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THE Harrier

The Magazine of Sale Harriers Manchester



IN PARTNERSHIP WITH CITY OF MANCHESTER ATHLETICS



Multiple Champions

EDITORIAL

Fechin McCormick

This magazine covers the period from last October to March/April. From the Autumn's 6 & 4 stage relays to this Spring's 12 & 6 stage relays are sandwiched two very diverse 'loves'. The incompatibility of both is encapsulated in each of their final championships. Both took place on the same Saturday afternoon in February just down the road from each other in the Midlands. One – the National Cross-Country Championships, took place in a muddy field in Staffordshire where four thousand competitors ran ankle deep in mud and as many spectators braved unprecedented horrendous conditions. The other – the Indoor Grand Prix in Birmingham, athletes and spectators enjoyed the cosy setting of the National Indoor Arena where spectators enjoyed a feast of athletics in t-shirt and relative warmth.

Both these dissimilar branches of our sports are what have preoccupied the club through the autumn and winter and are the content of this magazine. I'm not repeating the detailed weekly reports that have been posted on the website but this magazine is very much an 'overview' of that same period. I do hope you've now established a custom of logging on weekly to the club website to read what's been happening in your club and to broaden your interests in it. A new, improved website is about to be launched if it isn't already so by the time you read this magazine.

As I write, we stand in the door of the summer outdoor T & F and road racing season, the next two important phases in athletics' annual cycle. Again, both are very busy and demanding months for club participants and officials alike, especially that the club has a national standing in several leagues. I wish everyone well in their pursuits and disciplines; hope it's an exciting and fun time for all and that we'll come to next September with lots to celebrate.

As ever, enjoy what hopefully is a good read!

PRODUCED REGULARLY
FOR OVER 17 YEARS



Katie interviewing hero Yelena Isinbayeva

YOUNG ATHLETES OF THE YEAR

Each year a group of coaches in conjunction with team managers and the club's executive committee choose a male and female Young Athlete of the Year for outstanding athletic achievements throughout the year. Each one is awarded The Darren Campbell MBE Award. The 2010 recipients are pole vaulter **KATIE BYRES** and multi-events specialist **JACK ANDREW**.

Previous recipients of this award have been:

2009	Niall Brooks & Abigail Haywood
2008	Andy Sutcliffe & Abigail Irozuru
2007	Andy Robertson & Rebekah Wilson
2006	Ezekiel Rowe & Katherine Sherry
2005	Darren Hammond Kathia Lannon

Katie Byres joined Sale Harriers in 2006 after starting athletics with coach John Smith in the Manchester Council academy. At her first competition she won the Derbyshire U13 Long Jump, High Jump and 70m hurdles titles but despite her success at these events she always wanted to be a pole vaulter.

Her first pole vault competition came a year later in March 2007 when Jack Frost asked her to compete in the Vault Manchester competition. Coach, Julien Raffalli then asked her to join his squad and with his fantastic support and coaching skills she has not looked back.

She has won national titles throughout all the U15, U17 and U20 age groups whilst also ranking second on the all time UK U15 list, top of the all time U17 list and, despite only just entering the U20 age group, is currently ranked third in the UK all time U20 list.

Katie has represented the club at U13, U15 and U17 in the Young Athletes league and at U20 in the National Junior League and in 2010 she broke the league record for both these competitions jumping over 4m on each occasion.

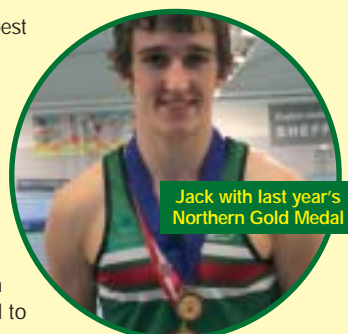
In 2009 she received her first Great Britain selection in Tampere, Finland for the European Youth Olympic Festival and followed this up in 2010 with selection for the European Youth Olympic Trials in Moscow. Her success in this competition earned her a place in the Great Britain team for the inaugural Youth Olympic Games in Singapore in August 2010 where, in winning her "B" final, she came 9th in the world in the U18 age group. In Singapore she also had the opportunity to meet and interview the current world record holder and double Olympic champion Yelena Isinbayeva for the BBC.

In 2010, whilst still a 16 year old, she also won Silver in the England Senior Championships in Gateshead and finished the year ranked in the Top 10 in the country.

2011 has started well with a new Personal best of 4m 13 in Lyon, France and she was selected for the England team to compete in the Celtic Cup in Cardiff at the end of January along with fellow Sale Harrier, Olivia Callaghan (both of whom competed together at the age of 12 in the U13 young athlete's league)

Her target for 2011 is to gain selection for the European Junior championships in Estonia, to improve her Personal best and to establish herself in the Top 5 in the UK.

Jack Andrew first showed his natural ability for combined events when he won the bronze medal at the AAA championships in the Under



Jack with last year's Northern Gold Medal

15 boys sprint hurdles and, soon afterwards, the ESAA Junior Boys Pentathlon title. Then...

- In December 2006, he was selected to represent English Schools in the SIAB Schools International in Glasgow.
- In 2007, he joined Chris Bartram's group and gained his first outdoor England vest competing at the Home Countries International.
- In 2008, he won the England Athletics Indoor Heptathlon, setting a Championship Record. Later that year, he took his second ESAA title when winning the Inter Boys Combined Events.
- In 2009, he received his first Great Britain selection and competed in an International

match France v Switzerland finishing third overall and first in the GB Junior team. He went on to finish the year coming second in the ESAA Senior Boys Decathlon in Bedford.

- In 2010 he had his most successful year by winning the U/20 boys EA Indoor Heptathlon Championship, setting a 300 point personal best in the process. In the outdoor competitions, he narrowly missed out on selection for the World Junior Championships, finishing second at the EA Combined Events Championships where his score put him 5th on the All-Time List. A few weeks after this heroic effort, he went on to finish 3rd at the ESAA Senior Boys Pole Vault

competition. He continued to have a successful summer, winning an International Decathlon match against France, Switzerland and Italy in Arras, France. He completed the year by taking his third ESAA title in the Senior Boys Decathlon, in Stoke.

- In 2011, Jack started his competitive season in Sheffield by finishing 1st in the under 23 EA combined events and has just made his senior GB debut in an international meeting in Sheffield.

Indoors It's Great Indoors!



The indoor season has become increasingly important over recent years for athletes and selectors. The opportunities it presents to remind selectors of the progress made by athletes the previous summer; how that performance has been consolidated or improved over the winter or whether the progress on returning from injury has been good, can all be demonstrated especially at the end of season National Indoor Championships. It was a season of much success for Sale athletes.

JUMPS

In the jumps section, new members especially made their mark especially in the National Indoors. Triple jumper **BEN WILLIAMS** took the senior title (15m 98cm); **JADE NIMMO** won a bronze medal in the Women's LJ (5m 84cm) whilst **CLAIRE LINSKILL** and **AHTOLLAH ROSE** featured prominently in the triple jump. Claire's 12m 52cm won a bronze medal, whilst Ahtollah came 5th with a 12m 30cm performance, which leads the U/20 rankings. Several of **KEITH HUNTER'S** athletes also did very well. **JAMES DAVIES** won the U/20 long jump with a 7.19m leap on the last jump; Molly Cockburn recorded a great PB of 5.36 in the long jump; Grace Murray was seventh in the U/17 triple jump

In the Northern championships also held in Sheffield, **AMY WILLIAMS** (U/15) set a new championship record of 5m 32cms.

Outside of the major championships, there was a welcome return to form by High Jumper **DARREN HAMMOND** who set a new PB of 2m 11cm at one of the Sportcity meetings. Making rapid progress in the Triple Jump is **JAMES BARRATT** who registered a new PB of 13m 89cm when representing Manchester Warriors in the McCain City Challenge competition, then improved to 13m 94cm in Birmingham. **JESSICA TAYLOR** achieved a 5m 95cm long jump PB in Reims.

POLE VAULT

It was a relatively quiet indoor season for the club's top Pole vaulters, although many have their plans firmly in place for some of the summer's major European Age group competitions and World Championships. Sale Harriers currently have three of the top seven women vaulters in the UK and **ANDREW SUTCLIFFE** fourth in the Men's UK rankings. **KATE DENNISON**, having changed her coach and also having competed late in 2010 at the Commonwealth Games, did not compete often but did get silver in the UK Championships behind Holly Bleasdale, coached by **JULIEN RAFFALLI**. Julien competed for the first time in four years jumping 4.23 in France, just to show his squad that he still has it! **ANDREW SUTCLIFFE** heads the Sale rankings and, although not improving his PB, has jumped very consistently at well over 5.20m; **JACK ANDREW** has had a great indoors concentrating on the Combined events; **MATT CULLEN** has struggled with a niggling injury but still jumped 4m 63; **GREG APPLEBY** had a best of 4m 10; Frenchman **MARTIN AIRAULT** competed

for Sale for the first time and had a best of 4m.25; Young **JACOB SUTCLIFFE** and **DAVID CAMPBELL** led the way with personal bests, both of them increasing their PBs by a huge 30 cm to 3m.25 and 3m10 respectively. **EMMA LYONS** came fourth at the UK Championships; **KATIE BYRES** jumped the qualifying height for the European Junior Championships and increased her PB to 4m 13 in France and also earned her first England vest at the Celtic Cup in Cardiff although her season was cut short by illness. **ABIGAIL HAYWOOD** had a difficult time without a coach but still won the Northern Senior championships in Sheffield. **EMMA ANDERSSON** increased her PB to 3m 21 at Loughborough. **SAMARA MOHTASHAM** competed only once jumping 2m.45 and her 12 years old sister **SERENA** took up Pole Vault for the first time and jumped 1m 95.

SPRINTS

Noteworthy performances in the Northern Championships were:

ANDY ROBERTSON - Won senior men 60m. Third senior title.

CHARLES BURKE - Won junior men 60m. Defended title from last year.

CALLUM ROUGHNEEN - Bronze in U17 60m

NATHAN SELBY - Silver in 200m at U17

ALLYN CONDON - Silver in senior men's 200m

ROY EJIAKUEKWU - Gold in U17 200m

Also taking part were **ZENON WISNIEWSKI** (U17), **RICHARD METZGER**, **NICK DODD**, **CHRIS CRAIG**, **NATHAN ROACH**, **JACOB BROWN** (all seniors) and **VICTOR NEYU** (U20) and **FELIX TIGHE** (U15)

Noteworthy performances in the National Championships were:

CLOVIS ASONG won U/17 gold with a fantastic PB of 48.39 closely followed by **DANIEL HEALD** (48.44) who trained with Clovis for 3 months

NATHAN SELBY - Silver in U/17 200m in 22.57. Nathan only started sprinting since October last year

ANDY ROBERTSON - Made final of senior men's 60m. 6.68 in semi ranked him 6th in country

CHARLES BURKE made the final of the U/20 60m, finishing just outside medals in new PB 6.63

MULTI-EVENTS

JACK ANDREW continued his run of excellence to add the inaugural National Indoor U/23 title to his growing list of accomplishments, **JESS TAYLOR** took a well-deserved Bronze in the Senior Women's Championship while **HANNAH LUPTON** competed well to finish in 4th place nationally and took silver in the Northern Region U/20 Women's Championships. **JOSH BARRARD** performed similarly to achieve fifth nationally and took silver in the Midlands Region U/20 Championship while in his first test after moving up to the U/20 age group, **ALEX WORT** took a silver for the Northern Region in finishing tenth nationally. Personal best performances abounded for **JACK ANDREW** and **JESS TAYLOR** again as they were selected for international competition as were **JOSH BARRARD** and **CHRIS BARTRAM**. (see pages 16 -17). The whole group has achieved good progress and promise to make great strides through the summer.

Roll of Honour 2010

MAJOR CHAMPIONSHIPS PARTICIPANTS AND MEDALLISTS

European Championships, Barcelona:-

Andy Turner (GBR) 100m Hurdles Gold
Brian Gregan (IRL) 400m, 4 x 400m Relay
Gordon Kennedy (IRL) 400m, 4 x 400m Relay
Kate Dennison (GBR) Pole Vault

Commonwealth Games, Delhi:-

Andy Turner (ENG) 100m Hurdles Gold
Alex Smith (ENG) Hammer Silver Mike Floyd (ENG) Hammer Bronze
Niall Brooks (ENG) 800 metres David Hughes (ENG) 400m Hurdles
Seyi Smith (CAN) 4 x 100m Relay
Stuart Stokes (ENG) 3000m Steeplechase
Paul Walker (WAL) Pole Vault Katherine Endacott 100 metres Silver
Katherine Endacott 4 x 100m Relay Gold
Stephanie Pywell High Jump 6th Rebecca Peake Shot Putt 5th
Laura Douglas Hammer 8th Sarah Holt Hammer
Linda Benin Hammer Laura Whittingham Javelin 4th
Kate Dennison Pole Vault 3rd Emma Lyons Pole Vault 7th
Kelly Massey 4 x 400m Relay Silver

OTHER INTERNATIONAL SENIOR REPRESENTATIVES

European Team Championships:-

Gordon Kennedy (IRL) 4 x 400m Relay
Rimantas Martisauskas (LTU) Shot Putt
Alex Smith (GBR) Hammer
Andy Turner (GBR) 110m Hurdles
Sarah Holt Shot Putt Stephanie Pywell High Jump
Katherine Endacott Sprints Rebecca Peake Shot Putt
Kate Dennison Pole Vault

International Matches:-

Jack Andrew (GBR) Combined Events
Antony Ford (GBR) 10,000 metres
Matt Hunt (ENG) Javelin Ryan Oswald (SCO) 4 x 400m Relay
Gareth Raven (GBR) Mountain Running
Nick Samuels (ENG) 1500 metres Rhys Smith (WAL) 400 metres
Andrew Sutcliffe (GBR) Pole Vault Scot Thompson (SCO) Discus
Kate Dennison (GBR) Pole Vault
Stephanie Pywell (GBR) High Jump
Jessica Taylor (ENG) Combined Events

International Disability

Emily Rawlins (GBR & ENG) Discus, Shot, Hammer

AGE GROUP INTERNATIONAL REPRESENTATIVES

World Junior Championships, Moncton:-

Andrew Sutcliffe (GBR) Pole Vault Bronze
Niall Brooks (GBR) 800 metres
Shaunna Thompson (GBR) 4 x 100m Relay
Rebekah Wilson (GBR) 4 x 100m Relay

UK CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Alex Smith Hammer Gold Antony Ford 10,000 metres Silver
Mike Floyd Hammer Silver Andy Turner 110m Hurdles Silver
Kate Dennison Pole Vault Gold Stephanie Pywell High Jump Gold
Laura Whittingham Javelin Silver
Abigail Irozuru Long Jump Bronze
Katherine Endacott 200 metres Bronze
Alison Rodger Shot Putt Bronze Laura Douglas Hammer Bronze
Sonia Samuels 10,000 metres Bronze

Indoors:-

Andrew Sutcliffe Pole Vault Silver
Chris Craig 200 metres Bronze
Katherine Endacott 60 metres Bronze
Katherine Endacott 200 metres Silver
Kate Dennison Pole Vault Gold Alison Rodger Shot Putt Gold
Rebecca Peake Shot Putt Silver

ENGLAND CHAMPIONSHIPS SENIOR MEDALLISTS

Mike Floyd Hammer Gold
David Hughes 400m Hurdles Gold
Stuart Stokes 3000m Steeplechase Gold
Matt Hunt Javelin Silver Nick Gayle 110m Hurdles Bronze
Kelly Massey 400 metres Gold Sara McGreavy 100m Hurdles Silver
Emma Lyons Pole Vault Gold Katie Byres Pole Vault Silver
Rebecca Peake Shot Putt Silver Emma Carpenter Discus Silver
Laura Whittingham Javelin Gold

WELSH CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Robert Mitchell High Jump Gold Rhys Smith 400 metres Silver
Paul Walker Pole Vault Bronze Laura Evans 100 metres Bronze
Laura Evans 200 metres Gold Laura Douglas Hammer Silver
Julie Crane High Jump Gold

Indoors:-

Robert Mitchell High Jump Gold
Paul Walker Pole Vault Gold Rhys Smith 400 metres Silver
Adebowale Ademuyewo 400 metres Bronze

SCOTTISH CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Scot Thompson Shot Putt, Discus Gold
Holly Belch 100m Hurdles Bronze Holly Belch 400m Hurdles Bronze
Alison Rodger Shot Putt Gold Alison Rodger Discus Bronze

Indoors:-

Scot Thompson Shot Putt Gold
Ryan Oswald 100 metres, 200 metres Silver
Alison Rodger Shot Putt Gold Record

IRISH CHAMPIONSHIPS SENIOR MEDALLISTS

Gordon Kennedy 400 metres Gold
Eoin Hannon Long Jump Gold Brian Gregan 400 metres Silver

AFRICAN GAMES

Linda Benin Shot Putt Gold

ENGLAND ATHLETICS AGE-GROUP MEDALLISTS

England Athletics Under 23 Championships – Outdoors:-

Ryan Oswald 200 metres Gold
Andrew Robertson 100 metres Silver
Matt Hunt Javelin Bronze Claire Linskill Triple Jump Gold
Abigail Haywood Pole Vault Silver
Abigail Irozuru Long Jump Gold
Jessica Taylor Long Jump Bronze
Adele Lassu High Jump Gold

England Athletics Under 20 Championships – Outdoors:-

Jack Andrew Decathlon Gold
Niall Brooks 800 metres Gold Andrew Sutcliffe Pole Vault Bronze
Shaunna Thompson 100 metres Bronze
Katie Byres Pole Vault

England Athletics Under 20 Championships – Indoors:-

Rebekah Wilson 60 metres Bronze

England Athletics Under 17 Championships – Indoors:-

Greg Appleby Pole Vault Bronze Katie Byres Pole Vault Gold CPB
Olivia Callaghan 60 metres Gold

England Schools Championships:-

Jack Andrew Pole Vault Bronze
Ahtollah Rose Triple Jump Gold Olivia Callaghan 100 metres Gold
Danielle Bentley Javelin Silver

STEPH & KATE WINS SPONSOR DEAL



Britain's No.1 high jumper Steph Pywell and No.1 pole vaulter Kate Dennison were recently awarded a sponsorship deal with the nutritional company called Maxi nutrition that'll aid their progress towards London 2012 Both are ranked No.1 in the UK for their disciplines. Both competed for England at last summer's Commonwealth Games in Delhi. Steph also recently came fourth in the Miss England competition.

Macesport Managing Director, said: "This new sponsorship agreement reflects their national status and will have a huge impact on their ability to perform in the coming seasons."

Greg & Olivia Sponsored

Thanks to the Arts & Sports Trust, which helps young people to achieve their dreams in art and sport, two of the club's talented athletes have received financial assistance

Pole vaulter Greg Appleby who ended 2010 with a 4m 20 personal best and No 5 ranking in the country was awarded £1000. Sprinter Olivia Callaghan, who made her England debut last summer and GB debut this Spring and whose indoor best of 7.67 seconds gives her No3 in the national rankings received an award of £750.

The Arts & Sports Trust has, in the past made awards of £500 to 440m sensation Clovis Asong and £2000 to international pole vaulter Katie Byres. An additional award of £500 was made to Katie to help her to compete in last summer's Singapore Youth Olympics where she came first in the B Final.

CLUB TREASURER MADE Hon. Vice President

Roy Swinbank, Club Treasurer until his resignation for health and personal reasons, has become the club's first honorary Vice-President for his services over more than twenty years.

Roy's association with Sale Harriers began as a friend of deceased club chairman Frank Starkie when he worked on the Northern Men's League. When he retired from full-time work in 1991, Frank asked Roy to become a vice-Chairman (John Stalker was Chairman). He accepted and later succeeded John as Chairman.

During this time, club legend Alan Robertshaw set up a Finance Committee & Roy became both its Chair and Secretary. After Alan Robertshaw's mother died (she was the treasurer), Cliff Rowlinson then took over as Treasurer and joined Roy on the Finance Committee. When Cliff resigned the treasurer job after several years, Roy then took over that position as well and has held it to the present time.

The club records its immense gratitude to Roy for his service and loyalty at the helm of the club for twenty-five years as it's grown from a local, informal set-up to one of Britain's largest and most successful clubs.

Throughout his commitment to Sale Harriers, Roy maintained his loyalty to his first love, Preston AC and is a Life Member of that club. He's also done stalwart work for the North of England AA Champions League (was its secretary 1985 -95) and is a Track & Field Judge (Grade 3 in the old system).

GERMANS on the run



Over the past four years, a growing partnership between Sale Harriers and running clubs LV Vellmar and PSV Kassel in the Central German city of Kassel has resulted in over thirty athletes travelling across the Channel to take part in this year's Wilmslow half marathon. Sale Harrier endurance section were the hosts who provided free accommodation for everyone, free entry into the Wilmslow Half Marathon (thanks also to Race director Malcolm Fowler), free airport transfers and tours. During an eventful weekend, the guests visited Manchester United, Sportcity, The Trafford Centre and Manchester City Centre and several even sampled a British 'pint'

On the Saturday evening, consultant neurologist, Steffan Schumacher, who initiated the partnership when he came to work in England in 2008, hosted a Pasta Party during which gifts were exchanged that included special T-Shirts that commemorate the Kassel marathon, amidst entertaining speeches and lots of conviviality and banter in a relaxed, fun evening at Didsbury Cricket Club. After the race, guests were hosted to an energy-fuelling British carvery meal before being returned revitalized to the airport. Everyone's Wilmslow result and performance appraisal can be viewed on the club website.

On May 20/22nd a similar number of Sale Harriers will travel to Kassel to take part in that city's equally large Marathon and half-marathon.





MANCHESTER AREA CROSS COUNTRY LEAGUE

*Great year for u/11 &
u/13 boys and girls*

Peter Shaw

The under 11 girl's team have had a great year winning the Manchester Area Cross-Country League team title after a close battle with Manchester Harriers with Stockport AC 3rd. Cheshire County Champion Ellie Twite was unbeaten to become individual league champion whilst Cheshire County runner-up Francesca Brint finished 2nd and 3rd in her two outings for the club. The other girls who contributed to the team success were Tia Blissett, Josie Canham, Ciara O'Neill, Amie Page and Rebecca Heys. Another SHM team to become League Champions were the under 13 boy's team. This team had already won two National, Northern and County team titles and in one league match had the first three teams. Euan Gilchrist, Mike Quinn

and Dylan Stannay ran in all five matches with their highest individual positions being Euan 3rd, Mike 6th and Dylan 7th. Adam Roden ran three matches finishing second in each one. Christy O'Brien was also runner-up in one match whilst Lancashire Champion, Bradley Yates, won the race at Boggart Hole Clough. Others who contributed to the team success were Saeed Absiyeh, Joe Hammond, Charlie Brett, Daniel Brint, Adam Kinghorn, Jordan Bezzina, Rory Canham, Dillon Birchill and Sam Bolton.

The Under 13 girl's team followed up their bronze medals in the Northern Championships with 3rd place in the league behind Champions Stockport AC and runners up Moston AC. Alice Bruce, Eve Gibson and Mattie Yates ran in all five matches. The following girls had a top ten

finish in at least one match (highest position in brackets). Nina Rawlings (3rd), Flora Whyte (5th), Catherine Podmore (5th), and Hannah Simeen (8th). Julia Hassall, Sophie Burgess, Abi Smith, Tanith Rhodes, Frank Reid and Charley Read also contributed to SHM's team success.

In the under 11 boys, Jacob Gordan finished an encouraging seventh at Boggart Hole Clough whilst Cameron Buchan was the only other boy to compete for SHM in this age group.

Overall, thirty-seven athletes represented Sale in these youngest age groups which, with two team gold's and one bronze, made them the most successful team. With this sort of support for the club surely they'll do just as well next year.

MANCHESTER AREA CROSS- COUNTRY LEAGUE

*Lots of success for
u/15 & u/17 lads & gals*

PETER SHAW

The U/17 men's team retained the Manchester Area Cross-Country League they won last year. Kyle Conway competed in all five matches saving the best till last when he finished second in the Clayton Vale race. Other U/17 athletes with a top ten finish were Ryan Moore (2nd), Andrew Iden (3rd), Matt Holmes (3rd), and Alex Burchill (5th). Alex Bradford and Dillon Bezzina ran in three matches each and helped to ensure the team victory. Almost all club runners in this age group are young enough to run next year so expectations are high.

The Under 17 women's team did not manage to retain the team title but can be pleased to finish runners up to a strong Stockport team. Misha Nayak Oliver was the club's most consistent runner with three fifth place finishes. All SHM runners had at least one top ten finish - Victoria Calderbank (4th and 6th), Nancy Clare (7th), Chloe Grant (8th), Kate Mc Lelland (8th), Hannah Wain (9th) and Helena Flippance (10th)

Despite team victories in two matches, the U/15 girl's team had to settle for runners up slot behind Stockport AC. Abi Fitton ran in all five matches with three second place finishes which made her overall silver medallist. Rachel Hibbert finished 3rd in the first match and was a club counter in all five matches. Chloe Yates was another athlete to compete in all five matches. Other SHM athletes with a top finish were Caithlin Thomas (6th, 7th, 10th and 10th), Imani Modahl (6th and 8th) and Connie Vickers (6th and 9th). Clare Dignan, Danielle Dignan, Maddy Williams, Kate Finlan, Louisa Schumacher and Alexandra Ward also played their part in the club's success.

In the under 15 boy's age group, Jimmy Castle finished in the first eight in every match with his highest placing an impressive fourth at Sherdley Park. Khalid Absiyeh had two top 10 finishes whilst Romello Edwards competed in three of the matches.

Overall, over 30 harriers competed in these four age-groups. During the season, the club has tended to increase the strength of our squads and would hope next year to finish teams in all four of these age-groups and to better this year's results of one team victory and two runners up.



MANCHESTER AREA CROSS- COUNTRY LEAGUE

Senior Men

The Manchester Area XC league (MACCL) is the back-bone of the winter season and the opportunity for tough training and competition for all age-groups from tender under 11's to our hardy veterans. Held in five Gtr.Manchester Parks that began in October with Heaton Park, then Sherdley Park, Boggart Hole Clough, Woodbank Park and finally the season ended at Clayton Vale in January held there for the first time in about twenty years.

Our senior men shadowed neighbours Trafford AC for four of the five matches, claiming victory on the tough hilly Woodbank Park course. For those interested in a bit of healthy competition - an aspect of this winter league as well as an opportunity for tough endurance training, the tally over the past decade interestingly is Trafford AC and ourselves have now five league titles each. Those who mixed it best with Trafford AC's leaders, 3rd place Wilmslow AC's front runners and the others leaders of the regions

clubs were Gaz Raven who won at Woodbank Park, U/20 Niall Brooks who was 2nd at Sherdley Park, James Bailey U/20 Jamie Roden, U/20 Charlie Hulson, U/20 Ryan Worland, U/20 James Wignall, U/20 Callum Greenwood, U/20 Josh Oguntayo, Peter Crawford, O/40 Ian Weatherall, Mike Hatch, Phil Scowcroft, Tim Kennedy, Mike Kilmartin, Elton Davies, O/45 Gary Rowlinson, Paul Rowley and Paul Barrett. A special commendation to the club's juniors who made a big difference and were always team counters whenever they ran. Newcomer Peter Crawford was also a revelation at Clayton Vale finishing among the top twenty.

The club's 'B' team were promoted into Division 1 for this season and, though the squad of middle ability runners presented themselves well to finish ninth overall, it wasn't enough to retain premier division status next

year. The following competed in one or more matches. Stephen Mc Carron, Colin Gell, Andy Mooney, Jason Bowers, Alan Pitman, Carl Barber, Frank Cordingley, Andy Yates, Paul Calderbank, Tim Rainey, Tim Brett, Andy Bean, Mike Wharton, Jerry Smith, Steve Gavin, John Battersby Brian Bradshaw.

Veteran men and women compete alongside seniors and their finishing position count for the senior team. However, they also have their own divisions and... take a bow – not only did your sixth place consolidate your league position but is the best result if five years. Well done, lads! What a pity that, for the second consecutive year, you just missed on completing the required four matches. Had you done so, a 'B' would be competing in Division 'B' next winter.



MANCHESTER AREA CROSS- COUNTRY LEAGUE

A and B for Division One

Throughout the five matches of this winter's MACCL league a formidable endurance squad of about thirty of the club's very capable senior and veteran women meant they were able to give league leaders Wilmslow AC a good run for their money in almost every match. Indeed, had it not been for a strong Stockport AC turn out for the Sherdley Park and Clayton Vale matches, our girls would surely have improved on the bronze medals they were awarded. Whilst this emerging endurance squad stood on their own feet without the traditional support of middle distance track specialists, 800m runner Donna Jones was a star at Boggart Hole by winning her race and Rachel Deegan second at Sherdley Park.

Soon to be married Cara Kavanagh was a key front-runner for the first three matches and then replaced by Jessica Riley in the final two matches. Others who made all the difference at the sharp end were Rose Blackburn, Lora Blann, Tyra Watson, Julie Price and O/50 Jackie Cordingley. Our senior women 'A' team can count it a successful winter!

A key winter objective was for the 'B' team to join the 'A' in Division 1. With at least a dozen available for each match, the squad had the strength in depth and showed every sign of achieving the objective through the five matches. Eventually, it came down to the final match at Clayton Vale! With results confirmed, team manager Jo Street heralded the good news that, with Sale & Wilmslow AC joint winners, our 'girls' would indeed join the 'A' team in Division 1 next year. Well done to team manager Jo Street, Helena Murphy, Belinda Hammond, Helen Reagan, Helen Armitage, Sian Holland, Carla Ousey, Jenny Clink, Jan Nicholls Lynne Yates Lynda Rowlinson Lauren Davies and Jenny Miles all who played their part. Probably every one of this group have moved up a notch in their running in the past year. Keep it up!

Whilst the veteran section contributed to the overall senior success, they also consolidated their own position in Division 1 of the veteran league by finishing sixth. Special mention must go to O/50 Jackie Cordingley – yet again! Not only did she make her traditional contribution to the seniors but she was 3rd in the overall O/50 category – only one of three club member this year to achieve an individual ranking.



THE NORTHERN CROSS-COUNTRY CHAMPIONSHIPS

Youngsters Shine

Fechin McCormick

To do well in the Northern Cross-Country Championship is one of the club's annual winter objectives. This year it was held at Herrington Country Park in Sunderland for the first time on an undulating, heavy course after early morning frost. About fifty of the North's running club's converged many with teams in every age-group from U/13's upwards.

As has been the case through the winter, our younger age-groups made the biggest impact. The day's success came especially from our U/13 boy's and girl's superb bronze medals. The Under 13 boys, already National Relay Champions and Northern Relay Champions, were hot tipped to extend the club record for age-group victories in one season, but the inevitable unavailability of some top runners meant bronze was to be their best shot but they still produced the club's best result in years and the second best in a decade! It was all credit to Christy O'Brien, the reigning Gtr Manchester School Champion (6th), Bradley Yates, the Lancashire Clubs Champion, (10th), Michael Quin, the Gtr Manchester Primary Schools Champion (40th), Charles Dowell, 3rd in Gtr Manchester Primary Schools (46th) and backed up with Dillan Stanway (50th) and Sam Bolton (126th).

Our Under 13 girls also had a great day to win bronze and again the club's best result in years and the second best in a decade. Newcomer Flora Whyte (14th), Catherine Podmore (18th), Hannah Simeen (44th), Nina Rawlings (53rd), Alice Bruce (61st) and Julia Hassell (62nd) were the stars. Well done to all coaches, parents and staff.

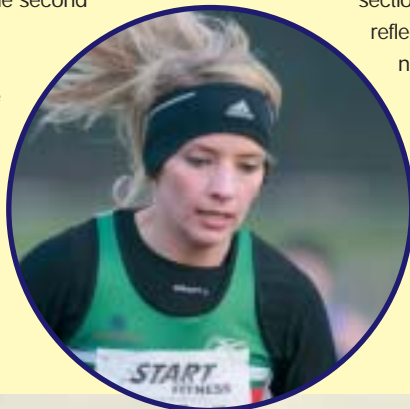
Our senior men and women suffered from the traditional blight of injury and other lay-offs and team managers Dave Rodgers and Jo Street did well in the

circumstances to muster teams that finished ninth and fifth respectively. There were typically valiant efforts from tough guy Gaz Raven running his eleventh Northern and with a silver and bronze medal already under his belt; James Bailey (52nd), Phil Scowcroft (143rd), Colin Gell (145th), Mike Ashby (212th), Paul Barrett (260th) and O/45 Gary Willcock (286th). Leeds AC won their ninth consecutive title. Congratulations to winner Tom Lancashire (Bolton AC), last year's fastest UK 1500m athlete who is coached by Norman Poole at Wythenshawe and to Salford's Andi Jones who retained his bronze medal. His wife Donna is the club's 2:06 800m specialist.

Even though our women lacked some big 'guns', they still finished a commendable fifth to produce one of the club's best results in years. It was all credit to a quartet of girls most of whom are track specialists rather than cross-country runners. Lucy O'Gorman had a brilliant run for 6th with Rachel Deegan (22nd), Cara Kavanagh (63rd) and Hayley Cavill (98th), all doing really well.

Our U/17 boys were the final section to complete a team reflecting the demise nationally of cross-country running among younger age-groups. The quartet of Ryan Moore, Andreas Iden, Kyle Conway and Matt Holmes finished 8th.

Among the junior men, Niall Brooks had a good run for fourth but was understandably disappointed to just miss out on a medal.



NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

Mud Bath!

Fechin McCormick



The ECCA 'National' is the pinnacle of the cross-country season and, if you've never been to one, ensure you don't hang up your spikes till you do. It's running's equivalent of football's Cup Final and it has all the big occasion carnival atmosphere of marquees and side-shows with 4000 runners from throughout the land in every age-group converge to proudly do battle for prestigious individual and team titles. This year's 135th Championships returned to Alton Towers and, following overnight snow and rain, a feast of fun in the shadow of Britain's famous fun park was churned into a mire of mud worse than any Big Dipper experience so unprecedented even the marquees offered no respite and, because of accidents and injuries, the course had to be altered.

The club's highpoint was the under 13 boys! With unparalleled depth and with the ECCA National Road Relay title, Northern Relay title and Northern XC bronze medals under their belts, great things were expected. Despite the atrocious conditions and such confusion among the organisers because of the shortened course that the lads set off not knowing whether the race would be over one lap or two, they acquitted themselves brilliantly and added National bronze medals to their growing collection. Bradley Yates, Britain's No.1 over 1500m and the Lancashire Clubs Champion was 12th; then Christy O'Brien, the reigning

Gtr Manchester School Champion, Adam Roden, Derbyshire club's bronze medalist and Euan Gilchrist followed home with all inside the first forty finishers to record the club's best ever result. The club's also blessed with a strong U/13 girl's squad and their 11th place was the section's second best ever (they were silver medalists in 1999). Catherine Podmore, Flora Whyte, Alice Bruce and Julia Hassall were the quartet who almost created club history! Congratulations lads and girls!

It was also a good day for the U/15 girls, another of the club's emerging sections. They finished 18th, a vast improvement on recent years that bodes well for the future. Abigail Fitton, silver medalist in the MACCL League, Caitlin Thomas, running her second National, Rachel Hibbert, competing in her third National and Imani Modahl comprised the hard-working team ably backed up by Connie Vickers and Eleanor Canham. All these girls have also had a great cross-country season. For the fourth consecutive year, no U/15 boy's team competed.

With only twenty-one clubs finishing an U/17 team; only seventeen an U/17 girls team; fourteen a junior men's team and only nine an U/20 women's team, the demise of cross-country nationally among these age-groups is well documented and the club is no exception.

However, our U/20 team had a fantastic day! The quartet of Jamie Roden, Derbyshire's U/20 champion had a great race to finish 7th and will be eligible for this age-group again next year; Callum Greenwood also had one of his best ever runs in 53rd place and James Wignall finished a commendable 85th, producing the section's best result since they won bronze in 2006. Had Niall Brookes, Europe's top junior middle distance specialist, not fallen and lost his spikes and had Ryan Worland and Charlie Hulson been available to run, the team would almost certainly have been among the medals.

Over the years the senior men have been consistently in the top ten with last year's eighteenth place a disappointing result. Team Manager Dave Rodgers, therefore, will undoubtedly be disappointed again with this year's twenty-fourth place. Front runner Gaz Raven, who's run every 'National' since 1993 and rarely been outside the top twenty which surely must be a record, described the muddy, hilly course as 'the worst ever'. Lacking the endurance of marathon preparation and a shortened course to 10k did not suit him so he was disappointed to finish 22nd. Indeed James Bailey (120th), Phil Scowcroft (408th), Elton Davies (468th) and Paul Barrett (759th) were unprepared for the tough, ankle deep mud, steep climb and tough undulations. Only mud freak Mike Hatch delighted in the mire and, despite still returning to full fitness, finished a commendable 271st.

THEY REPRESENTED THEIR NATION

Fechin McCormick

The club had several members represent their nation through the indoor season. There's no greater honour than to represent one's nation and the club's immensely proud of each one. Congratulations to all.

When coach **CHRIS BARTRAM** and **JESS TAYLOR** sat down to plan her 2011 competitive season, neither of them planned for a senior international in her first year as a senior. But the tenacious Jess forced her way into the team with a fantastic bronze medal in the national combined Championships. Having obtained the International selection in France against four top international Combined Events teams, she set another very difficult target of being the top scoring British girl. Remarkably, this is just what she did, with a fantastic

personal best in the long jump of 5.95 and an overall personal best score.

Sprinter **ANDY ROBERTSON** has represented England and GB many times through the younger age-groups, and this winter made his senior England debut at a match in Slovakia. Andy's been consistently Britain's No1 sprinter through all the age-groups and in the meeting ran the fastest 60m time of 6.79 seconds.

Sprints coach **BOB GAISIE** also made his debut! He was selected as the Assistant Team Manager for England Athletics for the same Central European Tour in Slovakia as Andy Robertson participated in. Bob's selection was on the cards since his selection for the World Class Coaches Club in Berlin in 2009.



Congratulations to **CHRIS BARTRAM** who was selected to act as coach at the Combined Events International between Great Britain, France and England that was held in Sheffield over the weekend of 5th/6th March. He was the GB coach for the men's U/20 and U/23 team.

England Schools sprint gold medallist, **OLIVIA CALLAGHAN** made her England debut in January's Celtic Cup in Cardiff selected for the 200m and the medley relays. The selection came as an eleventh hour surprise when she was in the midst of preparing for important examinations and this inevitable affected her performance. Nevertheless, she finished 4th in 26.35 gained fantastic experience in her promising career.

KATIE BYRES, Britain's No.1 U/20 pole vaulter also made her England debut at the same Celtic Cup match in Cardiff. Since there wasn't an U/20 competition, Katie was a guest in the senior event and she won it jumping 4m 05m. She then made an attempt at the British U/20 indoor record and came very close. Though this was Katie's England debut, she's already represented GB three times. This topped yet another very successful winter in Katie during which she's vaulted a massive PB of 4.13m in a vault competition in France that is recorded as the third highest of all time at U/20 level in the UK.

JACK ANDREW won selection for his first U23 international. He competed at Sheffield Indoor Arena on 5th/6th March as a member of the GB team against a very strong French team and an England team. He earned his GB place following his win at the National Indoor Championships and this represents another step towards his goal of a senior vest following his successful U17 and U20 international performances.



JOSH BARRARD earned his first international vest competing for England U/20 at the international between Great Britain, France and England held at Sheffield over the weekend of 5th/6th March. Another member of Chris Bartram's North-West Combined Events group, Josh earned his selection with a strong performance at the recent National Indoor Championships.

Our European and Commonwealth gold medallist **ANDY TURNER** represented GB in a major televised international in February that brought together some of the world's top athletes and future Olympians under one roof. He was also selected for January's Aviva international in Glasgow. As ever, in both he proved his worth as one of the world's best in the sprint hurdles.

Four months after earning a silver relay at the Commonwealth Games **KELLY MASSEY** got her senior GB vest to compete in the 4 x 400m relay at the European Championships. Kelly is one of the club's established. She made her first international appearance of 2011 at January's Aviva International in Glasgow.

BEN WILLIAMS is a new recruit and the junior triple jumper who won the National Indoor Champs. He also did the AVIVA International in Glasgow, where he placed 2nd. His impressive international record is: -

2008 – Commonwealth Youth Games Under-19 TJ silver

2009 – IAAF World Youth Championships TJ gold

2010 – IAAF World Junior Championships TJ 11th

NICK GAYLE is a BAL stalwart who represented England over 60mH at the Vienna Classic. He came 4th. He has represented England on numerous occasions and is something of an indoor specialist.



SCOT THOMPSON was an ever-present in the BAL team for the past two years and has been one of Scotland's best Shot Putter/Discus throwers for the past 10 years. He placed 2nd in the Shot at the Celtic Cup International in Wales.

BRIAN GREGAN won the Irish Indoor title at 400m recently and was selected to run at the European Indoors in Paris.

Another new recruit, **IAN MCDONALD**, won the 60mH at the Irish National Championships.



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Social Life

Fechin McCormick

A club social life is integral to the life, health and development of an athletic club. It strengthens fellowships; builds club loyalty, strengthens commitments; increases motivations and can be crucial to retain enthusiasm when the going gets tough. All work and no play make Jack a dull boy... and Jill a dull girl! Sale Harriers has a thriving but unheralded social section (apart from on social networking sites!) so let's highlight some recent events.

A number of sprinters, hurdlers, throwers and multi-eventers attended a Halloween Party at Jessica Taylor's flat. In these photos are Danny Parkinson, Nicola Cahill, Jessica Taylor, George Sharp, Josh Barrard and Jack Andrew. Among other house parties was Bella Hailstone's Birthday party which had a masquerade theme.



About 60 Primary Section young athletes, coaches, parents enjoyed a barbeque, music and dancing. They also held a Fancy Dress Party and a Pizza Night in Pizza Hut



Twice a year (March & October) a large group take off to the Lake district for a weekend of tough hill training, walking, sight-seeing, kayaking, beer-drinking, eating, quiz, fun and frolics. In March 50 athletes headed up the M6 in snowy conditions for the latest 9th edition.



The 3rd annual Winter Ball organised by the club's endurance section was another big success with almost 100 people attending.



NORTHERN 12 & 6 STAGE ROAD RELAY CHAMPIONSHIPS

Nothing Like Youth

Fechin McCormick

The Northern Men's 12 stage and Women's 6 stage Road Relay Championships took place in mid-March returning to the picturesque garrison town of Catterick in West Yorkshire where it was last held in 2008. It's an important annual club event that's traditionally sandwiched between the end of the cross-country season and the beginning of the track and field season.

SENIOR MEN

Our men have a proud history of success in the Northern Relay Championships and over a decade, the club's rarely been outside the medals. Prior to taking off for Catterick, team manager Dave Rodgers, was optimistic the team would again medal but described the 'B' team as 'falling apart'. However, these are changed times and with the club's strengths currently in the T & F, he no longer has the endurance resources. Despite his valiant efforts he did not achieve his objective and the team finished 7th.



SENIOR WOMEN

Team managers ALISON PYE also found she didn't have the resources of former days to fall back. The gauntlet was thrown down by club newcomer KRISTIE LEYBOURNE who finished eleventh. We welcome Kristie who finished eight in this year's Northern Cross-Country Championships and showed she's a promising career ahead. HANNAH GRIFFITHS did very well, despite dropping two places, so soon after her return from injury. CARA KAVANAGH is understandably preoccupied over her imminent marriage and also did well to maintain 13th place. ALISON PYE, a veteran of these championships, produced another of her typically reliable performance dropping just one position for 14th place. Finally, well done to LAUREN DAVIES and KATIE REECE for their club

loyalty in competing in this awesome arena when their training is preparing them for much longer distances.

Wakefield AC took their first northern title toppling Chester-Le-Street who'd been champions for the past five years.



Leeds AC, champions for the past three years, was toppled by a strong Morpeth AC team and Derby AC won their first bronze medals.

To the disappointment of all, the anticipated 'B' team did not materialize. However, well done for making the effort to ultra-distance maestro's COLIN GELL and TIM RAINEY, BAL team manager DEAN HARDMAN who is discovering a talent for longer distances, PHIL SCOWCROFT, O/45 GARY WILLCOCK who was injured, ROB FLANNERY and MIKE WHARTON who are returning to top form, CARL BARBER, STEVE GAVIN and finally, O/60 TERRY LONERGAN who ran his first Northern relay way back in 1968 when he was just nineteen and 'medalled' in 3rd place

AT YOUR SERVICE

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PHOTOGRAPHS FROM OTHER SOURCES WELCOME



Harry Shakeshaft

SUMMER FIXTURES 2011

APRIL

9th	National Men's & Women's 12 & 6 Stage Relays Sutton Park
9th	British Fell Running Championships (Long) Mourne Peaks
23rd	Rivington Pike Fell Race Horwich
25th	London Marathon London

MAY

1st	May Day Sale 5k & Fun Run Wythenshawe Park
1st	National Junior League (1) Preston
7th	Jo Wood Cup Final- Invitation TBA
7th	Northern Senior League (1) Blackpool
8th	National YAL (1) Sportcity
14th	County Championships Longford Park
14th	English Fell Running Champs (Short) Mearley Clough
15th	Bupa Great Manchester 10k Manchester
20/22nd	Club trip - Kassel Marathon & Half Marathon Germany
21st	National Masters Road Relays (BMAF) Sutton Park
22nd	National YAL (2) Wavertree
29th	National Junior League (2) Glasgow
27th	North Cheshire 5k series (1) Dunham Massey
28/29th	European Club Champs Women Portugal?
29th	Sale '5' & 3k Wythenshawe Park

JUNE

4th	North Cheshire 5k series (2) Hollins Green
4th	British Athletic League (1) Woodford Green
4th	Womens National League (1) Leigh
4th	Northern Senior League (2) Lincoln ??
4th	English Fell Running Champs (Long) Duddon
5th	National YAL (3) Witton Park
9th	North Cheshire 5k Series (3) Bowden
10/11	Welsh Castles Relay Wales
11th	Gt M/c Schools Longford
17th	North Cheshire 5k series (4) Dunham Massey
18/19th	Northern Senior Champs U/20 & Sen Sportcity
19th	National YAL (4) Cannock
19th	BMAF 5k Championships Horwich
25th	North Cheshire 5k series (5) Lymn
26th	English Fell Running Champs Medium Loughrigg & Silverhowe
25/26th	National U/20 & U/23 Champs Bedford
30th	Sale 5k Sizzler (1) Wythenshawe Park

JULY

2nd	British Athletic League (2) Cardiff
2nd	Womens National League (2) Edinburgh
1/2nd	English Schools Champs Gateshead
3rd	Northern Senior League (3) Preston
9th	British Fell Running Championships (Medium) Y Aran
10th	National Junior League (3) Sportcity
14th	Sale 5k Sizzler (2) Wythenshawe Park
16th	Senior Closed Champs Gateshead
17th	NYAL Area Finals TBA
24th	National Junior League (4) Gateshead
28th	Sale 5k Sizzler (3) Wythenshawe Park
30th	World Trials & UK Champs
30th	English Fell Running Champs (Short) Whittle Pike

AUGUST

6th	Womens National League (3) Copthall
6th	Northern U/15 & U/17 Champs TBA
7th	Sale '10' Wythenshawe Park
11th	Sale 5k Sizzler (4) Wythenshawe Park
13th	British Athletic League (3) Sportcity
14th	Northern League League (4) Blackburn
20th	Race the Train (cross country)
20/21st	English U/15 & U/17 Champs Birmingham
21st	BMAF Half Marathon Championships Leek
21st	NVAC 10k Championships Bishpam
21st	British and English Fell Running Championships (Long) Sedbergh
27th	British Athletic League (4) Newham

SEPTEMBER

2/3rd	UK School Games
4th	NYAL FINAL TBA
10th	British Fell Running Championships (Short) Devil's Beeftub
11th	National Junior League FINAL Derby