

AT YOUR SERVICE

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No. 80 2013/2014

THE Harrier

The Magazine of Sale Harriers Manchester



ONE SPIRIT • ONE TEAM • ONE CLUB



EDITORIAL

Fechin McCormick

Welcome to this 80th edition of Sale Harriers Annual Review magazine that, incredibly, I've now been producing for 21 years since I first started it! Again, it's packed full with the news and achievements of every club section from Spring '13 to Spring '14.

I've tried to be as thorough as possible to include everyone because everybody's performance is important regardless of ability. This has been no mean feat! It's required many long days tediously spent identifying and labelling hundreds of photographs and then selecting the best ones for the montages ensuring no-one, as far as possible, is excluded. I'm sure you'll agree these montages speak volumes for the richness of Sale Harriers in its diversity in regards, age, ethnicity and range of disciplines. Of course, I particularly thank our club photographers Harry Shakeshaft and Ernie Greenwood who've been invaluable in providing most of these photos throughout the year and giving their time and expertise so very generously. This magazine and the club website would be so much poorer without them.

This magazine recounts all the high and lows of 2013 – from the summer pinnacles of the senior men becoming BAL National Champions and, a few weeks later, adding the National 6-stage Road Relay Championship title for the first time in the club's history... to the disappointing low points of the club having to surrender the BAL title to Shaftesbury a few months later, because a drug cheat in our midst was tested positive and then we had the disappointment of our senior women demoted from the UKWAL Premier Division for the first time in the club's history. To-day, these have become challenges to win back the BAL title in 2014 and return our senior women to their rightful place in the UKWAL Premier Division.

From these pages, everyone will form their own impression on the club's achievements throughout 2013. Certainly one of its great current assets is the depth in numbers and strength of almost every section, especially among the endurance groups, managed by capable and committed coaches who recognise the importance of group cohesion and team spirit as a training component and for keeping groups together and strong. If this can be translated into results that include medals in 2014, this will be another big step forward with the club having much to be excited about.

It was at this time last year of producing this magazine that our Eric Hughes, our President and Britain's most successful women's team manager died, leaving a massive club vacuum. On this anniversary, we again extend our heartfelt thoughts to his wife Doris and his family.

Finally and most important – THANKS! If you've contributed in any way to the club in the past twelve months, the club is immensely grateful and wants you to know how indispensable you are. If you haven't, maybe it's something you should consider to give 'something back' in 2014. because the club desperately needs more volunteers in every section. It's reaching a crisis point! Whatever you've contributed in 2013 as volunteer coaches, team managers, officials, parents, photographers, the website team, administrators, marshals etc etc. ...the club would be nothing without you!



2013 Finance

Sale Harriers Manchester 2013 Finance Report.

The financial results for year 2013 were most satisfactory, ending with a surplus of £20,300.

Main income streams were headed by annual subscriptions which increased to £31,500, offset by the higher affiliation fees paid to England Athletics. This meant a net increase of £4000 over 2012.

Training subscriptions both at Crossford Bridge and Wythenshawe Park maintained the high levels experienced last season, contributing £16,500.

Encouragingly, our own promotions, led by the Sizzler series held in Wythenshawe Park, Indoor series at Sportcity, Sale 5, over the sales, and the Walter Wilson Trophy increased the club's finances by £19,000.

Donations and fund raising activities which included marshalling the Manchester Marathon and Nova Manchester 10K were significant.

The City Council partnership, though reflecting £14900 in the accounts, included a delayed payment of £5000 relating to 2012, so over the 2 years a sum of £20,000 was earned from this source. Due to the vagaries of local government finances, it would not be prudent to assume this level of sponsorship for future years. Therefore fresh sponsorship would always be very welcomed.

Expenditure was well controlled as you would expect. A more active membership was reflected in the increase in team entry fees, plus the club recognising the role of the many coaches with increased training opportunities, plus contributions to our national athletes soaring medical bills.

Travel and hotels has always been the mainstay of our expenditure, with visits to Scotland and London ever present so the 2013 levels are acceptable.

Maintenance costs to our facilities continued and we were even required to make a contribution to essential maintenance work at Wythenshawe Park, due to the complete lack of resources from the City Council. Unfortunately this is becoming a worrying trend in athletics, with a positive outlook deemed improbable.

Jack Frost

Hon Treasurer. January 2014

Club Records

Several new young club records were established during 2013.

ROY EJIAKUEKWU ran 10.53 for the men's U20 100 metres in Mannheim Germany on the 29th June and eclipsed the club's great Andrew Robertson's record!

At the English Schools Championships in July, AMY WILLIAMS' triple jump of 12.22m was a new club record as was JONA EFOLOKO'S U15 200m at the same championships. JONA also broke the U15 boys 300m club record of 37.10 at July's YDL and on June 22nd at the YDL match in Preston also equalled the current club U15 100 metres record of 11.2.

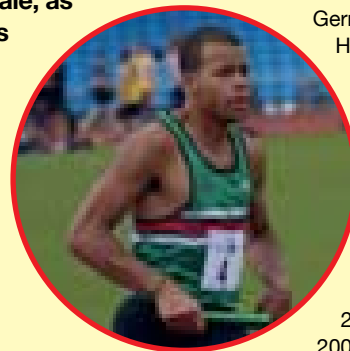
The club welcomed ELLIE JACKSON to its ranks mid-summer and this talented girl displayed her immense ability with five U13 girl's club records. They were the 70m hurdles (11.36) at Gateshead's YDL in July, the 70m hurdles (11.3) at Litherland in August; the 70m hurdles again (11.22) at the YDL final at the Alexander Stadium in September, the 200m (27.2) at the Blackpool Open in September and the U13 Cheshire Triathlon (242 points) also in September.

Congratulations also to AIMEE PRATT who established a new club U17 1500m steeplechase record of 5:16.86 at the YDL Final at Birmingham in September.

2013 also marked the 40th anniversary of STEVE EDMUND'S club's marathon record of 2:16.24 set in the Manchester Marathon on June 3rd 1973.

YOUNG CLUB ATHLETES OF 2013

Every year the club chooses two of its most outstanding young athletes, one male and one female, as 'Club Athletes of the Year' and honours them with the Darren Campbell MBE Award. The 2013 awards went to young triathlete sensation GEORGIA TAYLOR-BROWN and one of Britain's most exciting young sprinters ROY EJIAKUEKWE. The club congratulates both of them.



ROY EJIAKUEKWE

Roy's current PB's are 10.4w/10.53 for the 100m, 21.4 for the 200m and 6.84 for the 60m. He's represented England on three occasions. The first was after winning his first English Schools Championships, where he won gold in the 200m and 4 x 100m and was selected for the Aviva SIAB championship held in Cardiff where he won gold again in the 200m and 4 x 100m. Later on the same year he was selected to represent England in the UK School Games where he came 2nd in the 200m. In addition to this he was also lucky to be selected for the Celtic cup championship where he won the 200m and relay the year after.

In his final year of under 17, he was lucky to be picked for the Great Britain junior relay program and has represented Great Britain on 5 separate occasions. His first representation was as part of the 4 x 100m Great Britain junior relay squad, which he got selected for whilst still under 17, making him the youngest member on the team. As part of this, he ran 2nd leg at Loughborough International and then went on to run 3rd leg at the Bedford International Games. In 2013 he was once again

selected to be part of the team, this time he ran 1st leg at Loughborough International. He was then selected to run as an individual at Mannheim, Germany for the junior gala where he ran the 100m and the 4 x 100m.

He made the final and came third in his 100m and ran 2 relays running last leg which we won. Finally, he was also selected for the European Junior Championships, which was held in Rieti, Italy where he ran the 100m and 4 x 100m. This was definitely the highlight of his year. He was unlucky to miss out on the finals and missed out medaling in the 4 x 100m due to unfortunate circumstances but he learnt from his mistake.

His other main achievements include a silver medal for the 200m at the senior indoor European Trails at Sheffield in 2011. He also gained a silver medal at the U20 European Junior Trials AAA's in 2013. He's also a two-time English Schools winner in both 100m and 200m and a three time English School Relay gold medalist. He's also been the Northern 60m champion twice. In addition to this he was also lucky to be invited to compete in the 2012 Olympic Trails in Birmingham

The Club's Young Athletes Awards were first presented in 2005. Athletes are nominated by coaches and team managers and decided by the club's executive committee. The previous recipients were:

2012	BROGAN CROWLEY and GEORGE CADDICK
2011	AHTOLLAH ROSE and CLOVIS ASONG
2010	KATIE BYRES and JACK ANDREW
2009	ABIGAIL HAYWOOD and NIALL BROOKS
2008	ABIGAIL IROZURU and ANDY SUTCLIFFE
2007	REBEKAH WILSON and ANDY ROBERTSON
2006	KATHERINE SHERRY and EZEKIEL ROWE
2005	KATHIA LANNON and DARREN HAMMOND

Georgia Taylor-Brown

- GREATER MANCHESTER SPORTS ACHIEVER OF 2013 • BRITISH TRIATHLON FEMALE ELITE JUNIOR TRIATHLETE OF 2013
- DARREN CAMPBELL YOUNG FEMALE ATHLETE OF 2013



Georgia with her dad Darryl who himself was a crack 800m specialist for Sale with an 800m PB of 1:47.53 and mile in 4.00.06

What a stunning year Georgia Taylor-Brown has had!

Georgia's 2013 year of success began in January when, as the reigning European Junior Triathlon Champion, she helped GB & NI win their first bronze medal at the Australian Youth Olympics in Sydney. In February, coached by Paul Roden at Wythenshawe, she became the Northern Junior Cross-Country Champion. In March, she helped the GB & NI team to a fantastic bronze medal at the IAAF World Cross-Country Championships in Poland - their first medal of any kind since 2004. Georgia's excellent strong, tactical running made all the difference.

In June, despite missing significant training with injury, she successfully retained the ITU European Junior Triathlon title in Turkey, again with smart tactical moves and impressive run speed. In August, back in superb form, she completed an impressive one-two with a colleague to win the ITU Triathlon Junior European Cup in Hungary.

In September, she won silver in the ITU World Triathlon Junior Championships on 'home' territory in London. In December, she represented GB & NI at the European XC Championships in Serbia and had such a fantastic run she finished 4th and collected a GB team gold medal. Also in December, she had such a fantastic 10k debut in the Ribble Valley 10k that her time (33.39) immediately placed her 7th on the UK all time rankings topped by Zola Budd.

In February, running for her University of Leeds, she caused a big upset to beat title-holder Emelia Gorecka to win the tough British Universities Cross-Country title by a massive margin of 30 seconds. Don't forget that Emelia is the current and 2011 European Junior Cross-Country Champion who's medalled in the last four European XC Championships. Finally, also in February, she achieved the dream of every young athlete to win the U20 race in the Northern XC Championships and she did it in such style, she was almost a minute ahead of her rivals.

These awards are far from Georgia's first. Last year, she was also awarded the British Triathlete Female Elite Junior Triathlete of the year for her outstanding achievements as one of Britain's most outstanding young triathletes.

Georgia's parents Darryl and Bev were Sale Harriers in the 80/90's and like so many others, the club played 'cupid' to their relationship. Darryl was a national ranking middle distance specialist with an 800m PB of 1:47.53 and a mile PB in 4.00.06. Bev competed over 1500m and 3k. Bev's father was also a club coach over the same period.

SPORTS COUNCIL AWARDS GEORGE CADDICK

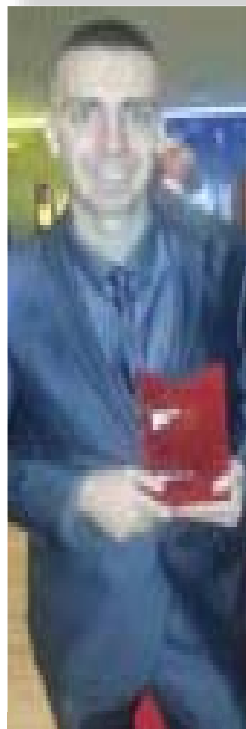


The Arts and Sports Trust, who provide financial resources for talented and determined young people to develop their skills and abilities in the fields of art and sport, assisted club 400m specialist, George Caddick to develop his fantastic talent. Now based at Baylor University Texas, he's been awarded a grant of £1,000. George represented GB & NI at last year's European Junior championships and ran an impressive 400m anchor leg to move the GB team up to second place behind Russia. He was disappointed not to run the flat race due to earlier injuries preventing him from

competing and getting the qualifying time. He did run a 45.08 split which was the fastest split for a Junior in the world in 2013. He also showed the winner of the flat 400 who the real winner was as he closed him right down running .3 of a second faster!! George is also a double English School's Champion over 400m. He is a talent en route to becoming one of the Nation's top 400m specialists and the club wishes him well as he takes up a scholarship in the USA to progress his career.

George, with several other talented club athletes is also a recipient of the 2014 Ron Pickering Grants to help develop potential. The other club athletes are **ROY EJIAKUEKWU** (Sprints), **ABI FITZPATRICK** (Hurdles), **KIRSTEN McASLAN** (400m), **SARAH McKEEVER** (pole vault) and **NATASHA WILSON** (Javelin)

LEE WHITELEY MANCHESTER SPORTS ACHIEVER OF 2013 GREATER MANCHESTER DISABLED SPORTS ACHIEVER OF 2013 (RUNNER-UP)



Lee Whiteley won two awards in 2013 both of which were tributes to his tremendous success as a disabled athlete but they also acknowledge his inspirational attitude in coming to terms with his recent disability. The Manchester Sports Achiever 2013 was presented by Jenny Meadows and the Greater Manchester Sports Disability Achiever Award was presented by Rebecca Adlington some weeks later.

Through 2013, Lee represented GB many times over 100/200m culminating with the IPC World Championships at Lyon (France) in July 2013 where he recorded a double 100m and 200m European record and won a 200m bronze medal and just missed out on a 100m medal also. Earlier in 2013, he'd represented GB in the sprints at the IPC Grand Prix in Dubai (March) and Italy (May) also setting new records.

Lee was a very promising 800m/1500m runner with PB's of 1:57 and 4.03 before his physical impairment. Despite now being registered as category T38 (Minimal neurological impairment of one or more limbs) he continues to be an asset among his able bodied team mates in the Northern Premier League.



ABI WINS LOCAL HERO AWARD

Club 400m hurdler Abi Fitzpatrick was awarded Warrington's Wire FM's "Local Hero for Contribution to Sport" because she's such an inspiring role model to her generation. Abi has made massive strides in her sport due to her commitment to training and infectious enthusiasm as well as to her immense talent. In 2010, she represented GB at the Youth Olympic Games in Singapore and the following year was the English Schools 400mH gold medallist. She currently ranked No.1 in Britain in the U23 400mH and has held similar top positions since the age of 17. Her ultimate aim is to win an Olympic medal and replicate the success of Kelly Holmes and become an ambassador to athletics. This wasn't Abi's first award. She's also won the 2010 Warrington Sports Personality of the Year and in 2010 was also nominated as Sports Ambassador for the North West. She said regards this latest accolade "I'm over the moon. Winning things like this adds the fire and determination for me to go on and continue to use the talent I have been blessed with and achieve my dreams".

THE OTHER SALE HARRIER LIFE MEMBERS ARE

Susan Lamb
Darren Campbell
Brian Thirley
Hilary Thomas
Geoff Tyler
Anne Griffiths
Ann Jackson

Matt Belsham
Allyn Condon
Peter Scofield
Kath Dickenson
Paul Roden
Julie Holland

Don George
John Stalker
Anne Marshall
Eric Hughes
Michelle Scutt
Diane Modahl

Kevin McKay
Carl Hamilton
Dave Farmer
Nick Peach
Dave Rodgers
Paula Hopley

Sue Crehan
Morris Jefferson
Beryl Fleet
Steve Peglar
Andrew Ashurst
Sonia Boyer

Shelly Holroyd
Philip McDonnell
Jack Frost
Earl Tulloch
David Brown CBE
Fechin McCormick

GRAHAM PADGET

Graham Padget has contributed to Sale Harriers continuously since he first became involved in 1987 after his wife Doreen became a member two years earlier, taking their son Richard to training with the U13 middle distance group. It began when he was asked to stand in temporarily after his son's coach became unwell. This eventually became a permanent responsibility, so Graham took a coaching course and then took over the organisation of the whole colts group. By this time, his wife had completed three London marathons so Graham's challenge was to also try and complete a marathon. However, to achieve this he had to give up his coaching. Having completed the marathon, he then wanted to return to something new at Crossford Bridge.

In 1988/89, the Primary section decided to raise some money for charity by running a relay from London to Manchester for "Children In Need". The arrangements for this were immense and Graham made a substantial contribution by driving the mini bus that dropped off and picked up the children as they each ran their mile leg of the relay.

Always willing to make a positive contribution, he and Doreen made a big contribution to the 2002 Manchester Commonwealth Games helping to deliver the road events. They gave up a lot of time marshalling the marathons, road walking and the cycling at Rivington Pike. Then, when the annual trips to Kassel (Central Germany) for the City's Marathon and half Marathon began in 2009, Graham was again involved in helping to organize it and this has now become an enjoyable regular feature for the endurance section.

LIFE MEMBERSHIP

Throughout all these years and for more than twenty years, Graham has been the leader of the club's senior Introductory Endurance Group at Crossford Bridge. He has had responsibility for welcoming newcomers and mentoring beginners through their initial months. So closely identified has Graham been with this important job over these years that the group has been known as 'Graham's group'. He has shown great loyalty, reliability and commitment to it over these years that has been pivotal to its success.

One will always find Graham involved in every club event, be they at Crossford Bridge, Sportcity or Wythenshawe. His willingness, skills and his adaptability has meant he fulfils many important roles from marshal, car-park attendant, time-keeper, linesman, entries official, team co-ordinator and so on. Over the past twenty-five years, Sale Harriers would have been much poorer without Graham's willing contribution.

He thanks those who have helped him over the years and especially those who have supported his award of Life Membership



JEAN DUTTON

Jean first went to Sale Harriers in 1983 when her son Stephen joined with his friend. His friend unfortunately didn't like it, but Stephen loved it and decided to continue, so they started bringing him to training sessions. Their eldest son Anthony then also joined and, off course, their daughter Sarah only five at the time, had to go along to so it ended up all the family went.

Jean started helping out at some of the Primary section's track meetings and when Stephen was chosen to compete for the club in the 800mts, she and her husband Harry both helped out officiating when they went to meetings.

In October 1992, Ann Jackson, Brian Spriggs, David Brown, and Jean decided to sit their UK Athletics Officials Level 4 qualification in their various disciplines, Jean chose Field Events starting at and finishing at Level 2. They enjoyed some good times travelling to different venues like Gateshead Stadium, Dom Valley Sheffield (now closed unfortunately) and to Alexandra Stadium in Birmingham for the Young Athletes Finals.

She recalls one year when Stephen was to compete in the final at Birmingham. They were on holiday in Portugal due back the day before the final but, due to airline delays, they ended up sleeping on the airport floor all night. They arrived home at about 10am on the morning of the final; dropped off their cases and jumped in the car to drive to Birmingham, Oh dear! The car wouldn't

start after being left idle for 2 weeks. Thank the Lord for their good friend and neighbour, John who came to their rescue and took them all the way to Birmingham arriving by the skin of their teeth. Stephen ran the race of his life and won.

Jean then became involved helping Jim Stapleton (RIP) with memberships and in 2000 she became Memberships Secretary. That has been her principle club responsibility since then along with Ann Jackson, but on top of this she continues to help the Primary section with schools cross-country events, track meetings in the summer and any other meetings held at Crossford Bridge.

She's enjoyed helping as a volunteer over the years and has enjoyed some good laughs and great times and made some really good friends. She would advise anyone thinking of helping out to go ahead and give your time. You'll enjoy being a volunteer with all the other volunteer Coaches, Officials, Tuck Shop, Kit Shop.

She would like to take this opportunity to thank Sale Harriers for the Life Membership award.



NORMAN POOLE

Lifetime Achievement Award (Coaching)

Early in 2013, Norman Poole became the inaugural winner of the new British Milers Club "Lifetime Achievement Award for Services to Coaching."

The award was set up to commemorate the memory of BMC Founder Frank Horwill, who passed away in 2012 and it reflects the enormous contribution Norman, one of Britain's most respected middle distances coaches, has made over the past 25 years, not just in producing international athletes but also in passing on his knowledge to other coaches.

Based from the club's Wythenshawe Park site, he currently coaches a large squad of the region's top middle distance athletes and over the past 30 years, has been the personal coach to athletes winning more than twenty National Senior AAA titles over 800m, 1500m and 5000m. Just a few of these athletes included Diane Modahl, Ann Williams/Griffiths, Kevin McKay, Paula Fryer, Craig Winrow, Tom Lancashire, Mike Rimmer and Jon Wild.

Just some of his other achievements are:-

- (a) Was a member of 2012 Team GB as personal coach to Mike Rimmer
- (b) Accompanied the GB Team at the Seoul Olympics (88) as personal coach to Diane Modahl.
- (c) Was the GB National Event Coach for 800m and 1500m from 1990-97 during which time he attended numerous World, Olympic and European Champs as an Endurance Team Coach. This included the Barcelona Olympics (92) where he was

also personal coach to Diane Modahl, Ann Griffiths and Kevin McKay.

(d) He had personal athletes Kevin McKay and Craig Winrow in the Atlanta Games

(e) Accompanied the GB Team at the Beijing Olympics as personal coach to Mike Rimmer and Tom Lancashire

(f) Was England's Endurance Coach at the Manchester (2002) and Melbourne Commonwealth Games.

The award itself was also rather special and poignant as it was donated by former Olympic champion and British middle-distance legend Steve Ovett in memory of Frank Horwill. It's the medal he was given for setting a world mile record of 3:48.8 on July 1st 1980 at the famous Bislett Stadium in Oslo, the same meeting at which Seb Coe had set a new world record of 2:13.40 for 1000m earlier in the evening.

Norman has received several awards over the years. Most recently in 2011 he was the winner of England Athletics "National Award for Services to Coaching" and last year he won Manchester's Runner-up "Coach of the Year Award"

Norman, who has been President of the BMC for many years said, "It's a great honour to receive this particular award"



CHAMPIONSHIPS OVERVIEW 2013

Fechin McCormick

Every year, the club competes in all major leagues, cups and championships regionally and nationally. Most of these are the features of the pages of this magazine. This page summaries all the others events covering the same period from March '13 - March '14.

Northern & National 12/6 Stage Road Relays:

These events combined in Sutton Coalfield, B'ham because of the unprecedented early Spring snow in Blackpool. Our women finished ninth in the Northern Championship section, their best performance for several years but the men's 'A' team were only 28th because so many were unavailable. Our younger age-groups, especially the girl age-groups, shone because of their strength in depth evidenced by the U13 girls, U15 girls and boys and the U17 girls each completing two teams; producing their best results in recent years and the 'A' and 'B' teams not far off each other.

England Athletics U20/Senior Combined Events Championships:

BROGAN CROWLEY, as a result of her exceptional performances in winning the combined events bronze medal was selected to make her GB debut at the U20 Combined Events International in Valencia. There she again performed exceptionally well and was part of the winning GB team. Congratulations!

Gtr. Manchester & Cheshire T & F Championships:

Individual club members won a massive haul of almost 100 medals and many won two and three medals. These were all listed on the club website.

Loughborough International:

Pole vaulters **ANDY SUTCLIFFE** and **KATIE BYRES**; hammer thrower **MIKE FLOYD** and sprinter **KELLY MASSEY** were all selected to represent England; **ROY EJIJAEKWU** achieved the qualifying time for the European Junior Championships; **ABI FITZPATRICK'S** 400m hurdles time was her quickest time on English soil and **ANDY ROBERTSON** recorded a huge 200m PB of 20.76 just days after he'd won his first senior GB vest at the Penn Relays in America

Welsh Castles Relay:

Our men and women finished third and the women's team further won the 'Queen of the Mountains' award.

English Schools Championships:

ROY EJIJAEKWU won the 100m senior gold medal; **JONA EFOLOKO** won the junior 200m gold; UK No.1 javelin thrower **NATASHA WILSON** won the senior gold; **SARAH MCKEEVER'S** won pole vault gold that propelled her to No.2 in the U20 UK rankings; **AMY WILLIAMS** won triple jump gold that was only 2cm off the UK all time record and the quartet of **ROY EJIJAEKWU**, **DANNY HEALD**, **NATHAN SELBY** and **ZENON WISNIEWSKI** also won senior 4 x 100m relay gold.

England Senior Champs & World Trials (July):

ANDY ROBERTSON moved his career onto another level by finishing just behind Dwain Chambers. Javelin thrower **ROSIE SEMENYTSH** finally became a British champion; the club's Scottish multi discus champion, **KIRSTY LAW** added the British Championships silver medal to her collection; **ALEX SMITH** won the silver medal and **NICK GAYLE** won the 110m hurdles bronze.

European U23 Championships (Finland):

KATIE BYRES: With only one vaulter younger than Katie among the twenty seven pole vaulters, Katie was very pleased to make the final.

European Junior Championships (Italy):

ROY EJIJAEKWU finished fourth in his semi-final and **GEORGE CADDICK** ran an impressive 400m anchor leg to move the GB team up to second place behind Russia.

IPC World Champ at Lyon (France):

LEE WHITELEY finished 4th in the 100m with a time that would show

a clear pair of heels to many able-bodied sprinters. He'd already represented GB & NI with distinction over 100/200m at IPC meetings in Dubai and Italy and ranks No.1 in the England Athletics Senior Disability Championships over 100m and 200m.

World University Games (Kazan):

BRIAN GREGAN competed for Ireland and placed 5th in the 400m final but was disappointed not to have won gold.

World Senior Championships (Moscow):

ANDY ROBERTSON (4 x 100m). **KIRSTEN MCASLAN** (4 x 400m) and **KELLY MASSEY** (4 x 400) all represented GB & NI.

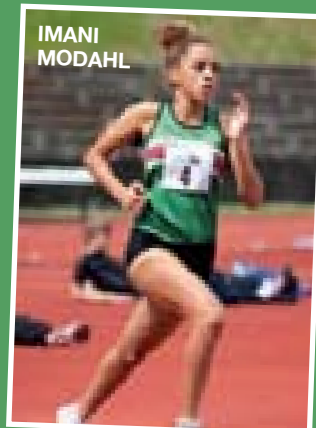
Northern U15 & U17 T & F Champs:

U15 **KELLY CHADWICK** won gold in the 100m and the long jump; (U17) Alyssia Carr added another Northern jump title to her tally; **KEVIN METZGER** became the both the indoor and outdoor Northern holder; Zeni Enechi won the U15 long jump bronze medal; U17 **JACOB LLOYD** won silver in the hammer and bronze in the shot putt; **WILLIAM SCHOFIELD** won U15 hammer silver and **JAMES RATCLIFFE** also won silver in the 300m.

CAU Inter-County Championships (August):

ROSIE SEMENYTSH won an inter-counties title in her debut appearance; **ALISON RODGER** achieved a new career best by taking the shot put title to add to her silver medal of 2009; **KIRSTY LAW** won discus silver and **CHRIS WAKEFORD** (400m hurdles), **ALLAN HAMILTON** (Long jump) and **JORDAN CARTER** (Javelin) all won bronze medals in their debut Championships.

England U23/20 European Trials: **ABI FITZPATRICK** became the UKA's U23 400m hurdle champion; **KIRSTEN MCASLAN** took the U23 400m title just a few days after it was announced she'd been selected for her first senior GB vest to run the 4 x 400m relay in the Europa Cup; **ANDY SUTCLIFFE** won the U23 pole vault title as did **KATIE BYRES** the U23 women's title and **SARAH MCKEEVER** won the U20 silver medal. Other national title holders and gold medallists were **NATASHA WILSON** (U20 Javelin) and **CHRIS BAKER** (U23 high jump). **ROY EJIJAEKWU** ran a lifetime best of 10.40 to secure the U20 100m silver medal. **LISA JAMES** triple jumped over 12 metres to win silver and U17 **AMY WILLIAMS** jumped over 12m for the first time to win the U20 bronze medal. **IMANI MODAHL** also won U20 bronze in 3000m steeple chase in a fine PB of 12.15.15.



England Athletics U15/U17 Home Countries Combined Events:

Congratulations to **J'NAE WARD** who made her England debut at this math. She came in as a reserve and did brilliantly to finish 5th. J'Nae had earlier also become the Gtr. Manchester Schools high jump champion and the Greater Manchester County high jump silver medallist and shot putt gold medallist.

Northern 6 & 4 stage Relays:

The men fielded 5 teams and produced arguably their best performance ever. The 'A' team won fantastic silver medals and could look forward confidently to the National Championships. The B, C and D teams were also their best on the day. Our senior women, under the new management of **CARA O'BRIEN**, produced their best result for several years. Our U13 girls, last year's champions, finished runner's up; our U15 girls 'A' and 'B' teams and the boy's U15 team all produced their best result for several years.

The National X.C Relays:

Riding high, our senior men won their second set of National medals – silver, and again made club history as the club's first men's team to medal in this Championship. The senior women produced their best result since 2010. All the younger age-groups displayed the same strength in depth that had characterised so many previous championships and produced some of their section's best results for many years.

European X.C Trials:

In the junior women's race, the days' excitement was **GEORGIA TAYLOR-BROWN'S** awesome performance to finish just behind winner Emelia Gorecka and win selection to represent GB & NI in the European XC Championships. Likewise, **CHARLIE HULSON** emerged into the 'big' time, to also win European election. It was also coach **PAUL RODEN'S** finest day!

The National 6/4 stage Relays (October):

One of the year's BIG highlights! Our senior men made club history by winning this Championship for the first time.

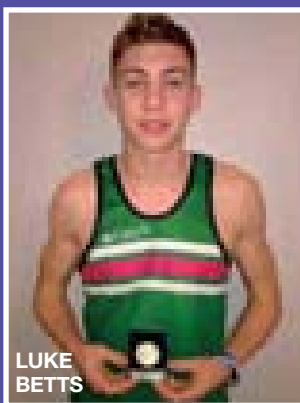


Northern Cross-Country Relays: Our senior men retained the title for the second year. This was the first year our younger age groups took part. The most successful was the U15 boys with the **SPILSBURY TWINS** and **DYLAN BURCHILL** again putting on a great display to win the bronze medals. The U15 girls typically again displayed their strength to turn out three teams.



CHAMPIONSHIPS OVERVIEW 2013

County XC Championships: Our U13 girls won Gtr. Manchester silver medals; our U15 boys retained their Gtr. Manchester title with **JAKE** and **ADAM SPILSBURY** also winning the silver and bronze medals; our U17 girls were rewarded with Gtr. Manchester silver medals and our U17 boy's retained their bronze medals from last year. Individually, **MEGAN DAVIES** was supreme to win her U20 Gtr. Manchester title; **GAVIN HILL** won a fantastic senior bronze medal and brought the team home for fantastic silver medals. In the Cheshire Championships, **LARA CRAWFORD** easily won the U11 Cheshire Championships and with **SASHA McTIFFIN** and **SCARLETT WHITTAKER** also ran away with the team title. In the Derbyshire Championships, **JAIMIE RODEN** won his 3rd Derbyshire medal and **LUKE BETTS** won the U20 Lancashire title by thirty seconds.



LUKE BETTS

Northern XC Championships: Our U15 boy's (the **SPILSBURY TWINS**, **CHARLIE BRETT** and **ADAM KINGHORN**) won silver medals and their best result for eight years; as did our U17 men's team (**ADAM RODEN**, **EUAN GILCHRIST**, **CHRISTY O'BRIEN** and **MATT BEACOCK**) who won magnificent bronze medals. The U15 and U17 girls, in both finishing 4th and the senior men and women, in finishing 7th and 6th respectively, all displayed tremendous consistency with recent years.



British Universities Cross-Country title and caused a big upset to beat title-holder Emelia Gorecka by a massive margin of 30 seconds. Don't forget that Emelia is the current and 2011 European Junior Cross-Country Champion who has won four consecutive U20 European XC titles.

British Athletics Indoor Championships (February):

Well done to **PAUL WALKER** who won pole-vault bronze and **CHRIS BAKER** high jump silver both with PB's and **GEORGIA PICKLES** who won pole-vault silver. Well done also to **ABI FITZPATRICK** who further improved her U23 400m PB to 54:37; **ALAN HAMILTON** his long-jump PB to 7.46m and great that **RICARDO TWUMASI** (TJ), **NATHAN SELBY** (800m), **DEBO ADEMUYEWO** (200m), **IAN OSWALD** (200m), and **SHAUNNA THOMPSON** (60m) were all shaping up with SB performances.

BUCS Indoor Championships.

Many of our T & F athletes ended their indoor season on a high note. Congratulations to long jumpers **ALLAN HAMILTON** and **JADE NIMMO** who became BUCS Champions; to silver medallist **EMMA ANDERSON** (pole vault) and **ABI FITZPATRICK** (400m hurdles) and to bronze medallists **PAUL WALKER** (pole vault) and **JESS TAYLOR** who got a bronze medal in the Shot and a bronze and PB in the long jump and a relay bronze. **BROGAN CROWLEY** (Shot Putt), **ALLAN HAMILTON** (60m) and **ALEX WORT** (60m hurdles) all ended their season with PB's.

England Athletics U20, U17 & U15 Indoor Championships:

The club had two exceptional performances. U15 **JONA EFOLOKO** who, this year has already broken club records over 200m and 300m, won two national titles - the U15 60m title in a PB that was just shy of the existing championship and England best set in 2012 and the 200m with another PB p that has only ever been bettered once before by an English athlete indoors. **AIMEE PRATT** also won a fantastic gold medal with a great tactical race in the U17 1500m with a time of 4:43.23 to rank her No.1 in Britain this winter indoors. Other club medallists were **ROY EJIKUEWE** won bronze in the 60m with a fantastic new PB and **J'NAE WARD** who also won bronze in the high jump.

Sale Harriers Manchester Roll of Honour 2013

MAJOR CHAMPIONSHIPS PARTICIPANTS AND MEDALLISTS

World Championships, Moscow:-

Brian Gregan (IRL) 400m
Kelly Massey (GBR) 4 x 400m Squad
Andrew Robertson (GBR) 4 x 100m Squad
Kirsten McAslan (GBR) 4 x 400m Squad
Izmir Smajlaj (ALB) Long Jump

European Indoor Championships, Gothenburg:-

Brian Gregan (IRL) 400m
Rimantas Martisauskas (LTU) Shot Putt

European Cross Country Championships, Budapest:-

Charlie Hulson (GBR) Snr Team Bronze
Georgia Taylor-Brown (GBR) U20 Team Gold

AGE GROUP CHAMPIONSHIPS REPRESENTATIVES

European Junior Championships, Rieti:-

Roy Ejiakuekwu (GBR) 100m, 4 x 100m
George Caddick (GBR) 4 x 400m

European Under 23 Championships, Tallinn:-

Chris Baker (GBR) High Jump
Katie Byers (GBR) Pole Vault

OTHER INTERNATIONAL REPRESENTATIVES

International Matches:-

Katie Byres (ENG) Pole Vault
Brogan Crowley (GBR) Combined Events
Laura Douglas (WAL) Hammer
Abigail Fitzpatrick (GBR) 400mH
Nick Gayle (ENG) 60mH
Kelly Massey (ENG) 4 x 400m
Kirsten McAslan (SCO) 400m
Robert Mitchell (WAL) High Jump
Daniel Needham (GBR) Combined Events
Jade Nimmo (SCO) Long Jump
Ryan Oswald (SCO) 200m
Nathan Selby (GBR) 4 x 100m
Andrew Sutcliffe (ENG) Pole Vault
J'Nae Ward (ENG) Combined Events
Natasha Wilson (GBR) Javelin
Jack Andrew (GBR) Combined Events

UK CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Nick Gayle 110mH Bronze
Kirsty Law Discus Silver
Andrew Robertson 100m Bronze
Rosie Sementysh Javelin Gold
Alex Smith Hammer Bronze

Indoors:-

Katie Byres Pole Vault Silver
Nick Gayle 60mH Bronze

England Championships Senior Medallists

Nick Gayle 110mH Bronze
Mike Floyd Hammer Bronze
Abigail Haywood Pole Vault Bronze
Andrew Robertson 100m Bronze
Rosie Sementysh Javelin Gold
Alex Smith Hammer Silver

WELSH CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Adebowale Ademuyewo 200m Bronze
Laura Douglas Hammer Silver
Darren Lewis 400mH Gold

Indoors:-

Robert Mitchell High Jump Gold

SCOTTISH CHAMPIONSHIPS SENIOR MEDALLISTS

Outdoors:-

Ryan Oswald 100m/200m Gold
Allan Hamilton 100m/LJ Bronze/Silver
Kirsty Law Discus Gold
Jade Nimmo Long Jump Silver
Alison Rodger Shot Putt Silver
Patrick Swan 400m Bronze
Scot Thompson Shot Putt Gold
Natasha Wilson Javelin Gold

Indoors:-

Holly Belch 60mH Gold
Allan Hamilton 60m Gold
Ryan Oswald 200m Gold
Jade Nimmo Long Jump Gold
Patrick Swan 400m Bronze

ENGLAND ATHLETICS AGE-GROUP MEDALLISTS

England Athletics Under 23 Championships – Outdoors:-

Chris Baker High Jump Gold
Katie Byres Pole Vault Gold
Abigayle Fitzpatrick 400mH Gold
Allan Hamilton Long Jump Bronze
Kirsten McAslan 400m Gold
Jade Nimmo Long Jump Silver
Andrew Sutcliffe Pole Vault Gold

England Athletics Under 20 Championships – Outdoors:-

Roy Ejiakuekwu 100m Silver
Lisa James Triple Jump Gold
Sarah McKeever Pole Vault Silver
Imani Modahl 3000m S/C Bronze
Amy Williams Triple Jump Gold
Natasha Wilson Javelin Gold

Indoors:-

Clovis Asong 400m Gold
Brogan Crowley Long Jump Bronze
Nathan Selby 200m Silver

England Athletics Under 17 Championships – Outdoors:-

Kevin Metzger Triple Jump Bronze
Aimee Pratt 1500m S/C Silver
Bradley Yates 800m Bronze

Indoors:-

Georgia Pickles Pole Vault Silver

England Athletics Under 15 Championships – Indoors:-

James Ratcliffe 300m Silver

English Schools Championships:-

Jona Efoloko (Junior) 200m Gold
Roy Ejiakuekwu (Senior) 100m/4 wx 100m Gold
Daniel Heald (Senior) 4 x 100m Gold
Sarah McKeever (Senior) Pole Vault Gold
Nathan Selby (Senior) 4 x 100m Gold
Amy Williams (Inter) Triple Jump Gold
Natasha Wilson (Senior) Javelin Gold
Zenon Wisniewski (Senior) 4 x 100m Gold



BAL LEAGUE 2013

*Team manager
Dean Hardman*

The 2013 season in the British Athletic League (BAL) Premier Division was one of a number of highs followed by an extremely disappointing low for the senior men's track and field team.

2nd place finishes behind Shaftesbury Barnet Harriers in the first two British Athletics League fixtures meant that at the half way stage the team were still in with a great chance of reclaiming the national title that the club last won in 2011. The fact that Shaftesbury had a 2 point lead meant, however, that there was no margin for error in match 3 and the athletes responded with a first BAL match victory since August 2011.

That was a game-changer, as Shaftesbury could only finish 5th, which meant that securing second place in the final match would be enough for the team to win overall. It was always going to be a tough task on Shaftesbury's home patch and with a number of big clubs fielding strong teams after being sucked into a relegation battle.

In the end, however, Shaftesbury did as expected and won the fixture, but it came down to the final handful of events to determine whether it would be Sale Harriers or City of Sheffield that took the all-important second place. To much relief, **CHRIS BAKER** and **ROB MITCHELL** in the high jump, **JAMES BARRATT** and **ADAM HOWELL** in the triple and **STEPHEN PORTER** and **JORDAN CARTER** in the javelin did enough to see Sale home, and the national title was returning to Manchester.

Or so we thought.

Sadly, two months later, news emerged that one of our ever-presents throughout the season, newcomer **TOMAS RAUKTYS**, had failed a drugs test at the Irish national championships in July and the points that he won in our final fixture were to be annulled. That meant our final position on the day was 3rd and, therefore, we could only tie with Shaftesbury on league points for the season. On the equivalent of goal difference, we had to concede the title.

Given Tomas's positive drugs test, it was absolutely right that our title be rescinded, yet the controversy masked what was, with a second place overall, a superb year for the team that once again showed that we are among the elite clubs in the UK.

Throughout the season there were some outstanding individual and team performances and it was a shame that those came to be overshadowed by the foolish and selfish actions of one person. In the sprints, **RYAN OSWALD**, **UMAR HAMEED**, **ROY EJIKUEKWU**, **CHRIS CRAIG** and **NATHAN SELBY** were force to be reckoned with. Indeed, the 4x100m relay team that also featured **GABRIEL ODUJOBI** and **ALLAN HAMILTON** went unbeaten all year.

In the 400m, **GEORGE CADDICK**, **CALLUM ROUGHNEEN** and **PAT SWAN** flew the flag, while in the hurdles **GABRIEL ODUJOBI**, **NICK GAYLE**, **JACK ANDREW**, **CHRIS WAKEFORD**, **MATT SUMNER** and **DARREN LEWIS** showed the benefits of having a core group of high quality athletes competing throughout the season.

The endurance events were once again a real strength for the team and were led by **SIMON HORSFIELD**, who secured more points than most. He was able supported by skipper **JAMES BAILEY**, **GAVIN HILL**, **RYAN WORLAND**, **LUKE BETTS**, **NIALL BROOKS**, **ROB FLANNERY**, **JOSH OGUNTAYO**, **NICK SAMUELS**, **CHARLIE HULSON**, **MATT BARNES**, **ANTONY FORD** and **MATT HOLMES**.

The jumps were contested by **CHRIS BAKER**, **ROB MITCHELL**, **ALLAN HAMILTON**, **ANDY BURGESS**, **JACOB BROWN**, **JAMES BARRATT**, **RICARDO TWUMASI**, **ADAM HOWELL**, **JONATHAN FERRYMAN**, **ANDY SUTCLIFFE**, **MATT CULLEN**, **JACOB SUTCLIFFE** and **MICHAEL PICCOLI** and were a solid source of points all season.

The throws are one of our strong points, although Tomas's doping case was what ultimately cost us a league title. Nevertheless, **MIKE FLOYD**, **ALEX SMITH**, **RIMAS MARTISAUSKAS**, **SCOT THOMPSON**, **JORDAN CARTER**, **STEPHEN PORTER** and **THOMAS FURLONG** produced great performances throughout the year and were ably supported by **JACK ANDREW**.

The target for 2014 is to take the title once more, this time without one person spoiling things for the rest.

UKWAL 2013

*Team manager
Cara O'Brien*

Despite a valiant effort from a depleted Women's team to avoid relegation from the UKWAL Premier Division in 2013, this fate finally befell the only club in Britain that had never before been relegated in the league's 39 year history.

Unfortunately many of our female athletes were injured or unable to compete over the 3 matches in 2013. In 2014, we are hopeful that our women will incorporate all 3 matches in to their competition plans but are asking for a commitment to a minimum of 2 matches to give us the best chance of ensuring that the club is returned to its rightful place with our Women competing in the Premier Division.

Notwithstanding our relegation, there were some exceptional individual performances from our throwers and sprinters across the 3 matches. **ALISON RODGER**, our team captain, led by example throwing 14.98m in the Shot and 38.05m in the discus at our first match in Edinburgh. She also demonstrated real team spirit ensuring that our small team pulled together and athletes ran, jumped or threw to the best of their ability to cover events and earn our team valuable points. **KIRSTY LAW** 52.25m (Discus) **LUCY EVANS** (12.23 sec 100m) **CHIARA COLLINS** (43.73m Hammer) and **KATIA LANNON** contributed immensely. Katia is due to have her first baby this summer so we wish her the best of luck and hope to see her back competing soon after!

ROSIE SEMENYTSH had a fantastic season throwing 49.59m in the javelin at our second UKWAL match at Sport City in July. Rosie later went on to throw her new PB of 50.43m at a separate meeting.

With a talented group of younger ladies emerging and more senior ladies returning from injury and illness the future is bright and we should look forward to the challenge this season will bring.



The 2013 Youth Development League replaced the former Young Athletes League and the Junior Athletic League to provide competition for U20 athletes in the UK. The new format meant Sale's U13 & U15 boys and girls would compete in their lower age group matches without the contribution from the club's U17 teams which are traditionally strong containing many athletes of international quality. These concerns proved unjustified though past national champions, Blackheath AC & Birchfield Harriers, were unable to progress to the National finals. The new format placed the club in the Northern Premier League with the best 8 Northern teams. Sale had a tremendous launch by winning three of their four matches to retain the Northern Premier title. Competition was of a very high standard throughout the season featuring many top ranked athletes and county champions from Lancashire, Cheshire, Yorkshire, Merseyside, Gtr. Manchester and the North East. Sale's best performances in the Northern Premier matches came from **ELLIE JACKSON** and **JONA EFOLOKO** who broke club records in the Gateshead match. (Ellie ran 11.36 seconds in the U13 70m hurdles and Jona ran 37.1 seconds in the U15 300m)

The season's objective was to retain the Northern Premier title and then to progress to the National Finals in Birmingham. This they achieved admirably! The final was against Britain's best eight teams, competing against the Scottish, Irish and Welsh champions which gave the club's U13 & U15 athletes their first taste of international competition. Victory went to Enfield AC but Sale finished a highly creditable fourth, one place higher than in 2012 beating 2012 champions, Edinburgh AC in the process. The level of competition was extremely high among athletes, many of whom will become future British Internationals. Sale returned to Manchester with a pot of 16 gold, 19 silver and 10 bronze medals.

ELLIE JACKSON was the club's star U13 athlete winning the 70m hurdles in 11.22 seconds which is a PB, a club record and amongst the fastest electrical time ever run for a girl of her age, long-jumping 4.74m and running 19.93 seconds for 150m. Other squad members were **HARRIET LEAH**, **LEYLA NEALON**, **BETH THORNTON**, **TIA BLISSETT**, **NIAMH NUGENT**, **LIZZIE TWITE**, **TESS MCHUGH**, **JOSIE CANHAM** and **VERITY GARNES**. In the boy's events **DANE WINCHOLE** was the only Sale boy to bag three gold medals with a sprint double and then teamed up with **RHYS PARKER**, **FINN MCEWAN-PATTERSON** and **CONNOR PATTERSON** to win the relay by a clear margin. Other team members were **LUKE CHESTERS**, **HARRY BOYD**, **CONNOR KEYS**, **TOM BARRETT**, **EUAN MURPHY**, **NATHAN BOOTH** and **MICHAEL ODEJIMI**.

Northern Champion Kelly Chadwick was the club's star athlete in the U15 events winning three gold medals, including victories in both sprints by big margins. Another of the club's Northern champions, Annie Williams, won the pole vault to remain unbeaten throughout the season. Other team members to perform with great credit were **ISOBELLE REYNOLDS-DUFFY**, **MARIA MCPOLIN**, **AINE CUNNINGHAM**, **DANIELLE STRINGER**, **ELLIE TWITE**, **CIARA LYDON**, **MEG MCHUGH**, **GRACE BOWER**, **SOPHIE ULLAH**, **EMMA LOWE**, **OLIVIA ASHWORTH** and **ZENNI ENECHI**. **JAMES RATCLIFFE** was the club's most medalled athlete in the U15 boy's events with 2 golds and 1 silver including an impressive victory over 300m. English schools champion **JONA EFOLOKU** had to settle for 2nd place behind Scottish champion **MICHAEL OLSEN** who was a year older. Jona will be back in 2014 to dominate this age-group. Other members of this very strong squad were **KIERAN DONNELLY**, **DARNEL BELL**, **ADAM KINGHORN**, **DYLAN BATTICK**, **JAKE SPILSBURY**, **DYLAN BIRCHILL**, **OLIVER MCCORMICK**, **EHISE ISOLOBHIE**, **JONATHAN ADDERLEY**, **ANTHONY BRUTON**, **WILL SCHOFIELD**, **JAIMAL BROWN**, **RORY CANHAM**, **BEN MOSELEY** and **JACK DALY**.

Well done to everyone who contributed in any way to the team's success throughout the year – coaches, parents, officials, photographers but especially to the team managers **DAVE MARSH** and **CARL WORTHINGTON** who so successfully managed the team throughout the summer despite frustration and difficulty. On a glorious day of sunshine, the team also stood out magnificently with their new, specially commissioned for the final commemorative T-shirts.



YDL LOWER LEAGUE 2013

Fechin McCormick





YDL UPPER LEAGUE 2013

Fechin McCormick

This was the first year of the new Youth Development League (YDL) that replaced the Young Athletes League and the Junior Athletic League. The new structure was aimed to improve the competitive experience for athletes that included limiting the amount of travel to matches and reducing the length of matches. It comprised two pairs of Age Groups – the Lower Age Group for U15 & U13 athletes (covered elsewhere in this magazine) and the Upper Age Group for U20 & U17 athletes that is the focus of this report. Despite debate through the new structure would not achieve its objectives nor its developmental aims because of the restriction of U17's to just one event and limiting top field eventers to just four attempts (as against 6 in the former NJL), the club embraced the new leagues (with no less travel than before) and set about the challenge to regain the Northern title from Edinburgh; get to the National Finals in Birmingham and improve on last year's fourth place. The club's premier League competitors Team Edinburgh, Team Glasgow, Gateshead Harriers, Liverpool Harriers and Preston Harriers.

The first match was at Wavertree in April and the contest for top positions was between Sale, Team Edinburgh and Preston. Team Edinburgh prevailed but Sale finished a strong runner-up confident to get the better of Team Edinburgh on home territory at the second match.

In a brilliant day of sunshine at Sportcity in June, team managers **KAREN LANNON** and **DANNY GRAY** gained the desired revenge. Team Edinburgh and Sale finished joint top of the league. Some of the day's outstanding performances were **LISA JAMES** (U/20 triple jump); **EMILY CUMMINGS** (high jump), **SARAH MCKEEVER** (pole vault); **AMY WILLIAMS** (whose long jump took her to 2nd in the UK rankings and triple jump to top the UK rankings); **ALYSSIA CARR** (long jump), **CALLUM ROUGHNEEN** (400m), **FELIX TIGHE** (U/17 400m) and **ROY EJIAKUEKWU** (200m).

The third match was at a very windy Edinburgh at the end of June and only a few days before the English Schools Championships. This meant it was a much depleted team that travelled north. We managed a highly creditable third place behind Team Edinburgh and Team Glasgow who fielded full strength teams. Tremendous performances in that match were **BUKKY OJO** (U17 triple jump), **AMBER TOWNS** (3000m), **HANNAH CHRISTY** (1500m), **MARNIE WELLS-NICHOLLS** (U20 100m Hurdles), **FLORA WHYTE** (1500m) **ALYSSIA CARR** (300mH) and **EMILY CUMMINGS** (high jump).

The final match was a trip to Preston (July). Again, the club was missing some first-choice names, but, on this occasion, so also were the Team Scots.

In a closely fought match, Sale again finished runners-up to Team Edinburgh and enough to qualify for the National Finals in Birmingham in September. Just some of those who, again, delivered either a club victory or a personal PB were **ALYSSIA CARR** (400m and long jump), **JOSHUA HALSON** (U20 100m), **ELIN JONES** (100m U20), **HAYAAT BAH-TRAORE** (100m), **DANIEL HEALD** (200m), **NATHAN HARRIS** (200m), **LAMIKO THOMAS** (U17 200m) and **GABRIELLE GEORGE** (200m & 300m), **CALLUM ROUGHNEEN** (100m) and **AIMEE PRATT** (800m).

The final at Birmingham's Alexander Stadium was a contest royale among the country's top Premier clubs of 2013 – Birchfield Harriers, Blackheath & Bromley, Rugby & Northampton AC, Shaftesbury Barnet Harriers, Team Edinburgh, Team Glasgow and Windsor, Slough & Eton AC. On a day packed with classy competition and as much excitement as any televised Grand Prix, the club did well to finish seventh.

The biggest challenge of all was the task of the team managers throughout the summer. It's no mean feat to find up to 100 athletes for all the disciplines and field a team for these four matches. It requires persistent hard work, great co-ordination, unimaginable patience and endless diplomacy towards very conscientious coaches and parents who have sometimes different summer priorities for their athletes. Special thanks, therefore to **KAREN LANNON**, **JACK FROST** and **DANNY GRAY** for endlessly walking that tightrope and to those coaches and parents who willingly co-operated with the team interests.

Well done also and thanks to all our team athletes – to those who won maximum points for the team because of their talent; to those who sacrificed their weekends for the team and to those club stalwarts who left the comfort zones of their specialist events to fill the 'gaps' and scrape together a point or two here and there for the club. All of you made a difference!



PRIMARY SECTION 2013

Fechin McCormick

Sale Harriers Primary and Young Athlete section is based at Crossford Bridge and provides opportunities for children from age 6 upwards to receive coaching and to compete in all types of athletic events in a child friendly atmosphere, within groups of their own age band. All coaches are licensed by UK Athletics and many coaches have additional first aid and other certificates. The section has an active Child Protection Policy under which all coaches and helpers are checked by the Disclosure and Barring Service (DBS), formerly called the Criminal Records Bureau (CRB). The club holds an 'equity in sport' policy and the section's policies and practices operate in a child friendly manner.

The section is widely regarded as among the best in the country and since London 2012, numbers attending have increased so much that the waiting lists have had to be closed disappointing many people. A consequence of this popularity is the strain on the stretched voluntary staff and they have become desperately short of volunteers to help run sessions. Consequently, in 2013 they made several appeal for help especially from among the children's parents.

The section is always buzzing with well organised and well marshalled groups and activities that have fun and safety as priorities. Information on training sessions is available on the club website www.saleharriersmanchester.com.

Throughout 2013, the section hosted a number activities and competitions for the children that proved very popular The Sale Harriers Primary Schools Cross-Country League of four cross-country races were again a big success involving at least fifteen Trafford Schools and several hundred children. The Bury 'Over The Bales' Cross-Country Relays for ages 9 – 11 years saw Sale youngsters as the dominant club and they won several of the age-group races. The long established annual 'Over The Bales' competition at Crossford Bridge was as popular as ever and in 2013 attracted at least twenty of the region's clubs. During the summer months, the section hosted three open track meetings and teams from as far away as Cumbria, competed alongside over a hundred Sale children

During October, November and December, the section took part in The Greater Manchester Sports Hall League at Sports City when teams of U11, U13 and U15's boys and girls competed against 13 other athletics clubs from around the Greater Manchester area and produced their best results in years. The U11 girls were crowned Sportshall Champions and from their outstanding performances, four of the girls were selected to represent Greater Manchester in the inter-counties in January 2014. **POPPY GLASBY-SEDDON, ALICE DALE, ELLA WILSON** and **MELISSA BOOTH**. U11 **KANE SAVILLE** was also selected. The U13 boys placed 2nd overall with **NATHAN BOOTH, BROGAN RUDMAN, HARRY BOYD** and **ADRIAN MARSDEN** also picked for the County Championships. **BRIAN SPRIGGS, TONY DOWD, CHRISTINE TYRER, DAVE LOWE** and **LAURA PEARSON** are examples of the excellent volunteers that ensures the success of these events.

The under 11 girls were the club's most successful in the Manchester Area Cross-Country League. **LARA CRAWFORD** and **LAUREN SMITH** were equal 3rd overall in the series with **ALICE DALE, RUBY BELL** and **LAUREN HOLE** among the top 10. Midway through the league, **LARA CRAWFORD** also won the Cheshire Cross-Country title and with **SASHA MCTIFFIN** and **SCARLETT WHITTAKER** also took the Cheshire team gold medals. Among the boys Joel Stringer displayed a lot of talent. He was the top overall scorer in 4th place and the second race at Sherdley Park and the final match at Wythenshawe Park.



NORTHERN LEAGUE 2013

Team Manager
Jack Frost

*The club highlights of the 2013 season in the Northern Premier League were league records in the Pole Vault. **ANDY SUTCLIFFE** broke **LUKE CUTTS'S** 5 year old record by clearing 5m 31cm, and **KATIE BYRES** eclipsed **JANINE WHITLOCK'S** record set in 1997, with soaring over 4m 15cm.*

Sale Harriers Manchester finished runners up to Wakefield Harriers, holding off Kingston and Hull, Preston, Leigh and Bolton. Although the men were dominant throughout the season, there were worrying signs that the women were struggling to come to terms with this league, failing to field athletes in many events. The last fixture saw U/17s come to the rescue led by **AMBER TOWNS** who ran a brilliant 1500m, plus **BUKKY OJO**, **TAYLA SAVILLE** and **AKENKE WHITE** who established themselves positively in senior competition.

This final fixture also saw **JOSH HALSON** successfully make his debut in senior competition, and the return of T38 athlete **LEE WHITELEY** in the 200m, following his Bronze medal exploits in the IPC Athletics World Championships, just being pipped on the line with a new pb of 22.72 secs.

A total of 50 individual men represented the club, over the season and 27 women. Sale Harriers Manchester specifically would like to show its appreciation to those athletes turning out on more than 3 occasions out of the 4 matches.

KYLE CONWAY (4), **JOHN NICHOLLS** (4), **CHARLES BURKE** (3), **AARON CROWLEY** (3), **DANIEL HEALD** (3), **MATT HOLMES** (3), **ALEX BRADFORD** (3), **GEORGE HAYNES** (3), **ALEX WORT** (3), **JONATHON FERRYMAN** (3), **ALAN CROUCH** (3), **JACK ANDREW** (3), **ALEX BELLIS** (3), **JASMINE BURKE** (4), **TYRA WATSON** (3), **IMANI MODAHL** (3), **AIMEE PRATT** (3), **CHIARA COLLINS** (3).

Of course the season could not take place without our happy band of officials, ably led by **BRIAN SPRIGGS**. More volunteers to assist our officials would be invaluable for the 2014 season. It is certainly not an onerous task. If you can help, contact Brian or Jack Frost.





An endurance section summer highlight was the club's 4 x 5k Sale Sizzlers that again incorporated the Northern 5k Road championships. Supporting it as part of an London 2012 Olympic legacy were Olympian marathon legend **RON HILL** (Tokyo '64 and Munich '72), **ALAN BLINSTON** (5000m Mexico '68), **JEFF NORMAN** (Marathon Montreal '76), **MICHELLE SCUTT** (4 x 400m Moscow '80), **SUSAN CREHAN** (Marathon Seoul '88), **ANN GRIFFITHS** (1500m Barcelona '92), **TOM LANCASHIRE** (1500m at the Beijing '08 **STUART STOKES** (3000m S/C London 2012) and **NICK McCORMICK** (1500m London 2012)

ENDURANCE SECTION

Fechin McCormick

The senior endurance section is the club's largest. Over 60 new members were inducted throughout 2013, slightly lower than the peak of 150 throughout 2012. Currently, the section has about 250 members of all ages and abilities with a group of about 100 who train regularly in the club groups and who compete regularly on roads, country and the fells.

THE INTRODUCTORY GROUP

Most of the 2013 newcomers to the endurance section began their running within the introductory section. This caters for men and women of all ages new to running with a benchmark 10k time of about 50 minutes or slower. As they get faster, they're encouraged to move into the faster groups. Thanks to the group leaders David Gill, John Smith and Graham Padgett who mentor these newcomers.

ON THE ROADS

MARATHON:

Twelve Harriers ran the London Marathon and eight produced massive PB's - **JOHN MOSELEY** (2:38:14), **ANDY WALLING** (2:47:01), **STEVE McCARRON** (2:48:57), **OLIVIER GAILLEMIN** (2:50:17), **PETER SHIPLEY** (3:15:00), **RACHAEL CAVANAGH** (3:37:38), **JOANNE SLINGER** (4:11:09) and **LAUREN DAVIES** (4:01:08 debut).

The Greater Manchester Marathon had significant Sale input from those running, marshalling and supporting. Second claim member **DAVE NORMAN** won the event for the 2nd consecutive year and is to be congratulated. Again, over half of the seventeen club participants produced PB's, some by big margins - **LEE KAUFMAN** (2:54:04), **HAYLEY ASHBY** (3:00:58), **ANDY MOONEY** (3:08:19), **STEVE GAVIN**

(3:11:44), **GAURAV BATRA** (3:12:07), **ALISTAIR KELL** (3:14:56), **FRANCIS SWEENEY** (3:13:59), **DILLON BEZZINA** (3:16:24 debut), **RACHAEL CAVANAGH** (3:27:41), **ROB HEGGS** 3:30.31 (debut), **CAROLINE KINGHORN** (3:56:46) and **JENNY MILES** (4:43:38).

Others who produced marathon PB's during 2013 were **HELEN REAGAN** (York in3:28:43), **SARAH DOUGLAS** (York 3:16 debut) and **SIMON JACKSON** (Windermere 3:13).

Abroad, dreadful conditions in the Frankfurt Marathon prevented **ANTHONY FORD** from improving his 2:17.16 but he still recorded the club's fastest time for 2013 with 2:24:00. **RACHAEL CAVANAGH** produced her 3rd marathon PB of the year in the Moscow Marathon (3:22:02), **KEVIN FOSTER**, **LEWIS GREEN** and **GARY CHADWICK** successfully completed the Berlin Marathon and **HELEN CARTER** ran the Milan Marathon (4:09.00), 2013 also celebrated the 40th anniversary of the club's marathon record of 2:16.24 set by **STEVE EDMUNDS** on June 3rd 1973 in the Manchester Marathon.

HALF-MARATHON

The club's fastest in 2013 was **ANTONY FORD** with his 66.08 in the Gt. Scottish HM followed by **GAZ RAVEN'S** 69:13 in the Cardiff HM (Oct), **CALLUM ROWLINSON** (1:13.38) at Wilmslow in March and **JOHN MOSELEY** (1:15.50) at Wilmslow. All were great runs!

10 MILES

The club's fastest ten milers in 2013 and those under the magical 60 minutes were **JAMES BAILEY** (52:51) in December's Stockport '10', **NIGEL MARTIN** (57:31) also in the Stockport '10', **STEVE TOWNLEY** (58.29) at Preston, and **CHRIS DONNELLY** (59:22) also at Stockport. Among our ladies, **HAYLEY CAVILL** was the club's fastest with 67:39 in the Stockport '10'

10k

The club's top 10 fastest over 10k in 2013 were **MATT BOND** (29:34) in September's Cardiff 10k, **ANTONY FORD** (29.44) also in the Cardiff 10k, **JAMES BAILEY** (30:36) in the Ribble Valley 10k, **SIMON HORSFIELD** (31.02) in the Leeds Abbey Dash, **GAVIN HILL** (31:18) in the Leeds Abbey Dash, **JAMIE RODEN** (31:25) in the Ribble Valley 10k, **LUKE BETTS** (31.40) also in the Ribble Valley 10k, **NIGEL MARTIN** (33.44) in the Leeds Abbey Dash and **JAMES WIGNALL** (33:50) in the Lladudno 10k. Among the ladies, though still under 20, **GEORGIA TAYLOR-BROWN'S** debut 10k in the Ribble Valley 10k of 33.39 placed her 7th fastest on the UK all time rankings topped by Zola Budd – fantastic!

5k

The club's fastest over 5k on the roads in 2013 were **GAVIN HILL** (14:41) in July's Sizzler, **RYAN MOORE**

(15:37) also in the Sizzler, **CALLUM GREENWOOD** (15:40) in Sizzler 4, **LUKE BETTS** (16:00) in the Norwich Lord Mayor 10k (July), **MIKE KILMARTIN** (16:06) in the first Sizzler, **DAVE MARSH** (16:12) in the 2nd Sizzler, **DAVE HOWLETT** (16:14) also in the 2nd Sizzler and **JAMES WIGNALL** (16:15) also in the 2nd Sizzler. The club's fastest women were **GEORGIA TAYLOR BROWN** (16:47), **LUCY O'GORMAN** (18:08), **SARAH DOUGLAS** (19:20) and **HELEN ARMITAGE** (19:26) all in the Sizzler's. It's proves yet again how fast the Sizzler course is!

ENDURANCE & TRACK

It was a successful 2013 also for the club's endurance section on the track especially for the men. They covered extremely well their commitment to the BAL (British Premier League) and made their contribution to the team's great success in 2013. It was great to have **SIMON HORSFIELD** and **NIALL BROOKS** return to top form in 2013 and produce 3k and 5k PB's following their long illnesses with Simon dipping under the magical four minutes for the first time with 13.59. A further strength of this section in 2013 was the continuing quality and strength of the Wythenshawe Park training group that continues to attract the region's top middle distance runners and therefore benefit club athletes. The emerging coaching partnership of top coaches **NORMAN POOLE** and **PAUL RODEN** is also an encouraging factor for the future. Individually, there was much success as a result. **LUKE BETTS** has also come through well to improve his 800m PB to 1:51.16; **LUCY O'GORMAN** has been a great asset to the women's team and **MEGAN DAVIES** has improved tremendously and is becoming one of the best in the country for her age.

FELLS

The club's fells section has grown through 2013 and has attracted growing numbers. The club has always been strong on roads and track and it was in 2013 that this section came 'of age' with its own notable success. Following several attempts, the section secured their first Calderdale Way Relay victory with the team winning the competition by over 10 mins from second placed Clayton Le Moors. The mixed team also medalled by coming third. The section hopes to go one better in 2014 and win both the open and mixed events.

The club also entered three teams in the National Fell Champs in North Wales. but with the combination of a Manchester XC league match the previous day and miserable Welsh weather, the section but was unable to trouble the top three places but did well to turn out three teams.

With the significant rise in the numbers running in the hills, the club also won team prizes in the Cake Race, Whalley Waltz (men's and women's!) and the Crowden Fell Race and there have been regular Sunday group runs around Horwich, Glossop and Saddleworth. In 2014, the section hopes to continue growing and enjoying the local hills; to field teams again in the Calderdale Way Relays, the National Fell Championships and the Ian Hodgson Mountain Relay ...and build on 2013 successes.

The Welsh Castles Relay can also be included in this section and has become one of the endurance section's annual highlights. In 2013, the club submitted a men's and women's team with two objectives - to improve on their previous year's performance and the second, and most important, to have fun. The latter they certainly achieved but in 2013 the men and women finished third (as against runners-up the previous year) and the women's team further won the 'Queen of the Mountains' award. The relay, which spans the length of Wales, is split up into 20 legs, started, in the North (Caernarfon Castle) and finished in the capital, Cardiff Castle.

ULTRA-DISTANCE

The club's ultra distance section also grew in 2013. Six members participated in one or more ultra races of 50km with all of them demanding great respect. In April, **FRANCIS SWEENEY** again travelled to the

West of Ireland for the 39.3 miles Connemara International Ultra-marathon in tough windy conditions. In June **OLIVIER GAILLEMIN** and **RICHARD BROWN** ran the 55 mile Laverado Ultra Trail in the Italian Dolomites. In July, **HAYLEY CAVILL** and **MIKE ASHBY** ran the Lakeland 50 from Dalemian to Coniston and finished in 11:12:51 and In September **RICHARD BROWN** ran the 32 mile Howarth Hobble.

Ultra-distance maestro **TIMOTHY RAINEY** ran two 24 hour races in 2013. In September, he raced his third Sri Chinmoy Self Transcendence 24 hour race on a 400 meter track, and set a 100 mile PB of 18:53:11 and, incredibly continued for a few more hours to a new 24 hour PB of 110 miles. It combined as the England Athletics 24 hour race championships and he won the England Athletics bronze medal. In his second 24 hour race held in Monaco in November he finished 11th with 84 miles.

PARKRUNS

The weekly Saturday (9am) Parkruns continued to become an integral part of the regular training/racing plan for more and more of the endurance section. The most popular of the Greater Manchester venues in 2013 were the Wythenshawe Parkrun with 93 club runners regularly participating in it. The South Manchester Parkrun at Platt Fields was second with 78 runners. The third place was taken by the Bramhall Parkrun with 45 Sale Harriers making 396 appearances. Heaton Park had 37 Harriers followed by Worsley Woods 33, Woodbank Park 27. Burnage 22, Marple 9, Pennington Flash 4, Bolton 4 Oldham 4 and Congleton 3. In total, Sale runners toted up 2,862 Parkruns since they started in 2008. That makes a total of 14,310 kilometres run for training, racing and/ or just keeping fit.

In 2013 four members – **JACKIE CORDINGLEY**, **MIKE BARRY**, **JOHN BATTERSBY** and **DON GEORGE** all achieved their 100th Parkrun and were awarded with the prestigious black t-shirt. Eleven reached 50 Parkruns and were awarded the special red t-shirts. At the end of 2013 the club age-group leaders were:

15 -19 **ALEX BRADFORD** 17.15 (South Manchester) **SARAH BARKER** 19:19 (Heaton Park)
20-24 **MARTIN COOKE** 17:37 (South Manchester) **BEA CORDINGLEY** 20:50 (South Manchester)
25-29 **JAMES BAILEY** 15:59 (South Manchester) **RUTH WALLER** 19:36 (Wythenshawe)
30-34 **PETER CRAWFORD** 16:51 (South Manchester) **SARAH DOUGLAS** 19:57 (York)
35-39 **MIKE WHARTON** 19:10 (Wythenshawe) **ZOE GMERER** 20:18 (South Manchester)
40-44 **CHRIS COOK** 18:34 (South Manchester) **ANNE CHINOY** 21:29 (Wythenshawe)
45-49 **GLENN SAVAGE** 18:40 (South Manchester) **DAWN HOLDING** 25:10 (Worsley Woods)
50-54 **FRANK CORDINGLEY** 18:12 (South Manchester) **JACKIE CORDINGLEY** 21:14 (South Manchester)
55-59 **JOHN BATTERSBY** 20:05 (South Manchester) **CELIA BIRCHBY** 24:06 (Wimbledon Common)
60-64 **MIKE CURLEY** 19:45 (Wythenshawe) **MARGARET TRICKEY** 25:33 (Bramhall)
65-69 **MICHAEL DUNNE** 22:35 (South Manchester)
70-74 **DON GEORGE** 27:14 (South Manchester)
75-79 **DON GEORGE** 30:32 (Wythenshawe)

Thanks to Paul Barrett, Cat Jones, Jerry Smith, Tim Rainey and Don George who assisted with this report



THE HAROLD WILSON CHAMPIONSHIP

The 2013 winners of the endurance section's Harold Wilson Memorial Cup were:
Senior Men: **STEVE McCARRON**
Senior Women: **SARAH DOUGLAS**
Veteran Men: **CARL BARBER**
Veteran Women: **HELEN ARMITAGE**
Most improved male: **NIGEL MARTIN**

The 2014 Championship will be more inclusive. All the races will be local; a mixture of weekend and week day races, and none over 10k. It's hoped this should encourage wider participation. The rules have altered slightly too, as the final results will only calculate one's best eight races, so a person will not have to do every race. There will also be cash incentives to do all the races.

VETERAN MEN & WOMEN

In 2013 both male and female Vets contributed strongly to club team performances as well as attaining individual successes. V40s **PAUL GREEN**, **MIKE HATCH** and **CARL BARBER** were all part of the successful Calderdale Way and Welsh Castles Relay teams and Carl ran 10k and half marathon PB's. **ELTON DAVIES** ran strongly all year and **ANDY WALLING**, **LEE KAUFMAN** and **OLLY GAILLEMIN** all ran sub 3-hour marathons. **GEORGE KIRK**, **STEVE GAVIN**, **GAURAV BATRA** and **ALASTAIR KELL** all achieved good for age London marathon qualifying times, as did V45s **TIMOTHY RAINEY** and **FRANCIS SWEENEY**. V50s **STEPHEN PARRY** and **AIDAN RAFTERY** ran sub 40 minute 10ks and **NICK WEBB** ran a sub 1.30 half marathon and a sub 3.20 marathon. V55 **ANDY YATES** ran an excellent 5k and **BILL FOX** was running well until illness intervened and all wish him the very best for his recovery. V60 **TERRY LONERGAN** kept on course for his remarkable target of 150 10ks in under 44 minutes. His fantastic performance of 1:37.26 in the Inskip half marathon in January propelled him to being among Britain's top age-group half marathoners. Also congratulations to V75 **DON GEORGE** who ran his 100th parkrun.

For the women at V35 **HELEN ARMITAGE** ran strongly at all distances between 5k and half marathon and **SIAN ROWLEY** almost matched her at 10k. **ZOE GMERER** ran a half marathon PB before taking the rest of the year off to have a baby, **CATHERINE JONES** improved all season and **LOUISE ROBBINS** ran a sub 3.30 marathon, as did V40 **HELEN REAGAN**. Also at V40 **JAN NICHOLLS** continued her good form at half marathon and new member **ANNE CHINOY** excelled at cross-country, as did new V35 **JULIE PRICE**. V45 **CAROLINE KINGHORN** ran a sub 4 hour marathon, **DAWN HOLDING** ran well at 10k especially and V50s **JACKIE CORDINGLEY** and **LINDA ROWLINSON** maintained good form all year, supported by **KAREN SHEEN**. V55 **LYNNE YATES** ran an excellent 5k and half marathon. At V60 **MARGARET TRICKEY** ran consistently well at parkruns and **JENNY MILES** ran a marathon PB. With both sections being continually strengthened by the addition of new members and with other more established members reaching Vet status hopes are high for 2014!

MANCHESTER AREA XC LEAGUE SENIOR, UNDER 20 & VETERAN MEN

Fechin McCormick

Sale's senior men's endurance section had possibly their greatest ever season in 2013 and it's been acclaimed and recorded on the front cover of this magazine and elsewhere. The pinnacle, of course, was their autumn victory in the National 6-stage Road Relay Championships which was the club's first ever victory in these Championships. Well done again to the sextet of Commonwealth and World junior athlete **NIALL BROOKS**; GB international **CHARLIE HULSON**; **ANTONY FORD** who was preparing to improve his 2:17 in the Frankfurt Marathon; **MATT BOND** who'd set a road 10k PB of 29.34; **SIMON HORSFIELD**, who'd just broken 8-minutes for 3k and 14-minutes for 5k and experienced **JAMES BAILEY** who made it onto the front cover of Athletics Weekly, every runner's dream, for bringing his team home victorious. They were also the first Northern club to win this National title since Morpeth Harriers won it way back in 2000.

Even the magnificent Northern 6-stage Road Relay silver medals the sextet of **JAMES BAILEY**, **RYAN WORLAND**, **ANTONY FORD**, **SIMON HORSFIELD**, **CHARLIE HULSON** and **GAVIN HILL** had won a few weeks earlier could not have heralded such a magnificent record. On that occasion, with a squad as strong as it's ever been, they were able to field a record five teams that produced some of their best performances ever in these championships. The 'B' team finished the best second string team on the day and the 'C' team were also ahead of a number of 'A' and 'B' teams.

Understandably buoyant from their Northern Relay success, the quartet of **NIALL BROOKS**, **SIMON HORSFIELD**, **CHARLIE HULSON** and **JAMES BAILEY** then took off to Sheffield where they again successfully retained their Northern XC Relay title and again with another powerful display of running.

Now aiming high, they set to the National XC Relay Championships in Mansfield hoping to improve on the club's best ever position of 4th in these championships. Again, the team, this time of **RYAN WORLAND**, **SIMON HORSFIELD**, **CHARLIE HULSON** and **MATT BOND**, won the club's second set of National medals – silver, and again made club history as the first men's team ever to medal in this Championship. Such was their strength, they fielded a strong 'B' team of **NIALL BROOKS**, **JAMES BAILEY**, **JAMIE RODEN** and **GAZ RAVEN** who produced the club's best ever 'B' result in these championships.

This is a promising squad with a good mix of youthful talent and experience and they'll continue to win trophies, medals and make more club records.

The section finishing second in the Manchester Area Cross Country League behind Wilmslow AC is, therefore, no reflection on the ability of the squad, though some will regret they didn't 'flex their muscles' a little more to also add this title to their year's repertoire, and create another record of their first league title for a decade.

It was left to the bulk of the large endurance section to 'fly the flag' over the five matches and they did with their strength in numbers. An unprecedented 80 toed the line for one or more of the matches. They were bound to be successful! Both the senior and veteran men, in both their Division 1 and 2 leagues, recorded their best results in almost a decade.

Among the senior men, ever reliable **DAVID MARSH** was the club's top overall counter in 8th. **ELTON DAVIES** (9th) ranked top overall in the 40/44 category, **AIDAN RAFTERY** was 6th in the 50/54 category and **JERRY SMITH** was 7th in the 55/59. Well done to everyone.





MANCHESTER AREA XC LEAGUE

GIRLS UNDER 11, 13, 15 & 17

Coach Peter Shaw

The Manchester Area Cross-Country League (MACCL) is a series of five cross-country matches in Greater Manchester parks. They're for all age-groups from U11 boys and girls to senior and veteran men and women. They begin each October and take place monthly until February when the Championship season begins. For all the age-groups, except the under 11 boys and girls, points are scored from the best of four matches and these count towards the overall ranking for both individual and team. For the U11's, it's the best three of their four matches that count.

A feature of the 2013/4 league was the record number of girls representing the club which meant the club finished multiple teams in every match. The under 11 girls were the club's most successful. **LARA CRAWFORD** and **LAUREN SMITH** were equal 3rd overall in the series with **ALICE DALE**, **RUBY BELL** and **LAUREN HOLE** among the top 10. Midway through the league, **LARA CRAWFORD** also won the Cheshire Cross-Country title and with **SASHA MCTIFFIN** and **SCARLETT WHITTAKER** also took the Cheshire team gold medals

The under 13 girls also performed really well. They came into the league as runners up in the Northern Road Relay and then went on to win bronze medallists in the league. Midway through it, they further added Greater Manchester bronze medals to their collection. Individually, well done to **TESS MC HUGH** who topped the overall rankings with three of the squad - **LIZZIE TWITE**, **JOSIE CANHAM** and **GEORGIA HAWORTH** braving all the races. Finally, well done to **BETH THORNTON** who was 2nd in the County Schools Championships and to our other school's medallists - **TESS MC HUGH**, **LIZZIE TWITE**, **NIAMH NUGENT**, **JESS MC DOWELL**, **JOSIE CANHAM** and **JEMMA VICKERS**.

Throughout the winter the under 15 girls were especially impressive in their depth of numbers and the MACCL league was no exception. They finished runners up to Stockport in the League. Over twenty Sale girls ran the five league matches with **CLAUDIA COWAN**, **AINE CUNNINGHAM**, **DANIELLE STRINGER**, **FRANCESCA BRINT**, and **FRANKIE DAVIES** each finishing first counter in one of the matches. **ALICE BRUCE**, **CHIARA YOUNG** and **CIARA LYDON** were the other medallists. Over the five matches, **FRANKIE REID** was tops in 5th place as a result of running all five races. **CHLOE TAYLOR** also ran the five races. Through the winter, the squad also displayed impressive ability in the Northern Cross-Country Championship by finishing 4th. They also won silver medals in the Greater Manchester County Championships. **OLIVIA GREEN** had a tremendous run to win the County schools junior title. Congratulations to **OLIVIA**, **CIARA**, **DANIELLE**, **CLAUDIA** and **ALEXA MC TIFFIN** who all gained County selection. Sadly missing from the squad for much of the season due to a long-term injury was the reigning Cheshire Champion **ZARA THOMPSON** but the squad look forward to her return, strong again in 2014.

The U17 girl's team also had a great season. They finished 3rd in the League and did really well in turning out over the five matches. In fact, one-third of all the overall finishers were Sale girls and all of them raced four or five of the matches. The U17 girls were also 2nd in the Greater Manchester County Championship and 4th in the Northern Cross-Country Championship. Sale medallists in these events were **AIMEE PRATT**, **AMBER TOWNS**, **MADELEINE HOLE**, **FLORA WHYTE**, **CATHERINE PODMORE** and **TILLY YATES**. Congratulations to **AIMEE PRATT**, **RACHEL HIBBERD** and **HANNAH CHRISTY** for gaining their county selections.



MANCHESTER AREA XC LEAGUE

SENIOR, UNDER 20 &
VETERAN WOMEN

Fechin McCormick

Our senior and veteran women deserve the greatest applause of all the club sections for their participation and success in this winter's Manchester Area

Cross-Country League. It's been the toughest of years for the section with the loss of several of their best runners to neighbours Trafford AC and the demotion of the UK Women's T & F team, but the demise became a rallying call for them and they threw down the gauntlet and came out fighting... In the end, both the senior and veteran teams produced their best MACCL results since the new league was launched way back in 2006 and they did it without any help from those they'd looked up to and now departed. Both the senior and veteran 'A' and 'B' teams finished an unprecedented second in their Division 1 and 2 leagues and actually finished ahead of Trafford AC in both the divisions.

The key was their dominance in numbers and the effortless 'poetry in motion' of such loyal and talented stalwarts like **LUCY O'GORMAN** in Heaton Park and Sherdley Park where she won by 'a mile'. It was also because of the likes of **EMMA FINNEY** in her one match (what a pity she didn't make herself available for more which would have brought even more impressive success to her section), newcomer from Scotland **KATIE WHITE** who showed tremendous willing, and others to the fore like hard-working **SARAH DOUGLAS**, **KATH BARKER**, **CARA O'BRIEN**, **SIAN ROWLEY** and **KATHY WELLAM**, that the squad did so well. Of the five matches, the 'A' team won one and were never out of the top three. So strong were they in numbers, that in several matches, they finished an unprecedented five teams with their 'B' and 'C' teams often beating many of the day's 'A' and 'B' teams. Through the five matches, almost every active member of the senior/veteran section turned out and together they made their big impact. Everyone deserves a big clap on the back... or do they all prefer a group hug!

Likewise, our veteran ladies. Of course, this section is always significant to the success of the senior women's teams as well as to their own veteran sections. Again, they completed as many as four teams on several occasions with even their 'B' and 'C' and 'D' beating many of the other club's 'A' and 'B' teams. L35 **HELEN ARMITAGE** was in fine form throughout the winter and so 'up for it', was disappointed to miss two matches because of a foot injury; L40 **ANNE CHINOY** was the surprise of the league and had never previously run cross-country and, of course L50's **JACKIE CORDINGLEY**, **LYNDA ROWLINSON**, L35 **CAT JONES**, and L55 **LYNNE YATES** are always there or thereabouts in consolidating their team positions. In the overall league standings, **CAT JONES** ranked club highest in the 35/39 category; **ANNE CHINOY** was top (5th) in her 40/44 category and **JACKIE CORDINGLEY** retained her title from last year of being 3rd in her 50/54 category with **KAREN SHEEN** 5th.

There's a scarcity of U20 runners locally and nationally and this was reflected in the league when, for the fifteenth consecutive year, only once has a league club completed a team and that was Liverpool Harriers last year. However, individual U20's turn out in style and are always key contributors to the senior teams' success. This year was no exception. Not only are **MEGAN DAVIES** and **IMANI MODAHL** talented runners full of promise who made a big difference to the senior women's results, but they've also got to be admired – and thanked, for their commitment, loyalty and perseverance in turning out as they did without that important motivational support of a team.

The U/11 boys and girls competed ran in just four of the five cross-country league matches with the overall points score towards the overall ranking taken from the best three of the four matches. Our U11 boys races were overall smaller affairs than the girls races but those who took part all deserve a big pat on the back for taking part. They did well to finish 4th overall with **JOEL STRINGER** the top overall scorer in 4th place Joel did especially well, winning the second race at Sherdley Park and the final match at Wythenshawe Park. **GEORGE SAFRANAUSKAS, JED BAILEY, ZACHERY GAILLEMIN, LEWIS ROWLINSON** and **ALEX KELLY** all ran well in their races.

In the U13 boy's races throughout the League, **LUKE CHESTERS** was the 'man of the match'. He ran a great first match in a very competitive field at Heaton to finish 5th and went on to win the penultimate match at Boggart Hole Clough. He finished 5th overall and might have been even higher had he not had to miss the Woodbank Park match because he'd been chosen to represent his school at the NW Schools Cup where he won a silver medal. **HARRY BOYD, TOM BARRATT, BAILEY HULSE, KYLE NIELD** and **SAM HEYWORTH** were all a big asset to the team when they turned out. There were some great turn-outs in numbers and the section finished 3rd overall in the league. Luke also made it onto the Gtr. Manchester School's team to represent his county in the English Schools Championships in March.

Our U15 boy's finished 2nd behind an unbeatable Liverpool squad. At the helm throughout the winter months were the **SPILSBURY TWINS** (Jake and Adam), supported by **DILLON BURCHILL, CHARLIE BRETT, HARRY BROWN, DILLON BATTICK, AIDAN STIRRUP** and **ADAM KINGHORN** as stalwarts who brought home the team often among the top three. At the start of the winter season, the trio of the **SPILSBURY TWINS** and **DYLAN BURCHILL** put on a great display at the Northern XC Relays to win the bronze medals. In the Greater Manchester XC Championships again the **SPILSBURY TWINS**, this time with **ADAM KINGHORN** did brilliantly to retain last year's title with the twins winning the individual silver and bronze medals. Though a year young, the Spilsbury twins were also selected to represent Greater Manchester in the English Schools championships in March.

The U17 boy's races through the five matches were often as few as 15 finishers with ourselves and Stockport the only two teams. However, Sale was the only qualifying club for the series prize because no other club finished teams in the required four of the five matches. This is a tribute to the strength of the current squad. **EUAN GILCHRIST** had a great race at Heaton Park; **CHRISTIE O'BRIEN, MATT BEACOCK** and **BRADLEY THORNTON** did really well in match two to edge out Stockport for top place and in match three, **CHRISTIE O'BRIEN, ADAM RODEN** and **EUAN GILCHRIST** sealed the league championship with great runs. When other clubs failed to complete an 'A' team, such is the strength of the squad that included **DANIEL BRINT, LEWIS SINGLETON, DYLAN STANWAY, DENIS POWELL** they were, on occasions able to finish a 'B' team. Midway through the league, **MATT BEACOCK, BRADLEY THORNTON** and **DENNIS POWELL** surprised even themselves when they retained the Gtr. Manchester bronze medals. In the National XC Championships after the league had ended, this squad by securing their section's best position of 8th for very many years, were the club's most successful thanks again to **CHRISTY O'BRIEN, ADAM RODEN, EUAN GILCHRIST** and **DANIEL BRINT. CHRISTIE O'BRIEN** who won the senior gold medal in the Greater Manchester Schools Championships with **EUAN GILCHRIST** winning the senior silver medal, both were also selected to represent Gtr. Manchester in March's English Schools Championships.

MANCHESTER AREA XC LEAGUE BOYS UNDER 11, 13, 15 & 17 *Fechin McCormick*

