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# THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



*Shaunna Thompson*  
*Britain's No.1 Young Sprinter*

# At Your Service

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

PLEASE ALWAYS SEND NEWS STORIES AS SOON  
AS POSSIBLE.



Harry Shakeshaft

# Editorial

Produced  
4 times a year  
for 13 years

FECHIN MCCORMICK



Those Beijing Olympics? They're going to be a hard act to follow – the Chinese have certainly set the bar pretty high. Those two thrilling weeks in August may already be fading but how they momentarily made us forget the dismal summer. Remember! We even stopped talking about the housing crisis and the start of another soccer season went almost unnoticed. We had only one thing on our minds – Gold; golds for cycling, golds for rowing, golds for sitting, and – quashing the myth that Brits can only win sitting down – we even got a gold for running. It's such a pity that none of our three

representatives returned with a piece of that precious metal but let's not forget the Olympic ideal that it's taking part that counts. We, therefore, congratulate Kate Dennison (PV), Andy Turner (110m H) and Alex Nelson (200) on living all our dreams and they have every reason to be very, very, proud.

Back home, it's also been a truly eventful summer as you'll read in this magazine. Our women won their twenty first First Division title since the UK League began thirty four years ago; our senior men finished third in their Premier League; in the Northern Premier Division of the Young Athletes League our youngsters became Northern Champions & reached the Young Athletes National Finals and in the National Junior League, our boys and girls came second and also achieved their objective to reach the National Junior Cup finals.

Among the most noteworthy individual performances we justifiably highlight Alice Fitton who, though only 14-years of age is awesome! Having established herself as the Country's leading 'multi-disciplinary' athlete, she's led the British campaign at the European Championships; achieved fifth place in a 'World Class' field and become the youngest ever British athlete to be awarded World Class Development Programme.

There were then our three youngsters who represented Britain at the World Junior Championships and we wish well those five who have been selected to represent Britain at the Commonwealth Youth Games in India in October. Watch out for these youngsters as we roll up our sleeves for London 2012.

Among the hundreds of all ages who wore the club colours with distinction at venues north & south on almost every weekend throughout the summer were also many who did magnificent life-time best performances. These are almost as good as a medal and maybe even better than some 'gongs'... so congratulations to all.

As ever, have a good read

# Where Are We

## CROSSFORD BRIDGE SPORTS GROUND

- off Dane Road in Sale

Primary section, Seniors & Veterans

Sunday 10.00 12.00 noon,

Tuesday & Thursday 7pm to 8pm

## WYTHENSHAW PARK TRACK

- off Wythenshawe Road, Manchester 23

Sunday (all groups) 11.00am – 1.00pm

Monday (Sprints & Middle distance 7.00pm – 9.00pm

Tuesday (U17 sprints, Middle Distance & Field Events)

7.00pm – 9.00pm

Wednesday (Senior & Junior Sprints & Middle Distance

7.00pm – 9.00pm

Thursday (U-17 Sprints & Middle Distance & Field

Events 7.00pm – 9.00pm

## SPORTS CITY - Rowsley Street Manchester 11

Training: Sprints and Jumps

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

[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)



## to represent **england**

The club is pleased to announce that six club members, the finest in the country in their disciplines, have been selected to represent England in the 3rd Commonwealth Youth Games to be held in Pune, India 12/18 October. Congratulations to:-

**SHAUNNA THOMPSON** ..... 100/200m  
**ANDY SUTCLIFFE** ..... Pole Vault.  
**ABIGAIL HEYWOOD** ..... Pole vault cleared 3.91  
**ABIGAIL IROZURO** ..... Long Jump  
**NIALL BROOKS** ..... 800m  
**SOPHIE HITCHON** ..... Hammer (2nd claim)

All of them are profiled in this magazine through their achievements this summer. Most are No.1 in the country and achieved the qualifying standards to represent England in these Games - a tribute to their undoubted talent, hard work, effort and persistence.

This is the first time in history that these Commonwealth Youth Games are being held in Asia. The city of Pune, the cultural capital of Maharashtra, is a fast growing Metropolis and over 1,300 athletes and 350 Officials from 71 countries will participate in the games there. We wish well our six young promising stars and look forward to reporting their successful achievements in the December Harrier.

The first Commonwealth Youth Games were held in 2000 in Edinburgh where 733 athletes from 14 countries vied for 483 medals in 8 sports including athletics. The second edition of the games was held in Bendigo, Australia in 2004 with over 1000 athletes competing. It is expected that more than 1300 athletes from 71 countries around the world will participate in these third Commonwealth Youth Games.

## Good Luck!

## throwing machine **wiseman**

Slovenia hosted this year's European Masters Championships in July, and one of the club's throwing machines, **MARK WISEMAN**, returned home triumphantly after competing in the Discus, Shot, Weight throw and the Weight Pentathlon. The highlight was the Discus, as Mark threw a Championship best of 53.69m in trying conditions. The Weight Pentathlon saw another Championship Best alongside a British Record, with Mark propelling the Discus 50.52m, the Shot 14.90m, the Hammer 45.29m, the Javelin 46.8m0 and the Weight 15.68m. To complete a successful championships he also took two 5th places in the Shot and Weight Throw, the latter being a PB of 15.65.



## Blue Island British Challenge Cup

### MEN'S TEAM MANAGER DEAN HARDMAN

With successful league seasons' behind them, the senior men's and women's track and field teams united for an invitational match on the beautiful island of Guernsey on the last weekend of August. The match was between ourselves, league rivals Woodford Green and Essex Ladies and the Channel Islands representative team, spearheaded by British Olympian Dale Garland. A number of Birchfield Harriers, including Jonathan Moore, were also invited as guests.

Leaving the gloomy and miserable weather behind at Manchester airport, the Sale Harriers contingent boarded a small 50-seat chartered aircraft with high hopes for an enjoyable trip. Having a plane laid on specifically for us was a club first according to Eric, and the Captain made the experience complete by wishing Sale Harriers the best of luck over the public address system. Someone had to draw the short straw, and I found myself seated next to Allyn Condon, who regaled me with stories of mischief that involved near death experiences at the hands of angry shot putters, as well as tales of a more risqué nature. The flight was smooth despite the aircraft's diminutive size, and we touched down on Guernsey to be greeted by the most glorious sunshine imaginable. Bundled into two minibuses, half of us made it to the hotel in fine time, while the rest of us had the misfortune to be on a bus that broke down going up a small hill. This didn't dampen our spirits, although the same couldn't be said for our underarms in the stifling heat.

Most people bolted straight from the hotel to a fantastic beach that was a mere mile away (3 miles for myself and Eric due to my dodgy sense of direction). One lunch later and I found myself with Allyn, newcomer Julien Hughes-John, Danielle Parkinson, Jess Taylor and the evergreen Jon Hilton, playing beach volleyball with the Guernsey "Community Action Team" and embarrassing myself with my poor "spiking" and "lay ups". Despite my uselessness, the crowd were enraptured by our performance, albeit that the crowd consisted of just Stef North, Ian Lowthian, Lee Whiteley and Rimas Martisauskas, who was sporting a particularly fetching pair of continental style "budgie smugglers". I got burned badly on the forehead, and was making my way back to the hotel for some further R&R when I received a call from the hotel manager, who told me that Marcus Gouldbourne had let his bath overflow and had flooded the hotel. This proved to be a baseless accusation and we had to politely suggest to the manager that we wouldn't be paying the wages of his staff, much to his chagrin. An enjoyable meal at the suspiciously named "Crabby Jacks" rounded off an enjoyable day and I went to bed dreaming of the glory that would surely follow on competition day.

It didn't quite happen like that, but nonetheless we had fun. The weather took a turn for the worse, which meant it was pretty murky, and we were pipped for the cup by Woodford Green, who beat us by a meagre 3 points. That said, there was an Island All-Comers record by Andrea Vinet and further wins for a whole host of athletes, including Rimas, Marcus, Stephen Porter, Alex Smith, Eoin Hannon, Sarah Holt and Jon Hilton. I even fitted in the anchor leg of the 4x400m and trundled round in a season's best of outside 90 seconds. All in all, a successful weekend, and we even managed to fit in some athletics.

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Reebok

CITY OF MANCHESTER ATHLETICS

MANCHESTER

# BEIJING OLYMPICS

We had three athletes represent Britain in the Beijing Olympics.

## KATE DENNISON

Kate, Britain's No.1 pole vaulter failed to reach the final despite a personal best of 4.40m.

She failed with all three attempts at 4.50m and admitted she suffered from entering the competition at the opening height of 4.00m. "It was an outdoor PB which was nice but jumping from the start of the competition right to the end I think I just burnt myself out," said Dennison, who saw world record holder Elena Isinbaeva need just one attempt at 4.60m to qualify automatically. "I wasn't jumping technically well, I was just fighting and fighting," added Dennison. "It was so hot out there and we were out there for a good three hours but I'm fairly happy. You can't be too disheartened with top 15 in the Olympics compared to jumping 4.20 in Osaka last year. "It would have been nice to make that final but give me another year and I'll be up there."



## ANDY TURNER

Andy Turner didn't make it through the second round of the 110m hurdles. He finished 5th in heat 2 of the second round, clocking 13.53.

This was Andy's second Olympic Games, following his debut at Athens 2004. In 2006, he also won bronze at both the European Championships and Commonwealth Games. A club member since October 2005, he holds the 110m hurdles club record (13.27s) achieved at last year's World Championships in Osaka. He trains full-time at the UK Athletics North London High Performance Centre at Lee Valley. Andy is also a very accomplished sprinter and it is in the 100m and 200m that he usually represents the club, which he did at our first league match this year and at the European Champion Clubs' Cup, where he won both the 110mH and the 200m.



## ALEX NELSON

Whilst team-mates Christian Malcolm and Marlon Devonish progressed as the fastest losers in the early 200m heats, Alex Nelson became a non-starter after sustaining a hamstring injury in warm-up.

Alex, the current European Junior Champion and medalist at



the World Junior Championships (2006) and the World Youth Championships (2005) joined the club in October 2006. His sister Ashlee represented Britain in the 4x100m squad.

## NORMAN POOLE

We also had our top coaches, NORMAN POOLE, selected to represent and support Britain's middle distance runners.

Norman is a highly respected endurance coach whose athletes currently include Tom Lancashire (1500m) & Michael Rimmer (800m) (both of who ran in Beijing) and three other women who have broken two minutes for 800m. He has been associated with Sale Harriers for over 30 years and such is his national reputation, he holds the prestigious position of President of the British Milers Club. This BMC is the premier middle distance athletics club in the country and through its racing program, training courses and coaching it aims to improve the world standing of UK Middle Distance running. Norman's list of endurance athletes whom he's coached over the years are too numerous to list. This was not his first time to be selected for a major championship. He's represented British athletes at previous Olympic, World and Commonwealth Championships.



# WORLD JUNIOR CHAMPIONSHIPS

Three of the club's most exciting prospects represented GB at the World Junior Championships at Bydgoszcz in Poland in July. Not only do we congratulate, **SHAUNNA THOMPSON** (200m) and **ABIGAIL IROZURU** (Long jump) and 2nd claim **SOPHIE HITCHON** (Hammer) for their fine achievements in these Games but we wish them well as they increasingly target London 2012. Athletes who take part in the World Junior Championships often go on to become global champions and, with London 2012 looming ever more large, their success in this major international championship is invaluable experience.

**SHAUNNA THOMPSON** In a high quality 200m semi-final, sixteen year old Shaunna gave it her all and narrowly missed out on an automatic qualification, finishing third in her heat. Her time of 23.85 failed to earn her a fastest loser place which went to runners up in the final heat, a quicker race. Competing in her first international abroad (she'd earlier competed at the Loughborough International) and against girls several years older, she did brilliantly. Rarely defeated domestically, she ranks first not only in the UK U/17 rankings but also in the older U/20 200m listings. She qualified for Poland with her PB of 23.44 set at May's Northern U/17 Championships. Said Shaunna, "The heats went really well and it was a great experience." Asked what impressed her most she said, "Walking onto the track and

seeing a full stadium. It was weird! ...and to think they're all there to see you".

**ABIGAIL IROZURU** came eighth in the long jump final but could have gone further with a more consistent performance. Her first jump was not recognized, she then went on to jump 6.04m (0.8m/s) and 5.91m (1.7m/s). Her great second jump of 6.16m (1.7m/s) was just under her season's best of 6.18m, set in Birmingham in June, but her following efforts did not keep to that standard. What invaluable experience for Britain's No.1 U/20 long-jumper! Abigail made her international debut last year representing Britain at the World Youths Games in Ostrava. This year she represented Britain in the GBR v Netherlands indoor match in February and the Loughborough International in May.

**SOPHIE HITCHON** is a 2nd claim member of the club and a higher competition athlete. She made the hammer final – finishing 7th with a throw of 58.45m. She took up the hammer only two years ago and, still just 17 years old, has shown such tremendous improvement that she now ranks Britain's No.1 in both the U/17 & U/20 rankings and 5th in the senior listings. She said, "I'm really pleased, my aim was to get to the final and get top eight and I did that so I'm pleased." Prior to last year when she made her first big step onto international competition competing at the IAAF World Youth Championships, she'd never previously been even to an English Schools competition and competed largely in local league matches. This

summer she broke the UK junior hammer record in only her second outdoor competition at an international match in Germany. She wrote for Athletics Weekly (July 17th p78), "Competing at Bydgoszcz was a far cry from my earlier achievements in athletics".

*Held every two years, some of our home-grown athletes have medalled in these Championships and then went on to become global champions. Some were:*

**DARREN CAMPBELL:** Darren won 100m & 200m silver and 4 x 100 relay silver in the Seoul games of 1992. In fact, Darren holds the record for having the longest gap between becoming a World Junior Champion and a global Senior Champion for the first time with an eleven year and 343 days gap between his winning sprint relay gold and the Olympic Relay gold in 2004!

**KEVIN MCKAY** won 800m silver at the Sudbury Games in 1988.

**ALLYN CONDON** won gold in the 4 x 100m relay in Seoul in 1992.

*Other club athletes who medalled in World Junior Championships were FIONA MAY (long Jump gold in 1998), KERRI MADDOX (silver in the 100m hurdles in 1990) and ALEX NELSON (200m silver in 2006). Finally, Tom Lancashire (Bolton Ac) & Michael Rimmer (L'pool Pem), coached at Wythenshawe by Norman Poole, are strong senior GB team members who competed in Beijing.*



# ENGLAND ATHLETICS U/17 & U/15 CHAMPIONSHIPS

## Champion Shaunna

### Fechin McCormick

The club had six competitors in this year's Norwich Union England Athletics U/17 & U/15 Championships held at the Alexander Stadium in August with SHAUNNA THOMPSON winning both the medals – gold in the 200m and silver in the 100m. It was a very rare 100m defeat for the country's No.1 young sprinter, losing out to Jodie Williams (Herts Pheonix AC) In fact, she's 'lost' only three 100m races in the past three years, strangely the other two in August 2006 & 2007! The consolation was that her time of 11.64 was a PB.

This has been the culmination of yet another fantastic year of achievements for Britain's No1 young sprinter:

Northern Indoor 60m & 200m Champion for the 3rd consecutive year.

International debut at the Loughborough International

Northern U/17 Outdoor 100m & 200m Champion for 3rd consecutive year.

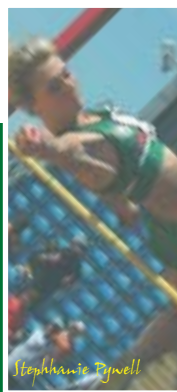
English Athletics U/20 200m silver medallist (whilst still only 16 years old!)

Represented GB with excellence at the

IAAF World Junior championships in Poland.

England Athletics Outdoor 200m Champion & 100m silver medallist.

Others who competed were the Northern U/17 javelin champion & double Cheshire County & Schools champion **DANIELLE BENTLEY** who finished 5th in 35.45 in the javelin; **HANNAH DOHERTY**, despite being only 15-years old did really well to finish in a lifetime best time of 4:35.85 finishing 6th in the U/17 1500m; **NAYEF ABED** was 8th in the U/17 100m and Gt. Manchester Schools champions for two consecutive years **GREG APPLEBY** was 9th in the U/15 pole vault in 2:60m.



# ENGLAND ATHLETICS U/20 & U/23 CHAMPIONSHIPS

## World Juniors Calling

### Fechin McCormick

The English Athletics age-group Championships are key pinnacles in the athletic calendar and major objectives for most talented athletes. This year the U/20 & U/23 Championships incorporated the World Junior Trials and were held at the Bedford International Stadium in June. We had a total of twenty athletes compete and they returned home with two gold, three silver and two bronze medals... and two qualified for the IAAF World Junior Championships in Poland on July 10th!

The gold medallists were **ADELE LASSU** in the U/20 high jump and **ABIGAIL IOZERU** in the U/20 long jump. Adele's retained her U/20 high jump title from last year and recorded a season's best of 1:74m.

This was one of Abigail's finest domestic victories and Britain's No.1 long jumper did it in impressive style with a PB of 6.29m. It set her up beautifully to represent Britain at the IAAF World Junior Games in Poland three weeks later.

The three silver medallists were **ALEX SMITH** (U/23 hammer), **STEPHANIE PYWELL** (U/23 high jump) & **SHAUNNA THOMPSON** (U/20 200m).

Alex, was a year young in this older age-group and a silver medal was a tremendous achievement. Next year, Britain's No.1 U/20 hammer thrower will surely clinch the gold!

16-year old Shaunna was also competing in an older age-group and her silver medal was not only a fantastic result but a significant improvement on last year's 6th place in this championship. With her PB of 23.44 at the northern championships a few weeks earlier where she achieved the qualifying standard for the World Junior Championships, she was off to Poland.

Though 1.78m was not Stephanie Pywell's best jump, this silver medal for Britain's No.2 high jumper was probably her finest in a major domestic Championship to date.

The two bronze medallists were **ANDY SUTCLIFFE** in the U/20 pole vault & **MATT CULLEN** in the U/23 pole vault.

This bronze medal was probably also Andy's finest in a major championship and capped a great week in which he earlier became the Northern U/20 Pole vault Champion with a PB of 4.90m.

Training partner Matt Cullen also recorded a PB of 4.45m a week earlier at the same Northern Championships and his U/23 championship bronze medal was probably also his most valued to date.

Others who participated were:-

<b>SARAH HOLT</b> U/23 H 4TH.....	48.68m
<b>JACOB BROWN</b> U/23 LJ 4TH.....	7.10m
<b>OLUSEYI SMITH</b> U/23 100 4TH.....	10.73 sec
<b>ABIGAIL HEYWOOD</b> U/20 PV 4TH.....	3.70m
<b>REBEKAH WILSON</b> U/20 100 5TH.....	12.05 sec
<b>JAMES TOWNSEND</b> U/23 TG 7TH.....	14.40m
<b>ANDREW BURGESS</b> U/20 LJ 7TH.....	6.79m
<b>ROBYN RASHFORD</b> U/20 200 7TH.....	25.18 sec
<b>EMMA LEIGH-HEIGHWAY</b> U/23 1500 7TH.....	5:12.49 sec

In partnership with City of Manchester Athletics



# NATIONAL CHAMPIONS & OLYMPIC TRIALS



ALISON RODGER



MIKE FLOYD



JACOB BROWN



RUTH WALLER

## Baying for Beijing

### Fechin McCormick

This year's Aviva National T & F Championships held in July moved back to the Alexander Stadium in Birmingham from Sportcity where they had been held for the past 31 summers. Being the major domestic T & F championship with national medals up for grabs it always promised to be a nail-biting three days of athletics. It also had the added tension of selection for the greatest show on earth – the Beijing Olympics. Participants knew that, despite posting the qualifying standard and finishing in the first two there was still no simple guarantee of a place on the plane. (Trafford AC's Rick Yates (whose parents are Club athletes), and club athletes, hammer specialist Mike Floyd and Britain's No.1 steeplechaser Stuart Stokes can vouch for that).

**MIKE FLOYD:** Following three successive silver medals in these national Championships, Mike was the first club athlete of the weekend to claim a national title. He produced a timely Hammer PB to win with a second round PB throw of 69.68m. In a consistent series, he had

five valid throws. Floyd said: "It's eight years since my last big throw so those two PBs were a long time coming. I didn't really care about the distance I just wanted to win. The weather hasn't been the best for training, but I always seem to throw well in Birmingham." Mike is now No.1 in Britain!

**ALEX SMITH:** claimed the bronze medal behind Mike Floyd with 67.21m. Had he thrown his PB of 69.56m, set the previous weekend in Croatia, he would have snatched the silver medal. Alex ranks nationally No.2 behind Floyd but is No.1 in the U/23 listings. This season Mike & Alex have met seven times at high profile meetings with Mike coming out on top in all of them.

**ANDY TURNER:** could enjoy taking his third successive UK National Championship 110m hurdles title because he'd achieved the qualifying standard & PB last year. Despite managing to hit the majority of the hurdles, he was pushed to the line but had enough advantage to take the title in 13.58.

**NICK GAYLE:** last season's U/23 Champion, was still trying to break 14 seconds this season & finished 8th in 14.02. He set his PB of 13.94 last summer.

**EMMA LYONS:** chose an ample opportunity to set a new PB of 4.12m in taking the women's pole vault title. She is also the 2008 Midland Senior champion.

**ABIGAIL HAYWOOD:** hot-heeled it from Gateshead where she'd won English Schools

pole-vault silver to Birmingham for another tough competition the following day. She finished 6th.

**ALISON RODGER:** took the Shot Putt bronze medal in 15.78m and so improved last year's 4th place. In the discus her 9th place was identical to last year but below her best of 46.16m.

**REBECCA PEAKE:** Rebecca was just behind Alison Rodger in 4th so just missed out on a medal in 15.36m. The 2008 Inter-counties & BUSA Shot Champion set her PB of 16.23m at the Loughborough University v BUSA trials meeting in June.

**LAURA DOUGLAS:** retained the hammer bronze medal she won last year but with a shorter throw. Her best of 63.02m was set at June's Welsh Senior championships when she clinched silver & ranks her 4th nationally. Another summer highpoint was retaining the North Wales Hammer title.

**SARAH HOLT:** Although Sarah ranks 3rd nationally (with a PB of 63.75m) and above Laura in the UK listings, she finished behind Laura in a below par performance. She is this year's Yorkshire Champion & Northern silver medalist.

**SARAH TOMLINS:** came 4th in the 400m 'B' race in 56.12. Sarah hails from the south of England and is the 2008 Sussex 400m Silver medalist.



**LAURA DOUGLAS****EMMA LYONS****JULIE CRANE****STUART STOKES**

**GARETH RAVEN:** was 18th in the 5000m in a time of 14.25.87. s. In the run up to this championship, he established a new 10,000m track PB of 29.32.71 and a 5k PB of 14.09.21. It's been one of Gaz's best years and he continues to rank among the top ten of Britain's endurance elite.

**PAUL WALKER:** was 4th in Pole Vault in 4.85m. With a PB of 5.40m from last year's U23 English Athletics championships, Paul had hoped for better. He is the current Welsh champion & BUSA bronze medalist.

**MARCUS GOULDBOURNE:** was 9th in the discus with a throw of 48.84m. Marcus' PB of 58.69m goes back two years and this was the first throw for several years that went below 50m.

**STUART STOKES:** When our Manchester & Melbourne Commonwealth Games steeplechase finalist broke his PB 8:23.66 at an international meeting in Prague a few weeks earlier & clocked the Beijing qualifying time, it stirred excitement that he might finally make it to his first Olympics. His 4th place in 8:44.02 sadly put the dream out of reach! Three weeks later, he became the latest of the Club's sub -30 minute elite with a superb 29.29 in July's Gt. Welsh 10k.

**GLEN COMISH:** currently ranking 6th with a PB of 8:34.92 was 6th in the steeplechase in 8:49.61.

**SONIA SAMUELS (nee Thomas):** A 3000m steeplechase medal continues to elude Sonia. In this her 3rd attempt, she finished 5th in 10.26.14.

**RUTH WALLER:** Currently residing in the USA

and with a 3k steeplechase PB of 11.01.82 set in June 2007, jet-lagged Ruth ensured that, though her spirit was willing, her flesh would allow only eight place in 11: 25.60.

**JACOB BROWN:** Though 7th in the long jump, Jacob's leap of 7.57m was a superb PB – his second of the summer. An earlier highpoint was retaining his Northern Senior silver medal.

**STEVE SMALL:** was 13th in the long jump. Steve's two summer highpoints were his PB set in June at the Golden spike Meeting in the Netherlands and representing the Club at the European Champions Club Cup where his third placing greatly helped Sale become European Champions.

**NICK NEWMAN:** was 16th with a 7.05 long-jump. This was only his second of a few outdoor competitions this summer. His first was in May at a New Balance Meeting in New York when he recorded his PB of 7.48m.

**STEPH PYWELL:** set a season's best of 1.88m in winning the women's high jump to improve on last year's bronze medal & produce possibly her most pleasing result of the summer.

**JULIE CRANE:** Welsh international Julie finished an uncharacteristic 11th, the result of a long injury lay-off that involved surgery. She re-launched her campaign in June to get back to the top by becoming the Midland Senior champion.

**SARA MCGREAVY:** (100m hurdles) was pushed into the silver medal position by Sarah Claxton (Woodford Green Essex Ladies). One of the club's valuable loyal team members, she retained her CAU inter-county title for the second consecutive year.

**ALEX NELSON:** The men's 200m final was impressive with European Junior champion Alex pushed into second place by Christian Malcolm who took the title by overtaking Nelson in the final stage. Alex bettered the Olympic 'A' standard in winning the BAL match at Eton in 20.49

**ROB MITCHELL:** our Melbourne Commonwealth Games finalist and multi-Welsh Champion, high-jumped a season's best to finish 4th. A season's highpoint was securing a significant victory at the Club European Clubs Cup in Portugal that helped Sale win the European Clubs Cup

## TWO OTHERS

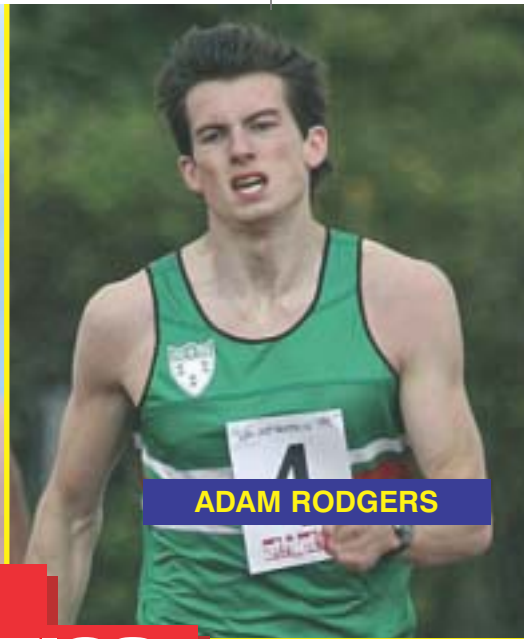
Two others who train with **NORMAN POOLE** at our Wythenshawe Park site - Tom Lancashire (Bolton) and Michael Rimmer (Liverpool PS) were emphatic gold medal winners & selected for Beijing. Both were unable to display their best form and, unfortunately were eliminated in the heats.

Tom was an emphatic winner of the men's 1500m in 3.38.92 in a race where the minor placings changed hands on several occasions in the last 50 metres. Tom admitted: "It wasn't the fastest race I've been involved with but today is about championship racing and it is all about winning."

Michael took a third consecutive 800m title with a strong finish. His 1.49.13 may not have been his fastest this season but he showed his class with his usual impressive turn of speed in the final 200m – the sort of speed he needed in the Olympics.



**MARCUS GOLDBOURNE**



**ADAM RODGERS**



**ALEX NELSON**

## BRITISH ATHLETICS LEAGUE

One of

### Team Manager Dean Hardman

After the glories of the 2007 season, when we thrashed all before us to storm to the Premiership title, it could be said that the 2008 season was something of an anti-climax. This couldn't be further from the truth, as the team, competing as 'City of Manchester', battled hard and ended up consolidating their position in the upper echelons of the British club scene with a very decent 3rd place finish. Much like when Chelsea changed the face of English football, Newham and Essex Beagles finally managed to field the teams that their resources had always indicated that they

were capable of doing, and have now set the bar higher than it has been for some time. With them winning all 4 fixtures our target was to maintain the position in the top 3 which had been ours since 2006, and everyone can be satisfied with their efforts.

The first match in June was notable for the incredibly high standard of competition. In the best match for years, to come 3rd, only a handful of points behind Newham in first and Woodford in second was a real achievement. In the second fixture at Eton, it went down to the relays and a great 3rd place by the 4x400m team meant that we pipped Woodford by just 2 points to take a great second place. Nevertheless, the star of the show



**ANDY WILKINSON**

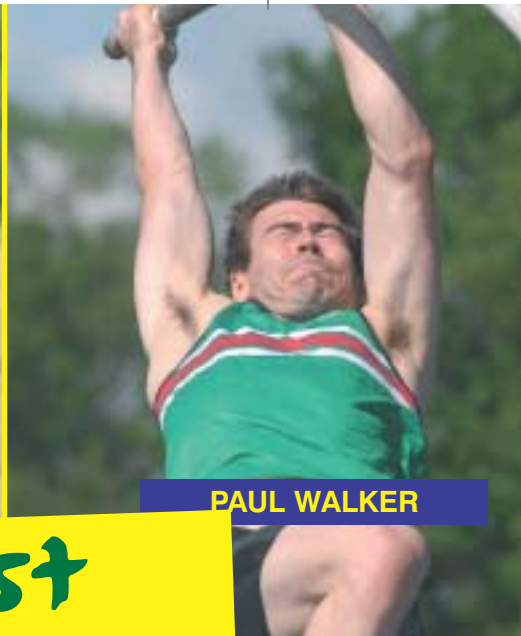


**MARK WISEMAN**

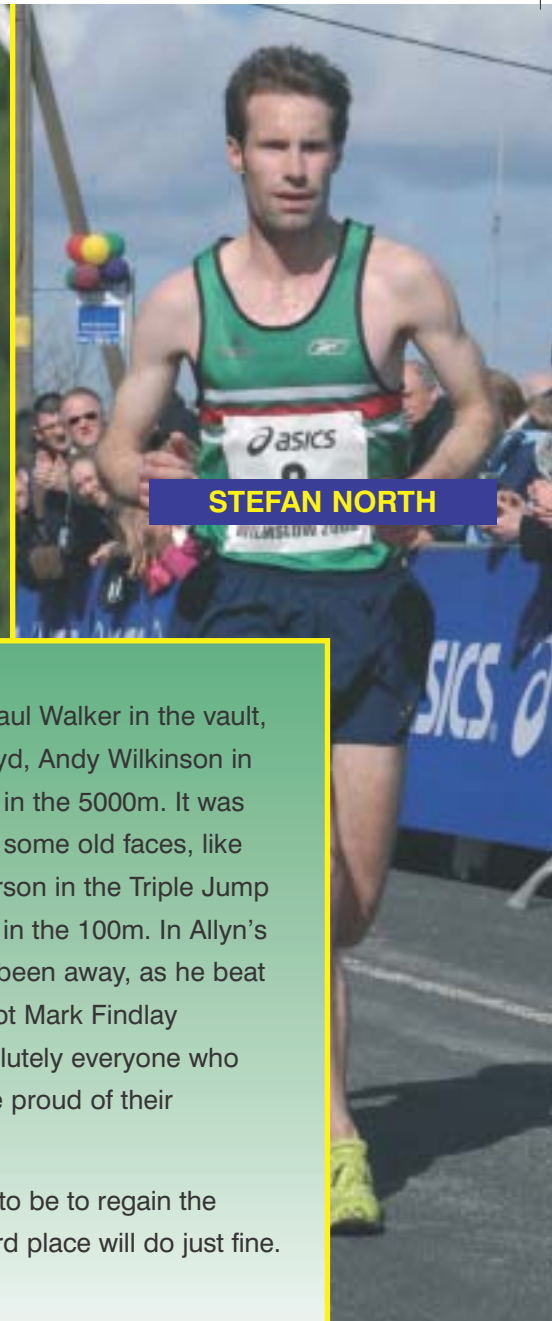




ANDY HOPKINSON



PAUL WALKER



STEFAN NORTH

# f the Best

on that particular day was Alex Nelson, who won the 100m with a fine 10.38, only to go on and shatter the league record in the 200m with 20.49, which was, more importantly, underneath the Olympic A standard.

In the third match, despite the efforts of all involved, the absence of many of our strong points scorers meant that we struggled home in 6th place, which effectively put paid to our title ambitions for the season. However, with the wily Mark Wiseman back for the final match in the throws, the team surged to yet another third place, which secured our fine overall position.

The season was notable for the consistency of performance by a number of athletes, most

obviously Mark Wiseman, Paul Walker in the vault, Rimas in the Shot, Mike Floyd, Andy Wilkinson in the 400m and Steffan North in the 5000m. It was also great to welcome back some old faces, like Jon Hilton and Dave Sanderson in the Triple Jump and the great Allyn Condon in the 100m. In Allyn's case, it was like he'd never been away, as he beat Tim Abeyie and, typically, got Mark Findlay disqualified. That said, absolutely everyone who represented the club can be proud of their performances.

The target for next year has to be to regain the league title, but for 2008, third place will do just fine.



JAMES BAILEY



DOREL GRETA

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## UK WOMEN'S LEAGUE



NICOLA CAHILL



JULIE CRANE



CLAIRE LINSKILL



LAURA DOUGLAS



RACHEL DEEGAN



HOLLY BELCH



NICOLA BROOME



KATIE HOLT

# Twenty First Celebrations

## Team Manager Eric Hughes

The senior women's team opened the season at Birmingham, 7th June, winning by 11 points from Shaftesbury Barnet. **HELEN TAYLOR** and **LUCY EVANS** scored well in the Sprints with **REBECCA SWEENEY** and **SARAH TOMLINS** picked up important points in the 400 metres. **SARA McGREAVY** and **ANDREA VINET** excelled in the 100m Hurdles and **VICTORIA OWEN** looked good on her 800 metre comeback, **SONIA THOMAS** and **RACHEL DEEGAN** collecting 16 points from the maximum

eighteen available in the 3000 metres. **ABIGAIL IROZURU** cleared 6.18 metres coming first in the Long Jump on her senior debut, **STEPHANIE PYWELL** and **JULIE CRANE** piled on the points in the High Jump as did **EMMA LYONS** and **ANNA MASSEY** in the Pole Vault. **SARAH HOLT** came second in the Hammer and **ALISON RODGER** enjoyed a busy day competing in the Hammer, Discus and Shot.

Success continued in the second match, 5th July, at Sportcity where we won by 25 points from Edinburgh with another all round team display. **HELEN TAYLOR** continued her good form in the

Sprints and it was good to see **DONNA RIDING** back with a win in the 'B' 800 metres. **RUTH WALLER** made an unexpected appearance from America and showed her usual versatility by running well in both the 1500 and 3000 metres. **ANDREA VINET** stepped into **SARA McGREAVY'S** shoes with a sparkling victory in the 'A' 100m Hurdles, young **HOLLY BELCH** coming second in the 'B' event. Undoubtedly the highlight of the day was our Pole Vault double where **KATE DENNISON** cleared 4.10 metres and **EMMA LYONS** 3.90 metres. **LAURA DOUGLAS** was first in the Hammer with 61.69 metres and



**EMMA LYONS****EMMA McINTYRE****DANIELLE PARKINSON****DONNA RIDING****RELAYS AT SPORTCITY****ANDREA VINET****ALISON RODGER****LUCY EVANS**

**ALISON RODGER** threw a winning 15.77 metres in the Shot after achieving a personal best in the Discus. In the absence of a number of internationals **DANIELLE PARKINSON**, **NICOLA CAHILL** and **JESSICA TAYLOR** contributed to the victory in no uncertain manner, a result which saw us moving three points ahead in the championship table.

The object of the final match at Cophthall, 2nd August, was to maintain our unbeaten run since 2006 and we did this by winning by 14\_ points from the host club Shaftesbury Barnet. Although we only had two 'A' firsts we were highly placed in most events and

our strength in depth saw us through. After a rocky start we gradually gained control with a superb double from Sara and Andrea in the 100m Hurdles and a cluster of top Middle Distance performances from **VICTORIA OWEN**, **RUTH WALLER**, **JENNA HILL**, **SONIA THOMAS** and **RACHEL DEEGAN**. **HELEN TAYLOR**, **REBECCA SWEENEY**, **SARAH TOMLINS** and young **ROBYN RASHFORD** more than played their part with good individual and relay performances. **LAURA DOUGLAS** and **SARAH HOLT** got close to maximum points in the Hammer as did **REBECCA PEAKE** and **ALISON RODGER** in the Shot. **EMMA LYONS**

tied for top spot in the Pole Vault, **CLAIRE LINSKILL** doubled up in the Long Jump and Triple Jump and it was great to welcome **KATIA LANNON** back after such a long and serious injury.

Overall we again accomplished a maximum 24 points from Edinburgh's nineteen with a margin of 60 match points, taking us to our twenty first First Division title since the UK League began thirty four years ago.





# NATIONAL JUNIOR ATHLETIC LEAGUE

# Quali

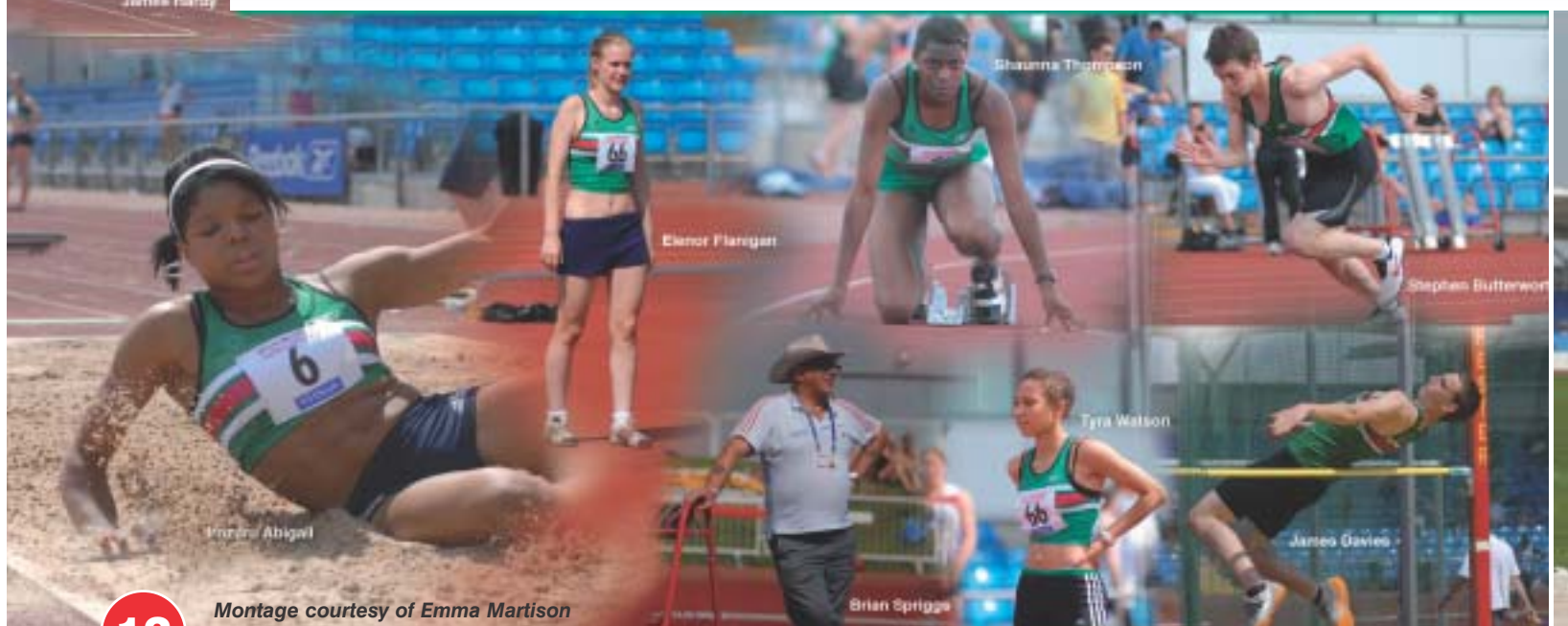
## Team Manager Jack Frost

The aim of the National Junior Athletic League is to provide athletics competition for the under 20 age group, with under 17's allowed to compete within the older age group. The objective of the season for the club was to finish in the top two of the Northern Premier Division and thus qualify for the National Junior League Final held in Derby on September 14th. The season came to a satisfactory conclusion on July 27th on home territory Sportcity where the club cemented a closely fought season with a superb victory over arch rivals Edinburgh AC and so finished second overall and qualified for the NJAL Cup Final to compete against the best two teams from the other NJAL Premier Divisions.

In the campaign to achieve this objective, once again, the team had to travel to Gateshead and Edinburgh imposing both commitment burdens on the athletes, and financial burdens on the club.

We are most grateful to the 8 athletes who competed in all 4 fixtures, **NATHAN ROACH**, **NASIR HUSSAIN**, **JAMES WRIGHT**, **ROBYN RASHFORD**, **DANIELLE ROONEY**, **ALIX BARTON**, and **STEPHANIE POTTS**. **JAMES WRIGHT** emerged as top point's scorer with 117pts, with **ROBYN RASHFORD** heading the girls with 84pts.

Featured throughout the season were some fine individual performances. Second claim member **SOPHIE HITCHON** set a new league record in the Hammer with a 59m 93cm throw in the first fixture at Leeds, and **DARREN HAMMOND** soared over 2m 07cm in the High Jump. At the same venue **ANDREW ROBERTSON** registered a fine 11.0 and 21.8 double.



12

Montage courtesy of Emma Martison





## ify for Final

Throughout the season, **NIALL BROOKS**, **JAMES WRIGHT**, **SHAUNNA THOMPSON**, **REBEKAH WILSON**, **ROBYN RASHFORD** & **MIKE EHLEN** were dominant in their specialist events, with Shaunna establishing 2 new league records, 11.65 secs in the 100m, and 23.96 in the 200m in the final fixture at Sportcity.

Although the team missed GB multi-event representative **JOE LANCASTER** through injury, compensation was enjoyed when junior internationals **ANDREW SUTCLIFFE** posting a 4m 60cm height in the PV, and World Junior representative **ABIGAIL IROZURU** winning the LJ with 6m 05cm in the final fixture at Sportcity, scored maximum points.

This final fixture saw the introduction of two U/17 middle distance runners. **DAVID WHALLEY** who set a new PB with 1m 57.38 in the 800m, and **JAMIE RODEN**, who partnered **NIALL BROOKS** in the 1500m,

comfortably winning the 'B' event. Other U/17 athletes introduced during the year included, **ALIX BARTON** who threw the Hammer and Discus with aplomb in all fixtures, **JAMES DAVIES**, **MARCEL STEVENS**, AND **NYOMI CANDLIN**.

### Final league placings were as follows.

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1. <b>Team Edinburgh</b>           | 29pts qualified for the Final |
| 2. <b>Sale Harriers Manchester</b> | 27pts qualified for the Final |
| 3. <b>Kingdom Athletics</b>        |                               |
| 4. <b>Liverpool Harriers</b>       |                               |
| 5. <b>City of York</b>             |                               |
| 6. <b>Gateshead Harriers</b>       |                               |
| 7. <b>Leeds City AC</b>            | Promotion Match               |
| 8. <b>Trafford AC</b>              | Relegated                     |



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ENGLAND ATHLETICS

MAN  
UNITED KINGDOM

13



# NATIONAL YOUNG ATHLETES LEAGUE



ABIGAIL FITTON



HANNAH DOHERTY



CALLUM GREENWOOD



RAYNE ALLMAN



ALEX ADCOCKS

## Northern Champions

### Team Managers Karen Lannon & Linda O'Neill

Our season's objective was to qualify for the Young Athlete's Final which this year was being held on home territory of Sportcity for the first time. We were a little worried about achieving this objective as we were suffering a shortage of athletes in many technical events such as Pole Vault, Hurdles and Long Jump. It was important that we qualify for the Main Final and compete on our home track.

We travelled to York for our first match of the season where we met Preston, Kingston upon Hull and the host team City of York. This proved to be our easiest match as we finished 126 points ahead of our nearest rivals.

A fortnight later, full of confidence, we travelled up the M62 for our match against Leeds City, Liverpool Pembroke and Sefton, and Blackpool Wyre and Fylde. Leeds was quite a strong team but we were stronger and finished a convincing 83 points ahead.

Our team was a little depleted for the third match at Bebington as some of the older athletes were studying for exams. Wakefield and West Cheshire did not threaten us too much but the host team Wirral gave us a run for

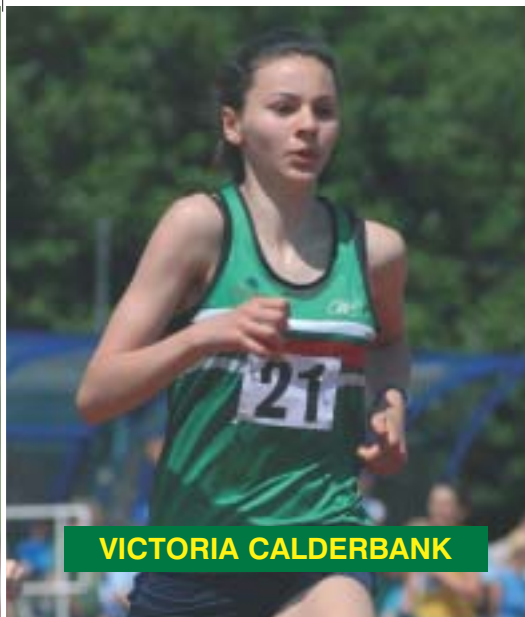
our money and finished 37 points behind us.

For our next match we were up against Gateshead, Wigan and the host team Blackburn. There is always close rivalry between Gateshead and us but we lead from the start and finished over 30 points ahead.

Having won our first four matches, and barring a complete disaster, we were assured of finishing in the top two places in the Northern Premier Division and booking our place in the Main Final.

For the last match of the season our competitors were Southport Waterloo, City of Sheffield and the host team Liverpool Harriers who have been the Northern Champions



**VICTORIA CALDERBANK****IBRAHIM WERIS****SAMARA MOHTASHAM****AHTOLLAH ROSE**

for a number of years. We were not confident of winning as a number of our key athletes were unavailable due to holiday commitments. However, it soon became clear that Liverpool had not been able to put out a full team and it was not long before we pulled ahead. As the match went on, we extended our lead and were thrilled to not only win the match, but also end the season as Northern Champions. This is the first time ever that Sale became northern champions in this league.

Congratulations to a fantastic team! Yes, we have some extremely talented individuals but they were only one part of our success story. Our main strength is having fantastic team members who are willing to step in and compete in events which are not their own. This ensures that we can

normally put out as full a team as possible on the day. There is not enough space to single out individual successes but every member of the team can be proud of the part they played in ensuring that we are the best in the North of England.

September 7th will be the prospect of competing against the best teams in the country. They will be the first to benefit from a new five-year sponsorship deal with McCain, and the Young Athletes League is grateful for their financial support. Local newspapers and TV channels will cover. Good luck to the team!

**GREG APPLEBY**

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**ENGLAND ATHLETICS**

**MEN**

**15**

# Two Welsh Schools Champions



Charlie Hulson

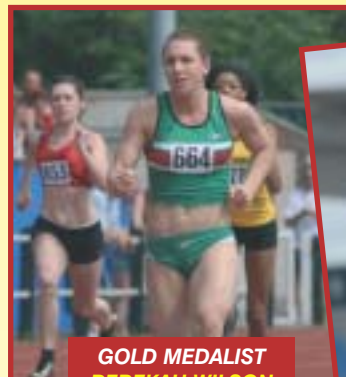
Gail Lippitt

As well as 23 competitors in the English Schools Championships, we also had a Welsh Schools champion and a silver medallist from the event held at Brecon on July 5th.

The week following **GAIL LIPPITT** winning her bronze medal at the Scottish U/20 400m Championships in mid-June, she became the Welsh 400m Schools Champion and added this to last year's bronze medal. Still on the crest of a wave, she further improved her PB at the NJAL Premier League match at Sportcity two weeks later.

**CHARLIE HULSON**, whilst a year young, won the U/17 800m silver medal in 2:03.06 just a little slower than his PB of 2:00.08 at the Trafford Grand Prix achieved directly prior to the championship. He went on to compete in the Home International schools in Bedford, where again most of the athletes were a year older, and finished 8th in 2:02.55. Charlie demonstrated his running pedigree last winter by winning the bronze medal in Northern XC Championships and finishing a magnificent 8th in the inter-counties X.C Championships. An 800m/1500m specialist, he won all the NYAL races that he has competed in and improved his PB's from 2.07min to 2.00 min for 800m. His 1500m time has also come down from 4.22 to 4.13.

# english schools track & field cham kid's oly



GOLD MEDALIST  
REBEKAH WILSON



SILVER MEDALIST  
ABIGAIL HAYWOOD

The 78th English Schools Championships may have taken place in the shadow of the Olympic Trials at Birmingham and the World Junior Championships in Poland but the two day meeting held this year at Gateshead International Stadium in July was as great as usual. The London 2012 Olympics is increasingly on everyone's mind as the 'Kid's Olympics' as it is known is an important stepping stone. With athletes such as **SHAUNNA THOMPSON, ANDY SUTCLIFFE, ANDY ROBERTSON, ROBYN RASHFORD, MIKE EHLAN, SOPHIE HITCHON** either injured or on international duty, the Sale contingent did not win as many titles as last year but still performed magnificently across a wide variety of events across all the age groups. These, plus other talented youngsters like **SARAH BARKER, GRACE SMITH, KATIE BYERS, PHIL KENNEDY** and **JAMES DAVIES** might have expected to do well.

## SENIORS:

### REBEKAH WILSON GOLD 100m 12.02

Rebekah's gold medal puts her among the club's most successful ever athletes in English Schools championships. The multi Gt. Manchester 100m Schools Champion was the English Schools U/15 100m bronze medallist in 2005; the U/17 silver medallist in 2006 (& UK Schools Bronze medallist) and the intermediate Gold medallist & International Schools Gold medallist in 2007. Her current PB of 11.90m was achieved at June's Northern U/20 championships.

### ABIGAIL HAYWOOD SILVER Pole vault 3.60m

Abigail is the 2006 English Schools Gold medallist and also the UK Schools Gold medallist. Last year, she finished 4th in the intermediate championships. Her senior silver medal puts her back among Britain's best pole vaulters. Her PB of 3.85m was set earlier at the Northern U/20 championships and ranks her 3rd in the UK U/20 listings.

### NIALL BROOKS SILVER 800m 1:52.06

From last year's 7th in the intermediate semi-final, Niall has made such magnificent strides that he's become one of Britain's most exciting middle-distance prospects. Not only did he win the senior silver medal this year but missed out on the gold by just a whisker! Niall has improved his PB from 1:58.95 in last year's championships to 1:50.63 achieved at May's BMC meeting at Sportcity. This now ranks him 8th in the UK U/20 listings

### ANDREW BURGESS SILVER Long jump 6.91m

Our Merseyside long jump champion and Northern U/20 Indoor & Outdoor champion has also made dramatic progress from last year's seventh place to achieve this year's superb silver medal. Had he been a little closer to his PB of 7.00m, achieved at the Malta Representative v Northern Counties match in April, he would have won gold.

### NATHAN ROACH 200m 7th in the semi-final 22.62

Our Gt. Manchester Schools 200m champion for the second consecutive year produced a fine PB so it was a successful championship for him. This was his third 200m PB of the summer.

### STEPHEN BUTTERWORTH 400m 4th in the semi-final 50.18

This year's Gt. Manchester's 100m & 200m champion ran his PB of 49.81 three weeks earlier at June's Northern U/20 championships.

## INTERMEDIATE

### TYRA WATSON 300m 7th in the semi-final 41.52

As an 800m specialist, Tyra has raced shorter distances this summer to improve her speed. Still returning to her best and, with one more year in this age group, she can confidently hope to be in next year's final.

### HANNAH DOHERTY 1500m 10th 4:43.48

Hannah has been running competitively for only two years and qualified for the English Schools by becoming Gt. Manchester Schools Champion. She is also this year's Gt. Manchester County silver medallist. She ran a very intelligent race and came within a second of her personal best in the heats and qualified as a fastest loser for the final.

### AHTOLLA ROSE Triple jump 7th 11.09m

Ahtolla is a multi-event athlete who came to this Championship as the Gt. Manchester Champion and the Northern U/17 triple jump silver medallist. She achieved her current PB of 11.51m at the National Junior League match at Sportcity two weeks later.



# Championships ympics

*Fechin McCormick & Peter Shaw*



**SILVER MEDALIST  
NIALL BROOKS**



**SILVER MEDALIST  
ANDREW BURGESS**

## **RAYNE ALLMAN Shot putt 10th 9.93m**

Rayne had thrown a PB of 10.66m at the Gt. Manchester County Championships so was below her best form. This multi-event athlete has a promising future. She is the current U/17 Northern Shot Putt silver medalist and the Gt. Manchester high jump and 80m high hurdles champion.

## **DANIELLE BENTLEY Javelin 5th 36.13m**

Danielle came to this championship as the Cheshire schools javelin champion and the Cheshire discus champion. She is also the 2007 Cheshire's double county & Schools U/15 javelin champion and the Midland Schools inter-county silver medallist. She is currently ranked 6th in the UK U/17 listings from her PB of 40.99m achieved in retaining this year's County title. She is currently also the Northern U/17 javelin champion.

## **ALEX ADCOCKS 200m 7th in semi-final 22.78**

Alex's time, achieved in the heats, was his second 200m PB of the summer – what more can one ask? He qualified as the Gt. Manchester 200m Champion & 100m silver medallist.

## **MARCEL STEVENS 200m 6th in the heats 23.08**

Marcel's current PB of 22.3 came in winning the Gt. Manchester Schools 200m title. He is also the Northern U/17 200m bronze medallist from June.

## **JAMES HARDY Triple Jump 4th 14.11m**

James is the Northern U/17 triple jump champion and the Gt. Manchester double County & Schools triple jump champion. He is also the Gt. Manchester county long jump champion & the Northern U/17 long jump silver medallist – what an impressive list!

## **ALEX FENTON Discus 16th 35.34m**

With a PB of 40.00m in becoming Gt. Manchester Schools Champion, Alex was below par. This season he has added the Gt. Manchester discus & javelin titles to his repertoire and is also the Northern U/17 junior javelin silver medallist.

## **JUNIORS**

### **BROGAN CROWLEY 200m 3rd in heats 26.14**

Our Gt. Manchester's Schools 200m silver medallist's time in the heats was a lifetime best performance! Her sprinting has also been a very valuable contribution to team points in the Young Athletes League.

### **OLIVIA CALLAGHAN 200m 6th in the heats 26.84**

Olivia has been a club member since she was nine years old. Earlier in the year she won the bronze medal in the U/15 100m Northern championships.

### **VICTORIA CALDERBANK 800m 7th in the heats 2:25.70**

For Victoria to achieve the English Schools qualifying mark in her first track and field year was a remarkable achievement. At the Mason Trophy meeting in Birmingham the following week she produced a fantastic new PB of 2:21.1.

### **CHARLOTTE DICKENSON Shot Putt 9th 9.47**

Charlotte is a fine multi-event athlete who, this summer, has added the double Cheshire County & the Gt. Manchester Schools SPG Champion & the U/15 Northern SPG silver medals to her treasure trove. She is also the Cheshire javelin and discus champion.

### **MARCUS WEBBER 100m 5th 11.26**

It was a great Championship for Marcus because he smashed his PB both in the heats and again in the final. He'd also broken it earlier in the season in retaining his Gt. Manchester Schools Champion title.

### **WILL McKEOWN 200m 5th in the semi-final 23.75**

Will's time of 23.75 in the heats was a lifetime best performance. A promising young sprinter, he qualified for the English Schools by becoming the Staffordshire Schools champion. He is also the Gt. Manchester 100m & 200m Champion and the Inter-County Schools 200m Champion.

### **SAM CREW-MEANNEY 800m 8th in the heats 2:10.01**

Had our Gt. Manchester Schools 800m Champion repeated his PB of 2:09.5 from three weeks earlier at the Mason Trophy meeting in Birmingham, he might well have made the final.

### **GREG APPLEBY Pole Vault 10th 2.85m**

With a PB of 3.10m set at May's Young Athletes League match in York, Greg would have expected more. He qualified for the Championship by retaining his Gt. Manchester Schools title held at Sportcity.



## Running with England's Best Young Athletes...

### **Victoria Calderbank**

In order to qualify for England Schools I had to qualify at Birmingham's Alexander Stadium. This was by far the biggest experience of my running career to date and at only 13 years old!! It was really scary. Unfortunately I missed the qualifying time by 2 x 10ths of a second and arrived home a little down but knowing that next year I'll be there.

3 days later I received a letter from English Schools Athletic Association saying that I had been chosen to represent Greater Manchester in the English Schools Track and Field Championships at Gateshead on 12th July – oh my God I jumped around the house, this really is the best thing that has ever happened to me.

Thursday 10th July at 1:00 I arrived fully kitted out in my new Greater Manchester team tracksuit to join the team of 50 travelling to Gateshead by coach. By the time we arrived at Durham University (our hotel for 2 nights!) I had made quite a few friends.

Although the food was not exactly 'mum's cooking' the facilities were pretty good and we all had our own rooms. Lights were out early as we had an early start for a very long day ahead.

Gateshead stadium is awesome, I could only think of all the famous athletes that have competed here, the cameras, crowds and atmosphere was just electrifying.

Over 210,000 athletes took part in the competition and 1,700 were at Gateshead, unfortunately I didn't qualify for the finals, but I did run with some of the best young athletes in the country - and managed my first TV appearance!

Next year I'll know what to expect, how to train and prepare for my race, and most of all enjoy every single moment of it all over again.

**Victoria Calderbank**

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**ENGLAND ATHLETICS**

**MAN**

**17**

# uk schools great experience

Peter Shaw

Over 1500 young individuals competed in 10 different sports in an atmosphere that mirrored that of a Commonwealth or Olympic Games environment. As Olympics Minister Tessa Jowell said at the spectacular opening ceremony, opened by double Olympic gold medallist swimmer Rebecca Adlington, "There has never been a better time for a young person to aspire to excellence in sport" Richard Caborn, President of the UK Schools Games and former sports minister said, "We think it important to develop a multi-sports Championships that gives young people an experience of what it is like to compete at a multi-sports games. One of the things we were keen to replicate was the experience of the village where people came together and learn and develop".

The athletics section of the games involved an international match between Scotland, Wales, Northern Ireland and the English Regions. Club members **SHAUNNA THOMPSON**, **AHTOLLAH ROSE**, **DANIELLE BENTLEY**, **RAYNE ALLMAN** & **TYRA WATSON** were selected to represent England - NW. **SHAUNNA** ran her latest PB to win the 200m in 23.42. "It was amazing. I ran really well but I can still improve" said the UK Junior No.1 sprinter. "I still have points to work on, like on the straight I lacked a bit

of strength and I know I can improve my bend. I ran a PB and to run it at the UK Schools Games was absolutely amazing. I ran last year and came second in the 100m to Ashlee Nelson (sister of SHM Olympic representative **ALEX NELSON**), but now I know that 200m is my stronger event".

**AHTOLLAH ROSE** was within 8cms of winning the triple jump but had to settle for 3rd place with a magnificent lifetime best jump of 11.81 metres. **DANIELLE BENTLEY** can be well pleased with her throw of 38.24m in the javelin which placed her 5th out the 10 competitors.

**RAYNE ALLMAN** was disappointed to finish 11 in the Shot but this multi-eventer has another year in this age-group and will be even better next year. **TYRA WATSON** ran in the 4 x 300m relay team. She really enjoyed the experience but next year will be aiming to be selected for an individual event.

All the club participants will have gained much from their four days in Bath from an athletic, social and

educational point of view. Of particular inspiration were question & answer sessions with top sprinter **JASON GARDINER** and Olympic double gold medallist swimmer Rebecca Adlington. Spending four days together in the athlete's village enabled our girls to renew friendships with athletes from all over the UK plus many new friends from a wide variety of sports.

The UK Schools Games will be held each year in the run up to the Olympic Games in 2012 and the age-group corresponds to the English Schools Under-17 (Intermediate) age group. Selection is based on 'Power of 10' rankings and performance in the English Schools Championships.

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**SPECIAL RATES FOR SALE HARRIERS**



# NORTH OF ENGLAND LEAGUE a solid season

Premier Division



## Alison Pye – Team Manager

The combined Senior Men and Women again featured in the top division of the North of England League competition for the 2008 season. The division welcomed newcomers Blackburn Harriers and Bolton United Harriers this year, to compete alongside the established clubs of the division; Leeds City AC, Wakefield and District Harriers, Trafford AC and ourselves.

There were some closely fought contests throughout the season, some match positions being decided by only a few points. Overall the team had a solid season, with some excellent individual performances that boosted our scores throughout the season. We recorded third place in the first match of the season at Leeds, but we were unable to build on this performance at Blackburn in match 2 where we recorded an inconsistent result finishing in sixth place. Match 3 at Wakefield saw a return to form, where the team finished second, behind Leeds and only 3 points ahead of Blackburn. The season finale was at Sport City where we were unable to capitalise on the home advantage again finishing in third position.

This meant that we, competing in the league as City of Manchester, recorded third position in the

league, behind Leeds in second, with newcomers Blackburn being crowned League Champions in their first season, after winning division 2 last year. They were worthy winners of this title due to the strong teams they fielded in every match and the excellent team spirit they displayed.

League records were produced by 2 of our female athletes this season. **LAURA DOUGLAS** again increased her own league record to 60.89m in the hammer in the first match of the season and at Sport City in the final meeting, **HARRIET PICKLES** equalled the triple jump record with a leap of 12.05m. Congratulations must go to both of these athletes.

Other performances of note have been **JAMES PHILLIPSON** returning to form in the middle distance events, **DANIELLE PARKINSON** and **KATH WELLAM** never finishing outside the top 2 places in the 400m Hurdles, multi eventers **NICOLA CAHILL** and **JESS TAYLOR** both having very successful seasons in a wide variety of events, **MATT CULLEN'S** domination of the pole vault, **ROBYN RASHFORD** and **REBEKAH WILSON** dominating the sprints, young **DANIELLE BENTLEY** consistently performing well in the discus and javelin although she is only an under 17, and **JACKIE CORDINGLEY, VICKY**

**CORDINGLEY, PAUL BARRETT** and **JAMES LEWIS** making their track debuts in the distance events.

In order for us to build on our third place in the league and to challenge Leeds AC and Blackburn Harriers next season we must look to strengthen our performances in the middle distance and throwing events where we have been weaker than in previous seasons. We must also continue to field full strength teams as this is where we pick up valuable points. Thank you to **LEANNE BROWN, NICOLA CAHILL, MATT CULLEN, ROB FLANNERY, DAVE MARSH, DANIELLE PARKINSON, HARRIET PICKLES, ALISON PYE, JESSICA TAYLOR** and **KATH WELLAM** who on many occasions demonstrate their dedication to the team by competing in a wide variety of events which they don't always train for in order to gain extra points towards the teams performance.

As always a massive thank you to all the officials who give their time and gain valuable points towards the teams performance at every match, and also to all the coaches who support the team and the athletes throughout the season. Without these people the team wouldn't perform at the level it does now.

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19



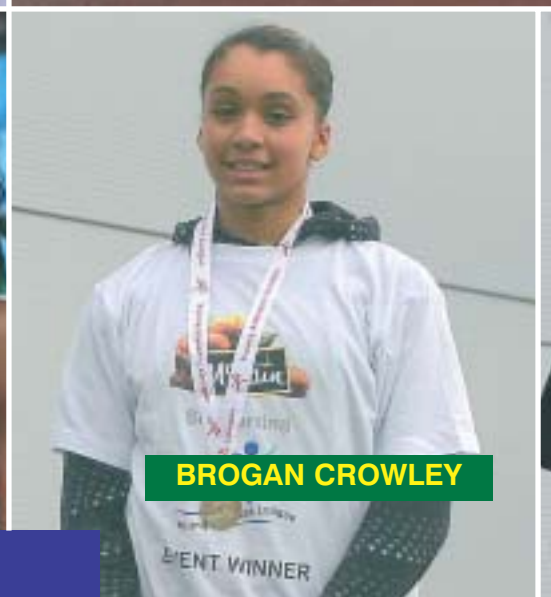
## YOUNG ATHLETES LEAGUE FINALS



**JAMES FLYNN**



**MOVENO LUKENIA  
& J'NAY HENRY-**



**BROGAN CROWLEY**

# A Great Final

### Fechin McCormick

Most of that talented squad U/13, U/15 and U/17 youngsters who brought the club unprecedented success this summer when they became Northern Champions in the Young Athletes League, re-assembled at Sportcity for the prestigious National Young Athletes Final on home territory. They competed against the best from the Southern, Midlands and Scottish Regions in a thrilling festival of athletics. Eighty-one track and field events that began at 11am and did not end 'til 6.30pm reflected the very best of our youth. Sportcity was spirited throughout the long day by an electric atmosphere of enthusiastic youth who'd travelled from as far apart as Edinburgh to Tonbridge Wells. Sale Harriers Manchester excelled by finishing a magnificent 3rd place with Windsor, Slough, Eton & Hounslow AC becoming champions and Blackheath & Bromley AC runners-up.

It's a pity the whole of Manchester wasn't present to witness the determined athleticism of so many youngsters and their cheery, noisy support. Throughout the day, spindly boys and girls, some knee high to a grasshopper, inspiringly gave it their best shot and ran track distances that must have seemed to some like a marathon; teenage girls, hair braided, tinted and tied with bows in club colours; faces striped

green & red and several with multi-coloured red and green shoes, enthusiastically cheered and cajoled their team-mates to one of the club's best position and to a magnificent haul of gold, silver and bronze medals. Team managers KAREN LANNON, LINDA O'NEILL, DANNY GRAY and MIKE DRABBLE were incessantly preoccupied and surrounded by clutters of anxious youngsters & their parents looking for numbers, pins and guidance. They liberally dispensed reassurance whilst, with seemingly boundless energy, ensured that every athlete was safely at their starting blocks.

By 5pm the intermittent sunny weather had given way to heavy showers but the army of dedicated field officials remained stoically undeterred. The commentator stoked some warmth through the gloomy skies with the announcement that Sale were emerging as the runners-up to Windsor, Slough & Eton. Excited musings rippled that victory could indeed be ours... you know anything can happen in those final all-important relays! The excitement was palatable!

In eventually finishing a magnificent third, the club certainly thanks young athletes like HANNAN DOHERTY who got the meeting record in the 3000m ...and no-one was going to catch her either in the 1500m; A couple of weeks earlier, Hannah had added the U/20

3000m silver medal to her growing haul. SHAUNNA THOMPSON was her usual victorious self with three superb sprint victories; WILLIAM MCEWAN also won three magnificent U/15 medals of different colours as did SARAH RYAN in her U/17 age-category; young U/13 BETH BOLTON capped all of them with a magnificent four medals and jump coach KEITH HUNTER was thrilled that three of his athletes won gold - U/15 CLOVIS ASONG won gold in the long jump & sprint relay and bronze in the high jump and , LAUREN MACCABEE and AHTOLLAH ROSE won their gold medals in the Triple Jump. (Ahtollah is also coached by Ian Willshire). It was a great day for all and well done to everyone!

The medallists were:

UNDER 17 BOYS & GIRLS

GOLD

JAMIE RODEN .....	3000 A
ALEX WEBSTER .....	3000 B
RYAN WORLAND .....	1500 S/C B
SHAUNNA THOMPSON .....	100 A
SHAUNNA THOMPSON .....	200 A
SARAH RYAN .....	200 B
HANNAH DOHERTY .....	1500 A
HANNAH DOHERTY .....	3000 A
SARAH BARKER .....	3000 B
DANIELLE BENTLEY .....	JAVELIN A
AHTOLLAH ROSE .....	TRIPLE JUMP A
LAUREN MACCABEE .....	TRIPLE JUMP B





**BETH BOLTON**



**DANNY GRAY, ELLIOTT HAYNES & JACK SHELTON**



**TYRA WATSON**

SILVER  
ANDY PARTINGTON..... 1500 B  
JAMES WIGNALL..... 1500 S/C A  
ALEX FENTON ..... JAVELIN B  
SARAH RYAN..... 100 B  
TYRA WATSON..... 800 A  
SARAH BARKER..... 1500 B  
KATIE HOLT..... 80m HAMMER B  
SIMONE TRUMPET..... 4k HAMMER B  
SARAH RYAN..... 1k DISCUS B  
RAYNE ALLMAN ..... 4k SHOT A  
JORDANNA DENTON ..... 4k SHOT B

BRONZE  
NAYEF ABED ..... 100 A  
AARON CROWLEY..... 200 B  
JOSH OGUNTAYO..... 800 B  
ALEX FENTON ..... 1.5k DISCUS A  
DANIELLE BENTLEY ..... 1k DISCUS A  
JORDANNA DENTON..... JAVELIN B  
RAINE ALLMAN..... LONG JUMP B

#### UNDER 15 BOYS & GIRLS

GOLD  
WILLIAM MCEWAN ..... 100 B  
DANIEL HEALD..... 800 B  
JAMES FLYNN..... JAVELIN A  
CLOVIS ASONG ..... LONG JUMP A  
BROGAN CROWLEY..... 200 A  
OLIVIA CALLAGHAN ..... 200 B

SILVER  
BUKUMI AWORINDE..... 100 A  
WILLIAM MCEWAN..... 200 B  
MATT HOLMES..... 800 A

CALLUM ROUGHEEN ..... 80H B  
GREG APPLEBY..... POLE VAULT A  
KIKKA SCALES ..... 600g JAVELIN B

BRONZE  
CHRIS BUTT ..... 1500 B  
TOM HOPKINS..... 4k SHOT B  
CLOVIS ASHONG..... HIGH JUMP A  
CALLUM ROUGHEEN..... HIGH JUMP B  
SARAH SIMEEN..... 800 A  
CHLOE GRANT ..... 800 B  
KATIE BYERS ..... 75mH A  
ROBYN PHELAN ..... LONG JUMP B

#### UNDER 13 BOYS & GIRLS

GOLD  
J'NAY HENRY-SHIRLEY ..... 75 B  
LYDIA RANGLES ..... 150 B

SILVER  
OLIVER CROWLEY ..... 100 A  
ELIOT HAYNES..... 3.25k SHOT A  
JACK SKELDON..... 3.25 SHOT A  
BETH BOLTON..... 75 A  
BETH BOLTON ..... 150 A

BRONZE  
OLIVER CROWLEY ..... 200 A  
CHLOE YATES ..... 800 B  
BETH BOLTON ..... 70Mh A



**SARAH SIMEEN & CHLOE GRANT**



**SARAH BARKER**

# Fantastic Year for Alice



2008 has been an outstanding year for 14yr old Sale Harrier, Alice Fitton.

She is the current British Champion at Modern Biathlon, (run/swim), Triathlon, (run/swim/shoot), Tetrathlon, (run/swim/shoot/fence), and Pentathlon, (run/swim/shoot/fence/show jump), and all at an age-group above her own!

Early in the year, despite being just 13 years old at the time, Alice was identified as a possible candidate to represent Great Britain at European level. In order to achieve the necessary ranking points, she has had to compete in the higher age-group of 'under 17yrs'. Undeterred by this, Alice not only went on to win the Series, attaining UK No1 ranking, but she also went on to win National Titles at Biathlon, Triathlon, Tetrathlon and Pentathlon as well.

In April, Alice was selected to lead the Great Britain Team at the prestigious European Cup, which was held in Pilzen, Czech Republic. Competing against the very best under 17yr olds in Europe, including athletes from the Eastern Block countries, she achieved a highly creditable Silver medal.

Having established herself as the Country's leading 'multi-disciplinary' athlete, Alice went on to lead the British campaign at The European Championships in Dublin. Despite a lacklustre performance in the shot, she managed to achieve fifth place in a 'World Class' field. Encouragement indeed, in the knowledge that she can compete in the age group for a further two years.

In a year that has seen Alice become the youngest ever British athlete to be awarded World Class Development Programme status, 2008 has indeed, surpassed her expectations and provides motivation for the season to come.

## NATIONAL JUNIOR CUP FINAL

# MUST DO BETTER!

*Women's team manager Eric Hughes*

**The 2008 National Junior league Final took place at Moorways Stadium, Derby on Sunday 14th September. The finalists were:**

**Birchfield Harriers**

**Blackheath & Bromley H AC**

**Enfield & Haringey AC**

**Sale Harriers Manchester**

**Shaftesbury Barnet**

**Team Edinburgh**

**West Wales**

**Windsor, Slough, Eton & Houndslow AC**

Due to late call-offs, mostly affecting the Men's team, we came a disappointing sixth. Blackheath & Bromley AC's women took the national title and along with Enfield & Haringey men will represent GB in the European Juniors Club Cup next year.

However, the points difference between ourselves and Team Edinburgh, the fourth placed club, was slender and with a little luck we could have finished in a more respectable position.

On the bright side we collected 12 gold, 7 silver and 7 bronze medals reflecting the quality of those who competed.

**NIALL BROOKES** enhanced his reputation as one of the country's top young Middle Distance runners with a sparkling double in the 800 metres and 1500 metres and **GARY WATKINS** won the 'A' Discus event. **ANDREW SUTCLIFFE** & **JAMES DAVIES** collected a brace of medals in the Pole Vault & **JAMES HARDY** & **MIKE EHLEN** followed suit in the Triple Jump.

**SHAUNNA THOMPSON** completed a superb Sprint double and was well supported by the 'B' winners **REBEKAH WILSON** and **ROBYN RASHFORD** scorched home in the 4 x 100m Relay. **HANNAH DOHERTY**, **TYRA WATSON** and **AMY REGAN** all scored important Middle Distance points as did **ABIGAIL IROZURU** and **RAYNE ALLMAN** (Long Jump) and **AHTOLLAH ROSE** and **HARRIET PICKLES** in the Triple Jump.

**SOPHIE HITCHON** was awarded Field athlete of the match with a 58.80m Hammer throw and **ABIGAIL HAYWOOD** scored maximum points in the Pole Vault, both girls representing England in the Youth Commonwealth Games in India later in the year.

Basically we have the talent to win this competition but must work harder in certain areas of the Club if we are to break the dominance of the Southern clubs.





**NIALL BROOKS**



**JAMES DAVIS**



**ROBYN RASHFORD**



**ANDY SUTCLIFFE**



**SHAUNNA THOMPSON**



**TYRA WATSON**



**RAYNE ALLMAN**



**HARRIET PICKLES**



**REBEKAH WILSON**



**AHTOLLAH ROSE**



**HANNAH DOHERTY**



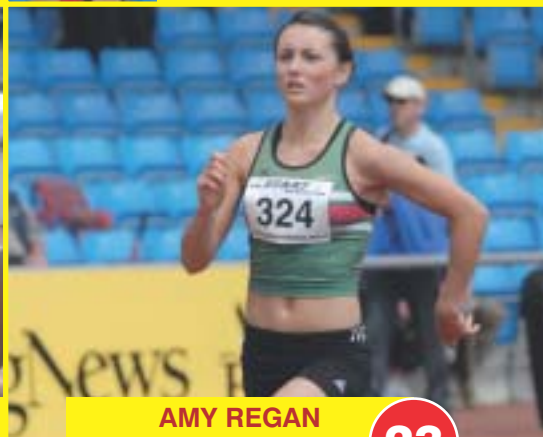
**MIKE EHLÁN**



**JAMES HARDY**



**ABIGAIL IROZURU**



**AMY REGAN**

*In partnership with City of Manchester Athletics*







EMILY BEEDHAM



DAN WILLIAMS



LEANNE BROWN



COLIN GELL



KATH WELLAM



## NORTH OF ENGLAND INTER CLUB CUP FINAL

# Creditable 3rd

### Danielle Parkinson

The North of England Cup is an annual end of season competition among the North's best clubs. This year, Bingley AC, Blackpool W & Flyde AC, Kingston on Hull, Leeds AC, Trafford AC, Rotherham AC, Scunthorpe & District and ourselves (competing as City of Manchester) met on home territory, Sportcity on Sept 13th. As last year, the team was heavily depleted due to holidays and the NYAL Final the same weekend. After a long, hard season for most people this was their last competition and we

couldn't have hoped for better weather!

Both the men and the women pulled together to try and have a person in every event and the final result was that we finished 3rd. Kingston on Hull were the victors this year and Trafford AC runners-up.

In the men, we had convincing winning performances from **MATT CULLEN** in the Pole Vault (4.20m) and **MARCUS GOLDBOURNE** in the Discus (52.82m). **EOIN HANNON** performed well in the long jump to gain 2nd position with 7.19m. **SERGEY SARAYEV** also jumped well in the Triple Jump to come 3rd with 12.44m.

A great day for sprints the men had good performances from **DAN WILLIAMS** in the 400m with 50.13 who came 3rd and also from **VASYL PANKOVYCH** who came 3rd in the 110m hurdles with a time of 16.79. It's just a pity the men weren't able to cover every discipline and so forfeited valuable team points.

The women had a fantastic day and covered all events thus maximizing team points. They also achieved top 5 in all events. The throws were dominated by **LAURA DOUGLAS** who came 1st in the Discus by over 13m, throwing 56.66m; she



**DANIELLE PARKINSON****MARCUS GOULDBOURNE****JESSICA TAYLOR****EOIN HANNON****SERJEY SARAJEV****LIZZIE PHILIPPSON****LAURA DOUGLAS**

also came 2nd in the shot putt and 4th in the Discus.

**DANIELLE PARKINSON** won the first track event of the day, the 400m hurdles with a time of 63.69, just 0.73seconds off her P.B. She felt strong and her stride pattern went to plan so she was disappointed there wasn't more competition in the home straight to spur her on! She also won valuable points in the javelin, and in both relays.

**KATH WELLAM** had a solid performance in the 400m flat winning in 61.45.

**JESSICA TAYLOR** just narrowly missed out on 1st in the 100m and 200m sprints running near to her personal bests with 12.6 and 25.61! Jessica also won the

long jump just 7cm off her P.B with a leap of 5.47m. This performance was especially spectacular as she had only just made it for the start of the event, as she had travelled from York and had got caught up in major traffic diversions.

**NICOLA CAHILL** also did the team proud; she had to rush from working on the Saturday morning in the hope to make it for as many events as she could. Her first two of which - high jump and 100m hurdles, ran at the same time! After a speedy warm up, she did brilliantly storming into 2nd position in the hurdles with a time of 15.43, although she wasn't happy with her start. Straight over to the high jump Nic was disappointed with 1.50m, however she came 2nd and that's

not bad considering it was immediately after her sprint! That's the real spirit of the team!

Unfortunately the men didn't enter any relays; however the girls came 2nd in the 4x100m by 0.3sec (**NICOLA CAHILL, LEANNE BROWN, DANIELLE PARKINSON, JESSICA TAYLOR**) and won the 4x4! **KATH WELLAM** established a good 10m lead on the 1st leg (61.3) and **LEANNE BROWN** maintained this on the 2nd (65.7), **DANIELLE PARKINSON** increased the lead on the 3rd leg (58.3) and **JESSICA TAYLOR** brought the baton home in glorious fashion (59.3).

A good day had by all and City of Manchester finished a very tired 3rd!

# ROADS & FELLS

*Fechin McCormick*

Whilst a vast section of the Club were busy sprinting on the track, hurtling javelins, shots & hammers and/or leaping horizontally and vertically, our endurance section were flying the flag on roads, parks and fells around the region. This section has historically dominated on the roads but apparently no more! With a section about 200 strong, relatively few turned out for the regions road races this summer - apart from the Sizzlers! Perhaps this is the national demise highlighted again in the nation's poor endurance performances at the Olympics. So! Let's be having you ALL turn out for the winter cross-country season!

The Manchester 4 x 5k Sizzlers in Wythenshawe Park were the summer highlight for most, but others had a busy summer:

**JENNY CLINK:** Now that Jenny's become discerning in her training and competing, she's come on in leaps & bounds. Following good performances in the Sizzlers, she had excellent runs in the Horwich road series and produced a PB in one of them. She was also 2nd lady in July's Offerton 10k with an encouraging 48.53

**GARETH RAVEN** has had a superb reason on roads as well as on the track. Following early summer victories in Salford 10k & Wilmslow half-marathon he recorded a superb PB of 29.39 in the May's BUPA Gt. Manchester Run. He then focused on a few track 5k's before recording a 10,000m PB of 29:32.71 at the UK Championships. Back to the roads and with an eye on an autumn half-marathon, Britain's top 10 marathoner recorded another massive PB of 49.15 in the Sale '10'. He topped off a magnificent summer by winning the 'Race The train' in Wales, completing the course five minutes faster than last year. **CHRIS BRATT & PAUL ROWLEY** also ran this tough but colourful event with Chris finishing 198th from 800 finishers in 1:47.41 & Paul 242nd in 1:52.05.

**JOHN BATTERSBY** (O/50) likes to race & this summer was as busy and as consistent as ever.

He ran the Platt Fields 10k in 40.00; bounced back from the curry-laden Sale '10' in early August to a more satisfying over-distance Gt. Warford '10' two weeks later and then the Birchwood 10k in 40.08 & then September's Trafford 10k where he crossed the line much slower 41.40.

**IAN WEATHERALL:** Our No.1 vet ran in the BMAF 5k Championships at Horwich in June and finished 13th in a time of 16.13 sec in the O/40 age-category. Following that he concentrated on the track & in July ran the veteran 1500m Championships. His time now ranks him 12th nationally. After that, he competed in a couple of 800m races and his 2:03.08 at the BMC at Longford Park ranks him 4th in the UK

**GEOFF BEATTIE** (O/55): You should have seen Geoff's smile when he finally smashed through the 21-minute barrier in the rain-sodden Manchester 5k Sizzler. Though questionable because of last-minute alterations, he confirmed his new benchmark with fine runs in the Blackburn 5k (20.51) and the 3rd Sizzler (20.50). Readily producing low 44's for 10k as in the Platt Field 10k, this year's BUPA Gt. Yorkshire run in 43.38 was a full minute faster than last year and... and he even threw in two half-marathons and the Sale '10' for good measure.

**MARK FERNS** struggled a bit this summer. He raced all four Sizzlers; the Offerton 10k (44.29); the Debdale Park 7k (25:22) and the Saddleworth '6' (42.07) but said, "I was a bit disappointed with my summer races, still struggling to get back to where I was before my injury last Christmas. I'm still confident I can turn it round and be back to full strength the X-Country, which will be just after my Dublin Marathon in Oct.

**DON GEORGE:** Apart from picking up his first trophy for years in the Platt Fields 10k, the Club's longest serving member has also been

rejuvenated over 5k! Now in the exalted O/70 age-category, Don ran three 'Sizzlers' with a superb best of 26.05; he also ran several of the monthly Alexander Park 5k races, again with a superb best of 26.04 in August's event. Keep it up. Don. You'll be passing all these youngsters!

**LYNDA ROWLINSON** is targeting the Manchester Parks series of five road races through the summer and whilst it's Garry's turn to be left holding the baby, Lynda ranks top in the O/45 category with three races completed. Likewise, **SUSAN CREHAN** ranks second in the O/50 category.

**JANET FIELDEN** (O/50) ran her first two Sizzlers ever with a best of 26.42. She joined **PHILIPPA EDWARDS & DIANE HENIGAN** for the Winston Ladies '5' mile race run from our Wythenshawe Track in July and all three should be happy with their performances (27:28), (28.32) and (29.55) respectively. She then rounded off with the Birchwood 10k in 58.51.

**FECHIN MCCORMICK's** (O/55) target this summer was to try and keep on the right side of 22 minutes for 5k. He finally succeeded in the final Sizzler!

**LEE WOODS** showed he's continuing to make good, steady progress from long-term injury with a best of 17.45 & 37.23 in the Platt Fields 10k.

The trio of **DAWN HOLDING, JOHN SMITH & MIKE HUGHES** ran one or more of the Sizzlers, the Sale '10', Birchwood 10k and Trafford 10k (except John) and had what they must regard as one of their best ever summer whilst also preparing with one eye on the Macclesfield half-marathon at the end of September. They were regularly joined by **AUDREY GREYSTY** and newcomer **LAUREN DAVIES** who show great commitment and exciting improvements.

## Reebok Manchester 5K Sizzlers - Club Finishers 2008

Despite inclement conditions for the first two 'Sizzlers' this year's series continued to be a great success! Kinder weather for the latter two events ensured the traditional buzzing atmosphere with almost 400 participants of every shape and ability winding their way around the scenic paths of Wythenshawe Park. Arguably the largest & most successful event of its kind in the North had its annual course record. It would all be again impossible without those who helped made it happen. Especially, we thank Brian Goulden & his team of marshals, Philippa Edwards and her 'entries' team and Dave & Carol Brown who ensured the quota of officials for every event. Lack of space prevents reproducing everyone results, but these can be found on the website.







John Battersby



Gaz Raven



Mike Dunne

## Scintillating Sale 10

### Fechin McCormick

On the same weekend as Newham & Essex Beagles made it impossible for Sale to retain the 2008 British Athletic League title, this emerging Southern Club had their top two endurance men travel North and also snatch victory from the jaws of our own **GAZ RAVEN** in the Sale '10'.

The long established club promotion ranks highly throughout Britain & Newham's Stephen Hepples' zippy performance in 49.09 with **GAZ RAVEN** behind him in a lifetime best 49.15 and over 40 seconds faster than ever before, assures its top level reputation. Run on a 4-lap course within Wythenshawe Park, 250 toed the line on our Wythenshawe track.

**ANDY YATES** (O/50), reeling from his son NOT selected for the Beijing Olympics despite achieving the qualifying standard (albeit late but within the IAAF rules for last minute selection) & being Britain's No.1 young 400m hurdler and, was in fine form. He demonstrated genetic talent with an excellent 1:00.36 that merited him first in his O/50 prize.

**LEE WOODS** ran two 10k's prior to this race - the Platt Fields 10k in 37.23 and the City of Manchester 10k in 37.07. Both were about a minute short of his PB due to recovery from a long injury

lay-off. Likewise, his 1:03.49 for this '10' was consistent with his return to top form.

**JOHN BATTERSBY** (O/50) enjoyed a hot curry the previous evening & decided to run next morning (most people do!). Though some 90 seconds slower than last year, he was pleased with an unexpected 1:07.14.

**MIKE DUNNE** (O/55) has a substantial endurance pedigree born in the 1980s with sub-2:30 marathon times. He retains excellent form when he gets time to train! Just a few weeks short of his 60th birthday, 1:08.16 was just a little slower than his best in the late 1990's! He's determined to improve even further.

**LORA BLOOM** surprised herself with a superb 1:12.40 soon after her marital celebrations & honeymoon. Her 'little' sister was even more impressive to clock 1:16.11 and took several scalps in the final mile. We wish Lora the very best in married life.

**GEOFF BEATTIE** (O55) loves running, described in his award-winning book on childhood days in the 'Murder Triangle' of North Belfast. It means he maintain an intense weekly race schedule. Following his two champagne-popping sub-21 minute PB's in Sizzler 2 & 3, this 10-miler was somewhat over-distant. He'd have

liked to be faster than 1:14.06! Don't be greedy, Geoff!

**JIM LAMBE** (1:15.59) continued to show fantastic form and was an awesome eleven minutes faster than last year. His years of marathon training are finally bearing fruit.

**SIAN HOLLAND** celebrated her 30th birthday wearing No.30 (Wot a coincidence!). This was her debut 10-miler and she showed excellent form with 1:17.05.

Club newcomer **ADAM JONES** followed a few places later in 1:18.00 & established an impressive benchmark for further improvement.

Hot on his heels was **HELEN REAGAN** who also had the race of her life. She clocked a PB by over 6 minutes to record 1:18.47. Just behind her was **ALAN ROMAGADO** in 1:19.32.

The effervescent triptych of **DAWN HOLDING** (1:21.55), **JOHN SMITH** (1:25.08) & **MIKE HUGHES** (1:33.36), were never far separated - only by **RANJIT BENNETT** (1:25.13) who was an amazing 19 minutes faster than last year and a massive PB and **AUDREY GREESTY** (1:30.31) who finished more than two minutes faster than last year. Well done to all!

## ZIPPY SEVENTIES

At the NVAC 10 Road Championship held in Platt Fields on Sunday 29th of June, there were only two members of Sale Harriers competing. Both were in the O/70 section

and managed to pick up awards. **MIKE HOWE**, who had been running very well, picked up the top award, winning the age group in just over 47minutes. Due to the absence of two of our other O/70's, **DON GEORGE** managed to finish in third place with a time of 53:45, picking up his first trophy for a few years.

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# Autumn Fixtures 2008

## SEPTEMBER

- 20 North West Road Relays (Inc Cheshire & Greater Mcr Champs) Northwich
- 20 LANTERN PIKE FELL RACE Little Hayfield
- 21 Manchester Parks - Boggart Chase 10k Boggart Hole Clough
- 27 Northern Athletics 6 Stage & 4 Stage Road Relay Hartlepool

## OCTOBER

- 4 BMAF National Cross Country Relay Championships (Veterans) Berry Hill Park, Mansfield
- 4 Autumn Leaves Fell Race Diggle, Saddleworth
- 5 Northern Athletics Young Athletes Road Relays Croxteth Park
- 11 Manchester University Cross country relay University Fields Wythenshawe
- 12 NVAC 10 Mile Road Championships - St Anne's
- 12 Chichester Priory 10km/AAA/ERRA 10k Road Champs Chichester
- 18 ERRA National Men's & Women's 6 & 4 Stage Road Relay Sutton Park, B'ham.
- 18 UKA NATIONAL FELL RELAY CHAMPS Clwydian Hills Wales
- 19 ERRA National Young Athletes Road Relays Sutton Park, B'ham.
- 25 Manchester Area CC League (1) Heaton Park

## NOVEMBER

- 1 ECCA National Cross Country Relays Berry Hill Park, Mansfield
- 16 Manchester Area CC League (2) Boggart Hole Clough
- 29 UKA Cross Challenge/European Trials Sefton Park, Liverpool
- 30 Northern Athletics 10 Mile Road Race Championship Thirsk

## DECEMBER

- 7 Gravy Pud Fell Race Tintwistle
- 13 Manchester Area CC League (3) Sherdley Park
- 20 Sale HM Xmas Handicap 4 mile Trail Challenge (to be confirmed) CROSSFORD BRIDGE?
- 28 SALE FESTIVE 5 WYTHENSHAW PARK

## JANUARY

- 4 Manchester Area CC League (4) Woodbank Park
- 10 County Cross Country Champs (Various) TBA
- 24 Northern Athletics Cross Country Championship Sherdley Park