

Northern Athletics once again used the very successful Ribble Valley 10k to host their championship event. The race attracted 1400 entries and although windy and slightly wet, there was no sign of any ice or snow.

Starting promptly at 10:30 the early leader as they passed the leisure centre and away down the hill was Andi Jones. The first 5 k was against the wind, so the leading group stayed together taking it in turn to lead for a short time. However once passed 5k, leader's time of 15.15, that group was slowly split up. At the finish the Northern Athletics champion, Matthew Bowser of Lincoln Wellington, was timed at 30.05, some 4 seconds in front of Andrew Wiles, New Marske Harriers, with Salford's Joe Bailey just 2 seconds behind. Ben Fish, of host club, Blackburn, was 4th and Anthony Ford, Sale Harriers 5th.

The Team positions were Altrincham 3rd, 55 points, Salford 2nd 54 points (Joe Bailey, Ben Riddle, & Gary Priestley.) and Leeds City 1st, 46 points, (Carl Smith, Gordon Benson, & Mike Burrett )

In the women's race it was always the class of Alyson Dixon, Chester le Street, at the front, winning in a time of 34.02. With 200M remaining 2nd place was Felicity Abram, but just behind her Katie Hewison of Horwich was winding up for a sprint finish to take 2nd place, 34.15, just 4 seconds ahead of Felicity in 3rd.

The teams medals went to Eden Runners 3rd place with 94 points, ( Ruth Herrington, Karen Bridge , Tanya Dixon), host Blackburn 2nd 81 points, (Olympian Sam Murray, Helen Leigh, Rebecca Shorrock ), and the winning team were Southport Waterloo AC, 53 points, (Amanda Cook, Clare Constable & Trace Peters). [Results](#)

Another Olympian, Blackburn's Holly Bleasdale, presented all the medals.

Report Ken Smith

Photo Eileen Ingham



Alyson Dixon presented with her 10k winners medal by Holly Bleasdale



Matthew Bowser presented with his 10k winners medal by Holly Bleasdale



Leeds City presented with their 10k winners medals by Holly Bleasdale