

# WYLDEFYRE

September 2010 No 4

August has been a very busy month and although I had intended to keep this Newsletter to one page, however I have had to relent and increase to two pages. It would have been a shame not to record all the splendid performances mainly on the track, but also on the roads and in particular by Stuart Williams on the fells in the Lake District, which have taken place over the last month.

## FORTHCOMING EVENTS:

*Club Championship races are marked with asterisk; YAL stands for Young Athletes League; BAL stands for British Athletic League; XC stands for Cross Country.*

*Red Rose Inter Club, Leyland (S5)	01/09/10
Sainsbury UK School Games, Athletics, Gateshead	03 & 04/09/10
YAL Final & Auxiliary Final, Birmingham	04 & 05/09/10
BAL Cup Final, Cophall (10 in 100)	04/09/10
Lancashire AA AGM	08/09/10
Handicap, New Rd, Thornton	08/09/10
*Hodder Valley Inter Club Fell Race	11/09/10
T&F Officials Course level 2 Witton Park, B'burn	11/09/10
Open Medal Meeting & Autumn 5K including the (Stanley Park)	Civil Service Champs 12/09/10
North West Road Relays, Leigh Sports Village	18/09/10
Liverpool Harriers Throws & Jumps	18/09/10
Bluespot Schools Sport Partnership & BWFAC XC	19/09/10
*Dale Head Fell Race	19/09/10
The 30 <sup>th</sup> Great North Run	19/09/10
Open Medal Meeting (Stanley Park)	26/09/10
*Run Preston 10K (M5)	26/09/10
Northern 4/6 Stage Relays, Wythenshaw Pk, M/c	02/10/10
Commonwealth Games Athletic Comp, Delhi	06 to 14/10/10
Northern Cross Country Relay, Sheffield	09/10/10
*Gin Pitt 5 Trail Run, Tyldesley	10/10/10
Lytham Hall Autumn 4K (new race)	10/10/10
National 4/6 Stage Relay Champs, Sutton Park, Birmingham	16/10/10
Young Athletes Relay Champs, Sutton Park, B'ham	17/10/10
Bluespot Schools Sport Partnership & BWFAC XC	17/10/10
*Green Drive 5 (S6)	17/10/10
Red Rose XC League, Hyndburn	23/10/10
Mid Lancs XC League, College Grounds, Barrow	30/10/10
Accrington 10K	31/10/10
<b>Presentation Evening, De Vere Hotel</b>	<b>06/11/10</b>

**NEWS:** **ncr** – new club record, since the merger in 2006 and any record including records set under Blackpool & Fylde AC and North Fylde AC will be marked **CR**; HJ - High Jump; LJ - Long Jump; DT - Discus; SP - Shot; PV - Pole Vault; H - Hurdles; h - heat; (SF) - (Semi) Final; Q (q) - qualification for final (on time).

**July's Athletes of the Month:** Katie Wood for her enthusiasm for junior and senior competitions and her discus PB; Peter Bridge for his throwing performances including a PB for the Hammer and **ncr** in the U17M Discus.

**Mid Lancs Hyndburn:** July 23<sup>rd</sup> HJ Dom Lavelle 1.42m =U13 **ncr**.

**BMC Gold Standard & Trafford Grand Prix Races,** Stretford, Tuesday July 27<sup>th</sup>: SM 1500M Luke Minns 3:47.32 PB & **ncr** (over 2 seconds improvement and is ranked 15<sup>th</sup> in the North West); Tom Cunningham 3:59.9. SW 3000m Gemma Unsworth 9:59.52; 1500m Stasia Bligh 5:00.5 PB; Carolyn Robbins 5:11.2 SB; U17M Adam Weightman 4:27.6. SM 800m Jack Scarr 1:58.25 PB & U20M **ncr**.

**European Athletic Championship:** Barcelona, July 27<sup>th</sup> to August 1<sup>st</sup> Carl Myerscough qualified for the SP final with 19.81m. In the Final was 12<sup>th</sup> 18.19m.

*Speaking immediately after winning Bronze at the World Championships in 2009 about how she had never represented Britain in a International Championship final as an individual: "It proves you should never say never, you should always believe in yourself. If you work hard and keep faith, good things will happen."* Jennifer Brenda 'Jenny' Meadows, nick name, 'Pocket Rocket' was born April 17<sup>th</sup> 1981; member of Wigan Harriers & AC; winner of English Schools Junior 800m in 1995; winner of seven AAA Norwich Union and Aviva National titles at 800m, & 400m; part of the Junior World Champion 4x400m team in 2000; holder of the 600m Indoor National record; winner of the 2008 European Cup 800m; Beijing 2008 Olympic 800m Semi-Finalist; Bronze medalist in a PB of 1:57.93 at Berlin World Championship in 2009; Bronze Medalist in the 800m and captain of the ladies team in the 2010 Indoor World Championships at Doha, Bronze Medal in the 800m at the 2010 European Championship in the Olympic Stadium, Barcelona and **consummate Presenter of the BWFAC Annual Awards in November 2008.**

**Northern Athletic League:** the 4<sup>th</sup> and final fixture on July 31<sup>st</sup> was at Sport City, Manchester. Final result: Blackburn Harriers - 368; Sale Harriers Manchester - 323; Wakefield District Harriers & AC - 320; Preston Harriers - 303; BWFAC - 301; City of York AC - 285. Final League standings: Blackburn 19, 1441 pts; Sale 16, 1338 pts; BWFAC 13, 1342 pts; Preston 13, 1331.5 pts; Wakefield 13, 1258 pts; York 10, 1271 pts. The final 2 are relegated. PBs. PV Matt Wright 4.60m; JT Cassidy Knight 21.42m; **ncr** 400m Brent Starkie 48.56; 800m Laura Deegan 2:20.0.

**YAL Area Final at Cudworth:** August 1<sup>st</sup> Final match score: 1<sup>st</sup> Gateshead - 797; 2<sup>nd</sup> Sale - 778; 3<sup>rd</sup> Preston - 660; 4<sup>th</sup> BWFAC - 659; 5<sup>th</sup> Liverpool - 627; 6<sup>th</sup> Doncaster - 610; 7<sup>th</sup> Wakefield - 602.5; 8<sup>th</sup> Sheffield - 495.5. **ncr**: U17M Peter Bridge DT 32.57m; U17W Beth Towers 80mH 11.78m; U15B Finn Walker HJ = club record 1.60m; U13B Rory Anderson 27.68 (also = his 100m record of 13.4); Jamie Bamber 75mH 13.45 **CR**. Preston and BWFAC qualify for Auxiliary Final.

**\*Wagon & Horses 10, Lancaster:** on August 1<sup>st</sup> Alison Titterington 90<sup>th</sup> 3<sup>rd</sup> FV50 1:16.18; Christopher Bligh 115<sup>th</sup> 1:21.14; Bob Massey 124<sup>th</sup> 1:23.52; David Twizell 137<sup>th</sup> 1:25.27; Laura Lawler 147<sup>th</sup> 1:27.39; Ruth Calderbank 165<sup>th</sup> 4<sup>th</sup> FV55 1:32.15.

**August's Handicap:** First home on a breezy evening on the 4<sup>th</sup> was John Winters, who was celebrating his 75<sup>th</sup> birthday, in 29.02, 2<sup>nd</sup> Tony Codling in first competition since recovering from serious health problems, 23:11 and Liam Craine 3<sup>rd</sup> with a PB of 21:44. There were 19 competitors.

**\*Badger Trail, Cuerden Valley 10K,** August 5<sup>th</sup>: Dave Dyson 87<sup>th</sup> 49.00.

**Mid Lancs T&F Lancaster:** On August 7<sup>th</sup>. Men 2<sup>nd</sup> 159.5; Women 1<sup>st</sup> 153. BWFAC's Men, 774.5 pts and Women, 788.5 pts are Mid Lancs Champions.

SM: 400m Alex Bale 1<sup>st</sup> 52.2; 800m Jack Scarr 1<sup>st</sup> 2:00.2; SP Duncan Shaw 1<sup>st</sup> 9.68m; HT 1<sup>st</sup> 35.54m, Chris Senior 5<sup>th</sup> 18.57m; DT Chris Senior 5<sup>th</sup> 21.83m, Duncan Shaw 7<sup>th</sup> 18.63m.

U17M 100m Oliver Hopkins 3<sup>rd</sup> 11.6m; 200m Oliver Hopkins 1<sup>st</sup> 23.4; HJ Adam Snape 1<sup>st</sup> 1.80m.

U15B 100m Jack Hails 5<sup>th</sup> 13.90; 200m Ash Hails 8<sup>th</sup> 28.2; 400m Luis Blyth 1<sup>st</sup> 58.0, Jack Hails 6<sup>th</sup> 64.7; 800m Ash Hails 11<sup>th</sup> 2:28.7; L J Luis Blyth 2<sup>nd</sup> 5.40m, Finn Walker 4<sup>th</sup> 4.94m, Jack Hails 8<sup>th</sup> 4.26, Ash Hails 9<sup>th</sup> 4.25m HJ Finn Walker =2<sup>nd</sup> 1.60m; SP Robbie Morris 4<sup>th</sup> 7.39m; DT Robbie Morris 3<sup>rd</sup> 16.04m JT Robbie Morris 3<sup>rd</sup> 24.60m, Finn Walker 5<sup>th</sup> 23.28m.

U13B 100m Oliver Tomlinson 3<sup>rd</sup> 14.4, Thomas Matthews 4<sup>th</sup> 14.5, Dom Lavelle 6<sup>th</sup> 14.6, Kieran Chell 8<sup>th</sup> =, Louis Walker 10<sup>th</sup> 15.0; 200m Oliver Tomlinson 1<sup>st</sup> 30.0; Kieran Chell 3<sup>rd</sup> 30.5, Thomas Matthews 4<sup>th</sup> 30.6; 800m Kieran Chell 12<sup>th</sup> 3:07.1; 4x100m team 1<sup>st</sup> 59.9; L J Dom Lavelle 2<sup>nd</sup> 4.28m; Oliver Tomlinson 3<sup>rd</sup> 4.23m, Thomas Matthews 6<sup>th</sup> 3.97m; HJ Dom Lavelle =2<sup>nd</sup>; SP Louis Walker 3<sup>rd</sup> 5.76m; JT Louis Walker 4<sup>th</sup> 20.41.

SW 3000m Bianca Pedersen 1<sup>st</sup> 10:47.8; HT Vicky Huyton 2<sup>nd</sup> 18.37m.

U17W: 100m Sophie Riley 1<sup>st</sup> 12.2; Brittany Shaw 3<sup>rd</sup> 13.2, Louise Harrison 4<sup>th</sup> 13.5, Natasha Johnson 6<sup>th</sup> 13.9, Loryn McCrudden 8<sup>th</sup> 14.4; 200m Sophie Riley 1<sup>st</sup> 25.2; Alicia Johnston 3<sup>rd</sup> 26.1, Brittany Shaw 6<sup>th</sup> 27.5, Louise Harrison 7<sup>th</sup> 28.1; 300m 1<sup>st</sup> 42.7; SP Katie Wood 2<sup>nd</sup> 9.07m; DT Chloe Needham 1<sup>st</sup> 28.81m; Katie Wood 2<sup>nd</sup> 27.21m; JT Alicia Johnston 1<sup>st</sup> 22.12m, HT Katie Wood 1<sup>st</sup> 28.36m;

U15G 100m Tara Johnson 3<sup>rd</sup> 13.6, Rachel Plant 11<sup>th</sup> 14.2, Alexandria Quarumby 16<sup>th</sup> 16.1; 200m Tara Johnson 8<sup>th</sup> 28.8, Megan Gray 11<sup>th</sup> 29.3; 300m Kate Lawler 2<sup>nd</sup> 45.4, Megan Gray 6<sup>th</sup> 48.6, Alexandria Quarumby 10<sup>th</sup> 54.5; 800m Molly Betmead 8<sup>th</sup> 2:41.3; 1500m Jodie Ferguson 1<sup>st</sup> 5:08.3; HJ Alex Hastie 2<sup>nd</sup> 1.45m, Rachel Plant 4<sup>th</sup> 1.35m, Kate Lawler 6<sup>th</sup> = 1.30m.

U13G 100m Jordan Dixon 3<sup>rd</sup> 14.0, Fiona Hockey 6<sup>th</sup> 14.6, Ella Potter 7<sup>th</sup> 14.7, Ellie Gibson 13<sup>th</sup> 15.4, Lauren Quarumby 21<sup>st</sup> 17.6; 200m Jordan Dixon 1<sup>st</sup> 28.7; Jess O'Neill 2<sup>nd</sup> 29.0, Ella Potter 10<sup>th</sup> 31.4, Ellie Gibson 14<sup>th</sup> 32.5; 800m Amelia Betmead 4<sup>th</sup> 2:37.6, Fiona Hockey 5<sup>th</sup> 2:44.2, Jess O'Neill 8<sup>th</sup> 2:47.5, Mollie Scarr 12<sup>th</sup> 2:53.6; HJ Fiona Hockey 3rd 1.30m. LJ Jordan Dixon 3<sup>rd</sup> 4.06m, Jess O'Neill 4<sup>th</sup> 4.02m; Fiona Hockey 3<sup>rd</sup> 1.30m

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**England U15/U17 Combined Events Championship** from August 7<sup>th</sup>-8<sup>th</sup> at Stoke. U17W Heptathlon: Beth Towers 8<sup>th</sup> 4009 pts **ncr** details 200m 26.39, 800m 2:28.15 PB, 80mH 11.88, HJ 1.44m, LJ 5.09m, SP 7.36m SB.

**McCain's Jump Fest** August 7<sup>th</sup>-8<sup>th</sup> LJ James R Davies 1<sup>st</sup> 6.83m.

**Chernobyl 10K:** On August 8<sup>th</sup> Terry Bradshaw 61<sup>st</sup> 44:34; Andrea Smith 4<sup>th</sup> F, 2<sup>nd</sup> FV40; Vicky Robinson 14<sup>th</sup> F 50:37; Bob Massey 158<sup>th</sup> 51:51.

**BMC Gold Medal Meeting & Trafford Grand Prix**, both at Stretford on Tuesday August 10<sup>th</sup> BMC SM 1500m Tom Cunningham (U23) 3:55.71.

Grand Prix: 100m SM: Simon Wells 11.77; Brent Starkie 11.24 PB; U20M: Nick Costello 11.4; Louise Schofield 11.82; U17M: Omar Frederick 11.73; SW: Lisa Daley (T12) 14.66; U20M Lucy Mansfield 13.00 SB. 200m SM: Simon Wells 23.61; U20M: Marcus Quarmbly 24.50; U17M Omar Frederick 24.50; U23W Danielle Eastwood 28.21 PB; U20W Katy Wyper 26.10. 400m: SM Alex Bale 51.03 PB; U20M: Marcus Quarmbly 52.48 PB; U17W: Louise Harrison 72.73. 800m SW: Laura Deegan 2:25.10; Carolyn Robbins 2:38.82; U17W: Lydia Critchley 2:14.56 PB **ncr**; Lauren Gowland 2:20.50. 1500m Jack Scarr 3:56.99 PB **ncr**.

**Chorley Inter Club:** on August 11<sup>th</sup> at Astley Park, the open squad were 3<sup>rd</sup> 249, Vet 40s 2<sup>nd</sup> 75, Vet 50s 3<sup>rd</sup> 53, Vet 60s 2<sup>nd</sup> 23 and Ladies 1<sup>st</sup> 35. The open team were 1<sup>st</sup> Tom Cunningham, 5<sup>th</sup> & 1<sup>st</sup> V40 Phil Leybourne, 10<sup>th</sup> & 4<sup>th</sup> V40 John Wright, 15<sup>th</sup> & 7<sup>th</sup> V40 Steve Waterhouse, 22<sup>nd</sup> Liam Craine, 26<sup>th</sup> & 1<sup>st</sup> L Gemma Unsworth, 31<sup>st</sup> & 15<sup>th</sup> V40 Stuart Williams, 40<sup>th</sup> & 23<sup>rd</sup> V40 Bill Eadie, 47<sup>th</sup> & 8<sup>th</sup> V50 John Houghton, 55<sup>th</sup>, 12<sup>th</sup> V50 & 4<sup>th</sup> L Carolyn Robbins; also in the V50 team - 13<sup>th</sup> Gary Johnston and 20<sup>th</sup> Terry Bradshaw. V60 team - 6<sup>th</sup> Bob Newman, 8<sup>th</sup> Bob Massey and 9<sup>th</sup> John Winters. With Gemma and Carolyn the lady's team was 8<sup>th</sup> L Tanya Ashworth, 10<sup>th</sup> L Andrea Smith and 12<sup>th</sup> L Morag O'Neill.

**Tipton BMC** on August 14<sup>th</sup> SM 10000m Stuart Robinson 12<sup>th</sup> 32:13.84 PB.

**NW Combined Events Open** Sports City, M/c Aug 14-15<sup>th</sup> U13G Beth Everson, 800m 2:37.96, 70mH 14.03 PB, HJ 1.25m, LJ 3.90m SB, SP 6.93m, 6<sup>th</sup> 1962pts **ncr**. U13B, Don Lavelle, 800m 2:50.89, 75mH 15.59, HJ 1.40m, LJ 4.35m, SP 4.61m PB, 6<sup>th</sup> 1159pts **CR**. U15B David Jones 80mH 16.51, LJ 4.62m PB, SP 6.93m.

**UKA Disability Athletic Challenge Competition**, Crystal Palace, Sunday August 15<sup>th</sup>. Andy Stubbs (T45) SM 100m T44-T46 Final 2<sup>nd</sup> 12.67, 200m Final 4<sup>th</sup> 26.14; Lisa Daley (T12) SW T11-T13 100m Final 2<sup>nd</sup> 14.41, 200m Final 2<sup>nd</sup> 29.69.

**Darwen Gala Fell Races**, August 21<sup>st</sup> 3.7M/930' Paul Whitehead 98<sup>th</sup> 39:36; U14 race Molly Betmead 14<sup>th</sup> 5<sup>th</sup> F 23:20. Molly is U14 Lancashire Champion.

**England Athletics U17 & U15 T&F Champs** 21<sup>st</sup> - 22<sup>nd</sup> August Bedford: U17W Sophie Riley 100m h3 3<sup>rd</sup> Q 12.33, SF 3<sup>rd</sup> Q 12.24, **F 3<sup>rd</sup> 12.07**; Bianca Pedersen 3000m **F 6<sup>th</sup> 10:33.76**; U15B Ben Everson 1500m SF 6<sup>th</sup> q 4:27.17, **F 4<sup>th</sup> 4:22.73**; Finn Walker PV F nhr 3x at 3m.

**Birchwood 10K** Aug 22<sup>nd</sup> Liam Craine 79<sup>th</sup> 38:57; Terry Bradshaw 198<sup>th</sup> 44:39.

**BMC Gold Standard & Trafford Grand Prix Races**, Stretford, Tuesday Aug 24<sup>th</sup> **Northern Athletics U20 Championship** 1<sup>st</sup> Jack Scarr 8:47.21. 100m Omar Frederick 11.55, 200m 23.61, SP 4<sup>th</sup> 13.49m; 400m Luke Minns 52.35 PB; 1500m Gemma Unsworth 4:44.09 SB **ncr**; Carolyn Robbins 5:21.67; 3000m Adam Weightman 10:00.96

**Northern Inter Counties, Gateshead:** August 28<sup>th</sup> Lancashire finished 2<sup>nd</sup> with 662 points, behind Yorkshire with 702 points. Breakdown of the individual categories were as follows: SM 1<sup>st</sup> - 152 pts, SW 2<sup>nd</sup> - 81 pts, U17M 2<sup>nd</sup> - 130 pts, U17W 1<sup>st</sup> - 140 pts, U15B 4<sup>th</sup> 78 pts, U15G 1<sup>st</sup> 81. BWFAC athletes who contributed to this good result were - SM: 400m Brent Starkie 1<sup>st</sup> 49.5; 800m Luke Minns 4<sup>th</sup> 1:54.48; 3000m Jack Scarr 2<sup>nd</sup> 9:16.68; L J James Davies 1<sup>st</sup> 7.03m; PV Matt Wright 1<sup>st</sup> 4.40m. SW: 100m Katy Wyper 2<sup>nd</sup> 12.67; 400m Lucy Mansfield 4<sup>th</sup> 61.7; 3000m Gemma Unsworth 2<sup>nd</sup> 10:26.74. U17M: 200m Omar Frederick 4<sup>th</sup> 23.75; HJ Adam

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Snape 4<sup>th</sup> 1.80m (all four competitors recorded 1.80m; PV Matt Walker 2<sup>nd</sup> 3.30m; SP Omar Frederick 4<sup>th</sup> 12.95m. U17W 300m Lydia Critchley 1<sup>st</sup> 41.18; 3000m Bianca Pedersen 1<sup>st</sup> 10:31.22; 80mH Beth Towers 2<sup>nd</sup> 11.84; PV Loryn McCrudden 1<sup>st</sup> 2.80m; DT Chloe Needham 5<sup>th</sup> 26.93m; also HT 6<sup>th</sup> 31.18m. U15G 1500m Jodie Ferguson 5<sup>th</sup> 5:20.57; 75mH Taegan O'Hara 7<sup>th</sup> 12.72, also LJ 7<sup>th</sup> 4.33m.

**\*Pendleton Fell Race 1500'/5M:** August 28<sup>th</sup> Dave Brooks 91<sup>st</sup> 49:13; Dave Dyson 138<sup>th</sup> 55:24.

**Bob Graham Round:** August 29<sup>th</sup>/30<sup>th</sup> (The BGR is a circuit of approximately 74 miles ascending 42 peaks with a total ascent of 28,500 feet, starting and finishing at the Moot Hall in Keswick. To qualify for admission to the exclusive Bob Graham Club, this all has to be completed in 24 hours. Stuart Williams, with the help of pacers from BWFAC and other clubs, including Wesham and Bowland, achieved the formidable accomplishment of completing the Round at his first attempt. Stuart texted Tony Croft: 'Well I got round my Bob Graham Round! Finished with 21 hours 46 mins so really pleased and pretty much on schedule. Thanks to my pacers and support who were awesome. As someone has said: "A great day out on the fells with your mates". Cheers, Stuart'.

**Mid Lancs Medal Meeting, Blackpool:** August 29<sup>th</sup>: SM 200m Simon Wells 3<sup>rd</sup> 22.9 ; 400m Alex Bale 1<sup>st</sup> 51.9 G;

U17M: 100m Omar Frederick 2<sup>nd</sup> 11.4; 200m 2<sup>nd</sup> 23.4; Oliver Hopkins 1<sup>st</sup> 52.9 G; SP Omar Frederick 1<sup>st</sup> 13.70m, Peter Bridge 2<sup>nd</sup> 12.32m G; DT Peter Bridge 4<sup>th</sup> 21.00m B, HT 2<sup>nd</sup> 35.07 PB S;

U15B: 100m Connor McCormick 5<sup>th</sup> 12.6, Jack Hails 14<sup>th</sup> 13.9; 200m Connor McCormick 3<sup>rd</sup> 25.9 B; 400m Jack Hails 3<sup>rd</sup> 66.7 B; 800m Ash Hails 4<sup>th</sup> 2:32.9 S; 4X100m relay team 2<sup>nd</sup> 54.5 S; L J Ash Hails 3<sup>rd</sup> 4.30m B, Jack Hails 5<sup>th</sup> 4.16m; SP Robbie Morris 6<sup>th</sup> 8.17m, DT 5<sup>th</sup> 18.06m, JT 4<sup>th</sup> 26.55m.

U13B: 100m Oliver Tomlinson 3<sup>rd</sup> 14.00 B, Dom Lavelle 5<sup>th</sup> =, Samuel Charnley 7<sup>th</sup> =, Kieran Chell 9<sup>th</sup> =, Harry Mercer 11<sup>th</sup> =; 200m Oliver Tomlinson 4<sup>th</sup> 30.00, Kieran Chell 6<sup>th</sup> 31.1; 800m Samuel Matthews 4<sup>th</sup> 2:35.7; 4x100m relay team 1<sup>st</sup> 58.6 G; L J Dom Lavelle 13.94m S, Oliver Tomlinson 3<sup>rd</sup> 3.73m B, Harry Mercer 7<sup>th</sup> 3.49m; HJ Dom Lavelle 1.30m G; SP Harry Mercer 6.00m, Louis Walker 8<sup>th</sup> 5.54m; DT 4<sup>th</sup> 20.92m, JT 6<sup>th</sup> 20.92m.

SW: 4x100m relay team 1<sup>st</sup> 4:32.9; L J Natasha Butler 1<sup>st</sup> 4.56m G, Katie Holder 3<sup>rd</sup> 4.06m; HJ Natasha Butler 1<sup>st</sup> 1.50m; Katie Holder 1<sup>st</sup> 9.15m, Natasha Butler 2<sup>nd</sup> 7.74 G; Katie Holder 1<sup>st</sup> 22.86.

U17W: 100m Sophie Riley 1<sup>st</sup> 12.2 G, Claudia Fiddler 2<sup>nd</sup> = 13.5, Brittany Shaw , Louise Harrison 4<sup>th</sup> 13.6 B, Natasha Johnston 8<sup>th</sup> 14.00; 200m Sophie Riley 1<sup>st</sup> 25.3 G, Alicia Johnston 2<sup>nd</sup> 25.8 S, Brittany Shaw 3<sup>rd</sup> 27.1, Claudia Fiddler 4<sup>th</sup> 28.4, Louise Harrison 7<sup>th</sup> 28.7; 300m Alicia Johnston 1<sup>st</sup> 42.4 G, Lauren Burrell 2<sup>nd</sup> 45.4 S, Samantha Smith 3<sup>rd</sup> 45.9 B, Louise Harrison 5<sup>th</sup> 46.5; 800m Bianca Pederson 1<sup>st</sup> 2:27.8 G, Lauren Burrell 3<sup>rd</sup> 2:33.0 B, Samantha Smith 4<sup>th</sup> 2:33.6; 3000m Samantha Smith 1<sup>st</sup> 11:56.1 G; HJ Alicia Johnston 4<sup>th</sup> 1.40m; TJ Natasha Johnston 1<sup>st</sup> 8.88 G; SP Katie Wood 1<sup>st</sup> 9.34 G; DT Katie Wood 1<sup>st</sup> 27.15 G; Lauren Burrell 3<sup>rd</sup> 16.94 B, Bianca Pederson 7<sup>th</sup> 10.59m; Katie Wood 2<sup>nd</sup> 30.00m.

U15G 100m Alicia Roylance 3<sup>rd</sup> 13.4 B, Taegan O'Hara 6<sup>th</sup> 13.5, Jennifer Dyson 7<sup>th</sup> 13.7, Kayleigh Eccleston 8<sup>th</sup> 13.9; 200m Jennifer Dyson 4<sup>th</sup> 28.3, Taegan O'Hara 8<sup>th</sup> 29.4, Kayleigh Eccleston 9<sup>th</sup> 29.8; 300m Kate Lawler 2<sup>nd</sup> 45.2 S; 800m Kate Lawler 9<sup>th</sup> 2:45.5, Alicia Johnson 11<sup>th</sup> 2:49.2; 1500m Molly Betmead 1<sup>st</sup> 5:23.1 G; 3000m Kelly Smith 3<sup>rd</sup> 12:27.3 PB B; 4X100m team 2<sup>nd</sup> S; L J Rebecca Todd 2<sup>nd</sup> 4.56m S; Taegan O'Hara 4<sup>th</sup> 4.43m, Alicia Roylance 9<sup>th</sup> 3.90m, Alicia Johnson 12<sup>th</sup> 3.12m; HJ Alex Hastie 1<sup>st</sup> 1.55m G, Kate Lawler 4<sup>th</sup> 1.25m; SP Rebecca Todd 3<sup>rd</sup> 9.23m S; Katrina Kelly 5<sup>th</sup> 7.93m; DT Katrina Kelly 2<sup>nd</sup> 21.44 S.

U13G 100m Jordan Dixon 3<sup>rd</sup> = 14.3 B, Fiona Hockey 9<sup>th</sup> 14.7, Ellie Gibson 17<sup>th</sup> 15.9; 200m Jordan Dixon 1<sup>st</sup> 28.1 G, Jess O'Neill 2<sup>nd</sup> 28.4 S; 4X100m relay team 1<sup>st</sup>; L J Jess O'Neill 2<sup>nd</sup> 4.31m S, Jordan Dixon 4<sup>th</sup> B, Ellie Gibson 14<sup>th</sup> 3.54m, Jessica Rogers 18<sup>th</sup> 3.18m; HJ Beth Everson 1<sup>st</sup> 1.40m, Fiona Hockey 3<sup>rd</sup> 1.30m S; Jessica Rogers 9<sup>th</sup> 1.10m SP

**Fleetwood Half Marathon:** August 29<sup>th</sup> Uber Cirelli 45<sup>th</sup> 1:30:40; Robert Newman 118<sup>th</sup>, 3<sup>rd</sup> MV60 1:43:15; Jeffrey Wright M50 1:55:50.

**Lancaster 5K Series:** August 29<sup>th</sup> Luke Berry 10<sup>th</sup> 17:13.

**Finally we wish Carl Myerscough every success as he represents England in the Commonwealth Games in Delhi during October.**