

Northern Athletics 5k Champs 20 June 2011



The 2011 Northern Athletics 5k road championship returned to Horwich, for their Festival 5k, held on closed town centre roads, this tough 5k course is just over 3 lap which this year had the added difficulty of a strong head wind against them on the long straight.

From the gun Danny Parkinson (Kendal) took up the running, with Dave Archer, (Hallamshire) second. Local athlete, Anthony Valentine in 3rd place. Tipton's Mick Hill was chasing hard to reduce the gap as they completed the first lap.

On the second lap Parkinson and Archer pulled away from a tiring Valentine but as they hit the bell it was still unclear who would prove

the stronger on the final lap. As the athletes came into sight of the finish it was Parkinson just ahead of hard chasing Archer, however the climb to the finish took more out of the chasing Dave Archer, leaving Parkinson to win by just 1 second in 15.09 minutes.

Local athlete Anthony Valentine, and you cannot get more local than living on the course, was third 15.27, he headed the 3 man Bolton team into the silver team medal position.

With only two finishers Hallamshire failed to close a team which left the door open for Horwich in the shape of Alastair Murray, Gareth Booth and Dave Hunter to claim the team title. ahead of Bolton ahead of Bolton Anthony Valentine, Andy Parker and Paul Rankin. The third team position was taken by the popular Ashley & Tyldesley Road Runners, Gary Stevens, Stuart Adamson, and Marcus Taylor.

In the women race Nichola Squires (Hallamshire), led through the first lap closely followed by Alexandra Gosting (Leeds City), with the third Northern Athlete being Amy Talbut (Warrington), some way back.

Although she lost some ground on the last lap Squires was never passed and came home in



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18.05. some 7 seconds ahead of Alexandra Gosting with Warrington's Amy Talbot taking the bronze in 18:46

Results

Men.

1st	Danny Parkinson	Kendal	15.09
2nd	Dave Arche	Hallamshire	15.10
3rd	Anthony Valentine	Bolton	15.27

TeamRace

- 1 Horwich,
- 2 Bolton,
- 3 Astley & Tyldesley

Women

1st	Nichola Squires	Hallamshire	18.05
2nd	Alexandra Gosting	Leeds City	18.12
3rd	Amy Talbot	Warrington	18.46.

No complete women's Team

Photos

1st man Danny Parkinson Kendal
1st Lady Nichola Squires Hallamshire
Early leaders in Men's race

Report Ken Smith

Photos Eileen Ingham