



# WYLDEFYRE

December 2015 No 67



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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 & 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places Gold Silver Bronze

[www.parkrun.org.uk/lythamhallpark](http://www.parkrun.org.uk/lythamhallpark) held on Saturdays at 9am at Lytham Hall Park  
[www.parkrun.org.uk/preston](http://www.parkrun.org.uk/preston) held on Saturdays at 9am at Avenham Park  
[www.parkrun.org.uk/cuerdenvalley](http://www.parkrun.org.uk/cuerdenvalley) held on Saturdays at 9am at Cuerden Valley Park, Bamber Bridge, Preston.

## Important Club Dates

Club Handicap	06/12/15
Lancs Sportshall League	13/12/15
Xmas Predictor Race	19/12/15

## FORTHCOMING EVENTS DIARY

05/12/15	Gt Langdale Xmas Pudding 10K & Mental Elf 3K/5K Blackburn
05/12/15	Red Rose XC League Rossendale
06/12/15	Club Mince Pie Handicap New Road & Guys 10M Bilsborrow
13/12/15	Hurst Green Turkey Trot (4.95M) & Leeds Christmas 10K
13/12/15	Lancs Sportshall League & European XC Champs Hyeres FRA
19/12/15	Club Christmas Predictor Race 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
17/01/16	Inskip HM
24/01/16	East Lancashire Hospice 10K Gt Harwood
30/01/16	Northern XC Witton Park Blackburn
30/01/16	Vault Manchester Sportcity
07/02/16	Northern Athletics U15/U13 Indoor T&F Champs
07/02/16	European XC Champs & Blackburn WW10K Witton Park
13/02/16	Mid Lancs XC Rossall School Cleveleys
13/02/16	46 <sup>th</sup> Parbold Hill Race Wigan
14/02/16	21 <sup>st</sup> Village Bakery HM Wrexham
20/02/16	Glasgow Indoor Grand Prix & Standish Hall TR 10K
21/02/15	Lancs Sportshall League Stanley Park Sport Centre
21/02/16	Central Lancashire 5K Bolton
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
20/03/16	BWFAC Winter Warmer Open Medal Meeting
02/04/16	Northern Athletics 12/6 Stage Relays Stockport
06/04/16	BWFAC IC Stanley Park
16/04/16	ERRA 12/6 Stage Road Relay Champs Sutton Park
24/04/16	London Marathon
14 & 15/05/15	Lancashire T&F Championships Stanley Park Blackpool
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 <sup>st</sup> 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
11/09/16	BWFAC Open Medal Meeting

# October's AotM

October's **Athletes of the Month** are **Danielle Whipp** and **Luke Minns**.

Danielle has had an excellent month of athletic action setting a course record of 5:43 at the **Green Drive One Mile** (accurately measured) **Fun Run** and was second in the Under 15 race at the **Towneley Park Burnley Mid Lancs Cross Country meeting**.

Luke ran a very fast first leg at the **National 6 Stage Relay** at Sutton Park Birmingham and was second in the Senior Men's race at Burnley.



## **BWFAC London Marathon Club Places:**

These were awarded to **Simon Scarr** and **Jeff Wilson**.  
Best wishes to Simon and Jeff in their preparations.

## **2016 Inter Club Series dates:**

06/04/15	BWFAC	11/05/16	Preston Harriers
09/06/16	LSARRC	21/06/16	Thornton Cleveleys RC
18/07/16	Wesham RR	10/08/16	Chorley AC
		07/09/16	Red Rose RR

## **Fell Race Series**

28/05/16	Hutton Roof	16/06/16	Aggies Staircase
24/08/16	Harrock Hill	10/09/16	Hodder Valley

## **Provisional 2016 Mid Lancs Track & Field Dates**

02/04/16	Blackpool	30/04/16	Blackburn
28/05/16	Hyndburn	02/07/16	Lancaster
30/07/16	Edge Hill Uni	27/07/16	Wigan (Medal)

## **Future Open Track & Field Meetings**

05/12/15	NA Open Meeting Sheffield
20/12/15	Sale Harriers Indoor Open
02/01/16	Finish Line Indoor Open Meeting
10/01/16	Sale Harriers Indoor Open
10/01/16	Leeds Indoor Open Meeting
02/01/16	Finish Line Indoor Open EIS Sheffield
10/01/16	Leeds Indoor Open
31/01/16	Sale Harriers Indoor Open
31/01/16	Leeds Young Athletes Indoor Open
31/01/16	Sheffield Indoor Open
06/03/16	Sale Harriers Indoor Open
20/03/16	<b>BWFAC Open Medals Meeting</b>
20/03/16	Sale Harriers Indoor Open
03/04/16	Warrington AC Open
22/05/16	Warrington AC Open
21/08/16	Warrington AC Open
11/09/16	<b>BWFAC Open Medals Meeting</b>

# **REPORTS & RESULTS**

## **Final 2015 Road Championship Standings:**

### **Men**

Pos	Name	Pts	Cat
1	Liam Craine	6	<b>SM</b>
2	John Wright	14	<b>MV50</b>
3	Jim Unsworth	16	SM
4	Ian Dawson	17	SM
5	Dave Williamson	22	<b>MV40</b>
6	Rick Pinches	27	<b>MV45</b>
7	Peter Broome	33	<b>MV60</b>
8	Jeff Wilson	34	MV40
9	Terry Westhead	39	MV50
10=	John Bradley	53	<b>MV70</b>
10=	John Winters	53	<b>MV75</b>
12	Peter Gibson	63	MV60
13	Simon Scarr	65	MV50
14	Steve Minto	68	MV60
15	Bernard Singleton	71	<b>MV65</b>
16	Alan Wilkinson	72	MV65

## Women

1	Bev Wright	7	<b>FV50</b>
2	Michelle Tickle	13	<b>FV40</b>
3	Laura Lawler	16	<b>FV45</b>
4	Becky Rogers	20	<b>SW</b>
5	Kirsty Holland	21	SW
6	Karen Dunford	26	FV45
7	Dawn Maher	43	SW

## Trail Championship – Badger 10K Trail Race

Male Winner: Liam Craine (was 4<sup>th</sup> in race)

Lady Winner: Michelle Tickle (was 7<sup>th</sup> Woman)

## Fell Championship

1	Peter Singleton	2	<b>MV50</b>
2	Simon Scarr	3	MV50
3	Bernard Singleton	8	MV65

## Club Handicap: New Road November 1<sup>st</sup> **CH**

Martin Bates 26:42; Andrea Smith 27:00; Karen Dunford 28:00; Tony Croft 33:32; Peter Gibson 28:39; Nick Hume 29:41. *Timekeeper* David Wood.

## Club Presentation: Hilton Hotel Nov 13<sup>th</sup> **CP**

### Track & Field 2014 Trophies:

U11B	Winner	<u>George McKenzie</u>
U11B	Runner-up	<u>Thomas Wilkinson</u>
U11G	Winner	<u>Bethany Whipp</u>
U11G	Runner-up	<u>Talia Ball</u>
U13B	Winner	<u>James Smith</u>
U13B	Runner-up	<u>Bruno Eaves</u>
U13G	Winner	<u>Jasmine Carey</u>
U13G	Runner-up	<u>Maisie Rogers</u>
U15B	Winner	<u>Will Critchley</u>
U15B	Runner-up	<u>Will Holmes</u>
U15G	Winner	<u>Kirsty Rushton</u>
U15G	Runner-up	<u>Danielle Whipp</u>
U17M	Winner	<u>Not Awarded</u>
U17M	Runner-up	<u>Not Awarded</u>
U17W	Winner	<u>Annie Bradshaw</u>
U17W	Runner-up	<u>Ash Colvin</u>
U20M	Winner	<u>Jake Walley</u>
U20M	Runner-up	<u>Dominic Lavelle</u>
U20W	Winner	<u>Alisha Johnson</u>
U20W	Runner-up	<u>Not Awarded</u>
SM	Winner	<u>Luke Minns</u>
SM	Runner-up	<u>Brent Starkie</u>
SW	Winner	<u>Katy Wyper</u>
SW	Runner-up	<u>Emily Japp</u>

### Cross Country 2013/2014 Championship:

U11G	<u>Champion</u>	<u>Bethany Whipp</u>
U11G	Second place	<u>Natalia Luczak</u>
U11G	Third place	<u>Poppy Bridge</u>
U11B	<u>Champion</u>	Not Awarded
U13G	<u>Champion</u>	<u>Danielle Whipp</u>

U13B	<u>Champion</u>	<u>Benjamin Preddy</u>
U13B	Second place	<u>James Smith</u>
U13B	Third place	<u>Bruno Eaves</u>
U15G	<u>Champion</u>	<u>Taylor Holland</u>
U15B	<u>Champion</u>	Not Awarded
U17W	<u>Champion</u>	<u>Jessica Rogers</u>
U17M	<u>Champion</u>	<u>Samuel Matthews</u>
U17M	Second place	<u>Thomas Matthews</u>
U17M	Third place	<u>Coner Millward</u>
U20M	<u>Champion</u>	Not Awarded
U20W	<u>Champion</u>	<u>Alisha Johnson</u>
SW	<u>Champion</u>	<u>Alisha Johnson</u>
Veteran	<u>Champion</u>	<u>Michelle Tickle</u>
F45	First place	<u>Laura Lawler</u>
SM	<u>Champion</u>	<u>John Wright</u>
Veteran	<u>Champion</u>	<u>John Wright</u>
M50	First place	<u>Simon Scarr</u>
M65	First place	<u>Alan Wilkinson</u>

### Road 2015 Championship:

SW	<u>Champion</u>	<u>Bev Wright</u>
FV40	First place	<u>Michelle Tickle</u>
F45	First place	<u>Laura Lawler</u>
SM	<u>Champion</u>	<u>Liam Craine</u>
MV40	First place	<u>Dave Williamson</u>
MV45	First place	<u>Rick Pinches</u>
MV60	First place	<u>Peter Broome</u>
MV65	First place	<u>Bernard Singleton</u>
MV70	First place	<u>John Bradley</u>
MV75	First place	<u>John Winters</u>

### Meritorious Trophies 2014 Awards:

Quayle Trophy: (Most outstanding athlete male or female)	<u>Katy Wyper</u>
Large Langen Trophy: (Runner-up to Quayle Trophy - Male)	<u>George Fox</u>
Small Langen Trophy: (Runner-up to Quayle Trophy - Female)	<u>Not Awarded</u>
Cartmell Dragon Trophy: (Most outstanding Veteran)	<u>Bev Wright</u>
Cocker Trophy: (Club spirit and Turning out Regardless)	<u>Phil Ellershaw</u>
Vaux Tankard: (Most successful Male U18, track or XC)	<u>Luke Halstead</u>
Langen Hesson Plaque: (Most improved Female 15-17)	<u>Emilia Heslop</u>
Chairman's Trophy: (Most improved Male 15-17)	<u>Louis Walker</u>
Southern Trophy: (Most improved Female 13-15)	<u>Mollie Mason</u>
Rowland Jones Trophy: (Most improved Male 13-15)	<u>Morgan Lilley</u>
Kennel Trophy: (Most improved Female 11-13)	<u>Minnie Rogers</u>
Ryan Trophy: (Most improved Male 11-13)	<u>Jamie Jackson/Ellie Owen</u>

**Brooks Barrel:** (Encouragement Award 10-12)

**Jamie Jackson**

**Pendleton Trophy:** (Best Female Middle Distance)

**Annie Bradshaw**

**B Ae Trophy:** (Best Male Middle Distance) **Luke Minns**

**Sandra Helme Trophy:** (Best Throws Female 13 – 15)

**Mollie Mason**

**B Ae Trophy** (Encouragement Award Throws Male U17)

**Louis Walker**

**Bernard Berry Memorial:** (Best Female U17 Track)

**Ash Colvin**

**Gerard Williams Trophy:** (Awarded for Perseverance & Consistency in Sprinting U17 & Senior) **Brent Starkie**

**Bob Hope Trophy:** (Best Throws Male or Female)

**Carl Myerscough**

**Jack Pritchard Trophy:** (Best Male U17 Track) **Tom Allen**

**Club Road Running Trophy:** (Outstanding Road Performance Male or Female) **Not Awarded**

**Centenary Trophy:** (Best Jumps Award Male or Female)

**Matt Wright**

**President's Trophy:** (Best Multi-events Performance)

**Annie Bradshaw**

**Fell Running Trophy:** (Most outstanding Fell Running Male)

**Peter Singleton**

**Fell Running Trophy:** (Female)

**Not Awarded**

**Ron Helmn Trophy:** (For the best 800m runner aged 14)

**George Robinson**

**Alf Tysoe Team Trophy** (Outstanding Team Performance)

**Under 15 Road Relay Squad**

**Peter Smith Meritorious Award:** (Outstanding Services to the Club – Female)

**Tracy Smith**

**Tony Croft Meritorious Award:** (Outstanding Services to the Club – Male)

**Dave Turner**

**Road Championship Salver Men:** **Liam Craine**

**Road Championship Salver Women:** **Bev Wright**

**Trail Running Championship Men:** **Liam Craine**

**Trail Running Championship Women:** **Michelle Tickle**

**Family Commitment Trophy** (Commitment shown in one or more areas of the Club by 2 or more Members of the same Family linked to the Club) **The Wyper Family**

## **La Santa Challenge:** Nov 22- 25 by Bob Massey

**La Santa Running Challenge** started on Sunday (November 22<sup>nd</sup>). Two members of BWFAC entered this year's four race challenge beginning with the **Vince Regan memorial 10K**. **Simon Scarr** entering the challenge for the second year ran a good first day with a 49:21 for 115<sup>th</sup> place and 20<sup>th</sup> in the age group (V50). **Derek Crane** in his 25<sup>th</sup> Challenge and suffering with a couple of injuries ran 50:35 for 119<sup>th</sup> and 11<sup>th</sup> in his age category (V45).

Day two was the **13K Ridge Run** and Simon clocked 71:54 in windy conditions, followed by Derek in 74:44. The **5K Beach Run** on day three saw the worst of the windy conditions and the soft sand did nothing to improve times.

Simon finished a little disappointed with 29:09. Derek by now feeling his groin strain, dug in for 30:27 which in those conditions was good going.

The last day of the Challenge saw the guys lining up for the **21Km point to point** starting at St Dolores Church in Tanajo and finishing on the track at La Santa Sports. Again Simon just led Derek with 1:52:24 to Derek's 1:53:48.

Simon's total time for the whole challenge was 4:22:47, overall position 101<sup>st</sup> and Derek finished in 4:29:33, overall position 109<sup>th</sup>.

It is an absolute fact that Derek's injury affected his performance this year, but his determination to finish this his 25<sup>th</sup> challenge speaks volumes about the guy.

## **Wesham 10K:** Salwick/Lea Town November 28<sup>th</sup>

**Reg Smallbone** 138<sup>th</sup> (3<sup>rd</sup> MV65) 46:16; **David Twizell** 200<sup>th</sup> 50:29; **Jeffrey Wright** 285<sup>th</sup> 57:20; **John Bradley** 308<sup>th</sup> (3<sup>rd</sup> MV65) 59:11; **Tanya Barlow** 406<sup>th</sup> (79<sup>th</sup> F) 59:13. First of 397 was **Robert Danson** of Wesham RR in 32:34 and first lady was **Joanne Nelson** of Darwen Dashers (27<sup>th</sup>) in 38:13.

## **Mid Lancs XC League:** Sefton Park, Liverpool November 28<sup>th</sup>

**U11G** (1.9K) **Felicity Barnes** 6<sup>th</sup> (2<sup>nd</sup>) 8:05; **Bethany Whipp** 9<sup>th</sup> (4<sup>th</sup>) 8:10; **Grace Blincow** 36<sup>th</sup> (27<sup>th</sup>) 9:00; **Holly Tickle** 63<sup>rd</sup> (52<sup>nd</sup>) 9:48. First of 75 was **Holly Weedall** of Vale Royal AC & first ML was **Olesia Winder** of Glaxo Hoad Hill Harriers (2<sup>nd</sup>) in 7:43. **Team** 2<sup>nd</sup> 33 pts; **League** 1<sup>st</sup> 19 pts

**U11B** (1.9K) **Alex Maude** 26<sup>th</sup> (11<sup>th</sup>) 8:14; **Jonny Goodacre** 41<sup>st</sup> (23<sup>rd</sup>) 8:27. First of 66 was **Louie McCormac** of Trafford AC in 6:55 and first ML was **Dexta Thompson** of Clayton-le-Moors (8<sup>th</sup>) in 7:21. No **BWFAC** team

**U13G** (3.0K) **Caitlyn Preddy** 34<sup>th</sup> (9<sup>th</sup>) 12:32; **Hollie Winstanley** 41<sup>st</sup> (14<sup>th</sup>) 12:44; **Lucy Tickle** 60<sup>th</sup> (23<sup>rd</sup>) 13:16; **Charlotte Barnes** 67<sup>th</sup> (27<sup>th</sup>) 13:31; **Natalia Luczak** 95<sup>th</sup> (47<sup>th</sup>) 14:32. First of 118<sup>th</sup> was **Lily-Jane Evans Haggerty** of Victoria Park City of Glasgow in 11:09 and first ML was **Anna Mason** of Border Harriers (9<sup>th</sup>) in 11:55. **Team** 2<sup>nd</sup> 46 pts.

**U13B** (3.0K) **James Smith** 48<sup>th</sup> (15<sup>th</sup>) 11:47; **Jamie Jackson** 53<sup>rd</sup> (19<sup>th</sup>) 11:51; **Bruno Eaves** 86<sup>th</sup> (38<sup>th</sup>) 12:31. First of 136 was **Tommy Dawson** of Leeds City AC in 10:11& first ML was **Samuel Almond** of Team North Cumbria (4<sup>th</sup>) in 10:22. **Team** 6<sup>th</sup> 73 pts.

**U15G** (3.0K) **Danielle Whipp** 52<sup>nd</sup> (16<sup>th</sup>) 12:19; **Taylor Holland** 78<sup>th</sup> (30<sup>th</sup>) 13:19 **Kate Jenkinson** 83<sup>rd</sup> (34<sup>th</sup>) 13:37. First of 95 (& ML) was **Olivia Mason** of Border Harriers in 12:09. **Team** 5<sup>th</sup> 80 pts

**U15B** (3.0K) **Ben Preddy** 42<sup>nd</sup> (4<sup>th</sup>) 10:38; **Jack Tickle** 118<sup>th</sup> (29<sup>th</sup>) 12:27. First of 135 was **Zakariya Mahamed** of Southampton AC in 9:35 and first ML was **Kai Atkins** of Pendle AC (19<sup>th</sup>) in 10:18 **Team** No team.

**U17W** (4.4K) **Jessica Rogers** 58<sup>th</sup> (8<sup>th</sup>) 18:29. First of 78 was **Sabrina Sinha** of Cambridge H in 15:27 & first ML was **Scarlett Dale** of L&M (8<sup>th</sup>) 16:08. No **BWFAC** Team

**U20W** (5.5K) **Alisha Johnson** 44<sup>th</sup> 17:05. First of 63 was **Bobby Clay** of Invicta East Kent in 14:42.

**U17M** (5.8K) No **BWFAC**. First of 10 was **Tom Mortimer** of Stroud & District AC in 17:28 & first ML was **Matthew Barnes** of Pendle AC (41<sup>st</sup>) in 18:52.

**U20M** (6.7W) No **BWFAC**. First of 121 was **Ben Dijkstra** of Leicester Coritarians

**SW** (8.1K) **Emily Japp** 58<sup>th</sup> (4<sup>th</sup>) 31:09; **Caroline Betmead** 90<sup>th</sup> (12<sup>th</sup> ML & 3<sup>rd</sup> L35) 32:44; **Bev Wright** 119<sup>th</sup> (28<sup>th</sup> ML & 4<sup>th</sup> L45) 36:27; **Laura Lawler** 147<sup>th</sup> (49<sup>th</sup> & 11<sup>th</sup> L45) 38:18; **Karen Dunford** 156<sup>th</sup> (58<sup>th</sup> & 11<sup>th</sup> L45) 39:19; **Chris Brook** 172<sup>nd</sup> (71<sup>st</sup> & 15<sup>th</sup> L45) 41:01; **Dawn Maher** 211<sup>th</sup> (103<sup>rd</sup>) 45:27. First of 291 was **Gemma Steel** of Charnwood AC in 27:13 & first ML was **Lauren Howarth** of Leigh Harriers (6<sup>th</sup>) in 27:59. **Teams: SW 'A'** 2<sup>nd</sup> 44 pts; **SW 'B'** 18<sup>th</sup> 178 pts; **V35** 2<sup>nd</sup> 45 pts; **V45** 2<sup>nd</sup> 25 pts. **MV70** (8.1K) **John Winters** 3<sup>rd</sup> 48:43; **Norman Greenwood** 4<sup>th</sup> 51:24.

**SM** (9.8K) **Harry Poole** 145<sup>th</sup> (24<sup>th</sup>) 34:58; **Danny Hayes** 185<sup>th</sup> (47<sup>th</sup>) 36:43; **John Wright** 227<sup>th</sup> (73<sup>rd</sup>) & 3<sup>rd</sup> V50) 38:17; **Ian Dawson** 334<sup>th</sup> (142<sup>nd</sup>) 42:03; **Peter Broome** 425<sup>th</sup> (193<sup>rd</sup>) & 6<sup>th</sup> V60) 45:34; **Jeff Wilson** 506<sup>th</sup> (247<sup>th</sup> & 63<sup>rd</sup> V40) 49:48; **Alan Wilkinson** 524<sup>th</sup> (251<sup>st</sup>) & 10<sup>th</sup> V60) 51:10. First of 574 was **Ross Millington** of Stockport Harriers in 30:09 and first ML was **Daniel Cliffe** Liverpool Harriers in (25<sup>th</sup>) 31:14. **Teams: SM'A'** 16<sup>th</sup> 763 pts. **SM'B'** No **BWFAC**. **V40** 6<sup>th</sup> 323 pts; **V50** 14<sup>th</sup> 84 pts;; **V60** No **BWFAC**.

## Other Results:

### Wisconsin Adidas Invitational Cross Country:

Madison WI USA October 17<sup>th</sup>

**Molly Betmead** 239<sup>th</sup> 23:17.7.

### Derwentwater 10M: Keswick November 1<sup>st</sup>

**Anthony Blight** 208<sup>th</sup> 1:19:19. First of 435 was **Russ Best** of New Marske Harriers in 51:53 and first lady was **Joasia Zakrzewski** of Dumfries RC (21<sup>st</sup>) in 1:00:44.

### Northern Police XC League: Laura Lawler

Cleveland Nov 4<sup>th</sup> 5<sup>th</sup> 48:40; Penrith Nov 18<sup>th</sup> 5<sup>th</sup> 43:34.

### Cheshire 10K: November 7<sup>th</sup>

**Emily Japp** 37<sup>th</sup> (2<sup>nd</sup> F) 36:17. First of 1116 was **Ryan McLeod** of Tipton Harriers in 29:23 and first lady was **Tessa Robinson** of Salford Harriers (33<sup>rd</sup>) in 35:57.

### Catforth Canter 5K: November 8<sup>th</sup>

**Andrea Smith** 23<sup>rd</sup> (4<sup>th</sup> F & 1<sup>st</sup> FV45) 22:48. First of 51 was **William Oner** in 16:29 and first lady was **Helen Booth** (11<sup>th</sup>) in 19:19 both of Lancaster & Morecambe AC.

### South East Lancashire Cross Country League:

Leigh Sports Village November 14<sup>th</sup>

**SW Caroline Betmead** (Guest) 1<sup>st</sup> (1<sup>st</sup> FV40) 26:05.

### Brampton to Carlisle 10M: November 15<sup>th</sup>

**Bev Wright** 164<sup>th</sup> (17<sup>th</sup> F & 1<sup>st</sup> FV50) 1:11:10. First of 557 was **Lewis Timmins** of Morpeth Harriers & AC in 52:31 and first lady was **Joasia Zakrzewski** of Dumfries RC (44<sup>th</sup>) in 1:01:19.

**The 34<sup>th</sup> Preston 10 Mile Road Race:** Hutton Nov 15<sup>th</sup> **Jeff Wilson** 174<sup>th</sup> 1:16:32; **Simon Scarr** 241<sup>st</sup> 1:22:21. First of 416 was **Dave Rigby** in 55:53 and first lady was **Helen Clitheroe** (7<sup>th</sup>) in 58:18 both of Preston Harriers.

### Fireman Chorley 10K: November 22<sup>nd</sup>

**Andrea Smith** 147<sup>th</sup> (24<sup>th</sup> F & 2<sup>nd</sup> FV45) 47:16. First of 405 was **Anthony Valentine** of Bolton Harriers in 33:10 and first lady was **Vicky Bryant** of Wigan Phoenix (22<sup>nd</sup>) in 39:08.

### Lytham Hall Parkrun:

**November 21<sup>st</sup> (Unofficial Trial Run)** **Ted Romney** 14<sup>th</sup> 24:20.

**November 28<sup>th</sup>** **George Robinson** 5<sup>th</sup> 19:55; **David Cairns** 6<sup>th</sup> 20:01; **Dave Everson** 8<sup>th</sup> 20:08; **Rick Pinches** 29<sup>th</sup> 23:33; **Peter Gibson** 43<sup>rd</sup> 25:30. First of 189 was **Andrew Benson** of Preston Harriers in 17:48 and first lady was **Catherine Fox** of Darwen Dashers RC (21<sup>st</sup>) in 22:37.

### Preston 5K Parkruns: Avenham/Miller Parks

#### Lucy Tickle's Junior Gazette report on November 4<sup>th</sup>

Saturday October 31 was a special day at Preston parkrun! It was the annual Halloween run as well as being my 50<sup>th</sup> parkrun!

To celebrate my mum and dad surprised me with a personalized balloon which said 'Congratulations Lucy on your 50<sup>th</sup> parkrun' and some of my mum's running friends had made a photo collage frame of my parkrun memories and also made a cake!

I made some flapjacks and crispy cakes to take and share with other park runners after the run!

I ran with Simon Monk to try and achieve a personal best which unfortunately didn't happen but I did get my second fastest time of 24:05. The runners made a fantastic effort and the outfits were amazing!

There were witches, red devils and skeletons!

Joseph Monk paced my brother Jack to help him achieve a PB of 20:19, knocking 48 seconds off his previous best. He was delighted with his time!

Almost 300 runners took part in the weekly 5k run at Avenham Park and the atmosphere was brilliant!

Thank you to all the volunteers and everybody who made Halloween cakes which were absolutely delicious.

Preston parkrun on every Saturday morning at 9am in Avenham Park.

**November 7<sup>th</sup>** **Benjamin Preddy** 6<sup>th</sup> 18:51 (1<sup>st</sup> run); **Lucy Tickle** 58<sup>th</sup> (6<sup>th</sup> F) 23:44. First of 221 was **Gary Pennington** in 17:19 *unattached* & 1<sup>st</sup> lady **Elizabeth Pennington** of Nott AC (22<sup>nd</sup>) in 20:36.

**November 14<sup>th</sup>** **Lucy Tickle** 62<sup>nd</sup> (4<sup>th</sup> F) 23:50. First of 188 was **Christopher Durney** of Preston Harriers in 16:17 and first lady **Rebecca Harding** (20<sup>th</sup>) Edinburgh University Hare & Hounds in 20:42.

**November 21<sup>st</sup>** **Ben Preddy** 4<sup>th</sup> 17:57 **CPB**; **Lucy Tickle** 55<sup>th</sup> (6<sup>th</sup> F) 22:33 **CPB**. First of 228 was **Jason Parker** of Preston Harriers of 281 in 17:13 and first lady was **Annabel Ralph** of Accrington RR (16<sup>th</sup>) in 19:56.