

Issue 62 winter 07

# THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



*Manchester & Sale's Best - Sarah Barker - Fastest in National Relays*

# At Your Service

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PHOTOGRAPHS FROM OTHER SOURCES ARE ALWAYS WELCOME.  
THE PHOTOGRAPHER WILL BE ACKNOWLEDGED IF REQUESTED.

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 MARCH



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

After 11 years producing this magazine

I think this one is quite exceptional.

...for this reason. Every previous edition predominantly reported on active Club members. This edition, more than any other, reflects another valued side of the Club.

The extensive coverage I've given to the commemorative 100 x 1 mile relay to celebrate deceased Alan Robertshaw's charismatic contribution over 50 years to Sale Harriers Manchester and to athletics generally, focuses on 'foundation' members and this edition is an ideal opportunity to introduce them to current generations. They rightly ought to have the limelight of recognition because their dedication and athleticism as youngsters, laid the foundations for the Club's success to-day.

Most of other 'older' group are also retired from running and many are still members and/or their friends and associates. This army of volunteers have again this year been pivotal in helping to deliver Manchester Leisure & the Club's extensive programme of road, T & F, cross-country and indoor events. Their inestimable contribution is acknowledged by the montage from the special celebratory 'Thank You' evening the club hosted at the plush Legends Suite of Manchester City Stadium.

Central to both these groups and this generation is Morris Jefferson and his stalwart work as the volunteer leader and chief organiser was duly recognised when he was presented with The North-West Volunteer Co-Ordinator Award" by the Club President & Chairman at the Thank-you evening We congratulate him on his well-deserved accolade.

In contrast I've opted for young Sarah Barker as the one who merits the front cover of this edition for her exceptional record breaking run in the National relays. As you'll discover most of this edition communicates the Club's performances in the regional and national relays

Last point! The club desperately needs more volunteers - administrators, coaches, managers etc. Please! Don't wait to be asked! Let the loyalty, generosity and commitment of those featured in these pages inspire you to take up the cudgels and give back just a little of what you have receive from the club so very cheaply mostly because of volunteers. You are needed more than you realize and your contribution - great or small, will be much appreciated.

MAY 2007 BE ONE OF PB'S IN EVERY AREA OF LIFE





# Where Are We

## CROSSFORD BRIDGE SPORTS GROUND

- off Dane Road in Sale

Primary section, Seniors & Veterans

Sunday 10.00 12.00 noon,

Tuesday & Thursday 7pm to 8pm

## WYTHENSHAW PARK TRACK

- off Wythenshawe Road, Manchester 23

Sunday (all groups) 11.00am – 1.00pm

Monday (Sprints & Middle distance 7.00pm – 9.00pm

Tuesday (U17 sprints, Middle Distance & Field Events)

7.00pm – 9.00pm

Wednesday (Senior & Junior Sprints & Middle Distance

7.00pm – 9.00pm

Thursday (U-17 Sprints & Middle Distance & Field

Events 7.00pm – 9.00pm

## SPORTS CITY - Rowsley Street Manchester 11

Training: Sprints and Jumps

For more detailed information on your sporting discipline and various training sessions telephone the relevant coaches/managers in 'AT YOUR SERVICE'

# national innovation award



On top of winning the North West Region Club Innovation Award for our unique Study Support Centre in Wythenshawe, the Club went on to also win the National Innovation Award for the same project. We were awarded it by UK Athletics as the first athletics club in the UK to create a dedicated learning centre through the department of Education and Skills Playing for success Initiative. Our deceased former Club Secretary, Frank Starkie, was to a great extent the brainchild behind the project.

The £4.3 million Centre was featured in Issue 60 after its official opening in March 2006. It is a unique partnership with Excellence in Cities, Manchester City Council, Reebok and the Manchester Evening News to encourage over 400 key stage 2 & 3 pupils to engage in a programme of extra curricular learning skills in athletics.

Following the inaugural UK Club Awards last year, UK Athletics has worked with Scotland, Wales, Northern Ireland and the English regions to make a series of National and Regional Awards for 2006. These awards recognise and reward clubs, Volunteers, Officials, Coaches, and Partnerships for their contribution to athletics throughout the preceding 12 month period and reflect the dedication of thousands of people working in athletics across the UK. You are welcome to go along and visit it at any time.

# king david III



No! We're not introducing a biblical king... it's our own man'o-the-moment **DAVID MARSH!** David has been crowned king of the track by the North of England as a result of his regal track performances through the summer. He was awarded The 2006 North of England Junior Athlete of the year at a NoEAA Presentation evening in Leeds for the achievement of recording a unique grand-slam of titles.

In the NoEAA T & F Championships in June, he won Gold in the 2k Junior 'chase on the Saturday in 6:02... then on the Sunday, in his first ever 5k on the track, he doubled his honours with the NoEAA U/20 5000m title in 15:22. Later in August, he made it an unprecedented grand-slam when he added the NoEAA Junior 3k steeplechase title at Stretford. In a scintillating final 60 second lap and a time of 8:30, it was one of the best run of his career (that spans at least 12 hairstyles!!!).

His triple Gold victories were also lifetime best performances. As a result he's now immortalised in the NoEAA record books! Well done! Dave... keep it up... Alan would have been proud.

# GLEN'S INTERNATIONAL DEBUT

Glen Comish won selection to the world-famous Chiba Ekiden Relays in Japan and his first GB International as a result of his performance in the National 6-stage road Relays in October. This is his personal experience

"It was amazing. We flew out on the Monday, and spent Monday to Wednesday in the Nihan Sports Centre, which is basically a middle-of-nowhere retreat for athletes, swimmers and cyclists, with a main 'centre' where the restaurant was, and loads of 4 person wooden 'chalets' in the woods overlooking the centre. We were waited on hand and foot, so after 3 days I felt extremely relaxed, and re-vitalized.

It was a great time to get to know the other people in both teams, and the Managers, including Jon Brown and Liz McColgan. I also had UK number 1 steeple-chaser Adam Bowden giving me s/c advice, and Rotherham runner and physio Jenny Blizzard giving me stretching advice!

Obviously, because of the race I was tapering down a lot, and so this combined with good amounts of sleep, good food, plenty of rest etc meant that by the time we left the complex on Wednesday I was probably in the best shape I have ever been in.

From there we moved to Chiba city, and raced on Thursday. I ran leg 5 - a 5km with about 3.5km flat, and then a steep climb for most of the last 1500m. I took over in 7th with no runner in site from either direction! And it stayed that way. My time was 14:54, which I was very happy with given the race situation, and the course. It was enough for the 6th fastest 5th leg of the day, and only 10 seconds behind the 2nd fastest 5th leg (we won't talk about the Kenyan who got the fastest!).

The team managed a respectable 7th, which is what GB has averaged over all the years we have done it"



In partnership with City of Manchester Athletics

# NoEAA 6-STAGE ROAD RELAYS



## VALIANT PERFORMANCES

### Fechin McCormick

Hartlepool Marina was the venue for this year's North of England 6-stage road relays. The out and back course along the promenade saw an exciting championship that was decided only in the last 400 meters when holders for the past two years, Morpeth Harriers, edged into pole position for the first time after 97 minutes of hot competition.

On the opening stage of the 6x5.5km course Phil McGlory, who broke the Sizzler course record in July, stormed home to give Liverpool Harriers the lead in 15min 42sec, in what was to be the fastest time of the day. **GLEN COMISH** wasn't far behind him in 4th place with the 4th fastest time of the day.

Whilst Morpeth AC bid for their 3rd consecutive victory with a scintillating run on the second leg, **PAUL GREEN** was in equally good form and moved into 2nd place behind 6-times winners Salford AC who had moved from eight to pole position. At this stage only four seconds separated the clubs with two-thirds of the race to unfold.

The lead changed again on stage three when Liverpool regained the advantage with a nine-second advantage over Morpeth and with Salford slipping back to third. **GRANT CUDDY** took this stage but found it tough – there was no mercy & the Club slipped to 21st.

Salford found themselves in the lead once more at the end of leg four after Andy Jones skipped round the course in 15:49 with Morpeth consolidating second place ahead of Liverpool. **SIMON MILLS** clawed back four important places.

On the penultimate stage, John Brown kept Salford in the lead though Morpeth closed him down and extended their advantage over Liverpool. The race was well stretched out at this stage and

**GARETH RAVEN** showed all his form as the club's leading sub-30 10k man by motoring round the course to claw back a further nine places to 8th.

Into the glory leg and it was still Salford who held a 14-second cushion over title-holders Morpeth with Liverpool 40 seconds back in third. Whilst Tarus Elly (Salford) set off at the rate of knots and was progressively chased down by Commonwealth marathon bronze medallist, Mark Hudspith who claimed a five second victory in an incredibly exciting finish, our own **JAMES BAILEY** was running his own hard race down the field and finally brought the team home in 7th place.



GRANT CUDDY



PAUL GREEN



SIMON MILLS





Team Manager, Dave Rodgers had the "unenviable task" of choosing three teams of 6 stage runners for these championships. Prior to the race, he acknowledged that it would be virtually impossible to get it right, given the equal matching of many of the athletes from which he had to choose. Everyone in the squad sympathized with his predicament and due to training breaks etc... could do little to help him decide.

**STEFFAN NORTH'S** modesty earned him first leg for the 'B' Team. He had originally been earmarked for the 'A' Team, but instead got the 'B's' off to a fantastic start – bringing them home in 13th, just ahead of Morpeth 'A'. He eased his way along the flat, out and back promenade route to a time of 16:26 – 4th fastest Sale leg of the day.

**DAVE MARSH** then produced a solid 17:19 second leg to keep the team inside the top 15.

On leg three, **MATT BOND** nudged the team up to 13th and in front of the injury stricken 'A' team. The later stage runners all succeeded in improving the team's position and **SAM ASPINWALL'S** 17:33 effort on leg 4 was enough to move the team up to 12th.

The 'A' team reasserted themselves on leg 5, utilizing an in-form **GARETH RAVEN**

SAM ASPINWALL



to move ahead of the 'B' team who had Andy Blair as their penultimate leg runner.

**ANDY BLAIR** produced a sound 17:02 to move the team up to 11th, just behind Trafford 'A'. Andy later expressed satisfaction with this time, especially given the stage of the season.

**ROB FLANNERY** hadn't been well but bravely turned out and capped the 'B' Team's advance through the positions with a 17:17 leg that earned the team 9th position (1:42:27).

**LUKE WINTERBOTTOM**

is an experienced relay runner and has represented various teams since 2003. He launched off with a strong first leg before handing over to **ROB JOWETT**. Though Rob found it a tough and challenging course he thought he'd done well until he compared his times with others. He passed the baton to **JAMES BURROWS** four places higher and James improved another seven positions before passing the baton to **CHRIS HEYS**. Chris had been in good form and he ploughed through a spread-out field to haul in a further 8 places and run the fastest leg on the team. **PAUL BARRETT** consolidated the team final 77th position with a fine run on the anchor leg.

DAVID MARSH



PAUL BARRETT

LUKE WINTERBOTTOM



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# NOEAA YOUNG ATHLETES ROAD RELAYS

GOLD, SILVER  
& FAST TIMES

**Team Managers, Colin Hardman  
& Steve Beckett.**

## UNDER 13 GIRLS

For the first time – possibly ever, the under 13 girls fielded three complete teams and four of the girls made their club debut. All gained valuable experience in a very competitive age group.

The Sportcity course was short, flat, and fast. Kingston Upon Hull set off at a blistering pace and after the first leg, were 22 seconds ahead of pre race favourites - East Cheshire Harriers & Tameside AC.

**JEMMA NEVIN**, the first leg runner for the 'A' team crossed the line in a respectable 9th place. As the race unfolded East Cheshire showed their quality by taking control on leg 2. They claimed victory over early leaders Kingston Upon Hull by a staggering 1min 6 seconds.

**SARAH SIMEEN** and **HAYLEY BOLAND**, despite brave runs, just failed to keep the team in the top 10 and finished 11th out of 35 complete teams. The 'B' team comprising of **AMY STANDRING**, **LAURA MONK** and **SAMARA MOHTASHAM** finished in 22nd place with the 'C' team managing to overtake their club rivals on the last leg, thanks to a gutsy run from **HOLLY HEMMINGS-FITTON** **SAMMY KAY MCVEAN** and **OLIVIA BOLAND** gave her valued support.

## UNDER 13 BOYS

The U/13 Boys, although relatively inexperienced, also competed admirably. They had never raced together before so the pre-race instruction was, "Go out there and enjoy yourselves & let's see what happens!

**SAM CREW-MEANAY** took 1st leg! The field set off as though it was 800m race and Sam found himself near the back but he didn't panic. He worked his way through, pacing himself well over the 3k course to finish in 13th place (10.28)

**JONATHAN SPOONER** was the next off! By now the athletes were spread out so he found himself running alone for a good part of the race but he only dropped one place. He ran a good solid leg in a time of 11.00.

**BEN YATES** was the anchor man. He set off swiftly and looked very strong and determined and reeled in several athletes and stormed home to give the team a well deserved 8th place. Congratulations to champions Amber Valley with the minor medals going to Leeds City AC and Blackpool AC

## UNDER 15 GIRLS

The U/15 girls also turned out a record three teams. The 'A' team of **SARAH BARKER**, **FREYA NARARYAN** and **LATEEFAH BURTON** had every chance of winning medals.

FOR THE FIRST TIME, THE YOUNG ATHLETES NORTH OF ENGLAND RELAYS WERE HELD AT HOME TERRITORY, SPORTCITY. FOR MANY IT WAS THEIR FIRST EXPERIENCE OF THIS SORT OF COMPETITION AND ALL DID VERY WELL. THE DAY'S HIGHLIGHTS WERE

- THE U/15 BOYS GOLD MEDALS
- DANNY BECKETT RUNNING THE 3RD FASTEST TIME
- THE U/15 GIRLS SILVER MEDALS
- SARAH BARKER RUNNING THE FASTEST LEG OF THE DAY).

Sarah Barker, part of last year's U/13 winning team, declared the team's intent by taking the first leg and did not disappoint. She typically ran the fastest leg of the day in a time of 9:21 secs. Her storming run gave the team a 21 second lead from Leigh Harriers. Young and improving **FREYA NARARYAN** kept up the good work and followed with the sixth fastest run and increased the lead by a further 8 seconds.

On the final leg, **LATEEFAH BURTON** was hotly pursued by North of England cross country runner up Tamarra Ammouh. She just overcame the deficit and won a thrilling race by a mere 2 seconds.

The 'A' team ran valiantly and thoroughly deserved their silver medal – the highest placing by a Sale team in this competition since 1998.

Such is the strength in depth of this age group that the 'B' team of **LAUREN WOODCOCK**, **NYOMI CANDLIN** and **TYRA WATSON** were the first 'B' team in eleventh position. A total of 32 teams completed the race.

The 'C' team of **C. RADCLIFFE**, **ELEANOR FREER** and **FAYE SHAW** finished in 24th place.

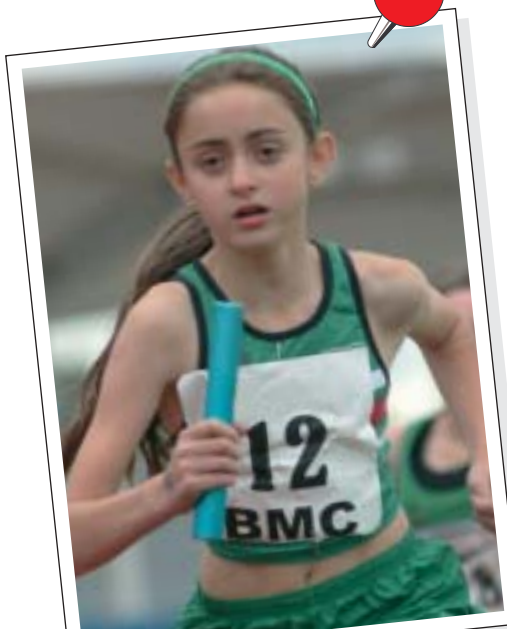
BEN YATES



SARAH SIMEEN



SAMARA MOHTASHAM







NYOMI CANDLIN

AMY REGAN

**WIGNALL** (9.36), there was plenty of ribbing going on as the teams finished 12th and 10th respectively. Looking at the times, you will see just how close these lads are to each other. Well done to all of them.

## UNDER 17 GIRLS

Due to illness and injury, the club was only able to field one team. **AMY REGAN**, **KIRSTY DRABBLE** and **LILY FREESTON** secured 14th place out of a total of 28 teams.

Special mention to **KIRSTY DRABBLE** who was the fastest team runner despite still recovering from an appendix operation. Short recoveries are obviously not just for interval work! Well done Kirsty.



## UNDER 15 BOYS

The Under 15 Boys became the Northern relay Champions for the first time and improved on their runner-up position last year.

Such is the strength in depth of this training group, they really could have fielded 6 teams but coach **STEVE BECKETT** decided to just enter 3 teams and all were top age athletes.

The 'A' team knew they had genuine medal prospects with all runners fresh and their confidence evident during the pre race chat.

**ANDY PARTINGTON** was the obvious choice for the 1st leg as he always races well. He got right up with the front runners and led the race for a while eventually dropping back to 6th place with a time of 9.06 which was fast but still 19 seconds behind the leader.

**DAVID WHALLEY**, one of the U/13 Champions in 2004, ran the 2nd leg. It was crucial that he closed the gap, and coming good after several setbacks this run boosted his confidence. He did a great job and moved the team up to 4th (9.26) but still 22 seconds adrift of the lead!

The 3rd leg fell to **DANNY BECKETT** who was also part of the U/13 winning team in 2004 and also the U/15 runners-up last year. He is always dangerous when chasing and set off like a rocket and got faster as he charged round the course in the 3rd fastest time of the day (8.49). He brought the team home as Northern Champions 14 seconds clear of Liverpool Pembroke & Sefton with Wakefield AC picking up the Bronze. Well done boys!

The 'B' and 'C' teams contained lads who had been committed to schools races but performed very well on the day over the 3x3k course. The 'B' team of **ALEX WEBSTER** (10.02), **DANNY HOPE** (9.29) and **RYAN WORLAND** (9.28) worked hard for each other. However, they found themselves trying to catch the 'C' team. With a fine 1st leg by **JOSH OGUNTAYO** (9.26), followed by **ALEX LETT** (9.35) and the ever present **JAMES**

## UNDER 17 BOYS

(No teams entered)


DANNY BECKETT  
LAUREN WOODCOCK

JOSH OGUNTAYO



LATEEFAH BURTON



In partnership with City of Manchester Athletics



## Fechin McCormick

*In October the Club hosted a 100 x 1 mile relay in honour of Alan*

*Robertshaw, the club's colossus and coach who died earlier in June. With over half a lifetime dedicated to coaching young athletes within Sale Harriers and to the development of the Club, Alan was the most inspirational yet modest coach who brought the best out of hundreds (nay! thousands) of Manchester youths.*

*Alan had organised a 100 x 1 mile relay in April 1973 and as a result of its success, he organised a second event on October 7th 1973 making the Club the proud holder of a new British record of 8:15.20. Could any club achieve this to-day?*

*They came from all over in tribute... youngsters from the 50's, 60's 70's, 80's and 90's, all with the common bond that they were coached and inspired by Alan. Sportcity was buzzing with conviviality and with an exceptional sense of re-union that only generations of Alan's youths could have generated.*

*In an event that began at 9am and went on till 5pm and incorporated over 200 runners in an 'A' & 'B' team and under 15 team running simultaneously, strapping youngsters of to-day to former protégés and internationals now retired and some pensionable, were united to remember one of the great influences of all their lives. The jocularity that arose from the countless colourful stories of Alan, the leg-pulling and banter made it a day of intense nostalgia ...and even no-fuss Alan would have loved it.*

*Former athletes, no longer with the finely honed fast-twitch muscles that fired like pistons in younger days, ran, jogged, walked, hobbled, trundled, limped and wheezed their way around the 4-lap course, working harder than they'd ever done under Alan's watchful eye. There were those, of course, whom age had not wearied and they proved again that talent is natured as well as nurtured.*

# They did



01



0



04



05



09



10





# it for Alan!



**01 DAVE FARMER & LISA DAVIES.** Dave's best running days were in the late '60's and early 70's and his forte was cross-country, the steeplechase, 5k, 10k & relays. His finest achievement was to finish 4th in the National Youths X.C. Championships. Lisa Davies claim to fame a rare schoolgirl who won a Lancashire X.C. Gold medal on one weekend and X.C Team Gold the following weekend representing the Club in the Cheshire Championships. She also captained the 1975 Birmingham University Gold medal winning team. She is also the daughter of our Club President Eric Hughes who is also the country's most successful Women's team Manager)

**02 GLEN SAVAGE & STAN CURRAN.** Glen was a good club runner in the '80/90's until he unfortunately got injured. Stan is a former Salford AC international with a 2:14.20 marathon from the 1978 Sandbach Marathon. He was representing Manchester Leisure, for whom Alan was Development Officer for many years.

**03 PAULINE ASH (nee Lennon)** was one of the Club's first High Jumpers and decathletes with **MAUREEN THOMPSON**. Both hail from the '60/70's and travelled from Norfolk

**04 BARBARA WALTON** (formerly Metcalfe) was a product of the '60/70's and was one of the Club's first 400/800m runners. She travelled especially from Nottingham

**05 GRAHAM ALLINSON**, a current club road runner and **TED HOWARTH**, from the late '60/70's was a good club runner on roads and country. He is still a good club stalwart helping out as a marshal.

**06 Former international KEVIN McKAY**  
(Best Junior achievement - World Junior Silver Medalist 1988 (800m)  
Best Senior achievement - Olympic Games Barcelona - 1992 (1500m)  
Best Time - 1500m - 3.34.54  
Best Time - Mile - 3.52.64

**07 ANDY DERBY**, a former steeplechaser and Welsh international fell runner who came all the way from Pontepool in South Wales

**08 FRANK CORDINGLEY & NICK PEACH:** Whilst Frank is a current successful veteran runner, Nick finished 5th in the 1986 Commonwealth Games steeplechase. His other career highlights were to beat the Olympic Marathon Champion, Carlos Lopez in a race in Geneva and running such a fast leg in a 12 stage RR that it put him into the company of Brendan Foster, David Moorcroft, Nick Rose etc. He's also recorded 3.44 for 1500m; sub 8 minutes for 3k; 28.27 for 10k and a 2k time of 5.24 that still ranks in the top 70 world all time list

**09** Current successful veteran athlete **JACKIE CORDINGLEY** and top distance runner **TONY O'KELL**. Tony was a top class distance runner in the 80/90's with 48/49 minutes for 10 miles. He came especially from the Isle of Man

**10 BRIAN GOULDEN:** Brian has been with the Club 46 years who won Junior National X.C. medals and clocked 14.40 (5000m), 8.24 (3000m), 3:55 (1500m) and 30-minutes (10k).

**11 MIKE DUNNE & CHRIS LEGGATT:** Mike is a 2:27 marathoner in 1980's and still does a good half-marathon. Chris is the only one of his generation to win four National medals (2 Youths & 2 Juniors) on the bounce - Seasons - 1963/63 through to 66/67.

**12 DEREK WILCOCK & IAN KEENAN:** When the current cinder track at Crossford bridge was built in the early 60's Derek, with no experience, became its grounds man and he was absolutely fabulous. The track became known as one of the fastest in the country with a notable 4 x 440m British record recorded on it. He was also a good all-round runner. Ian was a good distance runner from the '80/90's



*In partnership with City of Manchester Athletics*



For some, it was their first 'run' for a decade or more but they still 'did it for Alan'. No longer with lithe athletic frames, they proudly and fondly squeezed into faded, moth-eaten vests that hugged expanded waistlines and into shorts that concealed self-conscious thighs. They did it with humour but with the competitive keenness that Alan had bred into them. Pound for pound some might have achieved lifetime best's; others, inspired by it all, shed stones of flab to push their aging frames in the hope of re-discovering lost vestiges of youth and/or with points still to prove to themselves, athletic peers... and even to Alan!

Alan's family were there! Norma, though recovering from illness, personified her husband's life-time commitment and dedication by spending her whole day bravely presenting the special commemorative

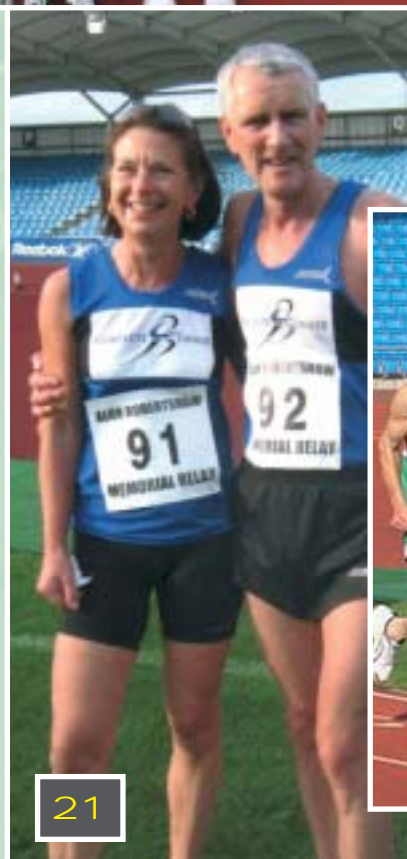
T-Shirts and medals awarded to every miler.

The T-shirts reflected the British record edition with everyone's name on the back and Norma had the 1973 shirt with her. Helen and Carol rattled buckets for the Samaritan Fund and Paediatric Oncology departments of Christie Hospital – Alan's chosen charities, and brothers Jack & Chris, with sister-in-law Kath, nephew Andrew and Alan's adopted son Tony, displayed the athletic prowess of the Robertshaw stable by all scorching around the track with impressive times.

The last leg was run by Alan's family led by his brother Chris carrying an engraved baton with the words "Alan Robertshaw – Memorial Relay 2006". Club President Eric Hughes presented it to the family with the massive £3000 cheque raised towards Alan's charities.

Thanks to Morris Jefferson whose idea made it possible and who oversaw the organisation, liaised with Manchester Leisure who supplied all the medals and the stadium for the day and organised the commemorative T-Shirts which were donated by Terry & Pat Lonergan (FASTRAX). Terry was one of Alan's protégés, along with Dave Farmer and Steve Edmunds, who organised the entries and the relay rota.

A big thank you also go to Dave & Geoff (Helen & Carol's partners) who did a fantastic job with the recoding particularly considering it was completely 'alien' to them. It was certainly Alan's day!







13 A group of Alan admirers still training to-day

14 Alan's wife Norma (centre) surrounded by Alan's brothers, daughters, grandchildren and extended family.

15 A large group who took part through the afternoon.

16 **DANNY GRAY, GLEN SAVAGE, KEVIN McKAY, PAUL RODEN & WIFE LINDSEY.** Paul Roden was one of the Club's most successful ever athletes on the roads, track and cross-country. These are his major achievements.

5 miles	23.21	10k road	29.09
10 mile road	47.35	Half marathon	63.13
Marathon	2hr 18mins		

#### Northern Cross Country Championships

1st Junior 1985 3rd Senior 1995 1st Senior 1997 3rd Senior 1998

#### National Cross Country Championships

2nd Youth 1982 1st Junior 1985 3rd Senior 1993

#### World Cross Country Championships

1984 Junior 6th New York, USA. 2nd team.

#### Senior

1987 Warsaw, Poland, 2nd team. 1991 Antwerp, Belgium.

1992 Boston, 3rd team. 1993 Amorebieta, Spain.

1997 Turin, Italy. 1998 AAA half marathon 2nd.

1984 AAA Junior 3000m 3rd

17 Back row **DEREK WILCOCK, ROGER ASHBY, BRIAN GANE, DAVID GEORGE** (grandson) and **WARREN GEORGE** (son). On the front row is **ROSALIND MILLAR** (Malcolm Millar's wife) and **DON GEORGE**.

18 **STEVE EDMUNDS** recorded a 2:16.24 marathon at the 1973 Maxol (Manchester) Marathon and also recorded 29.20 for 10k. He represented England in a marathon in East Germany in 1974.

19 **HARRY BLENKINSOP** came from Penrith & was probably the Club's first real fell runner having joined the Club from Cumbria in the '60's.

20 **MALCOLM MILLAR:** Again, Malcolm was a long time member and more recently a Club coach until his retirement to Jersey

21 **TIM ASH & PAULINE ASH.** Tim joined Sale about the time of Alan in 1954 as a 440/800 yards runner and still prizes the plaque he won in the 1961 Northern Counties 440 yards Championships at White City. He later met his wife Pauline who was a Salford Harrier who won the North of England High Jump Championships. They now coach endurance athletes at City of Norwich Athletic club.

22 **DON GEORGE** and **BRIAN SMITH.** Brian joined the Club in 1952 and Don shortly afterwards and they remember Alan joining Sale.

These two were possibly the earliest club members who took part in the relays. Brian (and his twin brother) were the two top Club runners of the day and as Gordan Pirie was well known in the South so these two were well known in the North. Brian also held the record for the Knutsford to Sale 10 mile until broken by Steve Edmunds.

Don George is currently the longest serving Club member still active within the club – an accolade he inherited with the death of Harold Wilson.

23 **CHRIS ROBERTSHAW** lead members of Alan's family on the final lap carrying a special memorial baton

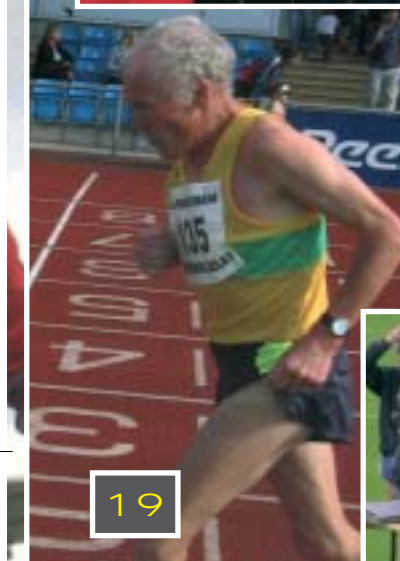
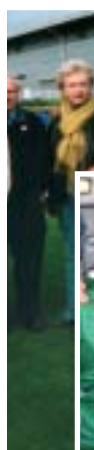
24 Chief organizers **MO JEFFERSON** with fellow organizers **STEVE EDMUNDS & DAVE FARMER** (and others) watch the final lap as members of Alan's family prepare for the final 'memorial' lap.

25 A group of current club runners

26 **JACK FROST** with **NORMA ROBERTSHAW** and **PAUL KELLY.** Jack is to-day the Club's High Jump and Pole Vault coach who has brought several youngsters into top national rankings. Few know he was one of the best distance runners on roads and country in the '60's and is one of a few club members who have made it onto the front cover of Athletics Weekly. In his day he won Manchester X.C. League titles and clocked under 14 minutes for 3 miles.

Paul Kelly was a product of the late '60 and was a 1500m & 1:51 800m runner. Like so many others, he still helps out in the Club when he can.

7:42.16 hours of hard running from young & old, past and present... all for Alan



In partnership with City of Manchester Athletics



# THOSE WHO WERE THERE!

Alcock John	7.02
Alexander Tony	5.43
Allison Graham	6.21
Aprahamien Miran	6.23
Ash Tim	7.22
Ashby Roger	7.11
Ashurst Andy	5.54
Bailey James	4.22
Bailey Stuart	4.58
Ball Alice	5.48
Barlow Hazel	9.38
Barrett Paul	5.28
Blair Andrew	4.29
Blenkinsop Harry	9.18
Boleman Margaret	5.54
Browhill Graham	6.04
Buckley Lee	5.37
Burgess Mike	6.45
Cambell Ian	7.39
Capey Paul	5.20
Chan Patrick	6.12
Comish Glen	4.24
Cordingley Frank	5.20
Cordingley Jacki	6.08
Cordingley Vicky	7.26
Cowley Bill	9.59
Cuddy Grant	4.45
Curley Mike	5.39
Curran Stan	6.01
Darby Andy	7.38
Davies Elton	5.19
Davies Gareth	5.18
Davies John	5.45
Davies Lisa	7.27
Deagan Angela	9.41
Deagan Mike	5.25
Delaney Mike	9.20
Drabble Kirsty	5.43
Drabble Mike	7.18
Dunn Mike	5.56
Dunne Ann-Marie	8.56
Edmunds Steve	6.21
Edwards Phillipa	8.56
Ely Marcus	4.56
Farmer Dave	6.29
Farmer Glen	17.14
Farmer Paul	6.47
Fielden Janet	8.56
Flage Owen	5.08
Flannery Rob	4.34
Fox Bill	6.02
Frazer Mike	6.00
Freeston Lily	5.59
Frost Jack	11.56
Gane Bryan	7.14
Gell Colin	4.55
Geller Louise	6.48
George Angela	8.42
George Dave	6.46
George David Jnr	7.21
George Don	8.10
George Warren	6.39
Golder John	6.27
Golder Pam	7.32
Goodwin Beverley	6.39
Goodwin Nick	5.34
Goodwin Rob	4.54
Goulden Brian	6.21
Grace Stuart	6.09
Gray Danny	5.54
Green Bruce	6.42
Green Paul	4.42
Grindley Andy	5.17
Haq Ahmed	7.20
Hardman Dean	6.10
Harris Mark	4.44
Harrison Matt	4.55
Hatch Mike	4.52
Hennigan Diane	7.05
Hennigan Niel	5.49
Heys Chris	4.50
Heys Chris	4.55
Holland Sian	6.32
Horwood Richard	6.00
Howarth Ted	7.13
Howe Mike	7.14
Howlett Dave	4.48
Howlett Dave	4.57
Howlett Steven	6.59
Iceyworth Paul	8.33
Ireland Chris	6.11
Johnson Lindsey	6.22
Jones Andy	4.48
Jones Dwyer Angela	7.26
Jones Mark	5.04
Jowett Rob	4.51
Kaufman Lee	5.29
Keenan Ian	7.42
Kelly Mike	6.36
Kelly Paul	7.58
Keyworth John	5.56

Lavelle Mike	5.37
Leemahon Roger	6.45
Leggatt Chris	6.21
Leggatt Chris	6.36
Lennon Margaret	7.23
Lewis James	5.26
Lonnergan Pat	7.29
Lonnergan Terry	6.12
Lythe Tony	6.23
Malkin Nigel	4.58
Malone Tommy	8.20
Marsh David	4.32
McEvoy Billy	6.00
McEvoy Martin	6.00
McKay Kevin	4.42
Meadows Jenny	5.08
Millar Malcom	10.35
Mills Simon	4.34
Mitchell Grant	5.29
Murphy Kieran	6.25
North Steffen	5.05
O'Kell Tony	4.52
Ollier Martin	7.22
O'Neil Sarah	7.14
Padgett Graham	8.56
Parker Richard	6.18
Partridge Ruth	5.58
Peach Nick	5.11
Pickering Janet	8.56
Poole Norman	6.16
Preston Lee	6.45
Pye Alison	5.43
Quigley Jim	7.43
Raven Gareth	4.22
Raven Gareth	5.31
Rawlinson Gary	5.04
Rawlinson Lynda	6.30
Reagan Helen	6.59
Riding Donna	5.07
Riding Steve	6.55
Robertshaw Andrew	4.49
Robertshaw Chris	6.05
Robertshaw Jack	6.08
Robertshaw Kathleen	7.11
Roden Jamie	5.36
Roden Paul	5.16
Rogers John	4.54
Savage Glen	6.22
Shaw Peter	5.56
Smith Brian	8.31
Smith John	9.44
Smith Richard	9.23
Snell Duncan	7.36
Stokes David	6.51
Stokes Stuart	4.51
Stopford Linda	15.51
Taylor Darryl	5.29
Thompson Maureen	9.57
Thomson Paul	6.37
Tonge Frank	8.56
Walling Andy	4.47
Warner Paul	5.50
Waterlow Lucy	5.44
Webster Andrew	5.21
Whaite Dave	7.47
Whelan David	9.48
Whittaker Rob	5.03
Wilcox Derek	9.47
Wild Jon	5.44
Walton Barbara	8.19

# THOSE WHO COULD NOT MAKE IT BUT RAN THEIR MILE FOR ALAN WHERE THEY LIVED

Abell Peter	Australia 7.14
Barrow Hugh	Scotland
Batt Dick	U.S.A 7.39
Boswell Phil	England 5.45
Batt Dick	U.S.A 7.39
Brownhill Graham	England 6.04
Carrington Norman	New Zealand 6.18
Coyle Tom	Australia 6.33
Deegan Rachel	England 5.21
Deegan Tom	England 5.21
Duffy Peter	U.S.A 6.40
Gane Alan	Australia 7.07
Gaytor Joy	U.S.A 6.51
Gaytor Paul	U.S.A 6.17
Gaytor Phil	U.S.A 6.51
Hampson Steve	Hong Kong 5.55
Hampson Viv	Thailand 7.36
Heighway Emma-Leigh	England 5.25
Jefferson Lee	England 5.25
Kirkham Kay	England 5.25
Livesay George	France 5.48
Painter Billy	England 6.27
Tighe Martin	U.S.A 5.09
Valentine Linton	U.S.A 6.02
Wild Tina	New Zealand 6.58



# focus on club newcomer MIKE EHLEN

*Watch out for this young athlete who joined the club last summer! Formerly a member of St. Helen's Sutton AC Mike Ehlen has worked his way up the UK rankings in both the High Jump and Triple Jump to become one of Britain's very promising athletes.*

Fifteen year old Mike took up athletics at St Anne's Primary School and won his first county schools cross country race in Liverpool in his first ever XC race. He went on to become the first ever AAA Indoor medallist & NoEAA Junior Indoor/Outdoor gold medallist for St Helens Sutton AC last year.

His first year in the U17's has been very successful. So far, he finished 4th at the AAA of England U17 High Jump with a clearance of 1.94m just 1 cm below his PB and 6th at the ESAA champs also winning the U15 NW SportsHall All Rounder 2006. Mike has gradually worked his way up the UK rankings over the past 2 years and with a PB of 1.95m currently ranks 12th in the High Jump and 9th in the Triple Jump (PB of 13.56m) He also represented the North of England U20's at the Home Countries International and the England NW squad at UK Schools Games in Glasgow this year and hopes to repeat the feats next year.

## 2005 SEASON

2005 NoEAA Junior Indoor U15 High Jump Bronze Medal CR  
NW SportsHall Standing Triple Jump Champion  
2005 AAA of England U15 High Jump Bronze Medal CR  
2005 NoEAA Junior Outdoor U15 Triple Jump Gold Medal CR  
2005 NoEAA Junior Outdoor U15 High Jump Bronze Medal  
2005 Schools Inter-Counties Junior Boys High Jump 2nd NS CR  
2005 St Helens Schools U15 High Jump Champion CBP & =Track record  
NoEAA U15 Inter-Counties High Jump Champion 2005  
2005 Cheshire County & Open U15 Pentathlon Champion (CBP) + 3CR  
2006 Season to date  
NoEAA Junior Indoor U17 High Jump Silver Medal CR  
NoEAA Junior Indoor U17 Triple Jump Gold Medal  
NW Counties SportsHall All Rounder of the Year  
AAA of England Indoor Champs U17 High Jump 4th place  
ACNW U18's High Jump 1st  
UK SportsHall Standing Triple Jump silver medal  
Merseyside County AA U17 Triple Jump Champion CBP  
Merseyside County AA U17 High Jump Champion  
NoEAA Junior Outdoor U17 Triple Jump Gold Medal  
NoEAA Junior Outdoor U17 High Jump Silver Medal  
NoEAA Sen/U20 Outdoor U20 High Jump Silver Medal  
Schools Inter-Counties Intermediate Boys Triple Jump 1st  
ESAA Intermediate Boys High Jump 6th  
Northern Inter-counties High Jump 1st  
Northern Inter-counties Triple Jump 1st  
Scottish National Championships Triple Jump Silver Medal  
UK Schools Games High Jump 9th



# NATIONAL 4 x 4

## SIXTH FORM

## RELAYS

### Fechin McCormick

The senior women retained their last year's 6th place in this year's National 4-stage relays. This was a good result produced by a quartet of established talented club athletes three of whom had been returning to national relay racing after some time away.

The first of these was **LAURA McCREESH**. Laura took the first leg as she'd done last year and she proved her return to top form by running a massive 46 seconds faster than last year. Long may it continue! She brought the team home in 14th place.

From there things just got better and better! It was great to see **LOUISE WHITTAKER** competing again for she has been an important relay team member for nearly a decade and this was her first ever senior 4-stage outing largely due to frustrating injuries. She ran bravely and brought the team into 11th place.

**EMMA McINTYRE** improved the team's position even further on the 3rd leg. She ran this same leg in last year's championships and started steady, felt comfortable throughout and finished strongly to bring the team into 7th place - a full eight seconds faster than she'd run in 2005.

EMMA McINTYRE



Emma handed over to **AMY WATERLOW** for the all-important anchor leg. It would be difficult to exaggerate Amy's contribution to the senior women's teams over the years. She's represented the club in every 4-stage relay since 1998 so there was no-one more equipped to take on the challenge of this final leg. She improved one place further to give the team a final 6th place. Though her time wasn't the zippy 14.30's achieved between 1998/2000, she was returning to her best shape after getting married in August to Andy Whitehead (whom she met at Loughborough) and was training for half-Marathons in preparation for the London marathon in April.

Three others also took part. **JENNA HILL**, although she would have liked to be faster, showed her growing confidence by turning out for the first time on a senior national event - especially so soon after returning from her 21st Birthday Caribbean holiday.

**RUTH WATSON**, who has also enjoyed a good summer, demonstrated that's she's also much fitter than last year in this, her first race since July. Her next race will be the Leeds Abbey Dash at the end of November.

**ALISON PYE** demonstrated her improved form also by clocking a time 30 seconds faster than last year.

AMY WATERLOW



LAURA McCREESH

LOUISE WHITTAKER



In partnership with City of Manchester Athletics

# NATIONAL 6-STAGE RELAYS

POSITIVE  
EIGHT



## Matt Bond & Fechin McCormick

The conclusion of this year's National 6 stage road relays had a slightly muted feel to it. The team managed 8th, but the silver medals achieved at the previous 12 stage in April had created a sense of pre-race optimism and the chance of real success seemed a distinct possibility.

**MATT BOND** battled his way through the mass start on first leg to a time of 18:10, putting the team in a large chasing group and less than ten seconds down on the top fifteen.

On the second leg **GLEN COMISH** showed good form to produce a top class 17:26 – a time that put him just outside the tenth fastest leg of the day. Glen's performance was good enough to move the team up to 7th and he was later rewarded with his first ever race for GB with a call-up as the 'Travelling Reserve' for the Great Britain team going to the Chiba Ekiden relays in Japan, at the end of November.

**PAUL GREEN** tore around the third leg to a very respectable 18:04 and the team's second fastest leg of the day. This placed the team in 5th and 35 seconds down on Tipton Harriers who were occupying the bronze medal position.

**STEFFAN NORTH** kept to his race plan by running a controlled first half of the course. He remained comfortable in the later stages to stop the clock at 18:14, which kept the team in contention. The position had dropped to 6th, but more important was the fact that they were now a mere 6 seconds down on Morpeth who had finished the fourth leg in bronze. With **DAN AGUSTUS** and **GARETH RAVEN** to follow, a bronze medal seemed within sniffing distance.

Sale Harriers Manchester .....	(8th)	1:48:25
Matt Bond .....	(25)	18:10
Glen Comish .....	(7)	17:26
Paul Green .....	(5)	18:04
Steffan North .....	(6)	18:14
Dan Augustus .....	(7)	18:18
Gareth Raven .....	(8)	18:13

At his best, no-one would've bet against **DAN** to push the team up into the top three, but the combination of fatigue from his recent half marathon and strong competition on the 5th leg meant the opportunity slipped away.

**GARETH RAVEN** began his leg with over a 50 second gap to reach A F & D in third. Despite having only just returned from a training break, Gareth managed to more than halve the gap to A F & D, but some quick final leg times from other clubs meant that Sale would finish the day in 8th in a time of 1:48:25, less than a minute outside the medal positions.

The placing was the team's best result in three years, but this did nothing to remove the niggling disappointment that lingered around at the finish. Still, the athletes remained positive and eagerly awaited the next major challenge – The National XC relays in early November.

GLEN COMISH



MATT BOND



GARETH RAVEN





# 48 Sale Harriers Manchester 'B' ... 1:58:21

James Bailey	.....	(30)	18:14
Simon Mills	.....	(24)	18:31
Rob Flannery	.....	(53)	21:07
Colin Gell	.....	(52)	20:10
Rob Jowett	.....	(51)	20:09
Chris Heys	.....	(48)	20:10

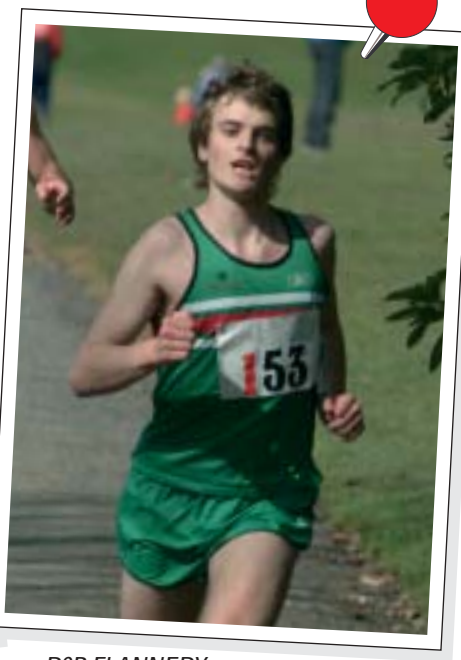
As in the Northern relays, with many top level runners competing for 'A' team places it was inevitable that some would compete in the 'B' team.

**JAMES BAILEY** was the first of these. he easily clocked the fastest time of the team and brought the team home in 30th place.

Another 'A' member of the NoEAA team was **SIMON MILLS**. Though a few seconds faster than last year, he'd hoped to be faster despite increased mileage and consistently hard training. He brought the team home 24th.

**ROBERT FLANNERY** was substantially down on last year's time the result of his lingering viral infection. The team dropped to 53rd

**JAMES BAILEY**



**ROB FLANNERY**



**ROB JOWETT**

That **COLIN GELL** was competing in his first National Relays is an indication of his progress over shorter distances away from being an ultra-distance champion. He too would have liked to be faster but did a very solid run to bring the team home in 52nd place.

**ROB JOWETT** on the 6th stage and **CHRIS HEYS** on the anchor leg did almost identical times that will surely improve the competitiveness between them. Chris was certainly delighted to be so close to Colin and Rob. They improved the team's position to record a final 48th place. Newham & Essex Beagles AC also won the 'B' and we were 7th 'B' team.



**CHRIS HEYS**



*In partnership with City of Manchester Athletics*

# NATIONAL YOUNG ATHLETES RELAYS

**Colin Hardman  
& Steve Beckett**

## UNDER 13 GIRLS

Two under-13 girl teams represented the club at the National Young Athletes Road Relays. As always the competition was extremely competitive and the girls had it all to do.

**JEMMA NEVIN**, **CHLOE RATCLIFFE** and **SARAH SIMEEN** represented the "A" team and they managed to secure 14th place out of 49 teams that competed. The result was respectable and was the highest placing in the age group since the year 2000.

The "B" team of **CHLOE GRANT**, **HAYLEY BOLAND** and **HOLLY HEMMINGS FITTON** finished in 37th place. Chloe ran a very gutsy first leg finishing 23rd and will be a useful addition to the squad for the Northern and National Cross Country Championships.

## UNDER 15 GIRLS

The under 15 girls again fielded two complete teams as they had done in the Northern RR's. The "A" team of **LATEEFAH BURTON**, **TYRA WATSON** and **SARAH BARKER** finished an excellent 9th place from the 57 teams that took part. Their time was only 23 seconds behind third placed Bedford and had they held it together during the early stages of the race, the gap would have been much less. Their finishing position was the highest by the club since 1998 and if this can be maintained the future is promising. The individual star was the ever improving **SARAH BARKER**. Having taken over in 20th place she ran a fantastic last leg to elevate the team into 9th place and ran the fastest leg of the day in a wonderful 13mins 33 seconds. This also beat by several seconds the previous course record held by Stephanie Twell. So fantastic was her time that only three of the older U/17 girls managed to beat her time. Well done Sarah for such a splendid and memorable effort.

The "B" team made up of **FREYA NARAYAN**, **ASHLING TOAL** and **CHLOE RATCLIFFE** completed in 42nd place and enjoyed the experience in competing in a high quality competition.

## UNDER 15 BOYS

The U/15 boy's team came to this national event as Northern champions and for coach **STEVE BECKETT** it was "a chance to see how the team fared against teams from all over the country". The Sutton Park course is tough and was made worse by heavy rain and slippery surface. All of

ALTHOUGH THE GIRL'S AGE-GROUPS HAVE COMPETED IN THE NATIONAL YOUNG ATHLETE RELAYS FOR MANY YEARS, THE BOYS HAVE BEEN TAKING PART ONLY SINCE 2003. THIS YEAR THE MOST SIGNIFICANT ACHIEVEMENTS WERE:

- THE U/13 GIRL'S 9TH FINISHING POSITION WAS THE AGE-GROUP'S BEST SINCE 1998.
- SARAH BARKER NOT ONLY RAN THE FASTEST LEG OF THE DAY IN A WONDERFUL 13MINS 33 SECONDS BUT HER TIME BEAT BY SEVERAL SECONDS THE PREVIOUS COURSE RECORD HELD BY STEPHANIE TWELL. SO FANTASTIC WAS HER TIME THAT ONLY THREE OF THE OLDER U/17 GIRLS MANAGED TO BEAT HER TIME.
- DANNY BECKETT RAN THE 4TH FASTEST TIME OF THE DAY.

ALSO NOTEWORTHY WAS THAT NO U/17 TEAMS – BOYS OR GIRLS, TOOK PART. ALSO, NO U/13 BOYS TEAM COMPETED THIS YEAR

the 68 lads who lined up on the very narrow and congested start line had their work cut out. When the gun went off it was chaos with several athletes slipping and getting trampled in the stampede! **DANNY BECKETT** did manage a good start and fought to get among the lead runners. He had a fine run and coped well with the fierce pace that leg 1 always brings, Danny completed the 3.8km course in 12.34 - the 4th fastest time of the day but, more importantly, the team were right in the mix coming home 2nd just one second off Dave Forrester from Liverpool

**DAVID WHALLEY** who'd run well in the Northern's took leg 2. However, he struggled among the front

runners and slipped to 10th in 14.04. David, always very competitive' was disappointed but will have many further opportunities to prove himself this winter. The anchor leg fell to **ANDY PARTINGTON** who realized how tough national competition is. He couldn't move the team up the order and they dropped to 11th despite running 13.39.

The 'B' team of **RYAN WORLAND** (14.33), **JOSH OGUNTAYO** (13.35), and **ALEX WEBSTER** (13.48) finished 27th out of the 56 complete teams but encouragingly they were the 6th 'B' team. Liverpool PS won team gold; Tonbridge AC took silver and Norwich City AC the bronze.

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The 40th running of the University of Manchester relays took a break from tradition and moved from its long established venue in Wythenshawe Park to the new multi-pound state-of-the-art facilities and the familiar University Playing Fields. The course was somewhat longer than the previous one measured as 2.1 miles.

Athletic academia from Universities from Edinburgh to Durham, Oxford and Cambridge challenged over the manicured course and mixed it with the seasoned wisdom of local athletes to comprise one of the largest starts with 54 teams. The Wythenshawe University Playing Fields was buzzing!

Some used the event to secure a place in the National 6 stage 'A' or 'B' in two weeks. Others using it for training did multiple laps with Matt Bond and Dave Howlett also competing for two teams – the Club and their University (Manchester & Sheffield Hallamshire). Birmingham University was unbeatable with three top teams and Trafford AC was the best Club with us fourth.

#### 4 Sale Harriers Manchester Total Time: 1:11:38

Stage	Name	Time	Stage Place	Team Place	Note
Leg 1	BAILEY, James	0:11:47	13	13	
Leg 2	NORTH, Steffan	0:11:48	7	8	+5
Leg 3	BLAIR, Andy	0:12:09	7	6	+2
Leg 4	MILLS, Simon	0:11:43	4	6	
Leg 5	MARSH, Dave	0:12:09	10	4	+2
Leg 6	BOND, Matt	0:12:02	5	4	

#### 9 Sale Harriers Manchester B Total Time: 1:14:12

Stage	Name	Time	Stage Place	Team Place	Note
Leg 1	FLANNERY, Rob	0:11:58	14	14	
Leg 2	GELL, Colin	0:12:19	16	15	-1
Leg 3	BAILEY, James	0:12:10	8	11	+4
Leg 4	NORTH, Steffan	0:12:05	7	8	+3
Leg 5	BLAIR, Andy	0:12:10	11	8	
Leg 6	HEYS, Chris	0:13:30	32	9	-1

#### 11 Sale Harriers Manchester C Total Time: 1:14:26

Stage	Name	Time	Stage Place	Team Place	Note
Leg 1	MILLS, Simon	0:11:39	8	8	
Leg 2	MARSH, David	0:11:59	9	9	-1
Leg 3	HEYS, Chris	0:12:12	9	7	+2
Leg 4	BELL, Colin	0:12:53	20	9	-2
Leg 5	HOWLETT, Dave	0:13:21	27	12	-3
Leg 6	NORTH, Steffan	0:12:22	11	11	+1

## SPORTS & HOLISTIC THERAPIES

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SPECIAL RATES FOR SALE HARRIERS



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# ECCA NATIONAL RELAYS

**Fechin McCormick,  
Matt Bond,  
Steve Beckett**

## SENIOR MEN 'A'

The senior men's 5th place was their best since 1999. Newham & Essex Beagles, reigning National 12-stage and National 6-stage Road Relay champions, proved they were the team to beat by recording a grand-slam of National Relay victories. Aldershot, Farnham & District have an enviable history of unprecedented success with younger age-groups and took the silver medals with Tipton AC winning the bronze medals.

**DAN AGUSTUS** got our show onto the road! He ran only 6 seconds slower than last year and proved he's in as good a shape as when he smashed the magical 30-minute barrier for 10k.

He handed over to **PAUL GREEN** in 21st place. Paul last competed in this championship about a decade ago when the team won bronze medals. In rejuvenated form, he ran seven seconds faster than Dan improving the team's placing to 7th.

Then it was **GLEN COMISH!** This time last year Glen also smashed the 30-minute 10k barrier in the Leeds Abbey Dash 10k and in a final sharpener before his international GB debut at the Ekiden relays in Japan There was a slight hiccup with his chip-timing finish but his unofficial time (14.56) still put him into the top 10 fastest times on the day and brought the team into the nail-biting bronze medal position.

The anchor leg was down to **GARETH RAVEN!** Again, Gareth came to this Championship in top form. With a time identical to Glen's, he brought the team home in 5th place – the team's best performance since 1999.

## SENIOR MEN 'B'

Such is the club's strength in depth, the 'B' team's position of 17th bettered all previously known performances dating back to 1998, which is the earliest result available on-line. Despite this, the team of **MATT BOND, JAMES BAILEY, SIMON MILLS** and **STEFFAN NORTH** felt that they were perhaps even worth a top 15 position.

On the first leg Matt paid for shadowing Dan Augustus round the first lap, finishing in 15:47.95 in 34th position and just over 20 seconds behind the 'A' team runner. On second leg, James Bailey showed some promising improvement over the country with a solid 15:57.40 finish, which was good enough to lift the team up to 27th. A storming leg from Simon Mills of 15:43.90 bettered the teams position by a further 4 places, which left anchor man, Steffan North beginning his leg in 23rd position. Steffan did not disappoint and produced the team's fastest time of the day (15:43.20) to merit the 'B' team with 17th place.

The fact that all four 'B' team runners went under 16 minutes helped the team to an overall time of 1:03:29.45, less than three minutes behind AAA's gold medallists Newham & Essex Beagles and just over 2 minutes behind Sale's 'A' Team.

The National cross country relays are one of the most popular meetings of the winter calendar that brings together the country's best teams of runners. Set at the traditional home of Berry Hill Park, Mansfield, this 19th event this year attracted a record 989 teams in 10 Championships.

## SENIOR MEN 'C'

Last year, **TOM SETTLE** had his first full winter's training because he'd either been ill or injured so this year he's decided on a few X.C. competitions in the hope of faster 800m times and also ambitious to have a shot at the Under 23 European 1500 next summer. He crossed the line in 35th place with a time as good as anyone in the 'B' team. He handed over to **NICK SAMUELS** who struggled and he handed over to **COLIN GELL** in 43rd place. Despite still recovering from a hard 20 mile training session, Colin pulled the team back to 39th and passed the baton to **CHRIS HEYS** for the anchor leg. Chris, fitter than ever, maintained 39th place and brought the team home as the first 'C' team.

## SENIOR WOMEN 'A'

The senior women came to this championship as the silver medalists but knew they had their work cut out because of the unavailability of many runners. They'd not been out of the top 4 since the Millennium.

**AMY WATERLOW** has now run every leg in this championship! She completed the set by taking the 1st leg and despite piling on the miles in preparation for the London marathon, produced her equal fastest ever (10.26). It was good enough to bring the team into 18th place.

**EMMA MCINTYRE** was on the 2nd leg and she also equaled her fastest time from 2003 (10.49). She lifted the team to 13th place.

**SONIA THOMAS** recorded her fastest time last year on the first leg. This year on the final stage, she was only 19 seconds off her best and again typically ate up the ground to haul in another four scalps to give the team a final overall 9th placing.

Charnwood AC held on to the title for the 3rd consecutive year with Chester-Le-Street inheriting the silver medals we won last year and Bedford AC taking the bronze medals.

## SENIOR WOMEN 'B'

**RUTH WATSON, JENNA HILL** and **KAYE KIRKHAM** ran very similar stages to eventually finish 21st. Ruth was having a final 'blow-out' before the Leeds Abbey Dash 10k and had another positive run being some 20 seconds faster than when she last ran three years ago; Jenna traditionally has strong runs on this course that even featured in AW for getting into the top ten fastest legs (that's apart from her modeling sportswear pictures in other National magazines!). Kay's time was an encouraging 20 seconds faster than last year. Team manager **ALISON PYE** led by example. Though her time was identical to last year, she is currently running much stronger and faster.

TOM SETTLE



JAMES BAILEY







SONIA THOMAS

## UNDER 20 MEN

There was a remarkable closeness in all the U/20 men's times. **DAVID MARSH** (9.25), **NIGEL MALKIN** (9.48), **SAM ASPINWAL** (9.52) finished 33rd. None of the lads felt satisfied with their performance nor their 33rd finishing position. **ROB JOWETT** (9.53) and **LUKE WINTERBOTTOM** (9.47) also ran legs and produced similarly close times.

## UNDER 17 WOMEN

The U/17 girl's 7th final position was consistent with recent years. **CHARLOTTE WOODS** ran this event in 2004 as a member of the U/15 team and this year again ran the fastest team leg that proved her ability and showed she's finally over her virus. **AMY REGAN**, a member of last year's U/15 team, improved two positions further to 5th. **KIRSTY DRABBLE** ran the first leg in last year's U/17 championships and this year, though she produced exactly the same time on the anchor leg, did not reflect her much improvement form but reassured everyone that she was returning to her best after surgery.

## UNDER 15 GIRLS

Despite **LAUREN WOODCOCK & NAOMI CANDLIN** running faster than last year and despite the fact that newcomer **AMY TOAL** also gave it her best, the team managed only 39th place this year.

## UNDER 15 BOYS

The U15 boys entered two teams and all 6 lads were looking forward to racing the fast 2K course in the glorious winter sunshine. The 'A' team regulars of **ANDY PARTINGTON** and **DANNY BECKETT** teamed up with **JOSH OGUNTAYO** who thoroughly deserved his place by racing well in recent previous meets. Josh took leg 1 and set off like a rocket, leading the field early on, however, he paid the price of going off too fast and eventually came home in 16th place out of 71 athletes with a time of 6.39. Andy ran leg 2 charging round the course in 6.46 pulling Sale up the field to 10th place. Danny took over with the



UNDER 20 MEN

opportunity to take the team into single figures, he ran well closing down several athletes to finish in 6.31 and a well deserved 5th place overall.

The 'B' team lads of **JAMES WIGNALL** (6.54), **JAMIE RODEN** (6.47) and **ALEX WEBSTER** (6.59) worked hard for each other with the star of the team on this occasion being Jamie who picked up 20 places over the course. They finished 22nd overall and 4th 'B' team, very well done!

The champions were Liverpool PS who were so dominant they led from leg 1 onwards opening up a massive 27 second lead over Norwich who took silver with perennial medalists Aldershot in bronze place.

## UNDER 13 GIRLS

Following the U/13 girl's excellent 9th finishing position in the National Road relays they produced another commendable performance in the National cross-country relays. **JEMMA NEVIN**, often a star in major championships, got off to a bad start with a fall at the start. **WERRIS IBRAHIM & CHLOE GRANT** had their first experience of a major Championship. The trio finished 24th - their best position since 2001.



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## THANK YOU! CONGRATULATIONS MORRIS! SEEK & FIND!

Possibly the most valued Club 'team' nowadays is our army of volunteers and, for the second successive year, the club hosted a no-expenses spared evening at the grand venue of Legends at Manchester City Football Club. It recognised with a massive 'Thank-You' the time, effort, goodwill and inestimable contribution volunteers have made to delivering Manchester Leisure's extensive programme of outdoor and indoor track & field, road and cross-country events through 2006.

The evening had a special celebratory tone with **MORRIS JEFFERSON** being awarded the National Volunteer Co-Ordinator Award for his tireless commitment in organising the army of volunteers for Manchester Leisure & the club's extensive athletic programme. Club chairman **DAVID BROWN**, before surprising Morris with his well-deserved trophy said of volunteers, "You are the life-blood of the Club... it just wouldn't function without you". He highlighted the desperate need for more volunteers to fill the numerous administrative, managerial and coaching gaps within the Club and pleaded for more volunteers, "If you cannot help yourself, seek and find a friend who will help" he said.



**THE CLUB URGENTLY NEEDS MORE VOLUNTEERS... SECRETARIES... MANAGERS... COACHES. PLEASE HELP BY TELEPHONING 0161 905 2064**





*In partnership with City of Manchester Athletics*



# Presentation Night

Carol Brown

The Primary section's annual presentation night took place this year on the 14th October at Urmston Leisure Centre.

The event was co hosted by **DAVID BROWN** with **CHRISTINE JOHNSON** making her much-awaited debut on the stage.

With some 220 young athletes qualifying for awards the evening promised to be very busy.

This year's main guest of honour was **ANDY TURNER** fresh from his success at the Commonwealth Games and European Championships he was ably assisted by **KATIA LANNON**, the club's very promising heptathlete.

The evening started with the guests being piped in to the stirring strains of Pipe Major Jim Gray. Jim stayed on to entertain the audience with several tunes on his bagpipes before retiring to rapturous applause.

The first award of the night went to the Club. It was the representation of the UK Athletics North West Region Club Innovation Award which Michael Hunt, regional Manager for England Athletics, presented on behalf of the club to **LOIS GYVES** from the Sale Harriers Study Support Centre in Wythenshawe.

Andy and Katia were then kept busy presenting awards to the various groups of young athletes. During the Red Group presentation, Andy took the opportunity to present **CHRISTIE O'BRIEN** with his trophy for winning this year Great Manchester Junior Run at Sportcity.

There were a couple of novelty awards presented for the first time this year but likely to feature again next year. They are called "Crossfords" and were presented to **DEBBIE HANNAH** for the 'Best excuse not to run out' and to **JACK STEVENS** for the 'Best performance whilst wearing a cap'.

The Club Champion Trophies were awarded to:-

## Yellow Group

SERENA MOTERSHAM JAMAL CRAWFORD

## RED GROUP

REBECCA LAWLESS CHISTIE O'BRIEN

## U11'S

LAURA PEARSON MATTHEW GRIBBON

## U12'S

OLIVIA BOLAND SAM HUGHES

## U13'S

SARAH SIMEEN

This year's Appreciation Award for her work with disability athletics, Trafford Youth Games and the Primary Section was presented to **CHRISTINE TYRER**.

As the evening closed Andy and Katia were confined to a table to sign autographs whilst the youngsters set out on the disco entertainment.

We hope every one enjoyed themselves and we look forward to next years event.



Presentation Night Opening Ceremony Piper



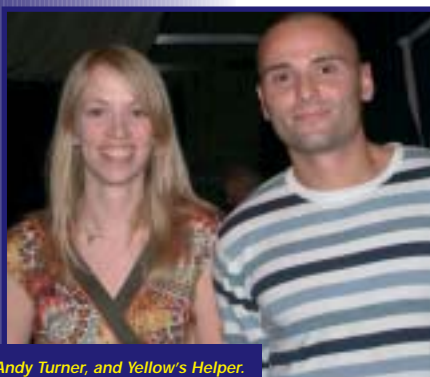
Michael Hunt (England Athletics Regional Manager) presenting the Club's North West Region Club Innovation Award to Lois Gyves



Yellow Group Awards Winners



2006 Club Champions, Sarah Simeen, Sam Hughes, Olivia Boland, Matthew Gribbon, Laura Pearson, Christie O'Brien, Jamal Crawford and Serena Mohtasham, with Andy and Katia.



Andy Turner, and Yellow's Helper.



Katia Lannon Sale Harrier Junior International, and Jack Stephens, from the Multi Events group.



Sale Harriers Young Athletes who represented Trafford in the Greater Manchester Youth Games.



Andy Turner, Sale Harriers International Sprint Hurdler, with Christie O'Brien from the Red Group.



Andy and Katia with Christine Tyrer Yellow Group Coach, who won the Appreciation Award 2006.



Pete Johnson Coach, with Olivia Boland and Sarah Simeen his U12 and U13 Club Champions.



# ROADS

## SWINTON HALF-MARATHON SEPT 24TH

**JENNY BOWMAN** won this event with a PB of 1:25:53. **PATRICK CHAN** finished his preparation for the Gt. North run with 1:45:04 and **HELEN REGAN** was the 3rd O/35 female with a slightly disappointing 1:46:17

## GREAT NORTH RUN OCTOBER 1ST

Gareth Raven..... 1:06:35 Paul Barrett ..... 1:18:48  
Lee Kaufman ..... 1:25:43 Lee Woods..... 1:25:49  
Frank Cordingley... 1:31:52 Mike Dunne..... 1:33:53  
Jackie Cordingley... 1:39:19 Patrick Chan ..... 1:40:02  
Mark Ferns..... 1:38:58 Russel Perkins ... 1:52:20  
Sian Holland ..... 1:45:20 Jenny Clink ..... 1:55:16  
Keith Crosby ..... 2:12:08

## SANDSTONE TRAIL RACE OCTOBER 1ST

There are two races following the Sandstone Trail path. The 'A' race is 16.8 ish miles with 1,750 feet climb starting from Duckington ideal for the more experienced runner. Though 'inexperienced' **DAVID GILL** took it on and found it tough. He finished half way up the 140 field in 2:44:55. The 'B' race is 9.8 ish miles with 950 feet of climb starting from Beeston and is well suited for those wishing to try trail running. **JOHN BATTERSBY** added it to his marathon training plan and ran well to finish 15th from 150 finishers in 1:25:04. Both races finish in Delamere Forest where the Prizes are presented.

## CONGLETON HALF MARATHON OCT 8TH

**JENNY BOWMAN** improved her best from the Swinton Half by a further 6 seconds to record 1:25:47 and picked up the prize for the second female! **MIRAN APRAHAM IEN** was rather more disappointed with his 1:44:40

## LIVERPOOL 10K OCTOBER 8TH

**FECHIN McCORMICK** (O/55) clocked 43:30. Though this was his 2nd fastest 10k of 2006 it was still a minute slower than last year.

## CARDIFF HALF MARATHON OCTOBER 15TH

There were two great PB's in this half marathon. Fast improving **JO MAKIN** clocked 1:37:39 - a massive improvement on her Wilmslow half last March in 1:44:43. **CATRIN EVANS** also ran a really strong

race and was delighted with 1:52. **HELEN REAGAN** took on the longer marathon distance and recorded 3:46:38. Whilst glad to be managing consistent times in the 3:40s she was disappointed not to get closer to Dublin 2005's (3:43:56) but was happy to beat her Edinburgh time of 3:47:35.

## CHICAGO MARATHON OCTOBER 20TH

We had two members participate in the Chicago marathon. Northern Ireland 1500m international and club doctor **JOHN RODGERS** flavored the other end of the endurance spectrum with the Chicago Marathon. With just 13 miles his longest training distance, he went out at 7-minute mile pace but "thousands of spectators shouting 'great job'; bands playing Rocky theme songs like Eye of the Tiger and groups of cheerleaders every 1-2 miles played havoc with my pace judgment!" he said. As a result his first mile was 5.40 and went through halfway in 78 minutes and was averaging sub 6 minute miles until 15 miles mark. Then the wheels came off and he could hardly lift his legs!! "Those last 10 miles were harder than any last lap of an 800, 1500 or XC race I have ever run! He crossed the line with a new respect for the Marathon in 3.30. He was also wearing his Sale vest and heard several people shouting, "Come on Sale". **CHRIS BRATT** completed the 26.2 miles in lifetime best time 3 hours 8 minutes taking 21 minutes off his previous best. "I trained hard and was pleased with my performance". He said and hopes to dip under 3 hours in 2007.

## DUBLIN CITY MARATHON OCTOBER 30TH

**LEE WOODS** ran the Dublin marathon in a time of 3:03:56 placing him 251st out of approximately 8,500 finishers. This was his 5th marathon in a year having already run Cardiff (Oct '05), London (Apr '06), Blackpool (Jun '06) and Edinburgh (Jun '06). He's also run 4 half marathons in this same period - Liverpool, Reading, Ashbourne and the GNR where he recorded a PB 1:25:49. His Dublin time was over 29 minutes faster than his previous best set in London (and this coincides with joining Sale Harriers in May of this year).

## ALEXANDER PARK 5K NOVEMBER 5TH

This monthly 5k in Moss Side had unprecedented quality and quantity. The day after a fine run in the National Road relays **MATT BOND** just missed a

new course record to win in 15:47. **FECHIN McCORMICK** (O/55) ran 6 of these events this year and recorded mid-21 minutes on all of them. In the December race young **SARAH BARKER** again displayed excellence with an awesome 17.58 and her older sister recorded 23:14.

## SALFORD WOMEN'S '5' NOVEMBER 26TH

**JACKIE CORDINGLEY** clocked 35:56 for 9th place and 2nd L45 and was rightly pleased to have maintained consistent form over two years. When she ran this race in 2004 she clocked 35:38 and was also 2nd L45. It was a competitive front end with seven veteran women in the first 10 three of whom were in Jackie's category. Indeed, 138 of the 186 finishers were 'veterans' - an unusually large number. **VICKIE CORDINGLEY** showed that she's back in the swing of running and fast improving by finishing 33rd of the 186 finishers in an impressive time of 41:32.

## STOCKPORT 10 DECEMBER 10TH

We had the highest ever number of 13 turn out for this established 10-mile race over a hilly course. It was **RICK HAYMAN** 3rd outing in this race and he showed he was back to full throttle after illness to record 3rd place in 53:28.

What was **COLIN GELL** doing running this tough race the day after his superb run in the Gtr. Manchester County XC Championships? Though performing better than ever, his 56:55 was 30 seconds down on last year. **MIKE ASHBY** just missed the one-hour barrier and hot on his heels was **MIKE HATCH** (1:00:22) still recovering from injury. London Marathon training partners **CHRIS BRATT** clocked 1:03:46 and **JOHN BATTERSBY** (1:06:40), hoping to find 8 minutes to break the magical 3-hour marathon barrier, clocked a minute slower than last year but that was due to a heavier training workload.

**PATRICK CHAN** (1:13:06) improved an expected 2-minutes over his 2005 time. Newcomer **SEB PARRIS** followed next (1:14:09) followed by **RUTH PARTRIDGE** (1:18:02) who had been hoping for a good 'un as a well-deserved pay-back for consistent hard training that hadn't yet shown results. **MIRAN APRAHAM IEN** (1:18:55) had also been struggling to regain last year's form but showed a 2-minute improvement over 2004. Two seconds behind him came **EAMON GIBBONS** and finally well done to **JOANNE KATE** (1:27:33) and **JOHN SMITH** (1:28:30).

# glen smashes abbey

Hot on the heels of his return from the Ekiden Relays in Japan where he represented GB with an excellent run in his GB International debut, **GLEN COMISH** surpassed even his own expectations and smashed to smithereens his own sub-30 minute PB in the Leeds Abbey Dash 10k.

Preferring roads over country, he'd opted for this race rather than do the Euro Trials in Liverpool on the same weekend since it was in this race last year that he recorded his first sub-30 time of 29:56. His aim was to go under 29:30 this year and he figured that he had the perfect preparation with the Japan relays and was well rested and went into the race with confidence.

He sat in 4th/5th for the first half conserving energy, and moved to share the lead going round the Abbey. He didn't want to push the pace, but felt ready to take it on a bit! Clocking 15 minutes at 5k he was in a group with Mark

Warmby (NEB), Martin Williams (Tipton Harriers) and two Africans.

At 6km Martin put in an immense surge that dropped Glen from the group, and he thought his 'race' was over. He looked behind; saw that nobody was too close; put his head down and just worked. He started picking people off and by 9km he was in second place. "I just didn't have enough in me to get the leg speed to catch the leader/winner" said Glen, and was very pleased to cross the line in 29:21. He was even more pleased to come home first Brit in a decent field, including a number of runners he'd never previously beaten.

**DAN AGUSTUS**, who beat Glen to the line in last year's race when he also recorded his first sub-30 time has a different structure to his training this year hoping to peak for the World Trial and to eclipse last year's 5th place in the 'Northerns'. He's also preoccupied with completing his PhD

which meant that he was not firing on all cylinders and found it difficult to balance work and running. He was 18th in 30:46 and though disappointed "it was to be expected" he said.

It was nearly 1km before **COLIN GELL** got through the melee at the to finally catch 'the boy' Barratt. The slow start meant he ran very satisfying negative splits - 16:55 for the first 5k and finishing with 33:29 on a hillier second half.

**PAUL BARRETT'S** consistent and solid training also bore fruit with a fantastic new PB of 34:53 - 3 seconds faster than the Trafford 10k in March. He'd hoped for more but isn't it best to push back the frontiers by smaller increments.

**RUTH WATSON** and **DONNA RIDING** - two of the Club's valued 800/1500m runners, were way over their distance. They were never far from each other and notched up a fantastic weekend of endurance work whilst recording impressive times of 36:35 and 36:54 respectively.



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## Winter/Spring Fixtures 2007

### 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
- 13 NoEAA/AAA Multi-Events EIS Sheffield
- 20 NoEAA U20/17/15 Indoor T & F Champs EIS Sheffield
- 21 UK Cross Challenge Cardiff
- 27 Northern X.C. Championships Heaton Park
- 27 Junior Schools X.C. League Crossford Bridge
- 28 NoEAA Senior Indoor T & F EIS Sheffield

### FEBRUARY

- 3 BUSA University Championships
- 3 UKA Indoor City Challenge Sportcity
- 3 County SchoolsXC Champs Various
- 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
- 17 Norwich Union Grand Prix Birmingham
- 18 Indoor City Challenge Final EIS, Sheffield
- 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
- 24 AAA U20/17/15 T & F Champs EIS, Sheffield

### MARCH

- 10 National X.C. Championships Sunderland
- 12 NoEAA Men's 12 Stage Road Relays
- 12 NoEAA Women's 6 Stage Road Relays
- 17 NoEAA/AAA U/17/15 Multi-Events Sportcity
- 24 English Schools X.C. Championships Leeds
- 25 City of Manchester Indoor Open meeting Sport City
- 31 NoEAA 12/6 Stage Relay Champs tbc

### APRIL

- 7 City of Manchester Indoor Open meeting Sport City
- 29 National Junior Athletics League Gateshead

### MAY

- 5 North of England T & F League South Leeds
- 5 BAL Division 1 Coptall
- 6 UKA Young Athletes' League Bebington
- 7 Manchester May Day 5k Wythenshawe Park
- 20 UKA Young Athletes' League Ryedale
- 27 National Junior Athletics League Wavertree
- 28 Manchester 5 mile Wythenshawe Park

### JUNE

- 2 BAL/UK Women's League Manchester
- 2 North of England T & F League Wigan
- 3 UKA Young Athletes League Stanney
- 24 UKA Young Athletes League Manchester
- 28 Reebok Manchester Sizzler 1 Wythenshawe Park

### JULY

- 1 National Junior Athletics League Manchester
- 7 BAL/UK Women's League Birmingham
- 8 North of England T & F League York
- 12 Reebok Manchester Sizzler 2 Wythenshawe Park
- 22 UKA Young Athletes' League Cleckheaton
- 26 Reebok Manchester Sizzler 3 Wythenshawe Park
- 29 National Junior Athletics League Grangemouth

### AUGUST

- 4 UK Women's League Grangemouth
- 4 BAL Division 1 Coptall
- 5 North of England T & F League Stretford
- 5 Sale 10 Wythenshawe Park
- 9 Reebok Manchester Sizzler 4 Wythenshawe Park