



WYLDEFYRE

January 2012 No 20



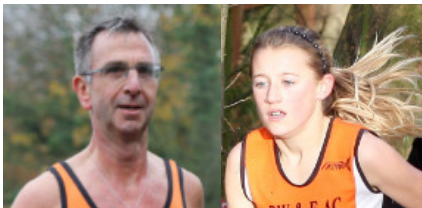
Contributions & Comments to dauidwood61@hotmail.co.uk

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

FORTHCOMING EVENTS DAIRY

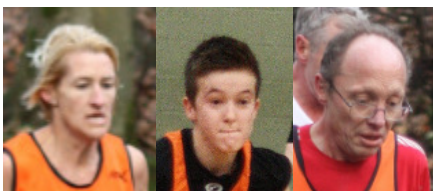
Abbreviations & Key: Club Champ races are marked with asterisks; ICoun – Inter Counties; HM – Half Marathon; TR – Trail Run; FR – Fell Race; MT – Multi-Terrain; CE - Combined Events; NA – Northern Athletics; YAL - Young Athletes League; EIS – English Institute of Sport; ESAA- English Schools Athletic Association; BUSA - British University Sports Association; BMAF – British Masters Athletic Federation; CAU - UK Counties Athletic Union; IAAF - International Association of Athletics Federations; 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; CR – course record 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.

November's Athletes of the Month



This month's recipients are **Molly Betmead** for her excellent fourth place finish at the Liverpool McCains Cross Challenge and **Peter Gibson** for his impressive recent improvement in form and a his big PB at the Preston 10M.

Also nominated were **Caroline Betmead** for her second place at the Vets International in Glasgow, **Jack Hails** for his excellent performance at November's Sportshall and **Peter Singleton's** run in the tough Tour of Pendle.



Caroline Jack Peter S

- 01/01/12 Nine Standards 8M/1800' Kirkby Stephans
- 02/01/12 Central Lancs HM Catforth
- 07/01/12 Lancs XC Championships Witton Park Blackburn
- 07 & 08/01/12 England/Nthern Indoor Combined Championship Sheffield
- 08/01/12 Club New Year Predictor Handicap New Road**
- 08/01/12 Garstang 10K & Manchester Indoor Open Meeting
- 14/01/12 Mid Lancs XC League Wilson's Playing Field Hyndburn
- 14 & 15/01/12 Northern Athletics Indoor Championships EIS Sheffield
- 14/01/12 Vault Manchester Sportscity (Coaching master class Sunday)
- 14/01/12 Ashurst Beacon 5.9M/950' Dalton Skelmersdale
- 15/01/12 Sportshall League Blackpool SC
- 21/01/12 Scottish National Open Indoor Meeting Kelvin Hall Glasgow
- 22/01/12 Derby Arms HM Inskip, Four Villages HM & Brass Monkey HM
- Aviva Sportshall Fun in Athletics Festival (U11s)** Sportscity
- 22/01/12 Lancashire Athletic Coaching Day Stanley Park Blackpool
- 28/01/12 North of England XC Pontefract
- 29/01/12 Chernobyl 10K
- 04/02/12 BUSA XC Championships Cardiff
- 05/02/12 Northern Athletics Indoor Pentathlon Vets Championship
- 05/02/12 Pennine Bridleway**
- 05/02/12 Blackburn Winter Warmer 10K & Dewsbury 10K
- 07/02/12 Lancashire Primary Sportshall & Secondary – year 7 Bpl SC
- 11/02/12 Mid Lancs XC League Thornccliffe Barrow
- 11/02/12 42nd Parbold Hill Race 6.75M nr Wigan
- 12/02/12 Sportshall League B'pool SC, Club Handicap & Southport 10K
- 18/02/12 Standish Hall Trail Wigan
- 19/02/12 Manchester Indoor Open Meeting & Central Lancs 5K Bolton
- 19/02/12 17th Village Bakery HM & Muddy Boots 11M Caldervale
- 25/02/12 English National XC Parliament Hill London
- 25/02/12 Aviva Sportshall Regional Finals Robin Park SC Wigan
- 25 & 26/02/12 England U20/U17/U15 Indoor Champs & BUCS Indoor Champ
- 26/02/12 Radcliffe AC 10M TR & Gt NW HM Blackpool
- 28/02/12 Lancashire Secondary – year 8 Hyndburn Leisure Centre
- 03/03/12 Mid Lancs XC League Worden Park Leyland & Stanley Pk 10K
- 03/03/12 England /Nth Athletics U17 & U15 Indoor Champs Sheffield
- 04/03/12 Haweswater HM, Trimble 20M Lancaster & Southport 10K
- 04/03/12 Manchester Indoor Open Meeting & Haweswater HM
- 09 to 11/03/12 World Indoor T&F Championship Istanbul TUR
- 10/03/12 CAU Inter Counties XC Championships Cofton Park
- 10/03/12 English /Nthn Athletics U17 & U15 CE Championships
- Winter Warm-Up T&F/Spring 5K** Stanley Park Track B'pool
- 11/03/12 Blackpool Marathon, HM & Roddlesworth Roller MT 6M
- 17/03/12 English School XC Championships Ilton nr Taunton
- 17 & 18/03/12 BMAF Indoor Champs Lee Valley
- 18/03/12 Ultrafit St Annes 10M
- 25/03/12 BMAF XC Champs Bath University
- 27/03/12 BMAF Pentathlon, 10K track run/walks Horspath Oxford
- 28/03/12 North West Regional Secondary Leigh Sports Stadium

A Very Brief 2011 Review

At the end of the year it is traditional to look back at the successes and failures – and who am I to flout tradition.

At the beginning of the year we were in the middle of the **Cross Country season**. The girl's/lady's had the best season with team **U15G** championship, **U13G** bronze, **senior lady's** and **V35** Silvers. However boy's/men's season was disappointing. Very few boys competed and the men's **Senior 'A' team** and **V40** team only just avoided relegation. The only success was a team bronze for the **V60's**. Individually though there was medal success for **Jodie Ferguson, Lauren Gowland, Bianca Pedersen** and **Luke Berry**. And in November **Caroline Betmead** represented England with distinction at a Vets International in Glasgow.

We were runners-up to Preston Harriers in **Sportshall** and in the new season we have made an excellent start with a win in the first fixture.

Although there were many individual successes, team-wise the **T&F** season was very disappointing with the **YAL** squad failing to qualify for the season end finals and with the **Senior Team** relegated after just two seasons in the North of England first division. Even in the Mid Lancs we were unable reproduce 2010's Championship and had to be satisfied with Runners-up spot. However the Club's open T&F competitions again proved popular.

The **road running** scene was relatively successful with the **Ladies** first in the Inter Club and Runner-up in the **Open, Vets** and **V60s**. And there was much success in the Relays with five Lancashire medals and **U15G** excellent Silver medal in the Northern Relays. There were several impressive individual performances from **Caroline Betmead, Jodie Ferguson, Stuart Robinson, Luke Minns** and **Daniel Quarmby**.

As we enter **Olympic Year** let us hope with the build-up to the Games, that all our members are inspired to go forward to success in 2012, both individually and for their club: **Blackpool, Wyre & Fylde Athletic Club**.

| | | |
|----------------|---|-------------------------------------|
| 01/04/12 | Northern Athletic 12/6 Stage Relays Champs | Sefton Pk L'pool |
| 03 to 08/04/12 | Masters World Indoor T&F Champs | Jyvaskyla FIN |
| 04/04/12 | *BWFAC IC (inc 2011 Presentation Road & Fell) | Stanley Park |
| 14/04/12 | Mid Lancs T&F League | TBC |
| 14/04/12 | ERRA National 12/6 Stage Road Relays | Sutton Park |
| 04 to 07/05/12 | BUCS Championship | London Olympic Stadium |
| 05/05/12 | Northern League Match 1 | |
| 06/05/12 | YAL League | |
| 09/05/12 | School Games | London Olympic Stadium |
| 10/05/12 | *Lytham St Annes RR Inter Club | |
| 06/05/12 | Gt Hameldon Hill FR | 6M/1109' Accrington |
| 12 & 13/05/12 | Lancs T&F Championship | Blackpool |
| 20/05/12 | YAL League | |
| 26/05/12 | Northern League Match 2 | |
| 26/05/12 | England /Nth Athletics CE Senior & U20 | Bedford |
| 02/06/12 | Mid Lancs T&F League | Preston |
| 02-04/06/12 | England/Northern Senior & U20 T&F Championships | |
| 13/06/12 | *Preston Harriers Inter Club | |
| 16/06/12 | Lancashire Schools Championship | |
| 16 & 17/06/12 | Aviva World Trials U20 & U23 Champs | Bedford |
| 17/06/12 | YAL League | |
| 21/06/12 | Aggies Staircase FR | 4M/1148' Darwen |
| 22 to 24/06/12 | Aviva Olympic Trials & UK Champs | TBC |
| 23/06/12 | Mid Lancs T&F League | Hyndburn |
| 27/06-01.07/12 | European Athletic Championship | Helsinki FIN |
| 30/06/12 | English Schools T&F Cup Final | |
| 01/07/12 | Northern League Match 3 | |
| 01/07/12 | BMAF Throws Pentathlon Champs | Copthall |
| 06 & 07/07/12 | Aviva English School T&F Championship | Gateshead |
| 10 to 15/07/12 | IAAF World Junior Champs | Barcelona SPA |
| 12/07/12 | Bull Hill Hawkshaw FR | 5.5M/1100' |
| 13 & 14/07/12 | IAAF Diamond League | Crystal Palace London |
| 14 & 15/07/12 | Northern Athletics U20 U17 & U15 T&F Championship | |
| 16/07/12 | *Wesham RR Inter Club | |
| 21 & 22/07/12 | BMAF T&F Champs | Moorways Stadium Derby |
| 29/07/12 | YAL League Semi Final | |
| 03 to 11/08/12 | Olympics Athletic programme | |
| 05/08/12 | Northern League Match 4 | |
| 04 & 05/08/12 | England/Nth CE U17 & U15 Championships | |
| 04 & 05/08/12 | BMAF Decathlon & Hephthlon Champs | Horspath Oxford |
| 15/08/12 | *Chorley Inter Club | |
| 16 to 25/08/12 | European Vets T&F Chps | Zittau GER Bogatynia Pol Hradek CZE |
| 18 & 19/08/12 | England/ Nth Athletics U17 & U15 Championships | Bedford |
| 25/08/12 | Mid Lancs Medal T&F B'pool & Chipping Show FR | 7.5M/1801' |
| 25 & 26/08/12 | T&F CAU Inter Counties Championship | |
| 31/08-09/09/12 | Paralympic Athletics programme | |
| 01 & 02/09/12 | Auxiliary & Main Finals | respectively |
| 05/09/12 | *Red Rose RR Inter Club | |
| 08/09/12 | Northern League Division 2 Promotion Match | Cleckheaton |
| 08/09/12 | World Hammer Decathlon Champs | Derby |
| 09/09/12 | T&F Open & Autumn 5K | Stanley Park Track Blackpool |
| 22/09/12 | Northern Athletics 6/4 & Young Athletes Road Relays | Leigh |
| 23/09/12 | BWFAC T&F Open | Stanley Park Track Blackpool |
| 17/11/12 | 2012 Presentation Night | Hilton Hotel |

REPORTS & RESULTS

Club Mince Pie Handicap: December 3rd CH

Peter Gibson 25:35 PB; **Nick Hume 25:50**; **Terry Westhead 26:32**; **Reg Smallbone 26:36**; **Terry Bradshaw 27:21**; **Alison Titterington 27:44**; **Tony Airnes 27:55**; **Tony Croft 30:23**.
Timekeeper: Liz Airnes. In dreadful conditions of gale-force winds and heavy showers of rain, **Peter Gibson** continued his excellent recent form with yet another PB.

Mid Lancs XC: (Extrapolated Results) ML

Sefton Park, Liverpool November 26th

Last month I recorded the overall results in the **McCains Challenge**. Below are the **Mid Lancs** only results.

U11G: Hannah Eadie 5th 8:02; Isabelle Woodman 18th 8:49; Maisie Rogers 25th 9:10; Katie Laycock 29th 9:17; Minnie Rogers 41st 11:27. *First of 41 was Lucy Miller of Liverpool Harriers in 7:36.*

U11B: Christian Linton 2nd 7:20; George Robinson 3rd 7:22; William Holmes 15th 8:09; James Smith 17th 8:11. *First of 27 was Max Brame of Liverpool Harriers in 7:02.*

U13G: Deni Impett 3rd 12:08; Annie Bradshaw 12th 13:04; Molly Scarr 18th 13:26. *First of 34 was Elizabeth Greenwood of Blackburn Harriers in 11:15.*

U13B: Samuel Matthews 20th 12:13; Thomas Matthews 31st 12:54. *First of 51 was Tom Rogerson of Liverpool Harriers in 11:07.*

U15G: Molly Betmead 1st (of 49) 11:02; Alisha Johnson 6th 11:43; Fiona Hockey 39th 13:36; Kate Lawler 41st 13:53.

U17W: Lauren Gowland 3rd 17:47; Jodie Ferguson 6th 18:31. *First of 24 was Katherine Walker of Liverpool Harriers in 17:21.*

U17M: Michael Rietdyk 23rd 21:08; Sean Kenny 34th 22:03. *First of 38 was Jamaine Coleman of Preston Harriers in 18:23.*

SW: Stasia Bligh 16th 34:55; Karen Dunford 38th 38:59; Laura Lawler 43rd 39:56. *First of 82 was Lauren Howarth of Leigh Harriers in 28:24.*

SM: Luke Minns 11th 32:41; Stuart Robinson 12th 32:51; John Wright 40th 35:27; Jeff Lawton 91st 39:02; Gary Johnston 150th 42:31; Stuart Williams 155th 42:53; Duncan Richardson 167th 43:33; Nick Hume 172nd 43:49. *First of 241 was Jonny Mellor of Liverpool Harriers in 30:04.*

Team-wise: There were no complete U13G, U13B, U15B, U17W or U17M teams. The U15G came fifth with 87 points. The Senior Lady's team were 9th and the V35 team were fourth. The Senior Men's team were 11th, the V40 team were 13th and the V50 team were sixth.

Mid Lancs XC: Astley Park, Chorley Dec 10th ML

U11G: Jasmine Jolly 5th 7:52; Hannah Eadie 8th 7:55; Isabelle Woodman 17th 8:18; Grace Webster 24th 8:44; Jessica Jackson 39th 9:16. *First of 46 was Sarah Atkinson of Helm Hill Runners (7:14).*

U11B: George Robinson 2nd 7:15; Christian Linton 4th 7:19; Jerome Jolly 6th 7:34; Jake Brown 7th 7:38; James Smith 15th 7:56. *First of 35 was Max Brame of Blackburn Harriers (7:08).*

U13G: Deni Impett 2nd 11:37; Annie Bradshaw 9th 11:37; Molly Scarr 11th 12:21; Emily Hall 14th 12:36; Lauren Brook 23rd 13:35; Chloe Hall 24th 13:36. *First of 30 was Grace Handley of Blackburn Harriers (11:17).* **Team finished first with 36 points and remain in 4th position in the league (but had not scored league points at Liverpool).**

U13B: Samuel Matthews 16th 13:49; Thomas Matthews 24th 14:28. *First of 43 was Scott Wilson of Carlisle Aspatria (12:24).*

U15G: Molly Betmead 1st (of 28) 12:30; Alisha Johnson 3rd 13:05; Fiona Hockey 13th 14:52; Kate Lawler 22nd 16:25. **Team finished first with 39 points and have moved up to 2nd place in the league.**

U15B: William Eccleston 16th 13:49; Matthew Hall 23rd 17:12; Declan Darnborough 29th 20:45. *First of 32 was Patrick Dever of Preston Harriers in (14:44)*

U17W: Lauren Gowland 3rd (1st Mid Lancs) 18:20. Lucy Minns DNF (*withdrew after twisting knee*). *First of 13 was Abbie Hetherington of Carlisle Aspatria (16:59).*

U17M: Sean Kenny 19th 27:11; Jamie Midgeley DNF. *First of 22 was Jamaine Coleman of Preston Harriers (22:34).*

SW: Caroline Betmead 6th 25:44; Carolyn Robbins 30th 30:05; Stasia Bligh 31st 30:06; Samantha Smith 47th (3rd U20W) 31:05; Laura Lawler 61st 32:30; Karen Dunford 63rd 32:42; Alison Titterington 69th 32:59; Hilary Goorney 111th 45:01; Claire Irons DNF. *First was Kirsty Longley of Liverpool Pembroke (25:30).* **Team finished 4th and have moved up to 3rd in Division 1. Vet 35 team finished 2nd with 39 points and have moved up to 3rd in the league. Vet 45 team finished 4th with 58 points and scored the first points in the league and are now 6th. There was not a complete Vet 55 team.**

SM: Luke Minns 4th 36:49; Stuart Robinson 5th 37:57; Adam Weightman 87th (11th U20M) 45:02; Liam Craine 103rd 45:45; Perry Mann 119th 47:08; Gary Johnston 121st 47:15; Nick Hume 155th 49:50; Peter Singleton 160th 50:11; Peter Gibson 207th 54:32; Dave Dyson 224th 57:25; David Twizell 237th 61:20; Bob Massey 238th 62:04; Bernard Singleton 249th 67:33. *First of 506 was Peter Huck of Barrow & Furness Striders (34:52).* **Senior Men's 'A' team finished 9th and remain in 5th place in league 1. The 'B' team finished 24th and remain in 7th place in league 3. Vet 40 team finished 19th and remain in 5th place in league 1. Vet 50 team finished 10th and remain in 5th place. There was not a complete Vet 60 team and remain in 7th place.**

Astley Park was first used by the Mid Lancs League in 2004 and then again in 2007, when it was run from Parklands High School. I ran their on both occasions and enjoyed the varied course. The venue was pencilled in again

for the 2010-2011 season, but just before the start of the season the pavilion that accommodated the toilets, changing and registration was condemned and consequently the venue could not be used. However the Astley Park facilities were recently upgraded and could again be used for XC.

Despite the stormy weather before and after Saturday, we were very lucky with what was a relatively calm and dry day, with even an odd glimpse of the sun. The course lived up to expectations. The first part of the circuit was composed of a medium lap which was around some playing fields, overlooked by Astley Hall, separated by an ornamental lake which looked splendid. Although a fairly gentle initial start, close to the lake there was a small copse of trees in a muddy hollow and this increasingly became more churned up as the races progressed. Shortly after that, the route plunged down into the woods and there the real excitement started on the long lap. One runner said: "It was great fun and the best course yet. It was like climbing Kilimanjaro, wading through the Nile and getting through the Amazon." Whilst this is a somewhat colourful description of the route, it does give a flavour of what the runners had to overcome. There was a stream to cross, steep greasy slopes to negotiate and path and trails through woodland.

The U11s and girls U13 races were on the medium and short laps. Again there was a good turnout by our girls and boys in both the U11 races. **Jasmine Jolly** seems to have taken to the country and **Hannah Eadie** continues her consistent good form in the U11G's. In the U11B competition **George Robinson** and **Christian Linton** continue to push each other to good performances.

The **U13G** squad had a first Team win of the season. The team were strengthened with the return of **Lauren Brook** and first appearances of the season from twins **Emily** and **Chloe Hall** and were led around the course by another excellent performance from **Deni Impett**, who was second.

Similarly the **U15G** team also had a first win, again led by **Molly Betmead** and **Alisha Johnson** and with good support from **Fiona Hockey** and **Kate Lawler**. Hopefully **Kelly Smith** will have returned from injury for the January Mid Lancs, as the versatile Fiona will be unavailable as she is competing in the Manchester Vault competition on the same day.

Again there were no complete **U13** or **U15** boy's teams, but there were hopeful signs of more boys supporting cross country, with the **Matthews** twins enjoying the tough course for the U13s and **William Eccleston**, **Matthew Hall** and **Declan Darnborough** representing the U15s.

Despite being first Mid Lancs U17W, **Lauren Gowland**, who has high standards, was disappointed with her run, feeling that she was somewhat leaden footed during the race. (**Lucy Minns** started, but fell awkwardly, twisting her knee). Similarly in the U17M category **BWFAC** had two representatives **Sean Kenny** and **Jamie Midgley**.

For the first two fixtures the numbers turning out for the Senior Women have been disappointing, however at Chorley there were nine women and thus for the first time a 'B'

team finished as well. At the front end of the field it was a very competitive race, with only 23 seconds covering the first eight places at the finish of the two tough laps. Early on **Sue Samme** of LSARRC and **Caroline Betmead** were challenging **Kirsty Longley** of Liverpool Pembroke and **Rachael Thompson** of Horwich RMI for the lead. Sue fell early on in the muddy hollow and lost several places. Caroline continued to challenge for the lead, but in the end lost a few places to finish sixth. Sue worked herself back to finish second just 4 seconds behind Kirsty. **Carolyn Robbins** in her first Mid Lancs and **Stasia Bligh** both ran close together and finished well to complete the 'A' team. **Sammy Smith** made a strong start to the race and although she lost a few places in the second half of the race, finished well to lead the 'B' team home. Afterwards Sammy was pleased to have completed the race having not finished at Burnley. **Laura Lawler** and **Karen Dunford** completed the team. **Alison Titterington** and **Hilary Goorney** both in their first cross country of the season completed the squad.

After the inevitable low numbers at the Liverpool XC, the number of men running was still a little disappointing at just 13 men starting and finishing, however it was enough to complete two teams. Again **Luke Minns** had a good run to finish 4th with **Stuart Robinson** just over a minute behind in 5th place and **Adam Weightman** in 83rd place. The rest of the team were **Liam Craine**, **Perry Mann** and Captain **Gary Johnston**. **Nick Hume** led the 'B' team home.

Afterwards Gary said: "Thanks to all of the Junior and Senior Men who turned out on Saturday and made sure we finished 2 teams. Well done to Luke and Stuart for finishing in the top ten – we could do with some back-up for Adam and them in the remaining 3 fixtures to stay in the top flight (no disrespect to Liam and Perry who ran well) as an old'un like me should not be in the 'A' team (OK I know Bob Atkinson counts for Barrow). So young uns (juniors/seniors) get the fixtures on your calendars". (*See Forthcoming events*).

It was exciting to watch runners splash through the stream. Some plunged through with determination, whilst others were a little tentative. Surprisingly two of the most positive were also two of the oldest competitors: **Dawn Lock** of LSARRC and **Hilary Goorney**. Dawn as she clambered up the greasy steep slope from the stream suggested a handrail would be helpful. I shouted after her that possibly she would like a Stannah Stair lift. I think she laughed! Another good place to spectate was at the muddy hollow, where many clambered and crawled through the deep mud. As Howard Hockey said: it was great entertainment. I know it's cruel to smile at runners falling, losing their shoes, etc. Probably the worst/funniest mishap was the runner who lost his shoe in the deepest part of the swamp. He must have spent nearly a minute delving down in the morass, receiving 'helpful' comments from the assembled audience. There was a happy outcome though. He found his shoe (I think it was a shoe, caked in mud it was hard to tell) and climbed out asking if there was any clean water!

Northern 10K Road Running Championship (Ribble Valley 10K): Dec 27th N10KC

Daniel Quarmby 85th (8th MJ & 1st U17M) 34:13, c 34:07 PB; Andrew Woodward 109th 35:46, c 35:41; Caroline Betmead 215th (2nd FV40) 39:08, c 39:04; Dave Everson 261st 40:50, c 40:44; David Twizell 568th 49:22, c 48:52; John Bradley 763rd (4th MV70) 56:05, c 55:24. First of 893 was Jonny Mellor of Liverpool Harriers & AC in 29:10 and the first lady was Katrina Wootton of Bedford & County AC (80th) in 33:57.

Last year's the race was cancelled because of ice on the course (and also a milk tanker was wedged on Edisford Bridge). This year it was one of the mildest days of the



month and with barely any breeze for the duration of the race. It therefore was not surprising, especially with two of the top distance runners in the country, Jonny Mellor and Alistair

Brownlee (current Triathlon World Champion) of Bingley Harriers who was 2nd in 29:15 PB (both pictured) pushing each other, that the course record was smashed. Catching the front pair over the final 400m was Ricky Stevenson of New Marske Harriers, 3rd in 29:17 PB. It was a high quality race with the first eight recording times under thirty minutes. First across the line for BWFAC and also first U17M was Daniel Quarmby in a PB time of 34:13 and Caroline Betmead collected the 2nd FV40 prize.

Other Results:

Florence Marathon: November 27th

Uber Cirelli 145th 2:52:35, 2:52:30 c PB (an improvement of over 8 minutes). First of 6938 was Berga Birhanu Bekele in 2:09:52 and first lady was Asha Gigi in 2:31:36 (both from Ethiopia). The Florence Marathon was first established in 1984 and has grown to be the second largest marathon in Italy, after the Rome City Marathon. This year the course was changed to avoid a twisting cobblestone route previously raced and was judged to be a faster course.

Guys 10 Mile: Bilsborrow December 4th

Stuart Robinson 3rd 53:06; Uber Cirelli 21st 61:55; Caroline Betmead 25th (2nd F & 1st FV40) 62:11; David Cairns 26th (3rd MV45) 62:12; Jeff Lawton 28th (4th MV50) 62:59; David Brooks 123rd 74:43; David Twizell 205th 84:08. First of 321 runners was Ben Fish of Blackburn Harriers in 50:46 and the first lady was Candice Heys of Clayton-le-Moors Harriers (23rd) in 62:03. Stuart Robinson reversed the Preston 10M finishing positions with Steve Littler of Wesham RR, who was 4th in 54:08.

The final half of the route had been changed from the one run previously. Last year's race was cancelled because of the big freeze that had made the course dangerous and unrunnable. This year, with no ice there was no danger of postponement, but the weather conditions were described as 'atrocious', with a cold wind, driving rain and hailstorms.

Bolton by Bowland (8M/800'): December 4th

Peter Singleton 64th 65:49; Alan Smart 112th 72:55; Bernard Singleton 161st 92:33. First of 162 competitors was Thomas Cornthwaite of Northumberland Fell Runners in 48:30 and the first lady was Tara Krzywicki (32nd) of Ac-crington Road Runners in 59:33.

Santa Dash: Blackpool Promenade December 4th

Seven members of BWFAC: Jessica Bevington, Siobhan Child, Henry Taylor, Alicia Roylance, Luke Priestley, Kerry Priestley and coach Garry Roylance took part in the Trinity Hospice Charity run along a very wet and windy Promenade between the Sandcastle Centre and Central Pier.

Longridge Xmas Pudding Race (7M): Dec 11th

Andrew Woodward 8th 42:44; Uber Cirelli 12th 44:25; Tony Codling 48th 50:09; David Brooks 99th 55:21; David Dyson 118th 57:14; John Bradley 165th 62:10. First of 233 was Andy Norman of Altrincham & District AC in 37:50 (3½ minutes ahead of the rest of the field) and the first lady was Sarah Louise Cumber (28th) of Halifax Harriers in 47:13 (2nd lady was Joanna Goorney of Wesham RR (29th) in 47:41. ill.

Northern Police XC League: Doncaster Dec 14th

Laura Lawler (F40) 4th 51:42.

Manchester Open Indoor T&F: December 18th

60m: h5 Andy Stubbs SM (T45) 4th 8.32; h7 Lisa Daley SW (T12) 4th 9.02 PB.

Rudolf's Red Nose Race 5M: December 24th

Trevor Uttley 7th (1st MV45) 30:41; Liam Craine 10th 31:16; Peter Singleton 32nd 34:33; Jamie Midgley 33rd (2nd U20) 34:35; Alan Smart 72nd 38:41; Jeffrey Wright 75th 38:48; Bev Wright 101st (21st F) 41:54; Tanya Ashworth 102nd (22nd) 41:54; Bob Massey 105th 41:57; John Winters 115th (1st MV75) 42:39; John Bradley 121st (1st MV70) 43:06; Howard Henshaw 198th 69:40. First of 198 was Steve Swarbrick of Bowland Fell Runners in 28:59 and first lady was Joanna Goorney of Wesham RR (17th) in 33:18. It a pleasant dry and mild Christmas Eve for this relatively relaxed run around the De Vere hotel and Marton Mere.

Hot Toddy Road Race 5.8M: Todmorden Dec 27th

Tanya Ashworth 134th (23rd F) 43:32. First of 291 was Ian Grime of Newham & Essex Beagles in 29:54 and first lady was Lauren Jeska of Todmorden Harriers (28th) in 34:36.

Festive 4K: Lancaster December 27th

William Eccleston 8th 14:17; Amelia Beaman 10th 14:21; Darey Lonsdale 73rd 19:54. First of 167 was Ben Harrison of Morpeth Harriers in 12:52 and first lady was Hannah Bateson of Lancaster & Morecambe (5th) in 13:49. Darcey's brother Jake Lonsdale (Trafford AC) was 3rd in 13:38.

Athletic Profile – Hatti Dean

Harriet (Hatti) Dean was born on February 2nd 1982 in Oxford, is a member of Hallamshire Harriers and is coached by **Bud Baldaro**. She was a promising sports woman and athlete from an early age, winning the schools and national under 17 steeplechase titles and whilst she was at Oxford University, played Lacrosse for England. Her main event on the track is the 3000m Steeplechase and in the winter Hatti is a regular at the Cross Country meetings.

Domestically her main successes on the track have been British University Championship 5000m bronze in 2005 and in 2008, AAA Championship Gold Medal and Inter Counties silver medal, both in the 3000m Steeplechase.

In Cross Country Hatti was England Champion in 2009 at Parliament Hill in London and the following year in Leeds was third. *At the Aviva European Trials at Liverpool she won Silver in 2010 and in 2011 turned it into Gold after battling it out with **Gemma Steele**. The 2010 North of Eng-



Hatti descending the Saucer at a bleak Witton Park

land XC Championship was held in Blackburn at a gloomy Witton Park where she won. (Hatti must have enjoyed the 'Saucer' for she returned in the November to guest in a Mid Lancs meeting, which of course she won). In the 2011 England Championship at a very muddy Alton Towers, Hatti had a tough battle with **Louise Damen** and had to settle for the Silver medal. It was the same colour at the Inter Counties Championship held at Birmingham.

Internationally her main disappointment was after having been chosen to represent Britain in Beijing in the 3000m Steeplechase; she was forced to withdraw, when a stress fracture to her ankle did not recover sufficiently. Hatti was also selected and competed in the 2006 and 2010 T&F European Championships. .

Before the 2010 Championships, Hatti had missed two weeks training due to injury and only just qualified, running exactly the qualifying time of 9:40 just one day before the deadline. At the Championships, Hatti comfortably qualified for the 3000m Steeplechase, final and with confidence from her run in the heat, she hoped to finish in the top six. Hatti ran a controlled race and with 300m to go, she found

herself in 4th place. Hatti then kicked all the way to the finish, but failed to get on the podium by less than a second, finishing fourth in a personal best time of 9:30.19. Despite missing out on a medal, Hatti was still satisfied that she could not have performed any better and was content with her fourth place. She had also represented Britain in the 2007 World Championships and was unlucky to miss out on the final, coming 5th in her heat.

In 2007 Hatti first represented Britain in the World Cross Country Championship in the heat and humidity of Mombasa in Kenya and finished in an excellent 15th place, leading the British team to fifth place. Later the same year Hatti was 26th in the European Championship in Toro, Spain. In 2009 the World Championship was in Amman, Jordan, where she finished in 49th place.

Last year members of **BWFAC** escaped freezing Britain to go and watch the European Cross Country Championships which were held in Albufeira Portugal. Here there was considerable success for the British squad with individual and team medals. On a fast mud free course, Hatti finished in seventh place and led the British Lady's team to the Silver Medal. In the World Championship her good form continued with 21st place in a very warm Punta Umbria in Spain, where she was the second British counter in the fifth placed team. At this year's European Championship, Hatti was part of the **Senior Women's** Gold Medal squad, although this year Hatti was in 18th place and fifth Britton. First Britton was **Gemma Steele** with whom Hatti raced at Liverpool in November *see above. Gemma who had been briefly in 2nd place, held on to win the individual Bronze.

Postscript: Overall the British squad were the most successful nation, winning team and individual medals in every category. Particularly impressive were **Emma Pallent** and **Emelia Gorecka** who both won individual gold medals as well as leading their teams to gold in the **U23W** and **U20W** categories respectively. There was a **Junior Men's** team gold, silver for **Richard Goodman**; **U23M** team gold, silver for **James Wilkinson** and team silver for the **Senior Men**.



Hatti at Albufeira in front of admiring British supporters