NORTHERN ATHLETICS 5K CHAMPIONSHIP ROAD RACE.

22nd July 2021 at the Silksworth sports centre, Sunderland, brought about the return of Northern Athletics championship road races. Missing throughout all of 2020, the Sunderland 5k was the first to return this year, with the Preston 10M, and the Ribble Valley 10k to follow.

Organised by Sunderland Harriers, the race is over a fast undulating 2 lap course, and is very well supported by the athletes in the North East.

The women’s race had the blue vest of Morpeth and the black vest of Rotherham locked together from the start amongst the front group of 6 athletes. At the finish it was local Morpeth Harrier, Catriona MacDonald who crossed the line first in 17.39, followed some 10 seconds later by Rotherham’s Sophie Cowper, with Molly Pace third 18.02.

The team result was a clear win for Tyne Bridge Harriers, in their new 10 year anniversary kit. They finished with 19 points,

Kathryn Stevenson 4th: Rebecca Parkin 7th and Ellen Jeffreys 8th

Second was North Shields Poly, 45 points.

Claire Harlow 13th : Natasha Newson 14th : Natalie Carroll 18th

Elswick Harriers took the bronze position with 54 points

Imogen Bungay 6th; Laura Smith 23rd; Ellie Clark 24th

The winner had completed her warm down before returning to the finish in time so see her mother Margaret complete the race with a time of 27.51.

In the senior men’s event local pre race favourite Carl Smith, Tyne Bridge, did not disappoint. His winning time of 14.41, was only 18 seconds outside the course record, with Sunderland’s Liam Taylor just 10 seconds behind him, and in third place was North Shields Poly athlete David Green 14.56

The team results had host club Sunderland winners by 6 points

Liam Taylor 2nd : Stephen Jackson 6th : Craig Gunn 14th.

Morpeth 2nd .Ross Floyd 5th : Thomas Straughan 11th : Joe Dixon 12th

Tyne Bridge 3rd Carl Smith 1st : Marc Fenwick 16th Ryan Holt 17th .

There were 8 male athletes sub 15 minutes and a further 24 sub 16 minutes.