

# BLACKPOOL WYRE & FYLDE AC

## NEWS UPDATE 2 - January 2008

Welcome to News Update No 2 and a Happy New Year to all BWF AC Members plus anyone else who chances upon this bulletin.

### BWF AC Handicap Dates 2008

Date	Venue	Start Time
6/2/08	New Lane Thornton	12.15
10/2/08	New Lane Thornton	10.00
5/3/08	New Lane Thornton	12.15
9/3/08	New Lane Thornton	10.00
9/4/08	New Lane Thornton	19.15

### Open T&F Meeting

The Blackpool Winter Track & Field Meeting will be held on 16<sup>th</sup> March 2008 at the Stanley Park Arena. Entry forms are now available on the website or at the Club House but please note that there will be no entries accepted on the day. Coaches please ensure that your athletes enter before the closing date.

### Inter Club 2008

Date	Venue	Start Time
2/4/08	Blackpool Cricket Club	19.15
1/5/08	St Annes Prom	19.30
11/6/08	Preston (Factory Lane)	19.30
14/7/08	BNFL Salwick	19.30
13/8/08	Astley Park - Chorley	19.30
3/89/08	Worden Park - Leyland	19.00

The Presentation for the 2007 Series will take place in Blackpool Cricket Club following the first race.

The 2008 Club Fixtures are now on the Website. If anyone would like a hard copy showing T&F, Road, Fell & Trail please contact Nick.

### Club Kit

For more information contact Stuart Robinson at [stuartrobinson19791@hotmail.com](mailto:stuartrobinson19791@hotmail.com) or by phone 07919 025 045.

Items available include jacket, vests, long sleeved training tops and T-shirts. These should be available at the club house or for an order to be placed on a Thursday evening.

### General News

The BWF AC Committee meets once a month, on the second Monday. If you have any items for discussion please contact Nick Hume or any other Committee Member (details on website).

Congratulations to all the athletes who ran in the Lancashire Cross Country Championships and performed so well for the club. It is good to know that the club will be well represented in the Inter Counties XC Championships with members running for Lancashire.

Our Lancashire medal winners were:

U11B B Yates 1<sup>st</sup>  
U11G 1<sup>st</sup> Team: M Betmead, A Johnson, E Grey, K Lawler  
U13B B Everson 1<sup>st</sup>, A Evans 3<sup>rd</sup>  
U13B 1<sup>st</sup> Team: B Everson, A Evans, D Quarmby, A Barlow  
U13G L Gowland 2<sup>nd</sup>  
U17M S Channon 1<sup>st</sup>  
U17M 2<sup>nd</sup> Team: S Channon, S Mason, L Berry  
U20M L Minns 2<sup>nd</sup>  
SW C Betmead 2<sup>nd</sup> & 1<sup>st</sup> F35, B Wright 2<sup>nd</sup> F45, A Smith 3<sup>rd</sup> F40, H Goorney 2<sup>nd</sup> F60  
SW 2<sup>nd</sup> Team: C Betmead, G Unsworth, B Wright  
SM P Leybourne 1<sup>st</sup> M40, G Seddon 3<sup>rd</sup> M40, J Houghton 3<sup>rd</sup> M50, N Greenwood 3<sup>rd</sup> M65  
SM 3<sup>rd</sup> Team: P Leybourne, S Robinson, G Seddon, J Houghton, G Johnston, C Essex-Crosby

### A picture of happiness from Blackburn



The entry form for the Welsh Castles Relay has now been received. This year the race takes place over the weekend of June 14<sup>th</sup> & 15<sup>th</sup> and involves teams of 20 runners racing from Caernarfon Castle to Cardiff Castle with 10 individual stages each day. BWF AC will be entering team(s) once again but final acceptance rests with the organisers as only 55 teams will be accepted. For more information or to register an interest please contact Nick. Please note that there is a cost to taking part which will be in the region of £45 for those making a full weekend of it.

Congratulations to Gemma Unsworth and David Jones who were Athletes of the Month for November. Nominations can be made via Nick Hume but only one award in a 12 month period to an individual. Winners currently receive a unique T-Shirt

The Club's London Marathon places for 2008 have been awarded to Caroline Betmead, Debbie Cardwell and John Bradley. Please see club criteria if you are considering entering the 2009 race which is by on-line entry opening at 12 noon on 13/4/08.

Coaching sessions take place every weekday at various times and locations around the Fylde. Contact Tony Aimes for Senior Sessions and Derek Newton for information on Junior coaching sessions.

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