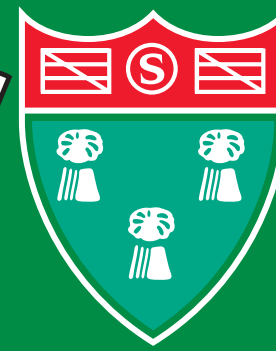


Issue 71 spring 09

# THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS







The inaugural Manchester Sports Awards were held in a packed Great Hall in the Town Hall on Friday 27th February to celebrate the efforts and achievements of the Manchester sporting community in 2008.

Three top awards went to the Harriers plus a memorable dedication in a glittering evening attended by dignitaries from the Council and all aspects of sport.

Bob Gassie was awarded Coach of the Year and a very fashionable Shaunna Thompson was a popular Sports Achiever of the Year for a record breaking track season.

Sale Harriers Manchester were awarded Club of the Year for their Premiership Men's and Women's double and the Men's European success. A tribute was also made for the Club's work in the community and organising Track and Road events. Not to be forgotten, Jack Frost was nominated in the Unsung Heroes category.

A standing ovation greeted Darren Campbell when he received a special award for Outstanding Contribution to Sport in Manchester. Apart from his Olympic medals and worldwide achievements, Darren has been a great ambassador for both the city and his country. No-one deserved the honour more and an emotional Darren thanked everyone, recollecting his boyhood days in Manchester and endorsing his future commitment to help others.



These are the spikes BRYAN GANE wore for the 440yds at the English Schools Championships in 1952 at Bradford, Yorkshire... and came last!

## Editorial

Produced  
4 times a year  
for 14 years

FECHIN McCORMICK



One of the challenges of every final stage of each magazine is to shoe-horn an awful lot of material into just twenty-four pages. Well-scripted masterpieces, often laboured on over days (including my own!!), sometime are sacrificed to lack of space in the final hours of putting together this magazine. As the editor/producer I always find this difficult - that fine individual and team performances can be afforded only a sentence or two and significant club events squeezed into a paragraph or two.

This edition especially captures the cross-country and indoors season - two very different and contrasting disciplines that have run parallel through the winter. Are they parts of the same sport or two different disciplines? I'm sure most people at the National Cross-Country Championships weren't interested in the Indoor Grand Prix and Kate Dennison's indoor pole-vault British record on the same weekend. It's likely, therefore that one section of this magazine will be of limited interest to the other but I encourage you to 'dip in' and learn how the other 'half' lives and broaden your knowledge of our vast, diverse and successful club. It's partly to enable this interest that I've used so many photographs in this edition.

As you'll read, whether you've been ploughing through cross-country or leaping and bounding indoors, it's not all been hard work. The club's social side is again reflected with January's New Year Party; congratulations to those who received awards at Manchester's glittering Sports Award Evening and the Club's AGM may not set you alight but, again, take an interest in the club's administrative engine-room.

Right!! Enough from me -not enough space! As ever, enjoy a packed and interesting magazine!



## Greenzone - 100 UP! PRESENTATION TO MARK QUALITY AWARD

To celebrate becoming the 100th Playing for Success centre to achieve the QISS (Quality In Study Support) award Greenzone, the Harriers Study Support Centre, held a presentation lunch on March 2nd.

Year 6 pupils from St John Fisher and Sir Thomas More in Wythenshawe, who are currently participating in the 10 week program, impressed all the guests with their enthusiasm as they demonstrated their skills in a range of computer based learning activities.

A silver salver was presented to Greenzone's Centre Manager, Andy Jordan, by Rex Hall, National Director of Playing for Success. Special guests included club president Eric Hughes and top steeplechaser Stuart Stokes who spoke passionately about the project. He compared it to the athlete who constantly strives to gain an advantage over the opposition.

He said, "Greenzone provides local children with a great opportunity to forge ahead in their education and to better themselves as young people".

The day was also memorable for being the second anniversary of the launch of the club's innovative centre by Darren Campbell, who added his congratulations on the achievement.

## president's report

We enjoyed another memorable Track & Field season with the Women retaining their UK League title and Men finishing a creditable third in the National Premiership League adding to their fine European Clubs Cup victory in Portugal. Both Senior teams competed under the name of City of Manchester Athletics as a tribute to the support given by the City Council whose partnership we greatly value.

Once again the Junior Men's and Women's teams reached the National Cup Final and the Boys and Girls collected bronze team

medals in the Young Athletes Cup Final held at Sportcity.

Executive meetings are held regularly aided by various sub-committees and I would like to sincerely thank those concerned, together with the Team Managers, Coaches, Officials and Volunteers and all those who contribute so much towards the continued success of the Club.

With best wishes to all.

Eric Hughes

## chairman's report

AGM time again and the end to yet another successful year for the club both on the athletics front and at award dinners. All our teams have done very well during the season. Our men represented Great Britain in a European club championship whilst our women's team do the same this coming season. In the background we continue to work very closely with our partners Manchester City Council and through them our major sponsor Reebok.

On the awards front our President Eric Hughes was honoured by England Athletics for his contribution to the sport over many years. I was very proud to represent you at a recent awards dinner hosted by Manchester City Council where we beat off competition from over ten clubs from other

sports to be voted the Best Club in Manchester. At the same event Bob Gaisie was awarded best coach and Shawna Thompson best achieving young athlete.

The club was well represented at the Commonwealth Youth Games in India and our young athletes attended the volunteers evening reception to receive further praise from the Lord Mayor of Manchester.

Well done to all of you who have contributed in any way to making Sale Harriers Manchester the club that it is and let's keep taking it forward.

David Brown CBE  
Chairman

## treasurer's report

Roy Swinbank  
Honorary Treasurer

The detailed accounts for 2008 have been examined by the Chartered Accountants and will be available for scrutiny at the AGM. When you see them, please remember that the total value of transactions is more than double the "net" figures shown in the accounts and represent a vast amount of work by very many club officials. We owe all those involved a great debt of gratitude.

The accounts will show levels of income and expenditure around 10% up on the previous year, again resulting in a small surplus. This should be considered as very satisfactory, given the uncertainties which existed during the year and the need to provide reserves to protect the club's future.

The high level of competitive activity, and associated support to athletes, coaches and officials, was maintained and the year's excellent results are

chronicled elsewhere in the annual report. Doing so was only possible because the major income streams were also maintained. Subscriptions reached a record level one again and the immense task of collecting them cannot be mentioned too often, while Promotion of events also showed a further increase, partly through the benefits of sponsorship and the City Council partnership yet wholly due to the efforts of those members who make the events possible. Reebok have remained an important feature of club activity, and changes in the management of the company have not yet had any effect on our relationship.

The Finance Committee has met periodically during the year to monitor and improve our financial administration, and much work is also done outside of meetings. I must take this opportunity to express my gratitude to Jack Frost, who has again undertaken the vast amount of book-keeping with great efficiency, and to Christine Tyrer, who has enthusiastically taken on the burden of maintaining the finances at Crossford Bridge.

## Welcome Back, JOHN

We welcome back Dr JOHN RODGER'S to the Club! Former Northern Ireland international Dr John Rodgers had made a significant contribution to developing a Club medical team before he left us 18 months ago to further develop his interest in sports medicine and rehabilitation.

In those months, he has worked in London as a specialist registrar in Sport and Exercise Medicine. This job was part of his training

towards qualification as a consultant in this new NHS speciality. The job involved working at the Olympic Medical Institute in the run up to the Beijing Olympics with a variety of different sports. He has also worked for the last year for UK Athletics as the endurance medical officer and has worked as the medical officer for 'On Camp With Kelly'. He's also been able to travel with British teams in these jobs. Some of his trips included the World Youth Athletics Championships, The European Cup, World Junior Athletics Championships, Everest Marathon, World and

European Cross Country Championships. He has also spent one day a week over the last year and a half working at Chelsea Football Club's training ground in Cobham with their Academy and youth team players.

We welcome his return to Manchester where he begins a new job as a GP partner at Brooklands Medical Practice where he hopes to develop an NHS Sport and Exercise Medicine service for patients and athletes in the Manchester area.



# Roll of Honour 2008

## MAJOR CHAMPIONSHIPS PARTICIPANTS AND MEDALLISTS

### Olympic Games:- Beijing

Andy Turner 110mH 2nd Round  
Alex Nelson 200m DNS  
Kate Dennison Pole Vault

### World Indoors Champs:- Vienna

Adebowale Ademuyewo 4 X 400m

### Spa European Cup:- Annecy

Mike Floyd Hammer 7th  
Gordon Kennedy (Ireland) 4 X 400m 1st  
Rebecca Peake Shot Putt

### World Junior Championships

Shaunna Thompson 200m  
Abigail Irozuru Long Jump

### World Masters Indoor Championships:-

Mark Wiseman Discus Gold  
John Nicholls Shot Silver

### European Masters Indoor Championships:-

Mark Wiseman Discus Gold

### European Club Championships:- Portugal

Team Winners

### Commonwealth Youth Olympics:- Pune India

Andrew Sutcliffe PV 4th  
Niall Brooks 800m 4th  
Shaunna Thompson 100m Gold (record)  
Shaunna Thompson 200m Gold (record)  
Abigail Irozuru Long Jump Gold  
Abigail Haywood Pole Vault Bronze

### English Athletics Championships Medallists:-

Senior Andy Turner 110mH Gold  
Mike Floyd Hammer Gold  
Alex Smith Hammer Bronze  
Alex Nelson 200m Silver  
Under 23s Alex Smith Hammer Silver  
Matt Cullen PV Bronze  
Under 20s Andy Sutcliffe PV Bronze  
Senior Stephanie Pywell High Jump Gold  
Emma Lyons Pole Vault Gold  
Sara McGreavy 100m Hurdles Silver  
Alison Rodger Shot Putt Bronze  
Laura Douglas Hammer Bronze  
Under 23s Stephanie Pywell High Jump Silver  
Under 20s Adele Lassu High Jump Gold  
Abigail Irozuru Long Jump Gold  
Shaunna Thompson 200m Silver  
Under 17s Shaunna Thompson 100m Gold  
Shaunna Thompson 200m Gold  
Under 15s Katie Byres Pole Vault Gold

### Welsh Athletics Championships Medallists:-

Senior Paul Walker PV Gold  
Paul Walker 110mH Gold  
Robert Mitchell HJ Gold  
Under 20s Mike Ehlen HJ Gold  
Mike Ehlen TJ Silver  
Senior Lucy Evans 100m Gold  
Lucy Evans 200m Gold  
Laura Douglas Hammer Silver

### Irish Athletic Championships Medallists:-

Senior Gordon Kennedy 400m Gold  
Anthony McCreery PV Silver

### Scottish Athletic Championships Medallists:-

Senior Alison Rodger Shot Putt Gold  
Under 20s Holly Belch 100m Hurdles Gold

### UK Women's League First Division:-

Team Champions

### English Athletics Indoor Medallists:-

Senior Mark Christie PV Bronze  
Under 20s Andrew Robertson 60m Silver  
Darren Hammond HJ Bronze  
Under 15s Greg Appleby PV Bronze  
Senior Kate Dennison Pole Vault Gold  
Sara McGreavy 60m Hurdles Silver  
Stephanie Pywell High Jump Silver  
Rebecca Peake Shot Putt Silver  
Under 20s Abigail Irozuru Long Jump Gold  
Robyn Rashford 200m Bronze  
Under 17s Shaunna Thompson 60m Gold (record)  
Shaunna Thompson 200m Gold (record)  
Tyra Watson 200m Silver  
Under 15s Katie Byres Pole Vault Gold

### Welsh Athletics Indoor Championships:-

Senior Paul Walker PV Gold  
Robert Mitchell HJ Gold  
Adebowale Ademuyewo 400m Gold

### Irish Athletics Indoor Medallists:-

Senior Eoin Hannon LJ Bronze  
Anthony McCreery PV Silver

### English Schools Medallists:-

Senior Niall Brooks 800m Silver  
Andrew Burgess LJ Silver  
Senior Rebekah Wilson 100m Gold  
Abigail Haywood Pole Vault Silver

### Senior/Junior International Representations:-

#### Great Britain

Andrew Robertson, Mike Ehlen, Kate Dennison,  
Sara McGreavy, Rebecca Peake, Stephanie Pywell

#### England

Mike Floyd, Alex Smith, Gareth Raven, Nick Gayle,  
Mark Christie, Glen Comish, Abigail Irozuru, Sarah Holt

#### Wales

Adebowale Ademuyewo, Robert Mitchell,  
Lucy Evans, Laura Douglas

#### Scotland

Alison Rodger

# NATIONAL VETS CHAMPIONSHIPS

They shall grow not old... and age shall not weary them. The last of the 'Summer Wine' heroically did battle at the British Master's Cross-Country Championships (BMAF) held at Ruskin, North Wales and returned home proudly laden with medals.

Our O/70 team, invigorated from their Northern (NVAC) title a few weeks earlier, had confidently hoped for victory by 'default' but were unfortunately ambushed by the strongest team in the country - Bingley AC. Nevertheless, they were very happy to be National silver medallists. Congratulations to **BRIAN GANE** who again showed his life-long pedigree for 5th; **MIKE HOWE**, slightly below par in 12th and evergreen **DON GEORGE** in 13th place.

Likewise, our O/50 women became national runner's up with **MARGARET BOLEMAN** missing out on the O/50 prize by 10 seconds but still pleased with the silver medal. The trio of **MARGARET BOLEMAN**, **JACKIE CORDINGLEY** and **LINDA ROWLINSON** did a fantastic job on a course that wound

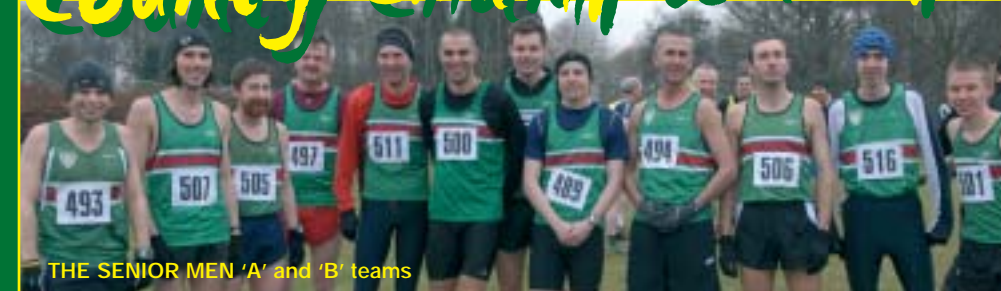
its way around the beautiful grounds and adjacent meadows of the 400-year Ruthin Public School that was more suitable to training shoes than to spikes.

The next race was the 50-69 year old men who were amazingly fast and competitive. We failed to complete a team in this category but Bill Fox and Jerry Smith had good runs. The final race was the young 35-49 men with five Harriers taking up the challenge. **IAN WEATHERALL** was our leading runner but had to pull out near the finish through serious calf injury. Next came new vet **MIKE HATCH** followed by **ELTON DAVIES**, **FRANK CORDINGLEY**, **TIM RAINEY** and **WARREN BOWDEN**. **ALAN ROMAGNITO** bravely tried his best but had to pull out too.

The event brought together the elite veteran runners from all over the country to compete in Britain's premier cross country masters event. We are all looking forward to next year when we might have 'The Raven'.



## County Championships



THE SENIOR MEN 'A' and 'B' teams



SENIOR WOMEN - 'A' and 'B' teams



**NIALL BROOKS**  
Gtr. Manchester  
U/20 Champion



**HANNAH DOHERTY**  
Gtr. Manchester  
U/17 Champion

Congratulations to the following individuals and teams who won medals in January's County championships.

**SIMON MILLS**..... MERSEYSIDE SENIOR CHAMPION  
**JAMES BAILEY**..... CHESHIRE SENIOR CHAMPION  
**GAZ RAVEN**..... Gtr. MANCHESTER SENIOR SILVER  
**NIALL BROOKS**..... Gtr. MANCHESTER U/20 CHAMPION  
**HANNAH DOHERTY**..... Gtr. MANCHESTER U/17 CHAMPION  
**JAMIE RODEN**..... DERBYSHIRE U/17 CHAMPION

Gtr. MANCHESTER SENIOR WOMEN TEAM ..... GOLD  
(Rachel Deegan, Ruth Waller, Margaret Boleman & Jackie Cordingley)  
Gtr. MANCHESTER U/13 GIRLS ..... BRONZE  
(Rachel Hibberd, Abigail Fitton, Chloe Yates)  
Gtr. MANCHESTER U/17 MEN'S TEAM ..... BRONZE  
(Andy Partington, Callum Rowlinson & Alex Lett)

## INTER-COUNTY CHAMPIONSHIPS

Following their achievements several represented their county at March's top-notch Inter-Counties Championships at Wollerton, Park, Nottingham. **GAZ RAVEN** topped off a superb winter in the UK Cross Challenge by finishing twelfth and second counter to Tom Lancashire and brought Greater Manchester into the overall runners-up position. Cheshire Champion **JAMES BAILEY** was seventy-first.

In the U/20's **NIALL BROOKS** struggled on his County performance but was still the fourth Gt. Manchester counter that brought the team home fourth.

**PAUL RODEN** again turned out his squad to great effect. In the U/17s

Northern XSC bronze medallist **CHARLIE HULSON**, representing North Wales, finished 15; Derbyshire Champion **JAMIE RODEN** was 34th; **RYAN WORLAND** and **ANDY PARTINGTON**, both representing Gt. Manchester, finished 164 & 201 respectively. In the girl's race, Gt Manchester Champion **HANNAH DOHERTY** was 28th.

In the senior women's race, National bronze medallist **SONIA SAMUELS** (Nee Thomas) also topped off her fine winter to finish sixth well ahead of Northern Champion Gemma Miles (Kendal AC) and just missed out on selection for the World Cross-Country championships in Jordan.



# INDOORS

## northern senior, u/20, u/17 & u15 champs

*Fechin McCormick & Peter Shaw*

We had a good Northern Indoor Championships. Many of our athletes used these championships as a preparation for the summer track and field events. The Club's highpoint was again our double Commonwealth Youth Games sprint Champion, **SHAUNNA THOMPSON**, who impressively won the U/20 60m & 200m both in championship best times and never looked challenged in neither.

### Andy Robertson

60m Senior Gold 6.83

Andy has an impressive record in these championships this year retaining his U/20 60m Gold medal to add to the 2007 double U/17 60m & 200m titles. He just lacked the traditional PB's this year!

### Tom Martin

60m Senior Bronze 6.86

Tom was in good shape to repeat his 2007 golden performance but it wasn't until the City of Manchester Open Indoors meeting two weeks later that he really produced his best with a PB of 6.73.

### Jacob Brown

Long Jump Senior Silver 7.22m

As the 2007 gold medallist, Jacob would have liked to reclaimed the tile but it eluded him winning the silver for the second consecutive year.

### Marcus Gouldbourne

Shot Putt Senior Silver 14.39m

Marcus doesn't normally do indoors. This was the first for many years for Britain's No.3 discus thrower.

### Chris Bryant

800m Senior Gold 1:54.47

Though not quite as fast as the 2007 silver medal or last year's bronze, he's finally got the complete set of medals!

### Daniel Williams

800m Senior Bronze 1:58.94  
400m Senior Bronze 50.22

A superb 800m PB and a 400m bronze medal made this a successful weekend. Had he reproduced the faster time of the heats he would have bagged the silver medal.

### Nick Samuels

1500m senior Gold 4:02.68

Nick returned to his specialist distance from last year's inaugural indoors 3k.

If the object was to take the Northern title he succeeded admirably. His fastest indoors came two weeks later at the Birmingham Games (3:50.4)

### Rebecca Sweeney

400m Senior Gold 56.58  
800m senior Gold 2:15.21

The club's very consistent 400m athlete retained her Northern title to now rank among Britain's top ten 400m sprinters. She's also been developing over the longer 800m and, though not quite as fast as in her inaugural 800m last year, she took the gold medal to add to last year's bronze.

### Nayef Abed

60m U/20 Bronze 7.09

In his first year in the U/20's, his first northern medal will be pleasing and encouraging for the future.

### David Whalley

800m U/20 Bronze 1:59.90

An outdoor specialist, this was Dave's indoors debut and an excellent medal to launch his outdoor season.

### Bradlie Houldsworth

Long jump U/20 Bronze 6.51m

Bradlie pulled up on his 3rd jump with a hamstring injury... done it on the run up... really strange as jumpers normally injure on the take off or landing. He looked in good shape and was flying on the runway... what could have been a monster jump.

### Mike Ehlan

High Jump U/20 Gold 1.95m  
Triple Jump U/20 Silver 13.41m

The defending champion and holder of the CBP in the triple jump, Mike had to settle for silver and despite seeing his title and record taken by U/17 Joshua Bones his dad said, "These were good results considering he was loaded up with training for the AAA's the following month". Mike's Northern medal haul is the double U/20 titles last year and both the U/17 titles in 2007

### Shaunna Thompson

60m U/20 Gold 7.46 (CBP)  
200m U/20 Gold 24.18 (CBP)

What more can one say about Shaunna! On the Saturday, she blasted everyone off the track in the 60m with her latest CBP record and eased up with 5m to go... On the Sunday she then went for a stroll and bagged yet gold. She now got the full collection of U/15, U/17 & U/20 indoor sprint medals. Her team-mate **REBEKAH WILSON**, who has medaled in every one of her five past Northern championships and was last

year's U/20 gold medalist, looked fantastic in the heats but seemed to lack race pace in the final struggling from 20m to finish a disappointing 4th.



Olivia with her two medals and her very pleased coach!!

Among our U/15 & U/17 contingent pride of place goes to **OLIVIA CALLAGHAN** who won a Northern title and produced four personal best performances. In her first season as an U/17, Olivia started the day running a PB of 8.04sec for the silver medal in the 60m. She then went one better in the 200m winning her heat in 26.47sec before winning the final in 25.97sec which bettered her outdoor best.

Another club title holder was **VICTORIA CALDERBANK** (VC to her friends) in the U/15 800m. VC missed the Northern Cross-Country Championships to run indoors and showed her decision was the tight one by winning in an outdoor best of 2:46.51sec.

The Club won two further medals in the U/17 women's 300m. **TYRA WATSON** (41.80) and **ALYSIA CASEMENT** (43.79) occupied the first two places in heat one before going to obtain the silver (Tyra in an indoor PB of 41.17sec) and bronze medals (Alysia in an indoor PB of 43.0 sec. Both of these girls are highly versatile athletes since Tyra has been a Northern silver medalist over 800m (indoors 7 out) and has gold medals for Northern team events on roads and cross-country. Alysia is a gifted pentathlete and recorded 9.56sec for 3rd place in a heat of 60m hurdles at the championships.

Other girls taking part were **BETH BOLTON** recording an excellent 9.95sec for 3rd place in her U/15 heat of the 60m hurdles. This was Beth's first championship race since moving up from the U/13 age group and shows she has adapted well to the higher hurdles height. **CHARLOTTE DICKENSON** placed 6th in the U/15 girls shot putt with 9.38m.

The only boy to take part was **CHRIS MCGAHAN** who normally runs 400m. As this event was not on the programme for his age-group he decided to contest the U/15 800m in which he finished 2nd in 2:06 sec. which is six seconds faster than his outdoor best. It was a wonderful run which now gives him the problem of deciding which event to contest in the future.

# ENGLAND ATHLETICS INDOOR CHAMPIONSHIPS

*Fechin McCormick & Peter Shaw*

In the various age-group categories, the Club won a total of 7 gold, 2 silver and 4 bronze medals.

The senior indoors combined with the trials for the European indoor championships and **KATE DENNISON**, Britain's No.1 pole vaulter achieved new heights by finally breaking Janine Whitlock's long-standing record with a fantastic PB of 4m 45cm to win her fifth successive national indoor title. A week later at the televised Aviva Grand Prix at Birmingham, we were again delighted to witness her improve further to 4.46m. For her records, she won a well deserved 2 x £5000. Kate has won every major domestic competition and represented GB in the recent Beijing Olympics and with distinction in other World, European & Commonwealth Championships. At the European Championships Kate did brilliant to reach the final and would have needed to break the British record yet again to get into the medals.

Not far behind her is Britain's No. 2 **EMMA LYONS**, still a junior, who took the silver medal with another fantastic vault of 4.25m. Like Kate, she's also been on a roll this winter. Again, at the same televised Grand Prix she further improved her PB from a few weeks earlier when she became Welsh champion with a vault of 4.27m. British pole-vaulting is looking very strong and the club is very lucky to have in its ranks Britain's top two pole vaulters.

Another fantastic youngster is high-jumper **STEPHANIE PYWELL** who also won Championship gold and her ticket to the European Championships with a leap of 1m 82cm. Again, Stephanie, who won silver at these Championships last year with a PB and was the U/20 champion in 2006, will regard this as a very satisfying performance.

**ALISON RODGER** is another who had a superb Championship performance winning the Shot Putt gold medal with a PB 15m 79cm. Again, our Scottish multi indoor and out-door shot putt

champion will regard this gold medal & PB as a career pinnacle. She's now placed sixth in the UK rankings.

**ROB MITCHELL**, Britain's No.3, won high jump bronze with a jump of 2m 19cms, identical to last year's Championships when he finished fourth. He might have hoped for even better considering that he produced a PB of 2.24m just a week before. Rob is our Commonwealth Games high jump representative and a multiple Welsh champion.

Similarly **PAUL WALKER** is Britain's No 3 and a multiple Welsh Champion in the pole vault. He won championship bronze with easily his best indoor vault of the season (5m 31cm)

Our Lithuanian Yorkshireman, currently a student at Leeds Metropolitan University **RIMAS MARTISAUSKAS** also produced a lifetime best throw in the Shot Putt (17m 52cm) to win the bronze medal and was absolutely delighted to qualify for the European Indoor Championships where he will represent Lithuania. His throw is the second furthest he's ever thrown and an indoor PB. He represented Lithuania in the 2007 European U/23 Championships.

In the U/20 category **ANDY ROBERTSON** improved on last year's silver medal to win this year's U/20 60m title in 6.77 sec.

**ANDREW SUTCLIFFE** improved from 5th place last year to win the U/20 pole vault in 4.70m. It was an encouraging two weeks for our 17-year old from Ashton under Lyne. Coached by Frenchman Julian Raffalli, he went over five meters for the first time when he vaulted 5.03m at Cercey La Tour in France a week earlier.

Another big improver was **ATOLLAH ROSE** who took gold in the U/17 triple jump with a leap of 11.48m after finishing in sixth place in last year's championship.

**KATIE BYRES** has never been beaten in a national championship and won the U/17 pole

vault with 3.60m. Last year, she won the national U/15 titles both indoor and outdoor and rightly now also ranks No.1 in the UK U/17 listings.

**CHRIS MCGAHAN** had a difficult decision to make at these Championships... should he run in the 400m or the 800m? Despite being more experienced in the 400m, he chose the U/15 800m, the event in which he was the runner up in the Northern Championships. He ran a new lifetime best of 2:05.3 to win another silver medal. This has been a very successful winter for Chris with winter PB's over 200m, 300m, 400m, 600m, and 800m. plus selection to represent Gtr. Manchester Schools in the English Schools Cross-Country championships.

**ABIGAIL HAYWOOD** was unlucky not to gain an U/20 medal in the pole vault finishing in fourth place, the same position as last year with a vault of 3.50m

Another fourth place was **VICTORIA CALDERBANK** in the U/15 800m in her first national Championships, VC has the satisfaction of running an indoor best of 2:23.67 improving on her northern championships three weeks before.

Another finalist was **DANIELLE ROONEY** who finished 6th in the U/20 60m hurdles in 9.04 sec having run a slightly faster 9.03sec in the heats. In the U/20 high jump **MIKE EHLAN** finished 8th with a jump of 1.97m. Also in the U/20 events **NAYEF ABED** finished 6th in the 60m semi-final (7.18 sec) and also ran the 200m (23.42 sec) to finish 5th in the heats.

**CALLUM ROUGHEEN** finished 4th in the U/15 boy's heats in 24.98 but found the unfamiliar bouncy Birmingham surface not to his liking. Last year **TYRA WATSON** was silver medallist in the U/17 800m in these Championships. This year she switched to 300m but unfortunately having finished 2nd in her heat in 41.50 sec was taken ill and on medical advice withdrew from the next round.

# WELSH & IRISH

At the Welsh indoor Championships in Cardiff **ROB MITCHELL** jumped to a new height of 2.24m and added yet another title to his repertoire with a 2:24m leap. In the process, our Commonwealth Games finalist and multi-Welsh high-jump equaled Phil McDonnell's club indoor high jump record.

Pole vaulter, **PAUL WALKER** also retained his Welsh senior title with a 5.02m vault that improved further to 5.14m two

weeks late at an indoor meeting in Austria.

**EMMA LYONS** also had a superb Welsh championship to record a superb PB of 4.27m and win her first senior Welsh title.

At the Irish Indoors **JER O'DONOGHUE** got Bronze in the 60m and Nick Newman (who is English but competed as a guest) came 2nd.





## COMBINED EVENTS

At this year's England Athletics Open & U20 Combined Events Championships, we had representing the Club, **JACK ANDREW** who finished 5TH; **JAMES DAVIS** who broke two teeth whilst attaining a pole vault PB of 4.05m finished 11th and **MATTHEW WRIGHT** who was also joint 11TH. For the women **JESSICA TAYLOR** finished 7th. The overall standard was exceptionally high.

Earlier, in the Northern Combined Events Championships **JENNIFER SIMMONS** set a new PB points total of 2902 to win the bronze medal. This puts her No.3 in the North West (Power of 10).



## Fun-n-runnin' IN LAKE DISTRICT



## PENNINE BRIDLEWAY RELAY

*Richard Watson*

Following the recent success of the Calderdale Way Relay, 20 hardy fell runners (Pike, please note!) headed north on the M66 for another fun-filled day out in the hills. The day started early and Jason and Lee ran an excellent first leg. The pair then proceeded to run the leg in reverse, running a total of 17 miles and passing through over 80 gates! Fiona & Jade had an equally good run but could not find their team mates at the changeover. Mark & Tim were finally found in the car a few yards from the start of their leg!

By the end of leg 2, a flying Raven & a carbo Gell had managed to overtake a whopping 6 teams and came in right on the tails of Horwich, much to the surprise of Chaddy and Darcy and the disbelief of a certain Mr Heys. The end of leg 3 saw the first dingle incident of the day resulting in a changeover almost as smooth as the mixed teams earlier efforts. Alan (Dude!) and Carl ran the third leg for the mixed team. On his first ever fell race, Alan passed the kit check with flying colours but was wearing so many clothes he wouldn't have looked out of place on an expedition to the Arctic!

Mike Hatch and Rob ran a great penultimate leg for the men's team and were the 4th fastest on their leg and Jo and Jenny braved the elements battling through the cold, wind and snow whilst some of us were already in the pub enjoying a well earned pint!

The day was finished off in style by the youthful duo of Rob Flannery and Paul (118) Rowley. Rob almost had to dial 999 4 118 after several high speed falls but the pair managed to survive and get the men's team dingle to the finish in 11th place overall. The mixed team was brought home by Bill and Cat who finished with a lightening sprint.

Thanks must go to Paul Barrett and Dave Rogers for organising the teams. The next fell relay is not until October but there is already talk of entering the Welsh Castles Relay in June, which is bound to be another excellent weekend.

## O/70 CHAMPIONS

*Don George*

With the three triumphant pensioners are Joe Park from Cheshire Tally Ho and Denise Wakefield, an ex Sale Harrier.

On Sunday February the 15th The Northern Veterans (NVAC) held their annual Cross Country Championship at Warrington. Unlike previous years when Sale turned out close to forty runners in championship races, this year there were only three... and they were all septuagenarians.

**BRYAN GANE, MIKE HOWE** and **DON GEORGE** made up a formidable O/70 team to take on the best of the North. Unlike last year, when the Northern Vets just pipped them for the top spot, this year saw the team put in a great effort to take the championship for the first time.

Bryan, who has returned to the team after a short absence, ran a great race to claim 4th place with the 1st & 2nd places taken by the top two O/70s in the country. A slightly off form Mike Howe still ran a very good race to finish 7th. Team captain, Don George ran a defensive race, protecting the team for any attack from the rear and finished 9th.

A great team effort all round and Bryan has booked an open top bus to mark the occasion. Only bus pass holders will be allowed on board.



Hannah at the front of the chasing pack (orange and blue) near the end of her race.

## Hannah Represents England Schools

**HANNAH DOHERTY** rounded off a magnificent cross-country season by finishing 9th out of 329 intermediate girls at the English Schools Cross Country Championships at Stanford Hall near Loughborough on 21 March. As a result she was selected to run for the England team in the Home International the following week in Bangor North Wales. Representing her country against teams from Scotland, Wales and Northern Ireland, she again showed her great talent with another strong run. You'll read of Hannah other winter successes through the pages of this magazine.

Others from the club who represented their School at this major championship were **JAMIE RODEN** (Senior - 36th), **RYAN WORLAND** (Senior - 135th), **CHRIS McGAHAN** (Junior - 95th), **ALAN BURCHALL** (Junior - 150th) and **ABIGAIL FITTON** (Junior - 80th). As a result Jamie, Hannah and Abigail were selected to represent the North-West at the London Mini Marathon at the end of April.



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Running isn't all about hard work and the element of fun, frolic and fellowship is crucial to maintaining interest; generating team spirit and club loyalty! Over 35 boys-n-gals did some worthwhile bonding with little or no bitching on the latest Lakes weekend in March. All thought it was 'Great' with the more personal superlatives generously walled on Facebook!

The weekend traditionally begins with the Saturday morning run before breakfast. Only the faint-hearted return to bed to prepare for the afternoon hill session that the more masochistic described as 'fun'. Most then climbed (walked or ran) Cat Bells on a windy afternoon whilst some choose a spot of shopping before the evening meal and then the traditional boozing & bonding in the local hostelry till late. It seems a secret of the weekend as to who went clubbing but Jenny Clink & Vickie Cordingley are known to have included their 'heels' and mascara with trail shoes and lycra!

Sunday morning and all were up at the crack of dawn (more or less!) for a pretty tough, steady 11-miler around the lake on a lovely day. "It was good" said one, "but some of us had a bit too much to drink in The Loft & too much curry the night before".

Then, all too quickly, it was time for home. A good time was had by all so watch out for the dates of the next one!





# THE NORTHERN CROSS-COUNTRY CHAMPIONSHIPS

*Fechin McCormick*

Sherdley Park, St Helens on January 24th wasn't for the fainthearted! This year's Northern Cross-Country Championships, with its rolling, energy sapping hills, stabbed through by the thousands of spikes into a slippery, sodden, mire, was a true test of stamina and endurance. This championship was last held there in 2004. For the 7th consecutive year, Club Chairman **DAVID BROWN CBE**, as chief starter, saw off ten age-group stampedes whilst his wife Carol & her team greeted them in the finish funnel with their usual strict but cheerful administrative formalities.

## U/17 WOMEN

The crisp, dry day commenced with the Under 17 women and the Club got off to a promising start with **HANNAH DOHERTY** showing her exciting talent and true grit and was rewarded with the bronze medal behind winner Laura Park and Kate Avery forty seconds ahead. Her bronze was one of two as her team also collected bronze medals. **LATEEFAH BURTON** showed how much she's improved for second counter as also did **BEE CORDINGLEY** who's made fantastic progress this year. **AISLING TOAL** made up the quartet that produced the well-deserved medals and the section's best result for five years.

## U/17 MEN

Among the Under 17 men, it was another good day for **CHARLIE HULSON** who added the bronze medal to the U/15 bronze he won last year. This young talent led his team to retain their silver medals from last year ahead of Liverpool Pembroke & Sefton AC but were disappointed to just miss out on their first Northern title since 1998 by a measly three points. **JAMIE RODEN** improved from 21st last year to a 'wow' 5th this year; **RYAN WORLAND** improved thirty places to 25th and **ANDY PARTINGTON** improved nearly fifty places to finish 44th. Charlie & Jamie had also competed very well indeed in the elite UK Cross Challenge races at Gateshead, Liverpool and Cardiff where, representing Wales he won the U/17 race and led his team to the Welsh title.

## U/13 GIRLS

The Under 13 girls also put on a magnificent show! Under the tutelage of **CHRISTINE & PETER JOHNSON**, they turned out one of the largest ever squads and finished a superb 4th, their best performance since they won silver medals in 2006. Congratulations to **ABIGAIL FITTON** who just missed out by just a few seconds on the bronze medal, **R. HIBBERT**, **C. VICKERS**, **CHLOE YATES**, **D. DIGNAN**, **A. BENNETT**, **E. CANHAM** and **C. DIGNAN**. All did a superb job in this major championship.

## U/15 BOYS

This year's U/15 boys team of **ALEX BIRCHALL** (38th), **TOM DALY** (96th), **CHRIS BUTT** (111th) and **DILLON BEZZINA** got their first taste of a major Championship and finished 13th. With no U/15 team last year, their debut can be a new benchmark to launch a podium position again next year and, hopefully, to repeat their silver medal achievement of 2007.

## U/15 GIRLS

Our under 15 girls did not complete a team this year, a particular disappointment since they came to the championships as title holders. Individually, **JODIE GUINNANE** greatly improved on last year and, hopefully, **M. NAYAKOLIVER** and **SARAH SIMEEN**, will return the team to winning ways next year.

## SENIOR WOMEN

The senior woman's was an enjoyable race to watch! Whilst eventual winner Jemma Miles (Kendal), Hatti Dean (Hallamshire) and Sarah Tunstall (Kendal) battled it out for the medals, **SONIA THOMAS** (now Samuels) who'd prepared for this event with a tough race at the Edinburgh International XC two weeks earlier, was about twenty-five seconds off the pace. We wondered, as she powered majestically on the hills, whether the former Northern U/17 Champion (1997); the U/20 Champion (1998) and senior champion (2002 and 2003) & bronze medallist in 2006, would eventually claw back the eventual medallists. It wasn't to be but her commendable 4th place made all the difference to the team winning bronze medals and their first podium position since they won silver at this venue in 2004. It was particularly great to have **LOUISE WHITTAKER** back in the team! She excelled with typically graceful running to finish a superb 16th; **RACHEL DEEGAN & RUTH WATSON** also had every reason to be pleased both improving over twenty places on last year. Following them, it was great to have **MARGARET BOLEMAN** back running her first Northern since 2006 and close behind her, age certainly does not weary **JACKIE CORDINGLEY** whose 101st place was her best ever in these championships. **JAN NICHOLLS**, despite not wearing spikes, improved fifty places over last year; **JOANNE STREET**, still rebuilding after injury, also greatly improved and **VICKY CORDINGLEY** maintained admirable consistency despite workplace pressures.

## SENIOR MEN

The senior men's race is always the piece de la resistance. Despite ground churned into a sticky mire, the 11k, three lap course was no inhibition to the powerhouses whose awesome youthful strength and stamina surged so effortlessly to leave lesser specimens (like myself!) simply snailing in their wake. Winner Steve Vernon (Stockport AC), who last won on this course in 2004, delivered a master class on how to handle mud as did our own evergreen **GAZ RAVEN**, running his 10th consecutive Northern Championship. Gaz, who'd been performing very well in the elite UK Cross Challenge Series and hoped to qualify for the World XC Championships, battled hard, passing a tiring Andi Jones (Salford AC) on the last lap, to claim the bronze medal to add to the three silver medals he's collected over the years. The whole squad found it tough! **MATT BOND**, who was bitten by a Doberman a few days earlier (36th); **STEFFAN NORTH** preparing for the London Marathon (37th); **JAMES BAILEY** (66th), **RICHARD WATSON** getting back to full training (102nd) and **DAVID HOWLETT** who has developed fantastically (108th) were the counters who finished in 5th place. Leeds City

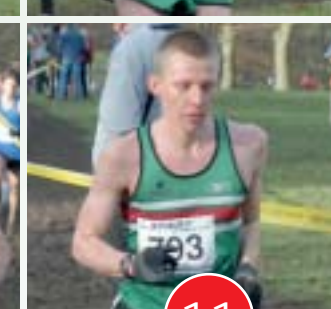
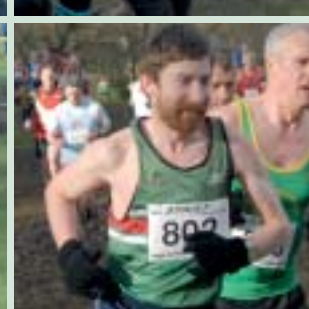
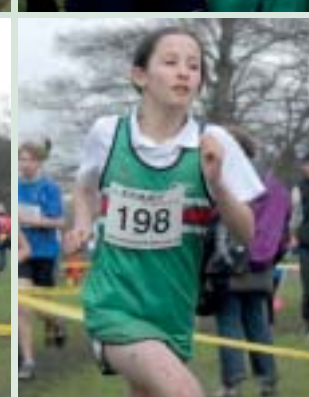
easily retained the title for the seventh consecutive year; Liverpool H was 2nd; Salford 3rd and Trafford 4th!

## U/20 MEN & WOMEN

The final two races - the under-20 men and U/20 women concluded an eventful day. Unfortunately, we had no-one in the women's race for the third consecutive year and in the junior men's race only **ROB JOWETT** (59th) and **LEE WHITELEY** (79th) finished.

That evening, tired but still high on the adrenalin, a bunch gathered for a celebratory soiree at the 'Turkish Delight' Restaurant in Chorlton and held inquest, reminisced, ate, drank and generally made merry beneath the 'Northern' lights!!

*(Photographs courtesy of Harry Shakeshaft, Chris Heys & Mike Hatch)*







JACKIE  
CORDINGLEY



SONIA  
THOMAS



RACHEL  
DEEGAN



ADAM ELLIOTT



STEFFAN NORTH



SIMON MILLS



GAZ RAVEN



DAVID HOWLETT

# NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

*Fechin McCormick*

For the third time this decade, Parliament Hill Fields was the venue for the National Cross-Country Championships. On a glorious February day, over 7000 runners laced up their spikes from young boys and girls to senior men and women, many of them the country's elite, for this tough pinnacle of the winter's cross-country season. Parliament Hill is widely regarded as one of the toughest courses (and the most picturesque with panoramic views of London) that competitors have to tackle. Parliament Hill is to cross-country what Twickenham is to rugby and Wembley is to football. There were ten races beginning at 11am and culminating with the awesome senior men's event in mid-afternoon. If you've never been to a 'National' you've got to go to one, preferably at Parliament Hill and experience it. This year the club turned out teams in just five of the ten age-groups. It's interesting also to note again this year how Aldershot AC dominated by winning six of the ten titles. **JO STREET** describes the amazing experience of 'The National' for the women and **STEFFAN NORTH** for the men.

## WOMEN

After last year's relatively 'local' outing to Alton towers, this year the prospect of a trip to London meant a lot more planning. The thanks have to go to **DAVE RODGERS** for seamless organisation ensuring that all that wanted one had a bed for the night and a good rest before the big event.

There were a number of Crossford senior ladies not selected for the team, so those of us who were felt a burden of responsibility to perform well and support the team to the best of our ability. **SONIA SAMUELS, RACHEL DEAGAN, DONNA RIDING, JACKIE CORDINGLEY, HELEN ARMITAGE**, and **JOANNE STREET** made the journey to Hamstead Heath. As a Parliament Hill

novice I had taken heed of several people's description of 'the hill' and was left pondering on Dave Rodgers description of the course as 'honest'! Saturday found us basking in glorious sunshine amongst the glamorous North Londoners and thinking what a nice day for a trot around the park- what can be so bad?

On walking the course in the morning I had found myself nearly lost amongst the complicated loops and turns of various different sized laps and had even spotted some marshals' debating which way to send the junior athletes. I was left hoping that any teething problems would have been ironed out by the senior race and that we wouldn't be sent round any more than the 8k medium lap plus large lap that was required. A 550 strong senior ladies field lined up to tear up 'the hill' with Sonia, Donna and Rachel all making good strong starts for Sale. The course was a testing mixture of undulation and thick energy sapping mud. The cream of the crop made very light work of the conditions including Sonia whose brilliant performance resulted in 3rd place. Rachel also had a good strong run but was disappointed to finish 65th; this placing was more a reflection of the quality field that Parliament Hill attracts than anything else. Donna was feeling the after effects of a recent bout of chest infections and unfortunately had to pull out. This left Jacky and Helen to complete the team and did so in 294th and 331st places respectively. The quality of competition and the absence of a few cross country regulars due to injury and illness meant that the senior ladies ended up placed 26th overall.

My confidence had at last been growing again in training after what seems like an eternity with stress fracture problems and I'd hoped to build on this with a decent run round the Heath. On the day however I found the conditions

extremely tough and was disappointed finishing well down the pack in 389th.

Next year's National returns to the North and will be held at Rounday Park in Leeds which should allow a good turn out and ensure some scores are settled!

Charnwood capitalised on their National cross-country relay team gold from November to once again destroy the competition to take the team honours. Bristol and West AC and Hallamshire Harriers Sheffield took silver and bronze.

## UNDER 13 GIRLS

As throughout the winter, our young girls turned out in impressive numbers for this major championship. They represented the Club admirably and their 13th overall placing was one of this age-group's best positions for very many years. Well done to talented **ABIGAIL FITTON, RACHAEL HIBBERT, CHLOE YATES, CONNIE VICKERS** and **ALICE BENNETT** all of whom had their first taste of this major event.

Aldershot again took the team honours ahead of Leicester Coritanian AC and Windsor, Slough, Eton and Hounslow AC.

## UNDER 15 GIRLS

This section also lined up one of the largest ever numbers so well done to them and their coaches/managers. However, with no big names on the line, they found it tough and did well to finish 28th. Again, well done to **MISHA NAYAK OLIVER, JODIE GUINNANE, CHLOE GRANT, SARAH SIMEEN, SAMARA MOHTASHAM** and **VICTORIA CALDERBANK**. Well done for supporting Sale Harriers so very well through this winter - keep it up!

Aldershot once again dominated; this time ahead of East Cheshire Harriers and Tameside AC and Bedford and County AC.

## SENIOR MEN

Looking down Parliament Hill to the start of the senior men's National, with the cityscape of London forming a fantastic backdrop as 1500 athletes surge away from the start line is one of the enduring sights of cross country running. Unfortunately for me, I've never seen it. I'm usually somewhere in the middle of that heaving mass of runners, trying not to go off too hard (or too easy) as we pile up the first hill.

Parliament Hill is often referred to by many as being 'the home of the National' and it really is a fantastic course. I have to admit suffering from mild trepidation in the weeks leading up to the race as I was expecting a bit of a mud bath and I knew that I would be coming into the race at the end of a 100 mile plus week. My previous experiences of Parliament Hill weren't good - a DNF in 2003 and a lowly two hundred and something in 2006, but I left the course later that afternoon exhilarated by the whole occasion. The weather had been glorious - mild and sunny - and the course which I had expected to be hard going had only a few wet and sloppy patches on its lower reaches. Higher up, the course twisted and turned along well-packed paths through the woods and then swooped back down to the finish area. Above all though, I had run well and that makes all the difference. Have a bad run and you go away with a rather different impression.

This was to be my last National (I plan to retire from competition after the London Marathon in April) and it didn't start well. At the top of the first downhill section about 600m or so into the race someone trod on my heel and my right spike half came off. Luckily I was at the edge of the pack and could easily stop at the side of the course, but it took a few seconds to get the shoe on again and a few seconds stationary at the National means a hundred people have gone past!

Now it was a case of slowly working my way through the field. I spotted **DAVID HOWLETT** not far ahead (Dave would finish 228th and be our 6th and final scorer for the team) and made my way up to and past him. Martin Roscoe of Leeds, a veteran of many a National and renowned for surging through the field in the latter stages, came alongside me and I decided to use him to pull me through the field. After a

short while it became obvious that he wasn't in the shape to do that and as his clubmate Simon Deakin moved past us I decided to latch on to him instead. After many battles at National and Northern Champs with the Yorkshire club, our Team Manager **DAVE RODGERS** has instilled in us the need to beat anyone in the blue and yellow vest. We steadily made our way through the pack and nearing the end of the first of the two laps shouts from the side of the course indicated a position around the hundred mark. The good news was I was feeling pretty easy. I passed **JAMES BAILEY**, who looked like he was going well but he was just into the second lap when he turned his ankle and had to drop out. This was bad news not just for him but for the team. If he had managed to keep around the same position for the rest of the race we could have been looking at a top five team score. As it was we finished a not too bad 8th, with Newham & Essex Beagles beating perennial champions Leeds to the title.

Through the gloopy mud again and then I could see **MATT BOND** ahead of me as we climbed up into the woods. Matt had just pipped me at the Northern Champs and here he had started quickly but was now beginning to suffer. He would eventually finish in 80th spot, his best National to date and our 4th scorer. A few more were picked off before the top of the course was reached and then knowing it was mainly downhill from here I picked up the pace. I was still feeling strong as we crested the last small rise before the steep downhill towards the finish and then it was hell for leather down the hill and into the flat finishing straight as I attempted to hold off the small pack of 5 or so behind me. One got past, but I crossed the line a well-chuffed 61st and the team's 3rd scorer. Not as good as last year, but I felt like on my third attempt I'd finally conquered Parliament Hill!

I hope you will forgive the rather one-sided view of the race, but as it was my last National I wanted to write an account of my experience. Up ahead during the race **GARETH RAVEN** had been battling away in the top ten, eventually finishing a fantastic 8th in what was a very high quality field. **SIMON MILLS** made up for the disappointment of missing the Northern with an excellent 35th, his best National performance by some way. **ADAM ELLIOTT** also had easily his best National, finishing just outside the top 100 in 110th spot. Further down the field **COLIN**

**GELL'S** efforts earned him 265th place, **RICHARD WATSON** placed 323rd, **MIKE HATCH** 417th, **PAUL BARRETT** 489th, **PAUL ROWLEY** 664th and **FRANK CORDINGLEY** 839th.

With a lot of clubs - including a good proportion of the Sale team - deciding to make a weekend of it, the pubs and clubs of London found many athletes making a mockery of the fact they had run 12km of cross country that afternoon as they partied well into the night!

In the team race, Newham and Essex Beagles took the spoils ahead of Bedford and County AC and the 2008 Champions, Leeds AC.

## UNDER 17 MEN

Apart from the senior men, the under-17 youths were the only other male team to represent the Club at these major championships and their 7th place among the country's best is the section's best result since 2005. Again, well done to **PAUL RODEN'S** squad! As expected, Northern Bronze medallist **CHARLIE HULSON** was right up there but would be disappointed to finish behind several he whipped in the 'Northern's'. Charlie's also had a great winter competing in the elite UK Cross Challenge races throughout the UK. Likewise **JAMIE RODEN**, the Derbyshire Champion, showed his emerging talent in these races and improved over thirty places on last year's national. **RYAN WORLAND** and **JAMES WIGNALL** brought up the rear for the club's best result since 2005

Aldershot, Farnham and District, Shaftesbury Barnett Harriers and Tonbridge AC took the team medals.

## JUNIOR MEN

Our U/20 men had potential but unfortunately didn't complete a team. Top 800m specialist, Commonwealth Youth Games representative and Gtr. Manchester U/20 champion **NIALL BROOKS** was always going to find it tough in this domain and finished 74th. Our Northern XC representatives **ROB JOWETT** and **LEE WHITELEY** finished 124th and 158th respectively.

The 2008 team runners up, Norwich AC took a clear win from Leeds City AC and Winchester and District AC.



# MANCHESTER AREA X-COUNTRY LEAGUE

*Fechin McCormick*

The Manchester Area Cross-Country League is a series of five matches that again this year began in October with the grassy undulations of Heaton Park; then the boggier Boggart Hole Clough (November), the slippery slopes of Sherdley Park (December), the woodland trails of Woodbank Park (January) and culminated with the flat-n-fast, frozen home-territory of Wythenshawe Park (February). All were feats of endurance, good competition and valuable training that stretched the sinews and ensured good night sleeps and each one flavoured by the winter's chill winds, rains, frost and snow... but what escapism on a Saturday/Sunday afternoon!

## UNDER 11 TEAMS

A feature of this three year old league is the introduction of under-11s boys and girls teams. Their participation is at the discretion of the host club so they raced in the same three matches of the five as last year – Boggart Hole Clough, Sherdley Park and Woodbank Park. Their results were the club's most successful to date with the boys easily winning their first league title and the girls adding bronze medals to last year's silver medals. Congratulation to both teams! A particularly large number of these youngsters participated so 'well done' to their team leaders and coaches for turning out so many. Among the girls, those who made the biggest team contribution and therefore also finished high up in the overall rankings were...

8th	Serena Mohtasham .....	34 (16, 8, 10)
=	Julia Hassall .....	34 (11, 11, 12)
14th	Megan Daly .....	63 (25, 14, 24)
17th	Elsie Clare .....	78 (27, 23, 28)

Among the boys **CHRISTY O'BRIEN** was brilliant and showed how he has real talent by easily winning all three matches even beating the under 13 girl champion Chelsea Jarvis (St. Helens) in the last two. He was a good 30 seconds in front of the second placed boy in all races. He has also won every Catholic School cross- country race this year and was U/11 champion last year whilst only in year 5 (beating all year 6 boys). **CHARLIE DOWELL** similarly showed he could be a superb runner as the future unfolds. The following made the biggest contribution to the overall success:

1st	Christy O'Brien .....	3 (1, 1, 1)
2nd	Charlie Dowell .....	9 (2, 2, 5)
4th	Ewan Gilchrist .....	16 (6, 6, 4)
8th	Jack Sedman .....	37 (15, 11, 11)
10th	Saed Absiyeh .....	46 (13, 13, 20)
12th	Robbie Lee .....	59 (19, 17, 23)
14th	Daniel Brint .....	63 (20, 22, 21)
17th	Jordan Bezzina .....	85 (35, 26, 24)
21st	Lawrence Dowell .....	105 (38, 32, 35)

## UNDER 13 TEAMS

The under-13 girls admirably retained their runners-up position whilst the boys' third place is especially pleasing since this section had not completed a team for the previous two years. Well done to both!

3rd	Abigail Fitton .....	15 (2, 2, 2, 9, 0)
5th	Chloe Yates .....	33 (12, 10, 16, 10, 1)
6th	Rachael Hibberd .....	49 (19, 5, 12, 13, 0)
12th	Alice Bennett .....	86 (22, 12, 20, 32, 0)
14th	Caitlin Thomas .....	92 (16, 21, 25, 30, 0)
17th	Eleanor Canham .....	106 (25, 23, 30, 28, 0)

We further commend **REBECCA LEE HENNING**, **DANNIELLE DIGNAN**, **IRMANI MODAHL**, **CLARE DIGNAN**, **AOIFE GILCHRIST**, **LAURA PEARSON**,





MARTHA VICKERS, CONNIE VICKERS, REBECCA LAWLESS and LUCY VERNON who ran very well in one or more of the matches.

3rd	Khalid Absiyeh .....	27 (7, 5, 10, 8, 7)
10th	Chris Bradley .....	50 (21, 13, 14, 13, 10)
14th	Cameron Willcock .....	88 (24, 19, 0, 28, 17)

Other valued team members who ran really well in fewer matches were JACK BOLAND, CHRIS BRADLEY, EDDIE BRUCE and CHRISTIAN HARRISON.

UNDER 15 TEAMS

Both the U/15 boys and girls finished fourth. The boys’ third position last year and title holders for the previous four of the last five years may result in this age-group being a little disappointed with fourth but possibly a consequence of there being age-groups coming through from the younger age-groups. The girls, also, had never been out of the top two for a decade, apart from third last year so may also be a little disappointed! Well done to Altrincham AC who took the title with Macclesfield AC and Warrington AC the minor places. The following completed at least four of the races and made the biggest contribution to the overall results:

8th	Misha Nayakoliver .....	52 (10, 13, 15, 14, 0)
12th	Samara Mohtasham .....	76 (20, 21, 17, 18, 0)
15th	Olivia Powell .....	88 (23, 33, 0, 23, 9)
17th	Nancy Clare .....	99 (21, 30, 22, 26, 0)
18th	Emilie Rosevere .....	101 (27, 0, 31, 31, 12)

Others who ran one or more events were: WERIS ABRAHIM, KATE MCLELLAND, VICTORIA CALDERBANK, MARTHA RAWLINGS, HANNAH WAIN, REBECCA MARTIN and SARAH SIMEEN.

Among the boys, the following completed the series and similarly featured high up in the overall rankings:

4th	Kyle Conway .....	45 (23, 9, 13, 16, 7)
7th	Dillon Bezzina .....	52 (20, 14, 16, 7, 15)

Others who made an important contribution but ran less races were BEN YATES, ALEX BIRCHALL, MATT HOLMES, CHRIS BUTT, LIAM DOHERTY, TOM DALY and DECLAN FERGUSON.

UNDER 17 TEAMS

There’s quite a contrast between our U/17 boys and U/17 girls teams. The boys are easily the club’s most successful at present and easily retained the league title they won last year and so maintained a magnificent record of seven consecutive titles in the past eight years. The girls, by contrast, though they were the title holders between 2004 – 07 have not succeeded in completing a team in this same period. Individually, HAHHAN DOHERTY and LATEEFA BURTON showed their class by easily winning the one match but the two girls most deserving of praise are BEATRICE CORDINGLEY and AISLING TOAL. They showed remarkable maturity and improvement in their running and good examples of the motto ‘never give up’. Bee was the only one to complete the five matches and finished well up in third place.

Again this year, out U17 lads were our most dominant and ran away with the title with the formidable RYAN WORLAND also winning the overall rankings as a result of winning one match and runner-up in a further two. GLYNN WINDEBANK and CALLUM ROWLINSON also made the final rankings whilst JAMES WIGNALL, ALEX LETT, CALLUM GREENWOOD, JOSH OGUNTAYO, ANDY PARTINGTON and DAVE WHALLEY completed one or more matches.

UNDER 20 TEAMS

Neither of our under 20 teams completed a team again this year! Indeed, the club has been unable to turn out a U/20 women’s team for a decade whilst the men have had an impressive record over the same decade of winning almost every title–except in the past two years. NIALL BROOKS finished second in one match and TOM PARTINGTON and LEE WHITELEY were the only other two to fly the flag.

SENIOR MEN

Our senior men finished third, as did the women. The men retained their bronze medals from last year and the women improved by two places placing them once more among the region’s top teams. Congratulations to fast improving double champions Trafford AC who retained the





men's title and won the women's for the first time. Some of our 'elite' men target the UK Challenge races for elite competition but why can't we also reclaim ownership of this title that was ours most recently between 2003-7? Individually, apart from **STEFF NORTH** who won at Sherdley Park and 6th in Heaton Park, and **JAMES BAILEY** who finished 3rd at Sherdley Park and 14th in Heaton Park, the only regular on the sharp end was **DAVE HOWLETT** who has to be commended for superb performances. In the final match it was left to **PAUL BARRETT** in 30th place to be the first team counter – well done to him! Whilst the men again lacked quality at the sharp end, they made up for it in the large numbers who turned out for one or more matches through the winter. However, only three made it into the overall rankings – well done to them for their commitment.

25th	Paul Barrett .....	189 (0, 67, 46, 46, 30)
55th	Andrew Mooney .....	386 (137, 0, 76, 106, 67)
63rd	Elton Davies .....	450 (149, 123, 80, 0, 98)

SENIOR WOMEN

The women who deserved the biggest pat on the back were undoubtedly the ability and commitment of youngster **EMILY BEEDHAM** and veteran **JACKIE CORDINGLEY** (L50). What would the team have done without them? Relative newcomer Emily has been a real asset in her short time with the club. At the sharp end, they were admirably supported by others who, though they ran fewer matches, made a tremendous impact – **DONNA RIDING**, who has more readily taken to the mud this winter, finished 3rd at Heaton Park and 2nd in Sherdley Park; **RUTH WALLER**, home from the USA, had a fantastic win at Woodbank Park and **LOUISE WHITTAKER** 9th at Sherdley Park. It was great to have Louise back on the circuit getting the feel of this venue for the Northern Cross Country Championships. Those who made the league rankings by turning out in at least four matches were.

7th	Emily Beedham .....	41 (16, 9, 11, 5, 0)
24th	Fiona Baird .....	131 (37, 38, 0, 26, 30)
32nd	Joanne Street .....	182 (0, 57, 40, 46, 39)
43rd	Jenny Clink .....	231 (73, 63, 52, 60, 56)
48th	Lauren Davies .....	289 (86, 71, 61, 71, 0)

As with the men, there was a great turn out of 'the girls' with many making their cross-country debut – **HELEN ARMITAGE**, **ALISON PYE**, **ROSE BLACKBURN**, **LOUISE CHAPMAN**, **JADE JOHNSON**, **VICKY CORDINGLEY**, **CATHERINE JONES**, **LAUREN JACKSON**, **CARLA STOBIE**, **DIANE HENIGAN**, **KAREN SHEEN**.

VETERAN TEAMS

Despite a reasonable depth of veteran runners in the club and a respectable turn out through the winter, the section has continued to slip lower into the league rankings. The men were tenth - the lowest ever (ouch!) and the women, despite an encouraging fifth place last year, failed to make the rankings again this year. Again, those who made the biggest difference by turning out for four or more matches were:

9th	V45 Frank Cordingley .....	(75, 53, 31, 31, 46)
5th	V50 Bill Fox .....	(66, 46, 33, 0, 49)
15th	V40 Timothy Rainey .....	(89, 71, 50, 73, 65)
5th	V55 Miran Aprahamian .....	(116, 0, 60, 102, 88)

**FECHIN McCORMICK** had his three best cross-country races for years, **ANDY YATES** and **JOHN BATTERSBY** were held back by injury; **STEFAN SCHUMACHER** didn't produce his best form through family bereavement and moving home and O/70 **BRYAN GANE** gave another flash of his former greatness with his run at Heaton Park. Others who took part in one or more of the races were **PAUL CALDERBANK**, **SHAUN McGEE**, **PAUL MARTIN**, **PHIL BARBER**, **ALAN ROMAGNOLO**, **JIM LAMBE**, **CHRIS BRATT**, **JOHN SMITH**, **MARK FERNS** and **WARREN BOWDEN**

Among the women **JACKIE CORDINGLEY** (L50) stood out miles above the rest! Not only was she a regular counter for the senior team but was also head and shoulders above the rest in her age-group often finishing two minutes ahead of her rivals. Similarly, **MARGARET BOLEMAN** (L45) showed she's still a winner by finishing first in her age-group at her one race at Boggart Hole Clough. The other veteran women who left behind the shopping and cleaning (!!!) for one or more afternoons were **LINDA ROWLINSON**, **JAN NICHOLLS**, **KAREN SHEEN**, **NAOMI GRANT**, **AUDREY GRESTY**, **DIANE HENNIGAN** and **JO ROBBINS**







# NEW YEAR PARTY!

*Fechin Mc Cormick*

There wasn't an ounce of spare fat in sight! It could have been a health promotional event or even a wedding. Not to be seen were the over-washed t-shirts, vests, shorts, leggings and tracksuits, often sweaty and muddled, which epitomises the group who gathered in mid-January for the Club's first ever New Year Party at Deckers in Sale Water Park. Thanks to the initiative from Crossford Bridge's senior section, led by corporate organiser extraordinaire **DAWN HOLDING**, the stylish marquee by the waterside hosted the club's new event that was an unmitigated success!

Our ladies were transformed into models of mouth-watering elegance and the men's tuxedo suits and suave styles provided every opportunity to compliment and charm.

The tone of the evening was brilliantly pitched by six highly-skilled musicians, one of whom our own **LEE WOODS**, who played lively, diverse dulcet tunes from the 60's through to the present day. If ever you want a classy evening, then book Clean Cut!

With the one hundred guests representing every club section seated around the circular tables with a remnant remaining enwrapped around the bar in

gripping conversation, the evening that had begun with stifled, stilted small talk, warmed to exuberance, jocular, camaraderie and chatter and fanned to a crescendo of noise and fun to end with some wonderful dirty dancing on the disco floor.

Clean Cut's easy listening sandwiched the bountiful buffet that fed ravenous, runners' mouths. Aided by favourite tipples, the mouth-watering food unleashed unbridled energy that later danced, jiggled, jived and gyrated uninhibitedly... even to pole-dancing! Girls & fellas sat on each other's laps, hugged, embraced, flirted, fancied and Razzle-dazzled with great delight! Mike Hatch recorded it all on camera!

Thanks to Dawn Holding and her team for organising a brilliant evening. She deserved her own dirty dancing with her 'sexy new man' but not the next morning 'run over' feeling from those extra glasses of fizz!

Most (not all!) returned to their faded t-shirts, shorts & leggings next morning for the religion of Sunday morning - training runs... and the inquest

Photos courtesy of Chris Heys, Mike Hatch & Harry Shakeshaft





## HIT THE TRAIL '5'

### January 11th

**JERRY SMITH** ran this Reddish Vale race in January and won his first ever prize. He was first M50 in 33.23 on this tough, hilly course. "I was particularly pleased", he said, "As it was the day after the club's New Year's Party."

## ALSAGER '5'

### February 1st

The Alsager '5', the country's top road five mile race evidenced by the quality of the field every year, was won this year in a record 23.25 by Phil Wicks (Belgrave H). It traditionally attracts our top runners and this year, took place the week following the energy sapping Northern Cross-Country Championships.

**MATT BOND** was 7th in 24.25 with a PB by 30 second from the Festive '5' in 2006. **ADAM ELLIOTT**, racing that distance on the roads for only the second time, produced another fantastic PB, finishing in 26th place with 25.54.

**IAN LOWTHIAN**, 29th in 26.03 a time that was 1:40 sec faster than last year – not quite a PB but was 'fairly happy'. His PB of 25:38 was set at this year's Festive '5'.

**JAMES BAILEY**, 33rd in 26.22, was 16 seconds faster than last year not a PB which is 24:49.

**JENNA HILL**, with a PB of 29.15 also from the club's Festive '5', ought to have been pleased with 29.31 considering she'd unwell but expected to be faster.

## LLANDUDNO 10K

### February 8th

A small group decided to run Llandudno's Nick Beer 10k this year (despite it being the day after the Wythenshawe Park cross country).

**RICHARD WATSON** 8th in 35:34, **PAUL BARRETT** 36th in 39:02, **TIMOTHY RAINEY** 78th in 41:31 and **ALAN ROMAGNOLO** 240th in 48:18, very happy to finish inside 50 minutes especially on such a hard course. Paul Barrett said it was "like a fell race on the road". After the race we were treated to Sunday lunch at Richard's family's home in Colwyn Bay. As Alan (from Texas USA) was visiting a new country we returned home via Conwy so he could see a "real old Welsh castle". He was surprised to discover he didn't need his passport after all!!

## RADCLIFFE 12

### February 15th

**MIRAN APRAHAMIAN**, **PAUL THOMSON** and **EAMON GIBBONS** made their first attempt to this annual trail race hosted by Radcliffe Athletic Club. Much of the route is muddy enough to give studs a necessary advantage and the sting is in the tail at about 9 miles when it becomes hilly. Miran made good time and ran confidently as preparation for the Blackpool half and finished in an impressive time of 1:44, Paul, who had cycled 16 miles to reach the venue, was making a tentative comeback after a series of injuries since his last marathon in 2005, He began cautiously ; caught Miran at 8 miles and went on to finish in 1:42, securing the 2nd over-55. He then rode another 12 miles over Holcombe Moor to Helmshore to visit his 96 year old mother and then rode home to Knutsford - a total of 64 miles. Eamonn Gibbons also had his first race for a while following injury and finished in a very respectful 1:56:17.

## PARBOLD HILL RACE

### February 15th

**CARL CLEGHORN** arrived at the Parbold Hill Race just as the runners lined up and was frantically getting changed when the gun went off. Three minutes later he was running for the start against the flow of runners to pick up his race number. He did not have time to pin it to his vest, so carried it throughout the race. Despite finishing the 6.75 miles race in a disappointing 1:02:11 including the six minutes lost at the start he "loved it,

## HIGH LEGH 10K

### February 23rd

The High Legh 10k this year was a family day out for the **ROWLINSON FAMILY**. Gary, sidelined from injury turned in an encouraging 38.13. With the minimum age 15, Callum was able to enter his first ever 10k and finished very strong in 38.17, just 4 seconds behind his dad! (There's a shot across your bows, Gary!). Mum Linda made it a family affair with another very good run finishing in 46.18. A little further down the field Hannah Kearsley finished in 1:22:19.

## GREAT NW HALF MARATHON

### February 23rd

This early spring half-marathon is one of the country's longest running we had a larger than normal turn-out, most preparing for the 'Wilmslow' or the London Marathon or another Spring Marathon. **LEE WOODS** had a great booster ahead of London with a PB of 1:19:32 that was 38 seconds improvement on his previous best - particularly impressive in that he was injured for much of last year. Next was **PETER ABRAHAM** (1:26.31) and then came O/50 **JERRY SMITH** who decided to go for his first attempt at sub 1:30. He struggled to keep pace in the latter half but kept digging in to finally clock a brilliant 1:28.25. **WARREN BOWDEN** showed he's getting back to his best with 1:36.10. **LORA BLANN** was disappointed with 1:36.30 having clocked 1:33.56 in October's Congleton Half. She'll have to lay-off her sister's home-made chutney. **MARK TYLDESLEY**'s 1:37.16 was also slightly down on October's Gt. North Run. Ignore **MIRAN APRAHAMIAN** 1:43.06 because he combined this race with a long training session as he aims for the Edinburgh Marathon. In his shadow crossing the line was **TIM HINES** (1:43.24) and then came **JENNY CLINK**! Jenny is another of the club's fast improving runners, proven by a fantastic time of 1:44.48 that was a mind-blowing seven minutes faster than in last year's race – and after partying till 4am! This was her



second fastest ever time, the fastest at Blackpool '04 of 1:41.29. She'll be the fittest (and most beautiful!) bride when she marries in May (congratulations, Jenny!). Next came **EAMON GIBBONS** (1:50.18); **CHRIS COOKE** (1:51.59); **CAROLYN WAYWELL** (1:57.24) and **JULIE GIBBS** (1:57.55).

## THE DRAYCOTE WATER 35M RACE

### February 23rd

Ultra-Distance veteran **TIM RAINEY** took part in the Draycote Water 35 mile road race held over 7 laps of the Draycote reservoir. As one of only two people to have finished all the previous 5 events he just had to run! This year the wind returned so he started the race relaxed and was surprised to find after a few miles that he was running at around PB pace. By the marathon point (3:35.50) he was, understandably, tired but was still on schedule for a PB. He picked up his knees and ran the last lap faster than the previous six to improve his PB by 2 minutes and 1 second and complete the 35 miles in 4:46.55. Brilliant!

## STAFFORD '20'

### March 8th

This was a 'big 'un' for those contemplating the London or another Spring Marathon- and the poor devils had to run it on a wet, miserable day. It didn't unduly affect distance runner and fells specialist O/50 **ANDY YATES** who clocked a very satisfying 2:07.14 in his second ever 20-miler. **CHRIS BRATT** also had every reason to be pleased with 2:21.42 and might just dip under the 3-hour barrier in London that eluded him last year due to a series of unfortunate mishaps. **FRANK CORDINGLEY** (O/45) began his London training late & found it tough. His 2:26.00 was a disappointing 15 minutes slower than last year's Trimpell '20' & he may have his work cut out to dip under last year's 3:05.18. **MIRAN APRAHAMIAN** (O/50) achieved his expectations with 2:48.11 as he prepares for the Belfast Marathon and followed it with the Trimpell '20' the following week! Now! That's being tough... or is it daft!

**MARK FERNS** found it very tough; clocked 3:01.33 and a fate worse than death, he had his a..e whipped by **ALAN ROMAGNOLO** who

dipped under 3-hours with 2:59.04 and credited his exciting result to a magnetic personality and stunning good looks!

It was our girls who were 'Men of the Match' **JACKIE CORDINGLEY** (O/50) came close to Frank's heels with her latest impressive run of the winter. Clocking 2:41.12 she merited the 2nd O/50 prize... but was too stiff to leave the car and collect it! Likewise **LYNNE YATES** (O/50) also proved her running family pedigree (with Andy and middle – distance star Richard who just missed out on the Olympics). She produced the performance of her life and justified her hard training with a superb 2:44.57.

**SIAN HOLLAND** is also getting stronger and faster and her 2:49.21 indicates she's in form to produce a good Marathon.

## TRAFFORD 10K

### March 15th

This race was red-hot with England's 10k talent with four breaking the 30-minute barrier including local boy Andi Jones (Donna Riding's zippy partner) who must be now fed-up with finishing second! Unfortunately, Donna was forced to withdraw at 3k with breathing difficulties. It wasn't a good day either for our top man **SIMON MILLS** who was also forced to withdraw at 8kms from the same stomach cramp that forced his exit from last year's Gt Manchester 10k and the more recent Guy's '10'.

Everyone else was in zippy form. **JENNA HILL** (37.26) used the race as hard training, combining her visit to mum & Dad with having her freezer refilled and laundry done! **ANDY MOONEY** played a stormer and improved from last year's 41.16 to 38.13 this year – with more to come. **GEOFF BEATTIE** (O/55) rightly kick-started his summer racing with a good run of 44.35 that will improve as he fills his calendar with races instead of squash matches! **KIERAN O'FLAHERTY** recorded 44.42 and just behind him was O/55 **FECHIN MCCORMICK** whose 45.59 did not quite reflect his current level of fitness. **RICHARD HORWOOD** had a good run to clock 46.28 as did O/55 **PAUL THOMPSON** (47.11) returning from prolonged injury.

## TRIMPELL '20'

### March 15th

For those who didn't run the previous week's Stafford '20' as a final marathon preparation, this was the final opportunity for a taste of the real thing. **JASON BOWERS** flew around the course and is well set for a good 'un in London. **KEVIN MAHON** crossed the line in 2:20.30 and **HELEN REAGAN** also showed her training is on schedule with 2:37.07. **MIRAN APRAHAMIAN** proved he's as strong as an ox, running 2:44.39 - over four minutes faster than in last weeks Stafford '20'. Finally, **ADAM JONES** crossed the line in 2:48.11.

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THE PHOTOGRAPHER WILL BE ACKNOWLEDGED IF REQUESTED.

PLEASE ALWAYS SEND NEWS STORIES AS SOON AS POSSIBLE.



# Fixture List 2009

## 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
- 18 ERRA National Men's & Women's 12 & 6 Stage Road Relay Sutton Park, B'ham.
- 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 County Championships various
- 9 Salford 5k (No.1 M/C Parks Grand Prix Series) Heaton Park
- 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
- 22 North Cheshire 5k Series (1) Dunham Massey
- 23 Fell Inter-County Championships: Hutton Roof Crags Cumbria
- 23 Northern U/15 & U/17 Champs Gateshead
- 24 Inter-Counties begin Bedford
- 24 National Junior League (NJL 2) Grangemouth
- 25 Reebok Manchester Sale '5' (No.2 M/C Parks Grand Prix Series) Wythenshawe Park
- 29 European Non-Stadia Championships Aarhus, Denmark
- 30 North Cheshire 5k Series (2) Hollins Green
- 30 European Clubs Cup TBA
- 31 National Young Athletes League (NYAL 3) Wirral

## JUNE

- 4 North Cheshire 5k Series (3) Bowden
- 6 UK Women's League Birmingham
- 6 Northern League Division 1 (2) Blackburn
- 6 English Fells Champs (2/6) Short: Stretton Hills Church Stretton
- 7 British Athletic League (BAL 1) Don Valley, Sheffield
- 7 Gt. Manchester Championships Trafford
- 12 North Cheshire 5k Series (4) Dunham Massey
- 13 County Schools Championships various
- 14 National Junior League (NJL 3) SPORTCITY
- 16 Tour of Rivington & Horwich begins Horwich
- 17 NVAC T & F League Leigh Sports Village
- 20 English (3/6 & British (3/4) Fell Champs,Medium: Tebay Cumbria
- 20 Northern Senior/Jun T & F Championships SPORTCITY
- 20 North Cheshire 5k Series (5) Lymn
- 21 National Young Athletes League (NYAL 4)
- 21 BMAF 5k Championships Horwich
- 25 Manchester 5k Sizzler (1) WYTHENSHAW PARK
- 27 England AU/20 & U/23 Championships Bedford
- 28 NVAC10k Road Championships Platt Fields, Manchester
- 28 Platt Fields 10k (No.3 M/C Parks Grand Prix Series) Platt Fields, Manchester

## JULY

- 4 British Athletic League (BAL 2) SPORTCITY
- 4 UK Women's League (2) Grangemouth
- 5 Northern League Division 1 (3) Trafford
- 5 NVAC Monthly Run 10k Radcliffe
- 9 Manchester 5k Sizzler (2) WYTHENSHAW PARK
- 10 England Athletics World Trials Birmingham
- 10 English Schools Championships begin
- 11 English Fells Champs (4/6) Long: Wasdale
- 15 NVAC T & F League Cleckheaton
- 19 National Young Athletes League (NYAL 5) Blackburn
- 23 Manchester 5k Sizzler (3) WYTHENSHAW PARK
- 26 National Junior League (NJL 4) Gateshead

## AUGUST

- 1 British Fell Champs (4/4) Short: Y Garn North Wales
- 1 Joint UK Women's League & BAL (Men) Hendon
- 2 Northern League Division 1 (4) Preston
- 6 Manchester 5k Sizzler (4) WYTHENSHAW PARK
- 8 AAA's U15 & U17 Championships
- 9 Debdale Park 7k (No.4 M/C Parks Grand Prix Series) Debdale Park
- 9 Joint Men & Women Cup Final Hendon
- 12 NVAC T & F League Vernon Park, Stockport
- 15 World Championships begin Berlin
- 16 NVAC 10-Mile Championships St. Anne's
- 16 Northern Cup semi-final
- 22 British Athletic League (BAL 4) Newham
- 23 Birchwood 10k Warrington
- 29 British Fells Champs (5/6) Short: Dentedale Yorkshire Dales