

Issue 76 autumn 10

THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



100 Years: 1910 - 2010

EDITORIAL

Fechin McCormick

More vigilant Harrier patrons will be aware this magazine is now produced only twice a year. The current economic climate and the emergence of the club website (www.saleharriersmanchester.com) that weekly communicates all that's happened in a week has resulted in this change following seventeen years of faithful quarterly production. I hope members are now familiar with my weekly email alerts that aim to attract you to log on and read what's happened in that week and to browse the often very interesting photo galleries.

Because the new website offers such immediacy for reporting events soon after they happen, the two future editions of the Harrier – that'll cover the summer T & F season and the winter cross-country season, will be very much overviews of the period rather than repetitions of what's on the website.

In our Centenary year, you'll read in this magazine a summery of all sections this summer and what a terrific few months it's been.

■ We had eighteen compete in the recent XIX Commonwealth Games in Delhi. That must be a British club record! Of those five were Hammer throwers and if anyone knows another club in the world that's produced five hammer throwers for a major Championship, do let us know!

■ We had fourteen representing GB & NI in a major championship - four in The European Championships; four in The IAAF World Junior Championships; two in The European Combined Championships; one in The Youth Olympics, one in the World Mountain Championships, one in the Mencap European Championships and one fifteen year old girl represented GB in every international pentathlete competition this year. Beat that!

■ We had two gold medallists at the English Schools Championships and these often become great National champions.

■ We had almost a hundred participate in their national age-group Championships and they collected fifty prestigious medals representing seven different nations... very impressive!

■ The senior women won their tenth UK League Premier title since the turn of the century, making it twenty-three times during the past thirty-six years. In the other leagues, they also more or less achieved all their objectives.

This is an awesome pinnacle of performances and results in the club's centenary year especially when one realises the humble beginnings that began when a small group of running enthusiast dug out a simple cinder track on a disused cotton dump at Crossford Bridge with spades and shovels

Have a good read and well done to everybody!



PRODUCED REGULARLY
FOR OVER 15 YEARS

BOOK REVIEW ERIC, OR LITTLE BY LITTLE

Eric Hughes, the Club's President, who masterminded the women's section to becoming one of the best in Europe, has written an autobiography that portrays his personal, sporting and business escapades involving more than three decades as manager of the Sale Harrier's women's teams.

This compelling and extremely readable book is a fascinating insight into Eric's passion, commitment, determination and boundless energy that brought him success from a modest early life, to owning his own textile business. Travelling the world and enjoying a football career that included playing for his beloved Manchester City, he simultaneously developed the Club's women's section from its embryonic state to constantly winning track, road and cross country titles. Representing Britain in the top echelons of European team competition and himself undertaking important executive responsibilities within European athletics.

Eric's years with Sale Harriers uncover nightmare scenarios of taking groups of young females across Europe, incidents of hospitalisation, missed flights, securing visas, inappropriate accommodation, getting lost, financial difficulties and so much more. Eric's humour and light heartedness is reflected in his handling of some awesome problems.

If there's a book that is a testament to tenacity and success, modestly written, this is it! If you are involved with Sale Harriers and want to read an absorbing autobiography and benefit from its insights, the book can be easily obtained from Amazon at £10.99 or from Eric himself who is holding limited stock at the moment.



NORMAN'S COACH OF THE YEAR

Norman Poole, the Club's top endurance coach, has been named coach of the year by the prestigious British Milers club.

The club's hugely respected coach who's been coaching since injury sidelined him as a crack middle-distance runner about thirty-five years ago, has nurtured athletes to Olympic, World, European and Commonwealth Championships and to countless AAA and other major Championships. Most notable historically have been Diane Edwards (Modahl), Ann Griffiths and Kevin Mc Kay. Currently his highest profile athletes, all of whom he coaches from the club's Wythenshawe Park site, are UK No.1 runner Michael Rimmer who won silver at this year's European Championships; Tom Lancashire who clocked a PB of 3:33.96 this year and the talented Niall Brooks, the reigning England Athletics 800m champion who just missed out on a medal at this year's IAAF World Junior Championships.

The British Milers Club chairman said, "Norman is a worthy winner of this coveted award. The reward recognises coaching excellence and Norman has been nominated many times before but his exceptional achievements this year of coaching top-ranked athletes for 800m and 1500m in both the senior and U20 age-groups was the clincher.

This is Norman's first major accolade in his long career and the club heartily congratulates him.

SCHOOLS HOME INTERNATIONAL

OLIVIA CALLAGHAN's achievements merits acknowledgement in this section. Following her 100m gold medal in the English Schools Championships, she made her outdoor international debut representing English Schools at the Home International in Glasgow (August) where she won the 100m bronze medal in 12.03. This was her second national title this year as she also won the UK Indoor 60m in February. She then took part in the UK Schools Games in September and won the 100m silver medal.

NATIONAL CHAMPS

As we capture the summer, is there another club in the country that can boast so many athletes compete in the country's (and other nation's) major championships. Remember, these were all featured on the club website and for more information on them, log onto www.saleharriersmanchester.com

UK Championships

We had 40 athletes compete at July's UK Championships and European Trials and between them won 3 gold, 3 silver and 3 bronze medals.

Steph Pywell - High Jump (Gold)	Mike Floyd - Hammer (Silver)
Alex Smith - Hammer (Gold)	Laura Douglas - Hammer (Bronze)
Kate Dennison - Pole Vault (Gold)	Abigail Irozuru - Long Jump (Bronze)
Andy Turner - 110mH (Silver)	Alison Rodger - Shot Putt (Bronze)
Laura Whittingham - Javelin (Silver)	Carl Dickinson - 100m
Andrew Robertson - 100m	Matt Hunt - Javelin
Rebekah Wilson - 100m	Kelly Massey - 400m
Faye Harding - 400m	Rebecca Sweeney - 800m
Donna Jones - 800m	Adam Rogers - 400mH
Jenna Hill - 1500m	David Hughes - 400Mh
Katie Byers - Pole Vault	Adele Lassu - High Jump
Emma Lyons - Pole Vault	Chris Wakeford - 400mH
Abigail Haywood - Pole Vault	Danielle Rooney - 100mH
Sarah Holt - Hammer	Nick Samuels - 1500m
Marcus Gouldbourne - Discus	Andy Sutcliffe - Pole Vault
Sonia Samuels - 10000m	Nick Gayle - 110mH
Paul Walker - Pole Vault	Chris Craig - 200m
Rebecca Peake - Shot Putt	Holly Belch - 100mH and 400mH
Rosie Sementysh - Javelin	Matt Bond - 5000m
Debo Ademuyewo - 200m and 400m	
Antony Ford - 10000m (2nd British Athlete)	

National Championships

The club had 26 representatives in July's England Championships and medallists representing six other national championships

England Senior

David Hughes - 400mH (Gold)	Katie Byers - Pole Vault (Silver)
Emma Lyons - Pole Vault (Gold)	Sara McGreavy - 100mH (Silver)
Mike Floyd - Hammer (Gold)	Matt Hunt - Javelin (Silver)
Kelly Massey - 400m (Gold)	Rebecca Peake - Shot Putt (Silver)
Stuart Stokes - 3000m Steeplechase (Gold)	
Nick Gayle - 110mH (Bronze)	Laura Whittingham - Javelin (Gold)
Dan Williams - 400mH	Adam Rogers - 400mH
Andy Robertson - 100m	Nick Samuels - 1500m
Abigail Haywood - Pole Vault	Abigail Irozuru - Long Jump
Nathan Roach - 200m	Danielle Rooney - 100mH
James Bailey - 3000m Steeplechase	Marcus Gouldbourne - Discus
Matt Cullen - Pole Vault	Alex Smith - Hammer



Jacob Brown - Long Jump
Danielle Bentley - Javelin

Rosie Sementysh - Javelin

England u23 & u20

Ryan Oswald - 200m (Gold)	Andy Robertson 100m - (Silver)
Niall Brooks - 800m (Gold)	Thompson Shaunna - 100m (Silver)
Abigail Irozuru - Long Jump (Gold)	Rebekah Wilson - 100m
Adele Lassu - High jump (Gold)	Chris Craig 200m
Jessica Taylor - 200m (Silver)	Long Jump (Bronze)
Rhys Smith - 400m	Chris Wakeford -400m

Andy Sutcliffe - pole vault (Bronze)
James Wright - 400m Jack Andrew (Pole Vault)
Katie Byres - Pole vault (Bronze)
Abigail Haywood - Pole vault (Silver)
Charlie Hulson - 1500m

Scotland

Scot Thompson - Shot (Gold) and Discus (Silver)
Ryan Oswald - 100m (Silver) and 200m (Silver)
Holly Belch - 100m H (Bronze) and 400mH (Bronze)
Alison Rodger - Shot Putt (Gold) and Discus (Bronze)

Wales

Rob Mitchell - High Jump (Gold)	Rhys Smith - 400m (Silver)
Lucy Evans - 100m (Bronze) and 200m (Gold)	
Laura Douglas - Hammer (Silver)	Julie Crane - High Jump (Gold)
Paul Walker - Pole Vault (Bronze)	Debo Ademuyewo - 400m
Alison Rodger - Shot Putt (1st - Guest Competitor)	
Emma Lyons - Pole Vault, Long Jump, 100mH (Guest Competitor)	

Ireland

Gordon Kennedy - 400m (Gold)	Eoin Hannon - Long Jump (Gold)
Brian Gregan - 400m (Silver)	Anthony McCreery - Pole Vault

Canada

Seyi Smith - 100m

Lithuania

Rimas Martisauskas - Shot Putt (Gold)

Africa

Linda Benin – Hammer



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A BRIEF HISTORY OF Sale Harriers

Sale seems to have been a hotbed of athletic endeavour even before the Sale Harriers that we know was founded in 1910. As far back as the 1860s an outfit from the town merged with the Cheshire Tally-Ho Club to become only the second specialist athletics club to have been formed in the country. Another Sale club was formed in 1892, but was dissolved in the early 1900s, with our own Sale Harriers emerging after a meeting at the Temperance Rooms on Cross Street resulted in an agreement to organise Saturday afternoon running competitions.

World War One, understandably, meant the postponement of athletic activity, but the club resumed training afterwards and began to use the Avenue in Sale, where there was a cinder track, for speed sessions. It is rumoured that the changing facilities

comprised of the nearby bushes. By the middle of the 1930s the club had specialised in cross country and road running events and it was during this period that the Wilson brothers, Harold and Walter, who would remain with the club for the following 6 decades, were at their athletic peak. Indeed, Harold won many titles during the 1930s.

World War Two didn't stop the Harriers from running and the club continued to grow up until the 1950s. The club finally had a home to call its own when, in 1953, the local authority allowed the construction of a cinder track near the banks of the River Mersey. The track was artfully created out of a five yard length of railway line that had been donated by a local contractor, which was subsequently towed around the cinder by Harold Wilson in his car.

The beginnings of the club that exists today can be traced to 1959 when Ruben Robertshaw and his son, Alan, decided to join.

Both men went on, like the Wilsons (who served as secretary and president at various points), to grow the club into previously uncharted waters. Alan, in particular, became one of the country's finest middle distance coaches with a special talent for developing youngsters and coaching them to national and international level. In his forty seven years Alan played a part in every aspect of the Club, with passion, intelligence and dedication. He became the heartbeat of the Harriers and was respected by all who knew him, especially those who used to ride to training in his and his father's (rather overloaded) van.

1962 Morris Jefferson & Hugh Barrow competing in an invitation mile at Ibrox Park

1972: Includes Tony Settle, Ann-Marie Robinson, Steve Riding, Gordon Buckley, Lisa Davies (nee Hughes). Do you recognise others?

1980 Harold Wilson (Club founder, Secretary & Legend), Kath Binns (World 10,000m record holder), Michelle Scutt (1st member of Sale to win an Olympic medal – the 4 x 100m relay at 1980 Moscow Olympics & Eric Hughes recognise their achievements.

1989: Shelly Holroyd (Field Captain), Michelle Wilkinson (Track Captain) and Eric Hughes with the European Cup

1982: Hilary Hollick, Cath Carter, Sue Simpkin, ?, Kath Binns and Lisa Hughes warm up on the beach at Formia in Italy before the inaugural European Clubs Cross-Country Championships

has the most successful women's team in the country, winning championships and cups at home and abroad for the past 35 years.

Success continued in the 1970s in all sections of the Club, including a world record for the 100x1mile relay and the awarding of numerous international vests for a whole host of athletes.

Disaster struck in 1978 when the Club headquarters at Crossford Bridge were completely destroyed by fire and all equipment and club records were lost. Members reported for training with their kit under their tracksuits and we operated from a small nearby hut. In spite of the difficulties, the club continued to go from strength to strength.

It was during the late 1970s that Frank Starkie joined the Club and he was another who served with wisdom and dignity as chairman and secretary. Frank was undoubtedly one of the best administrators in the sport and represented the Club at national level meetings.

In 1980 Michelle Scutt became Sale's first Olympic medalist when the British 4 x 400m relay team won bronze medals in Moscow, and since then twelve other athletes have appeared

in Olympic games. Darren won 4 x 100 metres gold medal (2008) and an individual Silver in the 200 metres (2000). A further three names were added to the list when Daniel Money, Allyn Condon and Kelly Thomas all competed in the bobsleigh competitions in the 2010 Winter Olympic games in Canada.

Over the past 30 years the Club has been a success both collectively and individually. Sale became the first club to have men's and women's teams in the first division of national track and field leagues and remain the only club to have won both the BAL and UKWL. Individually, the Club has been lucky to have produced athletes such as Diane Modahl, Andy Ashurst and Darren Campbell and, more recently, an exciting crop of youngsters who have represented Great Britain at International level.

After the Commonwealth Games in 2002, the club entered into partnership with Manchester City Council and were able to take advantage of the superb facilities left behind as part of the legacy of the Games, which leaves the club looking to the future in hope of more excellence in the years to come.

Around this time a ladies' section was founded (ladies only being allowed to run 100y and 220y), with Beryl Brooker (now Fleet) occupying a central role and Sale Harriers was able to boast its first international athletes in Sally Newall and Mike Berisford. From then on the Club blossomed and in the 1960s many honours and awards in track and country came the Harriers' way.

In 1969 Eric Hughes joined the Harriers. Like Alan Robertshaw before him, Eric's joining was to revolutionise the way Sale Harriers worked, as he set about reinvigorating the women's section to such an extent that the Club now

1990: They won all National titles that year – Ian Bertenshaw, Dave Savage, Jon Wild, Elton Davies, Paul Martin, ???, Chris Bertenshaw, ??? Trophies are Cheshire, East Lancs, National and Manchester & District XC League (Missing is the Northern Shield)

2001: Team Manager Eric Hughes and the team that won the Jubilee Cup

THE XIX COMMONWEALTH GAMES Delhi

Fechin McCormick

The early lurid headlines of unfinished construction, an uninhabitable village, 'Delhi' belly, athlete drop-outs and empty venues, didn't bode well for a successful XIX Commonwealth Games but Delhi did turn it around for a fantastic Championships that culminated with some of the most atmospheric evenings of championships athletics have recorded.

In the midst of all of this, the club had a record eighteen members representing five nations. In the club's Centenary year this is a fantastic pinnacle with the possible further world record of having five hammer throwers participating. All of them brought home a haul of two gold medals, three silver medals and two bronze medals again a record in this centenary year - a magnificent pinnacle when one recalls the club's humble beginnings on a cinder track built on a cotton dump at Crossford Bridge laid with rakes and shovels by club members Congratulates to all of them

ANDY TURNER

110m Hurdles

Andy Turner completed a stunning year by adding Commonwealth Games 110m hurdles gold to the European Championships title he won in Barcelona. He led home an England 1-2-3 crossing the line in 13.38 seconds. Andy couldn't hide his delight at topping the pile in the Indian capital. "I've so wanted this since winning in Barcelona. I've wanted to do the double and what a way to end the season. Andy adds this medal to his Commonwealth bronze in Melbourne four years ago.

KATHERINE ENDACOTT

100m & 4 x 100m relay

The 100m was possibly the most farcical of the Games. First, Laura Turner was disqualified for false starting and following another appeal Sally Pearson was also disqualified. As a result Katherine was promoted from 4th to the bronze medal. Several days later further drama unfolded when the Nigerian gold medal winner failed a drug test so Katherine was then promoted to the silver medal. Said ecstatic Katherin, "I'm 30 now so winning this medal is fantastic".

Already thrilled to be the Commonwealth Games 100m silver medalist, Katherine was first off the blocks in a strong 4 x 100m relay team. In a sequence of great baton changes, England finished in front with Katherine winning a further gold medal. Understandably emotional (on telly!) during the rendition of Jerusalem, she said, "I won't forget this championships in a hurry will".

ALEX SMITH

Hammer

Alex Smith came within a whisker of emulating his father who was the 1986 Commonwealth Games Champion, but was denied hammer throw gold in the very last throw by the South African, robbing Alex of the gold by the smallest winning margin in Commonwealth history. For someone who had only once previously thrown over 72 metres, Alex's series of throws was extremely impressive with three further 72 metre throws and a PB of 72.95m

MIKE FLOYD

Hammer

The Club was particularly fortunate to have two hammer throwers on the podium with Mike Floyd winning the bronze with a best throw of 69.34m. Floyd, coached at Wythenshawe by Kevin Madden, said "I came here for a medal, I wanted to break 70 - I think I foot-fouled when I went over 70, but I'll take the medal. I was ranked seventh coming into this." It was sweet victory for Mike who controversially missed out on the last two Commonwealth Games.

KATE DENNISON

Pole Vault

Kate won the first major medal of her career finishing joint third for the bronze medal with a best jump of 4.25m. Even though it's her first major medal, Britain's No.1 number one vaulter was disappointed, "I've got mixed emotions because I came here for gold. It was a tough night but I'm happy with a medal. Now I need to turn Commonwealth medals into World and Olympic medals."

PAUL WALKER

Pole Vault

Paul, representing Wales, finished equal 5th with a season's best of 5.25m. Paul joined the club in 2006 from Cardiff and is a multiple Welsh champion and Welsh record holder. He is also the club's joint outdoor club record holder with Andy Ashurst and regularly competes for the club.

EMMA LYONS

Pole Vault

Youngster Emma was in the same competition as Kate Dennison. She performed solidly to finish seventh with a best of 4.10m., particularly commendable at her first major international and senior debut.

KELLY MASSEY

4 x 400m Relays

With the stadium electric with excitement for the penultimate event of the Games, Kelly took the first leg of the 4 x 400m relays that won the bronze medal, but was later awarded the silver when Nigeria was again disqualified on another allegation of drug taking. She gave the team an excellent start and said

afterwards, "The crowd was just insane. The atmosphere in the stadium was great."

STUART STOKES

Steeplechase

The men's 3,000m steeplechase saw Stuart Stokes come home fifth in a season's best 8:32.24 and maintain his fine record in the event - following fourth and fifth in the past two Games particularly commendable in that he'd returned from semi-retirement. "I'm pleased" he said. "I've been to two Commonwealth Games now so I know the Kenyan's run away with it. I ran my own race and felt strong. I'm pleased with how I ran."

DAVID HUGHES

400m Hurdles

David finished eighth in the final having qualified by being third and fastest loser in heat one in 50.55. This was David's first season with the club and won the 400m hurdles at the first BMC match of the year in his first ever attempt at the distance having been a 13.5s high hurdler and former European U23 Champion.

STEPHANIE PYWELL

High Jump

Stephanie finished joint sixth with 1.78m. With a PB of 1.90m she'd hoped for better. With the best placed of the English athletes finishing 4th fourth, it was the first Commonwealth Games women's high jump final since 1978 that an athlete from a British nation did not win a medal. Steph said, "That was officially my season's worse. I'm so disappointed especially as early on I felt so good."

REBECCA PEAKE

Shot Putt

Rebecca Peake finished a very creditable fifth and wasn't far off a medal with a very creditable 16.28m. Understandably disappointed to miss out on a medal she said: "I wasted my first three throws, bronze was there and in the third round I threw well but it wasn't to be."

LAURA WHITTINGHAM

Javelin

Laura's fourth place was the best ever position for Britain in a Commonwealth Games javelin competition. Just shy of a medal in her first major international she said, "That was really good. It was nerve-racking but I'm really pleased. It's been a breakthrough season for me and I've got to continue that now."

NIALL BROOKS

800m

Niall Brooks failed to progress to the final, clocking 1:48.33, but will benefit from the experience still in the early stages of his development. He said: "Tactically I couldn't have done more, it's just a great experience. I've

never competed anywhere like this before. I'm sure it will benefit me in the future."

LAURA DOUGLAS

Hammer

Laura, representing Wales and coached at Wythenshawe with Mike Floyd by Kevin Madden finished a very respectable eighth, one position higher than four years ago with a best of 61.05m.

SARAH HOLT

Hammer

Sarah, who had a best of 65.51m this season before injuries took hold, managed only 57.91m for seventh in qualifying for the final. Sarah impressively sits in the top three UK juniors of all time in the hammer so she'll be back!

SEYI SMITH

4 x 100m

It wasn't a good Games for Seyi or for his home country Canada. Before an electric crowd of some 50,000 spectators, the baton pass from his colleague was out of the zone so the team was disqualified. Seyi lives in Britain following studies in Loughborough University

LINDA BENIN

Hammer

Linda, representing Ghana threw 59.33m in the qualifying round yet did not qualify for the final. It was the longest throw that failed to qualify for the final of a women's hammer throw at a Commonwealth Games. Linda, who joined Kevin Madden's Wythenshawe squad last winter is French but selected to represent Ghana through parentage.

ANDI JONES

Marathon

Andi's wife Donna is one of the club's best female middle distance runners at present coached at Wythenshawe by Norman Poole. Andi, who dropped out of the European Championships from heat exhaustion, was again forced to withdraw after 30kms with hamstring problems "It's disappointing" he said "I was going all right but after about 17 or 18k, the leg was just really tight and I just couldn't bend it as I was running"

RICK YATES

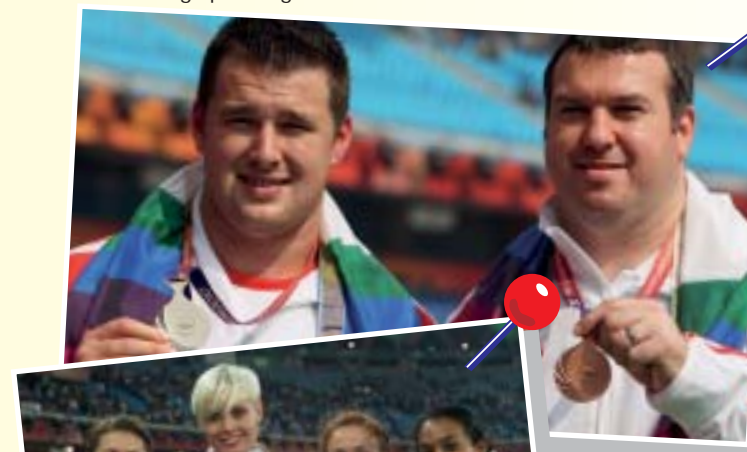
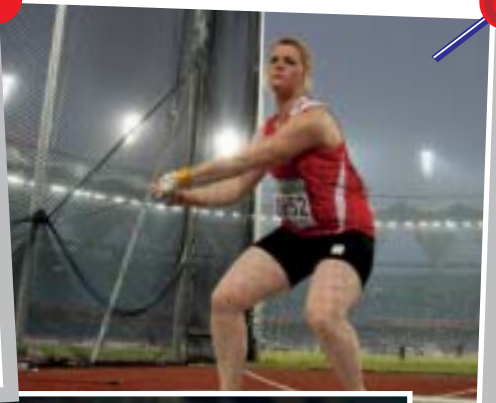
4 x 400m Relay

Rick Yates, a member of Trafford AC, has parents Andy & Lynne long-time members of Sale and regularly display on roads, cross-country and fells the ability that Rick has genetically inherited! Having earlier finished fifth in the 400m hurdles, he won a superb 4 x 400m bronze medal with a brilliant third leg

TOM LANCASHIRE

1500m

Tom is a member of Bolton AC but one of Norman Poole's squad at Wythenshawe. Though in contention in the early stages, he failed to make it into the medals finishing eighth in 3:43.58; "That was really weird a strange race" he said. "I'm really disappointed as there were medals for grabs."



THEY REPRESENTED GB & NI

Fechin McCormick

EUROPEAN CHAMPIONSHIPS

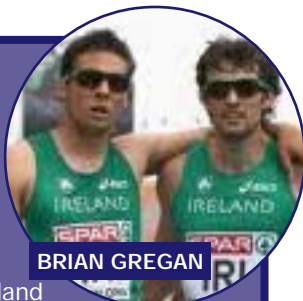
We had four in the European Championships - **ANDY TURNER**, (110m Hurdles), **KATE DENNISON** (Pole Vault), **GORDAN KENNEDY** (Ireland 400m & 4 x 400m relay) and **BRIAN GREAGAN** (Ireland 400m & 4 x 400m relay)

ANDY TURNER: You'll remember Andy's fantastic gold medal that set the country alight and finally buried the ghost of a career blighted by injury and resulted in the loss of his lottery funding. Britain's third fastest ever hurdler and the 2006 bronze medallist remained on the crest of a wave for the remainder of the summer. His time of 13.28 was a season's best and just 1/100sec short of his best ever.

KATE DENNISON was just one vault away from a medal but unfortunately the height required was a national record of 4.65m, some five centimetres more than she'd ever vaulted before. She came very close!

GORDON KENNEDY, competing for Ireland, ran very well to make the 400m semi-final with a SB time.

BRIAN GREAGAN also represented Ireland. He'd been battling injury so his 400m in 46.8 was good in the circumstances. In the relay, he and Gordon gave excellent account of themselves and had Ireland in contention for the final until the final stages.



BRIAN GREAGAN

MENCAP EUROPEAN CHAMPIONSHIPS

EMILY RAWLINS represented GB and won a superb bronze medal in the hammer at the INAS-FID European Championships held in Croatia in July. Emily' an inspiration! She's been in mainstream sport only 2 years and has broken her category British hammer record three times; the British shot putt record twice; represented England and GB at European Championships and regularly throws for the club in the National Junior League. Not only that, when she's not competing, she judges for the Club in various competitions.



WORLD JUNIOR CHAMPIONSHIPS

The Club had four athletes represent GB & NI at the IAAF World Junior Championships at Moncton, Canada, (19-25 July). **ANDY SUTCLIFFE** (Pole Vault), **NIALL BROOKS** (800m), **SHAUNNA THOMPSON** (4 x 100m relay) and **REBEKAH WILSON** (4 x 100m) relay)

The highlight for the club was pole vaulter Andy Sutcliffe's magnificent bronze medal with a PB of 5m35cm that became the first ever British medal winner on the world stage in the pole vault.

NIALL BROOKS, seventh ranked in the world over 800m, who won silver in last year's European Junior Championships and, prior to the Championships, had run the fastest time by a UK junior in 31 years with a mark which places him second on the All-Time list, just missed out on a podium position by only 2/100 of a second, finishing fourth in a new lifetime best of 1:47.02. He reached the final after a successful appeal for obstruction in the semi-final.

SHAUNNA THOMPSON, the 2008 Commonwealth Youth Games double sprint champion and a finalist at last year's European Junior championships, represented GB sprint relay as also did **REBEKAH WILSON**. Both qualified for the final but both the team failed to finish after errors between changeovers.



NIALL BROOKS



REBEKAH WILSON

YOUTH OLYMPICS

Young, 16-year old **KATIE BYERS**, Britain's U/17 No.1 pole vaulter competed in the first Youth Olympics in Singapore in August and won the 'B' final with a jump of 4m. Amidst unbelievable humidity and intense heat and with no previous experience of a world championship, this was tremendous experience for the country promising athlete. It included several TV and radio interviews and made many friends from a variety of nationalities."



WORLD MOUNTAIN CHAMPIONSHIPS

GAZ RAVEN represented GB in the World Mountain Championships in Slovenia in September. This is Gaz's third GB representation at a World championship, his debut at last year's World Mountain Championships and the World Half-Marathon championships last October in Birmingham. He's further represented GB twice in European competition - last July's European Mountain Championships and 2008 European Mountain Championships. He's also represented England on numerous occasions, most recently in the Uphill Mountain Running Home International near Ben Nevis.

EUROPEAN MODERN PENTATHLON CHAMPIONSHIPS

The club has many very talented athletes but few have immense talent as diverse as young Alice Fitton. Alice has had unprecedented success in pentathlon national competitions since she developed her interests in swimming, fencing, target shooting and riding horses as a young child so much so that, in 2007, she was first selected to represent Great Britain at international competitions.

This year, 15 year old Alice has represented Great Britain in every International competition that the National Team has contested, both at 'under 19" and under 17yrs" age-groups. Earlier in the year, she competed in The Bath International, (u19 yrs), in which she won the Silver Medal, then in May, she travelled to Bulgaria for The European Championships, (u19 yrs) where she took 4th place individually and led the Team to Gold Medal in the Team Category.

In this competition, Alice swam the fastest ever 200m Freestyle by a British Pentathlete, (of any age).

In July she won The British Modern Tetrathlon Championships by a significant margin and followed this with a successful defense of her British Modern Pentathlon Crown in August. Both competitions were ideal preparation for her most important competition of the year, namely, The European Championships, (u17 yrs).

Having made the Championships the focus of her entire season, in September, Alice travelled to Varna, Bulgaria. There, she not only won the individual Gold Medal by almost 1 minute, but, having taken over the anchor leg in 7th place, over a minute behind the leading athlete, overtook all before her in the relay, to achieve Gold Medal in that



COMBINED EVENTS CHAMPIONSHIPS

The club had two represent GB in combined events - **JESSICA TAYLOR** & **JACK ANDREW**. Both represented GB at the U23 international against France, Switzerland and Italy in France in August. Jack won his competition and became only the 3rd British decathlete to do so. He'd won selection at the earlier National Decathlon Championships with a score that put him 5th on the all-time British list

Despite dreadful weather, Jessica also performed magnificently to achieve a SB of 4919 points and gain a hurdles pb. This was yet another great experience for Jess to go along with her previous GB U23 indoor selection in March earlier this year. Jess also represented England this summer at the Home Countries International in Stoke on the 4/5th September where she was selected as a senior although still an U23. She came away with an overall score pb of 4983 points as well as pb's in the shot (11.20) and the 800 (2.23.99) where she knocked almost 3 seconds off her best. This score places her third in the UK rankings behind two seniors and top of the U23 rankings. Having improved her overall heptathlon pb she's also improved to 2nd on the UK U23 rankings and 2nd in the McCain Combined events Challenge for the seniors.



COACHING

In highlighting athletes who reached a pinnacle of their athletic career this summer, special mention must be made of coaches who helped take them there.

Pole vault coach, **JULIEN RAFFALLI** not only took **ANDY SUTCLIFFE** to his World bronze medal but also Blackburn's world ranking Holly Bleasdale to her World Junior bronze medal and **KATIE BYERS** to the Youth Olympics.

Britain's highly respected endurance coach, **NORMAN POOLE**, not only coached **NIALL BROOKS** and **GAZ RAVEN** to their fantastic success (Gaz is also coached by Paul Roden) but he also coached **MICHAEL RIMMER** (L'pool, Pembroke & Sefton AC) to his European 800m silver medal and **TOM LANCASHIRE** (Bolton AC) to the European 1500m final and Commonwealth Games. Combined Events coach, **CHRIS BARTRAM** also had his best year ever. Currently coaching nine international athletes, he brought Jack Andrew and Jess Taylor to their GB performances and to other U/23 Indoor and Outdoor Internationals this year. Further, Alex Wort, James Davies and Hannah Lupton were selected for the Home international at Stoke.



CHRIS BARTRAM

UK WOMEN'S PREMIER LEAGUE

Women win 23rd title & European Competition

Team Manager ERIC HUGHES

After taking Great Britain into the 'A' division of the European Championship Clubs Cup the target this summer was to win the UK League 2010 Premiership to enable our athletes to compete in Europe at the highest possible level next year.

It has been a nail biting season with each match following the same trend, kicking off in Birmingham on 5 June where due to illness, injuries and overseas commitments we fielded a much depleted track squad. This was compensated somewhat by success in the field events and we did well to finish second to a very strong Birchfield team, giving us a chance of retaining the title.

We hosted the next match at Sportcity on 3 July where we had to beat Birchfield to stay in the championship race. All our top sprinters were absent and following unexpected injuries earlier in the day the prospect of winning looked bleak. With two thirds of the match gone we were lingering in fifth place, then a surge of victories changed the whole situation. With just the 4 x 400m Relay and the Pole Vault remaining we were 7 points adrift and this was reduced to 4 points after coming a close second in the Relay. A double in the Pole Vault incredibly gave us victory by 9 points, bringing us level with Birchfield with just one match to go.

This was held in Windsor, 31 July, where Birchfield turned out a powerful team in an effort to capture their first Premiership title. For most of the day this looked highly likely and once again we appeared to be out of contention. Then with a magnificent rally we scored 81 points out of 90 and with just the Pole Vault result to be determined Birchfield still had a lead of 4 points. In a repeat performance in Manchester we came first in the 'A' and second in the 'B' events and dramatically won the match by 9 points, earning our passport into Europe.

Final standings	League points
City of Manchester Athletics	23
Birchfield Harriers	22
Windsor, Slough, Eton & Hounslow AC	17
Trafford AC	16
Woodford Green AC with Essex Ladies	12
Edinburgh AC	9
Shaftesbury Barnet Harriers	6
Blackheath & Bromley Harriers AC	3

Throughout the season the "never say die" team spirit was magnificent and we claimed our tenth title since the turn of the century, making it twenty-three times during the past thirty-six years, collecting the runners-up spot on eight other occasions.





BRITISH ATHLETIC PREMIER LEAGUE

Mixed fortunes for men

Team Manager **DEAN HARDMAN**

The summer season was one of mixed fortunes for the senior men's team, with some competitive performances and individual successes being the highlights, and an overall 5th place and some gaps in the teamsheets among the disappointments.

The aim had been to re-establish ourselves in the top 3 of the league, but, after a closely contested first match at Hendon, we finished only 4th, an agonising single point behind Birchfield who were third. The highlight of the day was David Hughes's superb debut in the 400H, where he took a fine victory in a class 50.35. Alex Smith and Rimas Martisauskas also recorded A string wins, and the team would have finished much higher up on the day had it not been for the fact that we were forced to rely on the ever-willing ultra-distance man Colin Gell to run in three of the endurance events. Problems in these events were to continue throughout the season due to injury and unavailability.

In match 2 we again finished 4th, this time just 22 points behind Newham. Had we managed to claim 3rd in both of the first two matches, we would have been very close to leading the league, but in the end, we had to settle for A string wins for Mike Floyd (Hammer) and Matt Hunt (Javelin), and a clutch of other fine podium finishes.

A 5th place finish in match 3 secured our Premiership status, this time just 14 points separating Woodford in third and us in 5th. Mike Floyd and Alex Smith won the A and B Hammer and Scot Thompson the B Shot, while the highlight on the track was a fantastic 2nd place by the 4x100m relay team (Carl Dickinson, Ryan Oswald, Chris Craig and Andy Robertson) in a super-swift 40.75.

The final match was of an unbelievably high standard. So, while 5th place was disappointing, A wins for Niall Brooks (800m and 1500m), Nick Gayle (110mH) and Mike Floyd and B wins for Nick Samuels (1500m), Jack Hallas (800m) and Alex Smith were some consolation.

From a team perspective, the throwing events were magnificent scorers for the team at all four matches. In the hammer, either Mike Floyd or Alex Smith won the A string at each of the fixtures, and they also took two firsts and two seconds in the B strings. Other "ever-presents" were Chris Craig, Marcus Gouldbourne, Rimas Martisauskas, Debo Ademuyewo, Scot Thompson, Ricardo Twumasi and Chris Wakeford. While there were impressive debuts from the likes of Rhys Smith. Everyone who turned out for the club always did their best, but we do need to rebuild and come back stronger in 2011.

NATIONAL YOUNG ATHLETES PREMIER LEAGUE

Cocks O' the North

This year the National Young Athletes League started with a four match North-West Premier League Championship involving nine of the regions clubs.

In match one at blustery Blackpool, Sale had a clear win over Preston AC and Cumbria AC due in no small part to taking an enthusiastic squad of over 100 athletes. The team were short of officials for this match and special thanks must go to those parents who stepped into the breach.

Match two took Sale to the Wirral and a narrow victory over Blackpool AC with West Cheshire AC in third.

The next two matches were at Sportcity and home advantage helped the club to two further clear match wins over firstly Wirral AC and Blackburn AC and finally Warrington AC and rivals Liverpool H & AC. This unbeaten run of four matches saw the club crowned North-West Champions.

The next stage was a one-off Northern Championship at Barnsley involving the top four teams from the North-West and North-East in which the club finished runners-up, losing narrowly to North-East Champions, Gateshead AC. Top performances from the club viewpoint was KATIE BYRES breaking the British age record in winning the U/17 women's pole vault.

The grand finale of the season that began in April was the National Young Athlete's final at Sportcity in September involving teams from Scotland, Wales and the North, South and Midlands. An under strength Sale team finished seventh but did manage to beat Gateshead AC to finish top Northern team.

The following ten club athletes achieved Grade 1 performances and merit special mention.

ELIN JONES (2), BRADLEY YATES, GREG APPLEBY, JADE CLARKE, CLOVIS ASONG, ELLIOT HAYNES, JAMES BARRATT, HARRY LORD, KEVIN METZGER and CHRIS BRADLEY.

PETER SHAW

The team produced forty-eight medallists – eighteen gold, eighteen silver and twelve bronze.

GOLD

ELIN JONES (3)
LYDIA RANGLES
BRADLEY YATES
JAMAL CRAWFORD
GREG APPLEBY
JADE CLARKE
CLOVIS ASONG (2)
ALYSHA PORTER (2)
JACK SHELDON
HANNAH CARLIN
BETH BOLTON
DANNY HEALD
CALLUM ROUGHNEEN
WILL MCEWAN

SILVER

BETH BOLTON (2)
NATHAN SELBY
ABI WILLIAMS
CALLUM ROUGHNEEN
CHRIS MCGAHAN
AMIE JONES
CLOVIS ASONG
DANNY HEALD
ELLIOT HAYNES
CHLOE GRANT
JAMES BARRATT
ROBBIE NIXON
MILO CLARKE
SARAH SIMEEN
SAMARAH MOHTASHAM
CHARLOTTE WORTHINGTON
MOLLY COCKBURN

BRONZE

ABI WILLIAMS
MATT HOLMES
HARRY LORD
JULIA HASSALL
CHARLOTTE WORTHINGTON
ELLIOT HAYNES
KEVIN METZGNER
JACOB SUTCLIFFE
CHRIS BRADLEY
RAFA ASLAM
PAIGE WALDRON

With the majority of team members still young enough to compete next year and with a number of new, high profile athletes eligible to compete next year, it would be realistic to expect to exceed even this year's high standards.

Finally, BIG thanks to all the athletes, officials, parents, supporters and coaches. A special commendation must go to team managers KAREN LANNON and DANNY GRAY (it's difficult to convey the large amount of work they have to do) without whom none of this year's success would have been possible.





NATIONAL JUNIOR LEAGUE

Well contested

Team Manager JACK FROST

The season was well contested, but the club had no answer to the composite teams from Edinburgh and Glasgow finishing in a very creditable 3rd place finish.

Final season league positions were as follows.
Team Edinburgh 30pts to the final
Team Glasgow 27pts to the final
Sale Harriers Manchester 22pts
Gateshead Harriers..... 20pts
Team Forth Valley 17pts
Kingdom Athletics..... 13pts
Preston Harriers..... 9pts
Middlesbrough 6pts

As a result of finishing 3rd, the club were invited to contest a paper match (based upon the seasons detailed results) against 3/4th places from the Midland and Southern regions, to determine 2 extra places to be added to the Final held at Derby. Unfortunately we missed out by a mere 5pts.

67 junior athletes represented the club (36 boys and 31 girls). With Josh Oguntayo, Ryan Worland, and

Alex Bellis making outstanding commitments to the club cause, by taking part in all matches. Leading point scorers for the boys were James Davies (75), Alex Bellis (58), Jack Andrew (56), Matthew Wright (54) and Adam Davies (51). Leading point scorers for the girls were Olivia Callaghan (60), Lateefah Burton (60), Charlotte Dickenson (51), Brogan Crowley (45) and Tyra Watson (40).

Our globetrotting junior internationals also played their part during the season. Poetry in motion is one description accorded to Niall Brooks as he annihilated the opposition in an 800/1500m double during the first fixture. Andy Sutcliffe registered a superb 4m 90cm vault, whilst Katie Byres created a new league record of 4m 02cm in her vault victory. Shaunna Thompson was also impressive registering a 100/200m double.

Many thanks should go to Brian Spriggs and his band of officials, who made great sacrifices during the season representing the club on on their travels.

NORTHERN SENIOR TRACK & FIELD LEAGUE

Mission Accomplished

JACK FROST

2010 was another Track & Field season mission that was accomplished. Although finishing in 2nd spot behind the Blackburn squad, it was really tight, with 4 teams including ourselves threatened with the drop to the 2nd division. Luckily the final fixture was at Sportcity where coming 2nd on the day saved our bacon.

FINAL DIV 1 TABLES.

1. Blackburn harriers	19pts	Champions
2. Sale Harriers Manchester	16pts	
3. Blackpool & Flyde.....	13pts	
4. Preston Harriers.....	13pts	
5. Wakefield Harriers	13pts	relegated
6. Cit of York	10pts	relegated

It was vital that we remained in Div 1, the standard in that division being ideal for our athletes just failing to make the British Athletic League and Women's National League teams, and brilliant for our talented U/20 athletes wanting to progress.

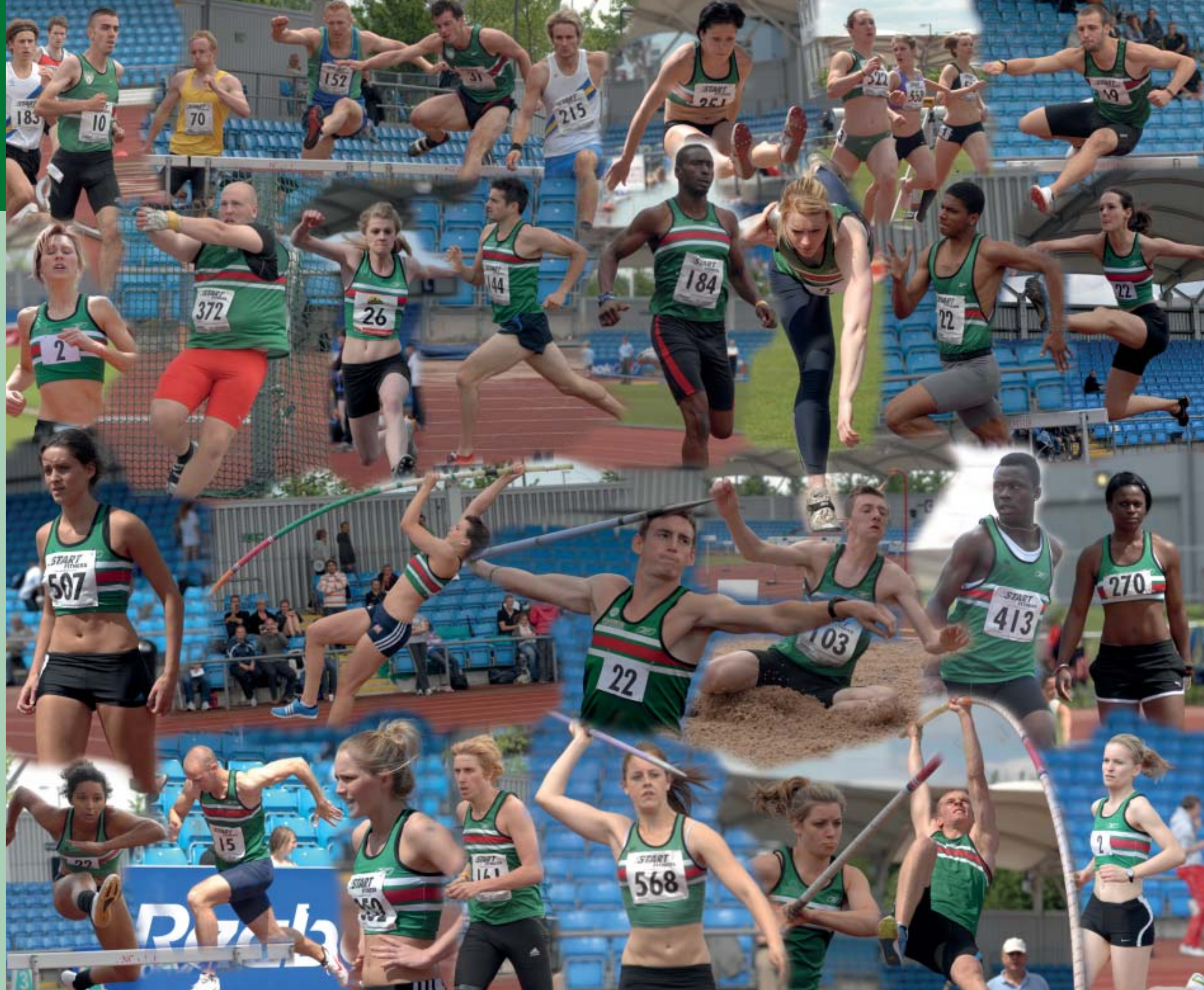
Of course it should not have been that close, with our sprinters, jumpers and throwers featuring well throughout the season, but team managers Mike Delaney and Allison Pye were always struggling to fill gaps in the middle distance events.

Nevertheless the season was most enjoyable for those taking part, especially John Nichols who won a special 'man of the match' award at Blackburn achieving 15m 43cm in the shot.

Over the season many outstanding performances were recorded including for the Men, Nick Samuel's 800m/1500m double of 1m 53.9sec and 3m 55.9secs, Joel Mukuna 50.5secs 400m, Adam Davies's 48m 67cm hammer, John Nichols 15m 43cm shot, Tom O'Brien's 55.0 400m hurdles. James Wright 15.5secs/55.7secs 110/400m hurdles double, and Jack Andrew's 4m 60sec pole vault were also a feature.

Nicola Cahill 14.8sec and Danielle Rooney 14.9secs achieved fine 100m hurdles marks. Laura Douglas 58m 09cm hammer, Alison Rodger 15m 24cm shot, Danielle Bentley 46m 16cm javelin, and Ahtollah Rose 11m 89cm triple jump were also prominent marks. However top performance must go to Katie Byres 3m 90cm pole vault victory over World Junior Bronze medallist Holly Bleasdale from Blackburn.

We must express thanks for the team of officials ably led by Brian Spriggs, who supported the team at their competitions.



COMBINED EVENTS

Chris Bartram

It's been a great summer for the club's multi-eventers. Jack Andrew, despite having lost six weeks winter training due to a freak accident slipping on a wet patch indoors when throwing a javelin ball, went on to have a fantastic season. He started in January by winning the Indoor National Championships and, although selected from this for the Indoor International, he declined. He then came second in the National Decathlon Championships, obtaining the qualifying standard for the World Junior Championships. This score put him 5th on the all-time British list and from this competition he was selected for the Outdoor International at Arras in France in August. He won this competition, being only the 3rd British decathlete to do so. Jack finished the season by becoming the English Schools Decathlon champion.

Jessica Taylor was also selected to represent the GB U23 team at the same French International. She attained a seasons best overall score of 4919 and gained a hurdles pb into a minus 1.1 headwind. This was yet another great experience for Jessica to go along with her previous GB U23 indoor selection in March earlier in the year.

The Home International Combined Events (September): This event was a season's highpoint for the squad. The group had fantastic 4 athletes selected.

Jessica Taylor was selected as a senior although still an U23. Despite some incredibly windy conditions, she managed an overall score pb of 4983 points as well as pb's in the shot (11.20) and 800 (2.23.99) where she knocked almost 3 seconds off her previous pb. This score placed her third overall behind two seniors and top of the U23 rankings. Having improved her overall heptathlon pb, she's now listed 2nd on the UK U23 rankings and placed 2nd in the McCain Combined events Challenge for the seniors.

James Davies unfortunately suffered an Achilles injury at the beginning of the second day and had to withdraw, but not before he had equalled his pb in the high jump and thrown a pb in the discus. Alex Wort (under 17) who has successfully

competed for the Sale under 20 team, was selected for the under 17 decathlon. Unfortunately he could not vault due to a hand injury but still recorded an octathlon pb with 7 pbs in the competition, and still came 2nd in the under 17s even without a pole vault mark. Alex is ranked nationally 3rd in the UK for under 17 decathlon. Hannah Lupton has had a remarkable season, recording 19 pbs in the last 8 weeks, seeing her ranked 5th nationally. She finished 4th in the international, having completed a pentathlon only the week before. (Hannah is a member of Preston AC).

English School National Combined Events Championships:

In September Jack Andrew became English Schools senior champion with yet another score over 7000 points, obtaining 3 more pbs in the process, making it 26 pbs for the season.

Alex Wort finished 9th with another pb, adding up to 45 in the season. Hannah Lupton found 2 heptathlons and a pentathlon in 4 weeks too stretching but still finished 9th in the senior girls. A new recruit to the group and Sale, Jasmine Dotzek, won the senior girls heptathlon.



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PRESENTATION NIGHT

On 2 October nearly 400 people attended Urmston Leisure Centre, where Crossford Bridge Primary Section celebrated their Annual Awards Night and the club's centenary.

To present the awards were two young Sale international pole vaulters, Katie Byres U17 all time British record holder, Andy Sutcliffe U20 number one in the UK and Michelle Scutt, Sale Harriers first Olympic medal winner in 1980.

Club Chairman David Brown presented the evening where over 150 youngsters received awards relating to their badge work carried out at Crossford Bridge during the last track & field season.

Each colour group came forward with their coaches followed by the club champions, who were U9 Leyla Nealon & Scott Hall; U10 Tia Blissett & Nathaan Booth; U11 Eleanor Twite & Jack Daly; U12 Emily Evans & Charlie Dowell; U13 Euan Gilchrist, Hannah Simeen & Matt Yates.

The annual Appreciation Award went to Dave Bennett lead coach with the white group.

The evening finished with the young athletes getting the internationals' autographs and a disco with a hot pot/chilli supper.



An Enduring Summer

Fechin McCormick

Easily the Club's largest section is its endurance and it's traditionally the club's bedrock of activity. This summer again reflected the fact that this section's greatest strength is increasingly in its numbers rather than its depth of quality. This was especially reflected in both April's 12/6 stage Northern Relay Championships and September's Northern 6/4 Relays that sandwiches this summer's endurance overview. In both these Championships, admirably promoted by Dave Rodgers on home territory at Wythenshawe Park as part of the club's centenary celebrations, the most memorable element of this endurance squad wasn't so much the team's performances, but the record number of teams that toed the line.

TRACK & FIELD

The unavailability (for whatever reasons) of many of the club's senior endurance men and women to represent the club in the Premier Track & Field Leagues plus the lack of interest in track racing among most others, again had an adverse affect on the club's overall performances in the UK Premier League, British Athletic Premier League and the Northern League resulting in valued points lost in many of the matches. For the most part, the women performed better than the men in turning out for the club to gain maximum points in track races.

ELITE SECTION

This summer overview, therefore particularly focuses on our senior men and women in road races, fells and trails. On an individual level, **GAZ RAVEN** stood out a mile among the club's elite for his regular commitment to local events and significant performances domestically from his umpteenth victory in Race The Train to finishing 3rd in the UK Mountain Running Challenge summer series to representing GB at his second European Mountain Running Championships and being the 2nd counter for GB in the World Mountain Running Championships. **ANTONY FORD** showed his elite class with fine runs in the Berlin 10k and the European Cup 10,000m and then finished second for GB in the World Half Marathon Trials at the Bristol Half Marathon; **MATT BOND** managed to help out the BAL for one match but his summer's pinnacle was winning the half-marathon in Denmark that was his international debut. **STUART STOKES** was prominent on both track and roads especially in The Mersey Tunnel 10k, the BUPA Gt.Yorkshire 10k, the BUPA Great North Games and a few BMC GP races, all in preparation for the Commonwealth Games steeplechase. Among our women, **SONIA SAMUELS** was foremost. She made her 10k debut on both track and roads that culminated in a track PB of 33.3 at July's BMC Grand Prix at Birmingham.

They may never take on the world but it was the club's very large numbers of grass-roots runners that most flew the flag this summer. Races principally focused around The North Cheshire 5k series, the Manchester 4 x 5k

Sizzlers; the Manchester Parks Grand Prix and The South Manchester Park Runs and the South Manchester Park Runs.

THE NORTH CHESHIRE 5K SERIES

In the North Cheshire Series, M45 **GARY ROWLINSON** was the club's outstanding representative and not far behind him was M45 **GARY WILLCOCK**. This series was also the summer highpoint for **IAN WHITHAM**, **TIM BRETT** and **MIKE WHARTON** who recorded PB's as they recovered from the London Marathon. **CARL BARBER** also recorded his 5k PB of the summer in this series.

THE MANCHESTER PARKS GRAND PRIX

The Manchester Parks Grand Prix was also the summer focus for several. Interestingly, all the series winners were veteran men or women. Foremost among them were **LYNDA ROWLINSON** and **JACKIE CORDINGLEY** who made the series their own again this year. Lynda aimed for her fourth consecutive L45 title (to add to her two L35 titles) but had to be content this year with runner-up. Jackie recorded her second M50 title to add to four previous titles. **NAOMI GRANT** took second L35 from three races and **JAN NICHOLLS** also took L40 2nd from five races. Congratulations also to **JERRY SMITH** who took the M55 title; and in the M45 category **FRANK CORDINGLEY** was 3rd overall, **TIM RAINEY** 4th, **GARY WILLCOCK** 7th and **BRIAN BRADSHAW** 9th. Many of these and some others complimented this GP with regular runs in the South Manchester Parkruns (Platt Fields) and the monthly Alexander Park 5k races.

CLUB PROMOTIONS

The Club successfully promoted its usual summer events – The May Day Sale 5k, The Sale '5', The Manchester 4 x 5k Sizzlers and The Sale '10'. All attracted big names and numbers and were well promoted with the help of volunteers from the endurance section. A large group participated in all or most of them especially **MIKE HATCH** who was well to the fore despite recovering from injury; **FRANK & JACKIE CORDINGLEY** are ever present as also were **BILL FOX**, **GEOFF BEATTIE**, **GARY & LINDA ROWLINSON**, **LAUREN DAVIES**, **BRIAN BRADSHAW** and **ROSE BLACHBURN**.

The Manchester 4 x 5k Sizzlers, as ever brought out the largest numbers with at least seventy club participants. As ever, the series facilitated some healthy rivalries not least that between the two 'Prof's' – Stefan Schumacher and Geoff Beattie with Stefan the victor (!!!) from clocking his second fastest ever sub-21 minute performance. Some of those who had sizzling runs were **CARL CLEGHORN**, **TIM RAINEY**, **MARK SZLKOWSKI**, **TIM BRETT**, **STEVE GAVIN** and many more who recorded impressive PB in one or more races (Indeed, of Tim's eight 5k's this year, five were PB's!); **BRIAN BRADSHAW** produced PB's in all four races; **PAUL ROWLEY** used the final two for a successfully comeback from surgery; **CARLA OUSEY** got back into the '22's for the first time in seven years; **DAWN HOLDING & AUDREY GRESTY** clocked more PB's this year than ever; **GARY EVANS** improved his 2010 best by over a minute following surgery; **JIM LAMBE** used two races as 'sharpeners' prior to the very tough Helsinki Marathon completed in 3:43.47; **KEVIN MCKAY**, our former Olympian, and Britain's former No1 middle distance specialist, set down an

admirable benchmark; **LAUREN DAVIES** begun consistently clocking under 24 min from the series... and so on it went. Everyone took something positive from this popular series!

OTHER DISTANCES

However, it wasn't all about summer series 5k's! Those who packed a punch over longer distances were people like **TIM KENNEDY** who is increasingly to the front in races and even won one in the Isle of Man; **STEFFAN SCHUMACHER** honed his distant prowess in races as far apart as the Isle of Man and Berlin; **GEOFF BEATTIE** appeared in almost every race the NW could throw up and even spread his wings to the The Malibu Canyon 5k in California and another in Chicago, always with exceptional consistency. **JERRY SMITH** was another prolific racer on hill and dale but experienced mixed fortunes from injury and over racing. **TIM RAINEY**, the club's ultra-Distance maestro, continued to improve over shorter distances and raced the Boddington 50k; about five marathons (Crawley, Stratford, Kassel, Chester...) and his first 100km race since 2006. **CARL CLEGHORN** also tested his ultra distance ability in the High Peak 40-mile challenge en route to the ultimate challenge of the awesome desert race, The Marathon De Sable. **TERRY LONERGAN**, Yorkshire M60 terrier, regularly crossed the Pennines for youthful scalps and returned home with more spoils of victory than almost anyone else and that's a tribute to his everlasting ability **PAUL ROWLEY**, **TIM BRETT**, **MIKE WHARTON**, **ROGER ASHBY**, **MIRAN APRAHAMIAN** were just some of those who regularly swapped their road shoes for trail and fells races throughout the region and helped develop this emerging club sector.

GROUP EVENTS

A notable, emerging element of the endurance section is the groups that got together for specific events that helped build team spirit and created an important social dimension within the section. Most notable were the **WELSH CASTLES RELAY**, a logistically challenging 200 mile relay from Caernarfon to Cardiff that took place over a weekend and required 20 athletes per team. The organisers successfully turned out a couple of teams and a back-up of travelling supporters. Smaller groups camped out and made a weekend of it in **RACE THE TRAIN** event in Wales and the twice yearly **LAKES WEEKEND** are now attracting over sixty people. A late summer BBQ at Crossford Bridge was also well attended. Latterly, training groups meet to train in the Goyt Valley.

VOLUNTEERS

Finally, a very valued and indispensable element of the endurance section is the large number of volunteers that helped deliver the club's extensive programmes of races this summer. Many of these, too numerous to list, are retired 'great and good' runners but many are also 'fresh and new'. Their efforts are as valued and applauded as any PB performance!



AT YOUR SERVICE

Executive Committee

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YOUR MAGAZINE

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Harry Shakeshaft

AUTUMN/WINTER FIXTURE LIST 2010/11

OCTOBER

- 2 Northern Athletics 6 & 4 Stage Road Relay WYTHENSHAW PARK
- 2 Northern Athletics Young Athletes Road Relay WYTHENSHAW PARK
- 9 Northern Athletics XC Relay Champs YA's, Jun, Sen, Vet (New) Graves Park, Sheffield
- 9 Manchester University XC relays University Fields, Wythenshawe
- 16 ERRA National Men's & Women's 6 & 4 Stage Road Relay Sutton Park, B'ham.
- 17 ERRA National Young Athletes Road Relays Sutton Park, B'ham.
- 23 Manchester Area CC League (1) Heaton Park
- 31 Sale Harriers Autumn Handicap Run (Trail) Crossford Bridge, Sale

NOVEMBER

- 6 ECCU National Cross Country Relay Champs (All Ages) Berryhill Park, Mansfield.
- 15 Gateshead International XC Races Gateshead
- 20 Northern Athletics Indoor Open EIS Sheffield
- 21 Manchester Area Cross Country League (2) Sherdley Pk, St Helens
- 29 UK (A) XC Challenge & European Trials Sefton Park, Liverpool
- 28 Northern Athletics 10 Mile Road Race Championship Thirsk

DECEMBER

- 4 Manchester Area CC League (3) Boggart Hole Clough
- 5 Gravy Pud Fell Race (5ml/1000ft) Tintwistle
- 5 Indoors meeting Sportcity
- 11 Northern Athletics Indoors Open EIS Sheffield
- 12 Calderdale Way Relay West Vale, Halifax
- 19 Sale Harriers Xmas Handicap Run 5 mile Trail/hill Crossford Bridge, Sale
- 19 Indoors meeting Sportcity
- 27 Northern Athletics 10k Championships Clitheroe
- 28 Sale Festive '5' road race Wythenshawe

JANUARY

- 2 Manchester Area CC League (4) Woodbank Park
- 2 Indoors Meeting Sportcity
- 8 Cheshire County Cross Country Champs TBA
- 8 Greater Manchester Cross Country Champs TBA
- 8 England Athletics inc Northern Athletics sen & U/20 Combined EIS Sheffield
- 15 Northern Athletics Open Indoors EIS Sheffield
- 29 Northern Athletics Cross Country Championship Sunderland
- 30 Pennine BridleWay Fell Relay Rossendale

FEBRUARY

- 6 Alsager 5 Mile road Race Alsager
- 12 Manchester Area CC League (5) Clayton Vale
- 20 Indoors Meeting Sportcity
- 26 ECCA National Cross Country Champs Alton Towers

MARCH

- 5 England Athletics inc Northern Athletics U/17 & U/15 Champs EIS Sheffield
- 5 Intercounties Cross Country Champs tba
- 6 Indoors Meeting Sportcity
- 19 English Schools Cross Country Champs
- 19 Northern Athletics 12 Stage Road Relay tba
- 26 Home Countries international Cross country Champs
- 27 Wilmslow Half Marathon (inc England Athletics Champs) Wilmslow
- 27 World Cross Country Champs