

# WYLDEFYRE

August 2010 No 3

Many thanks to those, especially Tony Croft, who have kept me informed of the many Club records and PBs, which have been set over the last few weeks.

**FORTHCOMING EVENTS:** *Club Champ races are marked with asterisks. YAL stands for Young Athletes League. BAL stands for British Athletic League.*

Northern Athletic League, Manchester Sports City	31/07/10
YAL Area Finals, Cudworth	01/08/10
*Cliviger 6 (M4) and *Wagon & Horses 10 Lancaster (L4)	01/08/10
Club Handicap,	04/08/10
*Badger Trail, Cuerden Valley 10K	05/08/10
*Chorley Inter Club (S4)	11/08/10
Terry Davies Memorial Meeting T&F, Warrington	15/08/10
*Oswaldtwistle 6 Mile Trail Race	17/08/10
Darwen Gala Races	21/08/10
Northern Athletics Inter Counties, Gateshead	28/08/10
*Pendleton Fell Race near Clitheroe	28/08/10
Mid Lancs, Blackpool	29/08/10
*Red Rose Inter Club, Leyland (S5)	01/09/10
YAL Final & Auxiliary Final, Birmingham	04 & 05/09/10
BAL Cup Final, Copthall (10 in 100)	04/09/10
Handicap (provisional), New Rd, Thornton	08/09/10
*Hodder Valley Inter Club Fell Race	11/09/10
*Oswaldtwistle 6 mile Trail Race	17/09/10
BAL Abingdon	18/09/10
Bluespot Schools Sport Partnership & BWFAC XC	19/09/10
*Dale Head Fell Race	19/09/10
*Run Preston 10k	26/09/10
<b>Presentation Evening, De Vere Hotel</b>	<b>06/11/10</b>

**NEWS:** **ncr** – new club record, since merger in 2006; HJ – High Jump; LJ – Long Jump; DT – Discus; SP – Shot; PV – Pole Vault; H – Hurdles; h – heat; (S)F – (Semi) Final; Q (q) – qual. final (on time); ns – National Standard for which Badges awarded at National Champs; es – entry standard for county team.

At the **Aviva European Trials** in Birmingham on June 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup> Carl Myerscough won the SP with 19.77m (his 8<sup>th</sup> National title) and was 2<sup>nd</sup> with 59.06m in the DT, behind Brett Morse of Birchfield. (On June 6<sup>th</sup> he set **ncr** of 61.51 in the Discus at Walnut, California). Former member Antony Ford was 9<sup>th</sup> (2<sup>nd</sup> Briton) in the 10000m with 29:11.9 (SB). On 19<sup>th</sup>/20<sup>th</sup> at the **European Team Championships** in Norway, Carl was 5<sup>th</sup> with 19.91m in the SP.

**Litherland Mid-Lancs:** June 26<sup>th</sup>, Men 2<sup>nd</sup> 179 pts Preston 184; Women 1<sup>st</sup> 163.5pts, league both 1<sup>st</sup> with 620.5 and 546 resp. U13B Rory Anderson 100m 1<sup>st</sup> 13.4 **ncr**; Alex Bale 22.60 to equal SM 200m record; Andy Stubbs ran 12.5 in SM 100m, ranks him No 1 in UK 2010 in T45 disability class and is No 1 for 200m with 26.1 at L'pool May 8<sup>th</sup> (and although he may want to forget, No 1 in 5000m because of his brave run in the **N L at B'burn** on June 5<sup>th</sup>).

**North West Schools Combined Champs:** Telford June 26<sup>th</sup> & 27<sup>th</sup>: Sen'r Girls Heptathlon, Lancs team 10009, Inc Katie Holder 3<sup>rd</sup> 3077 **ncr** Natasha Butler 4<sup>th</sup> 2882. (Natasha 20.40 in 100mH a U20W **ncr**). Inter Girls Hept; Lancs team 1<sup>st</sup> 12253 Inc Beth Towers 5<sup>th</sup> 3965 **ncr**, Alicia Johnston 7<sup>th</sup> 3869; Jun'r Girls Pent'lon: Lancs team 2<sup>nd</sup> 7060pts Inc Taegan O'Hara 10<sup>th</sup> 2249, Kate Lawler 18<sup>th</sup> 1937.

**\*Sotos 10K:** On a very warm Sunday, June 27<sup>th</sup> Stuart Robinson was 2<sup>nd</sup> 33:38; Malc Eadie 3<sup>rd</sup> 33:58 and Steve Waterhouse 10<sup>th</sup> 36:31. Bev Wright 5<sup>th</sup> L 1<sup>st</sup> F45 42:27; Caroline Betmead 6<sup>th</sup> L 42:50; Tanya Ashworth 7<sup>th</sup> L 43:11.

At Lawson's Field, BWFAC's athletes and coaches marshalled on a warm evening at the Cancer Research UK 'Race for Life', on Wednesday June 30<sup>th</sup>.

**Dash Young Athletes Quadrathlon** June 27<sup>th</sup> at Manchester S/C, Jake Lonsdale U13B 10th 159 pts; Emily Grey U13G 12th 202 pts. U15G Alisha Johnson 10<sup>th</sup> 195 pts. On the 2<sup>nd</sup> at Connah's Quay, Jake set a PB of 2:28.2 in 800m.

**Caldervale Supper Run (4M)** on July 1<sup>st</sup> won by Stuart Robinson in 20:15

**Nth Athletic League**, Preston July 4<sup>th</sup> a windy and showery day, 3<sup>rd</sup> 360 pts, behind Sale 385 pts and home club Preston Harriers 374 pts. Now 2nd with 11 league pts, behind B'burn on 13. **Ncrs:** SW Nia Rutter 100mH 15.2 & LJ 5.32m; U17W Lydia Critchley 400m 57.7; Chloe Needham in DT 36.09m & Louise Harrison 100mH 19.40m; SM Matt Hulyer LJ 6.40m. Alex Bale 200m 22.40.

First home on a warm and breezy evening on the 8<sup>th</sup> in **July's Handicap** was Phil Leybourne (19:46), just ahead June's winner, Jenny Ryan (31:36).

*"I always loved running....it was something you could do by yourself and under your own power. You could go in any direction, fast, slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and courage of your lungs." James Cleveland 'Jesse' Owens born September 12<sup>th</sup> 1913 and died March 12<sup>th</sup> 1980. Winner of four gold medals in the 100m, 200m, Long Jump and 4x100m relay at the 1936 Berlin Olympics. Speaking about the secret of his success at sprinting, he said: "I let my feet spend as little time on the ground as possible. From the air fast down, and from the ground fast up."*

**The English Schools Championships** in Birmingham on the July 9<sup>th</sup> & 10<sup>th</sup> and 14 members of BWFAC were chosen to represent Lancs Schools. Jun'r Girls: Tash Gardner 100m h4 1<sup>st</sup> 26.08 es Q, SF 3<sup>rd</sup> 25.84 es, F dnf. Inter Girls: Lydia Critchley 300m h2 4<sup>th</sup> 40.88 es q; Lauren Gowland 3000m F 7<sup>th</sup> 10:27.26; Alicia Johnston 200m h4 7<sup>th</sup> 26.67; Bianca Pedersen 1500 h1 9<sup>th</sup> 4:45.70; Sophie Riley 200m h1 1<sup>st</sup> 25.34 es Q, SF 2<sup>nd</sup> 25.39, F 4<sup>th</sup> 25.06 ns; Beth Towers 80mH h2 5<sup>th</sup> 12.05 es q, F 6<sup>th</sup> 12.23; Sen'r Girls: Lucy Mansfield 400m h3 5<sup>th</sup> 58.58; Katy Wyper 200m h2 5<sup>th</sup> 26.06 q, F 8<sup>th</sup> 26.33; Kristie Leybourne (2<sup>nd</sup> claim) 3000m F 14<sup>th</sup> 4:51.76. Jun'r Boys; Ben Everson 1500m h1 4:16.27 ns **ncr** q, F 7<sup>th</sup> 4:19.94 es; Finn Walker PV F 5<sup>th</sup> 3.25m ns **ncr**. Inter Boys: Omar Frederick SP F 9<sup>th</sup> 12.69m. Sen'r Boys: Declan O'Hara PV F equal 10<sup>th</sup> 4.10m es. (Both Tash & Bianca efforts were ultimately ruined because of physical problems).

**\*Lune Valley & Howgill 10M:** July 10<sup>th</sup> Peter Broome 10<sup>th</sup> in 1:09:34.

**Pennine Lancs 5K Road Race:** July 11<sup>th</sup> (England Athletic 5K RR & Northern 5K Champs): Stuart Robinson 42<sup>nd</sup> 15:44. Gemma Unsworth; 11<sup>th</sup> L 17:30; Stasia Bligh 37<sup>th</sup> L & Carolyn Robbins 38<sup>th</sup> L 18:52, Ladies Team National Champs.

**St Annes Carnival 5K:** July 11<sup>th</sup> Malc Eadie 4<sup>th</sup> 16:45; Caroline Betmead 2<sup>nd</sup> L 20:23; Fun Run Jake Lonsdale 1<sup>st</sup> 7:32; Beth Everson 2<sup>nd</sup> 8:36; Amelia Betmead 3<sup>rd</sup> 8:39; Madison Betmead aged 4½ was 28<sup>th</sup> 14:14.

**Wasdale Fell Race:** July 10<sup>th</sup> Stuart Williams raced 21 miles & 9000' over Whin Rigg, Seatallan, Pillar, Great Gable & Scafell Pike in 5:37:56 to finish 41<sup>st</sup>.

**\*Vaugh's Well FR:** July 13<sup>th</sup> Gary Johnston 40<sup>th</sup> in 41:43.

**The Blackpool Community Sports Council 5K:** July 14<sup>th</sup> won by Phil Leybourne 17:03, Steve Waterhouse 2<sup>nd</sup> 17:11 & 1<sup>st</sup> lady Kristie Leybourne 18:42.

**Ingleborough FR:** 7M/2000' on July 17<sup>th</sup> Gary Johnston 66<sup>th</sup> 61:31.

**The 4<sup>th</sup> and final YAL league fixture at Blackpool:** July 18<sup>th</sup> BWFAC 1<sup>st</sup> 650, Preston Harriers 2<sup>nd</sup> 632.5 and Warrington AC 3<sup>rd</sup> 448.5. Final pos. 2nd behind Sale. Area Final at Cudworth on August 1<sup>st</sup>. U17MDT **ncr** Peter Bridge 30.68m.

In the **Wesham Inter Club** at Salwick on July 19<sup>th</sup>, open squad 2nd; Vet 40s 3<sup>rd</sup>; Vet 50s 4<sup>th</sup>; Vet 60s 2<sup>nd</sup>; Ladies 1<sup>st</sup>. Stuart Robinson 1<sup>st</sup> BWFAC in 3<sup>rd</sup> place 23:26; Malc Eadie 5<sup>th</sup> 23:37; Steve Waterhouse 13<sup>th</sup> 25:29; Luke Berry 17<sup>th</sup> 2<sup>nd</sup> JM 25:35; Ben Everson 18<sup>th</sup> 3<sup>rd</sup> JM 25:52; Liam Craine 29<sup>th</sup> 27:05; 1<sup>st</sup> Lady Gemma Unsworth 31<sup>st</sup> 27:15; Peter Broome 37<sup>th</sup> 27:48; Adam Weightman 43<sup>rd</sup> 5<sup>th</sup> JM 28:00; Trevor Unsworth 51<sup>st</sup> 28:24; Caroline Betmead 57<sup>th</sup> 6<sup>th</sup> L 28:41.

**BAL Cup Semi-Final:** B'pool July 24<sup>th</sup> Women: BWFAC - 1<sup>st</sup> 100, Bingley - 2<sup>nd</sup> 86, Bolton - 3<sup>rd</sup> 34; M: BWFAC - 1<sup>st</sup> 98, Bolton - 2<sup>nd</sup> 88, Bingley - 3<sup>rd</sup> 66.

**Hyndburn Mid-Lancs:** July 24<sup>th</sup> Men 3<sup>rd</sup> 134.5; Women 1<sup>st</sup> 145.5.

## Other Impressive Individual Performances:

**British Masters 5K Champs:** Horwich, June 20<sup>th</sup>: Carolyn Robbins FV50 silver medal (19:50). **YAL at Carlisle:** June 20<sup>th</sup>, U15G Alicia Roylance increased her PB by 20cm recording 2.30m, just 2cm short of the U15G's club record held by Chloe Needham; **ncrs:** U17M Omar Frederick SP 13.82m; U15B: Ben Everson, Luis Blyth, Connor McCormick & Robbie Morris 4:02.2 in the 4x400m; U17W: Bianca Pedersen, Louise Harrison, Lauren Burrell & Lydia Critchley, 3:01.3 in the 4x300m & U13G Beth Everson HJ 1:46m.

**BMC meetings, Stretford June 29<sup>th</sup>:** Jack Scarr 800m 1:58.91 just 0.31 outside Luke Minns' U20M club record of 1:58.60 (Jack on June 1<sup>st</sup> at **Trafford Grand Prix** set **ncr** U17M 8:38.50 in 3000m). U15B Ben Everson 800m 2:05.15, 0.15 outside Sam Lamb's record of 2:05.0, (on June 2<sup>nd</sup> **ncr** of 4:16.75 in 1500m at **Watford Graded Open**). SW: Stasia Bligh 1500m 5:05.45 PB; Gemma Unsworth 3000m 10:00.55 SB and U20 Marcus Quarmby 9:28.34 PB. SM Brent Starkie 200m 22.61, (missing his own record 22.60 by 0.01). **July 13<sup>th</sup>:** SM3000m Malc Eadie 9:06.49 PB; Stuart Robinson 9:07.08 SB; SM 800m Tom Cunningham 1:56.85; 1500m U20M Jack Scarr 3:58.42 **ncr**; U17M Adam Weightman 4:30.63 PB; SW Stasia Bligh 5:04.08 PB; SW 3000m Gemma Unsworth 9:58.09 SB.

**Other ncr set in June** not previously reported. On 5<sup>th</sup> at **Nth League B'burn:** U20M Dominic Garrett 400mH 64.70 & 110mH 22.20; U17W Louise Harrison 20.10 in the 100mH. On 12<sup>th</sup> at **Lancs Schools Champs B'pool:** U20M Nick Costello 200m 22.30 equalled record; U15B Finn Walker PV 3.20m; U17W Chloe Needham DT 31.22m. On 13<sup>th</sup> at **NoE Champs:** U23M Luke Minns 800m 1:51.23; SW Gemma Unsworth 5000m 17:26.0 (not 3000m stated last month).

**June's Athletes of the Month:** Alicia Roylance for her PBs in PV, LJ & 100m and Luke Minns efforts in the 1500m & 800m (**ncr** & 3<sup>rd</sup> at **NoE Champs**).

**Good luck to Carl Myerscough in the Shot at the European Athletic Champs.**