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THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



Manchester & Sale's Euro Stars



CLUB CENTENARY 1910 - 2010

One hundred years ago, a joint meeting was held in the Temperance Rooms, Cross Street, Sale of church and gymnasium clubs whose members went for a run in the evening. They agreed to organise Saturday afternoon competitions in the Sale area. They formed a committee; inter-club fixtures were arranged and, SALE HARRIERS was born.

From this acorn, a giant oak that's one of Britain's largest and most successful athletics clubs was born. We must celebrate this major club landmark that's helped form thousands of every age group to being healthier, fitter and faster human beings and developed the athletic potential of several hundreds of young people to athletic excellence and to Olympic, and other International National & Regional titles.

Everybody associated with the club in any way and share the pride in the club's achievements, alumni members and current membership, are invited to celebrate in a

GRAND CENTENARY MEAL IN THE GREAT HALL MANCHESTER TOWN HALL FRIDAY MARCH 19TH 2010

There are 300 places currently available and it's anticipated there will be high demand. A £10 will secure will secure your place now. Make cheques payable to:- Sale Harriers Manchester, 16 Delaheys Rd., HALE, Altrincham WA15 8DS.

The club is further eager to commission a group of able members to lead on this major project. Would YOU like to help?

Editorial

Produced
4 times a year
for 15 years

FECHIN MCCORMICK



First! There's going to be mighty little in this magazine for all you road/fell runners this summer. You have your 'day' in the other editions but with so much happening through this T & F season involving hundreds of our T & F athletes, it's just not possible to pack everything in so I'm afraid it's the Crossford Bridge senior section that going to suffer this edition. Sorry about that but don't worry, you'll have your 'day' in future editions.

It's always a problem discerning what to put in and what to leave out and writing, editing and re-editing articles to squeeze in as much as possible. This edition features the summer T & F and covers everything from our representatives at the World and European Senior, Junior and Youth Championships to the major domestic & schools championships to the club's achievements in the various National and Regional Premier Leagues and Cups we participate in. That's a lot to keep a finger on through the summer and I hope I've achieved it accurately and with justice to you all. If I haven't, please don't blame me but yourselves, your coaches or team managers who haven't communicated the information to me. I spend long, often tedious hours every night and every weekend trying to ensure accuracy.

As you'll read, it's been a summer of mixed success but well done and thanks to all who made it happen not just through tremendous athleticism but, just as important, through your team loyalty and commitment.

I started this magazine as a sprightly 45-year old! Whilst producing this edition, I crossed the threshold into the O/60 category. Ouch! That's a l-o-n-g time producing this magazine. As no-one any longer comforts me as having a semblance of youth, it's time to appeal for more help! Any volunteers... or even to take over?

As ever, enjoy a good read!

WORLD CHAMPIONSHIPS

The club congratulates our three members who participated at the IAAF World Championships in Berlin.

KATE DENNISON, went to Berlin in the form of her life, having broken the UK pole vault outdoor record three times. She continued the season of her career to finish in a very respectable sixth place with a best of 4.55m. She began well with first time clearances at 4.25m and 4.40m as she eased into the competition. At 4.55m, nearing her personal best of 4.58m, she faulted on her first attempt but came back with a successful second attempt at the height. She gave 4.65m, which would have been another personal best and British record, her all but failed to conquer the formidable jump and bowed out of competition: "I've got to be fairly happy. If you told me in January I'd finish top eight in the World Championships I'd have laughed at you".

Britain's injury crisis at the World Championships began when **ANDY TURNER** had to pull out of the men's 110m hurdles. Andy tore his hamstring at the UKA preparation camp in Portugal on the eve of the championships and, though he took part in the first round heats, was forced to withdraw.

After running 10.23 for the 100m in winning the BUCS championships in May, **SEVI SMITH** returned to Canada for their World Championships trials and qualified for Berlin as part of Canada's 4x100m relay squad.

WORLD YOUTH CHAMPIONSHIPS NOT THE BEST SHAUNNA *Fechin McCormick*

Our Commonwealth Youth Games double sprint champion **SHAUNNA THOMPSON** was one of the British contingent selected to represent GB & NI in both the 100m & 200m at the IAAF World Youth Championships in the North Italian town of Bressanone between June 8 -12. She faced two major challenges from the outset. One was that she wasn't in her best form & lacked confidence from missed early season training and the other was from a 15-year old sensation who was in top form - Jodie Williams (Herts Phoenix AC). It ensued that this young 'Usain Bolt' achieved an historic sprint double in awesome times that would have ranked her even as a senior and marked her out at the first female to accomplish such a feat at these championship.

Shaunna featured first in the 4th heat of the 100m and ran a strong race finishing first in 11.71. "I'm pleased with it" she said. "That's the best I've run since I came back from a slight niggles so I'm feeling confident". She successfully

continued her campaign into the second round winning a place into the semi finals. Then she displayed further effortless running and had every reason to be encouraged for the final though Jodie Williams ran faster times. In the final, Williams displayed the ability of Usain Bolt and was just streets ahead. Shaunna ran a good race in contention for the bronze medal but the American, former world youth leader Purvis, edged her out on the line to finish fourth with a seasons best of 11.63 (0.7 m/s).

In the 200m, Shaunna & Jodie Williams were together again! Both progressed to the final from tough semi-final draws. Williams won her race whilst Shaunna finished third in hers, qualifying with a fastest loser time of 24.05 (0.8 m/s). In the final Williams completed the historic golden double whilst Shaunna finished fifth in 23.67 (0.9 m/s). "I'm really happy" she said. "It's all I could do. I've missed six weeks of training. I know I can go back and the rest



of my season's going to be OK. I know what I can do to improve now. I'm really pleased with that."

The British squad finished third on the medal table, finishing ahead of powerhouses such as Russia, Germany and China. This made them the best World Youth team in Great Britain & Northern Ireland team history.

Congratulations also to the Club's top endurance coach **NORMAN POOLE** who, not for the first time in his very successful career, was also invited by UK Athletics as an adviser. Norman had coached Michael Rimmer and Tom Lancashire to these Championships.



European Junior Championships

The Magnificent Six

The Club had six of the country's best young athletes represent GB & NI at the European Junior Championships in Serbia from July 23 - 26. These are the sort of major championships where top performers have realistic prospects to make the grade for the London 2012 Olympic Games. Representing GB and NI we had **NIALL BROOKS** (800m), **SHAUNNA THOMPSON** (200m), **ANDY ROBERTSON** (100m & 4 x 100m relay), **ABIGAIL IROZURU** (Long jump), **ANDY SUTCLIFFE** (Pole Vault); second-claim member **SOPHIE HITCHON** (Hammer) and I further include recently joined higher claim athlete **MATT HUNT**. Niall came home with the 800m silver medal; Sophie with the hammer bronze medal and Andy Robertson with the 4x100m relay bronze medal. Three of this group (Shaunna, Sophie and Abigail) were gold medalists at last year's Commonwealth Youth Games in India whilst Niall & Andy just missed out on medals there in 4th place.

NIALL BROOKS

Niall is already ranked as one of Europe's top young middle distance runners despite being relatively new to running. Coached at Wythenshawe by our nationally acclaimed coach **NORMAN POOLE**, he prefers the 1500m but was happy to represent his country in the 2-lap event. Despite the scorching heat of the Karadjordje Stadium, he looked remarkably cool after he readily won his heat with 1:51.59. In the semi-finals, he qualified with a superb piece of intelligent running and a strong finish. In the final, despite appearing swamped by the athletes, at the break he calmly made his way to the outside of the pack; held his position until about three hundred meters to go when the lead three athletes pushed on the pace; then off the final bend, the field broke out wide and Niall pushed out into lane 5 in order to find space. He worked his way past the Portuguese and Russian athletes with his trademark strong finish and crossed the line second in 1:49.21 and the silver medal: "I'm happy to get a medal", he said. "I should have gone with the pace earlier, I couldn't get on to it at first and you have to be in it to win it."

ANDY ROBERTSON

From lane one in the second heat, Andy managed to finish second in 10.54 (+0.8m/s). This pleased him especially that he'd not raced since the World

Trials. In the semi-finals, he then had an encouraging victory and was especially pleased at how well he came through in the final stages. In the final, he made a superb start and held his position through the line, but the fast finishing Eugene Ayanful pipped him on the line to take the bronze medal despite both athletes receiving the same time of 10.37. Both recorded significant personal bests. "Being fourth was so hard" he said, "especially when I thought I had bronze until the result came up showing Eugene"

In the 4x100m, he was one of the slick squad that had been training together since last summer's World Junior Championships. In an effort to unsettle the other squads, he was placed on the first leg and took a slight lead into the first change. In a series of further slick changeovers and in a personal best time for the quartet, they triumphed to win the bronze medal. He was delighted to come away with something to show for his hard work. "That was great" he said. "We got the best start in the field"

SOPHIE HITCHON

UK Junior hammer record holder Sophie Hitchon won a magnificent bronze medal and also improved her own national junior record to 63.18m and took Britain's first ever European Junior medal in the women's hammer. Delighted she said, "I didn't know what to expect when I got out there. Then I pulled out 62m with my first throw and I couldn't have asked for anything better when I then threw 63m. I'm so happy! I've got to thank my dad who has kept me going through all the difficult times in training. I wouldn't have won a medal without him today". She'd also made short work of qualifying for the final with a first throw of 60.68m - something she said "she'd never done before".

ABIGAIL IROZURU

In the long jump Abigail found qualifying for the final one leap too far and was unable to improve on a best of 5.95m (+0.5) I. She said: "I don't know why that happened. I felt really good, I had two no-jumps which - I know don't count but they felt so right and I'm gutted. "I feel like I've let myself down and not done myself justice here. I've not jumped this badly in qualifying before." she said. This was her first European Championships but she's previously represented GB at the World Youths in Ostrava (2007), World Juniors in Poland (2008) and

Commonwealth Youth Games (2008). "What I love about athletics are the people and the places. It's so exciting to say that I have been to all these different countries. Especially going to India - that has been my most interesting and culturally shocking experience to date because it was so different once we left the athletes village to see the contrast from rich and poor".

ANDY SUTCLIFFE

Andy had pole-vaulted a PB of 5.10m at the England U/20 Championships and won the gold medal and his selection to these Championships. At the start of the competition, he was ranked 11th in Europe (for U20). In searing 38 degrees heat, he cleared 4.95m to qualify for the final. At the final, he cleared 4.80m on his first attempt, then 4.95m on his 3rd, then 5.05m on his fifth. Only 4 athletes (including Andy) cleared 5.05m, and Andy by clearing it first was in the bronze medal position. The other 3 athletes cleared 5.15m on their first attempt while Andy failed his first one. He then had to keep 2 vaults at 5.25m to try and get a medal. He failed twice at 5.25m, and his last attempt was painfully close!!! Despite being so painfully close to winning a bronze medal, he was still 'chuffed' to improve his national rankings and be the best British jumper at the championships.

SHAUNNA THOMPSON

Shaunna was a confident qualifier in her 200m heat finishing second with 23.68. She then powered to victory in her semi final in 24.20 (+0.6m/s) but the final ended in disappointment when she finished 5th in 23.93. She was still satisfied with her performance considering her early season missed training.

MATT HUNT

We must also include **MATT HUNT**! Though a Kingston on Hull athlete, Matt is a new member of the club's BAL team as a higher competition athlete. He qualified to represent GB & NI in the javelin by winning the U/23 championship title with 71.38m. However, he could not achieve that distance in Serbia, recording a best of 67.76m that placed him 8th. Another promising athlete has gained invaluable experience! Matt earlier this year won the England Schools javelin championship.

Golden Jenney's Jewish Olympics

In July, **JENNY SIMMONS** travelled to Israel, as part of a Great Britain team of 500 sportsmen and women, to take part in the 18th Maccabiah Games. Often referred to as the 'Jewish Olympics', the Games are held every 4 years and run along similar lines to the Olympics. First held in 1932 with 390 athletes from 14 countries, it is now the 3rd largest sporting event in the world after the Olympics and Commonwealth Games. Jenny had the further thrill of winning a gold medal in her favourite event, the 400m hurdles. This is her account of an amazing experience:

"The Opening Ceremony was amazing. More than 30,000 spectators watched and cheered 9000 athletes from over 50 countries enter the stadium behind their national flags. We were led in by Sir Bobby Charlton.

The track and field events were held over the next 2 days. Although technically

a Junior, I was allowed to run in the Open competition. A decision I was regretting after the 1st day when I failed to gain a medal in the 100m and 400m.

However, the 2nd day was entirely different. I was determined that months of preparation and hard work were not going to be wasted. In my favourite event, the 400m, I was up against 4 strong looking Israeli athletes. I was 10 metres ahead after the first bend. After clearing the last hurdle, I glanced up at the giant stadium screen and realised I was still way ahead. I can't describe the feeling as I crossed the line with my arms raised in triumph, knowing I'd won the Gold medal... and with a PB of 64.9 as well!"

This was the culmination of a wonderful summer for Jenny. It began by winning both the 100m hurdles & 400m hurdles at the Gtr M/cr Champs and then bronze in the 400m hurdles at N of E Champs. She's also made valuable contributions in the National Junior League, North of England league and UK Women's League.

European Youth Olympic Festival

Two and half years ago if you had said to young pole-vaulter **KATIE BYRES** she'd be representing her country, she'd have laughed but, following her 3.90m PB in July's Senior UK Championships, she was selected to represent Great Britain in the European Youth Olympic Festival in Finland. The 2009 EYOF involved over 2600 athletes from 49 countries competing in nine sports over the five days. There were 11 girls and 11 boys in the GB & NI athletic squad with Katie the second youngest at 15. This is the story of her first full international.

On arrival at Heathrow, I was given my team kit and my UK vest. It suddenly dawned on me that I was to represent my country and I felt very proud but also slightly apprehensive. I didn't know anyone else in the squad but I soon met up with fellow athletes as we all changed into the GB Tracksuit for the official team photographs and an evening dinner. We flew to Helsinki and then travelled to Tampere by coach. It was quite a feat taking my entire GB kit and the poles through the airport.

I was disappointed that I would be missing the opening ceremony but at the last minute my pole vault qualification was cancelled and it was to be a straight final and this allowed me to go to the ceremony. My Mum, Dad, sister and Julien Raffalli, my coach were sat in the VIP area just behind Jacques Rogge, IOC president and the president of Finland (I am not sure how they got the tickets though!!) and, as I and the rest of Team GB paraded, it was great to see them there supporting me. To see the Olympic flame being lit and all the other teams parading was a fantastic experience and I realised this was for real.

On the day of competition I was feeling a little nervous but felt good, confident that I had been jumping well in recent competitions. My family and other British supporters were in the crowd waving their union jacks. We were introduced to the crowd and then straight into warm up. I made a few mistakes with my run up and pole selection and lost a bit of confidence going into the competition but cleared my first height of 3.40m very easily. Unfortunately I was disappointed not to clear the next height of 3.55m. The competition was won by a Russian girl with a height of 3.90m! This made me feel worse as any of my previous three heights in competition would have got me a medal!

Throughout, it was great how the rest of the team supported me. Whilst my parents think coming 10th in a European U18 competition at the age of 15 is still a great achievement and were very proud of me it didn't take me very long to realise that I didn't want to feel like this again and I've promised myself to learn from the disappointment and the experience.

For the remaining few days I threw myself into cheering on the rest of Team GB and I particularly enjoyed the cycling and being inspired by my new athletics friends on top of the podium with the national anthem being played.

Although I didn't get the result I wanted, Team GB had the most successful EYOF ever and to be part of a great team event was a special opportunity that I want to do again.



Olympian Jodie

On Sunday 12 July, heptathlete **JODIE GUINNANE** entered the 123rd Wenlock Olympian Games in Shropshire. Competing in the U/17 Pentathlon and as a result of achieving three PB's in the High Jump, Long Jump and Shot, she became the 2009 Wenlock Olympian Champion with a score of 2595 points returning home with a gold medal and shield. At the same event Samara Mothasham won gold in the U17 triple jump, and her younger sister Serina improved her long jump PB to 3.60m.

The Wenlock Olympian Games have been running for over one hundred years. Held in the village of Much Wenlock in Shropshire, it offers competition for all athletes from U9 to veteran athlete. The events are held on a large school playing field and everyone camps and picnics around the competition areas. There is a mixture of events for all ages plus pentathlons for U15 to seniors; road races for older age groups; archery demonstrations and this year they had a local cycling club riding pre 1944 bicycles including the old butchers bike with the large basket on the front. The riders were dressed in appropriate clothing for the era, and races around the track, tremendous fun and enjoyment was had by all.



European Mountain Running Championships RAVEN'S A MOUNTAIN GOAT

GAZ RAVEN won his first full International GB vest selected to race up the side of an Austrian mountain! He was part of The Aviva Great Britain and Northern Ireland team for July's European Mountain Running Championships and the team did very well. With four to count, Gaz was 2nd British runner home and a commendable 27th overall. GB finished seventh overall. It was an event not for the faint-hearted with competitors having to climb a 1000metres and finishing at over 2000metres above sea level. At least there was the luxury of taking the ski life back down to the start.

This was no problem for tough guy Gaz who qualified by finishing 4th in the Trials race to the top of Snowden a few weeks earlier ...in fact it was the day after the club's participation in the Welsh Castles relay when he did a 12-mile stage that had a 500m rise.

Gaz is no stranger to the hills having won the famous 14-mile Race the Train race in Wales five times and for the past four years consecutively. He warmed up for this year's victory by winning the tough Saddleworth 3M/950ft fell race.

His GB debut was just one high-points in yet another fantastic summer. He's represented England four times, beginning in March when he finished 4th at the SIAB Cross Country Championships in Antrim; he then finished 3rd in a half marathon in Denmark in 66.42 and represented England again in the Berlin 10k in August where he finished 3rd in 29.57. He'd come to the season with a top 8th place the National Cross-Country Championships and a track 10k PB of 29.32 from last summer's BMC meeting at Watford. This summer, he's also smashed his 5000m PB by eight seconds in a time of 14.01 at Trafford's July BMC meeting and came within one second of improving his nine year old 3000m PB of 8.14



Great StarTrack Success

140 young people attended two Startrack courses at Crossford Bridge this Summer, where sunshine and warm weather was the order of the day for most of the two weeks. Half of those attending were not members of SHM, and all were treated to a busy week of being introduced to most throws, jumps and running events with the week culminating in an Olympic Games on Friday.

The two weeks were oversubscribed some time before and organising coach Anne Marshall and her team believe there could be a demand for a third week in 2010

Parents were able to attend and watch the Olympic Games cheering on their children and the countries they represented.

During the second week two GB athletes, Richard Yates and Andrew Steele attended, chatting with the youngsters and signing autographs.

Each child received a special UK Academy T shirt plus goody bag containing a rucksack, cap, sweat bands, drink bottle, information leaflets and a free swim coupon from Trafford Leisure.

terry lonergan's 100th half marathon

Freckleton, situated between Preston and Lytham St. Annes, was the venue for Terry Lonergan's first half marathon back in 1977. So it was fitting that 32 years later he chose the venue to compete for the 100th time over the 13.1 mile distance. At over 60, Lonergan was not going to add to his 3 previous wins (Garforth '82, Oldham '83 and York '86) but still managed 86th place of the 534 who tackled the challenge on a hot Lancashire afternoon. His time of 94.27 meant that all 100 were recorded inside 96 minutes; his best being 67.55 over the York Brass Monkey circuit.



Back running in the colours of Sale Harriers, where his career began in 1962, Terry said, "I have to be satisfied with my times over the year and now really fortunate to be able to still run daily and take part in events. So many of my contemporaries have given up for one reason or another. The standard of performance may not be what it was at the peak of road running in the mid '80s but it is tremendous to witness so many more people embracing a sport which I have enjoyed for nearly 50 years. Many people query why I still compete being so much slower, recording "personal worst's" particularly my mother who says it is time I gave it up! Obviously, I'm not as driven as I was previously but for me taking part in races is the key to the pleasure of daily training. The two go hand in hand. Having done 100 10ks, and 100 10 mile races I'll have to set myself a new target. But it's not likely to be 100 marathons, I've only done 25!

Combined events NATIONAL HONOURS FOR CLUB'S MULTI EVENTERS

National recognition has been given to Sale multi eventers this summer.

JACK ANDREWS, in his first year as an under-20 athlete, gained his first GB vest in July and did himself and his club proud by coming third and winning the bronze medal. He was the highest placed British athlete in the competition against Switzerland and France. Jack also made the English Schools final in the pole vault, finishing fourth, and in September he competed in the final of the English Schools Combined Events as a senior. He is already the National Champion for under-17 combined events and an under-17 international. Jack's PB's so far this year amount to a grand total of thirty-three.

JESS TAYLOR, an under-23 in the squad, has been selected for her first England international as a senior. Jess competed in the North West/BUCS combined events competition and by coming first and beating GB internationals she was elevated to the international in September. In the North-West competition, she improved her high jump from 1.60m to 1.67m and achieved seven PB's in the competition – a fantastic performance. Jess has 15 PB's this season and her objectives indoors and outdoors for next season are Great Britain vests.

Other members of the group that have made the English Schools final this September are:

JAMES DAVIES (already an under-17 international) PB's so far this year as a first year under-20 - 24! James also made the English Schools pole vault final and along with Jack Andrews had the qualification time to compete in the sprint hurdles, proving that multi eventers can also be at the top level for individual events as well!

MATT WRIGHT was also be at the English Schools and aimed for a top ten finish.

CLOVIS ANSONG who won the junior boys 400m at then English Schools championships in a phenomenal 48.86 that shattered the record by more than a second and annihilated the UK under 15 record of 49.74 in the process also participated in the tough English Schools Pentathlon for under-15 boys, having won the regional round.

AMY REGAN has proved this year it is never too late to change events. Last September Amy contacted top coach **CHRIS BARTRAM** and asked if she could train with the group as a Heptathlete, having spent many years as a successful 800/1500 runner. This is a massive change in training and she's has had a fantastic year and made the English Schools final in September. She recorded no less than thirty-five PB's this year.

All of these athletes have made successful club representations, holding their own against single event specialists and earning the club massive points, particularly the under-20 trio of Jack, James and Matt.

If you are interested in trying multi events and are willing to put in the work, why not try one of the North West Event Days at Sportcity run by Roger Devlin. Dates are on the Fixture List. Come along and work with experienced coaches covering three events chosen by yourself on the day. For further information contact Roger Devlin at rogerdevlin@btinternet.com. Tel. 0161 962 8973 and 07802403821.



Just before pentathlete **JESSICA ENNIS** set off for the World Championships in Berlin to become the first British woman to win a gold medal at a World Championship, she sought the advice of Sale coach Roger Devlin.

In July, Roger was asked by England Athletics to do a coaching course at Sportcity with Jessica. It was an opportunity not to be missed!! Held under the banner of UKA and Aviva several youngsters attended, chosen through competitions, where Roger and Jessica covered such events as javelin, long jump, high jump, shot and sprints.

"It's not everyday one gets the opportunity to coach alongside Jessica Ennis" said Roger and even be asked by her - what drills do you want me to do now coach!!"

In partnership with City of Manchester Athletics





Left to right Abigail Haywood, Emma Lyons, Katie Byres & Kate Dennison

World Trials & UK Championships

Fechin McCormick

IN GOOD HANDS

For readers unfamiliar with the athletic year, the domestic pinnacle to the track and field summer is July's televised UK Championships, sponsored by Aviva. This year it combined with the World Trials when the best of British went head to head in the hope of winning selection to the World Championships in Berlin in August. The Championship saw almost all of Britain's big names in action and among them were many SHM's proudly displaying that famous green hooped vest...

HAMMER

The Hammer Championship launched the weekend and former Commonwealth Youth Champion Alex Smith won his first national

senior title with a PB 69.79m. Not only was it a great evening for the Smith family because his younger brother Peter again broke the UK junior record he had claimed just weeks before but it launched a period when Alex booked his flight to the European U23 Championships in Lithuania (and Peter to the European Juniors in Serbia) but Alex went further to even break the magical 70m barrier for the first time and enter the club's record books. (Reports on all these achievements are elsewhere).

The nation's hammer throwing is certainly in good hands with Sale Harriers as last year's Champion & multi-Northern champion MIKE FLOYD took the bronze medal in 68.03m. 'Floydy' had beaten Alex in earlier competition but could only pull out a throw well below last year's champion-winning performance of 69.68m due to an earlier viral infection. However, he was back in form with a season's best of 68.63m at the third BAL match at Coptall.

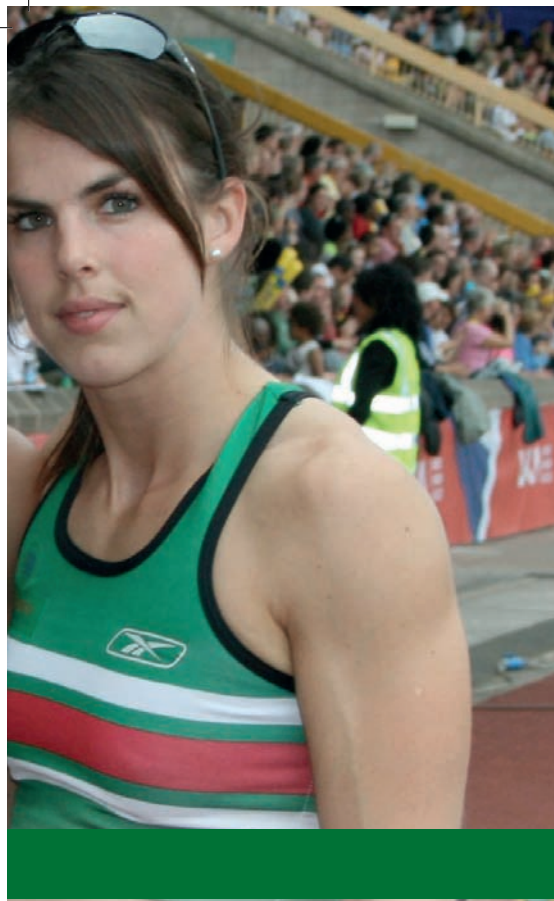
U/23 'youngster' SARAH HOLT added the senior bronze medal to her growing haul despite being a few meters down on her best for 2009. However, she'd already displayed her prestigious talent at the U/23 national

champions in June's where she not only became the National U/23 champion but qualified for the European U/23 championships. She produced a Championship Best Performance of 63.60m but also had a measured throw of 66.51m cancelled because the official claimed that she stood on the circle. She's now coached by John Pearson and Bob Weir and has raised her PB from 63.75m to 65.33m.

Our Welsh record holder, LAURA DOUGLAS didn't have such a good day, finishing 4th in 58.34. Like her Wythenshawe training partner Floydy, both under the wing of renowned coach KEVIN MADDEN, she had a late start to the season and showed her true form a few weeks later at July's UK Women's League match at Coptall where she finished second to Britain's No.1 with a PB throw of 64.50m that put her No.6 on the All-Time Hammer list. Well done, Laura.

800m

Still only 18 years old, NIALL BROOKS is a youngster to be excited about and is coached by the club's top middle-distance coach Norman Poole at Wythenshawe. His race was all about selection for the European Junior Championships which he admirably did in 1:49.16.



Though a member of Liverpool Pembroke AC **MIKE RIMMER** is also coached at our Wythenshawe track by **NORMAN POOLE** and is as well known within the club as many members! Cruising clear of his rivals in the final 250m he clocked 1:46.47 to win his fourth national title so congratulations to him also (and to Norman!)

POLE VAULT

With shades of Yelena Isinbayeva, **KATE DENNISON** swooped nonchalantly into the women's pole vault competition and cleared her opening height of 4.05m with so much room to spare, it was merely a question of how high she would want to take the bar once the opposition had fallen away. As it was she rewarded spectators with her 4rd outdoor National record this summer of 4.57m and then continued on to attempt a truly world-class 4.70m. Despite missing out, she had two strong attempts and the likelihood of her reaching that high later in the season looked very good. "The crowd support was key in helping me to 4.57m and nearly getting 4.70m" she said. She received her latest well-deserved £5000 cheque for breaking the record.

The club's talent in the pole vault was demonstrated with four of our girls finishing in the top six. **EMMA LYONS** finished 4th; **KATIE**

BYRES, still only 15 years old, competed as a guest and finished 5th with her latest PB of 3.90m which is equal 2nd All-Time at U/17 and **ABIGAIL HAYWOOD** finished 6th. Kate Dennison was destined for the World Championships; Emma Lyons was selected for the European U/23 championships and Katie Byres was off to the European Youth Olympic Festival in Finland (reports elsewhere). Multi-Welsh Champion **PAUL WALKER** also won a bronze medal. Pole-vaulting is certainly in good hands with SHM!

LONG JUMP

After producing one of her finest domestic victories last year as Britain's No.1 U/20 long-jumper that qualified her to represent GB at the World Junior Games in Portugal and with a silver medal at this year's U/20 championships with qualification for the World Juniors in Serbia, **ABIGAIL IROZURO** continued to build her impressive medal haul with a further senior championship bronze medal with a 6.28m leap.

110m HURDLES

In the 110m hurdles final, European bronze medalist **ANDY TURNER** was in the form of his life having enjoyed his best ever start to an outdoor season. He battled against a strong headwind to take a fourth consecutive UK title in 13.47 although he was pushed all the way by training partner Callum Priestly (Woodford Green with Essex Ladies). In the same race **NICK GAYLE** was not far off his best with a season's best of 14.12 for 5th place.

HIGH JUMP

Our Commonwealth Games finalist and multi-Welsh indoor Outdoor champion high-jumper, **ROB MITCHELL** did not perform to expectations having had a bad year through injury. He finished 9th with a lowly 2.05m. Likewise, **ADELLE LASSU** did not perform to her expectations especially that she's had a great jump of 1.82m at June's U/23 Championships to win the National Title and qualify for her second European Junior Championships at Kaunas. Adelle is also the 2007 & 2008 U/20 National Champion.

SHOT PUTT

Fourth place with a throw of 14.96m was a disappointing result for **ALISON RODGER** who took the bronze medal last year in 15.78m. Likewise, it was a disappointing day for **REBECCA PEAKE** who threw 14.72m for 6th place but last year finished 4th behind Rebecca.

JAVELIN

LAURA WHITTINGHAM, as the 2007 silver medallist in both the U/23 and senior England Championships, was out of action for most of last summer but has shown promising recovery with her first senior silver medal in this championship. Though her jump was a moderate 50.72m, Britain's No.2 javelin thrower established a best ever performance a few weeks earlier at the Lapua Games in Finland.

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BRITISH ATHLETIC LEAGUE

Come Forth

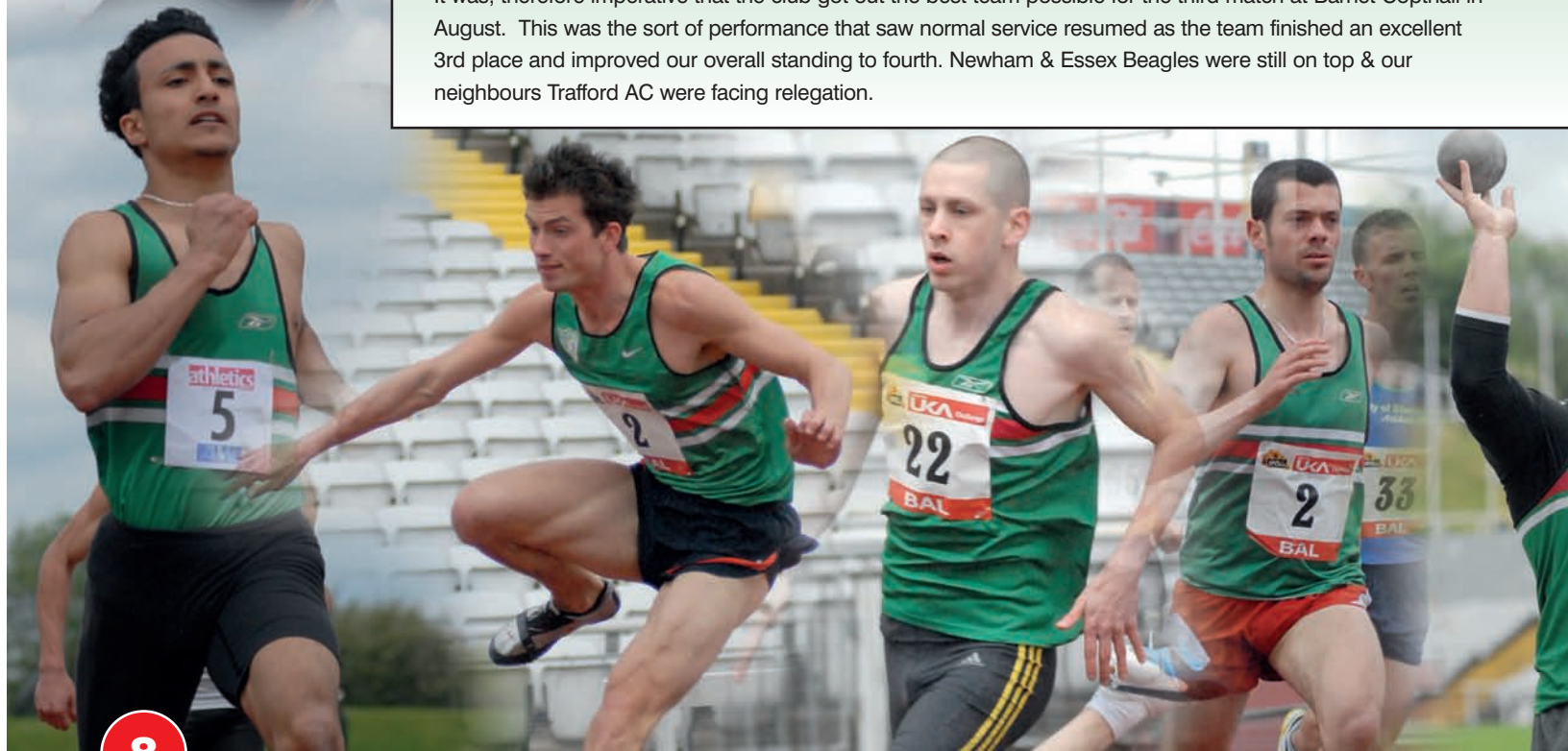
Fechin McCormick

Our senior men compete in the Premier division of the British Athletics League – the equivalent to premier division football. Keep in mind that when the club competes in National leagues, Cups and Championships it competes NOT as Sale Harriers Manchester but as CITY OF MANCHESTER. The objective this year was to regain the Premier League title from current champions Newham & Essex Beagles.

The first match was in June at a very wet and windy Sheffield where we finished a disappointing 6th due, largely to a number of gaps, particularly in the endurance events, with no athletes in the steeplechase or 'B' 1500m. This got us off to a very bad start and put us at risk of relegation at the very start of the season.

The second fixture was at home territory, Sportcity. Team manager Dean Hardman described it as 'a nail-biter', with the team faring much better, finishing fourth – just an agonising 11 points away from winning the match and just 3 points away from 3rd. Though it improved our overall placing to 6th, we were still in the relegation zone and needed to improve. Last year's champions, Newham & Essex Beagles were firmly on top of the table and our neighbours Trafford AC at the bottom.

It was, therefore imperative that the club got out the best team possible for the third match at Barnet Copthall in August. This was the sort of performance that saw normal service resumed as the team finished an excellent 3rd place and improved our overall standing to fourth. Newham & Essex Beagles were still on top & our neighbours Trafford AC were facing relegation.





We still needed to field another strong team in the final match if we were to be sure of avoiding relegation. It took place at the newly refurbished stadium of the league leaders Newham & Essex Beagles and was also the scene of our unfortunate relegation in 2004. Despite not ignoring the possibility of relegation, Dean was confident that despite not having the strongest team, we were safe. Just 23 athletes covered the 34 individual team spots and we finished a solid 4th in the overall table.

Said Dean: "I'm very happy with 4th overall in the circumstances, but would have preferred to have been a bit closer to third. We really do need to come back stronger for 2010. There were plenty of excellent performances and a couple of strong matches to go alongside two very disappointing fixtures where we have, for the first time in many years, struggled to fill all events, especially in the distance events. I will be working hard to recruit more athletes to help us maintain our place in the top 4 and, more importantly, challenge for the title again next year".

It's impossible to record everybody's performances but it couldn't have been done without a team of very talented athletes and everybody's whole-hearted commitment and team spirit. People like Nick Samuels, James Bailey, Dan Williams & Rob Mitchell who turned out despite being ill or injured are inspirational; excellent performances from people like ever consistent Floyd, Alex Smith, Rimas Martisauskas, Marcus Gouldbourne, Andy Wilkinson and pole vaulters Matt Cullen and Andy Sutcliffe made a massive difference. **NICK GAYLE, JOE LANCASTER, ANDY ROBERTSON, PAUL WALKER, MATT BOND** and **NAYEF ABED** all picked up a hat-full of points and were invaluable, as were higher claim members **DAVE NORMAN** and his Altrincham AC team mate **MATT BARNES**. People like **ADAM RODGERS, CHRIS BRYANT**, new member **SCOT THOMPSON & STEVE PORTER** were ever-present in the throws; were largely indispensable and won valuable points. Everybody who competed this season can be proud of themselves.



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WOMENS UK LEAGUE

NINTH FROM TEN – NOT OUT!

Team Manager Eric Hughes



With the exception of Sonia Samuels who had developed an injury, all the athletes who competed in the tough and tiring European Cup in Slovakia a few days earlier turned out in Birmingham on 6th June for the launch of the 2009 UK Premier League.

The atrocious weather conditions meant that the Pole Vault and High Jump had to be moved indoors. At the end of the day **EMMA LYONS** vaulted 4.20 metres to equal the League record, **ANNA MASSEY** took the 'B' event and **ADELE LASSU** won the High Jump in style.

The Middle Distance girls were in good form, **REBECCA SWEENEY** and **EMMA McINTYRE** both coming second in the 800 metres, **DONNA RIDING** was runner up in the 1500 metres with **RACHEL DEEGAN** third. **JENNA HILL** also came third in the 3000 metres, **EMILY BEEDHAM** making a winning debut in the 'B' event and young **LATEEFA BURTON** came an excellent third in the 2000m Steeplechase.

KELLY MASSEY won the 400 metres, with **SARAH TOMLINS** second in the 'B' event and Kelly went on to compete in the 200 metres and both relays. **DANIELLE PARKINSON** ran the 'A' event in the 400m Hurdles and **HOLLY BELCH** was second in the 'B', amazingly clearing all the barriers on her wrong foot. **ANDREA VINET** came third in the 100m Hurdles and **GRACE SMITH** looked in great shape to win the 'B' race.

In a top class Hammer competition **SARAH HOLT** was third in the 'A' event, **LAURA DOUGLAS** winning the 'B' event and **ALISON RODGER** joined **REBECCA PEAKE** in a Shot double after coming third in the Discus.

CLAIRE LINSKILL and **REBECCA WHITE** scored valuable points in the horizontal Jumps and multi-eventer **KATIA LANNON** took part in the Long Jump, High Jump and Javelin to contribute to a 27 point victory over

Birchfield the host club, Windsor, Slough and Eton finishing in third place.

The second match at Grangemouth on 4th July was very much a 'Dunkirk' affair with only eighteen athletes tackling the 36 disciplines on the programme.

SHAUNNA THOMPSON made her UK League debut with magnificent victories in the 100 metres and 200 metres before leaving the following day for the World Junior Championships. **LOUISE WHITTAKER** marked her come back by winning the 'B' 800 metres by a good margin and was a close second in the 3000 metres. **EMILY BEEDHAM** occupying the same position in the 'B' race. **DONNA RIDDING** posted a personal best in the 1500 metres and, although unwell, Jenna Hill held on to third place in the 'B' event. **GRACE SMITH** and **KATIA LANNON** were outstanding in the 100m Hurdles, **JESSICA TAYLOR**, **CLAIRE LINSKILL** and young **JENNIFER SIMMONS** piled up vital points and it was good to see **JULIE CRANE** back in Club colours once again.

ALISON RODGER and **REBECCA PEAKE** scored another great double in the Shot, Alison also competing in the Discus won by **EMMA CARPENTER** and in the Hammer where **LAURA DOUGLAS** came third. The Pole Vault competition was again held indoors and **ABIGAIL HAYWOOD** was runner up in the 'A' and **AMY REGAN**, another young debutante, took the 'B' event. An exhausted bunch of athletes eventually won the match by 8 points from the host club Edinburgh thanks to a magnificent team spirit and no mean skill.

We travelled to London on 1st August for our third consecutive away fixture with a squad weakened by illness and injury, but still gave a good account of ourselves. **SHAUNNA THOMPSON** and **LUCY EVANS** scored well in

the Sprints, **KELLY MASSEY** ran superbly in the 400 metres as did **REBECCA SWEENEY** in the 800 metres where **JENNA HILL** doubled up in the 1500 metres. **SONIA SAMUELS** and **EMILY BEEDHAM** both came second in the 3000 metres and, considering her operation after a long lay off, **SARA MCGREAVY** clocked an excellent 13.77 seconds in the 100m Hurdles.

CLAIRE LINSKILL had a good day in the Triple Jump and Long Jump, well supported by **KATIA LANNON**. **ABIGAIL HAYWOOD** was runner up in the 'A' Pole Vault and **HELEN TAYLOR** stepped in at the last minute to pick up important points in the 'B' event. **LAURA DOUGLAS** broke the Welsh national record in the Hammer throwing 64.50 metres, making her the fifth best in British history and went on to amass points in the Discus and Javelin where **LAURA WHITTINGHAM** was a convincing winner. Rebecca Peake was a close second in the 'A' Shot where **ALISON RODGER** won the 'B' and completed her usual hat trick in the Discus and Hammer.

Although we were a good first home in the 4 x 100m Relay, with one or two empty spaces it was not enough to retain our unbeaten record, but second place on the day meant that we had achieved nine titles over the past ten years this time by 23 points to Birchfield's 21 points and Windsor, Slough and Eton's 17 points.

International Schools

Three of the Club's young star performers represented their nation at the International Schools Championships at Antrim in July. They were **ATHOLLAH ROSE** (Triple jump); **DANIELLE BENTLEY** (Javelin) and **CHARLIE HULSON** (800m). Danielle won a fantastic silver medal and Ahtollah a superb bronze.

DANIELLE BENTLEY's silver came from hurtling the javelin to a magnificent new PB of 43.20m, a fantastic result for a young athlete who now ranks 4th on the 2009 UK U/17 rankings. She stands out alone in Cheshire having been the double U/15 & U/17 County and Schools Champion in recent years.

Triple jumper **ATHOLLAH ROSE** won a superb bronze medal with a leap of 11.32m. Ahtollah is the 2008 & 2009 Gt. Manchester Schools Champion and her end of season PB of 11.98m was produced early season in May at the National Junior League match at Grangemouth.

CHARLIE HULSON represented Wales and was picked for the British Schools by having the fastest times over 800m in Wales at 1:57. He finished 4th in 2:00.38. Said his coach **PAUL RODEN**, "The main aim at the start of the track season was to get selected for the British Schools over 1500m. For some reason they selected him for the 800m, where he still performed well despite his training being more geared towards the 1500m"

This was just one peak of a very successful 12 months for Charlie that culminated in mid-August when he finished 7th at the England Athletics U17 1500m championships with a PB of 4.02. He'd also improved his 800m best

Said coach Paul Roden, "His performances over the country again were great starting with 3rd in the Northern Cross Country (despite being a year under age) and culminating with 4th in the British Schools".

This is not Charlie's first Welsh representation. He has run for Wales over the last couple of years over the track and cross country.

He was also selected for the UK Games in September (see elsewhere).

ENGLISH SCHOOLS ATHLETIC CHAMPIONSHIPS

Asong Clovis is the Fastest Ever

Peter Shaw



**CHRIS
McGAHAN**



ABIGAIL HAYWOOD



ANTOLLAH ROSE



**CLOVIS
ASONG**

With the London Olympics due to start in exactly three years, this year's 'Kid's Olympics' demonstrated its imminent arrival is having a positive impact on teenage athletics. This year the Club had:-

- 27 participants
- 3 championship records
- 4 gold medals
- 2 silver medals
- 7 bronze medals (1 individual & 6 relay).

Sponsors Aviva put its heavyweight support behind this year's championships and big names like Kelly Holmes, Peter Elliott and Jason Gardener were in Sheffield to support the young athletes who responded with no less than eight new championship records. One of these went to our own **CLOVIS ASONG** who won the junior boys 400m in a phenomenal 48.86 that shattered the record by more than a second and also annihilated the UK under 15 record of 49.74. Clovis was previously better known as a jumper – having led the UK under 13 markings (2007) at high jump and long jump. He then set his sights on winning the England Schools Combined Events title later in the year. Fellow club member, **DANNY HEALD** was 3rd in the same race in a PB of 50.62.

Another win in the junior boy's event came soon afterwards as another club member **CHRIS McGAHAN** won the 800m in a personal best of 2:01.11 with a decisive sprint finish which took him well clear of the field in the last 80m.

Two further championship records went to club members competing in the senior girl's events. On the same weekend as club mate **KATE KENNISON** recorded her third outdoor pole-vault British record of the summer at the Aviva World Trials, **ABIGAIL HAYWOOD** eclipsed her England School's eight year old mark of 3.75m to win the pole vault with 3.80m. Abigail's target was then to target the European Junior Championships in Serbia (report elsewhere).

Second claim member, **SOPHIE HITCHON**, was another athlete to take a championship best away from a fellow club-mate. She eclipsed **SARAH HOLT'S**

2004 mark of 52.76m to win the hammer with 61.65m. She then also set her sights on medalling further at the European Junior championships.

Two club members gained selection for the English School's team to compete in the British school's Championships in Antrim by finishing runners up in their events: **ATHOLLAH ROSE** recorded a PB of 11.91m for 2nd place in the inter-girls triple jump whilst **DANIELLE BENTLEY** won the silver medal in the inter-girls javelin with a throw of 42.94m.

Six club members were awarded bronze medals for third place finishes in relay events:- **CALLUM ROUGHEN**, **CLOVIS ASONG** and **DANNY HEALD** teamed up with Bolton's Will Valentine to record 45.32 in the junior boys 4 x 100m whilst **TYRA WATSON**, **BROGAN CROWLEY** and **OLIVIA CALLAGHAN** were joined by East Cheshire harrier Kirsten McAslan to record 48.41 in the inter-girls sprint relay.

Four Harriers just missed out on individual medals by finishing in fourth place.

OLIVIA CALLAGHAN
4th in the inter-girls 200m in 25.32
CALLUM ROUGHEN
4th in the junior boys 200m in 22.92 (PB)
JAMES HARDY
4th in the senior boys triple jump in 14.75m
JACK ANDREW
4th in the senior boys pole vault in 4.50m

Other club members who reached finals were:-

ALYSIA CASEMENT
5th in the inter-girls 400m hurdles in 45.01
NATHAN MORRIS
7th in the inter-boys shot with 14.47m
CHARLOTTE DICKENSON
8th in the junior girls shot with 10.04m
MOLLY COCKBURN
8th in the inter girls triple jump with 10.95m
RAYNE ALLMAN
11th in the inter girls shot with 9.99m
JAMIE RODEN
16th in the senior boys 1500m with 4.07.9

The following reached semi-finals with performances that did great credit to the club:-

LATEFA BURTON with 4th in the semi-final senior girls 400m hurdles (66.17)
TYRA WATSON
5th in the semi-final inter-girls 300m (40.91)
NYAF ABED
5th in the semi-final senior boys 100m (10.77 PB)
NATHAN ROACH
5th in the semi-final senior boys 200m (22.54)
BETH BOLTON
3rd in the semi-final junior girls 100m (12.80 PB)
AARON CROWLEY
4th in the semi-final inter-boys 200m (22.69)
JOEL MUKUNA
6th in the semi-final inter-boys 400m (50.71)

Three other club members **BROGAN CROWLEY**, **JOSH OGUNTAYO** and **WERIS IBRAHIM**, took part but did not progress beyond the heats but gained a lot of experience that will put them in good stead for their athletic future.

The individual medal tally of seven could quite possibly have been doubled if clashes with international fixtures and senior national championships had not prevented eligible athletes of the calibre of **SHAUNNA THOMPSON**, **ANDY ROBERTSON**, **NIAL BROOKS**, **KATIE BYERS**, **ANDY SUTCLIFFE**, **DANIELLE ROONEY**, **REBEKAH WILSON** and **JENNIFER SIMMONDS** from competing.

Two athletes who have recently started competing 2nd claim for the club also took part. **MATT JACKSON** (1st claim Warrington AC) ran a tremendous race to finish 3rd in the senior boys 2000m steeplechase in 6.04.43. **CHRIS KAYS** (1st claim East Cheshire AC) was 5th in his heat of the senior boys 800m in 1:56.5. This was three seconds slower than Chris usually runs but was a highly tactical race involving runners who eventually took first two places in the final. Chris can only benefit from his experience of championship running.

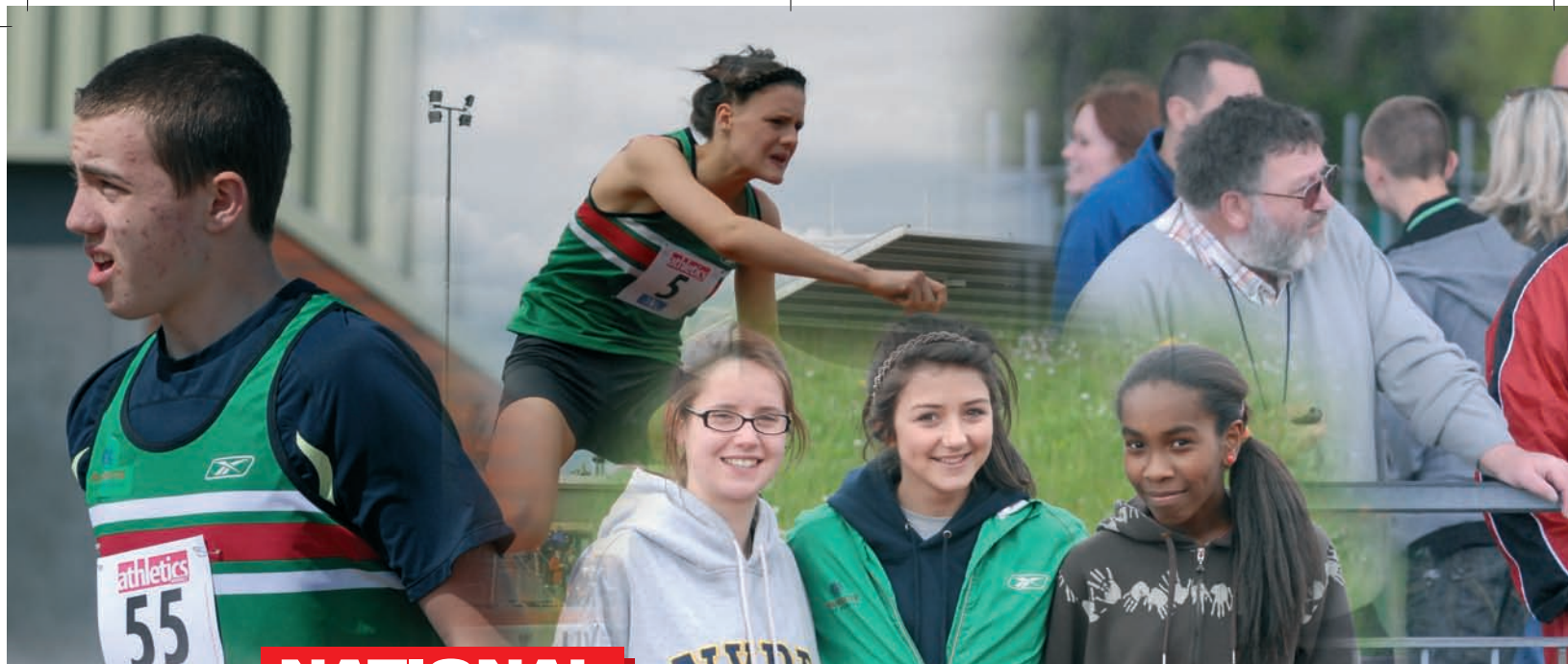
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NATIONAL JUNIOR LEAGUE

Team Manager **Jack Frost**

Once again the junior team (U/20) reached the National Final held in Derby. The team qualified after a tortuous season battling it out in the Northern section with Team Glasgow, Team Edinburgh, Gateshead, Liverpool, and the City of York. We finally finished in 3rd place, but reached the final by winning a 'paper fixture' against Shaftsbury, Enfield and Haringey from the South and Cannock & Stafford from the Midlands.

Prospects to automatically qualify by being in the top 2 Northern Clubs seemed very high at the outset, with Junior Internationals, Shaunna Thompson, Sophie Hitchon, Abigail Irozuru, Rebekah Wilson, Andy Robertson, Andy Sutcliffe, Niall Brooks, Jack Andrew, and James Davies to call on, but that did not transpire due to other commitments, other than the odd match, where they performed with expected aplomb, with Sophie Hitchon taking pride of place creating a new junior record of 60m 60cm in the hammer, so the club were dependant upon the up and coming stars of the future.

They certainly responded.

Scoring massive points throughout the season, Nayef Abed and Nathan Roach were formidable in the sprints, assisted by Victor Neyu and Charles Burke, as were James Hardy and Bradlie Houldsworth in the jumps, Adam Davies, Nathan Morris and Greg Watkins in the throws. Multi talented multi-eventers Jack Andrew, James Davies and Matthew Wright were splendid in many events, and James Wignall, Ryan Worland and Jaimie Roden were part of a small middle distance group who battled tenaciously throughout against it seemed better equipped opposition. Craig James and Thomas Gulmulko throw the javelin vast distances, as well as turning out in other events.

Youngsters Ben Daye, Greg Appleby, William McKeown, Alex Bellis and Ben Lewis all made impressive debuts.





Holly Belch in her first season was outstanding, her hurdling and 400m running contributing the most points for the girls over the season, closely followed by Brogan Crowley a renowned sprinter, but surprising everyone with her prowess in the discus event as well. Jennifer Simmons seemed to grow in stature with every fixture, as did Lateefah Burton and Rayne Allman. Tyra Watson was supreme in every event she did, whilst Ahtollah Rose dominated the horizontal jumps. Alix Barton attended every match throwing further and further. Another solid thrower was Danielle Bentley in the Javelin and Discus, whilst Danielle Rooney was very impressive in the sprint hurdles.

When Abigail Haywood and Katie Byres competed we were entertained by some magnificent pole vaulting, by two of the country's leading exponents.

Lauren Jackson, Sarah Simeen, Sarah Mohtasham, Weris Ibrahim and Emily Rawlins scored considerable points.

The club is very grateful to the athletes for travelling long distances to Grangemouth and Gateshead, as well as the officials who almost score as much points as individual athletes for the club. (35 points per match !!!).

NATIONAL JUNIOR FINAL AT DERBY.

A commendable club performance by taking 4th spot behind Shaftsbury, Birchfield and Blackheath, but taking the scalps of Glasgow, Edinburgh, Windsor and Notts AC. The Women were magnificent failing by a mere 8 pts to contest the European Junior team championships next season. Holly Belch was awarded 'athlete of the match', following her stunning 60.55sec PB in the 400m Hurdles. Many medals were won, the most surprising being the two bronze achieved by Samara Mohtasham in the pole vault and 1500m chase!! Danielle Bentley's superb 39m.91cm javelin throw, Sophie Hitchon's long hammer throw of 58m 27cms led the podium winners which included Lateefah Burton, Kelly Pagdin, Molly Cockburn and a very impressive 4x100m squad consisting of Tyra Watson, Sophie Hitchon, Brogan Crowley and Olivia Callaghan.

The Men were certainly not at full strength, but individual performances were outstanding with many PB's including James Wignall (800m) Adam Davies (Hammer) Matt Jackson (200mchase). However Niall Brooks demonstrated his prowess over 1500m by demolishing a top class field, without appearing to break sweat.



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NATIONAL YOUNG ATHLETES LEAGUE

NORTHERN PREMIER DIVISION

Champions

Team Manager **Danny Gray**

Our young athletes compete in the Premier division of Northern Athletic League – the equivalent to the Premier Division in football. The objective this year was to retain the Premier League title ahead of our biggest rivals Liverpool. The boys teams were managed by **DANNY GRAY** and the girls by **KAREN LANNON**

The first match on 3rd May at Sport City was against our main rivals Liverpool H & AC; a win would send us on our way to becoming Northern Champions. There were many changes on the day but all the athletes gave 100% to ensure a victory by 151 points our biggest win ever over Liverpool.

The second fixture on 17th May was at newly promoted Doncaster. Team managers Karen Lannon and myself would probably have described this on as 'a nail-biter' with the match going right to the wire but with 9 points in it at the end the nail-biter was yet to come.

After our 3rd match at the Bebington Oval in The Wirral (31st May) the league was looking to be done and dusted but Preston AC were hot on our heels as they had also won their first three

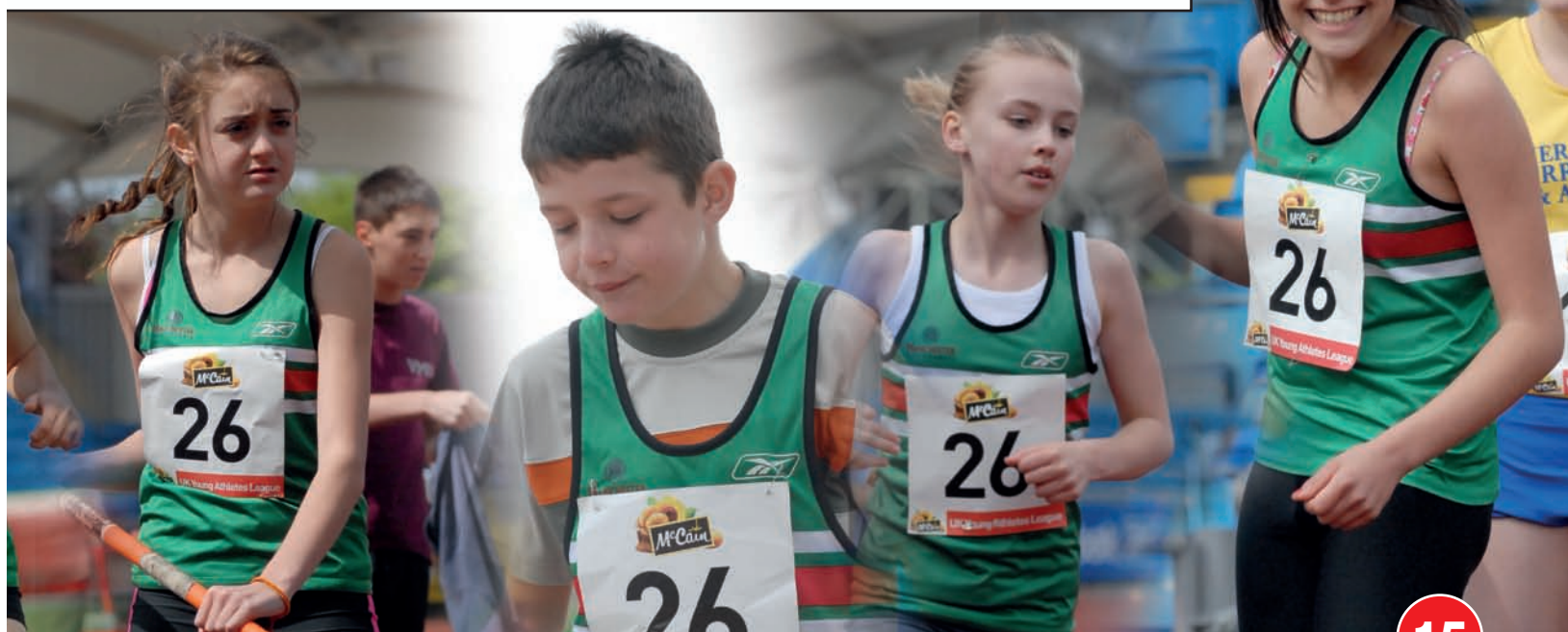




matches. It was the fourth match that we would come up against Preston at The South Leeds stadium on the 21st June. This was the season's official nail-biter because a win for either team would secure the league title. At the end of the match both teams walked away with their heads held high but with Sale Harriers Manchester taking the victory with by 5.5 points.

We still needed to field another strong team in the final match if we were to be sure of winning the title. It took place at Witton Park on 19th July. There were four teams attempting to achieve great things in this match. Blackburn and the City of Sheffield were attempting to avoid the 'drop' with Blackpool attempting to gain a place in the Auxiliary Final and ourselves wanting to win the league title with a clean sheet and qualify for September's National final in Birmingham. Twenty events in and we were equal on points with Blackpool AC and ten events later we were equal on points with Blackburn AC. These three teams were cancelling each other out. With all events over, all the teams had achieved their target and with SHM overall league winners by 21 points over Blackpool and Blackburn finishing 3rd.

Said the boy's Team Manager **DANNY GRAY** "This was a season to remember! The team work rate was fantastic and there was great respect for every one who we came up against. It is difficult to name all the athletes who contributed to our overall victory so I will just finish by saying THANK YOU to all of you".



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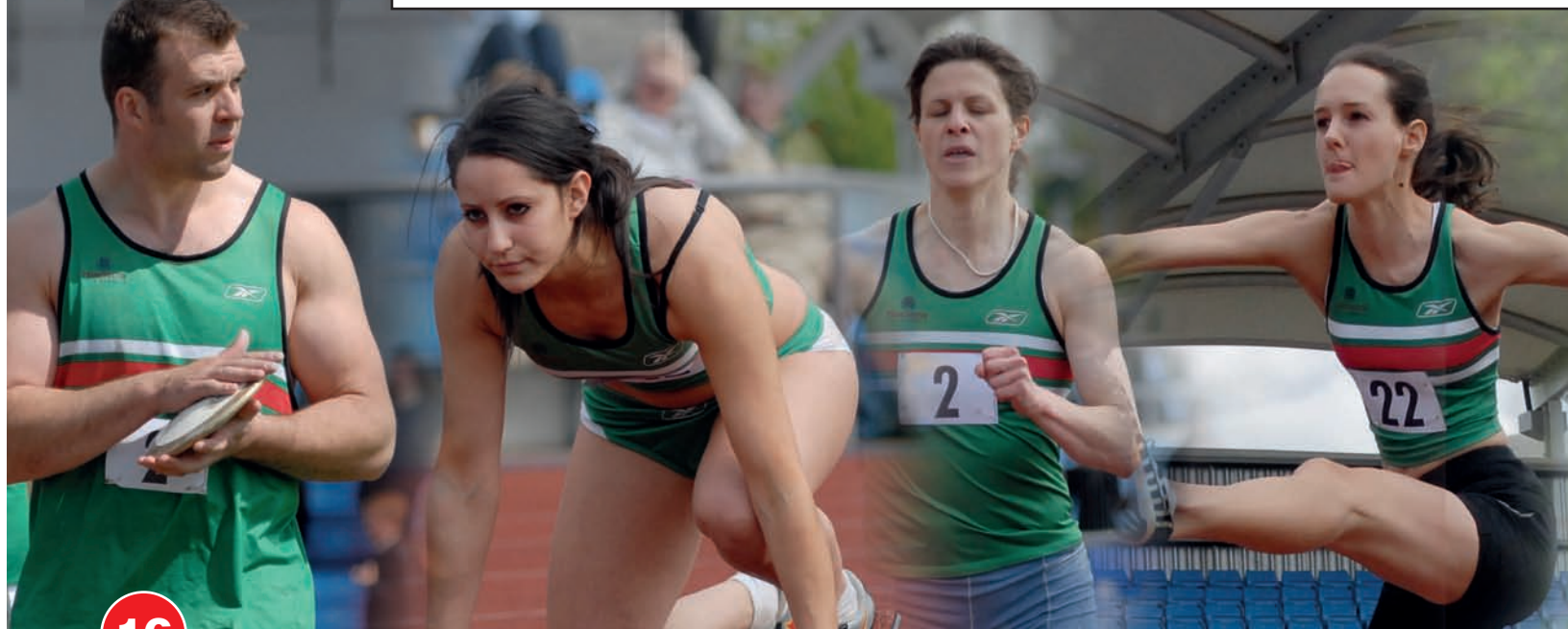
NORTHERN LEAGUE

Team Manager **Jack Frost**

Mission accomplished. The objective of maintaining our Division 1 status is to ensure first class competition to our senior athletes unable to secure a place in the British Athletic League team.

Blackburn Harriers, who celebrate their centenary at the same time as ourselves were the class act, so the runner up spot was quite commendable, so congratulations must go to team managers Mike Delaney and Allison Pye, whose team selections were always interrupted by demands from Dean Hardman and Eric Hughes for the national teams.

Also along the way, the team negotiated themselves to a position in the Northern Cup Final, and a most disappointing display resulted in 5th position. This was clearly a fixture too far, despite being on home territory at Stretford, with the





majority of the club seniors being totally disinterested, as their season by the 12th Sept had wound down. Of no excuse however was the failure to advise their managers of non-appearances. Far too many. Perhaps we will seriously decide to withdraw next year.

Nevertheless there were some outstanding performances. Andrew Burgess 6m 72cm long jump, John Nicholls 14m 71cm shot, Matt Cullen 4m 30cm pv, Danny Kevin 1m 59.43sec 800m for the men's side.

The women fielded a better team, with Laura Douglas having a great double with a 59m 73cm hammer throw, followed by a win in the shot. Katie Holt sped to a 100m hurdle victory in 16.10secs, a long awaited 1m 60cm pb in the high jump by Nicola Cahill plus Jessica Taylor sailing out 5m 55cm to win the long jump completed the winners, but 15 year old Samara Mohtesham deserves special mention for her Pb in the pole vault of 2m 30cm.



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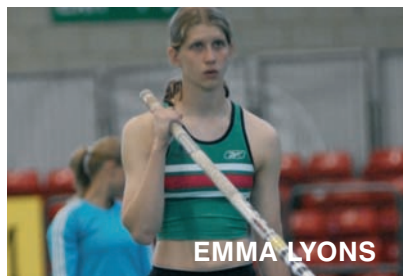
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EUROPEAN UNDER-23 CHAMPIONSHIPS

Five Valuable Euros!

Fechin McCormick



EMMA LYONS



SARAH HOLT



ALEX SMITH



ADELE LASSU

The club had five athletes - **ALEX SMITH, SARAH HOLT, ADELE LASSU** and **EMMA LYONS** and a new recruit **BRIAN GREGAN** represent GB & NI at July's European Under-23 Championships. Alex Smith and Sarah Holt were further named in ambassadorial roles as team captains for this major week-long championship that took place in Kaunas (Lithuania). Alex, a former Commonwealth Youth Games champion (2004) and a World Youths bronze medalist, was experienced for this role having attended every Junior Championship since 2005. Likewise Sarah had also been to many Championships and both led the GB & NI team to an unprecedented 18 medals in the most successful ever championship with GB & NI finishing second in the medal table and second equal (with Germany) in the points table.

SARAH HOLT

Sarah won the bronze hammer medal to add to the bronze she won with a PB of 59.90m at the UK Championships a week earlier in Birmingham. This ranked her top of the UK under-23 All Time list! She made the cut for the final only with her final attempt (60.30m) after two no-throws, but eventually recorded a series-best throw of 62.55m throw to record one of her best results of her career and win the bronze medal. "The pressure was worth it" she said. "I didn't know I'd even won the bronze, she laughed. "I was a bit apprehensive as I've done three no-throws so many times." Delighted to be heading home from Eastern Europe with a medal she said she'd prefer that medal than a massive PB any time! "There's a big difference in what you can

do on paper and what you can do when the pressure is on" she said. Everything is very different when you are training by yourself and then doing it in front of a big crowd. I think I was capable of throwing 67m, but the girl who won it has thrown 71m before and before I came here I would have taken any medal. My family have been out here with me so that's helped relax and keep some sense of normality in the hysteria going on".

ALEX SMITH

It was also good news for Alex Smith who'd also become the Aviva UK Champion at the previous weeks' trials with a superb PB. He qualified for the final with a best effort of 68.53m. "It wasn't technically great but it was alright" he said. When we watched the last round of the first group we were thinking "great" - I'm not sure what was going on, a lot of guys were down on their best, but that's the nature of qualifiers.

He was ranked eleventh going into the final and finished seventh with a series-best effort of 68.75m in the third round, achieving his top eight target. "I'm quite happy" he said, "but it was a nervous one, referring to his third round, competition-saving throw. "I wanted the rain to come. It was hot and my shoes were sticking a bit in the circle, it was much better when the rain came on and I could move more easily. This was Alex's third European Championships - the U20's Euro in 2005 & 2007 and this year's Championships.

EMMA LYONS

Emma qualified by earlier winning the National U/23 title with a vault of 4.11m so was understandably disappointed to finish 12th with a best vault of 4.05m. She'd done well in the qualifying rounds clearing 4.10m with ease despite experiencing a slight scare halfway and confidently looked forward to the final. However, her hopes didn't materialize and she was disappointed. This was Emma's second Euros U23 Championship, the first in 2007 when she finished 10th which she still regards as one of her finest sporting achievements. With a degree in sport she now coaches in athletics and swimming.

ADELE LASSU

Likewise, high Jumper ADELE LASSU was also a Trials winner taking the National U/23 title with a fantastic PB of 1.82m. Again, unfortunately she was unable to achieve those dizzy heights in Kaunas and with a best jump of 1.72m could not realize her dreams and failed to make it through to the final.

BRIAN GREGAN

Brian Gregan is a recent recruit and made his first club appearance at August's Jo Smith Cup Final. He is a World Junior Championship finalist from last year in the 400m, and he was selected to represent Ireland at this Championship. He was unfortunate enough to injure his hamstring in his heat and did not finish his race, but he is a fantastic prospect for the future, with a best of 46.44 set in winning this summer's Irish National Championships.

New Club Record



Congratulations to UK Champion Alex Smith, who finished off a brilliant season by throwing a new personal best hammer and recording a new club record at the UK Challenge final at Cardiff on Saturday 15th August. His third round throw was his first time over the magical 70m barrier and breaks Stewart Rogerson's 21 year-old best of 70m30. It was a fantastic improvement on his previous best of 69.79 set at the Aviva World Trials in July. "I've been waiting all season to get 70 metres and it's finally come" he said. Well done Alex!

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Two More Internationals!

CHRIS DAVIES and **JESSICA TAYLOR** made their international debuts this summer as multi-eventers. Chris' selection was for U/20 England against Scotland, Wales and Ireland. He was in the B-team, competing also against a very strong-England 'A' team. This wasn't his first international having represented England last year in the U/17 category. He came 5th overall but was part of the winning team. Overall the 'B' team beat the 'A' team on points scoring an overall PB of 6263 along with 5 individual PBs. He was selected based on his GB ranking.

JESS TAYLOR, in the same competition for England seniors, came a very creditable 4th overall performing above her ranking. She achieved another PB to add to her record-breaking season. She was extremely pleased with her performance, finishing off an excellent season and achieving results that her coach thought were still two years away.



EMILY'S A STAR

Congratulations to **EMILY RAWLINS** who, in April at the National Junior League, broke the Mencap British hammer record for her U/20 age-group (20.15m) and was then selected to represent England in France where she won a gold medal in the shot putt.

Later at the Mencap Open Championships in Watford she went on to win gold in the shot putt, gold in the discus gold, gold in the hammer and silver in the 100m.

It didn't end there either! She went on to win shot put gold and discus gold at the DSE Junior Championships at Blackpool.

Coached by **BRIAN SPRIGGS**, Emily has been doing the hammer for only five months and is now aiming for a GB International next year in the Czech Republic

We'll done! Emily

Sale Harriers Manchester Winter Party



Saturday 21st November 2009
6pm till 12.30am @ Deckers, Sale Water Park

Tickets £25

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NATIONAL YOUNG ATHLETES FINAL

Creditable Sixth

Peter Shaw

After becoming Northern Champions of the National Young Athletes League (report elsewhere), the club hoped to at least equal last year's third place in the National Final at the traditional venue of Alexander Stadium, Birmingham. The date - September 6th clashed with the UK Schools Games in Cardiff and deprived the team of fourteen of our top athletes who were representing the North-West. A number of injuries and disqualification on the day further depleted the team and we finished a creditable 6th from the nation's top eight teams. Overall, our athletes won an impressive total of 18 gold, 23 silver and 17 bronze medals.

Among the U/17 athletes, **KATIE BYERS** topped off a fantastic summer by being our star girl and was awarded 'Field Event Athlete' of the meeting for her pole vault win with a meeting record of 3.50m. **SARAH RYAN** won an impressive total of four medals (1st discus & sprint relay; 2nd shot & 3rd javelin). **DANIELLE BENTLEY** had two individual wins in the javelin and 'B' discus.

The club had a double first in the triple jump with **MOLLY COCKBURN** winning the 'A' event and **LAUREN MACCABEE** the 'B'. **BROGAN CROWLEY** (2nd in 200m) and team captain **TYRA WATSON** (2nd in 300m) were also in both the winning relays teams to win three medals each.

Boys team captain **JOSH OGUNTAYO** won the 'B' 400m and finished runner up in the 800m as well as running a spirited leg in the 4 x 400m relay. Silver medals in the 'A' finals were also gained by **NATHAN MORRIS** (Shot) **MATT HOLMES** (1500m s/chase) and **EMMANUEL ABIJI** (High Jump). **DARREN STEPHENSON** won gold in the 'B' shot Put.

In the U/15 events, our star was **DANNY HEALD** with four medals - 1 gold, 2 silver and 1 bronze His 400m win in 51.3 seconds merited him the 'Track Athlete' of the meeting award.





English Schools 800m champion **CHRIS McGAHAN** was a decisive winner after front running the 800m, adding a gold medal to the silver and bronze he gained in the relays.

English schools 400m champion & British record holder **CLOVIS ASHONG**, showed his versatility by winning the long jump, finishing 2nd in the javelin and running last leg in the 4 x 400m relay.

It was highly appropriate that after winning the 1500m **ALEX BIRCHILL** was awarded the **FRANK STARKIE MEMORIAL** trophy.

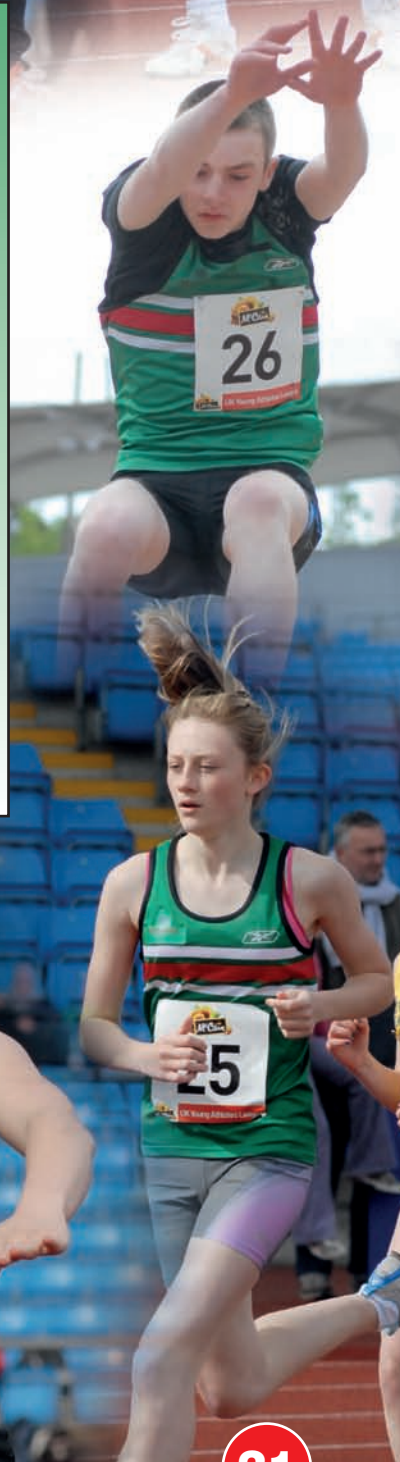
The U/15 boys 4 x 400m relay team of **DYLAN BEZZINA**, **CHRIS McGAHAN**, **DANNY HEALD** and **CLOVIS ASONG** broke the meeting record but were just beaten by Edinburgh. They can take comfort in running the fastest time by an English Club team. Among the girls in this age-group we had two silver medallists in **CHARLOTTE DICKENSON** (Shot) and **J'NAY HENRY-SHIRLEY** (100m 'B')

In the U/13 category, the top performer was **ELEANOR VICKERS** with two silver medals (2nd in the high jump and 'B' long jump). **MARY AXON-SMITH** jumped a massive PB of 4.39m to finish runner-up in the long jump. Another silver medal went to **GABY GEORGE** in the 'B' 75m sprint.

The middle distance girls won three bronze medals with **CONNIE VICKERS** (3rd 800 'A', **ELEANOR CANHAM** (3rd 1200m 'B') and **JULIA HALSALL** (3rd 1200 'B').

Said team managers **DANNY GRAY AND KAREN LANNON**, "Thanks to all athletes who contributed to the team's success especially to those who stepped in to cover events other than their own. Many thanks to all those parents who supported the team, especially those who volunteered to officiate at meetings. Our success as a club also could not happen without a dedicated band of coaches.

Finally, the biggest thanks of all goes to two very special people – **KAREN LANNON & DANNY GRAY** without whose hard work as team managers the team would not have become Northern Champions nor reached the NYAL Final.



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Some of the all-important volunteers

SALE 10

Fechin McCormick

There's been some crackin' times in the Club's '10' mile road race. The country's running crème de la crème again travelled to Wythenshawe Park for what must now be Britain's No.1 ten mile road race... and this year produced even faster times.

The first three broke the current course record of 48.05 set by Adam Sutton, (Preston Harriers) in 2006. The all-time Sale '10' record, set more than a decade ago by man-o-the-moment Steve Jones who became a London Marathon winner, was also smashed by Ezekiel Chebon (Birchfield/Kenya) who crossed the line in a jaw-dropping 47.35! This was also the first time that four dipped under 50 minutes and the first time that more than three people broke 48 minutes (subject to challenge!).

Of course, club members were among the 275 starters with more sacrificing their Sunday morning to marshal everyone around the 4-lap course. First home was **GEORGE KIRK** in 23rd place in 57.03. This was George's first Sale '10' and clearly he's adjusted to parenthood and returning to his best. Running his third Sale '10' and never previously having dipped under an hour, **MIKE ASHBY** was thrilled with a fantastic PB of 58.52. **JASON BOWERS** announced his return from injury with 59.25 and **LEE WOODS**, who'd followed him across the line ten seconds later, completed his fourth consecutive Sale '10' and was thrilled to record a PB of 59.36.

The next four to finish were O/45 **GARY WILLCOCK** (1:01.58), O/50 **JERRY SMITH** 1:08.04, **ANDY BEAN** (1:09.31) and O/40 **WARREN BOWDEN** (1:13.47). They were all running their debut event and clocked commendable times. Top psychologist and Big Brother celebrity psychologist O/55 **GEOFF BEATTIE** is himself an enigma! How he can run races every weekend from 5k's to half-marathons and play tough league squash matches in between and maintain such consistent form (if not always improving) almost defies belief. As he himself might say, "It's all in the mind"! He recorded 1.14.44 and that about 30 seconds slower than last year. **ALAN ROMAGNOLO** was delighted to improve last year's time by almost a minute to record 1:18.48. Last and certainly not least take no notice of **JIM LAMBE**'s 1:19.28! He'd been out with Achilles tendonitis since his Edinburgh Marathon in May and this was a simple for the Isle of Man Half-Marathon the following weekend.

SIZZLING SIZZLERS

FECHIN MCCORMICK (Director)

The 'Sizzlers' sizzle - in great style! This year's series was run on a new, largely tarmac, faster course no longer subject to the vagrancies of the British weather. There were more entries than ever around 450 finished each event. The second run in July was unexpectedly selected for random 'scrutiny' (i.e. inspected) by UK Athletics to ensure it's delivered to the terms and conditions of the race permit and the feedback was excellent reporting that "the risk assessment was one of the best" and "my report was one of the shortest". This is a tribute to the superb core team of **FECHIN MCCORMICK** (Race Director & Promotions), **BRIAN GOULDEN** (Marshals), **PAUL THOMPSON** (Risk Assessments & Administration), **PHILIPPA EDWARDS** (Entries), **NAOMI GRANT** (First Aid) and **DAVID/CAROL BROWN** (Officials) each of whom lead teams too numerous to mention but all invaluable to its success.

The series has two objectives - to promote athletic excellence and to encourage health and fitness in the community. The former is encouraged through £2500 in prizes whilst the latter are encouraged through the incentive and reward of goody-bags and medals for series finishers. These have become a unique feature adding to the 'Sizzler's' popularity. This year, there were two new course records - the U/20 female and the L50, but an objective for next year will be to attract more elite runners and have them produce classier times. Long live 'The Sizzlers'!



Just some of the large group from the club who participated in the final event.

Keith Briggs Coasts into Record Books

First, he bounced back from a life-threatening illness! Then he was one of the O/70's team that, this year, won the O/70 British Masters National 5k Championship at Horwich and later the Northern Veteran Association's 10k at Platt Fields in fact finishing third individual O/70 at Platt Fields.

If that's not inspirational in itself then in July **KEITH BRIGGS** swapped his running shoes for his bike to become the oldest competitor (71years 261 days) to complete the classic coast to coast cycle challenge from Whitehaven to Sunderland.

The ride consisted of over 140 miles and 13600 feet of climbing in just two days. Keith, accompanied by his two sons Mike and Jeff, took advantage of the hot sunny weather and flatter terrain over the early sections to make up some time by setting a fast pace. The first day ended with the tough climb of Hartside height and the long decent into Alston where they pitched their tent and enjoyed a pint in the local pub.

After a night under canvas with torrential rain they woke early and after a good breakfast were on the road again by 8am. The first part of the second day had some wet weather and tough climbs so it was a great feeling when they finally arrived at the waters edge in Sunderland just after 2pm, having covered the 144 miles distance in two days with an average speed of 12 mph.

To think just 12 months ago Keith was completing his treatment for prostate cancer, it's a remarkable achievement of which he and his family are very proud.



Race the Train

A strong contingent of Sale Harriers set off on Friday 14th August to mid Wales to take on the might of the Tallyllyn Railway, in the traditional 'Race The Train' race. The intrepid campers/runners were; Paul Green, Paul Rowley (118), Richard Watson (Darcy), Chris Heys, Naomi Grant, Lauren Davies, Ian Whitham, Phil Scowcroft, Mark Caudwell, and Tim Brett. Others to join on the day were Gareth Raven, Paul Barrett (both after spending Friday night at a wedding reception), and Carl Cleghorn with his girlfriend Katy Perreault (who we had to entice away from Manchester Harriers).

Race the Train takes place alongside, as far as practicable, the route taken by the Tallyllyn Railway on its journey to Abergynolwyn and back. In order to do this all courses use a mixture of public roads, lanes, un-metalled roads, tracks, agricultural land, and rough grazing pastures. The terrain varies and can be very wet & muddy in places, the routes also ascend and descend quite steep terrain and runs on narrow footpaths

with little chance of overtaking. There is a 14 mile race (Rotary Challenge) and a 10k race (Quarry Challenge). The 10k race is the return leg of the full 14 mile race.

Race day started in typical British summer style, chucking it down with rain and windy. The 10k racers set off for their bus ride to the start at the head of the valley. The rest of us sat and watched the rain for a while. As race time approached the rain stopped and eventually the sun came out. The 10k'ers did a sterling job all round.

In the afternoon the big event took place and Sale put in a storming performance. Gareth Raven finished first (for his 5th consecutive win), and Paul Green was third behind him. The next lot came through headed by Paul Rowley (118) and a photo finish between Richard Watson (Darcy) and Paul Barrett, chip times reveal the result. Then there was the rest of us a bit further back.

The evening was taken up with the presentations down in the town. Here Gareth, and Paul collected their individual prizes and were joined by '118' to collect the team prize. Then there was much merriment and imbibing of liquid refreshment till very late into the night.

JO SMITH CUP FINAL JUST COPT'ED IT AT COPTALL Team Manager Dean Hardman

A week after the Club's BAL/UKWL double-header match at Cophall Stadium in July, our men and women were back there again in early August for the Jo Smith Cup Final. On a rare sunny weekend the club had high hopes of winning silverware in what is a top notch athletic Cup Final. Dean Hardman managed the combined the men & women's team fully aware the main competition would come from the two Premier division Clubs with strong men and women teams: - Woodford Green with Essex Ladies and Birchfield and Newham and Essex Beagles. As is the case whenever the Club competes in National and regional championships, we competed as The City of Manchester Athletics.

As all too often is the case, a spate of injuries and last minute withdrawals gave non-travelling women's manager ERIC HUGHES a 'nightmare' and worked wonders just to get a team out but still was unable to field athletes in the women's 3000m race, the Triple Jump or the 4x400m relay.

Even though City of Manchester lead for much of the day, the gaps in the team caught up with us and Woodford Green ended up winning the Cup with a score that was just a mere 12 points of City of Manchester with Newham & Essex Beagles in third place and Birchfield fourth. So near & yet so far!

Though left frustrated in second place, the team performed brilliantly and there were a spate of wins (9 in total between men and women) and a host of top 3 finishes.

100m: Andy Robertson came 4th with a fine 10.60. Rebekah Wilson took a great 3rd for the women.

200m: Andy Robertson ran in a high class race and was given 7th, being just 3/100th away from 4th. Kelly Massey ran a superb PB of 23.94 to take 2nd.

400m: Debutant Brian Gegan ran a scintillating 46.26 for a PB and victory. Kelly Massey won the women's race in a season's best 53.36.

800m: Chris Bryant ran a superb race, taking the lead from the break and front running all the way into the home straight before being piped by junior international Robbie Schofield. Emma-Leigh

Heighway, having agreed to step in after the withdrawal of Rebecca Sweeney due to injury, duly got injured herself and showed great character to finish the race.

1500m: Making his debut for the senior team, European Junior Silver medallist Niall Brooks took victory in a tactical affair with a great kick down the home straight, leaving his rivals for dead. Louise Whittaker front ran and held off a spirited challenge from the Shaftesbury athlete to also win.

3000m Team Race: James Bailey (having already ran a steeplechase) joined the ever-improving Matt Bond to take an excellent third - their combined time edging out Woodford by just 1.03 seconds. With Emma-Leigh Heighway injured, the women were not able to compete.

Steeplechase: James Bailey began his day with a dominant display in the chase - leading from early on and extending that lead with every lap. Lateefah Burton, only 17 and already having ran the 400mH, put in a truly gutsy display to take 3rd (in a PB) in a 5-athlete race.

110mH: Nick Gayle hit a hurdle early in the race, which meant that a very high class field got too far ahead. He still took 6th and returned later to run a fine relay leg. Sixteen year old Rayne Allman, answered the call after Sara McGreavey withdrew and took an amazing 2nd place.

400mH: Adam Rogers took an excellent 4th place and also the scalp of Woodford's Francis Smith. It could have been much more had he not clipped hurdle 8 very hard. Lateefah began her day with a brilliant PB and 4th place.

Hammer: This was another great event for the club, with both Floyd and Laura Douglas saving their best until the final round to take great victories.

Discus: Scot Thompson, having been the life and soul of the party at the hotel the night before, again went over 50m to take 6th place, while Laura Douglas mucked in to take 5th.

Javelin: Dorel Greta, out with a bad back and not having trained for some time, answered the team's call and took 5th with a good throw of over 63 metres. Laura Whittingham for the women meanwhile, won by over 1.5m.

Shot: Rimas took a very strong 3rd place, while Rebecca Peake matched that result for the women, again behind very good athletes.

Long Jump: Andy Burgess continued his comeback, taking 5th, while Abigail Haywood helped out the team by warming up for her pole vault by taking a couple of points for the women.

Pole Vault: Paul Walker also grabbed a top 3 finish and was agonisingly close to victory, Abigail Haywood had a good day, also taking third.

Triple Jump: In taking third place, James Hardy will always be able to say that he beat a Commonwealth Champion (Julien Golley of WSEH), and his 14m07 was great jumping after spending time away on holiday. Sadly, injuries struck and the women weren't able to field.

High Jump: Rob Mitchell, still feeling his knee, performed heroically in putting his injured body on the line to take 2nd place off a short approach. Rayne Allman, who was running a hurdles race an hour later, dutifully filled in for the women, taking one jump for a point.

4x100m: Any Robertson, Nick Gaylem Andy Wilkinson and Nayef Abed, yet another quartet that hadn't raced as a 4 before, got the baton round to take 6th place, while an even more inexperienced quartet of Abigail Haywood, Kelly Massey, Lateefah Burton (!) and Rebekah Wilson took a hard fought 4th.

4x400m: Adam Rogers got the men underway with a solid leg from the blocks, passing to Tom O'Brien, who notched a great 48.4 split to outrun his Scottish international team "mate", Francis Smith. Brian Gegan, who had suggested himself for third leg, made up 10-15 metres on his rivals in running a 46.30 split, before handing to a rejuvenated Andy Wilkinson, who held his own with a 48.0 leg. Great running by all 4 and enough to take 3rd. The injuries suffered by the women meant that a 4x400m team just wasn't possible.

Again, there were some great performances and it was an enjoyable, if not a little stressful, day.

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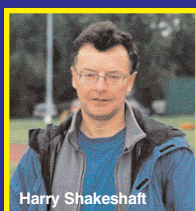
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PHOTOGRAPHS FROM OTHER SOURCES ARE ALWAYS WELCOME.
THE PHOTOGRAPHER WILL BE ACKNOWLEDGED IF REQUESTED.
PLEASE ALWAYS SEND NEWS STORIES AS SOON AS POSSIBLE.



Fixture List 2009/10

SEPTEMBER

- 20 Boggart Chase 10k (No.5 M/C Parks Grand Prix Series)
Boggart Hole Clough
- 26 Northern Men's 6 & Women's 4 Stages Relays Leeds University
Carnegie
- 27 Northern Young Athletes' Relays Leeds University Carnegie
- 27 NVAC T & F Championships Hyndburn

OCTOBER

- 3 BMAF XC Relay Championships Mansfield
- 7 British Masters XC Relay Mansfield
- 7 Autumn Leaves Fell Race Diggle Saddleworth
- 10 Manchester University CC Relay Wythenshawe Park
- 11 NVAC Monthly Run, paths, 11am Edgeworth
- 11 BMAF 10-Mile Championships Portland
- 17 ERRRA National 6/4 stage Road Relay Championships Sutton Park
- 18 ERRRA National Young Athletes Road Relay Champs Sutton Park
- 18 UKA British Fell Relay, 2 Mens, 1 Vets, 1 Ladies Teams entered
Cumbria
- 18 NVAC 10,000m Championship Leigh
- 24 Manchester Area CC League #1 Heaton Park
- 31 ECCA National Cross Country Relays Mansfield

NOVEMBER

- 1 BMAF Half Marathon Championship Stevenage
- 1 NVAC Monthly Run road & paths, 11am (followed by AGM) Leigh
- 7 Gates XC Races (UK Cross) Gateshead
- 14 British & Irish Masters International XC Alexander Park, B'ham
- 15 Manchester Area CC League #2 Sherdley Pk, St Helens
- 21 Northwest multi-event Day Sportcity
- 28 European Cross Country Trials / UK Cross Series Sefton Pk, Liverpool
- 29 Famous Grouse Fell Race Hayfield

DECEMBER

- 5 Manchester Area CC League 3 Boggart Hole Clough
- 6 Indoor meeting Sportcity
- 6 Gravy Pud Fell Race Tintwistle
- 13 Calderdale Way Relay Halifax
- 13 European Cross Country Championships Tilbourg, Netherlands
- 20 Indoor Meeting Sportcity
- 20 Christmas Handicap Trail Race Crossford Bridge
- 27 Festive Five Road Race Wythenshawe Park

JANUARY

- 3 Manchester Area CC League 4 Woodbank Park
- 3 Indoor Meeting Sportcity
- 10 Greater Manchester CC Champs TBA
- 10 Indoor Meeting Sportcity
- 11 Cheshire CC Champs TBA
- 23 Northern Championships Witton Park Blackburn
- 30 NorthWest Multi-Event day Sportcity
- 30 Manchester Area CC League #5 Final Wythenshawe Park
- 31 Pennine Bridle Way Fell Race Rossendale

FEBRUARY

- 6 Greater Manchester Schools Leigh
- 6 British University Cross Country Championships
- 7 Alsager 5 road race Alsager
- 13 Parbold Hill Race Wigan
- 14 Winter hill fell Race Horwich
- 17 Indoor Meeting Sportcity
- 27 English National Cross Country Championships Roundhey Pk Leeds
- 28 Northwest Multi-Events Day Sportcity