



WYLDEFYRE

May 2014 No 48

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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; **CPB** Course Personal Best; **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 & 1st, 2nd & 3rd places** Gold Silver Bronze



FORTHCOMING EVENTS DIARY

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
04/05/14	NA T&F League Carlisle
04/05/14	Gt Hambledon FR (IC) Accrington & 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
07/05/14	Astley Park TR (1/3) Chorley
10/05/14	Mid Lancs T&F League Hyndburn
11/05/14	England 10K Champs Bristol & Blacksticks Blue 10K Preston
11/05/14	Blackpool 10K Fun Run & JWK Morecambe HM
13/05/14	Trafford Sprints/Hurdles/Jumps
14/05/14	Haig Hall 4M Wigan & Wholan Nook 5M Burnley
15/05/14	LSARRC Inter Club, Pleasure Island St Annes
17/05/14	27 th National Masters Open Road Relay Champs
17/05/14	Cheshire/Gt Manchester, Merseyside & Yorkshire Champs
17 & 18/5/14	Lancs AA & Schools Combined Events Champs Hyndburn
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 & Harrock Hill Race (1/4)
31/05/14	U13/U15 YDL Bolton & Catforth Canter 5K nr Preston
01/06/14	Crazy Cow 10K/Fun Run Preston & Wigan TR 10K/2.5K
04/06/14	Club Handicap/Champ Race New Lane
05/06/14	Cuerden Valley Badger 10K TR (1/3) Bamber Bridge
07 & 08/06/14	Welsh Castle Relay
07/06/14	NA T&F League Preston & Ennerdale Horseshoe (L)

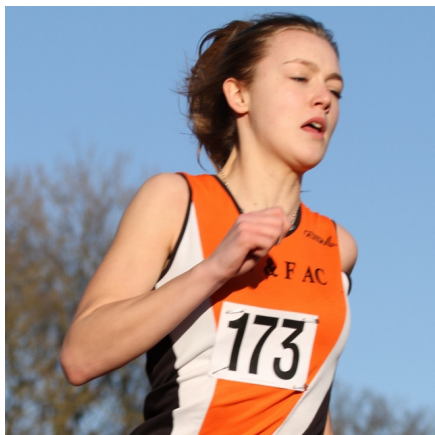
Volunteer of the Quarter

Laura Lawler is this Volunteer of the Quarter’s recipient. Laura, Captain of the Senior Lady’s squad, was awarded the honour for her inspirational leadership which has helped BWFAC to Mid Lancs Cross Country success.

08/06/14	Run the Lanes 10K Lea Town Preston
08/06/14	Morecambe 10K (1/3)
10/06/14	Trafford Open Dis- tance Throws
11/06/14	Preston Harriers In- ter Club, Vernon Carus Club
12/06/14	Walsh Two Lads FR Horwich
14/06/14	ES County T&F Champs recommended date
14 & 15/06/14	NA Sen/U29 Champs Sportcity
14 & 15/06/14	England Athletics Sen- ior Disability Champs Birmingham
15/06/14	Blue Light 5M Bispham
17/06/14	Trafford Open Sprints/Jumps/Hurdles
18/06/14	Hawkshead 10K & Coppice FR Accrington
19/06/14	Aggies Staircase (Inter Club) Darwen

March's AotM

Jess O'Neill and Connor Finlayson are **March's Athletes of the Month** for their performances at the **Winter Warm-Up meeting**. Jess won both the 100 and 200 metre sprints with the overall fastest female times. Connor won the U15B 800m in impressive style and the Shot Putt with a PB.



Welsh Castles

BWFAC entry of an **Open Team** in the **Welsh Castles Relay** which takes place over the **Weekend of the 7th and 8th 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**.

21/06/14	Great Hill FR Chorley & White Bear Way 10M/21M Chorley
21/06/14	Lancaster 10K (1/5) Pilling & Lymm 5K
21 & 22/06/14	England Athletics U23/U21 Champs/World Trials Bedford
22/06/14	Freckleton HM & U13/U15 YDL Warrington
24/06/14	Welcome Tavern 5K (4/4) Preston
25/06/14	Harrock Hill Race (3/4) Parbold
26/06/14	Warrington 10K & Witton Park TR Relay
28/06/14	Mid Lancs T&F League Litherland & Lancaster 5K (2/5)
29/06/14	Sotos 10K/2K Fleetwood
29/06/14	Burnley Boys 5K & Arley Hall Summer 10K Northwich
29/06/14	British Athletic Champs Alexander Stadium Birmingham
01/07/14	Trafford Open Distance/Throws
05/07/14	ES T&F Schools Cup Final
06/07/14	St Annes Carnival 5K
08/07/14	Trafford Open Sprints/Hurdles/Jumps
11 & 12/07/14	ES T&F Champs Alexander Stadium Birmingham
13/07/14	NA T&F League Stanley Park
14/07/14	Wesham RR Inter Club, Salwick
19/07/14	U13/U15 YDL Oldham & 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 Preston
27/07- 02/08/14	Glasgow Commonwealth Games T&F Programme
02/08/14	NA Inter-Counties U17 U15 Champs Derby
03/08/14	Mid Lancs T&F League Lancaster
07/08/14	Badger 10K Bamber Bridge
09/08/14	NA T&F League Hyndburn
09 & 10/08/14	EA U17/U15 Comb Events Champs & Sen Home Int, Bedford
13/08/14	Chorley AC & Tri Inter Club, Astley Park
14/08/14	Harrock Hill (Inter Club)
12 to 17/08/14	European Athletic Champs, Zurich SWI

16 & 17/08/14 **England Athletics U17 & U15 Champs** Robin Park Wigan
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
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 **BWFAC Open Medal Meeting** Stanley Park
14/09/14 **North West Counties Road Relays**
20/09/14 **Northern Athletics 6/4 Stage Road Relays**
28/09/14 **BWFAC Open Medal Meeting** Stanley Park
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**
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 include the Club Handicaps from and including April to October (dates TBA)

A Sad Passing – Gerry North

Club President and Gerry's friend Howard Henshaw wrote:

I am sorry to report the death of one of Blackpool's all time 'GREATS' who died in Portsmouth on Tuesday (April 1st) after a long battle with prostate cancer at the age of 77.

Gerry North was the only member of the old 'Blackpool and Fylde Athletics Club' to win the **National Cross Country Championships**. In 1962 when it was held on the old airport site, opposite Stanley Park, on which stands the De Vere Hotel. There must have been around 10,000 spectators and runners and myself who witnessed his victory, Gerry outspurred **Bruce Tulloh**, who had run a four minute mile just two weeks before the Championships compared to Gerry's PB of only 4 minutes 13 seconds for the mile. He literally burnt the sprint out of Tulloh by the finish, gradually increasing the pace to bring Tulloh to his knees. Following the race Blackpool Corporation laid on a fleet of 50 buses to transport all the runners to the Derby Baths which was on the site of the Hilton Hotel on North Promenade.

There Gerry was presented with the winner's trophy by **Harold Abrahams**, the winner of the 100 metres at the **1924 Paris Olympics**, which was depicted in the film "Chariots of Fire" and I can recall the applause for Gerry, the home based winner, that day, brought the house down!

Gerry went on to win the **National Inter-Counties** title, two months later and then moved down to London to enhance his Athletics career, with **Belgrave Harriers**. In those days Northern athletes were rarely picked for International because the AAA could not afford the travel and accommodation expenses.

He continued to represent Great Britain on the track, road and cross country throughout the sixties and re-emerged as the **Vet 50 National Champion** in



1986. The only athlete ever to achieve the "Triple".

Gerry and I were firm friends for 58 years; he always stayed with me when he came up North and I likewise often stayed with him when travelling down south.

R.I.P Gerry, It was a privilege to be your friend.

Altogether Now Sports Awards

On Thursday 3rd April 2014 at Blackpool Football Club, Bloomfield Road and it is time for the Altogether Now Sports Awards. Formerly known as the Blackpool Community Sports Council Awards these awards are to honour Blackpool's finest sports stars, coaches, clubs and volunteers from all sporting backgrounds.

This year we had five members of our club nominated for gongs, Dave Turner (Coach of the Year),



Jess Bevington (Young Volunteer of the Year), Jack Wilding (Disability Sports Award), Isaac Towers (Disability Sports Award) and Fiona Hockey (Young Achiever of the Year).

On the night Fiona and Isaac came storming through to pick up trophies, well done both, be proud it is your hard work that got you there.

Of course, to us as a club they are all winners as is every one that was nominated from which ever sport, participation makes you a winner, if you don't believe me ask Derek Newton.

REPORTS & RESULTS

Club Handicap: New Lane April 2nd CH

Andrea Smith 29:37; Martin Bates 30:59; Coner Millward 26:59; Nick Hume 27:01; James Unsworth 20:10 PB; Dave Randall 27:44; Colin Charnock 25:36; Bob Massey 29:47; Carly Morgan 26:08; Anthony Blight 27:28; Terry Westhead 25:20; Tony Airnes 29:20; Graham Davies 24:40; Ian Dawson 22:24; Peter Gibson 28:26; Colin Dyczka 34:43; Reg Smallbone 28:33; Tony Croft 32:16; Liam Craine 24:42; David Williamson 24:43; Simon Scarr 31:11; John Bradley 36:12.

Handicapper & Timekeeper: Sharon Randall.

British Schools' Modern Biathlon Championships: London Aquatics Centre Queen Elizabeth Olympic Park Apr 5th & 6th

Under 16 Boys (200m Swim & 1600m Run)

Samuel Matthews (Arnold KEQMS) Swim 2:15.23, 1148 pts; Run 4:58.29, 1284 pts; **Total 2432 pts 6th**.

Thomas Matthews (Arnold KEQMS) Swim 2:21.45, 1086 pts; Run 5:15.82, 1196 pts; **Total 2282 pts 16th**.

Tom Holmes (Arnold KEQMS) Swim 2:30.34, 998 pts; Run 5:32.05, 1115 pts; **Total 2113 pts 29th**.

Team Arnold KEQMS first with 6827 pts

Under 13 Boys (100m Swim & 1600m Run)

George Robinson (Baines School) Swim 1:07.80, 1144; 5:28.19; Run 5:28.19 1360 pts; **Total 2504 pts 16th**.

Benjamin Preddy (Kirkham Grammar School) Swim 1:12.91, 1084 pts; Run 5:21.25, 1394 pts; **Total 2478 pts 17th**.

Under 11 Boys (50m Swim & 800m Run)

Tim Woodman (Rossall Junior School) Swim 0:42.34, 1084; 2:43.44, 1324 pts; **Total 2408 pts 46th**.

Under 16 Girls (200m Swim & 1600m Run)

Rebecca Terras (St Bedes Catholic High School) Swim 2:51.42, 786 pts; Run 6:45.66, 847 pts **Total 1626 pts 36th**.

Under 12 Girls (50m Swim & 800m Run)

Isabelle Woodman (Rossall School) Swim 0:37.84, 1066 pts; 2:37.74, 1411 pts; **Total 2477 pts 20th**.

Under 11 Girls (50m Swim & 800m Run)

Caitlyn Preddy (Heyhouses CE Primary School) Swim 0:36.70, 1252; Run 3:05.50, 1069 pts; **Total 2321 pts 80th**.

1st Inter Club (4M): Stanley Park April 9th IC

Individual BWFAC Results: (*Inter Club Positions shown in brackets if different*) Luke Minns 1st 20:45; James Unsworth 58th 21:42; John Wright 7th (1st V) 22:35; Adam Weightman 17th (16th) 23:30; Caroline Betmead 25th (23rd, 1st F & 10th V) 24:00; Samuel Matthews 27th (25th, 1st JM) 24:12; Ian Dawson 31st (29th) 24:21; Thomas Matthews 43rd (41st & 3rd JM) 25:11; Lauren Gowland 51st (48th, 4th F & 1st JF) 25:34; Alexander Hamilton 57th (54th & 4th JM) 25:48; Jessica Rogers 62nd (59th, 5th F & 2nd JW) 26:05; Bev Wright 63rd (60th, 6th F, 32nd V & 13th V50) 26:13; Terry Westhead

74th (71st, 40th V & 16th V50) 26:48; Connor Wainwright 78th (74th & 6th JM) 27:02; Laura Gilderdale 81st (77th & 11th F) 27:10; Stasia Bligh 85th (81st, 13th F & 46th V) 27:22; Elizabeth Lake 89th (85th & 14th F) 27:34; Carly Morgan 90th (86th & 15th F) 27:39; Dave Skinner 93rd (89th, 51st V & 19th V50) 27:46; Carly Robbins 95th (91st & 16th F) 27:53; Phil Burke 99th (95th, 54th V & 21st V50) 28:16; Dave Randall 105th (101st, 59th V & 23rd V50) 28:35; Reg Smallbone 107th (103rd, 61st V, 25th V50 & 9th V60) 28:47; Steve Minto 109th (105th, 63rd V, 27th V50 & 10th V60) 28:55; Anthony Blight 110th (106th, 64th V) 28:57; Nick Hume 113th (108th, 62nd V & 28th V50) 29:11; Laura Lawler 117th (112th, 24th F & 69th V) 29:21; Peter Gibson 124th (119th, 76th V, 31st V50 & 11th V60) 30:02; Alan Wilkinson 127th (122nd, 79th V, 33rd V50 & 13th V60) 30:07; Andrea Smith 129th (124th, 30th F & 81st V) 30:11; Coner Millward 136th (131st & 8th JM) 30:29; Clare Dunford 141st (136th & 33rd F) 30:49; Jeff Wilson 151st (145th & 96th V) 31:30; Bernard Singleton 172nd (165th, 115th V, 53rd V50 & 19th V60) 33:03; Simon Scarr 174th (167th, 117th & 55th V50) 33:11; Tony Croft 179th (172nd, 122nd V, 59th V50 & 22nd V60) 33:49; John Bradley 189th (179th, 128th V, 63rd V50 & 24th V60) 35:27; Colin Dyczka 188th (135th V & 69th V50) 37:00; Norman Greenwood 207th (197th, 141st V, 73rd V50 & 28th V60); Dawn Maher 212th (202nd, 66th F) 39:27.

Team Results:

Open: Preston Harriers 1st 199 pts; **BWFAC 2nd 247 pts;** Wesham RR 3rd 316 pts; Red Rose RR 4th 353 pts; LSARRC 5th 406 pts; Chorley Athletic & Tri Club 6th 433 pts.

Ladies: **BWFAC 1st 27 pts;** Wesham RR 1st 67 pts; Preston Harriers 3rd 71 pts; Chorley Athletic & Tri 4th 129; LSARRC 5th 144 pts; Red Rose RR 6th 162 pts.

Vets: Preston Harriers 1st 70 pts; Wesham RR 2nd 72 pts; Red Rose RR 3th 117 pts; Chorley Athletic & Tri Club 6th 127 pts; LSARRC 5th 147 pts; **BWFAC 6th 180 pts.**

Vet 50s: Red Rose RR 1st 28 pts; Preston Harriers 2nd 38 pts; Wesham RR 3rd 41 pts; LSARRC 4th 65 pts; **BWFAC 5th 69 pts;** Chorley Athletic & Tri Club 6th 115 pts.

Vet 60s: Wesham RR 1st 14 pts; LSARRC 3rd 21 pts; **BWFAC 3rd 30 pts;** Preston Harriers 4th 30 pts; Red Rose RR 5th 44 pts; Chorley Athletic & Tri Club 6th 48 pts.

The weather in the first half of April is often problematic, but the elements were kind and although still cool, it was dry, calm and pleasant for running. This attracted a big entry, despite several regulars saving themselves for the London Marathon, with 228 completing the four mile course. A total of 40 **BWFAC** members ran. After the race everyone was invited back to Blackpool Cricket Club for refreshments and presentation of 2013 season's awards.

Virgin Money London Marathon: April 13th

Half-way time in italics

David Williamson 770th 1:25:44, 2:53:42 PB; Liam Craine 792nd 1:25:45, 2:54:05 PB; John Winters 18450th (3rd MV75) 2:07:10, 4:27:57; John Bradley 22515th 2:17:51, 4:45:42;

David Twizell 27422nd 2:06:16, 5:10:11; Jeff Wright 29782nd 2:11:02, 5:26:07. First overall was Wilson Kipsang (KEN) in 2:04:29 and first in the Elite Lady's race was Edna Kiplagat (KEN) in 2:20:21. First of 35787 Club, Charity & Ballot Runners was Steven Way of Bournemouth AC in 2:16:37 and first lady was Nicola Duncan IRL (69th) in 2:33:28.

Wheelchair Mini London Marathon:

Isaac Towers 2nd 12:24. First of 8 was Nathan Maguire of Wirral AC in 12:24.

Garstang Gallop 10K: April 13th

Brandon Willoughby 24th (2nd FV55) 46:27; Laura Lawler 44th (6th F & 2nd FV45) 51:00. First of 96 was Alan Bowness of Cumberland Fell Runners in 34:16 and first lady was Sharon Dixon of Hoad Hill (15th) in 43:25.

1st Mid Lancs T&F League: Robin Park, Wigan April 26th

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

A cool and windy day.

U13B 100m h2 Sam Wise 6th (23rd=) 16.5. 800m F Ben Preddy 2nd 2:28.0 **PB**; James Smith 6th 2:33.8 **PB**. LJ F Sam Wise 4th 3.77. HJ F James Smith 10th 1.15m **PB**. SP F James Smith 5th 4.75m **PB**.

U13G 100m h1 Erin Webbe 6th (16th=); h3 Kirsty Rushton 1st (3rd) 15.1; h4 Beth Mullins 7th (34th) 16.7; h5 Ita Gospodarczyk 4th (30th=) 16.6. 200m h1 Kirsty Rushton 1st (1st) 30.5; h4 Beth Mullins 2nd (14th=) 34.0. 800m h1 Beth Mullins 10th (15th) 2:57.1 **PB**; h2 Caitlyn Preddy 8th (19th) 3:02.6 **PB**. 1500m F Danielle Whipp 4th 5:26.3 **PB**; Maisie Rogers 8th 6:17.1 **PB**. LJ F Kirsty Rushton 6th 3.81m; Danielle Whipp 10th 3.68m **PB**; Ita Gospodarczyk 20th 3.29m; Minnie Rogers 30th 2.93m **PB**. SP F Erin Webbe 14th 4.74m; Natasha Webster 16th 4.58m; Maisie Rogers 17th 4.47m **PB**; Minnie Rogers 19th 3.88m **PB**. JT F Natasha Webster 1st 22.12m; **Maisie Rogers 3rd 18.95m **PB****; Minnie Rogers 6th 14.51m **PB**.

U15B 100m h1 Dylan Webbe 4th (7th) 13.5; h2 Declan Taylor 6th (20th) 14.4; h4 William Holmes 6th (25th) 14.8. 200m h1 Dylan Webbe 4th (6th) 27.1 **PB**; h2 Declan Taylor 4th (20th) 28.8; h3 William Holmes 6th (23rd) 29.8. 800m h1 Connor Finlayson 2nd (2nd) 2:13.5; h2 George Robinson 2nd (11th) 2:28.7. LJ F Dylan Webbe 7th 4.72m **PB**. SP F Connor Finlayson 4th 8.75m **PB**. JT F William Holmes 8th 21.12m **PB**.

U15G 100m h1 Jessica Aziz 3rd (5th) 14.1; h2 Gabrielle Jones 4th (11th) 13.8; h3 Olivia Hanby 5th (15th) 14.8; h4 Danielle Hallsworth 5th (24th) 15.3; Maya Wallace 6th (25th) 15.4. 200m h1 Jessica Aziz 3rd (6th=) 28.4; h2 Gabrielle Jones 5th (16th) 32.2; h3 Maya Wallace 7th (26th) 33.7; 300m h2 Taylor Holland 3rd (7th) 47.3 **PB**; Katy Laycock 4th 50.3 **PB**. 800m h1 Taylor Holland 6th 2:38.3 **PB**. LJ F

Lucy Ball 21st 2.72m **PB**. HJ F India Rogers 8th 1.25m **PB**. SP F India Rogers 14th 5.56m **PB**; Katy Laycock 18th 4.61m **PB**; Lucy Ball 18th 4.61m **PB**.

U17M 100m h1 Patrick Orosun 3rd (7th) 12.3; h2 Harry Mercer 4th (10th) 13.1; h3 Cameron Roberts 8th (20th) 14.3 **PB**. 200m F Nick Aziz 5th 25.2; h2 Patrick Orosun 4th 26.5; Cameron Roberts 7th (14th) 28.1. 400m h1 Thomas Allen 3rd (4th) 54.3 **PB**. 800m F Samuel Matthews 4th 2:11.6; Thomas Matthews 7th 2:16.6. LJ F Harry Mercer 5th 5.41 **PB**. TJ F Nick Aziz 1st 11.80m. JT F Louis Walker 1st 36.06m; Harry Mercer 5th 22.65m.

U17W 300m F Beth Everson 1st 42.9 **PB**; Annie Bradshaw 3rd 43.9 **PB**; Lauren Brook 7th 46.7 **PB**. 800m F Annie Bradshaw 2nd 2:25.6; **Jessica Rogers 3rd 2:26.7 **PB****; Lauren Brook 7th 2:36.9 **PB**. HJ F Annie Bradshaw 1st 1.45m; Jessica Rogers 2nd = 1.40m. TJ F Beth Everson 1st 10.27m **PB**; Ash Colvin 2nd 10.03m **PB**.

SM SP F Sydney Bashforth 7th 7.83m. JT F Robbie Morris 1st 36.13m; Chris Stevens 5th 33.47. HT F Sydney Bashforth 5th 31.57m.

SW 100m F Lucy Mansfield 1st 12.7; **Taegan O'Hara 3rd 13.8**. 800m F Amelia Beaman 2nd 2:28.1; **Imogen Trafford 3rd 2:35.6**; Alisha Johnson 4th 2:36.6. TJ F Taegan O'Hara 1st 10.20m. SP F Rachel Bashforth 1st 8.69m; Susan Ball 2nd 7.42m; Kate Seed 9th 5.02m **PB**. JT F Anna Peers 1st 34.72m. HT F Rachel Bashforth 1st 43.57m; **Chloe Needham 3rd 38.60m**; Susan Ball 5th 22.60m; Kate Seed 8th 10.43m **PB**.

Other Results:

2nd Juntendo University Meeting: Chiba JPN Mar 29th
Duncan Shaw HT 6th 50.41m **PB CR**.

Muddy Bottoms 9 Mile Race: Bamber Bridge Mar 30th
Peter Gibson 49th 1:54:06. First of 87 was Chris Lightburn of Ambleside AC in 1:19:49 and first lady was Helen Hyder of Manchester Tri (34th) in 1:38:04.

Team North Cumbria Open: Carlisle March 30th
U13W Kirsty Rushton 100m h2 1st 14.8, F 1st 14.5; 200m F 1st 31.1; LJ F 3rd 3.85m **PB**.

Blackpool Half Marathon: April 6th

Sarah Wetherill 62nd (6th F & 1st FV35) 1:37:16; Lisa McGoff 265th (29th F) 1:52:17. First of 984th was Damian Carr of Coventry Godiva in 1:16:03 and first lady was Emma Ballantyne of York AC (15th) in 1:26:31.

Ironbridge Half Marathon: April 6th

David Heaton 651st 2:38:12, c 2:36:27. First of 672 was Paul Ward in 1:14:50 and first lady was Kim Fawke (6th) in 1:19:34 both of Telford AC.

Wigan Harriers Spring Open: April 6th

U13B 100m h2 Sam Wise 4th (8th) 16.1; HJ F 3rd 1.15m **PB**; LJ F 3rd 3.96m.

U15B 100m F Declan Taylor 4th 14.0.

U17M 100m F Dom Lavelle 5th 13.1. **JT F** Louis Walker 38.77m **PB**.

U15W DT F Mollie Mason 4th 21.92m **PB**; **HT F** 6th 24.85m **PB**.

U17W 800m F Jessica Rogers 2nd 2:32.3; **1500m F** 1st 5:18.3; **HJ F** 1st 1:38m. **300mH F** Amber Swinnerton 2nd 48.7.

SM PV F **Matt Wright** 1st 4.70m **PB**; **Matt Walker (U23)** 3rd 4.10m; Finn Walker (U20) 4th 4.00m.

SW PV F **Loryn McCrudden (U23)** 1st 3.05m **PB**; **Hannah Newell (U17)** 2nd 2.70m; **Tanya Wright (U23)** 3rd 2.30m; **Katy Laycock (U15)** 4th 2.10m **PB**. **JT F** **Anna Peers** 1st 31.88m.

Terry Davies Memorial Open: Warrington April 6th

U13G Natasha Webster **70mH F** 4th 14.8; **LJ F** 17th 3.32m; **SP F** 9th 4.97m **PB**.

U17W Jordan Dixon **JT F** 1st 31.25m.

SW Taegan O'Hara (U20) **100mH F** 1st 19.4.

Liverpool Throws & Jumps Open: April 12th

U15B William Holmes **PV F** 1st 2.30m **PB**. **LJ F** 4.53m **PB**.

U17W Fiona Hockey **PV F** 1st 3.30m; **Hannah Newell** 2nd 2.90m.

U20M Finn Walker **PV F** 1st 4.00m.

U20W Chloe Needham **HT F** 2nd 36.07m; **Anna Peers** **JT F** 2nd 35.92m

Liverpool Harriers Ernie Gallagher Memorial Medal Meeting: April 13th

U13G Kirsty Rushton **75m h3** 3rd (7th) 11.2 **PB**; **150m h2** 3rd (4th) 22.0.

U15G Maya Wallace **100m h2** 7th (21st) 16.0; **200m h2** 7th (18th) 34.2.

Tom O'Mahoney Memorial Open Meeting: Apr 13th

SM James Carty **100m h1** 1st (3rd) 12.2. **Thomas Allen (U17)** **400m F** 4th 56.5.

SW h1 **Katy Wyper** **200m F** 1st (1st) 26.1; **Jordan Dixon (U17)** 2nd (2nd) 27.6.

U17W Jordan Dixon **300m F** 3rd 45.0.

U17W Ash Colvin **100m h2** 2nd (3rd) 13.5.

Fleetwood 10K: April 13th

Robert Newman 76th (1st MV65) 50:07. First 195 of was **David Hamilton** of Southport Waterloo in 34:35 and first lady was **Lucy Stobbart** of Cumberland AC (17th) in 1:18.

Kingston upon Hull Spring Open: April 13th

U11B Tim Woodman **150m** 6th 25.3 **PB**; **600m** 2nd 1:58.1 **PB**.

U13G Isabelle Woodman **80m** 7th 12.6 **PB**; **1200m** 2nd 4:19.9 **PB**.

Isle of Man Easter Festival: April 18th to 20th

Harry Poole **5K Relay Douglas** 49th 17:32; First of 173 was **Matt Leach** of Bedford & County/Cambridge Uni in 15:19. **Hill Race Peel** 39th 23:32; First of was **Alex Short** of Chelmsford AC/Cambridge Uni in 20:41. **10K Road Race Port Erin** 48th 35:29 **PB**; First of 362 was **Alex Short** in 31:14 and first lady was **Rachael Franklin** of Manx AC (76th) in 37:09.

Salford 10K Road Race: April 18th

James Unsworth 66th 35:58; **Caroline Betmead** 97th (6th F & 1st FV40) 37:12; **Bev Wright** 190th (17th F & 1st FV50) 40:59. First of 574 was **Michael Aspinall** of Tipton Harriers in 30:03 and first lady was **Jessica Coulson** of Stockport Harriers (44th) in 34:10.

Caldervale 10 Mile: April 18th

Sarah Wetherill 43rd (4th F & 1st FV35) 1:15:41; **Peter Gibson** 104th 1:29:55; **Jeff Wright** 116th 1:32:05. First of 159 was **Paul Brannigan** of Todmorden Harriers in 59:56 and first lady was **Angela Leck** of Wellington Scottish.

Mt Sac Relays: Walnut CA USA April 19th

Carl Myerscough **DT F** 10th 59.51m.

Trafford AC Medal Meeting: April 21st

U11B Tim Woodman **75m h4** 2nd 11.9 **PB**; **150m h4** 3rd (10th) 23.4 **PB**.

U11G Lucy Tickle **75m h6** 4th (19th) 13.1; **600m h2** 7th (15th) 2:15.3; **LJ F** 9th 2.90m.

U13G Isabelle Woodman **75m h2** 3rd 11.3 **PB**; **150m h4** 4th 22.5 **PB**. **Natasha Webster** **70mH h2** 2nd (7th) 14.6; **SP F** 13th 4.40m; **JT F** 1st 22.84m **PB**.

U13B Ben Preddy **1500m h1** 2nd (2nd) 4:55.6 **PB**.

U15B William Holmes **100m h4** 6th NT; **200m h1** 3rd (15th) 28.2 **PB**; **LJ F** 6th 4.36m. **George Robinson** **800m h2** 3rd (10th) 2:28.2 **PB**.

Trafford BMC Gold Standard Race: April 21st

1500m 'A' **Luke Minns** 11th 3:51.9 (First was **Niall Brooks** of Sale Harriers Manchester in 3:42.5).

Run Lytham St George's Day 10K: April 27th

Caroline Betmead 17th (3rd F & 1st FV40) 39:04, c 39:02; **Bev Wright** 27th (6th F & 1st FV50) 42:19, c 42:16. First of 250 was **Patrick Gardiner** of East Cheshire AC in 32:14 and first lady was **Tessa Walker** of Salford Harriers (10th) in 37:31.

Youth Development U17/U20 League: Bebington

April 27th Representing Blackburn H, Wigan H or Wirral AC

U17W Amber Swinnerton (BH) **200m B** 1st 27.8; **300m A** 4th 44.4 **PB**; **300mH B** 1st 48.7. **Hannah Newell (WH)** **PV** 1st 2.90m. **U17M** **Jamie Bamber (BH)** **100mH A** 2nd 16.0.

Dom Lavelle (Wirral) **HJ** 1st 1.76m **PB**. **U20M** **Finn Walker** **PV B** 2nd 3.65m (Wirral). **U20W** **Fiona Hockey (U17W) (BH)** **PV** 1st 3.35m.

Preston 5K Parkruns: Avenham/Miller Parks

April 5th **David Everson** 19th 19:46 **CPB**. First of 174 was **David Rigby** of Preston Harriers in 16:42 and first lady was **Joanna Goorney** of LSARRC (20th) in 19:47.

April 12th **Lucy Tickle** 64th 24:12 **CPB**. First of 196 was **David Rigby** of Preston Harriers in 16:12 and first lady was **Claire Melbourne** unattached 25th 21:05.

April 19th **Lucy Tickle** 85th 24:39. First of 208 was **Orlando Corea** of Midland Masters AC in 16:50 and first lady was **Claire Melbourne** Unattached (17th) in 21:13.

April 26th **Lucy Tickle** 77th 25:04. First of 223 was **Tim Raynes** of Border Harriers & AC in 17:47 and first lady was **Claire Melbourne** Unattached (23rd) in 21:21.