



WYLDEFYRE

September 2012 No 28

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BWFAC Events **Mid Lancs Interclub & 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; w – wind speed

July Athletes of the Month

July's athletes of the month are **Jordan**



Dixon for winning the **Bronze Medal** in the U15 Javelin competition at the **Northern Outdoor Championship** held in Hull and

Dom Lavelle for winning the **Silver Medal** in the U15 Pole Vault, at the



same competition. Both have made impressive progress this year in both these events and have regularly

turned out for the club.

- 31/08-09/09/12 Paralympic Athletics programme
- 01/09/12 Bpl Hilton 10K & Walk of Hope Lancs 4 Peaks 25M,18M, 13M
- 01/09/12 Litherland Open T&F
- 02/09/12 Pendle AC Open T&F
- 02/09/12 Gt Eccleston Scouts Fast 4M, Bpl Hilton HM & Tameside 10K
- 04/09/12 Trafford Grand Prix & Gosforth 10K
- 05/09/12 *Red Rose RR Inter Club
- 06/09/12 Paarlauf Evening followed by BBQ
- 08/09/12 Gt Westmorland TR Kirkby Stephen
- 09/09/12 T&F Open & Autumn 5K Stanley Park Track Blackpool
- 12/09/12 Club Handicap New Road
- 15/09/12 Liverpool Throws & Jumps Competition
- 16/09/12 Garstang Half Marathon
- 22/09/12 Northern Athletics 6/4 & Young Athletes Road Relays Leigh
- 22/09/12 Gt Langdale Marathon & Half Marathon
- 23/09/12 BWFAC T&F Open Stanley Park Track Blackpool
- 23/09/12 Fleetwood Triathlon & Run the Lanes 10M Preston
- 30/09/12 *Run Preston 10K/5K/Fun Run & Lancaster 5K (5/5)
- 06/10/12 Northern Athletics XC Relay Champs Sheffield
- 06/10/12 Mid Lancs XC Burnley & 20th TAAF World HM Champs BUL
- 07/10/12 Lytham Hall Autumn 5K
- 07/10/12 Asics Southport 10K/F R, Bpl to Fwd 10M & Congleton HM
- 13/10/12 ERRA 6/4 Stage *Sutton Park Birmingham
- 13/10/12 South East Lancs XC League Heaton Park
- 14/10/12 Young Athletes Relays* Autumn Breaker 10K & Lea Town 10K
- 20/10/12 Red Rose XC League & Standish Hall TR Wigan
- 21/10/12 *Green Drive 5M Lytham & Accrington 10K
- 28/10/12 *Preston Guild HM/Marathon/5K (11-17yrs)
- 03/11/12 ECCA XC Relays Mansfield
- 10/11/12 Red Rose XC Hyndburn
- 11/11/12 Lancashire Sportshall League, Blackpool
- 16/11/12 2012 Presentation Night Hilton Hotel
- 17/11/12 NA Indoor Open EIS Sheffield & SE Lancs XC League
- 18/11/12 61st Bampton to Carlisle 10M Road Race Inc NA 10M Champ
- 24/11/12 Mid Lancs XC/European XC Trial Liverpool
- 08/12/12 Mid Lancs XC (TBC) Lancaster Uni & NA Indoor Open Sheffield
- 09/12/12 European XC Champs Budapest HUN
- 15/12/12 Red Rose XC League Bolton (alt date Mid Lancs XC)
- 30/12/12 Ribble Valley 10K inc Northern Athletics Champ Clitheroe
- 05 & 06/01/13 England Athletics inc NA Sen & U20 Combined Events
- 12/01/13 Mid Lancs XC Hyndburn & NA Indoor Champs EIS Sheffield
- 13/01/13 Lancashire Sportshall League, Blackpool
- 26/01/13 Northern Athletics XC Champs Knowsley
- 02/02/13 British Universities XC Champs
- 09/02/13 Mid Lancs XC Crooklands Kendal
- 17/02/13 Lancashire Sportshall League, Blackpool
- 23/02/13 ECCA XC Champs Sunderland
- 02/03/13 Mid Lancs XC Beacon Park Skelmersdale

REPORTS & RESULTS

August saw the final T&F League meetings of the season. After a largely disappointing season there was a brighter finish. Before the final meeting at Bebington it looked as though the team would be relegated to the Third Division and to be competing "in people's backyards" – Team Manager Kevin Davies's quote. A slight exaggeration, but it would have been a very disappointing result. But members rallied to the cause and despite being in the wilds of Wirral came away with a magnificent second place.

Congratulations to our Men's squad who have won the Mid Lancs League and to Fiona Hockey pictured who won a Silver Medal at the England U15 & U17 Championship in the U15 Pole Vault.



The final weekend of August was a busy one before the start of the Paralympic Games, with the Medals Meeting of the Mid Lancs League and the Inter Counties Championship at the Bedford International Stadium.

Most of the Roadrunners seem to have been on holiday with relatively few results. However Bev Wright has been a busy girl clocking up Half Marathon, 10 Mile, 10K and Inter Club races since the end of July – Phew!

Badger 10K TR: August 2nd

John Wright 11th (2nd M45) 40:22; Alison Titterington 99th (11th F & 1st F55) 51:29; Laura Lawler 101st (12th F & 3rd F40) 51:36; Jenny Ryan 131st (25th F & 2nd F55) 55:34; Tony Croft 135th 55:46. First of 212 was Ady Whitwam (unattached) in 36:02 and first lady was Sarah Sherratt of Wesham RR in 46:44.

Olympic Men's Shot Competition: Aug 3rd

Qual Group B: Carl Myerscough 14th 18.95m nq.

Northern League Div 2: Bebington Aug 5th **NA**

Ladies: Katy Wyper (U20) 100m 'A' 2nd 12.8; 200m 'A' 2nd 26.0; TJ 'A' 10.35m **PB**. Alicia Johnson (U20) 100 'B' 3rd 27.6; 200m 'B' 3rd 27.6; 110mH 'A' 3rd 19.4; JT 'A' 5th 17.59m. Stasia Bligh (FV35) 400m 'A' 6th 70.2. Laura Lawler (FV40) 400m 'B' 4th 73.8. Lydia Critchley (U20) 1500m 'A' 4.52.9 **PB**. Bianca Pedersen (U20) 1500m 'B' 1st 5:27.0; 3000m 'A' 3rd 11:18.7. Hannah Parkinson 3000m 'B' 3rd 12:09.6. Rachel Kellet (U20) 400mH 'A' 1st 73.1 **PB**. Louise Harrison (U20) 400mH 'B' 2nd 80.3; 110mH 'B' 1st 20.1; HJ 'B' 4th 1.30m. Chloe Needham (U20) HT 'A' 2nd 36.34m. Claire Irons (SW) HT 'B' 2nd 23.65m; DT 'B' 5th 15.12m; JT 'B' 5th 13.50m; SP 'B' 5th 5.45m. Katrina Kelly (U17) SP 'A' 3rd 9.37m **PB**; PV 'B' 1st 2.10m. Taegan O'Hara (U20) LJ 'A' 4th 4.45m; TJ 'B' 1st 9.83m; HJ 'A' 5th 1.35m **PB**. Loryn McCrudden (U20) PV 'A' 1st 2.70m. 4x100m 3rd 53.4 (O'Hara, Kelly, Johnston & Wyper); 4x400m 1st 4:32.9 (Critchley, Harrison, Pedersen & Bligh)

Men: Brent Starkie (SM) 100m 'A' 3rd 11.5; 200m 'A' 3rd 22.9. Alex Kizitas (U20) 100m 'B' 3rd 11.6 **PB**; 200m 'B' 4th 23.7. Alex Bale (SM) 400m 'A' 2nd 50.1. Ted Romney (SM) 400m 'B' 1st 50.3. Luke Minns (SM) 800m 'A' 2nd 1:55.0. 1500m 'A' 1st 4:08.9. Adam Weightman (U20) 1500m 'A' 2nd 4:22.8; Stuart Robinson (SM) 5000m 'A' 2nd 15:22.3. Dominic Garrett (SM) 400mH 'A' 1st 61.3 110mH 'A' 3rd 21.5 **PB**; LJ 'A' 3rd 5.85m; 110m TJ 'B' 3rd 10.70m; HJ 'B' 5th 1.50m. Adam Snape (U20) 400mH 'B' 1st 60.2 **PB**; TJ 'A' 2nd 12.93m; HJ 'A' 1st 1.85m. 6th 6.32m; LJ 'B' 2nd 4.86m. Declan O'Hara (U20) 110mH 'B' 3rd 22.4 **PB**; LJ 'A' 3rd 6.17m; TJ 'B' 1st 12.54; PV 'A' 1st = 3.60m. Dave Shaw (SM) HT 'A' 3rd 34.68m; DT 'A' 4th 27.30. Syd Bashforth (V50) HT 'B' 2nd 31.68m; DT 'B' 3rd 26.83m; SP 'B' 5th 8.86m. Dave McKay (SM) JT 'A' 1st 56.27m; SP 'A' 1st 11.98m. Charlie Garrett (V40) JT 'B' 6th 29.53. Dominic Broughton (U20) LJ 'B' 2nd 5.79m. 4x100m 3rd 48.3 (Snape, Starkie, Romney & Bale). 4x400m 3rd 3:42.4 (Snape, Minns, Broughton & Weightman).

Match Result:

Club	League Points	Match
Liverpool Pembroke Sefton Harriers & AC	6	392.5
BWFAC	5	375.0
Wirral AC	4	349.0
West Cheshire AC	3	347.5
St Helens	2	305.0
Liverpool Harriers & AC	1	246.0

Final League Standings:

St Helens	20	1334.0
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West Cheshire AC	20	1477.5
Liverpool Pembroke Sefton AC	13	1246.0
BWFAC	11	1148.5
Wirral AC	10	1186.0

Club Handicap: New Lane August 8th CH

Simon Eaton 23:25 DR; Stuart Williams 23:42; Dave Randall 28:37; Reg Smallbone 26:25; Bev Wright 24:28; Anthony Blight 27:42; Hilary Goorney 34:51; John Winters 30:57; Steve Lang 25:20; Tony Croft 30:38; Peter Gibson 26:54; Rab Green 31:42; Sarah Wetherill 30:44; Kevin Woods 40:44; Graham Davies 27:14; Dave Heaton 35:45. Timekeeper David Wood assisted by Sharon Randall & Gary Johnston.

A warm calm evening drew just 16 handicappers; no doubt many were watching the Olympics. Simon Eaton of Wesham RR was first across the line on his debut run. Sarah Wetherill and Kevin Woods ran it together as part of a long training run for the off road Yorkshire Marathon. Since they've done a training run up the 4412' Ben Nevis!

Mid-Lancs T&F Meeting: Preston Aug 11th ML

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

U13B: 200m 9th Chris Linton 31.6; 800m 4th Chris Linton 2:31.4 PB. LJ 9th Chris Linton 3.69m PB. JT 4th Chris Linton 24.50m.

U13G: 100m 3rd Jessica Aziz 14.0 PB; 17th Hannah Eadie 16.0. 200m 2nd Jessica Aziz 29.7; 13th Katy Laycock 33.1; 14th Hannah Eadie 33.3. 800m 9th Hannah Eadie 2:49.0. LJ 9th Jessica Aziz 3.59m PB; 14th Katy Laycock 3.06m. HJ 6th Katy Laycock 1.15m. 4x100m 2nd 61.8.

U15B: 100m 4th Alex Obiorah 12.4; 5th Lawrence Omorere 12.6 PB; 7th Nick Aziz 12.7 PB; 11th= Jack Lavery 13.1; 13th= Thomas Allen 13.2; 13th= Dom Lavelle 13.2; 19th Thomas Goodwin 13.7. 200m 3rd Lawrence Omorere 25.8 PB; 4th Alex Obiorah 25.9; 6th Nick Aziz 26.4; 8th= Thomas Allen 27.8; 10th Jack Lavery 27.8; 14th Andrew Baseley 29.6; 17th Kieran Chell 31.2. 400m 6th Thomas Allen 62.3; 9th Kieran Chell 69.7 PB; 10th Thomas Goodwin 74.8. 800m 4th Thomas Matthews 2:27.9; 6th Samuel Matthews 2:34.6. LJ 4th Dom Lavelle 4.79m; 7th Thomas Matthews 4.28m; 9th Jack Lavery 4.14m; 16th Alex Obiorah 3.35m. HJ 1st Nick Aziz 1.60m PB. JT 2nd Louis Walker 31.64m PB. 4x100m 1st 52.1

U15G: 100m 5th Ash Colvin 13.5 PB; 17th Ellie Potter 14.8. 200m 1st Jess O'Neill 26.8; 5th Jordan Dixon 27.7; 6th Ash Colvin 28.0; 20th Ellie Potter 31.2. 300m 2nd Jess O'Neill 42.7; 6th Beth Everson 46.0; 7th Annie Bradshaw 46.3. 800m 3rd Annie Bradshaw 2:33.0; 4th Deni Impett 2:28.3; 10th Lauren Brook 2:42.4. LJ 3rd Jess O'Neill 4.64m; 8th Beth Everson 4.40m; 13th Ash Colvin 4.04m PB. JT 1st Jordan Dixon 25.97m.

U17M: 100m 2nd Henry Taylor 11.9; 3rd Ryan Scott 12.0; 4th Connor McCormick 12.2; 6th Jordan Birch 12.9. 200m 1st Henry Taylor 24.1; 4th Ryan Scott 24.6; 5th Connor McCormick 25.1. DT 5th Robbie Morris 20.87m. JT 1st Robbie Morris 37.93m. 4x100m 1st 48.5.

U17W: 100m 1st Josette Green 13.8; 3rd Taegan O'Hara 13.8. LJ 2nd Josette Green 4.63m. TJ 1st Josette Green 10.50m; 4th Taegan O'Hara 9.70m. HT 1st Rebecca Todd 30.26.

SM: 100m 4th= Oliver Hopkins 11.9; 6th Dominic Broughton 12.0. 200m 1st Ted Romney 23.6; 3rd Alex Kiziltas 24.2. 400m 3rd Adam Snape 54.1. LJ 1st Dominic Broughton 5.97m. TJ 1st Adam Snape 12.70m. SP 5th David Shaw 9.44m; 6th Syd Bashforth 8.91m; 9th David Myerscough 8.43m. DT 4th David Shaw 28.30m; 9th Chris Senior 20.46m. HT 4th David Shaw 27.02m; 7th Chris Senior 18.57m. 4x100m 2nd 51.3

SW: 100m 3rd Megan Healy 13.7; 5th Cassidy Knight 13.9. HT 1st Chloe Needham 39.24m.

Teams:

Male: U13 6th 9 pts; U15 2nd 57.5 pts; U17 2nd 37 pts; Sen 5th 60.5 pts; Total 3rd 179 points.

Female: U13 7th 12 pts; U15 2nd 43 pts; U17 3rd 33 pts; Sen 4th 13 pts; Total 3rd 116 points.

Final League positions:

Women's Division 1: Hyndburn 731.5; Horwich RMI & AC 547; Preston Harriers 540.5; **BWFAC 519**; Lancaster & Morecambe 357; Southport Waterloo AC 227.5.

Men's Division 1: **BWFAC 722**; Hyndburn AC 715; Pendle AC 662; Preston Harriers 601.5; Blackburn H & AC 474.5; Lancaster & Morecambe 382.5; Horwich RMI & AC 228.

Overall it was a good turnout despite the holiday season with several good performances in particularly Jess O'Neil, Josette Green and Chloe Needham for the Lady's squad and Adam Snape, Dom Broughton, Robbie Morris and Nick Aziz. Nick's sister Jessica Aziz has made impressive progress over the season in the sprints and was rewarded with an overall third with a PB in the 100m and second 200m, improving her times in the 100m by one second and in the 200m by nearly 2½ seconds. There were several close races, in particularly the U17 lady's race where the first three across the line recorded the same time, with Josette Green getting the nod over Lynnette Walker and Taegan O'Hara.

Overall it has a mixed season in the support wise of the Mid Lancs League. Last season **BWFAC** finished runners-up in both the Women's and Men's. This time we are Champions in the Men's Division and fourth in the Women's. Hyndburn AC has been very strong this season with large squads at each of the meetings. They finished only seven points behind **BWFAC** men and were overwhelming winners of the Women's Division. However although only fourth in the Women's Division **BWFAC** were only 29 points short of second place!

3rd Inter Club (4.9M): Chorley, August 15th IC

Individual BWFAC Results: (Positions shown excludes guest runners; Andrew Woodward 12th 29:25; Jim Unsworth 14th 29:35; Liam Craine 17th 30:07; Trevor Uttley 54th (10th V) 31:06; David Williamson 38th 31:47; Stuart

Williams 53rd (28th V) 32:48; **Bev Wright** 65th (8th F, 38th V & 16th V50) 33:45; **Lauren Gowland** 73rd (9th F & 1st JF) 34:29; ; **Kevin Woods** 85th (51st V & 23rd V50) 35:56; **Dave Skinner** 89th (54th V & 26th V50) 36:14; **Stasia Bligh** 95th (12th F & 60th V) 36:58; **Steve Lang** 100th (64th V) 29:58; **Anthony Blight** 102nd (66th V) 37:47; **Nick Hume** 106th (70th V & 33rd V50) 38:23; **Dave Randall** 109th (73rd V & 36th V50); **Tanya Barlow** 110th (17th F & 74th V) 34:27; **Duncan Richardson** 111th (75th V) 39:21; **Alison Titterington** 113th (19th F, 77th V & 38th V50) 39:21; **Tony Croft** 127th (89th V, 41st V50 & 8th V60) 42:34; **John Winters** 128th (90th V, 42nd V50 & 9th V60) 42:59.

Team Results:

Open: Preston Harriers 1st 111 pts; Wesham RR 2nd 247 pts; Red Rose RR 3rd 420 pts; **BWFAC** 4th 435 pts; Chorley Athletic & Tri Club 5th 476 pts; LSARRC 6th 552 pts.

Ladies: Preston Harriers 1st 36 pts; **BWFAC** 2nd 65 pts; LSARRC RR 3rd 75 pts; Red Rose 4th 105 pts; Wesham RR 5th 115 pts; Chorley Athletic & Tri 6th 215.

Vets: Preston Harriers 1st 46 pts; Wesham RR 2nd 73 pts; Red Rose 3rd 109 pts; LSARRC 4th 186 pts; Chorley Athletic & Tri Club 5th 238 pts; **BWFAC** 6th 258 pts.

Vet 50s: Wesham RR 1st 22 pts; Preston Harriers 2nd 34 pts; Red Rose RR 3rd 52 pts; LSARRC 4th 57 pts; **BWFAC** 5th 98 pts; Chorley Athletic & Tri Club 6th 125 pts.

Vet 60s: Wesham RR 1st 14 pts; Chorley Athletic & Tri Club 2nd 21 pts; Preston Harriers 3rd 25 pts; LSARRC 4th 29 pts; **BWFAC** 5th 57 pts; Red Rose RR 6th 83.

After heavy showers of rain during the day, it turned out to be a pleasant evening, with even some sunshine in the scenic surroundings of Astley Park. However the number of runners competing was down about a quarter. So instead of the usual 200 plus there were just 155 finishers. Probably due to the holiday period or possibly because of the reputation of the course, with its two stiff climbs. Again the team results were disappointing especially in the Vet categories. However the ladies again provided the best result, despite only five **BWFAC** ladies led by in form **Bev Wright** completing the course.

After the race several members of **BWFAC** along with the other clubs retired to the Baron's Rest for sandwiches and some delicious homemade cake. The Chocolate cake was very moreish!

England Athletics U17 & U15 Championship:
Bedford International Stadium, 18th & 19th August
U15G PV **Fiona Hockey** 2nd 3.20m **PB CR** (as well an U15G club record it is also overall Club Female Record); **Hannah Newell** 14th 2.70m **PB**. **U15B PV** **Dom Lavelle** NH.

In blistering 32 degree conditions and encouraged by tweets from Preston's Olympic hero, **Holly Bleasdale**, Thornton athlete **Fiona Hockey** thrilled and delighted her army of four generations of family fans, from one year old

Elle to nearly 91 year old grandpa Hockey, with a superlative performance. The under 15 competition was Fiona's toughest to date as all the UK's top ranked vaulters were competing including UK number one **Tilly Hooper** from Sutton & District AC (daughter of **Brian Hooper**, former Olympic Vaultler) in a field 18. At the start of the competition Fiona was fifth in the rankings with only an outside chance of a medal. Fiona had no failures at the initial lower heights and smashed her personal best at the first attempt, to clear 3.10 metres and then on her third attempt cleared 3.20 metres to win the Silver Medal. Also clearing 3.20 metres was **Olivia Connor** of Lewes AC, but with failures at lower heights this meant that she took the Bronze medal. The Champion was Tilly Hooper, who set a Championship Record with 3.43 metres. Tilly went on to attempt to set a new personal best of 3.52m, but was unsuccessful. It has been a very successful year in the Pole Vault for Fiona, as she adds this Silver to the Northern Athletics Gold won last month and Lancashire Gold, as well as two good fourth places in the National Indoor Championship and Inter Counties and has moved up to third in the U15G UK rankings.

Also competing was Fiona's training partner, Northern Athletic Bronze medallist, **Hannah Newell**, who successfully improved her Personal Best to 2.70 metres, finishing in overall 14th place. In the Under 15 Boy's Pole Vault Northern Silver medallist **Dom Lavelle** was sadly unsuccessful at his initial height of 2.70 metres.

Mid-Lancs T&F Medal Meeting: Bpl Aug 25th ML

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

U13B: 100m 3rd **William Holmes** 13.9 **PB**; 8th **Jake Brown** 14.6 **PB**. 200m 5th **William Holmes** 30.0 **PB**. 800m 5th **Jake Brown** 2:31.8 **PB**. **LJ** 4th **William Holmes** 3.94m; 5th **Jake Brown** 3.65.

U13G: 200m 7th **Katy Laycock** 32.6. **HJ** 4th **Katy Laycock** 1.05m. **SP** 6th **Katy Laycock** 3.94m.

U15B: 100m 2nd **Lawrence Omorere** 12.1 **PB**; 6th **Thomas Goodwin** 13.2 **PB**; 7th **Harry Mercer** 13.5 **PB**. 200m 2nd **Lawrence Omorere** 24.8; 6th **Thomas Goodwin** 27.9 **PB**; 6th **Dom Lavelle** 26.8 **PB**; 8th **Sam Jones** 27.8; 9th **Thomas Goodwin** 28.1; 11th **Kieran Chell** 29.7. 400m 5th **Samuel Matthews** 62.0; 6th **Sam Jones** 65.3; 8th **Kieran Chell** 70.8. 800m 4th **Thomas Matthews** 2:19.7; 6th **Sam Jones** 2:26.2. **LJ** 2nd **Dom Lavelle** 5.06m **PB**; 4th **Thomas Matthews** 4.48m. **HJ** 1st **Dom Lavelle** 1.55m **PB**. **JT** 4th **Harry Mercer** 22.91m **PB**; 6th **Thomas Godwin** 18.93 **PB**. 4x100m 1st 53.3.

U15G: 100m 2nd= **Ash Colvin** 13.4 **PB**; 8th **Taylor Smith** 13.7; 10th **Libby Bones** 14.2; 11th **Tilly Lawson** 14.6 **PB**; 12th **Lauren Brook** 15.1. 200m 1st **Jess O'Neill** 26.3; 2nd **Ash Colvin** 27.0 **PB**; 3rd **Jordan Dixon** 27.2; 6th **Taylor Smith** 28.6; 12th **Lauren Brook** 30.0; 13th **Tilly Lawson** 30.3 **PB**; 14th **Libby Bonis**. 300m 2nd **Jess O'Neill** 42.4 **PB**; 3rd **Jordan Dixon** 43.7 **PB**; 4th **Fiona Hockey** 44.4; 7th **Beth Everson** 45.8; 9th **Annie Bradshaw** 46.4. 800m 3rd **Annie Bradshaw**

2:26.1; 5th Lauren Brook 2:47.7. **1500m** 2nd Jessica Rogers 5:36.2. **LJ** 2nd Jess O'Neill 4.82m; 6th Beth Everson 4.39m; 9th Ash Colvin 4.22m **PB**; 14th Taylor Smith 4.07m; 15th Libby Bonis 3.90m. **HJ** 3rd Annie Bradshaw 1.45m **PB**; 6th Fiona Hockey 1.35m; 7th Jessica Rogers 1.35m. **SP** 6th Jessica Rogers 5.80m. **JT** 2nd Jordan Dixon 27.79m. **4x100m** 2nd 57.4.

U17M: 100m 4th Henry Taylor 11.8; 5th Ryan Scott 11.9 **PB**; 7th Connor McCormick 12.1; 8th James Carty 12.2; 10th Robbie Morris 12.4 **PB**; 11th Jordan Birch 12.5; 12th Ash Hails 13.4; 13th Jack Hails 13.5. **200m** 3rd Henry Taylor 23.6; 5th Ryan Scott 24.2; 7th Connor McCormick 24.4 **PB**; 9th Jordan Birch 25.8 **PB**. **SP** 2nd Aaron Thomas 7.55m. **LJ** 5th Robbie Morris 4.98m; 7th Ash Hails 4.69m 8th Jack Hails 4.54m. **TJ** 2nd Jack Hails 9.71m; 4th Ash Hails 9.45. **JT** 1st Robbie Morris 36.17. **HT** Aaron Thomas 28.32 **PB**. **4x100m** 1st 47.7.

U17W: 100m 3rd Taegan O'Hara 13.5. **LJ** 4th Taegan O'Hara 4.46m. **TJ** 4th Taegan O'Hara 9.72m.

SM: 100m 2nd Alex Kiziltas 11:5 **PB**. **200m** 2nd Alex Kiziltas 23.30 **PB**. **SP** 4th David Shaw 9.41m; 6th Chris Senior 6.58m. **DT** 1st David Shaw 26.89m; 5th Chris Senior 21.07m. **HT** 1st David Shaw 34.40m; 3rd Chris Senior 18.75m.

SW: 100m 5th Alicia Johnston 13.5. **200m** 4th Alicia Johnston 27.7. **JT** 1st Alicia Johnston 19.71.

The greatest success was achieved in the Under 15 girl's age category and one of the best **BWFAC** performances of the meeting was by **Jess O'Neill**, who won the 200m in excellent time of 26.3 (the fastest lady's time of the day by any age category). In the same race **Ash Colvin** came second in a PB time of 27.0 and **Jordan Dixon** was third in 27.2. Jess had previously just missed out in the 300 metres on another win by just a fifth of a second, finishing behind **Emily Borthwick** of Wigan & District, in a PB time of 42.4 and again she was followed across the line by **Jordan Dixon**, also in a PB time of 43.7. Jess was also second in the Long Jump with a leap of 4.82m. **Ash Colvin** was second in the 100m with another PB of 13.4. In the middle distance, first year Under 15 girl **Annie Bradshaw**, won the 800m bronze medal in a time of 2:26.1 and later in the meeting set a PB of 1.45m in the High Jump to take third place. This was a satisfying end to the regular season as Annie had struggled with technique in the High Jump earlier in the season and this was just reward for all her hard work. In the 1500m **Jessica Rogers** was second with 5:36.2. **Jordan Dixon**, who was the club's female July **Athlete of the Month**, primarily for winning the Bronze Medal in the Javelin Throw at the Northern Outdoor Championship, won Silver in the Javelin with a throw of 27.79m. Also competing was **Fiona Hockey**, who the previous week achieved significant success at the England U15/U17 Championship in Bedford; winning Silver with a personal best vault of 3.20 metres, which placed her third in the UK rankings.

Taegan O'Hara, who was the lone female Blackpool athlete in the Under 17 category, was rewarded with two

Bronze medals in the 100m (13.5) and in Long Jump with a leap of 4.46m. Similarly the only senior lady was **Alicia Johnston** who was first in the Javelin Throw with 19.71m.

For Vet 60 **Chris Senior** it was a day tinged with sadness,



as after a lifetime of athletic competition, Chris has decided to retire from competing. Chris keeps meticulous records and has competed at 327 meetings in 1132 events in all aspects of the sport. He hung up his running shoes several years ago, but has continued to compete in the throwing events. On his final day of competition Chris competed

in the Shot Putt, Discus Throw and Hammer Throw where he added to his medal collection with a well-deserved Bronze.

It was golden day for **David Shaw** who was first in the Discus with 26.89m and the Hammer Throw with 34.40m. **Alex Kiziltas** has made good progress in the sprints this summer and celebrated with two silvers and personal bests in the 100m with 11.5 and 200m with 23.30.

Nine Under 17 male athletes turned out and scored several personal bests with two medal performances by **Jack Hails** with Silver in Triple Jump with 9.71m and bronze for sprinter Henry Taylor in 200m in a time of 23.6.

Like the U17s there was good turnout in the Under 15 category, with plenty of PBs. Male Club **Athlete of the Month** for July, **Dom Lavelle** continued his excellent progress with three personal bests and two medals: Silver in the Long Jump (5.06m) and Gold in the High Jump (1.55m). A recent recruit to the **Blackpool, Wyre & Fylde AC** ranks is **Lawrence Omorere** and in the short time with the club he has made swift progress in reducing his times in the sprints and was rewarded with two Silvers and personal bests with 12.1 in the 100m and 24.8 in the 200m.

Track & Field Inter-Counties Championship & BMC Grand Prix Final: Bedford International Stadium August 25th & 26th

Ted Romney 400m h3 6th 51.95. **Katy Wyper 100m h1** 5th 12.61. **Lucy Mansfield 100m h2** 4th 12.70. **Loryn McCrudden PV** 10th 3.00m **PB**. **Chloe Needham HT qB** 11th 37.04m. **Stuart Robinson 5000m Race C** 8th 15:31.73.

Other Results:

Warton Crag (5.8M/600'): July 21st

Tanya Barlow 45th (6th F & 2nd FV40) 58:22. First of 60 was **Steve Swarbrick** of Bowland in 38:51 and first lady was **Evelyn Dugdale** of Kendal AC (24th) in 49:23.

Sal Clear Half Mar: Ramsey Isle of Man July 22nd
Bev Wright 26th (3rd & 1st FV50) 1:30:55 (This was a FV50 course record). First of 281 was Charlie Pass of Wesham HM in 1:16:33 and first Lady was Rachael Tewkesbury of Northern AC IoM (12th) in 1:28:31.

Heart of the Lakes Rydal Round: July 26th
George James 113th 2:29:47. First of 127 was Ricky Light-foot of Ellenborough in 1:20:11 and first lady was Melanie Hyder of Helm Hill in 1:39:34.

Round the Park Relay (2.8M): Bpl Zoo July 27th
Tanya Barlow (Team Roly Poly Barlow) 52nd 19:42.

Beetham Sports (5.8M/928’): Arnside July 28th
Gary Johnston 27th 46:02; Peter Singleton 37th 48:38; Bob Massey 81st 59:48; Bernard Singleton 88th 67:52. First of 93 was Craig Roberts of Kendal AC in 36:10 and first lady was Melanie Hyder of Helm Hill Harriers (10th) in 41:29.

Trafford Grand Prix (Sprints/Hurdles/Jumps): July 31st
400m h2 Brent Starkie 6th 51.13.

Waggon & Horses 10M: Lancaster August 5th
Bev Wright 27th (5th F & 1st FV50) 1:08:56 c 1:08:52; Peter Gibson 81st 1:20:32 c 1:20:16; Jeff Wright 90th 1:21:34 c 1:21:16. First of 177 was David Brown of Lancaster & Morecambe AC in 58:27 and first lady was Gema Adams of Preston Harriers in 1:06:52.

Trafford Grand Prix (Distance & Throws): Aug 7th
Harry Poole 1500m h4 2nd 4:21.56 **PB**. Stuart Robinson 3000m h1 21st 8:50.37. Adam Weightman 3000m h2 11th 9:21.51.

Junior League Premier Division: Meadowbank Edinburgh August 12th
Katy Wyper 100m 5th 13.6; 200m 6th 27.19; TJ 5th 9.78m; Katy was also in of the 4x100m squad (4th 50.65) & 4x400m squad (5th 4:12.38). (*competing for Liverpool Harriers*).

Junior League Mersey Division: Queensway Stadium Wrexham August 12th
Loryn McCrudden PV ‘A’ 1st 2.91m (*competing for Preston H*).

Arncliffe Fete 4M: August 11th
James Mulvaney 7th 22:02; Andrew Woodward 13th 23:35. First of 79 was Alan Buckley of Leeds City AC in 19:59 and first lady was Jo Buckley of Bingley Harriers (18th) in 22:02.

Northern Veterans 10K: Blackpool August 12th
John Winters 105th (1st MV75) 49:18. First of 132 was Anthony Valentine of Bolton United Harriers in 30:46 and first lady was Laura Riches of Leigh Harriers & AC (12th) in 34:44. (Was a short by 550m due to mistake in setup of course).

Trafford Grand Prix (Sprints/Hurdles/Jumps): Aug 14th
Alex Bale 400m h1 6th 49.90; Brent Starkie 400m h2 1st 49.97.

Birchwood 10K: Warrington August 19th
Bev Wright 148th ((17th F & 3rd FV50) 41:46, c 41:41; Hilary Goorney 764th (208th F & 4th FV65) 60:21, c 59:22 **PB**. First of 967 was Tarus Elly of Salford Harriers & AC in 30:56 and first lady was Susan Partridge of Leeds City AC in 34:11.

Border Harriers Open: Carlisle August 19th
U11B: James Smith 80m 8th 13.3; 600m 2nd 2:00.5; LJ 4th 3.48m. U11G: Kirsty Rushton 80m 2nd 12.3; 150m 1st 23.2.

Trafford Grand Prix (Distance & Throws): Aug 21st
Adam Weightman 1500m h8 4:19.34.

Chipping Show Fell Race (7.5M/1801’): Aug 25th
Stuart Williams 28th 1:25:05; Tanya Barlow 54th 1:54:29. First of 60 was Mark Chippendale of Bowland FR in 1:05:48. 1st lady was Nichola Jackson of Preston H (22nd) in 1:20:09.

Fleetwood Half Marathon: August 26th
John Oliver 31st 1:26:47. First of was Anthony Valentine of Bolton United Harriers in 1:10:13 and first lady was Mary Sykes of Holmfirth Harriers (26th) in 1:25:34.

Trafford Young Athletes Medal Meeting: Aug 27th
U11B 75m Sam Wise 8th 12.35; James Smith 9th 12.66. 150m Sam Wise 11th 26.55. 600m James Smith 9th 2:02.92; Jamie Jackson 12th 2:09.37. Overall position from heats. LJ James Smith 2nd 3.57m; Sam Wise 8th 3.32m.

Trafford Grand Prix: (Sprints/Hurdles/Jumps) Aug 28th
Alex Kiziltas 100m h4 5th 11.79; 200m h3 3rd 23.68. Brent Starkie 400m h1 6th 50.11.

North West Athletes in the Olympics

Michael Rimmer (Liverpool Pembroke) 800m h5 5th 1:49.05
Stuart Stokes (Sale) 3000m SC h3 12th 8:43.04
Carl Myerscough (BWFAC) SP qB 14th 18.95m
Alex Smith (Sale) HT qA 12th 72.87m
Anyika Onuora (Liverpool Harriers) 100m h2 5th 11.41
Holly Bleasdale (Blackburn H) PV qA 4th 4.55m; F 6th 4.55m
Sophie Hitchon (Blackburn H) HT qA 5h 71.98m
Katarina Johnson-Thompson (L’pool H) Hept 15th 6267 pts
Samantha Murray (Blackburn H) Modern Pentathlon 2nd Silver Medal.

In Memoriam

Howard Henshaw wrote: Members of BWFAC and the wider athletics community in the North West are stunned by the news that Frank McGuire died in Hungary at the age of only 62 on a training run, whilst visiting his former Blackpool & Fylde AC captain, Jules Salanki.

Frank was one of only a handful of local athletes to have broken the 30 minute barrier for both 10000m on the track and 10Km on the road and was one of the country’s leading distance runners in the 1970’s.

For many years, Frank was a teacher at St Mary’s College in Blackpool, where several pupils achieved county level in long distance and cross country running, under his expert guidance.

He will be sadly missed by his many friends around the world, including the writer (*Howard Henshaw*) who well remembers Frank when he first joined the club as a promising teenager in 1965.