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# THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



*Double League Champions*

Photo courtesy Chris Foster



# 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

# Editorial

Produced  
4 times a year  
for 13 years

FECHIN MCCORMICK



*This summer's T & F season, along with 1996, is arguably the best in the club's long history! Competing as "City of Manchester Athletics", the Men's & Women's teams accomplished the amazing double of winning their respective National Premier Leagues. In football terms this is equivalent to Manchester United winning the Premier League in both a men's & women's section (if they had one!) in the same year. Incredible! This is the men's second ever National League Title and the women's twentieth victory and seventh title in eight years - all of them with Eric Hughes, Britain's longest serving and most successful manager, at the helm. Congratulations to Dean Hardman & to Eric. No other British Club comes anywhere near their combined achievements. As a result both the men's & women's teams will represent UK Club's in the European Cup next year.*

*It certainly is one of the club's best ever year because in the National Junior League and the National Young Athletes League our youngsters improved from a very disappointing last year when they failed to reach the National Finals to achieving very well in those finals this year. In the Northern Cup, we also finished a commendable second. Again, this is due to the hard work and commitment of the team managers.*

*Success has not just been just in the team events - as you'll read in the following pages. Larger than ever numbers of our athletes competed with distinction in World, European and domestic Championships with many returning medaled and with lifetime best performances. So much has to be documented I've needed to extend this magazine by a further 4 pages.*

*Our club President, Eric Hughes wrote, "On the fifth anniversary of the Commonwealth Games when Manchester Council's Chief Executive, Howard Bernstein, vowed to carry on the dream to make Manchester one of Europe's prime athletic centers, it's great that Sale Harriers' partnership with Manchester City Council, and with the Club's resources in coaching, officials and general management and sharing a common commitment to the community, that we have accomplished this amazing season that now opens the door to European competition next year."*

# WORLD STAGE fechin mccormick

## IAAF World Championships

We had **KATE DENNISON** (Pole Vault) and **ANDY TURNER** (110m hurdles) representing GB & NI at the World championships in Osaka. **ALEX NELSON** was also later drafted into the team to replace injured Dwayne Grant in the men's 4 x 100m relay but he did not actually get a run.

**KATE DENNISON** missed out on qualifying for the final by just one spot, beaten to the 12th place by the Swede who cleared 4.20m on her first jump, with Kate matching that jump but only on her second attempt.

**ANDY TURNER** eased to the 110m Hurdles semi-final in another new personal best of 13.27 after leading the race at half-way. He just missed out on qualification to the final after finishing 3rd in the semi final in 13.38. Afterwards, he said "I'm disappointed to have not made the final, but I've come here and I recorded a new lifetime best."

**MICHAEL RIMMER** (Liverpool Pembroke & Sefton) who trains at Wythenshawe with top coach Norman Poole ran a tactically astute 800m race to progress through the first round in impressive style by finishing 2nd in 1:45.66. Sadly, he was eliminated in the semi's with 1:47.39. Boldly he took on the pace from the gun and at the bell held a 20 metre lead. However, by the final bend, the pack swamped him and his challenge was over... but it was all good experience

## European Junior Championships

At the European Junior championships at Hengelo, Holland in July we had **ALEX NELSON** (200m), **ALEX SMITH** (Hammer) and **ADELE LASSU** representing Great Britain.

Having previously won four minor medals at international age-group championships, **ALEX NELSON** finally won a cherished Gold medal with a desperate lunge for the line to beat the German 100m winner from the previous day. He won by 4/100th of a second in 20.83. He also won 4 x 100m silver to cap a fantastic weekend (that was to get even better with late selection for the World championships). He said afterwards, "Every Championship I've been to I've got a global or European medal, but it's never been the colour I wanted so that dip in the 200m was the best in my life". Alex's previous big-time medals were 100m bronze in the 2005 European Junior Championships and silver at the 100m World Youth championships the same year. In the 200m last year he also

won bronze at the World Junior Championships and bronze in the 4 x 100m at the World Junior Championships relays.

**ALEX SMITH** narrowly failed to add another medal to his World Youth's Bronze medal of two years ago when he finished 4th in 70.04m just 19cms down on the 3rd placed Belarus athlete. "I'm not too disappointed" said Alex. He said "I went out there and gave it my best shot. It was all very close. It would have been nice to have had a medal". Alex is the son of former 77m thrower Dave Smith and the brother of Peter who cruised through the hammer final in the IAAF World youth Games in the Czech Republic on the same weekend.

**ADELE LASSU:** Being such a tremendous competitor, Adele would be disappointed with her 1.74m high jump which was well below her best of 1.82m (recorded when she won the North of England title in June) but the honour of representing Great Britain and the experience she gained will make her an even better athlete. Adele is the 2007 U/20 England High Jump Champion.

## IAAF World Youth Championships

It's been said that the World Youth Games is the first place one gets to look at champions of the future. Well! Two of our athletes **ABIGAIL IROZURU** and **SOPHIE HITCHON** were there in the Czech Republic in mid-July.

**ABIGAIL IROZURU** just missed out on qualifying for the final. Though disappointed, it was a fantastic achievement for her because she was part of an awesome competition that took place in searing temperatures.

**SOPHIE HITCHON** (featured elsewhere in this magazine as 'the one to watch') is very much a newcomer to the hammer, was also disappointed to not make it through the qualifying rounds, having set numerous UK under-17 records this season.

## World University Games

Three weeks after the European U/23 championships in Hungary, the British Universities Champion **FAYE HARDING** and 2nd claim **LAURA FINUCANE** were off to Bangkok to represent British Universities at the World University Games. Faye reached the 400m semi-final and ran 53.55 to her great credit. **LAURA FINUCANE** currently Britain's 5th ranking U/23 800m runner with a best of 2:01 from a meeting in Prague in June finished 6th

in 2:03.18. Both also won magnificent 400m relay bronze medal to make it an especially memorable trip.

## European Under 23 Championships

The European under-23 Champions were held in Debrecen, Hungary and, again, they were about athletes likely to be at their peak for the London 2012 Olympics so we congratulate **PAUL WALKER**, **KIEREN KELLY**, **RIMAS MARTISAUSKAS**, **STEPHANIE PYWELL**, **FAYE HARDING** and 2nd claim **LAURA FINUCANE** for simply making it to these Championships.

Welsh International **PAUL WALKER** traveled as the British University Pole Vault Champion and the England U/23 silver medalist who had set his PB of 5.40m three weeks before the Championships. His 5.10m jump at this Championship wasn't quite good enough get him to the finals.

**KIERAN KELLY** qualified for the final with a 17.72m throw - not bad considering his best was 17.97m from earlier in the season. However, he failed to improve on this in the final and with a below par 16.85m finished 12th. He later won silver medal in the UK championships.

**STEPHANIE PYWELL:** Following her 4th place in the European Cup two weeks earlier, Stephanie did well to reach the high jump final. With a best jump of 1.77m she finished ninth.

**FAYE HARDING** entry to these Championships was subject to her fitness but she qualified for the final with a 53.42 performance in the heats. She ran a 53.70 to place 7th in the final.

**RIMAS MARTISAUSKAS**, competing in the Shot didn't make it over 17m and did not progress to the final, but his season's aim was to simply make the championships.

## European Youth Olympic Festival

Following **ANDY ROBERTSON'S** fantastic gold medal and relay silver at the English Schools Championships, Britain's No.2 sprinter represented Britain at the European Youth Olympic Festival in Belgrade. Topping a fantastic summer of competition in which he has won almost everything, Andy ran an incredible PB of 21.72 in the heats and then went on to take the 200m silver medal



In partnership with City of Manchester Athletics



# BRITISH ATHLETICS LEAGUE

## PREMIER DIVISION

Team Manager  
*Dean Hardman*

# Champions

*The 2007 British Athletics League season was, along with 1996, the best in the club's history. Competing as City of Manchester Athletics, the team won the British Athletics League Premiership with a score of 27 points, three ahead of Birchfield Harriers, after winning two and coming second in another fixture. This allowed us the luxury of coming 5th in the final match and still winning overall.*

Performances this season have been absolutely magnificent, with 52 athletes competing for the team over the four matches, and every single point counting towards some memorable and narrow victories. In the sprints, **ANDY TURNER** showed what class he has, beating many of the country's best specialists. **ALEX NELSON**, in a season when he had many individual targets, supported the team incredibly well, with 100m outings in all fixtures. They were backed up by **ALLYN CONDON**, who showed he can run a fast 30m better than anyone, the ever-reliable **GARETH JONES**, **ADAM ROGERS** and **GARY ATKINSON**. The 400m was a consistent source of good points, with **DEBO ADEMUYEWO** competing in 3 matches, alongside **ANDY WILKINSON**, who managed a great season's best in the final fixture.

In the hurdles, **NICK GAYLE** produced a scintillating series of runs, and the league helped him progress to one of the country's best high hurdlers, as he won 2 A strings and grabbed 3 third places. We struggled in the B string, but **MARTIN HASLBECK** defied an injury-hit winter to turn out, and **ANDY HOPKINSON** even turned out in the last match, his first high hurdles for some time. **JOE LANCASTER** showed off his multitude of talents by running in match 1. In the 400H, **DAVE BRACKSTONE** and **ANDY HOPKINSON** were ever present, contributing massively, especially in matches 1 and 2.

The endurance events were ably performed by a number of athletes, with **IAN LOWTHIAN** using the BAL as superb preparation for the UK Championships, where he made the final. Alongside Ian, **JAMES BAILEY** doubled in the 800m and 1500m on two occasions, and also managed to fit in a steeplechase along the way, this despite his car exploding on the M6 before match 3. **PHIL TEDD** and **NICK SAMUELS** defied illness and injury to clock up

some vital points, and even **JOHN ROGERS** put in an appearance, although he managed to get injured during his sole race. In the Chase, **GLEN COMISH** and **STUART STOKES** produced textbook runs to win when required, and **ROB FLANNERY** was an ever-present in notching B string points. **ROB JOWETT** made his debut this year and showed he has the guts to progress into a regular for the club. **SIMON MILLS**, **DAVE NORMAN** and **GARETH RAVEN** all produced good performances in the 5k, and **DAVE MARSH'S** 17m run was just as vital in its own way.

The throws were, in many ways, the backbone of the team in 2007, with **DOREL GRETA** and **GERARD PAISH-PLUNKETT** competing 4 times each and making the Javelin our most fruitful event in terms of points. The Discus, Shot and Hammer were not far behind, with **ALEX SMITH**, **CRAIG ELLAMS** and **MIKE FLOYD** piling on the points in the hammer, **KIERAN KELLY** and **RIMAS MARTISAUSKAS** achieving great results in the shot, and the comedy duo **GOULDBOURNE** and **WISEMAN** always getting us off to a good start in the discus. Mark also filled in other events when he was needed, much to his credit. Indeed UK Trials medallist

**FLOYDY** was the only athlete not to win either an A or B event this season, a fact which speaks for itself.

The jumps were almost as good, with **ROB MITCHELL** and **DARREN HAMMOND** competing in 3 matches together and doing the business each time, supported by **JOE LANCASTER** and **PETER RINGEL** in match 1. The Long Jump featured the exuberant **SIMON EKPA NJOKU**, young **LAURENCE FITCH**, **JAMES WRIGHT**, **JACOB BROWN**, **NICK NEWMAN** and **ANDREW STANILAND** over the course of the four matches, and all did excellently. The TJ was much the same, with Simon handclapping his way to within 6cm of

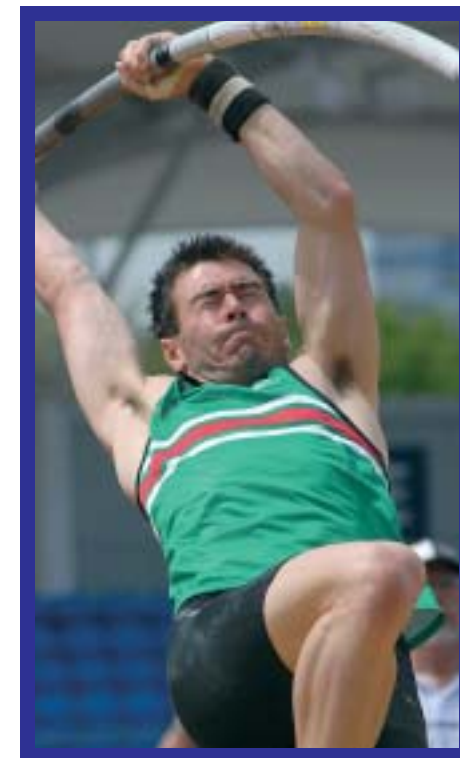
Jon Hilton's club record, helped by our Long Jump record holder **DARREN RITCHIE**, **JACOB BROWN**, **JAMES TOWNSEND** and the promising **JONATHAN FERRYMAN**. Finally, the Pole Vault garnered great points through Euro U23 representative, **PAUL WALKER**, the luckless **MARK CHRISTIE**, whose broken foot ended his season prematurely, **ANDY "PB" SUTCLIFFE**, Irish Junior record holder **ANTHONY McCREERY**, and **MATT CULLEN**.

The team now have the taste of success, and look to build on this by putting in the same level of commitment and effort, to take the club to the European Cup and to retain the league title that was won so thrillingly.



GERERD PAISH-PLUNKETT

ANDY TURNER



KIERAN KELLY



JACOB BROWN



In partnership with City of Manchester Athletics



# WOMEN'S UK LEAGUE

Team Manager  
*Eric Hughes*

## Champions

*Just over thirty years ago a very young and inexperienced team set out for Meadowbank with the aim of winning the UK League First Division by beating the host club Edinburgh Southern on Scottish soil for the first time ever.*

Incredibly they succeeded and in early August, three decades later, we left for Grangemouth hoping to clinch our twentieth championship in the 33 years the League has been in existence.

History repeated itself and once more in a closely fought match with the 2006 champions Edinburgh we again came out on top making it our seventh title in the last eight years.

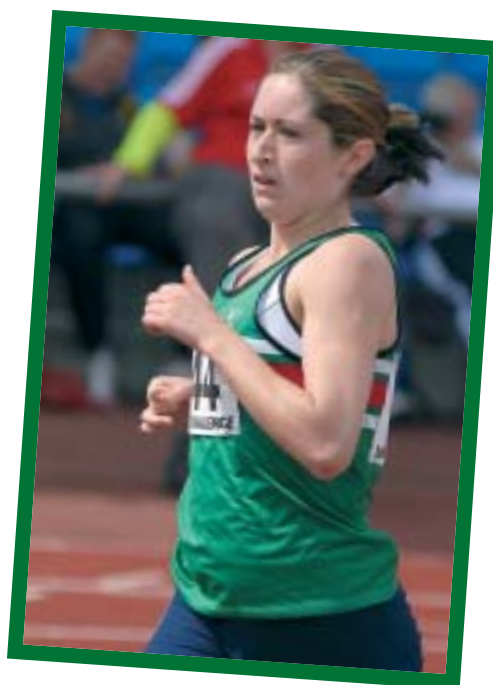
We won the first match in June by 15 points from Trafford and although ALISON RODGER was our only 'A' string victor we were placed in the first three no fewer than 24 times from the 32 events on the programme. BRIGIT COOKE, MAURA PRENDIVILLE, ANDREA VINET, DAYANA OCTAVIEN, LAURA WHITTINGHAM, ANNA OLKO and youngsters ROBYN RASHFORD and RACHAEL FLEARY all made outstanding UK League debuts.

The second match in Birmingham in July saw us deprived of fourteen of our top athletes thanks to an overseas Throws Festival and various international calls. What followed became the tightest, most nail biting finale ever

witnessed in a League meeting as we were trailing by one point to Trafford with just the 4 x 400m Relay to go. It was not enough to beat our rivals we had to win to earn the bonus points and thanks to superb running by TATUM NELSON, LAURA SIDDALL, REBECCA SWEENEY and SARAH TOMLINS we enjoyed a 20 second victory and won the match by a solitary point. What came before was a magnificent team effort with each athlete chasing every point. HELEN TAYLOR and in form LUCY EVANS shone in the Sprints, JENNA HILL and DANIELLE WOODS scored heavily in the 1500 metres and REBECCA WHITE more than played her part with high marks in both the Long Jump and Triple Jump. ADELE LASSU cleared 1.80 metres in the High Jump and ANNA OLKO secured a 3.80 metre personal best in the Pole Vault. KATHY WELLAM, JOANNA BIRCH, JANINE STOCKTON and TINA THIRLWELL were all thrown in at the deep end and between them accumulated precious points.

Returning to the final meeting the team had to assemble at a Scottish hotel on the Friday night from all areas of Great Britain by air, rail

REBECCA SWEENEY



BRIGIT COOKE



BECKY WHITE

and road being fully aware of the task before them on the following day.

Selection was again hampered, this time by an overseas Jumps Festival plus international duties and to compensate LAURA DOUGLAS, HELEN TAYLOR, NICOLA CAHILL and DANIELLE PARKINSON distinguished themselves by each competing in three events. REBECCA WHITE, RUTH WATSON, JENNA HILL, ALISON RODGER and LUCY EVANS all doubled up, Ruth posting a 2 minute 05.29 seconds personal best in the 800 metres. SONIA THOMAS also ran a lifetime's best in the 3000 metres, as did TATUM NELSON in the 400 metres, with SARAH TOMLINS ensuring maximum points. There were important wins by SARAH HOLT and LAURA WHITTINGHAM and great credit should be given to SARA McGREAVY for turning out and travelling such a long distance whilst recovering from injury. We convincingly won the match by 15 points from the host club and regained the First Division title with an unbeaten 24 League points.



MAURA PRENDVILLE



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# NATIONAL YOUNG ATHLETES LEAGUE

## Fechin McCormick

The NYAL structure is for 16 teams to compete against each other on a round robin basis over 5 matches. Sale Harriers Manchester is in the top Premier Division.

### Bebington

The campaign began in Bebington in May! Not only did the combined boy's & girl's team win this match convincingly but they scored the Club's greatest ever number of points in a NYAL match – 522 from a maximum of 600 points. It was a fantastic start! Everyone's performance was outstanding with the team winning 90% of all 'A' & 'B' events - and all four 'Athletes of the Match'.

**ANDY ROBERTSON**

(Male track for his 100m PB of 10.77)

**CLOVIS ASONG**

(Male Field for his U/13 High Jump Of 1:60m)

**SHAUNNA THOMPSON**

(Female Track for her U/17 100m in 11.90)

**CHARLOTTE DICKINSON**

(Female Field for her U/13 Shot of 8.11m)

### Kingston-on-Hull

The campaign then moved to Kingston-on-Hull where the competition was Kingston-on-Hull, Chesterfield, Southport & Waterloo and SHM. The same high standard was maintained with a 120 point victory. This could have been even better had there not been some unfortunate last minute drop-outs. Again, there were excellent performances all round with a host of Grade 1 performances. Again, we had two 'Athletes of the Match'.

## Thanks to the Development Academies

After the disappointment of failing to reach the 2006 National Young Athletes Finals, the objective this year was to qualify for those Finals in Birmingham on September 2nd. To achieve this, team management took a look at their organisation and to their recruitment and selection process.

**ROY EJIKEUKA**

(Male Field for an U/13 Grade 1 200m in 26.5)

**MIKE GLADREY**

(Male Field for his 6.06m U/17 Long Jump)

### Ellesmere Port

The 3rd match at Ellesmere Port (June) was against title holders Liverpool H & AC, West Cheshire, City of York AC and SHM. This was a disappointing match! It resulted in being beaten by a mere 33 points by Liverpool H & AC to place 2nd. This below par performance was due to last minute withdrawals and to three lads injured in competition – all points lost that could have won us the match. Here we had one 'Athlete of the Match'

**MIKE EHLAN**

(Male field for his U/17 High Jump of 2.00m)

The team were now in 3rd place with Gateshead H and Liverpool 0.5 points ahead!

### SportCity

The 4th match was 'at home' (Sportcity) against Rotherham, Blackburn, Preston & SHM. Confident of victory, the team managers introduced several new faces. Again, the team convincingly won the match from Preston AC and scored a massive 510 points giving a 140 point margin of victory. The two 'Athletes of the Match' were –

**ANDREW SUTCLIFFE**

(Male Field for his U/17 4.25m pole vault).

**ABIGAIL HEYWOOD**

(Female Field for her U/17 3.60m pole vault).

### Cleethorpes

It was all down to the final match at Cleethorpes against Gateshead AC, Leeds AC and Cleckheaton! If we were to get through to the National Finals, it was imperative to beat Gateshead & Leeds... We did it! For the second time in the past five years we beat Gateshead and our final 2nd position in the League (and 0.50 points behind Liverpool) secured us a place in the NYAL Finals. Last year's deficit was turned to victory!



JAMES GRAIG

"It's a fantastic achievement" agreed team managers **MIKE DRABBLE** (Boys), **KAREN LANNON** (U/17 girls), **LINDA O'NEILL** (U/15 girls), and **JACKIE MOLLOY** (U/13 girls) who said "I would like to thank all my girls for their commitment and praise them for all their achievements and hard work this season". "Never before has NYAL teams scored 500 or more points in a match, let alone in three matches and that summaries this year's great achievement & everyone's big effort

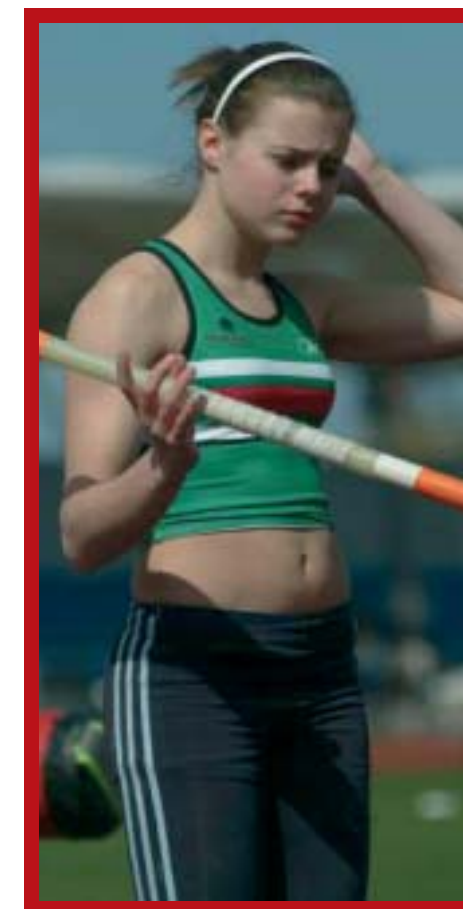
Said the U/17's team manager, **KAREN LANNON**, "The Spirit and enthusiasm among the boy's and girls was typified among the U/17 girls. At some matches we only had 12 girls to cover 36 events and they were all



ANDY ROBERTSON

prepared to do events they'd never done before. **AMY REGAN**, **LILY FREESTON**, **KATIE HOLT**, **ELEANOR FLANAGAN**, **STEPHANIE POTTS**, **ABIGAIL HAYWOOD** & **NYOMI CANDLIN** were excellent examples of this spirit. Another was **LATEEFA BURTON** who had run from the long jump to the 300m hurdles and then onto a wholly unfamiliar 3k".

The success is due, of course to all the U/13, U/15 & U/17 boys and girls and we thank them wholeheartedly. It's also due to the exceptional work of the team managers. They worked particularly hard going to Crossford, Sportcity and Wythenshawe as well as talking to new athletes and parents and having the guts to try new tactics to get the best from their youngsters - Thanks Karen, Jackie, Mike and Linda. Thanks, too, to parents and to the invaluable Club Officials who, by their participation also won valuable points towards the overall team's achievement.



ABIGAIL HEYWOOD

Said boy's team Manager **MIKE DRABBLE**, "A special tribute to Manchester Leisure's Development Academies; Crossford Bridge Primary section (who had more athletes selected this year than previously) and to the throwing and middle distance groups at Wythenshawe Park. Manchester Leisure's Academies this year provided up to 90% of the U/13's and 75% of the U/15's. The number of athletes available for selection via the academies has resulted in being able to take travelling reserves and this reduced the number of lost points from gaps in competition. The National Young Athletes team really would have struggled this year without these Academies".



ANDY SUTCLIFFE



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# NATIONAL YOUNG ATHLETES FINAL

Team Manager  
**Linda O'Neil**

## An Impressive Act

The combined boys' and girls' team finished an impressive 4th in the YAL Final at Birmingham on September 2nd. Their medal haul included an amazing 19 gold, 15 silver and 27 bronze medals. Thanks to DARREN CAMPBELL who gave his support to the team on the day and presented many of the medals.

### U13

The star performer for the girls was **PAIGE WALDRON** who won bronze in the 'A' 75m in a new PB time of 10.35. The other girls put in fantastic performances and were unlucky to narrowly miss out on medals. All rounder **CHARLOTTE DICKINSON** was 3cm short of a bronze in the 'A' shot. There was a nail biting finish in the 4x100m relay, the result having to be determined by a photo. **J'NAY, PAIGE, VICTORIA** and **LUKENYA** were unfortunate to miss out on a medal. The superstar for the boys was gold medal winner **CLOVIS ASONG** whose 11.60m in the shot was 1.63m further than his nearest rival. Clovis is an extremely promising athlete. He was unfortunate to sustain an injury which took him out of the high jump and long jump, events in which he would have easily won gold.

Two medals were won on the track. **ROY EJIEUKEA** has been an asset to the team this season. He won bronze in the 'A' 200m and just missed out on a medal in the 100m despite his grade 1 time of 12.82. In a neck and neck finish, **DANIEL HEALD** won gold in the 'A' 800m. His time of 2.20.89 was one hundredth of a second faster than his rival. **SAM HUGHES** won two useful medals in the field, bronze in the 'A' Long Jump and silver in the 'B' shot.



Stephanie Potts  
& Eleanor Flanagan

### U15

The U15 girls put in some fine performances and deservedly won a number of medals. Our sprinters, **BROGAN CROWLEY** and **OLIVIA CALLAGHAN** both won bronze in the 200m with Olivia almost collapsing on the line after her effort to secure a medal. The middle distance girls shone in their events. **TYRA WATSON** was an impressive silver medal winner in the 'A' 800m in 2.19.22. We added two more silvers in the 1500m thanks to the awesome **SARAH BARKER** (4.50.12) and the ever reliable **SARAH SIMEEN** (5.12.14). **AMIE JONES**, who recently joined us, equalled her PB of 1.45m to win Bronze in the 'A' high jump.

Our throwers have gone from strength to strength during the season. In her main event, javelin, **DANIELLE BENTLEY** who ranks 6th in the UK won gold with her throw of 32.12m whilst newcomer **LAUREN HALLIWELL** took gold in the 'B' with 23.38m. Congratulations to both girls. Danielle also won silver in the 'A'



Lauren Woodcock



Roy Ejienken &  
Callum Rougheen



Shaunna Thompson  
& Brogan Crowley



Victoria Molloy &  
Charlotte Dickenson

discus with 24.15m whilst **JORDANNA DENTON** picked up gold in the 'B' with 21.07m. **RAYNE ALLMAN** completed the medal haul in the throws by winning silver in the 'B' shot with 8.57m. The relay team of **AHTOLLAH ROSE, MEGAN CLARKSON, OLIVIA CALLAGHAN** and **BROGAN CROWLEY** were fortunate to be awarded the bronze following the disqualification of two of the teams that finished in front of them.

The track star in the U15 boys' team was **JOSH OGUNTAYO** who stormed to victory in the 800m in a time of 2.08.36 and also won bronze in the 'A' 400m in a grade 1 time of 54.00. The other track medallist was **DARIUS ROMAIN-FURNESS** who sprinted his way to silver in the 'B' 100m. There were two bronze medallists in the field events, **SAM WOODALL** in the 'A' high jump with 1.60m and **GREG APPLEBY** in the 'A' Pole Vault with 2.30m.

### U17

The U17 girls were impressive on the track as usual. Our superstars, **REBEKAH WILSON** and **SHAUNNA THOMPSON** didn't disappoint, with excellent performances in the 100m, 200m, 4x100m relay and 4x300 relay. In the middle distance events **LILY FREESTON** won bronze in the 'B' 800m and **LAUREN WOODCOCK** won silver in the 'B' 1500m. The 3000m girls continue to amaze with their stamina and determination. **ALICE BALL** won bronze in the 'A' with a time of 11.21.86 whilst **LATEEFA BURTON** won silver in the 'B'.



Olivia Callaghan

In the High Jump **ELEANOR FLANAGAN** equalled her PB of 1.60m to finish 4th in the 'A' with **STEPHANIE POTTS** winning silver in the 'B' with a height of 1.55m. **ABIGAIL HAYWOOD** secured Pole Vault gold before dashing to the 4x100m relay where she helped win yet another gold medal.

The 400m boys were impressive with **STEPHEN BUTTERWORTH** winning 'A' silver in 50.89 and **ALEX ADCOCKS** winning 'B' gold in 51.40. **NAYS ABED** won 100m 'A' bronze in 11.24. **NIALL BROOKS** stormed to 800m victory to win gold in 2.01.77. The final track medal went to **ALEX WEBSTER**, a bronze in the 'B' Steeplechase.

There were some fantastic results in the field events. **MIKE EHLEN** and **PHIL KENNEDY**



Rayne Allman



Hays Abed

Lateefa Burton & Alice Ball



dominated the High Jump by winning 'A' and 'B' gold respectively. In the javelin, **CRAIG JONES** won 'A' silver with **ALEX FENTON** winning gold in the 'B'. Two more medals came our way in the Pole Vault. The ever impressive **ANDREW SUTCLIFFE** won gold with his vault of 4.20m. **JAMES DAVIES** picked up silver in the 'B' as well as a bronze in the 'B' Long Jump. The final medal went to **TOM AILES** for his bronze hammer throw.

Thanks to all the athletes who contributed to the team success this year, especially those who stepped in to cover events other than their own. **AMY REGAN, STEPHANIE POTTS, HANNAH TART, LATEEFA BURTON, LILY FREESTON** and **NYOMI CANDLIN** have been particularly versatile. **JENNY SIMMONS** has also been a brilliant team captain. Thanks to all the parents who supported the team, especially those who volunteered to officiate at meetings. Final thanks go to all the team managers for their hard work.



Tyra Watson



Paige Waldron



Sarah Simeen  
& Sarah Barker



# NATIONAL JUNIOR LEAGUE

## NORTHERN PREMIER DIVISION

# Mission Accomplished

Following in the footsteps of the senior teams, who both were crowned 2007 National Champions, the U/20 team achieved another pinnacle to reach the National Junior Finals held at Derby on Sunday Sept 9th (report on following pages).

Following the disappointment of the 2006 season, Team Managers **DEAN HARDMAN, ERIC HUGHES & MIKE DRABBLE** ably supported by **JACK FROST, JOHN SMITH, CHRIS BARTRAM, MATT CULLEN, ROB JOWETT** and others this was a superb recovery.

The Hammer event benefited from the presence of young revelations **SOPHIE HITCHON** who broke the National Junior League hammer record three times and **ALEX SMITH**, who managed to sandwich a 4th place in the European U/20 Championships between his appearances for the club. The event also welcomed newcomer **THEODORE TRUMPET**, who also assisted solidly **AZMI SBAITI** in the Shot. Azmi was a revelation in the Discus and with new sidekick **GREG WATKINS** massive points were scored. Another strong event was the Javelin, with **FREDDIE PASK, JOE**



ANDREW BURGESS

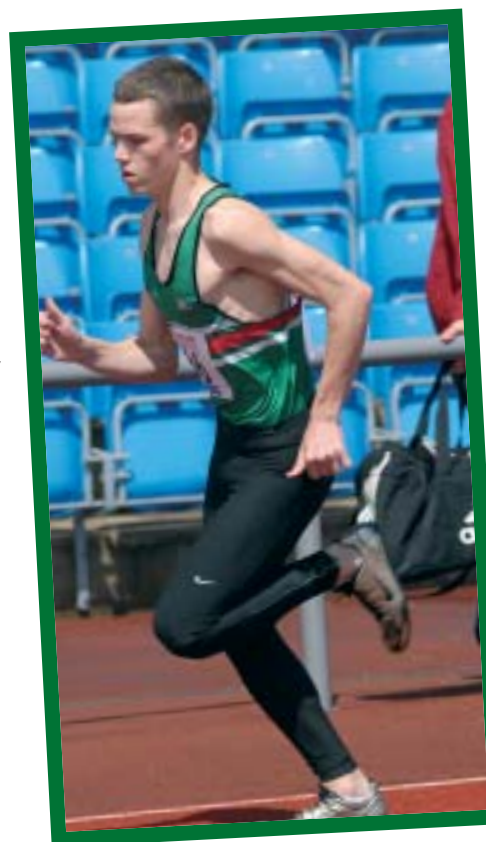
**LANCASTER** and **CRAIG JAMES** leading the way in the men's section and **RACHAEL FLEARY** who made a winning debut at the opening match at Gateshead.

The jumpers were magnificent and **ANDREW BURGESS, JAMES WRIGHT** and **LAURENCE FITCH** were all near the 7m mark in the Long Jump, and the Triple Jump was well looked after **JONATHON FERRYMAN, ANDREW BURGESS** and **MIKE GLADREY** and especially by **HARRIET PICKLES** who scored maximum points in the triple jump at the second meeting at Liverpool whilst wearing club colours for the first time.

Pole Vaulters were very strong when they cleared a height, with **ANDREW SUTCLIFFE, FREDDIE PASK** and **JAMES DAVIES** showing the way to **LAURENCE FITCH** and **ANTHONY MCCREERY** who both 'bombed out' when expected to win. Top specialist **ABIGAIL HAYWOOD** also showed what she's made of with a convincing win in her first NJL appearance at Sportcity.



DARREN – unbeatable all season



STEVEN BUTTERWORTH

Maximum points in the High Jump were the norm among the men with **DARREN HAMMOND** unbeatable all season, and **JOE LANCASTER** and **LAURENCE FITCH** brilliant supporters among the men. The girls also made their impact with excellent jumps by **ELYCIA METAXAS-BELT, LYDIA WICKSTONE, ELEANOR FLANAGAN & STEPHANIE POTTS**.

A solid sprints group took on all the North could throw at them, contributing a significant number of points. On the men's side, they were led by **GARETH BREEZE, EDWARD CHAN, TOM BLACK** and a brilliant trio of U/17 youngsters **ANDREW ROBERTSON, ALEX ADCOCKS** and **STEVEN BUTTERWORTH**. On the women's side young stars **ROBYN RASHFORD, REBEKAH WILSON & KATHERINE SHERRY** really did their stuff.

High Hurdles were the preserve of **JAMES WRIGHT** and **JOE LANCASTER**, backed up by **LAURENCE FITCH** and **JONATHON FERRYMAN**, with Jonathon and **JAMES DAVIES** ever present in the 400 hurdles, both improving their times over the season. The girls also had a tremendous core of hurdlers with the likes of **JANINE STOCKTON, LEANNE BROWN, JENNIFER SIMMONS, LYDIA WICKSTONE** and **KATH SHERRY** all winning valuable points.

A core of middle distance runners covered the 4 events over the season. Among the men **ROB JOWETT, ROB WHITTAKER, ADAM REE** and **JOHN YATES** doubled up where necessary and scored valuable points, with **LEE WHITLEY** and **LUKE WINTERBOTTOM** adding further support. Among the women **JANINE STOCKTON & BETHANY ENGLISH** scored a double in the newly introduced 1500m steeplechase at the opening match in Gateshead; **CHARLOTTE WOODS** won an exciting 1500m at the second meeting at Liverpool and U/17 athletes **AMY REGAN, NYOMI CANDLIN, LAUREN WOODCOCK & ELEANOR FLANAGAN** all won valuable points especially at the 3rd match at home territory Sportcity that contributed to the all-important victory over Leeds.

Overall, the team benefited from the presence of our multi-event athletes on a regular basis, the keenness of the **CORBY BOYS**, and the fact that **ALEX SMITH** and **DARREN HAMMOND** supported the team, when both athletes had European U/20 Championships selection aspirations in their plans, one successful (Alex) with Darren narrowly missing out.

The all important long overnight trip to Scotland for the final match at Grangemouth was crucial to the team's tremendous achievement. In a tightly fought meeting the team were just pipped by Leeds AC but

obtained their passage to the final by a clear eight points from Gateshead. It was another great team effort with the sprinters excelling & **ELYCIA METAXAS-BELT** doing particularly well in the Discus, Shot & High Jump that made her long trip from Northamptonshire well worthwhile. **ABIGAIL IROZURU** again showed why she had been selected for the World Junior Games (report elsewhere), clearing 5.91m in the Long Jump and willing athletes such as **HELEN BRUTON, STEPHANIE POTTS, LEANNE BROWN & ALICE BALL** all helped towards this season's objective of making it to the National Finals. Well done, everybody.



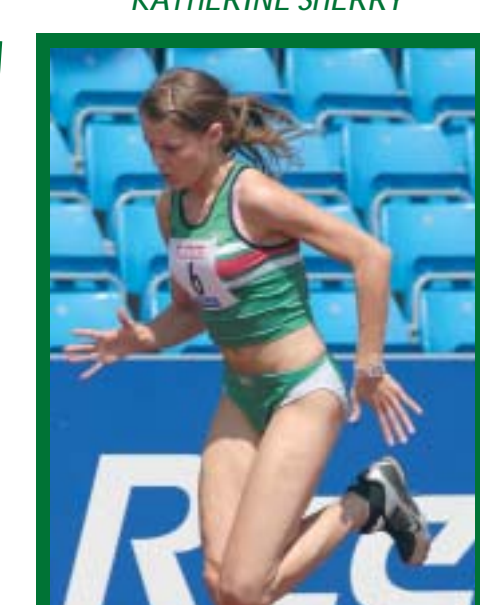
ROB JOWETT



AZMI SBATI



JAMES WRIGHT



KATHERINE SHERRY



In partnership with City of Manchester Athletics



# NATIONAL JUNIOR CUP FINAL

## CREDIBLE FIFTH

### Women's Team Manager Eric Hughes

Following their qualification in the National Junior League, a joint Men's and Women's team then went to the National Junior Cup Final in Derby and came a creditable fifth, finishing the top Northern club in the competition.

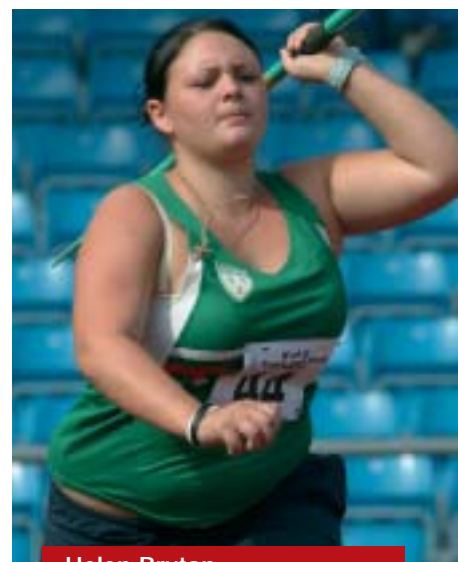
The Men's squad, in particular, was depleted mainly due to the clash of a Multi-Event International at Stoke on the same day, depriving them of three of their top scorers who cover a good number of disciplines. Also there were last minute withdrawals because of injuries and illness, resulting in twelve late changes to the original selection.

**ANDREW ROBERTSON** was just outside the medals in the 100 metres, but picked up a bronze in the 200 metres, with **JAMES WRIGHT** following suit in the 110m Hurdles and collecting silver in the 'B' Long Jump. **ANDREW SUTCLIFFE** was runner-up in the Pole Vault and the young athletes that 'filled the gaps' worked hard for every point.

A total of 5 gold, 6 silver and 7 bronze medals were achieved by the Women's team, **SOPHIE HITCHON** (Hammer) and **ABIGAIL HAYWOOD** (Pole Vault) enjoying quality victories. **ROBYN RASHFORD**, **REBEKAH WILSON** and **SHAUNNA THOMPSON** all won individual medals, then together with **KATHERINE SHERRY** combined brilliantly to run 46.79 seconds in the 4 x 100m Relay, close to the national league record of 46.60 seconds. **JANINE STOCKTON** and **BETHANY ENGLISH** both came second in the 3000 metres and Janine went on to a well deserved bronze in the 1500m Steeplechase. **STEPHANIE POTTS** notched a personal best in the High Jump, with **JENNIFER SIMMONS** coming third in the 'B' event and, despite injury, **ABIGAIL IROZURU** picked up silver in the Long Jump and bronze in the Triple Jump, where **HARRIET PICKLES** was runner-up in the 'A' event. **RACHAEL FLEARY** came third in the Javelin and a delighted **HELEN BRUTON** was awarded a silver medal in the 'B' competition.

Overall the standard was exceptionally high and, under the circumstances, the Harriers should be satisfied with their performance and can now build to the future.

In recent times the Cup has been dominated by Southern clubs who, due to amalgamations have benefited by the availability of a larger pool of athletes. In consequence, their coaching and administration sections have also been strengthened resulting in more powerful and increasing opposition.



Helen Bruton



Robyn Rashford



Stephanie Potts



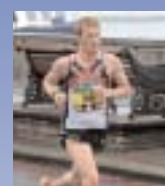
Bethany English

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Becky Lyne winning European 800m  
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# Territorial Matches

It's an honour for any athlete to represent their territory and this summer we had several participate in territorial and inter-territorial matches.

## SENIOR INTER-TERRITORIAL MATCH, BIRMINGHAM (JULY 15TH)

ADAM GRICE	3km	8:29.04 .....	1st
LAURA WHITTINGHAM	Javelin	49:29 .....	1st
PHIL TAYLOR	400m	48.61 ..	3rd round

## U/23 & U/20 INTER-AREA MATCH-DERBY (AUGUST 19TH)

**JENNA HILL:** Despite being somewhat slower than her 9:49.67 PB when she became the Gt. Manchester 3k Champion in May, this was another noteworthy victory as Jenna wound up her very successful summer.

**JANINE STOCKTON:** was 3rd in the 2k steeplechase in 7.44 and won selection to the inter-territorial match in London.

**MATT CULLEN:** was 7th in the pole vault – not far off his lifetime best jump the previous week at the North of England Cup match at Wigan.

## U/20 INTER-TERRITORIAL MATCH - LONDON (SEPT 2ND)

**JANINE STOCKTON:** Representing the North of England in this U/20 Home Countries International is certainly one pinnacle of young Janine Stockton's athletic career and she marked it superbly with a fantastic 2000m steeplechase PB of 7:32.55 to round off a successful season.

Janine has been among the North's finest and loveliest endurance athlete who is returning to her best again! She launched her summer by becoming the Gt. Manchester 3km steeplechase Champion and followed by retaining her North of England 2k steeplechase Gold medal from last year with a PB of 7:35.09. Though 2nd in the race, because the winner was from Scotland, Janine was only later informed by NOEAA that she had won the gold medal. As a result she was selected to represent the NOEAA in the Inter-Area U/23 match at Derby that qualified her for this major London event. Janine is the sort of team player that every team manager would be proud of. She's enthusiastically represented the Club in all the major Leagues & Championships this summer by has been rarely out of the top three in the 400m hurdles, 800m, 1500m and the various steeplechase event that are her favorite events. She improved her 2km S/C PB to 7:32.55, her 1.5km S/C to 5:28.3, 1500m to 5:01.2 and her 400m hurdles to 74.64. Well done! Janine.

**SOPHIE HITCHON:** Representing the North Sophie was a convincing winner once again with a throw of 54.26m. Everything that can be said about this young amazing hammer protégé and her fantastic summer of records has been documented elsewhere.

**ALEX SMITH:** Britain's No.1 junior hammer thrower for the past two years notched up his 13th victory of the 23 competitions he participated in this summer.

# Sophie Hitchon

## has added to her incredible haul of National titles and records

One of the most talked about young athletes this summer has been **SOPHIE HITCHON**. A member of Pendle AC, she competes 2nd claim for SHM. Sophie has claimed a superb double, winning in the hammer at the England Athletics Under 17 Championships at Don Valley, Sheffield – with a championship-best throw – as well as taking gold at the UK School Games in Coventry, breaking her own personal best and increasing her UK Under 17 record. The Burnley-based 16-year-old is already the North of England Under 20 and Under 17 champion, Lancashire Schools' champion, and is ranked number one in the UK Women's Hammer in the Under 17 and Under 20 age groups, and has broken into the overall UK top 10, including seniors. In Sheffield, Sophie won the hammer title with a best throw of 53.18m, Sophie produced a superbly consistent series of throws, to win by more than six metres and better the previous CPB of 48.79m. Then at the second UK School Games, Sophie went even further to win the hammer and smash her own PB, with a throw of 54.56m, extending her UK Under 17 record, Sophie's stunning year, started back in April, she broke the Under 17 UK

record in Hull, with a best throw of 49.61m. A month later, she improved her record, throwing 50.42m at the Northern Athletics Under 17 Championships at the South Leeds Stadium, also a Championship best, Sophie wasn't finished there as she threw 52.30m at the Northern League in Cleckheaton, before her North of England Championship exploits, where she went out to 54.38m. Sophie capped off a fine season with a throw of 53.20m to win the National Junior League Final held at Derby, a victory that sees her unbeaten all season in National Junior League Matches. Well-done Sophie!



# success for alice

June and July proved to be highly successful months for Sale Harrier, Alice Fitton.

First up, Alice, (who trains with Colin Hardman's group at Wythenshawe Park), won The West Midlands Region Modern Pentathlon by some considerable distance, against a high quality field from all over the UK.

Next, she travelled to Portugal with The Great Britain Squad to challenge the best 'Multi-Disciplinary' Athletes in Europe in The Copo Atlantico Cup, (a Modern Triathlon event). Despite having to compete in the under 15yr age-group, 13yr old Alice not only won the competition, but secured 'Best run' and 'Best swim' in the process!

Following on from this success, Alice competed at The National Age-Group Swimming Championships at Ponds Forge, Sheffield, where she posted 'Personal Best' times in each of her five events. The most impressive claimed 5th place in the 200 meter Individual Medley Final in a time of 2.32.08.

Last, but by no means least, Alice travelled to Millfield School, Somerset, to contest the focus of her season, The British Modern Pentathlon Championships. The event

consists of Epee Fencing, .45 calibre target pistol shooting, Equestrian Show Jumping, 100 meter Freestyle Swimming and a 1000 meter Cross-Country Run. Another performance of supreme quality saw Alice, who maintained an unbeaten record in Modern Pentathlon throughout the entire 2006/2007 season; attain the title 'British Modern Pentathlon Champion' for the second year in succession.

Following a short holiday, Alice is off to Hartpury College for a National Training Camp with The Modern Pentathlon World Class Development Program, to prepare for the new campaign.



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# NORTH OF ENGLAND LEAGUE & CUP

**Alison Pye**  
(Women's Team Manager)

We welcomed Wigan and District AC and City of York AC into the first division along with the stalwarts of Leeds AC, Trafford AC, Wakefield AC and ourselves.

The first meeting took us to South Leeds Stadium. The highlight of the match was **LAURA DOUGLAS'S** new league record of 59.89m in the hammer. Other excellent early season performances came from **JO DAWES** and **LAURA SIDDALL** in the 800m, 400m and relays, **DONNA RIDING** (1500m), **ALISON PYE** (3000m), **VICKY UTLEY** and **DANIELLE PARKINSON** (400m Hurdles). The men had a weakened team which lost us points but well done to **ANDY WEBSTER** and **MIKE DRABBLE** who stood into the breach & covered a range of events between them picking up valuable points. **ADAM ELLIOTT** had a successful return to the team recording 3rd in the 800m and **COLIN GELL** backed him up with 3rd in the 5000m. Unfortunately we didn't start the season as planned and finished the day in 6th position.

Wigan hosted the second match at Robin Park Stadium. An improved men's team saw excellent performances from **GARETH RAVEN** (5000m), **ANDY WILKINSON** (200m & 400m), **GARETH JONES** (400m) and **TOM MARTIN** (100m). On the women's side **LAURA SIDDALL** and **JO DAWES** again both recorded victories in the 800m, as did **JENNY IGBOKWE** (100m), **KATH SHERRY** (400m), **GRACE SMITH** (100mH), **DANIELLE PARKINSON** (400mH), **VICKY UTLEY** (100mH & 400mH), and **NICOLA CAHILL** (Long Jump). **TINA THIRWELL** also made a welcome return after a few years absence from the sport. A slip up in paperwork meant that we did not receive points for providing officials on the day, which if we'd had these points we would have finished one place higher. We finished 4th in the match moving us up to 5th in the league.

We were at home for the third match in the excellent facilities at Sports City. Faced with being relegated, we had to ensure we improved our league standing over the final 2 matches. We achieved this finishing 3rd on the day, improving

## Better Than Expected

After finishing third place in the league last year we started this season with the aim of finishing at least in the top 3 and hopeful of challenging Trafford and Leeds who finished above us last year.

our league position to 4th and moving us out of the relegation zone. Notable performances were: **CHARLOTTE WOODS** (1500m), **DANIELLE PARKINSON** (400mH), **INDEA GARLICK** (Triple Jump) and **ANNA OLKO & HELEN TAYLOR** (Pole Vault). Under 17's **LILY FREESTONE**, **AMY REGAN** and **LAUREN WOODCOCK** all made their debuts at senior level and preformed very well at this level, boding well for a successful future for these girls. Among the men there were: **TOM MARTIN & ANDREW ROBERTSON** (100m), **MAYEF ABED** (200m), **AZMI SABATI & THEO TRUMPET** (Shot), **MIKE GLADDERY** (Triple Jump) and **ANDREW SUTCLIFFE & MATT CULLEN** (Pole Vault).

At the final match at Trafford everybody gave their all. **NICOLA CAHILL**, **JENNY IGBOKWE**, **ROBYN RASHFORD**, **ABIGAIL HEYWOOD** and **LAURA**



LILY FREESTONE



AZMI SABATI



JOANNE DAWES



GARETH JONES



TOM MARTIN



VICKI UTLEY



ADAM ELLIOTT



KATHERINE SHERRY

**SIDDALL** all had an excellent afternoon as did **ANDY WILKINSON**, **ROGER MAHON**, **SAM ASPINAL**, **ROB FLANNERY**, **DOREL GRETA** and **MATT CULLEN** for the men's team. The highlight of the afternoon was a very classy performance by the 4 x 400m relay squad of **LAURA SIDDALL**, **AMY REGAN**, **LILY FREESTONE** and **NYOMI CANDLIN**, 3 of who are only under 17 athletes. We even roped in **DANIELLE PARKINSON** who had come to support the team and she secured first place in the javelin. **LYDIA WICKSTONE** again picked up valuable team points after a late call up and **JO BIRCH** and **VICKY UTLEY** did the double in the Triple Jump. **ALICE BALL** and **JANINE STOCKTON** ran excellent 3000m's in the heat again securing good points. **DAN AUGUSTUS** returned to competition and recorded an excellent 2nd place in the 5000m, proving to be a crowd favourite along the way. We recorded our best team performance of the season, finishing in second position and securing a final fourth position in the league.

Fourth was slightly below our expectations and isn't an accurate reflection of some outstanding performances shown throughout the season. For the 2008 season we need to ensure we field full strength squads if we are to successfully challenge Leeds AC for what would be their 4th successive title in the first division.

## Northern Cup

It was then onto the Northern Cup competition to round off the season. In the qualifying round we had been drawn in the stronger half of the draw, where we comfortably finished 2nd to Trafford, and above Blackburn and Liverpool.

The final took place at Blackpool. The team was heavily depleted due to holidays, injuries and the National Junior League Final the following day. We exceeded our expectations at the end of the busy season and finished 2nd behind Trafford AC. This was achieved due to all athletes giving there all and covering events in which they wouldn't usually compete. **NICOLA CAHILL** competed in 6 events, **LAURA DOUGLAS** covered the throws, **MATT CULLEN** had a successful afternoon in his events, **JAMES BAILEY** doubled in the 10 000m and the 5000m, **ALISON PYE** ran the 3000m after only 2 weeks training due to a long layoff with injury, **DANI PARKINSON** competed even though she had been ill all week, and under 17's **LATEEFA BURTON** and **LILY FREESTONE** made valuable contributions to the middle distance and relays. Well done to all involved and hopefully we can build on this result next year.



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# ENGLISH SCHOOLS CHAMPS

*Fechin McCormick*

## REBEKAH WILSON INTER 100m GOLD 12.02

Rebekah was arguably the club's most successful athlete in this year's schools championships. The Gt. Manchester 100m Schools champion not only won Gold but, the following week, won Gold again in the Home International Schools 100m with a PB of 11.91. She is a multi Gt. Manchester Schools champion who has had tremendous success in these championships. In 2005 she became the U/15 100m bronze medallist; in 2006 she was the U/17 silver medallist who won the UK Schools Bronze sprint medal.

## ANDY ROBERTSON INTER BOYS 100m GOLD 10.72 RELAY SILVER

In the Gt. Manchester championships Andy's 11.07 broke the existing record by a massive margin of 0.4 seconds. Last summer he made his international sprint debut and is currently the Gt. Manchester County & Schools 100m champion with a PB of 10.60.

## DARREN HAMMOND SENIOR HIGH JUMP SILVER 2:05m

Last year Darren had to pull out of the English Schools whilst in the silver medal position as a result of injuring his back. This year's Britain's U/20 high jumper secured his well deserved silver medal - to add to his list of other titles this year - Gt. Manchester Champion, Gt. Manchester Schools Champion, NoEAA U/20 Champion and England U/20 silver medallist.

## LAURENCE FITCH SENIOR LONG JUMP SILVER 6.86m

Laurence is 2nd claim for SHM from Corby AC and is a promising young decathlete. En route to the English Schools he became the Warwickshire Schools Long jump and 110m hurdles champion and won the bronze medal in the Midland Championships U/20 Championships. His English Schools silver medal was also a long jump PB.

## MIKE EHLEN INTER BOYS HIGH JUMP SILVER 1.99m

Britain's No.3 U/17 high Jumper continued to improved with another PB of 2.02m that won him

The English Schools Championship, acclaimed as the Schools Olympics, brings together Britain's most talented young athletes all of them representing their counties and schools. Many are among the best in the land and it is here you can look for those who might be representing Britain in the London 2012 Olympics. Sale Harriers had 28 athletes participate and of these Manchester schools had a total of 16 finalists in the sprints events which is a tribute to Manchester Leisure's Development programmes, Sprints Academy, Schools Indoor events and Street Sprints initiative. Twelve returned with a tally of 2 gold medals, 10 silver medals and one bronze medal. To have simply competed in this championship is already a tremendous achievement so congratulations to everyone who took part. The Championship this year was sponsored by Sainsburys and held at the Alexander Stadium, Birmingham in July. Our club chairman, **DAVID BROWN CBE** was a chief Starter as he has been for many National T & F Championships this summer.

the Merseyside Schools Championship title. He adds this to being also the County High Jump and Triple Jump Champion. He also won the Midland Schools Inter-Counties Mason Trophy.

## HARRIET PICKLES SENIOR TRIPLE JUMP SILVER 11.86m

North Yorkshire's County & Schools triple jump Champion was not completely fit thanks to a persistent foot injury but still posted a good time to win a magnificent silver medal. Coached by Wilf Paish she has a bright future and also excels in the long jump.

## ROBYN RASHFORD SENIOR 200m 4TH 24.89 RELAY SILVER

Last year's U/17 200m English schools bronze medallist and the 2006 UK Schools Bronze medallist was competing in her 3rd championships this time as a senior. As a result of a magnificent 24.47 PB in the 200m in the North of England U/20 Championships the week prior to the Championships, she ranked 7th in the under-17 UK listings.

## KATHERINE SHERRY SENIOR 400m 7TH 57.63 RELAY SILVER

Katherine has had tremendous success in these Championships. The four times Gt. Manchester 200/300m Champion, this year added the County silver and Schools medal to her collection. Having had a year frustrated by injury she was particularly pleased to have won this year's silver relay medal to add to the relay gold she won in 2006 and the U/15 300m silver medal and International Schools 300m & 4 x 300m relay gold medal in 2005.



Robyn Rashford



Nathan Roach

## NATHAN ROACH INTER BOYS 100m 7TH in semi-final 11.34 RELAY SILVER

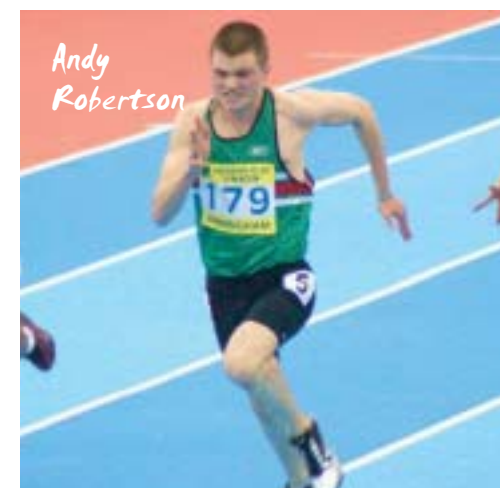
Nathan qualified by becoming the Gt. Manchester Schools 100m champion. He is also the 2007 Gt. Manchester U/17 sprint double champion. He will be particularly pleased with this relay silver medal.

## NAYEF ABAD INTER BOYS 100m 7TH in semi-final 11.52 RELAY SILVER

The Gt. Manchester 100m bronze medallist is a Club newcomer and already he's got people talking because of his sprint ability. Keep it up Nayef!

## ALEX ADCOCKS INTER BOYS 200m 5TH in heats 22.93 RELAY SILVER

Though he did not qualify for the final, the Gt. Manchester Schools Champion for the second consecutive year and 3rd in the Midland Schools Inter-Counties Mason trophy rose to the big occasion and produced a magnificent PB.



Andy Robertson

## JOSH OGUNTAYO JUNIOR 800m BRONZE 2:2.36

This young sensational middle distance athlete is the 2006 & 2007 Gt. Manchester Schools Champion. In the week prior to winning this English Schools silver medal he clocked a PB of 2:01.78 at Trafford Open Meeting.

## JAMES LELLIOTT U/15 TRIPLE JUMP 4TH 11.39

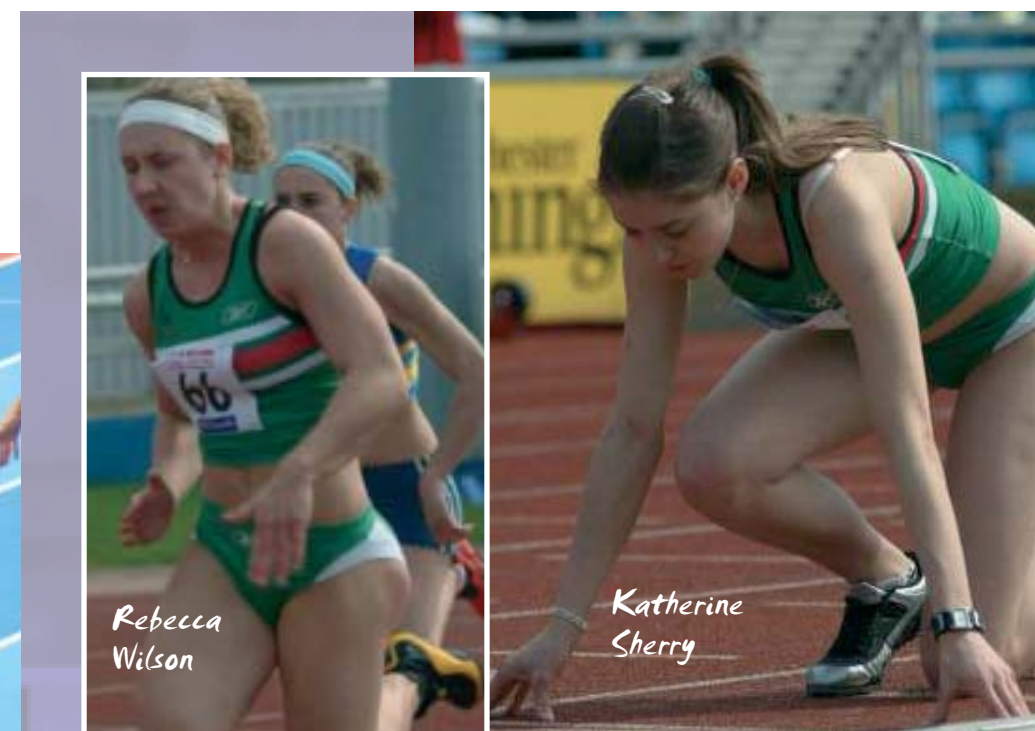
James is a multi-event athlete and he qualified as the Somerset Schools champion and later added the Somerset County and South-West Inter-County Schools Triple Jump titles (where he recorded his PB of 12.46) to his list of summer success. He is also the double Somerset County & Schools long jump champion.

## JAMES WRIGHT SENIOR LONG JUMP 5TH 6.74m

The Cumbrian Schools Long Jump and High jump Champion and Inter-County Schools Multi-Events Champion (NW) produced his lifetime best performance of 6.84m in the run-up to these championships.

## RACHEL FLEARY SENIOR JAVELIN 6TH 37.39

Hampered by an ongoing back injury Rachel was not at her best and has experienced a difficult season. Nevertheless, she became the Cumbrian Javelin Champion in May and in June progressed to become the Cumbrian Schools Javelin Champion and also won silver in the Shot Putt - both with lifetime best performances. With a good winter behind her she should fulfil her promise as one of the country's best young javelin throwers.



Rebecca Wilson

Katherine Sherry



Darren Hammond



*In partnership with City of Manchester Athletics*



## 7<sup>TH</sup> ANDREW BURGESS SENIOR LONG JUMP 7TH 6.70m

The Merseyside Schools Champion & NoEAA Silver medallist ranks 4th in the UK U/17 lists. He produced a magnificent PB in the National Junior League in the week before this championship.

## 6<sup>TH</sup> AZMI SBATI SENIOR DISCUS 6TH 41.55m

The 2006 Gt. Manchester Junior Shot Champion and this year's double junior Shot and Discus County champion was 6th in his first year as a senior. Last year he competed as a shot-putter for the English team in the UK Games.

## 7<sup>TH</sup> STEVEN BUTTERWORTH INTER BOYS 400m 7TH 50.63

In the Gt. Manchester Championships, Steven ran the English schools qualifying time in the heats with a time of 51.1. As a result he did not run the final - which he would have easily won.

## 7<sup>TH</sup> NIALL BROOKS INTER BOYS 800m 7TH in semi-final

Niall has just joined the Club and ran the qualifying time in the Gt. Manchester Championships with a magnificent 1:59.8 for 2nd place. With hardly any training he then ran a PB of 1:58.95 in the English Schools heats. Though only age 16 he also earlier ran 1:59 for 2nd place as a senior in the NoEAA league

## 17<sup>TH</sup> MIKE GLADREY INTER BOYS L/JUMP 17TH 5.53m

Mike is the Gt. Manchester Triple and Long Jump County Champion and Long Jump Schools Champion. He produced his lifetime best of 6.17m a week later in the Midland Schools Inter-Counties Mason Trophy.

## ANDREW SUTCLIFFE INTER BOYS POLE VAULT

This is the second successive year that Andy has had an unsuccessful championship because he 'no-heighted' in the pouring rain. He came to the Championship as the nation's 5th best U/17 pole vaulter who had retained his Gt. Manchester Schools title and is also the County Champion.

## 4<sup>TH</sup> ABIGAIL HAYWOOD INTER POLE VAULT 4TH 3.35m

Last year's ESAA Gold medallist and UK Schools Gold medallist came within a whisker of improving her 3.61m PB demonstrating her return to top form. She retained the West Yorkshire Schools Champion title in qualifying and currently ranks 4th in the UK.

## 14<sup>TH</sup> ELEANOR FLANAGAN INTER HIGH JUMP 14TH 1.49m

Eleanor came as the Gt. Manchester Schools champion for the 2nd consecutive year who had recorded a PB of 1.60m in the Midland Schools Inter-Counties Mason trophy three weeks earlier. The event wasn't her finest hour! Said her team manager, "Eleanor has been invaluable to the YAL team this year and done everything from TJ/HJ/100m/Relay/L.J. She is very committed to Sale and is the kind of athlete every team manager needs"



Phil Kennedy

## 7<sup>TH</sup> MARCUS WEBBER JUNIOR 100M 7TH in semi-final 12.01

Club newcomer Marcus won the Greater Manchester schools and the following week ran an English schools qualifying time whilst representing the club in the Young Athletes League at Cleckheaton.

## 9<sup>TH</sup> GREG APPLEBY JUNIOR POLE VAULT 9TH 2.85m

The Gt. Manchester double County & Schools U/15 Pole Vault Champion equalled his 2.85 PB recorded the previous weekend at the YAL in Hull which shows how tough his 9th place was.

## 7<sup>TH</sup> TYRA WATSON JUNIOR 800m 7TH 2:18.5

The Gt. Manchester County and NoEAA U/15 Champion ran a PB of 2:15.3 to become this year's Gt. Manchester Schools champion. It was in the English schools semi-final that she produced her best of 2:16.97.

## 4<sup>TH</sup> SARAH BARKER JUNIOR 1500m 4TH 4:34.61

Sarah just missed out on a well deserved medal! This year's U/15 NoEAA 1500m Champion and U/15 Gt. Manchester cross-country & NoEAA

cross-country Champion broke a 30-year old record in retaining her 1500m Gt. Manchester title. Her time of 4:35.4 smashed the record previously held by fellow Sale Harrier Pauline Clarke who is still winning medals in world vets events as Pauline Atkinson (Macclesfield AC)

## 4<sup>TH</sup> DANIELLE BENTLEY JUNIOR JAVELIN 6TH 31.13m

The Cheshire double County & Schools U/15 javelin champion who also won the silver medal in the Midland Schools Inter-County championships broke her PB at the Trafford meeting in the build-up to these Championships and her 31.48m now ranks her just outside the top ten U/15 javelin throwers.

Several weeks after these championships the following were selected to represent their School and region at the 2nd UK Games held in Coventry.

Again, we congratulate the following who won valued medals there:

GOLD HIGH JUMP MIKE EHLAN  
SILVER 100m SHAUNNA THOMPSON  
BRONZE POLE VAULT ABIGAIL HEYWOOD



# the sizzlers

There's not much more to be said about this year's Reebok Manchester 4 x 5k Sizzlers that's not already been extensively discussed. Results have been pored over and the inquests held so no need to repeat them. What have become known as "The Sizzlers" are a very popular and established part of the Manchester summer running calendar and in this 6th year of the series attracted an average 400 participants in each event despite the inclement weather for three of the runs. It has continued to grow year on year and this year's feature has been the commendable initiative of MIKE HATCH & JOANNE STREET of organising an internal club competition. This further resulted in a superb combined social evening both to thank the helpers and to award the prizes that took place at the Hare & Hounds in Timperley. Over 60 enjoyed a mouth-watering carvery and a memorable evening of conviviality.



# multi-events

The club's multi-eventers have also excelled through the summer. This group, because of their range of disciplines, particularly made a big contribution to the club's success in the various leagues.

**JOE LANCASTER:** Joe's objective this year was to make his Indoor and Outdoor International debut. Congratulations to him – he did both! In a year in which 'A' Levels took priority, he had a breath-taking season of competition – a highpoint of which was becoming the AAA U/20 Decathlon Champion. Now at Brunel University – the powerhouse of multi-events, he currently ranks 4th in the UK. With all above him moving into the senior ranks, he'll surely be Britain's No.1 next year.

**JAMES WRIGHT:** Following his early summer County & Schools Championship Titles, James was 3rd in the Inter-County Schools Multi Events Championships where he increased his overall point score to 5423 recording a decathlon PB. In August, he finished 2nd in the SEAA Multi-Events Championships at Bedford and further improved his decathlon PB to 5813 points. He also represented the club well in the long jump and hurdles at 2 rounds of the NJL Final. He hoped to finish in the top five

at the National Schools Finals at Exeter in late September.

**JAMES DAVIES:** In only his first year in the U/17 age-group James has had a fantastic summer! In the YAL he was never out of the top three winning major team points in the 100HY, High Jump, Long Jump, Pole Vault and 400m hurdles. In the YAL Final, he recorded a PB in the 100HY. A tribute to his growing ability is how he also represented the club in the much older National Junior League.

**JENNIFER SIMMONS:** Jennifer represented the club brilliantly in the Young Athletes League and was never out of the top three in the Long Jump, 300H, 80HI, High Jump and 100m hurdles all summer winning valuable team points and improving almost all of her lifetime best performances. She also became the Gt. Manchester Champion in the Long Jump, 300 hurdles and 100m and topped her summer representing her County & School in the England Schools Combined Event Championships.

**NICOLA CAHILL** has also had a good season. She improved all of her PB's and total points scores; won the UK Combined Events Challenge at Woodford Green in May

and had a good England Multi-Events Championship in June when she finished 7th. She's been a particular asset to the North of England League team through the summer.

**LAWRENCE FITCH:** Following his fantastic silver medal and PB in the English schools Championships, 2nd claim Laurence continued his superb summer with three PB's in the javelin (37.45), high jump (1.80m) and 100m (11.60) at the final National Junior League match at Grangemouth.

**ANDREW LAURANCE** is also 2nd claim from Corby AC. He finished 6th in June's England U/20 multi-event championships at which he recorded a lifetime best junior decathlete points score of 6273 points that now ranks him 9th in the UK U/20 category. Over the same weekend he recorded no less than 5 lifetime best performances.

**JACK ANDREWS:** 15-year old Jack is coached by Chris Bartram and, though only in his first year, is already very highly ranked nationally. His athletic pinnacle to date was his international debut in a Home international match this summer.



In partnership with City of Manchester Athletics



# World Trials & UK Championships

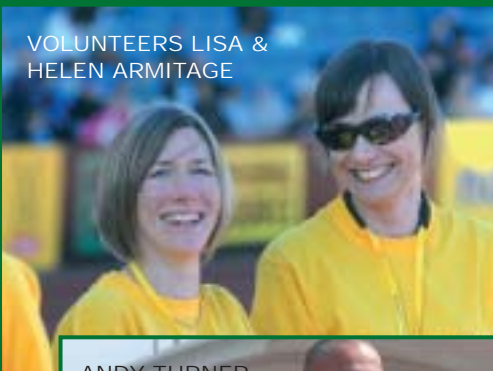
This year's Norwich Union World Trials & UK Championships were held in home-territory, Sportcity, for the 3rd consecutive year. It was a 3-day televised festival of top-class athletics – no-one gets to these championships unless they are among the best in the land. We had 40 athletes compete in 18 disciplines and between them won 3 gold medals, 4 silver medals and 3 Bronze medals and a host of lifetime best and season's best performances. Selected to represent Great Britain & Northern Ireland in the 11th IAAF World Championships in Osaka, Japan in August were ANDY TURNER (110m hurdles) and KATE DENNISON (Pole vault). ANDY NELSON was later drafted into the team to replace injured Dwayne Grant in the 4 x 100m relays. We also add Britain's most exciting 800m prospect, MICHAEL RIMMER (Liverpool Pembroke & Sefton), to our congratulations. Michael trains at Wythenshawe with top National coach's NORMAN POOLE

The World Trials weren't just about the athletes! Our partners, Manchester Leisure, promoted a superb Championship (and even arranged the best weather of the summer!) and spared no expense in showcasing Manchester.

The Trials were also about the army of volunteers, many of them club members brilliantly organized by MORRIS JEFFERSON, who pushed hurdles; marshaled spectators, paraded as baggage carriers and ran errands, and without them this festival of Sport would have been very much more difficult.

..and we mustn't forget the Club Officials. Foremost among them was Chief Starter, club chairman DAVID BROWN CBE, his wife CAROL, ALISON SMYTHE and BRIAN SPRIGGS.

VOLUNTEERS LISA & HELEN ARMITAGE

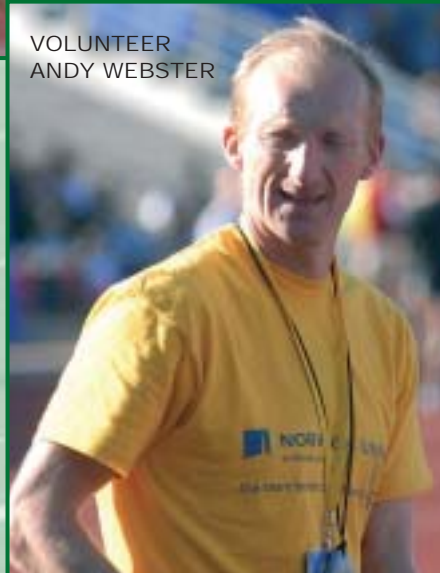


ANDY TURNER



LUCY EVANS

VOLUNTEER ANDY WEBSTER



## Gold ANDY TURNER

ANDY TURNER, our Commonwealth Bronze medalist and Britain's No 1 Hurdler retained his 110m hurdles title with an emphatic run and booked his place for the World Championships in Osaka. "I'm in great shape" he said. In the 200m he looked good in the heats but pulled up with cramp in the semi final.

## Gold KATE DENNISON

Commonwealth Games finalist and Britain's No.1 pole vaulter, Kate won her first national outdoor title clearing 4.20m in difficult windy conditions. This was her 9th outdoor competition in a busy summer five of which were international matches in Germany, Czechoslovakia, Finland and France. Her season's best of 4.31m came in Prague directly prior to representing Britain in the European Cup in Finland where she finished a magnificent third.

## Gold PHILIPPA ROLES

PHILIPPA ROLES was pushed throughout the rounds by rival Emma Carpenter but she triumphed to win her 4th National Discus title and 9th top three places in these championships. Despite hanging up her throwing shoes last season out of frustration the third-best Briton of all time has been Britain's No.1 since 2004; the Welsh Champion for nine years and British & Welsh representative at Olympic Games, Commonwealth Games & European Championships.

## Silver MIKE FLOYD

MIKE FLOYD produced a great throw of 67.16m for his third successive silver medal at these UK Championships – great news considering he'd been struggling with a back injury. This was just one of five solid performances this season. The Inter-County Hammer Champion for the past three years, he had his season's best throw of 67.96m two weeks earlier at the Varazdin Throws Festival in Croatia. He also has the unbeatable record of having won six NoEAA hammer titles in a row and eight in total (1998, 2000, 2002/3/4/5/6/7)

## Silver ALEX NELSON

The European Junior Champion from the previous weekend. Alex scorched to his first senior UK medal, getting silver in the 200m, after leading for 190m. This promising sprint protégé has been taking the world by storm this summer (see elsewhere!). If he did not have the 3 rounds from the European championships still in his legs he probably would have won.

## Silver REBECCA WHITE

REBECCA WHITE grabbed a superb triple jump silver with a PB of 13.17 in the final jump – her best performance in this championship. Her 8th place in the long jump was below her expectations. Becky's outdoor season began when she won triple jump bronze and long jump gold in the Inter-County Championships (May). She was a loyal stalwart in the women's UK League victory and she retained her Welsh Triple Jump and Long Jump titles for the 3rd consecutive year.

## Silver LAURA WHITTINGHAM

Laura's 52.88m javelin throw was not only a substantial PB – a 71 cms improvement, but won her the senior silver medal to add to last year's bronze medal. Following her early season Inter-County javelin gold medal, she went on to win silver at the England U/23 Championships and also take her first Welsh Javelin title.

## Bronze KIEREN KELLY

KIEREN KELLY maintained his improvement in the Shot and his bronze medal was his first senior medal at the UK Championships. This went hand in hand with him making the final at the European U/23 Championships earlier in the month. En route, he recorded his season's best and PB of 17.97m at May's Loughborough International. Another of his season's highpoint was the victory in June's England U/23 Championships in Bedford.

## Bronze LAURA DOUGLAS

Won her best ever hammer National bronze medal in this senior Championship with a throw of 61.86m. Her series consisted of 5 throws over 60m (3 of which were over 61m, particularly impressive considering she lost a month of the season following an eye operation. For the 2007 North Wales Champion, this medal came on top of a superb PB of 62.10m at July's Throwsfest in Croatia – a throw that now ranks her 4th in the UK. She also won a silver medal in the Welsh Championships directly prior to these championships.

## Bronze STEPHANIE PYWELL

Britain's promising U/23 high jumper retained her senior bronze medal and topped a great summer that began in May with a lifetime best of 1.90m at the Loughborough International that secured her the dream of competition for Britain in the European Cup in Finland in June where she finished 4th for Britain.

## TATUM NELSON

TATUM NELSON was the first of the Club trio in the 400m 'B' Final with SARA TOMLINS & REBECCA SWEENEY coming second and third. Having run a PB in the heats, Tatum improved it further to win in 53.80 – particularly pleasing in that his was only her fourth major competition in 18 months.

## SARA TOMLINS

SARA TOMLINS came second in the 'B' 400m final with a season's best in the heats and improved it further to 54.93 in the final. The 2007 Sussex 400m Champion and 800m silver medalist has been a valued team member in the UK Premier League victory this summer.

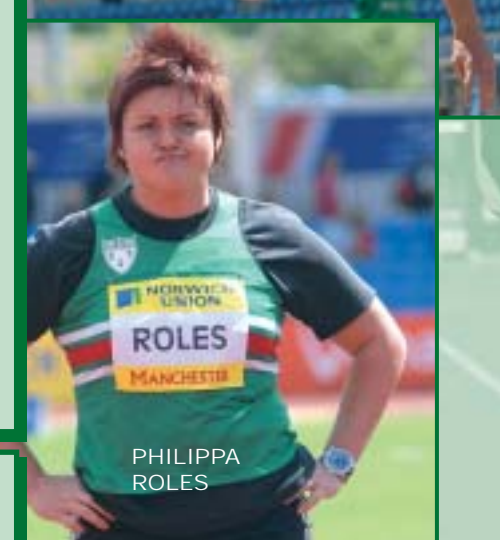
ADELE LASSU



REBECCA WHITE



PHILIPPA ROLES



SONIA THOMAS





### REBECCA SWEENEY

REBECCA SWEENEY came third in the 'B' 400m final in 55.01. The NoEAA Indoor 400m Champion and British Universities Indoors 400m Champion has had a busy summer of competition. Her race in the UKWL match in Birmingham prior to these championships would have won her the silver medal.

### SONIA THOMAS

A 3000m steeplechase medal again eluded Sonia having missed out in the past two Championships. Though a little off her best of 10.15.24 set at the BMC (Watford) in 2005, her 10.20.24 was still a season's best.

### LAURA SIDDALL

LAURA SIDDALL has had every reason to be pleased for, though she didn't qualify for the final, recorded a PB of 2:10.82. This was Laura's eight 800m race of the summer three of which has been helping the women team in the North of England League.

### JENNA HILL

At last fulfilling her rich promise, Jenna recorded 4:24.94 in the 1500m heats which was close to her PB. In the journey to these Championships, Jenna had a tremendous summer. The British University 2k steeplechase bronze medalist became the Gt. Manchester County 1500m & 3k Champion. At the England U/23 championships, she recorded her 3k s/c best of 11.07.77 to win silver. In July she ran her 2km s/c PB of 6.55.19 and then the week prior to the UK Championship, clocked her fastest ever 1500m (4.23.87) at the BMC Grand Prix at Sportcity

### ADELE LASSU

Fifth place in a senior championship was an excellent performance for one of Britain's best U/20 high jumpers. She had an excellent season that began with taking the Yorkshire high jump Champion (May). She then took gold in the NoEAA U/20 Championships in a superb PB of 1.82m that qualified her for the European Junior championships in Hengelo (Netherlands).

### DAVE BRACKSTONE

DAVE BRACKSTONE was very disappointed not to make the 400m hurdles final after he recorded a season's best of 52.75 and 9th overall in the heats. He was looking to improve on his previous best of 6th at these championships.

### ANDY HOPKINSON

ANDY HOPKINSON ran well to 250m in the 400m hurdles heats, but having hit 3 hurdles hard, found the going tough down the home straight and finished 6th in 55.19. The Cheshire 400m hurdles champion had recorded a lifetime best of 53.24 at The Territorial championships just two weeks earlier and had hoped for better.

### DEBO ADEMUYEWO

DEBO ADEMUYEWO made the semi-final of the 400m and did himself justice with yet another sub 48 clocking in his first season at the event. He had rotten luck in the 200m, running into a 4.9m/s head wind! His season's highpoints came in June with a 47.59 PB at the same Sportcity venue in the BAL match and two further excellent performances in representative matches in Spain and Italy.

### SARAH HOLT

SARAH HOLT came to this senior championship as Britain's No.1 U/23 hammer thrower. Her 57.36m throw for 6th place was not only her best position but also her third best throw this summer and much further than when she won silver medal at June's England U/23 Championships. Prior to the championship she'd recorded a PB of 61.07m at July's Throwsfest in Croatia

### RYAN PALMER

RYAN PALMER, back with the club after a stint at Trafford, missed out on the 400m semi final by 1/100th of a second, despite battling an ongoing groin injury which meant he'd only had two 400m competitive races prior to these championships.

### RUTH WATSON

Finished 5th in the heats in 2:08.57 which was as good as could be expected on a breezy day. The Cambridgeshire 800m champion had recorded a PB of 2:06.21 at the BMC Grand Prix at Solihull the week prior to this Championship and was in good shape.

### ANDY WILKINSON

ANDY WILKINSON had a tough lane draw in the 400m and didn't progress past the first round. The Gtr. Manchester sprint double champion had good reason to expect more for he'd recorded a 200m season's best of 22.50 at a Trafford Open Meeting in June and a 400m in 48.80 at the BAL Cup semi-final at Wakefield in the run-up to the Championships.

### JAMES BAILEY

JAMES BAILEY produced a season's best of 9:07.30 in the 3000m steeplechase after a disjointed year blighted by injury. His best of 8:47.81 came at last year's BMC at Watford and he and his coach John Davies had hoped to dip into the 8:50's this summer. His 3k time of 8:25.59 is a season's best and not far off last year's 8:29.8

### GLEN COMISH

GLEN COMISH had a chance of a medal but was forced to retire with two laps to go because of a very sore Achilles. This was a bitter disappointment for Glen who had prepared well culminating in a fantastic PB of 8:34.92 at the BMC at Watford two weeks before these Championships. This ranked him 4th on the UK lists with a time that would surely have won him a medal – if not the race!

### IAN LOWTHIAN

IAN LOWTHIAN produced a magnificent 800m PB of 1.49.52 to qualify for the final as 7th fastest. With the slowest PB on paper, he claimed an excellent 5th place in the final and his 3rd sub 1:50 in a week and to mark real progression this year. Ian has been a team stalwart in the BAL.

### GRAIG ELLAMS

CRAIG ELLAMS' 57m hammer throw was down on his 58.70m season's best at the UK Challenge Throws match at Birmingham on July 1st. He is the current Staffordshire hammer Champion.

### ALEX SMITH

ALEX SMITH, Britain's young hammer protégé, though still a junior, claimed his best finish as a senior with 5th, hurtling the heavier senior hammer 63.37m. Prior to the Championship, Britain's No 1 Junior hurtled 70.04m for 5th place in the final of the European Junior Championships in Hengelo (Netherlands) and recorded his latest PB of 73.06m just prior to that at a throwsfest in Croatia. He also won gold in the England U/20 championships in June.

### LUCY EVANS

LUCY EVANS did not make it beyond the heats but had a superb summer launched with the sprint double at the British University Championships. Then followed the Loughborough Int. and the CAU Inter-Counties where she recorded her 200m PB of 24.53. She then represented Wales in Slovenska and recorded her 100m best in 11.91. She also added the Welsh sprint double title and the Northern Ireland 100m bronze medal to her repertoire.

### ALISON RODGER

ALISON RODGER came 4th in the Shot and 9th in the discus in an awesome summer of competitions. These included international matches in USA, three competitions in the Netherlands and July's Throwsfest in Croatia. At home she achieved a Discus PB of 48.85m at May's Edinburgh's Grand Prix and a Shot PB at June's UK League match at Sportcity. She also retained her Scottish Shot Putt Champion title for the 3rd consecutive year.

### ANDREW STANILAND

ANDREW STANILAND: It was great to have Andy competing again after over a year out with a serious left knee injury. His first valiant return had been in May representing Loughborough University in the Long Jump against the English, Welsh, Scottish and Northern Irish senior teams, as well as Great Britain Under 20's and a British Universities team. However, he had an unfortunate return for he tweaked his hamstring in his first attempt and was unable to continue.

### PAUL WALKER

In blustery conditions, Paul failed to record a height in the Pole Vault but he can be well pleased with his England U/23 Silver medal and 5.40m PB and representative vest at the European U/23 Championships.

### NICK NEWMAN

NICK NEWMAN has struggled of late with his Long Jump and, yet again, he didn't produce a legal jump. He spends most of his time in the USA where his 7.28m PB was recorded in May.

### MARK WISEMAN

Veteran Mark was delighted with his 4th place in the discus and believed with a bit more luck he could have claimed a bronze medal at the age of 37. With a military career, he's had a particularly successful summer with victories in the RAF President's cup, Army Championships and the RAF Championships as well as winning the UK Challenge Throws and a valuable BAL team member.

### NICK GAYLE

NICK GAYLE showed that he is firmly established at the top of UK hurdling with a great 6th place in the 110H. He's had a busy outdoor season with good performances at home at the Staffordshire & Inter-County Championships & The Senior Inter-territorial Meeting (Birmingham) and abroad at Cena (Slovakia) and the Lotto meeting in Belgium

### GERARD PAISH-PLUNKETT

GERARD PAISH-PLUNKETT launched his javelin year with a promising PB of 69.50m at the Rotherham Open in April. Some of his best throws since then were representing the Club in the BAL but these did not hit his new mark. He had hoped to launch further than 64.48m.

### ROB MITCHELL

ROB MITCHELL produced an outdoor season's best in the High jump to claim 6th, but injury earlier in the year had put paid to hopes of anything more. Our Melbourne Commonwealth Games finalist and multi-Welsh champion got injured after a successful winter indoor season in which he retained his title as the Welsh Indoor champion.

### GARETH RAVEN

GARETH RAVEN dropped down from his best distance to run the 5000m and his 14.41.60 was only 3 seconds short of a similar 5k in the BAL (Birmingham) two weeks earlier. He'd set his season's 1500m best of 3:56.10 the previous week at the Trafford Meeting and a 3k season's best of 8.45.36 at May's Trafford Meeting

### ROBYN RASHFORD

ROBYN RASHFORD is one of Britain's promising young sprint hopes. The 2007 Gtr. Manchester Schools Champion, Gtr. Manchester County silver medalist and NoEAA U/20 champion ran one of her fastest ever 100m (12.49) in the heats.

OTHER NATIONAL CHAMPIONSHIPS: **JER O'DONOGHUE** was second in the Irish Championships 100m after returning from injury. **GORDON KENNEDY** was disqualified from the final of the 400m, despite being a favourite to take a medal. **ANTOINE BURKE** managed 2nd place in the 400H in his last race prior to retirement and emigration to Australia. **ANTHONY McCREERY** broke the Irish Junior Record in taking Gold in the Pole Vault, with 4m90. **RIMANTAS MARTISAUSKAS** was third in the Lithuanian Championships Shot Putt. **SEVI SMITH** was 11th fastest in the 100m semi finals at the Canadian Championships and missed out on the final.



england u/17 & u/15 championships  
THE FUTURE LOOKS GOOD!  
Fechin McCormick

The Club had 11 athletes compete at the U/17 & U/15 England Championships that took place at Don Valley Stadium in mid-August. They returned with 6 medals – three gold, two silver and one bronze. It was also a weekend of top level competition when Power of 10 national standards were achieved in finals by 71 U/17 Men, 41 U/17 Women, 42 U/15 Boys and 40 U/15 Girls...

ANDY ROBERTSON  
U/17 200m GOLD ..... 21.51  
U/17 100m BRONZE ..... 10.60

Andy did very well with new PBs in the 100m (10.60) and the 200m (21.51) adding further Gold and Silver to the 100m Gold and the relay silver he won at the English Schools Championships. These round off an outstanding season of medals and PB's for Britain's best young sprinter.

SOPHIE HITCHON  
U/17 HAMMER GOLD ..... 53.18m

Sophie (featured elsewhere as 'a person to watch') has turned the U/17 Women's hammer into a solo spectacular in most of her competitions this summer and it was no different in this Championship. She turned in an immensely consistent series of throws – 52.37m, 53.18m, 50.88m, 53.13m, 51.61m, 52.93m – to win the England U/17 title by more than 6 metres and erase the CBP of 48.79m by Hayley Murray (Nuneaton Harriers) 12 months ago.

REBEKAH WILSON  
U/17 100m GOLD ..... 11.94

The girl who won English Schools Gold and Gold again at the Home International Schools Championships continued her fantastic sprinting achievements by adding the England U/17 100m Gold medal to her impressive list of titles and superb performances this summer.

DANIELLE BENTLEY  
U/17 JAVELIN SILVER ..... 34.26

Following her tremendous success in the Cheshire County, Schools & Midland

Schools Championships, Danielle won yet another medal – this time U/17 England silver. She did it in superb style with her latest PB of 34.26 that moved her to 6th on the UK rankings from just outside the top 10 earlier this summer.

SHAUNNA THOMPSON  
U/17 200m SILVER ..... 24.62

Britain's No. 1 U/17 sprinter had not been defeated in nearly 30 races over 12 months until she got injured in mid-summer & made her comeback with this silver medal. Her promising future is back on track for, two weeks later, she not only won another U/17 silver medal in the UK Schools Championships but broke her 100m PB in the process to record a new best of 11.88

JENNIFER SIMMONS  
U/17 300m HEATS ..... 45.53

Jennifer was just two seconds short of the PB of 46.51 she clocked in the North of England U/17 300m hurdles Championships. One of her summer highlights was to win the Gt. Manchester 300m hurdle title. The 300m hurdles is just one of about 8 disciplines that pentathlete Jennifer has competed in through a very busy summer for her.

STEPHEN BUTTERWORTH  
U/17 400m 7TH ..... 50.48

Stephen ought to be pleased with his summer competitions of for he progressed his 200m and 400m lifetime best times. His best 400m performances of 50.00 & 50.06 came whilst representing the Club in the National Junior League where he won valuable team points for top performances.

JAMES LELLITT  
U/17 TRIPLE JUMP 4th ..... 12.41  
JAVELIN 12th ..... 40.55  
LONG JUMP 9th ..... 5.78

James is another of our talented multi eventers. The triple jump is currently his

strongest discipline and this summer he became the Somerset Schools Triple Jump and Long Jump champion, achieving his triple jump PB of 12.46 at these championships. He later added the South West Inter-Counties Triple Jump title to his list of victories (including a long jump silver medal). Though he finished 9th in the long Jump his 5.78m was a lifetime best performance.

ABIGAIL HAYWOOD  
U/17 POLE VAULT 4th ..... 3.50m

This was another 4th place for Abigail following the same position in July's English Schools Championships. Last year's No.1 young pole vaulter hasn't had the same success as last year but such is her immense talent she will be back just as successful next year.

MIKE EHLEN  
U/17 HIGH JUMP 12th ..... 1.86m

It was just a bad day at the office for Mike with an uncharacteristic 12th place. Following an outdoor season in which, as Britain's No 3 High Jumper, he won 12 out of 17 competitions that included Merseyside Schools and County medal. He probably needed a rest!

KATIE BYRES  
U/15 POLE VAULT 4TH ..... 3.00m

This was a massive PB for multi-eventer Katie who had only two previous pole vault competitions this summer and now places her 6th in the U/15 UK rankings. She began a tremendous summer of competition when she became the Derby County High Jump silver medallist in May and then went on to achieve new lifetime best performance in the 75 HG (12.50m) and high jump (1.45m ) at the North of England T & F Championships. Another summer highpoint was to become the Derbyshire Schools 75HG Champion in June.

TRAFFORD 10K

PAUL GREEN (31.58): The last time Paul ran this course was in Spring 1999 when he clocked 30.14. Is the 2000 Northern Cross-Country silver medalist sharpening up for the cross-country season?

GARY ROWLINSON V40 (36.05): This was a rare 10k outing for Gary & his first on this course – confident from a season's best 5k in the August Sizzler.

LEE WOODS (36.26): Another PB for Lee. On this course he's six seconds faster than when he first ran it last March!

JAMES LEWIS (37.21): Last autumn James clocked 37.17 on his first run on this course.

CHRIS BRATT (37.39): A PB by nearly half a minute! Excellent!

RICHARD WILSON (37.48): Richard's time was identical to last year –commendable consistency!

PAUL ROWLEY (38.17): A PB by over a minute! Well done! A commendable result!

BILL FOX V50 (39.02): When Bill last ran this race in 2003 he clocked 37.17. With low 18-minute times in three of this year's Sizzlers, this was a below par performance.

JOHN BATTERSBY V45 (39.59): With 5k times in the Sizzlers generally faster than last year (when he clocked 39.18 in this race), this was a below par performance.

TONY LYTHER V60 (44.43): Tony had hoped to be faster following being 30 seconds quicker at Birchwood - but he'd been feeling tired in training.

WARREN BOWDEN V40 (45.05): A rare 10k outing and his first on this course.

DAVID GILL (45.28): A vast improvement on 2002 (48.14) and on August's Birchwood 10k (45.48)

ROBERT CLARK (48.05): a good benchmark.

IAN HOBBS V50 (49.25): His fastest for a decade – since he became a vet!

JENNY CLINK L (49.48): her best ever on this course! Well done!

AUDREY GRESTDY L45 (54.35): Audrey clocked 58.16 in March 2006. What fantastic progress!

DON GEORGE V70 (57.45): You'd have thought our club's longest serving member (52 years a member!) would be the first O/70. Well! He was 4th. Well done!



BIRCHWOOD 10K

The club was well represented in this year's Birchwood 10K. LEE WOODS (36.16) was first home in 41st place followed seconds later by JAMES LEWIS in 36.32. JOHN BATTERSBY continued his confident form by breaking the 40 minute barrier on 39.49. PAUL CAPEY (40.35), returning to fitness, also did well to finish 146th followed by O/55 PAUL THOMSON who clocked a heart-warming 42.34. It was great to have O/60 TONY LYTHER (44:10) back racing again and he pipped MARK FERNS who had defied the deficit of a good night out on the beer and curry to cross the line in 44:23. DAVE GILL clocked 45:48, ROBERT CLARK 47:18, NAOMI STONE 50:04 and AUDREY GRESTDY 54:05



SALE '10'  
Fechin McCormick

Organiser Morris Jefferson would have been pleased to have had 267 entries wind their way around the 4 lap flat Wythenshawe Park course. They were led home by zippy international Peter Reilly (Leigh H.) who had just been selected to represent Britain & NI in the World Cup Marathon in Osaka. His 48.18 was the 3rd fastest for this course. (The overall fastest including the 'old' course is Mark Flint in 47.16). GARETH RAVEN, hot from his UK Championships 5k the previous weekend and who won this race in 2003 and 2nd last year, was again 2nd in 49.56. Former Sale Harrier Rick Hayman, now joined Horwich, was 3rd. We had the biggest ever number of club runners take part and club marshals ensured the event was the best!

20TH CHRIS HEYS 58.03 The last 10 mile race Chris did was the Sale '10' in 1996. That took him 73 minutes, so this time he was 15 minutes quicker! 22ND ANDY YATES (v/50) 59.03: New in the O/50 ranks, Andy had his first ever run on this course and, like a good wine, he just gets better and better. 26th LEE WOODS 59.44: There are few more driven than Lee Woods and that's because he keeps on improving. This year he improved by a massive 7 minutes over last year!

27TH MIKE ASHBY 1:00.09: Mike made a worthwhile return trip from London to Manchester to improve by 90 seconds over two years ago. How we'd have liked him to have dipped under 60 minutes!

28th FRANK CORDINGLEY (v/45) 1:00.15: Also running his first Sale '10', Frank also would have liked to have gone under 60-minutes. He was 3rd O/45 vet.

42nd JAMES LEWIS 1:02.29: James, also running his first Sale '10', produced a performance consistent to his Wilmslow half-Marathon of 1:22.

64th JOHN BATTERSBY (V/45) 1:05.26: John would like to have been faster in the ambition we all have for him for a sub 3 hours marathon. His time was 2-minutes down on 2005 when he clocked 3:08!

89th NIGEL FIELDEN (v/50) 1:10.39: The great thing about Nigel is that this tough guy, who finished 4th in the 2003 7-day Kalahari Desert Race in 120 degree temperatures and later the Everest Marathon, is back racing again.

141st DAVID GILL 1:17.08. This was a PB for Dave in his second ever sale '10' How he'd go even faster if he trained without his iPod!!

143rd CATRIN EVANS (L35) 1:17.35: This was a PB in only her 2nd 10-miler. Not only is Catrin getting stronger and faster – the just reward for commitment and dedication, but she was also the first in her L35 category.

180th LIZ JONES 1:21.58: Liz is a club newcomer and this is an excellent start. Welcome Liz!

192nd DAWN HOLDING 1:23.41: This was a PB and the 'dawn', we hope, of an encouraging return after injury since the London Marathon.

203rd SARAH TYRRELL 1:25.06 Sarah is a mere newcomer to the club and these distances – a fantastic achievement & promising future.

208th JAMES LAMBE 1:26.16 was about what Jim was expecting considering the amount of training he is currently doing His best 10 miler was 1:15 in the 2003 Sale '10'. He ran the Isle of Man Half Marathon a week later in 1:55. 213th IAN HOBBS (v/50) 1:27.16: Ian was looking for 1:20 but the hot weather got to him. However, he was pleased to have raised £70.00p for the Neuro Muscular Centre in Winsford, Cheshire.

216th MICHAEL HUGHES (v/55) 1:27.45: A good inaugural run!

239th AUDREY GRESTDY (L45) 1:32.28 Audrey was 6th in her age-category – great stuff!

264th RANJIT BENNETT 1:44.14: With this time, Ranjit can confidently hope for a big improvement on his 2:27.42 in March's Wilmslow half-Marathon



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## Autumn & Winter Fixtures 2007

### SEPTEMBER

29 NoEAA Men's 6 Stage Relays & Women's 4 stage  
Relays Birchwood

30 NVAC T & F Championships Hyndburn

30 BMAF 10k Road Championships Newtown Powys

### OCTOBER

5 Club training weekend Keswick

6 Northern Young Athletes Road Relays Croxteth Park

6 Manchester University CC Relays Wythenshawe

7 AAAoE 10k Road running Champs Chichester

13 UKA Fell & Hill Running Relay Champs, Cumbria

14 BMAF 10-Mile Championships Hampshire

14 NVAC 10-Mile Championships St. Anne's

20 National Men's 6 Stage Relays National Women's  
4 Stage Relays Sutton Park Birmingham

21 AAA Young Athletes Road Relay Sutton Park Birmingham

27 Manchester Area X.C. League (Men & Women) 1 Heaton Park

### NOVEMBER

3 English Cross Country Relays Mansfield

4 NVAC Monthly Run Leigh

17 British & Irish Masters International XC Belfast

17 Manchester Area X.C. League (Men & Women) 2  
Boggart Hole Clough

24 UK Cross Challenge & European Trials Sefton Park

### DECEMBER

1 English Schools Cup St. Albans

2 Manchester Area X.C. League (Men & Women) 3 Sherdley Park

8 Gtr. Manchester Cross-Country Championships Heaton Park

8 European Cross-Country Championships Spain

9 NVAC Christmas Handicap Irlam

9 Stockport 10 mile Stockport

9 Indoor Meeting Sportcity

16 Gt. Manchester X.C. Champs (Provisional) tba

30 Festive 5 Wythenshawe

### JANUARY

5 English County X.C. Championships Various

6 Indoor Meeting Sportcity

13 Indoor Meeting Sportcity

13 Manchester Area X.C. League (Men & Women) 4 Stockport

26 Northern X.C. Championships Roundhey Park, Leeds

### FEBRUARY

2 BUSA Championships Wales

9 Manchester Area X.C. League (Men & Women) 5  
Wythenshawe Park

16 Wilf richards Cross Country Relays & YA races Heaton Park

23 English National X.C. Championships Alton Towers

### MARCH

2 Indoor Meeting Sportcity

8 English Schools Cross Country Championships

15 UK CAU Inter-Counties X.C. Champs & World Trials Notts

16 Indoor Meeting Sportcity

19 Primary Section Indoor Meeting Sportcity

30 36th IAAF World Cross Country Championships Holyrood Park

### APRIL

9 Northern Men's 12 stage & Women's 6-stage RR Champs tba

26 National Men's 12-stage 7 Women's 6-stage RR Champs  
Sutton Park