



# WYLDEFYRE

October 2012 No 29

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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**

**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

## August Athletes of the Month

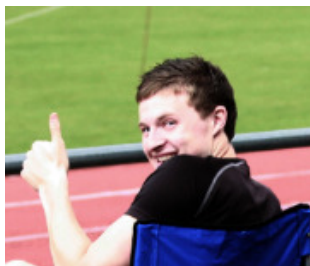
August's Athletes of the Month are



**Fiona Hockey** for her Silver Medal and Club Record in the England Athletics National Championships in the U15G's Pole Vault and **Declan O'Hara**

for his performances and support of the Northern Athletic League. Also

nominated were **Alex Kiziltas**, **Jess O'Neill** and **Katy Wyper**.



## FORTHCOMING EVENTS DIARY

- 03/10/12 **Club Handicap** New Road
- 06/10/12 **Northern Athletics XC Relay Champs** Sheffield
- 06/10/12 **Mid Lancs XC Burnley**
- 06/10/12 **20<sup>th</sup> 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
- 04/11/12 Lancaster HM, Derwentwater 10M & Cheshire HM
- 10/11/12 Red Rose XC Hyndburn
- 11/11/12 **Lancashire Sportshall League**, Blackpool & Windmill 10K
- 11/11/12 Dash Indoor Quadrathlon & U17's Open Meeting
- 16/11/12** **2012 Presentation Night** Hilton Hotel
- 17/11/12 NA Indoor Open EIS Sheffield & SE Lancs XC League
- 61<sup>st</sup> Bampton to Carlisle 10M Road Race inc NA 10M Champ**
- 18/11/12 Preston 10M & Leeds Abbey Dash 10K
- 24/11/12 **Mid Lancs XC**/European XC Trial Liverpool
- 24/11/12 Wesham 10K & Ravenstonedale Red 10K Kirkby Stephen
- 25/11/12 David Staff Memorial FR 5.1M/1200'
- 02/12/12 Guys 10M & Ulverston 10K
- 08/12/12 **Mid Lancs XC** (TBC) Lancaster Uni & NA Indoor Open Sheffield
- 09/12/12 Longridge 7M & Stockport 10M
- 09/12/12 **European XC Championship** Budapest HUN
- 15/12/12 Red Rose XC League Bolton (alt date **Mid Lancs XC**)
- 15/12/12 Great Langdale 10K (race 1)
- 16/12/12 Club Xmas Handicap Stanley Park
- 16/12/12 Great Langdale 10K (race 2) & Hurst Green 5M (TR)
- 23/12/12 Rudolf's Red Nose 5M (MT)
- 26/12/12 Shell Chester Round the Walls race 4.5M (MT)
- 27/12/12 Wansfell FR (2.1M/1329') Ambleside
- 30/12/12 **Ribble Valley 10K inc Northern Athletics Champ** Clitheroe
- 05/01/12 **Lancs XC Championship** Blackburn
- 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**
- 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
- 09/03/13 **Inter Counties XC Championships**
- 24/03/13 **World XC Championship** Bydgoszcz Poland

## 2012 Presentation Night

This year's Club Presentation Night will be held at the Hilton Hotel, Blackpool on Friday November 16<sup>th</sup>. Tickets will cost £13 for adults or £9 for under 18's and there will be a discount for families of four or more. To reserve tickets contact Nick Hume at [nick.hume@tiscali.co.uk](mailto:nick.hume@tiscali.co.uk)

## REPORTS & RESULTS

September was the last month of the outdoor Track & Field season and with the start of October we are straight into Cross Country. The final substantial T&F action was at the two Open meetings successfully staged by BWFAC. Popular coach Sam Rogers who has developed a large and keen group of under 11s was nominated for the Lancashire Coach of the year. Congratulations to all who helped refurbish the club room. With the room painted imaginatively in club colours and sofas it looks warm and welcoming.

**6<sup>th</sup> Inter Club (4.9M):** Leyland September 5<sup>th</sup> **IC**

**Individual BWFAC Results:** (Positions shown excludes guest runners; Luke Minns 3<sup>rd</sup> 21:13; Andrew Woodward 11<sup>th</sup> 22:23; Steve Waterhouse 12<sup>th</sup> (4<sup>th</sup> V) 22:23; John Wright 13<sup>th</sup> (5<sup>th</sup> V) 22:40; Liam Craine 17<sup>th</sup> 23:53; Trevor Uttley 32<sup>nd</sup> (11<sup>th</sup> V) 24:19; Chris Essex-Crosby 37<sup>th</sup> 24:49; Chris Lloyd 42<sup>nd</sup> 25:07; Lauren Gowland 56<sup>th</sup> (6<sup>th</sup> F & 1<sup>st</sup> JF) 25:48; Bev Wright 60<sup>th</sup> (8<sup>th</sup> F, 30<sup>th</sup> V & 11<sup>th</sup> V50) 26:09; Peter Broome 71<sup>st</sup> (39<sup>th</sup> V & 16<sup>th</sup> V50); Steve Lang 78<sup>th</sup> (43<sup>rd</sup> V) 27:15; Reg Smallbone 92<sup>nd</sup> (52<sup>nd</sup> V, 19<sup>th</sup> V50 & 4<sup>th</sup> V60); Nick Hume 101<sup>st</sup> (60<sup>th</sup> V & 23<sup>rd</sup> V50) 29:14; Duncan Richardson 105<sup>th</sup> (63<sup>rd</sup> V) 29:46; Dave Randall 106<sup>th</sup> (64<sup>th</sup> V & 25<sup>th</sup> V50); Alison Titterington 109<sup>th</sup> (19<sup>th</sup> F, 67<sup>th</sup> V & 28<sup>th</sup> V50) 29:59; Steve Minto 112<sup>th</sup> (67<sup>th</sup> V, 29<sup>th</sup> V50 & 8<sup>th</sup> V60) 30:10; Tanya Barlow 119<sup>th</sup> (25<sup>th</sup> F & 72<sup>nd</sup> V) 31:05; Bob Massey 120<sup>th</sup> (73<sup>rd</sup> V, 32<sup>nd</sup> V50 & 10<sup>th</sup> V60); Robert Newman 124<sup>th</sup> (76<sup>th</sup> V, 34<sup>th</sup> V50 & 11<sup>th</sup> V60) 32:52; Tony Croft 136<sup>th</sup> (87<sup>th</sup> V, 36<sup>th</sup> V50 & 12<sup>th</sup> V60) 32:52; David Twizell 140<sup>th</sup> (91<sup>st</sup> V & 39<sup>th</sup> V50) 33:13; John Winters 152<sup>nd</sup> (101<sup>st</sup> V, 43<sup>rd</sup> V50 & 15<sup>th</sup> V60) 36:11.

### Team Results:

**Open:** Preston Harriers 1<sup>st</sup> 91 pts; BWFAC 2<sup>nd</sup> 281pts; Chorley Athletic & Tri Club 3<sup>rd</sup> 368 pts; Wesham RR 4<sup>th</sup> 388 pts; LSARRC 5<sup>th</sup> 558 pts; Red Rose RR 6<sup>th</sup> 604 pts.

**Ladies:** Preston Harriers 1<sup>st</sup> 31 pts; LSARRC RR 2<sup>nd</sup> 74 pts; Wesham RR 3<sup>rd</sup> 88 pts; BWFAC 4<sup>th</sup> 148 pts; Chorley Athletic & Tri 5<sup>th</sup> 228 pts; Red Rose RR 6<sup>th</sup> 234.

**Vets:** Preston Harriers 1<sup>st</sup> 37 pts; Wesham RR 2<sup>nd</sup> 108 pts; BWFAC 3<sup>rd</sup> 132 pts; Chorley Athletic & Tri Club 4<sup>th</sup> 159 pts; LSARRC 5<sup>th</sup> 167 pts; Red Rose RR 6<sup>th</sup> 264 pts.

**Vet 50s:** Wesham RR 1<sup>st</sup> 26 pts; LSARRC 2<sup>nd</sup> 53 pts; Preston Harriers 3<sup>rd</sup> 53 pts; BWFAC 4<sup>th</sup> 69 pts; Chorley Athletic & Tri Club 5<sup>th</sup> 108 pts; Red Rose RR 6<sup>th</sup> 130 pts.

**Vet 60s:** Wesham RR 1<sup>st</sup> 18 pts; BWFAC 2<sup>nd</sup> 22 pts; LSARRC 3<sup>rd</sup> 22 pts; Chorley Athletic & Tri Club 4<sup>th</sup> 41 pts; Preston Harriers 5<sup>th</sup> 69 pts; Red Rose RR 6<sup>th</sup> 103 pts.

### Final Table

Club	BWF	LSA	PH	WRR	CAC	RRR	Total
<b>Open</b>							
PH	6	6	6	6	6	6	36
WRR	4	4	5	5	5	3	26
BWF	5	2	1	4	3	5	20
RRR	1	3	4	3	4	1	16
LSA	3	5	3	2	1	2	16
CAC	2	1	2	1	2	4	12

### Women

PH	4	5	6	6	6	6	33
BWF	5	6	4	5	5	3	28
WRR	6	4	5	4	2	4	25
LSA	2	3	2	3	4	5	19
RRR	1	2	3	2	3	1	12
CAC	3	1	1	1	1	2	9

### Vets

PH	6	4	6	6	6	6	33
WRR	5	5	4	5	5	5	28
RRR	4	6	5	4	4	1	24
BWF	3	3	1	3	1	4	15
LSA	2	2	3	2	3	2	14
CAC	1	1	2	1	2	3	10

### Vet 50

WRR	5	6	6	6	6	6	35
PH	6	2	5	5	5	4	27
RRR	4	5	4	4	4	1	22
LSA	2	4	3	3	3	5	20
BWF	3	3	2	2	2	3	15
CAC	1	1	1	1	1	2	7

### Vet 60

WRR	6	5	6	4	6	6	33
LSA	4	6	5	6	3	4	28
BWF	5	4	4	5	2	5	25
CAC	3	3	3	2	5	3	19
PH	2	2	2	3	4	2	15
RRR	1	1	1	1	1	1	6

### Autumn 2012 Fun Run: September 9<sup>th</sup>

Ben Preddy (1<sup>st</sup> MJ10) 2<sup>nd</sup> 7:43; Caity Preddy (2<sup>nd</sup> FJ9) 5<sup>th</sup> 10:18; Samuel Blight (1<sup>st</sup> MJ6) 7<sup>th</sup> 11:32; Amy Weller (1<sup>st</sup> FJ6) 9<sup>th</sup> 11:36; Katie Weller (1<sup>st</sup> FJ7) 11:37; Scarlett Critchley (1<sup>st</sup> FJ 12) 12<sup>th</sup> 14:13; India Oliver (1<sup>st</sup> FJ11) 13<sup>th</sup> 14:13;

Benjamin Blight 14<sup>th</sup> (1<sup>st</sup> MJ9) 14:26; Jacqueline Blight (1<sup>st</sup> FV45) 15<sup>th</sup> 14:26; Evan Mulvany (1<sup>st</sup> MJ2). First of 17 was Jordan Sides of Crewe & Nantwich in 7:43 and first girl was Darcey Lonsdale of Preston Harriers (3<sup>rd</sup>) in 9:03.

### Autumn 5K: September 9<sup>th</sup>

James Mulvany 1<sup>st</sup> 16:20; Steve Waterhouse 2<sup>nd</sup> (1<sup>st</sup> MV40) 17:03; Harry Poole 4<sup>th</sup> (1<sup>st</sup> JM) 17:28; Jim Unsworth 6<sup>th</sup> 17:36; David Cairns 8<sup>th</sup> (1<sup>st</sup> MV45) 17:51; Reg Smallbone 26<sup>th</sup> (1<sup>st</sup> MV65) 21:11; Derek Crane 27<sup>th</sup> 21:18; Terry Bradshaw 30<sup>th</sup> (2<sup>nd</sup> MV50) 22:05; Steve Minto 31<sup>st</sup> 22:10; David Randall 33<sup>rd</sup> (3<sup>rd</sup> MV50) 22:27; Laura Lawler 34<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV40) 22:39; Alan Wilkinson 46<sup>th</sup> 24:07; David Twizell 51<sup>st</sup> 25:08; John Winters 52<sup>nd</sup> (1<sup>st</sup> MV75) 25:09; Norman Greenwood 67<sup>th</sup> 28:38. First lady was Rebecca Flanagan of Rossendale Harriers (23<sup>rd</sup>) in 20:48.

Teams Men BWFAC 1<sup>st</sup> (7pts). Women St Helens Sutton 1<sup>st</sup> (16pts)

### BWFAC T&F Medal Meeting: Sept 9<sup>th</sup> MM

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

**U9:** 80m 2<sup>nd</sup> Luke Black 13.2; 3<sup>rd</sup> Timothy Woodman 13.3 PB; 7<sup>th</sup> Lee Black 16.0. 600m 2<sup>nd</sup> Luke Black 2:09.1; 3<sup>rd</sup> Timothy Woodman 2:14.7; 7<sup>th</sup> Lee Black 2:33.2. LJ 1<sup>st</sup> Luke Black 2.97m; 6<sup>th</sup> Lee Black 2.68m; 7<sup>th</sup> Timothy Woodman 2.12m.

**U9G:** 80m 2<sup>nd</sup> Lily-Mae Gray 12.9; 6<sup>th</sup> Grace Riedel 15.5. 600m 3<sup>rd</sup> Lily-Mae Gray 2:15.8; 6<sup>th</sup> Grace Riedel 2:40.9. LJ 3<sup>rd</sup> Grace Riedel 2.59m.

**U11B:** 80m 2<sup>nd</sup> Sam Wise 12.0 PB; 5<sup>th</sup> James Smith 13.1; 13<sup>th</sup> Angus Chell 15.0. 600m 1<sup>st</sup> James Smith 1:59.6; 2<sup>nd</sup> Sam Wise 2:02.6; 7<sup>th</sup> Angus Chell 2:27.9. LJ 1<sup>st</sup> James Smith 3.58 PB; 2<sup>nd</sup> Sam Wise 3.55m PB.

**U11G:** 80m 2<sup>nd</sup> Kirsty Rushton 12.1; 8<sup>th</sup> Isabelle Woodman 12.9 PB; 11<sup>th</sup> Natasha Webster 13.4 PB; 13<sup>th</sup> Isla Johnson 14.0; 14<sup>th</sup> Minnie Rogers 15.1 PB; 15<sup>th</sup> Maisie Rogers 15.2 PB. 600m 1<sup>st</sup> Isabelle Woodman 2:00.1 PB; 3<sup>rd</sup> Grace Webster 2:08.1 PB; 5<sup>th</sup> Maisie Rogers 2:11.5 PB; 6<sup>th</sup> Natasha Webster 2:13.3 PB. LJ 3<sup>rd</sup> Isabelle Woodman 3.65m PB; 7<sup>th</sup> Kirsty Rushton 3.38m; 10<sup>th</sup> Natasha Woodman 3.31m; 12<sup>th</sup> Grace Webster 3.10m; 14<sup>th</sup> Maisie Rogers 2.85m PB; 15<sup>th</sup> Minnie Rogers 2.80m PB.

**U13B:** 800m 1<sup>st</sup> Chris Linton 2:29.7 PB; 3<sup>rd</sup> William Holmes 2:46.1. 1500m 2<sup>nd</sup> Jake Brown 5:33.9 PB. 75mH 1<sup>st</sup> William Holmes 15.3 PB; 4<sup>th</sup> Jake Brown 16.7. LJ 4<sup>th</sup> Jake Brown 3.75m PB.

**U13G:** 100m 2<sup>nd</sup> Jessica Aziz 14.1. 200m 1<sup>st</sup> Jessica Aziz 29.7; 10<sup>th</sup> Katy Laycock 34.6. 70mH 4<sup>th</sup> Katy Laycock 16.6; 5<sup>th</sup> India Rogers 17.1. LJ 11<sup>th</sup> Jessica Aziz 3.67m PB; 15<sup>th</sup> India Rogers 2.85m. SP 8<sup>th</sup> India Rogers 4.25m PB; 9<sup>th</sup> Katy Laycock 3.86.

**U15B:** 100m 3<sup>rd</sup> Alex Obiorah 12.3 PB; 4<sup>th</sup> Lawrence Omorere 12.4 PB; 6<sup>th</sup> Nick Aziz 12.6 PB; 10<sup>th</sup> Dom Lavelle 13.1 PB; 11<sup>th</sup> Jack Lavery 13.1; 13<sup>th</sup> Thomas Allen 13.4; 13<sup>th</sup>

Samuel Jones 13.5; 14<sup>th</sup> Thomas Godwin 13.6. 200m 3<sup>rd</sup> Samuel Jones 25.6; 6<sup>th</sup> Thomas Allen 27.5; 7<sup>th</sup> Thomas Godwin 29.2; 8<sup>th</sup> Kieran Chell 33.0. 800m 3<sup>rd</sup> Samuel Jones 2:29.3. 80mH 2<sup>nd</sup> James Bamber 14.5 PB. HT 1<sup>st</sup> Thomas Godwin 20.95m PB. PV 1<sup>st</sup>= Dom Lavelle 2.70m.

**U15G:** 100m 3<sup>rd</sup> Ashya Colvin 13.5 PB; 7<sup>th</sup>= Libby Bonis 14.1; 13<sup>th</sup> Ellie Gibson 14.6 PB; 14<sup>th</sup>= Amy Croasdale 14.7; 17<sup>th</sup> Tilly Lawson 14.7; 18<sup>th</sup> Grace Chadwick 14.8; 19<sup>th</sup> Lauren Brook 15.6. 200m 2<sup>nd</sup> Ashya Colvin 28.5; 4<sup>th</sup> Annie Bradshaw 30.0 PB; 8<sup>th</sup> Libby Bonis 30.4; 9<sup>th</sup> Tilly Lawson 30.4; 10<sup>th</sup> Grace Chadwick 31.7. 800m 3<sup>rd</sup> Lauren Brook 2:45.2. 1500m 2<sup>nd</sup> Deni Impett 5:08.2; 3<sup>rd</sup> Annie Bradshaw 5:24.0 PB; 4<sup>th</sup> Jessica Rogers 5:28.9. 75mH 5<sup>th</sup> Ashya Colvin 14.0. SP 6<sup>th</sup> Amy Croasdale 7.12m; 7<sup>th</sup> Jessica Rogers 5.67m. HT 2<sup>nd</sup> Jessica Rogers 16.31m PB. PV 1<sup>st</sup> Fiona Hockey 3.25m PB CR; 2<sup>nd</sup> Hannah Newell 2.70m PB.

**U17M:** 100m 1<sup>st</sup> Robbie Morris 12.5; 4<sup>th</sup> Ash Hails 13.6. 200m 3<sup>rd</sup> Robbie Morris 27.1; 4<sup>th</sup> Jack Hails 27.9; 5<sup>th</sup> Ash Hails 28.4. 400m 1<sup>st</sup> Jake Walley 57.1. HT 1<sup>st</sup> Aaron Thomas 30.42m PB. PV 5<sup>th</sup> Jack Hails 2.70m PB.

**U17W:** 100m 1<sup>st</sup> Josette Green 13.5; 2<sup>nd</sup> Taegan O'Hara 13.8; 3<sup>rd</sup> Sophie Laycock 15.5. 200m 1<sup>st</sup> Kate Lawler 27.4. 300m 2<sup>nd</sup> Kate Lawler 43.3. 80mH 2<sup>nd</sup> Taegan O'Hara 13.5. SP 2<sup>nd</sup> Katrina Kelly 9.61m PB; 3<sup>rd</sup> Rebecca Todd 8.86m; 4<sup>th</sup> Taegan O'Hara 7.30m PB. HT 1<sup>st</sup> Rebecca Todd 35.48 PB; 3<sup>rd</sup> Alex Quarmbly 16.40m PB. PV 2<sup>nd</sup> Katrina Kelly 2.30m.

**SM:** 100m 2<sup>nd</sup> Declan O'Hara 11.6 PB; 9<sup>th</sup> Sonny Flood 20.4. 200m 2<sup>nd</sup> Declan O'Hara 23.9. SP 3<sup>rd</sup> Syd Bashforth 9.07m; 4<sup>th</sup> David Shaw 8.96m. HT 2<sup>nd</sup> David Shaw 36.30m PB; 5<sup>th</sup> Syd Bashforth 31.92. PV 1<sup>st</sup> Matt Wright 4.60m PB.

**SW:** 100m 4<sup>th</sup> Natasha Johnston 13.9. 400m 1<sup>st</sup> Megan Healey 67.0. 100mH 1<sup>st</sup> Natasha Johnson 18.3. SP 1<sup>st</sup> Rachel Bashforth 8.04m; 4<sup>th</sup> Natasha Johnston 6.77m. HT 2<sup>nd</sup> Chloe Needham 40.80m; 3<sup>rd</sup> Rachel Bashforth 29.74.

PV 1<sup>st</sup> Loryn McCrudden 3.01m PB CR (U20W).

It was a glorious sunny morning for the start of Blackpool, Wyre & Fylde AC's autumn T&F Medals Open.

### Club Handicap: New Lane September 12<sup>th</sup> CH

Jim Unsworth 20:51; Andrea Smith; Dave Randall 27:37; Reg Smallbone 25:44 M65 Record; Tony Airnes 27:25; Andy Smith 22:17 PB; Tony Croft 29:23; John Winters 30:28; Anthony Blight 27:28; Steve Lang 24:58; Gary Johnston 25:51; David Twizell 30:01; Dave Heaton 35:45.

Timekeeper: Liz Airnes. Helpers: Sharon Randall & David Wood.

A cool, but dry evening produced a M65 Record by Reg Smallbone and a PB by Andy Smith.

### English Schools Combined Events Champs:

Bedford September 15<sup>th</sup>

#### Intermediate Boys Octathlon:

Robbie Morris LJ 5.22m PB, 425pts; DT 24.65m PB, 360pts; JT 38.79 PB, 425pts; 400m 57.51, 502pts; 100mH 17.14 PB, 482 pts; HJ 1.53m, 411pts; SP 8.46m



**PB**, 394pts; **1500m** 5:10.17, 503pts; **Total Points 3502**  
**Position 33<sup>rd</sup>**.

Robbie was part of the Lancashire team that came fifth with 12243 points.

### **13th North West Counties Relays: Marbury Country Park Northwich September 15<sup>th</sup>**

#### **Senior Men (4 x 5.4K)**

**'A' Team** Luke Minns 17:11 (9<sup>th</sup>); Adam Weightman 19:18 (28<sup>th</sup>), Liam Craine 19:30 (26<sup>th</sup>); Chris Essex-Crosby 20:46 (29<sup>th</sup>). **29<sup>th</sup> 1:16:45 (6<sup>th</sup> Lancs)**.

**'B' Team** Gary Johnston 22:03 (71<sup>st</sup>); Derek Crane 23:08 (71<sup>st</sup>); Nick Hume 23:19 (67<sup>th</sup>); Reg Smallbone 23:04 (65<sup>th</sup>) **65<sup>th</sup> 1:31:34 (13<sup>th</sup> Lancs)**.

**'C' Team** Norman Greenwood 30:19 (79<sup>th</sup>); Terry Westhead 24:20 (77<sup>th</sup>); John Winters 27:25 (74<sup>th</sup>); Alan Wilkinson 24:37 (71<sup>st</sup>). **71<sup>st</sup> 1:46:41, (15<sup>th</sup> Lancs)**.

First of 72 complete teams **Liverpool Harriers & AC** in 1:06:24 and first Lancs team **Rosendale Harriers** in 4<sup>th</sup> place in 1:09:58.

#### **Senior Ladies (3 x 5.4K)**

**'A' Team** Lauren Gowland 20:40 (9<sup>th</sup>); Laura Mountjoy 23:22 (9<sup>th</sup>); Bev Wright 21:35 (9<sup>th</sup>) **9<sup>th</sup> 1:05:37 (2<sup>nd</sup> Lancs)**.

**'B' Team** Stasia Bligh 23:36 (26<sup>th</sup>); Gemma Unsworth 23:34 (19<sup>th</sup>); Andrea Smith 23:38 (21<sup>st</sup>) **21<sup>st</sup> 1:10:48 (3<sup>rd</sup> Lancs)**.

**'C' Team** Laura Lawler 23:50 (29<sup>th</sup>); Alison Titterington 24:32 (25<sup>th</sup>); Tanya Barlow 25:39 (26<sup>th</sup>) **26<sup>th</sup> 1:14:01 (4<sup>th</sup> Lancs)**.

First of 32 complete teams was **Liverpool Harriers & AC** in 58:46 and first Lancs team was **Blackburn Harriers** in 8<sup>th</sup> place in 1:04:35.

#### **U15 Girls (3 x 2.7K):**

**Annie Bradshaw** 10:37 (13<sup>th</sup>); **Jess Rogers** 10:54 (12<sup>th</sup>); **Deni Impett** 10:22 (9<sup>th</sup>) **9<sup>th</sup> 31:53 (3<sup>rd</sup> Lancs)**.

First of 25 complete teams was **Warrington AC** in 29:05 and first Lancs team was **Blackburn Harriers & AC** in 3<sup>rd</sup> place in 29:47.

### **Northern Athletic 6 & 4 Stage Relay: Leigh Sports Village September 22<sup>nd</sup>**

#### **Men's Teams (6 x 6400m)**

**'A' Team:** Luke Minns 19:55 (38<sup>th</sup>); Adam Weightman 21:26 (57<sup>th</sup>); Liam Craine 21:33 (53<sup>rd</sup>); Trevor Uttley 22:04 (58<sup>th</sup>); Steve Waterhouse 20:41 (32<sup>nd</sup>); John Wright 20:35 (36<sup>th</sup>); **45<sup>th</sup> 2:06:14**.

**'C' Team:** David Williamson 22:01 (81<sup>st</sup>); Gary Johnston 22:01 (88<sup>th</sup>); John Winters 18:55 (8<sup>th</sup>)\*; Peter Broome 24:15 (86<sup>th</sup>); Alan Wilkinson 27:32 (93<sup>rd</sup>); Terry Bradshaw 26:50 (84<sup>th</sup>); **78<sup>th</sup> 2:23:13**. \*possible error

**'B' Team:** David Cairns 21:48 (77<sup>th</sup>); Derek Crane 26:24 (103<sup>rd</sup>); Jeff Wright 21:57 (66<sup>th</sup>); Chris Essex- Crosby 22:55

(70<sup>th</sup>); Nick Hume 25:53 (89<sup>th</sup>); Norman Greenwood 34:23; **84<sup>th</sup> 2:33:20**.

First team was **Altrincham & District AC** in 1:49:25. **Lytham St Annes RRC 'A'** 72<sup>nd</sup> 2:19:57; **Wesham RR** 85<sup>th</sup> 2:33:56; **Lytham St Annes 'B'** 88<sup>th</sup> 2:49:32.

#### **Women's Team (4 x 4100m)**

**Lauren Gowland** 13:43 (18<sup>th</sup>); **Gemma Unsworth** 15:30 (38<sup>th</sup>); **Bev Wright** 14:51 (18<sup>th</sup>); **Laura Deegan** 15:10 (22<sup>nd</sup>); **19<sup>th</sup> 59:14**.

First team was **Rotherham Harriers & AC** in 52:20. **Wesham RR 'A'** 31<sup>st</sup> 1:02:27; **Lytham St Annes RRC** 49<sup>th</sup> 1:09:10; **Wesham RR 'B'** 53<sup>rd</sup> 1:12:33; **Wesham RR 'C'** 55<sup>th</sup> 1:15:08.

#### **U17W Team: (3 x 3450m)**

**Molly Betmead** 11:55 (2<sup>nd</sup>) *Mollie was fourth fastest overall.*

First team was **Lincoln Wellington AC** in 36:07

#### **U15G Team (3 x 3100m)**

**Annie Bradshaw** 11:56 (18<sup>th</sup>); **Jessica Rogers** 12:36 (19<sup>th</sup>); **Deni Impett** 11:57 (10<sup>th</sup>); **12<sup>th</sup> 36:29**.

First team was **Warrington AC** in 32:37.

It was a warm autumn day and pleasant conditions for running, however there were problems with the configuration of the course resulting in several errors by runners and marshals.

### **BWFAC T&F Medal Meeting: Sept 23<sup>rd</sup>** **MM**

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

**U9: 80m** 3<sup>rd</sup> **Timothy Woodman** 13.9. **600m** 2<sup>nd</sup> **Timothy Woodman** 2:08.3. **LJ** 2<sup>nd</sup> **Timothy Woodman** 2.97m **PB**.

**U9G: 80m** 3<sup>rd</sup> **Lily-Mae Gray** 14.2; 10<sup>th</sup> **Grace Riedel** 15.4; 12<sup>th</sup>= **Gracie Fern** 15.5; 16<sup>th</sup> **Megan Kashyap** 15.5. **600m** 7<sup>th</sup> **Gracie Fern** 2:34.3; 6<sup>th</sup> **Grace Riedel** 2:40.9. **LJ** 3<sup>rd</sup> **Gracie Fern** 2.77m; 5<sup>th</sup> **Grace Riedel** 2.60m.

**U11B: 80m** 4<sup>th</sup> **Sam Wise** 12.8; 8<sup>th</sup>= **Liam Brown** 13.2; 8<sup>th</sup>= **Ben Davies-Ward** 13.2; 11<sup>th</sup> **Finaly Briggs** 13.4; 13<sup>th</sup> **Benjamin Preddy** 13.7 **PB**; 17<sup>th</sup>= **James Smith** 14.0; 23<sup>rd</sup> **Charlie Fern** 14.9; 24<sup>th</sup> **Angus Chell** 15.4. **600m** 3<sup>rd</sup> **James Smith** 2:00.7; 4<sup>th</sup> **Benjamin Preddy** 2:02.2; 5<sup>th</sup> **Sam Wise** 2:05.3; 7<sup>th</sup> **Finaly Briggs** 2:10.1; 12<sup>th</sup> **Liam Brown** 2:19.0; 13<sup>th</sup> **Charlie Fern** 2:19.9; 18<sup>th</sup> **Angus Chell** 2:34.6. **LJ** 3<sup>rd</sup> **Finaly Briggs** 3.49m; 4<sup>th</sup> **James Smith** 3.49m; 5<sup>th</sup> **Sam Wise** 3.48m; 6<sup>th</sup> **Ben Davies-Ward** 3.38m; 7<sup>th</sup> **Liam Brown**; 8<sup>th</sup> **Charlie Fern** 3.27m; 23<sup>rd</sup> **Angus Chell** 2.19m.

**U11G: 80m** 4<sup>th</sup> **Kirsty Rushton** 12.8; 16<sup>th</sup> **Isabelle Woodman** 12.9; 21<sup>st</sup> **Natasha Webster** 14.0; 23<sup>rd</sup> **Isla Johnson** 14.2; 27<sup>th</sup> **Minnie Rogers** 15.4; 29<sup>th</sup> **Maisie Rogers** 15.5; 30<sup>th</sup> **Caitlyn Preddy** 16.1. **600m** 6<sup>th</sup> **Isabelle Woodman** 2:04.7; 7<sup>th</sup> **Grace Webster** 2:06.5 **PB**; 12<sup>th</sup> **Maisie Rogers** 2:14.3; 13<sup>th</sup> **Natasha Webster** 2:14.6; 20<sup>th</sup> **Minnie Rogers** 2:23.4 **PB**; 24<sup>th</sup> **Caitlyn Preddy** 2:28.9. **LJ** 6<sup>th</sup> **Isabelle Woodman** 3.42m; 9<sup>th</sup> **Natasha Woodman**

3.35m; 12<sup>th</sup> Kirsty Rushton 3.32m; 16<sup>th</sup> Grace Webster 3.15m **PB**; 20<sup>th</sup> Maisie Rogers 2.79m; 21<sup>st</sup> Minnie Rogers 2.58m.

**U13B: 100m** 6<sup>th</sup> = William Holmes 15.2; 10<sup>th</sup> Joe Crompton 16.5. **200m** 6<sup>th</sup> William Holmes 30.5; 10<sup>th</sup> Joe Crompton 33.3. **800m** 4<sup>th</sup> Jake Brown 2:42.7. **LJ** 5<sup>th</sup> William Holmes 3.71m; 14<sup>th</sup> Joe Crompton 3.13m; 15<sup>th</sup> Jake Brown 3.08m.

**U13G: 100m** 5<sup>th</sup> Jessica Aziz 14.6. **200m** 5<sup>th</sup> = Jessica Aziz 30.0. **LJ** 14<sup>th</sup> India Rogers 2.86m. **HJ** 3<sup>rd</sup> Jessica Aziz 1.25m **PB**; 5<sup>th</sup> India Rogers 1.05m.

**U15B: 100m**; 14<sup>th</sup> = Nick Aziz 13.6; 14<sup>th</sup> = Dom Lavelle 13.6; 16<sup>th</sup> James Bamber 13.8 **PB**; 17<sup>th</sup> Samuel Jones 13.8; 18<sup>th</sup> = Harry Mercer 13.9. **200m** 10<sup>th</sup> Dom Lavelle 27.3; 12<sup>th</sup> Samuel Jones 25.6; Nick Aziz 26.3 **PB**; 13<sup>th</sup> Harry Mercer 27.8 **PB**; 14<sup>th</sup> Thomas Allen 27.9. **300m** 6<sup>th</sup> Samuel Matthews 43.8 **PB**; 7<sup>th</sup> Thomas Matthews 44.9; 9<sup>th</sup> Samuel Jones 46.6 **PB**. **800m** 2<sup>nd</sup> Samuel Matthews 2:17.9; 3<sup>rd</sup> Thomas Matthews 2:24.3 **PB**. **HJ** 1<sup>st</sup> Dom Lavelle 1.60m **PB**; 2<sup>nd</sup> Nick Aziz 1.55m. **JT** 3<sup>rd</sup> Louis Walker 32.66 **PB**; 5<sup>th</sup> Harry Mercer 26.10m **PB**; 8<sup>th</sup> Thomas Matthews 17.46m **PB**.

**U15G: 100m** 5<sup>th</sup> Ashya Colvin 14.3; 8<sup>th</sup> = Fiona Hockey 14.5 **PB**; 13<sup>th</sup> Libby Bonis 14.9; 16<sup>th</sup> Grace Chadwick 15.1. **200m** 2<sup>nd</sup> Ashya Colvin 28.2; 3<sup>rd</sup> Jordan Dixon 28.6; 9<sup>th</sup> Libby Bonis 30.7; 11<sup>th</sup> Grace Chadwick 31.8. **300m** 2<sup>nd</sup> Jordan Dixon 44.5; 3<sup>rd</sup> Ashya Colvin 44.6 **PB**; 4<sup>th</sup> Amber Swinerton 44.8 **PB**. **800m** 2<sup>nd</sup> Annie Bradshaw 2:29.8. **1500m** 1<sup>st</sup> Jessica Rogers 5:26.1; 2<sup>nd</sup> Rebecca Terras 5:47.1 **PB**. **HJ** 1<sup>st</sup> Hannah Newell 1.50m **PB**; 3<sup>rd</sup> Fiona Hockey 1.40m; 4<sup>th</sup> Annie Bradshaw 1.35m; 7<sup>th</sup> Jessica Kirkpatrick 1.35m; 9<sup>th</sup> Jessica Rogers 1.30m. **DT** 7<sup>th</sup> Rebecca Terras 11.28m **PB**. **JT** 2<sup>nd</sup> Jordan Dixon 26.40m.

**U17M: 100m** 1<sup>st</sup> Luis Blyth 12.5; 4<sup>th</sup> Jordan Birch 12.9; 7<sup>th</sup> Ash Hails 13.8; 8<sup>th</sup> Jack Hails 14.2. **200m** 3<sup>rd</sup> Jordan Birch 26.4; 4<sup>th</sup> Jack Hails 28.5. **400m** 1<sup>st</sup> Luis Blyth 54.9. **800m** Jake Walley 2:05.8. **HJ** 1<sup>st</sup> Luis Blyth 1.65m **PB**; 3<sup>rd</sup> Ash Hails 1.30m. **DT** 2<sup>nd</sup> Aaron Thomas 28.25m **PB**.

**U17W: 100m** 3<sup>rd</sup> Josette Green 13.9; 4<sup>th</sup> Taegan O'Hara 14.4; 5<sup>th</sup> Eleanor Robertson 14.6. **200m** 1<sup>st</sup> Josette Green 28.7 **PB**; 2<sup>nd</sup> Eleanor Robertson 30.1. **HJ** 1<sup>st</sup> Josette Green 1.50m **PB**. **DT** 2<sup>nd</sup> Alex Quarmby 16.23m.

**SM: DT** 3<sup>rd</sup> David Shaw 28.09m; 4<sup>th</sup> Syd Bashforth 27.50m.

**SW: DT** 1<sup>st</sup> Rachel Bashforth 26.22m.

The final Blackpool, Wyre & Fylde AC's Open track & field meeting at Stanley Park started under grey skies and although bleak and quite cold it remained dry until the end of the action. With a blustery wind blowing up the home straight, personal bests were at a premium, especially in the sprints.

### **Run Preston 10K: September 30<sup>th</sup>**

Rain was forecast, but thankfully it remained dry until sometime after the start of the 5K.

John Wright 7<sup>th</sup> (1<sup>st</sup> MV45) 36:01 c 36:01; Steve Waterhouse 8<sup>th</sup> 36:04 c 36:04; Liam Craine 14<sup>th</sup> 37:20 c 37:18; Laura Lawler 251<sup>st</sup> 48:02 c 47:57; Dave Randall 300<sup>th</sup> 49:36

c 49:23; Dave Dyson 314<sup>th</sup> 49:51 c 49:34; Hilary Goorney 938<sup>th</sup> (3<sup>rd</sup> FV65) 61:00 c 60:12. First of 1481 was Robert Affleck of Preston Harriers in 33:14 and first lady was Claire Bunce of Red Rose RR (37<sup>th</sup>) in 39:43.

### **Run Preston 5K:**

Hilary Goorney 116<sup>th</sup> (1<sup>st</sup> FV65) 30:36 c 30:32. First of 241 was Paul Lightfoot of Preston Harriers in 18:02 and first lady was Gema Adams (13<sup>th</sup>) in 20:07.

## **Other Results:**

### **Lancaster 5K: August 25<sup>th</sup>**

Bev Wright 30<sup>th</sup> (8<sup>th</sup> F & 2<sup>nd</sup> FV50) 19:49. First of 62 was Iain Quinn of Barrow & Furness Striders and first lady was Mary Wilkinson of Bingley Harriers (7<sup>th</sup>) in 16:54.

### **Warrington Terry Davies Mem Open: Aug 26<sup>th</sup>**

**U10G 75m** Lily-Mae Gray 1<sup>st</sup> 12.5. **150m** Lily-Mae Gray 1<sup>st</sup> 25.1.

**U11G 75m** Kirsty Rushton 5<sup>th</sup> 11.6; Natasha Webster 14<sup>th</sup> 12.4. **150m** Kirsty Rushton 5<sup>th</sup> 23.4; Natasha Webster 12<sup>th</sup> 24.8. **LJ** Kirsty Rushton 5<sup>th</sup> 3.41m.

**U10B 150m** Timothy Woodman (U11) 2<sup>nd</sup> 25.5 **PB**. **600m** Timothy Woodman 1<sup>st</sup> 2:08.1 **PB**.

### **The 5<sup>th</sup> Ryutsu Keisai University Meeting: Sept 1<sup>st</sup>**

Ryugasaki Ibaraki Japan

**HT** Duncan Shaw 2<sup>nd</sup> 45.78m **PB ncr**; **DT** 7<sup>th</sup> 29.95m.

### **Hilton Blackpool Illuminations 10K: Sept 1<sup>st</sup>**

Bev Wright 13<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV50) 41:45. First of 293 was Juraj Gavura (Unattached) in 35:35 and first lady was Christine Holmes (9<sup>th</sup>) in 39:39.

### **Southport Waterloo AC Open: September 1<sup>st</sup>**

Jessica Rogers (U15G): **I Mile** 5:58.6; **HJ** 1<sup>st</sup> 1:38m; **SP** 5<sup>th</sup> 6.55m.

### **Elswick Fast 4 Miler: September 2<sup>nd</sup>**

Steve Minto 24<sup>th</sup> (3<sup>rd</sup> 60) 31:02. First of was John Chaplin of Blackburn Harriers in 23:27 and first lady was Jayne Perry of Lancaster & Morecambe AC (13<sup>th</sup>)

### **Grisedale Horseshoe: September 1<sup>st</sup>**

Peter Singleton 67<sup>th</sup> 2:38:07; George James 101<sup>st</sup> (1<sup>st</sup> MV65) 3:28:57. First of 106 was Ricky Lightfoot of Ellenborough in 1:45:04 and first lady was Fiona Hughes of Cambridge (18<sup>th</sup>) in 2:09:43.

### **Trafford Grand Prix: September 4<sup>th</sup>**

Stuart Robinson 10000m 9<sup>th</sup> 31:28.28.

### **Lake Vyrnwy HM: September 9<sup>th</sup>**

Stuart Robinson 9<sup>th</sup> 1:12:11; Bev Wright 132<sup>nd</sup> (9<sup>th</sup> F & 1<sup>st</sup> FV50) 1:28:58. First of 1419 was Ben Fish of Blackburn Harriers in 1:06:50 and first lady was Alison Lavender of Oswestry Olympians (40<sup>th</sup>) in 1:20:02.

### **Liverpool Throws & Jumps: September 15<sup>th</sup>**

**U15B PV** Dom Lavelle 2<sup>nd</sup> 2.90m; **LJ** 1<sup>st</sup> 5.27m **PB**.

**U15G PV** Fiona Hockey 1<sup>st</sup> 3.00m. **Hannah Newell** 2<sup>nd</sup> 2.80m **PB**.

**U17W PV** Katrina Kelly 3<sup>rd</sup> 2.10; **SP** 3<sup>rd</sup> 9.15m.

**U20W HT** Chloe Needham 1<sup>st</sup> 40.17m.

**Great North Run: September 16<sup>th</sup>**

**David Cairnes** 138<sup>th</sup> 1:19:30; **John McIlwham** 271<sup>st</sup> 1:23:20; **David Williamson** 339<sup>th</sup> 1:24:25; **Steve Lang** 3332<sup>nd</sup> 1:40:10; **David Twizell** 14516<sup>th</sup> 1:59:42; **Claire Irons** 28965<sup>th</sup> 2:24:45.

**Garstang Half Marathon: September 16<sup>th</sup>**

**Jeff Wright** 132<sup>nd</sup> 1:52:54; **Peter Gibson** 148<sup>th</sup> 1:55:13; **Dave Heaton** 199<sup>th</sup> 2:21:16. First of 215 was **David Rigby** of Preston Harriers in 1:12:02 and first lady was **Claire Bunce** of Red Rose RR (29<sup>th</sup>) in 1:28:48.

**Run the Lanes 10M: Salwick September 23<sup>rd</sup>**

**Kevin Woods** 18<sup>th</sup> (3<sup>rd</sup> MV50) 1:11:48. First of 79 was **Robert Affleck** of Preston Harriers in 54:42 and first lady was **Claire Bunce** of Red Rose RR (13<sup>th</sup>) in 1:07:01.

**Fleetwood Triathlon: September 23<sup>rd</sup>**

**Sprint (400m swim, 12M bike & 5K run): Andrew Woodward** S 7:17; B 35:46; R 18:23; **17<sup>th</sup> 1:01:26**. **Steve Abbott** S 8:23; B 35:44; R 19:06; **31<sup>st</sup> 1:03:13**.

**MT2 (200m swim, 6K bike & 1.8K run): George Robinson** S 4:16; B 13:41; R 8:08; **9<sup>th</sup> (4<sup>th</sup> Boy) 26:05**.

**Arnold Seddon Mem Medal Meeting: Sept 30<sup>th</sup>**

**U9B Tim Woodman** 600m 2<sup>nd</sup> 2:11.7; 150m 5<sup>th</sup> 28.1; **Cricket Ball** 1<sup>st</sup> 28.77m.

**U11G Isobelle Woodman** 150m 10<sup>th</sup> 25.4; **LJ** 7<sup>th</sup> 3.27m.

**U15G Jessica Rogers** 1500m 1<sup>st</sup> 5:33.5; **HJ** 2<sup>nd</sup> 1.25m; **LJ** 6<sup>th</sup> 3.74m.

## **Athletic Profile – Priscilla Welch**

Recently an Olympian **Priscilla Welch** visited the **BWFAC** the newly refurbished Club Room. Priscilla was on a visit from Oregon where she lives to her son Mark and her new grand-child. Several senior members and some of **Dave Titterington's** training group listened to her experience at the 1984 Olympic games and some of her views on training.

In many ways her athletic story is unusual. Priscilla came late to running. She was a Petty Officer in her mid-thirties in the communications branch of the Navy stationed in Norway during 1978. Formerly a 20-a-day smoker, she used to go jogging to combat boredom, when she met her husband-to-be, Dave, who was a runner. Dave encouraged Priscilla to run the **Stockholm Marathon**, which she completed in 3:26. By 1981 Priscilla had cracked 3 hours and in the 1983 she won the **Enschede Marathon** and had improved down to 2:36:32. In the autumn she was third in the **New York Marathon** with 2:32.

In the 1984 London Marathon she was second lady in 2:30:06 and earned selection for the Los Angeles 1984 Olympic Games *pictured*. Just three months short of her 40<sup>th</sup> birthday, Priscilla came sixth in 2:28:54. After finishing, caught up in the excitement of the day she stated to cross

the in-field to cheer on her teammates unaware that a Javelin Competition was in progress.



Priscilla moved to Boulder in Colorado, where with her husband David she set up an altitude training base. Her punishing training brought her to the pinnacle of her running career and in 1987 was again second in the **London Marathon** with a then British Record and Masters World Record of 2:26:51. This is still fourth on the British all-time list behind **Paula Radcliffe**, **Mara Yamauchi** and **Veronique Marot**. She also won the **New York Marathon** in 2:30:17. Priscilla was selected for the Seoul, but injury prevented her from taking part.

Priscilla continued to run at a high level, but in 1992 she contracted breast cancer, bringing her serious running career to an end. After she recovered Priscilla restarted running 10Ks and 5Ks, but no longer wanted to continue marathon training: "I was a bit scared about the cancer coming back". Instead her enthusiasm was transferred to fund raising for breast cancer research using running and promoting the **Komen Foundation Race for a Cure** series, similar to our **Race for Life**. Her Personal Bests are: **5K – 16:13; 5M – 26:26; 10K – 53:51; 10M – 53:51; Half Marathon – 73:06; Marathon – 2:26:51**. Priscilla is a certified fitness trainer and message therapist. In 2003 Runner's World magazine voted her the **Best-ever female master's marathoner**.

**Priscilla's best piece of running advice:** Listen only to your coach; believe in your coach, with plenty of feedback. Communication, hence possible amendments to your schedule before it is right for you. Learn, know thoroughly and understand fully your training schedule. Know the reasons why you put your foot outside the door to train. Listen to your body – it sends plenty of messages. When it's an easy run keep it easy; otherwise quality days will not improve your performances in races. Oh you marathon mileoholics....understand and control temptations to run more during the tapering phase. You are supposed to be frisky on the start line; otherwise you just blow your race and blow all the weeks you have spent training.

And finally her **Favourite running memory:** the London Marathon 1987 – seeing the finish clock on Westminster Bridge and saying to myself "Bloody Hell, this is a good day".

Priscilla continues to run, but only for fitness, but at nearly 68 she is still athletic looking with a twinkle in her eye.

Interesting trivia provided by Tony Croft: her step-daughter Mandy used to work at Warbreck Hill and was a member of North Fylde AC for several years.

*Taken from articles on the web by Running Free and a profile by Priscilla's club, Ranelagh Harriers.*