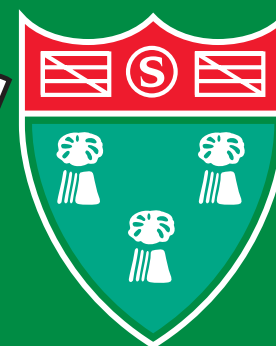


Issue 72 summer 09

# THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



*European Champions – almost!*



# CLUB CENTENARY 1910-2010

One hundred years ago, a joint meeting was held in the Temperance Rooms, Cross Street, Sale of church and gymnasium clubs whose members went for a run in the evening. They agreed to organise Saturday afternoon competitions in the Sale area. They formed a committee; inter-club fixtures were arranged and, SALE HARRIERS was born.

From this acorn, a giant oak that's one of Britain's largest and most successful athletics clubs was born. We must celebrate this major club landmark that's helped form thousands of every age group to being healthier, fitter and faster human beings and developed the athletic potential of several hundreds of young people to athletic excellence and to Olympic, and other International National & Regional titles.

Everybody associated with the club in any way and share the pride in the club's achievements, alumni members and current membership, are invited to celebrate in a

## GRAND CENTENARY MEAL IN THE GREAT HALL MANCHESTER TOWN HALL FRIDAY MARCH 19TH 2010

There are 300 places currently available and it's anticipated there will be high demand. A £10 will secure will secure your place now. Make cheques payable to:- Sale Harriers Manchester, 16 Delaheys Rd., HALE, Altrincham WA15 8DS.

The club is further eager to commission a group of able members to lead on this major project. Would YOU like to help?

## Editorial

Produced  
4 times a year  
for 15 years

FECHIN McCORMICK

On a national level, the past weeks and months have been exceptionally special. We've witnessed the remarkable spectacle of 35,000 runners in the London Marathon; similar numbers took to the streets of Manchester led by hero Haile Gebrselassie and Manchester further put itself firmly on the sporting map through the highly successful innovation of Usain Bolt sprinting down Deansgate on a temporary track in a world best time. Many readers won't know there's also been launched a new and exciting City v City League of eight matches that includes Manchester. Called the 'Super8', it's set to also popularise our sport and provide further domestic top-level competition for our athletes with prize-money incentives.

The club is also firing on all cylinders! We've had Kate Dennison again break the British record in the pole vault at the European Championships; young Katie Holt has again smashed her own under-23 British record and sprint sensation Shaunna Thompson gave Olympic champion Christine Ohuruogu a run for her money in the Manchester Street sprints. Congratulations also to our Senior Women who (almost!) became European Club's 'B' Champions in June.

We're in the Premier Division of all our T & F Leagues and doing well except, as you'll read, for our senior men who had a major set back in aiming to regain their BAL title of two years ago. Among our Crossford Bridge senior sections, things are also very good with more initiatives than ever taking place.

Looming ever large is the Club's centenary in 2010. You'll be hearing more and more on this! Don't forget this great pinnacle in our history and if there's anything you can do to ensure it's success, we'll be asking for it.



## SARAH & SHAUNNA HEROES

The club has two athletes – SARAH HOLT & SHAUNNA THOMPSON who have been fast-tracked onto an UKA initiative that supports youngsters expected to challenge for a place in the senior British squad for either London 2012 or the 2016 Olympic & Paralympic Games. It's called the 2009 UKA Heroes project, sponsored by Original Source. They will receive financial bursaries to help towards travel expenses, kit, medical support and equipment throughout 2009. Well done to both!

## Angela Deegan REST IN PEACE

We announce the very sad news of Angela Deegan's death after a long illness. Angela and her family have been very much part of Sale Harriers for many decades. She was a fine competitive middle-distance runner who, in more recent years, took up coaching and team management. In this role, she was immensely valued for her love of running and of Sale Harriers, her commitment, organisational thoroughness, intelligence and wealth of experience born out her career as a physics teacher.

Her family has contributed greatly to Sale Harriers over the years. Husband Mike as Director of Ron Hill Sports has supported many Club projects and daughter Rachel as a talented middle distance runner regularly represents the club on track, road and cross-country.

Her death is all the more tragic in that it's occurred so young. Angela was only in her early fifties and had so much to give to life, her family, friends and to her teaching profession. The club extends deepest condolences to husband Mike, Tom her son and daughter Rachel.

May she Rest in Peace

## Viv Pashley REST IN PEACE

Eric Hughes

One of the true pioneers of the Women's team, Vic Pashley, passed away on 25th May 2009 and a celebration of his 87 years was held at a special service in Culcheth.

Vic arrived, with his daughter Heather, in the seventies when the Women's section was just beginning to flourish and with Phil Probert developed a superb Sprint group.

His conscientious, friendly approach and expert knowledge did much to inspire young athletes and his contribution to coaching will long be remembered.

Even after his retirement Vic maintained a close interest in Sale's activities, was an avid reader of the 'Harrier', always hungry for news of the Club's success he had helped to nurture. He was a fitness fanatic, earning a number of Veteran titles and was still running well into his eighties.

Vic was a one-off and I hold dear the support he gave both me and others and will always treasure his friendship.

## EUROPEAN CLUBS' CUP

Dean Hardman (Deputising Team Manager)

The last thing one expects when travelling to continental Europe in late May for an athletics meeting is an electrical storm, but that's exactly what the senior women's team was met with 30 minutes before the end of their European Champion Clubs' Cup Group B match in Slovakia. The team, competing as City of Manchester qualified for this competition courtesy of their UKWL victory last season, and prior to the match there were high hopes of a victory or second place finish that would see promotion to group A.

Despite the inclement weather and a gruelling 8 hour journey the previous day, the performances on the track and in the field were largely excellent, although the weather did put to rest any hopes of personal bests. The match was kicked off in style for City of Manchester by Laura Douglas, who took a good second place behind a very classy Slovakian athlete. Emma Carpenter, making her club debut, also claimed a top 3 finish with a third place in the Discus, while Danielle Parkinson got proceedings underway on the track with a hard-fought 6th place in the 400mH.

From this point onwards, the events came thick and fast. Sonia Samuels took a superb 2nd place in the 3000m, while Becky White started off a busy day for herself with a 4th placed finish in the long jump. Rebecca Sweeney then claimed Sale's first victory of the competition, leading from gun to tape in a high standard 800m but, sadly, due to a spate of injuries, the club didn't have a steeplechaser fit to travel which meant that points were gifted away. This didn't appear to be a problem, as Alison Rodger took 2nd in the Shot (again being beaten by a huge-throwing Slovakian) and Kelly Massey stormed to victory in the 400m. Then, disaster struck, as, after committing one false start and suffering a faulty start, Katherine Endacott, making a welcome return to competition, was disqualified for a second false start in the 100m. After vociferously informing the starter that she disagreed with the decision, Kat accepted her fate and began to prepare for the 200m, but it left the team with a huge task ahead of a top 2 finish was to be secured.

Jenna Hill (1500m), Andrea Vinet (110mH) Becky White (Triple Jump) and Emma Lyons (Pole Vault) then all produced excellent performances to haul the team back into contention, each producing second places, while Kelly Pagdin and multi-eventer Katia Lannon also dug in with a 5th places in the javelin and high jump. Then Katherine Endacott, using her frustration to her advantage, produced a great performance out of adversity to win the 200m by almost half a second, and the impossible looked like it might just happen. Despite gifting 16 points to the opposition, it came down to the relays.

As the track had only 6 lanes, all track events below 800m had been run as two races, and the 4x100m was no different. A quartet of Kelly Massey, Helen Taylor (who had earlier ran a good non-scoring 100m), Becky White and Katherine Endacott (who had spent a miserable half an hour in doping control) stormed to victory in their race, but had to watch on in agony as the German team ran 9/100ths faster than them in race B, consigning them to second place. With just the 4x400m to go, the atmosphere was tense. City of Manchester were on 102 points in third, the Slovaks were seemingly unassailable with 111, while the French team were tantalisingly close on 105. Only victory would be good enough, while it had to be hoped that the French secure no more than 4 points and a 5th place finish. In the event, Kelly Massey, Katia Lannon, Rebecca Sweeney and Sarah Tomlins produced the goods, winning by a staggering 5 seconds, while in the same heat, the French could only manage 3rd, with a modest time. If two teams in race B could run quicker than the French, then 2nd would go to Manchester. In the end, despite a valiant effort by the German team (who ran quicker than the French) and the Bosnian quartet (who failed to do so by just over a second), the French held on and clinched second place overall by a single point.

Nevertheless, the City of Manchester women put in a valiant performance in adverse conditions and will no doubt be back next year to try all over again.

## GREENZONE - TAKING THE OLYMPIC CHALLENGE!

Andy Jordan, Centre Manager

In-case you're a club member who resides on Mars, London 2012 is fast approaching and Greenzone, the Harriers' Study Centre, is aiming to be an Olympic hub for the Manchester region and farther afield, promoting the lifelong learning opportunities afforded to us by being a host nation.

GreenZone is one of 162 Playing for Success (PFS) Centres which are attached to sports clubs all over the country. The centre is partnered with SHM and the focus is on using athletics to enhance after school learning in Literacy, Numeracy and ICT whilst raising confidence and self-esteem. Based at the Woodhouse Park Lifestyle Centre in Wythenshawe, we have over 100 children aged 9-14 coming from local schools each week to take part in our exciting educational programme.

Many of our activities already have an Olympic theme and an Olympic timeline adorns our corridor walls. The children also participate in fun athletics taster sessions led by Harriers coach David Marsh. But as the Olympics get closer, we want to raise the bar. As a regional rep for NW England I am meeting regularly with our Olympic steering group and a rep from LOCOG in London to help organise the national Playing for Success Olympic legacy programme, called "Pass it On". Various programmes, events and resources are being planned. The main features are:

### ■ National Annual Competition

Each year to 2012 we are running a national competition for the 50,000 PFS pupils. This year it is: 'Create a poem inspired by the 2012 Olympic and Paralympic Games'. Every PFS Centre is focusing on the Olympic values and for NW England the current theme is COURAGE. Look out for competition entries in the next Harrier!

The eventual regional winners will go on a tour of the Olympic Park and become Olympic Ambassadors.

### ■ Baton Programme

9 batons representing the Olympic values and the themes of Olympic and Paralympic heroes will be passed around the Playing for Success regions in the run up to 2012. A resource bank of related activities is being compiled.

See also: [getset.london2012.com](http://getset.london2012.com)

Other developments at Greenzone:

■ New state of the art Apple Mac computers in our centre.

■ We were the 100th PFS centre to achieve the QISS (Quality in Study Support) Award at Emerged status.

■ Centre visit by Andy Burnham MP, Secretary of State for Health

■ Developing our own Peer Assisted Learning Scheme (PALS) - children who have graduated from Greenzone can train to become a PAL, helping younger children with their activities.

■ Working on a radio project with Key 103 in the summer.

■ Communicating for Success, sponsored by BT and the Football Foundation. Children produce DVDs encouraging younger children to get fit and healthy, then help to run fitness classes back in their schools.

■ A week of focused activities as part of the Children's University initiative (July 20-24).

■ Celebration Evening, Weds July 15th @ 6:30pm to recognise and reward every child for their achievements in the company of parents, teachers and athletes from SHM. Please do come along and support this event!

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

## EUROPEAN TEAM CHAMPIONSHIPS

Sale Harriers Manchester was well represented in June's European Team Championships. Top of the list was KATE DENNISON who again broke the UK pole vault record with 4m 55cm. She'd achieved the World Championship 'A' qualifying time with an earlier British record of 4. 51m that added 4cms to Trafford's Janine Whitlock record set in 2005. Kate now holds the indoors & outdoors British records.

ANDY TURNER also showed great form by winning the 110m Hurdles & maximum points for Britain. Other team members were ALISON RODGER (Shot), LAURA WITTINGHAM (Javelin), ADELE LASSU (High jump) and STUART STOKES who, though no longer training for the event, gave it 110% and won 5 points for the British team. Interviewed on TV afterwards and still reeling from missing out on the Beijing Olympics despite having achieved the qualifying standard, he insisted his efforts were for Britain and no-way was he running for UK: Athletics or their policies.



# North of England Road Relays

Alison Pye



Emily Beedham



Jenny Bowman



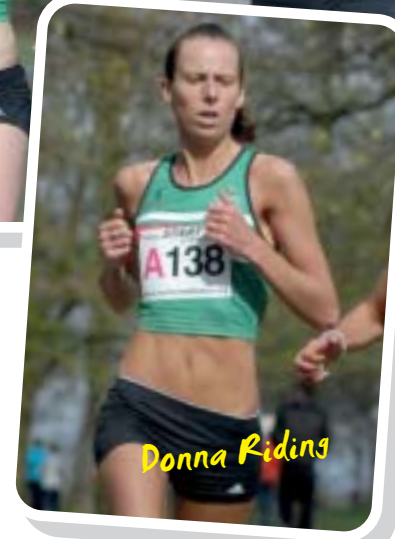
Jenna Hill



Rachel Deegan



Emma McIntyre



Donna Riding

This year the North of England Six Stage Road Relays took place at Woodbank Park, Stockport. Ever optimistic the team managers entered 3 teams due to the venue being so local. Disappointingly injury, illness and warm weather training struck so we were only able to field 2 teams. However this is a massive improvement for the autumn 4 stage relays where we only completed one team.

Woodbank Park is renowned for its hills so it was with some trepidation that we walked the course to see what was in store. The course was narrow and although only 2.4 miles had a steep downhill section followed by an equally steep uphill, some of which was a cobbled path. Even the fittest of athletes commented on how tired their legs were when reaching the top and realising there was at least half a mile still to go.

The A team turned in a solid performance finishing in a credible 5th place. **DONNA RIDING** followed up what is perhaps her best winter of racing bringing the team into 2nd place and recording what was the 5th fastest leg of the day. **JENNA HILL** had a strong run returning

from injury taking the team into 1st place. This lead was maintained by **EMMA MCINTYRE** who had a strong run and surely must now be looking forward to a successful track season. A late call up to the A team saw **JENNIE BOWMAN** take 4th leg. She ran a strong solid leg, also returning to full fitness after injury and finished her leg in 8th place. Jennie handed over to **RACHEL DEEGAN** who made up 2 places on 5th leg and is now focusing on the BUSA track championships. **EMILY BEEDHAM** made up another place on the final leg bringing the team home in 5th place. Emily had another impressive run and hopefully this form will transfer on to the track after such a good winter.

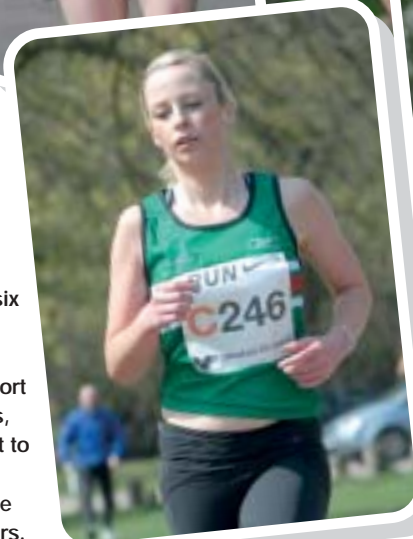
The B team finished in 28th place and saw some new faces from the Crossford Bridge training group

introduced to the joys of road relays. **JACKIE CORDINGLEY** took first leg finishing 34th recording another consistently strong run. **VICKY CORDINGLEY** didn't enjoy her first experience of road relays but ran well to maintain 34th position, handing over to **JO STREET**. Not at 100% fitness Jo was pleased with her time and made up 2 places for the team. Another debutee **JENNY CLINK** then took 4th leg having a steady run but unfortunately losing one place handing over in 33rd position. **ALISON PYE** then took 5th leg taking the team back up to 32nd place and was really pleased to finally be returning to form with this run. **HELEN ARMITAGE** had another strong run on the final leg and made up another place in the process.

A successful and enjoyable day was had by all the athletes who competed and hopefully we can build on this in the autumn by fielding more teams and achieving our potential as a road relay team.

# National 6 Stage Road Relays

Emily Beedham



The Sale Ladies 'A' team for the national six-stage road relay championships was slightly altered to the one that finished a very promising 5th place a few weeks previous at the northern six stage, but with the return of 'A'-team regular Ruth Watson to the squad, as well as excellent support from the Crossford Bridge ladies, the girls put in an excellent effort to finish 15th out of 47 teams from throughout England. This was the club's best result for several years. Last minute drop-outs meant that we had to field an incomplete 'B'-team but the girls still put in an impressively solid and consistent performance, with all three girls running very similar times.

**Stage 1:** Donna Riding, 16:55 (10th): A great run from Donna, who blitzed the Sale ladies 'A' team to the front of the field with a 10th place finish in a course PB of 16:55. Despite not feeling her best at the start of her leg, Donna soon found her form at the halfway mark and picked up to finish very strongly. Donna commented, "I was fairly pleased with my run, although would've liked to have clocked 10-15 seconds quicker."

**Stage 2:** Jenna Hill, 17:18 (12th): 'A'-team regular Jenna, who has represented the club in the last four senior nationals, continued the team's good run and despite suffering from a bad back, still clocked an excellent time to maintain the team's good standing.

**Stage 3:** Hayley Cavill, 19:31 (19th): This was Hayley's first time at the National 6 stage relays, and also her debut outing for the club: "As a first timer I thoroughly enjoyed the day and the atmosphere. I found the course tough, but it was great to be there with the harriers, and donning my vest for the first time." Hayley's

current focus was for the Prague marathon in May, and although her training was being geared towards a much longer distance, still ran a very promising time.

**Stage 4:** Emily Beedham, 17:55 (14th): This was also my first time at the National 6 stage relays and after two weeks training on the hills in Scotland prior to the race, I very much enjoyed the undulating course and was equally as happy with my new course PB!

**Stage 5:** Helen Armitage, 20:08 (16th): Helen produced another solid performance for the squad, demonstrating her ever-improving fitness after sustaining an injury at the northern 4-stage last year.

**Stage 6:** Ruth Watson, 18:34 (15th): Road relay favourite Ruth made a welcome return to the squad after a recent back injury, and anchored the team round to a time of 1:50:21. We were just one place behind Morpeth Harriers who were 2nd at the Northerns, as well beating local rivals Trafford AC by 27 places.

...And for the B-team...

**Stage 1:** Jan Nicholls, 20:59 (55th): Arriving just time for her stage after a ridiculously lengthy hold-ups on the M6, Jan set the B-team on their way with a solid first leg, ducking just under 21 minutes.

**Stage 2:** Jo Street 21:04 (49th): Well on her way to full fitness again after a sustaining a serious stress-fracture at last years national road relays, Jo cruised round to improve the team's position by 6 places.

**Stage 3:** Alison Pye, 21:24 (47th): And finally, ladies team manager Alison brought the girls home with another fine run, and making up two places in the process.

Well done girls!

At the end of the day, Charnwood AC won, with Aldershot a close 2nd, and Bristol and West in 3rd.



# North of England 12x Road Relays

Steffan North



Glen Comish



Rob Jowett



Ian Weatherall



Niall Brooks



James Bailey



Simon Mills

After the previous two years involved long trips to the North east outposts of Sunderland and Catterick, it was nice to have the event on our doorstep once again. However, this lack of travelling was tempered slightly by the steepness of the hill through Stockport's Vernon Park. With the start and finish located on the Woodbank Park track there was at least some flat going, though the fact that both outbound and incoming athletes, as well as spectators, had to squeeze through some fairly narrow gates to access the start and finish area. This certainly kept the marshals busy if nothing else.

A lovely sunny spring day, although with a reasonable breeze, also meant that the public were out in force. All athletes therefore had to be aware of dogs and small children wandering across the racing line.

**DAVE RODGERS** had been forced to select a team which, with Trafford and Liverpool having pushed us out of the top three last year, I for one wondered whether it would be good enough for a medal. However, the mix of youth and experience was the perfect blend and with Leeds City once again dominating the event for the umpteenth year the silver medal was secured on the final leg by **GLEN COMISH**. There had been concerns though, not least on that final leg with Glen struggling with an achilles injury for a number of months there was no guarantee that he would even make it the finish in one piece. Thankfully he did, with what he described as 'an alright run' which the results revealed to actually be the 3rd fastest short leg of the day!

With the race consisting of alternating long and short legs, **JAMES BAILEY** had the task of the opening two-lap long leg and although he was well positioned after the first of these the second lap saw him struggle somewhat. He handed over in 18th place to 17 year-old **NIALL BROOKS**, making his senior debut for the team. And what a debut! His 12.08 short stage was the ninth quickest overall and gained us nine places, taking us into the top ten. Niall is certainly a huge talent and clearly destined for great things.

**SIMON MILLS** had suffered from a debilitating stitch in his last few races and so there were a few nervous faces as he took on leg 3. Fortunately there was to be no recurrence this time and Simon

ran a storming leg, comfortably holding off Altrincham's 2007 World Cross Country representative Jason Ward to take us up another 3 places to 6th. As he was in training for the London Marathon, former 1.59 800m man **ROB JOWETT** hadn't done much speed work for a while, but he still managed to narrowly miss a sub 13 minute clocking for his short leg. He had to surrender a couple of places, one to Altrincham and one to Sunderland's Gavin Massingham, who produced the day's second fastest shortleg.

It meant that **GARETH RAVEN** on leg 5 had a few people to chase down and as usual that's exactly what he did, taking four places and producing the equal fifth fastest long leg. Despite being perilously close to being a (whisper it!) V35, his performances over the last year have been some of his best. Gaz had put **IAN LOWTHIAN** in with a good chance of taking us up into the medal spots on the 6th leg and Ian duly obliged, getting in a little over-distance work before hopefully cracking out some more quality 800m times this summer. **ADAM ELLIOT** maintained our 3rd place on his long leg, although he wasn't too happy with his run and he handed over to another A-team debutant, **RICHARD 'MR DARCY' WATSON**. Despite not training enough, he not only gained his new Sale tracksuit but also kept us in the bronze medal position and had Cat Jones pen him a brilliant poem, which hopefully appears somewhere in this issue!

**JAMES PHILIPSON** returned from university in Bath to maintain our 3rd place on the penultimate

long leg and then handed over to another student, **DAVE HOWLETT**. Dave was possibly dreaming about his upcoming warm-weather training trip to Portugal as he allowed Trafford to slip ahead, but it gave me on the last long leg the opportunity to chase down Liverpool who had fallen to 3rd, with Trafford now up to 2nd. With London Marathon training in my legs I didn't have enough to overtake both and so had to be satisfied with taking us back into the medals on what was my last Northern 12 Stage, leaving it for Glen on the 'glory leg' to win us the silver.

It has been rather frustrating that during my running 'career' with Sale that we have not managed to win the Northern 12 or (men's) 6 Stage. We have maybe been unfortunate that when Morpeth lost their dominance they were immediately replaced by an even more invincible Leeds team and so the best we have ever managed is second. Dave Rodgers now wants to build a team capable of a dominant era of its own, a bit late for me perhaps but hopefully soon I will be watching Sale's men win Northern gold.

The 'B' team of **JASON BOWERS, IAN WEATHERALL, COLIN GELL, SAM ASPINWALL, LEE WHITELEY, LEE WOODS, ROB FLANNERY, ANDY PARTINGTON, PAUL BARRETT, NICK PEACH, MIKE HATCH** and **PAUL ROWLEY** finished 28th overall.



## National Mens 12-Stage Relays

JAMES BAILEY

After the success of the silver medal in the Northern's two weeks previously hopes were high in the build up to the National event. Unfortunately untimely injuries and withdrawals hindered the chance of a medal, but the team still put in a sterling performance against a very competitive field.

A mixture of youth and old was present in the team, with the ever young **STEFFAN NORTH** making his competitive swan song and up and coming talent **NIALL BROOKS** taking his bow.

Following recent half marathons **SIMON MILLS** had the task of taking out the baton on the first leg, as always Simon put in a solid performance, bringing the team in 24th on a very fast opening leg.

Next up was 17 year-old **NIALL BROOKS**. He floated though the field pulling the team up 10 places, although not the 20 that was expected of fellow team mates. Modest Niall said he had a 'pleasing run' and a sub 15 minute leg first time on his senior debut certainly is pleasing for the future.

Taking over in 14th place was an under the weather **MATT BOND**, but his performance was anything but, Matt waited for Leeds Adam Grice to catch him before running the leg with him only to kick past him at the last taking 6 places and breaking 27 minutes in the process.

800 meter runner **IAN LOWTHIAN**, fresh from going back to school, took the short leg and 'paid for going out to fast' but still maintained a promising position for the team.

**JAMES BAILEY**, a late promotion to the long leg, went out to maintain the position for the first time on the 5.3 mile leg. His 28:21 was not what he wanted but was satisfied after recovering from illness.

Fellow steeplechaser **GLEN COMISH** took a step down to a short leg, still recovering from an Achilles injury, powered round taking 2 places. Although he found short leg tougher than expected, he now does not know which is the lesser of two evils for next year!

In-form **GARETH RAVEN**, looking for a PB, had the responsibility on the 7th leg, his time of 26:23 was not quite a PB but his performance was certainly deserving of one.

Relay stalwart **IAN WETHERALL** ran leg 8 and was reasonably pleased with his performance after missing most of the winter with injury, his time was only slightly slower than his time last.

**MIKE HATCH**, only finding out on the day he was running a long leg, performed bravely considering his late promotion.

**ADAM ELLIOT** put in another positive performance running just outside 15 minutes keeping the team in 13th place.

On the penultimate leg, his national finale, **STEFFAN NORTH** pulled back two places, using the day to tune up in preparation for the London Marathon the following week.

On the final leg was ultra man **COLIN GELL**, running a good 95k less than he is used to, his performance brought the team home in 13th, unlucky for some but considering the strength of the opposition, Northern Champions Leeds finished 8th, it was a result that can be built on.





# London Marathon

Catherine Jones

Speculation on the weather forecast in the week leading up to the last Flora London Marathon had reached fever pitch prior to departure. What's a girl supposed to wear?! At the beginning of the week, we were promised 25 degrees and sunny, so possibility of some interesting tan lines. But then by Thursday it was down to 12 degrees and pouring with rain all day which is cold when you run as slowly as me, and lousy for supporters. In the end, we were greeted with a glorious spring day that later caught a lot of people out as it warmed up considerably.

As we made our various journeys south we all had different goals, expectations and abilities, but shared a common hope that we could prosper on the London streets at one of the most famous marathons in the world. 21 of us in all were wearing the famous green vest of Sale Harriers Manchester.

The surreal part of the day started with the train journey from Charing Cross to the three different starts. Being crammed in the carriages like Monday morning on the Northern Line, but everyone wearing sports kit and looking nervous rather than in suits reading the Metro. As we passed through London Bridge we wondered how the people further down the line could possibly fit on the train. One gentleman in particular, would not be popular with his fellow passengers, being dressed as a dialysis machine which consisted of a massive cardboard

box about 4 feet square! He would only just be able to fit through the double doors, but not into the rest of the train. In wonder if he ever made it?

There were quite a few of us that meandered our way in the rapidly warming sunshine to Blackheath and the Blue start. Sian and I were getting nervous about the toilet queues as we had been provided with very complex written instructions on how to use the female urinals with a special cardboard funnel! Luckily, we were able to find conventional toilets as we didn't want to break the golden rule of never trying anything new on race day! Mark Ferns had his own toilet issues when he noticed a discarded Wilmslow half t-shirt in his cubicle and as he bent down to pick it up, his sunglasses tumbled off his head and straight into the pan whilst he was... well... let's just say he hadn't quite finished! He had to fish them out and rinse off with Lucozade sport. So, if Mr Ferns ever offers to lend you his sunglasses – just say no!!

With baggage on the busses, names and numbers on vests, suncream applied, Vaseline liberally smeared and last minute gulps of Lucozade, we all headed to our various 'pens', literally being herded in like animals to the slaughter! The start for me, back in pen 4, was a bit of an anti climax, being that we couldn't hear the claxon that far back and didn't really realise that we were off. It wasn't nearly as bad as everyone says though, and only took about 5 or 10 minutes to get over the line. Things were different for our boys on the front row – Steffan North had a good view of Sir Chris Hoy pressing the start plunger and completed his first mile bang on his 5:28 target. His start was so good he was able to high-five the kids on the side of the road as he cruised through the first 3 miles.

Richard 'Mr Darcy' Watson was also having a good start and running at the same pace as Steffan, so realised he needed to drop back a bit and contain his excitement for later on.

Starting his 6th London Marathon and 105th marathon in total was our distance maestro, Tim Rainey. Tim's experience and wisdom meant that he knew not to go off too fast and was able to run comfortably in the heat. When the red and blue starts converged at 3 miles, he ran with Aron Myers for a while and was able to have a bit of a natter, in amongst the traditional booing and banter that traditionally happens at this point.

A few miles down the road and Steffan realised that he would have to push a bit to stay on target and took on Lucozade and water and tried to ignore the pain that had suddenly appeared in his back and hips.

Back in the middle of the pack I (Catherine Jones) was surprised at how good I felt, considering I'd been dosed up on medication all the previous day fighting a heavy cold that couldn't have come at a worse time. This was my first London Marathon and also the first marathon I had run as a race (only two others completed as 'training runs'). The whole experience was quite overwhelming, with people shouting your name and crowds at least 3 deep in most places (they were enjoying the weather even if we were suffering in it a bit). It was so strange to see London (my home city, incidentally) with all the streets closed. At about 6 miles, Sian Holland caught up with me and we had a brief chat as she went past. It's funny how much our green vests stand out and how easy it is to spot a fellow harrier in the crowds.

Back at the front of the field, Steffan was still cruising, this to be his last competitive race before retirement. At the 22 mile point, I was on 13 miles where the race runs on opposite sides of the Highway. I saw Steffan absolutely flying down this section and gave him a scream of "Go Steffan Sale Harriers" from the other side of the road. He was left wondering what the result would be if I put as much effort into my running as I did my shouting. Tim Rainey was slowing down a little and realised his PB hopes were disappearing. Luckily, Tim's experience meant that he had a Plan B. And a Plan C. So he was able to keep focussed during the race. His low point was being passed by Papa Smurf, but he managed to salvage some pride and overtake him in the last few miles. I was having my own 'costume drama' most of the way round. I had been incredibly impressed about how well known the Sale vest was in London, with constant shouts of "Go Sale" all the way round. It wasn't until I crossed the line next to a man in a 'snail' outfit that I realised my mistake!

Really the marathon can be divided into 2 races. A 20 miler. And then those last 6 miles, where it really sorts the men from the boys. Or the Sales from the Snails. And the pain really starts to bite hard, no matter who you are. That's what I love about running. The same stages happen to all of us, no matter how good or average you are. Having said this, Steffan was really starting to show them how it was done and was telling his legs who was boss with the promise that if they carried him through these last 3 miles they would never have to work this hard again. All race

he had gradually been picking people off and was moving steadily through the field. At the finish, the emotions started to flow once the initial elation had eased, which is often the way in these situations. I would do my own blubbing later, but not the good kind!

My own last 6 miles were absolute hell, and as I cruised round the financial district of Docklands my glucose stores were definitely in recession and the crunch was starting to bite big time. I was reduced to walking and began to wish I didn't have my name on my vest as the enthusiastic cheers of "Go Cat!" started to take on a definite air of sympathy. What was amazing though was when I started running again I got a massive cheer and felt like everyone really was willing me on. I don't feel bad or bitter about the experience and will admit to myself that my training wasn't adequate. I had covered the miles, but not at the right pace and, as the boxer Joe Frazier once said, "You can have a life plan or a fight plan, but when the action starts, you're down to your reflexes – your training. If you've cheated on your training in the dark of the morning, you'll be found out under the bright lights of the race."

Overall, it was an incredible race, one I can understand why people get obsessed with. I've had such a good first year with the club and wouldn't have got the opportunity for this amazing day without getting a club place, so for that reason, I vow to try harder next time! I was proud to be a Londoner in a Sale vest on a sunny day in April 2009.

And so, we all got the finish line eventually, with different stories to tell and emotions to play out. Quite a few of us managed to get to the pub for well earned beers later in the day and toast the experience. A big congratulations to Jackie Cordingley who put in the most improved performance of all of us, smashing her PB by a massive 30 minutes – well done Jackie – what an inspiration!

Full results were as follows:

Name	Time
Steffan North	02:28:25 With a negative split
Colin Gell	02:49:11 Not too far off his best
Andy Yates	02:53:33 Superb! Just gets better & better
Mike Ashby	02:53:46 PB by 3 minutes – well done!
Rob Jowett	02:55:35 First marathon
Richard Watson	02:55:53 30 seconds quicker than last year
Lee Woods	03:01:03 2nd fastest time, best London time by 15 minutes
Lee Kaufman	03:11:04 Had hoped to be faster
Tim Rainey	03:14:43 3rd fastest marathon
Gary Willcock	03:20:00 Debut...slower than planned
Frank Cordingley	03:26:11 Not bad considering not enough preparation
Jackie Cordingley	03:33:26 PB my 30 minutes – most improved – awesome effort!
Helen Regan	03:36:14 PB by 7 minutes
Sam Aspinwall	03:36:26 Debut
Aron Myers	03:41:59 Better than he expected
Sian Holland	03:55:58 PB
Damian	
Van Alderweggen	03:56:30 Delighted
Richard Mallaber	03:59:42 Can do better
Elizabeth Coleman	04:03:07 Has got to be sub-4 hours next year
Catherine Jones	04:12:54 PB
Mark Ferns	04:15:53 Not as good as last year's marathons
Alan Romagnolo	04:59:08 Not as good as last year's marathons

## LONDON MINI-MARATHON Abigail's a Champion

Whilst tens of thousands ran the full distance, several thousand youngsters ran the London Min-Marathon, charging down the last three miles of the Marathon course... and three of our youngsters were among them. This year, **CHARLIE HULSON** despite being a year young, finished a fantastic eleventh in the regional competition, and he beat all the English runners who'd beaten him in the English Schools Home International when he finished a fantastic 4th. In the same 15-17 age-group **JAMIE RODEN** also had a great run to finish 18th.

Most impressive of all was **ABIGAIL FITTON** who won the 11-12 year age group. Selected with five other girls to represent the North-West because of her excellent performance in February's Northern Cross-Country

Championships, she beat competition from the rest of England, Wales and Northern Ireland.

Wrote Abigail, "The coach to London was packed! I sat with Olivia Wild who I have raced against all season and as a result we have become close friends. We stayed at a College in Surrey and it looked a lot like Hogwarts. On the morning of the mini-marathon I felt sick because I was full of nerves. All the regions coaches travelled in a convoy and, because ours was the first, I could take my mind off my nerves and looked at all the famous sights. The best bit off my experience was not being with my Mum & Dad and doing so well on my own.

In the race, despite all the pushing, I got a good start. A couple of girls sprinted off and I knew they wouldn't keep up the pace. I kept my own pace and

me and the leader were quite a way in front. I MADE myself push on a bit more and got in the lead. The race dragged on but before I knew it, I'd turned the last corner for the final 200m but then, suddenly, I saw a girl at the side of me. I wasn't giving up that winning place I'd dreamed of. The crowd cheered me and gave me a boost to sprint the last few metres to break the victory tape. After a drink, the officials took me into a tent and gave me an official tracksuit. I was later presented with a big cup which is on display at home. A couple of weeks later, I also received a watch, sunglasses and a certificate.

Lisa Davies coaching played a big part in my success. I would like to say a BIG thank-you to her for all her support & also Peter Shaw for his support.

## LOCHABER MARATHON

Whilst others were in the final stages of preparation for the London Marathon, **JASON BOWERS** ran in Scotland's Lochaber marathon. Having previously run 3:40 (New Forest 2007), 3:22 (Lochaber 2008), this was his first attempt to dip under three hours. After a good summer and winter he felt in excellent form and had high expectations. He was on course for 2:50 up to 20 miles but the spring sunshine eventually cost him and he struggled with cramp to finish in 2:57:15 and 2nd vet 35-39.

He said, "Although initially disappointed I am pleased to break 3 hours for the first time and now believe that 2:45 is achievable and my next target"

## EDINBURGH MARATHON

About 8 members travelled to Edinburgh for the end of May Marathon. Most have not informed the magazine of their results so they go un-applauded. We congratulate just **JIM LAMBE** and vet-50 **JERRY SMITH**. Both produced fantastic PB's!

**JERRY**, hoping to dip under 3:15, finished in 3:15.47, a best ever of over 11 minutes. This was the culmination of a great month. He also got a PB of 40.03 in the BUPA Great Manchester Run, and a PB of 19.07 in the Sale May Day 5km (taking 30 seconds off my previous best time).

Jim also enjoyed a great day and produced a fine PB by one minute despite the very hot conditions. He was hoping to get under 3:30 and was on target until half way to finish in 3:44:04. His splits were 10k in 44.37, 10 miles in 1:15; halfway in 1:41 and 30k in 2:29. Jerry Smith passed him at 8 miles.

Congratulations also to Salford's Andi Jones, husband-to-be of the Club's **DONNA RIDING** who finished second in 2:18.38 just seconds behind the winner – and this just a few weeks after his fantastic PB 2:15.20 in London to finish first Briton.





## Sale May Day 5K LAUREN DAVIES

There was a new route for the popular May Day 5k race at Wythenshawe Park and Chris Davies (Telford AC) brilliantly baptised it with a new record of 14.21. Second to finish was Andi Jones (Salford AC) at 14.39 - a great run just 8 days after being the fastest Briton over the finish line in London with a PB of 2:15.00!

Third in was Sale's **MATT BOND** in 15.08 which was 8 seconds faster than last year. **IAN WETHERALL** was just back from injury and clocked in as the first vet-40 with an encouraging 16.36.

**LEE WOODS** ran well so soon after the London Marathon and was 2 seconds off a PB, a good preparation for the summer Manchester Sizzlers! **JASON BOWERS**, again not phased from running the Lochaber marathon three weeks earlier in 2.57.15 (Well done Jason!!) ran his debut 5k in 17.34 closely followed by **PAUL BARRETT** in 17.52.

**BILL FOX** had a brilliant run coming in at 18.24 to finish second vet-50. This was 12 seconds faster than last year. **CHRIS BRATT** also ran well in 18.26 proving he's coming back strong after a relatively disappointing London marathon.

Vet-50 **JERRY SMITH** was on form with a superb PB of 19.07 proving his marathon training was going well. Next in was **WARREN BOWDON** in 19.50 followed by **MIKE WHARTON** in a really promising 20.00. Vet-55 **GEOFF BEATTIE**, a week after his superb Sheffield half-Marathon was not at his best with 21.24 but an excellent sharpener prior to the Kassel half marathon a week later. Vet-55 **FECHIN McCORMICK** was just behind him in 21.45 running 10 seconds faster than last year and his fastest 5k for 12 months!

**LAUREN DAVIES** finished in 24.05 which she was pleased despite aiming for slightly quicker. Although a PB by 50 seconds, she can hardly complain! **NAOMI GRANT** wasn't too enthusiastic earlier that morning and set herself a target of 30 minutes. She smashed that and was very pleased with 28.22!

We all got ourselves a lovely blue t-shirt for our efforts that we'll be sporting throughout the summer!



## SALFORD 10K Lauren Davies

The region's runners Good Friday is the traditional 'suffering' along the flat-n-fast two lap Salford 10k. This year's near perfect conditions eased everyone's 'cross' and enabled **PAUL BARRETT** to be the club's first to triumph across the line in 36.35. It wasn't his best 10K but he managed to run under 6 minute mile pace which he hadn't done for a while so was pleased overall.

Hot on his heels was a 'resurrected' **FRANK CORDINGLEY** who had a great run in 37.37 and was closely followed by O/55 **BILL FOX** in 38.33.

**JACKIE CORDINGLEY**, who hadn't run a 10K for ages, also had a great performance clocking in at 42.39 followed by **MIRAN APRAHAMIEEN**, in a final sharpener for the Belfast marathon, who clocked 43.47.

It was 16 year old daughter, **BEA CORDINGLEY'S**, first 10k and she absolutely stormed it in a fantastic time of 44.25. Her older sister **VICKI**, somewhat carried a 'crown of thorns' from being unwell that morning, but still managed a very respectable 45.42. The Cordingley Ladies had a great day out making Sale the third ladies team all by themselves! Is it the first time in the club's history that a women's team was made up of three family members? Well done girls!

Next down the line came **JIM LAMBE** who ran a phenomenal first lap and his 45.03 proved that his Edinburgh marathon training was on schedule. **ALAN ROMAGNOLO** also did extremely well to record 46.58 considering he had to stop and walk half a km after exerting himself too much in an attempt to keep up with Vicki!

**JENNY CLINK**, 'crucified' from sore feet, was again disappointed with her 49.21 as she'd been running well in training. Likewise **LAUREN DAVIES** was 'entombed' in disappointment with a 'very annoying' 50.27, despite that fact that she's still coming back from injury. Her well-deserved breakthrough is not far off!



## THE SALFORD 5K

Who'd want to trawl through shopping malls on a Saturday afternoon when, in Manchester's parks, there are thrills better than any 'two-for-one' bargain. The biggest ever number of club members - twenty in total, neglected partners - n- trolleys to join 150 other eager runners on Heaton Park's undulations for the annual Salford 5k that launches the Manchester Parks GP that series of 5 runs/races in different Manchester parks.

Grab y'er trolley then and see if you can better these 'specials'...

In the aperitif's aisle, it was great to have **RICK HAYMAN** (16.37) running with us again as also Club alumni from the 1970's **TERRY LONEGAN** (20:68) and beautiful **JANINE STOCKTON** (20.01). I just wish Rick would stop coming second; Terry showed his immense talent finishing third in the sprightly vet-60 category and Janine displayed why she was one of the stars of the club's success in younger age-groups up to a few years ago by still being our first girl home on limited training... and she'd wanted to be even faster.

Ageless **JACKIE CORDINGLEY** (21.14) proved you can turn back the clock by running forty seconds faster than way back in 2003 and easily took her age-group first prize. Husband **FRANK** (18.42) was a little below his best but we witnessed their parental pride and delight when their young daughter, rapidly improving **BEE**, was awarded the U/17 winner's medal.

Likewise, vet-50 **BILL FOX** (18.55) rolled back the tide of time to run his fastest on the course by nearly 30 seconds and dip under 19 minutes for the course for the first time.

**JIM LAMBE** (21.04), too, was ecstatic from an amazing PB that entered him into a new league and set him up beautifully for the Edinburgh Marathon.

**LINDA ROWLINSON** (22:21), on a morning out with her family, ran a fantastic twenty seconds faster than last year and just ahead of her **ALISON PYE** (21.58) surprised herself with a faster than expected run, an experience she wouldn't have swapped. You should have seen **LAUREN DAVIES**' (24:46) excitement when she'd had her hand shaken by marathon legend Ron Hill after he pipped her to the finishing post and then later also introduced to Seoul Olympian and club member **SUE CREHAN**.

The Club's longest serving club member, **DON GEORGE** (27.05) has got to be also a 'special' as a fleet-footed 70-year old youngster... and there were others like him.

On the spectator side, we congratulated **GAZ RAVEN** on his 35th Birthday and welcomed him, dragging and screaming, into the veteran ranks. Some of his girl groupies helped drown his sorrows later than night!

Finally, others who wouldn't have swapped the morning were **JASON BOWERS** (17:44), **STEVE JONES** (18.41), **TIM RAINEY** (19:55), **FECHIN McCORMICK** (22:38), **VICKIE CORDINGLEY** (23:41), **ALAN ROMAGNOLO** (23:53) and **NAOMI GRANT** (28.26).

## MR DARCY'S ROAD TO TRACKSUIT GLORY! by Cat Jones



This is a story about a Sale Harrier named Darcy,  
Whose lack of a tracksuit was making him arsey.  
He'd run up the hills, he'd run down the dales,  
But all this effort was to no avail.

His sole ambition was to be dressed in green,  
But Dave's condition was awfully mean.  
Said Darcy to Dave: "I've been your apprentice, faithful and true,  
Now this lack of a tracksuit is making me blue."

Mr Rodgers replied, "Have patience young Darcy,  
these things don't come easy.  
We think you'll try harder - now run till you're wheezy."  
"What more can I do? I'm a committed Sale Harrier,  
But with each passing month you just raise the barrier."

"But there is more to be done in your epic quest,  
To supplement your Sale Harriers vest.  
For a start I say, you don't train enough,  
You take only the smooth, but never the rough."

"To get your green tracksuit and achieve your dream,  
You must run much faster, like those who are keen.  
To earn your tracksuit and become ultimately victorious,  
The journey is tough and extremely laborious."

So Darcy tried harder and ran every day,  
He felt sure a tracksuit would be coming his way.  
He ran in the relays, Calderdale and Pennine,  
Still no tracksuit but by then, he'd learnt not to whine.

He went to London, to Parliament Hill,  
And thought, "This time I'll get it, surely I will!"  
"Come on Mr Rodgers, please be rational,  
I've just run my socks off at the Cross Country National!"

But, Mr Rodgers, he remained resolute,  
Still for poor Darcy, there was no tracksuit.

But then came the relays that had 12 stages,  
The Sale boys ran fast, not taking ages.  
Medals were won, in silver they glistened,  
Surely this time Mr Rodgers would listen?

Indeed it seemed, Mr Rodgers was relenting,  
And getting ready a suit worthy of presenting.  
Mr Darcy's eyes were wide and excited,  
For him this was as good as being knighted!

He wore that green suit, brimming with pride,  
His grin was immense and ever so wide.  
And as the sun set on his day of glory,  
It seems I have come to the end of my story.

So the moral of the tale  
Is always keep trying.  
As EARNING your tracksuit's  
Much sweeter than buying



## MÜLLER 10K ROAD RACE, MARKET DRAYTON

Richard Watson

Now in it's 6th year, the Müller 10k in Market Drayton, Shropshire held on Sunday May 10th is growing in popularity and this year saw the entry field double with around 1250 competitors. The event is run by Müller running club (predominantly Müller employees) and is supported by Müller Dairy, who provide the goodie bags (and yoghurt!) and put on a country fairground event with games, stalls and entertainment at the finish area.

After much build up and hype, and the promise of gifts galore, 6 intrepid Sale Harriers headed for Shropshire on a warm and sunny Sunday morning in anticipation of a fun filled day out in the countryside. We arrived early and made our way to the event site with all the stalls and tents set out on the local cricket pitch. After collecting our T-Shirts we soaked up the atmosphere and the sunshine before getting ready for the race. **CHRIS HAYES** and **CAT JONES** were not running due to injury but cheered us all on. Mr Hayes was also in charge of photography and, over the course of the day, would have given Mr Hatch a real run for his money!

The race started overlooking the Shropshire Union Canal and went through Market Drayton and then, after a few small climbs, headed out towards and around the Müller Dairy factory, before looping back to Market Drayton and finishing at the Cricket field in front of a large crowd.

The race was warm but everyone got round ok: **RICHARD WATSON** (35:14); **PAUL BARRETT** (36:48); **MARK FEARN** (45:41); and **ALAN ROMAGNOLO** (49:30). Alan would have been a bit quicker had he not started right at the back of the field and had to struggle through the crowds for the first few miles. Afterwards, we picked up our goodie bags and collected our trays of yoghurts. Alan and Chaddy made a new friend (the Müller cow) and we finished off the day with pub lunch outside in the sunshine before heading back North with enough yoghurt to feed a small army and with big smiles on our faces after an excellent day out. Definitely a race to remember and one to recommend for next year for the goodie bags alone!



# The Wilmslow Half Marathon (Catherine Jones)

## Spring has Sprung! The Grass is Rizzed! I wonder where the Sale Harrier is?!

Well, 61 of them at least, were at the Wilmslow Half Marathon. For the third year running, glorious sunshine greeted athletes on the start line – a perfect start to ‘official British summertime’. This year saw a record turn out for the club, with 61 runners in all donning the green vest! Our own Gareth Raven was in 5th place with a time of 1:06:11 which was 30 seconds faster than his winning time last year, despite representing England the day before in an international cross country race.

The second Sale runner home was Steffan North in 1:09:37 which was a similar time for last year followed by Simon Mills (1:10:57). Fourth and final runner for the Sale Harrier's men's team was Richard ‘Mr Darcy’ Watson in 1:17:12, who learnt that fourth place doesn't earn anyone a tracksuit. Rob Jowett did all he could to hold Darcy off, but couldn't manage it and came in at 1:17:45 after struggling with the hills from 9 miles onwards. Andy Yates was 3 seconds behind in 1:17:48 – a fantastic run demonstrated by him placing 3rd in his category (M50). Mike Ashby took a marvellous 10 minutes off his previous Wilmslow time with 1:18:35. Jason Bowers had a double celebration after beating Paul Barrett and with it achieving a PB of over a minute in 1:19:10. Also riding on the ‘beat Barrett bandwagon’ was Lee Woods in 1:20:45 – a good result after suffering from a virus for 2 weeks leading up to the event and sets him up nicely for attempting a sub 3 hour London Marathon run. Lee was closely followed by another Lee (Kaufman) in 1:22:50 who was ‘very disappointed’ with a run that was 3 minutes down on last year. Finally Paul Barrett turned up in 1:23:07. Paul put the ‘slow’ into Wilmslow today and learnt the hard way that a week sunning himself in Spain and riding his bike every day with a bunch of triathletes means no PB for PB! Andrew Mooney (1:23:45), Chris Bratt (1:26:32) and Kieran Dwyer (1:28:22) were next, followed by Frank Cordingley in 1:29:12. Also dipping in under the hour and a half mark was Jerry Smith in 1:29:35. Jerry beat his previous course record by nearly 7 minutes. First lady home for Sale Harriers was Ruth Partridge in 1:30:22, a creditable result after lots of missed training in January. Aron Myers was on course for a promising London with 1:34:35 which was several minutes better than he expected. Tim Rainey was also in the middle of marathon training and decided to focus on this rather than going for a PB and started running with Lora Blann who was hoping for a sub 1:30. And by half way they were on

target with a little bit to spare, however, Lora suffered with sore legs and despite pushing on through the discomfort came in at 1:35:26 for Tim and 1:35:27 for Lora – Tim – that wasn't very gentlemanly to sprint past in the last second! Congratulations to Helen Reagan who took a significant slice off her PB with 1:37:51. Stefan Schumacher enjoyed running in the first official day of summer and clocked 1:38:28. He's hoping to shave a minute off this time at the Kassel Half in May. Running with Stefan was Joanna Robbins who stormed past her previous PB and came in under the 1:40 barrier to boot, in 1:39:14. Sian Holland may be the most improved Sale Harrier, with a massive 8 minutes off her PB and a time of 1:39:33 – she has every right to be pleased with her performance – well done Sian! The last Sale Harrier to dip in under 1:40 was Mike Wharton (1:39:43) who was running his debut Half and ‘really surprised’ himself as this was in fact the furthest he'd ever run before. Lynda Rowlinson was ‘thrilled’ at her run of 1:40:02 and Jackie Cordingley was hot on her heels at 1:40:06 saying it was the ‘best she'd ever felt’ during a race. Tim Brett (1:41:17) and Lynne Yates (1:42:16) were followed closely by our second ‘debut’ runner, Carl Cleghorn with 1:42:20. Carl is training for the tough desert endurance race, the ‘Marathon des Sables’ and decided to replicate conditions by getting a large blister at about mile 9, but pushed on through and sprinted the last 400 metres. Martin O'Brien in 1:42:32 was 4 minutes outside his PB and beaten by his wife! However, he still managed to see the bright side and found that the experience inspired him to do more races this year, which is what it's all about. Catherine Jones came home in 1:42:32, a PB by about a minute on last year's time, although she expected more given the amount of running she's done in the last 6 months. Unfortunately Catherine realises that she has to now put in some speed work instead of larking about in sand dunes if she wants to improve further! Tegegn Bayissa came in at 1:43:33 and next was Victoria Cordingley. Poor Vicky was suffering from a virus on the day so knew her performance of 1:44:38 wasn't nearly as fast as she's capable of. Oh well, there's always next year! Our resident American Harrier, Alan ‘Dude’ Romagnolo was somewhat disoriented by the hour that disappeared during the night and ran 1:44:54. It was his first Wilmslow Half and he's claiming to be first over the line for his country! Our resident party organiser, Dawn Holding smashed her PB by 4 minutes with 1:45:13 at her 9th Wilmslow. Heather Brint was another to be proud of annihilating her previous record with 1:46:46. Helen Armitage (1:48:01) played pacemaker to a friend and demonstrated the more magnanimous side of the sport –

well done on your supporting role Helen. Carl Barber was also running his first Half so was guaranteed a PB and put in 1:50:39 – well done Carl. Jenny Clink had a disappointing run with 1:50:46 and had to take her shoes off 5 or so times during the race. She's still getting used to her orthotics, rather than being indecisive between Jimmy Choo's and Manolos! David Hughes (1:51:27), Neil Armitage (1:51:27) and Elizabeth Coleman (1:53:36) were closely followed by Paul Calderbank (1:53:40) who was also running in a supporting role with his partner Chantal for her first Half. It was third time lucky for Audry Gresty with a PB of 1:56:46. Ranjit Bennett came in at 1:59:53. John Smith was looking forward to Kassel with 2:01:53 and Graham Padget might have equalled Frank Cordingley's number of Wilmslow's with his 15th and best time in 3 years of 2:02:10. Alison Hird was slower than last year with 2:03:50, but enjoyed the run and looking forward to building up some speed this year. Bridget Edwards (2:08:43) was closely followed by Keith Crosby in 2:08:50 with his best time since 2005. In the M65 category, Keith is an inspiration to us despite not being at his halcyon days standards of the late 80's when he could regularly mange 1:35. Considering Michael Hughes was running on his 60th birthday, in a celebratory mood and with a surprise party afterwards, he was allowed to be a little slower than last year with 2:09:08! Philippa Edwards (2:09:21) didn't manage a PB but was pleased to be back running after missing last year's race due to injury. Paul Morton managed a best Wilmslow time of 2:17:01 despite suffering for an ankle injury for 2 months. He was also sporting a new lithe figure – go Paul! Marc Taylor was simply hoping to get round this year after damaging his calf and achilles 6 weeks ago and did so in 2:19:10, putting valuable miles in his legs before the Sheffield Half in a few weeks. Yvonne Dwyer rounded off our Club's biggest entry in the Wilmslow Half so far with 2:22:53.

Well done to all those who competed, especially those setting new PBs, and a special thank you to all those who came out to cheer us on – your voices were heard and very much appreciated!

**Note: Whilst we were all at Wilmslow, Britain's number 1 steeplechaser and our Commonwealth Games steeplechase finalist, Stuart Stokes has a superb victory in the Liverpool Half Marathon in 1:10:20. James Lambe also had the run of his life along the Mersey to finish in a superb 1:40 – excellent training for the Edinburgh Marathon. At the other end of the country, Julie Deadman was running in the Reading Half and clocked 1:55:03 – a fantastic new PB**



**Dotted among the 33,000 runners in this year's BUPA Gt.Manchester 10k were a record of over fifty runners from the club and many more who greatly contributed to Britain's premier 10k. Foremost among these was our club Chairman DAVID BROWN CBE. For the seventh successive year, he was dominant, set high upon a six-foot high podium above the start line decked in his starter's regalia. Then there was the traditional army of club volunteers who helped marshal the route and who cheered, clapped and cajoled the sea of running humanity along Bridgewater Way, Manchester United and home again. As one club runner put it, “The shouts for Sale Harriers from people you know really keeps you going! I especially enjoyed running it this year for that reason! To those who say Sale's an ‘elitist’ club, note also the range of ability from GAZ RAVEN, GLEN COMISH AND MATT BOND on the sharp end to those who jogged, shuffled and walked to raising thousands of pounds for their charity. Well done to everyone. This year, fast times were largely out of the question because of strong, gusting headwinds on the homeward kilometres.**

*Times in brackets are the 5k splits*

**GAZ RAVEN (14.42) 30.16**  
Gaz did a PB of 29.39 last year but the strong headwind and his tough, Danish half-Marathon representing England two weeks, earlier made it difficult to improve.

**GLEN COMISH (14.49) 30.49**  
His first GMR & first race since the AAA's last year. Since then, he's been trying to overcome Achilles problems and wasn't expecting to be at his best (PB of 29:22 from Leeds Abbey Dash in 2006), but it was made worse when early on he cut his foot really badly.

**MATT BOND (14.55) 30.55**  
This was Matt's second GMR, his first in 2006 when he ran 31:43. He was hoping to break 30 minutes but the headwind on the final kilometres put paid to that. By running 30:55 he ended up equalling the PB that he'd set on a hilly course in the Isle of Man over Easter

**RICHARD WATSON (17.42) 36.04**

**LEE WOODS (17.29) 36.05**  
Just one second behind Darcy was Lee in his 5th GMR. It was yet another PB – three seconds faster than in 2007.

**PAUL BARRETT (18.12) 37.15**  
It good to see Paul returning to his best. He had a good start!

**BILL FOX (18.33) 38.10**  
This was Bill's 4th GMR and this is a traditional family outing. Bill's been rejuvenated in his running and having done 38.05 last year, he was hoping to dip under it but, again was hindered by the wind.

**AINSLEE SHAFTO (18.03) 38.41**

**RICHARD WILSON (19.06) 38.49**

## Fechin McCormick

**MICHAEL KILMARTIN (19.34) 39.03**

**ELTON DAVIES (19.00) 39.40**  
Elton started in a later wave which meant he got caught up in the masses and had to battle his way through. He ran as part of a work team raising money for Kidney Research and raised approx. £1000 for charity.

**JERRY SMITH (20.03) 40.03**  
This was Jerry's 6th GMR – he's run all of them apart from last year and they have a special place in his heart as this was the first race he'd ever ran and that got him into running. He started with 1:06:51 and since then he's run a PB in every GMR and they document phenomenal progress. He also raised money for the Brain and Spinal Injury Centre in Salford.

**STEVEN KNIGHT (20.28) 40.21**  
This was Steven's 3rd ever 10k and his time was a PB. He wished he'd started nearer the front! He raised approx £250 for The Manchester New Children's Hospital Appeal (matched by his employer PricewaterhouseCoopers).

**JANINE STOCKTON (19.51) 41.11**

**CIARAN GARSIDE (20.33) 42.50**

**PAUL PHILLISHIRK (22.03) 43.00**

**MIKE WHARTON (21.45) 43.10**  
This was Mike's first 10k since last year's GMR and the one that spurred him to join Sale to train properly. Though he improved on last year's time by 7 minutes, he was hoping for even faster.

**CARL CLEGHORN (21.01) 43.20**  
Just two weeks after his debut Marathon (Kassel) this was an excellent recovery run.

**CHRIS HERTZOG (20.47) 43.42**

**MARK TYLDESLEY (21.28) 43.52**  
This was Mark's 4th GMR and his fastest.

**GEOFF BEATTIE (21.34) 44.28**  
Professor Geoff ran in his celebrity status as a media personality. Traditionally fast off the blocks, he waned in the final 3kms. You should have seen his shock when Fechin past him at 9kms. The trauma was enough to re-discover previously un-tapped speed for his death-defying finish!

**MARTIN O'BRIEN (21.38) 44.38**  
Martin found the last 2k into the wind tough but also discovered unfathomed depth when Geoff & Fechin passed him in their final sprint to the line.

**FECHIN MCCORMICK (22.00) 44.42**

Fechin got a great start & appeared on telly just behind Haile Gebrselassie in the first 100m (!!!). He was a reassuring twenty seconds faster than last year but lacked the death-defying speed of Geoff & Martin that panicked both into almost being beaten by Fechin.

**SUZANNA HASSALL (22.32) 45.39**

**TEGEGN BAYISSA (21.43) 45.52**

**OLIVER ROBERTS (23.08) 45.57**

**STEFAN SCHUMACHER (22.50) 45.59**  
Stefan had to start at the back of the orange wave because of the late arrival of his transport to Manchester so spend several kilometres just concentrating of

zigzagging through the wall of runners.

**MARK FERNS (22.58) 45.59**  
This was his 6th GMR & not a bad result so soon after the London Marathon! He did 46 mins last year but in 2007 he clocked 43:23. Compared with his PB of 41:29 he hopes to get faster this summer.

**CARL BARBER (23.43) 46.50**  
His first GMR and Carl thoroughly enjoyed it. It was also his first competitive 10k Carl's only in his first year with the club and has shown tremendous progress.

**MICHAEL WYMER (23.07) 47.06**  
A great two minute improvement on his best.

**PHILIPPA JEFFERY (23.25) 47.54**  
Philippa's first GMR & first ever 10k. She's a violinist in the Halle Orchestra and ran with several of the orchestra and together they raised several thousand pounds for charity.

**JULIE PRICE (23.57) 49.07**

**HEATHER BRINT (24.52) 50.33**  
Despite hoping for nearer 48-minutes, this was a PB for much improved Heather in her 4th GMR... despite a loo stop. Her 8-year old daughter, Francesca Brint (aged 8), won the 1800km mini run with the best time overall across all the boys and girls. She was sooooo very pleased with her large and very heavy trophy!

**RANJIT BENNETT (26.26) 53.40**  
Ranjit's job relocation to Telford has meant he hasn't been able to train consistently so he was disappointed with his time.

**IAN YEATES (26.34) 55.09**

**NAOMI GRANT (27.23) 56.27**  
This was Naomi's 4th Great Manchester Run; a PB and her first race in the Sale vest. Naomi was also one of the club volunteers at the junior and mini runs at Sportcity the previous day

**BETHAN ROBERTS (27.44) 56.46**

**JOANNA WALKER (29.47) 58.06**

**WENDY KEARSLEY (28.20) 58.08**  
This was Wendy's 3rd GMR and with a PB of 55:56 from the City of Manchester (2007) she was hoping to be faster.

**DAVID HOLMES (27.57) 1:00.21**

**RACHEL EASTHOPE (29.55) 1:01.54**  
This was a slightly slower time that last year

**JANET PICKERING (30.07) 1:03.42**

**EILEEN FENNER (31.31) 1:05.21**

**STUART PERKINS (33.28) 1:07.45**

**SARAH EMERY (37.23) 1:14.52**  
This was Sarah's first Gt. M/C run and she ran with my husband who is not a runner. They raised approx £600 for Cancer Research

**RACHEL WILLIAMS (35.39) 1:15.21**

**EMMA TYRER (37.53) 1:20.33**

## Great Manchester Mini-Run

*On the day before the GMR 10k, hundreds of children assembled at Sportcity for the Gt. Manchester mini-run and a large number were from the club's Primary section. Unfortunately, no reports were submitted so it's not possible to applaud their performances – all except for **FRANCESCA BRINT** whose Mum informed us that Francesca (aged 8) won her age-group race with the best overall time across boys and girls. She said, “You should see her large and heavy trophy! She reported that **ELIZABETH TWITE** finished third in the same race. Congratulations to both – possible future stars!*

## Sheffield Half-Marathon

**JAMES LAMBE** had the race of his life in April's Sheffield half-marathon. Despite years of running half-marathons, he'd never run faster with a best ever of 1:37:39 finishing 676 out of 4951 finishers and setting himself up beautifully for the Edinburgh Marathon two weeks later. His previous best was several years earlier with 1:39 in the Great North Run. “I'm really in shock” he said!!

**GEOFF BEATTIE** was close behind and though Jim managed to hold him off from halfway Geoff also had every reason to be pleased improving last year's time by 90 seconds to also record another best of 1:38.03.





## German Doctor Ambushes English Professor Stefan Schumacher

It all happened in the beautiful German city of Kassel. For the second successive year, ten runners from Sale Harriers set off again for the city's half and full marathon organised by consultant neurologist Stefan Schumacher, now living in Manchester and training at Crossford Bridge for the past two years.

The run was three weeks earlier this year – hoping for cooler temperatures. Among the group, there were eight half marathon runners with **CARL CLEGHORN** and **COLIN GELL** running the full distance. **CAROL** and **GEOFF BEATTIE**, **DAWN HOLDING**, **MIKE HUGHES**, **JOHN SMITH** and **LIZ TAYLOR** were part of last year's trip and **AUDREY GRESTDY** and **ELAINE SHERARD** along with Carl and Colin taking part the first time with **GARRICK WEATHERLEY** romantically accompanying Dawn (he's promised to run it next year!).

This year there were none of the thunderous skies, reminiscent of the Battle of Britain, that caused last year's flight's diversion and the runners 'ambushed' by having no sleep! This time, the group landed safely on Friday night and were warmly welcomed by Stefan and Reinhard from club LG Vellmar.

The trouble free arrival gave time next morning to view Kassel City with its lovely park and fascinating, busy and colourful Mediterranean-like old market hall! Unfortunately Liz was hit by flu on the first day and was unable to run so she enjoyed the race marshalling with Club LG Vellmar.

On pre-race day, we visited the marathon fair in the afternoon and were interviewed on stage by the local radio. Later, the group met friends from my old running club LG Vellmar and in the evening we went dining in a Greek restaurant. It was great sitting outside even though the meal did take a bit long to be served, but it was the intended successful 'ambush'. The cunning plan worked! After two hours waiting for his meal the hungry

'Professor' (i.e Geoff Beattie, Head of School & Dean of Psychology of Manchester University... world expert in body language... psychologist on all seven editions of Big Brother... author of several award-winning books etc) was ravenous for food! Not only did he devour the famous 'Mixed Grill' but also half his wife's portion! No one was aware of Stefan's Machiavellian plan that night!

On Sunday, the race started in lovely early sunshine. Again, the organization was superb and the atmosphere along the course was great. Carl Cleghorn had a fantastic debut marathon to finish in 3:40 and Colin Gell, who'd clocked 2:48 a few weeks earlier in the London Marathon, improved to a superb 2:45. Carol Beattie also ran very well finishing 2nd in her age group in 1:48. Luv-struck Dawn Holding and Mike Hughes had inspired runs; John Smith did very well and everyone had reasons to be really satisfied. Liz Taylor fortunately also felt better.

And then there was the Stefan devious plan and the Prof? Well... Geoff normally is well ahead in races but this time he finished a full 3 minutes behind the flying German doctor who had the run of his life finishing in 1:37. "From 15kms I felt only that b\*\*\*\*y Mixed Grill" complained Geoff. It was the superb ambush – the Greek-German plan worked perfectly and the 'Proff' was toppled!

After the race and refreshed by German beer, the group gathered for a lovely, non-Grecian (!) lunch on this occasion and chilled-out in the same picturesque riverside restaurant terrace as last year where there was lots of laughter, Anglo-German banter, speeches and merriment... and NO more Mixed Grill!!

The hosts were again overwhelming and thoroughly enjoyed the visit of so many of Sale Harriers. Please come again and bring others next year. The date of the 2010 half/full marathon is 16th May 2010! See you then!!

## National Champions at Seventy

Tight packing was the key to success at Horwich for the British Master's 5k Road Championships in June when Don George's 'Over Seventy Elite Squad' won the team event in their division. With **BRYAN GANE** fourth in 23min 14sec., **KEITH BRIGGS** fifth in 23min 21sec., **MIKE HOWE** seventh in 24min 32sec. and master strategist **DON GEORGE** fourth in 26min 04sec the team secured the National title.

This is the sprightly youthful squad who, with the addition of Keith Briggs, won the BMAF National Relay silver medals in March and the Northern Vets Cross-country Championship title last February. Well done!

## Naomi's a Track Star

Naomi Grant had the time of her life when she was thrown in at the deep end at the Joe Moran Track & Field meeting on June 10th. New to running with the Crossford bridge group only last year, this was Naomi's first track race and she was feeling the pressure. Naomi's first event was the 800m which she ran extremely well in winning a gold medal for first in her age category. The success didn't end there, she went on to compete in the 1500m where she won silver. She enjoyed the experience so much she's already planning her next track race for the summer. Well done

## SHORTS

In May, club newcomer **CHRIS BRETT** completed his 8th Keswick to Barrow 40 mile sponsored walk despite a cold, wet and windy day. Over the years he'd got faster each year improving his time from 10:20.00 to a PB last year of 7:39.00. This year bucked the trend and he missed his PB by 9 minutes completing it in 7:48.00. En route, he clocked a reasonable marathon time of 4hrs. Of the 1902 finishers he came a respectable 132nd and raised a few hundred pounds for the Francis House charity as well.

No! We've not had two members change their national allegiances. In May **JENNY CLINK** changed her name to Flanagan but is not Irish and **DONNA RIDING** changes her name to **JONES** in August but insists she's not Welsh! Congratulations to both on their married lives... and hope it doesn't spoil their running futures!

Congratulations to our super-runner **GAZ RAVEN** who represented England in a half-Marathon in Germany and hoped to achieve the very high standard qualifying time for the World Championships half-Marathon in August. The course was tougher than expected and despite an excellent time of 66.42, that was only 30 seconds slower than in the Wilmslow Half, he failed to achieve the standard.

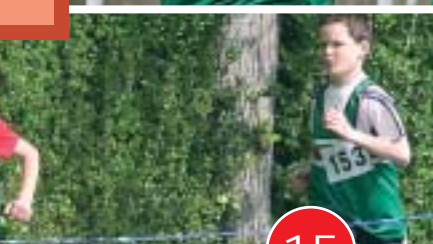
We extend deepest condolences to **JANET FIELDEN** and **PHILIPPA EDWARDS** who have lost a parent since the last edition. May they rest peace and hope that both and their families will be comforted in their great loss by the support of members, friends and families.



## Easter Monday Cross Country

The Primary section organise an annual cross country festival of age-group races for children every Easter Monday that's always very popular and well attended. This year was no exception! A large number were Sale Harriers and the photographs show that all gave their very best. Thanks to **ERNIE GREENWOOD** for the photos. **RACHEL HIBBERD** wrote an account of her race...

I woke up on Monday morning feeling ready for the race. When I arrived I looked at the course as it had been changed slightly because the track was being repaired. I felt confident as I knew where I was going and it was on home ground. We set off at quite a fast pace, I took the lead half way, but unfortunately got taken over by Mollie Williams right at the end. Mollie is a local rival who I have raced against numerous times.







Team Bartram have been coming to Monte Gordo since 2006, however this year was slightly more exciting because we were staying at a different hotel. The food was better, we had a pool table, volleyball & tennis courts and we had a swimming pool we could actually swim in. Unfortunately the hotel also had its own sand area and we feared extra circuit sessions would be in store. Apart from the food, dining times were better anyway due to the entertainment as Jess and Rayne frequently entertained with chopsticks on the piano (not sure the other guests were so enamoured with this).

Training went really well for most people, some minor injuries but nothing serious that halted quality sessions. Although Amy had feared Tonsillitis early in the 2 weeks, luckily it was just a virus but she still struggled with strength in the early days (although her trip to the hospital seemed to cheer her up, possibly something to do with a certain handsome doctor??).

This year the coaches and Ash hired a car whilst the girls opted for bikes the lads decided to use taxis and walk back, this would have been ok except 1 day I decided to offer to carry back some bags so the lads could jog, however the other girls had already set off and I didn't want to let anyone down so I ended up with about 5 bags! Wobbly isn't the word and into a headwind I was lucky to make it back alive. The lads took advantage of this offer in the days after but thankfully the girls shared them out this time. Bikes weren't the safest mode of transport without luggage, on the first morning I fell off mine whilst trying to mount a very small curb (the grazes weren't great for tanning). Bless the girls full of advice, how it could have been avoided etc but then Jess did the same thing days later and one day on the beach Jack decided to do a handstand too close to a stationary bike, caught his foot on the paddle and cut his foot.

Weather wasn't brilliant, the 1st few days were good but then after that it was either very windy or wet! Beach circuits weren't great in the rain (I'm sure you can imagine the chaffing!) and sunbathing was a trauma trying to fit about 6 people in one wind break, fair to say most of us still felt the breeze all in the name of trying to save money! Trying to stay warm whilst tanning meant numerous Volleyball tournaments and tiring games of ball tag. England played Sweden on one occasion but the biggest grudge match was Manchester v' Cheshire (Manchester were victorious).

Most of the athletes took revision to do which meant many trips to bar42 with laptop in hand to work on facebook, I mean revise?! In particular Carl never got much work done when in bar42 as the ladies loved chatting to him, must have been something to do with his computer related chat up lines?? In between intense study it was necessary to take breaks for tasty chicken mambos and although they took about 3 hours to come after ordering (maybe a slight exaggeration) they were worth it.

To bond the team and pass some time I took some early learning centre alphabet beads and string and made everyone bracelets, so in demand were the bracelets that members of other training groups were pleading to train with us so they could get their hands on one! Some of the decorative beads wouldn't fit on, really should have checked the string fatness before taking them out to Portugal.

Special thanks go to our coaches Chris Bartram, Neil Donvaband and Grandad John, who put up with us for 2 weeks. The coaches weren't phased by any set backs, especially John who continued despite his teeth breaking mid-baguette early in the holiday!



# GREATER MANCHESTER SCHOOLS

Peter Shaw

This year's Greater Manchester School's Championships at Longford Park on June 13th was possibly the most successful ever for the club. With hot and windless conditions, PB's were the order of the day for those athletes sensible enough to keep themselves hydrated and out of the sun.

## SPRINTS

SHM athletes won five 100m titles with  
**ZENON WISNENSKI** 1st in the Junior Boys in 12.1(PB)  
**MARCUS WEBBER** 1st in the Inter Boys in 11.7  
**NIAF ABED** 1st in the Senior Boys in 11.2  
**BETH BOLTON** who was 1st in the Junior Girls in 12.9 (PB)  
**SARAH RYAN** who was first in the Inter Girls 13.3  
If **SHAUNNA THOMPSON** or **REBEKAH WILSON** had competed in the senior girls, we would have had a clean sweep of all 100m titles.

In the 200m, we had four titles  
**CALLUM ROUGHEEN** 1st in the Junior Boys in 23.3 (PB) & just missed the record by 0.01sec.  
**AARON CROWLEY** 1st in the Inter Boys in 23.1 with **DARREN STEPHENSON** 2nd in 23.6  
**NAIF ABED** 1st in the Senior Boys in 22.5 to complete a sprint double  
**OLIVER CALLAGHAN** 1st in the Inter-Girls in 25.4 (PB)

The best 400m track performance by a Sale athlete was by **CLOVIS ASONG** who broke the junior boy's championship record by two seconds recording 50.3 seconds in winning his heat.  
**DANNY HEALD** was 2nd in the same event in 53.5  
**TYRA WATSON** 2nd in the Inter-Girls 300m (40.8)  
**BROGAN CROWLEY** 3rd in the Inter Girls 300m (41.00 PB)  
**JENNY SIMMONDS** 2nd in the Senior Girls 400m (57.4 PB)  
**JOELMUKUMA** 1st in the Inter Boys 400m (51.2)

## MIDDLE DISTANCE

The club were again dominant in the 800m winning three titles  
**CHRIS McGAHAN** 1st in the Junior Boys in 2:4.8  
**JOSH OGUNTAYO** 1st in the Inter-Boys in 2:00.1  
**WERIS ABRAHIM** 1st in the Inter-Girls in 2:18.8  
**SARAH SIMEEN** 2nd in the Inter-Girls 800m in 2:21 (PB)  
**VICTORIA CALDERBANK** 2nd in the Junior Girls 800m in 2:24  
**CHLOE GRANT** 3rd in the Junior Girls 800m in 2:26 (PB)  
**CHLOE YATES** 4th in the Junior Girls 800m in 2:27 (PB)  
A special mention should go to **SARAH SIMEEN** who turned out for the club in the Junior League the day after these championships and improved her PB from 2:21 to 2:18.  
Pride of place over 1500m should go to **CALLUM GREENWOOD** who won his first county title in the Inter-Boys section in 4:18.9 (PB). **ALEX BURCHILL** also had a PB in coming 2nd in the Junior Boys in 4:27. **JAMIE RODEN** was 3rd in the senior boys in 4:9.5

## HURDLES

**LATEFA BURTON** was 1st in the Senior Girls 400mH in 66.5  
**ROY EJIAKUEKWU** was 2nd in the Junior Boys sprint hurdles in 13.5

## JUMPS

Our jumpers were almost as successful as our sprinters winning a total of eight events.  
Pride of place must go to **AHTOLLAH ROSE** who broke her own Championship in the inter-girls triple jump with a fantastic leap of 11.30m **JAMES HARDY** scored a notable double winning both the senior boys long jump (6.03m) and triple jump (14.01m).  
**MOLLY COCKBURN** 2nd in the Inter-Girls Triple Jump - 10.90 (PB)  
**SAMARA MOHTASHAM** 1st in the Inter-Girls Pole Vault - 1.90m  
**GREG APPLEBY** 1st in the Boys Pole Vault - 3.50m (PB)  
**BEN LEWIS** 1st in the Boys Triple Jump - 12.53m  
**ALEX BELLIS** 1st in the Boys Long Jump  
**EMMANUEL AGBIJI** 2nd in the Boys High Jump - 1.85m (PB)  
**SAM HUGHES** 3rd in the Junior Boys Triple Jump - 11.57m  
**JAKE SUTCLIFFE** 1st in the Junior Boys Pole Vault - 2.30m  
**DAVID CAMPBELL** 2nd in the Junior Boys Pole Vault - 2.00m  
**SAM CRANLEY** 3rd in the Junior Girls High Jump - 1.40m

## THROWS

We won a further two titles plus one runner-up in the throws events:  
**CHARLOTTE DICKENSON** 1st in the Junior Girls Shot - 10.81m  
**RAYNE ALLMAN** 1st in the Inter-Girls Shot - 9.96m  
**PADDY WHEELER** 2nd in the Junior Boys Javelin - 36m

Overall, it was a very successful championship. A big thank you to the club coaches who not only prepared athletes but also ensured that they were entered. It's really up to schools to enter athletes but a number do not do so and athletes can miss out on selection for the English Schools Championships - The Kids Olympics, that takes place in July

# NORTH CHESHIRE SERIES

Fechin McCormick

Well done to Altrincham AC & Spectrum AC for again delivering an excellent North Cheshire 5k series of 5 races. As usual they were well fraternised by Club athletes and what more enjoyable afternoons/evenings than to run/race through picturesque Cheshire villages or within the Dunham Massey's National Trust Park with a bit of healthy rivalry thrown in. For it's after this series that everyone really begin 'Sizzling'

As he did in 2007, (Injured in 2008) **MIKE HATCH** was our man dominant at the front and he'd lost none of his prowess winning the first Dunham Massey and 3rd in the second. His times were remarkably similar to 2007, losing nothing in the intervening year, with a best of 15.55 in the Bowden 5k.

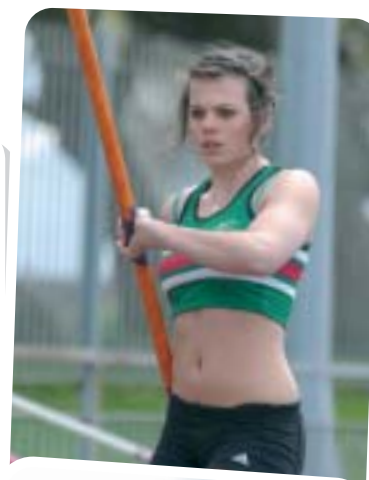
There was abundant rivalry through the series with inquests over a beer in the Bowden sunshine; the village square of Hollins Village or the historic courtyard of Dunham Massey Hall. **FRANK CORDINGLEY, LEE WOODS** and **GARY WILLCOT** battled it out over several races and a little further down the field there was a keen tussle between O/55's zippy **GEOFF BEATTIE**, determined **STEFAN SCHUMACHER** and strong-as-horse **MIRAN APRAHAMEN**. Steffan unceremoniously dethroned Geoff at Bowden using a 'lurching' ploy but psychologist Geoff psyched sweet revenge at Dunham Massey (2). In the affray, Miran came from behind in Dunham Massey (1) to whip both of them in Dunham Massey (2). Not too far behind another battle raged between near-60 **FECHIN MCCORMICK** and youngster **JO STREET**. Jo, having been pipped Jo to the post by Fechin in the 'Sale' 5, was clearly determined for it not to happen again. Despite warm handshakes both before and after three races Jo triumphed but only just! Finally, congratulations to **JAN NICHOLLS** who won her L35 overall category

	No of races	Best time	Venue
MIKE HATCH	4	15.55	Bowden 5k
ROB FLANNERY	2	16.17	Bowden 5k
ANDY YATES (O50)	2	17.41	Dunham Massey (1)
CALLUM ROWLINSON	1	17.42	Bowden 5k
FRANK CORDINGLEY (O/45)	4	17.45	Bowden 5k
GARY WILLCOCK (O/45)	3	17.45	Bowden 5k
LEE WOODS	3	17.47	Hollins Green 5k
PAUL ROWLEY	1	18.06	Dunham Massey (1)
CHRIS BRATT (O/40)	4	18.15	Hollins Green
BILL FOX (O/50)	1	18.23	Bowden 5k
MIKE WHARTON	4	19.38	Bowden 5k
ARON MYERS	1	19.42	Bowden 5k
CARL CLEGHORN	1	19.46	Bowden 5k
LORA BLANN	2	19.52	Bowden 5k
JAN NICHOLLS	4	20.23	Bowden 5k
JACKIE CORDINGLEY (L50)	1	20.44	Dunham Massey (2)
STEFAN SCHUMACHER	3	20.45	Bowden 5k
GEOFF BEATTIE (O/55)	3	20.53	Hollins Green 5k
MARK FERNS	4	21.04	Bowden 5k
FIONA RANGLES	2	21.05	Dunham Massey 5k (2)
MARTIN O'BRIEN	1	21.05	Bowden 5k
ALISON PYE	1	21.14	Bowden 5k
MIRAN APRAHAMEN (O/55)	3	21.16	Dunham Massey (1)
JO STREET	4	21.33	Bowden 5k
FECHIN Mc CORMICK (O/55)	4	21.56	Dunham Massey (2)
MICHAEL WYMERE	1	22.26	Bowden 5k
LYNNE YATES	1	22.37	Dunham Massey (2)
JENNY CLINK	2	23.29	Bowden 5k
IAN WHITHAM	2	23.52	Bowden 5k
ALAN ROMAGNOLO	1	23.55	Dunham Massey (1)
LAUREN DAVIES	1	25.44	Hollins Green
NAOMI GRANT	2	26.08	Lynn
DON GEORGE O/70	3	26.16	Bowden 5k





# Interim T & F League Reports



## MEN'S BRITISH ATHLETIC LEAGUE.

The Club is in the Premier Division of this National League (similar to the Premier League in Football). Two years ago, the men won it for the second time & went on to represent British clubs in Europe. The objective this year, therefore, was to regain the title from Newham & Essex Beagles.

To date, only one of the league's four matches have taken place and it was at Sheffield's Don Valley Stadium in June. On a very wet, windy and misery-filled day, team manager **DEAN HARDMAN** forlornly reported that the team finished a very lowly 7th.

Despite valiant efforts from all and some very good performances, he reported, "A number of gaps in the team, especially in the endurance section, for the first time in a long time meant that despite the best efforts of everyone involved, we now find ourselves in a pretty tight situation moving forward towards the rest of the season". His call to everybody is to ensure we get the best possible teams for the remaining matches, the second of which was on home-territory Sportcity on July 4th. It's got to be all hands on deck!

A bad day was made worse with an absolutely shocking incident in which **ANDY ROBERTSON**, our A 100m runner, was disgracefully injured by the ground staff, who drove a buggy used to transport hurdles into his lane while he was warming up for his race.

Congratulations to **ADAM ROGERS** in the 400mH and James Hardy, on debut, in the Triple Jump who produced fine personal bests. Full results of the match are posted on [www.bal.org.uk](http://www.bal.org.uk).

## WOMEN'S UK LEAGUE

With the exception of **SONIA SAMUELS** who had developed an injury, all the athletes who competed in the tough and tiring European Cup in Slovakia a few days earlier turned out in Birmingham to maintain our unbeaten record in the UK League First Division.

The atrocious weather conditions meant that the Pole Vault and High Jump had to be moved indoors. At the end of the day **EMMA LYONS** vaulted 4.20 metres to equal the League record with **ANNA MASSEY** clearing 4.00 metres to earn maximum points, **ADELE LASSU** winning the High Jump in style.

The Middle Distance girls were in good form, **REBECCA SWEENEY** and **EMMA MCINTYRE** coming second in the 800 metres, **DONNA RIDING** was runner up in the 1500 metres with **RACHEL DEEGAN** third. **JENNA HILL** also came third in the 3000 metres, **EMILY BEEDHAM** making a winning debut in the 'B' event and young **LATEEFA BURTON** came an excellent third in the 2000m Steeplechase.

**KELLY MASSEY** won the 400 metres in 53.80 seconds, with **SARAH TOMLINS** second in the 'B' event and Kelly went on to run the 200 metres and both relays. **DANIELLE PARKINSON** ran the 'A' event in the 400m Hurdles and **HOLLY BELCH** was second in the 'B' clocking 62.89 seconds, amazingly clearing all the barriers on her wrong foot. **ANDREA VINET** came third in the 100m Hurdles and **GRACE SMITH** looked in great shape to win the 'B' event.

In a class Hammer competition **SARAH HOLT** was third in the 'A' event, **LAURA DOUGLAS** winning the 'B' event and **ALISON RODGER**



joined **REBECCA PEAKE** in a Shot double after coming third in the Discus.

**CLAIRE LINSKILL** and **REBECCA WHITE** scored valuable points in the horizontal Jumps and multi-eventer **KATIA LANNON** took part in the Long Jump, High Jump and Javelin to contribute to a 19 point victory over Windsor, Slough and Eton, the host club, Birchfield, finishing in third place.

## NATIONAL JUNIOR LEAGUE

A narrow victory at Sportcity in the 3rd fixture of the season put the club in line for qualification to the final at Derby in September. A brilliant league record in the Hammer of 60m 60cm by **SOPHIE HITCHON**, and a superb vault by **ANDY SUTCLIFFE** of 5m 00cms, were the highlights of the day. Many athletes competed following the Greater Manchester Schools the previous day, which was an appreciative commitment by them and their coaches.

A full team is required for the final fixture at Gateshead, where we need to beat Edinburgh and Glasgow convincingly to clinch the final place.

## NATIONAL YOUNG ATHLETES LEAGUE

This season started with a home match against Liverpool. With some marvellous performances from people like U/15 **CALLUM ROUGHNEEN** who clocked a 200m PB of 23.6sec; **DANIEL HEALD** with another PB in the 800m of 2min 06.2sec.; **CLOVIS ASONG** who recorded two Grade 1's in the High Jump (1m75cm) and Long Jump (5m91cm) and the Girls getting five Grade 1's, we were ensured an important first victory with Liverpool the runner's up.

The second match was more of a fight to the finish with newly promoted Doncaster AC giving us a tough test at their home ground. With Doncaster leading by 5 points before the relays Sale went on to win four of the nine relays. In between was the steeple chase which **GLYNN WINDEBANK** and **DAVID RICH** volunteered to do at the last minute. They crossed the line with no more than 0.1sec between them. With the girls setting the standards, the boy's had to work hard to help win the third match at Wirral.

With Exams and holidays this match was predicted to be a tough competition but when the likes of **NATHAN MORRIS** turn up you know you're in good hands! Nathan threw a massive

14m18cm in the shot winning by more than 3 meters. He also threw 31m60cm to win the hammer. With all the athletes performing well and by winning seven out of nine relays, this took our final points score over 500 for the second time this season.

The fourth match brought our toughest challenge with a visit to Leeds against a strong Preston team currently second in the Northern League. With Preston taking an early lead all our athletes dug deep to again take the match all the way to the relays. This time, we had a small advantage and once again won a respectable six of the nine relays helping the team to a 5.5 points victory over Preston.

Our 5th and Final match at the end of July should see us become the Northern Champions for the second year running and our sights set on improving on last year's 3rd place finish in the National final. For more info on athletes performances look up [www.natyal.co.uk](http://www.natyal.co.uk) and click results.

## NORTH OF ENGLAND LEAGUE

After finishing a disappointing fourth place in the league last year, the combined men and women

have made a very promising start to the North of England League. In the first match of the season at Sport City we finished in 1st position and followed this up with 3rd place at Blackburn in the second match. This leaves us in a very strong position going into the two final matches.

In the first match at Sport City, **LAURA DOUGLAS** again broke her own league record, for the third year running, and the team was strengthened by some of the UK league teaming making appearances in order to get some early season competition. **EMMA MCINTYRE** made a welcome return to the track along with **DONNA RIDING**, and **SHAUNNA THOMPSON**, **ABIGAIL HEYWOOD** and **ABIGAIL IROZURU** made their debuts in the North of England League. All gained valuable points for the team alongside the established members of the squad. In the second match all athletes gave their all, filling in extra events to get points for the team, with **MOLLY COCKBURN** and **LAUREN MACCABEE** making excellent debuts.

To fulfil our potential this year we must ensure we are able to field athletes in all events and hopefully secure a top three finish at the end of the season.



# County Championships

Fechin McCormick

In the Greater Manchester Championships, Coach Roger Devlin's girls had a very good day. In the U20 category, **JENNIFER SIMMONS** won 400mH gold and gold again in the 100mH. In the same age-group, congratulations also to **LATEEFAH BURTON** who won silver in the 400H.

In the U17 category **OLIVIA CALLAGHAN** was truly a golden girl, winning gold in 100m in a new PB of 12.47, gold in 200m and silver in 300m.

Having started her heptathlon career with a win in her first event at Blackpool in May by winning the Lancashire Schools Open Heptathlon with 2871 points, **JODIE GUINANNE** also showed great talent with a medal of each colour in the Greater Manchester Championships - Gold in 300mH in new PB of 49.82, silver in high jump (1.45m) and bronze in 80mH. Her target then was to represent Greater Manchester in the English Schools Combined Events.

In the U15 category **BETH BOLTON** was the girl in superb form. Despite being a year young, she won 100m Gold in a new PB of 12.9 and Gold in the 75mH. In the same age-group another golden girl was **ALICE BENNETT** with gold in the high jump (1.35m). Youngest of all were U13's **RACHEL HIBBERT** and **JAMAL CRAWFORD**. They will not forget their day of golden county medals in the shot putt and long jump respectively.

Roger's athlete weren't the only people winning medals. Congratulations to **JENNIFER SIMMONS** who won double gold in the U20 100mH (17.95) and 400mH (65.87). Under-17 **SARAH SIMEEN** can also be very pleased with her Gold medal in the 800m in 2.22.06. Other medallists in top form were **CHLOE YATES** who won two U15 bronze medals - in the 800m and Discus, again, despite being a year young.

The boys also produced excellent performances. **DANNY HEALD** won 400m gold (53.06) and **ALEX BURCHILL** had every reason to be proud of his U15 gold medal in the 800m (2:12.03) whilst preparing for the Greater Manchester Schools championships. **JOSH UGUNTAYO** again displayed a flash of genius with a convincing win and PB of 50.95 in the U17 400m. A couple of days after this, he produced another PB of 1:56 in the 800m

## CHESHIRE CHAMPIONSHIPS

The club also had representatives in the Cheshire County Championships.

## JACK ANDREW

Man of the match was undoubtedly Jack Andrew who came away with a massive haul of five gold medals and one silver in the junior men section - is he our version of swimmer Mark Spitz? It's no wonder he ranks among Britain's top three multi-

eventers in his age-group. They were gold in the pole vault (4.00m); gold in the high jump (12.04m); gold in the Shot Putt (12.04m); gold in the 100mH (15.4) and gold in the javelin (44.78m). His bronze medal was the 100m. **DOREL GRETA** also took senior men's bronze in the javelin in 61.82m.

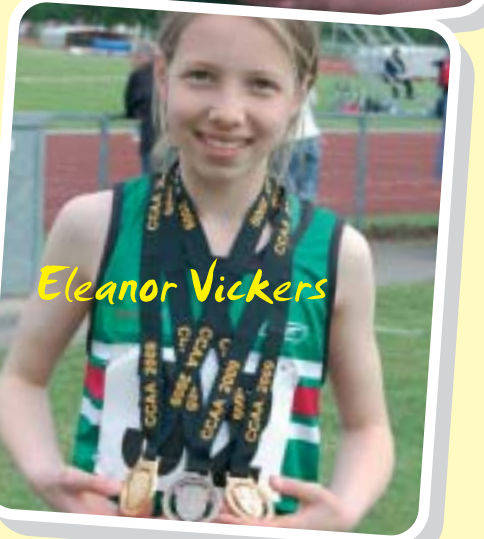
## ELEANOR VICKERS

Young Eleanor Vickers (U13) had a good weekend in Warrington. She started on Saturday with a bronze in the long jump improving her PB to 4.33m. She followed this up by becoming Cheshire Champion in the 70m hurdles into a strong headwind, equalling her PB of 12.4 seconds and finished a fantastic weekend with gold in the high jump with another PB of 1.45m

## CHARLOTTE DICKENSON

Charlotte won Gold in the U15 javelin (24.47); silver in the Shot Putt and Bronze in the discus (20.94).

Finally, congratulations to **ALIX BARTON** who won gold in the junior men's pole vault.



# NORTHERN ATHLETICS CHAMPIONSHIPS

Fechin McCormick

The vast majority of our T & F athletes participated in the Northern Athletics Championships. A minority took part in their own regional championships including the Welsh and Scottish regions. The senior and U/20 championships took place on a wet and cold June weekend at Sportcity and our U/17 & U/15's took place in Gateshead. There were many notable performances. Among them was **MIKE FLOYD** who won his 10th Northern title & sixth consecutive gold medal; **ANDY SUTCLIFFE** who recorded a magnificent new championship best of 5.05 that was only 5cms short of the qualifying time for the U/20 European Championships. Well done to **SHAUNNA THOMPSON** who, in retaining her double sprint title despite recovering from injury, has continued her unblemished record in these championships. **JESSICA TAYLOR** also retained her long jump title. **KATIE BYRES**, still only U/17 won an U/20 medal and produced a magnificent PB to secure her No.1 position in Britain. Mention should be made of **ANDY ROBERTSON**, the country's leading U/20 sprinter who returned to racing after a potentially serious accident on the track at the BAL match in Sheffield. There were several PB and again congratulations to those people like **MATT CULLEN**.

## SENIOR MEDALLISTS

Mike Floyd	Hammer Gold .....	68.37m
Becky White	Triple Jump Gold .....	12.47
Jessica Taylor	Long Jump Gold .....	5.73m
Andy Sutcliffe	Pole vault Silver.....	5.00m
Grace Smith	100mH Silver .....	14.53
Andy Robertson	100mH Silver .....	10.90
Adam Rogers	400mH Silver .....	52.98
Chris Craig	200m Bronze.....	22.31
Andrew Burgess	Long jump Bronze .....	6.62m
Matt Cullen	Pole vault Bronze.....	4.70m

## UNDER-20 MEDALLISTS

Bradlie Houldsworth	Long jump silver .....	6.28m
Abigail Heywood	Pole vault silver .....	3.80m
Katie Byres	Pole vault bronze .....	3.75m
James hardy	Triple jump silver .....	13.90m
Danielle Rooney	100mH Gold.....	14.73
Shaunna Thompson	100m Gold .....	11.92
Rebekah Wilson	100m Bronze.....	12.62
Jennifer Simmons	400mH Bronze .....	66.75
Nathan Roach	200m Bronze.....	22.41
Shaunna Thompson	200m Gold .....	24.09

## UNDER 17 MEDALLISTS

Alisha Casement	300m H Gold.....	46.37
Olivia Callaghan	100m Silver .....	12.83
Olivia Callaghan	200m Bronze.....	25.58
Tyra Watson	300m Bronze.....	41.37

## UNDER 15 MEDALLISTS

Chris McGahan	400m Bronze.....	53.30
Charlotte Dickenson	100m Silver .....	12.83
Chris McGahan	800m Silver .....	2:03.87

# INTER COUNTIES CHAMPS

Fechin McCormick

This year's CAU inter-counties Championships were held at Bedford on May 24 -25 and our senior men and women produced fine performances. One of the events highpoints came from our young 25-year old Polish star **ANNA MASSEY** (formerly Olka) who was a bronze medallist in the pole vault at the World Youth Championships in Hungry in 2001. In a high standard competition, she cleared 4.01m with a long-awaited personal best and then just missed out on trying to break Yorkshire's Janine Whitlock's CBP of 4.10m. The other jumps medal came from Commonwealth Games finalist, high jumper **ROB MITCHELL**, representing Merseyside who took the silver medal.

In the throws, **LAURA DOUGLAS** also continued her good form to easily win the hammer with 63:17m. Her pre-season best was 63.02m but she'd earlier in the month thrown a PB of 64.16m representing Greater Manchester, **MIKE FLOYD** took the men's inter-county title for the fourth consecutive year with 66.92m. **REBECCA PEAKE**, representing Derbyshire, based at Loughborough and coached by Geoff Capes produced a season's best of 16.55m to win the Shot title. **ALISON RODGER** took the silver medal in what was at the time also a season's best of 16.55m. **MARCUS GOULDBOURNE**, the Yorkshire & Humberside Champion, regained the men's discus crown he last won in 2007 with 53.04m

Among our sprinters **SHAUNNA THOMPSON**, still U/20, did very well to clinch the 200m bronze medal in 24.07. **NICK GAYLE**, representing Staffordshire, won silver in the 110m hurdles in 14.27.

**REBECCA SWEENEY** has progressively developed from a 200m sprinter to showing some talent as an 800m runner. This was her first inter-county 800m race and our highly experienced and medalled trackster added the inter-county silver medal to her collection with a time of 2:07.73.

# SPORTS & HOLISTIC THERAPIES

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SPECIAL RATES FOR SALE HARRIERS



# Dressing in 'DRAG' for the Weekend!

CATHERINE JONES

210 miles. 20 athletes. 7 reserves. 1 minibus. 6 support cars. 22 castles. 1 boombox. 4 satnavs. 48 bananas. 1 dancing dragon. 144 flapjacks.

These were just some of the ingredients that went into making a sunny weekend in Wales a spectacular success.

The race in question was the Welsh Castles Relay, a 210 mile, 20 leg relay from Caernarfon, in north Wales to Cardiff, in the south. Sale Harriers first ran this race some 40 years ago with our own Dave Rodgers on the winning team as a sweet 16 year old. In those days the race was run south to north and Dave's team won the race, and broke the course record to boot, by running 400 metre reps through the night.

This year's race had been months in the planning and the logistics had been the cause of many headaches and sleepless nights. Getting 20 athletes to the start of each leg and picking them up afterwards, providing water stops all the way through and not letting Gaz Raven get distracted by the many pubs on route presented a whole host challenges.

On the team of enthusiastic dragon slayers were Ian Wetherall, Mike Kilmartin, Gareth Raven, Helen Reagan, Mike Wharton, Paul Rowley, Richard Watson, Lee Woods, Emily Beedham, Dave Howlett, Rob Flannery, Jason Bowers, Jerry Smith, Paul Barrett, Matt Bond, Mike Hatch, Sian Holland, Helen Armitage, Catherine Jones and Bill Fox. We also had an invaluable team of reserves and support drivers, without whom, the race would never have happened – Dave Rodgers, Jo Street, Chris Heys, Naomi Grant, Lauren Davies, Jenny Clink, Hayley Cavill, Paul and Lesley Green and Phil Scowcroft.

The support crew in this race was particularly important and a huge debt of thanks is owed to them. They were prepared to give up their weekend to drive across Wales, put up with the level of military planning, and dress up in a dragon outfit in the baking heat and dance at the side of the road many, many times over. The level of team spirit at this event took Sale Harriers to new heights and was commented on by many of the other teams, most of whom were jealous they hadn't got a friendly dancing dragon themselves. Messages have since been finding their way to us where we have been thanked for staying on the course longer than other teams to offer water and complimenting us on our enthusiastic support to other teams as well as our own runners.

After the first day of racing - which included a vets win for Ian Wetherall, a stage win for Gaz Raven, a ladies win for Emily Beedham, a man of the match reserves performance from Mike Wharton, 3 episodes of vomiting from Richard Watson after the mountain leg 7, and an example of true sportsmanship from Lee Woods who stood aside to let British and Olympic marathon runner Dan Robinson take leg 8 - we broke for the night in some beautiful farm cottages just outside Newtown. Standards of accommodation left Paul Barrett wondering how he was going to get everyone back in Newlands Adventure centre for the Lakes Weekend if they became too accustomed to such luxury!

It was an early start for Mike Wharton and Rob Flannery on day 2 with a 7am start for leg 11. The day began to heat up along the route and Naomi Grant was beginning to regret her promise to be the red furry dragon at every water stop – especially when it became clear that MC Hammer was the tune of choice for the day! Two notable performances on Sunday came from Matt Bond who comfortably won his leg, setting a new stage record, outclassing the field and looking like he was out for a Sunday jog in the process; and Paul Barratt who had stepped in to replace an injured Paul Green on the toughest leg of the race that reached the highest point on the route. His personal highlight was having Lee Woods running alongside him up the last section of hill playing the Rocky soundtrack to him to encourage him on – “Paul Barrett – You're an Animal!”

The weekend culminated with Bill Fox on the glory leg into the grounds of Cardiff Castle, and Sale Harriers finishing 9th overall out of 58 teams. We were one of only 3 'first time' teams at this event, so were exceptionally proud of our achievements, some inspiring athletic performances, amazing support for each other and the camaraderie displayed at every single stage.

After the race, a group of over 20 of us stayed in Cardiff for the night and celebrated in true Sale Harriers style, with the evening dissolving into a whirlwind of misdemeanour. But as the saying goes, “What goes on tour, stays on tour”, so if you want to find out, you'll have to come next year!

The 2010 race will be held in our centenary year and this race will definitely feature – The Dragon will be back! After the success of this year we are expecting it to be oversubscribed, so if you are interested in taking part as a runner or as part of the all important support crew, please see Dave Rodgers asap.



# At Your Service

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

PLEASE ALWAYS SEND NEWS STORIES AS SOON AS POSSIBLE.



Harry Shakeshaft

# Fixture List 2009

## JULY

- 4 British Athletic League (BAL 2) SPORTCITY
- 4 UK Women's League (2) Grangemouth
- 5 Northern League Division 1 (3) Trafford
- 5 NVAC Monthly Run 10k Radcliffe
- 9 Manchester 5k Sizzler (2) WYTHENSHAW PARK
- 10 England Athletics World Trials Birmingham
- 10 English Schools Championships begin
- 11 English Fells Champs (4/6) Long: Wasdale Wasdale
- 15 NVAC T & F League Cleckheaton
- 19 National Young Athletes League (NYAL 5) Blackburn
- 23 Manchester 5k Sizzler (3) WYTHENSHAW PARK
- 26 National Junior League (NJL 4) Gateshead

## AUGUST

- 1 British Fell Champs (4/4) Short: Y Garn North Wales
- 1 Joint UK Women's League & BAL (Men) Hendon
- 2 Northern League Division 1 (4) Preston
- 6 Manchester 5k Sizzler (4) WYTHENSHAW PARK
- 8 AAA's U15 & U17 Championships
- 9 Debdale Park 7k (No.4 M/C Parks Grand Prix Series) Debdale Park
- 9 Joint Men & Women Cup Final Hendon
- 12 NVAC T & F League Vernon Park, Stockport
- 15 World Championships begin Berlin
- 16 NVAC 10-Mile Championships St. Anne's
- 16 Northern Cup semi-final
- 22 British Athletic League (BAL 4) Newham
- 23 Birchwood 10k Warrington
- 29 English Fells Champs (5/6) Short: Dentdale Yorkshire Dales

## SEPTEMBER

- 6 National Young Athletes Final (NYAL) Birmingham
- 12 Northern Cup Final
- 13 National Junior League Final (NJAL) Derby
- 20 Boggart Chase 10k (No.5 M/C Parks Grand Prix Series) Boggart Hole Clough
- 27 NVAC T & F Championships Hyndburn