



WYLDEFYRE

August 2014 No 51



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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; **MR** – Meeting 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 & 1st, 2nd & 3rd places** Gold Silver Bronze

Volunteer Award



Taegan O'Hara received this quarter's award in recognition of her good work in assisting the club coaches. Also nominated were **Stan Taylor** and **Howard Hockey**.

FORTHCOMING EVENTS DIARY

- 01/08/14 Lancashire Fire AC Relay Blackpool
- 02/08/14 **NA Inter-Counties U17 U15 Champs** Derby
- 03/08/14 **Mid Lancs T&F League** Lancaster & Wagon +Horses 10M (2/3)
- 06/08/14 **Club Handicap New Road** & Astley Park TR ((3/3) Chorley
- 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
- 10/08/14 Blackpool Air Show 10K Bispham & Welcome Tav 10K Preston
- 12 to 17/08/14 **European Athletic Champs**, Zurich SWI
- 12/08/14 Trafford Open Distances/Throws
- 13/08/14 **Chorley AC & Tri Inter Club**, Astley Park & Ulverston 10K
- 14/08/14 **Harrock Hill** (Inter Club) & **Sale 5K inc NA 5K Champs**
- 16 & 17/08/14 **Northern Athletics U17 & U15 Champs** Robin Park Wigan
- 16/08/14 Catforth Canter 5K (3/3)
- 17/08/14 **Sedbergh Hills** (L) & Birchwood 10K/Fun Run Warrington
- 17/08/14 Wagon & Horses HM Lancaster
- 18 to 23/08/14 **IPC European Athletic Champs**, Swansea
- 20/08/14 Horwich Jubilee Series 5M (4/4)
- 23/08/14 Lancaster 10K (3/5)
- 24/08/14 Warrington AC Open Meeting & Fleetwood HM
- 24/08/14 British Athletics Grand Prix, Birmingham
- 25/08/14 Trafford Open Medal Meeting
- 26/08/14 Trafford Open Distances/Throws
- 27/08/14 Harrock Hill Race (4/4)
- 30/08/14 **Mid Lancs T&F Medal Meeting** Stanley Park Blackpool
- 31/08/14 Hilton HM Blackpool
- 03/09/14 **Red Rose RR Inter Club**, Worden Park Leyland
- 06/09/14 BMC 10000m Festival (inc NA 10K Champs) Trafford
- 07/09/14 Golden Ball 20M Morecambe, Salford 10K & Wigan 10K
- 07/09/14 Great North Run (HM) Newcastle
- 10/09/14 **Club Handicap New Road** & Ulverston Charter 5K /Fun Run
- 13/09/14 Liverpool Throws/Jumps Wavertree & **Hodder Valley Show** (S)
- 13/09/14 **North West Counties Road Relays** Woodbank Park Stockport
- 14/09/14 **BWFAC Open Medal Meeting** Stanley Park & Garstang HM
- 14/09/14 Garstang HM, Lake Vyrnwy HM & Hawkshead Esthwaite 10K
- 20/09/14 **NA 6/4 Stage Road Relays** & Gt Langdale Marathon/HM
- 27/09/14 **Mid Lancs XC League**
- 28/09/14 **BWFAC Open Medal Meeting** & **Stanley Park 5M**
- 28/09/14 Run Preston 10K/5K & Natterjack Southport 10K/Fun Run
- 04 & 05/10/14 **6/4/Young Ath Stage Relays** Sutton Park Birmingham TBC
- 05/10/14 Lytham Hall 5K, Burnley 10K & Congleton HM/QM
- 18/10/14 **Northern Athletics XC Relays** Sheffield
- 19/10/14 **Green Drive 5M** (inc Lancs 5M Champs) Lytham

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)

June's AotM



Athletes of the Month for August are Lucy Mansfield and Matt Wright.

During June **Lucy** won a **Bronze Medal** at the **Northern Athletic Championships** and competed at the **British Championships**, where she only just missed out on qualifying for the Final of the **200 metres**. She also set a wind assisted PB in the 100 metres at the **England Athletics U23 Championships**, as well as winning both the 100m and 200m at the Northern League meeting at Witton Park.

Matt won a **Gold Medal** at the **Northern Championships** by joining the '5 metre club' in the **Pole Vault**.

Also nominated was **John Wright** for his performance at the **Welsh Castles Relay**, where he was crowned 'Monarch of the Mountains'

REPORTS & RESULTS

Club Handicap: New Lane July 2nd CH/CC

James Unsworth 20:40; Liam Craine 20:50; Vicky Weller 23:53; Bev Wright 24:31; John Bradley 32:13; Jeff Wilson 27:45; Nick Hume 25:30; Gary Ford 28:02 **DR**; Terry Westhead 24:35; Lisa McGoff 27:38 **DR**; David Williamson 21:51; Andrew Owen 24:57; James Greenaway 22:01; John Winters 31:50; Carly Morgan 25:48; Kevin Woods 28:16; Tony Airnes 28:21; Steven Brooks 27:27 **DR**; Clare Dunford 27:27; Peter Gibson 27:01; Dave Randall 27:44; Tony Croft 31:50; Dawn Maher 31:51; Ian Dawson 22:55; Anthony Blight 27:42; Matt Broadhurst 26:45; Karen Dunford 28:38; Ellen McLaughlin 30:11 **PB**; Coner Millward 28:21; Simon Scarr 31:38.

Handicapper & Timekeeper: Sharon Randall. Helper Andrea Smith

St Annes Carnival 5K: July 6th CC

Malc Eadie 2nd (1st MV45) 16:54; John Wright 3rd (2nd MV45) 17:13; Emily Japp 16th (1st F) 18:45; George Robinson 17th (2nd U16 M) 18:46; Molly Betmead 24th (2nd F & 1st U20F) 19:09; Caroline Betmead 25th (3rd F & 1st FV40) 19:10; Laura Lawler 45th (8th F & 2nd FV45) 22:42; Karen Dunford 55th (11th F & 3rd FV45) 23:28; Bob Massey 59th (1st MV65) 24:21; Simon Scarr 66th 25:24; Alan Wilkinson 67th (2nd MV65) 25:26; Lisa Haddock 81st (18th F) 27:09; John Bradley 87th (2nd MV70) 27:25. First of 118 was Robert Danson of Wesham RR in 16:38.

English Schools Champs: Alexander Stadium Birmingham July 11th to 12th

Inter Girls 200m h2 ws +2.8 Jess O'Neill 6th 26.22 nq; Ash Colvin 7th 26.78 nq. **800m h2** Annie Bradshaw 8th 2:21.22. **PV F** Fiona Hockey 5th 3.40m; Hannah Newell 16th 2.90m.

Inter Boys PV F Dom Lavelle 8th 4.00m.

North of England Track & Field League

Division 3: Stanley Park July 13th NAL

Men: 100m 'A' James Carty 4th 11.8; 'B' Simon Wells 3rd 11.2 **PB**. **200m 'A'** Simon Wells 2nd 22.8 **PB**; 'B' James Carty 4th 24.8. **400m 'A'** Luke Minns 2nd 50.9; 'B' Tom Allen 3rd 55.2. **800m 'A'** Luke Minns 1st 1:56.7; 'B' Jake Walley 1st 1:58.7. **1500m 'A'** Harry Poole 2nd 4:23.4; 'B' Adam Weightman 3rd 4:30.4. **3000 SC** Jake Walley DNF. **5000m 'A'** James Unsworth 3rd 17:05.1 **PB**; 'B' Liam Craine 3rd 17:32.9 **PB**. **400mH** Philip Ellershaw 2nd 68.4. **110mH** Philip Ellershaw 1st 18.2. **HT 'A'** Bob Wyper 2nd 32.16m **PB**; 'B' Syd Bashforth 1st 27.95m. **DT 'A'** Bob Wyper 2nd 28.07m; 'B' Syd Bashforth 1st 27.95m. **JT 'A'** David Turner 1st 49.81m; 'B' Robbie Morris 1st 38.08m **PB**. **SP 'A'** David Turner 2nd 10.51m **PB**; 'B' Syd Bashforth 4th

8.76m. **LJ 'A'** Dom Lavelle 2nd 5.94m; **'B'** Matthew Wright 2nd 5.49m. **TJ 'A'** Nick Aziz 2nd 11.74m; **'B'** Luke Halstead 1st 11.63m. **HJ 'A'** Luke Halstead 1st 1.80m **PB**; **'B'** Nick Aziz 1st 1.60m. **PV 'A'** Matthew Wright 1st 4.50m; **'B'** Matthew Walker 1st 3.70m. **4x100m BWFAC** Alex Obiorah, Tom Godwin, Dom Lavelle, Simon Wells 2nd 45.9. **4x400m** Luke Minns, Harry Poole, Adam Weightman, Jake Walley 3rd 3:40.0.

Women: 100m 'A' Katy Wyper 1st 12.1; **'B'** Taegan O'Hara 1st 12.9 **PB**. **200m 'A'** Katy Wyper 1st 25.1 **PB**; Jordan Dixon 1st 26.6. **400m 'A'** Beth Everson 2nd 64.2. **800m 'A'** Laura Gillhespy 2nd 2:37.9; **'B'** Claire Irons 3rd 3:37.1. **1500m 'A'** Jess Rogers 1st 5:04.1; **'B'** Alisha Johnson 1st 5:12.4. **3000m 'A'** Emily Japp 1st 10:28.2 **PB**. **400mH** No BWFAC. **100mH** Taegan O'Hara 1st 17.7. **HT 'A'** Chloe Needham 1st 38.45m; **'B'** Rebecca Todd 1st 34.90m. **DT 'A'** Anna Peers 1st 31.21m; **'B'** Sue Ball 1st 29.43m. **JT 'A'** Anna Peers 2nd 35.56m; **'B'** Jordan Dixon 1st 31.13m. **SP 'A'** Sue Ball 1st 7.79m; **'B'** Claire Irons 4th 5.32m. **LJ 'A'** Taegan O'Hara 3rd 4.74m **PB**. **TJ 'A'** Taegan O'Hara 1st 10.32m; **'B'** Beth Everson 1st 10.02m. **HJ 'A'** Anna Peers 1.10m **PB**; **'B'** Sue Ball 2nd 1.10m. **PV 'A'** Fiona Hockey 1st 3.55m **PB**. **4x100m BWFAC** Jessica Rogers, Katy Wyper, Taegan O'Hara, Jordan Dixon 1st 51.4. **4x400m BWFAC** Emily Japp, Laura Gillhespy, Alisha Johnson, Beth Everson 1st 4:24.0.

Match Result 1st **BWFAC** 443.0 pts; 2nd Rossendale Harriers 357.0 pts; 3rd Manchester Harriers & AC 307.0 pts 4th Border Harriers 281.0 pts; 5th Lancaster & Morecambe AC 223.0 pts; 6th Hyndburn 218.0 pts.

4th (Wesham) Inter Club (4.5M): Salwick July 14th **IC**

Individual BWFAC Results: (*Inter Club Positions shown in brackets if different*) James Mulvany 8th (7th) 24:50; James Unsworth 9th (8th) 25:02; Liam Craine 10th (9th) 25:17; John Wright 12th (11th & 4th V) 25:32; Steve Waterhouse 13th (12th & 5th V) 22:20; David Williamson 18th (17th & 8th V) 26:23; Danny Hayes 19th 26:31; Emily Japp 31st (1st F) 27:30; Ian Dawson 37th (35th) 27:49; Chris Lloyd 45th (42nd) 26:48; Alisha Johnson 60th (56th, 5th F & 1st JW) 29:34; Bev Wright 64th (60th, 6th F, 34th V & 15th V50) 29:52; Andrew Owen 72nd (68th & 40th V) 30:29; Jess Rogers 88th (84th, 11th F & 2nd JW) 31:26; Nick Hume 90th (86th, 53rd V & 22nd V50) 31:30; Peter Singleton 91st (87th, 54th V & 23rd V50) 31:34; Sarah Wetherill 95th (91st, 14th F & 58th V) 31:49; Brandon Willoughby 98th (94th, 61st V & 25th V50) 32:06; Steve Minto 108th (103rd, 67th V, 29th V50 & 10th V60) 33:01; Jeff Wilson 117th (112th & 73rd V) 33:43; Dave Randall 122nd (115th, 75th V & 33rd V50) 33:50; Anthony Blight 120th (115th & 76th V) 33:54; Karen Dunford 123rd (118th, 21st F & 77th V) 34:00; Andrea Smith 136th (131st, 26th F & 88th V) 35:08; Tanya Barlow 138th (132nd, 27th F & 89th V) 35:25; David Twizell 142nd (136th, 92nd V, 38th V50 & 13th

V60) 35:44, Alan Wilkinson 146th (139th, 95th V, 40th V50 & 14th V60) 36:02; Simon Scarr 151st (144th, 100th & 43rd V50) 36:21; John Bradley 156th (149th, 104th V, 47th V50 & 19th V60) 36:48; Becky Rogers 157th (150th & 36th F) 37:09; Bob Massey 159th (152nd, 105th V, 48th V50 & 20th V60) 37:17; John Winters 170th (163rd, 114th V, 54th V50 & 24th V60) 38:35; Lisa Haddock 171st (164th, 43rd F & 115th V) 38:38; Bernard Singleton 174th (167th, 118th V, 57th V50 & 25th V60) 39:00; Tony Croft 180th (173rd, 123rd V, 60th V50 & 27th V60) 40:02; Dawn Maher 187th (180th & 52nd F) 41:20; David Heaton 199th (192nd, 137th V & 68th V50) 44:19.

Team Results:

Open: Preston Harriers 1st 132 pts; **BWFAC 2nd 187 pts;** Wesham RR 3rd 238 pts; Red Rose RR 4th 474 pts; LSARRC 5th 639 pts; Chorley Athletic & Tri Club 6th 657 pts.

Ladies: **BWFAC 1st 37 pts;** Wesham RR 2nd 44 pts; Preston Harriers 2nd 49 pts; Red Rose RR 5th 183pts; LSARRC 5th 217 pts; Chorley Athletic & Tri 6th.

Vets: Preston Harriers 1st 40 pts; Wesham RR 2nd 92 pts; **BWFAC 3rd 144 pts,** Red Rose RR 4th 166 pts; Chorley Athletic & Tri Club 5th 190 pts; LSARRC 4th 245 pts.

Vet 50s: Preston Harriers 1st 24 pts; Red Rose RR 2nd 30 pts; Wesham RR 3rd 36 pts; LSARRC 4th 55 pts; **BWFAC 5th 144 pts;** Chorley Athletic & Tri Club 6th 111 pts.

Vet 60s: Preston Harriers 6th; Wesham RR 2nd 15 pts; LSARRC 3rd 20 pts; **BWFAC 4th 38 pts;** Red Rose RR 5th 38 pts; Chorley Athletic & Tri Club 6th 57 pts.

It was damp muggy evening but with a warm welcome from Wesham RR, who provided a splendid buffet at Kirkham Cricket Club after the run.

Inter Club Warton Crag FR (5.8M/600): July 19th

(*Inter Club Positions shown in brackets*)

Peter Singleton 29th (12th 11th V & 7th V50) 51:37; Bob Massey 51st (21st V, 14th V50 & 3rd V60) 1:02:53; Bernard Singleton 53rd (26th, 23rd V, 16th V50 & 4th V60) 1:08:17. First of 65 was Paul Dugdale of Kendal AC and first lady was May Lye of Carnethy. First Inter Club was Jon Green of Preston Harriers (3rd) 41:00.

Team Results:

Open: Chorley AC & Tri 1st 33 pts; Preston Harriers 2nd 51 pts; Red Rose RR 3rd 81 pts; Wesham RR 4th 17 pts (3 runners); **BWFAC 5th 62 pts** (3 runners); LSARRC 6th 56 pts (3 runners)

Ladies: Red Rose RR 11 pts; Preston Harriers 4; Wesham RR 0 pts; Chorley AC Tri 0 pts; LSARRC 0 pts; **BWFAC 0 pts.**

Vets: Chorley AC Tri 1st 18 pts; Preston Harriers 2nd 47 pts; Red Rose RR 3rd 53 pts; Wesham RR 4th 14 pts (3 runners); **BWFAC 5th 55 pts** (3 runners); LSARRC 6th 49 pts (2 runners)

Vet 50s: Preston Harriers 1st 21 pts; Red Rose RR 2nd 24 pts; Chorley 3rd 26 pts; **BWFAC 4th 37 pts;** Wesham 5th (2 runners); LSARRC 6th 21 pts (1 runner)

Vet 60s: **BWFAC 1st 7pts;** Chorley 2nd 13 pts; Wesham 3rd 1 pt (1 runner); Preston Harriers 4th 2 pts (1 runner); Red Rose RR 5th 5 pts (1 runner); LSARRC 0 pts (0 runners).

Youth Development League Lower North

Western 4 Division Round 4: Radclyffe Ath-

letic Centre Oldham July 19th

U13G 75m 'A' Kirsty Rushton 3rd 10.9 **PB**; 'B' 2nd Erin Webbe 3rd 11.3 **PB**; 'NS' Minnie Rogers 5th 13.3. **150m** 'A' Kirsty Rushton 1st 21.4 **PB**; 'B' Danielle Whipp 2nd 22.1. **800m** 'A' Jessica Jackson 3rd 2:44.1. **1200m** 'A' Danielle Whipp 2nd 4:09.0; 'B' Maisie Rogers 3rd 4:39.3. **70mH** 'A' Jessica Jackson 5th 14.5; 'B' Natasha Webster 1st 13.8 **PB**. **HJ** 'A' Natasha Webster 2nd 1.15m; 'B' Jessica Jackson 2nd 1.15m **PB**. **LJ** 'A' Danielle Whipp 2nd 4.08m **PB**; 'B' Kirsty Rushton 1st 3.98m. **SP** 'A' Erin Webbe 2nd 6.33m; 'B' Maisie Rogers 2nd 5.04 **PB**. **JT** 'A' Natasha Webster 2nd 18.59m; 'B' Minnie Rogers 1st 15.84m. **4x100m BWFAC** Danielle Whipp, Kirsty Rushton, Jessica Jackson, Erin Webbe 3rd 60.1.

U13B 100m Sam Wise 6th 15.4; 'B' Jake Molloy 5th 16.6. **200m** 'A' Jake Molloy 5th 31.0 **PB**; 'B' Liam Brown 2nd 30.9 **PB**. **800m** No **BWFAC**. **1500m** 'A' Ben Preddy 1st 4:58:7; 'B' Jack Tickle 2nd 5:57.7. **75mH** 'A' Jamie Jackson 3rd 15.3; 'B' Liam Brown 3rd 17.2 **PB**. **HJ** Jake Molloy 3rd 1.20m **PB**. **LJ** 'A' Sam Wise 2nd 4.11m **PB**; Liam Brown 1st 4.07m **PB**. **SP** 'A' Jack Tickle 5th 4.23m; 'B' James Smith 2nd 4.49m. **SP** 'A' Jack Tickle 6th 4.38m. **JT** 'A' Sam Wise 2nd 18.82m; Jack Tickle 'B' 5th 10.91m. **4x100m** Jamie Jackson, Liam Brown, Jake Molloy, Sam Wise 4th 61.2.

U15G 100m 'A' Jessica Aziz 2nd 13.7; 'B' Rachel Wilks 3rd 14.5. **200m** 'A' Jessica Aziz 5th 28.4; 'B' Olivia Hanby 3rd 29.5 **PB**. **300m** 'A' Taylor Holland 4th 46.7. **800m** 'A' Taylor Holland 1st 2:36.7; 'B' Olivia Hanby 2nd 2:51.2 **PB**. **1500m** No **BWFAC**. **75mH** 'A' Katy Laycock 4th 15.5 **PB**; 'B' India Rogers 1st 12.89 **PB**. **SP** 'A' India Rogers 5th 6.34m. **HJ** 'A' Taylor Holland 5th 1.40m **PB**. **LJ** 'A' Olivia Hanby 5th 3.93m **PB**; 'B' Katy Laycock 3rd 3.77m. **PV** 'A' Katy Laycock 1st 2.10m; Rachel Wilks NJ. **DT** 'A' Mollie Mason 19.40m; 'B' India Rogers 1st 12.89m **PB**. **HT** 'A' Mollie Mason NT. **JT** 'A' Mollie Mason 1st 26.89m **PB**; 'B' Rachel Wilks 3rd 7.41 **PB**. **4x100m BWFAC**, Olivia Hanby, Rachel Wilks, Jessica Aziz, Mollie Mason 3rd 57.8. **4x300m BWFAC**, Katy Laycock, Taylor Holland, India Rogers, Jessica Aziz 2nd 3:17.1.

U15B 100m 'A' Dylan Webbe 4th 12.8; 'B' Declan Taylor 2nd 12.8 **PB**. 'NS' Max Duffy 14.5. **200m** 'A' Morgan Lilley 3rd 24.8; 'B' Dylan Webbe 1st 26.2. **300m** 'A' Morgan Lilley 1st 39.5 **PB**. **800m** 'A' Connor Finlayson 1st 2:09.4. **1500m** 'A' George Robinson 1st 4:40.7 **PB**; 'B' Max Duffy 2nd 6:21.9. **80mH** 'A' Connor Finlayson 2nd 13.4; 'B' William Holmes 3rd 15.3. **SP** 'A' Jacob Andrews 2nd 8.08m. **HJ** Connor Finlayson 3rd 1.45m; 'B' Declan Taylor 1st 1.35m. **DT** 'A' Jacob Andrews 3rd 14.53m. **HT** PV 'A' William

Holmes 2nd 2.10m. **JT** 'A' William Holmes 2nd 21.35m. **LJ** 'A' Dylan Webbe 3rd 4.84; 'B' William Holmes 2nd 4.27m. **4x100m BWFAC** William Holmes, Morgan Lilley, Declan Taylor, Dylan Webbe 2nd 53.2. **4x300m** Morgan Lilley, George Robinson, Max Duffy, Connor Finlayson 1st 2:58.8. **Match Result:** 1st Bolton United Harriers 685.5 pts; 2nd **BWFAC** 623 pts; 3rd St Helens Sutton AC 518 pts; 4th Bury AC 411 pts; 5th Manchester Harrier & AC 383 pts; 6th Oldham & Royton Harriers & AC 272.5 pts; 7th Altrincham & District 157 pts; 8th Salford Mets 146 pts.

Final League Position: 1st Bolton United Harriers 2458 L 31; 2nd **BWFAC** 2317.5 L 29; 3rd St Helens Sutton AC 2075 L 24; 4th Manchester Harriers & AC 1734 L 18; 5th Bury AC 1722 L 18; 6th Oldham & Royton Harriers AC 1109.5 L 11; 7th Altrincham & District 876 L 8; Salford Mets 600 L 5.

4th Mid Lancs T&F League: Preston July 26th

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

U13B 100m h1 Liam Brown 7th (12th) 14.4 **PB**; **h2** Sam Wise 5th (18th) 15.2. **200m h3** Liam Brown 4th (15th) 31.0. **800m h1** Benjamin Preddy 5th (5th) 2:29.0. **h2** Jack Tickle 10th 2:59.8 **PB**. **LJ F** Jake Molloy 17th 3.46m; Jack Tickle 10th 3.35m. **1500m F** James Smith 3rd 5:32.4 **PB**. **LJ F** Sam Wise 10th 3.95m; James Smith 13th 3.66m; Liam Brown 14th 3.64m; Jack Tickle 18th 3.35m **PB**. **SP F** James Smith 10th 4.60m. **JT F** Sam Wise 8th 20.24m.

U13G 100m h1 Isabelle Woodman 6th (9th) 15.7; **h2** Kirsty Rushton 1st 14.4m; **h3** Beth Mullins 2nd (14th) 15.6m **PB**; Ita Gospodarczyk 4th (16th) 15.7. **200m h1** Kirsty Rushton 4th (4th) 29.1; **h2** Beth Mullins 8th (22nd) 32.3; **h3** Danielle Whipp 1st (5th) 29.5 **PB**. **800m h1** Danielle Whipp 2nd 2:31.5; Beth Mullins 14th (18th) 2:49.1; **h2** Maisie Rogers 11th (25th) 3:06.7; Minnie Rogers 16th (31st) 3:18.2. **LJ F** Danielle Whipp 4th 4.09m **PB**; Ita Gospodarczyk 20th 2.97m. **HJ F** Isabelle Woodman 2nd 1.30m **PB**; Natasha Webster 4th = 1.15m **PB**. **SP F** Kirsty Rushton 6th 7.21m **PB**; Erin Webbe 9th 6.24m; Maisie Rogers 14th 4.65m. **DT F** Maisie Rogers 9th 13.27m; Minnie Rogers 11th 9.51m; Erin Webbe NC. **JT F** Natasha Webster 3rd 23.09m; Minnie Rogers 9th 16.39m. **4x100m** 5th 61.1.

U15B 100m h1 Dylan Webbe 6th (11th) 12.69; **h2** Morgan Lilley 1st (4th) 12.4 **PB**; **h3** Declan Taylor 2nd (10th) 12.8 **PB**; **h4** Max Duffy 5th (25th) 15.1. **200m h1** Morgan Lilley 5th (5th) 24.9; **h2** Declan Taylor 3rd (11th) 26.3 **PB**. **800m F** Max Duffy 14th 2:37.0. **LJ F** Dylan Webbe 7th 4.40m; Max Duffy 14th 3.73m. **HJ F** Declan Taylor 3rd 1.50m **PB**.

U15G 200m h1 Taylor Holland 6th (9th) 29.1 **PB**; **h2** Bethany Mullins 8th 32.3 **PB**; **h3** Katy Laycock 4th (15th) 30.1 **PB**. **800m F** Taylor Holland 10th 2:40.0. **LJ F** Katy

Laycock 10th 4.01m **PB**. *SP F* Lucy Ball 14th 4.69m. *DT F* Mollie Mason 2nd 21.61m; Lucy Ball 5th 8.82m. *JT F* Mollie Mason 5th 20.91m.

U17M 100m h1 James Hunt 56th 12.2. **200m F** James Hunt 6th 25.3. *LJ F* Luke Halstead 1st 5.96 **PB**; James Hunt 8th 4.99m. *HJ F* Luke Halstead 1st 1.80m **PB**.

U17W 200m F Jordan Dixon 2nd 26.8. **300m F** Jordan Dixon 1st 43.0; Lauren Brook 6th 48.0; **800m F** Lauren Brook 3rd 2:40.0. *JT F* Jordan Dixon 2nd 30.79m. *SP F* Emilia Heslop 1st 9.86m **ncr**. *JT F* Emilia Heslop 3rd 20.69m. *HT F* Molly Mason (U15G) 5th 27.52m Lucy Ball (U15G) 9th 13.30m.

SM 100m h2 Simon Wells 1st (6th) 11.7; George Fox 7th (15th) 12.6 **PB**. **200m h2** Simon Wells 1st (3rd) 23.4. *LJ F* George Fox 7th 4.51m **PB**. *SP F* Syd Bashforth 4th 8.63m; James Carty 7th 7.31m **PB**. *JT F* Robbie Morris 5th 32.49. *HT F* Syd Bashforth 1st 32.13.

SW 400m F Katy Wyper 1st 59.4 **PB**. *SP F* Anna Peers 2nd 8.27m; Sue Ball 5th 7.57m; Kate Seed 9th 5.32m **PB**. *DT F* Anna Peers 1st 26.60m; Sue Ball 3rd 26.30m; Kate Seed 9th 19.49m **PB**. *JT F* Anna Peers 1st 36.27m. *HT F* Sue Ball 3rd 21.73m.

Team Results: Men 6th 83.5 pts; Women 2nd 162.5.

Division: Men 4th 424 pts; Women 1st 694.5 pts.

Commonwealth Games Athletic Competition: Hampden Park Glasgow August 30th & 31st **CG**

SM Discus Throw Pool B Carl Myerscough 4th (7th) 59.95 Q; **Final** 7th 59.88m.

Other Results:

Bentham Beagle Bash: Higher Bentham July 6th

David Randall 34th 50:58. First of 74 was Paul Singleton of Ambleside AC in 37:59 and Lisa Parker of Accrington AC (15th) in 47:13.

Coniston Half Marathon Challenge: July 6th

Ian Dawson 2nd 1:38:00; Matthew Broadhurst 18th 1:50:07. First of 350 was Rebecca Sheffield in 1:30:00.

Burnley AC Under 11 Meeting: July 6th

U11G Lily-Mae Gray **75m** 1st 11.6 **PB**; **600m** 2nd 2:09.0.

Lucy Tickle **600m** 3rd 2:13.8; **LJ** 2nd 3.18m **PB**.

U8G Holly Tickle **50m** 5th 10.2; **Cricket Ball Throw** 1st 19.42m **MR**; **LJ** 1st 2.41m.

BMC Grand Prix: Stretford July 12th

800m C Luke Minns 2nd 1:50.70 **PB**.

Lancaster 10K: July 16th

Bev Wright 35th (4th F & 1st FV50) 42:20; John Bradley 116th (2nd MV70) 53:31.

Calder Vale Supper Run: July 17th

Anthony Blight 38th 29:42; John Bradley 70th (2nd FV70) 34:23. First of 116 was Edgar Raymond was Lancaster &

Morecambe AC and first lady was Sarah Sherratt of Wesham RR (27th) in 27:40.

Elswick Express 10 Mile: July 19th

James Mulvany 4th 57:40; Bev Wright 35th (6th F & 1st FV50) 1:09:18; Robert Newman 86th (1st MV70) 1:25:03; Peter Gibson 87th 1:26:11; Jeff Wright 92nd 1:27:27. First of 127 was David Rigby of Preston Harriers in 53:26 and first lady was Sarah Cumber of Halifax Harriers (12th) 1:02:20.

Blackpool Summer 10K: July 20th

Liam Craine 1st 35:40; James Unsworth 3rd 36:32; David Williamson 5th (1st MV40) 37:12; Ellen McLachlan 169th (20th F) 52:53. First lady was Joanna Beckett of Crook & District AC (20th) in 40:51.

Dundee Half Marathon: July 20th

David Randall 374th 2:07:18 c 2:06:22. First of 620 was Ronald Gauld in 1:16:11 and first lady was Sophie Mullins of Fife AC in 1:27:28.

Trafford AC Open Meeting: Stretford July 22nd

1500m h1 Connor Finlayson 12th 4:29.68.

BMC Gold Standard Races:

800m A Luke Minns 4th 1:51.02.

3000m U20 Northern Championship:

Jake Walley 3rd 8:49.76 **PB**

John Gerrard Memorial T&F Meeting: Leigh July 27th

U11B Tim Woodman **150m h3** 3rd 25.00; **600m F** 6th 1:57.50.

U13G Isabelle Woodman **75m h4** 5th 11.6; *HJ F* 1st 1.30m **PB**-. Natasha Webster **150m h2** 3rd 22.54 **PB**; **800m F** 15th 3:05.7; *HJ F* 4th 1.20m; *JT F* 1st 23.58m.

YDL Upper Age Division NW1: Crewe July 27th

Dom Lavelle (U17) **U17 HJ** 3rd 1.65m; **U17 PV** 1st 3.80m; **U20 LJ** 3rd 5.72m. Fiona Hockey (U17) **U20 PV** 1st 3.40m. Hannah Newell (U17) **U17 PV** 2.90m. Bethany Everson (U17) **Trafford U20 HJ** 3rd 1.40m.

Isaac Towers: (Wheelchair)

Midland Counties Jun 15th **U20 100m** ws 0.0 4th 19.21; **200m** .4th 32.53; **400m** 4th 60.74. **Indianapolis Fast Cow Invitational** Jun 26th **100m** + 0.3 18.93; **400m** 3rd 56.99. **Indianapolis International** 28th Jun **100m** ws -0.1 5th 18.65; **200m h2** ws +0.4 5th 31.25; **400m h4** 4th 58.40. **800m** 2nd 1:51.54 **Coventry Godiva Classic** July 19th **200m h1** ws -0.3 7th 31.65; **1500m** 5th 3:27.84; **5000m** 2nd 12:35.19. **Pitstop 10K** Dalton-on-Tees Jul 2nd 25:16.

Preston 5K Parkruns: Avenham/Miller Parks

July 12th Tim Collinson 25th 21:00. First of 194 was Martin Gaughan 18:03 and 1st lady was Zoe Harding (15th) in 19:44.

July 19th Tim Collinson 17th 21:10; David Twizell 59th 24:46. First of 176 was Christopher Tully of Preston H in 17:59 and 1st lady was Bethany Prole (27th) in 23:26.

July 26th Lucy Tickle 62nd 25:28. First of 182 was Joseph Beech 16:50 and 1st lady was Amanda Davies of Telford AC (14th) in 20:27.