

Northern Athletics 10 mile Championships 23 November 2011



After a successful 3 years at Thirsk the Northern Athletics 10 mile championship move north and west to the officially oldest 10 mile road race in the UK, Brampton to Carlisle..

Now in its 60 year this race starts at Brampton, and finishes outside the Sands leisure centre, Carlisle. The weather was calm and mild, ideal for a fast race, and the atmosphere was good as the runners boarded the coaches at the leisure centre. The start is just off the main road in Brampton and it was in this short distance that proved to be the most difficult for the eventual men's winner. Yared Hagos, a newly joined member of Wallsend. Yared was clipped and fell before he had completed the first 100 Metres. Despite grazing his knee, he picked himself up and by the 800 M point he was back at the front, a position he was never lost. He went through the first mile in 4.42 minutes, half way in 23.33, and finished in 47.51 and 10 seconds short of 3 minutes ahead of second place. The

chasing group were eventually down to just 4 athletes, with just 34 seconds between them at the finish.

Men

Gold Yared Hagos Wallsend 47.51

Silver Ian Harding Morpeth 50.45

Bronze James Douglas Border 51.04

Team Gold Border Silver Wallsend Bronze Keswick

For the women another Wallsend athlete, Danielle Hodgkinson, was making it a double gold for the club as she won in a time of 58.33, with Clair Simpson second in 59.57, with third place going to Stacy Rodgers 61.16.

The presentation of Northern Athletics individual and team medals supplied the biggest cheer of the day as Bill McGurk, local athletics reporter, and just elected President of Northern Athletics presented the Northern Athletics medals as follows



[Results](#)

Report Ken Smith

Photos Eileen Ingham

Top Bill McGurk presents Yared Hagos with his medal

Below Bill McGurk presents Danielle Hodgkinson with her medal