



WYLDEFYRE



August 2011 No 15

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

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; MT - Multi-Terrain CE - Combined Events; NA - Northern Athletics; CH Club Handicap; IC - Inter Club; CBP - Championship Best Performance; Ch - Championship; CC - Club Championship; 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; w/s - wind speed.

Editorial

July started with eleven BWFAC athletes competing for Lancashire Schools in the English Schools Championships. There was some success with Chloe Needham and Lauren Gowland particularly pleased with their individual events and Katy Wyper & Lydia Critchley clutching silver relay medals. Congratulations to all who competed.

Although there have been some great individual performances, team-wise this season has been disappointing with the YAL team failing to qualify for the end of season finals and the Senior team facing relegation. Last year we won the Lady's and Men's Mid Lancs titles, but this season the chances of retaining the titles are looking doubtful.

You may notice that there is no report or results on the third Inter-club fell race. That is because no club member took part. Possibly it was pre-race information stating that full body cover was required that put people off. Well it was a beautiful day on a scenic course and there and there was no need for cover. I wish I had been fit enough to run - it looked a treat.

The month ended with fifteen members going to Leigh to represent Lancashire & the Isle of Man in the Northern Inter Counties. It was a successful excursion with the team coming an excellent third and many good performances by BWFAC members particularly by Jake Walley who scored a massive PB and club record of 2:02.32 over 3½ second improvement, placing him 11th in the UK rankings.

Woody

FORTHCOMING EVENTS

02/08/11	Trafford Grand Prix Sprints/Hurdles/Jumps
03/08/11	Handicap, New Road
03/08/11	Chorley Harriers & Tri Trail Series (4/4) Astley Village
04/08/11	Cuerden Valley Badger 10K TR (3/3)
05 & 06/08/11	AVIVA London Grand Prix
06 & 07/08/11	NA U17 & U15 T&F Champs Cudworth
07/08/11	London Disability Challenge
07/08/11	*Wagon & Horses Lancaster & Sale 10M
07/08/11	Fenton Fitness Octathlon Catterall Garstang
09/08/11	Trafford GP Dist/Throws inc Nth Ath Sen/U20W SC Champs
09/08/11	Run' Spec 7M Clayton-le-Moors MT & Wavertree Mystery 5K
10/08/11	*Chorley Inter Club
10/08/11	Ulverston 10K RR & Saddleworth 6M Greenfield Oldham
11/08/11	Manchester 5K Sizzler (4/4)
13/08/11	Mid Lancs T&F League Preston
13 & 14/08/11	England U15/U17 CE Championships Stoke
14/08/11	NA League Match Wigan
14/08/11	NVAC 10K Bispham (NVAC & CLGP members only)
14/08/11	Chernobyl Challenge 10K
14/08/11	2nd UK backwards Running Champs 1M Heaton Park M/c
16/08/11	Trafford GP Sprints/Hurdles/Jumps & Oswaldtwistle 6M TR
17/08/11	*Golf Ball FR 5.5M/800' Rossendale
17/08/11	Horwich Jubilee Series (4/4) Rivington & Knowsley Trail Race
20/08/11	England Athletics U17/U15 Champs Bedford
20/08/11	Darwen Gala FR 3.7M/930' & Junior Races
20/08/11	Litherland Open Medal Meeting
21/08/11	U11s T&F Blackpool
21/08/11	Birchwood 10K/Fun Run & Warrington Stockport 10K
21/08/11	Sedbergh FR 14M/6000' , Eng & Brit Senior Champs
23/08/11	Trafford Grand Prix
24/08/11	Predictor TR 5.72M Stanah Wyre Country Pk & Harrock Hill FR
27/08/11	Lancaster 5K (4/5)
27/08/11	Mid-Lancs T&F League (Medals Meeting) Wigan
27/08/11	Pendleton FR 5M/1500m & Chipping Show FR
27 to 28/08/11	Lancs AA inc North-West Combined Events Open Sports City
27/08 to 4/9/11	IAAF World Championships Daegu Korea
28/08/11	East Manchester 10K & Fleetwood HM
29/08/11	Trafford Open Medal Meeting
31/08/11	September Handicap New Road
01 to 04/09/11	Sainsbury's UK School Games Sheffield
01/09/11	Club Fun Athletic event
03/09/11	Lakeland 14K TR Keswick & Kirkby Stephen 10K
03 & 04/09/11	YAL Auxiliary Final & full Final
04/09/11	Pendle Open Seedhill track at Nelson
04/09/11	Gt Eccleston Scouts Fast 4 Miler & Ben Nevis FR 10M/440'
04/09/11	Hilton Blackpool 10K/Half Marathon & Southport Beach 10K
04/09/11	Ulverston Charter 5K; Gosforth 10K Octathlon Catterall
06/09/11	Trafford Grand Prix

June's Athletes of the Month

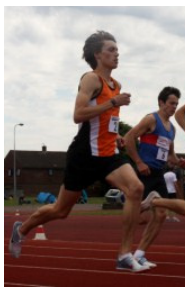
Annie Bradshaw and Luke Minns were the recipients of this month's award.

Annie Bradshaw has represented the club with distinction primarily in the 800m where



during June she set a PB of 2:31.8 and improved her High Jump PB by 8cm to 1.40m and is now ranked 20th U13 girl.

During June Luke Minns had impressive success at the North of England Championships, where in a close race he won Bronze in 1:52.40 and the



following week at the Aviva England U20/U23 Championships at Bedford, again won Bronze this time in the 1500m in of 3:47.78. Ranked 27th U23 in the 800m.

Also nominated was Ash Colvin who made a stunning debut at the final Young Athletes meeting at Spenborough, winning the 75m sprint, High Jump and Shot Putt.



Katie Wood has competed in the throwing events in all Northern Athletics League this season.

Oliver Hopkins won the 400m in the Lancashire Schools Championship with a PB of 50.6 which qualified him to compete in the English Schools Championship at Gateshead. Oliver is ranked 17th U17M in 400m.



- 07 to 13/09/11 Isle of Man Commonwealth Youth Games
- 07/09/11 *Red Rose Inter Club Leyland (7pm start)
- 08/09/11 Wavertree Mystery 5K (5/5)
- 10/09/11 Gt Westmorland TR 7.5M/1200' Kirkby Stephen
- 11/09/11 Winter Warm-up T&F meeting and Autumn 5K
- 17/09/11 North-west Road Relay Champs Sefton Park Liverpool
- 18/09/11 *Garstang Half Marathon
- 21/09/11 Knowsley Trail Race Series
- 22/09/11 Ron Hill 73rd Birthday 5K
- 24/09/11 Northern Athletics Road Relay Champs Birchwood
- 24/09/11 Gt Langdale Marathon/Half & Scafell Pike FR 4.5M/3000'
- 25/09/11 *Run Preston 10K 5K & Fun Run
- 25/09/11 Viking Chase FR, Eng Jun Champs Carlton
- 25/09/11 Open T&F meeting, Stanley Park Arena
- 25/09/11 Fleetwood Triathlon & Kendal Sprint Triathlon
- 01/10/11 N'thern Athletics XC Relay Champs & Coniston TR 9.3M/1750'
- 08/10/11 Red Rose XC League Leigh
- 09/10/11 Lytham Hall Autumn 5K & Chester Marathon
- 15/10/11 National 6/4 Stage
- 16/10/11 *Green Drive 5 Mile
- 22/10/11 Red Rose XC League Hyndburn
- 29/10/11 Mid Lancs XC League
- 05/11/11 English XC Relay Championship Mansfield
- 12/11/11 Red Rose XC League Bolton
- 19/11/11 Northern 10 Mile Road Running Champs Brampton to Carlisle
- 20/11/11 Preston 10M
- 26/11/11 Mid Lancs XC League Liverpool & Wesham 10K
- 03/12/11 Red Rose XC League Rossendale
- 04/12/11 Guys 10M Bilsborrow
- 10/12/11 Mid Lancs XC League
- 27/12/11 Northern 10k Road Running Champs Ribble Valley Clitheroe
- 07/01/12 Lancs XC Championships
- 14/01/12 Mid Lancs XC League
- 21/01/12 Northern XC
- 11/02/12 Mid Lancs XC League
- 18/02/12 English National XC
- 03/03/12 Mid Lancs XC League

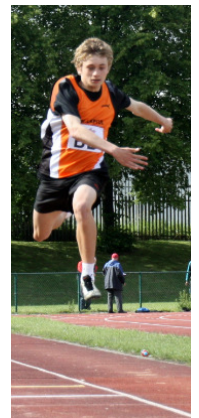


Stuart Robinson was first in the Preston Inter club and has been a constant supporter of the Northern Athletics League in the 5000m and at the last meeting in June also competed in the 1500m.

main focus, the help the club has Jump and Triple at the Northern Luis Blyth has Young Athletes season primarily in the Long Jump, Triple Jump and on the track in the 400m. At the last YAL meeting at Spenborough Luis set new PBs in both the Long and Triple Jumps.



Andy Stubbs has performed well in his sprint events, but to competed in the Long Jump to pick up points Athletics League. competed in all League meetings this



REPORTS & RESULTS

English Schools T&F Championships:

Gateshead July 1st & 2nd

ES

NS – National Standard; ES – Nat Champ Entry Standard.

Senior Boys: L J F James Davies 7th 6.67m.

Inter Boys: 400m h Oliver Hopkins 4th 50.13 q ES CR, SF 7th 50.31 ES. Former BWFAC member Ben Everson was 4th in the 3000m in 8:56.00 ES.

Junior Boys: 800m h3 Jake Walley 9th 2:07.07.

Senior Girls: 100m h1 Katy Wyper 6th 12.94; 400m h1 Lydia Critchley 57.23 ES. PV F Loryn McCrudden 8th 2.70m. 4x100m Lancashire h1 1st 49.19 ES, F 2nd 48.90 NS (Lydia Critchley, Katy Wyper and Sasha Byrom & Amy Lupton of Preston Harriers).

Inter Girls: 100m h1 Sophie Riley 4th 12.6 ES; 3000m F Lauren Gowland 7th 10:23.24 ES PB, Jodie Ferguson 13th 11:10.74; HT F Chloe Needham 4th 38.79m ES PB CR

Junior Girls: 200m h1 Kate Lawler 4th 25.92 ES PB.

Everyone performed well although James Davies will be disappointed that he did not get closer to 7 metres in the Long Jump; as will Loryn McCrudden not being able to get closer to 3 metres in the Pole Vault; although posting a good time Sophie Riley will probably also be disappointed not to progress beyond the heats of the 100m, having reached the final of the 200m last year and Katy Wyper was very disappointed with her run in her individual 100 metres.

The English Schools Championships is a competition of the highest standard and although Jake Walley, Kate Lawler and Lydia Critchley did not progress beyond the first round, all performed well posting times close to their PBs and in the case of Kate a new PB. Lauren Gowland equalled her performance of last year, again coming an excellent 7th, but with a time over 4 seconds quicker. Oliver Hopkins set a new club record in progressing to the semi-final of the 400m. Chloe Needham probably had the best result, with a good series of throws, setting three PBs in the Hammer Throw competition to claim fourth place.



Although the 4x100m team progressed to the final after coming first in the heat, there was some talk of returning back to back Lancashire before the final. Thankfully wiser counsels prevailed and the Lancashire team were allowed to compete. They were against other county organisations generally larger than Lancashire, but came an excellent runner-up behind Surrey (48.45) and ahead of Hampshire, Merseyside, Northumberland, Durham and London who dropped the baton – Ops!

As a team Lancashire won two other medals: Harry Coppel winning Bronze in the Inter Boy's Pole Vault with 4.30m and Rachel Williamson (both of Wigan & District) winning Gold in the Inter Girl's Triple Jump with 11.88m. Other

fourth positions as well as Lauren's were Rhiann Beaumont of Preston Harriers in the Inter Girls Javelin with 38.90m, Louie Perruzza in the Junior Boy's 100m with 11.23 and Ben Everson all were 4th. Other good performances were Hyndburn's Marnie Shirtcliffe's 6th in the Junior Girl's Javelin with 33.43m, Lancaster & Morecambe's Maxine Meju's 5th in the Inter Girl's 200m with 25.42 and Preston's Amy Lupton's 5th in the Senior Girl's Javelin with 41.65m.

Northern Athletics League: Preston July 3rd NA

Ladies: Lucy Mansfield 100m 'A' 2nd 13.1; 200m 'B' 2nd 26.5; DT 'B' 6th 9.69m. Alicia Johnston 100m 'B' 4th 13.7; 200m 'B' 1st 27.3; 100mH 'B' 3rd 18.9; JT 'A' 14.37m; TJ 'B' 1st 9.92m. Laura Gillhespy 400m 'A' 5th 62.9. Lucy Minns 400m 'B' 4th 65.2 PB; 800 'B' 2nd 2:28.5 PB. Lauren Burrell 800m 'A' 5th 2:26.6. Stasia Bligh 1500m 'A' 6th 5:26.3; 3000m 'A' 4th 11:26.5. Beth Towers 100mH 'A' 2nd 15.8. Rebecca Todd HT 'A' 5th 30.99m; DT 'B' 6th 14.31m SP 'B' 3rd 7.86m. Katie Wood HT 'B' 3rd 30.27m; DT 'A' 4th 26.85m; SP 'A' 5th 8.75m; JT 'A' 6th 14.69m PB. Katy Wyper L J 'A' 3rd 4.99m. Vicky Huyton L J 'B' 5th 2.34m. Taegan O'Hara TJ 'A' 4th 9.76m. Natasha Johnson TJ 'B' 4th 8.70m. Sarah Lawrenson HJ 'A' 4th 1.50m. Tanya Wright PV 'A' 3rd 2.30m. 4x100m 1st 50.2 (Katy Wyper, Lucy Mansfield, Alicia Johnston, Beth Towers). 4x400m 4th 4:22.1 (Stasia Bligh, Laura Gillhespy, Lauren Burrell, Katy Wyper).

Men: Simon Wells 100m 'A' 4th 11.7; 200m 'A' 4th 23.4. Nick Costello 100m 'B' 3rd 11.8; Ted Romney 200m 'B' 3rd 23.6; Alex Bale 400m 'A' 2nd 50.4; Marcus Quarmbury 400m 'B' 2nd 51.2. Jack Scarr 800m 'A' 3rd 2:00.3; 1500m 'A' 4th 4:16.7; 5000m 'B' 4th 17:53.3. Daniel Quarmbury 800m 'B' 5th 2:08.9. Stuart Robinson 1500m 'B' 4th 4:19.7 PB; 5000m 'A' 3rd 15:42.4. Luke Berry 3000m SC 'A' 4th 10:37.9. Jon Rutter 110mH 'A' 5th 24.8; 400mH 'B' 4th 73.4; L J 'A' 6th 4.91m; TJ 'A' 6th 10.62m; HJ 'B' 5th 1.60m. Declan O'Hara 110m 'B' 3rd 22.8; PV 'B' 1st 3.50m. Dominic Garrett 400mH 'A' 3rd 61.4; HJ 'A' 5th 1.60m. Syd Bashforth HT 'A' 3rd 30.85m; SP 'A' 9.29. Bob Wyper HT 'B' 3rd 28.82m; DT 'B' 2nd 26.83; JT 'A' 6th 28.87m. Dave Myerscough DT 'A' 4th 28.53m; JT 'B' 6th 23.49; SP 'B' 4th 9.24m. Andy Stubbs L J 'B' 4th 4.13m; TJ 'B' 6th 8.95m PB. Matt Wright PV 'A' 2nd 4.20m. 4x100m 3rd 45.7 (Ted Romney, Nick Costello, Declan O'Hara, Simon Wells). 4x400m 4th 3:30.7 (Alex Bale, Marcus Quarmbury, Dominic Garrett, Dominic Broughton).

Match Result: 1st Preston Harriers 414 pts; 2nd Sale City of Manchester 375 pts; 3rd Blackburn Harriers 332.5 pts; 4th Lincoln Wellington 323.5 pts; 5th Holmfirth Harriers & AC 320 pts; 6th BWFAC 312 pts.

League Standings: 1st Sale City of Manchester 14 pts (1081); 2nd Preston Harriers 12.5 pts (1100); 3rd Blackburn Harriers 12.5 pts (1045.5); 4th Lincoln Wellington AC 10 pts (954.5); 5th Holmfirth Harriers 9 pts (985); 6th BWFAC 5pts (937).
Match points in brackets.

It was a very warm and sunny day for this third fixture. After the first two meetings the club was bottom of the

league, facing relegation and needed to finish 1st or 2nd to have any chance of avoiding the drop. I wish I could report that a miracle occurred, but I am afraid to say it didn't and we again finished sixth.

However on such a lovely day no one could be depressed for long and as always there were some good performances, particularly from some of our junior members. All the athletes performed well, with some athletes competing in several events, which inevitably meant they could not always achieve their own high standards in every event. In particular Jon Rutter with two hurdle and three jump events and Jack Scarr in the three distance events. The young athletes performed well with Lucy Minns scoring PBs in the 800m and 400m; Lauren Burrell with a good 800m and overtaking two of the opposition in the 4x400m relay, Rebecca Todd in the throws and Taegan O'Hara & Tash Johnston in the Triple Jump.

Despite a long journey to Gateshead to compete on the two previous days in the English Schools Championships, Katy Wyper came along to support and ended up competing. Katy was in excellent spirits having been a member of the silver medal winning Lancashire team. Katy competed in the Long Jump and the two relays and had even contemplated running the 400m Hurdles until Coach Derek Newton put his foot down.

All clubs try to get an extra point or two with athletes making a token effort at unfamiliar events. I had to smile at Libbie Read of Lincoln Wellington AC in the 100m Hurdles, who carefully, almost delicately, stepped over each hurdle, breaking into a gentle jog between each of the barriers and finishing in the 'magnificent' time of 36.2. However it was well worth the effort as she came 4th and picked up three points for her club.

The final fixture is on **August 14th at Witton Park in Blackburn**. Sadly the club is now beyond even the help of miracles and this will be our final fixture in the First Division. Hopefully we can go out on a fighting performance.

Club Handicap: July 6th

CH

Jenny Ryan 31:47; Jim Unsworth 21:19; Andy Woodward 22:04 PB; Liam Craine 22:43; Nick Hume 25:50; Martin Bates 23:22; Tony Croft 29:54; Karen Dunford 27:42; Mike Golden 25:19; Anthony Blight 27:51 100th Handicap; Peter Gibson 26:52; Bob Newman 27:21; Les Endean 24:13; Vicky Robinson 29:23; Graham Davies 24:59; Mike Maume 27:56; Larry McGee 33:04; Ian Close 26:21; Dave Brooks 26:28; Dan Child 32:41; Colin Dyczka 36:39; Dawn Lock 41:44 DR; Hilary Goorney 41:44; Liz Routledge (W) 46:00. Timekeeper: Liz Airnes. Helper: Tony Airnes.

Although a wet evening, Andy Woodward continued to improve his PB and Anthony Blight ran his 100th Handicap.

English Schools' Cup Final: Abingdon July 9th

Jess O'Neill (U15G) **200m** 3rd 27.6 **PB**, L J 6th 4.46m; Kate Lawler (U15G) **200m** 2nd 26.5; Lindsey O'Brien (U17W)

300m 19th 51.4 **PB**, JT 7th 26.07m; Beth Everson **800m** 4th 2:31.2, HJ 2nd 1.45m; Imogen Pierce **1500m** 6th 5:14.3; Fiona Lockhart (U15) **75mH** 8th 13.0 **PB**;

Wesham's Inter Club: July 18th

IC

Stuart Robinson 1st 22:51; Tom Cunningham 4th 23:19; Phil Leybourne 5th (2nd V) 23:28; John Wright 13th (4th V) 25:05; Luke Berry 14th (2nd JM) 24:21; Andy Woodward 21st 26:07; Steve Waterhouse 14th (4th V) 24:28; Caroline Betmead 22nd (1st F & 8th V) 26:10; Peter Broome 45th (22nd V & 10th V50) 27:54; John Houghton 48th (25th V & 13th V50) 28:03; Trevor Utley 49th (26th V) 28:13; Liam Craine 50th 28:16; Les Endene 53rd (27th V & 14th V50) 28:33; Bev Wright 56th (4th F, 29th V & 15th V50) 28:42; Jamie Midgley 70th (6th JM) 29:42; Brandon Willoughby 74th (44th V & 20th V50) 29:52; Duncan Richardson 77th (47th V); Nick Hume 92nd (58th V & 25th V50) 30:59; Dave Skinner 103rd (68th V & 29th V50) 31:46; Laura Lawler 111th (17th F & 74th V) 32:20; Bob Newman 115th (78th V, 35th V50 & 3rd V60) 32:40; Peter Gibson 119th (82nd V & 36th V50) 32:47; Steve Minto 122nd (84th V, 38th V50 & 4th V60) 33:00; Kevin Woods 124th (86th V & 40th V50) 33:02; Tanya Ashworth 127th (24th F & 88th V) 33:13; Anthony Blight 132nd 33:55; Karen Dunford 137th (28th F & 95th V) 34:33; David Twizell 143rd (101st V & 44th V50) 35:23; Bob Massey 147th (104th V, 46th V50 & 6th V60) 35:35; Tony Croft 154th (110th V, 49th V50 & 7th V60) 36:07; John Winters 161st (115th V, 51st V50 & 9th V60) 36:30; Norman Greenwood 172nd (126th V, 57th V50 & 13th V60) 38:25; Hilary Goorney 199th (53rd F, 144th V, 71st V50 & 22nd V60) 43:59. (Overall position excludes guest runners).

Overall Team Results:

Open: Preston Harriers 1st 141; **BWFAC** 2nd 224; Wesham RR 3rd 235; LSARR 4th 455; Red Rose 5th 683; Chorley Harriers 6th 979. **Ladies:** Preston Harriers 1st 40; Wesham RR 2nd 47; **BWFAC** 3rd 74; LSARR 4th 107; Red Rose 5th 130; Chorley Harriers 6th 330. **Vets:** Preston Harriers 1st 41; **BWFAC** 2nd 87; Wesham RR 3rd 90; Red Rose 4th 156; LSARR 5th 193; Chorley Harriers 6th 386. **Vet 50:** Preston Harriers 1st 19; Wesham RR 2nd 25; **BWFAC** 3rd 56; Red Rose 4th 63; LSARR 5th 94; Chorley Harriers 6th 184. **Vet 60:** **BWFAC** 1st 13; Wesham RR 2nd 14; Chorley Harriers 5th 30; Preston Harriers 4th 42; Red Rose 3rd 50; LSARR 6th 94.

Like last year it was wet, however 217 (including 10 guests) still ran the 4½ mile course around Salwick. **BWFAC** had probably the lowest number of ladies running for some time, just six and consequently we did not win this category. However Caroline (first lady) continued good form and again ran splendidly, as did Bev, who seemed to have shaken off foot problems to come 4th lady. Last year when Caroline ran, it was her last race before she went in hospital for corrective surgery on her leg. She was 57th and 6th lady in 28:41, 2½ minutes slower than this year and in similar conditions. That indicates the progress Caroline has made since her return to competition. Stuart again won ten sec-

onds ahead of Gethin Butler of Preston Harriers and Tom Cunningham, back from university, demonstrated good form to come fourth and help the open team to second place.

Afterwards everyone was invited back to the Lane Ends Pub for an excellent buffet. It was also **Sarah Sherratt's 40th Birthday**. Sarah is a popular and active member of Wesham Road Runners.

Elswick Express 10M: July 23rd **CC**

Steve Waterhouse 12th (2nd MV40) 59:54; **Bev Wright** 38th (4th F & 1st FV50 1:07:16; **Brandon Willoughby** 49th (3rd MV50) 1:11:12; **Bob Newman** 62nd (1st MV65) 1:16:19; **Dave Brooks** 73rd 1:19:17; **Jeff Wright** 75th 1:19:28.

First 130 of was Steve Littler of Wesham RR in 53:41 and first lady was Sarah Lomas (20th) of Stockport Harriers in 1:02:25.

Mid-Lancs T&F League: Blackburn July 23rd **ML**

SM: Dominic Broughton **100m** 3rd 11.9, **L J** 3rd 5.76m; Adam Snape 5th **100m** 12.1, **HJ** 1st 1.90m **PB**, **TJ** 1st 13.16m **PB**, Syd Bashforth **HT** 3rd 31.08m, **SP** 1st 9.23m, **DT** 2nd 29.86m; Chris Senior **HT** 5th 18.26m.

U17M: Henry Taylor **100m** 1st 12.1 **PB**, **200m** 1st 24.5 **PB**, **DT** 4th 17.31m; Tyler Davies **100m** 4th 12.4, **200m** 3rd 25.4; Luis Blyth **L J** 1st 5.68m; **TJ** 1st 12.01m.

U15B: Jordan Birch **100m** 3rd 13.3, **200m** 5th 30.3; Robbie Morris **200m** 8th 27.0 **PB**, **L J** 3rd 4.51m, **DT** 4th 22.26m **PB**, **JT** 4th 28.61m; Ashley Hails **200m** 13th 29.0, **L J** 5th 4.29m, **HJ** 5th 1.30m; Dom Lavelle **200m** 14th 29.4 **PB**, **L J** 6th 4.19m, **HJ** 3rd 1.40m; Declan Darnborough **400m** 12th 72.5, 15th **800m** 2:45.2; William Eccleston **800m** 7th 2:17.0; Jake Lonsdale (U13) **800m** 9th 2:22.4.

U13B: Samuel Matthews **100m** 6th 14.6, **200m** 3rd 29.9, **L J** 24th 3.12m; Oliver Tomlinson **100m** 4th 14.3, **200m** 7th 30.4, **L J** 10th 3.72m; Harry Mercer 5th 14.3; **L J** 6th 3.78m, **DT** 5th 15.84m, **SP** 2nd 6.67m; Nick Aziz **100m** 7th 14.7, **200m** 4th 29.5; Thomas Matthews **100m** 11th 15.6, **1500m** 9th 5:27.1, **L J** 8th 3.77m; Ciaran Johnson **L J** 4th 3.78m, **DT** 1st 19.61m, **SP** 3rd 7.71m; Louis Walker **DT** 3rd 18.04m **PB**; **JT** 3rd 26.27m; **4x100m Relay** 2nd 56.7.

SW: Caroline Betmead **1500m** 1st 5:02.9, Jodie Ferguson (U17W) **3000m** 1st 10:43.3; Kelly Smith (U15G) **3000m** 4th 11:35.9m **PB**; Vicky Huyton **HT** 1st 19.07m;

U17W: Cassidy Knight **100m** 2nd 13.1, **200m** 2nd 27.5, **JT** 5th 14.90; Taegan O'Hara 5th **100m** 14.0, **L J** 4th 4.44m, **TJ** 4th 9.42m; Brittany Shaw **100m** 9th 14.2; Natasha Johnston **100m** 7th=14.1, **L J** 7th 4.03m, **TJ** 10th 8.79m; Chloe Needham **HT** 1st 38.35m.

U15G: Eleanor Robertson **100m** 3rd 13.9, **200m** 6th 28.9 **PB**; Jordan Dixon **100m** 9th 14.1, **200m** 2nd 28.3, **JT** 4th 23.51m **PB**; Jess O'Neill **100m** 10th= **200m** 8th 29.2, **L J** 6th

4.33m; Kayleigh Eccleston **100m** 10th= 14.5, **200m** 13th 29.8, **JT** 9th 0.00; Sophie Laycock **100m** 15th= 14.9, **200m** 19th 31.4; Ellie Gibson **100m** 21st 15.7, **200m** 4th 32.2; Kate Lawler **200m** 1st 27.9, **300m** 1st 42.9; Molly Betmead **800m** 5th 2:28.1; Fiona Hockey **800m** 7th 2:33.9, **HJ** 4th 1.40m **PB**; Alisha Johnson **800m** 9th 2:42.5, Katrina Kelly **L J** 10th 4.22m, **SP** 2nd 9.20m **PB**, **DT** 1st 21.71m; **4x100m** 2nd 55.0;

U13G: Ash Colvin **100m** 1st 14.2 **PB**; **200m** 1st 28.90 **PB**, **HJ** 2nd 1.30m; Hannah Maskill **100m** 11th= 15.40, **200m** 15th 33.1; Deni Impett **200m** 8th 31.3, **1500m** 2nd 5:22.3 **PB**; Annie Bradshaw **800m** 5th 2:38.9; Jessica Rogers **L J** 11th 3.17m, **HJ** 3rd 1.30m **PB**, **SP** 11th 4.06m; Molly Scarr **HJ** 5th= 1.20m **PB**; **4x100m** 3rd 60.5.

The **BWFAC Male team** scored 163 points and finished 4th behind Preston Harriers (202.5 pts), Blackburn Harriers (194.5 pts) and Hyndburn (184 pts). The men were first before the Blackburn meeting and were still in first place with 727.5 points, but Preston has closed up with 684.5 points and Hyndburn are third with 641.5 points.

The **Female team** scored 138.5 points finished 3rd behind Preston Harriers (227.5 pts), Hyndburn (160 pts). In the league the Women were in second behind Hyndburn before the start of the meeting and we are still second with 640 points, with Hyndburn first with 675 points. Preston scored well and has moved up to third on 616.5 points.

There are five league meetings with best four to count, which means the worst score will be discarded. In the case of the Preston women, this will be particularly helpful as they will be able to discard the score of 43 from the Lancaster meeting.

Summer came to the Mid Lancs competition. After a rather damp Hyndburn, it was pleasantly warm and sunny at Witton Park, with a cooling breeze, which unfortunately was against for the sprinters.

I was helping on the long throws at Witton Park. At Hyndburn the Shot Putt took place in a 'swamp' and we had to dig the shots out of the mud. Here at Witton Park there was no mud, but the ground was still quite soft and the Hammers were making considerable impressions when they landed. Simon Bissell of Sheffield Harriers was competing as a guest and was throwing the Hammer 50 metres plus. With such momentum the Hammers were boring their way over a foot into the ground and it took two of us extricate the implements.

Although the overall team results were a little disappointing, with both men and women finishing some way behind Preston Harriers, there were several good individual performances. In particular Henry Taylor with a double PB win in the U17 sprints was impressive and also in the U15G 200m and 300m Kate Lawler continued her good form with a double win, which augured well for the Northern Inter

Counties meeting. Caroline Betmead made her return to the track competition for the first time after several years, with a victory in the 1500m.

The final league meeting is at the Preston Track on August 13th and if BWFAC are to retain the Lady's and Men's league titles a massive commitment is required from all athletes, especially as this meeting is at our greatest rivals.

BAL Super 8 Semi-Final: July 23rd **BAL**

Men's Competition:

100m Simon Wells 3rd 11.4, 6 pts; **200m** Louis Schofield 4th 24.1, 5pts; **400m** Ted Romney 2nd 51.3, 8pts; **800m** Jack Scarr 2nd 1.59.3, 8pts; **1500m** Luke Berry 3rd 4.28.3, 6pts; **5000m** Stuart Robinson 3rd 9.01.8, 6pts; **110mH** Dominic Garrett 4th 22.4, 5pts; **Relay** 2nd 2.40.9, 8pts; **DT** 4th David Myerscough 29.21m, 5pts; **PV** Matt Wright 1st 4.20m 10pts; **JT** Dave Myerscough 4th 25.77, 5pts; **TJ** Declan O'Hara 2nd 12.76m, 8pts.

There were four teams competing and they finished as follows: Trafford 1st 108pts; Bolton 2nd 96pts; **BWFAC 3rd 85pts**; Liverpool 83pts. Trafford qualified for the final.

Women's Competition:

100m Katy Wyper 1st 12.2 **PB**, 10pts; **200m** Lucy Mansfield 1st 26.1, 10pts; **400m** Lydia Critchley 1st 58.3, 10pts; **800m** Lucy Minns 1st 2.32.5, 10pts; **3000m** Lauren Gowland 1st 10.43.9 10pts; **100mH** Beth Towers 1st 15.8, 10pts; **Relay** 1st 3.08.1, 10pts; **DT** Katie Wood 2nd 26.93, 8pts; **PV** Tanya Wright 1st 2.40m, 10pts; **JT** Alicia Johnston 2nd 18.52m, 8pts; **TJ** Alicia Johnston 1st 9.65m, 10pts; **HJ** Stacey Manning 1.30m, 8pts.

There were three teams competing and they finished as follows: **BWFAC 1st 114pts**; Trafford 2nd 50pts; Bolton 3rd 24pts. **BWFAC** had a strong team out and would have been strong favourites. However winning was made considerably easier as both Trafford and Bolton brought weakened teams. Particularly Bolton, who only contested the 100m, 200m and 400m. No doubt our women must have been disappointed not to have a stiffer contest. Katy had a very good 100m race scoring a PB of 12.2, which ranks her 20th U20W this year. Our women will contest the final on Saturday September 10th at Derby.

Aviva World Trials & UK Championship:
Alexander Stadium, Birmingham July 29th to 31st

Luke Minns 1500m h1 9th 3:53.78. Carl Myerscough **SP 1st 18.57m**; **DT 2nd 61.63m.**

Northern Inter Counties: Leigh July 30th **NIC**

It was hot day at the excellent athletic facility at Leigh for this competition involving nine teams: Lancashire and Isle of Man, Cheshire, Derbyshire, Greater Manchester, Humberside, Lincolnshire, Merseyside the North East and York-

shire. Below are the full results of the Lancs & IoM team with BWFAC members highlighted in tangerine. In the track races up to 800m there were heats and the overall positions are shown in brackets.

U17M 100mH h2 Joseph Pearse 3rd (8th) 17.41; Chris Mullarkey 4th (9th) 17.83. **U15B 80mH h2** Connell Doherty 3rd (8th) 12.92; **James Bamber** 5th (10th) 15.72; **U17W 80mH h2** Helena Leathley 4th (12th) 13.52; **Natasha Johnston** 5th (13th) 13.84. **U15G 75mH h2** Marnie Shirtcliffe 4th (11th) 13.25. **U17W 3000m** **Jodie Ferguson** 3rd 10:37.17; Megan Davies 10th 11.05.18. **U15G 200m h1** **Kate Lawler** 5th (5th) 26.58; h2 Sophie Warden 6th (13th) 29.21. **U17M 3000m** Adam Sciacca 2nd 9:10.67; Dominic Mahoney 11th 9:47.36. **U17M 100m h1** Josh Ingham 5th (8th) 11.92. **U15B 100m h1** Kieran Corbett 4th (4th) 12.09; **h2** Owen Hargreaves 1st (8th) 12.25. **U17W 100m h1** Maxine Meju 2nd (2nd) 12.56; **Sophie Riley** 3rd (3rd) 12.74. **U15G 100m h2** Charlotte Bolton 3rd (7th) 13.50; Charlotte Bawden 5th (10th) 13.65. **U17M 800m h2** Jamaine Coleman 1st (5th) 1:59.86; Ryan Sciacca 2nd (6th) 1:59.95. **U15B 800m h2** **Jake Walley** 1st (1st) 2:02.32 **PB CR**. **U17W 800m h1** Rachel Scott 3rd (3rd) 2:16.55; **h2** **Lauren Burrell** 3rd (8th) 2:24.27. **U15G 800m h1** Beth Blackwell 5th (5th) 2:20.98 **PB**; h2 Amy Moran 5th (13th) 2:31.58. **U17M 400m h1** **Oliver Hopkins** 2nd (2nd) 50.33; Jacob Weir 6th (6th) 51.61. **U15M 400m h3** James Salisbury 1st (2nd) 53.73 **PB**. **U17W 400m h2** Kirsty Fraser 2nd (8th) 61.54 **PB**; Helena Leathley 5th (13th) 63.65. **U15G 4x100m** Lancs team 5th 52.57. **U15B 4x100m** Lancs team 2nd 47.89. **U17W MedR** Lancs team 2nd 4:14.48. **U17M MedR** Lancs team 3rd 3:51.14. **U15G DT** **Katrina Kelly** 4th 23.12m **PB**; Natalie Pears 8th 18.78m. **U17M PV** **Matt Walker** 1st 3.60m; **Finn Walker** 3rd 3.40m **PB**. **U17W L J** Abbie Unsworth 4th 5.01m. **U15B SP** Liam Murray 8th 10.39m. **U17M HJ** **Robert Lockhart** 6th 1.75m **PB**; Joe Pearse 7th 1.70m. **U15G L J** Katy Sears 11th 4.58m; Zoe Unsworth 12th 4.51m. **U15B DT** James Lane 8th 27.24m. **U17M SP** **Peter Bridge** 7th 12.41m; Will Goodier 8th 12.17m. **U17W DT** Emily Lupton 1st 31.91m; **Chloe Needham** 4th 29.27m. **U15B L J** James Lane 11th 4.94m. **U15G SP** Marnie Shirtcliffe 5th 9.52m; **Katrina Kelly** 6th 9.49m **PB**. **U17W HJ** Reagan Dee 1st 1.60m; Sinead Kaneen 6th 1.50m. **U17M DT** Scott Jones 6th 36.92m; **Peter Bridge** 12th 24.11m. **U17M L J** **Luis Blyth** 8th 5.83m Chris Mullarkey 14th 4.87m. **U17W SP** Emma Lupton 5th 9.75m; Rhiann Beaumont 6th 9.62m.

It was in my opinion a very successful competition for the Lancashire & IoM team who finished third with 428 points behind Yorkshire with 554 points and the North East team with 486 points and finishing ahead of Greater Manchester and Merseyside. Afterwards team manager Margaret Crompton was very pleased with the result.

Fifteen **BWFAC** members made the journey and all contributed well to the Lancashire success; with Jodie Ferguson, Sophie Riley, Matt Walker and Finn Walker all scoring top three places and Robert Lockhart setting a PB in the High Jump and Katrina Kelly PBs in both the Discus and Shot Putt. However the performance of the day must go to Jake Walley who ran the 800m. He had been placed in the

slower of the two heats. However he ran away from the rest of the field, finishing over five seconds ahead of the second placed competitor. His time of 2:02.32 was the fastest of the two heats, a massive PB and a **BWFAC** club record.

Senior 10000m Stuart Robinson 8th 31:49.7. It was hot conditions for 25 laps of the tracks. There were 20 runners including one lady, Elinor Yates of North Shields Poly (who finished 20th in 42:10.1). Early on Ben Fish set the pace as a group of five broke away. Stuart Robinson was in the second group. At the front Peter Newton of Morpeth Harriers took the lead and broke away to finish in 30:09.3 **PB**. Ben Fish of Blackburn Harriers finished 2nd in 30:34.4, with Tom Cornthwaite of Northumberland FR 3rd in 30:37.9 **PB**. Stuart moved up to lead the second group and looked set for 6th place, but as he came round to start his final lap, with the winner already finished, there appeared to be confusion as to who had finished and who still had lap(s) to run and Stuart seemed to be told to finish. Stuart looked confused and slowed before restarting, and did well to finish 8th in 31:49.7 **PB**, but had lost two places.

Other Results:

Fairclough 5M: July 3rd

Caroline Betmead 7th (1st F & 1st FV35) 29:54; Andrew Woodard 8th 30:13; Tony Codling 14th (4th MV40) 32:07; Liam Craine 15th 32:11; Bev Wright 18th (2nd F & 1st FV50) 32:45; Duncan Richardson 23rd 34:23; Phil Burke 31st 36:33; Laura Lawler 36th (7th F & 3rd FV40); John Bradley 54th (1st MV70) 40:14; John Winters 59th (2nd MV70) 40:44; Jacky Blight 74th (16th F) 46:14; Hilary Goorney 82nd (20th F & 1st FV60) 49:11. First of 83 was Ryan Holroyd of Staffordshire Moorlands in 26:20.

Trafford Grand Prix: July 5th

400m Ted Romney 51.97.

Police Sport UK T&F Champs: Solihull July 6th

Laura Lawler 200m 3rd 35.9; 400m 4th 73.5; 1500m 4th 5:58.5.

Caldervale Supper Run: July 7th

David Brooks 18th 26:47. First of 47 was Steve Littler of Wesham RR in 19:54 and first lady was Mel Koth (13th) of LSARR 25:45.

BMC Nike Grand Prix: Solihull July 9th

800m C Luke Minns 7th 1:52.90. 5000m D Stuart Robinson 7th 15:08.08.

Carnival 5K: St Annes July 10th

Steve Waterhouse 4th 17:08; Caroline Betmead 8th (1st F) 17:55; Peter Broome 19th (3rd MV50) 19:15; Luke Wood 29th 20:15; Luke Williams 32nd (5th U18) 20:33; Nick Hume 36th 21:27; Norman Greenwood 76th (2nd MV70) 26:56. First of 106 was Paul Mannion of Astley & Tyldesley RR in 16:36.

Fun Run (1M): Maddison Betmead (aged 5½) 35th 8:55; Steven Betmead 36th 8:56; Benjamin Blight 51st 10:59; Julie Taberner 52nd 10:59; Samuel Blight 53rd 11:14; Jacqueline Blight 54th 11:15. First of 76 was Joe Monk of Chorley AC in 5:47 and first girl Caitlin Worthington (17th) in 7:47.

It was lovely warm sunny morning for these races. Undoubtedly this attracted a good entry for both races, but the organizational ability and promotion of the race done by Dawn Lock in the final couple of weeks certainly was a major reason in ensuring that the weekend was a success.

Trafford Grand Prix: July 12th

Stuart Robinson (SM) 1500m B 10th 4:20.81; 3000m h1 14th 8:50.88. Luke Berry (U20M) 1500m B 11th 4:24.48. Jack Scarr (U20) 800m h3 1st 1:59.53. Marcus Quarmby (U20M) 800m h4 1st 1:58.62 **PB**. Luke Minns (U23M) 3000m h1 3rd 8:27.49. Daniel Quarmby (U17M) 3000m h1 23rd 9:17.71. Chloe Needham (U17W) HT 6th 38.06m (1st U17W).

Endmoor 10K: July 13th

Tanya Ashworth 45th (10th F) 52:15. First of 64 was Eddie Simpson of Dallam RR in 35:08 and first lady was Louisa Tweedale of Carlisle Tri Club (19th) in 43:59.

England Senior & Parallel Success Outdoor

Championships: Bedford July 16th & 17th

Andy Stubbs (T45) 1st (7th) 12.77 100m Amb1 (w/s + 0.1); 200m Amb 1 (w/s + 2.8) 1st (5th) 25.6. 400m Amb Lisa Daley (T12) 1st 67.86. Max Eaves PV 1st 5.20m.

Kentmere Fell Race: July 17th

Peter Singleton 87th 2:08:06. First of 168 was Robb Jebb in 1:28:38 and first lady (44th) Fiona Hughes of Cambridge University in 1:54:55.

Trafford Grand Prix: July 19th

100m Alex Bale (U23M) h1 6th 11.3; Sophie Riley (U17W) h1 6th 12.73; 200m h1 5th 26.31. 400m Marcus Quarmby (U20M) h1 4th 50.43 **PB**; Ted Romney (SM) 1st 51.40. Marcus Quarmby scored a PB in the 400m. He has made great progress this season both in this distance and the 800m. Last year Marcus's best for the 400m was 52.48 and with the time of 50.43 is now ranked 80th U20M this year.

Watford Open:

1500m h12 Jake Lonsdale 4:37.51 **PB CR**. A time which improves on Antony Ford's U13 record by almost 12 seconds.

Lancaster 10K: July 20th

Laura Lawler 135th (26th F) 48:50. (This race was the Lancashire Police Road Race Championship and Laura finished first lady.) First of 235 was Will Smith of Helm Hill Runners in 34:28 and first lady was Lauren Cooper of Lancaster & Morecambe (27th) in 39:02.

BMC Grand Prix: Stretford July 23rd

Luke Minns 1500 B 6th 3:47.53

Lancaster 5K Race (3): July 23rd

Caroline Betmead 20th (1st F) 17:20; Howard Henshaw 92nd (2nd MV70) 32:35. First of 96 was Thomas Jorge of Keighley & Craven in 14:43.

Beach 10K: Blackpool July 24th

Norman Greenwood 25th (1st MV70) 54:30; Lynsey Taylor 38th (8th F) 1:04:56. First of 43 was Will Smith of Helm Hill

Runners in 38:02 and first lady was Carmel Sullivan (8th) of Wesham RR.

Trafford Grand Prix: July 26th

800m h3 Jack Scarr (U20M) 1st 1:57.71 **PB ncr**; h9 Lydia Critchley (U20W) 2nd 2:13.9 **PB ncr**. **1500m** h5 Luke Berry (U20M) 11th 4:22.62 **PB**; h7 Lauren Gowland (U17W) 6th 4:43.20 **PB**. **HT** Chloe Needham 7th (1st U17W) 37.47m; **DT** 8th (2nd U17W) 26.20m.

Round the Park Fireman Relays: B'pool July 29th

Jamie Midgley 15th (1st JM) 16:35; Stasia Bligh 23rd = (3rd F) 17:50; Alison Titterington 35th (7th F & 2nd FV50) 19:32; Laura Lawler 37th (9th F) 19:57; Norman Greenwood 43rd (1st MV70) 22:17. First of 52 was Steve Littler of Wesham RR and first lady was Sarah Ridehalgh (11th) 16:05 on a balmy evening on the pathways behind the Zoo.

Virgin Active London Triathlon: July 30th & 31st

Andrew Woodward 6th 2:18:55 (17-24 category)

Beetham Fell Run: July 30th

Gary Johnston 26th (4th MV50) 45:06; Peter Singleton 62nd 51:42; Bob Massey 90th 60:34; Tony Croft 96th 63:14; Bernard Singleton 98th 64:32. First of 104 was Craig Roberts of Kendal and first lady was Mairead Roche (15th) in 42:57.

Cliviger 6 Mile Road Race: Burnley July 31st

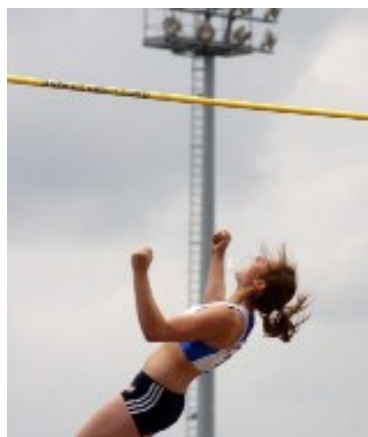
Bev Wright 39th (1st FV50) 42:08. First of 128 was Marc Hartley of Staffs Moorland AC in 32:23 and first lady was Candice Heys (11th) of Clayton-le-Moors in 38:20.

Trafford Grand Prix: August 2nd

100m h5 Katy Wyper 6th 12.68; **h6** Andy Stubbs 1st 12.60
400m Ted Romney 52.71.

Athletic Profile – Holly Bleasdale

Last year I was at Sportscity spectating at the North of Eng-



land U20/Senior Championship. As I was watching the Pole Vault, Wigan Harriers AC's Holly Bleasdale cleared the qualification height for the Junior World Championship and she was celebrating before she hit the mat. She went onto clear 4.27m. Two weeks

later she cleared 4.35m at the European & UK Championships to win silver in the Pole Vault. At the Junior World Championship, in Moncton, Canada, Holly won Bronze with 4.15m. That was last year.

This year Holly has continued to progress with domestic wins indoors at Manchester Pole Vault - 4.28m; Vault Manchester - 4.32m; European Trials & UK Championships - 4.35m and outdoors in the U20/U23 Championships - 4.53m. Abroad she has had several good performances

culminating in the UK record and world record for her age of 4.70m at Bauhaus Junior Gala at Mannheim in Germany at the beginning of July. This was a massive 17cm improvement on her previous best vault and said afterwards: "I couldn't believe I'd cleared it; I was in a state of shock." Bleasdale is now one of the top five vaulters this year in the world, just 5cm behind one of her athletic heroes, Anna Rogowska of Poland, who with Germany's Silke Spiegelburg, have both achieved 4.75m this year.

Holly was born in Preston on November 2nd 1991. As a little girl Holly was a bit of a 'tomboy', climbing trees and playing football with the local boys. She took up gymnastics and didn't join an athletic club until at the age of 14 was spotted by a Blackburn Harriers coach at a schools sports day. Holly soon became an accomplished athlete and competed in the 2008 English Schools 80m Hurdles and Combined Events Championships Heptathlon, before trying the Pole Vault. Holly still competes for her club, Blackburn Harriers & AC, when she can, in the Javelin, Shot, Long & High Jumps and Sprints.

During the 2008 season as an U17, Holly started competing in the Pole Vault, clearing 2 metres at the YAL meeting in Blackburn at the beginning of May and 2.20m at the Lancashire Championship at Blackpool a week later. She continued improving as she competed for Blackburn in the Young Athlete, National Junior and North of England Leagues finally reaching 2.80m by the end of the outdoor season. In October Holly attended a Pole Vault taster session run by Pole Vaulting coach Julien Raffalli-Ebezant, who has since guided Holly. By the end of the year she was winning the indoor Manchester Open with 3.10 metres and the next year cleared 4.05 metres to win the North of England U20 Championship.

After just three years in the event and still only aged 19, Holly is now a genuine Olympic medal contender next year, although she thinks her best chance will be at Rio in five years time – not bad eh! And an example that should encourage our own young vaulters to greater heights.

Stop Press: *Holly won the Gold in the U23 European Championship (14th to 17th July) in Ostrava, Czech Republic at with 4.55m and Blackburn team-mate Sophie Hitchon won Bronze in the Hammer with a PB and an UK record throw of 69.59m. At the UK Championship Holly won the Pole Vault with 4.56m and made an attempt at 4.71m to break her own UK record. Kate Dennison of Sale was 2nd with 4.40m and Sophie Hitchon won the Hammer with 67.69m.*

Other good performances by north-west athletes were: Anyika Onuora of Liverpool Harriers was 2nd in 100m and 1st in 200m finals and teammate Michael Rimmer was 2nd in the 800m; Jenny Meadows of Wigan & District won her first UK title in the 800m; Alex Smith and Mike Floyd both of Sale Harriers were both 1st and 2nd in the Hammer and finally Max Eaves was third in the Pole Vault with 5.20m.