

Issue 68 summer 08

# 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.

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# Editorial

Produced  
4 times a year  
for 13 years

FECHIN MCCORMICK



Well! Here it is - another bumper Harrier bountiful with news that spans the period from the springtime road relays & April/May's marathon season to these mid-season days of the T & F season. Some of the news will, therefore, understandably seem 'old hat' especially to those preoccupied with the current T & F leagues and other fixtures. An important benefit of this magazine is the extent to which it opens up the diversity of the club's various sections and dissimilar disciplines to one another. Situated on three different sites with dozens of different training groups and with others who live in various parts of the country, a magazine like this has the potential to unify and reinforce one's sense of belonging. Take an interest in what each other are doing!

The undoubted highpoint of this edition is our men becoming European Club's Champions in the 'B' division of the European Champion Clubs' Cup that took place in the Algarve. Representing Great Britain as "The City of Manchester" it happened on the same week in May as Manchester United became the European Champions bringing great pride and celebrations to the City but how little of our magnificent achievement did you find reported on the media? Did anyone see or read anything at all?

Congratulations to our club President Eric Hughes who, as the women's team manager over the past 33 years, has attended his 100th consecutive UK League at the League's first match at Birmingham in June! What a milestone! This awesome pinnacle is a tribute to Eric's commitment; unbounded energy, immense knowledge, managerial skill and unknown generosity to the club and his 'girls' over the years. His unprecedented success has brought national and international prestige to the Club so ensure you read his gigantic contribution in the following pages. In publicly thanking him, we also wish him very well for the future.

If your performance isn't recorded in these pages, it's very likely you did not inform me of it, so no-one's to blame but yourself!

I'll leave you to read club news in every section over the past few months. Don't just scan these pages looking for your own name or photo but widen your horizons to the much wider club and devour as much as you can of every section. Inform yourself of how very much bigger the club is than just the group you are training with.

Have a good and informed read!

# 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](http://www.saleharriersmanchester.com)

# greenzoneupdate...



# What is greenzone?

GreenZone is the Harriers Study Support Centre and is one of 160+ Playing for Success centres in the country. The PFS initiative, now in its 11th year, has established out of school hours study support centres linked with sports clubs. The centres use sport as a motivational tool focusing on raising standards in ICT, Literacy and Numeracy amongst pupils aged 9-14.

GreenZone was the first centre to be linked with an athletics club when we launched the centre last year. Children come from schools right across Wythenshawe to the Woodhouse Park Lifestyle Centre to take part in a 10 week programme of mainly computer related activities.

We are proud to be on the cover of the current Playing For Success Yearbook with this picture from our launch of some of our children with Darren Campbell!

## The GreenZone Programme

This term we have been working with Year 6 children from 8 local Primary schools: Sacred Heart, The Willows, Ringway, St Wilfrid's CE, Baguley Hall, Newall Green, St Peter's RC and Haveley Hey.

We have around 100 children attending after school every week to participate in a programme of activities ranging from music and animation to computer game authoring. We always incorporate some physical activity by means of our Interactive SportWall.

The Centre Manager leads all the sessions supported by our wonderful Learning Mentors. Recently, Harriers athlete Alice Ball joined the team of mentors.

Alice commented, "GreenZone shows that both athletics and learning can be fun! It's great to be involved in mentoring these children, especially as a Harriers athlete myself."

## Visit by the Lord Mayor

On 22nd April we were visited by the Lord Mayor of Manchester, Councillor Glynn Evans. As part of a tour of the Lifestyle Centre he came to GreenZone to see one group of pupils from St Anthony's RC Primary taking part in a practical music session whilst a second group took part in some sports events.

The Lord Mayor was very impressed with the children's compositions and even decided to play some air guitar himself, as the picture demonstrates!

## Paralympics Trip

On 11th May we took a party of children from GreenZone to the Paralympics World Cup at the Regional Arena, SportCity. One of the highlights was seeing David Weir, fresh from his win at the London Marathon, taking gold in both the 400m and 1500m track events. We were impressed by the commitment, determination and physicality of all the competitors, many of whom will be competing at the Paralympics in Beijing.

## Harriers Focus Week

On the week beginning 16th June we hosted a Harriers Focus Week. Children took part in athletics taster sessions in the sports hall here at the Lifestyle Centre led by a qualified coach. They also took part in a variety of activities which focused on athletics and the forthcoming Olympic Games. A number of athletes came along to support this and to answer the children's questions.

All the children were given details of the Harriers' Junior Coaching and several expressed interest in attending the sessions at Crossford Bridge. Hopefully some budding athletes will emerge!

## Let's Celebrate!

At the end of every programme we host a celebration in which the children from the 8 participating schools receive medals and certificates from Harriers athletes. The next Celebration Evening will be held on Tuesday 8th July at 6.30pm. This is an opportunity for pupils, parents and teachers to come to the Lifestyle Centre to celebrate the achievements of the children. All the children will be awarded with certificates presented by Harriers athletes. See you there!

For further details of the Celebration Evenings and how athletes can support the initiative, contact Andy Jordan, Centre Manager, on 0161 436 0586.

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## TEAM MANAGER DEAN HARDMAN

On the same week in May as Manchester United became European Champions, Sale Harriers Manchester, were similarly successful. Representing Great Britain as the City of Manchester our men's team won the 'B' division of the European Champion Clubs' Cup in Portugal.

As in football, this pinnacle of success was the result of the men winning the British Premier T & F League title, Division 1 in 2007 – and this they'd done for a second time. Congratulations to team manager **DEAN HARDMAN** and his merry men!

Wrote Dean Hardman, "I'm pleased to report that Sale Harriers Manchester came back from Portugal victorious.

With conditions that were more Accrington than Algarve, the weekend got off to an inauspicious start, as the flight was redirected mid-air to Malaga after an engine broke. You can imagine how much we enjoyed the 3 \_ stay in the terminal at

Malaga airport, and the 5 hour international bus ride. That said, it could've been worse: the engine could have fallen off! With the rest of the team expecting to fly at 3:40 (on our knackered plane), they were themselves delayed, sent on a different airline (but given a free meal) and only arrived at the hotel at gone 11pm. Thankfully the restaurant across the road was still open and, even better, serving "steak on stone", so things were finally looking up!

My optimism began to waiver when, after we learned that the restaurant wouldn't accept either switch or credit cards, I was marched to the manager's car and driven to a cash point. I had visions of a "Deliverance" style ending, and so did the lads judging by the look on Paul Walker's face as he split his sides at my misfortune. In any case, I survived and we found ourselves at the competition.

First up on the track was **ANDY WILKINSON** in the non-scoring 100m, and he warmed up for the relay with 11.30 into a -1.1 wind to set himself up nicely. It did give an indication that conditions might not be to the lad's liking. After a bit of a wait there was a flurry of activity as **STEVE SMALL**, on debut, **ROB MITCHELL** and



The final result was:-

1. **Great Britain**  
City of Manchester .....126.5 pts
2. **Israel**  
Maccabi Tel-Aviv .....117pts
3. **Denmark**  
Sports Copenhagen .....108pts
4. **Serbia**  
AC Crucne Beograd .....85pts
5. **Switzerland**  
GG Bern .....74pts
6. **Finland**  
Jyvashylan Kenltaurheilijat...70pts
7. **Netherlands**  
Phanos Amsterdam.....69pts
8. **Ireland**  
North Down AC .....58.5pt

place and Rob, despite marching out with the rest of the competitors, found himself sat in his chair for much of the afternoon as an assortment of athletes came and went before he even entered the competition. Despite this, he still managed to secure the win with a 2m14 jump.

That would have been our first victory of the day, but between the start of the High Jump and the end, **ALEX NELSON** blazed to victory in the 100m. He was clearly the class of the field and he came through strongly for victory.

**PHIL TEDD** was next to go in the 1500m, and he bravely went with the pace before fading towards the end, still claiming 5th. His jocularly over the weekend was the cause of much mirth. The two hard-men of the team, **RYAN PALMER** (who isn't really hard and doesn't claim to be) and **RIMAS** (who is) were next up, and Ryan ran a storming race to notch 47.73 in the 400m and second place. Rimas threw "17m85" to come 4th, his steak on a stone the previous evening clearly having done the trick. All this left the 4x100m as the final event of the first session, and a team of **STEVE SMALL**, **ALEX NELSON**, **ANDY WILKINSON** and **ANDY TURNER** sped to 40.68 and second place. All agreed that the club record of 39.8/40.22 could well be under threat at some point soon. The Dutch team won, and their anchor leg runner celebrated their victory wildly with some whooping and topless strutting. **GARETH RAVEN** appeared during the A competition later in the evening to run a combined 5000m and, as befits a man of his years and reputation, ran a great race exactly to plan to come second. He then went for a 13mile warm down and narrowly missed the bus back to the hotel.



Ian Lowthian  
& European Cup

Rob Mitchell

**ANDY HOPKINSON** got themselves into the competition arena. Steve, after 2 days of much traveling and very little sleep, performed admirably and jumped 7m34 to notch a 3rd place. Andy didn't have a clue about where he was at with his training but still ran a very decent 400mH for 4th

The traveling on Friday left most people too tired for mischief, so we retired to bed with a lead of 7 points at the end of a tough day. Or so I thought, until I heard that Gareth led a deputation to a local Irish bar to watch the Ricky Hatton fight. Only a solitary tear rolled down my face, and I was over it in a matter of hours.

The second day featured 11 events and would make or break our competition. First up was **FLOYDY** in the Hammer, and 17 years after his debut for the club he secured victory with a throw that left him top of the UK rankings. The weather was much worse than the first day and Paul felt the effects in the vault, suffering a terrible cross-wind. The fact that the World Champion was half a metre down on his PB says it all. Thankfully Paul thought of the team and got a "safe one" in and grabbed 5th place. Marcus, revealed as a keen amateur photographer on this trip, also notched a podium finish with 3rd place in the discus. His warm up throws hinted at there being much, much more to come this season.

The track events got under way with **ANDY TURNER** in the 110H. Just as he came out it started to bluster much more and he had to run into a -3.8 wind, which makes his 13.72 worth much, much more. **IAN LOWTHIAN's** 800m came next and was one of the most entertaining races of the weekend. 3 tenths separated 1st and 5th, with Ian finishing last in that group, but after only 4 weeks off crutches. **GLEN COMISH's** chase meant more great points as he ran a season's best and got 2nd.

The heavens had really opened by this point, which meant that the javelin and triple jump had to be stopped for safety reasons. Nevertheless, **DOREL** threw well to come 3rd, while **JACOB**, by now freezing, had to withdraw, having managed to at least produce a mark. The final 3 track events sealed the win with 2 wins and a 2nd. Andy returned to edge out a 20.7 runner from Denmark: **OBIKWELU** only ran 21.19 in the A group, which highlighted the shape that Andy's in. **JAMES BAILEY**, despite having been ill, ran a gutsy race in the rain to come second, and got scratched on his back so severely that he required medical treatment. If anyone ends up running in the rain, it always seems to be Jimmy. The traditional 4x400m ended the meeting, and, with victory already assured, the team of **ANDY WILKINSON**, **ANDY HOPKINSON**, **IAN LOWTHIAN** and **RYAN PALMER** battered everyone and won by well over 2 seconds.

We made our way back to the hotel tired but pleased. The usual post-competition banquet didn't take place, so a celebratory drink was had in the hotel's "panoramic bar".





# A Hundred - Not Out!

The UK Women's Premier League match at Birmingham on June 7th this year was a very special one for ERIC HUGHES our club's President and women's team manager. The Club's most successful team manager in the UK league's history achieved the unprecedented landmark of attending 100 consecutive UK League match over a thirty-three year career.

Eric's sporting achievements began to be recognised in 1991 when he was elected Trafford's first Sportsman of the Year. In 1996 he was presented with the Sir Matt Busby award for Lifetime Achievement, an honour shared by Sir Alex Ferguson and Sir Bobby Charlton and other famous sportsmen. Latterly, in 2001 he was honoured with the North of England Merit Award. Then, in 2002 a Civic reception was held at the Manchester Town Hall to celebrate Sale Harriers Women's team winning all domestic honours in one year, the UK League, the National Jubilee Cup, the Under 20s Cup, the National Cross Country Championships and the National Road Relay Championships... all of them with Eric's management! Flying the Union Jack abroad, Eric was Vice President of the European Clubs CC Committee from 1983 to 1997 and an Executive member of the European Junior Clubs Track & Field League from 1988 to 1997 helping to pioneer both enterprises.

Eric's incalculable life-long contribution to Sale began in September 1969 when his daughter Lisa (13 years) joined the club. Like any other parent, he and his wife Doris supported Lisa, followed her progress and took her to races. His son Stephen (11 years) followed, joining the Club in the Spring of 1970 and also quickly won his place in the Colts team.

Mr 'Sale Harriers' Alan Robertshaw, who died in 2006, head hunted Eric and he began his career as acting Men's T & F Manager in the 1971 season, but said Eric, "From the outset it was obvious I was not accepted, the majority of the team associating me with soccer, even though I had run a decent mile and marathon. My ideas on sport in general and business organisation were not accepted and I withdrew in frustration at the end of the season"

At this time only a small membership of girls existed at Sale so Eric set about building a Women's team from scratch - provided he was allowed to do it his way. A long road lay ahead, but using his commercial background and experience in professional sport, he began by availing of the advice of four top names in soccer whom he admired and respected. He said, "Matt Busby's advised developing a youth scheme by recruiting athletes at a really young age. Bill Shankley emphasised character to avoid prima donnas and concentrate on athletes who would work for the club and then in turn the club would work for them. Joe Mercer talked about team spirit and Malcolm Allison gave me some great thoughts on coaching including competitive training" With this advice he invited girls to coaching sessions at Crossford Bridge from schools in South Manchester.

The Middle Distance section grew very quickly because of the coaching structure Alan Robertshawe already had in place and Eric's girls went on to win the Under 15s National Cross Country Championships in 1971, 1972, 1973, 1975, 1976, 1978 and 1979 and the Under 17s in 1972, 1973, 1978, 1979 and 1980. A younger age group was then introduced and the Under 13s won in 1975 and 1977, the Seniors claiming their first national titles in 1977 and 1978. This became the backbone of the Club but in the meantime careful attention was given to other disciplines such as Sprints (Eric's speciality), Hurdles, Jumps and Throws. At this time, another club stalwart, Bill Nicholls, appeared with his daughters and Eric detected an exceptional person in Bill. With Bill looking after the Field events and Eric covering Track, one of the most successful partnerships in Women's athletics was born. Gradually Eric helped to develop

a team of coaches and with an accent on youth, he began entering Youth Athletes Open Meetings. As the youngsters matured, Eric had them compete in the Women's Cheshire League which comprised all age groups.

On the coaching front Eric developed a good Sprint group and first came in contact with Wilf Paish who, at the time, was in charge of the Great Britain squad and regarded as one of the most respected coaches in the world. Said Eric, "He had a great impact on my coaching career, his advice was invaluable and helped me to build a decent reputation as a coach. Wilf stated that if I was to become a first class manager I had to possess the highest possible qualifications sufficient to talk to any athlete or coach alike on equal terms". Eric received his Senior AA badge in 1981 and that "gave me the strength, confidence and the respect required to support my position".

Having proved themselves in the Cheshire League, Eric's teams were elected to the Second Division in the Motorway League in 1973 and won promotion in their first year. In the second year, they finished a respectable third in the First Division. In the Northern Track & Field League that was formed in 1973 covering all age groups, the 'B' team was elected to the First Division. "Well known athletes selected for the National League teams were not permitted to participate giving our fringe members the opportunity to compete" said Eric. Over twenty nine years, his teams won the First Division Championships seventeen times remaining unbeaten until 1994 when he became involved in the formation of the League acting as its Chairman for many years.

In 1975 the UK League was formed constituting all age groups - Under 15s, Under 17s and Seniors with joint scoring. Four divisions each of six teams were proposed with the teams taking place from all areas of Great Britain. Surprisingly Eric's squad were selected for the First Division and have remained there ever since, being the only Club in the UK to have retained Premiership status. In their first year they attained runners up position from Edinburgh Southern who won the inaugural UK League title. The following year they collected their first Championship, repeated this in 1977 and made it a hat trick in 1978. Just before the coach left Sale for Scotland in the 1976 match a man stepped out from the crowd and presented him with a very large green, red and white elephant. On the way up, his daughter Lisa dressed Harriet the Harrier in her Club vest, another girl donated her shorts and a hat was knitted in Sale colours. They won and Harriet has terrorised Clubs to this day with her presence, still wearing her original outfit. Said Eric, "I can vividly remember crying with emotion in the dressing room, overcome with the day's great and unexpected success in beating Edinburgh for the first time on their home soil with such a young squad. "On that day the Sale spirit was born and still exists in abundance" said Eric.

Over the past 33 years Eric has managed the teams that have won the First Division UK League title twenty times and collected the runners-up spot on eight other occasions. Under his leadership, they have won the National Jubilee Cup three times and participated in twenty seven finals and have represented Great Britain in Europe at Senior level in Track & Field on five occasions. The under 20s team have won the European Cup three times and appeared in ten other finals. Over the years, he has picked up 48 National Cross Country and Road Relay team gold medals and on three occasions achieved the treble by winning the National Cross Country, the National Road Relay and the UK League championships in one year and they have been European Cross Country finalists twelve times earning silver team medals on two occasions.

**Congratulations, Eric on your awesome milestone and your unprecedented achievements that have made Sale a national and international club and yourself Britain's No 1 team manager. Thank you for your lifetime of boundless energy, selfless dedication, tenacity, managerial expertise and untold generosity that have made Sale 'great' to-day... For the future? Onwards and Upwards!**



JOHN SMITH,  
DAWN HOLDING,  
MIKE HUGHES  
... & THE VIP CAR

## U.E.F.A. VOLUNTEERS

Whilst Manchester built to a crescendo of excitement to host Russian & Rangers fans for the memorable UEFA Cup Final, JOHN SMITH, DAWN HOLDING & MIKE HUGHES became three of the club's unsung heroes by giving up a week of their holidays to work as volunteers.

DAWN HOLDING & MIKE HUGHES job was to greet VIP's from Terminal 3 and take them to their waiting UEFA chauffeur driven vehicles. Among the most memorable people they met was Peter Kenyon - Ex Man Utd. Commercial Director. Remembers Dawn, "I had to shield him from the grief other people were giving him. Among the Rangers fans that had flown in was one holidaying in Tenerife who broke his holiday just for the game then flew straight back to Tenerife? She said, "The atmosphere was electric".

JOHN SMITH drove a brand new Toyota Auris to take UEFA guests to various hotels in Manchester in the lead up to the game. For the first few days he was based at the stadium but then at the airport. He said, "I picked up a Dutch policeman who had been posted to UEFA for his knowledge of security issues and also a Chinese guy who had arrived from Hong Kong via Munich who hadn't been to Manchester before and I pointed out various points of interest in the city.

I also picked up a gentleman called Mr Economides from Larnaca (Cyprus) who was a chartered accountant and after chatting to him he said he wanted to buy his son a Cristiano Ronaldo Manchester United shirt. I suggested that, as I also worked at Old Trafford, I could take him to the ground to buy it and he ended up spending over £100 and was delighted as I had saved him a lot of time and also given him a tour round the ground!

Following the Final, he returned the VIP's to the airport and then was invited to the stadium for a thank-you party organized by UEFA. There, Dawn Mike & John were pictured with the original UEFA Cup and given an inscribed watch and certificate by UEFA.



# JUST MISSED BRONZE

Steffan North

It's four years since Sale last failed to win a medal at this event and those with good memories may recall us giving our rivals a five minute head start on stage 5 at Bradford's Lister Park in 2004. This year a silver behind a once again dominant Leeds City squad looked secure heading into the final stage, only for our 73 second cushion over Liverpool to evaporate, with local rivals Trafford coming through for third.

**ELTON DAVIES** was the unfortunate Sale athlete on stage 12, but he shouldn't be blamed. Team Manager **DAVE RODGERS** was left with little option but to put in a relatively 'untried' runner after virtually half of his original squad dropped out, some even ringing him the morning of the race to say they wouldn't be there. 'I didn't anticipate Elton's performance, I feel for him', Dave commented. 'My gut told me to put George (Kirk) in, as he would run his arse off, despite not being fit, but logic told me that Elton would be able to run 17mins on the day, and I got agreement from him and **FRANK (CORDINGLEY)** who does sessions with him, not realizing that Frank has been beating him'. In the end George and Frank ran in an incomplete 'B' team, the first time for quite a while that the club had failed to finish a second team.

A bright but chilly day at Catterick Garrison began with **STU STOKES** on the opening leg for Sale 'A' and he was looking strong after the first lap of the 5.5 mile long leg, but a bad stitch affected him over the second half and he dropped back to finish 8th.



**JAMES BAILEY** had an excellent run on stage 2 considering he was eating his lunch only 30 minutes before, having found out at the last minute that he had been moved up the order because of the last minute drop outs. James clocked 15.15 for the 3 mile short leg and moved up two places into 6th. Another short leg followed, and this time it was **ROB JOWETT's** turn around the squaddie-marshalled course.

Rob came home 16 minutes 29 seconds later, only narrowly losing out to Trafford's Daniel Brocklehurst and so dropping a place to 7th.

On the second of the four long legs **GARETH RAVEN** does what he does best, storming round in the 5th fastest time of the day (27.48), picking up four places and taking us into the medal positions for the first time.

Stage 5 saw the return of **IAN WETHERALL** to 12 Stage action and also the return of winter as the predicted snow began to fall, turning into almost blizzard conditions for the rest of the race. Ian used all of his experience to hold on to the bronze medal position and handed over to **COLIN GELL** behind Leeds and Liverpool.

Colin had the misfortune to come up against Morpeth's Ian Hudspith, who rocketed round to record the fastest short leg of the day and meaning, despite a strong run, Colin dropped a couple of spots to 5th.

On the long stage 7 **GLEN COMISH** showed that he is getting back into the kind of form that made him one of the country's top

steeplechasers last summer and even with the snowy conditions conspiring against him, produced a time that matched Tom Lancashire's opening leg win and so gave him equal fastest long leg time (27.37). This moved us back into 3rd.

Yours truly (**STEFFAN NORTH**) had somehow managed to wangle a short leg for once and on stage 8 I enjoyed a quick blast round the lap, picking off Liverpool on the final hill and taking the team into the silver medal position, which was comfortably held over the next 3 legs by the triathlete-training **ANDY BLAIR**, the scouse-accented **SIMON MILLS** (who because of his Liverpool training group has had to endure a good deal of ribbing about the result) and **DAVE HOWLETT** who produced one of the performances of the day for the team.

For the 'B' team, **PAUL BARRETT** came home 50th on stage 1, handing over to **PAUL ROWLEY**, then **FRANK CORDINGLEY**, **GEORGE KIRK**, **TIM RAINEY** and **BILL FOX**. The team made steady progress, picking up a place here and there, with Frank's the stand-out time with his 17.37 for the short stage 3.

'It nearly came off ok,' said Dave Rodgers a few days after the event. 'I didn't anticipate, so many pulling out leading up to the day and on the day. Quite a few team managers and club secretaries came to me afterwards, saying "bad luck, you should have had silver". We deserved it and looked certain of it.'

Leeds City Ac, runners-up last year, re-gained the title they won in 2006; Liverpool H & AC were 2nd and Trafford AC 3rd.



## National 12 Stage Road Relay Report...

# STELLAR TENTH

Steffan North

The end of April means just one thing to club middle and long distance athletes up and down the country - a journey to Sutton Park for the Men's National 12 and Women's 6 Stage Road Relays. As is often the case, good weather blessed the event and, despite a stiff breeze, the event produced a wealth of encouraging performances, some of which came from the Sale 12. They had to do it without Team Manager Dave Rodgers who, because of illness, had to stay at home and wait for news from the course.

In the end, the 'boys' finished 10th and were in and around the medals right up until stage 11. This was two places down on last year and, of course we had won silver medals in 2006. Here's a brief summary of how each got on, including the thoughts of some of them.

**Stage 1 (long) - Simon Mills, 12th in 26.58**  
A great run from Simon, who gave us an excellent start by just dipping under the 27 minute barrier for the first time and running over a minute quicker than he did last year.

**Stage 2 - James Bailey, up 7 places to 5th in 14.37**  
'I had hoped for a PB today and so I'm really pleased that I got it (James' previous best was 14.54 two years ago). Everyone in the team gave their all today and there was a great team spirit.'

**Stage 3 (long) - Matt Bond, up 1 place to 4th in 27.15**  
I'll refrain from stating that Matt was 'Hungary for success' but will leave our Budapest-based former triathlete to use his own words: 'It went fantastically for me today and although I'm very happy it would have been nice to go under 27, though I suppose it was my first go at a long leg'.

**Stage 4 - James Phillipson, held 4th in 15.21**  
'This was only my second time in the senior race and it helped that I had people to chase. I felt quite tired by the Jamboree Stone, but managed to work hard up the hill to the finish. I've really enjoyed the day.'

**Stage 5 (long) - Gareth Raven, up 2 places to 2nd in 26.19**  
'Well, I can't complain about a PB! I kept an eye on Simon Deakin (Leeds City) who started about 15 seconds in front of me. He didn't seem to be coming back to me, then by Keepers Pool I felt I was gaining and then got him on the final hill.'

**Stage 6 - Dave Howlett, down 3 places to 5th in 16.09**  
This was Dave's first time as part of a National 12 Stage team: 'It was a bit demoralizing to get passed by people, but I'm happy with my time. It's a little nerve-wracking to know the others are relying on you, but it's great to be involved with a team that's up there challenging'.

**Stage 7 (long) - Steffan North, up 1 place to 4th in 27.17**  
A bit of a lonely run for me for most of the stage, but I was told I was gaining on the 3 in front and finally passed Birchfield on the run up to the last hill. This was the stage that Leeds hit the front through Dave Webb's 26.01 and from then on they were never headed.

**Stage 8 - Ian Wetherall, down 3 places to 7th in 16.04**  
It was some years since Ian was last part of the National team, but he used all of his experience to put together a solid leg and leave Glen something to chase on leg 9.

**Stage 9 (long) - Glen Comish, up 3 places to 4th in 26.05**  
'It felt alright until halfway, but then it was pretty windy and I didn't really enjoy it from there! I passed four in the first half and then I was on my own. The team has done wicked today and the lads who stepped in to the team have done brilliantly'.

**Stage 10 - Adam Elliott, held 4th in 15.05**  
A solid leg from Adam, who got very close to breaking the 15 minute barrier for the 3 mile short stage, holding off some quality athletes to keep us close to the medals.

**Stage 11 (long) - Colin Gell, down 4 places to 8th in 30.54**  
After his stellar 2.34 marathon PB at London only 6 days before, Colin unsurprisingly struggled to find his best form and, despite giving it his all, I couldn't prevent us sliding down the order as Belgrave, Woodford, Tipton and Swansea all came past.

**Stage 12 - Rob Jowett, down 2 places to 10th in 16.38**  
Another who gave it his all (as anyone who has seen the photo of him on the final hill will testify), Rob's anchor leg kept us in the top 10 and he only missed out on 9th by an agonizing 5 seconds.

- Results:**
1. Leeds City AC..... 'A' 4:09:40
  2. Notts AC..... 'A' 4:11:01
  3. Belgrave Harriers ..... 4:11:58
  4. Newham And Essex Beagles ..... 4:12:16
  5. Tipton Harriers..... 'A' 4:16:02
  6. Woodford Green & Essex Ladies ..... 4:16:23
  7. Swansea Harriers ..... 4:16:52
  8. Bristol & West AC ..... 4:17:39
  9. Owls AC..... 4:18:37
  10. Sale Harriers Manchester..... 4:18:42



# Northern 6 Stage Road Relays...



Joanne Street

Ruth Watson

Jackie Cordingley

Siobhan Smith

Jenny Bowman

A mixture of prior commitments and other priorities (FLM final preparations for Amy Waterlow and degree final's for Brigit Cooke to name just a couple) meant that the A team usual suspects were in short supply for this years Northern 6 stage relays. All was not lost however; Ruth Watson yet again proved her club loyalty by making the massive trip from Peterborough up to North Yorkshire for the event. Together with the increasingly dedicated endurance section from Crossford Bridge, this meant that Ladies Team Manager Alison Pye was able to field two complete teams.

The undulating course at Catterick Garrison Army barracks was marshalled with 'military' precision and should have made for a pleasant afternoon of racing. The day started bright but the onset of heavy snow half way through the relay made the conditions pretty difficult. The host club, Chester

Le Street and District, must be used to the harsh Yorkshire conditions and were the first ladies team to complete all of the approximately 5k stages coming in a time of 1.44.28.

Sale A team were led out by Ruth Watson who firmly established the team in the middle of the pack (18:46/18th). Siobhan Smith followed, showing her experience and considerable talent by putting in another strong leg (19:21/19th). Jackie Cordingley produced another solid performance to hold onto position in the by now strung out field (20:05/19th). Fiona Baird proved she's good on solid ground as well as mud by making up 2 places during her leg (20:38/17th). Jan Nicholls, consistent as ever, again held onto position (20:46/17th). Jennie Bowman valiantly brought the team home in 1.59.21 despite a bulging disc and numb leg (19:45/17th).

Helen Reagan kindly put her revision on hold to lead out the Sale B team (22:07/32nd) before handing over to Helen Armitage who made a welcome return to racing after motherhood and more recently a broken wrist (21:55/32nd). Jade Johnstone proved her marathon fitness by putting in the team's fastest leg and gaining 3 places (20:41/29th). Alison Pye used her considerable experience and proved her fitness is returning by gaining another 3 places (21:21/26th). Catrin Evans hung onto position despite the deteriorating conditions (22:09/26th). Joanne Street (21.53/24th) battled the snow and what later turned out to be a broken metatarsal to gain another 2 places and bring the team home in 2.10.06.

*Well done Girls!*

## National 6 Stage Road Relay Report...

### Joanne Street

*This year's winners were Aldershot, Farnham and District who completed the 6 stages in 1:41:48. They were closely followed by the Northern round winners Chester Le Street (1:41:52) with Winchester and District following a few minutes later to take bronze (1:44:45).*

*Injury and illness in the ranks of the Sale ladies A team meant that the only competing team on the day was made up largely from B and C team runners. Undeterred, our girls (JENNA HILL, SIOBHAN SMITH, FIONA BAIRD, ALISON PYE, JADE JOHNSTONE and JAN NICHOLS) put in a decent effort to finish the race in 28th position (1:58:32) beating both Stockport's A team (1:59:11) and Trafford's B team (2:06:00). Sadly they could not keep pace with a strong Salford Harriers ladies team who finished 9th (1:48:01) or Trafford's A team (1:52:32). The return to training of Donna Riding from her maternity*



*leave came a little too late for this year's entries but as always her support on the day was welcome and she will no doubt be a favourite for the team later this year at the 4 stage and next year for the 6 stage again. The arrival of several very promising new comers at Crossford Bridge this spring will also be a good boost to our efforts in competing for the National titles and keeping up the pressure on our local rivals.*

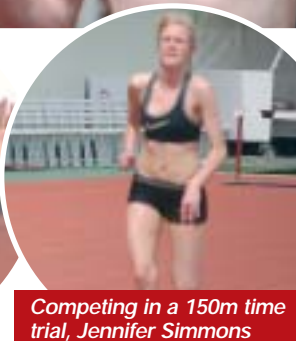
# training in the algarve



Tanning whilst sprinting Joe Lancaster.



Danielle Parkinson



Competing in a 150m time trial, Jennifer Simmons



Chris Bartram and Joanne Birch enjoy the sunshine

On March 20 sixteen athletes covering nearly every track and field discipline with three coaches, Chris Bartram, Neil Donbavand and Roger Devlin flew to the Algarve for their annual warm weather training trip.

The trip organised by Chris, was programmed for two and three weeks, and contained more and harder basic training elements as Easter was early this year, meaning a bigger break, on their return, before the start of the track & field season. The elements included plyometrics, weights, circuits on gym floor, grass and sand, plus beach relays and time trials.

Technical training for all events except steeplechase and hammer was built into a busy schedule. Most training days finished with a 10 minute dip in the sea.

Chris and Neil stayed with six athletes for a third week, which was a new development to the warm weather training programme.

The party was made up of athletes from five different clubs, Sale Harriers Manchester, Macclesfield, Preston, Trafford and West Cheshire, all train together at Sportscity with one of the three coaches.

The weather for the first two weeks was very warm, although the third week experienced some rain.

Athletes are already discussing the 2009 trip, I'm not so sure about the coaches!!

## GEOFF SAYS 'HI'

Life Member in exile & top class shot & discus thrower currently in the veteran ranks, Geoff Tyler has been in touch from his Paris home where he has lived for the past decade. After a back injury over 3 years ago that affected his right leg when he lost 8 meters in the discus & 2 meters in the shot, he's been struggling to improve his performances. Last year in his first year back, he threw 39.01 meters (2k) & 11:48m with the 16 Lbs shot, (He does not want to throw smaller vets weights!!), so he's hoping to improve this year with a bit more training. His Club, Essonne AC (a conglomeration of 4 clubs) is nothing like the size of Sale Harriers, but they are in National Div 1A & currently preparing for local and regional championships.

He reckons the club atmosphere in France is not like in Britain simply because there are only 2 "inter-club" (league meets) a year & no cup meets. These are the ONLY occasions, therefore when his club is together as a team. Though he says facilities are better in France than in Britain, few use them. "Sunday mornings are lonely with only my elite squad of throwers around" he said. He retains many fond memories of deceased Alan Robertshaw, recalling, "When I arrived at Sale one morning I challenged Alan to a 400m race to prove throwers were fitter than runners. When I entered the home straight he was nowhere to be seen... so I ran BACKWARDS to encourage him to run faster." He wonders how many people still remember him? If you would like to contact Geoff he'd be very grateful. His email address is TYLERGEOFF@aol.com



## CHAMPION ROGER

This year once again ROGER ASHBY came 1st in the M60 category in the Manx Mountain Marathon. The MMM is a long-class fell race held on the Isle of Man each Easter. It's 31.5 miles and climbs 8000 feet over the islands 12 highest mountains. This was Roger's 4th age group win in 5 years (In 2007 he didn't race).

His finish time was 7:25:30 for 70th position overall in a field of 119 - a 14 minute improvement on his last run in 2006.

## JOSH FENNER

Congratulations to JOSH Fenner who won Trafford Sports Achiever of the year for 2007 (for sports person with disabilities). He received 2 nominations from Club coaches Anne Marshall and Christine Tyrer. Josh had been a member of Sale Harriers for 9 years. He started off in the yellow group and has worked his way up to the purple group. He attends weekly training usually on a Sunday morning and particularly enjoys the runs out during the winter session. You can be sure that he will run through the water at the top end of Sale Water Park and attempt to get the rest of the group wet as well!!

Later, in April he attended the Greater Manchester Sports Awards presentation night at the City of Manchester Stadium representing Trafford. ...which considering Josh is a Manchester United supporter was a great achievement!! His next target is to run the Manchester 5k Sizzlers.

In partnership with City of Manchester Athletics



# THEY CONQUERED LONDON

Fechin McCormick

They departed Manchester like soldiers into battle. With the truth that their disciplined hard training would do the trick buckled around their waists; wearing for shoes the latest cushioned rides; carrying the shield of determination and the helmet of our best wishes, they set off for battle along London's famous streets. Their fatigues were not the reinforced, cotton pants with double-stitch seams and cargo pockets but the ultra-lite coolmax fabric of SHM's renowned green-hooped vests & shorts.

Camouflaged among the 34,000 starters were our 15 sturdy soldiers. They stood strong to Sebastian Coe's starting klaxon and set off with a determined sense of mission. *(At home couch potatoes - like me - use this spectacle to reminisce on by-gone marathons and to be fascinated by the day's event.)*

First among the charging phalanx was our ultra-distance maestro **COLIN GELL**. With military-precision and half a million admirers, he nursed a steady, consistent pace through gusting breezes and heavy rain through Canary Warf to triumph to a superb PB of 2:34.38 - five minutes better than last year. It was a reassuring indicator of his fitness in the lead up to the UKA 100m Championships a few weeks later.

**AMY WHITEHEAD**, a former National Junior X.C Champion and Northern Senior XC Champion, is a running Lieutenant! Running her second 'London' and starting with the elite women, she wanted to improve on last

year's 2:53.00 (when she discovered she'd run with a torn stomach muscle that hospitalized her for three days) and hopefully dip under 2:40 beating her dad's best of 2:38. The fantastic crowds on Tower Bridge and her supportive husband, family & friends along the course energized her to keep good pace to 20 miles. Then the pain began! Drenched from the freezing shower, her legs stiffened but still she heroically battled to finish a hero in a superb best of 2:45.38 - the 2nd PB of the day.

**TRUDY FAWCET** is a running veteran! Hailing from Singapore with victory medals in the 2007 Kuala Lumpur Half-Marathon & the Singapore Half-Marathon battles, this year she magnificently accomplished her objective to breach the 3-hour fortress and clock 2:55.00 - and the day's 3rd PB!

**DAVID JONES** is another 'veteran'. Running his eighteenth marathon with two foreign operations in Paris where he recorded his best of 2:42.00 in Paris '02, this year's campaign was merely to achieve the qualifying time for next year's London. He easily did it with a time of 2:56.03 - not far off the 2:43 in did in last year's London.

**RICHARD WATSON** is a marathon foot-soldier who made his debut in London 2006 with a time of 3:03.00. In this second attempt, he had the fire in his belly to breach the three hours barrier. Despite lacking adequate yomping through the winter, he maintained a good schedule up to 21 miles and then was able to move up a gear to breach the formidable barrier with an all-conquering 2:56.21 - the 4th PB of the

day! His twin brother started from the green start and both met up after three miles and ran the race together.

After a nightmare in London last year and narrowly missing out with 3:01 in Leicester last autumn, **MIKE ASHBY**'s goal was also to smash the elusive 3-hour barrier and achieve something he'd not done since 2005. The volumes of runners and fighting past celebrity chefs and Masai warriors meant he was 45 seconds down on pace after the first mile. Once free to run his own race, he was pleased with consistent pacing and when lesser 'soldiers' wilt in those final fateful miles, he ran negative splits and recorded a magnificent 2:57.22... the 5th PB of the day & 'really enjoyed' the run in his home city!

**FRANK CORDINGLEY** is the Colonel-in-Chief of a small company of runners and a seasoned veteran. In the mid-stage of preparations, two of his squaddies fell victim in the live-fire training camp of the Mersey Valley. Running his 3rd marathon, he also made a dam buster's march on the 3-hour barrier and kept good pace to 20 miles. The bitingly cold rain & an unscheduled 'loo' break took their toll but this persevering campaigner tenaciously battled to stage his latest fine coup in a fine time of 3:05.18 - a fantastic eight minutes faster than last year and the day's 6th PB. Don't tell Jackie but he also enjoyed a weekend with the 'boys'

**CHRIS BRATT** has gallantry medals for campaigns in New York, Chicago and Berlin where he recorded PB's but this 'London' was not his finest! His evening

train to London was cancelled; he got only three hours sleep & missed his favorite pre-race meal of boiled eggs. In compensation, he did have a good start; cruised for 14 miles and was on course to improve on his 3:06 best until 20 miles. He then faded to finish a battle-wearied 3:20.32. Many a military operation has the strategy 'to step back to move forward'. That's Chris for next year!

**JADE JOHNSON** is more a mountain warrior than a marathoner but shows all the ability to be a good marathoner. Running her debut, her pre-marathon Timpell '20' & Wilmslow half-marathon demonstrated her ability for rear-guard action! Animated from seeing her mum & sister on Tower Bridge and spurred by a massive cheer from Mark Ferns in the last couple of miles, she again came from behind to finish a strong and delighted 3:39.23... and raised about £400 for the British Heart Foundation!

It's a brave soldier who, brought to his knees in the heat of battle, still fights on. **JOHN BATTERSBY** toed the line resolved to improve on the 3:08 he did in London '06. Despite an encouraging start and a good pace to 16 miles and even up to 20 miles, he dropped to under 10 minute mileing and was then 'brought to his knees' with an excruciating last mile that took 30 minutes. He finished defeated and deflated 3:44.12! He may have lost the battle but not yet the war!

Running a marathon is a military manoeuvre that requires disciplined pace judgment. **JO ROBBINS**, another of the club's ageless veterans, got carried away with the early downhill pace and

the magnetic atmosphere and suffered with a significantly slower second half. However, with experience gained for next year, she turned in the club's 8th PB performance with a terrific 3:51.32.

**DAWN HOLDING** was on her 3rd 'London' campaign and, just like the wine she celebrated with in the bath afterwards whilst her training partners still suffered for the finish line, she gets better and better! She's improved from 4:17 in 2005 to 4:04 in 2007 to make a successful bouncing bomb attack on the 4-hour dam and celebrated a triumphant 3:58.05 - the club's 9th PB of the day.

**JOHN SMITH** is another marathon rookie and he especially admired the Masai warriors running on cut up car tyres in full warrior outfits. Making his marathon debut, he carved out a successful beach-head through the wall-to-wall-runners and had enough left in his Sherman tank to allow himself to be distracted by TV personality Kate Lawler's eye-catching costume and sprint up the mall to a fine result and a promising future with 4:33.27

**MIKE HUGHES** deserves a full 20 second salute with trumpet blast for his performance! Almost 60 years young and the club's oldest competitor running his inaugural marathon, he bore the heat of battle for five hours and finished within his target with a tremendous 4:51.40. He enjoyed the penguins, bears and bananas and even a woman knitting as she ran... and with Dawn & John raised £ thousands for St. Anne's Hospice.



JOHN BATTERSBY,  
CHRIS BRATT, FRANK  
CORDINGLEY



MIKE ASHBY



MIKE HUGHES, DAWN HOLDING  
JOHN SMITH

## Triumphs in Edinburgh

**MARTIN O'BRIEN** & **WARREN BOWDEN** ran their inaugural marathons in May's Edinburgh event and, though both found it a good experience, it was not one they wished to repeat!

Martin, having studiously prepared to fulfill his lifetime ambition to complete a marathon, was delighted to get round in just under 4 hours. He paced it like an experienced pro with the first half completed in 1.55 and crossing the line in 3 hours 58min. He was particularly pleased especially after having had bad ankle/heel problems in the final weeks of training

He said, "The marathon certainly sorts the men from the boys! The last 6 miles can only be described as an "out of body experience"! I don't think I'll be doing any more!

Warren completed the course in 3:33.00 and, with a target time of 3:45 was well within target. "Those last six miles are killers" he said. Though he insisted that this was his first and final marathon, with a half-marathon time of 1:34.21 set at Wilmslow this year, he sure is going to be tempted to go under 3 hours!

"It's a great marathon" both agreed, "relatively flat but with a strong head wind along the coast".

## Newry City Marathon

**JAMES LAMBE** returned to his Northern Ireland roots in May to compete in the inaugural Newry Marathon (Co. Down) ...and he had a brilliant run!

He finished in 3hrs 50 minutes and missed his 1984 lifetime best performance by just five minutes. He'd prepared well as all his 'threshold' training races indicated and his last long run of 24 miles three weeks before the race gave him a lot of confidence.

"I can thoroughly recommend it" he said. Apart from being the Home of my late Mother, the route went through some wonderful Co Down and South Armagh countryside. After 5 miles of flat tow path and road, it becomes undulating for about 7 miles and from half way it runs along flat canal tow path.

## Vienna Marathon

Whilst others were preparing for the London Marathon, **MIRAN APRAHAMIAN** was hammering out the miles to compete in his eighth marathon - the Vienna Marathon.

He toed the line alongside 25,000 runners in hot 20 degree temperatures in what he regarded as a well organized event and not too crowded. There was effectively two large laps to accommodate those running the half marathon which meant there was plenty of support at half way and the route took in most of Vienna's most famous sites. There was also an opportunity to do a marathon in relay so at various points he was joined by an influx of new runners which gave him a bit of a lift.

His race plan was to get under 3:30 and was doing relatively well up until the 30km mark

when he started to cramp and had to slow down. Many people fell victim to cramp because of the heat and he had to nurse his legs through the last 6 miles.

He recorded 3:37:53 - just 35 seconds slower than his PB. "I certainly couldn't have gone any faster on the day - it was very hot in the 20s, but I did get a good tan" he said. This was the third time he'd run 3:37 and now is resolved to work out how to go faster.

His most memorable experience was running the final mile through the famous Heldendenkmal gates and finishing in the grounds of Hofburg Palace (which is in the Centre of Vienna). He then stretched out and relaxed in the surrounding Palace gardens before drifting off home.





# RUNNING IN GERMANY



The group near the finish line after registration



Stefan Schumacher and his wife Andrea who made it all happen



The group with our hosts following a celebration meal in a restaurant along the route

## Geoffrey Beattie

On the weekend of June 1st twelve Club members participated in the Kassel City Half-Marathon. It was at the invitation of fellow-member **STEFFAN SCHUMACHER** who hails from this Central German city and who hosted the group among his friends and runners from the athletic club **LG VELLMAR**. The hospitality was overwhelming; the race memorable; the weekend exhausting and not least that the 'plane was diverted due to an electrical storm that resulted in being diverted to Cologne & not getting to bed until 5.30am.

Here leading international psychologist, TV celebrity; author of 15 prize-winning books and the psychologist on all seven Big Brother series **GEOFF BEATTIE** describes the experience...

I knew that this was going to be a memorable weekend when the plane aborted its landing three times. The lightening outside the window was like the flash of anti-aircraft gun. 'Don't mention the war,' someone had joked at the airport and now that was the only image in my head. We were off to Germany- the old enemy (or is that the Scots?). We finally arrived in Paderborn at 5am to be greeted by a smiling Stefan and he drove us for over an hour to Kassel in time to greet the dawn. Stefan reminded us that we would be getting up at this time on the following day for the half marathon. So much for preparation; I was already suffering from battle fatigue.

On the way into Kassel, Stefan informed us that British bombers had flattened large parts of the city and had killed ten thousand innocent civilians. 'The first half of the course is really dull because it's around those parts of the city that had to be rebuilt in the 1950's.'

Fechin was already using his own kind of psychological warfare. There was the constant 'ack ack ack' of talk, and the mind games had

started already. 'Keep looking behind you, Mike, you know I'll be on your shoulder the whole way'. Mike tried to shrug it off, but you could see that he was already dwelling on the image. Fechin leaked that little smile of his. He started reminding us of his pedigree. 'For years no woman ever beat me in a marathon, the first one who ever did was Greta Weitz, on her way to the world record.' He glanced at me, 'and what's your best time' he asked. I felt like a nobody; perhaps rightly. 'Running is all in the mind,' Fechin added, 'if you don't feel optimistic about the run, you'll never do a good time.' 'And I'm feeling good,' he added for good measure. I didn't answer.

'Oh, and by the way, Stefan,' Fechin said 'you'll know that the Republic of Ireland were neutral during the war, unlike our friends in the North of Ireland.' He glanced my way again. I was not feeling good, just sitting there in the back of the van, feeling guilty about being personally responsible for destroying half the marathon course, and this excess of emotion was only balanced by my ebbing confidence, which left a large hole to be filled by something, even guilt.

Our hosts were charm personified which only made the guilt more intense. One of those classic moments that makes you think here we have two nations with a lot of common deep-seated characteristics. There is something about the emotional bonding of marathons and half marathons - the commonality of the experience, the shared suffering (for that's what it was in almost ninety degrees heat), the exhilaration at the end, all this bonding at odds with the jingoism and rivalry of so many other sporting contests, including much of the Olympics. Perhaps competing nations should be forced to run together?

One stereotype of the Germans was true, however- the organization was superb, even the crowds were more vocal and better coordinated in their applause than English crowds. One other stereotype appeared to be holding as well. They were all drinking beer after the race.

I was half pissed before Fechin finished, having downed two pints. But Fechin had the last laugh. As I was reeling back to the bag drop he pointed out to me that the beer was alcohol free. 'And you're the psychologist,' he said, 'you should know that it's all in the mind.'

It was a superb weekend and we warmly thank our generous hosts and LG Vellmar running club. Sale Harriers was famous in Paderborn that day. 'Come on Manchester,' were displayed on placards around the course and fellow runners applauded us around the course.

When I returned home for media interviews with my bags lost and looking slightly the worse for wear, reeking of sweat and much staler odors, the lady from the PR agency looked askance. 'What on earth have you been up to?' she asked, expecting, I imagine, an answer about parties into the night and early morning fueled by exotic and dangerous substances. I wanted to say something back to her about aspiration and achievement, about emotional bonding and the human condition, about old enemies united through shared experience, about pride and dignity, that sort of thing, but I just shrugged instead.

'I was just running in Germany... and we had a great weekend'

## THE RESULTS

MICHEAL DUNNE	1:33.26	3RD	O/55
RUTH PARTRIDGE	1:37.22	3RD	W20
GEOFF BEATTIE	1:38.52	5TH	O/55
STEFFAN SCHUMACHER	1:39.42	14TH	O/50
FECHIN MCCORMICK	1:46.39	14TH	O/55
CAROL BEATTIE	1:52.25	5TH	W/54
DAWN HOLDING	1:56.34	19TH	W/45
MIKE HUGHES	2:07.40	81ST	O/55
JANET FIELDEN	2:09.16	16TH	W55
GRAHAM PADGET	2:12.49	30TH	O/65
JOHN SMITH	2:12.53	141ST	O/50
LIZ TURNER	2:18.26	56TH	W30

# BMC GRAND-PRIX - SPORTCITY



## The Best O' British

### Fechin Mc Cormick

The British Milers Club (BMC) is a specialist club for Britain's middle distance runner's entry into which is achieved through qualifying standards. Each year it holds a series of Grand Prix meetings around the country and this year the second GP was hosted at Sportcity directed by our own renowned National middle distance coach **NORMAN POOLE** - who is also President of the BMC.

This year again this festival of top-class running was preceded by a number of 600m races to provide 90 junior athletes with the chance to compete in a major athletics arena particularly important in this Olympic year. This section of the evening was organized by **NEIL TEMPERTON** Head Athletics Coach for Manchester City Council.

With his team, he organized nine races with year groups 5, 6, 7 and 8 for both boys and girls. The year 5 boy's race had to be split into two races as the demand was extremely high. Each athlete was running for their School and in school colours. The standard was extremely high with youngsters battling it out to finish and where some races were so close that the use of electronic timing was a good choice!!

The evening ended with a huge group photo with special Guest Jenny Meadows who was delighted to see so many youngsters racing the lap and a half of the track. Jenny was also impressed with the standard of running and encouraged all to continue their efforts.

Neil would particularly like to thank Pete Shaw for all his support and assistance to make it the great success it was.

He said "The evening was a great success with the youngsters supported by 450 family members and friends who provided ample verbal support to encourage them over the finish line" The athletes had not previously experienced race conditions aided by an official starter's gun and electronic timing to heighten the atmosphere.

Following these young protégé's performances, there followed 23 senior graded races that produced 133 lifetime best performances that made it an exhilarating evening for the athletes that converged from all over the country. Among them, our own Sale athletes produced a host of SB or PB performances.

**NIAL BROOKS**: Still only 16 years old, Niall had

run three 800m PB's in the run up to this Grand Prix. This was his 4th and his impressive 1:50.63 was a further 8 second improvement on 2007 that he set at the England Schools Championships. He now ranks 4th in the UK U/20 rankings.

**NICK SAMUELS**: This was an encouraging SB for Nick. Clocking 1:53.36 he wasn't far off the 1:52.75 he set at May's Loughborough meeting and within sight of his 2003 best of 1:51.2.

**REBECCA SWEENEY**: In a rare outing over 800m for our 200/400m specialist, Rebecca's 2:06.10 was a 3 second improvement over August '07 Trafford's Open Meeting.

**JENNA HILL**: Knowing Jenna, she expected more than a SB of 2:11.39 in her 800m. Preparing ultimately for steeple chasing, she's launching her summer on a higher level than last's year.

**KAYE KIRKHAM**: With a SB of 2:15.10 Kaye was two seconds down on last year's BMC meeting. She recorded a 1500m PB of 4:35.42 at April's Loughborough University Open & BUSU Trials.

**ADAM ELLIOTT**: Adam clocked 4:02.74 but two weeks earlier recorded a 1500m PB of 4:00.66

**ROB JOWETT**: With a superb PB of 4:07.80 Rob must be curtailing his partying evidenced on Facebook!!

**JAMIE RODEN**: Over the past 12 months, Jamie recorded a 6-second improvement over 3k to 9.21.5 and an awesome 12 second improvement over 1500m for a new PB of 4:12.03.

**EMMA MCINTYRE**: Great! Emma is back but she would have liked to have been faster than 4:38.15.

**EMMA LEIGH-HEIGHWAY**: It's also great to see Emma back almost to her 2006 best. Though she's have like more, her 1500m time of 4:38.37 was just 80 seconds short of June '07's PB in the U/20 North of England Championships.

**HANNAN DOHERTY**: U/17 Hannah was in typically superb form! She recorded a 1500m best of 4:40.15 - two seconds faster than the 2007 Midland Schools Inter- Counties. She earlier recorded an excellent 800m PB of 2:16.7 at the Trafford meeting 10 days earlier.

**GAZ RAVEN**: Following 29.39 lifetime best in May's Gt. Manchester 10k, Britain's top runner continued his superb form with a SB of 14:15.74 - just three seconds short of his 2002 best.

**STEFFAN NORTH**: Steffan ran a good race to the final kilometer so would have liked to have been faster than 14.48.80.





# SALE MAYDAY '5'

With race director **DAVE RODGERS** back fighting fit, the Club's annual end-of May Bank holiday 5 mile race made a welcome return run on a new one-off 2-lap course that took advantage of Wythenshawe Road closed to traffic.

New father and international **ANDI JONES** (Salford AC), was in typical zippy form and recorded the second fastest-ever time of 24.01 a minute ahead of Philip Hoole (Rotherham H & AC).

**CHRIS HEYS** is increasingly at the front end! Following his fine 2nd place in the Dunham Massey 5k three days earlier, he finished 16th in 27.17 in his first attempt in the Sale '5'

**PAUL BARRETT** wasn't quite as pleased! It's understandable when he recalls that his 2006 was 2 minutes faster!

Re-vitalised **BILL FOX** (V50) was as happy as a sand-boy! Continuing his fine form, his 30.36 was his best for years. It proves what can be achieved by remaining injury free!

Despite having raced a shortened 'B' of the Bang 10k the previous day **TIM RAINEY** again pulled out a 'big 'un' with his latest PB for 5 miles of 31.28 and a clocking almost four minutes faster than 2006.

**JOHN BATTERSBY** ran the 'B' of the Bang 10k and set off conservatively with Tim. Though over a minute slower than in 2006 with 32.14, he's begun to return speed to his tired legs after the London Marathon. With Bill & Tim, they were the 3rd veteran team.

**MIKE DUNNE** (V55) last ran this race in 2004 & clocked 34.22! What more needs to be said when, this year, he recorded 33.12... and then decided to fill a cancelled place for the trip to the German Half-Marathon!

**GEOFF BEATTIE** continues on the crest of a wave! Again, he was delighted with 34.53 – his final 'blow-out' before the Kassel half-marathon.

**NEIL HENNIGAN** was the surprise of the pack! Adjusting to parenthood, we hadn't been seen him for 6 months & then he appears to clock a very strong 35.33. What is Diane putting in his morning porridge!

Youthful **CATRIN EVANS** unfairly 'snared' **FECHIN McCORMICK** by shadowing him to half-way and then brutally went for his jugular to open an unassailable 100m meter gap. She clocked 35.45 against Fechin's 36.12.

Following as 2nd & 3rd team members **SIAN HOLLAND & JILL SANDERS** (L35), running this event for the first time these three girls won the first team prizes. Sian crossed the line in 38.44 and Jill in 43.42.

Last but not least, it was great to see **IVAN MCINTYRE** back on the scene! He safely escorted 'the sweeper' to finish in 54 minutes.

Not for the first time recently, the men's team came a very lowly 8th when previously they've readily won this home promotion.

# ROAD RACING

*Fechin McCormick*

## MAYDAY 5K

*March 5th*



Cancelled last year because race organiser **DAVE RODGERS** was indisposed, this year's home promotion was on a popular, fast new course. It tempted in-form Matt Barnes (Altrincham AC) to a convincing 30 second victory over Paul Freary (Belgrave H & AC) and there were many excellent individual club performances. Most disappointing was the men's team finishing a lowly 8th – a contrast to every previous year when this section won this race! In 2006 there was even a 'B', 'C', 'D', 'E' and 'F' team! The women fared much better teamwise!

First home was **CHRIS BRATT** (V40). Racing his first ever 5k, Chris clocked an admirable 18.05.

**BILL FOX** (V50) was again in scintillating form and very much faster than in Heaton Park. His time of 18.36 was also an enviable 40 seconds faster than in 2005.

Following a momentary lull in his streak of PB's **TIM RAINEY** (V40) ran his fastest ever 5k and for the first time smashed the 19-minute barrier.

**SUE CREHAN** (L50) was another in superb form and further improved her Heaton Park clocking with 20.16. A key member of the elite women's teams of the past, Sue retains her immense talent and went home with an armful of prizes - as the individual O/50 winner; the first senior team counter and the first veteran team counter.

**IAN NICHOLLS** (L35), with another excellent run in 20.29, was similarly rewarded with an armful of kit as the second placed counter in both the senior & veteran winning teams.

**GEOFF BEATTIE** (V55) is an avid racer who manages to squeeze a race in somewhere or other almost every weekend – on top of regular competitive squash! Over 10k's, he's improved by a minute from September's BUPA Gt. Yorkshire run (44.41) and March's Lincoln 10k (43.24). With impressive speed, his 21.11 is a vast improvement on April's Alexander Park 5k (21.48) and May's 21.45 run the previous day... and these only a week after a 1:39.34 clocking in the Sheffield half-Marathon. A sub-21 minute time surely beckons soon!

Following more disappointing races, **FECHIN McCORMICK** (V55) was encouraged by a faster 21.55, though still a minute slower than in 2006.

**RAPHAEL SPIERMAN** (22.26) had flown in from Athens and surprised himself with his time despite minimum training.

**HELEN BRINT** (L40), **ELIZABETH JONES** (L35), and **JILL SANDERS** (L35) running their first May Day 5k ran 24.57, 35.01 and 27.05 respectively.

## WILMSLOW HALF-MARATHON

*March 30th*



March's Asics Half-Marathon was the culmination of hard, focused winter training for over forty club members. A report on all who took part is still available on the club's website. Congratulations especially to **GAZ RAVEN** who finally led home the 3500 runners having finished 3rd in the previous two years. He'd been out on his own almost from the gun and won by two minutes from his Rotherham rival in 1:06.29. As I said, read all about it on the club website...

## BOLTON 10K

*April 13th*

Whilst most of the nation was couch-potatoes watching the Flora London marathon, several made the early start for the Bolton 10k.

<b>LEE KAUFMAN</b> .....	36.40
<b>TIM RAINEY</b> (V40).....	40.34
<b>IAN NICHOLLS</b> (L35).....	43.05
<b>CATRIN EVANS</b> (L35).....	44.55
<b>PAUL GANDY</b> (V50).....	57.12

## SALFORD 5K

*April 19th*

The Manchester Parks series of five races through the summer begins on the traditional Heaton Park course. Runners this year battled with severe gusting winds. In-form vet-40 **IAN WEATHERALL** launched his summer with an encouraging 16.28 and was chased all the way by another in-form **CHRIS HEYS** (16.37). **COLIN GELL** (16.57) was aiming to get the London Marathon from his legs and sharpen up for the National Road relays the following weekend. Evergreen vet-50 **BILL FOX** (19.23) was only a few seconds down on last year and a full 15 seconds faster than in 2003. Conditions made it difficult for **TIM RAINEY** to pull out yet another PB but his 19.51 was very satisfying. **SUSAN CREHAN** (L50) was 'over the moon' to run a minute faster than last year with 20.52. **LINDA ROWLINSON** (L45) got the better of vet-55 **FECHIN McCORMICK** in the final kilometre to reverse last year's placings and record a reasonably consistent 22.41 against Fechin's struggling 22.51. Finally, **JAMES LAMBE** has been making encouraging improvement over shorter distances and his 23.19 was his latest 15 second improvement on last year.



## CHESTER HALF MARATHON

*May 18th*



**TIM RAINEY**: Following his lifetime best in the Club's May Day 5k, Tim went on to record another best this time smashing his Wilmslow PB by 95 seconds to record 1:25.55. Until 'Wilmslow' and 'Chester' he hadn't got near his half marathon best's for ten years so he's next aiming to improve his marathon best in the autumn.

**TONY WALMSLEY**: Running only his second half-Marathon, Tony clocked an excellent 1:42.33 - just outside his lifetime best set 19 months ago (1 hr 41.18) in the Bridlington half-marathon (Oct 06). He might have gone even faster had it not taken him a minute to reach the start line! He finished 452nd overall from 3,500 starters & 80th out of 233 finishers in his category (V40).

## CHATSWORTH 10K

*May 18th*

Continuing to churn out his races, **GEOFF BEATTIE** was the first O/50 (47th overall) on the very hilly Chatsworth 10k course and won a very worthwhile £50 prize – as did also his wife Carol. His time on a course that had hills like mountains was 46.51! Both were right on course for the Kassel Half-Marathon in Germany on June 1st. (Read about this elsewhere)







Jackie & Vickie Cordingley as marshals



Helen Armitage, Sister Sarah & husband Garry



17/05/2008

# Gt. MANCHESTER RUN

FECHIN MCCORMICK

On a year when sporting Manchester went global with the Track Cycling World Championships; the World Swimming Championships, the Paralympic World Cup and The UEFA Cup Final, the city was again buzzing with the BUPA Gt. Manchester Run.

The Club's contribution was, as ever, significant! On the start line, as he has been for all six year of UK's biggest road event was our club chairman DAVID BROWN in his regalia as chief starter sharing the podium with Manchester Utd legend Dennis Law & double gold medallist Rebecca Romero. Not too far away, also in her 6th year, was his wife Carol as a start/finish official. Then there were the runners.

Below him were the 31,000 starters that make the event one of the world's largest running events. Among them were over 20 club members with fingers poised on their stop-watches. As they surged along Bridgewater Way, under Old Trafford and round The Imperial War Museum, they were cheered and encouraged by the club's army of volunteers that ensured everyone had a fantastic day.

Study individual performances and examine how each fared comparing times through the phases of the course. Worthy of examination are those who seemed to fare well up to 4 kms but then dipped in their pace to 8 kms before picking up again for the run-in.

Congratulations to GAZ RAVEN, winner of the Wilmslow half-marathon and the Salford 10k with his fantastic PB that now ranks him among Britain's elite. A sub-29 minute 10k might not be too far off! STEFFAN NORTH came within a few seconds of his PB whilst SIMON MILLS, on schedule for one of his fastest ever races, suffered a chronic stitch in the final mile that forced him to walk and to a disappointing finish.

Other notable performances:

- BILL FOX was a marvellous 2nd in the O/50 category. He got an excellent start as seen on TV!
- LEE WOODS who showed he's getting into good shape after injury lay-off for six months.
- FIONA BAIRD, running her first 10k since joining the club, smashed her PB by 3 minutes, previously set at the Woburn 10k in 2006.
- DAWN HOLDING also improved her PB by three minutes despite not having done a 10k for a few years.
- MARK TYLDESLEY ran his fastest of three Gt. Manchester Runs
- All those Sale Harriers children who took part in the Junior & Mini Great Manchester Runs around Sportcity on the Saturday. They inspired everyone by their enthusiasm and determination.

NAME	Position	Time	3kms	5kms	5miles	Pace
Gaz Raven	18	29.39 pb	8.36	14.29	23.48	2.58
Steffan North	36	30.41	8.44	14.45	24.27	3.04
Simon Mills	74	34.07	8.43	14.48	24.25	3.25
Luke Winterbottom	80	35.02	10.06	17.06	28.03	3.30
Paul Barrett	131	37.41	10.40	18.03	30.03	3.46
Bill Fox (V50)	151	38.05	10.51	18.31	30.29	3.48
Lee Woods	152	38.05	11.02	18.36	30.39	3.48
Steve Jones	174	38.53	10.53	18.23	30.34	3.52
Fiona Baird	617	42.10	12.39	20.59	34.05	4.13
Jan Nicholls (L35)	728	42.41	12.40	21.01	34.14	4.16
Helen Armitage	1104	43.57	13.11	21.52	35.30	4.24
Catrin Evans (L35)	1391	44.40	13.04	21.56	35.58	4.28
Nygel Lyndley	1421	44.43	13.32	22.34	36.22	4.28
Fechin McCormick (V55)	1529	45.02	13.12	22.15	36.19	4.30
Graham Allinson (V45)	1575	45.09	13.23	22.13	36.23	4.31
Mark Ferns (V45)	1977	46.00	13.55	23.08	37.27	4.36
Dawn Holding (L45)	3943	49.13	14.41	24.34	39.54	4.55
John Alcock (V60)	3040	49.25	14.37	24.31	39.54	4.56
Karen Sheen (L45)	4967	50.39	15.02	25.10	40.50	5.04
Sarah Melia	5897	51.47	14.47	25.03	41.28	5.11
Garry Armitage	5907	51.48	14.48	25.04	41.29	5.11
John Davies (V55)	7852	54.02	15.44	28.45	43.31	5.24
Mike Hughes (V60)	8630	54.53	16.27	27.19	44.29	5.29
Wendy Kearsley (L45)	12515	59.13	17.34	29.21	47.39	5.55
Liz Turner	12868	59.36	16.11	28.07	47.52	5.58
Rachel Easthope	14023	1:01.05	16.52	29.09	49.07	6.07
Jill Brown (L50)	21,200	1:01.42	18.15	30.20	49.35	6.10



## brian gain's top place

It's only the club's longest-serving members who'll know BRIAN GANE's long-time running prowess. The club's vice-president most recently flashed his septuagenarian muscle in June's Boar's Head Fell Race. A very good field of 170 runners turned up on an excellent evening for racing, cool with a bit of a breeze and very dry underfoot - in fact ideal for record-breaking. A notable feature was the presence of no fewer than five V70 runners and they were led home in fine style by Bryan with twenty-four people behind him - well done, Brian, there's hope for us all!!

## well done! jennifer

Over the weekend of May 31 and June 1 two Sale Harriers spent the weekend in Birmingham taking part in the England Athletics Combined Events Championships.

Due to a lengthy recovery period from a painful injury junior JENNIFER SIMMONS was unable to do proper preparation for this major event.

Because of the injury she was unable to enter an earlier heptathlon and this was therefore just her third competition since she became a heptathlete in 2007.

She managed to finish 14th and in doing so scored 3414 points gaining a PB in the 100hurdles and high jump.

Jennifer has been told that she has been selected for the GB team attending the Maccabean Games in Israel in 2009. These are the third largest gathering of sportspeople after the Olympic Games and Commonwealth Games. This should be a wonderful experience for her.

The photograph shows Jennifer receiving her gold medal for the U/20 Long Jump at the Gt. Manchester Championships.



## stuart stokes a winner

Stuart Stokes smashed his 6 year-old PB in Prague on Monday 16th June to break his own club record for the 3000m Steeplechase and, more importantly, notch the "A" qualification standard for the Beijing Olympics. The result ranks Stuart number one in the UK for 2008 and places him as a firm favourite to gain selection for the Olympic Games. He now has the UK trials firmly in his sights.

Stuart was a star of the 2002 Manchester Commonwealth Games where he finished a memorable 4th in the S/C before an ecstatic home crowd and at the 2006 Melbourne Games he was fifth with another superb performance. We wish him well in his attempt to qualify for August's Beijing Olympics.



Most of those who participated in the first Dunham Massey 5k

## NORTH CHESHIRE 5K SERIES

The North Cheshire 5k series are five races that launch the summer of 5km races and are the traditional precursor to the Club's Manchester 5kms Sizzler series. Two are run in the picturesque National Trust's Dunham Massey Park and the other three in three North Cheshire scenic villages of Bowden, Hollins Green and Lymm. There's always a 'full house' for the first race in Dunham Massey with over 200 starters. This was reflected in the large turn out of nineteen members participating. Well done to O/70 DON GEORGE, who was the only one to manage all five races. The club's longest serving member with over 60 year's membership on the clock, produced a best of 27.05 at Bowden - far better than any race last year. FIONA BAIRD, JENNY CLINK LYNN YATES managed four races with all three producing amazingly consistent times. Fiona's best was 21.02 on the fastest of all the courses of Hollins Green; Jenny's best was at Dunham Massey (1) with an exciting 22.54 that proves she's moving onto a new level and this was 40 seconds faster than last year's best. Lynne best was 23.19 in the Bowden 5k again a minute faster than last year. Other interesting information:

- TIM RANEY ran his best time in Dunham Massey (1) although it was half a minute slower than his 19.29 for the course.
- JOHN BATTERSBY produced faster times than last year with a best of 19.23 at the Bowden 5k
- JACKIE CORDINGLEY was a minute faster than ever before with her 20.25 at Dunham Massey - and achieved on a more 'relaxed' training schedule.
- LORA BLACKBURN was the most promising newcomer with two superb races, the best being 19.59 in the Bowden 5k

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SPECIAL RATES FOR SALE HARRIERS



# Regional Championships



MIKE EHLAN

## Fechin McCormick

The club was represented in five regional championships and particularly successful yet again in the Northern T & F Championships. The U/17 & U15 Championships were held at Robin Park, Wigan on May 24/25 and the Senior and U/23 Championships at Sportcity on 14/15 June. In total, we came away a haul of 21 gold medals, 12 silver, 7 bronze and 50% of those who took part produced lifetime best performances - a tribute to dedicated training and successful coaching. Well done to all but special mention to:-

- **ABIGAIL HAYWOOD** who produced a pole vault championship record and European qualifying time!
- **MIKE FLOYD** who won his 9th Northern title and 5th consecutive gold medal and is now Britain's well-deserved No. 1 Hammer thrower. Well done to his coach supreme **KEVIN MADDEN**.
- **SHAUNNA THOMPSON** who again completed a sprint double and maintains an unprecedented unblemished record outdoors and indoors.
- **MIKE EHLAN** who adds the double U/20 titles to last year's U/17 titles.
- **NIALL BROOKS** who, though still only 16 years old, won his first Northern title whilst running in the much older U/20 age-group.



ABIGAIL HAYWOOD



MIKE FLOYD

## NORTHERN CHAMPIONSHIPS

### GOLD MEDALLISTS

MIKE FLOYD	SEN HAMMER	66.54m
JESSICA TAYLOR	SEN LONG JUMP	5.37m
HELEN TAYLOR	SEN 100m	12.33
HELEN TAYLOR	SEN 200m	24.51
REBECCA SWEENEY	SEN 400m	55.12
JENNA HILL	SEN 1500m	4:33.67
MARK CHRISTIE	SEN POLE VAULT	5.10m
ANDY SUTCLIFFE	U/20 POLE VAULT	4.80m (pb)
ANDREW BURGESS	U/20 LONG JUMP	6.79m
ABIGAIL HEYWOOD	U/20 POLE VAULT	3.85m CBP
MIKE EHLAN	U/20 HIGH JUMP	1.98m
MIKE EHLAN	U/20 TRIPLE JUMP	13.85m
ADELE LASSU	U/20 HIGH JUMP	1.65m
JAMES WRIGHT	U/20 110 HURDLES	14.65m (pb)
REBEKAH WILSON	U/20 100m	11.93
NIALL BROOKS	U/20 800m	1:54.94
JAMES HARDY	U/17 TRIPLE JUMP	14.11m (pb)
KATIE BYRES	U/17 POLE VAULT	3.30m (pb)
DANIELLE BENTLEY	U/17 JAVELIN	38.07m
SHAUNNA THOMPSON	U/17 100m	11.70w/s (pb)
SHAUNNA THOMPSON	U/17 200m	23.44w/s (pb)

### SILVER MEDALLISTS

ALEX SMITH	SEN HAMMER	64.59m
SARAH HOLT	SEN HAMMER	56.07m
JACOB BROWN	SEN LONG JUMP	7.35m (pb)
ANNA MASSEY	SEN POLE VAULT	3.75m
MATT CULLEN	SEN POLE VAULT	4.15m (pb)
JAMES WRIGHT	U/20 LONG JUMP	6.72.05m
REBEKAH WILSON	U/20 200m	24.83
RAYNE ALLMAN	U/17 SHOT PUTT	9.49m
AHTOLLA ROSE	U/17 TRIPLE JUMP	11.26m (pb)
ALEX FENTON	U/17 JAVELIN	46.35m
JAMES HARDY	U/17 LONG JUMP	6.36m (pb)
CHARLOTTE DICKENSON	U/15 SHOT	9.21m

### BRONZE MEDALLISTS

DOREL GRETA	SEN JAVELIN	70.24m
ANDY WILKINSON	SEN 200m	21.93 (pb)
KATHERINE SHERRY	U/20 400m	59.33
JAMES WIGNALL	U/17 1500m S/C	4:50.77
MARCEL STEVENS	U/17 200m	22.37 (pb)
OLIVIA CALLAGHAN	U/15 100m	12.74 (pb)
JAMES DAVIES	U/17 100m HURDLES	14.41

### 4TH PLACE

GRACE SMITH	SEN 100m HURDLES	14.50
REBECCA SWEENEY	SEN 200m	25.60
DANIELLE PARKINSON	SEN 400m HURDLES	64.21 (pb)
RACHEL DEEGAN	SEN 800m	2:16.44 (pb)
JOANNA BIRCH	SEN TRIPLE JUMP	10.37
SIMON MILLS	SEN 5000m	14:43.95 (pb)
ADAM ROGERS	400 HURDLES	55.79
NATHAN ROACHE	U/20 200m	22.81
JAMES DAVIES	U/17 POLE VAULT	3.50m
ALEX FENTON	U/17 DISCUS	39.86m (pb)
RAYNE ALLMAN	U/17 80m	12.18 (pb)

### OTHER LIFETIME BEST PERFORMANCES

REBECCA SWEENEY	SEN 200m	25.32
REBEKAH WILSON	U/20 100m	11.90
RAYNE ALLMAN	U/17 100m	12.92
MARCEL STEVENS	U/17 100m	11.59
OLIVIA CALLAGHAN	U/15 200m	26.65
SCOTTISH: ALISON RODGER	U/23 SHOT	15.67m GOLD pb
WELSH: PAUL WALKER	SEN 110 HURDLES	15.14 GOLD pb
WELSH: ROB MITCHELL	SEN HIGH JUMP	2.10m GOLD
WELSH: LAURA DOUGLAS	SEN HAMMER	63.02 SILVER pb
MIDLAND: JULIE CRANE	SEN HIGH JUMP	1.75m GOLD
AUSTRALIAN: DANNY BRANDWOOD	SEN 400m	52.73 GOLD pb

# County Championships



WILL McKEOWN

## Fechin McCormick

The County T & F Championships are an early season highpoint and Sale Harriers Manchester is quite exceptional to have had athletic representation in no less than thirteen different counties. Understandably, Greater Manchester had the greatest numbers and again it's a tribute to our talent, coaching and structures that of the 84 finals that took place at Longford Park Stadium almost 50% of the medals were awarded to our athletes. It's a massive haul and again congratulations to all.



STEPHEN BUTTERWORTH



VICTORIA CALDERBANK



## GREATER MANCHESTER

SOPHIE BOWDEN	U/17 300m	50.2	CHAMPION
DANIELLE PARKINSON	SENIOR	67.5	CHAMPION
REBEKAH WILSON	U/20 100	12.2	CHAMPION
KATHY WELLAM	800m	2:27.8	CHAMPION
WILL McKEOWN	U/15 100m	11.2 (Eq.Red)	CHAMPION
STEP BUTTERWORTH	U/20 100m	11.2	CHAMPION
ANDY ROBERTSON	SENIOR 100m	10.9	CHAMPION
JODIE GUINNANE	U/15 75m	13.4	CHAMPION
RAYNE ALLMAN	U/17 80mH	12.3	CHAMPION
REBEKAH WILSON	U/20 200m	25.00	CHAMPION
WILL McKEOWN	U/15 200m	23.9	CHAMPION
ALEXANDER ADCOCKS	U/17 200m	23.0	CHAMPION
STEP BUTTERWORTH	U/20 200m	22.4	CHAMPION
RAYNE ALLMAN	U/17 HIGH JUMP	1.50m	CHAMPION
JAMES DAVIES	U/17 HIGH JUMP	1.80m	CHAMPION
JAMES HARDY	U/17 LONG JUMP	6.37m	CHAMPION
JENNIFER SIMMONS	U/20 LONG JUMP	5.00m	CHAMPION
ALEX FENTON	U/17 DISCUS	38.74m	CHAMPION
MATT CULLEN	SEN POLE VAULT	3.80m	CHAMPION
RAYNE ALLMAN	U/17 SHOT	10.66m	CHAMPION
JAMES HARDY	U/17 TRIPLE JUMP	12.98 (New Record)	CHAMPION
HANNAH DOHERTY	800m	2:20.3	SILVER
BETH BOLTON	U/13 75m	10.00	SILVER
ALEX ADCOCKS	U/17 100m	11.3	SILVER
KATIE HOLT U/15	U/17 80mH	12.6	SILVER
JAMES DAVIES	U/17 100mH	14.4	SILVER
WERIS IBRAHIM	U/15 800m	2:26.5	SILVER
CHLOE YATES	U/13 SHOT	6.61m	SILVER
CHRIS McGAHEN	U/15 400m	57.5	SILVER
BETH BOLTON	U/13 150m	20.2	SILVER
VICTORIA CALDERBANK	U/15 SHOT	6.99m	SILVER
CHRISTOPHER BURT	U/15 1500m	4:36.2	SILVER
SOPHIE BOWDEN	U/17 80mH	13.1	BRONZE
VICTORIA CALDERBANK	U/15 800m	2:27.7	BRONZE
JODIE GUINNANE	U/15 HIGH JUMP	1.40m	BRONZE
CAMERON WILLCOCK	U/13 SHOT	4.85m	BRONZE
JAMES DAVIES	U/17 JAVELIN	33.12m	BRONZE

## MERSEYSIDE

MIKE EHLAN	U/20 HIGH JUMP	19.6m	CHAMPION
MIKE EHLAN	U/20 TRIPLE JUMP	13.86m (pb)	CHAMPION
ANDY ROBERTSON	U/20 100m	11.1 (Guest)	CHAMPION
ANDY BURGESS	U/20 LONG JUMP	6.70m	CHAMPION
GRACE SMITH	SENIOR 100m	14.6	SILVER

## CHESHIRE

HEIDI WILLIAMS	U/13 800m	2:38.1	CHAMPION
ALIX BARTON	U/17 HAMMER	29.50m (CBP)	CHAMPION
CHARLOTTE DICKENSON	U/15 JAVELIN	20.84m	CHAMPION
CHARLOTTE DICKENSON	U/15 SHOT	8.84m	CHAMPION
CHARLOTTE DICKENSON	U/15 DISCUS	20.83m	CHAMPION
DANIELLE BENTLEY	U/17 JAVELIN	40.99m (pb)	CHAMPION
STEPHANIE POTTS	U/17 LONG JUMP	1.55m	SILVER

## YORKSHIRE

PHIL TEDD	SENIOR 1500m	4:01.65	CHAMPION
MARCUS GOULDBOURNE	SENIOR DISCUS	54.20m	CHAMPION
HARRIETT PICKLES	SENIOR TRIPLE JUMP	11.60m	CHAMPION
JAMES WRIGHT	SENIOR 110 HURDLES	15.26	CHAMPION
SARAH HOLT	SENIOR HAMMER	60.17	CHAMPION
ABIGAIL HAYWOOD	U/20 POLE VAULT	3.75m	CHAMPION
JESS TAYLOR	SEN/U20 LONG JUMP	5.07	CHAMPION
PHIL TEDD	SENIOR 800m	1:57.29	SILVER
ADELE LASSU	SEN/U20 HIGH JUMP		BRONZE

KENT TATUM NELSON	400m	56.36 (pb)	
SUSSEX SARAH TOMLINS	400m	56.00	SILVER
STAFFORDSHIRE VICKIE OWEN	800m	2:09.05	CHAMPION
CAMBRIDGESHIRE RUTH WATSON	800m	2:12.4	CHAMPION
HUMBERSIDE ALEX SMITH	HAMMER	61.72m	SILVER
NORTH-EAST COUNTIES			
MARK CHRISTIE	POLE VAULT	5.19m	CHAMPION
ADAM ROGERS	400m	55.7	CHAMPION
MIDLAND EMMA LYONS	POLE VAULT	3.80m	CHAMPION
DERBYSHIRE KATIE BYRES	POLE VAULT	3.21m	CHAMPION
CUMBRIA RACHAEL FLEARY	JAVELIN	35.21m	CHAMPION



# Chasing Kelly...

On Sunday 9th March 2008 Sale Harriers were invited to the AAA Tom Pink Relays and Field events at Sportscity, Manchester. The event was organised in conjunction with England Athletics North West Region. The AAA have generously been left a bequest by the late Alice and Lewis Pink for a children's programme in memory of their son Tom who was tragically killed in an accident in the early 1970's.

There were six participating teams in both age groups U11 and U13. The children were invited to try out a range of field events and to participate in several relays.

The U13 girls had a particularly good day. The team of five were challenged to beat Kelly Holmes's 1500m record, each team member running 3 times over 100m. The team consisted of a good combination of sprinters and middle distance runners, J'nay Henry Shirley, Ria Henry Shirley, Victoria Calderbank, Victoria Molloy and Olivia Boland. The team came in at 3.44.9 and beat Kelly Holmes's record by 13 seconds with some fantastic baton changing.

They were presented with a trophy each and a framed photograph of Kelly Holmes for the club.

At the same event the U13 girls middle distance runners, Victoria Calderbank, Olivia Boland and Chloe Yates beat the competition again in a 3 x 2 lap relay. They were presented with an individual trophy and an impressive AAA silver salver.

*Well done girls!*



Peter arrived at Sale Harriers – Crossford Bridge track in 1976 with his young son Nick, and there he remained for over 30 years “beaver away” for club and all young athletes who met him.

He was one of the original founders of the Primary Y.A. section – as we know it today – making it into the biggest and best young athletes section in the Country.

Peter became a Qualified Sprints Coach in 1980, and one of his young athletes was Darren Campbell, who even at the height of his athletics career would help Pete if he was ever available.

A man of many talents, he received Life Membership of the Club in December 1995. In addition to his coaching, he was also a Starter, a Graded Track Judge, Events Organiser, Presenter and Announcer. His main love at Track Meetings was using the “mike” to encourage athletes and spectators throughout the afternoons.

He was organiser of the Annual Awards Presentation Nights, presenting Badges and Certificates to hundreds of young athletes over the years.

His attraction to the “live mike” was also ever present as DJ at Discos, Christmas Parties and Festival Floats etc, and wherever the gadget enabled this “eternal teenager” to cajole, mock, persuade and generally encourage youngsters to stand on their own two feet in more ways than one – and the kids and parents loved him for it.

True to his nickname, Pete was an unstinting worker organising both fun and fundraising events such as 60's Nights, Hoe Downs, Race Nights, Warm Weather Training Days Out, Festival Floats and Club Dinner Dances. We remember his functions at Lancashire Cricket Club and the Abba Tribute Band at the Club Dinner.

Over the years he gradually introduced his group of athletes to his love of Hill Walking, Camping, Skiing, and the Famous Mountain Challenge – where he entered successful teams for several years. They all loved him and once in his group nobody wanted to leave. Many of them went on to become Coaches and Helpers at Crossford Bridge.

Pete, on behalf of all Coaches, Helpers and Athletes across the last 30 odd years, you became a very hard act to follow. We're all proud to have known you and to have been your friends.

Anne and Graham Marshall

A tribute to Pete's work at Sale Harriers appeared as a 3 page article in the Club Magazine at Christmas 1985 – a Tribute that his family used at his recent funeral service in April.

*I recall training sessions at Crossford Bridge where Peter would be doing sprints with his group, wearing his "go fast" spikes. He would sometimes challenge our group to a relay. Sadly missed.*

Morris Jefferson

# “Eager Beaver” PETER BEEVERS



*Peter Beevers was a very popular Life Member of the club. He was an accomplished prints coach who devoted much of his time at the club to the primary section. He was very active on the social side organizing hoe-downs, race nights and the highlight being the club dinner featuring an Abba Tribute Band. Peter was the lead figure at Presentation Nights over many years being the consummate organizer and master of ceremonies.*

David Brown, Club Chairman

*I joined Pete's Sprint group aged 11 in 1984 and little did I know then that it would be the start of a long friendship. Pete's warm and encouraging personality made all training sessions fun and gave me a love for Sale Harriers and athletics. He fostered great friendships within the group that have lasted many years and I share this sad loss with those friends now. I have so many wonderful memories of Pete both from Sale Harriers and as a friend and was so pleased that both he and Elaine were able to come to my wedding 7 years ago.*

Jilly Webb (Jilly Brown)

*I will always remember Pete as my role model; he was an excellent leader and a true inspiration to others. He is the sole reason I became a coach after he retired. He was always approachable, like a second dad you could talk to him about anything. I'll miss the terrible jokes he told, they weren't funny but it was the way that he told them and his distinctive laugh and beaming smile.*

James Leigh

*Pete was more than just a friend; he was like family to a lot of us at the club. I think a lot of the 80's crew, grew up knowing Pete was there for us all. In the 90's Pete encouraged us all to start hiking, with many camps organized. Pete will be hugely missed and I'm so glad my last memory of his is partying at the trio party in August with him and his family. All my love to Elaine, Nick and Alison.*

Vanessa



*To me Pete was like a granddad! I met him at the age of six and can remember it vividly to this day. From the day I met him he brightened up my life. His ridiculous jokes, his hugs that nearly broke you in half, even his smile made the dullest day seem bright and cheerful! He organized so much for all of us, camping trips, days out walking, holidays and for the lucky ones the mountain challenge! I have so many memories of being with Pete and the group and every single one of them a happy one!*

Ashlea Guymer

*I remember, as a very young member of Sale Harriers, looking over to The Sprint Group - doing their stretches and bounding back and forth - and wanting to be a part of it. My wishes came true when I reached the right age and Pete Beevers became a significant part of my life as I matured. He had a very positive influence in my attitude to life, well beyond what you would expect from an athletics coach. I also have very fond memories of Pete teaching me to ski on one of the many trips to the dry ski slope.*

Graham Wright

*There were several things that struck you about Pete Beevers. He was a gentleman, in the true meaning of the word. He remained positive, even in adversity - it was almost impossible to wipe the smile off his face. He was an enthusiast for life, especially for sport and what youth could achieve and he possessed inspirational leadership ability. He was also another Peter - Peter Pan! He had no right to look so young for so long! Pete encouraged and inspired our younger son, Graham. He also helped our older son, Stephen with fitness training for his football refereeing. That was the thing about Pete, he would always help if he could and you were never allowed to feel that you were in any way imposing yourself on him or causing him problems - as I'm sure we did on occasions!*

Tony & Jean Wright



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## Summer Fixtures 2008

### JULY

- 1 Trafford AC Grand Prix Longford Park
- 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
- 15 Trafford AC Grand Prix Longford Park
- 20 NYAL (5) Wavertree
- 24 Manchester Sizzler 5k series 3  
WYTHENSHAW PARK
- 27 National Junior League 4 SPORTCITY
- 29 Northern Athletics Sen & U20 Women's 2000m  
Steeplechase Chorlton-cum-Hardy

### 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
- 10 U/23 Inter-Territorial Home International Derby
- 16 Northern Athletics U17 & U15 Combined  
Championships 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
- 23 Northern T & F Inter-Counties Hull
- 26 Northern Athletics U20 3000m Championships  
Chorlton-cum-Hardy
- 30 Northern T & F League Div 1 Promotion Match tbc
- 31 Blue Island Challenge Guernsey

### SEPTEMBER

- 7 National Young Athletes Cup final Birmingham
- 13 Northern Athletics 10000m Track Championships  
Sportcity
- 13 North of England Cup Final (Joint Men's clubs) tba
- 14 National Junior Cup Final Derby
- 21 Manchester Parks - Boggart Chase 10k Boggart  
Hole Clough

### OCTOBER

- 5 Northern Athletics Young Athletes Road Relays  
Croxteth Park
- 25 Manchester Area CC League (1) Heaton Park