



Contributions & Comments to davidwood61@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; **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

Foreword:

January was a busy month especially for Cross Country, with two Championships, the Lancashire & Northern and the fourth Mid Lancs fixture. There was also the Northern Indoor Championship at the superb English Institute of Sport facility in Sheffield.

February is equally as busy, with the Lancashire Schools & National XC Champs and Mid Lancs and the final Lancashire Sportshall fixture.

There is also a short article by Tony Wood about the early days of Lancashire Cross Country.

FORTHCOMING EVENTS DIARY

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
02/02/14	Club Handicap New Lane & Witton Park Trail Relay Blackburn
08 & 09/02/14	British Athletic Indoor Champs EIS Sheffield
08/02/14	Mid Lancs XC League, Witton Park Blackburn
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 th Parbold Hill Race, Wigan
16/02/14	Muddy Shoes 5M & 11M, Caldervale
16/02/14	Central Lancs 5K, Bolton & 19 th Village Bakery HM Wrexham
22/02/14	English National XC Wollaton Park Nottingham
22/02/14	Standish Hall 10K TR Wigan
23/02/14	24 th Gt North West HM, Blackpool
01/03/14	Mid Lancs XC League Crooklands Kendal & 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	Club Handicap New Lane & England HM Champs Reading
02/03/14	Fylde Primary Schools XC Races, Parkview Play Fields Lytham
02/03/14	Haweswater HM/Junior 1.6M Run, Bampton
02/03/14	Manchester Indoor Open T&F Sportscity & Glasson Dock HM
08/03/14	Vault Manchester, Sportscity &
08/03/14	Inter County XC Champs, Cofton Park
08/03/14	Dentdale Run (14.21M)
08 & 09/03/14	England U17/U15 Combined Events Champs
08 & 09/03/14	Bolton Hill MT Marathon (26.2M)
08 & 09/03/14	IAAF World Indoor Champs Sopot POL
09/03/14	Roddlesworth Roller MT 6M Abbey Village, Chorley
09/03/14	Trafford 10K Partington & Spen 20M
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
16/03/14	Sweatshop 10M St Annes & Trimpell 20M Lancaster
16/03/14	Stroke Association Resolution Run 5K/10K/15K Stanley Park
16/03/14	Cannonball Mile Barden Athletic Track Burnley
16/03/14	South Yorkshire HM Barnsley
22/03/14	SIAB XC (U17) Canon Slade School
22 & 23/03/14	World Masters Athletics Indoor T&F Champs Budapest HUN
23/03/14	Winter Warmer T&F and 5M Race Stanley Park Blackpool
23/03/14	Sports Relief Mile (1, 3 & 6M) St Annes & Thornton
23/03/14	Goal-Den Girls Women’s 10K Blackpool
23/03/14	Wilmslow HM & Thirsk 10M
23/03/14	Manchester Indoor Open Sportscity
30/03/14	Carr Hill Triathlon Kirkham
30/03/14	Muddy Bottoms Off-Road MT 17/9M
05/04/14	National 12/6 Stage Relay Sutton Park Birmingham
05/04/14	Pendle FR (English & Lancs Champs)

Volunteer of the Quarter

Tilly Lawson is this Quarter's recipient. Tilly receives this Award for her unstinting support and assistance to Club Coaches in delivering training to other young athletes.

Also nominated were Club coaches **Dez Reynolds**, **David Titterington** and Club Webmaster **Philip Godwin**.



December's AotM

This Month's male recipient is **Isaac Towers** who was the Shortlisted in December for the **BBC Young Sports Personality of 2013** following a year of success during 2013.



The female recipient is **Emily Japp** for support and her performance in the **Mid Lancs Cross Country** during December.



06/04/14	Junior Pendle FR (English U12-U16 & Lancs Champs U12-U18)
09/04/14	BWFAC Inter Club , Stanley Park (Races starts 7pm)
13/04/14	Garstang Gallop 10K
26/04/14	Mid Lancs T&F League Wigan
03/05/14	U13/U15 YDL & Coniston Horseshoe (M)
03 & 04/05/14	BUCS Champs Bedford
04/05/14	Gt Hambledon FR (Inter Club)
10/05/14	Mid Lancs T&F League Preston
15/05/14	LSARRC Inter Club , Pleasure Island St Annes
11/05/14	England 10K Champs Bristol
17/05/14	27th National Masters Open Road Relay Champs
24 & 25/05/14	Lancashire T&F Champs Stanley Park Arena Blackpool
24 & 25/05/14	England Athletics Sen/U20 Combined Events
25/05/14	Gt Eccleston 4M
31/05/14	U13/U15 YDL
07 & 08/06/14	Welsh Castle Relay
07/06/14	Ennerdale Horseshoe (L)
08/06/14	Run the Lanes 10K Lea Town Preston
11/06/14	Preston Harriers Inter Club , Vernon Carus Club
14/06/14	ES County T&F Champs recommended date
14 & 15/06/14	England Athletics Senior Disability Champs Birmingham
19/06/14	Aggies Staircase (Inter Club) Darwen
21/06/14	U13/U15 YDL
21/06/14	ES Inter County T&F matches recommended date
21 & 22/06/14	England Athletics U23/U21 Champs/World Trials Bedford
22/06/14	Freckleton HM
28/06/14	Mid Lancs T&F League Lancaster
29/06/14	Sotos 10K Fleetwood
29/06/14	British Athletic Champs Alexander Stadium Birmingham
05/07/14	ES T&F Schools Cup Final
06/07/14	St Annes Carnival 5K
11 & 12/07/14	ES T&F Champs Alexander Stadium Birmingham
14/07/14	Wesham RR Inter Club , Salwick
19/07/14	U13/U15 YDL & Warton Crag (Inter Club)
19/07/14	SIAB T&F International (U17) Wales
20/07/14	Kentmere Horseshoe (M)
26/07/14	Mid Lancs T&F League Litherland
27/07- 02/08/14	Glasgow Commonwealth Games T&F Programme
02 or 03/08/14	Mid Lancs T&F League Hyndburn
07/08/14	Badger 10K Bamber Bridge
09 & 10/08/14	EA U17/U15 Comb Events Champs & Sen Home Int, Bedford
14/08/14	Harrock Hill (Inter Club)
12 to 17/08/14	European Athletic Champs , Zurich SWI
13/08/14	Chorley AC & Tri Inter Club , Astley Park
17/08/14	Sedbergh Hills (L)
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
30 & 31/08/14	England Athletics U17 & U15 Champs /Sen Home Int, Bedford
03/09/14	Red Rose RR Inter Club , Worden Park Leyland
06/09/14	U13/U15 YDL Final
13/09/14	Hodder Valley Show (S)
14/09/14	North West Counties Road Relays
20/09/14	Northern Athletics 6/4 Stage Road Relays

News



Club Places

The two London Marathon Club places were given to **Jeff Wright** and **David Heaton**. They were the only applicants.

04 & 05/10/14	6/4/Young Ath Stage Relays Sutton Park Birmingham TBC
05/10/14	Lytham Hall 5K
18/10/14	Northern Athletics XC Relays
19/10/14	Green Drive 5M Lytham
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

Preston Parkruns are held every Saturday morning at 9am at Avenham/Miller Parks, for further details see www.parkrun.org.uk/preston

Club Road Championship will also include the Club Handicaps in August and September (dates TBA)

Attached article taken from UK Parkrun Newsletter published on December 18th

parkrunner of the week



Name: Lucy Tickle
Club: Blackpool Wyre & Fylde Athletics Club
Age: 9
Home parkrun: Preston
Occupation: Student
Number of runs: 12
Favourite volunteer role: Tail runner
What do you do at parkruns: I run with my mum or dad as I am only nine years old. I love parkrun and the atmosphere is amazing! Everyone is so friendly and encouraging. I volunteered during the 'Family' Join In week as a tail runner which was really good fun. So much so that I was tail runner again on the 23rd November with my mum!
How has parkrun changed your running: I am a member of Blackpool Wyre & Fylde Athletics Club and train two to three times a week. Doing parkrun helps build my stamina and fitness for when I run my 400/800m races! I just love running!
What do you like about parkrun: Everything! The atmosphere, running, volunteering and the people because they are so friendly, and the croissant I eat when I have finished my run!
Most memorable or funniest parkrun moment: It would have to be when I finish ahead of my mum at the finish line as I always do a sprint at the end!

REPORTS & RESULTS

Mince Pie Club Handicap: New Road Dec 8th **CH**
Graham Davies 24:15; Terry Westhead 25:34; Peter Gibson 28:22; Nick Hume 28:31; Michaela Dempsey 28:36; Conor Millward 28:55; Reg Smallbone 28:57; Tony Croft 31:32.
Handicapper & Timekeeper: Sharon Randall.
Helper: David Wood. All started together as is traditional for the December fixture.

Lancashire Cross Country Championships: Witton Park, Blackburn January 4th **LC**

It was a successful Championships with a total of 10 Team and Individual including a Team Gold for the **Junior Women** for **BWFAC** competitors. The weather was kind and although muddy after a period of wet weather, by general consensus, it was no worse than in previous years.

U11B (1.8K) **James Smith** 2nd 6:02; **Tim Woodman** 12th 6:34; **Charlee McGuinness** 19th 7:02. First of 37 was **George Owen** of Hyndburn AC in 5:57. **Team** No Team

U11G (1.8K) **Lily-Mae Gray** 14th 7:18; **Maisie Rogers** 16th 7:27; **Caitlyn Preddy** 24th 7:47; **Minnie Rogers** 25th 7:51; **Natalie Luczak** 29th 7:56. First of 47 was **Amy Davies** of Blackburn Harriers & AC in 6:18. **Team** **3rd team 79 points.**

U13B (3.0K) **Ben Preddy** 3rd 11:55; **George Robinson** 5th 12:11. First of 36 was **Jack Dee-Ingham** of Wigan & District Harriers in 11:13. **Team** No team

U13G (3.0K) **Danielle Whipp** 6th 13:10; **Syd Bairstow** 8th 13:12; **Isabelle Woodman** 21st 14:08; **Hannah Eadie** 25th 14:21; **Taylor Holland** 39th 16:17. First of 38 was **Jasmine Jolly** of Preston Har in 12:20. **Team** **2nd team 60 points.**

U15B (3.8K) **Samuel Matthews** 12th 13:19; **Thomas Matthews** 13th 13:43; **Tom Holmes** 21st 14:54; **Alexander Hamilton** 22nd 12:13. First of 28 was **Jake Lonsdale** of Trafford AC in 12:13. **Team** **3rd team 68 points.**

U15G (3.8K) **Jessica Rogers** 11th 14:40; **Annie Bradshaw** 12th 15:11. First of 28 was **Grace Handley** of Blackburn Harriers & AC in 13:24. **Team** No team.

U17M (5.6K) **William Eccleston** 9th 19:48. First of 24 was **Patrick Dever** of Preston Harriers & AC in 17:26.

U17W (5.6K) **Alisha Johnson** 2nd 22:17. First of 13 was **Mary Hodgson** in 22:10. **Team** No team.

Ladies (6.7K) **Lauren Gowland** 10th (2nd L20) 27:29; **Emily Japp** 15th 28:44; **Amelia Beaman** 18th (4th U20) 29:25; **Stasia Bligh** 39th (3rd L35) 31:43; **Imogen Trafford** 28th (6th L20) 31:30. First of 54 was **Rachael Franklin** of **Manx Harriers** in 25:68; first Vet was **Joanne Nelson** of **Darwen Dashers RC** (2nd) in 25:13 and first U20 was **Jessica McDermott** of **Preston Harriers** (6th) in 27:06.

Teams: Ladies 3rd team 43 pts; **Ladies U20** 1st team 12 points; **Ladies Vets** No team.

SM (9.8K) **Harry Poole** 24th (4th U20) 35:31; **Chris Essex-Crosby** 55th 39:22; **Adam Weightman** 63rd 40:16; **Trevor Uttley** 83rd (13th V45) 43:09; **Peter Gibson** 119th (5th V60) 54:07; **Alan Wilkinson** 120th (3rd V65) 54:10; **John Winters** 123rd (1st V75) 1:00:14. First of 123 was **Tom Cornthwaite** of **Salford Harriers** in 32:10; first Vet was **Paul Guinan** of **Blackburn Harriers** (17th) in 35:06 and first U20 was **Luke Betts** of **Sale Harriers** (8th) in 33:16.

Teams: SM 7th team 458 pts; **SM Vets** 9th team 154 points; **U20** No team.

A Short History of Lancashire Cross Country

Part 1 – The Early Days (Published in the Lancashire 2014 Cross Country Programme and reproduced by kind permission of the author **Tony Wood**, **Lancashire Athletics Association Chairman**).

Although the first athletic governing body in the world, the Northern Counties Athletic Association, was founded in 1879, with the AAA formed the following year, it was not until the mid-1920s that County Associations began to emerge in competition against each other. However from 1910 there had been local cross country championships held in our area in the form of the East and West Lancashire Championships. **George Wallach** who lived in Darwen and ran for Bolton and Scotland competed in the 1912 Olympics winning the East Lancashire title five times. Lancashire, who affiliated to the Counties Athletic Union in 1937, really came into its own just after the Second World War when it started to enter teams in the Inter Counties Cross Country Championships, dominated previously by the Southern and Midland Counties. In the days when Manchester and Merseyside were still part of the County Lancashire made its mark immediately winning the Inter Counties Senior Men's title for the first time it entered in 1949. From that date onwards, with top athletes such as **Fred Norris**, **Gerry North**, **Mike Turner**, **Ron Hill** and **Mike Freary**, they dominated the team title through to the 1970s.

The quality of the County then was such that it was said in the North, in boastful terms that the first six senior men scorers in the Lancashire Championships could always have made up the English international team to compete in the World Championships in March! This proud tradition con-

tinues up to the present day with many a budding international learning his or her trade at the Lancashire Championships.

Club Handicap: New Road January 5th

CH

Tony Airnes 29:00; **Tony Croft** 31:12; **Michaela Dempsey** 29:30; **Colin Dyczka** 35:34; **Matt Broadhurst** 26:40; **Ian Close** 28:37; **John Bradley** 38:43. **Handicapper & Timekeeper: Sharon Randall**. **Helpers: David Wood & Nick Hume**.

Mid Lancs XC League: Thorncliffe School Barrow-in-Furness, January 11th

ML

Spring like conditions greeted **BWFAC** members for the fourth fixture of the **Mid-Lancs Cross Country League**. The course set on a plateau overlooking Barrow, was relatively flat, apart from a short steep change of level; however it was very muddy in many places.

Because Barrow is on the edge of the Mid Lancs area, the numbers competing in the races were sometimes half or less than in previous fixtures. There was a strong **BWFAC** Lady's squad. The Vet 35 team of **Betmead**, **Bligh** and **Smith** finished first and are in a strong position to win the League. The Vet 45 team were led home by **Andrea Smith** with an excellent run. This was her first competitive run after a frustrating nine months out with plantar fasciitis (an inflammation of the ligament which connects the heel to the toes) and off very little training.

There were only seven in the **BWFAC** Men's squad led by **Malc Eadie**. Malc was going to 'jog' round because of a niggling foot injury, however still finished 26th in 33:36 (some 'jog'). **Jim Unsworth**, who has just returned from the heat of Australia, was 56th in 36:56. Encouragingly there was also a team of **Under 15 Boys**.

U11G (2.0K) **Natalie Luczak** 14th 8:46. First of 29 was **Amy Davies** of **Blackburn Harriers & AC** in 7:09.

U11B (2.0K) **James Smith** 2nd 6:41; **Tim Woodman** 6th 7:08. First of 31 was **George Owen** of **Hyndburn AC** in 6:41.

U13G (2.5K) **Danielle Whipp** 8th 9:57; **Hannah Eadie** 10th 10:35; **Isabelle Woodman** 11th 10:46. First of 18 was **Jasmine Jolly** of **Preston Harriers** in 10:16. **Team** No team.

U13B (3.2K) **George Robinson** 4th 11:34. First of 15 was **Kai Atkins** of **Pendle AC** in 10:23. **Team** No team

U15G (3.2K) **Jessica Rogers** 3rd 11:46. First of 12 was **Heidi Murray** of **Kendal AAC** in 11:26. **Team** No team.

U15B (3.7K) **Samuel Matthews** 4th 13:09; **Thomas Matthews** 5th 13:14; **Connor Finlayson** 6th 13:23; **Alexander Hamilton** 13th 15:49. First of 15 was **Matthew Barnes** of **Pendle AC** in 14:42. **Team** 2nd team 28 pts. **Division** 3rd 24 pts.

U17W (3.7K) No Runner. First of 3 was **Mary Hodgson** in 13:57. **Team** No team; **Division** 4th 8 pts

U17M (6.0K) No Runner. First of 12 was **Ciaran Campell** of **Border Harriers & AC** in 16:44.

SW (5.0K) **Caroline Betmead** 7th (3rd L35) 19:15; **Emily Japp** 12th 20:53; **Stasia Bligh** 15th (6th L35) 21:18; **Carly Morgan** 17th 21:46; **Andrea Smith** 30th (4th L45) 23:31; **Laura Lawler** 34th (5th L45) 24:03; **Karen Dunford** 38th (8th L45) 24:13. First of 80 was **Kirsty Longley** of Liverpool Pembroke Sefton in 18:06.

Teams: SW 'A' 2nd 31 pts **Division 1** 1st 25 pts; **SW 'B'** 6th team **Division 3** 6th 22 pts (with one more score will potentially be in 2nd place); **L35** 1st team 24 pts; **Vet 35 Division** 7th 28pts (with one more score will be top of the league); **L45** 3rd 26 pts; **Vet 45 Division** 5th 29pts (with one more score would be in 2nd place).

SM (9.0K) **Malc Eadie** 26th (6th V40) 33:36; **Jim Unsworth** 56th 36:56; **Trevor Uttley** 81st (21st V40) 47:33; **Gary Johnston** 87th (12th V50) 38:47; **Alan Wilkinson** 163rd (19th V60) 50:03; **Peter Gibson** 164th (20th V60) 50:04; **John Winters** 174th (24th V60) 55:58. First of 176 was **James Douglas** of Border Harriers in 30:06.

Teams: SM'A' 13th 561 pts; **Division 1** 7th 8 pts; **SM'B'** No team; **V40** 10th 165 pts; **Vet 40 Division 2** 5th 11pts; **V50** 11th 117 pts; **Vet 50 Division** 12th 3 pts; **V60** 3rd 63 pts; **Vet 60 Division** 3rd 16 pts.

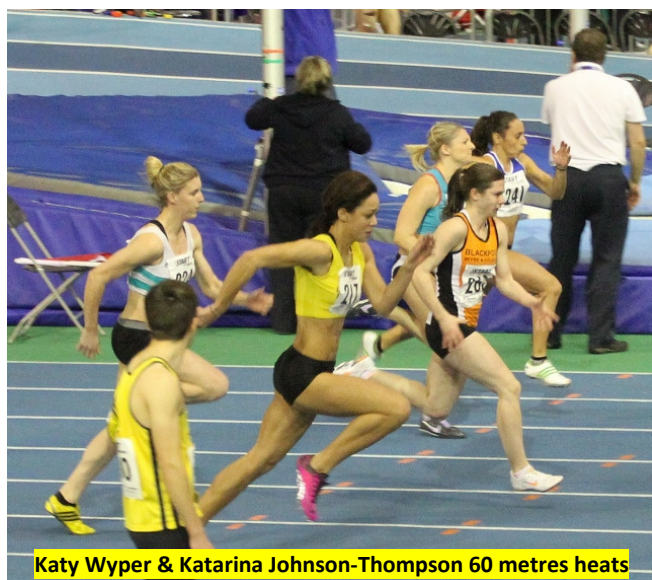
Lancashire Sportshall: Blackpool Sports Centre Stanley Park, January 12th **LS**

Again results have not been published on the Web. **BWFAC** had a stronger team than at the First fixture and probably finished overall second behind a very strong **Preston Harriers** squad.

One of the standout performances was by **Harry Mercer** in his final appearance at the Lancashire League meeting. In the Speed Bounce he scored an impressive 90 jumps in 30 seconds and won the Standing Triple Jump with 7.54 metres.

Northern Athletics Indoor Champs:

English Institute of Sport, January 18th & 19th **NAIC**



Katy Wyper & Katarina Johnson-Thompson 60 metres heats

Day 1 SW 60m h1 **Katy Wyper** 2nd 7.80 **PB** q; **F Katy Wyper** 3rd 7.85 (first **Megan Houl** of Kingston-upon Hull AC in 7.73).

U17W 300m h2 **Jordan Dixon** 2nd 43.78 nq; **Amber Swinnerton** 4th 45.75 nq.

U20W 400m h4 **Kate Lawler** 3rd 59.20 q **PB**; **SF** 4th 60.03 nq.

U17W PV F **Fiona Hockey** 1st 3.35m; **Hannah Newell** 3rd 3.00m.

Day 2 SW 200m h2 **Katy Wyper** 3rd 25.72 nq; **h3 Lucy Mansfield** 3rd 25.54 nq.

U17W 200m h1 **Amber Swinnerton** 5th 27.46 nq.

U17W 800m h1 **Annie Bradshaw** 4th 2:24.90 q; **F Annie Bradshaw** 6th 2:29.58 (first **Carys McAulay** of Warrington AC in 2:19.33).

U20M 800m h2 **Jake Walley** 2nd 2:05.90; **F Jake Walley** 3rd 1:59.65 (first **Matthew Wigelsworth** of Warrington AC in 1:59.38).

SM 800m h3 **Luke Minns** 2nd 1:56.03; **F Luke Minns** 4th 1:54.19 (first **Jamie Webb** of Liverpool Harriers & AC in 1:52.42).

U17M PV F **Dominic Lavelle** 3rd 3.90m (first **Lewis Hannan** of Sale Harriers with 4.00m).

U20W PV F **Fiona Hockey (U17)** 3rd 3.20m; **Hannah Newell (U17)** 5th 3.00m (first **Abigail Roberts** of The Dearne ALC with 3.95m CBP).

SM PV F **Matt Wright** 4th 4.60m; **Matt Walker** 7th 4.00m (first **Luke Cutts** of The Dearne ALC with 5.50m).

Northern Cross Country Championships:

Knowsley Safari Park January 25th **NXCC**

Whilst there was no danger of being chased by lions (they were in another part of the Park), the weather proved to be a big problem. Last year there was a thick carpet of snow, which made running very difficult. The beginning of 2014 has been very wet, which made the course very muddy in some sections and during the competition conditions were tough with rainstorms and high winds.

It was a much better turnout than last year and the **Under 13 Girls** and **Under 15 Boys** both fielded teams. However sadly there were no full Senior teams.

Thanks go to **Lytham St Annes Road Runners Club** for their hospitality in sharing the **LSARRC** tent especially during one particular heavy downpour.

U17W (5.3K) No competitors. First of 95 was **H Knowles-Jones** of Warrington AC in 18:43 and first team of 9 was **Vale Royal AC** with 62 pts.

Junior Women (5.8K) **Lauren Gowland** 22nd 25:41. First of 51 was **Katy Wood** of City of York AC in 21:48. First team of 7 was **Vale Royal AC** with 42 pts.

U13G (3.0K) **Isabelle Woodman** 67th 13:46; **Danielle Whipp** 69th 13:46; **Taylor Holland** 176th 15:24; **Natasha Webb** 187th 15:40. First of 222 was **Lucy Miller** of Liverpool Harriers & AC in 11:45. **Team 22nd team 499 pts.** First Team was **Liverpool Harriers & AC** with 54 pts.

U17M (5.8K) No competitors. First of 119 **Elliot Bowker** of Vale Royal AC in 19:53 and first team of 14 was **Vale Royal AC** with 85 pts.

U13B (3.0K) **Benjamin Preddy** 17th in 12:04. First of 140 was **Josh Cowperthwaite** of Middlesbrough AC (Mandale) in 11:19. **Team** No team. First team was **City of York AC** with 55 pts.

U15G (4.0K) No competitors. First of 138 was **Kate Waugh** of Birtley AC in 15:23 and first team of 15 was **Stockport Harriers & AC** with 39 pts.

U15B (4.0K) **Connor Finlayson** 60th 15:45; **Samuel Matthews** 90th 16:20; **Thomas Matthews** 122nd 17:04; **Alexander Hamilton** 167th in 19:04. First of 173 was **Hugo Milner** of Derby AC. **Team 17th team 439 pts.** First team of 21 was **City of York AC** with 72pts.

Junior Men (8.0K) No competitors. First of 66 was **Callum Johnson** of Gateshead Harriers & AC in 27:15 and first team of 4 was **Gateshead Harriers & AC** with 49 pts.

Senior Women (8.0K) **Caroline Betmead** 32nd 34:58; **Emily Japp** 77th 37:43; **Stasia Bligh** 113th 39:53; (**Claire Irons** DNF because of illness). First of 232 was **Katie Walshaw** of Holmfirth Harriers AC in 30:22. **Team** No team. First team of 28 was **Holmfirth Harriers AC** with 75 pts.

Senior Men (12.0K). **Chris Essex-Crosby** 293rd 54:19; **Jeff Wright** 584th 1:13:08; **John Winters** 609th 1:28:15; (**Trevor Uttley** DNF because of injury). First of 613 was **Daniel Garbutt** of Durham City Harriers & AC in 41:17. **Team** No team. First team of 59 was **Leeds City AC**.

Other Results:

Northern Police XC League: Doncaster Dec 11th

Laura Lawler 6th 54:04.

Wansfell: Ambleside December 28th

George James 75th 38:42. First of 75 was **Rob Jebb** of Bingley Harriers in 19:48 and first lady was **Sarah McCormack** of Moorfoot (8th) in 23:00.

Preston 5K Parkrun: Avenham & Miller Parks Jan 4th

Tim Collinson (JM14) 19th 21:19; **Lucy Tickle** 141st 44:38, First of 147 was **Richard Howarth** of Horwich RMI in 17:25 and first lady was **Claire Melbourne** in 22:12.

Sportcity Pole Vault Competition: January 4th

PV 'A' Max Eaves (SM) 1st 5.27m. **PV 'B' Fiona Hockey** (U17W) 4th = 3.27m; **Hannah Newell** (U17W) 6th = 2.72m. **PV 'C' Dom Lavelle** (U17M) 6th = 3.87m.

Sale Harriers Open Series (3): Sportcity January 5th

60m i h12 Katy Wyper (U23W) 3rd 7.92 **PB**; **h13 Lucy Mansfield** (U23W) 2nd 7.98 **PB**; **h14 Taegan O'Hara** (U20W) 7th 8.62 **PB**; **h31**

Isabelle Woodman (U13G) 7th 9.40; **Jake Walley** (U20M) 2nd 8.28 **PB**.

200m i h 16 Katy Wyper 4th 25.96; **h19 Kate Lawler** (U20W) 2nd 26.77; **h20 Lucy Minns** (U20W) 4th 29.90 **PB**; **h24 Alex Obiorah** (U17M) 3rd 24.68; **h31 Amber Swinnerton** (U17W) 2nd 27.75.

600m i h6 Jake Walley 2nd 1:26.54 **PB**; **h7 Annie Bradshaw** (U17W) 2nd 1:44.12; **h9 Isabelle Woodman** 6th 1:58.46.

60mH i h2 Taegan O'Hara 4th 10:39 **PB**.

HJ i Annie Bradshaw 12th 1.45m.

PV i A Fiona Hockey (U17G) 1st 3.22m; **Hannah Newell** (U17G) 2nd 3.02m; **PV i B Dom Lavelle** (U17M) 4th 3.82m.

Seivashypyn Talvikarnevaali: Pajulahti FIN Jan 11th

PV i Max Eaves (SM) 5.55m.

Max Eaves is currently training in Finland. He seems to be in good form as at this meeting he recorded 5.55 metres, his best since 2011 and just 6cm below his best.

Preston 5K Parkrun: Avenham/Miller Parks Jan 11th

Tim Collinson (JM14) 24th 20:47 **PB**; **Lucy Tickle** (U11) 69th 25:44. First of 150 was **Gary Pennington** of Preston Harriers in 16:33 and first lady was **Grace Handley** of Blackburn Harriers (12th) in 19:30.

Garstang 10K: January 12th

Liam Craine 6th 35:20, c 35:16; **David Williamson** 25th 37:05, c 37:02 **PB**; **Adam Weightman** 42nd 38:12, c 38:08 **PB**; **Caroline Betmead** 54th (2nd F & 2nd FV40) 39:00, c 38:55; **Emily Japp** 81st (8th F) 40:52, c 40:57; **Bev Wright** 95th (10th F & 1st FV50) 42:00, c 41:54; **John Bradley** 412th 60:37, c 60:10. First of 453 was **Jonathan Fletcher** of Border Harriers in 32:58 and first lady was **Joanne Nelson** of Darwen Dashers (43rd) in 38:02.

Preston 5K Parkrun: Avenham /Miller Parks Jan 18th

James Mulvany (SM) 3rd 17:04; **Steve Waterhouse** (MV45) 6th 17:21; **Tim Collinson** (JM14) 34th 22:00; **Alisha Johnson** 26th (1st F & U17F) 20:40. First of 159 was **Craig Ruddy** of Inverclyde AC in 17:04.

Inskip Half Marathon: January 19th

Liam Craine 8th 1:18:15 **PB**; **James Unsworth** 12th 1:19:09 **PB**; **David Williamson** 23rd 1:20:57 **PB**; **Terence Westhead** 120th 1:33:03 **PB**; **Peter Gibson** 297th 1:53:32; **Jeff Wright** 307th 1:55:30. First of 430 was **Tom Carson** of Bolton United Harriers in 71:15 and first lady was **Joasia Zakrzewski** of Dumfries Running Club (9th) in 1:18:36.

Preston Parkrun: Avenham/Miller Parks Jan 25th

Lucy Tickle 69th 25:49. First of 176 was **Matt Davison** of Bedford & County AC in 17:23 and first lady was **Louise Hayes** of North Shields Polytechnic AC (17th) in 20:21.

Welcome Tavern 10K: Preston January 26th

John Bradley 255th (3rd MV70) 58:57. First of 292 was **Mark Swannell** of Bolton Harriers and first lady was **Joanne Nelson** of Darwen Dashers (21st) in 38:41.

Northern Police XC League: Hull Jan 22nd

Laura Lawler 4th 56:22 (1st Lancs Women).

Pole Vault Challenge: Jyvaskyla FIN January 25th

PV i Max Eaves 2nd 5.55m.

Vienna Indoor Classic: Vienna AUT January 28th

PV i Max Eaves (Representing Team England) 1st 5.41m (won by 20cm from 2nd place Italian, then PB 5.62).