



WYLDEFYRE

April 2015 No 59



English Schools' Athletic Association

Contributions & Comments to davidwood61@hotmail.co.uk

*BWFAC Events Mid Lancs Interclub & Club
Champ Fell Races English FR Champ Interclub
races Club Champ Lancs, Northern or National
Events U13/U15 Development League
NA League Sports Hall 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**

Blackpool, Wyre & Fylde AC Annual General Meeting

The AGM will take place at **Blackpool Cricket Club** on **Monday April 27th** starting at **8 pm**. It is your opportunity to give your views about the future of **your** athletic club. Please make every effort to attend. Any proposals should be sent to **Nick Hume** ASAP.

www.parkrun.org.uk/preston held on Saturdays at 9am at **Avenham Park**
www.parkrun.org.uk/cuerdenvalley held on Saturdays at 9am at **Cuerden Valley Park**, The Barn, Berkeley Drive, Bamber Bridge, Preston.

FORTHCOMING EVENTS DIARY

- 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
- 05/04/15 **National 12/6 Relays** Birmingham
- 08/04/15 **BWFAC Inter Club** Stanley Park
- 11/04/15 **Mid Lancs** Stanley Park Blackpool
- 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
- 26/04/15 **London Marathon**; Bolton 10K/1M & Blackpool Mar/HM
- 27/04/15 **BWFAC AGM Blackpool Cricket Club**
- 28/04/15 Welcome Tavern 5K
- 02/05/15 **YDL Lower** Trafford
- 03/05/15 **NA T&F League**; Liverpool 10K & Gt Hameldon
- 04/05/15 Avenham Park 5K Preston; Wray-Caton FR nr Lancaster
- 06/05/15 **Club Handicap**; Astley Park TR (1/4) Chorley
- 09/05/15 **Mid Lancs** Litherland
- 10/05/15 Blackpool 10K Fun Run & Blacksticks Blue 10K Preston
- 14/05/15 **LSARRC Inter Club** St Annes
- 05/05/15 **Great Eccleston 4M**
- 17/05/15 Worden Park 10K Leyland & Windermere Marathon
- 23 & 24/05/15 **Lancs T&F Champs** Stanley Park
- 25/05/15 Fishwick 5M TR
- 27/05/15 **Harrock Hill Inter Club Fell Race**
- 30/05/15 **YDL Lower** Bury & Catforth 5K
- 06/06/15 **NA T&F League**
- 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
- 21/06/15 **YDL Lower** Salford
- 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
- 10 & 11/07/15 **ESAA T&F Champs** Gateshead
- 11/07/15 **Blackpool Stanley Park 5M**
- 12/07/15 **NA T&F League**
- 18/07/15 **YDL Lower** Sports City
- 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
- 08/08/15 **NA T&F League**
- 12/08/14 **Chorley Tri & AC Inter Club** Astley Park
- 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

February's AotM



February's Athletes of the Month are Kirsty Rushton and James Smith

During February **Kirsty Rushton** won the **Pole Vault Under 15 Gold Medal** at the **Scottish Indoor Championships** at Emirates Arena in Glasgow with 28 cm PB and was 20 cm ahead of the other competitors.

James Smith in his first year as an Under 13 was 6th in Blackpool fixture of **Mid Lancs League** and has competed in all six fixtures.

Also nominated was **William Holmes** for winning the Under 15 Pole Vault Gold Medal at the Scottish Indoor Championship.

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 Eccleston 4M
30/05/15*	Catforth 5K
10/06/15	Preston IC
21/06/15	Freckleton ½ Marathon
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

Future Open Track & Field Meetings

06/04/15	Trafford Open Medal Meeting
11/04/15	Liverpool Throws & Jumps Open
12/04/15	Liverpool Open Meeting
12/04/15	Wakefield Spring Open Meeting
12/04/15	Kingston-upon-Hull Spring Open Meet
19/04/15	Gateshead Open Meeting
25/04/15	Humberside AA Open Meeting
26/04/15	Sheffield Festival of Athletics
26/04/15	Trafford Open Medal Meeting
04/05/15	Trafford Open Medals Meeting
04/04/15	Grimsby Mayday Open Meeting
05/05/15	Trafford Grand Prix Distance/Throws
09/05/15	Leeds City Open Meeting
09/05/15	Doncaster Spring Open Meeting
09/05/15	Humberside AA Open Meeting
10/05/15	Warrington AC Open Meeting
10/05/15	Wirral AC Open Medal Meeting
12/05/15	Trafford Grand Prix Sprints & Jumps
19/05/15	Trafford Grand Prix Distance /Throws
25/05/15	Cleethorpes Open Meeting
25/05/15	Trafford Open Medal Meeting
26/05/15	Trafford Grand Prix Sprints & Jumps
09/06/15	Trafford Grand Prix Distance/Throws
16/06/15	Trafford Grand Prix Sprints & Jumps
30/06/15	Trafford Grand Prix Distance/Throws
07/07/15	Trafford Grand Prix Sprints & Jumps
08/07/15	Doncaster Endurance Evening
21/07/15	Trafford Grand Prix Distance/Throws

REPORTS & RESULTS

March Handicap: No results yet posted

Inter Counties Cross Country Champs:
Cofton Park Birmingham March 7th **ICXC**

Under 20 Men (8.0K) No **BWFAC** First of 186 was **Joe Steward** of Gt Manchester. Team 20th. First team was Kent.

Under 13 Boys (3.0K) **Ben Preddy** 74th 12:53. First of 300 was Tommy Dawson of Yorkshire in 11:48. Team 24th. First was Leicestershire.

Senior Women (8.0) No **BWFAC**. First of 275 was **Lily Partridge** of Surrey in 25:07. **Team** 7th. First team was Yorkshire.

Under 15 Boys (4.5K) No **BWFAC**. First of 301 of was **Zakariya Mahamed** of Hampshire in 16:58. **Team** 5th. First was North East. Team 29th. First was Avon & Sc

Under 17 Women (5.0K) **Jessica Rogers** 105th 23:31. First 273 of was **Sabrina Sinha** of Kent in 20:17. **Team** 9th.

Under 20 Women (6.0K) **Molly Betmead** 13th 23:01; **Alisha Johnson** 28th 24:01; **Amelia Beaman** 51st 24:59. First 143 of was **Phoebe Law** of Surrey in 21:27. **Team** 5th. First was Essex.

Under 13 Girls (3.0K) **Danielle Whipp** 139th 14:28. First of 305 was **Agnes McTighe** of Warwickshire in 12:29. Team 13th. First was Merseyside.

Under 17 Men (6.0K) No **BWFAC**. First of 274 was **Mahamed Mahamed** of Hampshire in 18:35. **Team** 28th. First was Hertfordshire.

Under 15 Girls (4.0K) No **BWFAC**. First of was **Kathleen Faes** of Kent in 17:47.

Senior Men 12.0K) **Harry Poole** 214th 41:05. First of 283 was **Andrew Buchart** of Scotland East in 34:26. **Team** 14th. First team was North East (9 team position 4th Kent first).

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

U11G (2.0K) **Bethany Whipp** 6th 7:31; **Poppy Bridge** 7th 7:34; **Lucy Tickle** 10th 7:40. **Natalia Luczak** 14th 7:51; First of 46 was **Olivia Winder** of Chorley AC & Tri in 7:04.

U11B (2.0K) No **BWFAC** First of 48 was **Rhys Ashton** of Lancaster & Morecambe AC in 6:28.

U13G (2.4K) No **BWFAC**. First of 26 was **Finty Royle** of Red Rose Runners in 8:25.

U13B (3.4K) **James Smith** 6th 11:49; **Bruno Eaves** 16th 12:49. **Team** No team. **League** 2nd 38 pts.

U15G (3.4K) **Taylor Holland** 5th 13:25. First of 7 was **Samantha Bland** of Kendal-Helm Comp. in 11:51. No team.

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

U17W (4.0K) No **BWFAC**. First of 4 was **Daisy Purcell** of Kendal AC in 14:05.

U17M (6.0K) **Thomas Matthews** 9th 21:47; **Samuel Matthews** 11th 23:50; **Nathan Cheetham** 15th 26:46. First of 15 was **Thomas Marchant** of Pendle AC in 19:12.

Team 3rd 35 pts. **League** 3rd 33 pts.

SW (6.0K) **Lauren Gowland** 12th (1st L20) 22:32; **Elizabeth Lake** 19th 23:19; **Stasia Bligh** 30th (7th L35) 24:23; **Michelle Tickle** 37th (11th L35) 27:06; **Karen Dunford** 51st (8th L45) 26:19; **Laura Lawler** 53rd (9th L45) 26:33. First of 118 was **Lydia Chapman** of Preston Harriers in 21:13.

Teams: SW 'A' 5th 61 pts **Division 1** 3rd 22 pts; **SW 'B'** 12th 147 pts; **Division 2** 5th 15 pts; **L35** 5th 53 pts; **Division** 3rd 30 pts; **L45** No team; **Division** 2nd 36 pts.

SM (9.6K) **Richard Eaves** 57th (16th V40) 35:01; **Simon Scarr** 147th (38th V50) 42:15; **Alan Wilkinson** 168th (11th V60) 44:05; **Peter Gibson** 167th (14th V60) 45:20; **Jeffrey Wright** 193rd (47th V50) 46:25; **John Winters** 178th (5th V70) 52:23. First of 178 was **Phil Waite** of Barrow & Furness Striders AC in 30:03.

Teams: SM'A' 19th 853 pts. **Division 2** 5th 16 pts. **SM'B'** No team. **Division 4** 14th 5 pt. **V40** 16th 312 pts; **Division 2** 5th 13 pts; **V50** 15th 164 pts; **Division** 10th 7 pts; **V60** 3rd 49 pts; **Division** 4th 30 pts.

Altogether NOW Community Sports Awards:
Sponsors Lounge Blackpool Football Club March 12th

Blackpool, Wyre & Fylde AC members were well represented at the glittering **Altogether NOW Awards Presentation**. **Samuel Matthews** was a finalist for **The Quayle Trophy** (for ages 14 - 21) for outstanding Sportsmanship and brother and sister **Jamie** and **Jessica Jackson** were also finalists for the equivalent **Quayle Shield** for ages 9 - 13. The **BWFAC Lady's Road & Cross country squad** were also finalists in **Team of the Year**.

David Needham was nominated in two categories **Coach of the Year** and **Volunteer of the Year**, winning the latter award for his work as Equipment Officer and an Official both locally and on the National stage. **Tom Godwin** was also nominated for the **Young Volunteer of the Year** for his work as an enthusiastic assistant coach at **BWFAC**.

In the **Disability Sports Award** two members **Isaac Towers** (wheelchair athlete) and **George Fox** (T37) made the final three with Isaac receiving the award for the 2nd year running from Lancashire County cricketer **Steven Croft**.

The prodigious **Wilkinson Sword Award** recognises outstanding achievement of an individual sportsperson. Pole Vault ace **Fiona Hockey** received the award from **Counselor Graham Cain** and last year's recipient **Brian Rose**.

The final Award was for **Lifetime Achievement** and **BWFAC** stalwart **Margaret Crompton** received it jointly with **Dennis Taylor** of Blackpool Keidokwai Judo Club and **Kathleen Harrison** of Blackpool & District League.

English Schools Cross Country Champs:

Witton Park, Blackburn March 14th **ESXC**

School Counties shown in brackets.

Inter Girls (3.6K); Jessica Rogers 167th (6th Lancs) 14:57. First of 339 was Sabrina Sinha (Kent) in (36th) 13:40. First Lancs was Blythe Fourie in 13:45. (Lancashire 14th).

Junior Boys (3.6K) Ben Preddy 104th (2nd Lancs) 13:03. First of 341 was Zakariya Mohammed (Hants) in 11:39. First Lancs was Kai Atkins in (21st) 12:27. (Lancashire 15th).

Junior Girls (3.2K). Danielle Whipp 230th (6th Lancs) 13:17; First of 345 was Kathleen Faes (Kent) in 11:03. First Lancs was Ella Moulding (27th) in 12:05. (Lancashire 17th).

Inter Boys (5.5K) No **BWFAC**. First of 335 was Ben Dijkstra (Leics) in 17:43. First Lancs was Matthew Barnes (23rd) in 18:52. (Lancashire 17th).

Senior Girls (4.3K) Molly Betmead 6th 16:21 (1st Lancs); Alisha Johnson (Blackpool) 44th 17:24. First of 300 was Abbie Donnelly (Lincs) in 15:49. (Lancashire 14th).

Senior Boys (6.7K) No **BWFAC** First of 300 was Mahammed Mahammed (Hants) in 24:15. First Lancs was Matthew Harris (103rd) in 27:09. (Lancashire 17th).

Sweatshop 10 Mile: Bispham March 15th **CC**

Bev Wright 61st (4th F & 1st FV50) **First Lancs Lady & Vet 50** in 1:08:03; Laura Lawler 109th (16th F & 4th FV45) 1:16:28; Peter Gibson 166th 1:23:11; David Randall 172nd 1:24:52; John Winters 214th (2nd MV75) 1:31:10; John Bradley 235th 1:37:36. First of was David Rigby of Preston Harriers in 52:50 and first lady was Bev Simons of Salford Harriers (26th) in 1:02:30.

Blackpool Winter Warm-Up: Stanley Park

Arena Blackpool March 22nd

An early spring sunny day for the first outdoor meeting.

Although there were no medals awarded, the first three positions are highlighted and overall positions, where there are heats, are shown in brackets. .

Under 9 Boys 80m h2 Zachariah Carter 3rd (6th) 14.9; Alex Dovey 6th (12th) 17.4. **LJ F** Zachariah Carter 5th 2.31m; Alex Dovey 10th 1.38m.

Under 9 Girls 80m h1 Holly Tickle 3rd (6th) 15.7; **h2** Olivia Ogden 5th (10th) 16.9. **600m F** Holly Tickle **1st 2:29.4 PB**. **LJ F** Holly Tickle **1st 2.46m PB**; Olivia Ogden 6th 1.55m.

Under 11 Boys 80m h1 George MacKenzie 5th (7th=) 13.4; **h2** Thomas Wilkinson 4th (9th) 13.4. **600m F** George MacKenzie 6th 2:20.7. **LJ F** George MacKenzie 5th 3.06m; Thomas Wilkinson 8th 2.66m.

Under 11 Girls 80m h1 Bethany Whipp 4th (7th=) 13.2 **PB**; **h3** Talia Ball 6th (17th) 15.9 **PB**. **600m F** Bethany Whipp **2nd 2:03.2 PB**; Grace McEvoy 12th 2:33.8. **LJ F** Bethany Whipp 11th 2.72m **PB**; Talia Ball 15th 2.15m **PB**.

Under 13 Boys 80m h2 Bruno Eaves 5th (8th) 12.2 **PB** 12.2; James Smith 7th 12.4. **600m F** James Smith **1st 1:53.1**. **LJ F** James Smith 6th 3.86m; Bruno Eaves 9th 3.65m **PB**.

Under 13 Girls 80m h1 Amelia Shearman 6th (14th=) 12.2 **PB**; **h2** Lily-Mae Gray 4th (12th) 12.0 **PB**; **h3** Leah Howard 3rd (14th=) 12.2; Ellie McNally 6th (24th=) 12.9 **PB**; **h4** Natalia Luczak 2nd (19th) 12.4 **PB**; Charlotte Jones 4th (24th=) 12.9; Chloe Parson 2nd (21st=) 12.8; Lucy Tickle 3rd (26th=) 13.0 **PB**. **200m h3** Natalia Luczak 4th (16th) 33.9 **PB**. **600m F** Lily-Mae Gray 6th 2:02.6; Leah Howard 9th 2:11.3; Lucy Tickle 10th 2:13.9; Minnie Rogers 11th 2:16.4 **PB**. **1200m F** Caitlyn Preddy 6th 4:31.4 **PB**; Maisie Rogers 9th 4:45.3; Natalia Luczak 10th 4:49.7 **PB**. **70mH F** Minnie Rogers 6th 16.3 **PB**. **LJ F** Caitlyn Preddy 18th 3.39m **PB**; Lucy Tickle 25th 3.11m; Ellie McNally 29th 3.02m **PB**; Leah Howard 34th 2.88m; Charlotte Jones 36th 2.78m. **SP F** Maisie Rogers 5th 5.83m **PB**.

Under 15 Boys 100m F Morgan Lilley **1st 12.0 PB**; Dylan Webbe **3rd 13.0**; Bradley Parson 4th 13.3; William Holmes 6th 13.6 **PB**. **200m F** Morgan Lilley 1st 25.2. **800m F** Will Critchley **1st 2:20.3 PB**. **LJ F** Will Critchley **1st 4.89m PB**; Dylan Webbe **2nd 4.85m**; William Holmes 4th 4.74m.

Under 15 Girls 100m h1 Jessica Aziz **2nd (2nd) 13.3 PB**; Faith Wood 3rd (4th) 13.6; **h2** Kirsty Rushton 1st (6th) 13.8 **PB**; Caitlin Dickinson 7th (19th=) 15.9; **h3** Olivia Hanby 3rd (11th=) 14.3; Bethany Mullins 4th (15th) 14.8 **PB**; Ellie Copleyneil 7th (19th=) 15.9. **200m h1** Jessica Aziz **1st (3rd) 28.4**; Kirsty Rushton 4th (7th) 29.1; Faith Wood 5th (8th) 29.4; **h2** Bethany Mullins 3rd (11th) 31.4 **PB**; Caitlin Dickinson 5th (13th) 33.9; **h3** Ellie Copleyneil 4th (14th) 34.0. **800m F** Daniella Parziale 7th 2:52.9; Olivia Hanby 8th 2:54.8; Caitlin Dickinson 10th 3:43.3. **1500m F** Danielle Whipp **2nd 5:15.6**. **LJ F** Danielle Whipp 12th 3.99m; Olivia Hanby 13th 3.89m; Bethany Mullins 14th 3.83m **PB**; Daniella Parziale 15th 3.75m **PB**. **SP F** Erin Webbe 4th 7.25m **PB**; Kirsty Rushton 6th 6.87m; Danielle Whipp 7th 6.71m **PB**; Lucy Ball 10th 4.65m **PB**. **DT F** Erin Webbe **2nd 13.89m PB**; Lucy Ball **3rd 11.87m**. **HT F** Lucy Ball **3rd 11.87m**.

Under 17 Men 100m F Declan Taylor 4th 12.6 **PB**. **200m F** Thomas Allen **2nd 23.9 PB**; Declan Taylor 6th 26.1. **400m F** Thomas Godwin 6th 59.4 **PB**. **800m F** Thomas Matthews 4th 2:15.3; Samuel Matthews 5th 2:19.3.

Under 17 Women 100m F Libby Bonis **1st 12.8 PB**; Gabrielle Jones **3rd 13.3**. **200m F** Libby Bonis **1st 27.0 PB**; Emilia Heslop 5th 28.5 **PB**. **300m F** Annie Bradshaw **2nd 43.2 PB**; Hannah Maskill 4th 47.3. **800m F** Annie Bradshaw **1st 2:20.9**. **80mH F** Emilia Heslop **1st 13.0 PB**. **SP F** Emilia Heslop **2nd 9.48m**.

Under 20 Men SP F Ben Holmes (F40) 1st 5.69m. **DT F** (1.78K) Ben Holmes 1st 14.71m **PB**

Senior Men 100m F George Fox (T37) 5th 13.0. **200m F** Jamie Bamber 2nd 24.2 **PB**; George Fox 7th 26.8. **400m F** Thomas Wilkinson 2nd 54.0; Nathan Cheetham 5th 61.0.

Senior Women 400m F Jordan Dixon 2nd 64.4. **SP F** Susan Ball 2nd 7.74m; Lorraine Bullar 3rd 6.73m; Kate Seed 4th 6.39m **PB**. **DT F** Aime Ogden 1st 24.93m; Lorraine Bullar 2nd 24.49m; Kate Seed 3rd 23.19m **PB**; Susan Ball 4th 19.27. **HT F** Aime Ogden 2nd 30.18; Susan Ball 3rd 22.76m **PB**.

Northern Athletics Road Relay Champs:

Sefton Park Liverpool March 28th

Men's 12 Stage: Luke Minns 25:37 (32nd); Adam Weightman 14:11 (39th); Liam Craine 25:40 (29th); Chris Lloyd 14:09 (29th); James Unsworth 28:27 (34th); David Everson 15:02 (42nd); Connor Wainwright 15:47 **DQ**; Gary Johnston 16:30; Terry Westhead 16:07; Derek Crane 18:08; Simon Scarr 18:23; Alan Wilkinson 17:49. First was Leeds City AC in Total 3:11:10. Preston Harriers 3:35:11 (21st); Wesham RRC 'A' 3:59:01 (52nd); Wesham RRC 'B' 65th 4:41:48.

Women's 6 Stage: First was Leeds City AC in 1:47:20. Wesham RRC 24th 2:10:50 (24th); LSARRC incomplete)

Other Results:

Stan Bradshaw Pendle Round 10.4M/1936': Barley March 7th

Peter Singleton 71st 1:31:23. First of 180 was Paul Crabtree of Wharfedale Harriers in 1:11:20 and first lady was Lynne Clough of Chorley AC & Tri Club (38th) in 1:24:01.

Trafford 10K: March 8th

Bev Wright 338th (39th F & 1st FV50) 41:27, c 41:15. First of 841 was Jonathan Davies of Reading AC in 29:18 and first lady was Alyson Dixon of Sunderland Strollers (69th) in 32:29.

The Dentedale Run (14.2M): Dentedale March 14th

John Bradley 365th 2:18:02. First of 447 was Simon Deakin of Leeds City AC and first lady was Joasia Zakrzewski of Dumfries RC (18th) in 1:29:17.

Silverstone Half Marathon: March 15th

Liam Craine 6th 1:15:44 **PB**; James Unsworth 28th 1:19:00 **PB**; David Williamson 47th (4th MV40) 1:20:57; Chris Lloyd 113th 1:25:12 **PB**. First of 6700 was William Mycroft of Cambridge & Coleridge AC in 1:10:59 and first lady was Hannah Turner of Harpenden Arrows (97th) in 1:24:12.

Coniston 14M: March 21st

David Cairns 109th 1:37:47 c 1:37:45; Jeff Wilson 221st 1:46:21, c 1:46:13; Simon Scarr 473rd 1:58:35, c 1:57:52; John Bradley 770th (5th MV70) 2:12:55, c 2:11:46; David

Randall 784th 2:13:39 c 2:12:55. First of 1123 was Harry Stainton of Black Combe Runners in 1:20:37 and first lady was Eleanor Fowler of Nuneaton Harrier (32nd) in 1:29:02.

Sale Harriers Open: March 22nd

Amber Swinnerton (U20W) **60m i h8** 4th 8.68 **PB**. Bethany Towers (U23W) **300m i h5** 2nd 44.13 **PB**.

Goal-Den Girls 10K: Blackpool March 22nd

Rebecca Rogers 8th 49:27; Ellen McLachlan 14th 53:02; Dawn Maher 18th 54:13. First of 91 was Emma Weall of Wigan Phoenix in 45:39.

Trimpell 20M: Morecambe March 22nd

James Unsworth 26th 2:11:47. First of 530 was Julian Hatcher of Border Harriers in 1:53:49 and first lady was Michelle Nolan of Gateshead (20th) in 2:10:44.

Garstang Gallop (7M): March 22nd

Peter Gibson 66th (2nd MV60) 59:45; Laura Lawler 76th (19th F & 2nd FV45) 1:01:08 **PB**; Jeff Wright 83rd 1:02:18. First of 121 was Andrew Lamont of Macclesfield Harriers and first lady was Jayne Dandy *Unattached* (16th) in 47:54.

Northern Police League: Witton Park Blackburn Mar 25th

Laura Lawler 6th 34:14.

Ashby 20M Leicestershire: March 22nd

David Heaton 1019th 4:00:18. First of 1025th was Matt Adcock of Hermitage Harriers in 1:49:10 and first lady was Emily Ault of Barrow Runner (29th) in 2:09:56.

Preston 5K Parkruns: Avenham/Miller Parks

March 7th Adam Weightman 6th 18:03 **CPB**; John Oliver 22nd 20:00. First of 261 was Andrew Newton of Preston Harriers AC in 17:03 and first lady was Claire Melbourne *unattached* (27th) 20:39.

March 14th Adam Weightman 4th 18:05; Michelle Tickle 53rd (6th F) 22:29. First of 267 was Jason Parker of Preston Harriers in 17:03 first lady was Jennifer Parker (19th) in 20:21 of University of Manchester Cross Country Club..

March 29th John Oliver 17th 20:39. First of 167 was Joseph Monk in 17:11 and first lady was Hannah Cookson (28th) in 22:07 both of Blackburn Harriers.

Cuerden Parkrun:

March 22nd Lucy Tickle 89th (12th F) 29:43; Holly Tickle 110th (25th F) 31:54; Michelle Tickle 112th (26th F) 31:55. First of 188th was Anthony Valentine of Bolton United Harriers & AC and first lady was Finty Royle of Red Rose RR (13th) in 21:27.

March 29th Michelle Tickle 34th (4th F) 24:53 **CPB**; Lucy Tickle 55th (8th) 26:50 **CPB**. First of 162 was Karl Hodgson of Red Rose RR in 19:42 and first lady was Grace Handley of Blackburn Harriers (10th) in 21:45.