

Issue 74 winter 10

# THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



*Centenary Year 1910 – 2010*





# EDITORIAL

*Fechin McCormick*

The Club's now entered its centenary year (1910- 2010). We stand at the door of one of the most momentous years in the club's history. Let's all rally to make it a year to remember! The dinner in Manchester Town Hall on March 19th will be the formal marking of a great milestone but let it not be its culmination. The meal will bring together past and present members with civic authorities and community representatives who helped Sale Harriers become the club it is to-day but let it not be the only pinnacle of the centenary year. Let there be club-wide initiatives to create a centenary record that will be remembered for years to come. All will be recorded in the Harrier.

Already, the Club is committed to hosting the Northern 12-stage and 6-stage Road Relays in Wythenshawe Park to mark the centenary and possibly also the Young Athletes Relays later in the year. Under the leadership of DAVID RODGERS who's going to have a very busy year, why not make your personal contribution straightaway by volunteering to help him both plan and deliver these major responsibilities. Good Luck, Dave!

The club has an archive of fascinating memorabilia that includes original photos that covers our hundred year's history. Morris Jefferson is putting together a special display to greet guests at the centenary dinner. You might like to offer him your assistance

Why not others raise the bar of expectations to win targeted events in 2010. It's awhile since our top men won the Northern & National XC Championships so why not 'go for it' this year. Another possibility would be The Welsh Castles Relays so successful in 2009. The club won this race way back in 1969 under the inspirational leadership of club legend Alan Robertshaw as part of the celebrations for the Investiture of the Prince of Wales at Caernarfon Castle. Why not target it again? As Director of the summer 5k 'Sizzlers' I'll be doing my bit to commemorate the centenary... wait and see!

In 1986 a book entitled Sale Harriers – 75 years of Athletics, was published by Walter Wilson, the club's long-time president. I've copies if anyone wants to read it or better, are there people out there who'd summarise it for the next four editions of The Harrier?

Our younger sections, why not write a school project on the club's centenary? We could even have a youth's 'Centenary Poetry Corner' in this year's magazines. There are endless imaginative possibilities so put your heads together and do what you can to make 2010 especially memorable.

As ever, enjoy what I hope you'll find to be an interesting magazine.



**PRODUCED 4 TIMES A YEAR  
FOR 15 YEARS**

**Sale Harriers Manchester turns**

**100**

**Grand Centenary  
Dinner & Celebration!**

**The Great Hall, Manchester Town Hall**

**Friday 19<sup>th</sup> March 2010**

Send your contact details and a cheque for £35 made payable to Sale Harriers Manchester to:  
16 Delaheys Road, Hale, Altrincham, WA15 8DS

## CLUB YOUNG ATHLETE AWARD 2009

Each year the club chooses two young athletes – a male and female who, in the opinion of the executive committee after consultations with coaches and team managers, merit the Darren Campbell MBE award for their athletic achievements throughout the year. This year's recipients are:-

### *Niall Brooks:*

Niall has had an excellent 2009. Coached by Norman Poole the highlight undoubtedly was his 800m silver medal in the European Junior Championships held in Serbia. He topped the U/20 rankings in both 800m and 1500m registering 1m 47.99secs and 3m 41.64secs respectively, both achieved in BMC Nike Grand prix events. He then finished his season scoring a most impressive 1500m victory in the National Junior Final.

### *Abigail Haywood:*

Abigail maintained her annual prominence in the Pole Vault rankings, finishing a close 4th in an extremely competitive U/20 age group, with a PB of 3m 95cms. A silver medal in the English U/20 championships, as well as the Northern u/20, plus a 6th place in the Senior Aviva World Trials, was topped by a victory in the English Schools Championships with a 3m 80cms clearance.

## THE ANGELA DEEGAN MEMORIAL RACE

*Angela Deegan died last June aged just 51 after a long battle with cancer. She was a Sale Harrier for twenty-seven of those years from when she first joined in 1981 after team manager Eric Hughes saw her finish 18th in the National Cross-Country for Bromsgrove AC. Later that year she married her husband Mike and, just five years after she started running, displayed her ability by finishing 2:50 in the first London Marathon. More recently, Angela took on responsibilities coaching and managing youngsters in the club until her illness prevented her. Her children Rachel & Tom have both represented the club and Rachel continues to excel as a middle-distance athlete. In her memory, Andems runners are staging a 2 lap, wheel measured 5, 000 Metres race around the scenic Cowm Reservoir at 3pm, Saturday 26th June 2010 from the Cock & Magpie, Cockhall Lane, Whitworth, Rochdale. (A671 Burnley Rd)*

*Proceeds for Christies & Cancer Research UK.*

*We want to support this race as a club in her memory so please put the date in your diary now! There will be an extensive prize list, catering for ALL categories. Spot Prizes/First Aid/Well Marshalled/scenic course.*

*The entry fee will be £5.00 to UK Athletics registered Runners and £7.00 to unattached runners. £1.00 extra on day. Under 18's £4.00.*

*Cheques payable to Andems Runners ADMR to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR. Collect Race Numbers on day. Tel Enqs (01706) 750620 or email info@andemsrunners.co.uk*

# BOB'S WORLD CHAMPIONSHIPS

Club coach Bob Gaisie was invited by UKA to attend as a UK representative to join the World Class Coaches Club in Berlin. This tremendous honour resulted in attending the recent World Championships in Berlin and afterwards the first World Class Coaching Conference. This pinnacle in his career came after a lifetime given to athletics which began at the age of 15 when he was invited by Helen Nichols & the "Nichols Clan" to join Sale Harriers. He joined Peter Schofield's training squad which produced such big names as Carl Hamilton, Earl Tulloch, Ian Saunders, Derek Price & co. He himself became a Manchester & Northern Junior Sprint champion with PB's of 10.65s & 21.60s. He turned to coaching in 1993 after a few years playing American football for the Manchester Spartans & Great Britain and the following are his list of achievements:-

- Former SPAR Sprints North West Lead Coach
- 2008 Manchester City Council Coach of the Year
- 2009 Gtr Manchester Coach of the Year finalist
- 2009 selected by UKA to become a Member of the World Class Coaches Club

Athlete performances of note:

**Shaunna Thompson** - 2008 Commonwealth Youth Games  
100/200m Champion

**Daniel Money** - 1995 European Juniors - 200m 3rd & 4 x 100 Gold

**Danielle Halsall** - 2003 World Indoor Championships GB 4 x 400m

**Heather Brookes** - 2000 World Junior Championships GB 4 x 400m

There have also been numerous athletes who have won Gtr Manchester, Cheshire, Merseyside & Northern Championships over the years.

## AN EXPERIENCE TO SAVOR...

Berlin 2009... World Championships... Usain Bolt.... Jess Ennis... Jenny Meadows... and lil ol' me! Yes... I was there!

For 12 days and nights... athletics on the world stage was my diet (plus the odd litre or so of fine German beer!!) Frank Dick is the inspirational lead in creating a platform to promote and encourage the development of coaches by experiencing the 'real world' experience of the World Championships.

Throughout the championships I had the opportunity to watch, talk to and observe some of the worlds' most successful coaches. As well as a few unsuccessful ones... Yelena Isinbayeva's coach suddenly decided he didn't speak English when I asked what went wrong!

(Oops !) Some were invited to meet with the group and hold "private audiences" where we were invited to quiz the coaches and not be star struck... but how do you ask Glen Mills "what's your secret?" I did... but I ain't telling you the answer!

I also had access to all areas and was able to observe athletes in the warm up area and experience first hand how they cope with the pressure and more importantly how to prepare for the biggest competition of their lives.

There was some work to do also... Prior to travelling to Berlin we had to submit an assignment on two coaches from my chosen event "comparing coaching philosophy/concept of coaching and their coaching methods". Once in Berlin we were tasked with building a coaching network and contact database which we hope will one day develop into an internet based resource for coaches at all levels.

On a daily basis we had access to technical data and held discussion each night on "events of the day" (You can imagine the discussions following Bolts World record in the 100m or Isinbayeva's failure to win!)

Immediately after the Finals (and the closing night party... shhh!) we travelled to Keimbaum which is a specialist training centre built in the old "East Germany days" for the development of all athletes. The German national teams use this centre in preparation for major championships and as you can imagine the facilities, location and attention to detail was amazing.

Here we attended the first World Class Coaching Conference and had another opportunity to listen to some of the worlds best on their coaching philosophies and expectations.

The whole experience has opened my eyes as to what experiences and opportunities are out there and that the learning experience can be a very enjoyable one.

I would encourage all coaches to seek to further develop their knowledge, experience and to take up the opportunity to explore the new opportunities being provided by UKA and England Athletics Coach Development strategies.

For me... Berlin was simply...an experience I will never ever forget...

NOTE: This year Shaunna & Bob have been followed by a BBC documentary team filming for the "Olympic Dreams" programme. It will be shown early in 2010 - possibly February. Watch out for more news of this



# NEW WEBSITE

*We've heard your moans and you'll soon be logging onto an exciting new club website. It's going to be much more user friendly and inter-active with facilities (eventually!) for social networking, discussion forums, posting photographs as well, of course, as providing up to date club news and reports as soon as possible after events occur (hopefully).*

*We want to see you, club members of every age group, category and discipline, taking ownership for this new website. It will be very disappointing if we continue to see photos of club events posted on Facebook before they appear on the website! If you want to promote a social event, this website will be the place to do - not initially Facebook, Bebo or Twitter!*

*Coaches and managers, if/when you are posting reports you must make them inclusive of all the participants in the event and not just of your own members. Imagine the hurt by posting news of selective athletes when someone not mentioned might even have produced a magical PB!*

**CHRIS HEYS**, who took limited responsibility for the former website, will be the general manager, but now assisted by a team who will take responsibility for managing sections. All the information you need will be posted onto the website in time

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# GREENZONE

## Gets Set For London 2012

*The Olympic launch*



*The Presentation Evening*



**Pupils from Newall Green Primary School have helped GreenZone launch their Olympic Values campaign and Niall Brooks was there to lend his support!**

As part of their innovative after school learning programme this term all 100+ pupils at the GreenZone Playing for Success Centre at the Lifestyle Centre in Wythenshawe have taken part in a poetry competition on the theme of courage. This provided a focus for our learning which aims to raise attainment in Literacy, Numeracy and ICT whilst improving pupils' confidence, self-esteem and motivation to learn.

To mark the 1000 days till the London Olympics the children launched balloons and read Olympic themed poetry, kick-starting the national Playing for Success legacy programme, "Get Set". This scheme means that between now and the London Olympics every pupil who attends

the Greenzone centre will take part in a variety of Olympic related learning activities based on the Olympic and Paralympic values. This term our focus was 'Courage' and next term it will be 'Determination'.

The term culminated in our Awards Evening in which our Special Guests were the Lord Mayor of Manchester and, representing the club, Rebekah Wilson. They presented all the children with medals to congratulate them on their achievements at GreenZone over the 10 weeks. During the ceremony the best poems from each school were read out by the young poets and everyone voted for their favourite. Greenzone's winning poem will now go forward into the national competition, with a chance to become a PfS Olympic Ambassador and to win a day out in London, visiting the Olympic Stadium and meeting a host of celebrities. It was written by Kieran Bradley from St Peter's Catholic Primary School in Wythenshawe:

"Everyone in Sale Harriers should at some time, support the club's innovative Greenzone centre by paying it a visit. If you haven't done so in the next 12 months, shame on you! Coaches & club group training sessions should, during the coming year, arrange at least one training session from this centre to support our important partnership and to heighten its awareness among members. Contact Andy Jordan Centre Manager, Playing for Success Harriers Study Support Centre Telephone: **0161 436 0586**



### ANOTHER NATIONAL AWARD!

On top of numerous other national awards received for innovation the club's 'Playing for success' Greenzone Centre has won yet another national, prestigious award. As a result of their work with Young People the center is the first of the 162 'Playing for Success' centers nationally to be awarded the prestigious Education Logo by LOCOG (London Organising Committee for the Olympic Games). In addition, as part of PfS Manchester, GreenZone has received recognition as providing Quality in Study Support (QISS Award) at Advanced Level. Congratulations from everyone at Sale Harriers!



Greenzone also took part in some fund raising activities in aid of Comic Relief with children raising over £30 by making and paying for their own Pudsey bandanas. The children had great fun wearing them while taking part in some of our exciting activities.





## Primary Presentation Night 2009

Saturday 3 October saw a full house at Urmston Leisure Centre when the Young Athletes based at Crossford Bride held their annual awards presentation.

Compared by **DAVID BROWN** and **CHRISTINE JOHNSON**, the large gathering of friends, parents and athletes watched **NIALL BROOKS** and **ABIGAIL IROZURU** present awards to all the athletes who were called up in their colour training groups. Both Niall and Abigail, members of Sale Harriers, represented Great Britain in the European Junior Championships held in Serbia.

The Appreciation Award was presented to **STEVE WINDYBANK** and the yellow group champions were **JODIE PELL**, **HATTIE BARRINGTON** and **NATHAN BOOTH**. Club Champions: U/10 **DOMINIC HENSMAN** & **REBECCA HEYS**. U/11 **CHARLIE DOWELL** & **ELLIE TWITE**. U/12 **JAMAL CRAWFORD** & **MATTY YATES**. U/13 **CONNIE VICKERS** & **RACHEL HIBBERD**.

## THE FRANK STARKIE MEMORIAL CUP

Since the unexpected death of Club Chairman **FRANK STARKIE** in 2006, the British Association of T & F Leagues (BATFL) have honoured Frank's memory as their former chairman with a annual award for club officials called the Frank Starkie Memorial Award. At a glittering Awards Dinner in Birmingham on December 5th to celebrate the Best of British, UKA recognised and rewarded the services of many people who devoted their time and energy to athletics in recognition of their efforts and passion. Among them was Bryan Smith who became the recipient of this year's Frank Starkie Memorial Cup. Mike Heath of UKA summed up Bryan's contribution to athletics in his speech as, "one of the chief reasons why Shaftesbury Barnet Harriers have been so successful over the past 40

years. Few clubs can boast of having someone in their club who not only coaches International athletes, but also absolute beginners, who unstintingly supports his club in an enormous way, whether officiating at a Barnet Schools League or being Track Referee at a National League meeting. Sale Harriers Manchester congratulates Brian on his recognition and wishes him well for the future of his great work.

The 2007 recipient was Wendy Haxell for 20 years track judging in Hampshire and the 2008 winner was Olive Megit for a lifetime developing athletics within Essex. Nominations for this award can only be made by clubs affiliated to BATFL.

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# Northern Six-and Four-Stage Road Relays.

*Fechin McCormick*

Reading this report in the wake of the Christmas/New Year celebrations, last September's men's 6-stage and women's 4-stage annual relays, sandwiched between the end of the summer T & F season and the cross-country, will be a remote and distant memory. Then, team Manager's **ERIC HUGHES** and **DAVE RODGERS** poured over selecting teams to pit against the two Northern giants – Chester-Le-Street whose women were challenging for their fourth consecutive title and three-times defending Champions Leeds City AC whose men were again anticipated to take no prisoners. Last year's women's runners up, Kendal AC were also in contention and neighbours Alty AC could surprise again by retaining their men's runners-up position.

Running clubs throughout the land are a graveyard of potentially great teams fallen victim to last minute withdrawals invariably labelled 'sickness' and 'injury'. Sale Harriers Manchester has been no exception to the demise and this year Dave Rodgers, though he says he doesn't invest heavily in this Northern championship, had circulated motivational memos to muster teams capable of 'challenging' and a 'B' team to qualify for the National Finals. Likewise, **ALISON PYE & JO STREET** beavered to assemble women's teams capable of the honours of former years and Joanne Street, did sterling work to recruit the first 'B' team for many years from the Crossford Bridge squad. As almost anticipated, all their hard work fell victim in those perilous final hours before 'D' Day to the traditional last minute demise.

Leeds City AC duly completed their hat-trick of victories with a close scrap for the minor medals and five seconds separating Salford AC, Altrincham AC and Morpeth AC finishing in that order. We weren't, therefore, among them but the consolation of finishing ninth was that it was an improvement on last year's twelfth and the 'B' team's 34th placing was also a big improvement. Thanks for the efforts

lads – **NIALL BROOKS** (8th), **SIMON MILLS** (9TH), **GAZ RAVEN** (3RD & 6TH fastest), **JAMES BAILEY** (4TH), **ADAM ELLIOTT** (6TH) and **ROB FLANNERY** (9th). The 'B' team comprised **MARTIN KILMARTIN**, **JAMES WIGNALL**, **PAUL BARRETT**, **LEE WOODS**, **PHIL TEDD** & **JASON BOWERS**.

Among the invaluable missing women were Louise Whittaker and Emily Beadham and instead relative club newcomers Hannah Griffiths and Cara Kavanagh stepped up to join Donna Riding (Now Jones actually- congratulations to both Donna and Andy who married in the summer) and Rachel Deegan who was most heroic to compete so shortly after her Mum's untimely death from cancer. The 'B' and C teams were also decimated but **JACKIE CORDINGLEY**, **SIAN HOLLAND**, **BELINDA HAMMOND**, **ALISON PYE** and **JO STREET** all made the journey.

Donna battled hard to hand over to Hannah Griffiths in 4th position. Hannah made an extremely solid debut to hand over to Rachel in 11th position who, once again proved her strength by claiming back six places before handing over to Cara, also making her debut, for the last leg to finish 9th overall. It was a decent improvement on last years 15th. Well done, girls.

In the 'B' team, **JACKY CORDINGLY** handled her daunting first leg with confidence to hand over to **SIAN HOLLAND** who had a brilliant run gaining 6 places and proving that she actually should have been in the 'A' team. **JO STREET** gained another place before handing over to **ALISON PYE**. Alison, who though she's left Manchester for a new job, proved she's not completely neglected her running by having a strong last leg to bring the 'B' team home in 29th position. In the 'C' team newcomer Belinda Hammond also bravely made her road relays debut and the experience will stand her in good stead for future events- well done Belinda.

Chester-le-Street had no problem taking their fourth title with Hallamshire and Liverpool AC taking the minor medals. We have the potential to be also medallists. Let's hope so for next year.

The girls then enjoyed the Leeds sunshine and cheered on the boys from a brilliant vantage point at the entrance to the track.

## NATIONAL ME



*James Bailey*



*Jo Street*

# MEN & WOMEN'S ROAD RELAY CHAMPIONSHIPS

*Fechin McCormick*



**Matt Bond**



**Gaz Raven**

Two weeks after the Northern Relays, our teams headed south to Birmingham for the National men's six-stage and women's 4-stage road relays championships to pit themselves against Britain's best from the North-East to the South-West. The long-time Mecca of road relay championship, Sutton Park was at its glorious autumnal best and with conditions perfect for distance running. It was a day to pull out top performances!

Those clubs that best succeed in these (and similar championships) are often not those that have the best athletes but those that have managed to avoid injury and illness. These are the peril of every club and SHM is all too often among them!

This blight of every team manager again afflicted **DAVE RODGERS** and **ERIC HUGHES'** teams (with **JO STREET** deputizing) and even more adversely than in the Northern Relays. As a result, our men finished their lowest ever position of 34th - a long way from last year's fifth and fourth in 2007. However, it was an uncharacteristic blip and **DAVE RODGERS** is already straining on his leash to remedy this disappointment next year.

**MATT BOND** was in superb form as he had been over those weeks generally and recorded his fastest ever time, 30 seconds quicker than last year; **GAZ RAVEN** will remember 2009 as his best. On top of PB's in almost every distance, several international selections and topped by his GB debut, he has brilliantly represented

the club in these relays for over a decade.

He typically ate up the ground again to record his fastest ever time by nearly 15 seconds to bring the team into 6th place. Wot a veteran!

**JAMES BAILEY** was not his zippy self on the third leg; young **JAMIE RODEN** and **ANDY WORLAND** did extremely well as juniors in this tough senior arena. **ROBERT FLANNERY** struggled on the anchor leg but, by goodness, how it spurred him on in training for a while afterwards

Newham & Essex Beagles, who'd won the British Athletic League for the second consecutive year this summer, unseated last year's victors Belgrave AC. Aldershot/Farnham & District took the bronze medals.

In the women's team, only **DONNA JONES** (nee Riding) and team manager **JO STREET** made it to the start line. Donna is an exceptional stalwart who has made a team difference over the years with her consistent performances. **JO STREET** produced a time consistent with last year which must have partly consoled her disappointment in having her team fall apart at the eleventh hour.

Aldershot/Farnham & District gained their third successive women's title and added to their men's bronze medals meant a very successful day. Northern champions Chester-Le-Street took the silver medals and City of Norwich the bronze.



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# NORTHERN YOUNG ATHLETES RELAYS

*Fechin McCormick*



**Charlie Hulson**



**The U/15 Northern Champions**



**U/15 Chris Wilcock & Jordan Bezzina**

It wasn't just our men and women who were decimated with colds and injuries for the Northern Road Relays. The blight of an autumnal virus' also adversely affected our young boys and girls teams in their trip to Leeds Met Carnegie Campus the day after the senior relays. However, the major highpoint was our U/15 boys becoming Northern champions. Congratulations to them

## BOYS

Congratulations to the U/15 team of **ALEX BIRCHALL**, **DILLON BEZZINA** and **CHRIS MCGAHAN**, three promising young athletes who pulled out all the stops to clinch magnificent gold medals and the Northern title to give the club its best result in this section for three years and only its second age-group northern title for well over a decade. Talented **CHRIS MCGAHAN** demonstrated his talent with a fantastic 800m victory in the English Schools championships junior event in a PB of 2:01.11. They pipped Trafford AC to the title by a mere four seconds. Onwards and upwards, lads!

The 'B' team of **K CONWAY**, **A BRADFORD** and **K ABSIYEH** finished twenty-second.

Not having had an U/13 boys team compete in these championships for the past two year's, it was encouraging to again have the famous green hooped-vest displayed around the Met Carnegie Campus in this age-group. Congratulations to the team of **E GILCHRIST**, **C WILLCOCK** and **J BEZZINA** who finished fourteenth overall.

Over the past few years, the U/17 lads have succeeded in turning out a couple of teams, a tribute to the size of the squad and to coach **PAUL RODEN** who excels in bringing the best out of these lads and keeping them together. Despite their ability, they were challenged by the likes of victors Derby AC, Lincoln Wellington and Leeds City AC. The 'A' team of **CALLUM GREENWOOD**, **CHARLIE HULSON** and **M HOLMES** finished eight overall. Charlie's time was the second fastest of the day! Last year, a rather different team that included only **CHARLIE HULSON** from this year, were the silver medallists. The 'B' team of **CALLUM ROWLINSON**, **CHRIS BUTT** and **GLYNN WINDEBANK** finished 17th.

## GIRLS

Team managers **PETER & CHRISTINE** would have wanted to call on a bigger squad of his athletes but they simply were not available. Those who did make the journey performed exceptionally well in the circumstances.

The U/13's 'A' team of **ELEANOR CANHAM**, **LUCY CANHAM** and **HANNAN SIMEEN** finished an excellent 10th from over 40 competing teams. The 'B' team of **RACHEL HIBBERT**, **JULIA HASSALL** and **CAITHLIN THOMAS** performed just as well and any of these girls could have been in the 'A' team had they not been recovering from colds.

The U/15 girl's team of **CHLOE YATES**, **DANIELLE DIGNAN** and **MISHA NAYAKOLIVER** are also to be congratulated for turning out in adverse circumstances. Their 20th finishing position was largely comparable to recent years.

Unfortunately, there was no girls U/17 team for the second consecutive year.



# THE ENGLISH YOUNG ATHLETES ROAD RELAYS

*Fechin McCormick*

**The day after the men and women took part in their National Road Relay Championships, our young athletes travelled to the same historic venue of Sutton coalfield also do battle with the nation's youth at the ERRA National Young Athlete Relays Championships.**

The Primary section did well to turn out two U/13 girl's teams, an U/15 team and an U/17 team. Well done to the U/13 'A' team of **JULIA HASSELL**, **ELEANOR CANHAM** and **HANNAH SIMEEN** who finished 30th and to the 'B' team of **CAITHLIN THOMAS**, **A. GILCHRIST** and **MEGAN DALY** who finished 41st. Whilst results were not among the club's finest hour, these youngsters had a great experience and let's hope they stay with the sport and become ever more shining stars.

Likewise, though the U/15 girls of **CHLOE GRANT**, **DANIELLE DEGNAN** and **MISHA NAYAKOLIVER** were 41st from the 44 teams, let's hope they gained a national experience to inspire and remember.

In the U/17 girl's race, **SARAH SIMEEN** was competing in this national arena for the fourth consecutive year and was the most experienced of the girls. **KATE McLELLAND** ran a great second stage and also displayed her growing experience whilst, on the final stage, **ALICE FITTON**, a product of last year's U/15 team, further improved her team position to 33rd.

Aldershot, Farnham & District won all the three national titles for the fourth successive year – some achievement!!

We had no boy's teams turn out! Indeed, the club younger end of boys has not made an impact in these championships for several years. In the past decade, we've turned out only three U/13 boy's teams four U/15 teams and an U/15 team five times. Interestingly, it was the southern teams who dominated throughout these championships.



Photo courtesy of David Lowes (Athletics Weekly)

SHM members **CHLOE GRANT**, **SARAH SIMEEN**, **VICTORIA CALDERBANK** & **MISHA NAYAK-OLIVER** had a great time at the BMC course during November at Spinkhill, Sheffield.

The course programme was based around 'Winter Preparation for Summer Rewards' with the athletes gaining experience of training twice a day in a running camp environment. Also included were lectures and practical work on tactics, winter training, stretching, conditioning, diet and massage.

The girls were pictured with guest of honour **PETER ELLIOT** (former 800m great with a PB of 1:42.97) who is currently director of the English Institute of Sport in the North. Peter was able to relate his experiences from his golden period and gave his views on the present state of athletics

## ENGLAND V GERMANY

It may happen in this year's World Cup (again!) but it'll certainly happen in the German city of Kassel when a larger than eve group of Harriers travel to the city's marathon and half-marathon on May 16th. Thanks to the generosity of **STEFFAN SCHUMACHER**, who hails from the City and his (former!!) athletic club LG Vellmar a fantastic partnership has developed that's resulted in this being the third successful trip. The adventure, results, fun, generosity of the race organisers' and warm hospitality of the hosts will be covered in the next edition. Meanwhile, those travelling are:-

### Marathon:

Lee Woods  
Colin Gell  
Tim Rainey  
Carl Cleghorn  
Stefan Schumacher  
Peter Child  
Frank Cordingley

### Half marathon:

Karen Sheen  
Dawn Holding  
Audrey Gresty  
John Smith  
Liz Turner  
Geoff Beattie  
Carol Beattie  
Paul Rowley  
Brian Bradshaw  
Mike Hughes  
Katie Reece  
Ian Whitham  
Jackie Cordingley  
Meneke Sidhu

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# THE ENGLISH CROSS-COUNTRY RELAYS

## Unenviable records at Mansfield

*Fechin McCormick*



*Niall Brooks*

The Saucony English Cross Country Relays, held annually at Berry Hill Park, Mansfield, showed even more growth this year for its 20th Anniversary event. It was another record occasion but not all the records were in SHM's favour! 737 teams from all over Britain competed in the traditional 10 races. On a bright sunny day ideal for fast times, the competition was fierce and the large number of supporters created a great atmosphere.

Our under 15 Boys got the day off to a reasonable start. Freshly crowned Northern Relay champions, they lined up with the 107 other teams. **ALEX BIRCHALL**, who also took the first leg in their Northern relay victory, handed the baton to **KYLE CONWAY** for the second stage in a satisfactory fifteenth place. Kyle did a fine job to improve the team's position two further places. **DILLON BEZZINA**, the other member of the successful Northern Relay trio, improved even further to bring the team home in twelfth place.

The U/15 girls were next! Sadly, however, we had no-one among the record 95 teams. It's a question worth pondering how Aldershot, Farnham & District can, year after year, win four of the young girls national titles and be runners-up in two of the boys events when so many other national clubs like hours struggle to attract/retain youngsters.

The events moved swiftly and in the 3rd race of the day it was the U/13 girls who went into action. Again, we had no one to line up among the massive field of 105 teams. Our neighbours Vale Royal were the early leaders but once again it was Aldershot who took the title.

There was no time to draw breath before the U/13 boys got under way with another record of 88 teams. Yet again we had no team! Again, what is it about U/13 champions Tonbridge Wells that they were able to finish three teams



*Matt Bond*

in twelve... and be last year's runner's up when clubs like ours are clearly struggling?

In bright sunshine, the Junior Women's race had a field of 36 teams and again the hot favourites were Aldershot/Farnham & District, who've won this age-group's title for eight of the last nine years, Neighbours Stockport AC were the early leaders. For the fourth consecutive race, again, we had no team toeing the line...

The U/17 Women were on the course at the same time as the Junior Women starting seven minutes behind. In this race again AFD made it four out of four on the female side of things and won by over half a minute. For the fifth consecutive race, Sale Harriers Manchester was not represented... and thus our own unenviable record of the first time in the club's history we've not entered or completed a team in 50% of the events in this major championship.

The action packed day was two thirds through when the Junior Men started and this was to be the pinnacle of our day. Young talent **JAMIE RODEN** set off with gutsy determination and passed on the baton to **RYAN WORLAND** who also powered round the course to improve the team's placing six positions and finish twenty-second. It was then down to **NIALL BROOKS**, ranked as one of Europe's top middle distance

runners who'd won silver at the summer European Junior Championships. Eating up the ground, he hauled in no less than thirteen 'scalps' to bring the team home ninth, the sections best result since 1999 when they finished second.

The under 17 Men followed the Junior Men and this was very much a Southern battle between Shaftesbury Barnet, AFD, and Ipswich who took the honours in that order. Coach **PAUL RODEN** didn't have access to his best squad and although **CHARLIE HULSON** brought home the team in an impressive second place, **CALLUM GREENWOOD** and **CALLUM ROWLINSON** couldn't match this ability despite valiant performances and the team finished – yes, another record, a lowly thirty-fifth.

It was then onto the senior races with the Women first and a mammoth 104 teams toed the line. Yet again, we had problems mustering a team and created another unenviable record. Our 35th finishing position was our lowest ever in these championships! **EMILY HEIGHWAY** left her Loughborough haven for her first club race in a long time. **JENNA HILL** on the second leg, has represented the club in these championships through all the age-groups for more than a decade. She showed her loyalty yet again and, despite not fully fit, brought the team from 52nd to hand over to **SIAN HOLLAND** in 32nd place. Sian's ability has moved onto another level this year and she brought the team home 35th. A 'B' team of **JAN NICHOLLS**, **ALISON PYE** and **LYNDA ROWLINSON** finished 60th. Charnwood retained the title they won last year, Bristol & West took the silver medal while Woodford Green with Essex Ladies were third.

The Senior Men joined 164 other teams for the day's pièce de résistance. Although the battle for medals at the front end was intense, **DAVE RODGERS'** 'A' team was fighting their own battle further down the field. **MATT BOND**, on the first leg, was the right man for the job. Running fifteen seconds faster than last year, he finished 18th. Matt's been in superb form proven with a superb PB of 30.11 in September's Cardiff 10k. **GLEN COMISH**, on the second leg, was returning to fitness and uncharacteristically slipped to 28th. **JAMES BAILEY** pulled it back to 18th with a fine performance, a position that anchorman **SIMON MILLS** held. Although this was the first time the senior men were outside the top ten for 12 years, it was an acceptable result in the circumstances. The 'B' team of **MIKE HATCH** (75TH), **PAUL ROWLEY** (85TH), **LEE WHITLEY** (82ND) and **MIKE KILMARTIN** finished 79th.



# OVER THE BALES

Despite the wet conditions, over 500 young athletes, parents and supporters attended the annual unique 'Over the Bales' cross country races from across the North West, staged at Crossford Bridge, Sale.

Held every year at the end of November, and organised by Sale Harriers Young Athletes section, special thanks at the outset must go to Ashton Hall Equestrian Centre for the generous loan of the straw bales, which were the obstacles that the young athletes had to negotiate during their races.

**Results: Under 9 Girls:** 1st team Sale Harriers Manchester 11pts 2nd Manchester Harriers 25pts 3rd Trafford AC 39 pts 1st 'B' team Sale Harriers. Best Sale Harriers finishers Elizabeth Twite (2) Bethany Thornton (3) and Niamh Nugent (6).

**Under 9 Boys:** 1st Team, Trafford AC 18pts, 2nd Salford Met 32 pts, 3rd Sale Harriers Manchester 'A' 34 pts. 1st B Team, Sale Harriers. Best Sale Harriers finishers, Joe Rooney (8) Alex Newman (11) and Bailey Hulse (15)

**Under 11 Girls:** 1st Team Holmfirth 18pts, 2nd, Sale Harriers Manchester 27 pts, 3rd Stockport Harriers 28 pts. 1st 'B' Team Sale Harriers Manchester. Best Sale Harrier finishers Eleanor Twite (3), Francesca Brint (6) and Ciara O'Neil (18)

**Under 11 Boys:** 1st Team Sale Harriers Manchester 6 pts: 2nd Holmfirth 33 pts, 3rd Trafford 33 pts. Best B Team: Sale Harriers Manchester 27pts. Best Sale Harriers finishers Michael Quin (1), Jake Spilsbury (2) and Adam Kinghorn (3).

**Under 13 Girls:** 1st Team; Sale Harriers Manchester 10pts 2nd Stockport Harriers 36pts, 3rd Trafford AC 37pts. 1st 'B' Team Sale Harriers Manchester. Best Sale Harriers finishers Rachel Hibberd (2) Julia Hassall (4) and Nina Rawlings (5).

**Under 13 Boys:** 1st Team Holmfirth 10 pts, 2nd Sale Harriers Manchester 35. Best 'B' Team Sale Harriers Manchester. Best Sale Harriers finishers Josuha Daly (10) Jordan Bezzina (11) and Joshua Booth (14).



## MANCHESTER SPORTSHALL LEAGUE

On Saturday Nov 7 over 300 primary school children from 16 Trafford Primary schools arrived at Crossford Bridge and took part in the first of the series of four cross country races with some schools also entering 'B' & 'C' teams. The second race in the series took place on Dec 5th.

The following day, saw 50 young athletes plus coaches, managers, parents and supporters arrived at Sportcity to take part for the first time in the Greater Manchester Sportshall League. It has been some years since the club's youngsters took part in North West Sportshall League, and the club were made very welcome as they competed against 11 other local clubs. It is hoped that many of the team will go to the National Finals. Future results and developments in the Club's Sportshall involvement will be published in The Harrier.



One group of Sale athletes who have been training together for some time and had a very good track & field season this year have all had polo shirts embroidered with their group's name 'Roger's Track Devils'. Named after their coach Roger Devlin.

## Youngsters Run Away with Great Run Silverware!!

It was our 'little people' who made the biggest impact in this year's summer/autumn Great Run Series. Their success began in May's Great Manchester Mini Run – remember it? The under-9's race was won by **FRANCESCA BRINT** (aged 8) who beat all the boys in the process. **ELIZABETH TWITE** (aged 6) was third girl home and in the Junior Run **JULIA HASSALL** came third and **ELEANOR TWITE** was 10TH after an early fall.

Their success continued to September's Great Yorkshire Junior and Mini runs that took place in and around the Don Valley Stadium in Sheffield. Again **ELIZABETH TWITE** (aged 7 the previous week) won the Classic" Mile for 8-year olds, again seeing off all the boys. In the Junior 3k Run for 12-14 year olds, **KYLE CONWAY** came home third whilst nine year old **ELEANOR TWITE** was second girl in the 9-11 race. This was a tremendous achievement with the announcer commenting during the presentations on what a good set up Sale Harriers must have.

These children again triumphed at the Great North Run on the Quayside in Newcastle. Yet again, **ELIZABETH TWITE** won the Great North Mini run, completing the mile in 5-08, beating Olympic Athlete Sonia O'Sullivan's daughter, into second place! In the Junior three mile race, **FRANCESCA BRINT** and **ELEANOR TWITE** ran in a field of over 1000. Eleanor was 7th and Francesca was 19th, a tremendous achievement bearing in mind they were only nine year olds and will be eligible for the same race for the next two years!

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## Winter Party!

The beautiful people of Sale Harriers Manchester gathered once again to celebrate in style at this year's 'Winter Party' at Deckers in Sale Water Park. This was the second staging of this now annual event, due to popular demand after so much fun was had last year.

Party goers were barely recognisable in their finery, with the gents in black-tie and the ladies in their most glamorous frocks. A definite change from the sweaty training gear we are used to seeing each other in!

This year, we once again got into the swing of the party with our own Lee Woods' band, Clean Cut who played a fantastic set. Plates were then piled high with scrummy food from the plentiful buffet and everyone tucked in enthusiastically.

A speech was added to the agenda for 2009, with Paul Barrett taking the time to highlight some of the club's achievements during the year and to thank club members for their hard work behind the scenes.





Dave Rodgers, Jo Street and Alison Pye were thanked for their roles as team managers and Jean Dutton and Anne Jackson for their hard work taking care of our administration and memberships. Our final moment of recognition was for the 'legend in his own lunchtime, Chris 'Flapjack' Heys, who over the years must have made literally thousands of pieces of his mouth wateringly tasty secret recipe flapjack for us all, taking care of our nutritional needs at countless Lakes Weekends and cross country races. To his delight, he was presented with a 4 foot long wooden spoon that has been specially soldered to commemorate his 'services to athlete nutrition'.

After everyone had danced the last dance, the party for some, continued late into the night at an 'after-party' venue. An inquest continues into whether or not these individuals turned out for their long training run the next morning.

**Our next big social event will be the Grand Centenary Dinner & Celebration, on Friday 19th March 2010 and it will be three times as big as the Winter Party and in the most elegant of venues, Manchester's Town Hall. Can we cope with this level of excitement I ask myself?! Surely, the answer will be an emphatic 'Yes'!**





# LAKE WEEKEND

The bi annual September training pilgrimage to Newlands Activity Centre in the Lake District occurred in probably the best weather the whole of the summer could offer. A record 45 athletes ascended on the western lakes to enjoy the fine hospitality, great cuisine and beautiful scenery.

The weekend started with the usual ensemble in the Swinside pub, followed by the regular flap jack tasting session on return to the centre. Following a few mild hangovers, the group headed out in the morning to be presented with some of the best early morning views of the lakes as the sun presented itself over picturesque valley of Newlands. Following breakfast, people headed off to enjoy the beauties of the national park, with arranged activities such as Cat Jones' frogmarch across the lakes with Pike and 20 hardy kayakers enjoying some 'interesting' activities on Lake Derwent Water, mostly involving swimming rather than kayaking...

During the evening, instead of playing the Russian roulette curry game, we decided on having a BBQ at the centre which was amazing. The centre served up a gourmet delight, including Cumberland sausages, steak and marinated chicken, all washed down with a variety of different drinks including a meeting with the Captain!? The evening ended with a world record spooning attempt, with a strict rule of boy/girl/boy... as shown in photograph.

Sunday was the usual steady trot around the lake followed by a sad departure home down the M6. It was concluded by all that the weekend was amazing- next one March 5th.



Spoon-tastic activity in Lake District

JASON BOWERS was awarded his first Oscar by Paul Barrett before a Crossford Bridge training session! It was for a masterful piece of filmmaking that followed the club's successful participation in the Welsh Castles Relay featured in the Harrier magazine two editions ago. If you want to recall that epic trip to conquer the Welsh Castles Relay follow the link <http://www.youtube.com/watch?v=zIYP1B8Aq0w>



## Gaz's First!

Two weeks after **GAZ RAVEN** represented England in October's IAAF Half-Marathon championships in Birmingham, he topped off another fantastic year of elite performances at home and abroad on road, hills and country that culminated with his GB & NI debut at the European Mountain Running Championships in Austria. He was invited by UKA to be the pace-setter for the elite women in the Delhi half-Marathon. Despite Gaz's best of 64.28 for the distance, the women didn't wait for him but he still enjoyed Delhi and celebrated with an Indian curry... and ended up with 'Delhi belly'... You can imagine the running he did then!!



## UKA Fell Relays

Sale Harriers swallowed a tablespoon of ambition and entered into uncharted waters by entering three teams into the national fell championships. It was an early start for 18 runners as they headed up to Ennerdale in Cumbria for a day of gruelling hills, fanny packs, beards and dubious map reading.

The men's 'A' team of **GAZ RAVEN, COLIN GELL, ROB FLANNERY & RICHARD WATSON**, despite some slight map reading issues in dense fog, ran well to finish 30th. The 'B' team of **ELTON DAVIES, PAUL BARRETT/STEVE MOSELEY, TIM BRETT/MIKE WHARTON** & with a surprise run from **DAVE RODGERS** finished 109th and the ladies team of **JENNY BOWMAN, JAN NICHOLLS/FIONA BAIRD, MORAG MCNIVEN/SIÂN HOLLAND & JO STREET** unfortunately due to the weather, finished nearer the back than the front- but enjoyed themselves nevertheless. Credit must go to Morag who is a legend with a map and compass! Perhaps she should teach a lesson to fellow harriers. The day ended with everyone enjoying a well earned pint of Cumberland ale and some bean stew before we headed back down the M6.

The next fell relay: 31st January- Pennine Bridleway Relay.

## ROGER'S FULL O'LIFE

Whilst most his age use bus-passes, O/65 **ROGER ASHBY** thrives on the fells and in past months, he's been his normal, active, energetic, youthful self!

The beginning of October saw him compete in the Langdale Horseshoe (14miles, 4000m ascent).

The race attracted a large field as a counter in the English Fell Running championships, and a solid performance placed him 3rd V65 in 4:24:00. At the end of October, he participated in the OMM (Original Mountain Marathon) in which he and his teammate ran in the Medium-score class. After a total of 11hrs running over 2 days, their team finished 12th out of 76 teams in the veteran's handicap and 166th overall... amazing!

Two weeks later and the Roaches Fell Race (15miles, 3700m ascent). Roger finished 181st in 3hrs 31min, closely followed by O/55 **NIGEL FIELDEN**. It was great to have Nigel back in action after a long period out from racing, to place 186th in 3hrs 38min.

The cold weather doesn't put off the hardy fell runner, and the beginning of December saw Roger manage 3rd O/65 in the Rab Mini-Mountain Marathon, a 3-hour timed event in which runners make their own route selection to visit checkpoints worth different scores with the aim of collecting as many points as possible in the time available.

Roger joined Sale around 1973. In his hey-day, he was no-mean marathon runner with a best of about 2:38 and about 1:13 for the half-marathon. He turned to fell running in later years and there's no sign of his enthusiasm waning.





# MANCHESTER PARKS GRAND PRIX 2009

You'll remember the Manchester Parks Grand Prix as a series of annual five road races through the summer for every age-group run through the regions parks - Heaton Park, Wythenshawe Park, Boggart Hole Clough, Platt Fields and Debdale Park. They maybe a distant memory in the gloom of winter but for the most successful still need to be acclaimed in the neon lights of this magazine. I highlight those who ranked in the top two as a result of participating in at least four of the five events.

■ The **CORDINGLEY** family deserve special commendation for their commitment and achievements over the years. Frank (dad) matched his M45 second place this year with the M40 runners up place in 2006 & 3rd in 2005. Jackie (Mum) won the L50 category to add to her triple L45 crowns in 2004/5/6 & her L35 in 2003 easily making her the most successful and consistent woman in the series. Bea (daughter) has shown she's also becoming a 'chip of the old block' by adding to the family haul in achieving 2nd in her L17 category.

■ **LYNDA ROWLINSON** is also part of a popular running family who has likewise notched up unprecedented success in this series and similarly showed a clean pair of heels to the athletic women of the region. She's won the L45 category for the third consecutive year, taking over from Jackie Cordingley's L45 mantle. Prior to this she was also 2nd in the L35 in 2005/2006.

■ It was great to have **JANINE STOCKTON** back in winning form. She easily won the senior women section – to add to her U/15 victory in 2003 & her U/17 victory in 2004.

■ The other 2009 champions were U/13 **RACHEL HIBBERT** who improved on last year's runner's up position and **DILLON BEZZINA** who became the U/15 boys champion. Congratulations to **NAOMI GRANT** as runner-up in the L35 category



The last of the series, the Boggart Hole Clough 10k with series champions **JACKIE CORDINGLEY** (26), **LINDA ROWLINSON** (63) and M45 runner-up **FRANK CORDINGLEY**



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## Sonia's Got The 'X' Factor

Following her selection for the GB & NI team for the European Cross-Country Championships in Dublin, **SONIA SAMUELS** continued her superb form this winter by finishing 21st in the top-class international field. She was the 4th GB counter that won magnificent silver medals with **HAYLEY YELLING** coming out of retirement to become the individual winner. Well done, Sonia.

## SONIA'S TOPS IN UK CHALLENGE

*Fechin McCormick*

The UK Cross Challenge, this year sponsored by McCain, is an annual series of cross-country races that offers top-class competition for the country's top runners in every age-group. At the first race in Gateshead in mid-November, **SONIA SAMUELS**, a maestro of the mud for over a decade, produced one of her best races to finish a tremendous third among the country's very best. She was there again for the second race in Sefton Park, Liverpool that combined with the European XC Trials where the objective was to secure tickets to the European Cross-Country Championships in Dublin held on Dec 13th. She did just that! Displaying yet again her fantastic talent in very muddy conditions she finished 6th, enough to be selected as part of the GB & NI team for Dublin. Congratulations, Sonia! Sonia has been pivotal in the club's cross-country success for many years. She's a former double Northern Cross-Country champion & an earlier U/17 & U/20 Champion & last year finished third in the National Cross-Country Championships at Parliament Hill Fields. Read of her performance in Dublin elsewhere.

Still an emerging talent full of promise, **CHARLIE HULSON** improved from 15th in his U/17 race last year to 5th this year and was never far off the leaders. He'd earlier displayed his pedigree by winning the U/17 races at Heaton Park & Sherdley Park. In the older U/20 category **JAMIE RODEN**, who finished just behind Charlie in the MACCA races, found the conditions tough and finished 46th. A bit further down the field in 81st place was his team-mate **RYAN WORLAND**.

We finally welcome **ANTHONY FORD** who finished 12th last year in the senior race and was 13th this year. With a 10k PB of 29.02, he'd earlier won the Lytham St. Anne's '5' in 24.06 and went on the following week to record a massive 10-mile PB of 48.52 in the Guy's '10'



What a fantastic photo of **CHARLIE HULSON** just before the start with starter official and club secretary **CAROL BROWN** in the background

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# MANCHESTER AREA CROSS COUNTRY LEAGUE

## Victories in Sight!

*Fechin McCormick*



**Senior & Veteran Men**



**U/13 Girls**



**U/17 Boys**



**U/17 Girls**



**Senior & Veteran Women**

As you read, four of the five winter MACCL parkland cross-country races have taken place. The regions endurance runners have surged around Heaton Park's undulations (October); slugged it through Sherdley Park's mud (November); toughed it through Boggart Hole's bogs (December) and slid on Woodbank Park's frosted slopes (January). There remains only the Wythenshawe match on January 30th to complete this year's cross country league. Full results will follow in the Spring magazine.

**U/11's** Only our U/11 boy's and girl's teams have completed the league because they participate in only three of the five matches. Since they began participating in 2006/7, the girls have finished 3rd on two occasions and runner's up once. This year, they again were the runners-up to dominant Stockport H & AC who have remained undefeated in this new league. Our U/11 boys started participating only last year and won the title in their debut. This year, they were again successful with another convincing victory. Well done to both groups!

**U/13's** As things stand, our U/13 girls will find it hard to topple last year's champions, East Cheshire H & AC. However, with a good turn out, they should take the runners-up place

for the third consecutive year. The U/13 boys are also battling hard with Warrington AC and Stockport H & AC. If they topple both, it would be a fantastic achievement. If not, the runners-up position would be their best recent position in this league so far.

**U/15's** Our U/15 girls are well set to either win or be the runners-up. A victory would be a fine achievement though Stockport H & AC's dominance will make it a big challenge. The U/15 boys have been the league leaders most of the winter though hotly chased by East Cheshire H & AC. Who triumphs will very much depend on the final match. Go for it, boys & girls!

**U/17's** Victory is already assured for our U/17 girls since they're the only team to have completed the requisite number of matches. This is great news for a section that hasn't featured since a string of league titles between the 2003/4 – 2006/7 seasons. Our U/17 lads are aiming for their third consecutive MACCL title and their seventh in eight years but so close is the competition between East Cheshire H & AC and Macclesfield H & AC that a good turn-out for the final match will be essential.

**U/20's** In our U/20 section, incredibly we've had no women's team for a decade

and this year is no exception. Our U/20 men are already victors by default since no other club has completed the requisite number of matches - encouraging news for a section that hasn't completed a team for two years.

**Women** Our women's challengers in Division 1, Division 2 and both the veteran Divisions are Macclesfield H & C, Stockport H & AC and Trafford AC. How these clubs will finally finish will greatly depend on the final match. As things stand, all four teams should aim to be the runners-up - at least

**Men** Finally, our men! In both 'A' and 'B' teams, we are again challenging Trafford AC and, again, unless we turn out the strongest possible team for the final match, Trafford will win their third consecutive title! In the past eight years, it's noteworthy that Trafford have won four titles and we have won four. Possibly, the most disappointing of all sections are the veteran men's. Unless we pull out all the stops, the 'A' team could be relegated to division 2 (Ouch!) and the 'B' team haven't yet had enough people turn-out to rank in Division 2. Come on, lads! Let's be havin' ya! It looks as if Wilmslow AC have the division 1 title in the bag for the fourth consecutive year.



# ON THE REGION'S ROADS

*Fechin McCormick*

## GREAT YORKSHIRE RUN September 6th

Three members crossed the Pennines to run in Sheffield's Great Yorkshire 10k and their performances bear interesting comparison. Newcomer, **TIM KENNEDY**, who finished in 38.28, went through 5k in 19.14 with perfectly equal splits – very good running, Tim! In contrast, O/55 **BILL FOX**, who clocked 39.04, went through 5k in 19.07. It meant he lost almost a minute in the second half but it's rumoured he got injured and hobbled home the final miles. Bill was first in his age-group. Finally, another newcomer **JOHN HUMPHREYS** finished in 47.41 but ran the second half a minute faster than the first.

## TRAFFORD 10K September 14th

Whilst others were kayaking, 'spooning' boozing & barbequing (oh! and running) in the Lake District, others participated in this popular 10k. It lived up to its expectations with over 300 finishers. Top-man Mark Warmby (Newham & Essex Beagles) just missed out on dipping under 30 minutes fiercely chased to the line by local man **MATT BARNES**.

We had our usual quota of 15-20 participants brave the early start. **MATT BOND** finished 3rd just behind Barnes just a week after his massive PB in the Cardiff 10k when he clocked 30.11, knocking almost a minute of his previous best set in Bucharest last year. Onwards & upwards, Matt! **JASON BOWERS** (35.41) showed he was also ship-shape after injury and, on his tail, **PAUL CAPEY** (36.35) ran his fastest time by nearly two minutes for this course. Newcomers **KEVIN MAHON** (38.18) and **LEON RICHARDS** (39.31) showed they have much to give as they get established into club training sessions and will improve even further. Next was **RUTH PARTRIDGE**! Ruth crossed the line in 39.50 and ought to be satisfied since, when she last ran this race way back in 2003, she clocked a much slower 40.51. **FIONA RANGLES** also did well to clock 42.24. Zippy O/60 **TERRY LONERGAN** was running his 124th 10k in a 40 year career. He was pleased to chase Fiona from halfway and "break the tape" with a fellow harrier clocking 42.24. Also winning third in his age-category made his journey from Yorkshire all the more worthwhile. It was also great to see O/45 **JIM LAMBE** (43.26) consolidate his improvement and move into another level of performance. He's been clocking some of the fastest times of his career and taking note-worthy scalps. One of these was our 'celebrity' O/55 **GEOFF BEATTIE**. (Well! Geoff's not really a celebrity to us- just another scalp!). Even Geoff's notable sprint wasn't enough to tip Jim to the line. He'll get his revenge! September wasn't a good month for **MIRAN APRAHAMIAN**, another in the vet/55 category. He clocked 45.42 as preparation for the Swinton half-marathon two weeks later. **RICHARD HORWOOD** (46.37) was four minutes faster than when he last ran in 2006. Finally, to be admired as much as the winner was our longest serving member, O/70 **DON GEORGE** (55.11) who was second in his age category & only a few seconds down on last year's time.

## BERLIN MARATHON September 20th

**STEFFAN SCHUMACHER & LEE WOODS** had spent a good part of their summer focused on a lifetime dream to compete in the Berlin Marathon, the home of the current world record of 2:03.59 set by idol Haile Gebrselassie last year. Both prepared thoroughly and aimed to set new PB's with Lee hoping to even get close to 2:55. Steffan had sharpened up in the Isle of man half-Marathon, completing it in an encouraging 1:40 and the first O/50 finisher. Conditions were very hot and most runners suffered. Lee, with a previous best of 2:58.05, clocked 2:59.06, his second best marathon time. "All in all I was really happy with a sub 3-hour time considering the 30 degree temperatures" he said.

Steffan set off with a PB of 3:25 set in Hamburg in 2004. He started further back than Lee and was, therefore, frustratingly hampered from the outset by wall-to-wall runners along Berlin's narrow streets. When he wanted to stride out, he was busy just concentrating on avoiding being tripped. He hit 'The (Berlin!) Wall' at 20 miles and then needed to stop at every drinking station to re-hydrate. Considering everything, he regarded his 3:48 as "a really bad time... but I wasn't unduly disappointed for I was happy to fulfil my ambition to finally run through the Brandenburg Gate and Andre and me had a great week-end. The night before the race, we met also our friend Reinhard, Lee and his brother-in-law Tom and we had a great night out"

## SWINTON HALF-MARATHON September 7th

It's interesting that the half-marathon your editor ran in the early 80's in 69 minutes (and wasn't in the top ten!) was won this year by Luke Reddy (Liverpool AC) in a slower 1:12.57. The race wasn't **MIRAN APRAHAMIAN'S** finest hour (or nearly two!). He clocked an unimpressive 1:54 - mainly due to having given blood a few days before." It was an interesting experiment (though unintended)", he said, "to see the effect" and he just completely ran out of energy at about half way. **MARK TYLDESLEY** was a faster 1:46.49 as he prepared for November's Chicago Marathon.

## MOURNE MOUNTAIN MARATHON September 20th

For something a bit different, **MIRAN** took off to Co. Down (Ireland) to participate in the 2-day Mourne Mountain Marathon, a most scenic area of Ireland which 'sweeps down to the sea' and where his mother still resides. He ran with a team-mate but both suffered from some very poor navigational errors and route choice and got timed out on day one but had a much better day two.

## CONGLETON HALF-MARATHON October 11th

Recovered from the Mourne Marathon, **MIRAN** then produced a somewhat better half- marathon than Swinton with 1:47.00 but was still disappointed. Far more satisfied was O/55 **JERRY SMITH** despite just missing his objective to dip under 1:30! Jerry, with a PB of 1:28.25 from the Great NW Half in Blackpool last February is on a new lease of running life and been pushing back all his frontiers.



## BLACKPOOL 'PIER TO PIER '10'

### October 11th

**CALLUM ROWLINSON** and his Mum Lynda ran this race on a cold and wet October Sunday. The route was along the coastal path upto Fleetwood, with a cruel sea breeze cross wind all the way. Young Callum finished 6th in an excellent time of 1:02, & took the U21 prize. Lynda also had an excellent run taking the O/45 prize with 1:15. Great also that **DAVE MARSH** was among the line-up. Dave was/is a very promising runner but never reached his potential. He finished an impressive 1:09.

## LIVERPOOL 10k

### October 14th

Three members were among the 2237 finishers in the Liverpool 10k. First home was youngster **MICHAEL KILMARTIN** who was reasonably pleased with 36:08 for 17th place but rightly believes he should eventually be a couple of minutes faster. This is an annual outing for O/55 **GEOFF BEATTIE**. Can you imagine the boost to his confidence with 43:44, his fastest time for that course (I think!) and a minute's improvement on last year? He was in form to exert 'sweet revenge' on **JIM LAMBE** who'd cruelly pipped him to the post in the Trafford 10k. This time, struggling with a chest infection, Jim was caught 'off-guard' in the last 300m but still produced an excellent time of 43:59 for 218th place.

## LYTHAM '5'

### October 18th

Running his first race in the colours of Sale Harriers following his transfer from Blackpool & Fylde, **ANTHONY FORD** was challenged for just over a mile by Anthony Valentine of Bolton, at which point the late arriving Valentine called it a day, turned and walked back to the start, leaving the Anthony to proceed unthreatened to win by 1:27 seconds in a course record time of 24.06. The only other harrier present was O/60 **TERRY LONERGAN** who finished 3rd in his category in another impressive time of 34.07.

## ABINGTON MARATHON

### October 25th

The Abington Marathon was **TIM RAINEY's** 106th marathon or ultra-marathon over a sixteen year career, the last ten as a member of Sale Harriers. He wrote, "To say my preparation for the Abingdon marathon was unconventional would be an understatement. I originally entered just to jog around in about 5 hours with a friend who suddenly couldn't run. Therefore, I'd trained only 2 x 20 mile training sessions and topped off my tapering week of 50 miles with the 40 x 200m track session. I decided to try and run my PB pace to halfway; hang on and see what happened...

It turned out that by 6 miles I'd teamed up with a Stockport Harrier I'd met beforehand and a few others and we kept each other going at an even pace until I realised with 3 miles to go that I was going to achieve a PB! I unexpectedly beat my best by 90 seconds to record 3:07.14. Understandably, I was very happy ...and confused!!"

## ORIGINAL MOUNTAIN MARATHON (OMM) October 25th

The OMM is an annual 2-day orienteering event held in different regions of the country. Last year's event in Borrowdale received much unfavourable attention when it was run amidst life-threatening rain and floods. This year's event was in the Brecon Beacons and **MIKE ASHBY** & **MIRAN APRAHAMIAN** were our representatives with **ROGER ASHBY** taking part in a different veteran category. Because of lack of experience and preparation Mike & Miran (and their teammates) entered the shorter, easier, non-scoring 'C' class. The terrain was all bog and tussock grass and the conditions were

changeable, windy and extremely wet under foot. After some navigational problems with two checkpoints on day 1, Mike & his team-mate lay 28th overnight out of over 300 starters and, following a much better second day, finished their class 6th overall and collected a prize of kit vouchers for their efforts. Meanwhile, Miran & his teammate were doing OK for the first two thirds of day one and then Miran fell badly running downhill and tore ankle ligaments resulting in having to hobble the remaining 6k to the finish (but still going to all the checkpoints). As a result, he didn't make day 2. Mike's dad Roger is a seasoned O/65 veteran of the hills & he also had a good run in the Medium-score event. He and his teammate finished 166th, which translated into an impressive 12th out of 76 teams in the Veterans handicap.

## GUY FAWKES '10k'

### October 31st.

As said earlier, **JERRY SMITH** is one of the club's most improved runners... and rightly so. He's doing the hard work and has unquestionable commitment. That was evidenced by his participation in the tough Guy Fawkes '10', a hilly 10 mile course near Harrogate. Run this year in torrential rain and strong winds, he crossed the line in the stunning Ripley Castle Courtyard in an impressive 1:12:04. "I'm happy considering this tough course" he said.

## ALEXANDRA PARK 5K

### November 1st

<b>13 Tim Rainey</b> .....	19.49
<b>20 Terry Lonergan</b> .....	21.01
<b>25 Geoffrey Beattie</b> .....	22.30
<b>33 Katherine Reece</b> .....	23.44
<b>34 James Lambe</b> .....	23.57

## LANGLEY '7'

### November 7th

Described as 'hilly and scenic' the first four miles of this race are massively uphill. It's for the brave and good and this year we had four who felt they couldn't have spent a better Saturday afternoon! As a club newcomer, **TIM KENNEDY** has the 'bug', finishing 12th out of 321 runners in 42.57, despite suffering from a virus. **MARK FERNS** makes this an annual outing but this year was thirty seconds down on last year with 56.56. **KATE RITCHIE** was just outside one hour and **NAOMI GRANT** got in some tough training to finish in 1:07.11. All were revitalised by lovely tea and cakes at the finish.

## MARATHON DES ALPES MARITIME

### November 8th

**CARL CLEGHORN** took off to France for this famous run from Nice to Cannes. He missed out on the last two months training as a result of an injury but decided at the last minute to run anyway! He completed the course in 3hr 58 mins. He said "The weather was cool and dry, and the view of the Mega-Yachts was intimidating as we ran along the Cote D'Zur. The French were very good and there were a lot of British runners there".

## CONWAY HALF MARATHON

### 8TH November.

**RUTH PARTRIDGE** was spotted in the Conway half-marathon. Now living and working in North Wales, Ruth's obviously been training hard. She normally aims for sub 1:30's but, following an intimidating incident on the Great Orme, that upset and delayed her, she finished in 1:31.53.





## PRESTON '10'

### November 15th

Whilst most ran the second Manchester Area XC League in Sherdley Park, **STEFAN SCHUMACHER** & **JAMES LAMBE** took off for the popular Preston '10'. Steffan's 'sat-nav' let him down so his warm-up had to be a run to the start-line. With little training from a calf strain, he started cautiously. Jim passed him early and this enabled Steffan to keep Jim in his sights. "Why did you keep looking back, Jim?" Steffan asks. He was caught three hundred yards from the line and Steffan recorded 1:13.44. Jim need not be disappointed - he was rewarded with a PB of 1:13.51 to give credence to greatly improved form.

## PARK RUN 5k, PLATT FIELDS

### November 21st & 28th

On Saturday 14 November, The University of Manchester SPORT department launched the first South Manchester Parkrun and they've been run every Saturday morning since then. Numbers are growing and the following the club results so far.

Name	1	2	3	4	5
<b>Kevin Mahon</b>		18.52	21.13		18.34
<b>Tim Kennedy</b>		17.48	19.52		
<b>Tim Rainey</b>	19.45		20.04		
<b>Celia Birchby</b>	24:23				
<b>Mike Dunne</b>			22.22	21.5	
<b>Geoff Beattie</b>					22.00
<b>Fechin McCormick</b>					22.50

## THE BEST 5k PRESTON

### November 22nd

**TERRY LONERGAN** toed the line for this low key, traffic free 5k run on the footpaths of Moor Park adjacent to Preston North End football ground. Recent weather meant that parts of the course were under water but no real problem for our talented O/60 veteran who was true to his consistent form finishing 35th from 257 finishers in 20.44

## SALFORD '5'

### November 29th

This exclusively women's race is nearer 5.25 miles and we had our usual number of the 'fairer sex' respond. **RUTH PARTRIDGE**, who finished sixth in last year's race, was pleased to be 4th this year though 25 seconds slower due to the inclement conditions. **SIAN HOLLAND'S** 35.28 further demonstrated her vast improvement being 2 minutes faster than in 2007. L35 **JAN NICHOLLS** was also over a minute faster than 2007 but, by contrast L35 **JO ROBBINS** (37.54) was just under a minute slower... maybe it's because we've not seen Jo at training sessions for awhile! This quartet won the team prize for the third consecutive year. **JENNY CLINK** (40.37) squeezed in this race as a 'sharpener' amidst heavy training for next year's London Marathon; **CARLA OUSEY** managed a rare outing away from motherhood and **NAOMI GRANT'S** 47.15 is also a super bench-mark.

## BOSTON (USA) 5k

### December 6th

Consultant neurologist **STEFFAN SCHUMACHER** hit the news whilst giving a conference in Boston USA to specialist neurologists. It wasn't for pioneering research on dementia or the effects of road running on the human brain. No! He raced a 5k organized by a very friendly local running club and came 6th. Normally, only the first 5 are mentioned in the Sunday paper but, being a special visitor from the UK they put his result among the females. Not unusual many go to USA for a sex change!

## GUY '10'

### December 7th

The week following 13th place at the European Cross-country Trials in Liverpool, club newcomer **ANTONY FORD** was in the form of his life to win this race with a tremendous PB of 48.52, knocking over a minute off his previous best and his first time to dip under the magical 50-minutes. Congratulations! (Interestingly, another club runner **SIMON MILLS**, won this race last year in 52.24)/. **ADAM ELLIOTT** made his debut over the distance and should be pleased with 55.51. **PAUL GANDY** (M55) also had a run out to finish in 1:41.50

## PERCY PUD 10k

### December 6th

Our resident top psychologist, **GEOFF BEATTIE**, principle 'head-shrinker' to all seven editions of 'Big Brother' and world expert on body language who's exposed on TV the public ambivalences of even Prime Ministers, took himself off to his 'home territory of Sheffield and his wife's athletic Club (Steel City Striders) for their Percy Pud 10k, a tough but popular race with nearly 1,500 finishers this year. The race was delayed 30 minutes as volunteers unblocked drains out on the course to release flooding to ensure that the race went ahead. Geoff's time of 44.42 is especially credible for the tough course and long delay but Carol his wife, only three minutes behind, an even better run!

## STOCKPORT '10'

### December 13th

The largest ever number of almost 700 finishers on a sunny, cold, day ensured the success of this annual event over a tough, hilly course. O/55 **JERRY SMITH** was first home in 1:07.27 nearly two minutes quicker than last year and just ten seconds outside his 10-mile PB on a much-flatter course. It's particularly admirable considering that Jerry ran the MACCL Boggart-Hole cross-country the previous day. This was **TIM BRETT** first encounter with the course and he also had a good run clocking 1:12.31. Just a month after the Preston '10' M50 **STEFAN SCHUMACHER** felt fit and recovered and, though slower than Preston, the tough hills made the difference. He just managed to beat O/60 **MIKE DUNNE** who, apart from the Parkrun 5k's, had been doing little other racing. With minimum distance training, 1:14.43 was an excellent result and just short of the age-category prize by 30 seconds. There was only thirteen between Stefan and **JIM LAMBE** at the Preston '10' but here the gap was over two minutes. Jim had not been training again! Finally, **RANJIT BENNETT** clocked 1:38.18.

## GREAT LANGDALE 10k

### December 13th

This picturesque pre-Christmas run touches the festive cheer of the hundreds of participants who run it over two days. On a very hilly course, **TERRY LONERGAN** led home the annual club troupe in 42.33 – an excellent performance not far short of September's flat and fast Trafford 10k. **DAWN HOLDING**, training hard for the London marathon, was also in fine form clocking 50:01. This was a superb two minutes faster than last year. Her London training partner was running this event for the second time and was equally pleased with 51.41, a 78 second improvement on last year collecting the L50 prize as a bonus. **GRAHAM PADGETT** (51:47) was also three minutes faster and collected the 2nd M65 award; **JANET FIELDEN** clocked 58.40; **MICHAEL HUGHES** 59:45 and M55 **JOHN SMITH** recorded 1:00.04



# AT YOUR SERVICE

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Harry Shakeshaft

# WINTER FIXTURE LIST 2010

## JANUARY

- 9 Northern Athletics indoor Combined Events Champs EIS, Sheffield
- 10 Greater Manchester CC Champs TBA
- 10 Indoor Meeting Sportcity
- 11 Cheshire CC Champs TBA
- 16/17 Northern Athletics Indoor Championships (all ages) EIS Sheffield
- 23 Northern Cross-Country Championships Witton Park Blackburn
- 30 NorthWest Multi-Event day Sportcity
- 30 Manchester Area CC League #5 Final + Hotpot & Presentation Wythenshawe Park
- 31 Pennine Bridle Way Fell Race Rossendale

## FEBRUARY

- 6 Greater Manchester Schools Leigh
- 6 British University Cross Country Championships
- 7 Alsager 5 road race Alsager
- 13 Parbold Hill Race Wigan
- 13/14 Aviva World Indoor Trials & UK Championships EIS, Sheffield
- 14 NVAC Cross-Country Championships Warrington
- 14 Winter hill fell Race Horwich
- 17 Indoor Meeting Sportcity
- 20 Aviva Indoor Grand Priz NIA Birmingham
- 27 English National Cross Country Championships Roundhey Pk Leeds
- 27/28 England athletics U/20 Indoor Championships Birmingham
- 28 Northwest Multi-Events Day Sportcity

## MARCH

- 6 Northern/England Athletics Combined Events Champs EIS Sheffield
- 7 Indoor Meeting Sportcity
- 13 UK CAU Intercounties XC Champs & World Trials Birmingham
- 13 BMAF XC Championships Stormont Castle, Belfast
- 14 NVAC 10-mile Championships St. Annes
- 19 Sale Haarriers M/C Centenary Dinner Manchester Town Hall
- 20 English Schools Cross-Country Championships Heaton Park
- 21 Northern 12 & 6 Stage Road Relays Wythenshawe Park
- 27 Home Countries International CC race Mansfield
- 28 Wilmslow Half Marathon Wilmslow
- 28 World Cross Country Championships Poland

## APRIL

- 3 Indoor Meeting (Primary) Sportcity
- 11 NVAC monthly Run 5 mile paths Gin Pit
- 18 BMAF Marathon Championships Lochaber
- 18 National 12 and 6 stage Road Relay Champs Sutton Park
- 25 London Marathon London

## MAY

- 1 Reebok Manchester Sale May 5k Wythenshawe Park
- 9 NVAC Monthly Run 10k paths Stockton Heath
- 15 BMAF Road Relays Sutton Park

## JUNE

- 6 Cancer Research Race For Life 5k Wythenshawe Park.
- 6 NVAC 10km Road Championships Bispham, Blackpool
- 9 NVAC T & F League Sportcity
- 26 The Angela Deegan Memorial 5k Cowm Reservoir, Rochdale.
- 20 BMAF 5k Championships Horwich
- 24 Manchester 5k Sizzler (1) Wythenshawe Park.
- 25-27 Aviva European Trials & UK Championships Birmingham

## JULY

- 4 Cancer Research Race For Life 5k Bolton
- 10 Aviva British Grand Prix Gateshead
- 10 & 11 Cancer Research Race For Life 5k (10k Option) Manchester
- 18 Cancer Research Race For Life 5k Oldham
- 25 Cancer Research Race For Life 5k Stockport
- 19 & 20 Cancer Research Race For Life 5k (10k Option) Tatton Park

## HELP BEAT CANCER

*Cancer Research's UK's Race for Life 2010 is going to be full of amazing moments for everyone. Take a note of the dates listed in the fixture list and join thousands of women all round the country and simply walk, jog or run 5k and raise money to help fund Cancer Research UK's life-saving work. You can enter now at [www.raceforlife.org](http://www.raceforlife.org) or call 0871 641 1111. Together we will beat cancer.*