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## Telegraph newspapers axe 90 jobs

Telegraph newspapers axe 90 jobs The Daily and Sunday Telegraph newspapers are axing 90 journalist jobs - 17% of their editorial staff. The Telegraph Group says the cuts are needed to fund an B£150m investment in new printing facilities. Journalists at the firm met on Friday afternoon to discuss how to react to the surprise announcement. The cuts come against a background of fierce competition for readers and sluggish advertising revenues amid competition from online advertising. The National Union of Journalists has called on the management to recall the notice of redundancy by midday on Monday or face a strike ballot. Pearson's Financial Times said last week it was offering voluntary redundancy to about 30 reporters. The National Union of Journalists said it stood strongly behind the journalists and did not rule out a strike. "Managers have torn up agreed procedures and kicked staff in the teeth by sacking people to pay for printing facilities," said Jeremy Dear, NUJ General Secretary. NUJ official Barry Fitzpatrick said the company had ignored the 90-day consultation period required for companies planning more than 10 redundancies. "They have shown a complete disregard for the consultative rights of our members," said Mr Fitzpatrick, who added that the company now planned to observe the consultation procedures. The two Telegraph titles currently employ 521 journalists. Some broadsheet newspapers - especially those which have not moved to a tabloid format - have suffered circulation declines, which are hitting revenues. The Telegraph has announced no plans to go tabloid although both The Independent and The Times have seen circulation rise since shrinking in size. The Guardian is hedging its bets, planning a larger tabloid format like those popular in continental Europe. The Telegraph Group was bought by the Barclay twins - Frederick and David - last year, having previously been owned by Lord Conrad Black's Hollinger International. The brothers are currently mulling the sale of another of their businesses, retailer Littlewoods. Telegraph executive Murdoch MacLennan said the two newspapers would add eight colour pages in the coming months. "Journalists are the lifeblood of any newspaper, and maintaining the quality of The Daily Telegraph and The Sunday Telegraph for our readers is vital," he said. "However, action to improve our production capability and secure our titles against the competition is also vital." Many newspapers are investing in new printing machinery that enables them to print more colour pages, or in some cases, have colour on every page. They are hoping that by boosting colour it will make their publications more attractive to advertisers and readers alike. In recent months News Corp's News International unit, which publishes The Sun and the News of the World, the Guardian Media Group, Trinity Mirror and the Daily Mail & General Trust have all announced substantial investments in new printing plants.

## Tomlinson stays focused on Europe

Tomlinson stays focused on Europe Long jumper Chris Tomlinson has cut his schedule to ensure he is fully fit for the European Indoor Championships. The 23-year-old has a minor injury and has pulled out of international meets in Madrid and Lievin this week as well as warm-weather training in Lanzarote. "It's nothing serious," said his coach Peter Stanley. "He strained a muscle in his abdomen at the Birmingham meeting but is back in full training." Sprinter Mark Lewis-Francis will also not compete in Madrid on Thursday. The Birmingham athlete, who clocked a season's best of 6.61 seconds over 60m in Birmingham last week, also prefers to focus his attentions on next month's European Indoor Championships. Lewis-Francis, who was runner-up to British team-mate Jason Gardener at the Europeans three years ago, will continue his training at home. Meanwhile, Tomlinson is still searching for this first major medal and this season he has shown he could be in the sort of form to grab a spot on the podium in Madrid. The Middlesbrough athlete jumped a season's best of 7.95m at the Birmingham Grand Prix - good enough to push world indoor champion Savante Stringfellow into second.

## Radcliffe will compete in London

Radcliffe will compete in London Paula Radcliffe will compete in the Flora London Marathon this year after deciding her schedule for 2005. The 31-year-old won the race in 2002 on her marathon debut, defended her title 12 months later and will now seek a third title in the 17 April race. "It doesn't get any better than this for the 25th anniversary," said race director David Bedford. "After announcing the greatest men's field ever we now have the greatest women's distance runner ever." Three years ago Radcliffe smashed the women's world record in two hours 18 minutes 15 seconds. The Bedford star returned to London 12 months later, lowering her mixed-race world record of 2:17:18, which she set in Chicago in October 2003, by one minute 53 secs. Radcliffe's career took a setback when she failed to complete the Olympic marathon and later dropped out of the Athens 10,000m last August. But the 31-year-old bounced back to win the New York Marathon in November. Radcliffe, however, passed up the chance to go for the "Big City" marathon grand slam. With wins in Chicago, London and New York, only the Boston Marathon remains to be conquered but that takes place a day after London. "Boston is definitely a race I want to do at some point, but London is very special to me," said Radcliffe. "I don't pick races thinking about things like pressure. I pick the ones in my heart I really want to do. "I love the atmosphere, crowds and course and know it will always be a great quality race. "It is also the 25th anniversary this year which adds to the occasion."

## Britain boosted by Holmes double

Britain boosted by Holmes double Athletics fans endured a year of mixed emotions in 2004 as stunning victories went hand-in-hand with disappointing defeats and more drugs scandals. Kelly Holmes finally fulfilled her potential by storming to double gold on the track at the Olympic Games. Holmes helped erase the gloom hanging over Team GB after their biggest medal hope, Paula Radcliffe, dropped out of the marathon and then the 10,000m. Britain's men's 4x100m relay team also did their bit by taking a shock gold. Holmes had started the year in disappointing style, falling over in the final of 1500m at the World Indoor Championships where she was favourite. Her Olympic build-up was clouded by self doubt but that proved unfounded as she overhauled rival Maria Mutola to win the 800m - her first global title. Just five days later, the 34-year-old made it double gold in the 1500m. It was the first time in 84 years a Briton has achieved the Olympic middle-distance double. While Holmes left Athens as the star of Team GB, it was Radcliffe who carried expectations before the August Games. The 30-year-old marathon world record holder went into the Athens event as favourite but an exhausted Radcliffe dropped out after 23 miles in tears. Her decision to enter the 10,000m five days later also backfired as she again pulled out with eight laps remaining. But Radcliffe helped put her Olympic trauma behind her with a thrilling win in November's New York Marathon. The 4x100m team grabbed some last-gasp glory for the British men's Olympic squad after a poor start to the Games. It seemed as though Athens would be the first Games where the men would fail to win a medal with Michael East the only individual track finalist in the 1500m. But Darren Campell, Jason Gardener, Marlon Devonish and Mark Lewis-Francis made amends in the sprint relay. The quartet held off favourites the USA to win Britain's first relay medal since 1912 in 38.07 seconds. Gardener added the Olympic relay crown to his World Indoor title over 60m and, just like Holmes, finally lived up to his promise in 2004. Kelly Sotherton completed Team GB's athletics medal haul in Athens with a surprise bronze in the heptathlon. The 28-year-old won her first championship medal since becoming a full-time athlete in 2003. But it was a different story for Britain's defending champion Denise Lewis, who withdrew on day two of the competition after some poor results. Lewis, who was troubled by injury, has ruled out retiring while Sotherton is tipped to build on her success. The Athens Olympics proved to be a landmark occasion for Steve Backley, who retired from competition after finishing fourth in the javelin. The battling 35-year-old leaves the sport with a vast medal haul including two silvers and one Olympic bronze. And Backley's departure was balanced by the return of injury-hit decathlete Dean Macey, who came fourth in Athens. The continued improvement of sprinter Abi Oyepitan and long jumper Chris Tomlinson also boosted Team GB. Sadly, the 2004 Olympics did not escape the problems of drugs misuse. On the eve of the Games, Greek sprinters Kostas Kenteris and Katerina Thanou missed a drugs test and claimed to have been involved in a road crash. Kenteris, the 200m champion in 2000, and Thanou have since been charged by the Greek authorities and await trial. At the Games, Adrian Annus (hammer), Robert Fazelas (discus) and Irina Korzhanenko (shot) were all stripped of their titles because of doping issues. Hungarian compatriots Annus and Fazelas both refused to give urine samples while Russian Korzhanenko tested positive for the steroid stanozolol. The fallout from the THG scandal, which rocked the sport in 2003, continued to impact in Olympic year. Britain's 4x100m team took gold without the services of Dwain Chambers, who was handed a two-year ban in February after testing positive for steroid THG. American Kelli White was suspended and stripped of her world 100m and 200m titles after failing a drugs test. And world 400m champion Jerome Young landed a life ban from US chiefs after a second doping offence. Russian pole vaulter Yelena Isinbayeva provided some light relief by smashing the world record seven times on her way to the World Indoor and Olympic titles. Her rivalry with compatriot Svetlana Feofanova livened up the field events. Morocco's Hicham El Guerrouj also delighted fans by racing to a historic Olympic double in the 1500m and 5,000m. And though there was no Paula Radcliffe in the London Marathon, there was plenty of drama as Kenyans Evans Rutto and Margaret Okayo took the titles. Rutto held on to win despite slipping on some cobblestones and tumbling into a barrier. Okayo also had to battle back after mistiming her tactics but clinched victory on her debut.

## Lewis-Francis eyeing world gold

Lewis-Francis eyeing world gold Mark Lewis-Francis says his Olympic success has made him determined to bag World Championship 100m gold in 2005. The 22-year-old pipped Maurice Greene on the last leg of the 4x100m relay in Athens to take top honours for Team GB. But individually, the Birchfield Harrier has yet to build on his World Junior Championship win four years ago. "The gold medal in Athens has made me realise that I can get to the top level and I want to get there again. It can happen, I don't see why not," he said. Lewis-Francis has still to decided what events will feature in his build-up to the worlds - with one exception. He has confirmed his participation in the Norwich Union Grand Prix in Birmingham on 18 February, where he will take on another member of Britain's victorious men's relay team - Jason Gardener - over 60m. He added: "It's a bit too early to make any predictions for Helsinki, but I have my eyes open and I know I can be the best in the world."

## GB select Holmes for double bid

GB select Holmes for double bid Kelly Holmes has been chosen for both the 800m and 1500m at next month's European Indoor Championships - despite not yet confirming her availability. The double-Olympic champion is still undecided about whether to compete in her first European Indoors in Madrid. But UK Athletics chief Max Jones believes it is likely Holmes will race. He said: "It's worth a punt, isn't it? She's gone back to training. If she's confident she will pick one (distance). The programme does not permit both." If Holmes does take her place in the GB side, she has already indicated that 1500m will be her favoured distance. Under championship rules, she does not have to decide until 24 hours before the event begins in Madrid on 4 March. Jones added: "She was pleased with her run in Birmingham (at last weekend's Grand Prix). "I am inclined to think she will (compete). It could depend on how training goes and she will have to be close to top form." And he admitted Holmes' presence would be a great boost to the rest of the Norwich Union GB team. "She is a very good team member and is very good to have there," he added. Meanwhile, there is no surprises in the rest of the Great Britain team announced on Tuesday. Defending 60m champion Jason Gardener is included and will be chasing his third successive gold medal. He will be joined in the event by Mark Lewis-Francis - runner-up behind him three years ago in Vienna - and new boy Darren Chin. Kelly Sotherton has been invited by championship organisers to compete against Carolina Klufft in the pentathlon. Sotherton finished third in the Olympic heptathlon in Athens, where the Swede took gold. There are 16 newcomers at this level of competition in GB's 46-strong team. The championships will be the last to be attended by Jones before he retires to be succeeded by Dave Collins. Jones said: "The Olympic Games is the overwhelming target for UKA and therefore it is beneficial to start the next four-year cycle with a not-so-pressurised major games. "The European Indoor Championships always provide a chance for the young and inexperienced to make a name for themselves and the current indoor season has produced some exciting new talent. "Madrid is the first small step on a long journey to Beijing and the 2008 Olympics but for some of the emerging athletes, this will be a very important step." 60m: D Chin (Belgrave Harriers), J Gardener (Wessex and Bath), M Lewis-Francis (Birchfield Harriers). T Abeyie (Woodford Green with Essex Ladies), C Lambert (Belgrave Harriers). D Garland (Channel Islands AC). J McIlroy (Windsor, Slough, Eton and Hounslow AC), Jimmy Watkins (Cardiff AAC). Ed Jackson (Aldershot, Farnham and District), N Speaight (Belgrave Harriers), J Thie (Cardiff AAC). A Baddeley (Harrow AC), M Farah (Windsor, Slough, Eton and Hounslow AC), J Mayock (Barnsley AC). D Greaves (Newham and Essex Beagles), A Scott (Shaftesbury Barnet Harriers), A Turner (Notts AC). B Challenger (Belgrave Harriers). Pole vault: N Buckfield (Crawley AC). N Morgan (Birchfield Harriers), C Tomlinson (Newham and Essex Beagles). L Achike (Shaftesbury Barnet Harriers), N Douglas (Oxford City AC), P Idowu (Belgrave Harriers). D Cossins (Birchfield Harriers), R Davenport (Gloucester AC), D Garland (Channel Islands AC), R Preddy (Gloucester AC), G Warburton (Cardiff AAC). K Endacott (City of Plymouth AC), J Kwakye (Woodford Green with Essex Ladies), J Maduaka (Woodford Green with Essex Ladies). K Wall (Basildon AC). K Holmes (Ealing, Southall and Middlesex AC). H Clitheroe (Preston Harriers), K Holmes (Ealing, Southall and Middlesex AC). J Pavey (Exeter Harriers). D Allahgreen (Trafford AC), S Claxton (Belgrave Harriers). J Crane (Sale Harriers Manchester), S Jones (Trafford AC). J Whitlock (Trafford AC). J Johnson (Herne Hill Harriers). K Sotherton (Birchfield Harriers). D Fraser (Croydon Harriers), L McConnell (Shaftesbury Barnet Harriers), C Murphy (Woodford Green with Essex Ladies), M Purkiss (Southampton AC).

## Holmes back on form in Birmingham

Holmes back on form in Birmingham Double Olympic champion Kelly Holmes was back to her best as she comfortably won the 1,000m at the Norwich Union Birmingham Indoor Grand Prix. The 34-year-old, running only her second competitive race of the season, shook off the rust to win in two minutes, 35.39 seconds. But she is still undecided about competing in the European Championships in Madrid from 4-6 March. "I'll probably be entered and make my mind up at the last minute," she said. "My training hasn't gone as well as expected but I've got two weeks to decide. "I need to take my time and make sure I feel good about what I'm doing. "I felt very good here but with the crowd behind you, you feel like you can do anything." American was the eventual winner of the men's 60m race which almost ended in farce. Three athletes were disqualified for false starting, including Britain's Mark Lewis-Francis, who was the first man guilty of coming out of his blocks too quickly. World 100m champion Kim Collins clinched second spot ahead of world 60m record holder and Scott's training partner Maurice Greene. Jason Gardener's unbeaten run came to an end as he came fifth and he will need to improve if he is to defend his European title in Madrid. "You can't win them all," said Gardener afterwards. "And I was very disappointed as I know I'm capable of doing better." Russian was back on record-breaking form in the pole vault at the National Indoor Arena. The Olympic champion set a new world mark of 4.88m to break her own record - which she set just six days ago - and beat Russian rival Svetlana Feofanova. It was Isinbayeva's 11th world record - indoors or out - since July



2003. "I'm so happy and I will do my best to break the 5m barrier soon," the 22-year-old told BBC Sport. Jamaica's stormed to a personal best of 7.13 seconds to claim the women's 60m sprint. Belgian Kim Gevaert, who will be one of the favourites for next month's European title, took second while American Muna Lee was third. There was disappointment for British pair Jeanette Kwakye and Joice Maduaka who finished seventh and eighth respectively. Jamaican stretched her unbeaten record to 25 races as she effortlessly claimed the 200m. The Olympic champion set a new indoor personal best of 22.38 seconds - the fastest time in the world this season. fought off fellow Briton Tim Abeyie to take the men's 200m in a personal best of 20.88. continued her outstanding start to the season, beating a strong international field, which included two-time Olympic 100m hurdles bronze medallist Melissa Morrison, to claim the women's 60m hurdles. The 25-year-old Briton clocked 7.98 seconds while pre-European Championships favourite Russian Irina Shevchenko finished down in sixth. Ethiopia's failed in her bid to smash compatriot Berhane Adere's world 3,000m record but still won the event in emphatic style. The Olympic 5,000m champion was inside record pace but dropped off over the final third, finishing in eight minutes, 33.05 seconds - the fourth fastest time ever recorded for the event. Britain's Jo Pavey bravely decided to go with Defar as she strode away from the field and took second in a season's best 8:41.43. Kenyan also missed out on the indoor 1500m world record, which Hicham El Guerrouj has held for the last eight years. Lagat settled for silver behind El Guerrouj in Athens and was almost four seconds short of the Moroccan's world best, clocking 3:35.27 in Birmingham. And was still struggling to find his form after the death of his fiancée this year. The Olympic 10,000m champion had comfortably led the men's two mile race after his younger brother Tariku had set the pace. But fellow Ethiopian appeared ominously on Bekele's shoulder with two laps to go before surging past him at the bell to win in 8:14.28. Jamaican made the most of a blistering start to take the men's 400m title in 45.91 seconds. World indoor champion, Alleyne Francique, faded badly and finished in fourth while American duo Jerry Harris and James Davis took second and third respectively. Swede showed her class in the long jump as she stole top spot from Jade Johnson with the very last jump of the competition. The Olympic heptathlon gold medallist reached 6.66m to better Johnson's mark of 6.52m - her second personal best inside a week. "I was quite surprised because I didn't think I'd end up with second place," said Johnson, who wore London's 2012 Olympic bid slogan, "Back the Bid", on her shorts. "But I'm pleased and hopefully I'll get a bit better for the Europeans. I really want to win a medal." won the men's event with a season's best of 7.95m, taking the scalp of world indoor champion Savante Stringfellow of the USA.

## Record fails to lift lacklustre meet

Record fails to lift lacklustre meet Yelena Isinbayeva may have produced another world pole vault record, but her achievement could not hide the fact it was not the best meet we have ever seen in Birmingham. And hey, there are not many meets that go by without the Russian breaking a world record. Apparently, Isinbayeva has cleared five metres in training and I would just love her to put us out of our misery and have a go at it rather than extending the indoor record by one centimetre at a time. Athletics to me is all about pushing the barriers and being the best you can, and I would like to see her have a go at 5m in competition. Mind you, every time she breaks the record she gets \$30,000 so she can afford to be deliberate about it. World records aside, I thought it was a very encouraging evening's work for Kelly Holmes. She looked good and was very positive. Agnes Samaria, who came second, is in very good shape and is in the world's top three 800m runners this season. Yes, Samaria let Kelly get away, but there was no coming back over the last 200m as Kelly dominated the race, so beating Samaria is a bit of a benchmark for Kelly. My gut feeling is that Kelly would like to run in the European Indoor Championships, but she just hasn't convinced herself she is fit enough to do so. On the other hand, I think Jason Gardener is struggling to come near what is going to be required to win the men's 60m in Madrid. He started well in the final but still could not stay with the front-runners. Jason has a lot of experience indoors but for some reason he is struggling to maintain his pace through to the finish. It would have been nice to see what Mark Lewis-Francis could have done in the final, if only he hadn't got himself disqualified. He was blatantly playing the false-start game to his advantage, but it tripped him up and made him look a bit silly. My view is you're meant to go when the gun goes and not before. And if you try to unsettle your rivals by employing the false-start tactic you have to remember not to false start yourself again. Having said that, Mark is looking in much better shape. But I haven't seen anything from Mark or Jason yet which suggests France's Ronald Pognon - who has run 6.45 seconds - will be under threat at the Europeans. From a British point of view, Sarah Claxton's victory in the 60m hurdles was the best thing to come out of the meet. Something else that probably went unnoticed was Melanie Purkiss winning the women's national 400m race in a new personal best of 52.98 seconds. AAAs champion Kim Wall came second in another lifetime best so we have a very strong 4x400m squad going to the European Championships. Scotland's Lee McConnell is probably going to run too, so we have a real prospect of a medal. From an international perspective, I thought Meseret Defar was disappointing in the 3,000m, but I don't think the pace-making was great. Canadian Heather Hennigar set a fast early pace but could not maintain it and if Jo Pavey had been in last year's shape she would have given Defar a real run for her money. She had a go but just could not hang in there. We were also expecting a bit more from Bernard Lagat in the men's 1500m. But he has only just come over from the USA, so he may not be that sharp and I still think he is in great shape. As for Kenenisa Bekele, he was well beaten by Markos Geneti. But we only had half expectations for Bekele as he has been struggling this season. It was very hot in the National Indoor Arena and I felt uncomfortable in the commentary box. I think those conditions affected the distance runners and in fact Defar complained to her coach after the race that she could not get her breath properly.

## Running around the Olympics

Running around the Olympics It was back to official duties last week in my role as an ambassador to London's 2012 Olympic bid. But I still managed to do all my marathon training. All the sporting people on the capital's bid team think I'm mad to be taking part in the London Marathon. The bid chairman, Lord Coe, admitted he would never dream of running a marathon, even though he was an Olympic middle-distance runner. Kelly Holmes, former hurdler Alan Pascoe and former sprinter Frankie Fredericks - who is now an IOC member - all wanted to know why anyone would want to run that far. You'd have thought all these athletes, who have been running for most of their lives, wouldn't think it would be that bad. But the only person who was positive about my intentions was Tanni Grey Thompson, who has won the London Marathon wheelchair race six times. Even though it was a very busy week entertaining the International Olympic Committee's (IOC) Evaluation Commission, I actually found my running schedule easier to follow. When I'm at home, I get distracted by all sorts of things but for the five days I was in London, I was in a pressurised situation, but I found it easy to relax by running. On Wednesday, the presentations to the IOC team did not finish until the early evening, so I just managed to squeeze in a 45-minute run. We had an early start on Thursday because we had to visit all the Olympic sites around London, that was pretty shattering, but when we got back to the hotel, I got back on the treadmill. On Friday evening I went along to the special dinner at Buckingham Palace which was a nice occasion. I never feel guilty about eating, especially when I'm exercising. And because it was a rest day I didn't have to feel bad about missing my training either. Anyway, I managed to do another quick run on Saturday ahead of the final IOC presentations, before heading home for my daughter's birthday. When I was in London I did all of my runs on the treadmill, which isn't the same as exercising outdoors. One of the IOC's technical staff from Australia ran alongside me one day. We talked about the Sydney Olympics and that made the time go past more quickly. I do find it quite comfortable running in the gym because there is more cushioning. But when you're gearing up to running on the road you need your body to get used to that jarring feeling when your feet hit the pavement. It was good to get out on the road for my long run on Sunday. After the week I'd had I was a bit concerned I wouldn't be able to complete it. But I coped with it very well and, even though it was bitterly cold, I put in 15-and-a-half miles - only another 11 to go then. - This year Steve will donate all the proceeds from his London Marathon efforts to victims of the tsunami. Steve will be writing a regular column on the ups and downs of his marathon training for the BBC Sport website. He will be raising money through the Steve Redgrave Trust which supports the Association of Children's Hospices, the Children With Leukaemia charity, and the Trust's own project which aims to provide inner-city schools with rowing equipment.

## Ferguson rues failure to cut gap

Ferguson rues failure to cut gap Boss Sir Alex Ferguson was left ruing Manchester United's failure to close the gap on Chelsea, Everton and Arsenal after his side's 1-1 draw with Fulham. Premiership leaders Chelsea and the Gunners endured a 2-2 stalemate on Sunday, giving United the chance to make up some ground in the league. But Ferguson said: "I think what makes it so bad is that both our rivals dropped points at the weekend. "It was a great opportunity - and we haven't delivered." United went ahead through Alan Smith in the 33rd minute before Bouba Diop's superb 25-yard strike cancelled out the visitors' lead in the 87th minute. Ferguson described the result as an "absolute giveaway" after United had earlier missed a host of opportunities to finish off the encounter. He said: "It was a good performance - some of the football was fantastic - but we just didn't finish them off. "In fairness, it's a fantastic strike from the Fulham player." The result leaves Ferguson's side fourth in the league on 31 points - four points behind Arsenal and a further five back from Chelsea.

## Johnson uncertain about Euro bid

Johnson uncertain about Euro bid Jade Johnson is undecided about whether to contest next month's European Indoor Championships in Madrid despite winning the AAAs long jump title on Saturday. The 24-year-old delivered a personal best of 6.50m to win the European trials but had to wait until her final jump after four failures. "I don't want to go if I am not going to get a medal," said Johnson. "I will have to see how I am jumping in the next competition and I'll have to have a conversation with my coach." Johnson, who finished seventh in last year's Olympic Games, has not competed indoors since 2000. And the Commonwealth and European silver medallist believes her lack of experience in the early part of the season has knocked her confidence. "It's the stress," said Johnson. "I am not used to feeling this, this early. I am just used to training. "But if I'm doing this kind of thing, then I will have to see how it goes." Johnson next competes in the high-class Birmingham Grand Prix on 18 February.

## Pavey focuses on indoor success

Pavey focuses on indoor success Jo Pavey will miss January's View From Great Edinburgh International Cross Country to focus on preparing for the European Indoor Championships in March. The 31-year-old was third behind Hayley Yelling and Justyna Bak in last week's European Cross Country Championships but she prefers to race on the track. "It was great winning bronze but I'm wary of

injuries and must concentrate on the indoor season," she said. "Because of previous injuries I don't even run up hills in training." Pavey, who came fifth in the 5,000m at the Athens Olympics, helped the British cross country team win the team silver medal in Heringsdorf last week. She is likely to start her 3,000m season with a race in either Boston or Stuttgart at the end of January.

## Gardener wins double in Glasgow

Gardener wins double in Glasgow Britain's Jason Gardener enjoyed a double 60m success in Glasgow in his first competitive outing since he won 100m relay gold at the Athens Olympics. Gardener cruised home ahead of Scot Nick Smith to win the invitational race at the Norwich Union International. He then recovered from a poor start in the second race to beat Swede Daniel Persson and Italy's Luca Verdecchia. His times of 6.61 and 6.62 seconds were well short of American Maurice Greene's 60m world record of 6.39secs from 1998. "It's a very hard record to break, but I believe I've trained very well," said the world indoor champion, who hopes to get closer to the mark this season. "It was important to come out and make sure I got maximum points. My last race was the Olympic final and there was a lot of expectation. "This was just what I needed to sharpen up and get some race fitness. I'm very excited about the next couple of months." Double Olympic champion marked her first appearance on home soil since winning 1500m and 800m gold in Athens with a victory. There was a third success for Britain when edged out Russia's Olga Fedorova and Sweden's Jenny Kallur to win the women's 60m race in 7.23secs. Maduaka was unable to repeat the feat in the 200m, finishing down in fourth as took the win for Russia. And the 31-year-old also missed out on a podium place in the 4x200m relay as the British quartet came in fourth, with Russia setting a new world indoor record. There was a setback for Jade Johnson as she suffered a recurrence of her back injury in the long jump. Russia won the meeting with a final total of 63 points, with Britain second on 48 and France one point behind in third. led the way for Russia by producing a major shock in the high jump as he beat Olympic champion Stefan Holm into second place to end the Swede's 22-event unbeaten record. won the triple jump with a leap of 16.87m, with Britain's Tosin Oke fourth in 15.80m. won the men's pole vault competition with a clearance of 5.65m, with Britain's Nick Buckfield 51cm adrift of his personal best in third. And won the women's 800m, with Britain's Jenny Meadows third. There was yet another Russian victory in the women's 400m as finished well clear of Britain's Catherine Murphy. Chris Lambert had to settle for fourth after fading in the closing stages of the men's 200m race as Sweden's held off Leslie Djhone of France. France's won the men's 400m, with Brett Rund fourth for Britain. took victory for Sweden in the women's 60m hurdles ahead of Russia's Irina Shevchenko and Britain's Sarah Claxton, who set a new personal best. Italy grabbed their first victory in the men's 1500m as kicked over the last 200 metres to hold off Britain's James Thie and France's Alexis Abraham. A botched changeover in the 4x200m relay cost Britain's men the chance to add further points as France claimed victory.

## African double in Edinburgh

African double in Edinburgh World 5000m champion Eliud Kipchoge won the 9.2km race at the View From Great Edinburgh Cross Country. The Kenyan, who was second when Newcastle hosted the race last year, was in front from the outset. Ethiopian duo Gebre Gebremariam and Dejene Berhanu made last-gasp efforts to overtake him, but Kipchoge responded and a burst of speed clinched victory. Gavin Thompson was the first Briton in 12th place while Nick McCormick held off his British rivals to win the 4km race. The Morpeth Harrier led from the end of the first lap and ended Mike Skinner and Andrew Baddeley's hopes with a surge in the last lap. "My training has gone so well I wasn't really worried about the opposition as I knew I was in great shape," said McCormick, who now hopes to earn a 1,500m place in the British team for the World Championships in Helsinki. In the women's race, Ethiopia's Tirunesh Dibaba won a battle with world cross country champion Benita Johnson to retain her title. Australian Johnson, who shocked her African rivals in Brussels last March, looked to be on course for another win in the 6.2km race. But world 5000m champion Dibaba made a telling strike for the finishing line in the final 20 metres. Britons Kathy Butler and Hayley Yelling were out of contention early on.

## Yelling takes Cardiff hat-trick

Yelling takes Cardiff hat-trick European cross-country champion Hayley Yelling completed a hat-trick of wins in the Reebok Cardiff Cross Challenge in Bute Park on Sunday afternoon. The part-time maths teacher beat Irish international Jolene Byrne by 40 metres in the six-kilometre race. Another Great Britain international, Louise Damen, finished third as part of the contingent representing England. Peter Riley, who secured bronze for the GB men's team at last month's European Championships, won the men's 9km race. Riley, representing England, moved away over the last two kilometres to win by 25 metres from Ireland's Gary Murray. Glynn Tromans - the reigning UK Inter-Countries and England Cross-Country champion - came in third place as he continues his comeback from a five-month injury lay-off.



## Butler strikes gold in Spain

Butler strikes gold in Spain Britain's Kathy Butler continued her impressive year with victory in Sunday's 25th Cross Internacional de Venta de Banos in Spain. The Scot, who led GB to World Cross Country bronze earlier this year, moved away from the field with Ines Monteiro halfway into the 6.6km race. She then shrugged off her Portuguese rival to win in 20 minutes 38 seconds. Meanwhile, Briton Karl Keska battled bravely to finish seventh in the men's 10.6km race in a time of 31:41. Kenenisa Bekele of Ethiopia - the reigning world long and short course champion - was never troubled by any of the opposition, winning leisurely in 30.26. Butler said of her success: "I felt great throughout the race and hope this is a good beginning for a marvellous 2005 season for me." Elsewhere, Abebe Dinkessa of Ethiopia won the Brussels IAAF cross-country race on Sunday, completing the 10,500m course in 33.22. Gelete Burka then crowned a great day for Ethiopia by claiming victory in the women's race.

## McIlroy continues winning streak

McIlroy continues winning streak James McIlroy stormed to his second international victory in less than a week, claiming the men's 800m at the TEAG indoor meeting in Erfurt. The Northern Ireland runner set a new personal best of one minute, 46.68 seconds - a time good enough to qualify for the European Indoor Championships. "I'm qualified now and that's what matters most," said the 28-year-old. McIlroy is now hoping to gain a late entry into Sunday's international indoor meeting in Leipzig. The Northern Irishman is hoping manager Ricky Simms can swing it for him to compete after he initially withdrew after contracting a cold. After three successive wins over the past fortnight, McIlroy is brimming with confidence. "I've been waiting over six years for this to happen and now I'm certain my career has turned the corner." On Friday, McIlroy delivered an impressive run despite suffering from his bad cold. The AAA indoor and outdoor champion accelerated away from the field in the final 300m, beating German Wolfram Mülle by 0.90 seconds. McIlroy set a world-leading mark for 1,000m at the Sparkassen Cup in Stuttgart last weekend. And his time in Erfurt makes him third fastest over 800m in the world this year.

## Holmes urged to compete at Worlds

Holmes urged to compete at Worlds Jolanda Ceplak has urged Britain's Kelly Holmes to continue competing at the major championships. Double Olympic gold medallist Holmes has strongly hinted she will not run in this year's Worlds and is undecided about next month's European Indoors. But World Indoor 800m record holder Ceplak said: "There is never an easy race when she is in the field. There is only excitement at what might happen. "It is good for the sport. She always fetches the best out of everyone." Ceplak has been a great rival of Holmes' during the Briton's career and the pair fell out when Holmes questioned the manner of the Slovenian's runaway 800m victory at the 2002 European Championships. But the controversy has since been forgotten, with Ceplak acting as pacemaker for Holmes' failed attempt on the British Indoor 1500m record at the Norwich Union Grand Prix in Birmingham in 2003. Ceplak added: "I like running against her - you know the race is always going to be fast. "That is the sort of competition that I like. She is special to me. She was like my idol from the beginning of my career." Meanwhile, Ceplak will be looking to follow up last Saturday's win in Boston with a fast time and victory in Friday's Night of Athletics in Erfurt, Germany. Britain's Jason Gardener had been expected to defend his 60m title in Erfurt but instead he will save himself for a competition in Leipzig on Sunday. Gardener's decision means Scotland's 400m man Ian Mackie will carry British hopes in what looks sure to be a tough preparation for next weekend's Norwich Union European trials in Sheffield.

## Brizzel to run AAA's in Sheffield

Brizzel to run AAA's in Sheffield Ballymena sprinter Paul Brizzel will be among eight of Ireland's European Indoor hopefuls competing in this weekend's AAA's Championships. US-based Alistair Cragg and Mark Carroll are the only Irish athletes selected so far for the Europeans who will not run in Sheffield. Brizzel will defend his 200m title in the British trials. In-form James McIlroy will hope to confirm his place in the British team for Madrid by winning the 800m title. McIlroy has been in tremendous form on the European circuit in recent weeks. He is one of the fastest 800m runners in the world this winter and already seems assured of a place in Madrid. Corkman Mark Carroll confirmed in midweek that he would join Cragg in the European Championships. Carroll is ranked number three in the world 3000m ranking at the moment with Cragg occupying top spot. Meanwhile, nine-times champion Dermot Donnelly will not be coming out of retirement to compete in the Northern Ireland Cross Country Championships in Coleraine on Saturday. An injury crisis in the Annadale Striders squad led to Donnelly being entered by coach John McLaughlin but the athlete told BBC Sport on Friday evening that he would not be running. Willowfield's Paul Rowan will go in as individual favourite but Annadale could have a tough job holding on to their team title as Andrew Dunwoody and Noel Pollock are unlikely to run.

## Johnson edges out rival Sotherton

Johnson edges out rival Sotherton Jade Johnson edged out rival Kelly Sotherton with her last effort to claim the AAAs long jump title at the Norwich Union European Indoor trials. Olympic heptathlon bronze medallist, Sotherton, led the event with her first leap of 6.43m - a personal best. But Johnson, who has not competed indoors for five years, leapt to a life-time best of 6.50m in her last jump, after four fouls. Both Johnson and Sotherton passed the European Championships qualifying mark. Although Sotherton's main aim in Madrid next month will be the pentathlon where she will take on Olympic heptathlon champion Carolina Kluft. Ireland's delivered a shock in the men's 200m as he stormed to his first major title in 21.01 seconds. British favourite Chris Lambert had to settle for second place while defending champion Ireland's Paul Brizzel took third. There was some consolation for Lambert as he set a personal best of 20.94 in the first round - good enough to qualify for Europe. Two-time AAAs champion Allyn Condon and Ian Mackie had no such luck as they were disqualified in the heats. There was plenty of hot action in the men's 60m hurdles where Scotland's was vying for top spot with Olympian Andy Turner. Scott, 22, smashed his personal best on the way to the final, where he broke it again to win the AAAs title in 7.58 seconds. Turner finished second in 7.82 after previously setting a personal best on the 7.83 in the semi-finals, while Damien Greaves did not finish the final. The trio of athletes have reached the European qualifying mark this season though one of them is set to miss out on a call-up to the British squad. comfortably defended her 3,000m title, clocking eight minutes, 49.87 seconds to easily surpass the European qualifying mark. The European cross country bronze medallist is ranked number one in Europe this season and will go to Madrid with high hopes. Helen Clitheroe was agonisingly close to the 9:05.00 qualifying mark as she claimed the runners-up spot in a personal best of 9:05.73. In the men's 800m heats, qualified fastest in the 800m heats to lay down a challenge to in-form . The Welsh runner attacked the last 200m to come through ahead of James Thie in one minute, 49.87 seconds. Mcllroy, who is third in the European rankings, eased across the finish in 1:50.87 to set up a showdown in Sunday's final in Sheffield. Both Watkins and Mcllroy have already achieved the European qualifying mark. Scotland's Susan Deacon stole 's thunder in the final of the women's 200m. Fraser became the fastest British woman over the distance this season when she qualified for the final in 23.68 seconds - though that time is outside the European standard. But Deacon claimed her first AAAs title over the distance, edging Fraser into second in 23.67. In the women's shot put veteran claimed her fourth AAAs title with a throw of 15.27m. But that mark was not good enough for the 39-year-old to book her place at next month's European Indoor Championships in Madrid. Sotherton finished fifth after producing two throws of 13.77m. In the absence of injured British number one Carl Myerscough, claimed the men's shot put title with a throw of 17.64m, which was below the qualifying mark. Sale's Robert Mitchell climbed to a season's best of 2.20m - just 3cm short of the European standard - to claim the British indoor high jump title. could only clear 2.16m to finish in fourth but the 27-year-old's disappointment will be tempered as he had already achieved the qualifying mark at a meeting in Slovenia on Tuesday. There was bad luck for British number one in the pole vault as he failed to clear the bar after deciding to come in at 5.45m. The AAAs indoor title went instead to Ashley Swain, who climbed to a season's best of 5.25m And Ireland's Taniesha Scanlon set a new national record of 13.28m in the women's triple jump.