



On one of the most glamorous nights for athletics at Wythenshawe Park, the glow from those Olympians present quickly spread to those athletes competing. This resulted in the first 20 men all finishing inside 16 minutes and the first 5 inside 15 minutes.

Mohammed Abu Rezeq, Altrincham, was first off the running track from the start and remained at the front to win in a time of 14.36, quickly followed by his team mate, Matt Barnes. Blackburn's Ben Fish was a mere 6 seconds behind, with Gareth Raven of host club Sale, 4th, Tim Egerton of Trafford 5th and Dave Norman, Altrincham, in 6th. Obviously the 3 Altrincham athletes won the men's team event.

The 2nd team was host club Sale Harriers, who had Gareth Raven in 4th, Callum Greenwood in 10th and Ryan Moore in 15th. The bronze team medals went to a delighted Blackburn team in the form of Ben Fish 3rd, Karl Billington 9th and Matthew Nuttall 25th.

Calli Thackery, Hallamshire Harriers, dominated the women's race and with the fast pace she was timed crossing the finish line in 16.46. Another Yorkshire athlete, Rachel Bamford of Otley AC, was 2nd in 17.13, with the bronze medal going to Stockport Harrier Jenny Knass, who finished in 17.55. 4th was Sarah Cumber, a fast LV40 from Halifax in 18.19, closely followed by Emma Flanagan of Rossendale, in 18.21 and Blackburn's Becky Taylor in 18.30.



Jenny Knass led Stockport Harriers women took the gold team medal, with Kerry Doyle 9th and Jayne Lawton 13th. In an outstanding night for Blackburn Harriers, their women took silver with Becky Taylor 6th, Katie Trickett 12th and Becky Shorrocks 29th. Host club Sale Harriers took the final team position, with Jackie Cordingley 19th, Joanne Robbins 23rd and Louise Robbins 24th. 4th team spot was taken by Salford Harriers.

Results

Report Ken Smith

Photos Eileen Ingham

Top Left Mohammed Abu Rezeq is presented with his medal by Alan Blinston

Right Calli Thackery

Former Northern Olympians Turn out at Sale Sizzler



Michelle Scutt (1980, 400 metres); Jeff Norman (1976, Marathon); Alan Bliston (1968, 5000m);