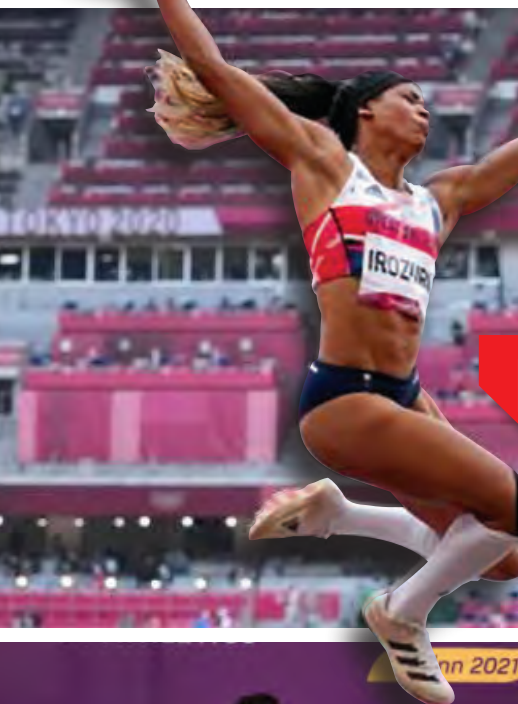


THE Harrier



The Magazine of Sale Harriers Manchester

RECORDING & CELEBRATING SUCCESS



FROM GRASSROOTS



TO OLYMPIANS



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EDITORIAL

FECHIN MCCORMICK



Welcome to the 26th edition of Sale Harriers magazine. When I launched it at the dawn of the technological era before many readers were born, never could I have anticipated it would still be going so strong. It's purpose remains the same - to applaud and to record the club's most significant individual and team achievements across all the three club sites. It's 40 pages are an insight into the vast amount of significant successes Sale Harriers has throughout its three sites, regionally, nationally and internationally.

This magazine features every club section regardless of age or ability. It showcases Sale Harriers at its best and is a promotional 'tool' second to none. Recognizing, recording and applauding our club athletes can only affirm and encourage them and, in that way, this magazine works in harmony with every club section, coach and team manager.

This magazine is an all year round commitment because, with so much happening week in and week out every week of the year in all three club sections, locally, regionally, nationally and internationally, rarely can I ever take 'my foot off the pedal'. In the annual athletics and running cycle, this magazine covers the club's significant achievements from the end of the 2021 athletics indoor season (March '21) to the end of the 2022 indoors and for the endurance sections, it covers from the Spring 2021 Northern road relays upto the Spring 2022 relays. I hope you'll take the time to absorb as much of it as you can and to wise-up on your club.

Thanks to those who've contributed in any way be it by submitting your photos, submitting copy or just the basic courtesy of responding to emails when all too often I'm waiting....waiting....waiting... often frustrated by the discourtesy when so many don't respond. Every club section has had its opportunity to showcase itself in this magazine but not everyone has availed of it. You'll particularly notice that a section of the senior endurance, the Fells and Trails are not featured.

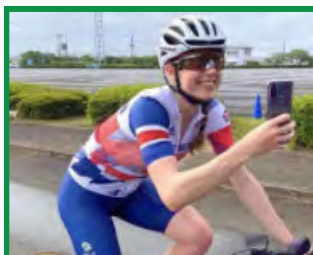
I invest a lot of time checking times, distances and PB's. The magazine would lose a lot of credibility if it recorded and applauded inaccurately. As a life-long endurance runner, I'm not so familiar with age-group times and distances of shot-putters, hurdlers and long-jumpers so I'm sure you'll still find mistakes. I apologize in advance! This magazine would not exist without two fantastic graphic artists, Barry-John McManus whos daughter Oonagh has had such a fantastic year and former club member Joe Wall. Both have given so much time to graphically laying out these pages.

I especially thank photographers! This magazine would be much the poorer without photographs. For this edition I've gathered over 500! After I've identified who's on them, I then have to number and label every one digitally to later allocate them to the appropriate report. I thank very generous contributors like Ernie Greenwood, the club's photographer, Carl Worthington, Mike Hall Photos, Harry Shakeshaft, Adrian Royle, Edgson Photography, Woodentops.org, Paul Bannister, Adam Roussak and others. You make the world of difference and this magazine and Sale Harriers is much in your debt.

KADEENA COX OBE

Congratulations to Sale Harrier's para-athlete **KADEENA COX** who was honoured with an OBE (Officer of the Order of the British Empire) in the Queen's 2022 New Year's Honour's List. She received it in recognition of the gold medals she won for GB & NI at the summer's Tokyo Paralympics.

In 2017 following the 2016 Rio Paralympics she was first honoured with an MBE (Member of the Order of the British Empire) again for services to athletics and cycling as she'd made history by winning Paralympic gold in both athletics and cycling. She also took athletics silver in the 4x100m relay and bronze in the 100m and she was picked to be Britain's flag bearer at the Rio closing ceremony.



GEORGIA TAYLOR-BROWN MBE

Congratulations to **GEORGIA TAYLOR-BROWN** who received the MBE in the Queen's New Year's 2022 Honours List for services to the Triathlon. She was awarded it as a member of Great Britain's Mixed Relay team that won the Olympic gold medals in Tokyo. Readers will remember how, at last summer's Olympics, the quartet of Georgia, Jess

Learmonth, Jonny Brownlee and Alex Yee were in a gripping battle with the United States and France to get the better of them for a spectacular victory. This was the first time Mixed Relay was included in the Olympic Games, and the British crew made it a special debut with their brilliant performance. Sale Harriers are delighted for her. Said Georgia, "Little did I know I'd be leaving 2021 with 2 Olympic Medals, an MBE and a place on the New Years Honours List WOW! Always humbled and forever grateful for the support I receive"

CLUB RECORDS

July 7th - LIAM O'BRIEN broke the U13 boys 75m Hurdles record at the Wirral Open meeting with a new best of **12.65** This was especially commendable in a year of limited competition and in only his second hurdles race.

July 11th - THEA BROWN broke her own club high jump record at the ESAA Schools Championships at Sportcity to record a new best **1.68M**.

August 8th - THEA BROWN improved her own high jump club record to record a new best of **1.72M** at the England U15 championships at Bedford
September 7th ANNABEL AMADIN improved her own U17 Shot Put (3kg) club record at Trafford Grand Prix to record a new best of **15.58M**

December 4th - THEA BROWN broke **GRACE BOWER'S** U15 club Pentathlon record of **3273** points which has stood since 2014 with a new record of **3598** points.

SHOUT OUT FOR HAFEEZ

HAFEEZ AHMAD is a disability athlete based at Sportcity. In 2018 he required a kidney transplant and, though registered as a T37/F37, you may have seen him in his Sale vest representing the club in the long jump at Trafford's able bodied Open Meetings, the Sale Harrier's Winter Indoor series and he's even won a long jump bronze medal in the Gtr. Manchester T & F Championships. He's 1st in his class in the long jump at the Lancashire County Championships, Warrington Medal Meetings, Southport medal meetings and so on.



ANITA & SUCCESS HONOURED

Congratulations to **ANITA RICHARDSON** who was awarded the 'Community Coach Award' of 2021 at the Manchester Sports Awards last October. Her most successful sprint start. **SUCCESS EDUAN**, also won the 'Junior Sports Achiever' Award.

Success is featured throughout this magazine, Catherine Merry and Iwan Thomas presented the awards and was attended by sports stars Jenny Meadows, Trevor Painter, Keeley Hodgkinson, Abigail Irozuru, Georgia Taylor-Brown and Brendan Foster.

ANITA IS TOP COACH

As if she's not busy enough as Sale Harrier's top sprint coach and senior lead in Primary School Education

ANITA RICHARDSON has been appointed onto two of UKA's National coaching bodies. In January she was one of 24 of the UK's 'most promising, brightest and exciting' female coaches appointed onto the "UK - Sport's Female Coaches Leadership Programme". She'll work with the country's most respected and inspirational coach leaders to hone her skills and to demonstrate that coaching on the Olympic & Paralympic stage is a viable career for women. A few weeks later, she was

Sale Harrier's Life Member, sprinter and Welsh international was in January 2021 nominated onto the England Athletics (EA) North-West Council which is formed of elected and co-opted volunteers from the region and is a key part of the structure of athletics and running in England.

One of the most significant developments she's contributed to since joining has been to update the Child Safeguarding policy and the Adult Safeguarding Policy, which were launched in June 2021. These can be found online at

www.englandathletics.org/clubs-and-facilities/club-support-services/club-welfare/

One of her Council roles is to vote in the EA Regional Volunteer Awards, which celebrate the fantastic contribution that athletics and running volunteers make to our sport. She'd

love to see more Sale Harrier nominations. "I know there are many Sale Harriers making an amazing contribution to their sport and it would be wonderful for them to get recognised" As we move into 2022 I'm looking forward to being a part of the EA Council in the year of the Birmingham Commonwealth Games, and to finally meet my fellow council members face to face!

appointed onto the "UK Athletics & Home Country Athletics Federation's Discipline-Specific Advisory Panel". Its purpose is to obtain guidance and support from experts across the sport who'll support the improvements of standards and the development in 8 coaching and athlete performances areas.

LUCY ON NORTH-WEST COUNCIL



DIANE MODAHL

DIANE MODAHL, four times Olympian and Sale Harrier Life Member, had a 2021 she's unlikely to forget! Not only did she become a doting grandmother and her DMSF protegee **AIMEE PRATT** became an Olympian,

but she was appointed to two very important public positions.

She was appointed as a Non Executive Director with Commonwealth Games England (CGE) and succeeded Nigel Walker as the Chair of the Sport Committee after he stepped down in the summer. This appointment is particularly personal for Diane. As is well documented, she is an 800m Gold, Silver and Bronze medallist from the Commonwealth Games at Auckland (1990), Edinburgh (1986) and Kuala Lumpur (1998) and, as she was about to defend her title at the 1994 Victoria Commonwealth Games, she was devastatingly withdrawn;

Being falsely accused of doping and ignominiously sent home, an offence for which she was eventually completely cleared of through the High Court. This appointment helps heal her wounds from that dreadful time.

Diane's second major appointment was when Manchester Mayor Andy Burnham appointed her as Chair of the Greater Manchester Combined Authority (GMCA) Young Person Guarantee Taskforce. Her role was to ensure that young people across GM were not disproportionately affected by the Covid pandemic.

Diane has devoted her career to empowering young people from disadvantaged communities across Gt. Manchester and does this at grass roots level as the co-founder and CEO of the Diane Modahl Sports Foundation (DMSF).

Her annual DMSF fund-raising event - the City of Champions Gala dinner that celebrates the success of people in the areas of sport, education and business and are giving back to the next generation of champions, raised a staggering £35,490 and was attended by club Olympians Aimee Pratt, Abigail Irozuru and Paralympian Kadeena Cox

WINTER OLYMPIAN BROGRAN CROWLEY

Sale Harrier's former junior heptathlete **BROGRAN CROWLEY** represented GB & NI in the Skeleton at the Beijing Winter Olympics, her debut Olympics. She was really pleased with her earlier competitive runs down the Skeleton track but, as her team had high expectations, she was disappointed to crash out in the later stages.

As a Sale Harrier she'd represented Great Britain U20s in the indoor pentathlon, as well as England U20s in the heptathlon, long jump, and 60m hurdles. She's also the English Schools Combined Events Senior Girls 100m hurdles record holder - something she's remained very proud of. Brogran isn't the only Sale Harrier who's represented GB & NI in Winter Olympics. Sprinter **REBEKAH WILSON** represented GB in the bobsleigh at the 2014 Sochi Winter Olympics and, before her, sprinters **DANIEL MONEY** and Life member **ALLYN CONDON** competed at the 2010 Vancouver Winter Olympics both in the bobsleigh. In fact, Allyn is the only British athlete in the 21st century to have ever competed at both summer and winter Olympic Games. He's one of only seven athletes in history to have achieved the summer and winter double



ANDY MCASLAN

Last summer Sale Harrier's **ANDREW MCASLAN** - just 25 years of age, was diagnosed with Stage 4 of an incurable blood cancer called follicular lymphoma. He went through six months of immuno-chemotherapy and thankfully he continues to be in remission. His remission is temporary because his condition at present is incurable and he has no way of knowing when it will return or how severe. Athletic Weekly reported on Andy's tragedy and wrote how, when Andy won 800m bronze in the British Universities Championships in 2020, he had hopes of progressing to international level, when his form and fitness began to deteriorate. "I knew something was not right," he said after he'd run an under par 1:56.21 for 800m in Leeds in May 2021.

He and his partner, fellow 800m runner Leah Barrow, searched for answers and finally, following several frustrating misdiagnoses, he received the worst possible news that he had an incurable blood cancer called non-Hodgkin follicular lymphoma.

He is at stage four of the disease at the age of just 25 so unless a cure is found, the treatment options will eventually run out." To raise awareness and hasten a cure Andy and his sister Kirsten and their family and friends set about promoting the little known Follicular Lymphoma Foundation and fund-raising for them. The main fundraising event last October raised £2.6m and a personal fund-raising page which Andy himself set up, raised an incredible further £80k! "Talent runs through Andy's family. Andy's sister, Kirsten is a British international 400m and 400m hurdler was until recently a member of Sale Harriers T & F teams since 2013.

Throughout 2022 Andy, his partner, Kirsten and their family and friends will continue to raise awareness and funding so that a cure is urgently found for him. The account is called 'Cancer and the Comeback' The **Link** is:

www.instagram.com/cancerandthecomeback & **YouTube** is: **https://youtube.com/channel/UC5SwZgBerBH7QdLB6jL8JqA** and to make a donation, the direct link to the Follicular Lymphoma Foundation donation

page is **https://www.theflf.org/donate**. Please put your whole heart and soul into supporting Andy.

**THANK YOU & GOODBYE, NIGEL!**

NIGEL BREDDY, Sale Harriers Chairman for the past four years, stood

down at the March AGM a decision he did not make lightly. He took on

the post whilst MD of Databax Ltd, a hosting & Data Backup IT Services Provider and his wife Marinda was a club runner. In the course of his chairmanship, he became self employed which dramatically reduced the time he could devote to being chairman. He's achieved several great things during his tenure. He oversaw the introduction of a new, fully responsive website with detailed information about the club, its history and all its different training groups and locations. He drove the move to online membership enabling members to register, renew and pay membership fees online.

In 2019 he was central to the club hosting a fantastic Gala dinner, the first since the club's Centenary dinner in 2010. It was a memorable, well supported event which brought all club sections together in best bibs and tucker. It wasn't all plain sailing! When Sale Sharks attempted to relocate to Crossford Bridge, which would effectively have ended Sale Harriers one hundred year tenure as the club's mother site, with his leadership, he fought a successful campaign to retain the status quo.

Another of his significant achievements has been to set up the Crossford Bridge Management Association (CBMA), made up of representatives from the three main clubs using Crossford Bridge as a charity and he's had signed a long-term lease with Trafford Council to secure Crossford Bridge as 'our home' for the foreseeable future.

"I can honestly say being part of the Club's committee has taught me a great many new life skills and helped shaped my character in the last several years. I by no means had the best knowledge of athletics, or even completely understood how the Club functioned before commencing the role. However, I had new ideas and a more modern direction I felt the Club should progress toward, which was achieved by the help of the exec team".

MIKE DUNNE - LIFE MEMBER

MIKE DUNNE joined Sale Harriers in the early 1960's and, for forty years, he represented Sale Harriers competitively over every distance on roads and cross-country from 5k to the Marathon with impressive times that included a best marathon of 2:27.57 at the 1982 Picadilly Marathon. As he retired from competitive running, the emergence of the Saturday Parkruns met his need for less competitive running whilst he remained a Sale Harrier to the core.

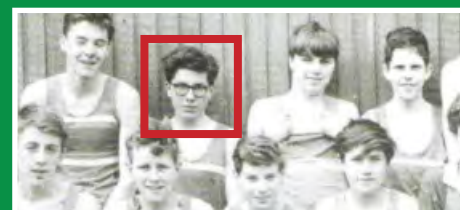
As runners fade away as their competitive lives end, Mike Dunne's affiliation to Sale Harriers remained as strong as ever, invariably active in the club's background as a readily available, competent and hands-on member who put his skills from a lifetime in the building trade to benefit Sale Harriers. Few will know his spontaneity to repair damaged water pipes and his readiness to get his hands dirty repairing pot-holes and other problems around the Wythenshawe Park facility especially. A no-nonsense, hands-on person, he cuts through the red tape and just gets the job done.

Few will be aware of the extent of his commitment to the club's annual promotion of the summer Sizzler 5k's. He'll often be at the track soon after sunrise and will have much of the work of setting-up done even before his colleagues arrive. He'll also be the last to leave, throughout showing initiative, leadership and organizational ability that gets things done quickly and efficiently. Manifesting ability people half his age would envy and without fuss, in the days before each race, he's on the Sizzler course ensuring potholes are repaired; cutting back overgrowth along Rhododendron Way and trimming the protruding hedge along the Altrincham Road route always working to high standards. He'll ensure toilets are in good working order and is always ready to do the menial work himself. Nothing is ever too much for him.

Mike Dunne is an asset to Sale Harriers in more ways than practical. When the 2021 Sizzler 5k's were fraught with challenges related to Covid-19 compliance, he put himself at their centre as a no nonsense mediator and contributed more than anyone to the series going ahead and being successful. Likewise, when other Park events threatened the smooth running of the Sizzlers, he built effective partnerships with those involved and successfully negotiated solutions that resolved issues.

You can always rely on Mike to get jobs done well. More recently he's used his knowledge, skills, experience to help establish the weekly Sunday Wythenshawe Community 5k and is central to its continued growth and success.

Mike Dunne has devoted his whole life to Sale Harriers and is exceptional in his lifetime contribution to the club. He is, therefore, deservedly awarded the club's highest honour of **Life Member**.



PRIMARY SECTION PRESENTATION NIGHT

Tiggy Faloon & Kelci Dennison

YOUNG HELPER AWARD

Tiggy has represented the club at competition, whilst at the same time volunteering over the past few years to coach our younger athletes. She has recently left us to study Geography at Hull university but returned to join us for presentation evening.

Kelci has volunteered at the Primary Section for the past 3 years including coaching with the Blue group, working in the tuck shop, painting the clubhouse, posting thousands leaflets and making literally hundreds of teas and coffees for the rest of the team.



TIGGY FALOON & KELCI DENNISON

Pete Horsfall

COACH APPRECIATION AWARD



PETE HORSFALL

PETE joined our club as a parent in 2018 and soon became a keen volunteer running out with the Blue Group. His next step was to take his Assistant Coach Badge and this year has become a fully qualified coach which has been invaluable as we've returned.

systems, Facebook page and responds to dozens of emails each week. It is difficult to imagine how the Primary Section would have functioned at all over the past year without her.

Ashlea Walsh

VOLUNTEER AWARD

ASHLEA has been an invaluable member of our team over the past couple of years. She has not only been coaching with the Purple group, but, as life had to change in response to Covid, she has taken care of all our online bookings, payment



ASHLEA WALSH

Our Guest of Honour was **LISA FLETCHER** as we wanted to recognise her contribution, particularly during the pandemic when she was persuaded to some out of retirement to be our Covid officer. Lisa provided us with much needed advice whilst we tried to follow what was often very unclear government guidance.



Since 2020, she's focussed on Shot Put. During 2021 among her many local and regional titles and medals, she's become the ESAA English Schools Champion, the International Schools bronze medallist, the EA U17 silver medallist and is currently ranked No.1 in the UK.

Our guest presenters were two Sale Harriers athletes, Success Eduan and Annabel Amadin. Despite being only 16, during the summer **SUCCESS EDUAN** represented GB & NI in the European Athletics U20 Championships and came away with a fantastic 200m bronze medal in an amazing time of 23.16 seconds and a 4 x 100m Gold medal. She's been consistently Britain's No.1 sprinter in all her age-groups **ANNABEL AMADIN** joined Sale Harriers in 2018 and was introduced to the late-Brian Spriggs who coached her in Discus and Shot Put.



NORTHERN CHAMPIONSHIPS

NORTHERN ROAD RELAY CHAMPIONSHIPS



The ERRA National Road Relay Championships in October took place at its traditional venue of Sutton Park, Birmingham. Of note is that Sale Harriers had only a women's team, the men having failed to turn out a team in the qualifying Northern Championships. The club also had no age-group teams entered either!

The senior women's team finished 18th and delivered their sections 2nd best result in fifteen years, not at all bad in this national cauldron ...and for three of the four stages they were among the top four. Next year girls - medals?

SOPHIE WOOD was again a key player and she was in scintillating form. She brought the team home a magnificent 3rd. **MEGAN DAVIES** then took over! Running her first race in thirteen months she took the lead early and held onto it "Leading the National Road Relays was stressful but it was so good to be back racing" she said. She handed over to **ALICE WRIGHT** No pressure Alice! Alice lost a few places but displayed typical grit to pass the baton to **SARAH GOULDEN** in 4th place for the 'glory' leg. If ever there was a person who gives 100% Sarah Goulden is the one. It was tough against the national 'big guns' on the 'glory' last leg. Little did she realize crossing the line she'd brought her team home for its best position in this championship since 2006.

NORTH-WEST COUNTIES ROAD RELAYS

A few weeks before the Northern Road Relay Championships, the North-West Counties Road Relay Championships kicked off the autumn/winter season of road and cross-country championships. Held in Delamere Forest in early September, Sale Harrier's senior men and women rarely have it on their 'to do' list even though so many of their NW club colleagues do, doubtless honing their competitive skills and building 'team' for later championships. The club's younger age-groups, therefore best fly the club flag and won six sets of medals. Make a note of their names because you'll read of them again and again throughout the winter.

- The U11 Girls were 2nd to Wirral AC but were the Gtr. Manchester champions. Well done **GRACE HILL**, **HOLLIE MC HUGH** and **MADDIE APPELBY**

- The U13 trio of **JAKE ROYAL**, **MARTY CULLEN BROWN** and **ISAAC REED** were the Gtr. Manchester champions. Well done to them.

- The U15 Girls were 3rd overall and became the Gtr. Manchester Champions. Well done to twins **SARA & AVA CLOUGH** and to **ISOBELLE APPELBY**



- The U13 Girls became the Gtr. Manchester champions and the 'B' team were bronze medallists. Well done to **IMOGEN HILL**, **IZZY HILL** and **OONAGH MC MANUS**. The bronze medallists were:

SIENNA JONES, **NIAMH COPE** and **HANNAH SQUIBBS**.

- The U17 girls were the Gtr. Manchester silver medallists as a result of **IZZY BURKE**, **JASMINE REID** and **LIBBY HILL** having great runs.

NORTHERN 10 MILE CHAMPIONSHIP

The Northern Athletics 10 Mile Championships in November was incorporated into Preston Harriers' annual 10 Mile Road Race (again!), a race that has an established reputation as fast and flat and attracts many great runners. Among them was L45 **HELEN ARMITAGE** who won the

Helen's aim is to keep up with her fast improving daughters and is well on track to achieve her ambition to be ranked among the top 50 in the UK over 5k, 10k and Parkrun. Her 10 mile time ranks her 10th L45 in the UK, her highest ever position over any distance.

NA bronze medal and the L45 prize. She had every reason to be pleased with her time of 65.28 minutes - a PB of 1:13 from 2016 when she was an L40. Her performance was especially good considering she'd been injured for several months.



NORTHERN CROSS COUNTRY RELAYS



FECHIN MCCORMICK



Double Tokyo Triathlon Olympic medallist **GEORGIA TAYLOR-BROWN** had proudly donned her Sale Harriers kit for the first time since she was the runner-up in the 2020 Northern XC Championships. In between the World Triathlon series and final of the World Triathlon of front running to scorch than everyone else to On leg two **EMMA TILLEY** and handed over to around the course to time. Sale Harriers Champions for the first The club's senior men again 12th place. In 2019 they were The club finished teams in all team manager Dave Marsh who himself! The club's notable successes:

- The U11 girls: They won silver medals, the section's best result for six years. A big clap on the back to **GRACE HILL, MADDIE APPLEBY AND HOLLIE MC HUGH**
- The U13 boy's trio of **LIAM O' BRIEN, DANIEL OAKES AND ISAAC REID** won magnificent bronze medals. They've medalled in every championship since 2016.
- The U13 girls were top 5, a good and consistent result. They've been top five for the past six championships. Well done **IMOGEN HILL, MADDIE HOLT AND OONAGH MC MANUS**
- The U17 boy's team of **ELLIOT AND EVAN SAVAGE** and **LUKE CHINOY** won excellent bronze medals, the section's best result since 2016. It was Evan who moved Sale into its medal winning position and held onto it strongly to win team bronze by a nail-biting two seconds.



Just a few weeks after the Autumn Northern Road Relay Championships in Redcar came the Northern Cross-Country Relay Championships in Graves Park, Sheffield. This major championship was also returning after the 2020 Covid hiatus and again brought together the North's cross country runners across all the age-groups. Sale Harrier's senior women were the day's talking point...

ing on two wheels representing GB on flying off again to Abu Dhabi for the series, she gave a masterful display around the course a minute faster record the days fastest time. held on to this great advantage **SOPHIE WOOD** who also flew record the day's 3rd fastest women became Northern XC time in more than a decade. did not feature and finished in the silver medallists! the younger age-groups, thanks to managed all of them and then ran



NORTHERN 10K CHAMPIONSHIPS



HELEN ARMITAGE wasn't just the Championship title's 3rd team counter but her 39.54 was also her best result for five years. She was also 1st L45.

The very successful and extremely competitive Ribble Valley 10K on Boxing Day 2021 once again hosted the Northern Athletics 10K Road Championship. This post- Christmas championship had 1,500 starters, and though no club assault was planned to win medals or titles or to be competitive among Northern clubs, our women unwittingly won the Northern 10k title thanks to brilliant runs from Olivia Green, Louise Whittaker and Helen Armitage.

GB Modern Pentathlete **OLIVIA GREEN** was home from her studies at Bath's Centre of Excellence and recorded a PB of 36.41. This was almost three minutes faster than she'd run in this championship in 2019, the last time it took place. Her dad also ran 15 seconds faster than he did in 2019!

Talented L35 **LOUISE WHITTAKER** recorded 39.25. However, she'd run 36.20 at the Telford 10k two weeks earlier as a part of her return to running but her training had been disrupted so she was happy "to just take part and continue her build up". **HELEN ARMITAGE** wasn't just the Championship title's 3rd team counter but her 39.54 was also her best result for five years. She was also 1st L45. Liverpool, Salford and Blackburn's men took the title and medals. Sale Harrier's men were 14th!



SENIOR WOMEN BRONZE:

The availability of **GEORGIA TAYLOR-BROWN**, newly awarded the MBE in the Queen's New Year's Honours list, **SOPHIE WOOD**, **ALICE WRIGHT**, **LAURA BARBER** and **EMMA TILLEY** made all the difference and added this bronze to their Northern XC Relay Title. Georgia is now a twice silver and twice bronze medallist in this tough Northern XC Championship. The section were previously the silver medallists.



The U13 BOY'S BRONZE:

Northern Champions since 2018, on this occasion Trafford AC and Wirral AC got the better of them but they did well. The

squad, led by **LIAM O'BRIEN**, **JAKE ROYLE**, **DANIEL OAKES** deserve congratulations. They add to their medals this winter:

- **Gtr. Manchester Road Relay Champions**
- **Northern XC Relay bronze medallists**
- **Gtr. Manchester XC silver medallists**



- **Retained their 2020 bronze medals**
- **Are the Gtr. Manchester XC Champs & Bronze Medallists**

The U15 BOY'S 6th: **OSCAR SCHOFIELD** led home the team of **FINLAY GODDARD**, **FINLAY DAY** AND **JAMES O' BRIEN** and he himself won magnificent silver proving his growing endurance ability. He'd already this winter brought his team home 1st in the National XC Relays; was 3rd in the tough Euro Trials in Liverpool and he became the Gtr. Manchester champion all proving his decision to move into longer events is correct.



The U15 GIRL'S 11th: Silver medallists in 2020 and rarely out of the top three in recent years were a disappointing 11th.

The U17 GIRL'S, the 2020 silver medallists, did not complete a team **AKIRA EDGSON** and **CARMEN SAFRANAUSKAS** deserve special mention for flying the flag as individuals.

JUNIOR GIRLS, champions or medallists since 2017 were this year a disappointing 5th.

JUNIOR MEN: The club has not had an U20 men's team in this Championship since 2015. Is it a part of the national demise? Just eight U20 men's teams and five women's finished in this major championship.

Fechin McCormick
The 2022 Northern
XC Championships
returned to
Pontefract
racecourse where it

NORTHERN XC CHAMPIONSHIPS

was last held in 2019. This long established home for thoroughbred horse racing again brought together the North's thoroughbred runners - colts, filly's, geldings and stallions from stables from Morpeth to Merseyside. The severe gale force winds from Storm Malik slowed their gallops and all had to bend low into the merciless gusts. Horse pundits described the 'going' as good to firm underfoot but soft in places.



NIGEL MARTIN

continued to be Sale Harriers 'Man of the Match'. Yet again, he took the senior race by the scruff of the neck and impressively led home the North's finest thoroughbreds. What a shame he just missed the Northern title by a measly seven seconds!

SENIOR MEN finished 4th surrendering their 2020 title to Salford H & AC. Just 10 points separated the top three but then a substantial 130 separated Sale from the bronze medallists. Sale have been Northern champions four times since 2017 so they can do it!

Gtr.MANCHESTER CROSS-COUNTRY CHAMPIONSHIPS

CAU Inter-County Championships at Prestwold Park, Loughborough on March 12th

**FECHIN
MCCORMICK**

• THE SENIOR MEN, GTR. MANCHESTER TITLE HOLDERS SINCE 2018, SURRENDERED THEIR TITLE TO SALFORD H & AC. THE SECTION'S 'B' TEAM FINISHED 5TH. IT'S ALWAYS A BATTLE ROYALE WHEN SALE & SALFORD MEET. THOUGH THEY WON THE TITLE THIS YEAR, NONE OF THEM CAME EVEN CLOSE TO NIGEL MARTIN WHO WON THE INDIVIDUAL TITLE BY A COMMANDING 90 SECONDS. HE'S TAKING NO PRISONERS THIS YEAR!



• THE U17 LADS BECAME GTR. MANCHESTER CHAMPIONS: WELL DONE EVAN & ELLIOT SAVAGE AND LUKE CHINOY. EVAN WAS ALSO THE INDIVIDUAL CHAMPION.

• THE U17 GIRLS, THE 2019 SILVER MEDALLISTS, DID WELL TO RETAIN THEIR RUNNERS-UP TITLE. WELL DONE OLIVIA RUSSELL, AKIRA EDGSON, ISOBELLE BURKE AND ELIZABETH HILL.

• THE U13 GIRLS WON NINE SETS OF MEDALS BOTH THE GTR. MANCHESTER TEAM TITLE AND THE 'B' TEAM WON THE BRONZE MEDALS. FURTHERMORE ISOBEL HALL BECAME THE INDIVIDUAL CHAMPION AND OONAGH MC MANUS AND IMOGEN HILL SHARED THE BRONZE MEDAL. THE 'B' TEAM BRONZE TRIO WERE SIENNA JONES, HANNAH SQUIBBS AND LOLA RICHARDSON.

• THE U13 BOYS BECAME THE SILVER MEDALLISTS TO CHAMPIONS TRAFFORD AC. A BIG CLAP ON THE BACK TO ISAAC REED, JAKE ROYLE AND ALEX FRASER

• THE 15 BOYS WERE SHORT A TEAM-MATE SHORT BUT, WITH OSCAR SCHOFIELD AN IMPRESSIVE CHAMPION AND FINLAY GODDARD NOT FAR BEHIND IN 5TH PLACE, THEY'D SURELY HAVE BEEN GTR. MANCHESTER CHAMPIONS

• THE U20 QUARTET OF ISMAIL HASSAN, ROBBIE RIGBY, ALEX JAMES AND ZAC GAILLEMIN CLINCHED THE BRONZE MEDALS AND DELIVERED THEIR SECTION'S BEST RESULT FOR YEARS.....AND YEARS! HOW'S ABOUT THAT!

CHESHIRE X.C. CHAMPIONSHIPS



The Cheshire XC Championships in January were run in extremely grim conditions. Held at Pickmere, close to Knutsford, it certainly was no picnic for runners, marshals or officials who braved the torrential rain and saturated ground. Sale Harriers had **LIAM O'BRIEN** won the U13 bronze medal and **JAMES WIGNALL** won the senior bronze medal. The senior men were also the silver medallists thanks to **JAMES**



WIGNALL, MATT BARNES, AND KYLE FAIRCLOUGH.

A record 140 teams entered the 2021 BMAF Cross Country Relay Championships at Long Eaton, north of the river Trent, between Nottingham and Derby. Sale Harriers were among them! Team managers **GLEN SAVAGE** and **ANNE CHINOY** mustered three 'youngster' teams - an M35, W35 and L45 team, though the club's veteran potential could have entered teams in almost every age-group and several could have medalled.

M35's **LOUISE WHITTAKER, EMMA FINNEY AND HARRIET HAMILTON** just missed the bronze medals - what a shame! Louise, fit or recovering from injury, will always make a difference. She threw down the gauntlet on the first leg and set the scene, passing over to Harriet in 3rd place with one of the day's fastest times. Emma & Harriet consolidated that advantage..... and what a shame they just missed medals!



The M35 'youngsters' and can they still shift, **CHRIS STANDIDGE, TOM STEPHENSON, JON SMALLEY, ANDREW CURVIS AND AARON STEELE**, finished 11th

which gives an insight into their race's competitive quality. Chris passed the baton to Tom in an impressive 8th place at the end of the first leg. Again, the other guys did not let him down; held the position well with all four running very similar times. The L45 'youngsters' - **JULIA REYNOLDS, ANNE AND CAROLINE KINGHORN** finished 7th thanks especially to Anne who managed to pull in no less than six runners of her 2nd stage. You've got to be

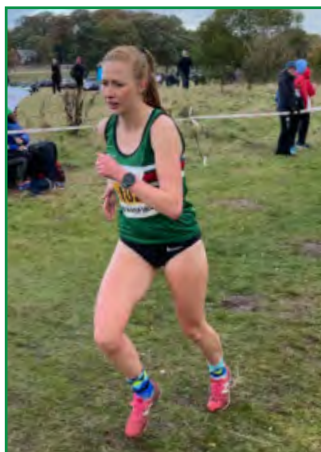


BRITISH MASTERS CROSS-COUNTRY RELAYS

good - very good to do that! The event attracts runners from throughout England. Many are the great and good of former days, and though now passed their hey-day, have remained competitive throughout the 35 - 75 years age-groups and continue to show 'clear pairs of heels' to runners half their age.



NATIONAL XC RELAYS

**FECHIN McCormick**

Two weeks after the National Road Relay Championships came the ECCA National Cross-Country Championships at the beginning of November. Held at its traditional venue of Berry Hill Park, Mansfield the club turned out teams in most age-groups and had lots to shout about.

• **The Senior Women**, the Northern XC Relay Champions, found the National XC Championship more challenging, inevitable without Georgia Taylor-Brown. However, with **MEGAN DAVIES, SOPHIE WOOD AND EMMA TILLEY** in great shape, they were still formidable. Sophie was among the 1st leg stampede and brought her team home an excellent 7th; Emma took over and passed on the baton to Megan having brought her team into the bronze

medal position. Two got the better of Megan and crossed the line 5th, still Northern 'top-dogs'! Interestingly, since 2015 the senior women have not been outside of the top five in this championship, a record to safeguard. The section also finished an 'A', 'B' and 'C' teams.

• **The U13 Boys** did great to finish 9th and delivered their best result since 2009 - 12 years! First leg runner was again in form **OSCAR SCHOFIELD** who recorded the day's fastest leg. Well done Oscar and team colleagues **FINLAY GODDARD** and **JAMES O'BRIEN**.

• **The U13 Girls** were 14th a position consistent with recent past championships. Next year go for the top ten, girls! Well done **IZZY HALL, IMOGEN HILL** and **OONAGH MC MANUS**. Their 'B'

team of **HANNAH SQUIBBS, N.COPE** and **S.JONES** also did great. • **EVAN & ELLIOTT SAVAGE AND LUKE CHINOY** were again in superb form and on this occasion, they finished an U17 team for the first time in five years.....Next year, lads, how about going for medals?

• **The U17 Girl's** squad deserve a special clap on the back. They turned out two teams, very encouraging for the future. The 'A' team of **KATIE STRINGER, JASMINE REED AND IZZY BURKE** even finished in the top ten. Keep together, young ladies, You've got great things ahead.

• **The Senior Men** were a lowly 32nd! Indeed, this section has been outside the top 30 for the past six years but pre 2015 they were regularly much higher and in 2013 were.



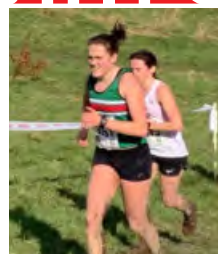
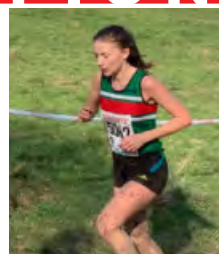
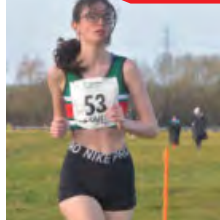
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NATIONAL 6 & 4 ROAD RELAYS

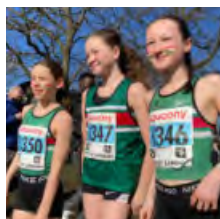
Road Relay Championships in October took place at its traditional venue of Sutton Park, Birmingham. Of note is that Sale Harriers had only a women's team, the men having failed to turn out a team in the qualifying Northern Championships. The club also had no age-group teams entered either! The senior women's team finished 18th and delivered their sections 2nd best result in fifteen years, not a tall bad in this national cauldron....and for three of the four stages they were among the top four. Next year girls - medals?

SOPHIE WOOD was again a key player and she was in scintillating form. She brought the team home a magnificent 3rd. **MEGAN DAVIES** then took over! Running her first race in thirteen months she took the lead early and held onto it. "Leading the National Road Relays was stressful but it was so good to be back racing" she said. She handed over to **ALICE WRIGHT**. No pressure Alice! Alice lost a few places but displayed typical grit to pass the baton to **SARAH GOULDEN** in 4th place for the 'glory' leg. If ever there was a person who gives 100% Sarah Goulden is the one. It was tough against the national 'big guns' on the 'glory' last leg. Little did she realize crossing the line she'd brought her team home for its best position in this championship since 2006.

NATIONAL XC CHAMPIONSHIPS



Fechin McCormick - The Nation's most prestigious cross-country event returned to its spiritual home of Parliament Hill Fields in February for the 17th time following a missed 2021 due to Covid-19. **ALAN WHITE**, a member of the club's senior endurance section, described the 'National' in an excellent article for Fast Running. "Cricket has The Ashes. Golf has its majors. English football has Wembley. Horse racing has Cheltenham. Running has plenty of its own, but for English cross country, nothing quite matches the magnitude of the National. Many towns and cities have staged it, but when at Parliament Hill, the race is different. A national championship on another level. For many, it is the true home of English cross country, and once witnessed, the image of a never-ending sea of runners charging up the iconic uphill start lives on forever".



If you've not done a 'National' at Parliament Hill wait then do the next one. Stand on top of that iconic hill up from the start line with London's skyscrapers as its backcloth and experience the ground thunder as the senior men explode from their 400m wide pens and charge up the hill forming an arrowhead as they speed for the top. I wish I could still do it!

Parliament Hill is a tough undulating course with killer hills and it tends to throw up everything from good underfoot conditions to having to plough through energy sapping mud and historically it's been run in horrendous snow, sleet and rain. This year's 8000 runners and thirteen age-groups who'd travelled from Gateshead and Morpeth and Penzance in Cornwall had good conditions but no-one escaped the stretches of thick, energy sapping mud thanks to February's storms Dudley, Eunice, Franklin and Gladys. Sale Harriers enthusiasm for 'The National' is such that this year more seniors than any other club in Northern England travelled to the Capital - 34 senior men and women whereas Hallamshire had 25 and Leeds 20!



In the **Senior Men's** race, the club had **NIGEL MARTIN** cross the line in a brilliant 6th place. The club's top senior endurance runner of 2021 raced his first Parliament Hill 'National' in 2015 and finished 159th. He wrote, "I finally nailed 'it' with three MACCL wins (having previously never won a XC race), a win at the Gtr. Manchester Champs, 2nd at the 'Northern's' and now 6th at the 'National'. A medal was on my mind, but with Mahamed Mahamed, Emile Cairess and Alex Yee all running, they were always likely to lock the podium out" (as they did!). Let Nigel be an inspiration to all you up and coming ambitious runners!"

He led the club to 7th place - a performance consistent with 10th in 2020, 5th in 2019 and 10th in 2018. They were also the 2nd Northern club behind Leeds City AC who retained their silver medals from 2020 and were champions in 2019. The seven men behind Nigel all finished among the top 200 which speaks volumes for the club's depth, quality and ability to be more widely

successful. Well done **NICK BARRY** (64th), **DANIEL KASHI** (100th), **PHIL ROBERTSON** (112th), **JAMES WIGNALL** (112th), **WILLIAM ONEK** (137th), **GAZ RAVEN** (189th) and **ALAN WHITE** (193rd). A special shout-out to evergreen M45 Gaz Raven who ran his 27th consecutive 'National'.

Senior Women - The club also had a top finisher in double Tokyo Olympic Triathlon medallist, **GEORGIA TAYLOR-BROWN MBE** who just missed the podium in 4th place. What a shame on her most illustrious Olympian year! Georgia has cross-country in her heart and always finds the time to compete for the club when she's not on the World Triathlon circuit. She's won the National in 2014, was 3rd in 2017 and 4th in 2018 and 2019. This year, she led the club home for 16th place thanks to **ALICE WRIGHT** (68th), **JULIET DOWNS** (86th) and **ANNE CHINOY** but, without some of the other key players missing who massively contributed to the club's success on the Northern & MACCL circuit throughout the winter, they were unlikely to return to the podium where they stood as National XC champions in 2018. For the record they were 10th in 2020 and 14th in 2019. Leeds City AC won this year's title.

The younger age-groups all had the experience of their lives. Many ran their first 'National' and to a person, all deserve the heartiest clap on the back. Parents, coaches and team managers will be very proud of their commitment, grit and determination that the 'National' demands. The U13 boys - **JAKE ROYLE**, **ALEX FRAZER**, **LIAM O'BRIEN**, **ED SPARKS** and **DAN OAKES** were 10th team this year. In 2020 the section were 4th, 6th in 2019 and 3rd in 2018.

Congratulations to neighbours Trafford AC who were the champions.

The U13 Girls were also 10th, a position remarkably consistent with their recent 'Nationals'. They were 11th in 2020, 12th in 2019 and 11th in 2018. Well done to the club's starlets who've been awesome throughout the winter - **ISOBEL HALL**, **OONAGH MC MANUS**, **IMOGEN HILL**, **PHEOBE CARROLL** and **AMBER WEBB**. Oonagh would have been much higher had she not been so badly spiked on the start line; needing a trip to the A & E afterwards to have the wound glued.

The U15 Boy's have also been incredibly consistent in this Championship. They were 21st team this year exactly as in 2018 and they were 9th in 2020. As ever, well done to the squad of **OSCAR SCHOFIELD**, **FINLAY DAY**, **JAMES O'BRIEN**, **SAM PEARCE**, **ALFIE CLARE** and **JOE SPARK**. Oscar was a brilliant 4th and what a pity he just missed a medal. This fast improving young runner was 58th in 2019 and 32nd last time ...so what progress!

The U15 Girls just had **ISABELLA APPLEBY** and **SOPHIE ARMITAGE** fly the club flag and well done again to these two club stalwarts of their age-group throughout the MACCL season. Recruit a few more and win medals next year!

The U17 Girls were similar to the U15 girls with only **AKIRA EDGSON** and **CARMEN SAFRANAUSKAS** on the start line. Akira, the Northern U17 3000m champion, seemed to love the mud and finished an excellent 47th. Carmen, a club stalwart of the MACCL cross-country was 156th.

The U17 Boy's were arguably one of the day's highlights. Their 12th finishing position was their section's first time in seven years to finish a team. Well done **EVAN & EWAN SAVAGE**, **CHARLIE TITTENSOR**, **LUKE CHINOY**, **JACK SPARK**, **JOSHUA COLQUHOUN-LYNN** and **BEN EDWARD**. Keep together lads....keep strong....and be on that podium in 2023.

Junior Men - For the ninth consecutive year, Sale Harriers recorded no junior men's team and had only **ROBBIE RIGBY** and **ZAC GALLEMIN** on the start line. Well done, guys for 'flying that club flag'.

Junior Women were more successful finishing a team in 5th, particularly encouraging in that it was the first time since 2018 their section recorded a team result when they were also the National champions.



MACCL

MANCHESTER AREA
XC LEAGUE 2021/22

October 2021 was the welcome return of the Manchester Area Cross-Country League (MACCL) post Covid-19. Once again, the region had its waves of charging feet over varied terrains that began in October with the dry, flat grassland of Wythenshawe Park (a Sale Harrier promotion), onto the howling winds and energy sapping undulations of Sherdley Park on a bleak November Saturday, to the biting winds and freezing rain of Kenworthy Woods in December, a sunny January at Tatton Park and finally in February slugging through Heaton Park's oozing mud from Storm Eunice. Each match was different, all tough but fun and rewarding with a sense of achievement second to none and then, of course, there that glorious bath, the ravenous appetite and snuggling up in PJ's with wine and snacks afterwards. FECHIN MC CORMICK

The Manchester Area Cross Country League (MACCL) historically consists of five monthly matches between October and February for all age-groups from U11 boys and girls to senior and veteran men and women. The MACCL was established in 2006 and has grown to become arguably one of the strongest competitively across all age-groups.



Senior Women start at Wythenshawe



Senior Men start at Tatton Park

SENIOR MEN & WOMEN: As a leading NW club, Sale Harriers inevitably has a formidable presence among the 43 regional clubs. Since 2011/12 the club's men have been MACCL champions for nine of that ten years and the women champions for four of the past six years.

This year again both sexes showed their prowess and won almost every one of their Division 1 'A', 'B', 'C' titles. In other words, they almost made a clean sweeps of victories across the board! Had the men displayed that might through the earlier winter championship season, what might have been the club's success and reputation throughout the North of England?

Sale Harriers were also dominant individually. The club took the first two places in both the men's and women's leagues, quite exceptional! **NIGEL MARTIN** displayed his artistry to win three of the four matches, winning a classic duel at Wythenshawe with Cameron Field and 2nd to Jonny Mellor (Liverpool) at Sherdley Park. He 'walked away' with the overall league title. Just behind him was **NICHOLAS BARRY** who had a 'stormer' of a MACCL! He won at Heaton Park and was 3rd at Wythenshawe, Kenworthy Woods and Tatton Park and took the silver medal.

So also did the women! **SOPHIE WOOD** was poetry in motion in her best ever year. Like Nigel, she was quickly to the front of her races and progressively extended her lead at Wythenshawe

and at Tatton Park to win untroubled; was 2nd at Kenworthy Woods and 3rd at Sherdley Park. As in the men's races, never far behind her was **ALICE WRIGHT**, who finished top three in four races. As a result, Sale Harrier's women had both the champion and silver medallist, just like the men! **LAURA BARBER**, in her impressive cross-country debut season and **RACHAEL ROZHDESTVENSKAYA** were two who made big differences to the overall result over the five matches and **HANNAH BROWN** also who finished top three at Heaton Park

As the senior men and women won everything in their wake, the veteran women were almost as impressive. Their 'A' team were just beaten to 2nd place by Wilmslow RC with just 1 point separating them and their 'B' team were champions. They also had several top three age category titles and medallists.....

L45 1st ANNE CHINYO
M45 1st GAZ RAVEN
M60 2nd AIDAN RAFTERY
L40 3rd HARRIET HAMILTON
M70 3rd JOHN ARCHER

.....and several top three finishers of individual races:-

SARAH SAXTON 1st L35 at Wythenshawe
HELEN ARMITAGE 1st L45 race at Tatton Park
HAYLEY ASHBY 1st L40 at Wythenshawe
MATT BARNES 3rd M40 at Wythenshawe
EMMA FINNEY 3rd L35 at Sherdley Park.



Sophie Wood



Nigel Martin



Senior Women at Tatton Park



U11 Girls & Boys



Oonagh McManus



U13 Boys



U15 Girls



U13 Girls



U15 Girls & Boys



U17 Girls

U11 BOYS were 3rd to Champions Wirral AC and Liverpool H&AC. **JAKE HARRISON, GEORGE HORSHALL & HARRY TAYLOR** were the sections great front-runners. Ensure Mum and Dad give treats!

U11 GIRLS were also 3rd to super strong Liverpool H & AC who took both top positions. The club's starlets were **MADDY APPLEBY, ISLA ANDERSON, MADISON KNIGHT, HOLLIE MCHUGH. GRACE HILL** was another great star. She finished a fantastic 4th at Tatton Park in her longest ever cross-country race.

U13 BOYS retained their 2019/20 MACCL title with Trafford AC taking both minor places. **LIAM O'BRIEN** was overall bronze medallist and behind him in 4th, 5th and 6th places were **JAKE ROYLE, DANIEL OAKES** and **ISAAC REID**. Top overall positions like theirs are possible only through commitment throughout the league and, of course, talent.

U13 GIRLS reclaimed their section's title from 2019/20 and, before that, they were the champions for five consecutive years. Their victory was anticipated considering how well this section have done throughout the winter. **OONAGH MCMANUS** was again the star of the 'show' and became the overall league champion with top positions in all her five races. She was well supported by **HANNAH SQUIBBS, IMOGEN HILL, ISABELLE HALL, NIAMH COPE, SIENNA JONES, LOLA RICHARDSON** and **MANALL CHRISTMAS**.

U15 BOYS won the league's bronze medals in a very tight competition with champions Wirral AC and Salford H & AC. They just missed out on becoming champions. **FINDLAY GODDARD** was the leading scorer but without **JAMES O'BRIEN, FINLAY DAY, SAMUEL PEARCE, ALFIE CLARE** and **JOSEPH MOODY** they wouldn't have won their medals. Every team member counts!

U15 GIRLS were 4th behind Stockport AC's very strong A and B teams and Salford H & AC. This is the first time this section has been out of the medals for over a decadea very long time indeed! **ISABELLA APPLEBY**, never out of the top seven, had a fantastic MACCL and deservedly won the overall bronze medal. Her team-mates throughout the five matches were **MADISON HOLT & NA'ILAH CHRISTMAS**.

U17 GIRLS were the silver medallists. In the context of many clubs nowadays struggling to find numbers in this age-group, this section did well with their silver medals. In 2019/20 they were the champions so they've retained important continuity in the face of this decline. A clap on the back to **ELIZABETH HILL** and **CARMEN SAFRANUSKAS** who 'flew their section's 'flag' in all the five matches and did very well.

U20 GIRLS have not had a MACCL team for 21 years! How can that be changed? **LUCY ARMITAGE** was the only club's representative through all five races. Well done, Lucy..... and a top finisher too!

U20 BOYS have the same demise! The club has not finished a MACCL team for seven years and only three times in 14 years! What's the solution?

Well done to everyone - those wonderful MACCL officials, heroes who braved the elements throughout; the club's back-room people who submitted the entries, helped with the Sale Harrier's promotion at Wythenshawe Park, put up/took down the tent in wind, rain and freezing cold; parents who ferried their children through thick and thin, photographers like Mick Hall and the younger age-groups, senior women and those men who did not moan like wimps when asked to hang about for a team photo (!!!).



Hollie McHugh



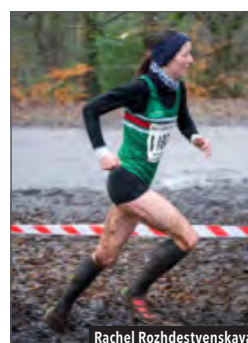
Senior Women at Kenworthy Woods



U17 Boys



Senior Men at Wythenshawe



Rachel Rozhdestvenskaya



Senior Men at Tatton Park, 1st 7 finishers

MIDDLE DISTANCE 2021/22

**NORMAN
POOLE**

Considering the many Covid Restrictions associated with the 2021 athletics season, particularly those involving travel, obtaining appropriate high standard competitions was a constant problem for all athletes

including Sale Harrier's athletes. The many PB's and high standard performances by SHM athletes in our Wythenshawe based training group speak volumes for their determination to succeed and the high levels of fitness that they achieved during the season.

DANNY GRAY was one of 2021 stars of distance events. Having reached V35 status, it is remarkable that Dan is still achieving PB's, which is what he did in almost every event from 3k - Half Marathon during the 2021 season. Perhaps his best performance



was 69:42 in the Manchester HM on 10th October where he also represented the Engl and V35 Team.

NIGEL MARTIN was another 'star' of 2021 who had great track and road PB performances during the year. His 2nd place in the Leeds Mid Summer Classic Track 10k in 28:58.35 ranks him 14th in the UK but his 63:21 (54m short) for 5th place whilst running for England in the Larne HM was probably the high point. In a pointer to the future, Nigel ran 2:18:09 for 10th place in his debut marathon at the GB Olympic Trials at Kew Gardens on 26th March. This was a high achieving performance considering Nigel, due to Covid Restrictions, had to prepare without training partners and any pre-marathon competitions.

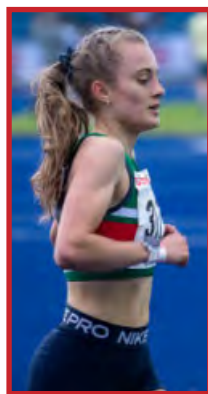
Nigel's race performances have continued to improve during early 2022. He was 2nd in the North of England XC Championships on 29th January and a superb 6th in the National XC Championships on the mud and hills of Parliament Hill Fields, London on 26th February.

HANNAH BROWN also had a very successful 2021 on both the track and road with PB'S across the 3k/5k/10k and HM events. Her standout performance was probably her 35:37.27 in the Leeds Mid Summer Classic Track 10k that ranks her 31st place in the **2021 UK rankings**.

DAVE PROCTOR was outstanding in the middle distance track events. His 1:51.41 in winning his heat of the BMC Loughborough GP on 24th July ranks him as the top V35 athlete in the UK. Dave's 3:48.32 for 1500m also ranks him 2nd V35 athlete in the UK and crowns an excellent season

for him. Dave's track performances have continued at the highest level during early 2022. Competing in Boston, USA, the home of his former College, Dave achieved a UK V35 UK 1 Mile Indoor Record

of 4:08.63 on 5th February. **WILL ONEK** (1:48.49) and **SHAUN GEE** (1:48.59) were the club's fastest 800m athletes. These times were big PB's for both and placed them in 33rd and 36th places in the



2021 UK rankings. Their high rate of improvement suggests faster times are on their way for both in 2022.

EMMA TILLEY's PB of 2:11.14 and 2nd best ever times from **AIDAN LYNCH** (1:58.17) and **NAJIB HASSAN** (1:51.54) over the 800m distance points to higher level performances from these very promising athletes.

BEN BRUNSWICK similarly ran his 2nd best ever 800m time with 1:51.80 in a Stretford BMC Gold Standard race. This ranks him in the top 84 of the 2021 UK rankings. Ben's PB of 3:50.84 in his only 1500m race of the season also indicates that there is much more to come for Ben.

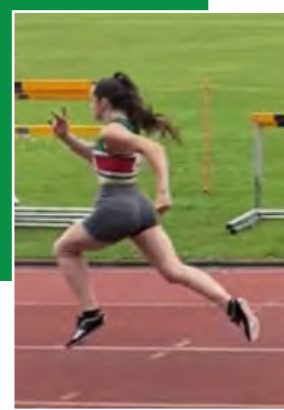
EVAN & ELLIOT SAVAGE were newcomers to Norman Poole's group in early 2021 and both showed very high levels of improvement during their season's track perfor-

mances. Evan's PB of 1:54.97 for 800m represents a huge 11.84 secs of improvement over his previous season's best from 2018. This new PB places him in 12th place in the UK U17 rankings. He also managed a very creditable 6th in this event in the UK School Games at Loughborough on 4th Sept. A similarly high level of performance came over 1500m when he pulled out a fast finish and a fine PB of 4:01.25 for 8th place in the England U17 Championships on 8th August. Evan has continued to demonstrate his impressive endurance talent during early 2022 with an impressive 20th place in the English National XC Championships at Parliament Hill Fields, London on 26th February.

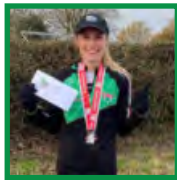
Elliot also ran many fine races over 800m during the 2021 season. His PB of 1:52.64 in winning his heat of a BMC,

Stretford Gold Star competition on 27th July ranked him 2nd in the UK U17 rankings for the year. His 4th place in the England U17 Championships at Sportcity on 8th August and 2nd in the UK Schools Games at Loughborough on 4th Sept were the high points of his excellent competitive season. It is Elliot's single 400m outing of the season in a time of 50.4 secs, in a YDL meeting on 5th Sept, that marks him out as a young middle distance athlete with a very rare turn of speed. This 400m time ranks him 13th in the 2021 UK rankings.

MIA GIBBONS did not compete over 800m during the 2021 season. She concentrated on the speedier events, mainly over 400m. As a stalwart of the **Club's involvement in the various Leagues, Mia was rewarded with PB'S of 27.6 for 200m in the Northern League on 1st August and 61.7 for 400m in the YDL on 25th July.**

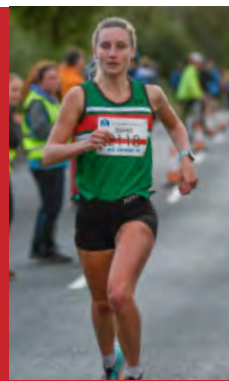


ENDURANCE SENIORS 2021/22



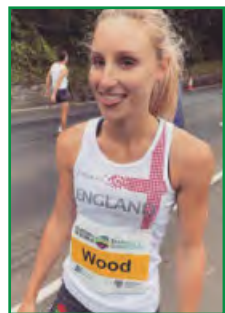
SOPHIE WOOD

I began running with Royton in 2016 but was plagued with injury which meant my progression was unsatisfactory, slow and



inconsistent. In 2018 I decided to take my running more seriously so I joined Sale Harriers and with the coaching guidance, more structured training and running with like-minded people, I began to see huge improvements. As a result 2021 has been particularly successful in terms of consistency, training, and improved times. With that said, I started 2021 on a downer. As a result of two Covid lockdowns I did training all on my own often on cold, dark and late winter evenings; I had no races to aim for; I wasn't improving and I developed a niggle on my knee. I started to lose my motivation. In a nutshell, the latter stages of 2020 and the first few weeks of 2021 were pretty rubbish. I had a few goals, for example to get a 'North of England' vest or to get onto the Elite start at September's Great North Run. As the Covid restrictions lifted, my desire to train returned and being able again to meet up with friends and fellow club members meant we could organise at least small group training sessions. As the race calendar opened up, I wanted a race to see what shape I was in. I signed up to the Podium 5k in April 2021 - not my forte distance, and I ran a huge PB of 16:03 which gave me a massive confidence boost. A few weeks later, to further assess my form, I ran the Tatton HM, more as training than a race and produced another massive PB of 75.35 a time which got me inside the England qualifying standard for representation opportunities. I was mind-blown! From aspiring to claim a North of England vest, I was now determined to get an England vest..... and that's exactly what I did. I continued to train well and being the 1st female in the Blackpool Summer 10k and the top female in several of the region's Parkruns were further confidence boosters. After a tantalising three month wait, I received the news that I'd been selected to represent England at the Antrim Coast HM in August 2021. It was an immensely proud moment!

From taking up running just years earlier and having been plagued with injury, to get an England vest in my first three years of serious running, is something I'd never dreamed of. After that I was 1st female in a number of races - the Abersoch 10k (October), the Wilmslow 10k (November) and Hit The Trail '5' (January '22). I was the overall winner of the MACCL Cross-Country League and the 1st female in several of the region's Parkruns, sometimes breaking course records. Little did I realize that, at the beginning of 2022, I'd top off my year with a second representative invitation to represent England in the Mija Marato Granollers HM in Spain on February 6th - a tough, hilly course. *(Editor's note: Sophie also made a massive contribution to Sale Harrier's women's team)*



NIGEL MARTIN

I joined Sale in late 2012 having previously just run a couple of times a week. It took a long time for my body to adjust to running and I was very injury prone to start with. Over the years I've found what works for me and am greatly benefiting from years of consistency. 2021 has been a particularly successful year. It started out with the doom and gloom of lockdown, but fortunately for me, my 64:10 time at the Great North Run in September 2019 qualified me for the British Olympic Marathon Trials at Kew Gardens in late March. That was a great goal to focus on through the winter and though I struggled with a lack of races to properly gauge and bring on my fitness, I managed a solid debut of 2:18:09. It was 3mins or so off

what I was aiming for and indeed I was still on for 2:15 up to 35k, but it wasn't to be. After an easy few weeks, I wasn't sure what to expect as I built back up, but I wanted to get back on the track and try and target a fast 10,000m time. The Marathon training actually fared me really well for a fast summer. Barely 2 months on from the Marathon, I was at Sportcity for the BMC 5,000 and ran my 2nd fastest 5000m track time (14:05). From there I progressed really well, running 29:22 at the 10,000m Eurocup B race in Birmingham and then becoming Northern 10,000m

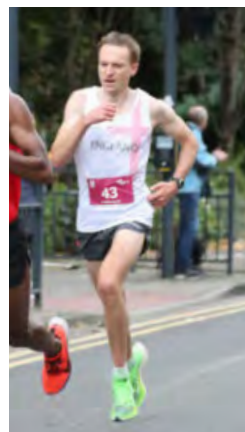
champion with 28:58 at Leeds in June. Despite a 60s last lap, I just missed out on an England medal at a very competitive England 10,000m championships a couple of weeks later, but another solid performance.

My 28:58 gained me selection to run for England at the Antrim Coast Half Marathon at the end of August. This was to be my debut for England and it came at the perfect time as I was in top form. I was the first of the national competition home in a new personal best time of 63:21. Sadly the course was found to be a mere 54m short (less than 10s) following a re-measure by the IAAF, as the female winner had set a new WR, still it was one of my best performances.

Following my end of season break, I targeted a full



Cross Country Race before! After an incredibly close sprint finish victory at Wythenshawe park, I came a close 2nd to Jonny Mellor at Sherdley Park, before I really hit my stride and managed to win the 3rd and 4th MACCL races comfortably in a wide variety of weather and underfoot conditions. I took my first County XC title at the Greater Manchester County Championships. Finally, I finished 2nd at the Northern XC Championships at Pontefract



at the end of January, losing out to Hugo Milner of Derby, who has had an incredible year himself. I was still very happy to take 2nd and my first Northern XC individual medal.



Cross Country season including the Manchester League, County Championships, Northern and National all on the agenda. However, I entered the season having never won a

ENDURANCE MALE MASTERS



MATT BARNES continued his fine transition from Senior to Master status, backed up by consistent, fine performances, one being his 15:38 in the Ellesmere Port RC 5k that placed him 1st M40, but more significantly 2nd overall meant he can still compete with the youngsters. Matt, who's had an impressive international career in the Modern Pentathlon between 1997 and 2002, finished an impressive 4th in his M40 age-category at the European Triathlon Championships in Valencia in the summer despite a pulled back muscle. He said, "Despite it being really painful I somehow managed to get to the finish and I'll always be proud of myself for not shirking the challenge despite the pain even though 4th was a gutting place to end".



RICHARD EDWARDS, OLIVIER GAILLEMIN AND STEVE GAVIN had top three age category placings across various events.

ANDREW CURVIS was very proud of his M35 10k time of 35.34 at the Wilmslow 10k in October. This was almost four minutes faster than he'd run a year earlier in the Cheshire 10k

NICK PEACH was the first M60 in the tough, hilly Stockport '10'

GARY ROWLINSON was 2nd M55 in the Wizard '5'

ROBERT FAIRBANKS had many 1st placing in his beloved Parkruns

FRANK CORDINGLEY, Sale Harriers club secretary, had a great return to form and fitness running faster than he has done for a few years

STEVE MC CARRON's return to racing after surgery has been truly dramatic

2022 will be interesting to see the progression of emerging talents such as **ANDREW CURVIS, KEN HUNT, JON SMALLEY AND NICK TYNAN** amongst others. Although these are Masters athletes there is clearly potential for further improvement, especially with the expert guidance of coach **DAVE RODGERS**.

It's hoped the coming year will see a return to competition for those sidelined by long term injury problems; **PAUL GREEN, GLENN SAVAGE AND JON TERRY** amongst others.

Despite the many restrictions in place over the past couple of years Sale Harrier's male veterans showed that lockdown had not unduly hampered their training as the return to competitive action saw them posting a string of great performances. There are way too many to mention, given the wealth of talent in the club's veteran ranks. Just some of section's top results throughout 2021:

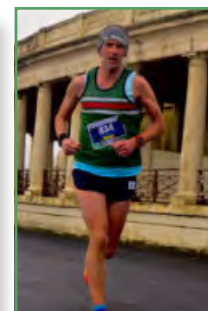
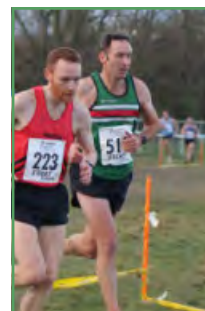
TEAM MANAGER **GLENN SAVAGE**

DAVID PROCTOR

broke the British Indoor M35 Mile Record with 4:08.63 in Boston last February

NICK BARRY is of course a relative youngster in Veteran terms, having only

recently entered the M35 age group, but his progress has been very impressive. He was consistently towards the front of the fields in the winter MACCL cross-country matches, including a couple of top 3 finishes; he has also posted some excellent times on the road, such as a 10k PB of 30:42 at the Wilmslow 10k and a resounding victory in the Stockport '10' in a time not too far away from his 51:19 PB recorded at the Hollybank Eccup '10' in Leeds.



ROB DUNN's M35 performance in the Manchester Marathon was encouraging to say the least. Despite only a 10-week build-up and a modest target (in Rob's words) of 2 hours 50 minutes, he stormed to a brilliant 2:40:24 and just 6 seconds off a PB!

MATT HARRISON is one who rolled back the years in 2021. He had top 3 age category results in the Southport & Wilmslow half marathons in excellent times and these were trumped by a 1st M40 and 3rd overall at the Altrincham 10k. His 74:26 at the Manchester Half Marathon shows he's in fine fettle as he enters the M45 age group.

SIMON JACKSON has had a successful year of racing especially in and around Lancashire with M45 wins and 2nd M45's in races like the Worsley Woods '5', Gin Pit '5', Stanley Park 10k & West Coast Half Marathon.

JOHN ARCHER was new to Sale Harriers in 2021 and he's had several M70 wins, including high profile races such as the Stockport '10', a couple of the Sale Sizzler 5k's and the gruelling Tour of Tameside.

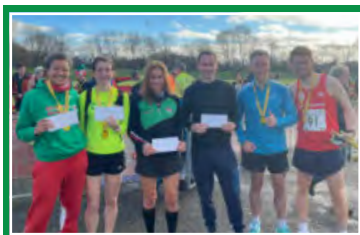
AIDAN RAFTERY continues to impress through the age groups. He had 2nd M60 places in the winter MACCL matches at Wythenshawe & Kenworthy Woods which shows he's very competitive amongst his peers.

GARETH RAVEN has been one of the club's top distance runners for years. Now a M45, he continues to put in great performances. Showing a clean pair of heels to younger runners when winning the Catforth Canter 5k at Preston, he has naturally been a front runner in his age category, his M45 win at Round The Resers being just one of his 2021 successes.

PETER SHIPLEY is another newcomer to the Masters' scene and is somebody who's made tremendous progress through 2021. Pete reduced his PB's considerably at 5k, 10k & 10 miles. On top of this, his 77:48 in the Manchester Half Marathon knocked nearly 7 minutes off his previous best! He stretched his limits in the brutal Lakeland '50' and despite enduring some 'very dark places' and nearly dropping out a couple of times struggling with the heat he got round in 09:27:36 for 16th place and just over an hour quicker than last time.

MATT SPRAGG is another who took his running to a new level in 2021. The times he's now running as a M45 beg the question of what he could have achieved if he had taken up the sport at a younger age. Eye-catching improvements across all distances culminated in a fine 2:47:50 at the Manchester Marathon. 2022 promises to be another great year for Matt.

ENDURANCE FEMALE MASTERS



TEAM MANAGER
ANNE CHINYO

Sale Harrier's veteran ladies got on their starting blocks quickly once the Covid restraints were lifted. They made quite an impact through 2021 with many noteworthy achievements.

LOUISE WHITTAKER (L35) finished 3rd on the competitive 1st leg of the British Master's Cross Country Relays and ran a rapid 36:20 at the Telford 10K that made her 4th fastest L35 in North West. Just 2 weeks later, she finished 2nd L35 at the Ribble Valley Northern 10k Championships. (Both events featured elsewhere)

SARAH SAXTON, new to her L35 category, ranked fifth L35 in the North West 3000m as a result of her 10.57.8 at the Blackburn North of England League (West Premier) match in June and her 10.58.70 at the National Athletics League (Championship North) in July. She also had a fantastic 7th place in October's MACCL league at Wythenshawe Park.

SONIA SAMUELS became the fastest L40 half marathoner in the country with an outright win at the Swansea Half Marathon in a stunning time 74:09. Three weeks earlier she achieved the 2nd fastest L40 10k time in the UK winning the Cardiff Bay 10k in 34:37. Her other outstanding

performances of 2021 included a win at the (80m short) Heaton Memorial 10k in 33:29, and an age category win in the Chester 10k with another superb time of 34:45.

Sonia, a Sale Harrier almost 25 years, represented GB over 10,000m at the 2014 Hampden Park Commonwealth Games and the Marathon at the 2018 Gold Coast Commonwealth Games. She's been particularly successful over cross-country and a key member for a decade of Sale Harriers success in cross-country championships. She represented GB at four World Cross-Country Championships and two European XC Championships. As an L35 she recorded her fastest marathon of 2:28.04 in Berlin in 2015 which remains a club record.

KATHY WELLM achieved a very impressive double victory as the 2021 L40 Northern Athletics and British Masters 2000M Steeple Chase Champion. Kathy also competed on the International stage in multidisciplinary events - The World Aquathlon (4th L40) and the Euro' Sprint Triathlon (6th L40).

JENNY FOX had a great year finishing 1st in her L40 age category (and 5th overall) in the gruelling four day Tour of Tameside. Experienced marathon runner Jenny also ran a marathon PB at Manchester finishing in a strong time of 3:22.12.

HAYLEY ASHBY had some great L40 performances finishing 2nd overall at Round the Resers, 1st L40 at the Wythenshawe

MACCL and then rounded off the year with 1st L40 at Bowstones Fell Race.

HELEN ARMITAGE overcame a frustrating period of injury to win the L45 Northern Championships 10k at Ribble Valley with a fabulous time of 39:54. She also won the L45 10 mile Northern Championships, finishing 3rd overall (1st V45) at the Preston 10 mile race in another fantastic time of 65:28 (5th UK ranking V45). Helen also had age category wins at the Neil Cliffe Sizzler 5k and the Alderley Park Summer '5'.

ANNE CHINYO achieved a variety of L45 wins throughout 2021 - the Cheshire Elite Half Marathon (89:08), Trimpell

'20' (2:27.38 - 5th UK Ranking V45), Stockport '10', Round the Runway '5', Sale Sizzler 5k and the multi-stage Round Sheffield Run. Keen to show that age is no barrier to faster times, she achieved PB's in the London Marathon (3:19.54) and in the 3000m (11:18.9) at June's National Athletics League.

Other notable age category wins in 2021 were:-

L35 **EMMA FINNEY** at Round the Resers and an outright win in August's Catforth Canter 5K race.

L40 **HARRIET HAMILTON** won her age category at the Stockport '10' and enjoyed an outright win at

the Heaton Park Half Marathon.

L45 **ZOE GMEREK** had wins at three Tatton 10k races, the Blackpool Bounceback 10k and the Marple Runners 10k.

L50 **JULIA REYNOLDS** had a Tatton 10k age category win and finished 2nd L50 at both the Trimpell '20' and Alderley Park Summer 5. Julia ran her 1st Marathon at London with a fantastic time of 4:06.

L55 **CAROLINE KINGHORN** was 1st in her category at three Tatton 10k's and 3rd L55 at the Wilmslow HM. Caroline also completed the London Marathon in an impressive 3:45.36

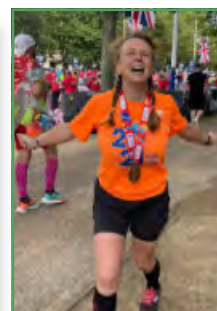
L60 **JACKIE CORDINGLEY** struggled with injury for much of the year but still managed a 1st L60 at a Tatton 10k, 2nd L60 at the Wilmslow Festive 10k and 3rd L60 at Leeds Abbey Dash.



L60 **LYNDA ROWLINSON** was 1st in her category in the Tour Of Tameside 'Hell On The Fell' race where she also was a member of the victorious women's team.

L45 **WENDY TERRY** finished in the top three of her category in 3 of the 4 Tour of Tameside races and just a month earlier, finished 2nd L45 at Round the Resers.

In addition to these individual achievements, a team of Sale Harrier's veteran ladies shone at two summer endurance challenges. In June, L40 **JENNY FOX**, L45 **WENDY TERRY**, L60 **LYNDA ROWLINSON**, L45 **CARLA OUSEY** AND L40 **TRACEY TAYLOR** came 2nd in their category (female team of 3-5) at the 24 hour Endure 24 relay when they completed an amazing 145 miles between them! The following month, the same five ran the gruelling four day Tour of Tameside with Jenny, Wendy and Lynda winning 1st women's team. Inspiring team work ladies!



AIMEE PRATT

Aimee was brought up on a Reddish council estate and attended Wright Robinson College. She had no particular interest in sport when, as a 13 year old, Diane Modahl, GB's 4 times Olympian, former Commonwealth 800m champion and a Sale Harrier Life Member, went to her school as a representative of the Diane Modahl Sports Foundation, to promote athletics and the benefits of sport for life and for physical and mental well-being. Diane and her husband Vicente, had set up the DMSF several years earlier to work with disadvantaged children and schools across Gtr. Manchester, using sport to encourage ambition, to improve lives and to promote health and fitness. FECHIN MC CORMICK

"At first I messed around a bit but I just kept improving" said Aimee. When DMSF coach Vicente Modahl watched her running, he saw her potential and told her that if she was prepared to work hard, she could become an Olympian," Aimee was taken on by the Diane Modahl Sports Foundation and Vicente became her coach. He said: "From the very beginning there has been an understanding in the DMSF team - from me, Aimee and Diane, that she could get there but that it required a great amount of work and sacrifice for all of us".

Her first big race was two years later in 2012 when she was just fifteen and still extremely new and inexperienced in athletics. Vicente entered her into the England Athletics U15 Indoor 800m Championships at Birmingham's Alexander Stadium. "Arriving at the stadium she was so overawed she thought, 'What am I getting myself into'. She threw herself into the race and was surprised when she won her heat but, when she finished only 6th in the final, it brought home the hard work she'd have to do if ever she was to reach the big time.

From that modest start and with the 100% commitment of her coach Vicente, the commitment, fellowship and support of the DMSF Foundation, Sale Harriers for whom she competed domestically and the many sacrifices she had to make as a young Manchester teenager, she went from strength to strength so much so that in 2014 she became the England U17 1500mSC bronze medallist; then the 2015 English Schools 1500mSC Champion and when the big leap came for her to move up to the 3000mSC in 2015, she did not shy away, believing in her coach's philosophy "Nothing is out of reach", she went on to become the 2015 and 2016 England U20 & U23 3000mSC Champion and represented GB & NI at the 2016 World Junior Championships, the 2017 European U23 Championships and in 2019; she set a championship record and a new British U23 record in winning the British Universities 2000mSC Gold for her Manchester University, before later the same year, representing GB & NI at the World Championships in Doha. Throughout her age-groups, she maintained her position as



Britain's No.1 steeplechaser.

Throughout all these years, hers and her coach's overarching goal was to reach the 2020 Tokyo Olympics. By 2019 she was ranked the eighth-fastest 3000m steeplechaser in the world and in 2020 her PB of 9:30.73 to win the 3000m steeplechase at the British Championships on home territory of Sportcity, was a world-leading mark and a competition record that put her 5th on the national all-time list.

The Olympics were postponed for a year due to the Covid pandemic. In July 2021 she achieved the 3000mSC qualifying standard in a race in Spain with a great PB of 9:25.89. When she finished 2nd at the British Championships a few weeks later, she was finally on the plane to Tokyo, a landmark day for the DMSF in that they'd finally achieved their vision to make Aimee an Olympian.

Her heat did not go as planned and she ran a below par performance to finish a disappointing eleventh in an uncharacteristic time of 9:47.62. However, just ten years after she joined the DMSF she was finally an Olympian who could for the rest of her life put 'OLY' behind her name.

Before she set off for Tokyo, she paid her coach Vicente a moving tribute "I want to say a big thank you to you, the person who got me started on this journey. From bringing me meals as a 14 year old

when I didn't have anything to eat, being my chauffeur to thousands of training sessions and races, helping fund my travel to college and always encouraging me to be the best that I can be; helping me to get a driver's license & then a car & then a place to live when I had no where to go. I came with a lot of problems but you made sure I didn't face them alone. You stood by my side throughout and have been the closest thing I have had to a parent this past 10 years.

You could not have been more generous with your time and knowledge. You have genuinely changed my life. I grew up watching the person that birthed me treadmill through rehab, psychiatric ward, suicide attempt and repeat. I spent the first 14 years of my life trusting nobody because I genuinely had never met an adult that was willing to help me at their own expense, and because I thought that my home life was a reflection of me. You taught me to be proud of who I am and that I did not have to be a product of my environment.

I can't imagine many that would take a kid off a council estate, invest years into them with zero guarantee of any return and turn them into an Olympian. You have the biggest heart and I am so lucky to have encountered you. I will be forever grateful, and I am sure that this is just the start."



Aimee & Vicente Modahl

ABIGAIL IROZURU

Abigail's journey to being an Olympian is a testimony to her immense talent, her resilience in the face of adversity, her self-belief, commitment, her Christian Faith and the love and support of her Church and family.

FECHIN MC CORMICK



Abigail first joined Sale Harriers in 2005 as an U17 long jumper. Two years later, she won her first major international representing GB & NI at the World Youth Championships in Ostrava. The following year, representing England, she won the long jump gold medal at the 2008 Commonwealth Youth Games. She also represented GB the same year at the World Junior Championships in Poland.

In 2009 she made her first senior international representing GB at the Glasgow Indoor International and, over the next 12 years was a regular Team GB member rarely outside the UK's top three ranked long jumpers and she represented GB & NI in World & European Championships, indoors and outdoors. Domestically she won in the region of twenty British and England long jump titles and medals both indoor and outdoor.

During those years she represented Sale Harriers whenever she could in the Young Athletes Leagues, National Junior League, Northern League and UK Women's League always winning maximum team points.

In 2012 she jumped a PB of 6.80m but then began an unfortunate series of injuries and set-backs. As a result she was left out of the

GB & NI team for the 2012 London Olympics despite having achieved the standard. *"These experiences are painful"* she wrote. *"I'd have so loved to been on the London 2012 team and it was a massive heartbreak and disappointment"*.

In 2014 she became a full-time athlete and continued to develop. In 2015 she jumped an indoor PB of 6.73m to become the Indoor British Champion and she also qualified for the European Indoor Championships in Prague and the World Championships in Beijing. Then disaster struck again whilst competing in a match in Texas. She ruptured her Achilles tendon that required surgery and was forced to miss her second Olympics - the 2016 Rio Olympics.

Gutted, she 'retired' but never gave up believing in her God given talent, her Christian Faith, and the support she received from her family, friends and Church.

In 2018 and 2019 she returned with the aim to qualify for the 2020 Tokyo Olympics. She had two successful, injury free seasons in which she achieved the European Athletics Championships standard and was ranked 10th in the world. Then, at the 2019 British Championships, she recorded a fantastic PB of 6.86m, the Tokyo Olympics qualifying standard. However, the 2020 Tokyo Olympics were later postponed until 2021 because of the worldwide Covid pandemic.

At the 2021 British Athletic championships, thankfully, she hit the necessary automatic qualification mark of 6.75m with her third and final jump and finished in the required second place and so qualified again for Tokyo. After half a lifetime yearning to be an Olympian she finally was on the plane to be

an Olympian. *"It's been quite a journey" she said. "If I didn't have my faith in God then I wouldn't have made the Olympic team"* she said.

Of course she'd have loved to finish higher than 11th in the final (her jump was 6.51m) but she emerged justifiably proud and finally was an Olympian, a title and honour that will be hers as long as she lives.

On her website (www.abigailirozuru.com) she wrote, *"It's been a long journey, nine long years because it was nine years earlier that my first Olympic dream came crashing down when I wasn't selected to represent Team GB at a Home Olympic Games despite jumping the standard. That really broke my heart! And then four years later, I missed a second Olympics following my Achilles rupture. So, after two Olympic failures, why did I return? In summary, I had unfinished business! Finally my Olympic dream has become a reality! Hallelujah!"*

(Abigail's insider's view of the Olympic experience is well worth reading. She vividly describes from departing Heathrow to her time at the Team GB holding camp to entering the Olympic village filled with athletes from countless sports and nations across the world and her first look at the incredible stadium - devoid of people because of the Covid-19 pandemic. You can also follow her blog - It's all on her website.)



GEORGIA TAYLOR-BROWN

Georgia Taylor-Brown herself probably can't quite believe her amazing 2021! The club's cross-country runner, a Sale Harrier since 2013, always makes a difference when she puts on her club vest. This year alone she was key to the senior women becoming Northern XC Relay Champions, scorching around the course a minute faster than anyone else and, a few weeks later at the National XC Championships, she just missed out on a podium position. FECHIN MC CORMICK



National XC 4th



Olympic Team Gold

But what was much more remarkable was her Triathlon silver medal at the Tokyo Olympics, the best ever result by a GB female British athlete and then she went on to win a further medal - GB Gold in the Mixed Relay.

Readers will remember how, in the Triathlon, she saw her chances of gold disappear after she suffered a flat rear tyre about 2k from the finish. In her panic she opted to ride on the flat tyre; made a superb recovery and pipped her America rival to the silver medal. Wow!

She then went on to win GB gold in the first ever Triathlon Mixed Relay with her colleagues Jess Learmonth, Jonathan Brownlee and Alex Yee. She was especially strong in her running. Reflecting on her first Olympic Games, "I'm going away with two medals, I couldn't have

even dreamt about this. It's pretty incredible. Just to end it with the team as well after such a weird year with Covid, it seems more special. We're Olympic champions aren't we, it's more special than the silver"

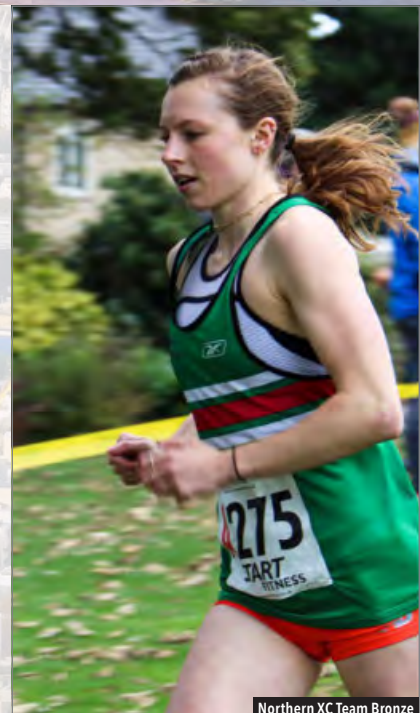
She then wrapped up her 2021 by winning the Super League Triathlon Championship Series for which she bagged \$140,000. Again, her success wasn't without tribulation. She fell off her bike in London; was disqualified and then reinstated in Jersey which meant her colleague Jess Learmonth won all three events but Georgia's four 2nd places bagged her the title.

Her year did not end there either! In the Queen's New Year's Honours List in January, she received the MBE for services to the Triathlon awarded it as a member of Great Britain's Mixed Relay team

that won the Olympic gold.

She said, "Little did I know I'd be leaving 2021 with 2 Olympic Medals, an MBE and a place on the New Years Honours List WOW! Always humbled and forever grateful for the support I receive".

Georgia was brought up by an athletic family. Her dad, Darryl was a Sale Harrier middle distance specialist between 1981 - 1991 who represented England for 800m on the track with a best time of 1min 48secs. Her mum swam at national level and also ran for Sale Harriers. She's been swimming since she was five and started running when she was 12 Not wanting to choose between the sports, she focused on triathlon and the rest, as they say is history.



Northern XC Team Bronze

KADEENA COX

KADEENA COX joined Sale Harriers in 2013 as a talented U23 able bodied sprinter. In that year, she'd broken the 12 second barrier for 100m recording a PB of 11.93 and was a valued member of the club's UKWAL (Div. I) and Northern Premier League matches.

FECHIN MC CORMICK



With Gary Neville at the DMSF 'City of Champions' Dinner

Her last competition as an able-bodied athlete was at the UKWAL match at Lee Valley, London in May 2014. I was the team manager filling the gap left by the death of legendary women's team manager Eric Hughes. When we returned to Manchester by coach I ensured she got safely home.

Just a few days later, news broke that Kadeena, age 23 had a stroke – shocking and distressing news! After months of physiotherapy she began training again but a short while later, she experienced burning sensations in her right arm which worsened to numbness in her arm and right leg. After extensive tests she was diagnosed with Multiple Sclerosis. The rest, they say is 'history'.....

Kadeena showed incredible fortitude and was determined her MS would not define her future so she continued her athletics as a disabled athlete. Initially, she was classified as a T37 sprint athlete and, as a member the Great Britain athletics team, she broke the 100m world record. In 2016, she was reclassified as a T38 athlete and selected for the Rio Paralympics and, having already shown immense talent in winning the 2016 gold medal in the British National Track Cycling Championships and another gold at the UCI Para-Cycling Track

World Championships where she won the 500m time trial in a world record time, she was also selected as a para-cyclist.

Kadeena made history at that Paralympics by becoming the first Briton in 32 years to win two gold medals in two different sports – cycling and athletics. She also took athletics silver in the 4x100m relay and bronze in the 100m and she was picked to be Britain's flag bearer at the closing ceremony. She said "Winning a gold medal had been my aim for God knows how long, and then I win two plus a couple of others".

As a result, in 2017 she was honoured with an MBE (Member of the Order of the British Empire) for services to athletics and cycling and she got to do loads of fun things like being on Channel 4's "The Jump" that followed celebrities as they tried to master various winter sports. She also became known for her work on BBC 2's 'Robot Wars' which she designed and, as Kadeena Machina (a pun of her own name) is a robot who competed in the Battle of the Stars. She won selection to the 2020 Tokyo Paralympics again in Cycling and Athletics. She again won two gold medals but this time not in

different sports. She won gold in the Mixed 750m Team sprint and the 500m time trial and in the T38 400 metres she finished 4th.

This time she was awarded the OBE (Officer of the Order of the British Empire) in the Queens New Year's Honours List (2021/22) in recognition of these gold medals and her contribution to disability sport. She was also selected to receive from Her Majesty the Queen the Commonwealth Games Baton at Buckingham Palace to take it on its first leg of its 90,000 miles global journey. "Receiving the Baton from Her Majesty was a moment I'll keep with me for the rest of my life. It was such a privilege" Kadeena expects to be competing at the Commonwealth Games.

Her celebrity status expanded and she made regular appearances on TV shows like 'A League of Their Own', the BBC Look North and others. She won Celebrity Master Chef in 2021 and many will remember her on 'I'm a Celebrity, Get Me Out of Here' where, despite finding it tougher than expected, she showed great leadership proving herself to be quite a chef, did not shy away from the creepy crawlies and bush-tucker trials and the more challenges she faced the braver she seemed to get. Her fellow contestants regarded her as a such a 'sweet soul'.

Kadeena is a huge role model whose life and career demonstrates that no matter what challenges one faces in life, with determination and a positive attitude you can still achieve what you want. As her cycling coach said, "Medals define the champion to the public. However, the great champions are defined by not only what they win but how they take people with them" That's Kadeena...and congratulations!



Double Gold medalist - Tokyo



Commonwealth Games Baton from the Queen



I'm A Celebrity -Get Me Out of Here!

NORTHERN AGE-GROUP OUTDOOR CHAMPIONSHIPS

Most of the 2020 summer T & F events were constrained by the England Athletics Step 3 of the Covid roadmap. As a result championships like these Northern T & F Championships were badly affected in numbers and the quality of competition. Sale Harriers T & F athletes train at Sportcity and it's stringent guidelines meant many were adversely affected. This maybe a reason why the club had the lowest ever number of competitors in the Championship with the smallest ever number of titles and medals won. In 2019 the club had won 32 Northern titles and medals. In this 2021 season the total was just 10 titles and medals! FECHIN MC CORMICK

SENIOR CHAMPIONSHIPS

HANNAH BLOOD, home from University in the USA, won the senior hammer title

SHAUNNA THOMPSON won the senior Shot Put title. From being one of Britain's great prospects in the sprints who won Gold in the 2008 Commonwealth Youth Games 100m & 200m, was 4th the following year at the World Youth Championships 100m and has won numerous domestic titles, she's been developing a successful career in the Shot Putt. and is a great team asset.

RORY KEEN, though still U23, took the Northern 400m title. He's now got quite a collection as he's also the double U20 Northern 400m champion with several other age-group 400m medals.

CAMERON DUFF took home the 400m senior bronze medal with probably his best ever performance in these outdoor championships.

UNDER 20 CHAMPIONSHIPS

OSA ODEMWENGIE won the U20 200m silver medal with a great new PB of 24.70.

UNDER 17 CHAMPIONSHIPS

AKIRA EDGSON was one of just two athletes in her U17 age-group to win a Northern title – the 3000m. It was her first major championship medal so a special well done. This young committed athlete will go from strength to strength

HERMIONE MASON is another committed multi-distance athlete. She won the U17 Northern 300m hurdles title, her first major title in this U17 age-group with surely more to come.

UNDER 15 CHAMPIONSHIPS

LILY OLDALE won a well deserved Northern javelin silver medal, again her finest performances in her new age-group at that time. Liala is another 'gold dust' multi-event athlete priceless to any team and club. Through the club's summer's three YDL matches (Lower), she competed nine times in the Shot, Javelin, Discus and 75m Hurdles and won bucket loads of team points towards Sale Harriers winning the 2021 YDL title.

OSCAR SCHOFIELD won the U15 1500m silver medal. What's not been already written about him? Very talented and versatile, in 2019 he represented GB & NI for a 2nd time in the U13 category of the European Biathe and Triathlon Championships and won gold, silver and bronze medals.

LAILA HERSTELL won the U15 long jump silver and her finest performance to date in this championship. Yet another of the club's valuable multi-eventers she represented the club brilliantly through the YDL (Lower) League in the high jump, shot putt and long jump and contributed big time to the club winning the 2021 title.



Oscar Schofield U15 1500m silver



Cameron Duff & Rory Keen (Senior Champion & 400m bronze)



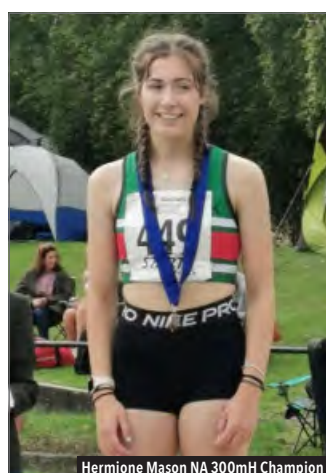
Akira Edgson U17 3000m champion



Shaunna Thompson Senior Shot put champion



Hannah Blood Senior Hammer champion



Hermione Mason NA 300mH Champion



Osa Odemwengie U20 200m Silver



Lily Oldale U15 Javelin Silver

NORTHERN MASTERS OUTDOOR CHAMPIONSHIPS



GEOFF BEATTIE won the M65 10,000m silver medal in the Northern Masters Championships held in Ashton-under-Lyme. Two weeks later he became a sprinter and won 400m bronze at the Northern Masters Championships held in Bury. A few weeks later he returned to endurance running and in the Northern Masters 10k Championships held as part of the Wesham 10k he added yet another bronze medal to his collection.



GEOFFREY TYLER won the M70 discus, shot & hammer titles at the Northern Masters Championships in Bury. Currently Britain's No1 M70 Discus thrower who's also rarely ever out of the top three nationally in the Hammer and Shot was 'disappointed with his level of performance due to injuries' Geoff is a life member of Sale Harriers since 1988. He joined in 1971 from Chelmsford AC and captained the BAL team through their "yo-yo" years between Division 1 & 2 before he moved to Australia and later to France. He holds the 1994 M45 UK & Australian discus record 49.08m, the latter still current!

GTR. MANCHESTER

T & F CHAMPIONS



Lucy Armitage 1500m Champion with Coach's Dave & Christine Lowe

The 2021 Gtr. Manchester T&F Championships were held at Longford Park Stadium on Saturday 21st August 2021. Because it was only a one day championship due to the Covid pandemic, Sale Harriers arguably produced it's greatest ever number of medal in a single day. These County Championships in the modern era have lost the prestige of former decades when athletes had to qualify to compete in them. That's no longer the case! Nevertheless, championship medal are not to be sneezed at, holders should be rightly proud of them and they're a tribute to their talent and potential. Well done, therefore, to the following club champions and medallists.

Gtr. MANCHESTER CHAMPIONS

NATHAN BOOTH Senior Hammer
KAMAL BENISSAD Senior Discus
NATHAN ROACH Senior long Jump
SHAUNNA THOMPSON Senior Shot
SAM DEAN Senior Javelin
NATHAN BOOTH Senior high Jump
JESSICA SPILSBURY U20 400m
LUCY ARMITAGE U20 1550m
RUARI Mc DONALD U17 Pole Vault
KATIE STRINGER U17 1500m
ANNABEL AMADIN U17 Shot
MARTINS OGE.DOB U17 High jump
ISABELLE BURKE U17 800m
OSCAR SCHOFIELD U15 1500m
LILY OLDALE U15 Javelin
THEA BROWN U15 200m
ISOBEL HALL U13 1200m
NIAMH RIDLER U13 75m
MARIA RAYKOVA U13 Javelin

SILVER MEDALLISTS

FAISAL OTHMAN Senior Long jump
KAMAL BENISSAD Senior Shot
KATIE McWATT U20 400m
BECKY Mc LYNN U17 Shot
JASMINE REED U17 800m
BECCA Mc LYNN U17 80M Hurdles
NIAMH DOLAN U15 75m hurdles
NIAMH RIDLER U13 Long jump

BRONZE MEDALLISTS

GABRIELLA KIRBY DAVIES
U17 High Jump
JEFFERSON ADENUGA U15 Long Jump
NANCY PICKLES U15 300m

SCOTTISH

TRACK & FIELD
CHAMPIONSHIPS

KIRSTY LAW made 13 her lucky number at the 2021 Scottish Championships. She claimed her record thirteenth Scottish discus title and shared in a £2000 prize-pot for

throwing over 54m. She threw 56.26m even though, a week earlier in Portugal she threw an exciting PB of 59.95m. "I was thrilled just to have thrown so far because I tend to underperform in this Scottish championship. I would have been happy with 54.01m"

Despite two years of Covid restrictions when it's been especially tough for technical events athletes and with very limited competition, Kirsty had a great 2021. She threw the discus beyond 58m six times and culminated with a lifetime best of 60m at the National Athletics League match in Liverpool in August. Then in February UKA announced she'd be in the team to represent GB & NI at the European Throwing Cup in Leiria, Portugal in March 2022

Kirsty is a long-time club patriot who's represented the club in its leagues, cups and championships for over a decade and she's represented GB & NI nationally and internationally.



NORTHERN IRELAND

OUTDOOR MASTERS
T & F CHAMPIONSHIPS

Congratulations to **GEOFF BEATTIE** who won the M65 400m bronze medal at the Northern Ireland Masters T & F Championship held in his home city of Belfast during the summer. Despite being his home city, it was the first time he'd competed on the renowned Mary Peters track. He was among some high quality competition like the legendary Joe Gough, who recorded a world-leading time of 62.13 in the same age category. Said Geoff, "He was in the lane adjacent to mine, I was in lane 8. I really did go off like the hammers of hell to try to keep him behind me (successfully for a very, very short time) and then I died an absolute death on that home straight! I literally couldn't feel my legs. But I loved it! As well as a great athlete, Joe is also a really nice human being"

(Read Geoff's book called 'The Protestant Boy' that describes his life growing up in Belfast's 'Murder Triangle' during the Troubles).



ENGLAND

TRACK & FIELD
CHAMPIONSHIPS

Hannah Blood England U23 Hammer silver



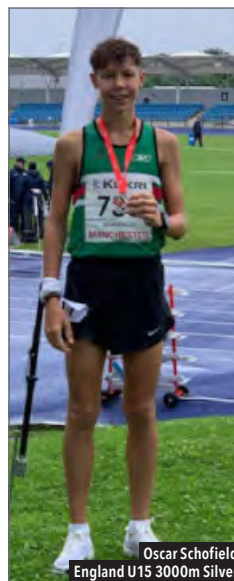
Lazarus & Success 1st England call-up



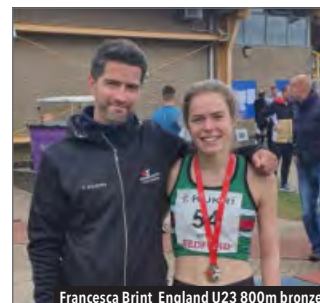
Melissa Booth England U20 TJ Silver



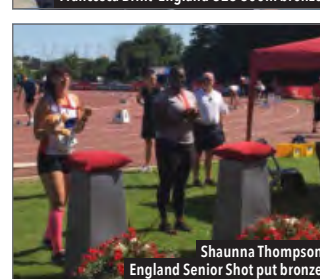
Thea Brown England U15 HJ Champion



Oscar Schofield England U15 3000m Silver



Francesca Brint England U23 800m bronze



Shaunna Thompson England Senior Shot put bronze

ENGLAND U20 & U23
CHAMPIONSHIPS

Following 2020 Covid lockdowns the EA T & F Championships returned in June 2021 with the U20 & U23 championships at its traditional venue of Bedford. There was certainly nothing rusty about Sale Harriers youthful, well oiled machines.

LAZARUS BENJAMIN (U20 POLE VAULT GOLD 5.05m) continued this success story through the summer. He again improved his PB to over 5m for the first time a (5.05m). He won the title from second placed finisher on count back having cleared on the first jump.

SOPHIE ASHURST U20 POLE VAULT GOLD (4.10m): Sophie now has the England Athletics U20 Indoor & Outdoor Titles.

JONA EFOLOKO U23 100M GOLD 10.55: Jona took the title in the final stride confirming his excellent form from Loughborough a few weeks earlier

SUCCESS EDUAN U20 200M GOLD 23.70: Success had also received her first England call up with Lazarus Benjamin at the Manchester International in May. The UK No.1 U17 athlete powered to a 200m lifetime best of 23.70 to take the U20 title and also secured the much sought-after Euro qualifying time.

MELISSA BOOTH U20 TRIPLE JUMP SILVER 12.16m: Like so many technical event athletes, the Covid pandemic made Melissa's training very difficult and she had few competitions. She managed just two triple jumps in April. At the Trafford Open Meeting she jumped a PB of 12.42m. On the back of this, she was selected for the Loughborough International as a GB Junior with a ranking of 2nd U20 in the UK. Despite the Covid regulations, she again did very well to claim 2nd among more experienced athletes and this opened the door to this EA championship where she fought hard to claim the silver medal but

missed the England title by just 1cm!

HANNAH BLOOD U23 HAMMER (4K) SILVER (57.00m). This was by far Hannah's best result ever and her first medal in this major championship.

FRANCESCA BRINT U23 800M BRONZE (2:09.77): Francesca was really pleased. Having underperformed in earlier races, she went into this race trying not to over think it. "I was really happy and I felt performed really well" she said

ENGLAND SENIOR
CHAMPIONSHIPS

Like a favourite TV show back after a season off air, the England Athletics Senior Championships had lots of drama, old favourites and a host of new cast members. Among them, of course were Sale Harriers.....

ANDY ROBERTSON - 100M GOLD helped create some of a great day's drama. The 2018 100m champion nicked the final in 10.20 with the last stride of the race to win by just 0.004.

KIRSTY LAW - DISCUS 56.72M SILVER. Despite not her best performance, 2021 was a great year for Kirsty, despite the challenges to her training, travel and competitions due to Covid. Ultimately, with a eye on hoping to qualify for the Tokyo Olympics, in April at a Trafford Open meeting she threw a PB of 58.82m that was a meter further than she'd ever thrown before and qualified her for the Birmingham Commonwealth Games and it put her into 2nd on the Scottish all-time best performers list. Then in June at the Loughborough Open she continued her superb 2021 form when she made another leap forward to 59.60m, (As you'll read in the National Athletics League account, she continued to be on fire when she threw over 60m (60.13m) for the first time).

JULIAN REID - TRIPLE JUMP 15.94

SILVER. Again, it was a little consolation after a disappointing 6th place at the British championships

LAZARUS BENJAMIN This was Lazarus latest pole vault pinnacle in a great and exciting summer. The club's talented youngster had received his first England vest at May's Loughborough International and showed how he deserved it with a great PB of 4.74m. Just four days later at the Manchester Invitational he produced another massive PB of 4.95m and clearly was 'on a roll' because in this championship he improved yet further to 5.00m to win the **POLE VAULT BRONZE** medal.

SEUN OKOME - TRIPLE JUMP 15.72M BRONZE: This was Seun's best performance by far of 2021. His silver medal was a consolation for a disappointing ninth place at the British championships.

SAUNNA THOMPSON - SHOT PUT IN A PB OF 14.23M BRONZE. This medal and PB was a great leap forward for Shaunna in her new career as a thrower and her first major throws medal since, as a young girl between 2005 -2010 she was a sprint protégé who won 100m and 200m sprint gold at the 2008 Commonwealth Youth Games, was 4th in the 2009 100m World Youth Championships and 5th in the 2009 European Junior Championships. For about five years, she disappeared off the scene until in 2019 she re-emerged as a shot-putter and placed 4th at the 2020 British Championships. Her PB of 14.23m in these championships is another great big leap forward for Shaunna that put her 10th on the British rankings. An Achilles tendon injury put paid to her sprint career but because she still loved sport and competition she turned to cycling but struggled to get the interest of British Cycling so took up throwing

and is currently coached by Bob Gaisie.

(She improved her PB further to 14.55m at the 2021 England Throws Camp Fest in Moulton)

ENGLAND U17 & U15
CHAMPIONSHIPS

The U15/U17 age-group EA Championships in August were for many their first steps on the ladder to international vests and major finals. Sale Harriers had three qualify. Well done to:-

U15 THEA BROWN: HIGH JUMP GOLD & 100M BRONZE: Just five weeks after Thea became the ESAA English Schools high jump champion in a PB and new club record and the North-West Combined Events Champion with another PB score, she continued her superb PB form at these England U15 Championships to record another high jump best of 1.72m and a 100m best of 12.23. Of course, she again has re-written Sale Harriers U17 high jump club record! Not surprisingly, the club's super talented multi-eventer has consistently ranked Britain's No.1 through her U13, U15 and U17 age-groups.

U15 OSCAR SCHOFIELD - 3000M SILVER in 9:11.40: Oscar, represented GB & NI at the 2019 World Triathlon & Biathlon Championships in Florida, has turned his talents to the 3k & 5k. Early year he'd displayed lots of promise for the longer distance at the BMC 3k and 5k road races at Tameside. His time in this EA championship suffered from a bout of Covid but he still won the silver medal.

U17 ANNABEL AMADIN - SHOT (3KG) 14.70M: A few weeks after Annabel became the ESAA School Hammer champion in her 1st year, a few weeks later she secured a fantastic silver medal in these EA championships, also her first major England championships and she did it in style with an improved PB of 14.70m.

UKA ATHLETICS

OUTDOOR CHAMPIONSHIPS

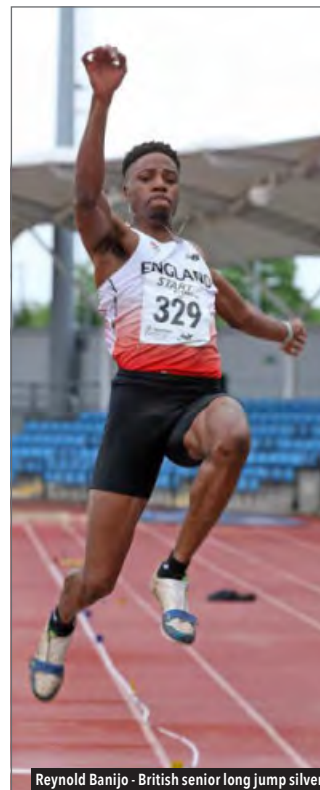
The Muller British Championships in June were held on home territory at Sportcity because Birmingham's Alexander Stadium was being rebuilt for the 2022 Commonwealth Games. The three days produced brilliant performances and Sale Harriers were among them some hoping to clinch their place for the Tokyo Olympics. FECHIN MC CORMICK



Aimee Pratt - British steeplechase Champion



Abigail Irozuru - British long jump silver



Reynold Banijo - British senior long jump silver



Melissa Booth - British Championships



Kirsty Law - British Senior Discus Silver



Jona Efoloko - British senior 100m & 200m bronze

AIMEE PRATT was one! She won the 3000m S/C silver medal in 9.39.72. Top ranked Aimee led until the last lap when Lizzie Bird of Shaftesbury AC powered past her to win. Both were selected for Tokyo. Aimee's Olympic story is elsewhere. Aimee is well known as the Diane Modahl Sports Foundation flagship athlete coached by Vicente Modahl and we wish her every success in Tokyo.

ABIGAIL IROZURU also confirmed her place for Tokyo by winning the Long Jump silver medal in a SB 6.69m (SB). She already had the qualifying mark from 2019 which meant her fight was to finish in the top two for automatic selection.

REYNOLD BANIGO was the defending champion and he won the Long Jump bronze medal with 7.65m. It was a very close and exciting contest for him with just four centimetres between the first four.

JONA EFOLOKO, Sale Harrier's former world junior 200m champion won the 100m bronze in personal best of 10.30. He also won 200m bronze with a season's best of 20.79

KIRSTY LAW The club's reigning British Discus champion and the 13 times Scottish discus champion did not live up to her expectations and, despite fantastic throws early year, she was understandably disappointed to finish 4th with a mediocre 56.72m.

MELISSA BOOTH, though not a medallist, deserves a special mention. As a result of her current good form that included winning the silver medal at the England U20 Championships, she was invited to compete at this championship & Trials for the Tokyo Olympics. She had the experience of a lifetime on a bigger than ever stage and was among Britain top senior athletes. In that context she was amazing to finish a very solid 5th place.

EUROPEAN ATHLETICS

OUTDOOR CHAMPIONSHIPS

The 2021 U20 European Championships were held in Tallinn, Estonia and, a week later, the U23 Championships. Sale Harriers had four representing GB & NI at the U20 championships and one in the U23 championships. The four U20's helped GB to top the medals table to six gold, one silver and five bronze medals. **FECHIN MC CORMICK**

SOPHIE ASHURST has been Britain's No.1 pole vaulter since she was thirteen and has been ranked Britain's No. 1 indoors and outdoors through all her age-groups. Her father **ANDY ASHURST** is a Sale Harrier Life Member who represented GB & NI in the pole vault at three consecutive Commonwealth Games -1986 (Edinburgh) where he won pole vault gold; 1990 (Auckland) and 1994 (Victoria (Canada). He also represented GB & NI at the 1988 Seoul Olympics.

At the Loughborough International she cleared 4m for the first time ever and earned her first British vest as a GB Junior. Just a week later, she produced a big PB of 4.16m and the week before she set off for Tallinn she vaulted another fantastic PB of 4.21m to win the ESSA England Schools title with a Championship Best Performance. She was off to Tallinn brimming with confidence. Her opening height was her highest ever start to a competition, clearing 3.84m and 3.94m first attempts then 3rd time clearances at 4.02m and 4.10m. She finished a credible 5th in her first ever Championships.

Andy recorded a diary that gave fascinating insight into the Covid testing protocols before and during the Championship. He's written about travelling to London with a van load of athletes and poles; watching the Euro football finals in the hotel lobby that went to penalties (remember that!), getting to the airport for the 06.40 flight with all the usual drama of travelling with poles, going straight into hotel quarantine; the compulsory wearing of masks and acclimatising to 30 degrees heat with little shade.

Sprinter **SUCCESS EDUAN** has also been Britain's No.1 female sprinter through her age-groups. She's also a multi EA champion and medallist. Still aged just 16, her goal was to perform at the U18 European Championships but when this got cancelled due to Covid she quickly refocused aimed for the U20 Championships.

At just 16 years she was one of the youngest members of the GB team. She sailed through her heats and

automatic qualification to the final by posting a time of 23.81 for third place. In the final she showed maturity beyond her years as she chased down the 100m gold medallist representing Ireland and the Netherlands' athlete to post a PB of 23.62 and surprised even herself to win the bronze medal. She said *"I'm just full of excitement. I'm 100% happy with this medal. I'm only 16 but I'm here competing at the U20s and coming away with the bronze medal, so I have to be happy. I was just chasing and chasing in the last 100m. I had to stay relaxed because if I panicked, I'd lose my technique and everything. I was less nervous for the final than I was for the semi-finals. I knew I could do it, I just had to execute my race like my coach said."*

Then, on the final day of the championships, she anchored the GB & NI on the final leg of the 4 x 100m relay to win the gold medal. The 3rd leg athlete had set up Success well for her task of chasing down the home straight. The German and Polish girls were narrowly ahead of her but Success showed incredible grit to overhaul her opponents in the closing stages to seal what was GB & NI's fourth gold in the event at the Championship in the last ten years. *"All I was doing was - attack, attack, attack. I saw the Germans and was thinking I cannot let them beat us. Being only 16 and going home with two medals is absolutely amazing and unbelievable. I thank God for everything. And my family, friends, coaches, my support system has been incredible! I'm really grateful. Onwards from here!"*

Said her coach **ANITA RICHARDSON**, *"The coaching team of myself CLOVIS ASONG and my mentor PAULA DUNN are immensely proud of Success and all of the group who support each other so well."*

LAZARUS BENJAMIN also had a brilliant Euro's. He successfully negotiated the early rounds of the pole vault and went over 5.00m on his second attempt to confirm his slot in his first ever European final. He cleared his PB of 5.05m which he'd set a few weeks earlier when he won the EA U20 title. What more could be expected and he was rightly pleased with his 9th

position. He said *"The weather was very very hot, so keeping cool was so important. Concentration was key. I had to be more focused. But I'm happy to be clearing bars, and I'm privileged to have reached the final."*

This was Lazarus first full season of pole vaulting for three years. In such a short time, apart from this GB representation, he's made awesome progress, improving his PB from 4.61m to 5.05m in 12 months and in the process, he won his first British vest at the Loughborough International, became the EA U20 Champion, the ESAA England Schools Champion, the Gtr. Manchester Schools champion and more. Again, it's great credit to his coaches Matt Cullen and Andy Ashurst.

Lazarus pole vaulting is rooted in gymnastics which he started as a child at Gorton gymnastics. He eventually became the National Champion, London Open Champion. British High Bar Champion, English Pbars/Rings Champion and from 9-13 years he was a regular member of the GB gymnastics squad.

Middle distance specialist **STEPHANIE MOSS** was also on the team. Unfortunately, fatigue from a long season caught up with her it and, though she reached the semi final in a below par 2:10.19 she was super pleased to be a competitor in this major Championships. Stephanie is currently studying at Oklahoma State University and just a few weeks before she set off for Tallinn, she produced an 800m PB of 2:05.06 on the USA circuit.

A week after the U20 Championships came the U23 Euros and Sale Harriers had **JONA EFOLOKO** as part of a strong team of 54 GB & NI athletes. He was selected for the 200m and the 4 X 100m but did not make the Championships. Jona relocated to Britain from the Democratic Republic of the Congo and, whilst a Sale Harrier, in 2016 he won the European U18 200m Championships title and silver in the same event the following year. At the 2018 IAAF World Junior championships in Tampere, he won the 200m title, setting his personal best of 20:48 which still stands to-day.



Sophie Ashurst & dad



Stephanie Moss



Success Eduan



Success Eduan



Lazarus Benjamin



Jona Efoloko

The ESAA English Schools Championships in mid-July were on the home ground of Sportcity. Known as the 'Kid's Olympics', they brought together England's best school aged athletes, many of whom go on to become national and international stars. Almost 2000 athletes took part in 300 different events for around 100 sets of medals. Due to the Covid restrictions the Championships were held over three rather than the usual two. Also many counties would not allow their students to stay away overnight so athletes had to travel on the day from throughout England. FECHIN MC CORMICK

Sale Harriers school aged youngsters displayed awesome talent and future promise.



SOPHIE ASHURST became the senior girl's English School's Pole Vault Champion and, she did it in a Championship Best Performance of 4.21m that ranked her top in the UK. Her impressive jump launched her into the British record books as the 5th best ever by a British U20 woman.

LAZARUS BENJAMIN became the senior boy's ESAA pole vault Champion so Sale Harriers lifted both the senior boy's and girl's titles! Brilliant! Lazarus adds this to his 2018 ESAA title.



THEA BROWN participated in the high jump at July's England Schools Championships and in the Pentathlon at September's ESAA Combined event Championships in Bedford. The high jump competition was especially exciting in which she became the ESAA U15 champion with a PB of 1.68m. This jump also broke her own club record

At September's Combined Events Championships at Bedford she then won the Pentathlon silver medal also with a great new PB of 3407 points



ANNABEL AMADIN had an exceptional championship! Not only did she become the English Schools Intermediate girl's Shot Putt Champion but she did it in style with 4 PB's so she now ranks No.1 in the UK age-group rankings with a PB of 14:66m. She was then selected for the UK Schools Games and again she performed brilliantly to finish 2nd in the

shot put. Two weeks later at the end of September, she represented English Schools at the SIAB Home International in Derby and again excelled with a magnificent 3rd place and the silver medal

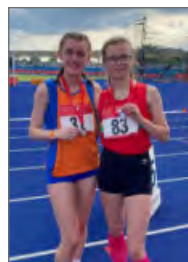


HERMIONE MASON won the ESAA

Schools 300m Hurdles intermediate bronze medal. She too won it in the best possible way with a great PB of 45.26m.

This ranked her 4th in her U17 age group in the UK. She was later selected for the 300m at the UK School Games in Loughborough at which she won yet another great bronze medal.

HOLLY MURRAY won the senior 400m bronze medal and she also ran out of her skin to win her medal in a PB time of 56.75. She's yet another very committed and talented young athlete



ELLIOT SAVAGE won the ESAA Intermediate English Schools 800m bronze medal. He was then selected for the 800m at the UK School Games in Loughborough and finished an excellent 2nd. He and his twin brother need no introduction here since their talent and commitment is displayed throughout this magazine.

JASMINE RICHARDSON, though she wasn't among the medallists in the Hammer, deserves special mention. In every one of her last six summer competitions leading up to the Schools championships, she did a PB and improved by an overall massive four metres, topping off with 45.89m at the ESAA Schools championships. This placed her 14th on the UK's U17 list, her highest ever position. Now! That's

fantastic progress! You and your fellow throwers are gold dust to any club and Sale Harriers thinks you're worth your weight in gold. (See the club treasurer!)



UK SCHOOL GAMES

The UK School Games is an annual inter-region, multi sport competition organised in partnership with UKA and involves the Home Nations and The Youth Sports Trust. In 2021 it was organised differently due to Covid-19 and involved the top ranked 8 athletes from across the UK competing against each other in vests associated with their country - England, Scotland, Wales or Ireland (until they ran out of vests!) and in teams named after Olympic cities. They brought together 1,300 young athletes and the Sale Harriers who rounded off their year representing their nation were:-

ELLIOT SAVAGE (800m Silver - Team Rio) He was set to win his 800m when a clash at 200m with his twin brother gave the eventual winner a decisive lead. However, he said "I was pleased to beat the winner and runner up from the English Schools Intermediate Boys 800m."

EVAN SAVAGE 800m Twin brother EVAN, who'd also competed in the ESSA relays, was also selected off the back of his great PB at Stretford BMC at the end of August where he broke the 1 minute 55 seconds barrier - just! Despite the clash with his brother which caused him to nearly fall, he found the race a great experience.

HERMIONE MASON 300m H Bronze & 4 x 300m (Team Brisbane)

SUCCESS EDUAN 100m Gold (Team Tokyo)

ANNABEL AMADIN Shot Putt Silver (Team



ESAA XC CHAMPIONSHIPS

AKIRA EDGSON & ISABELLE BURKE represented Gtr. Manchester Schools at the ESAA XC Championships in Kent on March 19th and were a part of the bronze medal winning team. Congratulations!



BRITISH SCHOOLS MODERN BIATHLON

OONAGH MCMANUS qualified for the championships in Bath, winning the U13 Girls Northern champs in January. She swam a PB of 1:07.34 in the 100m Freestyle, followed by a PB of 5:38.82 in the 1600m to win bronze medal.



SCHOOLS INTERNATIONAL (SIAB)

Two of Sale Harriers school aged athletes, as a result of finishing in the top two of the English Schools in July were selected to represent English Schools at the

Schools International Championships (SIAB) in Derby. Congratulations to.....

ANNABEL AMADIN rounded off her best ever year with the SIAB Shot Put (3k) bronze medal to add to her earlier ESSA English Schools Gold medal and her EA silver medal. She ends her season ranked 2nd in the UK at U17.

THEA BROWN, who'd won the ESAA U15 high jump title at Sportcity, the ESAA Pentathlon silver medal at Bedford in September and the ESAA NW Pentathlon title at Telford and was selected to represent English Schools at the SIAB Combined Events

International Pentathlon in Glasgow in December again excelled to win the SIAB International Schools silver medal. Not surprising, she rounded off her 2021 season top of the UK U15 rankings for the high jump and 2nd in the UK for the Pentathlon.



NORTHERN LEAGUE

**DIVISION
PREMIER WEST**

The Covid pandemic ensured the 2021 North of England T&F League was as much about 'Track & Trace' as it was 'Track & Field'! The first of the four matches was cancelled because the pandemic was so widespread in the North-West. The remaining three were cloaked in unease with strict protocols, face masks and a sanitizer regime commonplace. FECHIN MC CORMICK

At a time when technical event athletes had been forced to train in isolation and others, trained to respond coolly to the sound of the starter's gun, had become more prone to jump out of their skin every time their phone pinged, the remaining three matches were inevitably low-key and dispiriting for everyone including the supporting families with only 50% of the 39 scoring events having a full quota of competitors.

Sale Harriers did well in the face of this adversity that affected all the competing clubs - Blackburn H & AC, Preston Harriers, Team Isle of Man, West Cheshire and Wigan. Team Isle of Man couldn't even leave their island!

Team Manager and Official **JACK FROST** did exceptionally well to recruit the full quota of T & F Officials for each match, especially commendable in that many of the older officials sensibly stayed at home. Those he recruited won the maximum number of points for the club's overall team score. Sale Harriers urgently need a new generation T & F officials.....don't think about it - just do it! Fellow team manger **DAVE MARSH** also deserved applause for his dogged perseverance to recruit the quota he did.

NATHAN BOOTH, among the competitors, stood out head and shoulders above the rest and must be complimented for his exceptional commitment to the three remaining matches and the wholly exceptional number of disciplines he scored team points in - the 110mH, High Jump, Hammer, Javelin, 400m, 400mH, Long Jump and Discus. Among the women, shot-putters **SHAUNNA THOMPSON** and **ANNABEL AMADIN**

were excellent in their commitment, competing in all three matches and both scoring maximum points.

Scrutiny of the results also raises the question how, if top ranked guys like **NIGEL MARTIN** and **PHIL ROBERTSON** should turn out for a match and win maximum club points over 1500m and 5000m, where were the rest of the club's pool of classy middle-distance guys for the remaining matches? The club had no male 800m representatives in match three and only **ROBBIE RIGBY** and **ADETOMIWA OLADITA** covered the six bases of the three matches with the consequent costly loss of team points. Of the twelve 1500m and 5000m men's races, Sale Harriers showcased in just eight, with inexperienced U17 youngsters doing a lot of the grafting. The women were better, thanks to the likes of **AIMEE PRATT**, **LUCY ARMITAGE**, **SARAH GOULDEN** and **HANNAH BROWN**. Not only are these valuable competitive opportunities lost that score important team points but they have the potential to flag up Sale Harriers as a successful club others might consider joining. It's worth also recording that Sale Harriers did not have even one steeplechaser - male or female, for any of its matches, an issue that needs to be addressed and the obvious shortage of men and women hurdlers is also a club concern with **SOFIJA DRAJISIC-WOOD** the only real specialist.

If you, reading this, contributed in any way to the team's overall 3rd place in these challenging circumstances, give yourself a big clap on the back; Sale Harriers thanks you and now go prepare for a win in 2022.



Shaunna Thompson



Nigel Martin & Phil Robertson



Sofija Drajsic-Wood



Sarah Goulden



Nathan Booth

YDL

UPPER

TEAM MANAGERS: SARAH JAMES & DORRETTA MAYNARD

After a hard fought successful battle for promotion to the Premier Division in 2019, it was somewhat frustrating that COVID forced us into a more local league for 2021. That said, after no YDL competitions at all in 2020, credit and thanks must go to the YDL committee for reorganising for the season, to give our athletes the much needed opportunity to compete in team competitions.

Sale Harriers were therefore placed in a division with Leigh, Wigan and District, St. Helens Sutton, Horwich RMI and Bolton United, with 2 matches held at Leigh and a very sunny home match at SportCity. We won 2 of the 3 matches, coming runners up in the final match, to make us victorious over the season with 1069 points, with Leigh in second place on 851 points.

It has to be said that it was a challenge to get athletes to take part, with no transport provided due to COVID and many preferring local medal meetings. Those who did take part, however, put in some fantastic performances, with lots of wins and PBS and seemed to really enjoy the team focus and team spirit. As managers, we were extremely proud of all those who took part and, rather than picking anyone out, would like to say a massive thank you to everyone who participated and represented the club, some for the first time (with hopefully many more to come!):

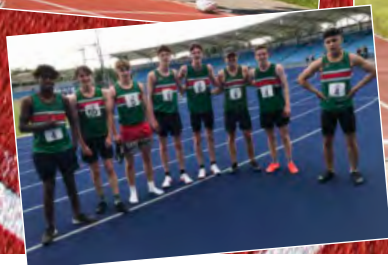
In no particular order:

MARCUS MCLEAN, BASIL ZOLA, MORGAN WHITE, MOHAMMED COLE, ARCHIE STEED, BEN WILSON, ELLIOT SAVAGE, EVAN SAVAGE, ALEX JAMES, ISMAIL HASSAN, LUKE CHINOV, JOSH COLQUHOUN-LYNN, ZAC GAILLEMIN, GEORGE NOBLE, MARTINS OGEDENBE DOBIES, RUARI MCDONALD, REMI LIVESEY, HARRY OTOGHILE, TUNMISHE OSIPITAN, AIDAN LYNCH, BEN DARGAN, BROOK WHYATT, CHARLIE HOBSON, DECLAN O'LAUGHLIN, PATRICK O'LOUGHLIN, LEONARDO SCOTT, KANE MC WATT

OSA ODEMWENGIE, RUKA SHONIBARE, NATACHI NWOSU, PORSCHE JOHNSON, FAVOUR JOSEPH, HERMIONE MASON, LAURE KIDUKULA, KIA-LUCIA CLARKSON, AKIRA EDGSON, ROSANGELA TERIM, ISABELLE BURKE, JASMINE REED, ELLIE COLQUHOUN-LYNN, ELISE FRYER-FRANCIS, EMILY PROBERT, SOPHIE TILLEY, ANNABELLE AMADIN, SOFIA DRAGISIC WOOD, PRAISE OWOEYE, DEBORAH ONAFUWA, MIA GIBBONS, SCARLETT WHITTAKER, SHONA WILKINSON, ELLIE WOLFENDEN, DAISY KEIGHER AND JASMINE RICHARDSON.

Looking forward to the 2022 season, we will be competing in the Premier Division and will need to have as many athletes taking part and events filled as possible, so would ask all athletes and coaches to bear the YDL matches in mind when planning summer seasons.

Here's to a successful 2022!



LOWER

TEAM MANAGER: CARL WORTHINGTON

The YDL (Lower) is a National League for U13 & U15 boys and girls and Sale Harriers are currently North-West, North of England and National champions. In recent years our youngsters have won 11 Northern and 3 National Titles. This year to reduce travel the YDL was restricted to a County event and, by winning all three matches, Sale Harriers became Gtr. Manchester champions and will have to wait another year to defend their NW, Northern and National titles.

In the U15 girl's events **THEA BROWN** was our star athlete. This year Thea has won both the English Schools and UK high jump titles whilst in the YDL she was unbeaten in sprints, hurdles and long jump events. In other sprints and hurdles events, **NANCY PICKLES**, **NIAMH DOLAN**, **LILY EDSON**, **HOLLY GARDNER** and **TIA GROVER** performed well. Congratulations to our middle distance girls **AVA CLOUGH**, **SARA CLOUGH**, **IZZY APPLEBY**, **MADDY HOLT** and **SOPHIE ARMITAGE** who ensured a healthy points total for Sale Harriers. **LILY OLDALE** was a prolific point's scorer in the throws events with five victories. **MIA BENNETT** also scored well in throwing events whilst **LAILA HERSTELL** had victories in Shot, high jump and sprint relay.

In the U15 boy's events, **TOLUWALASE ADEYEMI** was our star athlete. He was the only boy to compete in the maximum twelve events across the three matches and won nine of them including a clean sweep of hurdles and high jump events. Our sprinters were in fine form and amassed an impressive point's total. Well done to **JOSHUA EME**, **SAMUEL KEEP**, **JAMES JACKSON**, **JOSEPH HARRIES** and **MAX CUNNINGHAM**. In the middle distance events, the boys upheld the club's harrier tradition scoring maximum points in most events. Congratulations to **JAMES O'BRIEN**, **FINLAY GODDARD**, **FINDLAY DAY**, **ALFIE CLARE** and **MATTHEW GARDNER**. **ALAX - JASON AMADIN** and **SAM EL-JOUZI** impressed in the throwing events whilst **PANAGIS ZAPANTIS** was a pole vault winner.

In the U13 girl's events a special mention should go to **ROXY MC HUGH** who, despite being at Primary School, was the only girl who competed in twelve events. Roxy competed in jumping, running and throwing events and hopes to emulate older sister Meg who represented English Schools in multi-events. **NIAMH RIDLER** competed in eleven events and had victories in sprints, long-jump and relay events whilst **MARIA RAYKOVA** won the three throwing events she took part in. **IZZY HALL** won the 1200m in all three matches whilst **IMOGEN HILL** ran a Grade 1 performance in one of her two 800m victories. The middle distance squad, as a whole not only scored maximum points in their specialist events, but also competed in other disciplines to enhance the club's points total. A big thanks to **HANNAH SQUIBBS**, **NIAMH COPE**, **SIENNA JONES** and **DOONAGH MCMANUS**.

LIAM O'BRIEN was our star athlete in the U13 boy's team, taking part in eleven events and was unbeaten in middle distance and hurdles events (he has broken the club's hurdles record this year). A special mention should go to **DAN OAKES** who, whilst still at Primary School, took part in eight events and won six of them. The rest of the middle distance squad were not only dominant in their specialist events but accumulated a massive points total by taking part in all the other events and are to be commended for their club spirit. Well done to **JAKE ROYLE**, **ALEX FRASER**, **BEN GARDNER** and **JOSH RODGERS**. **ALFIE DICKS** and **JEFFREY FASHETTON** performed well in the sprints, long jump and relays.

In all forty-five young athletes represented Sale Harriers in these matches. A massive thanks to team manager **CARL WORTHINGTON** who made it all possible and **SARAH JAMES** who took over when CARL was Covid-19 self isolating.

PETER SHAW

NATIONAL

ATHLETIC LEAGUE

This was my first year as women's sprints, hurdles and relays team manager and what a year it's been! In all my years as a sprint athlete, I never experienced anything like the 2020 season where all club matches were cancelled due to the Covid pandemic, so in 2021 it was amazing just to be back on the track. Covid made several noticeable differences, for example, we were competing against just 3 clubs - Liverpool Harriers, Wigan and Jaguars, rather than the usual 8 clubs. Throughout the season, Covid-19 caused several withdrawals due to the need to isolate and illness caused many last minute changes, but it was amazing to see how athletes stepped up when they had to. LUCY EVANS (Women's sprint, hurdles and relays team manager)



The athletes all did themselves and the club proud. Lockdown was beyond challenging, with government backed orders to 'stay-at-home', imposed self-isolation, closure of training facilities etc. Even getting athletes to the start line was a testament to their dedication and commitment.

The season has been invaluable for me as a team manager to get to know the athletes and they to get to know me. Everyone impressed me, be it through giving 100% to win club points, achieving PB's; making track comebacks after starting a family or teaming up with others to compete in the relay.....and many are still Under 20, competing in the senior league. How exciting is that for the future?

As I look to next season, we certainly have a depth of talent across most events although there are some gaps in the roster. It would be fantastic to field an A and a B athlete consistently in the 400m Hurdles events and for athletes to continue to step up and fill gaps where needed, even if it means competing in a different event for them.

As a former team member who competed under legendary manager Eric Hughes and who won an unprecedented number of UKWAL Premier League titles between 2004-2010, I would love to see the club back at the top. I believe our success between 2004 - 2010 was down to just a few small things, a strong team spirit, everyone competing to their best ability and fielding an athlete in every single event. As we look to 2022, let's see Sale Harriers put forward a full team in the men's and women's events at all four NAL matches. A tough target but why not set the bar high? We are Sale Harriers and that is what we do.

The most successful NAL match for Sale Harriers through the season was the one at Sport City on 3rd July, where Sale Harriers became the "Championship North" winners. Of the many stand-out performances through the season, one that stands out above all others the final match in Liverpool when KIRSTY LAW, long time club servant and Scottish international discus thrower, finally

broke through the 60m barrier after a lifetime of trying to record a new best of 60.13. Of the standout performances among the sprints, hurdles and relays, everyone performed exceptionally so all deserve a big clap on the back! .

SOFIJA DRAGISIC WOOD: Sofija was the team's all-star athlete in terms of total NAL performances. She represented the club on an amazing 10 occasions across all 4 matches. Her standout moments were achieving a PB in the 100m Hurdles at Sportcity in June, before lowering it again a few weeks later, at the match in July.

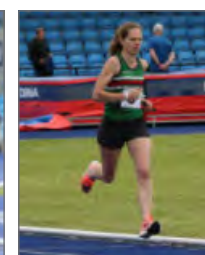
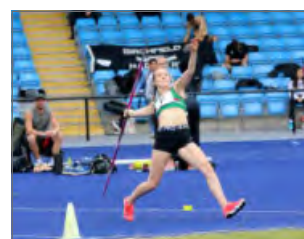
KIA CLARKSON: Kia competed for the club on 8 fabulous occasions, again across all 4 matches, with top moments including winning the 400m B race in Liverpool and being a member of the winning 4 x 00m relay team and 4 x 400m relay team, also in Liverpool.

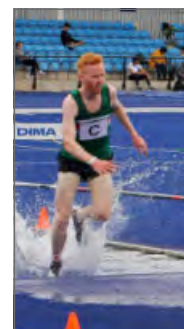
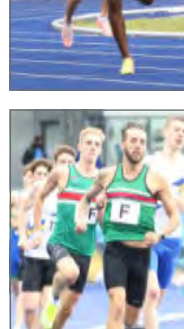
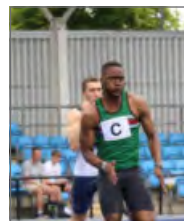
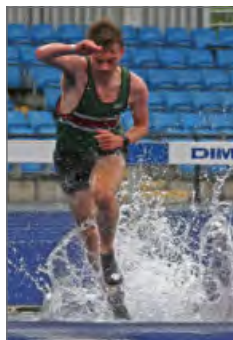
REGAN WALKER: Regan made an impressive 7 appearances across 3 matches. Regan performed amazingly at Sportcity in match 2, winning the 100m B Race in a PERSONAL BEST, before going on to win the 200m A race. To finish the day off nicely, Regan was a member of the winning 4 x 100m sprint relay team. What a hat trick!

OBI CURRY: Along with Regan, Obi made an impressive 7 appearances across 3 matches, and was a member of the winning 4 x 100m relay team at Sportcity. Obi also placed 2nd in the B 200m race at Wigan and ran heroically in the 200m at Liverpool, where she pulled up injured, and still crossed the line.

PRASE OWOEYE: Prase made 5 appearances for the club in Manchester, Wigan and Liverpool, winning the 100m B and 200m B race in Liverpool, picking up plenty of points. Prase was also a much valued member of our 4 x 100m relay squad all summer.

CHELSEA WALKER: After completing an impressive early season in the USA, Chelsea made her 2021 club debut at the final match in Liverpool, and did she deliver! Chelsea won the 100m A race, the 200m A race and was a member of both of our winning relay teams (4 x 100 & 4 x 400).





LAURE KIDIKULA: Still an Under 20 athlete, Laura made 4 appearances in the Senior NAL this year, winning the 400m B race in Manchester as well as running strong legs for our 4 x 400m relay team.

SCARLETT WHITTAKER: A talented multi-eventer, Scarlett competed 4 times across two matches. Scarlett won the 100m Hurdles B race at Sportcity, smashing her PB along the way. Just a few weeks later, Scarlett competed in Wigan, throwing a PB in the javelin and jumping a PB in the high jump. As a club we can not ask for more than that!!

SHAYON FRYER-FRANCIS: Shayon, another very talented multi-eventer and training partner of Scarlett, also competed on 4 occasions at 2 matches, jumping to 2nd place in the A competition in the long jump at Wigan, as well as running a strong leg for our brilliant sprint relay team at Sportcity.

EMILY MISANTONI OYEKAN: Emily competed 3 times for the club across 2 matches. Her stand out performance was running a stunning 400m Hurdles A race in Manchester, to take the win and score maximum points.

HOLLY MURRAY: A one-lap specialist, and still an Under 20 athlete, Holly competed in the 400m A race 3 times for the club, running 58.16 for 2nd place in Liverpool, 57.42 for 3rd place in Manchester and 57.9 for 3rd place, also in Manchester, putting some really important points in the bag for the team.

JESS TAYLOR JEMMETT, a coach and multi event athlete, competed for the club at our first match at Sportcity, finishing 2nd in the B 200m, 3rd in the A 100m Hurdles and completing a strong leg in the 4 x 100m relay. As well as competing, Jess also supported the athletes that she coaches at NAL matches throughout the season.

MYA FEARON made her NAL debut at Sportcity where she ran an amazing personal best in the 100m non scoring race. Mya then went on to win the 200m non scoring race, and, to make it a clean sweep, Mya was a member of our winning 4 x 100m relay team at Sportcity.

RUKA SHONIBARE Ruka showed great commitment to the team, travelling up from London to Manchester to compete for Sale,

where she finished 2nd in the B 200m and 3rd in the A 100m races. Ruka was also a member of our winning 4 x 100m relay team.

CHIARA YOUNG A middle-distance athlete, Chiara did me and the club proud by stepping up and running in the 4 x 400m relay at Sportcity, making the difference between Sale being able to field a team or not field a team. Earlier in the day, Chiara had competed in the 1500m.

IMANI MODAHL is another middle and long distance athlete, who like Chiara, stepped up and competed in the 4 x 400m relay at Sportcity, barely 15 minutes after competing in the 2000m steeple chase.

MIA GIBBONS is a dedicated Sale Harrier, specialising in the 400m. Mia made her NAL debut at Sportcity in the 400m non scoring race, running a fantastic PB of 61.85, before completing a leg in the 4 x 400m relay, which placed 3rd.

SASHA BYROM competed for the club at our final match in Liverpool, but she almost didn't make it due to a hold-up on the motorway! We were glad she did though, as she ran an amazing leg in the 4 x 400m relay which helped the club to secure 1st place in that event. Earlier in the day, Sasha ran 61.82 in the 400m non scoring race, after just 20 minutes of warm up!

TESS MCHUGH, a 400m specialist, competed for the club in the Manchester match. In the 400m non scoring event, Tess broke the 60 second barrier, finishing in 59.7 before teaming up with the rest of the 4 x 400m squad to compete in the relay, where the team finished 2nd.

OSA ODEMWENGIEA sprint star and one-to-watch, Osa raced in a competitive 100m A race at the first match in Manchester, finishing in 2nd place in 12.7.

SUCCESS EDUAN: Whilst still an U17, Success stepped up and made her senior NAL debut in Manchester at the first match. Running a superb race, she dominated the field from start to finish, winning the 200m A race in a PB of 23.9. That PB didn't last long though, as Success ran an incredible 23.62 later in the season to win the bronze medal at the European U20 Championships in Tallinn.

I wish I could put together a thorough report of the season. With the return to organised athletics in 2021 following the fallow of 2020, the restrictions still in place mean a 'Local' league contained clubs in and around the north west with the addition of the Scottish composite Team. On the Men's side there were notable performances and results in the matches that took place. JAMES BAILEY (Men's Team Manager)

In the first match at Sportcity **JORDAN BROOME** and **JONA EFOLOKO** recorded wins in the 100 and 200, **CAMERON DUFF** produced a PB in the 400, **DANIEL GRAY** produced a 3k PB in his first appearance in the NAL side. In the Field events **SAM EBONINE** and **NATHAN BOOTH** jumped well in the High jump, **SEUN OKOME** recorded his seasons best in the Triple jump which would not be bettered in 2021. HCA athlete **JOE MARTIN** won in the Shot put. Sam Dean and Nathan Booth also produced their seasons best in the Javelin.

In the second meet also at Sportcity, **NATHAN WALSH** and **CONNOR WOOD** produced their seasons bests in the 100 and 200, **GEORGE SPAIN** produced a PB of 4.21 in the pole vault. HCA **DAN FLEMING** finished 2nd in the A Discus before jetting back to America and **SAM DEAN** again won the javelin but otherwise a very limited turn out for all teams saw a low standard of competition.

The third meet in Wigan saw PBs for **MARCUS MCLEAN** in the 100, **CAMERON DUFF** produced in the 400, **SAM EBONINE** in the High Jump, **ENZO MADDEN** in the long

jump and **NICHOLAS YOUNG** in the discus. There were season's bests from **NATHAN BOOTH** in the high jump and **SAM DEAN** produced yet another victory in the javelin.

For the final meet in Liverpool on a lovely August Day, there were PB's and victories for **NICHOLAS WALSH** in the 100m (although wind assisted), **WILL ONEK** in the 400 on his debut in the event, **KAMAL BENISSAD** threw a PB in the Shot Put and there were victories for **SAM EBONINE** in the high jump and unsurprisingly Sam Dean again won in the Javelin.

Next year will be a real push to get athletes out especially as we have 3 long trips to the south. But the hope is that if we are able to fill the gaps with good quality athletes we will have a great chance of getting promoted to the Premiership. Standby for the call-up and plan your summer accordingly.....

Finally, a big thank you to all the athletes, officials, coaches, family and friends who supported the athletes and the team through an exceptionally difficult season.



NORTHERN ATHLETICS

INDOOR CHAMPIONSHIPS

The 2022 Northern Athletics Indoor Championships returned in style following their cancellation in 2021 due to the Covid pandemic. They took place at their traditional home of the EIS, Sheffield, the Senior U20 and U17 Championships in mid January had over 500 athletes, including GB Senior and U20 internationals and the 15 hours of competition produced CBPs and loads of PB's. Of course, Sale Harriers were among them and won a haul of six Northern titles, four silver medals and four bronze medals. FECHIN MC CORMICK

CHAMPIONS

GRACE BOWER won the senior Long Jump title with a SB of 5.50m. Great she's back in action!

SEUN OKOME won the senior Triple Jump title with a SB of 15.57: The CBP holder took his 5th consecutive indoor title.

SHAUNNA THOMPSON won the senior Shot (4k) title with a SB of 14.4: Shaunna added the indoor SP title to the outdoor title last summer.

MELISSA BOOTH won the U20 Triple Jump title in a SB of 12.12m. This placed her No1 on the UK U20 triple jump rankings. Melissa caught Covid after July's British Championships and this enforced a long break from her training. This was just her 2nd competition since her recovery. Great she's back!

SUCCESS EDUAN won the U20 60m title in a PB of 7.43: The European U20 200m bronze medallist and 4x100m gold medallist had already set a PB of 7.56 in her heat. In the final she stopped the clock at 7.43 to not only improve her PB but also better the CBP of 7.46 set in 2009 by Shaunna Thompson – yes, the same Shaunna Thompson (above) who took the shot put title!

ANNABEL AMADIN won the U17 Shot in a SB of 4.69m. The ESAA 2021 U17 Champion claimed the title with a CBP of 14.69m

SILVER

SEUN OKOME took the senior Long jump silver medal in a SB of 7.09m SB. This was his first NA long jump medal

MARTINS OG. DOBIES was equal 2nd the U17 High Jump so also was awarded a silver medal and he did it in a SB of 1.75m. He's been with Sale Harriers less than a year; is completely new to high jumping and already this jump and silver medal put him 2nd on the U17 rankings

HARRY OTOGHILE won the U20 60m in a PB of 7.03. he's also new to Sale harriers and this was his first ever championship and medal

HERMIONE MASON won the U20 400m silver medal in a PB of 59.82. She adds this to her 2021 Northern Athletics U17 300mH title and her 2019 U15 75mH title

BRONZE

GRACE BOWER won the senior 60mH bronze medal in a SB of 8.97.

KATIE STRINGER won the U20 1500m bronze medal in a SB 4:40.24

LEONARDO SCOTT won the U17 60m bronze medal in a PB of 7.25

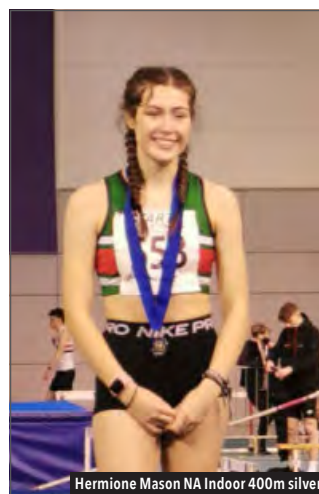
NATCHI NWOSU won the U17 60m 7.89 PB



Shaunna Thompson Senior Shot Champion



Martins Og. Dobies equal 2nd in the high jump



Hermione Mason NA Indoor 400m silver



Niamh Dolan

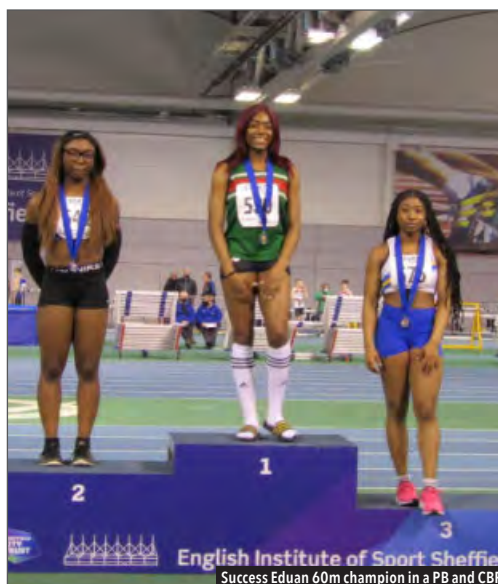
NORTHERN U15 & U13 CHAMPIONSHIPS

At the U15 & U13 championships a few weeks later on February 6th, Sale Harriers had just one competitor and medallist. Congratulations to **NIAMH DOLAN** who won the U15 60m Hurdles silver medal with a huge PB of 9.26 seconds.

Though clubs and championships have always had good years and bad years, this year was exceptionally bad for the younger age-groups in Championships. The Covid pandemic, which closed training facilities and schools, inevitably aggravated the problem, but in recent years there continues to be a notable dramatic decline in participation among teenagers in T & F as well as a notable decline in coaches, officials and administrators that somehow will have to be addressed.



Annabel Amadin U17 Shot champion with a CBP



Success Eduan 60m champion in a PB and CBP

ENGLAND ATHLETICS

INDOOR CHAMPIONSHIPS

The country's top young athletics strutted their stuff in style on Valentine's weekend at the England Athletics U20/U17 U15 Championships at its traditional venue of the EIS Arena, Sheffield. Some leading older athletes were laying the groundwork for tilts at the World Athletics U20 Championships in Columbia this summer. Sale Harriers again had its young stars shine on this very big stage. **FECHIN MC CORMICK**



Success Eduan

SUCCESS EDUAN is repeatedly applauded throughout this magazine for her success throughout 2021. You'll have read of the club's super dedicated athlete becoming the European U20 200m bronze medallist and 4 x 100m relay Gold in the summer, her EA U17 outdoor 200m Champion Title and becoming the UK Schools Games 200m Champion among several others titles and amazing performances. She continued her sensational form in this championship to add the U20 EA 200m title to her treasure trove. She qualified with a sensational 200m in the heats to run close to 24-flat and then became the talk of the day when, in the final, working hard off the final bend, she powered to her latest PB indoors or out of 23.44, faster even than she ran at the European U20 Championships, to win the title. She also achieved the World U20 Championships qualifying standard so the selectors will have taken notice. It's got to be another very big clap on the back to her coaches **ANITA RICHARDSON**, **CLOVIS ASONG** and, of course all her back-up team and colleagues.

LAZARUS BENJAMIN was equally dominant in the U20 men's pole vault. With a soaring clearance and yet another personal best of 5.10m he took the championship title. Again, Lazarus' progress throughout 2021 has been phenomenal and is documented throughout this magazine.

In the past twelve months this guy has improved his PB from 4.61m to an incredible 5.10m, to rank top in his U20 age-group in the UK, and en route, to also become the EA Outdoor U20 PV champion and ESAA English Schools Champion among several other titles and medals. I'll bet the selectors for the World Indoor championships are noting him also!

MARTINS OGEDENBE DOBIES was an athlete who'll not forget his weekend in Sheffield! In just his first year high jumping with Sale Harriers during which he's competed less than fifteen times, he's become the National U17 High Jump Champion and now ranks 3rd in his age-group in the UK. That's awesome! Indications of his potential was when, he won the Gtr. Manchester U17 title in the summer and the U17 Northern Indoor silver medal a few weeks earlier..... Congratulations!

ANNABEL AMADIN came to the championship ranked 2nd among British U17 shot-putters with her PB of 15.58m and she was also the U17 Northern Indoor Champion from a few weeks earlier. Of course she hoped to top off her amazing year with the EA Shot Put title. It didn't quite happen and she was understandably disappointed. However, she's the EA indoor silver medallist to add to her EA outdoor silver from the summer.....and what a super year this young lady has had.



Annabel Amadin



Lazarus Benjamin

UKA ATHLETICS

INDOOR CHAMPIONSHIPS

On the same February weekend as the club's endurance section were at Parliament Hill Fields in London for their National XC Championship, the club's creme de la crème T & F athletes were in Birmingham for the UK Indoor Championships & World Trials. The National XC Championships was a one day event that involved 13 age-groups ploughing through mud; the British Indoor championships were over a weekend of 26 indoor events. FECHIN MC CORMICK

The championships lived up to their expectation of being a superb weekend of action with many of the nation's leading athletes vying for national titles and qualification for the World Indoor Championships in Belgrade on 18-20 March.

Sale Harrier's very own **SEUN OKOME** was the first athlete of the weekend to be crowned a British Indoor champion. He produced the performance of his life to win his maiden national triple jump title. The Northern Indoor champion had never previously leapt beyond 16m but he rectified that when he improved his PB by 16cm with a jump of 16.13 in the 5th round to overhaul the second-round 16.05m of Olympian (and former Sale Harrier!) **BEN WILLIAMS**. Understandably, his coach **KEITH HUNTER** was ecstatic.

Sprinter **ANDY ROBERTSON** was a silver medallist. The defending 60m

champion who also won in 2017 and has been runner up three times, chased his 6th medal and came away with the silver in a SB of 6.58 inside the World Championships qualifying. He's off to Belgrade also. Unfortunately **JONA EFOLOKO**, the club's World U20 200m champion, who'd run 6.65 this winter, did not have as good a day and went out in the semi-final

In a very competitive senior pole vault competition between the defending champion and the 2017 champion, Sale Harrier's U20 youngster **SOPHIE ASHURST** landed the bronze medal with 4.15m which was the qualifying height for World U20 in Columbia next August. Doing this qualifying height this early now helps her to prepare for possible selection and to be in better shape and to jump higher next summer. Throughout this magazine you'll read of Sophie's

great year of top level achievements.

A huge congratulations also to **LAZARUS BENJAMIN** who came an excellent 4th in the Pole vault amidst some very classy competitors, one being Harry Coppel, the Olympic finalist and British record holder. Inspiration for Lazarus's future!

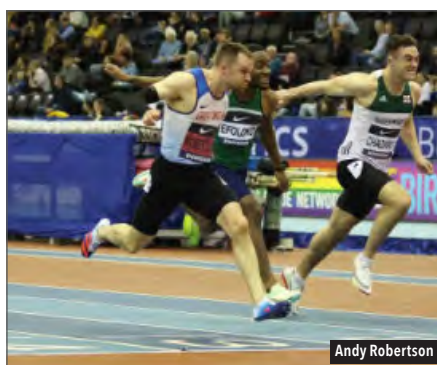
It was a bad day for Tokyo Olympian **ABIGAIL IROZURU**. She summed it up, "A day I'd love to forget or to rewrite". It was a well below par 6.37m when the qualifying standard she'd hoped for was 6.75m.

Two other athletes who ended their indoor season in great style were **SUCCESS EDUAN** and **SHAUNNA THOMPSON**. Success, featured throughout this magazine for an amazing year of achievements over 200m, pitted herself again seasoned seniors in the 60m and established a PB

of 7.41 that ended her winter ranked 3rd in the UK indoors. **SHAUNNA THOMPSON** also delivered a PB further improving her SP4 PB to 15.00m. As is documented elsewhere in this magazine, Shaunna was a world class sprinter between 2005-2009. Indeed! Her U20 60m indoor PB which she set in 2009 is almost identical to Success Eduan's new PB. In more recent years she's turned successfully to becoming a Shot Putter and in just four years has improved more than four metres from 10.46m to 15.00m.

BRITISH UNIVERSITY CHAMPIONSHIPS

Congratulations to **FRANCESCA BRINT** who won 800m silver at the BUCS Indoor Championships in February and, a week earlier, took the gold medal at the Inter-Varsity match that was held at Lee Valley. This capped a good year for Francesca who launched it with a surprise invitation to compete at the Manchester Invitational in May, racing against some of the best girls in the country and then went on to improve her PB from 2:8.81 to 2:04.45 at the Trafford Grand Prix in August.



Andy Robertson



Lazarus Benjamin with British Record holder Harry Coppel



Abigail Irozuru



Francesca Brint



Seun Okome



Sophie Ashurst

MULTI EVENTS

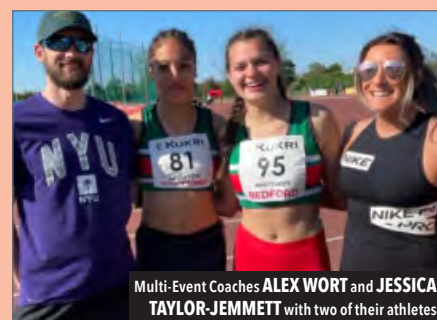
LAILA HERSTELL (2nd from right) at YDL match where she has had numerous 1st place finishes in the the HJ/Shot/LJ, as well her first opportunity to be part of the winning relay team running anchor leg.

At the regional CE championships, **EMILY MISANTONI** placed 1st in the U20s with a fantastic javelin PB and **SCARLETT WHITTAKER** 5th with a HJ PB, both qualifying for English Schools finals as part of the Cheshire team. **ELLISE FRYER-FRANCIS** placed 4th in a stacked Inter-Girls competition with both Javelin and LJ pbs and qualified for the finals as an individual.

At the English Schools CE Finals **EMILY MISANTONI** placed a credible 5th, with a fantastic throw in the shot. This helped anchor the Cheshire team, joined by clubmate/training partner **SCARLETT WHITTAKER** (who improved her overall pb by 100 points) to a 3rd place finish overall.



THEA BROWN has had an awesome 2021 as an U15 pentathlete. In June she won the ESAA NW Schools Combined Events Championships with a points score of 3116. Then she went on to win the England U15 high jump title and the 100m bronze medal in August's EA U15 Championships breaking her own high jump club record to a new best of 1.68m. In September she then became the ESAA English Schools Combined Events U15 silver medallist with a PB points score of 3407 and, as a result, was selected to represent England in the U16 SIAB Home Nations International in December. Held at the Emirates Arena in Glasgow, she had another fantastic weekend and won the Pentathlon silver medal only losing out to gold by about three seconds in the 800m meters and helping Team England girls to a new team international record. She again improved her Pentathlon PB to 3598 points and on this occasion she broke **GRACE BOWER'S** club Pentathlon record of 3273 points which has stood since 2014.



Multi-Event Coaches **ALEX WORT** and **JESSICA TAYLOR-JEMMETT** with two of their athletes



At the Northern Combined Events Championships **JACK DOODSON** placed a fantastic 2nd in the Long Jump with a big PB of 6.36m and **ELLISE FRYER-FRANCIS** placed an agonising 4th in the High Jump/ Long jump and Shot, but threw a fantastic Shot PB of 11.96m

At the Cheshire County Championships **ELLISE FRYER FRANCIS** placed 1st in the U17 javelin with a big pb. Her sister **SHAYON FRYER-FRANCIS** completed the family victories with wins in the 100hurdles and Long jump.

EMILY MISANTONI placed 1st in the Shot and 3rd in the long jump and so made the podium a group 1/2/3) and **SCARLETT WHITTAKER** had some great performances placing 2nd in both the 100hurdles/shot, a particular highlight being her Long jump pb of 5.33 to also place 2nd in this event.

Elsewhere at the Greater Manchester Championships **ELLA SALIH** placed 4th in both the shot/ hurdles and 200m with a PB in the hurdles.

At England Athletics U17 Combined Events Championships Ellise Fryer-Francis was consistent across the board producing an overall heptathlon PB and **ELLA SALIH** produced hurdles/200/800 and javelin PB's as well as an overall score PB.



EA U20 & SENIOR COMBINED EVENTS CHAMPIONSHIPS

ELLISE FRYER-FRANCIS started her first comp of the year with PB's in the hurdles/ high jump/ indoor LJ and 800m, placing 4th in the Northern's and 12th overall in her first year in the age group.

(She went on to further improve this by almost 200 points placing 4th at the Scottish CE Championships with some fantastic PB's, notably 1.60m in the high jump and 10.30 in the shot)

SCARLETT WHITTAKER also started the season with a bang the following day, placing 4th in the Northern's and U23 age group, producing High jump/ Shot/ indoor LJ and 800m pbs, the high jump being a particular highlight having waited years for a PB in this event!

Both **ELLA SALIH** and **LAILA HERSTELL** will travel to Gateshead later in March to compete in their first pentathlon of the year.



Olivia with her boyfriend, Olympian Joe Choong at the World Premiere of James Bond's 'No Time to Die' at London's Royal Albert Hall



European U24 Modern Pentathlon Champion

OLIVIA GREEN MODERN PENTATHLON

Sale Harrier OLIVIA GREEN is establishing herself on the international Modern Pentathlon circuit. In 2019 she was already ranked joint 1st in the UK in the U22 Modern Pentathlon and she brilliantly represented GB & NI in the Junior Modern Pentathlon,

Currently in her fourth and final year at Bath University studying Sport and Exercise Science whilst full time training in Modern Pentathlon, Olivia has been a part of the Olympic Podium Potential programme for over 2 years with a view to her qualifying for the Paris 2024 Olympics and beyond.

She says, "I found the Covid disruption very frustrating as I was in really good form at the beginning of 2020, looking forward to making my senior international debut. Lockdown put paid to that! However I did my best to continue some forms of training. With Modern Pentathlon involving Fencing, Swimming and Horse jumping it was impossible to continue training at these as they required training partners, so I focused on running and shooting with the odd river swim. Like so many others, I struggled with motivation as, without competitions to aim for, it all seemed very futile.

Training returned to some kind of normality in autumn 2020. Then in April 2021 I had my first senior international at the World Cup in Budapest. Whilst my

individual competition was not the result I'd hoped for, it was a great experience to finally compete at such a high level. I followed this performance up in the mixed relay with Joe Choong and we won the gold medal. (Joe Choong is the Tokyo Olympics Modern Pentathlon Gold Medallist AND Olivia's boyfriend).

A month later I went to my second World Cup in Sofia, where competition was even stiffer with athletes from across the world seeking Olympic qualification. The level of competition was so high, I was basically obliterated! It did me no harm - it's what I needed! What I didn't need was to catch Covid the following week and just after I came out of self isolation I badly sprained my ankle.

Following four months of rehabilitation I finally got going again. With access to all training facilities again and my coaches and training partners around me and remembering my great World Cup experiences. I was highly motivated and began to train well.

At last, came the European U24 Championships in Poland. My hard work showed and I took the individual Gold medal, the team gold medal, and two days later the Mixed Relay Bronze. It was the perfect way to start the new training season running into 2022.

Hopefully I'll be selected for more senior cup experiences beginning March 2022.

MANCHESTER INTERNATIONAL

In August Sale Harriers had six of its top athletes among fifty-two of the UK's brightest talents for the Manchester International at Sportcity recognised as one of the premier T & F events in the domestic calendar. The match was between teams from England, Wales, Scotland, Northern Ireland, GB Juniors and the National Athletics League. Congratulations to

Representing England Seniors and England team captain: **ANDY ROBERTSON** (100m & 4 x 100m), **JONA EFOLOKO** (4 x 400m) and **KEVIN METZGER** (4 x 400m)

Representing GB & NI Juniors: Triple jumper **MELISSA BOOTH**, pole vaulter **SOPHIE ASHURST** and sprinter **SUCCESS EDUAN** (200m & 4 x 00m relay). (Melissa, who'd caught Covid a few weeks earlier, did especially well to make the competition and place 2nd in the triple jump)

Representing the National Athletics League: **SEUN OKOME**

ABIGAIL IROZURU, just returned from the Tokyo Olympics, competed as a guest and added her Olympian class to the long jump. She won the competition..... of course!

All finished among the top three and were major point's scorers for their respective teams. England, with Andy Robertson as the team captain, retained the overall title they'd won two years ago (NB No title in 2021 because of Covid-19).



Abigail Irozuru



Eduan Success



Seun Okome



Andy Robertson and England winner's trophy



Melissa Booth

HARRIER PROMOTIONS

Sale Harriers have two annual promotions, the summer Sizzlers 4 x 5k series and the Winter Indoors T & F meetings. The former is held from the Wythenshawe Park track and the latter at Sportcity. Both are flagship club promotions that generate essential revenue so the club can continue its fantastic work developing the sporting potential of all age-groups, abilities and background from throughout Gtr. Manchester communities. Sale Harriers is therefore inextricably linked to the formation of young minds and bodies and to creating responsible citizens.

Sale Harriers is completely voluntarily run. It receives not a penny in subsidy from any source including local government and Sport England. It's memberships fees are kept intentionally low so the club remains accessible to all and a large club like Sale Harriers has substantial overheads - travel and hotel costs for its important Leagues, Cups and Championship matches up and down the country, equipment costs, training costs for coaches and officials, supporting athletes rehabilitation etc.

INDOOR T&F SERIES

The Winter indoor T & F meetings, held at Sportcity throughout the winter months, were launched several years ago by club Treasurer, Coach, T & F Official and Team Manager **JACK FROST**. Another crucial fund raising event for the club, they've also been an immensely successful club promotion that have grown in numbers every year.

The 2021/22 was the most successful of all years with unprecedented numbers taking part. With the 2020/21 season cancelled through Covid19, athletes returned in their droves so much that the January 9th fixture frightened officials with such large numbers, it forced the club to restrict limits on various events for the following dates.

Said Jack Frost "Each match is a very long day, requiring 45/50 officials covering the 60m, 60mH, 600m 300m and 200m track events and field events consisting of Pole Vault, High Jump, Long Jump and Shot"

The highlight of this winter's series was the emergence of **MARTINS OGEDENBE DOBIES**. This young athlete only joined the club in June 21 as a high jumper. Still only 15, he rapidly aspired to the event, improving virtually in every competition. In his first event he registered 1m 65cm then in subsequent competitions saw him flying past the 1m70s, 1m 80s then into 1m 90s culminating in a 1m 95cm clearance in December that placed him in 2nd in the National U17 rankings.



Martins Ogedenbe Dobies

The icing on the cake came in February when he annexed the National U17 HJ title in Sheffield (Reported elsewhere) As with the summer Sizzler 5k series, this indoor series would not exist let alone be so successful and provide such important competition for T & F athletes throughout the winter, without the commitment of a stalwart team of officials and volunteers. A very big thanks, therefore to:-

DAVID & CAROL BROWN, TONY CAMPBELL, BRIAN GOULDEN, JEAN KEHOE, MARGARET LENNON, JOHN RICHARDSON, AYODELE SHONOBARE, ALYSON SMYTHE, ROY SWINBANK, ANDREW WEBSTER, FRANK CORDINGLEY, JON MASON, CHRISTIAN MASON, ANDY ASHURST, IAN SCHOFIELD, JOHN SMITH, DORRETTA MAYNARD, BRYAN GANE, MORRIS JEFFERSON, JACK FROST.

SALE Sizzlers 5k

SIZZLER COURSE RECORDS			
MALE	Andrew Heyes (H'shire)	23 rd fastest in UK in '21	14:09 (2021)
FEMALE	Jess Coulson (St'port AC)	1 st fastest in UK in '14	15:43 (2014)
U20 MALE	Daniel Lawton (Trafford AC)	10 th fastest U20 in UK in '15	15:11 (2015)
U20 FEMALE	Jessica Coulson (St'port AC)	4 th fastest U23 in UK in '11	16:22 (2011)
L35	Jane Evans (Knowle & Dorr)	1 st fastest in UK in '21	16:51 (2015)
M40	Andrew Davies (St'port AC)	1 st fastest in UK in '15	14:29 (2021)
L40	Helen Clitheroe (Preston AC)	4 th fastest in UK in '19	16:16 (2015)
M45	Gar Raven (Sale Harriers)	2 nd fastest in UK in '16	15:19 (2019)
L45	Mandy Vernon (Trentham)	1 st fastest in UK in '08	18:06 (2016)
M50	Jon Cordingley (Bingley H.)	3 rd fastest in UK in '09	15:44 (2008)
L50	Sue Beccousail (Bingley H.)	5 th fastest in UK in '21	18:34 (2009)
M55	Richard Johnson (Alty.AC)	2 nd fastest in UK in '14	16:29 (2021)
L55	Sue Beccousail (Bingley H.)	2 nd fastest in UK in '14	18:55 (2014)
M60	Dave Gee (M/C H)	1 st fastest in UK in '18	17:38 (2014)
L60	Ann-Marie Jones (Alty AC)	5 th fastest in UK in '18	20:26 (2014)
M65	Dave Gee (Manchester AC)	1 st fastest in UK in '16	18:34 (2018)
L65	Angela Oldham (Stockport)	1 st fastest in UK in '19	21:05 (2018)
M70	Frank Reilly (Stockport)	9 th fastest in UK in '17	19:43 (2016) (Irish Record)
L70	Brenda Chadderton (Marple)	4 th fastest in UK in '17	26:22 (2019)
M75	Richard Bacon (Winston R)		22:58 (2017)

In 2007 Carol Woistenholme (H'shire) 19:55 was the 2nd fastest L60 in the world

SIZZLER ENTRY NUMBERS					
	Run 1	Run 2	Run 3	Run 4	Total
2021	496	471	420	384	1771
2019	528	603	483	574	2188
2018	481	508	515	500	2004
2017	496	526	505	541	2068
2016	448	467	442	489	1846
2015	418	400	470	497	1785
2014	396	438	444	494	1772
2013	460	400	400	458	1718
2012	387	421	370	511	1689
2011	330	329	378	318	1355
2010	408	389	378	318	1493
2009	411	375	417	457	1660
2008	264	324	353	403	1344
2007	401	433	337	407	1578
2006	394	439	453	397	1683
2005	358	367	354	349	1438
2004	291	290	351	266	1198
2003	223	208	197	206	834
2002	112	110	136	180	538

Now in their 21st year, I (Fechin Mc Cormick) launched the Sale Sizzler 5k series as a legacy to the 2002 Manchester Commonwealth Games. At the time, contemplating a summer series of 5k's to benefit Manchester communities and to facilitate running excellence, one day out running I struck on the illiterative title 'Sale Sizzler Series'and the 'Sizzlers' were born!

Twenty-one years later they're still going strong and I'm proud to have been at the helm throughout. The fast, flat 5k course within Wythenshawe Park every year produces some of the UK's fastest, age-group times. In 2002 the total number of finishers was 538. In 2019 the total was 2188 having increased incrementally every year without exception. The exceptional atmosphere, camaraderie and the

goody bags are all a part of what make the Sizzlers so special. The 2021 series was especially challenging due to implementing Covid-19 guidelines and other issues within the Park.

It's now time to pass on the baton of Race Director

and to safeguarding Sale Harriers flagship promotion to the next generation. I bow out after 21 years proud to have led a team who've raised close to £ 1/4 million for club funds; to have successfully found a headline sponsor every year who've contributed £4/5000 (no mean achievement!) to the series and, in more recent years, to have raised a further £15000 for St. Ann's Hospice.

The Sizzlers would be impossible without the whole incredible team of volunteers many of whom have been loyal to the series from the start - people like BRIAN GOULDEN, STEVE EDMUNDS, GRAHAM PADGETT, PHILIPPA EDWARDS, TONY LYTHE, DAN USANSKY, DAVE & DON GEORGE, LES MOONEY, MIKE DUNNE, MATT CASTLE and others

EXECUTIVE COMMITTEEPresident: **David Brown CBE**Treasurer: **Jack Frost**

Chairman:

Secretary: **Frank Cordingley****WEBSITE****FRANK CORDINGLEY**Email: frankcordingley@
saleharriersmanchester.com**HARRIER MAGAZINE****FECHIN Mc CORMICK**

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(Women sprints, hurdles, relays)

LUCY EVANS

Email: Lucy881525@yahoo.com

Mobile: 07773269129

NATIONAL ATHLETICS LEAGUE

(Women all other events)

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YOUTH DEVELOPMENT LEAGUE

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SARAH JAMES

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Mobile: 07949 686308

YOUTH DEVELOPMENT LEAGUE

(Upper) (Girls)

KIRSTY EDGSON

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U17 - SENIOR MEN & WOMEN

800m - MARATHON.

NORMAN POOLE

Email: n.j.poole@talk21.com

U11- U20 BOYS & GIRLS

Endurance

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PRIMARY SECTION

Ages 6 -11 years

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**ASK NOT WHAT
YOUR CLUB CAN
DO FOR YOU,****ASK RATHER WHAT
YOU CAN DO FOR
YOUR CLUB.**

Team Managers, Coaches, Officials and volunteers are the beating heart of any club. Without them we would have no club, no leagues, no race results, no PB's, no medals awarded..... In olden days when people stopped competing, they qualified as officials, coaches and administrators to keep within the sport. This is no longer the case and sport, including Sale Harriers, is facing a major crisis for a lack of administrators, coaches, team managers and T & F officials. This is your club so don't just consider it... 'Just Do It' and make yourself known to anyone for next steps!

JOE WALL
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