



WYLDEFYRE

March 2016 No 70

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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 Sportshill 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 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	06/03/16
Sweatshop 10M	13/03/16
Winter Warm-up T&F	19/03/16
Garstang 7M Gallop	20/03/16
Lancs Fell Champs	28/03/16

FORTHCOMING EVENTS DIARY

05/03/16	English Schools XC Champs	Wollaton Park Nottingham
05/03/16	Mid Lancs XC	Cuerden Valley Preston
05/03/16	U13/15 Inter Counties Regional Final	Sportcity
05/03/16	Podium 5K	Barrowford
06/03/16	Club Handicap 10am Start	New Road
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 & Dentdale Run 14.2M
13/03/16	Sweatshop 10M	Bispham & Spennithorne 20M Cleckheaton
13/03/16	28 th Roddlesworth Roller MT	Abbey Village Chorley
13/03/16	Trafford 10K, Liverpool HM & Liverpool	Vitality 10M
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 & Hale Village 5M
28/03/16	Lancs Fell Ch (U12/14/16/18/23/Sen/Vets)	Pendle Hill Sabden
28/03/16	Ackworth Half Marathon	
31/03/16	World XC Champs	Kings Park NY USA
02/04/16	Mid Lancs T&F	Blackpool & NA 12/6 St Relays
02/04/16	Sunderland	
03/04/16	Darwen Heritage	HM
06/04/16	BWFAC IC	Stanley Park
10/04/16	Gt Manchester Marathon	Trafford & Cheshire 10K
13/04/16	Club Handicap	New Road & Chester Spring 5M
16/04/16	ERRA 12/6 Stage Road Relay Champs	Sutton Park
16 & 17/04/16	Lancs AA & Schools Combined Events Champs	Hyndburn
17/04/16	Gt Welsh Marathon/HM	Llanelli & Lancaster 3 Bridges 10K
17/04/16	Port Sunlight	10K
23/04/16	YDL Lower Age	Blackpool & Wray Scarecrow 10K
24/04/16	London Marathon & Bolton	10K
30/04/16	Mid Lancs T&F	Blackburn
14 & 15/05/16	Lancashire T&F Championships	Stanley Park Blackpool
05/06/16	IAAF Diamond League	Alexander Stadium Birmingham
24 to 26/06/16	British Championships	Alexander Stadium 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	
07/08/16	NA Inter Counties Champs	Hull
12 to 21/08/16	Olympic Games (Athletics)	Rio BRA
13 & 14/08/16	NA U17/U15/U13 Champs	Middlesbrough
10/09/16	NW Road Relays	Delamere Forest Cheshire
11/09/16	BWFAC Open Medal Meeting	
24/09/16	NA Autumn Road Relays	Stockport
22/10/16	NA Cross Country Relays	Sheffield

January's AotM

January's Athletes of the Month are **Amelia Shearman** for her great Pole Vaulting performance at **Vault Manchester** set PB of 2.62 metres, adding an enormous 32 cms and **William Holmes** who at the same competition added 22 cms to his Pole Vault PB, increasing it to 2.82 metres.

Also nominated was **Caitlyn Preddy** for her performance during January in the Lancashire (5th) and **Northern Cross Country Championships**.



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	Whitehaven
03/07/16	Leverhulme Park Bolton
06/08/16	Longford Stadium Trafford

Youth Development League Upper Age Dates

01/05/16	Market Street Bury
29/05/16	Bolton Arena Horwich RMI TBC
26/06/16	Radclyffe 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

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 Thornton Cleveleys

Six events to qualify. *Trail Championship Race.

Future Local Open Track & Field Meetings

06/03/16	Sale Harriers Indoor Open
19/03/16	BWFAC Open Medals Meeting
20/03/16	Sale Harriers Indoor Open
20/03/16	Spennorth Winter-up Meeting
03/04/16	Trafford Open Medal Meeting
03/04/16	Warrington AC Open
09/04/16	Liverpool Throws & Jumps Competition
09/04/16	Doncaster Spring Open Meeting
10/04/16	Liverpool Harriers Open Meeting
10/04/16	Kingston-upon-Hull Spring Open Meeting
10/04/16	Wakefield Spring Open Meeting
17/04/16	Trafford Open Medal Meeting

02/05/16	Trafford Open Medal Meeting
03/05/16	Trafford Grand Prix Distance & Throws
10/05/16	Trafford Grand Prix Sprints & Jumps
17/05/16	Trafford Grand Prix Open Dist & Throws
22/05/16	Warrington AC Open
24/05/16	Trafford Grand Prix Sprints & Jumps
30/05/16	Trafford Open Medal Meeting
07/06/16	Trafford Grand Prix Distance & Throws
14/06/16	Trafford Grand Prix Sprints & Jumps
28/06/16	Trafford Grand Prix Distance & Throws
05/07/16	Trafford Grand Prix Sprints & Jumps
19/07/16	Trafford Grand Prix Distance & Throws
26/07/16	Trafford Grand Prix Open Sprints/Jumps
09/08/16	Trafford Grand Prix Distance & Throws
16/08/16	Trafford Grand Prix Sprints & Jumps
21/08/16	Warrington AC Open
23/08/16	Trafford Grand Prix Distance & Throws
29/08/16	Trafford Open Medal Meeting
03/09/16	City of York Open Meeting
11/09/16	BWFAC Open Medals Meeting

REPORTS & RESULTS

Scottish National U17/Senior Champs:

Emirates Arena January 30th **SN**
 Katy Wyper **60m h1** 2nd 7.76 Q; **F** 3rd 7.66. **200m h2** 2nd 25.06 Q; **F** 4th 25.25.

British Universities & Colleges Sport Cross

Country Championships: Gloucester Feb 6th **BU**
Men's 10.2K Harry Poole (Manchester University) 114th 35:34. First of 334 was Callum Hawkins of Kilbarchan/West of Scotland University in 30:33.

Women's 6.1K Alisha Johnson (Leeds University) 63rd 24:22. First of 583 was Pippa Woolven of Wycombe/Birmingham University.

Club Handicap: New Road February 7th **CH**

Tony Croft 33:29; Nick Hume 27:35; Karen Dunford 28:56; Graham Davies 26:04; Martin Bates 27:07; Dawn Maher 30:54; Peter Gibson 30:09.

Handicapper Tony Croft. **Timekeepers** John Bradley & David Wood.

Lancashire Schools Cross Country Champs:

Witton Park, Blackburn February 6th **LC**
Senior Boys; No BWFAC First of 13 was Matthew Barnes (Pendle Schools) in 21:06.

Senior Girls (1.6K) Jessica Rogers (Blackpool Schools) 6th 19:06. First of 10 was Elizabeth Greenwood of Blackburn Harriers (Hyndburn Schools) in 17:17.

Junior Boys (2.5K) Ben Preddy (Fylde Schools) 1st (of 72) 15:32; James Smith (Wyre Schools) 13th 17:17; Jack Tickle (Fylde Schools) 26th 14:57; Jamie Jackson (Blackpool Schools) 47th 19:07; Bruno Eaves (Fylde Schools) 52nd 19:28.
Inter Girls (3.0K) Sydney Bairstow (Blackpool Schools) 6th 19:07; Taylor Holland (Blackpool Schools) 26th 17:58. First of 45 was Maddie Elliot (Blackburn Schools) in 17:35.

Inter Boys (3.0K) No **BWFAC**. First of 60 was Josh Whitehead (Rossendale Schools) in 21:29.

Junior Girls (3.0K) Caitlyn Preddy (Fylde Schools) 4th 15:57; Holly Winstanley (Fylde Schools) 12th 16:57; Danielle Whipp (Fylde Schools) 13th 16:59. First of 55 was Alissa Darbyshire (South Ribble Schools)

Year 7 Boys (2.0K) No **BWFAC**. First of 80 was Adam Sutcliffe (Hyndburn Schools) in 9:01

Year 7 Girls (2.0K) Lily-Mae Gray (Fylde Schools) 2nd 10:26; Lucy Tickle (Fylde Schools) 10th 10:53; Natalia Luczak (Blackpool Schools) 36th 12:14. First of 74 was O Lee (Chorley Schools).

Northern Athletics U15 & U13 Indoor

Championships: EIS Sheffield February 7th **NA**

U15G Kirsty Rushton **60m h1** 4th 8.52 **PB** nq; **PV F** 2nd 2.90m. Amelia Shearman **PV F** 3rd 2.60m. Minnie Rogers **PV F** 7th 2.40m **PB**. Danielle Whipp **800m h4** 2nd 2:29.80 Q; **SF2** 2nd 2:30.40 Q; **F** 4th 2:26.44. **U15B** James Nicholas **60m h1** 5th 8.21 q; **SF3** 5th 8.12 **PB** nq.

U13G Leah Howard **60m h2** 2nd 9.09 Q; **SF1** 4th 8.97 **PB** nq. **200m h3** 2nd 29.94 **PB** Q; **SF3** 4th 29.98 nq. **HJ F** 4th 1.20m. Ellie Owen **60m h1** 3rd 9.07 q; **SF3** 9.07 nq. **200m h6** 2nd 29.66 **PB** Q; **SF1** 5th 29.62 **PB** nq.

Mid Lancs XC League: Rossall School Fleetwood February 16th **ML**

U11G (2.0 K) Felicity Barnes 2nd 7:15; Bethany Whipp 7th 9:27; Grace Blicow 18th 8:23; Maddison Betmead 21st 8:30; Holly Tickle 32nd 9:03. First of 45 was Olesia Winder of Glaxo Hoad Hill Harriers in 7:08. **Team** 1st 26 pts. **Division** 1st 38 pts.

U11B (2.0K) Jonny Goodacre 12th 7:24. First of 50 was James Bowen of Kendal-Helm Composite. **Team** No **BWFAC**

U13G (2.5K) Caitlyn Preddy 8th 8:57; Holly Winstanley 9th 9:04; Lucy Tickle 11th 9:28; Natalia Luczak 24th 10:12. First of 33 was Amy Davies of Blackburn H in 8:34. **Team** 2nd. **Div** 1st 37 pts.

U13B (3.0K) James Smith 6th 10:00. First of 26 was Matthew Ramsden of Blackburn Harriers & AC in 9:32. **Team** No **BWFAC**. **Division** 3rd 23 pts.

U15G (3.0K) **Danielle Whipp** 3rd 10:43; **Jessica Jackson** 10th 11:35; **Kate Jenkinson** 11th 11:54; **Taylor Holland** 14th 12:14. First of 18 was **Samantha Bland** of Kendal-Helm Composite in 10:32. **Team** 1st 24 pts. **Division** 1st 39 pts.
U15B (3.9K) **Jack Tickle** 8th 17:21. First of 13 was **Kai Atkins** of Pendle AC in 14:52. **Team** No **BWFAC**.

U17W (3.9K) No **BWFAC**. First of 7 was **Elizabeth Greenwood** of Blackburn Harriers in 16:25.

U17M (6.2K) No **BWFAC** First of 11 was **Matthew Barnes** of Pendle AC in 22:31.

U20W No **BWFAC** First of 8 was **Ellen Sagar-Hesketh** of Hyndburn AC in 26:52.

SW (6.0K) **Emily Japp** 1st (of 125) 24:22; **Caroline Betmead** 7th (4th L35) 25:55; **Bev Wright** 26th (7th L35) 29:11; **Laura Lawler** 38th (13th L45) 30:38; **Karen Dunford** 40th (14th) 30:44; **Michelle Tickle** 42nd (16th L35) 31:14; **Andrea Smith** 47th (15th L45) 31:23; **Christine Brook** 50th (17th L45) 31:40; **Dawn Maher** 71st 34:07; **Kirsty Holland** 108th 39:28. **Team A Team** 2nd 34 pts; **Division 1 A Team** 1st 27 pts. **Team B Team** 10th 124 pts; **Division 2 B Team** 5th 18 pts. **Vet 35** 3rd 44 pts; **Division 2** 2nd 33 pts. **Team Vet 45** 3rd 34 pts; **Division 2** 2nd 35 pts.

Vet 70M **John Winters** 3rd 39:03; **Norman Greenwood** 4th 43:18. First of 5 was **Barry Mitchell** in 30:17.

SM (9.9K) **Luke Minns** 7th 38:15; **Danny Hayes** 23rd 39:55; **John Wright** 35th (4th V50) 41:17; **James Unsworth** 49th 42:29; **Peter Broome** 152nd 49:40; **Darren Tremble** 157th 50:11; **Peter Singleton** 169th (38th V50) 51:12; **Alan Wilkinson** 210th (11th V60) 56:17; **Coner Millward** 219th 58:16; **Simon Scarr** 220th (55th V50) 58:26; **Peter Gibson** 223rd (13th V60) 59:19; **Jeff Wright** 230th (62nd V50) 1:01:59; 285th (18th V60) 1:01:52; **Bernard Singleton** 232nd (16th V50) 1:05:04. First of 234 was **Phil Waite** of Barrow & Furness Striders AC in 37:02. **Teams: SM'A'** 10th 416 pts. **Division 2** 6th 14 pts. **SM'B'** No **BWFAC**. **V40** 13th 239 pts; **Division 2** 6th 11 pts; **V50** 8th 82 pts; **Division 8** 11 pts; **V60** 2nd 28 pts; **Division 2** 2nd 20 pts.

England Athletics U15/U17/U20 Champs:

EIS Centre Sheffield February 13th **EAC**

U20W **Ash Colvin** **60m h2** 7th 8.20 nq.

Fiona Hockey **PVF** 4th = 3.45m.

U15W **Kirsty Rushton** **PVF** 5th 2.91m.

Police Service UK National XC Champs:

Woodbank Park Stockport February 17th **PS**

Senior Lady's Race **Laura Lawler** 25th (2nd Lancs counter). **Lancashire team** was 4th.

English National Cross Country Championships: Donington Park February 27th **EN**

U13G (3.0K) **Caitlyn Preddy** 131st 15:37. First of 449 was **Nicole Ainsworth** of City of Portsmouth AC in 13:53.

Junior Women **Alisha Johnson** (6.0K) 25th 23:53. First of 129 was **Harriet Knowles-Jones** of Warrington AC in 21:21.

Indoor British Championships: EIS Sheffield February 27th & 28th **IBC**

Katy Wyper **60m h2** 2nd 7.64 Q; **SF1** 3rd 7.61 **PB**= nq.

Katy equalled her PB in the Semi-Final (*see photo at bottom of page 5*) and only just missed out on qualifying for the Final of the 60 metres by one hundredth of a second.

Other Results:

Mad Dog 10K: Southport February 7th

Rick Pinches 420th 49:49, c 49:39. First of 2230 was **James McNally** of Liverpool Harr in 35:10 and first lady was **Kirsty Longley** (22nd) in 38:54 of Liverpool Pembroke Sefton AC.

Mad Dog Wheelchair 10K: Southport February 7th

Isaac Towers 2nd 38:34. First of 5 was **Tiaan Bosch** of York AC in 36:00 and first lady was **Lizzie Tench** of Knowsley Challenge Club (4th) in 46:37.

Media Maraton Internacional Torremolinos:

Torremolinos ESP February 7th

Bev Wright 7th F & 1st FV50 1:35:34.

Muddy Shoes 11 Mile: Calder Vale February 14th

Anthony Blight 26th 1:49:14; **Kevin Woods** 27th 1:49:15. First of 71 was **Sean Davis** in 1:19:37 and first lady was **Melissa McGuire** (8th) 1:35:50 (*both unattached*)

Midland Counties Open Series: Birmingham Feb 21st

Katy Wyper **60m h1.1** 1st 7.61 **PB**; **h2.1** 1st 7.62.

Stanley Park 10K: February 27th & 28th

Saturday **Alan Wilkinson** 85th (2nd MV65) 47:49. First of 289 was **Tim Raynes** of Blackburn Harriers in 32:15 and first lady was **Christina Singleton** of Trawden (16th) in 38:17.

Sunday **Alan Wilkinson** 75th (3rd MV65) 49:23. First of 242 was **Paul Sankey** of Liverpool Harriers in 34:45 and first lady was **Joanne Sharp** of Accrington AC (22nd) in 42:24.

Oulton Half Marathon: Tarporley February 28th

Kirsty Holland 494th (89th F) 2:01:08, c 2:00:22 **PB**. First of 735 was **Andrew Carlin** of Sale Harriers and first lady was **Hannah Oldroyd** of Saltaire Striders (19th) in 1:24:23.

Lostock 6M: February 28th

Bev Wright 61st (6th F & 1st L55) 40:07; **Peter Broome** 67th (3rd MV60) 40:41; **Derek Crane** 149th 47:28. First of 245 was **Chris Steele** of Border Harriers & AC in 29:48 and first lady was **Elizabeth Greenwood** of Blackburn Harriers (22nd) in 35:52.

Lytham Hall Parkrun:

February 6th (10) **Simon Scarr** 36th 24:45; **Kirsty Holland** 47th (8th F) 25:57; **Jessica Mangnall** 53rd (11th F) 26:33; **Coner Millward** 65th 27:15; **Bernard Singleton** 78th 29:06; **Bob Massey** 90th 29:52 **Rebecca Taylor** 110th (33rd F) 32:12. First of 155 was **Simon Croft** of Fylde Coast Runners in 17:42 and first lady was **Joanna Goorney** of LSARRC (7th) in 20:12.

February 13th (11) **Andrew Woodward** 1st (of 169) 17:56; **James Greenaway** 4th 18:48; **David Cairns** 8th 19:38 **CPB**; **Kirsty Holland** 51st (5th F) 25:07 **CPB**. First lady was **Lauren Brook** *unattached* (21st) in 22:25.

February 20th (12) **David Cairns** 10th 19:19 **CPB**; **Jack Tickle** 26th 21:39 **CPB**; **Lucy Tickle** 35th (3rd F) 22:15 **CPB**; **Simon Tickle** 43rd 22:40 **CPB**; **Michelle Tickle** 47th (9th F) 22:53 **CPB**; **Coner Millward** 100th 28:13; **Bernard Singleton** 106th 28:37 **CPB**; **Bob Massey** 86th 30:04. First of 168 was **Gregan Clarkson** of Kingston-upon-Hull AC in 16:23 (**course record**) and first lady was **Nicola Unsworth** of Wesham RRC in 21:14.

February 27th (13) **Luke Minns** 1st (of 173) 16:16 **CPB** **Course Record**; **George Robinson** 18th 21:16; **Lucy Tickle** 20th (2nd F) 21:29 **CPB**; **Peter Gibson** 47th 24:21 **CPB**; **Alison Titterton** 48th (8th F) 24:35; **Jessica Mangnall** 50th (9th F) 24:56 **CPB**; **Coner Millward** 66th 26:09; **Bernard Singleton** 88th 27:49 **CPB**; **Bob Massey** 101st 29:19 **CPB**. **David Heaton** 118th 31:17. First lady was **Joanna Goorney** of LSARRC (11th) in 19:39 **CPB**.

Preston 5K Parkruns: Avenham/Miller Parks

February 13th **David Twizell** 150th 27:56. First of 276 was **James Tingle** of Barlick Fell Runners in 18:19 and first lady **Annabel Ralph** of Accrington Road Runners (9th) in 19:16.

The final Mid Lancs of the season to be held at Cuerden Park on Saturday March 5th has been cancelled because the River has broken its banks and flooded the course. A decision if it will be rearranged.

