

WYLDEFYRE

September 2010 No 4

August has been a very busy month and although I had intended to keep this Newsletter to one page, however I have had to relent and increase to two pages. It would have been a shame not to record all the splendid performances mainly on the track, but also on the roads and in particular by Stuart Williams on the fells in the Lake District, which have taken place over the last month.

FORTHCOMING EVENTS:

Club Championship races are marked with asterisk; YAL stands for Young Athletes League; BAL stands for British Athletic League; XC stands for Cross Country.

*Red Rose Inter Club, Leyland (S5)	01/09/10
Sainsbury UK School Games, Athletics, Gateshead	03 & 04/09/10
YAL Final & Auxiliary Final, Birmingham	04 & 05/09/10
BAL Cup Final, Cophall (10 in 100)	04/09/10
Lancashire AA AGM	08/09/10
Handicap, New Rd, Thornton	08/09/10
*Hodder Valley Inter Club Fell Race	11/09/10
T&F Officials Course level 2 Witton Park, B'burn	11/09/10
Open Medal Meeting & Autumn 5K including the (Stanley Park)	Civil Service Champs 12/09/10
North West Road Relays, Leigh Sports Village	18/09/10
Liverpool Harriers Throws & Jumps	18/09/10
Bluespot Schools Sport Partnership & BWFAC XC	19/09/10
*Dale Head Fell Race	19/09/10
The 30 th Great North Run	19/09/10
Open Medal Meeting (Stanley Park)	26/09/10
*Run Preston 10K (M5)	26/09/10
Northern 4/6 Stage Relays, Wythenshaw Pk, M/c	02/10/10
Commonwealth Games Athletic Comp, Delhi	06 to 14/10/10
Northern Cross Country Relay, Sheffield	09/10/10
*Gin Pitt 5 Trail Run, Tyldesley	10/10/10
Lytham Hall Autumn 4K (new race)	10/10/10
National 4/6 Stage Relay Champs, Sutton Park, Birmingham	16/10/10
Young Athletes Relay Champs, Sutton Park, B'ham	17/10/10
Bluespot Schools Sport Partnership & BWFAC XC	17/10/10
*Green Drive 5 (S6)	17/10/10
Red Rose XC League, Hyndburn	23/10/10
Mid Lancs XC League, College Grounds, Barrow	30/10/10
Accrington 10K	31/10/10
Presentation Evening, De Vere Hotel	06/11/10

NEWS: ncr – new club record, since the merger in 2006 and any record including records set under Blackpool & Fylde AC and North Fylde AC will be marked CR; HJ - High Jump; LJ - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; (SF) - (Semi) Final; Q (q) - qualification for final (on time).

July's Athletes of the Month: Katie Wood for her enthusiasm for junior and senior competitions and her discus PB; Peter Bridge for his throwing performances including a PB for the Hammer and ncr in the U17M Discus.

Mid Lancs Hyndburn: July 23rd HJ Dom Lavelle 1.42m =U13 ncr.

BMC Gold Standard & Trafford Grand Prix Races, Stretford, Tuesday July 27th: SM 1500M Luke Minns 3:47.32 PB & ncr (over 2 seconds improvement and is ranked 15th in the North West); Tom Cunningham 3:59.9. SW 3000m Gemma Unsworth 9:59.52; 1500m Stasia Bligh 5:00.5 PB; Carolyn Robbins 5:11.2 SB; U17M Adam Weightman 4:27.6. SM 800m Jack Scarr 1:58.25 PB & U20M ncr.

European Athletic Championship: Barcelona, July 27th to August 1st Carl Myerscough qualified for the SP final with 19.81m. In the Final was 12th 18.19m.

Speaking immediately after winning Bronze at the World Championships in 2009 about how she had never represented Britain in a International Championship final as an individual: "It proves you should never say never, you should always believe in yourself. If you work hard and keep faith, good things will happen." Jennifer Brenda 'Jenny' Meadows, nick name, 'Pocket Rocket' was born April 17th 1981; member of Wigan Harriers & AC; winner of English Schools Junior 800m in 1995; winner of seven AAA Norwich Union and Aviva National titles at 800m, & 400m; part of the Junior World Champion 4x400m team in 2000; holder of the 600m Indoor National record; winner of the 2008 European Cup 800m; Beijing 2008 Olympic 800m Semi-Finalist; Bronze medalist in a PB of 1:57.93 at Berlin World Championship in 2009; Bronze Medalist in the 800m and captain of the ladies team in the 2010 Indoor World Championships at Doha, Bronze Medal in the 800m at the 2010 European Championship in the Olympic Stadium, Barcelona and **consummate Presenter of the BWFAC Annual Awards in November 2008.**

Northern Athletic League: the 4th and final fixture on July 31st was at Sport City, Manchester. Final result: Blackburn Harriers - 368; Sale Harriers Manchester - 323; Wakefield District Harriers & AC - 320; Preston Harriers - 303; BWFAC - 301; City of York AC - 285. Final League standings: Blackburn 19, 1441 pts; Sale 16, 1338 pts; BWFAC 13, 1342 pts; Preston 13, 1331.5 pts; Wakefield 13, 1258 pts; York 10, 1271 pts. The final 2 are relegated. PBs. PV Matt Wright 4.60m; JT Cassidy Knight 21.42m; ncr 400m Brent Starkie 48.56; 800m Laura Deegan 2:20.0.

YAL Area Final at Cudworth: August 1st Final match score: 1st Gateshead - 797; 2nd Sale - 778; 3rd Preston - 660; 4th BWFAC - 659; 5th Liverpool - 627; 6th Doncaster - 610; 7th Wakefield - 602.5; 8th Sheffield - 495.5. ncr: U17M Peter Bridge DT 32.57m; U17W Beth Towers 80mH 11.78m; U15B Finn Walker HJ = club record 1.60m; U13B Rory Anderson 27.68 (also = his 100m record of 13.4); Jamie Bamber 75mH 13.45 CR. Preston and BWFAC qualify for Auxiliary Final.

***Wagon & Horses 10, Lancaster:** on August 1st Alison Titterington 90th 3rd FV50 1:16.18; Christopher Bligh 115th 1:21.14; Bob Massey 124th 1:23.52; David Twizell 137th 1:25.27; Laura Lawler 147th 1:27.39; Ruth Calderbank 165th 4th FV55 1:32.15.

August's Handicap: First home on a breezy evening on the 4th was John Winters, who was celebrating his 75th birthday, in 29.02, 2nd Tony Codling in first competition since recovering from serious health problems, 23:11 and Liam Craine 3rd with a PB of 21:44. There were 19 competitors.

***Badger Trail, Cuerden Valley 10K,** August 5th: Dave Dyson 87th 49.00.

Mid Lancs T&F Lancaster: On August 7th. Men 2nd 159.5; Women 1st 153. BWFAC's Men, 774.5 pts and Women, 788.5 pts are Mid Lancs Champions.

SM: 400m Alex Bale 1st 52.2; 800m Jack Scarr 1st 2:00.2; SP Duncan Shaw 1st 9.68m; HT 1st 35.54m, Chris Senior 5th 18.57m; DT Chris Senior 5th 21.83m, Duncan Shaw 7th 18.63m.

U17M 100m Oliver Hopkins 3rd 11.6m; 200m Oliver Hopkins 1st 23.4; HJ Adam Snape 1st 1.80m.

U15B 100m Jack Hails 5th 13.90; 200m Ash Hails 8th 28.2; 400m Luis Blyth 1st 58.0, Jack Hails 6th 64.7; 800m Ash Hails 11th 2:28.7; L J Luis Blyth 2nd 5.40m, Finn Walker 4th 4.94m, Jack Hails 8th 4.26, Ash Hails 9th 4.25m HJ Finn Walker =2nd 1.60m; SP Robbie Morris 4th 7.39m; DT Robbie Morris 3rd 16.04m JT Robbie Morris 3rd 24.60m, Finn Walker 5th 23.28m.

U13B 100m Oliver Tomlinson 3rd 14.4, Thomas Matthews 4th 14.5, Dom Lavelle 6th 14.6, Kieran Chell 8th =, Louis Walker 10th 15.0; 200m Oliver Tomlinson 1st 30.0; Kieran Chell 3rd 30.5, Thomas Matthews 4th 30.6; 800m Kieran Chell 12th 3:07.1; 4x100m team 1st 59.9; L J Dom Lavelle 2nd 4.28m; Oliver Tomlinson 3rd 4.23m, Thomas Matthews 6th 3.97m; HJ Dom Lavelle =2nd; SP Louis Walker 3rd 5.76m; JT Louis Walker 4th 20.41.

SW 3000m Bianca Pedersen 1st 10:47.8; HT Vicky Huyton 2nd 18.37m.

U17W: 100m Sophie Riley 1st 12.2; Brittany Shaw 3rd 13.2, Louise Harrison 4th 13.5, Natasha Johnson 6th 13.9, Loryn McCrudden 8th 14.4; 200m Sophie Riley 1st 25.2; Alicia Johnston 3rd 26.1, Brittany Shaw 6th 27.5, Louise Harrison 7th 28.1; 300m 1st 42.7; SP Katie Wood 2nd 9.07m; DT Chloe Needham 1st 28.81m; Katie Wood 2nd 27.21m; JT Alicia Johnston 1st 22.12m, HT Katie Wood 1st 28.36m;

U15G 100m Tara Johnson 3rd 13.6, Rachel Plant 11th 14.2, Alexandria Quarumby 16th 16.1; 200m Tara Johnson 8th 28.8, Megan Gray 11th 29.3; 300m Kate Lawler 2nd 45.4, Megan Gray 6th 48.6, Alexandria Quarumby 10th 54.5; 800m Molly Betmead 8th 2:41.3; 1500m Jodie Ferguson 1st 5:08.3; HJ Alex Hastie 2nd 1.45m, Rachel Plant 4th 1.35m, Kate Lawler 6th = 1.30m.

U13G 100m Jordan Dixon 3rd 14.0, Fiona Hockey 6th 14.6, Ella Potter 7th 14.7, Ellie Gibson 13th 15.4, Lauren Quarumby 21st 17.6; 200m Jordan Dixon 1st 28.7; Jess O'Neill 2nd 29.0, Ella Potter 10th 31.4, Ellie Gibson 14th 32.5; 800m Amelia Betmead 4th 2:37.6, Fiona Hockey 5th 2:44.2, Jess O'Neill 8th 2:47.5, Mollie Scarr 12th 2:53.6; HJ Fiona Hockey 3rd 1.30m. LJ Jordan Dixon 3rd 4.06m, Jess O'Neill 4th 4.02m; Fiona Hockey 3rd 1.30m

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England U15/U17 Combined Events Championship from August 7th-8th at Stoke. U17W Heptathlon: Beth Towers 8th 4009 pts **ncr** details 200m 26.39, 800m 2:28.15 PB, 80mH 11.88, HJ 1.44m, LJ 5.09m, SP 7.36m SB.

McCain's Jump Fest August 7th-8th LJ James R Davies 1st 6.83m.

Chernobyl 10K: On August 8th Terry Bradshaw 61st 44:34; Andrea Smith 4th F, 2nd FV40; Vicky Robinson 14th F 50:37; Bob Massey 158th 51:51.

BMC Gold Medal Meeting & Trafford Grand Prix, both at Stretford on Tuesday August 10th BMC SM 1500m Tom Cunningham (U23) 3:55.71.

Grand Prix: 100m SM: Simon Wells 11.77; Brent Starkie 11.24 PB; U20M: Nick Costello 11.4; Louise Schofield 11.82; U17M: Omar Frederick 11.73; SW: Lisa Daley (T12) 14.66; U20M Lucy Mansfield 13.00 SB. 200m SM: Simon Wells 23.61; U20M: Marcus Quarmbly 24.50; U17M Omar Frederick 24.50; U23W Danielle Eastwood 28.21 PB; U20W Katy Wyper 26.10. 400m: SM Alex Bale 51.03 PB; U20M: Marcus Quarmbly 52.48 PB; U17W: Louise Harrison 72.73. 800m SW: Laura Deegan 2:25.10; Carolyn Robbins 2:38.82; U17W: Lydia Critchley 2:14.56 PB **ncr**; Lauren Gowland 2:20.50. 1500m Jack Scarr 3:56.99 PB **ncr**.

Chorley Inter Club: on August 11th at Astley Park, the open squad were 3rd 249, Vet 40s 2nd 75, Vet 50s 3rd 53, Vet 60s 2nd 23 and Ladies 1st 35. The open team were 1st Tom Cunningham, 5th & 1st V40 Phil Leybourne, 10th & 4th V40 John Wright, 15th & 7th V40 Steve Waterhouse, 22nd Liam Craine, 26th & 1st L Gemma Unsworth, 31st & 15th V40 Stuart Williams, 40th & 23rd V40 Bill Eadie, 47th & 8th V50 John Houghton, 55th, 12th V50 & 4th L Carolyn Robbins; also in the V50 team - 13th Gary Johnston and 20th Terry Bradshaw. V60 team - 6th Bob Newman, 8th Bob Massey and 9th John Winters. With Gemma and Carolyn the lady's team was 8th L Tanya Ashworth, 10th L Andrea Smith and 12th L Morag O'Neill.

Tipton BMC on August 14th SM 10000m Stuart Robinson 12th 32:13.84 PB.

NW Combined Events Open Sports City, M/c Aug 14-15th U13G Beth Everson, 800m 2:37.96, 70mH 14.03 PB, HJ 1.25m, LJ 3.90m SB, SP 6.93m, 6th 1962pts **ncr**. U13B, Don Lavelle, 800m 2:50.89, 75mH 15.59, HJ 1.40m, LJ 4.35m, SP 4.61m PB, 6th 1159pts **CR**. U15B David Jones 80Mh 16.51, LJ 4.62m PB, SP 6.93m.

UKA Disability Athletic Challenge Competition, Crystal Palace, Sunday August 15th. Andy Stubbs (T45) SM 100m T44-T46 Final 2nd 12.67, 200m Final 4th 26.14; Lisa Daley (T12) SW T11-T13 100m Final 2nd 14.41, 200m Final 2nd 29.69.

Darwen Gala Fell Races, August 21st 3.7M/930' Paul Whitehead 98th 39:36; U14 race Molly Betmead 14th 5th F 23:20. Molly is U14 Lancashire Champion.

England Athletics U17 & U15 T&F Champs 21st - 22nd August Bedford: U17W Sophie Riley 100m h3 3rd Q 12.33, SF 3rd Q 12.24, **F 3rd 12.07**; Bianca Pedersen 3000m **F 6th 10:33.76**; U15B Ben Everson 1500m SF 6th q 4:27.17, **F 4th 4:22.73**; Finn Walker PV F nhr 3x at 3m.

Birchwood 10K Aug 22nd Liam Craine 79th 38:57; Terry Bradshaw 198th 44:39.

BMC Gold Standard & Trafford Grand Prix Races, Stretford, Tuesday Aug 24th **Northern Athletics U20 Championship** 1st Jack Scarr 8:47.21. 100m Omar Frederick 11.55, 200m 23.61, SP 4th 13.49m; 400m Luke Minns 52.35 PB; 1500m Gemma Unsworth 4:44.09 SB **ncr**; Carolyn Robbins 5:21.67; 3000m Adam Weightman 10:00.96

Northern Inter Counties, Gateshead: August 28th Lancashire finished 2nd with 662 points, behind Yorkshire with 702 points. Breakdown of the individual categories were as follows: SM 1st - 152 pts, SW 2nd - 81 pts, U17M 2nd - 130 pts, U17W 1st - 140 pts, U15B 4th 78 pts, U15G 1st 81. BWFAC athletes who contributed to this good result were - SM: 400m Brent Starkie 1st 49.5; 800m Luke Minns 4th 1:54.48; 3000m Jack Scarr 2nd 9:16.68; L J James Davies 1st 7.03m; PV Matt Wright 1st 4.40m. SW: 100m Katy Wyper 2nd 12.67; 400m Lucy Mansfield 4th 61.7; 3000m Gemma Unsworth 2nd 10:26.74. U17M: 200m Omar Frederick 4th 23.75; HJ Adam

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Snape 4th 1.80m (all four competitors recorded 1.80m; PV Matt Walker 2nd 3.30m; SP Omar Frederick 4th 12.95m. U17W 300m Lydia Critchley 1st 41.18; 3000m Bianca Pedersen 1st 10:31.22; 80mH Beth Towers 2nd 11.84; PV Loryn McCrudden 1st 2.80m; DT Chloe Needham 5th 26.93m; also HT 6th 31.18m. U15G 1500m Jodie Ferguson 5th 5:20.57; 75mH Taegan O'Hara 7th 12.72, also LJ 7th 4.33m.

***Pendleton Fell Race 1500'/5M:** August 28th Dave Brooks 91st 49:13; Dave Dyson 138th 55:24.

Bob Graham Round: August 29th/30th (The BGR is a circuit of approximately 74 miles ascending 42 peaks with a total ascent of 28,500 feet, starting and finishing at the Moot Hall in Keswick. To qualify for admission to the exclusive Bob Graham Club, this all has to be completed in 24 hours. Stuart Williams, with the help of pacers from BWFAC and other clubs, including Wesham and Bowland, achieved the formidable accomplishment of completing the Round at his first attempt. Stuart texted Tony Croft: 'Well I got round my Bob Graham Round! Finished with 21 hours 46 mins so really pleased and pretty much on schedule. Thanks to my pacers and support who were awesome. As someone has said: "A great day out on the fells with your mates". Cheers, Stuart'.

Mid Lancs Medal Meeting, Blackpool: August 29th: SM 200m Simon Wells 3rd 22.9 ; 400m Alex Bale 1st 51.9 G;

U17M: 100m Omar Frederick 2nd 11.4; 200m 2nd 23.4; Oliver Hopkins 1st 52.9 G; SP Omar Frederick 1st 13.70m, Peter Bridge 2nd 12.32m G; DT Peter Bridge 4th 21.00m B, HT 2nd 35.07 PB S;

U15B: 100m Connor McCormick 5th 12.6, Jack Hails 14th 13.9; 200m Connor McCormick 3rd 25.9 B; 400m Jack Hails 3rd 66.7 B; 800m Ash Hails 4th 2:32.9 S; 4X100m relay team 2nd 54.5 S; L J Ash Hails 3rd 4.30m B, Jack Hails 5th 4.16m; SP Robbie Morris 6th 8.17m, DT 5th 18.06m, JT 4th 26.55m.

U13B: 100m Oliver Tomlinson 3rd 14.00 B, Dom Lavelle 5th =, Samuel Charnley 7th =, Kieran Chell 9th =, Harry Mercer 11th =; 200m Oliver Tomlinson 4th 30.00, Kieran Chell 6th 31.1; 800m Samuel Matthews 4th 2:35.7; 4x100m relay team 1st 58.6 G; L J Dom Lavelle 13.94m S, Oliver Tomlinson 3rd 3.73m B, Harry Mercer 7th 3.49m; HJ Dom Lavelle 1.30m G; SP Harry Mercer 6.00m, Louis Walker 8th 5.54m; DT 4th 20.92m, JT 6th 20.92m.

SW: 4x100m relay team 1st 4:32.9; L J Natasha Butler 1st 4.56m G, Katie Holder 3rd 4.06m; HJ Natasha Butler 1st 1.50m; Katie Holder 1st 9.15m, Natasha Butler 2nd 7.74 G; Katie Holder 1st 22.86.

U17W: 100m Sophie Riley 1st 12.2 G, Claudia Fiddler 2nd = 13.5, Brittany Shaw , Louise Harrison 4th 13.6 B, Natasha Johnston 8th 14.00; 200m Sophie Riley 1st 25.3 G, Alicia Johnston 2nd 25.8 S, Brittany Shaw 3rd 27.1, Claudia Fiddler 4th 28.4, Louise Harrison 7th 28.7; 300m Alicia Johnston 1st 42.4 G, Lauren Burrell 2nd 45.4 S, Samantha Smith 3rd 45.9 B, Louise Harrison 5th 46.5; 800m Bianca Pederson 1st 2:27.8 G, Lauren Burrell 3rd 2:33.0 B, Samantha Smith 4th 2:33.6; 3000m Samantha Smith 1st 11:56.1 G; HJ Alicia Johnston 4th 1.40m; TJ Natasha Johnston 1st 8.88 G; SP Katie Wood 1st 9.34 G; DT Katie Wood 1st 27.15 G; Lauren Burrell 3rd 16.94 B, Bianca Pederson 7th 10.59m; Katie Wood 2nd 30.00m.

U15G 100m Alicia Roylance 3rd 13.4 B, Taegan O'Hara 6th 13.5, Jennifer Dyson 7th 13.7, Kayleigh Eccleston 8th 13.9; 200m Jennifer Dyson 4th 28.3, Taegan O'Hara 8th 29.4, Kayleigh Eccleston 9th 29.8; 300m Kate Lawler 2nd 45.2 S; 800m Kate Lawler 9th 2:45.5, Alicia Johnson 11th 2:49.2; 1500m Molly Betmead 1st 5:23.1 G; 3000m Kelly Smith 3rd 12:27.3 PB B; 4X100m team 2nd S; L J Rebecca Todd 2nd 4.56m S; Taegan O'Hara 4th 4.43m, Alicia Roylance 9th 3.90m, Alicia Johnson 12th 3.12m; HJ Alex Hastie 1st 1.55m G, Kate Lawler 4th 1.25m; SP Rebecca Todd 3rd 9.23m S; Katrina Kelly 5th 7.93m; DT Katrina Kelly 2nd 21.44 S.

U13G 100m Jordan Dixon 3rd = 14.3 B, Fiona Hockey 9th 14.7, Ellie Gibson 17th 15.9; 200m Jordan Dixon 1st 28.1 G, Jess O'Neill 2nd 28.4 S; 4X100m relay team 1st; L J Jess O'Neill 2nd 4.31m S, Jordan Dixon 4th B, Ellie Gibson 14th 3.54m, Jessica Rogers 18th 3.18m; HJ Beth Everson 1st 1.40m, Fiona Hockey 3rd 1.30m S; Jessica Rogers 9th 1.10m SP

Fleetwood Half Marathon: August 29th Uber Cirelli 45th 1:30:40; Robert Newman 118th, 3rd MV60 1:43:15; Jeffrey Wright M50 1:55:50.

Lancaster 5K Series: August 29th Luke Berry 10th 17:13.

Finally we wish Carl Myerscough every success as he represents England in the Commonwealth Games in Delhi during October.