

AT YOUR SERVICE

CLUB OFFICERS

PRESIDENT: David Brown CBE
VICE PRESIDENT: Roy Swinbank
CHAIRMAN: Nigel Breddy
VICE CHAIRMAN: Dean Hardman
SECRETARY: Frank Cordingley
TREASURER: Jack Frost

TEAM MANAGERS

BRITISH ATHLETIC LEAGUE (BAL)
Dean Hardman (James Bailey)
UK WOMEN'S LEAGUE:
Tony Simmons
NORTHERN T & F LEAGUE:
David Marsh (Women) & Jack Frost (Men)
UK YDL LEAGUE (Lower)
David Marsh (Boys) & Carl Worthington (Girls)
UK YDL LEAGUE (Upper)
Sarah James (Boys) Jack Frost
ROAD RELAYS
James Bailey & David Rodgers
SENIOR MEN
(Roads & Country) Dave Rodgers

SENIOR WOMEN
(Roads & Country) Clare McCarron
VETERAN MEN:
Glen Savage
VETERAN WOMEN:
Anne Chinoy
FELLS:
Paul Barrett
YOUTHS (BOYS)
Steve Windebank
YOUTHS (GIRLS)
Peter & Christine Johnson
PRIMARY SECTION:
Graham & Anne Marshall
(All contact details are available on the Sale Harriers website)

HARRIER MAGAZINE

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HONORARY LIFE MEMBERSHIPS

Sale Harriers awards its Life Membership to any member who, in the opinion of the Executive Committee, has rendered exceptional, consistent and sustained service to the club over very many years. The club similarly honours with Life Membership its Olympic athletes in recognition of their world excellence and the exceptional pride and honour they bring to their club. The March 2018 AGM voted that Life Membership be awarded to Olympian **KELLY MASSEY** (Rio 2016) and Paralympian **KADEENA COX** (Rio 2016).

CURRENT LIFE MEMBERS ARE:

Susan Lamb	Kevin McKay	Allyn Condon	Dave Farmer
Sue Crehan	Shelly Holroyd	Darren Campbell	Graham Padgett
John Stalker	Carl Hamilton	Morris Jefferson	Paul Roden
Brian Thirley	Peter Scofield	Anne Marshall	Brian Goulden
Beryl Fleet	Jack Frost	Hilary Thomas	Fechin McCormick
Steve Peglar	Nick Peach	Dave Rodgers	David Brown CBE
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Roy Swinbank	Bryan Gane		

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NO. 83 2018/2019

THE Harrier

The Magazine of Sale Harriers Manchester



TEAMWORK ASSURES SUCCESS

THEY CAME WITHIN A 'WHISKER' OF RETAINING THEIR NATIONAL

YDL (lower) TITLE

See page 29 for the full story!



Jona Efoloko
is crowned the new
IAAF World Champion
in the men's 200m
in a personal best
20.48!

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JW NORTHERN XC CHAMPIONS!

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EDITORIAL

Fechin McCormick

This Sale Harrier magazine, back in action from a two year respite, I started 24 years ago way back in 1993 (Ouch!). It records and applauds the club's noteworthy individual and team achievements across every club section, every age-group and the club's three sites from March 2018 to March 2019 basically the from the end of the Indoors T & F and Cross-seasons to the beginning of a new annual Spring/Summer cycle. It's a privilege to be a part of a club like Sale Harriers with such immense talent and to have the exceptional insight that I have into the extent of it and to tell it to the world.

With about 1000 club members located across three club sites and with local, regional, national and international events every weekend and often mid-week, at home and abroad throughout the year, it's a challenge to keep a finger on every individual 'pulse' and team result and to accurately record them. The reward is seeing you value and enjoy the magazine. It also contributes more than anything to uniting the club's three sites; it brilliantly showcases Sale Harriers to the world and I never underestimate its value to encourage youngsters in their sport when they see their performances in the neon lights of these pages.

There's no point in producing an inaccurate or incomplete record or magazine! I therefore put a high premium on checking performances - with individuals themselves, the Power of 10, social media and websites to ensure accuracy. If you find an omission or an inaccuracy, as surely you will, I apologise in advance especially that it's your or your loved one's cherished performance.

To produce this magazine I've received or chased more than a thousand photographs. The first priority is that each person on them has to be identified (I can't know everybody!); then each photograph is labelled and archived. I've chosen close to five hundred of them for this magazine - the most complimentary ones, of course! I thank the number of photographers who have submitted these photos either snapped with their mobile phones or taken with state-of-the-art cameras. These contributors are from within the club and several are very generous contributors from outside the club. I thank especially club photographer Ernie Greenwood (<https://www.darkstarphotos.com>).

Others I thank in the production of this magazine are non-club member Phil O'Mara who has loyally laid out this magazine graphically since it began; club coach and graphic artist Keith Hunter who's again undertaken to lay-out the 'Roads' section graphically despite his very busy life; my long-time lovely friend Karen who's designed the front cover and coach Pete Shaw who's taken responsibility for the two Primary Section pages.

Whilst this magazine applauds the club's significant sporting achievements, there's also been considerable success in the club's administrative section. At the time of his election in March 2018, Nigel Breddy was the first non club member ever to be nominated for the important role of Chairman. As the former MD of a major internet hosting company, he is well equipped to appraise the club's systems and processes and to help strengthen Sale Harriers administratively. In his twelve months in office, he's overseen re-building the club website that includes a new administration system for members to renew and take out their memberships and make on-line club purchases securely; he's overseen the development of the club's new email communications system; he's been instrumental in the re-launch of this Harrier magazine; he's actively involved with the Wythenshawe Park 10-year Strategic Framework that includes the eventual upgrade of the Wythenshawe track facility and you'll see him networking, listening and learning across the three sites ...so watch this space for the coming year.

Enjoy what I hope you'll find is an informative and enjoyable magazine.



24TH YEAR

CLUB RECORDS

Seventeen club records were broken throughout 2018. A club record is a tribute to exceptional talent. Congratulations to all of them.

Fechin McCormick

- On 25th February **LAZARUS BENJAMIN** broke the U15 boys Pole Vault club record of 3.71m at the U15/U17/ U20 England Athletics Championships in Sheffield
- On 20th April **AIMEE PRATT**'s 3000m steeplechase PB of 9:54.16 at the International T & F match in Los Angeles was a club record. Though still U23 she broke **SONIA SAMUELS** senior women's record.
- On 6th May at the Leicestershire Steeplefest, **AIMEE PRATT** broke the club 1500m Steeplechase record with her PB of 4:41:5.
- On 12th May at the British Milers Grand Prix at Sportcity **STEPHANIE MOSS** delivered a fantastic 800m PB of 2:09.78 that was an U17 club record.
- On May 12th at the Greater Manchester County Championships in Bury **ANNABEL AMADIN** broke the U13 girls club shot record with her throw of 10.60m
- On 27th May 27th at a track meeting in Belgium **AIMEE PRATT** further improved her 3000m steeplechase club record to 9:50.17, a performance that brought her to within seven seconds of the British European Championship A standard time.
- On 28th May at the Trafford Open Meeting **ANNABEL AMADIN** broke the U13 girl's discus club record of 24.72m.
- On 6th June at an international match in Portugal shot-putter **NICHOLAS YOUNG**, established a new PB, Welsh U20 record and an U20 Sale Harriers record of 17.22m
- On June 17th at the England Athletics U20 Championships in Bedford, Sale Harrier's triple jumper **KEVIN METZGER** broke the club's long standing U20 triple jump record held by Kevin Thompson since July 1992. Kevin improved it a further .07cms to record a new 15.37m
- On June 17th at the England Athletics U20 Championships Britain's No 1 U20 sprinter **JONA EFOLOKO** broke Olympian U20 **DARREN CAMPBELL**'s 200m club record of 20.87 which he recorded 26 years ago in Seoul (19th September 1992). Jona's new record is 20.79
- On 13th July at the IAAF World Junior Championships in Tampere, Finland, **JONA EFOLOKO** further revised his U20 200m club record to 20.48 in winning Gold and becoming 200m World U20 champion
- On 14th July at the English Schools Championships **LAZARUS BENJAMIN** broke the club U15 boy's pole vault record with a vault of 3.75m to consolidate his No 1 position indoor and outdoor in the UK
- On 24th July at the Trafford Grand Prix **EVAN SAVAGE** set a new club record in the U15 boy's 1500m of 4.18.25.
- On 12th August **LAZARUS BENJAMIN** again breaks the club U15 pole vault record with a vault of 3.85m to win the Northern U15 boy's championships at Liverpool.
- On 27th August **ANNABEL AMADIN** broke the U13 club shot putt and discus records with throws of 10.95m and 29.57m respectively and this in just her first year as a Sale Harrier She now ranks 2nd and 4th in the UK.
- On 8th September at the YDL Final at Bedford, **THEA BROWN**, still only 11 years old, broke the U13 girl's high jump club record with 1.48m jump to 2nd Primary aged high jump athlete in the UK.
- 16 September **MELISSA BOOTH** broke **AMY WILLIAMS** U15 club triple jump record of 11.10m which she set at Cudworth on 6th August 2011. At the tender age of 14 Melissa had never competed as a triple jumper, but completely surprised her competition at the Wigan Open meeting who were mainly U17-U20 both male and female competitors by jumping 11.25. Her record took her to No.4 in the UK.
- On February 3rd (2019) **THEA BROWN** broke her own high jump club record at the Northern Athletics U13 & U15 Championships (Sheffield) to record a new best of 1.50m and rank 2nd U13 in the UK.



Dear Sale Harrier colleagues,
Yet again, another great year for the club, as we continue on the road to further growth and development.

This magazine is a true reflection of our achievements over the past year. We are proud to have so many talented athletes within our primary, endurance and track & field sections. These cover the full spectrum of athletes, from the very young aged 6 to our committed seasoned seniors. We further pride ourselves in having some of the country's best athletes as members of our club, represented in both National and International events.

A number of well attended, successful 'social events' were organised through the year which not only raised funds for the club but more importantly brought members together to appreciate and honour great success. I would like to take this opportunity to thank the group of volunteers at the heart of the organisation for being instrumental in the success of those superb events. We were also helped, in no small part, by the tremendous support of the many club members who volunteered to help with everything from coaching, team managing, administration, registration, to car parking and marshalling. We are grateful for these members and volunteers who continue to assist when possible.

A key reason we achieve great things at Sale Harriers Manchester is the friendly, welcoming atmosphere evident on club nights and training sessions, and the way in which our members are extremely supportive of and encouraging to each other. It is vitally important that we never lose this aspirational ethos.

Whilst we should be proud of our achievements over the past year, we certainly don't plan to rest on our laurels, we will continue to strive for improvement, with our "best foot forward", and have an even stronger 2019!

I look forward to seeing every one of you achieving something inspirational in 2019 that you can be proud of.

Chairman
Nigel Breddy

DIANE (MBE)

HONoured BY THE QUEEN

In June **DIANE MODAHL** was honoured in the Queen's Birthday Honours List with an MBE (Member of the Order of the British Empire) for her work as Founder of the Diane Modahl Sports Foundation and for her services to sport and to young people in North West of England. Her National recognition is well deserved. Diane had a glittering 800m career as a Sale Harriers athlete. Among her many major achievements, she represented GB & NI at four Olympic Games between 1988 -2000 (Seoul, Barcelona, Atlanta & Sydney); she won 800m gold at the 1990 Auckland Commonwealth Games and bronze at the 1986 Edinburgh Games and she was the British 800m record holder for many years. A proud Sale Harriers honoured Diane with Life membership for her world class athleticism and sportsmanship. Her very successful Diane Modahl Sports Foundation DMSF works with young people from disadvantaged areas across the North West, enabling them to make the most of themselves in sport, school and life. Sale Harriers congratulates Diane

DORETTA AWARDED

Doretta Maynard – Caribbean & African Health Network's Unsung Hero



Congratulations to coach **DORETTA MAYNARD** who, in October, was nominated for two special awards by the Caribbean & African Health Network in a glittering event at the Mecure Manchester Piccadilly Hotel.

- She won the Organization's "Unsung Hero" Award, granted to a person who's made a significant impact on their community especially on young people but their contribution has gone unrecognised.
 - She was runner-up for the "Leadership and Empowerment" award given to a person who most seeks opportunities to empower people in the community and is a role model.
- Doretta is an enthusiastic and able coach at Sportcity. She was nominated for these awards by The Eastland's Trust; users of her gym in Belle Vue, young people from the community and ladies from the fitness class she runs at the Resource Centre in Longsight. She also received a special thank you from Andy Burnham, Mayor of Greater Manchester.
- The Caribbean & African Health network (CAHN GM) is a Registered Non-Profit Organisation whose purpose is to empower, enable and equip faith and community organizations with the Infrastructure to deliver and shape health and wellbeing services. Well done and Congratulations!



PRIMARY SECTION AWARDS

Sale Harrier's Primary section, on their annual Presentation Night, awarded some of their coaches and volunteers with trophies presented by young G.B Internationals **HARRIET KNOWLES JONES** (Warrington AC) and Sale Harriers **FRANCESCA BRINT**. **NICK HILL** received the "Appreciation Award" that's been awarded since 1985. Nick does a great job coaching the Green Group. **JON McMANUS** was awarded the "Volunteer Award" for his excellent grounds keeping at Crossford Bridge. **LAURA PEARSON** received the "Young Helper Award".

JEAN DUTTON

Fechin McCormick

RETIREMENT

JEAN DUTTON resigned in 2018 as a major cog in Sale Harriers administrative machine for over thirty-five years. In those years she's been the membership Secretary ever present in Crossford Bridge's upstairs office. She's also had an equally long history pivotal to the success of the club's Primary section. With her husband Harry who's worked alongside her over all these decades and, with Graham & Ann Marshall, they've developed the club's Primary section to being arguably the best in Britain. Sale Harriers thanks Jean for her lifetime service. Her type is irreplaceable and the club wishes her a well-deserved, long, happy and healthy retirement. Thank you, Jean.



Jean first became involved with Sale Harriers when her son Stephen joined at the age of seven. He's now 42! She began to help in the Primary section whilst travelling to race meetings with Stephen and her husband Harry. To be a more effective helper, she then qualified as a Field Judge and did this for several years. In those days, Jim Stapleton was the club's membership secretary, a job done entirely by hand recording member's details on index cards. Jean began to help Jim and then took over the job entirely when Jim retired. "When I first began it was just writing names in an A4 Ledger book and making the card out" said Jean "then some bright spark decided it needed to be put on a computer". Jean had never worked on a computer and quickly had to learn. With the help of Harry Guymer who set up the very first Sale Harrier database, "we muddled through together". That was in the 1980's & 90's.

"Then it had to be updated to incorporate England Athletics registration, another job I'd never done before". Harry Guymer eventually resigned and Steve Heys came on board to help Jean. "He was a great help and took over registering the athletes with EA. That took a lot of pressure of myself and Ann Jackson who is my very able assistant/friend in the office, without whom I could not have managed for a long time".

In 2013 Jean was awarded Life Membership for her 37 years of loyal, selfless and beyond-the-call of duty service to Sale Harriers.

Jean has contemplated resigning as membership secretary for some time. "It's been a hard decision after twenty-three years".

The people Jean would like to thank for helping her along the way are Harry Guymer, Steve Heys, Chris Heys, Morris Jefferson, Jack Frost, and of course Ann Jackson "my biggest helper", and a new helper Tracey Hatch. She also especially thanks Anne/Graham Marshall for getting her to help out at the Primary Section meetings when she first got involved 30 years ago. "I will still be around in the office helping collecting subs and other odd jobs".

Jean's final words are, "I know volunteers are getting harder to find these days, so if anyone would like to help out in any way please come and speak to one of us in the office, or talk to one of the other helpers or coaches as we are all volunteers without whom the club could not survive".



LIFE MEMBERSHIP

KADEENA COX joined Sale in 2013 at the pinnacle of her career as an U23 athlete who'd just broken the 12 second 100m barrier for the first time, Understandably, she was a valued UKWAL and Northern Premier League member for the club. In 2014 she suffered a devastating stroke and later was further diagnosed with life changing Multiple Sclerosis.

Athletics was in her blood and she discovered a new career in disability athletics. Initially classified as a T37 sprint athlete, she was selected for the GB team for the IPC World Championships in Doha and broke the 100m world record. Later she was reclassified as a T38 athlete and at the 2016 IPC Athletics European Championships and the Summer Paralympics in Rio De Janeiro, she continued to take the world by storm. It was at the World Para Olympic Championships in London in 2017 she became a household name capturing the nation by winning T38 400m Gold, 100m Silver and 200m bronze medals.

She's also a para-cyclist and in 2016 Kadeena entered the British National Track Championships and won the gold medal in the C1-5 Mixed Gender Sprint Time Trial and in March the same year she represented Great Britain at the UCI Para-cycling Track World Championships. Despite being reclassified as a C4 cyclist, the day before the event, she still went on to win the gold in the 500m time trial with a world record of 37.45.6. She was later named in the GB team to compete at the Rio Paralympics with the potential to race in the 500m time trial (C4/C5) and the road race (C4/C5). Kadeena! Sale Harriers is very proud of you!

DAVE MARSH

Fechin McCormick

A SPECIAL RECOGNITION

At the club's January Gala Dinner DAVE MARSH was honoured as the first recipient of a new "Chairman Award given "to an individual, chosen by the Chairman, who has gone over and above throughout the year, someone who contributes positively to the club and who constantly helps others over and above themselves. Dave joined Sale Harriers as a youngster and was taken under the wings of coach and club legend ALAN ROBERTSHAW. Through his age-groups, he became a dedicated, committed, hard-working and successful athlete who won many individual and team titles and medals at Northern, County and Schools levels competing for the club in Road Relay Championships, the MACCL Cross-Country League, Northern & National XC Championships and always readily available to support his club any way he could on the club's Young Athlete's League and Northern T & F League particularly in the steeplechase.

ALAN ROBERTSHAW's death in 2006 was a massive loss to Sale Harriers but especially to the youngsters he coached for whom he was also a father-figure. Dave was one of these people inspired by him. In the years since, motivated by Alan's charisma, Sale Harriers has become Dave's second home and his loyalty, commitment and passion for Sale Harriers knows no bounds. He now competes with enthusiasm for the club's senior ranks whenever he can on roads, cross-country and track doubling and trebling on events to win maximum points and motivating others to have similar pride in their club; as the YDL (Lower) boy's team manager, he's managed the time-consuming team to Northern and National titles; he's contributed massively to this summer's club Northern League's promotion; he's set up the Wythenshawe Project and coaches dozens of youngsters several evenings a week and he's a member of the club's Executive Committee... all on top of holding down his career and preparing for parenthood.

Dave, Sale Harriers is very proud of you

LIFE MEMBERSHIP

KELLY MASSEY (OLYMPIAN)

Kelly's been Britain's top ranking 400m and 4 x 400m specialist for well over a decade and has had an illustrious international career representing GB that began with the 2010 Delhi Commonwealth Games, then the 2011 World Student Games, the 2014 European Championships, the 2014 Hampden Commonwealth Games, the 2015 World Relay Championships, the 2015 European Indoor Championships and culminated with the 4 x 400m at the 2016 Rio De Janeiro Olympics and to-day owns a proud haul of major domestic and international Championships medals. She joined Sale Harriers in 2009 and when her major domestic and international commitments permitted, she was an invaluable UKWAL team asset. Now retired from international competition, she's begun coaching at Sportcity and, in her acceptance speech pledged to 'run, jump and throw her heart out' to help return the senior women to the higher UKWAL Divisions

Kelly, Sale Harriers is very proud of you



SALE HARRIERS MAJOR 2018 SUCCESSES

MAJOR INTERNATIONAL CHAMPIONSHIPS

European T & F Championships (Outdoors) (Berlin)
KIRSTEN McASLAN (400mH)
KIRSTY LAW (Discus)
CHRIS BAKER (High Jump)
SONIA SAMUELS (Marathon)

European T & F Championships (Indoors) (Glasgow)
CHRIS BAKER (High Jump)
ABIGAIL IROZURU (Long Jump)
JULIAN REID (Triple Jump)
IZMIR SMAJLAJ (Long Jump)

Commonwealth Games (Gold Coast)
KIRSTEN McASLAN (Scotland 400mH & 4x400m Relay)
SONIA SAMUELS (England Marathon)
CHRIS BAKER (England High Jump)

World Masters Championships (Spain)
LUCY EVANS W35 100m & 200m Champion
GEOFF TYLER M65 Shot Putt Finalist
MATT BARNES M40 1500m Finalist

ITU World Triathlon Series (Gold Coast)
GEORGIA TAYLOR-BROWN Bronze

European ETU Triathlon Championships
MATT BARNES M40 Silver

World Biathle & Triathle Championships
STEFFIE BERNDT De LAO GB U11 Team Silver & Team bronze

OTHER INTERNATIONAL SENIOR REPRESENTATIONS

IFAM International (Belgium)
LUCY EVANS

EAP Combined Events International (Hexham)
JESS TAYLOR-JEMMETT

England v Ireland (Gt.Ireland 10k)
JENNA HILL (England)

Athletics World Cup (London)
CHRIS BAKER (Great Britain High Jump)
LAURA WHITTINGHAM (Great Britain Javelin)

Loughborough International
ANDY ROBERTSON (England 100m & 4x100m)
AIMEE PRATT (England (1500m))
JULIAN REID (England triple jump)
KIRSTY LAW (Scotland Discus)

Manchester International
ANDY ROBERTSON (England)
KIRSTY LAW (Scotland)

AGE GROUP INTERNATIONAL REPRESENTATIONS

IAAF World Junior Championships (Finland)
JONO EFOLOKO 100m World Champion
FRANCESCA BRINT 1500m finalist

Great Edinburgh Cross-country International
FRANCESCA BRINT

Easy Kit Cross Cup (Belgium)
FRANCESCA BRINT

Mannheim International (Germany)
JONA EFOLOKO (Great Britain 100m & 4x100m)

Loughborough International
CESCA BRINT (1500m) (Great Britain debut)
NICHOLAS YOUNG (Great Britain debut)

Great Birmingham 10k
F55 JACKIE CORDINGLEY (England)

Great Birmingham 10k
M65 GEOFF BEATTIE (Northern Ireland)

BRITISH DOMESTIC CHAMPIONSHIPS

British T & F Championships (B'ham)
CHRIS BAKER Long jump Champion
LAURA WHITTINGHAM Javelin Champion
KIRSTEN McASLAN 400m hurdles Silver
KIRSTY LAW Discus Silver
JULIAN REID Triple Jump Silver

British Universities Championships (Bedford)
MEGAN DAVIES 1500m Silver
REYNOLD BANJO long Jump Silver
KEVIN METZGER Triple Jump Bronze

British Transplant Games
KELLY CHADWICK 3 x Gold medals

ENGLISH XC, ROADS, FELS & RELAY CHAMPS (Teams)

ECCA National Cross-Country
Senior & U20 women Champions
U13 boys bronze

ECCA Cross-Country Relays
U17 Girls bronze

Welsh Castles Relay
Men Champions
Women Champions

Track & Field:
U13 & U15 boys and YDL National title 4th
Roads Manchester Marathon Senior Men 1st

ENGLISH XC, ROADS, FELS & RELAY CHAMPS (Individuals)

ECCA National XC Championships
LARA CRAWFORD U15 Silver
National Fell Running Junior Championships
JACK SPARK U15 Silver
English 10,000m Championships (Manchester)
NIGEL MARTIN Bronze

WELSH CHAMPIONSHIPS

NICHOLAS YOUNG Welsh Shot & Discus Champion

SCOTTISH CHAMPIONSHIPS

KIRSTY LAW Discus Champion (11th consecutive title)
KIRSTEN McASLAN 400m Hurdles Champion
ALLAN HAMILTON 200m Champion
NICHOLAS YOUNG U20 Shot & Discus Champion

Scottish Athletics Combined Championships
SCARLETT WHITAKER U17 bronze

ENGLAND ATHLETICS T & F CHAMPIONSHIPS

REYNOLD BANJO U23 Long jump Champion
SAM DEAN Javelin Champion
MEGAN DAVIES 1500m Champion
KEVIN METZGER triple jump silver
AIMEE PRATT 5000m Bronze
JONA EFOLOKO U20 200m Champion
FRANCESCA BRINT 1500m champion
NICHOLAS YOUNG Shot Putt Bronze
LAZARUS BENJAMIN U17 Pole Vault champion
MARCUS McLEAN

U15 200m silver and 100m bronze
SUCCESS EDUAN 200m bronze
AIDAN LYNCH 800m bronze

England U20 Combined Events Championships
GRACE BOWER U20 silver

CAU Inter-County Championships
ANDY ROBERTSON Senior 100m Champion
REYNOLD BANJO U23 Long jump Champion
SOPHIE ASHURST U17 bronze medal
SAM DEAN U23 Javelin bronze medallist
JOSHUA HOWARD Disability long jump (T38) Champion

MAJOR SCHOOLS CHAMPIONSHIPS

World Schools Cross-Country Champs
FRANCESCA BRINT Bronze & GB Team silver
International SIAB Championships
SOPHIE ASHURST Pole Vault Champion
English Schools Championships
LAZARUS BENJAMIN (Pole Vault Champion)
SUCCESS EDUAN Sprint Champion
MARCUS McLEAN Junior 100m silver
AIDAN LYNCH Junior 800m silver
SOPHIE ASHURST Inter pole vault silver
VICTORIA BARLOW Senior pole Vault silver
CLAUDIA COWAN Senior 1500m bronze
MEG McHUGH Senior 400m Hurdles Bronze
STEFFI MOSS Inter 800m Bronze

NORTHERN CHAMPIONSHIPS (Teams)

Cross Country
Senior men, U20 women, Champions
U13 Boy's Silver
Senior women Silver
U15 girls Bronze

Road Relays
U13 Boys Bronze

Cross-Country Relays
U17 Girls Gold U13 Boys Silver
U11 Boys Bronze

Track & Field
YDL (Lower) Runners-Up
Northern T & F League: Promotion

NORTHERN CHAMPIONSHIPS (Individuals)

Cross-Country
FRANCESCA BRINT U20 Champion
JULIE DOWNS U20 silver
LARA CRAWFORD U15 Silver
GEORGIA TAYLOR BROWN U20 Bronze
CLAUDIA COWAN U20 Bronze

Track & Field
Senior 6 Gold, 2 Silver, 2 Bronze medallists
U20 4 Gold, 6 Silver, 1 Bronze
U15 LAZARUS BENJAMIN Pole Vault Champion

U15 MARCUS McLEAN 200m Champion
U15 AIDAN LYNCH 800m Champion

Northern Masters 10 mile Championships (Bisham)
FRANK CORDINGLEY M55 Silver
JACKIE CORDINGLEY L55 Gold

Northern Masters 5k Championships (Radcliffe)
FRANK CORDINGLEY M55 Bronze

North of England Masters Track & Field Championships
RICHARD CLANCY M40 800m Champion
GEOFF BEATTIE M65 800m & 1500m Champion

COUNTY CHAMPIONSHIPS

Gtr. Manchester T & F Championships
16 Field Event Champions
21 Track Champions
35 Silver & Bronze medallists

Gtr. Manchester Schools Quadrathlon
JASMINE REED champion

Cheshire Cross-Country Championships
Team U11 Relay Silver

Yorkshire Masters T & F Championships
GEOFF BEATTIE M65 Gold 800m & 1500m

(Compiled by Fechin McCormick)



THE PRIMARY SECTION

PETER SHAW

Our Primary aged athletes represent the club in local events with the opportunity to compete at higher levels of competition up to National level. The year started in March with twins **SARA & AVA CLOUGH** finishing 2nd and 3rd in the Gtr. Manchester Primary XC Championships. In the East Cheshire XC races, we won three team races whilst **OSCAR SCHOFIELD** won the U11 boy's race. Oscar went on to win the Over The Bales event at Crossford Bridge whilst **BEN KEELEY** won the U9 boy's event. Sale won all four Primary aged team races with **LIAM O'BRIEN, ARCHIE ELEY, FREDDIE MEREDITH, MATTHEW GARNER, SARA CLOUGH, AVA CLOUGH, EVA KARALIUS, TARA FERGUSON, IMOGEN HILL** and **AVA BYGRAVE** all members of the winning teams.

In June, we took part in the Stockport Harriers Quadrathlon with **ROXY McHUGH** winning the U9 girl's event. In July we hosted an Open Medal Meet at Crossford Bridge with our most successful athletes being multi-gold medallists **TARA FERGUSON, HARVEY JACKSON, MAX JOHNSON, DANIEL OAKES, MAX CUNNINGHAM** and **JESS TERRY**.

In August a Sale team of **CHARLOTTE BISCOF, BETH TITTENSOR** and **EVA KARALIUS** finished runners up in the U11 3 x 600m event at the Cheshire Track Relay Championships.

Throughout the track season a number of our Primary aged athletes were selected to compete for our U13 team in the YDL (Lower) Northern Premier League and National Final. The highlight of the year came from **THEA BROWN** whose high jump of 1.48m in the National Final was a club record and the second highest nationally by a girl of her age.

A team highlight of 2018 was at Delamere Forest in September at the NW Road Relay Championships incorporating the Gtr. Manchester & Cheshire Championships. Our U11 girl's team of **AVA BYGRAVE, CHARLOTTE BISCOF** and **EVA KARALIUS** finished runners up in the NW Championships but won the Cheshire title with **BETH TITTENSOR, LALI BROWN** and **STEFFI BERNT** De la O in bronze medal position. In the Gtr. Manchester Championships, our team of **IMOGEN HILL, OPHELIA JONES** and **LILY OLDALE** finished 3rd whilst **MADDY HOLT, SCARLETT WRIGHT** and **TARA FERGUSON** were first 'B' team. Out U11 boy's team of **MATTY CULLEN-BROWN, TOM HOBSON** and **JOE SPARK** were silver medallists in the Gtr. Manchester Championships.

Two of the Primary sections October highlights were when we took part in the Northern U11 Cross-Country Relay Championships in Sheffield. Our boy's team of **TOM HOBSON, BEN KEELEY** and **FINDLAY GODDARD** finished runners up. The other was the section's annual Presentation evening and this year over 300 attended and 110 young athletes were awarded medals and certificates. Certain coaches and volunteers were also awarded trophies presented by young G.B Internationals **HARRIET KNOWLES JONES** (Warrington AC) and Sale Harriers **FRANCESCA BRINT**. Francesca started in the yellow colour groups at Crossford Bridge. After the presentations everyone tucked into food served by the staff of hosts Sale Rugby Club. **ANDY DENNISON** made his debut as master of ceremonies assisted by **CHRISTINE JOHNSON** and the event was organised with the help of **CHRISTINE TYRER**.

The 2018 group champions (boys & girls) are:

- Blue: **JAKE SOUTHWARD & ELEANOR GRIFFITHS**
- Yellow: **DANIEL OAKES & ROXY McHUGH**
- Red: **LIAM O'BRIEN & PAIGE BROWN**
- Green: **BEN KEELEY & LILY OLDALE**
- White: **DANIEL HARRISON & SARA CLOUGH**
- Appreciation Award: **NICK HILL** Coaches in the Green Group. Awarded since 1985
- Volunteer Award: **JON McMANUS** for his grounds keeping at Crossford Bridge
- Young Helper Award: **LAURA PEARSON**

In January a Sale team consisting of **ISOBEL HALL, LIZ SINCLAIR** and **AVA BYGRAVE** finished 3rd in the Cheshire U11 Cross-Country Championships at Birchwood Forest. The four match Manchester Area League culminated in February with the Primary girl's finishing silver medallists and the boy's bronze medallists.

TRACK&FIELD



Sonia Samuels 5th in the Gold Coast Commonwealth Marathon, true grit in searing heat



Chris Baker - 9th in the high jump representing England



Kirsten McAslan helped Scotland to a new national 4 x 400m record

APRIL APRIL APRIL APRIL APRIL

8TH TO 15TH

GOLD COAST COMMONWEALTH GAMES (Australia)

Sale Harriers had three athletes represent their nations at this XXI Commonwealth Games. This was each one's 2nd consecutive Commonwealth Games.

- **KIRSTEN McASLAN** Kirsten helped Scotland set a new National 4 x 400m record that clocked 3.29.18 to break the previous record of 3.30.81 set in the Delhi Commonwealth Games in 2010. Wow!
- **SONIA SAMUELS** represented England in the Marathon finishing 5th in 2:36.59 – a titan performance in searing heat.
- **CHRIS BAKER** represented England in the high jump and finished 9th (2m 21cms).

20TH

INTERNATIONAL T&F MATCH (Los Angeles)

AIMEE PRATT smashed her 3000m Steeple Chase PB (9:54:16) that positioned her 2nd in senior UK rankings and 1st in the U23 ranking. Her time was under the 9.55 qualifying mark necessary for the European Championships but British Athletics requires 9.43 to qualify. Her time is also her latest club record. Well done, Aimee. Aimee is coached by **VINCENTE MODAHL** in the Diane Modahl Sports Foundation

21ST

UKYDL (Lower) (NORTHERN PREMIER LEAGUE) (Leeds)

Sale Harriers U13 & U15 UKYDL squad came to this first match as the National Champions and 10 times in 11 years Northern Premier title holders. Their competing teams this year are to be (a) Preston Harriers, (b) West Cheshire AC, (c) Wirral AC, (d) Harrowgate Harriers and (e) Leeds City AC. In this first match they really had the gauntlet thrown down in a way that had never happened before with an exceptionally strong Preston AC team. As a result, they suffered their first defeat in 5 years in a Northern Premier match. However, these youngsters did Sale Harriers very proud. They finished a very competitive second. Just some of their fantastic performances were:-

- The sprinters & hurdlers: There were victories from **MARCUS McCLEAN**, **ABRAHAM FOBIL**, **AIDAN LYNCH**, **EMMANUEL JOHNSON**, **SUCCESS EDUAN**, **OSA ODEMWENGIE**, **LAURE KIDUKULA**, **SOFIJA DRAGISIC-WOOD**, **HERMIONE MASON**, **LEONARDO SCOTT**, **NATACHI NWOSU** and **LUCY HERBERT**
- The whole of the U13 girl's middle distance squad comprised primary aged athletes all of whom showed a mature attitude to competition and many achieved lifetime best performances.
- There were great wins in the throwing events by **ELLA GILLESPIE** and **JASMINE RICHARDSON**
- The jumpers also did great with wins from **BASIL ZOLA**, **ELLISE FRYER-FRANCIS** and **THEA BROWN** (who competed in four events with great success)



Oscar Schofield



Laurie Kidikula



Ella Gillespie



Ellise Fryer-Frances



Basil Zola



Stuart Stokes

22ND

STEEPLECHASE WORKSHOP (Preston)

STUART STOKES, Sale Harriers London Olympics steeplechaser, held a successful training session on the steeplechase technique. He did it in Preston with Preston AC's Helen Clitheroe. Stuart was Britain's No 1 steeplechaser with a PB of 8:23.66. He represented GB in almost every major Championship for more than a decade including the Delhi, Melbourne & Manchester Commonwealth Games. He retired after the London 2012 Olympic Games and then became Britain's No 1 M35 steeplechaser. Stuart was a Sale Harrier from 1995 -2014.

29TH

YDL (Upper) NORTH PREMIER LEAGUE (Carlisle)

Sale Harriers U17 and U20 boys and girls launched their summer T & F season in the reconstructed YDL (Upper) league. This year they're competing in the "Upper North Premier League", and their competing teams are (a) Kingdom Athletic Club (b) Team Edinburgh (c) Team Fort Valley (d) Team Glasgow (e) Liverpool Harriers (f) Sale Harriers Manchester. This club section has historically faced challenges centred on long, costly and sometimes overnight travel; competing against four Scottish composite teams which are essentially like national teams and having to fill 76 competitive events for each match. Sale Harriers fared well and recorded 20 victories that included winning all the four relay races. However, they still finished 4th. The clubs big team points scorers by winning their events were:-

- U20's: **RORY KEEN** (100m & 400m), **NATHAN BOOTH** (Hammer), **REGAN WALKER** (100m) **MEG McHUGH** (100m) **TESS McHUGH** (100m) **MATILDA WATERS** (Pole Vault) **HANNAH BLOOD** (Shot), **EMMA LOWE** (Hammer & Javelin). 4x100m relay: **OWOSEMI SIMISOLA**, **REGAN WALKER**, **MEG McHUGH**, **GORDON MYISHA** 4x400m relay: **OWOSEMI SIMISOLA**, **REBECCA KEEN**, **MEG McHUGH** **TESS McHUGH**
- U17's: **BROGAN RUDMAN** (400m Hurdles), **CALEB ADENUGA** (long jump) **POPPY GLASBY-SEDDON** (300m) **SCARLETT WHITTAKER** (80m Hurdles) **AYLA HEWITT** (300m Hurdles), **LUCIE WOLFENDEN** (Pole Vault) 4x100m relay: **PRAISE OWOEYE**, **RUKA SHONIBARE**, **JESS NELSON**, **POPPY GLASBY-SEDDON** 4x300m relay: **MAYA CURRY**, **JESS NELSON**, **AYLA HEWITT**, **POPPY GLASBY-SEDDON**

MAY MAY MAY MAY

5TH

BRITISH ATHLETIC LEAGUE (Division1) (Thames Valley):

The senior men launched their 2018 BAL campaign to return to the Premier division following relegation last summer. Their competing teams this year are (1) Harrow, (2) Southampton AC, (3) Windsor, Slough, Eton & Hounslow AC, (4) City of Liverpool, (5) Kingston AC, and (6) Herne Hill Harriers, (7) Blackheath & Bromley H & AC, (8) Sale Harriers Manchester. For this first match in London, they struggled to raise a team, resulting in many competitive 'gaps' that inevitably resulted in lost points. They finished 5th. Those who travelled South performed admirably and well done to:-

- **CALLUM BROWN** who started by winning the 'A' Hammer.
- **CHRIS BAKER** who won the High Jump.
- Multi-eventer **JACK ANDREW** who won the 110 hurdles.
- **SAM DEAN** who won the Javelin.
- There were notable top 3's from **JONA EFOLOKO**, **DANIEL AFOLABI**, **ENZO MADDEN**, **JAMIE RODEN**, **JAMES WIGNALL**, **DAVE MARSH**, **ROB MITCHELL**, **EMMANUEL ODUBANJO** and **JONATHAN FERRYMAN**.



Nathan Booth



Tia Blisset



Hannah Blood

5TH

NORTHERN LEAGUE (Division 3W) (Connahs Quay):

The push for promotion back to the Northern Premier Division began in earnest for Sale Harriers with a very satisfactory 37 point victory. Team managers **DAVE MARSH** & **JACK FROST** worked studiously to ensure this success. Sale Harriers competing teams in their push for promotion are (1) Deeside AAC, (2) Wirral AC, (3) St. Helen's Sutton AC, (4) Salford Met AC (5) Trafford AC. Everyone pulled together admirably and everyone contributed to the impressive victory by winning team points. Those who won their events and gained maximum team points were:-

- | | |
|--------------------------------------|------------------------------------|
| NIGEL MARTIN (1500m & 5000m) | ALEX WORT (400mH, Discus) |
| NICHOLAS YOUNG (Discus) | PAULIUS KAUTIEKUS (Javelin) |
| NATHAN BOOTH (Javelin) | JOHN NICHOLS (Shot) |
| NICHOLAS YOUNG (Shot) | KEN HUNT (5000m) |
| RUBA SHONIBARE (100m, 200m) | REGAN WALKER (200m) |
| AIMEE PRATT (800m) | JULIA REYNOLDS (3000m) |
| MEG McHUGH (400mH, Javelin) | HANNAH BLOOD (Shot) |
| DEVON WAYMONT (Long Jump, HJ) | TIA BLISSET (Long jump) |
| SOPHIE ASHURST (Pole Vault) | |

6TH LEICESTERSHIRE STEEPLEFEST (Leicester)

Sale Harrier's 21-year old, **AIMEE PRATT**, won the 1500m Steeple Chase in a great PB of 4:41:5 – an 8 second improvement. This was just 1.2 seconds behind the British record and tops the U23 UK rankings. She now ranks 2nd on the British All Time list. She also further improved her 1500m S/C club record. The 28C temperature was probably the reason she missed the all-time best.

6TH BUCS CHAMPIONSHIPS (Bedford)

Three Sale Harriers medalled at the traditionally very competitive British Universities Championships in Bedford. BUCS medals are highly sought and a tribute to quality: Well done to:-

- **MEGAN DAVIES** who retained the 1500m silver medal from 2017. Her time of 4:24.25 was five seconds faster.
- **REYNOLD BANJO** won the long jump silver medal and added it to February's indoors long jump silver
- **KEVIN METZGER** won the triple jump bronze medal and also added it to last winter's indoors bronze medal.

Adam Spilsbury – England debut in 2017



Relay medallists

12TH BRITISH MILERS CLUB GRAND PRIX (Sportcity)

This British Milers Club Grand Prix (BMC) at Sportcity is an annual Sale Harriers promotion, held in conjunction with the BMC. Its driving force is widely acclaimed endurance coach and long-time BMC President **NORMAN POOLE**.

The great and good of middle distance come together for what's Britain's top domestic athletics highlight. This year's big headline was Halifax's 15-year-old Max Burgin who set a stunning British U17 800m record in 1:47.50. Three of the races were of such quality they produced qualifying times for the European Junior Championships. The stand-out Sale Harrier performances were:-

- **ADAM SPILSBURY** who ran an 800m PB of 1:52.12, possibly his most pleasing achievement since he won his first U20 England vest in June 2017 competing over 800m in a Welsh Athletics International at Cardiff. He won that race in a new championship record of 1:53.55.
 - **STEPHANIE MOSS** who delivered a fantastic 800m PB of 2:09.78 that was also an U17 club record.
 - **ALYSSA DAVEY's** 800m was a fantastic PB of 2:18.79.
 - U20 **FRANCESCA BRINT** who continued her superb form with a 1500m PB of 4:23.24.
 - U23 **AIMEE PRATT** also improved her PB to 4:21.04.
 - **CLAUDIA COWAN** showed she's a fast improving athlete with her 1500m PB of 4:32.44. In the 5000m races
 - **JAMIE RODEN** ran a superb 5000m in 14:44.41.
 - **MATT BARNES** recorded 14:45.36 that placed him No. 2 M40 in the UK
 - **JAMES WIGNALL** made an impressive 5000m debut in 15:03.39
- Sale Harriers top coach **PAUL RODEN** was part of an earlier 'Coach's Corner' with Emily Dudgeon (Edinburgh A.C.) discussing coaching the female athlete at the transition point from Junior to Senior.



James Wignall

Stephanie Moss

Aimee Pratt



Francesca Brint

Claudia Cowan

Alyssa Davey



Grace Bower Gtr. Manchester Champion x 4 with Zak Stiller who won the U17 hurdles and 2nd in the pole vault.



Annabel Amidin - Club record breaker.

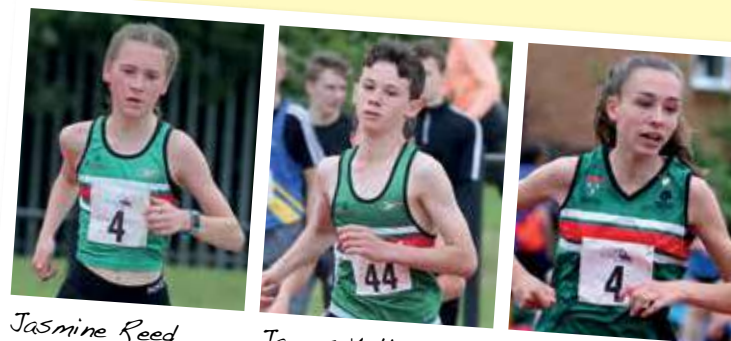
Britain's No.1 Jasmine Reed with bronze medallist Sara Clough



Gtr. Manchester Champions Lazarus Benjamin, Amy Haslam, Sophie Ashurst, Lucie Wolfenden (H. Vaughan - Bury).



Nicholas Young - Wales U20 Shot & Discus Champions



Jasmine Reed

James Kelly

Lucy Armitage



Sophie Ashdown

Tia Grover

12TH GREATER MANCHESTER COUNTY CHAMPIONSHIPS (Bury)

Sale Harriers won a whole load of medals at the Gtr. Manchester Championships following the two days of competitions. In all the age groups from U13 boys and girls up to senior men and women, Sale Harriers had more Champions and medallists than any of the other competing club:-

- 16 Gtr. Manchester Field Event Champions
- 21 Gtr. Manchester Track Champions
- A similar number of silver and bronze medallists.

Of special significance were:-

- **GRACE BOWER** not only became Gtr. Manchester U20 Champion in 4 disciplines - Javelin, Shot, Long jump and 100m Hurdles, but her long jump of 5.98m obliterated the past long jump record of 5.74m that had stood since 1995. The club's talented multi-events champion made her GB debut last year as a first year U20.
- **LAZARUS BENJAMIN**: Lazarus joined Sale only in 2017 from being a GB Gymnast from age nine and was a Regional, County and National Gymnastics Champion. He was on the GB Squad four years. He gave this up in July 2017 for Athletics and Sale Harriers. Lucky Sale! Chart his phenomenal achievement through this magazine's pages.
- **SOPHIE ASHURST** is another prodigious talent who added the U17 pole vault title to last year's U15 title. She's now ranked No.1 in the UK as an U13 and as an U15 vaulter and already is No. 2 nationally as an U17 in just her first year. Sophie's coach and father is Sale Harrier **ANDY ASHURST** who won the pole vault Gold at the 1986 Commonwealth Games in Edinburgh.
- **ANNABEL AMIDIN** won the Shot title and broke the club U13 record
- **JASMINE REED** went to number one in the 1200m UK rankings in a fantastic race to improve her PB by almost 10 seconds to 3:49.71

13TH NORTH WALES REGIONAL CHAMPIONSHIPS (Deeside)

NICHOLAS YOUNG became the U20 North Wales Shot & Discus Champion. He adds this title to his English, Scottish & North Wales indoor titles earlier this year He successfully defended his Welsh title for the 3rd successive year. He now ranks No. 2 U20 in the UK for the 6k shot and No 1 as an U15 and U17. He also received his call-up to the GB team for the Loughborough international on 20th May. Nicholas joined Sale Harriers early in 2018 and is coached by Sale Harriers **NEIL DONBAVAND**. Welcome Nicholas ...and well done!

19TH UKYDL (Lower) NORTHERN PREMIER LEAGUE (Wakefield)

In this 2nd of the four YDL (Lower) matches, Sale Harriers U13 & U15 team recorded many impressive performances. They again had the gauntlet thrown down to them as the National YDL Champions and for the second time finished runners up to Preston AC who became the only team (other than Sale) to score over 600 points in a Northern Premier match. Nevertheless, Sale Harriers boys and girls did themselves proud.

- The U15 boys did great to win both relays plus fourteen individual events.
- **BASIL ZOLA** and **ABRAHAM FOBIL** both won four events each.
- **MARCUS McCLEAN** won a sprint double and his 200m time of 22.60 seconds was probably the stand out performance of the day.
- In the U15 girl's events **SUCCESS EDUAN** won a sprint double with PB's in both.
- **MELISSA BOOTH** jumped a magnificent 5.35m in the long jump.
- **SOFIJA DRAGISIC-WOOD** won the hurdles with a PB and Grade 1 performance.
- Sale's U13 girls won a magnificent six of the nine individual 'A' events.
- **NATACHI NWOSU** won a sprint double including a 19.67 seconds clocking for 150m.
- Among the U13 boys, the middle distance runners were in great form and in the sprints **LEONARDO SCOTT** was exceptional. He competed in four events, recording PB's in both sprints winning the 100m and placing second over 200m



Cesca Brint with her very proud dad on her GB debut

20TH LOUGHBOROUGH INTERNATIONAL

Sale Harrier's athletes had a strong presence at the 60th Loughborough International between England, Scotland, Wales, GB juniors and British Universities.

Two Sale Harriers made their GB debuts:-

- **NICHOLAS YOUNG**, the triple Welsh, Scottish & English Shot & Discus champion successfully defended his Welsh title for the 3rd successive year. He now ranks No. 2 in the UK for the U20 SP6K.
- **CESCA BRINT** made her 1500m GB debut and continued her fantastic year with a great race and a big PB of 4:18.83 that propelled her to 3rd in her U20 UK rankings. Just a second faster and she'd have won automatic qualification to the World Junior Championships in Finland (10th – 15th July). Other Sale Harriers highpoints:-

Three received an England representation:

- **ANDY ROBERTSON** (100m & 4 x 100m).
- **AIMEE PRATT** set a five seconds 1500m PB recording 4:16:69 that placed her 4rd U23 nationally
- **JULIAN REID**, new to Sale Harriers, ranked 3rd nationally in the triple jump. He won his competition.

One received a Scottish representation:

- **KIRSTY LAW** was "absolutely delighted" to get her win for Scotland with a discus throw of 54.14m. "Bring on the rest of the season" she said.

Others who produced significant performances were:-

- **JONA EFOLOKO** who's 100m PB of 10.43 placed him 2nd in the UK rankings and U23 long jumper
- **REYNOLD BANIGO** who's PB of 7.62m placed him 3rd
- **MATT CULLEN**, Sale Harriers top pole vault coach was selected to be the U20 team coach for this match, the first of 3 or 4 internationals this year, the next one being in Mannheim (Germany) on 23rd/24th June and then the World Junior Championships in Finland



Lucy Evans proudly has represented Sale for 20 years

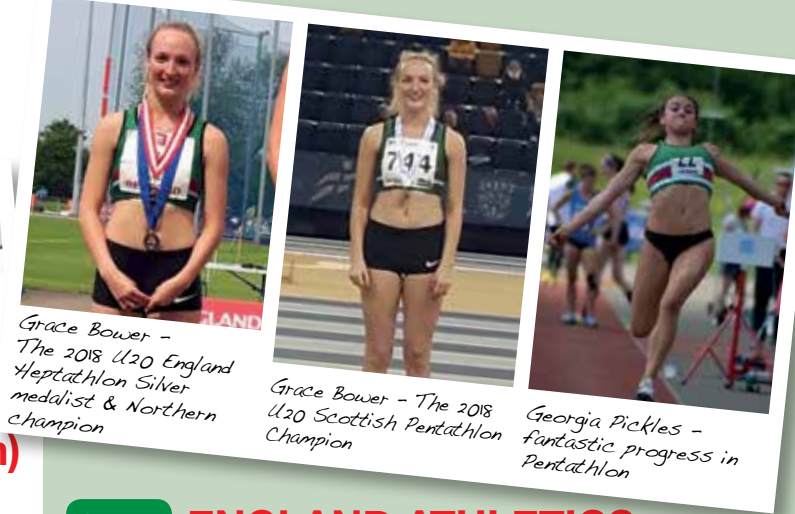
26TH AND 27TH

IFAM T & F MEETING (Belgium)

Sale Harriers had two outstanding performances at this International match in Belgium.

- **AIMEE PRATT** further improved her 3000m steeplechase PB and club record by four seconds to record 9.50.17. This brought her to within seven seconds of the British European Championship 'A' standard time. Congratulations, again. Aimee! Aimee has been the flag-ship member of the Diane Modahl Sports Foundation for several years and is coached by **VINCENTE MODAHL**
- **LUCY EVANS** won the 200m race in 25.19 to rank her No.1 in the World for W35 in 2018. Lucy first joined Sale Harriers in 1983 aged 14 and began almost immediately competing for the club. She's been a club stalwart for 20 years, always proud to represent Sale Harriers. Initially this was in the Young Athletes League as an U17/U20 and then in the UK Women's Premier League. Among her proudest Sale Harrier achievements was being a regular part of the team that won the unprecedented number of UKWAL Premier League titles between 2004-2010 and then went on to represent Sale Harriers in the European Clubs Cup across Europe. She said "I feel very privileged to have worn my club vest at many national and internationals competitions; British Championships, Olympic Trials, Manchester City Games and competitions in Europe and the USA. I remember at one meeting in Abilene, Texas, an official couldn't quite believe that my vest was from Manchester UK. As soon as he heard my accent though, he did believe me. One of my most successful days as a Sale Harrier athlete was at a club match in Leigh where I ran 2 new PBs of 11.61 for the 100m and 23.96 for the 200m. It was the first time I broke the 24.00 barrier for the 200m and is a day I will always remember".

Lucy has lost count of the number of times she's represented Wales and is especially proud and honoured to have been selected for the Welsh Team at the 2014 Glasgow Commonwealth Games. Two more of Lucy's career highlights were in 2014 when she ran the 4 x 100m anchor leg at the Glasgow Diamond League and in 2015 when she reached the final of the British Championships in 2014. "These were amazing experiences", she said. The one sprint pinnacle to have eluded her was not to win a senior GB representation. "Competition for places on the GB team for sprints is tough, but that's how it should be" she acknowledged.



Grace Bower - The 2018 U20 England Heptathlon Silver medalist & Northern Champion

Grace Bower - The 2018 U20 Scottish Pentathlon Champion

Georgia Pickles - Fantastic progress in Pentathlon

27TH ENGLAND ATHLETICS COMBINED EVENTS CHAMPS (Bedford)

Two very talented Sale Harriers competed with distinction in this major EA Championship:-

- **GRACE BOWER**, Sale Harriers 2014 English Schools Pentathlon Champion, became the EA U20 Silver medallist having hauled herself up from third place on day one. She improved her PB to 5283 points which meant she's definitely a name to look to in the future. In a very successful championship, she actually beat her Oxford rival in the 800m with a very fine time of 2:21.88. Earlier, in February's Scottish National Combined Events Championships, Grace also became the Scottish Pentathlon Champion with another fine series of performances. She's currently coached by Mike Holmes.
- **GEORGIA PICKLES** also had a great championship in her first Pentathlon for six years. A pole vault specialist in recent years, she recorded PB's in five of her seven events – long jump, javelin, high jump, 100m hurdles and 200m and a new heptathlon PB of 4272 points whereby she's now risen to the 12th best U23 in the UK. "I really surprised myself and I exceeded my expectations massively, as I entered just for fun and to see where I was at. It was at February's Indoor BUCS Championships that I realized I'd lost my love for pole vault but found my love for multi events. Whilst I'd still say my proudest athletics achievements were in pole vaulting like winning the 2014 Vault Britain series, I'm extremely proud of my 9th place in this Heptathlon Championship as it was my first year of proper heptathlon training".

20TH GREAT MANCHESTER GAMES

Twenty seven Sale Harriers paid their mega-bucks to be among the 30,000 who lined the streets for the 9th Great Manchester 10K that captures the city. The summer's scorching heat made it tough for everyone. The Sale Harrier outstanding achievements were:-

- **KEN HUNT** was the only club member to brave the heat and record a PB by 30 seconds to 34.49.
- Three made racing debuts. **KIAN LINDSEY** (39.05), **NATHAN CAMERON** (42.52) and **SEAN WYNN** (47.07). Good luck for very successful careers
- **MATT BEACOCK** (34.32) raised over £500 for the charity MIND.
- **GAVIN HILL** (33.14), **JENNA HILL** (35.19) and **SARAH DOUGLAS** (39.13) competed in the 'elite' field. **JANE THOMAS** felt 'honoured' to start among the fast paced club runners just behind the elite men (including Mo Farah) in her first ever Manchester 10K.
- In the half marathon only **LUISA CANDIOLI** recorded a PB. She ran an impressive 1.26.19 for 4th place and a time that was almost five minutes inside the London Marathon qualifying time of 1:30.00.
- Ten Sale Harrier youngsters participated magnificently in the junior age-group runs. **JACK SPARK** had a great run to win his age 9/11 group and his club colleague **OSCAR SCHOFIELD** was just behind him in 2nd place. Last year Jack was the silver medallist in this age-group; in 2016 he won the aged 9/10 race and in 2015 he won the U9's mini run
- In this year's mini run little **MOLLY IRWIN** won her race with a really strong run.
- Sale Harrier marshals yet again made a BIG difference along the route through Sale. A large number greatly contributed to the safety, support, atmosphere and camaraderie throughout the day



Great Manchester 10k finishers – Anne Chinoy, Matthew Spragg, John Morris, Gareth Webb, Peter Shipley.



Matt Beacock raised an incredible £500 for MIND

Jack Spark

27TH YDL (Upper) NORTH WEST PREMIER LEAGUE

Liverpool Harriers were hosts for the 2nd YDL Upper North West match for the club's U17 & U20 men and women. On relatively 'home' turf, they might have anticipated a good result but, so strong and competitive were the Scottish composite teams, they took the top four finishing positions and left both Sale Harriers and Liverpool Harriers trailing in 5th and 6th places. It wasn't that Sale Harriers lads & gals weren't strong - indeed, the U20 men and women won a dozen events each, but the Scottish composite teams were so much stronger. Sale Harriers league standing after this match therefore was 4th.

Of particular joy was **KELLY CHADWICK**'s return to competition AND she won the 100m and the long jump, her former events the distressing time, three years ago when, as a talented U17 sprinter and long jumper (she ranked U13 No1 in both) she needed an urgent life-saving kidney. It's great to have her return healthy, competitive and strong. She still holds the U13 club records in both the 100m and long jump.

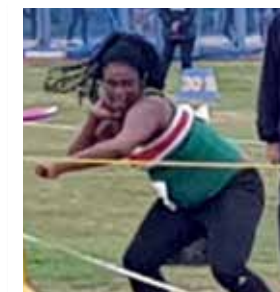
28TH BIG JUMPS & THROWS FEST

Three of Sale Harriers top triple jumpers took part in this Fest that preceded the international Bedford Games. It was won by **JULIAN REID** (16.35m) **KEVIN METZGER** was 5th (14.76) and **JONATHAN FERRYMAN** was 9th and his 14.22 was the furthest he's ever done outdoors and he believed there's even more to come.

28TH TRAFFORD MEDAL MEETINGS

The club's young athletes started the T & F season in the Trafford Medal meeting at Longford Park hoping to gain selection for the club's Youth Development League (YDL) teams. A number of athletes performed well enough to rank in the National top ten.

- In the U15 events, **MARCUS McLEAN** and **SUCCESS EDUAN** ran well in the sprint events. **AIDAN LYNCH** ran a massive PB in the 800m.
- In the U13 events **ANNABEL AMADIN** broke the club record for both the shot and discus and **NATACHI NWOSU** was outstanding in the sprints. **JASMINE REED** won 800m & 1200m races in very fast times.
- Primary athletes **AVA** & **SARA CLOUGH** made exciting debuts over the same 800m & 1200m distances. **ORPHELIA JONES** was Sale Harriers star in the U11 events with wins over 75m and 150m in excellent times.



Annabel Amadin again breaks the club U13 record in shot & discus

JUNE



Megan Davies



Abigail Irozuru

2ND

UK WOMEN'S LEAGUE (Div 1) (Cardiff)

This is Sale Harrier's first UKWAL T & F League match of their 2018 season. The club's senior women won promotion last season so are full of optimism starting new in Division 1. Their competing teams are (1) Shaftesbury Barnet AC, (2) Woodford Green & Essex Ladies, (3) Cardiff AC, (4) Nottingham AC, (5) Harrow AC, (6) Crawley AC and (7) Enfield & Haringey AC. Their target is to consolidate in this new league and then return to the Premier League. The team travelled all the way to Cardiff – a long overnight journey and this contributed to a disappointing 7th place. Team Manager **TONY SIMMONS** summed up the first match, "On the face of it... a disappointment finishing in 7th place but the positives to take note of are:-

- Congratulations to those gaining or equalling PB's... **BETH WOODHEAD** (HJ), **RACHEL PUGH** (Javelin), **IMANI MODAHL** (2k s/c) and **IRENE BONAFONTE-PARDAS** (400m).
 - Special well done to **KIRSTEN McASLAN**'s time of 57.33 in 400m hurdles. She was just 2 tenths of a second outside the divisional record.
 - To those athletes that travelled independently from various parts of the UK, by plane, train, car, taxi, etc, and to others who gave up Friday to be there on time.
- "The weather was glorious and we were treated to a parachute display as part of Cardiff's AAC's 50th anniversary celebrations" said Tony Simmons. Sale Harriers dominated the UKWAL Premier League during the era of team manager (and later President) **ERIC HUGHES**. In the 38 years from 1976 when the UKWAL was formed until 2012. Eric managed his UKWAL teams to no less than 23 UK Premier League titles; were runners-up on 9 occasions; third on 3 occasions and 4th twice.

Jonathan Ferryman



Tiggy Falloon



Hannah Blood

Tia Blisset



Dave Marsh



Imani Modahl



Aron Thomas

2ND

BRITISH ATHLETIC LEAGUE (BAL) (Portsmouth)

The location of Portsmouth for this second match was going to be a problem for Sale's BAL men. It also clashed with other events so only 16 athletes made the long journey to Portsmouth. Those that travelled put in a huge effort by competing in at least 2 events each. However the lack of competitors meant Sale Harriers finished a rather lowly 7th. This means their overall League standing after two matches is 6th putting them into a precarious position. The match highpoints were

- **SAM DEAN** (Javelin), **CHRIS BAKER** (High jump) and **JAMES WIGNALL** (Steeplechase) all, yet again, winning their events.
- **JORDAN BROOME** (100m and 200m) and **CONNOR WOOD** (200m), **ALEX BRADFORD** (steeplechase) and **ROB MITCHELL** (High jump) were all in the top three.



Model twins Sara & Ava Clough proudly displaying the new YDL T-Shirts



Annabel Amadin

3RD

LAUNCH OF YDL (LOWER T-SHIRTS)

Special technical T-shirts, displaying the club logo and the YDL (lower) as the 2017 National Champions, were put on show for the first time to be worn at Match 3 on June 17th and the National YDL Final in September. Special thanks to **MICHAEL GILLESPIE** and his company **J.C. GILLESPIE HEAVY HAULAGE** and **GED NOLAN** of his company **WILMSLOW BUILDING COMPANY LTD.**

3RD

NORTHERN LEAGUE (Division 3w) (Sportcity)

The push for promotion into the Northern Premier League continued with Sale Harriers convincingly winning their 2nd of four matches by a massive 151 points. Both the club's men and women were as dominant as ever with the men winning 21 of their 34 'A' & 'B' competitions and the women thirteen 13. Everyone were major points. Both sections admirably demonstrated Sale Harriers winning potential when everyone pulls together. Women's team Manager **DAVE MARSH** said, "The athletes performed fantastically. Ensuring we filled in all the gaps made it a comfortable win for the club". Everyone deserves a big clap on the back".

COLIN HORNBY	(100m, 200m)
BLAKE TIGER-LEE BROWN	(100m)
SAM WORTHINGTON	(400m)
ZAC STILLER	(400m)
CHARLIE HOBSON	(800m)
DAVE MARSH	(800m, 3000m S/C)
SHAUN GEE	(1500m)
KEN JAMES	(1500m)
DAMIEN JONES	(3000m S/C)
KEN HUNT	(3000m)
TIM KENNEDY	(3000m)
ALEX WORT	(400mH, 110mH, Hammer)
WILL SCHOFIELD	(Hammer)
PAULIUS VAITIEKUS	(Javelin)
NATHAN BOOTH	(Javelin, HJ)
JOHN NICHOLLS	(Shot)
WILLIAM SCHOFIELD	(Shot)
HARRY LORD	(Long Jump)
MORGAN FRITH	(Long Jump)
JONATHAN FERRYMAN	(Triple jump)
ELIOT O'NEILL	(Triple Jump)
ARON THOMAS	(High Jump)
ZAC HARROP	(Pole Vault)
MATT CULLEN	(Pole Vault)
RUKA SHONIBARE	(100m)
MYA CURRY	(100m, 200m)
PRAISE OWOEYE	(200m)
TESS McHUGH	(400m)
AMY MOLLARD	(400m)
MIA GIBBONS	(800m)
IMANI MODAHL	(800m)
GEORGIA HAWORTH	(1500m)
SINEAD FERGUSON	(1500m, 3000m)
JULIA REYNOLDS	(3000m)
HANNAH BLOOD	(Hammer, Discus, Shot)
EMMA LOWE	(Hammer, Discus)
MIA DAVIES	(Javelin, Long Jump)
SOPHIE TILLEY	(Javelin, Shot)
DEVON WEYMOUTH	(Long Jump, High Jump)
TIA BLISSET	(Triple Jump)
TIGGY FALLOON	(Triple jump)
YASMINE DE SILVA	(High Jump)
SOPHIE ASHURST	(Pole Vault)
AMY HASLAM	(Pole Vault)

9TH

GREATER MANCHESTER SCHOOLS (Longford Park)

All the following achieved Championship Best Performances (CBP) in their events at the Gtr. Manchester Schools. This is a tribute to their tremendous talent. Well done to them...

FRANCESCA BRINT	(senior 800m) broke Karen Hill's (nee McPherson) CBP from 1987
MATILDA WATERS	(Senior Pole Vault) previously held by Lindsey Johnson
SOPHIE ASHURST	(Inter pole vault)
MARCUS McLEAN	(Junior 100m)
LAZARUS BENJAMIN	(Junior Pole Vault)
SUCCESS EDUAN	(Junior 200m)
KIA-LICIA CLARKSON	(Junior 300m)
MELISSA BOOTH	(Junior Long jump)

9TH NORTHERN SENIOR & U20 T&F CHAMPIONSHIPS (Sportcity)

The annual Northern U20 & Senior T & F Championships are an important part of every athlete's development. It provides significant competitive opportunities which ambitious athletes will avail of. Northern medals give winners great pride. To reinforce the value and importance of the Championships England Athletics off and with 21 were awarded medals.

JONA EFOLOKO	100m Gold
JONATHAN FERRYMAN	Triple jump Gold
JESS TAYLOR-JEMMETT	100m Gold
GRACE BOWER U20	100m Hurdles Gold
SAM DEAN	Javelin Gold
ABI FITZPATRICK	400m Hurdles Gold
ABIGAIL IROZURU	Long jump Gold
WILLIAM SCHOFIELD U20	Hammer Gold
EMMANUEL ODUBANJO U20	Triple Jump Gold
RORY KEEN U20	400m Gold
JENNA HILL	1500m Silver
LUKE SOUTHERTON U20	Long Jump Silver
GRACE BOWER U20	Long jump Silver
REBECCA KEEN U20	Triple jump Silver
JESS TAYLOR-JEMMETT	Pole Vault Silver
SOPHIE ASHURST U20	Pole Vault Silver
REGAN WALKER U20	200m Silver
MEGAN McHUGH U20	400m Hurdles Silver
JESS TAYLOR-JEMMETT	Shot Bronze
KELLY CHADWICK U20	Long Jump Bronze
JESS TAYLOR-JEMMETT	Javelin Bronze



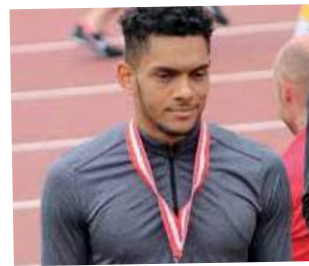
Megan Davies - top of the podium



Cesca Brint - on top of the world



Top sprinter - Jona Efoloko



Top jumper - Kevin Metzger



Aimee Pratt won EA Bronze on her 5000m debut



Paul Roden - Middle Distance coach to Megan and Cesca



Champion Sam Dean



Grace Bower



Rory Keen Northern 400m champion.



Jonathan Ferryman & coach Keith Hunter



Charlotte Biscof, Beth Tittensor, Eva Karalius



Abigail Irozuru with world beaters IBARGUEN, PROCTOR, LESEUR.

10TH CHESHIRE COUNTY RELAYS (Crewe)

Sale Harriers trio BETH TITTENSOR, EVA KARALIUS and CHARLOTTE BISCOF were the silver medallists in the U11 3 x 600m Cheshire County Championships. Well done to Eva's father, Paul who singlehandedly took the initiative to ensure these girls participation to win their proud county medals. That's the spirit, Paul!

16TH ATHLETIC MEETING MARSEILLE (France)

ABIGAIL IROZURU recorded her best outdoor long jump since 2014 - a fantastic achievement for Sale Harriers international jumper whose career has been blighted by injury. This was Abigail's 3rd competition this year in an unexpected come-back following her disastrous 2015/16 season. She began jumping again at May's International Games with an encouraging 6.28m long jump victory. She improved further to another victory of 6.50m in the Northern T & F Championships and then a further 10cms improvement to 6.60m in this International match in France. It was a competition stacked with the world's top jumpers that brought out the best in Sale's very competitive athlete and she recorded her best outdoor jump since 2014. "Such joy competing again on a big stage!" she said. Fingers crossed she maintains her top form into the British T & F Championships and the possibility of returning to European Competition. Abigail is a club stalwart who's brilliantly represented Sale Harriers on and off the track for 15 years.

16TH AND 17TH ENGLAND ATHLETICS U20/U23 CHAMPIONSHIPS (Bedford)

As is the case every year, impressive performances across a number of events again thrilled the two days of this national championship for Britain's best U20 & U23 men and women. Among them, of course, were several Sale Harriers. A fantastic five returned home as England Champions, 1 silver medallist and 2 bronze medallists. Congratulations to all of them, their coaches and support teams. The 5 National Champions are:

1. **JONA EFOLOKO**: He became the EA U20 200m Champion and he did it in great style with a PB of 20.79 that broke **DARREN CAMPBELL**'s U20 200m club record of 20.87 which he'd held since 1992 (set in Seoul, Korea). He was up and into his running quickly, came off the bend ahead and into the straight, battled fiercely with his rival Charlie Dobson of Colchester Harrier, Jona held on to win in a PB. "I knew it was going to be a tough race between me and Charlie" said Jona. "I just had to trust my training that my top speed would see me through. I usually peak towards the end of the season but I'm

- running PBs now." Jona is coached by **JOHN SMITH** at Sportcity
2. **FRANCESCA BRINT** became the EA U20 1500m Champion. Cesca showed that championship racing is not about who has the fastest PB. Showing the best acceleration on the last lap, she looked in control as she came down the home straight to win in 4:29.40 ahead of the current Commonwealth Youth Champion.
 3. **REYNOLD BANJO** became the EA U23 long jump Champion. He jumped to 7.50m (+1.3) to take the title.
 4. **SAM DEAN** became the EA U23 Javelin Champion. A PB throw of 66.11m took him to the gold medal. 'There's more to come' he said
 5. **MEGAN DAVIES** became the EA U23 1500m Champion. She won her gold medal in a great last lap battle in which she pulled away in the straight to win in 4:24.53

The EA silver medallist is: **KEVIN METZGER** who won it for his U23 triple jump with a PB 15.37m. This jump broke Sale Harriers long standing U20 triple jump record held by KEVIN THOMPSON since July 1992.

The two EA bronze medallists are:-

1. **AIMEE PRATT** won the U23 5000m Bronze medal in her debut appearance in a time of 16:32.71.
2. **NICHOLAS YOUNG** won the U20 Shot Bronze medal with 16.44

17TH YDL (Lower) PREMIER DIVISION (Ellesmere Port)

Sale Harriers U13 & U15 teams took part in the 3rd match of the YDL Northern League at Ellesmere Port. They faced the usual tough competition from a very strong Preston AC team and finished runners up. Again, there were numerous outstanding performances to applaud and record:

- **MARCUS McCLEAN**'s 100m in 11.0 seconds was outstanding and equalled **JONA EFOLOKO**'s YDL record. He also won his 200m in 22.40 seconds that gave him an outstanding sprint double.
- **THEA BROWN** won the high jump with a height of 1.44m that was the outstanding performance in the U13 girl's events
- In the sprint events, **SUCCESS EDUAN** and **NATACHI NWOSU** both won sprint doubles in outstanding times.
- **CHARLOTTE WILKINSON** and **HOLLY GARNER** both ran great PB's to win their races
- **CHARLIE SUNLEY** made an impressive club debut and won the 300m by over two seconds.
- The middle distance athletes were in great form with several winning their races:- **AIDAN LYNCH**, **EVAN SAVAGE**, **WILL STANWAY**, **FREDDIE MEREDITH**, **JACK SPARK** and **OSCAR SCHOFIELD**.
- The middle distance girls were also magnificent. Well done to **JASMINE REED**, **SARA CLOUGH**, **EBONY ROBINSON**, **ANNABELLE BYGRAVE**, **OLIVIA BROWN** & **LUCY ARMITAGE**, **OLIVIA NOLAN** and **TIA GROVER**. Among them **KATIE STRINGER** ran a massive 1500m PB's and **AVA TAYLOR** and **LIBBY HILL** ran superb 800mPB's
- **BASIL ZOLA** won the high jump with an excellent jump of 1.75m and competed in a total of four events.
- The U15 boy's 4 x 300 team won by over five seconds due to to **AIDAN LYNCH**, **JOE HERBERT**, **EMMANUEL JOHNSON** and **ALEX JAMES**.
- A number of athletes acted as last minute stand-in in unfamiliar events. This is an attitude and team spirit Sale Harriers encourages and is pivotal to team successes. Many thanks to **JACK BATTEN**, **HARRIS PATERSON**, **FREDDIE MEREDITH**, **WILL PARKER**, **MOHAMMED COLE** and **ALEX JAMES**.



Sofija Dragisic-Wood - a fantastic hurdles PB



Hermione Mason ran an impressive relay leg



23RD TO 24TH MANNHEIM INTERNATIONAL (Germany):

JONA EFOLOKO was selected to represent GB & NI in the 100m & 4 x 100m relay for this Junior International match. This is Jona's fifth GB representation in his burgeoning career. He's already represented GB at

- The 2016 European Youths Championships,
 - The 2017 European Juniors Championships
 - The 2016 Manchester International
 - The 2018 Loughborough International.
- Pole Vault Coach **MATT CULLEN** was again selected to the GB junior team's coaching staff, his 2nd international responsibility this year.



Freddie Meredith - displayed great team spirit

24TH WELSH U20 T&F CHAMPIONSHIPS (Newport)

NICHOLAS YOUNG retained his double U20 Welsh Shot and Discus titles. This was the culmination of a great year for Nicholas.

- He's become the English, Scottish & North Wales Indoor Shot Putt Champion.
- He's made his GB international debut at the Loughborough International
- He's moved to 2nd in the UK's U20 rankings
- He won the silver medal in his U20 age group with a personal best throw of 17.22m, at an international match representing Wales in Almada, (Portugal) against Denmark, Spain and Portugal. It was also a new Welsh U20 record AND a Sale Harriers U20 club record



Nicholas' English, Scottish & Welsh Athletics Championship medals

26TH WORLD U20 T&F CHAMPIONSHIPS, TAMPERE (Finland)

Two of Sale Harriers most talented and exciting young athletes are selected to represent GB & NI in the World U20 Championships in Finland on July 10th-15th. They're named among a 40 strong team.

- **JONA EFOLOKO** is selected for the 200m and the 4 x 100m and will look to build on his European U18 and U20 200m medals in 2016 and 2017. Will this be his first World Championship medal?
- **CESCA BRINT** is selected for the 1500m. This is Cesca's finest career pinnacle in her best ever year. Pole vault coach **MATT CULLEN** also received his 3rd GB selection this year to be part of the coaching staff to support the team youngsters.

30TH STOCKPORT HARRIERS & AC QUADRATHLON (Stockport)

ROXY McHUGH won the U9 girl's Quadrathlon in a competition in Stockport with a very high level of achievement. Roxy is the 3rd member of her family to win this competition. Her sisters Meg & Tess are past winners. Well done, Roxy. The Quadrathlon involves sprint, middle-distance, a throw and a jump competition for boys and girls up to U15.



JULY JULY JULY JULY JULY JULY JULY

1ST YDL (Upper) NORTH PREMIER LEAGUE (Carlisle)

Carlisle was again the venue (with Glasgow the host club) for the 3rd and final match of the YDL (Upper) North Premier league for the club's U17 and U20 boys and girls. As in both earlier matches, neither Liverpool Harriers nor Sale Harriers were an adequate match for Scotland super strong four composite teams. Again both clubs struggled with Sale Harriers final league standing 5th after the three matches. This means Sale Harriers will compete next summer in the lower Premier 2 West League division. Well done to the lads and girls who represented the club through the three matches. They'll know who they are. The overall result is no reflection on their commitment and talent. Go! Get 'em next year, Well done to team managers **MIKE JACKSON** (Girls) and **PETER ROUGHNEEN** (Boys) who had the unenviable, massive, time-consuming and logistical task of selecting and turning out the best possible teams for each of the three matches with 76 events to fill in each match

7TH BRIAN SPRIGGS - THROWS COACH & OFFICIAL DIES

Sale Harriers mourned the death of **BRIAN SPRIGGS**, one of its popular long-time stalwarts. Brian was a Throws coach and a highly experienced and popular T & F Official known to generations of Sale Harriers and Northern Athletics & EA Officials. He first became involved with Sale Harriers in 1987 through his son Stephen. For years, Brian was a regular team member for Sale Harriers in the Northern League and other club League and Cup matches.

His biggest life-long contribution to sport began in 1991 when he became a T & F Judge. He attended club T & F matches almost every weekend throughout Britain as a Sale Harrier official and often contributed to Sale Harrier match victories by the points he earned as an official. Apart from Sale Harriers green-red-white hooped vest his other great love was the blue shirt of Manchester City. Dozens from Sale Harriers paid him tribute on social media. Samples are:-

DORRETTA MAYNARD "A wonderful man who will be greatly missed. His sense of humour, friendliness, support and time I'll greatly miss"

ANITA RICHARDSON "Such sad news. He was a truly remarkable man so dedicated to Sale Harriers. I feel blessed to have known him through his work with schools and Sale Harriers"

VESNA DRAGISIC "It's a great loss. He always gave time to everyone and made them feel great. He'd been coaching a young girl who he always made laugh. He had a great way of saying 'it doesn't matter'"

LISA DAVIES "Very sad. What a wonderful contribution he made to Sale Harriers. He helped so many. RIP xx"

ALISON PYE "Devastated to read this news. Another coach and official who played a massive part in my junior athletics career and his endless support during the years I was team manager knew no bounds. You'll be greatly missed by all who knew you xx"

DAVE RODGERS "Very sad news. I had many enjoyable times over the decades with Brian. R.I.P."

6TH Gtr. MANCHESTER SCHOOLS QUADRATHLON (Sportcity)

JASMINE REED won the U13 girl's event. The competition features 100m, 800m, shot and long jump. Jasmine's strongest event is her 800m. Earlier in the season she ranked No. 1 in her U13 age group for 1200m.



Jasmine Reid - U13 Quadrathlon winner

7TH BRITISH ATHLETIC LEAGUE (BAL) Match 3 (Bedford)

Sale Harriers 3rd BAL match Bedford had a much better turnout compared to the two previous matches. As a result, the club's senior men finished 4th. The position meant their chances of promotion were over but, with the chance still of relegation, they had to put out a strong team for the final match on August 4th in relatively 'home' territory of Wavertree. The team for this match included quite a few debuts from younger members who delivered excellent results.

- There were excellent wins for **CONNOR WOOD** (100 'B'); a huge 400m PB for **ALLAN HAMILTON** and **RAYNOLD BANIGO** jumped a massive PB for a win in the Long Jump.
- There were also several top three placings - **JAIME RODEN**, **NIGEL MARTIN**, **DAN OWEN**, **SAM DEAN**, **CALLUM BROWN**, **JOSH MOULAND**, **SHANE CONNELL**, **ROBERT MITCHELL**, **DANIEL FLEMING** and **JULIAN REID**.
- **JACK ANDREW** merits a particular clap on the back. He competed in 7 events and therefore made a massive points contribution to the team



Abigail Irozuru



Julian Reid



Kirsty Law

30TH TO 1ST BRITISH ATHLETICS SENIOR CHAMPIONSHIPS (Birmingham)

The best of Britain descended on Alexander Stadium, Birmingham for this peak of the senior T & F. Several hoped for the honour of being crowned British champion and this year there was the opportunity of selection to the European Athletics Championships in Berlin on 7-12th August and to The Athletics World Cup on the 14th & 15th July at the London stadium. Amidst the televised 2-days of action were of course, several Sale Harriers. Two became British Champions; three qualified for the European Championships; three won silver medals and one got the call up later to Berlin, Here's how they fared:-

- **CHRIS BAKER** sealed his defence of his high-jump title with a season's best leap of 2.26m and was selection to the European Championships. He's now a double senior EA Champion and a double silver medallist with an illustrious national and international career. It includes two Commonwealth Games - Hampton Park (2014) and Gold Coast (2018). Chris is a stalwart BAL (British Athletic League) team member since he joined Sale Harriers in 2013.
- **LAURA WHITTINGHAM** also made a successful defence of her javelin title with a throw of 55.55m - her best for a long time, but not far enough to gain European selection. Laura's won everything on the British domestic calendar. She's the National, Inter-County, BUSU and numerous regional titles and medals and has had a successful international career this includes career highlights of representing GB & NI at the 2010 Delhi Commonwealth Games. She's also been a key member of Sale Harriers most successful UKWAL years since 2008. Her javelin colleague and fellow Sale Harrier **ROSIE SEMENYTSH** produced a season's best of 45.68

- **KIRSTEN McASLAN** ran an inspired 400m hurdles to clock a PB of 56.48 to win the silver medal and selection to the European Championships. She was full of running; looked really strong and had every reason to be delighted. Kirsten's career really began in 2012 when she focused on the 400m and topped the UK U20 rankings that year. Manchester girl Kirsten, then joined Sale Harriers; eventually ranked 3rd UK U23 and thus began a successful senior 400m and 400m relay international career. Throughout, she remained a key Sale Harrier team member and greatly contributed to Sale Harriers golden UKWAL Premier Division era with Eric Hughes as team manager. Last summer she diversified into the 400m hurdles.

- **KIRSTY LAW** won the EA discus silver medal. Unfortunately her 54.63m throw was short of the Euro qualifying standard of 56.00m but she later received the call up. Kirsty's currently the nine times Scottish Senior Discus Champion with many other multiple titles in her treasure. She's won the silver medal in the past two years and the bronze medallist in 2016 but so far an EA discus title has eluded her. Kirsty is another club stalwart who joined Sale Harriers in 2012.

- **JULIAN REID** was very unlucky not to qualify for the European Championships but won the silver medal. Julian, new to Sale Harriers this year, represented GB & NI in the senior triple jump as Britain's No. 2 at the last two European T & F Championships.

- Three Sale Harriers EA finalists were **SAM DEAN** (Javelin), **JACK ANDREW** (110m Hurdles) and **JORDAN BROOME** (200m).

- Other Sale Harriers who took part in this important championships were:-
- **ABIGAIL IROZURU**: This was Abigail's 1st British Championships since her breakthrough/disasterous 2014 and her return from 'retirement' following more recent Achilles tendon surgery in April 2016. Despite jumping close to her best, she found it 'heart-wrenching' to just miss out on a podium spot and know she wouldn't be booking her spot on the plane to Berlin

- **AIMEE PRATT** dropped out of the 3000m steeplechase having been in the form of her life with several PB's and club records. Pain in the arch of her foot and the tropical heat during the race were the problem.

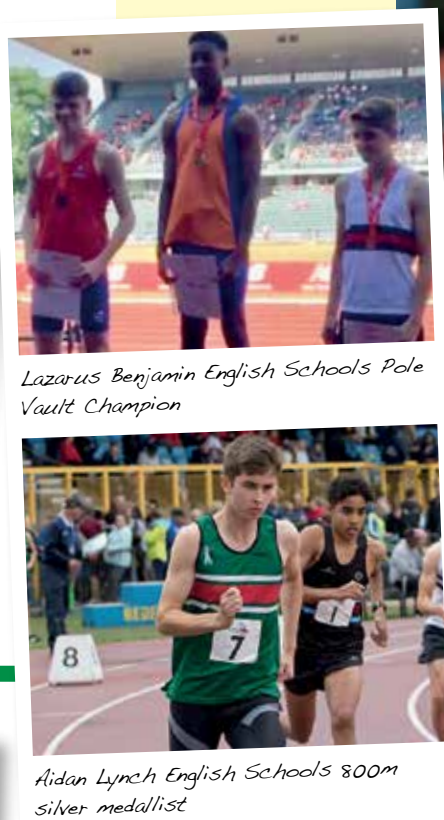


Brian Spriggs

8TH UK WOMEN'S LEAGUE (Division 1) MATCH 2 (Crawley)

Sale Harriers senior women had a very long journey and a weekend in the South of England on a sweltering hot weekend for their second UKWAL match. As a result, they mustered just seven people to cover the 32 races. A disappointing result was inevitable and they finished a distant 8th (last place!). Half the disciplines had neither an 'A' nor 'B' Sale Harrier in them! Said team Manger **TONY SIMMONS**, "Assuming we have a stronger team out for our final match on relatively home territory in Leigh on August 5th, even a 1st place finish might still see us relegated. Obviously I'm disappointed and if athletes don't want to turn out we get what we deserve". The athletes who travelled did what they could by doubling and trebling in unfamiliar events to maximize team points but their task was impossible. A special well done to:-

REGAN WALKER (100m)	CHELSEA WALKER (100m, 100mH)
ELLEN DOWNS (1500m & 3000m)	JADE NIMMO (100mH, Long Jump)
KIRSTY LAW (Discus, Shot, Javelin)	ANNIE WILLIAMS (Discus, LJ, TJ)
(Javelin, Triple Jump).	



Success Eduan – English Schools Sprint Champion

8TH NORTHERN T & F LEAGUE (Division 3W) (Trafford)

Great news! Sale Harriers consolidated their Northern League promotion campaign with a great third victory. Though not as convincing as in the 2nd match when they won by a margin of 150 points, this match they won by forty-four points over Trafford AC. The women in this match chalked up more victories than the men beating the men 13 to 5. The men's middle-distance squad and the women's field eventers were the most successful sections. These were;

ENZO MADDEN	(200m)	TOMMY OLDITY (800m)
PHILIP ROBERTSON	(1500m)	DAMIEN JONES (3000m S/C)
KEN HUNT	(5000m)	RUKA SHONABARE (100m, 200m)
PRAISE OWOEYE	(100m)	SARAH GOULDEN (3000m S/C)
MIA DAVIES	(Shot, Javelin)	SOPHIE TILLEY (Javelin)
MEGAN GREENWAY	(Triple jump)	TIA BLISSETT (LJ, Triple Jump)
JESSICA TAYLOR	(110mH, Shot, Long Jump)	AMY HASLAM (Pole Vault)



8TH OPEN MEDAL MEETING (Crossford Bridge)

It was a golden day for Sale Harriers Primary Section's very popular annual open medal meeting at Crossford Bridge. The club had a large number of golden winners. Top of the medal table were

Three gold medals: **TARA FERGUSON**

Two gold medals: **HARVEY JACKSON, MAX JOHNSON, MATTHEW GRIFFIN**

One gold medal: **JESS TERRY, DANIEL OAKES, CAREY SULLIVAN, MAX CUNNINGHAM, LIAM O'BRIEN, JOSH COLQUHOUN-LYNN, TIA GROVER, SARA CLOUGH and ELLA GILLESPIE**

10TH TO 15TH IAAF WORLD U20 CHAMPIONSHIPS (Tampere, Finland)

Two Sale Harriers brilliantly represented GB & NI at the IAAF World Junior Championships in Finland.

■ **JONO EFOLOKO** became the WORLD JUNIOR 100m CHAMPION. He won the title in a fiercely contested battle with his GB team-mate Charlie Dobson who snatched silver. Said delighted Jona, "I was confident and running consistently well beforehand. I also had the best tapering ever in preparation so just had to get it right on the day. He also bagged a PB of 20.48 – and all this just weeks after sitting his A-levels in Business, Sport and Sociology. It was an amazing experience being around the best teenagers in the world" Jona was almost lost to athletics because of his love for rugby league and team sports. Just a few years ago he was almost tempted away from the track when he was invited to train with the Salford Reds Scholarship Group in Gtr. Manchester. Jona is the 2017 U20 European 200m silver medallist

■ **CESCA BRINT** became a WORLD JUNIOR 1500m FINALIST. In temperatures of approximately 31 degrees, Cesca crossed the line the 4th fastest European. Competing against the Kenyans and Ethiopians was always going to be tough for any European. However, she ran a fantastic race very close to her PB in 4:18.87 ...and in the sweltering heat.

The GB team returned home with a greater than expected haul of seven medals which was GB's best performance in these World Junior Championships for 20 years and their biggest medal haul since claiming eight medals in Moncton in 2010. Two club coaches were selected to accompany the GB youngsters – endurance coach **PAUL RODEN** (Cesca's coach) and pole vault coach **MATT CULLEN** had his fourth support role selection this year.



30TH TO 1ST 13th/14th ENGLISH SCHOOLS T & F CHAMPIONSHIPS (Birmingham)

The English Schools Championships, known as the 'Kid's Olympics' brings together the wealth of talent in English Schools across the nation in all sporting disciplines. Many youngsters go on to represent their nation in major international and Olympic competition.

Sale Harriers had thirty-three younger members take part. Two became English Schools Champions, four silver medallists and three bronze medallists. A further twenty-one reached their finals.

Sale Harriers two new English Schools Champions are:-

■ Pole vaulter **LAZARUS BENJAMIN**. This is Lazarus' latest amazing major title in his first year with Sale Harriers having come from a background as a GB gymnast. Since he joined Sale harriers he's won every available pole vault title this year – (a) Vault Cardiff Champion, (b) EA Indoors Champion, (c) Gtr. Manchester County Champion (d) Gtr. Manchester Schools Champion... and he's broken the pole vault club record several time along the way. Lazarus is coached by **MATT CULLEN**.

■ **SUCCESS EDUAN** is the English Schools 200m Champion. Success this year is the Gtr. Manchester County 100m & 200m Champion, Gtr. Manchester Schools 200m Champion and the Northern Athletics Indoor 100m Champion. She's coached by **ANITA RICHARDSON**.

The club's silver medallists are

MARCUS McCLEAN (Junior 100m)

Aidan Lynch (Junior 800m)

SOPHIE ASHURST (Inter pole vault)

VICTORIA BARLOW (Senior pole Vault) (Congratulations to Victoria who has been awarded a scholarship to the prestigious Millfield Private School in Somerset to develop her athletic ability

The club's bronze medallists are:-

CLAUDIA COWAN Senior 1500m

MEG MCHUGH (Senior 400m Hurdles)

STEFFI MOSS (Inter 800m)

14TH TO 15TH NORTH of ENGLAND MASTERS T&F CHAMPIONSHIPS (Sheffield)

Two Sale Harriers veteran runners became Northern Athletics Masters Champions.

- **RICHARD CLANCY** became the Northern M40 800m track champion with a time of 2:10.13. It was slightly faster than in the England Masters Inter-Area Challenge at Solihull two weeks earlier. Richard is the 2017 BMAF 1500m silver medallist and the BMAF Inter-Area 1500m bronze medallist. He joined Sale Harriers earlier this year.
- **GEOFF BEATTIE** became the double M65 Northern 800m and 1500m Champion with a PB of 6:27.14 in the latter. Geoff's always shown impressive speed especially in the early stages of races. Whilst most of his generation are shuffling to collect their pensions, Geoff just invested in his first ever new pair of sprint spikes!



Richard Clancy 2018 Northern Masters 800m Champion



Geoff Beattie Double Northern Champion

14TH AND 15TH ATHLETICS WORLD CUP (London Stadium)

Club high jumper **CHRIS BAKER** and javelin champion **LAURA WHITTINGHAM** represented GB & NI at the inaugural Athletics World Cup at London's Olympic Stadium. Laura 6th place and Chris 5th contributed to GB's third place in the overall table. The USA lifted the winners Platinum Trophy Laura has been a Sale Harrier since 2007.

14TH AND 15TH SCOTTISH ATHLETICS COMBINED EVENTS CHAMPS (Grangemouth)

U17's ALICE DALE, SCARLETT WHITTAKER and SHAYON FRYER-FRANCIS did really well in the Scottish Combined Events Championship. Scarlett won bronze medal with a huge overall PB. Alice, competing in her first ever heptathlon, placed a great 4th and Shayon was 5th. These three young athletes, coached by Commonwealth Games pentathlon bronze medallist **JESS TAYLOR-JEMMETT**,

have had a busy year and are, of course, 'gold dust' to the YDL Leagues. This summer Scarlett has:-

- Placed 3rd in the Shot at the Manchester Country Championships
 - Was selected to represent Cheshire at the Northern Inter-Counties match.
 - Was selected to represent Cheshire at the English Schools CE Championships
 - Placed 17th at the England Combined Events Championships
- Alice's busy summer of highpoints included:-
- 2nd in the Manchester County Schools Championships
 - 2nd in the Manchester County Championships in the 300m hurdles.
 - She was selected to represent Greater Manchester at the Mason Trophy.
 - She also ran the qualifying standard to compete at the England Athletics Championships in Bedford.
- Shayon highpoints are;
- Won both the long jump (in a huge new PB of 5.49) and the hurdles at the ISA National Championships. This gained her the qualifying mark for English Schools Championships. (However it was sadly after the deadline date).
 - She was picked to represent Cheshire for hurdles at the Northern Inter-Counties

24TH TRAFFORD GRAND PRIX (Longford Park)

The Grand Prix at Longford Park was a big success for Sale Harriers with most club athletes achieving lifetime best performances, the elixir of their running. Congratulations to the following on their great PB's.

IBRAHIMI DIALLO.....	U23 800m PB of 1:57.42
CLAUDIA COWAN.....	U23 800m PB of 1:57.42
LEWIS ROWLINSON.....	U17 800m PB of 2:11.95
JACK WILLIAMSON.....	U20 800m PB of 2:14.75
EVAN SAVAGE.....	U15 1500m PB of 4:18.25
ELLIOT SAVAGE.....	U15 1500m PB of 4:21.79
ALEX JAMES.....	U15 1500m PB of 4:23.00
ZAC GAILLEMIN.....	U15 1500m PB of 4:59.51
OLIVIA BROWN.....	U15 1500m PB of 5:08.07
TAYLOR EDWARDS.....	U15 1500m PB of 5:12.40
PATRICK MAGNER.....	U20 1500m PB of 4:07.07
SAM HEYWORTH.....	U17 1500m PB of 4:26.11
STEPHANIE MOSS.....	U17 1500m PB of 4:31.08
NIGEL MARTIN.....	Senior 3000m PB of 8:25.62
PHIL ROBERTSON.....	Senior 3000m PB of 8:37.43
DANIEL KASHI.....	Senior 3000m PB of 8:53.19
AIMEE PRATT.....	U23 3000m PB of 9:16.51
IAN SCHOFIELD.....	Senior Shot PB of 7.60m
IAN SCHOFIELD.....	Senior Discus PB of 20.95m
JAMES DAVIES.....	Senior Discus PB of 35.60m



Philip Robertson (PETER BROWN PHOTOGRAPHY)



Daniel Kashi (PETER BROWN PHOTOGRAPHY)



Ibrahimi Diallo (PETER BROWN PHOTOGRAPHY)



Claudia Cowan (PETER BROWN PHOTOGRAPHY)

21ST SIAB INTERNATIONAL (Grangemouth)

Following her pole vault silver medal at the English Schools Championships, **SOPHIE ASHURST** was selected for the SIAB Schools International at Grangemouth. There she met – and beat her nemesis, Jane Spencer-Smith, the Harrow athlete who'd taken the English Schools Title from her. It was a closely fought battle with both athletes given the same height of 3.71m. It's been a busy and very successful year for Sophie in her first year as an U17. Two weeks earlier, at the YDL (Upper) match in Carlisle, she improved her PB to 3.85m and propelled to 2nd on the U17 UK rankings. Well done again, Sophie.



SIAB Champion Sophie Ashurst

21ST YOUNG ATHLETES LEAGUE (Premier Division) Bebington

The club's U13 & U15 YDL (Lower) squad, reigning National Champions and 10 times Northern title holders in eleven years, had to surrender their Northern crowns to a super strong Preston AC in this final 4th match of the 2018 League. Sale Harriers nevertheless qualified for the National Final to take place at Bedford on September 8th There, this very successful club section is determined to retain their National title.

Again, Sale Harriers had outstanding performances. Well done to the likes of:-

- U15 **MARCUS McCLEAN**, who'd won silver in the English Schools Championships and equalled JONA EFOLOKO's National YDL League record, again won an outstanding sprint double.
- **LAZARUS BENJAMIN** was a clear pole-vault winner just a week after vaulting a new club record to win the English Schools title
- **SUCCESS EDUAN**, the English Schools 200m champion won her fourth successive YDL sprint double.
- U15 twins **EVAN & ELLIOT SAVAGE** both ran 800m PB's.
- **SOFIJA DRAJAGIC-WOOD** and **HERMIONE MASON** both recorded outstanding hurdling PB's whilst Hermione also ran an 800m PB to win her race.
- Fantastic U15 victories came from **ABRAHAM FOBIL**, **JOE HERBERT**, **MACKENA BRADSHAW**, **OSA ODEMWENGIE**, **MELISSA BOOTH**, **ELLIE WOLFENDEN** and **JOTHAM BENABENI**.
- **LAURE KIDUKULA** just missed the club 300m record by just 0.1 seconds
- Several Primary age athletes were a credit with several also winning their races - **SARA CLOUGH**, **OSCAR SCHOFIELD**, **IRIS McCARRON**, **AVA CLOUGH** and **HOLLY GARNER** all ran PB's.
- A special thanks to Holly and **TIA GROVER** who also acted as last minute stand-in in unfamiliar events (hurdles and high jump).
- **FREDDIE MEREDITH** ran an outstanding 800m to finish runner-up.

At the end of this 2018 YDL (Lower) season, a massive thanks to (a) all the young athletes (b) all the Sale Harrier officials who invariably added maximum points to their team's total and (c) team managers **CARL WORTHINGTON** and **SARAH JAMES**



Jasmine Richardson



Leonardo Scott



U13 Girls 4 x 100m relay Holly Garner, Tia Grover, Natachi Nwasu, Farou Joseph



Marcus McLean, Joe Benabeni, Emmanuel Johnson, Basil Zola, Mohammed Cole and Baye Mbengue.

25TH EAP OPEN MEETING (Loughborough)

SOPHIE ASHURST further improved her pole-vault PB to 3.86m and consolidated her 2nd place in the UK U17 National rankings behind Jade Spencer-Smith from Harrow. Sale Harriers exciting talent has already ranked 1st in her U15 and the U13 age categories so it's only a question of time till she ranks No. 1 in the U17 category.

28TH AND 29TH CAU INTER-COUNTY CHAMPS inc. EA SENIOR CHAMPS (Sportcity)

World medallists, defending champions and international stars featured across the two days of Britain's best talent who gathered in Manchester for the England Athletics Senior, AAA and UK CAU Championships, including the Senior Disability Championships. The most successful Sale Harriers were:-

- **ANDY ROBERTSON** came into the race as the fastest of the 100m entrants with 10.30seconds under his belt and the accolade of the two-times UK Indoor champion. What a championship he had!
 1. He became the England & CAU 100m champion AND recorded a long overdue PB of 10.06.
 2. He recorded a PB of 10.34 in the heats also.
 3. He had a fantastic 200m to win the EA & CAU bronze medal again in a PB of 20.59, breaking it enroute in the semi-final also with 20.73.
 4. In the relays, he took the 1st stage and helped England finish 2nd to Wales
- **SOPHIE ASHURST** had another memorable day in her pole vault. Though still in the U17 age category, she took the senior EA & CAU bronze medal
- **REYNOLD BANIJO** also had a great day. He became the U23 CAU & EA Long jump Champion capping his season with a PB of 7.87m. His long jump was a very competitive affair but Reynold was in great form and jumped to a windy lifetime best of 7.87m to win. He now ranks 3rd U23 in the UK.
- **SAM DEAN** is now also an EA senior Javelin bronze medallist despite still in the U23 age category
- **JOSHUA HOWARD**: In the disability long jump (T38) competition Joshua won the EA Bronze medal in a PB of 5.71min - a PB



Andy Robertson



Sam Dean



Coaches Graham Marshall & Andy Dennison

30TH STARTRACK (Crossford Bridge)

Crossford Bridge held the first of its two summer holiday Startrack programmes for 8-10 year old boys and girls. Blessed with excellent weather it was another great success.

Startrack schemes take place all over the country and are a superb way for young people to get and stay active and to get involved in sport. Each scheme covers all aspects of the sport with youngsters encouraged to run, jump and throw. Above all it's meant to be fun and enjoyable. Well done to Sale Harriers totally dedicated Primary Section team who delivered the fantastic and fun programme to about 60 children at each event.

5TH EA U15/U17 COMBINED EVENTS CHAMPIONSHIPS (Sportcity)

Well done to U17 **ELLA WILSON** and **SHAYON FRYER-FRANCIS** who competed in the EA Combined Evens Championships. This was Ella's first ever Heptathlon. Shayon placed a credible 12th and Ella 14th. Both girls have had a very busy and successful year.

- Ella placed 3rd at the Gtr. Manchester County Champs in the High jump and was also selected to represent Greater Manchester at the Northern Inter-Counties.
- Shayon won both the long jump with a huge new PB of 5.49 and the hurdles at the ISA National Championships in June. This gained her the qualifying mark for English Schools Championships but unfortunately it was sadly after the deadline date. She was also picked to represent Cheshire for hurdles at the Northern Inter-County Championships.

5TH UK WOMENS LEAGUE (Division 2)

It was paramount the strongest possible senior women's team turned out for this final match on relatively 'home' turf of Leigh but such was the damage done in the earlier two matches, it was going to be very hard to avoid relegation. In the end, the team finished in 7th place and of course relegation. Said very disappointed team manager **TONY SIMMONS**, "The damage was done in the 2nd match at Crawley. It meant it was unrealistic to expect anything but relegation. At least we put out a team which competed, and like match 1, the spread of points between 4th and 7th was small but, in the end we got what we deserved". Special mention to the following athletes:

- **AIMEE PRATT** who won both 800m and 1500m.
- **ABI IROZORU** who won the Long Jump.
- **VICTORIA BARLOW** who won the Pole Vault.
- **RACHEL PUGH** and **ROSIE SEMENYTSH** who travelled from opposite ends of the country to help the team.
- **TYRA WATSON** who turned out for the first time in 12 months despite no athletic training in between.



Rosie Semenytsh



Victoria Barlow



Juliet Downs



Abigail Irozuru



Lucy Evans



Emma Lowe



Rachel Pugh



Alison McCorry



Aimee Pratt.



Tyra Watson

4TH BRITISH ATHLETIC LEAGUE (Div. 1) (Wavertree)

This final fourth match of Sale Harriers BAL team was an all important one. The men came to it in 4th place which meant their chances of promotion were over but there was still a threat of relegation. It was essential they turned out a strong team on the relatively home territory of Wavertree. The final result! They finished equal 3rd with hosts Liverpool AC which meant they finished the league in 5th place, just safe from relegation. The team did very well scoring over 300 points for the second match in succession. Some outstanding performances were:-

- An 'A' string win for **REYNOLD BANIGO** (7.75m) in the Long Jump.
- **WILL ONEK** in the 800m was impressive.
- There were loads of big scorers like **NICK WALSH**, **JORDAN BROOME**, **CONOR WOOD**, **ALLAN HAMILTON**, **SHAUN GEE**, **NIGEL MARTIN**, **JAIMIE RODEN**, **DAN OWEN**, **MATT SUMNER**, **SEUN OKOME**, **KEVIN METZGER**, **SAM DEAN** and **DAN FLEMING**.

JAMES BAILEY was the deputizing team manager this summer. James was a crack 3000m steeplechaser with a PB of 8.47.86 (7th U23 in the UK) until sudden illness tragically ended his career. He even had the distinction (which most athletes would die for) of making the front cover of Athletics Weekly, the bible of the athletics world. He still keeps fit on a quieter level and great that he contributed to the team's point tally... by throwing the hammer, discus and javelin!



4TH NORTHERN LEAGUE (Match 4 Div. 3W) (Trafford)

They did it! Hurray! Sale Harriers boys and girls, men and women, club official's coaches and families, by all pulling together with team managers **DAVE MARSH & JACK FROST** at the helm, have returned Sale Harriers to Division 2 next year. Promotion was won in emphatic style, thanks to the convincing victories in the first three matches. In this final match, the team finished 3rd and its thanks to the women's section who filled virtually every 'A' and 'B' discipline ensuring the team won maximum points. The men had only ten people to cover over 30 competitions which meant 75% of their disciplines had no competitor. Hey-ho! They won nevertheless...but something to take account of for next year. The rallying spirit of the summer was well epitomised in this final match by the likes of:

- **MARINDA BREDDY** a marathon runner, who was prepared to represent Sale over 800m.
- Distance istance runner **SINEAD ROACH** prepared to hurtle the Hammer.
- **DAVE MARSH** who ran to exhaustion in the 800m, 1500m and 5000m and managed the team.



Tia Blisset



Nathan Booth



Marinda Breddy



Sarah Goulden & Anne Chinoy



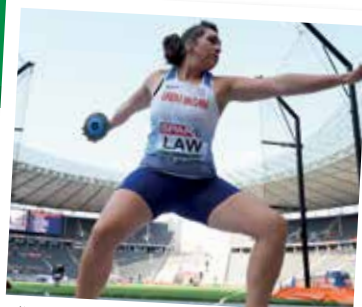
Dave Marsh



Sinead Roche

5TH BRITISH TRANSPLANT GAMES (Birmingham)

KELLY CHADWICK won three gold medals in the 100m, 200m and long jump in the British Transplant Games following life-saving surgery and her return to athletics and Sale Harriers this year. Kelly was an exciting and very talented sprint and long jump athlete. As an U13 she ranked No.1 in the UK in the long jump (indoors and outdoors), the 75m, 100m, and 150m until 2015 when illness necessitated a kidney transplant. A nationwide appeal, which Sale Harriers contributed to, was launched to find her a suitable donor. "It's great and so exciting to have Kelly return to health and competition", said **FECHIN McCORMICK** who led the club's national social media campaign for her. Kelly has competed in a few events leading up to these Games including brilliantly representing Sale Harriers in the 2nd YDL (Upper) match in Liverpool at which she won maximum points for the club by winning the 100m and long jump. Three Sale Harrier also contributed to these Games delivery as T & F officials - **AYODELE SHONIBARE, DAVID & CAROL BROWN**



Kirsty Law



Sonia Samuels



Kirsten McAslan



Chris Baker

7TH TO 12TH 24th EUROPEAN CHAMPIONSHIPS (Berlin)

This year's European T & F Championships were proclaimed to be the strongest and most successful ever and in a city (Berlin) and Olympic Stadium oozing with history from the defiance of Jesse Owens in 1936 to the compelling brilliance of Usain Bolt in 2009. I was privileged to spend a week there after 'The Wall' came down to run the Berlin half-marathon. Four Sale Harriers were among the 7 reigning Olympic champions, 34 defending European champions and British Athletic's biggest ever team of 102 athletes:-

■ **KIRSTEN McASLAN** won through to the 400m Hurdles semi-finals but found it tough and finished 7th in 57.33 'I'm really disappointed,' she said. 'It was very unlikely that I would make the final but I just wanted to put in a good performance for myself and that was very poor. 'As soon as I started the race I felt flat and felt like I was fighting a losing battle but it has still been a good experience.' Kirsten was also on the 4 x 400m relay squad but wasn't called upon.

■ **KIRSTY LAW** missed out on the final stages of the discus. With a best throw of 52.37m she said, 'Unfortunately it was one of these competitions which went quite well technically but there just wasn't as much force as I wanted behind my throws. I'm very disappointed with the three efforts because 56 and a half would have got me through to the final and I was less than 20 centimetres short of that when I qualified for the championships last month.

■ **CHRIS BAKER** just missed out on a place in the high jump final. He cleared 2.21m at the third attempt but couldn't clear 2.25m, which would have qualified him for the final. Chris is the reigning British champion who won bronze at the European Championships in Amsterdam two years ago.

■ **SONIA SAMUELS** clocked 2:37.36 in tough, hot conditions and her GB team was just edged out of the bronze medal position by Spain. Sonia ran a controlled race; stuck to the leading group for the first 10k before moving to a mid-field position and finishing 21st just shy of her season's best achieved at the Gold Coast Commonwealth Games in April

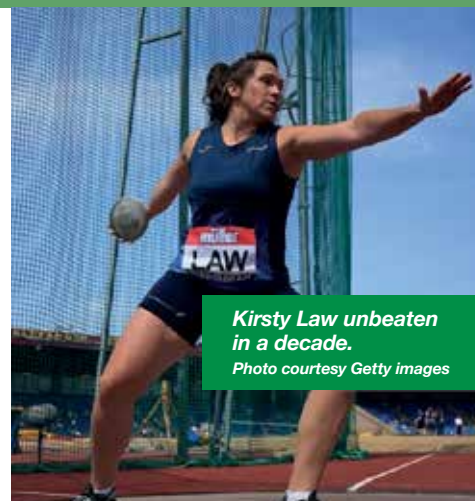
11TH AND 12TH SCOTTISH T & F CHAMPIONSHIPS (Grangemouth)

Sale Harriers had three athletes compete with distinction at the Scottish T & F Championships:-

■ **KIRSTY LAW** won her 11th consecutive Scottish Discus title with a throw of 53.08m. (This must be a Scottish record!) Kirsty decided to catch a plane to Grangemouth from Berlin to redeem her European Championships disappointment by competing in this Scottish Championship. It's always meant a huge amount to Kirsty, so this latest title is her best possible way to end her season on a high... (Oh! Apart from the fact she marries in a few weeks. Congratulations, Kirsty).

■ **KIRSTEN McASLAN**, also flew to Grangemouth following her European Championships disappointment, and won her first Scottish 400m hurdles title. She already holds Scottish titles in the senior 800m and U20 400m.

■ **ALLAN HAMILTON** won the Scottish 200m title in his first season at this distance. Allan has been a regular BAL team member since 2013 competing regularly as a long jumper. He's ranked No 1 in the UK as a 23-year old.



Kirsty Law unbeaten in a decade.
Photo courtesy Getty images

11TH AND 12TH NORTHERN ATHLETICS U13/U15/U17 CHAMPIONSHIPS (Liverpool)

Three Sale Harrier youngsters, their coaches and families can be very proud indeed of their Northern Athletics Championships titles. Congratulations to GOLD medallists:

- **LAZARUS BENJAMIN** won the NA U15 Pole Vault title. In just his first year competing in pole vault, Lazarus has become the EA Indoors Champion, English Schools Champion and the Gtr. Manchester Schools Champion and broken the club pole vault record in the first two of these championships. He now ranks No 1 in the UK. Lazarus' mother is a former International long jumper and 100m sprinter who started with Sale Harriers age 11 until she joined the British Army where she trained with several world class athletes and then went on to represent GB & NI.
- **MARCUS McLEAN** won the Northern Athletics U15 200m title. He adds this to a remarkable list of titles this year. He's the The English Schools 100m silver medallist, The Gtr. Manchester County 200m Champion. The Gtr. Manchester Schools 100m Champion.
- **AIDAN LYNCH** won the Northern U15 800m title. He also adds title to a growing list of noteworthy accolades. Among them this year are the NA 800m Indoor Champion and the Gtr. Manchester Schools Champion.
- **HARRY DITCHFIELD** won the U17 javelin silver medal. Harry is five times Gtr. Manchester and Gtr. Manchester Schools Champion. He's won these titles consecutively through his age-groups. He currently ranks 7th in the UK.
- **FAVOUR JOSEPH** won the NA U13 200m bronze medal. Favour has been with Sale harriers just 12 months and this is her finest achievement of several that she's now won. She's now the Manchester County 75m silver medallist and the 150m bronze medallist. Favour has been a great supporter of the club's YDL (Lower) team.

15TH 3rd MANCHESTER INTERNATIONAL (Sportcity)

On home territory of Sportcity, England took on teams from Scotland, Wales, Northern Ireland and Ulster, Great Britain & NI under 20s, Iceland, the British Athletics League (BAL) and UK Women's League (UKWAL), and other international representatives including Denmark. This year's England Athletics 10,000m Championships was also a part of the programme. On a damp, blustery night, a fantastic night of athletics was delivered with England emerging as winners. Sale Harriers, some representing their nation were among them:-

■ **NIGEL MARTIN** competed in the English Track 10,000m championships. The rain was especially testing but Nigel had a great race, He made the early running but his valiant and soggy effort couldn't keep pace with the leading two when they stepped on the gas in the final lap but Nigel maintained good pace for a very impressive 3rd.

■ **ANDY ROBERTSON** represented England and was 2nd in the 100m in 10.28

■ **KIRSTY LAW** represented Scotland in the discus. She was 2nd with a throw of 54.90m. If only she'd done this in Berlin!

■ **JULIAN REID'S** had an excellent series of triple jumps - all marks beyond 15m with a best of 15.64 to win. In the same competition **SEUN OKOMO** was 5th and **KEVIN METZGER** 6th

■ **REYNOLD BANIJO** long-jumped a wind assisted 7.76m, his furthest this year.

■ **ABIGAIL IROZURU** went out to 6.32m in the long jump and began her wind down on a successful season she never thought she'd have having been brought to the brink of retirement with injuries. She also gained quite a positive reputation for her excellent interview on BBC Northwest regards the match. "It was good to be on the other side of the camera after doing media stuff for the past two years" she said



Julian Reid



Sprint Relay Natachi Nwasu Holly Garner.



Abigail Irozuru - media star



Nigel Martin EA 10,000 Bronze medallist



Lucy Evans, club stalwart sprinter won a lovely surprise Bronze medal as part of the U.K. Women's 4 x 100m Team



Sprint Relay Tega Akpejiyomi, Holly Garner, Natachi Nwasu, Favour Joseph



A group of girls who participated in the Manchester international

18TH STRETFORD BMC GRAND PRIX

Four Sale Harriers produced great PB's at the British Milers Club Grand Prix at Stretford. Congratulations to:-

U20 **SHAUN GEE** 800 (1:54.15)
U20 **FRANCESCA BRINT** 1500 (4:17.79),
U17 **STEPHANIE MOSS** 1500 (4:30.50)
RUTH WALLER-LIDDLE 1500 s/c 5:05.18



Shaun Gee



Ruth Waller-Liddle

SEPTEMBER SEPTEMBER SEPTEMBER SEPTEMBER

4TH WORLD MASTERS CHAMPIONSHIPS (Malaga)

Sale Harriers had four members compete at the World Masters Championships in Spain. Fantastic!

LUCY EVANS became World Masters W35 Sprint Champion. Welsh International and life-time club sprinter won gold in both the 100m and 200m. Said Lucy, "Taking part in the World Masters was an amazing experience, better than I ever imagined! Competing in the 100m and 200m was a tough schedule with 6 races in 4 days, but it was worth it! I loved meeting the athletes from other nations and the support from the other GB athletes was incredible". Last May Lucy clocked 25.19sec in the 200m at the IFAM international in Belgium, a time that ranked her No.1 W35 in the World in 2018. Her current lead coach is club colleague **KELLY MASSEY** who retired in 2017 following a long and very successful career as a GB 400m and 4 x 400m GB International.

GEOFF TYLER, a Sale Harrier Life Member and a Throws specialist since the 1960's and now in the M65 category made the Shot Putt Final but "was disappointed with 8th place with a throw of 11.41m and I didn't make the Discus final" he said. "I'd hoped to achieve at least 12.50m & maybe 3rd or 4th place but I left my energy on the beach" Geoff, whose best years were in the 70's and 80's, currently ranks M65 No.1 in the UK for the shot and discus. He was also No.1 in the M60 category and his M45 discus throw of 49.08m in 1994 is still an Australian record. Geoff was a Sale Harrier from 1971 until he moved to Australia in 1989 and then briefly when he returned from 1996-1998. He was awarded Life Membership in 1988 for almost 20 years service to the senior men's National T & F teams as (a) the competing team captain, (b) club record holder in shot & discus and (c) he coached at Crossford Bridge & then at Wythenshawe when the track there first opened. He's now a member of Chelmsford & Eastern Masters

MATT BARNES just missed out on an M40 1500m medal, finishing 4th in a fiercely competitive race. This was only his 3rd 1500m in about 8 years. Following a silver medal in August's European Triathlon Championships, two M40 wins in the Sizzler 5k's and now this World Masters 4th in 1500m, Matt again shows his versatility and talent. He is, of course a retired International Modern Pentathlete

KATHERINE WELLAM represented GB & NI in the W35 8km cross-country race.



25TH AND 26TH ENGLAND ATHLETICS U17 & U15 CHAMPIONSHIPS (Bedford)

Sale Harriers had four of its very promising younger members among the 1,000 entries for this final England Athletics Championship of the summer. All were in the U15 category and all of them medalled. Well done boys and girls...

■ **LAZARUS BENJAMIN**: In tricky, blustery conditions, Lazarus again showed his immense talent and added this EA pole vault Championship title to his EA Indoor title, English Schools, Gtr. Manchester and Northern titles this year. He was again in PB form and jumped a UK leading 4.01m well in excess of his previous mark of 3.85 thus further improved his Sale Harrier club record. It's been an amazing year for Lazarus who was a GB gymnast prior to taking up the pole vault. Lazarus is officially coached by **MATT CULLEN**

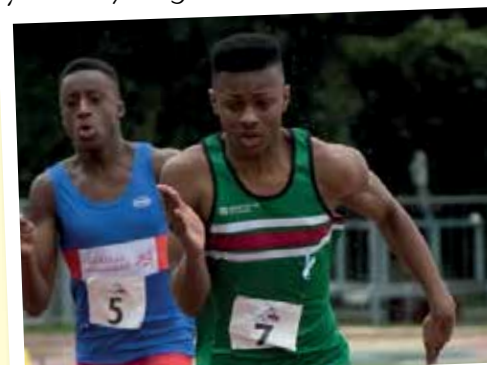
■ **MARCUS McLEAN** won the U15 200m silver and the 100m bronze medal and added these to other important titles he's won this year – Gtr. Manchester 200m Champion, Gtr. Manchester Schools 100m Champion, English Schools 100m silver medallist and Northern Athletics 200m champion. Marcus is coached by **PETE ROUGHNEEN** & **JOHN SMITH**

■ **SUCCESS EDUAN** also won the U15 200m bronze medal and rounded off her amazing year as the English Schools 200m Champion, Gtr. Manchester County 100m & 200m Champion, Gtr. Manchester Schools 200m Champion and Northern Athletics Indoor 100m Champion. Success is coached by **ANITA RICHARDSON**

■ **AIDAN LYNCH** won the U15 800m bronze medal and also ended his season with a list of accolades he, his family and coach will be very proud. He's the Northern Athletics Indoor & Outdoor 800m Champion, and the silver medallist in the English Schools, Gtr. Manchester Schools and the Inter-County Schools Championships. Aidan is coached by **DAVE MARSH** at Wythenshawe.



Lazarus Benjamin - on the top podium yet again



Marcus McLean - EA U15 double sprint medallist



Aidan Lynch - England Athletics U15 Bronze medallist

27TH TRAFFORD OPEN MEDAL MEET (Longford Park)

ANNABEL AMADIN broke the U13 club Shot Putt and discus records with throws of 10.95m and 29.57m respectively. In just her first year as a Sale Harrier, she's now become The Gtr Manchester U13 County Champion and remains unbeaten in the shot and discus. Her distances put her 2nd and 4th in the UK national rankings. Well done, Annabel. You're a star!

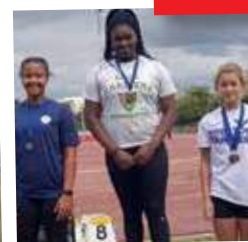
Champion thrower, UK & club record holder Annabel Amadin



8TH NATIONAL YDL (Premier League) FINAL



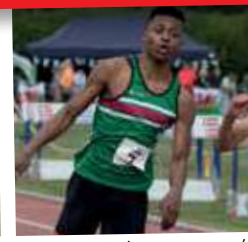
Dave Lowe's hurdles all medalled



Double Champion yet again Annabel Amadin



Success Eduan



Marcus McLean 100m gold medallist



Osa Odemwengie won four medals



Aidan Lynch



The U15 Jasmine Richardson, Melissa Booth, Osa Odemwengie, Eduan Success



Team Managers Carl Worthington & Sarah James & captains Alex James & Hermione Mason



182 Thea Brown broke the club's U13 high jump record

Sale Harriers U13 & U15 boys and girls came within a 'whisker' of retaining their National YDL (lower) title. In a thrilling match at Bedford, they finished 4th but just 20 points from victory. This section has been the club's most successful in recent years. In the past four years, they've WON two National titles and two 3rd places. Each athlete deserves a big clap on the back for their commitment, team spirit throughout the league and for the honour and success they've brought their club. Some of the exceptional performances were:-

- **JASMINE REED**'s outstanding performance to win the U13 girl's 1200m in a time of 3:46.09 which put her top of the National rankings. She's been unbeaten on the track this year also.
- **LAZARUS BENJAMIN** won the U15 boy's pole vault to also end the season unbeaten with victories including three National titles.
- Team captain **ALEX JAMES** won the 1500m and was awarded the Frank Starkie Memorial Trophy. (Frank Starkie was Sale Harrier's chairman who made a massive contribution to youth athletic development in Britain before his sudden death in 2006).
- English Schools Champion **SUCCESS EDUAN** and **OSA ODEMWENGIE** both won U15 sprint doubles and then teamed up with **MELISSA BOOTH** and **JASMINE RICHARDSON** to win the sprint relay. Melissa also won long-jump gold.
- Hurdlers **SOFIJA DRAGISIC-WOOD** and **HERMIONE MASON** and **THEA BROWN** all medalled.
- **AIDAN LYNCH** got gold in both his individual events (800m A and 300m B) and a relay bronze. He also got a 300m PB.

- The U13 boy's middle distance runners were in great form with **JACK SPARK** and **JOSH COLQUHOUN-LYNN** recording 1500m victories. Primary aged **FREDDIE MEREDITH** ran an 800m PB to finish for a bronze medal.
- **ANNABEL AMEDIN**, the club's U13 shot & discus record holder ranking 2nd & 4th in the UK again won the shot and the javelin.
- **ELLA GILLESPIE** won the 'A' javelin with a performance that ranked her 9th in the UK. She's been a big point's winner to her YDL teams throughout the summer.
- Though still only 11 years old, **THEA BROWN** broke the U13 girls club high jump record with 1:48m. Thea's only just left primary school and this performance ranked her 2nd in the UK among girls her own age.
- The U13 sprint relay team of **HOLLY GARNER**, **FAVOUR JOSEPH**, **TIA GROVER** and **NATACHI NWOSU** were in superb form to finish a fantastic 3rd in 53.76 seconds.
- Though **JACK BATTEN** wasn't selected for his favourite endurance races, he was nevertheless a 'star' in how he filled in, doing hurdles, shot and high jump.
- Finally, a special commendation to **OSCAR SCHOFIELD**, the youngest team member. He typified the team spirit by his positive sporting manner after being controversially disqualified in the 800m and losing his silver medal.

Team Managers **SARAH JAMES** and **CARL WORTHINGTON** must be thanked for the success they've brought to this section throughout the summer. The logistics, persistence and tenacity required selecting the right talent and to organize and turn out the large teams five times through the summer is immense. Parents and coaches have also been indispensable to this success.

16TH WIGAN HARRIERS OPEN MEETING

Whilst most T & F athletes are recovering from their hectic summer, one of coach **KEITH HUNTER'S** group came out of her winter hibernation to compete in the triple jump at Wigan Harriers open meeting. At the tender age of fourteen, **MELISSA BOOTH** had never competed as a triple jumper, but completely surprised her competition, who was mainly U17-U20's, both male and female competitors, by jumping 11.25m. This instantly took her to No 4 in the UK age-group rankings. It also eclipsed **AMY WILLIAMS** U15 club record of 11.10m set at Cudworth on 6th August 2011.

Melissa is an impressive long jumper with a PB of 5.41m from when she became the Gtr. Manchester County Schools Champion in June. Said her coach, Keith Hunter, "The future looks bright for this young lady, long may her success continue". She'd earlier also recorded a long jump of 5.91m at the English Schools Cup Regional Finals in June that placed her top of the U15 UK rankings but the lack of formal officials at the event meant and very windy conditions meant it was not formally registered.



Melissa Booth - an exciting young jumper

16TH ENGLISH SCHOOLS' COMBINED EVENTS

Well done to U15 **ELLISE FRYER-FRANCIS** who was selected to represent Cheshire at the English Schools Combined Events Championship where she finished 19th in just her first year in this age-group. This is the end of a very busy and successful year for the Sale Harrier's multi-events athlete. Among her year's highpoints are:-

- Winning Cheshire high jump with a PB of 1.54m
- She came 2nd in the Northern Indoors for HJ
- Was selected to represent Cheshire for high jump at the Northern Inter Counties Championships.
- Finished 18th in the EA Indoors multi-event championships in her first year

26TH YORKSHIRE VETERANS T & F CHAMPIONSHIPS

M65 GEOFF BEATTIE again donned his 'sprint' spikes to compete in the 800m and 1500m in the Yorkshire Masters Championships. He's eligible because he's a lovely house in Yorkshire. Geoff's still got 'it'! He won the M65 800m and 1500m Gold medals.

JANUARY JANUARY JANUARY JANUARY

6TH WINTER T & F INDOORS MEETING (3) (Sportscity)

The 3rd Sale Harriers Winter indoor promotion at Sportcity again went really well with another large attendances of 390 athletes who travelled from throughout England and Wales even tempting Pole Vaulter Matthew Keenan and sprinter Paul Costelloe from Ireland.

Club athletes were again out in force, with outstanding performance particularly from **ANDREW ROBERTSON'S** 6.75 sec sprint and **SHANE CONNELL'S** U20 High Jumper who soared over 2m 09cms. Especially noteworthy was **ANDY ASHURST** in the pole vault. Andy is the club's 1986 Commonwealth Games pole vault champion (whose daughter Sophie is now the UK's No. 1 to-day). This was Andy's 1st vault since 2012 and just his 9th since 1998 at the Seoul Olympics... Wow!... And he WON the competition!

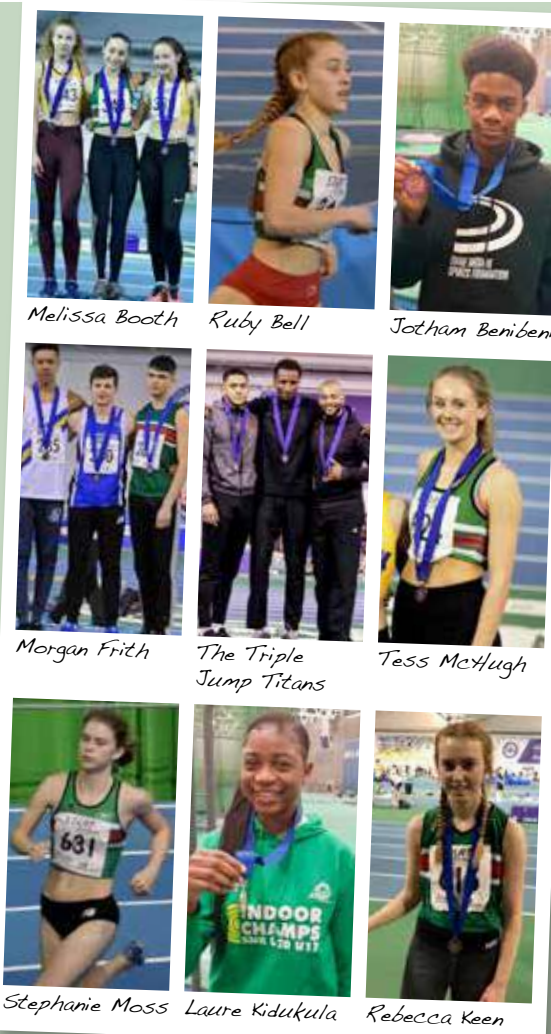


12TH AND 13TH NORTHERN ATHLETICS INDOOR U20/U17 & Senior CHAMPS

Sale Harriers coach **KEITH HUNTER** best summed up this Northern Athletics Senior/U20 & U17 Indoor Championship, "When it comes to competing and coaching, every New Year is full of hope, expectation, determination... and maximum effort" ...and this Northern Championship was brilliant for Sale Harriers. The club won 11 gold medals and Northern titles, 5 silver and 8 bronze medals. On a weekend of exhilarating competition

- Three produced lifetime best performances.
- **ANDY ROBERTSON** showed the great shape he's in
- U20 triple jumper **REBECCA KEEN** snatched a brilliant bronze after struggling with her run-up for 5 rounds
- Talented **MORGAN FRITH** achieved an excellent bronze medal following a long layoff from a rugby injury
- **MALISSA BOOTH** had a fantastic weekend to win a silver medal and PB in the U17 girls' long jump (5.58m) to rank her No.3 in the UK and, the following day with tired leg, she was the only girl to go off the 11-metre board and leaped to a giant 11.84m to rank No 1 in the UK in her age-group
- In the senior triple jump, it was the clash of the Titans with Sale Harriers taking all the three medals. **KEITH HUNTER** described the thrill "It was like watching a ping pong ball going back and fro across the table. Kevin thought he finally got the better of his training partner Seun, with a championship leap of 15.68. But Seun had other ideas and responded with a winning leap of 15.84. A fantastic effort" The medallists were:-

GOLD	ANDY ROBERTSON Senior 60m STEPHANIE MOSS U20 800m DJANAM PEDRO U17 60m ARON THOMAS U17 High Jump SEUN OKOME Senior Triple Jump JESS TAYLOR-JEMMETT Senior SP	CONNOR WOOD U20 200m LAURE KIDUKULA U17 800m SHANE CONNELL U20 High Jump (PB) ABIGAIL IROZURU Senior Long Jump MELISSA BOOTH U17 Triple Jump
SILVER	BLAKE TIGER-LEE BROWN U20 60m RUBY BELL U17 800m KEVIN METZGER Senior TJ	RORY KEEN U20 400m MALISSA BOOTH U17 LJ
BRONZE	MARCUS McCLEAN U17 60m (PB) LUKE CHESTERS U20 800m MORGAN FRITH U17 LJ REBECCA KEEN U20 TJ	TESS McHUGH U20 400m JOTHAM BENIBENI U17 800m (PB) JONATHAN FERRYMAN Senior TJ JOHN NICHOLLS Senior SP



Melissa Booth Ruby Bell Jotham Benibeni

Morgan Frith The Triple Jump Titans Tess McHugh

Stephanie Moss Laure Kidukula Rebecca Keen

16TH WINTER T & F INDOORS MEETING (2) (Sportscity)

The 2nd Sale Harriers Winter indoor promotion at Sportcity again had large attendances with 351 athletes travelling from near and far. Among them were over 50 Sale Harriers in pursuit of lifetime best performances... the elixir of their sport. Virtually all of them achieved their ambition. (Too numerous to list) which is a tribute to the success of this indoor promotion. Again it took 40/50 graded officials and helpers to promote this meetings. Thanks especially to **DAVID BROWN** who ensured that the principal officers were in place whilst **MORRIS JEFFERSON** ensured sufficient helpers were present.



2ND WINTER T & F INDOORS MEETING (1)

The winter indoor track & field meeting at Sportcity provides competition for the regions athletes throughout the winter. It's a Sale Harriers promotion of six matches between December and March. Under the direction of **DAVID BROWN CBE**, **MORRIS JEFFERSON** and **JACK FROST**, the 6 meetings contribute the 2nd largest income stream to the club's coffers, subscriptions being the first. This first match got off to a great start with many Sale Harrier PB's - U17 **SHAYON FRYER FRANCIS** (60m & SP3k), U17 **ELLA WILSON** (60mH & SP3k) U15 **BASIL ZOLA** (60m), U23 **KEVIN METZGER** (60m), U20 **TOMMY OLADITI** (600m), U20 **BEN HEALY** (600m), U20 **LAURE KIDUKULA** (600m), U15 **HERMIONE MASON** (60mH), U17 **ARON THOMAS** (HJ)

31ST UK MERIT RANKINGS FOR 2018

At the end of 2018 Sale Harriers have seven athletes who rank in the top three of the 2018 UK merit rankings. Well done to:

400m Hurdles:	KIRSTEN McASLAN	High Jump:	CHRIS BAKER
Javelin:	LAURA WHITINGHAM	Discus:	KIRSTY LAW
Steeplechase:	AIMEE PRATT	Triple Jump:	JULIAN REID

These annual merit rankings of British athletes are an assessment of their form and achievements during 2018. The major factors by which the rankings are determined are win-loss record, performances in major meetings and sequence of marks, with both indoor and outdoor results considered.



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26TH VIENNA INDOOR CLASSIC (Austria)

Well done to the six Sale Harriers selected to represent England at this classic event in Austria and **CHRIS BAKER** selected for the international high jump competition at Hustopece in the Czech Republic. They were selected as a reward for their national high rankings and proven form; intended as stepping-stones towards major championships and judged to have the potential to represent England at the 2022 Commonwealth Games. Abigail, in form and confident from her Northern Indoor long Jump title achieved the European Indoor Championships qualifying time of 6.50m so she'll be in Glasgow.

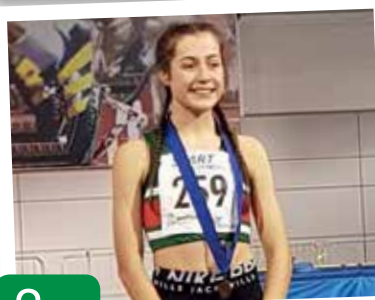
JORDAN BROOME	200m 1st in a SB 21.36
AIMEE PRATT	800m 2nd in a SB 2:06.93
REYNOLD BANIJO	Long Jump 1st in a SB 7.61m
ABIGAIL IROZURU	Long Jump 1st in a SB 6.55m
SEUN OKOME	Triple Jump 4th in a SB 15.57m
JULIAN REID	Triple Jump 3rd in a SB 16.03m
CHRIS BAKER	High jump 2nd in a SB 2.26m



26TH COUNTY SPORTSHALL LEAGUE (Sportcity)

The County Sportshall League match at Sportcity that started in September culminated with a successful event for Sale Harrier's U11, U13 & U15 boys and girls with excellent performances and great team spirit throughout. Sale Harriers U11 girls and boys and the U13 boys were champions and the U13 girls were 2nd. Altogether Sale Harriers came away with 13 gold medals, 15 silver medals and 5 bronze medals with many winning more than one medal. A special well done to **TOLU ADEYEMI** whose four medals were more than anyone else in the competition. Well done to everybody.

FEBRUARY FEBRUARY FEBRUARY FEBRUARY FEBRUARY



2ND AND 3RD NORTHERN ATHLETICS U13 & U15 CHAMPIONSHIPS (Sheffield)

Four young Sale Harriers did themselves, Sale Harriers, their coaches and their families very proud indeed by superb performances and medals at these championships.

- **THEA BROWN**, in winning the NA U13 high jump title in a PB of 1.50m broke her own club record to rank 2nd in the UK. She also won the U13 60m also in a PB of 8.61, her first Northern Athletics medals.
- **SUCCESS EDUAN**, English Schools 200m Champion and multi-title winner in the past 12 months, retained her NA Indoor 200m in a PB of 24.38. This puts her No.1 in the UK.
- **MORGAN WHITE**, new to athletics, won his first important medal – the U15 pole vault medal.
- **HERMIONE MASON** produced one of her best performances in this championship to win her first NA 60m Hurdles bronze medal - and in a PB of 9.28 (To add to her U13 high jump silver medal in 2016).

9TH AND 10TH BRITISH ATHLETICS INDOOR CHAMPIONSHIPS (Birmingham)

This important British championship steeped in history brought the best athletes in Britain together for a great weekend of action with 26 British titles awarded. Apart from deciding who stood atop the podium to be crowned British champion in their event, the weekend also decided the athletes to represent GB & NI at the European Indoor championships (1-3 March) in Glasgow.

16TH MULLER GRAND PRIX (Birmingham)

It was a great day for **ABIGAIL IROZURU** at this top quality international regarded as the best one-day indoor meeting in the world. She long-jumped 6.5m, a season's best and came 2nd behind Ivana Spanovic of Serbia... so much better and exciting than at the British Indoor Championships... and she's now on the British Athletics GB team for the European Indoor Championships in Glasgow.

U23 **REYNOLD BANIJO** long-jumped to a SB 7.77m for 5th place.

17TH WINTER T & F INDOORS MEETING (Sportscity)

The club's indoor promotion that provided top class winter competition to athletes from throughout the UK is ended. Forty to fifty officials are required for each of these five meeting and it would not be possible to deliver the promotion without them. Many of them are not Sale Harriers members. Promoter **JACK FROST** said, "We're lucky as a club to have them, because the club on its own could not run or indeed even get a UKA permit without them" The club heartily thanks them, and may their willingness and commitment encourage many Sale Harriers to help bridge the critical and growing shortage of T & F officials for these events.

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23RD AND 24TH ENGLAND INDOOR AGE GROUP CHAMPIONSHIPS

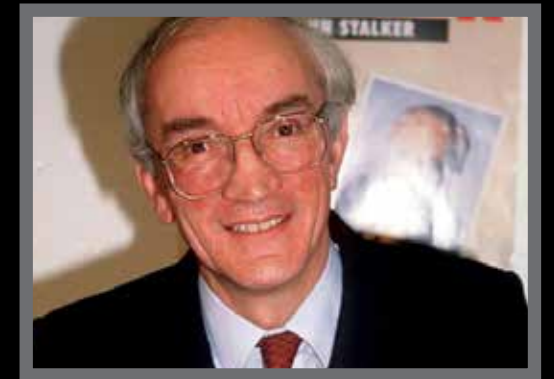
To end the domestic indoor T & F season, Sale Harriers had three magnificent National champions and one bronze medallist from this important England Athletics U20, U17 and U15 Championships that provides important development opportunities as well as national medals contested. Congratulations to:-

- U15 200m Champion **SUCCESS EDUAN**: The 2018 English Schools 200m Champion, double Northern Indoor 200m Champion, Gtr. Manchester County & Schools Champion brilliantly ended her season by adding this indoor EA 200 title to her repertoire and consolidating her UK's No. 1 position.
- U20 800m Champion **STEPHANIE MOSS**: English Schools 800m bronze medallist and double Northern Athletics 800m Indoor champion also ended her season brilliantly with one of her most important titles to date.
- U17 Pole vault Champion **SOPHIE ASHURST** retained her U17 EA title to also end a superb year in which, as the U15 ESAA Schools Champion, she became the U17 SIAB International Schools Champion and ESAA U17 silver medallist among many other titles and consolidate her position as Britain's age-group No. 1.
- U20 SP6k Bronze medallist **NICHOLAS YOUNG**: Wales five times age-group Indoor champion and last year's EA Champion won bronze despite throwing much further than last year.

MARCH MARCH MARCH MARCH MARCH MARCH

1ST TO 3RD EUROPEAN INDOOR CHAMPIONSHIPS (Glasgow)

Sale Harriers can be pleased and four athletes proud to end their winter Indoor T & F season by representing GB & NI in the 35th European Indoor Championships in Glasgow that was three action-packed days of sport at the city's intimate Emirates Arena. Among the 600 of the world's best athletes from 50 nations competing for prestigious European titles was:-
ABIGAIL IROZURU: Abigail finished a commendable 7th in the long jump in her first European Championship since 2012 due to injury. By her own



CLUB MOURNS FORMER PRESIDENT

JOHN STALKER, former club chairman from 2000 -06, died on 15th February 2019 aged 79. Like so many, John came to Sale Harriers through his daughters Colette and Francine. Progressively he became involved in coaching Primary youngsters and hosted Primary section meetings in his home in Northenden. Clearly a man of immense ability, he was elected Club chairman in 1988, a post he held until 1995. In 2000 he was elected President and wrote in the Harrier, "It's a great honour to be elected President. I will make sure our great club is not found wanting as we take the run up to the Manchester Commonwealth Games." (Issue 36).

Older members will remember John as the deputy chief constable of Gtr. Manchester who was controversially removed in 1982 as head of an investigation into the alleged secret 'shoot-to-kill' policy operated by the Royal Ulster Constabulary against IRA terrorist suspects. It was a huge national controversy in which he found himself up against increasing resistance and obstruction from members of the RUC.

He was taken off the case at the moment he believed he was about to obtain an MI5 tape of one of the shootings. He was just as often in the public spotlight after his retirement from the police in 1987 as he was while still a serving officer; carving out a career in the media as an expert on policing, appearing on crime-related TV shows including Crimestalker and writing his autobiography.

John was one of life's gentlemen. Despite his demanding responsibilities outside the club, he was dedicated to Sale Harriers and was approachable, mild-mannered, sociable and down-to earth. Above all he was an efficient administrator who brilliantly represented the club especially in negotiating sponsorships.

Sale Harriers extends condolences to his two daughters, six grandchildren and two great-grandchildren.
His wife Stella died 1n 2017.

standards she was 'really disappointed' but who would have thought she'd reach this fantastic pinnacle twelve months ago (read earlier). She ends her season as Britain's No. 1.

CHRIS BAKER: In an exciting high jump competition, Chris was in contention for the bronze medal but finished 4th. He also finishes his season as Britain's No.1

JULIAN REID: It was a tough competition for Britain's No.4 triple jumper. He crashed out in the qualifying rounds.

IZMIR SMAJLAJ: This major championship would have been a career pinnacle for the club's Albanian long jumper but unfortunately he was unable to start.

ROADS 2018/19



1st & 2nd in the Surrey HM

11TH SURREY HALF MARATHON (WOKING)
JENNA HILL & KATHERINE WOOD travelled south for this race. Jenna made her debut half-marathon and was the 1st female in 1:19.20. Jenna's long career has been as a classy middle distance runner. In recent years she's moved up the distances to now doing this half marathon. Katherine was the 2nd female in 1:20.03. Her time ranks her 3rd U23 female for the half marathon in GB and the fastest in the North West.

18TH SWEATSHOP '10' MILES (BISPHAM)
FRANK & JACKIE CORDINGLEY won Northern Masters age-group medals in this 10-mile race that incorporated the NVAC '10' mile Championships. Incredibly, this was Jackie's first ever ten mile race in her long and illustrious career and it's seven years since Frank raced the distance. Two other younger Sale Harriers (therefore ineligible for NVAC awards) were DUANE GAUNT (69.50) and FRANCISCA De VRIES (78.28) . Both made their '10' mile debuts.

NORTHEN 12 STAGE RELAYS



Daniel Kashi



Gavin Hill



Katherine Wood, Lydia Briggs, Julia Reynolds, Sarah Goulden, Jackie Cordingley, Jane Thomas

23RD LOTTIE'S LITTLE FRIENDS MARATHON (ASHTON-U-LYME):

Two of Sale Harriers cutest little stars, sisters **ROXY** & **HOLLIE** Mc HUGH completed a 26 mile "marathon". They did it to help their little friend, 3 year old Lottie with cerebral palsy and needed a life changing operation in America to enable her to walk unaided. These two wonderful little fund-raisers ran one mile every day for 26 days and raised a fantastic £526. Hopefully, one day Lottie will now run alongside them! Well done, girls!



Little stars with big hearts Roxy & Hollie Mc Hugh

25TH NORTHERN ATHLETICS 12/6 STAGE RELAYS (BIRKENHEAD):

The men's team hoped to retain their status as Northern 12-stage Champions, a Sale Harrier title they won for the first time in 20 years. On this occasions they finished 4th to Lincoln Wellington, Salford and Stockport. The 12-man team on this occasi

MATT BARNES	NICK BARRY	CALLUM	ROWLINSON
DAVE MARSH	PHILIP ROBERTSON	WILLIAM	ONEK
DANIEL KASHI	JAMES WIGNALL	GAVIN	HILL
NATHAN HARRISON	LIAM RENTON	ALEX	BRADFORD.
KATHERINE WOOD	LYDIA BRIGGS	SARAH	GOULDEN
JANE THOMAS	JULIA REYNOLDS	WENDY	TERRY

30TH SALFORD GOOD FRIDAY 10K (SALFORD).

The first Sale Harrier home this year was **NICHOLAS TYNAN** a club newcomer. Well done! He recorded a fantastic 50 sec PB with a commendable time of 34.51. The 1st club female home and the 3rd overall was **DANIELLE FEGAN** in 35.11. She equalled her PB set in the same race last year. Of the thirteen Sale Harriers who raced, **MATTHEW SPRAGG** (37.21) improved his PB by over a minute and **DUANE GAUNT** (39.43) was 'over the moon' to clock sub 40 for the first time and improve by four minutes. **JACKIE CORDINGLEY** was 1st L55 and won a £30 voucher.



30TH ENDURANCE SECTION TRAINING WEEKEND (NEWLANDS):

About 25 club adults and their children had their traditional long weekend of training, fun and games. As usual everyone had a fantastic time.



Nick Barry

THE HARRIER-ROADS FEBRUARY 2019

APRIL NEWS

Sale team give everything

8TH GTR.MANCHESTER MARATHON

Seventeen Sale Harriers toed the line for the full 26 miles 385 yards with many more running the distance in the relay sections. Top marks to:-

DAVE MARSH who was the first Sale Harrier home in his debut marathon. He did it in style with a fantastic time of 2:36.35. M55 **GLEN SAVAGE** (3:09.11), **IAN OWENS** (3:17.16) and M35 **TIM HINES** (4:13.49) who all made debuts marathons. Three ran PB's – M40 **OLLIE GAILLEMIN** (2:58.15), M40 **CRAIG BRADBURY** (2:58.24) and **ALISTAIR KELL** (3:11.02).

14TH ERRA ENGLISH NATIONAL 12 & 6 ROAD RELAYS (SUTTON PARK):



Jamie Roden – club's fastest long leg



Joe Vis



Jenny Evans



Lydia Briggs, Sarah Goulden, Katherine Wood, Julia Reynolds, Sinead Ferguson



Alex Bradford



Nathan Harrison- club's fastest short leg

15TH GREAT IRELAND 10K (DUBLIN):

JENNA HILL made her England debut at this annual England v Ireland road running challenge incorporated into the Gt. Ireland 10k. She ran a season's best time of 35.43. (Her PB is 33.41 from the 2013 Telford 10k). The club's long-time middle distance specialist lengthened her distance a month ago to win 1st female in the Surrey HM. Congratulations, Jenna. **PAUL RODEN**, one of the club's top endurance coaches, was selected as the travelling team manager.



27TH MID-CHESHIRE 5K (KINGSLEY):

This lightning quick 5k course in the heart of the Cheshire countryside again hosted the England Athletics 5k Championships. It attracted elite athletes from far afield among the 520 finishers. Thirteen Sale Harriers were among them all in pursuit of very fast times. Six drank from the elixir of running- a magnificent PB. The dreams came through for :- **JAMIE RODEN** (14.33) **PHILIP ROBERTSON** (15.02) **DANIEL KASHI** (15.34), **ALEX BRADFORD** (16.01) **JENNA HILL** (16.42) **PETER SHIPLEY** (18.08)

This year Sale Harrier's men finished 13th - their best position for four years. Well done, guys. They were also the 3rd Northern team behind Leeds City and Salford H & AC. Tonbridge AC was the Champions. **JAMIE RODEN** was the club's fastest man on the long leg and **NATHAN HARRISON** ran the club's fastest short leg. The successful team were:

JAMIE RODEN	DAVID MARSH	NIGEL MARTIN
ALEX BRADFORD	GAVIN HILL	TIM KENNEDY
PHILIP ROBERTSON	NATHAN HARRISON	DANIEL KASHI
JOSEPH VIS	JAMES WIGNALL	NICHOLAS BARRY
KATHERINE WOOD	SINEAD FERGUSON	LYDIA BRIGGS
JENNY EVANS	SARAH GOULDEN	JULIA REYNOLDS

The senior women finished 25th with Leeds City retaining their National title.

22ND LONDON MARATHON:

In the searing heat of the hottest ever London Marathon, it was a very tough day indeed for everyone including the Sale Harrier's who'd trained very hard through the winter in the hope of a good performance. Not all fell victim to the heat. **KATHERINE WOOD** was one who best survived to record the 4th fastest U23 female in the UK (3.06.23) and the 2nd fastest over the half marathon. Well done to all who took part:-

NATHAN HARRISON (2.31.09)	CALLUM ROWLINSON (2.34.37)
NICK BARRY (2.38.03)	TIM KENNEDY (2.42.51)
CHRIS DONNELLY (3.00.08)	MATTHEW HARRISON (3.00.18)
ANDY CARLIN (3.00.28)	NATHAN CAMERON (3:12:09)
JANNEKE VAN BEIJNUM (3.20.51)	PAUL BARRETT (3.22.50)
RICHARD EDWARDS (3.23.38)	AARON STEELE (3.49.35),
ROBERT HEGGS (4.00.07)	MARINDA BREDDY (5.01.08).



London Marathon survivors:



Katherine Wood - 4th fastest U23 female in the UK.

May News



Jackie Cordingley, Julia Reynolds, Lydia Briggs, Katherine Wood & Jane Thomas - 2nd team at the Mad Hatters Trail Race.

6TH GREAT BIRMINGHAM 10K (BIRMINGHAM)

M65 **GEOFF BEATTIE** and L55 **JACKIE CORDINGLEY** had the proud honour to represent their nation at Masters Level in the Home Nations Masters 10k incorporated into the Gt. Birmingham 10k. The match was England versus the Celtic Nations, with teams from England, Republic of Ireland, Wales, Scotland and Northern Ireland. Geoff finished 8th in his M65 category with a time of 52.20 and Jackie was 7th in her race. Both of them were selected from their earlier year excellent 10k performances. Congratulations and well done to both of them. In 2017 Jackie was also selected to represent England by the BMAF in the Chester Marathon following her 3:53.01 performance in the earlier Manchester Marathon

8th ROUND THE RUNWAY (Mobberley):

Thirteen Sale Harriers packed into the top hundred of the 350 field for this popular annual 5 mile multi-terrain race run on quiet lanes, tracks and trails surrounding Manchester Airport. Sale Harriers as usual made their presence felt. A special well done to:- The Ladies won the team prize thanks **SARAH DOUGLAS, CLARE McCARRON** and **ANNE CHINOY**. Due to an error on the night their prize was mistakenly awarded to Wilmslow so they received them belatedly.

- **AIDAN RAFTERY** who was 1st M55
- Five second places - – **SARAH DOUGLAS** (2nd female), **CLARE McCARRON** (2st F40), **DAVE MARSH** (2nd senior). **ANNE CHINOY** (2nd L45). **SINEAD FERGUSON** (2nd F40) Sinead was upgraded to 1st F40 and her first ever age-category win. She'd every reason to be 'over the moon'

9TH MAD HATTERS TRAIL (STOCKPORT)

Organised by Belle Vue Racers, this 5 mile (approx) trail race is run over a two lap course in Reddish Vale Country Park. Now in its 3rd year, it's always well supported by Sale Harriers. This year's successes were:-

Sale Harriers men won the team race. Well done to; -

- | | |
|-----------------------|--------------------------|
| BEN Mc INTYRE | STEPHEN TOWNLEY |
| JON TERRY | AIDAN RAFTERY. |
| KATHERINE WOOD | JANE THOMAS, |
| LYDIA BRIGGS | JACKIE CORDINGLEY |

AIDAN RAFTERY was first M55 and **JACKIE CORDINGLEY** first L55..

Sale Harriers women's were 2nd team Well done to

16TH HOLLINGWORTH LAKE 5K GRAND PRIX (HOLLINGWORTH):

M40 **GAZ RAVEN** won four of this year's 5 x 5k Hollingworth Lake races, a great result. He improved his time on each race and finished the final race 3rd in his fastest time of 15.55. Tough racer Gaz also won the Oldham 7k in the midst of the series! The races are run around the 130-acre reservoir at Smithy Bridge in Littleborough. Well done, Gaz.

27TH EDINBURGH MARATHON:

CALLUM ROWLINSON almost did it! Disappointed by his 2:34.37 in April's London super-hot Marathon, he tried again, five weeks later in the Edinburgh Marathon. Would he dip under that elusive 2:30 barrier? He almost achieved it with 2.31.37. At least it's a PB, Callum! Next time!

.....

June

7TH THE INCA TRAIL MARATHON (PERU, SOUTH AMERICA)

RUTH WALLER, a Sale Harrier for over 20 years who still wears her Sale Harrier kit in USA races and represents Sale Harriers on track and road when she returns to England, ran the world renowned and spectacular Inca Trail Marathon. She won the women's race AND was 4th overall in what is regarded as the hardest marathon in the world that rises to 11000ft. She completed the course in 8hr33mins. The Marathon follows the original pilgrimage trail that leads into the religious capital of the Inca Empire, the legendary "Lost city of the Incas" Ruth began running for Sale Harriers in both cross country and athletics when she was 11 and was later coached by Jack Terrill (now deceased). She moved to University in USA and was awarded BSc in Health and Human Performance at McNeese State University in Louisiana. She then did a Masters in Sport Pedagogy at Baylor in Waco, Texas again running both cross country and athletics for the university. She's taught PE for a year in Texas before going on to do a Doctorate in Physio at Texas Woman's University in Dallas Texas. "I love the Colorado's mountains with sun almost all year round and all seasons. Sale Harriers remains close to my heart" she said. She married Justin Liddle in 2015 and now has an 18 month old daughter and 3 step daughters.

9TH ITU WORLD TRIATHLON SERIES

Sale Harriers **GEORGIA TAYLOR-BROWN** produced her best ever result in the ITU World Triathlon Series to record her first ever World Series Podium in finishing a brilliant 2nd in her home town of Leeds. Last winter in the prestigious National Cross Country Championships Georgia was the club's first athlete home in 4th place and significantly helped the club win this National title they hadn't won since 2001. She was also the club's first female home in this winter's Northern Cross-Country Championship where the club's senior women were the runners up. Georgia has excellent pedigree. Her father **DARRYL TAYLOR** was a Sale Harrier in the 80's and 90's and a crack 800m runner with a PB of 1:48. Her mother **BEV BROWN** was also a Sale Harrier who became a successful regional swimmer. Bev's father was also a club coach for many years.

The ITU World Triathlon Series brings together the world's fastest triathletes for a chance to be crowned World Champion. This is a major stepping stone for Georgia.



Georgia Taylor Brown with her father ex Sale Harrier Darryl

Welsh Castle Relays



Belated celebrations



Luisa Candioli 'Queen of the Welsh Mountains'



Some of the Champions taken after Leg 10.



Some of the 15 yellow jerseys winners

9/10TH WELSH CASTLES RELAY (WALES)

This year for the first time ever, both Sale Harriers men AND women were crowned double Welsh Castles Relay Champions with the men retaining their title from last year. Both squads brilliantly dominated the two day relay that starts at Caernarfon Castle on Saturday morning and runs the 200 miles length of Wales in 20 relay stages to finish on Sunday afternoon at Cardiff Castle. The club's men easily defended their title finishing ahead of Les Croupiers by almost an hour. The women were initially announced as 3rd but, 24 hours later following an enquiry submitted by the team manager that revealed an error in the earlier results. Sale's women were declared champions (for their first time). Congratulations to both teams.

Sale Harriers dominance is highlighted by the 15 yellow jerseys they won as stage winners - ten for the senior men, four veteran men jerseys and two senior women jerseys. These were:

Leg 2 **KEN HUNT**

Leg 3 **PHIL ROBERTSON** (A Mountain stage)

Leg 4 **CHRIS DONNELLY** (Men's Team Manager)

Leg 5 **BEN MCINTYRE**

Leg 6 **NATHAN HARRISON**

Leg 9 **KATHERINE WOOD** won the women's first yellow jersey

Leg 11 **DANIEL KASHI** (4th Mountain Stage)

Leg 12 **ANDY CARLIN**

Leg 13 **PAUL GREEN** won Sale's first veteran yellow jersey

Leg 14 **GAZ RAVEN** won Sale's 2nd veteran yellow jersey and was crowned 'Monarch of the Mountains'

Leg 14 **LUISA CANDIOLI** won the women's 2nd yellow jersey & Queen of the Mountain

Leg 15 **STEVE Mc CARRON** secured Sale's 3rd veteran yellow jersey.

Leg 16 **NIGEL MARTIN** broke the course for that stage in winning his yellow jersey.

Leg 17 **RICHARD EDWARDS** (Women's Team Manager) – the 4th veteran yellow jersey

Leg 20 **TIM KENNEDY** broke the course record in winning his victorious anchor leg

13TH BILL FOX ROUND THE RESSERS (TINSTWISTLE)

This Sale Harriers promotion in Tinstwistle had Sale Harriers 1st, 2nd and 3rd. Sale Harriers, therefore were also 1st team. Well done to:

- Top three **DAVE MARSH** (28.49), **GAZ RAVEN** (29.23) and **STEPHEN HENDERSON** (29.49).

- **JON TERRY** - 2nd M45

- **AIDAN RAFTERY** - 1st M55.

BILL FOX was an active, long-time Sale

Dave and **Aidan** retained their winner's titles from last year. **BILL FOX** was an active, long-time Sale Harrier who organised this local community race for many years before being struck down by pancreatic cancer in 2013. Following his death on September 13th 2015, Sale Harriers, through **PAUL BARRETT**, took over the promotion of this race in memory of Bill. This year the event raised £400. Half went to the Tinstwistle Gala and half to the Pancreatic Foundation.



They supported Bill Fox in the Tinstwistle race



The winning trio

THE NORTH CHESHIRE GRAND PRIX 5 x 5k SERIES

The North Cheshire 5k Grand Prix is an annual series of 5 x 5k races during May & June organised by Altrincham & District AC and Spectrum Striders. Two are held in Dunham Massey Park, one in Bowden village, one in Hollins Green village and one in Birchwood Brook. Prizes are awarded for individual races and for the series. This year Sale Harriers had two overall series winners. Congratulations to them:-

- **JENNY EVANS** was the overall senior ladies winner. This is Jenny's first year with Sale Harriers and her fastest race was an impressive 18.49.
- **JACKIE CORDINGLEY** has won the L55 series for the fourth consecutive year – every year of her age-group -an unprecedented record.



Series winners L55 Jackie Cordingley (74) & Jenny Evans (84)



Jenny Evans

14TH/18TH TOUR OF TAMESIDE (TAMESIDE)

For the 4th consecutive year, **GAZ RAVEN** won the M40 category. He was also 2nd overall for the 3rd time in four years – a tribute to his ability and toughness. Last year Gaz won the double, viz he was the overall winner and the M40 winner. **DAVE MARSH** was an excellent 4th overall and **EMMA FINNEY** was an excellent 3rd overall. A record number of 1,200 entrants competed in this four day back-to-back running challenge over some of Tameside's most testing terrain. The four days include a tough 10k, a hill race, half-marathon and a 7-mile race..



Ben Mc Intyre records his first ever victory

21ST RUN MEDIA CITY 10K (SALFORD)

BEN Mc INTYRE won this inaugural 10k that began in Media City. His time of 35.27 was just eight seconds short of his PB. Ben's been running only six years; has been a Sale Harrier just three years and has improved his 10k by almost six minutes in that period. This new 10k/5k summer series in Salford Quays takes in the iconic buildings like the Imperial War Museum and the BBC & ITV television studios.

24TH WILMSLOW HALF MARATHON

The Wilmslow Half Marathon is an endurance section 'big un' This year it was re-scheduled to June because of March snow and was run in contrasting baking temperatures with not even a cloud in sight. Weaved among the thousands along Cheshire's lanes were 34 Sale Harriers. The heat ensured lifetime best performances were non-starters but several had good reason to celebrate.

- Sale Harriers won the team prize trio – Well done **KATHERINE WOOD**, **LUISA CANDIOLI** & **LYDIA BRIGGS**. They were each rewarded with £50 prize money.
- The Sale squad of the 1st 5 men & first 5 women also won the 'mixed team' race and each received £30.
- **KATHERINE WOOD** (1:22.13) was 3rd woman and, though a couple of minutes down on her PB, was handsomely rewarded with a £500 prize and a beautiful bouquet of flowers.
- **NATHAN HARRISON** was the 1st Sale Harrier home in 6th place in 1:12.28
- **GARY ROWLINSON** (1:20.32) was 2nd M55
- **RICHARD EDWARDS** (1:21.56) recorded a PB, his last HM being seven years earlier
- **LUISA CANDIOLI** (1:26.00) was a 44 second PB over her Gt. Manchester HM
- **JON TERRY** (1:27.28) and **MARK PAGRAM** (1:39.19) recorded their HM debuts
- **JULIA REYNOLDS** (1:47.17) improved by 3 minutes her PB from the Gt. Manchester HM
- **CLARE Mc CARRON** (1:35.10) missed out on prize money for 2nd L40 and 3rd team counter. She ran for Cheadle Hulme School's charity fund-raising for Teenage Cancer and raised a fantastic £2,500.



Katherine Wood.



Julie Reynolds, Caroline Wheeler, Sinead Ferguson, Ruth Lindsey & Clare Mc Carron



Hector Chinoy & Jon Terry (1:27.28)

July News



NORTHERN MASTERS 5K CHAMPIONSHIPS (WHITWORTH)
FRANK CORDINGLEY won a Northern Masters M55 silver medal in the Northern 5k Championship. The event was incorporated into The Joan Rhodes and Fred Norris Memorial 5k at Whitworth, Lancashire. Well done!

5TH SALE SIZZLER 5K (1) (WYTHENSHAWE)
The 17th year of the Sale Sizzlers 4 x 5k series in Wythenshawe Park has lift-off. This is a Sale Harriers promotion with FECHIN Mc CORMICK as the race director since he began the series in 2002 as a legacy to the Manchester Commonwealth Games. This first race was as successful as ever with 478 finishers and the usual plethora of superfast times and PB performances. Forty-one Sale Harriers were amidst the crowds. They ranged in ability from first home NICK BARRY in 11th place in 15.48 to IAN HOBBS who finished in 35.27, thus reflecting Sale Harriers diversity. Sale Harriers won five top three categories:-

- **KATHERINE WOOD** (18.10) was 3rd senior woman
- **NICK WEBB** (18.56) was 2nd M55,
- **SINEAD FERGUSON** (21.12) was 3rd F40,
- **JACKIE CORDINGLEY** (21.14) was 1st F55
- **JULIA REYNOLDS** (22.03) was 2nd F45.

East Cheshire's Angela Oldham's 21.12 topped the UK's L65 rankings and Warrington's M55 Stephen Watmough broke his own course record by five seconds to record 17.02 and the 5th fastest time in the UK this year. Stockport's elite trio of Jack Morris, Patrick Martin & Mike Sawrey won the bonus £100 for smashing the men's 3 x 45 minutes team. It helped fund the weekend celebrations of England winning through to the World Cup semi-finals! This year's brilliant sponsors were GOLA and DECATHLON. Thanks again!

19TH SALE SIZZLER 4 X 5K (2) (WYTHENSHAWE PARK)
It was another 'full house' for the second Sale Sizzlers 5k in Wythenshawe Park. This time Sale Harriers had thirty seven finishers ranging in ability from first home NIGEL MARTIN in 14.40 and MATT BARNES in 2nd place in 15.25 to IAN HOBBS who improved by almost two minutes to record 34.00. Sale Harriers also had several age-group winners. Well done to:-

- 1st M40 **MATT BARNES**
- 1st M65 **MIKE CURLEY**
- 1st L55 **JACKIE CORDINGLEY**
- 1st L45 **ANNE CHINOY**

Two course records were also broken. Stephen Watmough's (Lymn) 17.01 was the 4th fastest M55 in the UK this year and East Cheshire's Angela Oldham's 21.12 again topped the UK's L65 rankings. The Sizzlers simply would not happen without its very committed, hard-working and loyal volunteers –those who help set up the course, man (woman!) car-parks, manage the entries desk, water stations, goody-bags station etc etc.



Sale Harriers trialled GOLA latest running shoes



Sizzler race start



Goody bags filled in 30 minutes



22nd Fussen Marathon (Austria).

KATHERINE WOOD completed the Fussen Marathon in Austria in a PB of 2:49:50 that was 15 minutes faster than ever before. She was also the first female home "The stunning scenery, Neuschwanstein Castle and the friendly German guys pacing me all the way greatly helped" she said.

August News

3RD SALE SIZZLER 4 X 5K (3) (WYTHENSHAWE PARK)
Another great day at the races! Five hundred and fifteen finishers made this the highest ever number of finishers for a 3rd Sizzler 5k. Over 700 entrants was also an all-time Sizzler record. This 3rd race was run in searing 71 degrees and high humidity. Thirty nine Sale Harriers took part. Here's their highpoints.

- **MATT BARNES** was 2nd overall and the 1st M40. Matt's a former international Modern Pentathlete and current Triathlon Champion.
- **HANNAH BROWN & KATHERINE WOOD** were the 2nd and 3rd female finishers. Katherine recorded a PB of 17.40 and Hannah had her fastest 5k this year by a massive 35 seconds, clocking 17.22.
- **GEORGE SAFRANAUSKAS** took the U20 men's prize in his debut 5k.
- **OLIVIA GREEN** was 1st U20 female. Olivia is another very successful international Modern Pentathlete. She was awaiting her 'A' level results to get to Bath University to attend their GB High Performance Centre for Modern Pentathlon.
- **MIKE CURLEY** had an inspired run in the M65 category to dip under 20 minutes (19.59) and clock a minute faster than in the 2nd Sizzler.
- **ANNE CHINOY** again won the L45 prize (and beat her husband!).
- **JACKIE CORDINGLEY** had her 10th of potentially twelve L55 category Sizzler wins, an amazing record.
- **EMMA FINNEY** was 1st L35 and her 19.17 was her fastest this year by 10 seconds.

9TH/11TH ETU TRIATHLON CHAMPIONSHIPS (GLASGOW)
MATT BARNES won a fantastic silver medal in his M40 age-group at the European Triathlon Championships in Glasgow. "It's the closest I've come in recent times to the dominant Don Brooks, so I'm really happy with that" said delighted Matt. The ETU European Triathlon Championships saw approximately 160 of the top Triathletes on the continent compete for European glory. Matt's sporting career began in the 1980's as an international Modern Pentathlete. He had his first international call-up in 1997 and went to Junior World and European Championships in 1998. He turned to middle distance running in 2002 and more recently to longer distances and Triathlon becoming an M35 World Triathlon bronze medallist in 2017

16TH SALE SIZZLER 5K (4) (WYTHENSHAWE PARK)
The final Sale Sizzler 5k of 2018 had a record 750 entrants, far more than ever before. Five hundred finished the race; thirty-four of them Sale Harriers. A cooler evening facilitated faster times and about two-thirds of Sale Harriers recorded a PB or SB. Sale Harrier standout performances were:-

- **JACKIE CORDINGLEY** who won her 13th (of a possible 16) L55 titles in the past four years.
- **CLARE MC CARRON** won her first L40 award.

There was one new course record, making it four this year altogether. Manchester's Dave Gee broke Frank Reilly's 2011 M65 record (and Irish record) by four seconds to record the 2nd fastest time in the country this year. At the end of another successful year, race director **FECHIN MC CORMICK** thanked his priceless team of marshals, officials and other volunteers for their committed and hard work throughout the series. A celebratory "Thank You" carvery dinner took place at Timperley's Hare & Hounds at which the financial benefit to the club was announced. Sale Harriers financial viability greatly depends on Sizzler's income. This year's financial total broke all previous records.



Winner Jackie Cordingley



Stalwart worker Mike Dunne



Brian Goulden (Course Manager) & George Tivey (address)



..& Steve Riding



The club's children were especially fantastic helpers



Winner Clare Mc Carron



Matt Barnes George Safranauskas



Mike Curley



Hannah Brown Olivia Green



Matt Barnes European Triathlon Silver



Anne Chinoy



The James' family & Brian Goulden

23RD MID-CHESHIRE 5K (KINGSLEY)

This super-fast 5k again attracted many top runners pursuing fast times. Among them were seventeen Sale Harriers. Eleven of them had earlier raced in the Sizzler 5k. Interestingly just four ran faster in this Mid-Cheshire 5k:-

BEN McINTYRE (16.44) **PETER SHIPLEY** (17.59),
M65 MIKE CURLEY (19.40) **ANNE CHINYOY** (19.52).
Mike Curley's time ranked him 3rd in the UK.

Another noteworthy performance was **RUTH WALLER-LIDDLE** 17.26. Ruth (who'd won Peru's spectacular and challenging Inca Trail marathon in June) was home from Colorado and her time was her fastest for over 10 years, just three seconds off her PB. Ruth was coached at Wythenshawe by **JACK TERRILL**, an inspirational girls coach now deceased. She made many friends then whom she still keeps in contact with. She now has three step kids and a 21month old girl, Eleanor, "I'm looking forward to following Sale from the USA and all the teams' accomplishments" She wrote "and I look forward to racing more for Sale when I return to England on holidays.

25TH WORLD TRIATHLON SERIES (MONTREAL)

Sale Harriers **GEORGIA TAYLOR-BROWN** finished 3rd with another fantastic race in the ITU World Triathlon series. After her four races so far, she now goes onto the Grand Final in Gold Coast (Australia) on September 15th in third overall place on the ITU World Series ranking. It's been a massive breakthrough year for Georgia. Congratulations and good luck for the Gold Coast.

September**2ND TRAFFORD 10K (PARTINGTON)**

Marc Scott (who recently ran the fastest 5k in the UK this year) and **Jessica Piasecki** (nee Coulson) were the impressive winners of the Trafford 10k, 28.57 and 32.52 respectively. Jessica, who holds the Sizzler 5k course record, was just eight seconds outside her PB to record the fourth fastest time in the UK this year. The race incorporated the England 10k Championships and guess who were the bronze medals? Yes Sale Harriers.... thanks to **NIGEL MARTIN** (30.40), **PHIL ROBERTSON** (31.40) and **GAVIN HILL** (31.57). The humid conditions put paid to lifetime best ambitions but in a race stacked high with quality, to finish in the top 10 of one's age category was highly commendableSale Harriers had eight in this category. Well done to them.

NIGEL MARTIN (30.40) 10th senior man and the first SHM to cross the line.

LUISA CANDIOLI (39.26) 10th senior women and the 1st SHM lady home

ANNE CHINYOY (41.52) was 6th in her L45-49 category

JACKIE CORDINGLEY (45.20) was 2nd in her 55-59 category

JULIA REYNOLDS (46.37) was 9th in her 45-49 category

CARLA OUSEY (49.23) was 10th in her 45-49 category

GEOFF BEATTIE (51.43) was 6th in his 65-69 category

DAWN WEATHERLEY (52.38) was 5th in her 55-59 category



England 10k Championships Bronze medallists - Nigel Martin Phil Robertson, Gavin Hill

**8TH NORTH-WEST COUNTIES ROAD RELAYS (DELAMERE FOREST)**

The North-West County Road Relays traditionally herald the end of the summer T & F season and the beginning of the Autumn road relays and cross-country season. Sale turned out an impressive 13 teams - most of them in the younger age-groups, which was quite an achievement considering they were held on the same day as the National YDL (Lower) Final in Bedford. All six of the U11 teams won either Gtr. Manchester or Cheshire medals. The most successful U11's won the Cheshire U11 title and were NW Championship runners-up. Well done to **CHARLOTTE BISCOF**, **AVA BYGRAVE** and **EVA KARALIUS**. The senior women's trio of **LYDIA BRIGGS**, **HELEN ARMITAGE** and **SARAH GOULDEN** were a credible 5th Gtr. Manchester team.

**9TH LAKE VYRNWY HALF MARATHON (WALES)**

CALLUM ROWLINSON finally got a time to show for his hard training. He recorded 68.31 at the scenic Lake Vyrnwy half marathon. In top shape, he finished 3rd and recorded a 10k PB en route. This is a great fillip for Callum who was disappointed not to go sub 2:30 in April's London Marathon. Four weeks later he then battled the Edinburgh Marathon in the hope of achieving his dream. This PB finally sets him up well up to smash it next time.

**9TH CITY OF SALFORD 10K (SALFORD)**

Sixteen Sale Harriers were among the 1500 finishers in the annual 10k around Salford Quays. It was a good day's work for Sale Harriers lads and girls! Here's the things to shout about:-

- **TOM STEPHENSON** was the club's first man home in a season's best time of 35:22.
- Sale Harriers ladies won the first team prize. Well done to **ANNE CHINYOY**, **ZOE GMERK** and **JANE THOMAS**.
- Zoe was also the first L40, Anne the first L45 and **JACKIE CORDINGLEY** the first L55.
- Two of the group - **MATTHEW SPRAGG** (37.19) and U23 **IMANI MODAHL** (44.37) produced lifetime best performances; Imani's PB was by almost six minutes

12TH /16TH WORLD TRIATHLON SERIES (GOLD COAST, AUSTRALIA)

GEORGIA TAYLOR-BROWN finished an amazing 3rd in the World in the ITU World Triathlon Series.. Even she couldn't believe it - "I can't believe I'm 3rd in the WORLD, the whole world - madness" she cried. It's the culmination of a fantastic breakthrough ITU World Triathlon series for Georgia. Congratulations, Georgia.



They spent more than 'normal' hours setting up the complex, meandering course around the football Stadium and car-parks - no mean feat! All important club volunteers also stood for seven hours marshalling the eight races and, of course, cheering the runners. The club's most successful of the eight teams this year were the U13 boys. They were the one club team to win medals - bronze and their 'B' team were also 1st **JACK SPARK** also ran the fastest leg of the day. Well done to the bronze medal team **OSCAR SCHOFIELD**, **JACK SPARK** and **JOSHUA COLQUHOUN-LYNN**. The senior men finished 11th and qualified for the National Finals in Birmingham on October 6th.

23rd NORTHERN 6 & 4 ROAD RELAYS & YA RELAYS

For the 3rd consecutive year this major championship was staged at Sportcity as a Sale Harriers promotion. Credit especially to **DAVE RODGERS** and his team.

**30TH ROBIN HOOD HALF MARATHON**

KATHERINE WOOD became the English Half Marathon Champion. She was the first woman in 1:17.33 smashing her PB by 2 ½ minutes which she recorded in March's Surrey HM. **MATTHEW HARRISON** clocked 1:20.10 - 1 ½ minutes faster than in the Southport HM in July but just short of his Gtr. Manchester HM in May.

October

6TH NATIONAL 6 & 4 STAGE ROAD RELAYS (SUTTON PARK, BIRMINGHAM).

There was the traditional great day of action at Sutton Park for the Autumn National Road Relays titles. It wasn't Sale Harriers senior's finest hour but every cloud has a silver lining. The club turned out 10 teams in the younger age-groups. The U13 boy's 7th place was the club's best result day and their best result since they won the title in 2010. Well done to **FREDDIE MEREDITH, JACK SPARK** and **JOSHUA COLQUHOUN-LYNN**



13TH YORKSHIRE MARATHON (YORK)

KATHERINE WOOD won the woman's race in 2:41:33, an eight minute improvement on her Bavaria Marathon PB in July. For her efforts, she won £1500 and a Polar GPS watch.



13th MANCHESTER HALF MARATHON

The Manchester Half Marathon welcomed 10,000 runners and among them were 30 Sale Harriers. The most notable club successes were:-

- Sale Harriers won the men's team and each received £600
 - Four of the thirty made their HM debuts. First home was **GAVIN HILL** (1:07.30), then **ED BILLINGHAM** (2:02.25). **LISA DAVIES** (2:10.15) and **ANDREW TALLON** (2:15.16)
 - Eleven produced fantastic lifetime best performances
- | | |
|--------------------------|---------------------------|
| CALLUM ROWLINSON | 1:17.38 PB by 1 minute |
| KEN HUNT | 1:14.27 PB by 3 ½ minutes |
| MATTHEW SPRAGG | 1:21.45 PB by 2 ½ minutes |
| LUISA CANDIOLI | 1:24.24 PB by 1 ½ minutes |
| JENNY YATES | 1:26.32 PB by 13 minutes |
| HECTOR CHINOY | 1:34.48 PB by 25 seconds |
| TIM HINES | 1:36.43 PB by 17 minutes |
| CAROLINE KINGHORN | 1:48.56 PB by 1 ¼ minutes |
| KAREN HEGGS | 2:04.56 PB by 45 minutes |

Club marshals also earned several hundred pounds for their club funds.

13TH THE LIMONE XTREME SKYRACE

Fourteen Sale Harriers took off for Northern Italy's Lake Garda n to take part in the 29kms, gruelling 2,500m vertical and technically demanding Limone Xtreme SkyRace. **CHRIS DONNELLY** was Sale's first man home in the main event. Also on the gruelling trip was **OLLY GAILLEMAN. RICHARD EDWARDS, ANDREW CARLIN, MIKE ASHBY, ROBERT DUNN, DUNCAN HILL, RICHARD BROWN, BEN NORMAN** and **AIDAN RAFTERY. STEVE Mc CARRON** was 15th in the 10k race in a field of many pro mountain runners. **ELTON DAVIES** and **PAUL BARRETT** also did the 10k that was packed full of very tough climbing. **Richard Brown** did the VK the night before as well as the main Skyrace.



21ST AMSTERDAM MARATHON (AMSTERDAM)

Three Sale Harriers made the trip to Europe's city of culture in anticipation of fast times. **NICK BARRY** was targeting this as his 'A' race after a casual 2:38 canapé in London; **BEN Mc INTYRE** was looking for a big autumn marathon after having to pull out of London and **KEN HUNT** took up a free corporate entry and treat it as a no-pressure steady run since his 'A' race was the Manchester Half a week beforehand. Ben's 2:43:34 was a 5min PB. Ken finished a minute ahead of him in 2:42.36, an incredible result and a 40 minute PB! Nick stormed to a 2:31:2 with a one minute negative split



25TH BIATHLE –TRIATHLE WORLD CHAMPIONSHIPS (EGYPT)

Ten year old **STEFFI BERNDT DE LAO** won World Biathle and Triathle silver in the team Biathle and a bronze in the team Triathle. This was Steffi's first time representing GB and she did really well, ranking third in the World in Triathle under 11 - even without owning her own laser gun and having only practiced air pistol once a week at the Altrincham Rifle Club.



28TH OLDHAM HALF MARATHON (OLDHAM)

GAZ RAVEN led home 600 finishers in this demanding race. He was also the first M40. Gareth's won this race in 2014 and was then first M40 also. M40 **ROBERT FAIRBANKS** also had a great run, just 24 hours after representing Sale Harriers in the BMAF Relays in Birmingham and one week before he became the Yorkshire Veteran's 15 mile bronze medallist.



November

25th WILMSLOW 10k (Wilmslow)

- Sale Harriers had a few 'firsts' in this popular Wilmslow festive 10k road race:-
- **CALLUM ROWLINSON** claimed a superb victory with a massive PB of 31.36, an improvement of almost 30 seconds.
- Sale Harriers won the team prize: **CALLUM, CRAIG BRADBURY** (36.54) and **DAMIEN JONES** (40.36)
- **JACKIE CORDINGLEY** was 1st L55 in one of her faster recent times (44.05)
- **MIKE CURLEY** was 1st M65 in 41.45 - a six second improvement on his best

December

2ND BILL FOX GRAVY PUD FELL RACE

Sale Harrier's endurance section again supported this annual event in Tintwistle in memory of club colleague **BILL FOX** who died from pancreatic cancer in 2015 . Organised by **PAUL BARRETT** and supported by Bill's wife (Lynne) and her family, the event raised £500 split between Pancreatic Cancer UK and Rubens retreat.

9TH STOCKPORT '10' (STOCKPORT)

Fourteen Sale Harriers gave themselves early Christmas presents at this annual testing 10 mile race. The women broke Stockport's dominance to win the team prize and the men's trio were 2nd to Stockport for the 3rd successive year. Of the 14 Harriers, five recorded PB's and four made their debut '10'. First home was **NICK BARRY** (3rd), his best ever position. **TIM KENNEDY** and **MATT HARRISON** were the team trio.

PB's NICK BARRY	53.15 – a 28second improvement
MATT HARRISON	60.30 – a 3 minute improvement
RACHAEL ROZ.....	67.10 – a 30 second improvement
ANNE CHINOY	67.58 – a 40 second improvement
SINEAD FERGUSON	78.19 – a 15 second improvement
WENDY TERRY 74.08	JOANNE STREET 75.57
DEBUT'S ALISTAIR KELL 69.15	LYDIA BRIGGS 69.30

26TH CHESTER ROUND THE WALLS (CHESTER)

The Chester Round the Walls 6km race, is one of Britain's oldest. This year Sale Harrier's **IAN WETHERALL** was 1st M50 and consolidated the race's best ever series of individual results. He's also been as high as 3rd overall (in 2014).

January

20th HELSBY HALF-MARATHON (Helsby)

NICHOLAS BARRY (69.19) had every reason to be over the moon to finish an impressive 3rd and he cracked the magical 70 minute barrier for the first time. **NATHAN HARRISON** (5th) was also impressive with a PB of 70.00 (next time, Nathan!). The other noteworthy performances were **ANNE CHINOY** - 2nd L45 and 1st L45 Northern Masters Champion. Well done also to great PB's from **WENDY TERRY** (96.15) and **JULIA REYNOLDS** (1:45.37)and **JULIA REYNOLDS** (1:45.37)



February

14th Nigel supream in Armagh 5k international

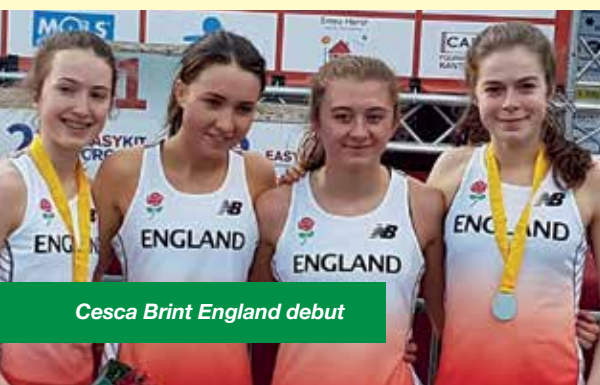
NIGEL MARTIN had the race of his life dipping under the elite 14 minutes for another awesome PB of 13.53 for 9th place in a field where world record 113 men ran sub 15 minutes and the race set a new course record 13:44. "Still don't believe it" he said ". Never thought I had the talent to run under 14. This renowned fast 5k course again brought together world class athletes and another incredible night of racing with thousands lining Armagh's streets.

CROSSCOUNTRY&FELLS

MARCH MARCH MARCH MARCH

31ST OVER THE BALES (Crossford Bridge)

Sale Harriers youngsters ended the cross-country season on a high note at Crossford Bridge's annual "Over the Hay-Bales". With **GRAHAM & ANN MARSHAL** at the helm, 120 club youngsters won all six team races against opposition from 20 clubs from throughout the North-West. The awards were presented by new Club Chairman **NIGEL BREDDY**.



Cesca Brint England debut



U11 Girls Gold Ava Clough, Sara Clough, Eva Karalius

31ST WORLD SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS (France)

CESCA BRINT made her England debut! Congratulations She's also won an individual bronze medal and a Team England silver medal. 2017/8 season was a dream year for Cesca...

- She represented the North of England at the Gt. Edinburgh XC International.
- She became the U20 Northern Cross-Country Champion.
- She's the Gtr. Manchester Schools Champion.
- She's represented England in the EasyKit Cross Cup in Belgium.
- She led home team-mates **JULIET DOWNS**, **CLAUDIA COWAN** and **ALICE DOWNS** to the National XC Title.

MAY MAY MAY MAY

9TH MAD HATTERS TRAIL (Stockport)

This 5 mile trail race is run over two laps in Reddish Vale Country Park. And always well supported by Sale Harriers:-

- Sale Harriers men won the team race. Well done to:
BEN MCINTYRE **STEPHEN TOWNLEY** **JON TERRY** **AIDAN RAFTERY**
- Sale Harriers women's were 2nd team Well done to:
KATHERINE WOOD **JANE THOMAS** **LYDIA BRIGGS** **JACKIE CORDINGLEY**
- **AIDAN RAFTERY** was first M55 and **JACKIE CORDINGLEY** first L55.



Mike Ashby, Paul Green, Paul Barrett, Dave Marsh - Calderdale Relays



Tim Rainey and Sinead Ferguson

20TH CALDERDALE RELAYS (Halifax)

Despite the event taking place concurrently with the Great Manchester Games, Sale Harriers entered three teams - thirty six runners, into Britain's biggest 'off road' club event. It competes across a 52 mile circular relay around North Yorkshire. On a tough, hot day Sale Harriers were 7th, 29th and 66th. The most notable performance were duo **EDDIE EDWARDS** and **STEVE TOWNLEY** who ran the 4th fastest on leg five



Jackie Cordingley, Julia Reynolds, Lydia Briggs, Katherine Wood & Jane

JUNE JUNE JUNE JUNE JUNE JUNE JUNE

30TH NATIONAL FELL RUNNING JUNIOR CHAMPIONSHIPS (Various)

JACK SPARK won the silver medal in the National Fell Running Junior Championships. He especially loves the challenge of different terrains and the uphill challenges. Last year, he finished 2nd in the English Schools Fell Running Championships competing for Altrincham College. Jack discovered his love for Fell Running in August 2015 when he attended a country fair near Coniston with his family. Other Sale Harriers who've taken part are his brothers Joseph and Ed, **FINLAY GODDARD** and **AKIRA EDGERTON**.



OCTOBER OCTOBER

13TH MANCHESTER AREA CROSS-COUNTRY LEAGUE (1) (Wythenshawe Park)

Sale Harriers hosted the first of the five winter Manchester Area Cross-Country League matches (MACCL) at Wythenshawe. Unlike previous years when parts of the course were waterlogged, this match was run on dry, firm ground in temperatures recorded as the highest ever for October by the Meteorological Office. A big 'clap on the back' to hard working course director **DAVE RODGERS** spotted as early as 8.30am setting up the course and still there with his dedicated team long after everyone had gone home. Thanks, guys. The day's individual winners - and well done to all of them, were:

U13 Boys **JACK SPARK**
U17 Girls **JESSICA SPILSBURY**
Veteran L35 **HARRIET HAMILTON**
Veteran L55 **JACKIE CORDINGLEY**
Veteran M40 **MATT BARNES**

THE DAY'S TEAM RESULTS

U13 boys: 1st A & 1st B team
U13 girls: 1st A & 3rd B team
U15 boys: 3rd A & 2nd B team
U15 girls: 1st A, B, C, D team
U17 boys: -----
U17 girls: 1st A team
Senior men: 3rd A, 3rd B, 3rd C team
Veteran men: 5th A, B 4th, C 6th
Senior women: 3rd A & 1st A, B, C, D, E, F
Veteran Women: 1st A & 1st A, B, C, D, E



Tom Shaw & George Sofranaukas - the two U17s at Wythenshawe MACCL



The U13 girl's squad at Wythenshawe MACCL



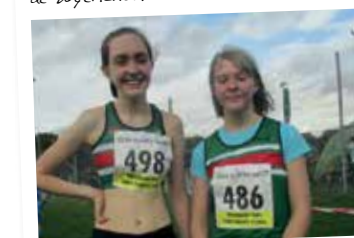
The U13 boy's squad at Wythenshawe MACCL



The U15 boy's squad at Wythenshawe MACCL



The U15 girl's squad at Wythenshawe MACCL



Eliza Ousey & Millie Chambers - two more of the U15 girl's squad



The U17 girl's squad at Wythenshawe MACCL



The senior and veteran women squad at Wythenshawe MACCL



Most of the senior & veteran men's squad at Wythenshawe MACCL

27TH BRITISH MASTERS CROSS COUNTRY RELAYS (Long Eaton)

Record numbers attended this year's British Masters Cross Country Relay Championships at Long Eaton, held in very cold conditions. A big clap on the back to **GLEN SAVAGE** - the club's veteran men's team Manager and **ANNE CHINOY**, the women's team manager who turned out five teams with good results against National competition

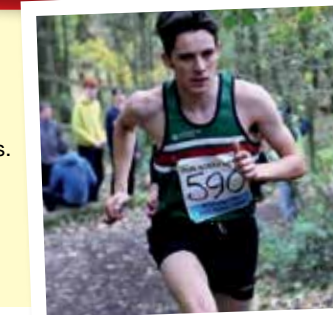
- W35 team were 12th **HARRIET HAMILTON**, **SINEAD ROCHE**, **TRACEY TAYLOR**
- W45 A team were 8th **ANNE CHINOY**, **JACKIE CORDINGLEY**, **HELEN REAGAN**
- W45B team were 13th **CARLA OUSEY**, **LYNDA ROWLINSON**, **MARINDA BREDDY**
- M65 team were 5th **MIKE CURLEY**, **MIKE DUNNE**, **GEOFF BEATTIE**
- M35 team were 14th **MATT OLDHAM**, **ROB FAIRBANKS**, **ROB MARSDEN**, **RICHARD CLANCY**, **GLENN SAVAGE**



Smiling despite freezing conditions

27TH MANCHESTER UNIVERSITY X.C. RELAYS (Wythenshawe)

The 52nd edition of these annual relays again brought together the talented academia of many Britain's Universities. It took place at South Manchester's University Playing Fields with local running clubs also turning out teams many for training purposes. Of particular significance this year is that Sale Harrier's **EUAN GILCHRIST** was Manchester University's newly elected secretary for this major University event. Euan has been with Sale Harriers since he was U11 and has ranked as high as 7th in the UK for the U20 1500m. He's now a University graduate.



NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER NOVEMBER

National Cross-Country Relays Bronze medallists – Jess Spilsbury, Stephanie Moss, Lara Crawford



3RD ECCA NATIONAL CROSS-COUNTRY RELAYS (Mansfield)

Berry Hill Park, Mansfield played host again for the 30th consecutive year of this major National Championship. Over 1000 teams entered including a record number of 170 Senior Women's teams. Indeed, record numbers were entered for most of the 10 age groups contesting titles and medals whilst providing superb races and experience for the club's younger age-groups. The Sale team to get their big clap on the back on this occasion are the U17 women who won magnificent bronze medals. These are Sale Harriers U17 girl's first medals since they won this championship in 2000 - before any of them were born! **LARA CRAWFORD** threw down the gauntlet and returned home a magnificent 4th. Lara's been a front-runner for club age-groups since she was thirteen. This is her first well-deserved medal in this major championship. **JESS SPILSBURY** then moved the team to the silver medal. She's also been gold dust to her teams through the same age-groups and this is also her first National XC relay medal **STEFFI MOSS** consolidated the bronze medal and this section's first medals since 2000. Well done, girls.

The other Sale Harrier teams who finished among the top 15 are:-

- Senior Women who finished 5th: **EMMA TILLEY**, **ELLEN DOWNS**, **SONIA SAMUELS**. This is this section's best position since 20015.
- U13 Boys finished 7th: **JOSHUA COLQUHOUN-LYNN**, **JACK SPARK**, **FREDDIE MEREDITH**. This is this section's best position since 2005
- U15 Girls finished 14th: **KATIE STRINGER**, **ISABELLE BURKE**, **OLIVIA BROWN**
- U13 Girls finished 12th: Twins **SARA & AVA CLOUGH**, **ELLA GILLESPIE**



10TH MANCHESTER AREA X.C. LEAGUE (2) (University Fields)

Superb weather again brought out legions of cross-country runners and created a crowd pulling atmosphere for this second match of the five Manchester Area Cross-Country League (MACCL) matches. The fast, flat and dry terrain also helped. Sale Harriers, of course, were dominant! The day's most recordable high-points:-

- U11Boys: They finished 3rd, 4th & 11th team with **BEN KEELEY** first home in 6th place
- U11 Girls: They finished 2nd, 5th, 7th & 13th teams with **EVA KARALIUS** first home in 3rd place
- U13 Boys: They finished 1st & 5th teams. **JACK SPARK** was the convincing winner as he was in match one and with **JOSH COLQUHOUN-LYNN** and **OSCAR SCHOFIELD**, again won the team race.
- U13 Girls: They finished 1st & 6th teams with **SARA CLOUGH** first home in a fantastic 2nd place. **JASMINE REED** & **AVA CLOUGH** were the other 2 stars for the team win.
- U15 Boys: They finished 3rd, 7th & 11th teams with **WILLIAM STANWAY** first home in 7th place
- U15 Girls: They finished 1st & 2nd teams. **LAURA KIDIKULA** was first home in 4th place and led **AVA TAYLOR** and **OLIVIA NOLAN** to their team win
- U17 Boys: No teams: **GEORGE SAFRANAUSKAS** (16th), **ALEX ARMSTRONG-BOND** (32nd)
- U17 Girls: No Teams: **LAURA HOLE** (8th)
- Senior Women: They finished 6 teams, the 1st one in 3rd place with **AIMEE PRATT** the official winner.
- Senior Men: They finished 6 teams with Sale Harriers 1st due to great runs from **EUAN GILCHRIST**, **MATTHEW BARNES**, **NICHOLAS BARRY**, **JAMES WIGNALL**, **SHAUN GEE**, **NATHAN HARRISON**
- Veteran Women: They finished 6th teams.
- Veteran Men: They finished five teams. **MATT BARNES** was 1st M40

24TH EUROPEAN CROSS-COUNTRY TRIALS (Liverpool)

The country's best Cross Challenge runners again flocked to Sefton Park to fight it out for a handful of spots on the British team for the 25th European Cross Country Championships in the Dutch city of Tilburg on December 9th. This national challenge is not for the faint-hearted, but the ambitious, those with sights set high and the tough-minded. Sale Harriers had seven – all of them seniors. The first of them home was **EUAN GILCHRIST** in 71st place. Congratulations to **MATT BARNES** who was the first M40 and **SONIA SAMUELS** who was the 1st L35 and in 18th place.

DECEMBER DECEMBER DECEMBER DECEMBER DECEMBER DECEMBER DECEMBER DECEMBER



Start of the U11 race



Jack Spark' 3rd MACCL win



Winner Callum Rowlinson

Cara O'Brien

Simon Latham

Lydia Briggs

1ST MANCHESTER AREA CROSS-COUNTRY LEAGUE (3) (Woodbank Park)

Match three of five Manchester XC league matches took place at hilly Woodbank Park and was a great day of undulating racing that brought together the regions great and good. Several sections are on their way to becoming 2018 MACCL champions. Sale Harriers highpoints for this match among the 11 age-groups were:-

- 4 'A' team victories – U13 boys, U13 Girls, U15 Girls & Senior Men
- 3 individual winners – **CALLUM ROWLINSON** (Senior) **JACK SPARK** (U13), **MATT BARNES** (M40)
- 3 'A' teams in 2nd place - U11G & Women veterans
- 1 'A' team in 3rd place - U17W
- 7 'B' team wins – U11B, U11G, U13B, U15B, U15G & Veteran men

DECEMBER DECEMBER

8TH Gtr. MANCHESTER COUNTY XC CHAMPIONSHIPS (Boggart Hole)

Such were the small fields again this year – just six and eight runners in the U20's, 20 or so in the U17's and just 52 in the senior women, informal chat wondered the future of this championship. Championship medals are still championship medals and Sale Harriers turned out larger than usual numbers. They were handsomely rewarded with the largest haul of medals of any of the competing clubs - 4 winning team medals, 4 individual Champions, 1 second team, 1 third team and Sale Harriers won every 'B' and 'C' team (where one was entered). Those given certificates are also selected to represent their County at the Inter-County Championships in March.

TEAM CHAMPIONS

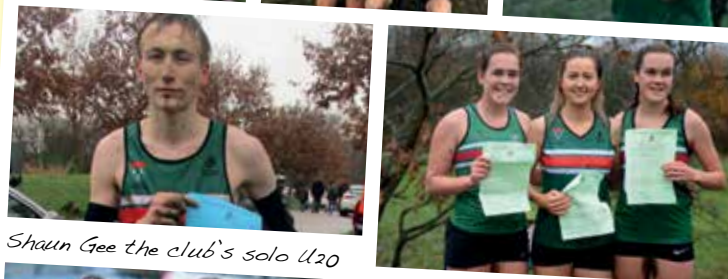
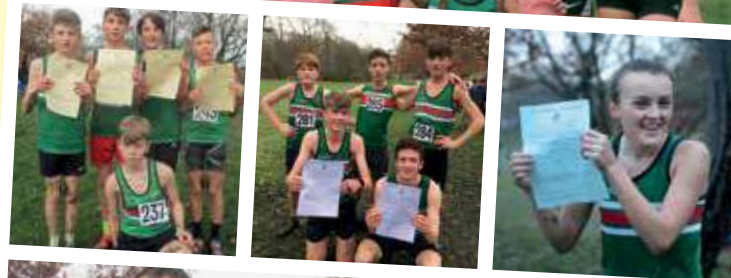
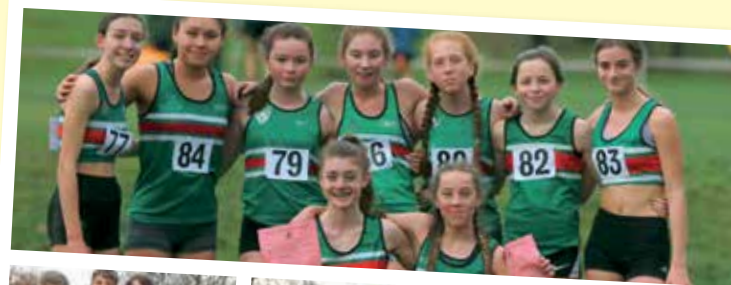
The U13 boys retained their title thanks to **JACK SPARK** (1st), **OSCAR SCHOFIELD** & **FREDDIE MEREDITH**
 U13 girls: **JASMINE REED** (3rd), **SARA CLOUGH** & **AVA CLOUGH**
 Senior Women: **DANIELLE FEGAN** (1st), **ELLEN DOWNS** (3rd), **JULIET DOWNS**
 Senior Men: **NATHAN HARRISON** (3rd), **GAZ RAVEN**, **KEN HUNT**, **SAM ASPINWALL**

INDIVIDUAL CHAMPIONS

U13 **JACK SPARK** improved from bronze last year to this year's champion
 U13 **KATIE STRINGER** improved from last year's silver to this year's champion
 U20 **AINE CUNNINGHAM** in her 1st cross-country race of the winter
 SW **DANIELLE FEGAN** in her 1st cross-country race this winter

MEDALLISTS

Silver Team U15G: **KATIE STRINGER** (1st), **OLIVIA BROWN** (3rd), **ISABELLE BURKE**
 Bronze Team: U15 Boys: **ROBBIE RIGBY**, **ALEX JAMES**, **WILLIAM PARKER**
 U13 Bronze **JASMINE REED**, Senior Bronze **ELLEN DOWNS**
 Senior Bronze **NATHAN HARRISON**



Shain Gee the club's solo U20



JANUARY

The senior women



The U13 boys & girls



The U17 girls



The U15 boys & girls

12TH MANCHESTER AREA XC LEAGUE (5) (Heaton Park)

The penultimate of the six MACCL winter cross-country matches took place on the renowned energy sapping undulations of Heaton Park. The day was characterised by larger than normal numbers, a tribute to the popularity of this very competitive league. As a result Sale Harriers were far from having it their own way and most club sections had tough competition from the likes of Stockport AC, Salford H & AC and Trafford AC.

Sale Harriers teams and the individuals that, nevertheless, came out on top were:-

U13 girls: **JASMINE REED**, **SARA** & **AVA CLOUGH**
 U13 boys: **JACK SPARK**, **FREDDIE MEREDITH**, **MATTHEW GARDNER**

SENIOR MEN: **NICHOLAS BARRY**, **NATHAN HARRISON**, **MATT BARNES**, **GAZ RAVEN**, **KEN HUNT**, **SAM ASPINWALL**
 VETERAN WOMEN: **HAYLEY ASHBY**, **ANNE CHINOY**, **CLARE McCARRON**
 VETERAN MEN: **MATT BARNES**, **GAZ RAVEN**, **CHRIS DONNELLY**, **STEPHEN McCARRON**
 INDIVIDUALS: U13 **JACK SPARK** and M40 **MATT BARNES** are undefeated

Sale Harriers also won the vast majority of the B, C, D and E teams where they entered. An impressive haul of cumulative team and individual's medals are likely to be Sale Harriers following February's final match. Yet again! Well done to every participant. Together is the strength!

JANUARY JANUARY JANUARY JANUARY JANUARY

5TH CHESHIRE X.C CHAMPIONSHIPS (Birchwood Forest Park)

The cream of Cheshire's club runners in all age-groups gathered at Birchwood Forest Park to contest their County XC Championships. Sale Harriers recorded their best success since 2016 when the senior men won the title and the club's only team to win any title or medal for at least a decade. This year the club had one individual champion, one individual silver medallist, one team silver and two team bronze medals

■ **LARA CRAWFORD** was the club's U17 champion. Lara's got impressive success in this championship. She's now won five Cheshire XC titles – 1 x U11, 2 x U13 and an U15 title and U15 silver medal.

■ **NIGEL MARTIN** adds a silver medal to last year's bronze (and two earlier 5th places!). Could 2020 be his title year!

■ SENIOR MEN: Well done to **NIGEL MARTIN**, **JAMES WIGNALL** & club newcomer **GEORGE FROST** on their silver medals, the club's and the section's first medals since 2016.

■ U15 BOYS: Well done to **JAMES KELLY**, **JAMES KNOCKTON** & **CHARLIE TITTENSON** whose team bronze medals were the section's first ever medals in this championship.

■ U11 GIRLS: Well done to **ISOBEL HALL**, **AVA BYGRAVE** & **ELIZABETH SINCLAIR** on their section's best ever 3rd place in this Championships



5TH LANCASHIRE X.C. CHAMPS (Blackburn)

KATIE HEWISON retained her Lancashire County XC title at Blackburn. Katie was part of Sale Harrier's trio who won last year's prestigious English National Cross-Country title and showed she's in top shape to help the club retain the title at Harewood House, near Leeds on February 23rd. Katie has had a very successful career competing all over the world as a member of the GB elite Triathlon & Duathlon squad. Among her career highlights were winning the World Duathlon Championships in 2011 and the 2014 elite women's ETU Duathlon European Championships. She's also been a successful mountain running champion with the 2009 Commonwealth Mountain Up-and-Down Champion among her accolades.



5TH MERSEYSIDE X.C. CHAMPIONSHIPS

PHIL ROBERTSON had every reason to be 'made-up' to win his first senior individual medal in the Merseyside County Championships at St. Helen's. He was 2nd behind class runner Dejene Gezimu (Liverpool H & AC) and is rightly very proud of his silver medal.

25TH NORTHERN CROSS-COUNTRY CHAMPIONSHIPS (Pontefract)



This year's Northern Cross-Country Championships was Sale Harriers finest in its history. It's not just that three club sections won Northern titles. That is awesome but the history is that all three retained titles with the senior men retaining it for the 3rd consecutive year.

Congratulations also to individual U13 winner **JACK SPARK** who added this Northern title to a long list of track, fells and cross-country titles throughout 2018 and all recorded elsewhere in the magazine. The U13 girls, U15 girls and U20 girls all finished just outside medals in 4th place. Senior Men Champions: **NIGEL MARTIN**, **LUKE BETTS**, **EUAN GILCHRIST**,

ANDY ROBERTSON, **CALLUM ROWLINSON**, **DANIEL KASHI**
 U13 Boys Champions: **JACK SPARK**, **FREDDIE MEREDITH**, **JOSH COLQUHOUN-LYNN**, **EDDIE LORD**
 U20 Women Champions: **AINE CUNNINGHAM**, **JULIET DOWNS**, **CLAUDIA COWAN**

Sale Harriers senior women hold the club record for retaining three consecutive titles (1999-2001). Leeds City, with nine senior men's titles in a row between 2003 – 11, has the record to chase. Regards the senior women, Leeds City, Hallamshire and Sale Harrier's each share three consecutive titles.

FEBRUARY



10TH MANCHESTER AREA XC LEAGUE (5)

As a result of this fifth and final MACCL match of the 2018/9 season, Sale Harriers endurance section, across several ranks, delivered their best results for several years. Well done to everyone. Overall:-

TEAMS

- U11G: They retained team silver medals for the 2nd consecutive year.
- U11B: Won Bronze so they've medalled for past two years
- U13G: They retained Gold Champions status for the 5th consecutive year
- U13B: They returned to being MACCL Champions for the first time since 2011/12
- U15G: They returned to being MACCL Champions for the first time since 2011/12
- U15B: They medalled (Bronze) for the first time in four years.
- U17G: Haven't completed a team since they were runners-up in 2015/6
- U17B: Haven't completed a team since they won in 2013/4
- SW: Pushed from the bronze medal position in this final match by Trafford & Wilmslow, Sale champions for the past four seasons, surrendered the title to Salford H & AC

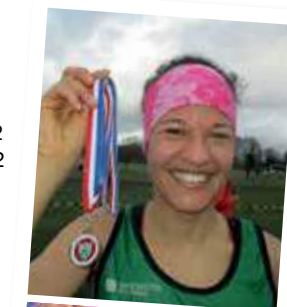
- SM: They easily retained their 5th consecutive title. **CALLUM ROWLINSON** won two races and Sale impressively finished three in four in this final match (**CALLUM**, **GAZ RAVEN** & **NICK BARRY**,

- VM: 3rd in Division1 and 2nd B team

- VW: 1st A, B and C veteran teams

INDIVIDUAL CHAMPIONS & MEDALLISTS

- Northern XC Champion **JACK SPARK** was undefeated in the 5 matches so is the U13 Champion - to add to last year's silver medal
- **HARRIET HAMILTON** was the series L35 Champion
- **ANNE CHINOY** was the series L40 silver medallist



23RD ECCA NATIONAL XC CHAMPIONSHIPS

The winter cross-country season peaked at Harewood Park near Leeds with the National XC Championships. This venue was last used last used for the 2018 Northern XC Championships and was hugely. Sale Harriers significant individual & team results were:

- U13 BOYS: To complete his excellent season **JACK SPARK** was a superb 7th, a massive improvement from last year's 35th
- SENIOR MEN: were an excellent 5th, a substantial improvement on from last year's 10th. **NIGEL MARTIN** in 11th place was supreme, hot from his awesome 13.53 at the Armagh International to rank 8th for 5k in the UK. **GAZ RAVEN** was incredible to complete his 25th consecutive "National". Leeds City men & women won the senior double on home territory.
- **LARA CRAWFORD** finished a superb 5th in her new age-group. She was last year's U15 silver medallist. The future looks bright!
- **GEORGIA TAYLOR-BROWN** again just missed a senior medal year in 4th place. The senior women were last year's National champions. This year they placed 14th.



CELEBRATION DINNER

The club hosted a celebration Gala dinner in January to celebrate its achievements over the year. It was the first event of its kind since the club's memorable Centenary Dinner in 2010 at Manchester Town Hall. Held at Manchester's impressive V & A Hotel, one hundred and fifty members past and present attended with everyone in their finest regalia. Club Chairman Nigel Breddy was the Master of Ceremonies and presented three significant awards.

See page 4 to read their stories.

