

## Northern Athletics 5k Road Championship Report

### Ken Smith Reports from Blackburn

This year the Northern Athletics 5k road championship moved to the town centre of Blackburn. In only its 2nd year this festival of road running had progressed and with its much improved course and closed roads provided an ideal location for the championship.

The course now included use of one carriageway of the ring road which provided the longest and fastest section of the course. After the younger age group races the 5K was started at 12-00 almost outside the old town hall in Blackburn. The circuit consisted of 1 short and 2 full laps, and the leaders were quickly through on the first lap with the leading group in the championship event including Matt Barnes, James Smith, and local athlete Ben Fish of Blackburn with O'Gorman of Trafford close behind. In the women's race Sarah Tunstall quickly established a lead, which she never to lose.

Lap 2 saw Ben Fish change places with O'Gorman, whilst Matt Barnes remained in front, but was unable to extend his lead. As they turned into the home straight for the last time it was Matt Barnes, Altrincham, in the lead and he finished first in 14.52 minutes, Alexander O'Gorman, Trafford, 2nd in 14.56, and James



Smith Leeds City 3rd, given the same time, 14.52 minutes.



For the women Sarah Tunstall, Kendal, won in 16.53 minutes, Angela Hibbs, Chester-Le Street 2nd in 17.34, with Bingley's Sara Jarvis 3rd in 17.37.

Team medals were awarded to the men as follows

3rd Horwich. 2nd, Salford, and 1st Blackburn Harriers

There were no complete women teams

*Above photo of Matt Barnes and the Winning Blackburn Harriers Mens 5k team title 2009*



*Sarah Tunstall, Kendal AC - 16.53,  
Angela Hibbs, Chester-le-Street AC - 17.34  
Sarah Jarvis (also 1st V35), Bingley Harriers - 17.37 with the Mayor of Blackburn*



*Alex O'Gorman and James Smith with their medals*

Many thanks to Ken Smith & Eileen for the report and photos