



WYLDEFYRE

January 2016 No 68



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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**

www.parkrun.org.uk/lythamhallpark held on Saturdays at 9am at **Lytham Hall Park**
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.

Important Club Dates

Club Handicap	03/01/16
Lancs XC Witton Park	09/01/16
Mid Lancs Hyndburn	16/01/16
Northern Athletics Indoor	16-17/01/16
Northern XC Witton Park	30/01/16
Vault Manchester	30/01/16

FORTHCOMING EVENTS DIARY

- 03/01/16 **Club Handicap** New Road & Central Lancs HM Lea Town
- 09/01/16 **Lancashire XC Champs** Witton Park Blackburn
- 10/01/16 Garstang 10M
- 16/01/16 **Mid Lancs XC** Hyndburn & **U11 Inter Counties Sportcity**
- 16 to 17/01/16 **Northern Athletics Snr/U20/U17 Indoor Champs**
- 17/01/16 Essar 4 Villages HM Helsby & Inskip HM
- 24/01/16 Hunter’s 10K Preston & East Lancs Hospice 10K Gt Harwood
- 24/01/16 **NW Sportshall League Final** Kingsway LC Widnes
- 26/01/16 Ben Smith 401 Marathon Challenge in Blackpool (see below)
- 30/01/16 **Northern XC** Witton Pk Blackburn & Vault Manchester S’city
- 31/01/16 Lancs Flood Recovery Half Marathon/10K Lancaster
- 06/02/16 **Lancs Schools Cross Country Champs** Witton Park Blackburn
- 07/02/16 **Northern Athletics U15/U13 Indoor T&F Champs**
- 07/02/16 **European XC Champs** & Blackburn WW10K Witton Park
- 07/02/16 Brooks Alsager 5M & Mad Dog 10K Southport
- 13/02/16 **Mid Lancs XC Rossall School** Cleveleys
- 13/02/16 46th Parbold Hill Race Wigan & Valentine 10K (1/2) Lancaster
- 14/02/16 21st Village Bakery HM Wrexham & Valentine 10K (2/2)
- 14/02/16 Muddy Shoes 5 & 11M Caldervale
- 20/02/16 Glasgow Indoor Grand Prix & Standish Hall TR 10K
- 21/02/16 **Lancs Sportshall League** Stanley Park Sport Centre
- 21/02/16 Gt NW HM Blackpool & Central Lancashire 5K Bolton
- 27/02/16 **ECCA National XC Champs** Donnington
- 27 & 28/02/16 **British Indoor Championships** Sheffield
- 27 & 28/02/16 Stanley Park 10K Races
- 28/02/16 Lostock 6M & The Marmalade 10K Dacre Cumbria
- 05/03/16 **English Schools XC Champs** Wollaton Park Nottingham
- 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
- 19/03/16 **BWFAC Winter Warmer Open Medal Meeting**
- 31/03/16 **World XC Champs** Kings Park NY USA
- 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 & 15/05/16 **Lancashire T&F Championships** Stanley Park Blackburn
- 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
- 08 to 09/07/16 **English Schools Championships** Gateshead
- 14 to 17/07/16 **1st European Athletic Youth Champs** (U18) Tblisi GEO
- 22 to 24/07/16 London Anniversary Games
- 12 to 21/08/16 **Olympic Games (Athletics)** Rio BRA
- 11/09/16 **BWFAC Open Medal Meeting**

Lancashire Sports Awards

Congratulations to three members nominated for the **Lancashire Sports Awards** which were held at the Guild Hall in Preston. **Margaret Crompton** was nominated for the **Lifetime Achievement Award**; **David Needham** for the **Adult Volunteer of the Year** and **Isaac Towers** was nominated as **Young Achiever of the Year**. Margaret was Highly Commended and Isaac won the **Young Achiever Trophy**.

November's AotM

November's Athletes of the Month are **Karen Dunford** and **Adam Weightman**. Karen has performed well for the Women's team and has assisted new runners on club nights. Adam won the **British Modern Biathlon Championship Open Men's category**.

Also nominated were **Caroline Betmead** and **Harry Poole** for their performances at the **Liverpool XC** and also Caroline for winning the **SE Lancs XC League lady's race**.



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	Stanley Park Blackpool
30/04/16	Witton Park Blackburn
28/05/16	Wilson Paving Hyndburn
02/07/16	Salt Ayre Lancaster
30/07/16	Edge Hill University Ormskirk
27/07/16	Robin Park Wigan (Medal)

Prov 2016 North of England T&F League Dates

07/05/16	Cleckheaton
05/06/16	Sheepmount Carlisle
03/07/16	Leverhulme Park Bolton
06/08/16	Longford Stadium Trafford

Future Open Track & Field Meetings

02/01/15	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
19/03/16	BWFAC Open Medals Meeting
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	BWFAC Open Medals Meeting

Ben Smith's 401 Challenge – 401 marathons in 401 consecutive days in 309 different locations of the UK raising money for **Stonewall** and **Kidscape**. Watch Blackpool, Wyre & Fylde AC Website for details of Blackpool visit on **26/01/16**

REPORTS & RESULTS

British Modern Biathlon Championship:

Tudor Grange Leisure Centre 28th & 29th November
Open Men Category Adam Weightman **Swim 200m**
2:17.14 (3) 1130 pts; **Run 1600m** 4:43.09 (2) 1260 pts
Total Points 2390 1st

I competed in the **British Modern Biathlon Championships** for 2015 which were held at Tudor Grange, Solihull in Bir-

mingham. I was in the Open Men's age category where there was a field of six athletes. First up was a 200 metre freestyle swim where I clocked a disappointing 2:17. After a short break it was time for a 1600 metres run on a track in awful conditions. I was running in torrential rain and a very strong wind. I was pleased with my run considering the bad weather and clocked a time of 4:43.09. I had beaten **Gregan Clarkson**, a fellow athlete and good friend of mine by 4 seconds in the swim and due to differential points system, had to avoid being beaten 8 seconds or more to win. All I had to do was stay close to Gregan throughout the run, which I did. Gregan won the run in 4:42.35, but I was crowned **National 2015 Biathlon Champion for the Open Men's category.** **Adam Weightman**

Club Handicap: New Road December 5th CH

James Unsworth 24:39; **Graham Davies** 25:50; **Simon Scarr** 28:46; **Michelle Tickle** 28:52 **DR**; **Peter Gibson** 28:39; **Dawn Maher** 29:32; **Tony Airnes** 29:55; **Nick Hume** 30:11; **Jeff Wright** 31:30; **Tony Croft** 33:32. **Timekeeper** **David Wood.**

Christmas Predictor Race: December 19th

Pos	Name	ET	AT	Diff
3	James Smith	16:15	16:16	0:01
6	Dan Smith	18:40	18:46	0:06
15	Coner Millward	21:40	21:33	0:07
8	Maisie Rogers	19:05	18:57	0:08 (1st F)
5	Katy Wyper	18:30	18:43	0:13
17	Dan Rogers	23:00	22:23	0:37
7	Simon Scarr	19:30	18:51	0:39
13	Tony Airnes	21:30	20:51	0:39
2	Adam Weightman	14:22	15:04	0:42
12	Nick Hume	19:59	20:41	0:42
1	Emily Japp	15:45	14:58	0:47
9	Sophie Singleton	19:50	19:00	0:50
19	Sam Rogers	22:37	23:45	1:08
20	Aero Rogers	22:36	23:46	1:10
21	Rolo Rogers	22:35	23:47	1:12
23	Bob Massey	26:25	25:11	1:14
24	Alan Smart	26:30	25:11	1:19
11	George Fox	19:11	20:32	1:21
4	Peter Singleton	19:35	18:13	1:22
14	Derek Newton	19:51	21:20	1:29
22	Bernard Singleton	23:20	24:51	1:31
10	Alan Wilkinson	20:59	19:16	1:43
16	Minnie Rogers	20:05	22:13	2:08
18	Amelia Shearman	18:20	23:20	5:00

Other Results:

Arnside Knott Fell Race: November 22nd

Peter Gibson 116th 58:57; **Jeff Wright** 119th 59:36. First of 137 was **Steve Swarbrick** of Bowland FR in 35:19 and first lady was **Heidi Dent** of Howgill Harriers (11th) in 38:18.

Sale Harriers Indoor Open: Sportcity December 6th

Leah Howard (U13G) **60 m 1 h25** 1st 9.24 **PB**; **2 h5** 5th 9.28; **HJ** 12th 1.25m. **Morgan Lilley** **300m h8** 2nd 40.01 **CR**.

Sale Harriers Indoor Open: Sportcity Dec 20th

Ash Colvin (U20W) **60m h1 12** 3rd 8.38. **Faith Wood** (U17W) **60m h1 18** 4th 8.50. **Jessica Aziz** (U17W) **60m h1 19** 2nd 8.65. **Leah Howard** (U13G) **60m h1 24** 3rd 9.09 **PB**; **h2 5 1 1st** 8.98 **PB**; **HJ** 10th 1.25m **PB**. **Ellie Owen** (U13G) **60m h1 26** 9.04; **h2 5** 8.98 **PB**. **Declan Taylor** **300m h7** 1st 38.61 **PB CR**. **Susan Ball** (V40W) **SP** 3rd 8.09 **PB**. **Kate Seed** (SW) **SP** 4th 6.57 **PB**. **Charlotte Jones** (U13G) **SP** 8th 5.76 **PB**. **Chloe Parsons** (U13G) **SP** 11th 4.88 **PB**.

Hurst Green Turkey Trot (4.95M): December 13th

Michelle Tickle 162nd 55:02. First of 281 was **Tom Adams** of Ilkley Harriers in 27:48 and first lady was **Nicola Jackson** of Spar UK (11th) in 33:43.

Rudolph Red Nose 5 Mile: Blackpool Zoo Dec 20th

Bev Wright 22nd (1st F & 1st FV50) 22nd 34:44; **Peter Singleton** 34th 94th (4th MV55) 36:35; **Trevor Uttley** 41st 37:51; **Simon Scarr** 80th 40:57; **Bernard Singleton** 129th 46:27; **Alan Smart** 130th 46:27; **Jeff Wright** 139th 46:30; **John Winters** 145th (1st MV80) 47:25; **Norman Greenwood** 179th (3rd MV75) 54:03. First of 209 was **Joseph Monk** of Blackburn Harriers in 27:52.

Festive 4K: Salt Ayre Lancaster December 27th

Ben Preddy 7th 13:25; **Caitlyn Preddy** 27th (7th F) 15:50; **Peter Gibson** 65th 18:20; **Jeff Wright** 96th 20:46. First of 230 was **Michael Kallenberg** of RAF Cardiff in 11:47 and first lady was **Scarlet Dale** of Lancaster & Morecambe AC.

Lytham Hall 5K Parkrun:

December 12th **Adam Weightman** 1st of 52) 19:08; **Andy Woodward** 2nd; **Caroline Betmead** 4th (1st F) 20:21; **Lucy Tickle** 13th (3rd F) 24:24; **Katrina Kelly** 17th (5th F) 24:57; **David Twizell** 22nd 26:43.

December 19th **Andy Woodward** 2nd 17:47; **Katrina Kelly** 17th (1st F) 22:28 **CPB**. First of 68 was **Ben Everson** of Trafford AC in 17:23.

December 26th **Andy Woodward** 1st 18:06; **Michelle Tickle** 17th (6th F) 24:44; **Simon Tickle** 44th 25:26. First lady **Felicity Wolohan** of LSARRC (20th) in 21:47.

Preston 5K Parkrun: Avenham/Miller Parks

December 12th **Amelia Beaman** 5th (1st F) 19:18 **CPB**. First of 150 was **Joe Monk** Blackburn Harriers in 16:47.

December 19th **Jack Tickle** 22nd 22:32; **Simon Tickle** 55th 23:47; **Lucy Tickle** 66th (11th F) 22:33; **Michelle Tickle** 69th (13th) 24:47; **Holly Tickle** 123rd (35th F) 28:54. First of 200 was **Gary Pennington** *Unattached* in 16:42 and first lady was **Joanna Goorney** of LSARRC (14th) in 19:22.

December 25th **Jack Tickle** 52nd 25:36; **Michelle Tickle** 53rd (6th F) 25:37; **Holly Tickle** 72nd (13th F) 27:08; **Lucy Tickle** 73rd 27:08; **Simon Tickle** 75th 27:11. First of 130 was **Joseph Monk** in 16:46 **CPB** and first lady was **Ambi Louise Tipping** (15th) in 20:55.

Bexley 5K Parkrun:

December 19th **David Twizell** 57th 25:38. First of 197 was **James MacDonald** of Cambridge Harriers in 18:29 and first lady was **Rose Baker** of Civil Services Sports Club (12th) in 21:10.