

# AT YOUR SERVICE

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# THE Harrier

The Magazine of Sale Harriers Manchester



A N N U A L R E V I E W 2 0 1 1





# EDITORIAL

Fechin McCormick

Long-time members will know that this Harrier magazine was a quarterly production for seventeen years (when I first started it) until the current economic climate necessitated it becomes this Annual Review. It's therefore a jam-packed summary of 2011 covering the period sandwiched between the Spring relays of 2011 and the Spring relays of 2012.

The club's documented mission statement is to be one of the best in the country! How did we fare against that objective? There are only a few contenders because most clubs throughout Britain are unable to field teams in every Regional and National Premier League and Championship like we do. That already puts Sale Harriers out ahead. Birchfield Harriers is one of only a handful of British clubs with the capacity to also field teams in every premier regional and national league. They were our main challengers in 2011 so how did we fare against them for the mantle of Britain's Best Club.

Fantastic congratulations to Dean Hardman and his merry men who won the British Athletic Premier League title for only the second time in the club's history and earned the right to lead the men's team to represent Britain in the European Clubs Competition next May. In that league Birchfield Harriers came third!

Eric Hughes girls were runner's up in the UK Women's Premier League, a title they'd won ten times in the past eleven years... unprecedented success! This year Birchfield were the victors!

We became the Northern Premier Division Champions for the first time since men and women's teams were combined –another superb achievement. Birchfield also won their Midland League title.

In the National Young Athletes League our U13, U15 & U17's finished a superb third. This equalled the club's best ever position since the league amalgamated the boys and girls in 2004. Again! A fantastic feat! However, Birchfield had an easy win. That put them ahead of us – slightly!

In the National Junior League, our U17 & U20 men and women found it tough and they finished sixth. Birchfield, on the other hand, were crowned the National Junior League champions.

Could we then claw it back in National and Regional Relays? Again, Birchfield were superior so we sportingly congratulate them as the 2011 country's best club. Would Manchester United or Manchester City be diminished in being runners-up in the Premier League?

We've a fantastic year of success to celebrate! Congratulations right across the board for the abundant athletic prowess, commitment, endless hard work, tenacity and countless sacrifices that has enabled such widespread success throughout 2011. The logistics in turning out teams is awesome so a special well done and thanks to team managers, coaches, parents and volunteers. You've made Sale Harriers 'Great'...and Birchfield... watch out for 2012!



## WEBSITE DEVELOPMENTS

One of 2011's outstanding developments has been the club website – www.saleharriersmanchester.com. It's increasingly the all-singing, all dancing tool that's the envy of many clubs. This is largely due to the formidable team of skilled people who are at its helm.

Brian Bradshaw is the leader of the pack! He's the website administrator. Brian has worked in I.T. for over 25 years, largely on IBM mainframes. He's a qualified Certified Microsoft System Engineer, presently working as a systems support engineer. Brian's 'yer man' as a technical whizz kid.

Stephen McCarron develops strategy and creative ideas in advertising agencies and it's he who has responsibility to develop the website's marketing potential. He's already made great strides in this area. He's set up a system (a) to benefit the club financially and (b) to benefit our members directly. The "Spend & Raise E-store" generates revenue for club funds through the commission raised by shoppers. The 'Sports Therapies' facility is available to physios, rehab specialists, masseurs, chiropractics etc who provide a minimum 15% discount to our members. If you're interested in this, contact the website manager or administrator.

Paul Rowley has worked with databases in marketing analytical roles for 10 years. He's used a variety of web analytics tools and is familiar with a variety of programming languages. There's no better person to supervise the Google analytics to oversee website traffic and to advise on maximizing the website's potential for advertising.

Frank Cordingley is an architectural engineer who uses his website knowledge and skills to post and update the weekly website reports and photographs and he's the one who tweaks and makes amendments to articles and to the website design.

Alistair Kell is an architect but currently is the Director of Information and Technology in his business. He developed a superb website Forum for his former running club in Scotland so we've seconded him onto the team to do the same for us... watch this space.

Fechin Mc Cormick is the website Manager. He's the one who provides most of the reports and information you read weekly on the Home Page; edits other reports to ensure uniformity of format, inclusivity and fairness. His aim is to keep the website topical, informative and interesting. He oversees all of the website developments; sends out the weekly email 'alerts' to attract website usage and liaises on behalf of the team.

The next development is the website Forum, and this is just around the corner. Meanwhile, the biggest challenge for 2012 is to entice members to engage regularly with their website in a way they currently do with Facebook. We want increasingly to see YOUR photographs; YOUR comments; YOUR social inter-actions... on YOUR website.



## FINANCIAL REPORT TREASURER JACK FROST

**The year started in trepidation, the first year for over a decade without any major sponsorship, plus memories of previous year's deficits.**

A pertinent Special Executive meeting in Sept 2010, addressed the issues, and agreed a costs reduction programme, coupled with an income improvement target. With full cooperation from the membership, both were achieved, the club emerging at the end of the year with a surplus of £8900 from their immense programme of activities ...(compared to the 2010 deficit) of £14,000

Income was bolstered by an increase in subscriptions to £21,000, a £4,000 increase over 2010, and the nightly training fees in force at Crossford Bridge and Wythenshawe Park rose by £5k to £17,000.

Net sales from the Canteen and Shop registered £5,600 (£2300 more than 2010), and extreme efforts behind the scenes on our promotions by attracting individual sponsorship agreements, created an extra £12,000 over year 2010. The Indoor Series of fixtures at Sportcity, the Sizzlers, Mayday '5', Sale '10' and the various promotions at Crossford Bridge were brilliantly carried out.

Expenditure was addressed by re appraising the various rewards schemes for athletes and coaches, including our annual 'thank you' to the officials. A noticeable reduction in purchasing equipment may be a one year wonder, as 2012 could see resumption to our normal level of equipment renewals.

We decided that our wonderful mouthpiece the Magazine should evolve into a high quality annual review (rather than quarterly), with more emphasis being placed upon our web site, which gives immediate results and articles plus a plethora of photographs.

The club's long standing mission statement, to be the country's finest athletic club, providing competition for our members at all levels, including International, National, Area and Local, results in the club expenditure on travel and hotels taking around 34% of our total income, a level which has been quite consistent over a number of years.

We must not get complacent however, as 2012 sees the club representing Great Britain in the European Club Championships to be held in Portugal, plus an expected difficult 2012 finance wise for all our members, places further emphasis on acquiring sponsorship for the club.

## CLOVIS & ATHOLLAH CLUB ATHLETES OF YEAR

Every year the club chooses its two most outstanding young athletes, one male and one female, to be 'Club Athletes of the Year' and honours them with the Darren Campbell MBE Award. The 2011 awards went to sprint sensation Clovis Asong and the UK's leading young triple jumper Ahtollah Rose.

Clovis was a class apart in 2011. He packed in a promising career in football after he fractured his ankle to pursue his track dreams. He initially displayed fantastic ability in field events. As a thirteen year old, he was No 1 in the UK in the long jump, No 2 in the high jump and 4th in the shot putt but in 2009 he turned to sprints. Through 2011, he became a sensational top performer winning every 400m domestic race he entered. He won the 400m England indoor and outdoor Championships; became the English Schools 400m Champion just missing out on an event record; he recorded a 400m PB and championship best of 47.04 in winning the Home Country U17 international that moved him to 3rd on the UK all-time list; he made Europe's best took note as he became GB's start attraction in his GB debut at the European Youth Olympic Festival in Turkey. There, he rewrote the history books running a Championship record of 46.74 seconds en route to winning the gold medal and also picked up the 4 x 100m relay silver. Finally, in September 2011, at the Commonwealth Youth Games at the Isle of Man, he again won a fantastic gold medal. Clovis is now the fastest U/17 400m runner in the UK by nearly two seconds and sits joint second on the all-time list as he chips away at Mark Richardson's 23 year old record of 46.43. He was also awarded 'Young Achiever of the Year' at the Manchester Annual Sports Awards.

Ahtollah Rose's athletic career began as a young teenage sprinter and such was her talent that in 2005 she ranked 3rd in the UK in the U13 75m. She then turned to the triple jump and long jump and by 2009 became the U17 England triple jump Championship and the England Schools silver medallist and climbed to second in the UK indoor rankings. In 2010, she won the prestigious English Schools triple jump Championship title. During 2011 her career particularly blossomed. It began when she won bronze at the England Indoor triple jump Championships; then silver at the England outdoor Championships and retained her English Schools triple jump Champion title with a PB of 12.88m that put her top of the UK rankings. Finally, she made her GB debut at the European Championships in Estonia and topped a fantastic year by being nominated runner-up in the Young Achiever of the Year Award in the Manchester Sports Awards.

These Young Athletes Awards began in 2005. Athletes are nominated by coaches and team managers and decided by the club's executive committee. Previous recipients are:

**2010 Katie Byres and Jack Andrew**  
**2009 Abigail Haywood and Niall Brooks**  
**2008 Abigail Irozuru and Andy Sutcliffe**  
**2007 Rebekah Wilson and Andy Robertson**  
**2006 Katherine Sherry and Ezekiel Rowe**  
**2005 Kathia Lannon and Darren Hammond**

## PRESIDENT'S REPORT

*It has been an exciting year for the Club, the individual successes of our athletes being reflected in the Roll of Honour. Congratulations to the Men's team, expertly managed by Dean Hardman, for convincingly winning the National Premiership League and wishing them well in the European Clubs Cup in Portugal late May. The Women had to be content with their Premiership runners up spot, after collecting the title ten times in the past eleven years. The Young Athletes again reached the National Cup Final, coming a very respectable third after decisively winning the Northern Area Final. Karen Lannon and Danny Gray do a great job in progressing and developing the youngsters for the future. In this year of the Olympic Games several of our officials have been honoured to participate and, hopefully, a good number of our athletes will be represented. Executive meetings are held regularly, aided by various sub-committees and I would like to sincerely thank everyone concerned, and all those who contribute so much towards the continued success of the Club. With best wishes to all.*  
Eric Hughes President



# PRESENTATION EVENING

The 2011 Primary Section Presentation Evening saw a fantastic event at Urmston Leisure Centre with the biggest ever turn out of primary section athletes. Clovis Asong, one of Sale Harriers Manchester home grown talents presented the athletes with the awards and medals they had achieved over the summer season.

Club Chairman David Brown CBE presented the successful evening. All the athletes were awarded certificates and badges for overall achievements across 5 different track and field events (these include run, jump and throws)

Yellow Group – Poppy Glasby-Seddon and Sam Worthington



Red Group – Bethany Thornton and Brogan Rudman



Green Group - Tia Blissett



White Group- Rebecca Heys and Adam Kinghorn



Middle Distance- Alice Bennet



Club Champions



## VOLUNTEER AWARD

**Congratulations to Ann & Graham Marshall who won the award for "Service To Volunteering at the North West Regional Sports Awards in a glittering evening of celebration held at the De Vere Whites Hotel in Bolton.**

Ann and Graham have led Sale Harriers Primary Section with over 65 years coaching between them. In those years, they've engaged hundreds of parents to assist in the development of Primary section projects; they've led the successful Startrack scheme which was first introduced in 1992 and still goes strong every summer holiday time; they've developed pathways to performance for all children at the Crossford Bridge base and are now extending these programmes by opening opportunities across the whole of the Manchester Athletics Network.

Fifty volunteers and guests attended the annual Gala evening celebrating the unsung heroes within the region over the last 12 months



## TRIPLE SUCCESS AT BURY A.C.

In October 2011 Sale Harriers Primary Section took a triple win at the Bury A.C. relay cross country event. After the fantastic result at the Network Quad kids event, our under 9 girls and under 9 boys took 1st place yet again closely followed by the under 11 girls who also took 1st place. The 3 teams showed a fantastic effort and speed around the cross country over the bale circuit.

Scarlett Whitaker won the fastest lap for the under 9 girls well done. The under 9 girls team was represented by Scarlett Whitaker, Jessica Spilsbury and Poppy Glasby-Seddon.

The under 9 boys team was represented by Toby Barrington, Jacob Corrie and Lewis Rowlinson whilst the under 11 girls was represented by Bethany Thornton, Jessica McDowell and Elizabeth Twite.

Well done yet again to all that competed. After many years of being left in the cupboard Bury A.C hosted the fantastic event which hopefully will become a regular event for the under 9 & under 11 athletes to compete in.



## Quadkids Event

On Sunday 25th September 2011 Sale Harriers took part in the 1st Quadkids event for the M60 and Manchester athletics network. The event was held at Salford Mets AC for age groups under 9 and under 11 athletes. Sale Harriers entered two teams who gave 100% effort in all events entered on the day.

**The athletes who took part are**

**Under 9 Girls** Ella Wilson, Jessica Spilsbury, Scarlett Whittaker, Poppy Glasby-Seddon

**Under 9 Boys** Sam Worthington, Jacob Corrie, Lewis Rowlinson, Matthew Thomas, Oliver Gilgrist

**Under 11 Boys** Ben Gilgrist, Brogan Rudman, Will Preston, William Gavin

**Under 11 Girls** Aine Gibbons, Gloria Eden, Bethany Thornton, Leyla Nealon

Congratulations to the under 9's team who finished 1st and well done to the under 11's team who competed well in a tough age group and finished 5th.

A special congratulation to Poppy Glasby-Seddon who came a fantastic 3rd in the individual under 9's girl's event. We would like to say a big thank you to the quadkids organisers, all the volunteers that made the day possible. We hope this is going to be the 1st of many to come.

For individual results go to [www.quadkids.org](http://www.quadkids.org)

## SPORTS HALL LEAGUE

During November/December 2011 and January 2012 Sale Harriers Manchester Primary section took part in the Greater Manchester Sports Hall League competing against 11 other athletics clubs at Sports city Manchester. The club entered athletes from the U11, U13 and U15 age groups competing in sprints, jumps throws and relay events. All athletes performed brilliantly leading the teams to

**U11 boys** coming 3rd overall

**U11 girls** coming 4th overall

**U13 and U15** athletes competed as individuals.

**U11 boys:** Alex Newman, Nathan Booth, Ben Gilgrist, Brogan Rudman and Harry Boyd

**U11 girls:** Poppy Glasby-Seddon, Scarlett Whittaker, Stephanie Austin, Bethany Thornton, Eve Taylor and Anna Wilson

**U13 Girls:** Emma Lowe, Lucy Glasby-Seddon, Chloe Taylor.

**U13 Boys:** Jack Daly, Jacob Findell

**U15 Girls:** Megan Daly, Erin Taylor Annabel Dowd and Lauren Sturman

**U15 Boys:** Josh Booth

**From the three league meetings, Alex Newman and Brogan Rudman were picked to represent Greater Manchester. On Sunday 29th January 2012, all the above athletes entered into the G.M.A - a county championship meeting with medals up for grabs. Sale had a successful day.**

**U15** Lauren Sturman won gold in Shot Putt

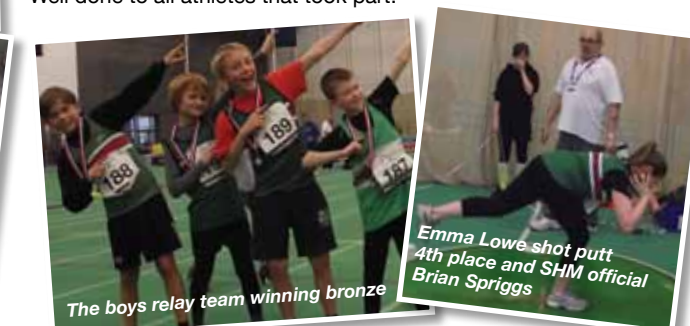
**U15** Annabel Dowd won silver in Shot Putt

**U15** Josh Booth won gold in Shot Putt

**U11** Stephanie Austin won gold in Vertical Jump

**U11** boys relay team won Bronze Alex Newman, Ben Gilgrist, Brogan Rudman and Harry Boyd

Well done to all athletes that took part.





# NORTHERN T&F LEAGUE (DIV 1) CHAMPIONS

*Fechin McCormick*

The club competes as the City of Manchester in this league and the opening match at Blackpool in May was a huge success! The Club won convincingly from Blackburn AC. The lads and girls were outstanding. Lucy Evans and Holly Belch recorded brilliant double victories, Danielle Rooney, Jenny Simmons, Molly Cockburn Jodie Guinnane (still juniors), Reesika Adoojan, Jonathan Ferrymen, Alex Bellis, Greg Appleby, Tim Jolly, Danielle Bentley, John Nicholls and Sergiy Sayayev all either dominated or won their events. Unfortunately, the weak link was our middle distance being unable to turn out athletes in most of the distances.

The second match was at Lincoln in June. The club retained their leading position thanks especially to the sprinters, throwers and jumpers who were immense. Charles Burke was a revelation, winning the 100m, 200m and 400m 'B' events followed by membership of 2 relay victories. Nathan Roach, after his usual sprint double, he popped over 10 high hurdles with a 2nd spot in the 'B' race, followed by a leg in the 4x400 relay. James Barratt's triple jump was a class act and Sergie Sarayev's Hammer, Discus, PV, Shot and Javelin were extremely valuable. Jennifer Simmons was majestic in her 400m and 400m Hurdles then led both relay teams to victory. Linda Benin also enthralled the spectators with a demonstration of Hammer throwing rarely seen in the Northern League.

We came to the third match at Preston in July in the lead but only by half a point from Blackburn AC, who'd won the league title for the past couple of seasons. Team managers Alison Pye and Mike Delaney

worked hard to ensure that every discipline was covered to maximize our final points total. Though the men again could not fill the middle distances, we retained our position at the top of the table by just 1.5 points from Preston and Blackburn in joint second. Those who made a big difference to the results were Samara Mohtasham, Nicola Cahill, Jasmine Dotzek, Katia Lannon, debutant Lauren Bowen and Tom O'Brien all claiming victories with multi events specialists Nicola and Jasmine completing 6 events each and won most of them. The men again dominated the sprints through Carl Dickinson, Nathan Roach and Marcel Stevens. Emma Leigh Heighway was also welcomed back following two years of injury and illness.

We were in a strong position going into the final decisive match at Blackburn in August but we faced tough opposition from Blackburn and Preston. Again, it was essential we turned out the strongest possible team if we were to challenge for the title. The team rose to the occasion and, largely due to winning three the relays we triumphed! Sale Harriers were the Northern Division 1 champions for the first time since men and women's teams were combined.

In the match, it was well done to John Nichols, Joe Lancaster and Sergii Sarayev who dominated the throwing events with Sergii breaching the 40m barrier in the Hammer for the first time. Nathan Roach and Richard Metzger scored well in the 100m and /200m. Tom O'Brien and Jonathon Ferryman delivered the goods magnificently in hurdles, The highlight of the vertical jumps was 16 year old Seun Okome who soared over 2 metres to rank 3rd in the UK U/17s. Not too far behind was Matt Cullen's 4m 70cm pole vault victory, ably supported by Jacob Sutcliffe's 3m 50cm victory in the 'B' event. The women's speed merchants Olivia Callaghan, Molly Cockburn and Tyra Watson were also special to watch

Congratulations to Mike Delaney, Alison Pye and to their assistants for managing such a great victory.



## NATIONAL JUNIOR LEAGUE GOOD BUT TOUGH!

*Team manager Jack Frost*

The club participates in the National Junior T & F League (Premier Division) that offers quality competition to the country's U20 men and women. Once again, the Sale squad found it tough, especially having to manage the excessive travel to Scotland and Gateshead for matches. This was further compounded with having to take on four 'composite' teams in the Premier division of the Northern Junior League. Nevertheless, the club reached the National Final that took place at Derby in September where we finished in 6th position.

Five athletes supported the club in all 5 fixtures including the final. Jack Sheldon was the boy's top scorer, registering impressive marks in all 4 throw disciplines. Still only a U/17 athlete, his 43m 76cm Javelin, 33m 86cm Discus, 12m 21cm Shot and 37m 22cm hammer in his respective age group throughout the season was outstanding. Alex Bellis also travelled the country for the club, having a 6m 41cm LJ, 13m77cm TJ, with a 34m 52cm Javelin contribution to the team's success.

**Prominent other males were as follows:**

Marcel Stevens had excellent sprint marks of 11.11sec and 22.11sec.

Clovis Asong (U/17) was in good form with a 55.9 400m hurdle clocking to enhance his 46.74 400m flat time.

Roy Ejiakuekwu (U/17) welcomed some good competition, and amongst excellent performances throughout the season, which featured a brilliant 21.44s 200m run.

Alex Wort managed to fit in 3 fixtures away from his successful multi-event programme.

James Barratt at long last had a 14m 05cm triple jump and James Rob Davies injury ravaged season registered a 6m 94cm long jump (though reached 7m 23cm in the indoor season).

International duty restricted George Caddick to 2 early windy fixtures scoring top points.

Two other U/17 youngsters featured very prominently in 4 fixtures. Sean Okome (2m.00cm high jumper) and Jacob Sutcliffe (3m 71cm pole vaulter).

Connie Briggs, Jade Clarke and Jasmine Burke were the other 3 athletes who represented the club in all 5 fixtures.

Connie has an impressive range of events, covering 100m in 13.9secs, 200m in 28.3secs, 400m in 64.98secs plus the long hurdles in 68.53secs, all contributing to a large point total. Jade is a first year U/17, and certainly was not overawed by her older competitors, registering fine marks of 5m 46cm LJ and 10m 10cm Triple Jump. Mainly a horizontal jumper she helped out on the HJ 9 1m 45cm and 100m 13.26secs.

Jasmine, another U/17 athlete who held her own in this league, threw the Shot, Discus and hammer, with marks of 8m 92mc, 27m 21cm and 32m 16cm respectively.

**Prominent other females were as follows:**

Olivia Callaghan came back to her bets towards the end of the season with 12.1sec and 24.83 victories in Gateshead.

Tyra Watson glided majestically round the track with 2m 13.8sec for the 800m, and a 55.92 400m clocking.

Abigail Fitzpatrick along with Ahtollah Rose represented GB in the European Junior Championships held in Estonia graced the Junior League when possible. Abigail had a 58.38sec 400m hurdle time along with a speedy 56.7 flat 400. Ahtollah jumped 12.88cm TJ, backed up with a 5m.31 LJ both having successful seasons.

Brogan Crowley, a multi-eventer established herself well, with 1m 59 HJ, 5m 29cm LJ, 11m 71 Shot, plus a 30m 71cm Javelin.

Pole vaulters Jenni Hughes (3m 05cm), Samara Mohtasham (2m 80cm) scored massive points throughout the season, and then were joined in the Final by 4m 20cm performer Katie Byres, who won the final.



# MEN'S BRITISH ATHLETIC LEAGUE (PREMIER DIVISION) VICTORY & EUROPEAN CHALLENGE

Team manager Dean Hardman



The 2011 track and field season was one of the best in the history of the club for the senior men's team. After a solid but unspectacular start at the first fixture in Cardiff, where the team placed 3rd in a very close, rescored match, the season took off in spectacular fashion, with a great 2nd place in London, followed by the club's first BAL match victory since 2007 at our home fixture. That meant that the league title was Sale's to lose going into the final match at Newham. When the fixtures were organised, the reigning champions had probably hoped to retain their title at home, but Sale won back to match fixtures and took another resounding victory in London to seal only our third ever championship win.

The BAL is an extremely difficult competition to win, with clubs like Newham and Essex Beagles, Woodford Green with Essex Ladies and Birchfield Harriers featuring many of the

country's best athletes. To end the season as the best team in the country was an outstanding achievement and it required our own internationals and top club performers to commit wholeheartedly. The likes of Nick Gayle, James Bailey, Andy Robertson and Mike Floyd supported the team magnificently, racking up huge numbers of points across all 4 fixtures (there were others, too, who were ever present), while the club's endurance athletes, after a shaky start in the first match, became the backbone of the team, taking victory after victory in the rest of the fixtures. It was great to see the green, white and red vests crossing the line in first place so many times, through the likes of Ben Scarlett, Jack Hallas, Niall Brooks, Stuart Stokes, Dave Proctor and Rhys Smith. It was also nice to see newcomers like Ben Williams, Bradley Pike, Umar Hameed and Ian McDonald begin their club careers so well. In truth, it is difficult to pick out names of individuals, because winning league titles requires excellence across all events and, in 2011, that is precisely what we had.





# UK Women's League

Sale's Senior Women's team annually participate in the Premier Division of the UK Women's League, being the only club to have retained First Division status since the League began, thirty seven years ago. They have won the title twenty three times and collected the runners up spot on nine other occasions during this period. The competition is staged yearly, in a series of three matches against the other seven top UK clubs.

We got off to a flying start at Leigh with a victory margin of 37.5 points. Our Throws athletes were outstanding, collecting an incredible 73 points from the maximum of 76 points and Katie Byres equalled the divisional Pole Vault record.

The second match in Edinburgh was a different kettle of fish and late injuries, together with travel difficulties, hit us badly. We did well to finish third, taking us to joint first place overall.

Unfortunately, we suffered again in the crunch match at Lea Valley, London where we were down to the bare bones, particularly in the Middle Distance events, and had to concede our title to Birchfield Harriers.

Said Team Manager, Eric Hughes, who has guided the team through their years of unprecedented success, "Under the circumstances, although the outcome was painful, we have to be content after winning the League ten times over the past eleven years thanks to the continued superb team spirit and dedication of our athletes."





# NATIONAL YOUNG ATHLETES LEAGUE

Best Ever

**Sale finished an excellent 3rd from the 250 competing teams from throughout Britain in the 2011 National Young Athletes League (Premier One).**

The campaign initially was to defend the North-West title. It began in April at Sportcity with a convincing victory over Preston and Crewe. Our youngsters had a great day winning thirty-one events and six relays! Kelly Chadwick was especially notable as the only athlete to win two events with Grade 1 performances, a remarkable feat for a girl still at primary school. U17's Roy Eijenken's 200m and Clovis Asong's 400m hurdles headed the national rankings and our U/17 men's sprint squad emphasised they were the strongest in the country.

The second match was also a great win with a two hundred point victory over Blackpool AC and West Cheshire AC. The tremendous club turn-out despite bad weather showed the great personal loyalty to team managers Karen Lannon and Danny Gray and the club's dominance was displayed in winning eight of the nine relays. Sophie Ullah, Amy Williams, Kelly Chadwick, Alyssia Carrs and Lloyd Robins were the club's most successful athletes.

Going into the third match, we were thirty match points behind rivals Liverpool AC due to the loss of approximately fifty points when events were cancelled due to the bad weather in the previous match. To make up for this, team managers Karen Lannon and Danny Gray turned out one of the strongest ever teams and this resulted in a larger than expected victory over Blackburn AC with a club record score of 782 points. Some of the fantastic performances were Alexandra Hastie (high jumped four PB's); Megan Davies (lapped the field in the 3000m); our throwers Charlotte Dickenson Jack Sheldon and Joshua Booth dominated their events; U13 Sophie Ullah recorded four superb wins; Clovis Asong was as amazing as ever and our sprints Roy Ejaikueku, Danny Heald, Denver Morrison, Elin Jones, Kemar Thompson and Felix Tighe had an incredible day winning eight out of nine relays.

In the final fourth match, a fine victory over rivals Liverpool AC ensured we retained the NW title of the National Young Athlete League... a great achievement!

The next phase of the campaign was then to win the Northern YAL title. In this we were up against the mighty Gateshead Harriers who'd painfully beat us by a narrow margin the previous year! This battle of the titans was on home territory!

An enthusiastic crowd of 2000 spectators filled Sportcity. In a fantastic match in which everyone pulled out all the stops, we triumphed over the reigning champions by a massive 140 point. We were the Northern Champions. Overall Sale athletes won 44 events, gained a record of 24 Grade 1 performances and set two National League records. Club athletes won 38 gold, 32 silver and 11 bronze medals. Our U17 men's squad were particularly dominant thanks to English Schools Internationals Roy Ejiakuekwu, Danny Heald, Callum Roughneen, Zennon Wisniewski, Clovis Asong (broke the league 200m record). With Chris Mc Gahan, they also broke the 4 x 400m league record. A record of these individual performances was published on the club website ([www.saleharriersmanchester.com](http://www.saleharriersmanchester.com))

The final stage of the campaign was to represent the North of England in the National Young Athletes Final against Britain's top eight teams. The match took place at Birmingham in September.

Against fierce competition, we finished a superb third to equal the club's best ever position since the league amalgamated the separate boys and girls leagues in 2004. Some of the most notable performances were U13's Kelly Chadwick who won three silver medals; Sophie Ullah two silver medals; Oliver Mc Cormick a silver and bronze. Isobelle Reynolds-Duffy (Gold & Silver), Emily Evans (gold), Ben Moseley (gold), Zenny Enechi (gold with a PB), Adam Kinghorn (gold), Charlie Dowell (silver) and James Radcliffe (200m bronze).



U15's Joshua Booth was a triple medallist, English schools champion Amy Williams won gold. Alyssia Carr (silver), Denver Morrison-Massey (silver); Harry Lord (bronze). Medals in the 'B' events were awarded to Gabby George, (gold & silver), Felix Tighe (silver & bronze), J'Nae Ward (silver), Courtney Leonard (bronze) and Emanuel Ajala (bronze).

U17's Charlotte Dickinson won double gold, Danny Heald (double gold). Jasmine Burke (2 gold & 1 silver) with gold for Ryan Moore (1500m), Alex Birchill (3000m), Megan Davies (3000m) and Alex Hastie. Further medals were awarded to Alex Bradford (silver), Jacob Sutcliffe (bronze), Clodhma O'Malley (bronze), Akanke White (bronze), Chloe Grant (bronze) and

Zenon Wisniewski (bronze). Medals in the 'B' events were awarded to Callum Roughneen, (2 gold), Lydia Randles (gold), Kyle Conway (Silver), Lauren Bowen (silver), David Campbell (silver), Jade Clarke (silver), Chloe Jones (silver), Clovis Asong (silver), Nathan Selby (bronze), Abi Fitton (bronze), Nathan Harris (Hurdles bronze), Khalid Absiyeh (bronze) and Roary Booth (bronze).

A big thank you to all the athletes, officials, coaches, parents and supporters for a most successful season. Tremendous credit must go to team managers Karen Lannon and Danny Gray for fielding teams that remained unbeaten, winning each match by massive margins.



# THE ENDURANCE SECTION

Fechin McCormick



The first Sale Sizzler 5k

Two hundred lean and hardy men and women make up the club's endurance section. Over fifty of them joined through 2011 and the vast majority train at Crossford Bridge with the younger, faster lads and girls joining the Wythenshawe Park site. The vast majority admirably 'strutted their stuff' throughout the region's roads, cross-country and fells competing over every distance from 5k to marathons...with the tough few opting for ultra-distances. Foremost among these in 2011 with their amazing achievements were Carl Cleghorn, Katie Reece and Tim Rainey.

## MARATHONS

Starting with marathons, Lucy Whitehead (nee Waterlow) with her fantastic PB of 2:39.27 in the London Marathon, broke Katherine Binns club record that had stood since 1982. A key member of the club's successful women's team through the Millennium, she was the 2001 senior Northern Cross Country Champion who led the club to their second consecutive Northern title. Anthony Ford, in the Seville Marathon, came close to breaking Steve Edmunds twenty-five year old club marathon with his magnificent PB of 1:19.07. These two led the way for several marathoners throughout 2011. Fourteen competed in London, Simon Jackson clocked a PB in the Windermere; Stephen McCarron & John Moseley dipped under 3 hours at Edinburgh; Carl Cleghorn, Tim Rainey & Katie Reece toughed it out in the heat of Kassel; Colin Gell & Tim Rainey returned to Wolverhampton; Simon Jackson improved at the Chester Marathon and tough man Carl Cleghorn took on the Lakeland Marathon.

## HALF-MARATHONS

With fifty-six finishers, the 'Wilmslow' was again the club's most popular half marathon with the Kassel (Central Germany) second with twenty-five participants. In a sense, both combined when the Club hosted twenty from the German city of Kassel before forty from the club were warmly hosted for their City's Marathon and HM.

The club was also represented in the Wokingham HM (a PB for Hayley Cavill), The Warrington HM (A PB by 4 minutes for Brian Bradshaw), the GNW HM (a PB for Chris Cook), Blackpool HM (Simon Jackson improved his PB by two minutes), Liverpool HM (Mike Kilmartin had a great race), Fleetwood HM (Lee Woods struggled with wind!), Bucharest HM (Stefan & Lucas Schumacher struggled in heat), Isle of man HM (Mike Ashby, Hayley Cavill, Jim Lambe with a big PB for Tim Kennedy), Rivington Pike HM (Louise Robbins, Miran Aprahamien, Lynda Rowlinson and Katie Reece) and, of course, the Great North Run. The 'big' improvers were Carl Barber who improved his PB by eleven minutes (Wilmslow); Oliver Gaillemain who improved his PB by six minutes (Wilmslow); Jo Street improved her Wilmslow by nine minutes; Brian Bradshaw improved by five minutes (Wilmslow) and Chris Cook improved by three minutes (GNW HM).



The memorable trip for the Kassel Marathon & HM

## 10k RACES

The Gt. Manchester Run was the club's most popular 10k with over forty club finishers followed by the Leeds Abby Dash 10k with twenty and the Salford 10k with a record seventeen finishers. The fastest club 10k of the

year was Matt Bond, living at altitude in Colorado, who improved his PB to 29:38 that earned him his first All-American honour. Those who made the biggest improvement through the year were Jenny Miles, Chris Cook, Zoe Gmerek, Lauren Davies, Louise Robbins, Brian Bradshaw, Andy Mooney and Carl Barber. Well done to all of them.

## 5k RACES

There was a myriad of 5k's, too many to assimilate that engaged 50% of the section but potential leader of the 5k pack must be former sprinter Dean Hardman. Over five races through the year, he improved from 20.01 to 16:58 over six races – and plans to improve by a further minute in 2012. The fastest 5k of the Spring 2011 – Spring 2012 year was Matt Bond. It was an indoor race in Seattle and he ran 14.05 which was a PB by a massive twenty seconds. Watch out for a sub 14 minutes outdoors in 2012.

Gary Rowlinson, Ian Weatherall and Carl Barber were the club's foremost veterans; M60 Terry Loneygan won more age- group prizes than anyone; M50 Brian Bradshaw produced most big PB's than anyone; L40 Jan Nicholls, L45 Lynda Rowlinson and L50 Jackie Cordingley were the club's No. 1 in their age-categories and youngster Callum Rowlinson, one of a growing squad of youngsters of the ilk of Charlie Hulson and Jamie Roden, showed he's come of age as an endurance runner.

The Welsh Castles Relay, a 200 mile relay split into 20 legs, was one of the year's highlights. The men's team had a blinder finishing third overall with some amazing performances, including four 2nd positions (Gary Rowlinson, Mike Hatch, Paul Green and Tim Kennedy)! The women's team also performed heroically and finished fourth. The stand out performance was Hayley Cavill who took a stage win on one of the toughest legs in driving wind and rain.

The endurance section weakest contribution of 2011 was again the summer T & F Leagues where their general absence resulted in the loss of valuable match points. Perhaps this is the area to most address in 2012.

## FELLS (Paul Barrett)

2011 was a significant one for the increased numbers competing on the fells. As well as competing in the traditional events such as Calderdale and Pennine Bridleway Relays, the club also competed in the UKA fells and also launched its own fell championship.

The year started with the traditional Pennine Bridleway Relay. Three teams were entered with the men's finishing in the top 10 behind winners Salford AC. The men's 'B' team finished top 30 and the ladies came 5th.

Performance of the event was delivered through the Rawlinson father and son combination (Gary and Callum) which ran the 4th fastest leg of the day.

A change to the fell calendar saw the Calderdale Way Relay switching from its traditional winter slot to a warmer spring slot in May. Again, three teams were entered with notable inclusion of both husband and wife, Ian & Cat Jones, with Ian choosing green to compete for the 'B' team. Half way through the event, the men's 'A' team hit the highs of sixth, however the team suffered from the usual late team drop outs and finished 19th. The men's 'B' team finished 33rd and the women's ended the race in 6th position. Team performance on the day must go to Jackie Cordingley and Jo Robbins who beat both men's teams on the final leg.

The club also entered two men's teams into UKA Fell Relays, held in the lovely Yorkshire village of Kettlewell, just north of Skipton, on a beautiful sunny day. Despite the tough competition and the challenging terrain, both teams competed admirably; with the 'A' team finishing 52th and the B team 104th.

Finally on a club level, an intra-club fell championship was launched. This was a series of six races where runners collected points per race depending on their position. Races were scattered around the region which included Lantern pike fell race in Hayfield and the Ravenstones Fell race in Saddleworth. In total, over 30 people competed in the championship and the winners were: Steve McCarron (Senior Men), Lauren Davies (Senior and Veteran Women) and Jerry Smith (Veteran Men).

Overall it was great to see so many people competing on the fells from the club, which has in the past tended to avoid this element of athletics.



The Wilmslow Half Marathon with twenty from Kassel



Welsh Castles Relays



# MACCL – SENIOR, VETERAN & U20 MEN

Fechin McCormick

The veteran men's team finished 6th - the same position as last year and as good as they've done for years. As team manager Jerry Smith said, "We did well to maintain our position in a very tough league". As mentioned above, Ian Weatherall and Gary Rowlinson were outstanding. Ian finished an awesome 5th at Clayton Vale and Gary was twice inside the top ten finishers. Because Gary was one of a few who completed four matches, he was the club's only male veteran in the first forty overall individual rankings finishing 4th in the strong M45 category. Steve Gavin, Bill Fox (who finished 3rd in his M55 category), Tim Rainey, Jerry Smith and Miran Aprahamien were

the only others to complete four matches but Frank Cordingley and Alistair Kell contributed to the 'A' team counters when they turned out. For the seventh consecutive year, Wilmslow AC was the league champions with Trafford AC 2nd and Stockport AC 3rd.



Our senior men fared better than for several years in the 2011/12 Manchester Area Cross-Country League (MACCL). They took the league title from Trafford AC who'd been the holders for the previous four consecutive years. Trafford AC was runners-up with Stockport AC 3rd, their best finishing position for a decade. Salford in 4th also showed greater strength than for several years possibly indicating more of the region's top teams are taking the league seriously.

Few of those who spearheaded Sale's sharp end ran more than three of the five races, however they did enough! Foremost among them was Gaz Raven who returned from injury and improved through all five races from 35th to 2nd in the fourth race. With four matches to count for overall league rankings, he therefore finished well up in 5th place.

The other regular counters at the sharp end were James Bailey, Niall Brooks, Ben Scarlett, Peter Crawford, Mike Kilmartin, Stephen Mc Carron, Ian Weatherall and Gary Rowlinson. Ian and Gary, as veterans, were especially astonishing in the senior ranks.

A second winning factor of the 2011/12 season was the larger than ever number of teams that we finished. Sometimes they were as many as four - more than any other club. Because most ran less than four races, only Peter Crawford, Gary Rowlinson, Mike Kilmartin, Phil Scowcroft, Elton Davies, Stevge Townley and Paul Barrett featured in the top fifty overall finishers.



# Sale Harriers Manchester Roll of Honour 2011

## Major Championships Participants and Medallists

### World Championships, Daegu:-

Andy Turner (GBR) 110m Hurdles Bronze  
Kate Dennison (GBR) Pole Vault

### Other International Senior Representatives

#### European Team Championships:-

Brian Gregan (IRL) 4x400m  
Gordon Kennedy (IRL) 4 x 400m Relay  
Ian McDonald (IRL) 110mH  
Andy Turner (GBR) 110m Hurdles  
Rebecca Peake (GBR) Shot Putt

#### International Matches:-

Laura Douglas (WAL) Hammer  
Mike Floyd (ENG) Hammer  
Nick Gayle (ENG) 60mH  
Matt Hunt (ENG) Javelin  
Jessica Taylor (ENG) PenIW  
Kirsty Law (SCO) Discus  
Robert Mitchell (WAL) High Jump  
Jade Nimmo (SCO) Long Jump  
Ryan Oswald (SCO) 100m  
Alex Smith (ENG) Hammer  
Scot Thompson (SCO) Shot

### Age Group International Representatives

#### European U23 Championships, Ostrava:-

Brian Gregan (IRL) 400m Silver  
Andrew Robertson 100m, 4x100m Bronze

#### European Junior Championships, Tallinn:-

George Caddick (GBR) 4x400m  
Abigayle Fitzpatrick (GBR) 400mH  
Katie Byers (GBR) Pole Vault  
Ahtollah Rose (GBR) Triple Jump

#### Commonwealth Youth Games, Douglas:-

Clovis Asong 400m Gold  
George Caddick 400m Bronze

#### European Youth Olympic Festival, Turkey:-

Clovis Asong 400m Gold

### UK Championships Senior Medallists

#### Outdoors:-

Alex Smith Hammer Gold  
Mike Floyd Hammer Silver  
Antony Ford 10000m Silver  
Kate Dennison Pole Vault Silver  
Rebecca Peake Shot Putt Silver  
Kirsty Law Discus Bronze  
Sonia Samuels 10000m Bronze  
Sarah Holt Hammer Silver

#### Indoors:-

Andy Turner 60mH, 200m Gold, Silver  
Ben Williams Triple Jump Gold  
Katherine Endacott 60m Silver  
Kelly Massey 400m Silver  
Kate Dennison Pole Vault Silver

### England Championships Senior Medallists

Nick Gayle 110mH Gold  
David Hughes 400mH Gold  
Alex Smith Hammer Gold  
Mike Floyd Hammer Silver

Ben Scarlett 800m Silver  
Lucy O'Gorman 5000m Silver  
Sarah McGreavy 100mH Bronze  
Adele Lassu High Jump Bronze  
Rebecca Peake Shot Putt Bronze  
Jessica Taylor PenIW Bronze

#### Indoors:-

Jessica Taylor PenIW Bronze

### Welsh Championships Senior Medallists

#### Outdoors:-

Rhys Smith 800 metres Gold  
Paul Walker Pole Vault Gold  
Lucy Evans 100m, 200m Bronze, Silver  
Laura Douglas Hammer Silver

### Scottish Championships Senior Medallists

#### Outdoors:-

Ryan Oswald 100m, 200m Silver, Gold  
Kirsty Law Discus Gold  
Patrick Swan 400m Gold  
Jade Nimmo Long Jump Gold  
Scot Thompson Shot Putt Silver  
Alison Rodger Shot Putt Silver  
Holly Belch 100mH Bronze

#### Indoors:-

Jade Nimmo Long Jump Gold  
Scot Thompson Shot Putt Gold

### Irish Championships Medallists

#### Outdoors:-

Ian McDonald 110mH Silver  
Brian Gregan 200 metres Bronze

#### Indoors:-

Ian McDonald 60mH Gold  
Brian Gregan 400m Gold

### England Athletics Age-Group Medallists

#### England Athletics Under 23 Championships – Outdoors:-

Andrew Robertson 100m Silver  
Abigail Irozuru Long Jump Bronze

### England Athletics Under 20 Championships

#### Outdoors:-

Katie Byres Pole Vault Gold  
George Caddick 400m Silver  
Abigayle Fitzpatrick 400mH Silver  
Ahtollah Rose Triple Jump Silver

### England Athletics Under 17 Championships

#### Outdoors:-

Clovis Asong 400m Gold  
Roy Ejiakuekwu 200m Gold

### England Schools Championships

George Caddick 400m Gold  
Ahtollah Rose Triple Jump Gold  
Roy Ejiakuekwu 200m Gold  
Clovis Asong 400m Gold  
Daniel Heald 400m Silver  
Amy Williams Long Jump Gold

# NATIONAL OUTDOOR AND INDOOR CHAMPIONSHIPS

Fechin McCormick



## THE NATIONAL XC CHAMPIONSHIPS

The 2011/12 ECCA National Cross-Country Championships returned to its spiritual home of Parliament Hill Fields (London) and it was a particularly successful day for the club's under 13 girls and for Sonia Samuels who both won bronze medals. The U13 girls were the first Northern team and produced the section's best result for thirteen years thanks to Eleanor Twite, Francesca Brint and Ciara Lydon. Sonia Samuels repeated her bronze medal position of 2009. In a nip-and-tuck battle she missed out on the National title to 1500m Olympian Gemma Steel by only three seconds and though awarded the same time as Steph Twell in second place, she was awarded the bronze medal. She led the team home to a respectable 10th place that was consistent with the section's depth and form through the year. Likewise, the senior men's 23rd position was consistent with their depth and form, taking account of injury, illness and general unavailability at the time. The U15 girls and boys produced their best results for many years. The girls were 13th and the boy's 23rd. These are two solid groups of youngsters who'll be a big asset to the club if kept together. Our U17 men finished 19th, again the section's best result for awhile. They'd earlier in the year been crowned Northern Road Relay and Northern XC Relay Champions. The U17 girls did not complete a team but Megan Davies had finished 6th in the U17 Scottish National Cross-Country Championships a week earlier. Similarly, the U20 men and women did not complete teams largely attributable to the general demise of these age-groups in running. Charlie Hulson did well to win the U20 Welsh XC Championships.

A big 'Thank You' to all team managers, coaches, officials and parents.

## NATIONAL MULTI-EVENT CHAMPIONSHIPS

The Club's performances in the National Multi-Events Indoor Championships produced a National title, double first-time international selections, repeat senior international selection and much more. Alexander Wort repeated the success of his training colleague Jack Andrew two years earlier in taking the U20 gold medal in which he produced four heptathlon P.B.'s. It was a thoroughly deserved win for an athlete who'd made significant progress through the year. Jasmin Dotzek had also markedly improved her performances and won the U23 silver

medal with a host of PB performances. Both were selected to represent Great Britain at the Combined Events International in Cardiff against France and Spain. Jess Taylor also won the senior silver medal with such magnificent performances that she was awarded her second GB vest to compete at a Combined Event International in Prague where she won team bronze medals. Joe Lancaster returned to competition after his lengthy absence and he proved he was back to his best. Finally, Ashley Pritchard also chalked-up an impressive list of victories.

## NATIONAL T & F CHAMPIONSHIPS

**SENIORS:** The National Senior indoor Championships was a weekend of outstanding performances for the club with as many as twenty athletes in the finals. World Junior Bronze medallist in the pole vault Andy Sutcliffe moved into the big time winning his first senior UK title with a fantastic PB of 5m55cms and beating UK's No.1 in the process. Seventeen year old Katie Byres vaulted to her latest UK Junior record taking the senior silver medal European U23 bronze medallist, Andy Robertson also moved his blossoming career onto the big time by beating almost all of Britain's top scalps to win a magnificent silver medal in a fantastic PB of 6.61. Former commonwealth Youth Champion Abigail Irozuru also made a big breakthrough in the long jump in another big PB (6m 44cms) to take the silver medal and break the club's long jump record held by Ann Danson since 2002. Roy Ejiak won 200m Silver and Chris Baker a high jump bronze medal.

### KATIE BYRES, COACH JULIEN RAFELLI

**ANDY SUTCLIFFE** As a result of their superb performances in these Championships or soon afterwards, the Club had two athletes, Katie Byres and Kate Dennison compete at the World Indoor Championships in Istanbul. It was Katie's GB senior debut and it was an amazing achievement for a girl only eighteen years old and one of only two juniors in the team. She was selected on her 4m 52 pole vault at an elite pole vault tour in France in February. Her height was the third

best by a junior (U20) woman in the world EVER and she ended her season as the third highest women in the UK of all time. Her jump also was the fourth time she'd improved the UK Junior record that season. Her club mates, pole vaulter Andy Sutcliffe and sprinter Andy Robertson just missed out on the qualifying standard. Also, their renowned pole vaulting coach, Julien Rafelli was selected as the GB coach. He's also got World No.2 Holly Bleasdale under his wing and brought all these pole-vaulting youngsters to greatness.

**U20/17 AND U15:** The club had a further twenty-five competitors and nine medallists in the younger age-group English Championships. The gold medallists were Amy Williams (U15 long jump of 5m 54cm) and Ahtollah Rose (U20 TJ of 12m 28cm). The silver medallists were Izman Smajlat (also a PB in the U20 TJ 14m81cm) and Lloyd Robbins U17 LJ 6m 67cm and the bronze medallists were Amy Williams (though only an age 15 athlete her medal was in the U17 TJ competition in a PB 11m 48cm), Lisa James (in the U20 LJ 5m 66cm – also a PB) and Charlotte Dickenson (in the U20 Shot f 11m 25cms) and Nathan Selby (in the U17 200m).





# SENIOR, VETs & U20 WOMEN

Impressive 2nd

Our senior women's 'A' team finished joint second on points with Wilmslow AC (but awarded 3rd place on count back) in the 2011/12 Manchester Cross-Country Area League (MACCL), (Division 1), their best result for several years and maintaining impressive consistency through recent years. The 'B' team also did enough to retain the Division 1 status they won last year.

Through the five matches, the 'A' team produced three 2nd places but could be no match for a dominant Trafford AC who easily won three matches. We would have readily consolidated second place had it not been for the disappointing seventh place in the fourth match at Woodbank Park. An impressive aspect of the senior women's winter tour of Greater Manchester's Parks was that in four of the five matches, the squad finished a record four teams – a tribute to team managers Jo Street and Alison Pye with the 'B' team also retaining Division 1 status.

Individually, Emily Beedham was the core of the team's success through all five matches. Supremely elegant in her running, she was always within the top ten and improved to fifth in the final match, a record that ranked her second overall. Lucy 'O Gorman, equally graceful in effortless running, also added class in her two matches when she travelled all the way from Loughborough to finish second at Sherdley Park and annihilated the opposition at Wythenshawe Park. Team stalwart was L40 Jan Nicholls who displayed fantastic ability and commitment in three matches and was awarded the 3rd L40 overall in the league. Hayley Cavill, Jo Street and Tyra Watson (U20) were the team's backbone for two matches and Alison Pye, newcomer Zoe Gmerek and Hannah Griffiths were all important team finishers in one match.

Our veteran ladies finished 6th, the same position as last year to retain their Division 2 position. L40 Jan Nichols was the golden thread through all five matches and always the first team counter. Helen Reagan was mostly second counter in her four matches and ranked high in the overall league positions as a result.

Zoe Gmerek would also have been a team counter in four matches had a virus not knocked her off her pins (probably for not wearing enough shorts over her three pairs of leggings!). Individually, well done to evergreen L50 Jackie Cordingley, justifiably delighted to win her age-group league title; Lynda Rowlinson who was 3rd L50 and league newcomer Jenny Miles who finished 2nd in the L60 category.





# MACCL U15 BOYS & GIRLS

Double Champs



The U15 boys produced a fantastic clean sweep of five victories to easily win the 2011/12 Manchester Area Cross-Country League from Moston & District Harriers and Macclesfield Harriers in third place. The club also had the overall league winner in talented Sam Mayon who, despite running less than a year, finished inside the top ten in all the five matches even winning at Sherdley Park. Dylan Stanway also finished well up in the league rankings from his fine performances in four of the matches. Adam Roden, Ben Yates, Daniel Brint and Euan Gilchrist were the remaining key team members who contributed a great deal to the clean sweep of victories from their ability. Well done to all of them.

Our U15 girls were also MACCL league champions despite a very close battle not finalised until the last match. They triumphed over Stockport AC, champions for the two previous years. Credit is especially due to (a) Catherine Podmore who ran in four races and was always inside the top ten finishing 2nd in two races (b) Hannah Simeen who was also inside the top ten for four races and (c) Rachel Hibberd inside the top ten for three races. The squad also did well to complete at least two teams in four of the matches. Those others who made the biggest difference to either the 'A' or 'B' team were Flora Whyte and Hannah Christy who ran at Wythenshawe Park, Woodbank Park and Clayton Vale and Caithlin Thomas and Mattie Yates who ran two of the races.



# MACCL U13 CHAMPS x 2

Fechin McCormick



Our U13 boys had one of their best years in a long time in this year's Manchester Area Cross-Country League (MACCL). They produced a clean sweep of five victories that began in October at Heaton Park and ended at Clayton Vale in February. Key to their success was twins Jake and Adam Spilsbury.

In all five matches, they were the club's first across the line with Jake even winning the Sherdley Park and Wythenshawe Park matches. However, it takes three to complete winning teams so it's a big clap on the back to Michael Quin, Andre Yiasoumi and Saeed Absiyeh for their fine performances that made all the difference to the team's success.

This section is a strong and promising one demonstrated in that they completed two teams in the top three in four of the matches.

Our U13 girls were also the proud league champions, retaining the title for the second consecutive year. This is another promising section, strong in depth and quality able to complete three teams in three matches.

Individually, Olivia Green had a fantastic win at Sherdley Park; Ellie Twite ran a superb second place at Wythenshawe Park as did Ciara Lydon at Woodbank Park and Francesca Brint at Clayton Vale with Claudia Cowan in third place at both of them. They were well supported by Aine Cunningham for two matches and Frankie Hacker-Davis. Backbones of the 'A' and 'B' teams for their participation in at least four matches were Alice Bruce, Franki Reid and Charley Reid. As a result, Alice finished second overall and the others ranked really high in the league overall placings.

*Well done to all!*



# MACCL U17s & U20s

Men take the titles



The club's U17 youths retained the league they won last year and have possessed for ten of the past twelve years. They did very well winning two matches and runners-up in the other three. Leader of the pack was Kyle Conway whose excellent running in all five matches was rewarded with 2nd place overall in the league. He was ably supported by Alex Bradford, Khalid Absiyeh and Dillon Bezzina who deserve their team medals for their unstinting commitment to the team throughout the whole winter thus ensuring this success.

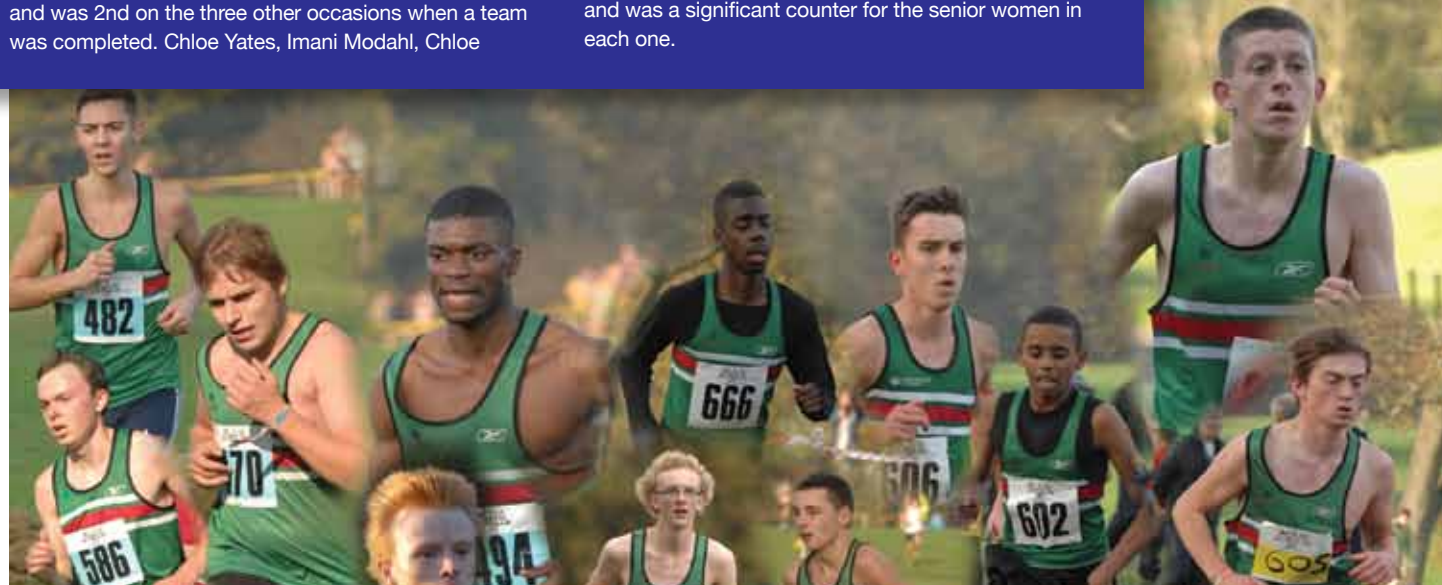
With the rest of the region's clubs, our U17 girls were a rather depleted section in their league. However, they did better than

most in completing teams at Heaton Park, Sherdley Park and Wythenshawe Park. Megan Davies was the section's frontrunner who won Woodbank Park's race and was 2nd on the three other occasions when a team was completed. Chloe Yates, Imani Modahl, Chloë

Grant and Misha Nayak-Naylor were the other club stalwarts who braved the undulations and mud of Greater Manchester's five parks when they could easily have been enjoying Saturday afternoon's in Manchester's shopping cathedrals.

The U20 men retained the title they won last year but were the only league club again to complete the requisite four matches. Matt Holmes finished third overall as a result of fine performances and the first man home for the club in each match. Josh Oguntayo, David Rich, Adam Dooley, Callum Rowlinson, James Wignall and Glyn Windebank also contributed significantly in various races... and thanks to them for travelling all the way from their universities to support the team.

A noteworthy aspect of contemporary cross-country was, again, the scarcity of young women in the U20 section and this year only Tyra Watson and Kate McLelland lined up. Tyra participated in four matches and was a significant counter for the senior women in each one.



# MACCL U11

Our Little Stars



This year the U11 boys and girls in the Manchester Area Cross-Country League competed in four of the five matches (not three as in previous years) with the best three results counted for overall league positions. The one match they did not participate in this year was the first one at Heaton Park.

Our little starlet girls finished as the league's runners-up to Manchester Harriers. Foremost among those who ran their little hearts out for their team and club were Tia Blissett who won at Clayton Vale; was 2nd at Sherdley Park and 3rd at Woodbank Park. As a result she was the league's best little runner of 2011/12. Elizabeth Twite, Bethany Thornton and Verity Garnes also did really well finished 4th, 5th and 7th a result of their running in at least three of the matches. However, others who completed less than three matches but must also be applauded for their great runs are girls like Fay Molloy, Tanya Kendrick and Jemma Vickers. At Sherdley Park the U11 girls section turned out a record four teams and three teams at Woodbank Park and Clayton Vale.

The boys finished 3rd with Wirral AC and Stockport taking the top two league places. Luke Chesters and Harry Boyd were the backbone of all the four matches and he was well supported by Oliver Hole, Bayley Hulde and Ben Gilchrist who were team counters in at least one match.



Fechin McCormick

# NORTHERN CROSS- COUNTRY CHAMPIONSHIPS

Our senior men and women consistently perform to a reasonably high level in these championships despite no longer having the depth of talent of former years and this year was no exception with both teams finishing 8th. Gaz Raven led our men's team home in his twelfth consecutive 'Northern' and Emily Beedham was the leader of the pack for the girls. Both had hoped for better but did remarkably well considering their enforced lengthy lay off periods this year.

**JACK FROST & ANTHONY BARBET**

Amy Williams, who first won the U15 long jump two years ago at age 12, broke the long standing record last year and improved it by 18cm this year for the hat-trick. Newcomer Kirsten McAslan smashed the U20 400m CBP by over two seconds, winning in 54.35. Tyra Watson and Cherisse Walley followed very close behind to give Sale a fantastic 1-2-3.

European and Commonwealth U17 400m champion, Clovis Asong moved into the U20 category with some style. Displaying real talent and courage, he won in 48.43 and just missed out on the record. Darren Hammond (2m 05cm) retained his senior men's high jump title with an identical performance regarded as 'Metronomic'! There were two outstanding examples of silver medal performances: James Barratt equalled the previous CBP in the triple jump (14.37m) which would have been good enough for gold in any other year. and English Schools champion Ahtollah Rose was beaten in the U20 triple jump by just two centimetres – by the Junior World Champion who needed a CBP to beat Ahtollah.

Big PB's were registered by James Barratt (14m 37cm) in the U/20 Triple jump; David Campbell soared over 3m 90cm in the U/17 pole vault; Jenna Hill added the 3000m silver to last year's 1500m silver

**GOLD:**

Sen.	Darren Hammond	High Jump	2m 05cm
U/20	Roy Ejiakuekwu	60m	6.94 secs
	Roy Ejiakuekwu	200m	22.01 ecs.
	Clovis Asong	400m	46.43 secs
U/17	Amy Williams	LJ	5m 01cm

**SILVER:**

Sen.	Nyef Abed	60m	6.94 secs
	Jenna Hill	3000m	9m 47.82s pb
U/20	Tyra Watson	400m	58.14 secs
	James Barratt	TJ	14m 37cms
	Nathan Selby	200m	22.03 secs pb
	Ahtollah Rose	TJ	12m 52cms
	Charlotte Dickinson	Shot	11m 37cms
	Charisse Walley	800m	2m 17.52secs

**BRONZE:**

Sen.	Jennifer Simmonds	400m	57.86 secs
	Jennifer Simmons	200m	26.23 secs
	James Davies	LJ	7m 23cms pb
	Josh Oguntayo	800m	1m 56.55 secs
U/20	Charisse Walley	400m	58.61 secs
	Nathan Selby	60m	7.13 secs pb
	Matt Holmes	3000m	9m 45.57 secs pb
U/17	David Campbell	PV	3m 90cm pb
	Marnie Wells-Nichols	LJ	5m 01cms
	Chris Bradley	HJ	1m 80cms pb
	Lloyd Robbins	LJ	6m 42cms
	Romello Edwards	400m	52.97cms pb
U/15	Kevin Metzger	LJ	4m 49cms.

# NORTHERN ROAD RELAY CHAMPIONSHIPS

Our men and women have a proud history in the 12/6 stage road relay championships championship held each Spring and 6/4 stage road relays held each Autumn and have been rarely outside the medals for over a decade. However, the club underperformed this year. In the Northern 6/4 Road Relays, the men finished 17th and the women 10th. (In the National Relays, the men failed to field a team and the women were an uncharacteristic 26th.) In the Northern 12/6 stage again the men and women finished further down the field than they'd have liked in 7th and 14th place respectively. The stalwarts were Gaz Raven; James Bailey, Elton Davies, Mike Hatch, and the section relied heavily on youngsters like Niall Brooks, Jamie Roden and Callum Rowlinson. The women's success was attributable largely to front-runners Emily Beedham who returned from a long lay-off better than ever, Hannah Griffiths, Cara Kavanagh, Donna Jones, Kirstie Leybourne and evergreen Alison Pye.





# THEY DESERVE SPECIAL MENTION

Fechin McCormick

## Andy Turner

2011 saw Andy return with his first ever global medal, after he took 110mH bronze in Daegu. It also saw him run a personal best of 13.22 to confirm his place amongst the world's elite.



## Rebecca Peake

Her Shot Putt of 16.76m at Bedford broke the Club record and her points contribution in the UK League, together with the other 'heavyweights' Alison Rodger, Kirsty Law and Emma Carpenter, was immense.



## Denver Massey

Denver burst onto the scene in 2011 having previously been playing football for various academies as well as boxing. He found his true calling as a sprinter though winning the inter



county 100m champs and then went on to win numerous 100m, 200m and 400m races. He was also Gtr. Manchester Schools 400m champion and went on to a 4th place in the English Schools final and gained a silver medal in the Young Athletes final. A popular and talented figure, Denver can always be relied upon to entertain on and off the track!!

## Kyle Conway

Regularly Kyle willingly doubled up in the endurance events in the Young Athletes League and was ever present through the winter's cross-country Leagues.



## Andy Robertson

Andy continued his progression towards top international class, taking a hard fought bronze medal in the 100m at the European U23 Championships after leading the race to 60m as a result of a blistering start. He also ran a pb of 10.29, a time close to the Olympic B standard.



## Abigayle Fitzpatrick

Ran a creditable 58.38 secs in the European Junior 400m Hurdles Championships in Tallian and won the English Schools in a canter. Still in the Under 20s category with a bright future ahead.



## Ciara Lydon

Ciara is a great example of hard work. Her attendance at training sessions is superb; she listens to detail and brings her personal goals and achievements.



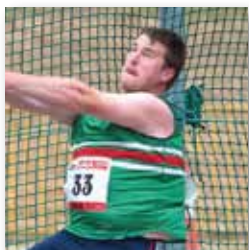
## Zoe Gmerek

Zoe joined the club in 2011. Not only has she made great strides in her running but she's become a popular and enthusiastic member who's exemplary in her willingness to help where she can, be it volunteering for the Saturday Parkruns or other events or to support the club in summer track races.



## Alex Smith

Alex threw a huge personal best of 74.62m, an Olympic B standard and the furthest hammer throw by a British athlete for 7 years. He also threw a pb in winning the UK title.



## Sarah Holt

Recorded 66.46m in the Hammer, now second in the Senior UK rankings and will progress even further with her dedicated approach to the sport.



## Hannah Christy

Hannah is a model in her changed attitude to hard work, self belief and, as a result, her personal goals have been achieved. She is a good example of "LTAD" Long Term Athlete Development.



## Jenny Miles

Jenny has become the role-model for the older woman. Lacking confidence initially, she's made fantastic progress in a short time and is now an enthusiastic competitor on roads, fells and cross-country often in the top three of her age category.



## Brian Gregan

Brian broke the 46s barrier in the 400m for the first time in 2011, recording 45.96 for 5th in the final of the World University Games. The highlight of his season, however, was his silver medal at the European U23 Championships, where he split the highly fancied British pairing and almost took a surprise victory.



## Laura Whittingham

Although international and overseas commitments prevented her competing for Sale in the 2011 season, her Javelin throw of 60.68m in Finland broke the Club record.



## Katie Byres

Established a new Junior British Pole Vault record clearing 4.36m in France, making her the fourth ranked Britain of all time. Sale now has a strong squad of vaulters, including Kate Dennison, Emma Lyons and Abigail Haywood.



## George Caddick

George really made his mark in 2011. He won Gold in the English schools S.B final, Silver in The 3A's Juniors and Bronze in the Junior Commonwealth Games together with a European cap and a P.B of 47.81. With his birthday in July he was one of the Youngest Juniors in the country making his record for the year even more impressive.



## Felix Tighe

2011 saw Felix showing the promise he has always had with this being the first year competing properly within his age group since he broke his ankle

enduring 2 operations. His hard work and a long journey back to fitness was rewarded with a 7th place in the English Schools 400m final, quite an achievement for a 100m and 200m specialist. He was also Greater Manchester U15 200m champion and won a bronze and silver medal at the Young Athletes League final. He has now stepped up to 400 full time where that true strength of character will pay dividends!



## Alex Bradford

Apart from his specialist steeplechase, through the summer he was very willing to fill in the 400m and other endurance distances when asked and, as a result, scored many valuable points that contributed to the team's success through the summer.



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