

Photos:

94465756228 Caroline Betmead running in the 2016 Lancashire Cross Country Championship

94466296228 Caroline Betmead on the Vet Women's Podium

94466279895 The 2nd place Lancashire Cross Country Championship BWFAC team: Alisha Johnson, Caroline Betmead and Emily Japp

407A2390 Maddison Betmead running in the final Mid Lancs League fixture of the season at the end of February

407A9012 Molly Betmead running in the 2020 Lancashire Cross Country Championship

Dated 30th April 2020

Several runners from BWFAC ran a self timed Four Mile Time Trial. John Wright was fastest with 24:11, with Sean Kenny posting 24:21 and George Robinson 25:16. First female was U15 Girl Maddison Betmead, with 26:24, followed by Greg Seddon 27:32, Steve Waterhouse 28:05 (Wesham), Liam Brown 29:40, Nathan Baker 29:45 and Jenny Clark 31:24.

Maddison Betmead, with Olivia Sellars, Sophie Livingstone, Betty Kershaw, Grace Blincow and Hailey Ballantyne this year helped the BWFAC Under 15 Girls team win the Team Bronze Medal in the Mid Lancs League this season. Maddison is the youngest daughter of Caroline Betmead, who along with Molly and Amelia have all been active in Athletics with North Fylde and Blackpool, Wyre & Fylde AC.

Caroline Betmead has had an association with North Fylde AC in the 1990s, while then from 2006, with Blackpool, Wyre & Fylde AC, after both clubs combined, and is a Life Member of the Club.

In the 1990s Caroline regularly competed for North Fylde AC in the Mid Lancs League and Inter Club often finishing first or high up in the Women's results. Caroline did not compete on the track regularly, however in 2001, Lancashire AA 1500m Championship, she was 2nd with a PB 4:56.2, while in 2002 in the 3000m, Caroline won with a PB 10:19.4.

On the road Caroline has had many successes, however possibly 2008 was her most successful, with first places in the Preston 10 Mile (60:55 PB), Guys 10 Mile (61:38), Green Drive 5 Mile (29:42 PB), Illumination 10K (38:44), while at the Clitheroe 10K, she was 6th and 2nd F35 in a PB 36:37.

The next year Caroline was in peak form, posting a Half Marathon PB of 80:50 at Wilmslow, while in the London Marathon she also posted a PB of 3:03:05. Caroline was in London earlier to run in the English National Cross Country Championship at the tough Parliament Fields, where she was 39th out of 546.

After a quiet year during 2010, Caroline had a busy year during 2011, with the first lady spot in country's oldest Half Marathon, the Freckleton HM in 84:49 standing out. There were also several first Lady spot in several 5K races, as well as finishing first woman in the Inter Club Series.

Caroline continues to run, but now concentrates on shorter distances due a chronic leg problem that restricts distance, and has competed in the last few years in Sprints Triathlons, where she has had success in the Vet category. Her last Championship event was in 2016, with the Lancashire Cross Country Championship. Caroline was 9th, and with Emily Japp and Alisha Johnson formed the 2nd place BWFAC team, behind Manx Harriers. Caroline, along with Michelle Tickle and Karen Dunford were the third placed Vets team.

Molly Betmead started regularly competing on the track and in Cross Country in 2008 as an Under 13. On the track her main events were 800 and 1500 metres, with best times of 2:18.5 and 4:11.5,

with Molly competing in League meetings and performing well in the Lancashire Championships, winning in 2011 and 2013. In 2012 and 2013 competed at the English Schools Championships.

From early on Molly was always successful in Cross Country. In 2009 at the U13 race at the National Cross Country Championship held at Parliament Fields in London, she was 13th, in the 2011 U15G race Molly was 28th, and back at Parliament Fields in 2012 she was 5th in the U17W race. After winning the 2013th U17W Lancashire Schools Molly was 28th in the English Schools Cross Country Championship, while at the National Cross Country in Sunderland she was 8th in the U17W race. At the North of England Championship, Molly won the U20 Bronze medal and was 14th in the National.

In 2020 Molly returned to Cross Country, with 14th place in the Lancashire Championship and was 164th in the Senior Women's race at the National Cross Country Championship.

Captain Laura Lawler second Challenge was to run four miles by water, and joining the crew were Bev Gigli, Fran Connolly, Lisa Lambert, Nick Hume. The next Challenge is to run by three Pubs/Restaurants, three post boxes and three roads starting with the first initial of the runners surname.









