



WYLDEFYRE

March 2015 No 58

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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 Sportshill 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**

Welsh Castle Relay:

The **2015 Welsh Castles Relay** takes place on **June 6th & 7th** and anyone who is interested in being part of the Squad should contact **Nick Hume** ASAP. Once we know that our entry has been accepted further details will be provided. This is open to all members over 17 regardless of ability but you need to be able to complete 9+ miles in under 10 minutes per mile (this is an organizers stipulation).

www.parkrun.org.uk/preston held on Saturdays at 9am at **Avenham Park**.

FORTHCOMING EVENTS DIARY

| | |
|----------------|--|
| 07/03/15 | Inter XC Counties Cofton Park Birmingham |
| 07/03/15 | Mid Lancs XC League Rylands Park Lancaster |
| 08/03/15 | 27 th Roddlesworth Roller MT 9K/ Daffodil Duddle 2.2K |
| 14/03/15 | ESAA XC Champs Witton Park Blackburn & Podium 5K* |
| 14 & 15/03/15 | U17/U15 Indoor Combined Events Champs Sheffield |
| 15/03/15 | Sweatshop 10M Bispham & Spen 20M Cleckheaton |
| 21/03/15 | SIAB XC TBC |
| 22/03/15 | Garstang Gallop 10K; Trimpell 20M Lancaster & Thirsk 10K |
| 22/03/15 | Sale Harr Indoor T&F & Jacob's Leg IT 10K Ormskirk |
| 22/03/15 | BWAC Winter-up T&F Stanley Park |
| 28/03/15 | NA 12/6 Stage Road Relays Sefton Park Liverpool |
| 29/03/15 | Muddy Bottoms 9M/17M MT Bamber Bridge |
| 29/03/15 | Warrington AC Open & Spenborough Open |
| 01/04/15 | Club Handicap New Road & Air Products 10K/5K Crewe |
| 03/04/15 | Salford 10K & Caldervale 10M |
| 04/04/15 | Pendle FR Senior/Junior (Lancs Champs) Rivington Pike FR |
| 08/04/15 | BWFAC Inter Club Stanley Park |
| 11/04/15 | Mid Lancs Stanley Park & Liverpool Throws/Jumps Open |
| 12/04/15 | Lancaster 3 Bridges 10K & Fleetwood 10K |
| 18/04/15 | Podium 5K Barrowford & St Georges Day 10K Gt Langdale |
| 19/04/15 | Valiants HM Out Rawcliffe |
| 25/04/15 | Wray Scarecrow 10K |
| 25 & 26/04/15 | Lancs Schools' Combined Events Champs Hyndburn (tbc) |
| 26/04/15 | London Marathon ; Bolton 10K/1M & Blackpool Mar/HM |
| 28/04/15 | Welcome Tavern 5K |
| 09/05/15 | Mid Lancs Litherland |
| 14/05/15 | LSARRC Inter Club St Annes |
| 27/05/15 | Harrock Hill Inter Club Fell Race |
| 07/06/15 | Sainsbury's Birmingham Grand Prix |
| 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 |
| 03 to 05/07/15 | Sainsbury's British Championships |
| 04/07/15 | Mid Lancs Salt Ayre Lancaster |
| 07/07/15 | 20 Barriers Green Fell Race |
| 10 & 11/07/15 | ESAA T&F Champs Gateshead |
| 11/07/15 | Blackpool Stanley Park 5M |
| 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 Middlesbrough |
| 29/08/15 | Mid Lancs Medal Robin Park Wigan |
| 02/09/15 | Red Rose RR Inter Club Worden Park Leyland |

January's AotM



January's Athletes of the Month are Katy Wyper and Luke Halstead

During January **Katy Wyper** won the **Senior Bronze Medal** at the **Northern Athletics U17/U20/Senior Indoor Championships** at EIS Sheffield in the **200 metres** after two heats in very competitive fields.

Luke Halstead won the **Under 17 Men's Silver Medal** at the **Northern U17/U20/Senior Championships** held at the EIS in Sheffield with a jump of 1.93 metres, an improvement on his PB of 8cm and only missed out on Gold because of countback.

Also nominated were **Molly Betmead, Kate Lawler, Fiona Hockey, Hannah Newell** and **Luke Minns**. There were also several other athletes who had significant success and in nearly any other month would have won AotM.

BWFAC 2015 Road Champ: 6 Races to Qualify

| | |
|-----------|-------------------------------------|
| 15/03/15 | Sweatshop 10M |
| 19/04/15 | Valiants ½ Marathon |
| 14/05/15 | Lytham IC |
| 25/05/15* | Great Ecclestone 4M |
| 30/05/15* | Catforth 5K |
| 10/06/15 | Preston IC |
| 21/06/15 | Freckleton ½ Marathon |
| 28/06/15 | Sotos 10K |
| 30/06/15 | Thornton IC |
| 06/07/15* | Lytham St Annes 5K |
| 06/08/15 | Badger Trail 10K (also Trail Champ) |
| 20/07/15 | Chorley IC |
| 20/07/15 | Red Rose IC |
| 27/09/15 | Run Preston 10K |
| 05/10/15* | Lytham Hall 5K |
| 18/10/15* | Green Drive 5M |
| 25/10/15 | Fairclough 5K |

Fell Champ: (2 Races Internal; 3 Races Inter Club)

| | |
|----------|--------------|
| 27/05/15 | Harrock Hill |
| 07/07/15 | 20 Barriers |
| 15/08/15 | Darwin Gala |

Plus either Great Hill or Great Hameldon

* Provisional dates

Northern Athletics 12/6 Stage Relays Sefton Park March 28th

The **12 Stage Road Relays** are taking place at Sefton Park in Liverpool on Saturday March 28th. If you are interested in being considered for the teams contact **Terry Westhead** for the Men's Squad or **Laura Lawler** for the Lady's Squad. Contact Terry via the Message Board if you don't have his email.

REPORTS & RESULTS

British University & College Sport Champs:

Brighton January 31st **BUCS**
Harry Poole 108th 45:02. First of 314 was **Jonathan Hay** of Aldershot, Farnham District AC in 38:57.

Lancashire Schools Cross Country Champs:

Witton Park, Blackburn February 7th **LSXC**
School Districts shown in brackets.

Senior Boys (1.8K) No **BWFAC** First of 13 was **Matthew Harris** (Rossendale) of Rossendale AC in 27:10.

Senior Girls (1.8K) **Molly Betmead** (Fylde) 1st (of 16) 16:09; **Alisha Johnson** (Blackpool) 2nd 17:10.

Junior Boys (3.0K) **Ben Preddy** (Fylde) 1st 12:44; **George Robinson** (Wyre) 10th 13:53. First of 63 was **Kai Atkins** (Pendle) in 12:30.

Inter Girls (3.0K); **Jessica Rogers** (Blackpool) 6th 14:57; **Annie Bradshaw** (Wyre) 8th 15:16. First of 50 was **Blythe Fourie** (Hyndburn) in 13:45.

Inter Boys (3.8K) **Connor Finlayson** (Blackpool) 14th 21:04; **Samuel Matthews** 25th 22:07. First of 62 was **Matthew Barnes** (Pendle) in 19:17.

Junior Girls (3.8K). **Danielle Whipp** (Blackpool) 5th 12:52; **Jessica Jackson** (Blackpool) 11th 13:24; **Taylor Holland** (Blackpool) 22nd 14:11. First of 74 was **Ella Moulding** (Fylde) of Lytham St Annes RRC in 14:59.

Year 7 Boys (5.6K) **James Smith** (Wyre) 4th 7:30; **Bruno Eaves** (Fylde) 10th 7:42. First of 117 was **William Pyle** (Lancaster) of Preston Harriers & AC in 7:21.

Year 7 Girls (5.6K). **Caitlyn Preddy** (Fylde) 15th 8:32; **Maisie Rogers** (Blackpool) 22nd 8:36. First of 87 was **Amy Davies** (Blackburn) in 7:46.

Mid Lancs XC League: Lawson's Field, Blackpool February 14th **XC**

U11G (2.0K) **Bethany Whipp** 6th 8:35; **Poppy Bridge** 11th 8:48; **Natalia Luczak** 8th 8:48; **Lucy Tickle** 22nd 9:21. First of 52 was **Olesia Winder** of Glaxo Hoad Hill Harriers in 8:15.

U11B (1.8K) No **BWFAC** First of 49 was **Fraser Cooke** of Southport Waterloo AC in 7:18.

U13G (2.5K) **Jessica Jackson** 6th 10:05; **Danielle Whipp** 15th 10:32; **Caitlyn Preddy** 20th 10:48. First of 23 was **Briony Holt** of Clayton-le-Moors Harriers in 9:29. **Team** 5th 41 points.

U13B (3.0K) **Benjamin Preddy** 1st (of 34) 10:21; **James Smith** 6th 11:19; **Jamie Jackson** 15th 12:17; **Bruno Eaves** 16th 12:24; **Jack Tickle** 22nd 13:15. **Team** 1st 22 points.

League 1st 33 pts.

U15G (3.0K) **Taylor Holland** 11th 12:59. First of 14 was **Ella Moulding** of Lytham St Annes RRC in 11:04. **Team** No team.

U15B (4.0K) No **BWFAC**. First of 21 was **Nathan Dunn** of Preston Harriers in 13:26.

U17W (4.0K) **Jessica Rogers** 3rd 16:09. First of 4 was **Georgia Hannam** of Lancaster & Morecambe AC in 15:52. **Team** No team.

U17M (5.8K) **Samuel Matthews** 9th 23:40; **Thomas Matthews** 11th 24:40; **Nathan Cheetham** 14th 29:48; **Coner Millward** 16th 33:14. First of 16 was **Nathan Townsend** of Horwich RMI Harriers in 21:29.

Team 1st 35 pts. **League** 4th 15 pts.

SW (5.8K) **Alisha Johnson** 4th (1st L20) 24:04; **Emily Japp** 20th 26:09; **Elizabeth Lakeland** 21st 26:13; **Bev Wright** 24th (6th L45) 26:30; **Stasia Bligh** 30th (5th L35) 27:11; **Laura Lawler** 44th (8th L45) 24:56; **Michelle Tickle** 37th (11th L35) 27:06; **Laura Lawler** 45th (9th L45) 28:28; **Karen Dunford** 53rd (11th L45) 29:02; **Christine Brooke** 78th (21st L45) 30:46; **Dawn Maher** 90th 31:49. First of 169 was **Anna Lupton** of Barrow & Furness Striders AC in 22:58.

Teams: SW 'A' 2nd 45 pts **Division 1** 3rd 22 pts; **SW 'B'** 8th 94 pts; **Division 2** 5th 12 pts; **L35** 2nd 40 pts; **Division** 5th 26 pts; **L45** 2nd 29 pts; **Division 2** 2nd 36 pts.

SM (10.0K) **John Wright** 33rd (9th V40) 36:48; **Danny Hayes** 38th 37:46; **Andy Woodward** 50th 38:35; **Adam Weightman** 64th 39:34; **David Everson** 113th (31st V40) 42:48; **Gary Johnston** 139th (25th V50) 45:11; **Peter Broome** 141st (26th V50) 45:13; **Terry Westhead** 146th (28th V50) 45:25; **Peter Singleton** 179th (39th V50) 50:29; **Peter Gibson** 186th (11th V60) 52:38; **Simon Scarr** 189th (44th V50) 54:08; **Alan Wilkinson** 192nd (12th V60) 54:08; **Jeffrey Wright** 193rd (45th V50) 55:06; **John Winters** 198th (3rd V70) 1:02:00. First of 198 was **James Douglas** of Border Harriers & AC in 32:30.

Teams: SMA' 10th 431 pts. **Division 2** 4th 16 pts. **SM'B'** 21st 1009 pts. **Division 4** 14th 5 pt. **V40** 11th 186 pts; **Division 2** 5th 12 pts; **V50** 7th 254 pts; **Division** 8th 7 pts; **V60** 4th 42 pts; **Division** 5th 22 pts.

Lancashire Sportshall: Stanley Park Sports Centre January 11th **LS3**

Full results not yet posted.

2015 British Indoor Championships: EIS Sheffield February 14th & 15th **BIC**

Katy Wyper **SW 60m i h3** 5th 7.72 nq.

Scottish National U15/U20 Indoor Track & Field Champs: Emirates Arena Feb 15th **SNIC**

Jessica Aziz U15G 60m h1 5th 8.96 nq; **U15G 200m h12** 2nd 28.03 q; **SF3** 4th nq. **Kirsty Rushton U15G 60m h4** 3rd 8.63 **PB** Q; **SF1** 8th 8.83 nq; **U15G PV F** 1st 2.70m **PB**. **Katy Laycock U15G PV F** 3rd 2.30m. **William Holmes U15B PV F** 1st 2.50m **PB**. **Dominic Lavelle U20M PV F** 2nd 4.00m; **Finn Walker** 3rd = 3.80m. **Fiona Hockey U20W PV F** 2nd 3.50m; **Hannah Newell U20W PV F** 3rd 3.30m.

English National Cross Country Champs: Parliament Fields January 24th **NXC**

U17W (5.0K) No **BWFAC**. First of 280 was **Rebecca Murray** of Bedford & AC in 22:48.

U15B (4.0K) No **BWFAC**. First of 371 was **George Groom** of Shaftesbury Barnett Harriers in 15:48.

U20W (5.6K) **Molly Betmead** 14th 24:14. First 130 of **Bronwen Owen** of Scarborough AC in 19:05.

U13G (3.1K) No **BWFAC**. First of 433 was **Olivia Grace Mason** of Border Harriers & AC in 12:32.

U17M (6.2K) No **BWFAC**. First of 280 was **James Greer** of Richmond & Zetland Harriers.

U15G (4.0K) No **BWFAC**. First of 379 was **Kathleen Faes** of Tonbridge AC in 17:41.

JM (8.0K) **Harry Poole** 67th 37:47. First of 190 was **Jonathan Davies** of Reading AC in 33:26.

U13B (3.1K) **Benjamin Preddy** 14th 12:33. First of 395 was **Tommy Dawson** of Leeds City AC in 11:49.

SW (8.0K) No **BWFAC**. First of 342 was **Lilian Partridge** of Aldershot Farnham & District AC in 30:07.

SM (12.0K) **John Wright** 760th 52:09; **David Everson** 485th 55:02. First of 2005 was **Charlie Hulson** of Sale Harriers Manchester in 39:12.

British Universities & Colleges Sports

Championships: EIS Sheffield Feb 20th – 22nd **BUCS**

Lucy Mansfield (Liverpool University) **60m i h3** 2nd 7.83 **PB** Q; **SF3** 4th 7.83 **PB=** nq; **200m h10** DQ. **Bethany Towers** (Northumbria University) **400m i h9** 4th 62.96 nq.

England U15/U17/U20 Open Indoor

Championships: EIS Sheffield Feb 28th & Mar 1st **EC**

U15B 300m i F **Morgan Lilley** 5th 39.36 **PB**; First **Ben Griffin** of Brecon AC in 37.54.

U17W 60m i h9 **Libby Bonis** 6th 8.20 **PB** nq.

U17M HJ i F **Luke Halstead** 10th 1.81m. First was **Thomas Hewes** of Chelmsford with 2.03m

U20W PV i F **Fiona Hockey** 4th 3.60m; **Hannah Newell** 9th 3.10m; First **Abby Roberts** of The Dearne ALC 3.90m.

Fylde Primary Schools Cross Country:

Queen Elizabeth II Park Vue Playing Fields Lytham Mar 1st



Year 4 Girls Holly Tickle (St Michaels) 2nd 6:14. First of was **Lois Crozier** (St Michaels) 5:29.

Year 5 Girls Bethany Whipp (Marton Primary) 1st (of 15) 5:20; **Poppy Bridge** 2nd 5:21.

Year 6 Girls Lily-Mae Gray (Newton Bluecoat) 1st of 24) 6:08; **Lucy Tickle** (St Michaels) 2nd 6:16; **Natalia Luczak** (Holy Family Blackpool) 3rd 6:23.

Other Results:

Blackburn Winter Warmer 10K: February 8th

John Bradley 327th (5th MV70) 58:22. First of 477 was **Ben Fish** of Blackburn Harriers and first lady was **Philippa Walsh** of Preston Harriers (45th) 41:53.

Southport Mad Dog 10K: February 8th

David Cairns 40th 38:23, c 38:22. First of 1982 was **Chris Nicoll** of Derby TC in 33:36 and first lady was **Kirsty Longley** of Liverpool Pembroke (36th) in 38:13.

Muddy Shoes 11 Mile: Caldervale February 15th

David Randall 53rd 1:44:45; **Anthony Blight** 54th 1:44:45; **Kevin Woods** 55th 1:44:45. First of 107 was **Steven Gregory** of Trawden AC in 1:15:25 and first lady was **Deborah Matura** unattached (3rd) in 1:15:55.

Great North West Half Marathon: Blackpool Feb 22nd

James Mulvany 13th 1:20:22, c 1:20:06; **Steve Waterhouse** 18th 1:21:30, c 1:21:15; **Ian Dawson** 28th 1:24:19, c 1:23:50 **PB**; **Stephen Brooks** 255th 1:42:06, c 1:41:38; **Jeff Wilson** 284th 1:43:45, c 1:43:15; **Gary Ford** 296th 1:44:45, 1:43:35 **PB**. First of 1251 was **Tom Charles** of Trafford AC in 1:12:35 and First lady was **Sharon Taylor** of Ripon Runners (22nd) in 1:23:21.

Blackpool Stanley Park (Day 2): March 1st

James Mulvany 3rd 35:33; **Jason Dixon** 85th 48:20 **PB**; **Ellen McLachlan** 92nd (15th F) 48:53 **PB**. First of 295 was **Callum Grant** of Liverpool Harrier AC and 1st lady was **Laura Hesketh** of Blackburn (23rd) in 40:31.

Haweswater Half Marathon: March 1st

Bev Wright 110th (13th F & 2nd FV50) 1:36:00. First of 503 was **James Buis** of Border AC in 1:12:51 and first lady was **Heidi Dent** of Howgill (38th) in 1:26:51.

Sale Harriers Open Series: Sportcity March 1st

Simon Wells (SM) **60m h3** 4th 7.65; **60m h7** 2nd 7.62. **Philip Ellershaw** (SM) **200m h5** 3rd 24.21. **Susan Ball** (SW) **SP F** 1st 7.75m. **Kate Seed** (SM) 3rd 6.20m **PB**. **Lucy Ball** (U17W) **U17W SP F** 9th 5.36m.

Northern Police League:

Laura Lawler

February 4th Stockport 6th 34:14.

February 18th Durham 5th 45:32.

Preston 5K Parkruns: Avenham/Miller Parks

February 7th Michelle Tickle 52nd (5th F) 22:46; **Lucy Tickle** 89th (14th F) 24:43; **David Twizell** 134th 27:00. First of 257 was **Tim Raynes** Blackburn Harriers AC in 16:54 and first lady was **Joanne Nelson** of Darwen Dashers (9th) 18:40.

February 21st Michelle Tickle 89th (16th F) 24:52; **Lucy Tickle** 92nd (17th F) 24:59. First of 243 was **Grant Johnson** unattached 1st in 16:58 first lady was **Elizabeth Pennington** (12th) in 19:05 of Notts AC.