



WYLDEFYRE

September 2013 No 40



Contributions & Comments to dauidwood61@hotmail.co.uk

Luke Halstead for equalling the U15B's High Jump record.

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; RR – Road Runners; 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; EIS – English Institute of Sport; 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; DR – Debut Run; 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***

July AotM

July's Athletes of the Month are **Katy Wyper** and **Robbie Morris** primarily for



their support of club league fixtures and performances. Also Katy was invited to compete in the 100 metres at the **British Championships** held during July.

Also nominated were **Taegan O'Hara** also for her support of club teams and

FORTHCOMING EVENTS DIARY

04/09/13	*Red Rose RR Inter Club Worden Park
07/09/13	Lancaster 10K series Pilling, Lakeland TR 10K & 15K Keswick
08/09/13	BWFAC Open Medal Meeting Stanley Park
08/09/13	Autumn 5K inc NW Civil Service Champs Stanley Park
11/09/13	Club Handicap New Road
14/09/13	10 th Liverpool Throws/Jumps Wavertree & Sabden 6M TR
14 & 15/09/13	UK School Games Sheffield
15/09/13	Nth 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 & Marathon
21 & 22/09/13	English Schools Combined Events & Walks Birmingham
22/09/13	BWFAC Open Medal Meeting & Fleetwood Triathlon
25/09/13	Ron Hill 75 th 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 & Coniston TR 10K/15K
06/10/13	*Lytham Hall 5K Note Change of Date!
06/10/13	Chester Marathon; Blp to Fleetwood 10M & Lea 10K
12/10/13	ERRA 6/4 Stage Road Relays Sutton Park & Coniston 14
13/10/13	ERRA Young Athletes Road Relays Sutton Park
13/10/13	UK Junior RR Grand Prix Lancaster & Autumn Breaker 10K Blp
19/10/13	Red Rose XC League Chorley & Standish Hall Wigan
20/10/13	*Green Drive 5M/Junior 1M & Lancaster TR Carnforth
23/10/13	Wirral AC Track Endurance Initiative
26/10/13	Mid Lancs XC League Towneley Park Burnley
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
15/11/13	2013 BWFAC Presentation Night Hilton Hotel Blackpool
17/11/13	England Athletics 10K Champs – Leeds Abbey Dash
23/11/13	Mid Lancs XC League Sefton Park Liverpool
07/12/13	Red Rose League Rossendale
08/12/13	20th SPAR European XC Champs Belgrade
14/12/13	Mid Lancs XC League Thornccliffe Barrow-in-Furness
04/01/14	Lancs XC Champs & England/NA Sen/U20 Combined Champs
11/01/14	Mid Lancs XC League Wilson Playing Fields Hyndburn
12/01/14	Lancs Sportshall Stanley Park SC Blackpool
18 & 19/01/14	Northern Athletics Sen/U20/U17 indoor Champs EIS Sheffield
25/01/14	Northern Athletic Cross Country Champs Knowsley Safari Park
01/02/14	Lancashire Schools XC Champs
02/02/14	Northern U15/U13 Indoor Champs EIS Sheffield
08/02/14	Mid Lancs XC League Lancaster University
09/02/14	Lancs Sportshall Stanley Park SC Blackpool
22/02/14	English National XC Wollerton Park Nottingham
01/03/14	Mid Lancs XC League Crooklands Kendall
01 to 03/03/14	European Athletics Indoor Champs Gothenburg SWE
15/03/14	Northern Athletics 6 & 12 Stage Road Relays Heaton Park M/c

REPORTS & RESULTS

Beetham Sports FR 5.8M/928': July 27th **CFR**

Full results not published yet; however the order of **BWFAC** members were Gary Johnston, Peter Singleton, Bob Massey and Bernard Singleton.

Cuerden Valley Badger 10K Trail Race:

Bamber Bridge August 1st **CR**

John Wright 7th (3rd MV45) 39:21; Laura Lawler 74th (10th F & 2nd FV45) 52:02; Tony Croft 116th 58:30. First of 156 was Richard Howarth of Horwich RMI Harriers and first lady was Catherine Slater in 43:52.

Northern Athletics League Division 2WC

Match 4: Trafford August 3rd **NAL**

Men 100m 'A' Alex Kiziltas (U20M) 4th 12.3; **100m 'B'** Alex Obiorah (2nd) 12.0; **200m 'A'** Chris Debar 3rd 24.1; **200m 'B'** Alex Obiorah (U17M) 4th 24.6 **PB**. **400m 'A'** Luke Minns (SM) 1st 50.2 **PB**; **400m 'B'** Alex Kiziltas 3rd 55.5. **800m 'A'** Luke Minns 1st 1:56.3; **800m 'B'** Dave Turner (SM) 5th 2:52.6 **PB**. **SP 'A'** Dave Shaw (SM) 3rd 9.65m; **SP 'B'** Syd Bashforth (SM) 3rd 8.60m. **DT 'A'** Syd Bashforth 4th 27.32m. **DT 'B'** David Shaw 1st 25.85m; **HT 'A'** David Shaw 1st 43.68; **HT 'B'** Syd Bashforth 2nd 31.65m. **JT 'A'** Robbie Morris (U17M) 2nd 37.15 **PB**; **JT 'B'** Chris Stevens (SM) 1st 35.88. **HJ 'A'** Finn Walker (U20M) 1st 1.80m **PB**; **HJ 'B'** Dom Lavelle (U17M) 1st 1.75m **PB**. **PV 'A'** Matt Wright (U20M) 1st 3.90m; **PV 'B'** Finn Walker 1st 3.90m. **LJ 'A'** Dom Lavelle 2nd 5.63m; **LJ 'B'** Chris Debar 1st 5.57m **PB**. **TJ 'A'** Dom Lavelle 2nd 12.24 **PB**. **4x100m DQ**; **4x400m** (Chris Debar, Robbie Morris, Alex Kiziltas, Luke Minns) 1st 3:32.9.

Women 100m 'A' Katy Wyper (U23W) 1st 12.5; **100m 'B'** Amber Swinnerton (U17W) 3rd 13.4. **200m 'A'** Katy Wyper 1st 25.7; **200m 'B'** Amber Swinnerton 27.9. **400m 'A'** Jordan Dixon (U17W) 1st 60.4 **PB**. **800m 'A'** Stasia Bligh (SW) 5th 2:50.4; **800m 'B'** Claire Irons (SW) 5th DQ. **1500m 'A'** Stasia Bligh 6th 5:45.4; **1500m 'B'** Claire Irons 5th 8:03.7. **SP 'A'** Rachel Bashforth (SW) 1st 9.90m; **SP 'B'** Julia Clayton (SW) 1st 9.68m. **DT 'A'** Julia Clayton (SW) 2nd 25.68m; **DT 'B'** Rachel Bashforth 4th 17.31. **HT 'A'** Chloe Needham (U20W) 1st 40.10m; **HT 'B'** Claire Irons 1st 22.91m. **JT 'A'** Jordan Dixon 33.49m; **JT 'B'** Claire Irons 4th 13.37m. **HJ 'A'** Fiona Hockey (U17W) 1st 1.55m **PB**. **HJ 'B'** Hannah Newell (U17W) 1st 1.50m =**PB**; **PV 'A'** Fiona Hockey 1st 3.00m. **PV 'B'** Hannah Newell 1st 2.90m. **LJ 'A'** Katy Wyper 3rd 4.87; **LJ 'B'** Amber Swinnerton 5th 4.26m. **4x100m Relay** (Hannah Newell, Katy Wyper, Fiona Hockey & Jordan Dixon) 2nd 51.7; **4x400m Relay** (Katy

Wyper, Amber Swinnerton, Stasia Bligh & Jordan Dixon) 3rd 4:21.1.

Teams Blackburn Harriers & AC 1st 399.0 pts; Holmfirth Harriers & AC 3rd 357.0 pts; Seaton AC 4th 352.0 pts; **BWFAC 2nd 339.0 pts**; Rossendale Harriers & AC 6th 311.0 pts Bury AC 5th 269.0 pts.

League Blackburn Harriers & AC 24 (1721.0); Holmfirth Harriers 15 (1346.5); Seaton AC 14 (1329.0); Bury AC 11 (1230.0) **BWFAC 10 (1219.5)**. Rossendale Harriers & AC 10 (1201.0).

Farleton Knott Fell Race: Kendal Aug 5th **ICFR**

Jeff Wright 103rd 1:03:29. First of 129 Shaun Godsman of Calder Valley FR in 35:59 and first lady was Hazel Robinson of Ambleside AC (25th) in 44:02.

Waggon & Horse 10 Mile: Lancaster August 4th

New Road August 7th **CC**

Steve Waterhouse 8th 1:01:05; Ian Close 80th 1:18:49; Dave Heaton 160th 1:46:40, First of 167 was Rob Affleck of Preston Harriers in 56:24 and first lady was Lisa Finley of Dumfries RC (5th) in 59:59.

Club Handicap: New Road **CH**

Graham Davies 26:04; Richard Eaves 22:48; Ian Dawson 21:54 **PB**; Michaela Dempsey 27:27; Matt Broadhurst 25:39 **PB**; Jim Unsworth 21:12; Jeff Wright 29:20; Liam Craine 21:57; Carly Morgan 25:55 **DR**; Peter Gibson 27:44; John Winters 30:57; Coner Millward 28:24; Tony Croft 30:46; Dave Randall 30:29; Dave Heaton 38:02.

Handicapper & Timekeeper: Sharon Randall. Helpers: Larry McGee & David Wood.

Mid-Lancs T&F League: Hyndburn Aug 10th **ML**

U13B: 100m 1st Dylan Webbe 13:4; 10th Sam Wise 14.8 =**PB**. **200m** 1st Dylan Webbe 27.9 **PB**. **800m** 2nd Ben Preddy 2:31.4 **PB**; 7th Eddie Peill 2:42.2. **LJ** 1st Dylan Webbe 4:13; 7th Sam Wise 3.80m; Eddie Peill 16th 3.18m. **SP** 6th Sam Wise 4.02m. **JT** 1st Innes Kent 34.52m; 7th Sam Wise 11.84m.

U13G: 100m 3rd Erin Webbe 15.3; 9th Ita Gospodarczky 16.5; 10th Natasha Webster 16.6. **200m** 1st Taylor Holland 30.9; 5th Erin Webbe 34.7; 6th Ita Gospodarczky 36.9. **800m** 4th Taylor Holland 2:44.2. **1500m** 2nd Sydney Birstow 5:21.5 **PB**; 4th Danielle Whipp 5:27.7 **PB**. **LJ** 8th Lucy Ball 2.63m; 9th Ita Gospodarczky 2.53m. **HJ** 4th Natasha Webster 1:15 **PB**. **SP** 8th Erin Webbe 5.56m; 11th Lucy Ball 3.43m. **DT** 4th Lucy Ball 10.28m. **JT** 1st Natasha Webster 19.63m **PB**. **4x100m Relay** 1st 68.4.

U15B: 100m 3rd = Thomas Allen 12.2 **PB**; 5th Harry Mercer 12.5 **PB**. **200m** 2nd Thomas Allen 24.6 **PB**. **400m** 1st Thomas Allen 54.8 **PB**; 11th Matt Peill 64.5. **LJ** 4th Harry Mercer 5.07m. **JT** 3rd Harry Mercer 31.10m. **4x100m** 2nd 52.8.

U15G: 100m 2nd Libby Bonis 13.6 **PB**; 6th Chloe Booth 13.9; 7th = Alice Barron-Eaves 13.0; 12th Hannah Maskill 14.6 **PB**; 13th Keeley Fowler 14.8; 14th Olivia Grindrod 14.9; 15th Lizzie Bradley 14.3. **200m** 4th Libby Bonis 28.4; 7th Chloe Booth 29.1; 16th Hannah Maskill 30.4; 6th Keeley Fowler 31.4. **300m** 2nd Annie Bradshaw 44.3 **PB**; 7th Lauren Brook 47.6 **PB**. **800m** 1st Annie Bradshaw 2:26.6; 8th Lauren Brook 2:46.9. **LJ** 6th Chloe Booth 3.88m. **HJ** 1st Annie Bradshaw 1.43m. **4x100m** 2nd 57.6.

U17M: 100m 7th = Dom Lavelle 12.1 **PB**; 11th Jamie Bamber 12.7. **TJ** 3rd Jamie Bamber 10.40m; 5th Dom Lavelle NC. **JT** 1st Robbie Morris 40.31m.

U17W: 100m 2nd Jess O'Neill 13.0. **200m** 1st Jess O'Neill 26.5; 2nd Jordan Dixon 26.5. **300m** 1st Jordan Dixon 42.9. **JT** 2nd Jordan Dixon 29.67m.

SM: JT 2nd Christopher Stevens 30.30m.

SW: 100m 3rd Taegan O'Hara 13.7. **400m** 1st Beth Towers 61.5 **PB**. **3000m** 7th Stasia Bligh 12:06.7. **LJ** 3rd Taegan O'Hara 4.61m. **TJ** 2nd Taegan O'Hara NC. **SP** 2nd Susan Ball 7.45m. **DT** 2nd Susan Ball 24.18m. **JT** 3rd Susan Ball 19.55m.

League

Women: Blackpool 1st 212; Preston 3rd 162; Lancaster 4th 88; Ormskirk 3rd 633.3; Hyndburn 1st 176; **Total 2nd 736.3**
Men: Blackpool 1st 197; Preston 3rd 135; Lancaster 4th 97; Ormskirk 3rd 137.5; Hyndburn 4th 93; **Total 3rd 576.5**

5th Inter Club (4.8M): Astley Park Chorley Aug 14th **IC**

Individual BWFAC Results: (Positions shown excludes guest runners). **Malc Eadie** 6th 26:43; **John Wright** 12th 28:07; **Jim Unsworth** 13th 28:15; **Liam Craine** 14th 28:37; **Andy Woodward** 15th 29:00; **Ian Dawson** 25th 30:07; **Chris Lloyd** 27th 30:15; **Emily Japp** 57th (5th F) 32:59; **Matthew Broadhurst** 63rd 33:25; **Dave Skinner** 77th (42nd V & 18th V50) 34:51; **Stasia Bligh** 80th (10th F & 44th V) 35:06; **Steve Minto** 88th (51st V, 23rd V50 & 7th V60) 35:52; **Anthony Blight** 94th (56th V) 36:23; **Kevin Woods** 99th (59th V & 26th V50) 36:42; **Laura Lawler** 102nd (19th F & 62nd V) 36:48; **David Dyson** 103rd (63rd V & 29th V50) 36:54; **Dave Randall** 114th (73rd V & 34th V50); **Alan Wilkinson** 117th (75th V, 36th V50 & 12th V60) 39:08; **John Bradley** 122nd (80th V, 41st V50 & 14th V60) 40:31; **Tony Croft** 126th (84th V, 44th V50 & 17th V60) 41:31; **John Winters** 130th (88th V, 45th V50 & 18th V60) 41:30; **Norman Greenwood** 142nd (98th V, 52nd V50 & 22nd V60) 48:14.

Team Results:

Open: Preston Harriers 1st 96 pts; Wesham RR 2nd 271 pts; **BWFAC 3rd 309 pts**; Red Rose RR 4th 442pts; Chorley Athletic & Tri Club 5th 571 pts LSARRC 6th 586 pts.

Ladies: Wesham RR 1st 37 pts; Preston Harriers 2nd 66 pts; LSARRC 3rd 116 pts; Red Rose RR 4th 143 pts; Chorley Athletic & Tri Club 5th **BWFAC 6th**.

Vets: Preston Harriers 1st 31 pts; Wesham RR 2nd 85 pts; Red Rose RR 3rd 108 pts; **BWFAC 4th 202 pts**; LSARRC 5th 212 pts; Chorley Athletic & Tri Club 6th 265.

Vet 50s: Preston Harriers 1st 31 pts; Wesham RR 2nd 32 pts; Red Rose RR 3rd 38 pts; Chorley Athletic & Tri Club 4th 69 pts LSARRC 5th 93 pts; **BWFAC 6th 96 pts**;

Vet 60s: Wesham RR 1st 14; Red Rose RR 2nd 30 pts; LSARRC 3rd 30 pts; **BWFAC 4th 33 pts**; Chorley Athletic & Tri Club 5th 34 pts Preston Harriers 6th 52 pts.

Northern Athletics U15/U17 Championship:

Wavertree Athletics Centre Liverpool August 17th/18th **NAC**

U17M Dom Lavelle **PV F** 3rd = 3.80m; **100m h1** ws -1.4 7th 12.40; **LJ F** 10th 5.76m.

U17W Fiona Hockey **PV F** 2nd 3.25m. Hannah Newell **PV F** 3rd 2.75m. Beth Everson **LJ F** 10th 4.80m; **300m h3** 6th 45.32.

U15B Louis Walker **JT F** 3rd 32.15m. Innes Kent (U13B) **JT F** 4th 28.56m (U13B 600g Javelin **CR**).

Stanah Trail 5.5M Predictor Race: Aug 21st

P – Predicted Time; A – Actual Time; V – Variation. **ST**

1st Bev Wright **P** 46:01, **A** 46:02, **V** +0:01; 2nd Reg Smallbone **P** 46:00, **A** 46:04, **V** +0:04; 3rd Graham Davies **P** 45:30, **A** 45:24, **V** -0:06; 4th Michaela Dempsey **P** 46:35, **A** 46:49, **V** +0:14; 5th Jason Barlow **P** 37:00, **A** 37:19, **V** +0.19; 6th Anthony Blight **P** 46:40, **A** 47:08; **V** +0:28; 7th Kevin Woods **P** 47:00, **A** 47:45, **V** +0:45; 8th Nick Hume **P** 46:25, **A** 47:14, **V** +0:49; 9th Phil Leybourne **P** 39:30, **A** 37:17, **V** -2:13; 10th Claire Dunford **P** 49:53, **A** 52:54, **V** +3:01; 11th Karen Dunford **P** 49:48, **A** 52:53, **V** +3:05; 12th Tony Croft **P** 49:39, **A** 53:05; **V** +3:26; 13th Dave Randall **P** 48:30, **A** 53:51, **V** +5:21; 14th Lee Barlow **P** 38:30; **A** 45:21, **V** +6:51. Gary Johnston and Steve Lang started but retired due to injury. After the race the closure of the Norcross Social Club was marked with a 'Jacobs Join' back at Norcross.

Mid-Lancs T&F Medal Meeting: Robin Park Arena, Wigan August 31st **ML**

U13B: 100m 1st Dylan Webbe 13.0 **PB ncr**; 15th Sam Wise 14.6 **PB**. **200m** 1st Dylan Webbe 28.2. **1500m** 2nd George Robinson 5:04.2; 3rd Ben Preddy 5:06.1. **LJ** 2nd Dylan Webbe 4:20 **PB**; 6th Sam Wise 3.65m. **HJ** 4th Sam Wise 1.10m. **JT** 1st Innes Kent 34.97m; 7th Sam Wise 11.84m. **4x100m** 2nd 59.6

U13G: 100m 10th Isabelle Woodman 14.8 **PB**; 12th = Erin Webbe 15.3. **200m** 8th Isabelle Woodman 31.7; 12th Erin Webbe 34.7. **1500m** 3rd Danielle Whipp 5:32.3. **LJ** 18th Lucy Ball 2.52m. **HJ** 5th Isabelle Woodman 1.15m **PB**; 6th Natasha Webster 1:10. **SP** 9th Erin Webbe 5.59m; 14th Lucy Ball 4.46m. **DT** 5th Lucy Ball 10.77m. **JT** 2nd Natasha Webster 21.36m **PB**. **4x100m Relay** 4th 66.3.

U15B: 100m 7th = Harry Mercer 12.6; 15th Cameron Roberts 14.0 **PB**. **1500m** 4th Samuel Matthews 4:47.4; 6th Thomas Matthews 4:56.3. **LJ** 1st Luke Halstead 5.51m **PB**; 3rd Harry Mercer 5.21m; 12th Cameron Roberts 4.31m **PB**. **HJ** 1st = Luke Halstead 1.65m. **JT** 1st Louis Walker 38.29m; 5th Harry Mercer 32.64m **PB**; 10th Cameron Roberts 19.61m **PB**.

U15G: 100m 3rd Ash Colvin 13.0; 8th Libby Bonis 13.3 **PB**; 12th Chloe Booth 13.6; 18th Tilly Lawson 14.4. **200m** 4th Ash Colvin 27.7; 6th Libby Bonis 28.0; 8th = Chloe Booth 28.5; 15th Tilly Lawson 29.6. **300m** 6th Lauren Brook 47.7. **800m** 5th Lauren Brook 2:48.3. **1500m** 2nd Jessica Rogers 5:14.2. **LJ** 6th Chloe Booth 3.88m. **HJ** 2nd Ash Colvin 1.33m **4x100m** 2nd 81.5

U17M: JT 2nd Robbie Morris 39.95m

U17W: 200m 1st Jordan Dixon 26.6. **300m** 1st Jordan Dixon 43.5. **JT** 3rd Jordan Dixon 34.41m **PB ncr**.

SM: 100m 13th Robert Shaw 13.6. **3000m** 3rd Harry Poole 9:44.5. **JT** 1st Christopher Stevens 37.58m. **HT** 2nd David Shaw 39.72m

SW: 100m 4th Taegan O'Hara 13.7 **PB**. **400m** 2nd Beth Towers 60.7 **PB**. **LJ** 4th Taegan O'Hara 4.62m. **TJ** 2nd Taegan O'Hara 0.00. **SP** 4th Susan Ball 7.40m. **DT** 1st Susan Ball 25.41m. **HT** 4th Susan Ball 19.72m **PB**.

England Athletics U15/U17 Championships

(Inc the Disability Age Group Championships):

Bedford Athletic Stadium Aug 31st to Sept 1st **EA**
Molly Betmead **U17W F 3000m** 13th 10:39.44. Dom Lavelle **U17M PV F** 12th 3.80m. Fiona Hockey **U17W PV F** 5th 3.40m. Isaac Towers (U15B - T34/F35) **WC U20M 100m** ws +2.5 5th 17.90 **PB**; **U23M 200m** ws +2.4 5th 32.67; **U23M 400m** 3rd 64.83; **U20M 1500m** 2nd 3:52.50.

Other Results:

Welcome Tavern 5K: Walton-le-Dale July 30th

Derek Crane 34th 21:49. First of 69 was Jason Parker of Preston Harriers in 16:52 and first lady was Debbie Kirkman of Red Rose RR (27th) in 20:47.

British Athletics League Premiership: Hendon Aug 3rd
Max Eaves Competing for Newham & Essex Beagles **PV** 3rd 5:00m.

British Milers Club Gold Standard Races: Stretford August 6th

Men's 1500m 'A' Race Luke Minns (SM) 3rd 3:46.78 **PB ncr**

Trafford Grand Prix: Stretford August 6th

1500m Race 2 Jake Walley (U17M) 2nd 4:07.14. **1500m Race 3** Adam Weightman (U20M) 6th 4:16.59 **PB**.

Pilling 10K: August 7th

James Mulvany 1st (of 30) 34:43; Emily Japp 12th (1st F) 44:20.

Northern Vets AC 10K: Bispham, Blackpool Aug 11th

John Bradley 139th (2nd MV70) 51:39; John Winters 147th (1st MV75) 53:22. First of 172 was Thomas Corson in 32:51 and first lady was Catherine O'Dwyer (both of Bolton United Harriers).

Welcome Tavern 10K: Walton-le-Dale August 11th

Emily Japp 27th (1st F) 42:28. First of 126 was Steve Worthington of Lancaster & Morecambe AC in 34:05.

Trafford AC Medal Meeting: Stretford August 11th

U13G Natasha Webster **70mH** 7th 15.3; **JT** 3rd 18.48; **HJ** 10th NH.

U11B James Smith **75m** 6th = 11.7; **600m** 6th 1:50.3 **PB**; **LJ** 2nd 3.76m.

U11G Lily-Mae Gray **75m** 15th 12.7; **600m** 4th 2:03.3 **PB**; **LJ** 13th 2.73m **PB**.

Catforth 5K: August 17th

James Mulvany 2nd 16:36; John Bradley 49th (1st MV70) 25:27. First of 69 was Robert Danson of Wesham RR in 16:26 and first lady was Helen Booth of Lancaster & Morecambe (9th) in 18:50.

BMC Grand Prix: Stretford August 17th

Women's 1500m Race C Molly Betmead (U17W) 10th 4:58.00.

British Athletics Jumps & Throws Fest: Bedford Athletic Stadium August 17th & 18th

SM PV Max Eaves NH.

Birchwood 10K: Warrington August 18th

Liam Craine 32nd 36:41 c 36:35. First of 764 was Tarus Elly of Salford Harriers/Kenya in 31:02 and first lady was Louise Gardner of Lancaster & Morecambe AC (21st) in 35:26.

Hilton Puckrup Hall 5M: Tewkesbury August 18th

Bev Wright 8th (1st F & 1st FV50) 34:30. First of 60 was James Smith *unattached* in 29:26.

Southport Waterloo AC T&F Open: Litherland Sports Park August 24th

U9B Charlee McGuinness **75m** 1st 11.9 **PB CR**; **150m** 1st 23.6 **PB CR**; **LJ** 1st 3.36m **PB**.

U11B James Smith **600m** 3rd 1:58.1; **LJ** 4th 3.56m.

U11G Lucy Tickle **75m** 16th 13.2 **PB**; **LJ** 14th 2.79m **PB**; **Vortex** 4th 11.40m

U13B Sam Wise **100m** 11th 14.6 **PB**; **LJ** 7th 4.07m **PB**; **HJ** 7th 1.15m **PB**. Innes Kent **JT** 1st 32.39m.

U15G Jessica Rogers **1 Mile** 2nd 5:51.6 **PB**; **LJ** 10th 3.80m; **HJ** 3rd = 1.30m.

Fleetwood Half Marathon: August 25th

Sean Kenny 269th 1:53:03, c 1:52:48 **PB**. First of 531 was Ian McBride of Royton RR in 1:10:10 and first lady was Michelle Cole of Swansea Harriers (40th) in 1:26:46.

Lancaster 5K Series (4/4): August 31st

Emily Japp 26th (5th F) 19:47. First of 76 was Robert Tudor of Salford Harriers in 16:19 and first lady was Pippa Madams of Keswick AC.

Hilton Blackpool Illuminations 10K: August 31st

Andrew Woodward 4th 35:40 **PB**; Bev Wright 54th (5th F & 1st FV50) 42:00; John Winters (MV75) 186th 53:06. First of 335 was Andrew Douglass of Inverclyde AC in 31:08 and first lady was Louise Blizzard of Blengdale Runners AC (25th) in 38:32.

Blackpool Hilton Half Marathon: September 1st

Ian Dawson 36th 1:27:05 c 1:27:04. First 394 of was **Daniel Grant** in 1:13:47 and first lady was **Katherine Fitzpatrick** (27th) in 1:25:23 both unattached.