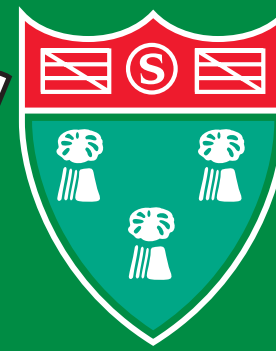


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THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



At Your Service

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PHOTOGRAPHS FROM OTHER SOURCES ARE ALWAYS WELCOME.
THE PHOTOGRAPHER WILL BE ACKNOWLEDGED IF REQUESTED.

PLEASE ALWAYS SEND NEWS STORIES AS SOON
AS POSSIBLE.



Harry Shakeshaft

Editorial

Produced
4 times a year
for 13 years

FECHIN MCCORMICK



Here it is – just what you've been waiting for(!), the magazine that encapsulates the whole of the club's activities this winter. You'll find it's in two very distinct and very contrasting halves, the outdoors cross-country and the indoors track & field. The former will particularly interest our endurance section whilst the indoors will enthuse our technical and 'faster-twitch' muscle athletes.

Both sections reflect a tremendous amount of individual and team success this winter of which everyone should be very proud. As the one has put together these articles, I find interesting the decline of the club's endurance sections in recent years and the emergence of our track & field section. Endurance events have been the foundation of the club's success for decades and it's exciting now to observe how our national reputation continues to be maintained by so many of Britain's best track & field athletes in our club. As Confucius said, "To grow is to change... and to become perfect is to have changed often"

Through the winter gloom both these sections have prepared the groundwork for the all-important summer track and field season where we hope to repeat not just last year's unprecedented national success but even to improve on it.

Our final thoughts must go to the wife, family and friends of Peter Beevers who died unexpectedly on February 2nd. Peter made a massive contribution to the Primary section for many years and influenced the lives of almost a decade of young people through his enthusiasm for young people, sport and for life. His energy and ability was boundless and his loss is great indeed. We extend our deepest condolences to his dear wife Elaine, his son Nick, his immediate family and to the numbers past and present in the Primary Section who regarded him as their mentor and friend.

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'

www.saleharriersmanchester.com



DEATH OF PETER BEEVERS

It is with great regret that we announce the death of Peter Beevers (Life member) who died suddenly on February 2nd.

Our thoughts are with his family at this sad time.

A more full and fitting tribute to Peter will appear in the next edition of the magazine

Life Member DAVID BROWN CBE

Our chairman DAVID BROWN has been honoured with another accolade this time by being made a Life Member of Sale Harriers Manchester. This exceptional tribute follows a litany of previous commendations whilst he worked as one of GMP's most successful detectives and culminated in being awarded the CBE (Commander of the British Empire) by the Queen before his retirement as Head of GMP's Serious and Organised Crime Unit.

David's involvement with Sale Harriers Manchester began with the younger athletes of the Primary Section. Being a Level 3 Coach and lead coach for the Yellow Group at Crossford Bridge, he has for years been developing the athletic potential of our youngest hopefuls. During those years he has also been heavily involved in the Annual Awards night for the Primary Section and it was he who had the insight to hold an annual Open Meeting at Sportcity in order that Crossford Bridge's young athletes could 'try their hand' utilising a top quality facility.

He has been very involved in the Club's Executive Committee for many years most recently being elected its Chairman and has used his immense experience to keep the club keep up to date with current athletic issues and he further took on the task of updating the Club's Constitution.

Using his vast experience as a policeman, David pioneered the Club's Criminal Record Bureau checks for all adults involved with younger club members and so successful was this pilot that the model was rolled out nationally and led to David being appointed by UK Athletics as the lead Officer for CRB checks for all coaches and officials in the country.

When the Crossford Bridge Management Group was formed some years ago, David's role in the group involved managing the whole site incorporating the football pitches, together with the athletic facility. He did this with distinction despite the great challenges he encountered and always with SHM at heart.



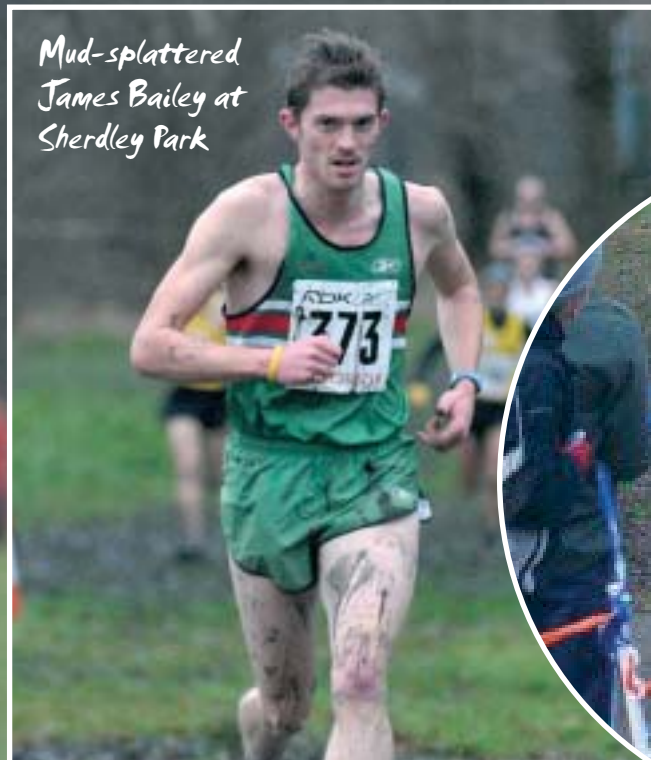
David is particularly renowned as an Official Race Starter. This began firstly at local meetings at Crossford Bridge and led to him officiating at International events that incorporated duties such as Technical Director and Meeting Manager. He is as available for local club T & F, road and cross-country events as being a Chief Starter at major domestic and international events.

David's contribution to Sale Harriers Manchester is outstanding and the club congratulates him on being made a Life Member.

manchester area cross-country league

Fechin McCormick

Mud-splattered
James Bailey at
Sherdley Park



Richard
Watson at
Boggart Hole
Clough



Chris Heys
(Yes! It's him!)
He took no
prisoners



The under-17's at Woodbank Park on their way to the 4th of their grand sweep of victories



The Manchester Area Cross-Country league came about as the result of a merger in 2006/7 of the Manchester & District Cross-Country League; the North-West Women's League and the Cheshire League. This new league delivers five matches through the winter across the region's public parks meant to provide competition and endurance training for the region's runners. Anybody can run!

The first match traditionally begins on the rolling undulations of Heaton Park (October). It was then onto muddier Boggart Hole Clough (November) and Sherdley Park (December) will be remembered for torrential rain and slushy mud. January saw the caravan move to Woodbank Park and another wintry day and, finally, on a crisp, sunny February on home territory Wythenshawe Park the League came to a close.

What's significant about this year's results is the extent to which individuals and sections did not avail of the league's opportunity for tough competition, training and, also important, profiling the club at its very best. Others might also expect this as a large club!

VETERAN MEN

The veteran men finished 7th from nine finishing teams – a slight improvement on last year's 8th place! The veteran's who made the difference were re-juvenated **TIM RAINEY** (4 matches), tough-as-boots **MIRAN APRAHAMIAN** (4 matches), fleet-footed (nor really!) **FECHIN MCCORMICK** (3 matches), newcomer **STEFAN SCHUMACHER** (3 matches), durable **BILL FOX** (2 matches), hard-working **JOHN BATTERSBY** (2 matches) and the sprightliest of the pack - **GARY ROWLINSON**, **IAN WEATHERALL**, **NICK PEACH**, **FRANK CORDINGLEY** and **ANDY YATES** who all raced once.

UNDER 15 BOYS

As with the under-15 girls, the under 15-boys have not been out of the top two places for almost a decade (apart from in 2003/4 when they failed to complete a team!). This year they kept that record by becoming the runners-up behind St.Helen's AC who won the title for the first time. Behind this achievement was a group of 5 dedicated cross-country runners this winter. **BEN YATES** was the first to cross the line for the club in two races and third club counter in three more; **CALLUM ROWLINSON** was the club's first counter for one; second for two; third in one and 5th counter at Wythenshawe Park. Consequently, both these lads ranked highly in the overall league rankings. **CHRIS BUTT** was second home for the club in one race and fourth counter in two more; **CALLUM GREENWOOD** was first counter in one race and second counter twice more so all this group had their stake in the team's success. With **GLYNN WINDEBANK** all also had a great winter.

One final notice! Newcomer **CHARLIE HULSON**, who'd runnas a guest at Heaton Park, toed the line for the club in the final Wythenshawe Park match ...and won! Watch out for this young lad next year!

UNDER 17 BOYS

The most consistently successful team this winter has been the under-17 lads. Coached by one of the country's most successful runners of the 1990's, **PAUL RODEN** honed them to an easy title. This section has now won every league title since 1999 – apart from last year when they failed to complete a team. It was the formidable quartet of **NIALL BROOKS**, **ALEX WEBSTER**, **JAMES WIGNALL** and **JAMIE RODEN**, successful throughout the winter, who made it happen. Whenever they raced they were never outside the top five. Niall, Alex & James also took the three top overall league positions with **RYAN WORLAND** and **ALEX LETT** also completing five races. **DAVID WHALLEY** participated in three races and **ANDY PARTINGTON** and **DANNY HOPE** raced once.

UNDER 20 MEN

No under-20 team completed this year – having been title holders for the past three consecutive years!

UNDER 13 BOYS

For the second consecutive year no team completed. Prior to this, this section had notable success, never out of the top two positions in five years.

SENIOR MEN

The senior men have dominated this league as title holders for five times of the past seven years but this year they were relegated to third behind Trafford AC, who dominated throughout the winter, and runners-up, Stockport AC. There was a commendable response from mainstream club members - between eleven and sixteen for each match, but not from our front runners! Apart from **STEFFAN NORTH** (who brilliantly won one match and came second in two more) and **JAMES BAILEY** (who ran one race at Woodbank Park), **CHRIS HEYS** was our second counter in four of the matches and our first counter at Wythenshawe Park! Following him was newcomer **RICHARD WATSON** (for three matches) and behind him we relied heavily on club vets to finish a team! Well done to stalwart **CHRIS HEYS** who has been running better than ever and who, with **PAUL BARRETT** and **ELTON DAVIES**, were the only three to complete at least four of the five matches and feature in the overall league rankings – finishing 4th, 11th & 13th respectively – well done!

Re-juvenated Tim Rainey



Callum Rowlinson



Ben
Yates



Chris Butt



Elton Davies at
Heaton Park



Frontrunner Steffan North
at Boggart Hole Clough



manchester area cross-country league

Fechin McCormick

women



Newcomer
Hannah Jarvis
- welcome



Fiona Baird,
highest ranking
over 5 matches



Alice Ball, Naomi
Candlin and Lauren
Woodcock line up
at Heaton Park



UNDER 11 GIRLS & BOYS

This was the 2nd year that the under-11 boys and girls took part in this league. Because their participation is at the discretion of the host club, it meant they raced only at Boggart Hole Clough, Sherdley Park and Woodbank Park. A big 'WELL DONE' to our little 'stars' **CONNIE VICKERS**, **CAITLIN THOMAS**, **MEGAN DALY**, **ELEANOR CANHAM**, **OLIVIA KELLY**, **SERENA MOHTASHAN**, **AOIFE GILCHRIST**, **RACHEAL HIBBERT**, **JULIA HASSALL**, **JAMES PHILIPPS**, **CAMERON WILLCOCK**, **CHRISTIE O'BRIEN** and **JAMAL CRAWFORD**. You all did very, very well and we hope you'll keep it up.

UNDER 13 GIRLS

Our under 13-girls, league champions for the past three years, surrendered their title to Stockport H & AC who won by a meagre three points. Our youngsters produced some excellent performances...

ABIGAIL FITTON was never out of the top four; **CHLOE GRANT** and **MARTHA VICKERS** ran all 5 races and also made a big contribution to the team's success. **VICTORIA CALDERBANK** and **OLIVIA BOLAND** ran 2 races and also showed their ability by being among the top four finishers. The other squad members who did the club proud are **CHANTEL RATCLIFFE**, **HEIDI WILLIAMS**, **NANCY CLARE**, **LAURA PEARSON**, **REBECCA HENNING-LEE**, **ALICE BENNETT**, **EMILIE CROKER**, **KATHERINE RODDY** and **LAURA ELLIS**.

Karen
Sheen



Vicky Cordingley - greatly improved,
but then injured



Brigit Cooke, Winner at
Boggart Hole Clough



Charlotte
Woods



Linda Rowlinson



Woodbank mud - mud's great for the skin, girls!

among them had she been able to compete at Heaton Park. Finally, thanks to **JORDANNA DENTON** and **HAYLEY BOLAND** who admirably flew the flag in two races and **REBECCA MARTIN** and **KATE McLELLAND** who each ran one race. Watch out for next year! They were joined by newcomer **HANNAH DOHERTY** for the 4th match ...and she won!

UNDER 17 GIRLS

The under 17-girl's section were triple league champions but failed to complete a team this year. Only ever-faithful **ALICE BALL** remains from last year's winning team... a sign of the times, perhaps? With girls like **NAOMI CANDLIN**, **LAUREN WOODCOCK** and **LATEFFA BURTON**, now moved up a category, they should have a more promising future.

UNDER 20-WOMEN

CHARLOTTE WOODS was the Club's U/20 undisputed league champion! She was the only competitor at Heaton Park; one of only three at Sherdley Park (one of whom was a guest) and only two participants at Boggart Hole Clough ...THREE TIMES A WINNER nevertheless!

SENIOR WOMEN

Traditionally, the senior women's section has been a close fought contest with Macclesfield AC. However, this year our senior women finished 5th - with Macclesfield AC retaining the title for the second consecutive year and Stockport AC runners-up.

Last year's overall winner, **BRIGIT COOKE**, again showed her class and finished 2nd at Heaton Park & 1st at Boggart Hole Clough but had other priorities for the remaining three matches. **SIOBHAIN SMITH** (L35) then led the team home at Sherdley Park in 7th place; **SUSAN CREHAN** (L50) was the club's first finisher at Woodbank Park in 24th place and for the final match at Wythenshawe, it was a club newcomer, **HANNAH JARVIS** who crossed the line first in 9th place but, ineligible as a counter, **FIONA BAIRD**, took first place in 25th position.

Well done to **FIONA BAIRD** (8th), **VICKY CORDINGLEY** (11th) and **JENNY CLINK** (12th) who completed four of the five matches and so ranked highly in the league's overall standings. All three showed tremendous improvement through the winter.

VETERAN WOMEN

The veteran women's final 5th place was a commendable achievement and promising foundation for the future considering the section completed a team only twice in the past seven years. Several also made a contribution to the senior women's team. Newcomer **JAN NICHOLLS** was a senior counter at Heaton Park and at Boggart Hole Clough, **JACKIE CORDINGLEY**, likewise was a senior counter at Woodbank Park and **CATRIN EVANS** & **LINDA ROWLINSON** were senior team counters at Wythenshawe Park.

Of the overall league rankings, **HELEN REAGAN** (O/35), **LINDA ROWLINSON** (O/45) & **KAREN SHEEN** (O/45) completed four of the five matches and so ranked 5th, 6th and 10th respectively in their age-category... well done!

UNDER 15 GIRLS

The Club's U/15 girls who have never been out of the top two positions in seven years, this year surrendered their record to winners Altrincham AC and runners-up Warrington AC. However, it was very, very close - they missed out on retaining the title by a miserly 4 points!

Credit goes to **AISHLING TOAL**, **WERIS IBRAHIM**, **SARAH SIMEEN** and **JODIE GUINNANE** who ensured team victories at Heaton Park and Boggart Hole Clough and recorded excellent third places in the remaining matches. **SAMARA MOHTASHAM** and **BEATRICE CORDINGLEY** deserve special commendation because they were the only ones who turned out for every match - no mean achievement! **JEMMA NEVIN** would have been

northern cross-country championships

Leeds Drama

Fechin McCormick

U/17 WOMEN

The U/17 women's race started late morning! Thank Goodness **ALICE BALL** had taken an earlier lift rather than wait for the delayed coach. She arrived with just fifteen minutes to spare and was unable to warm up or walk the course as she likes. She finished 62nd out of the 130 finishers but had been aiming to be in the top 40! This teenager must be warmly commended for loyalty turning out on her own.

Once more the club were unable to complete an under-17 girl's team in a Northern X.C Championships – quite a contrast to the years between 2000 – 3 when they were twice the Champions and twice runners-up.

U/17 MEN

With the coach an hour late arriving, the U/17 lads also had the drama of an unhelpful last minute sprint to the start line. Nevertheless, they produced one of the day's best performances to win magnificent silver medals as runners-up to Wakefield AC vindicating coach Paul Roden's belief in these young lads potential. He should know... for he was the 1997 winner of the Senior Championship! Congratulations to powerhouse **NIAL BROOKE** (10th); fleet-footed **JAMIE RODEN** (21st), talented **ALEX WEBSTER** (40th) and **RYAN WORLAND** (57th) and improving **ANDY PARTINGTON** (80th), **DAVID WHALLEY** (86th) and **ALEX LETT** (123rd). "They are a close knit group of lads," said **PAUL RODEN**, "and with most of them eligible again next year, watch this space..."

U/13 GIRLS

Every one of the under 13 girls deserved a gold medal! With Mums & Dad's, Nana's & Granddads marshalling them to the early start, each one courageously gave their very best for the club over the 3kms course in a very big event. Well done to **VICTORIA CALDERBANK**, **MARTHA VICKERS**, **CHLOE GRANT**, **NANCY CLARE** and **EMILY CROKER**. We're proud of you!

SENIOR WOMEN

Roundhey Park was a venue of very happy memory for **AMY WHITEHEAD** for it was in 1998, known as Amy Waterlow, she won the National Junior Cross-Country Championship on the same course – a day in which she also led her team to the Championship title. She later also became the 2000 Northern senior silver medallist and the 2001 Northern Senior Champion. Training hard for the London Marathon, she showed all of her former ability and with strong consistent running finished 12th.



Magnificent U/17 silver



U/13 Girls



The glamour of cross-country

Roundhey Park, the 13th century and 700-acre pride of Leeds was the venue for the 2008 North of England Cross-Country Championships. Incessant rain that flooded parts of Leeds the previous week and threatened this year's event, did not materialize with excellent conditions under-foot over rolling undulations and one gut-wrenching hill that forms a natural amphitheatre within the Park used for pop-concerts and other spectacular displays. Some of the day's high drama took place on this gruelling hill! Only a howling, chilly wind prevented an otherwise Spring-like day.

For the sixth consecutive Championship, club Chairman **DAVID BROWN**, resplendent as ever as Chief Starter in his blood-red regalia, called 'curtains up' on ten thrilling running acts whilst wife **CAROLE** was backstage among the Finish Line Judges. Spectators were encamped within the shadow of Jimmy Seville's Leeds penthouse... To the sound of the Starter's gun the day's drama began...

Champions
Sarah Barker – Always to the fore



Silver Medallists

Gaz Raven, Steffan North and Dan Agustus



BRIGIT COOKE followed two places later! Though frustrated to get exactly the same 14th position as last year, considering setbacks that included a low iron count and being in France until mid-October, this was certainly a solid run and a promising preparation for her BUSA Championships the following weekend.

JENNA HILL had also hoped to improve on last year but was only two places better in 37th. She's much fitter, stronger and faster than ever and, as essentially a track runner, she may have expected too much over a very tough course - even with her admirable determined attitude.

Likewise, **RUTH WATSON** is 800m specialist who found it tough. Following several emotional weeks dealing with personal & family issues, she was justifiably pleased just to be the 4th team counter.

This quartet finished 5th – the section's best position since 2004 when they won silver medals.

Next home was Oxford post-graduate **RACHEL DEEGAN** whose 57th place she regarded as an encouraging stepping stone towards a long awaited return to the track.

The remainder of the squad – one of the largest to turn out for a Northern X.C Championship, is a promising Crossford Bridge group for whom this Championship was their debut 'Northern'. Impressive mid-field packing confirmed this group could be a formidable team on the roads this summer. Watch out for them – they're chapping at the bit and all thoroughly enjoyed the day: **JENNY BOWMAN, JACKIE CORDINGLEY, VICKY CORDINGLEY, JOANNE STREET, ALISON PYE, JAN NICHOLLS,** and **CATRIN EVANS,** (ehmmmm!) **LINDA ROWLINSON** and **JENNY CLINK.**

U/15 BOYS

Individual

Newcomer **CHARLIE HULSON** (Welcome!) was the main star of this age-group. Surprising everyone (except his family & coach), he won the bronze medal and came within a

whisker of the silver and only nine seconds from the gold. Watch out for this young lad with a fantastic pedigree - already a Welsh International and the Welsh Cross-Country Champion!

CALLUM ROWLINSON, a member of one of the Club's popular running families, was the only other club representative. He finished a below par 143rd.

U/15 GIRLS

Champions

By this time in the afternoon Roundhey Park is a buzz with a Festival of running rarely experienced, reinforced by the hundreds of senior men, friends, families and supporters now arrived for the day's piece de la resistance – the senior men's race,. It was within this sense of anticipation that the U/15 girls lined up to **DAVID BROWN'** starting pistol.

Last year's Champion and 2006 U/13 Champion, **SARAH BARKER**, Britain's fine young champion runner (and swimmer) who heads the UK rankings and who has had an unfortunate year blighted by injury, was immediately to the fore. With the effects of illness well documented, she ran out of fuel in the second half, fell back and bravely finished 5th. She led the U/15 girls to the Championship title and the section's best result for a decade, making it one of the day's highpoints.

Newcomer **HANNAH DOHERTY** was just behind her and showed all of Sarah's potential. Welcome, Hannah! She currently ranks 6th in UK Britain for 3000m.

TYRA WATSON was next home in 14th place. A track specialist, whatever little cross-country she does it's usually to build stamina. Coached by Peter Shaw, she's been doing indoors this winter & has clocked 41.7 for 300m & 97 for 600m - some shifting for a 14-year old.

Running is just one of many disciplines for Modern Pentathlon specialist **ALICE FITTON**. Missing the start and having to catch up from the back of the field may have been useful training for a pentathlete, but for this extremely talented

sportsperson it meant finishing 42nd rather than among the top 10. Her run still merited her 4th team counter and a team gold medal.

AISLING TOAL showed how well she's improving; newcomer **JULIE GUINNANE** who's hardly run any cross-country this winter, showed how useful she could be and friends **BEATRICE CORDINGLEY** and **JEMMA NEVIN** presented themselves very well with two very solid runs.

SENIOR MEN



Now! The main drama of the day! Our senior men tend to put their 'eggs' into this major 'basket' rather than into autumn cross-country leagues and relays. This strategy has paid off for they've been rarely out of the top three in a decade. However, having finished runners-up three times to five times champions Leeds City AC, could their 'eggs' this year produce the dream 'golden goose' of beating Leeds for the title - on their territory?

It all looked good in the early stages! Following **GAZ RAVEN's** scintillating finish last year, running his ninth consecutive Northern, he took off with Andi Jones (Salford AC) who broke away from the gun. Gaz hadn't been feeling his best so slipped back but still ran strongly on the energy sapping undulations. **STEFFAN NORTH, SIMON MILLS, DAN AGUSTUS, PHIL TEDD, MATT BOND** and **JAMES BAILEY** were all in the top 50 and packing well and a rough countback on the first lap indicated they could well be in front of Leeds.

In the second half things changed! The gloating crowds on the gut-wrenching hill who had witnessed **ANDI JONES** lope up it like a mountain goat with a lead set to retain his title, witnessed him visibly lose steam as he bent into the gale-force winds to get caught and finish 4th. (Congratulations to Andi & club member **DONNA RIDING** who became parents earlier the same week – probably the reason for Andi losing steam!). Leeds maintained their form and continued to pull away whilst our lads largely remained consistent.

Leeds AC won their sixth consecutive victory and we were the silver medalists for the 3rd consecutive year.

Next through the funnel was **ADAM ELLIOTT** who finished 58th; **CHRIS HEYS**, who has successfully chipped away at his position from 240th in 2001 to 98th this year and ran an impressive Four Villages Half Marathon the previous Sunday, had a really good run; **PAUL ROWLEY** 172nd) made a successful debut; **FRANK CORDINGLEY** (241st) flew the club's veteran flag with yet another fine run and **PAUL BARRETT** (277th) still recovering from injury, found it tougher than expected.

U/20 MEN

The penultimate act of the day was the junior men. This all-important age group for the future of British endurance running was the second smallest of the day's races with only 97 finishers. **DAVE HOWLETT** (45th), **SAM ASPINWALL** (71st), **LUKE WINTERBOTTOM** (72nd) and **LUCAS SCHUMACHER** (92nd) gave it their best shot but with Sam & Luke's sparse training, it was always going to be difficult and they finished eight from the eight competing teams. This section's heyday was in 2000 when they became Northern champions and runners up four times since 1999.

U/20 WOMEN

....and finally with light fading and crowds dispersing, the last performance before curtains down was the U/20 women. It was the smallest of the day's fields with just 52 finishers! As for Alice Ball in the in the U/17 section, a hearty club thanks to **EMMA LEIGH-HEIGHWAY** for traveling all the way from Loughborough University to fly the club flag alone. She gave it her best shot and, still recovering from a long-term injury, finished a credible 32nd.



U/20's ready for 8km battle



Excellent newcomer Charlie Hulse



Ready for the Off



NORTHERN VETERAN XC CHAMPIONSHIPS

Don George

The Northern Veterans Cross Country Championship were held at Victoria Park Warrington on Sunday the 17th of February on a very cold, frosty morning and run on a flat lumpy grass fields with only one slight slope on each lap. In the first race, run over a 5k course, for all ladies and men over seventy, Sale had only four competitors. In the ladies race, **SUE CREHAN** was the sole representative from the club finishing a fantastic third overall and winning the over 50 group, what a pity there was no team to back her

up. The best turn out came in the over 70 section when we turned out our very first team ever in this age bracket. Our first two counters kept the team well in the frame for the team award with **MIKE HOWE** in fifth place and **KEITH BRIGGS** close in sixth. Unfortunately, the third counter, **DON GEORGE** could not reproduce his recent form and dropped to twelfth. This only gave us the second place awards behind the Northern Veterans team by just three points. It was quite a poor turn out by the club, compared to the thirty plus runners who turned out in past championships.



national cross-country championships

Fechin McCormick

This year's National X.C. Championships – the pinnacle of the cross-country season, were held at Alton Towers within sight of Britain's best loved theme park. The fast downhill start and undulations did not unleash the torrent of fear of the nearby roller-coaster rides but the course certainly provided adrenaline pumping, heart pounding rides that tested the true grit of England's best in every age-group, assembled from Elswick to Ealing.

An overview of club performances reveal that, although we did better than last year when we failed to finish teams in seven of the ten age-groups, this year again we failed to complete an U/13 boy's or U/13 girls' team, an U/15 boy's team and no U/17 & U/20 girls teams! By contrast, it merits discussion why a large club like ours within a vast conurbation must envy Aldershot, Farnham & District AC's who, again this year, won an incredible seven of the ten available titles and were runners-up in a further two with several individual medallists.

As we bring athletes to the start line we again acknowledge the contribution **DAVID & CAROL BROWN**, our club chairman & club secretary. On this occasion they were armed with walkie-talkies as course marshals rather than the usual starter's pistol & finish clip-board.

U/15 GIRLS

Our under-15 girls finished 11th from thirty-five completing teams. This is a performance generally consistent with the past and an improvement on last year when the section did not complete a team. Britain's top runners, newcomer **HANNAH DOHERTY** and **SARAH BARKER** made all the difference with Hannah finishing 20th and Sarah, recovering after illness, in 34th place. Our chance of medals disappeared when **TYRA WATSON** was competing in the National Indoor 800m and **ALICE FITTON** had international obligations. Well done also to **AIKLING TOAL** and **JODIE GUINNANE** who were the all-important follow up counters and to **SAM MOHTASHAM** who flew the flag with a good run.

SENIOR WOMEN

Inevitably, the senior women's event is a 'who's who' of Britain's elite and mixing it among them at the sharp end was, again, our own **SONIA THOMAS**. As a former double Northern senior cross-country champion and U/17 & U/20 Northern champion, Sonia's pedigree is unquestioned and she showed this again with a superb 8th place, the same as in 2001 - a tribute to her durability. She led the team to an uncharacteristic 14th place! Mainly due to last minute withdrawals by **BRIGIT COOKE**, **MAURA PRENDIVILLE** and **RACHEL DEEGAN** through illness,

Brigit in particular was extremely disappointed and had worked hard to get in trim for this National.

Relative youngsters and track specialists **JENNA HILL & RUTH WATSON**, the core of the Northern X.C team, were, therefore, again the team stalwarts and crossed the line second and third counters, as ever with 110% commitment.

Well-done to **JO STREET** who, despite nursing an injury, turned out to ensure the club finished a team - excellent preparation for the looming London Marathon assuming full recovery from injury!

Team manager, **ALISON PYE** as always 'hands-on', felt her squad's pain with a solid run that's excellent preparation for - watch out - good summer road races!

U/17 BOYS

With no team last year; 15th the previous year, this year's 9th place is another encouraging result for this squad that have notched up the Northern silver medal and the MACCL title this winter. They would have been several positions higher (and ahead of Warrington AC & Trafford AC in the published results!!) had it not been for the misfortune of **RYAN WORLAND** losing his electronic timing tag where the rules state he couldn't be included in the results. It's a shame for Ryan's 115th place was a tremendous improvement on previous years. As on every previous occasion, the team were led home by steam-train **NIALL BROOKE**

(21st) followed, as invariably was the case throughout the winter, by **JAMIE RODEN** and then the familiar solid procession of **ALEX WEBSTER**, **JAMES WIGNALL**, **ALEX LETT** and **DANNY HOPE**. Well done to all of them!

U/20 MEN

For the second successive year our junior men finished last – an unenviable record! Apart from **DAVID HOWLETT**, all were victims to lack of training - a possible consequence of modern day University life! Last year David was the last of the six-man squad in 120th place. This year he was the first home in 125th place whilst his peers from last year were each some fifty places lower than last year! Too much socializing, lads – get training! In the past, this all-important section was often in the medals.

SENIOR MEN

The senior men finished 7th – not inconsistent with their performances over the past seven years but disappointing in that, as last year's silver medallists, they'd hoped to unsaddle 6-times Northern Champions Leeds City AC who were going for their third National cross-country title. Team Manager **DAVE RODGERS** knows the problem of turning out 'best' teams, so Leeds City AC remained indomitable and romped to their third successive title.

In his amazing 11th consecutive 'National' (that surely must be a record!), **GAZ RAVEN** showed age has not wearied him as he again had an outstanding run to finish 7th - though he would have liked to have medalled again as with last year's silver. Following with similar strong runs to last year were **SIMON MILLS** (47th) and **STEFFAN NORTH** (53rd); **MATT BOND** (78th), currently living in Bulgaria, improved 15 places (about one minute) on last year; **JAMES BAILEY** (105th) had his best ever injury-free winter and **CHRIS HEYS** (155th), who'd not been a team counter at a Northern or National before, explained his best ever position "My aim was to make the top 150! Compared to last year my percentage position was improved from 19.98% to 12.46%. Also I was 4:53 behind the winner instead of 6:06 last year"

RICHARD WATSON, **COLIN GELL** and **PAUL BARRETT** were also well up in what must be the toughest race in Britain. Our final finisher in 792nd place was **STEVE JONES**. Well done, Steve!

U/15 BOYS

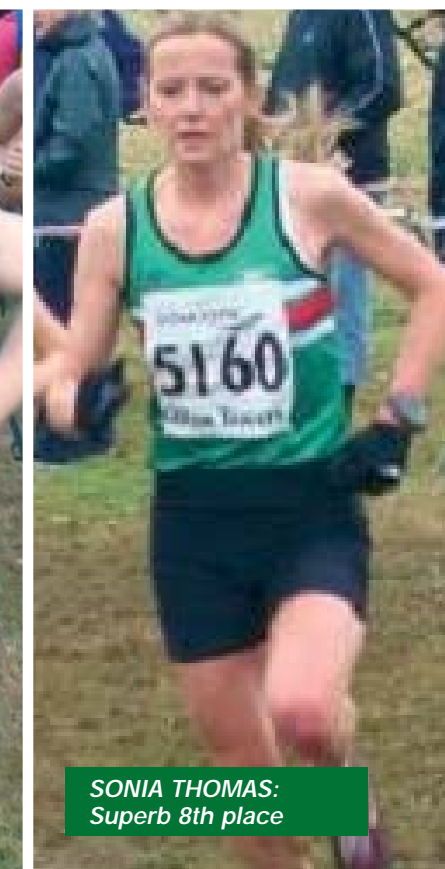
Well done to **CALLUM GREENWOOD** (112th) and **JOSH OGUNTAYO** (146th) who responded to an eleventh hour call-up and joined **CALLUM ROWLINSON** (211th). They were all overawed by the experience which indicated a lack of 'training' for this arena. What a pity they also couldn't muster one more to complete a team. Well done, lads!



DAVID & CAROL BROWN:
Course Marshals



CHRIS HEYS: Best ever & team counter



SONIA THOMAS: Superb 8th place



Outstanding newcomer
HANNAH DOHERTY

Roll of Honour 2007

WORLD TRIALS & UK CHAMPIONSHIPS

Fechin McCormick

MAJOR CHAMPIONSHIPS PARTICIPANTS AND MEDALLISTS

WORLD CHAMPIONSHIPS OSAKA

Andy Turner 110mH Semi-Final

WORLD MASTERS CHAMPIONSHIPS

Mark Wiseman Discus GOLD

WORLD YOUTH GAMES

Abigail Irozuru Long Jump

Sophie Hitchon Hammer

WORLD UNIVERSITY GAMES Senior

Faye Harding 4 x 400m BRONZE

EUROPEAN CUP

Kate Dennison Pole Vault BRONZE

Stephanie Pywell High Jump 4th

Sara McGreavy 60m Hurdles

EUROPEAN UNDER 23s CHAMPIONSHIPS

Faye Harding 400m

Stephanie Pywell High Jump

Emma Lyons Pole Vault

Kieran Kelly Shot 12th

Paul Walker Pole vault nhc

EUROPEAN UNDER 20s CHAMPIONSHIPS

Adele Lassu High Jump

Alex Nelson 200m GOLD

4x100m SILVER

Alex Smith Hammer 4th

EUROPEAN YOUTH OLYMPICS

Andrew Robertson 200m SILVER

4x100m GOLD

EUROPEAN MASTERS CHAMPIONSHIPS

John Nicholls Shot GOLD

ENGLISH ATHLETICS CHAMPIONSHIPS

Senior

Kate Dennison Pole Vault GOLD

Philippa Roles Discus GOLD

Rebecca White Triple Jump SILVER

Laura Whittingham Javelin SILVER

Laura Douglas Hammer BRONZE

Andy Turner 110mH GOLD

Mike Floyd Hammer SILVER

Alex Nelson 200m SILVER

Kieren Kelly Shot BRONZE

Under 23s

Rebecca Sweeney 400m SILVER

Emma Lyons Pole Vault SILVER

Laura Whittingham Javelin SILVER

Sarah Holt Hammer SILVER

Nick Gayle 110mH GOLD

Kieren Kelly Shot GOLD

Paul Walker Pole Vault SILVER

Jacob Brown Long Jump SILVER

Under 20s

Adele Lassu High Jump GOLD

Sophie Hitchon Hammer SILVER

Abigail Irozuru Long Jump BRONZE

Alex Nelson 200m GOLD

Alex Smith Hammer GOLD

Darren Hammond High Jump SILVER

Under 17s

Rebekah Wilson 100m GOLD

Sophie Hitchon Hammer GOLD

Shaunna Thompson 200m SILVER

Abigail Haywood Pole Vault 4th

Andrew Robertson 200m GOLD

100m BRONZE

Under 15s

Danielle Bentley Javelin SILVER

Katie Byres Pole Vault 4th

ENGLISH ATHLETICS INDOOR CHAMPIONSHIPS

Senior

Sara McGreavy 60m Hurdles GOLD

Kate Dennison Pole Vault GOLD

Katia Lannon Pentathlon GOLD

Dayana Octavien Shot Putt SILVER

Rebecca Peake Shot Putt BRONZE

Julie Crane High Jump BRONZE

Rebecca Sweeney 400m 4th

Andy Turner 110mH GOLD

Rob Mitchell High Jump SILVER

Emma Lyons Pole Vault 4th

Under 20s

Adele Lassu High Jump SILVER

Darren Hammond High Jump SILVER

Under 17s

Shaunna Thompson 60m GOLD

Shaunna Thompson 200m GOLD

Rebekah Wilson 60m SILVER

Abigail Haywood Pole Vault SILVER

Andrew Robertson 60m GOLD

Mike Ehlen High Jump GOLD

Andrew Sutcliffe Pole Vault BRONZE

English Schools Medallists

Inters

Rebekah Wilson 100m GOLD

Andrew Robertson 100m GOLD

Mike Ehlen High Jump SILVER

Seniors

Harriet Pickles Triple Jump SILVER

Darren Hammond High Jump SILVER

Juniors

Jos Oguntayo 800m BRONZE

SENIOR INTERNATIONAL REPRESENTATIONS

Great Britain: Kate Dennison, Sara McGreavy,

Katia Lannon, Stephanie Pywell, Joe Lancaster,

Glen Comish,

England: Sarah Holt, Rebecca Peake,

Laura Whittingham, Nick Gayle, Mike Floyd, Alex Smith

Wales: Laura Douglas, Faye Harding, Lucy Evans,

Paul Walker, Rob Mitchell Debo Adeyewo

Ireland: Maura Prendiville, Jer O'Donoghue,

Gordon Kennedy, Anthony McCreery (Europa cup)

Scotland: Alison Rodger

UNDER 23S INTERNATIONAL REPRESENTATIONS

Great Britain: Adele Lassu, Katia Lannon

The Norwich Union World Trials & UK Championships, held at the EIS Sheffield in February, was two days of quality competition for Britain's top athletes. The meeting decided the national champions in each event and the opportunity for Britain's hopefuls to have the chance to book their places to the World Indoor Athletics Championships at Valencia (March). The first past the post in each event was guaranteed selection providing they had the qualifying standard.

KATE DENNISON (Pole Vault): It was a comprehensive victory for Kate with a first time clearance over 4.25m that booked her ticket to the World Indoor Championships. Kate has repeatedly won every major pole vault domestic competition and represented GB in World, European and Commonwealth Games.

SARA MCGREAVY (60m Hurdles) lost out to Sarah Claxton (Woodford Green) only on the last flight of hurdles. Her silver medal in 8.18 was a season's best. Sarah has represented GB in World & European Junior Indoor & Outdoor Championships.

ROB MITCHELL (High Jump): Our Commonwealth Games high jump representative & multiple Welsh champion was 4th with a jump of 2.19m

MARK CHRISTIE (Pole vault): Following his Northern indoor title Mark jumped brilliantly for a fantastic new PB of 5.16m and the bronze medal.

GLEN COMISH (3000k): Last year's 3k northern indoor champion and one of the club's elite sub-30 10k roadsters was 5th in a season's best 8.24.66 one week after clocking 24.17 in the classy but windy Alsager '5'.

KIERAN KELLY (Shot): Following a superb PB of 18.20m at the Irish Indoor championships two weeks earlier Britain's No.4 shot putter had hoped for better than 17.83m and 4th place.

RIMANTAS MARTISAUSKAS (Shot): Our Lithuanian Yorkshire man who has represented us in European competition didn't quite throw as far as his Northern indoor silver medal.

REBECCA PEAKE (Shot). As with Kieran, following an indoor PB of 15.91m to win the Irish Indoor Championships to improve her to 2nd in the UK rankings, she'd hoped for better than the silver medal in 15.67.

ABIGAIL HEYWOOD (Pole Vault): Under-20 Abigail may have finished a lowly 7th but Britain's No.3 U/20 pole vaulter has every reason to be delighted with a superb PN of 3.70m.

TATUM NELSON (400m) Had Tatum produced the 54.52 time she produced at the Midland Indoor Championships the following weekend, she won have won the silver medal – instead of 5th place in 56.41.

STEPHANIE PYWELL (High Jump): Stephanie produced a brilliant PB of 1.85 for the silver medal behind the famous Jessica Ennis (Sheffield).

DEBO ADEMUYEWO (400m): This was an even better performance than at the Welsh Indoors where he won the Gold medal.

VICTORIA OWEN (800m): Victoria is a club newcomer – welcome!). She improved from 2:11.22 to equal her indoor PB 2: 09.38 at the following week's UK Indoor City challenge final.

ENGLAND ATHLETICS COMBINED EVENTS

NICOLA CAHILL (Senior Women Pentathlon) 12th from 12

ANDREW LAURANCE (U/20 Heptathlete) 12th from 24

JAMES WRIGHT (U/20 Heptathlete) 16th from 24

NORTHERN ATHLETICS INDOOR SENIOR, U/20, U/17 & U/15 CHAMPIONSHIPS

Fechin McCormick

The Northern Athletics Indoor Championships are the winter highlight for the half of the club not involved in endurance training and cross-country. This year all age-group competitions were held at the EIS at Sheffield over two weekends in January. As ever, many of our club athletes, several at the top of their disciplines, excelled and returned home with a total haul of 15 gold medals, 7 silver and 5 bronze medals.

MARK CHRISTIE SENIOR POLE VAULT GOLD 5.00m

This Championship title would have been an ideal launch pad for Mark's preparations for the UK Championships & World Trials two weeks later where he smashed his 5-year old PB to record a new height of 5.16m winning the Championship Bronze medal in the process. He now ranks 4th in the UK.

ROB MITCHELL SENIOR HIGH JUMP GOLD 2.15m

One of the unquestionable highlights of this year's Northern championships was this high jump competition! Our Welsh National High Jump record holder and Melbourne Commonwealth Games finalist, though he did not jump as high as when he won silver at last year's Championships, showed he's well on his way back to the top. He proved it the following week when he leapt even higher to retain his Welsh Senior Indoor title and then went on to finish 4th at the UK Championships & NU World Trials.

REBECCA SWEENEY

SENIOR 400m GOLD 56.68
SENIOR 800m BRONZE 2:13.85

One of Britain's top 400m specialists for many years, Rebecca retained her Northern title in a time slightly slower than last year. However, she improved further to 56.25 at the UK Trials two weeks later. Her 800m indoors was a career first, thought she had tried this longer distance outdoors towards the end of 2007. She improved by three seconds to 2:10.12 the following week at the UKA Indoors Challenge semi-final at Sportcity.

RIMANTAS MARTISAUSKAS SENIOR SHOT PUTT SILVER 16.80m

Known as 'Rimas', he is now a first claim member having been a higher competition athlete with the club last year. He is Lithuanian but has been living in Yorkshire for the past few years and competed at the European U23s last season, missing out on the final. His performance wasn't a PB, as he has thrown well over 17m in the past.

HELEN TAYLOR SENIOR 200m SILVER 25.33

In her first track competition this year, Helen retained her indoors silver medal from last year. Again, she has been a valuable team member outdoors contributing to the senior women's national success over the years.

JACOB BROWN SENIOR LONG JUMP SILVER 7.20m

Last year's Champion will be greatly consoled that his silver medal was a great PB and improvement on last year's gold medal jump. This is his 4th Northern Indoor medal in either the Long Jump or Triple Jump. It's also raised him to 12th in the UK rankings.

MATT CULLEN SENIOR POLE VAULT SILVER 4.00m

Decathlete Matt added this Northern senior silver to the NoEAA pole vault silver medal he won in 2006. Where do these combined events athletes get their energy? In the week prior to this Championship Matt took part in the England Athletics Indoor Combined Events Championships also at the EIS, Sheffield where, among the five disciplines, he recorded a pole vault PB of 4.30m

JENNA HILL SENIOR 1500m BRONZE 4.42.97

Jenna's enthusiasm and new-found running confidence has resulted in competing indoors this winter. In a very tactical race, she was especially pleased to sneak the bronze medal. From there, she competed again over 1500m at the UK Indoor Championships two weeks later against some of the best girls in the country and, in another tactical race, improved by a further three seconds.

NICK SAMUELS SENIOR 3000m 4TH 8:37.90

Nick opted for indoors rather than cross-country this winter. Essentially an 800/1500m specialist, this indoor 3000m was a first. He went on from there to run two 1500m in the Birmingham Games and then had a real struggle at the UK Championships & NU Trials.

DAN AGUSTUS SENIOR 3000m 5th 8:41.85

A specialist on the roads and country and one of the club's elite sub-30 minutes for 10k with 29.54 at the 2006 AAA Championships in Chichester, Dan's shorter races are traditionally 5k or representing the club in road relay championships. This was his debut indoors 3k.

ANDY WILKINSON SENIOR 400m 5TH 50.18 SENIOR 200m 4TH 22.58

Last year's title holder wasn't in the same shape this year. He went on from this Championship to compete at the UK Championships two weeks later and would have been similarly disappointed in the 200m to have run his faster time in the heats.

KATH WELLAM SENIOR 400m 5TH 61.47 SENIOR 800m 4TH 2:25.08

This was a rare indoor outing for Kath who has represented the club loyally outdoors for several years and continues to do so in the 400m, 400m hurdles and the triple jump. This was also her first encounter with the 800m indoors.

GRACE SMITH SENIOR 60m HURDLES 5TH 9.01

Grace prepared studiously for this Championship with two 60m races and two 60m hurdles races at the City of Manchester Indoor Open meetings. Her time of 9.01 was her best to date.



(courtesy Joe Ehlam)

ABIGAIL IROZURU U/20 LONG JUMP GOLD 6.02m

Following her U/20 bronze medal & massive PB in last winter's northern championship, our World Youth representative broke the first of several records smashed over the weekend. In fine form, her PB of

6.02m broke the CBP record and put her top of Britain's U/20 rankings. A week later, she finished second at the UKA Indoor Challenge semi-final and then went on to represent GBR in the Indoors Jump international with the Netherlands in London. She wasn't as snappy as she usually and finished 4th but at this level had invaluable experience.

REBEKAH WILSON U/20 60m GOLD 7.64

Rebekah has medalled in every one of her five past Northern Championships! This year she added the U/20 Championship title to the U/17 silver medal she won last year. In the run-up to the Championship, she recorded a PB of 7.59 and a week later, followed with second place in UKA Indoor Challenge semi-finals at Sportcity. Though still only 18 years old, she ranks 4th in the UK U/20 rankings.

ROBYN RASHFORD U/20 200m GOLD 24.93

Another of Britain's very talented young sprinters who, though still only 18-years old, already ranks 4th in the UK's U/20 rankings. She launched this winter's indoors in January with a 200m race at the City of Manchester Open Meeting at Sportcity and then improved steadily to win this championship title. She continued to progress to run a season's best of 24.86 at the UKA Indoor challenge semi-final at Sportcity.

ANDREW BURGESS U/20 LONG JUMP GOLD 6.85m

This was a tremendous result to please Andy! In a riveting competition, not only did he achieve the Championship title in a superb last jump and magnificent PB of 6.85m but it propelled him from 23rd to 4th in the UK U/20 rankings - and all of this whilst suffering from whiplash! It was also a magnificent improvement from last year's 4th place. He is also the 2006 U/17 long jump indoor silver medallist.

DARREN HAMMOND U/20 HIGH JUMP GOLD 2.00m

Following a year of injury Darren still won gold despite having to withdraw with cramp but easily cleared 2m. He was particularly pleased to have won this U/20 title following being 'gutted' last year to have just win silver.

ANDREW ROBERTSON U/20 60m GOLD 6.87

Last year's Championships will remain vivid for Andy for not only did he become the double 60m & 200m champion with two tremendous PB's that resulted in him being selected for his international debut. This year he excelled again in the older U/20 Championships. Opting for only the 60m this time, he again won Gold with another magnificent PB of 6.87.

MIKE EHLAN U/20 TRIPLE JUMP GOLD 13.99m U/20 HIGH JUMP SILVER 1.95m

Last year's Northern U/17 triple jump and high jump Champion has become the U/20 triple jump champion & high jump silver medallist. In a competition regarded as one of the weekend's highlights, his triple jump was a PB that broke Andrew Sturrocks 2003 CBP record and launched him to 4th in the U/20 UK (despite being still only 17 years old!) & merited him selection for the GBR v NETHERLANDS Indoors jumps International - his international debut where he finished a disappointing 6th. Mike's medal tally is now 8 gold, 3 silver and 3 bronze over the past four seasons in the Northern competitions.

JAMES WRIGHT U/20 60m HURDLES GOLD 8.28m U/20 LONG JUMP BRONZE 6.74m

Our capable decathlete chose two of his strongest disciplines in which he ranks top 10 in both and was amply rewarded. Last year, he competed in a breath-taking 70 races covering 12 different disciplines and this year seems no different having already competed in 7 different disciplines at the England Athletics U20 Indoor Combined Events Championships.

HARRIET PICKLES U/20 TRIPLE JUMP SILVER 11.30m

One of the strongest disciplines for heptathlete Harriet is the triple jump and she currently ranks 11th in the UK U/20 listings despite still being only 18-years old. Her silver medal jump was also a season's best. She is an amazingly versatile and talented athlete who has represented the club well on the highest levels in an amazing range of disciplines - triple jump, shot, sprints, javelin, high jump, 400m hurdles.

STEPHEN BUTTERWORTH U/20 400m 4TH 50.73

This was Steve's only second indoor 400m race since February 2007 and he had every reason to be pleased. Despite missing out on a medal, his performance was a magnificent two second improvement and new PB. It bodes well for a good summer.

SHAUNA THOMPSON U/17 200m GOLD 24.45 U/17 60m GOLD 7.66

What more can be written about Britain's all-conquering young sprinter. She added these two gold medals to the gold and silver she also won in the U/17 & U/15 age-groups. She's been largely undefeated through her career which is an awesome feat considering last year alone she ran 60 races in 24 major competitions. Throughout, she has remained Britain's No.1 sprinter through the age-groups.

KATIE BYRES U/17 POLE VAULT GOLD 3.20m

Derbyshire & Sale have a talented young multi-eventer to be proud of! Her 3.20m vault wasn't quite a PB but merited her U/17 Gold medal and placed her top of the UK U/15 rankings. It was only in 2007 she added the pole vault to her repertoire and later the same year recorded her indoors PB of 3.30m.

OLIVIA CALLAGHAN U/15 200m 4TH 26.63

Olivia was the club's only U/15 representative in this year's Northern Indoor championships. She may have missed out on a medal but achieved a superb PB that represented a commendable 3-second improvement on 12 months earlier.

WELSH REGIONAL CHAMPIONSHIPS

GARETH BREEZE SENIOR 60m 6th 7.23

Last year's Welsh U/20 60m Bronze medallist, who had come within .01cms of his 7.16m PB a week earlier, would have been disappointed with this performance.

DEBO ADEMUYEWO SENIOR 400m GOLD 48.95

Last year's Welsh 400m indoor bronze medallist had a satisfying weekend to clinch gold. He went from Cardiff to the UK Trials in Sheffield where he ran even faster and a week later equalled his 47.59 at the televised Norwich Union Grand Prix.

PAUL WALKER SENIOR POLE VAULT GOLD 4.93m

Paul's golden jump of 4.93m he would have regarded as mediocre compared to a 5.30m improvement at February's UKA Indoor City Challenge Final at Sheffield.

PHIL KENNEDY U/17 HIGH JUMP GOLD 1.87m

The 2007 U/15 Northern high jump champion couldn't have achieved more! He added the U/17 title to his medal haul with a season's best jump that was a nine second improvement on 1.78m in 2005

AHTOLLA ROSE U/17 TRIPLE JUMP SILVER 10.93m

This U/17 silver medal demonstrates the talent for this 15 year old girl. Not only was it a PB but it placed her 4th in the UK U/15 rankings.

RAYNE ALLMAN U/17 SHOT PUTT BRONZE 9.95m

Another of the Club's promising young multi-eventers, Rayne's U/17 Shot Putt bronze medal was a magnificent PB and big improvement on her two previous competitions preparing for this championship. She certainly got it right 'on the night'!

JAMES DAVIES U/17 HIGH JUMP BRONZE 1.78m U/17 POLE VAULT 4TH 3.30m U/17 60m HURDLES 5TH 8.74

James improved his performances the following week at the Manchester Indoor Open meeting in which he came nearer his high jump PB of 1.80m and equalled his pole vault PB of 3.50m



Katie's Tops

Following KATIE BYERS massive Championship best vault of 3.41cms at the England U/15 Indoor Championships, she went on to jump 3m 61 indoors in the Under 15 girl's Pole vault at Sport city, a few weeks later. This height now takes her to the top of the all time list indoors for U15 girl's pole vault, beating Hannah Olsen's record set 6 years ago. She is now ranked at number one in the UK Under 15 age group and second in the UK U/17 age group behind Jade Ivis. Her final competition to top off a superb indoors season was in France at the final of the French Elite pole Vault tour at the end of March.

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U/20 U/17 U/15 CHAMPIONSHIPS

Fechin McCormick



ABIGAIL IROZURU

Teens Topple Records at the NIA

Eighteen of our athletes enjoyed this very successful Championships held at Birmingham in February. Of the five UK records and 11 Championship Best Performances that were set three of them were Sale athletes. Congratulations to SHAUNNA THOMPSON (yet again!) and KATIE BYERS. Our athletes came away with 4 gold, 2 silver and 3 bronze medals

ABIGAIL IROZURU

U/20 LONG JUMP GOLD 5m.97cm

Following her phenomenal success at the Northern Indoor championships where she won long jump gold in a PB that broke the CBP record, Britain's No 1 again added Gold to her tremendous medal haul.

ANDY ROBERTSON

U/20 60m SILVER 6.76secs

A new lifetime best of 6.76m brought Andy to No.2 in the U/20 UK rankings

DARREN HAMMOND

U/20 HIGH JUMP BRONZE 2m 6cm

Following his Northern Gold medal, Darren continued to improve and this bronze medal consolidated him as Britain's No 2 high jumper and brought him to a 'whisker' of his 2.10m lifetime best.

ROBIN RASHFORD

U/20 200m BRONZE 24.51secs

Following her season's best of 24.86 at the UKA Indoor Challenge Robin improved it further in also winning the bronze medal



KATIE BYERS



SHAUNNA THOMPSON



ANDREW SUTCLIFFE

REBEKAH WILSON

U/20 60m 4th 7.68secs

Another fantastic performance for Britain's No.3 U/20 sprinter and Northern Champion

ANDREW SUTCLIFFE

U/20 POLE VAULT 5th 4m70cms

Andy's indoor highpoint this winter was tremendous PB of 4m 85cm at February's Celtic Senior Cup/Schools International where, despite being only 16 years old, he beat all the seniors in his event.

ABIGAIL HEYWOOD

U/20 POLE VAULT 4th 3m 60cm

Had Britain's No.3 U/20 high jumper reproduced her 3m70cm PB from the UK Championships she would have medaled and possibly won gold because all first three dead-heated with 3m70cm.

ANDREW BURGESS

U/20 LONG JUMP 12th 6m 48cm

Following his fantastic Northern Indoors at which he broke the stadium record and propelled himself to 4th in the rankings, the whiplash he bravely endured then took its toll in this Championship.

GAIL LIPPITT

U/20 400m Heats 59.37secs

This was a massive PB for Gail and the first time she's broken through the 60m barrier indoors.

STEPHEN BUTTERWORTH

U20 400m 4th heats 50.90secs

Stephen would have made the finals had he reproduced his PB of the Northern Championships

SHAUNNA THOMPSON

U/17 60m GOLD

& CHAMPIONSHIP RECORD 7.51secs

U/17 200m GOLD

& CHAMPIONSHIP RECORD 24.02secs

What Shaunna achieved in these Championships is simply amazing! On the Saturday she lowered the UK 60m best by 100th of a second. As the previous record was shared by Sarah Wilhelmy (Southend-on-Sea AC) and World Junior 100m champion Vernicha James (Belgrave Harriers), 7.51 seconds in the final was an amazing performance and especially that she had equaled the old CBP of 7.54 in her semi-final.

Then, on the Sunday she lowered the 200m CBP to 24.02 seconds in winning the final – the fourth-fastest time ever in the UK in the age-group – having run a PB of 24.41 in her

heat. Her final time was 0.12sec faster than Amy Spencer (Belgrave Harriers) in 2001, the year she won the World Youth Champs 200m silver medal. "It was a shock" said Shaunna, "I didn't know I had it in me," Coached by Patrick Bell and Bob Gaisie, she said. "In training we've been doing more stamina work, like 300s. I hate doing it but it's working!" Now she's getting down to more work in search of the World Junior Championships 200m qualifying time of 23.95. Her outdoor PB is 24.23 – but she says: "I want to run 23.8 to be sure."

TYRA WATSON

U/17 800m SILVER 2m 13secs

This was a big and exciting lifetime best for Tyra – almost 7 seconds faster than at last year's U/15 NoEAA Championships.

JAMES HARDY

U/17 LONG JUMP 6th 6m 25cm

James joined last year from Oldham. Coached by Keith Hyunter, he jumped 6m50cm at a February Open meeting at Sportcity

PHIL KENNEDY

U/17 HIGH JUMP 8th 1m 89cm

Following his Northern Indoors Gold medal with a season's best by seven seconds, Phil jumped to an even higher PB.

ATOLLAH ROSE

U/17 TRIPLE JUMP 6th 10m 84cm

Atollah didn't reach the dizzy height of her PB and silver medal at the Northern Indoors but watch out for our talented multi-eventer who currently ranks 5th nationally in her age-group.

KATIE BYERS

U/15 POLE VAULT GOLD 3m 41cm

Following her Northern Gold medal Katie provided more evidence that the women's pole vault is on the up. She sailed over 3m 41cm to add a massive 31cm to the Under 15 Girl's UK best and CBP.

GREG APPLEBY

U/15 POLE VAULT BRONZE 3m 00cm

This was an encouraging bronze medal for Greg but short of his 3m 20cm PB two weeks earlier at the City of Manchester Open meeting.

BROGAN CROWLEY

U15 200m 4th 26.18sec

U/15 60m 7th 8.08sec

He may have been out of the medals but this exciting young sprinter can be greatly encouraged with PB's in both events.

ON THE ROADS

Fechin McCormick

Salford 10K

This year's Salford Good Friday 10k was a somewhat **'crucifying'** experience for the 600 runners who bent into the gusting, chilling, gale-force winds. However, it was **GARETH RAVEN** who eventually **'triumphed'** in a satisfying victory. Still recovering from his Inter-County Cross-Country Championships disappointment where he'd hoped for an outside chance of a World Cross-Country place in Edinburgh, his victory was the sweeter in that, following a nip-n-tuck battle for 9kms, he showed his superior strength to leave **'dead and buried'** in a 30 seconds victory Leeds Simon Deakin who'd beat him in the 'Northerns'. Times were largely irrelevant in the strong winds but he crossed the line in 31.31. Onwards to April's Rotherham marathon!

COLIN GELL uncharacteristically started the race **'entombed'** at the back of the field but galloped through to 91st place. Take no notice, therefore, of his uncharacteristically slow 38.16!

O/40 **TIM RAINEY** is the one who's been **'resurrected'**! Having recorded a 10-year best

at the Trafford 10k, he missed a lifetime PB by just ten seconds to record 38.56. He would have smashed it had it not been for the inclement wind.

Likewise, **SIQBHAIN SMITH** has been invigorated with **'new life'**! Though 39.40 was similar to Trafford 10k, it represented a massive improvement in the inclement conditions. She would have dipped beneath the magical sub- 39 minutes otherwise. She was rewarded with the first L35 prize.

O/55 **MIKE DUNNE** is on his **'Calvary'** of preparation for the Chester Half-Marathon. He showed he's in shape with 41:56 and the only one to improve his recent performances.

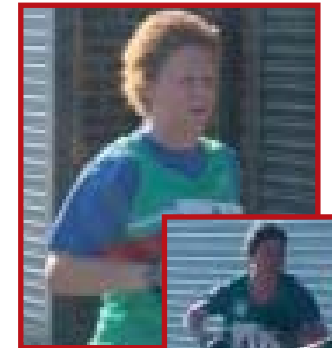
Likewise O/50 **SUSAN CREHAN** ran with a **'passion'**! Not surprisingly her 42.38 merited the first L50 prize, and was a full three minutes ahead of her nearest rival.

JO STREET **'rose from the grave'** of her injury woes to record 44.11 and would be **'transfigured'** in her running if only she would remain injury free. She anchored Siobhan and Sue to overall second team.

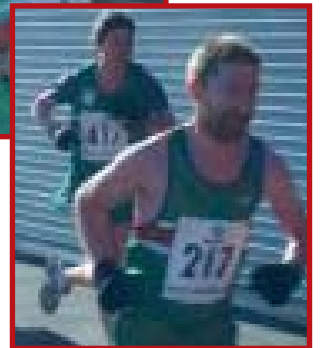
GEOFF BEATTIE (O/55), in demand as a world TV celebrity and renowned media

psychologist... and seems to have **'supernatural'** energy! Despite demanding international media commitments and a vigorous squash competition the previous day, his still clocked 44.52.

WARREN GEORGE (O/45) (45.47); **JAMES LAMBE** (O/40) (48.48) and **LEE AINSWORTH** (50.30) also reached their **'Promised Land'** with strong runs in difficult conditions.



Sue Crehan



Tim Rainey & Siobhain Smith

Ian Weathers - All

Following November's international debut in the Veteran Home International Cross-Country Championships (Belfast,) **IAN WEATHERALL** may have dropped out of the Northern & National X.C. Championships but he did have good runs in the Boxing Day Walls of Chester; then won by 1_ minutes his local North West XC League at Runcorn and went on to finish 1st veteran in the RAF v Police v Fire v Oxford & Cambridge Universities v Middlesex County match.

London Calling

January's Four Villages Half Marathon is the traditional starting gun for the serious business of April's London Marathon. **CHRIS HEYS** doesn't intend a marathon just yet but, running his 7th consecutive Four Villages, he gets ever faster and this year clocked a very respectable 1:15.08 to finish 11th. By contrast, vet-45 **FRANK CORDINGLEY** was preparing for London and running his first Four Villages. His 1:25.53 was his best for awhile and an encouraging launch-pad. **JOHN BATTERSBY** is still campaigning for his best marathon but was four minutes down on last year with 1:29.34. **ARON MYERS** was pleased with 1:36.29 and with plenty of 'no-excuses' training should produce a good Marathon. **JO STREET** missed last year's London through injury but if she can avoid these woes, her 1:38.39 promises a good London debut. **MIRAN APRAHAMIAN** (O50) is a seasoned marathoner but his fourth opening campaign on this course with a time of 1:44.43 was also his slowest. Come on, Miran! This was also **HELEN REAGAN** preparatory campaign and her 1:48.15 was her second fastest time for the course. Well done, Helen. **DAWN HOLDING** had never done it before and found it 'tough but enjoyable'. That's what marathon training is all about, Dawn! Last and certainly not least **JOHN SMITH** had one of his best runs for awhile with 2:04

Ultra Tim

Hall of Fame Marathoner and ultra-distance veteran, **TIM RAINEY** ran the Gloucester 50k road race in late January. On a 4 lap slightly undulating circuit just south of the city, he comfortably achieved his sub-4-hour target to record a new lifetime best of 3:55.01 - a PB by 25 minutes. He was 9th overall and came away with the 3rd vet-40 prize. Three weeks later, he ran a 35 mile race at the Draycote water reservoir (7 laps) near Rugby in unusually perfect conditions. With the previous 50k still in his legs, he relaxed and enjoyed the run rather than fight to keep the pace and finished in 5:13.17. He recorded his second best time from the five times he entered this competition. A couple of weeks later, our versatile veteran produced a lifetime best 5k of 19.25 (Alexander Park) the day following a tough 1:45 training session with the 'editor'!

Jenny's Walk in the Park

JENNY BOWMAN's January exploits made London marathon preparation seems just like a jaunt in the park. She went climbing in the Argentinean Andes and after being stuck in a blizzard for a week, breaking a finger and never making the top, due to the weather, she returned worse for wear and about a stone lighter. "Forget crash diets" she said, "Just send your fat friends up a mountain!" She then went into the jungle into 47 degrees of heat. In the midst of it were the Iguassu falls, the most breathtaking sight she'd ever seen. "It would have been a lot better if there were no rib rides into the falls (yes, right into the bottom of the waterfall) whilst wearing a slightly inappropriate white t-shirt! However the views were so breath taking no one seemed to notice!" she said.

Trimpell '20'

The Trimble '20 is the traditional long 'un for those preparing for the London (and other) Marathon. Despite a windy weekend, participants described the course as 'quite pleasant'. **PAUL ROWLEY** ran very well to clock 2:07.3. He maybe discovering his true talent! **FRANK CORDINGLEY** wasn't far behind with a superb PB of 2:12.00 and 6th M45. **JOHN BATTERSBY** was a little slower than previously with 2:17.29 and 11th M45. **ARON MYERS** knocked 12 minutes off last year's time to record 2:25.10. **JADE JOHNSON**, 'baby' of the group had a 'toughening' experience and clocked possibly the best result of the group - 2:39.32. She could be another 'natural'! **DAWN HOLDING** was very pleased with her time of 2:50.37. **JOHN SMITH** has never run that distance before so was pleased too record 3:05.03. **MIKE HUGHES**, likewise never previously ran a '20', was also pleased with 3:29.15.

Liverpool Half Marathon

RICHARD WATSON was aiming for 1:18 and was down on that time all the way until the last two miles when he discovered a surge of strength that carried him through to a 'very pleasing' 1:17.00. Training for her 2nd London Marathon **JO ROBBINS** (L35) was pretty pleased with 1:41.08 although this was thirty seconds off her PB and would dearly love to break 1:40. In 2005 she discovered she was pregnant three weeks before the marathon and this year hopes to achieve her postponed ambition to break 3:45.

By George!

DON GEORGE, the Club's longest serving member of 60-plus years, (beat that, if you can!) has been re-juvenated since he crossed into the O/70 category. Running January's monthly Alexander Park 5k he notched up a time of 28.55 and improved further to 28.18 in the February event where he tried to keep his 'baby' brother, **DAVE GEORGE** in sight (24.16).

Trafford 10K

This year's Trafford 10k lived up to its reputation as one of the country's best! Again this year, four smashed the 30-minute barrier and three of those were southern Belgrave Harriers! Meanwhile, most Sale Harriers were training, drinking and eating hard on a weekend in the Lake District. One of the club's sub-30 minutes elite, **GLEN COMISH** was the first home in 9th place in 30.53. Following him were some impressive performances. **TIM RAINEY** (Vet-40 39:29): How does he keep doing it? He recorded a 5-mile PB en route to clock his second fastest ever 10k - set over a decade ago! **SIQBHAIN SMITH** (39:33) knocked 20 seconds of last year's time and was first Lady-35. **JOHN BATTERSBY** (Vet-45 39:51) was down on his best & why not a week after the Trimpell 20 and running with a cold! **MIKE DUNNE** (Vet-55 42.41) comes out of hibernation a couple a times a year and always pulls out a good 'un! **ALISON PYE** (45.53) achieved everything she wanted & was especially pleased with her start. **RICHARD MALLABER** (46.46): After the toughest ever Huddersfield 10k two weeks earlier, this flat course was a dawdle. **TONY WALMSLEY** (Vet-40 46:52) Newcomer Tony had a nip-and-tuck battle with Fechin McCormick out on a training run. He showed what he's capable of and will improve even further. **JENNY CLINK** (49:26) Though not her fastest 10k, this was her fastest for this course, indicative of how well her training is going. **JOHN SMITH** (Vet-50 50.46) He's every reason to be pleased! This was his fastest for the course and over a minute faster than last year. **MIKE HUGHES** (Vet-55 52:24): another good 'un en route to June's German half-marathon. **DON GEORGE** (Vet-70 58.45): The club's longest serving member did himself proud... but why didn't you beat that other O/70 only four minutes ahead!

Well Done and Good Luck

Well done to the numbers who participated in the recent Wilmslow Half-Marathon. I recognise this is a running pinnacle for many who have been preparing for it throughout the winter. I'm sorry it's not been possible to include results in this magazine. However, a full report is available on the club website.

The club also wishes well those who are participating in the London Marathon and other seasonal marathons throughout the world. We hope you achieve the results (and more!) of your hard labours!



Another weekend in the Lake District took place at the beginning of March. This adventure into the rugged hills is intended for lots of training, drinking and eating and is ever more popular. On this occasion 25 revelers from 5 different clubs took part: - Manchester Triathlon Club, Sale Harriers Manchester, Horwich AC, East Cheshire Harriers and Trafford AC. From the club there was **PAUL BARRETT, RICHARD WATSON, ANDY BLAIR, PAUL GREEN, GAZ RAVEN, MIKE HATCH, ROB JOWETT, JADE JOHNSTONE, JAN NICHOLLS, CHRIS HEYS, JOANNE STREET** and **JOHN WILSON**.

On arrival on Friday, the evening was spent in the Swinside Pub where all ate a hearty meal and drank to athletic merriment. This was followed by an evening on the Dart Board provided by enthusiast Mike Hatch who has a keen eye for the Bull's Eye.

Saturday & it was an early morning run before breakfast followed by a later morning session on a hill loop. Unfortunately the Kayaking got cancelled due to bad weather but with 3 training sessions that day people didn't seem to really miss it. Some of the group used the cancellation of to go into Keswick to do some rock climbing before the late afternoon run up Cat's Bells.

In the evening all headed into Keswick for a curry ...and more drinking! The more energetic took in the local late night club whilst others returned to the hostel for late night Coffee and Cakes and a few games of Boggle.

Sunday after Breakfast & everyone split into their various sized groups for a long run/climb in the hills making the most of local mountain scenery. Most were out for over 90mins & some as long as 2+ hours. It was then lunch and pack up to go home.

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Winter Fixtures 2008

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

JUNE

- 1 NYAL (3) Bebington
- 7 Northern League (2) Blackburn
- 7 BAL - Premier Division Match 1 tba
- 7 UKL - Premier Division Match 1 Birmingham
- 8 Greater Manchester County T & F Championships
Longford Park
- 14 County Schools Championships various
- 14 Sale Town Festival Races CROSSFORD BRIDGE
- 14 NoEAA -Seniors & U/20 Championships tba
- 21 AAA Championships - U/20 & U23 Bedford
- 22 NYAL (4) Blackburn
- 26 Manchester Sizzler 5k series 1 WYTHENSHAW PARK
- 29 National Junior League Grangemouth

JULY

- 5 BAL - Premier Division Match 2 Windsor
- 5 UKL - Premier Division SPORTCITY
- 6 Northern League (3) Wakefield
- 10 Manchester Sizzler 5k series 2 WYTHENSHAW PARK
- 12 English Schools Championships tba
- 12 AAA Championships & Olympic Trials Birmingham
- 20 NYAL (5) Wavertree
- 24 Manchester Sizzler 5k series 3 WYTHENSHAW PARK
- 28 National Junior League 4 SPORTCITY

AUGUST

- 2 BAL & UKL - Premier Division Match 3 Copthall
- 3 Northern League Division 1 4 SPORTCITY
- 3 Sale 10 mile WYTHENSHAW PARK
- 7 Manchester Sizzler 5k series 4 WYTHENSHAW PARK
- 9 AAA Championships U/17 Birmingham
- 15 Olympic Games begin Beijing
- 16 BAL - Premier Division Match 4 Copthall
- 17 North of England Cup Semi Final (Joint Men's Clubs) tba
- 31 Blue Island Challenge Guernsey

SEPTEMBER

- 7 National Young Athletes Cup final Birmingham
- 13 North of England Cup Final (Joint Men's clubs) tba
- 14 National Junior Cup Final Derby