

Lancashire Athletic Association

Road Running Report

10- Mile Championships, St Anne's, 16th March 2014

Incorporated within the Sweatshop 10-Mile Road Race hosted by the St Annes Fire Service the race was well supported by Lancashire athletes with 27 women and 58 men. Opening with a loop round the north car park adjacent to the sand yacht club the large field of nearly 300 runners were away out on to the road and along the promenade to Fairhaven Lake and Lytham Green past all the best scenery and landmarks this stretch of coast has to offer. With initially favourable conditions the weather turned during the course of the race. With a favourable wind on the way out to the halfway point just before the 400m loop around the Lytham Windmill most celebrated of all local heritage the runners were stretched out but following the turn with a 4.75-mile challenge back into a strengthening wind with a steady heavy drizzle tactics came into play and the runners started to bunch and work together. Overall race winner Damian Nicholls was well away but Lancashire leader Chris Tully of Preston Harriers, coming into top form last year having revised his training had runners in sight but not effective working partners. He won the Lancashire Championships in 58:44 a respectable performance on a challenging morning. Behind him Christopher Vause of Garstang RC was 2nd in 59:49 also placing 1st M40, and third was Nick Gaskell of Clayton le Moors with 1:00:05.

In the women's race another Wilmslow runner Diane McVey a regular racer in the Fylde area was a clear winner in 1:02:36 and it was Freckleton resident Joanna Goorney of Lytham St Annes RR who as the Lancashire winner in 1:04:59 also 1st W35. Second placed was Rachel Wood of Blackburn Harriers in 1:04:59 and third was Emma Lund of Wesham RR in 1:09:46.

Preston Harriers won the men's team medals with Chris Tully, David Watson and Chris Wales scoring 21 points with Wesham RR the runners up. The women's team awards went to Wesham RR with Emma Lund, Carmel Sullivan and Michaela Dempsey totting up 18 points. Second placed team was Red Rose RR.

Ted Orrell of Clayton le Moors was an outstanding M75 competitor running 1:22:27 for 40th place. Top M55 local Fylde runner Paul Muller running for Horwich was 4th in 1:00:35 mixing it with the 40 year olds, while Thornton Taylor of Rossendale was 2nd in 1:02:57. Bev Wright of Blackpool 1st W50 and second Over-35 was similarly amongst the younger women masters with 1:10:04 while W65 Carole Douglas of Red Rose was 14th in 1:26:14 with W60 team mate Joan Gouldthorpe 15th in 1:29:06.

Lancashire Women

Pos	Name	Cat Pos	Cat	Club	Time
1	Joanna Goorney	1	W45	Lytham St Annes RR	1:04:59
2	Rachel Wood		W	Blackburn Harriers	1:05:38
3	Emma J. Lund		W	Wesham Road Runners	1:09:46
4	Bev Wright	1	W50	Blackpool Wyre & Fylde AC	1:10:04
5	Louise Goddard	2	W45	Lancaster & Morecambe AC	1:13:14
6	Debbie Kirkman	1	W40	Red Rose Road Runners	1:13:34
7	Carmel Sullivan	3	W45	Wesham Road Runners	1:14:06

8	Michaela Dempsey	4	W45	Wesham Road Runners	1:18:16
9	Kath Hoyer	2	W50	Wesham Road Runners	1:19:33
10	Margaret Lupton	5	W45	Red Rose Road Runners	1:20:03
11	Helen Lawrensen	2	W40	Wesham Road Runners	1:21:00
12	Nina Green	3	W50	Stockport Harriers	1:23:30
13	Margaret Keighley	3	W40	Blackburn Road Runners	1:24:12
14	Carole Douglas	1	W65	Red Rose Road Runners	1:26:14
15	Joan Gouldthorpe	1	W60	Red Rose Road Runners	1:29:06
16	Lorna Bowes	6	W45	Blackburn Road Runners	1:30:01
17	Nicola Nally		W	South Ribble Runners	1:31:13
18	Pam Binns	2	W65	Lytham St Annes RR	1:31:57
19	Norma Smith	3	W65	Blackburn Road Runners	1:32:10
20	Michelle Houghton	7	W45	Blackburn Road Runners	1:32:48
21	Sylvia Gittins	4	W65	Lytham St Annes RR	1:34:03
22	Julie Sherwood	8	W45	Thornton Cleveleys RC	1:36:36
23	Lisa Galloway		W	Red Rose Road Runners	1:40:14
24	Emily Stapleton	4	W40	Lancaster & Morecambe AC	1:40:27
25	Linzi Young		W	Wesham Road Runners	1:41:00
26	Hilary Goorney	1	W70	Thornton Cleveleys RC	1:48:38
27	Sue Wickham	4	W50	Preston Harriers	1:54:54

Lancashire Men

Pos	Name	Cat	Cat	Club	Time
1	Christopher Tully	1	M35	Preston Harriers	58:44
2	Andrew Vause	1	M40	Garstang Running Club	59:49
3	Nick Gaskell	2	M40	Clayton le Moors Harriers	1:00:05
4	Paul Muller	1	M55	Horwich RMI Harriers	1:00:35
5	Lee Barlow	3	M40	Wesham Road Runners	1:00:35
6	Troy Watson	1	M45	Wesham Road Runners	1:01:30
7	David Watson	2	M45	Preston Harriers	1:02:21
8	Thornton Taylor	2	M55	Rosendale Harriers	1:02:57
9	Allan McCormick		M	Wilmslow RC	1:03:23
10	Ian Dawson	2	M35	Blackpool Wyre & Fylde AC	1:03:27
11	Andrew Fairbairn	3	M35	Thornton Cleveleys RC	1:03:41
12	Mark Gibson	3	M45	Horwich RMI Harriers	1:03:58
13	Chris Wales	4	M40	Preston Harriers	1:04:11
14	Alan Metcalf	1	M50	Preston Harriers	1:04:31
15	Peter Milligan	3	M55	Northern Vets AC	1:04:42
16	John Collier	1	M60	Wesham Road Runners	1:04:43
17	Kenneth Addison	4	M55	Red Rose Road Runners	1:04:46
18	Chris Horner	4	M35	Garstang Running Club	1:05:06
19	Jason Barlow	4	M45	Wesham Road Runners	1:05:16
20	Peter Cruse	2	M50	Lytham St Annes RR	1:05:58
21	Richard Oakley	2	M60	Red Rose Road Runners	1:07:35
22	Peter Cowling	3	M50	Preston Harriers	1:07:51
23	Graham Webster	3	M60	Lytham St Annes RR	1:08:07
24	Alan Hudson	4	M60	Wesham Road Runners	1:08:51
25	Alan Appleby	1	M65	Preston Harriers	1:08:53
26	Martin Quinn	5	M40	Chorley AC & Tri Club	1:09:31
27	Kevin Ashworth	6	M40	Lytham St Annes RR	1:09:39
28	Peter Waywell	5	M45	Thornton Cleveleys RC	1:10:57
29	Tony Pritchard	5	M60	Garstang Running Club	1:11:00
30	Willie Richmond	4	M50	Lytham St Annes RR	1:11:23
31	Joe Guest		M	Army	1:12:30
32	Kevin Hunt	7	M40	Preston Harriers	1:13:18
33	Philip Leaver	6	M60	Wesham Road Runners	1:14:56
34	Ken Stanley	7	M60	Northern Vets AC	1:15:52
35	Ray Smith	2	M65	Northern Vets AC	1:18:58
36	Chris Moss	6	M45	Wesham Road Runners	1:20:46
37	Greg Oulton	7	M45	Lytham St Annes RR	1:21:07

38	Peter Morgan	5	M55	Northern Vets AC	1:21:21
39	Frank Miller	3	M65	Garstang Running Club	1:22:22
40	Ted Orrell	1	M75	Clayton le Moors Harriers	1:22:27
41	Michael Briggs	5	M50	Unattached	1:23:29
42	Robert Massey	4	M65	Blackpool Wyre & Fylde AC	1:24:22
43	Steven Wilde	8	M60	Northern Vets AC	1:25:47
44	Philip McCullagh	6	M55	Chorley AC & Tri Club	1:25:48
45	Paul Carter	8	M40	Wesham Road Runners	1:26:13
46	Matt Lovick		M	Unattached	1:26:58
47	Peter Cooke	6	M50	Wesham Road Runners	1:27:13
48	John Winters	2	M75	Blackpool Wyre & Fylde AC	1:27:15
49	Wayne McIntosh		M	Trawden AC	1:28:45
50	Alex Oakley		M	Red Rose Road Runners	1:31:21
51	John Howorth	9	M60	Wesham Road Runners	1:32:13
52	Bernard Singleton	5	M65	Blackpool Wyre & Fylde AC	1:33:41
53	George Fletcher	1	M70	Red Rose Road Runners	1:34:49
54	John Bradley	2	M70	Blackpool Wyre & Fylde AC	1:35:49
55	Dave Jones	6	M65	Thornton Cleveleys RC	1:37:29
56	Mike Walsh	1	M80	Wesham Road Runners	1:42:47
57	Richard Stapleton	3	M70	Lancaster & Morecambe AC	1:50:13
58	Malcolm Sherwood	10	M60	Thornton Cleveleys RC	1:50:21

Men

Teams

1 Preston Harriers 'A'

Christopher Tully	1
David Watson	7
Chris Wales	13
	21

2 Wesham Road Runners 'A'

Lee Barlow	5
Troy Watson	6
John Collier	16
	27

3 Garstang Running Club 'A'

Andrew Vause	2
Chris Horner	18
Tony Pritchard	29
	49

Women

1 Wesham Road Runners 'A'

Emma J. Lund	3
Carmel Sullivan	7
Michaela Dempsey	8
	18

2 Red Rose Road Runners 'A'

Debbie Kirkman	6
Margaret Lupton	10
Carole Douglas	14
	30

3 Lytham St Annes RR 'A'

Joanna Goorney	1
Pam Binns	18
Sylvia Gittins	21
	40

