



WYLDEFYRE

February 2016 No 69



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

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/lythamhall/ 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 07/02/16
Mid Lancs Rossall 16/02/16
English XC Donnington Park 27/02/16

Remember contact **Nick Hume** if you wish to be considered for the **Welsh Castles Relay**

FORTHCOMING EVENTS DIARY

- 07/02/16 **Club Handicap** New Road
- 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
- 07/02/16 Lancaster Valentines 10K & Dewsbury 10K
- 13/02/16 **Mid Lancs XC Rossall School** Fleetwood
- 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** Wollerton Park Nottingham
- 05/03/16 **Mid Lancs XC** Worden Park Leyland &
- 05/03/16 **U13/15 Inter Counties Regional Final** Sportcity
- 05/03/16 Podium 5K Barrowford
- 06/03/16 Muddy Bottoms 7/15M Off Road Bamber Bridge
- 06/03/16 Ron Hill Accrington 10K & Mothers Day Lancaster 10K
- 06/03/16 Haweswater Half Marathon
- 12/03/16 **UK CAU XC Champs** & Lorton School 10K
- 13/03/16 **Sweatshop 10M Bispham & Spen 20M Cleckheaton**
- 13/03/16 28th Roddlesworth Roller MT Abbey Village Chorley
- 17 to 20/03/16 **IAAF World Indoor Champs** Portland USA
- 19/03/16 **BWFAC Winter Warm-up Open Medal Meeting**
- 19/03/16 Coniston 14M
- 20/03/16 **Garstang 7M Gallop**, Fleetwood 10K & Trimpell 20M
- 25/03/16 Caldervale 10M & Salford 10K
- 27/03/16 Air Products 10K/5K Crewe
- 28/03/16 Ackworth Half Marathon
- 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 Blackpool
- 040 & 5/06/16 **Welsh Castles Relay**
- 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 **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**

December's AotM & VofQ

December's Athletes of the Month are Leah Howard and Declan Taylor. Leah has competed in two in two Indoor Meetings scoring PBs in the 60 metres and High Jump of 1.25m (10cm improvement). She has also performed well in the Sportshall competition. Declan posted an impressive PB and BWFAC Club Record of 38.61 in the 300 metres at the Sale Indoor Meeting.

The fourth Volunteer of the Quarter of 2015 is David Titterton. He has great rapport with his athletes, shows concern for them and often supports them in competition.



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)

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

Youth Development League Upper Age Dates

01/05/16	Bury
29/05/16	Bolton Arena Horwich RMI TBC
26/06/16	Radcliffe Athletic Centre Oldham
24/07/16	Stanney Oaks Athletic Track Ellesmere

Youth Development League Lower Age Dates

23/04/16	Stanley Park Arena Blackpool
21/05/16	Connah's Quay
19/06/16	Market Street Athletic Track Bury
16/07/16	Litherland Sports Park Sefton

Future Open Track & Field Meetings

11/02/16	Wakefield Indoor Open
06/03/16	Sale Harriers Indoor Open
20/03/16	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

Road & Trail Championship

13/03/16	Sweatshop 10M Bispham
20/03/16	Garstang Gallop
01/05/16	Sherriff 10K Scorton
11/05/16	Preston Inter Club
22/05/16	Great Eccleston 4M
09/06/16	LSARRC Inter Club
19/06/16	Freckleton Half Marathon
21/06/16	Thornton Inter Club
02/07/16	Catforth Canter 5K
10/07/16	St Annes Carnival 5K
18/07/16	Wesham RR Inter Club
04/08/16	*Badger 10K Trail Bamber Bridge
10/08/16	Chorley AC inter Club

20/08/16	Pilling 10K
07/09/16	Red Rose Inter Club Leyland
16/10/16	Green Drive 5M Lytham
23/10/16	Fairclough 5M Thrornton Cleveleys
*Trail Championship Race	

REPORTS & RESULTS

Club Predictor Handicap: New Road Jan 3rd **CH**

PT- Predicted Time. **Graham Davies** 26:51 **PT** 26:50, +0:01; **Nick Hume** 29:48 **PT** 29:30 -0:18; **Tony Airnes** 30:12 **PT** 29:30 +0:42; **Tony Croft** 33:33 **PT** 34:59 -1:26.

Timekeepers John Bradley & David Wood.

Lancashire Cross Country Championship:

Witton Park, Blackburn January 9th **LC**

U11G (1.6K); **Bethany Whipp** 4th 7:38; **Felicity Barnes** 6th 7:42; **Grace Blincow** 26th 7:20; **Holly Tickle** 46th 9:17. First of 52 was **Ella Dorrington** of Clayton-le-Moors in 7:26. **Team** 4th 89 pts.

U11B (1.6K) **Alex Maude** 4th 7:27; **Jonny Goodacre** 14th 7:53. First of 52 was **Dexta Thompson** of Clayton-le-Moors Harriers in 7:00

U13G (2.5K) **Caitlyn Preddy** 5th 13:55; **Holly Winstanley** 10th 14:31; **Lily-Mae Gray** 16th 14:57; **Lucy Tickle** 16th 14:57; **Charlotte Barnes** 30th 16:26; **Poppy Hughes** 43rd 19:13. First of 44 was **Amy Davies** of Blackburn Harriers in 10:22. **Team** 1st 49 pts.

U13B (3.0K) **James Smith** 8th 12:47; **Jamie Jackson** 27th 14:35; **Bruno Eaves** 31st 15:01. First of 49 was **Matthew Ramsden** of Blackburn Harriers & AC in 11:55. No **Team** 4

U15G (3.0K) **Danielle Whipp** 8th 16:54; **Jessica Jackson** 16th 17:29; **Taylor Holland** 24th 18:55; **Kate Jenkinson** 26th 19:10. First of 22 was **Ella Moulding** of Lytham St Annes RRC in 15:15. **Team** 3rd 74 pts.

U15B (3.9K) **Ben Preddy** 3rd 13:41; **George Robinson** 19th 15:45; **Jack Tickle** 24th 16:26.

U17W (3.9K) No **BWFAC** (Jess Rogers DNF due to injury). First of 14 **Elizabeth Greenwood** of Blackburn H in 22:53.

U17M (6.2K) No **BWFAC** First of 10 was **David Mullarkey** of Manx Harriers.

SW (6.2K) **Emily Japp** 4th 27:13; **Caroline Betmead** 9th 27:44 (1st L40) 27:44; **Alisha Johnson** 12th (2nd U20) 28:46; **Amelia Beaman** 20th (4th U20) 30:40; **Michelle Tickle** 41st (7th V40) 34:15; **Karen Dunford** 43rd (4th L45) 34:19; **Laura Lawler** 48th (5th L45) 35:25; **Imogen Trafford** 49th (10th U20) 35:37.

Teams: **SW 'A'** 2nd 25 pts; **Vets** 3rd 45 pts. **U20** 1st 16 pts.

SM (9.9K) **Harry Poole** 17^h 37:53; **John Wright** 54th 41:25; **Simon Scarr** 134th (19th V50) 55:28; **Alan Wilkinson** 136th (1st V65) 55:28; **John Winters** 148th (1st V80) 1:12:34; **Norman Greenwood** 149th (1st V70) **1:17:46**. First of 149 was **Simon Deakin** of Leeds City AC in 34:24. **Teams SM** 13th 638 pts. **Vets** 9th 232 pts.

Mid Lancs XC League: Wilson Playing Fields Hyndburn January 16th **ML**

U11G (1.8K) **Bethany Whipp** 12th 9:27; **Maddison Betmead** 24th 10:08; **Grace Blincow** 31st 10:32; **Holly Tickle** 44th 11:09. First of 67 was **Olesia Winder** of Glaxo Hoad Hill Harriers in 8:26. **Team** 6th 64 pts. **Division** 2nd 32 pts (First Chorley 36 pts).

U11B (1.8K) **Jonny Goodacre** 16th 9:12. First of 50 was **Dexta Thompson** of Clayton-le-Moors Harriers in 7:57. **Team** No **BWFAC**

U13G (2.5K) **Holly Winstanley** 7th 11:43; **Lucy Tickle** 14th 12:25. First of 40 was **Amy Davies** of Blackburn H in 11:05. **Team** No **BWFAC**. **Div** 3rd 28 pts (First Clayton-le-Moors).

U13B (3.0K) **James Smith** 7th 12:19; **Bruno Eaves** 23rd 13:30; **Jamie Jackson** 25th 13:36. First of 40 was **Matthew Ramsden** of Blackburn Harriers & AC in 11:38. **Team** 5th 53 points. **Division** 3rd 23 pts.

U15G (3.0K) **Danielle Whipp** 5th 13:12; **Jessica Jackson** 6th 13:51; **Kate Jenkinson** 12th 14:28; **Taylor Holland** 14th 14:33. First of 18 was **Samantha Bland** of Kendal-Helm Composite in 12:56. **Team** 1st 23 pts. **Division** 1st 35 pts.

U15B (3.9K) **Jack Tickle** 16th 17:15. First of 21 was **Kai Atkins** of Pendle AC in 15:36. **Team** No team.

U17W (3.9K) No **BWFAC**. First of 8 was **Grace Handley** of Blackburn Harriers in 18:01.

U17M (6.2K) No **BWFAC** First of 15 was **Joseph Dugdale** of Team North Cumbria in 22:26.

U20W No **BWFAC** First of 8 was **Ellen Sagar-Hesketh** of Hyndburn AC in 27:22.

SW (6.2K) **Emily Japp** 2nd 24:50; **Caroline Betmead** 6th (3rd L35) 26:23; **Laura Gilderdale** 23rd 29:23; **Laura Lawler** 31st (7th L45) 31:45; **Michelle Tickle** 41st (16th L35) 32:38; **Karen Dunford** 48th (11th L45) 32:53; **Andrea Smith** 59th (15th L45) 34:10; **Christine Brook** 77th (21st L45) 36:25; **Dawn Maher** 102nd 39:51. First of 132 was **Nichola Jackson** of Preston Harriers in 24:41. **Teams:** **SW 'A'** 2nd 29 pts. **Division 1** 1st 27 pts. **SW 'B'** 12th 117 pts. **Division 2** 5th 13 pts. **L35** 4th 42 pts. **Division 2** 2nd 32 pts. **L45** 3rd 36 pts; **Division** 6th 27 pts.

Vet 70M **John Winters** 3rd 43:26; **Norman Greenwood** 4th 43:38. First of 4 was **Dave Waywell** in 35:38.

SM (9.9K) **John Wright** 46th (5th V50) 42:45; **Dave Everson** 117th (36th V40) 48:00; **Peter Singleton** 158th (26th V50) 48:27; **Darren Tremble** 162nd 52:30; **Simon Scarr** 191st (57th V50) 55:59; **Alan Wilkinson** 194th (9th V60) 59:33; **Peter Gibson** 208th (12th V60) 1:05:27; **Jeff Wright** 210th (62nd V50) 1:05:48; 285th (18th V60) 1:01:52; 246th (57th V50) 1:06:37. First of 218 was **James Douglas** of Border Harriers in 35:33. **Teams:** **SM'A'** 23rd 592 pts. **Division 2** 6th 11 pts. **SM'B'** No **BWFAC**. **V40** 12th 239 pts; **Division 2** 6th 7 pts; **V50** 7th 84 pts; **Division** 6th 11 pts; **V60** 5th 45 pts; **Division** 2nd 14 pts.

Northern Athletics Senior, Under 20 & Under 17 Indoor Championships:

English Institute of Sport Sheffield 16th & 17th January **NAIC**

SM Matthew Wright **PV F** 5th 4.50m

SW Katy Wyper **60m h3** 1st 7.66 Q; **SF2** 2nd 7.64 Q; **F** 5th 7.64 **PB CR**.

U20M Luke Halstead **HJ F** 3rd 1.90m **CR**. Nick Aziz **60m h2** 6th 7.53 nq.

U20W Ash Colvin **60m h4** 3rd 8.20; **SF2** 5th 8.18; **F** 7th 8.24. **200m h1** 3rd 27.03 q. Fiona Hockey **PV F** 2nd 3.40m.

U17M Declan Taylor **60m h1** 4th 7.69 q; **SF1** 7th 7.60 nq.

U17W Jessica Aziz **60m h1** 7th 8.53 nq. **200m h4** 5th 28.45 nq. Faith Wood **60m h4** 4th 8.44 q; **SF1** 6th 8.47.

200m h6 3rd 27.76 nq. Hannah Maskill **300m h2** 45.61 nq.

Northern Cross Country Championships:

Witton Park, Blackburn 30th January **NXCC**

Conditions were tough at the Championships with lots of mud particularly during the Senior races when there were several hailstorms. Picture: **Caroline Betmead** battling up the Saucer.



U13G (2.5K) Caitlyn Preddy 21st 14:45; Holly Winstanley 51st 15:21; Lucy Tickle 101st 16:12; Natalia Luczak 173rd 17:56. First of 199 was **Eve Jones** of Skyrac AC in 13:30. **Team** 8th 346 pts.

U13B (3.0K) James Smith 44th 12:28. First of 213 was Tommy Dawson of Leeds City AC in 11:59. **Team** No **BWFAC**

U15G (3.0K) Danielle Whipp 111th 20:40; Taylor Holland 117th 20:47; Kate Jenkinson 141st 21:39; 20th 16:00. First of 168 was Olivia Mason of Border Harriers in 16:18. **Team** No **BWFAC**.

U15B (3.9K) Ben Preddy DNF due to injury. First of 168 was Josh Cowperthwaite of Middlesbrough AC in 14:35.

U17W (3.9K) No **BWFAC**. First of 99 was **Kate Waugh** of Birtley AC in 15:46. **Team** No **BWFAC**

U17M (6.2K) No **BWFAC** First of 105 was **Scott Beattie** of Morpeth Harriers & AC in 19:15.

U20W Alisha Johnson 11th 24:02. First of 47 was **Abbie Donnelly** of Lincoln Wellington AC in 21:54.

U20M No **BWFAC**. First of 67 was **Patrick Dever** of Preston Harriers in 27:09.

SW (6.2K) Emily Japp 33rd 33:38; **Caroline Betmead** 40th 35:26; **Laura Gilderdale** 109th 39:00; **Michelle Tickle** 209th 43:52. Winner Claire Duck Leeds City AC in 27:09. **Team:** **SW** 11th 385 pts.

SM (9.9K) **Phil Leybourne** (*Salford Harriers* 2nd claim **BWFAC**) 72nd 49:14; **Dave Everson** 441st 1:04:36; **Alan Wilkinson** 657th 1:19:25; **Peter Gibson** 693rd 1:28:18; **Jeff Wright** 700th 1:31:17. First of 719 was **Charlie Hulson** of Sale Harriers in 43:16.

Vault Manchester 2016: Sportcity January 30th

SM Matthew Wright 8th 4.62m; Finn Walker NH.

U20W Fiona Hockey 5th 3.42m; Hannah Newell 10th 2.87m.

U17M William Holmes 9th 2.82 **PB**

U17W Katy Laycock 13th 2.27m

U15G Kirsty Rushton 3rd 2.92m **PB**; Amelia Shearman 6th 2.62m **PB**; Jasmine Carey 8th 2.52 **PB**; Minnie Rogers 11th 2.32m **PB**.

Other Results:

Central Lancashire Half Marathon: Lea Town Jan 3rd Peter Gibson 276th 1:58:07; Jeff Wright 314th 2:03:55. First of 460 was **Charlie Batho** in 1:18:39 and first lady was **Jenny Knass** (6th) in 1:21:54 (both of Stockport Harriers).

Garstang 10K: January 10th

Liam Craine 3rd 34:26; David Williamson 11th 37:14; Chris Lloyd 39th 39:53; Adam Bowker 67th 41:45; Bev Wright 84th (1st FV50 42:39; Jeff Wilson 167th 46:12; David Twizell 262nd 52:01; Kirsty Holland 342nd 55:48.

Sale Harriers Indoor Open: Sportcity January 10th

Leah Howard (U13G) **60 m 1 h25** 1st 9.20; **2 h5** 5th 9.28; **HJ** 12th 1.25m. Morgan Lilley **300m h8** 2nd 40.01.

Northern Police League: Hull January 13th

Laura Lawler (Cross Country) 4th 56:00.

Leeds Varsity (Cross Country): January 16th

Alisha Johnson 6th 23:21.

Texas A&M Invitational: College Station TX USA Jan 16th

Molly Betmead **1Mile** 12th 5:39.03 **PB**

Houston Invitational: January 30th

Molly Betmead **3000m** 12th 11:12.23.

Lancaster Flood Appeal: January 31st

10K Bev Wright 7th, 2nd F & 1st FV50 41:56. First of 61 was Ryan Watmough in 36:06 and first lady was Joanna Goorney of LSARRC (5th) in 40:04.

Half Marathon Liam Craine 1st (of 199) 1:15:02; David Williamson 2nd (1st V40) 1:21:37; Chris Lloyd 17th 1:27:00; Ellen McLachlan 139th (35th F) 1:58:07. First lady was Melanie Hyder of Helm Hill Runners ((8th) in 1:23:56.

Sale Harriers Indoor Open: Sportcity January 31st

Morgan Lilley (U17M) **200m h15** 4th 25.21. **SW SP** Susan Ball 2nd 7.86m. Kate Seed 3rd 6.22m.

Lytham Hall Parkrun: (see picture below)

January 2nd Luke Minns 1st (of 86) 16:28; Andy Woodward 2nd 17:54; James Greenaway 4th 18:22; Michelle Tickle 34th (6th F) 24:16 **CPB**; Lucy Tickle 38th (6th F) 25:00; Jack Tickle 41st 25:36; Simon Tickle 45th 26:18; Bernard Singleton 57th 28:47; Bob Massey 64th 31:42. First lady was Joanna Goorney of LSARRC (16th) in 20:19.

January 9th Katrina Kelly 22nd (1st F) 22:53; Peter Gibson 29th 24:29 **CPB**; Coner Millward 44th 27:51; Bernard Singleton 58th 29:04; Bob Massey 78th 31:31 **CPB**. First of 134 was James Mulvaney of Wesham RRC in 17:14 **CPB**

January 16th Andrew Woodward 1st (of 153) 18:16; Ted Romney 24th 22:52; Coner Millward 42nd 24:44; Bob Massey 86th 30:02 **CPB**; Bernard Singleton 87th 30:03. First lady was Sue Coulthurst of Wesham RRC in 21:24.

January 23rd Luke Minns 1st (of 199) 16:42; George Robinson 10th 20:04; Jack Tickle 32nd 22:18; **CPB**; Michelle Tickle 40th (7th F) 22:54 **CPB**; Lucy Tickle 52nd (11th F) 23:39 **CPB**; Rick Pinches 59th 24:25; Alison Titterington 61st 24:35; Coner Millward 83rd 26:13; Simon Scarr 120th 28:59; Bernard Singleton 123rd 29:19; Bob Massey 128th 30:03. First lady was Joanna Goorney of LSARRC (11th) in 20:04 **CPB**.

January 30th Karen Dunford 17th 22:37; Andrea Smith 22nd 23:00. First of 144 was Paul Muller of Horwich RMI in 17:51 & first lady Joanna Goorney of LSARRC (8th) in 20:12.

Preston 5K Parkruns: Avenham/Miller Parks

January 2nd David Twizell 83rd 25:24. First of 188 was Chris Livesey of Preston Harriers in 16:34 and first lady Heidi Davies of Brecon AC (4th) in 18:28.

January 23rd David Twizell 87th 24:56. First of 269 was Paul Veevers *unattached* in 18:21 and first lady was Annabel Ralph of Accrington RR (16th) in 19:40.

South Manchester Parkrun:

January 1st Michelle Tickle 69th (6th F) 22:56. First of 251 was Mark Greaves of Horley Harriers in 17:24 and first Zoe Gmerek of Sale Harriers (15th) in 19:36.

Stretford Parkrun:

January 1st Michelle Tickle 140th (22nd F) 26:27. First of 329 was Joseph Monk of Blackburn Harriers in 17:51 and first lady was Helen Whitby of Nth Vets AC (23rd) in 21:06.

