

# Judd and Bradley win English 5000m titles

**JULY 27**

**MK5000 PB SPECIAL OPEN, Milton Keynes**

JESSICA JUDD and Ben Bradley won the elite races at the MK5000 PB Special at Milton Keynes to claim the English titles.

After the midweek heatwave, good conditions prevailed with cool temperatures, light rain and little wind greeting the athletes. They responded and helped the event live up to its PB title, with 11 of the 12 race winners going faster than ever before. The one exception was Judd, but she was probably the most impressive winner of the night.

Seven years after winning world junior silver at 800m and having run 4:03 in the World Championships 1500m two years ago, the Blackburn athlete is now looking very much the 5000m runner, having won World University gold in Naples and improved her PB to a Doha qualifier 15:16.47 in the Anniversary Games, she achieved her first national title over 12.5 laps.

Jennifer Walsh set a 15:30 pace but the other runners ignored it and she ran the first five laps alone as the pack ran at 15:50 pace. That pace continued for the group, through 3km in just over 9:30 with a lead pack of seven, but the fourth kilometre slowed.

Louise Small made the first move and took Judd away but the World University Games champion took off as they hit the final kilometre and, with her three final circuits of 72, 68 and 69, she covered the last kilometre in 2:50 and won in 15:37.38.

Last year she won in a similar 15:37.23 and said: "I was only interested in winning, not the time, but I felt very strong"

Small took the silver medal in 15:48.39, holding off a late kick by Nicole Taylor who ran a PB 15:49.25.

Bradley won the men's title but for most of the race he was well off the pace.

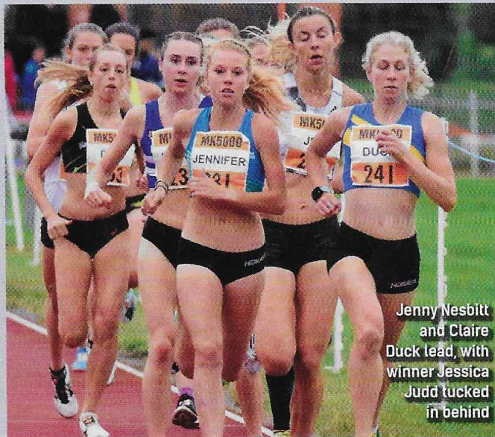
3:35 1500m performer James West was the pacemaker and he led through 3km in 8:13, with only Jack Gray being able to go with the 13:40 pace.

At this stage, Bradley was back in a huge pack of 12 runners in around 8:25, disputing eighth to 19th place.

After West dropped out at two miles, Gray began to slow and his nearest pursuers Mohamed Mohamed and 10,000m champion Adam Hickey gradually closed.

With three laps to go, Bradley was still 1.0 seconds back on a slightly fading Gray but it was down to eight with two laps remaining as he moved up to fifth before he accelerated hard down the penultimate back straight.

By the time Bradley hit the bell, with a 64



Jenny Nesbitt and Claire Duck lead, with winner Jessica Judd tucked in behind

lap, he was only a few metres down on Gray and Mohamed but ahead of Hickey, Callum Moody and John Sanderson as the top six were all within 10 metres.

Bradley went ahead on the last lap but all the first half-dozen were still in contention with 200 metres left.

The Aldershot athlete held a narrow lead into the straight but, after such a long kick, was treading water. However, he completed a 62 final circuit and won by a few metres in a PB 13:57.33 for the race victory of his life.

Mohamed of Hillingdon rallied strongly to take the England silver in 13:57.84 with John Sanderson throwing himself across the line to take bronze in a PB 13:58.73, three hundredths of a second ahead of a late kick from Hickey.

Moody was fifth inside 14 minutes in a Serpentine club record and Gray finished sixth, being rewarded for his gutsy run with a PB 14:02.37 just ahead of Owen Hind.

While the elite races were relatively light on PBs – 17 of 41 finishers improved their best times – the other 10 races saw 167 PBs from 232 runners, a rate of 72 per cent.

That rate was even higher in race two, which had the first 15 achieve their best times, while 18 of the first 19 did so in race seven.

However, two of the most notable runs came from older athletes, who were outside their bests.

A week earlier at Eltham, Clare Elms had bettered Sandra Branney's UK W55 record of 17:52.88 with a 17:50.0 but the electrical timing failed and caused doubts over ratification so she decided to try again. Despite slowing in the second half, she

improved the record to 17:42.99.

Ahead of her, former National 10km medalist Caroline Hoyte was eight seconds outside the British W45 record with 17:09.08.

Overall the event was a huge success with excellent pacemaking fostering multiple PBs, enthusiastic crowds lining the track and the beer and food stalls doing a roaring trade – so much so that lager and some of the food stalls ran out well before the championship races that provided the climax to the meeting.

**Mixed events: 5000: r2:** 3 J Roberts (Wyo P, W) 17:43.72; 6 L Street (Wyo P, W35) 18:13.97; 7 S Sharples (L Buzz, M55) 18:20.10; 11 S Crotwell (Vegan, W) 18:39.37; 12 C Ragan (BMH, W) 18:40.85; 13 G Wiley (Kent, W) 18:42.02; 14 A Hales (Bure, W) 18:48.93; 15 K Murphy (Barn, W50) 18:52.89. **r3:** S C Hoyte (Arena, W45) 17:09.08; 7 J O'Regan (Riv, W35) 17:32.17; 10 F Viney (Bure, W) 17:36.40; 12 B Hair (CGC, W) 17:41.41; 13 J James (Guern, W35) 17:42.63; 14 C Elms (Kent, W55) 17:42.99 (UK W55 record); 19 A Ritchie (Mil, K, W) 18:14.01; 20 S Winstone (Soton, W) 18:14.32.

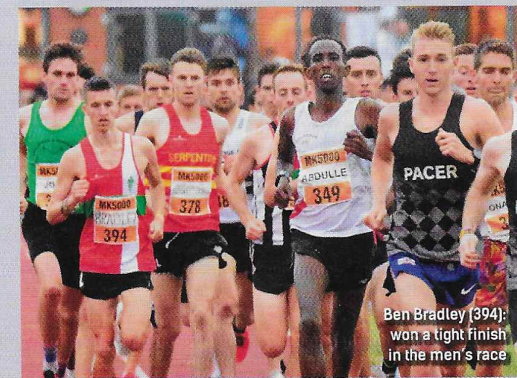
**r4:** 4 G Blaber (Mil, K, M45) 16:29.98; 6 P Gilbert (Wyo P, M45) 16:47.14; 12 C Sharp (Central P, W) 17:02.03; 16 B Murray (THH, W) 17:16.45; 19 E Roche (Mil, K, W) 17:25.06; 20 P Anderson (Herne H, U20W) 17:31.61; 22 M Browne (BRAT, W) 17:49.62; 24 G Campbell (UGH, W) 18:07.39.

**r5:** 2 C Sharp (Central P, U20) 16:09.38; 9 M Vaughan (N Herts, M45) 16:28.05; 19 S Herring (Mil, K, M50) 16:42.59. **r6:** 4 F Dyer (Wyo P, U20) 15:50.61; 7 S Fabes (VP&H, M35) 15:52.69; 10 N Pask (N Herts, M40) 16:00.68; 12 A Leach (N Herts, M55) 16:04.17; 13 C Sharp (Central P, M45) 16:04.48; 22 J Bingham (Chelt, M40) 16:16.65. **r7:** 1 K Gilfedder (Wyo P) 15:08.93;

2 A Pritchard (Bath) 15:18.51; 3 S Coyne (Norw) 15:19.72; 4 H Arnall (R&N) 15:22.92; 5 B Douglas (Leeds C) 15:23.33; 6 C Jones (Chelt) 15:27.10; 7 J Branch (Wyo P) 15:27.39; 8 R Dare (Chelt, M35) 15:28.00; 9 D Woodgate (Mil, K) 15:28.59; 10 A McDonnell (R&N) 15:29.35; 11 M Ince (BRAT, M40) 15:30.36; 12 J Hancock (Sutt) 15:30.63; 13 A Milbery (Lon C AC) 15:31.48; 14 D Hudson (BR, M35) 15:32.92; 15 S Gardner (Belg) 15:38.74; 16 G Jones (Mil, K) 15:39.16; 17 T Webb (N Herts) 15:44.53; 18 J Fontaneda (ESP, M55) 15:46.79; 20 S Coombes (Herne H, M45) 15:55.71; 24 K White (HW, M40) 16:07.00.

**r8:** 1 W Green (Serp, M40) 14:48.36; 2 J Tuttle (Mil, K) 14:55.33; 3 T Harris (Ampt, M35) 15:02.98; 4 M Hill (Leeds C, M40) 15:03.91; 5 J Morrow (Ox U) 15:04.23; 6 A Lee (Chelt, M35) 15:08.05; 7 P Roddy (THH) 15:08.50; 8 A Holford (W&G&L) 15:08.66; 9 C Powney (Win, M35) 15:15.51; 10 D Robinson (BRAT, M35) 15:15.81; 11 C Thomas (TVH) 15:15.99; 12 M Welsh (Belg) 15:18.11; 13 R de-Camps (Chelt) 15:19.97; 14 A Bellwe (Leeds C) 15:21.31; 15 W Gardner (R&N) 15:22.19; 16 A Davy (Leeds C) 15:23.52; 17 E Hind (Mil, K) 15:24.78; 18 K Smith (MKDP) 15:30.68; 19 M Lockyer (Leeds C, M35) 15:37.95; 20 M Sharp (HW, M40) 15:38.56; 21 M Channing (Bed C) 15:38.58; 22 X Groot (Serp, M35) 15:40.21. **r9:** 1 J Coxon (K&P) 14:39.44; 2 A Bruce-Littlewood (B&B) 14:41.93; 3 D James (Chelt) 14:42.29; 4 W Cork (B&H) 14:44.53; 5 P Mizon (Mil, K) 14:47.76; 6 G Watson (Chelt) 14:49.11; 7 A Abdulle (H) 14:49.77; 8 J Allchin (Kent) 14:50.27; 9 G Dollner (GGG) 14:55.41; 10 B Brewster (Soton) 14:56.12; 11 J James (Bed C) 14:56.57; 12 P Aste (CGC) 14:59.95; 13 N Dewar (Australia) 15:08.34; 14 O Way (ESM) 15:14.51; 15 F Smithwick (High) 15:16.61; 16 J Carter (Tip, M35) 15:16.94; 17 J Eykelbosch (Sheff U) 15:24.69; 18 S Smith (AFD) 15:30.53; 19 J Earl (HW) 15:33.99. **r10:** 1 S Ferroni (B&H) 14:20.95; 2 J Carr (THH) 14:26.13; 3 R Thomson

(Cambus) 14:27.69; 4 J Millar (B&W) 14:29.15; 5 A Fyfe (Belg) 14:31.11; 6 L Smith (Norw) 14:31.39; 7 M Bray (Bed C) 14:34.37; 8 M Revier (Soton) 14:39.47; 9 J Schofield (B&B) 14:39.48; 10 A Pointon (AFD) 14:39.68; 11 P Sewell (AFD) 14:39.90; 12 J Weaver (Kent) 14:41.79; 13 G Wheeler (MKDP) 14:42.11; 14 H Allen (B&W) 14:43.77; 15 J Poole (Serp, M35) 14:44.01; 16 A Crossland (High) 14:45.27; 17 J Lunn (Bed C) 14:48.94; 18 L Kempson (CGC) 14:53.57; 19 B Sprating (Norw) 14:57.07; 20 B Nagy (EGH) 15:00.10; 21 A Bampton (High) 15:02.86; 22 L Cotter (Roth) 15:05.32; 23 D Long (B&H) 15:09.18; 24 M Hashi (ESM) 15:23.24. **r11:** 1 J Judd (Bour, W) 15:37.38; 2 L Small (AFD, W) 15:48.39; 3 N Taylor (Hon, W) 15:49.25; 4 D Chatterton (MKDP, W) 15:53.25; 5 J Nesbitt (Worc, W) 15:57.55; 6 H Carruthers (Bir, W) 16:00.00; 7 C Duck (Leeds C, W) 16:06.02; 8 M MacLennan (Edin U HH, W) 16:10.23; 9 R Murray (Bed C, W) 16:18.54; 10 E Kirk (Swan, W) 16:20.46; 11 H Irwin (GGG, W) 16:24.31; 12 L Reid (Hon, W) 16:30.40; 13 H Viner (High, W) 16:39.16; 14 L Gent (AFD, W) 16:42.20; 15 S Cowper (Roth, W) 17:09.43; 16 S Mercier (Guern, W) 17:13.27; 17 T Bage (Phee, W) 17:58.28. **r12:** 1 B Bradley (AFD) 13:57.33; 2 M Mohamed (Hill) 13:57.84; 3 J Sanderson (GGG) 13:58.73; 4 A Hickey (S&D) 13:58.76; 5 C Moody (Serp) 13:59.36; 6 J Gray (CGC) 14:02.37; 7 D Hind (Kent) 14:02.56; 8 D Brown (Hon) 14:06.22; 9 P Croux (SB) 14:06.86; 10 A Abdulle (Hill) 14:07.97; 11 R Warner (B'urn) 14:08.54; 12 J Shelley (SB) 14:09.78; 13 O Ahmed (Bir) 14:15.06; 14 J Escalante-Philippis (CGC) 14:16.88; 15 J Grace (Bed C) 14:21.11; 16 D Mulryan (TVH) 14:26.06; 17 P Navesey (Craw) 14:29.54; 18 W Ryle-Hodges (SB) 14:40.60; 19 J Cornish (HW) 14:42.30; 20 N Torry (Serp, M40) 14:43.72; 21 N Shreeve (CGC) 14:44.34; 22 O Barbaresi (TVH, U20) 14:50.53; 23 C Rainsford (High) 14:55.55; 24 M Crehan (SHS) 15:05.27



Ben Bradley (394) won a tight finish in the men's race