



# WYLDEFYRE

March 2013 No 34



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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** **U20/U17 Development**  
**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; Medals **Gold** **Silver** **Bronze**

## January Athletes of the Month

January's female recipients are **Lauren**



**Gowland** for her cross country performances at the Lancashire and Northern Championships

and in the Mid Lancs fixture. The male

recipient is **Bob Massey** for his work with the Adult Beginners Group. Also nominated was



**Molly Betmead** for winning the U17W Lancashire Championship, **Ash Colvin** for performance at the Northern Indoor Championship and **Ben Preddy** for his Silver medal at the Lancashire Championship and second place in the Mid Lancs League.

## FORTHCOMING EVENTS DIARY

- 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 **Club Handicap** Haweswater HM & Glasson Dock Grizzly HM
- 09/03/13 **Inter Counties XC Championships** Cofton Park Birmingham
- 09/03/13 Vault Manchester Sportscity
- 10/03/13 **Winter Warm-Up T&F & Spring 5K** Stanley Park
- 10/03/13 Roddlesworth Roller MT 6M, Spen 20M & St Helens 10K
- 10/03/13 Trafford 10K & Bolton Hill Marathon (MT)
- 16/03/13 **ESAA English Schools XC Champs** Catton Pk Walton on Trent
- 17/03/13 Manchester Indoor Open Sportscity & Haigh Hall 4 St Relays
- 17/03/13 22<sup>nd</sup> Ultrafit St Annes 10M & Trimple 20M Lancaster
- 23/03/13 **Northern 12 & 6 Stage Road Relays** Stanley Park Blackpool
- 24/03/13 **World XC Championship** Bydgoszcz Poland
- 24/03/13 Wilmslow HM & **Edale Skyline FR** 21.1M/4505' Peak District
- 24/03/13 Goal-Den Girls Women's 10K & Thirsk 10M
- 24/03/13 Spenborough Open T&F Cleckheaton
- 29/03/13 Caldervale Country 10M & Salford 10M
- 29-31/03/13 Isle of Man Easter Athletics Festival
- 30/03/13 Rivington Pike FR Horwich
- 31/03/13 Muddy Bottoms Off Road 9M/17M & Carr Hill Triathlon
- 31/03/13 The Witches' Revenge 10K Obstacle Challenge Lancaster
- 01/04/13 Trafford Open Medal Meeting
- 06/04/13 Pendle FRs (U8 to Senior) & Wakefield Spring Open Meeting
- 07/04/13 Blackpool Marathon/HM
- 10/04/13 **BWFAC Inter-Club** Stanley Park Blackpool
- 13/04/13 **Inter Club Fell Race Wardle Skyline** 7M/1250' Wardle Square
- 13/04/13 **ERRA National 12/6 Stage Road Relays** Sutton Park B'ham
- 13/04/13 Liverpool Young Athletes Open Meeting
- 13 & 14/04/13 Gt Langdale Daffodil 10Ks/3Ks
- 14/04/13 **ERRA National Young Athletes** Sutton Park B'ham
- 14/04/13 Catforth Village 7M & Radcliffe 10K
- 20/04/13 Liverpool Throws & Jumps Open Meeting
- 21/04/13 London Marathon & Ribby Hall Villages Triathlon Kirkham
- 21/04/13 Garstang Gallop 10K & Bolton 10K/1M Fun Run
- 21/04/13 Sheffield Festival of Athletics & Mayors 10K
- 27/04/13 **Mid Lancs League** Blackpool
- 28/04/13 **U20/U17 Development League** TBA
- 28/04/13 Blue Light 5m Bispham, Lancaster 3 Bridges 10K
- 28/04/13 Belle Vue House 10K Ormskirk & Fleetwood 10M
- 01/05/13 Astley Park Trail Series Chorley
- 02/05/13 \***LSARRC Inter-Club** Pleasure Island St Annes
- 05/05/13 **NA T&F League Match 1** Blackburn
- 06/05/13 **Inter Club Fell Race Wray Caton Moor** 6.8M/1099'
- 11/05/13 **Fairfield Horseshoe FR** 9M/2999' Rydal Hall Ambleside
- 18/05/12 **Mid Lancs League** Preston
- 25 & 26/05/13 **Lancs T&F Championship** Blackpool
- 02/06/13 **U20/U17 Development League** TBA
- 08/06/13 **Lancashire Schools T&F Champs** TBA

**Foreword:** This month mainly features results and reports from the following Cross Country events: Lancashire Schools Championship, the penultimate Mid Lancs fixture at Lancaster University and the National Championships at Sunderland. There is also a review of the Lancashire Sportshall as well as results from various T&F meetings and road races.

## Victoria Robinson:



tralia.

Her happy smiling face and friendship will be greatly missed at races. We wish her much happiness and much success in her new life. We look forward to hearing from Vicky.

It is a sad time for the Road Running side of the club as we say goodbye to Vicky who is moving to Aus-

09/06/13	NA T&F League Match 2 Bury
12/06/13	*Preston Inter Club Vernon Carus Sports & Social Club
15/06/13	Mid Lancs League Lancaster & Schools Inter Counties
15/06/13	Buckden Pike FR 3.7M/1594'
15 & 16/06/13	EA U20/U23 Champs Bedford
22 & 23/06/13	NA Sen/U20 T&F Champs & Eur Team Champs Gatehead
26/06/13	Inter Club Fell Race Harrock Hill 2 5.2M/902' nr Parbold
29/06/13	ESAA English Schools' T&F Cup
30/06/13	U20/U17 Development League TBA
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
13/07/13	40 <sup>th</sup> Wasdale Horseshoe FR 21.1M/9022' Brackenclose
20/07/13	Northern Athletics Inter Counties Champs Hull
21/07/13	Mid Lancs League Ormskirk
22/07/13	*Wesham RR Inter Club Salwick Club
26 & 27/07/13	British Athletics London Grand Prix
27/07/13	Blisco Dash FR 5M/2133' Old Dungeon Ghyll Gt Langdale
28/07/13	U20/U17 Development League TBA
03/08/13	NA T&F League Match 4 TBA
05/08/13	Inter Club Fell Race Farelton Knott
10/08/13	Mid Lancs League Hyndburn & Turner Landscape
14/08/13	*Chorley AC Inter Club Astley Hall Chorley
17 & 18/08/13	Northern Athletics U17 & U15 T&F Champs Liverpool
24 & 25/08/13	UK CAU Champs (Junior/Senior athletes) Bedford
31/08/13	Mid Lancs Medal Meeting Wigan
31/8-01/09/13	England Athletics U17 & U15 Champs Bedford
04/09/13	*Red Rose RR Inter Club Worden Park
08/09/13	BWFAC Open Medal Meeting & Autumn 5K Stanley Park
14/09/13	Division 2 Promotion Match
22/09/13	BWFAC Open Medal Meeting Stanley Park

## REPORTS & RESULTS

### Lancs Schools XC Champs: Witton Pk Blackburn February 2nd LSC

*School Districts are shown in brackets.*

**Senior Boys** Daniel Quarumby (Blackpool) 3<sup>rd</sup> 23:15; Harry Poole (Wyre) 5<sup>th</sup> 23:25. First of 18 was Ryan Moore (South Ribble).

**Senior Girls** Lauren Gowland (Blackpool) 2<sup>nd</sup> 14:48; Imogen Pierce (U20W) 16:08. First of 16 was Sarah Hodgson (Lancaster).

**Inter Boys** William Eccleston (Fylde) 6<sup>th</sup> 17:57; Callum Fiddling (Fylde) 44<sup>th</sup> 21:03; Declan Darnbrough 58<sup>th</sup> (Blackpool) 22:48. First of 61 was Patrick Dever (South Ribble) in 17:00.

**Inter Girls** Molly Betmead (Fylde) 1<sup>st</sup> 13:22; Alisha Johnson (Wyre) 10<sup>th</sup> 14:27; Katrina Kelly (Fylde) 15:02; Kelly Smith (Blackpool) 20<sup>th</sup> 16:12. (62 ran).

**Junior Boys** Samuel Matthews (Fylde) 5<sup>th</sup> 14:01; Connor Finlayson (Blackpool) 13<sup>th</sup> 14:39; Thomas Matthews

(Fylde) 18<sup>th</sup> 14:52. First of 68 was Jake Lonsdale (Fylde) in 13:30.

**Junior Girls** Jessica Rogers (Blackpool) 13<sup>th</sup> 13:20; Tilly Lawson (Fylde) 41<sup>st</sup> 15:02; Ash Colvin (Fylde) 60<sup>th</sup> 16:27. First of 69 was Elizabeth Greenwood (Hyndburn) in 11:35.

**Year 7 Boys** George Robinson (Wyre) 4<sup>th</sup> 7:46; Christian Linton (Fylde) 5<sup>th</sup> 7:55. First of 85 was Jack Dee-Ingham (West Lancs) in 7:24.

**Year 7 Girls** Hannah Eadie (Wyre) 10<sup>th</sup> 8:48; Taylor Holland (Blackpool) 30<sup>th</sup> 9:26. First 89 of was Natalya Irvine (Burnley) in 8:08.

Although a little chilly early on, the bright sunshine indicate spring will soon be here. The organizers had chosen not to use the climb up the famous 'Saucer' but a course around the relative flat bottom field to replicate what will be encountered at the National Championships.

Molly was back to competition after missing the Northern Cross country Championship at Knowsley after bruising her heels whilst training on a frozen beach.

## **Club Handicap:** New Road February 3<sup>rd</sup> **CH**

Tony Croft 29:59; Nick Hume 28:41; Dave Randall 29:37; Peter Gibson 29:46; John Bradley 34:30. Handicapper & Timekeeper: Sharon Randall.

## **Mid-Lancs XC:** Lancaster University Feb 9<sup>th</sup> **ML**

**U11G** Danielle Whipp 6<sup>th</sup> 7:55; Isabelle Woodman 10<sup>th</sup> 8:09; Caitlyn Preddy 24<sup>th</sup> 9:08; first of 43 was Keely Hodgkinson of Leigh Harriers & AC in 7:08.

**U11B** Benjamin Preddy 1<sup>st</sup> 6:53; Jamie Jackson 12<sup>th</sup> 7:39; James Smith 14<sup>th</sup> 7:50; Tim Woodman 18<sup>th</sup> 8:03; 38 ran.

**U13G** Hannah Eadie 17<sup>th</sup> 11:18; first of 35 was Emma Whitaker in 10:00.

**U13B** Connor Finlayson 5<sup>th</sup> 13:10; George Robinson 6<sup>th</sup> 13:23; Tim Collinson 17<sup>th</sup> 14:03; William Holmes 36<sup>th</sup> 16:46; first of 38 was Ben Blackburn of Lancaster & Morecambe AC in 12:25. **Team** 2<sup>nd</sup> 52 points; **League** 5<sup>th</sup>.

**U15G** Annie Bradshaw 7<sup>th</sup> 13:55; Jessica Rogers 11<sup>th</sup> 14:21; first of 22 was Rosie Johnson of Liverpool Pembroke & Sefton AC in 12:21.

**U15B** Thomas Matthews 18<sup>th</sup> 18:37; Samuel Matthews 19<sup>th</sup> 18:49; Alexander Hamilton 21<sup>st</sup> 19:14; first of 26 was Christopher Richards of Helm Hill in 16:19.

**SW** Stasia Bligh 28<sup>th</sup> (9<sup>th</sup> L35) 28:24; Andrea Smith 35<sup>th</sup> (4<sup>th</sup> L45) 28:57; Karen Dunford 53<sup>rd</sup> (9<sup>th</sup> L45) 31:01; Alison Titterington 58<sup>th</sup> (2<sup>nd</sup> L55) 31:17; Laura Lawler 61<sup>st</sup> (19<sup>th</sup> L35) 31:27; Hilary Gorney 106<sup>th</sup> (12<sup>th</sup> L55) 40:44; first of 109 was Dionne Allen of Leigh Harriers & AC in 23:22.

**Teams:** **SW 'A'** 9<sup>th</sup> 112 pts (**League** 3<sup>rd</sup> Div 1); **SW 'B'** 21<sup>st</sup> 219 pts (**League** 6<sup>th</sup> Div 3); **L35** 1<sup>st</sup> 51 pts **League** 3<sup>rd</sup>; **L45** 1<sup>st</sup> 25pts, **League** 1<sup>st</sup>.

**SM** Malc Eadie 9<sup>th</sup> (2<sup>nd</sup> V40) 40:34; Adam Weightman 59<sup>th</sup> (9<sup>th</sup> U20) 46:01; Chris Essex-Crosbie 70<sup>th</sup> 47:01; Perry Mann 77<sup>th</sup> 47:34; Trevor Uttley 88<sup>th</sup> (24<sup>th</sup> V40) 48:18; Dave Dyson 161<sup>st</sup> (36<sup>th</sup> V50) 58:07; Jeff Wright 164<sup>th</sup> (36<sup>th</sup> V50) 58:44; Alan Wilkinson 167<sup>th</sup> (12<sup>th</sup> V60) 59:06; Peter Gibson 177<sup>th</sup> (40<sup>th</sup> V50) 62:53; John Winters 186<sup>th</sup> (15<sup>th</sup> V60) 69:36; first of 193 was James Douglas of Border Harriers & AC in 36:28.

**Teams:** **SM 'A'** 12<sup>th</sup> 444 pts (2<sup>nd</sup> Div 2); **SM 'B'** No team (6<sup>th</sup> Div 4); **V40** 11<sup>th</sup> 219 pts (5<sup>th</sup> Div 2); **V50** 13<sup>th</sup> 141 pts (8<sup>th</sup> Div); **V60** No team (3<sup>rd</sup> Div).

The penultimate Mid Lancs cross country meeting was held in the grounds of Lancaster University. This is the first time the Mid Lancs League has been held at this location since January 2008. Since then a state of the art Sports Centre has been built where the old changing rooms and café were located. Because of the new building and the associated car park there was a couple of alterations to the cross country course, but it still featured stiff climbs up to the main campus and like most of the venues this season, it was very muddy in several sections. Although not allowed in the front of the Sports centre, because of mud competitors could use the much improved facilities at the rear.

## **British Athletic Indoor European Trials**

### **& UK Championship:** Sheffield February 10<sup>th</sup>

**PV i** Max Eaves 3<sup>rd</sup> 5.20m.

Max Eaves competitions during 2013 all in Finland:

Jan 6<sup>th</sup> Turku Indoor Meeting 1<sup>st</sup> 5.35m **CR**

Jan 12<sup>th</sup> Seivashypyn talvikarnevaalit, Pajulahti 7<sup>th</sup> = 5.00m

Jan 26<sup>th</sup> Pole Vault Challenge, Lempaala 6<sup>th</sup> 5:15m

Feb 3<sup>rd</sup> Tahtien Kisat, Tampere 3<sup>rd</sup> 5.20m.

### **Sportshall League:** Blackpool SC Feb 24<sup>th</sup> **SL**

Full results from the last Sportshall have not yet been published because of Internet problems. In this final fixture again there still no full results, but on the day the Boy's Under 13 squad were first. Jessica Rogers was Under 15 Girl athlete of the match. Overall the League was won by Preston Harriers and Blackpool, Wyre & Fylde AC were again runner-up.

### **English National Athletics XC Champs:**

#### **Sunderland February 23<sup>rd</sup>**

**U15W** (5K) Molly Betmead 8<sup>th</sup> 18:55; first of 150 was Anabel Mason of Wakefield District Harriers & AC in 18:00.

Molly Betmead's run at the English National which took place at a snowy Herrington Park in Sunderland overlooked by the iconic Penshaw Monument. The course was a testing one with several stiff climbs, made even tougher because of a thick layer of fresh snow. The Under 17 Women's race over 5K started as the snow was falling heavily. Molly made a good start and going into the final section was in 11<sup>th</sup> place. However she finished strongly in the uphill finish pulling up to 9<sup>th</sup> place. In the final ten metres Molly made one final effort and overtook Yorkshire and 2012 Northern Champion Bronwen Owen (Scarborough AC) to take eighth place in 18:55.



5232-Jonathan Taylor (8<sup>th</sup>), 5726-Steve Vernon (2<sup>nd</sup>) & 5286-Keith Gerrard (1<sup>st</sup>) shown early on in the race

**SM** (12K) Trevor Uttley 696<sup>th</sup> 60:13; Jeff Wright 1020<sup>th</sup> 73:33. First of 1085 was Keith Gerrard of Newham & Essex Beagles in 41:21 pictured above.

### **England U15/U17/U20 Indoor Champs:**

#### **National Indoor Arena Birmingham Feb 23<sup>rd</sup> & 24<sup>th</sup>**

**U17W PV i** Fiona Hockey 9<sup>th</sup> 3.10m.

Fiona competed in the Under 17 Pole Vault finishing clearing 3.10 metres. At the next height 3.20m, Fiona knocked



the bar off at her first attempt and landed on the fallen bar twisting her foot and was unable to continue in the competition, leaving her in ninth place. With important competitions in Glasgow and Manchester in the next few weeks, hopefully Fiona will be soon recovered.

### **Comic Relief: Stanley Park February 26<sup>th</sup>**

Following a suggestion by **Maisie Rogers**, Maisie and her mother **Samantha** organized a Pyjama Fun Run around Stanley Park. With nearly 100 taking part it proved to be an immense success and raised nearly £400. It was a wonderful sight with a colourful selection of PJs and Onesies on show. Although not a race **Jessica Rogers** was first back.

## **Other Results:**

### **Tsukuba University Meeting: Tsukuba JAP Feb 3<sup>rd</sup>**

**HT** Duncan Shaw 46.81m **PB & CR**

### **Dewsbury 10K: February 3<sup>rd</sup>**

**Bev Wright** 183<sup>rd</sup> (22<sup>nd</sup> F & 1<sup>st</sup> FV50) 41:09 c 41:02. First of 807 was **Dan Garbutt** of Durham City Harriers in 30:27 and first lady was **Alyson Dixon** of Sunderland Strollers in (22<sup>nd</sup>) 34:05.

### **Welsh Athletics & Cardiff Met Grand Prix Series inc South West England & Welsh Masters Champs: Feb 3<sup>rd</sup>**

**Katie Holder** (U23W) **PV i** 9<sup>th</sup> 2.10m; **SP i** 8<sup>th</sup> 8.37m.

### **Alsager 5M: February 3<sup>rd</sup>**

**Stasia Bligh** 214<sup>th</sup> (30<sup>th</sup> F) 34:10. First of 794 was **Matthew Hynes** of Nym AC in 23:57 and first lady was **Gemma Steel** of Charnwood AC (34<sup>th</sup>) in 26:36.

### **Witton Park Trail Junior Relay Race: February 3<sup>rd</sup>**

1<sup>st</sup> Leg **George Robinson** 12:59; 2<sup>nd</sup> Leg **Benjamin Preddy** 13:25; No third runner.

### **Sale Open Meeting: Sportscity February 3<sup>rd</sup>**

**60m i** Taegan O'Hara (U20W) 8.85; Ash Hails (U17M) 8.36 **PBi**; Ellie Gibson (U17W) 9.18; Sophie Laycock 9.34 **PBi**.

**200m i** Katy Wyper (U23W) 26.06; Ash Hails 27.19 **PBi**;

**Jack Hails** (U17M) 27.42. **LJ i Pool A** Taegan O'Hara 14<sup>th</sup>

3.97m. **PV i Pool A** Dom Lavelle (U17M) 1<sup>st</sup> 3.45m **PBi**;

**Fiona Hockey** (U17W) 4<sup>th</sup> 3.20m **PBi CR**; **Loryn McCrudden** (U20W) 9<sup>th</sup> 2.75m; **Hannah Newell** (U17W) 10<sup>th</sup> 2.60m; **Jack Hails** 11<sup>th</sup> = 2.60m. **PV i Pool B** Matt Wright (SM) 5<sup>th</sup> =

3.85m.

### **Blackburn Winter Warmer 10K: February 10<sup>th</sup>**

**James Mulvany** 5<sup>th</sup> 35:48; **Peter Broome** 53<sup>rd</sup> (2<sup>nd</sup> MV55) 42:01; **Derek Crane** 158<sup>th</sup> 47:58; **John Bradley** 264<sup>th</sup> (1<sup>st</sup> MV70) 54:27. First of 399 was **Ben Fish** of Blackburn Harriers in 31:36 and first lady was **Sarah Ridehalgh** of Accrington Road Runners in 39:44.

### **Oxford v Cambridge Varsity Match: Lee Valley (Outdoor & Indoor) February 16<sup>th</sup>**

**Katie Holder** (U23W) (representing Oxford University) **SW DT** 6<sup>th</sup> 20:30m; **HT** 7<sup>th</sup> 18.05m **PB**; **JT** 2<sup>nd</sup> 25.64m; **60mH i h2** 2<sup>nd</sup> 11.85 (5<sup>th</sup> overall); **HJ i** 5<sup>th</sup> = 1.40m; **PV i** 3<sup>rd</sup> 2.10m; **LJ i** 7<sup>th</sup> 3.84m; **TJ i** 8<sup>th</sup> 7.97m **PBi**; **SP i** 3<sup>rd</sup> 8.26m.

### **Scottish National Senior Champs: Emirates Arena Feb 17<sup>th</sup>**

**PV i** Max Eaves NH (opening height 5.20m).

### **Central Lancashire 5K: Bolton February 17<sup>th</sup>**

**Stasia Bligh** 95<sup>th</sup> (9<sup>th</sup> F & 2<sup>nd</sup> FV35) 19:19 c 19:15; **Andrea Smith** 120<sup>th</sup> (12<sup>th</sup> F & FV45) 21:29 c 21:24. First of 295 was **Paul Freary** of Belgrave Harriers & AC in 16:25 and first lady was **Rachel Jones** of Horwich RMI Harriers (32<sup>nd</sup>) in 18:25.

### **Muddy Shoes 11 Mile: Calder Vale February 17<sup>th</sup>**

**Kevin Woods** 18<sup>th</sup> 2:02:34; **Anthony Bright** 19<sup>th</sup> 2:02:34. First of 31 was **Neil Middlemass** of Thornton Cleveleys RC in 1:28:28 and first lady **Yvonne Russell** (10<sup>th</sup>) unattached in 1:43:04.

### **Seville Marathon: February 24<sup>th</sup>**

**Stuart Robinson** (Salford Harriers) 13<sup>th</sup> 2:22:11, c 2:22:09

**PB**. First of 5939 was **Bussendich Solomon** in 2:10:12 and first lady was **Ehite Bizuayehu Gebireyes** (22<sup>nd</sup>) in 2:29:52.

### **Great North West HM: Blackpool February 24<sup>th</sup>**

**Steve Waterhouse** 16<sup>th</sup> (5<sup>th</sup> MV40) 76:22, c 76:20 **PB**; **John Oliver** 36<sup>th</sup> 81:24, c 81:22 **PB**; **Andrew Woodward** 47<sup>th</sup> 82:30, c 82:27; **Bev Wright** 119<sup>th</sup> (4<sup>th</sup> F & 1<sup>st</sup> FV50) 88:50, c 88:48; **Sarah Wetherill** 213<sup>th</sup> (11<sup>th</sup> F) 94:36 c 94:29; **Robert Green** 753<sup>rd</sup> 1:57:52, c 1:56:52. First of 1140 was **Matthew John** of Otley in 68:53 and first lady was **Dianne McVey** of Wilmslow (58<sup>th</sup>) in 83:44.

It was an overcast and very cold day with a bitter north wind for the start of the race. As the race progressed the skies did lighten and the sun did make an appearance.

### **The Lostock 6 Mile Road Race: February 24<sup>th</sup>**

**James Mulvany** 4<sup>th</sup> 33:03. First of 172 was **Andi Jones** of Stockport Harriers & AC in 29:44 and first lady was **Angela Allen** of Leigh Harriers & AC (38:22) in 38:22.

### **Sale Open T&F Indoor Series: Sportscity Feb 24<sup>th</sup>**

**60m i** Harry Mercer (U15B) 8.35 **PBi**; **Thomas Allen** (U15B) 8.22; **Ash Colvin** (U15G) 8.59; **Jessica Aziz** (U13G) 9.02 **PBi**.

**200m i** Harry Mercer (1<sup>st</sup>) NT; **Ash Colvin** 27.95; **Jordan Dixon** (U17W) 27.83; **Jessica Aziz** 28.98 **PBi**.

**300m i** Thomas Allen 41.59; **Jordan Dixon** 43.93.

**PV i Pool B** Matt Walker (U20M) 4.10m **PBi**.

**SP i** Harry Mercer 1<sup>st</sup> 8.66m **PBi**.

## **Athletic Profile**

North West based athletes preparing for the new season competed at the British Grand Prix in Birmingham. **Jenny Meadows** (Wigan) made an encouraging return to action for the first time since November 2011, coming 2<sup>nd</sup> in the 800m. After an injury plagued few years **Michael Rimmer** (Liverpool) returned to winning form with a PB of 1:46.55 also in the 800m. **Holly Bleasdale** (Blackburn) continued her impressive early season form with another 4.70m clearance in the Pole Vault. **Helen Clitheroe** (Preston) who is now marathon training, but still managed to win the 3000m in 8:50.16.