



WYLDEFYRE

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BWFAC Events Mid Lancs Interclub & Club Champ
Fell Races English FR Champ Interclub Races Club
Champ Lancs, Northern or National Even-
ts 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** – Kilo-metre; **'** – feet; **dq** –disqualified; **ws** – wind speed; **Medals & 1st, 2nd & 3rd places** Gold Silver Bronze

FORTHCOMING EVENTS DIARY

- 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
- 17/01/15 Podium 5K Barrowford
- 17 & 18/01/15 **Northern Athletics Snr/U20/U17 Champs** EIS Sheffield
- 18/01/15 Inskip Half Marathon
- 24/01/15 **Northern XC Champs** Pontefract & Ashurst Beacon Hill Race
- 25/01/15 Welcome Tavern 10K Preston
- 01/02/15 **NA U15/U13 Indoor Champs** EIS Sheffield & Sale H Indoor
- 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 & Blackburn 10K
- 14/02/15 **Mid Lancs XC League** Blackpool & Valentine 10K Lancaster
- 15/02/15 Valentine 10K (2) Lancaster & Muddy Shoe 5/11M Caldervale
- 15/02/15 Village Bakery HM Wrexham & Liversedge HM
- 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
- 11/04/15 **Mid Lancs** Stanley Park
- 09/05/15 **Mid Lancs** Litherland
- 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**
- 04/07/15 **Mid Lancs** Salt Ayre Lancaster
- 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
- 01/08/15 **Mid Lancs** Wilson Playing Fields Hyndburn
- 12/08/14 **Chorley Tri & AC Inter Club** Astley Park
- 15/08/14 **Darwen Gala Inter Club Fell Race**
- 15 & 16/08/15 **Northern Athletics U17/U15 T&F Champs**
- 29/08/15 **Mid Lancs Medal** Robin Park Wigan
- 02/09/15 **Red Rose RR Inter Club** Worden Park Leyland

www.parkrun.org.uk/preston held every Saturday at 9am at Avenham Park

Nth 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 Jan 2nd

U13/U15 Champs Sunday 01/02/2015 Closing date for On-line Entry Jan 16th

Northern XC Championship

January 24th 2015 at Pontefract Race-course: Closing date for Entries Jan 9th

English National XC Champs

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

November's AotM



AotM for November are Jessica Rogers & Ben Preddy

During November Jessica ran at both Mid Lancs Cross Countries fixtures and was first lady in the November 10K.

Ben also ran both Mid Lancs races, finishing first in both (he was also fifth in the Liverpool Cross Challenge) and also 2nd in the Leigh Red Rose fixture.

REPORTS & RESULTS

December Club Handicap: New Lane Nov 30th **CH**

Nick Hume 29:13; Peter Gibson 30:06; Stasia Bligh 31:22; Tony Airnes 31:23; Andrea Smith 31:24; Tony Croft 31:25; Reg Smallbone 31:36; John Bradley 34:07.

Timekeeper & Handicapper: Sharon Randall.

Dec 7th Graham Davies 26:00; Jeff Wilson 27:32 **PB.**

Timekeeper: Nick Hume.

Christmas Predictor Race: Stanley Pk Dec 20th **CP**

Although there was a cold wind blowing, there was bright sunshine for the Christmas fun run around Stanley Park and a circuit of the track of approximately two and half miles. All who competed had to forecast the time it would take and the nearest was awarded a special prize donated by Club President, **Howard Henshaw**. The cost of entry was by a gift value £4/£5, which were used as prizes, meaning that everyone received a prize.

The winner was **Sydney Ramsden** who's time of 23:16 was just one second outside her forecast time. First across the line was **Luke Minns** in a time of 13:13 and first lady was **Jessica Rogers** (third overall) in 17:05.

Afterwards there was an excellent buffet provided by Club Members & friends and then the Presentation of the Prizes.

Name	PT	AT	Diff	Rank
Luke Minns	14:00	13:13	0:47	8 th
Adam Weightman	15:10	14:35	0:35	4 th
Jessica Rogers	18:00	17:05	0:55	9 th =
Jamie Jackson	17:00	17:39	0:39	6 th =
Tom Howarth	23:22	17:41	5:41	31 st
James Smith	18:00	17:52	0:08	2 nd
Stasia Bligh	20:00	18:20	1:40	17 th
Katy Wyper	22:25	18:35	3:50	30 th
Daniel Smith	18:40	19:06	0:26	3 rd
Peter Singleton	21:00	19:15	1:45	18 th
Simon Scarr	20:05	19:26	0:39	6 th =
Alan Wilkinson	18:30	19:46	1:16	14 th
George Denning	18:30	19:52	1:22	15 th
Lee Barlow	22:00	19:53	2:07	21 st
Simon Deyne	18:00	19:56	1:56	20 th
Maisie Rogers	19:07	20:38	1:31	16 th
Louis Bettison	17:22	20:58	3:36	26 th
Dan Rogers	20:04	21:52	1:48	16 th
Liam Brown	21:01	22:05	1:04	11 th
Beth Mullins	19:27	22:06	2:39	24 th
Nigel Mullins	19:27	22:16	2:49	25 th
Coner Millward	25:09	22:34	2:35	23 rd
Bernard Singleton	23:22	22:46	0:36	5 th
Amelia Shearman	19:14	22:52	3:38	27 th
Derek Newton	20:27	22:52	2:25	22 nd
Sydney Ramsden	23:15	23:16	0:01	1st
Tanya Barlow	21:32	23:24	1:52	19 th
Bob Massey	25:55	25:00	0:55	9 th =
Alan Smart	26:00	25:18	0:42	8 th
Jessica Ramsden	26:00	27:11	1:11	12 th
Louisa Ruman	26:00	27:12	1:12	13 th
Gabrielle Jones	19:47	28:15	8:28	32 nd
Charlotte Jones	24:30	28:15	3:45	29 th
Gary Roylance (Sweeper)	25:00	28:40	3:40	28 th

PT - Predicted Time; **AT** - Actual Time; **Diff** - Difference between Predicted and Actual Times

Ribble Valley 10K (North of England 10K Championships): Clitheroe December 28th

John Wright 71st (2nd MV50) 34:58, c 34:55; **Andrew Woodward** 86th 35:43, c 35:34; **David Williamson** 183rd 38:37, c 37:33; **Chris Lloyd** 276th 40:52, c 39:48; **Bev Wright** 290th (30th F & 3rd FV50) 41:10, c 41:04; **Stasia Bligh** 455th (60th F) 44:51, c 44:47; **Derek Crane** 484th 45:46, c 45:44; **Simon Scarr** 491st 45:57, c 45:54 **PB**; **David Twizell** 728th 51:08, c 50:11. First of 1104 was **John Beattie** of Newham & Essex Beagles in 30:01 and first lady was **Rebecca Robinson** of Kendal AAC (54th) in 33:54.

Other Results:

26th La Santa International Running Challenge: La Santa Club Lanzarote

Three members of **BWFAC** represented the club. **Derek Crane**, who organised the trip, was taking part in the event for the 22nd time, while **Bob Massey** chalked up his second year and **Simon Scar** after only starting running fourteen months ago ran this tough four day event for the first time.

Day one began with a 10k which turned out to be nearer to 10.8k due to route changes, Derek ran 47:56 followed by Simon 59:01 and Bob 59:28.

Day two saw the boys take on the 13K ridge run from La Santa club up and around one of Lanzarote's many volcanos. Again Derek led the way with 1:00:13 followed by Simon 1:11:43 and Bob 1:12:08.

The beach run on **Day three** had the 'three Amigos' transported to the holiday town of Puerto Del Carmen. Tired legs on soft sand over 5k really hurt but Derek again ran well in 25:10, Simon clocked 28:38 and Bob 29:58.

The final day of this great event began in Tinajo from St. Dolores church and after a small loop of perhaps two kilometres continues around a volcano close to the town returning once more to head off towards El Cuchillo and back to La Santa sport to finish on the track and receive our well-earned medal and certificate. Derek again arrived first with a time of 1:38:40 followed by Simon in 2:00:46 then Bob with 2:02:04.

Accumulated times of all four races with a total distance of approximately 30.5 miles were Derek 3:52:21; Simon 4:40:07; Bob 4:43:37.

British Modern Biathlon Championships: Solihull November 30th

Junior Men Adam Weightman *Swim* 2:16.94 pts 1132, *Run* 4:48.51 pts 1233 **Total** 2365 pts.

Guy's 10 Mile Race: Bilborrow December 7th

Peter Gibson 231st 1:25:38; **David Twizell** 246th 1:27:09; **John Bradley** 256th 1:28:36; **David Randall** 297th 1:35:09.

First of 348 was **Gary Pendleton** of Preston Harriers in 54:46 and first lady was **Hannah Oldroyd** of UK Net Runner (18th) in 1:01:11.

Northern Athletics Open: December 6th

SM 3000m h1 Luke Minns 1st 8:34.52.

Hoad Hill Pudding 10K: Ulverston December 7th

Bev Wright 60th (5th F & 1st FV50) 41:22. First 367 of was **Marc Brown** of Keswick AC in 33:00 and first lady was **Caroline Boyle** unattached (45th) in 40:20.

Longridge 7 Mile: December 14th

Peter Broome 46th (4th MV55) 51:50; **John Bradley** 169th (2nd MV70) 1:06:93. First of 244 was **Karl Darcy** of Bolton Harriers in 41:21 and first lady was **Catherine Carrdus** of Wesham RR (16th) in 47:05.

Podium 5K: Barrowford December 20th

A Race **John Wright** 30th (1st MV50) 16:49. First of 36 was **James McNally** of Liverpool Harriers in 14:55 and first lady was **Racheal Bamford** of Leeds City AC (21st) in 16:11

B Race **Amelia Beaman** 20th (6th F) 20.12. First of 21 was **Hannah Oldroyd** of UK Net Runners in 17:54 and first man was **David Almond** of Blackburn Harriers (2nd) in 17:54.

Rudolf's Red Nose 5 Mile Race: Blackpool Zoo Car Park December 21st

Bev Wright (First Lady) 19th (1st F & 1st FV 50) 34:29; **Alan Wilkinson** 63rd (2nd MV65) 40:59; **David Randall** 73rd 42:31; **Bob Massey** 77th 43:47; **Tanya Barlow** 83rd 44:19; **John Winters** 86th (1st MV 75) 44:42; **Bernard Singleton** 91st 45:23; **John Bradley** 95th (1st MV70) 46:03. First of 155 was **Jason Parker** of Preston Harriers in 28:24.

Sale Harriers Open: Sportcity December 21st

Declan Taylor (U17M) **60m i h14** 3th 7.90 **PB**; **60m i h20** 6th 9.47; **300m i h10** 3rd 40.29 **PB**. **Morgan Lilley** (U15B) **60m i h 19** DQ; **60m i h20** 7.72 **PB**; **300m i h14** 2nd 40.27. **Kate Lawler** (U20W) **300m i h9** 1st 42.16. **Billy Towell** (SW) **300m i 2nd** 44.50. **Annie Bradshaw** (U17W) **600m i h6** 1st 1:39.69. **Fiona Hockey** (U20W) **PV i Pool C** 6th 3.26m. **William Holmes** (U15B) **PV i Pool D** 6th 2.41m. **Minnie Rogers** (U13G) **PV i Pool D** 8th 2.01m **PB**. **Susan Ball** (SW) **SP i 1st** 7.42m. **Kate Seed** (SW) **SP i 3rd** 5.97m **PB**.

Boxing Day 10K: Leyland December 26th

Derek Crane 110th 46:49. First 314 of was **Richard Burney** of Liverpool Harriers AC in 33:03 and first lady was **Louise Blizzard** Belgrave Harriers (30th) in 39:11.

Preston 5K Parkruns: Avenham/Miller Parks

December 6th **Lucy Tickle** 69th (10th F) 25:43; **Michelle Tickle** 70th (11th F) 25:43. First of 154 was **Karl Lee** Wesham RR in 18:17 and first lady was **Jennifer Parker** University of Manchester Cross Country Club (17th) 20:44.