



# WYLDEFYRE



March 2011 No 10

Send any contributions or comments to [davidwood61@hotmail.co.uk](mailto:davidwood61@hotmail.co.uk)

## FORTHCOMING EVENTS:

05/03/11	CAU (ICoun) Cross Country Champs, Birmingham
05 to 06/03/11	England/Nth Ath U17 & U15 CE Champs, EIS Sheffield
06/03/11	Long Mynd FR 11.5M/4500, English Senior Champs
06/03/11	Manchester Open Indoor Meeting, Sports City
06/03/11	Handicap
06/03/11	Haweswater Half Marathon & Trimpell 20 Mile Road Race
08/03/11	Sedbergh 3 Peaks FR (3.6M/1515') start 16:30pm
12/03/11	*Mid-Lancs XC League, Beacon Park, Leigh
13/03/11	Open T&F and Spring 5K Road Race, Stanley Park
13/03/11	Indoor Open T&F; Speed & Jumps Open Leeds
13/03/11	Spenneth 20, Burnley 10K & Roddleswater Roller Abbey Village
19/03/11	ESAA XC Champs, U15, U17 & U19, Wollaton Park Nottingham
19/03/11	Fiensdale, nr Chipping 6.5M/2200' & Cowm Reservoir 5K Race,
20/03/11	Nth 12/6 Stage Road Relays Champs, Catterick
20/03/11	St Annes 10 Mile (Lancs 10M Champ) & World XC Champ, Spain
27/03/11	England Half Marathon Champs, Wilmslow
27/03/11	Thirsk 10M (NoE & Yorkshire Vets Champs)
27/03/11	Muddy Bottoms off-road 17/9 Mile & Gt Grizedale Forest TR
29/03/11	King's Highway 5K Trail, Accrington (1 of 9)
30/03/11	Vera Hirst 5K, Littleborough, Rochdale
02/04/11	*Pendle FR 4.5/1500', Barley (Inter Club Champs)
02/04/11	Pendle FR, Lancs & English Junior Champs, Barley
02/04/11	Belle Vue House 10K, Ormskirk & Lakeland 10K/18K TR, Cartmell
03/04/11	Lancaster 3 Bridges 10K & Ribby Hall Triathlon near Kirkham
06/04/11	Blackpool Inter Club (2010 Road & Fell Presentation)
09/04/11	National 12/6 Stage Rd Relays, Sutton Pk, B'ham & Coniston 14
10/04/11	Trafford Open Medals Meeting
12/04/11	Chernobyl 5K, Preston
16/04/11	Liverpool Throws & Jump Open Meeting
16 & 17/04/11	St George's Day 10Ks & 3K Fun Runs, Great Langdale
17/04/11	Ernie Gallagher & Tom O'Mahoney Mem. Meet Wavertree
17/04/11	Garstang Gallop 10K
17/04/11	London Marathon, Bolton 10K & Hyndburn 10K Trail Race
22/04/11	Salford 10K
22/04/11	Caldervale 10K & Fun Run & Southport Good Friday 4M
23/04/11	Rivington Pike FR, Horwich
24/04/11	Kendal Sprint Triathlon & Fleetwood 10M Road Race
25/04/11	Trafford Open Medals Meeting
29/04/11	Sweatshop Chorley Park Series 5K (1 of 4)
30/04 to 1/5/11	BUCS T&F Championships, Bedford
30/04/11	Mid-Lancs T&T League, Blackpool
01/05/11	Dallam Dash 10K & Great Hameldon Hill Race
02/05/11	Coiners FR English Junior, Mytholmroyd
05/05/11	*LSARR Inter Club, St Annes
07/05/11	NA League Match 1, Blackpool
08/05/11	YAL T&F League, Round 1, Blackpool

**BWFAC Events** **Mid Lancs** **Interclub Fell Races** **English FR Champ** **Interclub Races** **Club Champs** **YAL League** **NA League** **Lancs, Northern or National Events**

**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

## Editorial

I have extended the 'Forthcoming Events' section to include the various Championship events throughout the season as well as the T&F meetings and races during the next two months. As well as T&F and road & trail races, I have included English senior and junior championship fell races. The idea of this diary was to bring all athletic disciplines on one calendar. Inevitably I have had to limit the selection of events or else the list would go on forever.

Apologies for those events that have not been shown. These can be viewed on other dedi

08/05/11 Beaverbrook's Blackpool Fun Run

14/05/11	Mearley Clough FR 3.5M/1200' English Senior Champs
14 & 15/05/11	Lancs T&F Championships, Blackpool
22/05/11	YAL T&F League, Round 2, Preston
28/05/11	Mid-Lancs T&F League, Lancaster
29/05/11	#Fishwick 5 Trail Race
02/06/11	Cuerdon Valley Badger Trail Run
04/06/11	NA League Match 2, Lincoln?
04/06/11	Duddon FR 18M/6000, English Senior Champs
04 & 05/06/11	U20/U23 Trials Championships, Bedford
05/06/11	YAL T&F League, Round 3, Warrington
05/06/11	Longridge Lions 7
08/06/11	*Preston Inter Club
11/06/11	Lancs Schools T&F Championships Blackpool
16/06/11	*Two Lads FR (Inter Club FR Champs) Horwich
18/06/11	Clougha Pike English Junior FR Champs, Quernmore
18 & 19/06/11	NA Senior/U20 Championships Manchester S/C
19/06/11	YAL T&F League, Round 4, Spenborough
19/06/11	Freckleton Half Marathon
25/06/11	Mid-Lancs T&F League, Hyndburn Sotos 10K
25 & 26/06/11	U20/U23 Trials Championships, Bedford
26/06/11	Loughrigg & Silverhowe FR 8.5M/2380', Eng Sn Champs
26/06/11	Arniston English Junior FR Champs, Patterdale
25 & 26/06/11	U20/U23 Trials Championships, Bedford
27/06/11	Blackpool Schools Games & Sports Council 5K Fun Run
01 to 02/07/11	English Schools T&F Championship, Gateshead
03/07/11	NA League Match 3, Preston
09/07/11	English Schools Cup Final, Abingdon
09/07/11	*Warton Crag FR (Inter Club FR Champs)
16/07/11	Sedbergh FR uphill English Junior Champs, Cumbria
16 & 17/07/11	England Closed Championships, TBA
17/07/11	YAL Area Final, TBA
18/07/11	*Wesham Inter Club
23/07/11	Mid-Lancs T&F League, Blackburn
24/07/11	Elswick Express 10 Miler
29 to 31/07/11	UK Trials & Champs, Birmingham
30/07/11	Whittle Pike FR, English Senior Champs
30/07/11	NA League ICoun Champs, Manchester TBA
30/07/11	NA U17/U15 Championships TBA
07/08/11	Wagon & Horses
13/08/11	Mid Lancs T&F League, Preston
14/08/11	NA League Match 4
13 & 14/08/11	England U15/U17 CE Championships, Stoke
17/08/11	*Golf Ball FR, Rossendale (Inter Club Champs)
20 & 21/08/11	England U15/U17 Championships, Bedford
21/08/11	Sedbergh FR 14M/6000', Eng & Brit Senior Champs
27/08/11	Mid-Lancs T&F League, Wigan
03 & 04/09/11	YAL Auxiliary Final & Full Final
07/09/11	*Red Rose Inter Club, Leyland (7pm start)
11/09/11	Winter Warm-up T&F meeting and Autumn 5K
18/09/11	Garstang Half Marathon
25/09/11	Run Preston 10K & Viking Chase FR, Eng Jun Champs, Carlton
25/09/11	Open T&F meeting, Stanley Park Arena
16/10/11	Green Drive 5 Mile

*cated sites which can be accessed via the links page of the BWFAC website.*

*In response to one of our older members I have increased the font size to make it easier to read.*

*Recently I heard a rhetorical question, asking if there was just middle distance featured in the Newsletter. Now it is true that the main focus over the last few months has been on cross country, as there has been limited competition in T&F. However I did feature a report on the Northern Indoor T&F Championship last month. Hopefully as the full outdoor T&F season kicks off, there will be more about sprinting and field events. As ever I would welcome any contribution, however short or long about any aspect of athletics from competition to training.*

*In this issue there are reports on the Blackpool Mid Lancs and the National Cross Country at Alton Towers, as well as a profile of Louise Damen.*

*On the 13<sup>th</sup> of this month the club is promoting an open **T&F meeting** and **5K race**. If you can help as an official or as a marshal please contact **Charlie Garrett** or **Bob Massey**. Also Terry Bradshaw [terrbrads@tiscali.co.uk](mailto:terrbrads@tiscali.co.uk) is taking names to compete in the **12/6 Relay on March 20<sup>th</sup>**. **Woody***

# NEWS & REPORTS

## Blackpool Community 2010 Sports Awards:

Wilkinson Sword: **Max Eaves** former club member  
Coach of the Year: **Kim White**  
Disability Athlete of the Year: **Andrew Stubbs**  
Team of the Year: **U15 Girls Rd/XC Team**  
Outstanding Contribution to Sport **Nick Hume**

The awards were presented by Mayor of Blackpool Councilor Don Clapham BSc (Hons).

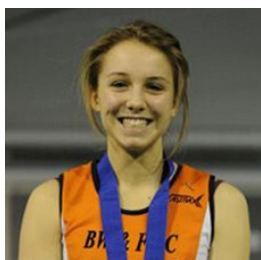
## London Marathon Charity Runs:

**David Cairns** is running for the **Lymphoma Association**  
<http://www.lymphoma.org.uk/> Donations via  
<http://uk.virginmoneygiving.com/DavidCairns>

**Gemma Unsworth** is running for the charity **PAPYRUS**  
<http://www.papyrus-uk.org/index.htm> This is a voluntary UK organization committed to the prevention of young suicide and promotion of mental health. Donations via:  
<http://www.justgiving.com/Gemma-Unsworth>

## Athletes of the Month for January

**Sophie Riley** and **James Davies** were chosen this month. Sophie was nominated for her performance at the Northern Indoor Championships where she won the U17W 200m title, as well as setting a new club record whilst taking silver in the 60m.



Also chosen for his performances at the Northern Indoor Championships was **James Davies** where he won Gold in the Long Jump with a new PB and also Silver in the Triple Jump. James went onto to captain the English U20 team in the Celtic Cup to victory, winning the Long Jump with a further PB and new club record of 7.23.



Caroline Betmead was also nominated.

## Pennine Bridleway Relay: Sunday 30th Jan

**Tony Croft** writes about his participation in this event. Tony with **Jeff Wright** before the start of their leg. is pictured by Steve Jackson of Preston Harriers

I enjoyed my run over Leg 4 (5.5m, 753') of the 2011 relay; this was mainly due to the fact that I only joined the team with four days to go and therefore had hardly any time to worry about the hills which are, in any case, relatively easy on this stage.

I would like to thank the following:

- **Gary Johnston** for his seemingly infinite reserves of patience and good humour in organising two



teams that at times looked unorganisable (made up word).

- My running partner, **Jeff Wright**, for a similar amount of patience waiting for me to catch up and helping me knock five minutes or so off the previous year's time.
- **Dave Dyson** for giving us a lift back to the finish when our pick-up had difficulty finding the end of our leg. (Sorry, guys, we couldn't hang around much longer in the cold.)
- The organising club, Rossendale Harriers & AC. There was some doubt about the Relay's future but it has been confirmed that it will take place next January.

## Lancashire Schools Championship:

### Witton Park Blackburn February 5th

It was a wet and muddy Witton Park for these races. There were eight races: Senior, Inter, Junior and Year 7, both girls and boys. In all of the races members of **BWFAC** were competing. In the first race, the Inter girls, talented



Blackburn youngster Beckie Taylor (*pictured*) won by about a minute from Nichola Jackson of Preston. **Bianca Pedersen**, although not totally happy with her race, had a good run to take third place and **Sam Smith**, who has been improving throughout the season was pleased with her excellent 5<sup>th</sup> place.

On the descent of the 'Saucer' **Alisha Johnson**, representing Wyre schools, in the Junior girls, was leading by 5 seconds from **Molly Betmead** representing Fylde schools and Rebecca Flanagan (Rossendale schools). However Rebecca (14:56) had excellent section to pip Alisha (14:57) by one second and Molly was 3 seconds back in 15:00. **Kelly Smith** (Blackpool) was 10<sup>th</sup> in 16:08, **Amelia Betmead** (Fylde) was 14<sup>th</sup> in 16:46, **Lucy Whalley** (Fylde) was 18<sup>th</sup> in 16:58, **Fiona Hockey** was 22<sup>nd</sup> in 17:21, **Kate Lawler** (Fylde) was 30<sup>th</sup> in 18:09, **Leah Hogarth** (Wyre) 56<sup>th</sup> in 20:06.



Patrick Dever representing South Ribble (15:31) was 1<sup>st</sup> in the Junior Boys race, with former BWFAC member, Bradley Yates Fylde (15:42) 2<sup>nd</sup>. **Jake Walley** representing Blackpool schools was 5<sup>th</sup> in 15:54.

**Amelia Beaman** representing Wyre schools continued her winning form with a comfortable win in the Inter girls race in 16:42, with Katie Buckley (16:59) of Blackburn. **Imogen Pierce** (17:17) – Fylde had an excellent race in 4<sup>th</sup>, with **Jodie Ferguson** (17:42) – Fylde was 6<sup>th</sup>, **Lauren Gowland** (18:00) – Wyre was 7<sup>th</sup> and **Lucy Minns** (19:15) – Fylde was 15<sup>th</sup>.

**Dan Quarmby** representing Fylde continued his good form with fourth place in 22:39, behind Alistair Nelson (21:34) of West Lancs, who was first. In the following senior boy's race, Mark Hollowell representing Fylde was 21<sup>st</sup> in **32:59**.

In the Year 7 race **Jake Lonsdale** was unlucky to lose out on first place, when not immediately directed to the finish by a marshal, when he was leading. By the time he realized, he had lost the lead and was unable to make up the ground to overtake Jack Crook who won by a second in 5:47. Brothers **Sam** and **Tom Matthews** were 21<sup>st</sup> in 6:31 and 37<sup>th</sup> in 6:53 respectively. All three were representing Fylde schools.

There were good performances from our youngest female members in the Year 7 race behind Elizabeth Greenwood of Blackburn, who was 1<sup>st</sup> in 6:06. **Molly Scarr** (Blackpool) was 2<sup>nd</sup> in 6:06, **Deni Impett** (Wyre) was 4<sup>th</sup> in 6:41 and **Annie Bradshaw** (Wyre) was 10<sup>th</sup> in 6:52.

### **Handicap: February 6<sup>th</sup>**

**Dave Randall 31:22; Larry McGee 31:24; Stasia Bligh 24:37 PB; Tony Croft 31:11; Dave Bamforth 27:28; Georgia Routledge 30:34; Chris Bligh 28:11; Nick Hume 28:08; Graham Davies 25:58; Tony Airnes 28:06.** Timekeeper was **Liz Airnes** assisted by **John Bradley**.

### **Mid-Lancs XC: Blackpool February 12<sup>th</sup>**

After a wet Friday evening, Saturday dawned bright and sunny. I joined **Nick Hume**, **Alan Smart**, members of Wesham RR and Lytham St Annes RR to help **Bob Massey** set up the course. Lawson's field is not the most inspiring piece of ground for a cross country, but Bob and Dawn Lock of LSARR had made the best use of the few natural features that the field possesses to make as interesting course as possible. To avoid having more than 4 laps for the men's race a loop was included and this seemed to work well. Another problem with Lawson's field is that it is open and many dog walkers use it to exercise their dogs. Dawn Lock on a previous inspection had thought the conditions had improved on last year's event, but on Saturday conditions were as bad as ever. Dawn did a sterling job in trying to clear the finishing area of dog excrement, but I think Hercules had an easier task cleaning the Augean stables. And Dawn didn't have a convenient river to divert!

First off were the **U11 races**, where there were encouraging numbers of BWFAC runners competing. In the **U11G** race won by Blythe Fourie of Hyndburn AC in 7:43, there was a close contest between three of our girls, **Hannah Eadie** finishing 12<sup>th</sup> in 8:17, **Ella Moulding** 13<sup>th</sup> in 8:18 and Emily Hall 14<sup>th</sup> in 8:18. Just 20 seconds further back **Hannah Maskill** and **Chloe Hall** both finished in 8:38 in 20<sup>th</sup> and 21<sup>st</sup> respectively. In the U11Bs race won by Cole Blaikie of Kendall AAC in 6:59, **George Robinson** was 10<sup>th</sup> in 7:50, **Callum Hogarth** 14<sup>th</sup> in 8:00 and **Jack Mitchell** 23<sup>rd</sup> in 8:28.

Elizabeth Greenwood of Blackburn was a clear winner of the U13G's race by over 20 seconds from the rest of the field in 11:04. Early on **Fiona Hockey** was chasing Elizabeth, but soon there was a close contest between Fiona, **Deni Impett**, **Molly Scarr**, **Annie Bradshaw**, **Leah Hogarth** and **Ella Morley**. In the mini home club race within a race, the next member to take the lead was Molly, but Deni timed her finish well finishing 5<sup>th</sup> in 12:02, with Molly just 3 seconds back in 6<sup>th</sup> in 12:05. Fiona finished 8<sup>th</sup> in 12:05, Annie 11<sup>th</sup> in 12:23 Leah 16<sup>th</sup> in 12:43 and Ella 28<sup>th</sup> in 13:57. It was a good competitive team performance, with them scoring 30 points to finish 2<sup>nd</sup> behind Preston Harriers. There were no BWFAC U13Bs running.

Possibly complacency had crept into the U15G's squad with several members missing and only three turning out which meant there was no team. The race was won by guest runner Abbie Hetherington of Carlisle Aspatria in 10:13. **Jodie Ferguson** was in 2<sup>nd</sup> place but 1<sup>st</sup> Mid Lancs athlete. She was well supported by **Alisha Johnson** (11:12) in 4<sup>th</sup> and **Kelly Smith** (11:57) in 10<sup>th</sup>. Whereas the BWFAC squad were favourites for the U15G title, they need a victory at Skelmersdale to ensure the title. **Matthew Hall** was the lone BWFAC runner in 25<sup>th</sup> place with 15:07.



In a poorly supported U17W race, **Bianca Pedersen** had a comfortable victory by over 20 seconds in 15:00. After a period of illness, which severely affected her performance at the Lancashire Schools Championship last week, **Lauren Gowland**, although still not back to full fitness, bravely decided to run. She was rewarded with 3<sup>rd</sup> place in 15.35. There were no BWFAC U17M.



It was a disappointing turnout by the senior teams for a home fixture with several members competing in other races. Early on in the lady's race, Tara Krzywicki (*pictured*) representing Accrington RR (second claim) went into strong lead. The week before Tara was competing in the historic Cinque Mulini (*Five Mills*) cross country race in San Vittore Olona, Italy, which is a qualifier for the World

XC Championship. Whether or not she was still suffering the effects of this race, Tara was forced to pull up because of injury and had to withdraw. Clare McKeown of Border Harriers took the leaders role and won in 22:02, with Sarah Ridehalgh of Accrington RR 2<sup>nd</sup> in 22:15 and Ellie Wilson of Barrow & Furness Striders 3<sup>rd</sup> and 1<sup>st</sup> LJ in 22:28. **Caroline Betmead** continued her successful return from injury with a very good 4<sup>th</sup> place finish in 22:33. **Stasia Bligh** has had a good season and continued at this fixture, with a good 11<sup>th</sup> place finish in 24:31. **Andrea Smith** continued her return fitness in 29<sup>th</sup> place (26:52), team Captain **Karen Dunford**, 35<sup>th</sup> (27:45) and in her first outing on the country this season, **Vicky Robinson** was 53<sup>rd</sup> (29:40). The open team finished third overall and in second place behind Accrington RR in Division 1. Overall we are now one point behind Accrington RR with one fixture to go. We had no 'B' team and they are likely to be relegated to Division 3. In the V35 category Caroline, Andrea and Karen finished 2<sup>nd</sup> behind Wesham RR and in the Division *BWFAC* are now one point behind Chorley Harriers.

James Douglas (32:40) of Border Harriers returned to winning ways in the Mid Lancs XC. First home again for *BWFAC* was **Luke Berry** (35:43) in 26<sup>th</sup> and 4<sup>th</sup> JM. The rest of the team were **John Houghton** (39:15) in 66<sup>th</sup>, **Gary Johnston** (41:15) in 97<sup>th</sup>, **Les Endene** (42:39) in 114<sup>th</sup>, **Peter Singleton** (43:24) in 125<sup>th</sup> and **Jeff Wright** (46:55) in 153<sup>rd</sup>. The rest of the squad were **Peter Gibson** (48:03) in 160<sup>th</sup>, **Chris Bligh** (48:47), **Bernard Singleton** (53:51) in 172<sup>nd</sup>, **John Winters** (55:05) in 174<sup>th</sup> and **Norman Greenwood** (57:29) in 175<sup>th</sup>. With such a weakened team unsurprisingly the *BWFAC* team finished 14<sup>th</sup> and with scoring only one point in Division 1, leaving the team in 5<sup>th</sup> place and in serious danger of being relegated to Division 2. There was no score for the 'B' team and they are almost certain to be relegated to Division 3. The V40 team scored just one point and remain in 4<sup>th</sup> place. The V50 team of John Houghton, Gary Johnston and Les Endene finished in 3<sup>rd</sup> and the V60 team of Bernard Singleton, John Winters and Norman Greenwood finished second.

One of the disconcerting features was the composition senior men's team with the average of the squad was near to the mid 50s and if Luke hadn't been running, average age would not have been much short of age 60! And the whole of the rest of the team were old enough to be Luke's

father and more than half even old enough to be his grandfather.

### **Sportshall: Stanley Park Sports Centre, Feb 13<sup>th</sup>**

Sportshall Team Manager, **Garry Roylance** reported on the website: Another season of indoor Sportshall has come to a close and I am proud to say that *BWFAC* athletes rallied to bring us back from third position to finish an excellent second behind Preston.

Over the three Lancashire league competitions *BWFAC* were outnumbered in several areas especially the U13 & U15 age groups but still managed to find high standing, even coming first to gain much needed team points. The **U13B & U15B** age groups received a special accolade as they were awarded **Sportshall Champions 2010/2011**

. This is an excellent achievement and testament to the athletes' performance as we were down to two or three athletes in some competitions.

The U11 teams provided high numbers of athletes who were new to athletics and indeed Sportshall but it was great to see so much enthusiasm and team spirit that I am sure these young athletes will be the next Sportshall champions.

I would like to thank all athletes and parents for competing and supporting *BWFAC* and special thanks to Samantha Rogers for running the girls teams.

Special thanks are due to some of the U15 athletes who represented the club in their final competition and are now too old to compete in Sportshall but who have supported the team over the years, especially **Taegan O'Hara** with 7 years of competition and **Alicia Roylance** and **Finn Walker** each with 6 years of competition.

*Good luck to all the Athletes selected for the Regional Finals at Robin Park, Wigan on 27<sup>th</sup> February.*

### **English National XC: Alton Towers, Feb 19<sup>th</sup>**

The National was last held at Alton Towers in 2008. This was the last time I competed. Then I had started to suffer problems with my knees and hadn't been able to train properly for several weeks, but managed to struggle round in 54:38 and finished 116<sup>th</sup>. Afterwards I wrote that: *"The course was testing, with several climbs and one in particular, reminiscent of Hill 60, (at Roundhay Park) several weeks ago. Like Leeds it was a good surface, with just a few stretches of mud."* It was basically the same course but conditions were very different. The testing climbs were still there, but the 'few stretches of mud' had expanded...well to cover the whole course. Mud was everywhere. In many places it was the glutinous ankle deep variety. I had pre-entered, but problems with knee again had forced me to withdraw. Seeing the mud I realized that even if my knee had been OK, with my current state of fitness, I would never have completed the course.

I travelled up with Lytham St Annes RR on their coach. (Many thanks to LSARR for letting me travel with them and

allowing a couple of our members to use their tent to change). They had brought a tent, but there was already a vast village of tents, looking like one of those refugee camps that spring up after a massive natural disaster. The problem was then finding a relatively mud free area to erect the tent.

I didn't arrive in time to see the U17W race in which our lone representative **Sam Smith** was running. Afterwards Sam said she hadn't particularly enjoyed the race, but she seemed quite happy and looking at the results, had performed well coming 99<sup>th</sup> in 25:36. The winner was the highly rated Emelia Gorecka of Aldershot Farnham & District, who was half a minute ahead of Jessica Judd of Chelmsford AC. 210 ladies finished.

There were 366 finishers in the U13G's race, which was won by Katie Shiel Rankin of Aldershot Farnham District 1n 13:39. Our club had three girls running. Early on **Deni Impett** was the leading member, but going up the big hill, she twisted her ankle and lost many places as she had to walk a few steps to clear the effects. However she bravely continued to finish in a still very good 172<sup>nd</sup> place and 16:47. At the end she was in pain and upset probably as much from disappointment as much as the pain from her ankle. **Molly Scarr** (16:10) was our leading girl finishing in an excellent 109<sup>th</sup> place and **Fiona Hockey** was 236<sup>th</sup> in 17:26.

After the U13G race there was a reassessment by the organizers of the course as there had been several falls and the sound of ambulance sirens suggested there had been some worrying accidents. Before the start of the U15G's race there was announcement that there would be a 15 minute delay as the course was changed avoiding the muddy descent of the big hill. This resulted in a shorter course of two laps of the upper part of the course than for the U13G's race. Last year at Leeds **Molly Betmead** fell at the start of U15G's race and was trampled. This time mud lover Molly had an excellent race finishing 28<sup>th</sup> in 16:05. **Kelly Smith** also had a very good race finishing 139<sup>th</sup> in 17:46. The winner of the race was Bronwen Owen of Scarborough AC in 14:57 and 322 finished.

The U13B race was over just one lap of the amended course, which proved to be almost a sprint with the winner, George Elliott of Benfleet RC finishing in 8:47. Also running was former member Bradley Yates now of Sale Harriers, who finished 12<sup>th</sup> in 9:02.

**Jake Lonsdale** had a good run, finishing 54<sup>th</sup> in 9:32. 327 completed the race.

The winner of U17M's race was Kieran Clements of Ipswich Harriers, who finished in 23:16. Both *BWFAC* competitors **Daniel Quarmby** and **Adam Weightman** had a good runs with Daniel finishing 113<sup>th</sup> in 27:19 and Adam 175<sup>th</sup> in 28:30. 270 finished.

*BWFAC* had no competitors in the senior women's race, but in was an excellent race, between the *crème de la crème* of English middle distance runners. At the front it



developed into a fascinating contest between Hatti Dean of Hallamshire Harriers, Louise Damen of Winchester & District AC, Liz Yelling of Bedford & County AC and Gemma Steel of Charnwood AC (*pictured*). For most of the race Hatti was making the pace and with 300 metres to go she was still in the lead with Louise on her heels. However down the muddy home straight Louise finished in 23:49, with Hatti second in 23:53, Liz third in 23:56 and Gemma fourth in 24:13. 552 ladies completed the race. Charnwood AC won the team competition LSARR were 61<sup>st</sup>.

The lady's race had been run over 3 laps of the amended course, but the men's race returned to a shortened original course. This was the largest race in number of competitors with 1302 finishing the gruelling course. I always enjoyed competing in National cross countries and being a part of the initial stampede from the start. It is also very impressive to watch. The race was won by Steve Vernon of Stockport Harriers & AC, with Michael Skinner of Blackheath & Bromley Harriers second in 35:11 and Tom Lancashire of Bolton United Harriers. This was Steve Vernon's first English National XC after third place last year in Leeds, second place at Parliament Fields in London in 2009 and third here back in 2008.

In 2008 nine *BWFAC* finished the race and we were able to register teams in both the six and nine member competition. This time there was only two representatives **Perry Mann** who finished 554<sup>th</sup> in 48:19 and cross country captain, **Gary Johnston** 630<sup>th</sup> in 49:24. The winning team was Leeds City AC. Wesham RR was 58<sup>th</sup> team and Lytham St Annes RR were 88<sup>th</sup> team.

**Gary** wrote of his experience: "Well what a day – in the absence of a Senior Men's Team, I travelled with Wesham and Dave Wood travelled with Lytham (thanks to Dave for taking the flag, picking up the numbers and his encouragement during the race). We had a very laid back journey there, with a leisurely stop at Keele Services and then got to Alton Towers courtesy of Charlie 'sat nav' Pass and some mild mannered banter with other motorists from Alan Glasgow.



When we arrived it looked more like the Glastonbury festival (without the music, drugs etc). We had the good sense to pitch the Wesham tent away from the mud bath and what appeared to be the warming up field – we were kept amused by various pre race rituals being used and wondered if all the effort was worth it given the state of the course. Races were being delayed and shortened because the undulating course was proving to be a real test after recent rain snow.

Congratulations to all *BWFAC* athletes who competed – getting round was a real challenge and well done Molly Betmead for a top 30 finish. It was beginning to look as though floodlights might be needed for the Senior Men's race which was delayed by 20 minutes, but thankfully shortened from 12km to 10km (although it felt like 12km!) Perry Mann had travelled from Norwich to run (other Senior men note) and had a good run and I was pleased with my run and the fact that there was a horse trough near the tent to wash off the mud *all the mod cons – editor* (not sure the horse will be too pleased when it is thirsty).

On returning to the tent the Wesham Ladies had set up the table and were plying us with tea/coffee and biscuits (ladies please note). Things were progressing nicely on the way back until we cruised (having attempted to change into lower gear, Alan found he could find any gear) into Knutsford Services for a short break. Got back home at 11pm via the Lane Ends pub *are you sure it wasn't the Lands End pub? Ed.* Thanks to all the Wesham crew for letting me join their 'rollercoaster' ride and the banter, drinks, sweets, biscuits and support during the race (might take the Lytham bus next time!)

## OTHER RESULTS

### Alsager 5: February 6<sup>th</sup>

17<sup>th</sup> Stuart Robinson 25:27; 25<sup>th</sup> Luke Minns 26:41. First of 903 finishers in blustery conditions was former member 26:16. Antony Ford of Sale Harriers in 23:49 PB, one second quicker than 2010, when he was 6<sup>th</sup>. Second claim member Phil Leybourne of Salford Harriers was 24<sup>th</sup> (3<sup>rd</sup> V40) in First lady was Hatti Dean of Hallamshire Harriers in 28<sup>th</sup> place (27:32). Comments after the race were that it is a well organized race and a potential PB race with reasonable prizes, but with its large entry, which would benefit with chip timing.

### Blackburn Winter Warmer 10K: February 6<sup>th</sup>



33<sup>rd</sup> 3<sup>rd</sup> W & 3<sup>rd</sup> FV45) Bev Wright 42:25 MV55) Peter Broome 41:04, 54<sup>th</sup>. First home was course record holder Ben Fish (pictured) of Blackburn Harriers in 31:59, over a minute ahead of Jon Fletcher of Border Harriers (33:10). Although dry for the duration of the race, it was very windy on this hilly race and Ben's performance was excellent in the circumstances. First

lady was 17 year old Beckie Taylor of Blackburn Harriers in 40:22. Another very good performance as less than 24 hours previous, Beckie had won the Senior Girls race in the Lancashire Schools XC Championship. After the race both Bev and Peter were pleased with their runs. 351 finished.

### Mad Dog Southport 10K: February 6<sup>th</sup>

58<sup>th</sup> (4<sup>th</sup> MV55) Mike Golden 45:25 c 45:23. First of 755 was David Hamilton in 37:19 of Southport Waterloo. As the race was along the seafront, whereas the wind was a problem at Alsager and Blackburn, it was much more magnified with gale force winds making running very difficult. The winning time was relatively slow for a winning time and the winner was over 2½ minutes slower than his PB. In the circumstances Mike's performance was very good.

### Torremolinos Race (11460m): February 6<sup>th</sup>

272<sup>nd</sup> (20<sup>th</sup> F & 5<sup>th</sup> FV35) Tanya Ashworth 54:27.09. First of 789 was Mohamed Belali (37:48.32); first lady Raquel Lopez Calcis (44:19.03). 1<sup>st</sup> F45 Carmel Sullivan 115<sup>th</sup> & 50:01 and 1<sup>st</sup> F35 Sarah Sherratt 118<sup>th</sup> & 50:05 (both of Wesham RR).

### UKA Aviva Indoor UK Trials & Champ:

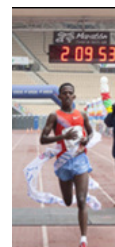
#### English Institute of Sport Sheffield February 12/13<sup>th</sup>

After James Davies's magnificent success of during January, it was inevitable that James would have a little stutter. He came 8<sup>th</sup> in the Long Jump with 6.90m on his final jump. He jumped 6.85m in his 1<sup>st</sup> jump and his 4 other attempt were no-jumps.

Notable performances by northern based athletes at these Championships: Helen Clitheroe of Preston Harriers won the 3000m in 8:55.26; Andy Turner of Sale Harriers won the 60mH in 7.61; Jessica Ennis of City of Sheffield won the HJ with 1.88m (also was 7<sup>th</sup> in SP with 14.61m PB); Holly Bleasdale of Blackburn Harriers won the PV with 4.50m PB; and Kate Dennison of Sale Harriers was 2<sup>nd</sup> with 4.26m; Ben Williams of Sale Harriers won the TJ with 15.88m.

### Seville Marathon: February 12<sup>th</sup>

19<sup>th</sup> Stuart Robinson 2:24:47; 16<sup>th</sup> Antony Ford 2:19:07 (Sale Harriers); Trevor Rayner 3:20:30 (Wesham RR). The winner was Daniel Abera Wedajo (pictured) of Ethiopia in a new course record of 2:09:53 and Gosa Tafa Mergersa second in 2:10:05. Daniel after the race dedicated his win to his brother Gezahegne Abera who won the 2000 Olympic marathon in Sydney.



### Winter Hill Race (11M/2750'): February 12<sup>th</sup>

77<sup>th</sup> Stuart Williams 2:08:18; 84<sup>th</sup> Gary Johnston 2:10:26. Winner was Rob Hope of Pudsey & Bramley AC in 1:34:50 200 finished. Stuart who ran Wasdale FR and completed the Bob Graham Round last year, commented that this race was one of the toughest he had ever run, with ankle deep mud and misty conditions most of the way. Gary's performance is particularly noteworthy as he competed in the XC at Blackpool less than 24 hours previously.

### **Liversedge Half Marathon: February 13<sup>th</sup>**

**162<sup>nd</sup> (4<sup>th</sup> MV55) David Dyson 1:46:22; 170<sup>th</sup> David Brooks 1:47:04.** Winner, Ben Crowther in 1:16:31. 421 finished.

### **Standish Hall Trail Race: February 19<sup>th</sup>**

**42<sup>nd</sup> (4<sup>th</sup> M55) Peter Broome 45:56; 53<sup>rd</sup> (2<sup>nd</sup> M50) Peter Singleton 46:48; 129<sup>th</sup> Alan Smart 57:04; 142<sup>nd</sup> (4<sup>th</sup> M60) Bob Massey 50:00; 150<sup>th</sup> Bernard Singleton 60:34; 155<sup>th</sup> Tony Croft 61:19.** First of 205 was Marcus Scotney of Dumfries Running Club in 37:06. There was mud at Alton Towers and also at Standish, although not to the same extent. Those who competed generally gave favourable reviews to this undulating and scenic race, across muddy fields and woodland trails. At £7 it was described good value, although some would have paid more for a memento.

### **Central Lancashire 5K: Bolton February 20<sup>th</sup>**

**206<sup>th</sup> (2<sup>nd</sup> V70) Howard Henshaw 31:33.** Winner Marc Tillotson of Bolton United in 15:47. 219 finished.

### **Manchester Indoor T&F: Sports City February 20<sup>th</sup>**

**60mH (h2) Beth Towers (U20W) DNF; (h4) Taegan O'Hara (U17W) 4<sup>th</sup> (no time); (h7) James Bamber (U15B) 4<sup>th</sup> 12.98 PB; 60m (h4) Matt Hulyer (SM) 1<sup>st</sup> 7.30; (h6) Simon Wells 2<sup>nd</sup> 7.55; (h8) Andrew Stubbs (SM) 3<sup>rd</sup> 8.28 PB; (h9) Simon Wells (SM) 6<sup>th</sup> 7.52 PB; (h10) Beth Towers (U20W) 4<sup>th</sup> 8.25, Lucy Mansfield (U20) 6<sup>th</sup> 8.35; (h20) Tash Gardner (U15G) 2<sup>nd</sup> 8.20 PB; Cassidy Knight (U17W) 3<sup>rd</sup> 8.21 PB; (h23) Claudia Fiddler (U17W) 3<sup>rd</sup> 8.50 PB; (h24) Taegan O'Hara (U17W) 3<sup>rd</sup> 8.76; (h25) Jordan Dixon (U15G) 3<sup>rd</sup> 8.95 PB; Ella Potter (U13G) 2<sup>nd</sup> 9.07 PB; LJ Taegan O'Hara (U17W) 22<sup>nd</sup> 4.30m; Jordan Dixon.**

Electronic timing on 200m failed and no results published.

### **Bleasdale Circle FR (5M/1250'): February 26<sup>th</sup>**

**Stuart Williams, Gary Johnston, Dave Brooks Jeff Wright and Peter Gibson** competed. Results not yet published and will be updated next month.

### **England U20 Indoor Open Champs: 26<sup>th</sup>-27<sup>th</sup> Feb**

**U17M PV Matt Walker 10<sup>th</sup> 3.30m; U20M LJ James Davies 1<sup>st</sup> of 25 competitors with 7.19m** (very close competition with 1cm separating the first three).

### **Lostock 6: February 27<sup>th</sup>**

**62<sup>nd</sup> (1stL40) Andrea Smith 43:18; 102<sup>nd</sup> (1<sup>st</sup> L45) Karen Dunford 46:48.** First Mark Tillotson of Bolton Utd and 1<sup>st</sup> lady was Maria Lowe of Astley & Tyldesley.

### **22<sup>nd</sup> Great North West Half Marathon: Feb 27<sup>th</sup>**

**1<sup>st</sup> Martin Williams of Tipton 1:10:09; Stuart Robinson 2<sup>nd</sup> 1:12:48; Steve Waterhouse 17<sup>th</sup> 1:21:24; 47<sup>th</sup> Jeff Lawton 1:26:46 (c 1:26:25); 234<sup>th</sup> Duncan Richardson 1:39:03 (c1:38:25); 259<sup>th</sup> Mike Golden 1:39:45 (1:39:38); 296<sup>th</sup> Robert Newman 1:41:37; 433<sup>rd</sup> Vicky Robinson 1:46:44 (c 1:46:05) PB.** First lady Carly Needham of Rochdale 1:46:44 (c 1:46:05). The winner Martin Williams is a Scottish international, who last year was 14<sup>th</sup> in the Commonwealth

Marathon (also was 14<sup>th</sup> in Seville Marathon with 2:17:36) was travelling home after visiting his father in Scotland and needed a run. It was a very windy day and not a day for PBs except for Vicky who improved her time by an amazing eight minutes!

### **Village Bakery Half Marathon, Wrexham: Feb 27<sup>th</sup>**

Gemma Unsworth competed. No result published yet.

## **Athletic Profile – Louise Damen**

### **Louise Damen won her first National title at the English National Cross Country at Alton Towers on March 19<sup>th</sup>.**

Louise was born on October 12<sup>th</sup> 1982 and is a member of Winchester & District AC. Unlike many other high profile athletes Louise works full time as a PE teacher at Peter Symonds College in Winchester. Commenting on this: "I like a balance of work and running. I think it's healthy to have that in your life because as an athlete you have to be selfish a lot of the time."

The highpoints of Louise's early athletic career were in 1999 when she was second in English Schools Intermediate Girls Cross country. Louise had an excellent season on the track in 2000, when making her junior international debut indoors against Germany and France at 1500m and won the Senior Girls English Schools and Southern titles at 3000m, reducing her best times from 9:54.52 to 9:36.5 and taking her list of English Schools titles to four.

Success continued through 2001 and 2002 when she made International appearances as an under 23, with a 3<sup>rd</sup> place at the U23 European Championships 10000m. In 2004 she was 22<sup>nd</sup> at the World Cross Championships and was part of the 3<sup>rd</sup> placed team. In 2007 Louise made quite a breakthrough, by running 70:47 for the half marathon, but was forced to drop out of the World Half Marathon Championships, after sustaining injuries in a freak accident at the AAA 10K Championships. Louise was 3<sup>rd</sup> in the English XC Championships and also 3<sup>rd</sup> in the European XC Trials and 34<sup>th</sup> at the European Championships and part of the 2<sup>nd</sup> placed team. In 2008 she was again 3<sup>rd</sup> at the European Trials and finished an excellent 9<sup>th</sup> in that year's European XC Championship in which the team was again 2<sup>nd</sup>.

Injury again intervened in 2009 when she split a tendon in her ankle. However she fought back to fitness and was a surprise winner at the European Trials in Liverpool last November. Louise came 17<sup>th</sup> at the European Championships, with the team again 2<sup>nd</sup>. She crowned the domestic XC season with the English Championship at Alton Towers.

Damen hopes to compete in the marathon at the 2012 Olympics and could make her marathon debut at the London Marathon next month.

After recovering from injury Louise decided to operate without a coach: "I think as an athlete you get to know your own body and your own capabilities."