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The Sale branch of Topps Tiles have generously sponsored the Primary Section £700 which they used to buy High Viz vests for the children. Every couple of years each Topps Tiles store sponsors a local sports club or team. Thank to the store manager Jonny Coombs who took the initiative to see how they could support the club. He has also offered a discount to Harrier magazine readers who bring along this printed voucher.



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has been thoroughly enjoyed by thousands of children.

NO. 84 2019/2020
SILVER JUBILEE EDITION

THE Harrier

The Magazine of Sale Harriers Manchester



RECORDING & CELEBRATING SUCCESS



National, Northern & NW YDL (Lower) Champions



**U13 Girls
4 x 100m club record**



Lara Crawford

Sale Harriers most successful endurance athlete of 2019.



**U13 Boys
Northern XC Champions
for 3rd consecutive year**



**Success Eduan (200m)
& Melissa Booth (LJ & TJ)**

Two of Sale Harriers most successful T & F athletes of 2019 who won every major title.



**Northern XC Champions
for 4th consecutive year**

EDITORIAL

Fechin McCormick

SILVER JUBILEE EDITION

Welcome to your Silver Jubilee Harrier, Sale Harriers magazine. I can't believe its 25 years! The club is so fortunate to have this magazine! Not only does it record the significant club achievements from March 2019 - March 2020 but this magazine also contributes to Sale Harriers history. Add to it Walter Wilson's book 'Sale Harriers 75 Years of its History', and the pre-digital Harrier magazine which Morris Jefferson produced for several years prior to this one, and Sale Harriers has a pretty complete history of its 110 years.

Starting this magazine at the dawn of the digital era has enabled me to produce a magazine that's in full colour with photographs. In more recent years, with the emergence of websites like the Power of 10, RunBritain and other sports websites, I've been able to evolve it further and this Jubilee edition again is as accurate a record as I can make it, that applauds as well as records every significant individual and team achievement in the past twelve months, regardless of a person's ability. Believe me, this is no mean achievement in a club of 800 members!

A Jubilee is a time for reflection - a time to assess and to celebrate! There's indeed much to celebrate! No-one can dispute this as an excellent magazine. I know it because of how people praise it and because of the amount of work I need to put into it; the commitment winter and summer, every day, week and month of the year I must have a finger on every club pulse; then research those performances; put them into context, ensure accuracy, chase 1000 photographs- name, label and archive each one and then chose about 600 of the most complimentary ones you'll see in this edition.

What better way to applaud especially our club youngsters than through this magazine. Proud parents collect and keep these magazines. There's nothing better than this magazine to link the club's three dispersed sites. It's superb for the club's scattered athletes to keep them in touch and so strengthen their club loyalties? This magazine is the envy of every club and it brilliantly promotes Sale Harriers to the world.

But it's also a work in progress? I fear the magazine has never really become integrated into the life of the club. People pay it generous lip service... but that's about it! I still struggle to get members to submit news reports and photos. I still have to chase virtually everything and all too often it's like dragging teeth and herding cats. This magazine all to often a tribute to dogged tenacity!

In the past 12 months, I've not met one senior endurance section newcomer who was offered the magazine on their induction and what opportunities missed? I also repeatedly found at last summer's T & F matches that some athletes had not received a magazine even by the end of the season.

All 800 club members recently received an email asking for a small donation to help make this jubilee edition zero cost to the club. Not a penny was donated! Just **Andy Dennison**, a primary section coach and director of his 3DW company, responded with a request for a business advert. Thank you, Andy. This time last year, the club sent out a similar email asking for just £2 to help defray postage costs. Not one penny was donated! The future of this magazine really does depend on seeing much more dynamic signs in the next twelve months that you value your magazine beyond mere words and this include the active co-operation of team managers, coaches, team leaders and club officials... and I'll be monitoring!

As you'll read, it's been another very successful year with many great achievements. The 2019 Roll of Honour, displayed at the club's three sites because I've no room for it in these pages, records all World, European, other International, National and Regional club success in the 2019 calendar year and is a cameo of the club's fantastic achievements elaborated on in these pages.

As ever, I'm especially indebted to several people. I'm indebted to **Barry-John McManus** and **Helen Hewison**, two graphic artists with children in the Primary section, who've generously given their time and skill to the layout and design of the 'Roads' and 'Cross-Country' sections respectively. I'm indebted to graphic artist **Phil O'Mara** who's been a part of this magazine from the beginning. I'm indebted to photographers especially club photographer **Ernie Greenwood** of www.darkstarphotos.com, to club members and parents who you're your photos on the club's social media and to several photographers from outside the club like **Dave Woodhead**, **John Paul Kearns**, **Melissa Greswell**, **Peter Brown Photography**, **Paul Banninster**, **Harry Shakeshaft** and more. I'm also indebted to club coach **Pete Shaw** who's a fountain of knowledge on the younger age-groups and who has again put together the Primary Section pages.



25TH
YEAR



L-R Steve Windebank, Izzy Burke, Libby Hill, Olivia Nolan, Izzy Appleby, Karen Hill, Daisy Ryan & guest presenters Sophie Ashurst and Melissa Booth

PRESENTATION NIGHT

Over a hundred excited children and teenagers assembled at Sale Rugby Club for the Primary section's annual Presentation Night. This year's guests of honour presenting the certificates and trophies were England School's Internationals **MELISSA BOOTH** and **SOPHIE ASHURST**. They presented every young athlete with a medal or certificate; then trophies for the group champions followed by special 'Thank You' awards for those who had made exceptional contributions throughout the year. The evening finished with a fun filled disco.

Hosts and compares **ANDY DENNISON** and **SUE SMITH** who were a match for any famous awards night duos. **CHRISTINE TYRER** was again pivotal to the overall planning that made the evening so successful.

Everyone was congratulated for providing excellent foundations in athletics for so many children. Demand is so popular the section now has a waiting list and an appeal was made for more volunteers of any age or background to become qualified coaches or adult helpers. If you, reading this, think you might like to be involved but are not sure pleased speak to Andy, Christine or any of the regular coaches/workers.

In attendance also were Sale Harriers President **DAVID BROWN** CBE and Chairman **NIGEL BREDDY**.



VOLUNTEER AWARD

Congratulations to 14 year old **OLIVIA BROWN** who received a special award at the Primary section's Presentation Evening in November to recognise her achievements during an outstanding 2019 season. Olivia is a committed and accomplished athlete and an inspiration to those around her. Among her many 2019 successes were...

- An 800m personal best of 2:17.
- She became the Gtr. Manchester County & Schools Champion
- She represented Gtr. Manchester at the ESAA English Schools Championships
- She represented the club at several competitions where her results contributed to Sale Harriers becoming National Champions of the Youth Development League.

Sale Harriers are pleased to recognise Olivia's achievements with this award.



Dear Sale Harriers,
First and foremost, I want to thank all club members for making our great club a flagship for Athletics across the country.

We would like everyone to appreciate all the incredible hard work that goes into running one of the biggest athletics clubs in the North, as it's

easy for us all to see only what goes into training and race days, so to all our members and valued volunteers, thank you very much.

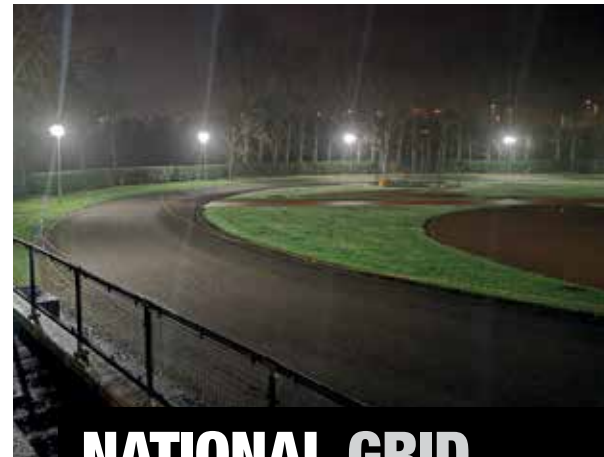
This magazine is a true reflection of our achievements over the past year. We are proud to have so many talented athletes within our primary, endurance and track & field sections.

As a result, some of our athletes have achieved great success and were represented in the World Championships, British Domestic Championships, European Championships, England Athletics T&F Championships, to mention only a few.

We further pride ourselves in having some of the best team managers and coaches in the country who together have achieved further success from our ever growing primary section to our elite athletes covering both endurance and track & field.

Yet again, another great year for the club, whilst we continue to strive for improvement, putting our "best foot forward", and having an even stronger 2020!

Kind regards,
Nigel Breddy, Chairman



NATIONAL GRID LIGHTS CROSSFORD BRIDGE

The track lighting at Crossford Bridge has been upgraded to high efficiency LED floodlights which are a vast improvement from the former lights. The upgrade was part funded by a £5000 grant from the National Grid who kindly donated the money as part of their 'National Grid Community Grant' fund which helps local projects in the area.

FRANK CORDINGLEY, Club Secretary said "National Grid has emolished an old gas holder alongside our Crossford Bridge track and to compensate for the disruption caused they've generously helped us improve the track lighting. This helps significantly in the financial running of the club which is a non-profit making organisation and helps to keep members fees as low as possible".

2019 CLUB RECORDS

April 22nd: **THEA BROWN** broke her own U13 high jump record with a new jump of 1.55m at the Trafford Open meeting. This placed her No. 1 in the UK in her age category.

May 25th: At the IFAM T&F Outdoor International in Belgium **AIMEE PRATT** broke **SONIA SAMUELS** 3000m steeplechase record held since 2005 She smashed her PB to record 9:49. 27 and qualified for the European U23 Championships in July.

June 1st: Talented Sale Harrier twin **EVAN SAVAGE** delivered a 1500m PB of 4:14.71 at the BMC Classic at Milton Keynes to improve his own club record by four seconds set twelve months earlier at Longford Park. As a result, he rose to 4th in the UK.

June 18th: **MELISSA BOOTH**, representing Gtr. Manchester Schools at the Mason Trophy Inter-County Schools match at Alexander stadium Manchester, massively improved her triple jump from 11.48m to 12.33m. This broke Amy Williams' U17 club record of 12.22m which has stood since July 2013.

June 22nd: At the YDL (Lower) match at Bebbington, **BASIL ZOLA** set a new club record of 6.47m to win the U15 boy's long jump. A few days earlier at the Masson Trophy Inter-County Schools match at Alexander Stadium, Birmingham he'd jumped to the top of the UK U15 long jump rankings with a massive 6.37m PB.

June 22nd: At the same YDL match at Bebbington, the U13 girl's sprint relay team set a new club record of 52.4 seconds. Well done to **SETIRA REID**, **HOLLY GARNER**, **TIA GROVER** and **THEA BROWN**. Their record contributed to the team becoming NW YDL (Lower) Champions and qualified for the National YDL Finals in September at Sportcity.

July 3rd: At the Cheshire versus Merseyside Inter-County Championships, **THEA BROWN** broke her own club high jump record with 1.57m that ranks her No1 in her u13 age-group in the UK.

July 12th: At the ESAA English Schools Championships in Birmingham, **JASMINE RICHARDSON** set a club U15 girl's hammer record of 37.76m

July 20th: At the YDL (Lower) Northern Final at Preston **HERMIONE MASON** ran 11.3 to break the club U15 girl's hurdles record. This ranked her 4th in the UK in her age-group.

July 20th: At the YDL (Lower) Northern Final at Preston **TOLUWALASE ADEYEMI** ran 12.9 to break the club U13 boys hurdles record.

August 18th: At the Birmingham Diamond League **HOLLY GARNER**, **SETIRA REID**, **THEA BROWN**, **TIA GROVER** broke the club's U13 4 x 100m relay record to a new improved 51.80. The previous record was set at Bebbington earlier in June this year.

August 27th: At Roverto Italy, **AIMEE PRATT** broke her own 2018 3000m steeplechase club record 9:39.60, It was a massive eleven second improvement that was the IAAF World Championships qualifying standard.

September 27th: At the IAAF World Championships at Doha **AIMEE PRATT** again broke her own club record to record a new time of 9:38.91.

September 1st: At the U17 England Championships **MELISSA BOOTH** further improved her triple jump club record to 12.39m. The jump made her the England champion.

September 1st: At the U15 England Championships Britain's No.1 sprinter young **SUCCESS EDUAN** broke the club 200m record to 23.71 on her way to becoming the England champion at Bedford. The previous record of 24.23 was held by **SHAUNNA THOMPSON** since 2005

September 7th: At the YDL (Lower) final at Sportcity **BASIL ZOLA** broke the U15 boy's high jump club record and the YDL record recording 1.93m

September 7th: At the YDL (Lower) final at Sportcity **THEA BROWN** broke the U13 girl's YDL and club high jump record, improving it to 1.61m

September 7th: At the YDL Final at Sportcity **JASMINE RICHARDSON** broke her own club hammer record from July to record a new 39.87m.

January 11th: At the Northern Athletics Indoor T&F Championships **MELISSA BOOTH'S** triple jump of 5.83m broke the U17 club record of 5.82m held for fourteen years by **ABIGAIL IROZURU** which she set at the UKWAL match at Grangemouth on 15th July 2006.

January 25th: At the Northern Cross Country Championships at Bedale, the senior men's fourth consecutive Championship title, is a club record – the first time it has won four consecutive titles.

January 25th: At the Northern Cross Country Championships at Bedale, the U13 boys 3rd consecutive Championship title, is a club record and also unprecedented in Northern XC Championship history.

February 2nd: At the Northern U15 Indoor Championships in Sheffield, **THEA BROWN** equalled **AMY WILLIAMS** 12 year old U15 high jump club record of 1.60m set at Bebington in 2012.

LUCY EVANS Life Membership

Lucy Evans joined Sale Harriers in 1996, aged 14 and represented the club every year for 22 years until the age of 36. In that time, she's been a loyal club stalwart always proud to represent Sale Harriers. She's arguably represented Sale Harriers on the track more than any other athlete in the club's history - in the Young Athletes League, UKWAL (Premier), Jubilee Cup and Northern Premier League..

Among her proudest achievements as a Sale Harrier was being a regular part of the team that won the unprecedented number of UKWAL Premier League titles between 2004-2010 and then went on to represent Sale Harriers in the European Clubs Cup across Europe. She said "I feel very privileged to have worn my club vest at many national and international competitions; British Championships, Olympic Trials, Manchester City Games and competitions in Europe and the USA. I remember at one meeting in Abilene, Texas, an official couldn't quite believe that my vest was from Manchester UK.

One of my most successful days as a Sale Harrier was at a club match in Leigh where I ran 2 new PBs of 11.61 for the 100m and 23.96 for the 200m. It was the first time I broke the 24.00 barrier for the 200m and is a

day I will always remember"

Lucy has lost count of the number of times she's represented Wales and is especially proud and honoured to have been selected for the Welsh Team at the 2014 Glasgow Commonwealth Games. Two more of Lucy's career highlights were in 2014 when she ran the 4 x 100m anchor leg at the Glasgow Diamond League and in 2015 when she reached the final of the British Championships. In 2018 she achieved a new pinnacle when she became the World W35 100m & 200m Champion at the World Masters Championships in Spain. Her 200m time of 25.19 ranked her No.1 W35 in the World that year. Congratulations, Lucy!



HONORARY Life Membership

Sale Harriers awards Life Membership to members who, in the opinion of the Executive Committee, has rendered exceptional, consistent and sustained service to the club over very many years. The club similarly honours with Life Membership its Olympic athletes in recognition of their world excellence and the exceptional pride and honour they bring the club. In 2019 Life membership was awarded to coach **NORMAN POOLE** and sprinter **LUCY EVANS**.

Current Life Members are:

Susan Lamb	Kevin McKay	Allyn Condon
Dave Farmer	Sue Crehan	Shelly Holroyd
Darren Campbell	Graham Padgett	John Stalker
Carl Hamilton	Morris Jefferson	Paul Roden
Brian Thirley	Peter Scofield	Anne Marshall
Brian Goulden	Beryl Fleet	Jack Frost
Fechin McCormick	Hilary Thomas	Steve Peglar
David Brown CBE	Nick Peach	Dave Rodgers
Geoff Tyler	Michelle Scutt	Eric Hughes
Carol Brown	Andrew Ashurst	Anne Griffiths
Bob Gaisie	Lisa Fletcher	Diane Modahl
Paula Hopley	Sonia Boyer	Brian Spriggs
Julie Holland	Earl Tulloch	Ann Jackson
Philip McDonnell	Steve Edmunds	Kath Dickenson
Kevin Madden	Kadeena Cox	Matt Belsham
Don George	Jean Dutton	Kelly Massey
Roy Swinbank	Bryan Gane	Norman Poole
Lucy Evans		

NORMAN POOLE Life Membership

NORMAN POOLE has been a Sale Harrier coach since 1977 when, at 23 years of age Chronic Lymes Disease ended his promising career. He'd achieved times of 4.4 for the mile, 14.23 for 5k and 23.40 for 5 miles. He then qualified to a Level 4 coach and is to-day nationally acclaimed as one of Britain's most respected and successful middle distance coaches. Based from the Wythenshawe track for most of his forty years of coaching, his most successful achievements are...

- The personal coach to athletes who've won more than 20 National Senior AAA titles over 800m, 1500m and 5000m. His athletes have included Diane Edwards (Modahl), Ann Williams (Griffiths), Kevin McKay, Paula Fryer, Craig Winrow, Tom Lancashire, Mike Rimmer, Jon Wild...
- Accompanied the GB Team at the 2012 London Olympic Games as personal coach to Mike Rimmer.
- At Commonwealth Games and European Championships, his athletes have achieved 1 Gold and 3 Silver medals. Of these, one gold and two of the silver medals were achieved by fellow Sale Harriers.
- His athletes have won 3 English National Cross-Country titles.
- The winner of England Athletics National Award 2011 for Services to Coaching.
- The winner of England Athletics North West Regional Awards 2011 for Service to Coaching.
- Accompanied the GB Team at the 2008 Beijing Olympics as personal coach to Mike Rimmer and Tom Lancashire.
- Was the England's Endurance Coach at the 2002 Manchester and 2006 Melbourne Commonwealth Games.
- Had personal athletes Kevin McKay and Craig Winrow in the 1996 Atlanta Olympic Games.
- Accompanied the GB Team at the 1988 Seoul Olympics as personal coach to Diane Edwards.
- 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 1992 Barcelona Olympics where he was also the personal coach to Diane Edwards, Ann Griffiths and Kevin McKay.
- Has been National Event coach 1990 - 1997
- He's been President of the prestigious British Milers Club since 2007 and its Chairman from 1997-2007. In both these working roles, he's contributed to the growth and development of the BMC. One of his annual achievements for the past 32 years is to promote the BMC Grand Prix at Sportcity every May.
- He was Invited in 2013 to make a Presentation to the European Endurance Conference on 'Coaching Athletes from Novice to Olympic Games' Norman's philosophy to coaching is best laid out in the Presentation he then gave.



THANK YOU

OFFICIALS & VOLUNTEERS

Officials and volunteers are the beating heart of any club without whom there would be no clubs, no leagues, no race results, no PB's or medals awarded for anyone from Olympians to those competing at local events. In the old days, many across the athletic disciplines, when they stopped competing, often qualified as officials. This no longer happens and sport is facing a major crisis. Last summer, some British League matches were cancelled for lack of officials.

Sale Harriers expresses immense gratitude to its official's contributions in the past 12 months. Because of the critical shortage, the demands on them have been extraordinary. A total of just 25 club officials (several in their 70's and 80's), made up of 1 x Chief Starter, 2 x Timekeepers, 4 x Track Judges and 19 x Field Judges, supported the club promotions on no less than 114 occasions - 56 of them in the UK Young Athletes League, 30 the Northern League, 16 the British Athletic League and 12 the UK Women's League. Some even incurred overnight journeys, meaning they gave up two days of their times. Apart from being officials, these men and women won for the club critical match points that contributed to overall match scores. For example in the summer's UKYDL fixtures, they scored up to 56 points.

Please consider taking your Level 1 course in 2020 and see where officiating can take you. It's really easy so why not log onto: www.englandathletics.org/officiating for more information.

Lack of volunteers generally is the same problem. In Sale Harriers club governance needs more experienced people to take the club forward; there's a critical shortage of team managers and coaches. The Sizzler 4 x 5k summer races, which the club relies on for its financial viability, is delivered predominantly by ageing men and women 70 years upwards with few coming forward.

'Ask not what your club can do for you, but what you can do for your club'.

BRIAN THORLEY R.I.P

Brian Thorley was a passionate runner and Sale Harrier in the 1970 -80's. Eventhough he was a maths teacher at Wellacre Secondary School he introduced many children to sport, athletics and particularly to Sale Harriers. Frank Cordingley humorously recalled about him, "I once rolled up to the petrol station at Cascade Motors in Davyhulme to fill up my motorbike with fuel. I was wearing typical winter gear and a full face crash helmet. Brian was at the next pump filling up his VW camper van. He recognized me eventhough he could see only my eyes! I'll never know how he did it. Our thoughts go out to his family and friends.



MARGARET SMITH R.I.P

31st May 1936 - 25th October 2019

Sale Harriers was much saddened in October by the news of the death of MARGARET SMITH, a long time friend and valued Sale Harrier member and volunteer. Margaret's friendly smiling face, cheerful chat and positive outlook was a feature of the Crossford Bridge clubhouse for over 20 years. After initially bringing her grandson Scott to the club, Margaret soon took responsibility for running the kit shop and applied her organisational skills to many of the club's activities including the Christmas Raffles & Tombola's and organising ticket sales for the annual Presentation night. For many years Margaret helped at our Startrack summer camp, running the tuck shop for the children and keeping the coaches topped up with brews and toast every morning! Her work was formally recognised by the club when she was presented with the Appreciation Award at the 2003 Presentation evening. At Margaret's funeral, her son Stephen and her grandson Scott both spoke about how Sale Harriers had been a very important and enjoyable part of her life, something she looked forward to each Sunday and Tuesday. It was lovely to hear that the club meant as much to Margaret, as she meant to us. Margaret retired from Sale Harriers at the age of 80 to look after her husband Alan who was suffering with dementia. Alan passed away 12 months ago and after a 2-year battle with cancer Margaret was bravely looking forward to being at peace with him. Margaret was a beautiful person who will be missed by all of us at Crossford Bridge.

TONY SIMMONS R.I.P

Sale Harriers was shocked and deeply saddened by the unexpected death of Tony Simmons at the beginning of August, just three days after he'd retired from the NatWest Bank in Cheetham Hill, following 45 years where he'd worked in financial services and on the eve of taking his UKWAL team to Glasgow.

Like so many others, Tony came to Sale Harriers about 2005 to support his young daughter Jennifer who developed into a talented and successful multi-event athlete and a committed and respected team member. With Eric Hughes death in 2012, Tony took over the role of UKWAL team manager and he brought to it great managerial experience, personableness, kindness, sensitivity and compassion. He was very approachable with a strong sense of 'team' and worked tirelessly and quietly to return the senior women to the UKWAL's higher divisions.

As a member of the club's Executive committee, he was insightful and made many positive contributions to the club's future "Tony was a remarkable man and everyone at SHM is better for having known him" wrote one of many tributes to him posted on social media. Former team member Rebekah Wilson posted, "I hung up my spikes in 2017 after representing Great Britain and England across 17 years of athletics. Tony tried multiple times to get me to take off my rugby boots and put my Sale vest back on". A minutes silence in tribute to him was held at T & F matches on that weekend and public tributes also paid

Outside of Sale Harriers Tony was an accomplished, self taught artist who dedicated much of his spare time to painting. He held exhibitions of his work at the NatWest branches in Cheetham Hill and Spinningfield in Manchester. A lifelong Manchester United supporter, he focused mainly on figurative work, but painted in different styles too.

Sale Harriers extends deepest condolences to his wife Jackie, their children Andrew & Jennifer and to his three grandchildren. May he rest in Peace.

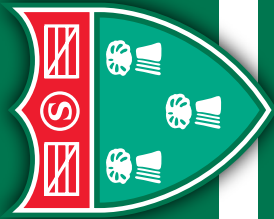


Tony Simmons with Lucy Evans at a UKWAL match

MANCHESTER OLDIES REUNION



Magazine Editor/Producer **FECHIN McCORMICK** and Mike Dooling MBE, running colleagues from 1976-79 as members of Liverpool H & AC, in January 2020 organised a rare reunion of fifty of Britain's running greats from the 60s, 70s and 80, their own heydays. Many were stars who'd featured on the front cover of Athletics Weekly and created the magazine headlines of their day. Though no longer as fleet of foot, the likes of Olympians Ron Hill, Geoff Smith, Jeff Norman and former stars of the calibre of Mike Freary, Steve Kenyon, Mike Baxter, Peter Morris, Pete Ravald, Steve Anders, Wade Cooper, Kevin Jacques, Colin Robinson, reminisced with lucidity; shared their competitive stories with interest, recalled career highpoints with humour and recalled anecdotal stories with lots of laughter. Several of Sale Harriers 'greats' from the era were among them - the likes of **STEVE EDMUNDS**, **BRIAN GOULDEN**, **BRUCE GREEN** and **DAVE FARMER**. The eventful day ended with a Q & A panel made up of Ron Hill, Geoff Smith, Mike Baxter, Paul Freary and Steve Kenyon. Their collective Wisdom on what made theirs a golden era of running by comparison to contemporary running was both interesting and compelling. Younger runners present listened to their running 'grandfathers' with reverence and awe.



2019 ROLL OF HONOUR

WORLD CHAMPIONSHIPS (GB & NI)

IAAF World T & F Championships (Doha):

AIMEE PRATT (3000m SC)

ABIGAIL IROZURU (LJ)

World University Games (Naples):

JORDAN BROOME (200m)

World Transplant Games (Gateshead):

KELLY CHADWICK (Gold 100, 200, LJ, 4 x 100m & Bronze 4x400m)

IAAF World Para Championships (Doha):

KADEENA COX MBE (T38 200m & 400m)

World Para Athletics Grand Prix (Paris):

KADEENA COX MBE (T37/38 400m)

UCI Para-Cycling Track World Champs:

KADEENA COX MBE (Gold in C4 500m TT)

ITU World Triathlon Series:

GEORGIA TAYLOR-BROWN (Bronze)

World Biathlon & Triathlon Champ:

OSCAR SCHOFIELD (World Champ & 2x Team GB Gold)

World Junior Modern Pentathlon World Cup (Poland):

OLIVIA GREEN

BRITISH DOMESTIC CHAMPIONSHIPS (ALL AGES)

British Sen. T & F Champs (Indoor):

CHAMPIONS: CONNOR WOOD (200m)

BRONZE: ABIGAIL IROZURU (LJ)

British Sen. T & F Champs (Outdoor):

CHAMPIONS: ABIGAIL IROZURU (LJ)

KIRSTY LAW (Discus)

CHRIS BAKER (HJ)

BRONZE: AIMEE PRATT (3000m steeplechase)

British Universities T & F Champs:

CHAMPION: AIMEE PRATT (2000m Steeplechase)

British Masters Indoor T & F Champs:

CHAMPION: RICHARD CLANCY (1500m & 3000m)

British Masters Outdoor (NoE) T & F Champs:

CHAMPION: GEOFF TYLER (M70 Discus & Shot)

CHAMPION: GEOFF BEATTIE (M65 400m & 1500m)

British & Irish Masters Int. XC Champs:

CHAMPION: MATT BARNES (M40)

NORTHERN T & F CHAMPIONSHIPS

INDIVIDUAL

Senior & U20 T & F Champs (Indoor): 7 Gold, 3 Silver, 5 Bronze

CHAMPIONS: ANDY ROBERTSON (Sen 60m)

SEUN OKOMO (Sen TJ)

JESS TAYLOR-JEMMETT (Sen SP)

CONNOR WOOD (U20 200m)

ABIGAIL IROZURU (Sen LJ)

Senior & U20 T & F Champs (Outdoor): 7 Gold, 3 Silver, 4 Bronze

CHAMPIONS: ANDREW ROBERTSON (100m)

RORY KEEN (400mH)

STEPHANIE MOSS (1500m)

KEVIN METZGER (TJ)

U15 & U17 T & F Champs (Indoor): 6 Gold, 3 Silver, 4 Bronze

CHAMPIONS: AARON THOMAS (U17 HJ)

LAURE KIDUKULA (U17 800m)

MELISSA BOOTH (U17 TJ)

SUCCESS EDUAN (U15 200m)

U15 & U17 T & F Champs (Outdoor): 4 Gold, 4 Silver, 7 Bronze

CHAMPIONS: SUCCESS EDUAN (U15 200m)

HERMIONE MASON (U15 75mH)

SOPHIE ASHURST (U17 PV)

Northern Masters T & F Champs (Bury)

CHAMPION: GEOFF BEATTIE (M65 400m)

Eastern Masters T & F Champs

CHAMPION: GEOFF TYLER (M70 Shot Putt & Discus)

MAJOR SCHOOLS CHAMPIONSHIPS

SIAB International Champs:

CHAMPIONS: SOPHIE ASHURST (PV)

LARA CRAWFORD (England Cross Country Team)

English Schools Champs: 3 Champions & 3 Silver medallists

CHAMPIONS: SUCCESS EDUAN (retained her 200m)

SOPHIE ASHURST (PV)

MELISSA BOOTH (TJ)

SILVERS: BASIL ZOLA (LJ), STEFF MOSS (800m), ELLIOT SAVAGE (800m)

English Schools Fell Champs: **JACK SPARK** (3rd-Year 8/9)

EUROPEAN CHAMPIONSHIPS (GB & NI)

European Junior Modern Pent. Champs (Poland):

OLIVIA GREEN (GB Gold)

European Indoor Championships (Glasgow):

ABIGAIL IROZURU (LJ)

JULIAN REID (TJ)

European Team T & F Outdoor Champs:

ABIGAIL IROZURU (LJ)

KIRSTY LAW (Discus)

CHRIS BAKER (HJ)

European Combined Events Team Champs:

JESSICA TAYLOR JEMMETT (Team Captain)

European U23 T & F Outdoor Champs:

AIMEE PRATT (3000m SC)

REYNOLD BANIGO (Long jump)

Europe v USA:

BEN WILLIAMS (TJ)

European Masters T & F Champs (Venice):

MATT BARNES (M40) 1500m Gold

GEOFF TYLER (M70 Discus Silver)

ED WHITE (M45 400m)

European Biathlon & Triathlon Champs:

(Mad): OSCAR SCHOFIELD (Gold, Silver & Bronze)

ENGLAND ATHLETICS T & F CHAMPIONSHIPS

INDIVIDUAL

England Athletics U15 & U17 Champs (Indoor):

CHAMPIONS: SUCCESS EDUAN (200m)

BRONZE: STEPHANIE MOSS (800m)

England Athletics U15 & U17 Champs (Outdoor):

CHAMPIONS: SUCCESS EDUAN (U15 200m)

MELISSA BOOTH (U17 TJ)

England Athletics U20 & U23 (Outdoor):

CHAMPIONS: AIMEE PRATT (U23 3000m)

SILVER: SOPHIE ASHURST (U20 PV)

England Masters Inter Area Challenge:

CHAMPION: GEOFF TYLER (M70 Shot Putt)

National Young Athletes League (Lower):

CHAMPIONS & National Champions

National Young Athletes League (Upper):

NW Champions

Division 2WC Champions

Northern T & F:

British Athletic League (BAL):

UK Women's League (UKWAL):

WELSH ATHLETICS T & F CHAMPIONSHIPS

Welsh Athletics International:

NICHOLAS YOUNG (Shot Putt Silver)

SCOTTISH ATHLETICS T & F CHAMPIONSHIPS

Scottish Athletics Senior Champs:

KIRSTY LAW (Discus Champion (12th consecutive title))

COUNTY XC & ROAD RELAY CHAMPIONSHIPS

Gtr. Manchester XC: Individual: 6 Champions, 1 Silver, 3 Bronze

Team: 4 Gold, 5 Silver, 2 Bronze

CHAMPIONS INDIVIDUAL: **KATIE STRINGER** (U15)

SARA CLOUGH (U13)

DANIELLE FEGAN (SW)

JESS SPILSBURY (U17)

GAVIN HILL (SM)

OSCAR SCHOFIELD (U13)

CHAMPIONS TEAMS: **SW, SM, U13B, U15G**

Cheshire XC Champs:

CHAMPION: LARA CRAWFORD (U17)

SILVER: NIGEL MARTIN (Senior)

TEAM: Men (Silver), U15B, U11G (Bronze)

Lancashire XC Champs:

CHAMPION: KATIE HEWISON

Merseyside XC Champs:

SILVER: PHIL ROBERTSON

Gtr. Manchester RR Champs:

CHAMPIONS: U11B, U15G

SILVER: U13G

BRONZE: U15G(b)

OTHER INTERNATIONAL, NATIONAL & REGIONAL REPRESENTATIONS

Vienna Indoor T & F Classic (Austria): Representing England

JORDAN BROOME

REYNOLD BANIGO

SEUN OKOMO

CHRIS BAKER

Muller Indoor Grand Prix:

ABIGAIL IROZURU (England)

Loughborough International:

KIRSTY LAW (Scotland)

Manchester International:

ANDY ROBERTSON (England)

Muller Diamond League (Birmingham):

ABIGAIL IROZURU (GB & NI)

Youth Nations Cup (Dublin):

STEPHANIE MOSS (England)

British Age-Group National Tri.:

MATT BARNES (England M40 Gold)

Welsh Athletics International:

SOPHIE ASHURST (England Pole Vault),

STEPHANIE MOSS (England Indoor 800m)

ANNE CHINYO (F45 England)

GEOFF BEATTIE (M65 Northern Ireland)

SOPHIE WOOD

GAVIN HILL

British Masters 10k (Birmingham):

ERRA National 12/6 Road Relays: Men 30th, Women 32nd

Northern Athletics 10k Road:

ENGLAND XC, ROADS, FELS CHAMPIONSHIPS

TEAM

ERRA National 6/4 Road Relays:

Men 9th, Women 29th

ECCA National XC:

Men 5th, Women 14th

ECCA National XC Relays:

U17W 4th, Women 4th

Welsh Castles Relay:

Men Champions (3rd year), Women 3rd

Northern XC Champs:

CHAMPION: JACK SPARK (U13)

Northern XC Relays:

CHAMPIONS: U13B

SILVER: U11B, U17G

12/6 Road Relay Champs:

Men 12th, Women 12th

6/4 Road Relay Champs:

CHAMPIONS: U13B

SILVER: Men, U13B

Northern Athletics 10k Roads:

SILVER: Men

Northern Athletics XC Champs:

CHAMPIONS: Men, U13B, U20W

Northern Masters HM Road Champs:

CHAMPIONS: ANNE CHINYO (L45)

Northern Masters 5k Road Champs:

CHAMPION: ANNE CHINYO (L45)

SINEAD FERGUSON (L40)

COUNTY T & F CHAMPIONSHIPS

Gtr. Manchester: 26 Champions, 16 Silver, 8 Bronze

CHAMPIONS: THEA BROWN (U13 150, LJ, 70H, HJ)

OLIVIA BROWN (U15 800m)

LAURE KIDUKULA (U17 800m),

FREDDIE MEREDITH (U13 800m, 1500m),

ANNABEL AMADIN (U15 Shot),

SUCCESS EDUAN (U15 100m, 200m),

WILL PARKER (U15 1500m)

KANE MCWATT (U17 400m)

KATIE STRINGER (U15 1500m)

BETH THORNTON (U20 2000sc)

ROCK WHYATT (U17PV)

SOPHIE TILLEY (U17 Shot)

JASMINE RICHARDSON (U15 Discus)

LILY OLDALE (U13 Jav)

CHeshire: 7 Champions, 9 Silver & 6 Bronze

CHAMPIONS: RUKA SHONIBARE (U20 100 & 200)

GEORGE SPAIN (U17 Shot)

BEN BASTEN (U17 100)

JESS TAYLOR-JEMMETT (SW Shot)

Derbyshire:

CHAMPION: WILL STANWAY (U17 800m, 1500m)

Cumbria:

CHAMPION: REBECCA KEEN (U20 Triple jump)

CROSS COUNTRY

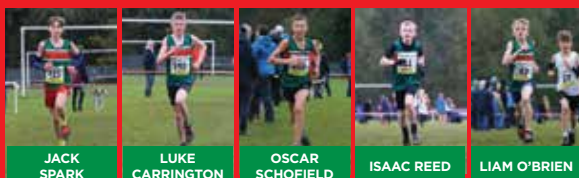
When the days get shorter, the temperatures drop and washing machines get busier, you know it's the cross-country season. It begins in October and ends in February and promises mud, glorious mud.

Sale Harriers competes in the Manchester Area Cross-Country League (MACCL) that comprises five monthly matches for all age-groups from under 11 boys and girls up to veteran categories. This league has grown in numbers over recent years to become one of the largest and strongest competitively. Sale Harriers thanks the team of indispensable, ever loyal stalwarts who year-on-year, stand in the cold, wet, wind and rain as marshals, tunnel officials, timekeepers, and recorders. Club chairman **DAVID BROWN** has been the MACCL chief race starter for years.

MATCH 2

The second match was also local at Kenworthy Woods and again it brought large fields. The U13 & U15 age-groups were affected by the clash with the NW Schools at Liverpool and in this match the senior men and women lacked quality at the front. Nevertheless, Sale Harriers was the only club to finish teams in every age-group. The club's top teams and individuals were

- **U11 Boys** were 1st with **ISAAC REED** 1st & **LIAM O'BRIEN** 2nd
- **U13 Boys** were 1st A & B with **LUKE CARRINGTON** 1st & **OSCAR SCHOFIELD** 2nd
- **U15 Girls** were 1st A & B team
- **U17 Girls** were 1st A & B team
- **Senior Men** were again 2nd to Salford H & AC
- **Veteran Men** individual; **MIKE CURLEY** 1st M70
- **Veteran Women** individual: **ANNE CHINOY** 1st L45 **MARGARET TRICKEY** 1st L65



MANCHESTER AREA CROSS-COUNTRY LEAGUE

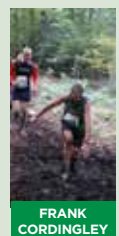
MATCH 1

The 2019/20 season launched at Wythenshawe Park in October. This home promotion was brilliantly delivered again by **DAVE RODGERS** who, last year, was honoured as the worthy recipient of the MACCL "Special Merit Award" for his exceptional service to the league and to Sale Harriers. He couldn't have done it, of course, without such ever loyal club stalwarts of the calibre of **BRIAN GOULDEN, TONY LYTHE, DAVE FARMER, STEVE EDMUNDS, GLENN SAVAGE, MATT CASTLE, MIKE DUNNE, ANDREW THALLON, ROBERT HEGGS, MATTHEW SPRAGG** and **JACK FROST**. Be aware they worked all day to ensure the match success even long after runners had gone home.

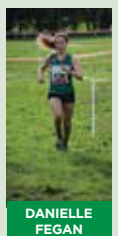
Wythenshawe's course is relatively flat but, in the woodland section, runners went knee deep in mud. The club turn-out was typically excellent in every age-group.



MIA GIBBONS



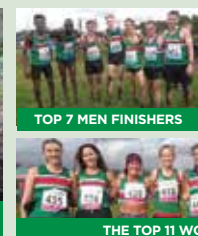
FRANK CORDINGLEY



DANIELLE FEGAN



CARLA OUSEY



TOP 7 MEN FINISHERS



U13 WINNERS



THE TOP 11 WOMEN FINISHERS

Sale Harriers were formidable and won more age-group matches than any other club and were top team overall. The match's top three teams and individuals were:

U13 boys: 1st team with **FREDDIE MEREDITH** 1st & **LUKE CARRINGTON** 3rd

U15 boys: 3rd team

U17 Girls: 2nd team with **JESS SPILSBURY** individual 2nd

Senior women: A - F teams 1st with **DANIELLE FEGAN** 1st

Senior Men A: 2nd team to Salford H & AC

Women Vets: B-F teams all 1st

Individuals: **HAYLEY ASHBY** 3rd L35, **ZOE GMERK** 3rd L40, **ANNE CHINOY** 3rd L40-45

Men Vets: B, C, D and E teams 1st or 2nd

Individual: **MIKE CURLEY** 1st M70

MATCH 3

The third match was in Birkenhead at Arrowe Park. On this occasion, everyone had to brave wind, mud and Arrow Park's energy sapping undulations. **NIGEL MARTIN, PHIL ROBETSON** and **JAMES WIGNALL** were especially impressive in the senior race, flying home one, two and three for team victory. Add to this **BEN KEELEY** who won his U11 race, **LUCY DIXON** who won her U15 girl's race, **LUKE CARRINGTON** who was 3rd in his U13 race and **GEORDIA HEATH** 3rd in the U17. On this occasion a special thanks to parents who transported their youngsters to the furthest match they'd have to travel this winter. The day's top three teams were:-

- **U11 BOYS** A and B teams were 1st
- **U13 BOYS** were 2nd
- **U15 BOYS** were 3rd
- **U15 GIRLS** were 1st
- **U17 GIRLS** were 2nd
- **SENIOR WOMEN** B & C teams were 2nd
- **SENIOR MEN** A, B, C were 1st
- **VETERAN MEN** A were 3rd



LUCY DIXON U15 WINNER OF MATCH 3



HOLLY NOLAN & MADISON HOLT

MATCH 4

The fourth and penultimate match is a critical one in that it determines what each age-group must still do to win medals and MACCL titles. This was the first time a MACCL match was held at Tatton Park, the National Trust's 1000 acre historic estate near Knutsford. At the end of the match the U11 boys had their MACCL title secured and young **ISAAC REED** was the individual bronze medallist. All the other age-groups were mostly in top three positions but had to maintain their season's momentum of strong turn-outs if they were to secure the medals and titles within their grasp. The final league standings after the next match are based on the best four of the five matches



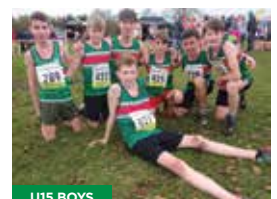
U11 BOYS



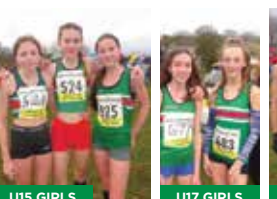
U11 GIRLS



U13 GIRLS & BOYS



U15 BOYS



U15 GIRLS



U17 GIRLS



U17 BOYS



SENIOR WOMEN



SENIOR MEN



SENIOR MEN

MATCH 5 & OVERALL RESULTS

Heaton Park on a crispy, sunny day prior to Hurricane Storm Ciara was the venue for the final, decisive match of 2019/20. Yet again, the club finished teams in every age-group. The senior men were the only section to take their foot of the pedal on the home straight and by finishing 4th handed Salford H & AC the Division 1 title. In the women's race, **SOPHIE WOOD** and **EMMA TILLEY** merit a special mention. In her first year with Sale Harriers in which she's made massive improvement, Sophie recorded her first MACCL victory and it was great to have **EMMA TILLEY** return to competition so magnificently for 4th place following her 18 months of debilitating illness.

Overall Team Champions

U11 Boys: Their best result in five seasons

U15 Girls: Retained their title for the 2nd consecutive year

U17 Girls: Their best result since 2014/15

Senior women: Their best result since 2015/16

Overall Team Silver

U13 Boys: Last year they were the MACCL champions

Senior men: Silver for the 2nd consecutive year

Overall Team: Bronze

U11 Girls: Silver medallists for the past two years & Champions x 2 before that

U15 Boys: Bronze for the 2nd year

U17 Men: Their best result since 2013/14

Overall Individuals

LUKE CARRINGTON U13 Champion

ZOE GMERK LV4 Champion

ANNE CHINOY LV45 Silver

BEN KEELEY U11 Bronze

NICK BARRY SM Bronze

MIKE CURLEY MV70 Champion

EMMA FINNEY L35 Silver

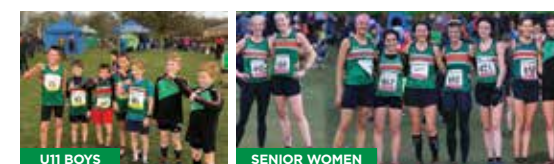
ISAAC REED U11 Bronze

JASMINE REED U15 Bronze

SPECIAL MERIT AWARD

Congratulations to **DAVE RODGERS** who was awarded the 2018/19 MACCL Cross-Country League's 'Special Merit Award' for his exceptional work for the league and for Sale Harriers in the league. He won the award from among eight very strong nominations. His citation described his "boundless efforts and enthusiasm in supporting and motivating the very large groups of Sale Harrier runners of all age-groups who take part in the league. Not only does he unfailingly turn up to club training sessions throughout the week and coach up to 60 runners in all weathers, but he's always the first to arrive at a MACCL match to pitch the tent, sort numbers, give words of support - and then he'll be the last to leave. Through every MACCL match, he'll have run further than anyone else covering all areas of the course and shouting encouragement to runners. Dave has run with and coached some outstanding athletes over the years and continues to do so. What makes him so very special is the attention and enthusiasm he gives to Sale Harriers senior endurance section with their wide range of ability and encourages all to achieving their potential"

(Sale Harriers fully support Dave's award as thoroughly well deserved. In the 2019/20 season he has again given 110% despite concerning health problems. Few, for more than 50 years, have given Sale Harriers more of their life and energy in a host of commitments and responsibilities than Dave).



U11 BOYS

SENIOR WOMEN



U15 BOYS

U13 BOYS



U15 GIRLS

U13 GIRLS



U17 GIRLS

U17 BOYS



EMMA TILLEY (4TH) & WINNER SOPHIE WOOD

CROSS COUNTRY

CROSS COUNTRY RUNNING IS A SPORT IN WHICH TEAMS AND INDIVIDUALS RUN A RACE ON OPEN-AIR COURSES OVER NATURAL TERRAIN SUCH AS DIRT OR GRASS, WOODLAND, GRAVEL AND HILLS.

Runners are judged on finishing position and teams by a points-scoring method. Cross country takes place during autumn and winter, and can include weather conditions of rain, sleet, snow or hail, and a wide range of temperatures.

Sale Harriers competes in the Manchester Area Cross-Country league's (MACCL) five monthly matches. You'll have read the full account of the club's success in the preceding pages.

As the winter progresses, there are the increasingly important championships - County, Northern and the winter culminates with the very important National XC Championships in early March. This section records the club's significant cross-country achievements from the end of the 2018 season to March 2019?

Fechin McCormick

OVER THE BALES

The 'Over The Bales' competition is the club's junior section top cross-country event that takes place every Spring. The races are run over hay-bales and over one hundred and fifteen club athletes turned out in the six races. Between them Sale Harriers had five 'A' team victories against opposition from over 20 clubs from throughout the north-west and four individual victories. The four individual victors were **TARA FERGUSON, ED SPARK, BEN KEELEY** and **FREDDIE MEREDITH**.

The 'A' team winners were:-

- The U13 boys, the current Northern XC Champions, won the team race with **FREDDIE MEREDITH, OSCAR SCHOFIELD** and **MATTHEW GARDNER** finishing in the first three places.
- The U13 girls, the current Manchester XC League Champions, won their team race with **JASMINE REED (2nd), SARA CLOUGH (3rd)** and **CARMEN SAFRANAUSKAS**
- The U11 boy's team comfortably won their race with **BEN KEELEY** outsprinting team mates **FINDLAY GODDARD** and **LIAM O'BRIEN** to win the individual race.
- The U11 girl's race Sale were silver medallists and first B team. Well done to **MADDIE HOLT, IMOGEN HILL, IZZY HALL, HOLLY NOLAN, ASH GILMORE** and **FRANCESCA HEWITSON**.
- In the U9 boy's race **ED SPARK** outsprinted team mates **DANIEL OAKES** and **BEN GARNER** to win the A race.
- In the U9 girl's race **TARA FERGUSON** was a clear winner from team mate **OONAGH Mc MANUS** and with **AMELIA HIGGINS** were also comfortable team winners. **KATIE ROBERTSON, CAREY SULLIVAN** and **ROXY Mc HUGH** all finished in the first 10 to ensure victory in the B team category



U13B & G OVER THE BALES - CLOUGH, REED, SAFRANAUSKAS, MEREDITH, SCHOFIELD & GARDNER



U9B OVER THE BALES - GARNER, OATES & ED SPARK



U9G OVER THE BALES - FERGUSON, HIGGINS & MCMANUS



U11G OVER THE BALES - IZZY HALL, IMOGEN HILL & MADDIE HOLT



U11B OVER THE BALES - O'BRIEN, GODDARD & KEELEY

SIAB INTERNATIONAL SCHOOLS CHAMPIONSHIPS

In early Spring 2019 **LARA CRAWFORD** represented England and made her international debut at the SIAB International Schools Cross-Country Championships in Dublin. Lara was the 2018 Cheshire Intermediate Cross-Country silver medalist and that qualified her for the ESAA English Schools Championships the same year, held at the sodden grounds of Temple Newsham Park in Leeds. She finished a fantastic 5th that qualified her for her England debut.

"I had a brilliant experience travelling to Ireland with the England team" she said. "I met new friends and getting to run in a home

international for the first time was amazing, even though I had hoped to perform better".

Readers will discover through these pages that Lara's 2019/20 year was even more successful and culminated with her selection to represent England again in the ISF World Schools Cross-Country championships in Slovakia.

KATIE STRINGER just missed out on selection. She'd retained her Gtr. Manchester School title that qualified for the English Schools. She missed selection by being just outside the top 12 finishers.



LARA CRAWFORD

CROSS-COUNTRY REUNION

After she'd team-managed her girls at the Wythenshawe MACCL match last October, **LISA DAVIES** travelled to Australia and bridged an extraordinary 50 year gap with **TINA WILD**, who was a member of the Sale Harriers very successful cross country girl's team that won the National Cross-Country Championships in 1971 at High Wycombe and again in 1972 at Rawtenstall. They shared cherished memories of former Sale Harrier days; of training with club legend Alan Robertshawe and remembering those

remarkably successful days in the club's history. They also fondly remembered their team-mate **BARBARA SCHOFIELD** who tragically and suddenly died in the 1990's whilst training from Crossford Bridge. Tina went on to run the marathon for New Zealand despite a terrible accident of being hit by a car whilst out running and told she would never walk again,. Lisa is an active Sale Harrier member, team manager and Executive committee member who was awarded Life Membership for her lifelong service to the club.



DAVIES LISA & TINA WILD

BMAF CROSS-COUNTRY RELAY CHAMPIONSHIPS

In October, Sale Harriers L45 **ANNE CHINOY**, L60 **JACKIE CORDINGLEY** and L45 **JULIA REYNOLDS**, finished in that order as the club's L45 team for the British Masters Cross-Country Relay Championships at Long Eaton, Nottingham. The 'girls' placed very well in 5th place. Ann ran the 6th fastest L45 leg and Jackie, who's youthful ability allowed her to drop down two age-groups to make up the team, would have been the fastest L55 of the day had the club's medal potential trio of Jackie, **LYNDA ROWLINSON** and **CAROLINE KINGHORN** been able to make the start line. Persistent rain throughout the weekend ensured a sodden, water-logged course, knee-deep in places. The day's highlight, therefore, were the hot showers provided by the local Leisure Club.

With the evident depth of ability in the club's veteran sections demonstrated in the two MACCL matches to date this winter, what is stopping the club taking this championship by storm next year?



JULIA REYNOLDS, ANNE CHINOY & JACKIE CORDINGLEY

NORTHERN ATHLETICS' CROSS-COUNTRY RELAYS

The Northern Athletics' Cross-Country Relays was also at the end of October. The competition continues to grow with a record number of teams again this year. Now in its 10th year, the competition is a nice little 'opener' to the cross-country season that prepares clubs for the arduous championships ahead. Held at Graves Park, Sheffield, Sale Harrier's most successful sections were:-

Under 13 Boys Gold

Under 17 Girls Silver

Under 11 Boys Silver

Under 15 Boys Bronze

Under 15 Girls Bronze

Senior Men Bronze

LUKE CARRINGTON, OSCAR SCHOFIELD, FREDDIE MEREDITH

LARA CRAWFORD (ran the fastest leg of the day)
GEORGIA HEATH, EMILY KATEHALL

LIAM O'BRIEN, ISAAC REED, BEN KEELEY

ELLIOT SAVAGE, JACK SPARK, EVAN SAVAGE

KATIE STRINGER, LUCY DIXON, ISABELLE BURKE

DANIEL KASHI, JAMES WIGNALL, WILLIAM ONEK, ALEX BRADFORD

CROSS
COUNTRYBRITISH AND IRISH MASTERS
INTERNATIONAL

MATT BARNES, the recent European M40 1500m champion, took the M40 gold medal in the England M40 Masters Cross-Country Home International at Aintree racecourse. He led the England team to silver medals. This year with home advantage the England team were especially successful. They took 12 of the 17 team titles and 10 of the 18 individual titles. The annual event was again a who's who of Britain's past 'Greats'. Congratulations, Matt!



IRISH NATIONAL XC CHAMPIONSHIPS

Well done to **DANIELLE FEGAN** who came 6th in the Irish National XC Championships which includes the European trials running for her native Armagh AC (her second claim club). Historically, the Irish selection board take the first 6 finishers to the European championships so she had a legitimate hope to represent her native Ireland. Unfortunately, the board selected the European medallist Ciara Mageenan instead so Danny just missed out on a career pinnacle.

EUROPEAN CROSS-COUNTRY TRIALS

The British Athletics Cross Country Challenge is Britain's premier domestic cross-country series that provides top quality competition. The Liverpool event in Sefton Park annually incorporates the European Cross-Country trials and this year it was a battle for spots on the British team for Lisbon.

Sale Harrier's international and cross-country specialist **SONIA SAMUELS** was the club's sole representative on the line this year and she typically excelled. In her final year as an L35 competitor, she finished well up in 13th place and gave Britain's relative youngsters, vying for a place on the senior team. a run for their money. Sonia's been successfully competing on the highest levels of GB competition for 30 years, most as a Sale Harrier. She's excelled especially in cross-country with her most notable achievements representing Great Britain at 4 World Cross Country Championships, 2 European Cross Country Championships and 1 European Track and Field Championships.

ECCA NATIONAL CROSS-COUNTRY RELAYS

Over a thousand teams representing the 10 age-groups, took part in the Saucony English Cross Country Relays at Berry Hill Park, Mansfield on Saturday 2nd November. After a brief sunny spell in the morning, athletes toughed out wet and windy conditions for the rest of the day. Medals were shared out around the country, with wins from Leeds City, AFD, Shaftesbury Barnet Harriers, Wolverhampton & Bilston, WSEH, Vale Royal and South London Harriers with Sale Harriers competitive in some age-groups. The club's most successful teams were the U17 girls and the senior women.

The U17 Women

Last year's U17 girls bronze medallists and the sections first medals since they won the championship in 2000, were this year in 4th place. Again, **LARA CRAWFORD** threw down the gauntlet on the first stage to record the fastest stage of the day. **GEORGIA HEATH**, new to Sale Harriers, took the 2nd stage and passed on the baton to **JESS SPILSBURY**. Last year she brought her team into the silver medal position and did really well again this year to bring them home 4th.

The Senior Women

The senior women were 5th last year which was their 2nd best position since 2005 when they won silver medals. This year, they went one better to place 4th, thanks to a strong and promising trio of **DANIELLE FEGAN**, **SOPHIE WOOD** and **SONIA SAMUELS**. International Sonia makes a difference to every team result. Her 20-year background of top level success in major championships especially in cross-country, has her as a jewel in the crown. Danielle & Sophie did great work on their stages; then Sonia typically hauled in five places on the final leg to just miss out on medals.

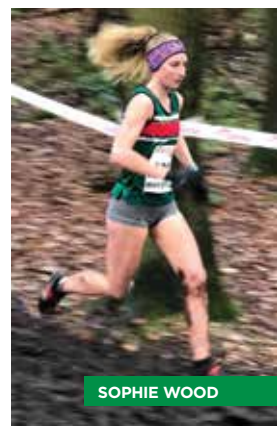
The Junior Women

It was especially great to have **FRANCESCA BRINT** return to competition following her prolonged illness. She ran the 3rd fastest leg of the day which bodes encouragingly for her successful return.

The largest of the day's fields was the senior men with 190 teams but sadly no senior Sale Harrier men's team were among them. Also noticeable from the results this year again were a Sale Harrier, junior men and under 17 men team.



FRANCESCA BRINT



SOPHIE WOOD



SONIA SAMUELS



DANIELLE FEGAN

COUNTY CROSS-COUNTRY CHAMPIONSHIPS

Boggart Hole Clough is renowned for its mud but this year's Gtr. Manchester Cross-Country Championships was described as 'absolutely brutal', and comparable to the 2011 National at Alton Towers where some of the later races were shortened due to casualties.

However, the atrocious and bitterly cold conditions that included a hailstorm for good measure did not deter Sale Harrier's mud larks who powered through the extreme mire to record one off the club's most impressive ever hauls of county titles and medals. Of the 10 competing teams, Sale Harriers won a remarkable 6 Gtr. Manchester individual and 4 team titles, 1 individual and 5 team silver medals and 3 individual and 2 team bronze medals. Fantastic results, boys & girls, men and women!

INDIVIDUAL

GOLD U15 Girls
Sen. Women
Senior Men
U17 Girls
U13 Girls
U13 Boys

KATIE STRINGER*
DANIELLE FEGAN*
GAVIN HILL
JESS SPILSBURY
SARA CLOUGH
OSCAR SCHOFIELD

*Retained her title

SILVER U15 Girls

LUCY DIXON

BRONZE U15 Boys
Sen Women
U20 Girls

JACK SPARK
HANNAH BROWN
BETH THORNTON

TEAM

GOLD Senior Women*
U13 Boys
*Retained their team title

Senior Men*
U15 Girls

SILVER U13 Girls
U17 Boys
Senior Women (b)

U15(b) Girls
U17 Girls

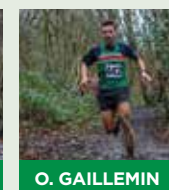
BRONZE U13(b) Boys U15 Boys



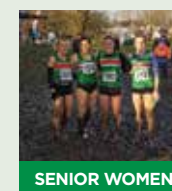
U15G 1ST & 2ND



A. BRADFORD



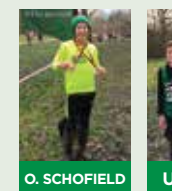
O. GAILLEMIN



SENIOR WOMEN



U13G



O. SCHOFIELD



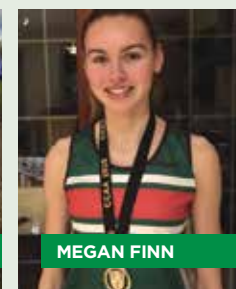
U15B



U11 BOYS CHAMPIONS



LARA CRAWFORD



MEGAN FINN

Winsford was the venue for the Cheshire Cross-Country Championships. Whilst Vale Royal AC was impressive in every age-group, Sale Harriers made its presence felt among the bigger Cheshire's clubs in some of the age-groups.

- The U11 Boys were Champions. **BEN KEELEY** was the individual champion, **LIAM O'BRIEN** won the silver medal & **DANIEL OAKES** made the successful trio. Last year, the U11boys were bronze medallists
- The Senior men retained their silver medals. **NIGEL MARTIN** was also 2nd again; **JAMES WIGNALL** was bronze medallist and **MATT BARNES, PAUL ROWLEY, TOM FORDYCE & DUNCAN HILL** were the silver team

- LARA CRAWFORD** retained her U17 title. Lara has an amazing record of Cheshire Cross-Country titles. This was her 5th age-group Cheshire XC title plus an U15 silver medal. **ANOUSKA BROOKS** was also an excellent 4th
- MEGAN FINN** had an inspired run to beat many girls she's never previously beaten to claim the U20 silver medal. This was by far the best achievement of her running career

MERSEYSIDE

PHIL ROBERTSON started his 2020 season as he meant to continue with a brilliant victory in the Merseyside Championships. It was also his first ever cross-country title so one for the record books, Last year he was the silver medallist.



DERBYSHIRE

WILL STANWAY also launched his 2020 on a high with the U17 silver medal in the re Championships. This was also his best ever Derbyshire cross-country result. Still in the first year of his U17 age-group, who knows but next year he could be Derbyshire's U17 champion. No pressure, Will!



CROSS COUNTRY

NORTHERN CROSS-COUNTRY CHAMPIONSHIPS

What a successful Northern Cross-Country Championship and penultimate pinnacle of the 2020 cross-country season! The haul of 2 x team Northern titles, 4 x team silver medals, 2 x team bronze medals, 1 x individual champion and 1 x individual silver medal was the club's best success for well over a decade and made Sale Harriers 'Cocks O' The North'. The men's four consecutive victories & the U13 boy's three successive title are also club records.. The championships were held for the first time at the stunning estate of Camp Hill Estate, Bedale in North Yorkshire.

CHAMPIONS

Senior Men: Their 4th consecutive title is a club record and places them behind Leeds City's impressive record of nine consecutive titles between 2003 and 2011. They beat Salford H & AC in the process. Well done to the formidable sextet of **NIGEL MARTIN, GAVIN HILL, WILLIAM ONEK, JAMES WIGNALL, DANIEL KASHI and MATT BARNES**.....and they've more 'in the wings' of similar ability.

Under 13 Boys: Their 3rd consecutive title isn't just a club record but also unprecedented in Northern Cross-Country Championships history for that age-group. **FREDDIE MEREDITH** was the individual bronze medallist – a great improvement from 25th last year and he led home his gold medal team with **OSCAR SCOFIELD**, the Triathle mixed relay World Champion followed by **LUKE CARRINGTON and BEN KEELEY**.

SILVER

Under 15 Boys: As a result of **ELLIOT SAVAGE, JAMES KNOCKTON, WILL STANWAY and JACK SPARK** finishing in the silver medal position they secured their section's best result since they won silver in 2014.

Under 15 Girls: **KATIE STRINGER, ISABELLA BURKE, ELIZABETH HILL and GEORGIA HEATH** also did a fantastic job to secure silver medals and improved their squad's position from 4th last year.

Under 17 Girls: **LARA CRAWFORD**, already an U17 silver and bronze medallist in this championship, was crowned the 2020 champion which she maturely won by a 10 second margin in a great race. This latest title she also adds to a host of other impressive titles throughout 2019, all of them documented throughout this magazine. She led home **JESS SPILSBURY, EMILY**

HALL and GEORGIA HEATH to great silver medals and the squad's best result since they won the title in 2017.

Senior women: Whilst the race was impressively won by GB international **JESS JUDD, GEORGIA TAYLOR-BROWN**, Sale's world renowned ITU Triathlon Bronze medallist preparing for the Tokyo Olympics, gave her a good run for her money for the silver medal and her first senior silver medal (she already has 2 senior bronze medal & is the 2013 U20 champion). Her team-mates **HANNAH BROWN, ELLEN DOWNS & SOPHIE WOOD**, all in top form through the winter, packed well to secure the silver medals. This section last won this title in 2018 when Georgia & Hannah were also part of the team.

BRONZE

Under 13 Girls: Twins **SARA & AVA CLOUGH, ISABELLA APPLEBY and LIZ SINCLAIR** are three of a young squad who've brought the club much success throughout 2019 and their Northern bronze medals are their section's latest fillip. This was their best performance since they were silver medallists in 2017.

Under 20 women: Following 10 barren years when this section never completed a team, they rejuvenated four years ago and have since won two titles and this was their second set of bronze medals. If only the U17 & U20 men had similar 'rejuvenation' for they've not produced teams for the past five years which has got to be worrying. Well done **CATRIONA WALSH, MEGAN FINN and ALYSSA DAVEY** for keeping your U20 fires burning brightly. This was also Catriona and Megan's first Northern XC Championship competing for the club.



SENIOR MEN



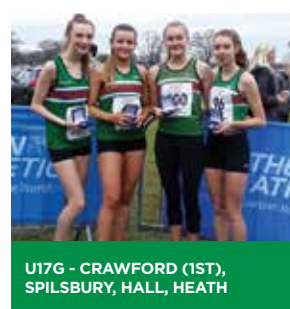
U13B - SCOFIELD, MEREDITH, KEELEY



U15B - SPARK, STANWAY, SAVAGE, KNOCKTON



U15G - STRINGER, BURKE, HILL, SAFRANAUSKAS



U17G - CRAWFORD (1ST), SPILSBURY, HALL, HEATH



SENIOR WOMEN



U13G - CLOUGH, APPLEBY, SINCLAIR



U20W - ALYSSA DAVEY, MEGAN FINN, CATRIONA WALSH

NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

Every runner must experience a National Cross-Country Championship sometime in their running career! Nothing compares to this pinnacle of cross-country excellence every February that brings together from throughout England the great and good in every age-group in superb competition. Nottingham's Wollaston Park was the 2020 venue and two weeks of heavy rain and the battering of storms Ciara and Dennis ensured a glorious mud bath for all.

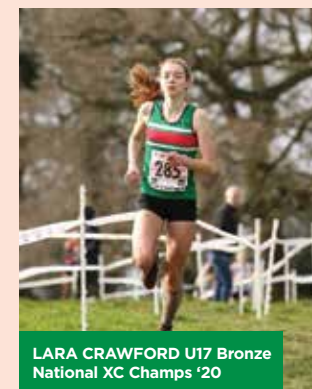
Individually, **LARA CRAWFORD**, the U17 Northern XC Champion from two weeks earlier, became the National U17 bronze medallist and was Sale Harrier's most successful athlete of the championship. Following her success and because of her great cross country year (recorded in this magazine) she received the news shortly afterwards that she's selected as one of the six girls to represent England in the ISF World Schools Cross Country Championships in Slovakia in April. Congratulations Lara. Sale Harriers is soooo proud of you and your great talent.

Though Lara was the club's only individual medallists, there were many other fine performances throughout all the age-groups. One special one to record was **M45 GAZ RAVEN** who

notched up his 26th consecutive 'National'and he continues to be a team counter. There's a challenge!

Teamwise, though there were no medals again this year, the U13 boys missed out on the bronze medals (which they won in 2018) by a mere six places. Most of the other teams also delivered improved positions on last year. The U15 boys 9th place, the U15 girls 5th place, the U13 Girl's 11th place and the U17 girls 7th place were all significant improvements even on recent years.

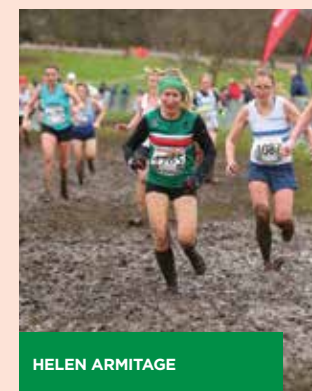
The senior men - 5th last year, were 10th this year and the senior women, champions in 2018 and 14th last year, were also 10th this year.



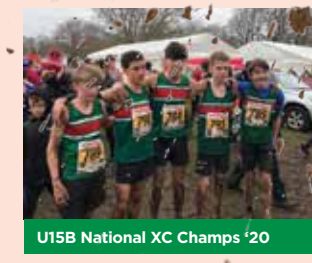
LARA CRAWFORD U17 Bronze National XC Champs '20



MATTHEW PRAGG



HELEN ARMITAGE



U15B National XC Champs '20



JACK SPARK



SENIOR WOMEN



LYDIA BRIGGS



LIBBY HILL

NORTH- EASTERN COUNTIES AA CHAMPS

Sale Harriers long-time star international **SONIA SAMUELS** hit the headlines yet again! In December on the 25th anniversary of the NE Counties AA Championships, Sonia won the senior race on the same course 25 years after she won the inaugural U17 race in 1994 (then known as THOMAS). This was also her 3rd victory in this championship, the previous occasions in 2007 and 2017. Now a Vet-35, she led throughout on the tough, two-lap course with a biting cold, NE wind and crossed the line 47 seconds ahead.

Question? Is there another female cross-country runner in Britain as enduring and as successful on the top level in major championships as our Sonia?



STIRLING CROSS CHALLENGE XC INTERNATIONAL

In Mid-January, just a few weeks after his first ever representative honour, selected for Northern Athletics in the 10k Championships in Telford, **GAVIN HILL** received his second call up, again to represent Northern Athletics in the Stirling Cross Challenge XC International. He helped make it a great day for the North of England. His 17th place helped the team to 3rd place behind Scotland and Wales that resulted in all the Northern teams placing in the top three on the day. Well done, Gavin. England vest next!



GAVIN HILL Representing NA in Stirling Cross Challenge

TRAILS & FELS

FELL RUNNING, SOMETIMES ALSO KNOWN AS HILL RUNNING, IS THE SPORT OF RUNNING AND RACING, OFF-ROAD, OVER UPLAND COUNTRY WHERE THE GRADIENT CLIMBED IS A SIGNIFICANT COMPONENT OF THE DIFFICULTY.

The name arises from the origins of the english sport on the fells especially those in the lake district. Fell running has elements of trail running, cross country and mountain running, but is also distinct from those disciplines. It's only in more recent years that Sale Harriers affiliated to the National Fells Association. **Paul Barrett** is the club's fells representative

NEWLANDS VALLEY FELL RACES



In April 2019, **PAUL BARRETT** organised his annual social weekend over Easter at Newlands in the Lake District. Always an enjoyable long weekend for the endurance section and their families, their 2019 escapade was super sunny and had the usual excitements with lots of running, eating, drinking, an Easter egg hunt, a barbecue, pub quiz, the traditional **GLENN SAVAGE** concert, circuit training, cake competition (won by **BETH TITTENSOR**), the **PAUL BARRETT- HELEN CARTER** rounders match (a resounding win for Helen's team !!),.... and of course great company and lots of friendships.

Packed into the weekend was the Newlands Valley Fell Races and most took part despite the burning heat. It started from the village of Stair with the route covering the Valley Horseshoe.



KENTMERE TRAIL RACE

May saw tough man **GAZ RAVEN** finish an impressive 2nd and 1st M40 in the tough 18k Kentmere Trail Race. It's one of the Lakeland Trails series that follows footpaths and bridleways and takes in panoramic views of most of the southern Lakeland fells. This was all just four weeks after Gaz was an impressive 2nd and 1st M40 in the Manchester Marathon, **STEVEN HENDERSON** finished 45th.



LE TRAIL DU BOUT DU MONDE

In July, **TRACEY TAYLOR, SIMON LATHAM** and **AMÉLIE LATHAM** took off to Brittany, France for the 20km Trail event called Le Trail du Bout du Monde that's in Amelia's family home district. All three finished to the front of the 708 finishers. The route was mostly dusty paths, sand dunes, rocky (pebbles), beach, coastal and wood paths. Obstacles along the way were made of tree trunks and a passage in the sea up to the waist. This was the 15th edition of this event and it was voted the 5th most beautiful trail in France. Conditions were very hot, the mercury topping 32degrees. "It was tougher than we thought" they said, "because of the heat".



NORTH DOWNS



In August **ANDREW CARLIN** stretched himself to his limits in the North Downs Way 100 that's actually a 103 mile, point to point trail race between Farnham and Ashford including 10,000ft of ascent, along the North Downs Way.

The race started from the mouth of the North Downs Way at 6am and this is how Andrew described the experience, "The start line was marked with a couple of flags, an abandoned trolley and a double mattress. The early morning light glinted through the trees as the crowd stretched out across the countryside all aiming for some distant horizon.

A defining part of the day was running through the transition between day and night. The sun takes hours to set but darkness comes down in an instant. With head torches on, the hills become bigger, forests thicker and skittering sounds boom in the undergrowth. The journey became ever only to the next checkpoint with a pattern of just eating, moving, never counting the seconds and forever following the shimmering scraps of tape through corn fields, forests and along the ridge lines of the trail".

Twenty hours and twenty-eight minutes later Carlin crossed the finish line in 19th place and picked up a 'finisher in a day' belt buckle..... and immediately fell asleep!

"Thanks to everyone who helped to make this possible and allowed us to raise over £900 for charity as well as getting me a new belt buckle" he said.

RACE THE TRAIN

Also in August, a posse of true grit Harriers took off in gladiatorial style to race a train in Wales. Imagine! It was the 35th edition of this famous race that takes place at Tywyn, Mid Wales and is certainly a unique multi-terrain event.

They encamped overnight and next day the toughest of the group took on the longest, gruelling 14 miles challenge. The first of this group home was brute M45 **PAUL GREEN** who finished a remarkable 9th. The others followed in his wake soon in this order - **CHRIS DONNELLY, MATT OLDHAM, DAVE MARSH, PAUL BARRETT** and **CAROLINE WHEELER**

Following 12 months of injury **GLEN SAVAGE** sensibly opted for the 10k which he described as "very hilly, boggy, steps to climb and generally rough terrain". He won his first ever V55 category prize and was pleasantly surprised to do so.

For those tempted next year, Race the Train follows the route of the Talylyn Railway using a mixture of public roads, lanes, un-metalled roads, tracks, agricultural land, and rough grazing pastures. Family and friends can cheer you on by taking the train with coincides with the runners at certain stages.

THE LAKELAND '50'

The Lakeland '50' tour of the Lake District is one the greatest ultra trail challenges in Europe if not the world and a posse of Sale Harriers did it. **ROBERT DUNNE** was the 1st Sale Harrier home in 9 1/2 hours, followed by **PETER SHIPLEY** (10 1/2), **GARETH WEBB** (11 1/2), **MIKE WHARTON** (13) and **TIM RAINEY** (14 1/2). It's mind boggling endurance that requires commitment, drive and the ability to keep going when most folk would just give up.....the talent Sale Harriers has! Not only did they complete the course but they did it in wet weather!

The '50' is run over the second half of the 100 Ultra Tour and anyone who considers it the 'easy option' are in for the biggest shock of their running lives. **TIM HINES** tried it but like 50% of even the best competitors he didn't manage to finish.

For those who know the Lake District, the route starts from the Northern end of Ullswater within the Dalemian Estate, follows the Eastern shore line to Howtown, a trek along the banks of Haweswater to Mardale Head, then onto Long Sleddale, Kentmere, Ambleside, Langdale and Tilberthwaite before the final climb and descent to the finish at Coniston.

St. HELEN'S DREAM TRAIL 5k



In September **ZOE GMEREK** was 1st female, 1st L40 and over a minute faster than last year in this new local trail challenge in St. Helen's. She reported "it's great for newcomers to trail running". Her time was 21.48 and she was delighted to be presented with her well earned £25 voucher by Sale Harrier Life Member Susan Crehan (whose sons sport shop sponsored the event). Sue represented GB & NI at the 1988 Seoul Olympics in the marathon. "I was so proud to get a photo with her also" said Zoe. Sue has also represented GB & NI at the 1988 World 10,000m Championships in Rome and in the 15k at the 1986, 87 and '88 World Road Race Championships in Lisbon, Monaco and Adelaide.

CALDERDALE RELAYS

The Calderdale Relays in June is usually a big 'un for Sale Harriers who love hills and it was once more. It's Britain's biggest off road club run organized by Halifax H & AC. Three teams travelled to Yorkshire and they finished 6th, 23rd and 60th. Notable individual performances were tough guys **PAUL GREEN** and **GARETH RAVEN** who were third fastest on their leg. The 'B' team did well to get the baton round ahead of all the leg cut offs! There were also some new fell-running faces enjoying their debuts - **HECTOR CHINOY, MATT SPRAGG, STEVEN MALONE** and **AMY MIDDLEMAST**.



GARETH RAVEN & PAUL GREEN



JENNY CLINK & CARL SOUTHWORTH



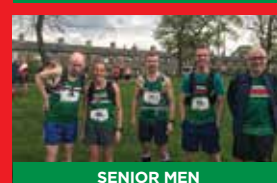
SENIOR MEN & WOMEN



SENIOR MEN



SENIOR MEN



SENIOR MEN

WHALEY WALTZ FELL RACE

At the end of June it was **GAZ RAVEN** who particularly featured. He recorded his 3rd victory in the Whaley Waltz Fell race, an annual summer fell race that takes place as part of the Whaley Bridge Carnival before the Rose Queen Carnival Parade. He wasn't asked to crown the carnival Queen! His two earlier victories were in 2013 and 2014. Sale Harriers finished a men's and women's team (Sorry no team photos submitted!) who both were 2nd to Stockport H & AC.



PAUL GREEN



SENIOR MEN

TRAILS & FELS

ENGLISH SCHOOLS FELS CHAMPIONSHIPS



JACK SPARK & LUKE CARRINGTON

Congratulations to **JACK SPARK** who finished 3rd in the Year 8/9 race in the English Schools Fell Championships on October 6th and led home 166 boys and girls in his age-group. The race this year took place at Giggleswick School in

the Yorkshire Dales. Last year Jack, who loves the challenge of different terrains and the uphill challenges, was the National Fell Running Silver medallist and in 2017 he finished 2nd in the English Schools Fell Running Championships

LUKE CARRINGTON finished an excellent 9th and he still has a year to go in this race.

13 ARCHES TRAIL HALF MARATHON

In mid-November, a group competed, enjoyed and explored the challenging and beautiful heritage trails around Radcliffe that included the famous 13 Arches Viaduct. They described conditions as 'bleak' (Global warming!) and reported trips and falls galore. Well done to **BEA CORDINGLEY, WENDY TERRY, JULIA REYNOLDS, CARLA OUSEY, TRACEY TAYLOR & MARINDA BREDDY and ROBERT FAIRBANKS!** who all featured impressively in their age categories. Particularly noteworthy was BEA CORDINGLEY's 3rd female position.



GRAVY PUD FELL RACE

On a freezing cold December morning when the frost lay all about, a group of hardy Sale Harriers took to the fells in the legendary Gravy Pud Race from the Bulls Head in Tintwistle. It's a tough enough 5 mile event with a 1000ft elevation. **GAZ RAVEN** doesn't hedge from tough races and was 1st Sale Harrier home in 3rd place with **CHRIS DONNELLY** first M40.



FRANK CORDINGLEY



DANIELLE EGAN

SALOMON ULTRA PIRINEU

On 4th October, a large group of Sale Harriers made the trip to Baga in Spain to participate in the Salomon Ultra Pirineu, contesting three races with varying degrees of challenge against some of the world's best mountain runners.

On race day, the first group taking on the longest and hardest challenge were up at 3am and on the start line still in darkness for 5.30am. **RICHARD BROWN & ROBERT DUNN** were among a thousand other crazy likeminded runners ready for the long day of the Salomon Ultra Pirineu race - a 94km trail race with 6200m of climb that's part of the Golden Trail Series and sees some of the world's best ultra-runners compete for the overall crown. The lights went out, head torches sprung into life, music rose and the countdown begun.... uno, dos, tres, cuatro, cinco, ARRIBA.....and they were off.

The race wound its way through the town's narrow streets, then they hit the trail and tackled the first major climb at 8 miles. "It was at this time we witnessed

the night sky turning to day with a beautiful sunrise revealing an amazing view of the mountains above the clouds. It was past 22:00 before they returned to the finish line in Baga, having started and finished in darkness.

At 8am **MIKE WHARTON and RICHARD EDWARDS** joined another group of about 650 runners, headed to Bellver to tackle the Mitja Pirineu, a 19km mountain race with 600m of climb.

At 9am, **CHRIS DONNELLY, DUNCAN HILL, ANDREW CARLIN, PAUL ROWLEY, OLIVIER GAILLEMIN, PAUL BARRETT, MIKE ASHBY, ELTON DAVIES and AIDAN RAFTERY** were on the start line for their Sky Pirineu race. It's another tough mountain climb, covering 36km and 2600m of climb. This race is part of the Skyrunner World Series.

All three groups faced major challenges that included trips, falls, blisters, wrong turns, hours on their feet but everyone ultimately arrived home safely and enjoyed the test.

NATIONAL FELL CHAMPIONSHIPS

At the end of October **PAUL BARRETT** entered two teams into the National Fell Championships in the heart of the Peak District. Dark Peak Fell Runners were the hosts for this prestigious, popular Championship. In the overall results, Sale Harriers finished 65th and 92nd from the entered 225 teams. Hailing from super flat South Manchester they were never going to be competitive against the 'mountain goats' of the Peak District & Lake District. At least, their result was a big improvement on last year's 103rd place

The championships took place in the the Derwent Valley with its breathtaking desolate wilderness and close to Derwent Reservoir where the famous 617 'Dambusters' Squadron trained for their historic bombing raids during the Second World War.



AIDAN RAFTERY

KIRKINTILLOCH 12.5k

If you're in Glasgow for the Muller Indoor Grand Priz, you'd expect **SOPHIE WOOD** and **ROB FAIRBANKS** to take in a race somewhere. They did just that - the 15th anniversary of the Kirkintilloch 12.5k and Sophie not only won it but broke the course record in 47:10..... all on the weekend of the hurricane Dennis when the menace meant she had to contend with strong winds.

In case you're interested, this is a popular and challenging race in the Scottish calendar, not far from Glasgow, run on quiet country roads meant to provide an opportunity to test out your winter training. Oh! Rob was again 'chicked' and finished in 48:50.



NATIONAL YDL (Lower) CHAMPIONS

Fechin McCormick



Sale Harriers U13 and U15 boys and girls were crowned National YDL Champions in 2019, a title they've now won three times in the past five years. In the process, they also were crowned North-West Premier Divisions Champions and the Northern YDL Champions for the 11th time in 13 years. Congratulations to the whole squad, their coaches, team managers, parents and other supporters

Their successful campaign began in April, with the first of three North-West Premier Division matches. The top two then qualify for the Northern Final in Preston at the end of July. The first of these three matches was at the same Sportcity venue where they'd eventually become the National champions. Typically, they threw down the gauntlet 'big style' to the current YDL Northern champions Preston AC and, in a close fought battle on a miserable day, Sale youngsters won by over 60 points. **PETER SHAW**, the author of the website YDL reports on these matches wrote, "The quality of performance throughout the day was exceptionally high" On this occasion, he cited the pole vaulters and middle distance sections to have made massive contributions, winning most of their events.

Their second match was in Liverpool in June and, again, they delivered another decisive victory towards becoming the North-West Premier League Champions, this time with a fantastic 70 point victory, again beating



Ellie Gildart



Freddie Meredith



Taylor Edwards



Holly Garner



Preston AC. Peter Shaw wrote on this occasion, “Everyone pulled their weight but the club sprinters and hurdlers were especially on fire with victory after victory and this placed the club in a strong position”. The third match was at Bebbington, also in June and the club youngsters typically again gave 100% in another thrilling victory and qualified for the Northern Regional YDL Final as North-West champions. This will be at Preston in July. Peter Shaw recorded, “The club’s throwers are often unheralded and they were especially good in this match with virtually everyone scoring maximum team points”. Also **BASIL ZOLA** set a new long jump club record of 6.47m and the U13 girl’s sprint team of **SETIRA REID, HOLLY GARNER, TIA GROVER** and **THEA BROWN** set a new club record of 52.4 seconds, indicative of the standard of competition and the quality of the athletes.



Ella Gillespie



Olivia Brown



Sammy Breingan



Natchi Nwosu



Hermione Mason
club 75m record



Morgan White



Favour Joseph

NORTHERN REGIONAL FINAL

The Northern Regional Final was always going to be a tough match, competing against the North of England’s other successful regional qualifiers. Sale went to it as the 11th times Northern champions in 13 years. The match was on the home territory of the current Northern Champions, Preston AC and the club’s formidable rival throughout the North-West league this year.

It was as competitive and exciting a final as one could hope for with everyone fighting tooth and nail to maximize their team score with several competing in more than one event and some as many as four. Everyone rose to the occasion epitomised by **HERMIONE MASON** who, a few weeks after competing at the English Schools Championships, ran 11.3 to break the club U15 hurdles record, to rank her 4th in the UK. Victory was largely secured when the club’s 1500m runners gained a twenty-one points advantage over Preston. It’s a big well done, therefore to **SARA CLOUGH, EVA KARALIUS, MATTHEW GARDNER, FINLAY GODDARD, JASMINE REED, TAYLOR EDWARDS, JAMES KNOCKTON** and **JACK SPARK**.

The result was very close but Sale Harriers U13 & U15 YDL youngsters won their eleventh Northern title in thirteen years, beating the reigning Champions Preston AC on their home territory. Sale Harriers are now the North- West Champions and the Northern Champions. Onwards to the National YDL Final and the possible hat-trick at the Etihad Stadium on September 7th. Every team member brought the club distinction with the possibility also of winning an historic hat-trick of major titles. Each one deserves the biggest clap on the back and ought to be very proud. Too numerous to list all of them, just some of the more notable stars through the league were.

Vaulters & Jumpers:

MORGAN WHITE SHONA WILKINSON RUARI McDONALD ELLIE WOLFENDEN BASIL ZOLA TIA GROVER THEA BROWN MOHAMMED COLE BECCA McLYNN JOSHUA EME LILY EDSON ELLISE FRYER-FRANCIS

The middle distance:

EVAN & ELLIOT SAVAGE WILL STANWAY JAMES KNOCKTON TAYLOR EDWARDS IZZY BURKE JASMINE REED FREDDIE MEREDITH IZZY APPLEBY MADDIE HOLT ELLIE GILDART EVA KARALIUS

OSCAR SCHOFIELD LIBBY HILL WILL PARKER NIAMH BOYD ANNABELLE BYGRAVE SARA & AVA CLOUGH

Sprinters and hurdlers:

SUCCESS EDUAN NATACHI NWOSU SETIRA REID HOLLY GARNER THEA BROWN TOM BOYD HERMIONE MASON MAX CUNNINGHAM THEO MAY JOSHUA EME TOLU ADEYEMI LEONARDO SCOTT NY JACKSON SAMMY BREINGAN FAVOUR JOSEPH

Throwers

MACKENA BRADSHAW ANNABEL AMADIN ELLA GILLESPIE LAILA HERSTEL MIA WALKER RYAN VIGERSTAFF JASMINE RICHARDSON

Individuals who typified many of the real heroes

WILL PARKER who ran three tough races all within one hour **BASIL ZOLA** who regularly competed in four events. (plus his club record!)

PRINCE MENDEZ competed in four events on his debut and won the boy’s 100m.

THEA BROWN a real action hero who won her 3 or 4 events in every match.

BECCA McLYNN who won the pole vault on her club debut. Fantastic!

T & F Officials:

It’s impossible to underestimate the contribution of the T & F officials to the team’s success and to some others who contributed in various ways like public address and results. Not only are they indispensable to the successful delivery of every match but they also are awarded match points significant to an overall score. In the regional final they won a massive 56 points for the team, critical to the victory. Well done and thanks to officials who contributed to matches:

- **TERRY SUTCLIFFE • IAN SCHOFIELD • TONY CAMPBELL • AYEDOLE SHONIBARE • ALISON SMYTHE • DAVID BROWN • CAROL BROWN • DORRETTA MAYNARD • TONY HAMPSON • JACK FROST • CHRISTINE TYRER • NICKY LOWE • FECHIN McCORMICK • ANDY WEBSTER • JOHN SMITH • FRANK CORDINGLEY • BRIAN GOULDEN**

THE NATIONAL YDL FINAL

The National YDL final was on the home turf of Sportcity, rather than the traditional venue of Birmingham or Bedford. It was inevitably tense but competing against Britain’s top eight clubs was also as exciting a day of athletics that anyone could hope for. Until the final stages Sale Harriers were only a handful of points ahead of Blackheath. At the end of the day Sale Harriers accumulated a score 601 points... just six more than Blackheath and so were crowned National YDL Champions. The match brought out the very best in everyone whereby four YDL records were broken, three new club records established and a team haul of 70 medals, including 28 gold.

The inspirational team captains **SUCCESS EDUAN** (Girls) and **BASIL ZOLA** (Boys) led from the front with both setting new YDL records. Success won both her sprints in new YDL record times and as a result was awarded “The Best Performance of the Day”. She also teamed up with **NATACHI NWOSU, FAVOUR JOSEPH** and **JASMINE RICHARDSON** to win the sprint relay. Jasmine is to be congratulated on setting a club record in the hammer, whilst Favour not only won the 300m but collected a 3rd gold medal when she teamed up with **HERMIONE MASON, IZZY BURKE** and **OLIVIA BROWN** to win the 4 x 300m relay.

Basil also set a new high jump club and YDL record and was again a real action hero who competed in four events. Similarly was **THEA BROWN** who competed in four events and high jumped 1.61m to set a new U13 YDL record and broke the club record for both the U13 and U15 age-groups – amazing!

EVAN SAVAGE was a clear 1500m winner and was awarded “The Frank Starkie Memorial Trophy” (Frank was a Sale Harrier chairman who made a massive contribution to youth athletic development before his sudden death in 2006).

A special mention to primary age athletes who made a big contribution also throughout the league and in this match to **EVA KARALIUS** and **LILY OLDALE** who both won bronze medals. Another great example is **SAMMY BREINGAN** who ran four sprint races in all five matches – a total of 20 sprint races.

The day’s medallists were:-

GOLD:

ELLIOT SAVAGE, WILL STANWAY, JAMES KNOCKTON, MABEL ADJEI, MATTHEW GARDNER, SETIRA REID, HOLLY GARNER, SARA CLOUGH.

SILVER:

ELLISE FRYER-FRANCIS (3 medals), TIA GROVER (2 medals), RUARI McDONALD, MACKENA BRADSHAW, TOM BOYD, NATACHI NWOSU, BECCA McLYNN, MABEL ADJEI, ANNABEL AMADIN, JASMINE RICHARDSON, HERMIONE MASON, PRINCE MENDEZ, FREDDIE MEREDITH, HOLLY GARNER, SETIRA REID, THEA BROWN, AVA CLOUGH, LILY EDSON

BRONZE:

LILY OLDALE (2 medals), DECLAN O’LOUGHLIN, ELLIOT SAVAGE, EVAN SAVAGE, WILL PARKER, SAMMY BREINGAN, HERMIONE MASON, GEORGIA WALL, SHONA WILKINSON, ANNABEL AMADIN, MABEL ADJEI, ELLA GILLESPIE, IZZY BURKE, EVA KARALIUS, PRINCE MENDEZ, TOLU ADEYEMI, TIM ZOLA, THEO MAY, NANCY PICKLES, OSCAR SCHOFIELD

Again, it’s impossible to acknowledge everyone but every boy and girl can be very proud of this National YDL Title and this year’s historic hat-trick of YDL titles with the honour they’ve also brought their club. Many thanks again to the club officials who scored a maximum of 56 points. Victory of course, would be impossible without team managers **CARL WORTHINGTON** and **SINEAD FERGUSON** and their months of behind-the-scenes work, co-ordination, planning and sacrifices. Congratulations to all.



NORTHERN (Div.2WC) CHAMPIONS

In 2018 Sale Harriers Northern League managers - **DAVE MARSH & JACK FROST** achieved their objective and won promotion to Division 2WC of the Northern League. Their 2019 objective was to maintain the momentum and to win promotion back to top Division 1 where the club had been successful over many years. Their competing clubs were Bingley H & AC, Holmfirth H & AC, Liverpool Pembroke AC & Sefton H. Spennorth & Dist. AC and Wirral AC **Fechin McCormick**

MATCH 1 WAKEFIELD

The first match at Wakefield was a closely fought one with thrilling competition. Sale won it albeit by just two points from Holmfirth AC. **DAVE MARSH** and **JACK FROST** had done their necessary homework and managed to fill 95% of the match's 39 disciplines - fantastic achievement that showed the mantra 'Fill the Gaps - Win the Match' works. The only events not covered were the men's A & B 3000m steeplechase and 'B' Hurdles and similar in the female section. Noteworthy was that the men delivered a fantastic top 3 finishers in no less than 27 of their 34 events, and the women were top three in more than half their events so a strong competitive match. Some of the outstanding team contributors were:

- **JOSH MOULAND**: Multi-eventers are gold dust to any team and Josh was again a massive points scorer having competed in six events
- Several women were also big points scorers by doubling and trebling in events **REGAN WALKER** returned to competition from an injury and won both sprints in emphatic style. YDL captain **RUKA SHINOBARE** won the 100m & 200m double. **CAITLIN EMERSON** made her club debut and dominated the shot & discus. First year U17 athlete **SOFIJA DRAGISIC WOOD** competed in 3 events - javelin, high jump & long jump.
- Athletes who walked the second mile represent the 'heart' of a team and **SARAH GOULDEN** embodied this. She'd spent the week ill with flu and even did a leg of the 4x400m relay ...which was new territory for her.



The thrilling 4 x 400 quartet



Sinead Roche, Anne Chinoy



Damien Jones



MATCH 2 BEBBINGTON

The second match in Bebbington in June was at the Oval where Chariots of Fire was filmed - the 1981 historical drama that told the story of two athletes in the 1924 Olympics: Eric Liddell, a devout Scottish Christian who ran for the glory of God, and Harold Abrahams, an English Jew who ran to overcome prejudice. It was another tough match with strong competition from Holmfirth AC. They prevailed but by just a few points. Both clubs were now neck-and-neck going into match three.

I was a club Field official at this match and I witnessed firsthand many Sale athletes' inspiring athleticism, potential, grit and determination with many competing out of their comfort zones in unfamiliar events. Some of the day's outstanding highpoints were;

- You should have heard the shriek throughout the stadium when pole vaulter **LUCIE WOLFENDEN** got her 2nd PB and qualified for the English Schools.
- **JOE VIS** & **TIM KENNEDY** were class acts in the 5000m
- **DAMIAN JONES** & **STEVE GAVIN** (3000m s/c) & **ANNE CHINOY** and **SARAH FERGUSON** (1500m) were flagships for those who came out of comfort zones to compete in unfamiliar events
- There was a father-daughter competition in the pole-vault - dad & coach **ANDY ASHURST**, the 1986 Commonwealth Games pole-vault champion and daughter Sophie who is the UK's No.1 in the U17 rankings. Obviously, both won!
- Club sprinters were formidable - again! Everyone was either 1st or 2nd thus bag-fulls of team points - **BEN BASTEN**, **SAM WORTHINGTON**, **RUKA SHONIBARE**, **BRIA BULLARD**, **CHARLOTTE MAIRS**, **JOSEPH LINGARD**, **CHARLIE HOBSON**, **MIA GIBBONS**, **ANNIE WILLIAMS**

MATCH 3 LONGFORD PARK

The 3rd match in July at Longford Park was decisive. Again, the team manager's pre-match preparatory work paid dividends and another strong, gladiatorial team responded. As a result Sale Harriers won 75% of the day's 39 events and were runners-up in many more ...with a total of just five 'gaps'. Sale Harriers again won convincingly by a massive 120 points over Holmfirth H & AC. The club was 'on a roll' for promotion. This is a good point to focus on team officials and their vital contribution to team scores. In this Northern League, each club receives five points for every track judge, field judge and timekeeper. Clubs are expected to provide four field judges (twenty points) and clubs providing the minimum number of six officials are awarded an additional fifteen points to a maximum 45 per match. Thanks to **JACK FROST** who managed this year's recruitment of Officials for all the club league matches with great effect. As a result, the team were awarded the maximum forty-five points in all their matches.

MATCH 4 CLECKHEATON

Yorkshire at the beginning of August was the venue for the final Division 2WC match. The overall winners of the other Division 2 leagues would then go forward to the final promotional match that would determine who'd be promoted into Division 1.

Holmfirth was again the club's main challengers, but Sale's sprinters were formidable and had the edge. Holmfirth were stronger in the men's middle distance. It was Sale's field eventers - in both men's and women's throws and jumps that made the difference. They recorded victory after victory, enough for Sale to win the match by 50 points. Well done especially to them.

Men: **SAM EBONINE**, **VIZ UJANA**, **SEUN OKOMO**, **JONATHAN FERRYMAN**, **GEORGE SPAIN** **BROOK WHYATT**, **NICHOLAS YOUNG**, **KAMEL BENISSAD**, **NATHAN BOOTH**, **WILLIAM SCHOFIELD**

Women: **DEVON WEYMOUTH**, **FAVOUR AKPAN**, **BETHANY WOODHEAD** **HELENA ROBINSON**, **LUCIE WOLFENDEN**, **HANNAH BLOOD**

Mission accomplished! Sale Harriers were the Division 2WC Champions. Onwards to the promotional match.



Stalwart Mia Gibbons leading the celebrations



NORTHERN PROMOTION MATCH

The promotional match was at Longford Park at the end of August against the other Division 2 Regional champions - Preston AC, Rotherham H, Leeds City... and Wigan AC who were in a Division relegation battle. Sale Harriers went into the match as the highest point scores from their four matches of all the other division champions! In a thrilling day of competition, Preston were Sale Harriers challengers in all the track, field and relay events but it was only in the relays they scored more points. All clubs have problems filling every competitive discipline but Sale Harriers had far fewer, a tribute again to the backroom work of the team managers and the 'Can Do' spirit **DAVE MARSH** especially generated.

At 4.30pm on August 24th, Sale Harriers were proclaimed champions and return to Division 1 next year. Mission accomplished! The margin of victory over Preston AC was 21 points, Congratulations to every contributor. They know who they are and these include those coaches, parents and families who facilitated their contributions and success.

An impassioned **DAVE MARSH** who drove the 'Can Do' campaign that's returned the club to Division 1 wrote on social media. "Three years ago I attended a Northern league match for the steeplechase. The team was bottom of the league and with only about 6 athletes at the event. We were slumping it in Division 3 and looking like going down even further. I offered to do a bit of chasing up for the next match and as a result we won it and saved our place in the division. I started to ask questions as to why this great club had slumped so low. I was given responses like 'we just haven't got the athletes anymore' and 'we're not as good as we once were'. I was fuming! **JACK FROST** & I decided to work together to fix things. We were determined to win back-to-back titles and to smash it! I insisted we have the athletes, coaches, officials and everyone needed to do a demolition job on all the other teams to get our place back in the premiership... and so it has proved. It's been proven that, with a bit of organising and creating a bit of a buzz, we can more than cut it as a club".



SCHOOLS

Schools have their own independent Track and Field events programmes which run parallel with club athletics and, for that reason I allocate them its own section to record and applaud the club's school aged youngsters most significant achievements. The school's T & F season begins with youngsters representing their school in the County championships, usually in June. The best athletes go forward to the celebrated ESAA England Schools Championships – usually in July, (plus some other outstanding performances at other events that may also be taken into consideration). They compete for the honour of being the best athlete in England at their event. The most successful of these athletes are then invited to compete for England in the Schools Home International (SIAB) against teams from England Ireland, Scotland, Wales and Northern Ireland.

Fechin McCormick



Olivia Brown won the U15 Gtr Manchester Schools & Lucy Armitage was U17 3rd



Hannah Blood



Melissa Booth



Olivia Brown 3rd in the 800m



Basil Zola

COUNTY SCHOOLS T & F CHAMPIONSHIPS

The County Schools Championships at the beginning of June are the stepping stones to qualification to the English Schools championships in July. We record just the most exceptional achievements of the Sale Harrier athletes.

■ Three became County Schools Champion and produced Championship Best Performances (CBP).

HANNAH BLOOD Gtr. Manchester Hammer (CBP 49.47m)

MELISSA BOOTH Gtr. Manchester Triple Jump (CBP 12.08m)

SOPHIE ASHURST Gtr. Manchester Pole Vault (CBP 3.50m)

■ Four became County Schools Champions with the qualifying standard for the English Schools Championships in July

ELLIOT SAVAGE Gtr. Manchester 800m 2:03.28

EVAN SAVAGE Gtr. Manchester 1500m 4:19.43

BASIL ZOLA Gtr. Manchester long Jump 6.26m

KATIE STRINGER Gtr. Manchester 1500m 4:48.00

Sale Harriers had athletes represent their schools in other counties than in Gtr. Manchester and Cheshire.

■ Derbyshire: **WILLIAM STANWAY** represented Derbyshire Schools and he won the 800m silver medal.

■ Cumbria: **REBECCA KEEN** won Cumbrian U20 triple jump title with a PB of 11.44m that qualified her for the English Schools Championships. The distance ranked her 11th in the UK.

■ Somerset: **AMY HASLEM** and **DEVON WEYMONT** are two Gtr. Manchester girls currently pupils in Somerset and for that reason, they competed for Somerset Schools. Amy was 5th in the pole vault and Devon won silver in the long jump.

Several of these athletes accepted invitations to compete in the Mason Trophy, a regional competition to help prepare youngsters for the English Schools Championships.

ESSA ENGLISH SCHOOLS CHAMPIONSHIPS

The ESSA English Schools Championships in mid July is the BIG one! It's the high point of every school athlete and, as already mentioned, many who medal go on to achieve great things nationally and internationally as senior athletes. Of the 30 Sale Harriers selected for the 2019 Championships, 21 reached their Final and the following were even more successful.

3x ENGLISH SCHOOLS CHAMPIONS & GOLD MEDALLISTS

SUCCESS EDUAN retained her Junior 200m title (24.37)

SOPHIE ASHURST, last year's pole vault silver medallist, is this year's

Intermediate Girl's champion (3.80m) **MELISSA BOOTH** is the Intermediate Girl's Triple Jump Champion (12.15m)

3x SILVER MEDALS:

BASIL ZOLA Junior Long Jump (6.40m) **STEFFI MOSS** Senior 800m (2:09.03)

ELLIOT SAVAGE Junior 800m (2:00.9)

3x JUST MISSED MEDALS:

LAURE KIDUKULA (800m), **DANIEL AFOLOBI** (100m) CLUB RECORD:

JASMINE RICHARDSON The U15 Hammer with a 37.76m PB

MASON TROPHY INTER-COUNTY SCHOOLS CHAMPIONSHIPS

Several of Sale Harriers most talented young athletes competed in the regional Mason Trophy Inter Counties Schools Championships at Birmingham's Alexander Stadium in mid-June. They did exceptionally well. It's not possible to applaud everyone but well done to all of them. The five most successful were

■ **MELISSA BOOTH** massively improved her triple jump PB from 11.48m to 12.33m and she broke Amy Williams' club record of 12.22m, which had stood for six years. Representing Gtr. Manchester Schools and, with an eye on the ESSA English Schools Championships, it was in her third jump that she flew to 12.33m and rose to 2nd in the UK in her age-group. Afterwards she said: "I'm obviously really happy that I won and got a PB and I believe it's also the furthest a British U15 year old girl has ever jumped. I wanted to jump over 12.50m, so although I was delighted with 12.33, I was still a bit frustrated".

■ **BASIL ZOLA** jumped to the top of the UK U15 long jump rankings with a massive PB of 6.37m, a full eleven centimeters further than he'd jumped in the Gtr. Manchester Championships.

■ **SOPHIE ASHURST** won her U17 pole vault competition in 3.60m

■ **KATIE STRINGER** was 4th in the U1500m and recorded a fantastic PB of 4:47.61

■ **WILLIAM STANWAY**, Derbyshire 800m silver medalist, clocked a big improvement of 2:05.27.

SIAB INTERNATIONAL

A week after they became ESSA English Schools Champions, **SOPHIE ASHURST** and **MELISSA BOOTH** represented English Schools at the SIAB Home International. This year it was held in Swansea and both topped an amazing year by becoming Home International Champions!

Melissa became the Home International Triple Jump Champion.

Sophie became the Pole Vault Home International Champion and retained her 2018 SIAB title.



Sophie Ashurst



Melissa Booth

UK WOMEN'S LEAGUE

The senior women's UKWAL dream for 2019 was another attempt to return to the top echelons of their league. In the 38 years of the league and until team manager Eric Hughes death in 2012, Sale Harrier's had been Premier League Champions 23 times and runners up 9 times and represented British clubs in European competition numerous times. They were also the only UK club never been relegated. That all changed after Eric's death and the senior women launched their 2019 campaign in Division 2. Team Manager TONY SIMMONS put all his energy into returning the team to the higher divisions but it was never going to be easy.

Fechin McCormick



Match 1 Chelmsford Mia Gibbons, Ruka Shonibare, Layla Bell, Regan Walker, Yacine da Silva and Hollee Walker



Rosie Sementysh

MATCH 1 CHELMSFORD

The first match was in faraway Chelmsford on June 9th with an overnight trip. Tony Simmons could recruit only a team of nine to cover about 34 competitive events and save Sale Harriers reputation. Despite these nine giving it everything they'd got, inevitably, it was disaster and the team ended up last. Said TONY SIMMONS "It's hard to be positive in such a context but a time to reflect... and, of course, applaud those nine".

■ **ROSIE SEMENTYSH** came back from holiday at 10.00pm Saturday night to win the Javelin. Sale Harrier's top British javelin thrower (she's 6th in the UK) didn't hedge from Division 2 competition for the club!

■ **KIRSTY SPENCE** (nee Law) is Scotland 10 times Discus champion. She's another long-time club stalwart who didn't hedge Division 2 competition for the club. She was, of course, also a stand-out winner.

■ **MIA GIBBONS RUKA SHONIBARE, YACINE DA SILVA** and **HOLLEE WALKER** gave up their weekend and made great UKWAL debuts with lots of experience. They did more than enough! Congratulations to Mia who recorded a 400m PB of 62.58 seconds. Well done also **REGAN WALKER** and **LEYLA BELL**. You were exemplary.

■ **KATIA HAZEL** (nee Lannon) is a long-time Sale Harrier. Many will remember Kathia as an England Heptathlete (who even made the front cover of a Harrier magazine!). She's now married with two children, living in the South of England but came out of retirement and won great points for the club in the long jump, high jump and javelin.

MATCH 2 SHEFFIELD

Things could only get better and they did so - very much so in Sheffield on July 6th. With a bigger and stronger squad, the team finished a respectable 5th and demonstrated that the section has the winning potential to get back to the top.

It was great that several of the club's current and former internationals responded to the clarion call. **KELLY MASSEY**, who'd won 4 x 400m bronze at the 2016 Rio De Janeiro Olympics and the 2014 Glasgow Commonwealth Games, won great team points in retirement in the 800m, 200m, long jump and both relays. **KATIA HAZELL** (nee Lannon), also in retirement who represented GB & NI in the Heptathlon, showed true commitment by travelling from the South and also won great points in the long jump, pole vault and triple jump. The club's current internationals **LAURA WHITTINGHAM** (Javelin) and **KIRSTY LAW** (discus) were out on their own as big points scorers. Well done to everyone most of whom competed in several events, some out of their comfort zones.

AINE CUNNINGHAM, MEGAN HOULD, ALISON MCCORRY, MIA GIBBONS, EMMA TILLEY, ALICE STILES, REGAN WALKER, HOLLEE WALKER, JULIET DOWNS, BETH THORNTON, HANNAH BLOOD, LUCIE WOLFENDEN, BETH WOODHEAD, YACINE De SILVA NATASHA WILSON

So much damage had been done in the first match with only 69 points from approximately 200, the team's great efforts still weren't enough to lift them from the relegation zone. The 3rd and final match, again in faraway Glasgow, would be critical!

MATCH 3 GLASGOW

The club was devastated on the eve of their trip to Glasgow to hear the shocking and sad news of **TONY SIMMONS** unexpected death. It rocked the club! We discovered later that Tony had a heart condition which he'd kept low-key. A tribute to him is recorded in this magazine. **BRIAN GOULDEN** bravely stood into Tony's shoes as team manager.

A minutes silence was held before the match and a tribute publicly paid to him. The team were motivated with a 'Do it for Tony' mood and everyone gave 100%.

They again finished a respectable 5th but it still wasn't enough from the devastation of the first match and they ended up in the relegation zone.

Most of the team were those who'd done so well in the previous matches with the following newcomers

RUKA SHONIBARE (100m & 200m),

CAITHLIN EMERSON (400m, Shot & discus),

RACHAEL ROZHESTVENSKAYA (1500m & 3000),

CIARA YOUNG (1500m),

RACHEL PUGH (discus & javelin),

REBECCA KEEN (Triple jump).

MIA GIBBONS enthusiasm, commitment and willing availability throughout the league again captured the team spirit that's necessary. Despite coming into her season late, she was a solid foundation throughout doing all she could for her team.

The 2020 season will see the UK Women's League and men's British Athletic League merge to form a new joint National league. British club athletics, therefore will be entering a new era.



Match 3 Glasgow

BRITISH ATHLETIC LEAGUE

Up to this year, the British Athletics League has been a men-only T & F team competition with five divisions each having four matches per season. This year the league celebrated its Golden Jubilee with the announcement that athletes from the BAL and the completely separate until now UK Women's League, will compete at the same venues and dates from summer 2020.

Fechin McCormick

MATCH 1 SWANSEA

Sale Harrier's senior men launched their 2019 summer BAL Division 1 season in Swansea on May 11th. This season's competitors were Liverpool AC, Swansea AC, Thames Valley AC, Bournemouth AC, Southampton AC and Windsor, Slough, Eton & Hounslow. Ideally, the objective was to try and win promotion to the BAL Premier Division which Sale Harriers has won on several occasions, but more realistically, it was to target a top three league position.

This first match wasn't an ideal start! The team finished 6th just above Southampton AC and meant they'd have to pull out all the stops in the next three matches.

League matches are about scoring maximum team points and this match's biggest winners was multi-event stalwart **JOSH MOULAND**. What would Sale Harriers do without him! He represented the club in the High Jump, Pole Vault, Triple Jump, Discus and Hammer.

Event winners are also big points scorers and Sale had four - **JORDAN BROOME** (200m), **SHANE CONNELL** (High jump), **REYNOLD BANJO** (Long jump) and **SAM DEAN** (Javelin).

PHIL ROBERTSON (800m 2:23.03) and **KAMAL BENISSED** (Shot 8.82m and Hammer 19.94) stepped in to fill events which would otherwise been empty and performed admirably.

Team Manager **JAMES BAILEY** was unable to make the journey due to the proximity of his daughter's birth so **DEAN HARDMAN** took the reins of responsibility.



Rory Keen



MATCH 2 LEIGH

The second match on June 10th was at the relative home-territory of Leigh. The team finished a more respectable 4th, but it could have been so much better as team manager **JAMES BAILEY** admitted, "Had I provided the correct timetable we would have comfortably finished 2nd" It meant Sale's triple jumpers and a 100m runner missed their events.

EUAN GILCHRIST was poetry in motion to win the 800m and 1500m and **SHAUN GEE'S** 'B' 800m for 2nd place was also impressive. **REYNOLD BANJO** was equally impressive in the Long Jump as were higher claim athletes **DANIEL FLEMING** and **JOE MARTIN** in the Discus **SAM DEAN** and **PAULIS VAITIEKUS** also won great team points.

This match finished with the team only 8 points from 2nd. The team will need big results in the next two meetings to ensure their top three finishing position.



Alex Bradford



Daniel Fleming



Luke Betts

MATCH 3 ETON

The 3rd match was at far away Eton on July 6th so **JAMES BAILEY** had problems filling the 34 competitive 'A' and 'B' disciplines. Consequently, the team came a disappointing 6th and with it, the precarious overall league position of 5th and the threat of relegation going into the final match. James captured the mood, "It was the best we could have expected with the team available. A full turn out is needed for the last meeting"

The standout performances in this match were:-

EUAN GILCHRIST with a 2nd in 800m, 1st in 1500m and then 3rd leg in the 4 x 400m.

MATT HARRIS, a very recent track addition from Rosendale, won the B 800m and anchored the 4 x 400 to 3rd.

Evergreen **ROBERT MITCHELL** won the HJ.

DAN FLEMING was 2nd in the Discus.

JOE MARTIN (York Higher claim) won the B event in the Discus.

SAM DEAN 2nd in the Javelin.

CLOVIS ASONG was 2nd in the 400m B race.

ALEX BRADFORD 2nd B in the Steeplechase.

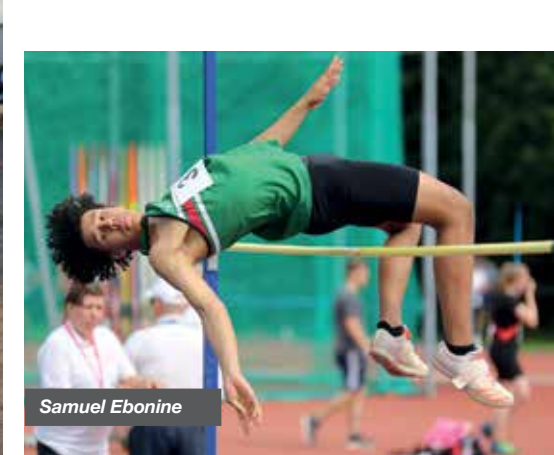
ZACH HARROP 3rd in the PV.



Team manager
James Bailey



Field Officials
Fechin McCormick
& Andy Webster



Samuel Ebonine



Joe Martin



Sam Dean



Will Onek & Dave Proctor



Enzo Madden



Josh Mouland



Chris Wakeford



Phil Robertson

MATCH 4 WIGAN

Late afternoon monsoon rains forced several events to be cancelled, but before that Sale Harriers delivered a thrilling afternoon of athletics. The only competitive gap **JAMES BAILEY** had not managed to fill was the 'B' pole vault - an excellent head start to a good match result. Again and again through the afternoon, Sale Harriers were announced as among the top three. At the end of the day, the team finished a superb 2nd and were very close to 1st, which shows the squad's potential to achieve their objectives. As it was, the season ended with Thames Valley Harriers the Division 1 champions; Sale Harriers were 5th overall and Southampton relegated. The biggest point's scorers in this match (as in many of them throughout the season):-

• Field events: **JOSH MOULAND**, **SAM EBONINE** & **ENZO MADDEN**

• Sprints: Amazing races from **JORDAN BROOME** & **CLOVIS ASONG**

• Middle distance: Big points points from **EUAN GILCHRIST** & **PATRICK MAGNER** (1500m), **DAVE PROCTOR** & **WILLIAM ONEK** (800m), **NIGEL MARTIN** & **PHIL ROBERTSON** (5000m), **JAMES WIGNALL** & **ALEX BRADFORD** (3000ms/c)

Credit for many photographs with this report goes to the generosity of TVH members "Angela Barrett and Florian Vogel"

BRITISH MILERS CLUB

The British Milers Club (BMC) is Britain’s premier middle distance athletics club, arguably to-day the largest in the world. Through its racing program, training courses and coaching articles it aims to improve the world standing of UK Middle Distance running. Sale Harriers is proud to have NORMAN POOLE the club’s nationally acclaimed middle-distance coach, as its President since 2007. Before that, he was also its Chairman from 1997 – 2007. In both these working roles, he’s contributed to the growth and development of the BMC. One of his annual achievements for the past 32 years is to promote the BMC Grand Prix at Sportcity every May. (He originally started it at Wythenshawe Park). Sale Harrier’s coach PETER SHAW is also a past BMC President. Every year from May to August the BMC promotes Grand Prix up and down the country with several other Gold Standard, Regional and Championship qualifying events for the nation’s middle distance specialists. Sale Harriers use these to chase PB’s and to prepare for championships. The most successful Sale Harriers in BMC’s events in 2019 were... **Fechin McCormick**



A 5000m win for Luke Betts and a PB deserves the pint!



Twins Evan & Elliot with coach Richard Goddard

BMC SPORTCITY GRAND PRIX

The summer BMC season again began with Norman Poole’s Sportcity Grand Prix at the end of May. It’s always an excellent turnout with top quality competition and this year it especially attracted Britain’s top U20 and U23 athletes. Eleven Sale Harriers recorded PB’s and got their summer season off to an excellent start.

ANDREW McASLAN (800m1:52.86) recorded a 4 second PB and his first sub 53sec. **JOTHAM BENABENI** (800m 2:03.78) recorded a 4 second PB. **EUAN GILCHRIST** (1500m 3; 47.29) produced a massive 8 second PB. **JESS SPILSBURY** (1500m 4:40.39) produced a 4 second PB and a whisker away from sub 4:40. **LAURE KIDUKULA** (800m 2:12.32) recorded a 2½ second PB. **NIGEL MARTIN** (5000m 14.13.37) launched a great season with a whopping 35 second PB. **LUKE BETTS** (14.23.49): A great 5000m PB. **PHIL ROBERTSON** (5000m 14:39.28) A great 35 second PB & his first sub 15min on the track. **DANIEL KASHI** (5000m 15:05.29) produced a whopping 34 second PB. **SHAUN GEE** (800m 1:53.42) a PB and big improvement on last year’s BMC 800m. **WILL ONEK** (800m 1.52.05) recorded his 2nd fastest ever 800m.

BMC LOUGHBOROUGH GOLD STANDARD

At the end of May, the Loughborough Gold Standard match was the big attraction. Here **WILLIAM ONEK** was the outstanding Sale Harrier. He recorded an 800m PB of 1:50.06. This was particularly impressive in that he’d spent his entire athletics career up until recently racing over 5k and 10k and hadn’t broken two minutes for 800m until 2018. He must be one of the fastest improving 800m athletes in the UK!

BMC TRAFFORD GOLD STANDARD

The beginning of June saw the first of the Trafford BMC Gold Standard races, very popular for Sale Harriers. Two excelled! **STEPHANIE MOSS** recorded an 800m PB of 2: 09.42, (a few weeks late at the U20 EA Championships she improved to 2:08.40). **PAT MAGNER** also recorded a big six second 800m PB of 3:54.02, with more to come (see below)...

BMC PB CLASSIC MILTON KEYNES

Also at the beginning of June, talented twins U15 **ELLIOT & EVAN SAVAGE** strengthened their top national standings with super fast performances. Elliot also smashed his own club record. He recorded a massive six second 800m PB of 2:01.67, to rank No. 5 in the UK. In 2017, he ranked 3rd in the UK in the U13 category for the same distance. His twin Evan delivered a 1500m PB of 4:14.71 to position himself 4th in the UK and improved his own club record by four seconds set twelve months earlier at Longford Park.

BMC REGIONAL LEEDS

A week later at the BMC Regional in Leeds, **AIMEE PRATT** improved her 1500m PB to 4:13.23, en route to trying to qualify for the 3000m steeplechase at the IAAF World Championships in Doha

BMC LOUGHBOROUGH GRAND PRIX

At the end of May at the Loughborough Grand Prix, four Sale Harriers excelled.

- **WILLIAM ONEK**, the man who’s made a big return this year from racing over 5k and 10k races, further improved his PB to 1:50.06 and ended his summer on a high.
- **EUAN GILCHRIST** recorded an 800m PB of 1:53.78 - his best since 2016
- **LAURE KIDUKULA** (U17). Her PB of 2:11.18 was her best of 2019
- **LUKE BETTS** ended his 5000m season with an improved PB by five second to record 14:19.36 4

BMC REGIONAL TIPTON

At the Tipton BMC Regional match on June 18th, Sale’s stand out performance was **WILLIAM STANWAY**. He topped his 2019 season with a massive 10 second PB of 2:03.95.

BMC WATFORD GRAND PRIX

Ten days later, **STEPHANIE MOSS** improved her PB again to a new 2; 09.24 and U17 **JESS SPILSBURY** delivered her best 1500m time of 2019 with a great PB of 4; 37.54

BMC GOLD STANDARD TRAFFORD

PAT MAGNER was the star Sale Harrier at the Trafford Gold Standard race in June. He improved his PB by 2 seconds to record a new 3:52.80.

BMC TRAFFORD GRAND PRIX

Noteworthy in the August 10th Grand Prix was the return to the track of **NAJIB HASSAN**. He’d been out with injury and other medical problems for most of 2018 and 2019. He came back into training only in June, so his 800m in 1:55.40 was an encouraging performance.

BMC GOLD STANDARD TRAFFORD

Sale Harrier had five notable performances in the end of summer Stretford BMC:-

- **MATT BARNES**, preparing for the European Masters V40 1500m Champs in Italy recorded a very promising 4; 01.22 that propelled him to No 1 in the M40 UK rankings over 1500m.
- **PAT MAGNER** ended his summer on a high by improving his PB again to 3:52.57.
- **SHAUN GEE** recorded his best 800m of the season of 1:50.29 that placed him 13th in the UK U20 rankings. This is a remarkable 3.86 second improvement on his 2018 best.
- **DAVE PROCTOR** merits a special mention! Having been away from racing through most of 2018 and 2019, he re-launched his 800m career at the end of May in the Loughborough BMC Gold Standard. Through the summer, he’d chipped away at his time with admirable grit and determination to progressively improve. He ended his track season encouragingly at the September Trafford Open Meeting with 1:51.78.
- **NAJIB HASSAN** improved with another great performance to end his season with an 800m best of 1:52.21. Following his recent return to 800m from a long lay-off, this is a fine ending that placed him 23rd in the UK U20 rankings. Even better things to come next year!



Match 3 Wigan

YDL (Upper) CHAMPIONS

Following disappointing YDL (Upper) results in which the club’s U17 and U20 men and women did not do themselves justice **DAVE MARSH** (Girls) and **SARAH JAMES** (Boys) took on the team management for 2019 determined to reverse the trend. They succeeded admirably. The section was crowned Northern (West) Champions and in 2020 promoted to compete in the Northern Premier West League

Fechin McCormick

MATCH 1 PRESTON

The first match in May was held at Preston. They did brilliantly and came 2nd to a strong Preston AC, beaten by just 30 points and 200 points clear of 3rd place. It was an encouraging start to their season. Just some of the day’s outstanding performances were:

- Great wins and maximum points from **DANIEL AFOLABI**, **SHAUN GEE**, **JORDAN JONES**, **CALEB ADENUGA**, **SHANE CONNELL**, **NATHAN BOOTH**, U20 4 x 100 team **CAMERON DUFF**, **FISAYO WILLIAMSON-TAYLOR**, **DANIEL AFOLABI** and **BEN HEALY**, **BEN BASTEN**, **JOTHAM BENABENI**, **ROBBIE RUGBY**, **DJ PEDRO**, **ARON THOMAS**, **JACOB THOMPSON**, **GEORGE SOAIN**, **BROOK WHYATT** and U17s 4x 100 **LAZARUS BENJAMIN**, **BEN BASTEN**, **PRINCE ZOLA** and **DJ PEDRO**
- The high jump was particularly exciting with Sale’s 3 competitors all topping their groups.
- A fantastic team spirit was exemplified by the readiness of athletes to undertake events outside their comfort zone typified by team captain **SHAUN GEE**’s willingness to do the steeplechase rather than his preferred 800m as “it was for the good of the team”. Others who similarly stepped up were **CALEB ADENUGA**, **DANIEL REDFORD**, **LAZARUS BENJAMIN**, **ALEX JAMES**, **AIDAN LYNCH**, **BEN DARGAN**, **ZAC GAILLEMIN**, **PRINCE ZOLA**, **BROOK WHYATT** and **ARON THOMAS**.
- Just some of the outstanding female athletes were **RUKEYATU SHONIBARE**, **PRAISE OWOEYE**, **KIA-LICIA CLARKSON**, **JESS SPILSBURY**, **SOPHIE ASHURST**, **BETH THORNTON**, **MIA GIBBONS**, **MELISSA BOOTH**, **BETHANY WOODHEAD**, **LUCIE WOLFENDEN**, **HANNAH BLOOD**, **OYINKANSOLA DARE**, **SOFIA DRAGISIC WOOD**, **SIAYON FRYER-FRANCIS**, **SCARLETT WHITTAKER** and **SOPHIE TILLEY**
- Thanks to the T&F officials who won the team maximum points: **CAROL BROWN**, **ALISON SMYTHE**, **JACK FROST**, **IAN SCHOFIELD**, **DAN USANKE**, **TONY CAMPBELL**, **AYEDOLE SHONIBARE**, **KEN JAMES** and **JOHN PYE**.

MATCH 2 SPORTCITY

In the second match at the end of May on a wet and windy home ground of Sportcity the team reversed their Preston defeat and won convincingly with a 90 point margin. The two club’s were now neck and neck for the final 3rd match. Exciting!

Sale Harriers did so very well because...

- Of the ability, talent, excellence and commitment of every team member
- So many finished in the top three with many prepared to duplicate and triplicate events. Well done to the likes of U20’s: **FISAYO WILLIAMSON - TAYLOR** (100m), **TOM BAINES** (400m) **RORY KEEN** (400m & 400mH) **SHAUN GEE** (800m)

HARRY BOYD (400mH) **NATHAN BOOTH** (Hammer), **RUKA SHONIBARE** (100m & 200m) **REGAN WALKER** (200m) **MIA GIBBONS** (400m & Javelin) **SHAYON FRANCIS-FRYER** (LJ & 80mH) **LUCY WOLFENDEN** (PV), **EMMA LOWE** (Hammer) U17’s **MARCUS MCLEAN** (100m & 200m) **BEN BASTEN** (100m) **JOTHAM BENABENI** (400m) **AIDAN LYNCH** (800m) **DJAVAM PEDRO** (100mH) **EMMANUEL JOHNSON** (100mH) **BEN DARGAN** (1500 S/C) **ARON THOMAS** (HJ) **JACOB THOMPSON** (HJ) **BROOK WHYATT** (PV) **PRAISE OWOEYE** (100m & 200m) **OYINK DARE** (100m) **SCARLETT WHITTAKER** (80H & shot) **MILLIE CHAMBERS** (1500S/C) **ELLA WILSON** (LJ & HJ) **SOPHIE ASHURST** (PV)

- Each section finished top three in more than 50% of the day’s 76 events and had far fewer ‘gaps’ than any other team which meant valuable team points. The U17 boy’s had a competitor in almost every competition and the girls very similar which was excellent...

Team manager **SARAH JAMES** wrote,” Well done to all the athletes - you were amazing, particularly by how you adapted to late changes. Thanks to all the coaches and parents. There’s now everything to play for to win promotion in the final match. Go SHM!

MATCH 3 WIGAN

The finale was at Wigan on June 30th. The main challengers were Preston AC who were especially competitive in many track events but Sale Harrier recorded victory after victory in the field events and were also very successful in the relays. With the club also awarded maximum points for providing the full quota of T & F officials, Sale Harriers had done enough and were crowned Northern (West) Champions by a margin of 43 points. Next year the club will be in the Northern Premier West League again to face Team Fort Valley, Liverpool H 7 AC, North Wales AC, Preston Harries & AC and Trafford AC.

Congratulations to all and especially to the team’s energetic, hard-working, pro-active, team managers **SARAH JAMES** & **DAVE MARSH** who were key to this success. Said Sarah, the boy’s manager, “In my first season as team manager, I’m very proud indeed of this fantastic bunch of young people who secured promotion to the Premier League. I may have had a few sleepless nights and added to my tally of grey hairs, but it’s been a pleasure getting to know them and seeing them all pull together as a team. Said **DAVE MARSH**, the girl’s manager, “This was a massive bounce back to the top flight first time. A special thanks to Pete Johnson who I believe was a major reason for our success and promotion. I found it difficult throughout the season to turn out endurance athletes and it was Pete’s squad who best responded and did more than one race, plugging slots. Onto next season the aim is to push for a place in the YDL Final on the home territory of Sportcity. How impressive would that be in our first season back in the Premier division?”



Ben Basten, Lazarus Benjamin, DJ Pedro and Prince Zola who won the U17 4 x 100m relay with the club mascot



Hannah Blood & Emma Lowe



INDIVIDUALS & TRACK & FIELD

This section covers Sale Harrier's most significant T & F achievements of individual members throughout the summer and winter outdoor and indoor seasons from April 2019 – March 2020. The section covers all age-groups from Primary Section children, teenagers, senior and veteran men and women and includes disability athletics. It records their most noteworthy successes in local, regional, county, national and international championships Grand Prix Medal meetings etc including to the IAAF World Championships in Doha. **Fechin McCormick**

MARCH

BRITISH MASTERS INDOOR CHAMPIONSHIPS

We begin with the veteran categories! In early March 2019 **M40 RICHARD CLANCY** launched his season in great style and became the double British Masters 1500m & 3000m Indoor Champion at Lee Valley. He also became the double Northern Athletics Masters Champion that was incorporated into the championship His 4:33.75 for 1500m and 10.05.61 for 3000m were to be his best of 2019 and ranked him 7th and 8th nationally.

APRIL

TRAFFORD MEDAL MEETING

Trafford Athletic club hosts regular open meetings throughout the summer from April to September that provide excellent competition for every age-group, discipline and ability and Sale Harriers extensively use them throughout the summer. The 2nd meeting in April was significant in that four of Sale Harriers U13 girls, one U13 boy, one U15 girl and one U11 boy all rose to the top ten in the UK from their competitions. Congratulations to these very talented youngsters.

- 1. THEA BROWN** broke her own U13 high jump record with a new jump of 1.55m that placed her No. 1 in the UK in her age category. At the same meeting, her 75m hurdles ranked her 2nd in the UK and her 75m race ranked her 3rd in the UK.
- 2. SETIRA REID** won all four of her races in her first two ever T & F matches. From them she already ranks No.2 in the UK for 75m and tops the UK rankings for 150m, with amazing times of 10.22 and 19.93 respectively.
- 3. HOLLY GARNER** is 3rd in the U13 Sale Harrier who ranks in the top UK's top 10 over 75m
- 4. TIA GROVER** is the fourth amazing U13 girl to rank in the UK's U13 top 10. She's also in the top 20 of the 150m rankings
- In the U15 girl's 100m and 200m **SUCCEES EDUAN**, also ran amazing times that put her on top of the UK U15 age-group rankings.
- 6. FREDDIE MEREDITH** ranks No. 1 in the U13 800m with an astonishing performance of 2:18.45.



Setira Reid



Freddie Meredith



Richard Clancy

- There's no U11 UK rankings but **BEN KEELEY'S U11** 600m would rank him 5th in the older U13 boy's ranking – a tribute to his great potential.
- 8. CHARLIE HOBSON** recorded a PB 1:54.84 that was to be his best of 2019

MULTI-STARS IN ITALY

At the end of April **JESS TAYLOR-JEMMETT**, Sale Harriers Commonwealth Games Heptathlon Bronze medallist and club coach opened her summer season in style at the Multi-Stars competition in Lana, Italy. In a star studded field that was part of the IAAF Combined Events challenge, she was 6th with her highest ever season's opening score of 5663 points that placed her No 1 for the Pentathlon in the UK. Having spent last year battling three different injuries, she was understandably thrilled to be competing again even if she regarded some of her performances as 'mediocre' and was very pleased to have finished with a decent score.



Jess Taylor-Jemmett

MAY

BUCS CHAMPIONSHIPS

At the beginning of May, **AIMEE PRATT** jumped to 3rd in the UK All-Time rankings in the British University Championships by smashing the 2000m Steeple Chase record. Her time of 6:26.14 improved the championship best by 9.5 seconds. She also topped the British U23 record. She said "I would have been disappointed with anything but a win," Aimee is targeting this summer's European U23 Championships where hopes to medal and dip under 9:40 for the 3000m steeplechase which is the qualifying standard of the IAAF World championships in Doha. Good Luck, Aimee." Aimee already holds club's 1500m and 3000m steeplechase junior women's records. As an athlete she'd already declared her intentions to qualify for the IAAF World Championships in Doha, let's put some focus on her as one of the club's top international athletes and then you can follow her stepping stones through these pages

IAAF WORLD RELAYS

The IAAF World Relays in May is a unique and growing concept. The 4th annual Championships in Yokohama, Japan had Sale Harriers newly retired top level Decathlete **ALEX WORT** attend. He was a technician employed by Seiko and aided the setup, maintenance and running of the Seiko timing systems during the competition

A feature of these World relays was the 2 x 2 x 400m mixed relays, designed for middle distance specialists that required team members to run 2 x 400m legs with only 52 seconds recovery, a mixed 4 x 400m relay and a Shuttle hurdles, a new four-leg event run in a woman-man-woman-man running 110m legs, Alex was a club stalwart for a decade. In his hey-day, he represented England and reached 4th in the UK as an U17 Decathlete, 2nd in the U20's and 8th nationally in the U23's.

LOUGHBOROUGH INTERNATIONAL

The Loughborough International every May brings world class athletics to the East Midlands with competition between teams from England, Scotland, Wales, GB&NI Juniors, BUCS and Loughborough Students. Sale Harriers are always among them, often representing their nations. This year, however, just discus thrower **KIRSTY LAW** was Sale Harriers only international representative. She represented Scotland for the past ten years in this competition. Her ambition this year was to repeat last year's victory, her first ever in this international. She did so brilliantly and not only won the competition but threw the discus an impressive 56.36m which was her furthest ever in this competition. It boded well for her summer. Many know Kirsty is a long-time Sale Harrier stalwart. She married last year (now Spence) and this was her return to competition from warm weather training in California. The club extends congratulations to Kirsty and best wishes for her marital life and future. Other notable Sale Harrier performances were...

REYNOLD BANIJO: Was 2nd in the long jump for the second consecutive year
JULIAN REID: competed in his 7th consecutive Loughborough International. He retained his winner's mantle for six of those seven years.

TRAFFORD OPEN MEETING

At the end of May's Open Trafford Meeting and before jetting off on a short holiday with her family, gifted jumper **MELISSA BOOTH** gave herself, her coach and family something special to celebrate. At the Trafford AC Grand Prix she recorded a new U17 long jump PB of 5.74m. This improved her U17 ranking to 3rd in the UK. She now ranks 3rd nationally in both the U17 outdoor long jump and triple jump. Congratulations, Glorious Melissa



Kirsty Law



FOCUS ON

Aimee Pratt

Aimee began her athletic career as a tender 14 year old pupil of the Wright Robinson School in Gorton. She joined the Diane Modahl Sports Foundation (DMSF) who quickly saw her potential and Vicente Modahl, the DMSF Performance coach, took her under his wing. The DMSF is the joint venture of Olympian Diane Modahl MBE and her husband Vicente with the aim to work with young people from disadvantaged areas across the North West, and enable them to make the most of themselves in sport, school and life.

Her obvious talent, self belief, fearlessness and her will to work hard brought immediate results and Vicente began to believe she had the potential to become a world-class athlete. In the following years, she won seven British titles in the U17, U20 and U23 age groups as well as becoming the 2015 English School Champion. She also broke every long standing steeplechase age-group record on the way.

At the age of 18, Aimee represented Great Britain for the first time at the World Junior Championship in Poland and just missed out on the final. The following year in 2017 she competed at the European U23 Championship, where she reached the final. One of her two major 2019 targets is to return for the European U23 Championship in Sweden. Now follow her progress to these career pinnacles through these pages.

COUNTY T&F CHAMPIONSHIPS GTR. MANCHESTER

Important mid-May Championship are the various county T&F championships. Most Sale Harriers participate in the Greater Manchester Championships that this year took place at Leigh Harriers Sports Village. The weekend resulted in an incredible haul of medals for Sale Harrier athletes.

26 Gold medals and Gtr. Manchester Titles

16 Silver medals

8 Bronze medals

30 Lifetime best performances.

Unfortunately, the Harrier hasn't the space to record and applaud everyone's medal. You know who you are and congratulations to all of you. The top ten of the haul were:

■ **THEA BROWN** won four Gold medals – the U13 150m, long jump, 75m hurdles and she retained her U13 high jump title with a new Championship record of 20.52 seconds. This has ranked her 9th in the UK

■ **SUCCESS EDUAN** retained her U15 100m and 200m titles with great PB's. This ranked her No.1 nationally for the 200m indoor and outdoor

■ **LAURE KIDUKULA** retained her U17 800m Gtr Manchester title. She also won 300m silver... both with magnificent PB's

■ **NATHAN BOOTH** won three U20 throws medals – Shot Putt silver, Javelin silver and Discus bronze.

■ **FREDDIE MEREDITH** won the U13 800m and 1500m in his first ever county championships. He won the latter with a PB of 4:40.28 that propelled him into the top 10 in the UK.

■ **MELISSA BOOTH** won two medals (a) U17 long jump silver with a PB of 5.60m. that broke the Championship record that had stood for 37 years and propelled her to 7th in the UK. (b) She won the triple jump bronze medal with a 11.48m leap that propelled her to 3rd in the UK.

■ **HAFEZ AHMED** won the disability T37 silver in the long jump – a fantastic achievement for 'Haf'. A few years ago, he couldn't even jump into the pit off the 1-metre board proving, as his coach **KEITH HUNTER** said "There's no such thing as a disability... only a different kind of ability."

■ **ANNABEL AMADIN**, last year's U13 shot put champion, became the U15 Champion with a new PB of 11.49m. This ranked her 9th in the UK

■ **OLIVIA BROWN** became U15 Greater Manchester 800m champion leading from the gun, in a new PB of 2:20.79

■ **WILL PARKER** In his first county T&F championship, U15 Will won 1500m Gold and 800m bronze – superb



Thea Brown- 4 Gold



Olivia Brown



Will Parker



Laure Kidukula



Annabel Amadin



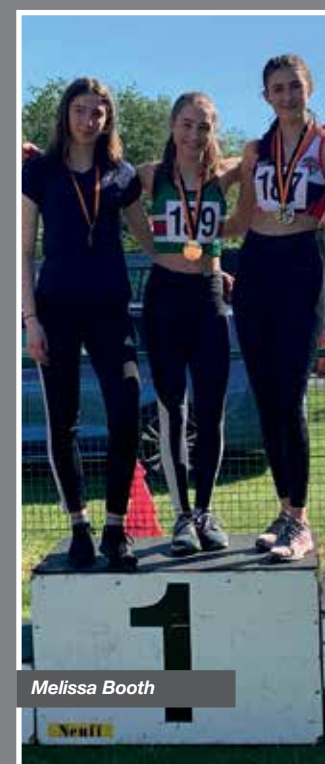
Nathan Booth



Success Eduan



Freddie Meredith



Melissa Booth



Mohamed Ahmed

DERBYSHIRE

CAITLIN EMERSON added the U20 discus silver to her U17 silver and U15 Gold medals. **WILLIAM STANWAY** made fantastic progress in 12 months to win the 800m & 1500m titles, the latter in a PB of 4:26.95

CHESHIRE

In Warrington on the same weekend more Sale Harriers participated in the Cheshire Championships and again won a bag full of medals 10 Gold medals & Cheshire Titles 9 Silver medals 6 Bronze medals Most noteworthy of these medallists were

■ **RUKA SHONIBARE** who won double U20 sprint Gold – a big improvement

■ **JACOB THOMPSON** added the U17 Cheshire Title to last year's silver and U15 title. He did it in style with a PB that was a championship record and put him 3rd in the UK age-group rankings.

■ Multi-events sisters **ELISE & SHAYON FRYER-FRANCIS** took home a real medal haul. Elise won 3 medals - U15 high jump silver, Shot silver with a PB and long jump bronze. Shayon took home the U17 100m silver medal and the high jump bronze medal

■ **GEORGE SPAIN**, a club newcomer, took home the U17 Shot Putt title and a silver hurdles medal both with PB's

■ **JESS TAYLOR-JEMMETT**, the club's 2014 Commonwealth Games Heptathlon bronze medallist showed a continued return to form by winning the senior Cheshire shot putt title and also silver in the javelin

CUMBRIA

REBECCA KEEN retained her Cumbrian U20 triple jump title with a fantastic new PB of 11.44m a time that that qualified her for the English Schools Championships. The distance also ranked her 11th in the UK.

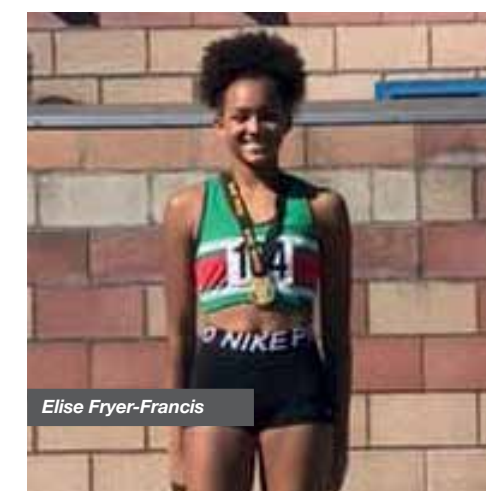
IFAM T & F INTERNATIONAL

At the end of May, **AIMEE PRATT** had the big breakthrough she and her coach Vincente Modahl had been working very hard towards. At the IFAM T & F international in Belgium she achieved her objective of qualifying for the European U23 Championships in Sweden with a fantastic and important PB of 9.49.27. It also won her the 3000m Steeple Chase race. She actually 'smashed' the qualifying standards. She must next win at the England U23 Championships at the end of June to be sure of selection.

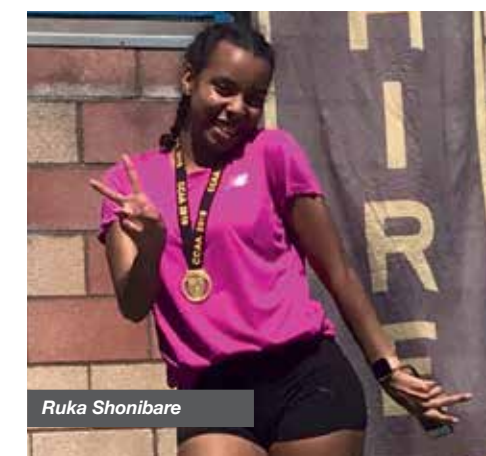
This convincing victory came just a few weeks after she'd smashed the BUCS 2000m steeplechase record that propelled her to 3rd in the UK All-time rankings. Her time also smashed **SONIA SAMUELS** 18 year old club 3000m steeplechase record held since 2005. Well done, Aimee. Aimee is the pride and joy of the Diane Modahl Sports Foundation and their star athlete



Rebecca Keen



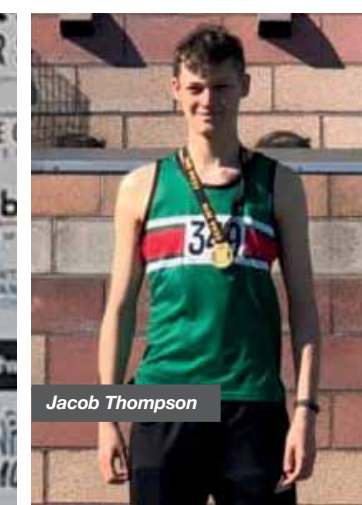
Elise Fryer-Francis



Ruka Shonibare



Aimee Pratt



Jacob Thompson



Conor Wood & Andy Robertson



Rory Keen



Rosie Semenytsch



Sophie Ashurst



Caithlin Emerson



Stephanie Moss

JUNE

NORTHERN ATHLETICS SEN & U20 CHAMPIONSHIPS

While the Spice Girls were blasting out “Last time Lover” and “The Lady is a Vamp” on the hallowed turf of the Premiership Champions in June, next door at Sportcity the Northern Athletics Senior and U20 Championships with a record entry were ‘music to the ears’ for many Sale Harriers whose months of hard training resulted in cherished Northern titles and medals. “Every champion is a contender who didn’t give up”.

NORTHERN TITLES:

- **ANDREW ROBERTSON** The current England Athletics 100m champion, who’d last won this title back in 2011, had been one to beat. He surged across the line in 10.41seconds, a time which equated to his fastest legal outing of the campaign. Fellow Sale Harrier **CONOR WOOD** was just behind in the silver medal
- **CONOR WOOD** The 200m was one of the most eagerly anticipated events of the day. Andrew Robertson was again in the line up this time with Conor as the defending Champion. The two battled fiercely. Conor came out on top and retained his Northern title and this time Andy took the silver medal.
- **RORY KEEN** was home from prestigious Princeton University in New Jersey. He ran a great 400m Hurdles in a PB of 54.52. This propelled him into the UK’s Top 10.
- **SOPHIE ASHURST** UK’s No.1 U17 pole vaulter and England Athletics 2019 Indoor champion, added to her impressive treasure trove of championship titles and medals, her first Northern title.
- **STEPHANIE MOSS** recorded her first Northern Title – fantastic!
- **VIZAMUJE UJAH** won his first ever British title –the NA High Jump. Fantastic!

- **KEVIN METZGER** won his first Northern senior title by coming out on top in the triple jump with a big 5.21m jump. He’s now got the full set of titles - the U15, U17, U20, U23 and Senior.
- **CAITHLIN EMERSON** New to Sale Harriers, Caithlin recorded her first Northern Discus title. Fantastic!
- **ROSIE SEMENYTSH** Sale s long-time secant and UK top ranking javelin specialist won her first Northern title. Well done, Rosie.

MEDALLISTS:

- Silver: TOM BAINES** Northern Athletics U17 Champion won the U20 silver, an improvement on last year’s bronze.
- Silver: SAM DEAN** slugged it out in the javelin to try and retain his Northern title but he had to be happy with silver this year.
- Silver: CONOR WOOD** was just behind Andy Robertson in a great fight to the line.
- Bronze: JOHN NICHOLLS** (Vet-50) took part in his thirteenth consecutive Northern Championship and won Shot Putt bronze, his second best result in this championship.
- Bronze: SHAUN GEE** won his first ever NA 800m bronze medal
- Bronze: ARON THOMPSON** added the high jump NA outdoor bronze medal to his indoor title.
- Bronze: AMY HASLEM** added the U20 high jump bronze medal to two U17 Northern medals

NORTHERN MASTERS CHAMPIONSHIPS

Congratulations to **M65 GEOFF BEATTIE** who won Gold in the North of England Masters Athletics Championship in the 400m metres and 1500m that took place in Hull, and bronze in the Northern Masters Championship at 400m a week earlier in Bury. His 1500m time of 6:31.31 was also a PB. Super sprightly Geoff this year again has interspersed his 10k and 5k road races and Parkruns with middle distance track racing. Well done, Geoff, for flying the Sale Harriers Masters flag at T & F events.

ENGLAND ATHLETICS U20 & U23 CHAMPIONSHIPS

Over 1000 of England’s best athletes entered this year’s England U20 & U23 Championships at Bedford to contest the full spread of track and field events. This year, added to the 74 gold medals and Championship titles to be won, there was the chance to gain selection for the Age Group European Championships in Sweden - the U23 Championships in the city of Gävle Sweden from 11-14 July and the U20 championships the following week in the city of Borås thletes who have already met the qualifying standard will need to win their event to gain a place on the British team.

- **AIMEE PRATT** had already the qualifying standard for the European U23 3000m steeplechase Championships from May (see above) so she just needed to win her race to confirm her selection. She did what was required in 10:06.53. Said her coach Vincente Modahl “It was a tactical race and it was only on the final three laps that she maximized her pace to win”, Well done, Aimee.
- **KEVIN METZGER**, last year’s silver medallist, won the EA U23 triple jump title in a stand-out performance with a leap of 15.17. It went very much to plan for the pre-event favourite who ranked No.4 in the UK. Kevin’s now won EA titles in the U15, U17 and U20 age groups titles... so has the full set so far.
- **SOPHIE ASHURST** won the EA U20 silver medal missing the EA title on the jump off. In the past three years Sale Harrier’s UK No.1 U17 pole vaulter has accumulated no less than five age-group EA titles and medals.
- **REYNOLD BANIJO** won the EA U23 long jump silver medal to add to last year’s championship title and the 2017 EA U20 Indoor & outdoor titles.



Kevin Metzger



Delighted to be selected!

CHAMPIONNATS RÉGIONAUX EPR COMBINÉES

At the beginning of June, **JESS TAYLOR-JEMMETT** competed as a guest in the French Regional Championships and scored 5739 for 3rd place. As a result she was selected to represent GB in the IAAF Combined Events Super League in the Ukraine on July 6th/7th. On top of her highest ever season’s opening score recorded at the recent IAAF Combined events challenge in Italy in April, this was a great start to the season for the club’s Commonwealth Pentathlon bronze medallist. “I’m delighted to be selected” she said. “Thanks so much to my coaches Joe Frost and David McKay for getting me there”

JULY

MEETING PRO ATHLÉ TOUR DE MARSEILLE

ABIGAIL IROZURU had a consistent year of long jumps to this point all around 6.50m At this T & F meeting in France she moved to another level with a superb jump of 6.70m. She could now realistically set her sights of qualifying for the IAAF World Championships in Doha in October. What seemed the impossible dream last year and early in 2019 became an achievable one from this point for an athlete whose undoubted ‘God-given’ potential has been perpetually frustrated by injury Now that she has a realistic chance of being another Sale Harrier to qualify for Doha let’s introduce her more fully...



Abigail representing GB at the Berlin Fliegt

FOCUS ON Abigail Irozuru

Abigail has been a Sale Harrier since 2005 and came up through the ranks as a long jumper competing regularly in the Young Athletes Leagues, National Junior League, Northern League and UK Women’s League developing to become the UK’s No. 1 in the U20, U23 and Senior categories and regularly representing Great Britain & NI. Her career highlights include the 2008 Commonwealth Youth Games where she won Gold, and in 2015 she became the British Indoor champion. Soon after achieving a lifetime best of 6.80m in 2012, her career began to be blighted by countless injuries, set-backs, frustration, heartbreak and tears. For example in 2015, a week after jumping her indoor PB of 6.73m to become Indoor British Champion and qualifying for the European Indoor Championships in Prague and the World Championships in Beijing, she tore her hamstring. The following summer, having opened her outdoor season with a 6.62m jump, one of her season best openers ever and only 8cms off the Olympic standard, she ruptured her Achilles tendon and again was out of action a very long time. She ‘retired’ but never really gave up believing in her God given talent, her Christian Faith, family, friends and her Church. Last year, her persistence and hope were rewarded with a successful season in which she successfully competed in several major competitions including the European Indoor Championships in Glasgow. Her hopes were raised for 2019. It’s recorded earlier in this magazine that in May and June she competed in several European matches consistently and injury free. Overall she’ jumped over 6.50m seven times in early 2019 “Consistency comes before breakthrough” she wrote on social media and can now legitimately aim for Doha. Read on.

CHESHIRE V MERSEY INTER-COUNTY CHAMPS.

Well done to **THEA BROWN** who broke her own club high jump record with 1.57m at July’s Cheshire v Merseyside Championships. She now ranks her No1 in her U13 age-group in the UK. This match is specifically for school minors in Year 7 and she represented Cheshire Schools (minors) as the Cheshire champion.



Thea Brown



Phil Robertson



Daniel Kashi



Nigel Martin

HIGHGATE NIGHT OF THE 10,000M

The early July Highgate Night of the 1000mm is an annual celebration of 25 lap racing, promoted by Highgate Harriers in North-West London that attracts Europe's elite and aims to promote racing standard. This year had three Sale Harriers excel

■ **NIGEL MARTIN** smashed the magical 30-minute barrier on the track for the first time with a fantastic PB of 29:47.68. He was, however, a little disappointed in that he "felt he was in shape for about 29.10". He said "I seemed to be one of the only ones who respected the weather. A lot went out hard and blew up spectacularly, which meant I had a lonely race" What a year it's been for Nigel! It began at the Armagh International 5k in February when he smashed into the big time with an incredible 13.53; in March he dipped under 30 minutes for 10k for the 2nd time in the Trafford 10k; in May's BMC Grand Prix at Sportcity, he smashed his 5000m PB by 30 seconds to a new 14.13.37 and he broke the course record in the tough mountain stage of the Welsh Castles Relay to be crowned "King of the Mountains".

■ **PHIL ROBERTSON** also shattered his PB to record 30:33.72. This was a huge improvement on his previous best at the 2017 Stretford BMC, the result of increased training loads. "Couldn't be happier". he said.

■ **DANIEL KASHI** recorded a PB of 31:36.92 that was a massive 45 second faster than last year. It's been a great year also for Dan with PB's in the 5k (15.18) and 5000m (15:05.29).

EUROPEAN C.E. TEAM CHAMPIONSHIPS

Congratulations to **JESSICA TAYLOR-JEMMETT**, Sale's 2014 Commonwealth Games bronze medallist who had the great honour of being voted GB Team Captain by her team and went on to help GB to its highest ever placing of 3rd .at the European Combined Events Team in the Ukraine This was Jess's latest GB & NI representation, a well deserved 2019 highpoint following her successful "Multistars Event" in Italy in April where she'd scored her highest ever Heptathlon season opener of 5663 points and improved further to 5739 points for 3rd place at the French Regional Championships.



MEETING DE LA ROCHE SUR YON

In mid-July **KIRSTY SPENCE** (nee Law) came close to breaking the elusive 60m for the first time in her long career with a throw of 56.79m at this French T & F meeting. This was her second furthest distance for five years, her first at an Invitational meeting in Long Beach, California on April 20th when she threw 57.66m. Many will know Kirsty is Scotland's long time No.1 Discus specialist and Sale Harriers long-time UKWAL stalwart Well done, Kirsty.

VETERAN ATHLETIC CLUB CHAMPIONSHIPS

On July 13th Sale Harriers Life Member and specialist shot putter **GEOFF TYLER** recorded a new UK M70 best of 12.90m that improved his No.1 UK ranking achieved at the Northern Masters Championships in Hull on June 30th. Geoff's been Britain's No.1 also in the M65 and M60 categories. He also currently ranks No.2 M70 in the Hammer and 3rd in the Discus. Geoff put his success down to "the weekly Thai massage that has helped my knotted muscles to be more relaxed in the circle." Geoff's M45 discus throw of 49.08m in 1994 is still an Australian record.

Geoff was a Sale Harrier from 1971 until he moved to Australia in 1989 and then briefly when he returned from 1996-1998. He was awarded Life Membership in 1988 for almost 20 years service to the senior men's National T & F teams



Aimee, Reynold, Jona

EUROPEAN U23 CHAMPIONSHIPS

Sale Harriers is very proud to have had three of its fine athletes compete at the European U23 T&F Championships in Gavle Sweden. However, all three were disappointed.

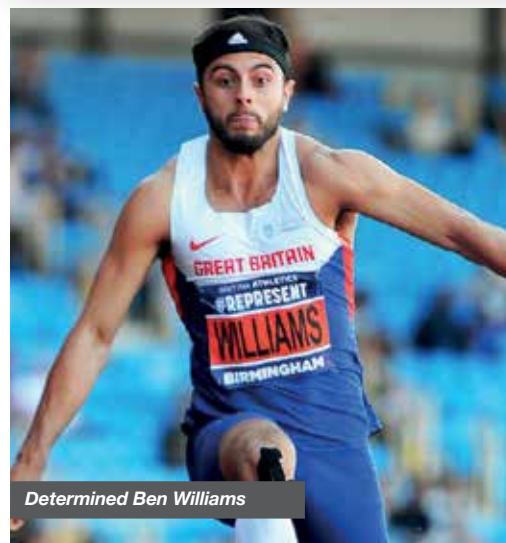
■ **AIMEE PRATT**, (3000m steeplechase), the star athlete of the Diane Modahl Sports Foundation, coached by Vincente Modahl from the Foundation, prepared thoroughly hoping to medal and run under 9:40, the qualifying standard for the IAAF World Championships. She was within sight of that time and win the silver medal until 150m from the finish line when she fell at the final water jump. Even though she bravely got to her feet, she stumbled to the line in 10:18.98 for 11th place. Aimee also had an unfortunate experience in this Championship in the 2017 Championships in Poland as an U20 runner.

■ **JONA EFOLOKO** represented GB & NI in the 4 x 200m relay but failed to get the baton to the finish. Jona has an impressive pedigree. Last year he became the IAAF World U23 200m Champion and featured on the front cover of this magazine as a result. He is also the 2017 European U20 200m silver medallist and the 2016 U17 European Youth 200m Champion.

■ **REYNOLD BANJO** competed in the long jump. Again, it wasn't a good championship. He qualified for the U23 final but with an outdoor PB of 7.87, his 7.53 was a disappointment.

FOCUS ON Ben Williams

Ben joined Sale Harriers in 2011 as an exciting U20 triple jumper who was already the 2008 Commonwealth Youth Games Under-19 silver medallist and the 2009 IAAF World Youth Triple Jump Champion. Many Sale Harriers will not know him because he'd lived and trained in the USA and since his return in 2017 lived initially in Stoke and daily travelled the 120 miles to Loughborough for his training He's had a life-long ambition to become an Olympian but frustrating injuries curtailed that ambition. 2 for me, it was the fact I hadn't achieved what I set out to achieve in the sport which is to be an Olympian" he said. "That was my driving factor". To give him the best possible chance of making it to Doha, he moved full-time to Loughborough. "Let's give myself a month of full-time training and see what we can do" he said. About this time, he also found a sponsor that meant he could more easily live and train at Loughborough. The next few weeks and his performances at the European Team championships and England Championships would be critical. Watch this space and follow his progress.



Determined Ben Williams

Courtesy Mark Shearman

LEE VALLEY OPEN SERIES

BEN WILLIAMS triple jumped a fantastic 16.69m at this mid-July match at Lee Valley, his furthest for twelve months. It was all the more impressive in that he'd started triple jumping again only in March following serious surgery to repair a knee injury that discouraged him so much he seriously considered retirement. From this encouraging jump he began to seriously consider the possibility of qualifying for the IAAF World Championships in Doha in October. As the 3rd Sale Harrier now with a realistic chance of qualifying for the IAAF World Championships, let's introduce him further.



TRAFFORD A.C. GRAND PRIX

At two Trafford AC Grand Prix meetings in July 16th, Sale Harriers had a lot of noteworthy success. Several club youngsters recorded their lifetime best performances for 2019 and ended their summer on a high. Well done...

OLIVIA BROWN U17 800 2:17.41

AKIRA EDGSON U15 800 2:32.99

RUBY BELL U17 800 2:10.78

OLIVIA NOLAN U15 800 2:26.08

SAM HEYWORTH U20 800 2:10.07

NATHAN BOOTH U20 HT6 35.75m

MATT BARNES recorded the fastest M40 5000m time in the UK for 2019 with a time of 15.04.8. At the time, Matt also ranked 2nd M40 in the UK for the road 5k (achieved at August's Mid-Cheshire 5k). In the same race, **GAVIN HILL** won the quality track race in 14:44.4 and this was his fastest time for five years.

PRIMARY SECTION YOUNG ATHLETES MEDAL MEET

200 athletes from 20 North-West clubs provided quality competition for Sale Harriers annual Primary section's Young Athletes Medal meeting at Crossford Bridge. It was its usual well organised and successful event. Club youngsters won an impressive haul of 12 gold medals, 10 silver and 15 bronze. The best Sale Harrier performances were:-

Triple Gold: **TIA GROVER**

Double Gold: **NY JACKSON** and **BEN KEELEY**

Gold: **FREDDIE MEREDITH**, **MATTHEW HILL**,

BEN GARDNER, **MAX CUNNINGHAM**

Silver: **DYLAN CONNOLLY-HART** (2 medals), **JACK EDMUNDSON**, **OLIVER HOWELL**, **KIYVANA CHIA-CHE**, **DANIEL OAKES**, **LIAM O'BRIEN**, **KAI FALLOON**, **MARIE FADIPE-DAVIDS**, **JESS HILL**, **FREDDIE MEREDITH**

Bronze: **ISAAC WRIGLEY** (2), **PHOEBE KERINS** (2), **ARCHIE ELEY**, **MATTHEW GARDNER**, **HOLLIE McHUGH**, **GRACE HILL**, **LOLA RICHARDSON**, **DAR DWYER-ROSS**, **MICAH NESBIT**, **ISAAC SHINWELL**, **OLIVER HOWELL**, **DANIEL LUKE**, **MAX CUNNINGHAM**.



Tia Grover – 3 medals

5000M TRACK CHALLENGE

At the end of July **NIGEL MARTIN** amazed yet again! At the 5000m track challenge at Nottingham, he produced his latest BIG track PB of 13:57.79, his first sub 14-minutes for a track 5000m. It was a massive 13 second improvement on his PB and qualified him for the British Championships should he wish to attend.



Nigel Marton

In the past year, Nigel has (1) smashed the magical 14-minute 5k barrier to record 13.53 at the Armagh International (2) dipped under 30 minutes twice for 10k. He said," It was a massive goal to do sub 14 on the track. It's one thing to do it on the road, but there's always those who claim a short course with fast times. 5000 on the track in spikes is as pure as it gets. I haven't really shown this form in training, but there's a lot to be said for forgetting times and just racing; and in training, just running by feel. Congratulations, Nigel.

ENGLAND SENIOR & UK CAU CHAMPS

Also at the end of July, several Sale Harriers represented Gtr. Manchester at the England Senior & UK Inter-County Championships at Sportcity and they also contributed to Gtr. Manchester becoming 2nd overall nationally. Foremost among them were **ABIGAIL IROZURU** who won the women's long jump with 6.36m and with it maximum points for Gtr. Manchester. This was Abigail's latest encouraging, jump that has had her seriously consider her dream of qualifying for the IAAF World Championships in October. Other Sale Harriers who significantly contributed to Gtr. Manchester's 2nd place were:-

JORDAN BROOME 200m 3rd

JESS TAYLOR-JEMMETT 200m 2nd

SOPHIE ASHURST Pole Vault 3rd

LAURA WHITTINGHAM Javelin 3rd

On day 2 the winners in every event were named for the Manchester International on 14 August. With a guaranteed England team cap as the prize.

AUGUST

YOUTH NATIONS CUP

In early August **STEPHANIE MOSS** made her 2nd ever England representation in the Youth Nations Cup in Dublin. She did a great job to finish 2nd in the 800m in 2:14.72. Steffi was selected on the basis of her PB in July's EA U20 championships of 2:08.4. She made her England debut at the Welsh International in Cardiff in February.

Her other 2019 highlights are:-

- England Athletics U20 Indoor 800m Champion (January)
- Northern Athletics Indoors 800m Champion (January)
- England debut over 800m at Welsh Athletics International in Cardiff (March)
- Northern Athletics Outdoor U20 1500m Champion (June)
- 800m PB of 2:08.40 at the England Athletics U20 Championships (June)
- 2nd in the ESAA English Schools 800m (July)
- Representing England at the Youth Nations Cup (August)

DEAN HARDMAN Club Vice-chairman, BAL chairman and EA Employee was the team manager. The Youth Nations Cup is a match between Ireland & England and was established to provide top level competition for England's promising athletes to prepare them for top level senior international competition and for the Commonwealth Games.



BRITISH MASTERS CHAMPIONSHIPS

In mid-August, just a month after recording his M70 UK shot –putt record to improve his No. 1 UK ranking, Sale Harriers **GEOFF TYLER** did it again at the rather blustery British Masters T & F Championships in Birmingham. He became the double BMAF M70 Shot-Putt and Discus champion with new UK records. As a result, he's consolidated his UK No.1 position in both the Shot Putt and Discus Congratulations Geoff! Another seasoned Master is **M65 GEOFF BEATTIE**. He took another break from the regular Saturday Parkruns to compete in the 800m He just missed out on then bronze medal to add to his Northern Masters Title and medals in June.



MANCHESTER INTERNATIONAL

This year's Manchester International at Sportcity in mid-August was a wet, miserable affair. It saw the England team triumph against select teams from the Home Nations (that included winners of the EA Championships), National BAL & UKWAL Leagues and athletes from as far afield as Botswana and Canada. The club provided about 60 volunteers from former international 400m specialist **KELLY MASSEY** who was on the support team, several T & F Officials and a large number of teenage kit carriers. The club's highpoints were:-

- **LAURA WHITTINGHAM**, representing the UKWAL won the javelin competition with a SB of 52.89m despite being injured throughout the season.
- **AIMEE PRATT** in the mile race put on an impressive display of front-running. This year's BUCS Champion didn't look in any trouble, ran a controlled and comfortable race to win in an impressive 4:38.49. It was an excellent 'sharpened' in preparation for Birmingham's Diamond League where she'd hoped to achieve the Doha World Championships qualifying standard for the 3000m steeplechase.
- **EUAN GILCHRIST** won the 3000m in impressive style and did what he'd repeatedly done over 1500m and 800m throughout the summer's BAL matches He was representing the BAL.
- **NATACHI OWISI, FAVOUR JOSEPH, OLIVIA BROWN** and **SUCCESS EDUAN** broke the 50 second barrier in the U15 4 x 100m relay, which they'd been hoping for throughout the summer. They were truly poetry in motion.
- The U13 mixed 4 x 400m relay of **EVA KAURALIUS, TOM... NANCY... FREDDIE MEREDITH** also won Gold
- The U13 Girls **HOLLY GARNER, TIA GROVER, THEA BROWN** and **SETIRA REID** won the 4x100m for the 2nd year running



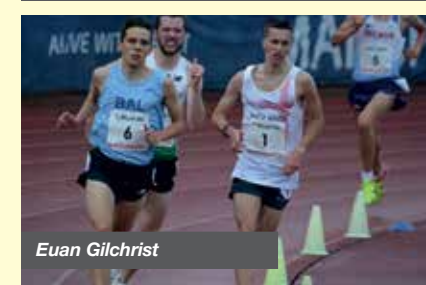
4 superstar U13 Girls 4x100 Holly Garner, Tia Grover, Thea Brown, Setira Reid



Mixed 4 x 400m Manchester International Harry, James, Hermione, Olivia



270 U15 Girls 4 x 100m relay



Euan Gilchrist



U13 Mixed 4 x 400m -Gold



Kirsty recognised as 12 x Scottish champion



Aimee Pratt

EUROPEAN TEAM CHAMPIONSHIPS

Four Sale Harriers represented GB & NI at the European Team Championships Super League in Bydgoszcz. All four made a substantial contribution to GB's 5th place. Two- Abigail Irozuru and Ben Williams also came a step closer to achieving their dream to qualify for the IAAF World Championships.

■ Long jumper **ABIGAIL IROZURU** claimed a brilliant second place competing in the British vest for the third time this year. Her opening effort of 6.75m was the IAAF standard for the IAAF World championships... BUT it was behind an illegal +2.2m/s wind. Nevertheless, it fired up her belief she could jump the qualifying standard and fulfil her near impossible dream to finally compete on a world stage. On her final jump, she gave it everything and landed a season's best 6.70m just 2cms short of the World Championships standard. She said: "It's slightly bittersweet. I jumped 6.70m legally, just two centimetres off the World standard. I'm very thankful for that but I'm also really frustrated because it is just two centimetres off the World Championships standard! I feel like I'm in the best shape of my life and to say that, at 29 years old and retiring in 2016, to come back now and represent Britain three times – I'm speechless, but I'm still not quite where I want to be."

■ **BEN WILLIAMS** also produced the performance of his life when it mattered most. He won the triple jump in one of the best performances from a British athlete at the competition and won the team maximum points. He also smashed his PB by 40 centimetres to record 17.14m and achieve the IAAF World Championship standard. The person who, like Abigail Irozuru, despaired of ever achieving his potential and had almost retired in frustration because of his injuries, was now very close to being on the plane to Doha. His jump also propelled him to ninth on the all-time UK list. "This has been coming for about ten years" he said. "I've had a torrid time with injuries. I had surgery last year and missed the Commonwealth Games but that very much kept me driven through the rehab and my support team is the reason I have jumped this today"

■ **KIRSTY SPENCE** (nee Law) placed 8th in the women's discus final with a best of 54.78m, posting the team's first five points. Whilst she regarded it as "not the best competition of my life but I am happy that I performed better than I was seeded" She was seeded 10th so by finishing 8th she won bonus GB points. Kirsty first competed in this championship in 2015 and has 'really enjoyed it because it gives me the chance to compete against the best in Europe"

■ **CHRIS BAKER**, Sale Harrier's European indoor fourth placer and British Champion high jumper, also hoping to qualify for the World championships was also in good form and won 11 very valuable points for the GB team by finishing 2nd. He said: "It would have been great to clear 2.26m and push for more points" he said, "but it's better than two years ago. I feel that the World Championships qualifying standard of 2.30m is coming"



Abigail Irozuru



Kirsty Law



Chris Baker

SCOTTISH CHAMPIONSHIPS

On August 17th **KIRSTY LAW** became the 12 x Scottish Discus Champion, an unprecedented record in Scottish Athletics. Many will know that Kirsty joined Sale Harriers in 2012 when the club was at its peak. For a decade she competed regularly for the senior women in the UKWAL Premier League and was an important team member when, as League champions the team represented British clubs in European competition. Congratulations



Hermione Mason Northern 75m Champion

William Stanway Northern 800m Bronze

NORTHERN U15 & U17 T & F CHAMPIONSHIPS

Congratulations to the following who medalled in the Northern Age-Group Championships in mid-August, held at Sportcity

GOLD:

SUCCESS EDUAN U15 200 **HERMIONE MASON** U15 75 Hurdles
DJAVAM PEDRO U17 100m Hurdles
SOPHIE ASHURST U17 pole Vault

SILVER:

RUBY BELL U17 800m **ARON THOMAS** U17 high jump
GEORGE SPAIN U17 pole Vault
SCARLETT WHITTAKER U17 Long jump

BRONZE:

NATACHI NWOSU U15 100m
KIA-LICIA CLARKSON U17 300m (PB 41.65)
WILLIAM STANWAY U15 800m **LAURE KIDUKULA** U17 800m
KATIE STRINGER U15 1500m **RUARI McDONALD** U15 Pole Vault
SHONA WILKINSON U15 Pole Vault (PB 2.80m)

MULLER DIAMOND LEAGUE

On the same mid-August weekend as the Northern Age-Group Championships was the Muller Diamond League in Birmingham. Over 60 global medallists – including 10 reigning Olympic champions, two Paralympic Champions and 13 reigning World Champions descended on Birmingham. Sale Harriers were among them (of course!). Some had good reasons to celebrate because of their ecstatic “highs” and others had more forlorn “lows” First! the highs...

■ No-one was higher than **ABIGAIL IROZURU**! She finally long jumped the qualifying standard for the World Championships with a PB of 6.75m. Those who’ve followed Abigail’s ‘story’ through this magazine will perfectly understand her delight. All she then had to do was finish in the top 2 at the British championships and she’d on the plane to Doha.. Congratulations, Abigail.

■ It was also a great day for the club’s young relay teams...

(a) A week after so easily winning the 4 x 100m relay at the Manchester International U13’s **HOLLY GARNER, SETIRA REID, THEA BROWN, TIA GROVER** did it again in the 4 x 100m relay and further improved their club record to a brilliant new 51.80. As a result, they ranked 2nd in the UK.

(b) The club’s U20 team finished 3rd

(c) The U17 boys and U13 boy’s team had the experience of a lifetime.

■ A third Sale Harrier with every reason to celebrate was **KADEENA COX**. She competed in the disability T35 100m and her time of 13.52 was a season’s best. Harrier readers will know Kadeena was a nationally ranked club sprinter when, in 2014, an unexpected stroke and later a diagnosis of Multiple Sclerosis ended her able body career. She then became a world class disability athlete and has won several major World titles in athletics and cycling and has broken disability world records. Her 2019 ambition was the Para World Championships in Dubai in November.

■ Fantastic congratulations to triple jumper **KEVIN METZGER**, who ran the 100m and smashed his PB ton clock 10.68 for 3rd third in his heat

■ Well done also to triple jumper **REBECCA KEEN**, who demolished her PB from 11.45 to 11.80. She said, “I’m so happy... but so annoyed that I didn’t get that 12m.”

■ On the ‘down’ side, was **AIMEE PRATT** in the 3000m Steeplechase and high jumper **CHRIS BAKER**. Aimee hoped to achieve the 3000m steeplechase World Championships qualifying standard of 9:40.00. She had to improve her 9:45.68 PB. by six seconds! Unfortunately, it didn’t happen and she finished a gut wrenching 9:58.68. Aimee does not easily give up! Watch this space... **CHRIS BAKER** was another disappointed Sale Harrier who didn’t do himself justice and also failed to achieve the qualifying standard with a below par high jump of just 2.27m



The U13 boy's team



The U17 boy's team, invaluable experience



The successful U20 relay team finished 3rd



Holly Garner, Setira Reid, Thea Brown, Tia Grover smashed the 4 x 100m club record



The U13 girls 4 x 100m club record makers with their coach Carl Worthington



ROVERTO T&F MEETING

She finally did it! A week after the British Championships in which she failed to achieve the hoped for Doha qualifying standard, **AIMEE PRATT’S** persistence paid off in a match in Italy on August 27th where she finally achieved it in a PB of 9:39.60. She also revised her own club record. Her success over adversity was a tribute to her persistence and typically gutsy character. Aimee is now Sale Harriers third athlete to qualify for the IAAF World Championships. Congratulations Aimee. Those who’ve followed her journey through the pages of this magazine will share the club’s delight and that of the Diane Modahl Sports Foundation (she’s their star athlete). Club athletes can also learn much from her tenacity “Never Give Up”.

WORLD PARA ATHLETICS GRAND PRIX

At the end of August, **KADEENA COX** set the fastest time in the T37/38 400m race at the World Para Athletics Championships in Paris. She recorded a SB of 62.97 – close to her 2017 World Championships winning time of 62.87 seconds which is when she last ran the event. Kadeena is hoping for selection to the GB & NI team for the IAAF World Para Championships in Doha in November.

TRAFFORD AC MEDAL OPEN MEETING

During August, several of Sale Harriers ended their summer season on a real high note. The following recorded their 2019 800m best ever performances Well done and onwards and upwards to...

ZAC GAILLEMIN U17 2:13.91
ALEX JAMES U17 PB 2:05.69
CHIARA YOUNG U20 2:23.01
ISABELLE BURKE U15 2:22.0
AIDAN LYNCH U17 2:00.87

BRITISH SENIOR T&F CHAMPIONSHIPS

The British championships were at the end of August, much later than normal because of the IAAF World Championships in Doha were also very late in October. This pinnacle of the domestic T&F Championships was especially important this year because those hoping to get to the IAAF World Championships had to achieve the qualifying standard (if they’d not already done so) and finish in the top two

■ **ABIGAIL IROZURU** finally did it! What seems an impossible dream because of devastating injuries is now realised. Those who’ve read her ‘story’ through this magazine will understand! She finally achieved her lifetime ambition and became not just the British Long Jump Champion but, when it mattered most, she jumped a PB of 6.86m that was the IAAF World & Olympic qualifying standard. It’s ensured she on the plane to Doha.

■ **BEN WILLIAMS** also did it. In form Ben retained the British Triple Jump title with yet another PB. He’d already achieved the qualifying standard for Doha so this 2nd PB reinforces his top form. Again, those who’ve read through this magazine Ben’s distressing ‘story’ of injury hardships will know what a delight this achievement was. “I now have to go to Doha and do what I know I can do” he said.

■ **AIMEE PRATT** won the 3000m steeplechase Bronze Medal in her first full Senior Championship. She courageously front ran much of the race to clock 9:53.24 but was just outside the Doha qualifying standard. She’s set to try and achieve it before the September 1st deadline at a meeting in Italy six days

■ **KIRSTY SPENCE** (nee Law) became the British Discus Champion just a week after becoming the 12 times Scottish Discus Champion. This completes the full set of British titles for Kirsty who’s now the U17, U20, U23 and Senior Champion. This was the culmination of a great year for Kirsty who’s not just had her most consistent year for about 20 years and thrown the discus over 57 meters three times but she’s also represented GB at the European Team Championships and became the 12 x Scottish champion. Kirsty was last year’s silver medallist and is the UK’s No.1 with a best of 57.66m. It emerged during these championships that Kirsty has a tattoo of her fan Cliff Richard tattooed on her bottom!

■ **LAURA WHITTINGHAM**, the 2017 and 2018 British Javelin champion, overcame injury through much of 2018/19 to retain her British title for the 3rd consecutive year.

■ **CHRIS BAKER**, last year’s British high jump Champion, won the silver medal but was short of the Doha qualifying standard. Going into the competition, his SB of 2:27m was just 3 cms short of the standard. He had six days to achieve it ahead of the deadline of 1st September but failed to do so.

■ Other Sale Harriers who featured prominently were **REYNOLD BANJO** (Long jump), **JULIEN REID** (Triple jump), **SEUN OKOMO** (Triple Jump) and **ROSIE SEMENYTSH** (Javelin). Coach and athlete left for high altitude in Spain to shake of the disappointment, it resulted in breaking the magic 9:40 barrier (3000m SC) in Rovereto, Italy 27th August. The new personal best of 9:39 qualified her for a first senior vest and the World Championship in Doha, Qatar



Abigail Irozuru British Champion



Kirsty Spence



Ben Williams



Laura Whittingham



Aimee Pratt



England Champion Sophie Ashurst



England Champion Melissa Booth



England Champion Success Edean

SEPTEMBER

ENGLAND U15 & U17 CHAMPIONSHIPS

The England Age-Group Championships at the beginning of September in Bedford were the traditional domestic T & F pinnacle for the country's top athletes. Only the great and good qualify so participation is a tribute to athletic excellence, commitment and sacrifices. Sale Harriers had fifteen members participate. Three became England Champions, one a bronze medallist, nine lifetime best performances and one new club record. Brilliant! Congratulations to all

■ **SUCCESS EDUAN** became the England U15 200m Champion, recording a PB in the heats of 24.31 and again in the final to improve to 23.71 seconds. Only Katharine Merry, the former sprinter who won the bronze medal in the 2000 Sydney Olympics, has gone faster for this age group. She also broke the club's U15 200m record that had been held by Shaunna Thompson since 2005. Success is 'success' through and through. The club's superbly talented No 1 sprinter has won everything in her wake indoor and outdoor in 2019.

■ **SOPHIE ASHURST** is another prestigious talent! She won the England U17 pole vault title. Her vault of 3.71m wasn't her best

TRAFFORD AC GRAND PRIX

Congratulations to **AIDAN LYNCH** who dipped under 2 minutes for the first time at the Trafford AC Grand Prix at the beginning of September. He recorded an 800m PB of 1:58.94. that was all the more significant in that injuries had kept him away from training for most of last winter and did not begin his track preparations until May.

INTERNATIONAL MEETING SPAIN

In September, just three days after the formal announcement that she'd been selected for the IAAF World Championships in Doha where she'll make her senior international GB debut, **AIMEE PRATT** smashed yet another personal best in Spain. Sharpening up for the IAAF World Championships, she raced over 1500m at an international match and took almost a second off her 1500m previous best to clock 4:12.52.

EUROPE V USA MATCH

BEN WILLIAMS continued his good form in his final competition before flying off to the IAAF World Championships. As a member of the 22 GB athletes who helped Europe to an impressive victory over the USA in Minsk. Ben won his triple jump as convincingly as at the European Team Championships and the British Championships... AND made the front cover of Athletics Weekly... every athlete's dream!

height as a result of still suffering from a cold picked up at the Leeds Music Festival camping for 4 nights with hardly any sleep. Great to know the UK's No.1 pole-vaulter can still be a real teenager. Sophie ends her 2019 as the England Indoor U17 Champion, Northern U20 Champion, English Schools Champion and SIAB International Schools Champion. What a year!

■ **MELISSA BOOTH** became the England U17 Triple Jump champion in a PB of 12.39m. She also won the Long Jump bronze medal also in a PB of 12.39 that was just .02cms short of Abigail Irozuru's long time club record set in Grangemouth in July 2006 ...and Abigail's went to the IAAF World Championships in Doha. Melissa has also had an amazing year

■ Congratulations to those others who recorded lifetime best performances:-

NATACHI NWOSU 12.67 in the U15100m heats

KANE McWATT 51.85 in the U17 400m heats

WILLIAM STANWAY 4:19.59 in the U15 1500m heats

HERMIONE MASON 11.29 in the U15 75m Hurdles semi-final

PORSCHA JOHNSON 11.84 in the U15 75m Hurdles heats

SOFIJA DRAJISIC-WOOD 12.07 in the U17 80m Hurdles

SHAYON FRYER-FRANCIS 12.08 in the U17 80m Hurdles

EUROPEAN MASTERS CHAMPIONSHIPS

Also at the beginning of September, Sale Harriers had four of its 'Masters' represent GB & NI in the European Masters Championships in Italy on the outskirts of Venice.

■ **M40 MATT BARNES** was competing in his first ever European Masters Championships in his very successful career. He bagged the M40 1500m title and Gold medal in a time of 4:12.95 and had good reason to be 'very pleased'. This concluded another successful year for Matt who in June won the M40 Gold medal at the British Age-Group National Triathlon Championships. His best 1500m time this year of 4:01.22 placed him top of the 2019 M40 UK rankings.

■ **M70 Lifetime Member GEOFF TYLER** won the European Masters M70 Discus Silver medal with 43.42m to further improve his UK record by 2 metres. He was also 4th in the Shot Putt with a distance of 13.12m put him also No. 1 in the UK M70 rankings.

■ **M45 ED WHITE**, in his only race this year, ran the 400m heats in 56.21. Interestingly, Ed's only annual competitions in recent years have been 200m at either the World Masters Championships or the European Masters Championships.

■ **M65 GEOFF BEATTIE** was also there to effectively round off a year in which he focused on short Master track races rather than his usual 5k races & Parkruns and 10k's. He recorded a PB of 3:04.7 in the 1500m heats and 83.36 in the 400m heats. His two proudest achievements are likely to be Northern Masters and British Masters 400m bronze medals.



Geoff Tyler



Geoff Beattie



OCTOBER

IAAF WORLD PARA CHAMPIONSHIPS

Sale Harriers **KADDENA COX** was a member of the 43-strong British team that competed at the IAAF World Para Championships in Dubai from 7th -15th November. She competed in the T38 200m & 400m events. She won the T38 400m silver medal in a time of 62.20 that placed her No. 1 in the UK. In the T38 200m she was 6th in 28.08 that ranked her 3rd in the UK. However, the Championships triggered a relapse of her eating disorder of which she'd written publicly earlier in the year and thought she was recovered from. She said she had been struggling having 'so many eyes' on her in Dubai "It's pushed me to do more extreme things which is frustrating for me". Paula Dunn, British Athletics Para Athletics head coach, said: "Kadeena has made another brave public statement about her ongoing struggles with her mental health and eating disorder. We are proud of her achievements and she received all the necessary support from our medical team.



Kadeena Cox (Courtesy of Alamy)

IAAF WORLD TRACK & FIELD Championships

The world's best track and field athletes gathered in Doha, Qatar, for the 2019 IAAF World Championships. This biennial event is the most prestigious athletic Championships the sport has outside of the Olympic Games and took place over 10 days from September 27th to October 6th. Sale Harriers had three athletes selected and their 'stories' to the Games are grafted in the pages of this magazine.

■ **AIMEE PRATT** was first up on day one making her senior 3000m steeplechase debut. In a fantastic, typically gutsy performance in hot conditions, she really did herself, her Diane Modahl Sports Foundation, Coach Vincente Modahl and Sale Harriers very proud. She finished 8th with a new PB of 9:38.91, only 0.46 behind the British U23 record... and, of course, again revised her own club record. It was a high calibre heat of world class athletes that included the World champion Emma Coburn who pushed a very fast pace. Aimee worked hard and stayed with the leading group right until the final stages. She later said, "It was really fun, I was smiling on the start line. It was amazing to experience it! It wasn't anything to be scared of they're just people - I was lining up against the World Champion, but it was nothing to be intimidated by, it was just inspirational. This was my big aim this year and I managed to run a decent race and a PB is all you can ask for."

She ended track season ranked 1st over 2000m steeplechase, 2nd over 3000m steeplechase, 7th over 1500m and 3000m in Europe U23, as well as 3rd ranked senior in Britain and 14th in Europe over 3000m SC.

■ **BEN WILLIAMS** agonisingly missed out on a place in the triple jump final to round off his fantastic season. Victorious at the European Team Championships and British Champion where he'd set successive PB's, he went to the championships in great form but his best effort of 16.77m in qualifying was just short of a place in the final. He said: "It just didn't click. I felt alright going into the competition and at the holding camp. Sometimes things don't click. It was quite a long competition in the heat, even though the stadium is air conditioned"

■ **ABIGAIL IROZURU** in her first IAAF World Championships did brilliantly to book her place in the final in 6th place. She finished the competition in seventh position, her first-round effort of 6.64 metres proving to be her best. It was an admirable display by Abigail who could hardly have dreamt of being at these championships She said, "It is a good feeling to reach a World Final and I guess this is what I wanted at the start of the year; what I wanted since coming back to compete against the best in the World. I am here and I am one of the best in the world and that is a crazy thing to say"

■ **ALEX WORT** How many knew of yet another Sale Harrier who participated at the IAAF World Championships? Yes! Former Sale Harrier decathlete Alex Wort worked through the Games as a freelance technician for Seiko. He was involved in setting up the field event boards, countdown clocks, wind displays, etc and made sure they worked during the competition. He wrote, "Probably the toughest, most challenging event I've done so far but man, did we have the team to do it.

Following the nine days of intensive action China topped the medals table for the 3rd consecutive Championships and GB were 3rd.

Kadeena also competed at the last World Para Championships two years ago and was one of just a few athletes attending this World Championships. She was honoured with an MBE for her services to disability sport and in 2018 was also awarded Sale Harriers Life membership. Her career highlights were being a part of the 2015 IPC Athletics World Championships and the 2016 UCI Para-cycling Track World Championships, in which she won world titles in the T37 100m and C4 500m time trial respectively.

NOVEMBER

OLYMPIC WORLD CLASS PROGRAM

Great news to end 2019! British Athletics announced that **ABIGAIL IROZURU**, **BEN WILLIAMS** and **AIMEE PRATT** are among 68 athletes who received a call up to join the Olympic World Class Program for 2020. All three have been welcomed as new members at the highest level because of their performances at the IAAF World Championships and their potential to win a medal at Tokyo 2020 or Paris 2024. This gives them a fantastic new platform to prepare. The British Athletics WCP is UK Sport's National Lottery-Funded initiative to support the delivery of success at the Olympic and Paralympic Games



Okome Seun – NA TJ Champion



Grace Bower – NA bronze



Isabelle Burke – NA Bronze



Alison McCorry – Senior 300m

JANUARY

ENGLAND COMBINED INDOOR EVENTS CHAMPIONSHIPS

The first weekend of January saw the first major event of 2020 – the England Athletics Senior and U20 Indoor Combined Events Championships in Sheffield. It will be especially remembered by Sale Harriers for the welcome return to competition of **GRACE BOWER**. In the form of her life in 2018 and ranked 4th in the UK for the U20 heptathlon, a critical injury faced her with the real prospect of never being able to return to her sport. Achieving medals and PB's wasn't her goal in this competition but to just get through and to finish in the top ten. She finished a very credible 9th with all her results not far off her PB's. Great news!

NORTHERN ATHLETICS INDOOR SEN. U20 & U17 T & F CHAMPS

The annual cycle of track & field championships springs to life again from its summer recess in January with the senior, U20 and U17 Indoors Northern Athletics Championships. Held usually at the EIS in Sheffield, it was another great day. The club won 6 Championship Titles, 4 silver medallists and 5 Bronze medallists.

The stand-out performer was young **MELISSA BOOTH** who retained her U17 Indoor triple jump title and added the long jump title to an amazing 12 months of major titles – all applauded in this magazine. Her long jump of 5.83m also broke the U17 club record of held for fourteen years by **ABIGAIL IROZURU**... and she's just returned from the IAAF World Championships. Melissa is the current Gtr. Manchester County & Schools TJ Champion, English Schools TJ Champion, Inter-County Schools TJ Champion, International Schools TJ Champion and England Athletics U17 TJ Champion (and LJ silver medallist).

Another awesome talent is sprinter **SUCCESS EDUAN**. She added her first NA U17 indoor 200m title to two U15 titles and she's now also the NA Outdoor 200m Champion, Gtr. Manchester County & Schools 200m Champion, English Schools 200m Champion and EA Indoor & Outdoor 200m Champion. Both aim to qualify for the European U18 Championships in Italy in July.

It was also great to have talented heptathlete **GRACE BOWER** take another big step in her return to competition and to win two bronze medals. The Sale Harrier Champions and medallists were:

Champions: **SUCCESS EDUAN** (U17 200m)

STEPHANIE MOSS (SW 800m) **RUBY BELL** U17 (800m)

MELISSA BOOTH (U17 TJ & LJ) **SEUN OKOME** (SM TJ)

Silver: **MARCUS McLEAN** (U17 60m)

ALISON McCORRY (SW 300m) **ALEX WORT** (60mH),

SAMUEL EBONINE (U20 HJ)

Bronze: **GRACE BOWER** (SW LJ & 60mH)

SHAUNNA THOMPSON (SW Shot) **IZZY BURKE** (U17 1500m)

SHAYON FRYER-FRANCIS (U20 LJ)

FEBRUARY

February got off to a great start for **STEFFI MOSS** who made her third England representation in her burgeoning career at the Vienna Classic in Austria. She competed in the 800m and delivered her fastest of her 3 races 800m of 2020 in a time of 2.08.75

NORTHERN ATHLETICS INDOOR U15 & U13 T & F CHAMPS

At the beginning of February a small number of Sale Harrier's very talented and promising U15 youngsters crossed the Pennines to the EIS Sheffield for the Northern U15 & U13 Indoor Championships. Almost all excelled by recording lifetime or season's best performances. Among them were 2 x Northern U15 Champions, 2 x Silver medallists and 1 x Bronze medallist. Congratulations to all of them.

Champions:

THEA BROWN won the U15 Northern high jump crown to add to her U13 Crown from last year. It propelled her to No.1 in the UK's U15 rankings and her 1.60m jump also equalled Amy Williams club record which she'd held since 2012. Thea is also the 2019 U13 60m hurdles champion and just missed out this year by just 100th of a second on the U15 hurdles bronze medal with a PB of 9.76

ANNABEL AMADIN is the U15 shot putt champion. This was her best ever result in this championship that brought her to 3rd in the 2020 UK rankings

Silver:

LEONARDO SCOTT's 60m silver in a PB of 7.54 was also his best ever performance in this championship. He adds his medal to the U13 silver in 2017.

NATACHI NWOSU's 60m silver medal in a PB of 7.92 was also her best performances in this championship and she also added her to the U13 silver she won in 2017

Bronze: **FAVOUR JOSEPH**'s 200m bronze medal in a PB of 26.20 was her best ever performance in this championship

WELSH JUNIOR INDOOR CHAMPIONSHIPS

Whilst most club members competed in the Northern Indoor Championships **DEVON WEYMOUTH** was in Cardiff at the Welsh Indoor Championships. There he won the Welsh U20 Triple Jump silver medal. Devon is a successful long-jumper and this was his first major triple jump medal. His other one was the U17 Gt. Manchester title in 2017



Champion Thea Brown



Sale Harriers Sportshall squad

COUNTY SPORTSHALL LEAGUE

Still at the beginning of February, the County Sportshall match at Sportcity brought an end to yet another very successful Sportshall season for Sale Harriers. This competition that involves the U11, U13 & U15 age groups had begun in September. Congratulations and well done to everyone. Again, Sale Harriers had a large number of winners

County Championship:

■ The U11 Boys won the Relay

■ The U11 Girls Relay Team were 3rd in the County Championship

■ **JEFFERSON ADENUGA** won 3 County

Championship Medals

League:

■ The U13 Girls were 3rd

■ The U11 Boys were 2nd

■ The U11 Girls were 4th

■ The U13 Girls were 3rd

■ The U13 Boys were 1st

■ The 15 Girls were 2nd



U11 County Relay Team 3rd Roxy McHugh, Carey Sullivan, Alycia Upton, Katie Robertson, Imogen Hill

SCOTTISH NATIONAL COMBINED EVENTS

Sale Harriers had every reason to shout from the roof-tops the great performances of two of its athletes at the Scottish Combined Events at the Emirates Arena in Glasgow.

■ **GRACE BOWER**, following her disastrous, career threatening injury in 2018, won the senior pentathlon silver medal and took another massive step on her return to top level multi-eventing. It's hard to believe that, two years ago, Grace was faced with a career ending broken back. Congratulations to Grace and her family and coach who made the many personal and financial sacrifices to ensure their talented star achieves her undoubted potential. She's already back into the UK's top ten for 2020.

■ U15 **MORGAN WHITE**, in just his first year as a multi-eventer from pole-vaulting also won his age-group pentathlon silver medal with a fantastic series of performances. He produced massive lifetime best performances in four of his five disciplines – 800m, 60mH, High Jump and Long Jump, and accumulated such massive scores, he improved his Pentathlon PB by a massive 823 points to now find himself 2nd in the UK ...AND No1 in the pole vault.



U13 Girls County Bronze - Daria Dwyer Ross, Lily Oldale, Shantee Mukoma, Arafa Dadi



Grace & her proud, very supportive Mum



Jefferson Adenuga Triple County medallist



Kadeena Cox

PARALYMPIC WORLD CLASS PROGRAMME

Congratulations to **KADEENA COX MBE** who ended another great year with two fantastic announcements

1. She's been made one of the 46 athletes given membership to the Paralympic World Class Programme (WCP). Not only that but she'll be one of 26 who'll receive funding and support as a member of the top ranked Paralympic Podium group.
2. She's also been nominated for the 2020 British Ethnic Diversity Sport Awards (BEDSA). The BEDSAs are designed to recognise and celebrate the contributions made by black and minority ethnic communities. The awards help drive change in the sport sector where role models from more communities are a priority to increase participation

It's been another great year for Kadeena who has won medals at both the World Para Athletics Championships last November, and the World Para-Cycling Championships earlier this year.



Jack Frost – Promoter

WINTER INDOOR SERIES

Sale Harriers organises two major promotions each year – the summer 4 x 5k Sizzler races in Wythenshawe Park in July and August and the winter 6 x Indoor T & F meetings at Sportcity between December and March. Both are extremely successful and oversubscribed.

The winter indoor series provides top class competition to athletes from throughout the UK and, of course, for Sale Harriers athletes. Whilst the club's mud lark are competing in cross-country leagues and championships, the club's T & F specialists are honing their abilities in the relative warmth of Sportcity. This year...

- 150 Sale Harriers competed in one or more of the matches
- 85 produced life-time best performances
- 13 competitive disciplines
- 34 x PB's in the 60m sprints, the largest number by far of all the disciplines
- 40-50 officials are required for each meeting. The meetings would not be possible without them and many are non Sale Harriers
- 1 man is at the helm. – He's the amazing octogenarian multi-eventer **JACK FROST** – club treasurer, coach, T & F official, team manager and event promoter. He said of his cherished officials, "We're lucky as a club to have the number of officials from outside the club who generously give their time, because the club on its own could not run or indeed get a UKA permit without them"



Andy Robertson



Abigail Irozuru

BRITISH ATHLETICS INDOOR CHAMPIONSHIPS

One week after the Muller Grand Prix, five of Sale Harriers world class athletes headed to Scotland for the British Indoor senior Championships to battle for British titles. Two became British champions and three won bronze medals

■ **ABIGAIL IROZURU** won her first British Indoor long jump title for five years and ended twelve months she'd never thought would ever happen. (It's all recorded in this magazine!). She also had every good reason to smile. Her jump of 6.60m wasn't just a massive improvement on her disappointing Muller Games but it was almost 30cms further than she jumped in the same championships last winter when she won the bronze medal.

■ **ANDY ROBERTSON** became the 60m champion and adds this to his 2017 gold and silver medals in 2016 and 2018.

The three bronze medallists were **CHRIS BAKER** (high jump), **JULIAN REID** (Triple Jump) and **REYNOLD BANIJO** (long jump)

ENGLAND ATHLETICS U15/U17/U20 INDOOR CHAMPIONSHIPS

Whilst the senior men and women were in Glasgow, Sale Harriers had more of its elite younger age groups at the EIS in Sheffield and, again they did themselves and their club proud. Five became England Champions and one more a bronze medallist. A special mention to the club's pole vault squad who secured an impressive three age-group titles.

■ **SUCCESS EDUAN** won her first England U17 200m title and added it to her U15 title and topped a remarkable twelve months of major titles - all recorded in this magazine. Britain's young No1 200m sprinter ended her year (1) the 2019 EA U15 Indoor & Outdoor Champion, (2) the English Schools Champion, (3) the Inter-County Schools Champion, (4) the Gtr. Manchester Champion and (5) the Northern Indoor & Outdoor Champion.

■ **SOPHIE ASHURST** also launched her U20 career by taking the EA U20 pole-vault title. She also adds it to an awesome list of major titles in the past twelve months - the EA U17 indoor and outdoor Champion, International Schools PV Champion, English Schools PV Champion, Inter-County Schools PV Champion, Gtr. Manchester Schools PV Champion, Northern Athletics U17 & U20 PV Champion.

■ **MORGAN WHITE** took the EA U15 pole vault title just a few weeks after he won the U15 silver pentathlon medal in Scotland in his first year. He's now the UK's top U15 pole-vaulter.

■ **LAZARUS BENJAMIN** took the U17 pole vault title with particular delight. The club's 2018 English Schools PV Champion, the EA Indoor & Outdoor champion and Northern & Gtr. Manchester Champion – all in 2018, was unable to compete throughout 2019 so this title is a fantastic fillip for his return to the very top again.

■ **STEPHANIE MOSS** won the U20 800m title and retained her 2019 indoor title.

■ **MELISSA BOOTH** won the U17 triple jump bronze medal. This is her first medal in these championships and adds it to unforgettable twelve months in which she also won virtually every major triple jump title in her age-group. She was 4th in the long-jump also.

■ **SHAYON FRYER-FRANCIS** deserves a special mention. She recorded a long-jump PB of 5.66m to just miss the bronze medal for 4th place. Well done!

WORLD ATHLETICS INDOOR TOUR

ABIGAIL IROZURU launched her 2020 season with the aim of making it to the Tokyo Olympics at the World Athletics Indoor Tour in Germany with a long jump of 6.56m that she understandably regarded as mediocre. The World Athletics Indoor Tour is a series of the seven finest indoor meetings on the planet. It got underway in January in Boston and included stops in Karlsruhe on 31 January (where Abi compete as the only GB athlete), Dusseldorf, Torun, Glasgow and Madrid.



Sophie Ashurst & Melissa Booth



Cesca preparing for semi-final

BUCS INDOOR CHAMPIONSHIPS

The British Universities Indoor Athletics Championships (BUCS) – this year again held at the EIS Sheffield, had three Sale Harriers win medals with good reason to celebrate in the student bar with a 'shandy'

■ **FRANCESCA BRINT** It's a massive well done to Cesca who showed admirable resilience to soooo successfully return to competition from 18 months off the track and win the BUCS 800m silver medal. Though well short of her PB of 2:04.71, the celebration is her impressive return... and, of course her first BUCS medal.

■ **JONA EFOLOKO** The club's 2018 Junior World 200m Champion has also had a difficult twelve months since being crowned the World Champion. He won the 200m silver medal and also with good reason to celebrate/

■ **JORDAN BROOME** won the 60m bronze medal to add to his 200m bronze indoor medal he won last year.

The BUCS is a three-day competition in mid-February that sees the best in the country come together and is the biggest gathering of student athletes in the United Kingdom.

MULLER INDOOR GRAND PRIX

On February 15th many of the world's top athletes assembled in Glasgow for the Muller Indoor Grand Prix Congratulations to **ABIGAIL IROZURU** who made her latest GB & N1 representation in the long jump in her campaign for the Tokyo Olympics. She may have been the only competing Sale Harrier but, if you watched the Grand Prix on TV, you'll have spotted Club President & Chief Race Starter **DAVID BROWN CBE** unexpectedly

became a part of the day's highlight. He had his start gun poised for the women's 800m but it failed to go off. It was in the 'time-out' that Sweden's pole vault star Armand Duplantis smashed his renowned own indoor world record with an astonishing jump of 6.18 metres.

Our Primary age athletes represent the club in local events with the opportunity to compete at higher levels of competition up to national level. The year started with **FINLAY GODDARD** winning the Gtr. Manchester Primary Cross-Country Championships with **TOM HOBSON** in 3rd.

In the Gtr. Manchester Athletic Championships in May, **ISAAC REED** placed 2nd in the U11 600m with **JAKE ROYLE** in 3rd.

We held two summer Startrack programmes for 8 – 11 year old boys and girls. Each programme covered all aspects of the sport with youngsters encouraged to run, jump and throw. Above all it's meant to be fun and enjoyable and with over 100 youngsters taking part it was highly successful.

A team highlight of 2019 was at Edge Hill University in September at the North-West Road Relay Championships incorporating the Gtr. Manchester and Cheshire Championships. Our U11 boy's team of **ED SPARK, LIAM O'BRIEN and BEN KEELEY** finished runners-up in the North-West Championship but won the Cheshire Championship whilst **ISAAC REED** ran the fastest lap of the day in the Gtr. Manchester Championship as did **IZZY HALL** in the girl's event.

Our October competition highlight was the Northern U11 Cross-Country Relay Championships in Sheffield. Our Primary boy's team of **LIAM O'BRIEN, ISAAC REED and BEN KEELEY** ran exceptionally well to finish in the silver medal position, (one place higher than last year). Our B team of **DANIEL OAKES, MATTY CULLEN-BROWN and ALEX FRASER** finished 2nd in their category and 9th overall out of 30 teams. Our girl's team of **IMOGEN HILL, IZZY HALL and OONAGH Mc MANUS** ran well to finish 6th whilst the B team of **AVA BYGRAVE, SIENNA JONES and LALI BROWN** finished 2nd in their category and 9th overall.

The individual highlight of the year came in January when **BEN KEELEY** won the U11 Cheshire Cross-Country Championship with **LIAM O'BRIEN** in 2nd. **BEN, LIAM and DAN OAKES** were comfortable winners of the team championship whilst **AVA BYGRAVE** did well to finish 5th in the girl's race. In the Gtr. Manchester U11 championship **IMOGEN HILL** was runner up in the girl's race with **IZZY HALL** 5th whilst **ISAAC REED** won bronze in the boy's race with **JAKE ROYLE** in 4th.

In the Gtr. Manchester Sportshall team our U11 boys were runners up whilst the girls were 4th. In the County Sportshall Championships we won the boy's U11 sprint relay whilst **LIAM O'BRIEN** and **ROXY Mc HUGH** were double gold medalists.

In the Manchester Area Cross-Country League, our boy's team placed 1st whilst **LIAM O'BRIEN**, won overall bronze whilst our girl's team finished 3rd.

This is a tremendous achievement against tough opposition from twenty clubs who make this one of the most competitive leagues in the country.



FOCUS
ON
ROADS

5K

remaining to enjoy the rest of life. There's been massive growth in 5k races in the past decade aided, of course, by the Saturday Parkrun phenomenon. Sale Harriers has its own 5k promotion every summer: the very popular Sizzler 4 x 5k series. FECHIN MC CORMICK

PODIUM 5K

The Podium 5k is a relatively recent concept that launched in 2016 with the purpose of delivering super-fast 5k times. It certainly achieves this as runners from across the country will testify. They take place on the Steven Burke Cycle & Sports Hub in Barrowford near Pendle and consist of fast 1km laps. The first one of 2019 was on March 2nd. **DANIEL GRAY** made his 5k debut at it. Though an experienced runner on track, country and road, strangely this was his first 5k and he made an encouraging start of 16.32.

MID-CHESHIRE 5K

There are two Mid-Cheshire 5ks - in April and in August. In April, nine Sale Harriers chased PBs on this lightning fast course in the heart of rural Cheshire around Kingsley. **NIGEL MARTIN** was eager to repeat his magical sub-14 time from February's Armagh International 5k. He was 2nd in the race and recorded his second fastest ever time of 14.17. Five more returned home, proud as peacocks:

PHIL ROBERTSON (14.55) dipped under fifteen minutes for the first time.
ALEX BRADFORD (15.54) dipped under sixteen minutes for the first time.
MATT BARNES (15.00) recorded his fastest for 5 years; 1st M40 put him top of the M40 UK rankings.
GAVIN HILL (14.43) recorded a 1 second PB.
DANIEL KASHI (15.18) clocked a 3 second PB.



Phil Robertson



Alex Bradford

CHRISTLETON 5K

The Christleton 5k in May is another very fast and popular 5k regarded as one of the North-West's fastest and longest established. It's two laps on quiet picturesque Cheshire roads. Four Sale Harriers had good reason to celebrate....

ALEX BRADFORD (16.05) came within just a whisper of dipping under the magical 16 minutes for the second time.
GEORGE FROST (16.42) dipped under 17 minutes for the first time. Though a regular Parkrun 'tourist', this was his first official 5k race.
EMMA FINNEY (20.14) recorded her fastest time of 2019 (even after posting on social media that she was 'unfit' and unable to help the club in the Northern T & F League).
GEOFF BEATTIE (24.23) ran his fastest M65 5k race of 2019.



Zoe Gmerek

BLACKPOOL 'BEACH RUN' 5K

ZOE GMERK won the 'Beach 5k' whilst on holiday in Blackpool in May. Zoe's had a few victories up to now:

1st L40 in the Liverpool Spring 5k at the beginning of May. 1st in two Tatton Park 5ks. 2nd overall & 1st L40 in April's Fleetwood 10k.

CITY OF MANCHESTER 5K

The City of Manchester 5k Series was held in Alexandra Park each Thursday in June. Though it's a lapped course, designed with PB potential, its average number of finishers of about 75 per race limits its PB potential. Six Sale Harriers ran one or more and four had something special to celebrate:

ADAM SCIACCA won his first ever 5k in the third race in 16.06
ROB MARSDEN recorded his PB for 2019 of 20.18
KEVIN FOSTER ran his fastest time of 2019 - 18.09
GEOFF BEATTIE M65 recorded his 2nd fastest time of 2019 - 20.18

NORTH CHESHIRE 5K GRAND PRIX

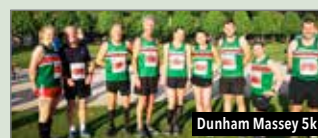
The North Cheshire Grand Prix is a 5 x 5k series organised by Spectrum Striders and Altrincham & District AC run fortnightly from the end of May to mid June. Two are in Dunham Massey Park, one in Hollins Green Village, one in Bowden Village and one in Birchwood. Eighteen Sale Harriers participated through the series.

The most notable successes were:

Birchwood Brook 5k: Sale won both the men's and women's team prizes

Men: CALLUM ROWLINSON, TIM KENNEDY, DUANE GAUNT and LEWIS ROWLINSON

Women: JENNY EVANS, BEA CORDINGLEY and VICKY CORDINGLEY
JENNY EVANS won the Birchwood 5k.



Dunham Massey 5k



First male & female team at Birchwood Brook 5k

LEWIS ROWLINSON was 1st junior at Hollins Green,
FRANK CORDINGLEY was 1st M55 at the Birchwood 5k.

At Hollins Green **JULIA REYNOLDS** was 1st F45, **HELEN REAGAN** was 1st M50 and **JACKIE CORDINGLEY** was 1st M60. **JULIA REYNOLDS** (L45) and **FRANK CORDINGLEY** (M55) were series champions **VICTORIA CORDINGLEY** (21.23) recorded a PB

PODIUM 5K

STEVEN HENDERSON recorded a fantastic PB of 16.45 in June's Podium 5k to dip under the magical 17-minutes for the first time.

DANIEL GRAY also further improved his PB by 15 seconds from March's Podium 5k. He's now dipped under his sixteen minutes for the first time. Great stuff! Young U17 **ISABELLE BURKE** also made her 5k debut in great style in the midst of her summer T & F training with a time of 18.53.

Mid-CHESHIRE 5K

Mid-August is the 2nd Mid-Cheshire 5k around Kingsley in rural Cheshire. Sixteen Sale Harriers wanted their last shot of the year to record a PB. Almost all of them returned home grinning like Cheshire cats!

GAVIN HILL led home the phalanx of green-hooped vests in a top 11th place (14.57)
GAZ RAVEN was 2nd M45 in 15.10 that ranked him 3rd fastest in the UK

TOM STEPHENSON (15.54) dipped under 16 minutes for the first time

MIKE CURLEY was 1st M65 in a SB of 19:46 to rank him 13th nationally

JACKIE CORDINGLEY was 1st L60 in a SB of 21.25 to rank her 10th nationally.

CESCA BRINT in her debut was an encouraging 3rd U20 in 16.47 and the fastest 18 year old in the last 10 years over 5k on the road.

LIFETIME BEST PERFORMANCES:

BEN MCINTYRE (16.34) **STEVE MC CARRON** (16.31) **STEPHEN HENDERSON** (16.36) **ROBERT FAIRBANKS** (17.51)

Season's best times:

EMMA FINNEY (19.42) **ANNE CHINYOY** (19.40) **SINEAD FERGUSON** (21.26)
Unfortunately a pile-up at the start prevented **SOPHIE WOOD** from getting a PB.

ARMAGH INTERNATIONAL 5K



Nigel Martin

Finally, to end Sale Harriers 12 months of 5k racing throughout the UK, top man **NIGEL MARTIN** did it yet again and went sub 14 minutes for a new best of 13.48. In a classy field with 24 men under 14 minutes and another 139 under 15 minutes, he finished 7th to launch 2020 as 6th in the UK. It's hard to believe that, when he joined Sale Harriers six years ago, he struggled to break 16 minutes! Well done Nigel.

GAVIN HILL has also had a fantastic year. He ran the race of his life and also recorded a PB, a chunky 9 second improvement for a new best of 14.33, **MEGAN DAVIES** was in the women's elite 3k race, where a massive 52 ran under 10 minutes! In her first major outing since returning from University in San Francisco last year, she was thrilled to record a PB of 9.30, to improve her 2018 Armagh International time by 22 seconds.

SALE
Sizzlers
5K

The 2019 4 x 5k Sizzlers are Sale Harriers' major road annual promotion. The 2019 series began at the end of June to mid-August. The super-fast course, race day camaraderie, the attention-to-detail-organisation, the palatable entry fees and popular goody-bags to encourage generous donations to St. Ann's Hospice, makes this series a great Sale Harrier promotion that again broke records galore. The new combined start/finish was well received. It was also an opportunity to 'bank' long established course records which were out of reach to most and to begin a new era to re-incentivise runners. The series was again, 'validated' as excellent by the UK Adjudicator. Fechin Mc Cormick is the race director who launched the series in 2002 as a legacy to the Manchester Commonwealth Games. FECHIN MC CORMICK



Record sum raised for St. Ann's Hospice



Just some of the 52 Sale Harriers in the first Sizzler



The Sizzlers are impossible without these guys

THE MOST OUTSTANDING SALE HARRIERS THROUGH THE SERIES

JACKIE CORDINGLEY 1st L60 in all four races & broke the course record.
GAZ RAVEN 1st M45 in two races and broke the M45 course record.
MIKE CURLEY 1st M65 in three races.
SOPHIE WOOD 1st Female in two races.
ANNE CHINYOY 1st L45 in two races.

THE FOLLOWING RECORDED AT LEAST ONE PB:

NATHAN HARRISON 15:18 (4)
ROBERT FAIRBANKS 17:53 (4)
SOPHIE WOOD 17:09 (2)
NICHOLAS TYNAN 16:18 (4)
TOM STEPHENSON 16:19 (4)
ALISTAIR KELL 18:24 (4)
AMELIE LATHAM 23:11 (4)

THE FOLLOWING RECORDED AT LEAST ONE SB:

GAZ RAVEN 15:19 (4)
OLIVIER GAILLEMIN 18:00 (2)
JOHN BATTERSBY 21:54 (4)
BRUCE GREEN 21:52 (2)
LUCINDA SUMMERS 26:46 (4)
KEN HUNT 16:23 (2)
TIM KENNEDY 16:50 (1)
BRIAN BRADSHAW 23:50 (3)
MIKE CURLEY 19:50 (2)
EMMA FINNEY 19:56 (4)
JACKIE CORDINGLEY 21:30 (4)



Sophie Wood 1st Sale Harrier on 2 occasions



Front running Nathan Harrison



Anne Chinoy (Twice L45) & Jackie Cordingley (Course record & 4 x 1st L60)



Thanks to Soreen for their support



Steve Riding



Nathan Harrison & Nick Barry - top finishers & PB

Some of the 2019 Sizzlers records were...

- Over 500 finishers for 3 of the races for the first time
- For the first time over 600 finishers in one race (When the series began in 2002, there were just 538 finishers for the whole series!)
- For the first time, over 700 entrants in all four of the races
- Eleven age-group course records were broken with nine ranked in the UK's top 10. Among them was Sale Harriers **JACKIE CORDINGLEY**, **GAZ RAVEN** and **MIKE CURLEY**

Sale Harriers relies heavily on its revenue and this year again revenue broke previous records. A further record £3653 was raised for St. Ann's Hospice which was almost £1000 more than ever before. Special thanks to **TOPPING PARTNERSHIP** (Salford), **FOCUSED NUTRITION** (Stockport) and **SOREN** (Trafford Park) for their most generous support of these goody-bags.

A special 'Thank you' to sponsors **DECATHLON** and **WYTHENSHAW COMMUNITY HOUSING TRUST**.

This year, to support UKA efforts to enhance inclusivity in sport, a new gender neutral 'non-binary' category designated by 'Mx' was added. Two non-binary entrants completed three races. As the race director, I was thanked by UKA, "for being so proactive in this area"

Also a special thanks to **BRIAN GOULDEN** and his team of marshals without whom the series would be impossible to deliver.

The 10k occupies the space between a 5k and the half marathon so it caters well for all abilities and not surprisingly it's the UK's most popular race distance. Look through a typical 10k field and you'll find runners who've moved up from 5k, others using it to build speed endurance as training for a longer race, and speedsters making it the focus of their whole season.

Runners will find a 10k at almost any time of the year. FECHIN MC CORMICK

TRAFFORD 10k

The Trafford 10k traditionally heralds Springtime in the running calendar. It's one of the UK's most popular and quickest. The flat, one lap course promises fast times and is perfect for runners looking for PBs. This year wet, windy and cold conditions put paid to those for all but a few, including the 22 Sale Harriers in pursuit of that elixir of running.

NIGEL MARTIN, hot from his amazing 13.53 at February's Armagh International 5k, was in superb form and finished a brilliant 4th in 29.55 to record his 2nd ever sub 30 minutes. (Remember when Nigel first joined Sale Harriers in 2013 his best 10k was just 34.36. (I know because I inducted him!)). The other significant club performances and PBs were

DUANE GAUNT (39.22) An 11 second PB on his 2018 Salford 10k. **MARK PAGRAM** (39.42) An 11 second PB on November

2018 Wilmslow 10k. **GARETH WEBB** (41.16). More than a minute improvement. **HECTOR CHINOY** (42.26). A great 2 minute PB.....trying to catch his wife Anne! **SIMON LATHAM** (44.31) Debut 10k. A landmark day. **VICTORIA CORDINGLEY** (44.36). A 30 second PB on November 2018 Wilmslow 10k. **AMELIE LATHAM** (50.52). A 3 second improvement on her 2017 Wilmslow 10k.



Nigel Martin

Gavin Hill



Simon Latham & Vic Cordingley



Luke Betts

terrain race surrounding Manchester Airport. This year the race sold out within 24 hours. Sale Harriers noteworthy successes were:-

STEVE MC CARRON (28.48) was an impressive 2nd and 1st M40, his best position in this race in the past five years. **MIKE ASHBY** (30.17) ran the fastest of his seven races which he's run since 2013. **MATT SPRAGG** (30.33): A great PB. **ANNE CHINOY** (33.45) was 2nd overall, 1st L45 and a PB. **ROB MARSDEN** (34.41). His debut....in his 1st year with Sale Harriers.

RUN THROUGH TATTON PARK 10k

GEORGE FROST will remember May's edition of the Tatton 10k series. He recorded his first ever race win. He also did it in style with a great PB of 34.11. George has been a regular competitor since 2012 and a regular parkrun winner but this was his first taste of race victory. **CAROLINE KINGHORN**, a regular in this series, again had good reason to celebrate for she continued her improvement to 48.08 and was again 1st in her L55 category.



Caroline Kinghorn

BEN MC INTYRE (M40) recorded a 4 second PB to record 34.39. **ELLEN DOWNS** recorded a minute improvement to 37.28. **AARON STEELE** made his 10k debut and recorded 42.55.

MAY

ROUND THE RUNWAY '5'

Ten Sale Harriers – slightly less than last year, dotted Mobberley's quiet lanes for this May 5 mile multi-



Alex James with Kenyan Helen Ibbi

GREATER MANCHESTER 10k

The Great Manchester 10k towards the end of May always brings a carnival atmosphere to the city. Twenty-two Sale Harriers toed the start line whilst many more volunteered as course marshals. Thousands lined the streets and 30,000 runners of every shape, size, age, colour and speed raced, ran, jogged, shuffled and walked that was a meditation to humanity's rich diversity. The noteworthy Sale Harrier successes among the crowds were:-

GAVIN HILL (30.59) led home the 20 Sale Harriers. Watch out! He's hoping to dip under 30 minutes before the end of the year. **KEN HUNT** (33.41), **ROBERT PALMER** (37.39) and **KATE GAVIN** (51.09) produced magnificent PBs and **DAWN WEATHERLEY** (51.10) recorded a 10-year best. **ZOE GMEREK** (40.39) was 3rd L40. Five, made 10k debuts - **SAM HEYWORTH** (36.18), **ALEX JAMES** (37.57),

BEN DARGAN (42.41), **HANNAH CHRISTY** (57.42) and L45 **GILL EDMUNDSON** (50.18)

ALEX JAMES raised a brilliant £380 for the Teenage Cancer Trust and later he met Kenyan winner Helen Ibbi who'd won the 5000m Gold medal at the 2017 World Championships in London and defended her title at this year's Doha World championships the new championship record.

KATE GAVIN raised a fantastic £1,250 for the MS Therapy Centre in Trafford Park **GILL EDMUNDSON** also ran for MFT and raised lot of money for cardiac rehab.

AMONG THE JUNIOR MINI-RUNS, SALE HARRIERS ALSO HAD A LOT OF SUCCESS.

In the 9-11 boys **OSCAR SCHOFIELD** retained his 2nd place from last year and **FINDLEY GODDARD** (6th) and **JOSEPH SPARK** (8th) also did really well. In the 9-11 girl's well done to

IZZY HALL (6th) and **TARA FERGUSON** (9th).

In the 12-15 boys, **JACK SPARK**, last year's winner was 7th and 20 seconds faster. In the 12-15 girls well done to

ISABELLE BURKE who was a great 2nd.



Tara Ferguson

GREAT BIRMINGHAM 10k

On the last weekend of May, **ANNE CHINOY** was selected to represent England and **GEOFF BEATTIE** his home country of Northern Ireland in the L45 and M65 categories (resp.) of the British Masters 10k Championships that was incorporated into the Great Birmingham 10k. This was Geoff's second consecutive Northern Ireland British Masters International representation in road races



Geoff Beattie, Dean Hardman & Anne Chinoy

MAY

WESHAM SUMMER 10k

On the same May weekend as the Gt. Manchester 10k, **GEORGE FROST** took in the Wesham Summer 10k – so much more scenic than Manchester's Bridgewater Way! He recorded a lifetime best of 38.08..... that's what it's all about! The Wesham 10k is a slightly undulating course run around the scenic lanes of the villages of Salwick and Lea Town in Lancashire. Try it next year?

BABCOCK SHETTLETON 10k

Still in May, international **SONIA SAMUELS** was the 1st lady in a time of 36.22 in the Babcock Shettleton 10k near Glasgow. Her time is the fastest recorded Sale Harrier female of 2019.

RUN THROUGH TATTON PARK 10k

In June's Tatton Park 10k series **CAROLINE KINGHORN** again improved her time! This time she recorded a life-fuelling best of 47.33 that was also her first time under 48 minutes. Time to celebrate!

BILL FOX ROUND THE RESERS

Also in June, Sale Harriers kept alive the memory of former active member **BILL FOX** by promoting this annual 5 mile race around the gorgeous Longendale valley. It was a race Bill founded and promoted until he died from pancreatic cancer in 2015. The event nowadays is organised by **PAUL BARRETT** and all profits are shared between Tintwistle Gala and Pancreatic Cancer Research Fund. The race always attracts Sale Harriers and



over 10k, Half-Marathon and Marathon. The concept was initiated a few years ago by Sale Harrier's **DEAN HARDMAN**. Dean is Sale Harriers Vice-chairman and the BAL Chairman and Team Manager. It's in his job UKA as Head of Business Partnerships and Major Events at England Athletics that he's introduced this Masters new concept.

He launched the initiative in recognition of the large numbers of quality Master runners (aged 35 or over) throughout Britain. Age Group Masters National representative vests are earned by achieving a position in a qualifying race and an England Athletics Age Group minimum standard. This year's qualifying race was the September Trafford 10k.

Anne faced a dilemma following her qualification, "The May date of the Birmingham 10k date coincided with a family holiday. To represent my nation was too good an opportunity to miss so I got my husband to travel ahead with the kids (who

this year seventeen participated and they 'cleared up' the £15 voucher prizes:

1st male team: **GAZ RAVEN, STEVE MC CARRON, STEVEN HENDERSON**. 1st female team: **EMMA FINNEY, BEA CORDINGLEY, KATIE HORSLEY**. 1st L35: **EMMA FINNEY**. 1st M40 **STEVE MC CARRON**. 1st F40 **WENDY TERRY**. 1st M45 **GAZ RAVEN** (2nd overall). 1st F45 **JULIA REYNOLDS**. 1st L55 **LYNDA ROWLINSON**

BLACKCOUNTRY RUN 10k



Sophie Wood

Congratulations to **SOPHIE WOOD** who was the first women to cross the finishing line and proudly fly the Sale Harriers flag in the end of June Blackcountry 10k near Halesown, in Birmingham. Her time of was somewhat short of her PB of 35.48 recorded in the Hague 10k (Holland) in 2018 but she was handsomely rewarded with a £50 cheque.....and she beat her partner **ROBERT FAIRBANKS** (38.09) to the line! This was Sophie's 2nd 10k victory of 2019 the first a few weeks earlier in the Oldham 10k.

JULY

ALDERLEY EDGE BYPASS 10k

Into July, ten Sale Harriers gave it their best in the Alderley Edge Bypass 10k. It's a popular race run on roads closed to traffic that started within the beautiful grounds of Alderley Park, and heads



Ann Chinoy with Jo Pavey

were keen to see their Mum in an England vest!) and I joined them a few days later".

The standard of the race was extremely high and

they lined up alongside some of Britain's best in younger days. Anne found herself on the start line beside established international **JO PAVEY**. The course was an uninspiring out-and-back and it was also 'challenging' (to say the least!). Poor conditions with rain and strong winds also ensured fast times were out of the question. Anne finished 6th from her nine L45 England colleagues in a modest 41.47 and Geoff in a similarly modest 53.04.....but it was the honour of rerepresenting their nations that counted.



Ben & Geoff Beattie

Also in the line up was Geoff Beattie's son Ben who was selected to represent England in the M35 category. This

was the first ever father-son representation in the history of the event. V60 **JACKIE CORDINGLEY** was also selected for the England team for the second year but sadly had to pull out due to injury.

Said Anne, "After the event, it was great to gather at the England Athletics tent to chat to other England Masters. I was inspired especially talking to a very fast V50 lady who's run all her life, still achieving PBs that included a phenomenal 37:55 at the 2019 World Masters10k."

ANDREW THALLON who improved his PB by a substantial two minutes. He crossed the line in 46.29. Well done guys!

SEPTEMBER

WIGAN 10k

At the beginning of September **PHIL ROBERTSON** broke the Wigan 10k course record with a PB of 30.44 for a great victory in which he led home 4000 runners. He didn't just break the record – he smashed it by 42 seconds. Sale Harriers also won the team prize.

Well done to team **DANIEL GRAY** (33.55), **DOMINIC JONES** (36.06) and **KEVIN FOSTER** (37.52) who each won £60 vouchers Dominic's time was also a big PB – an improvement by 1min 20 sec. He described the race as a, "very hard course with lots of twists and a killer hill before the end. Nevertheless, it was fantastic event! The atmosphere was electric and despite it being cold, wet and windy, the people of Wigan came out in their droves."



Rachael Rozhdestvenskaya

CITY OF MANCHESTER 10k

On the same July weekend was the UK Fast City of Manchester 10k. It's another of the region's fast, PB courses proven by the fact the fact that eight of the thirteen Sale Harriers recorded lifetime best performances. The race starts/ finishes at the Sportcity Athletic track, goes out onto local closed roads around the Ethiad stadium before returning to the track. Well done eight:-

ANTHONY BROOKES (35.48): Eight years after joining Sale he made his 10k debut. **CONNOR DONAGHY** A PB of 36.52. **ROBERT FAIRBANKS** A PB of 36.59. **DUANE GAUNT** - A PB of 37:16. **AARON STEELE** - A PB of 45:35. **BEN DARGAN** (U17) A PB of 41.31. **HECTOR CHINOY** A PB of 42:26. **RACHAEL ROZHDESTVENSKAYA** A PB of 39.56.



Geoff Beattie

For those tempted, the Cheshire 10k is officially one of the fastest 10k races in the UK. Runners are taken around the flat and rural traffic free roads of Antrobus and offered the perfect opportunity for chip timed personal bests.



Tom Stephenson, Matthew Spragg, Jason Bowers

APRIL

RUN THROUGH TATTON 10k SERIES

Five Sale Harriers had good reason to celebrate April's Tatton Park 10k series.

RICHARD JACKSON - 2nd overall with a fantastic PB of 36.59. **SIMON JACKSON** (38.35) was 2nd in his vet-40 category. **ZOE GMEREK** improved her March race to be 1st L40 and improved to 42.21. **CAROLINE KINGHORN** also improved her March race to 48.22 and 1st L55. **STEFAN SCHUMACHER** (M60) made a very welcome return to racing following his bicycle accident.

GOOD FRIDAY Salford 10k

An early morning 10k on Good Friday must involve 'suffering'! Ten Sale Harriers 'crucified' themselves on the popular two lap course. They were in pursuit of a 'resurrection' known as a PB. Three 'nailed' it and enjoyed their 'new life':

SEPTEMBER

CITY OF SALFORD 10k

Also early September, seventeen Sale Harriers took to Salford streets around Media City for the City of Salford 10k. Several returned home 'buzzin'.

SOPHIE WOOD, LUISA CANDIOLI & ZOE GMERK won the women's team. (Shame! no picture of the 'BIG' cup!). Sophie was also a brilliant 2nd to 'cock o' the north' Kirsty Longley and bagged £150 for her efforts. Luisa was the 3rd female and bagged £100. **JACKIE CORDINGLEY** was yet again 1st L60 in a superb 44.41 and easily qualified for the England Masters Championships 10k later in the year. **ROBERT FAIRBANKS** (35.26), **DOMINIC JONES** (35.27), **AARON STEELE** (40:31) all recorded PBs.

RUN THROUGH TATTON PARK 10k

She did it yet again, In the September Tatton Park 10k **CAROLINE KINGHORN** improved her PB to 47.18 and recorded her second sub-48 minutes. She did this just a week after recording a PB is the Lake Vyrnwy Half Marathon (see half-marathon section).



Caroline Kinghorn

SHEFFIELD 10k

ZOE GMERK recorded her latest L40 victory in the Sheffield 10k in 41.33. She was the only Sale Harrier to cross the Pennines and have a great opportunity to run around the city of Sheffield on a relatively flat course , Its topped off a successful year for Zoe who must have the Sale Harrier No.1 Parkrun tourist who remains virtually unbeaten in her age-group.

LITTLEBOROUGH 10k

At the end of September **DAVID PROCTOR** won his second ever 10k race in 34.34. David has been a successful 800m track specialist for several years competing in the BMC and in the BAL League for the club. Who was it that said, "The key is not the will to win... everybody has that. It is the will to prepare to win that is important."

CAMBRIDGE TOWN & GOWN 10k

JOE VIS recorded his second fastest ever 10k in the Cambridge Town & Gown 10k. He zipped round the academic city that's the home to the prestigious University of Cambridge that dates back to 1209 in a zippy 32.38. This was his fastest since his PB of 31.00 in the 2017 Trafford 10k.

NOVEMBER

ROCHDALE 10k

A week after winning Littleborough10k **DAVID PROCTOR** did it again and recorded his second consecutive title. His time in the Rochdale 10k was just two seconds faster than at Littleborough - 34.32.

This race is part of an annual festival of road racing that includes a half-marathon. Dave has been a regular in this race over the years. He won it in 2011and again in 2014 and was 2nd last year. It takes runners on a tour of the historic town of Rochdale with some breath-taking countryside.

LEEDS ABBEY DASH 10k

Three Sale Harriers crossed the Pennines for the top notch Leeds Abbey Dash 10k that annually brings together the great and good of classy running. The out and back course with its slight incline that facilitates fast times this year was deemed 23m short so all PB were nullified and the race categorized as a 'short course' that left many disappointed.

M40 STEPHEN MC CARRON was motivated to prove 'there's still life left in the auld dog' and admirably proved this by recording his first ever 34 minutes, even if the course was a few metres short. Great stuff! Stephen has had a good year. He's also PB'd in the half marathon (Wilmslow 75.44) and in the 5k (Mid-Cheshire 16.32) Well done, Steve.....and at your age!

Prolific racer and fellow **M40 ROBERT FAIRBANKS** might also have recorded a PB had he not massively overcooked it by running a Parkrun 5k the previous morning and a leg of the University XC relays the previous afternoon. He recorded 37.06.

GEOFF BEATTIE needs no rejuvenation. He's super-zippy as an M65. His 51.11 does not reflect his ability but then he'd spent the summer in track spikes competing over 400m -1500m.

LYTHM WINDMILL 10k

On November 10th **ZOE GMERK**, with just 4 days to go before she moved into her L45 age-category, was eager to record a final L40 victory..... and she succeeded. In the Lythm Windmill 10k, not only was she 1st L40, she was also the 2nd female and ran her 2nd fastest ever 10k of 40.09. Zoe's had a great L40 year with loads of victories, all (most!) recorded in this magazine. Best wish in your new category.

PERSEY PUD 10k

ELLEN DOWNS took time away from her studies at Sheffield Metropolitan University on a frosty early December morning to join 2000 fellow runners down the road in the Loxley Valley for the Persey Pud 10k. It was worth her while for she recorded a PB of 37.21 that was a small improvement on her Salford 10k earlier in the year. Both male and female course records were broken so 2 x £1000 cheques were handed over.

WILMSLOW 10k

What a great day it was for the 20 Sale Harriers who ran the late November Wilmslow Festive 10k.....

3 RAN SUB 30 MINUTES: For the first time in a very long time in Sale Harriers history, three people dipped under thirty minutes for a 10k in one race with two achieving their dream for the very first time. **GAVIN HILL** was 2nd overall in the race with his first 'sub-30' in 29.53 - a 20 second improvement on his 2014 best. It also goes down as Sale Harriers' 2019 fastest time.

PHIL ROBERTSON'S first 'sub-30' of 29.54 was a 10 second improvement from when he broke the course record in September's Wigan 10k. **NIGEL MARTIN** finished 29.55, the exact same time he's run in his two previous sub-30 clockings.

9 RECORDED PB'S: Other than Gavin & Phil, the other seven were - **KATHERINE WOOD** (35.24), **JON TERRY** (37.48), **ALISTAIR KELL** (37.38) **AARON STEELE** (39.26 and 1st time sub 40), **BEA CORDINGLEY** (42.38), **VICKY CORDINGLEY** (44.31) **SAM FORSHAW** (44.41)



Marinda Breddy

4 RECORDED 2019 SB: **ANDY CARLIN** (34.11), **DAMIAN JONES** (39.38), **SINEAD FERGUSON** (46.01), **MARINDA BREDDY** (55.26).

4 WON AGE CATEGORY PRIZES: **JACKIE CORDINGLEY** (1st L60 with 46.19) **GAVIN HILL** (2nd senior), **KATHERINE WOOD** (2nd female), **MIKE CURLEY** (2nd M70 with 45.59) 1 x men's team prize.

43.05, his fastest of 2019 hoping to catch the eye of the England selectors for a long overdue English Masters representative vest.

RIBBLE VALLEY 10k

Blackburn Harriers & AC The Ribble Valley 10k that incorporates the Northern Athletics 10k Championships again delivered incredible running with the course record broken and twelve under thirty minutes. Twelve Sale Harriers ended their 2019 year on a high. Three ran lifetime best performances and five their season's best times. Sale Harriers missed the NA Team title by just two points to Salford H & AC.



Sophie Wood

TELFORD 10k

The Telford 10k at the beginning of December will be long remembered as the race at which two Sale Harriers received their first ever Northern representative vests.

SOPHIE WOOD and **GAVIN HILL** were selected to represent Northern Athletics in this classy 10k in the heart of Shropshire. Their performances were relatively insignificant to the great honour. . Gavin, who'd recorded his first ever sub 30-minute 10k two weeks earlier, had hoped to be faster than 30.14, despite the tough course. "Legs were heavy, from Wilmslow" he said. Sophie was also in great form but lost a minute stopping to tie her shoelace and still recorded 36.30. Let's hope an England vest beckons soon. Super-fast M70 **MIKE CURLEY** clocked a very impressive

JAMES WIGNALL (30.43), **NICK BARRY** (31.54) and **OLIVIA GREEN** (39.07) improved their best by at least a minute. **WILLIAM ONEK** (30.34), **ROBERT FAIRBANK** (36.59), **ALISTAIR KNOCKTON** (38.19), **CHRIS GREEN** (39.46) and **SARAH GOULDEN** (51.39) ran a season's best time Winner **MARC SCOTT** comfortably defended his title in a very impressive 28:32, breaking last year's course record by 26 seconds!! **JESS JUDD** won the women's race in a strong 32:17.

TRAFFORD 10k

The Trafford 10k that launched this magazine 12 months ago now also ends it! One of the UK's quickest 10k's with a reputation for fast times, did not quite deliver this year largely due to biting winds and surface water from the wettest February on record. Only one dipped under the magical 30 minutes and none of the nineteen Sale Harriers recorded a PB.

However, the club recorded two firsts. Ever-green M70 **MIKE CURLEY** (43.52) and L60 **JACKIE CORDINGLEY** (46.07) were the first in their age-groups. Despite there been no PB's, three had good reason to celebrate. **GAVIN HILL** (30.29) was 47 seconds faster than last year and both **OLIVIER GAILLEMIN** (37.35) and **ANNE CHINYOY** (40.43) were a substantial minute faster than last year.



Mike Curley & Jackie Cordingley

Half Marathon & 10 MILES

This section records Sale Harriers' most significant contributions to local, national and world half-marathons from March 2019. March/April and September/October are the traditional half-marathon months. Ten mile races are growing fast nowadays. In the 80 -90s they were the iconic distance. To-day there are more and more to choose from and in many ways, they're the ideal distance for runners whose training sessions are about an hour long. FECHIN MC CORMICK

BARCELONA HM

The early year Barcelona Half Marathon sets the tone of this section (and the magazine generally) with two members - **SONIA** and **NICK SAMUELS**, who both recorded life-time best performances and their times were also to be Sale Harriers best of 2019 in their categories.

Sonia recorded a PB of 72.19 that was to be the club's fastest female of 2019. Her partner Nick recorded a PB of 67.19. His was to be Sale Harriers fastest M35 time of 2019. Later in the year, Nick had to sadly announce his forced retirement from competitive sport having had diagnosed a dangerous heart rhythm. While he continues to work with medical experts for a cure we wish Nick all our best wishes to eventually return to the sport he loves and in which he excels.

LONDON HM

On March 10th, international **SONIA SAMUELS** was the club's representative in the Vitality Big London Half Marathon. She was 7th female in an internationally-stacked field with a time of 73.46.

Her half marathon PB of 72.19 was recorded a few weeks earlier in the Barcelona HM and is the fastest Sale Harrier (female) time of 2019. Many will know Sonia as a Sale Harrier international, for the best part of 20 years, who's made a significant contribution to the club's greatest successes on road, track and cross-country in that time. She holds the club marathon record of 2:28.04 from the 2014 Berlin Marathon.

WILMSLOW HM

The Wilmslow Half Marathon is a big one for club and country. Invariably held in March, this year's race was a fantastic one for most of the Sale Harriers who took part. The shattered but happiest pundits to cross the line were:

NIGEL MARTIN who won the race! What a fantastic new pinnacle this is in Nigel's burgeoning career. He did it in style, too, almost a minute ahead of the rest of the field with a new PB of 1:05.27. That was six minutes faster than in his first ever Wilmslow in 2015. He's now Sale Harriers' third member to win this quality event that dates back to 1984. Who knows that the first ever Wilmslow Half Marathon winner was Sale Harrier coach **PETER SHAW** who was a top notch runner in his day and recorded 1:08.41? He was a Manchester Harrier in those days, so who were the other two SHM winners.....?

LIVERPOOL HM

Three Sale Harriers had good reason to celebrate their Liverpool Half Marathon at the beginning of March.

TOM STEPHENSON finished in 76.55. This was his fastest time for three years (his PB of 73.06 was in the 2016 Brentwood Half Marathon). Club newcomers **ROBERT PALMER** and **CONOR DONAGHY** made their half marathon debuts in 1:26.40 and 1:29.37 respectively - great starting points, guys.

WIGAN FESTIVAL HM

What better way to celebrate St. Patrick's Day than compete in the Wigan Half Marathon? That's what **AARON STEELE** did ...and was it the 'luck of the Irish' or hard training that he recorded a PB of 95.28. Time for a Guinness, certainly! The race is part of a festival of races that includes a 10 mile and 10k race.

BLACKPOOL HM

Whilst Britain were armchair marathoners watching April's London Marathon, **DOMINIC JONES** took to Blackpool for its Festival of Running half-marathon to make his half marathon debut.

He showed a lot of promise with an impressive time of 1 22.59. Onwards and upwards!

Long-time members will remember **TONY KELL** who moved to live in the Isle of Man. He won it in 1:06.51 in 1989. The other was **GARETH RAVEN** who won it in 2008 in 1:06.29. Nigel's time, therefore, is the club's fastest (subject to correction!). His financial reward was £500.



Nigel Martin



Gaz Raven



Dave Rodgers competing in 1989



Frank Cordingley competing in 1992

TOUR OF TAMESIDE

June is the Tour of Tameside that includes the Hero Half-Marathon in its four day festival of running.

GAZ RAVEN was 2nd overall again this year and he was again 1st M45. Since this tour was resurrected in 2015, tough man Gaz has been 2nd overall every year to his nemesis Mo Aburezeq (Altrincham AC) except in 2017 when he was the overall winner. Gaz has won all four of the M40 titles and this year he was the first M45. His records will surely endure.

Other Sale Harriers who triumphed over the four day challenge were...

ROBERT FAIRBANKS 2nd M40, **JENNY FOX** 2nd F40, **TRACEY TAYLOR** 8th F35, **LYNDA ROWLINSON** 3rd F55.

The Festival takes in the best sights and sounds of Tameside and includes a tough 10k trail race, a hell of a fell race, a challenging 10k and the Hero Half Marathon. Its not for the faint-hearted. The original week-long Tour was essentially a double-marathon in a week, and was founded by marathon legend Dr Ron Hill MBE in 1983. That original version ended in 2000. Legend Ron Hill is increasingly frail and Sale Harriers sends him and his family best wishes in their anxious and difficult time.



Tracey Taylor & Wendy Terry

BLACKPOOL PROM '10'

On May 25th, **TRACEY TAYLOR** and **WENDY TERRY** journeyed to Blackpool for their '10' miler on the promenade. It's a bit of a 'toughie' with some undulations.

They rather unexpectedly won their L35 & L40 age-categories and returned home surprised and delighted as if they'd been on holiday. Tracey even recorded a very palatable PB of 78.05. Life's a beach!

Sale Harriers men won the 1st team prize. Well done **NIGEL MARTIN**, **NICK BARRY** (1:09.45) and **GAZ RAVEN** in 9th. They were handsomely rewarded with £100 vouchers

Sale Harriers retained the mixed team prize of 6 men and 4 women from last year. They were each rewarded with £30.

GAZ RAVEN (1:10.01) won the M40 category. He was also first M40 in 2015. Gaz has competed in almost every Wilmslow HM since 2003 and was overall winner. once, second once, and third three times. Rarely has he been out of the top ten.

ANNE CHINYOY was the L45 winner in a PB of 1:29.02. This was to be her fastest of the year. Three Sale Harriers made HM debuts - a day they'll remember : **SAM ASPINWALL** (1:14.06), **SAM FORSHAW** (1:40.18), **LOUISE TITTENSOR** (1:52.14)

Fourteen Sale Harriers recorded lifetime best performances, the elixir of running and thirty seven finished. Well done guys, a fantastic achievement.

SAM FORSHAW (1:40.18) delivered the biggest of the PBs with a 15 minute improvement. **CAROLINE WHEELER** was next with an eight minute PB, followed by **CAROLINE KINGHORN** with a seven minute PB and **LYDIA BRIGGS** with a big four minute improvement on her Anglesey Half Marathon at the beginning of the year. Well done also to PB's **STEVE MC CARRON** 1:15.44, **ROBERT FAIRBANKS** 1:20.59, **PETER SHIPLEY** 1:25.08, **LYDIA BRIGGS** 1:27.52 **GARETH WEBB** 1:33.2, **HARRIET HAMILTON** 1:34.27, **ROB MARSDEN** 1:35.16, **PHILIPPA HEYS** 1:42.44.

Gtr. MANCHESTER HM

This half marathon is part of the Manchester Festival of running every June that takes over Manchester streets. It started at the Eithad Stadium where runners passed a public display of Manchester City's 2019 trophies. The race finished at the Lancashire Cricket Ground. Thousands lined the streets for the day's spectacle, marshalled by the usual team of Sale Harriers with many required to stand for up to eight hours first for the morning half-marathon and then the afternoon's 10k..... nourished by just a bap, apple and bag of crisps!

Three Sale Harriers - **LYDIA BRIGGS**, **AARON STEELE** and **MATTHEW HARRISON** - were on the Gtr. Manchester Half Marathon line up but only Matthew had the elixir of a PB. His 1:22.43 also rewarded him 3rd M40. Well done!



Marshals - Dave & Don George

ASHBOURNE HM

Early July **KATHERINE WOOD** took on the tough Peak District's Ashbourne Half Marathon.

She triumphed over the challenging hills and won the women's race in 13th place in 1:21.21. It wasn't a PB but she beat her last year's winning time by a massive seventeen minutes! Katherine had her eye on October's Berlin Marathon. This race took runners through the fabulous scenery so beloved by Jane Austen and back home to the historic market town of Ashbourne.



Front-runners Nigel Martin & Gavin Hill

MANCHESTER WIGGLE HM

Manchester in October wasn't expected to provide the perfect weather but those running the 4th Manchester Half Marathon didn't let the drizzly start dampen their spirits. Around 15,000 laced up their trainers for the 13.1 mile route, around South Manchester. The event is known for its flat route that started at White City Way, headed towards Stretford, then on to Sale



Winner Nick Tynan (Photo courtesy Mick Hall)

LEEK HM

NICHOLAS TYNAN will not forget August 18th, as it was the day he won his first ever race.

The Leek half marathon is a tough auld race and he won it in a PB of 80.19. The day before he'd pushed his baby buggy around the South Manchester Parkrun 5k and discounted the possibility that he'd ever win this race!

ROBERT FAIRBANKS was 10th in 89.08.

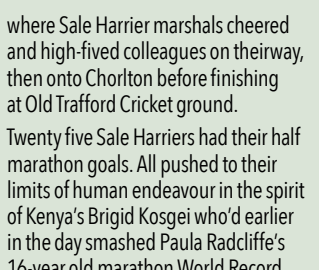
DUBLIN HM

KATHERINE WOOD ran her 2nd half marathon in a month.

She was 1st female again and achieved her PB objective by 19 seconds to record 77.14. She also won the Irish National HM Championships which was incorporated into the event. "I was pleased to find my PB legs again," she wrote, "after 12 months being beaten by and then beating RED-S."

RIVERSIDE HM

Also in August, **TIM KENNEDY** ran a very good 3rd place in Lancaster's Riverside Half Marathon with a season's best of 77.54. This race is run along the scenic paths of the river Lune Estuary with superb views of the Lune Valley. **ROB MARSDEN** recorded 98.49



MAIDENHEAD HM

In September, **KATHERINE WOOD** ran her 3rd half-marathon in two months and improved her PB by a further 3 1/2 minutes for a new best of 75.28. Now coached by former international Liz Yelling, she aimed for October's Berlin Marathon and from that to win an international selection and then target a Commonwealth Games Marathon. Admirable ambition from the girl who once complained she's not competitive and ran only for pleasure!



Nigel Martin

GREAT NORTH RUN

September is the Great North Run. The North East and Gateshead is still the place to go for the iconic half marathon that launched them all. Fewer Sale Harriers travel nowadays to the north-east and this year just two did so.

NIGEL MARTIN recorded his latest big PB in a year of PB's and rounded off his best ever year. In a world class race won by Mo Farah, Nigel placed 13th in a PB of 1:04.10, an 80 second improvement from when he won "Wilmslow" in March. When Nigel ran his first half marathon in 2014 - the Congleton - he recorded 1:33.55. Awesome progress!

COLIN LORD, new to Sale Harriers in 2019, also travelled to the North East and clocked 1:33.55 for his 6th half marathon.

LAKE VYRNWY HM

Congratulations to **CAROLINE KINGHORN** who recorded a PB of 1:45.03 in the Lake Vyrnwy Half Marathon. It was an exciting two minute improvement on her Wilmslow HM. The Lake Vyrnwy is a most scenic September event around Lake Vyrnwy in North Wales. Fellow V55 **LYNDA ROWLINSON** also had a good run, not far behind Caroline in 1.48.12.

Despite being out for a while with injury following the marathon, **HELEN ARMITAGE** recorded 1:36.40, running it as a training run.



Matthew Harrison & Ben McIntyre

First Sale Harrier home was again **NIGEL MARTIN** in 4th place who just missed improving his PB. Seven did drink from the elixir of a lifetime best performance.

GAVIN HILL 1:06.29 was a 1 minute PB. **PHIL ROBERTSON** 1:06.43 was almost a 7 minute PB. **BEN MC INTYRE** 1:16.09 was a 2 1/2 minute PB. **ROBERT PALMER** 1:22.49 was almost a 4 minute PB. **ROBBIE GREENSLADE** His 1:27.49 was a 4 1/2 minute PB. **AARON STEELE** His 1:28.12 was over 7 minutes PB. **AMY MIDDLEMAST** 1:29.11 was over 3 minutes PB.

Sale Harriers were also the winning team, thanks to Nigel, Gavin, Phil, and Ben, and the recipients of £450.

VALE OF YORK HM

NATHAN HARRISON had a great race to finish 2nd in York with a lifetime best of 81.22. This was a massive confidence boost as he prepared for October's Amsterdam Marathon. **JASON BOWERS** was also in the line-up and his time of 81.22 wasn't far short of his PB. He was putting the finishing touches to his Yorkshire Marathon preparations.

STOCKPORT 'HATTERS' HM

The race is run along a scenic route that joins the Trans Pennine Trail in Stockport and follows the River Mersey to Northenden, and then returns to the finish in Alexandra Park, Edgeley.

MATTHEW HARRISON and **RACHAEL ROZHDESTVENSKAYA** will look back on this half marathon on September 8th with much pleasure.

Matthew was the 1st M40 in 1:26.06 - his first ever M40 victory! Indeed, his first ever race victory!

Rachael was 2nd female in 1:29.02 and the longest distance she'd raced since her 2016 London Marathon.

ROCHDALE HM

TOM STEPHENSON finished the early October's Rochdale Half Marathon in a highly commendable 3rd place. His time of 75.49 was over a minute faster than in the Liverpool HM in March. Upwards and Onwards! **ROB MARSDEN** was also in the 450 line-up and recorded 1:42.09.



Gavin Hill

OLDHAM HM

October's Oldham Half Marathon is probably the toughest around and, just a week after he'd PB'd in the Manchester Half Marathon, **GAVIN HILL** toughed it out superbly.....and finished a great 2nd. "It was just a last minute decision to get in a good tempo run," he said. Altrincham AC's Mohammed Abu-Rezeq won the race and broke the course record to record 1:08:29. Gavin crossed the line in 1:12:31 and won £75. With a route which includes a 1,100ft ascent. His time was not going to be close to his 1:06.29 PB in Manchester.

Worth noting, **GAZ RAVEN** has been 1st, 2nd and 3rd in this Half Marathon between 2013-15 with a best time of 1:11.19.



Alistair & Kathy Switzer

LAS VEGAS HM

It's a privilege to compete in any large city half marathon but what about the Las Vegas HM? **ALISTAIR KELL** did it..... and for the third time! He was in the City on a technology conference on the same weekend as the city's Rock 'n' Roll Marathon & Half Marathon so he arrived a day early to take part - again! It wasn't running down the famed Las Vegas Strip and such iconic sites as Caesar's Palace and the Ballagio



Fountains at night that most excited him but that he was 'embraced' after the finish by Kathrine Switzer, the American marathon runner, author, and television commentator who, in 1967, became the first woman to run the Boston Marathon as a numbered entrant. "It

made me quite emotional," he said and for good measure, he later bumped into her again in his hotel foyer. This is very much a mass participation event with a number of added 'extras', including various bands, Elvis impersonators and this year 25 couples took the opportunity to get married at a 'run though chapel'! Never mind his time of 1:28.54 - his slowest of 2019 or that he was 4th M45 and 96th from 20,000 finishers. "Americans are slow," he said.

LANCASTER HM

On November 3rd **TIM KENNEDY** & **TOM STEPHENSON** were 1st and 2nd in the scenic Lancaster Half Marathon. Tom's time was 1:16.48 and Tim's 1:17.14, faster than in August when he was 3rd in Lancaster's Riverside HM. Tim reported, "Conditions were excellent. The course is mostly flat with a steep downhill at the start which you have to come back up to finish at the castle! Tom was 2nd for most of the race but reeled in the leader after about 11 miles to win in style." Tim was training for a December marathon so took the first half steady and then upped the pace from 6 miles. He wasn't far off catching Tom but needed another mile or so to finish the job! They both won a trophy, champagne, and a slow cooker! Oh, and the medal and wagon wheel that everyone got. "A great day out, We just needed another Sale Harrier to have taken the team prize!"



Tom Stephenson & Tim Kennedy



Robert Fairbanks

RUN TATTON HM

Closer to home was the Tatton Half Marathon on the same weekend. Sale Harriers had four there with good reason to look back fondly....

NICHOLAS BARRY finished a great 2nd in 1:11.16 - though not his fastest!

ROBERT FAIRBANKS completed his 11th half marathon of 2019. Again it was not his fastest but he was 1st M40 in a time of 1:23.12. Rob would win Sale Harriers 1st prize as the club's most prolific racer of 2019. Up to this time, he'd run half marathons in Belfast, Worcester, Chester, Leek, Hull, Droitwich, Wilmslow, Barrington, Grand Canaria and Helsby, the London and Manchester Marathons, eleven 10ks, 50 Parkruns, the Tour of Tameside and 10 other varied distance races. His fastest half marathon was early year in March at Wilmslow.....something to think about! **MATTHEW OLDHAM** recorded 1:25.14, his best of 2019 and 90 seconds faster than Macclesfield Fest HM in September. **LYNDA ROWLINSON** finished in 1.53 and was thrilled to be 1st V55.

PRESTON '10'

(Inc. Northern '10' mile Champs)

Three Sale Harriers participated in the annual Preston '10' mile road race that incorporated the Northern '10' mile championships. All were winners with PBs.

TIM KENNEDY recorded a PB of 55.35 which was thirty seconds faster than in 2015.

LUISA CANDIOLI also recorded a chunky 2 1/2 minute PB of 61.08. She was also the Northern Championships '10' mile silver medallist.

MARK FOX launched his ten mile career with a 'sociable' time of 63.41.

STOCKPORT '10'

The 2019 mid-December Stockport '10' - a tough, hilly and challenging race, was an unforgettable one for 10 of the 15 Sale Harriers who participated.

3 achieved that elixir of running:-

NIGEL MARTIN improved his 2016 Stockport10 by 25 seconds for a PB of 51.45 and 2nd place. This ended an unforgettable year of progress.

NICK BARRY in 3rd place improved his 2018 Stockport 10 by 30 seconds for a PB of 52.37

NICK PEACH ran a PB of 1:04.45 that ranked him 15th in the UK.

4 made their 10 mile debuts:-

DOMINIC JONES (1:06.26)

LUKE TOWNSEND (1:07.25)

KATIE HORSLEY (1:13.19)

JULIA REYNOLDS (1:19.26)

2 won their age-category:-

ANNE CHINOY (1:09.01) won the L45 category.

NICK PEACH was 1st M60.

GRANOLLERS HM

Congratulations to **KATHERINE WOOD** who was selected by England Athletics to make her England debut in the Spanish Granollers Half Marathon in February 2020. Unfortunately, she was unable to take part.



3rd female Sophie Wood

FOUR VILLAGES HALF MARATHON

Of the sixteen Sale Harriers who launched their 2020 with the 37th Four Villages Half Marathon, an impressive nine recorded lifetime best performances and for those planning a Spring Marathon, many had a great fillip to their training. Well done to in-form **SOPHIE WOOD** who was also 3rd overall female.



Tim Kennedy



Luisa Candioli

The big PB players were.....

SIMON LATHAM (1:28.43) - 29 minutes

SOPHIE WOOD (1:18.16) - 5 1/2 minutes

JULIA REYNOLDS (1:40.39) - 4 1/2 minutes

ALISTAIR KELL (1:22.48) - 3 minutes

BEA CORDINGLEY (1:36.46) - 3 minutes

CLARE MC CARRON (1:33.17) - 2 minutes

STEVE JOURS (1:20.51) - 2 minutes

ROBERT DUNN (1:16.45) - 1 3/4 minutes

ROB MARSDEN (1:34.10) - 1 minute

ROBERT FAIRBANKS (1:19.53) - 1 minute

For the uninitiated, the Four Villages Half Marathon is a long-time popular January race on rural roads around Helsby in Cheshire. In this year's Challenge Awards, it was voted Best Half Marathon in the North. It's a great early year race as preparation for the Spring marathon season!



Marathons

Marathons are the ultimate test of human endurance and generally regarded as the holy grail of running. Thousands line city streets to admire marathoners in awe of their ability. Others are motivated by them to fathom their own limits of human endurance. Marathoners spend months physically preparing and following carefully crafted diets and plans to get into top shape. Of course, 2019 will be remembered for Eliud Kipchoge's astonishing and historic sub-2 hour marathon in the controlled conditions of Vienna, and Brigid Kosegi finally breaking Paula Radcliffe's 16 year old marathon record by over a minute to record the new women's world record of 2:14:04.

FECHIN MC CORMICK

MANCHESTER MARATHON

The British marathon season usually begins in April. This year Britain's second biggest Marathon was on April 7th and is reputedly the flattest and fastest in the country. Sale Harriers were, of course, out in force. A large number marshalled the course around Sale Moor and 29 braved the blood, sweat and tear that's the 26.2 miles. So strong were Sale Harriers at the front end the club won team prize. Well done to **GAZ RAVEN**, **CALLUM ROWLINSON**, **NATHAN HARRISON** and **TOM STEPHENSON**.



Hard-working marshals

The top most individual results were:

GAZ RAVEN is consistently top class! He finished an amazing 2nd in 2:26.07. He was also 1st M40 and recorded the fastest M40 time in the UK this year. (He added this to his 1st M40 in the 2015 Virgin London Marathon).

Former member **CALLUM ROWLINSON** finally realised his dream to dip under 2:30 and recorded 2:26.30 - a 5 minute PB. He was 5th overall.

LYNDA ROWLINSON proved that mums don't have to watch from the sidelines with her own excellent performance (4:07.36)

Six produced lifetime best performances - **CALLUM ROWLINSON** (2:26.30), **ANDY MOONEY** (2:54.41), **ALISTAIR KELL** (3:07.15), **TIM HINES** (3:46.51) **CAROLINE KINGHORN** (3:42.03).

CARLA OUSEY (3:53.07) Carla was part of a team fundraising effort that managed over £4,000 for the charities Beat and MIND, in memory of a former student who lost her life the previous summer.

The three most improved were:

ANDY MOONEY (32 minutes). **TIM HINES** (27 minutes) & **CAROLINE KINGHORN** (26 minutes). Caroline also dipped under the magical 4 hours for the first time.



Marathon Start



Andy Mooney

Special respect for those who still battled when the 'wheels came off' -

DUANE GAUNT (3:36.19) and **SINEAD FERGUSON** (4:07.02)



Lynda Rowlinson, Sinead Ferguson & Carla Ousey



Tim Rainey

Ultra distance maestro **TIM RAINEY** completed his 157th marathon. (His fastest was the Crawley track marathon in April 2010 which he won in 3:03:05. His quickest road marathon was Abingdon in October 2009 in 3:07:14).

Six made marathon debuts. Congratulations to:

MATTHEW SPRAGG (3:10.25) **RYAN WORLAND** (3:20.56) **DUANE GAUNT** (3:36.19), **VETA GORANIA** (4:01.07) **CHRIS TOPPING** (4:23.53) **ANDREW THALLON** (5:00.05)

MADRID MARATHON

On the weekend of the London Marathon **ROB MARSDEN** took off for the Madrid Marathon as his 11th big city marathon. He recorded 3:34.00 one of his fastest.

The Madrid marathon is classified as a Gold Label Race which is the highest level of excellence, and on the same scale as New York, London or Berlin. It also forms part of the Rock 'n' Roll Marathon Series, the world's biggest running circuit.



HAMBURG MARATHON

On the same weekend as the London Marathon **ROBBIE GREENSLADE** took off for the Hamburg Marathon with a group of friends and recorded a PB of 3:17.54. Two weeks earlier he'd competed in the Paris Marathon as his debut and recorded 3:28.58 so a substantial improvement in a very short time.

The Hamburg Marathon is Germany's biggest spring marathon and since 1986 the first one to paint the blue line on the roads. Robbie was among 25,000 finishers.

STOCKHOLM MARATHON

KEVIN FOSTER & **KATHERINE WOOD** were among the 15,000 participants in the Stockholm Marathon that's run through the beautiful city of Stockholm at the beginning of June. Kevin ran the fastest of his eight marathons to date with a PB of 2:58.44 and his first sub 3 hrs. Katherine was two minutes down on her PB recoded at the 2018 Yorkshire Marathon to record a time 2:43.41

The race is one of the major sporting events in Sweden with hundreds of thousands of spectators lining the route that finishes in the classical 1912 Olympic Stadium.

BERLIN MARATHON

September and October are the Marathon mania months in the latter half of the year and nowadays more and more British people travel to Europe for international marathons like Frankfurt, Venice and Lausanne. In October two Sale Harriers took on the biggest and fastest of all of them - the Berlin Marathon. **GARETH MATTHEWS** delivered a massive PB of 2:37.49, a seventeen minute PB on his previous best of 2:54 05 from the 2014 London Marathon. **ALISTAIR KELL** also made the journey to record 3:14.02, just a few minutes off his best. He said, "Considering my lack of training, I did remarkably well. Winner Kenenisa Bekele missed the world record by a mere two seconds to record 2:01.41.

EINDHOVEN MARATHON

In mid October **KEVIN FOSTER** was among the 24,000 line up for the Eindhoven Marathon in the Netherlands that's been run since 1990 and known for its flat and wide course. Following his PB of 2:58.44 in June's Stockholm Marathon, he'd be disappointed with 3:11.26. The wheels must have come off. Oh! Pain of Pains!

AMSTERDAM MARATHON

The end of October was the TCS Amsterdam Marathon, a long-established marathon that attracts runners from throughout Europe. This year conditions were perfect with no wind and temperatures between 10-12C Well done to.....

SAM ASPINWALL vindicated his London Marathon disappointment with a time of 2:38:51 that was over four minutes faster than in London.

It justified also his training and sacrifices throughout the summer even to being 'unsociable' on his school trips to Sri Lanka and Beijing when he was up and out training at 6am to get the miles and no late pub nights with the lads.

NATHAN HARRISON had an inspired run also to record a PB of 2:28.33 that was almost four minutes faster that he'd recorded in April's Manchester Marathon.

MATTHEW SPRAGG's race ended with a foot injury at 17 miles.

FRANCESCA DE VRIES, former Sale Harrier and Dutch national was spotted supporting along the route in her Sale top.



Francesca De Vries



They did London Proud

LONDON MARATHON

April 28th was the London Marathon, the dream of every marathon runner. Seventeen Sale Harriers triumphed in that unique festival to the human spirit and returned home with their personal and unforgettable memories. For some their months of hard training came together nicely; for others the 'wheels came off', as happens in this test of human endurance. All deserved to be carried shoulder high around Crossford Bridge!

SONIA SAMUELS (2:36.50); Sonia holds the women's club marathon record of 2:28.05 from Berlin 2015

NICHOLAS BARRY (2:32.4): He just missed improving on his Seville Marathon PB in February.

ROBERT DUNN (2:40.19): A rewarding PB by over 3 minutes.

SAM ASPINWALL (2:43.07): "Finally righted the wrong" of his last London marathon in 2009. "Still not quite what I wanted, but have got a Championship entry for next year where I will be back stronger".

ROBERT FAIRBANKS (2:58.15). Improved his 2017 Manchester Marathon by 1 minute.

TIM KENNEDY (2:41.25) Used it as a good training session and still faster than last year.

LYDIA BRIGGS (3:11.59) "The best race ever and the most I've ever smiled because of how all of London came out to cheer".

HELEN ARMITAGE (3:15.53) What an incredible experience!! "Went with no expectations other than to soak up the atmosphere. Really chuffed!"

PAUL NOBLE (3:15.12):

STEVE GAVIN (3:17.39): Debut Marathon - a door opened!

HARRIET HAMILTON (3:21.36): So happy! Huge thanks to the man from Glossopdale Harriers who kept me going at mile 25.

CHESTER MARATHON

On the domestic front the Chester marathon is a well established October race. Now in its 10th year, it's growing in numbers and designed to showcase Chester's iconic attractions. Among the 3000 finishers were three Sale Harriers

DAMIEN JONES recorded a great PB of 3:18.55, a massive seven minute improvement on last year's Dublin Marathon. Well done!

NATHAN CAMERON made his marathon debut and set a 4:31.13 benchmark. In terms of average marathon times for beginner runners, this is regarded as a good start

MICHAEL WYMER (4:46.25) discovered you can run a marathon just on 5k. parkruns.

DAMIEN JONES (3:22.25): Given that my training peaked at the dizzy heights of two 16 mile runs I'm chuffed to bits.

JENNY FOX (3:39.26).

ELISE JIBSON (3:52.37): Her 8th Marathon, six in different cities; recovering from a stress fracture, so still with an unfulfilled goal. "Nothing compares to London".

WENDY TERRY (3:52.39) Wheels came off!

TRACEY TAYLOR (4:05.58): "Had a few injuries but still decided to do it just soak up the atmosphere - which was amazing".

ED BILLINGHAM (4:52.03). Sale Harriers' newest member, raised hundreds of pounds for Shelter.



Ed Billingham

YORKSHIRE MARATHON

On the same end of October weekend was the Yorkshire Marathon. **JASON BOWER'S** trip across the Pennines was very worthwhile. He recorded a PB of 2:54.45 that was almost one minute faster that his PB in April's Manchester Marathon.

The race starts into the historic city of York, goes through the medieval gateway into the surroundings of York Minster and heads off into the undulating countryside to loop back into the city centre for the finish.

DUBLIN MARATHON

DAMIEN JONES and **KATHERINE WOOD** were on the start line for the end of October Dublin Marathon. Katherine had to withdraw from the Berlin Marathon with injury so crossed the Irish Sea to record a season's best of 2:43.12 in the Dublin Marathon, thirty seconds faster than in June's Stockholm Marathon but again not the PB she'd hoped for. 'Non-competitive' Katherine announced her dream of representing England, with an ultimate goal of selection for the Commonwealth Games

Damien crossed the line in 3:12.43, faster than his 3:22.25 in the London Marathon and 3:25.55 in last year's Dublin Marathon. "I'm happy with that" he said. "I've enjoyed it both years and planning to do it again in 2020. The route is not as PB friendly as other marathons but is visually stunning (the bits in Phoenix Park especially) and the support is always great. There's been a great turnout from the locals both years".

ATHENS MARATHON

The Harrier magazine records the 'exceptional' and running the Athens Marathon that started them all is certainly in this category. Regarded as like no other on earth, it covers the same ground as Phiedippides ran when he brought news of victory from the battlefield of Marathon 2,500 years ago and was also the course for the 2004 Olympics. On November 10th, club newcomer **VEJA GORANIA** followed in his footsteps and survived! Competing in just his 2nd ever marathon, he crossed the finish line in the magnificent Olympic Stadium that's the birthplace of the modern Olympic Games in a time of 4.21.23. It wasn't as fast as in his inaugural Manchester Marathon but then it didn't have the tough elevation that exhausted and helped kill Phiedippides! Said Veja, "It was very hard but I thoroughly enjoyed the experience. The crowd was amazing, cheering all the way from Marathon to Athens. The weather, the people, food... everything was amazing".

NOTTINGHAM CHRISTMAS MARATHON

Ultra distance maestro **TIM RAINEY** treated himself to an early Christmas present by doing the Nottingham Christmas marathon because 'it was different, newer and I'd never done it before'. He was laying the foundations for the Gloucester 50k in January so was filled with Festive cheer to record 3:54.09, run in freezing fog!

VALENCIA MARATHON

In December **ROB MARSDEN** regarded his PB of 3:32.13 in the Valencia Marathon as 'only tiny' but a PB, no matter how small, is still to push beyond ones frontiers and deserves heartiest congratulations. Rob's 'tiny' improvement was, in fact two minutes off his Madrid Marathon earlier this year. Such would be regarded by many as quite

a 'chunky' improvement. The Valencia Marathon is billed as the 'best marathon of the Fall' and this year had a stacked quality field. In fact the winner broke Mo Farah's European record. Said Rob on social media "It really is an epic race, well organized, great support and doesn't cripple the bank like a lot of overseas races".

MALAGA MARATHON

Also in December, **TIM KENNEDY** ran his 5th and 1st overseas marathon in Malaga and came within a whisker - just 15 seconds, of a PB with a time of 2:35.45. He might have achieved a PB - for his training had gone well, but for a deceptively stiff, energy-sapping coastal breeze that seemed to be continually against him. "I fought hard and at 30k I was on target for 2:32:23 but had worked too hard with the wind - and so slowed from there till the end. I look forward to the next marathon without the strong wind, and fulfil my dream to go sub-2:30!"



GLOUCESTER 50k

Ultra distance specialist **TIM RAINEY** ran his 3rd Gloucester 50k (the marathon is 42.195kms), his 57th ultra marathon since his debut 2 Oceans 56km in Capetown in 1996 and his 103rd marathon since his debut at Sheffield in 1994. On a fabulous with gorgeous sunshine he was "really pleased" to record 4:32.42 especially that's he'd been unable to do any long runs since July apart from the Nottingham Christmas Marathon. In fact he went through the marathon distance in 3:47, seven minutes quicker than at Nottingham. Said Tim, "We ran alongside a marathon and half marathon which really helped with pacing. and was quite motivating to be lapping stragglers and encouraging them along"

Tim's had an exceptional ultra distance career. Apart from his 103 marathons, he's competed with distinction over 50 mile, 100 mile, 12 hour and 24 hours races on both track and roads. His PB for a 24 hour race is 110 miles and in 2015 he ranked 5th nationally for 24 hour races.

GRIZEDALE MARATHON

ANDREW CARLIN was a competitor in February's Grizedale marathon run on forest trails with challenging hills and rolling trails that begin from the Grizedale Forest Visitor Centre at Hawkshead with stunning views of Coniston Water and Lake Windermere. He finished impressively in 4th in 3:27.57 and wrote, "The weather was wet! Constant drizzle soaked your face for the first ten miles. The field stretched out as we climbed through the thick pines to the moors above, taking in whatever views of Lake Windermere that we could get through the haze before descending back towards the half way point. It was a search for adventure that started me running and that is what I found in the mud and winding trails amongst the trees and mountains. and a 4th place always helps bring a smile too."

Relay Championships



NORTHERN 12/6 STAGE ROAD RELAYS

This year the senior men were an uncharacteristic 12th in the Northern 12 stage relays held at Birkenhead Park at the end of March and the club's women were a consistent 12th. In the past decade, the men have rarely been out of the top ten teams and often they've been in the top three or four and Northern Champions in 2017 but this year was different.

The senior men: The fastest on the longer men's stage was **PHIL ROBERTSON**. He tore round the flat, traffic free circuit of Birkenhead Park 20 seconds faster than last year. The club's fastest man on the shorter leg was **WILLIAM ONEK**.

The senior women: **JENNY EVANS** was fastest on the longer leg and **EMMA TILLEY** the fastest on the short stage.

The Young Athletes: The U15 & U17 run a 5k Championship that's still in its infancy. The best were the U15 girls who turned out an 'informal' team of **ISABELLE BURKE, OLIVIA NOLAN** and **ELIZABETH HILL** and were 4th.



Phil Robertson



Jenny Evans



William Onek



Emma Tilley



Isabelle Burke

WELSH CASTLES HAT-TRICK HEROES



Gaz Raven triumphant into Cardiff Castle

Leg 1: RICHARD EDWARDS & JULIA REYNOLDS threw down the gauntlet with a real sense of purpose.

Leg 2: SAM ASPINWALL secured the first yellow jersey & **RACHEL ROZHDESTVENSKAYA** was 5 minutes quicker than last year.

Leg 3: PHIL ROBERTSON & HELEN ARMITAGE battled the 'mountain' with Phil repeating his 2018 victory and yellow jersey.

Leg 4: BEN MCINTYRE & VICTORIA CORDINGLEY powered along the coast with Ben winning the club's first veteran yellow vest in 2nd place

Leg 5: NICK TYNAN & BEA CORDINGLEY consolidated their 2nd places.

Leg 6: ROBERT FAIRBANKS made a brilliant debut & **JANE THOMAS** epitomised the camaraderie with her high-spirited running.

Leg 7: NATHAN HARRISON & HAYLEY ASHBY powered the 'hideous hill' with Nathan recording a course record by over a minute.



Mike Ashby stage winner

Queen & King of the Mountains
Luisa Candioli & Nigel Martin

Leg 8: KEN HUNT finished a brilliant 2nd & **CLARE MC CARRON** brought the women to within 8 seconds of 1st place, knocking 10 minutes from her 2015 time

Leg 10: is a tough half marathon over the hills. **CALLUM ROWLINSON** finished a brilliant second and **HARRIET HAMILTON** took it in her stride also to finish day 1 in 4th place.

Leg 11: DANIEL KASHI stormed through the gruelling 10.8 mountain stage that began at dawn for a course record and yellow jersey and **ANNE CHINOY** secured vital minutes for the women in her usual strong run

Leg 12: STEVE MC CARRON won Sale's 3rd veteran yellow jersey and **WENDY TERRY** made a great debut for second overall place.

Leg 13: RICHARD BROWN made a brilliant debut to secure 4th place and **CARLA OUSEY** further narrowed the women's gap with Serpentine.

Leg 14: LUISA CANDIOLI & NIGEL MARTIN became "King and Queen of the Mountain" with Luisa defending her 'Drovers' title in

great style. So tough a mountain was it some described it as making them 'nauseous'.

Nigel also improved the 2014 course record

Leg 15: TIM KENNEDY added another yellow vest to his collection with an impressive victory and **JENNY FOX** clocked faster than in 2018

Leg 16: PAUL GREEN won the club's fourth veteran yellow vest on this uphill hill stage he described as 'relentless'. **LYDIA BRIGGS** stormed into second place for the ladies.

Leg 17: MIKE ASHBY won the club's 5th veteran yellow jersey with a superb win & **JENNY CLINK** secured the 4th place

Leg 18: OLLIE GAILLEMIN & SARAH GOULDEN raced really well to maintain 6th and 4th.

Leg 19: was a great run from **MARK FOX** and **HELEN CARTER**. Helen gave it her characteristic Yorkshire grit to maintain the women's top position

Leg 20: GAZ RAVEN & TRACEY TAYLOR stormed into Cardiff Castle in great style for Sale Harriers' third victory smashing the opposition by 46 minutes and 39 seconds. The women, last year's victors, were over 1 hour faster than last year to finish 3rd.



Team managers **CHRIS DONNELLY** and **RICHARD EDWARDS** were amazing! The effort that goes in behind the scenes is unbelievable and we all appreciated your hard work. Thank you. Here's to 2020!

ERRA NATIONAL 12/6 ROAD RELAYS

The ERRA National 12/6 Road relay championships followed a few weeks later at the traditional Mecca for road relays - Sutton Park, Birmingham.

Senior Men: Following disappointing 12/6 results, Sale Harriers men were again below par. They finished a lowly 30th from the 65 competing teams.

GAVIN HILL, ALEX BRADFORD, LUKE BETTS, ALAN WHITE, PHIL ROBERTSON, STEVEN HENDERSON, MATT BARNES, ROB FAIRBANKS, DANIEL KASHI, DAVE MARSH, DAVID RICH, RICHARD CLANCY



Senior women also recorded their disappointment with their 32nd place from 48 competing teams. **HARRIET HAMILTON, EMMA TILLEY, BETH NEWTON, ANNE CHINOY, JULIA REYNOLDS, SARAH GOULDEN**

Both positions were the club's 2nd worst ever in this major National Championship. Leeds City AC became the double ERRA National Champions, the first club ever to win 'the double'. The Leeds women also retained the title for the 3rd consecutive year.

BRITISH MASTERS ROAD RELAY CHAMPIONSHIPS

May saw the British Masters Road Relay Championships, again at Sutton Park, Birmingham. For runners of "a certain age" who like road relay championships, this championship is one of their year's highlights. Unfortunately this year it clashed with the Gtr. Manchester 10k and the Calderdale Relays. Two Sale Harrier women's teams - an L35 and L45 made it to Birmingham. Both finished in the top 10 Britain. Well done :-

L35 team - 7th **HARRIET HAMILTON, ANNE CHINOY, SUZANNE SMITH, VICTORIA CORDINGLEY.**

L45 team - 9th **JULIA REYNOLDS, HELEN REGAN, CAROLINE KINGHORN.**



The Mistresses (and mentor!) of Sutton Park



The U13 & U15 Girls squad

NORTH-WEST COUNTIES ROAD RELAYS

The road relay season begins again in September with the end of the summer track & field season and, for the club's younger sections, the launch was with the North-West Counties Road Relay Championships at Ormskirk They turned out in droves with quite some success and was also a worthwhile introduction for the emerging cross-country beginning in October. The competing counties they were up against were Cumbria, Cheshire, Gtr. Manchester, Lancashire and Merseyside. The club's greatest success were:-

The U13 boys won Gtr. Manchester gold through fine runs from **MATTHEW GARDNER, TOM HOBSON** and **OSCAR SCHOFIELD**

The U13 girls delivered up runners medals for both Gtr. Manchester and Cheshire, thanks to **AVA & SARA CLOUGH** and **IZZY APPLEBY** (Gtr. Manchester) and **EVA KARALIUS, LIZ SINCLAIR** and **BETH TITTENSOR** (Cheshire). **The U15 girls** were also in great form. The trio of **OLIVIA BROWN, IZZY BROWN** and **JASMINE REED** won the Gtr. Manchester Title and **OLIVIA NOLAN, LIBBY HILL** and **TAYLOR EDWARDS** won the Gtr. Manchester bronze medal.

The U15 boy's team of **JACK SPARK, JAMES KNOCKTON** and **WILL PARKER** were outside the medals in 4th place but deserve recognition for running extremely well in a highly competitive race.

NORTHERN 6 & 4 STAGE ROAD RELAYS

September also sees the Northern Athletics 6/4 stage Road Relay championships. Sale Harriers has promoted this major championship at Sportcity for the past three years and again the club did a typically brilliant job. It was a superb Championship, not just because of the successful delivery by club marshals, headed by indispensable **DAVE RODGERS** who safely oversaw the complex course with thousands of runners in every age-group meander around the Ethiad Stadium compound, but it was equally memorable for the six hours of exciting competition and Sale Harrier success. As a course marshal over those six hours, I admired grace, style, keen competitiveness and the effortless running of so many including Sale Harriers and equally the grit, grimace and obvious pain from so many others who clearly also gave their 110% for team and club. Those awarded Championship medals were:-



Senior Men - Silver medallists



U13 Boys - Gold medallists

THE U13 BOYS: Last year's silver medallists became this year's Northern Champions. **MATTHEW GARDNER, FREDDIE MEREDITH** and **OSCAR SCHOFIELD** displayed champion ability with the latter two even the day's top fastest legs. It was 2010 when this section last won this Northern title.



U13 Girls - Bronze medallists

U13 GIRLS: They won bronze medals: Twins **SARA & AVA CLOUGH** (who were part of last year's team) and **EVA KARALIUS** improved from 4th last year to win this year's bronze medals. Their 'B' team of **ISABELLA APPLEBY, ELLIE GILDART** and **HOLLY NOLAN** were also the first 'B' team highlighting the promise, talent and ability among this enthusiastic young group.



Holly Nolan with the medals for the whole of the U13 'B' team

NATIONAL 6/4 STAGE ROAD RELAYS

The National 6/4 stage Road Relay Championships and the Young Athletes 3-stage took place a few weeks later at the same traditional venue of Sutton Park, Birmingham.

It may have been raining all around the country, but Sutton Park was an oasis of ideal running conditions - dry, cool, with just a slight breeze. The young athletes competing were aged U13, U15 and U17.

The senior men were the same sextet from the successful Northern Championships except that **WILLIAM ONEK** replaced Pat Magner. All impressed with fine runs and the team finished a great 9th. This was the club's best position by far in this championship since they won the silver medallists in 2015. Leeds City AC, were champions for the fourth consecutive year.

The senior women's team of **SOPHIE WOOD, ANNE CHINOY, SONIA SAMUELS** and **SARAH GOULDEN** were a different quartet from the northern championship and they finished 29th. **SOPHIE WOOD** had a typically strong opening leg to bring in the team 15th and international **SONIA SAMUELS** on the penultimate stage propelled the team to 8th. Sonia has been a major part of Sale Harriers' greatest success on cross-country and roads for most of the past 20 years and also has a marathon club record of 2:28.04 from Berlin 2015.

The Young Athletes' sections, especially the girls' and the U13 boys' have not had this major championship on their radar for seven years. The only Sale Harrier youth teams to fly the Sale Harriers colours in recent years are the U15 & U17 boy's. This year's the U17 boys were best placed in 22nd. Well done **WILL PARKER, JAMES KNOCKTON** and **LUKE CHINOY**.



Anne Chinoy

NORTHERN MASTERS 5K ROAD CHAMPIONSHIPS

On a very wet and windy November Saturday morning in Leeds, **ANNE CHINOY** lined up with nearly 60 Northern Veteran Runners at the University of Leeds Brownlee Cycle Circuit to compete in the Northern Masters 5K Road Championships. Up for grabs were gold, silver and bronze medals in each age category. She was hopeful of a silver or bronze so was delighted to win Gold and become the L45 Northern 5k Champion in 19:40 (and finished 3rd lady overall). With 76 entries and 57 finishers numbers were significantly up on last year and "there were some seriously impressive times" said Anne.

International



Georgia World Series bronze

ITU WORLD TRIATHLON SERIES

It's been another great year for **GEORGIA TAYLOR-BROWN** on the World Triathlon Series. Georgia, a key member of Sale Harriers National and Northern Cross-Country teams this winter she helped the senior women to their Northern Cross-Country silver medals and herself won the senior silver medal, began her year in March with the World Triathlon Series in Abu Dhabi. It ended with the ITU Triathlon Final in Lausanne in August. She went into this year's World Series as the 2018 ITU World Triathlon Series bronze medallist which she won in her debut year.

The first of her 2019 highlights was in her home city of Leeds in June when she won her first 2019 title in a thrilling televised event. She was so delighted she told BBC Sport she had "a little tear in her eye - the victory felt so incredible". She was widely applauded for her victory because she led throughout in the 10k run. "It's such a hard position to be in," she

said. "I was constantly looking behind. I thought I was going to be caught. I was definitely running in a panic."

The following week she then helped GB secure the gold medal at the World Triathlon Mixed Relay Series just 'down-the-road' in Nottingham.

In July she was a part of GB's team for the World Triathlon mixed relay Series in Tokyo and again she put in a strong performance and helped secure GB's silver. The relay came down to a photo finish with GB just pipped to the gold medal. She said, "That silver medal means a lot to me and it's nice to finally get on the podium."

Her season ended in Lausanne in August at the ITU World Triathlon Final where she topped her year with a podium position and the ITU World Series bronze medal. Said her dad Darryl who was a Sale Harrier 1:48 800m runner in his hey-day in the 1990's, "I'm so proud seeing that you finished your season on the podium at the ITU World Championships."



Georgia celebrates her Leeds victory

Sale Harriers in World & European Championships other than ATHLETICS



Kadeena Cox

UCI PARA-CYCLING TRACK WORLD CHAMPIONSHIPS

At the end of March **KADEENA COX MBE** won magnificent gold in the C4 500m TT cycling event on the opening day of the UCI Para-Cycling Track World Championships in the Netherlands.

It was a fantastic return to major international competition for Kadeena. In the competition, she overcame a knee problem as well as a problem with a gate at the start of the races but still clocked a time of 36.176 seconds - more than two seconds ahead of China in second place.

Many will know Kadeena was diagnosed with multiple sclerosis in 2014 after suffering a stroke aged 23. Up to that time she was one of the UK's most exciting sprinters and a key member of Sale UKWAL teams. Kadeena recorded remarkable success at the Rio 2016 Paralympics, where she became the first Briton in 32 years to win Gold in two sports at the same Games.

She's again hoping to double up in two sports at next year's Paralympic Games in Tokyo.

BRITISH AGE-GROUP NATIONAL TRIATHLON CHAMPIONSHIPS

Congratulations to **MATT BARNES** who, in June won M40 Gold at the British Age-Group National Triathlon Championships. These British Championship represent the top level of competition in the UK giving

Triathletes the best opportunity to race to their full potential in the chase for British Championships titles in their Age-Group. Matt had an impressive international career between 1997 and 2002 in the Modern Pentathlon before he focused on athletics and continued his successful career.



Olivia Green

EUROPEAN & WORLD JUNIOR MODERN PENTATHLON

OLIVIA GREEN represented GB & NI through 2019 in the Modern Pentathlon. Olivia has been a talented member of Sale Harriers track, road and cross-country teams since she joined the club in 2011 as a thirteen year old. More recently, she's been a rising GB Modern Pentathlon star currently ranked joint first in the UK in the U22 Modern Pentathlon. Her 2019 Modern Pentathlon ambition was to be selected for the UIPM European & World Junior Championships (both in Poland) and the Senior European championships in Bath.

Her representing GB & NI began in March at the Swiss Open in Berne where she came 3rd in the open competition.



She entered it to gain experience for the bigger competitions later in the year.

In May she was selected to represent GB in the Modern Pentathlon Championships in Prague. There she won Team GB gold. She and her partner Kerenza Bryson were in the leading pack throughout the day and went into the decisive run-shoot in second and third place before improving their positions in fine style to win her GB Gold.

Soon afterwards, she made her senior International debut at the World Cup in Hungary. There, she competed in the mixed relay and finished 5th.



At the European U22 Modern Pentathlon Championships in Poland, she won a magnificent GB silver in the team relay. In the individual competition she was 'delighted' with her 18th place and was regarded as a 'fine individual display' that meant Pentathlon GB claimed the overall team bronze medal. The championship set Olivia up brilliantly to be selected to represent GB at the U22 World Modern Pentathlon Championships a few weeks later also in Poland. She was even more successful and came 11th in the individual and won two bronze medals, one as a GB team and one in the mixed relay.

Olivia is currently a Sport & Exercise Science student at Bath University.

WORLD TRANSPLANT GAMES

Sale Harriers made a very impressive impact at the World Transplant Games in Gateshead at the end of August through Kelly Chadwick and David & Carol Brown. This was the first time in 24 years the World Transplant Games were held in Great Britain.

KELLY CHADWICK was astonishing! Representing GB & NI, she's the World Champion in the 100m, 200m and Long jump. In all three she also broke the world record. She also won a further 4 x 100m Relay Gold and Bronze in the 4 x 400m relay. This is a particularly remarkable achievement for Kelly who has battled further health problems throughout the year, especially Graves Disease that affects her immune system. Kelly was selected to represent GB & NI as a result of her three sprints and long-jump gold medals at last year's British Transplant Games in Birmingham.

Kelly was the UK's No.1 U13 sprinter and long-jumper when in 2015 she needed an urgent life-saving kidney transplant. Sale Harriers were active in a National campaign to help find her a suitable donor.



David Brown

Club President **DAVID BROWN** and his wife Carol were key in the delivery of the Games. Both have organised the British Transplant Games for the last seven

years but this was the first time they've been involved in the organisation of the World event. Over the two days of competition, David role was the Athletics Manager and Competition Director but he'd been working on the Games for over eighteen months. It was he who wrote the programme timings, selected and appointed officials, organised the accommodation, seeded the events and completed the mound of paperwork required. He also had to brief the team managers at the Technical meeting and set the tone for how the IAAF rules would be implemented. His wife **CAROL** was the track referee. Great Britain topped the medal table.

In the mixed relay Triathlon he and his partner came 1st and are World Champions.

In the mixed relay Biathlon he and his partner came 4th.

In the Individual Biathlon he came 4th, was the first European and won Team GB gold.

In the Individual Triathlon he came 7th and won team GB gold.



EUROPEAN BIATHLE & TRIATHLE CHAMPIONSHIP

Well done to young **OSCAR SCHOFIELD** who had a memorable 2019 representing GB & NI!. As a member of the GB squad for both Biathlon and Modern Pentathlon his success began in March when he was a brilliant 4th in the U14 boy's National Biathlon Championships recording a PB in both the swim and run.

In June he represented GB & NI again in the U13 category in the European Biathlon & Triathlon Championship in Madeira and again did brilliantly. He won Gold, Silver and Bronze medals and helped Britain to an incredible medal haul. In the Biathlon (swim/run), he was 3rd individual and GB won the team event. He was also part of the GB team in the Biathlon relay and won the silver medal. In the Triathlon (swim/run/shoot) he was 4th individual.

Great Britain was the standout nation among the 15 federations and 500 competitors across the three days of competitions.

On the basis of this success, one of his 2019 targets was to win selection for the GB Pentathlon team for the World Biathlon Championships in Florida in October. Last year, he declined selection for this World Championships in Egypt over security concerns at the time. Did he achieve his ambition/ Read on.....



Oscar Schofield

WORLD TRIATHLE AND BIATHLE CHAMPIONSHIPS

He did it! In October **OSCAR SCHOFIELD** achieved his ambition to reach the World Triathlon & Biathlon Championships at St Petersburg Florida USA. As a member of the GB Pentathlon team, competing in the Triathlon & Biathlon, he returned home a World Champion with a further two Team GB gold medals.....

Oscar loves running with Sale Harriers. He is also a keen swimmer. He entered his first Biathlon in 2017 and did very well. The following year he became the overall champion. As a result, he is now selected for the GB Pentathlon ETP team where he will not only run and swim but also shoot, fence and horse ride.

