



WYLDEFYRE

August 2013 No 39



English Schools' Athletic Association

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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 **NS** – National Standard; Performance level for which Standard Badges are awarded at National Championships; **ES** – Entry Standard Minimum performance level normally required to be selected for a County Schools Team for National Championships; **CS** – County Standard; a good level of performance at a County Championship meeting; **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**

June AotM



The athletes of the month were **Nick Aziz** for winning the Triple Jump at the Lancs Schools Champs and setting a new High Jump club record of 1.73m and **Lexi Edwards** who was first of 20 girls at the DASH Under nine Quadrathlon held at Sportscity.

Also nominated were **Katy Wyper** and **Jake Walley**

FORTHCOMING EVENTS DIARY

- 01/08/13 Badger 10K Trail Race (Trail Championship) Bamber Bridge
- 03/08/13 NA T&F League Match 4 Trafford
- 03 & 04/08/13 English Athletics U17 & U15 Combined Events Champs Stoke
- 04/08/13 *Wagon & Horses 10M Lancaster
- 04/08/13 *Inter Club Fell Race Farelton Knott 4.5M/1499' Kendal
- 06/08/13 Trafford Distance/Throws
- 07/08/13 Club Handicap; Chorley 4.4M (4/4) Astley & Lancaster 10K
- 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
- 11/08/13 Nth Vets AC 10K Bispham & Welcome Tavern 10K
- 13/08/23 Trafford Sprints/Jumps
- 14/08/13 *Chorley AC Inter Club Astley Hall Chorley & Ulverston 10K
- 14/08/13 Wirral Sprints/Jumps Bebington Oval
- 14/08/13 Civil Service Athletics Association T&T Champs Manchester
- 17/08/13 Catforth Canter 5K (3/3)
- 17 & 18/08/13 Northern Athletics U17 & U15 T&F Champs Liverpool
- 18/08/13 Birchwood 10K
- 21/08/13 Horwich Jubilee Series 5M (4/4)
- 24/08/13 Southport Waterloo Open T&F Litherland
- 24 & 25/08/13 UK CAU Champs Bedford
- 25/08/13 Fleetwood HM & Waggon Horses HM Lancaster
- 24 & 25/08/13 UK CAU Champs (Junior/Senior athletes) Bedford
- 28/08/13 Harrock Hill Race 5.3M (4/4)
- 31/08/13 Mid Lancs Medal Meeting Wigan
- 31/08/13 Blackpool Hilton Illuminations 10K & Lancaster 5K (4/5)
- 31/8-01/09/13 England Athletics U17 & U15 T&F Champs Bedford
- 01/09/13 Blackpool Hilton Half Marathon & Ulverston Charter 5K
- 03/09/13 Gosforth 10K
- 04/09/13 *Red Rose RR Inter Club Worden Park
- 07/09/13 Lancaster 10K Pilling, Lakeland TR 10K & 15K Keswick
- 08/09/13 BWFAC Open Medal Meeting & Autumn 5K
- 08/09/13 Yorkshire Off-Road Marathon Haworth
- 14/09/13 Liverpool Throws/Jumps
- 14/09/13 Sabden 6M TR Clitheroe
- 14 & 15/09/13 UK School Games Sheffield
- 15/09/13 North West Road Relays Salt Ayre Lancaster & Lake Vyrnwy HM
- 21/09/13 NA 6/4 Stage Relays & Young Athletes Relays Stanley Park
- 21/09/13 Gt Langdale HM 7 Marathon
- 21 & 22/09/13 English Schools Combined Events & Walks Birmingham
- 22/09/13 BWFAC Open Medal Meeting
- 22/09/13 Fleetwood Triathlon
- 25/09/13 Ron Hill 75th Birthday 5K Littleborough
- 28/09/13 Red Rose XC League Leigh & Lancaster 5K (5/5)
- 29/09/13 *Run Preston 10K 5K/Fun & Race to Remember TR Scorton
- 05/10/13 NA Cross Country Relay Champs
- 06/10/13 *Lytham Hall 5K **Note Change of Date!**

Volunteer of the Quarter



Rita Hope was nominated as **Volunteer of the Quarter** after returning to coaching following a hip replacement.

12/10/13	ERRA 6/4 Stage Road Relays Sutton Park
13/10/13	ERRA Young Athletes Road Relays Sutton Park
19/10/13	Red Rose XC League Chorley
26/10/13	Mid Lancs XC League
20/10/13	*Green Drive 5M
27/10/13	England Athletics 10 Miles-BUPA Great South Run Portsmouth
09/11/13	Red Rose XC League Bolton
10/11/13	Lancs Sportshall Stanley Park SC Blackpool (provisional)
17/11/13	England Athletics 10K Champs –Leeds Abbey Dash
23/11/13	Mid Lancs XC League
07/12/13	Red Rose League Rossendale
08/12/13	20 th SPAR European XC Champs Belgrade
14/12/13	Mid Lancs XC League
04/01/14	Lancs XC Champs
11/01/14	Mid Lancs XC League
12/01/14	Lancs Sportshall Stanley Park SC Blackpool (provisional)
08/02/14	Mid Lancs XC League
09/02/14	Lancs Sportshall Stanley Park SC Blackpool (provisional)
15/03/14	Northern Athletics 6 & 12 Stage Road Relays

REPORTS & RESULTS

Harrock Hill Race (5.2M/902'): June 26th **ICFR**

Dave Dyson 145th 48:00. First of 229 was Jon Green of Preston Harriers in 33:06 and first lady was Joanna Goorney of Wesham RR (46th) in 38:36.

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

Ian Dawson 22:41; Coner Millward 26:32 **PB**; Steve Lang 26:48; Nick Hume 26:52; Reg Smallbone 26:07; Steve Green 26:43; Matt Broadhurst 26:23; Tony Croft 29:41; Anthony Blight 27:31; Sarah Wetherill 25:36; Dave Randall 29:28; Dave Heaton 35:50; Alison Titterington 28:20; Tony Airnes 29:12; Peter Gibson 28:04; John Bradley 34:47.

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

English Schools' Championships: Alexander Stadium, Birmingham July 5th & 6th

Senior Girls HT F Chloe Needham 12th 37.82m. **Inter Boys PV F** Dom Lavelle 7th 4.00m (ES) **PB**. **Junior Boys 100m h1** Lawrence Omorere (w -0.5) 6th 11.96. **Junior Girls 200m h3** (w -0.4) Ash Colvin 6th 26.88. **Inter Girls PV F** Fiona Hockey 7th 3.20m (ES); Hannah Newell 11th = 3.00m (ES). **Inter Girls 300m** Kate Lawler 4th 40.79 (ES) q; **F** 8th 41.18. **Junior Boys TJ F** (ws +0.0) Nick Aziz 4th 12.34 (ES) **PB CR**. **Inter Girls 1500m h1** Molly Betmead 11th 4:52.42.

Carnival 5K: St Annes July 7th

Malc Eadie 3rd (2nd MV40) 16:44; Andrew Woodward 5th 17:17; Steve Waterhouse 7th (3rd MV40) 17:29; David Everson 27th 19:37; Bev Wright 37th (3rd F & 1st FV50) 20:25; Ian Close 56th 22:01; Nick Hume 58th 22:04; Alan Wilkinson 78th (3rd MV60) 23:35; Alison Titterington 82nd (13th F & 1st

FV55) 23:41; Coner Millward 88th 23:55; Bob Massey 93rd (1st MV65) 24:38; John Bradley 105th (1st MV70) 25:27; John Winters 116th (1st MV75) 26:45; Dave Heaton 130th 28:45; Norman Greenwood 131st 28:47. First of 157 was Eric Crowther of Salford Harriers in 16:25 and first lady was Katie Trickett of Blackburn Harriers AC (29th) in 19:55.

Fun Run

George Robinson (Age 12) 1st 5:21; Ben Preddy (Age 11) 2nd 5:23; Hannah Eadie (Age 12) 8th (1st F) 6:17; Molly Eadie (Age 9) 32nd (8th F) 7:19. (107 competed).

Northern Athletics League Division 2WC

Match 3: Stanley Park Stadium B'pool July 7th **NAL**

Men 100m A Alex Bale 4th 11.4; **100 B** Alex Kiziltas 2nd 11.6; **200m A** Alex Kiziltas 5th 23.4; **200m B** Chris Debar 2nd 23.7 **PB**. **400m A** Connor McCormick 4th 55.3; **400m B** Rory Anderson 5th 56.7. **800m A** Jake Walley 2nd 2:00.2; **800m B** Adam Weightman 4th 2:08.5 **PB**. **1500m A** Harry Poole 3rd 2:12.1; **1500m B** William Eccleston 4:15.5 **PB**. **5000m A** Luke Minns 2nd 15:12.3 **PB**. **SP A** Dave Shaw 3rd 9.46m; **SP B** Syd Bashforth 3rd 8.73m. **DT B** Syd Bashforth 2nd 26.62m. **DT A** David Shaw 2nd 30.38m **PB**; **HT A** David Shaw 1st 44.37m **PB**; **HT B** Syd Bashforth 1st 32.86m. **JT A** Dave Turner 1st 51.71m; **JT B** Chris Stevens 1st 36.48. **HJ A** Dom Lavelle 4th 1.50m; **HJ B** Matt Walker 4th 1.40m. **PV A** Matt Wright 1st 3.70m; **PV B** Dom Lavelle NH. **LJ A** Declan O'Hara 6.47m **PB ncr**; **LJ B** Robbie Morris 2nd 5.36m **PB**. **TJ A** Declan O'Hara 1st 13.14; **TJ B** Dom Lavelle 1st 11.18m **PB**. **4x100m** 2nd 51.1. **PB**; **4x400m** 3rd 3.40.0.

Women 100m A Katy Wyper 1st 12.2; **100m B** Fiona Hockey 3rd 13.3 **PB**. **Guest 100m** Lisa Daley 14.3. **200m A** Katy Wyper 1st 25.3 **PB**; **200m B** Taegan O'Hara 3rd 28.3

PB. **400m A** Lydia Critchley 1st 60.4; **400m B** Jordan Dixon 1st 61.0 **PB.** **800m A** Katrina Kelly 4th 2:33.3 **PB.** **1500m A** Lauren Gowland 2nd 4:58.1. **100mH A** Taegan O'Hara 5th 30.6; **100mH B** Alicia Johnston 5th 20.3. **400mH A** Taegan O'Hara 6th 82.7 **PB.**; **400mH B** Alicia Johnston 5th 86.4 **PB.** **SP A** Katrina Kelly 3rd 8.74. **DT A** Sue Ball 2nd 29.06m **PB.**; **DT B** Kay Wyper 5th 14.34m. **HT A** Chloe Needham 1st 38.90m. **JT A** Jordan Dixon 34.35m **PB ncr.**; **JT B** Sue Ball NT. **HJ A** Hannah Newell 1st = 1.45m; **HJ B** Fiona Hockey 1st 1.35m. **PV A** Fiona Hockey 1st 3.45m **PB CR.** **PV B** Hannah Newell 1st 3.00m. **LJ A** Taegan O'Hara 4th 4.69m **PB.**; **LJ B** Amber Swinerton 2nd 4.51m **PB.** **TJ A** Taegan O'Hara 3rd 10.15m; **TJ B** 5th Alicia Johnston 5th 8.23m. **4 x 100m Relay** (O'Hara, Swinerton, Everson, Hockey) 2nd 53.4.

Teams Blackburn Harriers & AC 1st 426.0 pts; **BWFAC 2nd 354.0 pts**; Holmfirth Harriers & AC 3rd 350.5 pts; Seaton AC 4th 311.0 pts; Bury AC 5th 286.0 pts; Rossendale Harriers & AC 6th 243.5 pts.

League Blackburn Harriers & AC 18 (1068); Holmfirth Harriers 10 (989.5); Seaton AC 10 (977); Bury AC 10 (961) Rossendale Harriers & AC 8 (918); **BWFAC 7 (880.5).**

Sainsbury's British Championships: Alexander Stadium Birmingham July 12th to 14th **BC**
SW 100m h4 ws + 0.6 Katie Wyper 6th 12.31. **SM PV F**
Max Eaves 3rd 5.35m CR.

Northern Inter Counties Championships:
Costello Stadium, Hull July 20th **NICC**

U15G 75mH (ws +1.9) 8th Ashya Colvin 12.59. **200m** (ws +1.5) 7th Ashya Colvin 26.9. **4x100m** Lancs (Ashya Colvin a member) 2nd 51.30.

U17M 1500m 4th Jake Walley 4:09.12. **PV 3rd** Dom Lavelle 3.60m. Kate Lawler 2nd 60.29 **PB.** **LJ 5th** Beth Everson (ws +1.2) 4.97m.

U17W 400m PV 1st Hannah Newell 3.10m = **PB.**; 2nd Fiona Hockey 3.00m. **HJ 10th** = Beth Everson 1.40m.

Mid-Lancs T&F League: Edge Hill University Ormskirk July 21st **ML**

U13B: 100m 3rd Dylan Webbe 13:3 **PB.**; 12th Sam Wise 14.8 = **PB.**; 23rd = Eddie Peill 15.7. **200m** 3rd Dylan Webbe 28.7. **800m** 3rd Christian Linton 2:27.6. **1500m** 1st Ben Preddy 5:01.1 **PB.**; 9th Eddie Peill 5:53.6. **LJ 2nd** Christian Linton 4:16m **PB.**; 3rd Dylan Webbe 4:01; 15th Sam Wise 3.53m. **SP 6th** Sam Wise 4.02m. **DT 2nd** Innes Kent 21.86m **PB.** **JT 1st** Innes Kent 35.05m. **4x100m Relay** 2nd 59.5.

U13G: 100m 1st Jessica Aziz 13.9; 15th = Kirsty Rushton 15.3; 15th = Erin Webbe 15.3; 19th = Maya Wallace 15.5 **PB.** **200m** 1st Jessica Aziz 28.4; 12th Taylor Holland 31.2; 13th Kirsty Rushton 31.6; 17th Maya Wallace 32.6. **800m** 12th Sydnie Bairstow 2:52.8 **PB.** **1500m** 4th Danielle Whipp 5:35.6 **PB.** **LJ 13th** Kirsty Rushton 3.41m. **SP 7th** Erin

Webbe 5.29m; 10th Lucy Ball 4.30m. **DT 5th** Lucy Ball 10.93m. **4x100m Relay** 3rd 59.9.

U15B: 100m 3rd Lawrence Omorere 12.2; 6th Nick Aziz 12.3 **PB.**; 13th = Harry Mercer 12.8. **200m** Matt Peill 11th 28.7. **400m** 5th Matt Peill 62.1; 9th Cameron Roberts 69.2 **PB.** **800m** 2nd Sam Matthews 2:09.6 **PB.**; 5th Thomas Matthews 2:15.5 **PB.** **LJ 4th** Nick Aziz 4.94m; 6th Luke Halstead 4.86m **PB.**; 8th Harry Mercer 4.78m; 16th Cameron Roberts 3.94m **PB.** **HJ 1st** Luke Halstead 1.73m **PB =ncr.** **DT 10th** Cameron Roberts 15.62m **PB.** **JT 2nd** Louis Walker 33.74m; 3rd Harry Mercer 31.08m. **4x100m** 2nd 51.1.

U15G: 100m 4th = Ashya Colvin 13.4; 11th Tilly Lawson 14.3; 14th Chloe Booth 14.3; 15th Lizzie Bradley 14.3. **200m** 9th Tilly Lawson 29.0; 13th Lizzie Bradley 30.0. **800m** 2nd Annie Bradshaw 2:19.9 **PB.**; 12th Lauren Brook 2:42.5. **LJ 7th** Ashya Colvin 4.12m; 15th Lauren Brook 3.44m **PB.** **HJ 2nd** Ashya Colvin 1.35m. **4x100m** 55.80.

U17M: 400m 3rd Jake Walley 54.6 **PB.** **JT 3rd** Robbie Morris 33.12m.

U17W: 200m 1st Jordan Dixon 26.7. **300m** 1st Jordan Dixon 42.1. **800m** 3rd Fiona Hockey 2:29.2 **PB.**; 4th Beth Everson 2:31.3. **LJ 4th** Beth Everson 4.47m; 10th Taylor Smith 3.31m. **HJ 1st** = Beth Everson 1.45m; 4th Fiona Hockey 1.35m. **JT 2nd** Jordan Dixon 30.04m.

SM: 100m 9th = Chris Debar 11.8; 11th Alex Kiziltas 11.8. **HT 2nd** Dave Shaw 42.16m.

SW: 200m 1st Katy Wyper 25.5. **SP 3rd** Susan Ball 7.78m **PB** 7th Claire Irons 5.73m **PB.** **DT 1st** Susan Ball 27.68m; 8th Claire Irons 15.33m. **JT 4th** Susan Ball 21.64m **PB.** **HT 3rd** Claire Irons 23.14m. **4x100m** 1st 51.8

League

Women: Blackpool 1st 212; Preston 3rd 162; Lancaster 4th 88; Ormskirk 3rd 633.3 **Total 3rd 633.3**

Men: Blackpool 1st 197; Preston 3rd 135; Lancaster 4th 97; Ormskirk 3rd 137.5 **Total 3rd 566.5.**

3rd Inter Club (5M): Salwick (Wesham) July 22nd **IC**

Individual BWFAC Results: (Positions shown excludes guest runners; Steve Waterhouse 7th 25:56; Andy Woodward 13th 26:39; Ian Dawson 20th 27:43; Bev Wright 49th (6th F, 31st V & 13th V50) 30:27; Emily Japp 55th (7th F) 30:46; Sarah Wetherill 68th (13th F & 51st V) 31:39; Carly Morgan 71st (12th F) 31:30; Matthew Broadhurst 76th 31:43; Peter Singleton 81st (55th V & 22nd V50) 32:06; Dave Skinner 84th (58th V & 24th V50) 32:34; Stasia Bligh 95th (18th F & 65th V) 32:55; Reg Smallbone 92nd (66th V, 28th V50 & 5th V60) 32:56; Terry Westhead 103rd (71st V & 30th V50) 33:35; Anthony Blight 99th (72nd V) 33:36; Steve Minto 100th (73rd V, 31st V50 & 6th V60) 33:37; Kevin Woods 106th (78th V & 34th V50) 33:56; Nick Hume 109th (81st V & 37th V50) 30:54; Laura Lawler 111th (24th F & 82nd V) 30:43; Karen Dunford 116th (26th F & 87th V) 35:02; Steve Lang 117th (88th V) 35:03; Lisa McGoff 120th (29th F) 35:43; Peter Gibson 121st (90th V & 40th V50) 35:48; Alison Titterington 124th (31st F, 93rd V & 41st V50) 36:05; Jeff Wright 127th (96th V & 43rd V50) 36:41; Dave Randall 131st (98th V & 48th V50); Tony

Croft 132nd (99th V, 46th V50 & 11th V60) 34:07; **John Winters** 139th (106th V, 51st V50 & 13th V60) 41:30; **Coner Millward** 141st (JM) 38:00; **Chris Bligh** 142nd (108th V) 32:51; **Bob Massey** 143rd (109th V, 53rd V50 & 14th V60) 38:08; **John Bradley** 150th (116th V, 56th V50 & 16th V60) 39:58; **Bernard Singleton** 160th (125th V, 62nd V50 & 19th V60) 40:49; **Dave Heaton** 171st (134th V & 69th V50) 44:10; **Norman Greenwood** 172nd (135th V, 70th V50 & 24th V60) 44:38.

Team Results:

Open: Preston Harriers 1st 116 pts; Wesham RR 2nd 206 pts; Red Rose RR 3rd 426 pts; **BWFAC 4th 530 pts**; LSARRC 5th 645 pts; Chorley Athletic & Tri Club 6th 1033 pts.

Ladies: Wesham RR 1st 34 pts; Preston Harriers 2nd 35 pts; **BWFAC 3rd 56 pts**; LSARRC RR 4th 151 pts; Red Rose RR 5th 185 pts; Chorley Athletic & Tri Club 6th.

Vets: Preston Harriers 1st 32 pts; Wesham RR 2nd 76 pts; Red Rose RR 3rd 154 pts; **BWFAC 4th 263 pts**; LSARRC 5th 395 pts; Chorley Athletic & Tri Club 6th 405.

Vet 50s: Preston Harriers 1st 17 pts; Wesham RR 2nd 31 pts; Red Rose RR 3rd 64 pts; **BWFAC 4th 87 pts**; LSARRC 5th 111 pts; Chorley Athletic & Tri Club 6th 151 pts.

Vet 60s: Wesham RR 1st 15; **BWFAC 2nd 22 pts**; Preston Harriers 3rd 25 pts; Red Rose RR 4th 46 pts; LSARRC 5th 47 pts; Chorley Athletic & Tri Club 6th 47 pts.

Youth Development League (U17/U20)

Round 4: Bebington Oval July 28th

YDL

U20M 100m A Dom Lavelle 6th 12.1; **100m B** Finn Walker 5th 12.1. **800m A** Adam Weightman 2nd 2:09.3.

1500m A Adam Weightman 1st 4:34.7. **3000m** Adam Weightman 1st 9:47.6. **2000m Steeplechase A** Jake Walley (U17M) 7:05.6 **PB**; **B** Adam Weightman 1st 8:13.1 **PB**.

HJ A Finn Walker 3rd 1.65m **PB**. **HJ B** Alex Obiorah (U17M) 1st 1.45m **PB**. **PV A** Finn Walker 1st 4.00m =**PB**.

4x100 (Walker, Walley, Weightman, Obiorah) 3rd 50.4.

U17M 100m Alex Obiorah 3rd 11.7 =**PB**. **200m** Alex Obiorah 3rd 24.8 **PB**. **400m** Jake Walley 1st 54.4 **PB**.

800m Jake Walley 1st 2:02.9. **DT** Robbie Morris 5th 14.09m. **JT** Robbie Morris 1st 39.32. **SP** Robbie Morris 4th 8.43m. **LJ** Dom Lavelle 2nd 5.81m **PB**. **HJ** Dom Lavelle 2nd 1.60m. **PV** Dom Lavelle 2nd 3.60m.

U20W 100 A Taylor Smith 5th 14.8. **200m A** Kate Lawler (U17W) 3rd 27.0; **200m B** Jess O'Neill (U17W) 2nd 27.1.

400mH Rachel Kellet 1st 72.2. **JT A** Taylor Smith (U17W) 4th 16.54m. **LJ A** Kate Lawler (U17W) 4th 4.19m; **LJ B** Taylor Smith (U17W) 4th 3.76m. **HJ A** Rachel Kellet 3rd 1.60m =**PB**. **HJ B** Hannah Newell (U17W) 2nd 1.45m. **PV A** Fiona Hockey (U17W) 1st 3.15m.

U17W 100m Jess O'Neill 2nd 13.0; **200m** Jordan Dixon 1st 26.9; **300m** Kate Lawler 1st 42.6. **JT** Jordan Dixon 1st 32.68m. **LJ** Jess O'Neill 1st 4.75m. **HJ** Fiona Hockey 2nd 1.40m. **PV** Hannah Newell 1st 3.00m. **4x100m Relay** (Dixon, Lawler, Hockey, O'Neill) 1st 53.4.

U17W 100m Jess O'Neill 2nd 13.0; **200m** Jordan Dixon 1st 26.9; **300m** Kate Lawler 1st 42.6. **JT** Jordan Dixon 1st 32.68m. **LJ** Jess O'Neill 1st 4.75m. **HJ** Fiona Hockey 2nd 1.40m. **PV** Hannah Newell 1st 3.00m. **4x100m Relay** (Dixon, Lawler, Hockey, O'Neill) 1st 53.4.

U17W 100m Jess O'Neill 2nd 13.0; **200m** Jordan Dixon 1st 26.9; **300m** Kate Lawler 1st 42.6. **JT** Jordan Dixon 1st 32.68m. **LJ** Jess O'Neill 1st 4.75m. **HJ** Fiona Hockey 2nd 1.40m. **PV** Hannah Newell 1st 3.00m. **4x100m Relay** (Dixon, Lawler, Hockey, O'Neill) 1st 53.4.

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Team Results: 1st Wirral AC 466; 2nd Crewe & Nantwich AC 425.5, 3rd Trafford AC 386.5, **4th BWFAC 267**; 5th Wigan & District Harriers AC 254; 6th North Wales 209.

League Standings: 1st North Wales (1534) 17 pts; 2nd Crewe & Nantwich AC (1674) 15 pts; 3rd Wirral AC (1580) 15 pts; 4th Trafford AC (1454.5) 14 pts; 5th Wigan & District AC (1410) 12 pts; 6th **BWFAC (1213) 10 pts**.

Other Results:

Cuerden Valley Badger 10K TR: Bamber Bridge July 4th
Dave Dyson 82nd 50:48. First of 255 was **Gary Shaw** of Burnley AC in 34:47 and first lady was **Joanna Goorney** of Wesham RR (19th) in 42:21.

Catforth Canter 5K: nr Preston July 6th
John Bradley 41st (1st MV70) 26:03. First of 55 was **Jason Parker** of Preston Harriers in 16:53 and first lady was **Pauline Powell** of Blackburn Harriers (7th) 18:12.

British Milers Club: Stretford July 16th
800m Race A Luke Minns 2nd 1:50.79 **PB ncr**

Trafford Grand Prix: Stretford July 16th
3000m (U20) Adam Weightman 9th 9:21.94.

Caldervale Supper Run (3.8M): Garstang July 18th
Malc Eadie 1st (1st MV40) 20:50 (first of 81); **Anthony Blight** 29th 29:24; **John Bradley** 50th (1st MV70) 32:43. First lady was **Helen Booth** of Lancaster & Morecambe AC (7th) in 24:10.

Elswick Express 10 Mile: nr Preston July 20th
Sarah Wetherill 32nd (6th F & 3rd FV35) 1:15:37. First of 74 was **Shaun Livesey** of Blackburn Harriers AC in 58:24 and first lady was **Sarah Cumber** of Halifax Harriers (7th) in 1:03:50.

Bentham Beagles Bash 10K: High Bentham July 21st
John Bradley 53rd (2nd MV70) 55:24. First of 86 was **Paul Webb** unattached in 36:17 and first lady was **Helen Booth** of Lancaster & Morecambe (13th) in 41:52.

Trafford AC Medal Meeting: July 21st
James Smith 75m 15th 11.6; **600m** 4th 1:50.5 **PB**; **LJ** 8th 3.59m. **Lucy Tickle** 75m 16th = 11.4 **PB**; **LJ** 17th 2.72m.

Trafford Grand Prix: Stretford July 23rd
Lucy Mansfield (U23W) **100m h7** (-1.0) 12.75; **200m h8** (-0.6) 3rd 25.74. **Beth Everson** (U17W) **300m** 1st 42.96 **PB**. **Alex Kiziltas** (U20M) **400m h6** 2nd 55.20. **Beth Towers** (U23W) **400m h9** 1st 61.79 **PB**.

Loughborough EAP Open Meeting: July 23rd
PV Max Eaves 2nd 5.30m.

Civil Service 10K: London Battersea Park July 24th
Malc Eadie (DWP) 3rd (1st MV45) 34:58 (also part of the winning HASSRA team). First of 287 was **Jim Addison** of Beckenham AC in 34:41 and first lady was **Angela Allen** of Leigh AC (57th) in 41:00.

Lancaster 5K Series (3): July 27th
Malc Eadie 6th (1st MV45) 16:22; **Hannah Eadie** 53rd (15th F) 24:41. First of 65 was **James Reed** of Altrincham & District AC in 15:14 and first lady was **Rebecca Robinson** of Kendal AC (7th) 16:34.

Kirkham Cricket Klub Klassic 6 Miles: July 28th
Howard Henshaw 32nd (1st MV70) 58:37; **Karen Henshaw** (unattached) 33rd (1st FV65) 58:38. First of 50 was **Chris Barnes** of Blackburn Harriers AC and first lady was **Emma Wood** of Howgill Harriers (10th) 47:08.