



Northern Athletics news

Formerly North of England Athletic Association News

NEWSLETTER SPRING 2011

McCains Cross Challenge, Cardiff - 16th January 2011

Report by Steve Gaines

It was a pleasure to accept the invitation from the Welsh AA to send teams to represent the North at the Cardiff Cross Challenge. Northern Athletics has now resolved any problems in organising teams and team managers to represent the North and will try to send teams to all the events to which representative teams are invited.

Selection of two full teams for Cardiff was complicated by the Christmas & New Year period which made contacting athletes and coaches difficult, and the number of athletes suffering from colds flu and injuries meant that we had to seek late replacements. Thankfully we fielded two enthusiastic and competitive teams!

Our thanks and congratulations go to the team manager, Peter Shields and all the athletes for an excellent job, particularly in light of the limited time for planning and organising for this event. Great individual and team performances!



Andy Heyes, Rob Little and Tom Adams

The teams, and race results were:-

Men

Andy Heyes (Hallamshire)	9th 34:22
Rob Little (Hallamshire)	25th 35:59
Tom Adams (Ilkley)	26th 36:02

The men's race was won by Frank Tickner in 32:05, with the South West team filling 1st, 2nd & 5th places.

Women

Jo Buckley (Bingley)	5th 26:50
Nicola Squires (Hallamshire)	13th 28:09
Amy Talbot (Junior - Warrington)	17th 28:22

The race winner was Charlotte Purdue in 24:27, with Charnwood's Gemma Steel 2nd in 25:25.



Jo Buckley, Nicola Squires and Amy Talbot

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Start Fitness Sponsorship – going from strength to strength!



Start Fitness stand at Senior and U20 Track & Field Championships 2010, Sportcity.

Our main sponsor, Start Fitness of Newcastle is now also sponsoring our newer 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

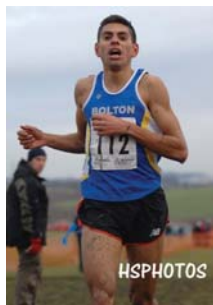
START FITNESS

Lancashire Takes Title in Muddy Sunderland

Northern Athletics Cross Country Championships 2011

Report by Judith Temperton

Steve Vernon's determined bid to win his fourth Northern title was shattered by Tom Lancashire in an epic battle over the muddy hills of Herrington Park, Sunderland on 29th January.



Tom Lancashire,
Bolton United Harriers

The two outstanding Northern endurance athletes launched their duel from the start of the race with Vernon taking the initiative followed by Lancashire and Salford's Andi Jones.

Vernon and Lancashire cruised away from the rest of the field with Vernon looking as though he would retain his title until the final hill when Lancashire fought back and Steve found himself unable to respond. Vernon was full of praise for the Bolton athlete, "Naturally, I'm gutted and disappointed to relinquish my title but I was beaten not only by a good athlete but by someone who is also a great guy," said 30-year-old Vernon. The Northerners have been good to me; yes I would have liked to have made it four senior victories to add to numerous second and third place, but it wasn't to be."

A delighted Lancashire, said after receiving his gold medal: "Steve was very strong on the hills and the muddy sections of the course and he managed to open up daylight on a number of occasions. However, on the firmer parts of the course it gave me the chance to close him down. Naturally, after finishing third behind Steve and Andi last year, it's great to win my first Northern senior title."

Andi Jones, the runner up in 2010 and previous double winner of the Championship, stayed the course to take third place well ahead of Lincolnshire Champion Ian Kimpton who massively improved on last year's 42nd place whilst just holding off Patrick Martin of Sunderland.

Leeds City once again took the team title despite several of their leading athletes missing the race and they were led home by Simon Deakin in 12th place for their 9th title in a row. Hallamshire Harriers lifted the silver medal and Liverpool Harriers the bronze.

In the Senior Women's event Susan Partridge of Leeds City took her first Northern title after a similar three athlete battle with Rosie Smith (Durham CH) and Victoria Wilkinson (Bingley). Much of the work during the race was done by Smith as she took the lead throughout the early and middle parts of the race but eventually she was passed by Partridge and Wilkinson as the pacemaking took its toll on the heavy course leaving them to pick up the gold and silver medals. Afterwards Partridge acknowledged Smith's

contribution to the race saying "Rosie did much of the early work though Vicky and I were always there or thereabouts. It's great to win my first Northern title and a good way to bring down the curtain on my cross-country season!" After two wins out of two on the country - she also won the

Yorkshire title – Partridge called it a day for this season and has concentrated on the roads, preparing for the London Marathon.



Susan Partridge of Leeds City

Bingley's team victory came as no surprise as they had their four scorers in the top 11. Leeds City picked up the set of silver while Holmfirth headed title-holders Hallamshire by two points to take third place.

The age group races produced some fine performances with the North East celebrating a double victory in the Junior races with Elswick's Phil Hurst leading the way home in the men's race and Kate Avery (Shildon) taking the women's title. Hurst, fresh from a 3,000m pb in the Northern Indoor Championships, confidently led the field from the gun and was never headed with Derby duo Tom Bishop and Ben Connor his closest rivals. With four scorers inside 19 Derby had a clear-cut team victory ahead of Warrington with Leeds City picking up the bronze awards.

The North East fared even better in the under-20 women's race for not only did Avery take individual gold, the bronze medal went to Morpeth's Laura Weightman, the pair being separated by Spenborough's Jennifer Walsh. Avery, winner of the under-13 championship in 2005 and the under-15 the following year, got away from a disappointing low turnout of just 33 competitors, which resulted in no club managing to close in a team, after the first small loop of 2.5k and was never headed thereafter.

CLOSEST FINISH

The closest finish of the day came in the under-17 men's 6.2k contest. Leeds City's Gordon Benson and Lewis Hogg (Gateshead) were locked together in the long uphill finishing straight after a gruelling battle which saw the lead see-saw in the final 100 metres. However, it was Hogg who managed to prevail just getting his head in front in the final 15 metres to take his first Northern title by a matter of three seconds.

East Cheshire and Tameside's Georgia Taylor-Brown was bidding to retain her under-17 women's crown but found Megan Huxley too strong on the day and had to settle for second place, 23 seconds adrift of the Vale Royal gold medallist. The eventual winner,

sixth behind Taylor-Brown at Blackburn in the 2010 championships, managed to pull away on the final hill to come home for her first-ever Northern cross-country medal.

The under-15 boys championship opened the 10-race programme at 11am when the course was frostbound but it proved no problem for Greater Manchester champion, Adam Howard. Howard, with a recent victory in the Cardiff leg of the McCain UK Cross Challenge under his belt, got away from Merseyside champion Matthew Shirling a couple of times but was reeled back until eventually getting away a final time midway round the final circuit to come home well clear of his nearest rival. Howard, sixth last year with Shirling fourth, said he is targeting another English Schools' vest as his main aim for the rest of the winter. Shirling, who finished 13 seconds adrift of the winner, was a similar distance ahead of third-placed Haran Dunderdale (Lincoln Wellington) who improved from finishing in 51st spot in last year's championships. Max Wharton, in eighth, led Halifax to team victory ahead of Warrington with Preston finishing third.

Bronwen Owen finished outside a medal place when finishing fourth in the under-13 girls race last year but, moving up to the under-15s proved to be no obstacle. The Scarborough athlete was always in contention in the early stages of the 4.2k contest before pulling away on the second circuit for a comfortable 25-seconds victory with Birtley's Lydia Turner, like Owen a first-year under-15, holding off Natalia Hackett (Hallamshire), who was also third last year, by just two seconds to take the silver medal.

Lincoln Wellington, led home by sixth-placed Abbie Donnelly, won the team race ahead of Blackpool, Wyre and Flyde with Wakefield finishing in third place.

Yorkshire champion Josh Schofield (City of York) held off the challenge of Joshua Laws (Trafford) and Oldham and Royton's Chris Brown to win the under-13 boys 3k event. Schofield managed to come home six seconds ahead of Greater Manchester champion Laws who held off Brown by one second to take second while Derby's Hugo Milner was a close up fourth. Schofield picked up his second gold medal as City of York won the team event ahead of City of Sheffield and Sale.

East Cheshire and Tameside's defending under-13 champion, Bethanie Donnelly, had to be content with second place, after Hannah Knowles-Jones (Warrington) proved too strong. Under the excited gaze of proud mum, twice former Northern senior champion Jayne Spark, Knowles-Jones eased away on the second circuit to win by 16 seconds with Donnelly finishing second, four seconds ahead of Wirral's Sophie Tarver. Knowles-Jones led Warrington's defence of their title to win once again with Stockport finishing in second place followed by Sale.

National Cross Country

Vernon Majestic in the Mud!

Report by Judith Temperton



Steve Vernon, Stockport Harriers

At Alton Towers on Saturday 19th February, Stockport's Steve Vernon delivered the ultimate revenge for his Northern defeat, with a decisive victory over Mike Skinner and his Northern nemesis Tom Lancashire.

A delighted Vernon crossed the line with arms aloft and a huge grin, after a gruelling race through mud which had at times threatened the continuance of the meeting. The casualty list early on in the meeting had prompted an emergency consultation amongst race organisers, but after delaying the start of the U15G race and shortening the lap to cut out the areas most badly affected by the liquid mud, the championships continued with some

excellent races culminating in Vernon's senior victory.

In addition to Steve's win, the Leeds City team once again proved victorious with a performance no doubt dedicated to their late legend John Lunn, some of the team probably still heard his bellows of delight at their win echoing across the Alton Towers landscape. Led home by James Walsh in 4th the Leeds team packed well to record a 47 point gap over runners up Tipton Harriers.

Two other Northern athletes achieved 1st places both of them in the U15 age groups. In the Boy's race Adam Howard of Oldham & Royton HAC raced to an impressive victory and in the corresponding Girl's event Bronwen Owen of Scarborough AC took the title ahead of Abbie Hetherington of Carlisle Aspatria AC.



Bronwen Owen of Scarborough AC

Leading Northern athletes and teams in the other races are listed on the website report, Northern Athletics would like to congratulate all those who took part – well done!

Sheffield Indoor Championships 15-16.1.11

Report by Adrian Chrismas

Day 1:

CBPs tumble at the EIS on Day 1. Whilst the 2010 championships saw 17 new CBPs overall, an impressive 10 were set on the first day of the 2011 championships.



Amy Williams, Sale Harriers

Amy Hill (City of Sheffield), in the first field event of the day, set the standard throwing 14.96m in the shot to better her own CBP and claim her 4th Northern indoor title.

After finishing 2nd in the shot Jess Ennis (City of Sheffield) quickly showed the form that has taken her to the World and European Heptathlon titles and to the UK 60mH record. She dominated the rest of the field in the 60mH crossing the line in 8.15 to set a new

CBP, with Katey Read (Liverpool H) in second place.

Jess Ennis was also presented with two AAA of England awards – The Nelson Neal Trophy for the best multi-event performance in 2010 and the Dame Marea Hartman Award for the English female athlete adjudged to be the outstanding athlete of the year.



James Lamswood, Kingston upon Hull AC

Further CBPs followed on the track. Ashley Kirsopp (Warrington AC) claimed two gold medals, in the U15B Long Jump and 60mH where he lowered the CBP, previously set by Jack Meredith in 2006, to 8.80. In the U17M 400m Daniel Heald (Sale H) ran 49.00 to take 1.5 seconds from GB international Richard Buck's CBP. The field in the women's 60m was somewhat depleted as neither Jess Ennis nor Annabelle Lewis started – Ennis felt

a slight niggle in her knee and with the UK and Euro championships upcoming wisely chose not to start. However, it is doubtful whether either could have defeated Bernice Wilson (Birchfield H) the UK silver medallist who is looking for a place in the GB & NI team at the European championships. She set a new CBP, previously held by Jess Ennis, in her heat and then bettered it in the final with a winning time of 7.34 just outside the qualifying standard set by UKA for the Euros. Late in the day the U17M 1500m final saw a dominant James Lamswood (Kingston upon Hull AC) lead from gun to tape destroying in the process Nathan Bibby's 2006 CBP of 4.08.87, recording 4.01.72 which takes him into the UKAT indoor U17 top ten.

In the field four athletes followed the example set by Amy Hill. Amy Williams (Sale H) rewrote the record book in the U15G Long Jump with 5.32m, erasing one of the Northern championship's longest standing records – the 5.30m set first in 1994 by Kelly Williamson and then equalled in 1996 by Sarah Bratley. In the U17W Triple Jump Rachel Williamson (Wigan H) jumped 11.92m to better the 11.64m of Hannah Hewitson from 2006. Another triple jump CBP was set in the U20 men's event when Matthew Houlden (Lincoln Wellington), the silver medallist in 2010, not only beat the defending champion James Davies (BWF) but also bettered his CBP mark of 14.25m, jumping 14.37m. However, Davies still has a share of the CBP, jumping the same distance for his silver, but losing out on gold on count-back. In the U15G Pole Vault Abigail Roberts (Wakefield & D) successfully defended her title adding 40cm to her own CBP, clearing a new PB of 3.00m.

Sheffield Indoor Champs cont. Day 2

The domino effect continued on Day 2 of the Northern Championships. The crowd had barely time to settle into their seats before the first CBP of the day was set in the first track event, the men's 3000m. Early on in the race it was clear that gold and silver would be decided by the battle between Jonathan Taylor (Morpeth H), who had set CBPs in the event in 2008 and 2010, and the GB cross-country international Ryan McLeod (Tipton Harriers). In typical style Taylor set an early fast pace and McLeod was the only other one in a field of 13 who was able to go with him. With just under 400 metres to go McLeod made the decisive move and Taylor could not respond. McLeod just failed to dip below 8.00.00 as he crossed the line in 8.01.10 to take 9 seconds from the previous CBP. Taylor himself crossed the line 5 seconds inside his 2010 CBP.



Liam Clowes, Crewe & Nantwich AC

Adam Hague (The Dearne ALC) came into the U15B pole-vault in very good form having set a new PB of 3.80m at the Northern indoor open meeting in November at the EIS. It was obvious from the outset therefore that the CBP of 3.30m was under threat. Hague did not disappoint, first clearing 3.40m and rounding off the competition with a clearance at 3.90m, a PB that takes him to 5th on the UKAT U15B indoor rankings. Later on in the day Kelly Hilton (Wigan H) wasted no time in erasing



Kelly Hilton, Chorley AC

the 2003 triple-jump CBP from the record books. In the very first round she jumped 12.79m to eclipse the 12.56m of Ruth Irving and claim her 4th consecutive Northern Indoor title.

The defending Northern U20M 200m champion, Liam Clowes (Crewe and Nantwich), took his second title in 21.69 inside Richard Kilty's CBP from 2007 of 21.70. However, Clowes had already eclipsed that mark when he dominated the field in his semi-final – the rest were left trailing in his wake as he crossed the line in 21.58.

Whist he did not better any CBPs Leon Greenwood (Spenborough & D) had a fine championship, taking gold in the U15B high-jump, 60m and 200m setting new PBs in all three events. Helen Singleton (Wakefield & D) followed up victory in the women's 1500m on Day 1 with victory in the 3000m on the Sunday. The U15G 60m and 200m saw Kristie Edwards (City of Sheffield) take gold in both events. And the Championships were brought to a close by the men's 200m in which the former champion and CBP record-holder Allyn Condon (Sale H), on his return to the track, finished 2nd behind Rick Beardsell (Trafford AC).

Sponsorship Update



The NHS Sports Injury Team at Oswestry Orthopaedic Hospital, Shropshire is lending its support to Northern Athletics. Despite the distance, with freedom of patient choice for NHS treatment, growing numbers of northern athletes are opting to be seen by the specialist sports injury team at Oswestry. To obtain an NHS referral, all you need to do is ask for Oswestry as your chosen option with your GP. Click on the NHS logo link on the Northern Athletics website or enter:

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



Oswestry's Sports Injury Team including Mr Dai Rees, consultant in sports injury surgery

Upcoming Fixtures

Track & Field

18/19 Jun	Senior/U20 Champs	Sport City
30 Jul	NA Inter County	Leigh
6/7 Aug	U17/U15 Champs	Cudworth

Road Running

27 Mar	10 mile (2010 rearranged)	Thirsk
24 Sep	6&4 and YA Road Relays	Birchwood
19 Nov	10 mile 2011	Brampton – Carlisle
27 Dec	10K	Ribble Valley

Cross Country

29th Jan	NA Cross Country Champs	Sunderland
1st Oct	XC Relays	Sheffield

Northern Athletics Road Running Championships 2012/13

Northern Athletics welcomes offers to host our road running championships, particularly our relays.