



WYLDEFYRE

February 2011 No 9

Send any contributions or comments to davidwood61@hotmail.co.uk



After a quiet and frozen December, January was a month of sizzling action with substantial Championship success for **Blackpool Wyre & Fylde AC** athletes, on both the Country and Indoor Track. To relive this fabulous month, read the following four action packed pages. Amongst the star turns were Sophie Riley and James Davies who both won Gold Medals at the NoE Indoor T&F Champs. James was also selected to represent England's U20M, winning in the process, with a new Club Record.

Abbreviations & Key: Club Championship races are marked with asterisks; YAL - Young Athletes League; BAL - British Athletic League; XC - Cross Country; ICoun - Inter Counties; TR - Trail Run; FR - Fell Race; CE - Combined Events IC - Inter Club; CBP - Championship Best Performance; JR - junior races; U - under; V - vet; **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; LJ - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; F - Final; c - chip; i - indoor; m - Metres M - Mile; K - Kilometre; ' - feet; SC - Sport Centre; Skem - Skelmersdale

BWFAC Events **Mid Lancs Meetings** **Interclub Races** **Interclub Fell Races**

Northern or National Events **Club Road Running Championship**

December's Athletes of the Month



Katrina Kelly and Matt Hulyer were chosen this month for their indoor performances at the Manchester Open meetings. Both recorded PBs with Katrina competing in six events over the two meetings and improving her 60m PB to 9:21. Matt also



PB.

Have you thought of Fell Running?

Apart from the final Mid-Lancs XC on March 12th, February marks the last full month of cross country and next month the outdoor track & field meetings starts. Many will be happy to see the end of threshing through the mud, but for some there will be a tear in their eye as they contemplate 6 months or so without seeing the 'Saucer'. There is a solution - fell running. Although competition on the hills takes place the whole year around, the main season starts in the spring. There are several championships including County, English and British. As well as the Senior Championships there are also Junior Championships. The English Championships have Junior age categories from U8 (over 6) to U18. I think it would be an opportunity for some to realize athletic success, which they might not achieve on the track. Last year in August Molly Btmead won the Lancashire U14 Championship at Darwen and Elizabeth Greenwood of Blackburn Harriers won the U12 English Championship. The Junior English Championship races are: **Pendle** on 02/04/11 (also Lancashire Championships) at Barley near Burnley, **Coiners Junior** on 02/05/11, at Mytholmroyd; **Clougha Pike** on 18/06/11 at Quernmore Village, Lancaster; **Arnison** on 26/06/11 at Patterdale Cumbria; **Sedbergh** (uphill only), Cumbria on 16/07/11 and **Viking Chase** on 25/09/11 at Carlton, Cleveland. There are other junior races and if anyone wants further details please contact me or visit the FRA website.

BWFAC 2011 Road Race Championship: Best 7 to Count

Standish Hall Trail Race	19/02/11	Longridge Lions 7	05/06/11
Lancaster 3 Bridges 10K	03/04/11	Freckleton Half Marathon	19/06/11
Garstang Gallop	17/04/11	Sotos 10K	26/06/11
Salford 10K	22/04/11	Elswick Express 10 Miler	24/07/11
Dallam Dash 10K	01/05/11	Wagon and Horses	07/08/11
Blackpool Fun Run 10K	08/05/11	Garstang Half Marathon	18/09/11

#Fishwick 5 Trail Race	29/05/11	Run Preston 10K	25/09/11
#Cuerden Valley Badger TR	02/06/11	Green Drive 5mile	16/10/11
Plus all the Inter Club races except for Blackpool		#Trail Championship Race	

Forthcoming Events:

Handicap	06/02/11
Blackburn Winter Warmer 10K/junior 2.5K (15-17)	06/02/11
Radcliffe AC 10M Trail Race	06/02/11
Mad Dog Seaside 10K Run Southport	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
Lancashire Sportshall League, Sports Centre, B'pool	13/02/11
English National XC, Alton Towers, Staffs	19/02/11
*Standish Hall Trail Race Wigan	19/02/11
Manchester Indoor Open Meeting Sports City	20/02/11
Central Lancashire 5K Bolton	20/02/11
England Athletics U20 Indoor Open Champs, B'ham	26 to 27/02/11
Bleasdale Circle FR (5M/1500') Bleasdale Parish Hall	26/02/11
Village Bakery Half Marathon, Wrexham	27/02/11
Great North West Half Marathon, Blackpool	27/02/11
CAU (ICoun) Cross Country Champs, Birmingham	05/03/11
England/Nth Ath U17 & U15 CE Champs, EIS Sheffield	05 to 06/03/11
Handicap	06/03/11
Manchester Indoor Open Meeting, Sports City	06/03/11
Haweswater Half Marathon	06/03/11
Sedbergh 3 Peaks (3.6M/1515') start 16:30pm	08/03/11
*Mid-Lancs XC League, Beacon Park, Leigh	12/03/11
Open T&F and Spring 5K Road Race, Stanley Park	13/03/11
Roddleswater Roller Multi-terrain, Abbey Village	13/03/11
Speed & Jumps Indoor Open, 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 (Lancs 10M Championship)	20/03/11
World XC Championship, Punta Umbria, Spain	20/03/11
England Half Marathon Champs, Wilmslow	27/03/11
Thirsk 10M (NoE & Yorkshire Vets Champs)	27/03/11
Winter Coaching Day, Stanley Park, Blackpool	27/03/11
King's Highway 5K Trail, Accrington (1 of 9)	29/03/11
Vera Hirst 5K, Littleborough, Rochdale	30/03/11
*Pendle & JR U8-U16 Lancs & IC Champs, Barley	02/04/11
Blackpool Inter Club (2010 Road & Fell Presentation)	06/04/11
National 12/6 Stage Road Relays, Sutton Park, B'ham	09/04/11
London Marathon & Bolton 10K	17/04/11
Mid-Lancs T&T League, Blackpool	30/04/11
*LSARR Inter Club, St Annes	05/05/11
Mid-Lancs T&F League, Lancaster	28/05/11
*Preston Inter Club	08/06/11
*Two Lads FR (Inter Club FR Champs) Horwich	16/06/11
Mid-Lancs T&F League, Hyndburn	25/06/11
English Schools Championship, Gateshead	01 to 02/07/11
English Schools Cup Final, Abingdon	09/07/11
*Wartom Crag FR (Inter Club FR Champs)	09/07/11
*Wesham Inter Club	18/07/11
Mid-Lancs T&F League, Blackburn	23/07/11
Mid Lancs T&F League, Preston	13/08/11
*Golf Ball FR, Rossendale (Inter Club Champs)	17/08/11
Mid-Lancs T&F League, Wigan	27/08/11

*Red Rose Inter Club, Leyland (7pm start) 07/09/11

Winter Warm-up T&F meeting and Autumn 5K 11/09/11

Open T&F meeting, Stanley Park Arena 25/09/11

NEWS & REPORTS:

London Marathon & Gemma Unsworth

Gemma is going to run the London Marathon. A friend of Gemma's recently took her life and Gemma is running it for the charity PAPHOS <http://www.papyrus-uk.org/index.htm> which is a voluntary UK organization committed to the prevention of young suicide and promotion of mental health and emotional wellbeing in memory of her friend. Donations can be made via <http://www.justgiving.com/Gemma-Unsworth>

Caption Contest:

Winner was Margaret Crompton with "Is it a man? Is it an alien?"

Handicap: January 2nd

Tony Croft, Mike Golden, Larry McGee, Reg Smallbone, Martin Bates, Graham Davies, Karen Dunford, Nick Hume and Terry Bradshaw competed. David Wood bungled the timekeeping and so no times were recorded. Helper was John Bradley.

Lancashire Cross Country Championship

It was cold, breezy and cloudy Witton Park, Blackburn on Saturday January 9th for these Championships, but a lot warmer than last month. It remained dry, apart from a brief shower during the Senior Men's race. For BWFAC there was considerable success, but also some disappointments.

In the U11 races we had three boys with cross country regular, **George Robinson**, leading the way for BWFAC in 9th place with 7:52. **Callum Hogarth** was 11th in 8:01 and **Jack Mitchell** was 19th in 8:16. Similarly in the equivalent girl's race the club had three representatives, with **Ella Moulding** having an excellent race, just missing out on a medal, finishing fourth in 8:21. Regular cross country participants **Hannah Maskill** was 8th with 8:40 and **Hannah Eadie** was 16th with 9:09. Unfortunately in both races four were required for a team and BWFAC could not post a team.

Bradley Yates of Sale Harriers, Manchester went into a decisive lead from early on in the U13B race. However **Jake Lonsdale** tracked Bradley the whole way and was probably eating into Bradley's lead by the latter stages. Bradley finished in 11:58, with Jake just nine seconds adrift in 12:07. Representing our neighbours, Lytham St Annes RR, George Rowley had a good run to finish 5th in 12:22. **Sam Matthews** was 18th in 14:01 and his brother **Tom** 29th in 14:42. The other LSARR runners were 19th Robbie Webb in 14:03 and 31st Tom Holmes in 15:50. Five members started in the U13G's race. At the first Mid-Lancs XC at Barrow **Amelia Betmead** and **Molly Scarr** raced it out for the line, with both finishing in the same time. This time there was no repeat as Amelia withdrew on the 'Saucer'. Molly, after a slightly disappointing run at Liverpool, impressed by leading the U13 squad to team gold and also won an individual bronze. The winner was the mercurial Elizabeth Greenwood of Blackburn in 12:46 and second was Katie Astin of Manx Harriers in 13:22. Molly's performance was particularly impressive as she is in her first year as a U13 and the 2nd and 4th girls were a year older and Elizabeth Greenwood is 8 months older. The rest of the team were: 10th **Deni Impett** in 14:44, 12th **Fiona Hockey** in 14:54 and 15th **Beth Everson** in 15:00. The team scored 40 points, which was the same as the second placed team, but BWFAC took the gold because our final place was 15th against Preston's 18th.

Sadly we had no members competing in the U15B's race, although former member Ben Everson, now competing for Trafford, won the silver behind **Jamaine Coleman** of Preston Harriers. However in the U15G's race we had the largest squad of any club with nine girls and with our first four girls in the top ten scoring just 21 points, BWFAC easily won the team title. September's Athlete of the



Month, **Amelia Beaman** is a very good footballer and is often playing on Saturdays. However she had no game this day and was able to prove that she is also a talented runner. I was watching the race at the top of the 'Saucer' and as Amelia passed me, she was on the heels of the gifted Preston Harriers athlete, **Florie McLeish** (pictured). When Amelia reached the main field she unleashed a fast finish to overtake Florie, crossing the line in 14:37, with Florie recording 14:43 in 2nd place. Third was **Rachel Scott** in 15:04 and 4th **Molly Betmead** in 15:09, getting the nod over **Megan Davies** of Rossendale Harriers, who recorded the same time. **Alisha Johnson**, 7th in 15:25 and **Jodie Ferguson**, 9th in 15:33 made up rest of the gold medal team. The rest of the BWFAC squad were: 11th **Imogen Pierce** (15:55), 16th **Kate Lawler** (16:45), 17th **Kelly Smith** (16:52) – who lost several places because problems with her knees on the downward part of the 'Saucer', 20th **Lucy Minns** (17:39) and 31st **Alexandra Quarmby** (20:06).

In the U17M race won by **Alistair Nelson** of Liverpool Pembroke & Sefton Harriers (21:04), **Daniel Quarmby** had a strong second lap to finish ninth in 22:42, with **Adam Weightman** 13th in 23:16. With **Lauren Gowland** recovering from illness, it was left to **Bianca Pedersen** and **Sam Smith** to represent the club. Both ran well, with Bianca winning the bronze in 26:02 and Sam finishing 8th in 29:10. Winning the gold medal was **Sarah Astin** (24:38) of Manx Harriers.



Winning by nearly a minute in the senior women's race was international runner, **Alison Leonard** (31:24) of Blackburn Harriers, (pictured) with **Sarah Ridehalgh** (32:20) of Accrington Road Runners second. Returning to competition after several months, following corrective surgery, **Caroline Betmead** came roaring back in 5th place and was 2nd L35 (33:05), also qualifying for the Lancashire team. The rest of the Silver winning team were: 13th **Laura Deegan-Mountjoy** (35:57) and 18th **Stasia Bligh** (36:32). Lady's team captain **Karen Dunford** was 28th in 40:55 and won the L40

bronze medal.

It was an excellent race for the Men's Championship between **Simon Deakin** of Leeds City AC and **Ben Fish** of Blackburn Harriers. When they



Simon Deakin and Ben Fish ascending the 'Saucer' (picture by Jack Scarr)

overtook me towards the bottom of the 'Saucer', Ben was on the heels of Simon. (Yes, I was 3rd behind the two leaders....OK I admit they were on their 2nd lap and I was still on the 1st long lap!) As I started my third lap, Simon finished first in 35:34, with Ben just two seconds behind in 2nd place. **Rob Hope** of Pudsey & Bramley AC, better known for his fell running, finished 3rd in 36:53 and with a strong second half of the race, **Phil Leybourne** of Salford Harriers (2nd claim BWFAC) finished 4th and was first V40 in 37:03. Leading the threadbare BWFAC senior squad was **Luke Minns**, who was a little disappointed with his final 8th place in 37:40. **Uber Cirelli**, who normally concentrates on road running, finished 64th in 46:58 and **David Wood** was 94th in 1:06:11. The U20 Championship was run with the Senior race and was won by **Joe Kelly** of Rossendale Harriers in 38:10. **Luke Berry** was 5th in 40:27 and **Marcus Quarmby** was 10th 48:42.

England Inc Northern Athletics & Welsh Senior & U20 Combined Events Indoor

Championships: EIS Sheffield 8th and 9th January

Beth Towers: Pentathlon - 60mH 3rd 9.45PB; 800m 3rd 2:32.20; HJ 15th 1.41; LJ 12th 4.75; SP 13th 7.97. **Total Points: 2896 ncri PB Final position 12th.** First was Marilyn Nwawulor of Harrow AC with 3606 pts. Second and 1st in North of England was Katie Marchant of Leeds City AC with 3550 pts.

Vault Manchester: Sport City, January 15th

BWFAC were well represented with 11 members at this quality competition in which some of the top vaulters in the country and the French elite squad were competing. Star turn for **BWFAC** was David Jones who improved his PB by a massive 19cm and Matt Walker, who also improved his PB. A full report was posted by Kevin Davies in 'News and Views' on the **BWFAC** website.

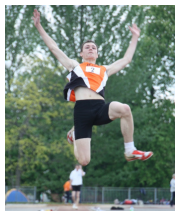
SW: Stacey Manning 5th 2.62m (PBi) (winner Emma Lyon of Sale Harriers 4.02m). **SM:** Laurie Needham NH (winner Luke Cutts of The Dearne ALC AC 5.32m). **U15G:** Katrina Kelly 5th 2.02m (winner Clare Dyer of Team Bath 3.02m). **U15B:** David Jones 3rd 2.52m (PBi), Dom Lavelle 7th 2.02m (winner Adam Hague of Dearne ALC AC 3.72m). **U17W:** Alicia Roy-lance 3rd 2.17m (winner Jenny Robbins of Notts AC 3.12m). **U17M:** Matt Walker 3rd 3.72m PBi and qualifying standard for the National Championships in Birmingham; Finn Walker 5th 3.17m (winner Rowan May of Birchfield 4.07m) **U20W:** Loryn McCrudden 5th 2.57m; Tanya Wright 6th 2.42m (winner Katie Byres 4.02m) **U23M:** Matt Wright 9th 4.32m (winner Andy Marsh of Birchfield 5.22m). (*Vault Gateshead – March 12th*)

Northern Athletic Indoor Championship:

English Institute of Sport, Sheffield, January 15th to 16th

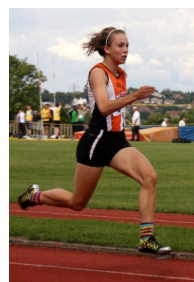
Fifteen of **BWFAC**'s best athletes made the long journey across the Pennines for these Championships. All performed with credit, with many qualifying for semi-finals, finals and registering PBs. In all our members won 2 bronzes, 5 silvers and 2 gold medals. They also had the kudos of competing with some of England's best athletes, such as Jessica Ennis of City of Sheffield AC who won the SW 60mH in 8.15 and Shaunna Thompson. Full results including heats for each day, involving **BWFAC** athletes are shown, but I will pick out few of the more significant results.

On the first day in the U20M Triple Jump, defending champion James Davies (*pictured at Wakefield*) was up against Matthew Houlden of Lincoln Wellington. They both posted the same distance of 14.37m (which was a Championship Best Performance) for their longest jump, but on count back, Matthew had the edge and won the title.



The next day James contested the Long Jump James was clear with a new PB of 7.15m, 20cm ahead of rest of the field. (As a result of his success, James was selected to represent England in the Long Jump in the Celtic Cup in Cardiff.)

The 60m qualifying rounds and final were held on the first day which were contested by Sophie Riley (*pictured at Cudworth*), Cassidy Knight,



Taegan O'Hara and Brittany Shaw. Both Sophie and Cassidy qualified for the Semi and Sophie won to make the final. The final was keenly contested, with Rachel Highfield of Gateshead Harriers & AC clear winner in 7.78, with Sophie 2nd in 7.90. The next day in the U17W 200m it was same personnel and a similar result except for the final. This race was videoed and it made for interesting viewing. Sophie ran a brilliant first 175 metres and coming off the bend was in a

very good lead. In the final few metres, Rachel Highfield of Gateshead Harriers & AC started to eat into Sophie's lead, but ran out of track and finished 7/100th behind in 25.53.

Tash Gardner and Jordan Dixon (in her 1st U15G contest) both contested the 60m and 200m, with Tash qualifying for the final in both events. Tash was 5th in the 60m final which Kristie Edwards of City of Sheffield AC won in 7.99. In the 200m Tash made an excellent start and

coming off the final bend was several metres in the lead, but then just started to tie-up. Kristie Edwards seemed to get extra impetus off the final bend and won in 26.13 with Tash 2nd in 26.44.

Our squad of U20W: Katy Wyper, Beth Towers and Alicia Johnston contested the 60m heats, with Katy making the final and finishing 6th behind Shaunna Thompson of Sale Harriers (7.54). The same three, together with Lucy Mansfield competed in the U20W 200m heats and all qualified for the final provided four of the six finalists. The winner was Olivia Callaghan of Sale (25.12), with Katy 2nd and Lucy 3rd. Beth also competed in the 60mH where she was placed 7th in a PB of 8.09.

After competing at Vault Manchester Matt Walker on Saturday he went on to win Bronze at Northern Indoor T&F Championship the next day. Loryn McCrudden and Tanya Wright also travelled to Sheffield, with Loryn picking up Silver in the U20W. Also competing was Louis Schofield in the U20m 60mH where he came 5th in his heat.

First Day: (*Finals are shown in red*) U15G L J (F): Jordan Dixon 17th 3.90m (winner Amy Williams of Sale Harriers). U20M TJ (F): James Davies 2nd 14.37m

(PBi) CBP ncr. U17W L J (F): Cassidy Knight 10th 4.55m, Taegan O'Hara 13th 4.16m (winner Lisa James 5.34m). U17 60mH (h) Taegan O'Hara 6th 11.51 PBi. U20W 60mH (F): Beth Towers 7th 9.88 (PBi) CR (winner Katarina Johnson-Thompson of Liverpool Harriers 8.57). U20M 60mH (h1): Louis Schofield 5th 7.59; U15G 60m (h3): Jordan Dixon 5th 9.15 PB; (h4) Tash Gardner 1st 8.20 PB; (F) Tash Gardner 5th 8.22; U17W 60m: (h1) Sophie Riley 1st 7.94, Taegan O'Hara 8th 8.87 (h2) Cassidy Knight 5th 8.40; (h3) SF2: Sophie Riley 1st 7.93; (F) Sophie Riley 2nd 7.90 (PBi) CR Cassidy Knight 7th 8.37; Brittany Shaw 7th 8:58 PB. U20W 60m (h2) Katy Wyper 3rd, 8.11, Beth Towers 4th 8.21; (h3) Alicia Johnston 4th 8.41PB; (F) Katy Wyper 6th 8.09.

Second Day: U20M L J (F) James Davies 1st 7.15m PB ncr. U17M (F) PV Matthew Walker 3rd 3.70m PBi. U20W (F) PV: Loryn McCrudden 2nd 2.70m ncri; Tanya Wright 4th 2.50m PBi, (winner Paige Collings with 3.10m). U15G 200m (h1) Tash Gardner 1st 26.94; (h3) Jordan Dixon 3rd 28.91 (PBi); (SF1) Tash Gardner 2nd 26.69; (F) Tash Gardner 2nd 26.44. U17W 200m (h1) Cassidy Knight 4th 27.19; (h2) Taegan O'Hara 5th 29.54; (h3) Sophie Riley 1st 26.27; (h4) Brittany Shaw 4th 28.80; (SF1) Cassidy Knight 5th 27.57; (SF2) Sophie Riley 1st 25.84; (F) Sophie Riley 1st 25.46. U20W 200m (h1) Lucy Mansfield 2nd 26.62, Alicia Johnston 3rd 26.82; (h2) Katy Wyper 1st 26.67, Beth Towers 3rd 27.44; (F) Katy Wyper 2nd 26.56, Lucy Mansfield 3rd 26.63, Alicia Johnston 5th 26.87, Beth Towers 6th 28.32,

Lancs Sportshall League: Blackpool SC January 16th

Again it was busy day for the second fixture. As in November when Preston Harriers were again overall winners with 261.5 points and we were runners-up with 180.5 points. Our best performance was 1st place in the U15 boy's category, with Finn Walker named 'U15B Athlete of the Meeting'. Another excellent performance was by U11 Jerome Jolly, who ran the day's fastest 3-lap race in 40.9. After two fixtures **BWFAC** is 2nd behind Preston in the league. Full details of the results can be viewed on the **BWFAC**'s website. The final Lancashire league match is on February 13th and the Regional IC match is on February 27th at Robin Park, Wigan.

Mid-Lancs XC: Burnley, Towneley Park, January 22nd

The impressive Towneley Hall overlooked a gloomy scene, best described as 'bleak'. The sky was heavy with cloud and the temperature was hovering around 1 or 2 C, but it was dry, there was no wind and underfoot the ground was firm.

In the U11G category, Hannah Eadie has been getting stronger with each race and this was probably one of her best performances to date. She led the U11 contingent, in 11th place with 8:28. Close behind were regulars Ella Moulding (8:36) in 12th and Hannah Maskill (8:42) in 14th. Again George Robinson (8:19) in 14th ploughed a determined but lonely furrow in the U11B. One of the runners in this race was quite small and looked particularly young. I thought he was about six years old, however Finley Stubbs of Clayton-le-Moors, I discovered afterwards whilst talking to his father, was only four. His father was rightly proud. He had run by the side of his son and on the way round had suggested to Finley that he might walk or stop, but his son determinedly ran the whole way with no problem. When I last saw Finley he was tucking into a Mars Bar, which every competitor in the U11s received after crossing the line.

It no was surprise that Elizabeth Greenwood (11:02) of Blackburn Harriers easily won the U13G. The **BWFAC** were led home by Molly Scarr (12:06) in 7th. The rest of the squad was Fiona Hockey (12:16) in 9th, Deni Impett (12:36) in 15th, Annie Bradshaw (12:55) in 17th and Lauren Quarmby in 17th. The team finished third behind the strong teams fielded

by Liverpool Harriers and Preston Harriers. With two fixtures to go **BWFAC** lead the league, but Preston Harriers and Liverpool Harriers look very dangerous. **Sam and Tom Matthews** in 28th with 13:27 and 31st with 13:43 respectively represented our U13B's.

Again our strongest squad was fielded in the U15G's. After finishing first at Liverpool, **Jodie Ferguson** was disappointed with her run at the Lancashire Championships at Witton Park, Blackburn. Jodie was back on a firm flat course and was again back on excellent form. She started just off the pace, but was in the lead on the final run-in to the finish and she powered home pass some of the under 13 boys; no one was going to overtake Jodie, finishing six seconds ahead of Riana Burton of Liverpool Harriers, with **Molly Betmead** (12:25) in 5th. **Kelly Smith** (12:55) in 8th and **Lucy Minns** (13:38) in 16th both with best performances of the season, made up the rest of the winning team. **Kate Lawler** (13:58) in 25th and **Alexandra Quarmby** (14:44) in 35th made up the rest of the squad. The team lead the league and are favourites to win the title.

Bianca Pedersen (16:38) second behind Katherine Walker (16:28) of Liverpool Harriers and **Sam Smith** (17:34) in 5th place both had good runs in the U17W. In the U17M **Daniel Quarmby** (21:29) was our lone representative in 7th.

Having made a successful return to competitive running two weeks ago in the Lancashire Championship, **Caroline Betmead** returned to league action. In a very competitive field, Caroline finished in an excellent 6th place in 23:48, which was won by Amanda Crook of Southport Waterloo in 22:39. Also with good performances from **Stasia Bligh** (25:02) in 16th and **Laura Deegan-Mountjoy** (25:22) in 20th, **BWFAC** had their best team performance of the season to finish second behind a very strong Border Harriers team, but taking maximum points in Division 1. The team is second in the league 3 points behind Accrington RR and with good performances in the next two fixtures have it in their own hands to win the title. In her first outing of the season **Alison Titterington** (26:22) in 43rd, team captain **Karen Dunford** (28:52) in 47th and **Laura Lawler** (29:09) made up the 'B' team, who scored 5 points in Division 2. The V35 team of **Caroline, Alison and Karen** finished second and now lie second in the Division.

Like the Lady's competition, the Men's was of high quality and was won by Danny Parkinson of Kendal AAC, with several guest runners taking advantage to try themselves out in this competitive race. **Luke Berry** (33:31) had a very good race to finish in 18th place just behind Wesham's Charlie Pass (33:15) and ahead of Barrow Mid-Lancs winner James Douglas (33:32) of Border Harriers. Luke was also second Junior Man. The rest of the 'A' team were **John Wright** (34:08) in 24th, **Perry Mann** (36:16) in 50th, **John Houghton** (37:54) in 80th, **Chris Lloyd** (39:02) in 106th and **Chris Essex-Crosbie** (39:14) in 113th. Despite good individual performances the team only picked up 3 points and dropped down one place in the league to 5th position in league 1. The 'B' team was, **Stuart Williams** (39:25) in 117th, **Gary Johnston** (41:54) in 157th, **Dave Dyson** (44:53) in 190th, **Chris Bligh** (45:59) in 203rd, **John Winters** (51:35) in 224th and **Norman Greenwood** (54:01) in 227th. The V40 team of **John Wright, John Houghton, Stuart and Gary** scored 3 points in Division 1 to leave the team in 4th place. The V50 team was **John Houghton, Gary and Dave Dyson** scored 5 points to move the team up to 8th. The V60 team was **John Winters, Norman Greenwood and Dave Wood** (234th in 55:51) finished 5th and are 3rd in the league.

Northern XC Champs: Sunderland, January 29th

U13G: 1st H Knowles-Jones of Warrington AC 10:30, 31st **Molly Scarr 11:52**, 68th **Demi Impett**, 82nd **Fiona Hockey**. **U15G:** 1st Bronwen Owen of Scarborough AC 16:58, 11th **Molly Betmead 18:13**, 13th **Alisha Johnson 18:16**, 24th **Imogen Pierce 18:46**, 37th **Jodie Ferguson 19:13**, 60th **Kelly Smith 19:47**, 84th **Lucy Minns 20:33**; **Teams:** 1st Lincoln Wellington AC, 2nd **BWFAC**. **SM:** 1st Tom Lancashire of Bolton United Harriers & AC 38:09, 112th **John Wright 46:50**, 207th **Perry Mann 51:08**, 295th **Gary Johnston 5:15**. **Congratulations to the U15 Team on making the Podium**

Pennine Bridleway Relay: Sunday, January 30th

This was the fourth year in which the club has entered teams in this enjoyable and arduous relay, run on the Mary Towneley Loop. This year Gary Johnston was again the organizer and probably this was the most traumatic year for co-ordinating the teams as several members (including myself) had to withdraw because of injury, but he managed to persuade

and cajole others to take their places and I congratulate him on his efforts to get two teams of ten successfully onto the fells, which were as follows:

Team 10	Leg 1 John Wright/John Houghton	1:06:18 (29 th)	
BWFAC 'A'	Leg 2 Stuart Williams/Jeff Lawton	1:40:34 (37 th)	-8
	Leg 3 Stasia Bligh/Gemma Unsworth	1:15:52 (39 th)	-2
	Leg 4 Bob Newman/Dave Dyson	1:07:21 (58 th)	-19
	Leg 5 Perry Mann/Mark Johnston	1:12:10 (49 th)	+9
Team 11	Leg 1 Peter Gibson/David Twizell	1:30:12 (99 th)	
BWFAC 'B'	Leg 2 Bev Wright/Mike Golden	1:52:47 (85 th)	+14
	Leg 3 Anthony Bligh/Kevin Woods	1:27:06 (86 th)	-1
	Leg 4 Tony Croft/Jeff Wright	0:57:50 (87 th)	-1
	Leg 5 Gary Johnston/Graham Davies	1:28:40 (83 rd)	+4

First team was Salford Harriers in 4:49:10; 2nd Calder Valley Fellrunners in 4:49:48.

Other Results:

Red Rose XC League: Witton, Blackburn, December 18th

U15G: 5th **Alisha Johnson 18:47**.

Wymondham New Year Day 10K: January 1st

11th was **Perry Mann in 36:20 (PB)**. Winner was Stu Huntington of City of Norwich/St Mary's University in 31:55 (PB). 340 competed.

Central Lancashire Half Marathon: January 2nd

Starting at Catforth near Preston, the following members of **BWFAC** competed: 38th (3rd F & 1st FV45) **Bev Wright 1:29:24**; 123rd **Jeff Wright 1:47:58**; 124th **Peter Gibson 1:47:58**. First of 239 was Martin Swensson of Penny Lane Striders in 1:15:44 and first lady was Jo Zakrzewski of Dumfries RC in 1:20:30.

Manchester Indoor Pole Vault: Sports City, January 2nd

SM PV: Laurie Needham 4.23m.

Garstang 10K: January 9th

65th **Bev Wright 41:51** (6th F & 2nd FV45); 350 **Howard Henshaw 1:07:46**. First was David Rigby in 32:45 and first lady (25th) was Gema Adams in 39:02, both of Preston Harriers. 350 competed.

South East Lancs XC League: Leigh Sports Village, Jan 15th

U15G: 2nd **Imogen Pierce 14:55**.

Shell Four Villages Half Marathon: Helsby, January 23rd

7th **Stuart Robinson 1:09:41 PB**. Winner was Neil Renault of Edinburgh in 1:05:55. A total of 1624 runners finished.

Brass Monkey Half Marathon: York, January 23rd

220th **Bev Wright c 1:28:30, 1:28:40** (14th F, 3rd FV45);

Many Happy returns Bev for the 8th.

553rd **Tanya Ashworth c 1:38:30, 1:39:43**;

1536th **Hilary Goorney (2nd F65) c 2:28:10,**

2:30:16. Winner was Paul Martelletti of

Victoria Park Harriers & Tower Hamlets AC and New Zealand in 1:05:21 (2nd Steve Littler of Wesham RR) and first lady was Stacey Rogers of Heaton Harriers (c 1:21:12, 1:21:16). A total of 1511 runners finished.

Chernobyl 10K: Shawes Arms, Preston, January 23rd

23rd **Cirelli Uber in 38:46** and 413th **Howard Henshaw in 1:08:45**. First of 422 finishers was Jon Fletcher of Border Harriers in 33:24.

Celtic Cup: National Indoor Athletics Centre, Cardiff, Jan 30th

This was a home international match involving three competitions: Seniors, U20s and U16 School's. James Davies was selected to represent England in the **U20s LJ** competition. James won **LJ** with **7.23m PB CR** (2nd Allan Hamilton 7.15m, 3rd Curtis Matthews 6.97m)

Inter Counties XC Champs (March 5th) Lancs Team:

The following **BWFAC** athletes have been selected: **U13G:** Molly Scarr; **U13B:** Jake Lonsdale; **U15G:** Amelia Beaman, Molly Betmead, Alisha Johnson; **U17W:** Bianca Pedersen, Lauren Gowland; **U17M:** Daniel Quarmby; **U20W:** Sam Smith; **U20M:** Marcus Quarmby; **SW:** Caroline Betmead.

Finally congratulations to North West athletes Holly Bleasdale for **PV PB** of 4.48m and comprehensive victories by Jenny Meadows in the 800m and Preston's Helen Clitheroe by 100 metres in the 3000m (Aviva Performance of the Day Trophy) at Kelvin Hall, Glasgow on the 29th.

