



WYLDEFYRE

September 2015 No 64



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*BWFAC 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 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; YDL – Young Development 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 Champs; 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 Champs 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

02/09/15 Red Rose IC Leyland
09/09/15 Club Handicap
12/09/15 NW Relays Ormskirk
13/09/15 Blackpool Open
20/09/15 Northern Relays Blp
26/09/15 Mid Lancs XC Chorley
27/09/15 Blackpool Open

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

01/09/15 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 10000m 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
09/09/15 Club Handicap New Road
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 Blackpool T&F Open Stanley Park
13/09/15 Great North Run Newcastle & Garstang HM
13/09/15 Lake Vyrnwy HM
19/09/15 Northern Athletics Road Relay Champs Stanley Park Blackpool
19 & 20/09/15 ESAA Combined Events/Race Walks Bedford
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 Mid Lancs XC Astley Park Chorley
26/09/15 Lancaster 5K (5/5) & Ron Hill 77th Birthday 5K Rochdale
27/09/15 Blackpool T&F Open Stanley Park
27/09/15 Run Preston 10K/5K & Natterjack Seaside 10K Southport
03/10/15 ERRA National 6/4 Stage Road Relays
04/10/15 ERRA National Young Athletes Road Relays
10/10/15 Red Rose XC League
11/10/15 Vernon 4M
17/10/15 Northern Athletics XC Relays & Pilling 10K (5/5)
18/10/15 Green Drive 5M (Lancs 5M Champ) Lytham
24/10/15 Mid Lancs Towneley Park Burnley
25/10/15 Fairclough 5K Thornton & Accrington 10K
31/10/15 English XC Relay Champs Mansfield
01/11/15 Through the Villages Race (8.45M) & Derwent Water Keswick
28/11/15 Mid Lancs Cross Challenge/European Trials Sefton Park L’pool
27/12/15 Ribble Valley 10K Inc Northern Athletics Champs Clitheroe
09/01/16 Lancashire XC Champs Witton Park Blackburn
16/01/16 Mid Lancs XC Wilson Playing Fields Hyndburn
16 to 17/01/16 Northern Athletics Snr/U20/U17 Indoor Champs
30/01/16 Northern XC Witton Park Blackburn
06/02/16 Northern Athletics U15/U13 Indoor T&F Champs
13/02/16 Mid Lancs XC Rossall School Cleveleys
27/02/16 ECCA National XC Champs Donnington
27 & 28/02/15 British Indoor Championships Sheffield
05/03/16 Mid Lancs XC Worden Park Leyland
12/03/16 UK CAU XC Champs
16/04/16 ERRA 12/6 Stage Road Relay Champs Sutton Park
28 & 29/05/15 Lancashire T&F Championships Stanley Park Blackpool (Prov)

July's AotM

July's Athletes of the Month are **Kirsty Holland** for her support and encouragement both on Road and Track & field and **George Fox** who represented **Great Britain & NI** at the **IWAS Games**, winning Silver and Bronze Medals. Also nominated were **Erin Webbe**, **Jessica Jackson** and **Kate Lawler**.



19/09/15	North East Open Pentathlon Champs
20/09/15	Ivan Stringer Memorial Medals Meeting
26/09/15	Grimsby Denis Lumbard Mem Open
27/09/15	Blackpool Open
07/11/15	NA Open Meeting Sheffield
05/12/15	NA Open Meeting Sheffield
20/12/15	Sale Harriers Indoor Open Meeting
31/01/16	Sale Harriers Indoor Open Meeting
06/02/16	Sale Harriers Indoor Open Meeting
20/03/16	Sale Harriers Indoor Open Meeting
10/12/16	Sale Harriers Indoor Open Meeting

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

Mid Lancs T&F League: Hyndburn Aug 1st **ML**

Under 13 Boys 800m F James Smith 2nd 2:25.9 **PB.**

HJ F James Smith 5th 1.30m. **JT F** James Smith 8th 15.40m **PB.**

Under 13 Girls 100m h1 Amelia Shearman 6th (18th=) 15.10; **h4** Laila Powell 6th (28th) 15.5; **h5** Chloe Parsons 5th (29th=) 15.6 **PB**; **h6** Natalia Luczak 2nd 15.6 **PB**. **200m h1** Jasmine Carey 5th (10th) 30.7; **h2** Laila Powell 4th 32.6. **800m h1** Caitlyn Preddy 7th (9th) 2:49.4 **PB**; **Maisie Rogers** 8th (11th) 2:52.5; **h2 Lucy Tickle** 6th (15th) 2:58.2. **LJ F** Natalia Luczak 16th 3.42m; **Lucy Tickle** 15th 3.52m; **Jasmine Carey** nc. **HJ F** Jasmine Carey 4th 1.25m; **Natalia Luczak** 8th 1.15m **PB**; **Amelia Shearman** 10th 1.10m **PB** **SP F** Maisie Rogers 6th 5.67m; **Chloe Parsons** 9th 3.82m. **JT F** Minnie Rogers 9th 11.41m; **Lucy Tickle** 10th 10.47m **PB**. **4x100m**

Future Open Track & Field Meetings

03/09/15	Hull Young Athletes Evening Open Meet
05/09/15	Humberside AA Open Meeting
05/09/15	Southport Waterloo AC Open
05/09/15	City of York Open Meeting
06/09/15	35 th Pendle Open Meeting
12/09/15	Liverpool Throws & Jumps Competition
13/09/15	Blackpool Open

Relay BWFAC Laila Powell, Jasmine Carey, Natalia Luczak, Amelia Shearman 3rd 1:03.00.

Under 15 Boys 100m h1 Morgan Lilley 1st (1st) 12.1; **h2** Bradley Parsons 3rd (11th) 13.4; **h3** Noah Egan 3rd (12th) 13.6 **PB**. **200m h1** 5th (9th) 28.3; **h3** Noah Egan 3rd 28.6 **PB**. **400m h1** Morgan Lilley 3rd (3rd) 55.4 **PB**; **h2** Benjamin Preddy 5th (11th) 1:03.0 **PB**. **800m F** Benjamin Preddy 4th 2:17.5 **PB**. **1500m F** Jack Tickle 5:45.7. **LJ F** Noah Egan 7th 3.98m **PB**; Jack Tickle 9th 3.56m. **SP F** Bradley Parsons 5th 6.42m **PB**. **JTF** Jack Tickle 8th 19.76m **PB**.

Under 15 Girls 100m h1 Olivia Hanby 4th (7th) 14.2; **h2** Bethany Mullins 3rd (6th) 14.5; Erin Webbe 4th (8th=) 14.3; **h3** Caitlin Dickinson 3rd (14th) 15.0. **200m h3** Olivia Hanby 2nd (7th=) 29.2. **300m h3** Kirsty Rushton 1st (1st) 44.2 **PB**. **LJ F** Kirsty Rushton 3rd 4.28m **PB**; Caitlin Dickinson 12th 3.77m **PB**. **SP F** Erin Webbe 6th 7.48m. **DT F** Mollie Mason 1st 30.81m **PB**.

Under 17 Men 100m h2 Declan Taylor 4th (9th) 12.2 **PB**=. **200m h2** Declan Taylor 3rd (7th) 24.8 **PB**. **800m F** Connor Finlayson 3rd 2:09.3.

Under 17 Women 100m h1 Hannah Maskill 3rd 13.8 **PB**; **h2** Libby Bonis 1st 12.9. **200m h1** Libby Bonis 1st 26.7; **h2** Hannah Maskill 1st (4th) 28.0 **PB**; Jessica Rogers 4th (8th) 29.2 **PB**; Yazz Abdali 5th 31.5. **300m F** Jessica Rogers 2nd 45.9. **800m F** Emilia Heslop 3rd 2:48.6 **PB**. **JTF** Emilia Heslop 1st 19.22. **HT F** Mollie Mason (U15G) 5th 34.04m; Erin Webbe (U15G) 6th 30.82m.

Senior Women 800 F Laura Gillhespy 1st 2:33.7. **SP F** Rachel Bashforth 1st 8.85m. **HT F** Rachel Bashforth 2nd 33.02.

Senior Men. 100m h1 Brent Starkie 3rd (4th) 11.4; **h4** James Bamber 1st (11th) 11.9; James Carty 2nd (12th) 12.0. **200m h1** Brent Starkie 2nd (3rd) 22.8; **h2** James Carty 1st (5th) 24.4. **SP F** Sydney Bashforth 6th 8.69m. **DT F** Sydney Bashforth 6th 26.98m. **JTF** Matthew Smith 3rd 18.89m. **HT F** Sydney Bashforth 6th 28.97m.

3000m Female Jessica Rogers 1st 11:12.6 **PB**.

Team Results:

Women: Division 1 4th 121 points.

Men: Division 2 1st 149 points.

League Tables:

Division 1: BWFAC 3rd 544 pts (Team North Cumbria 1st 649.8 and Preston Harriers 2nd 585.3)

Division 2: BWFAC 1st 649 pts (Promoted back to Div 1).

Club Handicap: August 5th

Kirsty Holland 28:22; Peter Gibson 28:21; James Greenaway 22:12; Rick Pinches 26:16; Liam Craine 20:20; Tony Croft 34:34; Tony Airnes 29:53; Martin Bates 31:31.

Handicapper and Timekeeper Sharon Randall.

CAU Inter-Counties Championships inc England Athletic Senior & Disability

Championships: August 1st to 2nd Bedford

George Fox (T37) **100m h2** ws -1.9 5th 13.09; **F** +1.5 2nd 12.85; **200m F** ws -1.2 4th 26.47. Isaac Towers (T34) **100mWC h2** ws +0. 3rd 17.98; **F** 1st 18.21; **800m WC F** 4th 1:50.98; **400mWC F** 2nd 59.45; **1500mWC F** 2nd 3:30.70.

North of England Track & Field League

Division 2: Bolton August 8th

NA

Men: 100m 'A' Phil Ellershaw 3rd 11.6; **'B'** James Carty 4th 12.0. **200m 'A'** Brent Starkie 2nd 22.6; **'B'** Phil Ellershaw 1st 23.6. **400m 'A'** Brent Starkie 1st 49.7; **'B'** James Carty 4th 56.0. **800m 'A'** Adam Weightman 5th 2:09.7. **1500m 'A'** Danny Hayes 3rd 4:16.5; **'B'** Adam Weightman 3rd 4:29.4. **3000 SC** No BWFAC. **5000m** Danny Hayes 5th 17:03.7; **'B'** James Unsworth 4th 17:40.4. **400mH** Phil Ellershaw 4th 1:13.7. **110mH 'A'** Philip Ellershaw 3rd 17.9. **HT 'A'** Sydney Bashforth 4th 30.54m; **'B'** Bob Wyper 1st 29.95m. **DT 'A'** Bob Wyper 5th 27.18m; **'B'** Syd Bashforth 3rd 26.35m. **JT 'A'** David Turner 1st 57.06m; Ian Corcoran 2nd 35.66m. **SP 'A'** David Turner 2nd 10.62m; **'B'** Syd Bashforth 4th 8.33m. **LJ 'A'** Declan O'Hara 1st 6.11m; **'B'** James Carty 2nd 4.79. **TJ 'A'** Declan O'Hara 1st 12.51m; Phil Ellershaw 2nd 10.31. **HJ 'A'** Phil Ellershaw 3rd 1.60m; **'B'** Declan O'Hara 1st 1.60m. **PV 'A'** Matt Wright 1st 4.50m; **'B'** Dominic Lavelle 1st 3.80m. **4x100m BWFAC** Brent Starkie, Declan O'Hara, Adam Weightman, Phil Ellershaw 2nd 46.7. **4x400m** No BWFAC team.

Women: 100m 'A' Katy Wyper DQ; **'B'** Libby Bonis 2nd 12.9. **200m 'A'** Katy Wyper 1st 24.8; **'B'** Libby Bonis 1st 26.6. **400m 'A'** Jess Rogers 5th 1:05.5; **'B'** Laura Gillhespy 2nd 1:02.6. **800m 'A'** Jessica Rogers 5th 2:24.7; **'B'** Laura Gillhespy 2nd 2:29.5. **1500m 'A'** Alicia Johnson 4th 5:23.8; **'B'** Kirsty Holland 4th 6:16.4. **3000m 'A'** Alicia Johnson 3rd 10:42.6; **'B'** Becky Rogers 5th 12:34.0. **400mH** No BWFAC. **100mH** No BWFAC. **HT 'A'** Rebecca Todd 1st 39.21m; **'B'** Rachel Bashforth 2nd 31.33m. **DT 'A'** Rachel Bashforth 1st 25.09m; **'B'** Susan Ball 1st 23.81m. **JT 'A'** Katie Holder 3rd 23.40m; **'B'** Susan Ball 1st 22.96m. **SP 'A'** Rachel Bashforth 1st 9.42m; **'B'** Susan Ball 2nd 7.88m. **LJ 'A'** Libby Bonis 4th 4.45m; **'B'** Emilia Heslop 2nd 4.44m. **TJ 'A'** Katy Wyper 1st 10.47m; **'B'** Emilia Heslop 1st 9.69m. **HJ 'A'** Emilia Heslop 1st 1.53m. **PV 'A'** Fiona Hockey 1st 3.50m. **4x100m BWFAC**, Emilia Heslop, Libby Bonis, Fiona Hockey, Katy Wyper 1st 50.06. **4x400m BWFAC** Becky Rogers, Jess Rogers, Alicia Johnson, Laura Gillhespy 5th 4:39.6.

Part of the BWFAC Team at Bolton



Match Result: 1st Bolton United Harriers 390.0 pts; 2nd **BWFAC** 388.0 pts; 3rd Seaton AC 349.0; 4th Leigh Harriers 337.0 pts; 5th Holmfirth Harriers 337.0; 6th East Cheshire Harriers 313.0 pts.

League: 1st Bolton United **LP** 21 **MP** 1498.0; 2nd **BWFAC LP** 15 **MP** 1456.5. 3rd Seaton AC **LP** 14 **MP** 1352.0; 4th Holmfirth Harriers **LP** 12 **MP** 1327.5; 5th Leigh Harriers **LP** 11 **MP** 1304.0; 6th East Cheshire Harriers **LP** 11 **MP** 1279.0.
LP League Points **MP** Match Points.

6th Inter Club (Chorley): 4.9M Astley Pk Aug 12th **ic**
(Inter Club Positions shown in brackets) **Danny Hayes** 9th (8th) 28:00; **Phil Leybourne** 12th (10th & 4th V) 28:19; **James Unsworth** 15th (13th) 29:10; **Ian Dawson** 17th (15th) 29:20; **James Greenaway** 33rd (30th) 30:46; **Lauren Gowland** 47th (43rd 3rd F & 1st JW) 32:00; **Caroline Betmead** 65th (60th, 4th F & 35th V) 33:29; **Terry Westhead** 82nd (77th, 48th V & 18th V50) 34:37; **Bev Wright** 90th (85th, 9th F, 55th V & 22nd V50) 35:02; **Dave Skinner** 106th (101st, 65th & 27th V50) 36:24; **Laura Lawler** 111th (106th, 69th V & 14th F) 36:37; **Peter Broome** 118th (113th, 71st V, 74th V50 & 8th V60) 36:54; **Jeff Wilson** 121st (116th & 77th V) 37:00; **Becky Rogers** 124th (119th & 19th F) 37:10; **Alan Wilkinson** 127th (122nd, 80th V, 34th V50 & 9th V60) 37:19; **Karen Dunford** 132nd (127th, 23rd F & 84th V) 37:49; **Reg Smallbone** 133rd (128th, 85th V, 36th V50 & 11th V600) 37:56; **Dawn Maher** 135th (130th & 24th F) 38:03; **Steve Minto** 136th (131st, 86th V, 37th V50 & 12th V60) 32:58; **Trevor Uttley** 141st (136th, 89th V & 39th V50) 38:20; **Kevin Woods** 143rd (138th, 91st V & 41st V50) 38:26; **Simon Scarr** 145th (140th, 93rd V & 42nd V50) 38:30; **Andrea Smith** 147th (142nd, 30th F & 95th V) 38:35; **Anthony Blight** 149th (144th, & 96th V) 38:40; **Kirsty Holland** 164th (159th & 35th F) 39:51; **Nick Hume** 192nd (186th, 129th V & 64th V50) 42:26; **John Winters** 216th (209th, 148th V, 76th V50 & 22nd V60) 46:09; **Lisa Haddock** 231st (224th, 70th F & 161st V) 50:51; **Norman Greenwood** 232nd (225th, 162nd V, 84th V50 & 30th V60) 46:17.

First of 249 was **Robert Danson** of Wesham RR in 25:27.

Team Results:

Open: Preston Harriers 1st 113 pts; Wesham RR 1st 227 pts; Red Rose RR 3rd 361 pts; **BWFAC 4th 442 pts**; LSARRC 5th 629 pts; Chorley AC 6th 683 pts Thornton 7th 979.

Ladies: Wesham RR 1st 32 pts; **BWFAC 2nd 49 pts**; Preston Harriers 3rd 77 pts; LSARRC 4th 123 pts; Red Rose RR 5th 194 pts; Thornton 6th 245; Chorley AC 7th 308.

Vets: Preston Harriers 1st 34 pts; Wesham RR 2nd 66 pts; Red Rose RR 3rd 137 pts; Chorley AC 4th 189; **BWFAC 5th 167 pts**; LSARRC 6th 279 pts; Thornton 7th 693.

Vet 50s: Red Rose RR 1st 283 pts; Preston Harriers 2nd 31 pts; Wesham RR 3rd 44 pts; Chorley AC 4th 48 pts; **BWFAC 4th 100 pts**; LSARRC 5th 128 pts; Thornton 7th 308 pts.

Vet 60s: Wesham RR 1st 16 pts LSARRC 1st 22 pts; Red Rose RR 3rd 28 pts; **BWFAC 4th 28 pts**; Thornton 5th 72 pts; Preston Harriers 6th 106 pts; Chorley AC 7th 119 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 Club 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; Thornton 7th 6.

Scottish Senior Championships: Aberdeen Sports Village August 15th

Katy Wyper **100m h2** ws -0.8 1st 12.01 Q; **F** ws -1.6 **1st 11.70**. **200m h1** ws -0.7 4th 24.79; **F** ws -2.3 **2nd 24.52**.

Darwen Gala Catherine Dowdall Memorial Fell Race (4.7M/928': August 15th **ICF**

Simon Scarr 83rd 47:50. First of 142 was Ross Campbell of Highland Hill Runners in 30:30 and first lady was Lynne Clough of Chorley AC & Tri (24th) in 38:04.

Cerebral Palsy International Sports & Recreation Association World Games:

Harvey Hadden Sports Complex Nottingham Aug 14th/15th
George Fox (T37) ws -2.2 **100m F** 2nd **12.99**; **200m F** ws -0.3 **2nd 25.89** **PB**.

Northern Athletics U17/U15/U13 Outdoor Champs: Middlesbrough 15th & 16th August

U17F Libby Bonis **100m h3** ws -0.6 3rd 13.2 nq. **U17M** **HJ F** Luke Halstead **2nd 1.85m**. **U15 PV F** Kirsty Rushton **2nd 2.75m**; Katy Laycock 5th 2.35m. **U17M** **JT** Louis Walker **2nd 52.16m** **PB**. **U20M 3000m F** Jake Walley **1st 9:03.69**.

Northern U15/U17 Inter Counties: Witton Athletic Arena Blackburn August 22nd

Under 15 Girls 200m B ws +0.2 Jessica Aziz 5th 27.93. **100m A** Jessica Aziz 9th 13.79. **4 x 100m Lancs** Jessica Aziz 5th 52.52. **DT A** Mollie Mason 2nd 30.65m.

Under 15 Boys 100m A ws +1.1 Morgan Lilley 5th 12.29; B ws +0.1 Ieuan Corcoran 6th 12.91. **200m A** ws +0.1 Morgan Lilley 4th 24.86; **B** ws +0.4 Ieuan Corcoran 5th 27.30. **4 x 100m** (Morgan Lilley 4th leg) 5th 50.86

Under 17 Women 100m A ws +0.1 Ash Colvin 9th 13.45; **B** ws +0.2 Libby Bonis 2nd 12.98. **300m A** Ash Colvin 8th 42.27; **B** Libby Bonis 6th 42.27. **800m B** Annie Bradshaw 2nd (6th) 2:18.30. **1500m A** Jessica Rogers 3rd (4th) 4:59.77. **Medley Relay 200m x 2** Libby Bonis & Ash Colvin, **400m & 800m** Annie Bradshaw 1st 4:18.33. **HJ B** Annie Bradshaw 3rd (6th) 1.45m.

Under 17 Men LJ A Luke Halstead 4th 1.80m.

Mid Lancs T&F League Medals Meeting: Stanley Park Blackpool August 29th **ML**

Mid Lancs Medallists highlighted. To receive a medal winners have to have competed in at least two League meetings during the current season.

Under 13 Boys 800m F James Smith 2nd 2:30.4. **HJ F** James Smith 2nd 1.35m. **JT F** James Smith 7th 16.29m **PB**.

Under 13 Girls 100m h2 Leah Howard 2nd (8th) 14.9; Amelia Shearman 5th (12th) 15.10; **h3** Laila Powell 1st (10th) 15.0; Natalia Luczak 3rd (15th) 15.5. **200m h2** Jasmine

Carey 2nd (6th) 30.6; Leah Howard 3rd 31.3; **h2** Amelia Shearman 2nd 32.7; Laila Powell 3rd 33.2. **800m F** Maisie Rogers 6th (11th) 2:52.5; Poppy Hughes 11th 3:00.3. **LJ F** Jasmine Carey 2nd 4.24m; Natalia Luczak 4th 4.02m; Laila Powell 13th 3.44m. **HJ F** Jasmine Carey 4th 1.30m; Amelia Shearman 10th 1.15m **PB**; Poppy Hughes 11th 1.15m; Natalia Luczak 12th 1.15m **PB**; **SP F** Leah Howard 6th 5.42m; Charlotte Jones 8th 5.22m. **DT F** Maisie Rogers 3rd 16.47m **PB**; Minnie Rogers 5th 11.85m. **JT F** Minnie Rogers 4th 18.56; Maisie Rogers 5th 18.15m. **4x100m Relay** **BWFAC** Laila Powell, Jasmine Carey, Natalia Luczak, Amelia Shearman 3rd 1:03.2.

Under 15 Boys 100m h1 Morgan Lilley 3rd (3rd) 12.1; **h2** Will Critchley 3rd (10th) 13.0. **200m h1** Morgan Lilley 2nd (2nd) 24.7. **800m F** Will Critchley 3rd 2:21.6. **LJ F** William Holmes 4.57m; Will Critchley 11th 4.46m. **JT F** William Holmes 5th 27.70m **PB**.

Under 15 Girls 100m h1 Faith Wood 2nd (2nd=) 13.5; Jessica Aziz 3rd (4th) 13.6; Kirsty Rushton 5th (6th) 13.8; **h2** Olivia Hanby 2nd (8th) 13.9; Erin Webbe 5th (17th) 14.7; Caitlin Dickinson 7th (19th) 15.0; **h3** Lois Powell 4th 14.5; Ellie Copley-Neil 6th 15.9. **200m h1** Jessica Aziz 1st (1st) 28.0; Faith Wood 2nd (2nd=) 28.2; **h2** Kirsty Rushton 1st (2nd=) 28.2; Olivia Hanby 7th (16th) 30:30; **h3** Lois Powell 3rd (18th) 30.7; **h4** Caitlin Dickinson 4th (24th) 31.8; Ellie Copley-Neil 5th (25th) 34.1. **300m h1** Danielle Whipp 3rd (3rd) 46.4; Taylor Holland 5th (5th) 47.4. **800m F** Danielle Whipp 1st 2:28.1. **LJ F** Kirsty Rushton 6th 4.36m **PB**; Lois Powell 13th 3.22m; Caitlin Dickinson 12th 3.77m **PB**; Ellie Copley-Neil NJ. **HJ F** Taylor Holland 4th 1.40m. **SP F** Erin Webbe 5th 7.23m. **DT F** Natasha Webster 5th 14.08m. **JT F** Natasha Webster 7th 23.67. **4x100m Relay** **BWFAC** 1st 54.4

Under 17 Men 100m h2 Declan Taylor 2nd (7th) 12.0 **PB**. **200m F** Declan Taylor 7th 25.5. **TJ F** William Holmes (U15B) 1st 9.65m; Nick Aziz *withdrew injured*. **JT F** Louis Walker 1st 50.30m.

Under 17 Women 200m h2 Hannah Maskill 2nd (6th) 28.8; Yazz Abdali 5th (10th) 32.4. **300m F** Hannah Maskill 2nd 45.4. **SP F** Gabrielle Jones 4th 6.36m. **HT F** Erin Webbe (U15G) 4th 30.39m.

Senior Women SP F Rachel Bashforth 1st 9.73m; Susan Ball 4th 8.38m; Lorraine Bullar 7th 7.51m. **DT F** Rachel Bashforth 2nd 27.42m; Susan Ball 4th 26.64m; Lorraine Bullar 6th 23.26m. **JT F** Susan Ball 4th 21.19m. **HT F** Rachel Bashforth 2nd 31.49m; Lorraine Bullar 3rd 23.53m.

Senior Men. 100m F Brent Starkie 2nd 11.2. **200m F** Brent Starkie 1st 22.9; James Bamber 4th 24.2. **400m F** Nathan Cheatham 4th 57.4. **800m** Morgan Phillips 1st 1:59.6. **HJ F** Nathan Cheatham 2nd 1.65m **PB**. **JT F** Ian Corcoran 1st 38.33m; Matthew Smith 6th 21.66m. **HT F** Sydney Bashforth 6th 28.97m.

Other Results:

Riverside 10 Mile: Lancaster August 2nd

Bev Wright 30th (2nd F & 1st FV50) 1:10:08; Peter Gibson 81st 1:24:03; Jeff Wright 115th 1:34:50. First of 145 was Grant Johnson of Salford Harriers in 53:44 and first lady was Sian Finlay of Dumfries RC (23rd) in 1:07:56.

Microgaming Isle of Man HM: Ballabeg August 9th

Bev Wright 42nd (5th F & 1st FV50) 1:34:12. First of 332 was Mark Dooley of Herne Hill Harriers and first lady was Nikki Boyle of Northern (IoM) AC (14th) in 1:25:38.

Blackpool Airshow 10K: Bispham Prom August 9th

Liam Craine 2nd 34:56; Ian Dawson 8th 37:48; Terry Westhead 45th 43:10; Simon Scarr 99th 48:55; Kirsty Holland 148th (33rd F) 54:32; John Winters 169th 56:31; Norman Greenwood 208th 1:06:54. First of 227 Darren Newbould of Hallamshire in 34:34 and first lady was Louise Blizard of Belgrave Harriers (21st) 40:17.

UK Women's League Division 1: Wigan August 9th

PV B Fiona Hockey (U20W) 1st 3.40m.

Trafford AC Grand Prix: August 11th

800m h2 Benjamin Preddy (U15) 1st 2:13.23 **PB**; h5 William Eccleston (U17M) 6th 2:06:22 **PB**; h7 Adam Weightman (U23M) 1st 2:04:55 **PB**; h11 Amelia Beaman (U20W) 5th 2:25.94. 1500m h1 Jake Walley (U20M) 3rd 3:59.57 **PB**; h5 Jessica Rogers (U17W) 5th 5:03.37.

Catforth 5K: August 15th

Ian Dawson 13th 17:45; Jeff Wilson 58th 21:11; Derek Crane 69th 21:50; Kirsty Holland 86th (21st F) 23:22 **PB**. First of 132 was Rob Danson of Wesham RR in 15:27 and first lady was Carlyne Baxter of Lancaster & Morecambe AC in 18:03.

Trafford AC Grand Prix: August 18th

Brent Starkie 100m h2 ws +0.5 3rd 11.51. 200m h1 ws +0.3 22.60. Luke Halstead HJ 1st 1.85m.

BMC Grand Prix: Solihull August 22nd

Luke Minns 1500m B 11th 3:53.12. Jake Walley 1500 E 8th 3:58.10 **PB**.

Coventry Godiva Classic (inc Midland 3000m Championships): August 22nd & 23rd

Isaac Towers (T34) 100mW h2 ws +0.4 2nd 17.86; 200mW h2 2nd 31.15; 800mW h2 1st 1:52.18; 1500mW h1 4th 3:28.73; 5000mW 2nd 12:08.13 **PB**.

Birchwood 10K: August 23rd

Liam Craine 12th 36:14, c 36:14; David Williamson 39th (4th MV40) 38:45, c 38:44; Ian Dawson 53rd 39:54, c 39:53; Jeff Wilson 256th 47:44, c 47:38; Derek Crane 268th 48:01, c 47:57; Kirsty Holland 433rd (82nd F) 52:33, c 52:22. First of 940 was Nigel Martin in 33:04 (2nd Rob Danson of Wesham RR in 33:21 and first lady was Kirsty Longley (32nd) in 37:59.

Fleetwood Half Marathon: August 23rd

Rick Pinches 74th 1:39:29 **PB**; Peter Gibson 271st 2:00:45; Jeff Wright 422nd 2:21:54. First of 526 was Robert Affleck of Preston Harriers in 1:13:25 and first lady was Annika Stumpf of DH Runners (30th) in 1:29:54.

Trafford AC Grand Prix: August 25th

Adam Weightman (U23M) 800m h6 2nd 2:04.60. Jessica Rogers (U17W) 800m h10 3rd 2:24.89. 1500m h1 Benjamin Preddy (U15B) 6th 4:37.01 **PB**. Emily Japp (SW) 3000m h2 15th 10:15.5.

Blackpool Hilton Illuminations 10K: August 29th

John Winters 128th 57:17. First of 201 was Tim Raynes of Blackburn Harriers in 34:45 and first lady was Nicola Unsworth of Wesham RR (27th) in 44:56.

Lancaster 5K: August 29th

Derek Crane 87th 21:44. First of 137 was Matt Whitfield of Bristol & West AC in 15:09 and first lady was Carlyne Baxter of Lancaster & Morecambe AC (21st) in (21st) 17:23.

Dream Trail Races: Sutton Manor St Helens Aug 30th

Mini Dream 2K Trail: Lucy Tickle 3rd (1st F) 5:28; Holly Tickle 10th (3rd F) 6:23. 25 competed

The Dream 5K Trail Challenge: Michelle Tickle 4th (1st F) 23:25. First of 42 were Stephen Firth of Road Runners Club

Preston 5K Parkruns: Avenham/Miller Parks

August 1st Michelle Tickle 72nd (8th F) 23:00. First of 253 was Andrew Benson of Preston Harriers in 16:45 and first lady was Jayne Perry of Lancaster & Morecambe (26th) in 20:19.

August 8th Jack Tickle 57th 22:43; Michelle Tickle 74th (5th F) 23:15; Simon Tickle 77th 23:41. First of 281 was Kingsley Judd unattached in 18:02 and first lady was Claire Melbourne unattached (34th) in 21:27.

August 29th Jack Tickle 36th 21:46; Michelle Tickle 51st (2nd F) 22:44; David Twizell 105th 25:34; Lucy Tickle 125th (17th F) 26:24. First of 286 was Jason Parker of Preston Harriers in 17:12 and first lady was Claire Melbourne (30th) 21:20.

Presentation Night

Hilton Hotel November 13th

Contact Nick Hume for Tickets:

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