



WYLDEFYRE



December 2014 No 55

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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; **PB** Personal Best; **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**

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

Christmas Predictor Race
To be held at the Stanley Park Track on Saturday December 20th at 11:00 am
Jacob' Join afterwards, so please contribute
No watches, festive fancy dress optional, but encouraged
All welcome

FORTHCOMING EVENTS DIARY

06/12/14	Red Rose XC League Rossendale & Gt Langdale Xmas Pud 10K
07/12/14	Club Xmas Handicap NA 10M Champs & Guys 10M
07/12/14	Ulverston 10K/Fun Run & 3-1-5 Lancaster HM/5K Fun Run
14/12/14	Longridge Xmas Pudding 7M & Hurst Green TR 4.95M
21/12/14	Rudolf's Red Nose Race 5M & Santa Dash TR Horwich
21/12/14	Sale Harriers Indoor Open Meeting Sportcity
26/12/14	Boxing Day 10K Race Leyland
27/12/14	Festive 4K Fun Run
28/12/14	NA 10K Champs (Ribble Valley 10K) Clitheroe
03/01/15	Lancs XC Champs Witton Park Blackburn
04/01/15	Sale Harriers Indoor Open Meeting Sportcity
04 & 05/01/15	English Athletics Snr/U20 Indoor Combined Events Sheffield
05/01/15	Club Handicap New Road
10/01/15	Mid Lancs XC League Towneley Park Burnley
10 & 11/01/15	England Snr/U20 Indoor CE Champs EIS Sheffield
11/01/15	Lancs Sportshall League Stanley Park & Garstang 10K
17 & 18/01/15	Northern Athletics Snr/U20/U17 Champs EIS Sheffield
18/01/15	Inskip Half Marathon
24/01/15	Northern XC Champs & Ashurst Beacon Hill Race
25/01/15	Welcome Tavern 10K Preston
01/02/15	NA U15/U13 Indoor Champs EIS Sheffield
07/02/15	Lancs Schools XC Champs
07 & 08/02/15	British Indoor T&F Champs EIS Sheffield
08/02/15	Lancs Sportshall League Stanley Park
14/02/15	Mid Lancs XC League Lawson's Ground Blackpool
21/02/15	ECCA XC Champs Parliament Hill Fields London
07/03/15	Mid Lancs XC League Rylands Park Lancaster
14/03/15	ESAA XC Champs Witton Park Blackburn
14 & 15/03/15	U17/U15 Indoor Combined Events Champs Sheffield
21/03/15	SIAB XC TBC
28/03/15	NA 12/6 Stage Road Relays
08/04/15	BWFAC Inter Club Stanley Park
14/05/15	LSARRC Inter Club St Annes
27/05/15	Harrock Hill Inter Club Fell Race
10/06/15	Preston Harriers Inter Club
13/06/15	Lancs Schools Champs
13 & 14/06/15	Northern Athletics Senior/Junior T&F Champs Sportcity
20/06/15	Gt Hill FR Inter Club Fell Race
30/06/15	TCRC Inter Club Inter Club
07/07/15	20 Barriers Race Fell Race
10 & 11/07/15	ESAA T&F Champs Gateshead
20/07/15	Wesham RC Inter Club Inter Club Salwick
25/07/15	Northern Athletics Inter Counties Champs Witton Pk
12/08/14	Chorley Tri & AC Inter Club
15/08/14	Darwen Gala Inter Club Fell Race
15 & 16/08/15	Northern Athletics U17/U15 T&F Champs
02/09/15	Red Rose RR Inter Club

Northern Athletics Snr/U20/U17 Indoor

T&F Championships

Saturday & Sunday 17 & 18/1/15 at EIS English Institute of Sport Sheffield. Closing date for On-line Entry January 2nd

Lancashire Championships

January 3rd 2015 at Witton Park Blackburn: Closing date for Pre-Entries is December 15th at £3 (Juniors) £4 (Seniors). Entries on day at £1 and £2 extra.

Northern Championship

January 24th 2015 at Pontefract Racecourse: Closing date for Entries January 9th 2015 – advise Team Manager if you want to compete.

English National Cross Championships

February 21st 2015 at Parliament Hill Fields London: Closing date for Entries is January 7th 2015 – advise Team Manager if you want to compete

During October **Bev Wright** was first lady in the **Isle of Man Half Marathon** and was BWFAC 3rd counter for the Lady's team at the **Mid Lancs Cross Country** 2nd placed Lady's team at Hyndburn.

Danny Hayes was 15th and the 3rd counter of the winning BWFAC team at the **Green Drive 5 Mile** race including the **Lancashire 5 Mile Championship**. Danny was also first counter in the BWFAC Men's team in the **Mid Lancs Cross Country** team at Hyndburn.

REPORTS & RESULTS

November Club Handicap: New Lane Nov 2nd **CH**

Graham Davies 26:46; Ian Close 27:07; Karen Dunford 28:50; Dawn Maher 31:55; Clare Dunford 30:04; Becky Rogers 28:56 **DR**; Peter Gibson 29:30; Tony Croft 32:19. *Handicapper & Timekeeper:* Reg Smallbone. *Helper:* Nick Hume & David Wood

Club Presentation: Hilton Hotel Nov 16th **CP**

Track & Field 2014 Trophies:

U11B	Winner	<u>Charlee McGuinness</u>
U11B	Runner-up	<u>Ben Baines</u>
U11G	Winner	<u>Lily-Mae Gray/Natalia Luczak</u>
U11G	Runner-up	<u>Maisie Rogers</u>
U13B	Winner	<u>James Smith</u>
U13B	Runner-up	<u>William Holmes</u>
U13G	Winner	<u>Danielle Whipp</u>
U13G	Runner-up	<u>Kirsty Rushton</u>
U15B	Winner	<u>Connor Finlayson</u>
U15B	Runner-up	<u>Antonio Marmasa</u>
U15G	Winner	<u>Taylor Holland</u>
U15G	Runner-up	<u>Jessica Aziz</u>
U17M	Winner	<u>Dom Lavelle</u>
U17M	Runner-up	<u>Nick Aziz</u>
U17W	Winner	<u>Beth Everson</u>
U17W	Runner-up	<u>Annie Bradshaw</u>
U20M	Winner	<u>Finn Walker</u>
U20M	Runner-up	<u>Harry Poole</u>
U20W	Winner	<u>Taegan O'Hara</u>
U20W	Runner-up	<u>Alisha Johnston</u>
SM	Winner	<u>Luke Minns</u>
SM	Runner-up	<u>Matthew Wright</u>
SW	Winner	<u>Katy Wyper</u>
SW	Runner-up	<u>Susan Ball</u>

Cross Country 2013/2014 Championship:

U11G	<u>Champion</u>	<u>Maisie Rogers</u>
U11G	Second place	<u>Natalia Luczak</u>
U11G	Third place	<u>Minnie Rogers</u>
U11B	<u>Champion</u>	<u>James Smith</u>
U11B	Second place	<u>Tim Woodman</u>
U13G	<u>Champion</u>	<u>Danielle Whipp</u>
U13G	Second place	<u>Hannah Eadie</u>
U13G	Third Place	<u>Isabelle Woodman</u>
U13B	<u>Champion</u>	<u>Benjamin Preddy</u>

October's AotM



AotM for September are Bev Wright & Danny Hayes.

U13B Second place George Robinson
 U15G Champion Jessica Rogers
 U17W Champion Molly Betmead
 U17W Second place Rebecca Terras
 U17M Champion Not Awarded
 U20M Champion Not Awarded
 U20W Champion Not Awarded
 SW Champion Caroline Betmead
 Veteran Champion Caroline Betmead
 F45 First place Laura Lawler
 SM Champion Malc Eadie
 Veteran Champion Malc Eadie
 M55 First place Gary Johnston
 M60 First place Peter Gibson
 M75 First place John Winters

Road 2014 Championship:

SW Champion Bev Wright
 F45 First place Laura Lawler
 F55 First place Alison Titterington
 SM Champion Liam Craine
 M45 First place Trevor Uttley
 M50 First place Dave Randall
 M60 First place Tony Croft
 M65 First place Bob Massey
 M70 First place John Bradley
 M75 First place John Winters

Meritorious Trophies 2014 Awards:

Quayle Trophy: (Most outstanding athlete male or female)
Carl Myerscough
 Large Langen Trophy: (Runner-up Quayle Trophy - Male)
Matthew Wright
 Small Langen Trophy: (Runner-up Quayle Trophy - Female)
Lucy Mansfield
 Cartmell Dragon Trophy: (Most outstanding Veteran)
Bev Wright & John Wright
 Cocker Trophy: (Club spirit and Turning out Regardless)
Jack Tickle
 Vaux Tankard: (Most successful Male U18, track or XC)
Jake Walley
 Langen Hesson Plaque: (Most improved Female 15-17)
Jessica Rogers
 Chairman's Trophy: (Most improved Male 15-17)
Luke Halstead
 Southern Trophy: (Most improved Female 13-15)
Gabrielle Jones
 Rowland Jones Trophy: (Most improved Male 13-15)
George Robinson
 Kennel Trophy: (Most improved Female 11-13)
Isabelle Woodman
 Ryan Trophy: (Most improved Male 11-13)
Benjamin Preddy
 Brooks Barrel: (Encouragement Award 10-12)
Maisie Rogers
 Pendleton Trophy: (Best Female Middle Distance)

Annie Bradshaw

B Ae Trophy: (Best Male Middle Distance) Luke Minns
 Sandra Helme Trophy: (Best Throws Female 13 – 15)
Molly Mason
 B Ae Trophy (Encouragement Award Throws Male U17)
Louis Walker
 Bernard Berry Memorial: (Best Female U17 Track)
Beth Everson
 Gerard Williams Trophy: (Awarded for Perseverance & Consistency in Sprinting U17 & Senior) Lucy Mansfield
 Bob Hope Trophy: (Best Throws Male or Female)
Carl Myerscough
 Jack Pritchard Trophy: (Best Male U17 Track)
Samuel Matthews
 Club Road Running Trophy: (Outstanding Road Performance Male or Female)
John Winters
 Centenary Trophy: (Best Jumps Award Male or Female)
Fiona Hockey
 President's Trophy: (Best Multi-events Performance)
Annie Bradshaw/Connor Finlayson
 Fell Running Trophy: (Most outstanding Fell Running Male)
Bob Massey
 Fell Running Trophy: (Female) No Award made
 Ron Helmn Trophy: (For the best 800m runner aged 14)
Connor Finlayson
 Alf Tysoe Team Trophy (Outstanding Team Performance)
Senior Women Road & Cross Country
 Peter Smith Meritorious Award: (Outstanding Services to the Club – Female)
Kit Holmes/Tracy Smith
 Tony Croft Meritorious Award: (Outstanding Services to the Club – Male)
Howard Hockey/Kevin O'Hara
 Road Championship Salver Men: Liam Craine
 Road Championship Salver Women: Bev Wright
 Trail Running Championship Men: John Wright
 Trail Running Championship Women: Bev Wright
 Family Commitment Trophy (Commitment shown in one or more areas of the Club by 2 or more Members of the same Family linked to the Club) The Lawler Family



Jess Coulson

The awards were presented by special guest, **Jess Coulson**. (Jess was caught up in delays on the M6 in journey to Blackpool). Before the Presentation started Jess kindly took part in a question and answer session about her athletic career and winning a **Gold Medal and Team Silver** in the Under 23 race at the **European Cross Country Championship** in 2012 held in Hungary and her future ambitions.

Before the awards there was a delicious hot buffet provided by the Hilton Hotel. Afterwards there was an opportunity for photographs with **Jess Coulson** with her medals and there was dancing to a disco until the early hours.

Mid Lancs XC League: Thorncliffe Barrow-in-Furness November 15th XC

U11G (1.65K) **Bethany Whipp** 7th 7:30; **Poppy Bridge** 8th 7:31; **Lucy Tickle** 10th 7:38; **Natalia Luczak** 13th 7:47. First of 35 was **Anna Mason** of Border Harriers & AC in 6:56.

U11B (1.65K) No **BWFAC** First of 28 was **Fraser Sproul** of Kendal AC in 6:10.

U13G (2.75K) **Danielle Whipp** 4th 11:18; **Jessica Jackson** 7th 11:48. First of 29 was **Briony Holt** of Clayton-le-Moors Harriers in 11:05. **Team** No team.

U13B (3.3K) **Benjamin Preddy** 1st 12:44; **James Smith** 5th 13:26; **Jamie Jackson** 6th 13:50; **Bruno Eaves** 13th 14:45; **Jack Tickle** 17th 15:01. 21 ran. **Team** 1st 12 points. **League** 6th 5 pts.

U15G (3.3K) **Taylor Holland** 10th 15:33. First of 14 was **Emma Alderson** of Lancaster & Morecambe AC in 13:20. **Team** No team.

U15B (3.5K) **George Robinson** 7th 16:30. First of 22 was **Kai Atkins** of Pendle AC in 12:00. **Team** No team.

U17W (3.5K) **Jessica Rogers** 5th 14:29. First of 8 was a Guest and first Mid Lancs was **Georgia Hannam** of Lancaster & Morecambe AC. **Team** No team.

U17M (5.0K) **Coner Millward** 16th 29:44. First of 16 was **Thomas Marchant** of Pendle AC in 18:35. **Team** No team. **League** 4th 4 pts.

SW (5.0K) **Alisha Johnson** 5th (1st L20) 20:39; **Caroline Betmead** 6th (2nd L35) 20:43; **Michelle Tickle** 48th (10th L35) 25:25; **Molly Betmead** DNF. First of 109 was **Caroline Baxter** of Lancaster & Morecambe in 20:07.

Teams: SW 'A' 4th 56 pts **Division 1** 2nd 6 pts; **SW 'B'** 26th 229 pts; **Division 2** 6th 2 pts; **L35** No team; **Division** 8th 3 pts; **L45** No team; **Division** 2nd 9 pts.

SM (8.5K) **John Wright** 28th (5th V40) 32:57; **Connor Wainwright** 94th 38:34; **Peter Singleton** 137th (26th V50) 41:20; **David Randall** 155th (33rd V50) 43:48; **Alan Wilkinson** 170th (13th V60) 46:06; **Peter Gibson** 180th (15th V60) 47:58; **Simon Scarr** 184th (41st V50) 48:45; **Jeff Wright** 185th (42nd V50) 48:45; **Bob Massey** 189th (16th V60) 49:43; **Bernard Singleton** DNF. First of 193 was **Chris Farrell** of Horwich RMI Harriers in 29:22.

Teams: SM'A' 21st 592 pts. **Division 1** 4th 4 pts. **SM'B'** No team. **Division 4** 7th 1 pt. **V40** 13th 341 pts; **Division 2** 3rd 5 pts; **V50** 10th 138 pts; **Division** 10th 1 pts; **V60** 4th 57 pts; **Division** 4th 7 pts.

Mid Lancs XC League: Sefton Park Liverpool November 29th XC



Lucy Tickle with Steve Cram at Sefton Park

U11G (1.9K) **Natalia Luczak** 18th 30th 8:42; **Beth Whipp** 19th 29th 8:43; **Lucy Tickle** 20th 36th 8:49. First of 100 was **Daisy Thompson** of Carmarthen Harriers in 7:35 and first Mid Lancs of 61 was **Anna Mason** of Border Harriers in 7:42.

U11B (1.9K) No **BWFAC** First of 64 was **Fraser Sproul** of Kendal AC in 6:59.

U13G (3.0K) **Danielle Whipp** 7th 29th 12:21; **Maisie Rogers** 29th 69th 13:47; **Minnie Rogers** 46th 89th 15:22. First of 98 was **Emma Frew** of Ayr Seaforth AC in 10:00 and first Mid Lancs of 54 was **Jasmine Jolly** of Preston Harriers in 11:33. **Team** 6th 81 points

U13B (3.0K) **Benjamin Preddy** 1st (of 36) 5th 10:38; **James Smith** 9th 39th 11:57; **Jamie Jackson** 13th 48th 12:16; **Bruno Eaves** 25th 67th 12:57; **Jack Tickle** 27th 71st 13:17. First of 83 was **Tommy Dawson** of Leeds City in 10:11. **Team** 2nd 23 points. **League** 6th 5 pts.

U15G (3.0K) No **BWFAC**. First of 93 was **Erin Wallace** of Giffnock North AAC in 10:41 and first Mid Lancs of was **Alex Birkett** of Kendal AAC in 10:11. **Team** No team.

U15B (3.0K) **Connor Finlayson** 7th 53rd 10:39. First of 116 was **Matthew Willis** of Wrexham AC in 9:44. **Team** No team.

U17W (4.4K) **Jessica Rogers** 4th 45th 17:48. First was **Sabrina Sinha** of Cambridge Harriers in 15:10 and first Mid Lancs was **Georgia Hannam**. **Team** No team.

U20W (4.4K) **Molly Betmead** 1st 62nd 16:37; **Alisha Johnson** 3rd 80th 17:02. First was **Jessica Judd** of Chelmsford AC in 14:45.

U17M (5.5K) **Samuel Matthews** 23rd 107th 21:19; **Thomas Matthews** 26th 110th 22:03. First of 121 was **James Gormley** of City of Sheffield in 17:06 and first Mid Lancs was Fab-

rice Kinsela of Preston Harriers in 18:19. **Team** No team. **League** 4th 4 pts.

SW (8.1K) **Bev Wright** 17th 113th (9th L45) 34:45; **Andrea Smith** 49th 143rd (14th L45) 38:18; **Michelle Tickle** 52nd 151st (24th L35) 38:26; **Stasia Bligh** 54th 154th (34th L35) 38:41; **Laura Lawler** 63rd 163rd (15th L45) 39:22; **Chris Brooks** 76th 178th 41:42. First of 226 was **Gemma Steel** of Charnwood AC in 22:15 and first Mid Lancs was **Sarah Tunstall** of Kendal AAC.

Teams: SW 'A' 10th 118 points **Division 1** 2nd 6 pts; **SW 'B'** 18th 193 points; **Division 2** Results not yet available; **L35** 3rd 43 points; **Division 8** 3 pts; **L45** 1st 27 points; **Division 2** 2nd 9 pts.

SM (9.8K) **Luke Minns** 4th 103rd 32:16; **Harry Poole** 19th 153rd 34:04; **Liam Craine** 61st 228th 36:59; **Dave Williamson** 67th 242nd 37:28; **Ian Dawson** 130th 335th 40:21; **Chris Lloyd** 164th 386th 42:19; **Jeff Wilson** 227th 489th 48:05; **Alan Wilkinson** 230th 496th (13th V60) 49:02; **John Winters** 250th 530th (58th V50) 55:12. First of 536 was **Callum Hawkins** of Kilbarchan AAC in 29:26 and first Mid Lancs was **Peter Huck** of Barrow & Furness in 30:28.

Teams: SM'A' 11th 437 points. **Division 1** 4th 4 pts. **SM'B'** No team. **Division 4** 7th 1 pt. **V40** No team; **Division 2** 3rd 5 pts; **V50** No team; **Division 10** 10th 1 pts; **V60** No team; **Division 4** 4th 7 pts.

Wesham 10K: Salwick November 29th

John Wright 7th (1st MV50) 34:41; **Terence Westhead** 74th (4th MV50) 41:18; **Peter Gibson** 214th 49:48; **David Twizell** 232nd 50:41; **Tanya Barlow** 235th (40th F) 50:48; **John Bradley** 270th (4th MV70) 52:53. First of was **Rob Affleck** of Preston Harriers in 32:47 and first lady was **Diane McVey** of Wilmslow RC (16th) in 37:03.

George Fox (T37)

I missed some of George's significant results – here is an update: **CP Sport Grand Prix Doncaster 100m** ws -1.9 13.16; **200m** ws -0.5 26.29. **BWAA/BWRA/CP Sport Grand Prix Stoke Mandeville July 5th 100m** ws -0.3 2nd 12.76; **200m** ws +0.7 2nd 26.06. **Tartan Games Inc CP Sport Grand Prix Gateshead August 24th 100m** 1st 12.71; **200m** ws -1.4 1st 26.80. **CP National Championships Grantham September 20th 100m** +0.9 12.89; **200m** ws +2.5 n26.17; **LJ** 4.26m

Other Results:

Cheshire 10K: Arley November 2nd

Liam Craine 23rd 34:49, c 34:46 **PB**; **David Williamson** 43rd (3rd MV40) 36:30, c 36:28; **Andrew Owen** 87th 38:57 c 38:32. First of 1159 was **Mohammad Abu Reezq** of Altrincham & District AC/Jordan and first lady was **Helen Clitheroe** of Preston Harriers (9th) in 32:44.

Derwentwater 10M: November 2nd

Bev Wright 116th (7th F & 1st FV50) 1:10:19; **Anthony Blight** 186th 1:18:04; **David Randall** 198th 1:18:48. First of 386 was **Russell Best** of New Marske Harriers and first lady was **Sophie Marr** of Tyne Bridge Harriers (52nd) in 65:14.

Northern Police XC League: Osmotherley Nov 5th

SW **Laura Lawler** 6th 45:32.

Fell Foot Parkrun: November 8th

David Randall 31st 23:34. First 184 of was **Charlie Batho** of Stockport Harriers in 18:33 and first lady was **Helen Woodley Unattached** (14th) 21:35.

Red Rose XC: Astley Park Chorley November 8th

U13B **Ben Preddy** 2nd 9:28 (First **Benjamin Forrest** of Bury AC in 9:17.

U15B **George Robinson** 10th 16:26 (First **Marcus Dey** of Bury AC in 16:26.

Edinburgh University Braid Hills Open: Nov 15th

Harry Poole 30th 35:25. First of 250 was **Grant Sheldon** of Ron Hill Cambuslang in 32:02.

Preston 10 Mile Road Race: Hutton November 16th

Terry Westhead 88th 1:07:13; **Bev Wright** 89th (6th F & FV50) 1:07:21; **John Bradley** 341st (3rd MV70) 1:29:05. First was **Tom Charles** of Trafford AC in 52:14 and first lady was **Hannah Oldroyd** of UK Net Runner (42nd) in 1:02:28.

November 10K: Lytham November 30th

Jessica Rogers 24th (1st F & 1st JW) 43:25 **PB**; **Jason Dixon** 68th 49:52; **Ellen McLachlan** 87th (13th F) 50:44. First of 305 was **Matthew Lalor** of Barlick Fell Runners in 32:52.

Sale Harriers Open Series: November 30th

George Fox U20M (T37) **60m h6** 2nd 8.14 **PB**. **Declan Taylor** (U17) **60m h10** 5th 8.04 **PB**. **Libby Bonus** **60m h3** 3rd 8:28 **PB**. **Katy Wyper** (SW) **300m h8** 1st 41.54. **Emilia Heslop** (U17W) **60mH 4th** 10.12; **HJ Pool B** 5th 1.50m **PB**; **SP F** 1st 9.69m. **Annie Bradshaw** (U17W) **HJ Pool B** 7th= 1.50m **PB**; **Nathan Cheetham** (U20M) **HJ Pool B** 2nd 1.60m.

Preston 5K Parkruns: Avenham/Miller Parks

November 1st **Lucy Tickle** 75th (10th F) 25:26; **Michelle Tickle** 78th (11th F) 25:29. First of 200 was **Chris Wright** Fylde Coast Runners in 18:44 and first lady was **Claire Melbourne unattached** (16th) 20:52.

November 8th **Lucy Tickle** 76th (13th F) 25:25; **Michelle Tickle** 77th 25:26. First of 197 was **Sam Dalglish** in 17:56 and first lady was **Claire Melbourne unattached** (24th) in 21:17.

November 15th **Andrew Woodward** 2nd 17:25. First of 198 was **Jake Lonsdale** in 17:11 and first lady was **Claire Melbourne unattached** was 31st in 20:41.

November 22nd **Michelle Tickle** 82nd (13th F) 24:55; **Lucy Tickle** 84th (15th F) 25:03. First of 210 was **Matthew Thompson** of Southport Waterloo AC in 16:47 and first lady was **Catherine Carrus** of Wesham RR (7th) in 19:13.