



# WYLDEFYRE

February 2012 No 21



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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**

## FORTHCOMING EVENTS DIARY

**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; **IAU** – International Association of Ultrarunners; **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; **LJ** – Long Jump; **DT** – Discus; **SP** – Shot; **PV** – Pole Vault; **H** – Hurdles; **h** – heat; **F** – Final; **c** – chip; **i** – indoor; **m** – metres; **M** – Mile; **K** – Kilometre; **'** – feet; **w/s** – wind speed.

## December's Athletes of the Month



The recipients are **Hannah Eadie** and **Christian Linton** for their excellent runs at the Mid Lancs cross country December and throughout the season.

**Foreword:** January is a busy month with three cross countries: Lancashire Championship in Blackburn, Mid Lancs League in Hyndburn and the North of England Championship in Pontefract. The indoor season also got into full flight with several open meetings, the North of England Championship and a major pole vaulting competition at Vault Manchester. There were several road races, in particular at half marathon distance.

04/02/12	BUSA XC Championships Cardiff
05/02/12	Northern Athletics Indoor Pentathlon Vets Championship
<b>05/02/12</b>	<b>Pennine Bridleway</b>
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	42 <sup>nd</sup> Parbold Hill Race 6.75M nr Wigan
12/02/12	Sportshall League B'pool SC, Winter Hill FR & Southport 10K
18/02/12	Standish Hall Trail Wigan
19/02/12	Manchester Indoor Open T&F & Central Lancs 5K Bolton
19/02/12	17 <sup>th</sup> 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 6 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	Handicap, Manchester Indoor Open T&F & Haweswater HM
04/03/12	Haweswater HM, Trimble 20M Lancaster & Southport 10K
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 /Nth Athletics U17 & U15 CE Championships
<b>11/03/12</b>	<b>Winter Warm-Up T&amp;F/Spring 5K</b>
11/03/12	Blackpool Marathon, HM & Roddlesworth Roller MT 6M
11/03/12	Trafford 10K & Spen 20M Cleckheaton
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 & Goal-Den Women's 10K
25/03/12	Thirsk 10M & Muddy Bottoms MT 9M/17M
25/03/12	Wilmslow HM & Bradford 10K
27/03/12	King's Highway 5K TR (1/12)
27/03/12	BMAF Pentathlon, 10K track run/walks Horspath Oxford
28/03/12	North West Regional Secondary Leigh Sports Stadium
31/03/12	Bellevue House 10K Ormskirk
01/04/12	Bent & Bongs 10K TR Tyldsley
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
06/04/12	Salford 10K & Caldervale Country 10M/Fun Run
07/04/12	Pendle FR 4.5M/1500' & Rivington Pike FR (junior races)
14/04/12	Mid Lancs T&F League Blackpool
14/04/12	ERRA National 12/6 Stage Road Relays Sutton Park
15/04/12	Catforth Village 7M & Hyndburn 10K TR
17/04/12	Chernobyl 5K (1/3)
20/04/12	Chorley AC Park Series (1/4)
<b>23/04/12</b>	<b>BWFAC AGM Blackpool Cricket Club</b>

# REPORTS & RESULTS

## Lancashire Championship

**XC:**Witton Pk, Blackburn Jan 7<sup>th</sup>LC

**U11B:** George Robinson 1<sup>st</sup> (of 26) 8:12; Christian Linton 3<sup>rd</sup> 8:42; Jamie Jackson 9<sup>th</sup> 9:12. **BWFAC had no complete Team.**

**U11G:** Hannah Eadie 2<sup>nd</sup> 8:58; Grace Webster 12<sup>th</sup> 10:11; Darcey Lonsdale 17<sup>th</sup> 10:36. **BWFAC had no complete Team. First of 32 was Eve Hutchinson of Hyndburn AC in 8:50.**

**U13B:** Samuel Matthews 14<sup>th</sup> 13:35; Thomas Matthews 20<sup>th</sup> 14:09. **BWFAC had no complete Team. First of 41 was Jake Lonsdale of Trafford AC in 12:26.**

**U13G:** Deni Impett 6<sup>th</sup> 14:03; Annie Bradshaw 9<sup>th</sup> 14:21; Emily Hall 18<sup>th</sup> 15:30; Molly Scarr 20<sup>th</sup> 15:35; Ella Morley 32<sup>nd</sup> 18:15. **Team finished 3<sup>rd</sup> with 53 points behind Rossendale Harriers & AC (36) and Blackburn Harriers & AC (38). First of 32 was Elizabeth Greenwood of Blackburn Harriers & AC in 12:57.**

**U15B:** William Eccleston 6<sup>th</sup> 15:14; Declan Darnborough 26<sup>th</sup> 20:47. **BWFAC had no complete Team. First of 26 was Patrick Dever of Preston Harriers & AC in 14:33.**

**U15G:** Molly Betmead 1<sup>st</sup> (of 24) 16:17; Alisha Johnson 7<sup>th</sup> 17:44; Becky Ingham 18<sup>th</sup> 19:44; Kelly Smith 21<sup>st</sup> 20:20. **Team finished 1<sup>st</sup> with 47 points.**

**U17W:** Lauren Gowland 2<sup>nd</sup> 24:10; Jodie Ferguson 3<sup>rd</sup> 24:34. **BWFAC had no complete Team. First of 10 was Sarah Hodgson of Lancaster & Morecambe AC in 22:54.**

**U17M:** Harry Poole 4<sup>th</sup> 20:21; Daniel Quarmby 6<sup>th</sup> 20:28; Sean Kenny 27<sup>th</sup> 23:35. **BWFAC had no complete Team. First of 30 was Dominic Mahoney of Blackburn Harriers & AC in 19:52.**

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 Cophall  
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  
21/07/12 Mid Lancs T&F League Lancaster  
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  
11/08/12 Mid Lancs T&F League Blackburn  
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  
15 & 16/09/12 ESAA CE & Walking Champs Bedford  
15 & 16/09/12 IAAF World Combined Events Challenge Talence FRA  
22/09/12 Northern Athletics 6/4 & Young Athletes Road Relays Leigh  
23/09/12 BWFAC T&F Open Stanley Park Track Blackpool  
06/10/12 IAAF World Half Marathon Champs Kavarna BUL  
17/11/12 2012 Presentation Night Hilton Hotel

**SW:** Caroline Betmead 2<sup>nd</sup> (1<sup>st</sup> L40) 29:38; Bianca Pedersen 25<sup>th</sup> (5<sup>th</sup> JW) 34:14; Stasia Bligh 29<sup>th</sup> (2<sup>nd</sup> L35) 34:37; Andrea Smith 36<sup>th</sup> (5<sup>th</sup> L45) 37:04; Karen Dunford 39<sup>th</sup> 37:33; Sammy Smith 40<sup>th</sup> (7<sup>th</sup> JW) 37:35. **SW Team finished 4<sup>th</sup> with 48 points and Vets Lady's Team finished 2<sup>nd</sup> with 31 points behind Preston Harriers & AC who also scored 31 points.** First of 55 was **Susan Samme** of LSARRC in 29:04.

**SM:** Luke Minns 7<sup>th</sup> 36:25; John Wright 27<sup>th</sup> (2<sup>nd</sup> V45) 39:46; Adam Weightman 39<sup>th</sup> (10<sup>th</sup> JM) 41:02; Andrew Woodward 61<sup>st</sup> 43:13; Jeff Lawton 70<sup>th</sup> (8<sup>th</sup> V50) 45:12; Gary Johnston 80<sup>th</sup> (6<sup>th</sup> V55) 46:25; Stuart Williams 90<sup>th</sup> (14<sup>th</sup> V45) 49:15; Jeff Wright 106<sup>th</sup> (15<sup>th</sup> V50) 52:50; Peter Gibson 107<sup>th</sup> (11<sup>th</sup> V55) 53:18. **SM Team finished 6<sup>th</sup> with 284 points and Vet Men's Team finished 6<sup>th</sup> with 123 points.** First of 119 was **Simon Deakin** of Leeds City AC in 34:50, first Vet of 74 was **Phil Leybourne** of Salford Harriers in 37:34 and first JM of 20 was **Karl Billington** of Blackburn Harriers & AC in 36:23.

### **Club New Year Predictor Handicap: Jan 8<sup>th</sup> CH**

**Tony Croft 30:00 P 30:00; Reg Smallbone 26:27 P 25:37; Tony Airnes 27:46 P 27:27; Terry Westhead 25:44 P 26:00; Peter Gibson 26:45 P 26:55; Terry Bradshaw 27:45 P 26:55; Larry McGee 33:17 P 33:00; Martin Bates 27:04 P 25:25.**  
Timekeeper: Liz Airnes. P – Athletes prediction.

Tony Croft was the winner having run exactly the time of 30 minutes. Tony had intended to predict 30:15, but changed to 30:00 just before he ran.

### **Mid Lancs XC: Wilson's Playing Field Hyndburn January 14<sup>th</sup> ML**

**U11G:** Jasmine Jolly 2<sup>nd</sup> 8:23; Isabelle Woodman 16<sup>th</sup> 9:28; Grace Webster 17<sup>th</sup> 9:30. First of 56 was **Sarah Atkinson** of Helm Hill Runners (8:08).

**U11B:** George Robinson 3<sup>rd</sup> (1<sup>st</sup> ML) 7:55; Christian Linton 5<sup>th</sup> (3<sup>rd</sup> ML) 8:17; Jerome Jolly 12<sup>th</sup> (10<sup>th</sup> ML) 8:39; Jamie Jackson 16<sup>th</sup> (14<sup>th</sup> ML) 8:56; James Smith 18<sup>th</sup> (16<sup>th</sup> ML) 9:03. First of 36 was **Mid Lancs non-counter, Joshua Dickinson** of York AC (7:45).

**U13G:** Deni Impett 2<sup>nd</sup> 9:17; Annie Bradshaw 6<sup>th</sup> 9:43; Molly Scarr 15<sup>th</sup> 10:23; Emily Hall 19<sup>th</sup> 10:42; Chloe Hall 29<sup>th</sup> 11:36. First of 34 was **Grace Handley** of Blackburn Harriers (9:07). **Team finished second with 42 points and moved up to 2<sup>nd</sup> position in the league (but had not scored league points at Liverpool).**

**U13B:** Samuel Matthews 10<sup>th</sup> 11:48; Thomas Matthews 23<sup>rd</sup> 12:30. First of 51 was **Dean Tierney** of Preston Harriers in 11:08.

**U15G:** Molly Betmead 1<sup>st</sup> (of 24) 11:12; Alisha Johnson 4<sup>th</sup> 11:56; Kelly Smith 17<sup>th</sup> 13:51. **Without Fiona Hockey and Kate Lawler, both occupied in other athletic competitions, no complete team was finished and the team stayed in 2<sup>nd</sup> place in the league.**

**U15B:** Matthew Hall 20<sup>th</sup> 15:52; Declan Darnborough 30<sup>th</sup> 17:38. First of 32 was **Patrick Dever** of Preston Harriers in (13:20).

**U17W:** Lauren Gowland 2<sup>nd</sup> 15:58. First of 11 was **Sarah Hodgson** of Lancaster & Morecambe AC.

**U17M:** Jamie Midgley 20<sup>th</sup> (19<sup>th</sup> ML) 24:28. First of 20 was **Dominic Mahoney** of Blackburn Harriers (19:38).

**SW:** Bianca Pedersen 19<sup>th</sup> (3<sup>rd</sup> U20W); Stasia Bligh 26<sup>th</sup> 25:48; Carolyn Robbins 28<sup>th</sup> 26:00; Karen Dunford 46<sup>th</sup> 27:55; Alison Titterington 52<sup>nd</sup> 28:29; Samantha Smith 53<sup>rd</sup> (5<sup>th</sup> U20W) 31:05; 69<sup>th</sup> 32:59; Hilary Goorney 109<sup>th</sup> 39:37. First of 113 was **Susan Samme** of LSARRC in 21:53. **Team finished 5<sup>th</sup> and have dropped one place to 3<sup>rd</sup> in Division 1. Vet 35 team finished 3<sup>rd</sup> with 64 points and have moved up to 2<sup>nd</sup> in the league. Vet 45 team finished 1<sup>st</sup> with 29 points and are now 3<sup>rd</sup>. There was not a complete Vet 55 team.**

**SM:** Luke Minns 5<sup>th</sup> 36:49; John Wright 40<sup>th</sup> 37:23; Perry Mann 83<sup>rd</sup> 40:19; Liam Craine 128<sup>th</sup> 42:56; Gary Johnston 134<sup>th</sup> 44:18; Stuart Williams 153<sup>rd</sup> 44:25; Peter Broome 162<sup>nd</sup> 44:54; Peter Singleton 171<sup>st</sup> 45:30; Jeff Wright 237<sup>th</sup> 51:18; Peter Gibson 250<sup>th</sup> 53:01; David Twizell 267<sup>th</sup> 57:47; John Winters 271<sup>st</sup> 59:01; Bernard Singleton 272<sup>nd</sup> 59:26. First of 288 was **James Douglas** of Border Harriers in 32:22. **Senior Men's 'A' team finished 11<sup>th</sup> and remain in 5<sup>th</sup> place in league 1. The 'B' team finished 28<sup>th</sup> and remains in 7<sup>th</sup> place in league 3 and look almost certain to be relegated to the 4<sup>th</sup> Division. Vet 40 team finished 12<sup>th</sup> and have moved down to 6<sup>th</sup> place in league 1 and are now in danger of being relegated. Vet 50 team finished 8<sup>th</sup> and have moved down to joint 6<sup>th</sup> place. There was not a complete Vet 60 team and remain in 7<sup>th</sup> place.**

### **Vault Manchester: January 14<sup>th</sup>**

**U20W:** Tanya Wright 10<sup>th</sup> 2.33m. **U17W:** Katrina Kelly 9<sup>th</sup> = 2.18m; Alicia Roylance 11<sup>th</sup> 2:03m. **U17M:** Jack Hails 4<sup>th</sup> 2.33m **PB.** **U15G:** Fiona Hockey 2<sup>nd</sup> 2.53m; Hannah Newell 7<sup>th</sup> 1.83m. **U15B** Dom Lavelle 5<sup>th</sup> = 2.43m.



**VAULT MANCHESTER 2012** took place this at Sportscity where the star attraction was Commonwealth bronze medallist and ex Blackpool athlete **Max Eaves** (Newham & Essex Beagles AC). Max was in good form for his first indoor competition of the season and he easily won the men's 'elite' competition with 5.23m. **Ed:** First lady was **Sally Peake** of

Birchfield Harriers (*pictured*) with a new Welsh Indoor record of 4.33m

The first competition of the day featured the junior vaulters. This started at 9:30am and seven **Blackpool Wyre and Fylde AC** pole vaulters made the early morning trip to compete. **Jack Hails** was one of the first to vault and came in at a height 1cm over his pb – such was the confidence he had in his vaulting! He soared over this to the great delight of his family and many followers. He then went on to clear the next two heights recording a new pb of 2.33m.

**Fiona Hockey** was again in good form just missing out on a new PB. She finished on 2.53m which was good enough for a silver medal in the U15 girl's completion. **Dominic Lavelle**, in his usual laid back style, finished on 2.43m just shy of his personal best. **Hannah Newell** made a good effort having just returned to training, as did **Alicia Roylance** and **Tanya Wright**. **Katrina Kelly** made her first two vaults look very easy before for just missing out on a new PB.

This was a great day for everyone involved. It was an experience to be able to mix with athletes and coaches of all levels from up and down the country as well as from France and Germany. Thanks go to the officials and organisers of Vault Manchester, the **BW&F AC** athletes for being excellent representatives of the club, parents and family for their vociferous support and to Dave Wood for his support and photographic services.

**Kevin Davies**

**Postscript:** **Holly Bleasdale** of Blackburn Harriers wasn't at **Vault Manchester**. However on 21<sup>st</sup> she competed at Lyon in France. Holly improved her British record by one cm to 4.72m; next she cleared 4.80m at the first attempt and then cleared 4.87m at the third attempt to lead the world rankings. This jump is second only to the world record of **5.00m** which is held by **Yelena Isinbayeva** of Russia.

### **Northern Athletics Indoor Championship: eis** **Sheffield January 14<sup>th</sup> & 15<sup>th</sup>** **NA**

**Jordan Dixon** U15G **60m** 3rd 8.75 **PB** Q; **SF** 6<sup>th</sup> 8.80;  
**200m h1** 3<sup>rd</sup> 28.14 q; **F** 6<sup>th</sup> 28.69. **Taegan O'Hara** U17W  
**60mH h1** 3<sup>rd</sup> 9.72 q; **F** 7<sup>th</sup> 9.71 **PB**; 60m **h2** 6<sup>th</sup> 8.83. **Kate Lawler** U17W **300m** (CBP **Laura Gillhespy** 2005 40.32) **h2** 3<sup>rd</sup> 44.44 q; **SF** 3<sup>rd</sup> 43.56 q; **F** 3<sup>rd</sup> 43.07. **Alicia Johnston** U20W **60m** h1 6<sup>th</sup> 8.62. **Katy Wyper** U20W **h2** 3<sup>rd</sup> 7.97 **PB** q; **F** 7<sup>th</sup> 8.05; **200m h1** 1<sup>st</sup> 26.39; **F** 3<sup>rd</sup> 26.19. **Laura Gillhespy** SW **400m h1** 1<sup>st</sup> 63.08 Q; **F** 5<sup>th</sup> 62.83. **Lucy Mansfield** **200m F** 4<sup>th</sup> 26.55 **ncr**. **James Davies** SM L J **F** 3<sup>rd</sup> 7.23 **PB=**.

Eight **BWFAC** athletes made the journey across the Pennines. **Taegan O'Hara** raced the 60 metre hurdles, where she qualified as a fastest loser for the final with a personal best of 9.72. She shaved another 1/100<sup>th</sup> off in the final in which only half a second split the whole field, Taegan came seventh. Taegan joined Alicia Johnston to compete in the

60m sprint heats, but neither were able to progress to the final.

The youngest member of the squad, **Jordan Dixon** in her second year at these Championships showed the progress that she has made by qualifying for the semi-finals of the 60 metres with a personal best. It was another good performance in the 200 metre heat which qualified Jordan for the final, where she finished sixth.

**Laura Gillhespy** returned to competition last year and at Sheffield qualified first in the heats and finished fifth. In a straight 200 metre final **Lucy Mansfield** missed out on a medal by 3/10<sup>ths</sup> of a second finishing fourth. The race was won by **Louise Bloor** of Trafford AC in a Championship Best Performance of 24.05.

**Kate Lawler**, after concentrating on the shorter sprint events, especially the 200m, last year, now in a new age category competed in the 300 metres, which is probably her best distance. Kate showed great maturity, doing just enough to qualify by finishing third in both the heat and semi-final, thus saving her best performance for the final. As one of the youngest, she showed good tactics to overhaul **Zoe Kerins** (17 months her senior) by just 200<sup>ths</sup> of a second and win the bronze medal. The winner was **Alona-Mae Lonsdale** of Gateshead, who also came from behind to beat **Stephanie O'Connor** of Scunthorpe.

**Katy Wyper** qualified for the final of the 60 metre sprint with a personal best time of 7.83. In the final Katy finished 7<sup>th</sup> behind **Sophie Riley**, (currently between clubs) who finished in the Bronze medal position with a PB of 7.83. In the 200 metres, Katy qualified first in her heat and comfortably finished in the Bronze medal position again behind Sophie Riley who won the Gold medal.

**James Davies** returned to Sheffield where he won the U20M Long Jump competition last year with the final jump of a PB of 7.15m. This year he competed in the Senior Men's competition. In the February he was chosen to captain the U20 English team in Celtic Cup in Cardiff, where won the Long Jump with a PB of 7.23 metres. And it was this distance that won James the Bronze Medal this year.

### **Sportshall League: Sports Centre Blackpool** **SL** **January 15<sup>th</sup>**

Another busy day in the second fixture of Sportshall. Again it was a close competition between Preston and **BWFAC**. In November **BWFAC** came out on top. This time it was Preston Harriers who won with a total of 253.49 points, with **BWFAC** scoring 235.83 points. This means that as we go into the final fixture next month that Preston and ourselves are locked together on 23 points. It should be an exciting contest.

### **Squad Members:**

**U11G:** Grace Riedel; India Rogers; Maisie Rogers; Minnie Rogers; Kirsty Rushton; Natasha Webster; Lucy Williamson; Isabelle Woodman.

**U13G:** Amelia Birch; Ash Colvin; Jessica Rogers.

**U15G:** Mairead Lucas; Rebecca Terras.

**U11B:** Ethan McEvoy; Timothy Woodman; Sam Wise; Jake Brown; James Smith; Christian Linton.

**U13B:** Nick Aziz; Thomas Matthews; Samuel Matthews; Callum McCartney; Harry Mercer; Louis Walker.

**U15B:** Jordan Birch; Jack Hails; Ash Hails; Dom Lavelle.

There were some good performances from many of the **BWFAC** squad. **Christian Linton** and **William Holmes** were outstanding for the **U11's**, with Christian joint winner in the foam javelin and winner of the speed bounce with an impressive score of 59 and William was winner of both of the races. In the **U13G's** particular impressive were **Jessica Rogers** and **Ash Colvin**, who both scored well in every event in which they participated. It was a strong squad of **U13Bs**, who all scored points. Particularly impressive were **Nick Aziz** (who was best athlete of the U13 age category), **Samuel Matthews** and **Harry Mercer**. In the high jump Nick improved his personal best to 1.55m.

### **North of England XC: Pontefract Jan 28<sup>th</sup> NE**

The course was located on Pontefract Horseracing course. It was a pleasant location, although unremarkable. The route was slightly undulating, but without any really testing climbs and despite the last few weeks heavy rain, surprisingly there was little mud. By the time I arrived at Pontefract the early morning frost had disappeared and with bright sunshine and no wind, it felt quite spring like.

In the early junior races **Deni Impett**, with a 36<sup>th</sup> place in the **U13G's** and **Molly Betmead** with an excellent 5<sup>th</sup> place in the **U15G's** seem to have had good runs. In a poorly supported **Junior Women's** race Birthday girl **Bianca Pedersen**, had a solid race as she returns to full fitness. Like Bianca, **Claire Irons** flew the flag for **BWFAC** in the **Senior Women's** race. Six men made the journey to Pontefract and ensure the club had team representation. **Stuart Robinson** had a good run, finishing well in the top 100. All the way round second claim member **Phil Leybourne** was only a few metres behind and in the final 50 metres launched a finishing sprint to finish one second behind Stuart.

**U13G:** Deni Impett 36<sup>th</sup> 13:10; Jessica Rogers 102<sup>nd</sup> 14:37; Lauren Brook 141<sup>st</sup> 15:33; Molly Scarr 157<sup>th</sup> 16:15. *First of 171 was Kate Waugh of Gateshead Harriers & AC (and Elizabeth Greenwood of Blackburn Harriers was 2<sup>nd</sup> in 12:07).*

**U15G:** Molly Betmead 5<sup>th</sup> 17:03; Alisha Johnson 25<sup>th</sup> 18:17. *First of was Bronwen Owen of Scarborough AC in 16:11.*

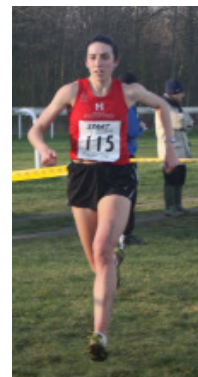
**JW:** Bianca Pedersen 19<sup>th</sup> 22:56. *First of 28 was Jennifer Walsh of Hallamshire Harriers Sheffield AC in 18:51.*

**SW:** Claire Irons 233<sup>rd</sup> 59:46. *First of 235 was Lizzie Adams (pictured) of Hallamshire Harriers Sheffield in 30:40 (who won the first Burnley Mid-Lancs).* With a kilometre to go **Jess Coulson** of Stockport Harriers & AC was leading **Lizzie Adams (pictured)** and **Susan Partridge** of Leeds City

AC. However by the line Jess had been overtaken by Lizzie (30:40) and Susan (30:54) and she finished 3<sup>rd</sup> in 31:00.

**SM:** Stuart Robinson 74<sup>th</sup> 44:25; John Wright 130<sup>th</sup> 46:22; Perry Mann 296<sup>th</sup> 50:50; Gary Johnston 486<sup>th</sup> 56:45; Stuart Williams 490<sup>th</sup> 56:52; Jeff Wright 627<sup>th</sup> 63:34. *First of 685 was Steve Vernon of Stockport Harriers AC in 39:52.*

The team was 37<sup>th</sup> with 2103 points.



The first three across the line were **Steve Vernon** (902) in 39:52, **James Wilkinson** (455) of Leeds City AC in 39:57 and **Patrick Martin** (895) of Stockport Harriers & AC in 39:59. *(Pictured at the start of the final lap).*

### **February Handicap: January 29<sup>th</sup>**

**Karen Dunford 27:17; Tony Croft 29:22; Reg Smallbone 25:56; Terry Westhead 25:14; Tony Airnes 27:49; Graham Davies 24:51; Larry McGee 33:11; Jim Unsworth 23:31 Peter Gibson 26:32; Terry Bradshaw 26:14; Martin Bates 24:16; Nick Hume 27:07. Timekeeper: Liz Airnes.**

February Handicap was held a week early because on Sunday the 5<sup>th</sup>, 20 members will be representing the club in the **Pennine Bridleway Relay**.

## **Other Results:**

**Central Lancs Half Marathon: Catforth January 2<sup>nd</sup>**  
**Peter Gibson 134<sup>th</sup> 1:41:33 PB; Jeff Wright 168<sup>th</sup> 1:46:31 PB.** First of 364 was **Paul Lockwood** of Wakefield District Harriers & AC in 1:11:39 and first lady was **Joasia Zakrzewski** of Dumfries Running Club (7<sup>th</sup>) in 1:18:14 **PB**.

It was a very windy and showery day for this first half marathon of 2012. Peter scored yet another PB. The winner **Paul Lockwood** was 4½ minutes ahead of the next man, **Ben Johnson** of Southport Waterloo AC. **Joasia Zakrzewski**

(pictured) was even further ahead in the lady's race, where



the second lady was **Sarah Cumber** of Halifax Harriers in 1:25:29.

**Joasia Zakrzewski** only started running four years ago, but in a short athletic career has achieved considerable success. Last year amongst she ran many successful races over a varied range of distances ranging from 5K to 100K. Joasia was winner of the **Rock 'n' Roll Mardi Gras Marathon** in New Orleans last February and fifth lady in the **Florence Marathon** in November. Joasia also competed in several ultra-races: **Comrades Ultra Marathon** 87K – 15<sup>th</sup>; **Swiss Alpine Marathon** 78K – 4<sup>th</sup>; **IAU 50K World Trophy Final** - 3<sup>rd</sup> and **IAU**

**100K World/European Championship** - 2<sup>nd</sup>.

### **Garstang 10K: January 8<sup>th</sup>**

**Liam Craine** 30<sup>th</sup> 38:18; **Peter Broome** 53<sup>rd</sup> 39:35; **Tanya Ashworth** 164<sup>th</sup> 46:03; **Christian Sills** 166<sup>th</sup> 46:05; **David Twizell** 231<sup>st</sup> 49:51; **John Bradley** 282<sup>nd</sup> 52:22; **Hilary Gorney** 423<sup>rd</sup> 64:48. First of 445 was **Sean Connolly** in 30:56 and first lady was **Joanna Gorney** of Wesham RR (44<sup>th</sup>) in 39:21. On this undulating course the weather was perfect for running. It was mild day, with no wind and just a light drizzle.

### **Manchester Indoor Open: Sportscity January 8<sup>th</sup>**

**U20W** Katy Wyper **60m** 8.02; **200m** 26.53. **U17W** Tash Gardner **60m** 8.43; **200m** 27.18; Kate Lawler 200m 27.09. **SW** Laura Gillhespy **200m** 27.26.

### **Police Service XC League: Leeds Fixture 5 Jan 11<sup>th</sup>**

**Laura Lawler** (Lancs) FV40 6th 52:49.

### **Derby Arms Half Marathon: Inskip January 22<sup>nd</sup>**

**Stuart Robinson** 1<sup>st</sup> (of 271) 1:15:09; **Brandon Willoughby** 106<sup>th</sup> 1:42:16; **Tanya Ashworth** 116<sup>th</sup> (19<sup>th</sup> F) 1:43:24; **Alison Titterington** 126<sup>th</sup> (23<sup>rd</sup> F & 1<sup>st</sup> FV55) 1:44:26; **Dave Brookes** 131<sup>st</sup> 1:44:58; **John Bradley** 222<sup>nd</sup> 2:01:40. First lady was **Sarah Lomas** of Stockport Harriers (10<sup>th</sup>) in 1:22:02.

### **Chernobyl 10K: January 29<sup>th</sup>**

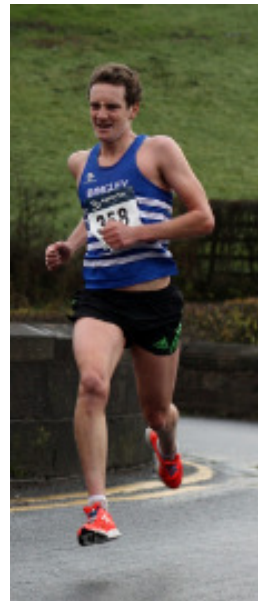
**Christian Sills** 174<sup>th</sup> 46:58; **David Twizell** 229<sup>th</sup> 49:01; **Vicky Robinson** 320<sup>th</sup> 51:55; **John Bradley** 52:10; **Pauline Lambert** 544<sup>th</sup> 1:12:10; **Susannah Cawley** 546<sup>th</sup> 1:12:13. First of 551 was **Ben Fish** of Blackburn Harriers AC in 31:12 and first lady **Karen Bridge** of Eden Runners (58<sup>th</sup>) in 40:38.

## **Birthdays**

Many happy returns to **Bianca Pedersen** and **Adam Weightman** who both celebrated their 18<sup>th</sup> Birthdays during January.

## **Athletic Profile – Alistair Brownlee**

Last month **Alistair Brownlee** crossed the Pennines to



compete in the Ribble Valley 10K (pictured). In this high quality race in which the first eight a cross the line in sub 30 minutes, Alistair finished second in 29:15, just 5 seconds behind **Jonny Mellor** of Liverpool Harriers. It was a rare move into road racing for Alistair who is better known for his triathlon success and also as a fell runner in his junior days.

**Alistair Edward Brownlee** was born April 23<sup>rd</sup> 1988 in Dewsbury and was educated at Bradford Grammar School. He started a medicine degree at Girton Col-

lege, Cambridge, but changed after one term to the University of Leeds, where he gained a Physiology and Sport degree and is currently studying for an MSc in Finance at Leeds Metropolitan University.

His parents are both doctors and are also involved in sport. His father was a runner and his mother a swimmer, but it was his uncle Simon introduced him to the triathlon. His sporting heroes are **Haile Gebrselassie**, **Joss Naylor** and **Lance Armstrong**.

In 2006 he was Junior ITU World Champion and in 2008 U23 World Champion. The same year Alistair represented Great Britain at the Beijing Olympics where he finished 12<sup>th</sup>. In 2009 he won all five of the World Championship events before winning the season's Grand Final held in Australia's Gold Coast. In 2010 off season Alistair suffered a stress fracture of the femur and missed the start of the season. Alistair won his first competition in Madrid, but in London after the swim and cycle sections, he was leading the race in the final 10K road race when in the final kilometre exhaustion and dehydration took their toll and Alistair dramatically lost form to stumbled across the line in fifth place. The winner of the race was **Javier Gomez**, who went on to take the overall ITU World Championship.

In 2011 Alistair had mixed fortunes suffering a heavy fall in the first ITU Championship in Sydney and finished 29<sup>th</sup>. However he won the next two events in Madrid and Kitzbuhel and despite a puncture during the cycle section successfully defended his European title at Pontevedra, sharing the podium with his younger brother Jonathan, who won the Silver medal. After winning the Grand Final in Beijing, retook the ITU world title. At the Olympics, Alistair is favourite to take the Gold Medal in the triathlon, however he freely admits that his younger brother, **Jonathon Brownlee** is probably his greatest rival for the Gold.