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Paul Roden (Level 3 Middle Distance Coach, Sale Harriers Manchester)

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No appointment necessary

THE Harrier
The Magazine of Sale Harriers Manchester

ANNUAL REVIEW 2012 / 13

No. 79 2012/2013



INSPIRE A GENERATION!

EDITORIAL

Fechin McCormick

What a special year 2012 was for Sport. It'll be forever engraved in our memory. London 2012 was a success story we'll never forget. Everyone everywhere was gripped by it all. It was a year we didn't want to end but it had to end.

This magazine will cover 2012 and Sale Harriers (Manchester) contribution beginning from our five Olympians and those other members who were also part of London 2012 as officials, coaches, media representatives, contractors, torch bearers or had the privilege to be among the first to compete in the Olympic Stadium by being part of the pre-Olympic test events.

This magazine provides an overview of the club's achievements throughout the year in the summer T & F leagues, the winter's cross country league, the major championships and, of course, the year round events on road, trail and fells. It's been another eventful year and you'll read much to shout about. I've tried to include the maximum possible number of members through the photo montages because everyone's performance counts regardless of ability.

A little story! It's of a missionary who wanted to go abroad to do good work and was told, "If you're coming because you're angry about our plight and want to change things, then please don't come. If you're coming because you feel sorry for us and want to help, then please don't come. But if you feel grateful for what you have and want to give something in return, then you're very welcome. What we want is your gratitude, not society's anger and frustrations.

It's similar for our club. If you feel grateful for what your club has does for you throughout 2012, the club values that gratitude and asks for a tangible sign of it in return. As this magazine reviews the achievements of 2012, they would have been impossible without the endless hours of work, commitment and sacrifices of the volunteer coaches, officials, leaders and administrators. Some of them have been honoured throughout 2012 and their inspirational citations are rightly recorded in this magazine. Let these be examples to inspire others to come forward. Meanwhile, well done to everyone who helped make Sale Harriers 'great' through 2012. You've begun to "Inspire a Generation".

Finally, I want to thank those who helped me produce this magazine. Especially, I thank the indispensable photographers; those who've proof-read and helped make the photo montages.

Enjoy a good read



AT YOUR SERVICE

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HARRIER MAGAZINE

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PHOTOGRAPHERS Harry Shakeshaft: It is with deep regret that Harry Shakeshaft has been forced to resign as club photographer through ill-health. Whilst Sale Harriers wishes him well to a full recovery, his photos can still be viewed and purchased at www.hsphotos.co.uk

Ernie Greenwood: Tel: 0161 370 7461. Email: de.greenwood@ntlworld.com Web: www.darkstarphotos.com

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Marketing & Advertising: Stephen McCarron mccarron.stephen@gmail.com

Club Records 2012

2012 was significant for a new junior boys and girls club records section that was established to run alongside the long-running senior records on the club website. For this initiative, special thanks must go to Stuart Williams (Amy Williams's dad) and his friend Anthony Barbet who did stalwart work trawling through records that went back a decade researching and finding the initial records and then the long search to have them authenticated. The year was further significant for the very large number of junior club records broken, surely a tribute to the quality of club coaching, training regimes and philosophies as well as athletic talent. The year's full list of club records as they evolved were:

Alex Smith Senior Hammer 75.63m - Loughborough (1st March 2012)
Andy Sutcliffe Pole vault 5.55m (j) - Sheffield (11th Feb 2012)
Sonia Samuels Marathon 2:33.41 - London (22nd April 2012)
Kelly Chadwick U13 girls Long jump -5.00m - Bebington (20th May 2012)
Amy Williams 15 girls High jump -1.60m - Bebington (20th May 2012)
Kelly Chadwick U13 Long jump -5.00m - Bebington (20th May 2012)
Amy Williams U15 girls High Jump - 1.60m -Bebington (20th May 2012)
Jona Efoloko U13 boys 200m - 24:69 - Stretford (4th June 2012)
Eleanor Twite U13 girls 1200m -3:44.96 -Stretford (4th June 2012)
Aine Cunningham U13 girls 800m - 2:26.46 - Stretford (4th June 2012)
Jona Efoloko U13 boys 100m - 12:21 - Stretford (4th June 2012)
Jona Efoloko U13 boys 200m - 24:69 - Stretford (4th June 2012)
Anthony Bruton U13 boys Discus - 28.24m - Stretford (4th June 2012)
Abigail Irozuru senior Long Jump - 6.80m - Sophie (Bulg) (9th June 2012)
Amy Williams U15 girls Long jump - 5.81m - Macclesfield (17th June 2012)
Katie Byres U20 girls Pole vault - 4.36m - Bedford (17th June 2012)
Kelly Chadwick U13 girls 100m - 12.9 - Cheshire Schools (Warr) (24th June 2012)

Brian Gregan senior 400m - 45.63 - Helsinki. (27th June 2012)
Aine Cunningham U13 800m - 2:25.29 - BMC Birmingham Uni (30th June 2012)
Ellie Twite U13 1500m - 4:58.3 - West Cheshire (2nd July 2012)
Amy Williams U15 girls Long Jump - 6.07m - Gateshead (7th July 2012)
Kelly Chadwick U13 100m - 12.6 - Cudworth (8th July 2012)
Kelly Chadwick U13 200m - 27.4 - Cudworth (8th July 2012)
Kelly Chadwick U13 Long Jump - 5.04m - Cudworth (8th July 2012)
Aine Cunningham U13 800m - 2:24.6 - Bury (12th July 2012)

Kevin Metzger U15 boys Triple jump - 13.39m - Hull (14th July 2012)
Eleanor Twite U13 girls 1500m - 4:54.41 - Watford (25th July 2012)
Jono Efoloko U13 boys 100m - 12.0 - Wigan (29th July 2012)
Kelly Chadwick U13 girls 75m - 9.8 -Wigan (29th July 2012)
Kelly Chadwick U13 girls 150m - 19.3-Wigan (29th July 2012)
Alyssia Carr U17 girls 80m Hurdles - 11.90m - Bedford (19th August 2012)

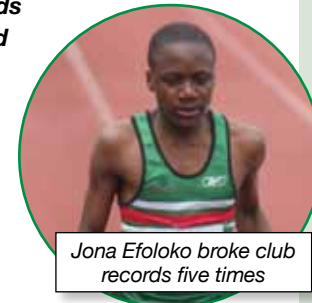
Kevin Metzger U15 boys Triple Jump - 13.90m - Bedford (19th August 2012)

Aine Cunningham's U13 girls 800m - 2.20.67 - Sportcity (2nd September 2012)

Jona Efoloko U13 boys 200m - 24.16 - Sportcity (2nd September 2012)



Kelly Chadwick broke club records on eight occasions



Jona Efoloko broke club records five times



FINANCIAL REPORT

TREASURER JACK FROST

2012 was a most satisfying year for the club financially. For the second time, the club proved that, despite the lack of a major sponsor, it can be a most viable, successful club. A surplus of £9300 compared favorably with the £8450 achieved in 2011.

The club's total income improvement was due to increases in the annual subscriptions collected; rises in the numbers paying training subs at Crossford and Wythenshawe, (which offset the inevitable rise in rents); increased revenues from our many promotions, headed by the Sizzler Series which contributed a surplus of £8500 and our Indoor promotions £6500, as well as the various promotions at Crossford Bridge.

The reduction in donations to previous levels was as expected following the successful push to members over the previous 2 years and the first contribution from the City Council to our 2012-2017 new partnership was in evidence.

Extensive up grading at Crossford Bridge reflected under maintenance and equipment should benefit members there. Track machinery for track maintenance, long jump troughs and a track edging strimmer, plus the construction of the long jump pits and maintenance to track lights and drains, has made the area much enhanced.

The reduction in the cost of producing the Harrier magazine, reflected in the move to an annual review instead of the quarterly magazine plus extensive use of the web site for reports and announcements has also helped reduce costs

PRESIDENT'S REPORT

Dear Members,
From having five club athletes compete in the Olympic Games to the magnificent result of our young boys and girls in the National Young Athletes final at Sportcity, it has been another successful year for the club in the national and regional leagues, cups and championships on track, roads and cross-country the club participates in. Well done especially to those younger age-groups who've done exceptionally well throughout 2012. The Individual success of our athletes is recorded in the Roll of Honour.
I'm sorry my illness throughout 2012 has prevented me from being part of your achievements and your celebrations. The club simply would not function without the small army of very committed people who make great sacrifices week in and week out throughout the year to help as coaches, team managers, officials and administrators. There are never enough - in fact some sections desperately need more right now, so if you've spare capacity and could enjoy a fulfilling role within one of the country's largest athletic club, please contact any member who'll pass on your wishes.
I thank everyone for their contribution great or small throughout 2012. It's by doing the best we can in whatever little way we can, we maintain Sale Harriers as a great club
With best wishes to all
Eric Hughes, President

SPORTS AWARDS

THROUGH THE YEAR, ERIC HUGHES, WOMEN'S TEAM MANAGER AND CLUB PRESIDENT, RECEIVED TWO MAJOR PUBLIC HONOURS FOR HIS LIFETIME CONTRIBUTION TO SPORT. HE WAS AWARDED THE FRANK STARKIE MEMORIAL CUP BY THE BRITISH ASSOCIATION OF TRACK & FIELD LEAGUES (BATFL) FOR HIS OUTSTANDING CONTRI BUTION TO CLUB AND LEAGUE ATHLETICS. HE WAS ALSO HONOURED FOR HIS VAST CONTRIBUTION TO THE DEVELOPMENT OF SPORT IN MANCHESTER AT A GLIERING CEREMONY OF THE MANCHESTER SPORTS AWARDS ATTENDED BY A HOST OF OLYMPIC & PARALYMPIC ATHLETES AND 350 GUESTS. AT THE SAME CEREMONY MORRIS JEFFERSON RECEIVED THE 'VOLUNTEER OF THE YEAR' AWARD AND NORMAN POOLE WAS AWARDED RUNNER-UP 'COACH OF THE YEAR'.



ERIC HUGHES

THE FRANK STARKIE MEMORIAL CUP
(AWARDED BY BATFL)

OUTSTANDING CONTRIBUTION TO SPORT
(AWARDED BY MANCHESTER)

- Though a lifelong passionate Manchester City supporter, it's no wonder Eric Hughes is rightly called the Alex Ferguson of British Athletics! His commitment to Sale Harriers began way back in 1969 when his daughter Lisa and son Stephen joined the club. Thus began almost half a century of such loyalty, commitment and success that's put Sale Harriers on the British and European athletic map.
- At the time Eric joined, Sale was more famous as a men's and boy's middle distance club so Eric set about building a women's team by contacting local South Manchester schools and arranging training sessions for them at Crossford Bridge. So successful was he that between 1972 -1980, the club's younger women had won so many national and other titles, that Sale were already being recognised as a dominant national force in middle distance and the senior women claimed their first titles in 1977/78.
- Eric then entered girls into local Young Athlete Open Meetings and teams into the Women's Cheshire League with such success that in 1973, Sale were elected to the second Division of the Motorway League and won promotion to Division 1 in its inaugural year and finished a respectable third in the first Division the following year. When the Northern League was then formed in 1973 (now known as the North of England T & F League), Eric was made its chairman, a post he held for many years and his teams won seventeen Championship titles and remained unbeaten when the league introduced seniors in 1994.
- When the UK Women's League was formed in 1975, Eric's renowned achievements resulted in Sale Harriers being immediately elected to the Premier Division where they've remained for the past thirty eight years and are the only British club to have done so. When the UK League changed its formation to seniors in 1994, Eric went on to win a hat-trick of senior titles in the following three years. Then, from 2000-4, his teams collected an unprecedented five successive UK Division 1 titles and smashed the leagues points record on two occasions.
- In the 38 years until 2012, Eric's teams won no less than twenty three UK Premier League titles; were runners-up on nine occasions; third on three occasions and fourth twice. ...and, until 2012 when he became ill, he had not missed one UK league meeting since its inception, a record of well over one hundred matches that's never likely to be broken.

- When the National Young Athlete's League was formed in 1990, again Eric was at the helm and Sale Harriers won a hat-trick of YAL Cups in its first three years and again in 1999 and was runner-s up on five other occasions. Since the inception of the league, Sale Harriers have appeared in every final thanks to Eric's tireless work as team manager.
- Then there were the National Jubilee Cups and in 1998 when the club eventually won it, it took Eric into managing Sale in European Club's competition. He led Sale Harriers into no fewer than thirty-five European contests over twenty-two years and was so admired was he by the European Clubs Cross-Country Federation, he was elected their vice-President. After the European Junior T & F Cup began in 1986, again Eric led Sale's youngsters to represent GB & NI and they finished runners-up in its inaugural year and Eric was elected Vice-President. Three years later, with a young team whose average age was just over seventeen, it was purely due to Eric's passion and dynamic leadership that Sale Harriers became the first British Club to win the European T & F Championships and went on to win it again in 1991 and 1994 to complete a hat-trick of European Junior Cup victories.
- The pinnacle of Eric's career may well have been in 2002 when Sale won all top domestic honours – the UK Women's League, the National U20 Cup, the National Senior XC Championships and the National Senior Road Relay title and by winning the senior trophy in the European Clubs competition that year also, Sale became the first club to contest three European Championships in the same year – Senior T & F, U20 T & F and Senior Cross-Country.
- In 2006 Eric, a member of the club's Executive committee for nearly forty years, was elected the club President. As an executive committee member and as President, he been at the forefront of every major club decision - the unique partnership between Manchester City Council and the development of the current innovative athletic programme for Manchester; the emergence of Sportcity as a leading venue for Athletics and Sale's Premier Division teams competing as City of Manchester Athletics. After the 2002 Manchester Commonwealth Games, he was closely involved in the development of a city wide athletics program; has been central to the expansion of Sale Harriers to the Wythenshawe Park site; was central in supporting the club's inner-city community projects often attending events late into the evenings and he's the club's main negotiator in its sponsorship deals to meet the demands of being a major national club.
- No-one had made a finer contribution to club athletics that Eric Hughes and his record of achievements is unprecedented.

OTHER AWARDS ERIC HAS RECEIVED ACKNOWLEDGING HIS EXCEPTIONAL CONTRIBUTION TO SPORT WERE;

- 1997 Sir Matt Busby Lifetime Achievement Award He was the first 'commoner' to win the honour placing him in the Hall of Fame with such greats as Sir Clive Lloyd, Sir Bobby Charlton and Sir Alex Ferguson.
- 2001 North of England Merit Award when his unrivalled record in the UK Premier League; his team's success in Europe as his achievements as Chairman of the Northern T & F League was recognised.
- 2002 The BBC Amateur Team of the Year Award chosen for the team's clean sweep of national titles in the previous two consecutive years that

led them to representing GB in three European Championships.

- 2012 Outstanding Contribution to Sport in Manchester Award for all his services to athletics in Manchester, within Sale Harriers and within the wider athletics community over the past 43 years.

(Frank Starkie was Sale's chairman when the club was rocked by his sudden death on March 28th 2006. Such was his massive contribution to athletics as chairman of Sale Harriers, chairman of BATFL; administrator to the NoEAA and to the development of the Young Athletes League, this award is made annually in his memory. Eric worked closely with Frank as an Executive club member and greatly admired him.)

MORRIS JEFFERSON

VOLUNTEER OF THE YEAR

Morris has been a member of Sale Harriers Manchester since 1959 (53 years). During this time he has been a high performing athlete, coach, volunteer and a driving force behind the club.

Morris love and dedication to Sale HM, its members and Athletics as a whole is second to none. Sale HM and Athletics in general could not function without people like Morris. He has coached hundreds of distance runners over the last 30 years from people looking to keep fit through to high performing athletes giving each and every person the same time, attention and dedication. He has also provided a countless number of volunteers to support not only club events but community and major events across Greater Manchester.

Any spare time Morris has is allocated to running events and raising funds and awareness for the club. He has dedicated a large portion of his life to the club and its members. Not only does he coach, lead events and coordinate volunteers but he helps to maintain the club archives, collating photos, vests and reports for future reference.

Some of Morris notable achievements are:

- In 1962/3 he became the fastest UK Junior over both the Mile and Half mile with times of 1 min 51.2 secs and 4 min 05.2 secs. These times were produced on a cinder track and would still win him national titles today!
- In 1963/4 he was part of the Sale Harriers Junior team who finished 2nd of 104 teams in the National Cross Country Championships. The same team also won the North of England title and the East Lancashire title.
- In 1964/5 Morris was one of 4 young Sale HM athletes to set a new British record in the 4x880yd in a time of 7 mins 38.6 secs.



- When injury put a stop to his impressive running career, Morris took to volunteering. He organised and delivered the Sale10 race every year for over 20 years until 2012 building its reputation up to Britain's Premier 10mile road race. He co-ordinates most of the volunteer work for the club including the volunteers for the 2002 Manchester Commonwealth Games. He works with the MCC Sports Development team for which he also provides volunteers at events such as the Tesco Great School Run, Bupa Mini & Junior Run, Bupa Manchester 10k, Sport Relief Mile, Paralympic World Cup, AAA's event in Manchester and he attends all the school competitions that include 12 indoors, 3 outdoor and various cross county's every year. On a club basis, he attends numerous league matches and runs the extremely popular Sportcity indoor events that attract athletes of all abilities from across the country.

All of this becomes even more impressive when you learn that he walks and uses public transport to get to all his events and uses only letters by post and his home phone to coordination such a large number of volunteers.

Morris also goes beyond all expectations in his efforts to raise money for Sale HM. He has come up with many ways to raise funds from simply turning up at training with a donations box, to raffles, selling Sale HM merchandise and hosting social and competitive events.



NORMAN POOLE

RUNNER-UP COACH OF THE YEAR

Norman Poole is one of Britain's most respected middle distance coaches who's coached at Sale Harriers for almost thirty years after injury put paid to his own successful

middle distance career. A Level 4 coach (also in possession of a Master Coach Award given by Britain's Head Coach Frank Dick), he's been President of the prestigious British Milers club (BMC) for many years. He currently coaches a large squad of the region's top middle distance athletes and over the years, has been the personal coach to athletes winning more than twenty National Senior AAA titles over 800m, 1500m and 5000m. Just a few of these athletes included Diane Modahl, Ann Williams/Griffiths, Kevin McKay, Paula Fryer, Craig Winrow, Tom Lancashire, Mike Rimmer and Jon Wild. Some of his other achievements are:-

- Was a member of 2012 Team GB as personal coach to Mike Rimmer.
- Accompanied the GB Team at the Seoul Olympics (88) as personal coach to Diane Modahl.
- Was the GB National Event Coach for 800m and 1500m from 1990-97 during which time he attended numerous World, Olympic and European Champs as an Endurance Team Coach. This included the Barcelona Olympics (92) where he was also personal coach to Diane Modahl, Ann Griffiths and Kevin McKay.
- He had personal athletes Kevin McKay and Craig Winrow in the Atlanta Games.
- Accompanied the GB Team at the Beijing Olympics as personal coach to Mike Rimmer and Tom Lancashire.
- Was England's Endurance Coach at the Manchester (2002) and Melbourne Commonwealth Games.
- Was the winner of England Athletics North West Regional Awards 2011 for Service to Coaching.
- Was the winner of England Athletics National Award 2011 for Services to Coaching.



Eric Hughes

4 FEBRUARY 1929 – 15 MARCH 2013

CLUB PRESIDENT & WOMEN'S TEAM MANAGER



This is a tribute to Eric Hughes, Sale Harriers colossus who was club President and women's team manager. His awesome achievements are documented in the Harrier magazine that was printed and ready for distribution at the time of his death. The Club extends deepest condolences to his wife Doris and children, Lisa and Stephen, and to their extended family. We thank them also for the fifty years of support they gave Eric so he could achieve what he did to make Sale Harriers Manchester proud and great among Britain's athletic clubs.



2005 A combined men's and women's team claimed an excellent 3rd place in the Jubilee Cup final to firmly establish the club as one of the best combined teams in the country.



2008 Eric receiving an England Athletics award from the Mayor of Manchester.



2009 The senior women competed in the European Champion Clubs Cup (Group B) having qualified courtesy of their UKWAL victory that year.

“It was an honour to have had you as such a great team manager supporting and developing me as an athlete over the past 15 years. I will try and keep doing what you and Jack Terrill taught me”

Jenna Hill



2005 Eric leads his team to retaining the UKWAL title for an unprecedented 6th successive year.

“So many successes and so much time for others. Thanks for everything”

Mike Heath (BATFL)

“Eric was one of the nicest people I had the pleasure to know. He was Mr Sale Harrier and he is totally irreplaceable. Heaven is very lucky to have him”

Karen Lannon

“He was a tremendous team manager - his personality convinced me to join Sale, and his unwavering support meant that I never once considered leaving!”

Julie Crane

“It has been a brilliant experience to have known you and worked alongside you over many years”

Jack Frost (Club Treasurer)

“Eric always gave great support to his athletes no matter where a meeting was being held and I will miss him greatly”

Lucy Evans

“Eric is an inspiration to so many women in athletics, he leaves behind very big shoes to fill”

Joanne Street

“He was the kindest, most caring and dedicated man I know in the athletic world. He gave his life to our club and without him we wouldn't have won the Premiership 10 out of the last 11 years”

Jessica Taylor

“Eric was a remarkable man and manager and will be dearly missed”

Cara O'Brien

“Terribly sad news. Condolences to his family. I can't believe it”

Abigail Irozura

“He made a massive contribution to the person I am today so thank you Eric RIP”

Louise Whittaker



2007 With BAL team manager Dean Hardman whose men won their League title for a club double. Thirty years earlier Eric had set out for Meadowbank Stadium with a young, inexperienced team to win the UK League title by beating host club Edinburgh Southern for the first time ever on their own soil. Three decades later history repeated itself and Eric team clinched his 20th championship title in the 33 years of the League.

“Steve Hughes, myself and others in our group, Steve Hampson, Mike Burgess, and John Harrop, just to name a few all had a wonderful relationship with Eric. He showed great dedication to all runners; it didn't matter whether they were elite or middle of the road he cared about them belonging to a community”

Martin Tighe (Providence RI)

2010 European Clubs Champions Cup in Switzerland.



2013 Eric died two days before he was awarded The Frank Starkie Memorial Cup by BATFL. His daughter Lisa, son Stephen and grandson Gareth received the trophy at Sportcity from Mike Heath and Alan Johnson representing BATFL with club chairman David Brown CBE in attendance.



1991 UKWAL Premier League Champions: In his 38 years until 2012, Eric's teams won no less than twenty three UK Premier League titles; were runners-up on nine occasions; third on three occasions and fourth twice.



1992 Eric's left and right hand assistants Bill Nichols (RIP) and Barry Wilkinson at the European Clubs Junior Cup.

“I loved competing for Eric who has always believed in me and supported me immensely over eight years. I was lucky enough to share many away days with Eric and I'll always remember his enthusiastic stories and how they made us laugh. His contribution is outstanding and I will remember him fondly with a smile”
Sara Holt



1992 With Eric as Manager, Sale Harriers became the first British Club to win the European Junior T & F Championships the first of an eventual hat-trick of European Junior Cup victories.

“What a tremendous man, the pillar of Sale Harriers respected by everyone who knew him. A great loss to his family and his extended athletics family”
Roy Swinbank (Vice-President)



1999 McDonald's Young Athlete's League Champions.

“Eric has been ever present in my athletics career, since joining Sale Harriers at the age of 10. As I progressed through the age groups, Eric was always at every meeting with his record bag, clip board and Harriet the Harrier. He ensured he knew every athlete's name, and was always there to greet an athlete when they arrived at a meeting; offer advice before a race and congratulate them on their performance. Eric had a unique skill for not only identifying athletes with talent and encouraging them to compete for the team, but also to develop team spirit and commitment in the athletes he worked so closely with. With Eric's support and guidance, which was unwavering and nothing was ever too much to ask, many athletes have gone on to perform at the highest level, and Eric always knew how every performance had gone and was ready to listen when you next saw him. Eric has been not just a manager to me but a mentor and true friend”
Alison Pye



2000 He managed teams to numerous North of England League Championships.



2000 Jubilee Cup Champions for the second time. When they first won it 1998 after seventeen attempts, Eric took his teams into European competition. No fewer than thirty-five European contests over twenty-two years and was elected vice-chairman of the European Clubs Cross-Country Federation.

“May I extend my condolences to Eric's family on their loss. This is especially in remembrance of Eric taking an active role in supporting Jasmine's involvement in the higher level club competitions competing in hammer, shot put and discus. His support has been so very beneficial to her development as an athlete”
Mark, Ruth, Charles and Jasmine Burke



2000 UKWAL Champions – for the 14th time.



2000 With his wife Doris and Lord Mayor of Manchester at centenary dinner

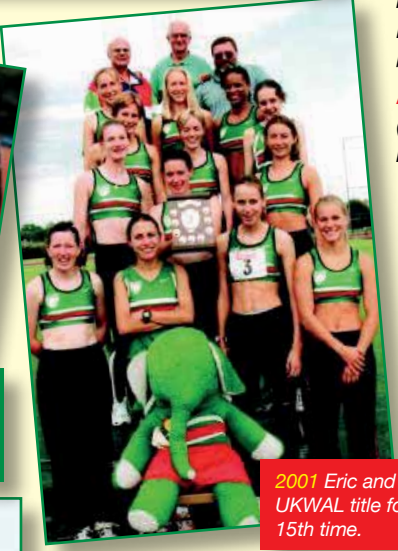
“I remember after the World Championships in Rome 1987 he took Susan, Pippa Baker and myself out for a meal which was excellent. He always knew how to get the best out of his athletes and we had some amazing trips around the country and he would rope me in as an official so I didn't have to pay for the Hotel or coach journeys. One memorable trip for Susan and I was the European Club Cross-Country Championship in Northern Italy. Eric seconded me as Team Coach who would look after the women and take them on easy runs. It was fantastic”
Jim & Susan Crehan



2001 At a Manchester Town Hall Banquet when the City celebrated Eric's record of achievements that year winning the UKWAL League, Jubilee Cup and Men & Women's National Junior League Champions. He also flew the club flag in the European Club's Champions Cup in Yugoslavia.



2002 As National Junior League Champions, Eric took the team to the European Junior League Cup at Rennes where they finished runners-up.



2001 Eric and his team win the UKWAL title for an unprecedented 15th time.



2001 Jubilee Cup Champions for the 3rd time in four years.

“Eric was such an enthusiastic, driven and committed man who has always been such a strong figure in the sporting life of any Sale Harrier. He was the driving force behind the consistent success of the Sale Harriers Women's Team: reliable, full of enthusiasm and support for every athlete and every event. Under his management, I was privileged to be part of some 'golden years'. Eric was also hugely supportive of athletes as individuals and their pathway to success. He was happy to put their needs before those of the club and delighted in every athlete's achievement: whether a new PB or performing at an international level. Eric was unquestionably a high achiever who achieved an incredible amount of success for himself and others. His hard work ethic, no nonsense approach and determination, are an example for all and it is because of him that so many athletes thrived at the club. I was 14 when I first came to Sale Harriers and Eric immediately gave me the nickname of 'Shirley Temple' which he would use for the next 20 years! I will miss him dearly. Like many others, I am sure I will still be looking out for him at athletics' events. I'll remember him best with clip board in hand, full of good humour and focus. I'm so proud of my Sale Harriers roots and know that Eric's achievements and influence will continue to live on at the club and beyond. With thanks, gratitude and happy memories”
Amy Waterlow
(whilst altitude training in Colorado)

2003 As National Junior League Champions, Eric took his team to Moscow where they came a brilliant 4th in the European Junior Championships.



“I worked with Eric almost 20 years as an executive committee member and as club magazine editor and website manager. Thank you, Eric for your lifetime of boundless energy, selfless dedication, ready support, tenacity, managerial expertise, insight, and untold personal generosity and kindness to the countless athletes and colleagues in Sale Harriers”
Fechin McCormick



2002 The senior women took GB back into the big time of European Premier league competition when they became European 'B' Champions in Amsterdam.



2003 His senior women become National Road Relay Champions again.

LIFE MEMBERSHIP

FECHIN MCCORMICK

Fechin McCormick first joined Sale in 1975/76 from Gateshead Harriers. After less than a year his work required him to leave Sale and became a member of Liverpool Harriers ('76-79), Telford AC and Wirral AC before returning to Sale Harriers again between 1982 -1986. It was during these years he recorded his best marathon times of 2:27.30 (London '83); 51.20 for 10 miles; 31.30 for 10k and 68.00 the half marathon. As his profession again took him around the country, he became a member of Cheltenham AC, Gloucester AC and Swindon Harriers before finally returning to Sale in 1993.

Soon after he arrived, he undertook production of the club magazine and developed it into a quarterly 24-page, full colour magazine that became the envy of every athletic club. He produced it quarterly for eighteen years until the economic down-turn necessitated it become an annual review from 2011. As well as communicating club news; it's an invaluable club record, promotional tool and an ideal vehicle uniting all three club sites.

In 2002, he launched the Sale 'Sizzlers' that's become a very popular summer series of four 5k runs/races in Wythenshawe Park for all abilities that have the dual objectives of promoting community health and encouraging athletic excellence. With up to 500 in each one, they are now the most successful of their kind in the North of England.

With the emergence of the club website, Fechin took responsibility and, with a team of skilled administrators looking after the 'engine-room', he weekly ensures all the weekend activities are accurately researched and posted on the website within forty-eight hours, most often researching and writing them himself. He sends out weekly email alerts to prompt people to read the postings whilst, at the same time, communicating other important club news or business. Recently, he's overseen the launch of the new Sale Harriers Facebook site that further improves club communications.

As an Executive Club Committee member from about 1995, he's been involved in most of the major club decisions in that period. He also represents the club on the Manchester Athletics Network Committee. For six years, he was the veteran men and women's team manager and, for most of that period, also managed the Tuesday senior endurance section training and the Sunday morning runs.

Currently, he welcomes and inducts all the senior endurance newcomers giving particular attention to the growing 'beginner's group. These roles further involve him in wider club administration. He co-ordinated the initiative to set-up the Junior Club Record section for the website; is working with Manchester Metropolitan University in a major research project involving 200 club athletes and continually liaises on behalf of the club members and others disseminating information, correspondence, membership enquiries, sponsorship enquiries, team management issues, training requirements etc.

He's greatly honoured to be awarded Life membership of one of Britain's finest athletic clubs and thanks those who supported his nomination.



Two club members – **Fechin McCormick** and **Ann Jackson**, were awarded Honorary Life Membership at the 2012 AGM. In the words of the constitution, "Honorary Life Membership may be granted to any member who in the opinion of the Executive Committee has rendered outstanding service to the club. Such approval shall require the support of 75% of members present and voting at the meeting. Congratulations to both them.

ANN JACKSON

Ann Jackson was introduced to Sale Harriers in 1984 by the headmaster of Flixton Junior School, Mr Seddon when he encouraged their daughter Louise to join the school's cross-country team. Her husband Bill eventually became a member and this left Ann with Kevin joining into the fun and games of the Yellow Group. Ann eventually took over the 'Yellows' group when circumstances within it changed.

In 1986 she became a club member and, later in the year, took the first steps into becoming a coach along with numerous others. It was in October 1992 that Jean Dutton, David Brown, Brian Spriggs and Ann (with others) sat in an Irlam Primary School dining hall to sit the first paper enabling them to become Level 1 UK Athletics Officials in various disciplines. She chose track judging and progressively climbed the not so greasy pole to become a level four official.

She's had many memorable times during her years as an official both on Track and at Cross Country with the 2002 Manchester Commonwealth Games being the icing on the cake. She spent two weeks in the Official's Village which was student accommodation housed in a former 19th century industrial building. She had dual identity being a 'Green Official' and a 'Purple Volunteer' at Owens Park where she was attached to the Athletics Information team. It was there she came face to face with Her Majesty Queen Elizabeth.

Unfortunately, health problems put a stop to her coaching career and official duties but she has been with the Membership Admin team for five years where you will find her most Tuesdays and Sundays chained to the desk by Captain Jean! Her Committee involvements included the Primary Section, the Executive Committee with the Membership Committee being now her one remaining duty.

The circle comes full circle as her daughter Louise, following university, marriage and children, has rejoined the club along with her elder child Charlie. She wonders how old, infirm and senile she'll become before she's told Life membership doesn't mean a life sentence! She thanks Sale Harriers for the honour and award of Life Membership.

The other Sale H Life members are Susan Lamb, Matt Belsham, Don George, Kevin McKay, Sue Crehan, Shelly Holroyd, Darren Campbell, Allyn Condon, John Stalker, Carl Hamilton, Morris Jefferson, Philip McDonnell, Brian Thirley, Peter Scofield, Anne Marshall, Dave Farmer, Beryl Fleet, Jack Frost, Hilary Thomas, Kath Dickenson, Eric Hughes, Nick Peach, Steve Peglar, Earl Tulloch, Geoff Tyler, Paul roden, Michelle Scutt, Dave Rodgers, Andrew Ashurst, David Brown CBE, Anne Griffiths, Julie Holland, Diane Modahl, Paula Hopley and Sonia Boyer.



CLUB ACHIEVES 'CLUB MARK' STATUS

A 2012 highlight was Sale Harriers awarded 'Club Mark' status by England Athletics.

'Club Mark' is a valued, nationally recognised kitemark of quality built around a set of core criteria which ensure that clubs operate to a set of consistent, accepted and adopted minimum operating standards. The process of gaining club accreditation was achieved by completing a portfolio of evidence that demonstrate that the club's infrastructure and process meet required standards. Well done and thanks to the Primary Section who provided most of the evidence and did the bulk of the work. The kitemark ensures that Sale HM is nationally recognized as providing an 'active, accessible and accredited' club environment and this recognition will appear on club letter-heads and on the website. Sarah Friday of England Athletics presented the certificate to Chairman David Brown CBE at November's Primary Section's Presentation Evening.



SUEN AWARDED FREE TRAVEL

Gifted high jumper Suen Okome from Moston received a valuable grant of free bus travel from Greater Manchester Transport to assist him get to his training at Eastlands and because he devotes several hours each week to help coach the club's youngest jumpers. Anthony Barbet, a staunch supporter of the young athlete section who's done stalwart work compiling the new junior club records, submitted the application, explaining how Suen has to get three buses each way every day and, even with his student discount, that's very expensive. He got Suen's Member of Parliament, Tony Lloyd on the case and contacted Transport for Greater Manchester and Sean's local Councillor, Rosa Battle. The photo shows the presentation with System One Travelcards, Tony Lloyd MP and club representative Fechin McCormick.

CLUB YOUNG ATHLETES OF 2012

Every year the club chooses its two most outstanding young athletes, one male and one female, as 'Club Athletes of the Year' and honours them with the Darren Campbell MBE Award. The 2012 awards went to 400m sensation **GEORGE CADDICK** and talented multi-event specialist **BROGAN CROWLEY**.

GEORGE CADDICK

2012 was the big breakthrough year for 400m specialist George Caddick. He started disappointingly with an extremely questionable disqualification at the Loughborough International; however this became a distant memory as he racked up career best's one after another. At the UK U20 Championships, where he'd won the silver in 2011, George again dominated the competition throughout culminating in a commanding win and the Gold medal. Three weeks later, he defended his 2011 English Schools senior title with a PB of 47.05 again in convincing style. He also competed in the Olympic Trials where he performed extremely well from the inside lane. Later in the season, he then won again at the Cardiff International and, as this was part of the lead up to the Olympics, a further feather in his cap. Of his many great performances during 2012, his most remarkable achievement was the consistency in which he ran race after race producing U20 best performances



BROGAN CROWLEY.

Multi-event specialist, Brogan Crowley began the 2012 season with an ankle problem, which meant that she couldn't train for the javelin, long jump, high jump, 200m or 800m. When a diagnosis was finally confirmed, she and her coach (Chris Bartram) decided to try and carry on till the end of the season before treatment. She began with regional rounds in Combined Events in the English Schools at Jarrow; dominated the competition and came away with a new PB combined events score. She then moved onto the National Championships in Bedford and again set a new heptathlon PB.

In August she won her first international vest for England, where once again she had an emphatic win. For the club, Brogan was also a regular member of the under 20 team and was selected for the seniors to run in the UK Women's League. July was the English Schools individual events where she shocked everybody by emphatically winning the senior girls 100m hurdles, a no mean feat for a heptathlete. Her season finished on a bittersweet note. In the final of the English Schools Combined Events, on the first day Brogan broke the all-time 100m hurdles record with an astonishing 13.85. She achieved PB's in the 200m and shot and was in the lead at the end of the first day until, unfortunately, on the second day, her ankle gave way in the long jump and she had to retire. During the season Brogan achieved PB's in the combined events 100m hurdles, long jump, javelin, 800 and 200. Said her coach, Chris Bartram, "We've agreed Brogan's targets for 2013 and they are very challenging. But with her talent, determination and tenacity I'm convinced she'll succeed".

The Club's Young Athletes Awards began in 2005. Athletes are nominated by coaches and team managers and decided by the club's executive committee. Previous recipients are:

- 2011 **Ahtollah Rose and Clovis Asong**
- 2010 **Katie Byres and Jack Andrew**
- 2009 **Abigail Haywood and Niall Brooks**
- 2008 **Abigail Irozuru and Andy Sutcliffe**
- 2007 **Rebekah Wilson and Andy Robertson**
- 2006 **Katherine Sherry and Ezekiel Rowe**
- 2005 **Kathia Lannon and Darren Hammond**





Elin Jones nominated by her sister

Jennifer Simmons – first ever race on the Olympic track

REMEMBER LONDON 2012?

Remember London 2012?

Remember Super Saturday and that greatest night in British athletics history?

Remember Mo's magic moments in conquering the world? Remember Bolt blitzing the field to become a legend in what were potentially the greatest Olympic sprint finals in history? Remember world record holder, majestic Rudiska invincible in the 800m?

Remember the roaring that followed the athletes?

These were just some of the magic moments from an unforgettable London 2012... and Sale Harriers was amongst it all either as competitors, officials, coaches, torch-bearers or in the build-up to the Games. This is the club record of all of them...

OLYMPIC ATHLETES:

Sale had five athletes compete in the majestic cauldron - **Stuart Stokes**, **Kate Dennison**, **Andy Turner**, **Alex Smith** and **Seyi Smith**.

OLYMPIC OFFICIALS

- Club Chairman **David Brown** CBE Track Official and director of some road events.
- Club secretary **Carol Brown** Track Official

FECHIN McCORMICK

- Club Doctor **Dr Neil Fisher** attended as a Sports Doctor working alongside other Sports Doctors, field of play teams, physiotherapists and masseurs. His role covered the warm up track, the athlete medical room and integration into the field of play teams, along with liaising with team doctors, antidoping and the IOC medical team.
- Endurance runner **Colin Gell** was a Wrestling National Technical Official based at the Excel Center in London. His responsibilities included time/score keeping, medical control, athlete call-up etc.
- Endurance runner **John Smith** was an Olympic Ambassador in Manchester who welcomed visitors from all over the UK and the world during the Olympic and Paralympic Games. He was also responsible for crowd security when the torch arrived in Manchester.



Colin Gell, National Wrestling Official

COACHES

- Pole Vault coach **Julien Rafelli**, as **Holly Bleasdale's** coach, was part of the GB Athletics coaching Team and received AO accreditation which gave him access to the holding camp, the Olympic Village and the training/competition venue.
- Endurance coach **Norman Poole** was also part of the GB coaching team as personal coach to 800m specialist **Michael Rimmer**.

MEDIA

- **Diane Modahl** worked as an expert contributor with BBC on various programmes including Radio 5 Live, News 24, Blue Peter, The One Show. She was in the stadium when Mo Farah won his second gold medal.
- 400m Olympic hopeful **Kelly Massey** & 10 year old **Lizzy Twite**, **Bethany Thornton** and **Tia Blisset** were part of the National Lottery advert regularly screened on TV in the build up to the Olympics.

OLYMPIC CONTRACTS

Richard Potter, a member of the endurance section and managing director of his own textile company, won the contract to manufacture and fit all the curtains for the Athlete's Villages at Stratford and Weymouth. It was a massive contract that covered surveying, making and installation of curtains and tracks in 16,000 windows across the Stratford and Weymouth villages. All had to be in a navy blue blackout fabric as selected by the IOC, the main consideration being a good night's sleep, hence the blackout requirement. The total fabric requirement was something like 55 miles. All 16,000 windows had to be measured and took place in December and January. They then started manufacturing the curtains at the end of December and finished installing in July.

OLYMPIC TORCH CARRIERS

8000 Olympic torch bearers carried the Olympic torch across Britain, all of them chosen because of how their stories inspire others. Those Sale Harriers who carried the torch and will never forget the excitement, crowds and atmosphere were:-

1. U17 Welsh sprinter **Elin Jones** was nominated by her younger sister Anna and carried it in her home area on the same day as she sat her English GCSE exam.
2. Club coach and physiotherapist **Andy Walling** was nominated for his tireless work "to aid and develop individuals and teams locally and nationally, from old age pensioners and struggling athletes to the British Walking Team. He carried the torch in Caernarfon.
3. Sprint legend **Darren Campbell** MBE was nominated for his services to athletics and also carried the torch in Wales.
4. **Diane Modahl**, four times Olympian & Commonwealth Games 800m Champion was selected for her inspiration of other athletes and carried the torch through Preston. Along with about 30 other torch bearers we met at the Preston Guildhall, dressed in our torch bearer kit, bursting with excitement. None of us were prepared for the 1,000 of cheering people who lined the streets. Said Diane, "I had the pleasure of competing in 4 Olympic Games but this experience has to be one of the highlights in my career as it was shared with friends, family and many people who made that 18 year career possible.
5. Sensational young sprinter **Clovis Asong** was selected by UK Athletics for his inspiration as a sprinter and carried the torch in Blackpool.
6. High Jumper **Adele Lassu** was nominated for her services to athletics and carried the torch in Birmingham.

COMPETED IN OLYMPIC STADIUM

Thirty two Sale athletes were among the chosen few who had the privilege to be among the first ever to compete in the Olympic Stadium. They participated in the BUCS Championships that was a test event before the Olympics. **Jennifer Simmons** had the exceptional honour of being the first ever to race on the Olympic



Andy Walling Tireless community work

track. Those who also had a lot to be excited about because they were awarded their first medal in the stadium were **Chris Wakeford** (won an outstanding 400mH silver medal with a PB), **Ricardo Twumasi** (won triple jump silver and another big PB), **Abigail Haywood** (Pole vault silver), **Rimas Martisauskas** (Shot silver), **Richard Shuttleworth**, (javelin silver) **Paul Walker** (pole vault bronze), **Jess Taylor** (long jump bronze), **Emma Perkins** (high jump silver), **Jack Hallas** (200m silver) **Umar Hameed**, (4 x 100m relay bronze).

Other Sale Harriers who'll never forget they competed in the Olympic Stadium were **Susan Tengtenga** 100m, **Victor Bako** 200m, **Tyra Watson** 800m, **Jennifer Simmons** 400m and 400mH, **Tom Atkinson** 800m, **Josh Oguntayo** 800m, **Dave Proctor** UKA 3000m, **Callum Rowlinson** 10000m, **Callum Greenwood** (1500m), **Mark Windsor** 10,000, **Danielle Rooney** 100mH, **Jasmin Dotzek** 100mH, Long Jump and Shot Putt, **Dan Needham** 110mH, **Dave Hughes** UKA 400mH, **Abigail Fitzpatrick** 400mH 7th, **Chris Baker** UKA High Jump, **Andy Sutcliffe** UKA Pole Vault, **Jana Brozova** Pole Vault, **Emma Andersson** Pole Vault, **Allan Hamilton** Long Jump 4th, **Jacob Brown** Triple Jump, **Scott Wong** Shot Putt, **Alex Smith** UKA Hammer, **Chris Craig** UKA 200m, **Kath Endacott** UKA 100m.

- Pole vaulter **Matthew Cullen** was a coach in the Olympic Stadium during the UK School Games. we also had athletes **Beth Bolton** (ran in the 300 hurdles) and **Marnie Wells-Nichols** (ran in the 80m hurdles).
- U17 Welsh sprinter **Elin Jones** competed for team Wales in the Olympic Stadium.



CHAMPIONSHIP HIGHLIGHTS ROUND-UP

**FECHIN
McCORMICK**

The club competes in all the major leagues, cups and championships, regionally and nationally. The detailed reports of all of them have been posted throughout the year on the club website as they occur. National and international individual representations are recorded elsewhere in this magazine in the Roll of Honour. This round-up is a record of the year's highpoints... the memorable moments.

LONDON 2012

The club had five Olympians...

Stuart Stokes, Britain's top steeplechaser for a decade who's represented GB & NI at the last three Commonwealth Games (Delhi, Melbourne and Manchester), culminated his illustrious twenty year career and his first Olympics with a fine run in the steeplechase to finish 12th.

Andy Turner was the Commonwealth and European 110m Hurdles Champion with a list of National and international achievements that date back a decade. Injury plagued his season and he was 'gutted' to be eliminated at the semi-final stage.

Alex Smith has been Britain's No1 hammer thrower in every age group since 2006, the highlights being the 2010 Delhi Commonwealth Games silver medalist and the Commonwealth Youth Games Champion. He went out in the early rounds with a best distance of 74.71m.

Kate Dennison was 'devastated' after this, her second Olympics, ended in disappointment caused by a wrist injury during the qualifying rounds. Kate was Britain's No 1 pole-vaulter for many years and improved the British record nine times in 2009. She's finished 6th at the World Championships in Berlin and 6th in the 2010 European Championships and won bronze at the Delhi Commonwealth Games.

Seyi Smith is a top Canadian sprinter who was a member of the Canadian 4x 100m relay. In the final, they finished in third place but were disqualified when one member stepped on the lane line so the medals were re-awarded to Trinidad and Tobago.

NORTHERN 12 & 6 STAGE ROAD RELAYS

The memorable thing of this championship was team manager Dave Rodgers turning out twenty-four runners with an 'A' team, finishing 6th, that qualified them for the National 12-Stage Championships.

NATIONAL 12 & 6 STAGE ROAD RELAYS

Despite finishing twenty-fourth, the senior men at least retained their 6th Northern team place from the Northern Championships two weeks earlier.

NORTHERN 6 & 4 STAGE & Y.A. ROAD RELAYS

The men won superb bronze medals at Leigh behind Liverpool H & AC and Salford AC. This was their best result for many years. Team managers did superbly well for getting out five men's teams and four women's teams, that

resulted in over 45 athletes representing the club.

The U13 girls won their title with Aine Cunningham running the fastest 3k of the day. U17 Megan Davies also had a great run with the third fastest time of the day. The senior ladies finished three full teams with strong performances from Lucy O'Gorman and Jan Nicholls.

NATIONAL 6 & 4 STAGE & Y.A. ROAD RELAYS

A youthful 'A' team, finished a commendable 5th, equalling the club's highest place since 2008 and considering the team was only 30 seconds from medals and a minute off becoming National Champions, it was probably the section's best performance for twenty years. The young athletes' relays were cancelled due to an e-coli outbreak at Sutton Park.

NATIONAL CROSS-COUNTRY RELAYS

The highlight was the U13 girls winning magnificent silver medals and the trio of Aine Cunningham, Ellie Twite and Olivia Green recording the club's best result for twenty years. The club's formidable U20 men produced the club's best position since the section won medals way back in 1999. At one point the team were in the silver medal position but finished a fine 6th.

NORTHERN OUTDOORS T & F CHAMPIONSHIPS

This Championship was significant for:

- Kevin Metzger who smashed the U15 triple jump record that catapulted him into the top twenty all time and number one in the UK for 2012.

- Amy Williams who broke the Championship long jump record and won the gold medal
- Olivia Callaghan who won her 100m gold medal just a couple of months after she suffered a burst appendix whilst on warm weather training in Spain.
- Ahtollah Rose who leapt to a new championship record of 12.48m to win the bronze medal.

COUNTY XC CHAMPIONSHIPS

The club produced its best result for a decade in County Championships.

- In Gtr. Manchester, the U13 girls made club history in winning gold and bronze Olivia Green was also the individual winner. The U15 girl's won silver and bronze medals with Aimee Pratt also the U15 individual silver medalist.
- The U17 girl's won silver medals with Megan Davies winning individual bronze to add to her gold from last year.
- The U15 boy's also became champions as did the U20 men with Ryan Moore taking the U20 silver medal. The U17 girls won silver medals and the U17 boys and senior men won bronze medals with Gaz Raven also winning individual bronze
- In the Derbyshire cross-country Adam Roden won U17 bronze & Luke Betts won junior bronze in the Lancashire Championships

NORTHERN INDOOR T & F CHAMPIONSHIPS

The club had seventy athletes compete in this with virtually everyone achieving a season's best or a lifetime best. Sale athletes won 9 Northern titles, 12 silver medals and 9 bronze medalists. Those who won Northern titles were Roy Ejiakuekwu (U20 60m). Jona Ofoloko (U15

60m), Nathan Selby (U20 200m), Clovis Asong (U20 400m), Darren Hammond (Senior High Jump), Abigail Haywood (Senior pole vault), Kevin Metzger (U17 Triple jump) and Amy Williams (U17 long jump – also a Championship record and U17 triple jump).

NATIONAL INDOOR T & F CHAMPIONSHIPS

In the U15, U17 & U20 England Athletic championships Clovis Asong returned to top form by winning the U20 400m England title whilst Amy Williams won magnificent triple jump silver, Nathan Selby U20 200m silver and James Radcliffe U15 300m silver.

In the senior championships that incorporated the Euro Trials, pole vaulter, Katie Byres won the silver medal for the second year in a row, behind Olympian and former training partner Holly Bleasdale who jumped 4m 77 for the highest vault in the world this year. Earlier, Katie broke the Birmingham Games record at the NIA when she cleared 4m 30. Nick Gayle won bronze in the 60m hurdles and Jenny Simmons was delighted with her latest U23 400m PB.

NATIONAL MULTI-EVENTS INDOOR CHAMPIONSHIPS

Jack Andrew and Daniel Needham became the England U23 silver and bronze medals respectively and Brogan Crowley won a tremendous U20 bronze medal. All three received international representations for their achievements. Jess Taylor also won a well deserved Northern bronze medal. In the U15 Championships, the two youngest members of Chris Bartram's group, Grace Boyer and Megan McHugh did extremely well. Grace finished 9th out of the top 40 competitors in the country and also finished 3rd in the North

and 2nd in the North West with 5 PB's. Twelve year old Megan finished 14th and 3rd in the North West with seven 7 PB's.

NORTHERN CROSS-COUNTRY CHAMPIONSHIPS

This Championship is memorable for:

- The U13 girls who won the Northern XC title with the club's lowest ever points total making it probably the sections' most resounding victory ever. Aine Cunningham was also the individual silver medalist.
- Georgia Taylor Brown's impressive U20 victory and her 4th Northern medal (and 2nd Northern title) just days after she'd returned from Australia where she'd finished 3rd in the individual Youth Olympics Triathlon and also won a bronze medal in the mixed Triathlon relay.
- The U20 men won bronze medals and they were only seven places off becoming the title holders and one place off being the silver medalists.
- The U15 girls won magnificent bronze medals, a section result bettered only once since before the girls were born.

NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

Our U13 girls won fantastic silver medals to add to the sections bronze medals from last year and the sections best result since 1999. Northern XC silver medalist Aine Cunningham, was first home in 6th place with Niamh Nugent, Eleanor Twite, Olivia Green, Francesca Brint, Frankie Davis and Mairead Power all part of the successful squad. This section ended the season as the Northern Cross-Country Champions, the Northern Road Relay Champions, the National XC silver medalists and the National XC Relay silver medalists. Individually, through 2012/13 Olivia Green collected eight championship team medals - 3 National, 3 Northern and 2 Counties with Aine Cunningham four - 2 Northern and 2 Nationals followed by Ellie Twite, Claudia Cowan, Niamh Nugent, Francesca Brint and Frankie Davis also winning team medals.

Sale Harriers Manchester

Roll of Honour 2012

Major Championships Participants and Medallists

Olympic Games, London:-

Kate Dennison (GBR) Pole Vault
Alex Smith (GBR) Hammer 12th
Stuart Stokes (GBR) 3000m Steeplechase
Oluseyi Smith (CAN) 4x100m
Andy Turner (GBR) 110m Hurdles

European Championships, Helsinki:-

Brian Gregan (IRL) 400m
Sarah Holt (GBR) Hammer
Abigail Irozuru (GBR) Long Jump
Kelly Massey (GBR) 400m
Andrew Sutcliffe (GBR) Pole Vault
Laura Whittingham (GBR) Javelin
Georgia Taylor-Brown (GBR) European Junior Triathlon

World Indoor Championships, Istanbul:-

Katie Byres (GBR) Pole Vault

European Cross Country Championships, Budapest:-

Simon Horsfield (GBR) U23 Team Bronze
Charlie Hulson (GBR) U20 Team Bronze

Age Group Championships Representatives

World Junior Championships, Barcelona:-

Katie Byres (GBR) Pole Vault

World Junior Duathlon & World Youth Olympics Triathlon

Georgia Taylor-Brown (GBR) Champion & Ind.
Bronze & U20 Team Bronze

British & Irish Masters Cross Country International Belfast:-

Ian Wetherall (ENG) Vet 45 Team Gold

Other International Representatives

International Matches:-

Clovis Asong (GBR) 400m Lucy Evans (WAL) 100m
Fayee Harding (WAL) 400m Nick Gayle (ENG) 60mH
Kirsty Law (SCO) Discus Kely Massey (ENG) 400m
Sara McGreavey (ENG) 60mH Robert Mitchell (WAL) High Jump
Ryan Oswald (SCO) 200m Alison Rodger (SCO) Shot
Atollah Rose (GBR) Triple Jump
Andrew Sutcliffe (ENG) Pole Vault Jess Taylor (GBR) Pentathlon
Andy Turner (GBR) 110mH Paul Walker (WAL) Pole Vault
Ben Williams (ENG) Triple Jump
Georgia Taylor-Brown (ENG) Cross-Country

UK Championships Senior Medallists

Outdoors:-

Matt Bond 10000m Bronze Kate Dennison Pole Vault Silver
Kirsty Law Discus Bronze Alex Smith Hammer Gold
Andrew Sutcliffe Pole Vault Silver
Andy Turner 110mH Bronze Laura Whittingham Javelin Silver

Indoors:-

Katie Byres Pole Vault Silver Roy Ejiakuekwu 200m Bronze
Abigail Irozuru Long Jump Silver Andrew Robertson 60m Silver
Andrew Sutcliffe Pole Vault Gold

England Championships Senior Medallists

Chris Baker High Jump Silver Matt Cullen Pole Vault Gold
Abigail Haywood Pole Vault Gold Sarah Holt Hammer Gold
Abigail Irozuru Long Jump Gold Nick Gayle 110mH Silver
Rosie Semeentysh Javelin Silver Jess Taylor Heptathlon Bronze
Chris Wakeford 400mH Silver Laura Whittingham Javelin Silver

Indoors:-

Jess Taylor Pentathlon Silver

Welsh Championships Senior Medallists

Outdoors:-

Laura Douglas Hammer Silver Darren Lewis 400mH Silver
Robert Mitchell High Jump Gold Paul Walker Pole Vault Gold

Indoors:-

Robert Mitchell High Jump Gold

Scottish Championships Senior Medallists

Outdoors:-

Holly Belch 100mH Bronze Allan Hamilton Long Jump Silver
Kirsty Law Discus Gold Kirsten McAslan 400m Gold
Ryan Oswald 100m Silver Alison Rodger Shot Putt Gold

Indoors:-

Alison Rodger Shot Putt Gold

England Athletics Age-Group Medallists

England Athletics Under 23 Championships – Outdoors:-

Chris Baker High Jump Gold Abigail Haywood Pole Vault Gold
Daniel Needham 110mH Silver Andrew Sutcliffe Pole Vault Gold

England Athletics Under 20 Championships – Outdoors:-

Katie Byers Pole Vault Gold George Caddick 400m Gold
Kirsten McAslan 400m Gold Atollah Rose Triple Jump Gold

Indoors:-

Charlotte Dickinson Shot Putt Bronze
Atollah Rose Triple Jump Gold Nathan Selby 200m Bronze
Izmir Smajlaj Triple Jump Silver

England Athletics Under 17 Championships – Outdoors:-

David Campbell Pole Vault Bronze

Indoors:-

Allyssia Carr 60mH Bronze Lloyd Robbins Long Jump Bronze
Amy Williams Triple Jump Bronze

England Athletics Under 15 Championships – Outdoors:-

Kevin Metzger Triple Jump Gold Amy Williams Long Jump Gold

Indoors:-

Amy Williams Long Jump Gold

England Schools Championships:-

Clovis Asong (Senior) 400m Silver
George Caddick (Senior) 400m Gold
Jamal Crawford (Junior) Long Jump Silver
Brogan Crowley (Senior) 100mH Gold
Daniel Heald (Senior) 200m Gold
Lisa James (Senior) Long Jump Silver
Nathan Selby (Senior) 200m Bronze
Amy Williams (Junior) Long Jump Gold

PRIMARY SECTION

Sale Harriers Primary Section is for children aged 6 – 11 years and is based at the club's 'mother' site of Crossford Bridge in Sale. Arguably the largest and best organised in the country, it has a membership of about 200 with a current waiting list. It's organised by very committed and well trained club officials supported by a very large number of qualified coaches, volunteers and parents... but never enough so further helpers are always welcome. The section is a hive of activity throughout the year. Some of 2012's highlights are below.



TRAFFORD SCHOOLS CROSS-COUNTRY

The year started with a fantastic turn out of children for the Trafford Schools Cross-Country. This annual event brings Trafford Primary Schools together for four runs over the winter season and this year they had the highest ever turn out of girls and boys. Sale Harriers work in partnership with the schools to run a fantastic event with some of the talented Sale Harrier runners representing their schools. 2011/2012 saw Bowden Church School as the overall winners in both girls and boys events.

OLYMPIC FEVER GETS TO GRIPS

The Primary section held their annual Sale Festival meeting with over 300 entries that competed in the track and field event. A whopping fifty were under 9's with an incredible twenty-eight entries for the 75m boys sprint event. The section also welcomed nineteen athletes from the Isle of Man who took home a selection of medals. The Wilson meeting was another successful meeting with over 200 athletes taking part.



BURY MINI MEETING

In August 2012, Sale Harriers athletes were invited to take part in Bury AC's mini meeting. Ten of the Primary section's under 9 athletes took part and all the events entered produced a top 3 place by girls and boys. Some of those who took part were Dominic Reid, Kane Saville, Thomas Boyd, Sofija Dragisic-Wood, Sam Preston, Holly Scholes, Gabriella Hensman, Melissa Booth, Lucy Armitage.



INDOOR SPORTSHALL LEAGUE 2012

The 2012 Sportshall League runs over a three month period and all the Primary Section's young athletes competed against fourteen other Greater Manchester Athletics clubs. They proved again that Sale Harriers is a force to be reckoned with, with the under 11 boys coming 3rd overall and individual athletes gaining PB's in their chosen events with individual medals won. With the resounding success, two of the athletes were picked to represent Greater Manchester in regional competition.



PRESENTATION EVENING

The 2012 Presentation evening was another resounding success with the largest numbers of athletes ever coming to celebrate each other's achievements during the summer months. Sale Harriers were presented with Club Mark accreditation by England athletics representative Sarah Friday and Bob Spilsbury was awarded the Primary Section's Volunteer of the Year.



BRITISH ATHLETIC LEAGUE

Team Manager Dean Hardman

Sale's senior men T & F squad compete as 'City of Manchester' in the Premier Division of the British Athletic League (BAL). A school report card for the team in 2012 might read something like "A strong team, great individuals, but can still improve". The season began with a trip to Portugal for the European Champion Clubs' Cup, (the result of having won the League the previous year) where, given the standard of the opposition, the aim was to maintain GB's place in the elite division of the competition. This goal was achieved with ease, as we finished a solid 6th, without ever being in any danger of slipping into the bottom two. Indeed, with a little more luck, a top 4 position, which we held at the end of the first day, might have been possible.

The European match unfortunately clashed with the first round of British Athletics League fixtures, meaning that our Premiership meeting had to be rearranged, resulting in it taking place on the same day as the Bedford International Games and the BMC Grand Prix. Not surprisingly, this affected the strength of our team, particularly in the endurance events, and we ended up in a disappointing 6th position, despite great performances from Jack Hallas, George Caddick, Chris Wakeford, Alex Smith and Andy Sutcliffe, as well as sterling effort from all that turned out.

"Normal Service" was, thankfully, resumed in matches 2 and 3, with 2nd and 3rd place finishes in the two London matches securing our safety from relegation and briefly kindling hopes of another championship win. The strong performances of Shaftesbury Barnet meant that we were too far adrift going into match 4, where, for a variety of reasons, we could only manage 7th on the day, meaning that we finished 4th overall. Nevertheless, a number of athletes contributed a lot of points over the course of the year, and none more so than Dave Proctor in the middle distances, although Andy Robertson, James Bailey, Nathan Selby, Chris Wakeford, George Caddick, Pat Swan, Nick Samuels, Simon Horsfield, Matt Barnes, Matt Bond, Alex Smith, Andy Burgess, Andy Sutcliffe, Chris Baker, Brian Hall, Rimas Martisauskas and Rich Shuttleworth all pushed him hard. Being one of the top 4 teams in the UK is clearly something to be proud of, but given the circumstances, it is only right that we aim for better in 2013.

The season was not just about the team, especially in Olympic year, as a number of athletes shone as individuals. Alex Smith was the highlight, as he magnificently made the Olympic final, while Andy Turner, Stuart Stokes and Seyi Smith also competed in London in the 110mH, steeplechase and 4x100m respectively. Brian Gregan, too, had a fantastic year, lowering his personal best to 45.61 for the 400m and making the final of the European Championships in Helsinki, while there were excellent pbs for the likes of Nick Gayle (110mH), Matt Bond (5000m and 10000m – and a UK Champs Bronze) and Chris Wakeford (400mH) as well as a welcome return to top form for Niall Brooks.

UK WOMEN'S LEAGUE

Fechin McCormick

As in all the club's other national & regional T & F Leagues, Sale's senior women competed as 'City of Manchester' in the Premier Division of their UK Women's League. The club has a record of success in this league that's never likely to be surpassed. In the 38 years of the league's existence, Sale is the only club to have remained in the top division and in those years have been champions 23 times and runner-up 9 times. This success is entirely due to team manager Eric Hughes tireless work over those years. He also has the amazing record of never having missed a match between the League's formation in 1975 and 2012, a total of 120 matches.

In the past year, Eric's become unwell and it's a tribute to his immense skills, hard work and indispensability to the team that this impressive record was broken in 2012 when the team finished an uncharacteristic 6th. The club, therefore, wishes him well for a quick and full return 'to the helm' in 2013.

In the sprints, Lucy Evans was indispensable, turning up for all three matches at Birmingham, Eton and Swansea and doubling when she could. Similarly, Kirsty Law and Alison Rodger bagged maximum points over the three matches in the Discus, Javelin and Shot Putt with Alison further competing in the hammer. Emma Perkins also did a great job in the high jump in all three matches as did Rosie Sementyish in the Javelin and 400m. Laura Douglas (hammer) and Katie Byres (Pole Vault) were also loyal club stalwarts in two matches as was Claire Linskill who doubled in the long jump and triple jump for club points.

Over the three matches, the endurance events were the club's weakest with only 8 of the 24 places in the 800m, 1500m, 2000m steeplechase and 3000m filled. It's special thanks, therefore, to just four girls – Jenna Hill, Emily Beedham, Sarah Harris and Louise Whittaker who between them filled these slots by doubling up.. This El Alemain spirit was best captured by multi-eventer Jessica Taylor in Birmingham. Having already represented the club in the 400m and 110m hurdles and committed to run the 4 x 100m and 4 x 400m relays later, she stood into the breach in the eleventh hour to solve a problem and came 3rd in the long jump.

Well done and thanks to all the other girls – Olivia Callaghan, Katherine Endascott, Kirsten Mc Aslan, Jenny Simmons, Holly Belch, Abi Fitzpatrick, Steph Pwyell, Samara Mohtasham and Abi Heywood. Let's hope you'll be a big success in 2013.





THE NORTHERN LEAGUE

Team Manager Jack Frost

The club competes in the Premier Division of the Northern Premier T & F League as City of Manchester and 2012 saw a fine competitive year when the club finished narrowly behind Preston Harriers by one point, who took our crown for the first time in their history.

Match 1, held at Blackburn, was a brilliant result, with the club dominating all the Men's sprints, hurdles, jumps and throws. This trend continued at Hull in the second fixture, though the home team prevailed edging us into 2nd spot. Preston was the 3rd venue, and a disaster of a fixture this was, where Sale came an unaccustomed last of the 6 clubs. There was a spirited revival in the final fixture at Wakefield returning us to 2nd place behind the host club, but unfortunately it was not sufficient to retain our title.

There were 2 very uncomfortable themes which became patently obvious throughout the season. The strength of the Men's team, compared to the apparent weakness of the Womens, plus the woeful performance and turnout from our middle distance squads of both genders.

On the bright side, though, was the prominence of the male sprinters, hurdlers, jumpers and throwers who all contributed to a massive number of points to the cause, and are using the Northern League as a launch pad for their future BAL positions, but unfortunately they were unable to overcome the Preston debacle.





THE NATIONAL JUNIOR LEAGUE

Team Manager Jack Frost

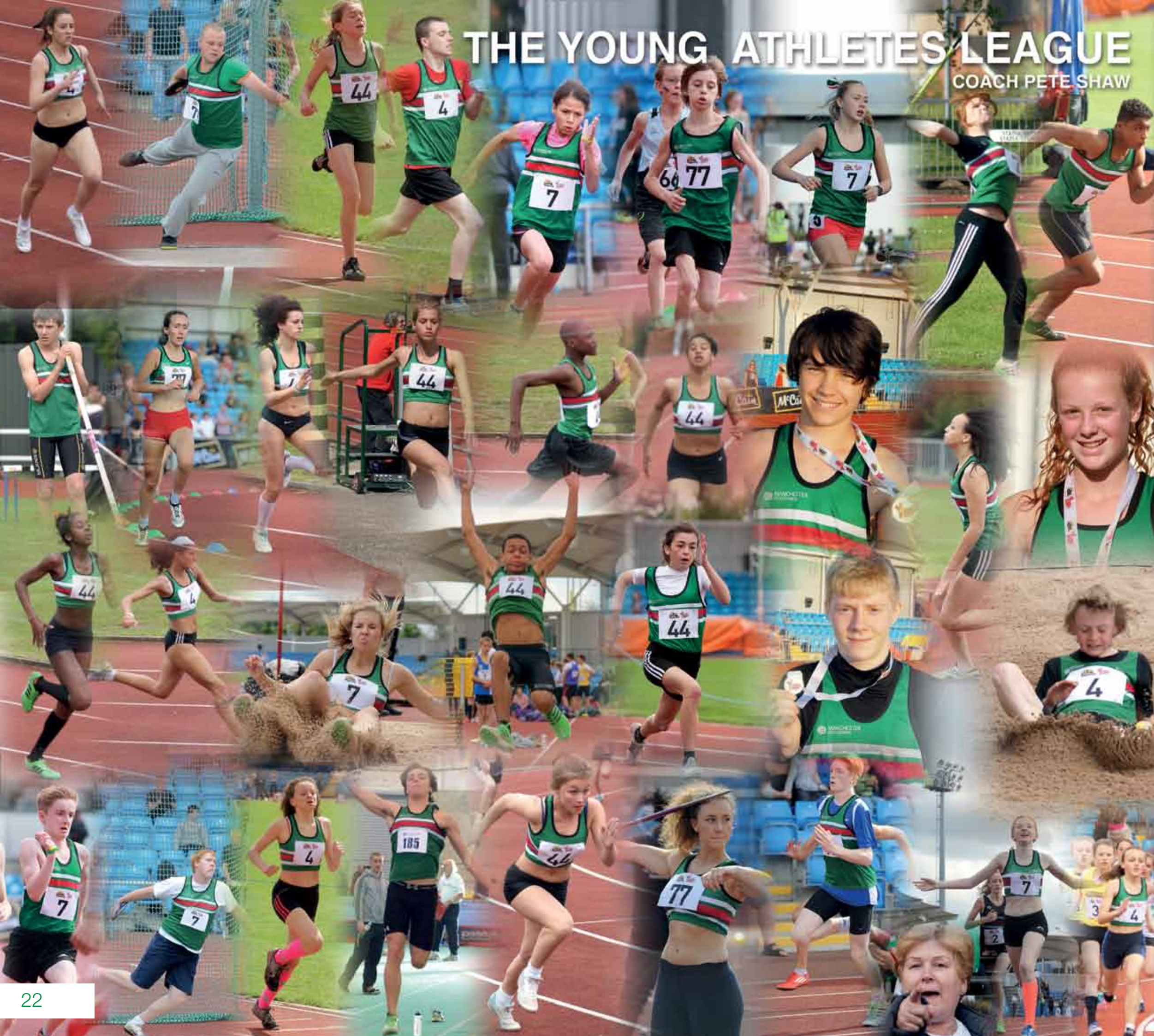
The final year of the National Junior League saw the club finish a close second in the Northern Premier League, therefore qualifying for the National final that was held at Derby last September.

A new league for 2013 onwards has been created called the National Youth Development League, which will still include the junior age group (U/20) but also embrace the U/17 age group. Once again Sale Harriers are placed in the Northern area premier division.

2012 on reflection was a very successful year, giving Edinburgh AC a very close run for the Northern area title, with the final points total 21 to 22pts. Actually the club have some very talented athletes, who supported the team throughout the season, when release from International and representative teams allowed them. Clovis Asong, Luke Betts, Katie Byres, George Caddick, Olivia Callaghan, David Campbell, Brogan Crowley, Roy Ejiakuakuwu, Abigayle Fitzpatrick, Daniel Heald, Charlie Hulson, Kirsten McAsian, Ryan Moore, Seun Okome, Ahtollah Rose, Callum Roughneen, Nathan Selby, Jacob Sutcliffe and Tyra Watson all feature prominently in the national rankings.

All the fixtures were closely fought, especially the final, where with a bit of good fortune, we could have finished 4th. Pulled hamstrings and failing opening heights put paid to that though. George Caddick was brilliant, registering a 47.08s 400m in blustery conditions.

Special thanks go to the athletes featuring in all fixtures, namely Olivia Callaghan, Brogan Crowley, Marnie Wells-Nichols, Charlotte Dickinson, Jasmine Burke, Alex Hastie, Callum Roughneen, Kyle Conway, Ryan Moore, Callum Greenwood, Alex Wort, and Jack Sheldon... plus not forgetting Brian Spriggs and his merry band of officials who travelled the country for the club.



THE YOUNG ATHLETES LEAGUE

COACH PETE SHAW

THE NORTH-WEST LEAGUE

Our YAL campaign started out in defence of the NW title. This involved three matches against Liverpool, Wirral, Blackburn, West Cheshire, Crewe & Nantwich. We won all three matches by comfortable margins to retain our title. In the first match at Blackburn, the most encouraging performances came from the U13 athletes whose eight Grade 1 performances was an incredible achievement for the club. The 1200m was won by Ellie Twite who went on to set club records for both the 1200m and 1500m. In all, Sale athletes won 62 events including seven of the nine relays. In the second match at Bebington, we just fell short of scoring one thousand points but our 994 was a club record and the highest achieved by any club in the country during 2012. We turned out almost one hundred athletes in our third match at Sportcity. Our best performers were Kelly Chadwick and Amy Williams who each won three events all with Grade 1 performances. These youngsters were among several who broke club records several times through the season and are mentioned in a separate section.

THE NORTHERN LEAGUE TITLE

The next phase of the campaign was the Northern YAL Final at Wigan with opposition from Preston, Gateshead, Sheffield, Leeds, Doncaster, Liverpool and Blackburn. A tremendous team effort ensured that Sale retained the Northern Championship winning by over a hundred points. During the match, Sale athletes set three new club records and won 71 gold and 21 silver and 29 bronze medals. Our most successful team was the U13 girls who won six out of the 9 events contested. Kelly Chadwick was our most successful athlete winning three events and breaking club records for both the 75m (9.8sec) and 150m (19.3 sec) and now holds five club records. Jona Efoloko broke his own club record to win the 200m (12.0sec) and completed a sprint double with a win in the 200m. In the U17 women's events, golden girls Alyssia Carr, Gaby George and Beth Bolton each won 4 gold medals in sprints and hurdles and with 100m winner and Welsh International Elin Jones formed a dream team which won the sprint relay by a massive margin of 3 seconds (Fast Girls indeed - Remember the feature film?).

THE NATIONAL FINAL

The final stage of the YAL campaign was to represent the North of England in the National Young Athletes Final which was held on home territory of Sportcity in September against Britain's top 8 teams. Victory went to Edinburgh with Sale in a very creditable 5th place. The high level of competition from very talented athletes, some of whom will go on to become Britain's future Olympians was astonishing. The atmosphere, cheers and support from the Sale camp along the home straight was of such a standard that the Olympic stadium would have been proud and the whole day was blessed with glorious sunshine that, doubtless, impressed the three Southern clubs. Kelly Chadwick was our star U13 athlete with three victories. Olivia Green won the 1200m with a PB and Meg Mc Hugh was victorious in the high jump. Aine Cunningham broke her own club 800m record (2:20.67) in silver medal position. Star of the boys U13 events was Jona Efoloko who broke his own 200m record (24.16 seconds) in silver medal slot. Jona was also runner up in the 100m and hurdles with grade 1 performances. Anthony Bruton won the 800m and finished 3rd in the Shot - both grade 1 performances. Ben Mosley was another Grade 1 athlete finishing 2nd in the long jump.

Athlete of the day in the U15 events was Amy Williams who broke the long jump record to win with 5.60m. Our strongest event of the U15 boy's pole vault where Zac Harrop and Lewis Hannan both recorded PB's to win their events with grade 1 performances. In the U17 age group, the most notable medallists were Alyssia Carr, Gaby George, Megan Davis, Lydia Randles, Elin Jones, Marni Wells-Nichols, Alex Hastie, Beth Bolton, Lloyd Robbins, Denver Morrison and David Campbell. Such success would not have been possible without the stalwart work of team managers Karen Lannon and Danny Gray, their assistants and so many other back-room people like parents and officials.



MACCL: U11, 13, 15,17 BOYS

Fechin McCormick

The five venues for this winter's Manchester Area Cross-Country League (MACCL) were Heaton Park (October), Sherdley Park (November), Wythenshawe Park (December), Boggart Hole Clough (January) and Woodbank Park (February). The U11 boys and girls, since they participate in only four matches with the best three to count, missed out the Heaton Park event.

The U11 boy's traditionally compete in the same race as the U13 girls and run a distance of approximately 2,000m. This year, the Sale team finished 4th and it's a big 'Well Done' to all the boys wore their Sale vests with pride. One day, we hope some of them will become national and international sports stars. Those who ran particularly well were Lewis Rowlinson, Connor Keys, Bailey Hulse, William Lord and Bailey Clarke.

Our U13 boys, the league title holders for the previous two years, added bronze medals to their collection. This was a particularly good result for a group of youngsters most of whom are a year young. Harry Boyd competed in all five matches and so was ranked the club's highest of 10th overall in the league. Cameron Buchan was next highest with four matches. Luke Chesters was the club's first across the line in three races. He ran a particularly good race at Sherdley Park for his highest position of 6th. Oliver Hole was another key member of the team in three of the matches and also made a big contribution to the bronze medals. This section is full of future promise!

The U15 boy's had the ability to retain their MACCL title won last year but unfortunately some weren't able to compete in the final two matches and so they finished fifth. Again, Euan Gilchrist was the section's 'top man' in 3rd place overall as a result of competing in four of the five matches. He also finished a fine top three at Sherdley Park and Boggart Hole Clough. This is another fine and promising squad and such is the talent of people like Adam Roden, Daniel Brint, Michael Quinn, Jake and Adam Spilbury, Dylan Stanway, Adam Kinghorn, Dylan Burchill and Andre Yiasaumi, that when they turned out, they invariably contributed to the team result. Saeed Absiyeh, Dylan Stanway and Jordan Bezzina also competed very well and ranked overall for the three or more matches they turned out for.

Our U17 lads this year had to contend with the emergence of a very strong Liverpool squad and had the gauntlet thrown to them if they were to retain their 3rd consecutive title. Liverpool, as expected, triumphed with four impressive outright victories and, with Stockport AC also very strong this winter, Sale finished 3rd. Matt Metcalf was the club's representative in most matches but Khalid Absiyeh, Jimmy Castle, Marcus Campbell, Matthew Beacock, Sam Mayon and Dennis Powell all performed very well though in fewer matches.

As with the girl's sections, the club is fortunate to have a most capable team of well trained, committed coaches who work well together for the benefit of these youngsters. They must be thanked for unstinting loyalty and often thankless work behind the scenes throughout the year.



U20, SENIOR & VETERAN LADIES

Fechin McCormick

The Manchester Area Cross Country League was established in 2006 following the merger of the Manchester & District, The Cheshire and The North West Women's Cross Country Leagues. This year, with the participation of Liverpool H & AC, the league must now be among the strongest for good competition across all age-groups.

The widespread demise of younger women participating in cross-country leagues over the past decade was again reflected in this winter's MACCL with sometime less than twenty per race. It was further reinforced by the fact that, apart from Liverpool H & AC completing one U20 team at Sherdley Park, none other of the leagues thirty-one clubs, were able to field even one team throughout the winter. Individually, Misha Nayak-Oliver was the club's unsung hero throughout the winter. She performed brilliantly in all five matches and if she continues to train with the same single-mindedness and commitment; she'll become one of the North's top runners. Had Victoria Calderbank and Georgia Taylor-Brown been able to run more often, they'd easily have broken an unenviable league record!

Like the men, our women have unprecedented depth in numbers and this was reflected throughout all five matches by the large numbers who donned their spikes and the record five teams, 'A' - 'E' that completed the league. Unfortunately, they don't have a 'sharp' end at present but several stalwart performances meant the 'A' team finished 4th overall with Wilmslow AC, Stockport AC and Trafford AC taking the top places. They are, therefore, solid and safe at the top end of Division 1 which was their season's objective. The 'B', 'C', 'D' and 'E' teams are solid in Division 2.

The senior and veteran women are inextricably linked and both the senior and veteran team results depended greatly on L40 Jan Nichols who's had a fantastic winter and finished 2nd overall in her category, L35 Helen Armitage, L50 Jackie Cordingley, who was 3rd in her category and L50 Lynda Rowlinson, 6th in her category. As veteran teams, Wilmslow AC were again most dominant but Sale were consistent and solid in 4th place in Division 1 with three other teams also solid in Division 2.

"They shall grow not old" so let's name all of them - youthful seniors and evergreen veterans alike and affirm them with a huge, collective club hug for their bravery and sacrifices on Saturday afternoons trudging through ankle deep mud when they could have been in Manchester all 'dolled-up' and glamorous for an afternoon of shopping - Hayley Cavill, Cara O' Brien, Zoe Gmerek, Jo Street, Helen Armitage, Carla Ousey, Belinda Hammond, Jenny Simmons, Alison Pye, Julie Price, Jenny Clink, Lauren Davies, Sian Holland, Gemma Hardman, Kirsty Donkerley, Louise Robbins, Helen Reagan, Jenny Miles, Susie Allen, Lynne Yates, Gaby Evans, Margaret trickey, Sarah Waldron, Karen Sheen and Cat Jones... and anyone omitted is also part of the huge hug!

Well done to all who turned out in whatever capacity on often wintry, cold, wet afternoons, muddy parks and the rolling hills and dales of Gtr. Manchester Parks to do either what they love; endure the elements or to applaud, support, admire, coach or team manage.

The Manchester Area Cross-Country league (MACCL) is a series of five cross-country matches in Greater Manchester parks for all age-groups that begin in October and take place monthly until February. For all except the under 11 boys and girls, it's the best of four matches that counts towards the overall ranking for both individual and team. For the U11's it's the best three of their four matches that count.

About thirty of the club's U11 boys and girls competed in the 2012/13 league and all must be admired for their enthusiasm and competitiveness and parental support on often harsh, wintery Saturdays/Sundays. Well done to every one of them, therefore. The club's top girls finishers this winter in equal 2nd and 4th were Beth Thornton and Lizzie Twite and, with the equally talented Tess Mc Hugh, the team finished 2nd.

The U13 girls were the club's most successful this winter. They came to the MACCL on a high note as the Northern Road Relay Champions with Aine Cunningham also the fastest 3k leg of the Championship and with Olivia Green and Ellie Twite not far behind. A few weeks later, the same trio brought further success to their section by winning the National XC silver medals whilst recording the club's best result in twenty years. They convincingly won this year's league title with clear victories in all five matches and so added a second consecutive MACCL league title to their repertoire. Manchester H & AC Liverpool H & AC were 2nd and 3rd. This section has been rightly applauded through the winter for their fantastic success, ability, strength, depth and promise. They're also a close knit group. Individually, Aine Cunningham won the U13 title by winning all her five races to add to her Northern XC silver medal. Danielle Stringer separated her in 2nd place from Ellie Twite who was 3rd overall. With Frankie Davis 6th, Niamh Nugent 7th and Claudia Cowan equal 9th, no other club could boast having 50% of the league's top ten finishers. Olivia Green also would have been up there with them in the overall results with three second places had she not missed the last match with illness. It was also great having Francesca Brint back to her great form in the final matches and again being a big asset to her team.

The U 15 girls finished runners-up to Stockport AC this year. It's always a close tussle between the two clubs and Stockport AC won their third title in four years. Zara Thompson, with a victory at Woodbank Park, two runners-up places and two third places was among the league's top two finishers with Amber Towns in equal 3rd place. The backbone of this team with them was Flora Whyte, Aimee Pratt, Frankie and Charlie Reid and Georgia Plant.

Despite the well-documented decline in the U17 & U20 age groups, this year four clubs finished U17 girl's teams. Stockport was victors with five straight victories but Sale's girls would have challenged them had they competed in more matches than at Sherdley Park and Wythenshawe Park. The squad of Megan Davis, Hannah Christy, Rachel Hibberd and Imani Modahl all had great runs through the winter and hopefully they'll keep together for even better results next year.

As with the boy's sections, the club is fortunate to have, currently, a most capable group of well trained, talented and committed coaches who work together better than ever for these youngsters benefit. They must be thanked for their loyalty and unstinting commitment through thick and thin throughout the year.





UNDER 20 MEN, SENIOR & VETERAN MEN

**FECHIN
McCORMICK**



This year, the U20 men are the club's most exciting for a decade and they've been applauded throughout the winter for their strength, success and availability to support the senior men's performances in such as the North-West Relays, the Northern and National Road Relays, the ECCA Cross-Country Relays and the Northern and National XC Championships.

This year, the U20 squad were exceptionally dominant in the MACCL league. When most regional clubs struggled to field one junior team, Sale finished an 'A' and 'B' team and, of course, they won their third consecutive title. Individually, well done to all of them but especially to Callum Rowlinson, Kyle Conway and Ben Fox who turned out for four races and, as a result, Callum ranked equal first in the league with Kyle and Ben 4th and 7th. However, everyone deserves a big clap on the back - Callum Greenwood, Charlie Hulson, Ryan Moore, Luke Betts, Kyle Conway, Dillon Bezzina, Ben Fox, Matt Holmes and David Rich. Congratulations to Welsh international Charlie Hulson who made his GB debut as did Ryan Moore who further represented England.

The senior men did well to retain the league title this winter. On those matches when the 'big guns' turned out - Anthony Ford, Niall Brooks, Gaz Raven, James Bailey, Paul Green and M40 Ian Weatherall, and supported by juniors, it was impressive to witness the procession of club vests that spearhead those races. However, on the other matches, they risked the title by not being as strong. In the end, they won by just one point from Salford AC and Wilmslow AC. The significant thing about this section in 2012/13 is its very large depth in numbers with an amazing five teams featuring in the overall results. Those seniors and veterans who turned out for four or more matches were Rob Flannery, Dave Marsh, Carl Barber, Steve Townley, Paul Barrett, Chris Heys, Chris Cook, Tim Rainey, Jerry Smith, Lewis Green and Miran Aprahamien.

However, let's bestow immortality on the rest of the very large group who sacrificed their Saturday/Sundays to contribute (even bringing up the rear!) by engraving their names on the granite monument of this magazine so that future generations and their children's children may know they too gave their 'all for club and country. Let's not forget them - Mike Kilmartin, Gareth Matthews, Peter Crawford, Danny Whittaker, Mark Windsor, Gavin Hill, Chris Donnelly, John Moseley, Alan Pitman, Steven Townley, Mike Wymer, Andy Mooney, Steve Pottage, Kevin Foster, Chris Heys, Chris Cook, Kevin Mahon, Oliver Gaillemain, Peter O'Neill, Craig Lammias, Andy Yates, Nigel Fielden, Simon Bond, Bill Fox, Gary Chadwick, Lewis Green, Paul Walker, Daniel Boulton, Elton Davies, Tim Rainey, Nick Peach, Brian Bradshaw, Jerry Smith, Miran Aprahamien, Gavin Batra... and anyone still on the course.

Many of these are 'veterans' (i.e. aged 40 plus) and they always contribute to the senior team's success. However, they battled too for their own success within their own leagues. Wilmslow AC veterans have remained unbeaten for years but Sale has remained ever consistent, this year with the 'A' team finishing 7th and retaining Division 1 status whilst a 'B' and 'C' team remain solid in Division 2. Well done especially to Carl Barber who ranked 7th in the M40 category and team manager Jerry Smith who was 5th in the M55 category.

Again, well done to team manager Dave Rodgers who did the back-room stuff including transporting, erecting and dismantling the tent after everyone had gone home. Coaches Norman Poole and Paul Roden have especially made a big contribution to the development of the junior ranks through their expert coaching skills and commitment.



THE ENDURANCE SECTION

FECHIN
McCORMICK
& JERRY
SMITH

Sale Harriers' senior endurance section has about three hundred members. It caters for all abilities regardless of pace, age or size and during 2012 a record 150 newcomers joined its ranks, three times more than any previous year. A large portion of these compete regularly on road, trail, fell and cross-country. This is an overview of that section through 2012 based particularly (but not exclusively) on those who train from Crossford Bridge and Wythenshawe Park sites. Achievements in major Championships and success in the MACCL cross-country league are recorded elsewhere in the magazine.

Beginning with the marathon, Sale had eighteen compete in April's London Marathon. On the sharp end, we had Anthony Ford unsuccessfully seek Olympic selection and Sonia Samuels made her marathon debut and broke the club record with a time of 2:33.4. Later in the year in the Berlin Marathon, Sonia again broke the record with a fantastic 2:30.36. She ran with fellow club member at the time Amy Whitehead who clocked 2:33.41. Hayley Cavill also excelled with a time of 3.09.52 with a number of males dipping inside the magical three hours that included John Mosley, Olivier Gaillemine and M45 Gary Rowlinson. In the Manchester Marathon shortly afterwards, despite truly atrocious conditions, another eighteen took part. Peter Crawford was first home in 8th place with the magnificent time of 2.38.52. Many of the endurance section also volunteered as marshals around Sale. David Howlett, Chris Donnelly, Rob Flannery and Steve McCarron also broke three-hours in the Chester Marathon. A big 'Wow' to Tim Rainey whose 123rd Marathon the Manchester was!

Over half-marathons, the section had many notable performances, one highlight being the England Half Marathon Championships at Wilmslow. The event was won by Antony Ford (who in the same month won the Trafford 10k), with Gareth Raven third. These two, with Gary Rowlinson, took the silver medal team prize. Our ladies team of Hayley Cavill, Jan Nicholls and Louise Robbins also took the silver medal team prize. The 'Wilmslow' is the section's most popular annual half-marathon and in 2012 a record thirty-eight toed its start line. By contrast, with less than ten participants, September's GNR had one of its lowest club turn-outs. Matt Bond was our first man home in fifteenth place in the sensational time of 1:04.29. Anthony Ford was just a few places behind in 1:05.28. Peter Shipley (1:29.45) and Sian Holland (1:37.48) recorded fantastic PB's.

Over 10k distances, the club's most popular races were the BUPA Gt. Manchester 10k, Leeds Abbey Dash, Salford 10k and Trafford 10k. Among the 'elite' men, the club's 10k fastest of 2012 was Anthony Ford's 29.04 (Trafford 10k), followed by Gaz Raven's 30.16

(BUPA GMR), Matt Bond's 30.27 (Draycott 10k), James Bailey's 30.36 (Trafford) and Simon Horsfield's 31.17 (Trafford). Matt Bond, whilst out in USA, improved his 5000m and 10000m track times by over half a minute and a minute respectively to 13.51 and 29.08.

Among the ladies, Sonia Samuels was the club's fastest with a zippy 33.11 on the track but on the roads it was Louise Whittaker with 36:38 (Platt Fields 10k). Notable PB's in the 10k during the year (not exclusive) were Mike Kilmartin (33.13), Carl Barber (35.10), Steven Townley (36.25), Andy Mooney (36.40), Hayley Cavill (38.25), Jan Nicholls (28.26), Dan Boulton (39.56), Zoe Gmerek (41.28), Darren Goodson (44.04) Gemma Hardiman (46.29) and Jenny Miles 53.57. Members like Jackie Cordingley and Lynda Rowlinson, as ever, continued to be at the fore of their age-group. Deserving special mention is evergreen M60 Terry Lonergan who ran his 148th 10k during 2012 with a best of 42.43 (Windmill 10k) and M70 Mike Howe who won a bronze medal at last summer's NVAC 10k Championships. Fantastic!

Over the 5k distance, the club's fastest was, of course Matt Bond's incredible track 13.51 in the USA that put him 10th in the UK rankings but, on the roads, it was Gaz Raven's 14.46 (Sizzler) and Simon Horsfield's 14.47 (Sizzler) that were the fastest. James Bailey did a superb 15.05 on the track (BMC Solihull). Among the ladies, Sonia Samuels did a fine track 15.50 but the fastest on the roads was Louise Whittaker with 17.15 (Sizzlers). The next club's fastest in the senior ranks were Rob Flannery (16.13), Dean Hardman (16.15), Mark Windsor (16.24), Richard Edwards (16.45) and Steve Mc Carron (16.46). Among the club's junior men, Luke

Betts was the fastest (15.35) followed by James Wignall (15.39), Ryan Moore (15.41) and Ryan Worland 15.56). In the age categories, the fastest men were M40 Carl Barber (16.51), M45 Gary Rowlinson (16.29), M50 Frank Cordingley (18.37), M55 Bill Fox (19.11), M60 Mike Curley (19.28), M65 Dave Farmer (22.57) and M70 Mike Howe (26.54) M75. Don George deserves special mention! He's the club's longest serving member with about sixty-eight years under his belt. During 2012, he ran an awesome thirty-six 5k's mostly Parkruns with a best of 30.59. In the women's age-categories, fastest were L40 Jan Nicholls (18.28), L50 Jackie Cordingley (20:44) and L60 Margaret Trickey (24.38).

Congratulations to Ryan Moore, Simon Horsfield, Charlie Hulson and Georgia Taylor Brown who won national or international representative honours during 2012. At veterans level, Ian Wetherall also helped England to win Vet 45 team gold at the British & Irish Masters Cross Country International in Belfast.

In June the endurance section again entered two teams in the Welsh Castles Relay. The men's team aimed for victory but, despite holding off Les Croupiers, they had to take second place to Serpentine AC, who won the competition by seven minutes. Gareth Raven, Ritchie Edwards, Elton Davies, Mike Hatch, Phil Scowcroft, Chris Donnelly and Carl Barber all finished in the top three of their legs. The women also improved considerably over last year with the highlight being Jan Nicholls scooping a mountain stage victory on Leg 7.

Club fell running saw a significant increase in popularity in 2012. The club fielded three teams in the Calderdale Way Relay and the men's team would have had a top ten finish but for

an unfortunate disqualification for incorrect kit. The club also fielded three teams in the UK Fell Relays in Shropshire, which, despite not troubling the leading positions, still involved a valuable day out for team building.

Another club growth area in 2012 was Ultra races. Olivier Gaillemine completed the 100k Verdon Canyon Challenge in France (June) and the 131 mile Ring 'o' Fire around Anglesey (September). Richard Brown ran the Leadville Trail 100 mile race in the Colorado Rockies (August) and the Round Rotherham 50 miles (October). Tim Rainey ran the Lakeland 50 miles, as did Mike Ashby as a team with his father Roger. Carl Cleghorn took on the Dragon's Back Race through the mountains of Wales over 5 days and Katie Reece made a gallant attempt at the Lakeland 100 miles.

The endurance section also held a club Championship, called the Harold Wilson Club Championship, after the club legend who was a founder member of Sale Harriers and died in 1999. They were awarded impressive trophies won by Harold Wilson during his lifetime. The championship proved an incentive for club members to compete in a variety of races. The titles were won by Chris Donnelly (Senior Men), Belinda Hammond (Senior Women), Tim Rainey (Vet Men) and Jan Nicholls (Vet Women). The two most improved members of the section over the year received their due recognition. Both Jan Nicholls and John Mosley were worthy winners of this accolade for their excellent performances. Also deserving of mention for producing PBs at all distances this year were Hayley Cavill, Zoe Gmerek and Jenny Miles.

The club also enjoyed two very successful training weekends organised by Paul Barrett

in which they ventured to Wales in Spring and to sunny Ingleton in October. Paul and Lauren Davies also organised an endurance section social function that attracted about seventy members.

Going forward, the endurance section's main challenge will be to more fully support the club in its T & F ambitions. For the past couple of summers, there's been a severe shortage of endurance men and women able to/want to support the club in the T & F Leagues and, as a result, the club has lost massive match points that have ultimately affected its overall league positions. Dave Marsh and Rob Flannery have to be especially commended for heroically standing into the breach several times last summer to support the club interests in the steeplechase despite minimal training for that discipline. Likewise, in the UK Women's Premier league, Jenna Hill, Julie Price, Emily Beedham and Louise Whittaker have to be commended as the only four women endurance athletes who helped fill twenty-four middle distance track responsibilities.

The senior endurance sections, based at Crossford Bridge and Wythenshawe Park have benefited greatly from the coaching and training organised by Dave Rodgers, Norman Poole Paul Roden, Dave Walling and Morris Jefferson and many thanks to them for their dedication in all weathers! Likewise, much thanks to David Gill, John Smith and Graham Padgett as leaders the large beginners group. Finally, a big thank you Dave Rodgers (Men Roads & XC), Jo Street (Women Roads & XC), Alison Pye (Relays & T & F), Jerry Smith (Veteran M & W) and Paul Barrett (Fells) who are the sections team managers.