



WYLDEFYRE

January 2011 No 8



Brrrrrr! Winter started early. Although not the thick snow of some parts of the country, with the freezing temperatures, icy pavements and road s, running was very difficult. Inevitably events were cancelled or postponed, because of problems with travel and/or underfoot conditions in the first weekend. The Guy's 10, Red Rose XC at Bolton and even our own Handicap became victims of the Big Freeze. Despite a slight thaw, cancellations continued in to the second weekend, with the popular Langdale Valley 10Ks unable to take place because of thick snow. However the club Handicap was able to go ahead and the Longridge 7 was successfully run. The third weekend dawned with thick snow lying on the ground. On safety grounds the club was forced to cancel the Christmas Predictor Handicap. After all Derek and Alan's hard work, it really was a shame. On Sunday the Rudolph Race and the LSARR handicap, which is mainly off-road, went ahead despite the snow. And so we came to the Christmas weekend and the lying snow remained and as the end of 2010 approached the temperatures continued to drop to minus 10. The traditional Boxing Day fixture at Leyland has suffered from the travails of the weather in past years and the organizers from Red Rose decided several days before not to take any chances and postponed it until May 15th – obviously taking no chances on there being ice and snow; that is unless we've entered a new Ice Age! However there were confident noises throughout the week prior Christmas from the organizers about the prospects of Ribble Valley 10K. Several test runs had shown the roads to be in perfect nick for racing, but the 'Weather' had the last say. It snowed at 6am and left a layer of icy slush and the final nail was when a milk tanker became stuck on Edisford Bridge. As Richard Taylor said on the Message Board: "Gutted – sorry for all those that have set off or travelled up...half an hour of the wrong weather at the wrong time." I had looking forward to watching a splendid cast list: Katie Ingram, Charlotte Purdue, Hatti Dean, Helen Clitheroe Andi Jones, Tom Cornthwaite, Ben Fish, Jonny Mellor, Ande Biniam of Eritrea, Jean Ndayisenga of Burundi, Tom Lancashire, Antony Ford and our own Stuart Robinson for some exciting racing.

One place where the weather was not a problem was Albufeira in Portugal. There is a special XC report from our overseas sports correspondent.

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; **nr** - 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; LJ - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; F - Final; c - chip; Skem - Skelmersdale

November's Athletes of the Month



This month's recipients were Lauren Gowland and John Wright for their Mid-Lancs cross country performances during the month and support of club events. Lauren was 1st U17W and John was 25th and 3rd V40 at Witton Park, Blackburn. In the Mid Lancs at Sefton Park, Liverpool Lauren was 2nd and John was 28th. Also nominated was Chris Bligh.

FORTHCOMING EVENTS

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
Ashurst Beacon FR (5.9M/875'), Dalton, Skem	15/01/11
McCain Antrim Cross Challenge	22/01/11
Sports Hall U11 Regional IC, Sports City, Manchester	23/01/11
Brass Monkey Run Half Marathon, York	23/01/11
Shell Four Villages Half Marathon, Helsby	23/01/11
Chernobyl 10K, Shawes Arms, Preston	23/01/11
Lancs Ath. Coaching Endurance Day, Stanley Park	23/01/11
Soreen Stanbury Splash (7M/1200') & Soreen Junior Quarry Runs, (U8-U16) Penistone Hill Country	
N'thern 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
Dr Kershaw's Hospice Santa Run (5 & 2½K), Oldham	16/01/11
*Mid-Lancs XC League, Townley Park, Burnley	22/01/11
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
Handicap	06/02/11
*Mid-Lancs XC League, Lawson's Ground, B'pool	12/02/11
Winter Hill FR, (11M/2750') Rivington Upper Barn	13/02/11
Seville Marathon, Spain	13/02/11
English National XC, Alton Towers, Staffs	19/02/11
Bleasdale Circle (5M/1500') Bleasdale Parish Hall	26/02/11
Nth 12/6 Stage Road Relays Champs, Catterick (TBC)	20/03/11
Wilmslow Half Marathon (English Championship)	27/03/11
CAU Cross Country Champs, Birmingham	05/03/11
Haweswater Half Marathon	06/03/11
England/Northern Athletics U17 & U15 Combined Events Championships, EIS Sheffield	05 to 06/03/11
Sedbergh 3 Peaks (3.6M/1515')	08/03/11 (16:30)
Mid-Lancs XC League, Beacon Park, Leigh	12/03/11
Haworth Hobbles - Wuthering Hike FR (33M/4400')	12/03/11
Spring 5K Road Race, Stanley Park, Blackpool	13/03/11
Open T&F Meeting, Stanley Park Arena, Blackpool	13/03/11
Roddleswater Roller Multi-terrain, Abbey Village	13/03/11
Indoor Open T&F Meeting, John Charles Cent, Leeds	13/03/11
ESAA XC Champs, U15, U17 & U19, Nottingham	19/03/11
Fiendsdale, nr Chipping 6.5M/2200'	19/03/11
Nth12/6 Stage Road Relays Champs, Catterick (TBC)	20/03/11
Ultrafit St Annes 10 Mile	20/03/11
King's Highway 5K Trail, Accrington (1 of 9)	29/03/11
Vera Hirst 5K, Littleborough, Rochdale	30/03/11
England Half Marathon Champs, Wilmslow	27/03/11
Belle Vue House 10K, Ormskirk (multi-terrain)	02/04/11
Pendle & junior races U8-U16, Barley (4.5M/1500')	02/04/11
National 12/6 Stage Road Relays, Sutton Park, B'ham	09/04/11
Coniston 14	09/04/11
Gin Pit 5 Tyldesley (trail)	10/04/11
St George's Day 10Ks & 3K Fun Runs	16 & 17/04/11
Bolton 10K	17/04/11
London Marathon	17/04/11

Hayley Yelling-Higham



Last year Hayley, after coming out of retirement, surprised the athletic world and herself by winning the 2009 European Cross Championships in Dublin (pictured). She said, "I had no expectation at all, I just wanted to enjoy it. I was thinking about the team really. I've been ticking over, running about 40 minutes a day. What was all that 100 miles a week about? I'm enjoying it so much. I want to get out of the door and run." Hayley was born January 3rd 1974 in Dorchester and as well as following her athletic career also works as a school teacher at the Sir William Borlase's Grammar School in Marlow. She runs for Windsor, Slough, Eaton & Hounslow AC. She is sister-in-law of fellow British runner, Liz Yelling. During her athletics career she has competed for England in the Commonwealth Games and also for Great Britain. Before her win at Dublin, Hayley had previously won the 2004 European XC Championship in Heringsdorf, Germany. At the 2010 Championships, Hayley was unable to add a third title, but was a member of the Silver medal winning squad and equalled the women's record of 13 performances, held by Belgium's Anja Smolders. Among her other career highlights have been wins in the British National Championship at the 5,000m in 2002, 2003 and 2006 and also in the 10,000m in 2003. She was also first in 2007 at the Cross International de San Sebastian and in 2008 at the Belfast International Cross Country Championships.

Christmas Competition:

(A second opportunity to enter a caption).



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.

Any articles or comments to the same email.

NEWS & REPORTS

Mid-Lancs Liverpool: November 27th



Last month when I reported the results, they had not been extrapolated from the overall McCain's Cross Challenge, so here are the updated Mid-Lancs, with the other competitions excluded:

U11G: 9th Ella Moulding 8:12. **U11B:** 26th Callum Hogarth 8:09. **U13G:** 14th Deni Impett 12:38; 15th Beth Everson 12:43; 19th Fiona Hockey 12:56; 21st Molly Scarr 12:57; 34th Leah Hogarth 13:37; 47th Lauren Quarmby 14:48.

U13B: 2nd Jake Lonsdale; 27th Sam Matthews 12:10; 29th Thomas Matthews 12:18. **U15G:** 1st Jodie Ferguson 11:12 (pictured at Liverpool); 9th Molly Betmead 11:41; 19th Kelly Smith 12:08; 21st Alisha Johnson 12:08; 45th Alex Quarmby 13:56. **U17G:**



2nd Lauren Gowland 16:24. **U17B:** 12th Daniel Quarmby 19:16. **SW:** 16th Carolyn Robbins (L45) 33:58; 36th Laura Lawler (L35) 38:10; 45th Karen Dunford (L35) 39:48. **SM:** 28th John Wright (V40) 34:59; 48th Adam Weightman 36:42; 54th David Cairns (V40) 37:01; 68th Perry Mann 37:55; 87th Chris Essex-Crosby 38:52; 116th Gary Johnston (V50) 40:29; 186th Norman Greenwood (V60) 54:21; 188th David Wood (V60) 57:13.

Teams: U13G 3rd; U15G 2nd; SW 6th L 1; L35 5th; SM 6th L 1; V40 6th L 1; V50;

With half the season over in the leagues we stand as follows: **U13:** 26 pts and ranked 1st; **U15G:** 27 pts and ranked 1st; **SW:** 13 pts and ranked 3rd; **SW L35:** 25 pts 5th and on the same pts as Chorley Harriers at the top of the league; **SM:** 10 pts in 5th place just above the relegation places. The **V40s** are in 4th position in league 1. However at this stage of the season league positions can be false as it is the best four of the six results that count.

Bolton by Bowland Fell Race: December 5th

44th Gary Johnston 58:06; 54th Stuart Williams 59:45; 58th Chris Lloyd 60:43. Winner was Tom Cornthwaite of Blackburn Harriers in 46:33.

Manchester Indoor Opens:

December 6th 60m: Omar Frederick (U20) 7.50 (.07 outside PB) and 7.55; Alicia Roylance (U17) 8.65 PB; Ashley Hails (U15) 8.73 PB; Jack Hails (U15) 8.82 PB; Katrina Kelly (U15) 9.30 PB; **300m:** 39.02 Omar Frederick PB; **PV:** Matt Walker (U17) 3.35m; Alicia Roylance 2.15m; Katrina Kelly 2.00m; **L J:** Ashley Hails 4.51m; Jack Hails 4.33m; **SP:** Katrina Kelly 7.95m.

December 19th 60m: Matt Hulyer 7.12 PB; Katrina Kelly 9.21 PB; **PV:** Matt Walker 3.65m PB; Finn Walker 3.40m; Katrina Kelly 2.05m; **SP:** Katrina 8.07m.

Liverpool's Santa Dash: December 12th

Jenny Ryan visited Liverpool for this weekend and took part in this event, which involves a 5K run from the iconic Liver Building to Liverpool Town Hall. It was not a race, but a happening, as nearly 8000 runners dressed as Santa Claus (dressed in red suits, except the Everton supporters, who were dressed in blue costumes) jogged through the centre of Liverpool. As Jenny said afterwards: it was "very surreal" and enjoyable. Money was raised for many

charities, including the nominated causes: Age Concern & Help the Aged and children charities – Liverpool United, Sparks & Clair House.

Mince Pie Handicap: December 12th

Martin Bates 26:58; Peter Gibson 27:05; Tony Airnes 27:23; Reg Smallbone 28:17; David Twizell 28:24; Nick Hume 29:10; Tony Croft 32:23. The time-keeper was Liz Airnes, assisted by John Bradley.

Longridge 7 Mile Road Race: December 12th

7th (3rd MV40) Steve Waterhouse 42:37; 14th Uber Cirelli 44:43; 29th Tony Codling 46:17; 72nd Mike Golden 51:38; 94th (7th F, 3rd FV35) Tanya Ashworth 53:25. First was Alasdair Russell of Kendal AC in 38:37 and 1st Lady was Lucie Custance of Clapham Chasers in 45:17. Although weather conditions were milder, there was still ice on sections of the course.

Rudolph's Red Rose Run (5 Miles): December 19th

Despite the course being covered in snow, the race went ahead. It was helped by being all off road and with the snow cover still relatively fresh, it was probably not too slippery underfoot. First was Paul Muller (V50) of Horwich RMI and second was John Chaplin (V55) of Blackburn Harriers, both in the same time of 31:20. BWFAC competitors: 5th (1st V45) Tony Codling 33:35; 17th Peter Singleton 36:02; 20th Duncan Richardson 37:20; 32nd Jeff Wright 39:17; 53rd Alan Smart 43:01; 60th Bernard Singleton 44:18; 73rd (1st V75) John Winters (45:55); 80th Norman Greenwood (48:37). Judging from Nigel Shepherd's photographs there was a host of fancy dress costumes. Two of the most striking were worn by Mick Edge (or should I say hardly worn) and Sarah Sherratt. Mick's consisted of just a Rudolph thong, with a pair of brief shorts for modesty's sake and Sarah was dressed somewhat incongruously, but attractively as 'Tarzan's Jane' in a leopard skin costume.

Lytham St Annes RR Christmas 'Relay': December 19th

A report by Debbie Cooper of LSARR, who with Nigel Simpkin, stood in the freezing cold and snow timekeeping enabling us to have great fun. Thanks.



A hardy bunch arrived to take part despite the weather conditions. Walking down to the normal sea front course would have been dangerous, so the four runners ran 5 laps of the YMCA field in fancy dress, in a handicap style race instead.

Tom Howarth flew through the snow to finish first, taking just 14:22 proving that we hadn't been as mean with his handicap time as I thought! Graham Young was second taking 18:19, Dave Wood was third taking 21:50 and Pam Hardman came 4th taking 20:22. Pam had spent 4 hours clearing snow from her drive to get her car out, so perhaps we should have been kinder with her handicap.

Colin Laidlaw called in whilst out for a run and judged the fancy dress competition. Awarding Graham the prize for that, with his Santa suit. We all enjoyed the Jacob's Join afterwards, with a taste testing of mince pies proving Morrison's are best. Thank you to everyone who contributed food. Julia Rolfe arrived later, having run the Rudolph race bringing more food.

Thank you to everyone who made the effort to turn out in such icy weather, well done to the runners and a special thank you to Nigel who helped with the organisation.

Debbie Cooper

Debbie has just published a recipe book: "No Milk Today – Hearty Home Cooking Without Milk, Citrus or Caffeine". Debbie says: "Milk is known to encourage our bodies to produce mucus; runners are therefore being advised to cut back on milk products to improve their breathing. Citrus fruits also aggravate arthritis. Using these recipes which avoid these foods could help you to feel and possibly run better. The recipes come from avoiding these foods myself and changing my diet has proved worthwhile. The book gives ideas for Starters, Main Courses, Biscuits and Puddings, that are easy to prepare and can be enjoyed by everyone in the family including children. There are also ideas for special occasions such as Cakes and Ice-Creams. I wrote the book after discovering the eczema I had always suffered from was caused by food intolerances. I make the recipes regularly and the photographs were taken at meal times in my own home". The book is available to order from online retailers, RRP £9.99, ISBN 978-1-853981-63-0.

Hot Toddy Road Race (5.8 Miles), Todmorden, Dec 27th

The Ribble Valley was cancelled, but one relatively local race that did go ahead was the 'Hot Toddy' with a healthy 248 finishing the race, boosted by some runners making a late change of location. Among those making a quick diversion (the Hot Toddy was scheduled ½ an hour earlier than of Ribble Valley) was Bev Wright who came 68th, 6th F and 1st FV45 in 38:45. The only other athlete from a local club was Peter Cruse of LSARR who was 33rd (35:41). First and second were David and Matt Proctor, both of Rochdale Harriers in 29:22 and 29:24 respectively. First lady (22nd overall) was Anna Lupton of Radcliffe AC. (Both Anna and Matt were also both pre-entered in Ribble Valley).

SPAR European XC Champs: Albufeira, Portugal, December 12th

After previous successful visits to the World and European Cross Country Championships at Edinburgh in 2008 and Dublin last year, "The Williams' International Tours (Sports)" TWIT(S) for short, went further afield. Six members made the 2½ hour flight from John Lennon Airport, Liverpool to Faro Airport on Friday. Everything went well, except there was a short delay before taking off from Liverpool, when it was discovered that two of the flashing lights on the aircraft weren't working. However after the 'RAC' was called, this was soon rectified. After freezing Britain it was pleasant to be greeted by bright sunshine and temperatures of 17 or 18 centigrade. The hotel that Stuart had organized was the Porto Bay Falesia, situated 100 metres from the sandstone cliffs which overlook the Atlantic Ocean. It was very comfortable, with an excellent restaurant serving a wide selection of food for 'o pequeno-almoço' - breakfast.

The Championships were taking place on Sunday and so there was time to go for a few training runs and to explore. On the first evening we visited Vilamoura where there was a large marina. Although it was dark, there were many expensive yachts were visible, most no doubt laid up for the winter. We dined at a traditional Portuguese restaurant where Cataplana, (a type of fish stew cooked in copper utensil of the same name shaped like two clamshells) and 'sardinha' were among the dishes on offer. The next day Albufeira City was the destination. The 'old town' is attractive and quaint, but for a Saturday afternoon it seemed to me almost unnaturally quiet.

Much as everyone enjoyed the food, vinho, 'cerveja' - beer and warm weather training, the main reason for our visit was to watch the cream of European runners contest the Cross Country Championships. The course was



about two kilometres away. The quickest way to get to the course was along the beach. The course was very compact and quite spectator friendly, with

many good viewing points. The route took a twisty undulating route over a 1600 metres lap. With the dry conditions, the surface was mostly firm (described by Steve Cram as like a road surface), however some sections were quite sandy and in later races the surface seemed to cut up.

There were six races – male and female in junior, U23 and senior divisions, so there was plenty of entertainment on show. We arrived in time to see the first race, the Junior Lady's. Early on in the race Gulshat Fazlitdinova of Russia, Doaga of Romania and Amela Terzic of Serbia led the way (pictured), with rest of the field tightly packed behind, including Charlotte Purdue and 16 year old Emelia Gorecka. Soon though Charlotte took a significant lead ahead of Amela and Emelia. She crossed the line in 12:42 having stretched the lead to 17 seconds, which was a substantial amount in such a relatively short race of 3970 metres. Behind Charlotte there was a scrap for 2nd place between Amela and Emelia, with the Serbian girl being successful by one second.

After the race Charlotte said: "It was fantastic. Three years ago second, two years ago second, last year injured so....I'm finally gonna collect all the medals now. But I feel great. And it seems Great Britain also did a really good race. For the rest of the season I hope to run more cross country and follow



up for some track races. To say the truth, I didn't expect this result. But everything went so well. I feel that so many years of work are being rewarded." And Emelia said: "It was an amazing end of race, your fighting for second place, how I feel with the result? It was really hard in the end, being only 16 years and racing these amazing girls, I'm really happy with my result and I'm really happy for my teammate." The rest of the team finished as follows: Lily Partridge 9th (13:19), 10th Annabel Gummow (13:19), 12th Kate Avery (13:24), 27th Georgia Peel (13:55). In the team competition GB & NI finished 1st with 23 points; Germany 2nd, 53 points and Romania 3rd, 64 points.



In the equivalent men's race (6070m) the British team were not able to imitate the women's team in individual titles, but the team members packed well and won team gold with 62 points, with Portugal taking second place with 74 points. It was a tight finish between Abdelaziz Merzougui of Spain in 1st and Nemanja Cerovac of Serbia in 2nd, both in the same time of 18:07. Similarly Rui Pinto of Portugal snatched 3rd from Ivan Strebkov of Ukraine both in 18:09. The GB & NI team finished as follows: 10th Ryan Saunders (18:27); 14th Jonathon Hay (18:32); 16th John McDonnell (18:34); 22nd Andrew Combs (18:41); 23rd Ben Connor (18:42); 46th Robbie Farnham-Rose (19:10).

In the U23 Lady's race (6070m) Meryem Erdogen of Turkey took the lead early on and went onto win in 20:08. The contest for second place between Cristina Jordan of Spain and Emma Pallent was intense with them swapping position several times. At the finish Cristina was 2nd in 20:25 with Emma 3rd in 20:28. The rest of the gold medal team were: 7th Natalie Gray (20:43), 16th Emily Pidgeon (20:55), 21st Sarah Waldron (21:16) and 24th Elspeth Curran (21:20).

It was a French one, two in the U23M race (8170m) with Hassen Chahdi and Florian Carvalho; however despite this, France only won silver in the team competition. This was won by a strong Irish squad led by David McCarthy in

11th place. After James Wilkinson, who was runaway victor at Liverpool, withdrew part way through the race, it was a struggle for the team to claim a podium position and ended in 4th with 104 points. The squad finished as follows: 9th Ricky Stevenson (24:34); 22nd Mitch Goose (25:01); 25th Nick Goolab (25:04); 48th Derek Hawkins (25:34) and 67th Ashley Harrell (25:55).

The Portuguese squad had a magnificent victory in the Senior Women's race (8170m) with first, Jessica Augusto (pictured) (26:52) and third, Dulce Felix (26:59) in the individual race. In the team competition, with four finishing in the top ten, Portugal had an overwhelming win, scoring just 19 points. Hatti Dean in 7th place (27:08) led the British team with total of 65 points to the silver medal position. The rest of the squad finished as follows: 17th Louise Damen (27:52), 20th Steph Twell (27:57), 21st Preston Harrier AC's Helen Clitheroe (28:02); 27th Gemma Steel (28:25) and last year's winner in 28th place, Hayley Yelling-Higham (28:25) who at Liverpool had a heavy cold and as still recovering.



Despite collapsing with exhaustion after crossing the finish line last year in Dublin, Mo Farah still won individual silver and also led the British team to silver. This year after a tough season, Mo chose not to be a member of the team and with Andy Vernon not finishing the race, there was no member of the 2009 squad in the British finishers. It was left to Tom Humphries in 15th place to lead the GB & NI team to a 5th position in the Senior Men's race, (6070m). The rest of the squad was: 18th Phil Nicholls (29:43), 29th Ryan McLeod (29:46), 37th Mark Draper (30:26), and 48th Frank Tickner (30:50). Although the Brits were not challenging the race was still fascinating.

For much of the race there was a large group of athletes within two or three seconds of each other playing cat and mouse. In the group was the legendary Ukrainian runner, 35 year old Serhiy Lebid. As they finished the 5th and penultimate lap it was still anyone's race. However Serhiy had judged the race well and outsprinted Ayad Lamdassem in the final straight to win by 3 seconds in 29:18. Third was Youssef El Kalai (29:19) of Portugal, 4th Abdelatif Meltaah (29:21) and 5th Mourad Amdouni both of France. France won the team race with 33 points, 2nd Portugal with 35 points and 3rd was Spain with 58 points.



After the race Lebid said: "The race was normal, I felt very calm, very good. I was very confident from the beginning. I like to be here in Portugal and it was great to win my 9th European Cross Country Championship." Lamdassem afterwards said: "Lebid is very strong and I had no chance after he started the sprint. Next time I have to prepare better for the sprint."

The final medal table showed Great Britain & Northern Ireland and Portugal both with 8 medals each, but with 4 British gold medals against Portugal's two, Britain topped the table.

The next morning we were driven to Faro airport by 'Ayrton Senna' or so it seemed, for our return to arctic England after a very enjoyable weekend. On March 20th 2011, the World Cross Country Championships are to take place in Punta Umbria across the border in Spain. Will TWIT(S) be there?