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BWFAC Events Mid Lancs Interclub & Club Champ Fell Races English FR Champ Interclub Races Club ChampLancs, Northern or National Events U20/U17 Development LeagueNA LeagueSportshall 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; L J - Long Jump; DT - Discus; **SP** – Shot; **PV** – Pole Vault; **H** – Hurdles; **h** – heat; F - Final; c - chip; i - indoor; m - metres; M -Mile; K - Kilometre; ' - feet; dq -disqualified; ws - wind speed; Medals Gold Silver Bronze

Foreword: January was dominated by Cross Country, with the County Championships, the Hyndburn Mid Lancs fixture and the Northern Cross Country Championship in Knowsley. There was also the Northern Indoor T&F Championship in Sheffield and the second Sportshall League. Athletic Profile looks back to a tragic death at the Northern XC in 1895 in Blackpool.

<u>December's Athletes</u> of the Month

December's recipients are **Laura Lawler** and **Gary Johnston**, who have both received it for their performance and work as Cross Country Captains..





20/07/13

FORTHCOMING EVENTS DIARY

02/02/13	Lancs Schools XC Witton Park Blackburn
02/02/13	British Universities XC Champs Bodington Play Fields Leeds
	Club Handicap & Manchester Indoor Open Sportscity
03/02/13	
03/02/13	Witton Pk Trail Relay (3x5K/189m) & Jun Relay (3x2.5K/106m)
09/02/13	Mid Lancs XC Lancaster University
09 & 10/02/13	British Athletics European Trials & UK Champs EIS Sheffield
10/02/13	Blackburn Winter Warmer 10K/Junior 2.5K & Southport 10K
16/02/13	British Athletics Grand Prix NIA Birmingham
16/02/13	Parbold Hill Race (6.75M) & Leeds Young Athletes Open
17/02/13	Muddy Shoes5M/11M Caldervale & Keswick /Buttermere 34K
17/02/13	Lancashire Sportshall League, Blackpool Sports Centre
23/02/13	ECCA XC Champs Sunderland
24/02/13	Manchester Indoor Open Sportscity & Gt NW HM Bpl
02/03/13	Mid Lancs XC Beacon Park Skelmersdale & Stanley Pk 10K
02/03/13	England & NA Comb Events U15 & U17 Indoor Champs
03/03/13	Haweswater HM & Glasson Dock Grizzly HM
09/03/13	Inter Counties XC Championships & Vault Manchester
10/03/13	Winter Warm-Up T&F & Spring 5K
10/03/13	Roddleworth Roller MT 6M & Spen 20M
17/03/13	Ultrafit St Annes 10M Manchester Indoor Open Sportscity
23/03/13	Northern 12 & 6 Stage Road Relays Blackpool
24/03/13	World XC Championship Bydgoszcz Poland
24/03/13	Goal-Den Girls Women's 10K & Thirsk 10M
29/03/13	Caldervale Country 10M & Salford 10M
31/03/13	Muddy Bottoms Off Road 9M/17M & Carr Hill Triathlon
06/04/13	ERRA National 12/6 Stage Road Relays
10/04/13	BWFAC Inter-Club Stanley Park Blackpool
12/04/13	Inter Club Fell Race Wardle Skyline
20/04/13	Liverpool Throws & Jumps Open Meeting
27/04/13	National Athletics 12 & 6 Stage Road Relays Birmingham
28/04/13	U20/U17 Development League
02/05/13	LSARRC Inter-Club Pleasure Island St Annes
05/05/13	NA T&F League Match 1
06/05/13	Inter Club Fell Race Wray Caton Moor
18/05/12	Mid Lancs League Preston
25 & 26/05/13	Lancs T&F Championship
02/06/13	U20/U17 Development League
09/06/13	NA T&F League Bury
12/06/13	Preston Inter Club Vernon Carus Sports & Social Club
15/06/13	Mid Lancs League Lancaster
22 & 23/06/13	Northern Athletics Senior & U20 T&F Champs
26/06/13	Inter Club Fell Race Harrock Hill
30/06/13	U20/U17 Development League
30/06/13	British Athletics Birmingham Grand Prix, Alexander Stadium
05 & 06/07/13	English Schools Champs Birmingham
07/07/13	NA T&F League Match 3 Blackpool
12 to 14/07/13	British Athletics World Trials & UK Champs Alexander Stadium

Northern Athletics Inter Counties Champs Hull

REPORTS & RESULTS

Club Handicap: Jan 6th

Jan 6th

Dave Randall 28:58; Tony Croft 30:19; Ian Close 27:04; Nick Hume 29:06; John Bradley 33:32.

Timekeeper: Sharon Randall Helper: David Wood.

Initially it was very misty, but this cleared to reveal a mild still day, which was perfect for running.

21/07/13 22/07/13 26 & 27/07/13 03/08/13

05/08/13 10/08/13 14/08/13

17 & 18/08/13 24 & 25/08/13

24 & 25/08/13 31/08/13

31/8-01/09/13 04/09/13 08/09/13

22/09/13

Lancs XC Champs: Witton Pk Blackburn Jan 5th LC

U11B Benjamin Preddy 2nd 7:53; James Smith 7th 8:17; Timothy Woodman 26th 9:26; first of 37 was Niall Caley of Manx Harriers in 7:47.

U11G Danielle Whipp 3rd 9:11; Isabelle Woodman 4th 9:13; Grace Webster 7th 9:17; Maisie Rogers 13th 9:36; Daniella Parziale 15th 9:40; Minnie Rogers 24th 10:40; first of 35 was Jasmine Jolly of Preston Harriers in 8:30.

Team 1st 27 pts

U13B Connor Finlayson 8th 12:32; Christian Linton 17th 13:32; first of 43 was **Dean Tierney** of Preston Harriers in 11:28.

U13G Hannah Eadie 24th 15:33; first 32 was Morag Molyneux of Liverpool Pembroke & Sefton Harriers.

U15B Samuel Matthews 14th 17:03; Thomas Matthews 20th 17:50; Alexander Hamilton 30th 20:02; first of 31 was Chris Durney of Preston Harriers in 14:42.

U15G Jessica Rogers 15th 18:37; Rebecca Terras 32nd 25:11; first of 33 was Grace Handley of Blackburn Harriers in 16:10.

U17W Molly Betmead 1st 22:56; Amelia Beaman 2nd 24:02; Katrina Kelly 10th 26:24; Imogen Trafford 12th 26:54; 15 competed.

Team 1st 13 pts

 $\it U20W$ Lauren Gowland 3rd (13th SW) 13:41; first of 8 was Sarah Hodgson of Lancaster & Morecambe AC in 30:11.

Teams: SW 'A' 18th 69 pts (3rd Div 1); **SW 'B'** 14th 156 pts (6th Div 3); **L35** 2nd 53 pts; **L45** 2nd 30 pts.

SM Luke Minns 10th 36:24; Harry Poole 23rd (5th JM) 38:26; **Daniel Quarmby** 35th (10th JM) 39:45; **John Wright** 47th (2nd V45) 40:49; **James Unsworth** 53rd 41:54; **Andrew Woodward** 59th 42:23; **Gary Johnston** 88th (8th V55) 45:30; **David Dyson** 134th (14th V55) 56:03; **David Randall** 135th (13th V50) 57:04; first of 142 was **Ben Fish** of Blackburn Harriers & AC in 33:46. **Teams: SM** 5th 227 pts; **Vets** 8th 195 pts.

It was one of the best days weather-wise for some years for the Lancashire Cross Country Championship, with no rain, no wind and the temperature in double figures. AlMid Lancs League Ormskirk

Wesham RR Inter Club Salwick Club British Athletics London Grand Prix

NA T&F League Match 4

Inter Club Fell Race Farelton Knott

Mid Lancs League Hyndburn

Chorley AC Inter Club Astley Hall Chorley

Northern Athletics U17 & U15 T&F Champs Liverpool

Senior/U20 Jump & Throws Fest

Mid Lancs Medal Meeting Blackpool

England Athletics U17 & U15 Champs

Red Rose RR Inter Club Worden Park

BWFAC Open Meeting & Autumn 5K

BWFAC Open Meeting

though there was light cloud early on, the sun did eventually break through later in the afternoon.

Cheshire XC Champs: Reeseheath College Nantwich January 5th CC

SW (7.7K) Claire Irons 61st 52:10; first of 62 was Olivia Walwyn-Bush of Altrincham & District AC in 28:12.

Mid-Lancs XC: Wilson Playing Fields Hyndburn January 12th ML

U11G Isabelle Woodman 5th 9:55; Danielle Whipp 9th 10:09; Maisie Rogers 10th 10:13; Minnie Rogers 19th 10:59; Caitlyn Preddy 21st 11:14; first of 42 was Jasmine Jolly of Preston Harriers in 8:52).

U11B Benjamin Preddy 2nd 8:32; James Smith 9th 9:02; Jamie Jackson 18th 9:43; Tim Woodman 30th 10:15; first of 50 was Ben McLaughlin of Leigh Harriers & AC in 8:21.

U13G Hannah Eadie 14th 11:44; first of 31 was Emma Whitaker in 10:28).

U13B Connor Finlayson 3rd 14:04; Tim Collinson 20th 16:27; William Holmes 33rd 17:33; first of 43 was Dean Tierney of Preston Harriers in 13:15.

U15G Jessica Rogers 8th 15:58; first of 22 was Grace Handley of Blackburn Harriers & AC in 13:56.

U15B Samuel Matthews 11th 16:22; Thomas Matthews 15th 16:55; Declan Darnbrough 28th 18:33; Tom Holmes 29th 18:33; Alexander Hamilton 30th 18:55; first of 33 was Chris Durney of Preston Harriers in 14:57. **Team** 4th (League 4th).

U17W Alisha Johnson 3rd 18:15; Kelly Smith 10th 20:27. 1st of 15 Abbie Hetherington of North Cumbria in 16:23.

SW Lauren Gowland 8th (1st JW) 26:23; Andrea Smith 41st (6th L45) 32:57; Stasia Bligh 47th (22nd L35) 33:32; Karen Dunford 57th (11th L45) 31:42; Alison Titterington 62nd (2nd L55) 35:34; Tanya Barlow 65th (26th L35) 36:08; Sarah Wetherill 75th (32nd L35) 37:19; Hilary Goorney 106th (12th L55) 49:07; first of 110 was Sarah Tunstall of Kendal 25:29.

Teams: SW 'A' 10th 93 pts (4th Div 1); **SW 'B'** 17th 179 pts (9th Div 3); **L35** 8th 90 pts League 3rd; **L45** 1st 33 pts, Leg 6th.

SM Luke Minns 7th 38:08; Malc Eadie 29th (6th V40) 42:16; Chris Essex-Crosby 65th 45:47; Trevor Uttley 85th (25th V40) 47:20; Gary Johnston 86th (10th V50) 47:23; James Unsworth 107th 48:57; Chris Lloyd 112th 49:30; Peter Broome 164th (35th V50) 54:38; Jeff Wright 194th (43rd V50) 58:54; Alan Wilkinson 199th (13th V60) 60:04; first of 224 was James Douglas of Border Harriers & AC in 36:18.

Teams: SM'A' 6th 354 pts (2nd Div 2); SM'B' No team (6th Div 4); V40 8th 174 pts (2nd Div 2); V50 10th 108 pts (9th Div); V60 No team (3rd Div).

Witton Park which hosted the Lancashire Championships the previous week is generally considered to be a tough course, but compared to the one at Wilson Playing Fields in Clayton-le-Moors, it was a pussy cat. Much of the route of the cross country ran through woodland, which had retained much of the moisture from the heavy rains over the last few months. The mud in the woodland was brutal and although there are no big hills there were many leg sapping steady climbs.

Northern Athletic Championship: English Institute of Sport Sheffield January 12th & 13th NAC \underline{SW} 60m i Katy Wyper (U23) h1 4th 8.03, F 7th 8.03. Beth Towers (U23) h1 5th 8.44. **200m** i Katy Wyper h2 3rd 26.05, F 6th 26.65. Lucy Mansfield (U23) h1 4th 26.64. PVi Loryn McCrudden (U20) 6th 2.80m.

SM_PV i Matt Wright 4th 4.30m.

U20W PV i Loryn McCrudden 3rd 2.80m.

<u>U17W</u> 200m i Taylor Smith h4 5th 28.81. 300m i Jordan Dixon h3 43.25 PB. PV i Fiona Hockey 2nd 3.00m; Hannah Newell 4th 2.70m.

<u>U17M</u> PV i Dom Lavelle 6th 3.30m PB; Jack Hails 11th NH. <u>U15G</u> 60m i Ash Colvin h5 2nd 8.49, SF3 4th 8.41 PB, F 6th 8.45; 200m i h4 1st 27.57, SF1 3rd 27.30, F 6th 27.82; 60mH i h4 4th 10.36 PB. 800m i Annie Bradshaw h2 1st 2:27.72, F 4th 2:26.95.

Thirteen members of **BWFAC** competed and came back with two medals as well as some very good performances with several qualifying for finals.

Sportshall League: Blackpool SC Jan 13th

Full results are not yet published, but overall BWFAC was second behind Preston Harriers.

Northern Athletics XC Champs: Knowsley Liverpool January 26th NAXC

JW (5.8K) Lauren Gowland 18th 26:30. First of 41 was Georgia Taylor-Brown of Sale Harriers in 22:56.

U15B (4K) Alex Hamilton 141st 21:00. First of 147 was Daniel Evans of Warrington AC in 14:29.

SM Stuart Robinson 50th (Salford Harriers) 45:34; Dave Everson started but not in the results. First of 583 was Steve Vernon *pictured* of Stockport Harriers & AC in 40:01.



Thick snow covering Knowsley Park made for one of the toughest Northern Cross Countries ever. And it was also tough for the marshals especially **Vicky Huyton** who finished the day with frostbite in one of her toes - **Brave Girl!**

Other Results:

Sale Open Meeting: Sportscity January 6th

60m Henry Taylor (U20M) 7:57 PB; Katy Wyper (U23W) 8.13; Rory Anderson (U17M) 8.07 PB; Dom Lavelle (U17M) 7.84 PB; 8.11; Ash Hails (U17M) 8.38 PB; 8.41; Jack Hails (U17M) 8.61; 8.64; Ellie Gibson (U17W) 9.16 PB; Ash Colvin (U15G) 8.67 PB; Gary Leek (MV50) 8.90. 200m i Henry Taylor 24.37; Katy Wyper 26.98; Rory Anderson 25.65; Jordan Dixon (U17W) 27.43; Ash Colvin 28.39. 60mH i Ash Colvin 10.67 PB. LJi Pool A Dom Lavelle 2nd 5.24m; Ash Hails 15th 4.44m; Jack Hails 20th 4.30m.

Central Lancashire HM: January 6th

Tanya Barlow 152nd 1:50:05; Jeff Wright 162nd 1:52:35; Vicky Robinson 200th 1:58:31. First of 315 was Daniel Grant (Unattached) in 1:13:40 and first lady was Josia Zakrzewski of Dumfries Running Club (4th) in 1:17:46.

Garstang 10K: January 14th

Bev Wright 53rd (1st F & 1st FV50) 41:35 c 41:32; David Twizell 244th 50:57, c 50:28; John Bradley 307th (1st MV70) 53:41 c 53:11. First of 462 was Anthony Valentine of Bolton in 32:48.

Inskip Derby Arms Half Marathon: January 20th Stuart Robinson 1st 1:08:25 PB (Salford Harriers/BWFAC); Liam Craine 12th 1:20:02 PB; David Williamson 22nd 1:22:21 PB; Bev Wright 65th (3rd F & 1st FV50) 1:31:00; Tanya Barlow 146th (17th F) 1:44:36; Dave Randall 163rd 1:48:26; Jeff Wright 206th 1:54:36; John Bradley 242nd (1st V70) 2:01:04;. First Lady was Mary Kelly of Penny Lane Striders (54th) 89:10. A total of 316 competed.

The Brass Monkey HM at York and the Four Villages HM at Helsby were both cancelled because of ice on the courses.

Chernobyl 10K: Preston January 27th

Andrea Smith 133rd (7th F & 1st F45) 45:48; Karen Dunford 200th (20th F) 49:46; John Bradley 328th (1st MV70) 56:31; Hilary Goorney 419th 63:17; John Murray 449th 68:21. First of 476 was Tom Charles of Trafford AC in 33:13 and first lady was Olivia Walwyn of City of Norwich AC (4th) in 35:43.

Athletic Profile: 1895 Northern Cross Country Championship – 'Simply Madness to Run'

The winter of 1894/95 started off relatively mild, but by the end of December there was heavy snowfall in Norfolk and this spread across the country during January. Bitter east winds gusted across Britain during February, with heavy snow down the west of Britain and thick snow covered the Fylde. These were the conditions under which 13th Northern Cross Country Championship was run in Blackpool (only the second time outside Manchester). On the day of the race the coldest temperature recorded in the country was -23.9C and February 1895 was the second coldest ever on record. Many at the time questioned the sense of running the race as the Southern Championship had been cancelled because of the weather conditions.

The course was the same as the one used for the National Championship, which had been much criticised for its toughness. The barbed, wire which had caused many cuts to legs the previous year, was removed but not much could be done about the thick snow. There had been 200 entries representing about 20 clubs from all over the North of England, however in the reports, I have not been able to find any mention of a Blackpool Harriers participating. Possibly because they had only been in existence for less than a year they had been unable to field a team. Two of the rules: "...and must have taken part in not less than three runs or races with the club he represents during the current season" and "That no less than six nor more ten representatives from each respective club be allowed to compete...".

Despite the intense cold with a biting east wind there were 300 or 400 spectators as 175 runners commenced the race on the athletic track. Before the start several competitors were already seen to be suffering the effects of subzero conditions. As at the National in 1894 the course was ten mile in length over three laps each of 3¼ miles.

Early on the 1890 Champion William Henry 'Sonny' Morton pictured of Salford Harriers led the field with Crook



and **Lord** of Bolton Primrose in close attendance. **Crook** soon took the lead and stretched the field out with **J Harrington** of Northwich second and Salford Harrier's **Moran** third. **Crook** looked certain to win but badly hurt his knee and struggled gamely on to finally finish in 18th place. **Moran** closed on **Harrington** and both went into the final lap of the country

shoulder to shoulder. However **Harrington** when next seen was a 100 yards in the lead and by the finish this had lengthened to 300 yards, completing the course in 56:53½. Moran remained in second, with **Vickers** of Crewe third and 1892 Champion **Charley Souch** in fourth. Early leader **'Son-**

ny' Morton finished in 18th place. The winning club with 74 points was Salford Harriers [Moran (2), Souch (4), Barlow (6), Morton (18), Lind (21) & Barlow (25)] with Airdale and Liverpool Harriers & AC second and third.

Harrington who was somewhat of a surprise winner, aged 23, was born in County Sligo in Ireland and had lived in England for five years. He was trained by a well-known professional runner of the time.

Although **Harrington** was described as "fresh as a daisy" after crossing the line, it was reported that the majority of runners were in a distressed state by the end of the race, with just 136 competitors completing the course, which meant that upwards of forty runners failed to finish.

One competitor, Edward Whelan from Birkenhead and a member of West Cheshire Harriers had not finished and the club West Cheshire captain Thomas Gleave, who had not run, went out to search for his teammate. He found him walking in 'an enfeebled state' at the rear of the Belle Vue Hotel. Whelan exclaimed: "Oh Tom!" and Gleave gave him some whiskey, but Edward collapsed shortly afterwards and he was taken to the hotel, where he was attended by Drs Richardson and Billing. However despite their efforts Whelan suffered convulsions and died 14 hours later. His death was declared as due to exhaustion and exposure to the cold. His 'sweetheart' and his mother were distraught when they came to see his body on the Monday after the race. It appears he had been treated the previous November for a "severe cold and a weak heart" and his doctor was against Whelan competing. He had promised his parents and his employers, the Estate Fire Assurance Company (who had threated to dismiss him if he ran) that he would not compete, but the lure of a Gold Medal, which had been promised to the first club member to finish and the pressure from of his teammates persuaded him to run. Another runner Alfred Lee from Stockport also was seriously ill after the race, but recovered after medical treatment and three other runners also had to spend time recovering in bed.

Whelan's case was particularly sad as it was his twentieth birthday on the day of the race. He was a talented athlete having competed for two seasons in Birkenhead athletics and won Wirral Hare & Hounds (then defunct) club championship. He was also the sole support for his aged parents. (A year later the Northern Athletic Association sent a cash donation to his mother who was described as being in 'reduced circumstances').

Afterwards there was much criticism in the Athletic press and the Manchester Evening News. Respected athlete Sonny Morton said afterwards: "that it was simply madness to run over such a course on such a day" and another top athlete declared that he would not do it again for all the honour and glory of winning twenty championships.

Main sources used were the local Newspapers of the period, Blackpool Gazette, Blackpool Times & Blackpool Herald. Also "The Northern Cross Country Association - A Centenary History" by **Dr Phil Thomas**.