



Northern Athletics news

Formerly North of England Athletic Association News

NEWSLETTER JULY 2009

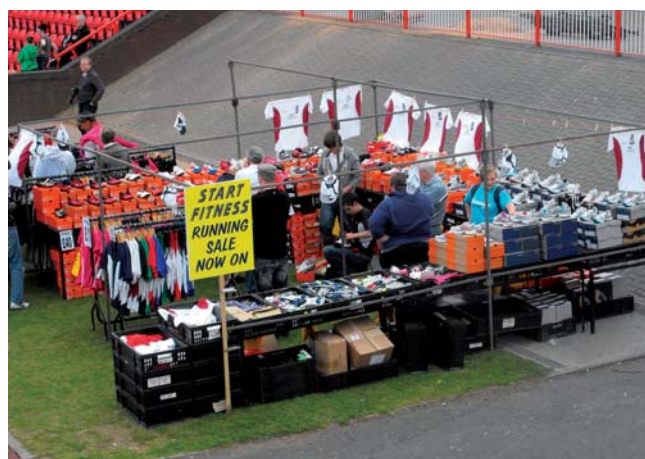
Start Fitness Sponsorship – Set to Continue!

Our main sponsor, Start Fitness of Newcastle, has agreed in principle to extend the existing three year contract for a further three years. This will take it to the end of 2012 and will include introducing some new events. This sponsorship, which is a combination of in kind and monetary support, is much appreciated and also means that athletes will be able to purchase Start Fitness discounted merchandise at events throughout the year. To access the online catalogue, please click on the Start Fitness logo on the left hand side margin of the Northern Athletics site at:

www.northernathletics.org.uk



www.startfitness.co.uk



Senior Champs at 'Windy' City: 20- 21 June 09

Day 1

The first day of the Northern Senior and U20 Championships was at a rather dull and windy Sport City Manchester, where the Leeds City senior men showed that, whatever their U17 men could do they could as well.



U20M 400m Hurdles, 458 Nick Phelps

Adam Grice and Dave Webb were never out of the leading group and frequently exchanged the lead. At one point they were content to follow Sunderland's Mark Hood, but over the closing stages a further injection of pace from Dave Webb split up the leading group of six. The only two who could go with him were Grice and Buckley. Webb won in a time of 14.29.14, with Grice second and Buckley third.



U20W 200m, 587 Jodie Spencer, 589 April Stevenson, 590 Michelle Stone, 505 Jo Adams.

(Wakefield & D H) is in great form and has already bettered the World Youth 1500m qualifying standard. She took this race by the scruff of the neck from the moment the gun went and only Vale Royals' Rebecca Craigie tried to stay with her. Proctor won the race in 4.24.60 – again bettering the World Youth qualifying standard of 4.25.00. Shaunna Thompson (Sale H), who for the last two years has dominated the U17 100m and 200m, looked again to be in imperious form. The result of the U20W 100m was never in doubt as she eased home in 11.92.

Continued on page 2

Track Events

There had been a 1-2-3 for Leeds City in the U17 men's 1500m at Gateshead. The senior men replicated this achievement in the 5000m. Their trio of Alan Buckley,

Another notable performance on the track came from Trafford's Gary Bristow in the 1500m. John Kelley (City of Sheffield) enjoyed a good indoor season taking both the BUCS and Northern 400m titles. At Sport City, he added Northern outdoor gold in 48.25 to these titles. Lauren Proctor

In this issue:

Gateshead
Malta International
Manx Athletes in Finland
New events:

Derby, August 09 – Short Limit Handicap
Cleveland Way 10M
Upcoming Fixtures
NHS Sports Injury Clinic

Senior Champs at Windy City! *Continued*

Adrian Christmas, Commentator for Northern Athletics

Field Events

In the field events several athletes set new CBP marks in taking the gold medal. Andrew Sutcliffe (Sale H) cleared 5.05m in the U20M pole vault. He then raised the bar to the European U20 qualifying height of 5.10m at which he made three good attempts. The senior men's hammer final saw Mike Floyd (Sale H) take his sixth successive Northern title and his 10th in 11 years. The women's equivalent was won by Sophie Hitchon (Blackburn H), the defending champion. The UK U20 record holder threw 61.56m – a mark which bettered the Northern U20 CBP performance, but which protocol demanded she would have to throw on Day 2 to better her own record despite this commentator's best efforts to give her the



Jessica Ennis, City of Sheffield AC, SW Shot

record! Becky White (Sale H) marked her return to competition in fine style by twice bettering the old CPB mark in the women's triple jump. Kay Humberstone (Trafford AC) won the women's high jump with a new PB of 1.80m. Mathew Hunt (Kingston upon Hull) was again in excellent form in the U20M javelin. He claimed gold with another throw of over 71.00m, once again bettering the European U20 qualifying standard of 69.00m and smashing the previous CBP of 64.68m set in 1995.

Jessica Ennis (City of Sheffield) continued her impressive build-up to this summer's World Championships with victory in the 100m in 11.68 and second place in the shot with a new PB of 13.72m. It was her training partner Amy Hill who, as in 2008, took gold in the shot with 14.53m.



Andrew Sutcliffe, Sale Harriers Manchester, U20M Pole Vault

Northern U15/U17: Gateshead 23 – 24 May

Adrian Christmas, Commentator for Northern Athletics

Day 2

On Day 2 of the Northern U15/U17 championships it was a case of seeing double with Carys Hall (City of Sheffield),



U15 Boys 800m Final

Alex Bell (Pudsey & Bramley), Liam Clowes (Crewe & Nantwich) Lucy Chadwick (Pendle) and Alex MacDonald (Doncaster AC). Carys Hall added the U17W 200m gold to the 100m gold she took on Day 1 in 25.14. Alex Bell claimed the U17W 800m title in the tactically astute way in which she



U17M 200m Final



U17M 400m Final

won the 1500m on the Saturday, content to sit in the leading group and allowing others to work hard at the front before making her move with 100m to go and outkicking the rest of the field to win in 2.12.98. Liam Clowes dominated the U17M 100m final as he had the 200m on Saturday, quickest to react to the gun he was never headed stopping the clock at 10.85.

Lucy Chadwick won the U15G hammer and shot with throws of 35.84m and 11.09m respectively. Alex MacDonald having set a new lifetime best in the U15 triple jump on the Saturday went on to win Sunday's pole vault competition. Abigail Bishell could not quite emulate the sprint double of club colleague Carys Hall. She took the 100m in 12.34 with Ciara Flannery (Spenborough) in the bronze medal position. But it was Flannery who turned the tables in the 200m with a determined piece of running that saw her stop the clock in 25.28 from Bishell who clocked 25.54.



U17W 300m Final

Leeds City AC have a proud record of claiming team titles on the road and across the country and the club's strength in depth in the middle distance events was shown in the U17M 1500m final with Michael Wood, Gordon Benson and Elliott Todd claiming a unique 1-2-3.

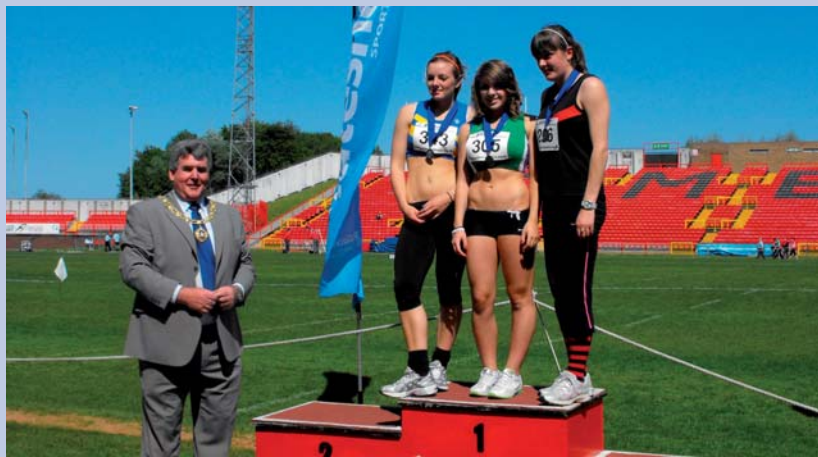
Distance Events

Sunday also saw three more examples of athletes dominating distance events with fine pieces of front running that destroyed the rest of the field. The U15B 3000m final was won by Nick Jones (Wirral AC) in 9.28.52 some 32 seconds ahead of the silver medallist Matthew Coulthard (Shildon AC): the U17M 3000m gold was claimed by Ben Connor (Derby AC) in 9.00.34 – 14 seconds clear of Kristian Bibby (Preston H) who had managed to stay with Connor for the first kilometre, but after that the gap between the two quickly grew: Fergus Roberts (Richmond & Zetland) enjoyed a 13 second victory in the U15B 1500m.

Thank you Gateshead!

We would like to thank the The Mayor of Gateshead, Cllr John Eagle, for his attendance at the NA U17/U15 Champs on the weekend of 23/24 May.

His enthusiasm and interest was very much appreciated and we look forward to meeting with him at future events. Thanks also to the Deputy Mayor Cllr Pauline Dillon who attended on the Saturday and presented medals to the winners.



U17W 80m Hurdles with Mayor of Gateshead and L-R, 2nd Katy Marchant, 1st Grace Christopher, 3rd Micaela Brindle

Malta International 18 April 2009

Report Emily Moss



Javelin, 115 Chloe Smyrk

Northern Athletics' U20 team excelled at the recent Malta International Meeting, collecting a total of 15 medals, with 9 athletes producing personal best performances. In what for most was their first taste of international competition, the young team rose to the occasion, competing in many cases against much more experienced senior athletes.

Emily Moss got the team off to a flying start in the first event with an excellent personal best of 66.21 to win the 400H. But arguably the finest performances from Northern athletes came from 16-year-olds Liam Clowes and Dannish Khan in the 200m. Despite being among the youngest athletes in the field, both ran brilliantly to finish 1st and 3rd overall, achieving personal bests of 21.87 and 22.13 respectively. Harry Doran and Luke Edwards also performed extremely well in a high quality 400m event, recording times of 48.4 and 49.1 (PB) respectively to place 4th and 5th.

The middle distance events proved to be a major success with Harry Ellis and Abbie Vernon winning the male and female 1500m, the former in a personal best of 3:54.47. Ellis's strong run was also backed up well by the performance of training partner Stephen Broadhurst who claimed the bronze medal over the same distance. In the women's 800m, the North occupied the first two spots with Leigh Lennon demonstrating a confident display of front running to take the win in 2:09.51 ahead of April Stevenson, who with 2:12.30 was just outside of her PB in 2nd. In the men's equivalent, Chris Kays ran fantastically to finish marginally outside of his PB with 1:54.39 to claim the bronze medal, in a closely fought event.

After the water jump was deemed unsafe for use at the last minute, the steeplechase events were cancelled, leaving Amy Talbot and Jamie Crompton with little choice but to contest flat races. Talbot enjoyed a fine run to finish 2nd in the 5000m with a PB of 18:29.22 and Crompton too recorded a PB of 8:40.25 to win silver in the men's 3000m.



800m, 111 Leigh Lennon, 116 April Stevenson



4X100m relay team doing their Usain Bolt impression L-R, Adam Forrest, Dannish Khan, Liam Clowes and Samuel Lawrence

Despite falling when in the lead in her main event the 100H, Danielle Rooney bounced back brilliantly to clock a PB of 12.63 in the 100m. In the field events there were wins for Alex Russell in the long jump with 5.78m and Adam Smith in the discus with a PB equalling throw of 39.56m. Paul Allsopp also enjoyed a great victory in the javelin with 55.50m.

Both men's relay teams performed well, with Adam Forrest, Sam Lawrence, Clowes and Khan teaming up to finish an excellent 3rd in the 4x100m in a time of 42.71, whilst the 4x400m team reached the finish line in first place, well clear of the other competitors, only to be disqualified later for incorrect positioning.

Undoubtedly boosted by the good athletic performances, the Malta experience was enjoyed tremendously by Northern athletes and team managers alike. Such trips are arguably invaluable to the development of talented junior athletes, in that they can experience racing abroad as well as learning to cope with the pressure that comes with such a challenge. However, this fantastic trip could not have gone ahead without the superb organisation on the part of Sandra White, along with the huge dedication and support from team managers Etta Kessabah, Christine Warden, Don Lennon, Alex Kruger and physio Steve Borrill.

New Events

Derby – Short Limit ‘Handicap’

Sunday 9th August 2009 will see Northern Athletics, in conjunction with AAA, re-introduce a once popular and successful format to domestic Track & Field athletics, which has been updated with the inclusion of innovative modifications. A series of races for UK athletes in the senior and U20 age groups will be presented in a format allowing equated competition – or what was previously known as ‘handicapped’ events.

PRIZES: £100, £75, £50 & £25.

Entry fee £4 per event.

Closing date: Thursday 30th July 2009.

Entries to: Judith Temperton –
Judith@northernathletics.org.uk or enter online
at: www.northernathletics.org.uk



Cleveland Way 10M

Discussions are under way for a new annual event, starting in mid August 2010. The event would be a joint Start Fitness/ Northern Athletics 10 mile Race along the scenic Cleveland Way coastal road.

Anna Ties the Knot!

By Judith Temperton

Anyone who remembers Anna Palfreyman working in the Northern office during her time as a student in Leeds might enjoy seeing this photograph of her wedding to Peter Hall which took place on Friday 29th May at Hassop Hall in Derbyshire. Anna now works at the English Institute of Sport, St Mary's University, London.



Manx Athletes in Finland

Report by Robbie Wood

From Sunday 28 June to Friday 3 July a party of twenty northern athletes competed at the XIII Island Games in Aland, Finland, representing the Isle of Man.



Manx Athletes in Finland

Many of the team were fresh from competing at the Northern Championships where they represented their clubs which included Manx Harriers, Northern AC, Liverpool Harriers and Liverpool Pembroke and Sefton AC

For further details see
<http://www.manxathletics.com/>

Sponsorship Update



The NHS Sports Injury Team at Oswestry Orthopaedic Hospital, Shropshire is lending its support to Northern Athletics. Now that people can choose where they go for NHS treatment, numbers of northern athletes selecting to be seen by the specialist team at Oswestry are growing. All you need to do is discuss this centre as one of your options with your GP to obtain an NHS referral. See the NHS logo link on the Northern Athletics website or click:

<http://www.rjah.nhs.uk/clinical-departments.aspx>



Oswestry's Sports Injury Team

Upcoming Fixtures

August 2009

- 9 Open Handicap Meeting, Derby
- 29 NA Inter County Championships, Wigan

September

- 26 6&4 Stage Relays, Leeds Met Carnegie
- 27 YA Relays, Leeds Met Carnegie

October

- 24/25 Open Cross Country Relay, Bury

November

- 29 NA 10 Mile Road Running Championship, Thirsk

21 November and 12 December

- Indoor Open Meetings, Sheffield

January 2010

- 9/10 England /NA Combined Events, Sheffield
- 16/17 (tbc) NA Snr /U20 Indoor T&F Champs, Sheffield
- 23 NA Cross Country Champs, Blackburn
- 24 NA U17/U15 Indoor T&F Champs, Sheffield

March

- 7/8 England /NA Combined Events (U17/U15), Sheffield
- 20/21 NA 12/ 6 Stage Relay Champs, venue tbc

May

- 22/23 NA U17/U15 Championships, venue tbc

June

- 19/20 NA Senior Championships, Manchester

TBC August

- SF/ Northern Athletics 10M Road Race, Redcar

No Balls - A New Female Sportswear Design!



Northern Athletics has signed up a high performance sportswear brand specifically for female athletes – and that's No Balls!

No Balls is a unique idea, bringing you beautiful sportswear that is flattering, functional and fit for purpose. It is the brainchild of Sue Wallis of Cambridge, who took up running several years ago and discovered a shortage of performance brands which make women look and feel good. The bright No Balls range of high performance products made in luxurious stretch fabrics, have soft waistbands, expertly cut in styles to fit and flatter the feminine form. See the Northern Athletics site for more details.



Northern Athletics, 7A Wellington Road East, Dewsbury, West Yorks WF13 1HF
Tel: 01924 457922 Fax: 01924 459383 email: judith@northernathletics.org.uk
www.northernathletics.org.uk

Northern Athletics provides competition for the athletic disciplines of Cross Country, Race Walking, Road Running and Track & Field for the 450 clubs in the North.