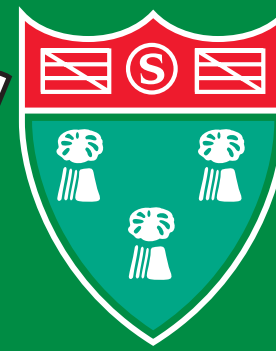


Issue 75 spring 10

THE *Harrier*

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



Centenary Year 1910 - 2010

EDITORIAL

Fechin McCormick

It was in 1910 that Manchester United moved to their new Old Trafford ground, having won the First Division title for the second time. (For those who maybe interested, they played their first fixture on February 19th, losing 4-3 to Liverpool having thrown away a three goal lead!)

It was the same year, amidst the haze which the smoke stacks of Manchester industry created, that Platt Fields was finally opened. Seven hundred unemployed men had spend two years laying out the park, building the lake and island and planting its trees and shrubs.

It was also the year Florence Nightingale, memorable for her work as organiser and inspirer of the Crimean War Nursing service, died at her London home. It was she that gave birth to the concept of nurse training and patient care that's so greatly influenced health care to-day.

It was within this historical context that a further embryo was formed. It occurred when a small group of keep-fit enthusiasts from Sale's local church and gymnasium clubs who'd been meeting for a run, held a committee meeting to organise regular Saturday competitions and gave birth to an athletic club. They could never have realised it would become a national tribute to athletic excellence and a household name in sport.

This athleticism is forever reflected throughout this magazine and in this edition from our youngsters running their guts out through the winter's cross-country season to the world class performances of our pole-vaulter Kate Dennison culminating with the World Indoor Championships.

The Grand Centenary celebration in Manchester Town Hall is, of course, the pinnacle but I've decided to produce a special centenary edition rather than a rather rushed couple of pages that just cannot do justice to our great landmark ! For those who attended it in Manchester Town Hall, it was nothing less than awesome! Three-hundred guests, representing every era from the 1940's to the present day, all grateful for the club's influence on their lives, family, community and city, packed the auspicious Grand Hall. With tables ornately decorated in club colours and bursting at the seams, an unforgettable evening of fine dining; superb live music, dance and animated reminiscence unfolded into a true centenary celebration.

Enjoy!

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CONGRATULATIONS TO SHAUNNA THOMPSON

Congratulations to Shaunna Thompson who was nominated the British Athletics Supporters Club Female Athlete for 2008 and is presented with the citation from BASC's Chairman Philip Andrew at BIG 2009.

Shaunna enjoyed an outstanding 2008 season and was the star of the Commonwealth Youth Games in Pune, winning the 100m in a record time of 11.46s and the 200m in 23.42s (both PBs). She is also an English Schools and U17 title winner.

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

WINTER OLYMPICS

Did you know three Sale Harriers competed at the Winter Olympics in Vancouver... not as sprinters, but as members of the British bobsleigh teams.

ALLYN CONDON, our Olympic sprinter and great stalwart of the British 4 x 100m relay who won relay gold in the 2002 Commonwealth Games (Manchester), joined an exclusive club of Britons to compete at both summer and winter Olympics. With fellow club sprinter DANIEL MONEY, both were members of the 2-man bobsleigh and 4-man bobsleigh British team. Dan crashed out towards the end of the 2-man bobsleigh because of the speed and, though tipped to be among the top eight in the 4-man bobsleigh, both their aspirations crashed in the final stages when their bobsleigh toppled.

KELLY THOMAS, who also claimed a 100m bronze at the 1997 European Youth Olympic Festival and also won vests for Britain at World, Junior & European U/23 Championships was also a member of the women's team and displayed her impressive form by beating much more experienced teams by finishing 11th overall following a near horror crash in the final stages.

Front Cover

Most of the club's 100 years is encapsulated in the front cover photo chosen for this edition! JIM GRESEY, a sprightly 84 year old, is the club's oldest member and JESSICA SPILBURY the youngest at just 6. Jim's been a club member for more than 38 years since he brought his young daughter for training. He then spent several years as a club coach. In more recent years, you'll spot him every Sunday morning arriving at Crossford Bridge by bike to use the gym.

WEBSITE LAUNCH APRIL 21ST

Log on to view the new, state of the art club website? When all its phases are launched, it'll include facilities for networking, discussion, posting photos etc as well as for up to date news and reports.

We want to see you, club members of every age group, taking serious ownership for this - YOUR website. Use it especially to build club community!

If/when you want information posted, we will be expecting you make it as inclusive as possible. Imagine the hurt potentially caused to excluded athletes, families and friends who had participated in the same event but ignored in the results and reports, and who may very well have performed magnificently. There will be a website team of section managers overseeing and providing advice. We'll publish these in due course.

EMBASSADOR DIANE

DIANE MODAHL, Sale's home-grown 1990 Auckland Commonwealth Games 800m Champion and 1998 Kuala Lumpur Commonwealth Games bronze medalist who also competed in the Seoul (1988), Barcelona (1992) and Sydney (2000) Olympic Games, now fulfills a role of StreetGames National Ambassador. The organisation marked its third birthday in February with a party on the terrace at the House of Commons attended by Diane. Diane is photographed with the former MUFC Busby Babe and world renowned artist Harold Riley who is a national patron of StreetGames and very generously supports the charity with a series of paintings to raise funds for the charity. This one of boys playing marbles on the streets of Salford is appropriately called 'Streetgames' and depicts games Harold played as a kid. To learn more of StreetGames visit www.streetgames.org. Most recently, Diane, appeared in the third series of the reality show I'm a Celebrity... Get Me Out Of here.



ROLL OF HONOUR 2009

WORLD CHAMPIONSHIPS:- BERLIN

Andy Turner 110mH Heats
Seyi Smith 4x100m 5th with Canada
Kate Dennison PV 6th

WORLD YOUTH CHAMPIONSHIPS:- ITALY

Shaunna Thompson 100m/200m

WORLD HALF MARATHON CHAMPIONSHIPS:- BIRMINGHAM

Gareth Raven 75th

EUROPEAN TEAM CHAMPIONSHIPS:-

Great Britain

Andy Turner 110mH Winner
Stuart Stokes 3000mChase 8th
Kate Dennison PV
Adele Lassu HJ
Laura Whittingham Javelin
Alison Rodger Shot

Ireland

Brian Gregan 400m 3rd

EUROPEAN JUNIOR CHAMPIONSHIPS:- POLAND

Niall Brooks 800m Silver
Andy Robertson 4x100m Bronze
100m 4th
Andy Sutcliffe PV 4th
Shaunna Thompson 200m
Abigail Irozuru LJ

EUROPEAN YOUTH OLYMPIC FESTIVAL:- FINLAND

Katie Byers PV

EUROPEAN UNDER 23 CHAMPIONSHIPS:- LITHUANIA

Alex Smith Hammer 7th
Sarah Holt - Captain Hammer
Emma Lyons PV

EUROPEAN MASTERS CHAMPIONSHIPS:- ITALY

John Nicholls Shot Gold

EUROPEAN MOUNTAIN CHAMPIONSHIPS CHAMPS - AUSTRIA

Gareth Raven

ENGLISH ATHLETICS CHAMPIONSHIPS MEDALLISTS:-

Senior

Andy Turner 110mH Gold
Alex Smith Hammer Gold
Mike Floyd Hammer Bronze
Paul Walker PV Bronze
Kate Dennison PV Gold
Laura Whittingham Javelin Silver
Sarah Holt Hammer Bronze
Abigail Irozuru LJ Bronze

U/23

Alex Smith Hammer BronzeClaire Linskill TJ Gold
Adele Lassu HJ Gold
Emma Lyons PV Gold
Sarah Holt Hammer Gold (new CPB)

U/20

Andy Sutcliffe PV Gold
Niall Brooks 1500m Bronze
Shaunna Thompson 200m Gold
Abigail Irozuru LJ Silver
Abigail Haywood PV Silver

U/17

Alicia Casement 300mH Bronze

ENGLAND HALF-MARATHON CHAMPIONSHIPS

Gareth Raven

EUROPEAN INDOOR CHAMPIONSHIPS:-

Senior

Kate Dennison PV 6th

ENGLISH ATHLETICS INDOOR MEDALLISTS:-

Senior

Rob Mitchell HJ Bronze
Paul Walker PV Bronze
Rimas Martisauskas Shot Bronze
Kate Dennison PV Gold British Record
Stephanie Pywell HJ Gold
Alison Rodger Shot Gold
Emma Lyons PV Silver

U/20

Andrew Robertson 60m Gold
Andy Sutcliffe PV Gold

U/17

Ahtollah Rose TJ Gold
Katie Byres PV Gold

Junior

Clovis Asong 400m Gold
Chris McGahan 800m Gold
David Heald 400m Bronze

SCOTTISH INDOOR MEDALLISTS:-

Senior

Kate Dennison PV Gold
Alison Rodger Shot Gold

ENGLISH SCHOOL MEDALLISTS:-

U/20 Abigail Haywood PV Gold

U/17 Ahtollah Rose TJ Silver

U/15 Clovis Asong 400m Gold new CRB

U/15 Danny Heald 400m Bronze

U/15 Chris Mc Gahan 800m Gold

U/15 Callum Rougheen Relay Bronze

U/15 Clovis Asong Relay Bronze

U/15 Danny Heald Relay Bronze

U/17 Tyra Watson Relay Bronze

U/17 Brogan Crowley Relay Bronze

U/17 Olivia Callaghan Relay Bronze

BRITISH SCHOOLS CHAMPIONSHIPS - ANTRIM

Ahtollah Rose TJ
Danielle Bentley Jav
Charlie Hulson (Wales) 800 & XC

NATIONAL CC CHAMPIONSHIPS:-

Senior Sonia Samuels Bronze

SENIOR INTERNATIONAL REPRESENTATIONS:-

Great Britain

Kate Dennison, Abigail Irozuru, Jack Andrew,
Rob Mitchel, Paul Walker

England

Jessica Taylor, Chris Craig, Nick Gayle, Mike Floyd

Scotland

Alison Rodger, Holly Belch, Ryan Oswald

Wales

Laura Douglas, Lucy Evans

ANN MARIA ROBINSON

Small in stature, but big in heart, Ann Maria was one of the forerunners of the Women's team who in the 1970s, with the Sale middle distance girls, took the country by storm.

Coached by Alan Robertshaw, Ann Maria won a team gold in the 1972 National Under 15s Cross Country Championships and, with her close friend Jill Williamson, in 1973 achieved School International honours. In 1974 she won an individual gold in the National Intermediate Cross Country Championships and later represented Great Britain.

Ann Maria was a member of the young Sale team who reached the 1975 British Athletic Cup Final for the first time. She won the 3000 metres to break the Cup record, only to have this taken away from her because she was too young.

It was always a joy to work with Ann Maria and she will be long remembered by all who knew her.

Congratulations Julien

Julien Raffali, the coach who has brought unprecedented success to many of the club's pole-vaulters has been awarded The BASC (British Athletics Supporters Club) Ron Pickering Coaching Award. Julien coaches Holly Bleasdale and Sale's Katie Byers, two of the top 10 merit-ranked female pole vaulters in the country. He also coaches Andrew Sutcliffe, our top ranked junior male in the country who finished 4th in the European Junior Championships in Novi Sad last summer. Both Katie's & Andy's tremendous achievement through this winter's indoors is documented in this magazine. He's also organised Vault Manchester for the past couple of years and regularly takes groups of young athletes to France to compete in the French elite indoor pole vault series. The Club congratulates Julien on his well-deserved accolade.



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A warm Harrier welcome is extended to four of our recent new members who have joined the club, although living across the border in North Wales. They travel regularly to Sportcity for coaching. They represented Sale at the Celtic Games recently held in Cardiff where they also represented Wales. They are Abi Williams (2nd 60H equalling her pb of 9.2) Chloe Jones (7th in 60m and as a member of the relay squad set a new Welsh indoor record). Elin Jones (3rd in 200m and 60m). Morgan Harries (1st in 200m in 23.57 secs and 4th 60m with new pb 7.37).

Twite Star

January's snow and arctic conditions wrecked mayhem on county cross-country championships with all but six of the twenty-eight cancelled or rescheduled. Despite the reasons given of unsafe courses, inadequate parking and travel difficulties our youngest members, 11-year old **ELEANOR TWITE** was the only member to run in a County Championship... and she won the U/11 silver medal Congratulations.

CONGRATULATIONS

Apart from KATE DENNISON & ANDY SUTCLIFFE'S magnificent medals at the Aviva World Trials and Indoor Championships in Sheffield, congratulations also to ALISON RODGER who took the shot put UK title with a 16.02 put and to her club mate ALISON PEAKE who took the silver medal. The other club medallist at these Championships was CHRIS CRAIG who won 200m bronze with a time of 21.98

Bon Voyage

Here's the final club group travelling to the German city of Kassel for the City's Marathon & Half-Marathon on May 16th. Thanks to the tremendous generosity of **STEFFAN SCHUMACHER**, who hails from the City and the hospitality of his athletic club LG Vellmar, this will be a fantastic weekend. Bon Voyage and we look forward to a colourful report for the next Harrier.

MARATHON: (7)

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

HALF MARATHON: (16)

• 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 • Michael Wymer • Michael Dunne



The 25 tables with 12 guests in a most imposing Grand Town Hall was quite a spectacle

100 Years Celebrated

JUST A TASTER FOR NOW

It is doubtful that Manchester's Great Hall has ever looked so magnificent: the perfect venue decked out in green, white and red for the celebration of 100 years of the country's finest athletics club. Club members past and present descended upon the town hall on the evening of March 19th to eat, drink, reminisce and celebrate their club, and once there they enjoyed an evening of nostalgia and entertainment fitting of the occasion.

The night began with a nostalgic look back on the events and activities, the individuals, groups and teams that have combined together over the past century to make Sale Harriers Manchester the successful and welcoming club that we all know. With a glass in hand, guests were able to catch up with old friends and walk around a fantastic display that featured photos and descriptions of every section of the club and every era from the 1920s to the present day. In addition to the press cuttings and personal memories, space was even found for homemade Sale Harriers knitwear and original club kit.

As the pre-dinner drinks were finally consumed, nostalgia was replaced by celebration, as seats were taken, food

eaten, and speeches given. In addition to speeches by club president and long-serving women's team manager Eric Hughes, chairman David Brown and Olympic Gold medallist Darren Campbell, there was musical entertainment provided by swing singer Cole Page and soul singer Wayne Allen. Fittingly, a commemorative cake was cut by Darren and Olympian Michelle Scutt, who were joined by some of the many Olympians and international athletes to have been produced by the club over the years.

As the formalities ended, the music played on and there were further opportunities for everyone to dance, chat and celebrate, with former members from as far away as Victoria, Australia and Nevada, USA joined by people from all over the UK and locals from Sale, Wythenshawe and other areas of Manchester. By the close, everyone in attendance could sit and reflect on the perfect way to celebrate 100 years of our club, and begin to think of ways to celebrate the 150th anniversary.

The centenary dinner will be covered more extensively in a special edition of The Harrier.



Club memorabilia admirably displayed in foyer



Cat Jones, Mo Jefferson & Dawn Holding - the three most important people who made the event possible



The club's most recent Olympian Darren Campbell cut the cake with the club's first Olympian Michelle Scutt



All those Club internationals present who represented their nation



Many alumni members attended, some from as far away as New Zealand. These will be featured in the special centenary edition later this year



Britain's No. 1 steeplechaser Stuart Stokes and Olympian & Commonwealth gold medalist Diane Modahl with partners



Deputy Lord Mayor, Councillor Mark Hackett, Club President, Club Chairman with representatives of Manchester City Council and leisure departments



Deputy Lord Mayor, Councillor Mark Hackett with Club President Eric Hughes & wife Doris

NORTHERN 12 & 6 STAGE ROAD RELAYS

Well Done! Dave

On the same weekend as the Club formally celebrated its centenary with a memorable banquet in Manchester Town Hall with 300 guests, past and present, we also had the commitment, again as part of our centenary, of hosting the North of England's men's 12 stage and the women's 6 stage road relays. It was a major responsibility and credit for its success is almost entirely due to men's team manager,



Dave Rodgers. Dave worked tirelessly and almost single-handedly over several months, not only to meticulously plan the very interesting course within Wythenshawe Park appreciated by both runners and spectators; organise the appropriate and necessary facilities; deal with logistical nightmares over several weeks and unexpected problems up to the final hours but also successfully organised the men's team to their best results in years. Congratulations, Dave! You did a brilliant job.



MEN'S REPORT

Matt Bond

Wythenshawe Park hosted by Sale Harriers Manchester as part of the centenary celebrations

Senior Men

2006 was the last time a Northern 12 Stage championships has been held in Manchester when they were held at Heaton Park. This year Wythenshawe Park was the location of choice. The event was exceptionally well organised and a resounding success for the club who played host to 48 senior men's teams who had travelled from all over northern England to compete.

The team earned their 7th medal in ten years at these championships. Two of those medals have been bronze and five silver. On each of those occasions they have played second fiddle to either Morpeth or as was the case this and in recent years - Leeds. Fielding a competitive 12 stage team is never an easy task and much kudos must go to Dave Rodgers for getting the guys out and to the athletes themselves, each of whom gave 100% regardless of fitness. Many of the athletes must've felt at home during the race which was held at the club's training facilities at Wythenshawe Park. For many years this has been the base for Sale and other endurance athletes of the region who have trained under the supervision of Norman Poole.

After the first leg Sale were in 4th and just under 30 seconds behind leaders Holmfirth. On second leg James Davis ran a short leg of approximately 5k in 16:37 to leave the club in 9th. Simon Mills has been battling with various illnesses picked up during his hospital work but put in a solid run on Leg 3 to haul the team back up to 7th. The team climbed a further place to 6th on Leg 4 following a 16:31 run from Mike

Kilmartin. By Leg 5 it was the turn of Gareth Raven who has been busy racking up the mileage in preparation for The London Marathon next month. He seems to be coming into form at the right time and his time of 22:17 was the fastest of his stage and the 7th fastest long leg of the day. This performance took the team into bronze medal position for the first time. James Wignall had a good run on Leg 6 to record the team's joint fastest short leg of the day - 15:52. It was great to see Phil Tedd back running for the team again on Leg 7. Phil looked relaxed as he eased past Salford and held the team in 4th position. This position was maintained by Mike Hatch as he ran sensibly to record 16 minutes dead for Leg 8. Arguably the performance of the day came from James Bailey on Leg 9 who ran 22:52 for a long leg and brought the team into the silver medal position for the first time. Richard Watson had been drafted into the team following the withdrawal of Niall Brooks and he showed good mental strength by minimising the gap created by Salford's Carl Hardman and Liverpool's James Russell who at this point filled the silver and bronze medal positions while Leeds were storming away to an impressive victory. The race was now entering its final stages and Sale needed a strong run from Glen Comish on Leg 11 in order to put the team in contention for a medal on the final stage. Glen produced just that. He had Morpeth for company who finished just 2 seconds behind Sale on the previous leg. The Morpeth athlete bravely tried to stick with Glen but ultimately suffered and dropped back. By the second lap round the park Glen had cancelled out Salford's 37 second advantage and

brought the team back into the silver medal position. By the start of the final leg the gap between Sale and Salford was 28 seconds in favour of Sale. If middle distance specialist Chris Bryant felt under any pressure on the final leg he didn't show it and the team's seventh medal in ten years was confirmed.

On a personal note I found winning silver this year more rewarding than in 2006 when winning regional medals was a formality. The performance success of the team was matched with organisational success thanks to Dave Rodgers and all the volunteers who made the best of the public rights of way available within Wythenshawe Park.

Matt Bond.....	(4)	22:27
James Davis.....	(9)	16:37
Simon Mills	(7)	23:43
M Kilmartin.....	(6)	16:31
Gareth Raven.....	(3)	22:17
James Wignall	(4)	15:52
Phillip Tedd.....	(4)	23:44
Michael Hatch.....	(4)	16:00
James Bailey.....	(2)	22:52
Richard Watson	(4)	16:27
Glen Comish.....	(2)	22:52
Chris Bryant.....	(2)	15:52

OUR 'B' WERE 28TH		
Tim Kennedy.....	(32)	25:41
Andrew Blair	(25)	16:22
Andrew Walling	(22)	25:37
Elton Davies.....	(24)	17:20
Lee Kaufman.....	(22)	25:44
P Scowcroft.....	(22)	18:04
Mike Ashby.....	(23)	26:20
Gary Rowlinson.....	(25)	17:19
R Flannery.....	(24)	26:31
David Marsh.....	(27)	19:04
Gary Willcock.....	(28)	27:46
Undeclared.....	(28)	19:10

OUR 'C' TEAM WAS INCOMPLETE		
Carl Barber.....	(47)	19:32
Tim Brett.....	(47)	32:09
Terry Lonergan.....	(47)	20:40

WOMEN'S REPORT

Wythenshawe Park – March 21st 2010

The week before the race contained the usual problems of injuries and illness among the athletes for Team Managers Alison Pye and Joanne Street but both had a steely determination to ensure that on home soil SHM's ladies would turn out three full teams for this special Centenary 6 Stage Relays.

The day started promisingly with the sun out and a feel of spring in the air which surely helped Dave Rodgers and his gang of volunteers to do their jobs with a smile. Alison and Jo were ably assisted by Lauren Davies who organised the athletes and helped keep Eric Hughes calm. Lora Blann and Vicky Cordingley also helped by offering their support to the team and both looked radiant with their matching bumps – let's hope they're back training in time for the autumn 4 stage relays!

The A team was missing a few of its regular athletes due to illness and injury but still managed to put in a strong performance on the day. Jenna Hill (17.43) took first leg in her stride to hand over to Hannah Griffiths in 10th position. Hannah (19.09), who is just coming back to fitness after an injury, had a decent run and handed over to Cara Kavanagh (20.00) in 12th who passed to Ruth Watson in 14th. Ruth (18.33) proved that the long drive from

Peterborough yet again had not tired her legs and made up 4 places before passing to Rachel Deegan in 10th position. Rachel (17.29) put in the teams best performance and only narrowly missed out on a top 10 fastest lap placing to make up another 5 positions. Jan Nicholls (20.16), who had stepped up to the A Team at the last minute, then had the unenviable task of clinging on as best she could. She did so superbly, losing only 2 places and bringing the team home in a respectable 7th place. Well done the A Team!

The B team's first three legs all saw road relay newcomers make confident debuts. Jo Robbins (20.38) put her marathon training fitness to work in the fast and furious first leg before handing over in 26th position. Morag MacNiven (20.35) made up four places to hand over in 22nd. Rose Blackburn (19.54) had the B team's best run, making up a further 3 places and proving she should have had a spot in the A team to boot! Sian Holland (20.21) also used her FLM fitness to good effect to make up another one place. Jackie Cordingley (21.14), now a road relay regular, used her experience to chip away a further position before handing over for the last leg. Jo Street (21.00) proved she's

managed a bit of running as well as studying recently and made up another 2 places to bring the team home in 15th place. All the B team took pleasure in beating local rivals' Trafford's B team and both Salford and Stockport's A team's - well done girls!

The C team had its own lucky charm in the form of a special Sale Harriers jumper (thanks Morris!) which was modelled throughout the day by Catherine Jones. Lynda Rowlinson (21.38) capably took on the pressure of first leg and brought the team round in 29th position. Jenny Flanagan (23.40), sported an interesting tan and 'ski legs' but still made up a place for the team. Alison Hird (22.23) made her road relays debut and took a further 2 places to hand over in 26th. Alison Pye (21.19) had the team's best run and maintained position before handing to Katie Reece (23.04) who also made her road relay debut and held on to 26th position. Cat Jones (22.44) got her 'race face' on and made up 2 places before bringing the team home in 24th place. Well done girls on being the only complete SHM ladies C team in recent history and beating Stockport's B team in the process.

Joanne Street and Catherine Jones



MANCHESTER AREA CROSS-COUNTRY LEAGUE

Fechin McCormick

The Manchester Area Cross-Country League (MACCL) is a series of five matches run through the winter that provides tough competition for the region's running clubs. Traditionally, the caravan begins in October on the undulations of Heaton Park and then moves monthly to Sherdley Park, Boggart Hole Clough, Woodbank Park and this year culminated on home territory Wythenshawe Park. For every age-group, male and female, as well as the tough competition, this series provides the 'bread-n-butter' endurance training that reaps benefits through the summer's races. They that sow also reap!

This year, again, the Club was conspicuous by the large number of club vests in every race and whilst the spoils of victory were more equitably shared across a number of clubs than in the past, we stood out for finishing more teams than any other club. Well done to everyone who participated... and to those who helped make it happen... officials, parents, coaches and managers.

Beginning with our 'elder' statesmen/women – the veteran section, the men had to pull out 'all the stops' to avoid relegation from Division 1. With the two bottom clubs demoted, seventh place from the ten competing teams had to be celebratory news! Well done to the key people – **ANDY YATES, GARY WILLCOCK, FRANK CORDINGLEY, JERRY SMITH, TIM RAINEY, TIM BRETT, MIKE WHARTON and KARL BARBER**. The Division 2 squad were unranked having completed only two of the four qualifying matches! Wilmslow

AC was unassailable in both the divisions and East Cheshire & Tameside AC was the runners-up.

Our veteran women won promotion back to Division 1 as a result of strong performances in the latter matches. Well done to very experienced stalwarts **JACKIE CORDINGLEY, LYNNE YATES, LYNDA ROWLINSON and JAN NICHOLS**.

The men's title is an annual tussle between us and Trafford AC. This year it was our neighbours who took the Division 1 mantle for the third consecutive year with us runner's-up. That makes Sale 5 - Trafford 4 in the past nine years! Our main men in the Division 1 tussle were **JAMES BAILEY, MATT BOND, JAMES DAVIS, MIKE HATCH, GARETH MATTHEWS** and juniors **RYAN WORLAND, JAMIE RODEN and JAMES WIGNALL**. Trafford also took the Division 2 title and we, again, were the runners up. Those who especially battled it out over hills & dales, mud and slush were **PAUL BARRETT, STEPHEN McCARRON, ELTON DAVIES, PAUL ROWLEY and LEE WHITLEY**.

Trafford AC won the Senior Women's title also for the second consecutive year with Stockport AC runners-up and us 4th. These two were also tops for Division 2 whilst our 'B' squad finished 3rd. It would have been impossible without leaders **CARA KAVANAGH, HANNAH GRIFFITHS, EMILY BEEDHAM, LUCY O'GORMAN, DONNA JONES, RUTH WALLER and FIONA RANGLES** and several veteran women mentioned earlier. The backbone of Division 2 (other than the 'veterans' mentioned earlier!) were **JO STREET, ROSE BLACKBURN, SIAN HOLLAND, JENNY FLANAGHAN, BELINDA HAMMOND, MORAG McNIVEN, CAT JONES, JULIE PRICE, ALISON PYE, NAOMI GRANT** all of whom ran varied number of races.

MANCHESTER AREA CROSS COUNTRY LEAGUE

Fechin McCormick

The demise of young people in competitive running is well documented and was well reflected in the turn-out for most of the matches. However, it was our U/17 girls that shone winning the league as a result of an excellent turn out from **HELENA FLIPPANCEM FREYA NATAYEN, JODIE GUINNANE, SAMARA MOHTASHAM, SARAH SIMEEN, KATE McLELLAND** and **BEE CORDINGLEY**. Coach **LISA DAVIES** also did a great work to turn out the girls especially for the last match to ensure they completed the series. None of the U/17 lads finished the four matches due to exams etc but **CHARLIE HULSON** was typically outstanding and won several matches. Likewise **CALLUM GREENWOOD** also had his best ever winter never out of the top three. Others like **JOSH OGUNTAYO, CALLUM ROWLINSON, MATT HOLMES** and **GLYN WINDEBANK** formed the backbone of the matches they participated in.

It's a decade since any club finished an overall U/20 women's team and it's also several years since the U/20 men. However, on an individual level, this year special mention must be made of U/20 **RYAN WORLAND** who ranked a brilliant 3rd among the men and easily won the U/20 title.

Our U/15 boys produced the section's best result for many years by winning three of their five matches. They took the title from East Cheshire H & Tameside AC. Well done to **KYLE CONWAY** who ranked an excellent 3rd overall but also to **DILLON BEZZINA, KHALID ABSEYAH, ALEX BIRCHALL, CHRIS BRADLEY, DECLAN FERGUSON & JACK BOLAND** must be commended for great contributions.

Our U/15 girls also produced their best results for many years by being runners-up to Stockport AC. Well done to **MISHA NAYAKOLIVER, DANIELLE DIGNAN, CHLOE YATES, NANCY CLARE, CLARE DIGNAN, OLIVIA POWELL, ALICE BENNETT, EMILIE ROSEVERE**.

Our U/13 girls were 3rd thanks especially to **AOIFE GILCHRIST, ELSIE CLARE, CONNIE VICKERS, RACHEL HIBBERT, HATTIE YATES, ELEANOR CANHAM, MEGAN DALY, LUCY VERNON, CATH PODMORE, HARRIET McVIE**.

The U/13 boys have an outstanding talent in **CHRISTY O'BRIEN**. Never outside the top three finishers, he not only was central to his team finishing 4th and easily won the individual league title, but he also added the Manchester Schools, the Gtr. Manchester Schools and the Gtr. Manchester Catholic schools to his list of achievements this winter. He led a very good U/15 squad – **JACK SEDMAN, EUAN GILCHRIST, JORDAN BEZZINA, JOSH DALY, DANIEL BRINT, CAMERON WILCOCK** and **JAMAL CRAWFORD**.

The U/11 boys and girls both won their leagues and both were applauded and congratulated in the last magazine. However, we do it again & also congratulations to their parents who sacrificed Saturday mornings to have their little stars brave cold, frost, mud and cold to boldly run for the club.



NORTHERN CROSS-COUNTRY CHAMPIONSHIPS

Fechin McCormick



U/13 Girls



U/15 Boys



U/17 Boys

A shroud of mist cloaked Witton Park, (Blackburn) for last January's Northern cross-Country Championships but the third 'Northern' at this venue in a decade failed to shroud a magnificent feast of cross-country running.

A 'feast' is remembered for its food but the 'platter' of Witton Park will be remembered only for its 'teaspoon' and 'saucer', two grimacing hills that were far from being a 'piece of cake' Lesser mortals made a 'meal' of them but the awesomely, fleet-footed front runners found only to be a 'cup-o-tea' in an afternoon snack!



U/17 Girls

In the U/13 boys & U/13 girl's races, Warrington AC was supreme and won both these young titles. For the club, talented **CHRISTY O'BRIEN** had a fantastic run to finish 17th (and another year in this age group) and led home his team of **ROBERT LEE**, **DANIEL BRINT** and **JORDAN BEZZINA** to also finish 17th - a great result! The U/13 girl's team of **RACHEL HIBBERT**, **CONNIE VICKERS**, **HANNAH SIMEEN** and **CAITLIN THOMAS** were also little heroes who admirably lined up in the freezing fog and mud and give their little 'all'. Let's hope they were well awarded with at least pizza for tea!

Our U/15 boys were always expected to do pretty well and did not disappoint, finishing eight from twenty-one competing, one of the best results for several years. Such was the commitment of these lads - **ALEX BIRCHALL**, **CHRIS McGAHAN**, **KYLE CONWAY** and **DILLON BEZZINA**, they were collectively disappointed. The U/15 girl's team were **MISHA NAYAKOLIVER**, **DANIELLE DIGNAN**, **CHLOE YATES** and **NANCY CLARE**. This was Misha's second 'Northern' in this age group and she showed how she's developed by finishing just outside the top fifty. Danielle, Chloe & Nancy competed in last years U/13 category and, with a big commitment, will be inside the first 50 next year. Neighbours Trafford AC were the U/15 boys champions whilst Vale Royal AC retained the girl's runners-up position for the third consecutive year.

Vale Royal AC also retained the U/17 girl's title and Lincoln Wellington AC retained the title for the boys. Though our girls finished sixth, **HELENA FLIPPANCE**, **BEE CORDINGLEY**, **KATE McLELLAND** and **SARAH SIMEEN** would have finished higher had Bee not arrived late and then bravely raced in just her training shoes without a warm up. In the U/17 boy's race, **CHARLIE HULSON** who won

individual bronze last year, was understandably disappointed at finishing 5th. Following him into the top thirty, **CALLUM GREENWOOD** played a stormer and, ably backed by **MATT HOLMES & CALLUM ROWLINSON**, the team finished fifth.

For the fourth consecutive year, we had no junior women's team and no junior men's team for the second consecutive year. Whilst this reinforces a national demise in these age-groups and there may indeed be geographical and demographic reasons to justify the success of some clubs, it's worth noting that neighbours Vale Royal AC won the junior men's title, the women's silver medals and either retained titles or won medals in the U/17, U/15 & U/13 age-groups. Individually, well done to **RYAN WORLAND & JAMES WIGNALL** who flew the flag and finished 7th and 49th respectively.

The club's highpoint was our senior women! With several last minute withdrawals, team manager **ERIC HUGHES**, was uncertain who'd toe the line. From the first kilometre the quartet of **JENNA HILL**, **RACHEL DEEGAN**, **EMILY BEEDHAM & RUTH WATSON** showed lots of promise. They were packing within sight of one another among the top forty. They demonstrated confidence that hadn't been admitted beforehand. As they moved into the final kilometre, it began to emerge they might be among the medals... and they were! Little did anyone realise they would be silver! Well done to four girls who are exemplary team stalwarts. Jenna and Angela have been competing for the club in 'Northerns' since 1999. Jenna has won U/13 team gold, U/20 team gold and now a senior silver medal. Angela's haul is U/13 team gold, U/17 team silver, U/20 team gold, a senior bronze and now a further silver senior team medal. This was Ruth's fourth consecutive 'Northern' and a true team stalwart.

Mid-field there was further excellent packing! Let by **FIONA RANGLES** (115th), there followed **JAN NICHOLLS** (119th), **JULIE PRICE** (138th) and **JACKIE CORDINGLEY** (148th) running her fourth 'Northern'. Well done to all of them!

The piece de la resistance of every 'Northern' is the men's race. The stampede is thunderous and the pace of the front-runners awesome. Team manager **DAVE RODGERS** had hoped to return the team to its medal positions of the past but lack of depth and disappointing last minute withdrawals meant the team finished a disappointing 11th - it's lowest ever Northern position! With six to count for final team positions, newcomer **ANTHONY FORD** (20th), **MATT BOND** (27th) and **JAMES BAILEY** (39th) were mixing it with the best and had we another three of similar ability, Dave's ambitions might have been fulfilled but we had to wait a further two minutes for **TIM KENNEDY** (159th) and another minute for **RICHARD WATSON** in 206th place to complete the team. Fifth counter was **MICHAEL KILMARTIN** (180th) who was only returning to full strength. **ELTON DAVIES** was next finishing 234th, **PAUL BARRETT** 236th, **FRANK CORDINGLEY** was 296th, **TIM RAINEY** 343rd and **TIM BRETT** was 448th. Leeds City AC won its eight consecutive title. Now! There's a record.

For the eight consecutive year, Club Chairman, **DAVID BROWN**, saw off the ten age-group in his disciplinarian role as Chief Starter whilst his wife Carol (Club Secretary) greeted them at the finish. Well done to everyone - runners, coaches, managers, parents and supporters for making it such a fine festival of cross-country running.



At the Northern Veteran's Athletic Club's (NVAC) Northern Cross Country Championships in February, our O/70 squad displayed vigour and speed that belied youths half their age. Such is the current strength and ability of this age-group that our last year's champions managed only the bronze medals this year. Bingley Harriers, who have some of the best septuagenarians, turned out in strength and the NVAC also got the better of them. Nevertheless, congratulations to sprightly medallists **BRYAN GANE**, **KEITH BRIGGS** and **MIKE HOWE** ably backed by **DON NICHOLLS**, **TED HOWARTH** and **DON GEORGE**.

On an individual level, congratulations to **CELIA PICKARD** who won the ladies O/55 group.



Gtr. MANCHESTER SCHOOLS SUCCESS

Club youngsters won three of the five Gt. Manchester Schools cross-country titles this winter. Congratulations to **RYAN WORLAND**, the senior schools champion; **CHRISTY O'BRIEN**, the minor schools champion and **MICHAEL QUINN** who won the primary schools Champion. **ELEANOR TWITE** was 2nd (year 5 & a year young) and **CHARLIE DOWELL** was 3rd in the primary schools championships. Trafford Schools won the overall title where most of the participants were Sale Harriers. Congratulations also to **RYAN WORLAND** and **BEE CORDINGLEY** who represented their schools at the

English Schools Championships at Heaton Park and to **CHRISTY O'BRIEN** who got selected to run for the North-West at the London mini-marathon. More used to wearing the familiar hoops of Sale Harriers **BEATRICE CORDINGLEY** competed for Greater Manchester last weekend in the English Schools Cross Country championships in Heaton Park. After being picked by her school she competed at Leigh for Trafford and qualified to represent Manchester. Greater Manchester finished a creditable 8th. Well done Bea.

NORTHERN/ENGLAND COMBINED EVENTS

Jack n Jess are Ace!

Fechin McCormick



For the club's "multi eventers" the Northern/England Athletics Senior & U20 Combined Event Championship at the EIS in Sheffield at the beginning of January was the start of their 2010 competitive season... and they certainly made their mark not just winning medals but with **JACK ANDREW** & **JESS TAYLOR** gaining GB qualification for an international match in the South of France in March.

Despite the terrible weather ninety per cent of the competitors made it to Sheffield for the two day event resulting in a great competition. By the end of the first day **JACK ANDREW** was leading the U/20 men, an impressive pole vault of 4.7m that scored him a huge amount of points. "It could only be credited to vault coach Matt Cullen" he said, who had travelled to Sheffield to support the multi eventers during the vault competition. Going into the second day a very impressive hurdles still kept Jack in first place and by the end of the day with only the 1000m race left, Jack was 80 points clear of his nearest rival Seb Rodgers from Brighton. Seb, a very good 1000m runner, couldn't shake Jack off his shoulder... and the U/20 men's gold medal was on its way to a Sale Athlete.

Heptathlete **JESS TAYLOR** took the U/23 England Athletics Silver medal in great style

The North Northern Indoors Championships were combined with this Championships and **JACK ANDREW** won the gold medal, team mate **JAMES DAVIS** took the silver and **JESS TAYLOR** the U/23 heptathlete Gold medal. It was these fantastic achievement that merited them their GB selection - Jack's second and Jess' GB debut. Congratulations to both.

For talented **KATIA LANNON** the championships were a disaster blighted by injury. Looking back to better days, her career highpoints were breaking the Welsh Indoor Pentathlon record and winning the AAA's, the NoE and the Welsh Championships in the same year. She also led the club's women's team in Zaragoza whilst also getting a new PB score, Let's hope she gets back to her exciting best!

The other athletes - U/23 **TIM JOLLY** and U/20 **MATTHEW WRIGHT** performed outstandingly in all disciplines.

The multi-event squad thanks all the coaches (Chris Bartram, Neil Donbavand, Matt Lawrence, John Crotty & Dorel Greta for their help throughout the long winter training program at Sport City. Chris is on the National Coach Development Programme for combined events.

Jessica's GB Debut

Congratulations to **JACK ANDREW** & **JESS TAYLOR** who, following their success at the Northern/England Combined Events Championships in January, gained GB qualification for an international match in the South of France. This was also Jessica's U/23 international GB debut in the pentathlon. She did brilliantly by placing 2nd overall and 1st out of the GB girls with only 15 points separating her from 1st place.



Nick's International Debut

Following his tremendous 1500m gold medal at the Northern Indoors, **NICK SAMUELS** received the amazing news that he'd been selected to make his international debut and to represent England in a 1500m indoors race in Vienna.

Congratulations to Nick on his well-deserved honour and enviable achievement for every athlete. He recorded 3:50.39 that was a couple of seconds short of his time in the Welsh championships a few days earlier.



Gold medallists **CALLUM ROUGHNEEN** & **OLIVIA CALLAGHAN**

1500m SENIOR GOLD

Nick Samuels 3.52.24

Nick had just returned from training in South Africa over Christmas where he'd been running up to 100miles/week, whilst still completing 4-5 track workouts per week. He decided to test his fitness in the 1500m by running from the front straight from the gun. "I went through 1200m in 3:02 and then just eased back for the last 300m given the gap I'd established and the fact the 800m field was looking tougher the next day".

800m SENIOR GOLD

Nick Samuels 1.53.17

The 800m heat went well, qualifying quite comfortably. In the final, he knew the main competition would come from Paul Bradshaw (Euro U23 finalist last year), "We went off at quite a strong pace and I tried to kick past Paul at about 300m to go. He resisted but then I put a much stronger kick in just before the bell. I managed to stay strong on the last lap and took the victory". The following week Nick won the Welsh Championships (as a guest) with a new indoor PB of 3:48.2 running gun to tape and held off former GB representative in World Champs, Stephen Davies.

60m SENIOR GOLD

Andy Robertson 6.76

Andy was just one of three club athletes who made a sprint final. He successfully defended his title with a superb victory over Rabah Yusif (NEB) by nearly 3/10ths of a second in 6.76, the same time as he recorded in his semi-final to set a new CBP. The previous CBP of 6.77 had stood to fellow club-mate Allyn Condon since 2002. He said, "My objective was to run 3 strong races in preparation for the AAA/World Trials (13 Feb). It proved my winter training was where I should be for the time of year" He's now won 5 Northern Indoor titles - 4 x 60m & 1 x 200m... with more to come!

60m U/20 GOLD

Charles Burke 7.00

In his first ever championships, Charles claimed the U/20 gold medal, winning his heat, placing 3rd in his semi-final and hitting gold in the final. Charles came into the championships in good form having taken nearly three tenths off his previous personal best from last season. He stormed to victory in the final using his trademark blistering start and held off the opposition to finish with a time of 7.00 seconds flat. He said, "It's great to win, especially at my first championships and off the back of some really good winter training".

NORTHERN INDOORS

Fechin McCormick

60mH SENIOR BRONZE

Gabrial Akin 8.06

This was a fantastic PB - there being only .05 between the first three hurdlers. Based in Leeds, Gabrial's only recently joined the club. Until 2008 he was a Long Jumper and it was the renowned coach **WILF PAISH** (who died in January) who advised him to take up the hurdles. This was his first indoor championships and his 1st 60mH Northern Championship.

60m SENIOR BRONZE

Gabriel Akin 6.76

In the first round he clocked a PB and improved it further in the semi-final to 6.95. Just before the final he'd strained his hamstring and might have won and further improved his PB. He later competed at the Inter-City Games & final and was invited to the World Trials.

60m U/17 BRONZE

Callum Roughneen 7.40

On top of his 200m gold medal Callum said, "The 60m bronze medal was a bonus because I'm not the fastest 60m runner. I'd hoped just to get into the finals. This greatly increases my confidence and determination to be a good sprinter.

1500m U/17 BRONZE

Chris McGahan 4.19.87

This was Chris' second 1500m and apart from the bronze medal improved his PB from last year. Talented Chris has previously won medals in road relays and silver in the 800m both indoors and outdoors.

60mH U/17 BRONZE

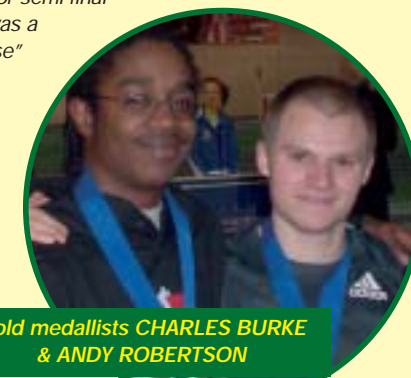
Chris Rushton 8.91

Said Chris, "I'm very pleased with my medal because it was a close race and I didn't know where I finished until the announcer read out the results. This definitely has to be one of my proudest moments"

60m U/17 BRONZE

Olivia Callaghan 7.91

Said Olivia, "To get the bronze medal felt really good as I was running with a strong field of athletes and I hadn't run particularly well in the heats or semi final so it was a surprise"



Gold medallists **CHARLES BURKE** & **ANDY ROBERTSON**

60m U/20 GOLD

Shaunna Thompson 7.54

2000m U/20 GOLD

Shaunna Thompson 24.54

Said he coach **BOB GAISIE**, "Shaunna's runs were purely a test to see if she'd fully recovered from the serious injury she'd been suffering since April 2009. Although she was looking good in training, I couldn't be sure until she'd run at full competitive speed. It was great she was able to run close to her indoor PB's with no adverse effects and to win two golds was an added bonus and encouraging for the summer where her main aim is to compete at the World Junior Championships in Canada in July.

200m U/17 GOLD

Callum Roughneen 22.45

Sale made it a clean sweep in the U17 Boys and Girls 200m. Callum came into the championships in good form and not only smashed his PB by over 3/10's but is young enough to defend the title next year. He also won bronze in the 60m. He said, "Winning was the best feeling ever. I've worked very hard over the last year to be one of the best and it paid off.

200m U/17 GOLD

Olivia Callaghan 25.20

Olivia was also in great form equalling her outdoor PB and in the process beat Derby AC athlete Yasmin Miller, who had won an impressive gold in the 60m. Said Olivia, "To win the 200m felt amazing. So close was the race I didn't realise I'd won it. I was also very happy to record an indoor PB in the heats and was not expecting to match my outdoor time on an indoor track in the final. She further for the 60m bronze medal

PV U/17 GOLD

Greg Appleby 3.90m

Greg's concentrated on pole vaulting this winter and has come on in "leaps and bounds". Apart from the gold medal, he's massively improved his PB and ranks fourth indoors nationally in the U/17 category.

300m U/17 SILVER

Brogan Crowley 42.97

This was Brogan's first ever 300m indoor race and although she was pleased to win silver, if she'd run the same time as in her heats which was a new PB 41.97, she'd have won gold. "I found this very frustrating" she said, "but I've learnt from it and will improve in the future"

400m U/17 SILVER

Daniel Heald 51.33

This was Danny's first U/17 competition so was pleased with the silver medal but disappointed because he missed gold by .06 of a second. He fulfilled his winter aim to gain race against seniors and to improve his times and performances.

ENGLAND ATHLETICS U/20, U/17 & U/15

Personal Bests Galore

Andy Byres



At the recent AVIVA England Athletics U20, U17 & U15 Indoor Championships in Birmingham Sale Harriers' athletes came away with three Gold, one Silver and two bronze medals and many new personal bests.

The gold medals were won by Andrew Sutcliffe and Katie Byres in the Pole vault and Olivia Callaghan in the 60m sprint.

Andrew Sutcliffe won the U20 men's pole vault competition, continuing his fine form of the indoor season, with his second highest jump ever of 5m 30. He currently ranks number two in the world this year at U20 level.

16 year old Katie Byres finished her fantastic indoor season with a flourish. She went up an age group and won the U20 competition with a lifetime best vault of 4m01. This jump not only won the gold but beat fellow Sale harrier Kate Dennison, the current British record holder's 8 year old championship record and is the highest jump of all time by a British under 17 athlete. The day after this competition Katie was selected to represent Great Britain in Moscow in May at the European Youth Olympic trials. If successful in these trials she could represent Europe at the first World Youth Olympics in Singapore in August.

Olivia Callaghan had a great weekend winning the national title in the Girls U17 60m on the

Saturday. Olivia improved her personal best three times. In her heat she ran 7.75, in her semi final 7.69 and the final 7.67. Olivia also came 4th in the 200m final the following day breaking her personal best twice. Her father, John and coach Roger Devlin watching in the stands, were delighted for her. Five personal bests in a weekend, well done Olivia!

Five more PBs were broken by Beth Bolton. In winning the silver medal in the U15 Girls 60m hurdles Beth improved her PB twice to 9.24 and in winning the bronze in the U15 girls 200m she broke another two PBs improving her personal best to 25.82 seconds. Although not medalling in the U15 girl 60m she again lowered her best time.

Two more personal bests, this time by Rebekah Wilson helped her to win the bronze medal in the U20 women's 60m sprint.

Other Sale athletes competing were Rayne Allman (U20 Hurdles), Brogan Crowley (U17 300m and a new PB in the U17 60m hurdles), Elin Jones (two new PBs in U15 60m & 5th in the final), Victor Ne-Yu (U20 60m), Callum Roughneen (U17 200m & 4th in the final), Chris Mc Gahan (U17 800m & 5th in final with two PB's), Greg Appleby (Equalled his PB in the U17 Pole vault & finished 4th in final), Molly Cockburn (U17 Triple Jump) and Charlotte Dickinson (U17 Shot). Finally, Chloe Jones ran the U17 60m.



Vault Manchester

In January, SportCity once again hosted Vault Manchester. Now in its 5th year and with over 100 vaulters, this year's event was the biggest yet and is now the leading pole vault competition in the UK. We had both the UK number ones, Steve Lewis and Sale's Kate Dennison competing together with athletes from Greece, France and Holland. Kate, in winning, attempted a new British indoor record and Katie Byres attempted a new all time under 17 height of 4m 01, both unfortunately just missing out. In total there were twelve Sale Harrier athletes competing which just shows the strength of pole vaulting in the club.

several times. She was, therefore, in great shape for the IAAF World Indoor Championships in Doha from 12-14 March.

PAUL WALKER set a new Pole Vault Welsh Record with a massive 5.43m leap at the recent Vienna International.

MATT CULLEN travelled to Nantes, France to compete on the French tour and came back with a new Personal best of 4m 92 and qualified him to compete in the senior UK championships for the first time.

JACK ANDREW, a multi-eventer, jumped 4m 70 for a new personal best in winning the England U20 Combined Event championships, in Sheffield. He is now 4th in the under 20 Pole vault rankings.

GREG APPLEBY, in winning the Northern Under 17 championships, jumped a new PB of 3m 90 which puts him at third in the under 17 rankings.

KATIE BYRES continues to jump well. Despite only putting 1 cm on her Personal best (now at 3m 91), she has won her age group in the French Elite pole vault tour with victories in Lyon, Manchester and Nantes. Her results at the last six competitions are six out of the top nine jumps of all time for an under 17 vaulter in the UK. She is aiming for selection this year for the very first World Youth Olympics in Singapore in August.

ABIGAIL HAYWOOD has jumped in Paris and Lyon and has a best of 3m 87.

ANNA MASSEY, competing in the McCain City Challenge jumped a new PB of 4m 10.

ECCA NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

Ehmmm!

Fechin McCormick



European XC Championships in Dublin, she mixed it at the sharp end over 8kms to retain her impressive record of finishing 6th. RACHEL DEEGAN, EMILY BEEDHAM and RUTH WATSON, the heroes of the Northern silver medals, did it again. Though all three found it tough – and why wouldn't they as middle distance athletes, but with typical grit on a tough course, they brought the team home 7th to deliver one of the section's best results for many years.

UNDER 20 MEN AND WOMEN

Unfortunately, for the fifth consecutive year, we had no junior women and for the second year no junior men's team. This reflects a national demise with only ninety-one junior women finishers and four teams and the junior men's section weren't much better. However, we did have top-class RYAN WORLAND who finished an impressive 20th place and JAMIE RODEN who was 91st.

UNDER 17 BOYS & GIRLS

Again, we finished no team in either the boys or the girls section. The under 17 boys had the potential to do well but the trio of CHARLIE HULSON, CALLUM GREENWOOD and CALLUM ROWLINSON lacked a fourth counter. CHARLIE again showed he's got talent by finishing a top-class 11th. Both the Callums were in their first year of this age-group and will improve further next year. For the third consecutive year we had no U/17 girl's team.

UNDER 13 GIRLS & BOYS

Though the girls finished 36th and the boys 31st the encouraging thing was that team manager's mustered teams. RACHEL HIBBERT & CHLOE YATES ran their second 'national' and CHLOE VICKERS, CAITHLIN THOMAS & JULIA HASSALL gained first time experience that, hopefully, will stand them in good stead for a future representing the club. Among the boys, CHRISTY O'BRIEN continued to be head and shoulders above the rest and again showed his prowess by finishing 37th. Well done also to EUAN GILCHRIST, ROBBIE LEE and CAMERON WILLCOCK who, again, gained very valuable experience.

UNDER 15 GIRLS

The quartet of MISHA NAYAK-OLIVER, CHLOE YATES, NANCY CLARE and DANIELLE DIGNAN finished 34th.

The English National Cross-Country Championships staged its 134th edition in Roundhay Park, Leeds on February 27th where, following Britain's toughest winter for thirty years, cold, mud and hilly conditions greeted the nation's mud-larks in a thrilling days' action of distance-running which, in terms of event, is akin to the FA Cup. Returning to the north Yorkshire city for the first time since 2004, a total of 4301 athletes converged from all over the country to an event that, as ever, witnessed plenty of excitement. From a club perspective what will be of interest is the fact the club had no team in an unprecedented five or the ten sections and the results of the others weren't the club's finest 'hour'!

SENIOR MEN

With almost 1,500 starters that included England's crème de la crème, the senior men's race is the day's highpoint. Aldershot's Andy Vernon put in a dominating display to improve on his bronze medal-winning run from last year.

Club wise, it was again our GAZ RAVEN who was the first finisher in 15th place. Gaz is now a veteran of no less than thirteen consecutive Nationals and in those years he's rarely been outside the top ten including winning the bronze medal in 2007. MATT BOND, after a great year, joined him in the 'big time' with easily his best ever national. From 136th in 2006, he's moved up a league finishing 24th. "I'm delighted" he acclaimed on Facebook!

Likewise, JAMES BAILEY has moved into another league from a very successful winter's training to produce his best ever national also, improving from 105th in 2008 to 67th this year. Both will now, hopefully, be flying this summer!

By contrast, SIMON MILLS, normally among the top fifty, finished an uncharacteristic 111th. Though TIM KENNEDY & COLIN GELL ran well, the team had to wait for their 423rd and 453rd tags to complete the team and, no fault of theirs, the team finished a lowly 18th. For a club not previously outside the top ten and who won bronze as recently as 2007 this must have been a great disappointment to team manager DAVE RODGERS. Aldershot, Leeds & Bedford took the top awards! The other club troubadours who fought over hill and dale were ELTON DAVIES (253), M45 GARY WILLCOCK (826), M55 JERRY SMITH (928) and M45 TIM RAINEY (1086).

SENIOR WOMEN

Again, it was Aldershot who produced the individual winner and the team silver medals. Three-time European junior cross-country Champion and Olympic 1500m runner, Steph Twell collected her first senior national title with consummate ease. The 20-year-old AFD athlete followed up some fine performances on the European international circuit with an easy fifteen-second victory.

Our SONIA SAMUELS wasn't far behind her! A veteran of eight senior 'nationals' in which she's never been outside the top eight, Sonia's always been the team's back bone! Off the back of an excellent winter, finishing 3rd and 6th in the Mc Cain UK Cross Challenge at Gateshead and Liverpool and a commendable 21st in the



Olympic Chief Tells GreenZone to Get Set for 2012!

As many of you will now know the club is partnered with the GreenZone Playing for Success Centre in Wythenshawe, which provides exciting Study Support programmes for pupils aged 9 to 14. Last month, over 40 children helped to showcase some of the inspirational Olympic activities featured at the centre, which special guest Jeremy Beeton, the Director General of the Government Olympic Executive described as "Exemplary". The event was supported by club athlete Andy Robertson and Club President Eric Hughes.

The activities included an Olympic sports fitness session led by professional coaches, Numeracy and Science work using the Get Set for the Winter Games resources and poetry based on the Olympic and Paralympic Value of Determination and concluded with a forum with Mr Beeton in which he answered pupils' questions about the London 2012 Games.

The children also took part in a fun 'Challenge the Athlete' event in which Andy Robertson was put through his paces on GreenZone's SportWall, a feature which tests the reflexes and aims to engage both body and brain. An exhausted Andy was impressed by their determination to beat him!

Another group of pupils took part in a Winter Games workshop to highlight and celebrate the Vancouver 2010 Winter Olympics.

The children then grasped the opportunity to quiz Mr Beeton on how the London Games could impact young people in Manchester. He said that they were already benefiting from what the Playing for Success initiative was trying to do and that they should "rise to the occasion". He continued, "If we could find a way to replicate this initiative throughout the whole country and get hundreds of thousands of people like you interested in sport, interested in culture, interested in learning, trying to improve yourself- why not? That's a great challenge... set yourself some goals, just go and do it!"

The students, from The Willows Primary, St Anthony's RC Primary and Manchester Health

Academy, are currently participating in the 10-week Playing for Success programme which aims to use the medium of sport and computer technology to help raise children's confidence and aspirations so that they are motivated to learn and achieve their full potential.

PFS is running a 2012 Olympic and Paralympic Games national legacy programme called 'Pass it On'. The project has received the London 2012 Inspire Mark.

GreenZone is committed to the 'Pass it On' project and aims to maximise the educational benefits and sporting opportunities which the London 2012 Games provides for young people. A range of learning opportunities are accessed through Get Set, the official London 2012 education programme. To recognise this, GreenZone recently become the first Playing for Success Centre to become a member of the Get Set network and receive the right to use the London 2012 Education Logo.

Said Club President ERIC HUGHES, "Andy Robertson and myself were delighted to be invited to the Green Zone presentation and congratulate Andy Jordan (Center Manager) for the recognition he is receiving in preparation for the 2012 Olympic Games. The Harriers are also proud to be the first athletic club to participate in Playing for Success which gives youngsters an opportunity to develop academically inspired by sport".

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WILMSLOW HALF-MARATHON

Fechin McCormick



The club's participation in this year's Wilmslow half marathon was worthy of our centenary year with 37 participants and two brilliantly flying the flag at the sharp end finishing 2nd and 4th. We, of course, congratulate winner, Salford's Andi Jones (after all, he's the hubbie of our own Donna Jones, our very successful middle-distance athlete. He spends much time adoring her from the sidelines as she trains at the Wythenshawe track or training within the park himself!). He's also forgiven for pushing our Gaz into second place! Both train together & were preparing for the London Marathon and had Gaz another mile or so, he might even have hauled in Andi because he ran his final 5k in 15:11, the fastest finish in the field. Both now have a Wilmslow victory under their belts.

In amazing 4th place and clocking a fantastic 65:33 running his debut half-marathon was **MATT BOND**. He was rewarded for his superb effort with an international debut for England in a match between Denmark and Germany (in Denmark) on the 8th of May. He takes up the story, "I spent the first couple of miles in a second group with Altrincham's Dave Norman among others. I didn't want to do anything too drastic with it being my first half marathon but when we went through 2 miles in around 10:10 I decided that the pace was too slow and made a break to the chasing group. This meant I had to run the third mile on my own in sub 4:50 into the wind. I caught Gaz and his group and stayed with them for the next few miles. Andi Jones and Matt Pierson were always in sight but a sizeable distance up the road. Gaz and I went through 10 miles in 50:26 At this point I prepared myself for a fast finish and anticipated that Gaz would up the tempo. I worked hard to stick with him and by 12 miles I'd nothing left to make any real attack and challenge for silver or bronze. Gaz moved nicely past Matt Pierson and claimed the silver".

I'm sorry I've nothing to communicate on most of the other participants all but a handful having failed to respond to an earlier appeal for information on their performance - how they regarded it...

whether it was PB/PW, debut etc so I've nothing to tell you about **TIM KENNEDY, MIKE ASHBY, JASON BOWERS, TIM RAINEY, PAUL BARRETT, JOANNA IBORRA, JAMES LEWIS, ANDY BEAN, MICHAEL WHARTON, CARL CLEGHORN, MIKE DUNNE, STEVE GAVIN, JAN NICHOLLS, EMAHA JEAN-BAPTISTE, GEOFF BEATTIE, MARTIN KOCHANY, KATHERINE REECE, CAT JONES, GRAHAM PADGETT, MARIDA SIDHU, JOHN LALLY, HEATHER BRINT, LEE KAUFMAN, PHILIPPA EDWARDS, JOHN SMITH, RANJIT BENNETT**. What a shame! There's only so much one can do, lads & gals!

Newcomer **ALAN PITMAN** wrote of his performance "This was my first Wilmslow half-marathon and I'm really pleased with 1:28. My only other half marathon was Warrington in 2009 that I completed that in 1:36, I ran a solid race although I was aiming for around 1.25"

JERRY SMITH (O/55) wrote, "I finished in 1:34:51 - fairly slow for me but I'd run the Coniston 16.7 mile race the day before as training for the London Marathon. The plan was to run Coniston at 8 minute mile pace and Wilmslow at target marathon pace, which I did".

CARL BARBER "My Wilmslow time this year was 1:36:58 which is a touch better than last years 1:50:00".

STEFAN SCHUMACHER: "I was very happy finishing one minute faster than last year in 1:37:32. BUT!! They have listed me as female ! How embarrassing! Next, I'm running another half next Saturday in Germany."

TIM BRETT: "My 1:32 was nine minutes faster than last year and a significant improvement in finishing position, nearly 600 places further up the field taking me in to the top 400."

DAWN HOLDING: "My time of 1:45:57 wasn't a PB for me, same as last year but felt good."

AUDREY GRETRY: "Although my time of 1:53.46 was six minutes faster than last year, I feel I will go even faster when I build my competitive confidence."

Funding for Clovis & Katie

Two of Sale Harriers Manchester's youngsters have received awards from a local trust which provides financial help to talented young people, up to 18yrs, in order that they can pursue their dreams in the field of art and sport.

The Arts and Sports Trust awarded £500 to Clovis Asong who set a new UK record for boys under 15yrs in the 400m at last year's English Schools Athletic Championships by posting a sensational time of 48.86 sec.

Katie Byres, who at 16 won the under 20 pole vault title at the Aviva National Indoor Championships in Birmingham with a record and all time best under 17 vault of 4m01, received an award of £2000 from the trust.

Fechin McCormick

HELSEBY HALF MARATHON *January 17th*

JERRY SMITH had been training hard though the arctic conditions and, over an undulating course, recorded 1:28.54 just thirty seconds short of his PB. He was rewarded with first O/55 and a nice little fillip of thirty quid! He's well on course for a good 'London'.

MIKE WHARTON also wanted to test his shape for London and, despite injuries and interrupted training from the snow, ended up with a PB of 1:36:51 proving he was also heading in the right direction. This was only his second half-marathon

ALISON HIRD also recorded a PB of 1.48.20 and was 'very pleased'

The race was notable for the absence of **CHRIS HEYS** who's run every event since 2002 but sidelined for 12 months with injury. Good Luck, Chris

PENNINE BRIDLEWAY RELAY *January 31st*

You'd have thought, wouldn't you, that if a squad of thirty club members (including team managers!) took part in one of the Britain's most scenic relay events that at least one would present an account to their club magazine? Not a word was submitted though comments and photos could be read on Facebook! Those who took part in the relays were **PAUL BARRETT**, **MIKE HATCH**, **CALLUM ROWLINSON**, **COLIN GELL**, **LEE WOODS**, **JASON BOWERS**, **GARETH MATTHEWS**, **GAZ RAVEN**, **MATT BOND**, **ROB FLANNERY**, **CARL CLEGHORN**, **MIKE WHARTON**, **TIM BRETT**, **FRANK CORDINGLEY**, **BILL FOX**, **STEPHEN JONES**, **SIAN HOLLAND**, **BELINDA HAMMOND**, **LYNNE YATES**, **JENNY FLANAGAN**, **JO STREET**, **JACKIE CORDINGLEY**, **BEE CORDINGLEY** and **KATY PERRAULT**. They ran 47 miles with an ascent of 6,300 feet running in pairs over five laps ...and not one word to their magazine! What do you think?

MELTHAM 10k (Huddersfield) *January 31st*

It'd been a nightmare 12 months for **GLEN COMISH** going from illness to injury, to freak accident to injury. He did this race in the early stage of recovering, demonstrated by clocking a below par 35.09. "I figured if I do

my first race when I'm at my most unfit, it would be no pressure, and results can only get better from there! Let's hope we'll soon have him back competing at his usual 'elite' level.

HIT THE TRAIL '5' REDDISH VALE *January 31st*

How does he do it? Just a week after the Brass Monkey half-marathon, and the day following the Platt Fields Parkrun 5k, prolific racer O/55 **GEOFF BEATTIE** was at it again! Does our celebrity psychologist have secret research insight'cause he invariably pulls out good results – like 36.43 for 22nd place. **MARK FERNS** made a rare appearance and clocked 39.50.

ALSAGER '5' *February 7th*

Britain's premier '5' mile race always attracts the best and this year was no exception with seven breaking 23-minutes. **ANTONY FORD** was among this elite, smashing the 24-minute barrier for the first time to record 23.50. He led a formidable club team that became strong enough to share the winner's podium with Tipton Harriers. **MATT BOND** was next in great form and was 'very pleased' with a PB of 24:09, an improvement of 16 seconds from last year. **JAMES BAILEY** would have improved his 2008 course PB had he not run with a cold but was still 'fairly pleased' to clock 24.58. He was the third member of the victorious team. **JAMES DAVIS** also returned to the venue of his 2008 PB to chop 42 seconds off his best and record a new PB of 27.17. Next were our equally successful 'girls'! **DONNA JONES**, with a PB of 27.40 from the Sale'5' in 2008, wanted to go sub-28 minutes so was only 'fairly pleased' with 28.12 but was consoled to have led the trio of girls also to team victory. **JENNA HILL** ran a super PB for the course and improved her lifetime PB to 29:13. She might have been even faster had she not strained a muscle in the final miles. For **CARA KAVANAGH**, this was her début '5' miles and what a good benchmark 33.44 is. Possibly the most awesome of all results was 59-year old **PAUL THOMPSON**. Paul clocked 39.11 but on top of his training that week, he'd cycled 250 miles; then 20 miles to the race and home again! Finally, it was good to see **RANJIT BENNETT** again among the results recording 44.18.

ALEXANDRA PARK 5K *February 7th*

A number larger than normal gathered for this monthly event on a dry, still but chilling morning. **TIM RAINEY** was the first home in 19.22 (21st) followed by O/60 **TERRY LONERGAN** in 20.35 (28TH) exactly the same time as the December event, despite a lace malfunction! **GEOFF BEATTIE**, who'd run the Platt Fields Parkrun 5k the previous day, was slightly faster & again nudged inside twenty-two minutes with 21.57 (34th). Next was our Swedish newcomer (running as 'unattached') competing in her first ever 5k in Britain and showed lots of promise with 22:30. Following her across the line was **JAMES LAMBE** returning to racing with 22.35 (44th). **KATIE REECE**, had also raced the Platt Fields 5k and was slightly faster with 24.00 (60th) closely followed by CELIA BIRCHBY 24.06 (62nd).

RADCLIFFE '10' *February 7th*

This was O/55 **MIRAN APRAHAMIE**N'S first race since October when he strained his ankle and so was very pleased with his time of 1:22:47. The course is a shortened distance 10 miles - round the Irwell Valley. "It was really good just to be out and running again" he said.

GREAT NORTH WEST HALF MARATHON *February 21st*

Run in icy and cold conditions, **JASON BOWERS** clocked 79.15 to finish 16th. He described it as 'a return to some sort of form considering I missed most of the winter due to work commitments... a good early indicator for London". MV60 **TERRY LONERGAN** clocked an impressive 94.44 to finish second in his age-group and 180th from almost 900 finishers. Why not read Terry's blog & analysis on his race at <http://www.terryrunningonempty.blogspot.com>

PRESTON DOCKLANDS 5 *February 28th*

This time evergreen **TERRY LONEGAN** was 1st O/60 in 46th place from almost 300 finishers. It was further good to see O/35 **JO ROBBINS** back on the circuit, finishing 2nd in her age category in a fine time of 35.11.

TRAFFORD 10K *March 7th*

Altrincham AC's premier Spring promotion just gets better and better! It regularly attracts classy sub-30 minute runners and this year it went one better with three sub-30 times clocked and Aldershot's Chris Thompson set a new mark of 28.02. Our first man **MIKE GILMARTIN**, had every reason to be equally pleased, knocking two minutes of his previous best to record a very respectable 34.30. A few weeks after **CARA KAVANAGH** made her 5-mile debut at Alsager, she made her 10k debut and recorded 41.53. With a 5k PB of 19.24 from last year's Mayday 5k, she'll dip under 40 minutes as she gets stronger for the longer distances. O/60 **MIKE DUNNE** has a running pedigree that goes back forty years. He'd been (quietly!) making his latest return to form in the weekly Platt Fields 5k Saturday morning runs. Determined to be No.1 in his age category in this series, he finally cracked it by one second the previous day with 20.48. Still on a roll, he entered this race and claimed the first O/60 prize with an enviable 42.29. It's not everyone who gets fit before hospitalisation. That's O/50 **JOHN BATTERSBY** as he anticipated surgery Out of action for nearly twelve months he's got to be pleased with 42:37 though he's clocked several sub-40's over the years. **STEVEN GAVIN** was next home completing his first ever race in 43.21. So well had he been training, this debut is merely a stepping-stone to better things. **ANDY BEAN** was next just seven seconds behind and then came O/55 **GEOFF BEATTIE**. He claimed a painful back for his 44:45 (that was just ten seconds short of last year!) probably related to (a) his Platt Fields Parkrun 5k race the previous day (b) a tough game of squash! He needs to watch his back (!!!) His wife Carol (Yorkshire's Steel Striders AC) was only a few places behind him in 46.17!)? Finally, **BELINDA HAMMOND** brought the squad home with 47.30.

LAKES WEEKEND *March 7th*

What a great shame, yet again, that about 40 members travelled to the Lakes for a picturesque weekend of training, fun and fellowship ...most were established club members... many were also part of January's Pennine Bridleway Relay, and not one of them sent in a word to their club magazine! Makes one wonder! Further, comments and photos appeared on Facebook the same evening and later a massive photo was even displayed at Crossford Bridge... but not a word for the magazine!

TRIMPELL '20' *March 14th*

This is the time of year when those preparing for the London and other Spring marathons put their long, winter training to the test in one of the North's 20-mile races. The Trimpbell '20' is one of the more popular ones for club members. This is what Frank Cordingley reported, *"Last year I did the Stafford 20 and had an awful run with rain, hills, main roads and laps so this year I thought I would go back to an old favourite – The Trimpell 20. It meanders through pleasant paths and tracks up to the Crook o'Lune a local beauty spot. It started this year from the local athletics track and the field was quite large with mainly club runners. The weather was fine with sunny spells with a slight breeze blowing from the sea. The race started with a lap of the track and I was tying to hold back to 7min mile pace, I failed miserably with a 6:40 first mile! I could see Lee Kaufman and Jason Bowers for the first few miles and felt good. The miles passed fairly easily as we run through the outskirts of Lancaster and out along the river. Thirteen miles saw the turn-round point and I was overtaken by Alison Sedman of Bell Vue.*

I kept with her for a few miles but then my left ankle cramped up. I carried on as best I could but the calf was very sore. The end of the race required us to go up and down some zig zag paths before finishing with two full laps of the track. Overall I really enjoyed the run and would recommend it for next year. The race was won in 1:44:56. Jason Bowers came 33rd with 2:08:30, Lee Kaufman did 2:12:02 and 14th Vet 40/45th I. I did 2:20:51 & was 15th Vet 45, Jerry Smith 2:28:17 for 5th Vet 55 and 132nd overall."

On the same day Andy Yates, struggling with injury did 2:15:49 at the Stafford '20 and Lynne Yates, true to the fantastic form she'd been showing did 2:39:11. Well

LIVERPOOL HALF-MARATHON *March 28th*

Whilst most ran Wilmslow, two did the Liverpool half-marathon on the same day.

L35 **JOANNA ROBBINS** knocked almost 3 mins of her previous PB at Wilmslow last year to clock 1:36.27. She said, *"I got to 10 miles in just over 1.12 feeling strong, but then turned into a very strong headwind for the last 3 miles that cost me 30 sec per mile... so I like to think I have an outside chance of breaking 1.35. So! all going well at the moment".*

JAMES LAMBE also reported in, *"I was reasonably pleased! Out of 4490 finishers I came 825th. in 1:43:14. I was a little disappointed with this as last year I did 1:40. I was on to get very close to it but at 9 miles we went onto Otterspool promenade and had to battle against a very strong head wind for the last 4 miles".*

DEATH & RESURRECTION IN SALFORD 10K *GOOD FRIDAY APRIL 2ND* *Fechin McCormick*

For those into the religion of running, the liturgy of Good Friday is enshrined in Good Friday's Salford 10k. Participants have to opportunity for empathy with the element of 'suffering' enshrined in this central Christian feast day.

*Despite her long career one of Britain's most successful distance runners, steeplechasers and cross-country specialists who'd finished 6th in March's National XC Championships, **SONIA SAMUELS** was making her debut 10k. She left most of the 600 field 'dead and buried', finishing 19th in 33.34 that ranks her as Britain 6th fastest this year. This was M45 **GARY WILLCOCK**'s debut Salford 10k and he was 'resurrected' to produce an impressive 37.19. Next was youngster **CALLUM ROWLINSON** who displayed a promising future to clock 38.06. **TIM RAINEY** had already 'crucified' himself a few weeks earlier assisting a friend in Greece to achieve world records in a 1000 mile race. He's got to be pleased with 41.35! **STEVE GAVIN**, running only his second ever 10k, improved his Trafford time by over a minute to clock 42.14. Such a person is likely to appreciate the benefits of suffering, reflected in Good Friday. I'll tell you what! I won't tell you about M60 **TERRY LONERGAN**'S performance (except his time of 42.19) but encourage you to log onto his blog <http://www.terryrunningonempty.blogspot.com> He'll be 'crowned with thorns' for highlighting that Easter is all about racing! Newcomer **CARA KAVANAGH** might have regarded her 42.32 as a road to 'Calvary' considering she was 40 seconds slower than in the Trafford 10k. By contrast, seeing her smiles, you could tell **ROSE BLACKBURN** was rejuvenated with 'new life' to cross the line in 43.10. She missed the race last year. M55 **GEOFF BEATTIE**'S 'cross' was to ensure he wasn't 'whipped' by his wife following just a 15 second gap in the 'Wilmslow' a week earlier. He typically set off with 'a mission' to demonstrate his 'omnipotence' (he already has omniscience!). As happens, with 44.49 he (re) discovered frailty (not a bad thing!) and had a worthwhile Good Friday experience! L45 **LYNDA ROWLINSON**, fitter than ever 'rose' from the restraints of her age-category, to produce a 46.10 that had the editor envious. Finally, **BELINDA HAMMOND** wasn't 'entombed' in gloom despite her 48.30 being below par compared to Trafford 10k.*

AT YOUR SERVICE

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Harry Shakeshaft

SPRING/SUMMER FIXTURE LIST 2010

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
- 25 National Junior League (1) Sportcity

MAY

- 1 North of England League Seniors Wakefield
- 1 Reebok Manchester Sale May 5k Wythenshawe Park
- 1 English Championship Fell Race (Medium) Coniston
- 2 National Young Athletes League (1) Blackpool
- 8 AAA County Championships various
- 9 NVAC Monthly Run 10k paths Stockton Heath
- 15 BMAF Road Relays Sutton Park
- 16 National Young Athletes League (2) Wirral
- 23 National Junior League (2) Grangemouth
- 29 European Women's Club's Cup Bern
- 29 & 30 Northern AAA U/17 & U/15 League Leigh
- 30 & 31 Inter-Counties Bedford

JUNE

- 5 UK Women's Premier League Birmingham
- 5 North Of England League - League Blackburn
- 5 BAL (British Athletic League) Match 1 Copthall
- 6 Cancer Research Race For Life 5k Wythenshawe Park.
- 6 NVAC 10km Road Championships Bispham, Blackpool
- 9 NVAC T & F League Sportcity
- 12 Country Schools Championships various
- 12 English Championships Fell Race (Long) Ennerdale
- 19 Northern AAA Seniors & U/20 Championships Sportcity
- 19 AAA Championships - U/20 & U23 Bedford
- 20 BMAF 5k Championships Horwich
- 20 National Young Athletes League (3) Sportcity
- 26 The Angela Deegan Memorial 5k Cowm Reservoir, Rochdale.
- 26 British/English Championships Fell Race (Short) Sedbergh Three Peaks
- 26 British Fell Championships (Medium) Silent Valley
- 27 National Junior League (3) Gateshead
- 25-27 Aviva European Trials & UK Championships Birmingham

JULY

- 1 Manchester 5k Sizzler (1) Wythenshawe Park
- 3 UK Womens Premier League Sportcity
- 3 BAL Match 2 Birmingham (Birchfield)
- 4 North of England League - Seniors Preston
- 4 Cancer Research Race For Life 5k Bolton
- 9 & 10 English Schools Championships Birmingham
- 10 Aviva British Grand Prix Gateshead
- 10 & 11 Cancer Research Race For Life 5k (10k Option) Manchester
- 15 Manchester 5k Sizzler (2) Wythenshawe Park
- 17 & 18 England Senior Closed Championships Gateshead
- 18 Young Athletes League (4) Sportcity
- 18 Cancer Research Race For Life 5k Oldham
- 18 English Championships Fell Race (Long) Holme Moss
- 25 Cancer Research Race For Life 5k Stockport
- 25 National Junior League (4) Glasgow
- 19 & 20 Cancer Research Race For Life 5k (10k Option) Tatton Park
- 27 European Championships begin Barcelona
- 29 Manchester 5k Sizzler (3) Wythenshawe Park
- 31 Joint Men's BAL & Women's UK Premier Leagues (Match 3 Windsor (WSEH))
- 31 North of England League Sportcity
- 31 British Fell Championships (Medium) Dollar

HELP BEAT CANCER

Cancer Research's UK's Race for Life 2010 is going to be full of amazing moments for everyone. Take a not 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 or call 0871 641 1111. Together we will beat cancer.