



# WYLDEFYRE

January 2014 No 44

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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; **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; **IPC** – International Paralympic Committee; **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

## November AotM

**November's Athletes of the Month** are **Jessica Rogers** and **James Smith**. Both have supported **Sportshall** (Jessica was the only U15G from **BWFAC** at November's meeting) and competed in cross country at Liverpool for the Club. Also nominated was **Karen Dunford** for her PB performance at the **Capesthorpe Half Marathon**.



## FORTHCOMING EVENTS DIARY

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	Club Handicap New Road & Central Lancs HM Catforth
05/01/14	Manchester Indoor Open T&F Sports City
11/01/14	Mid Lancs XC League Thorncliffe 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
19/01/14	East Lancs Hospice 10K, Gt Harwood
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 Sports City
02/02/14	Witton Park Trail Relay Blackburn
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
09/02/14	Blackburn Winter Warmer 10K/Junior 2K
09/02/14	Southport Mad Dog 10K
15/02/14	British Athletics Grand Prix NIA Birmingham
15/02/14	44 <sup>th</sup> Parbold Hill Race, Wigan
16/02/14	Muddy Shoes 5M & 11M, Caldervale
16/02/14	Central Lancs 5K, Bolton & 19 <sup>th</sup> Village Bakery HM Wrexham
22/02/14	English National XC Wollerton Park Nottingham
22/02/14	Standish Hall 10K TR Wigan
23/02/14	24 <sup>th</sup> Gt North West HM, Blackpool
01/03/14	Mid Lancs XC League Crooklands Kendal & Stanley Park 10K
01/03/14	Stanley Park 10K
01 & 02/03/14	England U20/U17/U15 Indoor Champs EIS Sheffield
01 to 03/03/14	European Athletics Indoor Champs Gothenburg SWE
02/03/14	England HM Champs Reading
02/03/14	Haweswater HM/Junior 1.6M Run, Bampton
02/03/14	Manchester Indoor Open T&F Sports City & Glasson Dock HM
08/03/14	Vault Manchester, Sports City & Inter County XC Champs
08 & 09/03/14	England U17/U15 Combined Events Champs
15/03/14	Northern Athletics 6 & 12 Stage Road Relays Heaton Pk M/c
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
05/04/14	National 12/6 Stage Relay Sutton Park Birmingham
13/04/14	Virgin London Marathon
26/04/14	Mid Lancs T&F League Wigan (prov)
10/05/14	Mid Lancs T&F League Preston (prov)
11/05/14	England 10K Champs Bristol
17/05/14	27 <sup>th</sup> National Masters Open Road Relay Champs
24 & 25/05/14	Lancashire T&F Champs Stanley Park Arena Blackpool

# News

Fifteen year old **Isaac Towers** was shortlisted for the **BBC Young Sports Personality of the Year**. He has had an



impressive year of success in wheelchair athletics, of-

ten competing against and beating athletes several years older than him. Among his many successes during 2013, Isaac has won Gold Medals at the England Athletic Under 15 Championships 100, 200 and 400 metre distances as well Silver at 1500 metres. At the England Senior Disability Championships he won Gold at 400 metres and Silvers at 200 and 800 metres. He was also first in his age category and third overall in London Mini Marathon.

**Kevin Davies** was honoured with the presentation of the **Gazette All Stars Secondary Age Coach of the Year Award**. He has diligently coached athletes from Blackpool, Wyre & Fylde AC and other clubs in the discipline of Pole Vault over many years. Several of his athletes have achieved significant success and among his current squad of Vaulters are Fiona Hockey and Hannah Newell who are ranked 10<sup>th</sup> and 20<sup>th</sup> respectively in Under 17 category of the UK rankings. Matt Walker and Finn Walker are respectively 21<sup>st</sup> and 31<sup>st</sup> in the Under 20 rankings and Dominic Lavelle is ranked 13<sup>th</sup> in the Under 17s.

Also former **BWFAC** member, **Nicola Rowley** received the **Primary Age Coach of the Year Award** for her work as a Biathlon coach.

## Northern Athletics U15/U13 Indoor Championships 2014

**Events** 60m; 200m; 800m; Shot; High Jump; Long Jump and for U15 only 60mH.  
**Entry fees** £6 per event, maximum of 3 events.  
**Location** English Institute of Sport Sheffield.  
**Closing Date** January 17<sup>th</sup> 2014.

See Northern Athletics link on BWFAC Web Site for further details.

24 & 25/05/14	England Athletics Sen/U20 Combined Events
14/06/14	ES County T&F Champs recommended date
14 & 15/06/14	England Athletics Senior Disability Champs Birmingham
21/06/14	ES Inter County T&F matches recommended date
21 & 22/06/14	England Athletics U23/U21 Champs/World Trials Bedford
29/06/14	British Athletic Champs Alexander Stadium Birmingham
05/07/14	ES T&F Schools Cup Final
28/06/14	Mid Lancs T&F League Lancaster prov
11 & 12/07/14	ES T&F Champs Alexander Stadium Birmingham
19/07/14	SIAB T&F International (U17) Wales
26/07/14	Mid Lancs T&F League Litherland prov
27/07- 02/08/14	Glasgow Commonwealth Games T&F Programme
02 or 03/08/14	Mid Lancs T&F League Hyndburn prov
09 & 10/08/14	EA U17/U15 Comb Events Champs & Sen Home Int, Bedford
12 to 17/08/14	European Athletic Champs, Zurich SWI
18 to 23/08/14	IPC European Athletic Champs, Swansea
24/08/14	British Athletics Grand Prix, Birmingham
30/08/14	Mid Lancs T&F Medal Meeting Blackpool prov
30 & 31/08/14	England Athletics U17 & U15 Champs/Sen Home Int, Bedford
14/09/14	North West Counties Road Relays
20/09/14	Northern Athletics 6/4 Stage Road Relays
04 & 05/10/14	6/4/Young Ath Stage Relays/ Sutton Park Birmingham TBC
18/10/14	Northern Athletics XC Relays
26/10/14	BUPA Gt Sth Run inc England Ath 10M Champs, Portsmouth
29/11/14	XC Schools Cup Final
16/11/14	Age UK Leeds Abbey Dash inc England Ath 10K Champs
06/12/14	Indoor Combined Events International

# REPORTS & RESULTS

**Club Mince Pie Handicap:** New Road Dec 8<sup>th</sup> **CH**  
 Results not yet published.

**Mid Lancs XC League:** Wilson Playing Fields, Hyndburn December 14<sup>th</sup> **XC**

**U11G** (2.0K) Lily-Mae Gray 8<sup>th</sup> 10:00; Maisie Rogers 19<sup>th</sup> 10:49; Natalie Luczak 23<sup>rd</sup> 11:15. First of 51 was Amy Davies of Blackburn Harriers & AC in 9:30.

**U11B** (2.0K) James Smith 2<sup>nd</sup> 8:30; Tim Woodman 15<sup>th</sup> 8:53; Jamie Jackson 16<sup>th</sup> 8:57. First of 50 was George Owen of Hyndburn AC in 8:10.

**U13G** (2.5K) Danielle Whipp 12<sup>th</sup> 11:06; Syd Bairstow 13<sup>th</sup> 11:08; Isabelle Woodman 18<sup>th</sup> 13:05. First of 38 was Emma Whitaker of Lancaster & Morecambe AC in 10:16. **Team** No team. **Division** 4<sup>th</sup> 13 pts.

**U13B** (3.0K) George Robinson 14<sup>th</sup> 13:26; Will Holmes 31<sup>st</sup> 15:07. First of 38 was Kai Atkins of Pendle AC in 11:38. **Team** No team

**U15G** (3.0K) Annie Bradshaw 13<sup>th</sup> 14:06. First of 26 was Grace Handley of Blackburn Harriers & AC in 12:17. **Team** No team.

**U15B** (4.0K) **Samuel Matthews** 9<sup>th</sup> 15:46; **Thomas Matthews** 16<sup>th</sup> 16:33; **Connor Finlayson** 20<sup>th</sup> 16:52. First of 36 was **Matthew Barnes** of Pendle AC in 14:42. **Team** No team. **Division** 3<sup>rd</sup> 15 pts.

**U17W** (4.0K) **Rebecca Terras** 14<sup>th</sup> 25:04. First of 14 competed. **Team** No team; **Division** 4<sup>th</sup> 8 pts

**U17M** (6.0K) **Coner Millward** 26<sup>th</sup> 35:14. First of 26 was **Patrick Devet** of Preston Harriers & AC in 21:27.

**SW** (6.0K) **Caroline Betmead** 7<sup>th</sup> (3<sup>rd</sup> L35) 26:28; **Emily Japp** 22<sup>nd</sup> 29:06; **Carly Morgan** 26<sup>th</sup> 29:46; **Elizabeth Lake** 39<sup>th</sup> 31:43; **Laura Lawler** 68<sup>th</sup> (16<sup>th</sup> L45) 34:14. First of 120 was **Sarah Tunstall** of Kendall AAC.

**Teams: SW 'A'** 5<sup>th</sup> 55 pts **Division 1** 2<sup>nd</sup> 18pts; **SW 'B'** No team **Division 3** 3<sup>rd</sup> 14 pts; **L35** No team; **Division 5** 5<sup>th</sup> 18pts; **L45** No team; **Division 3** 3<sup>rd</sup> 20pts.

**SM** (10.0K) **Chris Essex-Crosby** 66<sup>th</sup> 43:28; **Adam Weightman** 74<sup>th</sup> (10<sup>th</sup> U20) 22:02; **Trevor Uttley** 127<sup>th</sup> (38<sup>th</sup> V40) 47:34; **Gary Johnston** 137<sup>th</sup> (20<sup>th</sup> V50) 48:06; **Peter Singleton** 180<sup>th</sup> (34<sup>th</sup> V50) 52:29; **Jeff Wright** 221<sup>st</sup> (48<sup>th</sup> V50) 52:28; **Peter Gibson** 237<sup>th</sup> (15<sup>th</sup> V60) 1:03:27; **Bob Massey** 238<sup>th</sup> (16<sup>th</sup> V60) 1:04:45; **George James** 240<sup>th</sup> 1:05:51; **John Winters** 243<sup>rd</sup> (18<sup>th</sup> V60) 1:15:51. First of 243 was **Gary Priestley** of Settle Harriers in 35:31 (Guest). First Mid Lancs (2<sup>nd</sup> overall) was **James Douglas** of Border Harriers in 35:40.

**Teams: SM'A'** 21<sup>st</sup> 785 pts; **Division 1** 7<sup>th</sup> 6 pts; **SM'B'** No team; **V40** 20<sup>th</sup> 328 pts; **Division 2** 5<sup>th</sup> 11pts; **V50** 14<sup>th</sup> 119 pts; **Division 12** 3 pts; **V60** 3<sup>rd</sup> 48 pts; **Division 3** 3<sup>rd</sup> 16 pts.

### Christmas Predictor Race: Stanley Park Dec 15<sup>th</sup>

The Christmas fun event was blest with a pleasant mild winter morning for a fun run around Stanley Park and a circuit of the track, approximately two and half miles (Open) or a Mini course of 2012 metres within the confines of the Park. Afterwards there was an excellent buffet provided by Club Members and then the Presentation of the Prizes.

Club Secretary **Nick Hume** wrote afterwards: "Thank you to all who supported the 2013 Christmas Predictor Races. The event went very well and congratulations to those

nearest their estimated time. The food was enjoyed by all and there was certainly plenty of it. The target for 2014 is to see even more club members and friends taking part. Finally our thanks to all those who helped to make it such a success".

Name	Event	PT	AT	Diff	Rank
Terry Westhead	Open	17:08	17:09	1	=1 <sup>st</sup>
Dom Lavelle	Open	17:53	17:54	1	=1 <sup>st</sup>
Sophie Taylor	Open	22:00	22:06	6	3 <sup>rd</sup>
Trevor Uttley	Open	15:45	15:58	13	4 <sup>th</sup>
Peter Singleton	Open	18:40	19:00	20	5 <sup>th</sup>
Lauren Gowland	Open	16:13	15:46	27	6 <sup>th</sup>
David Bamber	Open	20:40	20:08	32	7 <sup>th</sup>
Jess Rogers	Open	17:00	17:34	34	8 <sup>th</sup>
Sam Wise	Open	18:56	19:41	45	9 <sup>th</sup>
Tanya Barlow	Open	23:58	24:44	46	10 <sup>th</sup>
Will Holmes	Mini	8:30	9:17	47	11 <sup>th</sup>
Jake Walley	Open	14:25	13:35	50	12 <sup>th</sup>
James Smith	Mini	8:15	9:12	57	13 <sup>th</sup>
Tony Airnes	Open	20:30	19:31	59	14 <sup>th</sup>
Coner Millward	Open	20:00	18:58	62	15 <sup>th</sup>
Alan Wilkinson	Open	19:15	20:39	84	16 <sup>th</sup>
Mark Millward	Open	38:30	26:52	98	=17 <sup>th</sup>
Garry Roylance	Open	21:37	23:15	98	=17 <sup>th</sup>
Emila Sherman	Open	21:01	22:41	100	19 <sup>th</sup>
Ian Close	Open	19:38	17:57	101	20 <sup>th</sup>
Howard Henshaw	Mini	19:30	17:37	113	21 <sup>st</sup>
Jamie Bamber	Open	20:10	22:06	116	22 <sup>nd</sup>
Simon Scarr	Open	25:05	22:58	127	23 <sup>rd</sup>
Lee Barlow	Open	22:36	24:44	128	24 <sup>th</sup>
Amber Swinnerton	Open	21:01	23:12	131	25 <sup>th</sup>
Taylor Holland	Mini	12:00	9:43	137	=26 <sup>th</sup>
Hannah Maskill	Mini	12:00	9:43	137	=26 <sup>th</sup>
Becky Rogers	Open	22:40	20:20	140	28 <sup>th</sup>
Laura Lawler	Open	22:07	19:30	19:30	29 <sup>th</sup>
Matt Wright	Open	18:50	16:03	167	30 <sup>th</sup>
Dave Heaton	Open	28:00	25:10	170	31 <sup>st</sup>
*David Wood	Mini	20:00	17:05	175	32 <sup>nd</sup>
Bernard Singleton	Open	20:40	23:55	195	33 <sup>rd</sup>
Derek Newton	Open	21:01	25:11	250	34 <sup>th</sup>

PT Predicted Time, AT Actual Time \*Walking.



### Rudolph Red Nose

**5M: Blackpool Zoo Car Park December 20<sup>th</sup>**  
**Trevor Uttley** 25<sup>th</sup> (3<sup>rd</sup> MV45) 33:36; **Bev Wright** 33<sup>rd</sup> (1<sup>st</sup> F & 1<sup>st</sup> FV50) 34:50 *pictured*; **Peter Singleton** 51<sup>st</sup> 37:05; **Peter Gibson** 73<sup>rd</sup> 41:00; **Bob Massey** 86<sup>th</sup> 42:54; **John Winters** 99<sup>th</sup> (1<sup>st</sup> MV75) 44:38; **Bernard Singleton** 117<sup>th</sup> 46:36;



John Bradley 130<sup>th</sup> (1<sup>st</sup> MV70) 48:03. First of 153 was Steve Swarbrick of Bowland FR in 27:57.

### **Ribble Valley 10K: Clitheroe December 29<sup>th</sup>**

Steve Waterhouse 93<sup>rd</sup> (3<sup>rd</sup> MV45) 34:47, c 34:42 **PB**;  
 Bev Wright 337<sup>th</sup> (37<sup>th</sup> F & 2<sup>nd</sup> FV50) 42:04, c 41:49;  
 Stasia Bligh 370<sup>th</sup> (48<sup>th</sup> F) 42:42, c 42:34; David Twizell  
 809<sup>th</sup> 53:23, c 52:10. First of 1079 was Jonny Mellor  
 of Liverpool Harr & AC in 29:12 and first lady was  
 Georgia Taylor-Brown of Sale Harr (57<sup>th</sup>) in 33:34.

## **Other Results:**

### **North West 5K Grand Prix: Halewood Liverpool Nov 2<sup>nd</sup>**

Molly Betmead 30<sup>th</sup> (5<sup>th</sup> F & 1<sup>st</sup> FU17) 18:38 **PB**; Caroline  
 Betmead 38<sup>th</sup> (8<sup>th</sup> F & 2<sup>nd</sup> FV40) 19:12. First of 132 was  
 James Riley in 15:38 and first lady was Maria Barrett (11<sup>th</sup>)  
 in 17:32 both of Liverpool Harriers.

### **Preston Park Run: November 16<sup>th</sup>**

Chris Essex-Crosby 6<sup>th</sup> 18:58 **PB**; Tim Collinson (U15) 36<sup>th</sup>  
 22:41; Lucy Tickle 81<sup>st</sup> 26:27. First of was David Rigby of  
 Preston Harriers in 16:11.

### **Northern Police League: Dalemmain November 27<sup>th</sup>**

Laura Lawler 10<sup>th</sup> 47:30.

### **Preston 5K Parkrun: November 30<sup>th</sup>**

Amelia Beaman (U20) 10<sup>th</sup> (1<sup>st</sup> F) 20:17; Alisha Johnson  
 (U17) 14<sup>th</sup> (2<sup>nd</sup> F) 20:44; George Robinson 17<sup>th</sup> 20:44 **PB**;  
 Katrina Kelly 21<sup>st</sup> (3<sup>rd</sup> F) 21:46 **PB**. First of 105 was Steve  
 Hallas of Preston Harriers in 17:47.

### **National Biathlon Championships: Tudor Grange LC Solihull Nov 30<sup>th</sup> & Dec 1<sup>st</sup>**

**Open Men** Adam Weightman (representing the North  
 West Hub) *Swim* 2:14.51 1156 pts (1<sup>st</sup>) *Run* 4:43.84 1306  
 pts (2<sup>nd</sup>) **Total 2462 Points 1<sup>st</sup>**

**Under 16 Boys** Samuel Matthew (Blackpool Aquatics  
 2:13.97 1162 pts (13<sup>th</sup>) *Run* 4:52.06 (5<sup>th</sup>) **Total 2477  
 Points.**

Thomas Matthews Blackpool Aquatics *Swim* 2:20.49 1096  
 pts (17<sup>th</sup>) *Run* 5:02.60 1262 pts (10<sup>th</sup>) **Total 2358 Pts 15<sup>th</sup>.**

Tom Holmes (Blackpool Aquatics) *Swim* 2:39.90 902 pts  
 (22<sup>nd</sup>) *Run* 5:30.88 1121 pts (22<sup>nd</sup>) **Total 2023 Points.**

**Team** Blackpool Aquatics ASC **6858 Points**

**Under 11 Boys** Timothy Woodman 42.50 1078 pts (49<sup>th</sup>)  
*Run* 2:49.49 1234pts (22<sup>nd</sup>) **Total 2312 Points 36<sup>th</sup>.**

**Under 12 Girls** Emily McNeill (Rossall School) *Swim*  
 32.86 1216 pts *Run* 2:40.52 1369 (6<sup>th</sup>) **Total 2585 Pts 5<sup>th</sup>.**

Isabelle Woodman (Rossall School) *Swim* 39.03 (66<sup>th</sup>) *Run*  
 2:45.15 1300 pts (17<sup>th</sup>) **Total 2330 Points 36<sup>th</sup>**

**Team** Rossall Team **7281 Points 3<sup>rd</sup>.**

### **Preston Parkrun: December 7<sup>th</sup>**

Tim Collinson 20<sup>th</sup> 21:06 **PB**. First of 87 was Christopher  
 Tully in 17:22 and first lady was Phillipa Walsh (14<sup>th</sup>) in  
 20:30 both of Preston Harriers.

### **North West 5K Grand Prix: Halewood Liverpool Dec 7<sup>th</sup>**

Caroline Betmead 26<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV40) 18:39; Molly Bet-  
 mead 35<sup>th</sup> (5<sup>th</sup> F & 2<sup>nd</sup> FU17) 19:34. First of 103 was Daniel  
 Mooney in 14:58 and first lady was Danielle Webb (15<sup>th</sup>) in  
 18:11 both of Liverpool Harriers.

### **Longridge Christmas Pudding 7M: December 8<sup>th</sup>**

Trevor Uttley 53<sup>rd</sup> 49:29; Jeff Wright 151<sup>st</sup> 1:00:11; John  
 Winters 189<sup>th</sup> (1<sup>st</sup> MV75) 1:04:55; John Bradley 234<sup>th</sup> (2<sup>nd</sup>  
 MV70) 1:10:54. First of 287 was Ben Johnson of Southport  
 Waterloo AC in 40:18 and first lady was Carmel Sullivan of  
 Wesham RR in 49:12.

### **Preston Parkrun: December 14<sup>th</sup>**

Tim Collinson 17<sup>th</sup> 21:35; Lucy Tickle 55<sup>th</sup> 25:41 **PB**.

First of 125 was David Navin of Preston Hockey in  
 19:09 and first lady of Anna Hulme in 21:38.

### **Northern Athletics Open Indoor Meeting: EIS Sheffield December 14<sup>th</sup>**

**3000m h1** Luke Minns (SM) 1<sup>st</sup> 8:40.87.

### **Derby Runner Bolsover 10K: nr Chesterfield Dec 15<sup>th</sup>**

Bev Wright 121<sup>st</sup> (12<sup>th</sup> F & 1<sup>st</sup> FV50) 41:59 c 41:55.

### **Sale Harriers Indoor Open Series: Sportscity Dec 15<sup>th</sup>**

**60m h7** James Carty (U20) 2<sup>nd</sup> 7.74 **PB**.

### **Preston Parkrun: December 21<sup>st</sup>**

Tim Collinson 41<sup>st</sup> 22:22; Lucy Tickle 83<sup>rd</sup> in 26:30. First of  
 152 was Gareth Booth of Horwich RMI in 17:32 and first  
 lady was Becky Rigby of Newcastle Uni in 19:05.

### **Festive 4K: Lancaster December 28<sup>th</sup>**

Andrew Woodward 2<sup>nd</sup> 13:45; Ben Preddy (U13) 13<sup>th</sup>  
 15:36; George Robinson (U13) 24<sup>th</sup> 16:32; John Bradley  
 103<sup>rd</sup> (1<sup>st</sup> MV70) 24:00. First of 142 was Danny Parkinson of  
 Kendal AC in 12:45 and first lady was Mary Hodgson of Lan-  
 caster & Morecambe AC (12<sup>th</sup>) in 15:36.

### **Preston Park Run 5K: December 28<sup>th</sup>**

Tim Collinson 21<sup>st</sup> 21:17. First of 123 was Oliver Langford  
 of Stoke AC in 16:33 and first lady was Becky Rigby (unat-  
 tached) (4<sup>th</sup>) in 18:43.