



# WYLDEFYRE

May 2013 No 36



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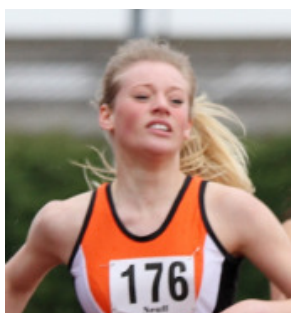
**BWFAC Events** **Mid Lancs Interclub & Club**  
**Champ Fell Races** **English FR Champ** **Interclub**  
**Races Club Champ** **Lancs, Northern or**  
**National Events** **U20/U17 Development**  
**League** **NA League** **Sportshall League**

Jamie is nominated for his improved running performances during the Mid Lancs cross country season cumulating in a very good run at Beacon Country Park.

**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***

## March Athletes of the Month

This month's recipients are **Ash Colvin** and **Jamie Jackson**.



Ash had an excellent

competition at the **Scottish Age National**



**Championships**, where she reached two Semi Finals.

## FORTHCOMING EVENTS DIARY

01/05/13	Astley Park Trail Series Chorley
02/05/13	* <b>LSARRC Inter-Club</b> Pleasure Island St Annes
04/05/13	Pendle Cloughs FR 14M/4102' Downham
05/05/13	<b>NA T&amp;F League Match 1</b> 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	* <b>Inter Club Fell Race Wray Caton Moor 6.8M/1099'</b> Wray
06/05/13	* <b>Avenham Park 5K</b> Preston
08/05/13	<b>Club Handicap</b> New Road, Haigh Hall 4M & Kendal 10K
11/05/13	<b>Fairfield Horseshoe FR</b> 9M/2999'
11/05/13	Belmont Winter Hill FR 4.5M/1001' (Senior & Junior)
12/05/13	* <b>Fishwick 5 TR</b> (Trail Champ) Preston & Black Sticks 10K
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	<b>Club Evening Run from Owd Nell's Bilborrow</b> sees below
15/05/13	Blackstone Edge 3.5M/1201' Knowl Farm Littleborough
17/05/13	Dalton Charter 10K
18/05/12	<b>Mid Lancs League</b>
19/05/13	St Annes Triathlon & Settle Hills Intercounties Champs
19/05/13	Brathay Windermere Marathon & Blackpool Beach 10K
19/05/13	Pilling 10K & 4K Fun Runs
21/05/13	Trafford Sprints/Jumps
22/05/13	Harrock Hill 1FR 5.2M/902' Farmers Arms Bispham Parbold
25 & 26/05/13	<b>Lancs T&amp;F Championship</b> 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	* <b>Levens 10K</b> Kendall & Harrock Hill 2
01/06/13	Catforth Canter 5K (1/3) & Lakeland TR 10K/17K Staveley
02/06/13	Jane Tomlinson Pennine 10K Witton Park
02/06/13	Run the Lanes 10M Lea & Fleetwood Rotary Club 10K/5K
02/06/13	Longridge Lions 7M & Amberswood 10K/2.5K TR Wigan
02/06/13	<b>U20/U17 Development League</b> Longford Stadium Trafford
04/06/13	Trafford Distance/Throws
05/06/13	* <b>Astley Park Trail Race</b> Chorley
06/06/13	Cuerden Valley Badger 10K TR (1/3) Bamber Bridge
08/06/13	<b>Lancashire Schools T&amp;F Champs</b> TBA & Bendrigg 10K Kendall
08/06/13	Nat Trust Grasmere Gallop 10K/17K TR
09/06/13	<b>NA T&amp;F League Match 2</b> Bury
09/06/13	Morecambe 10K (1/3) & Bolton Aquathlon
09/06/13	Karrimor Gt Trail Challenge & Alternative Manchester 10K

11/06/13 Trafford  
Sprints/Jumps  
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' & Chorley Great Hill Race

### **Wednesday Evening Run May 15<sup>th</sup>**

**Anthony Blight** and **Kevin Woods** are organizing an evening run from **Owd Nell's** in Bilborrow on Wednesday May 15<sup>th</sup>. The run (to Brock Bottom and back) will be approximately eight miles and will cater for all abilities. Everyone will meet at 6:30pm for a 6:45 start. Afterwards a visit to the pub is on the cards. Please let Anthony know if you intend to come and mention if you would like some food after the run. That will give him an idea of numbers and he will find out what can be ordered. Anthony can be contacted by email – [Anthony.blight@barclays.com](mailto:Anthony.blight@barclays.com)

### **BWFAC AGM Cricket Club April 29<sup>th</sup>**

**Nick Hume** (Secretary) gave a brief review of difficult year and **Andrea Smith** presented the accounts. The new Committee is: **Howard Henshaw** (President), **Alan Smart** (Chairman), **Bob Massey** (Vice Chairman) **Nick Hume** (Secretary & Membership), **Kit Holmes** (Club Welfare) **Stan Taylor** (T&F Secretary), **Samantha Rogers** (Sportshall Secretary), **Lisa Gowland** (Kit Secretary), **Derek Newton** (Schools Liaison), **David Wood** (Publicity Officer), **Dave Turner** (Director of Coaching), **Dave Needham** (Equipment Secretary), **Karen Dunford** (Athletes Rep Female), **Charlie Garrett** (Coaching SC Rep), **Lisa Gowland** (Parents SC Rep), **Rita Hope**, **Stasia Bligh**, **Barry Cooke**, \***Bev Wright**, \***Tanya Barlow**. \*New Members.

After a discussion about why the Club decided not to enter the inaugural U13/U15 category of the **Youth Development**

**League**, it was decided to promote the recruitment of Team Managers in order to give consideration to entering a team next season.

15/06/13 White Bear Way 10M/21M Adlington  
15 & 16/06/13 EA U20/U23 Champs Bedford  
16/06/13 \*Freckleton HM inc Civil Service/ NW Civil Service HM Champ  
16/06/13 Cancer Care Cross Bay Challenge 13.1M  
19/06/13 Wirral AC 2013 Track Endurance & Hawkshead 10K  
22 & 23/06/13 NA Sen/U20 T&F Champs Sportscity & Eur Team Champs  
23/06/13 \*Sotos 10K/2K Fleetwood & Milltown 10K Oldham  
25/06/13 Trafford Distance/Throws & Welcome Tavern 5K (3/4)  
26/06/13 \*Inter Club Fell Race Harrock Hill 3  
29/06/13 ESAA English Schools' T&F Cup & Lancaster 5K (2/5)  
30/06/13 U20/U17 Development League Robin Park Wigan  
30/06/13 British Athletics Birmingham Grand Prix, Alexander Stadium  
30/06/13 \*Fairclough 5M Cleveleys & Lancaster Marathon  
05 & 06/07/13 English Schools Champs Birmingham  
07/07/13 \*St Annes Carnival 5K & 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 \*Beetham Sports 5.8M/928' & Blisco Dash FR 5M/2133'  
28/07/13 U20/U17 Development League Bebington  
03/08/13 NA T&F League Match 4 TBA  
04/08/13 \*Wagon & Horses 10M Lancaster  
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  
29/09/13 \*Run Preston 10K  
13/10/13 \*Lytham Hall 5K  
20/10/13 \*Green Drive 5M

# REPORTS & RESULTS

## ESAA English Schools XC Championships:

Catton Park Walton-on-Trent March 16<sup>th</sup>

Omitted from last month's issue:

**Junior Boys 4200m.** Samuel Matthews 160<sup>th</sup> 16:40.

First of 323 was **Ben Dijkstra** of Leicester Schools in 14:15) (Lancashire team was 12<sup>th</sup> with 645 points).

## National Schools Biathlon Championships:

Crystal Palace National Sports Centre March 24<sup>th</sup>

Twin brothers **Sam** and **Tom Matthews** of **BWFAC**, along with **Callum Preece**, all aged 14 represented **Arnold KEQM Schools** in the Year 9 **National Schools Biathlon Champion-**

**ship**, where in all categories there were a total of 750 competing. The Year 9 competition consisted of a 100 metre swim and one kilometre run. After the swim section of competition the team were in the Silver Medal position. The twins have been competing in cross country during the winter and this experience probably helped them when it came to the running section. The temperature on the track with the icy wind was well below freezing. Being used to such conditions became an advantage and all three boys had personal bests, enabling the team to be Champions in their age category and collect the Team Gold with a total 7088 points *pictured below on the Podium*. Sam also collected the individual **Bronze** after coming 14<sup>th</sup> in the swim with 1:03.79 and second in the run with 2:56.67. Tom was 17<sup>th</sup> in the swim in a time of 1:05.12 and seventh in the run in 3:02.08, scoring 2460 points and ninth overall.



## Club Handicap: New Road April 3<sup>rd</sup>

CH

**Andrea Smith 25:15; Tanya Barlow 28:03; Dave Randall 28:21; Anthony Blight 27:45; Tony Airnes 28:33; Martin Bates 28:34; Colin Dyczka 35:19; Lee Barlow 22:38; Kevin Woods 27:41; Tony Croft 30:33; Terry Bradshaw 27:21; Peter Gibson 28:31; Chris Bligh 29:41 Gary Johnston DNF.**

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

The first Wednesday evening attracted 14 Handicappers on a cool but dry evening.

## 1<sup>st</sup> Inter Club (4M): Stanley Park April 10<sup>th</sup>

IC

**Individual BWFAC Results:** (Positions shown excludes guest runners; **Stuart Robinson** 1<sup>st</sup> 19:57; **Luke Minns** 5<sup>th</sup> 21:00; **James Mulvany** 8<sup>th</sup> 21:26; **Steve Waterhouse** 9<sup>th</sup> (3<sup>rd</sup> V) 21:33; **Malc Eadie** 10<sup>th</sup> (4<sup>th</sup> V40) 22:15; **Phil Leybourne** 15<sup>th</sup> (6<sup>th</sup> V) 22:15; **John Wright** 19<sup>th</sup> (8<sup>th</sup> V) 22:36; **Liam Craine** 21<sup>st</sup> 22:45; **David Williamson** 23<sup>rd</sup> (11<sup>th</sup> V) 22:55; **Andrew Woodward** 31<sup>st</sup> 23:36; **Chris Lloyd** 37<sup>th</sup> 24:03; **Dave Everson** 40<sup>th</sup> (19<sup>th</sup> V) 24:05; **James Unsworth** 58<sup>th</sup> 25:21; ; **Lauren Gowland** 60<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> JF) 25:27; **Bev Wright** 70<sup>th</sup> (4<sup>th</sup> F, 42<sup>nd</sup> V & 17<sup>th</sup> V50) 25:55; **Trevor Uttley** 77<sup>th</sup> (48<sup>th</sup> V) 26:08; **Andrea Smith** 83<sup>rd</sup> (8<sup>th</sup> F & 53<sup>rd</sup> V) 26:33; **Stasia Bligh** 84<sup>th</sup> (8<sup>th</sup> F & 54<sup>th</sup> V) 26:45; **Peter Singleton** 95<sup>th</sup> (61<sup>st</sup> V & 21<sup>st</sup> V50) 27:18; **Reg Smallbone** 103<sup>rd</sup> (67<sup>th</sup> V, 24<sup>th</sup> V50 & 4<sup>th</sup> V60) 27:40; **Dave Skinner** 108<sup>th</sup> (71<sup>st</sup> V & 27<sup>th</sup> V50) 27:56; **Laura Lawler** 118<sup>th</sup> (19<sup>th</sup> F & 80<sup>th</sup> V) 28:48; **Tanya Barlow** 121<sup>st</sup> (20<sup>th</sup> F & 83<sup>rd</sup> V) 28:55; **Dave Randall** 123<sup>rd</sup> (85<sup>th</sup> V & 33<sup>rd</sup> V50); **Coner Millward** 127<sup>th</sup> (JM) 29:11; **Terry Bradshaw** 132<sup>nd</sup> (92<sup>nd</sup> V & 37<sup>th</sup> V50) 29:36; **Alison Titterington** 139<sup>th</sup> (26<sup>th</sup> F, 99<sup>th</sup> V & 42<sup>nd</sup> V50) 30:03; **Steve Minto** 140<sup>th</sup> (100<sup>th</sup> V, 43<sup>rd</sup> V50 & 9<sup>th</sup> V60) 30:10; **Clare Dunford** 148<sup>th</sup> (29<sup>th</sup> F) 30:54; **Alan Wilkinson** 154<sup>th</sup> (110<sup>th</sup> V, 49<sup>th</sup> V50 & 12<sup>th</sup> V60) 31:19; **Tony Croft** 162<sup>nd</sup> (115<sup>th</sup> V, 51<sup>st</sup> V50 & 13<sup>th</sup> V60) 31:47; **John Bradley** 184<sup>th</sup> (133<sup>rd</sup> V, 59<sup>th</sup> V50 & 15<sup>th</sup> V60) 33:31; **Bernard Singleton** 192<sup>nd</sup> (140<sup>th</sup> V, 62<sup>nd</sup> V50 & 16<sup>th</sup> V60) 34:13; **Norman Greenwood** 206<sup>th</sup> (152<sup>nd</sup> V, 70<sup>th</sup> V50 & 22<sup>nd</sup> V60); **Jackie Williams** 212<sup>th</sup> (63<sup>rd</sup> F & 158<sup>th</sup> V) 38:44.

## Team Results:

**Open:** **BWFAC** 1<sup>st</sup> 142 pts; Preston Harriers 2<sup>nd</sup> 148 pts; Wesham RR 3<sup>rd</sup> 371 pts; LSARRC 4<sup>th</sup> 386 pts; Red Rose RR 5<sup>th</sup> 539 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 624 pts.

**Ladies:** Wesham RR 1<sup>st</sup> 34 pts; **BWFAC** 2<sup>nd</sup> 40 pts; Preston Harriers 3<sup>rd</sup> 92 pts; Red Rose RR 4<sup>th</sup> 121 pts; LSARRC RR 5<sup>th</sup> 122 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 185.

**Vets:** Preston Harriers 1<sup>st</sup> 46 pts; **BWFAC** 2<sup>nd</sup> 51 pts; Wesham RR 3<sup>rd</sup> 134 pts; Red Rose RR 4<sup>th</sup> 138 pts; LSARRC 5<sup>th</sup> 221 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 371 pts.

**Vet 50s:** Preston Harriers 1<sup>st</sup> 20 pts; Red Rose RR 2<sup>nd</sup> 41 pts; LSARRC 3<sup>rd</sup> 47 pts; Wesham RR 4<sup>th</sup> 51 pts; **BWFAC** 5<sup>th</sup> 89 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 177 pts.

**Vet 60s:** Wesham RR 1<sup>st</sup> 18 pts; **BWFAC** 2<sup>nd</sup> 25 pts; LSARRC 3<sup>rd</sup> 28 pts; Chorley Athletic & Tri Club 4<sup>th</sup> 36 pts; Preston Harriers 5<sup>th</sup> 47 pts; Red Rose RR 6<sup>th</sup> 61 pts.

The weather in the first half of April is often problematic, but the elements were kind and although still cool, it was dry, calm and pleasant for running. This attracted a big entry, with 235 completing the four mile course. A total of 33 **BWFAC** members ran. It was one of the best starts by

the club to an Inter Club season for several years. After the race everyone was invited back to Blackpool Cricket Club for refreshments and presentation of 2012 season's awards.

## **Lancashire Schools & County Combined**

**Events Champs:** Hyndburn Wilson Playing Fields

### **Day 1 (April 20<sup>th</sup>) Year 3 & 4 Quadrathlon:**

**Lucy Tickle** (Y4) **50m** 8.7 (2<sup>nd</sup>) 43 pts; **Mini Vortex** 12.34m (1<sup>st</sup>) 29 pts **Standing LJ** 1.55m (2<sup>nd</sup>) 35 pts; **400m** 1:34.4 (4<sup>th</sup>) 36 pts **Total 143 Points 2<sup>nd</sup>**.

**Natalia Luczak** **50m** 8.9 (4<sup>th</sup>) 40 pts; **Mini Vortex** 11.28m (2<sup>nd</sup>) 25 pts; **Standing LJ** 1.54m (3<sup>rd</sup>) 34 pts; **400m** 1:26.7 (1<sup>st</sup>) 44 pts; **Total 143 Points 3<sup>rd</sup>**.

First of 7 was **Abigail Earnshaw** of Hyndburn AC with 148 points.

### **Year 5 & 6 Boys Quadrathlon:**

**Jack Tickle** (Y6) **75m** 13.1 (25 pts); **Vortex** 26.22m 45 pts; **Standing LJ** 1.51m 31 pts; **600m** 2:25.6 37 pts; **Total 138 Points 8<sup>th</sup>**.

First of 10 was **Luke Parker** of Hyndburn AC with 210 points.

### **Year 5 & 6 Girls Quadrathlon:**

**Maisie Rogers** (Y 5) **75m** 13.3 23pts; **Vortex** 21.51m 55 pts; **Standing LJ** 1.45m 27 pts; **600m** 2:11.9; **Total Points 154 Points 1<sup>st</sup>**.

**Minnie Rogers** (Y5) **75m** 13.4 22 pts; **Vortex** 19.73m 51 pts; **Standing LJ** 1.37m 23 pts; **600m** 2:30.0 33 pts; **Total Points 129 Points 4<sup>th</sup>**.

### **Under 13 Boys Pentathlon:**

**William Holmes** **80mH** 14.8m **PB** (1<sup>st</sup>) 413 pts; **SP** 6.11m

**PB** (2<sup>nd</sup>) 255 pts; **LJ** 4.08m (2<sup>nd</sup>) 219 pts; **HJ** 1.23m (=1<sup>st</sup>) 1.23m **PB**; **800m** 2:41.1 **PB** (1<sup>st</sup>) 202 pts **Total 1295 Points 1<sup>st</sup> PB NCR**.

**Dylan Webbe** **80mH** 15.4 **PB** (2<sup>nd</sup>) 364 pts; **SP** 6.52m **PB** (1<sup>st</sup>) 279 pts; **LJ** 4.20m **PB** (1<sup>st</sup>) 239 pts; **HJ** 1.23m **PB** (=1<sup>st</sup>) 206 pts; **800m** 2:55.5 **PB** (2<sup>nd</sup>) 86 pts **Total 1174 Points 2<sup>nd</sup> PB**.

### **Junior Boys (Under 15 Boys) Pentathlon:**

**Connor Finlayson** **80mH** 14.3 **PB** (3<sup>rd</sup>) 457 pts; **SP** 7.97m (2<sup>nd</sup>) 365 pts; **LJ** 4.16m **PB** (4<sup>th</sup>) 232 pts; **HJ** 1.41m (=1<sup>st</sup>) 324 pts; **800m** 2:33.0 **PB** (4<sup>th</sup>) 287 pts; **Total 1665 Points 4<sup>th</sup>**.

First of six was **Hasnain Ehsan** of Hyndburn AC with 2008 points.

Connor is relatively new to track & field athletics and has been practising several of the disciplines over the last few months. With all other competitors in their second year as an Under 15 and Connor still in his first year in this age category, he performed well to finish in fourth place. His inexperience probably robbed him of a Podium place as he came in at too low a height in the High Jump, in which he

finished joint first. However this effort left him drained for the final event, the 800 metres where he would have hoped to have posted a quicker time.

### **Day 2 (April 21<sup>st</sup>) Year 3 & 4 Quadrathlon:**

**Lexi Edwards** (Y3) **50m** 8.7 **PB** (2<sup>nd</sup>) 43 pts; **Vortex** 21.59 (1<sup>st</sup>) 55 pts; **Standing LJ** 1.67m (1<sup>st</sup>) 43 pts; **400m** 1:24.0 **PB** (2<sup>nd</sup>) 46 pts; **Total 187 Points 1<sup>st</sup>**.

**Lily-Mae Gray** (Y4) **50m** 8.4 **PB** (1<sup>st</sup>) 46 pts; **Vortex** 8.19m (5<sup>th</sup>) 16 pts; **Standing LJ** 1.60m (2<sup>nd</sup>) 40 pts; **400m** 1:20.0 **PB** (1<sup>st</sup>) 49 pts; **Total 151 Points 3<sup>rd</sup>**.

### **Year 5 & 6 Quadrathlon:**

**Natasha Webster** (Y6) **75m** 12.2 (6<sup>th</sup>) 39 pts; **Vortex** 27.95m; **Standing LJ** 1.63m (7<sup>th</sup>) **600m** 2:10.1 **PB** (2<sup>nd</sup>) 50 Points; **Total 197 Points 1<sup>st</sup>**.

### **Year 5 & 6 Quadrathlon:**

**James Smith** (Y5) **75m** 11.7 (2<sup>nd</sup>) 97 pts; **Vortex** 26.50m (1<sup>st</sup>) 45 pts; **Standing LJ** 1.86m (3<sup>rd</sup>) 52 pts; **600m** 1:57.7 **PB** (1<sup>st</sup>) 63 pts **Total 211 Points 1<sup>st</sup>**.

In the **Year 5 & 6 Quadrathlon** James had a good throw with the Vortex of 26.50m, but was still in second place before the final event. However a personal best run of 1:57.7 in the **600m** ensured 211 points and a win by just one point from **Jack Shingler** of Horwich RMI.

### **Junior Girls (Under 15 Girls) Pentathlon:**

**Annie Bradshaw** **75mH** 14.1 **PB** (6<sup>th</sup>) 471 pts; **SP** 6.78m **PB** (2<sup>nd</sup>) 321 pts; **LJ** 4.11m **PB** (4<sup>th</sup>) 333 pts; **HJ** 1.44m (=1<sup>st</sup>) 555 pts; **800m** 2:29.1 (1<sup>st</sup>) 704 pts **Total 2384 Points 1<sup>st</sup> PB**.

**Annie Bradshaw** was fourth in this event in last year Championship. This year Annie started with a solid performance in the Hurdles, the second longest throw in the Shot Putt of 6.78m (a PB by nearly a metre), the High Jump in which she was equal first just 1cm below her best and she had another PB in the Long Jump. Before the final event, the 800m, Annie was in fourth place, but only 59 points behind the first place. A strong run in the **800m** (*pictured towards the end of the first lap*) in driving rain proved to be decisive, with Annie finishing in 2:29.1 as the second girl was turning into the finishing straight, more than 90 metres behind and over 20 seconds in arrears. Annie scored 2384 points to win the Gold Medal and was nearly 200 points ahead of the next girl.



## National Modern Triathlon Championships:

Tudor Grange LC Solihull April 20<sup>th</sup> & 21<sup>st</sup>

### Youth B Boys

William Eccleston *Shoot* 1036 pts (1<sup>st</sup>); *Swim* 2:10.47  
1236 pts (5<sup>th</sup>); *Comb Run/Shoot* 10:06.48 2096 pts (3<sup>rd</sup>);

**Total 4368 Points 1<sup>st</sup>.**

### Youth D Girls

Isabelle Woodman *Shoot* 844 pts (11<sup>th</sup>); *Swim* 42.54  
736 pts (19<sup>th</sup>); *Run + Shoot* 2:45.59 1316 +10 pts (7<sup>th</sup>)

**Total 3038 Points 10<sup>th</sup>.**

### Youth E Boys

Tim Woodman 8<sup>th</sup> *Shoot* 388 pts (8<sup>th</sup>); *Swim* 46.32 (9<sup>th</sup>);

*Run + Shoot* 2:45.06 1320 +10 pts; **Total 2502 Points 8<sup>th</sup>.**

## Virgin London Marathon: April 21<sup>st</sup>

Steve Waterhouse 582<sup>nd</sup> (111<sup>th</sup> MV40) 2:50:41 **PB** (Half 1:23:24); David Williamson 992<sup>nd</sup> (208<sup>th</sup> MV40) 2:56:55 **PB** (Half 1:27:14); Liam Craine 1336 3:00:08 (1:24:25); John Oliver 4247<sup>th</sup> (805<sup>th</sup> MV40) 3:27:23 (Half 1:32:07); David Everson 4268<sup>th</sup> (810<sup>th</sup> MV40) 3:27:29 (1:33:20); Dave Randall 21155<sup>th</sup> (1205<sup>th</sup> MV50) 4:44:54 (Half 2:04:31); John Bradley 21388<sup>th</sup> (46<sup>th</sup> MV70) 4:45:54 (Half 2:13:35). First of was Tsegay Kebede of Ethiopia in 2:06:04 see *Athletic Profile*.

Eight members made the journey south for the iconic London Marathon.

**Steve Waterhouse** was the first **BWFAC** runner home in an excellent time of 2:50:41 in 582<sup>nd</sup> place. This was big PB as he last ran the London in 2011 when he posted 2:59:34. **David Williamson** ran the London Marathon last year when he recorded an excellent 3:05:02 and this year he smashed



through the three hour barrier with 2:56:55 in 992<sup>nd</sup> place. **Liam Craine** pictured has been training hard for his first marathon and it all paid off with a brilliant time of 3:00:08, frustratingly just missing breaking three hours, after suffering cramp in final mile. Although immediately after crossing the line Liam said never again, he will be back next year

to break that three hour barrier! (*Liam is pictured celebrating with a pint after finishing; clearly cramp had not affected his drinking arm!*)

## Virgin Money Giving Mini London Marathon (3M):

Molly Betmead (*representing the North West*) 33<sup>rd</sup> 18:09 **PB**. First of 70 was Bobby Clay (Invicta East Kent) representing the South East in 16.23.

## Mid-Lancs T&F League: Stanley Park April 27<sup>th</sup> ML

**U13B: 100m** 1<sup>st</sup> Dylan Webbe 13.7 **PB**; 3<sup>rd</sup> William Holmes 14.0; 18<sup>th</sup>= Sam Wise 15.00. **200m** 1<sup>st</sup> Dylan Webbe 28.5 **PB**; 3<sup>rd</sup> Will Holmes 29.0 **PB**; 4<sup>th</sup>= Christian Linton 28.5 **PB**. **800m** 2<sup>nd</sup> Christian Linton 2:24.0 **PB**; 3<sup>rd</sup> Jake Brown 2:30.4 **PB**. **1500m** 1<sup>st</sup> George Robinson 5:00.4 **PB**. **LJ** 1<sup>st</sup> Dylan Webbe 4.06m; 22<sup>nd</sup> Sam Wise 3.03m. **SP** 3<sup>rd</sup> Will Holmes 6.22m **PB**. **JT** 3<sup>rd</sup> Christian Linton 24.55m **PB**; 10<sup>th</sup> Sam Wise 11.37m **PB**.

**U13G: 100m** 3<sup>rd</sup> Jessica Aziz 13.4 **PB**; 6<sup>th</sup> Kirsty Rushton 14.3 **PB**; 21<sup>st</sup> Maya Wallace 15.4; 22<sup>nd</sup> Erin Webbe 15.6. **200m** 2<sup>nd</sup> Jessica Aziz 28.2 **PB**; 4<sup>th</sup> Kirsty Rushton 29.9 **PB**; 12<sup>th</sup>= Isabelle Woodman 31.6 **PB**; 18<sup>th</sup> Erin Webbe 33.2; 19<sup>th</sup>= Maya Wallace 33.3. **800m** 4<sup>th</sup> Isabelle Woodman 2:45.5 **PB**; 15<sup>th</sup> Natasha Webster 3:02.1 **PB**. **1500m** 1<sup>st</sup> Danielle Whipp 5:55.1 **PB**. **LJ** 6<sup>th</sup> Kirsty Rushton 3.74m **PB**; 10<sup>th</sup> Jessica Aziz 3.58m; 25<sup>th</sup> Erin Webbe 2.64m; 31<sup>st</sup> Maya Wallace 2.17m. **HJ** 3<sup>rd</sup> India Rogers 1.10m; 6<sup>th</sup> Isabelle Woodman 1.00m. **SP** 4<sup>th</sup> India Rogers 5.15m **PB**; 8<sup>th</sup> Natasha Webster 4.38m **PB**. **JT** 4<sup>th</sup> Natasha Webster 10.69m **PB**; 6<sup>th</sup> India Rogers 9.29m **PB**.

**U15B: 100m** 4<sup>th</sup> Thomas Allen 12.4 **PB**; 5<sup>th</sup> Nick Aziz 12.5; 7<sup>th</sup>= Harry Mercer 12.6 **PB**. **200m** 5<sup>th</sup> Thomas Allen 25.1 **PB**; 6<sup>th</sup> Nick Aziz 25.5 **PB**; 12<sup>th</sup> Sam Matthews 26.7 **PB**; 13<sup>th</sup> Thomas Matthews 27.2 **PB**; 16<sup>th</sup> Alexander Hamilton 28.1 **PB**. **800m** 5<sup>th</sup> Sam Matthews 2:13.6 **PB**; 8<sup>th</sup> Connor Finlayson 2:18.1 **PB**; 9<sup>th</sup> Thomas Matthews 2:18.3 **PB**; 14<sup>th</sup> Alexander Hamilton 2:23.7 **PB**. **LJ** 2<sup>nd</sup> Harry Mercer 4.92m **PB**; 3<sup>rd</sup> Sam Matthews 4.73m; 5<sup>th</sup> Thomas Matthews 4.64m **PB**. **HJ** 1<sup>st</sup> Nick Aziz 1.60m **PB**; 5<sup>th</sup> Connor Finlayson 1.35m. **SP** 6<sup>th</sup> Connor Finlayson 7.32m. **JT** 1<sup>st</sup> Harry Mercer 31.18m; 6<sup>th</sup> Louis Walker 27.42m.

**U15G: 100m** 4<sup>th</sup> Ash Colvin 13.1 **PB**; 15<sup>th</sup> Libby Bonis 13.9 **PB**; 15<sup>th</sup>= Lizzie Bradley 13.9; 19<sup>th</sup>= Grace Chadwick 14.1. **200m** 2<sup>nd</sup> Ash Colvin 27.1; 10<sup>th</sup> Libby Bonis 28.4 **PB**; 22<sup>nd</sup> Lizzie Bradley 29.8; 14<sup>th</sup>= Tilly Lawson 28.8 **PB**. **800m** 2<sup>nd</sup> Annie Bradshaw 2:24.1 **PB**; 6<sup>th</sup> Jessica Rogers 5:25.3 **PB**; 15<sup>th</sup> Lauren Brook 2:49.5. **LJ** 7<sup>th</sup> Ash Colvin 4.10m; 9<sup>th</sup> Jessica Rogers 3.99m. **HJ** 1<sup>st</sup> Annie Bradshaw 1.40m. **JT** 6<sup>th</sup> Jessica Rogers 12.84m; 10<sup>th</sup> Lauren Quarmby 10.76m **PB**.

**U17M: 100m** 2<sup>nd</sup> James Carty 11.8 **PB**; 6<sup>th</sup> Jamie Bamber 12.5 **PB**; 7<sup>th</sup> Jordan Birth 12.9. **200m** 3<sup>rd</sup> James Carty 23.8 **PB**; 5<sup>th</sup> Declan Darnbrough 27.7 **PB**. **800m** 7<sup>th</sup> Declan Darnbrough 2:22.3 **PB**. **JT** 1<sup>st</sup> Robbie Morris 40.87m **PB**.

**U17W: 100m** 1<sup>st</sup> Jess O'Neill 12.9 **PB**; 2<sup>nd</sup> Tara Johnson 13.1 **PB**; 5<sup>th</sup> Taylor Smith 13.8. **200m** 1<sup>st</sup> Kate Lawler 25.8 **PB**; 2<sup>nd</sup> Jess O'Neill 26.5; 6<sup>th</sup> Taylor Smith 28.1 **PB**. **300m** 1<sup>st</sup> Kate Lawler 42.1. **800m** 5<sup>th</sup> Katrina Kelly 2:33.6 **PB**. **JT** 2<sup>nd</sup> Jordan Dixon 31.84m **PB**. **SP** 2<sup>nd</sup> 9.61m; 3<sup>rd</sup> Rebecca

Todd 8.86m; 4<sup>th</sup> Taegan O'Hara 7.30m. **HT** 5<sup>th</sup> Alex Quarmby 16.70m **PB**.

**SM: 100m** 5<sup>th</sup> Chris Debar 11.5 **PB**; 8<sup>th</sup> Simon Wells 11.6; 9<sup>th</sup> Ryan Scott 11.6 **PB**. **200m** 1<sup>st</sup> Brent Starkie 22.4. **400m** 2<sup>nd</sup> Brent Starkie 49.3. **800m** 8<sup>th</sup> Luke Williams 2:11.5 **PB**. **SP** 5<sup>th</sup> Syd Bashforth 8.49m; 6<sup>th</sup> Dave Myerscough 8.33m. **JT** 2<sup>nd</sup> Chris Stevens 32.03m. **HT** 1<sup>st</sup> David Shaw 42.85m **PB**; 3<sup>rd</sup> Syd Bashforth 29.83m.

**SW: 100m** 1<sup>st</sup> Katy Wyper 12.1m **PB**; 5<sup>th</sup> Taegan O'Hara 13.4 **PB**; 6<sup>th</sup> Alicia Johnston 14.0. **200m** 1<sup>st</sup> Katy Wyper 25.3 **PB**; 2<sup>nd</sup> Alicia Johnston 29.0. **400m** 2<sup>nd</sup> Lisa Daley 67.3. **TJ** 2<sup>nd</sup> Taegan O'Hara 9.36m. **DT** 2<sup>nd</sup> Rachel Bashforth 21.78m; 6<sup>th</sup> Claire Irons 14.29m; 7<sup>th</sup> Susan Ball 14.05m. **HT** 1<sup>st</sup> Rachel Bashforth 35.43m; 2<sup>nd</sup> Claire Irons 22.73m.

Members of **BWFAC** send good wishes to **Dave Myerscough** and his family for his speedy recovery after Dave was taken ill at this meeting.

### **Blue Light 5 Mile:** Bispham April 28<sup>th</sup> **CC**

Trevor Uttley 10<sup>th</sup> 34:18; Bev Wright 13<sup>th</sup> (1<sup>st</sup> F & 1<sup>st</sup> FV50) 34:32; Terry Bradshaw 37<sup>th</sup> (2<sup>nd</sup> MV45) 38:17; Alison Titterington (9<sup>th</sup> F & 1<sup>st</sup> FV55) 46<sup>th</sup> 40:31; Bob Massey 55<sup>th</sup> (3<sup>rd</sup> MV65) 42:42; John Bradley 59<sup>th</sup> (2<sup>nd</sup> FV70) 43:28; John Winters 61<sup>st</sup> (1<sup>st</sup> FV75) 44:48; Bernard Singleton 64<sup>th</sup> (2<sup>nd</sup> FV75) 47:18. First of was Thomas Blaney of Blackburn Harriers in 30:26.

### **Youth Development League (U17/U20)**

#### **Round 1:** Queensway Stadium April 28<sup>th</sup>

**U20M 100m A** Alex Kiziltas 3<sup>rd</sup> 12.3; **200m A** Alex Kiziltas 2<sup>nd</sup> 23.8; **1500m A** Adam Weightman 4<sup>th</sup> 4:32.1; **SP A** Aaron Thomas 4<sup>th</sup> 8.28m **PB**; **JT A** Aaron Thomas 2<sup>nd</sup> 22.78m; **HJ A** Matt Walker 2<sup>nd</sup> 1.60m; **HJ B** Finn Walker 1<sup>st</sup> 1.60m **PB**; **PVA** Matt Walker 1<sup>st</sup> 4.00m.

**U17M 100m** Jamie Carty 2<sup>nd</sup> 12.4; **200m** Jamie Carty 3<sup>rd</sup> 24.4; **400m** Rory Anderson 4<sup>th</sup> 58.1 **PB**; **LJ** Dom Lavelle 2<sup>nd</sup> 1.65m **PB**; **HJ** Dom Lavelle 2<sup>nd</sup> 1.65m **PB**; **PV** Dom Lavelle 2<sup>nd</sup> 3.65m **PB**. **4x100m** (Anderson (U17M), Carty (U17M), Lavelle (U17M) & Kiziltas) 3<sup>rd</sup> 48.0.

**U20W 100m** Jess O'Neill (U17W) 6<sup>th</sup> 14.2; **200m** Kate Lawler (U17W) 5<sup>th</sup> 27.1; **200m B** Jordan Dixon (U17W) 2<sup>nd</sup> 27.3; **400m A** Kate Lawler (U17W) 1<sup>st</sup> 61.2 **PB**; **800m A** Lucy Whalley (U17W) 3<sup>rd</sup> 2:41.7; **DT A** Chloe Needham 1<sup>st</sup> 23.30m; **JT A** Chloe Needham 1<sup>st</sup> 31.65m **PB ncr**; **HT A** Chloe Needham 1<sup>st</sup> 38.16m; **LJ A** Taylor Smith (U17W) 4<sup>th</sup> 4.01m; **HJ A** Beth Everson 3<sup>rd</sup> 1.45m. **4x100m Relay** (Betmead, Swinnerton, Everson & Smith) 4<sup>th</sup> 55.00.

**U17W 100m** Taylor Smith 6<sup>th</sup> 14.5; **200m** Jess O'Neill 2<sup>nd</sup> 27.0; **300m** Jordan Dixon 4<sup>th</sup> 44.6; **800m** Beth Everson 5<sup>th</sup> 2:41.4; **1500m** Molly Betmead 1<sup>st</sup> 4:48.9; **300mH** Amber Swinnerton 3<sup>rd</sup> 50.3 **PB**; **JT** Jordan Dixon 1<sup>st</sup> 31.65m; **LJ** Amber Swinnerton 5<sup>th</sup> 4.35m; **TJ** Beth Ever-

son 3<sup>rd</sup> 9.97m **PB**. **4x100m Relay** (Whalley, Lawler, Dixon & O'Neill) 2<sup>nd</sup> 53.7.

**Team Results:** 1<sup>st</sup> North Wales 445; 2<sup>nd</sup> Trafford AC 405; 3<sup>rd</sup> Crewe & Nantwich AC; 4<sup>th</sup> Wirral AC 360; 5<sup>th</sup> Wigan & District Harriers AC; 6<sup>th</sup> BWFAC 239.

## **Other Results:**

**Oxford/Cambridge Universities v Cornell/Penn Universities:** Cornell, New York State, USA, April 6<sup>th</sup>

Katie Holder **SP** 4<sup>th</sup> 9.59m.

**Blackpool Half Marathon:** April 7<sup>th</sup>

Stuart Robinson (1<sup>st</sup> claim Salford Harriers) 1<sup>st</sup> 68:55; James Mulvany 2<sup>nd</sup> 71:23; John Winters 644<sup>th</sup> 2:06:17. First lady was Katherine Fitzpatrick unattached (24<sup>th</sup>) 84:30.

**Ernie Gallagher Memorial Medal Meeting:** Wavertree Liverpool April 13<sup>th</sup> (Morning)

**U11B** Timothy Woodman **600m** 3<sup>rd</sup> 2:07.5 **PB**.

**U11G** Minnie Rogers **75m** 22<sup>nd</sup> 13.9 **PB**. Maisie Rogers **600m** 10<sup>th</sup> 2:16.7; **HJ** 1<sup>st</sup> 1.00m **PB**.

**U12G** Isabelle Woodman **600m** 2<sup>nd</sup> 2:02.7; **HJ** 2<sup>nd</sup> 1:10m **PB**.

**U15G** 100m Ash Colvin 6<sup>th</sup> 14.0; **200m** 3<sup>rd</sup> 27.2; **75mH** 6<sup>th</sup> 13.3 **PB**.

**Tom O'Mahoney Memorial Open Track Meeting:** Wavertree Liverpool April 13<sup>th</sup> (PM)

**SW** Lucy Mansfield (JW) **100m** 3<sup>rd</sup> 12.4. Katy Wyper **200m** 1<sup>st</sup> 25.9.

**Cerebral Palsy Catforth Village 7 Mile Road Race:** April 14<sup>th</sup>

Tanya Barlow 47<sup>th</sup> (9<sup>th</sup> F) 55:44. First was Andrew Newton unattached in 42:07 and first lady was Katherine Fitzpatrick unattached in 45:10.

**Wigan Open T&F Meeting:** April 14<sup>th</sup>

**U11B** James Smith **75m** 2<sup>nd</sup> 12.6; **600m** 1<sup>st</sup> 2:04.7; **LJ** 2<sup>nd</sup> 3.35m.

**U11G** Lily-Mae Gray **75m** 4<sup>th</sup> 13.0; **600m** 3<sup>rd</sup> 2:20.1.

**U13B** Sam Wise **100m** 6<sup>th</sup> 16.4 **PB**; **LJ** 5<sup>th</sup> 3.25m; **HJ** 6<sup>th</sup> 1.10m.

**U15B** Louis Walker **JT** 1<sup>st</sup> 32.27m.

**U15G** Ash Colvin **100m** 2<sup>nd</sup> 14.2; **200m** 2<sup>nd</sup> 29.7.

**U17W** Amber Swinnerton **100m** 4<sup>th</sup> 14.2; **LJ** 5<sup>th</sup> 4.16m. Hannah Newell **PV** 2<sup>nd</sup> 2.80m.

**U17M** Dom Lavelle **PV** 2<sup>nd</sup> 2.20m; **LJ** 3<sup>rd</sup> 5.05m.

**SM** Alex Kizitos **100m** 4<sup>th</sup> 12.7; **200m** 3<sup>rd</sup> 25.2. Connor McCormick **100m** 8<sup>th</sup> 13.0; **200m** 6<sup>th</sup> 26.5. Matt Walker **PV** 1<sup>st</sup> 3.90m. Finn Walker **PV** 2<sup>nd</sup> 3.70m. David Shaw **HT** 2<sup>nd</sup> 40.11m.

**SM** Lisa Daley (T13) **400m** 4<sup>th</sup> 69.0.

**Liverpool Jumps & Throws:** Wavertree April 21<sup>st</sup>

David Shaw (SM) **HT** 6<sup>th</sup> 39.93m. Chloe Needham (U20W) **HT** 1<sup>st</sup> 43.59m **PB CR**. Dom Lavelle (U17M) **PV** NH. Finn Walker (U20M) **PV** 1<sup>st</sup> 3.90m.

### **Garstang Gallop 10K: April 21<sup>st</sup>**

**Bev Wright 23<sup>rd</sup> (4<sup>th</sup> F & 1<sup>st</sup> FV50) 42:41.** First of 138 was **John Lloyd** of Todmorden in 36:07 and first lady was **Rebecca Sheffield** unattached (13<sup>th</sup>) in 39:58.

### **Bolton 10K: April 21<sup>st</sup>**

**Malc Eadie 3<sup>rd</sup> (1<sup>st</sup> MV40) 35:19 c 35:19; Andrea Smith 109<sup>th</sup> (11<sup>th</sup> F & 2<sup>nd</sup> FV45) 44:22; Terry Bradshaw 186<sup>th</sup> 47:29.** First of 589 was **Chris Busaileh** of Herne Hill Harriers in 33:18 and first lady was **Angela Allen** of Leigh Harriers & AC (50<sup>th</sup>) in 40:34.

### **Fleetwood 10 Mile Road Race: April 28<sup>th</sup>**

**Sarah Wetherill 28<sup>th</sup> (2<sup>nd</sup> FV35) 1:11:41.** First of 158 **David Turnbull** of Holmfirth Harriers in 54:54 and first lady was **Rachel Davies** unattached (14<sup>th</sup>) in 1:09:32.

## **Athletic Profile – Tsegaye Kebede**

**Tsegaye Kebede** of Ethiopia won the **2013 London Marathon** with a fast finish in 2:06:04 after overtaking **Emmanuel Mutai** of Kenya. He was born on January 15<sup>th</sup> 1987, the fifth of 13 children and collected firewood and herded livestock to supplement his father's earnings, paying for his own education. He started running when he was aged eight and after competing in a Half Marathon in Addis Ababa in 2006 an athletic coach **Getaneh Tessema** offered Tsegaye the chance to train with his group. He made his international debut in the **2007 Amsterdam Marathon** (*incidentally my last marathon*). Kebede finished in 2:08:16 (*was over 1½ hours behind Tsegaye*). In 2008 he won the **Paris Marathon** in a PB of 2:06:40 and went on to win Marathon Bronze Medal (2.10:00) at the **Beijing Olympics**, after overtaking Merga in the last 400 metres. In the same year he won the **Great North Run** and the **Fukuoka Marathon** in Japan in 2:06:10. The following year he was second in the London Marathon behind **Samuel Wanjiru** in a new PB of 2:05:20. At the 2009 World Championship repeated this feat at the Olympics, again overtaking **Deriba Merga** to win the Bronze Medal. In the **2010 London Marathon** he won in a time of 2:05:19. Despite support from **Haile Gebrselassie**, Kebede was not chosen to represent Ethiopia at the **2012 London Olympics**; however he won the **Chicago Marathon** in a PB of 2:04:38.