

# AT YOUR SERVICE

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No. 81 2014/2015

# THE Harrier

The Magazine of Sale Harriers Manchester



FILL THE GAPS – WIN THE MATCH



“we are the champions...”





# EDITORIAL

Fechin McCormick

Welcome to this No.81 of the Harrier magazine. Who'd have thought, way back in 1993, the 'baby' I gave birth to would now be twenty-two years old?

It became an annual review magazine in 2011 when it went from four editions to just one a year and since then it's been a cameo of Sale Harriers through the year aiming to be as thorough and as inclusive as possible recognizing everyone's cherished performances as far as possible... and apologies to those I've inevitably but unintentionally missed. This magazine works in conjunction with the club website and Facebook and together they provide a club communication that does immeasurably more than any other British club to recognize, applaud and record its member's accomplishments. It also unites the club's three sites in a way nothing else can.

It's been another fantastic year for the club. Team wise, congratulations yet again to the U13 & U15 youngsters who beat Britain's best clubs to win the YDL Premier League title and to the senior men who won their very competitive BAL Premier League title. – their 4th. These were two awesome summer highpoints. Individually, there were many. Jess Taylor's Commonwealth heptathlon bronze medal will long be remembered as will Kelly Massey's 4 x 400 Commonwealth & European bronze medals and, just as this magazine was to go to print, Charlie Hulson winning the prestigious senior National Cross-Country Championship title and creating club history as the club's first senior ever to win it. . The club now wishes 'Bon Voyage' to the senior men as they venture to Europe - to Yugoslavia on May 30/31, to represent British clubs in the European Clubs Cup. We look forward to reporting their success, adventure and experiences.

To win two major national titles in one year not to mention all those other individual and team titles recorded in the following pages, is a tribute to much hard work, commitment, sacrifices and talent... and the really exciting news is that the club has the potential to win even more titles next year. If every club member, young and old, athlete and official were to adopt a mantra for 2015, I'd suggest it'd be, "Fill the Gaps – win the Match". If we were on the London Underground, I'd suggest it be, "Mind the Gap". Those involved in last year's T & F matches will know precisely what I mean. Go for it, therefore, boys and girls, men and women, young and old!

This magazine would be impossible without club photographers Harry Shakeshaft and Ernie Greenwood. Harry has been with me from the very beginning and has been unstinting in his loyalty and support, and both of them have rallied even through their own or family illness. I thank all the photographers who've submitted photographs through the year. They're priceless. Photographers get very little financial reward so it's great when you occasionally buy their photographers.

Enjoy the magazine and, please leave us your feedback



22ND  
YEAR

## FINANCE REPORT 2014

### TREASURER JACK FROST

2014 was a successful year for the club (financial and athletics wise), with the club accounts showing a welcome surplus. Subscriptions increased slightly, and training fees maintained their high levels, especially Wythenshawe Park, which despite the poor facilities attracts more and more of our members, breaching the £5000 mark for the first time. Donations benefited from a £5000 bequest from the Alan Ryder estate.

The City of Manchester partnership has settled into an annual £10,000 surplus, hopefully this may continue, but never can we be confident that it will. Amazingly on reflection, this City Council Partnership reached an annual £50,000 (with Reebok on board in those days) and we still only managed to 'break even'. It did, though finance the journey for Sale Harriers Manchester to be recognised as the UK top athletic club, which we have maintained to this day.

However, stringent expenditure controls insisted on by the Exec Committee, plus the introduction of training fees at Crossford Bridge and Wythenshawe Park along with more effective collection of annual subscriptions, saw the gradual reduction in sponsorship to the current £10,00 level, not adversely affecting the club standards. All members should be congratulated on the Club's healthy financial position.

Nice to see the club's biggest expenditure item ,Travel and Accommodation costs being contained and significantly less than in 2011 for example, though 2015 will throw up some 'horrors' with the National XC Championships at Parliament Hill, and our successful BAL senior Track & Field team travelling to Turkey at the end of May. As a leading national club this will always be a challenging item of cost to control.

## CLUB RECORDS 2014

Several members re-wrote the club record books throughout 2014. Congratulations and well done to all of them. Have a look at current club records on the club website at <http://www.saleharriersmanchester.com/pages/3996/club-records>

#### SENIOR WOMEN

Heptathlon **Jessica Taylor** Durango 5575 points **May 4th 2014**  
Heptathlon **Jessica Taylor** Spain 5813 points **May 25th 2014**  
Heptathlon **Jessica Taylor** C'wealth Games 5826 points **July 30th 2014**

#### SENIOR MEN

Decathlon **Jack Andrew** Woodford CE 7116 points **April 7th 2014**  
High Jump **Chris Baker** BAL Cardiff 2.25m **May 10th 2014**  
High Jump **Chris Baker** L'boro International 2.27m **May 18th 2014**  
High Jump **Chris Baker** BAL Birmingham 2.28m **June 7th 2014**  
Triple Jump **Ben Williams** Birmingham 16.46m **June 29th 2014**  
Shot Putt **Rimas Martisauskas** – Donnas, Italy 18.96m **July 12th 2014**

#### UNDER 17 WOMEN

Triple Jump **Amy Williams** Hull 11.95m **May 4th 2014**

#### UNDER 17 MEN

Triple jump **Kevin Metzger** Hull 14.35 **May 4th 2014**  
Triple jump **Kevin Metzger** Birmingham 14.59m **July 12th 2014**

#### UNDER 15 MEN

300m **Jono Efoloko** Gateshead 37.10 **July 13th 2014**  
200m **Jono Efoloko** Sportcity 22.3 **May 3rd 2014**  
100m **Jono Efoloko** Macclesfield 10.89 **May 17th 2014**  
200m **Jono Efoloko** Wavertree YDL 22.2 **June 22nd 2014**  
200m **Jono Efoloko** B'ham English Schools 22.14m **July 12th 2014**

#### UNDER 15 GIRLS

300m **Kelly Chadwick** Wakefield 41.39 **14 September 2014**

## YOUNG CLUB ATHLETES OF 2014

Every year since 2005 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. This year club coaches and team managers submitted no-one for consideration to the club's Executive Committee. Below are the previous recipients as an inspiration for next year and future recipients.

2013 Georgia Taylor-Brown and Roy Ejakuekwue  
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

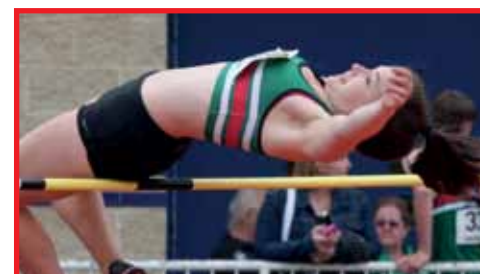
## FINANCIAL AWARDS

Several club athletes benefitted from financial awards to help them develop their potential in 2015.

The Arts and Sports Trust awarded three Sale Harriers. Pole vaulter Sarah Mc Keever received £1,500 and top young sprinters Jona Efoloko and Kelly Chadwick each received £500. You'll read their 2014 achievements throughout this magazine. All three rank among the very top of their age-groups in the UK and are among the country's most exciting and promising young athletes. The Arts & Sports trust provides financial resources for talented and determined young people to develop their skills and abilities in the fields of art and sport.

Other Sale Harriers benefitted from the Ron Pickering Memorial Grants that help develop the potential of athletes aged 15-23. They are:- the club's U15 multi-eventer Grace Bower; middle distance specialist Jack Crabtree and sprinters Roy Ejakuekwu and Kevin Metzger.

The club wishes all of them well in her burgeoning careers.



## JACK FROST

For more than 25 years, Jack Frost's commitment to Sale Harriers and its athletes has been total.

As the club treasurer since about 2002, he's led the club's finances through changing circumstances, dealing with governing bodies, computerisation, negotiations with Manchester City Council and commercial sponsors. He's undertaken all the practical work as treasurer, including dealing with team expenses, hotels and transport, the club's reward scheme and the management of club kit. This work alone requires constant vigilance throughout the year.

Over a similar number of years, he's been a highly respected jumps and throws coach who's nurtured many athletes to national and international honours.

## TONY DOWD

Tony Dowd was awarded Crossford Bridge's 'Volunteer of 2014' at their October Presentation Night. He's a throws and a multi-event coach at Crossford Bridge; the team manager for the U13 and U15 Sportshall groups and you'll find him officiating at Crossford Bridge meeting, YDL matches and Northern League matches. He's even known to have thrown the hammer to win the club valuable points!



## JESSICA TAYLOR

At the Manchester Sports Awards, Jess Taylor received the 'Sports Achiever of 2014' from Linford Christie. A few weeks later, at the Greater Manchester Sports awards she received their "Sport Achiever of 2014".

2014 is a year Jess will never forget. She excited the nation with her Heptathlon bronze medal at the Glasgow Commonwealth Games; completed her seven year Masters degree in Architecture and was further awarded the Ibstock Prize for Architects. Congratulations!



## LOIS McTIFFIN CHESHIRE AA BEST FEMALE TRACK PERFORMANCE IN 2014

Congratulations to 12 year old Lois McTiffin awarded the "Best Track Performance of 2014; by Cheshire Amateur Athletic Association. Lois joined the club with her two sisters Alexa and Sacha after the family moved into the area.

Said, Lois, "I'd enjoy being a multi-eventer at Sale Harriers. My most favourite events are hurdles, high jump and shot putt. My least favourite events are definitely 800m and javelin. My proudest achievement so far is my title of the 2014 "Cheshire County Junior Multi Events Champion". Outside of athletics I play hockey for Greater Manchester. I felt excited when I received this plate and very surprised as I wasn't expecting it. I train with Chris Bartram's group and am hoping one day to wear a GB vest.



## JONA EFOLOKO

At the Manchester Sports Awards Jona Efoloko won the runner-up 'Sports Achiever of the Year' award. 2014 was a fantastic year during which he improved the club's U15 200m three times and set new club 100m and 300m marks. He holds all three YDL sprint records and ended up 2014 as the UK's top U15 sprinter with a great future.



## England athletics "NW Volunteer of 2014" Award England Athletics "Services to Athletics" Award

He's a highly experienced track and field official who commits almost every weekend of the summer to the club, often combining his responsibilities with being team manager or supporting team managers. He's a fountain of knowledge and everyone looks to Jack who dispenses advice with reasonableness and patience.

In a club as large as Sale Harriers, to be a team manager is demanding enough but Jack has stood into the breach to fill other team managerial roles in the Northern Premier League and the YDL Upper team.

In the past five years, Jack has successfully managed the promotion of the Winter Indoor Grand Prix meetings at Sportcity which go from strength to strength.

He thoroughly deserves his two awards





BRIAN SPRIGGS LIFE MEMBERSHIP

At the 2014 AGM Brian Spriggs was made a Life member of Sale Harriers for his life-long services. This is why he readily merits the honour.

Brian Spriggs association with Sale Harriers began in 1987 when he was roped into a fun team for the Sale Festival. Graham Marshall asked him if his young son Stephen would like to join the club... and there began his lifetime association.

Initially, whilst he watched his son running, he took an interest in the very unfamiliar shot putt circle. Jack Frost eventually asked if he'd like to throw the Shot for Sale Harriers. "I was a bit embarrassed at first", he said," knowing nothing about at all about sport". Brian then represented Sale Harriers in the shot putt, discus and hammer especially in the Northern League until 1997. He also began coaching youngsters at Crossford Bridge and later adults at Wythenshawe Park. He qualified as a Level 3 coach and among his achievements are two English schools medallists, several English Schools finalists and a wheelchair athlete to a silver medal in the Special Olympics in Cardiff (2001).

Brian became involved in T & F judging in 1991 and, since then, has committed almost every weekend to travelling up and down the country for the club as a qualified and highly experienced judge. Brian has probably scored more match points for Sale teams as an official than most athletes.

Just some of the major other events Brian has helped with over the years are:-

- World Wheelchair Games at Stoke Mandeville 1998

- The World Masters Athletic Championships in Gateshead (1999)
- The Special Olympics in Cardiff (2001)
- The Transplant Games (Bebington 1997)
- The European Disability Games for three consecutive years (1998, 1999 2000)
- The Paralympic World Cup at Sportcity for three consecutive years (2006, 2007, 2008)
- The Junior Disability Sport England Championships for eight consecutive years (Blackpool 1999 -2007).
- The Armed Forces Games at Cosford (Shropshire) in 2003, travelling to Shropshire every alternative Wednesdays for twelve months to officiate.
- The National Pride Games for two consecutive years (Trafford 2008 & 2009)
- Did Judging throughout GB for Sportshall Athletics annually for 20 years (1994 -2014)
- During the Manchester Commonwealth Games (2002) he was part of a team in charge of the Wythenshawe throws Area where the international athletes prepared



**The other Sale Harrier Life members are**

Susan Lamb  
Don George  
Sue Crehan  
Darren Campbell  
John Stalker  
Morris Jefferson  
Brian Thirley  
Anne Marshall  
Beryl Fleet  
Hilary Thomas  
Eric Hughes  
Steve Peglar  
Geoff Tyler  
Michelle Scutt  
Andrew Ashurst  
Anne Griffiths  
Diane Modahl  
Sonia Boyer  
Ann Jackson  
Jean Dutton

Matt Belsham  
Kevin McKay  
Shelly Holroyd  
Allyn Condon  
Carl Hamilton  
Philip McDonnell  
Peter Scofield  
Dave Farmer  
Jack Frost  
Kath Dickenson  
Nick Peach  
Earl Tulloch  
Paul Roden  
Dave Rodgers  
David Brown CBE  
Julie Holland  
Paula Hopley  
Fechin McCormick  
Graham Padgett



...WELL DONE U13, U15 & U17 BOYS!

SALE HARRIERS 2014 RANKINGS

	5K ROAD	10K	HALF MARATHON	MARATHON
SM	Matt Bond 14:26 Armagh 20 Feb	Antony Ford 30:07 Leeds 16 Nov	Matt Bond 66:05 Reading 2 March	Callum Rowlinson 2:39:08 London 13 April
SW	Katie White 18:21 Sizzler 17 July	Katie White 38:42 Manchester 18 May	Katie White 84:56 Clydebank 9 March	Katie White 2:56:43 Manchester 6 April
M35	Nicholas Whittle 16:52 Sizzler 17 July	Gareth Raven 30:14 Salford 18 April	Gareth Raven 68:43 Wilmslow 23 March	Steve McCarron 2:43:29
F35	Helen Armitage 19:18 Sizzler 3 July	Sonia Samuels 33:18 Leeds 16 Nov	Helen Armitage 89:48 Wilmslow 23 March	Viv Slack 3:01:32 Manchester 6 April
M40	Gareth Raven 14:44 Sizzler 31 July	Gareth Raven 30:47 Manchester 18 May	Gareth Raven 71:19 Oldham 12 Oct	Andy Walling 2:54:20 London 13 April
F40	Anne Chinoy 19:32 Sizzler 14 August	Anne Chinoy 42:25 Manchester 18 May	Anne Chinoy 92:27 Helsby 19 Jan	Anne Chinoy 3:25:00 Manchester 6 April
M45	Ian Wetherall 16:10 Sizzler 14 August	Ian Wetherall 33:58 Trafford 9 March	Lee Kaufman 83:30 Wilmslow 23 March	Lee Kaufman 2:58:23 Berlin 28 Sept
F45	Lucinda Summers 26:11 Sizzler 17 July	Marinda Breddy 58:44 Birkenhead 12 Oct	Caroline Kinghorn 1:50:12 Wilmslow 23 March	
M50	Glenn Savage 17:35 Szzler 14 August	Gary Rowlinson 35:05 Ribble Valley 28 Dec	Nick Peach 86:07 Haweswater 2 March	Francis Sweeney 3:04:16 London 13 April
F50	Rosa Elliot 27:47 Sizzler	Dawn Holding 47:14 Arley 2 Nov	Lynda Rowlinson 1:43:05 Anglesey	Caroline Kinghorn 4:14:32 Manchester 6 April
M55	Martin Tighe 17:56 Sizzler 14 August	Aidan Raftery 39:03 Leeds 16 Nov	Andy Yates 84:31 Wilmslow 23 March	Martin Tighe 2:41:38 Manchester USA 2 Nov
F55	Jackie Cordingley 20:47 Sizzler 14 August	Audrey Gresty 53:48 Blackpool 13 August	Lynne Yates 1:43:27 Arley Hall 19 Oct	
M60	Nigel Fielden 20:10 Sizzler 31 July	Nigel Fielden 42:02 Arley Hall 2 Nov	Nigel Fielden 94:50 Arley Hall 19 Oct	
F60	Jenny Miles 30:26 Macclesfield 28 Sept	Jenny Miles 59:32 Manchester 18 May	Jenny Miles 2:12:28 Helsby 19 Jan	
M65	Michael Dunne 22:51 Sizzler 17 July	Michael Curley 42:06 Trafford 9 March		
F65		Janet Pickering Manchester 18 May		
M70+	Mike Howe 29:57 Sizzler 3 July	Tony Lythe 49:30 Blackpool 10 August		





# BAL CHAMPIONS

FECHIN McCORMICK

The most positive thing from the dreadful disappointment of Sale winning the 2013 BAL crown and then having to surrender it two months later to rivals Shaftesbury Barnet just as a result of one of the team failing a drugs test, was that the club's senior men had the belief, confidence and determination to reclaim the title in 2014... and that's precisely what they did. Sale Harriers (competing as City of Manchester) celebrated its fourth ever BAL Premier League title with a magnificent triumph over Shaftesbury Barnet, the previous two year champions. As a result, the team go forward to represent British clubs in the European Club's Cup in Turkey on May 30/31 2015.

The campaign began at Cardiff in May 2014. Shaftesbury Barnet were the convincing match winners but Sale's efforts meant they finished a creditable third. The match was particularly memorable for Chris Baker's new high jump club record of 2.25m that put him into Commonwealth Games consideration but he was far from alone with impressive team performances. A string of 'A' and 'B' victories from Alex Smith ('A' Hammer), Rimas Martisaukas ('A' Shot), Gabriel Akin ('B' 100m). Niall Brooks and Dave Proctor ('A' and 'B' 800m and 1500m) made a big difference to the points tally. The match was also memorable for 48-year-old John Nicholls return to the team and Matt Hunt back in club colours after a lay-off with injury and Rory Evans making a superb club debut 400m debut.

The second match in Birmingham was another superb team performance with the very rare treat that they actually won a BAL match and won it in style by 20 points. This put them just one point behind Shaftesbury and well set to challenge for the Premier title in the remaining two matches. Noteworthy highpoints in this match were Chris Baker once again broke the club high jump record with

another PB of 2.28m and Allan Hamilton's long jump achieved his first Scottish Commonwealth Games qualifier. The A string winners were Alex Smith, Chris Baker, Allan Hamilton, Andy Sutcliffe, Charlie Hulson and Andy Robertson and Matt Hunt had B string wins.

The team did even better than they expected in the 3rd match in London. They took an admirable second place behind Newham & Essex Beagles but, just as important to the challenge for the title, was that Shaftesbury Barnet's efforts collapsed and they finished down in 6th place! That meant that a third place at home in Sportcity in the final match would secure the championship title for Sale. Again, it's well done to everyone whose contributions were vital - the team's quality and talent; their taking part in unfamiliar events; those who doubled and trebled events to maximize team points and the team's spirit and commitment. Through all of these, they had good reason to go into the final match full of confidence!

Sale Harriers men became BAL Premier League Champions for only the 4th time in the club's history on home territory at Sportcity. The men expected a battle royale with Shaftesbury Barnet and they knew they'd have to finish second to secure the title... and so it proved, Shaftesbury scored 319 points but Sale produced win after win and strong performance after strong performance to notch 376, a mammoth total that ensured Sale regained the Tony Ward Trophy and made up for the disappointment of forfeiting last year's title.

Everyone's 110% efforts and team spirit were pivotal to this tremendous victory and everyone's performances were recognised through the season in the website reports. The club now wishes them well as they venture into European competition and look forward to reporting great news on the club's website and in Harrier magazine next Spring.

Thanks to all the team yet again for bringing such great honour, prestige and victory to Sale Harriers. Thanks also to John Smith, Dean Hardman and James Bailey who shared the key team manager's role between them through the four matches.





# NATIONAL YDL CHAMPIONS

**FECHIN McCORMICK/  
PETER SHAW**

**Sale Harriers U13 & U15 boys and girls are the 2014 National Champions of the Young Athletes Premier League (YDL). In achieving this, they also created club history by becoming the club's first YDL Champions since the boys and girls leagues were amalgamated in 2004. Last year they finished 4th and the year before 5th – fantastic progress!**

The cauldron for the final was the Alexander Stadium, Birmingham. They went as multi-Northern YDL Champions but had to compete against the strength of Britain's top eight clubs. The final was as exciting a day of athletics that anyone could hope for. Our youngsters excelled. They were inspirational in their commitment and team spirit and awesome in their athleticism and youthful talent.

These qualities characterised all four of their league matches that led them to the final. That journey began in May with a convincing first victory on home territory at Sportcity against the North of England and Scotland's Premier clubs. This was followed by a second, equally confident victory at Leeds in June that set them up well to retain their Northern title – their seventh in eight years. The third match was at Wavertree and, as a result of the incredible form of our sprinters in the relays and our long jumpers; the team won by a comfortable ninety points. The final match at Preston was also a convincing victory by 120 points and it secured the seventh Northern title and qualification to the National Finals. This match victory was also their forty-fourth match win (out of fifty matches) since the league began in 2004.

Throughout the campaign, the standard of competition was very high and our boys and girls had to rise to the occasion at every match. Crucial to these victories was ensuring that every team slot was filled. There's a terrible waste of valuable points in matches when teams don't have a competitor in every event. A big clap on the back to all those youngsters – some did not make the final, who filled those gaps by doubling and trebling often in unfamiliar disciplines just to help their team win.

Our U15 girls were very strong and successful across all disciplines through to the final. Kelly Chadwick was always in spectacular form; broke sprint records and recorded several PB's. Ellie Jackson also won with clear margins and was another big point winner. Often they teamed up with Amie Page, Tia Blisset, Rebecca Heys and others to win superb sprint relays. Matilda Walters was a great pole-vault scorer so good that she also won gold in the final. Ella Mc Kie-Crane

was another pole-vault asset in the matches. The middle distance guys were equally successful through the winning matches with the likes of Danielle Stringer, Olivia Green, Francisca Brint, Claudia Cowan, Niamh Nugent and Aine Cunningham several of whom were gold medallists in the final. Our multi-eventers were gold dust, as always. The likes of Grace Bower who helped break the league's 4 x 300m record in the second match and Meg McHugh who was the club's most prolific points scorer in the Final. In the final, Meg teamed up with Maria Mc Polin, Danielle Stringer and Grace Bower to finish runners up in the 4 x 300m relay. Alexa McTiffin, Ellie Twite, Mairead Power, Amy Lester, Tess Blandamer, Emma Lowe, Olivia Ashworth were all great points winners right through the campaign.

Among the U15 boys, English Schools Sprint Champion Jona Efoloko was outstanding and broke all his own YDL sprint records through the campaign. Hurdler Rory Kean made a massive contribution especially in the Final. Our long jumpers talent was such that they were often big point scorers so no wonder that in the Final Emanuel Odubango and Darnell Bell won gold medals as did shot putters Joe Murphy and Jonathan Adderley. Anthony Bruton was another of team's U15 success stories.

A star of the U13 girls was sprinter Laurelle Obi who regularly won her races and in the final she won three gold medals. Charlotte Mairs, Mia Lowndes and Tess McHugh were also big points scorers and in the final with Laurelle they won the sprint relay. Beth Thornton (800m) Lois McTiffin (hurdles) made big contributions in the final. Leyla Nealon, Lizzie Twite, Lois McTiffin, Mea Gibbons, Alice Dale and Lara Crawford and were just some who won their competitions over the four matches and helped secure the path to the final.

Among the boys, Calab Adenuga was a winner whenever he turned out and was a big points scorer in the final as double gold medallist with PB wins over hurdles and 100m. Rory Kinrade made a valuable contribution in the matches. In the Final Sam Ebonine was silver medallist in the high jump whilst Findlay Murphy was awarded bronze (shot). Samuel Brown, Charlie Hobson, Joel Stringer, Brogan Rudman, Sam Worthington and several more recorded valuable victories when they competed with maximum team points.

It's impossible to acknowledge everyone but together every boy and girl can be proud of what they have achieved and the honour they've brought the club. It would, of course, all be impossible without team managers Dave Marsh and Carl Worthington. They deserve special thanks. They brought it all together through the summer over the four matches to becoming National Champions. They did it by endless and often frustrating hard work, thoroughness and dogged perseverance. The co-operation of coaches is pivotal and they must be thanked for their co-operation. Parents and families are crucial and last but certainly not least are the all-important officials. Did you know officials win valuable match points by their participation so next year if you want to contribute to the team retaining their National title, why not consider becoming an official? You're greatly needed.

**Well done again and congratulations to all the club's U13 and U15 boys and girls**





## YDL (UPPER) FECHIN McCORMICK

**The 2014 objective of the Young Athletics League (Upper) was, as the previous year, to finish as the top Northern team and be among the top two of the Premier League to qualify for the National Finals in Birmingham.**

Despite two of the League's objectives to (a) reduce travel and (b) to improve the competitive experience of the U17 and U20 competitors, the first match at far away Edinburgh posed a real challenge for both. Though the club took one full coach, it wasn't enough to fill the possible 119 match events, so the club lost out massively on match points thus also limiting the competitive opportunities for our athletes. Despite the long trip and inclement weather, our athletes typically excelled. Particularly outstanding performances came from Harry Lord (U17 javelin) with a brilliant PB of 55m 89cms; Aimee Pratt's (U17 1500m) ranked her 2nd on the U20 lists; Alyssia Carr (400m); Sean Okome (U20 high jump) who soared over 2 metres and there was brilliant sprinting from U20's Roy Ejiakuekwu, Danny Heald and Nathan Harris.

Conditions at Sheffield for the 2nd match were much better but, again, the team suffered badly from too many events not contested due largely to public exams. Despite Felix Tighe (400m), Kobefo Ntadejane (400m), Jake Spilsbury (800m), Aimee Pratt (1500m), J'Nae Ward (HJ) Joshua Booth (Discus), Jaimal Brown (Javelin) Annabel Dowd (Javelin) all winning maximum match points and over a dozen more producing PB performances, reflecting everyone's 110% commitment, the team finished second from the bottom and faced real possibilities of relegation.

It was essential all competitive 'gaps' were filled for the 3rd match at Longford Park and they were, apart from a few U20 middle distance events. At the end of this exciting penultimate match, Team Edinburgh placed firmly in pole position and we were now joint 5th with Gateshead H & AC and Wakefield AC were 6th.

The challenge for the final match at Wakefield was, at all costs, we must beat Gateshead AC to avoid relegation. The tension and excitement of this

final nail-biting match was brilliant! Early announcements put Gateshead ahead by as much as thirty points but as the day progressed, gloom turned to delight as a string of sprint victories and classy other performances placed us 3rd behind Team Edinburgh and Team Glasgow. The excitement from Sale Harrier supporters, coaches, team managers and parents electrified the stadium. The team were inspired and went on to win most of the relays. We then anxiously awaited the final result. Could Sale Harriers have not just triumphed over Gateshead but hauled themselves from the jaws of relegation to win this match? The final announcement! Team Glasgow beat us by a measly half point with Team Edinburgh clear winners and Gateshead relegated. We had the consolation of being the top North of England club beaten only by two Scottish composite teams

By finishing 3rd, we went onto the paper match with the 3rd and 4th placed teams of the Northern, Southern and Midland Divisions, the winner of which takes their place in the final at Alexander Stadium in Birmingham. We were not successful.

The lesson learnt, yet again, is how successful this section can be and how very important it is for every competitive 'gap' to be filled. Matches are won and lost not by those present who give 110%, but by their club colleagues NOT present. Sale Harriers could have won all their matches had the section successfully filled every event in each match. Let that be their 2015 objective.

Every person reading this report will know if they or their son and daughter competed in this league. If so, the club personally thanks you and gives you a big clap on the back. You were amazing! You were amazing by your inspiring talent; by your team spirit; how you filled the 'gaps' to maximize club points and by the sacrifices you made for the team. For all of this, the club thanks you!

Indispensable to every match are the key officials. The likes of Brian Spriggs and Jack Frost and so many others, who rarely miss a match, are gold-dust to the club not just for their expertise but they also win a bucket-full of match points for the essential service every club must provide for every match and these can be decisive in overall results. Thank you to all the club officials! We were stars, weren't we?

Finally, none of this would even get off the starting blocks without the tireless backroom work of the team managers for weeks on end. They deserve special thanks too! Thank you Jack Frost and Doretta Maynard ...What would we do without the likes of you!





# NORTHERN PREMIER LEAGUE

FECHIN MCCORMICK

**Sale Harriers finished runners up to Wakefield in 2013 in the Northern Premier League so it was reasonable to expect the club's 'B' senior men and women to challenge for the league title in 2014. The competition was between the North's six Premier League clubs – Blackburn, Kingston-on-Hull, Wakefield, Preston, Derby and Sale.**

It was a season of real ups and downs and the first match at Hull in May was a big 'down'. Our women filled only 50% of their competitive events and the club had no-one in ten of the 'A' and 'B' middle distance events, male and female. What a massive waste of valuable match points these gaps are! Nevertheless, those present provided a thrilling afternoon. What would the club have done throughout the season without Jasmine Burke and Alison Rodger who, between them, covered all eight of the 'A' and 'B' throws (hammer, discus, shot and javelin) and Josh Mouland who ran, jumped and threw all day as he did throughout the season? There were also excellent performances from Britain's top triple jumpers Amy Williams and Kevin Metzger. Kevin re-wrote the club's U17 record books and it's thought Amy's leap was the first time an under 17 girl has competed off an 11 metre board. Nathan Roach also excited everybody with his big PB. As a result of the likes of these, the club did well to finish 4th but how they could have won the match.

It was a better situation for the second match at Sportcity but, again, far too many non contested events. Our sprinters, however, were awesome. The likes of Aaron Crowley, Dominic Sebele, Danny Heald, Liam Grey-Thompson, Clovis Asong and Felix Tighe bagged maximum club points. Jordan Carter and Stephen Porter also won maximum points in the javelin as did Nathan Roach and Jacob Brown in the long and triple jumps Allen Crouch's victory in the shot; J'Nae Ward in the long jump and Annie Williams in the Pole Vault were also some of the day's highlights. At the end of the day, the club had risen to second place in the league.

Club sprinters again showed what an asset they are at the third match at the Moorways Stadium in Derby. Aaron Crowley, Clovis Asong, Umar Hameed Sochi Winter Olympian Rebecca Wilson and Zavia Hill all won maximum sprint points. There were further great wins from Josh Ugantayo (800m), Alex Wort (110mH), John Nichols (Discus), James Davies (LJ), Adam Howell (TJ) and Seun Okomo (HJ). The club's multi-eventers, as ever, were gold dust especially yet again Josh Mouland and Alex Wort.

The men's endurance events were better filled with Gary Lyons, Dave Marsh, Mike Kilmartin and Jake Spilsbury but the women's A and B 1500m, 3000m, 400m hurdles and the triple jump had no competitor. Inspiring elements of the day were people like Amy Williams who, though injured and feeling unwell, travelled from her English Schools Championships in Birmingham where she won her bronze triple-jump medal, just to compete for the club. She won maximum points with a jump that, even though injured, was a class above the rest. Alison Rodger and Jasmine Burke were their usual stars in filling so many of the throws. As a result of this pulling together, the team finished the match second to Wakefield but equal top with them in the overall league standings. It was all to play for in the final match at Blackburn.

Again, it was depressing that 50% of the women's events had no club competitor, aggravated by five withdrawals within twenty-four hours of the match. Whilst the men were strong, it was left to Rebekah Wilson, Zavia Hill, Olivia Callaghan, Tyra Watson, Aimee Pratt, Jenny Simmons, Jasmine Burke, Emily Cummings, Annie Williams and Chloe Doggett to fly the women's flag and so they did... inspiringly so. Following the sprinters individual successes, they organized themselves into a formidable relay squad and won the 4x100 and 4x400 races in impressive style.

That's the Dunkirk spirit that brought the success they had in the league through a challenging summer. They finished runners-up to Wakefield AC again, a better than expected result considering the circumstances ...but how readily they could have won the league. Stalwart club throwers for a decade Alison Rodger and Laura Douglas retired at the end of the season. The club thanks them for their unstinting service and loyalty over a decade and hope they'll remain close to the club.

As ever, it would all have been impossible without team managers Jack Frost and Mike Delaney and the likes of officials Brian Spriggs and his merry team who contributed about 30 club points to every match by their participation. You, too can be part of next year's team and success by becoming a track and field official.





# UK WOMEN'S LEAGUE DIVISION 1

NEW TEAM MANAGER TONY SIMMONS

It is impossible to overestimate the effect that the loss of Club President and UKWAL team manager, Eric Hughes, has had on the women's team. The last 3 years have seen a 6th place finish, followed by relegation and, last season, a struggle to maintain Division 1 status... and all that following Eric's achievement whereby in the 38 years until he became ill, Sale Harriers UKWAL teams won no less than 23 UK Premier League titles, runners up on 9 occasions, 3rd three times and 4th twice.

The 3 matches in 2014 however, saw many fine performances, and a commitment by several athletes in events they would not normally take part in. The fact that 8 of the team, Kelly Massey, Sarah Holt, Jess Taylor, Alison Rodger, Kirsty Law, Lucy Evans, Kirsten McAslen and Katie Byres were selected for the

Commonwealth Games, indicates the high quality of this team. In addition to the athletes mentioned above, there were valuable contributions made by Georgia Pickles, Rosie Semenytysh, Sarah Barker, Sarah McKeever, Laura Whittingham, Laura Douglas, Rebecca Linney, Jenna Hill, Tyra Watson, Kadeena Cox, Abi Haywood, Kathy Wellam, Holly Belch, Imani Modahl, Rebecca Wilson, Jen Simmons, Olivia Callaghan, Lauren Brennan and Jasmin Burke.

In fact, 2014 could have been much worse but for the efforts of team manager Cara O'Brien and club stalwart Jack Frost saving the team from docked points and relegation following an allegation of unregistered athletes earlier in the season.

Being recently appointed as new team manager, I believe I will bring significant management experience to the team, having been previously involved with Manchester United and Lancashire County Cricket Club and I have been around Sale Harriers supporting my daughter, 400m hurdler Jen, for the last 8 years.

I am very encouraged by the support I have received from the Executive, coaches and athletes. It seems everyone wants to commit to making this coming season a good one. I already know the outstanding quality of my athletes. By making sure we have sufficient numbers in the team, we will have a great chance of a return to the Premier League. I'd also like to express my appreciation of the job done by Cara under difficult circumstances and look forward to her continued support'.

*Here's to the new season, bring it on!*





# THE PRIMARY SECTION

PETER SHAW

**The Sale Harrier Primary section caters for children age 6-11 and has a membership of about 200 based mainly at Crossford Bridge in Sale. The 2014 year started with a fantastic turn-out of youngsters in the section's crosscountry league which brings together local schools for four races over the winter season.**

The Greater Manchester Primary Schools Championships were held at Heaton Park in early 2014 with Charlie Hobson winning the boys race whilst Zenon Caine finished ninth. Alice Dale finished runner-up in the girl's race with Ruby Bell 4th and Laura Hole 8th.

In April, the Over The Bales Cross-Country Races were held at Crossford Bridge featuring young athletes from many of the regions clubs. Sale was particularly successful in the Primary age-groups with Tom Boyd, Taylor Edwards and Alice Dale winning their events whilst Joel Stringer, Nieve Barton and Ruby Bell were silver medallists.

In May, the UK Challenge (Tom Pink) relays was held on the indoor track at Sportcity with Kia-Licia Clarkson, Libby Hill and Ruby Bell winning the U11 girls 3 x 500m relay.

In July, the section hosted an open track meet at Crossford Bridge with teams from all over the North competing alongside over 100 Sale athletes. The most impressive performances came from Lucy Herbert who won all three of her U9 age-group races.

During August, the section held two very successful weeklong Startrack training camps at Crossford Bridge. Several youngsters also took part in the Street Athletics events which culminated in both Manchester and National finals on a synthetic track in front of Manchester Town Hall in the presence of Olympic Sprint Champion Linford Christie.

A highlight of 2014 was at Graves Park, Sheffield in October when a team of Leah Wilkinson, Katy Stringer and Ruby Bell became Northern U11 cross-country relay champions with Ruby running the fastest leg of the day taking the team from 3rd to 1st on the last leg. An annual highpoint of the Primary Section year is their Presentation Night and this year it was another great success with commonwealth medallist Jess Taylor and Kelly Massey giving out the awards. Tony Dowd was awarded "Volunteer of the Year".

In November, the highpoint was the young athletes Quadrathlon at Sportcity that attracted young athletes from as far away as the Midlands. Tom Boyd won the U11 event and Hermione Mason was the runner-up. During December and January the section took part in the Greater Manchester Sportshall League at Sportcity competing against thirteen other clubs. The U11 girls retained their team title from last year whilst the U11 boys won by over 130 points. This was a great team effort from our boys and girls.

The Greater Manchester Championships were held in January and six athletes were selected to represent to county in the regional finals. Well done to Ruby Bell, Sofija Dragisic-Wood, Niamh Coyne, Melissa Booth, McKenna Bradshaw and Caine Saville. Sacha McTiffin had a great run to finish 3rd in the Cheshire Cross-Country Championships in January and with Olivia Heron and Hermione Mason won bronze in the team championships.

The four match Manchester Area Cross-Country League culminated in February with the Wythenshawe Park match. The U11 girls won the series bronze medals and the boys team won the silver medals. Team medals were awarded to Tom Boyd, Joe Herbert, Zac Gaillemine, Libby Hill, Isabelle Burke and Leah Wilkinson who was the overall bronze medallist.





...WELL DONE U13, U15 & U17 GIRLS!



# WHAT A YEAR...

Fechin McCormick

"What a Year" covers the 12 month period from The Northern 12/6 Road Relay Championships (wMarch 2014) to the England Athletics Age-Group Championships (March 2015).



## MARCH

**15th** Northern Athletics 12 & 6 Stage Road Relays (Heaton Park): The senior men finished 5th and the Ladies 20th.

**15th** ESAA Cross-Country championships: Sale Harriers have had a number of English Schools XC Champions through the decades. They are Peter Glazier ('62), Barbara Schofield ('74), Pauline Clarke ('75 & '76), Steve Connolly ('77), Lucy Ramwell ('83), Julie Holland ('84), Amy Waterlow ('96), Lee McCash ('98) and Simon Horsfield ('06).

**20th** At the club's AGM, David Brown CBE is re-elected Chairman, Carol Brown is Secretary and Jack Frost Treasurer. Coach Norman Poole is elected a vice-President and Brian Spriggs is made a life member.

**22nd** U20 Roy Ejiakukwe and Seun Okomo represented England in the Celtic Cup at Cardiff. Both won their events with PB's.

## APRIL

**5th** National 12 stage Road Relay Championships (Birmingham): The senior men finished their highest placing of 8th since 2007.

**6th** Manchester Marathon: Ten members completed the full Marathon; sixteen the relay and sixty volunteered to marshal. David & Carol Brown were start/finish officials again. Newcomers Robert Dunn (2:58.34) and Katie White (2:56.43) were the club's first man and woman home.

**7th** U23 Jack Andrew broke the club decathlon record with his PB score of 7116 during the Woodford Combined Events.

**13th** London Marathon: U23 Callum Rowlinson was the first of ten club members home. In his debut, he recorded an impressive 2:39.08.

**19th** A record seventy three endurance section adults and their families had their spring training weekend in the lakes. The weekend coincided with the anniversary Waltz Fell Race in which Chris Donnelly was first home for the club. Two further groups from Sportcity went warm weather training to Tenerife and to Spain.

**26th** YDL (Upper) (Edinburgh): U17 Aimee Pratt's ran the 1500m steeplechase in a very fast early season time for her age-group (5:08.09) and ranked her 2nd on the UK U20 lists.

**26th** Chris Donnelly ran an impressive 9:41:42 in the Lakeland '50', his first ultra marathon, that doubled as the UK trail running championships 3 others completed the course L50 Viv Slack (11:55:38), Timothy Rainey (13:13:57), Carl Cleghorn (17:14:56).

**27th** Katie Reece finished the Lakeland '100' 'skipping over the finish line in 39:16:25

## MAY

**3rd** YDL Lower (Sportcity): Jona Efoloko broke the U15 200m club record in 22.3. This took him to the top in the UK rankings.

**4th** Northern League (Hull): Amy Williams and Kevin Metzger broke the club's U17 triple jump records and both went No.1 in the UK under 17 rankings.

**4th** Jessica Taylor, competing in the Spanish Combined Events Championships, gained an overall heptathlon PB by over 200 points that included four PB's and a new club record of 5575 heptathlon points.

**10th** BAL (Cardiff): Chris Baker sets a new high jump club record of 2.25m.

**17th** BUPA Great Manchester 10k: Sale again finished 2nd in the 'Great Run Club Challenge' and received 10 free entries to next year's event.

**17th** Calderdale Way Relays: The senior endurance section finished a record four teams. The men's team came 10th and the mixed team was 2nd in their respective category.

**18th** Loughborough International: Chris Baker further revised the club high jump record to 2.27m.

**18th** Kelly Massey's PB of 400m (52.29) strengthened her chances for selection for the individual 400m at the Glasgow Commonwealth Games.



**18th** County T & F Championships: Lois McTiffin won the Cheshire AAA Female 'Track Performance of 2014

**24th** Jess Taylor achieved the Commonwealth Games qualifying standard at an International in Spain where she further improved her club record and PB to 5813.

**28th** Tom Pink AAA Relays (Sportcity): Sale Harriers youngsters had its best ever performance setting two national records (previously held by Sale teams) and won five events and 23 prestigious AAA gold medals. The U16 boy's national record team were Dylan Burchill, Adam Spilsbury, Jake Spilsbury, Adam Kinghorn, and Luke Chesters and the girl's record breaking team were Meg McHugh, Tess McHugh, Beth Thornton, Ellie Twite and Niamh Nugent. The Tom Pink relays challenge Mo Farah's and Paula Radcliffe's National 5000m records (12:53.11 and 14:29.11). The U11 girls won the 3 x 500m challenge.

**31st** YDL Lower (South Leeds): Jona Efoloko broke his own National YDL 100m record and now holds all three YDL sprint records. He was also featured on the TV with Jamaican world champion Yohane (The Beast) Blake.

**31st** Coach Norman Poole promoted at Sportcity the annual BMC Grand Prix that brings together Britain's classiest middle-distance competitors. James Bailey ran a superb 5000m PB of 14:46.21, U17 Aimee Pratt a 1500m PB of 4:42.84, Charlie Hulson a 1500m PB of 3:48.18. U20 Imani Modahl a superb 800m PB and Niall Brooks returned to top form with 3rd in the classy 'A' 1500m race.

**31st** Lee Whiteley carried the Glasgow Commonwealth Games torch on its journey through Manchester.

## JUNE

**7th** BAL (Birmingham): Chris Baker revised the club high jump record for the 3rd time to 2m 28cm.

**7th** Welsh Castles Relay: Sale men finished 4th and the ladies 3rd. The ladies retained their Queen of the Mountains title. Gareth Raven, Callum Rowlinson and Katie White had stage victories and Carl Barber won his first veteran title. The event is a two day 200 mile relay split into 20 legs stretching from Caernarfon to Cardiff.

**15th** Northern Athletics Senior & U20 Champs: Club medallists were Georgia Pickles, (U20 PV Gold), Jess Taylor (Shot Gold), Alex Smith (Shot Gold), Natasha Wilson (Javelin Gold), Jordan Carter (Javelin Gold), Shaunna Thompson (100m Silver), Sarah McKeever U20 PV Silver) and John Nichols (Shot bronze). Chris Wakeford also won a Midland gold (400mH) and silver medal (110mH).

**18th** Commonwealth Games: Thirteen Sale Harriers selected to represent their Nation in the Glasgow Commonwealth Games. Representing England are:- Kelly Massey (400m), Andy Turner (110mH), Andy Robertson (4 x 100m), Chris Baker (HJ), Katie Byres (PV), Sarah Holt (Hammer), Alex Smith (Hammer) and Jess Taylor (Heptathlon). Representing Wales are:- Lucy Evans (4 x 100m) and Paul Walker (PV). Representing Scotland are:- Alison Rodger (Shot), Kirsty Law (Discus) and Kirsten Mc Aslan (4 x 400m).



**21st** England U23 & U20 T & F Championships: The club won one gold medal, two silver and two bronze medals medals. Ben Williams (triple jump) (World Youth triple jump champion) and Charlie Hulson (5000m) both won U23 gold. Lisa James won U23 triple jump silver and Jack Crabtree (3000m) and Matthew Sumner (400m hurdles) won U20 bronze

**22nd** WYDL Lower (Wavertree): Jona Efoloko again broke his own 200m league and club record with a 22.2 clocking.

**27th** British Athletics UK Championships (Inc European Trials): Kelly Massey won her first senior UK 400m title. Chris Baker (HJ), Katie Byres (PV), Paul Walker (PV), Ben Williams (TJ) and Alex Smith (Hammer) won silver medals and Kirsty Law (Discus) won bronze.

## JULY

**5th** The senior men put themselves in contention to win their 4th ever British Premier League (BAL) title with a surprising 2nd place victory behind Newham & Essex Beagles in the penultimate match in London. They just need to finish 3rd in the final match at Sportcity to take the title.

**6th** UKWAL: Following a very anxious wait, the senior women were confirmed 5th in Division 1 so they will spend another year in that league.

**12th** Jack Crabtree's 1500m PB of 3:44.52 at the BMC GP (Trafford) ranked him No 2 in the UK U20 rankings for 2014.

**12th** English Schools Championships: Jona Efoloko and Kevin Metzger won English School's titles. Jona retained his junior boy's 200m title with a Championship record of 22.14 seconds which equalled his PB and the club record. He also won the 4 x 100m relay silver medal. Kevin Metzger jumped a new PB and club record of 14.58m to win the inter-boy's triple jump. Amy Williams won the inter-girl's triple jump bronze, going for her fourth consecutive English Schools title and Kelly Chadwick won the junior girl's 100m bronze medal with a PB of 12.23. Rory Keen and Jona Efoloko also won 4 x 100m silver medals.

**13th** Northern Premier League. Sale again finished runners-up with Wakefield AC but equal top with them in the overall standings.

**17th** The 2nd of four 5k Sizzlers was a massive success with almost 500 starters and loads of PB's from club members

**19th** Crossford Bridge Wilson Y.A. meeting: Two hundred athletes from as far apart as Leeds, Wolverhampton and the Isle of Man came for this popular Primary section event.

**19th** INAS European Athletics Championships (Holland): Chloe Knight, a T20 Disability athlete, represented GB and came 4th by 1cm in the triple jump.

**16th** Kathy Wellam won the senior women's inaugural David Coleman "Manchester Mile" at Sportcity.

**19th** YDL Lower (Preston): The 4 x 300m quartet of Maria Mc Polin, Danielle Stringer, Grace Bower and Aine Cunningham broke the National YDL (Lower) record by a massive three seconds. Sale Harriers also retained the Northern Premier League title they've now won six times in the last seven years.

**19th** Kevin Metzger wins the Schools International triple jump in Cardiff with the same 14.59m distance that won him the English Schools gold medal







...WELL DONE SENIOR & VETERAN MEN!



# WHAT A YEAR...

- 22nd World Junior Championships (Eugene, USA):** Roy Ejiakuekwe represented GB in the 4 x 100m. Unfortunately, the team was disqualified.
- 26th Cheshire Relays:** Our U15 girls won both the sprint and 3 x 800m relays, thanks to Tess Mc Hugh, Lois McTiffin, Lizzie Twite, Charlotte Mairs and Mia Lowndes
- 27th The Glasgow Commonwealth Games begin.** Sale Harriers had 13 representing three nations.
- 27th UKYDL Upper (Wakefield):** Aimee Pratt improved her 1500m PB to 5m 03.67 and this ranked her 4th on the UK U17 lists.
- 28th Commonwealth Games:** Kelly Massey (England 400m) is roared by the crowd in the final 100m of the 400m semi-final when she fought off the Nigerian to finish second with a PB of 52.19. She went on to finish 8th in the final.
- 28th Commonwealth Games:** Sarah Holt (England Hammer) threw 61.05 in the first round to qualify for the final and finished just one place out of the medals with 65.67.
- 29th Commonwealth Games:** Andy Turner (England 110m hurdles): The 2010 Delhi Commonwealth Games defending champion crashed out in round 1 by crashing into the second hurdle.
- 29th Commonwealth Games:** Alex Smith (England Hammer) easily qualified for the final with a 72.34m first throw and was an agonizing 4th in the final.
- 30th Commonwealth Games:** Chris Baker (England High Jump) qualified for the final with first time clearances at each height on the way to the 2.20m mark. In the final, he made a second time clearance at 2.25m which gave him an agonizing fourth place.
- 30th Commonwealth Games:** Alison Rodger (Scotland Shot) was 10th in the final and was 'soooooo happy' to bring her long career to a close with 10th.
- 31st Commonwealth Games:** Katie Byres (England Pole Vault): In a straight final held in atrocious weather conditions, Katie entered the competition at 3.80m but was unable to record a mark as happened to many of the competing athletes.
- 31st Daniel Heald** made his England international debut representing England at the Welsh Athletics International in Cardiff and wins his 200m race.
- 31st Matt Barnes** time of 14:42 for 2nd place in the 3rd Sale Sizzler was the fastest M35 in the UK and Gaz Raven's 14.44 for 4th place was the fastest M40 in the UK.

## AUGUST

- 1st Commonwealth Games:** Kirsty Law (Scotland Discus) was eighth in the qualifying round with a throw of 54.68m that she described as 'pretty amazing' and so was through to the final with 52:33 and 11th place
- 1st Commonwealth Games:** Kirsten McAslan (Scotland 4 x 400m) ran the first leg of the 4 x 400m relay that resulted in the quartet improving on their native Scottish record of 3:09.09 set back in 2001. They were agonizingly squeezed out of the final.
- 1st Commonwealth Games:** Andy Robertson (England 4 x 100), running the anchor leg of the Commonwealth Games relay, qualified for the final He wasn't part of the silver medal team in the final.
- 1st Commonwealth Games:** Paul Walker (Wales Pole Vault) was equal 5th in the final with a season's best of 5.35m
- 2nd Commonwealth Games:** Lucy Evans (Wales 4 x 100m), though part of the Welsh 4 x 100m relay squad, did not get an opportunity to compete, this being her team manager's decision.
- 2nd Commonwealth Games:** Jessica Taylor (England Heptathlon) wins an unexpected bronze medal to the great excitement of the club and nation. She secured her bronze medal with a heptathlon PB point's total of 5826.
- 2nd Commonwealth Games:** Kelly Massey wins 4 x 400m relay bronze medal. Her boyfriend, Rick Yates, whose parents and family and long-time Sale Harriers, also qualified for the 400m hurdles final and finished 7th.
- 9th Sale's BAL men** win their 4th ever Premier League title, beating rivals Shaftesbury Barnet on home territory at Sportcity. They go on to represent British Clubs in Europe in Turkey on May 30/31st 2015
- 9th Jack Crabtree's** 3000m PB of 8:12.53 at the BAL Premier League match ranked him No 3 in the UK U20 rankings for 2014.
- 9th Northern Premier League (Blackpool):** The final match culminated with the same result as 2013 - Sale Harriers runner-up behind Champions Wakefield Harriers.



- 12-16th European T & F Championships (Zurich):** Chris Baker, Andy Turner and Kelly Massey represented GB & NI and Brian Gegan represented Ireland.
- 14th Sale 5k Sizzler (4):** (1) Jess Coulson (Stockport H) recorded the fastest in Britain by a woman in 2014. 9 Former Olympians spanning 50 years and 10 Olympic Games took part.
- 14th Northern Athletics 5k Championships:** Gaz Raven won the senior title and Sale Harriers men (Gaz Raven, Nigel Martin and Ian Wetherall) & women (Emma Finney, Sarah Douglas, Anne Chinoy) won the team titles. The Championship was incorporated into the final Sale 4 x 5k Sizzler.
- 16th Northern Athletics U17 & U15 Championships:** Sale Harriers won three gold medals - Kelly Chadwick (U15 100m), Rory Keen (U15 80m Hurdles) and Lewis Hannon (U17 pole vault); five silver medals - Jonathan Adderley (U15 Shot & discus), Kelly Chadwick U15 200m), Euan Gilchrist (U17 1500m) and Ebbie Danson-Chappell (U17 pole vault) and three bronze medals (Aine Cunningham (U15 800m), Amy Lester (U15 HJ) and Maurice Jarvis (U17 TJ).
- 17th European T & F Championships (Zurich):** Kelly Massey won a 4 x 400m bronze medal
- 23rd Inter-County T & F Championships (Bedford):** Javelin throwers Laura Whittingham took the National title and Rosie Semenytsch the bronze medal. Kirsty Law won discus silver, Patrick Swan 400m silver and sprinter Andy Robertson the 100m bronze with a new PB
- 30th England Athletics U15 & U17 Championships:** Kevin Metzger convincingly won the U17 triple jump national title with a new PB of 14.66. Lewis Hannon, won the U17 pole vault silver medal with a PB of 4.30m and Amy Williams (U17 long jump) and Aimee Pratt (U17 1500m steeplechase) won bronze medals.

## SEPTEMBER

- 6th Sale's U13 & U15 boys and girls** become the YDL National Champions. They won the YDL (Lower) Premier League title for the first time since the boys and girls leagues were amalgamated in 2004.
- 12th Over 40** of the senior endurance section had their annual autumn training weekend on the undulating hills in Malham, Yorkshire Dales
- 13th The North-West Road Relays:** Sale's U15's Olivia Green, Francesca Brint and Niamh Nugent win Greater Manchester bronze medals and U13 Jess Spilsbury was a revelation running the 7th fastest leg whilst at the lower end of her age-group.
- 13th Cheshire Multi-Events Championships:** Lois McTiffin becomes the U13 Cheshire Multi-Events Champion.
- 20th Northern Athletics 6/4-stage Road Relays.** The senior men win bronze medals. The club (A) finished 24 teams across the 8 age-groups comprising of at least 100 athletes (b) finished at least two teams in every age-group (c) totalled more complete teams than any other club in the North of England.



- 20th English Schools Combined Events Championships:** Grace Bower won the junior girls English Schools title and gold medal. Harry Lord won the inter-boys silver medal and Meg McHugh won the junior girl's bronze medal and all three qualified for their first international.
- 21st Timothy Rainey** covered 105.8 miles in 24 hours at the Sri Chinmoy Self Transcendence 24 hour track race at Tooting Bec and finished 19th of 45 competitors.

## OCTOBER

- 4th The National 6/4 stage Road Relays:** The senior men (last year's national champions) became National bronze medallists and retained the ceremonial sword as the first Northern club. Well done to Matt Barnes, Antony Ford, Gaz Raven, Nick Samuels, Charlie Hulson and Jack Crabtree
- 6th England Athletics Sports Awards:** Jack Frost, club treasurer, coach, official and team manager wins two major awards - The "North West Volunteer of the Year Award" and 'Services to Athletics Award'.
- 10th Manchester Area Cross Country League (Woodbank Park):** Charlie Hulson (senior men), Euan Gilchrist (U17 boys), Ian Wetherall (M45), Jackie Cordingley (L55) and Margaret Trickey (L65) were the individual winners & the U15 girls, U17 boys, senior men and veteran men's teams also won.
- 10th Manchester Sports Awards:** Jess Taylor is awarded 'Sports Achiever of the Year' and Jona Efoloko wins the runner up of 'Young Achiever of the Year'.
- 12th Gaz Raven's** won the tough Oldham half-marathon with a time (71.19) that put him 15th M40 in Britain.
- 18th Northern XC Relay Championships:** U11's Leah Wilkinson, Katy Stringer and Ruby Bell were clear winners with Ruby running the fastest leg of the day.
- 18th Former club sprinter Darren Campbell,** who has won medals at every sprint event at major championships since the early 1990's was elected into England Athletics Hall of Fame.
- 19th UKA Fell Relays (East Cumbria):** The club took three teams. The A team had their best ever finish coming 35th out of 200 teams.
- 25th England Athletics '10' mile Championships:** Gaz Raven, David Marsh & Andy Mooney won the team silver medals. The Championship is incorporated into the BUPA Gt. South Run in Portsmouth. Gaz's time ranked him M40 top in UK ...to add to his No.1 5k ranking in the summer Sizzlers.







...WELL DONE SENIOR & VETERAN WOMEN!



## NOVEMBER

**15th** Dean Hardman, the club's BAL team Manager, is elected Chairman of the BAL and succeeds Mike Heath, Chair for 18 years.

**16th** **Leeds Abbey Dash 10k:** Antony Ford and Sonia Samuels were members of Team England who won silver medals and Katie Hewison was the Northern team in a PB of 33.17.

**22nd British and Irish Masters Cross Country International (Nottingham):** Matt Barnes won the M35 gold medal running for England.

**29th Euro Cross-Country Trials (Liverpool):** Charlie Hulson qualified for the GB U23 team and Sonia Samuels, newly returned to the club, qualified for the senior team

# DECEMBER

**Northern Athletics 10 mile Championships:** Kate White, Rachael Cavanagh and Deirdre McCarthy won the team gold and Nigel Martin, Stephen McCarron and Chris Donnelly won the team Bronze medals. The Championship is incorporated into the Stockport '10'.

**6th Manchester Area Cross-Country League (Boggart Hole):** Gaz Raven wins the men's race and Jake Spilsbury won the U17 race. Winning teams were the U13 girl's, U17 boys and girls and the senior and veteran men and women.

**13th ESAA Combined Events Home International:** Meg McHugh, Harry Lord and Grace Bower make their international debuts. Harry also won a team Gold medal and Meg and Grace team silver.

**14th Greater Manchester Sportshall League:** Both the U11 Boys & Girls become Sportshall Champions: The U13 Girls are 4th & U13 Boys are 5th

**14th European Cross-Country Championships (Bulgaria):** Sonia Samuels wins senior team gold and Charlie Hulson wins U23 team silver.

**21st** Katie Hewison represented England in the Lotto Cross Cup in Brus  
**21st** At the club's Indoor Winter promotion at Sportcity Adam Hague  
(Dearnside ALC) records a World Youth Record Pole Vault

**28th Northern Athletics 10k Championships:** Sale's men (Antony Ford, Matt Barnes and James Bailey) won team silver. The championship was incorporated into the Ribble Valley 10k

**JANUARY**

**3rd County X-C Championships:** Sale had nine teams and ten individuals

Gold – U15 Aine Cunningham and U20 Matthew Beacock.  
Silver – U17 Euan Gilchrist and U15 Olivia Green.  
Bronze – Senior David Marsh.

Cheshire: Gold – U17 ZaraThompson U13 Lara Crawford.  
 2nd – 177 Sacha McTiffin won U11 bronze.

Gloucestershire: Gold – Jane Thomas won the senior title.

Derbyshire: Silver – Jamie Roden (senior) and Adam Roden GTR Bronze  
Gtr. Manchester Teams:

Gold – U15 girls Aine Cunningham, Olivia Green and Claudia Cowan

Silver – U13 boys Joel Stringer, Zenon Caine, and Harry McNichol.

Bronze – Sarah Douglas, Cara O'Brien and Kathy Wellam

Bronze – U13 girls Penny Townsend, Alice Dale and Tia Rae Bar

Cheshire U11 Bronze – Sasha McTiffin, Olivia Heron and  
Hermione Mason

**4th** Kirsten McAslan broke the Scottish 600m indoor record (1m 26.22s) at the Glasgow City indoor Open meeting at Sportcity. Kirsten's a former pupil of Glasgow City High School.

4th Kirsten McAsian broke the 3000 record at Sportcity. Kirsten's a former pupil at the Sale Harrier Open meeting at Sportcity. Kirsten's a former pupil of Manchester High School for girls and still holds many records there for track and high jump. Lois McTiffin (also a Manchester high school pupil) had a great high jump and could be the one to break Kirsten's HJ record.





# WHAT A YEAR...

## FEBRUARY

- 1st** Rebekah Wilson represented England in the 60m on the second stage of the European Indoor Tour in Bratislava. Paul Roden also selected as team coach.
- 1st** Brian Gregan was part of an Ireland indoor distance medley relay team in the USA that resulted in Ireland becoming the 2nd fastest relay team in history behind the USA.
- 1st** **U15 Northern Athletics Multi-Event Indoor Championships:** Ellie Jackson won U15 60m gold and her first Northern title with a 9.52 PB in heat one, improved to 9.42 in the semi-final and 9.41 in the final. She's now at the very top of the U15 UK rankings.
- 7th** **County Schools Cross-Country Championships:** Congratulations to Maisie Wiseman (Gtr. Manchester U12), Lara Crawford (Cheshire U12), Charlie Hobson (Gtr. Manchester) and Adam Spillsbury (Gtr. Manchester U16) who all won titles. Through the decades, Gtr. Manchester are the most successful County team winning 12 girl's trophies and 11 boys.
- 14th** **British Athletics Indoor Championships:** Abigail Irozuru became British long jump Champion for the first time winning title with an indoor PB of 6.73m, particularly exciting following her protracted injury problem. This puts her 3rd on the UK indoor all time list. Kirsten McAslan won the 400m title; pole vaulter Andy Sutcliffe took the silver medal and Roy Ejiakuewye the 60m bronze
- 14th** **Manchester Area XC League ends:** Individual & Team overall medallists are
- |                                   |                           |
|-----------------------------------|---------------------------|
| <b>Overall team winners</b>       | <b>Individual Awards</b>  |
| Men's A 1st in Division 1         | Paul Green 1st M40        |
| Women's A 1st in Division 1       | Ian Wetherall 1st M45     |
| Men's veteran A 1st in Division 1 | Jackie Cordingley 1st L55 |
| Men's veteran B 2nd in Division 2 | Aidan Raftery 2nd M55     |
| U11 Boys 2nd                      | Helen Armitage 2nd L35    |
| U11 Girls 3rd                     | Lynne Yates 3rd L55       |
| U13 Boys 2nd                      | Alice Bruce U17 1st       |
| U13 Girls 1st                     | Frankie Reid U17 3rd      |
| U15 Girls 2nd                     | Leah Wilkinson U11 3rd    |
| U17 Girls 1st                     |                           |
- 21st** **National XC Championships (Parliament Hill):** Charlie Hulson won the prestigious senior men's race and became the first ever senior Sale Harrier to win a senior National XC Championship. Gaz Raven completed his 23rd consecutive National and returned to where it started in 1993 when he was 98th in the junior race and with a best of 3rd in the 2008 senior race. Deepest condolences to U15 Nicole Grainger who returned home from representing the club to discover her adoring Mum had passed away after a brief spell in hospital

## MARCH

- 1st** The 5th club winter indoor promotion was another tremendous success highlighted by the outstanding achievements and PB's from 13 year olds Chloe Newbigging and Shane Connell. Top class sprinting was also served up by Dominic Sebele and Aaron Crowley.
- 1st** **England Athletics U15, U17, U20 Indoor Championships (Sheffield):** Jona Efoloko won the U17 60m National title with a PB; Aimee Pratt (U20 1500m), Jona Efoloko (U17 200m), Matilda Waters (U15 Pole Vault), and Kevin Metzger (U20 Triple Jump) won national silver medals and Georgia Pickles (U20 Pole Vault) won a bronze medal.
- 7th** **CAU Inter-County XC Championships (Birmingham):** Charlie Hulson won the bronze medal in a very close finish and awaits hearing if he's selected for the World XC Championships in China.
- 8th** **European Athletics Indoor Championships (Prague):** Kelly Massey ran a super first leg of the 4 x 400m relay and Kirsten McAslan ran an amazing anchor leg to win GB & NI silver medals.
- 8th** **Trafford 10k:** Gaz Raven's 30.31 puts him top M40 in the UK and Jackie Cordingley's 43.29 puts her 2nd L55 nationally. The club had a record 35 finishers.
- 8th** **Greater Manchester Sportshall (Sportcity):** Sale Harriers had five athletes selected for the U13 teams. Greater Manchester boys and girls won the NW Regional Final and both teams go to represent the NW in the National Final at Sportcity at the end of April. The 5 athletes are Brogan Rudman Bailey Hulse, Scarlett Whittaker, Jenna Carr and Penny Townsend.



## Thank You

**Fechin McCormick**

This final page of the magazine must go to all the club's priceless volunteers. These people are pivotal to any club's success and everything you've read in these pages (or most of it) would have been largely impossible without them. Their contributions are inestimable... from being fitness leaders at primary section training sessions, to coaches, T & F, road and cross-country officials, race directors, team managers, administrators, those who rake the long-jump pit; retrieve javelins, shot-puts and hammers at T & F matches to those who've marshalled the club's road and cross-country promotions. Sale Harriers thanks you!

Volunteers are the cornerstone of every club and the club requires many, many more. Many would be surprised – indeed shocked at how Sale Harriers survives on a shoestring of volunteers.

Sale Harriers, therefore, needs you. If you feel grateful for what the club does for you then please get involved... now! Isn't giving something back also a social responsibility?

The club supports volunteers with appropriate training (those who want it. You can create your own exciting pathways to great experiences in whatever role you choose. The club meets out of pocket expenses.

I'm recently retired from work and can certainly recommend volunteering with Sale Harriers for retired people. Please contact any club member for further information.

