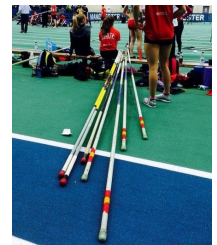




# WYLDEFYRE

April 2014 No 47

Contributions & Comments to [daavidwood61@hotmail.co.uk](mailto:daavidwood61@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**

## Mid-Lancs Champions!



**Laura Lawler, Emily Japp and Bev Wright** pictured collected the **Senior Lady’s Championship Shield**. Also the squad were **Vet 35 Champions** and **Vet 45 Silver Medallists’** and **‘B’ Team Silver Medallists’** in **Division 3**.

## FORTHCOMING EVENTS DIARY

- 02/04/14 **Club Handicap/Club Championship** New Lane
- 05/04/14 **National 12/6 Stage Relay** Sutton Park Birmingham
- 05/04/14 **Pendle FR (English & Lancs Champs)**
- 05/04/14 Wakefield Spring Open T&F
- 06/04/14 Warrington Open T&F, Victoria Park
- 06/04/14 Wigan Open T&F, Robin Park
- 06/04/14 **Junior Pendle FR (English U12-U16 & Lancs Champs U12-U18)**
- 06/04/24 Blackpool Marathon/HM & Lancaster Three Bridges 10K
- 06/04/14 Cheshire HM; 12<sup>th</sup> GT Grizedale TR & Clitheroe Triathlon
- 09/04/14 **BWFAC Inter Club**, Stanley Park (Race starts 7pm)
- 12/04/14 Liverpool Throws & Jumps Open Meeting
- 13/04/14 **Garstang Gallop 10K** & Bolton 10K/1M Fun Run
- 13/04/14 Ernie Gallagher & Tom O’Mahoney Memorial Open T&F
- 18/04/14 Salford 10K & Caldervale Country 10M/1M Fun Run
- 19/04/14 Valiants HM nr Preston
- 20/04/14 Air Products 10K/5K Fun Run
- 21/04/14 Trafford Open Medal T&F
- 26/04/14 **Mid Lancs T&F League** Wigan
- 26/04/14 St Georges Day 10K Gt Langdale
- 27/04/14 Run Lytham St Georges Day 10K & SSAFA 10K, Cartmell
- 27/04/14 Belle Vue House 10K Ormskirk & Radcliffe 10K MT
- 27/04/14 Ribby Hall Village Triathlon
- 29/04/14 Welcome Tavern 5K (1/4) Preston
- 01/05/14 Ripley Fun Run Lancaster
- 02/05/14 Dalton Charter 10K Dalton-in-Furness
- 03/05/14 **U13/U15 YDL** Stanley Park & Coniston Horseshoe (M)
- 3 & 04/05/14 **BUCS Champs** Bedford
- 04/05/05 **NA T&F League** Carlisle, **Gt Hambleton FR** (IC) & Keswick HM
- 05/05/14 Avenham Park 5K Preston & Trafford Open Medal T&F
- 06/05/14 Trafford Distance/Throws
- 07/05/14 **Club Handicap/Champ Race** New Lane & Kendal 10K
- 10/05/14 **Mid Lancs T&F League** Preston
- 11/05/14 **England 10K Champs** Bristol & Blacksticks Blue 10K Preston
- 11/05/14 JWK Morecambe HM
- 13/05/14 Trafford Sprints/Hurdles/Jumps
- 15/05/14 **LSARRC Inter Club**, Pleasure Island St Annes
- 17/05/14 **27<sup>th</sup> National Masters Open Road Relay Champs**
- 18/05/14 Worden Park 10K Leyland; Kirby Stephen 10K & St Annes Tri
- 20/05/14 Trafford Open Distance/Throws
- 23/05/14 Burnley Lions 10K
- 24/05/14 Lancaster 5K (1/5)
- 24 & 25/05/14 **Lancashire T&F Champs & 5000m Champ** Stanley Park B’pool
- 24 & 25/05/14 **England Athletics Sen/U20 Combined Events**
- 25/05/14 Fishwick 5M TR & Gt Eccleston Scouts Flat 4M
- 25/05/14 **Gt Eccleston 4M** & Warrington Open Meeting
- 26/05/14 Trafford Open Medal T&F
- 27/05/14 Trafford Sprints/Jumps/Hurdles & Welcome Tavern 5K
- 28/05/14 Levens 10K nr Kendal

# February's AotM

This month recipients are **Alisha Johnson** for her **Bronze Medal** at the **Lancashire Schools Cross Country** and **Thomas Matthews** for his support of the **Mid Lancs Cross Country League** where he competed in every fixture.



Also nominated were **Max Eaves**, **Jess Rogers** and **Fiona Hockey**.

## News

**BWFAC** entry of an **Open Team** in the **Welsh Castles Relay** which takes place over the **Weekend of the 7<sup>th</sup> and 8<sup>th</sup> June 2014** has been accepted. (Last year our entry was refused because of the popularity of the event means that not all entries can be accepted). The relay is a trip across **Wales** starting outside **Caernarfon Castle** on Saturday morning and finishing on Sunday afternoon in **Cardiff Castle**. There are **20 Stages** of between approximate 8 and 13 miles of varying degrees of difficulty, some flat and some mountainous. Applications from Club Members aged 16 and above (runners aged 16 & 17 restricted to certain stages) to be part of **BWFAC's squad** are welcomed and contact should be made to **Nick Hume**.

|                          |  |
|--------------------------|--|
| 31/05/14                 | <b>U13/U15 YDL</b> Bolton & Catforth Canter 5K nr Preston            |
| <b>07 &amp; 08/06/14</b> | <b>Welsh Castle Relay</b>  |
| 07/06/14                 | <b>NA T&amp;F League</b> Preston & <b>Ennerdale Horseshoe</b> (L)    |
| 08/06/14                 | Run the Lanes 10K Lea Town Preston                                   |
| 11/06/14                 | <b>Preston Harriers Inter Club</b> , Vernon Carus Club               |
| 14/06/14                 | <b>ES County T&amp;F Champs</b> recommended date                     |
| 14 & 15/06/14            | <b>NA Sen/U29 Champs</b> Sportcity                                   |
| 14 & 15/06/14            | <b>England Athletics Senior Disability Champs</b> Birmingham         |
| 19/06/14                 | <b>Aggies Staircase</b> (Inter Club) Darwen                          |
| 21 & 22/06/14            | <b>England Athletics U23/U21 Champs/World Trials</b> Bedford         |
| 22/06/14                 | Freckleton HM & <b>U13/U15 YDL</b> Warrington                        |
| 28/06/14                 | <b>Mid Lancs T&amp;F League</b> Lancaster                            |
| 29/06/14                 | Sotos 10K Fleetwood  |
| 29/06/14                 | <b>British Athletic Champs</b> Alexander Stadium Birmingham          |
| 05/07/14                 | <b>ES T&amp;F Schools Cup Final</b>                                  |
| 06/07/14                 | St Annes Carnival 5K   |
| 11 & 12/07/14            | <b>ES T&amp;F Champs</b> Alexander Stadium Birmingham                |
| 13/07/14                 | <b>NA T&amp;F League</b> Stanley Park                                |
| 14/07/14                 | <b>Wesham RR Inter Club</b> , Salwick                                |
| 19/07/14                 | <b>U13/U15 YDL</b> Oldham & <b>Warton Crag</b> (Inter Club)          |
| 20/07/14                 | <b>Kentmere Horseshoe</b> (M)  |
| 26/07/14                 | <b>Mid Lancs T&amp;F League</b> Litherland                           |
| 27/07- 02/08/14          | <b>Glasgow Commonwealth Games T&amp;F Programme</b>                  |
| 02/08/14                 | <b>NA Inter-Counties U17/U15 Champs</b> Derby                        |
| 02 or 03/08/14           | <b>Mid Lancs T&amp;F League</b> Hyndburn                             |
| 07/08/14                 | Badger 10K Bamber Bridge   |
| 09/08/14                 | <b>NA T&amp;F League</b> Hyndburn                                    |
| 09 & 10/08/14            | <b>EA U17/U15 Comb Events Champs</b> & Sen Home Int, Bedford         |
| 14/08/14                 | <b>Harrock Hill</b> (Inter Club)                                     |
| 12 to 17/08/14           | <b>European Athletic Champs</b> , Zurich SWI                         |
| 13/08/14                 | <b>Chorley AC &amp; Tri Inter Club</b> , Astley Park                 |
| 17/08/14                 | <b>Sedbergh Hills</b> (L)  |
| 18 to 23/08/14           | <b>IPC European Athletic Champs</b> , Swansea                        |
| 24/08/14                 | British Athletics Grand Prix, Birmingham                             |
| 30/08/14                 | <b>Mid Lancs T&amp;F Medal Meeting</b> Blackpool                     |
| 30 & 31/08/14            | <b>England Athletics U17 &amp; U15 Champs/Sen Home Int</b> , Bedford |
| 03/09/14                 | <b>Red Rose RR Inter Club</b> , Worden Park Leyland                  |
| 06/09/14                 | <b>U13/U15 YDL Final</b>   |
| 13/09/14                 | <b>Hodder Valley Show</b> (S)  |
| 14/09/14                 | <b>BWFAC Open Medal Meeting</b> Stanley Park                         |
| 14/09/14                 | <b>North West Counties Road Relays</b>                               |
| 20/09/14                 | <b>Northern Athletics 6/4 Stage Road Relays</b>                      |
| 28/09/14                 | <b>BWFAC Open Medal Meeting</b> Stanley Park                         |
| 04 & 05/10/14            | <b>6/4/Young Ath Stage Relays</b> Sutton Park Birmingham TBC         |
| 05/10/14                 | Lytham Hall 5K   |
| 18/10/14                 | <b>Northern Athletics XC Relays</b>                                  |
| 19/10/14                 | Green Drive 5M Lytham  |
| 26/10/14                 | <b>BUPA Gt Sth Run inc England Ath 10M Champs</b> , Portsmouth       |
| 29/11/14                 | <b>XC Schools Cup Final</b>  |

**Preston Parkruns** are held every Saturday morning at 9am at Avenham/Miller Parks, for further details see [www.parkrun.org.uk/preston](http://www.parkrun.org.uk/preston)

**Club Road Championship will include the Club Handicaps from and including April to October (dates TBA)**

# REPORTS & RESULTS

## Mid Lancs XC League: Crooklands Kendal, Mar 1<sup>st</sup> **ML**

A pleasant early spring day for the final fixture of the League, with still several matters to be decided.

**U11G** (2.0K) **Maisie Rogers** 13<sup>th</sup> 8:32; **Lucy Tickle** 14<sup>th</sup> 8:32; **Minnie Rogers** 22<sup>nd</sup> 7:01. First of 40 was **Amy Davies** of Blackburn Harriers & AC in 7:23.

**Individual** **Maisie Rogers** 11<sup>th</sup> 55 pts; **Natalie Luczak** 13<sup>th</sup> 71 pts; **Minnie Rogers** 21<sup>st</sup> 114 pts.

**U11B** (2.0K) **James Smith** 3<sup>rd</sup> 7:01. First of 38 was **Fraser Sproul** of Kendal AAC in 6:43.

**Individual** **James Smith** 1<sup>st</sup> = 9 pts; **Tim Woodman** 9<sup>th</sup> 43 pts.

**U13G** (2.2K) **Danielle Whipp** 7<sup>th</sup> 7:06; **Hannah Eadie** 26<sup>th</sup> 8:00; **Taylor Holland** 30<sup>th</sup> 8:09. First of 39 was **Keely Hodgkinson** of Leigh Harriers & AC in 9:00. **Team** No team.

**Individual** **Danielle Whipp** 8<sup>th</sup> 34 pts; **Hannah Eadie** 14<sup>th</sup> 73 pts.

**U13B** (3.02K) **Benjamin Preddy** 3<sup>rd</sup> 10:37; **George Robinson** 5<sup>th</sup> 10:53. First of 31 was **Jack Deelingham** of Wigan & District Harriers & AC in 10:12.

**Individual** **George Robinson** 5<sup>th</sup> = 30 pts.

**U15G** (3.02K) **Jessica Rogers** 2<sup>nd</sup> 11:45. First of 14 was **Grace Handley** of Blackburn Harriers & AC in 11:02. **Team** No team.

**Individual** **Jessica Rogers** 4<sup>th</sup> 22 pts.

**U15B** (4.4K) **Connor Finlayson** 2<sup>nd</sup> 13:25; **Thomas Matthews** 4<sup>th</sup> 14:11; **Alexander Hamilton** 12<sup>th</sup> 15:08. First of 19 was **Elliot Matler** of Team North Cumbria in 13:23. **Team** No team. **Division** 2<sup>nd</sup> 33 pts.

**Individual** **Connor Finlayson** 4<sup>th</sup> 21 pts; **Samuel Matthews** 5<sup>th</sup> 30 pts; **Thomas Matthews** 8<sup>th</sup> 42 pts; **Alexander Hamilton** 15<sup>th</sup> 104 pts.

**U17W** (4.4K) **Molly Betmead** 2<sup>nd</sup> 14:48; **Rebecca Terras** 9<sup>th</sup> 22:03. First of 9 was **Georgia Hannam** in 14:16. **Team** No team.

**Individual** **Molly Betmead** 2<sup>nd</sup> 9 pts; **Rebecca Terras** 10<sup>th</sup> 50 pts.

**U17M** (5.9K) **Coner Millward** 13<sup>th</sup> 25:21. First of 13 was **Neil Orr** of Border Harriers & AC in 16:56. **Team** No team.

**SW** (5.9K) **Caroline Betmead** 3<sup>rd</sup> (1<sup>st</sup> L35) 20:18; **Emily Japp** 10<sup>th</sup> 21:55; **Laura Gilderdale** 13<sup>th</sup> 22:13; **Stasia Bligh** 15<sup>th</sup> (6<sup>th</sup> L35) 22:37; **Laura Lawler** 41<sup>st</sup> (24<sup>th</sup> L35 & 8<sup>th</sup> L45) 25:35; **Deborah Terras** 92<sup>nd</sup> (30<sup>th</sup> L35) 34:56. First of 97 was **Kirsty Longley** of Liverpool Pembroke Sefton in 18:06.

**Teams: SW 'A'** 1<sup>st</sup> 26 pts **Division 1** 1<sup>st</sup> 28 pts; **SW 'B'** 15<sup>th</sup> team **Division 3** 2<sup>nd</sup> 36 pts. **L35** 1<sup>st</sup> team 31 pts; **Vet 35 Division** 1<sup>st</sup> 47 pts. **L45** No team; **Vet 45 Division** 2<sup>nd</sup> 37 pts. First of 97 was **Helen Leigh** of Blackburn Harriers & AC in 20:05.

**Individual Ladies Over 18** **Caroline Betmead** 5<sup>th</sup> 20 pts; **Emily Japp** 11<sup>th</sup> 54 pts; **Laura Lawler** 32<sup>nd</sup> 184 pts; **Karen Dunford** 34<sup>th</sup> 199 pts.

**Ladies (Vets) Over 35** **Caroline Betmead** 3<sup>rd</sup> 8 pts; **Laura Lawler** 20<sup>th</sup> 102 pts; **Karen Dunford** 21<sup>st</sup> 103 pts.

**Ladies (Vets) Over 45** **Karen Dunford** 7<sup>th</sup> 43 pts; **Laura Lawler** 8<sup>th</sup> 47 pts.

**SM** (10.3K) **James Unsworth** 38<sup>th</sup> 34:30; **Malc Eadie** 43<sup>rd</sup> (19<sup>th</sup> V40) 34:51; **Gary Johnston** 103<sup>rd</sup> (57<sup>th</sup> V40 & 18<sup>th</sup> V50) 43:03; **Peter Singleton** 139<sup>th</sup> (81<sup>st</sup> V40 & 32<sup>nd</sup> V50) 41:31; **David Randall** 166<sup>th</sup> (105<sup>th</sup> V40 & 47<sup>th</sup> V50) 44:54; **Peter Gibson** 174<sup>th</sup> (113<sup>th</sup> V40, 51<sup>st</sup> V50 & 12<sup>th</sup> V60) 46:30; **Jeff Wright** 184<sup>th</sup> (122<sup>nd</sup> V40 & 57<sup>th</sup> V50) 47:31; **Bob Massey** 189<sup>th</sup> (127<sup>th</sup> V40, 62<sup>nd</sup> V50 & 18<sup>th</sup> V60) 48:45; **John Winters** 194<sup>th</sup> (130<sup>th</sup> V40, 64<sup>th</sup> V50 & 20<sup>th</sup> V60) 50:07; **Bernard Singleton** 196<sup>th</sup> (132<sup>nd</sup> V40, 66<sup>th</sup> V50 & 21<sup>st</sup> V60) 52:17. First of 201 was **Chris Livesey** of Preston Harriers in 29:10.

**Teams: SM'A'** 17<sup>th</sup> 649 pts; **Division 1** 7<sup>th</sup> 13 pts; **SM'B'** No team; **V40** 12<sup>th</sup> 262 pts; **Vet 40 Division 2** 5<sup>th</sup> 22 pts; **V50** 12<sup>th</sup> 99 pts; **Vet 50 Division** 11<sup>th</sup> 4 pts; **V60** 3<sup>rd</sup> 63 pts; **Vet 60 Division** 4<sup>th</sup> 50 pts.

**Individual Senior Men** **Malc Eadie** 11<sup>th</sup> 68 pts; **Gary Johnston** 66<sup>th</sup> 402 pts; **Peter Gibson** 113<sup>th</sup> = 720 pts; **John Winters** 125<sup>th</sup> 774 pts.

**Senior Men's (Vets) Over 40** **Malc Eadie** 3<sup>rd</sup> 14 pts; **Gary Johnston** 38<sup>th</sup> 204 pts; **Peter Gibson** 80<sup>th</sup> 457 pts; **John Winters** 90<sup>th</sup> 502 pts.

**Senior Men's (Vets) Over 50** **Gary Johnston** 17<sup>th</sup> 75 pts; **John Winters** 48<sup>th</sup> 253 pts.

**Senior Men's (Vets) Over 60** **John Winters** 14<sup>th</sup> 78 pts.

## Club Handicap: New Lane March 2<sup>nd</sup> **CH**

**James Unsworth** 21:49; **Graham Davies** 24:25; **Dave Randall** 29:02; **Terry Westhead** 4<sup>th</sup> 25:44; **Tony Croft** 30:49; **Martin Bates** 35:05; **Nick Hume** 28:11; **Ian Close** 27:19; **Peter Gibson** 29:37; **Colin Dyczka** 35:39; **Reg Smallbone** 29:45; **John Bradley** 35:24.

**Handicapper & Timekeeper:** Sharon Randall.

## England Athletics Age Group (U15, U17 & U20) Championships: English Institute of Sport Sheffield March 1<sup>st</sup> & 2<sup>nd</sup>

**U17W** **Jordan Dixon** **300m i h3** 5<sup>th</sup> 42.73 nq.

**Fiona Hockey** **PV i F 2<sup>nd</sup>** 3.30m; (1<sup>st</sup> **Livy Connor** of Lewes AC 3.40m).

## Fylde Primary Schools Cross Country Races: Parkview Playing Fields, Lytham March 2<sup>nd</sup>

A rainy cool day for the second year of this event with an increase numbers competing.

**Year 4 Boys** (1.2K) **Charlee McGuinness** (St Thomas' Church of England) 7<sup>th</sup> 5:52.

**Year 5 Girls** Lily-Mae Gray (Newton Bluecoat) 3<sup>rd</sup> 5:43; Lucy Tickle (St Michaels) 5<sup>th</sup> 5:55; Ellie McNally (Heyhouses) 8<sup>th</sup> 6:29.

**Year 5 Boys** (1.2K) Timothy Woodman (Rossall) 4<sup>th</sup> 5:23.

**Year 6 Girls** (1.4K) Maisie Rogers (Blackpool Schools) 2<sup>nd</sup> 6:45; Minnie Rogers (Blackpool Schools) 4<sup>th</sup> 6:57.

### Inter-Counties Cross Country Champs:

**Cofton Park Birmingham March 8<sup>th</sup> ICXC**

**Senior Women** (8K) Caroline Betmead 77<sup>th</sup> 31:36 (2<sup>nd</sup> Lancs). First of 275 was Lily Partridge of Aldershot, Farnham & District AC in 27:26.

**U20 Women** (6K) Amelia Beaman 84<sup>th</sup> 25:15 (2<sup>nd</sup> Lancs). First of 150 was Bobby Clay of Invicta East Kent in 19:52.

**U17 Women** (5K) Molly Betmead 54<sup>th</sup> 21:36 (2<sup>nd</sup> Lancs); Alisha Johnson 102<sup>nd</sup> 22:21 (5<sup>th</sup> Lancs). First of 260 was Harriet Knowles-Jones of Warrington in 18:31.

**U13B** (3K) George Robinson 145<sup>th</sup> 12:02 (5<sup>th</sup> Lancs). First of 300 was Zakariya Mahamed of Southampton.

**U13G** (3K) Danielle Whipp 93<sup>rd</sup> in 12:52 (3<sup>rd</sup> Lancs). First of 306 was Alexandra Brown of Herne Hill in 11:24.

### Vault Manchester: Regional Sports Centre

**PV i Senior Men** Max Eaves 3<sup>rd</sup> 5.28m; Matt Wright 10<sup>th</sup> 4.63m PB; Matt Walker 12<sup>th</sup> = 4.13m. First was Nick Cruchley of Halesowen 5.33m.

**Senior Women** Tanya Wright NH. First was Sally Peake of Birchfield Harriers 4.23m.

**U20M Men** Finn Walker 10<sup>th</sup> = 4.03m PB. First Adam Hague of The Dearne 5.28m.

**U17M** Dom Lavelle 6<sup>th</sup> 3.63m. First was Joel Leon Benitez of Notts AC.

**U17W** Fiona Hockey 2<sup>nd</sup> 3.33m. First was Livvy Connor of Lewes AC 3.43m.

**U15B** Will Holmes 5<sup>th</sup> 2.03m PB. First was Joshua Lindley-Harris of The Dearne 3.53m.

**U15G** Rachel Wilks 5<sup>th</sup> = 2.13m PB; Katy Laycock 7<sup>th</sup> = 2.03m PB; Kirsty Rushton 9<sup>th</sup> 1.93m PB.

### English Schools Cross Country Champs:

**Castle Donnington Park March 15<sup>th</sup> ESXC**

These were held on sunny a day with firm underfoot conditions.

**Senior Girls** (4.4K) Alisha Johnson (1<sup>st</sup> Lancashire) 68<sup>th</sup> in 16:57; First of 321 was Amy Griffiths (Blackburn) in 14:38. Lancashire team finished 16<sup>th</sup>.

**Inter Girls** (3.5K) Jessica Rogers (5<sup>th</sup> Lancashire) 180<sup>th</sup> 14:55. First of 336 was Harriet Knowles-Jones of Warrington AC in 12:27. Lancashire team finished 23<sup>rd</sup>.

**Junior Girls** (3.1K) Syd Bairstow (4<sup>th</sup> Lancashire) 188<sup>th</sup> 11:49. First of 343 was Saskia Millard Herne Hill AC in 10:15. Lancashire team finished 21<sup>st</sup>.

**Junior Boys** (3.5K) Connor Finlayson (8<sup>th</sup> Lancashire) 174<sup>th</sup> 16:10. First of 333 was Matthew Willis (Wrexham) in 14:18. Lancashire team finished 7<sup>th</sup>.

### Northern 12/6 Stage Road Relays: Heaton Park Manchester March 15<sup>th</sup> RR

Last year's Northern Road Relay Championships was due to take place at Stanley Park, but an unseasonable late fall of snow forced its cancellation on safety grounds. This year although it was cool and blustery, there was no problem with the weather. BWFAC was the only local club to field both a Lady's and Men's teams.

**Women's 6 Stage:** (5K) 36<sup>th</sup> Team in 2:17:09; Emily Japp 19:27 (23<sup>rd</sup>); Laura Gilderdale 20:50 (24<sup>th</sup>); Carly Morgan 21:45 (26<sup>th</sup>); Deborah Terras 30:38 (39<sup>th</sup>); Karen Dunford 23:12 (40<sup>th</sup>); Bev Wright 21:12 (36<sup>th</sup>). First full team of 49 was Leigh Harriers & AC in 1:47:29; (LSARRC was 46<sup>th</sup> in 2:35:49).

**Men's 12 Stage** (5K & 9K\*) 46<sup>th</sup> Team in 5:17:21; \*Harry Poole 32:16 (29<sup>th</sup>); Luke Minns 15:52 (29<sup>th</sup>); \*James Unsworth 33:08 (30<sup>th</sup>); Chris Lloyd 19:24 (34<sup>th</sup>); \*Liam Craine 32:03 (34<sup>th</sup>); Gary Johnston 20:54 (38<sup>th</sup>); \*Adam Weightman 36:08 (40<sup>th</sup>); Matt Broadhurst 21:19 (44<sup>th</sup>); \*Dave Williamson 34:26 (45<sup>th</sup>); Terry Westhead 21:26 (48<sup>th</sup>); \*John Wright 32:25 (46<sup>th</sup>); Chris Essex-Crosby 20:54 (38<sup>th</sup>). First full team of 65 was Leeds City AC in 4:22:29.

### British Masters Athletic Federation XC

**Championships:** Tollcross Park, Glasgow March 15<sup>th</sup> Malc Eadie 16<sup>th</sup> (5<sup>th</sup> MV45) 27:43. First 129 of was Robert Gilroy of Cambuslang (MV35) in 25:46.

### Sportshall Regional Final: Sportcity March 15<sup>th</sup>

Four BWFAC members, Will Holmes, Dylan Webbe and Katie Laycock in the Under 13 categories and Harry Mercer in the Under 15 Boy's represented Lancashire in the Regional Final of Sportshall held at Sportcity in Manchester against teams from Greater Manchester, Merseyside, Cheshire and Cumbria.

Harry Mercer was second best Under 15 Male having competed in the Speed-bounce, 2 lap race and Triple Jump. This helped the Under 15 Team Lancashire team to first place, which qualifies the team for the National Finals in Birmingham.

**U13B** Dylan Webbe 2 lap 20.5 2<sup>nd</sup> 28 pts; SP 7.66m 7<sup>th</sup> 18 pts. Will Holmes 2 lap 21.7 8<sup>th</sup> 16 pts; VJ 45 5<sup>th</sup> 22 pts. Team 3<sup>rd</sup> 496 pts.

**U15B** Harry Mercer 2 lap 19.94<sup>th</sup> 44pts; SB 88 2<sup>nd</sup> 48 pts; STJ 7.36m 3<sup>rd</sup> 46 pts. Team 1<sup>st</sup> 631 pts.

No U13G results shown yet

### Sweatshop 10 Mile: St Annes March 16<sup>th</sup> CC

Ian Dawson 22<sup>nd</sup> (3<sup>rd</sup> MV35) in 1:03:27; Bev Wright 66<sup>th</sup> (8<sup>th</sup> F & 1<sup>st</sup> FV50) 1:10:04; Brandon Willoughby 106<sup>th</sup> 1:16:18; Laura Lawler 155<sup>th</sup> (32<sup>nd</sup> F) 1:22:47; Bob Massey 171<sup>st</sup>

1:24:22; **John Winters** 198<sup>th</sup> (2<sup>nd</sup> MV75) 1:27:15; **Bernard Singleton** 232<sup>nd</sup> 1:33:41; **John Bradley** 244<sup>th</sup> 1:35:49. First of 295 was **Damian Nicholls** of Wilmslow RC in 55:35 and first lady was **Diane McVey** of Wilmslow RC (19<sup>th</sup>) in 1:02:36.

### **1<sup>st</sup> Stanley Park 5 Mile:** Blackpool Mar 23<sup>rd</sup> **SP5**

**Luke Minns** 1<sup>st</sup> 26:46; **James Unsworth** 6<sup>th</sup> 28:54; **Caroline Betmead** 10<sup>th</sup> (2<sup>nd</sup> F & 1<sup>st</sup> FV40) 30:14; **Alisha Johnson** 20<sup>th</sup> (3<sup>rd</sup> F & 1<sup>st</sup> FU20) 33:38 **PB**; **Terry Westhead** 31<sup>st</sup> 34:40; **Reg Smallbone** 43<sup>rd</sup> (1<sup>st</sup> MV65) 37:03; **Laura Lawler** 50<sup>th</sup> (1<sup>st</sup> FV45) 37:58; **Ian Close** 52<sup>nd</sup> (2<sup>nd</sup> MV55) 38:02; **Peter Gibson** 67<sup>th</sup> 39:44; **Clare Dunford** 69<sup>th</sup> 40:08 **PB**; **Coner Millward** 89<sup>th</sup> 46:04. First lady was **Christine Holmes** of Trentham RC (9<sup>th</sup>) in 29:49. A total of 101 finished.

### **BWFAC Winter Warm-Up Open:** Stanley Park Arena, Blackpool March 23<sup>rd</sup> **WW**

*The first 3 overall places are highlighted. Where there are heats, overall places are indicated in brackets.*

**U11B 600m F** **Rees Horan** 2<sup>nd</sup> 2:02.1; **Charlee McGuinness** 8<sup>th</sup> 2:10.0; **Ben Baines** 10<sup>th</sup> 2:12.9. **LJ F** **Charlee McGuinness** 2<sup>nd</sup> 3.53m **PB**.

**U11G 80m h1** **Lily-Mae Gray** 2<sup>nd</sup> (3<sup>rd</sup>) 12.3 **PB**; **h2** **Lexi Edwards** 4<sup>th</sup> (7<sup>th</sup>) 13.1 **PB**; **h3** **Lucy Tickle** 3<sup>rd</sup> (14<sup>th</sup>) 13.7 **PB**; **Natalia Luczak** 4<sup>th</sup> (15<sup>th</sup>) 13.7; **h4** **Talia Ball** 7<sup>th</sup> (27<sup>th</sup>) 16.2.

**600m h1** **Lexi Edwards** 3<sup>rd</sup> (4<sup>th</sup>) 2:07.0 **PB**; **h2** **Lily-Mae Gray** 1<sup>st</sup> (1<sup>st</sup>) 2:03.0; **Natalia Luczak** 3<sup>rd</sup> (8<sup>th</sup>) 2:15.4 **PB**; **Lucy Tickle** 5<sup>th</sup> (13<sup>th</sup>) 2:22.1 **PB**. **LJ F** **Lexi Edwards** 10<sup>th</sup> 2.78m; **Lucy Tickle** 17<sup>th</sup> 2.47m; **Talia Ball** 19<sup>th</sup> 2.06m.

**U13B 80m h1** **Sam Wise** 4<sup>th</sup> (8<sup>th</sup>) 12.0 **PB**. **600m F** **James Smith** 2<sup>nd</sup> 1:52.3; **Liam Brown** 9<sup>th</sup> 2:02.2. **1200m F** **Benjamin Preddy** 1<sup>st</sup> 4:03.1 **PB**. **75mH F** **James Smith** 6<sup>th</sup> 16.4 **PB**. **LJ F** **James Smith** 1<sup>st</sup> 4.01m **PB**; **Sam Wise** 2<sup>nd</sup> 4.01m; **Liam Brown** 10<sup>th</sup> 3.62.

**U13G 80m h1** **Kirsty Rushton** 2<sup>nd</sup> (3<sup>rd</sup>) 11.5 **PB**; **h2** **Jasmine Carey** 5<sup>th</sup> (14<sup>th</sup>=) 12.3; **h3** **Amelia Shearman** 6<sup>th</sup> (25<sup>th</sup>=) 12.8; **Minnie Rogers** 7<sup>th</sup> (30<sup>th</sup>=) 13.6 **PB**; **h4** **Katie Cecil** 6<sup>th</sup> (33<sup>rd</sup>) 14.1; **Grace Gordon** 7<sup>th</sup> (34<sup>th</sup>) 14.6. **200m h1** **Gabrielle Jones** 1<sup>st</sup> (1<sup>st</sup>) 29.2 **PB**; **Taylor Holland** 2<sup>nd</sup> (3<sup>rd</sup>) 30.5 **PB**; **Katy Laycock** 3<sup>rd</sup> (6<sup>th</sup>) 31.0; **Danielle Hallsworth** 5<sup>th</sup> (15<sup>th</sup>=) 33.0; (*previous four are all U15G*); **h2** **Jasmine Carey** 1<sup>st</sup> (5<sup>th</sup>) 30.9; **h3** **Kirsty Rushton** 1<sup>st</sup> (2<sup>nd</sup>) 29.7 **PB**; **Danielle Whipp** 2<sup>nd</sup> (4<sup>th</sup>) 30.8 **PB**. **600m F** **Bethany Mullins** 6<sup>th</sup> 2:10.7; **Caitlyn Preddy** 8<sup>th</sup> 2:12.5; **Natasha Webster** 10<sup>th</sup> 2:14.3. **1200m F** **Danielle Whipp** 1<sup>st</sup> 4:06.7 **PB**; **Maisie Rogers** 10<sup>th</sup> 4:49.7 **PB**. **70mH h2** **Natasha Webster** 1<sup>st</sup> (3<sup>rd</sup>) 14.1 **PB**. **LJ F** **Kirsty Rushton** 4<sup>th</sup> 3.69m; **Danielle Whipp** 11<sup>th</sup> 3.27m; **Jasmine Carey** 13<sup>th</sup> 3.21m; **Maisie Rogers** 22<sup>nd</sup> 2.88m; **Minnie Rogers** 24<sup>th</sup> 2.62m; **Bethany Mullins** 27<sup>th</sup> 2.39m.

**U15B 100m h1** **Dylan Webbe** 3<sup>rd</sup> (3<sup>rd</sup>) 12.6; **h2** **Declan Taylor** 3<sup>rd</sup> (8<sup>th</sup>) 13.0. **800m F** **Connor Finlayson** 1<sup>st</sup> 2:15.5.

**1500m F** **George Robinson** 1<sup>st</sup> 5:06.0; **Max Duffy** 2<sup>nd</sup> 5:43.0. **80mH F** **Will Holmes** 2<sup>nd</sup> 14.8 **PB**. **SP F** **Connor Finlayson** 1<sup>st</sup> 8.35m **PB**.

**U15G 100m h1** **Jessica Aziz** 2<sup>nd</sup> (2<sup>nd</sup>) 13.6; **Gabrielle Jones** 4<sup>th</sup> (4<sup>th</sup>) 13.8 **PB**; **Danielle Hallsworth** 8<sup>th</sup> (12<sup>th</sup>) 14.8; **h2** **Olivia Hanby** 3<sup>rd</sup> (10<sup>th</sup>) 14.4; **Maya Wallace** 5<sup>th</sup> (13<sup>th</sup>) 15.1 **PB**; **Lucy Ball** 7<sup>th</sup> (15<sup>th</sup>) 16.8. **200m h1** **Jessica Aziz** 2<sup>nd</sup> (2<sup>nd</sup>) 28.4; **h2** **Hannah Maskill** 1<sup>st</sup> (6<sup>th</sup>) 29.1 **PB**; **Olivia Hanby** 5<sup>th</sup> (11<sup>th</sup>) 31.2; **Maya Wallace** 6<sup>th</sup> (12<sup>th</sup>) 32.1 **PB**; **Victoria Hughes** 7<sup>th</sup> (13<sup>th</sup>) 32.4. **800m F** **Taylor Holland** 4<sup>th</sup> 2:48.0; **Katy Laycock** 6<sup>th</sup> 2:56.3. **SP F** **India Rogers** 6<sup>th</sup> 5.55m **PB**; **Lucy Ball** 7<sup>th</sup> 4.35m **PB**. **DT F** **Mollie Mason** 1<sup>st</sup> 21.48m; **Lucy Ball** 4<sup>th</sup> 8.75m. **JT F** **Natasha Webster** 3<sup>rd</sup> 17.02m **PB**; **India Roger** 4<sup>th</sup> 11.34m **PB**. **HT F** **Mollie Mason** 2<sup>nd</sup> 24.27m.

**U17M 100m h1** **Jamie Bamber** 1<sup>st</sup> (5<sup>th</sup>) 12.0 **PB**; **Nick Aziz** 2<sup>nd</sup> (6<sup>th</sup>) 12.0 **PB**; **Harry Mercer** 3<sup>rd</sup> (8<sup>th</sup>) 12.4 **PB**; **Louis Walker** 4<sup>th</sup> (9<sup>th</sup>) 13.0 **PB**; **h2** **Thomas Allen** 4<sup>th</sup> (4<sup>th</sup>) 11.9 **PB**. **200m F** **Thomas Allen** 4<sup>th</sup> 24.6 **PB**; **Nick Aziz** 5<sup>th</sup> 24.8 **PB**. **400m F** **Alex Obiorah** 2<sup>nd</sup> 61.0 **PB**; **Thomas Godwin** 4<sup>th</sup> 68.0 **PB**. **800m F** **Samuel Matthews** 2<sup>nd</sup> 2:11.6; **Thomas Matthews** 6<sup>th</sup> 2:19.4; **Alexander Hamilton** 8<sup>th</sup> 2:30.4 **PB**. **DT F** **Thomas Godwin** 4<sup>th</sup> 21.76 **PB**. **JT F** **Louis Walker** 1<sup>st</sup> 37.50m **PB**; **Harry Mercer** 3<sup>rd</sup> 28.67m **PB**.

**U17W 100m h1** **Jess O'Neill** 1<sup>st</sup> (1<sup>st</sup>) 12.8; **Tilly Lawson** 3<sup>rd</sup> (8<sup>th</sup>=) 13.9; **h2** **Amber Swinnerton** 1<sup>st</sup> (2<sup>nd</sup>) 12.9 **PB**; **Libby Bonis** 3<sup>rd</sup> (4<sup>th</sup>=) 13.2 **PB**; **Chloe Booth** 5<sup>th</sup> (7<sup>th</sup>) 13.7. **200m F** **Jess O'Neill** 1<sup>st</sup> 26.0; **Libby Bonis** 5<sup>th</sup> 28.2; **Tilly Lawson** 7<sup>th</sup> 29.4. **300m F** **Jordan Dixon** 2<sup>nd</sup> 43.7; **Annie Bradshaw** 3<sup>rd</sup> 44.2 **PB**; **Deni Impett** 4<sup>th</sup> 45.8 **PB**. **800m F** **Annie Bradshaw** 1<sup>st</sup> 2:21.5. **JT F** **Jordan Dixon** 2<sup>nd</sup> 32.44m.

**SM 100m h1** **Matthew Wright** 2<sup>nd</sup> (2<sup>nd</sup>) 11.2 **PB**; **Finn Walker** 5<sup>th</sup> (5<sup>th</sup>) 11.5 **PB**; **h2** **James Carty** 1<sup>st</sup> (6<sup>th</sup>) 11.7 **PB**. **200m F** **James Carty** 5<sup>th</sup> 24.5. **800m F** **Jake Walley** 1<sup>st</sup> 2:02.5. **1500m F** **Adam Weightman** 1<sup>st</sup> 4:32.3. **JT F** **Christopher Stevens** 1<sup>st</sup> 34.82m. **HT F** **Duncan Shaw** 1<sup>st</sup> 45.20m; **David Shaw** 2<sup>nd</sup> 41.93m.

**SW 100m F** **Taegan O'Hara** 1<sup>st</sup> 13.0 **PB**; **Lucy Minns** 3<sup>rd</sup> 14.3 **PB**. **200m F** **Kate Lawler** 1<sup>st</sup> 26.4. **100mH F** **Taegan O'Hara** 1<sup>st</sup> 16.8. **SP F** **Susan Ball** 3<sup>rd</sup> 7.55m. **DT F** **Susan Ball** 3<sup>rd</sup> 25.78m; **Kate Seed** 4<sup>th</sup> 17.18m. **JT F** **Anna Peers** 1<sup>st</sup> 35.35m. **HT F** **Susan Ball** 6<sup>th</sup> 22.14m **PB**.

**F40 SM DT (1K)** **Ben Holmes** 1<sup>st</sup> 12.46m **PB**. **SP F (4K)** **Ben Holmes** 1<sup>st</sup> 4.45m.

**BWFAC** held a successful **Winter Warm-up meeting** in bright and sunny conditions although there was a cold wind blowing from the north which helped the Sprints but not the Middle Distance races. Before the start of the T&F action the inaugural **Stanley Park Road 5 Mile Race** (replacing the **Spring 5K**) was held. With over a hundred finishers it was a successful first race..

# Other Results:

## 2<sup>nd</sup> Tsukuba University Meeting: JPN February 2<sup>nd</sup>

Duncan Shaw 4<sup>th</sup> 49.80m **PB CR**.

## Vodafone Malta Marathon: Marsa, February 23<sup>rd</sup>

Jeff Wright 411<sup>th</sup> 4:34:34 c 4:33:56. First of was Mohammed Hajjy (MAR) in 2:18:27 and first lady was Josann Attard Pulis of Starmax (MLT) (29<sup>th</sup>) in 3:00:20.

## Vodafone Malta Half Marathon (downhill):

Tanya Barlow 936<sup>th</sup> 1:55:04, c 1:54:45. First of 2819 was Ibrahim Hussen of St Patrick's AC (SUD) in 1:10:24 (Gary Pennington of Preston Harriers 2<sup>nd</sup> 1:11:51 and first lady was Elga Caccialanza (40<sup>th</sup>) of Atletica Due Perle (ITA)

## Stanley Park 10K: Blackpool March 1<sup>st</sup>

James Mulvany 3<sup>rd</sup> 33:11; Steve Waterhouse 8<sup>th</sup> (1<sup>st</sup> MV45) 34:40 **PB**; Andrew Woodward 12<sup>th</sup> 35:30 **PB**; Bev Wright 65<sup>th</sup> (8<sup>th</sup> F & 2<sup>nd</sup> FV50) 41:53. First of 444 was Paul Lockwood of Wakefield Harriers & AC and first lady was Amanda Vernon of Trentham RC (31<sup>st</sup>) in 38:17.

## Cardiff Invitation Pole Vault: March 2<sup>nd</sup>

*PV i* Max Eaves 2<sup>nd</sup> 5.24.

## Northern Vets 10K XC: Warrington March 2<sup>nd</sup>

Peter Broome 17<sup>th</sup> (4<sup>th</sup> M55) 47:39.

## Sale Open Indoor: Sportcity March 2<sup>nd</sup>

*60mH i* Taegan O'Hara (U20W) *h2* 6<sup>th</sup> 12.57.

*60m i* Simon Wells (SM) *h4* 5<sup>th</sup> 7.59; Lawrence Omorere (U17M) *h14* 1<sup>st</sup> 7.54 **PB**; Dom Lavelle (U17M) *h14* 6<sup>th</sup> 7.77 **PB**; Thomas Godwin (U17M) *h15* 6<sup>th</sup> 8.08 **PB**; Ellie Gibson (U17W) *h3* 9.00 **PB**; Jess O'Neill *h18* 3<sup>rd</sup> 8.49 **PB**.

*200m i* Simon Wells *h8* 1<sup>st</sup> 23.74; Lawrence Omorere *h17* 1<sup>st</sup> 23.76 **PB**; Jess O'Neill *h22* 1<sup>st</sup> 27.20;

*600m i* Annie Bradshaw (U17W) *h6* 1:42.32.

*PV i (Pool B)* Matt Walker (SM) 1<sup>st</sup> 3.91.

*LJ i (Pool B)* Dom Lavelle 7<sup>th</sup> 5.60m.

*HJ i (Pool B)* Annie Bradshaw 14<sup>th</sup> 1.40m.

*SP i* Thomas Godwin 11<sup>th</sup> 8.04m **PB**.

*60m i* (2<sup>nd</sup> round) *h4* Dom Lavelle 4<sup>th</sup> 7.7.

## Dentdale Run (14.21M): March 8<sup>th</sup>

John Bradley 386<sup>th</sup> (2<sup>nd</sup> MV70) 2:19:53. First of 438 was Ian McBride of Royton Road Runners and first lady was Ca-triona Probert of Edinburgh AC (29<sup>th</sup>) in 1:31:32.

## Trafford 10K: March 9<sup>th</sup>

Emily Japp 270<sup>th</sup> (31<sup>st</sup> F) 39:51, c 39:41 **PB**; Stasia Bligh 310<sup>th</sup> (41<sup>st</sup> F & 7<sup>th</sup> FV35) 41:18, c 41:07; Laura Gilderdale 355<sup>th</sup> 42:34, c 42:22. First of was Nick McCormick of Morpeth Harriers in 28:56 and first lady was Helen Clitheroe of Preston Harriers (49<sup>th</sup>) in 32:48.

## Daffodil Duddle 2M: Abbey Village March 9<sup>th</sup>

Tim Woodman 24<sup>th</sup> (4<sup>th</sup> M10) 8:27; Isabelle Woodman 27<sup>th</sup> (7<sup>th</sup> F & 2<sup>nd</sup> F12) 8:33. First of 202 was Nathan Townsend (M15) in 7:06 and first lady was Georgina Smith (7<sup>th</sup>) in 8:03.

Ben Brown Invitational: Fullerton CA USA March 15<sup>th</sup>  
Carl Myerscough *DT* 1<sup>st</sup> 59.30m.

## Wilmslow Half Marathon: March 23<sup>rd</sup>

Steve Waterhouse 43<sup>rd</sup> (4<sup>th</sup> MV45) 1:17:16, c 1:17:13. First of 3908 was Mohammed Abu-Rezeq of Altrincham/Jordan in 1:06:01 and first lady was Kelly Crickmore of Chester TC (41<sup>st</sup>) in 1:17:06.

## Northern Police Cross Country League: Witton Park Blackburn March 12<sup>th</sup>

Laura Lawler 10<sup>th</sup> 58:15.

## Liverpool Half Marathon: March 23<sup>rd</sup>

James Mulvany 12<sup>th</sup> 1:15:31 c 1:15:31. First of 6770 was Andrew Davies of Maidwyn in 1:09:52 and first lady was Nikki Boyde of Northern (IoM) AC in 1:26:12.

## 33<sup>rd</sup> Coniston 14: March 29<sup>th</sup>

David Randall 458<sup>th</sup> 2:01:01, 2:00:09; David Twizell 472<sup>nd</sup> 2:01:39, c 2:01:07; John Bradley 689<sup>th</sup> (4<sup>th</sup> MV70) 2:13:44, c 2:12:23. First of 1053 was Ian Harding of Morpeth Harriers in 1:17:14 and first lady was Kerry Marchant of Staffordshire Moorlands AC

## Cheshire 10K: Arley Warrington March 30<sup>th</sup>

Liam Craine 29<sup>th</sup> 35:24, c 35:21; David Williamson 38<sup>th</sup> (4<sup>th</sup> MV40) 35:54, c 35:52 **PB**; Chris Lloyd 101<sup>st</sup> 40:18, c 40:09. First of 1091 was Mohammed Abu-Rezeq of Altrincham JOR in 29:40 and first lady was Maria Barrett of Liverpool Harriers (39<sup>th</sup>) in 35:51.

## Trafford AC Medal Meeting: March 30<sup>th</sup>

*U11G* Lucy Tickle *75m h1* 5<sup>th</sup> (9<sup>th</sup>) 13:0 **PB**; *600m h1* 5<sup>th</sup> (8<sup>th</sup>) 2:14.2.

*U13G* Caitlyn Preddy *800m h2* 6<sup>th</sup> (14<sup>th</sup>) 3:03.9.

*U13B* Ben Preddy *1500m* 2<sup>nd</sup> 4:57.0 **PB**.

## Preston 5K Parkruns: Avenham/Miller Parks

*March 1st* Adam Weightman 1<sup>st</sup> (of 176) 18:33; Chris Essex-Crosby 2<sup>nd</sup> 18:35 **PB**; Tim Collinson (JM14) 21<sup>st</sup> 21:04. First lady was Anna Hulme *Unattached* 22<sup>nd</sup> 21:08.

*March 8th* David Everson 25<sup>th</sup> 20:51; Tim Collinson 26<sup>th</sup> 21:00. First of 189 was David Hamilton of Southport Waterloo in 17:03. (Ben Everson of Trafford AC was 2<sup>nd</sup> in 17:18) and first lady was Claire Melbourne *Unattached* (33<sup>rd</sup>) in 21:29.

*March 15th* Tim Collinson 15<sup>th</sup> 20:59. First of 184 was Matthew Thompson of Southport Waterloo AC in 17:02 and first lady was Claire Melbourne *Unattached* (17<sup>th</sup>) in 21:13.

*March 23rd* Phil Burke 60<sup>th</sup> 22:57. First of 228 was Robert Danson of Wesham RR in 16:46 and first lady was Catherine Slater of Preston Harriers (20<sup>th</sup>) in 20:05.

**Happy  
Easter**