

Farell & Rimmer open their season with pbs at 1500 28 April 2011

Border Harrier Tom Farrell produced another great performance in the US on 23 April at the John McDonnell Invitational 1500m in Fayetteville, Arkansas when he won in a new Personal Best 3mins 42.23. He also took some major scalps with fellow GB International and 3.56 miler Chris O'Hare taking second place and USA senior international Dorian Ulrey taking third. Ulrey was a 1500m semi finalist in the 2009 World Championships and has a best of 3.35. Tom's team mate and World Junior Mile record holder German Fernandez took 7th place.

Tom's new PB ranks him in 8th place in the senior rankings over 1500m in 2011 in what was only his second race of the year. The time was also the qualifying for the European U23's this Summer and this currently ranks him top in the UK.

Tom's next race will be the Payton Jordan Invitational at Stanford University, California some 20 miles south of San Francisco on Sunday night 1st May. The race will feature many of the top American and African distance runners looking for the qualifying time for this Summers 2011 World Championships in Daegu, Korea and next summers London 2012 Olympics. Also scheduled to race is the top Australian Craig Mottram and the GB International Scott Overall who is based in the USA.

Liverpool Pembroke Sefton Olympian Michael Rimmer opened his season at the Trafford open meeting on 25th April with a new pb at his seldom run 1500m. Michael took advantage of a specially arranged 1500m paced race at the Trafford AC early season meeting to set a new pb chopping three seconds of his previous best time. Training colleague Tom Lancashire was the swift pacemaker and it was down to Rimmer and two Kenyans for the final surge. Bethwell Birgen took first slot in 3.38.19 with team mate Richard Kiplegat on 3.38.71 but Michael was in at the dip with a brilliant 3.38.91.