



# WYLDEFYRE

June 2013 No 37



Contributions & Comments to [davidwood61@hotmail.co.uk](mailto: davidwood61@hotmail.co.uk)

**BWFAC Events** **Mid Lancs Interclub & Club**  
**Champ Fell Races** **English FR Champ Inter-**  
**club 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***

## Your Club Needs You!

If you look at the 'Committee' section of the Website you will see who is on the Committee and a list of Team Managers. There are many vacancies especially amongst the Junior Team Managers. Regrettably this year it was decided that BWFAC did not have sufficient personnel in both Management and Track & Field Officials to participate in both sections of the Youth Development League. BWFAC would like to provide the opportunity for our athletes take part in all the athletic competitions, but without people willing to do the 'backroom jobs' it is not possible. If you think you can help contact Nick Hume on [nick.hume@tiscali.co.uk](mailto: nick.hume@tiscali.co.uk)



## FORTHCOMING EVENTS DIARY

01/06/13	Catforth Canter 5K (1/3) & Lakeland TR 10K/17K Staveley
01/06/13	Northern Athletics Senior/U20 Combined Champs Bedford
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	*Astley Park 4M Trail Race Chorley
06/06/13	Cuerden Valley Badger 10K TR (1/3) Bamber Bridge
08/06/13	<b>Lancashire Schools T&amp;F Champs</b> Robin Park Wigan
08/06/13	Nat Trust Grasmere 10K/17K TR & Bendrigg 10K Kendal
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	* <b>Preston Inter Club</b> Vernon Carus Sports & Social Club
13/06/13	Two Lads Fell Race
15/06/13	<b>Mid Lancs League</b> Lancaster & <b>Schools Inter Counties</b>
15/06/13	<b>Buckden Pike FR</b> 3.7M/1594' & Chorley Great Hill Race
15/06/13	White Bear Way 10M/21M Adlington
15 & 16/06/13	<b>EA U20/U23 Champs</b> Bedford
16/06/13	*Freckleton HM inc Civil Service/ NW Civil Service HM Champ
16/06/13	Horwich 5K & Cancer Care Cross Bay Challenge 13.1M
19/06/13	<b>Club Handicap</b> New Road & Horwich Jubilee 4M Race (2/4)
19/06/13	Wirral AC 2013 Track Endurance & Hawkshead 10K
22 & 23/06/13	<b>NA Sen/U20 T&amp;F Champs</b> Sportscity
22 & 23/06/13	<b>European Team Championships</b> Gateshead
22 & 23/06/13	<b>England Athletics Senior Disability Champs</b> Birmingham
23/06/13	*Sotos 10K/2K Fleetwood & Milltown 10K Oldham
25/06/13	Trafford Distance/Throws & Welcome Tavern 5K (3/4)
26/06/13	* <b>Inter Club Fell Race Harrock Hill 3</b>
27/06/13	Witton Park Summer Trail Relay 3 x 3.65K/150m Blackburn
29/06/13	<b>ESAA English Schools' T&amp;F Cup</b> & Lancaster 5K (2/5)
29 & 30/06/13	Birmingham Para Athletics Gran Prix
30/06/13	<b>U20/U17 Development League</b> Robin Park Wigan
30/06/13	British Athletics Birmingham Grand Prix, Alexander Stadium
30/06/13	*Fairclough 5M Cleveleys & Lancaster Marathon
02/07/13	Trafford Sprints/Throws T&F
04/07/13	Cuerden Valley Badger 10K TR (2/3)
05 & 06/07/13	<b>English Schools Champs</b> Birmingham
06/07/13	Catforth Canter 5K (2/3)
07/07/13	*St Annes Carnival 5K; Leigh Legacy 10K & Catforth 10K
07/07/13	<b>NA T&amp;F League Match 3</b> Blackpool
07/07/13	Coniston Trail HM/Marathon & South Lakes HM Allithwaite
10/07/13	Endmoor 10K Kendal & Royton 5,5M Trail Oldham
10 to 14/07/13	<b>IAAF World Junior Championships</b> Donetsk UKR
12 to 14/07/13	<b>British Athletics World Trials &amp; UK Champs</b> Alexander Stadium
13/07/13	<b>Wasdale Horseshoe FR</b> 21.1M/9022'

## March Athletes of the Month

This month's recipients are **Annie Bradshaw** and **Adam Weightman**.

Annie won the **Lancashire Junior Girls Pentathlon Championship** and was first in the **Mid Lancs U15G High Jump** and was second in the **800m** with a Personal Best.



**Adam Weightman** was nominated for his support of Club events.



Also nominated were **Katy Wyper**, **Steve Waterhouse**, **Sam Matthews** and **Thomas Matthews**.

## Club Volunteer

The inaugural Club Volunteer is **Kevin Davies** for his work with the Pole Vault squad who have achieved impressive success and for his work as Manager of the Senior Team.

**Nick Hume** was also nominated for his work for the club in many areas but primarily as Secretary.



14/07/13	Windmill HM Lytham & Jeffrey Hill 10K Longridge
14 to 19/07/13	European Youth Olympic Festival Utrecht NED
16/07/13	Trafford Distance/Throws & NA U20 3000m Champ
17/07/13	Lancaster 10K & Todmorden Park 5K (1/4)
17/07/13	Wirral AC Track 10K & Sefton Park 5M Liverpool
17/07/13	Horwich Jubilee 4M Race
18/07/13	Caldervale Supper Run (3.8M)
18 to 20/07/13	European Junior Champs Rieti ITA
20/07/13	Northern Athletics Inter Counties Champs Hull
20/07/13	Elswick Express 10M & Blackpool Summer 10K
20 to 29/07/13	International Paralympic Athletic World Champs Lyon FRA
21/07/13	Mid Lancs League Ormskirk
21/07/13	Bentham Beagles Bash 10K Lancaster
22/07/13	*Wesham RR Inter Club Salwick Club
23/07/13	Trafford Sprints/Jumps
26/07/13	Lancashire Fire AC Relay (teams of 3)
26 & 27/07/13	British Athletics London Grand Prix
27/07/13	*Beetham Sports 5.8M/928' & Blisco Dash FR 5M/2133'
27/07/13	Lancaster 5K (3/5)
28/07/13	U20/U17 Development League Bebington
28/07/13	Kirkham Cricket Club Classic 10K & Towneley Park 6M Burnley
30/07/13	Welcome Tavern 5K Preston (4/4)
31/07/13	Harrock Hill Race Parbold
01/08/13	Badger 10K Trail Race Bamber Bridge
03/08/13	NA T&F League Match 4 TBA
03 & 04/08/13	English Athletics U17 & U15 Combined Events Champs Stoke
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
10 to 18/08/13	IAAF World Championships Moscow RUS
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
14 & 15/09/13	UK School Games Sheffield
21 & 22/09/13	English Schools Combined Events & Walks Birmingham
22/09/13	BWFAC Open Medal Meeting
23/09/13	NA 6/4 Stage Relays & Young Athletes Relays Stanley Park
29/09/13	*Run Preston 10K
05/10/13	NA Cross Country Relay Champs
12/10/13	ERRA 6/4 Stage Road Relays Sutton Park
13/10/13	ERRA Young Athletes Road Relays Sutton Park
13/10/13	*Lytham Hall 5K
20/10/13	*Green Drive 5M
27/10/13	England Athletics 10 Miles-BUPA Great South Run Portsmouth
17/11/13	England Athletics 10K Champs -Leeds Abbey Dash
08/12/13	20 <sup>th</sup> SPAR European XC Champs Belgrade

# REPORTS & RESULTS

## Tokyo T&F Championships: April 21<sup>st</sup> **TC**

Duncan Shaw *HT* 5<sup>th</sup> 48.77m **PB CR**

## 2<sup>nd</sup> Inter Club (5M): St Annes May 2<sup>nd</sup> **IC**

**Individual BWFAC Results:** (*Positions shown excludes guest runners*); **Malc Eadie** 5<sup>th</sup> (4<sup>th</sup> V40) 27:30; **Jim Unsworth** 6<sup>th</sup> 25:21; **Phil Leybourne** 8<sup>th</sup> (6<sup>th</sup> V) 27:59; **Andy Woodward** 12<sup>th</sup> 28:24; **Liam Craine** 14<sup>th</sup> 28:24; **David Williamson** 21<sup>st</sup> (11<sup>th</sup> V) 29:43; **Chris Lloyd** 25<sup>th</sup> 30:08; **Trevor Uttley** 43<sup>rd</sup> (24<sup>th</sup> V) 31:39; **Lauren Gowland** 50<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> JF) 32:01; **Bev Wright** 65<sup>th</sup> (5<sup>th</sup> F, 41<sup>st</sup> V & 15<sup>th</sup> V50) 33:03; **Sarah Wetherill** 76<sup>th</sup> (9<sup>th</sup> F & 50<sup>th</sup> V); **Reg Smallbone** 88<sup>th</sup> (56<sup>th</sup> V, 24<sup>th</sup> V50 & 5<sup>th</sup> V60) 35:08; **Dave Skinner** 92<sup>nd</sup> (60<sup>th</sup> V & 27<sup>th</sup> V50) 35:17; **Dave Dyson** 102<sup>nd</sup> (70<sup>th</sup> V & 31<sup>st</sup> V50) 36:17; **Terry Bradshaw** 105<sup>th</sup> (73<sup>rd</sup> V & 34<sup>th</sup> V50) 36:20; **Laura Lawler** 108<sup>th</sup> (18<sup>th</sup> F & 76<sup>th</sup> V) 36:33; **Tanya Barlow** 112<sup>th</sup> (19<sup>th</sup> F & 77<sup>th</sup> V) 36:44; **Dave Randall** 115<sup>th</sup> (82<sup>nd</sup> V & 38<sup>th</sup> V50); **Alison Titterington** 120<sup>th</sup> (23<sup>rd</sup> F, 87<sup>th</sup> V & 43<sup>rd</sup> V50) 30:03; **Alan Wilkinson** 123<sup>rd</sup> (89<sup>th</sup> V, 44<sup>th</sup> V50 & 11<sup>th</sup> V60) 37:57; **Anthony Blight** 125<sup>th</sup> (90<sup>th</sup> V40) 38:25; **Coner Millward** 133<sup>rd</sup> (JM) 39:27; **Clare Dunford** 140<sup>th</sup> (29<sup>th</sup> F) 39:54; **Chris Bligh** 142<sup>nd</sup> (103<sup>rd</sup> V40) 40:22; **Bob Massey** 147<sup>th</sup> (106<sup>th</sup> V, 49<sup>th</sup> V50 & 13<sup>th</sup> V60) 40:56; **John Winters** 149<sup>th</sup> (108<sup>th</sup> V, 51<sup>st</sup> V50 & 14<sup>th</sup> V60) 41:30; **John Bradley** 155<sup>th</sup> (113<sup>th</sup> V, 55<sup>th</sup> V50 & 15<sup>th</sup> V60) 42:09; **Bernard Singleton** 163<sup>rd</sup> (120<sup>th</sup> V, 60<sup>th</sup> V50 & 18<sup>th</sup> V60) 43:51; **Norman Greenwood** 174<sup>th</sup> (127<sup>th</sup> V, 64<sup>th</sup> V50 & 20<sup>th</sup> V60) 47:21; **Dave Heaton** 186<sup>th</sup> (138<sup>th</sup> V & 72<sup>nd</sup> V50) 51:16.

### Team Results:

**Open:** Preston Harriers 1<sup>st</sup> 99 pts; **BWFAC 2<sup>nd</sup> 249 pts**; Wesham RR 3<sup>rd</sup> 275 pts; LSARRC 4<sup>th</sup> 388 pts; Red Rose RR 5<sup>th</sup> 482 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 954 pts.

**Ladies:** Preston Harriers 1<sup>st</sup> 40 pts; **BWFAC 2<sup>nd</sup> 53 pts**; Wesham RR 3<sup>rd</sup> 54 pts; LSARRC RR 4<sup>th</sup> 103 pts; Red Rose RR 5<sup>th</sup> 131 pts; Chorley Athletic & Tri Club 6<sup>th</sup>.

**Vets:** Preston Harriers 1<sup>st</sup> 46 pts; Wesham RR 2<sup>nd</sup> 107 pts; **BWFAC 3<sup>rd</sup> 136 pts**; Red Rose RR 4<sup>th</sup> 161 pts; LSARRC 5<sup>th</sup> 181 pts; Chorley Athletic & Tri Club 6<sup>th</sup> 367.

**Vet 50s:** Preston Harriers 1<sup>st</sup> 24 pts; Wesham RR 2<sup>nd</sup> 48 pts; Red Rose RR 3<sup>rd</sup> 48 pts; LSARRC 4<sup>th</sup> 51 pts; **BWFAC 5<sup>th</sup> 97 pts**; Chorley Athletic & Tri Club 6<sup>th</sup> 132 pts.

**Vet 60s:** Wesham RR 1<sup>st</sup> 22 pts; Preston Harriers 5<sup>th</sup> 24 pts; LSARRC 3<sup>rd</sup> 26 pts; **BWFAC 4<sup>th</sup> 29 pts**; Chorley Athletic & Tri Club 5<sup>th</sup> 35 pts; Red Rose RR 6<sup>th</sup> 62 pts.

A warm and sunny evening with no wind provided good conditions for running. Although it wasn't as good a turnout by members as at Stanley Park, the Open and Ladies Teams still managed second places. The next Inter Club is on **Wednesday June 12<sup>th</sup>** at **Vernon's Club, Preston**.

## British University & College Sport Athletic

### Championships: Bedford May 4<sup>th</sup> to 6<sup>th</sup> **BUC**

**SW Katy Wyper** (U23W) **100m h4** 2<sup>nd</sup> 12.26 q; **SF2** 4<sup>th</sup> 12.24 nq; **200m h5** 3<sup>rd</sup> 25.61; **SF1** 6<sup>th</sup> 25.49 nq. **Lucy Mansfield** (U23W) **200m h7** 2<sup>nd</sup> 25.53 q; **SF1** 7<sup>th</sup> 25.52 nq.

## Northern Athletics League Division 2WC

### Match 1: Witton Park Blackburn May 5<sup>th</sup> **NAL**

**Men 100m A** Chris Debar 3<sup>rd</sup> 11.9; **100 B** Alex Kiziltas 1<sup>st</sup> 12.1; **200m A** Brent Starkie 1<sup>st</sup> 23.1; **200m B** Chris Debar 2<sup>nd</sup> 24.2 **PB**; **400m A** Brent Starkie 1<sup>st</sup> 49.6; **400m B** Alex Kiziltas 1<sup>st</sup> 53.7 **PB**; **5000m A** Harry Poole 5<sup>th</sup> 16.50.3 **PB**; **HT A** David Shaw 2<sup>nd</sup> 42.12m; **HT B** Syd Bashforth 1<sup>st</sup> 34.30m **PB**; **DT A** Syd Bashforth 2<sup>nd</sup> 28.38; **DT B** David Shaw 1<sup>st</sup> 25.36m; **JT A** Dave Turner 1<sup>st</sup> 51.41m; **JT B** Chris Stevens 1<sup>st</sup> 37.85m; **SP A** Dave Shaw 2<sup>nd</sup> 10.08m; **SP B** Syd Bashforth 2<sup>nd</sup> 9.01m; **HJ A** Matt Walker 4<sup>th</sup> 1.50m; **PV A** Matt Walker 1<sup>st</sup> 3.80m.

**Women 100m A** Taegan O'Hara 5<sup>th</sup> 14.0; **100m B** Fiona Hockey 6<sup>th</sup> 14.1 **PB**; **400mH A** Rachel Kellett 5<sup>th</sup> 1:11.8; **HT A** Chloe Needham 1<sup>st</sup> 43.47m; **HT B** Rachel Bashforth 1<sup>st</sup> 34.75m; **DT A** Rachel Bashforth 2<sup>nd</sup> 23.67m; **DT B** Claire Irons 2<sup>nd</sup> 16.06m **PB**; **JT A** Rachel Bashforth 4<sup>th</sup> 18.71m **PB**; **JT B** Claire Irons 2<sup>nd</sup> 12.27m; **SP A** Rachel Bashforth 2<sup>nd</sup> 10.07m **PB**; **SP B** Claire Irons 4<sup>th</sup> 5.59m **PB**; **LJ A** Amber Swinnerton 4<sup>th</sup> 4.23m; **TJ A** Taegan O'Hara 3<sup>rd</sup> 10.17m; **TJ B** Beth Everson 1<sup>st</sup> 9.69m; **HJ A** Hannah Newell 1<sup>st</sup>= 1.45m; **HJ B** Beth Everson 1<sup>st</sup> 1.40m; **PV A** Fiona Hockey 1<sup>st</sup> 3.00m **PV B** Hannah Newell 1<sup>st</sup> 2.70m; **4 x 100m Relay** (O'Hara, Swinnerton, Everson, Hockey) 2<sup>nd</sup> 53.4.

**Teams** Blackburn Harriers & AC 1<sup>st</sup> 426.0 pts; Seaton 2<sup>nd</sup> 368.0 pts; Rossendale Harriers & AC 3<sup>rd</sup> 341.0 pts; Bury AC 4<sup>th</sup> 308.0 pts; Holmfirth Harriers & AC 5<sup>th</sup> 289.0 pts; **BWFAC 6<sup>th</sup> 260.0 pts**.

## Avenham Park 5K: Preston May 6<sup>th</sup> **CC**

**Trevor Uttley** 22<sup>nd</sup> 19:24; **Laura Lawler** (10<sup>th</sup> F & 1<sup>st</sup> FV40) 83<sup>rd</sup> 23:05; **Alison Titterington** 85<sup>th</sup> (11<sup>th</sup> F & 1<sup>st</sup> FV55) 23:27; **John Winters** 134<sup>th</sup> (1<sup>st</sup> MV75) 26:44; **Dave Heaton** 178<sup>th</sup> 30:15. First of 243 was **Gethin Butler** of Preston Harriers in 16:12 and first lady was **Amanda Crook** of Southport Waterloo (4<sup>th</sup>) in 17:02.

## Wray Scarecrow Fell Race: May 6<sup>th</sup> **ICF**

**Peter Singleton** 100<sup>th</sup> 1:00:21; **Dave Dyson** 148<sup>th</sup> 1:07:05; **Terry Bradshaw** 157<sup>th</sup> 1:07:52; **Tanya Barlow** 172<sup>nd</sup> (31<sup>st</sup> F) 1:10:25; **Jeff Wright** 175<sup>th</sup> 1:10:40; **Bob Massey** 192<sup>nd</sup> 1:16:34; **Peter Gibson** 202<sup>nd</sup> 1:21:12. First of 216 was **Carl Bell** *unattached* in 42:17 and first lady was **Anna Lupton** of Black Combe Runners.

## **Club Handicap:** New Road May 8<sup>th</sup> **CH**

Liam Craine 20:56 **PB**; Jim Unsworth 20:28; John Bradley 32:36; Colin Dyczka 33:37; Trevor Uttley 24:00; Dave Dyson 26:53; Tony Airnes 28:47; Bev Wright 24:16 **FV50 Record**; Dave Williamson 21:48 **PB**; Reg Smallbone 26:24; Nick Hume 28:57; Clare Dunford 29:10 **Debut Run**; Anthony Blight 27:53; Terry Bradshaw 27:00; Dave Randall 29:03; Kevin Woods 27:40; Tony Croft 31:48; Martin Bates 28:42; Dave Heaton 37:33; Peter Gibson 27:13.

Handicapper & Timekeeper: Sharon Randall. Helpers: Liz Airnes, Andrea Smith & David Wood.

It was breezy cool evening for the May Club Handicap and a total of 20 ran.

## **Cheshire County T&F Championships:**

Longford Stadium, Trafford May 11<sup>th</sup> & 12<sup>th</sup> **CCC**

Claire Irons **HT** 1<sup>st</sup> 22.97m; **DT** 2<sup>nd</sup> 16.59m; **SP** 2<sup>nd</sup> 5.45m.

## **Blackpool 10K Fun Run:** May 12<sup>th</sup>

Stuart Robinson 1<sup>st</sup> 31:39; Malc Eadie 4<sup>th</sup> *Approx 34 mins*; Andy Woodward 7<sup>th</sup> 35:26; David Williamson 12<sup>th</sup> 36:27; John Oliver 18<sup>th</sup> 37:26; David Cairns 28<sup>th</sup> 38:14; Trevor Uttley 42<sup>nd</sup> 39:23; Callum Fidling 47<sup>th</sup> 39:43; Peter Broome 59<sup>th</sup> 40:14; Luke Williams 61<sup>st</sup> 40:28; Sarah Wetherill 68<sup>th</sup> 40:41; Jessica Rogers 151<sup>st</sup> 42:33; Ian Close 212<sup>th</sup> 44:33; David Randall 483<sup>rd</sup> 47:24; Garry Roylance 1232<sup>nd</sup> 54:56; Vicky Huyton 1381<sup>st</sup> 57:22.

## **25<sup>th</sup> National Masters Open Relay Championships:** Sutton Park, Sutton Coldfield May 18<sup>th</sup> **MRC**

**M55 Relay** Jeff Wright 22:44; Peter Gibson 23:23; Alan Wilkinson 22:36; David Dyson 22:48 **Team** 18<sup>th</sup> 1:32:31.

First of 19 full teams was Les Croupiers in 1:13:09 (**Wesham RR** 9<sup>th</sup> in 1:16:13).

**M65 Relay** Robert Newman 23:36; Bob Massey 24:37; John Bradley 25:53 **Team** 13<sup>th</sup> 1:14:06. First of 14 full teams was Oxford City AC in 57:52.

## **Mid-Lancs T&F League:** Preston May 18<sup>th</sup> **ML**

**U13B: 100m** 1<sup>st</sup> Dylan Webbe 13.9; 5<sup>th</sup> Christian Linton 14.6 **PB**; 21<sup>st</sup>= Eddie Peill 15.9. **200m** 1<sup>st</sup> Dylan Webbe 28.4; 3<sup>rd</sup> Will Holmes 28.9. **800m** 1<sup>st</sup> Christian Linton 2:27.2; 3<sup>rd</sup> Jake Brown 2:32.2; 10<sup>th</sup> Eddie Peill 2:47.1. **1500m** 1<sup>st</sup> George Robinson 5:05.2; 2<sup>nd</sup> Ben Preddy 5:16.6 **PB**. **LJ** 1<sup>st</sup> Will Holmes 4:02m; 2<sup>nd</sup> Dylan Webbe 3.90m. **JT** 3<sup>rd</sup> Will Holmes 20.11m.

**U13G: 100m** 4<sup>th</sup>= Jessica Aziz 14.1; 15<sup>th</sup>= Isabelle Woodman 15.7; 15<sup>th</sup>= Erin Webbe 15.7; 23<sup>rd</sup> Maya Wallace 16.4;. **200m** 12<sup>th</sup>= Isabelle Woodman 31.6; 17<sup>th</sup> Erin Webbe 35.2; 18<sup>th</sup> Maya Wallace 35.9. **800m** 7<sup>th</sup> Katy Laycock 2:49.8 **PB**. **1500m** 1<sup>st</sup> Syd Bairstow 5:42.2; 2<sup>nd</sup> Danielle Whipp 5:49.5 **PB**. **HJ** 3<sup>rd</sup> Isabelle Woodman 1.10m **PB**; 5<sup>th</sup> India Rogers 1.05m;. **SP** 9<sup>th</sup> Erin Webbe 4.78m; 12<sup>th</sup> India Rogers 4.53m; 15<sup>th</sup> Natasha Webster 3.70m. **JT** 5<sup>th</sup> India Rogers 12.72m **PB**.

**U15B: 100m** 7<sup>th</sup>= Harry Mercer 12.9. **400m** 5<sup>th</sup> Sam Matthews 1:00.4; **800m** 5<sup>th</sup> Connor Finlayson 2:14.3 **PB**;

19<sup>th</sup> Matt Peill 2:34.2. **LJ** 2<sup>nd</sup> Harry Mercer 5.02m **PB**; 4<sup>th</sup> Sam Matthews 4.57m; 16<sup>th</sup> Matt Peill 3.68m. **HJ** 2<sup>nd</sup> Connor Finlayson 1.50m **PB**. **SP** 7<sup>th</sup> Connor Finlayson 7.30m. **JT** 1<sup>st</sup> Louis Walker 33.91m **PB**; 6<sup>th</sup> Harry Mercer 26.17m; 12<sup>th</sup> Matt Peill 17.84m.

**U15G: 100m** 13<sup>th</sup> Libby Bonis 14.0; 20<sup>th</sup>= Lizzie Bradley 14.5 **PB**; 23<sup>rd</sup> Grace Chadwick 14.5. **200m** 12<sup>th</sup> Libby Bonis 29.5; 15<sup>th</sup> Lizzie Bradley 29.8. **300m** 6<sup>th</sup> Jessica Rogers 47.1. **800m** 17<sup>th</sup> Lauren Brook 2:47.9. **LJ** 12<sup>th</sup> Ash Colvin 3.85m; 14<sup>th</sup> Libby Bonis 3.66m; 23<sup>rd</sup> Lauren Brook 3.26m **PB**. **HJ** 4<sup>th</sup> Jessica Rogers 1.35m. **SP** 8<sup>th</sup> Ash Colvin 6.63m **PB**. **JT** 10<sup>th</sup> Jessica Rogers 11.52m.

**U17M: 800m** 5<sup>th</sup> Declan Darnbrough 2:19.7.

**U17W: 200m** 1<sup>st</sup> Jordan Dixon 26.9 **PB**. **300m** 1<sup>st</sup> Jordan Dixon 42.9 **PB**; 3<sup>rd</sup> Beth Everson 44.0; 5<sup>th</sup> Fiona Hockey 43.8 **PB**. **800m** 1<sup>st</sup> Kate Lawler 2:24.5 **PB**. **HJ** 3<sup>rd</sup> Beth Everson 1.50m; 4<sup>th</sup> Fiona Hockey 1.40m. **TJ** 2<sup>nd</sup> Beth Everson 9.93m. **JT** 3<sup>rd</sup> Jordan Dixon 28.87m.

**SM: 100m** 7<sup>th</sup>= Alex Kiziltas 11.6. **200m** 4<sup>th</sup> Alex Kiziltas 23.3. **SP** 5<sup>th</sup> Dave Shaw 5<sup>th</sup> 9.33; 8<sup>th</sup> Syd Bashforth 8.85m. **DT** 3<sup>rd</sup> Syd Bashforth 27:58; 4<sup>th</sup> Dave Shaw 27:13. **HT** 1<sup>st</sup> David Shaw 41.27m.

**SW: 100m** 4<sup>th</sup> Laura Gillhespy 13.6. **200m** 3<sup>rd</sup> Laura Gillhespy 27.9. **TJ** 4<sup>th</sup> Taegan O'Hara 9.86m. **SP** 2<sup>nd</sup> Susan Ball 7.59m. **DT** 1<sup>st</sup> Susan Ball 25.12m; 7<sup>th</sup> Claire Irons 14.15m. **JT** 4<sup>th</sup> Susan Ball 19.89m. **HT** 1<sup>st</sup> Chloe Needham 34.72m; 2<sup>nd</sup> Claire Irons 24.16m.

## **League**

**Women** Blackpool 1<sup>st</sup> 212; Preston 3<sup>rd</sup> 162; **Total** 2<sup>nd</sup> 374

**Men** Blackpool 1<sup>st</sup> 197; Preston 3<sup>rd</sup> 135; **Total** 2<sup>nd</sup> 332

The weather forecast was for heavy rain, which thankfully did not fully materialize; although the intermittent rain and overcast cold conditions were not normally conducive to good performances, several athletes overcame these problems and delivered some excellent performances.

## **Fishwick 5 Mile Trail Race:** Preston May 22<sup>nd</sup> **CC**

Trevor Uttley 10<sup>th</sup> (1<sup>st</sup> MV45) 36:09; Dave Dyson 20<sup>th</sup> 38:53; Tony Croft 26<sup>th</sup> (2<sup>nd</sup> MV60) 43:41. First of 31 was Rob Afleck of Preston Harriers in 27:51 and first lady was Lesley Fisher of Burnden Road Runners (11<sup>th</sup>) in 36:31.

## **Lancashire T&F Champs:** Stanley Park B'pool Saturday May 25<sup>th</sup> **LC**

**U15G 75mH h1** 3<sup>rd</sup> Ash Colvin 12.5 **PB** Q; **h2** 5<sup>th</sup> Lizzie Bradley 14:4 **PB** nq; **F** 3<sup>rd</sup> Ash Colvin 12.1 **PB**. **U17M 100mH F** 4<sup>th</sup> 15.9. **U13B 75mH F** 1<sup>st</sup> William Holmes 14.4 **PB**. **U20W 100mH** 2<sup>nd</sup> Natasha Johnston 17.8 **PB**; 3<sup>rd</sup> Taegan O'Hara 17.9 **PB**; DNF Alicia Johnston. **U17M 100mH F** 4<sup>th</sup> James Bamber 15.9 **PB**. **U17W 300m h1** 2<sup>nd</sup> Kate Lawler 44.5 Q; 3<sup>rd</sup> Fiona Hockey 44.9 Q; **h2** 1<sup>st</sup> Jordan Dixon 43.4 Q; 3<sup>rd</sup> Bethany Everson 44.8 Q; **F** 1<sup>st</sup> Kate Lawler 40.7 **PB**; 2<sup>nd</sup> Jordan Dixon 42.2 **PB**; 5<sup>th</sup> Beth Everson 43.5 **PB**; 6<sup>th</sup> Fiona Hockey 44.9. **SM 400m F** 1<sup>st</sup> Brent Starkie 49.3. **U20M 400m F** 5<sup>th</sup> Connor

McCormick 55.7. **U17W 100m h1** 1<sup>st</sup> Jess O'Neill 12.8 **PB** Q; 4<sup>th</sup> Taylor Smith 13.5 **PB** nq; **F 1<sup>st</sup> Jess O'Neill 12.7 PB**. **U17M 100m h1** 2<sup>nd</sup> Alex Obiorah 11.9 **PB** Q; 6<sup>th</sup> James Carty 13.0 nq; **h2** 4<sup>th</sup> Dom Lavelle 12.1 **PB** nq; **F 7<sup>th</sup> Alex Obiorah 12.3**. **U15G 100m h1** Libby Bonis 13.6 nq; 6<sup>th</sup> Lizzie Bradley 13.6 nq; **h2** 1<sup>st</sup> Ash Colvin 13.0 **PB** Q; 5<sup>th</sup> Tilly Lawson 13.8 **PB** nq; **F 3<sup>rd</sup> Ash Colvin 13.6**. **U15B 100m h2** 3<sup>rd</sup> Nick Aziz 12.3 **PB** Q; 5<sup>th</sup> Thomas Godwin 14.0 nq; **F 5<sup>th</sup> Nick Aziz 12.3 PB**. **U13G 100m h2** 2<sup>nd</sup> Kirsty Rushton 14.3 **PB** Q; 6<sup>th</sup> Maya Wallace 15.4 nq; **h2** 1<sup>st</sup> Jessica Aziz 13.5 Q; **F 2<sup>nd</sup> Jessica Aziz 13.5**; 5<sup>th</sup> Kirsty Rushton 14.4. **U13B 100m h2** 1<sup>st</sup> Will Holmes 14.1 Q; **F 3<sup>rd</sup> Will Holmes 14.1**. **SM 1500m F 1<sup>st</sup> Luke Minns 3:54.8**. **U20M 1500m F 8<sup>th</sup> Adam Weightman 4:32.5**. **U17W 1500m F 1<sup>st</sup> Molly Betmead 4:44.8**. **U15B 1500m F 5<sup>th</sup> Sam Matthews 4:35.3 PB**; 8<sup>th</sup> Thomas Matthews 4:45.9 **PB**; 11<sup>th</sup> Alexander Hamilton 5:10.2 **PB**. **U15G 1500m F 5<sup>th</sup> Jessica Rogers 5:12.3 PB**. **U15B 1500m F 2<sup>nd</sup> Christian Linton 4:58.7 PB**; **3<sup>rd</sup> George Robinson 5:00.5**. **U13G 1500m F 5<sup>th</sup> Syd Bairstow 5:30.7 PB**; 6<sup>th</sup> Danielle Whipp 5:37.0 **PB**. **SM 100m F 5<sup>th</sup> Chris Debar 11.3 PB**. **U20M 100m F 4<sup>th</sup> Alex Kiziltas 11.5 PB**. **SW 100m F 1<sup>st</sup> Katy Wyper 12.1 PB**. **U20W 100m F 4<sup>th</sup> Taegan O'Hara 13.4 PB**; 5<sup>th</sup> Alicia Johnston 14.0; 6<sup>th</sup> Courtney Spector 14.7. **SM HT F 2<sup>nd</sup> David Shaw 41.68m**. **U17M HJ F 1<sup>st</sup> Dom Lavelle 1.70m PB**. **U20W LJ F 6<sup>th</sup> Taegan O'Hara 4.66m PB**. **U13G LJ F 2<sup>nd</sup> Kirsty Rushton 3.77m PB**; **U15G LJ F 6<sup>th</sup> Jessica Rogers 4.37m PB**; 17<sup>th</sup> Libby Bonis 3.59m; 20<sup>th</sup> Lizzie Bradley 3.50m. **U15B HJ F 2<sup>nd</sup> Nick Aziz 1.63m PB**. **U20M DT F 4<sup>th</sup> Aaron Thomas 24.39m**. **U20M TJ F 1<sup>st</sup> Luis Blyth 12.62m**. **U15B TJ F 2<sup>nd</sup> Nick Aziz 11.39m PB**. **U17W JT F 3<sup>rd</sup> Jordan Dixon 31.55m**. **U15B SP F 1<sup>st</sup> Luke Bowan-Price 12.40m PB**. **U13B SP F 3<sup>rd</sup> William Holmes 6.94m PB**.

### Sunday May 26<sup>th</sup>

**U17W 300mH F 1<sup>st</sup> Amber Swinnerton 47.4 PB**; Beth Everson 2<sup>nd</sup> 48.2 **PB**. **U20W 400mH F 1<sup>st</sup> Rachel Kellert 1:17.4**. **U17M 800m h1** 3<sup>rd</sup> Jake Walley 2:09.5 Q; **F 5<sup>th</sup> Jake Walley 2:00.9 PB**. **U15B 800m h1** 5<sup>th</sup> Alexander Hamilton 2:26.8 nq; **h2** 1<sup>st</sup> Sam Matthews 2:18.0 Q; 5<sup>th</sup> Thomas Matthew 2:19.0 Q; **F 5<sup>th</sup> Sam Matthews 2:15.2**; 8<sup>th</sup> Thomas Matthews 2:22.6. **U13B 800m h1** 3<sup>rd</sup> Jake Brown 2:34.1 Q; **h2** 1<sup>st</sup> Christian Linton 2:36.1 Q; **F 3<sup>rd</sup> Christian Linton 2:26.4**; 4<sup>th</sup> Jake Brown 2:33.3. **U17W 800m h1** 2<sup>nd</sup> Molly Betmead 2:30.1 Q; **h2** 7<sup>th</sup> Katrina Kelly 2:36.6 nq; **F 3<sup>rd</sup> Molly Betmead 2:18.5 PB**. **U15G 800m h1** 4<sup>th</sup> Jessica Rogers 2:31.9 q; **h2** 2<sup>nd</sup> Annie Bradshaw 2:32.6 Q; **F 2<sup>nd</sup> Annie Bradshaw 2:22.1 PB**; 7<sup>th</sup> Jessica Rogers 2:32.1. **U13G 800m h1** 1<sup>st</sup> Danielle Whipp 2:48.8 Q; **F 6<sup>th</sup> Danielle Whipp 2:43.4 PB**. **U20M 3000m**

**F 1<sup>st</sup> Harry Poole 9:20.8 PB**. **SM 200m F 1<sup>st</sup> Brent Starkie 22.5**; 5<sup>th</sup> Chris Debar 23.8 **PB**. **SW 200m F 1<sup>st</sup> Katy Wyper 25.3 PB**. **U20M 200m F 5<sup>th</sup> Alex Kiziltas 23.6**; 7<sup>th</sup> Connor McCormick 24.3 **PB**. **U17W 200m h1** 2<sup>nd</sup> Kate Lawler 26.9 Q; 4<sup>th</sup> Taylor Smith 27.9 **PB** q; **h2** 1<sup>st</sup> Jess O'Neill 26.7 Q; 2<sup>nd</sup> Jordan Dixon 26.9 **PB** Q; **F 1<sup>st</sup> Kate Lawler 25.7 PB**; 2<sup>nd</sup> Jess O'Neill 26.3; **3<sup>rd</sup> Jordan Dixon 26.3 PB**; 7<sup>th</sup> Taylor Smith 27.9 **PB**. **U17M 200m h1** 4<sup>th</sup> Dom Lavelle 25.2 **PB** q; **F 6<sup>th</sup> Dom Lavelle 24.8 PB**. **U15G 200m h1** 1<sup>st</sup> Ash Colvin 26.6 **PB** Q; 2<sup>nd</sup> Tilly Lawson 28.1 **PB**; **h2** 2<sup>nd</sup> Libby Bonis 28.1 Q; 7<sup>th</sup> Lizzie Bradley 30.0 nq; **F 1<sup>st</sup> Ash Colvin 26.6 PB**; **3<sup>rd</sup> Libby Bonis 27.7 PB**; 4<sup>th</sup> Tilly Lawson 27.9 **PB**. **U13G 200m h1** 3<sup>rd</sup> Kirsty Rushton 30.3 Q; 5<sup>th</sup> Maya Wallace nq; **h2** 1<sup>st</sup> Jessica Aziz 28.8 Q; **F 2<sup>nd</sup> Jessica Aziz 27.7**; 5<sup>th</sup> Kirsty Rushton 30.5. **U13B 200m h1** 1<sup>st</sup> Will Holmes 29.3 Q; **F 1<sup>st</sup> Will Holmes 28.3 PB**. **SW HT F 1<sup>st</sup> Rachel Bashforth 35.53**. **U20W HT F Chloe Needham 39.65m**. **U17W HT F 7<sup>th</sup> Alexandra Quarmby 16.40m**. **U17W HJ F 6<sup>th</sup> Beth Everson 1.45m**. **U20M PV F 1<sup>st</sup> Matt Walker 3.80m**; 2<sup>nd</sup> Finn Walker 3.70m. **U17M PV F 2<sup>nd</sup> Dom Lavelle 3.60m**. **U15B LJ F 7<sup>th</sup> Sam Matthews 4.83m PB**; 8<sup>th</sup> Thomas Matthews 4.79m **PB**. **U13B LJ F 1<sup>st</sup> Will Holmes 4.24m PB**. **SW DT F 2<sup>nd</sup> Rachel Bashforth 26.08**. **U15G DT F 2<sup>nd</sup> Milan Bowen-Price 27.78m**. **U17W PV F 1<sup>st</sup> Fiona Hockey 3.10m**; 2<sup>nd</sup> Hannah Newell 2.70m. **U20W TJ F 3<sup>rd</sup> Taegan O'Hara 10.18m PB**. **U17W TJ F 2<sup>nd</sup> Beth Everson 10.12m PB**. **U15G HJ F 4<sup>th</sup> Annie Bradshaw 1.46m PB**; Jessica Rogers 1.40m **PB**. **U20M JT F 3<sup>rd</sup> Aaron Thomas 27.74m**. **SM JT F 2<sup>nd</sup> Dave Turner 52.12m**; 4<sup>th</sup> Chris Stevens 39.89m **PB**. **U15G SP F 2<sup>nd</sup> Milan Bowan-Price 9.81m PB**. **U15B JT F 1<sup>st</sup> Louis Walker 35.81m**. **U17W SP F 1<sup>st</sup> Katrina Kelly 9.20m**. **SW SP F 1<sup>st</sup> Rachel Bashforth 9.57m**. **U13B JT F 1<sup>st</sup> Innes Kent 31.92m PB**; 7<sup>th</sup> Will Holmes 19.22m.

For once the weather was kind with wall to wall sunshine and a helpful breeze for the sprinters, helping many competitors to achieve Personal Bests.

## Other Results:

**Lakeland 17K Trail Run:** Hawkshead April 27<sup>th</sup>  
Chris Essex-Crosby 9<sup>th</sup> 1:12:13 **PB**. First of 212 was Adam Peers of Liverpool Harriers in 1:02:25 and first lady was Jo Gascoigne-Owens of Alnwick Harriers (12<sup>th</sup>) in 1:13:46.

**Norwich Parkrun 5K Event 138:** April 13<sup>th</sup>  
Perry Mann 10<sup>th</sup> 18:34 **PB**. First of 451 was Adam Thomas of Norwich RR in 16:14 and first lady was Amy Hoy of Norwich RR (32<sup>nd</sup>) in 19:43.

**Welcome Tavern 5K:** Walton-le-Dale April 30<sup>th</sup>  
Derek Crane 24<sup>th</sup> 21:28. First Simon Bruton of Salford Har

riers of 16:08 and first lady was **Katie Brough** of Warrington AC (2<sup>nd</sup>) in 16:49.

**Alan Seddon Thank You 10K:** Stanley Park May 5<sup>th</sup>  
**James Mulvany** 2<sup>nd</sup> (1<sup>st</sup> MV35) 33:13; **Malc Eadie** 3<sup>rd</sup> (1<sup>st</sup> MV40) 34:18; **Phil Leybourne** 4<sup>th</sup> (1<sup>st</sup> MV45) 34:51; **John Oliver** 20<sup>th</sup> (2<sup>nd</sup> MV40) 39:12; **Caroline Betmead** 30<sup>th</sup> (3<sup>rd</sup> F & 2<sup>nd</sup> FV40) 40:52; **John Wright** 31<sup>st</sup> 40:53; **Peter Broome** 34<sup>th</sup> (3<sup>rd</sup> MV55) 41:45; **David Skinner** 51<sup>st</sup> 44:19 **PB**; **Amelia Beaman** 52<sup>nd</sup> (10<sup>th</sup> F) 44:19 **PB**; **Molly Betmead** 53<sup>rd</sup> (11<sup>th</sup> F) **PB**; **Andrew Woodward** 54<sup>th</sup> 44:19; **Terry Bradshaw** 65<sup>th</sup> 45:28; **Katrina Kelly** 66<sup>th</sup> 45:28; **Derek Crane** 77<sup>th</sup> 46:50; **Tanya Barlow** 83<sup>rd</sup> (16<sup>th</sup> F) 47:27; **Danny Cook** 89<sup>th</sup> 48:50; **Imogen Pierce Trafford** 97<sup>th</sup> (20<sup>th</sup> F) 49:26; **Kandy Cardwell** 116<sup>th</sup> (26<sup>th</sup> F) 52:34; **Deborah Plaza** 118<sup>th</sup> (27<sup>th</sup> F) 52:34. First of 146 was **Martyn Cryer** of Woodford Green & Essex Ladies in 33:06 and first lady was **Bev Jenkins** of Salford Harriers (9<sup>th</sup>) in 37:12.

**Dallam Dash:** Milnthorpe May 5<sup>th</sup>

**Beverley Wright** 10<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV50) 41:39. First of 79 was **Shaun Livesey** of Blackburn Harriers and first lady was **Sharon Dixon** of Hoad Hill Harriers (8<sup>th</sup>) in 41:28.

**Sherriff 10K:** Scorton May 5<sup>th</sup>

**John Bradley** 99<sup>th</sup> (1<sup>st</sup> MV70) 54:15. First 158 of was **Christopher Davies** of Blackburn Harriers

**Haigh Hall 4 Mile:** Wigan May 8<sup>th</sup>

**Malc Eadie** 2<sup>nd</sup> (1<sup>st</sup> MV40) 22:06. First of 53 was **James Hilton** of Wigan Phoenix in 21:52 and first lady was **Dionne Allen** of Leigh Harriers & AC (8<sup>th</sup>) in 24:01.

**Belmont Winter Hill Fell Race:** 4.5M/1001' May 11<sup>th</sup>

**Jeff Wright** 137<sup>th</sup> 56:40; **Peter Gibson** 163<sup>rd</sup> 1:02:44. First of 166 was **Joe Mercer** of SE Lancs Orienteering Club in 34:34 and first lady was **Lynne Clough** of Chorley AC & Tri (29<sup>th</sup>) in 41:53.

**IPC Athletics Grand Prix:** Grosseto ITA May 11<sup>th</sup>

**Lisa Daley** (T13) **400m** 2<sup>nd</sup> 65.09.

**Wirral AC Young Athletes Open Medal T&F Meeting:** Bebington May 12<sup>th</sup>

**U9G Lexi Edwards 75m** 2<sup>nd</sup> 13.1 **PB**; **600m** 2<sup>nd</sup> 2:12.5 **PB**;  
**LJ** 1<sup>st</sup> 2.65m. **U11B James Smith 75m** 4<sup>th</sup> 12.3; **600m** 1<sup>st</sup> 1:54.1 **PB**; **LJ** 2<sup>nd</sup> 3.70m **PB**. **U11G Lucy Tickle 75m** 13<sup>th</sup> 14.1 **PB**; **LJ** 12<sup>th</sup> 2.44m **PB**; **T/Jav** 4<sup>th</sup> 7.04m. **Natalia Luczak 150m** 5<sup>th</sup> 26.2 **PB**; **600m** 8<sup>th</sup> 2:21.4 **PB**; **LJ** 11<sup>th</sup> 2.56 **PB**. **U13G Natasha Webster 70mH** 4<sup>th</sup> 15.1 **PB**; **HJ** 3<sup>rd</sup> 1.10m **PB**; **JT** 2<sup>nd</sup> 14.44m **PB**. **U15G Ash Colvin 100m** 2<sup>nd</sup> 13.8; **200m** 1<sup>st</sup> 27.8; **75mH** 2<sup>nd</sup> 12.7 **PB**. **U17W Taylor Smith 100m** 2<sup>nd</sup> 14.1; **200m** 2<sup>nd</sup> 29.5.

**Blacksticks 10K:** Inglewhite May 12<sup>th</sup>

**Dave Dyson** 78<sup>th</sup> 49:24. First of 178 was **Rob Danson** of Wesham RR in 36:16 and first lady was **Pauline Powell** of Blackburn Harriers & AC in 38:59.

**Chester Half Marathon:** May 12<sup>th</sup>

**Chris Essex-Crosby** 59<sup>th</sup> 1:22:47, c 1:22:44. First of 4084 was **Mohammad Aburezeq** in 1:08:07 and first lady was

**Amanda Crook** of Southport & Waterloo AC (10<sup>th</sup>) in 1:14:31.

**Dereham 10M:** Norfolk May 12<sup>th</sup>

**Perry Mann** 20<sup>th</sup> 1:03:05. First of 216 was **Mark Grubb** of Norfolk Gazelles in 56:34 and first lady was **Ellie Matthews** of City of Norwich (12<sup>th</sup>) in 1:00:40.

**Trafford Grand Prix:** Stretford May 14<sup>th</sup>

**Jessica Rogers** (U15G) **1500m** 5:15.65 **PB**; **Adam Weightman** (U20M) **3000m** 9:42.26.

**Horwich Jubilee Race 4M (1/4):** May 15<sup>th</sup>

**Chris Essex-Crosby** 29<sup>th</sup> 30:20. First of 255 was **Anthony Valentine** in 26:04 and first lady was **Liz Proctor** (45<sup>th</sup>) in 31:06 (both of Bolton United Harriers & AC).

**Dalton 10K:** May 17<sup>th</sup>

**Bev Wright** 23<sup>rd</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV50) 42:07. First of 101 was **Phil Waite** of Barrow & Furness Striders in 34:48 and first lady was **Sharon Dixon** of Hoad Hill Harriers (10<sup>th</sup>) in 41:10.

**St Annes Triathlon:** May 19<sup>th</sup>

**T2 George Robinson** (U13) Swim 3:14.0, Bike 14:26.6, Run 7:25.5, Total **25:16.1**.

**Senior Andrew Woodward** Swim 6:38.3, Bike 34:40.85, Run 19:06.05, Total **1:00:25.15**.

**Worden Park 10K:** Leyland May 19<sup>th</sup>

**Tanya Barlow** 90<sup>th</sup> (15<sup>th</sup> F) 50:18. First of 184 was **Robert Affleck** of Preston Harriers in 33:34 and first lady was **Catherine Carrus** unattached (24<sup>th</sup>) in 41:37.

**Blackpool Beach 10K:** May 19<sup>th</sup>

**Alan Wilkinson** 39<sup>th</sup> (1<sup>st</sup> MV60) 47:58; **Norman Greenwood** 103<sup>rd</sup> (2<sup>nd</sup> MV70) 59:28. First of 125 was **William Evans** of Northumbria University in 35:51 and first lady was **Lesley Leggett** of Denby Dale Travellers (18<sup>th</sup>) in 43:57

**Trafford Grand Prix:** May 21<sup>st</sup>

**Beth Everson 300m** 6<sup>th</sup> 43.92 **PB**; **300mH** 2<sup>nd</sup> 49.12 **PB**.

**Great Eccleston Scouts Fast 4M:** May 26<sup>th</sup>

**Bev Wright** 29<sup>th</sup> (3<sup>rd</sup> F & 1<sup>st</sup> FV50) 26:02. First 114 of was **Jon Fletcher** of Border Harriers in 21:00 and first lady was **Diane McVey** of Wilmslow RC (12<sup>th</sup>) in 24:22.

**Great Manchester Run 10K:** May 26<sup>th</sup>

**Stuart Robinson** 43<sup>rd</sup> 31:43; **Gavin Colsey-Nicholls** 516<sup>th</sup> 40:57; **Claire Irons** 16155<sup>th</sup> 1:03:13; **Zoe Dixon** 20322<sup>nd</sup> 1:09:04. First was **Moses Kipsiro** of Uganda in 27:52 and first lady was **Claire Platt** of Manchester YMCA (218<sup>th</sup>) in 38:30

**Trafford U15 Medal Meeting:** May 27<sup>th</sup>

**U11G Lucy Tickle 75m** 14.2; **LJ** 13<sup>th</sup> 2.79m **PB**. **U11B James Smith 600m** 2<sup>nd</sup> 1:51.2 **PB**; **LJ** 2<sup>nd</sup> 3.85m **PB**. **U13G Natasha Webster 70mH** 15.2; **JT** 6<sup>th</sup> 16.07m **PB**; **HJ** 8<sup>th</sup> 1.15m **PB**. **U13B Sam Wise 100m** 15.3; **JT** 7<sup>th</sup> 15.5 **PB**; **LJ** 8<sup>th</sup> 3.78m **PB**.