



WYLDEFYRE



November 2015 No 66

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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; L J - 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

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, Bamber Bridge, Preston.

First Lytham Hall Park Park-run on November 28th

Important Club Dates

13/11/15 Presentation Night
28/11/15 Mid Lancs XC L’pool

FORTHCOMING EVENTS DIARY

01/11/15	Through the Villages Race (8.45M) & Derwent Water Keswick
01/11/15	Club Handicap New Road
07/11/15	Podium 5K Barrowford
08/11/15	Windmill 10K Lytham
08/11/15	Lancs Sportshall League Stanley Park
13/11/15	Presentation Night Hilton Hotel
15/11/15	Preston 10M & 64 th Brampton to Carlisle 10M
15/11/15	Leeds Abbey Dash 10K
22/11/15	Chorley Fire 10K & Arnside Knott FR
28/11/15	Mid Lancs Cross Challenge/European Trials Sefton Park L’pool
28/11/15	Wesham 10K
29/11/15	David Staff Memorial FR Darwen
05/12/15	Gt Langdale Xmas Pudding 10K & Mental Elf 3K/5K Blackburn
06/12/15	Guys 10M Bilsborrow
13/12/15	Hurst Green Turkey Trot (4.95M)
13/12/15	Lancs Sportshall League Stanley Park
20/12/15	Rudolf’s Red Nose Race (5M) Blackpool
26/12/15	Boxing Day 10K Leyland & Festive 4K Fun Run Lancaster
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
16/01/16	U11 Inter Counties Sportcity (Team Selection)
16 to 17/01/16	Northern Athletics Snr/U20/U17 Indoor Champs
30/01/16	Northern XC Witton Park Blackburn
07/02/16	Northern Athletics U15/U13 Indoor T&F Champs
07/02/16	European XC Champs
13/02/16	Mid Lancs XC Rossall School Cleveleys
20/02/16	Glasgow Indoor Grand Prix
21/02/15	Lancs Sportshall League Stanley Park Sport Centre
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
05/03/16	U13/15 Inter Counties Regional Final Sportcity
12/03/16	UK CAU XC Champs
17 to 20/03/16	IAAF World Indoor Champs Portland USA
02/04/16	Northern Athletics 12/6 Stage Relays Stockport
16/04/16	ERRA 12/6 Stage Road Relay Champs Sutton Park
24/04/16	London Marathon
28 & 29/05/15	Lancashire T&F Championships Stanley Park Blackpool (Prov)
05/06/16	Birmingham Diamond League
24 to 26/06/16	British Championships Birmingham
02/07/16	European Mountain Champs Arco ITA
06 to 10 /07/16	European Athletics Champs Amsterdam NED
14 to 17/07/16	1 st European Athletic Youth Champs (U18) Tblisi GEO
22 to 24/07/16	London Anniversary Games
12 to 21/08/15	Olympic Games (Athletics) Rio BRA

September's AotM

August's **Athletes of the Month** are **Jasmine Carey** and **Alan Wilkinson**. Jasmine has had an excellent month of athletic action setting **PB** in the **800m** (2:39.4), **High Jump** (1.37m) and **Pole Vault** (2.20m). She also won the **70m Hurdles** in 12.4. Alan has competed in all seven Inter Club fixtures and helped the **Over 60 Team** to winning the **Vet 60 Section**.



Volunteer of the Quarter

VotQ is **Nick Hume** who as well as his normal Secretarial duties for the Club, has had a busy time organizing the Presentation Evening and has been helping at

various club and other Athletic events. Also nominated were **Tanya Barlow** and **Tony Croft**.



Future Open Track & Field Meetings

07/11/15	NA Open Meeting Sheffield
05/12/15	NA Open Meeting Sheffield
20/12/15	Sale Harriers Indoor Open
31/01/16	Sale Harriers Indoor Open
06/02/16	Sale Harriers Indoor Open
20/03/16	Sale Harriers Indoor Open

REPORTS & RESULTS

ERRA National 4 & 6 Stage Road Relays:

Sutton Park Birmingham October 3rd

NRR

Senior Women's (4315m) No **BWFAC** team. First of 67 was **Swansea Harriers** in 59:14.

Senior Men (5847m) **Luke Minns** (31) 18:22; **Jake Walley** (40) 19:09; **Liam Craine** (48) 20:12; **Danny Hayes** (46) 20:06; **John Wright** (48) 20:47; **Terry Westhead** (61) 24:56.

Total Times 24th 2:03:32. First of 68 was **Tonbridge AC** in 1:47:24.

Having qualified at the Northern Athletics Road Relays held at Stanley Park, **BWFAC** had a strong team lined up for the **English Road Running Association (ERRA) National Six Stage Relays** which were held in **Sutton Park** near Birmingham. However due to a mixture of family commitments, job interview and illness, the team were struggling for a sixth member. Other local teams **Preston Harriers** and **Blackburn Harriers** who had qualified no doubt due to similar problems, did not send teams; however team manager **Terry Westhead** stepped up to complete the **BWFAC** team.

Standards were incredibly high at this National competition and on the first stage, where many teams put their strongest runners, **Luke Minns** ran strongly to finish an excellent 31st in 18:22 on the 5845 metres course. Also on

the first leg, Blackpool based runner, **Phil Leybourne**, running for Salford 'B', ran 20:07.

Second off was **Jake Walley**, who didn't particularly enjoy the hilly course, but put in a great effort to clock 19:09. **Liam Craine**, returning from a relaxing break in Barcelona, was on the third leg and as always put in a decent performance to post 20:12. After stage three, **BWFAC** were 48th and holding their own. Next up was **Danny Hayes**, who was taking a short break from running, but committed himself to stage 4 here and came in slightly quicker than his teammate in 20:06 and moving the team up two places. Vet 50 runner, **John Wright** put in a super performance to finish stage five in 20:47. And so it was left to **Terry Westhead**, who was nursing a sore Achilles tendon, to bring the team across the final finishing line in 24:56. **BWFAC's** final position was 61st. in a total time of 2:03:32.

At the front end of the race the lead changed regularly with **Thomas Lancashire** of **Bolton United** leading after the first stage and **Andy Maud** of **Highgate Bridge Harriers** taking the lead with the fastest stage of 17:03 of the day on the second leg. **Daniel Cliffe** and **Matthew Shirling** of **Liverpool Harriers** led on the next two stages. On the penultimate stage **Stephen Mitchell** of **Bristol & West AC** took the lead and **Kieran Reilly** crossed the line to give **Tonbridge AC** the Championship and a fast finishing **Derby AC**, who won the **Northern 6 stage relays**, were second. Report by Terry Westhead (with additions from Editor).

Club Handicap: New Road October 7th CH

Dave Williamson 22:12; **Becky Rogers** 26:25 **PB**; **Graham Davies** 26:31; **Martin Bates** 26:56; **Reg Smallbone** 27:06; **Andrea Smith** 27:10; **Anthony Blight** 27:32; **Karen Dunford** 28:02; **Nick Hume** 28:22; **Dawn Maher** 28:23; **Tony Airnes** 28:27; **James Unsworth** 24:03; **Peter Gibson** 28:34; **Kirsty Holland** 31:44; **Tony Croft** 33:56.

Handicapper Sharon Randall. **Timekeeper** Liz Airnes.

Green Drive Races: October 18th

Green Drive Junior Mile

Danielle Whipp 3rd (1st F & 1st F13) 5:43; **Jack Tickle** 8th (1st M13) 5:56; **Jessica Jackson** 10th (3rd F & 1st F14) 6:00; **Jamie Jackson** 11th (2nd M12) 6:04; **Lewis Weaver** 12th (3rd M11) 6:08; **Alex Maude** 18th (1st M9) 6:17; **Bethany Whipp** 23rd (6th F & 1st F10) 6:25; **Lucy Tickle** 26th (8th F & 1st F11) 6:29; **Johnny Goodacre** 29th (6th M10) 6:46; **Joshua Blicow** 30th (7th M11) 6:50; **Grace Blicow** 34th (9th F & 1st F9) 6:55; **Holly Tickle** 57th (19th F & 4th F8) 8:05. First of 76 was **Michael Hayes** of LSARRC in 5:12.

Green Drive 5 Mile

Liam Craine 8th 27:34; **John Wright** 12th (1st MV50) 28:25; **James Unsworth** 13th 28:47; **Emily Japp** 19th (1st F) 29:12 **PB**; **David Williamson** 27th 29:37; **Ian Dawson** 29th 29:34; **Alisha Johnson** 39th (3rd F & 1st FJ) 30:54; **Caroline Betmead** 41st (4th F & 1st FV40) 31:05; **Terry Westhead** 82nd 33:36; **Peter Broome** 83rd (4th M60) 33:42; **Peter Singleton** 88th (3rd

MV55) 34:10; **Rick Pinches** 113th 36:18; **Becky Rogers** 116th (16th F) 36:29; **Alan Wilkinson** 128th (2nd MV65) 37:05; **Jeff Wilson** 139th 37:20; **Simon Scarr** 141st 37:21; **Karen Dunford** 142nd (20th F & 3rd F45) 37:21; **Michelle Tickle** (25th F) 38:29; **Peter Gibson** 165th 39:06; **David Twizell** 172nd 39:31; **Derek Crane** 174th 39:35; **Dawn Maher** 179th (32nd (4th FV35) 39:55; **Ellen McLachlan** 196th (41st F) 41:11; **Bernard Singleton** 208th 42:26; **Kirsty Holland** 209th (45th F) 42:28; **John Winters** 234th (1st M80) 44:34; **John Bradley** 271st 2nd MV75) 48:09; **Norman Greenwood** 274th 48:49; **David Heaton** 284th 52:11. First of was Karl **Billington** of Blackburn Harriers in 25:13.

Mid Lancs XC League: Towneley Park, Burnley October 24th XC

U11G (1.8K) **Felicity Barnes** 3rd 7:31; **Bethany Whipp** 8th 7:52; **Grace Blinacow** 27th 8:30. First of 84 was **Olesia Winder** of Glaxo Hoad Hill Harriers. **Team** 1st 34 pts

U11B (1.8K) **Alex Macide** 13th 7:34; **Jonny Goodacre** 34th 8:14. First of 66 was **Cian Healy** of Horwich RMI Harriers in 6:47. No **BWFAC** team

U13G (2.7K) **Caitlyn Preddy** 9th 11:59; **Hollie Winstanley** 12th 12:02; **Lucy Tickle** 18th 11:35; **Charlotte Barnes** 20th 12:52. First of 51 was **Skyler Bowes** of Border Harriers in 11:26. **Team** 1st 39 pts.

U13B (3.1K) **James Smith** 11th 11:48; **Jamie Jackson** 22nd 12:34; **Lewis Weaver** 40th 13:18. First of 64 was **Fraser Sproul** of Kendal-Helm Composite in 11:04. **Team** 6th 73 pts.

U15G (3.1K) **Danielle Whipp** 2nd 12:27; **Jessica Jackson** 27th 12:31; **Kate Jenkinson** 15th 13:00; **Taylor Holland** 19th 14:03. First of 31 was **Emma Whitaker** of Lancaster & Morecambe AC in 12:09. **Team** 1st 21 pts

U15B (4.0K) **Ben Preddy** 4th 14:54; **Jack Tickle** 17th 16:48. **Team** No team.

U17W (4.0K) **Jessica Rogers** 4th 17:16. First of 13 was **Elizabeth Greenwood** in 16:02.

U17M (5.8K) No **BWFAC**. First of 10 was **Matthew Barnes** of Pendle AC in 21:28.

SW (5.8K) **Emily Japp** 1st (of 190) 22:44; **Caroline Betmead** 5th (1st L35) 24:01; **Lauren Gowland** 9th 24:54; **Laura Gilderdale** 21st 26:19; **Bev Wright** 31st (8th L45) 26:50; **Laura Lawler** 52nd (12th L45) 28:11; **Andrea Smith** 62nd 28:41; **Karen Dunford** 68th 28:55. **Teams: SW 'A'** 1st 7 pts; **SW 'B'** 10th 101 pts; **L35** 3rd 44 pts; **L45** 1st 38 pts.

MV70 (5.8K) **John Winters** 247th (2nd V70) 1:09:36; **Norman Greenwood** 4th 39:26. First of 7 was **Barry Mitchel** of Clayton-le-Moors Harriers.

SM (10.0K) **Luke Minns** 2nd 31:40; **Danny Hays** 40th 36:02; **Dave Everson** 157th (49th V40) 42:05; **Peter Broome** 196th 43:57; **Peter Singleton** 207th (37th V50) 44:26; **Simon Scarr** 272nd (62nd V50) 49:45; **Peter Gibson** 289th (22nd V60) 52:18; **Coner Millward** 295th (17th U20) 54:26; **Alan Smart** 296th

(69th V50) 54:42; **Bernard Singleton** 297th (24th V60) 54:42; **Jeff Wright** 300th (70th V50) 55:07. First of 303 was **Phil Waite** of Barrow & Furness Striders AC in 31:40. **Teams: SM'A'** 19th 808 pts. **Division 1** 4th 4 pts. **SM'B'** No **BWFAC. Division 4** 7th 1 pt. **V40** 22nd 413 pts; **Division 2** 3rd 5 pts; **V50** 14th 147 pts; **Division 10** 10th 1 pts; **V60** 4th 47 pts; **Division 4** 4th 7 pts.

Report by Lucy Tickle which originally appeared in the Junior Gazette on Wednesday October 28th

On October 24th I competed in the second Mid Lancs Cross Country at Towneley Park in Burnley.

I was in the Under 13 girls race which was 2.729Km, so it wasn't as far as I normally run on a Saturday morning when I go to Preston park run which is 5Km.

However it was very wet and muddy, but another great experience!

During part of the course there was an amazing view of Towneley Hall.

I had a great run despite the course having a few puddles and dips and came 18th out of 52 runners, finishing in a time of 12:41 and the third Blackpool girl home.

The Under 13s Blackpool girls team also included Caity Preddy (9th in 11:59), Holly Winstanley (12th in 12:02) and Charlotte Barnes (20th in 12:52) and the team came first overall which was a brilliant achievement!

My brother Jack and Caity's brother Ben also ran in the Under 15 boy's race which was a 3.073Km course.

Ben finished in fourth place in a time of 14:54 and Jack finished eighteenth in 16:48.

I would like to thank all the timekeepers, marshals and photographers who give up their time.

I loved running this race!

I can't wait for the next Mid Lancs fixture at Sefton Park in Liverpool next month.

IPC World Championships: Suhaim Bin Hamad Stadium Doha QAT October 22nd to 31st

Isaac Towers 400mWC T34 h1 4th 57.04 q; **F** 6th 57.32. **800mWC T34 h1** 3rd 1:52.43 Q; **F** 6th 1:48.90. **200mWC T34 h2** ws -0.3 5th 30.35 **PB** nq

Fairclough 5M: October 25th

Liam Craine 1st (of 109) 27:11; **John Wright** 4th (1st MV50) 28:49; **James Unsworth** 6th 29:17; **David Williamson** 7th (3rd MV40) 29:28; **Ian Dawson** 8th 29:43; **Jeff Wilson** 36th 35:42; **Simon Scarr** 45th 37:15; **Kirsty Holland** 67th (11th F) 41:52; **John Winters** 84th (1st MV80) 44:27; **John Bradley** 88th (4th MV70) 46:24; **Bernard Singleton** 95th 50:09; **Bob Massey** 96th 50:09. First lady was **Jayne Perry** (23rd) in 33:01.

Fun Run: (approx distance 0.8M) **Jess Jackson** 1st (of 37) 4:51; **Taylor Holland** 2nd 4:57.

Other Results:

Brussels Half Marathon: October 4th

David Heaton 7629th 2:38:41. First of 7800 was **Lander Van Droogeenbroeck** of Opwijk in 1:09:04 and first lady was **Lineke Kroon** of Overijse.

Brussels 4.6K Oliver Heaton 936th 26:26. First 2351 of was **Ewan Campbell** and first lady was **Adeline Urbain**

Red Rose Cross Country: Leigh Sports Village Oct 10th U15B (4.0K) **Ben Preddy** 8th 12:05.

Valiants Half Marathon: October 10th

Bev Wright 18th (2nd F & 1st FV50) 1:32:48. **Michelle Tickle** 35th (5th F & 1st FV40) 1:45:02 **PB**; **Peter Gibson** 46th (1st V60) 1:52:37; **Jeff Wright** 69th 2:07:33. First of 80 was **Rob Danson** of Wesham RR in 1:10:29 and first lady was **Samantha Ayres** of Keswick AC (18th) in 1:30:48.

Autumn Breaker 10K: Stanley Park, October 11th

James Greenaway 6th 37:19; **Derek Crane** 77th 46:59. First of 349 was **Daniel Balshaw** of Burnley AC and first lady was **Emma Pass** of Wesham RR (21st) in 40:20

PMM Mallorca Half Marathon: Palma October 18th

Bev Wright 207th (7th F & 1st V50) 1:35:58 c 1:35:15. First of 2982 was **Robert Danson** of Wesham RR in 1:12:23 and first lady was **Emma Neil** of Barrow Runners (57th) 1:27:22.

Preston 5K Parkruns: Avenham/Miller Parks

October 3rd Michelle Tickle 43rd (5th F) 21:44 **CPB**; **Lucy Tickle** 80th (10th F) 24:18; **David Twizell** 91st 24:41. First of 278 was **Joseph Monk** of Blackburn Harriers in 16:53 and first lady was **Emma Pass** Wesham RR (21st) in 20:02.

October 10th Lucy Tickle 77th (7th F) 23:25; **CPB**; **David Twizell** 100th 24:21. First of 301 was **Jason Parker** of Preston Harriers in 17:04 and first lady **Claire Melbourne** (31st) *unattached* in 20:56.

October 17th Lucy Tickle 99th (8th F) 25:03; **Michelle Tickle** 103rd (10th F) 25:15. First of 281 was **David Taylor** of Wesham RR of 281 in 18:08 and first lady was **Joanna Goorney** of LSARRC (16th) in 19:40.

October 24th David Twizell 72nd 24:53. First of 254 was **James Scott-Farrington** in 17:08 and first lady was **Claire Melbourne** (22nd) in 21:35 (*both unattached*).

October 31st Jack Tickle 19th 20:19 **PB**; **Lucy Tickle (50th Parkrun)** 80th (9th F) 24:05; **David Twizell** 91st 24:35. First of 296 was **Rob Webb** of Rossendale Harr & AC in 16:25 and first lady was **Meg Beckett** of Preston Harr (30th) in 20:58.

Presentation Night

Hilton Hotel November 13th

Contact Nick Hume for Tickets:

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