

THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



At Your Service

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PLEASE ALWAYS SEND YOUR NEWS STORIES AS SOON AS POSSIBLE



Harry Shakeshaft

Editorial

Produced
4 times a year
for 13 years

FECHIN MCCORMICK



You'll read this Harrier in the bowels of winter with the club's fantastic summer T & F achievements but a distant memory. My only regret about those days - to the point of annoyance, is that in December's televised North-West Sports Awards, there was not even a mention of anything athletic never mind an acknowledgement of our almost unprecedented achievement. To think that by winning the Athletic T & F Premier League

double, the equivalent of Manchester United winning 'the double' & consequently our men and women representing British Clubs in Europe in 2008, that it did not merit even a mention, is a disgrace! It's another demonstration of the extent to which athletics has become a fringe sport in comparison to other sports.

However, we battle on regardless and in the unending cycle of the running calendar, we've been through the relay season and the autumn half-marathon/marathon season and are currently in the bowels of winter cross-country fixtures. So far, we've not had the summer successes but you'll read of noteworthy achievements in every section. I try and record everything in these pages.

This is the time of year when everyone begins revving up to be in shape for the Cross-Country and Indoors Championships that begin this month. Let's hope for a lot to shout about when I feature them in the next Spring Harrier.

As a sports person, I wish every reader personal achievements in 2008 of which you will be very proud!

2008 MEMBERSHIP FEES & AFFILIATION TO ENGLAND ATHLETICS

It's time NOW to renew your annual subscriptions for 2008. For adults who compete on any level the fee is £36. Young members who are U/18, Students and 'associate members' pay £18. You can download a membership or renewal form from the club website www.saleharriersmanchester.com or pick one up at your training location. Don't delay!

This year England Athletics have developed important new rules regarding the registration of clubs and its members that you MUST take note of...

In future, each competing member age over 11 years will have to pay a £5 Affiliation fee to England Athletics. These registered members will eventually receive a Competition License directly from England Athletics (the license is similar to a credit card!) and this will be essential for future competition in championships, representative matches and major fixtures.

The Club will automatically pay the required annual fees but only for those for who are fully up to date with their annual subscriptions. It is more important than ever, therefore, that you ensure the club membership secretary is fully updated with your membership fees and details.

Where Are We

CROSSFORD BRIDGE SPORTS GROUND

- off Dane Road in Sale

Primary section, Seniors & Veterans

Sunday 10.00 12.00 noon,

Tuesday & Thursday 7pm to 8pm

WYTHENSHAW PARK TRACK

- off Wythenshawe Road, Manchester 23

Sunday (all groups) 11.00am – 1.00pm

Monday (Sprints & Middle distance 7.00pm – 9.00pm

Tuesday (U17 sprints, Middle Distance & Field Events)

7.00pm – 9.00pm

Wednesday (Senior & Junior Sprints & Middle Distance

7.00pm – 9.00pm

Thursday (U-17 Sprints & Middle Distance & Field

Events 7.00pm – 9.00pm

SPORTS CITY - Rowsley Street Manchester 11

Training: Sprints and Jumps

For more detailed information on your sporting discipline and various training sessions telephone the relevant coaches/managers in 'AT YOUR SERVICE'

Frank Starkie Memorial Cup

The British Association of Track and Field Leagues (BATFL) have honoured the memory of our former inspirational club secretary and hard-working administrator & Athletic official who died suddenly on March 28th 2006 leaving the club devastated. The new award is called **The Frank Starkie Memorial Cup**

Frank's role as Chair of this League has resulted in this new award for club officials. It will be presented annually alongside other UK Athletics meritorious awards. The first recipient was presented with it on December 1st at the UK Athletics Awards Dinner.

Nominations for this award can only be made by clubs who are members of leagues affiliated to BATFL. Nominees must be a member of a track and field club that competes in "League" athletics. Citations will be expected to draw attention to a nominee's work for the club or league as organizer, official, team manager or helper showing the breadth of tasks and/ or the time they have been carried out. Where nominees have delivered great service "against all odds" the challenging circumstances should also be described.

If ever you wish to nominate someone for this award, further information can be obtained on www.ukathletics.net

Club Athletes of the Year

Two of the country's finest young sprinters – **ANDY ROBERTSON** & **REBEKAH WILSON** have been selected as the 2007 Club Male & Female Athletes of the year. The decision is made annually by the Club's Executive Committee and they will soon be presented with the Darren Campbell MBE award.

Apart from their athletic achievements and potential they are exemplary role models in being single-minded, disciplined and determined. As a result, it's no wonder they are highly ranked nationally. We congratulate them and wish them well in their athletic careers and confidently hope they will be among those who will represent Britain in the London 2012 Olympics.

Previous winners of this accolade were **KATHERINE SHERRY** & **EZEKIEL ROWE** (2006) and **DARREN HAMMOND** & **KATHIA LANNON** (2005)

ANDY ROBERTSON

UK (U/17) RANKING:1st 60m
.....2nd 200m
.....3rd 100m
PB's: 60m – 6.87 (i); 100m – 10.60; 200m – 2.51 (w)

MAJOR ACHIEVEMENTS (2007):

NoEAA Indoor 60m..... Champion
NoEAA Indoor 200m..... Champion
England Athletics Indoor 60m..... Champion
Gtr. Manchester 100m Champion
Gtr. Manchester 200m Champion
Gtr. Manchester County Schools 100m Champion
ESAA English Schools 100m Champion
European Youth Olympics 200m Silver
European Youth Olympics 4x100m relay Gold
England Athletics 100m Bronze
England Athletics 200m Champion

Selected for the sprint relay at the 2008 World Junior championships in Poland

Selected for the world class Talent Scheme

REBEKAH WILSON

UK (U/17) RANKING: 3rd 100m
..... 15th 200m
PB's: 60m – 7.60 (i); 100m – 11.82 (w); 200- 25.03 (w)

MAJOR ACHIEVEMENTS (2007)

NoEAA Indoor 60m..... Silver
NoEAA Indoor 200m..... Silver
England Athletics Indoor 60m..... Silver
Gtr. Manchester 100m..... Bronze
NoEAA Championships 100m Silver
Gtr. Manchester County Schools 100m Champion
England Athletics 100m..... Champion
Home International Schools Champion
England Athletics 100m..... Champion



In partnership with City of Manchester Athletics

Ian's International Debut & Team Bronze

New to the O/40 veteran category, **IAN WETHERALL** this winter made his international debut, selected to represent England in the annual Home International Cross-Country Championships in Belfast (England, Scotland, Wales, Ireland & Northern Ireland). With an 800m PB of 1:51.2 (1993), 5th and 7th in Northern Finals; a couple of track Cheshire County titles in the 90's and a couple of heats in UK Championships, he'd be classed as good club class runner. His international debut at this time of his life he describes as, "an experience to remember and at the age of 40 to run for England is a great honour". This is his account...

I took my girlfriend Leanne with me who was a county high jump champion and hurdler in her younger days. We arrived at Europa Hotel in Belfast and in terms of Veteran GB racing, there were some quality runners like Bashir Hussain, Stewy Bell, Ben Reynolds, Robbie Quinn (Scotland) and Stevie Cairns (N Ireland). It's a little less intense than track running in my 20's, but there is still real competitiveness.

For the first time in my life, at the team briefing I felt old as there were England runners present who were in their 70's! I was put into the O/35 team with a team of 40-year old England runners, basically the 'B' team for 40's. It made no difference to me - I got the England vest which was a great feeling to put on when you consider what it represents. That evening it was just one pint of Guinness and then off to bed.

What a venue Stormont Castle is! The grounds are an amazing historic venue. It was a quick 4-lap course that totaled a bit over five miles. I went off quite quickly, probably too quick. The race is a bit of a mini Inter County because everyone is of similar ability and quite close together. I found the mid-race tough and I was a bit race shy having only done one race - the ECCA Relays, in 6 weeks. However, I rallied on the last lap and put in a really good last $\frac{1}{2}$ mile to sprint past my Welsh rival Clive West whom I've raced locally for some years. I crossed the line 31st from eighty-one finishers in the 35 - 49 age-group. This was good enough to place me 4th counter in the O/35 age-group & win me a team bronze medal. In my real O/40 age group, I was 11th from twenty-seven finishers. All in all it was a good result.

The after event! Well, it began straight away in the Crown Pub, which had featured on Billy Connolly's World Tour. I had 3 pints of Guinness with Stewy Bell - that boy can drink! It was then back to the hotel for a fabulous 4 course meal. It has to be said when it comes to friendly hospitality Ireland has it. They really pulled out a great night.

Mary Peters presented our medals. We briefly chatted to Mary, and what a lovely modest lady she is. To conclude, we drank more Guinness and then went to the local pub across the road where, in a rare evening of running camaraderie, we ended a memorable event by playing games of balancing Guinness on our heads!!!! I was still up for a 10-mile run next morning!

Salford '5'

As a busy mother & teacher **SIQBHAIN SMITH** doesn't have much time for training yet, a few short weeks after her great, Great North Run, she again displayed quite some talent with another magnificent run in November's Salford 5.25 mile race to finish 4th and first lady-35 in a zippy 33.27. She whipped her nearest rival by two minutes!

It was an unexpected great event for our girls! Two evening earlier at the Club's suave Thank you evening for volunteers at Manchester City's Legends (see p.16/17) Siobhan was the only entrant. ...but then a team unexpectedly turned up... and they WON! **JAN NICHOLLS** continued to make her mark with 4th L35 (36.30). Youthful **VICKY CORDINGLEY**, running fantastically, was 3rd counter in 38:33 followed twenty seconds later by **SIAN HOLLAND**. They took home bottles of wine to help them celebrate late into the night! There was even a 5th newcomer! **NAOMI STONE** was an excellent 42nd from the 220 finishers in 42.17.

Dovedale Dash

Chris Heys showed good form again at this year's Dovedale Dash cross country race near Ashbourne, on 4th November. The event, now in its 52nd year, regularly attracts in excess of 1000 competitors over a testing 4 $\frac{3}{4}$ mile course. With its fast "elbows out" downhill start, the course crosses the River Dove by the famous stepping stones, then traverses some undulating muddy fields, and has a grueling uphill climb back to finish.

Chris finished 4th from the field of 1181 competitors, and with 6th and 3rd placings from 2005 and 2006, is the only competitor with a hat trick of top 10 finishes over the last 3 years. "This time I'd been on the Guinness the night before and wasn't expecting anything special" admitted Chris, who'd had a late night following a friend's birthday bash. "After the usual bedlam in the first mile, I'd settled into 12th place, and this for me was where the race really began. Over the next 20 minutes I worked really hard at picking places off one by one, finally pulling through from 6th to 4th in the climb up to the finish. I'm really pleased with the result. Those Sportcity sessions on Mondays, together with my usual off road long runs are doing me the power of good. And maybe there is something special in the black stuff..."

University Challenge

The 41st running of the Manchester University Relays on the familiar University Playing Fields in Wythenshawe did not have the traditional turn out of club teams to challenge the academia from Cambridge, Oxford, London, Birmingham, Edinburgh, Liverpool, Nottingham and many others of Britain's Universities. This was principally because of the clash with the 'Trip to The Lakes' (featured elsewhere) on the same weekend. However, **ELTON DAVIES**, **GARY ROWLINSON** & **STEFFAN NORTH** did complete a team with Elton & Steffan each running two stages. The encouraging news for Steffan is that he ran both legs a minute faster than last year! They finished a heroic 20th! This year Birmingham Old Boys were champions with Trafford 'A' second and University of Birmingham 3rd.

Invitation to Germany

STEFAN SCHUMACHER, a German runner who trains from Crossford Bridge, is offering an almost FREE opportunity to visit his country and to run in his home town marathon & half-marathon on June 6th 2008. This is what he writes, "I would like to invite you to the marathon in my home town in Germany.

Kassel which is located in the centre of Germany between Frankfurt and Hannover, and has 250,000 inhabitants. The marathon was first held last year and it had a fantastic response with 4000 half-marathoners and 2000 marathoners!

My club in Germany, the LG Vellmar, is one of the organizers and the manager of it all is my friend Winfried Aufenanger who used to manage the German Olympics in marathon.

What I am offering is:

- If you book before 1st February 2008 you will get free entry to the race!
- You will stay with running friends—so no hotel costs etc.
- I will book group flights for those committed before January 31st. There are flights with Air Berlin on Wednesdays, Fridays and Sundays to Paderborn -30 miles from Kassel. If you book in advance it costs around £50.

- I will organize sightseeing trips, transfer to/from airport etc. and translators. I reckon that £150 will be sufficient to cover the costs of flights, meals, sightseeing, shopping, beer...

Expressions of interest should be made immediately to either

GRAHAM PADGETT Tel: 0161 962 2625 or Email: graham.padgett@tesco.net or

STEFAN SCHUMACHER

Email: drstefanschumacher@yahoo.de

The website of this run is

<http://www.kassel-marathon.de>

(German only)

Lake District Fun-n-Frolics

For the second consecutive year, twenty-five endurance runners journeyed to the Newlands Valley in the Lake District for a weekend of running, fun and frolics!

Saturday was given to three scenic runs that began with a pre-breakfast trot into the rolling hills followed by an 'efforts' session later and then a final tempo run up Cat Bells. In between there was all the adventure of kayaking ... washed down until the early hours with soothing Guinness, beers and warm camaraderie. Sunday's run was a choice of either a trip either up Causey Pike or a steady run up Robinson.

Special thanks to Jo and Chris for their cake making. The cups of tea went down really well with the cakes!

Everyone thoroughly enjoyed the weekend.

Those who attended from the club were: - PAUL BARRETT, PAUL ROWLEY, MIKE HATCH, DAVE MARSH, PAUL GREEN, JOHN WILSON, DAVE RODGERS, GARETH RAVEN, ROB FLANNERY, CHRIS HEYS, COLIN GELL, JADE JOHNSTONE, JO STREET, JAN NICHOLLS, ADAM ELLIOT, ANDY BLAIR and MARK FERNS.

The next training weekend is March 7th to the same venue. Cost will be £60. If you are interested, see PAUL BARRETT and book your place.



An endurance weekend that compromised...



...running...



...kayaking...



...climbing...



...socialising...



...and with beautiful scenery!



In partnership with City of Manchester Athletics

Presentation Night

On Saturday 13 October over 300 young athletes, families and friends attended the 2007 Crossford Bridge presentation evening at Urmston Leisure Centre.

The room was attractively decked out in the club colours and club Chairman Dave Brown who also coaches at Crossford Bridge along with fellow coach Chris Johnson guided the athletes and their families through a very busy programme.

A Scottish piper lead in the guests, sprinters, Alex Nelson and Shaunna Thompson who took part in a question and answer session before presenting all the awards and then signed autographs for the young athletes.

The club champions were:-

(Yellow Group) **HANNAH GARLAND** and **SAM BOLTON**.

U10's **SERENA MOTTERSHAM** and **JAMEL CRAWFORD**.

U11's **CONNIE VICKERS** and **FELIX TIGHE**.

U12's **MARTHA VICKERS** and **MATTHEW GIBBON**.

U13's **OLIVIA BOLAND** and **SAM HUGHES**.

Red group coach **BARRY HANSON** was presented with the Appreciation Award.



YELLOW GROUP



RED GROUP



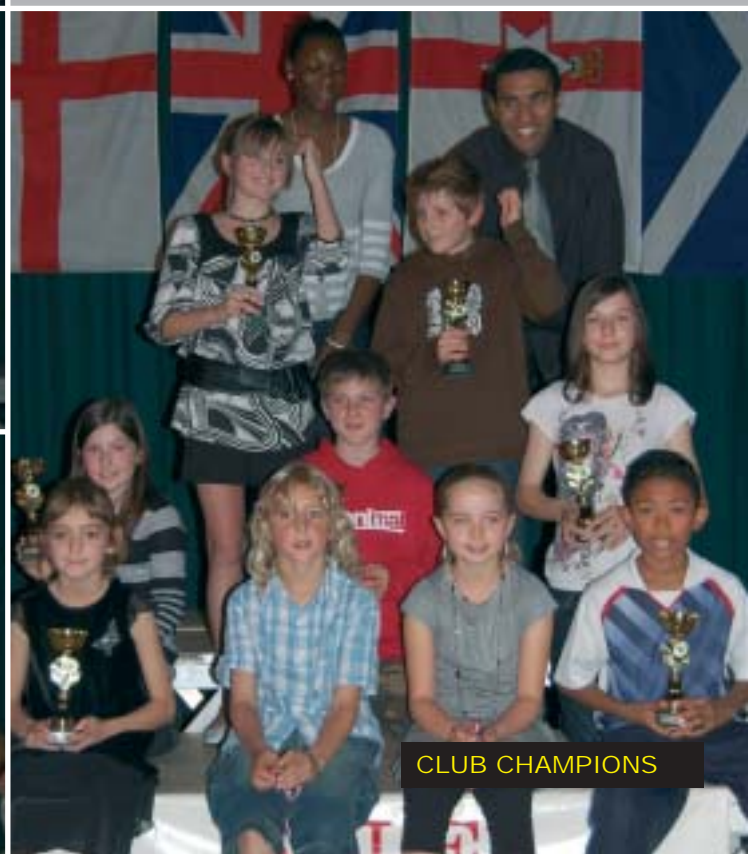
GREEN GROUP



PURPLE GROUP



GIRLS MIDDLE
DISTANCE GROUP



CLUB CHAMPIONS

GREENZONE

Exercising Body and Brain!



Andy Jordan, Centre Manager

As part of their GreenZone Study Support programme around 100 children participated in an exciting athletics taster session led by Harriers coach David Marsh at the Woodhouse Park Lifestyle Centre in Wythenshawe.

Everyone, regardless of ability, was able to enjoy taking part in a variety of fun team games, relays and exercises. Each child was then given an invitation to come along to a Harriers training session and a number have taken up the offer with several becoming Junior members as a result.

GreenZone, the Harriers Study Support Centre, which was launched last March by Darren Campbell, involves children aged 9 to 13 from local schools who are invited to attend after school and participate in a variety of computer based activities. The centre is partnered with Sale Harriers Manchester and the focus is on using athletics to enhance their learning whilst raising confidence and self-esteem.

GreenZone is one of around 150 Playing for Success Study Support Centres which are attached to sports clubs all over the country. We are proud of our claim to be the first PFS

centre to be attached to an athletics club. In

December the Playing for Success initiative marked its 10th Anniversary by holding a celebration event at the new Wembley Stadium.

Throughout the autumn term children from 8 schools across Wythenshawe came after school each week to be a part of the PFS programme at the centre. They engaged in various practical activities including animation, video editing and music making as well as ICT based Literacy and Numeracy challenges.

To help the children stimulate both the body and the brain simultaneously, our SportWall Interactive Fitness System has been used to good effect. Each week they attempt to beat their own score and achieve a PB!

The 10 week programme culminated in a Celebration Evening to which all the children, their families and school staff were invited. As well as getting a flavour of what they had been involved in, parents and staff

were able to join us in congratulating and rewarding the children for their tremendous efforts and achievements. Each child was received a

certificate and a medal to mark the occasion, presented to them by Harriers athletes and Club President Eric Hughes.

Parents and staff completed questionnaires to evaluate the effectiveness of the programme. A typical comment was, "He really enjoyed it. It was very educational and gave him independence and confidence".

It is hoped that the link between GreenZone and Sale Harriers Manchester will be strengthened and developed over time. There are always opportunities for athletes to get involved, either showing their support by simply turning up to chat with the children on an informal basis, helping them with their work or perhaps by demonstrating their athletic skills in the sports hall! There is also the possibility of getting more involved in the initiative by joining the team of mentors who work alongside the children during the programme.

To find out more about GreenZone or to see how you can get involved in this exciting initiative, contact Andy on 0161 436 0586



In partnership with City of Manchester Athletics

NORTHERN WOMENS' 4 STAGE ROAD RELAYS



AMANDA SECURES BRONZE

Danielle Woods

The venue for September's North of England women's 4-stage relays was the surprisingly swish Birchwood technology park, close to Warrington. The ladies team comprised **JENNA HILL**, **RUTH WATSON**, **DANIELLE WOODS** and **AMANDA PARKINSON**.

Overcoming a combination of colds, coughs and twisted ankles, at the 11th hour all were raring to go.

Each leg was meant to be 4km; however the organizers had added an extra 1km to each leg... a revelation adding to the pre-race nerves. Many athletes are nervous as to how they will perform, as the race falls into a period when athletes are in a transition from summer to winter training schedules.

Before anyone could race, they had to first navigate the course, a challenge in itself.

*The sparse markings made what should have been an easy warm up seem like an orienteering challenge. As midday sunshine emerged, team manager **ALISON PYE** hoped her choice of runners for each leg would pay dividends.*

*The first leg belonged to **JENNA HILL**! Not withstanding the 7 hour traffic jam she endured to get from London, Jenna capitalized on her great summer of racing and took on the 2 lap course with determination. She passed the baton on in an excellent 8th position to **RUTH WATSON**.*

Ruth is another runner with a strong summer of running behind her and again she showed typical team loyalty by traveling a long distance to get to Birchwood. Longer than her usual 800m races, her fast times on the track this summer helped maintain a

*solid position for the team. **DANIELLE WOODS** took the third leg! The Greater Manchester Cross-Country Champion picked off a couple of vital places and passed over in 9th place to **AMANDA PARKINSON** for the fourth and final leg.*

A key runner for the club in relays for over a decade and renowned for often producing the fastest laps, the question was whether the team had done enough to put Amanda in contention for a team medal? Returning to fitness from illness & injury, this was her first race for over two years and Britain's newest & fastest veteran typically took off with a vengeance. Cheered on by her children, she recorded the 10th fastest time of the day and brought the team into the bronze medal position. It was a great day – a magnificent performance from the whole team!

'A' Spirited Performance

NATIONAL
WOMENS' 4 STAGE
ROAD RELAYS

FECHIN McCORMICK

Three of the Northern bronze quartet lined up again at Sutton Park, Birmingham, for the National 4-stage Championships. The newcomer was young CHARLOTTE WOODS, sister of Danni, the 2007 Gtr. Manchester Cross-Country Champion.

She got the show on the road! In typical determined style, she brought the team home 39th from the 100 top level runners from all over the nation – a superb performance.

Her 'little' sister followed in her footsteps. Charlotte had last run this race in 2004 & 2005 and showed the maturity of her older sister by bravely holding onto 39th place.

There are few more durable than RUTH WATSON and, running 40 seconds faster than last year, she hauled in 7 runners to improve the club's standing to 32nd.

JENNA HILL, on the anchor leg, was the most experienced of the quartet. She'd run in 1998 as a sweet thirteen year old; then in 1999 & 2000 as a model adolescent; in 2001 as an attractive young woman, and latterly in 2003 where she won an U/17 team silver with the 4th fastest time of the day. She clawed back five further places to give the club's finishing position of 27th from 80 finishing teams.



- 1 RUTH WATSON
- 2 JENNA HILL
- 3 CHARLOTTE WOODS
- 4 DANIELLE WOODS



In partnership with City of Manchester Athletics

The 'B' Make History

JOANNE STREET

For the 'B' team, these National Road Relays were a fitting event to test the nerve of a strong and improving group of female endurance athletes who train at Crossford Bridge. With the depth of talent from across the club we fully expected to make up the 'C' team. But the sudden arrival of this year's first 'flu epidemic' and the usual unfortunate injury list meant that in fact we were promoted to the 'B' team.

CATRIN EVANS' consistency and hard work in training have led to a spate of PB's across the summer and into autumn at the Cardiff Half Marathon. This made her the obvious choice for first leg which she ran in an impressive 18.58, setting the bar for the rest of us. Helen Reagan, who was the travelling reserve runner, also ran an impressive 19.10 on the first leg meaning some of us were left feeling a bit nervous about whether the right team choice had been made!

JAN NICHOLLS has also seen her consistent training pay off recently with a respectable 1.36 at the Great North Run and so we had confidence that she could run a strong second leg. That confidence was not misplaced as Jan proved to be the strongest on the team completing her 4.3k in 17.57 making up 10 places on the way.

ALISON PYE has recently made a much welcomed return to training after a long spell on the injured list. While she knew she was not back to her usual best form she was optimistic of a decent run on third leg. She did not disappoint; coming over the line in 18.59 and making up a further 6 places.

JOANNE STREET has also made a recent return to training after a miserable year of injuries. The months of cross training have paid off with a relatively quick return to form being proved at the Cardiff Half Marathon. She managed to steal away a further 4 places by bringing last leg home in 18.19, placing the team in 61st position overall.

All of us thoroughly enjoyed the opportunity to represent the club and to compete against the best female athletes in the country. A successful campaign over the cross country season should see us fit to turn out another committed team at the 6 stage in April.



NORTHERN MENS' 6 STAGE ROAD RELAYS

A patched-up team of those Club athletes not injured, on holiday or taking a well-earned rest after a hard track season battled to a fifth-placed finish around the leafy office parks of Birchwood. As usual, Team Manager **DAVE RODGERS'** 'A' squad come race day was much changed from that which he had just a few days before, with the 'B' team relying on 'Harrier' editor **FECHIN McCORMICK** to anchor them to a 51st place finish.

Much debate surrounded the precise length of each leg, with the organisers surprisingly increasing it from two to three laps – giving a rather too long 8.5km. After the very short legs at the 12 Stage in March, you would be forgiven for wondering whether it might be a good idea for the North to follow the Midlands and South by

Patched Up Team 5th

Steffan North

having a dedicated venue for these relays.

Sale's 'A' team was lead off by **SIMON MILLS**, who bravely got stuck in – hanging on to the lead pack as long as possible and coming home 8th. He handed over to **STEFFAN NORTH**, who picked up one place and just managed to hold off international Pete Riley who produced the day's fastest leg. Due to the multiple laps things were already getting confusing, with Sale athletes not knowing if they were passing a genuine rival or just lapping someone! Tough of the track (and road) **GAZ RAVEN** took the third leg and posted the team's quickest run of the day with 26.02. The result of this was to shoot us up into the medals and 3rd place. **JAMES BAILEY** was at a loss to explain his lack of pace on leg 4, until the next day when he woke up with an awful cold. He still managed to maintain our bronze medal position and handed over to ultra-distance star **COLIN GELL**, who some suspected had been the one encouraging the organiser to add more laps. Colin's virtual sprint saw him passed

only by Salford's fell-running international John Brown and at the end of it he handed over to **ADAM ELLIOT**, who despite gaining 30 seconds on Salford's last-leg runner, anchored us to our eventual 5th place - Andy Norman coming through for Altrincham to snatch the bronze.

The 'B' team's lead-off man was flapjack-baking hero **CHRIS HEYS**, with **ANDY BLAIR** taking over on leg 2. Despite recently taking up triathlon, Andy didn't go for a swim or cycle beforehand and lifted the team up ten places. **ROB FLANNERY**, **GARY ROWLINSON** and **BILL FOX** then took up the virtual baton, before **FECHIN McCORMICK'S** glory leg! We won't mention how Fechin missed Bill finishing; he then panicked onto the course 50m beyond the start line, only to have to return and start properly – that wouldn't be fair and I expect it will be edited out anyway!

Philosophical 14th

Steffan North

Team Manager Dave Rodgers believed he had a strong team on paper, but unfortunately this event is run on the roads of Sutton Park and a general lack of fitness throughout the team produced a slightly disappointing 14th place finish.

On a day when a surprising number of quick times were recorded around the 5.8km circuit, the Sale six rose gradually through the field after PAUL GREEN (18.20) had given them a steady start on leg 1. Paul was not particularly happy with his run, with some very strong performances at the front of the field resulting in him coming in 44th, but after only being back training relatively seriously for a few weeks it was a solid leg.

The aim now was to start picking up the places and the now Oxford-based

DAN AGUSTUS (18.22) began the process by picking up 7 places on leg 2 and taking Sale into 37th. As he did at the North of England 6 Stage three weeks earlier, GAZ RAVEN took on leg 3 and once again produced the team's quickest lap of the day with 17.48 to haul the team up another 12 places into 25th overall at the halfway stage.

STEFFAN NORTH (18.17) was passed by a flying Ian Hudspith from Morpeth on leg 4 but managed to pass three others to bring the team up to 23rd. This put leg 5 runner GLEN COMISH close behind a sizeable group of teams and so gave him some good targets to chase. At this event last year Glen produced one of the runs of the day, which propelled him into the Great Britain team for the Ekiden relays in Japan. Unfortunately this year it was Glen's first race since pulling out injured in the World Championship Trials steeplechase final at Sport City in July and so there was no repeat performance. He still showed what a talent

he is though, by clocking 17.52 and taking another 8 places, which meant that anchor leg runner SIMON MILLS took over in 15th.

Simon produced a typically strong run on what is often a difficult leg to get right and improved the team's place by one, passing Cardiff's GB international 1500m man James Thie.

Dave Rodgers was philosophical about the team's performance after the race, but was able to console himself with the knowledge that the team will get fitter and also stronger, with the likes of Stuart Stokes and Phil Tedd on the road to recovery.



In partnership with City of Manchester Athletics

NORTHERN YOUNG ATHLETES ROAD RELAYS

U/15 GOLDEN GIRLS

*Fechin McCormick and
Colin Hardman*

UNDER 17 BOYS

Congratulations to **NIALL BROOK**, **JAIMIE RODEN** and **ANDY PARTINGTON**! This trio produced one of the best U/17 Northern Road relay results in a decade. They finished an excellent 4th and missed out on the Bronze medals by just one measly second!

NIALL BROOK is a club newcomer who joined after representing Greater Manchester in the English Schools 800m in the summer. With only a few months training, he took the first leg and ran with the maturity of a seasoned athlete to place the team 4th. Niall was the only one in the top age-group in the team.

JAIMIE RODEN is the son of coach **PAUL RODEN** who, in the 1980s, was Britain's top runner with several Northern & National age-group titles and medals on roads and country; a 10-mile best of 47.35 and a marathon best of 2:18. Jaimie came to the race on the back of a good summer in different events and knocked

lumps from his PB's (e.g. 9:27 for 3k). Showing all his father's talent, he brought the team to the front but half-way round the course, two older & stronger lads flew past and he crossed the line 3rd.

ANDY PARTINGTON was a member of last year's U/15 Gold medal team.

This year, he had a battle royale with the Lincoln AC runner. It came to a nail-biting sprint finish with Lincoln AC winning the bronze medal by the thickness of a vest.

Said Coach **PAUL RODEN**, "This was the lads first distance race off the track since the summer and with only one team member in the top age they will be a formidable team for next year's championships".

THE 'B' TEAM

The 'B' team finished 11th and produced a better result than the 'A' teams had done in 2005 & 2006.

RYAN WORLAND, a member of the 2004 U/13 Gold medal team who had progressed well this summer with big 1500m & 3000m PB's, ran a very steady first leg to place the team 20th.

ALEX WEBSTER improved by a further 6 places with a great run and the fastest leg of the team. Alex came to the race also on the back of a great track season performing particularly well for the club in the steeplechase.

JAMES WIGNALL improved by a further three positions to give the overall final position of 11th. James is an athlete who combines athletics with football. Again, he worked hard this summer and improved all his PB's particularly knocking about 15 seconds of his 1500m best.

UNDER 15 GIRLS

The U/15 girl's team went into their race knowing that they faced stiff opposition from last years U/13 winners East Cheshire Harriers.

TYRA WATSON led the team off on first leg and had a fabulous run. She ran a very sensible race by tracking the early leaders, and using her sprint finish, overcame her rivals to finish in first place.

SARAH SIMEEN ran a very controlled second leg and kept the team in contention in second place and within touching distance of the leader.

SARAH BARKER, the UK's No.1 3000m runner with a host of Northern, Schools and County Championship titles, soon overcame the deficit on the final leg and brought the team home brilliantly as **CHAMPIONS** by a comfortable 19 seconds. As last year, she ran the fastest leg of the day. East Cheshire Harriers had to content themselves with the silver medals with Wakefield AC winning the bronze medals

UNDER 13 GIRLS

Due to a Sports Hall fixture falling on the same day, the U/13 girl's team had fewer numbers than anticipated and there was only one complete team.

CHLOE GRANT led the team off and finished her leg in a respectable 11th place.

HEIDI WILLIAMS, in her first year in the age group, ran a solid second leg for 13th place. **ABIGAIL FITTON**, also in her first year in the age group, ran a splendid last leg. In a very competitive age-group, it was the 12th fastest time of the day and she brought the team home in a highly respectable 7th place out of 36 teams that completed the course.

VICTORIA CALDERBANK did not have a team but made a fantastic debut for the club finishing on the first leg finishing in 19th position. Liverpool Pembroke took the title with Leigh H & Stockport AC taking the minor medals.

The 'B' team made up of **AISSLING TOAL**, **FREYA NARAYAN** and **WERRIS IBRAHIM** finished in 22nd place out of 35 teams that completed the course.

UNDER 17 GIRLS

The under 17 girls were a little weakened by absence due to illness and only had one complete team. **AMY REGAN**, **ALICE BALL** and **NYOMI CANDLIN** finished in 13th out of the 18 teams that competed. Lincoln AC took the title with Hull Achilles AC and Vale Royal AC winning silver and bronze.



Niall Brook



Jamie Roden



Andy Partington

It was the same U/17 Northern relay team that coach **PAUL RODEN** took to the Mecca of relay running, Sutton Park Birmingham, for the National Road Relay Championships.

The reliable Northern trio also ran in the same order as they had done at Croxteth Park.

From a field of 60 teams from all over England **NIALL BROOKE** brought the team home in 19th place – another excellent performance for a young lad still relatively new to the sport.

JAIMIE RODEN also had a really good run and hauled in 7 runners over the 3kms course to place the team just outside the top ten.

ANDY PARTINGTON had experienced this course last year running in the U/15 category. Despite an injured back, he gave it everything with a solid run to bring the team home in 15th place – the team's equal best in a decade. Well done, Lads!

This was Niall & Jamie's first experience in a major National championship.

On a course very different to the Northern relays, the undulations & bends of Sutton Park required a more sensible approach and the lads did brilliantly, said Coach Paul Roden. "With two of the three eligible for the same age-group next year, we can look forward to a top 10 position"

The 'B' team of **ANDY WEBSTER**, **DANNY HOPE** & **JAMES WIGNALL** also had solid runs improving the team from 43rd to finish 38th. Said coach Paul Roden, "all these lads will develop and progress next year. They are a smashing bunch of lads who work hard and well together". No Under-15 team or Under-13 team took part.



girls

The highpoint of the girl's section was the U/15 girls 4th place – their best position for a decade. That they came within a whisker of the bronze medals was substantially due to **SARAH BARKER** who, as in the Northern relays when she recorded the fastest lap, recorded the 4th fastest time of the day. Coach **COLIN HARDMAN** decided on the same team format as brought them their northern victory so **TYRA WATSON** got them off to a good start with 13th place and then **SARAH SIMEEN** improved further to 9th before **SARAH BARKER** ran a minute faster than her team-mates to clinch the 4th place. The only disappointment was that East Cheshire Harriers, whom they'd beaten to

NATIONAL YOUNG ATHLETES ROAD RELAY CHAMPS

the silver medals in the Northern relays, this time took the bronze medals.

The 'B' team consisting of the U/15 Manchester Parks Grand Prix Champion **AISLING TOAL**, **SAMARAH MOHTASHAM** who finished a commendable 8th in the Grand Prix, and **GEMMA NEVIN** who finished 9th, gained valuable racing experience and finished in 43rd place.

Well done to the U/13 girls team of **ABIGAIL FITTON**, **VICKI CALDERBANK** & **CHLOE GRANT** who, in their first experience of big time running, did extremely well to finish 19th

Ever loyal duo **ALICE BALL** and **AMY REGAN** represented the U/17 girls but failed to complete a team. An interesting fact from these championships is that Aldershot, Farnham & District won five of the six age-group titles - similar to their success over several years.

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SPECIAL RATES FOR SALE HARRIERS

ENGLISH CROSS COUNTRY RELAYS

Fechin McCormick

Since the first English Cross-Country relays were staged in Crystal Palace in 1985 with just three age-group events, this event has grown in stature year on year. It moved to its current venue of Berry Hill Park, Mansfield in 1989 and the event now incorporates eight races and 10 championships on a single day and brings together all of the top British cross-country runners on a course which has remained unchanged over the years. The Club's greatest success over the years has been the under-17 girl's Gold medal in 2000 and the under-13 boy's gold in 2004.



SENIOR WOMEN

The senior women have never been out of the top ten in all the years - a unique and tremendous achievement attributable to the consistent quality of the women available to team manager **ERIC HUGHES** over the years. As a result, they won silver medals in 1998 & 2005 and bronze medals in 2000 and 2003. This year they were 9th - the same position as last year.

DANNY WOODS & JENNA HILL, stalwarts of the autumn relays this year, were joined by **BRIGIT COOKE**, the Gtr. Manchester X.C silver medallist, back to her best after a period in France doing her medicine 'elective'. Danny ran even faster than in her last outing in 2005 and **JENNA HILL**, again the most experienced team member and the only person to have represented the Club in every age-group in this championship from 1998 typifying her club loyalty, was an encouraging 40 seconds faster

than last year. However, by her own high standards, she'd hoped for even better.

There was also a 'B' team! It was great to have **RACHEL DEEGAN** back on the scene on the first leg. Unfortunately, an asthma attack that has blighted her undoubted talent, again put paid to a fast time. Team Manager **ALISON PYE**, back after injury, took the second leg and one of the club's most improved distance runners, **HELEN REAGAN** anchored the team to 57th place.

SENIOR MEN

The senior men haven't quite had the women's success over the years with best performances 4th in 1999 and again last year. Team manager, **DAVE RODGERS** was hoping for a top 10 placing this year.





were keen to really get training seriously for the championship season.

For the second consecutive year no junior women's team competed.

U/17 BOYS & GIRLS

Paul Roden's young squad who did so well in the Northern & National Road Relays despite most of them being a year young, continued to show their future promise. NIGEL BROOKE and JAMIE RODEN again took the first two legs as they did in the Northern & National relays with ANDY WEBSTER taking the final stage. They finished 17th from the 74 competing teams with Warrington AC, the U/15 Champions in 2005, becoming the U/17 Champions. Aldershot AC & Luton AC took the minor medals.

Under the management of LISA DAVIES in her first season, AMY REGAN ran a strong first leg against fierce competition and handed over to the consistent ALICE BALL who pulled the team up to 20th position on the second leg. LATIFA BURTON, with a solid performance, brought the team up to a respectable 16th position out of the 53 teams.

U/15 BOYS & GIRLS

The under 15 girls 'A' team was not at full strength but they too finished in the top 20. SARAH SIMEEN, despite having a cold, ran a brave first leg and handed over to the ever improving ASHLING TOAL who brought the team up 6 places. Aishling has the distinction

of being this year's U/15 Manchester Grand Prix Champion – congratulations to her!

TYRA WATSON was in good form and brought the team up to 18th position. This was a great improvement on the 39th position last year. The 'B' team kept the A team on their toes. ALICE FITTON celebrated being chosen to compete in the European Modern Pentathlon championships by running a storming first leg, WERIS IBRAHIM gained three places on the second leg despite twisting her ankle and JEMMA NEVIN completed the trio with a creditable 31st position and the third 'B' team home. Jemma was a commendable 9th overall in this year's Manchester Grand Prix series. 60 teams finished. The strength of depth of the under 15 squad looks promising.

There were no U/15 boy's teams

U/13 BOYS & GIRLS

Despite having a very young team, the under 13 girls also finished 18th - their best position since 2001.

The youngster ABIGAIL FITTON ran a very good time on the first leg to come home in 27th position. CHLOE GRANT who looks stronger in every race pulled the team up to 19th position then the improving HEIDI WILLIAMS, also with another year in this age group, pulled another place back. 68 teams finished.

Since the U/13 boys won the Championship in 2004 & the bronze medals in 2003, no team has competed.

In a top class first leg, GAZ RAVEN, who had his eye on a top 10 place in the Euro-Trials & a 2:14 marathon to qualify for the Beijing Olympics, showed his true metal to bring the team home 7th & give the team its necessary launch. SIMON MILLS had hoped for a better performance on the 2nd leg whilst STEFFAN NORTH had one of his best runs on the 3rd leg. Sub 30-minute 10k man, GLEN COMISH was glad to be back in top flight running again after a long period from injury and anchored the team to 9th place. The team had the distinction of finishing second Northern team behind the silver medallists Leeds AC who were also the Northern & National 4-stage road relay Champions this year.

There was a 'B' team that finished 64th that comprised IAN WEATHERALL, preparing for the veteran home international in Belfast representing England; ANDY BLAIR doing triathlon training to avoid injury; ROB FLANNERY always prepared to turn out regardless of his fitness and MIKE HATCH who had an unexpected 11th hour run despite injury and made up 6/7 places in a great anchor run.

U/20 MEN & WOMEN

The Junior men turned out two teams...

The 'A' team of DAVE HOWLETT, ROB WHITTAKER & ROB JOWETT finished 29th and the 'B' team of SAM ASPINWALL, LUKE WINTERBOTTOM & LEE WHITELEY finished 33rd. The encouraging thing is that these lads



Weris Ibrahim



Chloe Grant



In partnership with City of Manchester Athletics





THANK YOU

*For the 3rd consecutive year, the club hosted a magnificent 'Thank-You' to show appreciation to the dedicated army of volunteers and officials who helped deliver the Club's extensive athletic and other events in partnership with Manchester City Council. Over 100 attended the no-expenses-spared evening of mouth-watering food in the lavish Legends Lounge of Manchester City Football Club. Club President, **ERIC HUGHES** welcomed guests and acclaimed everyone's brilliant efforts. Club Chairman **DAVE BROWN** then followed and, whilst again thanking everyone's contribution, he outlined the Club's extensive achievements in T & F, Road, Indoors, and Cross-Country and explained how volunteers are the lifeblood of the sport. He particularly highlighted **MORRIS JEFFERSON** for his tireless work in leading and organising this army of volunteers.*



Manchester Area CROSS COUNTRY LEAGUE

Fechin McCormick

So far, three of the five matches in the Manchester Area Cross country League (MACCL) are completed with the remaining two to take place in January (Woodbank Park) and February (Wythenshawe Park). Full reports will appear in the next Harrier.

To date, the senior men and senior women have a lot to do! As league champions for the last five consecutive seasons, the men currently are a rather lowly 4th behind leaders Trafford AC (men) and most of the other local teams. The women are also in a difficult 4th place behind league leaders & current champions Macclesfield AC - the team they invariably are in contention with for the league title. **STEFFAN NORTH** currently heads the individual rankings and **BRIGIT COOKE** also looks set to retain her 2006 individual crown. **CHARLOTTE WOODS** also looks good to win the U/20 title - fingers crossed!

The U/15 girls and the U/17 boys and U/17 girl's teams are very well placed to retain their leagues titles each for the 3rd consecutive year providing, of course, they keep up the good work. So far all three teams remain undefeated! The U/15 girls are currently ahead of this year's rivals Warrington AC & the U/17 lads are ahead of Trafford AC.

Title holders for the past two seasons, the U/15 boys currently rank 2nd behind St. Helen's Sutton who remain undefeated so far this winter in the league with Stockport H & AC firmly in second place. They have a tough job to retain the title they won last year but coach **PAUL RODEN** will surely encourage the very best from them.

The U/13 girls are currently runners-up to last year's champions Stockport AC. With **LISA DAVIES'** management and **COLIN HARDMAN's** coaching they look set to at least improve on last year's third place! Unfortunately, no U/13 boy's teams have yet competed. The U/11 girls are 3rd.

The veteran men don't have illusions of grandeur! Currently 7th, the target has to be to improve on last year's 8th place & hopefully avoid relegation should the league be divided into two divisions at the end of the season.

Likewise, the veteran ladies are 5th. This is good! They are stronger than ever as a group and if they continue turning out a team for the remaining two matches, they will have achieved more than they have done in five of the past six years.



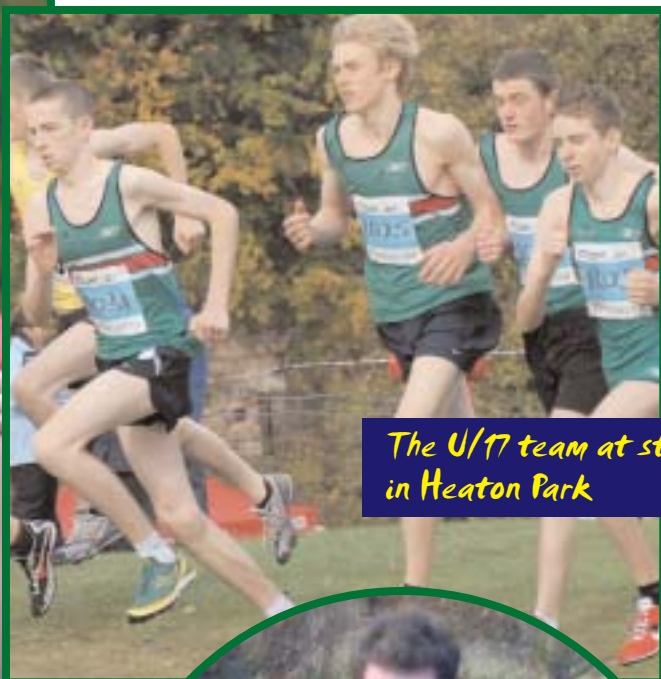
Brigit Cooke, Maura Prenderville & Jenny Bowman - 2nd team in Heaton Park



The U/15 girls under starter's orders in Heaton Park



Most improved -
Vicki Cordingley



The U/17 team at start
in Heaton Park



Official Carol Brown.
What would we do without them!



Most of the girls team who ran at Boggart
Hole Clough. Who's that intruder?



Steffan North -
way in the lead at
Boggart Hole Clough



Leading veteran -
Ian Weatherall



Leading Club newcomer
Fiona Baird at Sherdley Park



In partnership with City of Manchester Athletics

Gt. Manchester CHAMPIONSHIPS

COLD! WET! WINDY!

Fechin McCormick

It wasn't a day for the faint-hearted! This year's Gt. Manchester Cross-Country Championships at Heaton Park were reminiscent of Armageddon as weather beaten heroes sloshed and slipped through cold, chilling winds and biting rain on an afternoon so dreadful and dark, that day became like night.

Numbers in each race were also as dreadful – an average of only 30 in most races with the 'Hopes of To-morrow' – the U/20 age-group, mustering just 8 starters for the women and 12 for the men.

Everyone deserved congratulations for all triumphed over adversity. Those who won medals demonstrated particular ability as well as true grit. Take a bow, the following...

■ The Senior women who retained their Championship title for the 3rd consecutive year. Last year's champion **DANIELLE WOODS** was, unfortunately, relegated to the bronze medal whilst deserving **JENNA HILL** again just missed out on a medal. A fine run by **MAURA PRENDIVILLE** ensured the convincing team victory. **JO STREET**, **JAN NICHOLLS** & **JENNY CLINK** also should take a bow for they bravely turning out (they needn't have done so!) & flying their mud-splattered vests in such inclement conditions.

A male athlete in a green singlet and blue shorts is running on a muddy, wet path. He is wearing a race bib with the number 1152.

Colin Gell

- The U/17 squad of **NIALL BROOKE**, **JAMES WIGNALL**, **ANDY WEBSTER**, **RYAN WORLAND**, **DAVID WHALLEY**, **DANNY HOPE** & **ALEX LETT** won fantastic team silver medals and produced the best result in four seasons.
- The Senior Men who won team silver behind Trafford AC. They were led home by **STEFFAN NORTH**, the 'man of the winter' and was backed up for the team silver by **CHRIS HEYS**, **COLIN GELL** and **ELTON DAVIES**. Steffan & Colin's medals were on top of their gold medals last year. Congratulations also to **CHRIS HEYS** won his first senior county medal (well-deserved!).
- The U/15 Boys of **CALLUM GREENWOOD**, **CALLUM ROWLINSON**, **GLYN WINDEBANK** and **FREDDY FREESTON** won team bronze medals and relegated Stockport H & AC & Trafford AC to the minor places.
- THE U/13 Girls of **ABIGAIL FITTON**, **CHLOE GRANT**, **VICTORIA CALDERBANK** and **ALICE BENNETT** bravely won bronze team medals. Even better, Abigail won an individual bronze medal – a fine triumph!
- The U/15 Girls retained their silver medals from last year. Leader of the pack, **ALICE FITTON** also showed genuine talent by just missing out on the championship title by a mere three seconds but proudly cherishes her silver medal.



Abigail Fitton

A female athlete in a green singlet and black long-sleeved shirt is running on a muddy path. She is wearing a headband and a race bib.

Danielle Woods

A female athlete in a green singlet and red long-sleeved shirt is running. She is wearing a headband and a race bib.

Jo Street



marathons



TIM ENTERS HALL OF FAME

Fechin McCormick

The Autumn Marathon season has been riveting for those who know the participants. Foremost among them was TIM RAINEY who has entered Britain's Marathon Hall of Fame for his awesome record of running 100th marathons. His breath-taking record began in 1994 with the Sheffield Marathon when his teenage daughter wasn't even born! The feat is all the more awesome when it's realized that more than a third of his marathons were actually 'ultra-marathons' ranging from 24-hour races in France and in Arizona (held on New Year's Eve!) to 100-mile races in the UK! All his marathons were run in the UK except for 3 'ultra' - the first of which was the famous 35 miles Two Oceans Race in Capetown (South Africa).

His fastest marathon was the 99th in Leicester last October where he clocked 3:08.45. His slowest was the 50th at Abingdon in 2003 where he finished in over 6 hours whilst helping a friend. (The week before he'd run 103 miles at the Tooting Bec 24 hour race finishing 4th). His most memorable marathon was "my first London in 1996... the buzz approaching the finish was amazing. I wanted to go back and do it again" he said.

We extend our heartiest congratulations to him on an inspiring achievement that's a tribute both to his character and determination.

BERLIN MARATHON September 30th CHRIS BRATT, JAMES BRIEN and MARK TYLDESLEY travelled to Berlin & joined 40,000 participants from 115 nations where world famous endurance record breaker Haile Gebrselassie broke the world record with an awesome time of 2:04.27.

"I was really pleased" said Chris. "I had a bad start but still ran a PB of 3:06.41. If I've come away from Berlin with anything it's probably the importance of getting a good start. Everybody was in the wrong corals. I couldn't see the three hour pace balloon which I needed and I was tripping over people for the first half of the race which made it difficult to settle into any sort of rhythm. At 10k to my horror I spotted the 3.30 pace group and at 18km I caught the 3.15 pace group. I did manage to maintain a positive mental attitude throughout despite the setbacks which enabled me to get a PB. With a good start I believe I could have got a 3.03. The atmosphere was unbelievable! The finish through the Brandenburg Gate was something special as was Haile Gebrselassie's record time!"

JAMES BRIEN also ran a PB of 3:24.56 - a 7 minutes improvement on the New York Marathon in 2004 and 13 minutes off his London time this year. He said, "The major difference to other marathons was the narrow roads. In the early stages this made pacing difficult and I found myself running too fast. However, in the later stages this helped keep the pace up. For the first time in my life I ran a negative split and my 5k times almost consistently increased throughout the race".

This was MARK TYLDESLEY 3rd Marathon this year! He started off running the Hamburg Marathon with MIRAN APRAHAMIAN and EAMONN GIBBONS - in 3.29.30. This was a similarly consistent 3.30.23.

LEICESTER MARATHON October 14th First home was ANDY YATES running his first marathon for 10 years. He had a great run to crack the 3-hour barrier and record his second fastest ever time of 2:57.30. MIKE ASHBY would have loved something similar but the magical barrier eluded him with a time of 3.01.00

This was TIM RAINEY's 99th marathon in preparation for his entry into Britain's 100 Marathon Club. He took 52 seconds off his previous 1997 best of 3:08.45. "At 20 miles I was three minutes down but I maintained a good pace over the last 10k so was confident of a PB" he said.

The only disappointment was JOHN BATTERSBY who persists in trying to break the 3-hour barrier but finished his slowest 3:39.41. He wasn't sure what happened but maybe died by trying to stay with Andy and Mike at the start. Having clocked an impressive 68-minute for 10 miles and 1:30 for the half-marathon, he said "The wheels just fell off! Tim galloped past me at approx 17 miles and whispered words into my ear to the effect of "Have you heard the one about the tortoise and the Hare"

SNOWDONIA MARATHON October 27th Tim's 100th Marathon was the mountainous Snowdonia Marathon. With him on the start line were SEB PARRIS and MARK FEARNES - running his debut marathon. In strong winds and rain, Tim & Mark ran together and were doing well until just after the second big climb at 16 miles when Mark's back started playing up. From then on he struggled bravely to the finish in the difficult conditions. Tim clocked 'a leisurely' 4:14.34, Mark 4:14.38 and Seb 4.23.23

DUBLIN MARATHON October 29th The Dublin Marathon is an annual event for JAMES LAMBE. This year he was far from having the best of preparations but with true grip and determination he did it & clocked 3:57. "It wasn't bad off 5-weeks training" he said. He still aims to crack 3-hours for the course.

NEW YORK MARATHON November 5th MARK TYLDESLEY finished New York in a very consistent 3:29.45. He said, "I think the New York Marathon is an amazing run and the crowds kept me going the whole of the race. I think the best part of the run was going through the Bronx as the music was great and I only had 5 more miles to go. I did the trip on my own and had my girlfriend to meet me at the end which was a welcome relief".

halfma

Fechin McCormick

GREAT NORTH RUN 30th September

The tedious A1 never ceases to lure intrepid half-marathoners to the magic of September's Great North Run, 1:26.00 First home was SIOBHAIN SMITH with an amazing time of 1:26.00. She only previously ran one other half-marathon – the Wilmslow several years ago and this was 12 minutes faster! She ran for Cafod with a group of teachers from her husband's school and raised over £600.

1:35.52 JAN NICHOLLS: Running 4/5 years, this was her 7th half-marathon and first Gt. North Run. She proved her ability with an impressive and 'easy' 1:35.52 - a PB by about 15 seconds. She broke her 10k best en route and improved her 10 mile time by two minutes.

1:47.00 SIAN HOLLAND ran a 'comfortable' best time of 1:47 with her dad! Her outstanding memory was "the kid doing an Elvis impression on top of a bus stop at 11 miles!" Feeling she still had fuel in her tank, she ran the Lancaster Half-Marathon in the hope of further improving. Unfortunately, it didn't materialize and she crossed the line in 1:50.30.

1:49.00 JACKIE SHANNON took the space of a male friend who dropped out due to injury. With a talented rowing background, she showed natural talent to clock 1:49 despite finding it incredibly frustrating because she couldn't run at her own speed and almost fell over hundreds of people who were walking (some after only half a mile!) As a result, she won't be doing it again!

1:43.00 CATHERINE REILLY is another club newcomer and had only ever run two half-marathons. She regarded her time as "probably pretty poor compared to most Harriers, but it was quick for me – a PB in fact" Well done!

1:50.00 JENNIE HAMMETT: This was Jennie's 4th Great North Run and she was 'over the moon' with 1:50 and to finish among the top 10,000. She raised lots of money for the Rainbow Trust Children's Charity.

1:55.06 DAWN HOLDING last ran the Gt. North run eight years ago. Following a PB of 1:48 in March's Wilmslow Half-Marathon, she was hoping to improve but was hampered by the wall-to-wall crowds and ended up with 1:55.06. Her running partner, MIKE HUGHES clocked 2:06.

2:07.11 JENNIE GERRARD joined the club only after the Gt. North run. It was her first half marathon and she was 'very pleased' with 2:07.11. She's now training to go under 2 hours. She ran for Cancer Research UK and raised around £400.

MACCLESFIELD H M 30th Sept

4	Gareth Raven	M	01:13:48
9	George Kirk	M	01:19:46
30	Paul Rowley	M	01:26:58
159	Warren Bowden	M40	01:38:38
213	Jason Bulley	M40	01:41:43
236	Mark Ferns	M45	01:43:32
394	Joel Lawson	M	01:51:53

This was a Sunday run for Gareth Raven, having posted the Club's quickest time at the Northern Relays the previous day. It was good

to have **GEORGE KIRK** back running and braving an exceptionally long distance for him. **WARREN BOWDEN & PAUL ROWLEY** demonstrated real ability over a tough half-marathon course. **MARK FEARN**s was having his final 'blow-out' before his debut Snowden marathon in October. He clocked three minutes faster than the much flatter Wilmslow in March

PENDLEBURY HALF MARATHON 30th Sept

Whilst others were straining up the hills of Macclesfield, others opted for the tough Pendlebury Half Marathon. **JAMES LEWIS** turned in an excellent performance to clock 1:25:01. Though slightly slower than at Wilmslow, **JOHN BATTERSBY** (1:28:05) also did well over a tough course in preparation for the Leicester Marathon. **PAUL CAPEY** always seems to produce an impressive time (1:26:58) on the back of irregular training

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marathons

CONGLETON HALF MARATHON 7th October

Injury prone **JENNIE BOWMAN** was back in action and her 1:32.02 was very encouraging on the comeback trail even though she recorded 1:25.47 for 2nd lady last year.

JO ROBBINS had also been off the scene for a long time adjusting to parenthood and had only one low-key local trail run prior to this race. Her 1:45.02 shows she's getting back to her best.

In the quarter Marathon **JAMES LEWIS** attempted to defend his win from last year. It didn't quite come off! He said, "Last year I got to the point where the shorter distance splits from the half-marathon and found myself in the lead. This year there was one other person in front about three hundred meters ahead and I just couldn't close him down"



James Lewis



CARDIFF HALF MARATHON 14th October

The Cardiff Half was a case of 5 becomes 3! **MIKE HATCH** was the first drop out; forced to become official photographer/team coach rather than participant due to a stinking cold. **DAVID GILL** made an early retirement at the half way stage and had the pleasure of a ride back to the castle with the St Johns ambulance- a huge disappointment but 'he'll be back'.

JOANNE STREET was first Harrier over the line in 1.36.51, not a PB but over a minute faster than last year and therefore quite pleasing considering this year's injury woe. **CATRIN EVANS** followed in 1.38.12 a PB by over 7 minutes and a massive 14 minutes faster than last year- well done Catrin. Did you stop for a cuppa last year?! **LIZ JONES** completed the line up with another well deserved PB of 1.46.56.

Liz started running about 10 years ago and got quite serious early on doing her first marathon in New York in 1997. However, in 2000 she had a son and that stopped her running for quite a few years. She started running with the Club again approximately a year and a half

(Written by Joanne Street)

GREAT SOUTH RUN 28th October

ERICA WILKINSON excused herself from the Heaton Park cross country race as she did the Great South Run on October 28th Portsmouth. She said, "It was a great day but it rained very heavily the whole time. It was my first 10 mile race and I did it in 1hr 24mins so I was really happy and I raised £400 pound for breakthrough breast cancer."



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Winter Fixtures 2008

JANUARY

- 5 English County X.C. Championships Various
- 6 Reebok Manchester Indoor Meeting SPORTCITY
- 13 Reebok Manchester Indoor Meeting SPORTCITY
- 13 Manchester Area X.C. League (Men & Women) 4 Stockport
- 19 Northern Athletics Indoor Championships EIS Sheffield
- 26 Northern X.C. Championships Roundhey Park, Leeds
- 27 Northern Athletics U/17 & U15 Indoor Championships EIS Sheffield

FEBRUARY

- 2 BUSA Championships Wales
- 3 Alsager 5 Alsager
- 3 England U/20 International Cardiff
- 6 Reebok Manchester Indoor meeting SPORTCITY
- 9 Norwich Union Trials Sheffield
- 9 Manchester Area X.C. League (Men & Women) 5 WYTHENSHAW PARK
- 16 Wilf richards Cross Country Relays & YA races Heaton Park
- 17 Northern Vets XC Championships Warrington
- 23 English National X.C. Championships Alton Park, Staffs
- 23 England Athletics Open Indoors Championships U/20/U17/U15 NIA Birmingham

MARCH

- 1 BMAF Indoor Championships Lee Valley
- 2 Reebok Manchester Indoor Meeting SPORTCITY
- 8 English Schools Cross Country Championships Liverpool
- 8 England Athletics Open Indoor Combined Events Champs U/17/U15 EIS Sheffield
- 15 UK CAU Inter-Counties X.C.Champs & World Trials Notts
- 16 Reebok Manchester Indoor Meeting SPORTCITY
- 16 Northern Vets Monthly Run CROSSFORD BRIDGE
- 19 Reebok Manchester Indoor Meeting SPORTCITY
- 24 Primary Section Relays CROSSFORD BRIDGE
- 29 Primary Section Indoor Meeting SPORTCITY
- 30 Wilmslow Half-Marathon Wilmslow
- 30 36th IAAF World Cross Country Championships Holyrood Park

APRIL

- 6 Northern Men's 12 stage & Women's 6-stage RR Champs tba
- 13 London Marathon London
- 26 National Men's 12-stage & Women's 6-stage RR Champs Sutton Park
- 27 National Junior League - Match 1 South Leeds

MAY

- 3 Northern League Division 1 South Leeds
- 4 NAYAL (1) SPORTCITY
- 5 Reebok Manchester May Day 5k WYTHENSHAW PARK
- 10 AAA County championships tba
- 18 NAYAL (2) South Leeds
- 18 Loughborough International Loughborough
- 18 BUPA Great Manchester Run Manchester
- 24 European Champions Clubs Cup tba
- 24 NoEAA U/17 & U15 Championships tba
- 25 National Junior League Gateshead
- 25 Inter-Counties Bedford
- 26 Reebok Manchester Sale '5' WYTHENSHAW PARK