



WYREFYRE

April 2011 No 11

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

FORTHCOMING EVENTS

Abbreviations & Key: Club Champ 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;

Editorial: The final month of the home cross country season featured the Inter Counties, the final Mid Lancs fixture and English Schools Championship. For all the 'nerds' out there, I have published the full results of all the Lancashire teams in both National Championships and the BWFAC results in the Mid-Lancs along with the final league placings. The outdoor T&F season started with our own Winter Warm-Up and there are full results, times, positions and PBs of all the BWFAC athletes. There are also reports/results of all other events in which club members have competed during March.

There is also a profile of **Helen Clitheroe** and an appraisal of Fell Runner, **Stan Bradshaw's** life.

April sees the start of the **Inter and club Fell Race championship at Pendle** on Saturday 2nd; the first **Inter Club road race** in Stanley Park at 7:00pm on Wednesday 6th; the **AGM** in the Sports Centre meeting room on Monday 18th and the **Scorton training run** on Wednesday evening 27th.

I welcome any reports, articles etc about all aspects of athletics for 'Wyldefyre' and finally many thanks to Tony Croft for proof reading each issue.

Woody

- 02/04/11 *Pendle FR 4.5/1500', Barley
- 02/04/11 Pendle FR, Lancs & English Junior Champs, Barley
- 02/04/11 Belle Vue House 10K, Ormskirk & Lakeland 10K/18K TR
- 03/04/11 *Lancaster 3 Bridges 10 & 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 Birmingham
- 09/04/11 Coniston 14
- 10/04/11 Trafford Open Medals Meeting & Wigan Harriers Open Meet
- 12/04/11 Chernobyl 5K, Preston (1/3)
- 13/04/11 Club Handicap, New Road
- 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
- 18/04/11 BWFAC AGM in Blackpool Sports Centre Meeting Room 8pm
- 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
- 27/04/11 Scorton Run and sandwiches & chips (see page 3)
- 29/04/11 Sweatshop Chorley Park Series 5K (1 of 4)
- 30/04 to 1/5/11 British Universities & Colleges Sport T&F Champs, Bedford
- 30/04/11 Mid-Lancs T&T League, Blackpool
- 01/05/11 *Dallam Dash 10
- 01/05/11 Keswick Half Marathon & Great Hameldon Hill Race
- 02/05/11 Coiners FR English Junior, Mytholmroyd
- 02/05/11 Rothwell 10K, Leeds & Baby Beat 5K, Preston
- 02/05/11 Waterloo 15K, 5K & 3K Multi Terrain, Crosby
- 02 & 03/05/11 Trafford Open Medals Meeting & Trafford Grand Prix
- 04/05/11 Club Handicap, New Road
- 04/05/11 Chorley Harriers & Tri Trail Series (1/4) Astley Village
- 05/05/11 *LSARR Inter Club, St Annes
- 05/05/11 Ripley School Supper Run, Lancaster
- 07/05/11 NA League Match 1, Blackpool
- 07/05/11 Belmont Winter Hill FR & Junior Races, nr Bolton
- 08/05/11 *Beaverbrook's 10K Blackpool Fun Run
- 08/05/11 YAL T&F League, Round 1, Blackpool
- 10/05/11 Chernobyl 5K (2/3) Preston
- 11/05/11 Haigh Hall 4M Road Race & Kendal 10K
- 13/05/11 Sweatshop Chorley Park & Junior series (2/4)
- 14/05/11 Mearley Clough FR 3.5M/1200' English Senior Champs
- 14 & 15/05/11 Lancs T&F Championships, Blackpool
- 15/05/11 Chester Half Marathon & Pendle Triathlon
- 17/05/11 Trafford Grand Prix
- 22/05/11 YAL T&F League, Round 2 Preston
- 22/05/11 St Annes Triathlon & Blue Light 5 Mile Fun Run

Welsh Castles 2011

Once again **BWFAC** has been accepted for the Welsh Castles Relay and this year the race is on **June 11th & 12th**. If you are interested in being considered for a place, please let me know and whether you will be available for the two days or not. The cost for the full weekend will be in the region of £50 which covers travel and accommodation in a tent, but the cost might increase depending upon the price of fuel. If you can offer transport, so much the better, as two cars plus a minibus are the ideal way to spend a weekend travelling through Wales in great company. If this is all new to anyone I am more than happy to provide further information, but you need to be able to run 9 miles at under 10 mins per mile and it is not all flat. An attempt is made to match runners to stages and take in account preferences, but this is not guaranteed.

Nick Hume

Scorton Run: April 27th

Following last year's successful Wednesday evening outings to Scorton for a run round this delightful local area, another trip is planned for Wednesday 27th April. The run will cover about six miles and will accommodate all standards. As last year, sandwiches and chips will be available after the run in the Priory, priced £5.50. People intending to come along should let Anthony Blight know so that he can pass numbers on to the Priory. Contact: Anthony.blight@barclays.com

London Marathon Charity Runs:

David Cairns is running for **Lymphoma**

Assoc <http://www.lymphoma.org.uk/>

Donations via:

<http://uk.virginmoneygiving.com/DavidCairns>

Gemma Unsworth is running for the charity **PAPYRUS** committed to the prevention of young suicide and promotion of mental health

<http://www.papyrus-uk.org/index.htm>

Donations via:

<http://www.justgiving.com/Gemma-Unsworth>

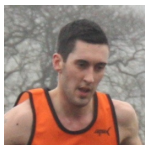
28/05/11	*Hutton Roof FR 7M/1300' & Mid-Lancs T&F Leag	Lancaster
29/05/11	*#Fishwick 5 Trail Race	
30 & 31/05/11	Trafford Open Medal Meeting & Trafford Grand Prix	
02/06/11	*Cuerden Valley Badger Trail Run	
04/06/11	NA League Match 2, Lincoln?	
04/06/11	Duddon FR 18M/6000, English Senior Champs	
04 & 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
11 & 12/06/11	Welsh Castles Relay	
16/06/11	*Two Lads FR 5.25M/900' Horwich	
18/06/11	Clougha Pike English Junior FR Champs,	Quernmore
19/06/11	YAL T&F League, Round 4, Spenborough	
18 & 19/06/11	NA Senior/U20 Championships	Manchester S/C
19/06/11	*Freckleton Half Marathon (Civil Service Championship)	
25/06/11	Mid-Lancs T&F League, Hyndburn	
26/06/11	*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 5.8M/600' Warton, Carnforth	
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	
30/07/11	Whittle Pike FR, English Senior Champs	
29 to 31/07/11	UK Trials & Champs, Birmingham	
30/07/11	NA League ICoun Champs, Manchester	TBA
30/07/11	NA U17/U15 Championships	TBA
04 & 05/08/11	YAL Auxiliary Final & full Final	
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, 5.5M/800' Rossendale	
27/08/11	Mid-Lancs T&F League, Wigan	
07/09/11	*Red Rose Inter Club, Leyland (7pm start)	
11/09/11	Winter Warm-up T&F meeting and Autumn	
20 & 21/08/11	England U15/U17 Championships, Bedford	
21/08/11	Sedbergh FR 14M/6000', Eng & Brit Senior Champs	
18/09/11	*Garstang Half Marathon	
25/09/11	*Run Preston 10K	
25/09/11	Viking Chase FR, Eng Jun Champs, Carlton	
25/09/11	Open T&F meeting, Stanley Park Arena	
16/10/11	*Green Drive 5 Mile	

NEWS & REPORTS

February's Athletes of the Month



Deni Impett and **Dan Quarmby** were chosen this month for their performances during February in the Blackpool Mid Lancs, Lancashire Schools and English National cross country competitions. Deni led the U13 squad home at the Blackpool Mid Lancs, was fourth in the Year 7 race at the Lancashire Schools Championship and 172nd at the National, despite twisting her ankle early on the race. Dan was fourth at the Lancashire Schools Championship and finished 117th at the English National. Also nominated was **Perry Mann**, who after travelling from Norwich to run was one of only two senior *BWFAC* men at the National Cross Country, finishing 554th.



The Japan disaster and Duncan Shaw



Derek Newton wrote: One of our top hammer throwers, Duncan Shaw, recently moved to Japan to work and of course he has been caught up in the recent earthquake disaster. I am very pleased and relieved to report that Duncan and his partner are both safe and well, although their lives have naturally been severely disrupted to say the least. To his credit, Duncan was at training when the first tremor started and he thought he had caused the earth to move with a big throw!!! All joking aside, this is a terribly time for everyone out there and knowing Duncan it just brings the scale of disaster a little nearer home. Duncan sent best wishes to everyone here at the club. We can assure the whole Shaw family that our thoughts are with them all at this terrible time.

Inter Counties XC Champs: Cofton Park, Birmingham March 5th (BWFAC athletes in highlighted)

The **Senior Men's** race was won by Andy Vernon of Hampshire in 35:45. The Lancashire team were Ben Fish in

47th (37:59), 51st Simon Deakin 38:04, 78th Tom Cornthwaite 38:38, 106th Martin Roscoe 39:19, 131st David Rigby 39:52, 143rd Martyn Cryer 40:06, 154th Joe Kelly 40:18 and 168th Kevin Loundes, with the team coming 9th. Last year they were Champions.

The **Senior Lady's** race was won by European Junior Women's Champion Charlotte Purdue of Hampshire in 27:54 and Hatti Dean of Yorkshire (27:54) was 2nd. Lancashire's team was 78th Hannah Bateson 31:29, **117th Caroline Betmead 32:18**, 130th Danielle Pye 32:40, 155th Gail Griffiths 33:18, 156th Sarah Yeomans 33:19, 178th Rachel Wood 33:57, 183rd Helen Booty 34:09, 194th Wesham's Joanna Goorney 34:34 and 201st Katie Trickett 34:57. Lancashire's team finished 18th.

The **U20M** race was won by Jonathon Hay of Surrey in 25:17. The Lancashire team was : 26th Karl Billington 27:14, 54th Chris Matthews 28:02, 59th Joe Johnston 28:07, 78th Ben Akin 28:41, 120th Paul Hodgson 30:09, 123rd Elliott Wylie 30:16 and 144th Danny Maynard 31:16. The team finished 8th.

Emilia Gorecka of Surrey won the **U20W's** race in 20:34. The Lancashire team was 25th Kristie Leybourne 23:02, 36th Melanie Hyder 23:39, 49th Nichola Jackson 24:26, 65th Aimee Gallagher 25:17, **72nd Sam Smith 25:32**, Toria Swift 25:42, 96th Ellen Buckley 27:04 and 97th Jacinta Davison 27:09. The Lancashire team was 6th.

The **U17M** race was won by Mark Shaw of the North East in 19:00. The Lancashire team, which finished 15th was 66th Dominic Mahoney 20:28, 83rd Robert Warner 20:41, 88th Luke Betts 20:44, 121st Oliver Lockley 21:06, 139th Callum Mason 21:18, **144th Daniel Quarmby 21:20** and 174th Joe Moores 21:39. First in the **U17W** race was Jessica Judd of in 18:27 of Essex. The Lancashire team which finished 9th was: 39th Blackburn's Beckie Taylor 20:53, 49th Sarah Hodgson 21:08, **64th Lauren Gowland 21:26**, 101st Laura Sullivan 21:57, **102nd Bianca Pedersen 22:00**, 156th Charlotte Atkinson 22:40 and 202nd Emily Fletcher 23:35.

The **U15B** race was won by Adam Howard of Greater Manchester. The Lancashire team finished 17th and consisted of 5th Jamaine Coleman 15:32, 51st Ben Everson 16:16, 112th Ammon Yeadsley 16:40, 169th Patrick Dever 17:06, 199th Robert Wong 17:20 and 296th Sandy Kelly 19:17. The U15G's race was won by Natalia Hackett of Yorkshire in 15:33. The Lancashire team that finished 24th was **Amelia Beaman 16:41**, **35th Mollie Betmead 16:47th**, 40th Rebecca Flanagan 16:50; **63rd Alisha Johnson 17:12**, 84th Rachael Scott 17:26, 101st Megan Davies 17:34 and 138th Mary Hodgson 18:00.

George Butler of Hampshire won the **U13B's** race in 10:23. The Lancashire team which was 5th consisted of Bradley Yates 10:47, **36th Jake Lonsdale 11:17**, 60th Fabrice Kisela 11:29, 96th George Rowley 11:40, 138th James Marchant 11:52, 180th Nathan Townsend 12:05 and 202nd Mar-

cus Preedy 12:13. The Lancs team finished 9th. The **U13G's** race was won by Katie Lowe of Hampshire in 11:07. The Lancashire team finished 17th with 4th Blackburn's Elizabeth Greenwood 11:26, 64th Bethany Blackwell 12:21, 143rd Katie Astin 12:47, **163rd Molly Scarr 12:57**, 170th Phoebe Howe 13:01 and 182nd Charlotte Waddington 13:05.

March Handicap: March 6th

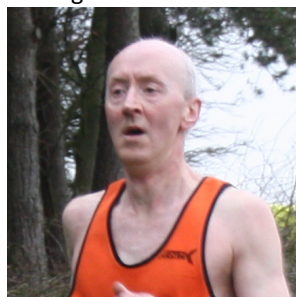
It was a cool and calm day for the 10 who competed in the Handicap. They finished as follows: **Tony Croft 30:11; Alison Titterington 26:33; Graham Davies 23:50; Anthony Blight 27:30; Andrea Smith 26:25; Liz Routledge 30:40; Steve Browne 27:24; Nick Hume 27:24; Colin Dyczka 33:40; Tony Codling 24:10.** Timekeeper: **David Wood.** Helpers: **John Bradley and Hilary Goorney.**

Mid Lancs XC: Skelmersdale, March 12th

It was a fairly mild and showery day for the final fixture of the Mid-Lancs. Like last March, it was a new location for the Mid-Lancs league. Last year it was in Barrow, (which was also the first meeting this season). This time it was the Beacon Country Park near Skelmersdale. It was a picturesque location and a testing undulating course, with one particularly tough steep climb.

Normally by the sixth fixture most things have been decided, however the U13Gs, although likely to finish third, had chances improve; the U15Gs although favourites for the title, having not finished a team at Blackpool, could be pipped; the senior ladies still had an outside chance of the title and the senior men were in danger of relegation.

In the end the U13Gs had a good performance to finish second, but still remained in third place in the league. Another good performance from the U15Gs brought first place and secured the title. Despite good performances from the senior ladies, with several of our faster ladies missing, Accrington were too strong and *BWFAC* finished 4th leaving them still in the runners-up spot. Despite Captain



Gary's clarion call only 10 men made the journey. However the squad was much strengthened with the return of Luke Minns and John Wright. Luke had an excellent race following James Douglas of Border for the first part of the race, before overtaking him in the

final lap to win by 10 seconds. Below are the full *BWFAC* results.

Under 11 Girl: 8th Emily Hall 7:48; 11th Hannah Eadie 7:54; 18th Chloe Hall 8:16. **Under 11 Boys:** 8th George Robinson 7:29. **Under 13 Girl:** 4th Molly Scarr 9:04; 6th Deni Impett 9:16; 11th Fiona Hockey 9:34; 12th Annie Bradshaw 9:36. **Under 15 Girls:** 3rd Jodie Ferguson 10:09; 8th Kelly Smith 10:39; 16th Lucy Minns 11:28; 22nd Kate Lawler 11:43; 23rd Ella Morley 11:44; **Under 15 Boys:** Matthew Hall 12:10; **Under 17 Women:** 2nd Bianca Pedersen 12:44. **Under 17 Men:** 7th Adam Weightman 18:14. **Senior Women:** 5th Caroline Betmead 2nd L35 19:05; 27th Andrea Smith 12th L35 23:03; 32nd Alison Titterington 3rd L45 23:35; 34th Laura Lawler 16th L35 23:44; 39th Karen Dunford 19th L35 23:59; 69th Liz Routledge 14th L45 28:00. **Senior Men:** 1st Luke

Minns 27:57; 19th Luke Berry 5th JM; 27 John Wright 3rd V40 30:53; 4th Stephen Waterhouse 18th V40 Gary Johnston 16th V50 35:54; 93rd Jeff Lawton 17th V50 35:55; 163rd Alan Smart 39th V50 44:06; 172nd Bernard Singleton 13th V60 48:43; 175th John Winters 16th V60; 178th Norman Greenwood 18th V60 52:08.

The final team placings were as follows:

U13G third with 36 points, with Preston Harriers Champions with 38 points first and Liverpool Harriers second also with 38 points. The **U15G** are Champions with 39 points, with Rossendale Harriers second with 37 points. The **Senior Ladies** finished runners-up with 24 points behind Accrington RR with 27 points. The **Vet 35** team also finished runners-up with 36 points behind Chorley Harriers with 38 points.

The **Senior Men** finished in fifth place in Division 1, narrowly avoiding relegation. (How close we came can be seen, as because mix-up in numbers, Luke Berry initially was left out of the provisional results which would have resulted us not scoring enough points.) The **'B' team** finished bottom of Division 2 and are relegated. The **V40 team** also finished fifth in Division 1. The **V50 team** finished seventh with 25 points and the **V60 team** finished third with 33 points behind Clayton-le-Moors with 40 points and Chorley AC with 35 points.

Full individual league positions can be viewed on the Mid Lancs site, but our leading members in each age category were as follows: U11G Ella Moulding 4th; U11B George Robinson; U13G Molly Scarr 6th; **Jodie Ferguson 1st**; **U17W joint 1st Lauren Gowland & Bianca Pedersen**; U17M Daniel Quarmbury 9th; SW Stasia Bligh 10th; Over 35 Ladies Andrea Smith 12th; **Junior Men Luke Berry 3rd**; Senior Men John Wright 13th & 4th V40; V50 Gary Johnston 10th; V60 John Winters 12th.

It has long season starting back in October, some would say too long! There was a healthy participation U11, U13 and U15 girls categories, especially early on in the season. However the numbers competing in the boy's categories have been very disappointing and the decline in the senior involvement is also worrying.

However not wishing to finish on a sour note I congratulate the **Under 15 girls** on being the Champions, the senior ladies runners-up place in the senior and **V35** categories and the **Under 13 girls** for their third position.

Captain Gary Johnston wrote afterwards: Thanks to all of the Senior/Junior Men who turned out for the last fixture of the season everyone who has turned out throughout the season – you won't be pestered again (well not by me) until later this year! Well done to everyone and thanks to the 2 young'uns for getting us off to a good start (Luke M 1st and Luke B 19th). Thanks to everyone who has turned out throughout the season. Is it just me or does the XC season seem to get longer every time?

My hopes for next season are top three in Division 1 for the 'A' team and the 'B' team to get promotion. Hopefully everyone will rise to the challenge.

Spring 5K: Stanley Park, March 13th

9th (4th MJ) Adam Weightman 18:33; 11th (5th MJ) Harry Poole 18:39; 12th Uber Cirelli 18:40; 14th (1st F) Caroline Betmead 18:45; 16th (3rd MV45) Tony Codling 19:25; 20th (2nd F) Stasia Bligh 19:42; 21st (3rd MV55) Peter Broome

19:45; 33rd (4th MV50) Terry Bradshaw 21:26; 35th Dave Bamforth 21:37; 36th (4th F & 2nd FV35) Tanya Ashworth 21:39; 39th (3rd MV60) Reg Smallbone 21:56; 42nd (4th & MV55) Peter Gibson 22:10; 44th (1st MV65) Robert Newman 22:36; 45th Laura Lawler 22:42; 52nd Chris Bligh 23:30; 62nd Derek Crane 24:44; 65th (1st MV75) John Winters 25:23; 66th Larry McGee 25:42; 70th Dan Child 26:49; 73rd (2nd MV 70) Norman Greenwood 27:54; 79th (4th MV70) Howard Henshaw 31:41. First of 86 was Eddie Simpson (M40) of Dallam Dashers in 16:39.

Karen Dunford, Andrea Smith and Bob Massey did an excellent job of organizing this race. It must have a little disappointing not to achieve an entry of over a 100. However with the popular Roddlesworth Roller race, Trafford 10K, Burnley 10K, Spen 20 and the Twin Piers Half Marathon all on the same day and with the previous day having the final Mid Lancs cross country, it was a tough call.

The race start was on the track at 11am before the T&F meeting began. However the Sports centre staff put out the hurdles for the first track race early to be ahead of the game. Although some suggested leaving them (I think they were joking) there as an extra set of obstacles, they were moved before the start.

BWFAC Open T&F Meeting: March 13th

It was a sunny day, but there was a cold strong breeze. As the sun lowered the afternoon became increasingly colder. It was the first opportunity for T&F adherents to put their winter training to the test. Below are the full BWFAC members' results. As can be seen by the number of PBs there were many encouraging performances.

The dedication of our athletes can be judged by the fact that several of our younger members ran a tough cross country at Skelmersdale and 24 hours later were on the track. Fiona Hockey ran in the 800m, Annie Bradshaw competed in two events, the 200m and 600m, impressively setting PBs in both races and George Robinson competed in the 80m, 200m and was first in the 600m.

In most of the sprints there were heats so positions are based on times.

U9G 80m: 3rd Darcey Lonsdale 14.0 PB; 11th Maisie Rogers 16.60 **U9G 600m:** 1st Darcey Lonsdale 2:15.8; 6th Maisie Rogers 2:39.2; 7th Minnie Rogers 2:43.5; **U9G L J:** 2nd Darcey Lonsdale 2.82m PB; 6th Minnie Rogers 2.34m; 9th Maisie Rogers 2.07m; 10th Amelia Shearman 2.03m **U9B 80M** 3rd James Smith 13.7; 5th William McDonald 15.3; 7th Angus Chell 17.9; **U9B 600m:** 1st James Smith 2:13.3; 3rd William McDonald 2:33.6; 4th Angus Chell 2:55.7. **U9B L J:** 2nd James Smith 2.69m; 3rd William McDonald 2.40m; 4th Angus Chell 1.94m. **U11B 80m:** 5th Harry Shearman 12.6; 6th=Sydney Sullivan 12.7; 6th= William Holmes 12.7; 8th= Jerome Jolly 12.7 PB; 10th Samuel Wise 13.2; 11th George Robinson 13.3; 11th= Bailey Pack 13.3; 14th Ayrton Mills 13.6; 15th=Ethan McEvoy 13.7; 15th= Kieran Guest 13.7; 23rd Emily McNeill 13.9. **U11B 600m:** 1st George Robinson 2:00.4; 2nd Jerome Jolly 2:01.3; 4th Sydney Sullivan 2:06.2; 5th William Holmes 2:07.2; 10th Bailey Pack 2:23.5; 11th Samuel Wise 2:25.3; 12th Kieran Guest 2:25.6; 14th Ayrton Mills 2:26.2; 15th Ethan McEvoy 2:29.3; 16th Joshua Norman 2:32.1. **U11B L J:** 1st Jerome Jolly 3.44m; 3rd Sydney Sullivan 3.35m; 5th Wil-

liam Holmes 3.25m; 8th Bailey Pack 2.91m; 10th Kieran Guest 2.84m; 11th Harry Shearman 2.81m 13th Ayrton Mills 2.66m; 14th Ethan McEvoy 2.57m; 16th Joshua Norman 2.51m; 17th Samuel Wise 2.44m. **U11G 80m:** 4th Jasmine Jolly 12.9 PB; 6th Kirsty Rushton 13.5; 10th Natasha Webster 14.6; 12th India Rogers 15.1 PB. **U11G 600m:** 2nd Jasmine Jolly 2:03.7 PB; 5th India Rogers 2:25.0 PB; 8th Kirsty Rushton 2:27.5; 9th Natasha **U11G L J:** Jasmine Jolly 3.39m PB; 7th India Rogers 2.68m PB; 11th Kirsty Rushton 2.47m; 9th Natasha Webster 2:28.8. **U11G L J:** 2nd Jasmine Jolly 3.39m; 7th India Rogers 2.68m; 11th Kirsty Rushton 2.47m; 13th Natasha Webster 2.39m. **U13B 80m:** 3rd Samuel Matthews 11.6 PB; 8th Harry Mercer 11.8 PB; 13th Thomas Matthews 12.0 PB; 13th Louis Walker 12.4 PB; 14th Kieran Chell 12.5; **U13B 200m:** 2nd Samuel Matthews 31.1; 3rd Thomas Matthews 31.5; 6th Kieran Chell 33.9. **U13B 600m:** 3rd Samuel Matthews 1:55.7 PB; 5th Thomas Matthews 2:00.1 PB; 10th Kieran Chell 2:20.8 PB. **U13B L J:** 3rd Harry Mercer 3.75m; 6th Louis Walker 3.35m. **U13G 80M:** 3rd Ella Potter 11.8 PB; 8th Hannah Maskill 12.3 PB; 18th Rebecca Ashworth 14.4. **U13G 200m:** 6th Ella Potter 30.4 PB; 8th Annie Bradshaw 32.1 PB; 10th Hannah Maskill 32.6 PB; 13th Jessica Rogers 33.7 PB; 14th Emily Burrell 37.9. **U13G 600m:** 2nd Annie Bradshaw 1:55.9 PB; 12th Darcey Lonsdale 2:20.1; **U13G 1200m:** 2nd Jessica Rogers 4:43.5. **U13G L J:** 8th Jessica Rogers 3.34m. **U15B 100m:** 2nd= Charlie McLaine 12.8 PB; 6th= Ashley Hails 13.8; 7th= Jack Hails 13.9; 7th= Finn Docherty 13.9 PB; 9th James Bamber 14.4. **U15B 200m:** 4th Charlie McLaine 26.5 PB; 5th Jack Hails 28.4. **U15B 800m:** 3rd Ashley Hails 2:40.4. **U15B 80mH:** 2nd James Bamber 17.5 PB. **U15B DT:** 5th Charlie McLaine 21.52m PB. **U15G 100m:** 2nd Tash Gardner 13.3; 13th Kayleigh Eccleston 14.2; 14th Jordan Dixon 14.4; 15th= Katrina Kelly 14.5 PB; 17th= Megan Gray 14.6; 17th= Sophie Laycock 14.6 PB; 20th= Jessica Bevington 14.8; 14:8 PB; 22nd= Hollie Ashworth 15.0. **U15G 200m:** 2nd Tash Gardner 27:0; 6th Jordan Dixon 29.3; 8th Kayleigh Eccleston 29.9; 10th Megan Gray 30.3; Sophie Laycock 31.0 PB; 17th Jessica Bevington 31.3. **U15G 800m:** 4th Fiona Hockey 2:40.7; 7th Ellie Gibson 3:02.4 PB. **U15G 75mH:** 7th Kayleigh Eccleston 14.8 PB. **U15G SP:** 1st Katrina Kelly 8.32m. **U15G DT:** 3rd Katrina Kelly 20.33m. **U17M 100m:** 6th Finn Walker 12.3 PB; 7th Connor McCormick 12.50 PB. **U17M 200m:** 5th Connor McCormick 26.0; 6th Finn Walker 26.1. **U17M SP:** 1st Peter Bridge 12.23m. **U17M DT:** 3rd Peter Bridge 25.43m. **U17M HT:** 1st Peter Bridge 38.66m PB **ncr.** **U17W 100m:** 1st Sophie Riley 12.4; 3rd Cassidy Knight 13.0; 5th Brittany Shaw 13.4; 8th Claudia Fiddler 13.8; 9th Taegan O'Hara 13.9; 11th Jenny Dyson 14.2; 12th Natasha Johnston 14.2; 13th Siobhan Child 15.3; 14th Siobhan Cartmell 15.5. **U17W 200m:** 1st Sophie Riley 26.0; 4th Brittany Shaw 28.9; 5th Claudia Fiddler 29.2; 7th Taegan O'Hara 29.5; 8th Jenny Dyson 29.7; 10th Alicia Roylance 30.4 PB. **U17W 80mH:** 2nd Natasha Johnston 13.70 PB; 4th Taegan O'Hara 15.4 PB. **U17W SP:** 3rd Rebecca Todd 8.12m PB; 6th Natasha Johnston 6.66m PB; 7th Siobhan Cartmell 6.64m PB; 9th Siobhan Child 4.80m. **U17W DT:** 1 Chloe Needham 29.22m. **U17W HT:** 2nd Chloe Needham; 3rd Rebecca Todd 27.65m. **SM 200m:** 2nd Louis Schofield 23.6; 4th Dominic Broughton 24.3; 5th Andrew Stubbs 26.3. **SM 400m:** 2nd Dominic Broughton 53.3 PB; 3rd Adam Snape 53.6 PB; 5th Dominic Garrett 56.0. **SM SP:** 2nd Sydney Bashforth 8.95m PB. **SM DT:** 2nd Sydney Bashforth 27.21m. **SM HT:** 3rd Sydney Bashforth 31.13m. **SW 100M:** 1st Bethany

Towers 12.8 PB; 2nd Alicia Johnston 13.3; 7th Laura Luoju 14.3; 4th Laura Jackson 15.6 PB; **SW 200m**: 1st Alicia Johnston 27.2; 2nd Lucy Mansfield 27.3; 3rd Bethany Towers 27.6; 7th Laura Luoju 30.8. **SW SP**: 3rd Bethany Towers 7.84m. **SW JT**: 1st Alicia Johnston 18.91m.

English Schools AA XC Championship:

Wollaton Park, Nottingham March 19th



Photo by Lisa Gowland

Several members of the Lancashire team were members of *BWFAC*. After the mud of recent competitions Wollaton Park was fairly firm under foot. As can be seen from the results below, Lancashire which included four *BWFAC* members, had particular success in the Intermediate Girls competition, winning the **R Brown Trophy for the Best complete team of eight**.

Below see the Lancashire results with *BWFAC* members highlighted and the final position of the team: **Junior Girls**: 28th **Molly Betmead 13:15**; 29th Amelia Wood 13:15; 65th Sally Seanson 13:36; 103rd **Alisha Johnson 13:32**; 139th Mary Hodgson 14:02; 145th Rebecca Flanagan 14:04; 201st Amy Moran 14:23; Team 7th 465 pts (1st team Essex 279 pts). **Intermediate Girls**: 16th **Amelia Beaman 13:25**; 51st **Lauren Gowland 14:00**; 57th Katie Buckley 14:03; 58th Florie McLeish 14:04 of Preston Harriers; 62nd Sarah Hodgson 14:07; 67th Rachael Scott 14:11; 93rd **Jodie Ferguson 14:25**; 115th **Imogen Pierce 14:04**; Team 4th 311 pts & Best complete team of eight winning the **R Brown Trophy** (1st team Surrey 214pts). **Senior Girls**: 24th Beckie Taylor 15:42; 45th **Bianca Pedersen 16:03**; 104th Nichola Jackson 16:51; 147th Charlotte Atkinson 17:24; 152nd Elle Buckley 17:26; 211th Katrin Harding 18:19; Team 13th, 683 pts. (1st team Hampshire & Vectis) **Junior Boys**: 56th Patrick Dever 14:42; 83rd Matthew Shackleton 14:55; 108th Bradley Yates 15:06; 112th Matthew Dutton 15:06; 119th Robert Wong 15:08; 275th James Marchant 16:06; LSARR's George Rowley 16:51; Team 10th 564 pts. (1st team Middlesex 147 pts). **Intermediate Boys**: 37th Dominic Mahoney 18:54; 101st **Daniel Quarmby 19:28**; 194th Joseph Ellison 20:14; 208th Max Butler 20:21; 252nd Kingsley Judd 20:39; 274th **Harry Poole 20:51**; 287th Kyle Nicholls 21:01; 297th Daniel Walsh 21:13 Team 31st 1066 pts (1st team Greater Manchester 310 pts). **Senior Boys**: 44th Chris Matthews 22:25; 63rd Luke Betts 22:44; 77th Adam Bateson 22:50; 125th Robert Warner 23:29; 166th Dominic Walton 24:00; 173rd Callum Rowett 24:07; Team 7th, 474 points (1st team Sussex 230 pts).

Ultrafit St Annes Lancs 10 Mile Champs:

March 20th

Uber Cirelli 35th 61:27; **Caroline Betmead 48th (2nd F & 1st FV35 63:24)**; **Tony Codling 57th 64:31**; **Gemma Unsworth 58th (3rd F) 64:35**; **David Cairns 59th 64:35**; **Terry Bradshaw 125th 71:46**; **Andrea Smith 138th (16th F) 73:36**; **Robert Newman 140th (3rd MV65) 73:36**; **Brandon Willoughby 153rd 75:42**; **Peter Gibson 170th 76:54**; **Tanya Ashworth 195th (28th F) 79:52**; **John Winters 227th (1st MV75) 83:09**.

It was cool and drizzly for the race, with a light breeze blowing into the faces of the runners going out, so almost perfect conditions. Winner was Antony Ford of Sale Harriers in 51:48, looking very comfortable as he crossed the line. Second was Steve Littler of Wesham in 52:44 and third Gary Pennington of Preston Harriers in 53:38. The contest for the first lady position was very close between Sue Samme of LSARR and Caroline Betmead, with Sue taking the lead with less than a mile to go and finishing 47th overall in 63:06. Sue had not realized the race was taking place until whilst training with Caroline, Caroline asked Sue if she was running. *(Should have kept your mouth shut Caroline!)*

OTHER RESULTS:

Bleasdale Circle Fell Race 5M/1500': Feb 26th

34th Gary Johnston 47:07; 48th Stuart Williams 48:44; 86th Jeff Wright 54:36; 90th David Brooks 55:17; 118th Peter Gibson 1:03:11. First of 132 was Alistair Murray of Horwich RMI Harriers in 38:54. First lady was Tara Krzywicki of Accrington Road Runners in 42:18.

North West Sportshall Regional Final: Feb 27th

U13B: Lancs Team 2nd 672 points Dom Lavelle Speed Bounce 2nd 83, 2 lap race 24.3 & 24.7; Harry Mercer Vertical Jump best 44. **U13G**: Lancs Team 3rd 592. **U15B**: Lancs Team 1st 681; Finn Walker =2nd 136 points; Luis Blyth 6th 133 points. **U15G**: Lancs Team 2nd 583 points.

Village Bakery Half Marathon: Wrexham Feb 27th

16th (1st M45) David Cairns 77:34; 92nd (9th F) Gemma Unsworth 86:12; 96th (11th F & 2nd F50) Bev Wright 86:22; 208th (29th F) Tanya Ashworth 96:28. First of 500 Ben Fish of Blackburn Harriers in 66:36. First lady was Sarah Lomas of Stockport Harriers in 81:06 (2nd F & 1st F35 Sarah Ridehalgh of Accrington RR). David and Gemma running the London Marathon in April. Gemma in particular used this race as a tempo run. Bev and David were both pleased with their performances. After a struggling with injury during 2010, having turned 50 Bev was returning to form (*however see Stanley Park 10K*). David afterwards said it was his best half marathon for several years.

Lynn Hindle, Brian Hargreaves & John McDonough Road & Trail Race 5 Mile, Littleborough, Feb 27th:

(Phew a title almost as long as the race). 83rd Howard Henshaw 58:50. First of 84 Robert Jackson of Horwich RMI Harriers.

European Indoor Championships 2011:

Paris, March 4th – 6th

Although there were no BWFAC athletes competing there were several North of England based athletes. The most eye catching performances was by team captain and Preston Harrier, **Helen Clitheroe** who won gold in the 3000m in 8:56.66 (see *Athletic Profile*) and **Jenny Meadows** of Wigan & District, who won silver in the 800m in 2:00.50. In the 400m Richard Buck of City of York/Leeds Metropolitan University was 3rd in 46.62 and Richard Strachan was 5th in 46.74. Stacey Smith of Gateshead/Teesside University was 3rd in heat 1 of the 1500m with 4:11.95. Holly Bleasdale of Blackburn Harriers vaulted 4.45m in the qualifying round to take 11th place.

Scottish U17/U20 & U15 Championships inc

U13 Open Meeting: Kelvin Hall, Glasgow, March 5th

60m U13G: Ella Potter h 1st 9.03 PB, SF 2nd 9.03 PB, F 5th 9.09; U15G: Tash Gardner h 1st 8.46, SF 2nd 8.31, F 4th 8.29; U17W: Cassidy Knight h 2nd 8.23, SF 5th 8.24; U20W h1 2nd 8.15, F 6th 8.15. 200m U13: h 3rd 31.50, SF 4th 31.62; U15G: h 1st 27.64, SF 1st 27.30, F 3rd 27.10; U17W: h 2nd 27.59, SF 4th 27.45; U20W: h Alicia Johnston 3rd 27.28, Katy Wyper 4th 27.28, F Alicia Johnston 3rd 27.28. 60mH U17W Natasha Johnston 5th 11.07 PB. PV U17M: F Matt Walker 3rd 3.51m, Finn Walker 4th 3.11m; U17W: Tanya Wright 1st 2.45m, Loryn McCrudden NH.

Stanley Park 10K: March 5th

29th (5th V45) Tony Codling in 38:00; 39th (1st F) Jodie Ferguson (39:27) PB; 41st (2nd F & 1st FV50) Bev Wright 39:51; 110th Stephen Browne 46:52. First of 342 was Steve Littler of Wesham RR in 32:06. It was a calm overcast day for this race along the footpaths of Stanley Park.

It was an interesting race between the first three ladies. For Jodie Ferguson it was her first 10K (she only turned 15 in December) and for Bev...well she has run a few! Early on Bev was leading the race, with Jodie pacing herself behind unattached runner Rachel Davies. Jodie's conservative approach paid off, with her winning her first 10K. Rachel finished 3rd F in 40:13. Bev was pleased with her race as she prepares for the London Marathon. *Bev's foot injury has reoccurred and sadly she will not now be able to run the London Marathon.*

Haweswater Half Marathon: March 6th

166th Dave Dyson 1:40:01; 171st David Brooks 1:40:51. First of 510 was Phil Winskill of Keswick AC in 1:14:37. First lady in 29th was Sarah Ridehalgh of Accrington AC (1:24:07).

Manchester Open: March 6th

60m SM: Mathew Hulyer 7.22; U20W: Bethany Towers 8.25; U15G: Katrina Kelly 9:07 PB, 9:09. 60mH: U20W Bethany Towers 9.43 PB. L J SM: Matthew Hulyer 3rd 6.50m. SP U15G: Katrina Kelly 1st 8.46m.

Barcelona Marathon: March 6th

1274th Uber Cirelli 3:11:38. The winner was Levi Matebo Omari of Kenya in 2:07:31 who was over 2½

minutes ahead of Joseph Kimeli also of Kenya (the first five were all from Kenya). The first lady was Josephine Ambjornsson of Sweden in 2:45:31.

Trimpell 20: Lancaster March 6th

20th David Cairns 2:04:03; 45th (3rd F) Gemma Unsworth 2:12:39; 175th Duncan Richardson 2:37:02; 226th Peter Gibson 2:45:01; 238th Jeff Wright 2:48:17; 277th (53rd F) Vicky Robinson 2:56:02. First of was Gethin Butler (MV40) of Preston Harriers in 1:52:13 and first lady (29th overall) was Sarah Jarvis of Bingley Harriers in 2:07:37.

Vault Gateshead: March 12th

PV U15B David Jones 2.42m; Dom Lavelle 2.22m PB.

U20W Tanya Wright 2.62m PB

Stan Bradshaw Pendle Round: March 12th

40th Stuart Williams 1:27:45; 54th Peter Singleton 1:30:15. Winner was Shaun Godsman of Calder Valley FR in 1:09:41 and first lady in overall 45th place was Tamara Hird of Wharfedale Harriers in 1:28:42. 157 runners competed, with 151 completing the course.

This was a new race replacing the Half Tour of Pendle, but over a similar route. It was named after **Stan Bradshaw**



(pictured), a true great of Fell Running, who died last year ago, just a month short of his 98th birthday. Stan came from a footballing family (he was named after Accrington Stanley) and after a short football career with Padiham FC,

which was cut short by injury, turned to athletics. He ran his first fell race at Rivington in 1930 and he had long and glorious career in fell running, as well as making many long distance walks. Among its highlights were finishing second in the inaugural Three Peaks Race and in 1960, competing in a further 23 races and then serving as a marshal at this race until his late eighties. He was the second man to run the Bob Graham Round in under 24 hours (when he was 65, 17 years later he had another successful attempt) and also competed with distinction in the Lake District Mountain Trial. Stan was a member of Clayton-le-Moors Harriers and was club president from 1959 to 1980 and served on the Fell Running Association (FRA) committee. Obviously a great character, he use to celebrate his birthday from 1930 to 1992, (except during the war) by walking from his home in Padiham to Morecambe over Nick O' Pendle, Waddington Fell and through the Trough of Bowland. Amongst his other walking exploits a blizzard blighted crossing of Scotland's twelve 4000 feet peaks and "bagging" all 3000 feet peaks Scotland, England, Wales and Ireland. After being introduced to rock-climbing at the age of 62, he traversed the Collin Ridge on the Isle of Skye the following year and again when aged 71. *I ran the 50th Three Peaks Race in 2004 and I remember the then slight figure of Stan Bradshaw presenting the prizes and awards. He seemed to be to a quiet man, but what I most remember is his lovely smile.*

Roddlesworth Roller: Abbey Village, March 13th

119th David Twizell 50:40. First of 206 was Mike Flatley of Middleton Harriers in 33:09 and first lady was Briony Curtis in overall 28th place in 40:07.

Twin Piers Half Marathon: St Annes, March 13th

60th Duncan Richardson 1:38:58; 102nd (12th F) Vicky Robinson 1:45:59. First of 229 was Paul Muller (MV50) of Horwich RMI Harriers in 1:18:35 and first lady in overall 23rd place was Katie Mellor of City of York in 1:30:13.

Fiensdale Fell Race: Chipping, March 19th

34th Peter Singleton 1:13:47. In pleasant spring-like conditions the winner was Shaun Godsman of Calder Valley FR in a new course record of 54:05. He was 2mins 59secs ahead of the 2nd runner Andy Brown of Clayton-le-Moors. First lady was Caroline Holden of Helm Hill Runner in 1:18:7. 67 finished. It was reported that one of the male runners injured his leg in a descent to one of the check-points and Bowland Mountain Rescue went to his aid and transferred him to a waiting ambulance.

Rome Marathon: March 20th

2675th Dave Dyson c 3:37:33, 3:38:29; 7572nd Dave Brooks c 4:18:01, 4:19:57 (with an injured calf). First of 12611 was Chumba Dixon Kiptolo of Kenya of 12611 in 2:08:45.

Wilmslow Half Marathon: March 27th

Steve Waterhouse 83rd (1:19:23) c 81st (1:19:06); David Twizell 1340th (1:48:09) c 1372nd (1:47:01). First of 3753 was Jean Ndayisenga of Birchfield Harriers in 1:04:24 and 1st lady was Julia Briscoe of Wakefield Harriers in 1:13:29.

Liverpool Half Marathon: March 27th

Dave Robson 1665th 1:49:02, c 1571st 1:43:13. First of 6269 was Blackburn Harrier's Ben Fish in 1:07:41.

Muddy Bottoms 17 Mile: March 27th

42nd Peter Gibson 3:37:15; 43rd Jeffrey Wright 3:7:15. First of 56 was Chris Whitlock of Wesham RR in 2:25:07.

Great Grizedale Trail Run (10 Miles): March 27th

110th Kevin Woods 78:49; 174th Anthony Blight 85:55. First of 274 was Ben Abdelnoor of Ambleside AC in 55:45

Athletic Profile – Helen Clitheroe:

Helen Clitheroe won her first major International gold medal in the 3000m at the age of 37 in the 2011 Indoor



European Championships held in Paris. It was a fascinating race after cagy slow run first 12 laps, Helen took the lead with three laps to go and pushed the pace on, but it was not a decisive move. At the bell, with 200m to go Poland's Lidia Chojecka took the lead and made a bid for her third European Indoor title, but Helen reacted immediately and did not let Lidia get away. Helen overtook Lidia in the back straight and held onto the lead as a fast finishing Olesya Syreva of Russia tried to overtake Helen on the line, with Helen holding on by 3/100th of a second.

Afterwards Helen summed up her feelings: **“This is what I’ve been waiting for all these years. I still didn’t know even when I crossed the line; I could feel the Russian coming up on the outside. There have been many years of trying and to have a gold medal? To win a gold medal when I’m team captain? Oh my gosh, I’m going to enjoy this.”** Helen paid tribute to her schoolteacher husband Neil, who encouraged her to continue her athletic career, when she considered retirement and supported her financially as Helen was dropped from Lottery funding, after failing to make the top eight at the 2009 World Championships. Helen also paid tribute to her coach John Nuttall and Trevor Painter who helped her last year.

Helen has had a long and distinguished National and International career. Helen Teresa Pattinson was born in Preston on January 2nd 1974. During the first years of her athletic career, Helen's main event was the 1500m, where she was second in the AAA Championships from 1998 to 2000 and in 2001 she was finally crowned Champion and again in 2006. At International level she had significant success with a 1st place in the 2000 European Cup and 4th places in the European Championships in 2005 and 2007. In the 2002 Commonwealth Games she won her only International medal a bronze up until this year's European Gold.

In 2007, Helen moved up to the 3000m Steeplechase, breaking the British record and was first in the Olympic Trial in 2008. In the Beijing Olympics she set another British record of 9:29.14 in the heats, but just failed to qualify for the Final. Helen now looks forward on the track to contesting the 5000m.

Off the track she has had success in cross country, representing Great Britain for eight consecutive years from 1998 at the World Championships with her best performance of 19th in the short course race in 2004. Among her many successes on the road, she was first lady from 2004 to 2009 at Ribble Valley 10K race. *As it starts and finishes in Clitheroe possibly it should be renamed 'Helen Clitheroe 10K'!* Last year we were cheated of a potentially exciting race by a fall of snow hours before the start, which led to its cancellation. Both Hatti Dean and Charlotte Purdue were due to compete as well as Helen.

At next year's London Olympics Helen Clitheroe will be aged 38. It would be fantastic if she was able to put the icing on the cake of her already successful athletic career with an **Olympic medal!**