

Northern Athletics Men's 6 & Women's 4 Stage Road Relays Championships 2010

Northern Athletics arranged their first autumn combined championship road relays event on the flat road and paths of Wythenshawe park Manchester, on a dry sunny day. The Young Athletes event was in the morning, before host club Sale, amended the course for the senior men and women in the afternoon..

Senior Men 6 x 5600 Metres.



Leg 1 This had been a record enter of 125 teams for the event and the bright display of colour at the start line made an impressive sight. as they raced away t round the track and out into the park. It only took the blue shirt of Sunderland's Patrick Martin some 16.33 minutes, 3 rd joint fastest of the day, to cross the finish line. However Lincoln Wellington were just 7 seconds behind, and Derby a further 12 seconds back in 3rd place.

Leg 2 .

This was the first time that Derby hit the front, but it was not the last as their team, including two youngsters, were superb on the day., Jonathan Gilby pulled up 2 places with his time of 16.35 minutes, but the fastest time of the day was produced by the yellow vest of Liverpool's Johnny Mellor, as he pulled his team up 9 places to 3 rd position with his time of 16.22 minutes. Sunderland slipped back 1 place and the ominous blue vest of Leeds City were moved up 9 places into 6 th position by Joe Townsend

Leg 3

Liverpool pushed on to take the lead, Lincoln Wellington were 2nd, ahead of Sunderland, Derby, with Sale and Salford in the frame for the first time, and Altrincham continued to yo yo up and down this time down to 7th. Leeds City slipped to 8th.

Leg 4.

So all the usual players were now up there, with the only surprise being Leeds down in 8th. But now the pressure was on and time for the big names to perform. Salford had Andi Jones, Altrincham, Matt Barnes, and , Sale, Gareth Raven all running the crucial 4 th leg. .However it was the even leg runners of Derby who again finished in front, with Sale up to second, Liverpool 3rd, Altrincham 4th and Salford 5th.

Leg 5.



The gap was now growing between the front 2 and the rest, with Altrincham 's Gavin Thompson first back, but only just ahead of Derby. Further back came Salford, .a resurgent Leeds, and Liverpool, as these three fought it out for the final podium position..

Leg 6.

The game plan for the Derby team could hardly have requested all their even leg runners to finish 1st , but that is what happened . Richard Wier may have left the track behind Altrincham, but he returned ahead, clocking the 2nd fastest time of the day , 16.26 minutes.. The north west road relay champions Altrincham were 2nd 15 seconds behind, before a full minute gap and then Liverpool, who had overtaken both Leeds and Salford to snatch the bronze medal , just 9 seconds ahead of Salford's John Brown, and Leeds City just 6 seconds down on Salford .

Team Results

1st Derby A.C.	1:42:35.
2nd Altrincham & District	1:42:50
3rd Liverpool Harriers	1:43:50

Fastest Leg Johnny Mellor Liverpool 16.22 [Men's Results](#)



*Back row
Alex Pilcher, Jordan Wildrienne,
Jonathan Gilby, Richard Weir
Front row
Joshua Bull, Ben Connor*

WOMEN'S 4 x 4900 Metres



Chester-le-Street were out for a 5th championship win and the last time they failed to win was at Blackpool in 2005 when they were 3rd.

Leg 1 There were 58 teams on the start line and it was the red vest of Salford's Tessa Walker that was first out of the track., and the unexpected leader upon return was Rosie Smith of Durham 3rd fastest leg of the day, Second was Louise Gardner ,

Lancaster , Chester -le-street and then Salford all with 17 seconds of the leader..

Leg 2 What a performance on this leg by Leigh Harrier Lauren Howarth. She moved up the club 25 places into 3rd place, with the 5th fastest time of the race. The most telling move however was by Chester le Street into 1st place, and a minute clear, a position they are so used to being and once again, one that they never let slip.

Another superb leg came from ex Chester-le-street team member, Sarah Wilkinson. Sarah, now at Morpeth, pulled back 11 places into 4th place. Also on the move, Wakefield up 24 places. whilst Durham remained 2nd.



Leg 3

Chester le Street remained almost a minute clear, But Durham fell away to be overtaken by Leeds, Liverpool, and Salford, all 3 teams moving up, Liverpool in the form of Jenny Claque had now got almost a full minute on Salford. The biggest move was by Bingley's Joe Buckley, up 10 places but not near a podium position.

Leg 4

That left Chester-le Street to put Alyson Dixon on last leg and over a minute clear. Well it was no surprise to see that lead extended as they won by almost 2.5 minutes. Liverpool remained in the silver position, and it was then Julie Cook in the red Salford vest who clinched the final podium place.

1st Chester-Le-Street 1:10:01

2nd Liverpool Harriers 1:12:30

3rd Salford. 1:13:50

Fastest time Lauren
Howarth Leigh
16:31 [Women's
Results](#)

