 13 Girls where Chevelle Baxter continued her strong winter season with a 36<sup>th</sup> place finish. Caelidh Ross was just 16 seconds behind in 57<sup>th</sup> position, again showing improving form each time she races. Claire Norris (130<sup>th</sup>) and Molly Johnson (146<sup>th</sup>) were the other Mansfield athletes gaining their county vests.

The Under 15 Girls race was the largest field of the day, 307 youngsters making it over the finish line. Claire Talbot led the 5 Mansfield representatives back, clocking 16:58 over the 4km course to finish in 107<sup>th</sup>. Hannah Hardy was next back in 205<sup>th</sup> followed by Demi-Jade Jakymelen (223<sup>rd</sup>), Hayley Silver (287<sup>th</sup>) and Charlotte Bellingham (304<sup>th</sup>).

Hannah Wragg was the only Harrier to finish in the first third of the field in the Under 17 Women's race coming home in 67<sup>th</sup> spot of the 249 finishers. Laura Brown was just outside the top half in 129<sup>th</sup> with Georgia Milton (142<sup>nd</sup>), Emma Wilkinson (176<sup>th</sup>) and Kate Raynor (207<sup>th</sup>) completing the line up.

At Under 20 level 3 Mansfield athletes gained county honours – Nikita Pembleton coming back first in 130<sup>th</sup> spot followed by Jodie Bestwick (138<sup>th</sup>) and Daisy Bough (146<sup>th</sup>).

Chris Dale was the only local athlete in the Under 20 Men's race and the Mansfield Woodhouse triathlete warmed up well for his summer season with a highly respectable 94<sup>th</sup> place finish.

Two Harriers made the cut for the Under 17 Men's team, Richie Talbot finishing 247<sup>th</sup> and Jack Longstaff in 275<sup>th</sup>.

The Under 15 Boys race saw the second biggest field of the event, 304 athletes completing the 4.5km route. A Mansfield quartet of Ewan Millar, Tom Wragg, Tom O'Mara and Will Stone all finished within half a minute of each other to take 243<sup>rd</sup>, 251<sup>st</sup>, 260<sup>th</sup> and 279<sup>th</sup> respectively.

Sam Johnson led home the Mansfield athletes at Under 13 level finishing 155<sup>th</sup> just 10 seconds ahead of 189<sup>th</sup> placed Jake Lancaster representing Derbyshire. Lewis Ashmore (231<sup>st</sup>) and David Wilkinson (242<sup>nd</sup>) were the other Mansfield runners in a finishing field of 294.

8 Mansfield Harriers took to the roads at the Grantham Half Marathon with Trevor Hiscox coming home first in 25<sup>th</sup> position in a time of 1:30:08.

Junior Glave was 72<sup>nd</sup> in 1:37:23 with Miriam Tedder just 20 seconds behind, recording 1:37:43 to take 77<sup>th</sup> place and 2<sup>nd</sup> in her age category.

Colin Fell continued his preparation for the London Marathon with a sub 100 minute time, taking 92<sup>nd</sup> position in 1:39:30. Dave Rose just went over the 100 minute mark but sneaked into the top 100 taking 98<sup>th</sup> place with his time of 1:40:28.

Clare Coombes was second in the VL35 category clocking 1:43:43 to finish 122<sup>nd</sup> overall whilst Maddy Collinge took the prize for the first VL55 finishing in 166<sup>th</sup> with a time of 1:48:56.

Christine Fell also built this race into her pre London Marathon preparations and should be pleased with her 1:51:27 finish taking 194<sup>th</sup> place.

4 Harriers took on a different sort of challenge when they signed up to the Belvoir Challenge – an off road race that presents a real character building opportunity!

Miriam Tedder, Jo Bettison and Maddy Collinge all signed up for the 15 mile option whilst Peter Collinge went for the tougher 26 mile option! On a relatively dry course Miriam and Jo got round in 2:37, Maddy in 2:47 whilst Peter completed the full marathon equivalent in a highly respectable 4:07.

Steve Capewell made his return to racing with an impressive sub 36 minute time at the Rushcliffe 10K. Full results will appear next week.