

athletics

WEEKLY

THE WORLD'S NO.1 ATHLETICS MAGAZINE

BAL '10 IN 100' FINAL, BEDFORD, AUGUST 18



two victories each, but Windsor also had greater depth to ensure victory.

Sophie Morris built on the confidence engendered by her victory in the second match of the UK Women's League where she outsprinted Hayley Yelling in the 3000m. She did the same to another quality field. This time and after a two week mid-season break, she left Jo Anker and Katherine Sparke struggling in her wake while winning in 9:42.18.

Earlier Helen Pryer had taken the 200m into a wind before just losing

out in the 100m. "I always get a wind against me, but I won it," said Pryer after her 200m victory in 24.59. In the 100m, Pryer was headed by 18-year-old Anike Shand-Whittingham, who was timed at 11.87, compared to her best this year of 11.60.

With the weather worsening, the England Athletics junior silver medallist said: "I had a good start, but in the middle it wasn't too good as I just felt the rain in my eyes."

In the 400m, Windsor had Lesley Owusu back under 54 seconds, but it was not enough to see off a second-



Helen Pryer: took victory in the 200m in 24.59

half challenge from Carey Easton. The 24-year-old Edinburgh runner finished by far the stronger, coming through for victory in 53.12. "That's one of my fastest this year so I'm pleased as my form took a dip in the middle of the season as I got a chest



Windsor, Slough, Eton & Hounslow proudly display their winners' trophy



Blackheath & Bromley junior Anike Shand-Whittingham winning the 100m from Helen Pryer (66)