

WONDERFUL WAVERTREE ENTERTAINS

AFTER prolonged rain in the west of the country competitors were surprisingly greeted with glorious sunshine on the opening day of the Start Fitness-supported Northern Athletics U-17, U15 and U13 Track and Field Championships staged at the impressive Wavertree Athletics Centre, Liverpool. It was noted that a number of the technical officials who were at their posts mid-morning took to lashing the sun cream on! While the day stayed bright strong winds, especially in the home straight, put paid to fast times, nevertheless, a superb day of action unfolded and all who had an input deserve to be congratulated.

UNDER-17 WOMEN

Spectators were still arriving when West Cheshire's Evie Tipping stepped onto the top tier of the podium after adding the hammer gold medal to the bronze she won at the same venue last year. Evie's winning effort of 50:61m was less than a metre short of her pb set earlier in the year. Bekki Roche (Southport Waterloo) with a throw of 47.65m, finished second, while Tazmin Fayle (Manx) made the trip from the Isle of Man worthwhile by finishing in third place (43.32m). Kingston upon Hull's Holly Adams retained her discus total with a throw of 35:53m with Morpeth's Jessica Gardiner claiming the silver medal (34:17m) and Tazmin Fayle, with her second bronze award, completing the medallists with 34:13m. Holly made her second visit to the top of the podium after winning the shot put championship with a put of 13:40m. Bekki Roche picked up her second silver medal with a put of 13:16 while Abigail Pawlett claimed the third place award with 12:72m. Abigail was back on the podium once again when she came out on top in long jump, winning with a mark in the sand at 5:63m. Amber Valley's Ella Rush finished runner-up (5:59m) with Lucy Robinson (Stockport T&F) third with 5:56m. Lucy went on to win the triple jump with a jump of 11:71m as Emma Simpson (Altrincham) finished second (11:43m) and Holly Aitchison (Stockport T&F) third with 11:37m.

The 300m hurdles was the opening event on the track and Stockport T&F's Emily Misantoni came within two-hundredths-of-second of breaking the long-standing record of 43.80s set in 1990 by Wigan's Georgina Lee. Emily, the English Schools' and SIAB champion won comfortably (43.82s) from team-mate Lucy Robinson (45.68s) with Ella Rush (Amber Valley) completing the one-two-three in 46.07s.

The 1500m was won by Wirral's Ellen Mary Kearney in 4:41.34. Longwood's Neve Hardcastle was second in 4:45.17 and Alice Jones (Wharfedale) in 4:49.49.

The wind increased as the eight finalists took to their marks for the 100m final. After negotiating heats and semi-finals earlier in the day it was English Schools' 200m gold medallist Sophie Walton (Horwich) who claimed victory against a minus wind reading of -4.1 in 12.67s. The schools' 100m champion, Joy Eze of Gateshead, finished runner-up in 12.84s with Abigail Pawlett claiming her third bronze medal in 12.99s.

The 3,000m gold medal went to Gateshead's Ines Curran in 10:24.25. Liverpool's Faye O'Hare finished in silver medal position (10:48.96) with Hannah Metherwell (Hallamshire) crossing the line in third place in 10:53.72.

Liverpool's Neave McGhee won the 300m final in 39.74s with Barnsley's Millie Wright second in 41.58s and Kialicia Clarkson (Sale) third in 41.65.

UNDER-15 GIRLS

The high jump competition proved to be a repeat of last year with victory going once again to Trafford's Halle Ferguson who added five centimetres to her winning effort of 12 months ago with a clearance of 1:65m. The battle for the minor placings had Callie Coates (Doncaster), Gabrielle Gerber (Leeds City) and Thea Brown (Sale) all posting 1:55m with Callie taking silver and Gabrielle the bronze medal on count back.

The first record of the day was certainly worth waiting for. The 1500m had two of the nation's leading middle distance athletes on the start line and it was two-lap specialist Ella Greenway who stole the show with a perfectly judged performance to smash the 33-year-old record of 4:36.90 set by Darlington's Claire Nicholson when the championships were held in Warrington. Ella's winning time of 4:29.00 is not only a life-time best but moves the Cleethorpes athlete to the top of this year's Po10 rankings and 17th all-time. English Schools' and SIAB 1500m champion Holly Weedall (Vale Royal) had to be content with the runners-up spot on this occasion finishing in 4:37.21 while Sale's Katie Stringer claimed the bronze medal in 4:45.26.

Such was the large entry for the 1500m that two races were held with the seeded second contest being won by Bingley's Rebecca Flaherty in 4:52.26 with Derby's Sarah Bourne finishing second (4:53.66) and Katie Mathieson, (Chorley), third in 4:54.34.

Hallamshire's Emma Shipley came out on top in the 800m, winning in 2:17.8 with Kiera Brady-Jones (Wirral) finishing second in 2:18.48 and Ava Lloyd (Wigan) third in 2:20.13.

UNDER-17 MEN

Carlisle Aspatria's Aaron Holliday had a double to celebrate for he set a new pb of 42.70m to win the hammer contest as Cameron Unsworth (Stockport) claimed the runners-up medal (39:62m) while Cameron Scott-Allan (Liverpool) completed the podium places with 38:77m.

Despite clearing 1:90m high jump title holder Aaron Thomas (Sale) had to be content with the silver medal on count back with victory going to James Margrave (Northern (Isle of Man)). The bronze award went to Southport Waterloo's Sam Coupland with a clearance of 1:80m.

Scunthorpe's Archie Yeo came within 35 centimetres of breaking one of NA Championships longest-standing records when he won the triple jump with 14:29m. In 1973 Wigan's G Bell claimed victory in 14:64m so his record stands for at least another year. Blackpool, Wyre and Flyde's Scott Sinclair claimed the silver medal with 13:10m with City of York's Ben Pearson completing the podium places with 12:95m.

Home supporters were celebrating early when Liverpool's Ethan Flaherty claimed a comfortable victory in the 400m hurdles, the English Schools' bronze medallist crossing the line in 56.75s. Crewe and Nantwich's Ben Verbickas finished in second place (59.24s) followed by Will Cooke (Leeds City) in 61.04s.

Merseyside was to the fore once again when the host club's Henry Nwoke impressed when winning the 200m in 22.21s. Nwoke, ranked number two the UK, crossed the line well clear of Joel Vernon (Hallamshire) who recorded 23.32s as Ben Wallace completed the one-two-three in 23.56s.

The 1500m steeplechase was won by Derby's Jack Llewelyn Davies in 4:40.36 with Alexander Bailey (Trafford) second in 4:51.91 and Daniel Hayes (Wirral) third in 5:14.63.

Charlie Roberts (St Helens Sutton) stamped his authority on the 800m to come home in 1:58.70 as David Race (Gateshead) finished a comfortable second (2:01.42) with Vale Royal's Sam Stephans completing the medalists in 2:02.76.

UNDER-15 BOYS

Wigan's Jack Hilton had just five centimetres in hand when winning the triple jump with a mark in the sand at 12:39m. Manchester's Daniel Akinradewo finished in silver medal position (12:34m) with Sebastien Sgouraditis (Manx) just another four centimetres adrift in third place.

Preston's George Lowe came out narrowly on top in the javelin contest with a winning throw of 46:29m. Lewis Forster (Leigh) finished second (46:15m) with Cameron Unsworth (Stockport) winning the bronze award with 39:19m.

Preston's Isaac Delaney scored a resounding victory in the shot put championship with a put of 14:34m. Aaron Rutter (City of York) finished second with 12:66m and Caden Uzoigwe (Trafford) was third with 12:40m. Isaac went on to claim his second gold medal after victory in the discus with a throw of 39:73m. Luke Greenhalgh (Bolton United) finished runner-up with a throw of 37:62 with Cameron Unsworth claiming his second bronze award with a throw of 36:90m.

Carlisle Aspatia's Aaron Holliday produced a pb of 42:70m to win the hammer competition with Stockport's Cameron Unsworth finishing second (39:62m) and Liverpool's Cameron Scott-Allan third with 38:77m.

Leeds City's Ian Mahop took advantage of a plus wind reading to win the long jump with a best of 6:01m which was six centimetres further than runner-up Matthew Liu of Liverpool. Jack Doodson (Stockport T&F) finished third with a jump of 5:77m.

The final field event of day Harrogate's Jess Thompson won the javelin competition with a new championship best performance of 38:69m. Southport Waterloo's Katie Piercy finished runner-up (30:31m) with Freya Paddon (City of Sheffield) finishing in third place with 29:09m.

After recording the fastest qualifying time of 11.78s in the heats of the 100m Jayden Riley (Blackburn) faced a negative wind reading of -3.6 in the final which resulted in a much-slower winning time of 11.94s, however, it was still good enough to claim the gold medal. Wirral's Kaleb LeGall finished runner-up in 12.23s with Morgan Corcoran (Bingley) finishing third in 12.24s. The 300m saw a new name enter the record books after Ben Sinclair (Manx) led the field home in 37.31s, a time which eclipsed Sam Worthington (Sale) figures of 37.45 which was set two years previously. Liverpool's Luka Sidebotham finished second (38.77s) and Sean Collins (Stockport) third in 39.32s.

Drew Bradley (Crewe and Nantwich) took the 80m hurdles title with a winning time of 11.88s with Ben Boocock (Blackburn) finishing second (11.94s) and Daniel Shuttleworth (Preston) third in 12.03s. Spensborough's Bayleigh Lawton claimed the 200m title in 23.71s with Manchester's Osaretin Ekhoragbon finishing second in 24.13s. Wirral's Kaleb LeGall completed the medallists in 25.10s.

UNDER-13 BOYS

It could not have been tighter in the long jump as just four centimetres separated the top four finishers. In the fourth round of the competition Blyth's Joshua Chrisp pulled out a jump of 4:64m, a distance which proved to be good enough to top the podium. After six rounds the Northumbrian had to make a swift departure to line-up in the first heat of the 100m which, not surprisingly, he didn't make it through to the next round.

Back to the long jump and it was Kai Daley (Halifax) who claimed the silver medal with 4:62m while UK ranked number one, Regan Corrin (Manx) finished third with 4:61m. Leeds City's Ayomide was just one centimetre further adrift (4:60m) in fourth place.

The shot put contest was won by Ted Wade (2Dash) with a put of 11:37m with Lewis Rutter (City of York) claiming second place with 7:97m which was two centimetres further than third-placed Joseph Perkins of Birtley.

In the 800m, split into two graded races, victory in Race One went to Middlesbrough's Christy O'Hare in 2:16.17 with Jonson Hughes (Barnsley) finishing runner-up in 2:17.28. Seaton's Alfie Lamb was third in 2:17.54. In Race Two Trafford's Charlie Stanway was unfortunately dq'd leaving Jack Winter (Hallamshire) to take the victory in 2:25.30 and Oberon Kearney (Wirral) second in 2:26.28.

Trafford's Peter Fowowe was in record-breaking form in the final of the 100m. Despite facing a negative wind reading of -2.4 Peter recorded a superb 12.63s in getting the better of second-placed Adam Javed (Rotherham) who clocked 12.66s. West Cheshire's Robert Austin finished third in 13.00s.

Adam showed no signs of tiredness in the final event of the day when he smashed the 200m record with a winning time of 25.83s which was well inside Gateshead's Josh McKeown's 2015 winning time of 26.45s. Trafford's Peter Fowowe won the silver medal in 26.13s with Liverpool's Valentine Analogbei finishing third in 27.71s.

Bill McGuirk