



WYLDEFYRE

November 2013 No 42



Contributions & Comments to dauidwood61@hotmail.co.uk

BWFAC Events Mid Lancs Interclub & Club Champ
Fell Races English FR Champ Interclub Races Club
Champ Lancs, Northern or National Even-
ts 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; **SIAB** – Schools’ Athletic Board; **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

Foreword:

Outdoor track and field season has ended and the Cross Country is well underway. The first Mid Lancs fixture was held at Towneley Park near Burnley. There was good support from the Junior and Senior Ladies, although numbers turning out for the Senior Men’s race was disappointing. Please support the November fixture in **Liverpool**, which this year does not coincide with the **Wesham 10K**.

The **Club Presentation** evening will be held at the Hilton Hotel (details below). Congratulations to all the winners.

FORTHCOMING EVENTS DIARY

02/11/13	English XC Relay Champs	Mansfield & Helvellyn 10K & 15K TR
03/11/13	Club Handicap	New Road
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 TR
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 Leeds Abbey 10K Dash & Arnside Knott	FR
23/11/13	Mid Lancs XC League	Sefton Park Liverpool
24/11/13	Salford Women’s	5.25M
30/11/13	Wesham 10K Salwick & ES XC Cup Final	Southend High School
01/12/13	Manchester Indoor T&F	Sportscity
01/12/13	Guys 10M Bilsborrow & Lancaster	Mar/HM/5K
07/12/13	Red Rose League	Rosendale
08/12/13	30 th Longridge Christmas Pudding	7M & Stockport 10M
08/12/13	20 th SPAR European XC Champs	Belgrade
14/12/13	Mid Lancs XC League	Wilson Playing Fields Hyndburn
14/12/13	Northern Athletics Indoor Open Meeting	EIS Sheffield
14/12/13	Gt Langdale Christmas Pudding /Rocket Rod Berry	10K
14/12/13	ES International Indoor	CE match Glasgow
15/12/13	Christmas Predictor Race & Jacob Join	Stanley Park
15/12/13	Manchester Indoor T&F & Hurst Green Turkey Trot	4.95M TR
22/12/13	Rudolf’s Red Nose	5M Race
26/12/13	Boxing Day	10K Leyland
27/12/13	Festive 4K Fun Run	Lancaster
29/12/13	Ribble Valley	10K Clitheroe
01/01/14	Billy Knox New Year’s Awakener	MT 5K Run
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 to 29/06/14	British Athletic Champs	Alexander Stadium Birmingham
27/07- 02/08/14	Glasgow Commonwealth Games T&F Programme	

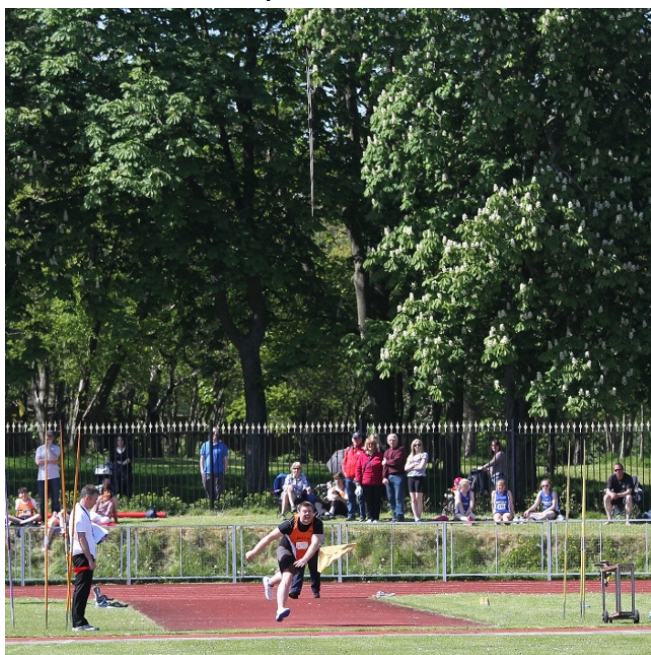
September AotM

These are **Danielle Whipp** for her impressive performances in the 1500m & 800m at the **BWFAC** Open meetings during September and gutsy final leg at the NW Road Relays and **Charlee McGuinness** for two triple winning performances at the Open meetings in the 80m, 600m and Long Jump. Also nominated were **Jessica Rogers** and **Benjamin Preddy**.



Volunteer of the Quarter

This Quarter's Volunteer is **Dave Turner** for his coaching of the Javelin squad who have achieved impressive success this season and also his work as **Director of Coaching**. Also nominated was **Dezz Reynolds**.



England Athletics NW Young Volunteer for 2013

Jessica Bevington with her award at Stanley Park .





Club Places

If anyone wishes to apply for a **Club Marathon** place in the **2014 London Marathon** contact **Nick Hume** nick.hume@tiscali.co.uk by November 30th 2013.

Notification of rejection will be required plus the qualifying events you have participated in as outlined in the Criteria shown on the website. Priority will go to anyone who has been rejected and meets the Criteria for a place.

Priority will go to anyone who has been rejected and meets the criteria for a place. The final decision will rest with the **BWFAC Committee** if no one meets the eligibility criteria.

2013 Presentation Night

Club Presentation Night will be held at the Hilton Hotel, Blackpool on **Friday November 15th**. As well as the Presentation of awards there will be a Hot Buffet and Disco. Tickets: adults £12; Under 18s £10 and discount for families of four or more. Contact Nick Hume for details and to reserve tickets nick.hume@tiscali.co.uk

Illuminations Run

This year's run will take place on Wednesday November 6th at 6pm PROMPT meeting in Sainsbury car park. After a 25minute run there will be supper at Senior's in Thornton (non-runners also welcome). Contact if going to Seniors so that numbers can be given to the restaurant via the Message Board or text Karen 07891068151 or Andrea 07754408463.

Northern/National XC Champs Entries

Any Senior Men interested in the above events contact Cross Country Captain Gary Johnston via Message Board, Liverpool, Hyndburn or at Circuits/Stanley Park.

Road Running Championship:

Senior Men: 1st Liam Craine 18 pts **SM**; 2nd Trevor Uttley 20pts **MV45**; 3rd John Winters 32 pts **MV75**; 4th = John Bradley 57 pts **MV70**; 4th = Dave Randall 57 pts **MV50**; 6th David Heaton 79 pts **MV55**; 7th Tony Croft 81 pts **MV60**; 8th Bob Massey 94 pts **MV65**; 9th Norman Greenwood 99 pts **MV70**.

Senior Women: 1st Bev Wright 9 pts **FV50**; 2nd Laura Lawler 19 pts **FV40**; 3rd Alison Titterington 34 pts **FV55**.

Trail Champ: (Cuerden Valley Badger Trail 10K)

Senior Men: 1st John Wright; 2nd Tony Croft.

Senior Women: 1st Laura Lawler.

Fell Championship: No qualifiers

REPORTS & RESULTS

Club Handicap: New Road October 2nd **CH**

Graham Davies 24:26; Coner Millward 26:54; Karen Dunford 27:41; Peter Gibson 27:44; Liam Craine 21:01; Derek Newton 30:35 **DR**; Bob Massey 30:35; Liz Lake 29:39; Michaela Dempsey 27:18; Clare Dunford 30:08; Dave Randall 28:09; Reg Smallbone 26:22; Terry Westhead 25:55; Tony Airnes 28:26; Nick Hume 27:38; Dave Williamson 22:19; Tony Croft 30:52.

Handicapper & Timekeeper: Sharon Randall. Helper: Dave Wood.

Lytham Hall 5K: October 6th **CC**

Caroline Betmead 11th (1st F & 1st FV40) 18:49; Molly Betmead 13th (2nd F & 1st FJ) 19:02; John Winters 54th (1st MV70) 24:57; Norman Greenwood 93rd (2nd MV70) 29:25; Howard Henshaw 114th 36:01. First of 117 was Ben Everton of Trafford AC in 16:32.

The annual Lytham Hall 5K race was held in the stately environs of Lytham Hall Park on a pleasant mid-autumn day.

World Biathle Championship: Limassol CYP October 5th & 6th **WBC**

Youth B Male (Run 1000m Swim 200m Run 1000m) Samuel Matthews **H2** 7th 10:19.721; **F** 12th 10:20.555.

Junior Male (Run 1500m Swim 200m Run 1500m) Adam Weightman **F** 6th 13:48.495. **Team** Adam, James Fountain & Jordan Mounsey **1st team gold time 41:03.991**

ERRA Road Relay Champs (Men's 6 Stage 5.85K): Sutton Park, Birmingham, Oct 12th **RRC**

Luke Minns 19:15 (67th); Adam Weightman 22:10 (80th); John Wright 20:57 (80th); Liam Craine 20:57 (79th); David Williamson 22:10 (79th). Incomplete team.

Champion team of 78 was Sale Harriers Manchester in a total time of 1:45:56. (Former **BWFAC** member **Antony Ford** was part of the team and ran the third leg in 17:24 which was 12th fastest leg.)

Green Drive Junior One Mile: October 20th

Lily-Mae Gray 13th (1st F9) 6:40; Lexi Edwards 14th (1st F8) 6:46; Maisie Rogers 15th (1st F10) 6:54; Minnie Rogers 35th (7th F10) 7:40. First of 77 was **Ross Hart** in 5:34 and first girl was **Ella Moulding** (2nd) in 5:50, both of LSARRC

Green Drive 5 Mile: Lytham October 20th **CC**

Liam Craine 11th 28:27 **PB**; David Williamson 21st (3rd MV40) 29:51; Caroline Betmead 35th (3rd F & 1st FV40) 31:10 (**Lancs Senior Lady & Vet Lady 40 Champion**); Stasia Bligh 68th (10th F & 3rd FV35) 33:33 (**Lancs Vet Lady 35 Champion**); Trevor Uttley 79th 34:07; Terry Westhead 79th (3rd MV50) 34:56; David Randall 154th 38:10; David Twizell 189th 40:20; Alan Wilkinson 198th 41:08; John Winters a211th (**Lancs 1st MV75 Champion**) 41:43(Vet 75 Lancs: **John**

Bradley 279th 46:34; **Norman Greenwood** 291st 47:51. First of 323 was **Sean Connolly** of Stockport Harriers in 25:12 and first lady was **Diane McVey** of Wilmslow RC (17th) in 29:20.

This was the final fixture of the **BWFAC Road Race Championship** and included the **5 Mile Lancashire Championship**. It started and finished along the ancient tree lined Green Drive in Lytham on a mild day of heavy showers.

There also was an inaugural Junior One Mile race on Green Drive which was oversubscribed.

Mid Lancs XC League: Towneley Park Burnley October 26th **XC**

U11G (1.8K) **Maisie Rogers** 13th 8:39; **Natalie Luczak** 17th 8:52; **Caitlyn Preddy** 27th 9:16; **Molly Eadie** 29th 9:20; **Minnie Rogers** 32nd 9:29. First of 68 was **Amy Davies** of Blackburn Harriers & AC in 8:00.

U11B (1.8K) **James Smith** 2nd 7:19; **Tim Woodman** 11th 7:49; **Jamie Jackson** 16th 8:05. First of 55 was **Fraser Sproul** of Kendal AAC in 7:05.

U13G (2.7K) **Hannah Eadie** 23rd 13:04; **Isabelle Woodman** 24th 13:05; **Jessica Jackson** 30th 13:26; **Taylor Holland** 45th 14:23. First of 56 was **Olivia Mason** was Team North Cumbria in 11:07. **Team** 5th 108 points.

U13B (3.1K) **Benjamin Preddy** 3rd 12:15; **George Robinson** 8th 12:38. First of 44 was **Kai Atkins** of Pendle AC in 11:30.

U15G (3.1K) **Annie Bradshaw** 7th 13:11; **Jessica Rogers** 10th 13:23; **Lauren Brook** 26th 16:03. First of 28 was **Elizabeth Greenwood** of Blackburn Harriers & AC in 12:07.

U15B (4.0K) **Connor Finlayson** 8th 15:33; **Samuel Matthews** 9th 15:38; **Thomas Matthews** 20th 16:32; **Tim Collinson** 39th 17:51; **Alexander Hamilton** 44th 18:21. First of 50 was **Matthew Barnes** of Pendle AC in 14:37. **Team** 3rd 68 pts.

U17W (4.0K) **Molly Betmead** 1st 16:29; **Jordan Dixon** 15th 21:10; **Rebecca Terras** 18th 23:24. 18 competed. **Team** 3rd 32 pts.

U17M (5.8K) **Jake Walley** 1st 21:34. 24 competed.

SW (5.8K) **Caroline Betmead** 8th (3rd L35) 25:10; **Lauren Gowland** 18th (2nd JW) 26:05; **Emily Japp** 23rd 26:52; **Laura Gilderdale** 25th 27:24; **Bev Wright** 37th (5th L45) 28:23; **Karen Dunford** 63rd (11th L45) 30:29; **Laura Lawler** 72nd (14th L45) 31:14. First of 148 was **Kirsty Longley** of Liverpool Pembroke Sefton AC in 23:46.

Teams: SW 'A' 3rd 46 pts (3rd Division 1); **SW 'B'** 12th 121 pts (3rd Division 3); **L35** 3rd 43 pts; **L45** 1st 33 pts.

SM (10.0K) **Luke Minns** 5th 33:57; **Malc Eadie** 20th (2nd V40) 35:48; **John Wright** 61st (9th V40) 38:10; **Gary Johnston** 179th (27th V50) 44:08; **Peter Singleton** 221st (42nd V50) 46:27; **Alan Davis** 245th 48:42; **Bob Newman** 265th (12th V60) 51:17; **Dave Randall** 268th (53rd V50) 51:26; **John Winters** 295th (21st V60) 58:36; **Norman Greenwood** 301st (23rd

V60) 1:06:32. First of 302 was **Mathew Shirling** of Liverpool Harriers & AC in 32:48.

Teams: SM'A' 16th 687pts (7th Division 1); **SM'B'** No team; **V40** 9th 198 pts (3rd Division 2); **V50** 10th 131 pts; **V60** 3rd 53 pts.

The warm shades of autumn greeted members of Blackpool, Wyre & Fylde AC at the picturesque and historic **Towneley Park** near Burnley for the first Mid Lancs League Cross Country meeting of the season. Although a little muddy underfoot conditions were conducive for running on a dry and mild day with sunny periods.

Overall it was an encouraging start to the season for the Junior and Senior Lady's squads. However the Senior Men's turnout was disappointing and hopefully Luke Minns *pictured* and Malc Eadie who had excellent runs will have better support at the next fixture.



Other Results:

Bristol Half Marathon: September 15th

Andrew Woodward 126th 80:52. First of 8132 was **Bernard Rotich** in 63:56 and first lady was **Emma Stepto** of Cornwall (29th) in 73:40.

Northern Police XC League: St Asaph North Wales September 25th

Laura Lawler 7th 47:38.

Coniston Trail Challenge 15K: October 5th

Carly Morgan 32nd (3rd F) 1:20:22. First of 32 was **Tom Whittington** of Macclesfield Harriers in 1:08:22 and first lady was **Katy Perreault** of Leigh-on-Sea (23rd) in 1:17:41.

Rivington Trail Half Marathon: October 5th

Kevin Woods 144th 1:56:00 c 1:56:00; **Anthony Blight** 193rd 2:04:14 c 2:04:04. First of 345 was **Thomas Carson** of Bolton United Harriers in 1:19:12 and first lady was **Sarah Ridehalgh** of Accrington RR in 1:34:08.

Chester Marathon: October 6th

John Oliver 235th 3:14:07 c 3:13:58. First of 2951 was **Marius Ionescu** of Altrincham AC/Romania in 2:21:42 and first lady was **Liz Weeks** of Sittingbourne AC (46th) in 2:53:31.

Blackpool to Fleetwood 10 Miler: October 6th

Bev Wright 23rd (3rd F & 1st FV50) 1:08:13. First of 203 was **Michael Keedy** of Skipton AC in 55:25 and first lady was **Emma Ballantyne** of York Acorn RC (15th) in 1:03:35.

Royal Parks Half Marathon: London October 6th

David Heaton 12598th 2:27:25. First of 14844 was **Ryan McKinley** of Highgate AC and first lady was **Charlotte Fitzpatrick** (44th) in 1:20:35.

Coniston 14: October 12th

David Twizell 707th 2:16:05, c 701st 2:15:10. First of 980 was **Mark Hartley** of Staffordshire Moorlands AC in 1:20:33 and first lady was **Eleanor Fowler** of Nuneaton Harriers (20th) in 1:30:10.

Lea Town 10K: Salwick October 12th

Stasia Bligh 30th (4th F & 1st FV35) 42:36. First of 96 was **Robert Danson** of Wesham RR in 34:31 and first lady was **Joasia Zakrzewski** of Dumfries RC in 35:15.

Autumn Breaker 10K: Stanley Park Blackpool Oct 13th

Norman Greenwood 196th 59:54. First of 254 was **Chris Singleton** in 35:09 and first lady was **Sophie Hunt** of Wirral AC (8th) in 38:08.

Oxford Half Marathon: October 13th

James Mulvany 14th (3rd MV35) 76:22, c 76:18. First of 3601 was **Anurahda Cooray** of Vale Aylesbury/Sri Lanka in 66:56 and first lady was **Claire Bond** of Stragglers (51st) in 1:22:28.

Manchester Area Cross Country League: Heaton Park Manchester October 19th

SW Claire Irons 203rd 53:42.

Red Rose Cross Country League: Astley Park Chorley October 19th

U11G Molly Eadie 38th 7:44; **Caitlyn Preddy** 39th 7:47.

U13B Ben Preddy 5th 9:27.

U13G Hannah Eadie 24th 11:20.

SM Malc Eadie 11th 38:07.

TUI Palma de Mallorca 10K ESP: October 20th

Bev Wright 12th F & 1st FV50 43:51.

Scotiabank Toronto Waterfront Marathon: CAN October 20th

Stuart Robinson 14th 2:23:50. First of 3599 was **Deressa Chimsa** of Ethiopia in 2:07:05 and first lady was **Flomena Cheyech** of Kenya in 2:25:13.

