



WYLDEFYRE

December 2013 No 43



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 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; **SIAB** – Schools’ International 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; **CP** – Chest Push; **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:

This issue features details of the **Blackpool, Wyre & Fylde AC** year’s awards, results from the **Liverpool Cross Challenge/Mid Lancs** cross country meeting and the autumn road running programme including the **Preston 10 Mile** and **Wesham 10K**.

Below are entry details of the up and coming Cross Country Championships. These are fantastic events in which to compete. Last year **BWFAC’s** entry was very disappointing. Let’s show the flag. Please make sure you don’t miss out.

FORTHCOMING EVENTS DIARY

07/12/13	Red Rose League Rossendale
08/12/13	Club Mince pie Handicap , New Road
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
14/12/14	Schools’ 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
05/01/14	Manchester Indoor Open T&F Sportscity
05/01/14	Central Lancs HM Catforth
11/01/14	Mid Lancs XC League Thornccliffe Barrow
12/01/14	Lancs Sportshall Stanley Park SC Blackpool & Garstang 10K
18 & 19/01/14	Northern Athletics Sen/U20/U17 Indoor Champs EIS Sheffield
19/01/14	Brass Monkey Run HM York & Inskip HM
25/01/14	Northern Athletic Cross Country Champs Knowsley Safari Park
25/01/14	Glasgow British Athletics International Match Emirates Arena
26/01/14	Welcome Tavern 10K Preston
01/02/14	Lancashire Schools XC Champs
02/02/14	Northern U15/U13 Indoor Champs EIS Sheffield
02/02/14	Manchester Indoor Open T&F Sportscity
08 & 09/02/14	British Athletic Indoor Champs EIS Sheffield
08/02/14	Mid Lancs XC League Lancaster University
09/02/14	Lancs Sportshall Stanley Park SC Blackpool
15/02/14	British Athletics Grand Prix NIA Birmingham
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
15/03/14	English Schools XC Champs (U15/U17/U19) Castle Donnington
22/03/14	SIAB XC (U17) Canon Slade School
23/03/14	Winter Warmer T&F and Spring 5K Stanley Park Blackpool
24 & 25/05/14	Lancashire T&F Champs Stanley Park Arena Blackpool
14/06/14	ES County T&F Champs
21/06/14	ES Inter County T&F matches
27 to 29/06/14	British Athletic Champs Alexander Stadium Birmingham
05/07/14	ES T&F Schools Cup Final
11 & 12/07/14	ES T&F Champs Alexander Stadium Birmingham
19/07/14	SIAB T&F International (U17) Wales
27/07- 02/08/14	Glasgow Commonwealth Games T&F Programme

LANCASHIRE



AND PROUD

BWFAC Web Site.

Lancashire Cross Country Championship Entry

Pre-entry must be made direct to Lancashire AA before December 14th (U11 to U17 - £3 and Juniors, Seniors & Vets - £4). Late entry or on Day will be £4 and £6. Link to entry form is on the



Northern Cross Country Championship Knowsley

Safari Park Merseyside
Saturday January 25th 2014
Closing date January 10th 2014

National Cross Country Championships

Wollaton Park Nottingham Saturday February
22nd 2014 Closing January 8th 2014



If you wish to enter these Championships contact your Team Manager or Nick Hume nick.hume@tiscali.co.uk as soon as possible.

Christmas Predictor

Sunday December 15th Start 11am



2012 metre & 2.5Mile Predictor Races
Entry Fee – Gift to Value of £4.00 suitable for any age. Please send names to Nick Hume nick.hume@tiscali.co.uk so that the organisers have an idea of numbers for

the day and for refreshments. Entries on the day will be permitted but No Gift means No Prize afterwards. There is also a prize presented to the Male/Female closest to Predicted Time. Fancy Dress is optional, but no stop-watches, GPS or any timekeeping aids are allowed. Parents and Friends welcome to join in. Jacobs Join afterwards (please bring some food to share).

October AotM

Caroline Betmead and John Winters have been chosen as October's Athletes of the Month.

Caroline has made a strong return to competition following a lengthy period of injury. In October Caroline was first lady in the Lytham Hall 5K, Lancashire 5 Mile Champion at the Green Drive 5M and was 8th in the Burnley Mid Lancs.

John, aged 78, competed in the Lytham Hall 5K and Green Drive 5 Mile road races winning his age category in both and winning a Lancashire 5 Mile Gold Medal. He also competed at the Mid Lancs cross country meeting at Burnley.

Also nominated was **Jake Walley** for his winning performance in the U17M category at the Burnley Mid-Lancs XC.



REPORTS & RESULTS

Civil Service Road Relay Championships

(5 x 2.78M): Finsbury Park London October 9th
Malc Eadie 1st leg 15.03 for HASSRA 'A' who were 3rd team.

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

Tony Croft 29:57; Dave Randall 30:13; Matt Broadhurst 26:20 **PB**; Terry Westhead 26:00; Peter Gibson 29:27; Reg Smallbone 27:43; John Bradley 36:18. Handicapper & Timekeeper: Sharon Randall. Helper: David Wood

A sunny and windy day on the first of the winter Sunday Handicaps.

Civil Service Cross Country Championship:

Parliament Hill London November 13th
Malc Eadie 5th (1st MV45) 36:31 (HASSRA). First of 85 was Chris Smith (COI & Thames Valley Harriers) in 32:59. The HASSRA team were 3rd.

1st Lancs Sportshall: Stanley Park Sports centre November 10th **LS**

The first of three meetings was held. Preston Harriers were the team winners with massive 406 points. **BWFAC** were a distant second with 145.5 points. As yet the full results have not been published.

Club Presentation: Hilton Hotel Nov 16th **CP**

Track & Field 2013 Trophies:

U11B	Winner	<u>James Smith</u>
U11B	Runner-up	<u>Timothy Woodman</u>
U11G	Winner	<u>Lily-Mae Gray/Natalia Luczak</u>
U11G	Runner-up	<u>Maisie Rogers</u>
U13B	Winner	<u>Christian Linton/Dylan Webbe</u>
U13B	Runner-up	<u>William Holmes</u>
U13G	Winner	<u>Jessica Aziz</u>
U13G	Runner-up	<u>Kirsty Rushton</u>
U15B	Winner	<u>Nick Aziz</u>
U15B	Runner-up	<u>Samuel Matthews</u>
U15G	Winner	<u>Ash Colvin</u>
U15G	Runner-up	<u>Annie Bradshaw</u>
U17M	Winner	<u>Jake Walley</u>
U17M	Runner-up	<u>Dom Lavelle</u>

U17W	Winner	<u>Fiona Hockey</u>
U17W	Runner-up	<u>Jordan Dixon</u>
U20M	Winner	<u>Alex Kiziltas</u>
U20M	Runner-up	<u>Harry Poole</u>
U20W	Winner	<u>Taegan O'Hara</u>
U20W	Runner-up	<u>Alicia Johnston</u>
SM	Winner	<u>Luke Minns</u>
SM	Runner-up	<u>Brent Starkie</u>
SW	Winner	<u>Katy Wyper</u>
SW	Runner-up	<u>Rachel Bashforth</u>

Cross Country 2012/2013 Championship:

U11G	<u>Champion</u>	<u>Danielle Whipp</u>
U11G	Second place	<u>Isabelle Woodman</u>
U11G	Third place	<u>Maisie Rogers</u>
U11B	<u>Champion</u>	<u>Benjamin Preddy</u>
U11B	Second place	<u>James Smith</u>
U11B	Third place	<u>Jamie Jackson</u>
U13G	<u>Champion</u>	<u>Hannah Eadie</u>
U13B	<u>Champion</u>	<u>Connor Finlayson</u>
U13B	Second place	<u>George Robinson</u>
U13B	Third place	<u>Tim Collinson</u>
U15G	<u>Champion</u>	<u>Jessica Rogers</u>
U17W	<u>Champion</u>	Not Awarded
U17M	<u>Champion</u>	Not Awarded
U20M	<u>Champion</u>	Not Awarded
U20W	<u>Champion</u>	<u>Lauren Gowland</u>
SW	<u>Champion</u>	<u>Stasia Bligh</u>
F40	First place	<u>Laura Lawler</u>
F45	First place	<u>Andrea Smith</u>
F65	First place	<u>Hilary Goorney</u>
SM	<u>Champion</u>	<u>Malc Eadie</u>
Veteran	First place	<u>Malc Eadie</u>
M45	First place	<u>Trevor Uttley</u>
M55	First place	<u>Gary Johnston</u>
M60	First place	<u>Alan Wilkinson</u>

Road 2013 Championship:

SW	<u>Champion</u>	<u>Bev Wright</u>
F45	First place	<u>Laura Lawler</u>
F55	First place	<u>Alison Titterington</u>
SM	<u>Champion</u>	<u>Liam Craine</u>
M45	First place	<u>Trevor Uttley</u>
M50	First place	<u>Dave Randall</u>
M60	First place	<u>Tony Croft</u>
M65	First place	<u>Bob Massey</u>
M70	First place	<u>John Bradley</u>
M75	First place	<u>John Winters</u>

Meritorious Trophies 2013 Awards:

Quayle Trophy: (Most outstanding athlete male or female)	Not Awarded
Large Langen Trophy: (Runner-up Quayle Trophy - Male)	<u>Luke Minns</u>
Small Langen Trophy: (Runner-up Quayle Trophy - Female)	<u>Katy Wyper</u>
Cartmell Dragon Trophy: (Most outstanding Veteran)	

Cocker Trophy: (Club spirit and Turning out Regardless)	<u>Malc Eadie</u>
Vaux Tankard: (Most successful Male U18, track or XC)	<u>Claire Irons/Adam Weightman</u>
Langen Hesson Plaque: (Most improved Female 15-17)	<u>Jake Walley</u>
Chairman's Trophy: (Most improved Male 15-17)	Not Awarded
Southern Trophy: (Most improved Female 13-15)	<u>James Carty</u>
Rowland Jones Trophy: (Most improved Male 13-15)	<u>Jessica Rogers</u>
Kennel Trophy: (Most improved Female 11-13)	<u>Harry Mercer</u>
Ryan Trophy: (Most improved Male 11-13)	<u>Jessica Aziz</u>
Brooks Barrel: (Encouragement Award 10-12)	<u>Innes Kent</u>
Pendleton Trophy: (Best Female Middle Distance)	<u>Sam Wise/Danielle Whipp</u>
B Ae Trophy: (Best Male Middle Distance)	<u>Molly Betmead</u>
Sandra Helme Trophy: (Best Throws Female 13 – 15)	<u>Luke Minns</u>
B Ae Trophy (Encouragement Award Throws Male U17)	<u>Jessica Rogers</u>
Bernard Berry Memorial: (Best Female U17 Track)	<u>Robbie Morris</u>
Gerard Williams Trophy: (Awarded for Perseverance & Consistency in Sprinting U17 & Senior)	<u>Kate Lawler</u>
Bob Hope Trophy: (Best Throws Male or Female)	<u>Katy Wyper</u>
Jack Pritchard Trophy: (Best Male U17 Track)	<u>Dave Turner</u>
Club Road Running Trophy: (Outstanding Road Performance Male or Female)	<u>Jake Walley</u>
Centenary Trophy: (Best Jumps Award Male or Female)	<u>James Mulvany</u>
President's Trophy: (Best Multi-events Performance)	<u>Max Eaves</u>
Fell Running Trophy: (Most outstanding Fell Running Male)	<u>Annie Bradshaw</u>
Fell Running Trophy: (Female)	No Award made
Ron Helmn Trophy: (For the best 800m runner aged 14)	No Award made
Alf Tysoe Team Trophy (Outstanding Team Performance)	<u>Samuel Matthews</u>
Peter Smith Meritorious Award: (Outstanding Services to the Club – Female)	<u>U13 Boy's Road Relays Team</u>
Tony Croft Meritorious Award: (Outstanding Services to the Club – Male)	<u>Alison O'Hara</u>
Road Championship Salver Men:	<u>Garry Roylance</u>
Road Championship Salver Women:	<u>Liam Craine</u>
Trail Running Championship Men:	<u>Bev Wright</u>
Trail Running Championship Women:	<u>John Wright</u>
	<u>Laura Lawler</u>

The Presentation of Awards for the previous year was a glittering affair at the Hilton Hotel, as the girls swapped

their spikes and track suits for high heels and frocks (and the boys were smart as well).

The awards were presented by special guests, **Esther Jones** and **Graeme Ballard**, who were medals winners at several Paralympics. Before the Presentation started Esther and Graeme kindly took part in a question and answer session about their athletic careers and their experiences at Paralympic Games from Athens to London.

Before the awards there was a delicious hot buffet provided by the Hilton Hotel. After there was an opportunity for photographs with our special guests with their medals there was dancing to a disco until the early hours.

Lancs XC League/British Athletics Cross Liverpool Challenge inc European Cross Country Championship Trials: Sefton Park Liverpool November 23rd **XC**

U11G (1.9K) **Maisie Rogers** 17th 8:38; **Natalia Luczak** 26th 8:54; **Minnie Rogers** 30th 9:02. First of 56 was **Georgia Fazakerley** of Manchester Harriers in 7:27. (First Mid Lancs was **Kirsty Hamilton** of Lancaster & Morecambe AC in 7:46).

U11B (1.9K) **James Smith** 3rd (7th) 7:12; **Tim Woodman** (13th) 20th 7:46; **Jamie Jackson** 14th (21st) 7:46. First of 72 was **Ethan Hussey** of Skyrac AC. (First Mid Lancs **Fraser Sproul** of Kendal AAC in 7:05).

U13G (3.0K) **Danielle Whipp** 23rd (47th) 12:39; **Sydney Bairstow** 30th (56th) 12:54; **Hannah Eadie** 34th (63rd) 13:08; **Jessica Jackson** 42nd (75th) 13:30; **Taylor Holland** 42nd (98th) 14:56. First of 107 was **Grace Copeland** of Wimbourne AC in 10:52. (First Mid Lancs was **Lucy Miller** of Liverpool Harriers & AC in 11:06). **Team** 4th 129 points.

U13B (3.0K) **Benjamin Preddy** 5th (25th) 11:14; **George Robinson** 56th 11:46; **Will Holmes** 96th 13:40. First of 114 was **Luke Davies** of Brecon AC. (First Mid Lancs was **Jack Deelingham** of Wigan & District Harriers & AC in 10:42).

U15G (3.0K) **Jessica Rogers** 11th (46th) 12:06; **Annie Bradshaw** 16th (57th) 12:25. First of 87 was **Sabrina Sinha** of Cambridge Harriers. (First Mid Lancs of 37 was **Camilla McKnespiey** of Carlisle Aspatria AC in 11:02).

U15B (3.0K) **Samuel Matthews** 10th (52nd) 10:38; **Thomas Matthews** 19th (81st) 11:16; **Tom Holmes** 30th (99th) 11:49; **Alexander Hamilton** 35th (107th) 12:05; **Tim Collinson** 41st (121st) 12:44. First of 135 was **Matthew Barnes** of Pendle AC in 14:37. (First Mid Lancs was Joseph Ford of Liverpool Harriers & AC in 10:05). **Team** 4th 94 pts.

U17W (4.4K) **Molly Betmead** 1st (30th) **16:37**; **Rebecca Terras** 29th (85th) 24:35. First of 85 was **Lydia Turner** of Birtley AC.

SW (8.1K) **Caroline Betmead** 11th (69th)(3rd L35) 32:08; **Emily Japp** 22nd (86th) 33:35; **Bev Wright** 26th (93rd) 34:45 (5th L45) 28:23; **Carly Morgan** 35th (105th) 35:45; **Sarah Wetherill** 40th (110th) 36:27; **Karen Dunford** 50th (121st) 37:30 (11th L45) **30:29**; **Laura Lawler** 71st (149th) 40:45 (14th

L45) **31:14**; **Deborah Terras** 125th (207th) 54:20. First of 212 was **Gemma Steel** pictured of Charnwood AC. First Mid Lancs was **Lauren Howarth** of Leigh Harriers & AC in 27:12.

Teams: SW 'A' 4th 59 pts (1st Division 1); **SW 'B'** 14th 121 pts (6th Division 3); **L35** 1st 29 pts; **L45** 1st 25 pts.

SM (9.8K) **Luke Minns** 5th (88th) 31:59; **Malc Eadie** 19th (132nd) 34:05 (4th V40) 35:48; **Jim Unsworth** 62nd (205th) 36:31; **Liam Craine** 66th (211th) 36:50; **Harry Poole** 73rd (221st) 37:17; **Adam Weightman** 77th (233rd) 37:41; **Trevor Uttley** 142nd (338th) 40:58; **Gary Johnston** 168th (375th) 42:25; **Dave Randall** 223rd (459th) 46:40 (27th V50) 44:08; **John Winters** 254th (506th) 55:33 (21st V60) 58:36. First of 515 was **Andy Vernon** pictured celebrating down the finishing straight of Aldershot, Farnham & District AC in 28:47.



Teams: SM'A' 6th 687pts (7th Division 1); **SM'B'** No team; **V40** 12th 256 pts; **V50** 10th 152 pts; **V60** No team.

A dry calm day for this second fixture of the Mid Lancs season which was held as part of the Liverpool Cross Challenge and this attracted some of the top British athletes in all age categories. There was some exciting fast racing on the virtually mud free course. Particularly impressive was Andy Vernon who had time to celebrate running down the finishing straight touching hands with spectators.

Other Results:

Capesthorne Half Marathon: Capesthorne Hall Siddington Cheshire November 3rd

Stasia Bligh 66th (8th F & 2nd FV35) 1:31:55 **PB**; **Karen Dunford** 210th (29th F & 5th FV45) 1:42:42 **PB**. First of 720 was **Paul Brannigan** of Todmorden & AC in 1:16:41 and first lady was **Elle Vernon** of Stockport Harriers & AC in 1:20:52.

Northern Police XC League: Wilmslow Rugby Club November 6th

Laura Lawler (Lancs Police) 10th 43:22.

Windmill 10K: Lytham November 10th

Bev Wright 56th (3rd F & 1st FV50) 41:46 c 41:42; **Robbie Morris** 179th 47:46, c 47:37. First of 668 was **Michael Hunt** of Trafford AC in 35:40 and first lady was **Carmel Sullivan** of Wesham RR (41st) in 40:34.

Dash Quadrathlon & U17 Open: Sportscity Manchester November 10th

U9G Lexi Edwards 60m (1st) 9.90 **PB** 75pts; **CP** (1st) 5.00m 70pts; **400m** (1st) 1:18.83 **PB** 73 pts; **LJ** (3rd) 2.94m, 55 pts; **Total 1st 273 pts.**

U11G Lucy Tickle 60m (5th) 10:52 **PB** 48 pts; **CP** (3rd=) 4.25m 64 pts; **600m** (6th) 2:28.65 **PB** 48 pts; **LJ** (6th) 2.83m **PB** 52 pts; **Total 6th 223 pts.**

U11B Charlee McGuinness 60m (2nd) 9.54 **PB** 81 pts; **CP** (1st) 5.75m 73 pts; **600m** (2nd) 2:03.10, 74 pts; **LJ** (1st) 3.48 69 pts; **Total 1st 297 pts.** **Timothy Woodman 60m** 3rd 9.81 **PB** 75 pts; **CP** (3rd=) 4.50m 66 pts; **600m** (1st) 2:02.82, 74 pts; **LJ** 3rd 3.33m **PB**, 65 pts; **Total 2nd 280 pts.**

U13G Isabelle Woodman 60m (14th) 9.44 **PB**, 64 pts; **SP** (20th) 4.19m **PB**, 22 pts; **600m** (4th) 1:56.49 **PB**, 81 pts; **LJ** (12th=) 3.61m, 41 pts; **Total 12th 208 pts PB.**

Edinburgh University Braid Hills Open: Nov 16th

Harry Poole 25th 35:41. First of 256 was Patryk Gierjatowicz of Edinburgh Uni Hare & Hounds/Poland in 32:33.

Preston 10 Mile: Hutton November 17th

Sarah Wetherill 135th (14th F & 2nd FV35) 1:10:49; **Terry Westhead** 141st 1:11:14; **Brandon Willoughby** 196th 1:15:23; **David Randall** 255th 1:20:00; **Peter Gibson** 284th 1:23:06; **Jeff Wright** 305th 1:24:43; **John Bradley** 389th 1:33:16. First of 464 was **David Rigby** of Preston Harriers in 52:51 and first lady was **Joanne Nelson** of Darwen Dashers (39th) in 1:02:44.

Leeds Abbey Dash 10K: November 17th

Stuart Robinson (1st claim Salford Harriers) 57th 31:28, c 31:24. First of 9443 was **Matthew Hynes** of North York Moors and first lady was **Tish Jones** of Belgrave Harriers (136th) in 33:10.

David Staff Memorial Fell Race (5.1M/1201):

Darwen November 24th

George James 132nd 57:09. First of 142 **Chris Farrell** of Horwich RMI Harriers in 32:24 and first lady was **Dionne Allen** of Leigh Harriers & AC (11th) in 36:50.

The Best 5K: Preston November 24th

Steve Minto 46th (3rd MV60) 21:26. First of 201 was **Raymond Edgar** of Lancaster & Morecambe AC in 16:27 and first lady was **Bethany Donnelly** of Trafford AC (30th) in 20:08.

Benidorm Half Marathon: SPA November 24th

Bob Newman 711th 1:49:27. First was **Joe Bailey** in 1:10:23 and first lady was **Ibanez Guillen Gustavo S** (130th) in 1:28:26.

25th Lanzarote International Running Challenge: November 24th to 27th

Bob Massey and **Derek Crane** travelled to the 25th Lanzarote International Running Challenge. The Challenge consisted of four races run over four days. The races were a 10K road race of two laps starting and finishing on the

Club La Santa track, a 13K multi-terrain ridge run, a 5K beach race at Puerto Del Carmen and a 21K road race starting at Tinajo and after two loops around the town and volcano, finishing back at the **Club La Santa**.

There were 336 runners from Denmark, Ireland, Spain, the Netherlands, Italy and Great Britain. For Derek it was his 20th Challenge and he had a good competition. It was Bob's first visit and his preparation had been blighted by injury, however he was pleased still be able to complete the full Challenge.

Both Derek and Bob enjoyed the La Santa experience and hope to return next year and try and improve their performances.

Derek Crane 10K 47:36; **13K MT Ridge Run** 1:03:08;

5K Beach Run 28:03; **21K** 1:41:10; **Total Time** 3:59:55

Bob Massey 10K 57:02; **13K MT Ridge Run** 1:12:13;

5K Beach Run 30:38; **21K** 2:00:13; **Total Time** 4:40:37

Wesham 10K: Salwick November 30th

Steve Waterhouse 12th (1st MV45) 34:43 **PB**; **Liam**

Craine 16th 35:39; **Emily Japp** 86th (7th F) 40:29 **PB**; **Bev**

Wright 102nd (12th F & 1st FV50) 41:26; **Carly Morgan**

125th (17th F) 43:04 **PB**; **Reg Smallbone** 139th (2nd

MV65) 44:24; **Peter Gibson** 203rd 48:28; **David Twizell**

230th 49:47; **John Winters** 281st (1st MV75) 52:52.

First of 358 was **David Rigby** of Preston Harriers in

31:43 and first lady was **Diane McVey** of Wilmslow RC

(22nd) in 36:11. (Wheelchair athlete T54 **Anthony**

Gotts of Clayton-le-Moor Harriers completed the

course in 29:09).

Sale Harriers Open Series: Sportcity December 1st

300m h9 Katy Wyper (U23) 2nd 41.27 **PB**; **Kate**

Lawler (U20) 4th 43.45. **h14 Jordan Dixon** (U17W) 2nd

42.65. **600m h6 Annie Bradshaw** (U17W) 3rd 1:39.89

PB; **HJ** 11th 1.35m.

Guys 10 Mile: Bilborrow December 1st

David Randall 180th 1:19:20; **John Bradley** 304th (2nd

MV70) 1:36:55. First was **Gethin Butler** of Preston

Harriers in 54:53 and first lady was **Kirsty Longley** of

Liverpool Pembroke Sefton (18th) in 1:01:36.

**Merry Christmas**