



# WYLDEFYRE

September 2011 No 16

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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; L J - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; F - Final; ch - chip; i - indoor; m - metres; M - Mile; K - Kilometre; ' - feet; w/s - wind speed.

In this month's edition there are results and reports on the Northern U15/U17 Champs; the final Northern League match; the final Mid Lancs League fixture and Medals meet; **Sam Roger's** brainchild, the U11s Quadkids T&F; the Chorley interclub and monthly Handicap; as well all the other T&F and Road results. And a profile of Ed Moses.

## July's Athletes of the Month



This month **Katy Wyper** and **David Myerscough** were selected. Katy has been a constant competitor in the

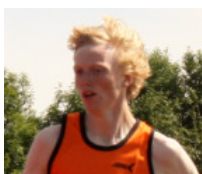
Northern League, putting in performances of the highest standard and last month set a new PB of 12.2 in the 100m race at the BAL Semi final match.



Likewise David has been a fixture in the Shot Putt, Discus Throw and Javelin for the Senior team.



Also nominated were **Katie Wood** and **Jack Scarr** also for their performances for the Senior team.



## FORTHCOMING EVENTS

- 01/09/11 **Club Fun Paarlauf & BBC** Blackpool Track
- 03/09/11 Lakeland 14K TR Keswick & Kirkby Stephen 10K
- 03/09/11 Ben Nevis FR 10M/4406
- 03 & 04/09/11 **YAL Auxiliary Final & full Final**
- 04/09/11 Great Eccleston Scouts Fast 4 Miler
- 04/09/11 Hilton Blackpool 10K/Half Marathon & Southport Beach 10K
- 04/09/11 Octathlon Catterall & Ulverston Charter 5K & Gosforth 10K
- 06/09/11 Trafford Grand Prix
- 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**
- 14/09/11 Helen Clitheroe 5K Gold Cowm Reservoir TR
- 18/09/11 **\*Garstang Half Marathon**
- 21/09/11 Knowsley Trail Race Series
- 22/09/11 Ron Hill 73<sup>rd</sup> 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'
- 02/10/11 Asics Natterjack Seaside 10K/Fun Run & Blp to Ftd 10M
- 08/10/11 Red Rose XC League Leigh
- 09/10/11 **Lytham Hall Autumn 5K (org by club member David Cairns)**
- 09/10/11 Chester Marathon; Congleton HM & Penrith 10K TR/4K Fun
- 15/10/11 **National 6/4 Stage**
- 16/10/11 **\*Green Drive 5 Mile**
- 22/10/11 Red Rose XC League Hyndburn
- 23/10/11 Lea Town 10K & Autumn Breaker 10K
- 29/10/11 **Mid Lancs XC League** Townley Park Burnley
- 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 30<sup>th</sup> 10M (£300 for breaking Course Record)
- 30/10/11 Accrington 10K & Holmfirth 15M
- 26/11/11 **Mid Lancs XC League** Sefton Park Liverpool & Wesham 10K
- 03/12/11 Red Rose XC League Rossendale
- 04/12/11 Guys 10M Bilsborrow
- 10/12/11 **Mid Lancs XC League** Astley Park Chorley
- 27/12/11 **Northern 10k Road Running Champs** Ribble Valley Clitheroe
- 07/01/12 **Lancs XC Championships**
- 14/01/12 **Mid Lancs XC League** Wilson's Playing Field Hyndburn
- 21/01/12 **Northern XC**
- 11/02/12 **Mid Lancs XC League** Thornccliffe Barrow
- 18/02/12 **English National XC**
- 03/03/12 **Mid Lancs XC League** Worden Park Leyland

# REPORTS & RESULTS

## Club Handicap: August 3<sup>rd</sup> **CH**

Laura Lawler 26:26 **PB**; Dave Heaton 33:53; Trevor Utley 22:29; John Winters 29:52; Tony Croft 29:54; Vicky Robinson 28:55; Andy Woodward 22:12; Reg Smallbone 26:29; Karen Dunford 28:02; Ian Close 26:23; Jenny Ryan 32:26; David Twizell 28:58; Mike Golden 26:08; Andrea Smith 26:31; Liam Craine 24:12; Larry McGee 32:48; Colin Dyczka 38:17; Hannah Eadie 35:02; Malc Eadie 35:02. Timekeeper: Gary Johnston. Helpers: John Bradley & Bev Wright.

## Cuerden Valley Badger Run 3: August 4<sup>th</sup> **CC**

Brandon Willoughby 43<sup>rd</sup> (3<sup>rd</sup> MV50) 33:24; Liam Craine 54<sup>th</sup> 45:07; Allison Titterington 102<sup>nd</sup> (13<sup>th</sup> F & 3<sup>rd</sup> FV50) 51:34; Laura Lawler 118<sup>th</sup> (16<sup>th</sup> F); Tony Croft 56:39. First of 215 was Gary Pennington of Preston Harriers in and first lady was Anna Kelly (38<sup>th</sup>) in 44:08.

## Northern U15/U17 T&F Championship:

Cudworth August 6<sup>th</sup> & 7<sup>th</sup> **NC**

### Saturday:

**U17W h1** Cassidy Knight 6<sup>th</sup> 13.25. **U17W HT F** Chloe Needham 2<sup>nd</sup> 38.86m **PB CR**. **U17M PV F** Matt Walker 3<sup>rd</sup> 4.10m **PB ncr**; Finn Walker 7<sup>th</sup> 3.00m. **U17W DT F** Chloe Needham 6<sup>th</sup> 30.00m. **U15G 1500m F** Molly Betmead 5<sup>th</sup> 4:53.37 **PB**. **U15B TJ F** Dominic Lavelle 7<sup>th</sup> 10.31m **PB**.

Matt's vault of 4.10m was a 9cm improvement on the best he set back in May at the Young Athletes meeting at Blackpool and is new club record, which moves him up to 10<sup>th</sup> in this year's UK rankings. He also picked up the AAA Grade 1 Salver for the height. Chloe also improved her Hammer club record set in July at the English Schools Championship by 7cm to 38.86m moving her up to 10<sup>th</sup> in the UK rankings.

### Sunday:

**U15B 800m h1** Jake Walley 1<sup>st</sup> 2:06.34, **F** 4<sup>th</sup> 2:04.07. **U17M 3000m F** Daniel Quarmbay 1<sup>st</sup> 9:18.71. **U17M 400m h4** Oliver Hopkins 1<sup>st</sup> 51.22, **F** 6<sup>th</sup> 52.07. **U15G PV F** Katrina Kelly 5<sup>th</sup> 2.30m **PB=**; Fiona Hockey 6<sup>th</sup> 2.20m; Hannah Newell 7<sup>th</sup> 2.00m. **U15B PV F** Dominic Lavelle 3<sup>rd</sup> 2.40m; Jack Hails 6<sup>th</sup> 2.00m. **U15G SP F** Katrina Kelly 6<sup>th</sup> 8.80m.

Congratulations to Daniel on becoming Northern 3000m Champion. It is well deserved after all his hard work this season.

## Wagon & Horses 10 Mile: Lancaster Aug 7<sup>th</sup> **CC**

Brandon Willoughby 46<sup>th</sup> 1:10:29; Mike Golden 60<sup>th</sup> (3<sup>rd</sup> V60) 1:12:58; Liam Craine 65<sup>th</sup> 1:15:07; Bob Newman 66<sup>th</sup> (1<sup>st</sup> V65) 1:15:28; Dave Brooks 72<sup>nd</sup> 1:16:25; Jeff Wright 90<sup>th</sup> 1:18:23; Vicky Robinson 114<sup>th</sup> (26<sup>th</sup> F) 1:22:02. First of 201 was Angus Holford of Wood Green & Essex Ladies in

56:47 and first lady was Louise Gardner (12<sup>th</sup>) of Lancaster & Morecambe AC in 1:02:33.

## Chorley Inter Club: August 10<sup>th</sup> **IC**

Stuart Robinson 2<sup>nd</sup> 25:38; Phil Leybourne 5<sup>th</sup> (2<sup>nd</sup> V) 26:59; John Wright 8<sup>th</sup> (4<sup>th</sup> V); Steve Waterhouse 10<sup>th</sup> (5<sup>th</sup> V) 28:34; Andy Woodward 13<sup>th</sup> 29:11; Caroline Betmead 17<sup>th</sup> (1<sup>st</sup> F & 8<sup>th</sup> V) 29:34; Trevor Utley 20<sup>th</sup> (10<sup>th</sup> V) 29:43; Peter Broome 42<sup>nd</sup> (23<sup>rd</sup> V & 10<sup>th</sup> V50) 31:44; Bev Wright 49<sup>th</sup> (5<sup>th</sup> F, 28<sup>th</sup> V & 12<sup>th</sup> V50) 32:37; Duncan Richardson 64<sup>th</sup> (41<sup>st</sup> V) 34:38; Mike Golden 69<sup>th</sup> (44<sup>th</sup> V, 19<sup>th</sup> V50 & 3<sup>rd</sup> V60) 35:32; Reg Smallbone 75<sup>th</sup> (50<sup>th</sup> V, 22<sup>nd</sup> V50 & 4<sup>th</sup> V60) 36:11; Dave Brooks 76<sup>th</sup> 36:21; Bob Newman 80<sup>th</sup> (54<sup>th</sup> V, 24<sup>th</sup> V50 & 5<sup>th</sup> V60); Steve Minto 81<sup>st</sup> (55<sup>th</sup> V, 25<sup>th</sup> V50 & 6<sup>th</sup> V60) 36:46; Laura Lawler 88<sup>th</sup> (17<sup>th</sup> F & 60<sup>th</sup> V) 37:21; Alison Titterington 90<sup>th</sup> (18<sup>th</sup> F, 62<sup>rd</sup> V & 30<sup>th</sup> V50) 37:52; Tanya Ashworth 92<sup>nd</sup> (19<sup>th</sup> F & 63<sup>rd</sup> V) 38:04; Mike Maume 93<sup>rd</sup> (64<sup>th</sup> V) 38:19; Vicky Robinson 98<sup>th</sup> (22<sup>nd</sup> F) 39:22; Bob Massey 100<sup>th</sup> (68<sup>th</sup> V, 33<sup>rd</sup> V50 & 10<sup>th</sup> V60) 40:18; John Winters 112<sup>th</sup> (78<sup>th</sup> V, 41<sup>st</sup> V50 & 15<sup>th</sup> V60) 42:14; Tony Croft 113<sup>th</sup> (79<sup>th</sup> V, 42<sup>nd</sup> V50 & 16<sup>th</sup> V60) 42:21; Norman Greenwood 122<sup>nd</sup> (85<sup>th</sup> V, 47<sup>th</sup> V50 & 19<sup>th</sup> V60) 44:01; Hilary Goorney 138<sup>th</sup> (36<sup>th</sup> F, 98<sup>th</sup> V, 56<sup>th</sup> V50 & 25<sup>th</sup> V60) 50:27.

**Overall Team Results: Open:** Preston Harriers 1<sup>st</sup> 143; **BWFAC 2nd 229**; Wesham RR 3<sup>rd</sup> 320; LSARR 4<sup>th</sup> 486; Red Rose RR 5<sup>th</sup> 684; Chorley AC 6<sup>th</sup> 712. **Ladies:** Preston Harriers 1<sup>st</sup> 41; Wesham RR 2<sup>nd</sup> 53; **BWFAC 3<sup>rd</sup> 60**; LSARR 5<sup>th</sup> 212; Chorley 6<sup>th</sup> 286. **Vets:** Preston 1<sup>st</sup> 21; **BWFAC 2<sup>nd</sup> 52**; Wesham RR 3<sup>rd</sup> 118; Red Rose 4<sup>th</sup> 179; LSARR 5<sup>th</sup> 212; Chorley 6<sup>th</sup> 286. **Vet 50:** Preston 1<sup>st</sup> 21; Wesham RR 2<sup>nd</sup> 33; Red Rose 3<sup>rd</sup> 48; **BWFAC 4<sup>th</sup> 63**; Chorley 5<sup>th</sup> 122; LSARR 6<sup>th</sup> 129. **Vet 60:** **BWFAC 1<sup>st</sup> 12**; Wesham RR 2<sup>nd</sup> 17; Preston 3<sup>rd</sup> 42; Chorley 4<sup>th</sup> 49; LSARR 5<sup>th</sup> 57; Red Rose 6<sup>th</sup> 59.

Another wet evening for an Interclub race and possibly because of the rain and holidays, numbers competing were over 50 down on previous races this season. A total of 149 including five guests completed the course in Astley Park in



the shadow of the iconic Astley Hall. It was a tough two lap 4.78 mile hilly

course, which saw a close intense race between Steve Littler of Wesham RR, Gethin Butler of Preston Harriers and Stuart Robinson. By the 2<sup>nd</sup> lap Gethin had dropped off the pace and finished third in 25:44. Steve and Stuart powered down toward the finished shoulder to shoulder, with Steve edging the victory in 25:33. **CarolineBetmead** again continued her good form to win the lady's race in 29:24.

## **Mid-Lancs T&F League: Preston Aug 13<sup>th</sup> ML**

**SM:** Dominic Broughton 3<sup>rd</sup> 11.6, **L J** 2<sup>nd</sup> 5.76m. Adam Snape **HJ** 1<sup>st</sup> 1.80m; **TJ** 2<sup>nd</sup> 12.61m. David Myerscough **SP** 3<sup>rd</sup> 8.77m; **DT** 2<sup>nd</sup> 28.13m.

**U17M:** Henry Taylor **100m** 3<sup>rd</sup> 11.8m **PB**; **200m** 1<sup>st</sup> 23.6 **PB**  
Ryan Scott **100m** 6<sup>th</sup> 12.1m. Tyler Davies **100m** 7<sup>th</sup> 12.2;  
**200m** 4<sup>th</sup> 25.0.

**U15B:** Jordan Birch **100m** 5<sup>th</sup> 13.1 **PB**; **200m** 4<sup>th</sup> 27.8; Jack Hails 7<sup>th</sup> 13.7; **200m** 7<sup>th</sup> 28.30; **L J** 4<sup>th</sup> 4.58m. Ashley Hails **200m** 6<sup>th</sup> 28.2 **PB**; **L J** 5<sup>th</sup> 4.43m, **HJ** 5<sup>th</sup> 1.35m **PB**. Dom Lavelle **200m** 8<sup>th</sup> 29.2, **L J** 6<sup>th</sup> 4.37m, **HJ** 4<sup>th</sup> 1.40m. William Eccleston **400m** 3<sup>rd</sup> 59.7 **PB**. Declan Darnborough **800m** 7<sup>th</sup> 2:49.0. **4x100m Relay** 3<sup>rd</sup> 55.1.

**U13B:** Thomas Matthews **100m** 7<sup>th</sup> 14.4 **PB**, **200m** 8<sup>th</sup> 30.6, **L J** 6<sup>th</sup> 3.81m; Nick Aziz **100m** 3<sup>rd</sup> = 13.8 **PB**; **200m** 3<sup>rd</sup> =; **HJ** 1<sup>st</sup> 1.46m **PB**. Oliver Tomlinson **100m** 5<sup>th</sup> 13.9 **PB**; **200m** 6<sup>th</sup> 29.5; **L J** 2<sup>nd</sup> 4.30m. Harry Mercer **100m** 6<sup>th</sup> 14.1 **PB**; **L J** 4<sup>th</sup> 4.01m **PB**, **DT** 3<sup>rd</sup> 13.09m. Kieran Chell **200m** 9<sup>th</sup> 31.3; Charles Shaw 11<sup>th</sup> 31.3 **800m** 9<sup>th</sup> 2:52.6; **L J** 16<sup>th</sup> 3.10m, Louis Walker **JT** 2<sup>nd</sup> 26.88m **4x100m Relay** 1<sup>st</sup> 56.5.  
**SW:** Katy Wyper **200m** 1<sup>st</sup> 25.8; Alicia Johnston, **200m** 2<sup>nd</sup> 26.7, **JT** 3<sup>rd</sup> 19.35m. Jodie Ferguson (U17W) **3000m** 1<sup>st</sup> 11:07.2. Bianca Pedersen **3000m** 3<sup>rd</sup> 11:14.9.

**U17W:** Cassidy Knight **100m** 2<sup>nd</sup> 13.1; **300m** 1<sup>st</sup> 44.6. Natasha Johnston **100m** 3<sup>rd</sup> 13.7 **PB**; **L J** 2<sup>nd</sup> 4.44m **PB**; **TJ** 6<sup>th</sup> 7.90m. Claudia Fiddler **100m** 4<sup>th</sup> 13.7; **200m** 2<sup>nd</sup> 27.8; **L J** 3<sup>rd</sup> 4.30m. Brittany Shaw **100m** 5<sup>th</sup> 13.8; **200m** 3<sup>rd</sup> 28.0, **TJ** 2<sup>nd</sup> 8.26m; Taegan O'Hara 7<sup>th</sup> 14.1; **L J** 3<sup>rd</sup> 3.98m; **TJ** 2<sup>nd</sup> 9.47m. Lauren Burrell **300m** 2<sup>nd</sup> 45.0 **PB**.

**U15G:** Jordan Dixon **100m** 2<sup>nd</sup> 13.5 **PB**, **200m** 1<sup>st</sup> 27.4 **PB**; **JT** 3<sup>rd</sup> 23.42m. Sophie Laycock **100m** 10<sup>th</sup> 14.3 **PB**; **200m** 8<sup>th</sup> 30.3 **PB**; Becky Ingham 3<sup>rd</sup> 30.8 **PB**; **200m** 9<sup>th</sup> 30.8; Beth Everson **300m** 2<sup>nd</sup> 44.7; **HJ** 3<sup>rd</sup> = 1.35m. Fiona Hockey **300m** 5<sup>th</sup> 45.9 **PB**; **800m** 4<sup>th</sup> 2:34.2; **HJ** 2<sup>nd</sup> 1.42m **PB**.  
**4x100m Relay** 1<sup>st</sup> 53.9.

**U13G:** Ella Potter **100m** 3<sup>rd</sup> = 14.1 **PB**; **200m** 4<sup>th</sup> 29.7 **PB**. Hannah Maskill 9<sup>th</sup> 14.9 **PB**; **200m** 9<sup>th</sup> 31.7; **L J** 13<sup>th</sup> 3.07m **PB**. Ash Colvin 3<sup>rd</sup> **200m** 29.1; 2:52.7, **L J** 5<sup>th</sup> 3.98m **PB**; **HJ** 1<sup>st</sup> 1.36m **PB**. Annie Bradshaw **800m** 2:33.4; **HJ** 3<sup>rd</sup> 1.33m. Jessica Rogers **1500m** 7<sup>th</sup> 5:55.8, **HJ** 4<sup>th</sup> = 1:20m; **SP** 13<sup>th</sup> 4.58m. Molly Scarr **HJ** 4<sup>th</sup> = 1.20m **PB**.

**Team Scores:** The male team scored 145.5 and finished 3<sup>rd</sup> behind Preston (262.5) and Hyndburn (222). The female team finished 2<sup>nd</sup> with 168.5 behind Hyndburn AC (171). The Men are Runners-up with 742.5, behind Preston with 814.5 and the women finished third with 727, behind Hyndburn (744) and Preston (731.5).

After a dull start the day became a pleasantly breezy sunny day. Although a slightly disappointing turnout, numbers wise by the male section, the standout performance was by Henry Taylor who posted a double PB in the 100m

and 200m sprints and an impressive PB performance by Nick Aziz to win the U13 High Jump by 6cm with 1.46m.

There was a decent turnout by the women with several good performances. Annie Bradshaw ran a good 800 metres race behind Elizabeth Greenwood from Blackburn Harriers. Normally Elizabeth wins by an impressive distance in Mid-Lancs meetings, but Annie stuck close behind and at the finish was only 2½ seconds adrift in second place.

After helping judge on the Shot Putt I watched the U15G's High Jump. It turned out to have a surprising conclusion. Early on one of the competitors Polly Pearse of Blackburn Harriers left to compete in the Senior Women's 3000m race. Polly determinedly plodded around despite having problems with asthma part the way around (her brother handed her a puffer). Meanwhile the High Jump progressed and three girls cleared 1.35m: Fiona Hockey & Beth Everson of BWFAC and Emma Gribbin of Lancaster & Morecambe AC. Both Beth and Emma failed to clear 1.40m. However Fiona cleared 1.40m and had in effect won the contest – or so we thought! As is normal Fiona had an attempt to clear a new personal best height of 1.42m at which she was successful. Fiona then three attempts at 1.44m, but without success. In the meantime Polly Pearse had finished the 3000m race and returned to the High Jump area. Despite not fully recovered she attempted 1.44m a new PB (previous best 1.40m) and amazingly cleared it at the first attempt. Now I felt for Fiona's obvious disappointment having the victory snatched from her grasp, but couldn't help admiring Polly's impressive resolve.

## **Northern Athletics League: Preston Aug 14<sup>th</sup> NA**

**Ladies:** Alicia Johnston **100m 'A'** 4<sup>th</sup> 13.7; **200m 'A'** 1<sup>st</sup> 27.2; **100mH 'B'** 3<sup>rd</sup> 18.3; **JT 'A'** 21.34m; **TJ 'B'** 1<sup>st</sup> 9.92m. Lydia Critchley **400m 'A'** 1<sup>st</sup> 57.9. Katy Wyper **400m 'B'** 2<sup>nd</sup> 62.8; **JT 'B'** 16.43m. Lauren Burrell **800m 'A'** 4<sup>th</sup> 2:30.1. 5<sup>th</sup> 30.99m; **DT 'B'** 6<sup>th</sup> 14.31m **SP 'B'** 3<sup>rd</sup> 7.86m. Natasha Johnston **100mH** 3<sup>rd</sup> 20.3; **L J** 4<sup>th</sup> 4.27m. Katie Wood **HT 'A'** 5<sup>th</sup> 30.45m; **DT 'A'** 6<sup>th</sup> 25.02m; **SP 'A'** 4<sup>th</sup> 8.56m. Vicky Huyton **HT 'B'** 4<sup>th</sup> 18.61m. Taegan O'Hara **SP 'B'** 5<sup>th</sup> 6.41m; **L J 'B'** 4.12m; **TJ 'A'** 4<sup>th</sup> 9.54m. Natasha Johnston **TJ 'B'** 4<sup>th</sup> 9.01m. Tanya Wright **PV 'A'** 2<sup>nd</sup> 2.30m. **4x100m** 2<sup>nd</sup> 51.0 (Sarah Lawrenson, Natasha Johnston, Alicia Johnston, Taegan O'Hara).

**Men:** Nick Costello **100m 'A'** 4<sup>th</sup> 11.6; **200m 'A'** 6<sup>th</sup> 23.3. Andy Stubbs **100m 'B'** 6<sup>th</sup> 12.0; **200m 'B'** 6<sup>th</sup> 26.0; Marcus Quarmbury **400m 'A'** 6<sup>th</sup> 52.2. Luke Minns **800m 'A'** 1<sup>st</sup> 1:53.5. Jack Scarr **800m 'B'** 2<sup>nd</sup> 1:59.0. Luke Berry **3000m SC 'A'** 4<sup>th</sup> 11:02.3. Syd Bashforth **HT 'A'** 4<sup>th</sup> 32.04m; **DT 'B'** 3<sup>rd</sup> 28.13; **JT 'A'** 6<sup>th</sup> 30.48m; **SP 'A'** 5<sup>th</sup> 9.16m. Dave Myerscough **DT 'A'** 4<sup>th</sup> 28.45m; **JT 'B'** 23.49; **SP 'B'** 5<sup>th</sup> 8.94m. Declan O'Hara **L J 'A'** 5<sup>th</sup> 5.78m; **TJ 'A'** 3<sup>rd</sup> 12.80m; **PV 'A'** 2<sup>nd</sup> 3.60m. Adam Snape **HJ 'A'** 2<sup>nd</sup> 1.85m.

**Match Result:** 1<sup>st</sup> Sale City of Manchester 389 pts; 2<sup>nd</sup> Blackburn Harriers 379 pts; 3<sup>rd</sup> Holmfirth Harriers & AC 360.5 pts; 4<sup>th</sup> Lincoln Wellington 351 pts; 5<sup>th</sup> Preston Harriers 333 pts; 6<sup>th</sup> **BWFAC 207.5 pts.**

**League Standings:** 1<sup>st</sup> Sale City of Manchester 20 pts (1474); 2<sup>nd</sup> Holmfirth Harriers 18 pts (1349.5); 3<sup>rd</sup> Blackburn Harriers 17.5 pts (1424.5); 4<sup>th</sup> Preston Harriers 14.5 pts (1432.5) 5<sup>th</sup> Lincoln Wellington AC 12 pts (1305); 6<sup>th</sup> **BWFAC 6pts (1138.5).** Match points in brackets.

It was a cloudy start with a few heavy showers at the meeting at Witton Park. It rather matched the mood of the Team Managers, **Derek Newton** and **Vicky Huyton** and the team. The campaign had started badly and then got worse. With only a fourth place in the first fixture at Blackpool and after a last place in the fixture at Lincoln, it was clear that **BWFAC** would be relegated at the end of the season. Derek and Vicky have done everything to get a full team out, but for whatever reason many members have not been able or not wanted to compete.

Before the start of the meeting we were already relegated and it would have been nice to have gone out in a blaze of glory, but sadly that was not going to happen and so we finished with a whimper. Derek left it to the team members to choose the events they wanted to do. **Katy Wyper** for instance experimented running the 400 metres.

The weather did improve and by the evening there was bright sunshine and there were several good performances, including two victories by **Luke Minns** in the 800m and **Lydia Critchley** in the 400m. UK Pole Vault record holder Holly Bleasdale of Blackburn was present and awarded the Athlete of the match awards.

### **Golf Ball FR (5.5m/800'): Rossendale Aug 17<sup>th</sup> IC**

**Gary Johnston 35<sup>th</sup> (2<sup>nd</sup> M55) 46:04.** First of 184 was Matthew Roberts of Eyri and first lady Emma Flanagan (18<sup>th</sup>).

Gary is **BWFAC** Fell Champion, having competed in four of the qualifying races. Sadly Gary was the only member to complete sufficient races. In the Interclub series few members have competed and the club has finished last.

### **BWFAC Quadkids Competition: Aug 21<sup>st</sup>**

The chief inspiration for this new competition at Blackpool was juniors coach **Sam Rogers**. She coach's an enthusiastic group of children, but there are limited competitions for them to practise the skills which they have learnt. Sam would like to start a league next year using a similar format and in many ways this was a test event (like those taking place in London now for next year's Olympics).

The weather was perfect. Some early cloud soon dispersed and it was pleasantly warm and sunny. As can be seen from the results below there were four competitions in which all the children competed: a 75m sprint, 600m, Long Jump and Vortex throw. Seventy-two children from Preston Harriers, Hyndburn AC, Blackburn Harriers and **BWFAC** competed. To say it was a success doesn't do it justice – **it was absolutely brilliant.** The happy smiling faces of the children (and adults) at the Presentation at the end of the spoke reams for the enjoyment of the event.

The first three in each age and gender category were presented with medals by **Katy Wyper**. As can be seen there was a triple tie for first placed team and **Derek Newton** explained, to establish the Champion team there was a complicated calculation on count back and Preston Harriers were judged as the Champion team and were presented with a Shield.

### **Overall Team Scores**

Team	Yr3	Yr4	Yr5	Yr6	Total
B'burn	3g; 1b	1g; 3b	3g, 3b	1.5g; 1.5b	17
<b>BWFAC</b>	<b>4g; 3b</b>	<b>4g; 1b</b>	<b>2g, 4b</b>	<b>1.5g; 1.5b</b>	<b>21</b>
H'burn	2g; 4b	2g; 2b	4g, 1b	3g; 3b	21
Preston	1g; 2b	3g; 4b	1g; 2b	4g; 4b	21

NB g=girls, b= boys

Points allocated – 4points for 1st in each age/sex group, 3points for 2nd, 2 points for 3rd, 1 point for 4th. Points shared if positions equal. Preston – 3 first places, 1 second, 2 third; Blackpool – 3 first places, 1 second, 1 third Hyndburn – 2 first places.

**Below are the BWFAC results. Full results of all the teams can be viewed on the BWFAC website.**

Year 3 Boys	Pts	75m	LJ	600m	Vortex
2 <sup>nd</sup> James Smith	199	12.2	3.02m	2:05	12.83m
4 <sup>th</sup> Luke Black	131	13.8	2.47m	2:29	12.79m
7 <sup>th</sup> Oliver Norman	74	15.3	1.96m	2:41	9.22m
8 <sup>th</sup> Anthony Ewert	47	16.5	1.80m	3:09	8.84m
Year 4 Boys					
7 <sup>th</sup> Sam Wise	184	12.1	2.94m	2:16	12.25m
8 <sup>th</sup> Josh Norman	176	13.3	2.65m	2:25	26.32m
Year 5 Boys					
1 <sup>st</sup> Jerome Jolly	284	11.8	3.54m	2:00	37.88m
2 <sup>nd</sup> Sydney Sullivan	273	11.3	3.62m	2.02	28.65m
3 <sup>rd</sup> Will Holmes	265	11.2	3.46m	2.01	27.93m
5 <sup>th</sup> Jake Brown	224	11.4	3.32m	2.03	12.81m
6 <sup>th</sup> Bailey Pack	178	12.4	2.82m	2.29	20.22m
10 <sup>th</sup> Bailey Atherton	144	13.9	2.60m	2.33	18.05m
11 <sup>th</sup> Kieran Guest	144	13.1	2.50m	2.48	24.02m
12 <sup>th</sup> Harry Shearman	139	12.3	2.99m	#N/A	16.55m

### **Year 3 Girls**

1 <sup>st</sup> Darcy Lonsdale	186	12.3	2.86m	2.12	14.23m
4 <sup>th</sup> Maisie Rogers	142	14.3	2.54m	2.18	13.08m
6 <sup>th</sup> Minnie Rogers	116	14.5	2.44m	2.38	13.70m
8 <sup>th</sup> Amelia Shearman	98	13.4	2.45m	3.02	10.06m
9 <sup>th</sup> Grace Riedel	71	14.5	1.82m	2.49	7.79m

### **Year 4 Girls**

1 <sup>st</sup> Jasmine Jolly	224	11.8	3.41m	2.04	13.23m
2 <sup>nd</sup> Natasha Webster	198	12.7	3.06m	2.20	21.22m
3 <sup>rd</sup> Isabel Woodman	182	12.7	2.86m	2.13	14.74m
10 <sup>th</sup> Morgan Leather	86	14.3	2.09m	2.46	10.75m

### **Year 5 Girls**

3 <sup>rd</sup> Megan Whorlton-Jones	180	12.5	2.92m	2.19	14.29m
4 <sup>th</sup> India Rogers	175	13.2	3.04m	2.18	11.89m

**Postscript: There a delicious Buffet provided by Sam's parents for the Officials. The home made lemon drizzle cake was particularly good. Yum yum!!!**

### **England Athletics U15/U17 Champs: EA**

**Bedford August 20<sup>th</sup>/21<sup>st</sup>**

**Sophie Riley U17W 100m h1** 3rd 12.34 (w/s -0.3), **F** 5<sup>th</sup> 12.45 (w/s -1.7); **200m h1** 2<sup>nd</sup> 25.24 (w/s +1.4), **F** 4<sup>th</sup> 25.55 (w/s -0.1). **Matt Walker (U17M) PV F** 8<sup>th</sup> 4.00m. **Chloe Needham (U17W) HT** 5<sup>th</sup> 3:9.67m **PB CR**

## **Predictor TR 5.72M: Stanah Wyre C P Aug 24<sup>th</sup>**

Tony Croft mapped an interesting course out in this surprisingly picturesque Country Park on the banks of the Wyre.

**Runners:** Liam Craine, Mike Golden, Peter Gibson, Kevin Woods, Terry Bradshaw, Anthony Blight, Jenny Ryan, Hilary Goorney and Dave Heaton. Winner was **Tony Airnes** who predicted his time as 49:15. His actual time was 49:23.

## **Mid-Lancs T&F League Medals Meeting:**

**Wigan August 27<sup>th</sup>**

**ML**

**SM:** Simon Wells **100m** 4<sup>th</sup> 11.9 **B**, **200m** 5<sup>th</sup> 24.5 **B**. Adam Snape **HJ** 1<sup>st</sup> 1.70m **G**; **TJ** 2<sup>nd</sup> 12.51m **S**.

**U17M:** Ryan Scott **100m** 3<sup>rd</sup> 12.3; **200m** 3<sup>rd</sup> 24.9. Sinclair Aranju **200m** 6<sup>th</sup> 25.7. Luis Blyth **L J** 3<sup>rd</sup> 5.28m **B**; **TJ** 1<sup>st</sup> 11.35m **G**.

**U15B:** Charlie McLaine **100m** 5<sup>th</sup> 13.1; **200m** 5<sup>th</sup> 26.4 **PB**; **L J** 8<sup>th</sup> 0.00. Jack Hails **100m** 7<sup>th</sup> 14.1; **200m** 8<sup>th</sup> 28.4; **L J** 3<sup>rd</sup> 4.45m **B**. Robbie Morris **200m** 4<sup>th</sup> 26.4 **PB**; **L J** 3<sup>rd</sup> 4.51m; **DT** 4<sup>th</sup> 22.28m **PB**; **JT** 1<sup>st</sup> 30.81m **PB G**. Ashley Hails **200m** 9<sup>th</sup> 28.9; **L J** 4<sup>th</sup> 4.34m, **HJ** 3<sup>rd</sup> 1.40m **PB**. **4x100m Relay** 3<sup>rd</sup> 54.0.

**U13B:** Nick Aziz **100m** 4<sup>th</sup> = 14.2; **200m** 5<sup>th</sup> 29.0; **HJ** 4<sup>th</sup> 1.25m. Oliver Tomlinson **100m** 7<sup>th</sup> = 14.7; **200m** 9<sup>th</sup> 30.4; **L J** 2<sup>nd</sup> 4.19m. Harry Mercer 4<sup>th</sup> = 14.2; **L J** 3<sup>rd</sup> 4.10m **PB**; **SP** 3<sup>rd</sup> 6.65m **B**. Thomas Matthews **100m** 9<sup>th</sup> 14.7; **200m** 12<sup>th</sup> 31.8; **L J** 8<sup>th</sup> 3.80m. Samuel Matthews **200m** 4<sup>th</sup> 28.8; **800m** 3<sup>rd</sup> 2:30.1 **B**; **L J** 6<sup>th</sup> 4.05m. Louis Walker **SP** 6<sup>th</sup> 6.49m; **DT** 1<sup>st</sup> 17.72m **G**; **JT** 1<sup>st</sup> 28.75m **PB G**. **4x100m Relay** 1<sup>st</sup> 56.3 **G**.

**SW:** Katy Wyper **200m** 1<sup>st</sup> 26.5 **G**; **400m** 1<sup>st</sup> 64.7 **G**. Vicky Huyton 2<sup>nd</sup> 18.54m **S**.

**U17W:** Cassidy Knight **100m** 2<sup>nd</sup> 13.3 **S**; **200m** 1<sup>st</sup> 28.4 **G**; Natasha Johnston 3<sup>rd</sup> 13.7 **PB S**; **L J** 4<sup>th</sup> 4.38m, **TJ** 6<sup>th</sup> 8.55m. Taegan O'Hara **100m** 14.1; **L J** 3<sup>rd</sup> 4.46m; **TJ** 5<sup>th</sup> 9.19m. Siobhan Child **100m** 5<sup>th</sup> 15.8; **SP** 4<sup>th</sup> 5.26m. Lauren Burrell **300m** 1<sup>st</sup> 45.8 **G**; **800m** 2<sup>nd</sup> 2:32.0 **G**. Chloe Needham 4<sup>th</sup> 0.00.

**U15G:** Kate Lawler **100m** 1<sup>st</sup> 13.5 **G**; **200m** 2<sup>nd</sup> 27.9 **S**; Jordan Dixon **200m** 3<sup>rd</sup> 27.9 **B**; **L J** 6<sup>th</sup> 3.89m. Kayleigh Eccleston **200m** 9<sup>th</sup> 30.7; **JT** 11<sup>th</sup> 0.00. Ellie Gibson **100m** 8<sup>th</sup> 15.0 **PB**; **200m** 10<sup>th</sup> 31.4 **PB**; Sophie Laycock 6<sup>th</sup> 31.6; Fiona Hockey **300m** 5<sup>th</sup> 47.8; **800m** 2<sup>nd</sup> 2:33.3 **S**; **HJ** 1<sup>st</sup> 1.44m **PB G**. Becky Ingham **800m** 5<sup>th</sup> 2:51.1 **PB**; **L J** 8<sup>th</sup> 3.52m. Jessica Bevington **L J** 9<sup>th</sup> 3.48m **PB**. Katrina Kelly **SP** 1<sup>st</sup> 9.25m **G**; **DT** 3<sup>rd</sup> 20.32m **B**, **JT** 10<sup>th</sup> 15.61m **PB**; **4x100m Relay** 2<sup>nd</sup> 58.3.

**U13G:** Jessica Rogers 2<sup>nd</sup> 1.30m **PB G**, **JT** 7<sup>th</sup> 8.44m **PB**.

The final Mid Lancs meeting of the season was at Wigan in the shadow of the DW stadium, home of the Rugby League side the Wigan Warriors and the Premier League football side Wigan Athletic. The rugby league team were at Wembley playing Leeds Rhinos for the Challenge Cup, which they

won in an exciting match. Wigan Athletic was also winners at the aforementioned stadium by 2-0 against Queens Park Rangers. Thankfully it was an early kick-off and by the time the athletic meeting finished all the football traffic had dispersed.

When we arrived it was raining very hard and the first event, the Hammer Throw competition. Both Chloe Needham and Vicky Huyton were competing. Condition could not have been much worse, as when the competitors tried to manoeuvre in a greasy circle, they were slipping. Sadly Chloe had two no-throws and decided that as she had an important competition the following week, that discretion was the better part of valour. Vicky with a simpler technique was more successful and won the Silver medal.

The rain did relent shortly after the main part of the meeting and conditions improved although there was still a gusty breeze. Probably because of the Bank Holiday weekend, the imminent start of the school year and possibly the poor weather at the start of the year, numbers of athletes from all clubs were disappointing, with several competitions with only had one or two competitors.

However there were still several competitive track and field competitions. Kate Lawler has had a good season in the sprints and it continued at this meeting with gold in the 100 metres and silver in the 200 metres. The 200m was a tightly contested race, with two tenths covering the first three. Katrina Steele of Bolton United Harriers was first in 27.7, with both Kate and Jordan Dixon recording the same time of 27.9. In the previous races involving Kate and Jordan, Kate has generally been comfortably ahead of Jordan. When I congratulated Jordan her race, she generously commented that Kate was suffering from tight hamstrings. However it is looking promising for Jordan next season, when she will be stronger as a second year U15.

In the field Louis Walker is showing promise in the throwing events, particularly the Javelin, which he won with a personal best performance of 28.75m. Interestingly in the equivalent girl's U13 competition, UK number 1 Leah Hillman of Pendle AC won with 29.46m, over 11 metres ahead of the 2<sup>nd</sup> placed girl.

Jessica Rogers, who as preparation for Pentathlon on Sunday, started a busy weekend as **BWFAC's** only U13 girl at Wigan on a high note, clearing a PB height of 1.30m in the High Jump, coming second behind guest competitor Anna Nicole Rowe and winning the Gold Medal. Fiona Hockey won the High Jump and improved her PB to 1.44m.

## **North West Combined Events Champs:**

**Sportscity August 27<sup>th</sup> to 28<sup>th</sup>**

**U20W Heptathlon:** Alicia Johnston: **100mH** 18.45; **HJ** 1.35m; **SP** 7.08m; **200m** 27.21; **L J** 4.35m; **JT** 21.52m; **800m** 2:46.88. Alicia finished 2<sup>nd</sup> with 3142 points **PB ncr**.

**U13G Pentathlon:** Ash Colvin: **70mH** 13.12 **PB**; **SP** 6.96m; **L J** 3.93m; **HJ** 1.20m; **800m** 3<sup>rd</sup> 2:42.54 **PB**. Ash finished 5<sup>th</sup> with 1943 points **PB** and 1<sup>st</sup> in Lancashire.

**U13G Pentathlon:** Jessica Rogers: 70mH 15.18; SP 4.13m; L J 3.31m; HJ 1.17m; PB 800m 5<sup>th</sup> 2:50.55 PB. Jess finished 16<sup>th</sup> with 1373 points PB.

On the Sunday It was day of heavy showers at the Sportscity. The Heptathlon was over two days, with the first four events on Saturday. On the Saturday, like at Wigan there had been a heavy downpour which particularly affected her performance in the High Jump. At the start there were four U20W competing, but by the second day two had withdrawn. Alicia finished second with a PB for the Heptathlon behind Katy Marchant of Leeds City, who is coached by Tony Minichiello (coach of Jessica Ennis).

The Pentathlon was just over the Sunday for Ash and Jess. For both girls it was a new experience. Ash had never competed in a hurdles race and after a short coaching session by Charlie Garrett demonstrated great potential with a speedy 13.12. Although Ash and Jess had disappointments in the Long Jump, both girls achieved PBs in the final event, the 800m and hopefully had a valuable experience.

## Other Results:

### Heart of the Lakes Rydal Round: July 28<sup>th</sup>

**George James 128<sup>th</sup> 2:22:37.** First of 142 was Ricky Lightfoot in 1:17:39 and first lady was Fiona Hughes (26<sup>th</sup>) of Cambridge University in 1:38:07.

### Sale 10 Mile Road Race: August 7<sup>th</sup>

**Bev Wright (5<sup>th</sup> L & 1<sup>st</sup> FV50) 69<sup>th</sup> 1:06:12.** First of 203 was David Webb of Leeds City AC in 48:58 and first lady was Jane Potter (16<sup>th</sup>) of Charnwood AC in 56:05.

### Trafford Grand Prix

**August 9<sup>th</sup>: BMC 800m Race B** Luke Minns (U23M) 1<sup>st</sup> 1:52:13. **800m h3** Jack Scarr (U20M) 1<sup>st</sup> 1:58.13.

**August 16<sup>th</sup>: 400m** Marcus Quarmbly (U20) h1 5<sup>th</sup> 50.53.

**August 23<sup>rd</sup>: 100m h3** Marcus Quarmbly 6<sup>th</sup> 12.1 PB; **200m h2** 2<sup>nd</sup> 23.47 PB. **200m h2** Oliver Hopkins (U17M) 23.74 PB. **h4** Andy Stubbs (SM T45) 25.61. **1500m h2** Daniel Quarmbly (U17M) 8<sup>th</sup> 4:15.63 PB. **h2** Molly Betmead (U15G) 2<sup>nd</sup> 4:49.31 PB. **3000m h2** Andrew Woodward (SM) 2<sup>nd</sup> 9:51.35 PB; Caroline Betmead (F35) 10<sup>th</sup> 10:21.23 PB; Lauren Gowland (U17W) 15<sup>th</sup> 10:38.56.

**August 29<sup>th</sup>:** Kirsty Rushton (U11G) **75m h3** 4<sup>th</sup> 12.28; **150m h1** 3<sup>rd</sup> 24.68; **L J** 11<sup>th</sup> 2.80m. Hannah Eadie (U11G) **75m h3** 5<sup>th</sup> 12.8 PB; **600m h1** 3<sup>rd</sup> 2:00.8 PB. Samuel Matthews (U13B) **100m h1** 2<sup>nd</sup> 14.28; **200m h1** 3<sup>rd</sup> 29.14. Thomas Matthews (U13B) **100m h2** 4<sup>th</sup> 15.09; **200m h2** 1<sup>st</sup> 30.38. Joseph Holmes (U13B) **100m** 7<sup>th</sup> 16.62; **800m h2** 7<sup>th</sup> 3:00.6; **L J** 6<sup>th</sup> 3,29m. William Holmes **150m h1** 3<sup>rd</sup> 23.16; **600m h1** 4<sup>th</sup> 2:03.7; **L J** 5<sup>th</sup> 3.22m. Darcey Lonsdale (U11G) **600m** 8<sup>th</sup> 2:12.8. William Eccleston 3<sup>rd</sup> **800m h1** 2:14.3 PB. Katrina Kelly (U15) **L J** 3<sup>rd</sup> 4.40m PB; **SP** 2<sup>nd</sup> 8.80m; **DT** 1<sup>st</sup> 21.81m.

### Arncliffe Fete "4":

**John Wright 4<sup>th</sup> (1<sup>st</sup> M45) 22:24; Andrew Woodward 5<sup>th</sup> 23:13; Greg Seddon 12<sup>th</sup> (3<sup>rd</sup> M45) 24:48; John Houghton 16<sup>th</sup> (1<sup>st</sup> M55) 24:48; Peter Broome 19<sup>th</sup> (2<sup>nd</sup> M55) 25:59; Luke Wood 24<sup>th</sup> 26:30; Jamie Midgley 30<sup>th</sup> 27:15.** First of 66 was Alan Buckley of Leeds City AC in 21:00 and first lady Helen Glover of Keighley & Craven (9<sup>th</sup>) in 23:59.

### British Biathlon Championship:

**Youth A** Adam Weightman 4<sup>th</sup> 13:48.8; **Youth C** Samuel Matthews 9<sup>th</sup> 5:54.5; **Senior** Nicola Rowley 1<sup>st</sup> 15:21.5; **Youth C** Lucy Whalley 11<sup>th</sup> 5:58.4.

### Northern Vets AC 10K: Bispham August 14<sup>th</sup>

**Derek Crane 83<sup>rd</sup> 47:42; John Winters 102<sup>nd</sup> (1<sup>st</sup> M75) 50:58; Norman Greenwood 121<sup>st</sup> (4<sup>th</sup> 70) 55:48.** First of 130 was Steve Littler in 33:17 and first lady was Joanna Goorney (32<sup>nd</sup>) 39:57 both of Wesham RR.

**BMC 10000m: Birmingham University August 13<sup>th</sup>**  
**Stuart Robinson 11<sup>th</sup> 31:25.63 PB**

### Chernobyl 10K: Preston August 14<sup>th</sup>

**Trevor Uttley 5<sup>th</sup> (1<sup>st</sup> V45) 38:18; Duncan Richardson 51<sup>st</sup> 43:52.** First of 211 was Gethin Butler of Preston Harriers in 33:07 and first lady was Annika Jarman (24<sup>th</sup>) of Lancaster & Morecambe AC in 40:25.

### BMC Nike Grand Prix: Birmingham Aug 20<sup>th</sup>

**Luke Minns 1500m B 5<sup>th</sup> 3:47.50 SB (PB 3:47.32).**

### Race the Train Rotary Challenge: (14 M) Aug 20<sup>th</sup>

**Peter Singleton 216<sup>th</sup> 1:51:24 ch 1:51:27; Alan Smart 572<sup>nd</sup> 2:13:13 ch 2:12:44; 741<sup>st</sup> Bernard Singleton 2:27:13 ch 2:27:08.** First of 918 was Andrew Hunt of Cardiff AAC in 1:21:31 (2<sup>nd</sup> Steve Littler of Wesham RR in 1:21:43) and first lady was Sarah Ridehalgh of Accrington RR (53<sup>rd</sup>) in 1:36:59. 157 beat the train.

### Birchwood 10K: August 21<sup>st</sup>

**David Williamson 75<sup>th</sup> 38:45 ch 38:41 PB; Bev Wright 118<sup>th</sup> (8<sup>th</sup> F & 1<sup>st</sup> FV50) 40:55 ch 40:51; Brandon Willoughby 139<sup>th</sup> 41:47 ch 41:38.** First of 658 was Nick Jones of Tipton Harriers in 31:35 and first lady was Rebecca Robinson (22<sup>nd</sup>) of Kendal AC in 34:42.

### Southport Waterloo Open Medal Meet: Aug 20<sup>th</sup>

**U11G** Jasmine Jolly **150m** 10<sup>th</sup> 25.3; **600m** 4<sup>th</sup> 1:57.4; **L J** 3<sup>rd</sup> 3.48m PB. **U11B** Jerome Jolly **600m** 3<sup>rd</sup> 1:55.1; **L J** 4<sup>th</sup> 3.42m; **Vortex Ball** 1<sup>st</sup> 32.91m. **U13G** Jessica Rogers **1200m** 3<sup>rd</sup> 4:37.9; **70mH** 9<sup>th</sup> 15.5 PB; **HJ** 3<sup>rd</sup> 1.25m. **U13B** Oliver Tomlinson **75mH** 1<sup>st</sup> 14.5; **200m** 8<sup>th</sup> 32.1; **200m** 8<sup>th</sup> 32.1; **L J** 3<sup>rd</sup> 4.08m. Harry Mercer **100m h1** 4<sup>th</sup> 14.2; **F** 7<sup>th</sup> 14.6; **L J** 9<sup>th</sup> 3.63m. Nick Aziz **100m h2** 2<sup>nd</sup> 14.6; **F** 8<sup>th</sup> 14.8; **HJ** 1<sup>st</sup> = 1.35m.

### Lancaster 5K: August 27<sup>th</sup>

**Andrew Woodward 11<sup>th</sup> 16:59; Caroline Betmead 14<sup>th</sup> (3<sup>rd</sup> F & 1<sup>st</sup> F35) 17:33; Molly Betmead 24<sup>th</sup> (6<sup>th</sup> F) 18:55.** First of 91 was Iain Quinn of Barrow & Furness Striders in 15:44 and first lady was Rebecca Robinson of Kendal AC (5<sup>th</sup>) in 16:16.

### **Pendleton Fell Race: August 27<sup>th</sup>**

**Jeffrey Wright 80<sup>th</sup> 55:52; Peter Gibson 94<sup>th</sup> 1:00:48.** First of 101 was Mark McGoldrick of Wharfedale Harriers in 37:14 and first lady was Nicola Jackson of Preston Harriers (18<sup>th</sup>) in 44:07.

### **East Manchester 10K: Gorton August 28<sup>th</sup>**

**Martin Lever 8<sup>th</sup> (1<sup>st</sup> M45) 42:10.** First of 144 was Daniel Bradford of Shettleston Harriers in 32:55 (2<sup>nd</sup> James Mulvaney in 37:25). First lady was Anna Brooks (24<sup>th</sup>) in 47:06.

### **Fleetwood Half Marathon: August 28<sup>th</sup>**

**Uber Cirelli 54<sup>th</sup> 1:29:46.** First of 324 was Rob Affleck of Preston Harriers in 1:13:38 and first lady was Carly Needham of Rochdale.

## **Athletic Profile – Edwin Corley Moses**



### **Ed Moses winning Gold at 1984 Los Angeles Olympics**

At the Diamond League Meeting at Crystal Palace, one of my favourite athletes of the 1970s and 80s, **Ed Moses** was a guest where he was interviewed by the BBC. When Ed Moses was running in the 400 metres Hurdles, it was like watching poetry in motion as he bounded around a track almost 'eating' up the hurdles in his unique trademark 13 step style between hurdles. He was almost invincible: from 1976 to 1989 Moses in the 156 races that he competed in, was only being beaten six times.

**Edwin Moses** was born on August 31<sup>st</sup> 1955 in Dayton Ohio. At school Moses was more academically inclined than sport minded. He did not compete well in team sports and was cut from the basketball team and kicked out of the football squad for fighting. Ed found more satisfaction in the individual sports of gymnastics and especially athletics, where he favoured the 110m and 400m Hurdles. He took a 'scientific approach to hurdling using his 9ft 9in stride length to good effect, by taking 13 steps between the ten barriers, when most hurdlers favoured 14 before changing down to 15 for the final few hurdles.

After only a few months in the event he went to the 1976 Olympics in Montreal and won the Olympic final in a new world record of 47.64, winning by an impressive eight metres from teammate Mike Shine. Because of the United States boycott of the Moscow Olympics he was unable to defend his title but indicated what the result would probably have been, by improving on his world record in Milan running 47.13, during the Olympic year. He was Champion

in 1983 Helsinki World Championships, despite one of his shoelaces coming undone during the race on the back straight. He returned to Olympic glory at the Los Angeles games in 1984. Moses again won gold in the Rome's World Championships in 1987.

As well winning medals, he also broke the world record four times and had an amazing unbeaten run. After being beaten by Harald Schmid of West Germany on the 26<sup>th</sup> August 1977 in Berlin, the following week he had revenge over Schmid at Dusseldorf and then famously won 122 consecutive races which included three World Cups titles two World Championships, an Olympic title and two World Records; a total period of nine years, nine months and nine days. He was finally beaten by Danny Harris in Madrid June 4<sup>th</sup> 1987, when he probably should not have run as he wasn't feeling too well before the race.

Off the track he campaigned for athletes and an Athletes Trust Fund programme was established to allow athletes to benefit from government or privately supplied stipends direct payments and endorsement money without jeopardizing their Olympic eligibility. He was also a campaigner against drug taking in sport.

**Postscript:** Shortly after I prepared this piece **Howard Henshaw** reported in the Blackpool Gazette on the death of another hurdler. Former Blackpool & Fylde Harrier, **Dave Kay**, died at the age of 80 in Bristol, was 'the club's greatest ever sprint hurdler'. He was AAA 120 yard Hurdles junior champion in 1949 and just missed out on selection for the 1956 Melbourne Olympics, after taking silver in the 220 yards AAA Championship.

### **Birthdays:**

Congratulations to members who had significant birthdays in August: 6<sup>th</sup> - **Syd Bashforth** was 50, 9<sup>th</sup> - **Chris Senior** was 60, 10<sup>th</sup> - **Jack Scarr** was 18, 19<sup>th</sup> - **Anthony Blight** was 40 and 29<sup>th</sup> - **Larry McGee** was 60.

**And Finally:** **North-West athletes** have again had success at the highest level. After her first UK title Wigan's **Jenny Meadows** won the 800m at the Diamond League meeting at Crystal Palace on the 6<sup>th</sup>, powering past Jamaican Kenia Sinclair to post an impressive time of 1:58.60. In the equivalent wheelchair race **Shelly Woods** had a good victory in 1:59.16 over an international field. **Helen Clitheroe** continued her renaissance in the 5000m. In order to ensure a place on the plane to Daegu, Helen needed to run a time of 15:15. Helen showed that she is in the form of her life easily securing the time and also coming second in quality field, with a personal best time of 15:06.75.

### **Stop Press - IAAF World Championship:**

**Carl Myerscough DT qB 17<sup>th</sup> 60.29m.** **Anyika Onuora** (Liverpool Harriers) 100m **h 5<sup>th</sup> 11.41.** **Michael Rimmer** (Liverpool Pembroke) 800m **h 5<sup>th</sup>.** **Helen Clitheroe** (Preston Harriers) **5000m h1 8<sup>th</sup> 15:37.73.** **Andy Turner** (Sale Harriers) **110mH h1 2<sup>nd</sup> 13.32; SF 4<sup>th</sup> 13.44; F 3<sup>rd</sup> 13.44.** **Holly Bleasdale** (Blackburn Harriers) **PV qA NH.** **Kate Dennison** (Sale Harriers) **qB 8<sup>th</sup> 4.50m.**