



WYLDEFYRE

November 2011 No 18

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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**
Sportshall League

Abbreviations & Key: Club Champ races are marked with asterisks; YAL - Young Athletes Country; ICoun - Inter Counties; HM - Half Marathon; 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; c - chip; i - indoor; m - metres; M - Mile; K - Kilometre; ' - feet; w/s - wind speed; CR - course record.

Forward: Track and Field has finished and overall it was a quiet month as many athletes and coaches took a break from athletics to recharge batteries. However road running schedule was busy, including the Lytham Hall 5K and Green Drive 5 Miles. The cross country season started with two Red Rose events and the first Mid Lancs fixture at Towneley Park, Burnley.

Bill Smith a much loved and respected Fell Runner and writer was found dead on Saddle Moor and he is the subject of 'Athletic Profile'

Although this seasons track & Field has ended many of next year's major fixtures have already been slotted into the calendar and I have included them in 'Forthcoming Events' so that members can plan for next season, book holidays etc. I will update each month as more information becomes available.

FORTHCOMING EVENTS

04/11/11	Presentation Night Hilton Hotel
05/11/11	English XC Relay Championship Mansfield
05/11/11	Lakeland 10K/15K TR Glenridding
06/11/11	Club Handicap
06/11/11	Through the Villages Race 8.45M Wheelton & Lancaster ½ M
06/11/11	Guy Fawkes 10M Ripley & Lakeland 13K TR Glenridding
12/11/11	Red Rose XC League Bolton
13/11/11	Sportshall League Blackpool Sports Centre
13/11/11	Windmill 10K Lytham & Dalby Dash 10K
19/11/11	Northern Athletics Indoor Open Meeting EIS Sheffield
19/11/11	Northern 10 Mile Road Running Champs Brampton to Carlisle
20/11/11	Preston 30 th 10M (£300 for breaking Course Record)
20/11/11	Leeds Abbey Dash & Lightwater Valley 10K Ripon
20/11/11	Barnsley 10K Yorkshire & (South Yorkshire 10K Champs)
20/11/11	North West Sportshall League Widnes
26/11/11	Mid Lancs XC League Sefton Park Liverpool
26/11/11	Wesham 10K & Ravenstonedale Red 10K Kirby Stephen
26/11/11	British & Irish Masters International Bellahouston Pk Glasgow
27/11/11	The Best 5K Fun Run Preston & Salford Women's 5.25M
03/12/11	Red Rose XC League Marl Pitts Rossendale
04/12/11	Club Mincepie Handicap
04/12/11	Guys 10M Bilsborrow & Ulverston Xmas Pudding 10K
10/12/11	Mid Lancs XC League Astley Park Chorley
10 & 11/12/11	Great Langdale Christmas Pudding Runs (10K)
11/12/11	Longridge 7M & Stockport 10M & NW Sportshall League
11/12/11	North West Sportshall League Kingsway Leisure Centre
17/12/11	Northern Athletics Indoor Open Meeting EIS Sheffield
18/12/11	Christmas Paarluffe & Hurst Green TR
24/12/11	Rudolf's Red Nose Race 5M Blackpool
26/12/11	Boxing Day 10K Leyland & Shell Round the Walls 4.5M
27/12/11	Northern 10k Road Running Champs Ribble Valley Clitheroe
02/01/12	Central Lancashire HM Catforth
07/01/12	Lancs XC Championships Witton Park Blackburn
07/01/12	England/Nthern Indoor Combined Championship TBC
08/01/12	Garstang 10K
14/01/12	Mid Lancs XC League Wilson's Playing Field Hyndburn
14/01/12	Northern Athletics Indoor Championships Sheffield
14/01/12	Vault Manchester Sportscity
15/01/12	Sportshall League Blackpool Sports Centre
21/01/12	Scottish Nat Open (U14/U16/U18/U20/Senior) Kelvin Hall
22/01/12	Four Villages HM Helsby & Brass Monkey HM York
22/01/12	Aviva Sportshall Fun in Athletics Festival (U11s) Sportscity
28/01/12	Northern XC Pontefract
04/02/12	BUSA XC Championships
05/02/12	Pennine Bridleway & Blackburn Winter Warmer 10K
11/02/12	Mid Lancs XC League Thornccliffe Barrow
12/02/12	Sportshall League Blackpool Sports Centre
25/02/12	English National XC Parliament Hill London

September's Athletes of the Month



September's recipients are Adam Weightman for winning an individual Bronze Medal and a team Gold Medal at the World Biathlon Championship and Caroline Betmead for her winning Road Running exploits, including crowning the Interclub season with a sixth individual win, thus completing a whitewash of victories in the Interclub series. Also nominated was Jodie Ferguson, who won the Junior Great North Run and was part of the Silver Medal Northern Relay team at Birchwood.



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25/02/12
03/03/12
03/03/12
10/03/12
10/03/12
17/03/12
31/03/12
14/04/12
01/05/12
20/05/12
26/05/12
02-04/06/12
16/06/12
16 & 17/06/12
17/06/12
22 to 24/06/12
30/06/12
06 & 07/07/12
14 & 15/07/12
29/07/12
03 to 11/08/12
04 & 05/08/12
18 & 19/08/12
25 & 26/08/12
31/08-09/09/12
01 & 02/09/12
22/09/12

Aviva Spotshall Regional Finals U13 Team & U15 All Rounder
Mid Lancs XC League Worden Park Leyland
England /Nth Athletics U17 & U15 Indoor Champs Sheffield
CAU Inter Counties XC Championships Cofton Park B'ham
English /Nthn Athletics U17 & U15 CE Championships
English School XC Championships Taunton
Northern Athletic 12/6 Stage Relays Champs Sefton Pk L'pool
ERRA National 12/6 Stage Road Relays Sutton Park
YAL League
YAL League
England /Nth Athletics CE Senior & U20 Bedford
England/Northern Senior & U20 T&F Championships
Lancashire Schools Championship
Aviva World Trials U20 & U23 Champs Bedford
YAL League
Aviva Olympic Trials & UK Champs
English Schools T&F Cup Final
Aviva English School T&F Championship Gateshead
Northern Athletics U20 U17 & U15 T&F Championship
YAL League
Olympics Athletic programme
England/Nth CE U17 & U15 Championships
England/ Nth Athletics U17 & U15 Championships Bedford
T&F Inter Counties Championship
Paralympic Athletics programme
Auxiliary & Main Finals respectively
Northern Athletics 6/4 & Young Athletes Road Relays Leigh

REPORTS & RESULTS

Club Handicap: October 5th

CH

John Wright 20:57; Stuart Williams 24:03; Graham Davies 24:58; Martin Bates 25:14; Ian Close 25:23; Nick Hume 25:25; Mick Pritt 25:38; Peter Gibson 26:29; Reg Smallbone 26:35; Terry Bradshaw 26:36; Anthony Blight 27:51; Alison Titterington 28:18; David Twizell 29:12; Tony Croft 29:36; Jenny Ryan 32:19; John Bradley 32:35; Dave Heaton 34:42; Colin Dyczka 36:36. Timekeepers & Helpers: Gary Johnston and David Wood.

It was a wet and windy start to this month's handicap. Because of the inclement conditions and the descending gloom, Tony suggested a mass start to avoid the runners getting cold. Although the rain abated, the blustery conditions ensured that there were no PBs for this final Wednesday evening handicap of the year. The next Handicap will be on Sunday November 6th.

Lytham Hall 5K: October 9th

Luke Minns 3rd 16:15; John Wright 4th (1st MV45) 16:37; Daniel Quarmbay 8th (1st MJ) 16:49 PB; Andrew Woodward 7th 16:59; Harry Poole (4th MJ) 17:48 PB; Caroline Betmead (1st F & 1st FV35) 18:01; Peter Broome 23rd (2nd MV55) 19:17; Nick Hume 39th (3rd MV50) 20:53; Steve Minto 40th (2nd MV60) 20:55; Phil Burke 45th 21:14; John Winter 70th (1st MV75) 24:51; Norman Greenwood 82nd (2nd MV70).

26:33; Lynne Naylor 97th 28:03. First of 135 was Jon Fletcher of Border Harriers in 15:57, with Phil Leybourne of Salford Harriers & AC (2nd claim BWFAC) second in 16:10.

Last year's inaugural race had been a limited success, considering that it was over the non-standard distance of 4K. Now over a 5K course it proved to be a big success with an entry of 140. The start was by the Hall and in order to achieve the 5K distance, the course took the runners down the main Drive and then doubled back to the Hall and then onto the section of Green Drive which goes through Lytham Hall Park and then along Ballam Road, before re-entering Lytham Hall Park at the main entrance.

It was pleasant autumn morning and despite the sharp U



turn early on in the race, there were PBs for several of the competitors, including the winner Jon Fletcher of Border Harriers pictured. The second lady was Sue Samme of LSARR, who like Caroline Betmead has been selected to represent England in the Vets Cross Country Home International in Glasgow at the end of November.

Green Drive 5m: October 16th

Stuart Robinson 2nd 25:03 **PB**; Luke Minns 3rd 26:20; Daniel Quarmby 4th 27:21 **PB**; Steve Waterhouse 6th (1st MV40) 27:46; Adam Weightman 20th 29:41 **PB**; Liam Craine 40th 31:36; Martin Lever 52nd 32:12; Stasia Bligh 70th (9th F & 2nd FV35) 33:25; Nick Hume 86th 34:20; Terry Bradshaw 97th 34:56; Steve Minto 102nd 35:05; Nic Rowley 112th (15th F) 35:38; Kevin Woods 129th 36:48; Lucy Minns 130th (21st F) 36:50 **PB**; Alison Titterington 131st (22nd F & 3rd FV55) 36:56; David Twizell 130th 39:33; John Winters 170th (1st MV75) 40:22; John Bradley 209th 40:27; Dave Heaton 267th 46:04.

First Male team BWFAC - 9 points (Stuart Robinson, Luke Minns & Daniel Quarmby). The first Ladies team was Wesham RR with 29 points (Joanna Goorney, Helen Lawrenson & Kath Hoyer. BWFAC was second 45 points (Stasia Bligh, Nic Rowley & Lucy Minns).

First of 350 was **Stuart Stokes** of Sale Harriers Manchester in 24:09 and first lady was **Sue Samme** (28th) in 29:58.

The Green Drive 5 always seems to be blest with good weather and this year's race was no exception. After heavy overnight and early morning rain, it turned into a warm sunny morning and although it clouded over by the time of the race, conditions were still perfect for running and PBs, of which there were many.

The winner was international 3000 metre Steeplechaser



(currently ranked 3 in the UK rankings and 5th at last year's Commonwealth Games), **Stuart Stokes** pictured of Sale Harriers. He won in the fast time of 24:09, just 3 seconds outside the course record of 24:06 set by **Antony Ford**. **Stuart Robinson** was in training for the Dublin Marathon at the end of the month, where he was selected to represent England. In the week prior the

GD5 Stuart had completed a total of a 100 miles training. Despite this he ran a magnificent race, significantly reducing his PB by 18 seconds. **Luke Minns** was also in good form, running a time just one second outside his PB, which was set at last year's race. The rest of 'Team Minns' had good runs, with Lucy completing her first 5 Mile race and mother Lisa posting a big PB of 42:07 in 203rd place and 50th lady. In last year's Green Drive 5, Lisa ran the race in 43:18. Both junior members **Daniel Quarmby** and **Adam Weightman** continued their good recent form, both running PBs.

ERRA National Road Relays: Sutton Park Birmingham October 16th

U15G: 1st Leg: Molly Betmead 14:25, 5th 13th. **2nd Leg:** Lucy Whalley 15:36, 9th 132nd. **3rd Leg:** Alisha Johnson 14:39, 6th 24th-. (Overall individual position in italics).

Mid Lancs XC: Hyndburn October 29th

U11G: Jasmine Jolly 8th 8:11; Hannah Eadie 10th 8:19; Isabelle Woodman 22nd 8:52; Maisie Rogers 23rd 8:53; 34th India Rogers 34th 9:17; Minnie Rogers 50th 8:29.

U11B: George Robinson 1st 7:23; Linton Christian 3rd 7:37; Jerome Jolly 4th 7:42; Callum Hogarth 8th 8:01; Jamie Jackson 13th 8:12; William Holmes 16th 8:22; James Smith 19th 8:25; Jake Brown 23rd 8:37.

U13G: Annie Bradshaw 7th 12:14; Deni Impett 9th 12:25; Molly Scarr 16th 12:47; Lauren Brook 34th 12:31; Ella Morley 35th 12:34; Lauren Quarmby 38th 12:47. Team finished 4th with 65pts.

U15G: Molly Betmead 1st 11:47; Alisha Johnson 4th 12:34; Kelly Smith (*finished but not shown in results*) Fiona Hockey 27th 14:36; Kate Lawler 32nd 15:05. **Team finished provisionally 3rd.**

U15B: Declan Darnborough 39th 18:43.

U17W: Lauren Gowland 2nd 16:22; Jodie Ferguson 7th 17:31.

U17M: Daniel Quarmby 9th 22:26; Michael Rietdyk 23rd 24:24; Sean Kenny 25th 24:45; Jamie Midgley 30th 25:34; Oliver Hopkins 31st 25:51. Team finished 4th with 57 pts.

SW: Caroline Betmead 2nd (1st L35) 23:19; Alison Titterington 53rd 29:39; Andrea Smith 55th (20th L35) 29:58; Karen Dunford 56th (21st L35) Laura Lawler 66th (25th L35) 30:36. **SW team finished 10th with 107 pts (5th Div 1).** **V35 team finished 9th with 81 pts.**

SM: Luke Minns 3rd 33:44; Phil Leybourne 7th (1st V40) 34:38; John Wright 33rd 36:37; Adam Weightman 60th 38:09; Steve Waterhouse 61st 38:16; John Houghton 86th 39:39; Trevor Uttley 105th 40:23; Peter Broome 147th 42:37; Les Endene 155th 43:03; Liam Craine 179th 44:20; Peter Singleton 193rd 44:52; Stuart Williams 199th 45:09; Duncan Richardson 216th 46:02; Dave Brooks 268th 49:40; Peter Gibson 269th 49:41; Dave Dyson 270th 49:51; Bob Newman 272nd 49:59; Jeff Wright 277th 50:22; Alan Smart 290th 51:42; David Twizell 304th 54:25; Bernard Singleton 310th 56:11; Bob Massey 313th 56:33; John Winters 315th 57:49. **SM team finished 4th (3rd Div 1).** **V40 team finished 2nd.** **V50 team finished 10th and V60 team finished 7th.** *All these team results are subject to confirmation.*

The first Mid Lancs of the season proved to be very popular with large fields in every category. For the U11 categories there was encouraging signs, with six girls and eight boys competing. This was due in the main to the excellent efforts of the Under 11 coach Samantha Rogers. All performed well, with most finishing in the top half of

finishers. The U13 and U15 girls again had teams out, but again there were no boy's teams, with only Declan flying the flag for the U15B. However it was good to see five U17 men and there was a strong showing from the Senior Men. However despite a fantastic run from Caroline Betmead (*birthday greetings for her 40th on November 1st*) the team had a disappointing start. Her daughter Molly also had a brilliant run finishing 39 seconds ahead the second girl, beating all but one of the U13 boys, who were running in the same race.

Road/Trail Championship 2011:

Men: 1st Stuart Robinson (SM) 7pts; 2nd John Wright (V45) 13pts; 3rd Steve Waterhouse (V40) 16pts; 4th Uber Cirelli (SM); 5th Brandon Willoughby (V50) 17pts; 6th Peter Broome (V55) 42pts; 7th Mike Golden (V55) 59pts; 8th Duncan Richardson (V45) 66pts; 9th Bob Newman (V65) 68pts; 10th Dave Brooks (SM) 71pts; 11th Terry Bradshaw (V50) 74pts; 12th Tony Croft (V60) 96pts; 13th John Winters (V75) 118pts; 14th Norman Greenwood (V70) 157pts.

Women: 1st Caroline Betmead (FV35) 7pts; 2nd Bev Wright (FV50) 12pts; 3rd Tanya Wright (FV35) 24pts; 4th Alison Titterington (FV50); 5th Laura Lawler (FV40) 31pts.

Other Results:

Pendleton FR:

Jeffrey Wright 80th 55:52; Peter Gibson 94th 60:48. First 101 of was Mark McGoldrick of Wharfedale Harriers in 37:14 and first lady was Nichola Jackson (18th) in 44:07.

Fleetwood Triathlon: September 25th

Andy Woodward 27th 1:02:13 (Swim 8:40, Bike 32:29, Run 21:02).

Blackpool to Fleetwood 10M: October 2nd

Uber Cirelli 10th 1:00:25; Bev Wright 19th (1st F & 1st FV50) 1:06:24. First of was Daniel Clarke of Mossley Hill AC in

Red Rose XC: Leigh Sports Village October 8th

U11B: George Robinson 3rd 5:28.

Congleton Half Marathon: October 9th



Bev Wright 53rd (1st F & 1st FV 50) 1:30:16. First 487 of was Rob Downs of Wilmslow RC in 1:15:05.

TUI Half Marathon: Palma Mallorca October 16th

Bev Wright 3rd F & 1st FV50 89:25. First lady was Zoe West of Epsom Ewell. (Steve Littler of Wesham RR was 3rd man in

67:47.)

Red Rose League Hyndburn: October 22nd

U11B: George Robinson 3rd 8:09; **U11G:** Hannah Eadie 9th 8:50.

Lea Town 10K: October 23rd

Luke Minns 1st 32:49; David Brooks 68th 46:52; John Bradley 101st 52:43. 139 finished the race. First lady was Gema Adams of Preston Harriers (20th) in 39:38.

Autumn Breaker 10K: October 23rd

Harry Poole 2nd (1st U17) 37:37 **PB**; Uber Cirelli 6th 38:08; Trevor Uttley 9th (4th MV45) 39:06; Duncan Richardson 33rd 43:17. 1st of 151 was Keith Boardman of Salford Harriers in 36:48 and first lady was Debbie Jones (unattached) in 10th in 39:46.

Lucca Marathon: Italy October 23rd

David Heaton 690th 5:21:18. First 697 of was Joachim Nshimirimana of Toscana Atletica Caripit in 2:18.40.

Dublin Marathon: October 31st

Stuart Robinson 32nd 2:32:40. First of over 14000 was Geoffrey Ndungu of Kenya in 2:08:32 (CR) and first lady was Helalia Johannes of Namibia in 2:26:13. **Stuart after the race: "Tough day, weather conditions not the best – it wasn't going to be a PB day. I struggled in the final 10K but was determined to finish though..."**

Athletic Profile – Bill Smith

Bill Smith's body was discovered on the Bowland Fells early this month, by a walker. On the September 11th he had taken the train from Ormskirk to Preston. It is thought he was running across the fell when he fell into a peat bog and was unable to extricate himself and died of a heart attack. When his body was discovered it was not realized that Bill Smith was a Fell Running great.

Bill was born in 1936 and took up fell running in 1971. In 1973 he was the 12th person to complete the Bob Graham Round, a circuit of 42 peaks in the Lake District in under 24 hours and extended this feat in the next few years to 55 and then to 63 peaks. He competed in many long distance fell races such as the Mountain Trial and the Wasdale Horseshoe.

As well as being an accomplished fell runner, he wrote numerous articles about fell running. His greatest achievement was the book: 'Studmarks on the Summits – A History of Amateur Fell Racing 1861 to 1983'. It was published in 1986 and sold out and now copies change hands for over a £100 on internet sites.

He was a long term member of the Clayton-le-Moors Harriers and at the recent AGM was made an Honorary Member to recognize his services to the sport and to the club.

