



WYLDEFYRE

February 2012 No 21



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BWFAC Events **Mid Lancs Interclub & Club**
Champ Fell Races **English FR Champ Inter-**
club Races **Club Champ Lancs, Northern or**
National Events **YAL League** **NA League**
Sportshall League

FORTHCOMING EVENTS DIARY

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; **YAL** – Young Athletes League; **EIS** – English Institute of Sport; **ESAA** – English Schools Athletic Association; **BUSA** – British University Sports Association; **BMAF** – British Masters Athletic Federation; **CAU** – UK Counties Athletic Union; **IAAF** – International Association of Athletics Federations; **IAU** – International Association of Ultrarunners; **CH** – Club Handicap; **IC** – Inter Club; **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 **HJ** – High Jump; **LJ** – Long Jump; **DT** – Discus; **SP** – Shot; **PV** – Pole Vault; **H** – Hurdles; **h** – heat; **F** – Final; **c** – chip; **i** – indoor; **m** – metres; **M** – Mile; **K** – Kilometre; **'** – feet; **w/s** – wind speed.

December's Athletes of the Month



The recipients are **Hannah Eadie** and **Christian Linton** for their excellent runs at the Mid Lancs cross country December and throughout the season.

Foreword: January is a busy month with three cross countries: Lancashire Championship in Blackburn, Mid Lancs League in Hyndburn and the North of England Championship in Pontefract. The indoor season also got into full flight with several open meetings, the North of England Championship and a major pole vaulting competition at Vault Manchester. There were several road races, in particular at half marathon distance.

- 04/02/12 **BUSA XC Championships** Cardiff
- 05/02/12 **Northern Athletics Indoor Pentathlon Vets Championship**
- 05/02/12 Pennine Bridleway**
- 05/02/12 Blackburn Winter Warmer 10K & Dewsbury 10K
- 07/02/12 **Lancashire Primary Sportshall & Secondary – year 7** Bpl SC
- 11/02/12 **Mid Lancs XC League** Thornccliffe Barrow
- 11/02/12 42nd Parbold Hill Race 6.75M nr Wigan
- 12/02/12 **Sportshall League** B'pool SC, Winter Hill FR & Southport 10K
- 18/02/12 Standish Hall Trail Wigan
- 19/02/12 Manchester Indoor Open T&F & Central Lancs 5K Bolton
- 19/02/12 17th Village Bakery HM & Muddy Boots 11M Caldervale
- 25/02/12 **English National XC** Parliament Hill London
- 25/02/12 **Aviva Sportshall Regional Finals** Robin Park SC Wigan
- 25 & 26/02/12 England U20/U17/U15 Indoor Champs & BUCS Indoor Champ
- 26/02/12 Radcliffe AC 10M TR & Gt NW HM Blackpool
- 28/02/12 **Lancashire Secondary – year 8** Hyndburn Leisure Centre
- 03/03/12 **Mid Lancs XC League** Worden Park Leyland & Stanley Pk 10K
- 03/03/12 **England/Nth Athletics U17 & U15 Indoor Champs** Sheffield
- 04/03/12 **Handicap**, Manchester Indoor Open T&F & Haweswater HM
- 04/03/12 Haweswater HM, Trimple 20M Lancaster & Southport 10K
- 09 to 11/03/12 **World Indoor T&F Championship** Istanbul TUR
- 10/03/12 **CAU Inter Counties XC Championships** Cofton Park
- 10/03/12 **English /Nth Athletics U17 & U15 CE Championships**
- 11/03/12 Winter Warm-Up T&F/Spring 5K**
- 11/03/12 Blackpool Marathon, HM & Roddlesworth Roller MT 6M
- 11/03/12 Trafford 10K & Spen 20M Cleckheaton
- 17/03/12 **English School XC Championships** Ilton nr Taunton
- 17 & 18/03/12 **BMAF Indoor Champs** Lee Valley
- 18/03/12 Ultrafit St Annes 10M
- 25/03/12 **BMAF XC Champs** Bath University & Goal-Den Women's 10K
- 25/03/12 Thirsk 10M & Muddy Bottoms MT 9M/17M
- 25/03/12 Wilmslow HM & Bradford 10K
- 27/03/12 King's Highway 5K TR (1/12)
- 27/03/12 BMAF Pentathlon, 10K track run/walks Horspath Oxford
- 28/03/12 **North West Regional Secondary** Leigh Sports Stadium
- 31/03/12 Bellevue House 10K Ormskirk
- 01/04/12 Bent & Bongs 10K TR Tyldsley
- 01/04/12 **Northern Athletic 12/6 Stage Relays Champs** Sefton Pk L'pool
- 03 to 08/04/12 **Masters World Indoor T&F Champs** Jyvaskyla FIN
- 04/04/12 ***BWFAC IC** (inc 2011 Presentation Road & Fell) Stanley Park
- 06/04/12 Salford 10K & Caldervale Country 10M/Fun Run
- 07/04/12 Pendle FR 4.5M/1500' & Rivington Pike FR (junior races)
- 14/04/12 **Mid Lancs T&F League** Blackpool
- 14/04/12 **ERRA National 12/6 Stage Road Relays** Sutton Park
- 15/04/12 Catforth Village 7M & Hyndburn 10K TR
- 17/04/12 Chernobyl 5K (1/3)
- 20/04/12 Chorley AC Park Series (1/4)
- 23/04/12 BWFAC AGM** Blackpool Cricket Club

REPORTS & RESULTS

Lancashire Championship

XC:Witton Pk, Blackburn Jan 7thLC

U11B: George Robinson 1st (of 26) 8:12; Christian Linton 3rd 8:42; Jamie Jackson 9th 9:12. **BWFAC had no complete Team.**

U11G: Hannah Eadie 2nd 8:58; Grace Webster 12th 10:11; Darcey Lonsdale 17th 10:36. **BWFAC had no complete Team. First of 32 was Eve Hutchinson of Hyndburn AC in 8:50.**

U13B: Samuel Matthews 14th 13:35; Thomas Matthews 20th 14:09. **BWFAC had no complete Team. First of 41 was Jake Lonsdale of Trafford AC in 12:26.**

U13G: Deni Impett 6th 14:03; Annie Bradshaw 9th 14:21; Emily Hall 18th 15:30; Molly Scarr 20th 15:35; Ella Morley 32nd 18:15. **Team finished 3rd with 53 points behind Rossendale Harriers & AC (36) and Blackburn Harriers & AC (38). First of 32 was Elizabeth Greenwood of Blackburn Harriers & AC in 12:57.**

U15B: William Eccleston 6th 15:14; Declan Darnborough 26th 20:47. **BWFAC had no complete Team. First of 26 was Patrick Dever of Preston Harriers & AC in 14:33.**

U15G: Molly Betmead 1st (of 24) 16:17; Alisha Johnson 7th 17:44; Becky Ingham 18th 19:44; Kelly Smith 21st 20:20. **Team finished 1st with 47 points.**

U17W: Lauren Gowland 2nd 24:10; Jodie Ferguson 3rd 24:34. **BWFAC had no complete Team. First of 10 was Sarah Hodgson of Lancaster & Morecambe AC in 22:54.**

U17M: Harry Poole 4th 20:21; Daniel Quarmby 6th 20:28; Sean Kenny 27th 23:35. **BWFAC had no complete Team. First of 30 was Dominic Mahoney of Blackburn Harriers & AC in 19:52.**

04 to 07/05/12 BUCS Championship London Olympic Stadium
05/05/12 Northern League Match 1
06/05/12 YAL League
09/05/12 School Games London Olympic Stadium
10/05/12 *Lytham St Annes RR Inter Club
06/05/12 Gt Hameldon Hill FR 6M/1109' Accrington
12 & 13/05/12 Lancs T&F Championship Blackpool
20/05/12 YAL League
26/05/12 Northern League Match 2
26/05/12 England /Nth Athletics CE Senior & U20 Bedford
02/06/12 Mid Lancs T&F League Preston
02-04/06/12 England/Northern Senior & U20 T&F Championships
13/06/12 *Preston Harriers Inter Club
16/06/12 Lancashire Schools Championship
16 & 17/06/12 Aviva World Trials U20 & U23 Champs Bedford
17/06/12 YAL League
21/06/12 Aggies Staircase FR 4M/1148' Darwen
22 to 24/06/12 Aviva Olympic Trials & UK Champs TBC
23/06/12 Mid Lancs T&F League Hyndburn
27/06-01.07/12 European Athletic Championship Helsinki FIN
30/06/12 English Schools T&F Cup Final
01/07/12 Northern League Match 3
01/07/12 BMAF Throws Pentathlon Champs Cophall
06 & 07/07/12 Aviva English School T&F Championship Gateshead
10 to 15/07/12 IAAF World Junior Champs Barcelona SPA
12/07/12 Bull Hill Hawkshaw FR 5.5M/1100'
13 & 14/07/12 IAAF Diamond League Crystal Palace London
14 & 15/07/12 Northern Athletics U20 U17 & U15 T&F Championship
16/07/12 *Wesham RR Inter Club
21/07/12 Mid Lancs T&F League Lancaster
21 & 22/07/12 BMAF T&F Champs Moorways Stadium Derby
29/07/12 YAL League Semi Final
03 to 11/08/12 Olympics Athletic programme
05/08/12 Northern League Match 4
04 & 05/08/12 England/Nth CE U17 & U15 Championships
04 & 05/08/12 BMAF Decathlon & Hephthlon Champs Horspath Oxford
11/08/12 Mid Lancs T&F League Blackburn
15/08/12 *Chorley Inter Club
16 to 25/08/12 European Vets T&F Chps Zittau GER Bogatynia Pol Hradek CZE
18 & 19/08/12 England/ Nth Athletics U17 & U15 Championships Bedford
25/08/12 Mid Lancs Medal T&F B'pool & Chipping Show FR 7.5M/1801'
25 & 26/08/12 T&F CAU Inter Counties Championship
31/08-09/09/12 Paralympic Athletics programme
01 & 02/09/12 Auxiliary & Main Finals respectively
05/09/12 *Red Rose RR Inter Club
08/09/12 Northern League Division 2 Promotion Match Cleckheaton
08/09/12 World Hammer Decathlon Champs Derby
09/09/12 T&F Open & Autumn 5K Stanley Park Track Blackpool
15 & 16/09/12 ESAA CE & Walking Champs Bedford
15 & 16/09/12 IAAF World Combined Events Challenge Talence FRA
22/09/12 Northern Athletics 6/4 & Young Athletes Road Relays Leigh
23/09/12 BWFAC T&F Open Stanley Park Track Blackpool
06/10/12 IAAF World Half Marathon Champs Kavarna BUL
17/11/12 2012 Presentation Night Hilton Hotel

SW: Caroline Betmead 2nd (1st L40) 29:38; Bianca Pedersen 25th (5th JW) 34:14; Stasia Bligh 29th (2nd L35) 34:37; Andrea Smith 36th (5th L45) 37:04; Karen Dunford 39th 37:33; Sammy Smith 40th (7th JW) 37:35. **SW Team finished 4th with 48 points and Vets Lady's Team finished 2nd with 31 points behind Preston Harriers & AC who also scored 31 points.** First of 55 was **Susan Samme** of LSARRC in 29:04.

SM: Luke Minns 7th 36:25; John Wright 27th (2nd V45) 39:46; Adam Weightman 39th (10th JM) 41:02; Andrew Woodward 61st 43:13; Jeff Lawton 70th (8th V50) 45:12; Gary Johnston 80th (6th V55) 46:25; Stuart Williams 90th (14th V45) 49:15; Jeff Wright 106th (15th V50) 52:50; Peter Gibson 107th (11th V55) 53:18. **SM Team finished 6th with 284 points and Vet Men's Team finished 6th with 123 points.** First of 119 was **Simon Deakin** of Leeds City AC in 34:50, first Vet of 74 was **Phil Leybourne** of Salford Harriers in 37:34 and first JM of 20 was **Karl Billington** of Blackburn Harriers & AC in 36:23.

Club New Year Predictor Handicap: Jan 8th CH

Tony Croft 30:00 P 30:00; Reg Smallbone 26:27 P 25:37; Tony Airnes 27:46 P 27:27; Terry Westhead 25:44 P 26:00; Peter Gibson 26:45 P 26:55; Terry Bradshaw 27:45 P 26:55; Larry McGee 33:17 P 33:00; Martin Bates 27:04 P 25:25.
Timekeeper: Liz Airnes. P – Athletes prediction.

Tony Croft was the winner having run exactly the time of 30 minutes. Tony had intended to predict 30:15, but changed to 30:00 just before he ran.

Mid Lancs XC: Wilson's Playing Field Hyndburn January 14th ML

U11G: Jasmine Jolly 2nd 8:23; Isabelle Woodman 16th 9:28; Grace Webster 17th 9:30. First of 56 was **Sarah Atkinson** of Helm Hill Runners (8:08).

U11B: George Robinson 3rd (1st ML) 7:55; Christian Linton 5th (3rd ML) 8:17; Jerome Jolly 12th (10th ML) 8:39; Jamie Jackson 16th (14th ML) 8:56; James Smith 18th (16th ML) 9:03. First of 36 was **Mid Lancs non-counter, Joshua Dickinson** of York AC (7:45).

U13G: Deni Impett 2nd 9:17; Annie Bradshaw 6th 9:43; Molly Scarr 15th 10:23; Emily Hall 19th 10:42; Chloe Hall 29th 11:36. First of 34 was **Grace Handley** of Blackburn Harriers (9:07). **Team finished second with 42 points and moved up to 2nd position in the league (but had not scored league points at Liverpool).**

U13B: Samuel Matthews 10th 11:48; Thomas Matthews 23rd 12:30. First of 51 was **Dean Tierney** of Preston Harriers in 11:08.

U15G: Molly Betmead 1st (of 24) 11:12; Alisha Johnson 4th 11:56; Kelly Smith 17th 13:51. **Without Fiona Hockey and Kate Lawler, both occupied in other athletic competitions, no complete team was finished and the team stayed in 2nd place in the league.**

U15B: Matthew Hall 20th 15:52; Declan Darnborough 30th 17:38. First of 32 was **Patrick Dever** of Preston Harriers in (13:20).

U17W: Lauren Gowland 2nd 15:58. First of 11 was **Sarah Hodgson** of Lancaster & Morecambe AC.

U17M: Jamie Midgley 20th (19th ML) 24:28. First of 20 was **Dominic Mahoney** of Blackburn Harriers (19:38).

SW: Bianca Pedersen 19th (3rd U20W); Stasia Bligh 26th 25:48; Carolyn Robbins 28th 26:00; Karen Dunford 46th 27:55; Alison Titterington 52nd 28:29; Samantha Smith 53rd (5th U20W) 31:05; 69th 32:59; Hilary Goorney 109th 39:37. First of 113 was **Susan Samme** of LSARRC in 21:53. **Team finished 5th and have dropped one place to 3rd in Division 1. Vet 35 team finished 3rd with 64 points and have moved up to 2nd in the league. Vet 45 team finished 1st with 29 points and are now 3rd. There was not a complete Vet 55 team.**

SM: Luke Minns 5th 36:49; John Wright 40th 37:23; Perry Mann 83rd 40:19; Liam Craine 128th 42:56; Gary Johnston 134th 44:18; Stuart Williams 153rd 44:25; Peter Broome 162nd 44:54; Peter Singleton 171st 45:30; Jeff Wright 237th 51:18; Peter Gibson 250th 53:01; David Twizell 267th 57:47; John Winters 271st 59:01; Bernard Singleton 272nd 59:26. First of 288 was **James Douglas** of Border Harriers in 32:22. **Senior Men's 'A' team finished 11th and remain in 5th place in league 1. The 'B' team finished 28th and remains in 7th place in league 3 and look almost certain to be relegated to the 4th Division. Vet 40 team finished 12th and have moved down to 6th place in league 1 and are now in danger of being relegated. Vet 50 team finished 8th and have moved down to joint 6th place. There was not a complete Vet 60 team and remain in 7th place.**

Vault Manchester: January 14th

U20W: Tanya Wright 10th 2.33m. **U17W:** Katrina Kelly 9th = 2.18m; Alicia Roylance 11th 2:03m. **U17M:** Jack Hails 4th 2.33m **PB.** **U15G:** Fiona Hockey 2nd 2.53m; Hannah Newell 7th 1.83m. **U15B** Dom Lavelle 5th = 2.43m.



VAULT MANCHESTER 2012 took place this at Sportscity where the star attraction was Commonwealth bronze medallist and ex Blackpool athlete **Max Eaves** (Newham & Essex Beagles AC). Max was in good form for his first indoor competition of the season and he easily won the men's 'elite' competition with 5.23m. **Ed:** First lady was **Sally Peake** of

Birchfield Harriers (*pictured*) with a new Welsh Indoor record of 4.33m

The first competition of the day featured the junior vaulters. This started at 9:30am and seven **Blackpool Wyre and Fylde AC** pole vaulters made the early morning trip to compete. **Jack Hails** was one of the first to vault and came in at a height 1cm over his pb – such was the confidence he had in his vaulting! He soared over this to the great delight of his family and many followers. He then went on to clear the next two heights recording a new pb of 2.33m.

Fiona Hockey was again in good form just missing out on a new PB. She finished on 2.53m which was good enough for a silver medal in the U15 girl's completion. **Dominic Lavelle**, in his usual laid back style, finished on 2.43m just shy of his personal best. **Hannah Newell** made a good effort having just returned to training, as did **Alicia Roylance** and **Tanya Wright**. **Katrina Kelly** made her first two vaults look very easy before for just missing out on a new PB.

This was a great day for everyone involved. It was an experience to be able to mix with athletes and coaches of all levels from up and down the country as well as from France and Germany. Thanks go to the officials and organisers of Vault Manchester, the **BW&F AC** athletes for being excellent representatives of the club, parents and family for their vociferous support and to Dave Wood for his support and photographic services.

Kevin Davies

Postscript: **Holly Bleasdale** of Blackburn Harriers wasn't at **Vault Manchester**. However on 21st she competed at Lyon in France. Holly improved her British record by one cm to 4.72m; next she cleared 4.80m at the first attempt and then cleared 4.87m at the third attempt to lead the world rankings. This jump is second only to the world record of **5.00m** which is held by **Yelena Isinbayeva** of Russia.

Northern Athletics Indoor Championship: eis **Sheffield January 14th & 15th** **NA**

Jordan Dixon U15G **60m** 3rd 8.75 **PB** Q; **SF** 6th 8.80;
200m h1 3rd 28.14 q; **F** 6th 28.69. **Taegan O'Hara** U17W
60mH h1 3rd 9.72 q; **F** 7th 9.71 **PB**; 60m **h2** 6th 8.83. **Kate Lawler** U17W **300m** (CBP **Laura Gillhespy** 2005 40.32) **h2** 3rd 44.44 q; **SF** 3rd 43.56 q; **F** 3rd 43.07. **Alicia Johnston** U20W **60m** h1 6th 8.62. **Katy Wyper** U20W **h2** 3rd 7.97 **PB** q; **F** 7th 8.05; **200m h1** 1st 26.39; **F** 3rd 26.19. **Laura Gillhespy** SW **400m h1** 1st 63.08 Q; **F** 5th 62.83. **Lucy Mansfield** **200m F** 4th 26.55 **ncr**. **James Davies** SM L J **F** 3rd 7.23 **PB=**.

Eight **BWFAC** athletes made the journey across the Pennines. **Taegan O'Hara** raced the 60 metre hurdles, where she qualified as a fastest loser for the final with a personal best of 9.72. She shaved another 1/100th off in the final in which only half a second split the whole field, Taegan came seventh. Taegan joined Alicia Johnston to compete in the

60m sprint heats, but neither were able to progress to the final.

The youngest member of the squad, **Jordan Dixon** in her second year at these Championships showed the progress that she has made by qualifying for the semi-finals of the 60 metres with a personal best. It was another good performance in the 200 metre heat which qualified Jordan for the final, where she finished sixth.

Laura Gillhespy returned to competition last year and at Sheffield qualified first in the heats and finished fifth. In a straight 200 metre final **Lucy Mansfield** missed out on a medal by 3/10^{ths} of a second finishing fourth. The race was won by **Louise Bloor** of Trafford AC in a Championship Best Performance of 24.05.

Kate Lawler, after concentrating on the shorter sprint events, especially the 200m, last year, now in a new age category competed in the 300 metres, which is probably her best distance. Kate showed great maturity, doing just enough to qualify by finishing third in both the heat and semi-final, thus saving her best performance for the final. As one of the youngest, she showed good tactics to overhaul **Zoe Kerins** (17 months her senior) by just 200^{ths} of a second and win the bronze medal. The winner was **Alona-Mae Lonsdale** of Gateshead, who also came from behind to beat **Stephanie O'Connor** of Scunthorpe.

Katy Wyper qualified for the final of the 60 metre sprint with a personal best time of 7.83. In the final Katy finished 7th behind **Sophie Riley**, (currently between clubs) who finished in the Bronze medal position with a PB of 7.83. In the 200 metres, Katy qualified first in her heat and comfortably finished in the Bronze medal position again behind Sophie Riley who won the Gold medal.

James Davies returned to Sheffield where he won the U20M Long Jump competition last year with the final jump of a PB of 7.15m. This year he competed in the Senior Men's competition. In the February he was chosen to captain the U20 English team in Celtic Cup in Cardiff, where won the Long Jump with a PB of 7.23 metres. And it was this distance that won James the Bronze Medal this year.

Sportshall League: Sports Centre Blackpool **SL** **January 15th**

Another busy day in the second fixture of Sportshall. Again it was a close competition between Preston and **BWFAC**. In November **BWFAC** came out on top. This time it was Preston Harriers who won with a total of 253.49 points, with **BWFAC** scoring 235.83 points. This means that as we go into the final fixture next month that Preston and ourselves are locked together on 23 points. It should be an exciting contest.

Squad Members:

U11G: Grace Riedel; India Rogers; Maisie Rogers; Minnie Rogers; Kirsty Rushton; Natasha Webster; Lucy Williamson; Isabelle Woodman.

U13G: Amelia Birch; Ash Colvin; Jessica Rogers.

U15G: Mairead Lucas; Rebecca Terras.

U11B: Ethan McEvoy; Timothy Woodman; Sam Wise; Jake Brown; James Smith; Christian Linton.

U13B: Nick Aziz; Thomas Matthews; Samuel Matthews; Callum McCartney; Harry Mercer; Louis Walker.

U15B: Jordan Birch; Jack Hails; Ash Hails; Dom Lavelle.

There were some good performances from many of the **BWFAC** squad. **Christian Linton** and **William Holmes** were outstanding for the **U11's**, with Christian joint winner in the foam javelin and winner of the speed bounce with an impressive score of 59 and William was winner of both of the races. In the **U13G's** particular impressive were **Jessica Rogers** and **Ash Colvin**, who both scored well in every event in which they participated. It was a strong squad of **U13Bs**, who all scored points. Particularly impressive were **Nick Aziz** (who was best athlete of the U13 age category), **Samuel Matthews** and **Harry Mercer**. In the high jump Nick improved his personal best to 1.55m.

North of England XC: Pontefract Jan 28th NE

The course was located on Pontefract Horseracing course. It was a pleasant location, although unremarkable. The route was slightly undulating, but without any really testing climbs and despite the last few weeks heavy rain, surprisingly there was little mud. By the time I arrived at Pontefract the early morning frost had disappeared and with bright sunshine and no wind, it felt quite spring like.

In the early junior races **Deni Impett**, with a 36th place in the **U13G's** and **Molly Betmead** with an excellent 5th place in the **U15G's** seem to have had good runs. In a poorly supported **Junior Women's** race Birthday girl **Bianca Pedersen**, had a solid race as she returns to full fitness. Like Bianca, **Claire Irons** flew the flag for **BWFAC** in the **Senior Women's** race. Six men made the journey to Pontefract and ensure the club had team representation. **Stuart Robinson** had a good run, finishing well in the top 100. All the way round second claim member **Phil Leybourne** was only a few metres behind and in the final 50 metres launched a finishing sprint to finish one second behind Stuart.

U13G: Deni Impett 36th 13:10; Jessica Rogers 102nd 14:37; Lauren Brook 141st 15:33; Molly Scarr 157th 16:15. *First of 171 was Kate Waugh of Gateshead Harriers & AC (and Elizabeth Greenwood of Blackburn Harriers was 2nd in 12:07).*

U15G: Molly Betmead 5th 17:03; Alisha Johnson 25th 18:17. *First of was Bronwen Owen of Scarborough AC in 16:11.*

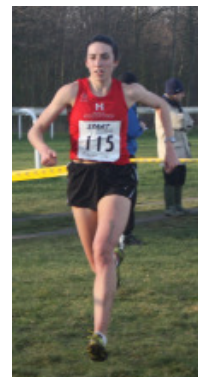
JW: Bianca Pedersen 19th 22:56. *First of 28 was Jennifer Walsh of Hallamshire Harriers Sheffield AC in 18:51.*

SW: Claire Irons 233rd 59:46. *First of 235 was Lizzie Adams (pictured) of Hallamshire Harriers Sheffield in 30:40 (who won the first Burnley Mid-Lancs).* With a kilometre to go **Jess Coulson** of Stockport Harriers & AC was leading **Lizzie Adams (pictured)** and **Susan Partridge** of Leeds City

AC. However by the line Jess had been overtaken by Lizzie (30:40) and Susan (30:54) and she finished 3rd in 31:00.

SM: Stuart Robinson 74th 44:25; John Wright 130th 46:22; Perry Mann 296th 50:50; Gary Johnston 486th 56:45; Stuart Williams 490th 56:52; Jeff Wright 627th 63:34. *First of 685 was Steve Vernon of Stockport Harriers AC in 39:52.*

The team was 37th with 2103 points.



The first three across the line were **Steve Vernon** (902) in 39:52, **James Wilkinson** (455) of Leeds City AC in 39:57 and **Patrick Martin** (895) of Stockport Harriers & AC in 39:59. *(Pictured at the start of the final lap).*

February Handicap: January 29th

Karen Dunford 27:17; Tony Croft 29:22; Reg Smallbone 25:56; Terry Westhead 25:14; Tony Airnes 27:49; Graham Davies 24:51; Larry McGee 33:11; Jim Unsworth 23:31 Peter Gibson 26:32; Terry Bradshaw 26:14; Martin Bates 24:16; Nick Hume 27:07. Timekeeper: Liz Airnes.

February Handicap was held a week early because on Sunday the 5th, 20 members will be representing the club in the **Pennine Bridleway Relay**.

Other Results:

Central Lancs Half Marathon: Catforth January 2nd
Peter Gibson 134th 1:41:33 PB; Jeff Wright 168th 1:46:31 PB. First of 364 was **Paul Lockwood** of Wakefield District Harriers & AC in 1:11:39 and first lady was **Joasia Zakrzewski** of Dumfries Running Club (7th) in 1:18:14 **PB**.

It was a very windy and showery day for this first half marathon of 2012. Peter scored yet another PB. The winner **Paul Lockwood** was 4½ minutes ahead of the next man, **Ben Johnson** of Southport Waterloo AC. **Joasia Zakrzewski**

(pictured) was even further ahead in the lady's race, where



the second lady was **Sarah Cumber** of Halifax Harriers in 1:25:29.

Joasia Zakrzewski only started running four years ago, but in a short athletic career has achieved considerable success. Last year amongst she ran many successful races over a varied range of distances ranging from 5K to 100K. Joasia was winner of the **Rock 'n' Roll Mardi Gras Marathon** in New Orleans last February and fifth lady in the **Florence Marathon** in November. Joasia also competed in several ultra-races: **Comrades Ultra Marathon** 87K – 15th; **Swiss Alpine Marathon** 78K – 4th; **IAU 50K World Trophy Final** - 3rd and **IAU**

100K World/European Championship - 2nd.

Garstang 10K: January 8th

Liam Craine 30th 38:18; **Peter Broome** 53rd 39:35; **Tanya Ashworth** 164th 46:03; **Christian Sills** 166th 46:05; **David Twizell** 231st 49:51; **John Bradley** 282nd 52:22; **Hilary Gorney** 423rd 64:48. First of 445 was **Sean Connolly** in 30:56 and first lady was **Joanna Gorney** of Wesham RR (44th) in 39:21. On this undulating course the weather was perfect for running. It was mild day, with no wind and just a light drizzle.

Manchester Indoor Open: Sportscity January 8th

U20W Katy Wyper **60m** 8.02; **200m** 26.53. **U17W** Tash Gardner **60m** 8.43; **200m** 27.18; Kate Lawler 200m 27.09. **SW** Laura Gillhespy **200m** 27.26.

Police Service XC League: Leeds Fixture 5 Jan 11th

Laura Lawler (Lancs) FV40 6th 52:49.

Derby Arms Half Marathon: Inskip January 22nd

Stuart Robinson 1st (of 271) 1:15:09; **Brandon Willoughby** 106th 1:42:16; **Tanya Ashworth** 116th (19th F) 1:43:24; **Alison Titterington** 126th (23rd F & 1st FV55) 1:44:26; **Dave Brookes** 131st 1:44:58; **John Bradley** 222nd 2:01:40. First lady was **Sarah Lomas** of Stockport Harriers (10th) in 1:22:02.

Chernobyl 10K: January 29th

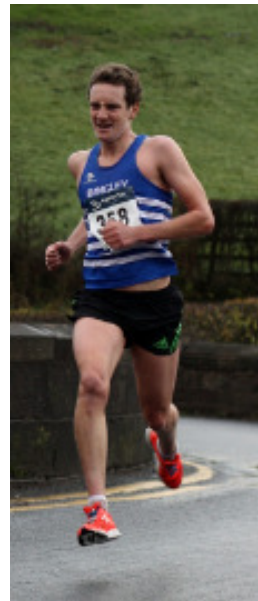
Christian Sills 174th 46:58; **David Twizell** 229th 49:01; **Vicky Robinson** 320th 51:55; **John Bradley** 52:10; **Pauline Lambert** 544th 1:12:10; **Susannah Cawley** 546th 1:12:13. First of 551 was **Ben Fish** of Blackburn Harriers AC in 31:12 and first lady **Karen Bridge** of Eden Runners (58th) in 40:38.

Birthdays

Many happy returns to **Bianca Pedersen** and **Adam Weightman** who both celebrated their 18th Birthdays during January.

Athletic Profile – Alistair Brownlee

Last month **Alistair Brownlee** crossed the Pennines to



compete in the Ribble Valley 10K (pictured). In this high quality race in which the first eight a cross the line in sub 30 minutes, Alistair finished second in 29:15, just 5 seconds behind **Jonny Mellor** of Liverpool Harriers. It was a rare move into road racing for Alistair who is better known for his triathlon success and also as a fell runner in his junior days.

Alistair Edward Brownlee was born April 23rd 1988 in Dewsbury and was educated at Bradford Grammar School. He started a medicine degree at Girton Col-

lege, Cambridge, but changed after one term to the University of Leeds, where he gained a Physiology and Sport degree and is currently studying for an MSc in Finance at Leeds Metropolitan University.

His parents are both doctors and are also involved in sport. His father was a runner and his mother a swimmer, but it was his uncle Simon introduced him to the triathlon. His sporting heroes are **Haile Gebrselassie**, **Joss Naylor** and **Lance Armstrong**.

In 2006 he was Junior ITU World Champion and in 2008 U23 World Champion. The same year Alistair represented Great Britain at the Beijing Olympics where he finished 12th. In 2009 he won all five of the World Championship events before winning the season's Grand Final held in Australia's Gold Coast. In 2010 off season Alistair suffered a stress fracture of the femur and missed the start of the season. Alistair won his first competition in Madrid, but in London after the swim and cycle sections, he was leading the race in the final 10K road race when in the final kilometre exhaustion and dehydration took their toll and Alistair dramatically lost form to stumbled across the line in fifth place. The winner of the race was **Javier Gomez**, who went on to take the overall ITU World Championship.

In 2011 Alistair had mixed fortunes suffering a heavy fall in the first ITU Championship in Sydney and finished 29th. However he won the next two events in Madrid and Kitzbuhel and despite a puncture during the cycle section successfully defended his European title at Pontevedra, sharing the podium with his younger brother Jonathan, who won the Silver medal. After winning the Grand Final in Beijing, retook the ITU world title. At the Olympics, Alistair is favourite to take the Gold Medal in the triathlon, however he freely admits that his younger brother, **Jonathon Brownlee** is probably his greatest rival for the Gold.