



WYLDFFEYRE

December No 7



The Club's big 'Oscar' Celebration evening was again held at the De Vere Hotel. It was an opportunity for the girls to dress in their chic frocks and the boys to don their natty suits. As they entered the De Vere, our beautiful and elegant Ladies would not have looked out of place walking down a 'red carpet' in Los Angeles. Our Guest of Honour was former member, Max Eaves, winner of the Bronze medal in Pole Vault at the Commonwealth Games. He presented the Awards with style and humour. Apart from Max's excellent contribution, the main reason for the success of the event was primarily down to Nick Hume's hard work, having virtually single handily organized and overseen the evening



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This month the cross country season got into full swing with meetings available somewhere every weekend, that is, if one was so disposed. First off were the National XC Relays at Mansfield, which however for the first time in my memory, the club had no teams in any category. I have always enjoyed this event and as a club we have always taken pride in being represented. There may have been many reasons why we did not participate; the Presentation, school commitments, firework parties, other athletic events during the weekend or possibly just apathy. Whatever the reason, it very disappointing; especially as our local rivals all managed to field male and female senior and junior teams.

Last month there were two Mid-Lancs fixtures at the tough and muddy Witton Park and in Liverpool as part of the Cross Challenge at Sefton Park. Luke Minns started his season at Blackburn with a magnificent victory in the Men's race and Lauren Gowland continued her domination of the U17W Mid Lancs League. In addition there were Red Rose and various school meetings.



The busy autumn road racing scene is well under way with the Lancaster Half Marathon, the hilly Through the Villages race, Anderton 10K, Preston 10 mile and the very popular Wesham 10K, the main local races during November. The Wesham 10K was won by Stuart Robinson, with first lady Gemma Unsworth.

The first fixture of Sportshall League took place on the 21st and the club finished overall runners-up to Preston Harriers (details on page 3).

Finally congratulations to Margaret Crompton on her recent officials award from her peers.

I would welcome any comment or articles and pictures for publication.

Please hand to me or email to: davidwood11@hotmail.co.uk

Abbreviations & Key: Club Championship races are marked with asterisks; YAL - Young Athletes League; BAL - British Athletic League; XC - Cross Country; IC - Inter Counties; SC - Sport Centre; FR - Fell Race; ncr - new club record, since merger in 2006; CR - new club record including records set under Blackpool & Fylde AC and North Fylde AC; HJ - High Jump; L J - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; F - Final; c - chip; Skem - Skelmersdale.

October's Athletes of the Month

This month's female recipient was Amelia Beaman for her immaculate run in the National Road Relay at Sutton Park, Birmingham, where she ran the third fastest U15 stage of the day. Stuart Robinson received the award for his splendid performances throughout the October, which included winning the Natterjack 10K, his excellent relay legs at the Northern and National Road Relays and finally his ncr of 2:24:42 at the Dublin Marathon. Also nominated were Carl Myerscough, Molly Betmead and Jodie Ferguson.

FORTHCOMING EVENTS:

Red Rose XC League, Bolton (Levershulme Park)	04/12/10
Schools XC Cup Final, Alnwick Castle (Hogwarts)	04/12/10
Club Mince Pie Handicap	05/12/10

Manchester Indoor Open Meeting, Sports City,	05/12/10
Guy's 10M, Bilsborough	05/12/10
Bolton-by-Bowland FR (8M/800')	05/12/10
'Santa races' at Sandcastle, Blackpool (2M); Rosemere Cancer 5K, Preston City Centre; Ulverston 10K; Liverpool 5K	05/12/10
NVAC Christmas H'cap road, Leigh Sports Village	05/12/10
Schools Comb Events Indoor International, Glasgow	11/12/10 (TBC)
Great Langdale Christmas Pudding Races (10K)	11 & 12/12/10
Bluespot Schools Sports & BWFAC XC Santa Hat Run	12/12/10
Northern Athletics Indoor Open, EIS Sheffield	12/12/10
Longridge 7M	12/12/10
Stockport 10M	12/12/10
European XC Champs, Albufeira, Algarve, Portugal	12/12/10
Lancs Athletic Coaching Endurance Day, Pendle	12/12/10
Christmas Predictor Race & Hotpot, Stanley Park	18/12/10
Red Rose League, Blackburn (Witton Park)	18/12/10
Rudolph's Red Nose Run, Blackpool	19/12/10
Manchester Indoor Open Meeting, Sports City,	19/12/10
Stoop FR (5M/800') & Curly Wurly Junior Quarry Runs U8 to U16 races;	
Penistone Hill Country Park, Haworth, Keighley	19/12/10
Boxing Day 10K, Leyland	26/12/10
Whinberry Naze FR, Marl Pits SC, Rawtenstall	26/12/10
Ribble Valley 10K Inc Northern 10K Champs Clitheroe	27/12/10
Festive 4K Fun Run, Lancaster	27/12/10
Hot Toddy Road Race, Todmorden	27/12/10
Auld Lang Syne FR, Haworth (6M/900')	31/12/10
Joe Salt New Year's Day Multi-Terrain Awakener	01/01/11
Nine Standards FR, Kirkby Stephen (8M/1800')	01/01/11
Club Handicap Predictor Race	02/01/11
NVAC Monthly Run XC 10K & 5K, Smithills, Bolton	02/01/11
Manchester Indoor Open Meeting, Sports City	02/01/11
Lancashire XC, Witton Park, Blackburn	08/01/11
England Inc Northern Athletics Senior & U20 Combined Events Indoor Championships, Sheffield	08 to 09/01/11
Garstang 10K	09/01/11
Ashurst Beacon FR (5.9M/875'), Dalton, Skem	15/01/11
N'tern Athletics Indoor Champs (all ages), Sheffield	15 to 16/01/11
McCain Cardiff Cross Challenge	16/01/11
Lancs Sportshall League, Blackpool Sports centre	16/01/11
*Mid-Lancs XC League, Townley Park, Burnley	22/01/11
McCain Antrim Cross Challenge	22/01/11
Sports Hall U11 Regional IC, Sports City, M/c	23/01/11
Brass Monkey Run Half Marathon, York	23/01/11
Shell Four Villages Half Marathon, Helsby	23/01/11
Chernobyl 10K	23/01/11
Lancs Ath. Coaching Endurance Day, Stanley Park	23/01/11
Sreen Stanbury Splash (7M/1200') & Sreen Junior Quarry Runs, (U8-U16) Penistone Hill Country Park, Haworth, Keighley	23/01/11
Northern XC Championships, Sunderland	29/01/11
Aviva International Match, Kelvin Hall, Glasgow	29/01/11
Pennine Bridleway Relay, Waterfoot, Rossendale	30/01/11
*Mid-Lancs XC League, Lawson's Ground, B'pool	12/02/11
English National XC, Alton Towers, Staffs	19/02/11
*Mid-Lancs XC League, Beacon Park, Skem	12/03/11
Spring 5K Road Race, Stanley Park Arena, Blackpool	13/03/11
Open T&F Meeting, Stanley Park Arena, Blackpool	13/03/11
12/6 Stage Road Relays Champs, Catterick (TBC)	20/03/11
Wilmslow Half Marathon (English Championship)	27/03/11
London Marathon	17/04/11

NEWS & REPORTS

12th UIPM Biathle World Champs: Dubai Oct 30th



Two of our members made the journey to Dubai for these swim-run Championships. Results were: Youth B, Adam Weightman 6th 10:01.0 and second counter for the team silver medal winning team. Likewise in the Youth D section, Samuel Matthews who was 9th in 5:15.0 and was the third counter of the team was also



part the team silver winning team (*pictured*). There were athletes from Egypt, South Africa, Australia, Spain, Cyrus, India, Germany and France.

Elaine
Matthews,
Samuel's

mother, reported that it was not easy competing in the baking, humid 35c heat. The competition took place at low tide, which made for a difficult run into the warm water. Samuel improved on his PB previously set at Salford Quays by six seconds on a gruelling course. The family enjoyed the experience, having made many new friends.



Illumination Run: November 3rd

A few years ago Tony Codling started to organize a social run from Red Bank Road, south along the Illuminations followed by a Fish 'n' Chip supper. This year Andrea Smith and Karen Dunford co-ordinated the event. Last year we ran at Half Term, which although still enjoyable, was really a bit too busy for an insouciant run. As well as being more relaxed, running after the clocks had gone back, meant that in the total darkness, we saw the lights at their best. Andrea instructed us to be at the meeting point in Sainsbury's car park at quarter to six prompt so that we would have time to eat at Seniors' fish and chip restaurant before they closed.

It has always proved to be a popular affair and this year was no exception with upwards of 20 members gathering, despite a rather breezy and drizzly evening. However it was pleasantly mild and the damp conditions always improves the look of the lights. It was 25 minutes out, before turning around. Some made it as far as South Pier.



After a quick shower about a dozen of us went to Seniors'. There was an offer on: All you can eat for £4.95; but most members opted for the normal menu, which was more than sufficient. Needless to say the fayre was excellent. I had a John Dory – a fish not a man - and chips, which was cooked in light batter and was delicious. Many thanks to Andrea and Karen for organising this very enjoyable evening.

Shepherds Skyline Fell Race: November 6th

121st Peter Singleton 58:19; 268th Alan Smart 78:27; 274th Bernard Singleton 83:49. The winner was Ian Holmes of Bingley Harriers in 40:26.

Presentation Evening: November 6th

It was a glittering evening at the De Vere Hotel for the Presentation of Club awards, followed by a disco. As well as having many talented athletes, BWFAC must have the prettiest, most elegant and stylist girls of any Athletic club and the boys aren't too bad either! Our versatile Club Secretary as well as organizing much of the event; collected and arranged for the engraving of the trophies, was Master of Ceremonies and prepared the slide show to accompany the presentation of awards. As far as I know he was not involved in preparing the food, but whether he washed the dishes afterwards, I couldn't speculate.

Max Eaves (*pictured preparing to take his 5.40m jump in the Pole Vault at the Delhi Commonwealth Games*) now of Newham & Essex Beagles was



guest of honour. Max won a Bronze Medal, his first major Championship success. Max told the audience that he joined Blackpool & Fylde AC at age ten and initially competed as a sprinter and runner under the tutelage of Dave Titterington. He also tried high jumping and whilst practising was noticed by Sylvia Hayes, then the Pole Vaulting coach, who suggested he might have an aptitude for pole vaulting. He started training, but Max said that his progress was not always smooth. For a period he would go to train, would run down the runway and not be able take-off. However he persevered and eventually sorted his technique out and rest as they say, is history.

Awards winners are as follows:

Quayle Trophy; most outstanding athlete	Carl Myerscough
Large Langen Hesson; runner-up to Quayle – male	Brent Starkie
Small Langen Hesson ; runner-up to Quayle – female	Elena Mingas
Cartmell Dragon Trophy; outstanding male or female	Carolyn Robbins
Cocker Trophy; club spirit	Jack & Ashley Hails
Vaux Tankard; most successful male U18)	Jack Scarr
Langen Hesson Plaque; most improved female 15-17	Louise Harrison
Chairman's Trophy; most improved male 15-17	Adam Weightman
Trophy; most improved female 13-15	Taegan O'Hara
Rowland Jones Trophy; most improved male 13-15	Finn Walker
Kennel Trophy; most improved female 11-13	Jess O'Neill
Ryan Trophy; most improved male 11-13	Jamie Bamber
Brooks Barrel; encouragement award 10-12	Kieran Chell & Ella Potter
Pendleton Trophy; best female middle distance	Lydia Critchley
BAe Trophy; best male middle distance	Luke Minns
Sandra Helme; best throws female 13-15	Rebecca Todd
BAe Trophy; encouragement award throws U17	Peter Bridge
Bernard Berry Memorial; Best female U17 track)	Lydia Critchley
Gerard Williams Trophy; awarded for perseverance and consistency in sprinting age groups U17 & Senior	Sophie Riley
Bob Hope Trophy; best throws male or female	Carl Myerscough
Jack Pritchard Trophy; best male U17 Track	Oliver Hopkins
Club Road Running Trophy outstanding road performance	Stuart Robinson
Centenary Trophy; best jumps award	James Davies
Fell Running Trophy; outstanding fell runner male	Gary Johnston
Fell Running Trophy; outstanding fell runner female	Molly Betmead
Ron Helmn Trophy; best 800m runner aged 14	Ben Everson
Alf Tysoe Team Trophy outstanding team performance	Senior Women
Peter Smith Meritorious Award; outstanding	
Service to the club – female	Lisa Gowland
Tony Croft Meritorious Award; outstanding	
Service to the club	David Wood
Road Championship Salver men; road champion	John Wright
Road Championship Salver women: road champion	Tanya Ashworth

Road age category winners: V40 – Steve Waterhouse; V45 – Chris Bligh; V55 – Peter Broome; V65 – Bob Newman; V70 – John Bradley; FV40 – Laura Lawler; FV50 – Alison Titterington; FV55 Ruth Calderbank.

The raffle raised £140 and has been donated to Brian House.

Handicap: November 7th

It was an unseasonably warm, clear and still day for the handicap. Despite the clement conditions only nine competed: Tony Croft 31:38; Georgina Routledge 29:14 (PB); Nick Hume 29:35; Liz Routledge 29:56; Andrea Smith 26:04; Graham Davies 23:52; Tony Codling 22:54; Alison Titterington 27:13; Chris Bligh 27:16. Timekeeper was David Wood, assisted by Tony Croft.

Through the Villages: Wheelton, Chorley, November 7th

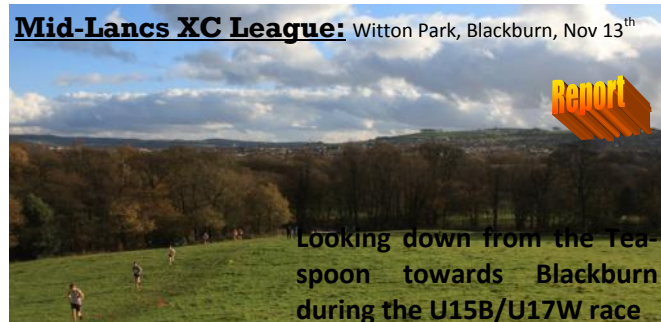
4th (1st MJ) Luke Berry 50:15; 21st (1st F) Gemma Unsworth 55:11; 42nd (5th F) Stasia Bligh 57:42; 60th (9th F, 1st F50) Carolyn Robbins 59:29; 96th (14th F 4th F35) Tanya Ashworth 63:23. First was Anthony Valentine of Bolton United Harriers with 46:45.

Lancaster Half Marathon: November 7th

25th Perry Mann 1:21:57; 163rd (1st MV65) Robert Newman 1:37:32; 167th (5th MV55) David Dyson 1:37:32; 211th (6th MV55) Michael Golden 1:41:20; 651st Susannah Cawley 2:27:02. Winner was James Reed of Astley & Tyldesley RR 1:12:40 and first lady in overall 11th place was Lauren Jeska of Todmorden Harriers 1:18:35.

The 51st Derwentwater 10: Keswick, November 7th

129th (11th F, 1st F45) Bev Wright 1:09:52; 153rd David Brooks 1:11:39; 322nd Anthony Blight 1:21:22. Winner was James Douglas of Border Harriers in 51:56 and first lady was Rebecca Robinson of Kendal AC in a new course record of 56:23.



Mid-Lancs XC League: Witton Park, Blackburn, Nov 13th

Looking down from the Teaspoon towards Blackburn during the U15B/U17W race

A park always suggests pleasant flattish rolling grassland and the 'Saucer' and 'Teaspoon' sound like something from a nursery rhyme. However some nursery rhymes have dark undertones and similarly the 'Saucer' and especially 'Teaspoon' are two 'frightening hills' in cross country terms. Each had to be negotiated four times by the men. Having made a return to XC at Barrow two weeks previous, I looked forward to Blackburn with some apprehension.

As I made my way to Blackburn on Saturday morning, through several very heavy showers, I wondered at my wisdom at not bringing waterproofs and even more my sanity, at my avowed intention to run in the Men's race, when so unfit and also in the middle of man flu! There was a Regional Schools race on at Witton Park in the morning before the start of the Mid Lancs; making the course even more of a morass for the later Mid Lancs meeting – the liquid quagmire at the gate from the 'Saucer' to the main field defied description! No doubt many shoes were left in this swamp, some never to be seen again. What future archaeologists will make of these finds in future centuries is open to conjecture.

At Barrow we had a good turn-out by our junior girl's teams in the U13G and U15G squads, but only one U11B and one U17M. Sadly circumstances were no better on the boy's front, with only Jake Walley in the U15B race and again Dan Quarmby in the U17M race. The tough course took its toll with Jake appearing to twist his ankle going up the 'Teaspoon' and Molly Betmead withdrawing from her race on the 'Saucer'. Also Bianca Pedersen had to drop out early in the U17W race.

The first race was the U11G where we had Ella Moulding improving on her excellent 4th place two weeks ago, with third, in a much larger field. The Hall twins in their first Mid Lancs outing this year had good runs, with Emily finishing 5th and Chloe 9th.

Our U13G and U15G squads were weaker than at Barrow, with the U13 team coming third and the U15 team led by a strong performance from Alisha Johnson also finishing in 3rd place. In the U17W race Lauren Gowland carried on her winning form from Barrow to again take victory in a convincing manner and Sam Smith also performing strongly to finish 14th.

Laura Mountjoy-Deegan was disappointed with her run at the Green Drive 5; however what a difference a month can make, as she made her Mid Lancs XC debut this season with strong run to lead the 'A' team to a second place finish in Division 1. Carolyn Robbins led the V35 squad to a first place, improving on their second place finish at Barrow. With Laura M-D and Karen Dunford joining the squad, a 'B' team was fielded, which finished second behind Preston Harriers in Division 2. First home in the Lady's race was guest and international Hatti Dean (pictured) of Hallamshire Harriers, who with a time of 19:29, was nearly two minutes ahead of Tara Krzywicki, another guest runner from Accrington Road Runners. Hatti would appear to have a liking for the Witton Park course, having won here back in January in the North of England Championship. First home in the Mid Lancs competition was Clare McKee of Border Harriers in 22:25 in overall third place.

(Barrow XC's lady's winner, Sue Samme of LSARR, was competing at Santry Park in Dublin in the British & Ireland Masters Cross Country International, where she finished 14th and 4th V45. She was 2nd counter of the V45 England Gold medal winning team.)

Now I would expect to be lapped in a four lap race, even if I was running at my best, however to be lapped whilst still technically in the first lap was quite humbling. As I reached the end of lap one, Luke went sailing by,

whilst I wallowed in the glutinous mud – I couldn't believe that I had been lapped so soon. (I then fully expected to be double lapped by Luke later in the race, but I think I just avoided that indignity). I congratulate Luke



Minns on his brilliant run. Luke finished in 35:46, to win convincingly, comfortably ahead of James Douglas (pictured) of Border Harriers (36:27), who had won the Barrow XC race at the end of October, the previous week's Derwentwater 10 and also the Brampton to Carlisle 10 mile on the 20th. After Luke's successful track season at 800 and 1500 metres, he has obviously been working hard on his endurance and it would appear to some effect, for him to win on such a tough and demanding course (so different to the track) and he must be commended on his versatility. However despite his excellent first place, with several of our other top runners not at Witton Park, our 'A' team was only strong enough for 5th position in League one. The V40 team was led by John Wright, (2nd counter for the team, 25th overall and 3rd V40) was fourth. I eventually finished (and it was still daylight - just), by which time, no doubt, Luke was showered and probably half way home. Strangely though in some perverse way, I enjoyed the experience – I really must get treatment!

Full club results: U11G: 3rd Ella Moulding 8:11; 5th Emily Hall 8:20; 9th Chloe Hall 8:27. **U13G:** 5th Amelia Betmead 11:35; 12th Fiona Hockey 12:13; 28th Annie Bradshaw 12:53; 53rd Deni Impett 14:36. **U15G:** 7th Alisha Johnson 12:31; 10th Jodie Ferguson 12:44; 31st Lucy Minns 14:25; 33rd Kate Lawler 14:38. **U17W:** 1st Lauren Gowland 17:58; 14th Sam Smith 20:30. **U17M:** 25th Dan Quarmby 22:01. **SW:** 14th Laura Deegan-Mountjoy 24:40; 19th Stasia Bligh 25:16; 21st Carolyn Robbins (L45) 25:18; 25th Morag O'Neill (L35) 26:22; 27th Andrea Smith (L35) 26:31; 56th Laura Lawler (L35) 29:16; 64th Karen Dunford (L35) 29:56. **SM:** 1st Luke Minns 35:46; 25th John Wright (V40) 40:30; 43rd Greg Seddon (V40) 42:05; 50th Steve Waterhouse (V40) 42:31; 105th Chris Essex-Crosby 45:55; 106th Gary Johnston (V50) 45:57; 149th Stuart Williams (V40) 48:17; 170th Peter Broome (V50) 49:24; 182nd Marcus Quarmby (JM) 50:45; 200th Dave Brookes 52:14; 222nd Dave Dyson (V50) 54:02; 236th Jeff Wright (V50) 55:53; 253rd Chris Bligh 59:07; 258th Peter Gibson (V50) 59:35; 266th John Winters (V60) 64:00; 272nd Dave Wood (V60) 67:03; 276th Norman Greenwood (V60) 68:22.

Teams: U13G 3rd; U15G 3rd; SW 'A' 2nd 'B' 2nd; SW V35 2nd; SM 'A' 5th 'B' 4th; SM V40 4th; SM V50 9th; SM V60 4th.

Anderton Arms 10K: Fulwood, Preston, November 14th

8th Uber Cirelli 40:33; 10th Tony Codling 40:52. The winner was James Reed of Altrincham & District in a time of 33:52.

Preston 10K: Hutton, November 21st

This race attracted 387 competitors on a lovely sunny day. BWFAC runners were: 23rd Perry Mann 59:54; 42nd Uber Cirelli 62:47; 82nd (4th L, 1st FV45) Bev Wright 67:36; 135th Duncan Richardson 71:51; 152nd Tanya Ashworth 73:18; 157th (3rd MV65) Robert Newman 73:34. Winner was Steve Littler of Wesham RR in 52:10 and 1st Lady and 33rd overall, was Sarah Ridehalgh of Accrington RR in 61:04.

Eaves Wood Trail Race: (5.25M) Silverdale 21st November

26th Peter Singleton 43:09; 47th Jeffrey Wright 47:03; 74th Peter Gibson 51:30; 91st Alan Smart 55:03; 92nd Bernard Singleton 55:58. First of 112 was Carl Bell of Howgill Harriers in 33:37.

Lancashire Sportshall League: Blackpool SC, Nov 21st



The first fixture of the season was full of hustle and bustle, as about 240 U11, U13 and U15 athletes contested track and field events, which have been adapted to a sports hall. BWFAC had a team of about 36 athletes (pictured). The events contested were: running races of varying distances from one lap to six laps (a lap is across s and back the sports hall using bounce boards); relay races; obstacle race (U11 only) standing long and triple jumps; vertical jump; speed bounce; shot putt; chest push (U11) and foam javelin (U11). There were 10 teams competing: Blackburn Harriers, Horwich RMI, Hyndburn AC, Kendal AC, Pendle AC, Preston Harriers, Ribbles Valley, Kirkham Grammar School and Westholme School. However all these teams did not contest all the age categories, with only BWFAC and Preston Harriers athletes in all classes.

The final three overall positions were: 1st Preston Harriers; 2nd BWFAC; 3rd Horwich RMI. The age classes finished as follows: **U11B:** 1st Kirkham Grammar School; 2nd Horwich RMI; 3rd; (7th BWFAC). **U11G:** 1st Kirkham

Grammar School; 2nd Westholme School; 3rd Horwich RMI; (6th BWFAC). **U13B:** 1st BWFAC; 2nd Preston Harriers; 3rd Horwich RMI. **U13G:** 1st Preston Harriers; 2nd Kendal AC; 3rd BWFAC. **U15B:** 1st BWFAC; 2nd Preston Harriers; 3rd Horwich RMI. **U15G:** 1st Preston Harriers; 2nd BWFAC; 3rd Kendal AC (more detailed results available on this site). Of the squads, possibly the most impressive performance was by the U11 squad from Kirkham Grammar School. Both the boys and girls won their individual classes and with no U13 or U15s, were still good enough for them to come fourth overall.

It was a long, but enjoyable day starting at 11am and not finishing until 5pm. The next fixture is not for two months and is on January 23rd 2011.

Wesham 10K: Salwick, November 27th

1st Stuart Robinson 32:10 c 32:09; 4th Luke Minns 32:36 c 32:34; 25th Luke Berry 36:25 c 36:21; **35th (1st L) Gemma Unsworth 37:56 c 37:52;** 70th (5th L) Stasia Bligh 40:19 c 40:13; 92nd (9L, 2nd LV45) Bev Wright 41:26 c 41:17; 93rd David Brooks 41:26 c 41:17; 118th Tanya Ashworth 43:39 c 43:30; 121st (2nd M55) David Dyson 44:00 c 43:46; 126th Andrea Smith 44:19 c 44:08; 145th (1st MV65) Robert Newman 45:09 c 44:57; 150th (1st LV50) Alison Titterington 45:24 c 45:12; 168th Chris Bligh 46:24 c 46:10; 179th Peter Gibson 46:50 c 46:25; 185th David Twizell 47:19 c 46:53; 266th (MV75) John Winters 51:59 c 51:54; 367th (2nd LV55) Jenny Ryan 58:54 c 57:51. **Teams:** Men 1st Wesham; 4th BWFAC; Lady's 1st BWFAC.

It looks to have been an exciting close race as Stuart just edged out Steve Littler of Wesham RR by just 10 seconds. There was even closer contest for third place as Jonathon Ferguson of Rossendale Harriers just finished two seconds ahead of Luke Minns in 32:34 (c 32:32). In the lady's race Gemma Unsworth seems to have had an easier victory finishing over a minute ahead of Sarah May of Todmorden (39:02 c 38:54). (Gemma was due to compete in Northern 10 Mile Championship at Thirsk the next day, but this was cancelled because of bad road conditions, caused by the weather). Joanna Goorney of Wesham RR was third lady in 39:43 c 39:41.

McCain Liverpool Cross Challenge & Mid-

Lancs XC: November 27th

It was a cold and sunny day for the third Mid-Lancs meeting. As it was part of the McCain Challenge the fields were large and we were running with timing chips. After the previous few days freezing and dry weather, conditions were completely different to the previous cross countries this season. Parts of the course remained frozen throughout the day and where it softened, it barely cut-up and trail or fell shoes were perfect.

As the Mid-Lancs was part of the McCain's Challenge at the time of writing these team results have not been extrapolated. There were several very good performances. Among those that caught my eye were Jake's excellent 17th place; Deni's splendid team leading run, after problems at Blackburn and Kelly's very good performance, after illness prevented her competing at Blackburn. Performances were particularly good as several members had stressful journeys because delay on the M6.

Results: Positions are as in the overall McCain races. Combined U11B Callum Hogarth 46th 8:09; **U11G:** Ella Moulding 14th 8:12; **U13B:** Jake Lonsdale 16th 10:41; Samuel Matthews 66th 12:10; Thomas Matthews 70th. **U13G:** Deni Impett 36th 12:38; Beth Everson 38th 12:43; Fiona Hockey 46th 12:56; Molly Scarr 47th 12:57; Leah Hogarth 63rd 13:37th; Lauren Quarmby 80th 14:48. **U15G:** Jodie Ferguson 20th 11:12; Mollie Betmead 35th 11:41; Kelly Smith 56th 12:08; Alisha Johnson 61st 12:14; Alexandra Quarmby 104th 13:56. **U17M:** Daniel Quarmby 70th 19:16; **U17W:** Lauren Gowland 35th 19:16 (the U17 and U20 races were run together and Lauren result is shown in the U20's). **SW:** Carolyn Robbins 97th; Laura Lawler 118th; Karen Dunford 128th 39:48. **SM:** John Wright 164th 34:59; Adam Weightman 199th 36:42; David Cairns 209th 37:01; Perry Man 235th 37:55; Chris Essex-Crosby 264th 38:52; Gary Johnston 310th 40:29; Norman Greenwood 454th 54:21; David Wood 458th 57:13. Second claim members who competed were Phil Leybourne in 99th place and Kristie Leybourne 33rd with 16:21 in U20W. There is now a break in the Mid Lancs season until January.

At the elite level the Senior Lady's race was won by Louise Damen of Winchester & District AC, with Hatti Dean of Hallamshire 2nd and Gemma Steel of Charnwood AC. Helen Clitheroe who led early on was 4th. In the men's race Andy Vernon of Aldershot was first, with James Wilkinson of Leeds City AC and Mark Draper of Bedford & County AC.

Other Events & Races:

Northern Police XC League: Laura Lawler was 4th in 48:39 at the Doncaster meeting on October 27th.

Civil Service XC Championships: Perry Park, Birmingham, Nov 10th Andrea Smith was 7th lady (2nd V40) and a member of the first placed HASSRA team.

Tour of Pendle FR: November 13th. Peter Singleton was 130th in 3:28:01 in this race of 16.8 miles with total climb of 4,830 feet. The conditions were tough with wind, sleet and rain during the race. James Logue (V40) of Calder Valley Fell Runners was first of 310 in 2:27:34.

Conway Half Marathon: November 21st. 87th (9th L) Laura Mountjoy-Deegan 93:29 (chip 93:22). The winner was Chris Hollinshead of Stafford Harriers in 72:24. 906 competed.

Oswaldtwistle Help for Heroes 5 mile: November 21st Howard Henshaw was 21st (2nd MV70) in 56:33. First of 24 was John Chaplin of Blackburn Harriers in 30:17.

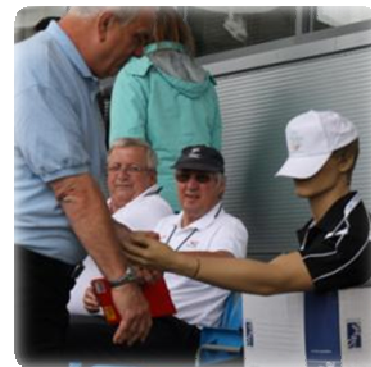
Airtel Delhi Half Marathon: Nov 21st. Former member Antony Ford of Sale Harriers was 19th in 64:18. 1st of 4496 was Geoffrey Mutai in 59:38.

The Best 5K: Preston Nov 28th 10th (1st MV45) Tony Codling 18:22.



The best caption for the attached

photograph of a 'spectator' taken at the North of England Athletic Championships at Sports City will win an appropriate Christmas prize.



Hand your entries to me or email to davidwood61@hotmail.co.uk An independent person will judge the funniest and most apt contribution.

Haile Gebrselassie



Haile Gebrselassie made an emotional announcement of his retirement from athletics on Sunday November 7th after dropping out of the New York marathon with a knee injury. He has received many plaudits from his peers including this,

which seems to encapsulate his career, from Sebastian Coe: **"He is the greatest athlete of the last 50 years and arguably the best of all time."**

About training Haile said: **"I will always listen to my coaches. But first I listen to my body. If what they tell me suits my body, great. If my body doesn't feel good with what they say, then always my body comes first."**

Haile Gebrselassie was born April 18th 1973 in Asella, Ethiopia. He won the 10,000m gold medals at the 1996 and 2000 Olympics. At the World Championships he won the 10,000m titles at 1993, 1995, 1997 and 1999. Since graduating to the marathon he has had victories at Amsterdam (2005); Berlin (2006, 2007, 2008 and 2009); Fukuoka (2006); Dubai (2008, 2009 and 2010). In the World Indoor Championships he won Gold in the 3000m in 1997, 1999 and 2003 and in the 1500m in 1999.



During his athletic career Haile has set 27 world records. He currently still holds records in the 20,000m of 56:26:0; one hour race with 21,285 metres; 30Km road in 1:27:49 and marathon in 2:03:59.

"In the rainy season, sometimes to get to the first lesson we had to run quick, because we had to cross the river to school and we'd have to go down the bank to find a place to cross because there is no bridge."

Having subsequently changed his mind and he now hopes to continue running. It would be a 'fairy tale' climax to his athletic career if he won the Gold Medal in the London Olympics marathon.