

Issue 61 autumn 06

# THE Harrier

The Magazine of Sale Harriers Manchester





# At Your Service

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PLEASE ALWAYS SEND YOUR NEWS STORIES WHILST  
THEY ARE FRESH AND NEW. THE LAST DATE FOR  
RECEIVING ARTICLES FOR THE NEXT EDITION WILL BE  
THE MIDDLE OF DECEMBER



Harry Shakeshaft

# medical support

(This is not an exclusive list of recommended professionals at the service of the Club. For each ones profile and an explanation of each specialism consult the Club website)

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## Editorial

FECHIN MCCORMICK

Phew! What a magazine! This bumper 32-page Harrier has consumed every spare hour of every day for the past three months – writing, editing, researching, interviewing, telephoning, emailing, scanning, labelling, co-ordinating, reviewing, formatting, chasing, travelling, re-writing... It's been done to ensure you have a thorough, accurate and comprehensive coverage of this summer's T & F season whilst also focusing on the achievements of as many of our hundreds of athletes as possible.

As you begin to read this magazine, take time first to study the chart on page 5. This is the framework chart for the future development of Athletics in Manchester and as partners with Manchester Leisure and Reebok you'll, hopefully, read its achievements increasingly in these pages. It's still in its embryonic stage, of course, with the inevitable teething problems and disenchantment. Take note also that our teams competed as 'City of Manchester Athletics' in the top national and regional Leagues and Cups.

As well as myself incredibly busy this summer, it's also been demanding for all our athletes, coaches, team managers, field officials and club administrators. This dedication and work has resulted in the Club maintaining our top position in the National and Regional Leagues and Cups that are documented in the following pages – no mean achievement! To every one of you, the Club says a very big 'thank-you' and hopefully, as you read through these pages, you will feel pleased, proud and rewarded for your sacrifices and work. You have kept Sale Harriers Manchester proud – and great!



# The World Stage

The bulk of this magazine will feature domestic competition. However, we've also been well represented on the world stage at major championships.

## EUROPEAN CUP (MALAGA JUNE 28/29)

**ANDY TURNER** Our Commonwealth Games 110m hurdler had run 13.38 in Germany early season and moved to 5th on the British All-time list. He was therefore in the form of his life going to Malaga and hoped to challenge for medals. Despite finishing 2nd behind the World Champion and only 0.09 seconds off his best he was critical of his performance and felt he should have done better.

**JULIE CRANE** Our Commonwealth Games high jump silver medallist's made her first European Cup appearance and she was up against it with a truly world class competition that included the world indoor record holder. She also struggled with a recurring injury and brushed the bar off at 1.85m for 7th place.

**KATE DENNISON** Such is the current strength of British Pole Vaulting Kate would have had to break the British record if she were to win a medal. She finished 5th having made an easy 4.10m clearance so decided to miss the next round as it would have made no difference to the final result but failed at the 4.30m height. She was later to jump a PB of 4.35 at the London Grand Prix in July.

## WORLD JUNIOR CHAMPIONSHIPS (BEIJING AUGUST 16 /18)

**ALEX SMITH** As a 15-year old Alex was already ranked 2nd in the UK when he threw the 4kgm hammer 57.99m. Shortly afterwards in 2004 he joined Sale Harriers Manchester and set another UK age-related hammer record. He won the English Schools Senior Hammer Gold medal and progressed to win a superb Bronze medal at the World Youth Games last year with a 73.77m throw that ranked him 3rd in his age-group.

He has continued to make phenomenal progress and this year further improved his PB for the lighter hammer at almost every competition to 73.81m in Budapest in June. This currently ranks him No.1 in the U/20 category in Britain and 6th in the heavier senior rankings with a 4-meter improvement and PB of 60.91m

At the World Championships he qualified for the final but threw a below par 70m. Nevertheless he gained invaluable experience for his promising future.

**SARAH HOLT** Sarah showed early signs of her greatness when she won the English schools hammer title in 2004 with a competition record. She won her ticket to Beijing when she threw the hammer the qualifying 57m first at the NoEAA U/20 Championships at Sportcity in June and the following week improved further to 57.45m at an international hammer festival in Finland. This also brought her within sight of the U/20 UK best of 57.97m set by Rachael Beverley in 1998.

Before this year Sarah had competed only once overseas so the World Junior Championships were an 'awesome' experience. Her best throw of 54.78m was well below her best ...but watch this space! Next year our No.1 U/20 hammer specialist will take Britain by storm and push that hammer beyond the 60m mark

## EUROPEAN CHAMPIONSHIPS GOTHENBURG AUGUST 7/13

**ANDY TURNER** Andy maintained his top form and cemented his advance into world class hurling by adding the European bronze 110m hurdles medal to his Commonwealth Games bronze. He clocked a wind assisted 13.36 in the heats and 13.52 in the final.

**DARREN CAMPBELL** Darren added the 4 x 100m really gold medal to his collection of Olympic, World and Commonwealth titles ...and then became embroiled in controversy. He refused to join Devonish, Lewis-Francis and Dwain Chambers on the victory lap and whilst his comments on TV initially bewildered the nation it later became clear he was being a man of principle making a stand against drug cheats in sport. A week later Darren announced his retirement from athletics

**SARA McGREAVY** Sara was 5th in her heat in 13.30 before finishing 8th in her semi-final in 13.67 after clattering the third hurdle from the finish. "I'm pretty pleased to get to the semi-finals" she said.

**KATE DENNISON** Kate cleared 4.30m on her 3rd attempt, not far off her PB of 4.35 at the London Grand Prix but it was not enough and she was eliminated on countback.

# Celtic Cup

## Lucy Evans

On August 17th the Welsh team travelled up to Falkirk, Scotland to compete in the Celtic Cup. This is a new International match, which was staged for the first time this summer.

Sale Harriers Manchester contributed greatly to the Welsh National squad – with 5 out of the 15 strong team being members of the club.

Debo Adumuyewo was Wales' top point scorer, adding points to the total in both the 100m (5th) and the mixed medley relay (2nd)

Commonwealth silver medallist Julie Crane produced Wales's only victory of the match by clearing a height of 1.80m. This was in a novelty high-five competition, where athletes were allowed only 5 jumps each.

Katia Lannon teamed up with Welsh teammate Matt Hulyer to register a best of 11.80m in the combined long jump. She then made a mad dash to the airport so she could compete in an International multi-events match in Holland.

Faye Harding ran a strong race to finish second in the 400m, ahead of her training partner Michelle Carey, who was representing Ireland.

Finally, I finished a disappointing 7th in the 100m, although I enjoyed the opportunity to compete against 8 times Olympic medallist Merlene Ottey.

At the end of the night Wales finished in 3rd place, behind a strong Scottish team, who were of course on home ground! The bad weather effected everyone's performance, so sadly we didn't take home any PBs. However, we all experienced a brilliant match, took part in some unique events and got our faces on (Scottish) TV!!

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street athletics



Darren Campbell was guest of honour at the recent Manchester Final of Street Athletics 2006. Held at Manchester's Albert Square 154 athletes competed for a chance to represent Manchester at the National Final also to be staged in Albert Square on Sunday 24th September at 1pm. In partnership with Nuff Respect, Reebok, The Home Office Respect Taskforce, Positive Futures, and The Manchester Evening News, City of Manchester Athletics were searching for the quickest 24 athletes from ages under 13, under 15, under 17 and under 20 to take on athletes from London, Liverpool and Bristol at the National Final.

Leading to the Manchester Final, eleven community focused heats were delivered across the city during July and August engaging with over 500 young people. The philosophy of the initiative is to take athletics to the communities, breakdown barriers to participation and unearth hidden talent. Darren Campbell said "I have been really impressed by the youngsters who have come along to this year's events and completely blown away by the depth of talent out there. If we can keep this talent and desire in the sport, the future looks very positive for 2012."

Winners at the Manchester Final received a free one year pass to The City of Manchester Athletics Development Programme, a signed certificate from Darren Campbell and Linford Christie and the opportunity of winning a one year kit sponsorship deal with Reebok at the National Final. The Labour Party have confirmed that John Reid, Secretary of State for the Home Department and Tessa Jowell, Secretary of State for Culture, Media and Sport will open the Street Athletics Final. If you require any further information regarding the event contact Lee Preston on 0161 220 3856 or by email l.preston2@manchester.gov.uk.

Gareth smashes 10k barrier

Gareth Raven will remember 2006 not for the record 30 degree temperatures but for smashing through the magical 30 minute barrier for 10k. The pinnacle of the top-class night of middle distance races in August organised by top coach Norman Poole at the BMC Grand Prix, saw Gareth finally achieve his long time ambition. He broke the magical 30k barrier by a massive 20 seconds to improve to 29.40.64. This now ranks him 4th in the UK over 10k and the current fastest in the Club ahead of **GLEN COMISH** and **DAN AGUSTUS** who smashed the same barrier last winter and also established themselves among the elite of British 10k runners. This momentous achievement came in a great year for Gareth in which he set aside his goal to improve on his 2:18.49 marathon and concentrated instead on shorter distances. Consequently, he came within 2 seconds of his 2004 1500m PB of 3.49 and recorded a 5k PB of 14:29.03 at the British League match in May.

PROMISING FUTURE AHEAD

The table on the opposite page is the proposed structure that Manchester Athletic's Development Team has drafted for consultation with a view to implementing it as its vision. Take time to study it because it will greatly influence the athletic development of every Manchester youngster in the future.

The programme aims to deliver a comprehensive, coordinated and connected citywide programme of athletics, one that is underpinned by an athletics events strategy truly unique to the UK.

Key to the success of this athletics programme is the partnership between ourselves and Manchester City Council. To this end work has already began to identify a common vision and shared objectives for our partnership, out of which key performance indicators will be identified and worked towards.

This proposed structure is open to consultation... so make your views felt about it. It has strengths (e.g. the comprehensive schools programme and Talent Identification) and it has areas open for further development (e.g. the community clubs and development academies).

The 'Community Clubs' are to be split into four age specific groups that focus on fun, social inclusion, participation and introduction to coaching for the oldest age range. The 'development academies' are to develop talent that become the life-blood and long-term sustainability of the club. In order for this to be achieved greater partnership between Manchester City Council and club team managers will be necessary. Entry requirements into age specific academies are being developed and the existing single academy will split into four that then feed areas of the club.

Each arrow on the table represents the movement of young athletes throughout the structure. Their movement is fluid and can be determined by ability and desire. This structure will continue to be developed and implementation will begin over the next few months.

PROPOSED LONG TERM ATHLETE DEVELOPMENT FRAMEWORK FOR ATHLETICS IN MANCHESTER

AGE	LTAD PHASES (BOYS)	LTAD PHASES (GIRLS)	SCHOOLS PROGRAMMES	COMMUNITY SESSIONS	DEVELOPMENT ACADEMIES	PERFORMANCE/ CLUB	COMPETITIONS (Training to Comp ratio)	NORWICH UNION SHINE AWARDS		
18-21 Years	Training to win	Training to Win	JSLA CSLA YOC Step into Sport	Intro to Coaching/ Officiating	Development Level 3 (U17s) 4 Groups	Club Coaching Programme (14 Years+ )	Dependent on athletes events/ standard	Level 4 Performance		
17-18 Years	Training to compete	Training to Compete					40:60 National/Regional Events, Open Events English Schools, Club Events, School Events			
16-17 Years	Training to train	Training to Train	Talent Identification & Secondary School Support Programme	ACC Level 3 12-15 Years	Secondary Development 2 (U15s) 4 Groups	Junior Section of Clubs of Clubs (From 9 Years)	60:40 School based competition - event specific English Schools year 8+ Club Events Open Events Sportshall Athletics	Level 3 Getting Better		
YEAR 11 15-16 Years					Secondary Development 1 (U15s)					
YEAR 10 14-15 Years									Primary Development (U11s)	80:20 Schools Competitions - multi event approach Sportshall Athletics/ Track and Field/ Cross Country
YEAR 9 13-14 Years	Learning to train	Learning to Train	Primary Schools Programme	ACC Level 2 9-11 Years	ACC Level 1 5-8 Years	Multi Sport/Event Competitions and Festivals	Multi Sport/Event Competitions and Festivals	Level 1 Play and Learn		
YEAR 8 12-13 Years										
YEAR 7 11-12 Years										
YEAR 6 10-11 Years	Fundamentals	Fundamentals	Primary Schools Programme	ACC Level 2 9-11 Years	ACC Level 1 5-8 Years	It is recognised that some athletes may move directly into the club without going through the community or development stages, this will be facilitated where it is felt that this is appropriate.				
YEAR 5 9-10 Years										
YEAR 4 8-9 Years										
YEAR 3 7-8 Years										
YEAR 2 6-7 Years										
YEAR 1 5-6 Years										



# One of the Best!

## Team Manager

**Dean Hardman**

The 2006 season was eagerly anticipated, after the team steamrollered the opposition in Division 2 en route to promotion. We were to compete in the newly named "Premiership", and our objective was to finish in the top four teams of the top flight League.

With a strong team on paper and an even stronger sense of optimism, the first match at Barnet couldn't come quickly enough. However, a combination of late withdrawals, bad weather and a number of uncharacteristic underperformances saw the team slip to 7th place. However, there was still room for optimism because only 40 points separated us as City of Manchester in 7th and Enfield and Haringey in 3rd. Likewise, there were some promising debuts, with **JACOB BROWN**, **JAMES TOWNSEND** and **CRAIG ELLAMS** all performing well, and **JAMES BAILEY** making a huge breakthrough in the steeplechase. A home match at Sportcity would surely see City of Manchester put things right?

The Frank Starkie Memorial meeting at Sportcity, a fitting venue given Frank's role in the new

**This was the first year that Sale Harriers Manchester's senior men's and women's T & F teams, in partnership with Manchester City Council, competed under the racing name of "City of Manchester Athletics". As men's team manager Dean Hardman said, "The new rebranding and partnership offered everyone the chance for a new start and an opportunity to firmly establish City of Manchester as a major force in British club athletics". It resulted in the Club recording one of the best results in the British Athletics League.**

partnership, offered an opportunity to remember and thank one of the team's biggest supporters, and to produce a performance that would have pleased him. With a few familiar faces returning to the line-up, and some welcome return to form from others, the team clinched a much needed 4th place, not too far behind match one winners Belgrave. It was only in the following week that, upon scrutinising the results, the league officials discovered that Birchfield, 2nd on the day, had used more than their allowable quota of non-first claim members. The excellent 4th place suddenly became an even more pleasing 3rd. Up to 5th in the Premiership, but still perilously close to the relegation zone, it seemed that just like the first two matches, match 3 would be truly make or break...

In the event, the match in Birmingham was the best result we have had in years. The match clashed with England and Wales international fixtures in Hungary, meaning that we lost team captain **MIKE FLOYD** and big scorers **ROB**

**MITCHELL**, **ROB NEWTON** and **DEBO ADEMUYEWO**. Nevertheless, while other clubs complained about the situation, City of Manchester went

out and performed. Matters were helped by the inclusion within the team of Commonwealth (and now European) medallist **ANDY TURNER** in the sprints, alongside multiple Olympic medallist **DARREN CAMPBELL**, as well as Scottish record holder **DARREN RITCHIE** in the long jump. If ever the old maxim that "B strings win matches" came true, it was here, as for the first time in years we scored a 1-2 in the javelin, amongst other excellent results. A glorious day came to a close with some rousing performances and the team were sitting pretty, 9 points clear of league leaders Belgrave, and a creditable 3rd in the Premiership – 3 points clear of 4th.

The final match of the season was at Eton, and with 3rd place ours to lose and relegation only an

unlikely mathematical possibility, the revised target for the year was to claim a top 3 finish, with the first match putting paid to any hopes of winning the league. Another great day of competition saw City of Manchester hardly out of the top 3 all match, and we would have stayed there but for an unfortunate disqualification after winning the 4x400m. Nevertheless, here was another top 4 placing and a fine 3rd overall.

Only in 1996 has the club ever finished in a higher position and, with the added support of the Manchester – Reebok partnership, this season has been both a great achievement in itself and a stepping stone to hopefully progressing further next season and in the years to come.

**JAMES TOWNSEND**

**STEFFAN NORTH**

**DARREN RITCHIE**

**DAN AGUSTUS**

**FRANKLIN OPARA**

**NICK SAMUELS**



**JOHN NICHOLLS**



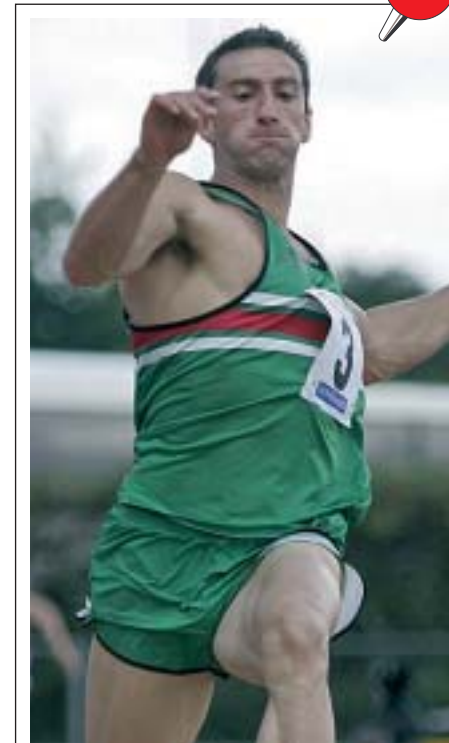
**TEAM CAPTAIN MIKE FLOYD**



**GARETH JONES**



**DAN AGUSTUS**



**DARREN RITCHIE**



**STEFFAN NORTH**



**FRANKLIN OPARA**



**NICK SAMUELS**



# Unlucky Seventh

## Team Manager

### Eric Hughes

It was a gripping summer for the senior women in their campaign to win a seventh consecutive UK League title.

It began in July (reported in the last issue) with a home match at Sportcity that was the first ever joint Men's & Women's Premier match in the North. It was recognised as the Frank Starkie Memorial Meeting in honour of the club's great stalwart who had died unexpectedly a few weeks earlier. It was also the launch of the men's and women's T & F teams' new racing name of "City of Manchester Athletics"

The hope of a seventh title appeared remote due to international commitments, injury and some athletes arriving late due to horrendous traffic delays. However, because other athletes made fine debuts; returned to the team after injury and/or displayed tremendous class, the match came to a nail-biting finish in both relays. We were initially awarded the match by two points but later, unfortunately, had three points deducted because 400m specialist Danielle Halsall, who had bravely 'volunteered' to have a go' in the Pole vault, failed to clear the 2.10m minimum height required by the rules. The final result was we lost out to Edinburgh by one point.

In the second match at Birmingham, we were even more greatly depleted in a high quality meeting and with most of our stars missing we fought bravely to earn fourth position. The Middle Distance athletes did well and ALISON RODGER displayed great team spirit by competing in the Hammer, Shot and Discus where CLAIRE GRISS

came second overall. STEPHANIE PYWELL and ADELE LASSU were again in top form in the High Jump and we finished just one match point behind the then current leaders Edinburgh.

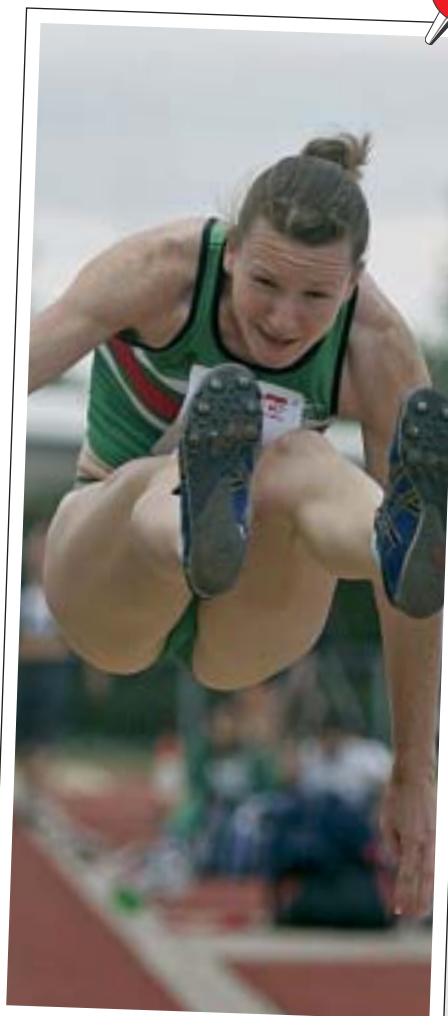
We traveled to Windsor for the final meeting second in the League and two points behind Edinburgh. With a much improved squad we won convincingly, but as Edinburgh came second on the day we had to concede the championship by one point.

KATHERINE ENDACOTT made a welcome and winning return, KATHIA LANNON ran well in both the Hurdles events; REBECCA SWEENEY and SARAH TOMLINS picked up valuable top points and LOUISE

WHITTAKER and LAURA MCCREESH scored a one-two in the 3000m. REBECCA WHITE came runner up in both the Long Jump and Triple Jump and JULIE CRANE and STEPHANIE PYWELL recorded a superb double in the High Jump.

PHILIPPA ROLES was in a class of her own in the Discus, ably supported by ALISON RODGER who posted a personal best then partnered the talented REBECCA PEAKE in the Shot. Alison achieved another personal best in the Hammer where LAURA DOUGLAS came second in the 'A' event.

REBECCA WHITE



Said Eric Hughes who has managed the senior women to a record nineteen Championships over the past thirty years, "Although it hurt to lose the championship

after six successive titles, coming a strong runner-up was no disgrace taking into account the difficulties encountered throughout the season."



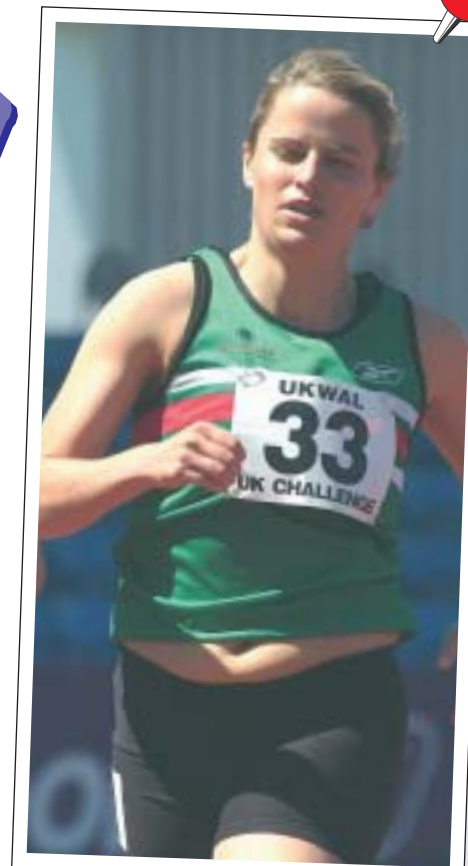
ADELE LASSU



REBECCA PEAKE



STEPHANIE PYWELL



SARAH TOMLINS



KATHIA LANNON

SARAH HOLT





# Disappointment

## NORTHERN PREMIER DIVISION

### Fechin McCormick

The last edition made 'a call to arms' from every athlete in the National Junior League. In the first year of joint scoring for men and women and with only two teams qualifying for the finals in Birmingham, we were perilously close to not qualifying for the first time ever. In the first match at Sportcity we came second to Gateshead; at 2nd match at Gateshead we managed only 5th, placing the team third overall. Another disappointing result followed at the third match at Wakefield that reduced the team's standing to equal fifth with Liverpool. There was much work to be done. Would they 'pull it out of the bag'?

The fourth match at Wrexham was a big improvement and the team came 3rd and moved up to fourth in the table. This qualified the team for a 'paper match' to appear at the Cup Final, but they narrowly missed out when the eventual results were announced.

Said team manager Eric Hughes, "This is an obvious disappointment. It is now time to look carefully at our Junior structure on the whole if we are to rekindle past successes.

Despite this disappointment there were great performances and those who turned out displayed admirable team spirit sometimes competing in events with which they were unfamiliar in order to gain team points. Many of these were also competing in the under-17 age-group which meant they were challenging alongside 19/18-year olds. In the men's section some of those admirable team members were:

## 100/200/400/ HURDLES

EDDIE CHAN, ANDY ROBERTSON, GARY ATKINSON, ANTON BRADLEY, TOM BLACK and STEPHEN BUTTERWORTH did a great job in holding the sprints together. Members like GARETH BREEZE, JOE WRIGHT also did really well in the hurdles, Discus, Javelin and Long Jump.

## 800/1500/2KS/C/3000:

Here DAVID MARSH, NIGEL MALKIN, SAM ASPINWAL, ROB JOWETT, DAVID HOWLETT and LUKE WINTERBOTTOM deserve special commendation. Not only did they 'muck-in' to several unfamiliar events but won several of them and gained valuable points. Nigel even did the javelin!

## FIELD EVENTS

This was one of the weakest sections of the League and had it not been for stalwart MATT CULLEN we would have been in a much worst state. Multi-talented MATT CULLEN, apart from doing well in the sprint hurdles also displayed ability in the Javelin, Pole Vault and Long Jump.

*The last edition made 'a call to arms' from every athlete in the National Junior League. In the first year of joint scoring for men and women and with only two teams qualifying for the finals in Birmingham, we were perilously close to not qualifying for the first time ever. In the first match at Sportcity we came second to Gateshead; at the 2nd match at Gateshead we managed only 5th, placing the team third overall. Another disappointing result followed at the third match at Wakefield that reduced the team's standing to equal fifth with Liverpool. There was much work to be done. Would they 'pull it out of the bag'?*

ALEX SMITH has to be commended for his top-class performance in the first match when he won the Shot and broke the league record in the Hammer. In the remaining matches, very promising AZMI SBIATI in the 'A' competition scored some excellent points whilst still an under-17 year old. Multi-eventer

TOM BLACK



GARETH BREEZE

EDDIE CHAN



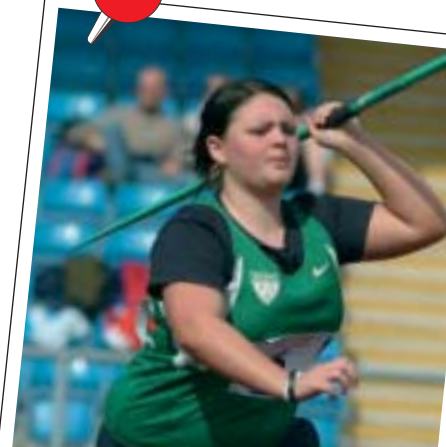
JOE LANCASTER was also a team stalwart who gave his best in the Long Jump, High Jump, Javelin, Hurdles, Shot, and 110m hurdles. Then there were JOHN FERRYMAN and MIKE EHLAN who were nearly always winners in the triple jump and long jump. ALEX DOUGHERTY likewise was indispensable in the Pole Vault



MATT CULLEN



HELEN BRUTON



## SPRINTS

The tremendous contribution and talent of ROBYN RASHFORD, REBEKAH WILSON, KATHERINE SHERRY and ZAVIA HILL is recorded in the English Schools section. LEANNE BROWN must also be commended. Though a sprinter, she also competed in the 100m hurdles, 400m Hurdles Triple Jump and Long Jump. LILY FREESTON and CHARLOTTE PACE-DRURY also gave their bit to the sprints section.

We've also got exemplary team spirit displayed in the likes of KIRSTY DRABBLE. A middle distance specialist, she competed in the 100m hurdles, 400m hurdles, 400m ...and even did the javelin to win team points.

## MIDDLE DISTANCE:

EMMA LEIGH-HEIGHWAY, JANINE STOCKTON, BETHANY ENGLISH, AMY REGAN and ALICE BALL formed the backbone of the middle-distance squad and lived up to their reputation



KIRSTY DRABBLE

DAVID MARSH

REBEKAH WILSON



as wonderful young athletes and people who again gave their 'all' for the club.

## FIELD EVENTS.

In the throws, top class SARAH HOLT was always a winner when not on international duty and Northampton based ELYSIA MATAxis-BELT was always a buttress of the throws events. She also had a go in the triple-jump and high-jump! YOSHA GARGEYA had come from the USA for 12 months and admirably won valuable points. Likewise, FERN SOO was a great asset in the 'B' String events.

In the jumps section, the spotlight must shine on individuals like STEPHANIE POTTS and ADELE LASSU who notched up worthwhile victories in the high jump; ABIGAIL HEYWOOD won every one of her Pole Vault competitions and KIM SMITH was also a winner when she competed. Finally, thanks also to ABIGAIL IROZURU (LJ), HANNAH WARING (TJ) and JOANNA BIRCH (TJ) for their team spirit and performances.



EMMA LEIGH-HEIGHWAY



ALICE BALL



# So Near - Yet So Far

## Fechin McCormick

For the fourth match at Hull in June, the mission was to beat Leeds and we had a lot on our plates. By the end of the day, however, mission was accomplished!

There were excellent performances from the U15 boys and girls! **SHAUNNA THOMPSON** broke the 12 sec barrier to achieve an incredible PB of 11.9 in the 100m. The middle distance girls all gained maximum points, with **FREYA NARAYAN** producing her best result so far (5m4s). There were superb performances from **KATIE HOLT** (75m hurdles), **LISA SABEL** (PB 5.59m) and **ELEANOR FLANAGAN** (Long Jump PB 4.79m) **ELEANOR** and **HOLLY PEARSON** also won the High Jump. Among the boys **STEVEN WHITEHEAD** (100/200m) and **BRADLEY LEGAY** (Discus & Shot) scored notable A' string one-two's and **JAMIE MCGREGOR** (400m), **DAVID WHALLEY** (800m), **ARRON BOLLINGER** (Hammer), **PAUL THOMAS** (Shot) and **ALEX FENTON** (Javelin) scored tremendous victories in the 'B' String.

The U17 sprinters took Hull by storm with both the boys and girls winning all 100m, 200m and 300m races. Well done to sprinters **EDDIE CHAN** and **ANDY ROBERTSON** who also did the Long jump and 4 x 400m relays to get team points. **ARRON COWLEY** and **JOSH UGUNTEGO** also ran superbly to win valuable points. **JENNY SIMMONS** in her first 300m hurdles, gained a grade 3 with a brilliant time of 48.2, followed by **KATHERINE OMOBOYE'S** grade 3 time of 50.0. Long jumpers, **ABIGAIL IROZURO** and **JESSICA O'NEILL** - what stars as well, won both the A and B competitions with **STEVEN WHITEHEAD** finishing second for the boys. **KATHERINE OMOBOYE** stepped in to do her first triple jump and gained a grade 3 with a terrific jump. The U17 girls finished off the day on a winning streak in both the relays, winning the 4x300m in an amazing new time of 2.52.2. **AZMI SABIRI** again merits special commendation in having won the 'A' string Shot and discus and finished third in the hammer.

The U13 girls welcomed newcomer **PAIGE WALDRON** to bring stability to our relay. Maximum points were awesomely achieved in the 1200m, 70mH, High Jump, Long Jump and Shot Putt, with eleven PB's between them. **SARAH SIMEEN** took four seconds off her 1200m time, **ROBYN PHELAN** increased her Long Jump by another 20cm to 4.53m, and **KIKKA SCALES** added a further 41cm to her Shot Putt to 8.45m. Among the Under-13 boys special mention to **ROY EJKUEA** who scored second in the 100m long jump and high jump. With our U13's parents out on the field as officials, this was a real team effort and they continued their streak of gaining maximum points.

In the last magazine, we recorded that, for the remaining two matches of the Young Athletes League, all stops had to be pulled out if the team were to qualify for the Young Athletes Final in Birmingham. They'd won the first two matches at Jarrow and Sheffield that left them equal top with Liverpool coming into the third match at their home-territory Wirral. In that match they threw away valuable points by squad members not turning up and as a result they finished second to the powerful league Champions. The Club league officers maintained their maximum points tally for the team by turning out for every match. So, the heat was on for the final fourth and fifth matches. Only two teams would qualify for the YAL Finals.

The day of our final match approached, and team managers' nails were down to the knuckle. On home ground we knew that this could go in either direction! We knew it was going to be a tough match. Our main concern was to beat Gateshead, as only one of us could go through to the September finals in Birmingham. With practically every girls event covered, albeit by a slightly depleted team, battle commenced...

We won three of the four 'Athlete of the Match'! Magnificent **SARAH BARKER** was awarded 'Athlete of the Match' for her 04:48 1500m. Equally magnificent was **AZMI SBAITI** who has

turned up for every match and produced good performances in each one. He also made a significant contribution in the National Junior League. He was awarded 'Athlete of the Match' for a superb 14.87m in the U17 Shot and also won the Hammer competition **KATIE BYRES** was the third 'Athlete of the Match' for her U13 High jump of 1.45. Well done!

**TYRA WATSON**, after running a great 200m, showed her versatility by volunteering to do the High Jump. Thanks also go to **JORDANNA DENTON**, **AHTOLLAH ROSE** and **LIANNE MELIA** who have made excellent team contributions in the throws all season.



JOSH UGUNTAYO



SAM CREW-MEANAY



TYRA WATSON



NYOMI CANDLIN



SAMARCA MOHTASHAM



LATEEFAH BURTON



All U17 sprinters stormed through for maximum points. Most of the U17 boys who recorded victories in the last match did the same again. **KIRSTY** and **AMY** were true to form, with Amy then winning the 3000m in style on such a hot day. **LYDIA WICKSTONE** proved what a great athlete she was gaining maximum points in her first sprint hurdles of the year - (now resting at home with a fractured leg). In the 'B' string **CHRIS BROOKS** showed promise with 3rd in the 400m hurdles. **HELEN BRUTON** struck a PB and maximum points with her javelin throw, whilst our amazing pole vault duo, **ABIGAIL HAYWOOD** and **ZAVIA HILL**, flew to victory yet again. Likewise, **MIKE ELHAM** stormed to victory in the Triple Jump and High Jump. As usual the girls ended the day with a relay team that has been unbeatable all year, both 4 x 100m and 4 x 300m!

The U13 girls welcomed their new long jumper and sprinter, **HANNAH PRESTAGE**, who earned valuable points by jumping to her PB of 4.17m. True team players were **BROGAN CROWLEY** and **SAMARA MOHTASHAM**, who for the sake of the team, voluntarily competed in events new to them. Many thanks girls! Well done also to **GEORGE CADDICK** (100/200m), **JACK WHITEHEAD** (800m) and **ELLIOT WHITTLE** (200m, 4 x 100m) who brilliantly won their events.

Unfortunately, the main finals are out of reach for this year. Gateshead beat us by 36 points! However, we qualified for the Auxiliary Finals in Birmingham on September 3rd that took place the day before the National Finals. All the team managers agreed, "Every boy and girl can hold their head high knowing that they did everything they possibly could. We will work hard to return them to the National Finals again next year"



SARAH SIMEEN



# 90 Gold, Silver, Bronze

**Team Manager**  
**LINDA O'NEILL**  
**HEIDI SCALES**  
**KAREN LANNON**  
**MIKE DRABBLE**

The Auxiliary finals were held at the Alexander Stadium in Birmingham and out team competed against Cannock and Staffs., Harrow A.C., Leeds City, Notts. A.C., Shaftsbury Barnet, Scotland and Northern Ireland.

The weather conditions were terrible, with driving rain and strong winds down the home straight, which made fast times particularly difficult. However, one competitor who used the wind to her advantage was undoubtedly the Club's most successful athlete of the year, **SHAUNNA THOMPSON**. On her final attempt at the Long Jump, she literally took off and sailed out to a distance of 5m 41cm, a new P.B. and a result which earned her the Field Athlete of the Match Award. **SARAH BARKER**, our superb middle distance runner, stormed to victory in the 1500m in a time of 4m 42.8s. This excellent performance was rewarded with her second Track Athlete of the Match Award this year. Well done to both girls!

The girls' team was by far the best on the day. They finished more than 100 points ahead of the second placed girls' team and between them they amassed an amazing medal haul which consisted of 34 gold, 16 silver and 10 bronze medals.

The boys also put in some tremendous performances, most notably, **EDWARD CHAN** and **ANDREW ROBERTSON** who had a clean sweep in the U/17 sprints. Between them the boys' team won 5 gold, 10 silver and 15 bronze medals. Special mention must also be made of **ROY EJUICA** who has been one of the great discoveries of the Manchester/Reebok framework for the development of young athletes. In his first year as a U/13 he won a silver medal in the Shot Put, bronze in the 100m and in the 4 x 100m he single-handedly brought the team from seventh to the bronze medal.

At the end of an exhausting day, Shaftsbury Barnet Harriers were the clear winners with Leeds just squeezing into second place ahead of us by 4\_ points. Our team did us

proud by returning to Manchester with a total of 90 medals, a tremendous achievement, but we are already looking forward to next year and a place in the Main Final.

The medalists were:

## GOLD

Edward Chan.....	100m, 200m
Andrew Robertson.....	100m, 200m
Phil Kennedy.....	HJ
Rebekah Wilson....	100m, 200m, 4 x 100, 4 x 300
Shaunna Thompson.....	100m, 200m, LJ, 4 x 100
Katherine Sherry.....	300m, 4x100, 4 x 300
Robyn Rashford.....	100m, 200m, 4 x 100
Amy Regan.....	1500m, 4 x 300
Abigail Irozuru.....	LJ, 4 x 300
Jessica O'Neill.....	LJ, TJ
Lisa Sabel.....	LJ, 4 x 100
Zavia Hill.....	PV, 4 x 100
Charlotte Woods.....	1500m
Samantha Cahill.....	Shot
Abigail Haywood.....	PV
Lauren Woodcock.....	800m
Nyomi Candlin.....	800m
Sarah Barker.....	1500m
Ashleigh Gulluley.....	HJ
Kikka Scales.....	Shot
Ahtollah Rose.....	4 x 100
Rayne Allman.....	4 x 100

## SILVER

Marcus Ely.....	800m
Alex Adcocks.....	100m
Darius Romain-Furness.....	100m
Aaron Crowley.....	200m
Andy Partington.....	800m
David Whalley.....	800m
Daniel Hope.....	1500m
Aaron Ballinger.....	JT
George Caddick.....	100m
Roy Ejiekea.....	HJ

Katherine Omoboye.....	80mH
Lisa Sabel.....	100m, 200m
Zavia Hill.....	300m
Amy Regan.....	800m
Lily Freeston.....	800m
Samantha Cahill.....	HT
Helen Bruton.....	JT
Abigail Irozuru.....	HJ
Lateefah Burton.....	1500m
Eleanor Flanagan.....	HJ
Brogan Crowley.....	150m
Sarah Simeen.....	1200m
Robyn Phelan.....	LJ
Hannah Prestage.....	LJ
Charlotte Dickinson.....	Shot

## BRONZE

Bradley Legay.....	Shot, DT
Azmi Sbaiti.....	Shot
Roy Ejiekea.....	100m, 4 x 100
Alex Felton.....	JT, HT
Elliot Hurst.....	Shot
Andrew Robertson.....	4 x 100
Andrew Sutcliffe.....	4 x 100
Bradley Legay.....	4 x 100
Eddie Chan.....	4 x 100
George Caddick.....	4 x 100
Elliot Whittle.....	4 x 100
William Lacey.....	4 x 100
Katherine Omoboye.....	300mH
Helen Bruton.....	Shot
Fern Soo.....	JT
Stephanie Potts.....	HJ
Ahtollah Rose.....	DT
Victoria Molloy.....	75m
Olivia Boland.....	800m
Hayley Boland.....	1200m
Abigail Haywood.....	80mH
Jemma Nevin.....	800m

## Alison Pye

The qualifying match for this competition took place at Blackpool on a very windy, cold and damp afternoon. Despite the conditions the team preformed well winning the match by 14 points from Blackpool in 2nd and qualifying for the final in August. During the qualifying match our athletes rarely placed outside the top 2 places in all the events.

As the Cup Final approached the 'Bank Holiday Blues' struck both teams. We lost several key athletes to the UK Challenge at Sportcity and the men particularly didn't have one specialist thrower available, with Gerard Plunkett, Mike Floyd, Craig Ellams and Marcus Gouldbourne all at the UK Challenge. Mark Wiseman was also away with the army, and Dorel Greta was enjoying his honeymoon (Congratulations & Best Wishes, Dorel!). Other athletes pulled out due to a variety of other commitments in the week leading up to the match. The men and women, therefore both fielded a very young squad of mainly under 20 age group athletes, some who hadn't represented the Club in this competition before.

Regular team members **JOANNA BIRCH**, **NICOLA CAHILL**, **MATT CULLEN**, **JENNY IGBOKWE**, **ROB JOWETT**, **DAVE MARSH**, and **VICKY UTLEY** all rounded off a busy season with solid performances in their events. These performances were boosted by **JACOB BROWN** recording 1st place in both the Long and Triple Jump, **BETH ENGLISH** recording a massive lifetime best as she won the 3000m, **COLIN GELL** running an excellent 10000m to finish 2nd, **ROBYN RASHFORD** excelling in the sprints to finish 2nd in the 100m and 1st in the 200m, while **DARREN ELDIN** ran an excellent 400m to win in his first race of the season for the club.

Extra points were gained by those who stepped up to compete in events that they don't train for. This included **BETH ENGLISH** (Hammer), **JENNY IGBOKWE** (Shot) **DAVE MARSH** (Throws) and **ALISON PYE** (Discus).

These points helped us to secure second place overall but only by 2 points from Blackburn in third, while Trafford, who managed to get one of their best throwers out, reclaimed the trophy from us, that they had won 2 seasons ago. Second was all we

# A Realistic Second

We came to this year's Northern Cup as Champions after a commanding victory last year that firmly set us as the best in the North of England. After another busy and exhausting summer could our team, challenging this year as 'City of Manchester Athletics' retain the title?

could realistically hope for and we did well with the inexperienced team we had available.

A massive well done and thank you to all who competed in the qualifying match and final, helping the club to maintain its excellent record in this competition at the end of a long hard track season.



COLIN GELL



ALISON PYE



ROB JOWETT



BETH ENGLISH



DAVID MARSH



ROB WHITTAKER





Team Manager  
Alison Pye &  
Fechin McCormick

# Mixed Fortunes

## WAKEFIELD

The first match was contested at Wakefield where the team finished 3rd narrowly missing out on 2nd place by a few points. This result was achieved with a remarkably small number of versatile athletes who competed in multi events. Special commendation must go to **WILBY WILLIAMSON** (110m hurdles, Discus, High Jump, Javelin and Shot), **ANDY WEBSTER** (110m hurdles, 400m hurdles, Hammer, Long Jump and Triple Jump and **A. CRIBBEN** (100m, High Jump and long jump) who, between them covered most of the events on the day. Among the women **LAURA DOUGLAS** improved her own league record in the hammer and there were notable performances from **JOANNA DAWES** and **RUTH WATSON** in the 800m, **CLAIRE GRISS** and **DONNA WILLIAMS** in the throws, **LAURA SIDDALL** in the 400m and **LUCY EVANS** in the sprints.

## GATESHEAD

The amazing feature of the second match at Gateshead was that the women's section comprised only six athletes. Tremendous credit must go to **SARAH HETHERINGTON**, **LEANNE BROWN**, **ERIN LAFFERTY**, **JOANNA DAWES**, **ALISON PYE** (team manager) and **DANIELLE WOODS** who, between them, covered all the track events with Alison and Leanne also competing in the long jump for good measure. Unfortunately, none of the field events were contested. The men covered nearly every event and in this match the spotlight must be on **DAVID MARSH** who 'mucked-in' to no less than five disciplines (800m, steeplechase, 400m hurdles, hammer and discus - what a Man!) to get maximum team points. With all of the women's field events uncontested the 6th final position wasn't surprising. This saw the team slip to a disappointing 5th place in the league.

## LIVERPOOL

In a very close third match at Liverpool, we finished third and recorded an excellent 2nd place in the final match at home at Sportcity. This was the result of some excellent team work and individual performances. Apart from the usual stalwarts like **DAVE MARSH** and **BOB WHITTAKER**; the middle distance events were well manned by **SIMON MILLS**, **GEORGE KIRK**, **ROB JOWETT** and **MATT BOND** who ran the 1500m in all three matches and one 5000m. The field events were also well represented by **ALEX DOUGHERTY** and **TOM LANCASTER**. The

The combined men's and women's team in the NoEAA League competed this year as 'City of Manchester Athletics'. They were promoted to Division 1 in 2005 and enjoyed a successful first season by finishing in second place. The challenge this year was to maintain a top position and challenge for the league title. The league was contested over four matches against teams from Trafford, Leeds city, Wakefield, Liverpool, Pembroke, and Gateshead.

admirable Dunkirk spirit was best personified in **BRIAN SPRIGGS** and **DANNY GRAY** who turned to gain points in hammer and shot putt. Among the women the performances of note included **LOUISE WHITTAKER'S** winning return to the track in the 3000m; **JO DAWES** recording 2nd place in the 800m, **VICKY UTLEY** placing 2nd in both hurdles and **NICOLA CAHILL** winning the sprint hurdles.

Lucy Evans

Thank you to all  
you officials



## SPORTCITY

The final match was on home territory in Manchester at Sportcity. Again, all the stops were pulled out and it was a gripping match with everyone giving 110%. **LUCY EVANS** placed 2nd in both sprints, **RUTH WATSON** maintained her excellent form winning the 800m; **CHARLOTTE WOODS** was second in the 1500m while **BETH ENGLISH** bravely doubled up over the 3000m and 1500m gaining valuable points

for the team. **LIANNE SINGLETON** stepped in at the last minute to finish 2nd in the 400m hurdles, while multi eventer's **KATIA LANNON** and **NICOLA CAHILL** collected points in a wide variety of field events. Among the men, again what would we have done without **ANDY WEBSTER**! He again competed in the 110m hurdles, 400m hurdles hammer, discus and triple jump. **TOM BLACK** was also the backbone of the 200m/400m events as he was in the past two matches; **FRANKLIN OPARA**, too, won

RUTH WATSON & KAYE KIRKHAM



ROBERT FLANNERY & GEORGE KIRK  
(5000M)



SARAH HETHERINGTON &  
ELEANOR RICHARSON



MATT CULLEN



LINDSEY JOHNSON



# Admirable Third

Photos courtesy of John Bulpitt

## Dean Hardman

Fortunes were slightly reversed from previous years with the men performing strongly and recording the second-highest points tally of any men's team, whereas the women, despite the best efforts of the management, lost too many athletes to the international fixture in Birmingham, other commitments, injury and even acute illness. Despite these hardships, every athlete who made the start line performed admirably and exceeded their own and the team's expectations. 3rd place was just reward for the hard work put in by athletes and management alike and with a little more luck, next year will hopefully see the cup brought back to Sportcity.

This year, there were some outstanding performances on the track and in the field, and the club notched an admirable 17 top 3 finishes, including 5 excellent victories. **IAN LOWTHIAN** was the first to grab a win, with an astute tactical race seeing him sprint past experienced international Neil Speaight to take maximum points in the 800m. Around the same time, **PHILIPPA ROLES**, an experienced international herself, throwing in a field only recently vacated by travellers, took victory by a wide margin in the discus. **ROB MITCHELL** took equal first in the high jump, having several close attempts at 2m20, before continuing to attempt the height long after the competition had officially ended. **STUART STOKES**, finishing a long season that began with 5th place at the Commonwealth Games back in March, made all the running in the Steeplechase and gained the victory that he was a strong favourite to produce. Perhaps the most exciting of the wins came from **GERARD PAISH-PLUNKETT** late in the day, when he exchanged the lead in the javelin twice, before sealing victory in the 4th round by 4cm.

For the women **REBECCA SWEENEY** (400 metres), **LAURA MCCREESH** (1500 metres), **SONIA THOMAS** (3000 metres), **REBECCA WHITE** (Long Jump) and **LAURA DOUGLAS** (Hammer) all claimed second places reflecting a vital contribution from such a depleted squad.

The Golden Jubilee Cup final offers a rare occasion for the City of Manchester men's and women's teams to compete as a single entity and last year saw the club take a creditable 3rd place. The women's section has traditionally excelled in the cup format, winning the female-only version countless times in the past, while the men's team have occasionally struggled. This year, as a result of City of Manchester men's team finishing 3rd in the BAL Premier League and the women 2nd in the UK women's League, the combined team was a strong contender with Birchfield Harriers going for their 3rd consecutive victory.

On a day when there were many performances to be proud of, the mens' 4x400m summed up the attitude of the whole team. With victory out of sight, a quartet of **DAVE BRACKSTONE**, **ANDY HOPKINSON**, **ANDY WILKINSON** and the indefatigable **IAN LOWTHIAN** battled bravely with a strong Trafford AC team for 2nd place and prevailed through sheer guts and determination. The same can be said of every male and female athlete – absences made victory unlikely, but

every point available was keenly contested and a podium position was achieved against the odds.

Woodford Green & Essex Ladies won the title with Birchfield Harriers 2nd. Next year, City of Manchester will be back to take a trophy which remains eminently winnable and, with such spirit, there is every chance of victory.



FRANKLIN OPARA



DAVID BRACKSTONE



IAN LOWTHIAN



LAURA MCCREESH



EMMA MCINTYRE



STUART STOKES



GERARD PAISH-PLUNKETT



REBECCA SWEENEY



SONIA THOMAS



# AAA CHAMPIONSHIPS

## Twenty Medal Haul!

**Fechin McCormick**

This section focuses on every Club athlete of every-age-group who participated in the AAA championships, the most important domestic competition of the year. The senior AAA Championships were held in Sportcity for the 3rd consecutive year and were known as The Norwich Union European Trials Inc. UK & AAA Championships. The Junior & U/20 Championships were held at Bedford and the U/17 & U/15 Championships at Birmingham.

We also had four participants at the AAA Combined Events Championships at Stoke at which Kathia Lannon won the Gold medal. The club had an amazing 51 athletes compete in the various AAA Championships with some taking part in two and even three different Championships. They returned home with a haul of 7 Gold medals, 6 silver medals and 7 bronze medals whilst others produced magnificent lifetime best performances. Well done to all!

### SHAUNA THOMPSON



**100m U/15 GOLD**  
**200m U/15 GOLD**

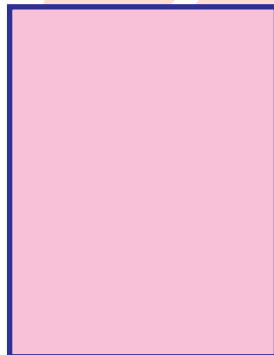
The Club's most successful athlete this year at the AAA has been undoubtedly Shauna Thompson! This English Schools 100m Gold medalist and last year's U/15 AAA Gold medalist won amazing double 100m/200m Gold. She now ranks top of the UK U/15 100m and 3rd in the U/17 rankings with a time of 11.89 recorded in the final. This amazing and talented athlete has competed in nearly 50 races this year and won most of them

### ALISON RODGER

**SHOT U/23 GOLD**  
**DISCUS U/23 DISCUS BRONZE**

Alison has a pedigree to die for! Last year's Scottish Shot Champion and Discus bronze medalist repeated the same this year whilst creating a discus PB of 47.50. She began her year by adding the Scottish Indoor Shot silver medal to her treasure trove and later won Shot silver and Discus Gold at the British University Championships. Her Shot lifetime best improved this year to 15.32 at August's UK Challenge at Sportcity. At this year's U/23 Championships (last year she won the silver medal in both the Shot and Discus) she improved to win the Shot Gold medal with a bronze medal in the discus

### ANDY TURNER



**110m HURDLES**  
**13:24**  
**SENIOR GOLD**

Andy won the 110m hurdles in a superb time of 13.24s which only Colin Jackson and Tony Jarrett have ever beaten from Britain. Unfortunately it was wind assisted (still nobody other than the big two have gone quicker, even with an illegal wind) or it would have been a new club record. He won his heat very comfortably in 13.5. Andy has been in incredible form this summer culminating in a bronze at the European Championships.

### KATHIA LANNON

**COMBINED EVENTS**  
**SENIOR GOLD**

These combined events championships have seven disciplines – 100m hurdles, High Jump, Shot Put, 200m Long Jump, Javelin and 800m and multi-talented Kathia returned home with a well-deserved Gold having also achieved an exciting breakthrough in the 800m with a PB of 2.16 that was five seconds faster than ever before. Kathia began her short but hectic season with these Championships (including and between June and September competed in over 60 competitions producing lifetime best performances in the Heptathlon, Javelin, Shot, Long Jump, High Jump, 400m Hurdles, 100m Hurdles, 60m 200m 800m. One of her season's highlights was to represent GB in Switzerland and despite nursing a hamstring injury still produced a 100m hurdles PB of 14.39

### ALEX SMITH



**HAMMER U/20**  
**GOLD**

This young amazing hammer protégé ranks Britain's No.1 junior and participated in the World Junior Championships in Beijing this summer. His U/20 AAA performance won him Championship Gold with a throw not far short of his PB of 73.81 in Budapest a month earlier. He is featured elsewhere.

### ABIGAIL HEYWOOD

**POLE VAULT U/17 GOLD**

Our U/17 English Schools Long-Jump silver medalist again demonstrated how multi-talented she is by winning the U/17 Pole Vault Gold medal with a vault that wasn't far short of her English Schools 3.55m. Her vault puts her No.1 nationally and 3rd in the U/20 age-group. This summer she's competed 22 times in either the long jump or pole vault and has won 14 of her competitions and has never out of the top three in an amazing 19 of them. It included the U17 silver medal in the NoEAA Championships

### MIKE FLOYD



**HAMMER**  
**SENIOR SILVER**

Seven times Northern Hammer Champion (and 5th successive Champion) whose performance this year merited him an early season England vest, was 'very pleased' to win the AAA Silver medal with a season's

best throw of 68.54m despite struggling with a back problem all season. Coached by maestro Kevin Madden, Mike has now won medals in four of the past five AAA. He's also been an invaluable stalwart of the men's team in the BAL League and the Jubilee Cup

### SARA MCGREAVY



**110m HURDLES**  
**SENIOR SILVER**

Sara's had a fantastic season! Between May and the AAA Championships she notched up no less than 4 lifetime best performances improving her time from 13.51 to 13.26 in her first senior England international in Cork. In the AAA's she got

a fabulous start from lane 4 and hung on well for the silver medal to equal her PB. "I couldn't believe it" she said, "It was more than I could have hoped for. It was then that it dawned on her the possibility of selection to the European Championships in Gothenberg.

### KATE DENNISON



**POLE VAULT**  
**SENIOR SILVER.**

Following her first Commonwealth Games in Melbourne, Britain's top pole vaulter has had a busy and successful year. From last summer's PB of 4.12m she made a massive jump to 4.30m in Melbourne prior to the Games. She maintained

this top form through several internationals in Europe and vaulted to a new PB of 4.35m at the London Super Grand Prix. She jumped for Britain at the European Championships at Gothenburg recording 4.30m. Though she won the silver medal at the AAA's, her 3.95m jump was the most disappointing performance of the summer

### STUART STOKES



**3000m**  
**STEEPLECHASE**  
**SENIOR BRONZE**

After the peak of the Commonwealth Games in Melbourne and being in Australia for almost three months, a re-entry problem was inevitable and Stuart felt it at these Championships. England No.1 steeplechaser who had ran 8:29.94 at Melbourne struggled to win the bronze medal.

### FRANKLIN OPARA



**110m Hurdles**  
**U/23 BRONZE**

Although it had been announced that Franklin had ran 14.02 in the senior AAA his actual time of 14.79 was a PB. He improved this further to 14.5 and the bronze medal the following week at the AAA U23s Championships. He also competed & finished 7th in the AAA Combined events Championships at Stoke in June and produced a points PB for the Decathlon.

### JULIE CRANE

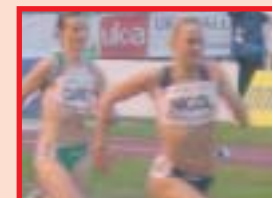


**HIGH JUMP**  
**SENIOR SILVER**

Julie's life has been hectic since she returned from the Commonwealth Games with her silver medal. However, a recurring back problem prevented her from qualifying for the European Championships (needing 1.91m) which was her main summer

objective. Though she didn't win the AAA she was beaten by an Irish athlete, Deidre Ryan, so she's remained unbeaten all summer and remains Britain's No. 1 High Jumper. Her 1.86m jump was an outdoor AAA's best performance but having already jumped 1.88m twice she expected more.

### FAYE HARDING



**400m HURDLES**  
**SENIOR SILVER**

These senior AAA's were Faye's main objective this summer In the heats she recorded an easy victory clocking a lifetime best of 58:51. Though she fell in the final, she still won the silver medal. Through the summer, she alternated between 400m and 400m hurdle's races

and posted good results in the UK League. She's also represented Wales at matches in Hungary and Belgium and won the 400m hurdles at the British University Championships.

### DARREN HAMMOND



**HIGH JUMP**  
**U/20 SILVER**

Two weeks after the English Schools championships, last year's male club athlete of the year, Darren's aspirations for this summer were shattered when he injured his back. He recovered sufficiently to win U/20 AAA Silver with a leap just a few centimeters short of his

PB of 2:09 that put him on top of the U/17 British rankings in 2005 and 8th in his age-group in the world.

### STEPHANIE PYWELL



**HIGH JUMP**  
**SENIOR BRONZE**

Hugely talented high-Jumper Stephanie has been improving in leaps and bounds. With an outdoor best last year of 1:65m she clocked her first PB of this season at the Loughborough meeting in May with a jump of 1:78m; two weeks later she improved

further to an exciting 1:83m at the first UK Match at Sportcity. This qualified her for the World Junior Championships in Beijing – what excitement! A week later she improved even further to 1:86m at the Bedford International and this ranked her 3rd on the UK rankings. At her first senior AAA's in July she was then equal 3rd with 1:82m and won an incredible bronze medal. A week later at the U/20 AAA's she won another AAA bronze medal but, nursing an injury that prevented her from traveling to Beijing, she recorded a below par 1:78m

### KIRSTY DRABBLE



**U/17 800m**

Kirsty is currently the Club's highest ranking U/17 female athlete (45th) and she has impressively competed in a wide range of events through the summer mostly to win points for her teams. In these championships, she ran one of the best races of her life

in the heats not far short of her 2:13.05 PB at the BMC Grand Prix at Sportcity a week earlier. She, unfortunately, failed to make the final as a result of a disastrous motorway hold-up.



## SARAH HOLT



### HAMMER U/20 BRONZE

Sarah is Britain's most successful and promising hammer thrower and what a year she's had! It culminated with the World Junior Championships in Beijing.... but read all about her elsewhere in this magazine. Our 2004 English Schools Hammer champion won the U/20 AAA Bronze medal

## LISA SABEL



### U/15 LONG JUMP

Another of Britain's most promising long-jumpers, Lisa hoped for a Grand-Slam of major victories this summer. She'd won Gold at the England Schools and the AAA Indoor championships (She'd also won Gold at the NoEAA Indoor and Outdoor Championships!). Could she make it three Golds at these AAA outdoor championships? Sadly, returning from holiday unfit she finished a disappointing 7th. She still ranks No1 in her age-group and is way ahead of all the opposition.

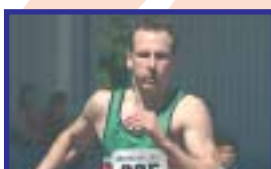
## DARREN RITCHIE



### LONG JUMP

Last year's AAA long jump silver medalist and Scottish record holder, Darren went into the AAA's with high hopes, having jumped a windy 7.98m the week before and looked like he might beat Tomlinson and Morgan. Unfortunately, he pulled a hamstring in the first round in doing a no jump and he had to abort the competition.

## ANDY HOPKINSON



### 400m HURDLES

In his first senior AAA Championships, the NoEAA 400m hurdles silver medalist, was disappointed to run a below par 54 seconds in the heats which meant he missed the final.. Despite tough competition between Dave Brackstone, Antoine Burke and Rob Newton for a place in the British Athletics League, he was selected for the second match and got a PB. In the flat 400m of 49.03. He then won 400mH selection for the final BAL match and was pleased to record another PB of 53.41. He then 'filled in' for the 'B' 110m hurdles to clock yet another PB of 15.11, having not been over a 3'6" hurdle in about 2 years. In the UK Challenge Final at Sportcity he ran possibly his best race of the season of 53.47 despite a strong head wind.

## ANDY SUTCLIFFE



### POLE VAULT

Andy's vaulting has improved tremendously this year. He began with an outdoors best of 3.10m and finished the season with a vastly improved 3.70m. This was his third lifetime best performance of the summer. He currently ranks 26th nationally.

## REBEKAH WILSON



### 100m U/17 BRONZE 200m

Last year's U/15 200m silver medalist and 100m Bronze medalist who is also this year's England Schools U/17 silver medalist, added to her valuable haul with the AAA U/17 Bronze medal this year. In winning her bronze medal she also produced a PB of 12.00 that ranks her 8th in the UK. She also ranks 11th nationally in the 200m from her performance in the Young Athletes race at Sportcity in July. She has competed in almost 40 races through the year many of them magnificently representing the Club

## TOM SETTLE



### 800m 1:50.93

Tom had not expected to make the 800m final as a 19-year old but had hoped for faster than 1:50.93. However, he was 'very pleased' the following week to win 1500m silver medal at the U/23 AAA Championship in 3:50.79. Following these Championships he dipped under 1:50 no less than five times topping off a good season with a PB of 1:49.4 at the UK Challenge meeting at Sportcity in August. His 1500m PB is 3.47 set at the BMC Solihull meeting in June

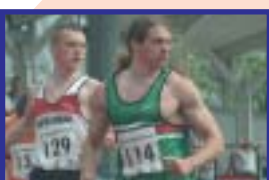
## MARCUS GOULDBURNE



### DISCUS 53:89

Marcus came away a little disappointed with 53.89m because the previous week he'd increased his PB. from 53.95 to 54.49. Things really improved soon after through his work with club-mate Mark Wiseman. "I began to find a nice rhythm to the throws" he said. He went on to throw 58.69m and 56.29m at Long-ford Park Stadium. Ranked No.3 in the country he finished his season with 57.20m in the UK Challenge Final at Sportcity ranking him 2nd in the UK Challenge

## TOM MARTIN



### 100m

Tom started the outdoor season after missing several months due to a hamstring injury. His first race was at the Gt. Manchester County Champs, where he ran 11.2 in the first heat, and then improved to 11.0 to win the final. His next race was the Gt. Manchester Schools, where he won with a new PB of 10.5. He then repeated this performance the following day in a NJL match with another 10.5. His next race was the NoEAA championships where he won the Gold medal. It was then announced that he had qualified for the European Trials where he ran the semi-final in 10.70 but didn't qualify for the final.

## NICK NEWMAN



### Long Jump

Nick has joined the men's team and comes from Grantham but is at University in USA. He came 5th in the Long Jump after returning from injury.

## JOE LANCASTER



### JUNIOR MEN MULTI-EVENTS

The junior men's AAA multi events was particularly challenging with the winner making it to the World junior Championships in Beijing. Joe had an excellent Championship posting PB's in every discipline. He finished 9th which also placed him 2nd in the North of England. In his first year as a junior he is set to continue making great progress.

## ROB MITCHELL



### HIGH JUMP

Rob was very disappointed with his 2.15m. He had already recorded 2.20 this year and had looked in good enough shape to break his PB of 2.25. He will be back next year.

## JAMES BAILEY



### 3000m STEEPLECHASE

Coached by former international and Commonwealth Games steeplechaser John Davies, James finally showed something of his youthful promise with an incredible breakthrough this summer in the steeplechase that seen him knock nearly 30 seconds off his previous best to record 8.27.86 at the BMC Grand Prix at Watford in June that now ranks him 8th in the country He's had a busy summer competing in 6 steeplechases though a lack of endurance showed towards the end because of prolonged illness last winter. He was disappointed with 8:66.31 at the AAA's. His 800m PB is 1:52.2 and 1500m is 3:49.

## GLEN COMISH



### 3000m STEEPLECHASE

Following a superb winter during which he crashed through the 30-minute barrier for 10k, Glenn had a superb start to the season. His target was the AAA's and to improve on his 9.06 from last year. He did just that with a PB of 8.55.90 but felt he should have run a far better race. He improved further to 8.53 at the Jubilee Cup and finished his season with 2nd place at the UK Challenge behind the AAA Champion

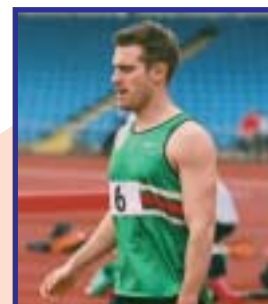
## GERARD PAISH-PLUNKETT



### JAVELIN

Gerard is now the men's team vice-captain and has had a great year for the club, as an ever present in the league and cup. He threw a season's best at the UK Challenge in August and although he underperformed at the AAAs he has had a very consistent season.

## DANIEL MONEY



### 100m

Daniel only did the AAAs because he was invited after running 10.84 at the Northern Championships. He has pretty much retired from the sport and is now on the GB Bobsleigh team. He has been a terrific servant of the club over the years.

## ANTON BRADLEY



### 200m

Anton launched his summer campaign in June sprinting to 22.57 at the BAL match at Sportcity. The following week he recorded a 200m lifetime best of 22.4 at the National Junior League in Wakefield. All of his 200m races through the summer were consistently around 22.5 including his 5th place in these Championships.

## IAN LOWTHIAN



### 800m

Ian's time of 1:50.62 was his best ever and the culmination of a season of 800m racing that got better and better as it progressed. He focused his races principally on three BMC Grand Prix and supporting the men's team in the British league and Cup.

## DOREL GRETA



### JAVELIN

Doral is a former Romanian champion who now lives near Chester. He won the BAL match at Birmingham and has been a great addition to the team. He was disappointed to be below his best at the AAAs but did have a very large final round throw that he stupidly fouled by inadvertently stepping over the line. He has a PB of over 75m but is now throwing around 68m. Still very useful and hopes to be back over 70m next year.

## HELEN TAYLOR



### 100m

Sprint specialist and this year's NoEAA 100m silver medalist hasn't stopped all summer. At the last count she'd competed in an incredible 16 x 100m and 7 x 200m races and no less than seven were representing the women's team in the UK League and BAL Jubilee Cup. Both her 100m & 200m PB's (11.7 & 24.40) were set at last year's

NoEAA Championships. At the Senior AAA's she ran the shorter sprint and came close to her lifetime best in the semi-final but failed to make the final. In the U/23 AAA the following week she just missed out on a medal with an almost identical time.



## REBECCA SWEENEY



400m

Becky's season prior to the AAA Championships was full of promise. She'd improved her 400m PB to 54.22 (UK League match in Birmingham) but then developed a knee infection. As a result she missed a lot of training and in the week prior to the AAA also had flu. As a result she missed out on the final by 0.1 second. At the U/23 AAA the following week she still wasn't recovered and was again disappointed but managed to reach the final. She finished her season ranking 3rd in the UK Challenge. Highlights of her season were 2nd at the North of England Championships and 2nd at the Inter-Counties Championships.

## LAURA SIDDALL



800m

To make it to the AAA's was a major season objective for Laura. She also wanted to run under 2:10 and continue to make a successful transition from a 400m hurdler to running 800m. In the run up to the AAA's she clocked 2:09.46 at the BMC at Watford in June and won the bronze medal at the North of

England Championships at Sportcity. At the AAA she further achieved all her objectives with another PB of 2:09.17 and believed she could have gone even faster. She's been a valuable team member in the UK League.

## REBECCA PEAKE



SHOT PUTT

With a PB of 15:56 set at the 2005 early season Loughborough International, Shot-Put specialist was hoping to improve even further this year. She threw 15.46m early season in California and this ensued to be her best performance of the summer. Despite several valiant attempts in

the UK League matches, the Welsh Championships and in the Jubilee Cup she failed to improve. Her 15:37m in the AAA Championships was her 2nd best throw of the season. This was Becky's 4th senior AAA's and last year she won the Bronze medal.

## LAURA DOUGLAS



HAMMER

Laura would have loved to re-ignite last summer's form at these AAA Championships when she recorded her longest throw of 61.75m. This year her best throw was just before the Commonwealth Games when she recorded 60.82m in Australia. Most of our athletes returning from Melbourne had difficulties retaining peak form and Laura's AAA 60.22m this year reflected this problem.

## SARAH SHUTTLEWORTH



U/23 400m

Sarah recorded her best 400m of 56.54 way back in 2003. This year her season's best is 57.54 recorded at the Midland Championships. Her U/23 AAA time of 57.65 was achieved in the heats.

## LUCY EVANS



100m

Lucy has competed in all of the age-groups AAA's since she was a 14-year old and this year again her main objectives were to improve her PB and to do well in these AAA championships. Early season she ran in the International at Loughborough and at a Grand Prix in Riga (Latvia) before tearing her 'quad' muscle.

As a result, she missed out on six weeks training so the AAA 100m was her 'comeback' competition and was pleased just to finish injury free. Afterwards she competed in The Celtic International at Grangemouth and ended her season helping the Club to its 3rd place in the Jubilee Cup Final.

## BECKY WHITE



LONG JUMP & TRIPLE JUMP

Becky would have liked to repeat her Bronze medal and lifetime best performance of 6.22m at last year's championships but, despite having jumped in eleven competitions this summer, she's not found that form. She produced her best long jump of the year (6.12) at the first UKL match at Sportcity. Beekie's best Triple Jumps were also last year with an outdoor best of 13.10m at the Jubilee Cup final. Her best legal jump this year was

12.96m at the UK Challenge meeting at Sportcity which ranked her 2nd. However, her 12.93 at the AAA performance was her second longest jump of the summer. Beekie is a long time team buttress who has who has ably supported the women's team in the UK League and Jubilee Cup for many years.

## PHILIPPA ROLES



DISCUS

Philippa failed to retain the Gold medal (her 4th) she won at last year's AAA championships and in fact produced her most disappointing performance of the summer. Her 52.70m for 4th place was 6.5 meters down on her Commonwealth Games throw and some 3 meters short of her Gold medal performance in the Welsh Championships a few weeks before

the Championships. However, two weeks after the event on July 29th a massive lifetime best of 59.56m at the UK Throws Challenge in Birmingham set her firmly as No.1 on the British rankings list.

## SONIA THOMAS



3000m STEEPCCHASE

Sonia's been understandably frustrated this summer to improve on last year's times. It was at the BMC Watford in June 2005 that she recorded her steeplechase best of 10.15.24 and then at the AAA Championships a few weeks later, she just missed a medal with 10:20.26. This

summer, she's failed to improve. She competed in two steeplechases (Loughborough 10:24.43) and these Championships at which she recorded her season's best with a marginally better 10.24.29

## JAMES WRIGHT



U/20 DECATHLON

Decathlete James launched his season with the Junior AAA Multi-Events Championships at Stoke. He wasn't terribly happy but still achieved a decathlon PB points total and achieved PB's in the Pole Vault (2.63m) and Javelin (31.07m). In the U/20 Championships several weeks later he did the Long Jump and the 110m hurdles. In the long jump he wasn't far short of his 6.72m PB jump (set at Carlisle in May) and fared even better in the 110m hurdles for 4th

place and was only 3/100th of a second short of his 14.70 PB set at the U/20 North of England Championships in June. His current 6th ranking on the UK Decathlon lists bodes well for his future.

## GRAIG ELLAMS

HAMMER

Craig joined the club this year from City of Stoke and is much improved. He has consistently thrown over 59m this year and finally crossed the 60m barrier at the August Hammer Festival in Wythenshawe Park. Now under the keen eye of top hammer coach Kevin Madden he is likely to improve even further. He competed for the men's team in all four matches of the British Premier League and notched up his first victory of the summer at the BAL Jubilee Cup Semi-Final in July with one of his best throws of the season.

## JACOB BROWN

LONG JUMP U/23 BRONZE

Jacob's U/23 Long Jump bronze in 7.18m was just short of his PB set at the 3rd BAL match in Birmingham two weeks earlier. (He also recorded his triple jump PB of 14.38m at the same match). Through the long hot summer of competition he recorded many 2nd and 3rd places but his one cherished victory was in the long jump at the Jubilee Cup semi-final. He has also been a team stalwart who turned out for every BAL League and Cup match this summer.

## DEBO ADEMUYEWO

200m

Though Debo was bitterly disappointed with his AAA performance, he's had a magnificent season managing to improve his PB four times within a few weeks whilst competing at International matches in Europe. He improved his times from 21.51 to a wind assisted 21.18 at an international in Hungary but then ran a legal 21:18 at Loughborough a few weeks later.

## PHILIP KENNEDY

U/15 HIGH JUMP

Philip's high jump of 1.77m was a lifetime best (just missed out on a medal in 4th place) and this summer he has jumped 7 centimeters higher than ever before. He now ranks 8th in the country. He also won Gold at the U/15 AAA Indoor and NoEAA Indoor championships earlier in the year.

## DARREN CAMPBELL

100m

Darren's relationship with the AAA in recent years has not been good! Two years ago he missed out on 100m victory by 2/100th before falling and having to withdraw from the 200m because of injured ribs. Last year, despite running a season's best time, he failed to make it to the final because of a viral infection. This year, again, he was off form and didn't qualify for the final. However, he went on to win yet another superb relay Gold in Gothenberg – and then announced his retirement.

# Trafford 10K

26 Nigel Levett .....	pb. 34:47
27 Paul (TVI)* Barrett .....	pb. 34:56
28 Gary Rowlinson .....	V40 3 .....
37 Rob Flannery .....	35:47
62 James Lewis .....	pb. 37:17
74 Richard Wilson .....	37:49
75 Lee Woods .....	pb. 37:53
80 Chris Bratt .....	38:04
87 Jennie Bowman .....	L 8 .....
90 Frank Cordingley .....	V45 8 .....
107 John Battersby .....	V45 12 .....
112 Chris Heys (stomach Bug) .....	39:38
129 Paul Capey .....	V40 22 .....
152 Mark Ferns .....	V45 20 .....
154 Karen Butler .....	L45 1 .....
165 Alison Pye .....	L35 5 .....
167 Warren Bowden .....	NEW 42:31
178 Patrick Chan .....	43:19
180 Eamonn Gibbons .....	V45 21 .....
197 Jackie Cordingley .....	L45 2 .....
205 Miran Aprahamian .....	V50 11 .....
209 Tim Rainey .....	V40 .....
214 Tony Lythe .....	V60 4 .....
215 Richard Broster .....	44:52
270 Margaret Trickey .....	L50 4 .....
280 Karen Sheen .....	L45 6 .....
282 Richard Horwood .....	50:04
286 Sophie Styler .....	L 55 .....

Overall teams:

Men: .....3rd

Ladies: .....1st

# Fastest time for over 10years

\* Copyright- F Cordingley

+ her fastest for over 5 years

# sale '10' 2006

*This long-established and hugely reputable race – a Club promotion, broke all records this year. The course record, previously held by former London marathon winner Steve Jones, was bettered with a classy 48:05 by Preston's Adam Sutton. Another record was the 380 finishers.*

*Some two minutes behind Adams was 2003 winner, our own GARETH RAVEN. Gareth was in the final stage of preparation to smash the magical 30-minute barrier at the BMC Grand Prix the following week. This accounted for his slower than usual 50.00 against the 49:25 three years earlier.*

*Fast improving NIGEL LEVETT was the club's next member to cross the line in 22nd place in a very credible time of 57.43. Fellow newcomer and*

*also a quality distance runner JENNIE BOWMAN, was rightly pleased with 1:04.26 to finish 72nd. LEE WOODS was also running his first Sale '10' and finished 92nd in 1:06.29. KAREN BUTLER (L45), more than anyone else, has had rejuvenation in her running attributable to a long period of consistent injury-free training. Six years ago she clocked 1:15; this year she improved to 1:09.58. RICHARD BROSTER was 191st in 1:17.05 and TOMMY MALONE who more than anyone else, has run this race seven times in the last nine years, recorded 2:10.05.*

*As ever the biggest congratulations goes to the large number of marshals and officials who surfaced very early on that Sunday morning and delivered a top-class event.*



## Twenty-Five Stars

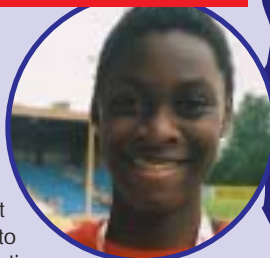
*The English Schools Championships are the Schools Olympics! This year at Gateshead, almost 2000 youngsters from all over the country again assembled in keen competition. Some go on to international stardom whilst others fade away. To make it to the English Schools Championships is already a*

*tremendous achievement and speaks of talent and real potential. In our club, we had 25 youngsters take part. Eight returned with 4 Gold, 3 Silver and 1 Bronze medals. Five of these went forward to represent their regions in the UK Schools in Glasgow and three of them also won medals there. Read on...*

### SHAUNNA THOMPSON

**JUNIOR  
200m  
GOLD**

Shaunna retained the title she won at last year's Championships but improved her time to win in a fantastic lifetime best of 24.40 seconds. In the weeks before and after these Championships she also won the 100m, 200m and Long jump in two Young Athletes League matches. In the U/15 AAA Championships she won the 200m in 24.40 seconds and broke through the 12 second barrier to win the 100m in a lifetime best of 11.89 seconds. What a fantastic achievement! A supreme highpoint of her summer was selection to the Norwich Union Grand Prix in Gateshead in June and the Grand Prix in London in August. She is currently ranked number one in the UK in both the U/15 100m and 200m and is definitely one to watch for the future.



### LISA SABEL

**JUNIOR  
LONG-  
JUMP  
GOLD**

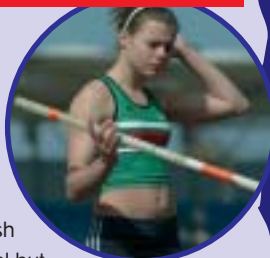
Lisa won Long Jump Gold with a winning jump of 5.51m. This exceptional talent began her 2006 campaign last winter when she retained the U/15 Indoor NoEAA title that ranked her top of the UK Indoor U/15 lists. She went on to win the AAA Indoor Championships with a jump of 5.38m. She's continued to be miles and miles above the rest and has continued to improve by several centimeters. She has performed exceptionally well in the Young Athlete's League and astounded everyone at Hull with a huge lifetime best jump of 5.59m. This places her firmly at the top of the UK U/15 rankings list.



### ABIGAIL HAYWOOD

**INTER-  
GIRLS  
POLE  
VAULT  
GOLD**

Not only did Abigail win a brilliant English Schools Gold medal but then went to the UK Schools Championships in Glasgow and reinforced her position as Britain's No.1 young pole-vaulter by winning the Gold medal there also. Representing West Yorkshire, it was also a convincing victory in the English Schools of 20cms over the silver medalist from the opposite end of the country - Cornwall. She's another person who could well be representing Britain in the 2012 London Olympics. Through the summer she was also a fantastic asset to the teams in the Young Athletes League and the National Junior League.



### TOM MARTIN

**SENIOR  
BOYS 100m  
SILVER**

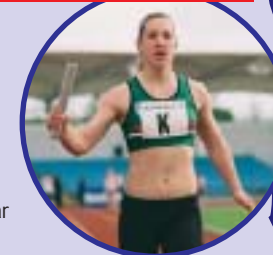
This was Tom's third and last appearance in the English Schools finals. Last year in Birmingham he placed only 6th in the 100m, however this year, on the basis of his times he'd achieved and the fact that he had won the North of England Championships he felt that he may have had a good chance of improving and hopefully winning this year. Over the English Schools weekend he ran a time of 10.53, and came second to Gerald Phiri. He had hoped to win, but overall was happy to finally get an English Schools medal in an individual event. Last year he also won a surprise English Schools U/20 bronze medal in the 4 x 400m relay



### REBEKAH WILSON

**INTER-  
GIRLS  
100m  
SILVER**

Another of Patrick Bell's 'stars' is Rebekah. This year not only did she improve on her U/15 100m bronze medal in last year's English Schools Championships to win the U/17 100m silver medal this year but then went on to win the bronze medal in the UK Schools championships in Glasgow also. This was the culmination of a fantastic summer for Rebekah. With Shaunna Thompson and Robyn Rashford, she was selected for the U/17 100m at the Gateshead Grand Prix in June and again for the London Grand Prix in July. She's also been invaluable in the Young Athletes League and the National Junior League. In the AAA Championships, she also won the U/17 100m bronze in with a PB of 12.00 seconds. Rebekah then went on to win another silver at the UK Games in Glasgow.



### ABIGAIL IROZURU

**INTER-GIRLS  
LONG JUMP  
SILVER**

Abigail was the third of the club's fantastic silver medalists. This she achieved in the Long Jump. This talented young girl leapt for her life and was lucky to get the 'wind beneath her wings' to land with a fantastic jump of 5.57. Her summer continued on the same high note as she competed with distinction in the Young Athletes League. Like all those others who did well, she was selected for the UK games in Glasgow where she finished in second place thanks to an incredible lifetime best jump of 5.82m.



### ROBYN RASHFORD

**INTER-  
GIRLS  
200m  
BRONZE**

Robyn was competing for Cheshire and another member of Patrick Bell's talented sprinters. In only her 2nd English Schools championships she won the U/17 Bronze medal in 25.09 and then, a few weeks later won another 200m bronze medal at the UK Schools Championships in Glasgow. Again, she was one on the trio with Shaunna and Rebekah who were especially selected for the big Grand Prix at Gateshead & London. Robyn is another athlete with a great future in front of her.



### LAUREN WOODCOCK

**JUNIOR  
800m**

In her first English Schools Championships, Lauren just missed out on the final having matched her lifetime best of 2:18 in the semi-final. She achieved this whilst qualifying for the English schools - a fantastic improvement of over 8 seconds from the beginning of the season. This summer she also won the Gt. Manchester County 800m title; ran the NoEAA Championships and represented the Club in the Young Athlete's League.



### DANNY BECKETT

**JUNIOR  
BOYS  
1500m**

The English Schools was Danny Beckett's No.1 priority this summer and though he didn't make the 1500m final, his heat in 4:22 was only a second off his lifetime best. "These races are about physical development" said his coach and father Stephen Beckett, "and Danny had an excellent run". Danny's had a good season! He improved his 800m time by a massive 10 seconds to 2:07 and his 1500m time by 6 seconds to 4:20. He also won the NoEAA 3k Championships at Leeds, confidently leading from the start and won the Gt. Manchester 1500m and Gt Manchester Schools 1500m.



### KATHERINE SHERRY

**INTER-GIRLS 300m  
4 x 100m RELAY GOLD**

Katherine came 4th in her heat in a time of 40.63 seconds and was unlucky to just miss out on a place in the final. Despite having a foot injury she still managed to reach the gold standard in the 4 x 100m relay - in a team that

included club-mates Rebekah Wilson and Zavia Hill. In the run up to these championships she'd also won her 4th Gt. Manchester 200/300m title and 3rd County Title. "She'll be back stronger next year" said her coach Patrick Bell



### SARAH BARKER

**JUNIOR 1500m**

Sarah's year began in April when she competed for England as a junior in the Home International X.C. as a result of finishing 8th in the English Schools X.C. Championships. Though a Year-8 pupil, she competed against athletes a year older and still finished as the 6th English counter. Later in May, as a result of winning the BMC Academy race at Longford Park (a 1500m PB 4:41.96) she was invited, by the BMC to take part in the 'Frank Horwill Mile' at Sportcity in August. There she was

first in the U/15 category in a time of 5:14. This year she also finished 2nd in the NoEAA U/15 1500m Championships behind the U/15 girls National Cross Country Champion. She then qualified for the English Schools T & F Championships at Gateshead by winning the Gt. Manchester schools 1500m title and then went on to finish 8th in blustery conditions in a time of 4:44.00. Sarah also competed exceptionally well in the Y.A.L. League and was awarded the title of Athlete of the Match for her performance at Sportcity.





## KIRSTY DRABBLE

### INTER GIRLS 800m

In her first ever English Schools, Kirsty would have been a lot faster than 2:20 had she not tripped on the final bend. Since then she's improved her best by a further three seconds to 2:13.05 recorded at the BMC Grand Prix at Sportcity in August. She was further unfortunate later on in July when she missed the U/17 AAA Final in Birmingham as a result of a 4-hour motorway delay having earlier qualified in what she regarded as her best ever race tactically. Kirsty has also been girls' team captain for the Young Athletes League where she has offered help and encouragement to the less experienced athletes. She has also earned valuable team points in the National Junior League.



## EMMA LEIGH-HEIGHWAY

### SENIOR GIRLS 1500m

One of Cheshire's finest middle distance athletes & NoEAA U/20 1500m bronze medalist, Emma finished 3rd fastest in the heats but, in the last of 8/9 English Schools Championships, she failed to make the medals in the final despite running one second off her best (4:37). This season Emily has improved her 1500m by a massive 11 seconds to 4:36 to win bronze at the NoEAA Championships. She also massively improved her 3k from 11:33 to 9:54 and in her first 3000m in three years, she won the NoEAA Championships by 3 seconds in 9:54.



## MARCUS ELY

### INTER BOYS 3000m

Marcus pulled out with a back injury in his first English Schools Championships but since then has improved considerably. His 3000m time is now 9:00 - an improvement of 4 seconds and his 800m is down to 1:59, an improvement of two seconds. He achieved both at Stretford Open Meetings. He's also loyally represented the Club in the Young Athletes Races and won most of his races



## PHILIP KENNEDY

### JUNIOR BOYS HIGH JUMP

The only time Philip has been beaten this year were the English Schools Championships - apart from being 2nd at the U/15 AAA indoors last March! With a PB at the time of 1:77 and ranked 8th in the country, his 1.64 high jump at these championships was way below his best. Last year, Philip was 4th in the U/15 AAA Championships and 2nd in the AAA Indoors.

## DARREN HAMMOND

### SENIOR BOYS HIGH JUMP

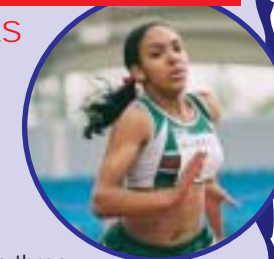
Britain's top-ranked high-jumper, Darren had big aspirations this year to get to the World Junior Championships in Beijing but it became a bit of a non-year for him. Whilst in second place at the English Schools Championships with a 1:99m jump, he injured his back and had to pull out. Two weeks later he recovered to win U/20 AAA Silver with a leap just a few centimeters short of his 2:09 best and which put him on top of the U/17 British rankings in 2005 and 8th in his age-group in the world. He also ably supported Rob Mitchell in the BAL matches this summer.



## ZAVIA HILL

### INTER-GIRLS POLE VAULT

This was Zavia's 2nd English School's Championships in three years. She qualified with a 2.70m victory at the Gt. Manchester Championships and improved further to 2:85m in Gateshead. She improved further to 3.00m in the Young Athletes League and topped her summer by being selected for the UK Games in Glasgow in September - an honour bestowed on the best athletes in every region in the country. There she finished 6th in 2.90m



## EDWARD CHAN

### INTER BOYS 100m

This was Eddie's first English Schools and to do well was a main summer objective. He went to Gateshead as the NoEAA Indoor 60m Champion and the outdoor 100m Champion with a PB of 10.90 achieved at the Young Athletes League in Hull. He finished a disappointed 4th "His summer sprinting has been centered around the Norwich Union Grand Prix series at Glasgow (Indoors), Birmingham (Indoors), Gateshead, Crystal Palace and Birmingham. He finished off his summer at the UK Games in Glasgow in September where he finished 5th in 11.36



## ANDREW ROBERTSON

### INTER BOYS 200m

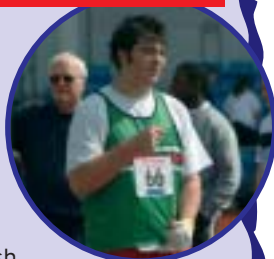
In his first English Schools, Andy competed at the bottom end of the U/17 age-group and was 'really chuffed' to reach the final in his first English Schools. This fine achievement was enhanced with a time of 23.04 - not far off his lifetime best of 22.03 at the Gt Manchester county Championships. He then went on to win an excellent U/17 AAA silver medal, again whilst at the bottom end of his age-group. He rounded off one of his best summer seasons by being selected for the UK Games in Glasgow in September.



## AZMI SBAITI

### INTER BOYS SHOT PUTT

Azmi is another fine athlete and Shot Putter who could have a great future. In the English Schools he threw an excellent age-group shot of 13.34m and continued to improve through the summer to become the club's leading U/17 Shot Putter. He's also a great team player who turned out for the Club in almost every Young Athletes League Match and has not been beaten winning valuable points. To cap his season he was picked for the English team in the UK Games in Glasgow in early September.



## ALEX ADCOCKS

### JUNIOR BOYS 100m

Alex was 'spotted' as a promising young sprinter at the Trafford Schools Trials when he won the 100m that qualified him for his first English Schools championships. There he did really well and later joined the Club. Since then he continued to show excellent promise competing for the Club in the 100/200m and 4 x 100m relay at the final YAL match.

## ANDY SUTCLIFFE

### INTER-BOYS POLE VAULT

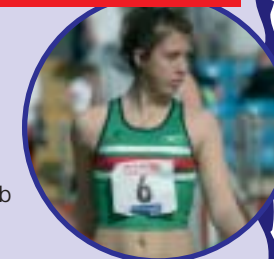
Andy had hoped for better than 3.65 in the Pole Vault Final especially that he'd notched up a PB 10cms higher early season at an open meeting at Sportcity. However, he's had a good season competing in all but one of the Young Athlete matches and several Open Meetings at Sportcity. He also vaulted 3.70m at the early season AAA Indoors and 3.50m in the U/17 AAA Outdoor championships.



## ELYCIA METAXAS-BELT

### INTER GIRLS DISCUS

Elycia is a second claim club member and represented Nottinghamshire in the inter-girls discus. She finished well up the among the competitors in 6th place which bodes well for her future. Through the summer she performed consistently in both the Shot and Discus and as a promising multi-eventer was also a valuable team asset in the National Junior League



## JOSH OGUNTAYO

### JUNIOR BOYS 800m

Josh Oguntayo is a young, sensational athlete! This year he was a year young in this championship so the plan was to simply 'experience' it for next year when he'll be a major contender for medals. He'd easily run the qualifying race at Trafford in 2:08 and then went on to win the Gt. Manchester Championships in 2:05. The aim in Gateshead was to reach the final and have the experience of

running a heat and a final. He ran the heats in 2:06 for 3rd place and qualified for the semi-final with a PB of 2:02 and 2nd place. In the finals, he clocked yet another PB of 2:01.5 for 5th. "His performances were incredible" said his coach, "and have been achieved on just one training session a week. Another amazing performance was finishing second in the NoEAA Championships behind top-class Josh Moody.



## ROB WHITTAKER

### SENIOR BOYS 800m

Rob's record in qualifying for the English Schools Championships is impressive. He's won most of the six Gt. Manchester Schools Titles and qualified for the English Schools at the top end of each age category. This year was his most disappointing when he failed to qualify for the final despite

producing a lifetime best of 1:56. He improved this time to 1:54 at the July Stretford Open meeting. Rob's had a good season and loyally represented the Club in most of the National Junior League matches and NoEAA matches, latterly winning the NoEAA match 3000m at Sportcity.





manchster parks  
grand prix

The Manchester Parks Grand Prix is a summer series of five road races within different Manchester Parks. For the ranks of men and women they are varied distances from the Salford 5k to the Debdale 7k, The Sale ‘5’ and the Boggart Chase and Platt Fields 10k’s. All five races for the youngsters are 3k

SENIOR WOMEN

Our best placed senior woman this year was KATHERINE BARKER who finished 7th from three races. Katherine won the U/15 and U17 categories in previous years. Well done and good to have you back!

O/35 WOMEN

In one of her most consistent years of running, LYNDA ROWLINSON repeated her 2nd position of last year and finished an impressive 2nd in all five races to Alison Sedman (Belle Vue Racers)

O/45 WOMEN

No-one has made this GP series their own more so than the Cordingley family. Jackie is the 2003 O/35 Champion and the O/45 Champion in 2004 and 2005. This year, she placed 2nd overall! Jackie won the four races she participated in and would undoubtedly have won the Championships this year had winner, Annie Hirsch, Belle Vue Racers, not competed in all five events.

UNDER 13 GIRLS

Congratulations to SAMARA MOHTASHAM who finished so well in all five races she ranked 3rd in the series. JEMMA NEVIN also did really well by finishing 6th.

UNDER 15 GIRLS

SARAH BARKER, who won the U/13 age-group in 2003 and 2004, continued her winning ways by being the clear winner of this year’s U/15 category having easily won all five races. She follows a rich Barker tradition in this Grand Prix - her sister Katherine (above) won this age-group in 2003. BEATRICE CORDINGLEY deserves special mention. Last year’s U/13 Champion finished 4th despite being a year young in her age-group. She’ll win it next year!

O/40 MEN

Beatrice’s dad, FRANK CORDINGLEY, with the rest of his family, has shown tremendous commitment to this series. In his 4th consecutive year of continually improving to 3rd last year, went one better this year and placed 2nd. Who knows but next year the whole family might win their respective age-groups!

UNDER 15 BOYS

With a procession of Sale vests taking the top five places, this was the strongest group in this year’s series. DANNY BECKETT, who finished 2nd in the U/13’s in 2004 and 2nd again in the U/15’s last year went one better and won the series this year with maximum points in all five races. ALEX WEBSTER improved fantastically to place 2nd this year from 16th last year. Talented JOSH OGUNTAYO, whilst still only a 13-year old, finished 3rd and crossed the line in 2nd place in three of the races! DAVID WHALLEY was 4th, JAMES WIGNALL 5th and CALLUM ROWLINSON was equal 7th.

UNDER 13 BOYS

It was a battle royale between BEN YATES and Leigh Harrier’s Richard Powell as to who would become U/13 Champion. Both won two races each and the final countback resulted in Ben taking the second spot – a fantastic achievement in his first year of this Grand Prix.

SIZZLERS  
2006

Fechin McCormick

This summer series of 4 x 5k runs within

Wythenshawe Park are certainly sizzling!

Over the past five years, numbers have

continually increased to a record 450 in each

event, and the quality has become so scintillating

that no less than twelve course records were also

smashed this year. This included a magnificent

WORLD RECORD of 20.02 from British lady-60

record holder Carol Wolensholme (Hallamshire).

She returned for the remaining two events to

attempt being the first lady-60 ever to smash

through the 20-minute barrier for 5k.

Over the four events, six top athletes ran well inside

15 minutes with the course record being finally set by

Jason Ward (Altrincham AC) who improved Liverpool

Phil McGlory’s earlier record by a further six seconds

The Men-40 record was set at 15:28 by Gerry Healey

(Ireland); the Men’s-50 record now belongs to

Anthony Duffy (Bolton AC); the womens-50 record

was broken in three times by Anne Pugh (Altrincham)

and now stands at 19:02. Frank Reilly (Stockport AC)

improved the Men-60 record to 17:51.

This popular and growing series would not have

been so successful nor would it have made such a

valuable contribution to the fitness levels of the

people of Manchester had it not been for the

Reebok/Manchester Leisure Partnership and the

further support from Adactus Housing, Irwell

Valley Housing Association and Kelloggs who

made the goody bags possible – a unique

feature of this series. Chief organiser, Fechin

McCormick, also thanks his organising team

of BRIAN GOULDEN, PHILIPPA EDWARDS,

PAUL THOMPSON, GRAHAM PADGETT and

LES MOONEY without whom, and the

helpers they recruited, the series would

have been absolutely impossible.

REEBOK MANCHESTER 5K SIZZLERS - SALE HARRIERS M/C FINISHERS

NAME	2002			2003			2004			2005			2006			
A. Kallumpram							24:23	23:46		23:52				23:53	23:53	
B. Fox	17:50		17:39			17:57		18:20	18:05		19:13	19:06		18:28	18:13	18:16
B. Lucythink L															23:00	
B. English L									20:07						20:47	
B. Hunt L														24:46	22:50	26:20
C. Britt														19:19	18:59	18:52
C. Evans L											24:59	24:06	24:13	23:49	26:09	24:48
C. Gell							17:22				17:00		16:35	16:56	16:34	16:16
C. Heys										17:22				16:15	17:04	16:40
C. O'Keeffe L															25:15	
D. Farmer											20:45	20:37	20:12	19:59	21:17	21:13
D. Gill	25:41	25:20	23:53			22:37	22:04		28:28	29:45	29:43	23:29	22:34	22:35	22:36	22:16
D. Marsh								16:13	16:07	16:05	15:59	16:31	16:38	16:20	16:21	16:08
D. Riding L																16:10
E. McIntyre L																16:07
E. Gibbons																17:54
E. Jones L									21:28	21:07		22:09	21:11		20:36	20:19
F. Cordingley															26:09	24:14
G. Fiddes L					18:23	18:12	18:26	17:44	17:42			17:52			24:14	23:38
G. Kirk		15:51					16:17		16:11			17:39	17:33		18:00	
G. Raven																
G. Rowlinson												14:55	14:50		14:41	
H. Regan L												17:03	16:42	16:53	16:48	16:49
I. Hobbs														21:41	22:10	22:13
I. McIntyre															25:19	24:38
I. Weatherall		27:47	28:35	29:15	27:03	26:48	27:39	25:45		28:16	28:34	29:44	32:21		31:04	29:45
J. Stockton L										15:49					16:09	27:13
J. Battersby																
J. Bowman L			20:36													19:09
J. Brown L																19:12
J. Clink L																
J. Cordingley L																
J. Hill L																
J. Lewis																
J. Makin L																
J. Pickering L																
J. Smith	25:44	24:41			25:07	26:09	25:40	25:47	25:23	25:01	25:15	26:05	26:28	25:22	24:55	25:16
J. Wilson																25:34
K. Dawson																23:40
K. Oluwi L																22:47
K. Barker L																31:02
K. Butler L																
K. Crosby																21:57
K. Drabble L																21:22
K. McKay																20:18
K. Sheen L																27:36
L. Yates L																
M. Aprahamien																
M. Nevin																
M. Ferns																
M. Gyves																
M. Harrison																
M. Newton																
M. O'Brien																
M. Trickey L																
N. Levett																
P. Barrett																
P. Capey	18:26															
P. Chan																
P. Golder L																
R. Stant L																
R. Bennett																
R. Hayman																
R. Broster																
R. Flannery																
R. Horwood																
R. Jowett																
R. Stant L																
R. Waller L																
S. Wilson L																
S. Aspinwall																
S. Holland L																
S. Mills																
T. Malone	30:18	32:19	31:00	32:02	25:04	33:57	33:38	44:44								
T. Rainey	21:08	21:40	21:24		21:46	21:45	21:49		22:07	22:56	22:31	22:24				
V. Mason L																



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## Winter Fixtures 2006/07

### OCTOBER

- 1 Northern Young Athletes Relay Sportcity
- 1 British Masters (BMAF) 10 mile Road Champs  
Lytham St Annes
- 7 Manchester Uni X.C. Relay Wythenshawe Park
- 8 Alan Robertshaw 100 x 1 mile Relay Sport City
- 14 UKA Fell & Hill Relay Champs Calder Valley
- 14 Match 1 Reebok & Manchester Area X.C League  
(Men & Women) Heaton Park
- 21 National Womens 4 Stage Relays Sutton Park
- 21 National 6 Stage Road Relay Sutton Park
- 22 National YA Road Relay Sutton Park

### NOVEMBER

- 4 ECCA National X.C Relays Mansfield
- 11 English Schools Cup Regional
- 11 Junior Schools X.C. League Crossford Bridge
- 18 Match 2 Reebok & Manchester Area X.C. League  
(Men & Women) Boggart Hole Clough
- 25 UK Cross Challenge Sefton Park, Liverpool

### DECEMBER

- 2 English Schools Cup final Canon Slade School, Bolton
- 3 Match 3 Reebok & Manchester Area X.C. League  
(Men & Women) Macclesfield
- 3 City of Manchester Indoor Open meeting Sport City
- 9 Gt.Manchester X.C.Championships
- 9 Junior Schools X.C. League Crossford Bridge
- 10 European championships Italy
- 17 Club Christmas Handicap 5k Wythenshawe Park
- 17 City of Manchester Indoor Open meeting Sport City
- 31 Sale Festive '5' Wythenshawe Park

### JANUARY

- 6 County X.C. Championships Various
- 7 City of Manchester Indoor Open meeting Sport City
- 13 Match 4 Reebok & Manchester Area X.C League  
(Men & Women) Wythenshawe Park
- 21 UK Cross Challenge Cardiff
- 27 Northern X.C. Championships Heaton Park
- 27 Junior Schools X.C. League Crossford Bridge

### FEBRUARY

- 3 BUSA University Championships
- 4 Alsager '5' Alsager
- 7 City of Manchester Indoor Open meeting Sport City
- 11 Match 5 Reebok & Manchester Area X.C.League  
(Men & Women) Woodbank Park
- 17 Wilf Richards X.C.Relays Heaton Park
- 23 Inter-Counties X.C. Champs/World Trials  
Wollalston Park, Notts
- 24 Junior Schools X.C. League Crossford Bridge
- 25 City of Manchester Indoor Open meeting Sport City

### MARCH

- 10 National X.C. Championships Sunderland
- 12 NoEAA Men's 12 Stage Road Relays
- 12 NoEAA Women's 6 Stage Road Relays
- 25 City of Manchester Indoor Open meeting Sport City

### APRIL

- 7 City of Manchester Indoor Open meeting Sport City