

## Northern Athletics 5k Championship (Report 18 August 2013)

The final Sale Sizzler 5k once again incorporated the Northern Athletics championship. Almost 500 finishers completed this very fast and competitive event, four runners dipped below 15 minutes another sixteen produced sub 16 minutes, and a massive forty two athletes dipped 17 minutes. As befits the surnames of the individual winners, Ben Fish and Claire Duck, the weather conditions were wet, ideal for fast running, if not for the results presentation. For the second year running, Richard Taylor and his Blackburn team went away with 2 team medals, as did host club Sale, but all the results were very close.

Last year Ben Fish, Blackburn ran 14.42, for 3rd position. This year his time of 14.39 was enough to give him the Northern Athletics 5k gold medal, but James Walsh was given the same time but placed behind Ben for the Silver medal, It was that close. Just 20 second behind them was Altrincham's Andy Norman for the bronze medal.

The team results were also very close. Blackburn won the team gold with 35 points, Sale 2nd with 46, and Salford 3rd 67 points, just 1 point ahead of Stockport 4th.

The women event was once again very competitive and fast. Winner, Claire Duck, Leeds City, only sprinted into the lead 20 metres from the finish for a time of 16.32, Sarah Kemshall, Scunthorpe, just 4 seconds behind her in 2nd.. The bronze medal went to the popular Salford Harrier Tessa Walker. The women's team results were just as close, Sale won with 32 points, Stockport 2nd with 43 points, and Blackburn 3rd with 59 points just ahead of Salford's 68 points/

Derek Nicholson Northern Athletic's President presented the medals as the rain continued to fall.



Report Ken Smith

Photo

Above Claire Duck & Sarah Kemshall ([Dave Greenwood](#))

Left Northern Athletics President Derek Nicholson & Ben Fish (Eileen Ingham)

Below Sizzler Olympians 2013 ([Dave Greenwood](#))

### Sizzler Olympians 2013



The rain may have put a real dampener on the prize-giving that had so much potential with 9 Olympians in attendance to award the prizes, but if ever it needed to be demonstrated how weather affects performance, the fourth and final 5k Sizzler proved it.