



WYLDEFYRE

August 2015 No 63

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*BW FAC Events Mid Lancs Interclub & Club
Champ Fell Races English FR Champ Interclub
races Club Champ Lancs, Northern or Na-
tional Events U13/U15 Development
League NA League Sportshalf 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

Important Club Races

04/07/15 Mid Lancs Hyndburn
05/08/15 Club Handicap
08/08/15 NA T&F League
12/08/15 Chorley IC Astley Park
29/08/15 Mid Lancs Medal Blp
02/09/15 Red Rose IC Worden

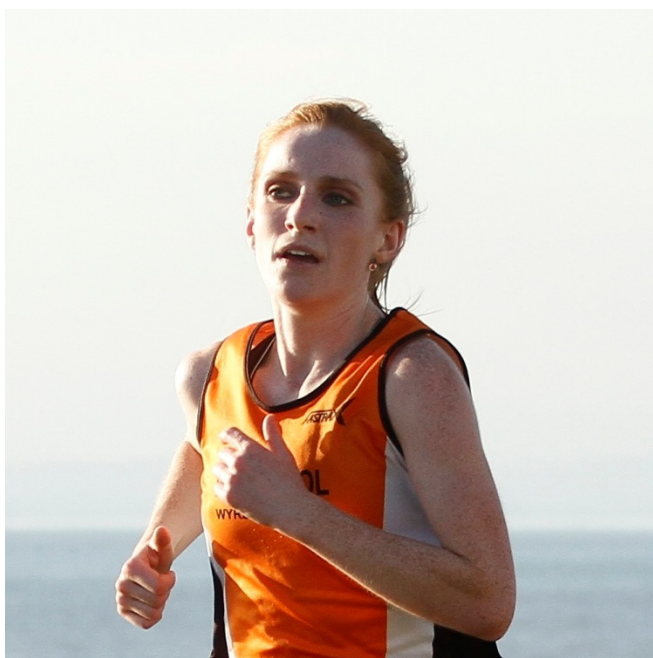
www.parkrun.org.uk/preston held on Saturdays at 9am at Avenham Park
www.parkrun.org.uk/cuerdenvally held on Saturdays at 9am at Cuerden Valley Park, The Barn, Berkeley Drive, Bamber Bridge, Preston.

FORTHCOMING EVENTS DIARY

- 01 & 02/08/15 England Senior Champs – UK CAU Inter Counties Champs
- 01/08/15 Mid Lancs Wilson Playing Fields Hyndburn
- 02/08/15 Prudent Riverside 10M St Georges Quay Lancaster
- 05/08/15 Club Handicap New Road & Astley Park Series
- 06/08/15 Cuerden Valley Badger 10K TR Bamber Bridge (3/3)
- 08/08/15 NA T&F League Bolton
- 09/08/15 Blackpool Air Show 10K Bispham
- 12/08/14 Chorley Tri & AC Inter Club Astley Park & Haig Hall 4M
- 12/08/15 Hoad Hill Harriers 10K/1M funRun Ulverston
- 15/08/15 Darwen Gala FR
- 15/08/15 Catforth Canter 5K (3/3) & Podium5Ks Barrowford
- 15 & 16/08/15 Northern Athletics U17/U15/U13 T&F Champs Middlesbrough
- 22/08/15 NA T&F Division 2 Promotion Match & Pilling 10K (3/5)
- 22/08/15 Northern Athletics Inter Counties Champs Witton Park
- 22 to 30/08/15 World Athletics Championships Beijing
- 23/08/15 Birchwood 10K Warrington & Fleetwood HM
- 26/08/15 Harrock Hill Race (4/4)
- 28/08/15 Vernons 5K Series (4/4) Welcome Inn Preston
- 29/08/15 Mid Lancs Medal Stanley Park Blackpool & Lancaster 5K (4/5)
- 29/08/15 24 hr Summer Running Festival Knowsley
- 29/08/15 Blackpool Hilton Illuminations 10K
- 29 & 30/08/15 England Athletics U17 & U15 Champs Bedford
- 01/09/15 Gosforth 10K
- 02/09/15 Red Rose RR Inter Club Worden Park Leyland
- 03 to 06/09/15 Sainsbury School Games Sportcity
- 05/09/15 BMC 1000m Festival (INC NA 10K Champs)
- 05 to 10/09/15 Commonwealth Youth Games Samoa
- 06/09/15 Golden Ball 20M Race Morecambe
- 06/09/15 Wigan 10K & Burton in Kendal 10K
- 12/09/15 North West Road Relays Champs Edge Hill Uni Ormskirk
- 12/09/15 Gt Langdale HM/Marathon
- 12/09/15 Pilling 10K & Podium 5K Barrowford
- 13/09/15 Great North Run Newcastle & Garstang HM
- 13/09/15 Blackpool Open T&F Stanley Park
- 19/09/15 Northern Athletics Road Relay Champs Stanley Park Blackpool
- 20/09/15 Kirkham Cricket Club Classic 6M & Burnley Leisure 10K
- 20/09/15 Lancaster Castle 10K/HM & Eden Valley HM Appleby
- 20/09/15 Yarrow River TR 5K/10K & Race 2 Remember Scorton
- 26/09/15 Lancaster 5K (5/5) & Ron Hill 77th Birthday 5K Rochdale
- 27/09/15 Blackpool Open T&F Stanley Park
- 27/09/15 Run Preston 10K/5K & Natterjack Seaside 10K Southport
- 17/10/15 Northern Athletics XC Relays
- 18/10/15 Green Drive 5M (Lancs 5M Champ) Lytham
- 25/10/15 Fairclough 5K Thornton
- 31/10/15 English XC Champs Mansfield
- 28/11/15 Cross Challenge/European Trials Sefton Park Liverpool
- 27/12/15 Ribble Valley 10K Inc Northern Athletics Champs Clitheroe

June's AotM & VotQ

June Athletes of the Month are **Emily Japp** and **Ian Dawson** both for their performances on the road, particularly at the two Inter Clubs at Preston and Thornton. Emily was first lady at both races.



Volunteers of the Quarter are **Susan Ball** and **Kate Seed** for their work on preparing a **Welcome Pack** and with the **Social Committee**.

Future Open Track & Field Meetings

11/08/15	Trafford Grand Prix Distances & Throws
18/08/15	Trafford Grand Prix Sprints & Jumps
23/08/15	Warrington AC Open Meeting
25/08/15	Trafford Grand Prix Distances & Throws
31/08/15	Trafford Open Medal Meeting
05/09/15	Southport Waterloo AC Open
06/09/15	35 th Pendle Open Meeting
12/09/15	Liverpool Throws & Jumps Competition
19/09/15	North East Open Pentathlon Champs
20/09/15	Ivan Stringer Memorial Medals Meeting
26/09/15	Grimsby Denis Lumbard Mem Open

BWFAC 2015 Road Champ: 6 Races to Qualify

15/03/15	Sweatshop 10M
19/04/15	Valiants ½ Marathon
14/05/15	Lytham IC
24/05/15	Great Eccleston 4M
30/05/15	Catforth 5K
10/06/15	Preston IC
21/06/15	Freckleton ½ Marathon
30/06/15	Thornton IC
12/07/15	Lytham St Annes Carnival 5K
06/08/15	Badger Trail 10K (also Trail Champ)
20/07/15	Wesham IC
12/08/15	Chorley IC
02/09/15	Red Rose IC
27/09/15	Run Preston 10K
18/10/15*	Green Drive 5M Wesham
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

REPORTS & RESULTS

Sainsbury's British Championships: July 3rd to 5th Alexander Stadium Birmingham

100m h1 ws -2.2 Lucy Mansfield 5th 12.48 nq; **h4** ws -1.0 Katy Wyper 4th 12.01 q; **SF1** -3.0 Katy Wyper 8th 12.12 nq. **200m h2** ws +1.0 Katy Wyper 3rd 24.58 Q; **F** ws +0.6 Katy Wyper 7th 24.66. **DT F** Carl Myerscough 3rd 55.34.

IWAS World Games: Stadskannal NED July 6th & 7th

George Fox **100m F** (T37/38) ws +3.7 3rd 12.57 **PB**; **200m F** ws +1.3 2nd 25.90 **PB**.

20 Barriers Race: Carnforth July 7th **20B**

Peter Singleton 26th 42:27; Simon Scarr 79th 47:52; Bernard Singleton 165th 58:05. First of 193 was Tom Tipping of Helm Hill in 32:46 and first lady was Joanna Goorney of Lytham St Annes RRC (11th) in 39:43.

July Handicap: New Road July 8th **CH**

Matt Broadhurst 26:31; Liam Craine 20:37; Peter Gibson 27:55; James Unsworth 20:59; Danny Hayes 21:01; Jeff Wilson 2:15; Dave Williamson 21:27; Kirsty Holland 29:40; Tony Airnes 28:50; Ian Dawson 21:52; James Greenaway 22:08; Rick Pinches 26:11; Karen Dunford 28:13; Dawn Maher 28:21; Andrea Smith 27:07; Anthony Blight 27:41; Tony Croft 35:32; John Bradley 35:34.

Timekeeper & Handicapper Sharon Randall. *Helpers* Nick Hume David Randall

Stanley Park 5M: Blackpool July 11th **SP5**

Liam Craine 1st (of 51) 27:24; James Greenaway 9th 30:27; Chris Lloyd 12th 31:12; Becky Rogers 25th (3rd F) 37:39; Alan Wilkinson 29th (2nd MV65) 38:27; Dawn Maher 32nd (7th F) 39:04; Kirsty Holland 36th (9th F) 41:02; Bernard Singleton 42nd 43:33; Lisa Haddock 46th 15th F) 46:59. First lady was Carmel Sullivan of Wesham RR (16th) in 34:37.

North of England Track & Field League

Division 2: Blackpool July 12th **NA**

Men: 100m 'A' Brent Starkie 3rd 11.2; 'B' Philip Ellershaw 2nd 11.4. **200m 'A'** Brent Starkie 1st 22.5; 'B' Tom Allen 1st 23.5. **400m 'A'** Luke Minns 1st 50.8; 'B' Jake Walley 1st 52.8. **800m 'A'** Luke Minns 1st 1:53.2; 'B' Jake Walley 1st 1:56.5. **1500m 'A'** Adam Weightman 4th 4:19.3; 'B' Connor Finlayson 4th 4:35.8. **3000 SC No BWFAC. 5000m** Danny Hayes 5th 16:39.9; 'B' Terry Westhead 5th 20:33.4. **400mH** Philip Ellershaw 4th 1:08.2. **110mH 'A'** Philip Ellershaw 2nd 17.8. **HT 'A'** Sydney Bashforth 3rd 30.96m; 'B' Bob Wyper 2nd 29.43m. **DT 'A'** Sydney Bashforth 3rd 25.74m; 'B' David Turner 3rd 17.04m. **JT 'A'** Louis Walker 5th 42.03m; Ian Corcoran 2nd 34.85m. **SP 'A'** David Turner 2nd 10.59m; 'B' Sydney Bashforth 3rd 8.44m. **LJ 'A'** Nick Aziz 3rd 5.75m; 'B' Declan O'Hara 1st 5.75m. **TJ 'A'** Declan O'Hara 2nd 12.32m; Nick Aziz 1st 12.30m. **HJ 'A'** Nick Aziz 4th 1.70m; 'B' Declan O'Hara 3rd 1.60m. **PV 'A'** Matt Wright 1st 4.40m; 'B' Dom Lavelle 1st 4.00m. **4x100m BWFAC** Brent Starkie, Luke Minns, Jake Walley, Philip Ellershaw 1st 45.3. **4x400m BWFAC** Thomas Allen, Adam Weightman, Jake Walley, Luke Minns 1st 3:28.9. **NS 100m** James Carty 2nd 11.9.

Women: 100m 'A' Lucy Mansfield 1st 12.3; 'B' Gabrielle Jones 2nd 13.2. **200m 'A'** Lucy Mansfield 1st 25.5; 'B' Gabrielle Jones 2nd 27.1. **400m 'A'** Jess Rogers 5th 1:05.0; 'B' Libby Bonis 1st 1:04.0. **800m 'A'** Jessica Rogers 6th 2:27.7; 'B' Laura Gillhespy 4th 2nd 2:38.5. **1500m 'A'**

Alicia Johnson 3rd 5:07.8; 'B' Kirsty Holland 5th 6:19.5. **3000m 'A'** Emily Japp 1st 10:15.5; 'B' Becky Rogers 2nd 12:49.2. **400mH** No BWFAC. **100mH** Nia Rutter 5th 31.7 (fell at last hurdle). **HT 'A'** Rachel Bashforth 2nd 32.33m; 'B' Lorraine Bullar 2nd 22.36m. **DT 'A'** Susan Ball 1st 25.93m; 'B' Lorraine Bullar 1st 24.81m. **JT 'A'** Katie Holder 4th 21.52m; 'B' Susan Ball 3rd 19.36m. **SP 'A'** Rachel Bashforth 1st 9.92m; 'B' Katie Holder 1st 9.91m. **LJ 'A'** Emilia Heslop 4th 4.50m; 'B' Libby Bonis 4th 4.22m. **TJ 'A'** Katy Wyper 1st 10.73m; 'B' Nia Rutter 1st 10.09m. **HJ 'A'** Emilia Heslop 2nd 1.53m. **PV 'A'** Fiona Hockey 1st 3.60m. **4x100m BWFAC**, Libby Bonis, Lucy Mansfield, Gabrielle Jones, Ash Colvin 2nd 51.7. **4x400m BWFAC** Emily Japp, Katy Wyper, Jess Rogers, Alicia Johnson, 1st 4:17.7. **NS 100m** Ash Colvin 1st 13.2.

Match Result: 1st BWFAC 427.5 pts; 2nd Bolton United Harriers 400.0 pts; 3rd Seaton AC 349.0; 4th Leigh Harriers 334.5 pts; 5th Holmfirth Harriers 327.5; 6th East Cheshire Harriers 282.0 pts.

League: 1st Bolton United **LP 15 MP 1108.0**; 2nd BWFAC **LP 10 MP 1068.5**. 3rd Seaton AC **LP 10 MP 1003.0**; 4th Holmfirth Harriers **LP 10 MP 665.0**; 5th East Cheshire Harriers **LP 10 MP 966.0**; Leigh Harriers **LP 8 MP 967.0**. **LP League Points MP Match Points.**

English Schools AA Track & Field Champs:

Gateshead International Stadium July 10th & 11th **ES**

Junior Boys 300m h1 Morgan Lilley 8th 39.07 nq.

Inter Boys 400m h1 4th 51.61 nq. **HJ F** Luke Halstead 12th 1.87m.

Senior Boys PVF Dominic Lavelle 7th = 4.30m **PB.**

Junior Girls DT F Mollie Mason 25.93m **CS.**

Inter Girls 100m h2 Libby Bonis 7th 13.06 nq; **h3** Ash Colvin 8th 13.21 nq. **800m h1** Annie Bradshaw 7th 2:16.66 **PB es** nq. **4x100m Relay h1** Lancs Team (with Libby Bonis & Ash Colvin) 3rd 49.88 **es**

Senior Girls 400m h1 Kate Lawler 3rd 57.70 **es** Q; **F 5th** 56.98 **es**. **1500m F** Molly Betmead 14th 4:46.79. **PV F** Fiona Hockey 6th 3.45m **ns**; Hannah Newell 10th 2.90m.

Youth Development League Lower NW 4

Division Round 4: Sportcity July 19th **YDL**

Under 13 Girls 75m A Jasmine Carey 4th 11.3; **B** Ellie Owen 1st 11.3 **PB**. **150m A** Jasmine Carey 5th 22.4; **B** Ellie Owen 1st 23.3. **800m A** Maisie Rogers 4th 2:51.9 **PB**; **B** Minnie Rogers 5th 3:12.8. **1200m A**; Poppy Hughes 3rd 4:50.6 **PB**; **B** Lucy Tickle 2nd 4:53.4. **70mH A** Minnie Rogers 4th 14.9 **PB**; **B** Lucy Tickle 3rd 15.2. **HJ A** Jasmine Carey 2nd 1.23m **PB**; **B** Natalia Luczak 2nd 1.15m. **LJ A** Natalia Luczak 4th 3.74m; **B** Lucy Tickle 5th 3.48m. **SP A** Maisie Rogers 2nd 5.89m; **B** Leah Howard 1st 5.51m. **JT A**; Minnie Rogers 1st 19.85m **PB**; **B** Maisie Rogers 1st 17.66m.

4x100m Relay BWFAC Jasmine Carey, Leah, Ellie Owen, Lucy Tickle, 3rd 1:01.6. **NS 75m** Leah Howard 1st 10.9 **PB**; Poppy Hughes 2nd 11.3 **PB**.

Under 13 Boys 100m A No **BWFAC**. **200m A** Bruno Eaves 6th 31.5. **800m** Sam Todd 6th 3:32.9 **PB**. **1500m A** James Smith 2nd 5:07.6 **PB**. **75mH** No **BWFAC**. **HJ A** Bruno Eaves 3rd 1.23m **PB**. **LJ A** James Smith 3rd 4.01m. **SP A** James Smith 2nd 5.66m; **B** Sam Todd 2nd 4.77m **PB**. **JT** No **BWFAC**. **4x100m Relay** No **BWFAC**.

Under 15 Girls 100m A Faith Wood 2nd 13.0 **PB**; **B** Kirsty Rushton 1st 13.3 **PB**. **200m A** Faith Wood 2nd 26.8 **PB**; **B** Olivia Hanby 2nd 28.6. **300m A** Danielle Whipp 2nd 44.4; **B** Taylor Holland 2nd 46.9. **800m A** Danielle Whipp 2nd 2:25.8. **1500m** Jessica Jackson 1st 5:23.2. **75mH A** Jessica Jackson 5th 17.1. **HJ A** Taylor Holland 3rd 1:38m. **PV A** Kirsty Rushton 1st 2.90m **PB**; **B** Katy Laycock 1st 2.40m **PB**. **LJ A**; Erin Webbe 4th 3.74m **PB**; **B** Olivia Hanby 1st 3.71m. **SP A** Erin Webbe 3rd 6.77m; **B** Kirsty Rushton 1st 6.31m. **DT A** Erin Webbe 3rd 14.38m **PB**. **HT A** No **BWFAC**. **JT A** No **BWFAC**. **4x100m Relay BWFAC** Olivia Hanby, Kirsty Rushton, Faith Wood, Erin Webbe 2nd 55.6. **4x300m Relay BWFAC** Taylor Holland, Jessica Jackson, Katie Laycock, Danielle Whipp 1st 3:13.8.

Under 15 Boys 100m A Dylan Webbe 5th 12.9; **B** Bradley Parsons 1st 12.9 **PB**. **200m A** Morgan Lilley 2nd 24.3 **PB**; **B** Bradley Parsons 2nd 26.6 **PB**. **300m A** Morgan Lilley 1st 38.5; **B** Will Critchley 1st 42.2 **PB**. **800m A** Will Critchley 2nd 2:18.2 **PB**. **1500m A** Jack Tickle 3rd 5:28.4. **80mH A** William Holmes 1st 15.0. **HJ** No **BWFAC**. **LJ A** Dylan Webbe 4th 4.74m; **B** Will Critchley 2nd 4.74m. **PV A** William Holmes 1st 2.60m **PB**. **SP A** Dylan Webbe 2nd 8.15m **PB**. **DT A** Jack Tickle 5th 13.62m **PB**. **HT** No **BWFAC**. **JT A** William Holmes 2nd 28.11m **PB**; **B** Jack Tickle 6th 4.98m. **4x100m Relay BWFAC** Morgan Lilley, Dylan Webbe, Bradley Parsons, William Holmes 1st 52.1. **4x300m Relay** 4x300m Will Critchley, Bradley Parsons, 1st Jack Tickle, Morgan Lilley 2nd 2:58.7.

Match Result: Bury AC 758 pts, 2nd **BWFAC** 551 pts; 3rd Altrincham & District 387 pts, 4th St Helens Sutton AC 378 pts; 5th Oldham & Royton Harriers & AC 363.5 pts; 6th Manchester Harriers & AC 264 pts; 7th Salford Mets 203.5 pts; 8th Hyndburn AC 194 pts.

Final League Standings:

Club	Event	League
Bury AC	2765	31
BWFAC	2445.5	29
St Helens Sutton AC	1504.5	22
Oldham & Royton Harriers & AC	1375.5	17
Altrincham & District	1265	17
Manchester Harriers & AC	1301	16
Salford Mets	864	7
Hyndburn AC	738.5	5

5th Inter Club Wesham RC: 5M Salwick July 20th **IC**

(Inter Club Positions shown in brackets) **Liam Craine** 5th (5th) 24:49; **Danny Hayes** 6th (6th) 24:54; **John Wright** 10th (10th 5th V & 1st V50) 25:46; **Phil Leybourne** 11th (11th & 6th V) 25:51; **David Williamson** 13th (13th & 8th V) 26:15; **James Unsworth** 17th (17th) 26:50; **Ian Dawson** 24th (24th) 27:27; **Emily Japp** 25th (25th & 1st F) 27:31; **Alisha Johnson** 39th (39th, 2nd F & 1st JW) 28:24; **Peter Broome** 68th (68th, 46th V, 18th V50 & 3rd V60) 30:25; **Bev Wright** 71st (71st, 7th F, 46th V & 18th V50) 30:44; **Peter Singleton** 81st (81st, 55th V & 22nd V50) 31:08; **Dave Skinner** 103rd (102nd, 69th & 30th V50) 32:07; **Matt Broadhurst** 104th (103rd) 32:08; **Michelle Tickle** 107th (106th, 12th F & 72nd V) 32:23; **Jeff Wilson** 108th (107th & 73rd V) 32:25; **Rick Pinches** 113th (112th & 76th V) 32:47; **Steve Minto** 118th (117th, 80th V, 35th V50 & 10th V60) 32:58; **Kevin Woods** 124th (123rd, 86th V & 40th V50) 33:53; **Anthony Blight** 125th (124th, & 87th V50) 33:57; **Alan Wilkinson** 126th (125th, 88th V, 41st V50 & 11th V60) 34:02; **Peter Gibson** 134th (133rd, 95th & 46th V50 & 12th V60) 34:28; **Laura Lawler** 135th (134th, 21st F & 96th V) 34:41; **Simon Scarr** 138th (137th, 98th V & 48th V50) 34:54; **Karen Dunford** 139th (138th, 22nd F & 99th V) 34:57; **Dawn Maher** 143rd (141st & 23rd F) 35:13; **Kirsty Holland** 145th (143rd & 25th F) 35:15; **Bernard Singleton** 184th (179th, 129th V, 71st V50 & 21st V60) 39:11; **John Winters** 193rd (188th, 135th V, 75th V50 & 24th V60) 40:00; **Lisa Haddock** 206th (201st, 53rd F & 148th V) 41:50; **Norman Greenwood** 229th (224th, 168th V, 95th V50 & 30th V60) 46:17; **Bob Massey** 239th (234th, 177th V, 102nd V50 & 35th V60) 49:26.

First of 248 was **Robert Danson** of Wesham RR in 23:17.

Team Results:

Open: Wesham RR 1st 194 pts; **BWFAC 2nd 218pts** Preston Harriers 3rd 219 pts; Red Rose RR 4th 364 pts; LSARRC 5th 405 pts; Thornton 6th 756; Chorley AC 4th 1079 pts.

Ladies: Wesham RR 1st 40 pts; **BWFAC 2nd 43 pts**; Preston Harriers 3rd 88 pts; LSARRC 4th 89 pts; Red Rose RR 5th 141 pts; Thornton 6th 249; Chorley AC 7th 348.

Vets: Preston Harriers 1st 44 pts; Wesham RR 2nd 77 pts; Red Rose RR 3rd 116 pts; LSARRC 4th 167 pts; **BWFAC 5th 167 pts**; Chorley AC 6th 349; Thornton 7th 448.

Vet 50s: Red Rose RR 1st 23 pts; Wesham RR 2nd 40 pts; Preston Harriers 3rd 46 pts; **BWFAC 4th 60 pts**; LSARRC 5th 102 pts; Chorley AC 6th 145 pts; Thornton 7th 252 pts.

Vet 60s: LSARRC 1st 15 pts; Wesham RR 2nd 22 pts; **BWFAC 3rd 24 pts**; Red Rose RR 4th 28 pts; Chorley AC 5th 73 pts. Preston Harriers 6th 57 pts; Thornton 7th 134 pts;

League Position:

Open: Preston Harriers 1st 30 pts; Wesham RR 2nd 30 pts; **BWFAC 3rd 29 pts**; Red Rose RR 4th 19 pts; LSARRC 5th 12 pts; Chorley Athletic & Tri Club 6th 10 pts; Thornton 7th 10.

Ladies: Preston Harriers 1st 31 pts; Wesham RR 2nd 30 pts; **BWFAC 3rd 29 pts**; LSARRC 4th 17 pts; Red Rose RR 4th 16 pts; Chorley Athletic & Tri 6th 9 pts; Thornton 7th 8 pts.

Vets: Preston Harriers 1st 33 pts; Wesham RR 2nd 31 pts; Red Rose RR 3rd 25 pts; Chorley Athletic & Tri Club 4th 18 pts; **BWFAC** 5th 13 pts; LSARRC 6th 13 pts; Thornton 7th 7 pts.

Vet 50s: Red Rose RR 1st 34 pts; Preston Harriers 2nd 30 pts; Wesham RR 3rd 26 pts; **BWFAC** 4th 20 pts; Chorley Athletic & Tri Club 5th 13 pts; LSARRC 6th 12 pts; Thornton 7th 5 pts.

Vet 60s: **BWFAC** 1st 30 pts; LSARRC 2nd 26 pts; Red Rose RR 2nd 25 pts; Wesham RR 4th 22 pts; Preston Harriers 5th 17 pts; Chorley Athletic & Tri Club 6th 12 pts; Thomarnton 7th 6.

Mid Lancs T&F League: Leigh July 25th **ML**

Under 13 Boys 200m h2 Jamie Jackson 2nd (9th) 30.3 **PB.** **800m F** James Smith 2nd 2:27.6 **PB** Sam Todd 14th 3:22.6 **PB.** **LJ F** James Smith 8th 3.80m. **HJ F** James Smith 3rd 1.40m; Jamie Jackson 4th (4th) 1.35m **PB.** **DT F** Sam Todd 5th 12.28m.

Under 13 Girls 100m h5 Laila Powell 2nd (2nd) 15.5. **200m h1** Jasmine Carey 2nd (2nd) 30.5 **PB**; **h2** Poppy Hughes 4th (12th) 32.2; **h3** Laila Powell 5th 33.4. **800m F** Lucy Tickle 12th 2:54.8 **PB**; Poppy Hughes 13th 2:55.1 **PB.** **1500m F** Caitlyn Preddy 7th 5:49.6. **LJ F** Jasmine Carey 6th 3.92m **PB**; Lucy Tickle 15th 3.52m **PB.** **HJ F** Jasmine Carey 1st 1.15m. **SP F** Laila Powell 11th 4.50m; Poppy Hughes 12th 4.34m **4x100m Relay BWFAC** Laila Powell, Jasmine Carey, Caitlyn Preddy, Poppy Hughes 1st 1:03.00.

Under 15 Boys 100m h1 Jack Tickle 6th (17th) 15.4 **PB**; **1500m F** Benjamin Preddy 1st 4:37.5.

Under 15 Girls 100m h1 Bethany Mullins 6th (15th) 14.5; Caitlin Dickinson 7th (18th) 15.0 **PB**; **h3** Ita Gospodarczyk 3rd (16th) 14.8 **PB.** **200m h2** Caitlin Dickinson 6th (13th) 32.2 **PB.** **300m h2** Taylor Holland 4th (8th) 47.4. **LJ F** Caitlin Dickinson 16th 3.48 **PB.** **HJ F** Taylor Holland 2nd 1.40m.

Under 17 Men 100m h1 Nicholas Aziz 2nd (2nd) 11.8 **PB**; **h2** Declan Taylor 2nd (4th) 12.2 **PB.** **200m h1** Declan Taylor 4th 25.0. **TJ F** Nick Aziz 1st 12.00m.

Under 17 Women 100m F Yazz Abdali 6th 14.2. **200m F** Yazz Abdali 6th 32.1.

Senior Women **SP F** Nia Rutter 1st 9.48m; Susan Ball 2nd 8.15m. **DT F** Susan Ball 1st 25.76m. **JT F** Susan Ball 4th 21.64m. **HT F** Rebecca Todd 1st 36.39m **PB.**

Senior Men. 400m F Brent Starkie 1st (1st) 50.9; Adam Weightman 5th (5th) 56.5 **PB.**

3000m Female Jessica Jackson 1st 11:22.2.

Male 3000m Adam Weightman 1st 9:40.4.

Team Results:

Women: Division 1 6th 72.3 points.

Men: Division 2 2nd 71 points.

League Tables:

Division 1: BWFAC 3rd 495.3 pts (Preston Harr 1st 308.3)

Division 2: BWFAC 1st 571 pts

Other Results:

Catforth Canter 5K: July 4th

Ian Dawson 5th 17:31; Jack Tickle 20th (1st MU17) 20:30; Jeff Wilson 38th 21:29; Derek Crane 42nd 22:39; Michelle Tickle 43rd 22:43. First of 78 was Rob Danson and first lady was Sue Coulthurst of Wesham RR (25th) in 20:48.

BWAA/CP Sport Grand Prix: Stoke Mandeville July 11th

Isaac Towers **400mWC** 6th 57.65; **800mWC** 7th 1:52:77; **1500mWC** 5th 3:31.05.

Caldervale Supper Run: July 16th

John Wright 2nd (1st MV50) 21:49. First of 116 was Christopher Tully of Preston Harriers in 21:09 and first lady was Maria Snell of Lancaster & Morecambe (10th) in 23:34.

Elswick Express 10 Mile: July 18th

Richard Pinches 35th 1:14:00; Peter Gibson 78th 1:25:11; Jeff Wright 109th 1:35:39. First of was Shaun Livesey of Blackburn Harriers in 57:49 and first lady was Joanna Goorney of LSARRC (10th) in 1:07:20.

Warton Crag Fell Race: July 19th

Peter Singleton 26th 50:23; Simon Scarr 45th 57:17; Bernard Singleton 67th 1:07:30; Bob Massey 69th 1:13:13. First of 73 was Lee Parrington of Barlick FR in 39:58 and first lady was Hannah Bateson of Lancaster & Morecambe AC (17th) in 47:13.

Lancashire Fire Service Relays 2.67M (Teams of 3):

Blackpool Zoo July 24th

Liam Craine 2nd 14.17; David Williamson 5th 14:55; Ian Dawson 15th 15:49; Jessica Rogers 42nd (8th F) 17:50; Jeff Wilson 45th 17:58; Rick Pinches 46th 18:07; Terry Westhead 49th 18:14; Matt Broadhurst 51st 18:23; Becky Rogers 52nd (10th F) 18:31; Laura Lawler 57th (11th) 18:57; Michelle Tickle 61st (13th F) 19:15; Simon Scarr 62nd 19:20; Karen Dunford 64th (14th F) 19:24; Derek Craine 65th 19:27; Dawn Maher 69th (17th) 19:57; Kirsty Holland 70th 18th) 19:58; Peter Singleton 74th 20:20; Bernard Singleton 87th 21:51; Coner Millward 94th 23:18; Bob Massey 102nd 26:15. First was Joe Monk of Blackburn Harriers in 13:57 and first lady was Joanne Nelson of Darwen Dashers (18th) in 15:57.

Lancaster 5K: July 25th

James Greenaway 25th 17:56; Derek Crane 64th 22:06. First of 105 was Phil Waite of Barrow & Furness SAC in 15:18 and first lady was Carlyne Baxter of Lancaster & More AC (20th) in 17:41.

YDL U17/U20 Division NW1: Bebington July 26th

U17W 100m Libby Bonis 2nd 13.5. **U20M HJ A** Finn Walker 2nd 1.55m; **B Dominic** Lavelle 1st 1.50m. **U20W PV A** Hannah Newell 1st 2.50m.

Trafford AC Grand Prix: July 28th

400m h2 Brent Starkie 1st 50.26.

Preston 5K Parkruns: Avenham/Miller Parks

July 4th Alisha Johnson 6th (1st F) 19:43. First of was Martin Gaughan unattached 18:07.

July 11th Jack Tickle 39th 21:42; Lucy Tickle 116th (11th F) 25:39; Simon Tickle 117th 25:43; Holly Tickle 168th (29th F) 28:52; Michelle Tickle 169th (30th F) 28:52. First of 281 was Andrew Benson of Preston Harriers in 17:06 and first lady was Hannah Cookson of Blackburn Harriers (44th) in 21:58.

July 18th Michelle Tickle 42nd (2nd F) 22:36. First of 295 was Steven Snape unattached in 18:53 and first lady was Jayne Perry (24th) 21:13.