



# WYLDEFYRE

July 2012 No 26

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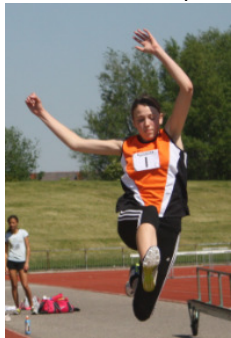
TBW FAC Events Mid Lancs Inter-club & Club Champ Fell Races English FR Champ Interclub Races Club Champ Lancs, Northern or National Events YAL League NA League Sportshall League

## 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; NVAC – Northern Veterans Athletic Club; 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; dq – disqualified; ws – wind speed.

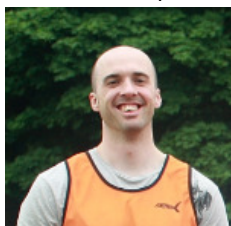
## May's Athletes of the Month

The female recipient is **Josette Green**



for her progress in performance in the Long and Triple Jump, scoring PBs in both events and a U17W Club Record in the Triple.

The male recipient is **David Shaw** who



after a year of training in the throwing disciplines has made impressive progress, especially in the Hammer.

Also nominated were **Chloe Needham, Claire Irons** and **Adam Snape**.

- 01/07/12 Northern League Match 3 Ellesmere Port
- 01/07/12 BMAF Throws Pentathlon Champs Cophthall
- 01/07/12 5K Fun Run Morecambe & Jeffrey Hill 10K Longridge
- 03/07/12 Trafford Grand Prix Sprints/Hurdles/Jumps
- 04/07/12 Chorley 4.4M TR (3/4)
- 05/07/12 SPAR Lancashire Disability School Games
- 05/07/12 Cuerdon Valley Badger 10K TR & Ronhill Manchester 5K
- 06/07/12 Chorley Park 5M (4/4) & Golf Ball FR Burnley
- 06 & 07/07/12 Aviva English School T&F Championship Gateshead
- 07/07/12 Tockholes FR Darwen & Catforth Canter 5K (2/3)
- 08/07/12 \*Lytham St Annes Carnival 5K & Catforth 10K
- 10/07/12 Trafford Grand Prix Distance/Throws inc NA U20 3000m
- 10 to 15/07/12 IAAF World Junior Champs Barcelona SPA
- 11/07/12 Haig Hall 4M & Royton TR Oldham
- 12/07/12 Caldervale Village Supper Run 3.8M & Lancaster Summer 5K
- 14 & 15/07/12 Northern Athletics U20 U17 & U15 T&F Championship Hull
- 15/07/12 Chernobyl 10K, Windmill HM Lytham & Hurst Green 5M TR
- 16/07/12 \*Wesham RR Inter Club
- 18/07/12 Horwich Jubilee 5M (3/4) & Lancaster 10K
- 21/07/12 Mid Lancs T&F League Lancaster & Elswick Express 10M
- 21/07/12 Super 8 Semi-Final T&F Blackpool
- 21 & 22/07/12 BMAF T&F Champs Moorways Stadium Derby
- 24/07/12 Trafford Grand Prix Distance/Throws
- 25/07/12 Harrock Hill Race
- 27/07/12 Lancs Fire Relay Blackpool
- 29/07/12 YAL League Semi Final & Wigan & Cliviger 6M Burnley
- 31/07/12 Trafford Grand Prix Sprints/Hurdles/Jumps
- 01/08/12 Chorley 4.4M TR (4/4)
- 02/08/12 \*Badger 10K TR (3/3) Bamber Bridge
- 03 to 11/08/12 Olympics Athletic programme
- 04/08/12 Catforth Canter 5K (3/3)
- 04 & 05/08/12 England/Nth CE U17 & U15 Championships Stoke
- 05/08/12 Northern League Match 4 Ellesmere Port
- 05/08/12 Waggon & Horses 10K Lancaster (2/3)
- 07/08/12 Trafford GP Dist/Throws & NA SW/U20W Steeplechase Chase
- 09/08/12 Standish Hall 4.5M TR
- 11/08/12 Mid Lancs T&F League Preston
- 11 & 12/08/12 McCains Jump & Throws Fest
- 12/08/12 NVAC 10K Bispham
- 14/08/12 Trafford Grand Prix Sprints/Hurdles/Jumps
- 15/08/12 \*Chorley Inter Club & Horwich Jubilee Series 5K (4/4)
- 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
- 19/08/12 Birchwood 10K & Fun Run Warrington
- 21/08/12 Trafford Grand Prix Distance/Throws
- 22/08/12 Harrock Hill Race (4/4)
- 25/08/12 Lancaster 5K (4/5)
- 25/08/12 Mid Lancs Medal T&F B'pool & Chipping Show FR 7.5M/1801'

**Foreword:** 'Glorious' June started rather overcast at Witton Park for the second Mid Lancs League meeting at the beginning of the Jubilee weekend. The second weekend was a busy weekend for the Road Running fraternity with the Welsh Castles Relay followed by the third Interclub at Preston. The third weekend was busy for T&F with the Lancashire Schools Championship on the Saturday at Wigan and the final YAL match at Leeds. For the fourth weekend it was back to the Mid Lancs League and the Olympics Trials. The final day of the month it was back to Wigan for the Northern Inter Counties Championship.

25 & 26/08/12  
26/08/12  
27/08/12  
28/08/12  
31/08-09/09/12  
01 & 02/09/12  
05/09/12  
08/09/12  
09/09/12  
22/09/12  
**23/09/12**  
30/09/12  
06/10/12  
13/10/12  
21/10/12  
28/10/12  
**16/11/12**  
30/12/12

T&F CAU Inter Counties Championship  
Warrington Open T&F & Fleetwood HM  
Trafford Open Medal Meeting  
Trafford Grand Prix Sprints/Hurdles/Jumps  
Paralympic Athletics programme  
Auxiliary & Main Finals respectively Sportscity  
\*Red Rose RR Inter Club  
Northern League Division 2 Promotion Match Cleckheaton  
T&F Open & Autumn 5K Stanley Park Track Blackpool  
Northern Athletics 6/4 & Young Athletes Road Relays Leigh  
BWFAC T&F Open Stanley Park Track Blackpool  
\*Run Preston 10K  
20<sup>th</sup> TAAF World HM Champs Kavarna BUL  
ERRA 6/4 Stage & Young Athletes Relays Sutton Park B'ham  
\*Green Drive 5M Lytham  
\*Preston Guild HM/Marathon/5K (11-17yrs)  
**2012 Presentation Night Hilton Hotel**  
Ribble Valley 10K inc Northern Athletics Champ Clitheroe

## REPORTS & RESULTS

### England Athletics National Area & Parallel

**Success Champs: June 2<sup>nd</sup> & 3<sup>rd</sup> Birmingham EAC**  
**SM 400m h2 Ted Romney 5<sup>th</sup> 51.17. h6 Alex Bale 5<sup>th</sup> 50.26. Luke Minns 800m h2 3<sup>rd</sup> 1:54.96; SF2 1<sup>st</sup> 1:54.04; F 6<sup>th</sup> 1:55.35. SW 400m h1 Lisa Daley 8<sup>th</sup> 66.48.**

Luke Minns competed in 800m and reached the final after competing in two rounds. In the semi-final with only two runners assured of automatic qualification, Luke made certain of progressing to the final with first place in 1:54.04. In a hard fought final, run in cold wet and windy conditions, Luke finished overall sixth in 1:55.35 and was the second North of England athlete, winning the Northern Silver medal. Alex Bale and Ted Romney both competed in the heats of the 400m. Lisa Daley who was trying to achieve a time for the Paralympic Games ran 66.48 in the 400m heats.

### Mid-Lancs T&F Meeting: Witton Park ML

Blackburn June 2<sup>nd</sup>

Most sprints are run in heats and overall positions shown are based on times.

**U13B: 800m 2<sup>nd</sup> Jerome Jolly 2:33.3; 5<sup>th</sup> Jake Brown 2:41.5. 1500m 3<sup>rd</sup> Chris Linton 5:19.6. LJ 2<sup>nd</sup> Jerome Jolly 4.08m. HJ 1<sup>st</sup> Jerome Jolly 1.25m. JT 4<sup>th</sup> Chris Linton 24.50m PB.**

**U13G: 200m 6<sup>th</sup> Katie Laycock 33.4 PB. LJ 16<sup>th</sup> Katie Laycock 2.94m. SP 7<sup>th</sup> Katie Laycock 3.23m.**

**U15B: 100m 3<sup>rd</sup> Lawrence Omorere 12.7; 6<sup>th</sup> Nick Aziz 13.0; 8<sup>th</sup> Dom Lavelle 13.5; 10<sup>th</sup> Samuel Matthews 13.7 PB; 12<sup>th</sup> Thomas Goodwin 13.9; 16<sup>th</sup> Thomas Matthews 14.6; 20<sup>th</sup> Oliver Tomlinson 15.6. 200m 3<sup>rd</sup>= Lawrence Omorere 25.9; 6<sup>th</sup> Nick Aziz 26.7 PB; Samuel Matthews 28.1 PB; 12<sup>th</sup> Oliver Tomlinson 28.6 PB; 13<sup>th</sup> Thomas Goodwin 28.9; Thomas Matthews PB; 15<sup>th</sup> Kieran Chell 29.9 PB. 400m 6<sup>th</sup> Kieran Chell 70.8 PB. 800m 11<sup>th</sup> Luke Priestley 2:39.0 PB.**

1500m Declan Darnbrough 5:12.2. LJ 3<sup>rd</sup> Samuel Matthew 4.78m PB; 4<sup>th</sup> Dom Lavelle 4.70m; 7<sup>th</sup> Oliver Tomlinson 4.19m. HJ 1<sup>st</sup> Nick Aziz 1.55m; 2<sup>nd</sup> Dom Lavelle 1.50m. JT 6<sup>th</sup> Harry Mercer 19.00m. 4x100m 2<sup>nd</sup> 52.1; 3<sup>rd</sup> 56.5.

**U15G: 100m 4<sup>th</sup> Jordan Dixon 13.5; 10<sup>th</sup> Lauren Brook 14.9 PB. 200m 1<sup>st</sup> Jess O'Neill 26.9 PB. 300m 1<sup>st</sup> Jess O'Neill 43.0; 4<sup>th</sup> Annie Bradshaw 45.8. 800m 5<sup>th</sup> Annie Bradshaw 2:27.6 PB; 8<sup>th</sup> Becky Ingham 2:36.4; 13<sup>th</sup> Jessica Rogers 2:38.3 PB; 18<sup>th</sup> Lauren Brook 2:50.9. LJ 2<sup>nd</sup> Jess O'Neill 4.69m PB; 9<sup>th</sup> Jessica Rogers 4.14m PB. HJ 2<sup>nd</sup> Annie Bradshaw 1.35m. JT 2<sup>nd</sup> Jordan Dixon 26.21m PB.**

**U17M: 100m 3<sup>rd</sup> Henry Taylor 11.7; 8<sup>th</sup> Robbie Morris 12.4 PB; 11<sup>th</sup> Jordan Birch 13.1 PB; 12<sup>th</sup>= Jack Hails 13.6. 200m 2<sup>nd</sup> Henry Taylor 23.7; 10<sup>th</sup> Jordan Birch 26.7 PB; 13<sup>th</sup> Jack Hails 27.6. 400m 5<sup>th</sup> Luis Blyth 55.9. LJ 2<sup>nd</sup> Luis Blyth 5.68m; 5<sup>th</sup> Ash Hails 4.63m; 6<sup>th</sup> Jack Hails 4.30m. TJ 1<sup>st</sup> Luis Blyth 12.46m PB. DT 1<sup>st</sup> Aaron Thomas 22.55m. HT 1<sup>st</sup> Aaron Thomas 21.94 PB. JT 1<sup>st</sup> Robbie Morris 37.27m PB. 4x100m 1<sup>st</sup> 51.2.**

**U17W: 100m. 6<sup>th</sup> Taegan O'Hara 14.5. LJ 2<sup>nd</sup> Josette Green 4.76m; 5<sup>th</sup> Taegan O'Hara 4.20m. TJ 1<sup>st</sup> Josette Green 10.42m; 6<sup>th</sup> Taegan O'Hara 9.07m. DT 4<sup>th</sup> Alex Quarmby 15.95m. HT 2<sup>nd</sup> Alex Quarmby 12.38m.**

**SM: 100m 3<sup>rd</sup> Marcus Quarmby 11:9 PB; 4<sup>th</sup>= Alex Kiziltas 12:0. 200m 3<sup>rd</sup> Alex Kiziltas 23.6 PB; 4<sup>th</sup> Marcus Quarmby. LJ 1<sup>st</sup> Dominic Broughton 5.75m. HJ 1<sup>st</sup> Adam Snape 1.90m PB. TJ 1<sup>st</sup> Adam Snape 13.23m PB. SP 3<sup>rd</sup> David Shaw 9.51m; 6<sup>th</sup> Syd Bashforth 9.06m; 9<sup>th</sup> David Myerscough 8.43m. DT 2<sup>nd</sup> David Shaw 27.62m; 3<sup>rd</sup> Syd Bashforth 26.80m; 5<sup>th</sup> David Myerscough 25.08m. HT 1<sup>st</sup> David Shaw 32.87m PB; 3<sup>rd</sup> Syd Bashforth 32.21m.**

**SW: 100m 3<sup>rd</sup> Laura Gillhespy 13.2. 200m 1<sup>st</sup> Laura Gillhespy 26.9. DT 4<sup>th</sup> Claire Irons 13.49m. HT 1<sup>st</sup> Chloe Needham 39.24m; 3<sup>rd</sup> Claire Irons 22.46m.**

### Teams:

**Male: U13 4<sup>th</sup> 28 pts; U15 1<sup>st</sup> 44.5 pts; U17 1<sup>st</sup> 55 pts; Sen 1<sup>st</sup> 60 pts; Total 1<sup>st</sup> 187.5 points.**

**Female: U13** 6<sup>th</sup> 5 pts; **U15** 1<sup>st</sup> 42 pts; **U17** 3<sup>rd</sup> 29 pts; **Sen** 3<sup>rd</sup> 26 pts; **Total 4<sup>th</sup> 102 points.**

The **BWFAC** squad made the journey to a rather overcast Witton Park for the second fixture of the Mid Lancs League. Possibly because of the Diamond Jubilee weekend and Half Term, the team was not numerous as usual, but there was still plenty of quality.

April's club **Athlete of the Month**, **Jess O'Neill**, continued her excellent run of form with a double win in the Under 15 200m recording a PB of 26.9 and in the 300m recorded 43.0. Jess also showed her versatility by coming second in the Long Jump with 4.69m (just 5cm behind the winner and a PB). **Laura Gillhespy**, after third place in the Senior Women's 100m, won the 200m with 26.9.

**Josette Green** broke Club's Triple Jump Under 17 record in Liverpool with 11.11. This week 10.42m was enough to win the Mid-Lancs Triple Jump and Josette was second in the Long Jump with 4.76m. Also continuing his Liverpool form, **Adam Snape** (U20M) again equalled his PB of 1.90m in the High Jump and extended his PB in the Triple Jump to 13.23m, in winning both events.

Other good performances in the jumping events were recorded by **Dominic Broughton** who won the senior man's Long Jump with 5.75m. First year Under 13 **Jerome Jolly** was first in the High Jump with 1.25m and second in the Long Jump with 4.08m and he was also second in the 800m with 2:33.3. Although somewhat below her best, **Annie Bradshaw** was second in the U15G's High Jump with 1.35m and also scored a PB of 2:27.6 in the 800m.

In the throwing events, **Chloe Needham** easily won the Senior Women's Hammer with 39.24m and in the same event, **Claire Irons**, who had warmed up for the competition in the morning by taking part in a rowing event, was third with 22.46m. Petite **Alex Quarmby** was second in the U17W Hammer with 12.38m. **David Shaw** has been fast improving in the throwing events, especially the Hammer in which he came first with a new personal best of 32.87m, was second with 27.62m in the Discus and third in the Shot Putt with 9.51m. Under 17 **Aaron Thomas** won both the Discus with 22.55m and Hammer, where he PB'd with 21.94m and in the Javelin **Robbie Morris** also won with a PB of 37.87m.

### **Club Handicap: New Lane June 5<sup>th</sup>**

**CH**

**Andy Smith 23:38 DR; John Bradley 29:10; Kevin Woods 25:45; Perry Mann 21:35 PB; Jenny Ryan 29:43; Laura Lawler 26:17 PB; Sarah Wetherill 25:09 PB; Alan Wilkinson 27:19 DR; Anthony Blight 27:20; Nick Hume 27:26; Gary Johnston 24:52; Peter Gibson 26:08; Steve Lang 25:30; Alison Titterington 27:11; Terry Bradshaw 26:27; Tony Airnes 28:05; Tony Croft 30:16; Bob Massey 29:24; Martin Bates 29:53; Dave Randall 32:23; John Winters 31:01. Timekeeper Liz Airnes assisted by Andrea Smith & David Wood. A warm still night produced three PBs from Perry, Laura and Sarah. There were also two debut runs from a**

welcome guest, **Andy Smith**, who is studying at Fleetwood Nautical College and **Alan Wilkinson**.

### **Welsh Castles Relay: June 9<sup>th</sup> & 10<sup>th</sup>**

**Stage 1 Caernarfon Castle to Penygroes 9.1M John Bradley (MV) 54<sup>th</sup> 1:20:06.** Stage 2 Penygroes to Criccieth Castle 10.7M Terry Bradshaw (MV) 32<sup>nd</sup> 1:17:02. **Stage 3 Criccieth Castle to Maentwrog 12.1M Bev Wright (FV) 32<sup>nd</sup> 1:24:47.** Stage 4 Maentwrog to Harlech Castle 9.5M Bob Massey (MV) 44<sup>th</sup> 1:15:57. **Stage 5 Harlech Castle to Barmouth 9.6M Dave Randle (MV) 52<sup>nd</sup> 1:23:23.** Stage 6 Barmouth to Dolgellau 10.7M Gary Johnston (MV) 22<sup>nd</sup> 1:13:17. **Stage 7 Dolgellau to Dinas Mawddwy 9.15M Steve Waterhouse (MV) 5<sup>th</sup> 56:59 First Vet.** Stage 8 Dinas Mawddwy to Foel 10.8M John Wright (MV) 4<sup>th</sup> 1:03:03 **First Vet.** **Stage 9 Foel Llanfair to Caereinion 8.6M Hilary Goorney (FV) 54<sup>th</sup> 1:18:58.** Stage 10 Llanfair Caereinion to Newtown 13.1M Steve Lang (MV) 55<sup>th</sup> 1:47:08. **Stage 11 Newtown to Llanbadarn Fynydd 12.3M Peter Gibson (MV) 55<sup>th</sup> 1:41:05.** Stage 12 Llanbadarn Fynydd to Crossgates 11.2M Vicky Robinson 54<sup>th</sup> 1:30:51. **Stage 13 Crossgates Built Well 10.6M David Twizell (MV) 52<sup>nd</sup> 1:28:50.** Stage 14 Built Wells to Drovers Arms 10.8M No Runner 59<sup>th</sup> 2:03:00. **Stage 15 Drovers Arms to Brecon 12.8M Jeff Wright (MV) 45<sup>th</sup> 1:38:46.** Stage 16 Brecon to Beacons Reservoir 8.8M John Oliver (MV) 20<sup>th</sup> 59:51. **Stage 17 Beacons Reservoir to Cyfartha Castle 9.2M Tony Croft 38<sup>th</sup> 1:09:46.** Stage 18 Rhyd-y-Car Centre to Abercynon (Navigation Park) 9.1M Nick Hume (MV) 40<sup>th</sup> 1:10:53. **Stage 19 Navigation Park to Caerphilly Castle 10.8M No Runner 58<sup>th</sup> 2:03:00.** Stage 20 Caerphilly Castle to Cardiff Castle 10.7M Stuart Williams (MV) 26<sup>th</sup> 1:11:21.

### **English Schools T&F Cup Final: Chelmsford**

**June 12<sup>th</sup>**

**U16W Jess O'Neill 200m B 2<sup>nd</sup> 26.9; LJ 4<sup>th</sup> 4.85m PB.**  
**Beth Everson 800m A 7<sup>th</sup> 2:29.5; HJ 3<sup>rd</sup> 1:47m PB.**  
**Kate Lawler TJ 7<sup>th</sup> 9.89m PB.**

### **3<sup>rd</sup> Inter Club (5M): Preston, June 13<sup>th</sup>**

**IC**

**Individual BWFAC Results:** (*Positions shown excludes guest runners; Liam Craine 18<sup>th</sup> 29:15; Stuart Williams 46<sup>th</sup> (25<sup>th</sup> V); Bev Wright 62<sup>nd</sup> (7<sup>th</sup> F, 36<sup>th</sup> V & 17<sup>th</sup> V50) 32:29; Bianca Pedersen 70<sup>th</sup> (11<sup>th</sup> F & 2<sup>nd</sup> JW) 33:05; Steve Lang 75<sup>th</sup> (46<sup>th</sup> V) 33:33; Duncan Richardson 82<sup>nd</sup> (51<sup>st</sup> V) 33:50; Kevin Woods 85<sup>th</sup> (54<sup>th</sup> V & 24<sup>th</sup> V50) 34:05; Dave Skinner 87<sup>th</sup> (56<sup>th</sup> V & 26<sup>th</sup> V50) 34:17; Christian Sills 91<sup>st</sup> 34:30; Stasia Bligh 92<sup>nd</sup> (14<sup>th</sup> F & 57<sup>th</sup> V) 36:31; Mike Maume 97<sup>th</sup> (61<sup>st</sup> V) 34:57; Reg Smallbone 98<sup>th</sup> (62<sup>nd</sup> V, 29<sup>th</sup> V50 & 5<sup>th</sup> V60); Peter Gibson 101<sup>st</sup> (65<sup>th</sup> V & 32<sup>nd</sup> V50) 35:14; Laura Lawler 108<sup>th</sup> (20<sup>th</sup> F & 69<sup>th</sup> V) 35:45; Alan Wilkinson 113<sup>th</sup> (74<sup>th</sup> V, 36<sup>th</sup> V50 & 8<sup>th</sup> V60) 36:10; Alison Titterington 114<sup>th</sup> (23<sup>rd</sup> F, 75<sup>th</sup> V & 37<sup>th</sup> V50) 36:21; Anthony Blight 117<sup>th</sup> (78<sup>th</sup> V) 36:46; Nick Hume 122<sup>nd</sup> (83<sup>rd</sup> V & 41<sup>st</sup> V50) 37:20; Dave Randall 123<sup>rd</sup> (83<sup>rd</sup> V & 41<sup>st</sup> V50); Brandon Willoughby 128<sup>th</sup> (89<sup>th</sup> V & 45<sup>th</sup> V50) 37:42; Bob Newman*



129<sup>th</sup> (90<sup>th</sup> V, 46<sup>th</sup> V50 & 11<sup>th</sup> V60) 37:50; **John Bradley** 132<sup>nd</sup> (93<sup>rd</sup> V, 47<sup>th</sup> V50 & 12<sup>th</sup> V60) 38:04; **Bob Massey** 137<sup>th</sup> (96<sup>th</sup> V, 49<sup>th</sup> V50 & 14<sup>th</sup> V60) 38:30; **David Twizell** 141<sup>st</sup> (97<sup>th</sup> V & 50<sup>th</sup> V50) 38:40; **John Winters** 144<sup>th</sup> (100<sup>th</sup> V, 52<sup>nd</sup> V50 & 16<sup>th</sup> V60) 39:40; **Vicky Robinson** 146<sup>th</sup> (36<sup>th</sup> F) 40:00; **Jenny Ryan** 147<sup>th</sup> (37<sup>th</sup> F, 147<sup>th</sup> V & 52<sup>nd</sup> V50) 40:15; **Chris Bligh** 150<sup>th</sup> (105<sup>th</sup> V) 40:19; **Tony Croft** 152<sup>nd</sup> (107<sup>th</sup> V, 54<sup>th</sup> V50 & 17<sup>th</sup> V60) 40:26; **Norman Greenwood** 165<sup>th</sup> (116<sup>th</sup> V, 58<sup>th</sup> V50 & 19<sup>th</sup> V60) 42:50; **Hilary Goorney** 176<sup>th</sup> (53<sup>rd</sup> F, 126<sup>th</sup> V, 65<sup>th</sup> V50 & 22<sup>nd</sup> V60) 45:34.

### Team Results:

**Open:** Preston Harriers 1<sup>st</sup> 74 pts; Wesham RR 2<sup>nd</sup> 317 pts; Red Rose RR 3<sup>rd</sup> 354 pts; LSARRC 4<sup>th</sup> 417 pts; Chorley Athletic & Tri Club 5<sup>th</sup> 455 pts **BWFAC** 6<sup>th</sup> 708 pts.

**Ladies:** Preston Harriers 1<sup>st</sup> 49 pts; Wesham RR 2<sup>nd</sup> 63 pts; **BWFAC** 3<sup>rd</sup> 75 pts; Red Rose 4<sup>th</sup> 76 pts; LSARRC RR 5<sup>th</sup> 103 pts; Chorley Athletic & Tri 6<sup>th</sup>.

**Vets:** Preston Harriers 1<sup>st</sup> 51 pts; Red Rose 2<sup>nd</sup> 62 pts; Wesham RR 96 pts; LSARRC 4<sup>th</sup> 182 pts; Chorley Athletic & Tri Club 5<sup>th</sup> 223 pts; **BWFAC** 6<sup>th</sup> 268 pts.

**Vet 50s:** Wesham RR 1<sup>st</sup> 28 pts; Preston Harriers 2<sup>nd</sup> 32 pts; Red Rose RR 3<sup>rd</sup> 43 pts; LSARRC 4<sup>th</sup> 51 pts; **BWFAC** 5<sup>th</sup> 96 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 182 pts.

**Vet 60s:** Wesham RR 1<sup>st</sup> 19 pts; LSARRC 2<sup>nd</sup> 20 pts; **BWFAC** 3<sup>rd</sup> 24 pts; Chorley Athletic & Tri Club 4<sup>th</sup> 36 pts; Preston Harriers 5<sup>th</sup> 42 pts; Red Rose RR 6<sup>th</sup>.

It was a pleasant evening for with still conditions and one or two light showers of rain. Despite this it was a disappointing turnout of **BWFAC** members, especially the faster runners, with the Open team a poor sixth, the worst result that I can ever remember. The Vets were also 6<sup>th</sup>, with the V50s 5<sup>th</sup> and the V60s and Lady's team in third place. Despite a depressing overall team performance there were still some excellent individual runs on the evening. **Liam Craine**, **Stuart Williams** and **Bev Wright** ran well to lead the team home. **Stasia Bligh** made big strides in returning to fitness, **Bianca Pedersen** improved in pacing at the longer distance and **Jenny Ryan** had her best Inter Club run for many a season.

### Lancashire Schools Champs: June 16<sup>th</sup> **LSC**

B – Blackpool, F – Fylde, P – Preston, W - Wyre

**Senior Boys: 100m F** (ws -4.7) Alex Kiziltas (B) 1<sup>st</sup> 12.2. **200m F** (ws -4.2) Alex Kiziltas 1<sup>st</sup> 23.8. **1500m F** Harry Poole (W) DNF. **3000m F** Harry Poole (W) 3<sup>rd</sup> 9:36.1; 5<sup>th</sup> Daniel Quarmby (B) 5<sup>th</sup> 10:01.7. **HJ F** Adam Snape (B) 1<sup>st</sup> 1.80m. **PV F** Matt Walker (F) 1<sup>st</sup> 6.03m. **LJ F** Dominic Broughton (B) 1<sup>st</sup> 6.03m. **TJ F** Adam Snape (B) 1<sup>st</sup> 13.24m **(CS)**.

**Inter Boys: 100m F** (ws -3.0) Henry Taylor 4<sup>th</sup> 12.1. **200m h** (ws -3.7) Connor McCormick 5<sup>th</sup> 25.5 q; **F**(ws -2.2) Connor McCormick (F) 8<sup>th</sup> 25.4. **400m F** Michael Rietdyk (F) 3<sup>rd</sup> 54.8. **1500m F** Sean Kenny (B) 7<sup>th</sup> 4:33.0. **PV F** Jack Hails (W) 3<sup>rd</sup> 2.60m. **LJ F** Ash Hails (W) 4<sup>th</sup> 4.86m. **TJ**

**F** Luis Blyth (B) 1<sup>st</sup> 12.81m **PB (CS)**. **JT F** Robbie Morris (F) 2<sup>nd</sup> 34.89m.

**Junior Boys: 800m F** Sam Matthews (F) 5<sup>th</sup> 2:21.6. **80mH F** Jamie Bamber (F) 3<sup>rd</sup> 14.9. **HJ F** Nick Aziz (W) 1.55m. **PV F** Dom Lavelle (W) 1<sup>st</sup> 2.80m. **JT F** Lewis Walker 3<sup>rd</sup> 28.94m.

**Senior Girls: 100m F** (-4.2) Brittany Shaw (W) 4<sup>th</sup> 13.9; Alicia Johnston (B) 6<sup>th</sup> 14.4. **200m F** (ws -5.9) Alicia Johnston 3<sup>rd</sup> 29.8. **3000m F** Lauren Gowland (B) 4<sup>th</sup> 10:34.4 (CS). **100mH F** Natasha Johnston (B) 1<sup>st</sup> 19.0. **PV F** Loryn McCrudden (B) 1<sup>st</sup> 2.70m (CS). **HT F** Chloe Needham (P) 1<sup>st</sup> 41:02m **PB (CS & ES)**.

**Inter Girls: 100m F** (-3.7) Alicia Roylance (B) 5<sup>th</sup> 14.3. **300m F** Kate Lawler (F) 1<sup>st</sup> 43.0 **(CS)**. **1500m F** Molly Betmead (F) 2<sup>nd</sup> 4:55.2. **3000mH F** Jodie Ferguson (F) 2<sup>nd</sup> 11:28.3. **PV F** (W) Katrina Kelly (F) 1<sup>st</sup> 2.20m. **TJ F** Josette Green (B) 1<sup>st</sup> 10.83m **(CS & ES)**. **HT** (F) 5<sup>th</sup> 13.92m.

**Junior Girls: 100m h** (-5.1) Amber Swinnerton (W) 1<sup>st</sup> 13.7 Q. **F** (ws -6.3) Amber Swinnerton (W) 2<sup>nd</sup> 14.0. **200m F** (ws -4.7) Jess O'Neill (F) 1<sup>st</sup> 28.1; Ash Colvin (F) 2<sup>nd</sup> 29.0. **800m h** Annie Bradshaw (W) 2<sup>nd</sup> 2:40.7 Q; **F** Annie Bradshaw (W) 4<sup>th</sup> 2:31.5. **1500m F** Deni Impett (W) 5<sup>th</sup> 5:11.0. **HJ F** Hannah Newell (B) 5<sup>th</sup> 1.40m; Kelsey Smith (B) 7<sup>th</sup> = 1.35m. **LJ F** Beth Everson (F) 4<sup>th</sup> 4.14m. **JT F** Jordan Dixon (F) 2<sup>nd</sup> 27.08m **PB (CS)**.

It was an early start for this Championship and the weather forecast was wet. Initially it was mainly dry, if blustery. However by the middle of the afternoon, the showers of rain became heavier and more prolonged.

There was a good representation of **BWFAC** members and despite the poor conditions, some good performances. In particular by **Jordan Dixon** in the Javelin with 27.08m and **Luis Blyth** in the Triple Jump with 12.81m, both scoring PBs and County Standard performances. **Josette Green** continued her good form also in the Triple Jump with 10.83m, which meant she qualified for the **English Schools Championship in Gateshead**. **Adam Snape** in won the Triple Jump with 13.24m and also won the High Jump with 1.80m. **Chloe Needham** who already held County and English Schools Standards in the Hammer Throw improved her PB by a few centimetres to over 41 metres to 41.02m.

There were also some excellent sprint performances in the Junior Girls category where **Jess O'Neill** won the 200m with 28.1 and **Ash Colvin** was second with 29.0. **Amber Swinnerton** was second in the 100m final with 14.0, having qualified in 13.7. **Kate Lawler** also won the Inter Girls 300m with a County Standard of 43.0. **Alex Kiziltas** also had a double win in the 100m and 200m.

**Aviva England Athletics U20/U23 Championships & World Trials: Bedford June 16<sup>th</sup> & 17<sup>th</sup>**  
**Lydia Critchley U23W 800m h1** 4<sup>th</sup> 2:14.15; **F** 6<sup>th</sup> 2:11.25.

## YAL League: Leeds South June 17<sup>th</sup> YAL

**U13B: 100m`A`** Will Holmes 4<sup>th</sup> 14.1; **`B`** Sydney Sullivan 6<sup>th</sup> 15.5. **200m`A`** Will Holmes 5<sup>th</sup> 30.7; **`B`** Sydney Sullivan 6<sup>th</sup> 33.1. **800m`A`** Jake Brown 2<sup>nd</sup> 2:38.2; **`B`** George Robinson 1<sup>st</sup> 2:36.0. **75mH`A`** Jake Brown 4<sup>th</sup> 16.4. **HJ`A`** Jerome Jolly 3<sup>rd</sup> 1.25m; **`B`** Jake Brown 3<sup>rd</sup> 1.10m **PB**. **LJ`A`** Jerome Jolly 5<sup>th</sup> 4.24m **PB**; **`B`** Will Holmes 3<sup>rd</sup> 4.10m. **SP`A`** Jerome Jolly 3<sup>rd</sup> 6.12m; **`B`** George Robinson 5<sup>th</sup> 4.54m. **4x100m** 5<sup>th</sup> 60.9 Sydney, Christian Linton, Callum Hogarth & William Holmes.

**U13G: 75m`A`** Jessica Aziz 5<sup>th</sup> 11.0. **150m`A`** Jessica Aziz 5<sup>th</sup> 22.3 **PB**; **`B`** Hannah Eadie 24.2. **800m`A`** 3<sup>rd</sup> Hannah Eadie 2:50.4; **`B`** Katie Laycock 3:00.1 **PB**. **HJ`A`** Jessica Aziz 4<sup>th</sup> 1.15m **PB**. **SP`A`** Katy Laycock 3.46m; **`B`** Hannah Eadie 6<sup>th</sup> 2.85m **PB**.

**U15B: 100m`A`** Rory Anderson 4<sup>th</sup> 12.5 **PB**; **`B`** Nick Aziz 2<sup>nd</sup> 13.0. **200m`A`**; Rory Anderson 3<sup>rd</sup> 25.0 **PB**; **`B`** Ollie Tomlinson 4<sup>th</sup> 29.5. **300m`A`** Rory Anderson 1<sup>st</sup> 40.5; **`B`** Samuel Matthews 2<sup>nd</sup> 44.8 **PB**. **800m`A`** Samuel Matthews 4<sup>th</sup> 2:25.7. **1500m`A`** Thomas Matthews 5<sup>th</sup> 5:09.5. **80mH`A`** James Bamber 4<sup>th</sup> 14.5 **PB**; **`B`** Ollie Tomlinson 4<sup>th</sup> 16.3. **HJ`A`** Nick Aziz 1<sup>st</sup> 1.55m. **LJ`A`** James Bamber 6<sup>th</sup> 4.48 **PB**; **`B`** Ollie Tomlinson 4<sup>th</sup> 4.32m. **SP** Harry Mercer 5<sup>th</sup> 8.20m; **`B`** Ciaran Johnson 3<sup>rd</sup> 7.56m. **DT`A`** Harry Mercer 4<sup>th</sup> 18.60m; **`B`** Louis Walker 2<sup>nd</sup> 17.94m. **JT`A`** Louis Walker 2<sup>nd</sup> 28.19m; **`B`** Harry Mercer 1<sup>st</sup> 24.85m. **HT`A`** Louis Walker 4<sup>th</sup> 19.33m. **4x100m** 4<sup>th</sup> 53.8 Harry Mercer, Dom Lavelle, Thomas Matthews & Ollie Tomlinson. **4x300m** 3<sup>rd</sup> 2:56.0.

**U15G: 100m`A`** Amber Swinerton 4<sup>th</sup> 13.3; **`B`** Ash Colvin 3<sup>rd</sup> 13.9 **PB**. **200m`A`** Ash Colvin 6<sup>th</sup> 28.5 **PB**; **`B`** Hannah Newell 5<sup>th</sup> 31.1 **PB**. **300m`A`** 1<sup>st</sup> Fiona Hockey 44.2; **`B`** Annie Bradshaw 3<sup>rd</sup> 45.8. **800m`A`** Annie Bradshaw 1<sup>st</sup> 2:27.5 **PB**; **`B`** Beth Everson 2<sup>nd</sup> 2:34.5. **1500m`A`** Jessica Rogers 3<sup>rd</sup> 5:32.9. **75mH`A`** Beth Everson 4<sup>th</sup> 13.2. **HJ`A`** Hannah Newell 3<sup>rd</sup> 1.45m **PB**; **`B`** Annie Bradshaw 4<sup>th</sup> 1.30m. **PVA`** Fiona Hockey 1<sup>st</sup> 2.80m; **`B`** Hannah Newell 2.60m **PB**. **LJ`A`** Beth Everson 6<sup>th</sup> 4.31m; **`B`** Jessica Rogers 3<sup>rd</sup> 4.22m. **SP`A`** Jessica Rogers 6<sup>th</sup> 5.86m. **JT`A`** AN Other 6<sup>th</sup> 7.85m. **4x100m** 4<sup>th</sup> 54.9 Jess O'Neill, Amber Swinerton, Jordan Dixon & Another.

**U17M: 100m`A`** Henry Taylor 4<sup>th</sup> 12.0; **`B`** Connor McCormick 4<sup>th</sup> 12.4. **200m`A`** Henry Taylor 4<sup>th</sup> 24.1; **`B`** Jordan Birch 6<sup>th</sup> 27.0. **400m`A`** Jordan Birch 5<sup>th</sup> 62.8; **`B`** Connor McCormick 2<sup>nd</sup> 54.9 **PB**. **HJ`A`** Robbie Morris 6<sup>th</sup> 1.50m. **LJ`A`** Luis Blyth 4<sup>th</sup> 5.97m; **`B`** Henry Taylor 3<sup>rd</sup> 4.90m **PB**. **TJ`A`** 1<sup>st</sup> Luis Blyth 1<sup>st</sup> 12.90m **PB**. **SP`A`** Aaron Thomas 6<sup>th</sup> 6.58m. **DT`A`** Aaron Thomas 4<sup>th</sup> 23.46m; **`B`** Robbie Morris 2<sup>nd</sup> 17.45m. **HT`A`** 2<sup>nd</sup> Charlie McLaine 2<sup>nd</sup> 23.26m. **JT`A`** Robbie Morris 3<sup>rd</sup> 33.96m. **4x400m** 4<sup>th</sup> 3:57.2 Charlie McLaine, Michael Rietdyk, Luis Blyth & Robbie Morris. **4x400m** 5<sup>th</sup> 4:04.7.

**U17W: 100m`A`** Josette Green 4<sup>th</sup> 13.7; **`B`** Taegan O'Hara 2<sup>nd</sup> 14.1. **200m`A`** Katrina Kelly 4<sup>th</sup> 29.7. **80mH`A`** Taegan O'Hara 4<sup>th</sup> 13.1. **PVA`** Katrina Kelly 2<sup>nd</sup> 2.20m. **LJ`A`** Josette Green 3<sup>rd</sup> 4.97m **PB**. **TJ`A`** Taegan O'Hara 2<sup>nd</sup> 9.69m. **TJ`A`** Josette Green 1<sup>st</sup> 10.66m; **`B`** Taegan O'Hara 1<sup>st</sup> 9.38m. **SP`A`** Katrina Kelly 1<sup>st</sup> 8.94m; **`B`**

Rebecca Todd 1<sup>st</sup> 8.70m. **DT`A`** Rebecca Todd 3<sup>rd</sup> 17.17m. **HT`A`** Rebecca Todd 1<sup>st</sup> 30.71m; **`B`** Alex Quarmbly 3<sup>rd</sup> 13.10m. **JT`A`** Alex Quarmbly 4<sup>th</sup> 11.67m; **`B`** Lucy Minns 3<sup>rd</sup> 10.93m. **4x100m** 3<sup>rd</sup> 53.5 Taegan O'Hara, Alicia Roylance, Katrina Kelly & Kate Lawler.

Again a much weakened team contested the third fixture and inevitably BWFAC finished sixth, which means that the team finished at the bottom of the Northern Premier Division Area 2. This will probably mean relegation to the second tier next season.

### Teams:

Team	06/05		20/05		18/06		Total	
	LP	MP	LP	MP	LP	MP	LP	MP
Pres	6	876.5	6	893	5	890	17	2659.5
Sheff	5	762	5	888.5	6	898.5	16	2523
Leeds	4	727.5	4	727.5	4	741.5	12	2223
C'field	2	629.5	3	706	3	650.5	8	1986
L & M	1	582	2	610.5	2	602	5	1794.5
BWFAC	3	632	1	446	1	498.5	5	1576.5

### Freckleton Half Marathon: June 17<sup>th</sup>

John Oliver 32<sup>nd</sup> 1:25:23 c 1:25:21; Liam Craine 44<sup>th</sup> 1:28:08 c 1:28:06; Bev Wright 88<sup>th</sup> (7<sup>th</sup> F & 1<sup>st</sup> F50) 1:32:09 c 1:32:03; Duncan Richardson 219<sup>th</sup> 1:46:38 c 1:46:12; John Bradley 276<sup>th</sup> (3<sup>rd</sup> M70) 1:51:50 c 1:51:25; Steve Lang 294<sup>th</sup> 1:53:25 c 1:53:15; John Winters 424<sup>th</sup> (2<sup>nd</sup> M75) 2:05:36 c 2:05:36; Hilary Goorney 480<sup>th</sup> 2:11:54 c 2:11:15.

### Aviva Olympic Trials & UK Championships:

Alexander Stadium, Birmingham June 22<sup>nd</sup> to 24<sup>th</sup>

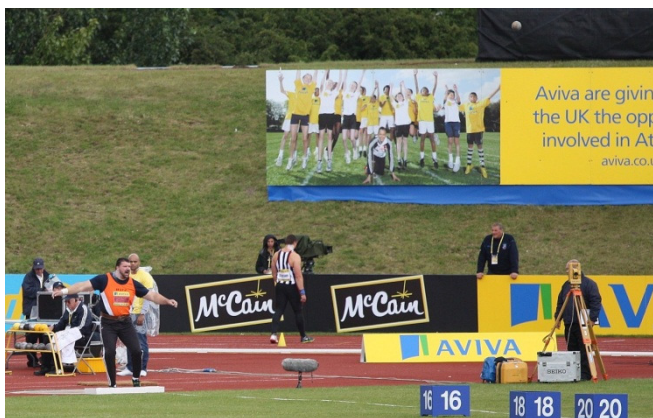
Luke Minns 1500m h112<sup>th</sup> 3:55.92. Carl Myerscough SP F 1<sup>st</sup> 19.42m. DT F 5<sup>th</sup> 59.37m. Max Eaves PV F 4<sup>th</sup> 5.35m.



Luke Minns had hoped to avoid Mo Farah in the heats of the 1500 metres as there were only two to automatically qualify to the final. However in the first heat Luke was paired with Mo. After about 200 or 300 metres, Luke went onto the shoulder of Mo Farah and for a while looked comfortable. However he was disappointed to lose form and finished down the field in 12<sup>th</sup> place, but at least he had the memory of racing next to the great Mo Farah.

Carl Myerscough easily retained his Shot Putt UK Championship with his second round putt of 19.42, more than a metre ahead of the rest of the field. However in the Discus





Throw, in which he holds the Olympic 'A' Standard with his throw of 65.24 two weeks previous in Claremont, California, Carl was unable to reproduce that form. Possibly because the quick turnaround from the Shot competition, Carl's best throw in the second round was 59.37m, which was only good enough for fifth place.

### **Mid-Lancs T&F Meeting: Hyndburn June 23<sup>rd</sup> ML**

*Most sprints are run in heats and overall positions shown are based on times.*

**U13B: 100m** 5<sup>th</sup> Jake Brown 14.9; 8<sup>th</sup> Will Holmes 14.90m. **200m** 4<sup>th</sup> Chris Linton 29.6 **PB**. **800m** 6<sup>th</sup> Jerome Jolly 2:34.0; 7<sup>th</sup> Chris Linton 2:36.5 **PB**; 8<sup>th</sup> Will Holmes 2:45.8 **PB**. **LJ** 1<sup>st</sup> Jerome Jolly 4.23m; 6<sup>th</sup> Will Holmes 3.89m; 9<sup>th</sup> Jake Brown 3.61m. **HJ** 2<sup>nd</sup> Jerome Jolly 1.25m. **JT** 5<sup>th</sup> Chris Linton 19.58m.

**U13G: 100m** 7<sup>th</sup> Hannah Maskill 15.2; 10<sup>th</sup>= Hannah Eadie 15.6 **PB**. **200m** 6<sup>th</sup>= Hannah Maskill 30.8 **PB**; 9<sup>th</sup>= Hannah Eadie 31.9 **PB**. **800m** 8<sup>th</sup> Hannah Eadie 2:38.8 **PB**.

**U15B: 200m** 7<sup>th</sup> Harry Mercer 28.0 **PB**; 8<sup>th</sup> Thomas Goodwin 28.9. **400m** 2<sup>nd</sup> Samuel Matthews 61.0 **PB**; Thomas Matthews 4<sup>th</sup> 65.6 **PB**; Declan Darnbrough 6<sup>th</sup> 68.2. **800m** 1<sup>st</sup> Samuel Matthews 2:16.4 **PB**; 5<sup>th</sup> Thomas Matthews 2:27.0 **PB**; 6<sup>th</sup> Declan Darnbrough 2:32.6. **LJ** 2<sup>nd</sup> Samuel Matthews 4.67m; 3<sup>rd</sup> Thomas Matthews 4.49m **PB**. **DT** 5<sup>th</sup> Harry Mercer 18.74m **PB**. **JT** 1<sup>st</sup> Thomas Goodwin 22.33m; 3<sup>rd</sup> Harry Mercer 20.92m **PB**.

**U15G: 100m** 3<sup>rd</sup> Jordan Dixon 13.8; 15<sup>th</sup> Ellie Potter 14.7m. **200m** 1<sup>st</sup> Jordan Dixon 27.0 **PB**; 3<sup>rd</sup> Lauren Brook 29.8 **PB**. **300m** 1<sup>st</sup> Jess O'Neill 42.8. **800m** 7<sup>th</sup> Lauren Brook 2:44.7 **PB**; 9<sup>th</sup> Rebecca Terras 2:47.7 **PB**. **1500m** 1<sup>st</sup> Jessica Rogers 5:23.2 **PB**; 2<sup>nd</sup> Fiona Hockey 5:36.4. **LJ** 3<sup>rd</sup> Jess O'Neill 4.44m; 12<sup>th</sup> Hannah Newell 3.68m. **HJ** 2<sup>nd</sup> Hannah Newell 1.40m; 4<sup>th</sup>= Kelsey Smith 1.30m; 4<sup>th</sup>= Jessica Rogers 1.30m. **SP** 7<sup>th</sup> Jessica Rogers 5.72m; 8<sup>th</sup> Rebecca Terras 5.37m **PB**. **JT** 2<sup>nd</sup> Jordan Dixon 26.14m; 13<sup>th</sup> Rebecca Terras 7.57m **PB**; 14<sup>th</sup> Hannah Newell 6.99m **PB**; 15<sup>th</sup> Fiona Hockey 6.11m **PB**.

**U17M: 100m** 2<sup>nd</sup> James Carty 12.0; 5<sup>th</sup> Jordan Birch 12.4 **PB**. **200m** 3<sup>rd</sup> James Carty 24.8; 6<sup>th</sup> Jordan Birch 25.9 **PB**. **400m** 2<sup>nd</sup> Luis Blyth 53.8 **PB**. **LJ** 2<sup>nd</sup> Luis Blyth 5.74m. **TJ** 1<sup>st</sup> Luis Blyth 12.31m.

**U17W: 100m**. 1<sup>st</sup> Kate Lawler 13.0. **300m** 1<sup>st</sup> Kate Lawler 42.1 **PB**. **SP** 4<sup>th</sup> Siobhan Child 5.69m. **JT** 4<sup>th</sup> Siobhan Child 14.65m. **HT** 1<sup>st</sup> Siobhan Child 14.65m.

**SM: SP** 3<sup>rd</sup> David Shaw 9.52m. **DT** 2<sup>nd</sup> David Shaw 26.21m. **HT** 1<sup>st</sup> David Shaw 34.51m **PB**.

**SW: 200m** 2<sup>nd</sup> Megan Healy 27.3. **HT** 1<sup>st</sup> Chloe Needham 37.87m.

### **Teams:**

**Male: U13** 2<sup>nd</sup> 47.5 pts; **U15** 1<sup>st</sup> 55 pts; **U17** 2<sup>nd</sup> 45.5 pts; **Sen** 2<sup>nd</sup> 60 pts; **Total** 1<sup>st</sup> 208 points.

**Female: U13** 5<sup>th</sup> 20.5 pts; **U15** 1<sup>st</sup> 64.5 pts; **U17** 1<sup>st</sup> 64.5 pts; **Sen** 3<sup>rd</sup> 47 pts; **Total** 1<sup>st</sup> 179.5 points.

### **Sotos 10K: Fleetwood June 24<sup>th</sup>**

Steve Waterhouse 4<sup>th</sup> (2<sup>nd</sup> M40) 35:29 **PB**; David Cairnes 15<sup>th</sup> (3<sup>rd</sup> M45) 38:08; Liam Craine 17<sup>th</sup> 38:12 **PB**; John Oliver 19<sup>th</sup> 38:22 **PB**; Caroline Betmead 36<sup>th</sup> (3<sup>rd</sup> F & 2<sup>nd</sup> FV40) 40:57; Bev Wright 46<sup>th</sup> (6<sup>th</sup> F & 1<sup>st</sup> FV50) 41:41; Christian Sills 92<sup>nd</sup> 46:23; Laura Lawler 104<sup>th</sup> (20<sup>th</sup> F) 47:25; David Randall 117<sup>th</sup> 48:39; Tanya Barlow 122<sup>nd</sup> (26<sup>th</sup> F) 48:51; John Bradley 133<sup>rd</sup> (1<sup>st</sup> MV70) 50:14; David Twizell 141<sup>st</sup> 50:14; Vicky Robinson 167<sup>th</sup> (43<sup>rd</sup> F) 52:09; Jenny Ryan 173<sup>rd</sup> (47<sup>th</sup> F & 2<sup>nd</sup> FV55) 52:23; Rob Green 206<sup>th</sup> 55:40; Hilary Goorney 235<sup>th</sup> (78<sup>th</sup> F). First of 262 Robert Affleck of Preston Harriers in 33:20 and first lady was Joanna Goorney of Wesham RR (29<sup>th</sup>) in 39:52.

**Fun Run: Molly Betmead** 2<sup>nd</sup> (1<sup>st</sup> F & 1<sup>st</sup> F15) 6:06; **Deni Impett** 3<sup>rd</sup> (2<sup>nd</sup> F & 1<sup>st</sup> F12) 6:26; **George Robinson** 4<sup>th</sup> (1<sup>st</sup> M11) 6:36; **Maddison Betmead** 21<sup>st</sup> (7<sup>th</sup> F & 1<sup>st</sup> F6) 8:55. First of 53 was James Lund (M12).

### **21<sup>st</sup> European Athletics Championship:**

Helsinki, Finland June 29<sup>th</sup>

**Carl Myerscough Shot Putt Men Qualification - Group A** 8<sup>th</sup> 19.30 nq.

### **Northern U15/U17 Inter Counties: Wigan**

June 30<sup>th</sup>

**U15G JT** Jordan Dixon 2<sup>nd</sup> 29.01m **PB**. **100m** (+4.3) Amber Swinnerton 5<sup>th</sup> 13.51 (run in 3 heats). **200m** Jordan Dixon (ws -7.1) 14<sup>th</sup> 30.1 (run in 2 heats)

**U15B 85mH** Oliver Tomlinson 6<sup>th</sup> 16.66m. **100m**(ws -3.4) Rory Anderson 13.29.

**U17W LJ** (+4.0) Taegan O'Hara 10<sup>th</sup> 4.27m. **100m** Taegan O'Hara 11<sup>th</sup> 14.23. **80mH** Taegan O'Hara 6<sup>th</sup> 15.01. **SP** Katrina Kelly 4<sup>th</sup> 9.14m. **PV** Fiona Hockey (U15G) 4<sup>th</sup> 2.80m.

**U17M LJ** Luis Blyth 5<sup>th</sup> 5.89m **HJ** Nick Aziz (U15B) 7<sup>th</sup> 1.45m. **PV** Dom Lavelle (U15B) 8<sup>th</sup> 2.90m.

The Lancashire squad had a good representation, who all performed well for the county. I'm sure everyone is bored with talk of the weather, but the last day of June was much like the start – windy and showery. One minute there was bright sunshine and the next there was a heavy shower, with the accompanying strong wind. Sometimes you just had to laugh, although **Jordan Dixon** when she started the U15G 200m in a near hurricane wind didn't smile. Afterwards though, Jordan was laughing as she recalled battling the conditions and at one point almost running on the spot as she was hit by the storm. Later though, Jordan was smiling with justification, when she posted a PB in the Javelin

competition, despite throwing into a strong a head wind. This performance caught the eye of the Lancashire team selectors and she was chosen to represent Lancashire at the English Schools Championship.

Two of the heroes for the team were **Taegan O'Hara** and **Luis Blyth**. Taegan competed in the Long Jump and 80m Hurdles and the 100m sprint. Likewise Luis after competing in the Long Jump was asked to run the 800m leg of the Medley Relay. The only problem was, although a regular 400m runner, Luis ran his last serious 800m race four years ago, when he set his PB of 2:34.8. Understandably he was very nervous about the prospect and worried that he would let the team down. Needless to say he ran well against some 800m specialists and brought the team home in third place. Luis was timed at approximately 2:21.

These excellent performances helped Lancashire to finish a very good second of ten teams.

**Stop Press: Carl Myerscough has been chosen to represent Great Britain in the Shot Putt at the London Olympics.**

## **Other Results:**

### **Tokyo Throwing Meeting: May 27<sup>th</sup>**

Duncan Shaw (SM) **DT** 3<sup>rd</sup> 29.97m **PB**; **HT** 2<sup>nd</sup> 41.72m **PB**.

### **Knowsley Disability Athletics Grand Prix: May 27<sup>th</sup>**

**400m** Lisa Daley (T13) 1<sup>st</sup> 66.01.

### **Trafford Grand Prix (Distance & Throws Only):**

May 29<sup>th</sup>

*Races run in heats.*

**1500m h3** Molly Betmead (U17W) 5<sup>th</sup> 4:43.09 **PB**.

**3000m h2** Adam Weightman (U20M) 18<sup>th</sup> 9:43.01.

### **Levens 10K: May 30<sup>th</sup>**

Bev Wright 27<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV50) **43:01**. First 93 of was **Ady Whitwam** of Army Athletics in 34:35 and first lady was **Emma Lund** of Wesham RR (24<sup>th</sup>) in 42:26.

### **Dallam Dash 10K: June 2<sup>nd</sup>**

Bev Wright 13<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV50) **42:29**. First of 48 was **Paul Singleton** of Ambleside in 37:00 and first lady was **Christine Holmes** of Trentham RC (8<sup>th</sup>) in 40:09.

### **Jim Bush Southern Cal USA T&F Champs: June 2<sup>nd</sup>**

Carl Myerscough **SP** 2<sup>nd</sup> 20.10; **DT** 2<sup>nd</sup> 58.75m.

### **Warrington George Edwards Memorial Meeting:**

June 3<sup>rd</sup>

Megan Gray (U17W) **300m** 3<sup>rd</sup> 48.1.

### **Catforth 5K: June 3<sup>rd</sup>**

John Bradley 34<sup>th</sup> (1<sup>st</sup> MV70) **23:58**. First of 47 was **David Rigby** of Preston Harriers in 15:44 and first lady was **Sarah Ridehalgh** of Accrington RR (9<sup>th</sup>) in 18:34.

### **Trafford AC Medal Meeting: June 4<sup>th</sup>**

*Races run in heats and overall positions shown.*

**U11B 75m** Sam Wise 2<sup>nd</sup> 11.72 **PB**; James Smith 7<sup>th</sup> 12.16. **150m** Sam Wise 3<sup>rd</sup> 24.04 **PB**; Timothy Woodman 10<sup>th</sup> 27.87. **600m** Jamie Jackson 4<sup>th</sup> 1:55.97 **PB**; James

Smith 7<sup>th</sup> 1:58.34 **PB**; Timothy Woodman 17<sup>th</sup> 2:21.15. **LJ** James Smith 4<sup>th</sup> 3.37m; Sam Wise 5<sup>th</sup> 3.18m; Timothy Woodman 10<sup>th</sup> 2.26m.

**U11G 75m** Natasha Webster 8<sup>th</sup> 12.21; Grace Webster 12<sup>th</sup> 13.06 **PB**. **150m** Natasha Webster 6<sup>th</sup> 24.43; Isabelle Woodman 9<sup>th</sup> 25.30. **600m** Isabelle Woodman 4<sup>th</sup> 2:04.48; Darcey Lonsdale 6<sup>th</sup> 2:07.13 **PB**; Grace Webster 9<sup>th</sup> 2:08.48. **LJ** Natasha Webster 6<sup>th</sup> 3.37m; Grace Webster 8<sup>th</sup> 3.11m **PB**; Isabelle Woodman 9<sup>th</sup> 3.11m.

**U13G 75m** Katie Laycock 16<sup>th</sup> 12.07 **PB**. **70mH** Katie Laycock 12<sup>th</sup> 16.52.

**U15G 800m** Deni Impett 13<sup>th</sup> 2:30.49 **PB**.

### **Jubilee 5K: Preston 5K June 4<sup>th</sup>**

Bev Wright 12<sup>th</sup> (1<sup>st</sup> F & FV50) **20:11**. First 156 of was Gary Pennington of Preston Harriers in 16:51.

### **Trafford Grand Prix: June 5<sup>th</sup>**

**400m** Alex Bale (SM) **h2** 1<sup>st</sup> 49.61; Ted Romney **h2** (SM) 4<sup>th</sup> 51.31; Marcus Quarmby (U20M) **h2** 6<sup>th</sup> 52.20. Laura Gillhespy (SW) **h7** 3rd 59.88.

### **Blaydon Race: June 9<sup>th</sup>**

Stuart Robinson 15<sup>th</sup> **29:32**; David Cairnes 136<sup>th</sup> **33:57**. First of 3589 was Peter Lemuya of Kenya in 27:35 and first lady was Lauren Howart of Leigh Harriers (29<sup>th</sup>) in 30:26.

### **Discus Throws-Fest: Claremont CA USA June 9<sup>th</sup>**

Carl Myerscough **DT** 1<sup>st</sup> 65.24m **ncr**.

### **Morecambe 10K: June 10<sup>th</sup>**

Anthony Blight 66<sup>th</sup> **47:52 c 47:45**. First of 222 was David Browne Of Lancaster & Morecambe AC in 35:55 and first lady was Melanie Hyder of Helm Hill Harriers (5<sup>th</sup>) in 37:38.

### **Trafford Grand Prix: June 12<sup>th</sup>**

Adam Weightman (U20M) **3000m h2** 9:46.24.

### **Trafford Grand Prix: June 19<sup>th</sup>**

Abi Kiziltas (U20M) **100m h5** 2<sup>nd</sup> 11.85 **PB**; **200m h4** 3<sup>rd</sup> 23.87. Lucy Mansfield (U23W) **100m h4** 3<sup>rd</sup> 12.72; **200m h6** 4<sup>th</sup> 26.13. Laura Gillhespy (SW) **400m h6** 3<sup>rd</sup> 60.71. Lisa Daley (SW-T13) **400m h7** 66.41.

### **DASH AC Young Athletes Quadrathlon: Sportscity June 23<sup>rd</sup>**

**U9G: Maisie Rogers 75m** 13.5 Pts 47; **Vortex** 17.31m Pts 61; **600m** 2:24.0 Pts 50; **LJ** 2.96m Pts 56; **Total Pts** 214 2<sup>nd</sup>. Minnie Rogers **75m** 13.6 Pts 46; **Vortex** 14.77m Pts 55; **600m** 2:31.3 Pts 46; **LJ** 2.78m Pts 51; **Tot Pts** 198 5<sup>th</sup>.

**U11G: Natasha Webster 75m** 8<sup>th</sup>= 12.0 Pts 62; **Vortex** 28.52m 78 Pts; **600m** 9<sup>th</sup> 2:13.1 Pts 62; **LJ** 9<sup>th</sup> 3.20m Pts 62; **Total Pts** 6<sup>th</sup>. Isabelle Woodman **75m** 14<sup>th</sup>= 12.2 PB 60 Pts; **Vortex** 17.03m Pts 60; **600m** 4<sup>th</sup> 2:04.4 Pts 72; **LJ** 15<sup>th</sup> 2.93m Pts 55; **Total Pts** 247 10<sup>th</sup>.

**U9B: Timothy Woodman 75m** 13.0 Pts 52; **Vortex** 21.90m Pts 69; **600m** 2:12.9 Pts 63; **LJ** 2.88m Pts 54; **Total Pts** 238 4<sup>th</sup>.

**U11B: James Smith 75m** 12<sup>th</sup> 11.9 PB Pts 63; **Vortex** 18.53m Pts 63; **600m** 7<sup>th</sup> 2:02.2 Pts 75; **LJ** 5<sup>th</sup> 3.58m Pts

71; **Total Pts** 272 9<sup>th</sup>. **Sam Wise** 75m 11<sup>th</sup> 11.8 Pts 64; **Vortex** 20.41m Pts 67; **600m** 18<sup>th</sup> 2:11.0 PB Pts 65; **LJ** 15<sup>th</sup> 3.12m Pts 60; **Total Pts** 256 15<sup>th</sup>.

#### **Lancaster Castle Marathon: June 24<sup>th</sup>**

**Peter Gibson** 97<sup>th</sup> (2<sup>nd</sup> M55) 4:21:40 c 4:21:08; **Jeff Wright** 113<sup>th</sup> 4:31:51 c 4:31:12. First of 193 was **Michael Aspinall** of Tipton Harriers in 2:41:19 and first lady was **Lynn Green** of Cardigan RC (29<sup>th</sup>) in 3:30:44.

#### **Trafford Grand Prix: June 26<sup>th</sup>**

**Michael Rietdyk** (U17M) **800m h6** 1<sup>st</sup> 2:07.09 **PB**. **Lauren Gowland** (U20W) **1500m h4** 4:50.42.

#### **Fairclough 5M: June 30<sup>th</sup>**

**Bev Wright** 13<sup>th</sup> (1<sup>st</sup> F & 1<sup>st</sup> FV50) 32:58; **Stasia Bligh** 22<sup>nd</sup> (2<sup>nd</sup> F) 35:49; **Laura Lawler** (3<sup>rd</sup> F & 1<sup>st</sup> FV40) 36:49; **Alison Titterington** 31<sup>st</sup> (5<sup>th</sup> F & 2<sup>nd</sup> FV50) 37:44; **Tanya Barlow** 37<sup>th</sup> (9<sup>th</sup> F & 2<sup>nd</sup> FV40); **John Bradley** 41<sup>st</sup> (1<sup>st</sup> MV70) 39:24; **Jenny Ryan** 46<sup>th</sup> (13<sup>th</sup> F) 40:48. First of 67 was **Paul Muller** of Horwich RMI in 28:53. (**BWFACs** women won the lady's team prize).

#### **Lancaster 5K: June 30<sup>th</sup>**

**James Mulvaney** 5<sup>th</sup> 16:42. First of 55 was **Iain Quinn** of Barrow & Furness Striders in 15:22 and first lady was **Sue Becconsoll** of Bingley Harriers (18<sup>th</sup>) in 18:40.

#### **Heino Lipo Memorial: Tallinn Estonia July 1<sup>st</sup>**

**Carl Myerscough** **SP** 1<sup>st</sup> 20.13 **ncr**.

#### **Liverpool Triathlon: July 1<sup>st</sup>**

**Andrew Woodward** 55<sup>th</sup> 2:15:36 (S 23:21; B 1:13:15; R 35:43).

### **Athletic Profile – Sebastian Coe (Part 2)**

**Seb Coe** and **Steve Ovett**'s first major encounter was in the **1978 European Championships** in Prague, where in the **800m** Coe was third behind Ovett in a race won by East German **Olaf Beyer**. **Steve Ovett** broke **Seb Coe**'s UK record with 1:44.09 in that race. However a few weeks later Seb reclaimed the record with an all comers' mark of 1:43.76 at Crystal Palace to rank him second in the world in that year.

The next year Seb set **three world records in 41 days**, the **800m** (1:42.33) and **mile** (3:48.95) at Oslo and later in Zurich **1500m** with 3:32.03. At the **Turin European Cup** Coe won the 800m and anchored the British 4x400m relay team with the fastest split of 45.5. In **1980** he also broke the 1000m record with a time of 2:13.40 and for one hour held all **four middle distance world records**, that is until **Steve Ovett** broke the Coe's mile record.

The **Moscow Olympics** took place in **1980** and millions tuned in to watch on TV the contest between Coe and Ovett. The first final was the **800m**, which Seb was expected to win easily. As he admitted later it was "the worst tactical race of my life" having stayed too long at the back of the field came through to take the silver, but had left it too late to catch **Steve Ovett**, who won the gold medal. **Steve Ovett** had not been beaten in 45 races at the 1500m

and mile distances, during three years and so was hot favourite to take the gold. However **Seb Coe** was determined to make up for his poor tactics during the 800m and ran a superb race, sprinting the final 400m in 52.2 and the final 100m in 12.1; the fastest ever finish at this distance.

In 1981 he set world records at 800m both indoor of **1:46.00** and outdoor of **1:41.73** (which was unbeaten until 1997 and is still the UK record). A month later he set another world record at **1000m**, which at **2:12.18** was to stand for 19 years and has only been beaten once. He set several more records and PBs at **1500m** and mile and gold medals at the **European World Cup Final**. He remained unbeaten at **1500m/mile** and **800m** distances for the whole year and was voted **Athlete of the Year**.

The next few years were blighted by injury and illness, but he still managed some memorable performances. However he was still ranked No 1 at **800m** in **1982** and along with **Peter Elliott**, **Garry Cook** and **Steve Cram**, set a world record at **4 x 800m** with a time of **7:03.89**, which was to stand for 24 years. After relatively disappointing Silver at the **European Championships**, it was discovered he was suffering from glandular fever. Although he started **1983** by improving his Indoor **800m** world record to **1:44.91**, the year was blighted by a prolonged bout of toxoplasmosis and he missed the inaugural **IAAF World Championships**.

In the **1984 Los Angeles Olympics** he repeated his 1980 performance again winning Silver in the **800m** and Gold in the **1500m**. Back problems made for a quiet **1985**, but in 1986 he won **800m European Gold**, but ran a bad tactical race in the 1500m and was beaten to Gold by **Steve Cram**. **Seb Coe** was injured throughout the **1987** season and failed to qualify for the **1988 Olympics**. Although now passed his absolute best, Coe still had a good **1989** season, winning the **1500m AAA** title and finishing No 1 in Britain in both the 800m and 1500m.

After retirement from athletics in **1990** he was a Member of Parliament from 1992 to 1997 and in 2000 was awarded a Life Peerage. He was member of the bid company for the **2012 Olympics** and his presentation at the **International Olympic Committee** meeting in 2005 was praised as being particularly effective the success of the London Olympic bid.

