



# Northern Athletics news

Formerly North of England Athletic Association News

NEWSLETTER APRIL 2008

## 2008 Thirsk 10 Mile

John Driscoll reports that the NA Road Running Group recommends the introduction of an individual 10 mile championship, to increase championship opportunities for members of Northern Clubs.

John says, "Following the increasingly successful 5k championships at Horwich, we will be adding another 10 mile distance. This was once considered a very popular distance but the number of 10 mile races has been declining in recent years. Having reviewed the current 10 mile races in the North, we have selected the popular Thirsk 10 mile, which is being organised by Thirsk and Sowerby Harriers



on Sunday 30th November, 2008, as our first 10 mile Road Running Championship."

We hope members of Northern Clubs will strongly support this event occurring in eight month's time! Prizes will be provided by Mizuno, the latest sponsor to join Northern Athletics sponsorship stable.

## Catterick Cross Country Relay

The Mizuno Wave Harrier Northern Athletics Open Cross Country Relay will be held on the weekend of 28/29th March 2009 at Catterick Garrison, the biggest army base in the world!

The format will be two categories; both junior and senior mixed sex races, with two males and two females per team. We hope to make this an annual event.

## Cumbria Festival of Sport 2009

Ken Taylor reports that the Cumbria County Council Cabinet have agreed in principle to underwrite a trial event in Keswick for the Commonwealth Games. This will take place on the weekend of 8/9 October 2009 and will include ultra distance, fell and mountain running. We hope that this will become a championship event.



## Increased Sponsorship

Start Fitness is now in the second year of sponsoring all our existing fixtures and no doubt you will have seen the Start Fitness van, visited the stall and purchased Start Fitness discounted merchandise at many of the 2007 events. They will be working

alongside our new sponsor Mizuno as retail partners at our new events.

[www.startfitness.co.uk](http://www.startfitness.co.uk)



**Mizuno** has recently come on board as sponsor of the new running events Northern Athletics is introducing under our firm commitment to Providing Competition in the North. Currently Mizuno sponsors over 30 running events in the UK and we are very pleased to welcome back Julian Moorhouse, now in his role as sponsor representative of Mizuno. [www.mizuno.eu](http://www.mizuno.eu)

# Senior & Under 20s Indoor Championships, English Institute of Sport (EIS), Sheffield

Report by Adrian Christmas

## Day 1

Four new records were set on the first day of the championships, three on the track and one in the field.

The under 20s women's long jump produced the first new record. World Youth representative Abigail Irozura was in fine form producing a championship best of 6.02m, eclipsing the 1992 record of 5:84 held by Danielle Freeman.



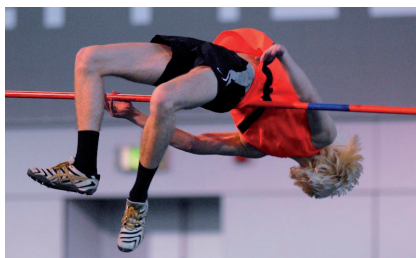
U20W Long Jump champion Abigail Irozuru

Amyika Onuora, 2006 European and Commonwealth games silver medallist twice bettered Diane Allahgreen's 2000 record of 7:45, clocking 7:42 in the heat. In the final she was pushed all the way by European under 20 200m champion Haley Jones and crossed the line in 7:40.

Richard Buck successfully defended his 400m title and just for good measure bettered his own championship record recording 47:05.

Other highlights included Kate Read's successful defence of her 60m hurdles title, replicated in the men's event by David Hughes who was just outside his championship best of 7:83 clocking 7:85. Rebecca Sweeney won the women's 400m as she did in 2007. The under 20s women's 400m final saw perhaps the best finish of the day one. Leigh Lennon timed her finish to perfection dipping on the line to record 57:88, relegating Sarah Lucas to second place by 2 hundreds of a second, Sarah had recorded a cbp of 57:39 in her heat. Susan Moncrief won the woman's

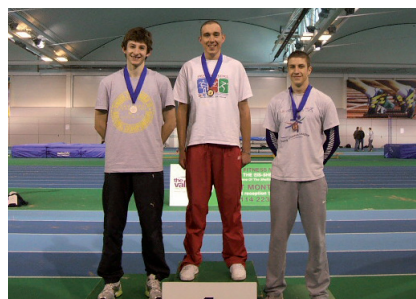
high jump with 1:85, just short of her own championship record of 1:89



SM High Jump bronze medallist Lloyd Powell

## Day 2

The high standards set on Day 1 of the championships were maintained on the Sunday at the EIS. The unquestionable highlights in the field were the U20 men's triple jump and the senior men's long jump. All three medallists in the triple jump broke the previous record and set new lifetime bests.



U20M Triple Jump 1st James Gardner (2nd), Mike Ehlen (1st), Craig Fiddes (3rd)

Inspired by the performances of Craig Fiddes and James Gardner, bronze and silver medallists, Mike Ehlen produced a magnificent jump of 13.99m to remove Andrew Sturrock's 2003 13.43m from the record book. In the long jump Chris Kirk was in superb form. The championship record holder set a new mark of 7.58m with his opening jump and then went on to better that with 7.75m, just a few centimetres short of his absolute lifetime best, by 26cm better than his previous indoor best. This jump moves him into the UKAT indoor top 20.

Amy Hill was in fine form at the EIS the previous weekend taking silver in the England Athletics U20 heptathlon and setting a new lifetime best of 14.19m in the shot. She broke Laura Booth's U20 shot

record of 13.03m with a best of 13.62m. She went on to take the senior women's title with 13.79m. Melissa Carr took gold in the U20 triple jump with a best of 12.13m to better her own record of 12.08m. Jessica Ennis won the senior long jump with 6.15m. Mark Christie claimed gold in the senior pole vault and had three narrow failures at 5.21m which would have been a new championship record. Jamie Willmason took his third consecutive senior men's shot title with a best of 17.07m.



Jessica Ennis SW Long Jump 1st, SW Shot 3rd

The track programme ended on a high when in the very last final, the senior men's 800m, Kieran Flannery produced a very well judged run not only to claim the gold medal but set a new championship record of 1:52.06. Leigh Lennon completed a unique double claiming the U20 800m title to add to the 400m gold she won on Day 1. Just for good measure she also set a new championship record of 2:10.65. Anyika Onuora added 200m gold to the 60m gold she won on the opening day. In the closest finish of the day Richard Strachan (21.95) took the senior men's 200m title, beating the 60m champion Eldridge Phiri (22.00) into second place with Phil Taylor (22.02) third. Katie Clark won gold in the U20 1500m and then went on to finish third in the 800m. Chris Smith judged his race to perfection in winning the U20 800m, adding to the 400m bronze from the first day. Chris Craig won his first Northern title claiming gold in the U20 200m.

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# Northern Cross Country Championships 2008, Roundhay, Leeds

Report by Bill McGuirk

**It has been 10 years since the last Northern Championship Cross Country was held at Roundhay Park, Leeds but it returned with a vengeance this year. The expected mud from a week of torrential rain was dried out by high winds, and although the wind remained to hamper the athletes, the infrastructure of the course was, in parts like a bowling green**

For Gemma Miles and Dave Webb, the good conditions allowed both athletes to pick up their first senior titles. In both races Miles and Webb had to see off the challenge of defending champions, Hatti Dean and Andi Jones.

## Senior Women's Race

Dean cut out the early pace but was soon swamped by the chasing group of eventual medalists; Miles, her Kendal team-mate Sarah Tunstall and Greater Manchester champion, Carly Needham (Rochdale). With the first circuit completed Dean, was back in fourth place which was the signal for Miles to take it on from the front. "I hadn't planned to take it on, it just sort of happened," said the eventual winner, "I've been runner-up twice before so I was hoping to make it a win this time round".

Tunstall was the closest at the finish after calling on all her hill and fell running experience to overtake Needham on the final hill to cross the line 21 seconds behind the winner. Needham finished a comfortable third with Dean, despite her disappointment, carrying on to the finish in fourth place.

## Senior Men's 12k

The senior men's 12k got off to a similar start as the women's, with the defending champion taking it out from the gun. After the completion of the first of three large circuits, Jones looked as though he was unstoppable as he led by 20 metres. However, midway round the second lap with the big hill to be negotiated, the chasing pack pounced and within a matter of metres, Jones was pushed back into fourth place. It was Webb, fourth last year, who proved the strongest by getting away on the last lap to win by seven seconds from Vernon, with Lancashire, a similar distance back, in third. Webb said: "I was happy to wait on the first lap and see who was up for it and when Andi began to come back to us I sensed then that I was in with a good chance. There were still three of us together midway through the last lap but I managed to get away off the brow of the hill." Jones had no complaints about relinquishing his title saying there were three better lads on

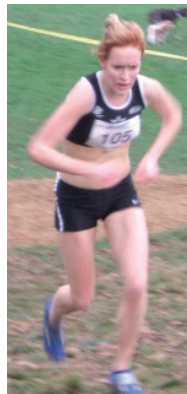


*Bill McGuirk presents Senior Men's Trophy to Dave Webb (Leeds City AC)*

the day. Leeds City had no problems in retaining the team title for the sixth time in a row with the Yorkshire club's scoring six finishing in the top 20!

## Under 20 Contests

The curtain came down on a successful championship with the under-20 women's contest and it proved to be the most exciting climax of all, with the timekeeper's unable to split the first two athletes home. However, the judges gave Gateshead's Mary Ferrier the verdict by inches from Rotherham's Rosie Edwards. Ferrier's victory follows her success in 2001 (U-13), 2003 (-15) and 2004 (U-17). It was a nail-biting win for the North Eastern champion who was still six or so metres down on her rival with 20 metres to go the line. Edwards, who finished only fourth in the Yorkshire Championships, relegated champion and Rotherham team-mate Natalie Grant, into third place.



*Rosie Edwards of Rotherham H who finished 2nd*

Alistair Brownlee (Bingley) capped a fine day for Yorkshire athletes by winning the under-20 men's title. After main rival Ricky Stevenson (New Marske) dropped out while in contention midway through the contest, Brownlee went on to win by 36 seconds from Morpeth's Jonny Taylor and Jonathan Brownlee (Bradford GS).



*Medallists of SM race (l-r) Steve Vernon (Stockport) 2nd Dave Webb (Leeds City) 1st, Tom Lancashire (Bolton Utd H) 3rd*

## Under 17's

The programme opened with Blue Haywood (Lincoln Wellington) going one better than last year to win the under-17 Women's event with Hannah Bateson and Annika Jarman, second and third. In the under-17 men's championship, Jeremy Gilmour (Trafford) got away on the final hill 800 metres from the finish, to leave Elswick's Philip Hurst in second place and Border's Tom Farrell taking the last podium place.

## Under 13's

Ellenbrough's Cumbria Schools' champion, Hannah Bethwaite, led the field home to win the under-13 girls event from Liverpool runner-up Bethany Jones (Leigh) with North Eastern and Durham Schools' champion Zoe Hewitson (Shildon) in third place.

Roberts was a comfortable winner of the under-13 boys event finishing 21 seconds ahead of UK Cross Challenge leader Callum Short (Bolton United) with Morpeth's North Eastern champion, Adam Harrington, coming out of the chasing pack to snatch third place.

## Under 15's

Greater Manchester champion Jamie Crompton (Horwich RMI) won the under-15 boys race by five seconds from Michael Priestly (Gosforth). Yorkshire athletes dominated the under-15 girls championship with a repeat of the first two home. Victory went to Lauren Proctor (Wakefield) by just one second, with Bingley's Holy Shreeve in second place. Calli Thackery (Hallamshire) finished in third place. Fergus Roberts (Richmond and Zetland) was another Yorkshire champion to taste victory.



*Hill 60 at Roundhay Park brought back memories for some of the athletes who had run here before*

*Photos courtesy of Jenny Davy.*

# New Website!

By now you should have all seen our new website [www.northernathletics.org.uk](http://www.northernathletics.org.uk) which we launched last November.

The old website had been running for seven years and was becoming very overcrowded and had acquired a tendency to crash when we tried anything new. The new site has proved a valuable investment with even more of our clients accessing it on a regular basis, contributions from new sources, and online entry facilities.

The new system is a content management system designed by Connect internet Solutions under the guidance of our Web Editor, Robbie Wood. Whilst Robbie still has the major input duties on the site, others are now also able to access the site to update



their own sections such as the Track & Field League secretary, Alan Johnson.

If anyone has any suggestions, contributions or comments to make please contact us via the website or directly to the office. Thanks to all of you for your support.

## Off to Malta

In an exciting innovation, Northern Athletics is taking a Track & Field team to compete abroad. In the past Cross Country and Road Running have both enjoyed the benefits of European competition but it is a first for Track & Field.

The team of Under 20 athletes will be travelling to Malta at the end of April to compete against teams from Malta, Tunisia, Italy, Egypt and Sicily. The stay will be for 5 days so hopefully a little warm weather training and some sightseeing can be incorporated into the trip.

We are grateful to the athletes for making a contribution to the costs of the trip and we are also seeking sponsorship from our commercial partners to assist in funding the venture.

For the last two years we have entertained guests from Malta at the Northern Athletics open events in Sheffield and this opportunity has arisen directly from the contacts made with members of the Malta AA who have travelled to our open events. We hope to issue an invitation to the Maltese team to compete at the U23 International at Derby in August.

Meanwhile look out for photographs and reports from the event on our website following the event on 26th April.

## Mizuno Miles

Last year saw the launch of a new set of one mile events in the UK, organised by Mizuno. This year the number of venues will be extended and in the North will include: Rivington, Horwich, and a beach mile.



Leaders in the Mizuno Mile, Rivington, Summer 2007.

## Horwich Carnival Races, Sunday June 22nd - Races are Back, Bigger and Better than Ever!

In addition to last year's extensive programme, there are now even more new events. These include the Northern 5k Championship, a Community Ride For All, a 2 Mile Hospice Run, an elite Mizuno Mile Running Race and the Railway Sleeper World Championships. To top it all, the Penny Farthing racers are back. Indeed, the Carnival Races has something for everyone and is a whole day of running, walking and cycling with many added attractions and unique events. Plus there's all the fun of Carnival Sunday including the parade and Carnival field activities.

Visit [www.horwichcarnivalraces.co.uk](http://www.horwichcarnivalraces.co.uk) or for further running event details contact Gareth Hughes on 01204 695528. Email: [soforarun@ntlworld.com](mailto:soforarun@ntlworld.com)

## 2008 Fixtures

### April

6 NA 12/ 6 Stage Relay Champs, Catterick

### May

24/25 NA U17/U15 Championships, Wigan

### June

14/15 NA Senior Championships, Manchester

22 Northern 5k Championship, Horwich

### August

10 U23 Inter Regional Match, Derby

23 NA Inter County Championships, Hull

### September

27 6&4 Stage Relays, Hartlepool tbc

### October

5 YA Relays, Croxeth Park, Liverpool

### November

30 NA 10 Mile Road Running Championship, Thirsk

### November and December dates TBA

Indoor Open Meetings, EIS Sheffield