



# Northern Athletics news

Formerly North of England Athletic Association News

NEWSLETTER SUMMER 2012

## Our Olympic Hopes!



1<sup>st</sup> - Jessica Ennis at 2011 NA Champs  
2<sup>nd</sup> - Alexandra Russell - Wigan & DHAC  
3<sup>rd</sup> - Lisa Ferguson - Edinburgh AC

A total of 17 athletes from the North have been selected for the 2012 London Olympics. Congratulations!

Several of our officials have also been selected to work both in the stadium and out of stadium – for the officials listed, see page 4. There are also many volunteer roles and the support roles in the athletic arena from the North with these amounting to approximately 100.

### Olympic Athletes from the North:

Jessica Ennis, [Heptathlete](#), City of Sheffield AC

Dave Webb, [Marathon](#), Leeds City AC

Sophie Hitchon, [Hammer](#), Blackburn H & AC

Holly Bleasdale, [Pole Vault](#), Blackburn H & AC

Michael Rimmer, [800m](#), Liverpool Pembroke Sefton AC

Richard Buck, [400m Relay](#), City of York AC

Nick McCormick, [1500m and 300m](#), Morpeth H

Ross Murray, [1500m](#), Gateshead H

Andy Baddeley, [1500m](#), Harrow AC (Formerly Wirral AC)

Stuart Stokes, [3K Steeplechase](#), Sale Harriers

Chris Tomlinson, [Long Jump](#), Newham & EB (Formerly Middlesbrough AC)

Carl Myerscough, [Shot Put](#), Blackpool, Wyre & Fylde AC

Alex Smith, [Sale Harriers Manchester](#)

Anyika Onuora, [100m](#), Liverpool Harriers

Katarina Johnson-Thompson, [Heptathlon](#), Liverpool Harriers

Laura Weightman, [1500m](#), Morpeth H

Johanna Jackson, [20K Walk](#), Redcar RWC

## NEW Sponsorship - Orthopaedic Support from Wrightington

Northern Athletics has a new in-kind sponsor – Wrightington, Wigan and Leigh NHS Foundation Trust, which is well known for its orthopaedic credentials.

As NHS patients can choose which hospital they are referred to by their GP for treatment, Consultant Soft Tissue and Reconstructive Knee Surgeon Mr Rob Gilbert, will be pleased to receive GP referrals to see Northern Athletes or to reply to Club coaches by email. Rob has particular specialisms in the following:

- Sport knee injuries
- Knee ligament injuries: ACL, PCL, combined ligament injuries, revision surgery
- Meniscus injuries: Repair, replacement / transplant
- Cartilage regeneration and early arthritis management
- Osteotomy around the knee

There are clinics three times a week covering all three venues that the Trust operates from: Tuesday afternoons in Leigh, Thursday mornings in Wigan (for acute knee injuries) and Wrightington on Thursday afternoons.

Originally from Barrow, Mr Rob Gilbert, previously trained under (now retired) Sports Injury Surgeon Mr Dai Rees at Oswestry's Orthopaedic Hospital. Rob is also hoping to attend some of the 2012/13 fixtures.

### Contact:

**Rob Gilbert** MBBS, B.Med. Sci (Hons), FRCS (Tr&Orth), DIP (Sports Med)

Wrightington, Wigan and Leigh NHS Foundation  
Hall Lane, Appley Bridge, Wigan, WN6 9EP

Telephone: 01257 256300

Email: [Rob.Gilbert@wvl.nhs.uk](mailto:Rob.Gilbert@wvl.nhs.uk)

Website: [www.wvl.nhs.uk](http://www.wvl.nhs.uk)



Mr Rob Gilbert at Wrightington Hospital

# Hull Hosts U20/U17/U15 Championships



Ahtollah Rose

Hull's Costello Stadium was the venue for the Start Fitness Northern Athletics 2012 Junior Championships, held on the weekend of 14/15 July. After the dreadful weather in the days leading up to the championship the event was blessed with sunshine over the two days which resulted in nine new CBPs and a very successful championship.



James Taylor

## Day 1...

We had six new CBPs on the opening day and one inaugural CBP in the new event of the under 15 boys 300m.

George Davies of City of York AC threw a massive 58.36m in the under 15 boys' javelin to win by over 20 meters. A second javelin CBP was achieved in the under 17 women's event when Natasha Wilson of Carlisle Aspatria threw 45.79m. Sale Harrier Kevin Metzger set a new CBP in the under 15s boys triple jump, his jump of 13.39m erased the 1997 performance of 12.87 set by Chris Dack. Thomas Somers City of York AC ran 21.75 in under 17 men's 200m beating the old CBP set by Gerald Phirie in 2004 by almost a full second. Carlisle Aspatria's Chelsea Nugent was the second athlete from that club to set a new CBP when she took the under 15 girls 800m in 2.12.67 and in doing so broke one of the oldest CBP's of 2.14.00 set in 1977 by Louise Parker. The final CBP on day one was set in the inaugural under 15 boys 300m, Ashley Sandall of Nene Valley CBP of 36.81 was set while winning his heat; he won the final in 37.21 by over a second from a strong field which saw the first four athletes go below 39 seconds.

## DOUBLE WINNER

Matthew Miller an under 15 from Dearne picked up a same day double, winning the long jump then followed later in the day by winning the 100m

City of Sheffield picked up a couple of gold medals in the field through Katie Brown in the under 15 girls high jump and Sam Lancaster in the under 15 boys hammer. Host club Kingston upon Hull picked up a gold medal in the under 20 men's shot when Anthony Norfolk threw 14.57.

Other notable track performances on day one came from Jai Vernon-McGuigan of Liverpool Pembroke Sefton who led from gun to tape in a solo run and was rewarded with a time of 15.06.09. Joe Lancaster of City of Sheffield had an epic clash with Derby's Dominic Chambers in the under 17 men's 800m which saw Lancaster record 1.59.14 to Chambers 1.59.53. Kingston upon Hull's TiJesu Akereodolu was impressive in winning the under 15 boys 80m hurdles.

## Day 2...

We had three new CBPs on day 2 starting off with Wirral's James Taylor in the under 15 boy's 1500m, a race he led from gun to tape and was a comfortable winner in a time of 4.10.11 breaking the 2004 mark of 4.10.96 set by Stockport's Ross Millington. The second CBP of day 2 came from Ahtollah Rose of Sale in the under 20 women's triple jump. Her winning effort of 12.48m was enough to remove Melissa Carr's 2008 CBP of 12.21m. Jethro McGraw of Amber Valley was another gun to tape victor in the under 15 boys 800m and was rewarded with a new CBP of 1.59.88 for his efforts

## DOUBLE WINNERS

Kingston upon Hull's Kate Pattison completed a discus double winning the under 17 title on day 1 then returning to pick up the under 20 title on day 2; an outstanding achievement by this promising thrower. Two athletes did a middle distance double; first was Hannah Tarver of Wirral AC after taking the 1500m on day 1, she added the under 20 women's 800m to her collection. Later in the afternoon Abbie Hetherington Carlisle Aspatria, who was a clear winner in the under 17 women's 1500m on the previous day, picked up her second title in the 800m in 2.10.00 narrowly missing out on the CBP of 2.09.00 set by Louise Parker which has stood since 1979. City of Sheffield's Kristie Edwards completed a sprint double adding the under 17 200m title to the 100m won the previous day.

Leeds City had a couple of busy athletes in Elliot Hurley and Jacob Fincham-Dukes both under 17s. Hurley won gold in the long jump and 100m and collected the silver in 200m, while Fincham-Dukes did a hurdles double 100/400m (notable as it was his debut in the event) and picked up the silver in the long jump.

The closest finish of the day came in the under 20 women's 100m in which Sale's Olivia Callaghan 10.48 just beat City of Sheffield's Abigail Bishell 10.49 by the narrowest of margins. The under 15 girls 1500m was a battle of wits as eventual winner Rosie Johnson of Liverpool Pembroke Sefton tracked pacemaker, Warrington's Harriet Knowles-Jones until the last 150m when she made her move taking Middlesbrough's Phillippa Stone with her. A tremendous charge down the finishing straight by the three athletes was not resolved until the final 20m when Johnson managed to put daylight between her and the chasing pair.



# Support from Start Fitness Continues

Stall pictured in early June at England/Northern Athletics Senior Track & Field Champs, Alexander Stadium, Birmingham.

Start Fitness provided heavily subsidised kit including sweatshirts, polo shirts and shoe bags for the annual trip to the Malta International Track and Field Competition, in mid April.



# School Visitors to NA Championships

In 2011 we invited schools to bring their athletics enthusiasts to watch the events at Sportcity. The group shown are the PE teacher and pupils from Stockport Grammar School.



Stockport Grammar School with PE teacher, Anton Hanson

# National Returns to Sunderland!

Sunderland City Council and the English Cross Country Association are delighted to announce that the 2013 English Cross Country Championships, the "National", will return to Sunderland on Saturday February 23rd 2013. The event will take place in Herrington Country Park – a venue that was last used for the event in 2007. In 2012 the "National" attracted over 4,000 runners and similar numbers of spectators to Parliament Hill Field / Hampstead Heath in London.

# Accolade for Pat Green

Mrs Pat Green has been chosen as the ECCA President for 2013, which represents a lifetime ambition for Pat.

# In Memoriam

**Joe Ashcroft, January 2012** – A popular and dedicated Manchester official whether attending Track, Road or Cross Country events.

**Margaret Oakley, April 2012** – Former Women's AAA Chairman, Past President of the North of England AA and LVP of the AAA of England

**Marie Garrett, May 2012** – North East Counties. Former Northern Cross Country official and administrator. A popular figure at both Northern and national cross country events along with her late husband Bill.

**Barbara Cotton, June 2012** – Secretary of Middlesbrough & Cleveland Harriers

**Trevor Therkelson, June 2012** – After a long illness, a Hull coach.

# 2012 Events

## August:

4/5	U17/U15 England Combined vents inc NA Champs	Stoke
7	Snr/U20W Steeplechase Champs	Trafford
16	5k Champs	Sale
18	England U17/U15 T & F Champs	Bedford

## September

22	NA 6&4 Stage Relays & Young Athletes Champs	Leigh
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## October

6	Cross Country Relay Champs	Sheffield
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## November

17	NA 10 Mile Road Running Champs	Brampton
17	NA Indoor Open Meeting (1)	EIS, Sheffield

## December

8	NA Indoor Open Meeting (1)	EIS, Sheffield
30	NA 10k Championships	Ribble Valley

## June 2013

8	Senior and Junior Champs	Sportcity, Manchester
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More events and details at:  
<http://northernathletics.org.uk/Pages/EventCalendar.aspx?id=160>

# Northern Athletics Inter Counties T&F

Following the success of the re-formatted Northern Inter County match last year, and after receiving much positive feedback from counties, athletes and officials; it was agreed that the format would be retained for the 2012 match, which was successfully held in Wigan on 30 June.

Northern Athletics 10,000m Championships 2012: Andi Jones of Salford was a clear winner of the 2012 Northern Athletics 10,000m championship held at Robin Park, Wigan on 30th June.

Andi 30:10:36 was followed home by Ben Fish, Blackburn 30:40:91 and his team mate Tom Cornthwaite 31:12:78 to collect the bronze medal.



*Northern Athletics President Bill McGuirk with medal winners at Robin Park, Wigan*

As requested this year we alternated a few of the events, something which we hope to continue to do in the future to ensure that all events are covered in turn. The results system has been updated which made reporting of a regular points tally much easier.

Northern Athletics is committed to providing the best possible events for athletes and we continue to invite suggestions for changes and updating of all our events.

## 2012 Northern Officials: Olympic Stadium

Competition Director	Chris Cohen (Disability) – Derby	Malcolm Rogers – Sheffield
Assistant Technical Directors	David Brown – Manchester	Finlay Galloway – Oldham
Meeting Manager	Moirra Gallagher – Leeds	
Technical Manager	Chris Wilding – Wirral	
Equipment Officer	Malcolm Fletcher – Barnsley	
Clerks of Course	Jan Lishman – Cumbria	
Chief Umpire	Terry Bailey – Doncaster	
Umpire	Mike Dooling – Liverpool Barry Parker – Derby Margaret Rushton – Bolton	Barbara Goodall – Halifax
Field Referee	Dean Williams – Liverpool	
Field	David Allen – Rotherham Janette Murray – Barton upon Humber Paul Smith – Amber Valley Arwel Williams – Liverpool Stuart Hall – Spenborough Alan Morris – West Cheshire	Julie Herberts – Barnsley Elaine Williams – Liverpool Janette Tomlins – Wombwell Paul Routledge – Coleshill Leicestershire Jon Mason – Stockport Sheila Whitta – West Cheshire
Start Coordinator	Alan Bell – Carlisle base	
Starter	Gordon Staines – Chesterfield	
Starter's Assistant	Paul Yates – Manchester	
Assistant Call Room Manager	Clive Young – Lincolnshire	
Call Room Referee	David Pryce – Sheffield	Bill Courtney – Blaydon
Call Room	Jeannie Jones – Manchester Christine Courtney – Blaydon Ian Schofield – County Durham	Jean Jackson – Dewsbury Linda Schofield – County Durham
TIC	Malcolm Brookes – E. Yorkshire John Gwyther – Lincolnshire	Margaret Brookes – Cheshire

## Out of Stadium

Starter	David Brown – Manchester	
Call Room	Arwel Williams – Liverpool	
Recorders	John Driscoll – West Cheshire	John Temperton – Dewsbury
TIC Manager	Judith Temperton – Dewsbury	
Refreshment Station Observer	Kevin Carr – Sunderland	