



WYLDEFYRE

October 2013 No 41

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BWFAC Events Mid Lancs Interclub & Club
Champ Fall 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** – Fall 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

August AotM

August's Athlete of the Month are **Natasha Webster** and **Louis Walker** for their performances with the Javelin and support of Club events. Also nominated were **Jordan Dixon**, **Amber Swinnerton**, **Isaac Towers** and **Adam Weightman**.



FORTHCOMING EVENTS DIARY

| | |
|-----------------|--|
| 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 |
| 13/10/13 | Breakfast Run Wyre Estuary Country Park Stanah *see below |
| 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 |
| 02/11/13 | English XC Relay Champs Mansfield & Helvellyn 10K & 15K TR |
| 03/11/13 | 30 th Through the Villages 8.45M Race Wheelton |
| 03/11/13 | Lancaster HM (3/3) & Guy Fawkes 10M Ripley |
| 03/11/13 | 54 th Derwentwater 10M & Ullswater 10K/14K |
| 03/11/13 | Nth Vets AC 5K/10K Leigh & Cheshire HM Capesthorpe |
| 09/11/13 | Red Rose XC League Bolton & Lancaster 10K Pilling |
| 10/11/13 | Lancs Sportshall Stanley Park SC Blackpool |
| 10/11/13 | Windmill 10K Lytham |
| 15/11/13 | BWFAC Presentation Night Hilton Hotel Blackpool |
| 16/11/13 | NA Indoor T&F Open Meeting EIS Sheffield |
| 17/11/13 | England Athletics 10K Champs – Leeds Abbey Dash |
| 17/11/13 | Preston 10M |
| 23/11/13 | Mid Lancs XC League Sefton Park Liverpool |
| 24/11/13 | Salford Women's 5.25M |
| 30/11/13 | Wesham 10K Salwick |
| 01/12/13 | Sale Harriers Indoor T&F Sportscity |
| 01/12/13 | Guys 10M Bilsborrow & Lancaster Mar/HM/5K |
| 07/12/13 | Red Rose League Rossendale |
| 08/12/13 | 20 th SPAR European XC Champs Belgrade |
| 14/12/13 | Mid Lancs XC League Wilson Playing Fields Hyndburn |
| 04/01/14 | Lancs XC Champs & England/NA Sen/U20 Combined Champs |
| 11/01/14 | Mid Lancs XC League Thornccliffe Barrow |
| 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 Kendal |
| 01 to 03/03/14 | European Athletics Indoor Champs Gothenburg SWE |
| 15/03/14 | Northern Athletics 6 & 12 Stage Road Relays |
| 27/07- 02/08/14 | Glasgow Commonwealth Games T&F Programme |
| 12 to 17/08/14 | European Athletic Champs Letzigrund Stadium Zurich SWI |

2013 Presentation Night

This year's Club Presentation Night will again be held at the Hilton Hotel, Blackpool on Friday November 15th. As well as the presentation of Club Awards, there will be a Hot Buffet and Disco. Tickets will cost £12 for adults or £10 for under 18s and there will be discount for families of four or more. Ticket details to follow.

*BWFAC Breakfast Run

There will be a Breakfast Run on Sunday October 13th at the Wyre Estuary Country Park, Stanah near Thornton. The run will be over the 5.5 mile trail used as a predictor in August, with a shorter version for walkers. The start time will be 9:30am and a visit to the Wyre café is being arranged for afterwards. Please let Andrea Smith andrea.smith1@gsi.gov.uk know if you intend taking part so that she can give the café an idea of numbers.

REPORTS & RESULTS

6th Inter Club (4M): Worden Park Leyland Sep 4th **IC**

Individual BWFAC Results: (Positions shown excludes guest runners; **Malc Eadie** 6th (3rd V) 21:52; **James Mulvany** 9th 22:30; **Steve Waterhouse** 11th (5th V) 22:33; **Phil Leybourne** 13th (6th V) 22:41; **Jim Unsworth** 14th 22:50; **Liam Craine** 15th 23:08; **Andy Woodward** 16th 29:14; **John Wright** 18th (8th V) 23:16; **Caroline Betmead** 42nd (1st F & 23rd V) 25:36; **Emily Japp** 54th (4th F) 26:16; **Ian Dawson** 67th 26:53; **Bev Wright** 70th (10th F, 41st V & 11th V50) 27:05; **Sarah Wetherill** 83rd (13th F & 48th V) 27:35; **Matthew Broadhurst** 86th 27:47; **Reg Smallbone** 96th (57th V, 21st V50 & 3rd V60) 28:35; **Carly Morgan** 99th (16th F) 28:49; **Anthony Blight** 107th (66th V) 29:30; **Kevin Woods** 110th (68th V & 24th V50) 29:42; **Laura Lawler** 120th (28th F & 74th V) 30:27; **Karen Dunford** 122nd (29th F & 76th V) 30:41; **Dave Randall** 124th (78th V & 28th V50) 30:50; **Alan Wilkinson** 126th (80th V, 29th V50 & 6th V60) 30:55; **Nick Hume** 127th (81st V & 30th V50) 31:20; **Robert Newman** 132nd (86th V, 31st V50 & 7th V60) 31:58; **Coner Millward** 133rd (JM) 32:17; **Tony Croft** 137th (90th V, 33rd V50 & 8th V60) 32:54; **Clare Dunford** 140th

(36th F) 33:34; **David Twizell** 147th (100th V & 39th V50) 34:05; **John Winters** 149th (100th V, 41st V50 & 11th V60) 35:03; **Norman Greenwood** 161st (111th V, 47th V50 & 15th V60) 38:34.

Team Results:

Open: Preston Harriers 1st 153 pts; **BWFAC 2nd 198 pts**; Wesham RR 3rd 300 pts; Chorley Athletic & Tri Club 4th 451 pts; Red Rose RR 5th 489 pts; LSARRC 6th 587 pts.

Ladies: Wesham RR 1st 34 pts; **BWFAC 2nd 44 pts**; Preston Harriers 3rd 56 pts; LSARRC RR 4th 136 pts; Chorley Athletic & Tri 5th 148; Red Rose RR 6th.

Vets: Preston Harriers 1st 39 pts; **BWFAC 2nd 86 pts**; Wesham RR 3rd 129 pts; Red Rose RR 4th 129 pts; Chorley Athletic & Tri Club 5th 163; LSARRC 6th 202 pts.

Vet 50s: Red Rose RR 1st 35 pts; LSARRC 2nd 42 pts; Wesham RR 3rd 46 pts; Preston Harriers 4th 63 pts; Chorley Athletic & Tri Club 5th 151 pts; **BWFAC 6th 84 pts**.

Vet 60s: Wesham RR 1st 11; **BWFAC 2nd 16 pts**; LSARRC 3rd 28 pts; Chorley Athletic & Tri Club 4th 51 pts; Preston Harriers 5th 52 pts; Red Rose RR 6th.

Final Table:

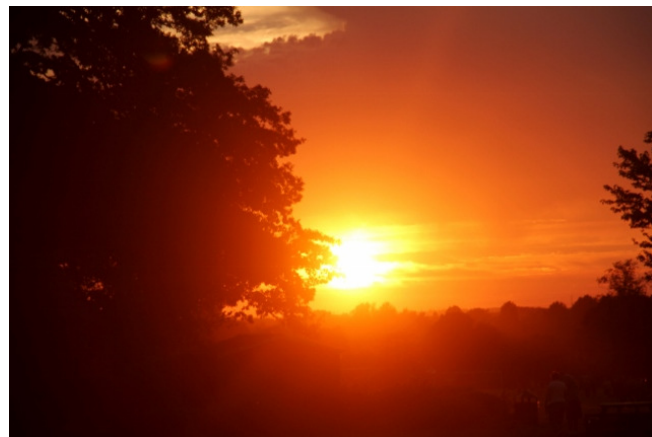
Open: Preston Harriers 1st 35 pts; Wesham RR 2nd 27 pts; **BWFAC 3rd 25 pts**; Red Rose RR 4th 16 pts; LSARRC 5th 12 pts; Chorley Athletic & Tri Club 6th 9 pts.

Women: Wesham RR 1st 32 pts; Preston Harriers 2nd 30 pts; **BWFAC 3rd 22 pts**; LSARRC 4th 18 pts; Red Rose RR 5th 21 pts; Chorley Athletic & Tri Club 8 pts.

Vets: Preston Harriers 1st 36; Wesham RR 2nd 28 pts; **BWFAC 3rd 22 pts**; Red Rose RR 4th 21 pts; LSARRC 5th 12 pts; Chorley Athletic & Tri Club 6th 7 pts.

Vet 50s: Preston Harriers 1st 33 pts; Red Rose RR 2nd 28 pts; Wesham RR 3rd 26 pts; LSARRC 4th 19 pts; **BWFAC 5th 11 pts**; Chorley Athletic & Tri Club 6th 9pts.

Vet 60s: Wesham RR 1st 31 pts; **BWFAC 2nd 26 pts**; LSARRC 3rd 22pts; Preston Harriers 4th 20 pts; Chorley Athletic & Tri Club 5th 14 pts; Red Rose RR 6th 13 pts.



As the sun set over Worden Park, so it set on the final Inter Club race of the season, Red Rose RR hosted a well-organized four mile race with buffet after the race at Leyland Cricket Club. It was a lovely late summer evening at

Worden Park that greeted the 183 runners. It was a strong finish in the final fixture after a season of mixed results.

Autumn 5K: Stanley Park September 8th

Malc Eadie 1st (1st MV45) 16:48; Adam Weightman 3rd 17:34 **PB**; Molly Betmead 9th (1st F & 1st FJ) 17:34 **PB**; Caroline Betmead (2nd F & 1st FV40) 19:25; Emily Japp 11th (3rd F) 19:43 **PB**; Matt Broadhurst 14th 20:34; Stasia Bligh 18th (4th F & 1st FV35) 20:44; Laura Gilderdale (5th F) 21:13; Derek Crane 22nd 21:37; James Carty 23rd (1st JM) 21:38 **PB**; Reg Smallbone 24th (1st MV65) 21:43; Terry Westhead 26th 21:48 **PB**; Laura Lawler 33rd (8th F & 2nd FV45) 22:43; Alan Wilkinson 37th (1st MV60) 24:15; John Winters 42nd (1st MV75) 26:50; Norman Greenwood 45th (1st MV70) 30:02; David Heaton 47th 31:01. *There were 54 finishers.*

BWFAC Open Medal Meeting: Stanley Park

Arena September 8th

MM

U9B: 80m 1st Charlee McGuinness 12.7 **PB**. **600m** 1st Charlee McGuinness 2:03.3 **PB**. **LJ** 1st Charlee McGuinness 3.33m **PB**.

U9G: 80m 5th Lexi Edwards 14.0 **PB**; 11th Maddison Betmead 15.6. **600m** 1st Lexi Edwards 2:08.2 **PB**. **LJ** 4th Lexi Edwards 2.78m.

U11B: 80m 3rd= James Smith 12.6 **PB**; 7th= Timothy Woodman 13.2 **PB**. **600m** 1st James Smith 1:51.6; 4th Timothy Woodman 2:00.9 **PB**=. **LJ** 2nd James Smith 3.74m; 9th Timothy Woodman 3.12m **PB**.

U11G: 80m Lily-Mae Gray 13.0; 15th Amelia Shearman 13.4; Lucy Tickle 14.1 **PB**; 23rd Natalia Luczak 14.2 **PB**; 25th Maisie Rogers 14.6 **PB**; 29th Minnie Rogers 15.2. **600m** 3rd Lily-Mae Gray 2:05.3; 8th Natalia Luczak 2:15.5 **PB**; 9th Maisie Rogers 2:23.6. **LJ** Amelia Shearman 3.29m; 20th Natalia Luczak 2.87m **PB**; 23rd Minnie Rogers 2.78m; 25th Maisie Rogers 2.71m; 28th Lucy Tickle 2.60m.

U13B: 100m 2nd Dylan Webbe 13:6. **75mH** 1st Will Holmes 14.5. **LJ** 2nd Dylan Webbe 4.25m **PB**.

U13G: 100m 3rd= Jessica Aziz 14.8; 3rd= Kirsty Rushton 14.8; 11th= Isabelle Woodman 16.1; 11th= Maya Wallace 16.1; 15th Erin Webbe 18.4. **200m** 1st Jessica Aziz 29.5; 7th Kirsty Rushton 30.6; 9th Taylor Holland 31.2; 10th Katy Laycock 31.3 **PB**; 13th Isabelle Woodman 32.0; 17th Natasha Webster 34.1 **PB**; 18th Maya Wallace 34.4. **800m** 1st Taylor Holland 2:49.3. **1500m** 2nd Danielle Whipp 5:32.4; 3rd Emily McNeil 5:32.8 **PB**. **70mH** 11th Natasha Webster 15.5; 12th Isabelle Woodman 16.3 **PB**. **LJ** 12th Danielle Whipp 3.34m **PB**; 13th Katy Laycock 3.32m **PB**; 19th India Rogers 2.85m **PB**; 8th Lucy Ball 2.27m. **SP** 7th Erin Webbe 6.19m; 9th Lucy Ball 4.72m **PB**; 10th Natasha Webster 4.49m **PB**. **PV** 1st Kirsty Rushton 1.80m **PB**; 2nd Katy Laycock 1.80m **PB**; 4th India Rogers 1.60m **PB**.

U15B: 100m 4th Thomas Allen 12.5; 5th Nick Aziz 12.6; 6th Harry Mercer 13.0. **200m** 4th Thomas Allen 25.4. **SP** 2nd Harry Mercer 9.24m **PB**.

U15G: 100m 5th Libby Bonis 13.7; 7th Chloe Booth 13.9; 13th Lizzie Bradley 14.7. **200m** 3rd Ash Colvin 28.0; 6th

Libby Bonis 29.0; 8th= Annie Bradshaw 29.3 **PB**; 13th 29.9; 13th Jessica Rogers 29.9 **PB**; 14th Chloe Booth 30.0; 15th Tilly Lawson 30.1; 17th Lizzie Bradley 30.5. **800m** 1st Annie Bradshaw 2:26.6; 2nd Jessica Rogers 2:27.5; 5th Lauren Brook 2:44.3. **75mH** 1st Ash Colvin 12.9; 5th Alice Barron-Eaves 13.7. **PV** 3rd Rachel Wilks 2.00m **PB**.

U17M: 100m 3rd Alex Obiorah 11.9. **100mH** 2nd Jamie Bamber 15.9. **PV** 1st Dom Lavelle 3.40m.

U17W: 200m 2nd Jordan Dixon 27.1; 4th Kate Lawler 27.7. **300m** 3rd Jordan Dixon 42.3. **800m** 2nd Rebecca Terras 2:54.8. **PV** 2nd Fiona Hockey 3.30m; 3rd Hannah Newell 3.00m.

SM: 100m 4th Alex Kiziltas 11.9. **1500m** 1st Harry Poole 4:27.4. **PV** 2nd Matt Walker 3.80m; 3rd Finn Walker 3.70m.

SW: 100m 1st Taegan O'Hara 13.7. **800m** 1st Rachel Kellett 2:36.1 **PB**. **100mH** 2nd Taegan O'Hara 22.4. **SP** 3rd Susan Ball 7.70m. **HT** 3rd Chloe Needham 41.29; 5th Susan Ball 19.59m.

Despite the vagaries of the weather, which initially included bright sunshine, but finished with heavy prolonged showers, it proved to be a successful competition with an increase in competitors and with many excellent competitive races and field competitions.

Club Handicap: New Road September 11th **CH**

Graham Davies 25:03; Matt Broadhurst 25:22 **PB**; Coner Millward; Dave Randall 28:20; Reg Smallbone 26:26; Jeff Wright 28:37; Carly Morgan 26:23; Anthony Blight 27:53; Ian Dawson 21:55; Tony Airnes 28:44; Nick Hume 29:02; Karen Dunford 29:07; Peter Gibson 29:13; Tony Croft 32:07; Clare Dunford 30:09; Kevin Woods 29:39.

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

Sainsbury's UK School Games: Don Valley

Stadium Sheffield September 14th & 15th

HJ Hannah Newell 8th 1.45m. **PV** Fiona Hockey 4th 3.50m **PB** **CR** (also AAA grade 1 standard @ U17).

North West Relays: Salt Ayre Lancaster Sept 14th **NWR**

U13B (2.4K) 'A' team S1 Christian Linton 2nd 8:32; **S2** Benjamin Preddy 1st 8:33; George Robinson 1st 8:17 (2nd fastest leg) **First Lancs Team Cross Time 25:22** (2nd NW team).

'B' team S1 William Holmes 7th 9:50; **S2** Edward Peill 7th 9:51; **S3** Sam Wise 6th 10:27. **6th Cross Time 30:08** (14th NW team).

U13G (2.4K) S1 Hannah Eadie 9th 10:49; **S2** Sydney Birstow 9th 10:02; **S3** Danielle Whipp 9:24. **7th Cross Time 30:15** (18th NW team). First team Blackburn Harriers & AC in 27:01.

U15B (2.4K) S1 Alexander Hamilton 7th 8:45; **S2** Samuel Matthews 4th 8:06 (Fastest leg); **S3** 3rd Thomas Matthews

8:15 **Third Lancs Team Gross Time 25:06** (6th NW team). First team Pendle AC in 23:24.

U15G (2.4K) S1 Annie Bradshaw 4th 9:08; **S2** Lauren Brook 7th 10:19; **S3** Jessica Rogers 5th 9:08. **5th Lancs Team Gross Time 28:35 (13th NW team)**. First Lancs team Blackburn Harriers & AC in 25:06.

U17W (2.4K) S1 Molly Betmead 8:17 (Fastest leg).

Senior Women (4.4K) S1 Lauren Gowland 3rd 16:17; Stasia Bligh 3rd 17:33; Bev Wright 3rd 17:49. **Third Lancs Team Gross Time 51:39** (9th NW team). First Lancs team Lancaster & Morecambe AC in 48:13.

Senior Men 'A' Team (4.4K) S1 Luke Minns 8th 14:26; **S2** Malc Eadie 7th 14:21; **S3** Adam Weightman 5th 15:03; **S4** Liam Craine 5th 14:46. **4th Lancs Team Gross Time 58:36 (11th NW team)**.

'B' Team S1 Robert Newman 23rd 21:08; **S2** Tony Croft 24th 21:04; **S3** Terry Westhead 22nd 18:40; **S4** Nick Hume 19th 19:04. **19th Lancs Team Gross Time 1:19:56 (51st NW team)**.

'C' Team S1 Derek Crane 21st 18:11; Jeff Wright 20th 20:49; David Randall 19th 20:46; Dave Heaton 21st 24:52. **21st Lancs Team Gross Time 1:24:38 (53rd NW team)**.

'D' Team S1 Reg Smallbone 22nd 18:58; Alan Wilkinson 22nd 21:20; Norman Greenwood 22nd 24:36. **22nd Lancs Team Gross Time 1:24:48 (54th NW team)**.

It was very wet and windy throughout the period of the competition only relenting as the final competitors crossed the line – too late for the runners and officials who were all soaked through to the skin.

Great North Run: September 15th

Stuart Robinson (Salford Harriers & AC) 25th **PB** 1:07:10; David Cairns 298th 1:23:21; David Williamson 301st 1:23:25 **PB**; Matt Broadhurst 2236th 1:36:05 **PB**; David Twizell 15672nd 2:00:37; Claire Irons 29541st 2:24:57. First of 40718 was Kenenisa Bekele of Ethiopia 1:00:09 and first lady was Priscah Jeptoo of Kenya in 1:05:45.

Northern Athletics 6/4 Stage Relays & Young Athletes Relays: Stanley Park Sept 21st NAR

U13B (3.2K) 'A' team S1 Benjamin Preddy 6th 10:55; George Robinson 8th 11:51; William Holmes 12th 12:50. **12th Gross Time 35:36**. First of 21 full teams was York Acorn Running Club in 32:26. **'B' team S1** Sam Wise 26th 13:08; Edward Peill 22nd 12:49.

U13G (3.2K) S1 Hannah Eadie 28th 13:20; **S2** Emily McNeill 16th 11:56; **S3** Isabelle Woodman 10th 12:18. **10th Gross time 37:34**. First of 26 full teams was Liverpool, Harriers & AC in 34:32.

U17W (3.8K) S1 Molly Betmead 3rd 13:25.

SW (5K) S1 Lauren Gowland 21st 19:49; **S2** Stasia Bligh 24th 21:14; **Bev Wright** 22nd 21:27; **Carly Morgan** 20th 22:12. **20th Gross time 1:24:42**. First of 45 full teams was Leeds City AC in 1:14:06.

SM 6.6K Team 'A' S1 Luke Minns 29th 21:40; **S2** Liam Craine 38th 22:51; **S3** Malc Eadie 27th 22:03; **S4** Adam Weightman 30th 23:57; **S5** Stephen Waterhouse 27th 22:32; **S6** James Mulvany 26th 22:28. **26th Gross time 2:15:31** (Just missing out on a top 25 place which would have taken the team to the National Final at Sutton Park.) First of 89 full teams was Leeds City AC in 2:01:28.

Team 'C' S1 Peter Broome 98th 29:30; **S2** Nick Hume 92nd 29:33; **S3** Alan Wilkinson 93rd 33:02; **S4** Jeff Wright 92nd 30:45; **S5** David Twizell 89th 29:14; **S6** Reg Smallbone 87th 33:15. **87th Gross time 3:05:19**.

Team 'B' S1 David Williamson 69th 24:18; **S2** Dave Heaton 96th 39:09; **S3** Terry Westhead 28:47; **S4** Bob Newman 94th 32:35; **S5** Norman Greenwood 92nd 40:08; **S6** Ian Dawson 89th 31:41. **89th Gross Time 3:16:38**.

Blackpool, Wyre & Fylde AC were pleased to host the Northern Lady's 4 & Men's 6 Stage and Junior Road Relays with invaluable help from Lytham St Annes RRC, Wesham RR and Thornton RRC. Bob Massey and Stan Taylor did an excellent job of setting up an interesting course and organizing a band of marshals. Unlike the previous week at the North West Relays in Lancaster, the weather was fine and warm. All courses started on the running track and went along various pathways in Stanley Park.

BWFAC Open Medal Meeting: Stanley Park Arena September 22nd MM

U9B: 80m 1st Charlee McGuinness 12.3 **PB**. **600m** 1st Charlee McGuinness 2:02.5 **PB**. **LJ** 1st Charlee McGuinness 3.53m **PB**.

U9G: 80m 1st= Lexi Edwards 13.2 **PB**. **600m** 1st Lexi Edwards 2:07.6 **PB**. **LJ** 2nd Lexi Edwards 2.82m.

U11B: 80m 5th= James Smith 12.0 **PB**; 13th= Timothy Woodman 13.3. **600m** 1st James Smith 1:49.9 **PB**; 6th Timothy Woodman 2:01.1. **LJ** 4th James Smith 3.83m; 16th Timothy Woodman 3.06m.

U11G: 80m 8th Lily-Mae Gray 12.6 **PB**; 17th Natalia Luczak 13.6 **PB**; 19th Lucy Tickle 13.9 **PB**. **600m** 5th Lily-Mae Gray 2:12.5 **PB**; 12th Maisie Rogers 2:12.0; 14th Natalia Luczak 2:16.7; 16th Minnie Rogers 2:12.1. **LJ** 14th Maisie Rogers 2.85m; 17th Natalia Luczak 2.77m; 19th Lucy Tickle 2.73m; 22nd Minnie Rogers 2.62m.

U13B: 100m 2nd Dylan Webbe 13:3; 8th Sam Wise 15.0. **200m** 4th Christian Linton 29.3 **PB**. **800m** 2nd Christian Linton 2:30.2; 5th Will Holmes 2:46.6. **LJ** 1st Dylan Webbe

4:63 **PB**; 3rd **Christian Linton** 4.29m **PB**; 5th **Sam Wise** 3.87m. **HJ** 5th **Will Holmes** 1.20m; 6th **Sam Wise** 1.10m.

U13G: 100m 5th **Jessica Aziz** 13.8; 11th **Kirsty Rushton** 14.6; 13th **Isabelle Woodman** 15.1; 14th **Erin Webbe** 15.3; 17th **Maya Wallace** 15.7; 22nd **Ita Gospodarczyk** 16.0; 26th **Lucy Ball** 18.4. **200m** 2nd **Jessica Aziz** 28.7; 7th **Kirsty Rushton** 30.3; 8th **Taylor Holland** 30.6 **PB**; 10th **Katy Laycock** 30.9; 12th **Danielle Whipp** 31.6 **PB**; 13th **Isabelle Woodman** 32.5; 16th **Maya Wallace** 33.3; 17th **Erin Webbe** 34.2; 18th **Ita Gospodarczyk** 35.0. **800m** 1st **Danielle Whipp** 2:37.7 **PB**; 2nd **Taylor Holland** 2:44.8 **PB**; 6th **Natasha Webster** 3:07.8. **LJ** 9th **Katy Laycock** 3.53m **PB**; 10th **Erin Webbe** 3.36m **PB**; 12th **Natasha Webster** 3.29m; 14th **Isabelle Woodman** 3.26m; 21st **Ita Gospodarczyk** 2.78m; 23rd **Lucy Ball** 2.40m.

U15B: 100m 3rd **Thomas Allen** 12.2 **PB**; 4th **Patrick Orosun** 12.7; 6th **Harry Mercer** 12.8. **200m** 2nd **Thomas Allen** 24.7; 6th **Antonio Marmo** 27.7; 7th **Matt Peill** 28.5 **PB**. **300m** 1st **Thomas Allen** 39.6 **PB**; 2nd **Alexander Hamilton** 43.7 **PB**; 3rd **Matt Peill** 43.9 **PB**. **800m** 1st **Samuel Matthews** 2:11.6; 2nd **Connor Finlayson** 2:12.3 **PB**; 3rd **Thomas Matthews** 2:18.5; 5th **Alexander Hamilton** 2:25.0. **HJ** 1st **Luke Halstead** 1.65m; 2nd **Nick Aziz** 1.60m. **JT** 1st **Louis Walker** 37.58m; 6th **Harry Mercer** 23.29m.

U15G: 100m 2nd **Ash Colvin** 13.2; 4th **Libby Bonis** 13.4; 7th **Chloe Booth** 13.9; 9th **Gabrielle Jones** 14.1 **PB**; 12th **Tilly Lawson** 14.3. **200m** 5th **Libby Bonis** 27.5 **PB**; 8th **Chloe Booth** 28.3 **PB**; 9th **Tilly Lawson** 28.8; 13th **Gabrielle Jones** 29.7 **PB**. **300m** 3rd **Ash Colvin** 43.2 **PB**; 4th **Annie Bradshaw** 46.0; 5th **Jessica Rogers** 46.9 **PB**. **800m** 1st **Annie Bradshaw** 2:25.8; 2nd **Jessica Rogers** 2:27.0 **PB**. **HJ** 1st **Jessica Rogers** 1.45m **PB**; 2nd **Ash Colvin** 1.45m **PB**; 3rd **Annie Bradshaw** 1.40m. **JT** 2nd **Natasha Webster** (U13G) 16.40m **PB** (with 600 gram javelin).

U17M: JT 2nd **Robbie Morris** 40.54m.

U17W: 200m 1st **Jordan Dixon** 26.9; 2nd **Fiona Hockey** 27.3 **PB**. **300m** 1st **Jordan Dixon** 42.9. **800m** 1st **Rebecca Terras** 2:54.8. **HJ** 1st **Fiona Hockey** 1.40m. **JT** 2nd **Jordan Dixon** 30.61m.

SM: 100m 6th **Robert Shaw** 13.6. **200m** 2nd **Robert Shaw** 28.1. **JT** 2nd **Christopher Stevens** 36.84m.

SW: HJ 1st **Rachel Kellett** 1.50m **PB**. **DT** 1st **Susan Ball** 28.48m. **JT** 1st **Susan Ball** 17.19m.

Another lovely sunny day for the final T&F meeting of the season, which seemed to proceed without any problems.

Run Preston 10K: September 29th **CC**

Liam Craine 8th 36:48 c 36:46; **David Dyson** 165th 48:49 c 48:37; **David Randall** 196th 49:48 c 49:39. First of 734 was **Gary Pennington** of Preston Harriers and first lady was **Samantha McCreddie** in 33:22. It was a sunny warm day.

Other Results:

31st Race the Train 14M: Tywyn Mid Wales Aug 16th
Peter Singleton 397th 1:58:17; **Bob Massey** 712th 2:19:14;
Derek Newton 743rd 2:23:09; **Alan Smart** 826th 2:33:28;
Bernard Singleton 849th 2:37:45. First of 935 was **Andi**

Jones of Stockport in 1:18:43 and first lady was **Sarah Ridehalgh** of Accrington RR (55th) in 1:39:07.

Salford 10K: September 8th

Stuart Robinson (first claim Salford Harriers) 3rd 31:35 c 31:35; **Steve Waterhouse** 14th (1st MV40) 34:55 c 34:53 **PB**;
David Randall 619th 49:42 c 48:10; **Bob Massey** 904th 53:07 c 52:04. First 2123 of was **Tesfaye Debele** of Bradford Airedale AC in 30:09 and first lady was **Rachael Burns** of Liverpool Harriers & AC in 35:59.

Yorkshireman off Road Half Marathon: Haworth September 8th

Kevin Woods 121st 2:32:29; **Anthony Blight** 145th 2:40:38. First of 246 was **Ben Mounsey** of Calder Valley Fell Runners and first lady was **Rachel Pilling** of Pudsey & Bramley AC (17th) in 2:00:24.

Liverpool Throws/Jumps: Wavertree Sept 14th

U17M JT **Robbie Morris** 4th 40.87. **U20W HT** **Chloe Needham** 1st 38.96.

Great Westmorland Trail Race 8.1M/1312': Crosby Garrett, Cumbria September 14th

Peter Singleton 45th 1:00:16; **Bob Massey** 97th 1:12:11; **Alan Smart** 105th 1:14:57; **Bernard Singleton** 114th 1:22:58. First of 119 was **Tony Lambeth** of Swaledale RR in 47:16 and first lady **Aly Raw** of Bingley Harriers & AC.

Arnold Seddon Memorial Open Meeting: Robin Park, Wigan September 15th

U11B **Tim Woodman** **150m** 5th 26.0; **600m** 7th 2:32.3; **LJ** 7th 3.09m.

U13G **Isabelle Woodman** 5th 16.3; **800m** 1st 2:56.6; **HJ** 6th 1.15m **PB**. **Natasha Webster** **70mH** 3rd 14.9 **PB**; **HJ** 8th 1.05m; **JT** 3rd 17.50m. **Mollie Mason** **DT** 1st 19.80m; **JT** 2nd 17.89m; **SP** 1st 7.40m.

U17M **Dom Lavelle** **PV** 1st 3.60m; **LJ** 3rd 5.51m.

Seaside 10K: Southport, September 22nd

Derek Crane 91st 45:41. First of 663 was **Mathew Davis** of Mossley Hill AC in 35:42 and first lady was **Jenny Clague** of Liverpool Harriers (17th) in 39:22.

Lancaster 5K: September 28th

Jeff Wright 40th 23:33. First of 55 was **Willy Smith** 15:59 and first lady was **Helen Glover** (6th) in 17:17 both of Keighley & Craven AC.

Red Rose Cross Country League: Leigh Sports Village September 28th

U11G **Caitlyn Preddy** 32nd 9:57.

U13B **Benjamin Preddy** 7th 9:34.

U13G **Sydney Bairstow** 8th 10:32.

SM **Chris Essex-Crosby** 56th 38:43.

Swinton 10M: September 29th

Bev Wright 89th (9th F & 2nd FV50) 70:08. First of 188 was **Toby Spencer** of Coventry AC in 51:03 and first lady was **Dianne McVey** of Wilmslow AC in 59:48.