



WYLDEFYRE

April 2013 No 35

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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***

February Athletes of the Month

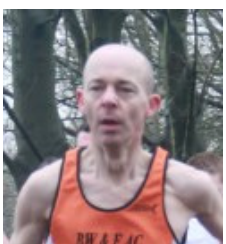
This month's recipients are **Molly Betmead** and **Malc Eadie**.

Molly had an excellent run at the



England National, where she came eighth in the Under 17 Championship race.

During February Malc led the Senior



Men's squad home at Lancaster University and was second counter at Beacon Country Park to

ensure the Senior Men's Cross team returned to the Mid Lancs League First Division.

Also nominated was **India Rogers** who conceived the original idea to raise money for Comic Relief (see below).

FORTHCOMING EVENTS DIARY

01/04/13	Trafford Open Medal Meeting
03/04/13	Club Handicap (7:15 pm) New Road
05/04/13	Mid Lancs XC Presentation
06/04/13	Pendle FR 4.5M/1500m Jun U8-U18 (Lancs Champs U12-Sen)
06/04/13	Wakefield Spring T&F Open Meeting
07/04/13	Blackpool Marathon/HM & Buttermere TR
09/04/13	Tour de UK 4.75M Beach Lt Bispham Blackpool
10/04/13	BWFAC Inter-Club Stanley Park Blackpool
13/04/13	Inter Club Fell Race Wardle Skyline 7M/1250' Rochdale
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
14/04/13	Wigan Spring T&F Meeting
15/04/13	Wesham RR Memorial run/walk Memory of Brenda Earnshaw
20/04/13	Liverpool Throws & Jumps Open Meeting
20 & 21/04/13	Lancs Combined Events Champs Wilson Hyndburn
20 & 21/04/13	Lancs Schools AA year 7/8 & Lancs Quadrathon Year 3-6
20 & 21/04/13	Hyndburn AC Open 7 & 8 Quadrathon
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 & 3 Peaks FR Horton
27/04/13	Wray Scarecrow 10K & Lakeland 16K/10KTR Hawkshead
28/04/13	U20/U17 Development League Wrexham
28/04/13	Blue Light 5m; Lancaster 3 Bridges 10K & Fleetwood 10M
28/04/13	Belle Vue House 10K Ormskirk & Manchester Marathon
29/04/13	BWFAC Annual General Meeting Blackpool Cricket Club
30/04/13	Welcome 5K (1/4) Preston
01/05/13	Club Handicap New Road & Astley Park Trail Series Chorley
02/05/13	* LSARRC Inter-Club Pleasure Island St Annes
04/05/13	Pendle Cloughs FR 14M/4102' Downham
05/05/13	NA T&F League Match 1 Blackburn
05/05/13	Alan Seddon Thank You 10K Stanley Park Blackpool
05/05/13	Great Hameldon Hill Race 6M/1109' & Keswick HM
05/05/13	The Sherriff 10K Preston & Liverpool Spring 10K
06/05/13	* Inter Club Fell Race Wray Caton Moor 6.8M/1099' Wray
06/05/13	Avenham Park 5k Preston
08/05/13	Haigh Hall 4M & Kendal 10K
11/05/13	Fairfield Horseshoe FR 9M/2999'
11/05/13	Belmont Winter Hill FR 4.5M/1001' (Senior & Junior)
12/05/13	Fishwick 5 TR Preston & Black Sticks 10K nr Preston
12/05/13	Morecambe HM & Chester HM
12/05/13	Wirral Young Athletes T&F Meeting
14/05/13	Trafford Distance/Throws
15/05/13	Blackstone Edge 3.5M/1201' Knowl Farm Littleborough
17/05/13	Dalton Charter 10K

Club Volunteer Award

The Club has decided to launch a new award – 'BWFAC Club Volunteer Award'. This will recognise the great effort that volunteers play in the running of the club. It will normally be awarded every three months. It can be awarded for any voluntary service to BWFAC except athletic competition.

AGM Monday April 29th 2013

The meeting will be held at **Blackpool Cricket Club at 8pm**. This is an important meeting for all club members, as it is your opportunity to contribute to the running of the Club, either as a Committee Member or contributing to one of the Sub-Committees or just by expressing your views at the AGM itself. All members are encouraged to attend and actively participate as the club discusses its future strategy and direction.

Members are invited to submit nominations for officers no later than **Monday April 22nd 2013**. The Officers are elected once a year at the AGM. Committee Meetings are held monthly on a Monday commencing at 19:30 and usually last less than two hours.

Members are also invited to submit any special items for the Agenda to **Nick Hume** no later than **Monday April 22nd 2013**.

Foreword: There are reports and results from the final Mid Lancs League, Inter Counties and English Schools Championships Cross Countries. Also there are results from the Winter Warmer, Vault Manchester and various Open T&F meetings and Road Races. Sadly the 12/6 Stage Road Relays were cancelled after a fall of snow, which let the course hazardous.

18/05/12	Mid Lancs League & U12's Open T&F Meeting Preston
19/05/13	St Annes Triathlon & Settle Hills Intercounties Champs
19/05/13	Brathay Windermere Marathon & Blackpool Beach 10K
21/05/13	Trafford Sprints/Jumps
22/05/13	Harrock Hill 1FR 5.2M/902' Farmers Arms Bispham Parbold
25 & 26/05/13	Lancs T&F Championship TBA
25/05/13	Lancaster 5K (1/5) & Hutton Roof 7M/1302' Kirkby Lonsdale
26/05/13	Great Eccleston Scouts Flat 4M & Rossendale Triathlon
26/05/13	BUPA Great Manchester 10K & Edinburgh Marathon
28/05/13	Welcome Tavern 5K (2/4) & Lambfoot Loop 10K Cockermouth
29/05/13	Levens 10K Kendall & Harrock Hill 2
02/06/13	U20/U17 Development League Longford Stadium Trafford
08/06/13	Lancashire Schools T&F Champs TBA
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 Sportscity & Eur Team Champs
26/06/13	*Inter Club Fell Race Harrock Hill 3
29/06/13	ESAA English Schools' T&F Cup
30/06/13	U20/U17 Development League Robin Park Wigan
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	Wasdale Horseshoe FR 21.1M/9022'
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'
28/07/13	U20/U17 Development League Bebington
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 &
10/08/13	Turner Landscape FR 10.6M/2986' Seathwaite Duddon Valley
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
14/09/13	Division 2 Promotion Match
22/09/13	BWFAC Open Medal Meeting

REPORTS & RESULTS

Comic Relief Run: Stanley Park February 26th

My apologies to **India** and **Maisie Rogers**. In last month's **COMIC RELIEF** Wyldefyre I wrongly credited **Maisie** with suggesting a **Pyjama Run**, when in fact it was a Brilliant idea conceived by her sister **India Rogers** to have a

'Pyjama Run' around Stanley Park in aid of **Comic Relief**. Thanks must also go to **Samantha Rogers**, mother of **India** and **Maisie** (and also **Minnie**). **Samantha** did an excellent job of organising the nuts and bolts of the run. Over 90 children, parents and friends gathered at the Club House in their PJs, Onesies and Cat Suits to run around the Park and had an enjoyable time doing 'something funny for money'. A magnificent total of **£431** was raised.

Mid-Lancs XC: Beacon Country Park Skelmersdale **March 2nd** ML

At the end of each Age Category from U13 to V55/V60 there are the Season end Standings of Members who competed in at least four fixtures.

A pleasant spring like day with virtually no mud for the final fixture of the Mid Lancs League.

U11G Danielle Whipp 3rd 8:20; Isabelle Woodman 4th 8:28; Maisie Rogers 11th 9:07; Natalie Luczak 21st 9:39; Minnie Rogers 26th 10:22; first of 37 was Keely Hodgkinson of Leigh Harriers & AC in 7:37.

U11B Jamie Jackson 9th 8:07; James Smith 11th 8:13; first of 37 was Kieran Blackburn of Lancaster & Morecambe in 7:18.

U13G Hannah Eadie 11th 10:19; Syd Bairstow 12th 10:21; first of 28 was Blythe Fourie of Hyndburn AC in 8:56.

Hannah Eadie 13th (Winner Blyth Fourie).

U13B George Robinson 8th 12:01; Connor Finlayson 13th 12:19; first of 39 was Ben Blackburn of Lancaster & Morecambe AC in 11:00. League 5th.

Connor Finlayson 5th; **George Robinson** 11th; (Winner Dean Tierney Preston Harriers).

U15G Annie Bradshaw 3rd 12:41; Jessica Rogers 8th 13:09; first of 18 was Georgia Hanman of Lancaster & Morecambe AC in 12:08.

Jessica Rogers 10th (Winner Rosie Johnson of Liverpool Pembroke Sefton)

U15B Alexander Hamilton 17th 16:18; Declan Darnbrough 20th 17:15; first of 22 was Christopher Richards of Helm Hill in 14:05.

U17W Kelly Smith 7th 18:04; first of 12 was Mary Hodgson of Lancaster & Morecambe AC in 15:30.

SW Stasia Bligh 20th (10th L35) 23:09; Andrea Smith 24th (5th L45) 28:57; Karen Dunford 41st (11th L45) 25:01; Tanya Barlow 46th 25:16; Alison Titterington 50th (4th L55) 31:17; Laura Lawler 64th (22nd L35) 27:34; Claire Irons 82nd 33:33; first of 85 was Stephanie Roe of Preston Harriers in 19:11.

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

Stasia Bligh 16th, L35 14th; **Andrea Smith** 21st, L35 16th, L45 4th; **Karen Dunford** 36th, L35 27th, L45 10th; **Laura Lawler** 39th 30th; **Alison Titterington** 41st, L35 34th, L45 15th, L55 4th; **Hilary Goorney** 65th, L35 53rd, L45 32nd, L55 13th. Winner SW **Stephanie Roe** (Preston Harriers); L35 **Kirsty Longley** (Liverpool Pembroke); L45 **Suzanne Budgett** (Horwich RMI); L55 **Marian Hesketh** (Preston Harriers).

SM Luke Minns 4th 29:00; Malc Eadie 10th (4th V40) 30:53; James Unsworth 34th 33:46; Trevor Uttley 60th (18th V40) 35:17; Chris Lloyd 72nd 36:08; Gary Johnston 85th (13th V50) 36:54; Peter Singleton 115th (21st V50) 39:38; Dave Dyson 138th (33rd V50) 42:28; Alan Wilkinson 143rd (11th V60) 43:09; Jeff Wright 150th (36th V50) 44:47; Peter Gibson

155th (39th V50) 45:34; Bob Massey 157th (17th V60) 48:49; John Winters 164th (20th V60) 51:43; Alan Smart 165th (41st V50) 51:57; Bernard Singleton 167th 52:37; first of 169 was James Tartt of Southport Waterloo AC in 27:46.

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

Malc Eadie 13th, V40 4th; **Trevor Uttley** 37th, V40 17th; **Gary Johnston** 49th, V40 27th, V50 11th; **Dave Dyson** 101st V40 65th, V50 41st; **Jeff Wright** 105th V40 70th V50 40th; **Alan Wilkinson** 107th V40 73rd V50 42nd V60 11th. Winners SM **James Douglas** (Border Harriers); V40 **Matt Thompson** (Southport); V50 **Alex Rowe** (Wesham); V60 **Graham Webster** (LSARRC).

Scottish National 2013 Indoor Age Group **Championships: Emirates Arena March 2nd to 3rd**

U16G 60m i Ash Colvin h2 4th 8.36 PBi; **SF3** 4th 8.26 PBi nq. **200m i** Ash Colvin h8 1st 27.01 q; **SF2** 2nd 26.88 nq. **U16 PV i** Fiona Hockey F 1st 3.12m. **U16 PV i** Hannah Newell F 3rd 2.62m. **U20W PV** Loryn McCrudden F 2nd 2.80m. **U18M 60m i** Jordan Birch h2 6th 7.93 nq. **200m i h4** Jordan Birch 26.95 nq. **U60m i** Henry Taylor h2 7th 7.65 nq; **200m i** Henry Taylor h3 4th 24.62.

The impressive Emirates Arena in Glasgow was host to the Scottish Indoor Championships where seven Blackpool Wyre & Fylde athletes competed over the weekend. The £113m structure in the east of the city sits next to Glasgow Celtic's ground which could be clearly seen through the huge windows at the far end of the indoor track. With a total of 849 athletes entered over two days, the standard of competition was extremely high.

All three Blackpool pole vaulters were in the medals with **Fiona Hockey** (Coach Kevin Davies) easily claiming Gold in the U16 girls' event with a vault of 3.12m. Fiona then moved the bar to 3.32m in search of a new personal best but just failed on her three attempts. Fiona's training partner **Hannah Newell** won the Bronze medal with a vault of 2.62m. In the U20 women's event Edge Hill student **Loryn McCrudden** won Silver with a vault of 2.80m.

Ash Colvin (Coach Dezz Reynolds) was the pick of the Blackpool sprinters setting personal bests in both the 60m and 200m events. Ash comfortably won through to the semi-final in her 200m heat in 27.01s. She ran even quicker to come second in the semi with a time of 26.88. It was not fast enough to progress to the final – agonisingly missing out by just two hundredths of a second. In the 60m Ash ran personal bests in the heats (8.36s) and semi-final (8.26s) coming fourth in both races.

Also competing from **Vicky Huyton's** sprint group were under 18 **Jordan Birch** who ran personal bests in both the 60m (7.93s) and 200m (26.95s) heats and under 20 **Henry Taylor** who ran close to his best in both the 60m (7.65s) and 200m (24.62s). **Ellie Gibson** also competed in the U18

women's sprints running 9.18s in the 60m and 30.39s in the 200m.

Club Handicap: New Road March 3rd **CH**

Dave Randall 28:27; Graham Davies 26:06; Nick Hume 28:17; Tony Croft 29:32; Ian Close 27:57; John Bradley 34:44. Handicapper & Timekeeper: Sharon Randall.

Vault Manchester: Sportscity March 9th

SM Matt Wright 8th 4.61m **PBi**; Max Eaves NH.

U20M Matt Walker 5th 4.16m **PBi**; Finn Walker 3.71m **PBi**.

U17M Dom Lavelle 10th 3.51 **PBi**; Jack Hails NH.

U20W Tanya Wright 5th 2.11m.

U17W Fiona Hockey 7th 3.31m **PBi** **NCR**; Hannah Newell 10th 2.81m **PBi**.

World XC Trials & Inter Counties Championships inc McCains Cross Challenge:

Cofton Park Birmingham March 9th

U13B Connor Finlayson 63rd 11:15; first of 311 was Thomas Kendrick of Tonbridge in 10:27

U17W Amelia Beaman 78th 22:00; first of was Amy Griffiths of Leicester in 19:13.

U20M Harry Poole 95th 27:56; first of 200 was Jonathan Davies in 24:51.

U20W Lauren Gowland 47th 23:25; first of 145 was Emelia Gorecka of Aldershot, Farnham & District.

SM Stuart Robinson 91st 37:28; first of 290 was Frank Tickner of Wells City in 33:54.

BWFAC Spring 5K: Stanley Park March 10th

Malc Eadie 4th (1st MV40) 16:10; Adam Weightman 9th (2nd JM) 17:41; Bev Wright 24th (1st F & FV50) 19:51; Derek Crane 28th 20:46; Andrea Smith (4th F & 1st FV 45) 21:07; Alan Wilkinson 41st (2nd MV60) 23:10; Tanya Barlow 43rd (7th F & 3rd FV40) 23:13; Chris Bligh 46th 24:03; Kate Lawler 51st (10th F & 1st JF) 25:00; Laura Lawler 52nd (11th F & 2rd FV40) 25:00; Norman Greenwood (2nd MV70) 28:57. (First of 87 was Ben Everson of Trafford AC in 16:10.

BWFAC Open T&F: Stanley Park March 10th **MM**

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

U9B:80m 1st Charlee McGuinness 13.9. **600m** 1st Charlee McGuinness 2:14.2. **LJ** 1st Charlee McGuinness 2.98m.

U9G: 80m 1st Lexi Edwards 14.6 **PB**. **600m** 1st Lexi Edwards 2:14.3 **PB**. **LJ** 1st Lexi Edwards 3.10m **PB**.

U11B: 80m 2nd James Smith 13.1; 5th Timothy Woodman 13.9; 8th Liam Brown 14.2; 14th Jack McKenzie 15.7. **600m** 1st Jamie Jackson 1:58.1; 3rd James Smith 2:00.9; 6th Timothy Woodman 2:14.4; 9th Liam Brown 2:23.0; 11th Jack McKenzie 2:25.8. **LJ** 2nd James Smith 3.50m; 5th Liam Brown 3.01m; 13th Timothy Woodman 2.64m; 14th Jack McKenzie 2.48m.

U11G: 80m 4th Lily-Mae Gray 13.3; 14th Grace Riedel 15.3 **PB**; 16th =Ellie McNally 16.1; Minnie Rogers 16.1; Lucy Tickle 18th=16.5; 16th= Maisie Rogers 18th=16.5m. **600m** 7th Maisie Rogers 2:12.3; 14th Lily-Mae Gray 2:19.3; 18th Ellie McNally 2:36.6; 19th Lucy Tickle 2:37.1; 20th Grace Riedel 2:37.7 **PB**. **LJ** 8th Maisie Rogers 2.76m; 13th Minnie Rogers 2.55m; 14th Ellie McNally 2.51m; 15th Lily-Mae Gray 2.44m **PB**; 18th Grace Riedel 2.22m; 19th Lucy Tickle 1.76m.

U13B: 80m Dylan Webbe 1st 11.8 **PB**; William Holmes 2nd 12.2 **PB**; Joe Crompton 11th 14.0 **PB**. **200m** Dylan Webbe 1st 29.3 **PB**. **600m** 2nd Jake Brown 1:54.4 **PB**; 3rd Chris Linton 1:55.8 **PB**; 4th Benjamin Preddy 1:56.5. **1200m** 1st Jack Galloway 5:07.3. **75mH** 1st William Holmes 16.0; **LJ** 1st Dylan Webbe 4.05m **PB**; 2nd William Holmes 3.81m; 4th Sam Wise 3.64m **PB**; Jack Galloway 2.67m. **SP** Joe Crompton 2nd 5.42m **PB**.

U13G: 100m 5th Jessica Aziz 12.1 **PB**; 8th Kirsty Rushton 12.4; 17th Maya Wallace 13.2; 18th = Keisha Dell'armi 13.4; Olivia Hanby 23rd 13.6. **200m** 1st Jessica Aziz 29.8; 14th Natasha Webster 35.1 **PB**; 15th Maya Wallace 36.2; 17th Olivia Hanby 36.9. **600m** 3rd Taylor Holland 2:05.0; 5th Isabelle Woodman 2:13.3. **70mH** 8th Natasha Webster 16.6; 11th India Rogers 17.9. **LJ** 9th Kirsty Rushton 3.59m **PB**; 16th Isabelle Woodman 3.41m; 20th Danielle Whipp 3.20m **PB**; 21st Olivia Hanby 3.11m; 22nd Katy Laycock 3.11m; 28th India Rogers 2.85m. **SP** 2nd Natasha Webster 3.49m **PB**.

U15B: 100m 2nd Lawrence Omorere 12.4; 3rd Thomas Allen 13.2; 4th Harry Mercer 13.4. **200m** 1st Lawrence Omorere 27.5. **JT** 1st Louis Walker 33.41m **PB**; 3rd Harry Mercer 27.65m **PB**.

U15G: 100m 4th Ashya Colvin 14.6; 5th Libby Bonis 14.7; 13th Lizzie Bradley 15.6; 16th Gabrielle Jones 16.3 **PB**; 18th Keeley Fowler 16.8. **200m** 2nd Ashya Colvin 27.8; 5th Libby Bonis 29.1; 11th Lizzie Bradley 30.2; 12th Tilly Lawson 30.5; 14th Gabrielle Jones 32.0 **PB**; 15th Keeley Fowler 33.4. **800m** 1st Annie Bradshaw 2:25.1; 5th Lauren Brook 2:59.7. **1500m** 1st Jessica Rogers 5:25.3. **80mH** 2nd Ashya Colvin 13.6. **HT** 6th Lauren Quarmby 14.70m **PB**.

U17M: 100m 3rd James Carty 12.5; 4th Rory Anderson 12.7; 5th Dom Lavelle 13.1 **PB**; 6th Ashley Hails 13.7. **200m** 2nd James Carty 24.6 **PB**; 3rd Rory Anderson 25.1; 4th Dom Lavelle 26.3 **PB**; 5th Ashley Hails 27.8. **800m** 2nd Jake Walley 2:13.2. **1500m** Jack Hails 2nd 5:29.1.

U17W: 100m 2nd Taylor Smith 14.1; 6th = Fiona Hockey 14.5 **PB**; 8th Ellie Gibson 15.1; 10th Natalya Atherton 15.9 **PB**. 3rd Sophie Laycock 15.5. **200m** 1st Taylor Smith 28.5; 5th Natalya Atherton 31.4 **PB**. **300m** 4th Fiona Hockey 45.7; 5th Amber Swinnerton 47.0. **80mH** 2nd Taegan O'Hara 13.5. **SP** 2nd Katrina Kelly 9.61m; 3rd Rebecca Todd 8.86m; 4th Taegan O'Hara 7.30m. **HT** 7th Alex Quarmby 15.69m.

U20M: DT 3rd Aaron Thomas 25.61m **PB**.

SM: 100m 1st Chris Debar 11.9; 3rd Henry Taylor 12.0. **200m** 1st Brent Starkie 23.4. **SP** 5th Syd Bashforth 8.58m **PB**. **DT** 4th Syd Bashforth 27.24m **PB**. **HT** 3rd David Shaw 41.50m **PB**; 6th Syd Bashforth 28.20m **PB**.

SW: 100m 4th Taegan O'Hara 13.8; 5th Brittany Shaw 14.3; 6th Natasha Johnston 14.4; 7th Alicia Johnston 14.6; 9th Lisa Daley 15.0. **400m** 1st Megan Healey 67.0. **100mH** 1st Natasha Johnson 27.2. **HT** 1st Chloe Needham 38.21m; 3rd Rachel Bashforth 27.00.

Some interesting statistics about the Winter Warmer supplied by Dave Needham:

Entries of 340 from 62 different clubs of which 82 were from **BWFAC**.

Number of individual events was 769.

Hurdles: 30 competitors (8 **BWFAC**).

Long Jump: 112 competitors.

Shot: 62 competitors.

Discus: 45 competitors.

Javelin: 32 competitors.

Hammer: 33 competitors.

Oldest entry was 63 years old and the youngest was 7 years and 9 months.

It was hardly outdoor Track & Field weather as a bitterly cold wind swept across the Stanley Park Arena, but athletes from across England including several with disabilities, gathered for the Blackpool, Wyre & Fylde's AC's Winter Warmer Open Meeting. Despite difficult conditions Dave Needham and his many helpers ensured that it was a successful meeting.

ESAA English Schools XC Championships:

Catton Park Walton-on-Trent March 16th

Run on a mainly flat course.

Senior Boys 6900m Harry Poole 98th 23:42; Daniel Quarmby 175th 24:50. First of 311 was **Matthew Stirling** of Merseyside Schools in 21:42. (Lancashire team was 17th)

Senior Girls 5700m Lauren Gowland 54th 18:40. First of 288 was **Rebecca Murray** representing Bedford Schools in 16:15. (Lancashire team was 7th).

Inter Girls 4200, Molly Betmead 28th 14:10. First of 331 was **Annabel Mason** of West Yorkshire Schools in 12:58. (Lancashire team was third).

Junior Girls 3200m Annie Bradshaw 166th 12:42. First of 333 was **Katy Whiteoak** representing Greater Manchester Schools in 10:56. (Lancashire team was 15th).

22nd Ultrafit St Annes 10 Mile Road Race: Incorporating Lancashire, Fire Brigade & Northern Vets Championships March 10th

Despite a cool breezy day there were many PBs, including one by **James Mulvany**. Probably the most impressive performance of the day was by **Fiona Matheson** pictured of Falkirk Victoria Harriers, who went sub 60 minutes for 10 miles at the age of 51. This is the second fastest 10 mile time by an over 50 year old women in the UK. Fiona, a mother of five children, only started serious running less than 10 years ago and now holds two world bests at 3000m and 10000m for a 50 year old lady.



James Mulvany 3rd 54:49 **PB** (Silver Senior Lancs Medal); **Bev Wright** 53rd (5th F & 2nd FV50) 1:07:13 (Silver Senior Lady's & Gold FV50 Lancs Medal); **Tanya Barlow** 120th (13th F & 5th FV40) 1:17:30 (2nd place Northern Vets Trophy); **Jeff Wright** 178th 1:25:53; **John Winters** 189th (1st MV75) 1:28:27 (Gold MV75 Lancs Medal & Northern Vets MV75 1st Trophy). First of 255 **Graeme Taylor** of Tyne & Wear Fire Service in 53:52 **PB** and first lady was **Fiona Matheson** (Vet 50) of Falkirk Victoria Harriers (14th) in 59:37.

Northern 12 & 6 Stage Road Relays: Stanley Park Blackpool March 23rd

Long Leg (L) 4.9M; Short Leg (S) 2.8M

There was big disappointment that this event had to be cancelled because of adverse weather. Stanley Park had been chosen as the location for the North of England 12 stage (men) and 6 stage (lady's) Road Relays. **BWFAC** had two men's and two lady's teams. It would have been a great opportunity to see and race against some of the top runners in the north of England. **Stan Taylor** and **Bob Massey** had been spent in mapping out and measuring a course in and around Stanley Park and organising a small army marshals and helpers, but all was to come to naught because of the weather.

The course was inspected on Friday and it was declared that the relays would take place. Sadly snow fell overnight and covered the course. On inspection at 8 am it was found that parts of the course were hazardous and too dangerous to run and a decision had to be made in order to notify as many teams as possible before they set out and it was decided to cancel the competition. However by 11:30am the course had mostly cleared and would probably have been runnable, but this could not have been anticipated. However it probably was the correct decision as conditions across the North of England would have prevented many teams getting to Blackpool. Also conditions would have still been difficult with a strong bitter easterly wind which made the wind chill well below zero.

Unfortunately one team had already come the previous evening and a few runners and officials had not seen the messages on the internet. However the 70 packed lunches which had been prepared for the officials and marshals, by **Margaret Crompton** did not go to waste, as they were donated to the Salvation Army.

Other Results:

Stanley Park 10K: Blackpool March 2nd

John Oliver 14th (3rd MV40) 37:14; Bev Wright 44th (5th F & 1st FV50) 40:29. First of 374 was Jon Fletcher of Border Harriers in 33:06 and first lady was Amanda Crook of Southport Waterloo AC (7th) in 35:34.

Fylde Primary Schools XC Races: Park View Lytham March 2nd

Year 4 Girls Race Lily-Mae Gray (Newton Bluecoat) 1st (of 19) 5:40.

Year 5 Girls Race Maisie Rogers 1st 5:31; Minnie Rogers 7th 6:12 (both Blackpool Schools).

North West Modern Triathlon: Clitheroe Mar 3rd

William Eccleston Shoot 904 (1st) Swim 2:14.07 (1st) Combined Run/Shoot 10:54.05 1904 (1st) 4000 points.

Youth B Girls Rebecca Terras Shoot 916 (2nd) Swim 2:46.19 804 2nd Combined Run/Shoot 13:47.49 1212 (3rd) 2932 points.

Youth D Girls Isabelle Woodman Shoot 688 (2nd) Swim 676 (3rd) Run/Shoot 2:43.32 1336 + 20 (3rd).

Tim Woodman Shoot (1st) Swim 0:50:96 Run/Shoot 2:44.39 1328 + 10 2186 points.

Biathlon:

Youth D Boys 1st Benjamin Preddy Swim - 0:37.52 Run - 3:24.93.

Youth E Girls 4th Caitlyn Preddy Swim - 0:38.70 Run - 1:57.22.

Glasson Dock Grizzly Half Marathon: March 3rd

Sarah Wetherill 12th (3rd F & 1st FV35) 1:47:19. First of 34 was Kevin Wilson of Lancaster & Morecambe AC in 86:39 and first lady was Helen Pickles *unattached* (4th) in 1:40:43.

Trafford 10K: March 10th

Stasia Bligh 275th (25th F & 4th FV35) 41:50. First of 745 was Richard Weir of Derby AC in 29:51 and first lady was Non Stanford of Swansea Harriers (39th) in 32:41.

Bolton Marathon: March 10th

Jeff Wright 121st 5:32:06. First of 141 was Charlie Sharpe of Spectrum Striders in 3:22:34 and first lady was Isaline Kneale of Burnden Road Runners (27th) in 4:03:23.

Sale Open T&F Indoor Series: Sportscity Mar 17th

60m i Bethany Towers 8.26; **300m i** Jordan Dixon 43.30.

Trimpell 20 Mile : Lancaster March 17th

David Randall 289th 3:05:32, c 3:05:15. First of 386 was Tom Charles of Trafford AC in 1:52:53 and first lady Jessica Wilson-Young of Edinburgh AC (45th) in 2:17:50.

Northern Police XC League: Witton Park Mar 13th

Laura Lawler

28/11/12 (Sth York's Police) Doncaster 3rd 52:45.

02/12/12 HUM Police) Chesterfield 3rd 50:31.

09/01/13 (West York's Police) Leeds Stadium 7th 56:26.

23/01/13 (Cheshire Police) Wilmslow 5th 43:54.

13/03/13 (Lancs Police) Witton Park 4th 56:08.

(Sixth Lady in the overall season).

Police Service UK National Cross Country Championship: Cofton Park Birmingham March 20th

Laura Lawler 56th 44:29 (third counter in the Lancashire Team which were sixth). First of 92 was Sarah Hill representing Hampshire Police in 32:31.

Wilmslow Half Marathon: March 24th

David Everson 226th 1:27:54, c 1:27:40. First 3659 of was Joe MacDonald of Cardiff AC in 1:04:54 **PB** and first lady was Julie Briscoe of Wakefield District Harriers & AC (25th) in 1:15:15.

Goalden Girls Women's Only 10K: March 24th

Pam Franklin-Brisco 126th 1:19:36. First of 149 was Molly Ralphson of Trawden AC in 43:17.

Salford 10K: March 29th

Stuart Robinson (1st Claim Salford Harriers) 9th 31:25; James Unsworth 39th 34:46 **PB**; Liam Craine 40th 34:53 **PB**; Bev Wright 160th (19th F & 1st FV50) 40:14; Andrea Smith 221st (35th F & 4th F45) 42:54. First of 536 was Adrian Holiday of Tipton Harriers in 30:43 and first lady was Rebecca Robinson of Kendal AC (30th) in 34:20.

Caldervale Country 10 Mile: Garstang March 29th

Steve Waterhouse 6th (2nd MV40) 59:52, c 59:51; Trevor Uttley 41st 1:11:12, c 1:11:09; Tanya Barlow 92nd (14th F) 1:20:09, c 1:20:04; Jeff Wright 132nd 1:27:21, c 1:27:08; Peter Gibson 145th 1:30:59, c 1:30:46. First of 187 was Gary Pennington of Preston Har in 55:12 and first lady was Amanda Crook of Southport Waterloo AC (5th) in 59:12.



226 Steve Waterhouse (6th) BWFAC; 199 Garry Pennington (1st) Preston; 69 Toby Loveridge Liverpool Pembroke & Sefton AC; (2nd); 33 Raymond Edgar Lancaster & Morecambe AC (3rd); 63 Stuart Reed (4th) Eden Runners

Air Products 10K: Crewe March 31st

Bev Wright 60th (6th F & 1st FV50) 40:03. First of 321 was Ryan Holroyd of Staffordshire Moorlands 31:44 and first lady was Mandy Vernon of Trentham (21st) in 36:40 **PB**.

Trafford U15 Medal Meeting: Stretford April 1st

U11B Timothy Woodman **150m** 10th 26.41; **600m** 6th 2:09.90; **LJ** 10th 3.67m. Jamie Jackson **600m** 3rd 1:57.90.

James Smith **600m** 5th 1:59.97; **LJ** 2nd 3.87m **PB**

U13G Isabelle Woodman **150m** 16th 24.95 **PB**; **800m** 10th 2:57.67; **SP** 5th 3.99m **PB**.

U15G Ash Colvin **100m** 4th 13.68; **200m** 1st 27.44.