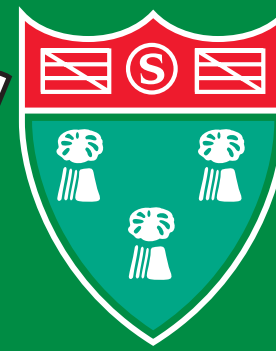


Issue 70 winter 08

THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



Well Done!

At Your Service

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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 14 years

FECHIN MCCORMICK



As we stand on the threshold of yet another year, I wish you success in your sporting discipline through 2009. May you leap higher, throw further and run ever faster! As a runner for nearly forty years I'm permitted to extend my Irish blessing... even to those who'll take my scalp & hound me like a tiger seeks its prey! As you pound the roads, therefore...

*May the road rise to meet you
May the wind be on your back
May the sun shine warm upon your face
& May the rains fall softly on your fields.*

Remember, it's only twelve months till the Club celebrates its centenary. Though club archives hold a photograph dating Sale Harriers to 1897, the present club was formed in 1910 when a joint meeting took place of a number of church & gym clubs in Sale who enjoyed running. They agreed to organise Saturday afternoon competitions; they formed a committee and Sale Harriers was born.

Back to Harrier No.70! It's another bountiful twenty-four pages of news that comprehensively covers every club activity since last September. If there's anything missing, it's not me to blame! Whilst track & field athletes rest in this period, the club particularly traditionally concentrates on the regional and national road and cross-country relay championships. You'll read it's also the season when individuals test their running prowess over the region's road races and pursue dreams involving awe-inspiring endurance events across the world. A notable feature of this magazine also is the awards section & the tribute evening to thank the army of volunteers who helped deliver the club's extensive programme of events through the year.

You'll notice there's nothing on the cross-country season that's in full swing since October. That's because, as yet, there are no results - that'll all be part of the next edition. Meanwhile, we have the emerging County, Northern, & National Cross-Country Championships, major club events. Pull out all the stops & give your best proudly for the club in them. If you're not actually taking part, why not go along and experience amazing spectacles of cross-country running at its very best.

As ever, enjoy an informative read & thanks to those who have contributed in any way with articles and photographs.



Hello!

Hello! I am Neil Fisher who, since mid-2008 has been the new medical officer for Sale Harriers. It's time I introduced myself.

Who am I? I am 34 and a GP in North Warrington. I have worked as an event doctor for England and UK Athletics since 2003, covering many events including U20/U23 at Bedford for the last 4 years and AAA for the last 2 years. I am currently a post graduate student at Bath University studying for my MSc in Sports and Exercise Medicine and have just completed my 2nd of 3 years.

What can I do for you? Well anything really from injury advice, performance concerns, medical conditions, doping regulations, liaison for physiotherapy and chiropractor services and anything else you can think of.

My services are currently free and I can be contacted via mobile 07779783608 or email neil.fisher31@virgin.net.

Looking forward to working with you. Neil.

Awards Awards Awards Awards Awards Awards

club athletes of 2008

Each year the club chooses two athletes – a male and a female who, in the opinion of the Executive Committee after consultations with coaches and team managers, merit the Darren Campbell MBE award for their athletic achievements throughout the year.

This year the club's outstanding young athletes – long-jumper **ABIGAIL IROZURU** and pole-vaulter **ANDY SUTCLIFFE** have received the award. Both have featured extensively in this magazine throughout the year. The club congratulates them!

Abigail topped her summer by representing GB at the World Junior championships in Poland and then represented England at the Youth Commonwealth Games in India becoming the Commonwealth Youth long-jump champion. Her PB (6.29w), achieved at the England U/20 Championships is just one of several age-group titles in her young career. She ranks her No1 among Britain's U/20 long-jumpers.

Seventeen year old Andy Sutcliffe ranks 4th among UK's Under/20 vaulters and also represented England at the Youth Commonwealth Games where, as reported elsewhere in the magazine, he was gutted to miss out on the bronze medal just on count-back. His vault of 4.70m was the same height as that which won the bronze medal. He also has had a great summer adding the Northern U/20 Championship and the England U/20 bronze medal to his collection.

FRANK STARKIE MEMORIAL CUP

*To honour the memory of **FRANK STARKIE**, a club luminary who died unexpectedly in 2006, the British Association of Track & Field Leagues (BATFL) set up The Frank Starkie Memorial Award for services to athletics. It's awarded annually alongside other UK Athletics meritorious awards and this year at December's UK Athletics Awards Dinner. Its second recipient is Olive Megit for a lifetime spent developing athletics within Essex County. The club heartily congratulates her!*

Nominations come from clubs involved in League athletics. Citations draw attention to a nominee's work for the club or league as organizer, official, team manager or helper and must show the breadth of tasks and/or the time they have been carried out. One of Frank's many roles was secretary of the National Young Athletics League for many years.

Last year's first recipient was Hampshire's Wendy Haxell who won it for track judging in Hampshire over 20 years.

POWER OF 10 AWARD

The club returned triumphant from the UKA Awards Dinner 2008 in December, taking home a coveted "Power of 10" Club Award for excellence in the Jumps events. The awards dinner celebrated the work of club members across the sport of athletics with a range of awards on a champagne evening at the National Motorcycle Museum in Birmingham and the Power of 10 awards were awarded to the clubs whose athletes in the Under 20, Under 17, Under 15 and Under 13 age-groups had performed the best in the Power of 10 national rankings. So, with Sale Harriers Manchester having a clutch of athletes near the top of the rankings across all the jumps events and age groups, both men and women, we came out on top. The award is recognition of the hard work of the club's many jumps coaches and the performances of athletes such as Commonwealth Youth Games representatives, Andy Sutcliffe, Abigail Haywood and Abigail Irozuru, as well as other up and coming jumpers such as Darren Hammond, Andrew Burgess, Mike Ehlen, James Hardy, Harriet Pickles, Ahtolla Rose, Katie Byers, Greg Appleby, Daniel Hudson and James Davies, among many others.

The Norwich Union Power of 10 Club Award Winners: Windsor, Slough, Eton and Hounslow AV (Overall); Leeds City AC (Combined Events); Enfield and Haringey AC (Speed); Aldershot, Farnham and District (Endurance); Sale Harriers (Jumps); Blackheath and Bromley Harriers AC (Throws).

ERIC HUGHES Honoured



Club President **ERIC HUGHES**, and the UK Premier Women's League most successful team manager, has two further accolades to add to his list of honours. He was nominated by England Athletics for a Regional & a National award for "Services to Athletics" and although his good friend and coaching legend Wilf Paish won the national award, Eric was thrilled to be his runner-up. He won the Regional award made earlier and presented for the first time. Eric described his glittering and memorable invitation to the inaugural National award ceremony...

"I was honoured to be nominated for finalists in the Service to Athletics and, with my wife Doris, invited to attend the English Athletics inaugural National Awards at Solihull on 18 October. This was a special occasion as the first Hall of Fame inductions were to be held with legends of the sport in a glittering evening.

Fuzz Ahmad, the husband of Julie Crane, and our own Darren Campbell did a great job as Masters of Ceremony and Sebastian Coe, Daley Thompson, Roger Bannister, Steve Ovett, Sally Gunnell and David Emery were all inducted into The Hall of Fame. Also it was fitting that David Coleman (former BBC commentator), Chris Brasher (co-founder London Marathon), Geoff Dyson (father of British coaching) and disability athlete David Holding were recognised. It was a well organised affair and I enjoyed renewing acquaintances with Ann Packer, husband Robbie Brightwell, David Emery and many others.

The last award of the evening went to my old friend and mentor Wilf Paish for his services to athletics. In a long, memorable career he was National Coach for many years, an outstanding author and world famous for his achievements which included taking Tessa Sanderson to an Olympic gold medal and Peter Elliott to a silver. His huge technical and physiological knowledge is unrivalled and Wilf received a standing ovation when he rose to collect the award. It was a privilege to make the last three and eventually finish runner-up to such a remarkable man whose friendship I will always cherish.

Eric's life-long contribution to sport and to Sale Harriers Manchester is fully documented in Edition 68 of the Harrier magazine. Among his highlights over a thirty-three year period:

- He managed teams to twenty one First Division UK League titles and collected the runners-up spot on eight occasions.
- He managed teams to three National Jubilee Cups and participated in twenty-seven finals;
- Represented Great Britain in Europe at senior level in T&F five times.
- Won the U/20's women's European Cup three times.
- Picked up forty-eight National cross-country & Road Relay team gold medals.
- On three occasions he achieved the treble by winning the National Cross-country; the National Road relay & the UK League Championships in one year.
- His 'girls' have been European Cross Country finalists 12 times earning silver team medals on two occasions.

KASSEL 2009

For the dozen who went last year to run the Kassel Half-Marathon (Central Germany), this was certainly a highlight of the year. We were very warmly hosted by Stefan Schumacher, his family and members of the local running club (LG Vellmar Running Club) all of whom live in an attractive residential suburbia of this large & very interesting city.

Stefan & his friends extend the same invitation to Sale Harriers again this year! Anyone who wishes to take part in the 2009 Kassel half-marathon (or even the Marathon!) on May 10th is invited. This could be an excellent opportunity for anyone who wishes to extend the benefits of their Wilmslow half-marathon training. The terms and conditions are the same as last year:

- If we book before February 1st there will be no airport fees only the cost of the flight estimated to be about £120 return.
- No hotel costs – you'll be hosted among friends and fellow runners in a picturesque residential suburbia.
- No transfer costs to/from the airport. All of this is arranged by Steffan & friends
- Sightseeing tours organised – all free

It would be great to have another group going in 2009 and continue to develop this partnership with LG Vellmar. If you are interested, please make your intentions known as soon as possible either to Graham Padgett (graham.padgett@tesco.net), Stefan Schumacher (drstefanschumacher@yahoo.de) or to myself. For more information on the half-marathon log onto www.kassel-marathon.de

COMMONWEALTH YOUTH GAMES Six Magnificent Smiles

Fechin McCormick



The club had plenty to smile about from the magnificent performances and medals of our five athletes who represented England at the 3rd Youth Commonwealth Games held at Pune in India last October. These medals and performances are particularly noteworthy in that they came at the end of a long summer of top level performances for these five top British youngsters.

SHAUNNA THOMPSON: In her first major international Championship outside Europe, Britain's No.1 young sprinter, topped her exceptional summer by winning both the 100m & 200m gold medals and both with a new Games record! Her other major achievements this summer included making her international debut though still only 16-years old; she represented Britain with distinction at the World Junior Championships; won several England Athletic age-group medals and PB's and as a result, rightly featured on the front cover of the last Harrier magazine

ABIGAIL IROZURU also won gold in the long jump with a leap of 5.92m. This was another fantastic result for Britain's No.1 U/20 long-jumper. She said, "I thought the Games was more spectacular than my two previous World Championships because there were so many other disciplines. I was so excited I lost my voice on the first day of competition! Though everyone was very excited I won gold, I initially felt a little disappointed because my jump was to a lower standard than I'd been jumping throughout the year. I love the fact that I am a Commonwealth Youth Champion and that medal makes me even more determined to defend that title at the Commonwealth Games in India in 2010"

ABIGAIL HAYWOOD won a fantastic bronze medal with a vault of 3.80m. Britain's No.3 U/20 pole vaulter and English Schools silver medallist wrote of her memorable weekend, "My initial thoughts when entering India were 'Wow' this is an extreme culture shock! Entering Pune was definitely an eye opener! One of the first things we saw were cows walking down the middle of the road, and all the street traders attempting to make a living. The village itself was great and included every facility including internet access. We had to cope with boiling temperatures so it was a good job I had a week's acclimatization before my competition. During this time our team also got the opportunity to visit an Indian school, where the people

welcomed us and made it thoroughly enjoyable. I was extremely pleased with the way I vaulted, and delighted for myself and my room-mate Jade to pick up the medals for our country. It is fair to say that we definitely enjoyed the moment on the podium waving our flags and generally having fun".

ANDY SUTCLIFFE missed out on a medal just on count-back, his vault of 4.70m being the same height as that which won the bronze medal. Britain's no.4 U/20 pole-vaulter said of his understandable disappointment, "Missing out on a medal through countback was a massive disappointment but I'll use the experience to make myself better in the future. The whole experience in such a different environment to home was a big learning curve"

NIALL BROOKS has been running seriously only a couple of years and already ranks among the top 10 of Britain's U/20 800m specialists. He ran 1:52.90 for 3rd in the heats which was enough to qualify to the next round. In the final he ran 1:52.77 which pleased him for 5th. HE said, "These were, by far, the most exciting races of my short career. Although I was a bit disappointed as I'd hoped for a medal, these Games were an invaluable stepping stone for my future. Looking up at the scoreboard and seeing my name representing England was a fantastic feeling and one I hope to experience again in the future".

Second claim **SOPHIE HITCHON** (Blackburn AC) also won gold and set a new Games hammer record with a winning throw of 58.43m. This was Sophie's first major international medal and, like the others, her first major championship outside of Europe. Said Britain's No.1 U/20 hammer thrower, "I was very nervous because the expectation to win as Britain's No.1 was great. However, after my winning throw in round three I could relax. I am very proud to have produced a Games record as well as win the gold medal".

Catherine's a Desert Cat!

Catherine Jones



We admire people who test their abilities to the very limit and we currently have one – **CATHERINE JONES** – who participated in one of the world's ultimate endurance events – The 7 day 'Sahara Race' in Egypt. Part of the '4 Deserts' series of races, Sahara Race is a 7 day, 6 stage, 160 mile, self sufficient footrace through the Sahara Desert in Egypt. Competitors must carry all their own food and gear for the week, with only water (9 litres per day) and tents with a campfire supplied each night.

Stage 1 – The Hamada Trail (22.5 miles)

I can't believe the race is finally here! After months of training, I'm finally about to start. I'm conscious not to over-do it as temperatures rise to 45 degrees. Checkpoints all along the route are about 6 or 7 miles apart and at each we are given a 1.5 litre bottle of water each. I am conservative and stop at the checkpoints for 10 minutes each, to drink an electrolyte mix and eat some crushed up Pringles, a favoured food of competitors due to being light, salty and full of calories. I decide to slow down and walk the second half of the day, as I'm feeling a bit nauseous and light headed. I'm very happy to see the welcoming green banner of the finish line for that day and make sure I run across. My feet are looking pretty good so far and I only have one blister to take care of, which is popped, smothered in neat iodine (ow!!) and taped up ready for tomorrow.

Stage 2 – The White Desert (23.8 miles)

At today's course briefing we are told that today's course will be "all soft sand", and a collective groan emanates from every quarter. However, the route is beautiful with the white rock formations looking like animals and clouds after they have been partly eroded by the wind. It is truly spectacular. A couple of people have dropped out today, mainly due to heat exhaustion, and there were also a couple of people who required IV drips, which is a stark reminder to us to concentrate on our nutrition and rehydration properly.

Stage 3 – Sandy Field (25.2 miles)

The name of the stage says it all today – sand, sand, and more sand! But this is the essence of the desert challenge for me – miles of pure sand dunes. They are absolutely stunning, but trying to get up them is a nightmare! I keep telling myself it's better than being in the office and can't help enjoying it, just for the sheer breathtaking beauty of the surroundings. The Pringles continue to be a nutritional delight, although I'm getting envious glances from other competitors who are now thoroughly sick of sweet drinks, gels and jelly sweets. Today marks my first visit to the medical tent. The philosophy at these races is that the doctors will show you once how to treat yourself and after that you're on your own. Tonight's lesson was how to stick a massive needle through the top of my big toe nail and 'drill' until fluid is released and pressure stops. Lovely!

Stage 4 – The Spring to Nowhere (24.3 miles)

Still the dunes continue, although the 7am start means we have a bit of respite from the heat as there is absolutely no shade at all on today's course. I'm a bit of a mess when I get back to the tent and become slightly disorientated. When I find a spare sachet of electrolyte in my bag it becomes clear why – I'd forgotten to take this at the second checkpoint so my salt and glucose levels are on the floor. The mood soon becomes sombre, as anxiety builds about tomorrow's 'Long Day'.

Stage 5 – The Black Desert March (62.6 miles)

We knew this was coming, but it was still a shock to be told that today's stage was an incredible 62.6m miles (100.2km) long. I know there are people who do this kind of thing without thinking, but I am certainly not

one of them! I decide to take it checkpoint by checkpoint, each time trying to 'reset' the counter in my brain. As I leave each checkpoint, I think to myself, "Right, just a 6 mile run to do". I simply can't think about the distance all in one go – it's too overwhelming. Forty miles in, we reach the all important Checkpoint 22 – this is where we could sleep if we needed and there was a fire and hot water to make our freeze dried food. I ate, snuggled down in the sleep tent and set my alarm for an hour's time. After 20 minutes I decide to stop being a wimp and get up and get my things together and head out into the night, singing to Dolly Parton. I now had just one '20 mile training run' in front of me. It was a euphoric feeling seeing the glow of the lights from the final campsite. It was 4am and I wasn't at all tired. After the sun rose, we waited for the rest of our tent to come in, the last person coming in at about 2pm, over 30 hours after she started – a true feat of endurance.

Stage 6 – Footsteps to Giza Pyramids (3 miles)

Today is largely a ceremonial trot round the pyramids complex to the final finish line of the race. After collecting the amazingly big and heavy medal, there was pizza and beer which disappeared in record time and tasted amazing. It's difficult to describe the emotions you feel after finishing something like this. Obviously elation, but also a degree of sadness that such a spectacular adventure is now over. Overall, a happy tiredness and massive sense of achievement.

To anyone that's even thinking about signing up for the adventure of a lifetime, my advice is – do it! You won't regret it, I promise!

For more information see www.racingthepianet.com or to read a fuller version of Catherine's story visit the club website www.saleharriersmanchester.com



In partnership with City of Manchester Athletics



GREENZONE *get set... go!*



Andy Jordan, Centre Manager

Have you heard about GreenZone? You should have by now! GreenZone is the Harriers Study Support Centre, one of around 160 Playing for Success Centres which are attached to sports clubs all over the country. It involves working with children aged 9 to 14 who are invited to participate in a 10-week after school study programme of computer based learning activities.

The centre is partnered with SHM and the focus is on using athletics to enhance their learning in Literacy, Numeracy and ICT whilst raising confidence and self-esteem. We have been open for business for almost 2 years now, based at the Woodhouse Park Lifestyle Centre in Wythenshawe. As usual this term we have had over 100 children from 8 local schools participating in the exciting programme.

As part of their GreenZone programme all the children participated in fun athletics taster

sessions led by Harriers coach **DAVID MARSH** back in November. Everyone, regardless of ability, was able to enjoy taking part in team games, relays and exercises. A few club members took up the offer to come along to see a session and to answer the children's questions. Each child was then given an invitation to come along to a Harriers training session and a number have taken up the offer with some new junior members as a result.

Helen Armitage got involved and liked what she saw. She called it "A fantastic idea which helps make learning fun!" She must have been impressed because she came back for a second session!

We want the link between GreenZone and Sale Harriers Manchester to be strengthened and developed. There are always opportunities for club members to get involved and show their support, for example by simply turning up to a session at the Lifestyle Centre to chat with the children on an informal basis, answering questions, helping them with their work or perhaps by demonstrating their athletic skills in the sports hall!

At the end of every term we always hold a Celebration Evening in which all the children bring their families and teachers along to showcase their work and congratulate them on their achievements. This provides another opportunity for club members to get involved just by being present and helping to give out awards.

We are currently working on the creation of a club mascot which will be used to raise the profile of both the club and the Playing for Success initiative amongst local children. Watch this space! We also have a great partnership with Wythenshawe FM and now hold radio days in which some of the GreenZone children present their own live broadcast! We would love to have some SHM athletes willing to be interviewed as part of this.

To find out more about GreenZone and to see how you can get involved in this exciting initiative, contact Andy on 0161 436 0586. Sessions run from 3-5pm and 5-7pm, Monday to Thursday each week.

UNIVERSITY RELAYS

Fechin McCormick

The annual Manchester University cross-country relays bring together Britain's brightest athletic academia from as far apart as Edinburgh, Oxford, Cambridge & London and for the second consecutive year, they converged on Wythenshawe's University Playing Fields – that manicured oasis adjacent to Chorlton Water Park that's the training venue for many of our club training sessions. It's the traditional opportunity for the local running clubs to grade themselves against the country's best young athletes. SHM, the Oxford/Cambridge of Britain's athletics clubs, have traditionally had to turn out its strongest teams to achieve a B.A. (Hons).

Only a handful of runners took part again this year so it's not surprising we were outside the top ten teams for the second consecutive year.

It was really a day of running 'double stages'! **JAMES BAILEY**, **NIGEL MALKIN**, **BOB WHITTAKER** & O/50 **BILL FOX** (for the 'B' team) all ran two stages. **GARETH RAVEN**, recently returned from his 2:23 performance in the Chicago marathon used the 3.5 kms course as a training session & O/55 **FECHIN MCCORMICK** was happy with one leg, having spent three hours earlier digging in his allotment!!

The ladies did well to turn out three teams with the 'B' team faring better than the 'A' team. **DONNA RIDING** stormed round for the 'B' team in the 3rd fastest time of the day and was ably supported by newcomer **EMILY BEEDHAM** & **LORA BLANN** to place 10th. Emily promises to be a great asset & Lora showed her true grit despite a tough & tiring Congleton Half-marathon a few days earlier.

Salford's **TESS WALKER**, together with **JACKIE** & **VICKY CORDINGLEY** comprised the 'A' team that finished 19th place & the 'C' team of **HELEN ARMITAGE**, **FIONA BAIRD** & **ALISON PYE** was just one place behind in 20th. One of the fastest of all was young **SARAH BARKER** who wasn't even part of a team! Had she been in the 'B' team, they would have finished at least 5th.

MEMBERSHIP FEES 2009

It's time to pay your 2009 membership fees! They remain the same as last year - £36 for adults who compete on any level and £18 for U/18's, students & 'associate' members. You can download a membership or renewal form either from the club website www.saleharriersmanchester.com or pick one up at your training sessions.

Remember that as a result of UK rules, each competing member over age 11 has to pay a £5 affiliation fee to England Athletics. This registers you and you'll eventually receive from England Athletics a credit-card like 'licence to compete' that's important to keep safe. The club automatically pays this for you but only if you are fully up to date with your annual subscriptions.

VAULTING HIGH

Fechin McCormick

The Club boasts possibly the most successful group of pole-vaulters in Britain and their achievements this year have been quite phenomenal.

Topping the list is Britain's No.1 pole vaulter, **KATE DENNISON**, who represented GB with distinction at the Beijing Olympics with a PB of 4.40m. Her very successful career began in 2000 and in the years since, has valuted to numerous UK U/20 & senior National indoor & outdoor titles and records.

Internationally, she has represented Britain many times and at the Europa Cup and Melbourne Commonwealth Games.

Next is twenty-one year old **EMMA LYONS** who ranks third in the UK and has also made fantastic progress this summer culminating with a lifetime best vault of 4.12m at July's National Championships & Olympic Trials.

Then, we have 18-year old **ABIGAIL HAYWOOD** who won her bronze medal at the Commonwealth Youth Games in India. She lists third in the U/20 UK rankings with a 3.91m PB achieved at August's Inter-territorial match in Derby.

Younger still we have Britain's most promising of all pole vaulters in 15 years old **KATIE BYRES** who ranks 2nd in the U/17 & top at the U/15 UK listings. Throughout this year, she's remained undefeated indoors & outdoors adding the England U/15 indoor & outdoor gold medals to her growing collection and both won with two championship best performances and an all time best indoors vault for a U/15 year old.

Finally, we have **ANIA MASSEY**, now residing at Brunel University, who achieved 3.75m this year and ably supported the senior team in the Women's National League.

On the men's side we have seniors **PAUL WALKER** who ranks 4th in the UK; **MARK CHRISTIE** who ranks 5th and **MATT CULLEN** who won bronze in this year's England U/23 champs and is busy coaching our U/20 multi-event athletes, **JAMES DAVIES**, **MATTHEW WRIGHT**, and **JACK ANDREWS**, with continuing success.

Assuring us of a promising future on the men's side, we have youngster **ANDREW SUTCLIFFE** who just missed out on the bronze at the Commonwealth Youths Games and earlier in the summer came third in the National U/20 championships. His PB of 4.90m was achieved in August's BAL match in London.

Finally, at a younger age group and level we have **GREG APPLEBY** and **JACOB SUTCLIFFE** who helped the Young Athletes team get to the National YAL final.

In appreciating the depth and quality of the club's pole-vaulters, we recognize the contribution of the likes of **JULIEN RAFFALLI** (who coaches Andy Sutcliffe & Katie Byres) and **MATT CULLEN**. Julien also organized 2 trips to France last year for competitions, and helped organize the very successful Vault Manchester competition promoted by City of Manchester at Sportcity this year.



NORTHERN 4-STAGE RELAYS



HELEN ARMITAGE



EMILY BEEDHAM



START - WITH DONNA RIDING TO THE FORE



RUTH WATSON

Too Hot on Promenade

Fechin McCormick

For a section that's not normally been out of the 4-stage northern road relay medals in the last decade, the senior women's modest 15th placing in this year's championships was far from their finest hour. Indeed, Hartlepool promenade is not a good omen for when they last competed there in 2006, they failed even to complete a team!

Nevertheless, **DONNA RIDING** continued in fine form and launched the team's campaign by running the seventh fastest leg of the day & bringing the team into a very promising fourth place and the possibility of retaining last year's bronze. **RUTH WATSON**, who'd typically travelled all the way from Peterborough, maintained the top placing dropping just one place.

With many of the club's 'big guns' absent, it was then down to **EMILY BEEDHAM** who did all she could on the third leg to hold things together but was in the unenviable position of being passed by other club's better athletes and passed the baton on in 13th place.

Finally, **HELEN ARMITAGE's** training had been geared towards a half-marathon rather than a zippy 3k sprint down a promenade. However, she showed she's in good shape despite anchoring the team to its final 15th place.

Chester-Le-Street was again victors for the third consecutive year; Kendal AC was the silver medallists for the first time and last year's silver medallists Scunthorpe AC took bronze.

NORTHERN YOUNG ATHLETES RELAYS

Fechin McCormick



The U13 'A' team, **HEIDI WILLIAMS**, **CHLOE YATES**, **ABIGAIL FITTON**



The U13 'B' team **CONNIE VICKERS**, **MARTHA VICKERS**, **ABIGAIL FITTON**



The U15 team - **SARAH SIMEEN**, **VICTORIA CALDERBANK**, **CHLOE GRANT**



U17 **HANNAH DOHERTY** & **AISLING TOAL**

Our girls had mixed results in this year's Northern Young Athlete relays, held in October at Croxteth Park, near Liverpool for the second consecutive year. With one of the North's best young athletes, **HANNAH DOHERTY** at the helm of an U/17 team and running the third fastest stage of the day and with **AISLING TOAL**, a key player in last year's U/15 squad on the second stage, the U/17 girls had every chance of their first medals for three years, but... sadly they did not complete a team.

Last year our U/15 girls won this title (and silver the previous year!) but this year the team of **SARAH SIMEEN**, **VICTORIA CALDERBANK** & **CHLOE GRANT** managed only 16th despite all three putting their best feet forward.

It was the U/13 girls, therefore, who produced the best results. Coached by **PETER JOHNSON**, the 'A' team of **HEIDI WILLIAMS**, **CHLOE YATES** & **ABIGAIL FITTON** did the club proud by finishing in the same position as last year - 7th. Not only that, they also produced a

'B' team and the trio of **CONNIE VICKERS**, **JADE EVANS** & **CHRYSS HEAHER** weren't far behind in 10th place.

Chloe Yates from the 'A' team & Alice Bennett from the 'B' team describe the experience...

Relay Cool!

It was a wet October Sunday morning when we set off, with our parents, for the Northern Young Athlete's Road Relay Championships at Croxteth Park in Liverpool. We had never done a road relay race before so we didn't know what to expect. When we arrived, the weather had improved a bit but it was still quite chilly. We met our team manager and Pete, our coach, gave us our numbers; told us our teams and at what time we were running. Not many people had arrived at this stage, so we took a look around and got our bearings. When our other team members arrived, we began our warm up. At this point, we were feeling excited but quite apprehensive.

Before the race started we walked the last hundred meters or so of the course, so when we were running, we knew how near we would be to the finish line. The boy's races began and that meant we had five minutes to the start of our race. As the first stage runners lined up the rest of the team stretched silently. We felt nervous and just wanted the race to begin. The first stage runners eventually finished and the second stage runners set off immediately, followed by the third and final team members.

When it was our turn to wait by the start line for our legs it was hard to focus because loads of people were shouting & cheering those finishing and other runners were trying to push to the front to see. It was really hard to stand still because it was so exciting. When we got started and got away from the crowds it was quiet and peaceful but hard work! We found ourselves hoping the finish would be just round this corner but it never was.

We thought the day was great fun and such a great experience. We really enjoyed it

NORTHERN 6-STAGE ROAD RELAYS



A
TEAM



B
TEAM

Must do better

Matt Bond

The 'A' team finished a disappointing 12th in this year's North of England 6 stage road relay championships. Team manager Dave Roger's frustrations were compounded by having two potential teams that could challenge for medals waiting in the wings. Despite competing at a time of year when fitness is at its lowest ebb, the 6 athletes available gave it their all in a quest of damage limitation.

SIMON MILLS, who's flown the club flag in this championship for the past five years, stood at the start line suffering from a severe cold that would have forced his absence in a non team race but he saved the team minutes by racing anyway and brought Sale home in 15th with a leg time of 16:50.

MATT BOND took over on leg two and raced

the first half of the course in 8 minutes, trying to ignore his lack of fitness. The pace took its toll in the second half and he brought the team back in 9th with a leg time of 16:44.

COLIN GELL showed his trademark determination on the third leg and gave it his all, completing his leg in 17:54 and in 13th position.

Despite not being at the top of his game and with a niggling injury, **GLEN COMISH** charged through the field with the team's fastest time of 16:18 and brought the team home to what would be their peak position of 7th.

MIKE HATCH bravely raced despite suffering from a hip injury, which flared up in the latter stages and has put him out of training for the time being. He passed through half way in 8:45 but the injury hampered him in the second half and he finished in a time of 18:38, with the team lying 12th.

STEFFAN NORTH had the unenviable task of starting his leg a second in front of Lincoln Wellington's Matthew Bowser who exploded down the sea front. Steffan made the decision not to go with the quick early pace in the hope that runners would come back to him. Despite having a relatively lonely run, Steffan held the team's position in 12th and recorded the team's second fastest time of the day - 16:40.

Leeds City, last year's Northern Relay & XC Champions, retained the title with neighbours Altrincham AC improving on last year's result to finish 2nd & Morpeth AC in 3rd place. It was way back in the Millennium year that the senior team' last finished outside the top 10 Northern clubs.

The 'B' team of **ROB JOWETT**, **ANDY BLAIR**, **ROB FLANNERY**, **BOB WHITTAKER**, **PAUL ROWLEY**, & **PAUL BARRETT** finished 42nd overall. Last year the 'B' team finished 51st



The 'A' & 'B' Teams with Coach Paul Roden

Jamie Roden

Last October our youngsters returned to Croxteth Park, near Liverpool for the Northern Young Athlete relays. The day was most successful for our under-17 age-group who a won a superb bronze medal, by far this section's best result since they became Northern Champions way back in 2000 - a tribute to coach **PAUL RODEN'S** dedicated work with a hard-working and talented group.

Our under-15 team of **CHRIS BUTT**, **ALAN BIRCHALL** and **MATT HOLMES** in finishing 8th also showed an encouraging improvement on recent years when the section had either not completed a team or had finished outside the top ten. Unfortunately, their 'B' team was

unfortunately disqualified. For the second consecutive year there was no U/13 team.

Warrington AC dominated the U/17 & U15 age groups as they did last year retaining both the titles. **JAMIE RODEN** reports...

A Relay Great Day

The day couldn't have gone better, as both U17 teams produced great performances by each finishing in the top 10. The 'A' Team, once again improving on last year's performance of 4th, secured a superb Bronze medal and couldn't have had a better start. **CHARLIE HULSON** was the first leg runner, and despite being only 15,

surpassed all expectations, by bringing the team in 1st place, around 15 seconds clear. The Northern Cross Country bronze medallist also ran the 2nd fastest time of the day, with a time of 11:43. I then took over on the second leg and did all I could running in the difficult situation on my own up front, but I maintained the advantage and finished with a lead of 15 seconds, running a time of 12:12. On the last leg, **DAVID WHALLEY** set off with the daunting task of keeping us in the medal positions and didn't disappoint, as he held on for 3rd place with a time of 12:57. He was only passed by Warrington and Wakefield, who saved their top athletes till the end.

Furthermore, tremendous performances all round in the 'B' Team, lead to a top 10 finish; this was the highest finish a 'B' Team has produced in many years. **JAMES WIGNALL** took the first leg and brought the team through in a respectable 19th, running a time of 13:00. Following on was **RYAN WORLAND**, who had one of his best performances to date, by running 12:27 and passing 9 athletes in the process. To finish off this great team performance was **ALEX LETT**, who raised the team's position to 9th by running 13:15. Coach, **PAUL RODEN**, has brought each of us on leaps and bounds this year and commented on the day's achievement by saying, "It was a superb day, the lads have produced great performances all round and I can't wait to see how they continue to improve at the National Road and Cross Country relays."

NATIONAL 4-STAGE ROAD RELAYS



Tough Work

Fechin McCormick

The days when the guns of Sale unleashed mighty fire power on the nation's road relay championships are momentarily silenced as the club acknowledges another below par performance in this year's National 4-stage Road relay Championships.

An uncharacteristic twenty-fifth placing from eighty-two opposing teams is in sharp contrast to the booming late 1990's when we were either the champions or the runners-up.

This result is no reflection at all on **DONNA RIDING**, **JENNA HILL**, **EMILY BEEDHAM** and **RUTH WATSON** excellent performances – with two of them running in adversity, at Sutton Park, Birmingham. Donna's first leg 10th placing was her best ever on this course and Jenna, despite not being fully fit, ran the same time as last year when she was much fitter. Ruth struggled on the third leg through injury but, again, has to be greatly admired for taking part & supporting the team. Such is Emily Beedham commitment and ability, watch out she'll be making an ever greater impact as a valued team member.

NATIONAL 6-STAGE ROAD RELAYS



STEFFAN NORTH

For many, the national road relays in April and October are almost as much a social event as a race. Most of those present will spend the afternoon catching up with friends they have made competing and training over the years and will have to remind themselves of the real reason they are there. And that reason is what I think is the most exciting and enjoyable team competition on the running calendar.

Held every year on the traffic free roads of the rolling woodland and heath of Sutton Park in Sutton Coldfield, the race pits the top 25 teams from each of the Southern, Northern and Midland events which take place a few weeks beforehand. The Midlands team have a slight advantage as their event also takes place on the same Sutton Park course.

Unlike other team competitions, such as cross country for example, team members have the opportunity to support their friends during the race and by jogging their warm up and cool down around the course in the opposite direction can give most of their team mates an encouraging shout whilst they race their leg.

Twelfth place at the Northern 6-Stage meant that no-one expected Sale to be anywhere near the front of the race, so it left many astonished that we finished 5th and first Northern team, beating big rivals and one of the favourites for the title, Leeds City. This meant that we were awarded the 'Wilkinson Sword Trophy', which were delighted to discover is actually a sword! This led to much joking around after the presentation, with many He-Man impressions and **GARETH RAVEN** being unofficially knighted!

He may have competed in a GB vest on numerous occasions and ran at two Commonwealth Games, but **STU STOKES** admitted to feeling rather nervous preparing himself in the club tent before the opening stage. He finished stage one in a strong 8th position with a time of 17.29 for the 5.8km circuit. Stu handed over to **SIMON MILLS**, who despite suffering with the after effects of a bad cold kept us near the front with an 18.20 clocking. **GLEN COMISH** looked smooth whilst running 17.32 to take us back up the order into 7th spot, before handing over to **MATT BOND** on stage 4 who was gutted to be given 18.00 for his lap and not one second quicker. Believe it or

not 17.59 sounds so much better! I was fortunate on stage 5 to have a couple of weaker runners in front, enabling me to take us into 5th place by running 18.05. The gap to Midland champions Bristol & West in fourth was a bit too large for **GARETH RAVEN** to make much of an impression on the final stage and despite running his leg pretty much in no-mans-land, he still clocked an impressive 17.45 only a couple of weeks after running the Toronto Marathon.

Belgrave Harriers retained the crown they won last year, followed by an incredibly close battle for the silver medal between Newham & Essex Beagles and Notts AC. Notts eventually prevailed by a single second after an elbow-to-elbow tussle up the final hill to the finish, which was a great example of why this event is such an exciting race for all those who spectate and participate.

An excellent team performance from Sale then, and if we can keep this nucleus of a team and the rest of the squad train hard and stay injury free over the Winter, a repeat of our medal winning feat of 2006 could be on the cards in next April's National 12 Stage.



Fechin McCormick

October's National Young Athlete Relays took place at the traditional Mecca for relay races, Sutton Park in Birmingham. It's the venue where, over the decades, aspiring and dedicated runners throughout the land have rubbed shoulders with the great and good.

Club youngsters again converged on this midland arena to do battle with clubs from as far apart as Aldershot, Morpeth, Norwich, Liverpool and Cornwall.

From the boys sections, we had only a U/17 team and in finishing 9th, they produced the club's finest performance for at least 12 years! Coach **PAUL RODEN** re-produced the format that had won Northern bronze medals a few weeks earlier and just as in the Northern's when **CHARLIE HULSON** & **JAMIE RODEN** brought the team home in the lead, they again demonstrated their national ability by again bringing the team home in the magnificent bronze

medal position. The only change to the successful northern team was replacing **DAVID WHALLEY** with equally talented **RYAN WORLAND** who, despite running a 'stormer' anchor leg, found it impossible to hold off the big guns and medallists from Aldershot, Norwich & Luton but relegated Warrington AC & Wakefield AC who had beaten them in the Northerns to 11th & 12th places.

The 'B' team of **DAVID WHALLEY**, **JAMES WIGNALL** & **ALEX LETT** were 4th behind the three 'B' teams of the medallists demonstrating the work of coach **PAUL RODEN** is producing both depth and quality.

Unfortunately, there was no U/13 boys team for the third consecutive year nor a U/15 boys team for the second consecutive year.

The girls produced teams in all three categories and, as in the Northern Relays, it was the U/13 girls who fared best with the young trio of **ABIGAIL FITTON**, **CONNIE VICKERS** & **MARTHA VICKERS**

producing one of the best U/13 results since the Millennium in finishing 16th. They were, in fact 2nd from all the competing Northern teams & Abigail ran the seventh fastest stage of the day.

The U/17 trio of **LATEEFAH BURTON**, **AISSLING TOAL** and **HANNAH DOHERTY** also had a successful day in finishing 12th and this sections best result for several years. That they might have won a medal in the Northern relays had they completed a team is confirmed by the fact they finished fourth Northern team. **HANNAH DOHERTY** was again the key to this success with a mighty run on the anchor leg that brought the team from 23rd place to 12th.

Having finished fourth last year, the U/15 girls will be disappointed with a lowly 45th place this year. However, **WERIS ABRAHIM**, **SARAH SIMEEN** & **ABIGAIL FITTON** gave it their best shot and must be thanked.

Berry Good

Since the English Cross Country Relays began in 1985 and then moved to its permanent home of Berry Hill Park, Mansfield in 1989, all of Britain's top cross country runners have continued to compete in the eight age-group races and 10 championships over the same lapped course. Sale Harriers Manchester has always been well represented and this year's event, held in November was no exception.

WOMEN

The women's 'A' team finished 11th and though this was far from the club's best position, the trio of **DONNA RIDING**, **RUTH WATSON** & **SONIA THOMAS** were in fine form with Donna running 20 seconds faster than last year and Sonia, still returning to her best form, not far off her 2004 best. In the 'B' team, it was great to have **KAYE KIRKHAM** back and, with **RACHEL DEEGAN**, & **EMILY BEEDHAM** all running similar times, finished a commendable 31st from seventy-five opponents. **FIONA BAIRD** & **HELEN ARMITAGE** made up a 'C' team but, unfortunately, lacked the anchor runner & therefore were unplaced.

The most disappointing aspect of the women's section was the absence of a junior team for the third consecutive year and the U/17 team unfortunately also lost their top scorer, **HANNAH DOHERTY**, who had to drop out leaving **AISLING TOAL** & **TYRA WATSON** unable to complete a team that might have been among the medals.

Though the U/15 trio of **SARAH SIMEEN**, **MISHA NAYAK-OLIVER** & **JODIE GUINNANE** finished 46th they gained valuable experience with Jodie and Misha competing in a major championship for the first time. Although the 'B' team was incomplete **WERIS IBRAHIM** and **CHLOE GRANT** had particularly good runs.

The best news of all came from the U/13 girls who, under the tutelage of **PETER JOHNSON** who's been coaching this section for over a decade, with his wife **CHRISTINE**, daughter **NICOLA JOHNSON** and **LISA DAVIES**, turned out two teams who performed very well indeed. The 'A' team finished 15th, by far the best performance for very many years. **ABIGAIL FITTON**, **MARTHA VICKERS** & **CHLOE YATES** must be congratulated for their fine performance & hard work. The 'B' team of **RACHEL HIBBERT**, **CAITLIN THOMAS** & **REBECCA HENNING-LEE** also produced one of the best 'B' performances. In fact, they finished 5th 'B' team overall!

MEN

The senior men pulled out all the stops and the result was an excellent 5th place that was their second best performances for a decade. Coming on top of an 'astonishing' 5th place in the National Road Relays, team manager **DAVE RODGERS** has every reason to be pleased. The quartet of **GARETH RAVEN** (recovering from the Chicago Marathon); **GLEN COMISH** (recovering full fitness); **MATT BOND** (living

in Bucharest) and **STEFFAN NORTH** (who has represented the club in eight of the last nine championships) produced performances that almost matched their best over the years. The 'B' team of **SIMON MILLS**, **NICK SAMUELS**, **JAMES BAILEY** & O/50 **BILL FOX** finished 49th from 80 teams but, with the first three placing 22nd overall, they could have had the best ever finish if Bill had not so bravely filled the breach of anchor man.

As with the junior women, sadly, there was no junior men's team but any fear for the future was dispelled by the continued excellence of coach Paul Roden's U/17 squad that turned out three

teams. The 'A' team had already showed their prowess in the Northern & National Road Relays so it was no surprise their 5th place was the best in a decade. **CHARLIE HULSON** again showed he's among the very best throwing down the gauntlet and finishing second. Paul Roden switched around **RYAN WORLAND** & **JAMIE RODEN**'s stages from the National Road Relays and Jamie admirably brought home the team by running twenty seconds faster than last year. The 'B' team of **DAVID WHALLEY**, **ANDY PARTINGTON** and **JAMES WIGNALL** in finishing 28th produced one of the best 'B' results for years. It's also a very long time since this section

turned out a 'C' team and, again, well done to **ALEX LETT**, **CALLUM GREENWOOD** & **CALLUM ROWLINSON**

There were also two promising U/15 teams. The trio of **CHRIS MCGAHAN**, **ALEX BIRCHALL** & **MATT HOLMES** finished 32nd and gained invaluable experience that will stand to them for the MACCL cross-country league. Chris & Alex are also a year young and promising 800m track runners. Likewise **DAVID BEZZINA**, **DANNY HEALD** & **KYLE CONWAY** gained valuable experience in the 'Wembley Stadium' of national cross-country relays.

Fechin McCormick

The Club has also spread itself wide over the regions road races competing over every distance with individuals giving it 'some welly' in even the more quirky races.

TRAFFORD 10K
(Sept 7th)

The Trafford 10k traditionally marks the autumn season of road and cross-country races and, as usual, we were well represented among the 300 finishers.

| | |
|--------------------------|--|
| SIMON MILLS | 31:57 (4th place) |
| BILL FOX V50 | 37.07 (Two minutes faster than last year) |
| TIM RAINEY V40 | 38.31 (Course PB) |
| JOHN BATTERSBY V50... | 40.41 (outside 40 minutes for 1st time) |
| DAWN HOLDING L45 | 48.57 (Course PB) |
| MARK LLOYD V45 | 49.29 (Getting fitter) |
| PAUL BATTERSBY V50.... | 49.53 (debut on autumn course) |
| LAUREN DAVIES | 50.03 (Her debut Trafford 10k) |
| AUDREY GREYSTY L50 | 52.40 (A course PB by 2 minutes) |
| IAN HOBBS V50 | 52.43 (Returning from injury) |
| JILL SANDERS L35 | 54.31 (Debut Trafford 10k) |
| DON GEORGE V70 | 55.00 (Our septuagenarian's fastest for 5 years) |
| PAUL GANDY V50 | 59.33 (Getting fitter) |

FORMBY 10K
(Sept 21st)

Buoyed by his excellent 55-minute Trafford 10k, the club's longest serving member, DON GEORGE (V70) hoped to improve further but hadn't bargained for the sand-dunes and finished in 59:17

LIVERPOOL 10K
(Oct 5th)

| | |
|-------------------------|--|
| GEOFF BEATTIE M55 | 44.47 (just 10sec slower than last year) |
| MIRAN APRAHAMIAN M50... | 47.07 (In good shape) |
| EAMON GIBBONS M45 | 47.08 (Returning to full fitness) |

ALEXANDER PARK 5Ks

November's 5k saw **FECHIN MCCORMICK** (O/55) record his fastest for 18 months with 21.32 - reassuring after his slowest ever of 22.35 in August's race. **DON GEORGE** (O/70), who has made this monthly series his own and recorded some fast age-group times, clocked his fastest in December with 25.15. September's race was notable for the Cordingley girl's running prowess! Mum Jackie led the 'team' with one of her fastest 5k's (21.05); Bee growing in confidence and strength all the time, following with an excellent 22.37 and Vicky was just behind in 22.45. Had there been a team prize they might have won it! In the same race, **JAMES LAMBE** showed how much he's improved with a best of 21.33. **GEOFF BEATTIE** (O/55) also used this race as a benchmark (before injury) & maintained great consistency never being far off 21.30's. Our youngest competitor was **ASLING TOAL** in December's race with 23.31.

GIN PIT '5'
TYLDESLEY
(Oct 12th)

| | |
|----------------------|---------------------------------------|
| MARK FERNS | 36.11 (Preparing for Dublin Marathon) |
| ALAN ROMAGNOLO | 37.17 (preparing for Dublin Marathon) |
| PAUL BATTERSBY | 41.26 |
| PAUL GANDY M50 | 49.30 |

BLACK HILL
CHALLENGE
AUSTRALIA
(Nov 6th)

In November **BRYAN GANE** became 'The Wizard of Oz' as one of a record number of 172 runners who participated 'Down Under' in an arduous bush race known as The Black Hill Challenge. Runners of all-age groups came from a wide region of Southern Australia for this popular event and though Bryan was the oldest participant at 73-years young, he achieved a time commensurate with many half his age finishing 82nd in 1:17.32 not far behind his son Alan (who lives in Australia) and finished in 65th in 1:14.10.



JENNY BOWMAN: October's "Tough Guy" – one of hardest events the body can take - physically challenging, mentally demanding, fear inducing, the ultimate endurance test... and JENNY BOWMAN looks as if she enjoyed it!

HELL UP NORTH
(Nov 2nd)

This is an event where few come to run, most come to survive! It's a 10-12 miles of trail running at its very toughest in Delamere Forest and included waist deep mud through the 'Bog of Doom'. Newcomer **CARL CLEGHORN** completed the course in 1:51.24 despite having an ankle strapped up and high on painkillers, "I did really well considering there was some serious terrain/mud and very steep hills to climb" he said

LEEDS ABBEY DASH
(Nov 23rd)

| | |
|---------------------|---|
| GARETH RAVEN | 29.55 (PB 29.39 from Gt. Manchester Run) |
| STEFFAN NORTH | 31.11 (With PB 30.20 (2005), he'd hoped for faster) |
| GEMMA MURPHY | 35.23 (Fantastic PB by 90 seconds) |
| PAUL BARRETT | 37.22 (Not happy!) |
| GEOFF BEATTIE | 46.11 (Limped for 10k!! Pity Stef Schumacher & Fechin weren't running!) |
| LAUREN DAVIES | 49.03 (Brilliant PB – with more to come) |

SALFORD WOMEN'S 5.25M
(Nov 30th)

| | |
|------------------------------------|---|
| 6TH RUTH PARTRIDGE | 33.57 (Fantastic-30 sec faster than 2002) |
| 16TH LORA BLANN | 35.58 (Debut) |
| 17TH JACKIE CORDINGLEY (L45) | 36.05 (Fastest for two years) |
| 24TH JO ROBBINS (L35) | 37.02 (PB, Debut & in good shape) |
| 27TH ROSE BLACKBURN | 37.18 (Debut) |
| 31ST JO STREET | 38.17 (Debut) |

Everyone ran to their very best with Ruth & Jackie doing particularly well. This was Jackie's & Ruth's 3rd attempt in this event since 2002. The first four finishers were runners-up to Belle Vue Racers.

STOCKPORT 10K
(Dec 7th)

A freezing, icy morning did not deter nine athletes taking on the challenging Stockport '10'. Club newcomer **JASON BOWERS** showed he was a class above the rest finishing 41st in the commendable time of 1:05.6 from 600 starters. His only other 10-miler was this year's Sale '10' in 63:38. "I felt strong throughout and the much talked about hills were - in the end - no problem," he said. This sets him up for his third marathon, the Lochaber at Fort William in April where he hopes to break 3 hours.

LEE KAUFMAN (1:07.38) was slower than April's 1:01.53 - possibly too soon after his New York marathon. **JERRY SMITH** (O/50), still a 'baby' to running but, wow... how he's improving! His 1:09.17 has to be admired! LORA BLANN's compression socks from her 'wee' sister had super hero powers to produce 1:10.38 whilst **ROSE (BLACKBURN)** finished in 1:15.41. Rome wasn't built in a day, girls, & your hard work will be rewarded! This was the latest race for **MIRAN APRAHAMIAN** (O/50) who'd been in very good shape. Though not as fast as 1:15.27 in the Preston '10' two weeks earlier, his 1:16.09 was a boosting forty-second improvement on last year's time; one minute faster than August's Sale '10' and two minutes faster than in 2006 on this course! **JAMES LAMBE** (O/45) further confirmed his improvement with a fantastic PB of 1:19.52 for this course in his sixth Stockport '10'. His actual PB for 10 miles is the Sale '10' in 2003 in 1:15.52.

Finally **JENNY CLINK** (1:22.09) and **RANJIT BENNETT** (1:35.31) 'enjoyed' their inaugural '10-miler'... and the hills!

GARSTANG 10K
(Dec 7th)

On the same day as the Stockport '10', high flier **SIMON MILLS** won the Garstang '10' in 52.24 with a minute to spare over his nearest rivals. **JOANNA ROBBINS** (L35), hot from her excellent run in the Salford '5.25'



Ruth, Jackie & Lora to the fore in the Salford Women's '5'

produced another PB of 1:14.10 and finished well up among 250 starters.

GT. LANGDALE
CHRISTMAS
PUDDING RUN
(Dec 14th)

| | |
|--------------------------|---------------------------------|
| DAWN HOLDING F45 | 52.10 (Excellent age-group 9th) |
| AUDREY GREYSTY F50 | 52.59 (Excellent age-group 4th) |
| GRAHAM PADGETT M65 | 54.26 (Excellent age-group 2nd) |
| JOHN SMITH M50 | 56.41 (Not in top form) |
| JANET FIELDEN F55 | 58.32 (Excellent age-group 2nd) |

TELFORD
CHRISTMAS 10K
(Dec 21st)

JAMES BAILEY (31.35), **JAMES PHILIPPON** (U/20) (31.47) and **ADAM ELLIOTT** (32.31) formed a formidable trio on Shropshire's roads for the classy Telford 10k. The two 'James' returned with impressive times in their inaugural 10k that ranks them 7th & 8th in this year's club 10k rankings behind **STOKES**, **RAVEN**, **NORTH**, **COMISH**, **MILLS** and **BOND**. Adam's best of 31.13 from last year's Leeds Abbey Dash is, of course, faster than both. All three finished in the top sixteen.

CHRISTMAS
CRACKER MT
STAFFORDSHIRE
(Dec 21st)

How many pensioners get ready for Christmas with a tough race? That's **ROGER ASHBY** who hardly needs a bus pass for he finished a sprightly 143rd from 450 starters in 1:15.45 and was 2nd in the M65 category in this tough, hill race.

The club extends its condolences to **STEFAN SCHUMACHER** and **GRAHAM ALLINSON** whose mothers died in December and to **GARY ARMITAGE** whose father died suddenly just before Christmas. We further extend condolences to any other member who lost a parent in the past twelve months

Festive 5

The trio of Matt Barnes (Alty AC), Tom Lancashire (Bolton AC) and our own GAZ RAVEN raised the temperature around Wythenshawe Park on a morning for mittens and bobble hats as they steamed around this year's 'Festive '5'. Gaz led most of the way in a nip-n-tuck battle but was pipped in the sprint finish by Matt Barnes in 23.49 with Tom Lancashire two seconds behind and Gaz on his shoulder shedding nine pints from his previous night out with 'the lads'. He still ran his fastest for this course and just missed his sixth amazing PB this year. It was a day of fast times, thrilling performances & PB's to end 2008.

| | |
|------------------------------------|--|
| 7TH JAMES BAILEY | 24.49 (PB of almost a minute over last year) |
| 9th IAN LOWTHIAN | 25.39 (PB by 13 seconds from last year) |
| 17th NIAL BROOKS | 26.17 (Debut '5' miles) |
| 29th DONNA RIDING | 27.35 (PB- a big 'un) |
| 36th MIKE ASHBY | 28.26 (PB) |
| 38th RUTH WALLER | 28.34 (PB by massive 50 seconds) |
| 46th ROB JOWETT | 28.53 (Debut '5' miles) |
| 76th BILL FOX (M55) | 31.10 (Almost equalled fastest from 2002) |
| 82nd JERRY SMITH (M50) | 31.48 (A massive new PB) |
| 99th JOHN BATTERSBY (M50) | 33.21 (An encouraging return from injury) |
| 110th JAN NICHOLLS (L35) | 34.01 (A very strong second half) |
| 125th FECHIN MCCORMICK (M55) | 35.00 (Best in two years) |
| 133rd WARREN BOWDEN (M40) | 35.53 (Struggled) |
| 135th MIRAN APRAHAMIAN (M55) | 35.54 (Recovering from viral infection) |
| 144th JAMES LAMBE (M45) | 36.30 (Two minutes faster than 2004) |
| 145th HELEN REAGAN | 36.32 (A minute faster than in 2006) |
| 165th JOHN GOLDER (M60) | 38.37 (5th in age-category) |
| 171st LAUREN DAVIES | 39.33 (An excellent debut) |
| 179th KAREN SHEEN (L45) | 40.07 (Has she been on another holiday?) |
| 180th AUDREY GREYSTY (L50) | 40.18 (PB by nearly 4 minutes) |
| 215th JOHN SMITH (M50) | 43.41 (Not in best shape) |
| 228th RUTH HARKIN (L40) | 46.15 (Debut) |



Get Well, Tommy

Few are better known in running circles than **TOMMY MALONE**. He's not been well and the Club (plus others throughout the running circuit) wish him well for complete recovery and return to running. Tommy is the man who proudly brings up the rear in races and photographs often feature the sweeping vehicle behind him. The club, of regarded as

elitist, is proud to have him as a member for over 15 years. He is as well known and as popular for endlessly delaying track and road officials as those who win the races! He, more than anyone else, demonstrates that running is for everybody, regardless of ability. He is also an example in how willingly he volunteers to help. Get well soon, Tommy!

HALF-MARATHONS AROUND THE COUNTRY

Fechin McCormick

MACCLESFIELD

(Sept 28th)

In September's Macclesfield half-marathon **CHRIS BRATT** finished 46th out of 803 runners with a time of 1:26:48, two seconds quicker than in 2006! He said, "I went through 5km in 18:21, quicker even than in the summer's Sizzlers. I'd also done no long runs in preparation and might have been even quicker if I hadn't done a 48 mile bike ride the previous day!"

Newcomer Robert Clark was tuning up for a few tough 'uns. Finishing an impressive 1:37.59, he then set his focus on the Gt. North Run a week later. Ouch!

This was **RICHARD MALLABER** 4th half-marathon having previously run two 'Gt. North's', one 'Wilmslow' and one Coventry's 'Lady Godiva'. His 1:46.51 was only 30-seconds short of his best ever at March's 'Wilmslow'.

DAWN HOLDING last ran this course seven years earlier and had forgotten how tough it is. Nevertheless, her 1:54.58 was the fastest by three minutes for that course.

Young **LAUREN DAVIES** decided only two evenings earlier at the Club post-Sizzler celebration to make her half-marathon debut. It was a tough baptism but her team mates described her 1:57.22 performance as 'just brilliant'. She'll rapidly improve.

AUDREY GRESTDY (F50) like a good wine just gets better and better! In March's 'Wilmslow', her 2:03.49 was a full six minutes faster than the previous year. She improved even further to dip comfortably under two hours with a really rewarding 1:58.28.

MARK LLOYD – now you see him-now you don't(!) aimed to shed a few pounds and re-discover lost fitness. He tracked Audrey across the line in 1:58.50.

Finally, **JOHN SMITH** (O/50) clocked 2:06.55. Though slower than the 'Wilmslow', he was faster than in June's Kassel Half-Marathon.

PENDLEBURY HALF-MARATHON

(Sept 28)

On the course (or similar) to that on which 'The Editor' recorded a zippy 65:38 in 1983, **ROSE BLACKBURN** choose a tough 'un in her young career and her 1:41.57 is a very impressive result. **JO ROBBINS** (1:50.31) is still trying to return to full training.

BUPA GREAT NORTH RUN

(Oct 5th)

The world's largest BUPA Great North Run will be a distant memory for those who travelled up the A1 in early October but the spectacle of taking part in the world's biggest half-marathon with 52,000 participants creating wall-to-wall running will have created lasting memories.

First home this year from the club was London-based **MIKE ASHBY**. "I was pleased to break the 80-minute barrier for the first time & to knock two minutes off my previous best to clock 1:19.052". It was an encouraging preparation for the Frankfurt Marathon a few weeks later.

NEIL & HELEN ARMITAGE trained for it together. Helen, with a best of 1:31.43 set at Liverpool in 2004, aimed for sub 1:30 but finished in 1:35.35 just missing out on her course PB. Running her 6th GNR, a highpoint was "doing a hi-five with Tony Blair at the start!" A more 'shocking' memory was when she went to retrieve her kit from the bus she saw a fellow runner stood next to the bus in full view of everyone, stark naked, getting his kit back on without a single thought that there were thousands of people all around.

MARK TYLDESLEY used Helen as a pace-setter especially on the 'hills of hell'. "Thanks! Helen!" he said. He was very pleased with 1:36.30 given that he'd undertaken very little training all summer due to an injury.

STEFAN SCHUMACHER 1:39.50 was only a few

seconds short of June's half-marathon in his hometown of Kassel when he hosted the group of Sale runners for the race. Now busy re-locating to Britain, he was pleased with 1:39.50 and led home all but one of the group of six from his former German club LG Vellmar whom he again kindly hosted. All thrived on the good old British air with excellent runs!

SIAN HOLLAND ran 1:48.11 but having run a 'comfortable' 1:47.00 last year she'd have liked to be faster. It's still impressively consistent form for a runner whose travelling career with the Royal Philharmonic Orchestra makes training difficult.

JILL SANDERS was pleased with her 2:06.30 in her second ever half-marathon (Wilmslow 2008 was her first) She said, "Considering the amount of people running I was pleased. However, I wouldn't do one as big as that again far too busy, but for the experience and atmosphere it was worth it. I just found the event far too busy and couldn't seem to get a good pace going for long enough".

CONGLETON HALF-MARATHON

(Oct 5th)

On the same day as the Gt. North Run, four people ran the Congleton half-Marathon.

Never a person to shy from a tough event **JOHN BATTERSBY** (V/50) clocked 1:33.58

LORA BLANN (1:33.56) found her inaugural half-marathon a tough experience and had hoped for faster but... Wow! What a learning curve the half-marathon is!

MARK FEARN (O45) had his eye on the Dublin Marathon three weeks later and was 'quite pleased' with 1:40.32 though "I ran in training mode most of the way and didn't really push myself" He ran with **ALAN ROMAGNITO** (O/40) who finished a respectable 1:43:44, despite being mown down by a group of cyclist within the first mile!! Needless to say, the air was blue! Alan had a nasty graze on the elbow, but bravely finished bloodied and shaken!

LANCASTER HALF-MARATHON

(Nov 9th)

Two weeks after his 2:56.46 lifetime best in the Frankfurt Marathon, **MIKE ASHBY** followed up with the Lancaster Half with another PB of 1:17.53. The course is in large parts on country paths and was pleased to finish 9th overall.



Following the warm reception Sale Harriers received from LG Vellmar at June's Kassel Half Marathon, the club welcomed a group of female runners from the German club to run in the world's largest half-marathon. **STEFAN SCHUMACHER**, the host on both occasions writes,

"In my second year in UK and with Sale Harriers I ran the Great North Run with six friends from my German club. It was fantastic! We found it a superb experience and were extremely lucky with the weather. Many friends in the Club gave me good advice and we left Manchester on race day at 5am, arriving in South Shield just after 7am. Wrapped up to avoid the morning cold, we drunk coffee and enjoyed every minute of the great atmosphere. Fortunately all of us managed to get into the same start zone & our five ladies gave the chap in charge a big kiss for that!"

The atmosphere was superb though we had to watch our step with those masses of runners! The final run down to the sea was magnificent and that was followed by the inspiring Red Arrows display. It was all very impressive and my German friends flew back that night – very exhausted but really happy! Thanks to Sale Harriers for their great support."

MARATHONS AROUND THE WORLD

Fechin McCormick

In the annual running cycle, there are two 'windows of opportunity' for those who want to test their Marathon ability. They are March – June with April's London marathon the highpoint and there's September – November with the New York Marathon topping the bill. Our club marathoners spread their wings throughout the world.

ANGLESEY MARATHON

Ultra-distance supremo **TIM RAINEY** launched the season at home in mid-September with the tough Anglesey marathon. He'd expected to beat last year's marathon best having earlier in the year recording a PB at 50km, 5k, 5 miles, 10k, 10 miles and the half marathon. The weather was warm and calm but the course hilly with a gradual climb in the last 3 miles. He ran to form up to ten miles (69 minutes) but then started to lose pace and by 16 miles was reduced to a jog to the 23 mile point. At the bottom of the hill, he picked up again to finish in 3:25:10. "I've got to be happy with it on a hot day" he said.

ABINGTON MARATHON

Next was **JERRY SMITH** (O/50) with the Abington Marathon. Jerry is a keen newcomer and been running seriously only about four years. Oxfordshire's Abington was his marathon debut and he completed it in a very creditable time of 3:26:57 – four minutes under his target time. "I chose Abingdon mainly because a friend had entered Chicago and I thought if I found one that took place around the same time we could do the long runs together. Abingdon was a good choice as it was well organized and supported; the course was flat and the weather perfect (unlike Chicago where the temperatures were in the 80s).

TORONTO WATERFRONT MARATHON

In mid-September, marathon supremo **GARETH RAVEN** took flight to Canada.

With arguably his best ever year with five lifetime best performances on the roads and track – (a) 29.39 in May's Gt. Manchester 10k (b) a 5-mile best of 23.47 in the same race (c) 29.32 in June's UK 10,000m track championships (14:09.21 for 5,000m at the BMC Grand Prix (Solihull) and 49.15 in August's Sale '10'), could he make it six out of six. With a marathon best of 2:18.49 from 2004, it didn't quite materialize, encountering problems in the last few miles, but he still finished an awesome 2:23.41.

DUBLIN MARATHON

The Dublin Marathon was the focus of **MARK FERNS & ALAN ROMAGNOLO** autumn training. Mark was 'reasonably pleased' to achieve his sub-4 hour target & cross the finish line in Dublin's Fair city in 3:49.00. "I hit the wall at 22 miles and found the last 4 really tough" he said. However, because he reached half-way in 1:48.00, he would have been happier with under 3:45.00.

ALAN ROMAGNOLO ran with Mark and did 4:06.00. He was 'a bit disappointed' not to go under 4 hours, but he enjoyed the day... and the

Guinness on Monday night. He reports that Temple Bar (the partying centre of Dublin!) still has its appeal! "I would definitely do it again" he said ...and that was before the Guinness!!!

JULIA HUMPHREYS (Photo 159) also thought 'Dublin was great and found it a great course to see the city even running through Dublin Zoo passing the sea lions enclosure! "The Irish wind didn't let me down" she said "and was on my back most of the way" to clock 4:35.00. Unlike Mark & Alan she said "I didn't feel like a Guinness afterwards".

FRANKFURT MARATHON

On the same weekend as Dublin, **MIKE ASHBY** took off to Germany with a few friends for the Frankfurt marathon. With a 2:57.27 under his belt from London, and with his half-marathon training &

performances better than ever (e.g. 1:19 in the Great North Run), he was confident of running low-2:50s. In cool and dry conditions on a flat course, "I started reasonably comfortably, running through halfway in 1:26. Around 30km it became apparent I hadn't got my nutrition right and began suffering with stomach cramps." He crossed the line in 2:56:46 - a PB by just over a minute, but was hoping for better.

NEW YORK MARATHON

JAN NICHOLLS ventured to the USA for the world famous race that starts on the Verrazano Bridge & runs through New York's five districts. "My official time was 3:34 but I prefer the Garmin time that clocked 3:28 for 26.2 miles" she said. She found it a great experience acclaiming the logistics and organization but getting to the start four hours before hand; hanging around for hours; getting into your wave an hour before the race start and then winding your way through 40,000 runners meant she was unsure if she'd do another one much preferring the almost immediate elation from completing a cold, wet cross country race. There's no truth in the rumour she'd texted **MARK FERNS** in the final mile as she skipped & sprinted to the finish!!!!

LEE KAUFMAN fulfilled his ambition to run a marathon before he became a 'vet' in January and used the opportunity of fellow club member Matt Harrison currently living in NY to make his debut. Though his target was to go under three hours he was far from disappointed with 3:11.30 saying, "That time was my best effort and I was actually glad to be there taking part in such a huge event in an iconic city". His most outstanding memory was making his way to the start at about 5:30am; getting on a train with Matt and one other runner and, as the train got nearer to Grand Central, more and more runners packing in. "By the time we got to the Staten Island Ferry Port, there were hundreds & it was there I saw The Statue of Liberty for the first time and this remains my most powerful memory"

Presentation Night 2008

On 11 October over 300 parents, friends and young athletes attended the 2008 Crossford Bridge Presentation Night at Urmston Leisure Centre.

Compered by **DAVID BROWN** and **CHRISTINE JOHNSON** the guests were welcomed. They included **BERNIE JONES**, Chief Executive of Trafford Community Leisure Trust, **ANDY LEE**, England Athletics, and special Beijing Olympians **KATE DENNISON** and **GRAEME BALLARD**.

Kate and Graeme presented awards to all the young athletes as they appeared on stage in their colour groups.

Then the club champions were called to the stage to receive their Trophies.

- U13 Girls..... **ALICE BENNETT**
- U12 GIRLS **ELEANOR VICKERS**
- U12 BOYS **CAMERON WILLCOCK**
- U11 GIRLS..... **MEGAN DALY**
- U11 BOYS **JAMAL CRAWFORD**
- U10 GIRLS **ROSE AGNEW**
- U10 BOYS..... **ADAM KINGHORN**
- U9 GIRLS **FRANCESCA BRINT**
- U9 BOYS **JACK DALY**

The special Appreciation Award went to a very surprised Christine Johnson who was given the winner's name in a sealed envelope to read aloud.

The evening continued through to 10pm with a lively disco provided by Stephen Dutton.



SPORTSHALL

Coaches from Sale Harriers and Altrincham AC with members of Sport Trafford have been travelling around the borough organising inter Primary Schools Sportshall competitions. This initiative is through the Trafford Athletic Development Group which comprises of Sport Trafford, Altrincham AC, Sale Harriers Manchester and Trafford AC and the semi finals and final will take place later in 2009.

OVER THE BALES

The annual Over the Bales cross country race took place at Crossford Bridge on Sunday 23 November. Seventeen clubs from across the North West attended with young athletes numbering over 300. The weather was very unkind being, wet, muddy and a cold wind.

Sale Harriers best placings were:

U9 GIRLS: Eleanor Twite (1) Francesca Brint (2) and Ciara O'Neill (8) giving them first team.

U9 BOYS: Edward Hartley (13) Dominic Hensman (14) and Jack Daly (18) were Sale Harriers best finishers.

U11 GIRLS: Julia Hassall (6) Serena Motasham (7) and Hannah Simeen (8) took second best team.

U11 BOYS: Christie O'Brian (1) Louis Guite (2) and Euan Gilchrist (7) took first team prize.

U13 GIRLS: Rachel Hibberd (3) Chloe (8) and Danielle Dignam (13) took second team home.

With the terrible weather conditions the hot drinks, beef burgers, hot dogs and bacon sandwiches manned by parent helpers did a roaring trade.

Thanks go to all Sale Harrier coaches and helpers who braved the elements to set up the course and marshal it for the afternoon.

Young Pentathletes



Alice Bennet U/13 Jodie Guinnane U/15 Nancy Clare U/15 and Elsie Clare U/11

All the young girls in the Crossford Bridge middle distance group were asked to enter the Macclesfield Cheshire County Championships pentathlon in October just for the experience and to round off the season. The turn out was a little disappointing with only 5 girls turning up - U/15's **JODIE GUINNANE** and **NANCY CLARE**; U/13 **ALICE BENNET** and **CAITLIN THOMAS** and U/11's **ELSIE CLARE**. All the girls enjoyed themselves doing events they'd never competed in before. They had to do shot put, high jump, long jump, hurdles and 800m. There was several PB's and Jodie Guinnane finished in 6th place, a really good place for her first pentathlon. Well done girls!



A group of the young athletes start an 800m

STAR:TRAK

During two weeks in August 140 youngsters took part in the annual star:track Programme organised by **ANNE MARSHALL** and her team of Sale Harrier coaches.

During the first week the celebrity visitor was British Athletics top under 20 man for 2008, **David Forrester**. David ran an 800m pacing 10 year old Sale Harrier **Jamal Crawford** helping him to set a new pb.

Trafford Youth Games

Pupils from Brentwood School in Timperley, which was recently featured in '60 minute makeover', took part in the Trafford Youth Games with the help of coaches from Sale Harriers.

With teacher **GARY EDWARDS**, **CHRISTINE** and **EMMA TYRER** spent five weeks coaching **GARETH HOWELLS**, **TYRELL MIKE**, **MOHAMMED HAIDER** and **THOMAS ECKERSLEY**, to do a jump, run and throw.

GARETH HOWELLS, **TYRELL MIKE** and **MOHAMMED HAIDER** are pictured with their medals that were presented to them at Presentation Night.



Primary Cross-Country

Saturday November 8 saw the first of four Primary Schools cross country meetings organised by Sale Harriers at Crossford Bridge. Over 300 children took part with four to count. St Ambrose Prep won the boys race and Stamford Park Juniors the girls race.

The second Primary Schools Cross Country races took place on Saturday 6 December. On a bright, chilly morning nearly 1000 people, athletes, teachers, relatives and friends arrived at Crossford Bridge.

The first school home in the girl's race was Loretto. The first five girls home were all Sale Harriers - **JULIA HASSELL** (1) **SERENA MOHTASHAM** (2) **HANNAH SIMEEN** (3) **FRANCESCA BRINT** (4) and **ELEANOR TWITE** (5).

The boy's race was won by St. Ambrose Prep with four of the first six boys home being Sale Harriers **CHARLIE DOWELL** (1) **JAKE SPILSBURY** (4) **EUAN GILCHRIST** (5) and **ADAM SPILSBURY** (6).

Two races in the New Year will complete the series.

LEGENDARY EVENING

Fechin McCormick

A truly grand celebration to thank the army of volunteers who help deliver the club's and Manchester Leisure's programme of track, field, roads and cross-country events throughout the year was held for the third successive year at The Legends Suite of Manchester City's Football Ground in November.

This year the occasion was extended to formally recognise our men and women's 2007 fantastic double achievement of winning the BAL & UKL Premier League titles in the same season; our men becoming European Champions and our Women's unprecedented twenty-one Premier League titles. It was also the occasion to recognise the achievements and medals from our five athletes at the Youth Commonwealth Games in India & to honour the 2008 Club's Young Male and Female "Athletes of the Year" with the Darren Campbell Award. The Lord Mayor of Manchester, **COUNCILLOR MAVIS SMITHEMAN** made the presentations and she was attended by the Lady Mayoress **IRENE ETCHELLS**, Manchester Head of Leisure **EAMON O'ROURKE** and Manchester Director of Athletics **LEE PRESTON**. It was truly a superb evening!

Guests were welcomed with an aperitif and, everyone seated, the hundred or so guests applauded the arrival of the Lord Mayor. Club President, Eric Hughes welcomed her and the other dignitaries and highlighted the men & women's unique success in winning their respective Premier League titles in 2007 that marks Sale as Britain's most successful athletic club. He particularly recognised the contribution of those deceased club luminaries who laid the all-important foundations like **ALAN ROBERTSHAW, WALTER & HAROLD WILSON, BILL NICHOLLS & FRANK STARKEY**.

Club chairman **DAVID BROWN** CBE, who compered the evening's proceedings, then spoke to thank the volunteer workforce stating that without their effort the club simply could not deliver its large programme of events within Manchester. "Without you, it would be difficult to be the best club in the country" he said.

Before presenting the awards, the Lord Mayor, on behalf of Manchester City Council, recognised Sale's national contribution and then spoke humorously of her own sporting memories latterly enjoying some sky-diving and visits to the gym. She then presented the awards to:

- Men's BAL team manager Dean Hardman, & team representatives **MIKE FLOYD, STEFFAN NORTH, ANDY WILKINSON & JAMES BAILEY**.
- UKL REPRESENTATIVES **LAURA DOUGLAS, HELEN TAYLOR, DANIELLE PARKINSON & REBECCA SWEENEY**
- Women's team manager & Club President **ERIC HUGHES** receives his award from England Athletics for services to athletics marking twenty-one Premier League titles.
- Commonwealth Youth Games representatives **ABIGAIL HEYWOOD, SHAUNNA THOMPSON, ABIGAIL IROZURU, ANDY SUTCLIFFE** and **NIALL BROOKS** (Sophie Hitchon was unable to attend).
- **ABIGAIL IROZURU & ANDY SUTCLIFFE** as the club's young athletes of 2008.
- Club secretary **CAROL BROWN** for her stalwart work.

Following these presentations, everyone enjoyed a mouth-watering hot buffet of such gastronomic delight that some returned for 'extras' and succumbed to more than their one allocated portion of dessert! Overlooking the silhouetted football ground, source of dreams (& nightmares!) for Manchester City fans, everyone enjoyed a truly superb, stylish evening of lively conviviality, gossip and reminiscing.

Keep on volunteering!





Manchester & District XC League

The Manchester Area Cross-Country League (MACCL) is in full flow with four of the five matches completed, leaving only the home match at Wythenshawe Park on February 7th to determine the 2008/09 league placings. To date, following the first match at hilly Heaton Park on a bitterly cold October day; the second match at sodden Boggart Hole Clough on a crisp November afternoon; the

undulating Sherdly Park match on a wet December and the fourth match at Woodbank Park on a very frosty January Sunday, the club is well represented in all 12 age-groups male/female categories. All will be extensively reported in the April magazine! Meanwhile, savour the experience from the photographs taken at Heaton Park and at Boggart Hole Clough.



Calderdale Way RELAY Joanna Street



This race played stage to a 'modern day' Sale Harriers fell relay debut and team captains Dave Rodgers and Paul Barrett deserve commendation for fielding two full teams.

The day started with thick fog over Manchester and the early leg runners set off to Calderdale with bleary eyes and just a little trepidation. Jan Nicholls and Fiona Baird for the mixed team and Paul Barrett and Stefan North for the men's set off on leg one before day break. Fiona found the 9.8 mile leg tough and wished she had done more of the hill sessions during her preparation. Paul was simply pleased that Steffan actually broke a sweat whilst running with him! Leg two was an 8.5 mile route over open fell up to Stoodley Pike and saw two contrasting kit styles from the teams; Dave Howlett and Richard Watson for the men's team bravely donned just shorts and vest while Paul Rowley for the mixed team was surprised that his partner Lee Woods chose to run in full waterproof jacket and trousers. Mike Hatch and Rob Jowett set off well ahead of the next team on the short but steep 4.8 mile third leg and saw no one else the entire way- they might have caught the team in front if Rob hadn't diligently closed all the gates behind him! Cat Jones and Joanne Street had an entirely different experience on leg three for the mixed team; having set off in the mass start they fought their way through the crowds with one kamikaze over-taking manoeuvre seeing Cat land waist deep in mud! Preparation for the 9.4 mile leg four was handled rather differently by the two teams; Tim Rainey had reccied the route several times in order to make sure that he and late substitute Mark Ferns had a hassle free run for the mixed team. Matt Bond was left wishing Gareth Raven had done the same when they were forced to wait for the following team to catch them several times because Gaz couldn't remember the way! Leg Five saw Dave Marsh and Rob Flannery narrowly avoid disqualification for the men's team when Rob decided to short cut through a private garden. Bill Fox gallantly nursed Hettie Bostock round the 7.5 mile leg for the mixed team after she slept all the way there recovering from a rather hectic Saturday night! While most of us were back at race HQ eating Christmas cake and mince pies Collin Gell and James Phillipson for the men's team and Frank and Jackie Cordingley for the mixed were still slogging through 10 miles of trail path to reach the finish.

Neither team ended up in medal winning positions but no-one really cared after a fun day on the fells. Plans are already underway to capitalise on our enthusiasm for mud, stiles and bearded folk by entering teams for the Pennine Bridleway relay on 1st February 2009. Anyone interested in joining the teams should contact Dave Rodgers or Paul Barrett.



SAINT OR SINNER?

Any suspicion that **DAWN HOLDING's** 'a little devil' must be dispelled! She's, in fact, a saint! It's not that she brilliantly helped organize the club's New Year Social or willingly volunteers for all sorts of club & other events but in October she organized a very successful charity evening for her young niece who'd lost her sight due to an operation that sadly was unsuccessful and as a result, her changed home life and school meant massive new expenses.

Supported by her family, friends and neighbours, the successful evening raised over £8000 and Dawn's business skills and 'charms' resulted in 'freeby' prizes that included 2 tickets on the Orient Express; Northern Belle; afternoon tea at the Lowry; an overnight stay at the new Michael Caines Abode Hotel; a day for two with lunch at Chester Races; a signed and framed Manchester City shirt; cases of wine etc etc.

Well done, Dawn & best wishes for your little niece.



ELEANOR STAR AGED 9

My name is Eleanor Twite. I am 9 years old and I am in year 4 at Urmston Junior School. I train with White group at Sale Harriers and my coaches are Sharon & Dave.

The distances I like to run are 1500 metres & 800 metres, but I like any distance between 1 and 3 miles. I won the Great North Mini run in October and my time was 5.08, for a mile which is my PB. I was really happy to win, because I came second in the Great Manchester Mini Run in May and third in the Great North Mini Run last year. I like running on the track and I also like cross country. I am now starting to represent Sale Harriers in the Manchester under 11 cross country league. I also swim with Trafford Metro.

My sister Elizabeth trains with yellow group she is 6 years old and she came 6th in the under-9 Gt.North Mini Run.



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Winter/Spring Fixtures 2009

JANUARY

- 4 Manchester Area CC League (4) Woodbank Park
- 10 County Cross Country Champs (Various) TBA
- 11 England Athletics Combined Events Senior Champs
- 11 Indoors meeting SPORTCITY
- 11 NVAC Monthly Run XC 10k & 5k Smithells, Bolton
- 24 Northern Athletics Cross Country Championship Sherdley Park
- 25 Indoor City Challenge (1) SPORTCITY
- 31 Aviva International Glasgow
- 31 Birmingham Games Indoors begins Birmingham
- 31 Indoors City challenge (2)

FEBRUARY

- 1 Alsager 5 Mile road Race Alsager
- 4 Indoors meeting SPORTCITY
- 7 Manchester Area CC League (5) WYTHENSHAW PARK
- 7 BUSA Cross-Country
- 7 England Athletics U15, U17, U20 Indoor Champs
- 8 Indoor City Cup Final Sheffield
- 14 Wilf Richards Manchester Cross Country Relays Heaton Park
- 14 Aviva European trials & UK Indoor Championships Sheffield
- 15 NVAC Cross Country Championships Victoria Park, Warrington
- 21 ECCA National Cross Country Champs Parliament Hill, London
- 21 Aviva Grand Prix Birmingham

MARCH

- 7 English Fell Champs (/6) Medium: Half Tour of Pendle Burnley
- 7 Intercounties Cross Country Champs & World XC Trials Wollalton Park, Notts
- 6 European Indoors championships begin Turin
- 7 England Athletics U15/U17 Combined Events Champs
- 8 Indoors meeting SPORTCITY
- 15 NVAC Monthly Run 10k Paths Stockton Heath
- 21 English Schools Cross Country Champs
- 21 BMAC Cross Country Championships Ruthin, North Wales
- 21 Rivington Pike Fell Race Rivington, Horwich
- 28 Young athletes meeting SPORTCITY
- 28 Home Countries international Cross Country Champs Wales
- 29 World Cross Country Champs Jordan

APRIL

- 4 British Fell Championships(1/4) Short: Slieve Bearnagh Northern Ireland
- 5 Northern Athletics 12 Stage & 6 Stage Road Relay Woodbank Park, Stockport
- 5 NVAC Monthly Run 5 mile paths Gin Pit, Tyldesley
- 11 Rivington Pike Fell Race Rivington, Horwich
- 15 NVAC T & F League Cleckheaton
- 19 ERRA National Men's & Women's 12 & 6 Stage Road Relay Sutton Park, Birmingham.
- 26 National Junior League (NJL 1) Wavertree
- 26 London Marathon London

MAY

- 2 Northern League Div 1 (1) SPORTCITY
- 2 British Fell Championships Long: Stuc a' Chroin
- 3 National Young Athletes League (NYAL 1) SPORTCITY
- 3 County Championships various
- 16 BMAC Road Relays Sutton Park, Birmingham
- 17 NVAC 10-mile Championships Wimbourne
- 17 NVAC Monthly run 10k Paths Stockton Heath
- 17 National Young Athletes League (NYAL 2) Doncaster
- 20 NVAC T & F League Bolton
- 23 Fell Inter-County Championships: Hutton Roof Craggs Cumbria
- 23 Northern U/15 & U/17 Champs Gateshead
- 24 Inter-Counties begin Bedford
- 24 National Junior League (NJL 2) Grangemouth
- 29 European Non-Stadia Championships Aarhus, Denmark
- 30 European Clubs Cup TBA
- 31 National Young Athletes League (NYAL 3) Wirral