

# AT YOUR SERVICE

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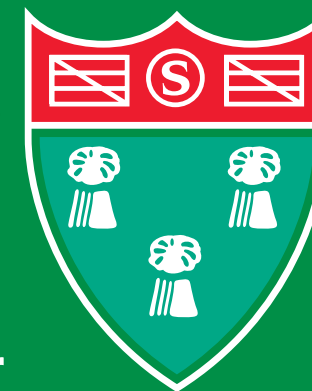
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No. 82 2015/2016

# THE Harrier

## The Magazine of Sale Harriers Manchester



## TEAMWORK ASSURES SUCCESS



WOULD YOU BE INTERESTED  
IN THIS SPACE FOR AN ADVERT IN  
NEXT YEAR'S HARRIER MAGAZINE



# EDITORIAL

Fechin McCormick

Welcome to edition 82nd of The Harrier, the magazine of Sale Harriers Manchester. Now in its 23 year since I started it way back in 1993 (How time flies!), it's been the club's annual review since 2011 rather than the quarterly magazine before that time. It covers the period from mid-March 2015.

My aim in this and every magazine is to provide a comprehensive review or overview of every club section and discipline. It's no mean feat in such a very large and diverse club with so many team and individual 'pots' continually boiling week in and week out throughout the year. I hope I've done reasonable justice in recognizing everyone's individual and team performance. The magazine, of course, works in conjunction with the club website that has the full reports throughout the year.

It's been such an eventful year you'll be breathless reading this magazine. The Harrier is a window into how vibrant a club Sale Harriers is. The number of noteworthy achievements individually and collectively week on week is most impressive and a tribute to the hard work, and commitment of athletes, coaches, team managers, officials and, of course parents.

Every person reading these pages will make their personal assessment on 2015. You'll read of magnificent highpoints but also some great disappointments. The highpoints are the U13 and U15 boys and girls as Northern and National YDL Champions proving again they're Britain's top age-group by finishing 3rd at the YDL Finals; our BAL men, also National Champions finishing a very respectable fourth in their Division in a difficult season; the senior men winning National Cross-Country bronze medals; the club winning an unprecedented seven overall titles in the MACCL and every age-group won championship medals at some point through the year. Further, an impressive ten new club records were set and you'll read of the dozens who've medalled individually in major championships and represented their nations throughout 2015.

The downsides were the three team relegations from top divisions, an unprecedented disappointment in the club's history. The club's mission is to compete in the top echelons of regional and national leagues so it's got to be all hands on deck in 2016 to return the club to its rightful place at the top of these leagues in British athletics. Last year's slogan 'Fill The Gaps' went unheard to the club's great cost, as you'll discover as you read these pages. It's got to be heeded in 2016 if Sale is to avoid further disappointments.

I'd suggest a further slogan for success in 2016 is "Together We Are Stronger". I'm not alone in believing there's a need to return a balance to our sport from the current 'individualism' to a commitment to 'team'. Anyone who belongs to a club has responsibilities as well as rights and I believe a re-tuning to personal responsibility is long overdue. All too often we hear the comment "It's up to me what I do or don't do". My personal belief is that this attitude needs to be challenged. In any society such a belief is a recipe for anarchy and chaos and wouldn't be permitted in any community or home.

I believe freedom is to do what one 'ought', not what one 'wants' so every Sale Harrier has responsibilities that need to be emphasised again and again with the accountability associated with it. I purport that it's to the extent that every club athlete, coach, team manager official and administrator imbibes a culture of 'team loyalty' and collective responsibility that Sale Harriers will remain among Britain's leading athletic clubs.

Have a great read, a PB year and feedback is always welcome



23RD YEAR

## FINANCE REPORT 2015

### CLUB TREASURER JACK FROST

2015 saw the end of the Partnership Agreement between the club and the Manchester City Council. This agreement has benefited the club tremendously, and had been instrumental in promoting Sale to one of Britain's leading athletic clubs. We do appreciate that fact.

The end will have a serious impact upon our income in 2016, and will throw up challenges for us to identify similar savings in our expenditures.

Total I Club income for 2015 was slightly down on the previous year. Annual subscriptions, canteen and Kit sales were lower, and training fees at Crossford Bridge were offset by increased activity at Wythenshawe Park.

Donations in 2015 were less favourable than 2014, as this year year benefited from a very generous bequest of £5000. On the bright side was our successful promotions of events, such as the Sizzlers series of 5k races, The Winter Indoor season at Sportcity, Over the Bales, Harold Wilson meeting, Sale Festival and the Startrack week.

There were some significant cost expenditures in 2015. The usual expenditure in travel and hotels which reflect the club's status as a National club, by participating in every national competition, was slightly higher than 2014, due to lack of a senior home fixture, hence extra overnight travel, plus the National Cross Country 4 yearly cycle was held in London.

Unfortunately, success on the track invites heavy costs. Our 2014 British Athletic League victory brought an invitation to represent Great Britain in the European Club Championship which were held in Turkey, in May 2015. This venture cost the club £13,000.

Maintenance work at Crossford Bridge where javelin and Long jump run-ups were laid down, cost £29,000, an investment in our very young athletes at Crossford, and was financed by previous year's accumulated surpluses.

All other expenditure items were in line with previous years, and excluding the exceptional items of Expense highlighted above, could be viewed as a successful financial year.



## THANK YOU

In the production of the magazine I'd very much like to thank...

- The club's two indispensable photographers **ERNIE GREENWOOD** and **HARRY SHAKESHAFT** without whom this magazine would be impossible. I thank also club parents like **TIM DOGGETT**, **ALEX WORT** and **ANTHONY BARBET** and others and many club members who've sent me photos throughout the year.
- Many photographers from outside the club. These are fantastically generous people like **MICK MITCHELL**, **ROGER EVANS**, **MICK HALL**, **JOHN BULPITT**, **TOM JONES**, **MEL JONES** and others. These people epitomize the true spirit of sport by their generosity across club boundaries.
- KEITH HUNTER** Not only is Keith a brilliant coach but he's also a brilliant graphic artist For the past several years, what would I have done without him for the montages.
- PETER SHAW** for his invaluable help with sections of this magazine.
- JERRY SMITH** for producing the "2015 Endurance section rankings".
- PHIL O'MARA** a Mac Art Worker with McCann's Marketing Communications Agency in Prestbury who's done the design and artwork for this magazine almost since I started it 23 years ago.

## DSCLUB RECORDSCLUB RECORDSCLUB RECORD

There were ten new club records set during 2015 - no mean feat when the current records are so very impressive. Congratulations to.

- TESS McHUGH** who set a new club record of 41.3 seconds in winning the U15 girl's 300m at the YDL (lower) match at Preston on May 30th. Her time ranked her 3rd in the country.
- BEN WILLIAMS** improved his own senior men triple jump club record to 16.74m at the NCAA Championships at Eugene, Oregon on June 13th.
- AIMEE PRATT** set a new U20 1500m steeplechase club record of 4:59.00 to win the Cheshire County Schools title at Warrington on June 13th. A week later, at the U20 England Championships in Bedford, she also broke the U20 3000m steeplechase club record with another PB of 10:46.19. Then, on July 12th 2015 in winning the English Schools senior 1500m steeplechase at the English Schools Championships at Gateshead, she improved her own club record by over three seconds to 4:54.90.
- ELLIE JACKSON's** 11.36 secs for the U15 75m hurdles at the English Schools Championships at Gateshead in July was a club record. It eclipsed Beth Bolton's record of 11.6 that had stood since 2010.

- SARAH HOLT** set a new club hammer record of 68.98m at the International GP in Czechoslovakia on July 25th. She eclipsed Lorraine's Shaw's record of 68.93m by 4/100 of a second, set at the 2003 Loughborough International.
- JONA EFOLOKO** broke both the U17 100m and 200m club records at the England Athletics U17 championships at Bedford on August 30th when he won double sprint gold. His 100m PB of 10.60 equalled ANDY ROBERSON'S club record from 2007 and his 200m PB (21.12) eclipsed ROY EJIAKUEWE'S record from 2011.
- JESS TAYLOR** set a new women's decathlon club record of 6878 points on September 13th 2015. This was her first ever decathlon victory and she broke the 18-year old UK women's decathlon record at the Kent Championships.
- SONIA SAMUELS** on September 27th: revised her own club marathon record by almost three minutes when she recorded 2:28.04 in Berlin and achieved the qualifying standard for the 2016 Rio Olympics.
- CHRIS BAKER** eclipsed his own high jump club record of 2.28m for a new improved and massive 2.36m on February 13th 2016 at the Czechoslovakia Indoor Championships in Hustopec. This is only 2cms short of the British record and only Steve Smith and Dalton Grant have jumped higher.

## LIFE MEMBERSHIPS SALE HARRIERS

The club constitution states that "Honorary Life Membership may be granted to any member who in the opinion of the Executive Committee has rendered outstanding service to the club. Such approval shall require the support of 75% of members present and voting at the meeting". In 2015 five club members were granted Life Membership

and **KEVIN MADDEN** also made a club Vice-Chairman. They are **STEVE EDMUNDS**, **KEVIN MADDEN**, **BOB GAISIE**, **BRIAN GOULDEN** & **BRIAN SPRIGGS**. Brian's citation accompanies his England NW award. Let these people inspire others to commit a little of their time to Sale Harriers. Sale Harriers would never survive without people like these.

### Former Life Members are:

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

Matt Belsham  
Allyn Condon  
Peter Scofield  
Kath Dickenson  
Paul Roden  
Julie Holland  
Graham Padgett  
Bob Gaisie

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

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

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

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

### LIFE MEMBER - SALE HARRIERS

#### STEVE EDMUNDS

**STEVE EDMUNDS** joined Sale Harriers in 1959 aged 12 and was coached by club legend **ALAN ROBERTSHAW** and Alan's father (Mr Robbo). Training in those days was from the Rackhouse Community Centre near Wythenshawe Park and sessions often consisted of 3 x 1 mile on the road and a four mile run on Thursdays. Sunday runs were often along the Bridgewater Canal from the old sewerage pumping station in Sale.

Steve competed for Sale Harriers from 1959 to 2005, from boys through to the veterans. Between 1962 -67 he was on winning teams for boys, youths and juniors in the East Lancs Championships and the Northern and National Cross-Country Championships.

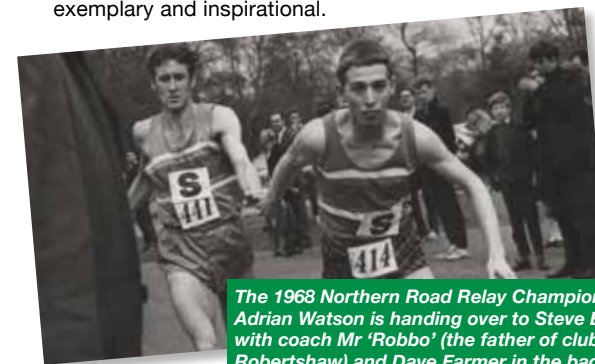
Between 1968 -78 he regularly represented the club in National T & F Leagues and Pye Cups, doing the 5,000m and 10,000m and was a regular on Northern and National Road relays teams. His 5k and 10k PB's are 14.16 and 29.17.

Between 1967- 2000 Steve regularly represented Sale Harriers in road races from Newcastle to Torquay. He was on the team which won the 1969 Cardiff to Caernarvon Relay, setting a new 200 miles record of 14:3.50. In 1971 he was on the club's 10-man team which broke the 24 hour track relay world record and the following year his team broke the record again covering over 293 miles in 24 hours.

In 1973 with **DAVE FARMER** and **NORMAN CARRINGTON**, he was on the winning Maxol Marathon team when he ran his PB of 2:16.24 which,

forty two years later, remains the club record. Said Steve of those years, "ALAN ROBERTSHAW installed into us all how very important it was that a commitment to run for the club in team events was a must and I believe that was the reason the club was very successful in those days but unfortunately, this does not seem to be the case these days".

Since 1996 Steve's main club involvement has been a very willing and available club marshal. He was also part of the marshalling team for the 2002 Manchester Commonwealth Games. His loyalty, commitment, and availability to Sale Harriers for over fifty years is exemplary and inspirational.



The 1968 Northern Road Relay Championships at Derby. Adrian Watson is handing over to Steve Edmunds with coach Mr 'Robbo' (the father of club legend Alan Robertshaw) and Dave Farmer in the background



LIFE MEMBER AND VICE PRESIDENT – SALE HARRIERS  
**KEVIN MADDEN**

Kevin Madden has devoted most of his adult life to hammer coaching. He was first introduced to it in Germany in 1958 whilst serving as a National Service man with the British Army on the Rhine. He revisited the sport in 1971; joined Sale Harriers and competed for the club in the Northern and British National Athletics League (BAL). His most notable performances were achieving Shot Putt Gold and Hammer Bronze at the British Veteran's 8th T & F Championships in 1978.

Whilst a mechanical fitter at Woodford working on the Vulcan Bomber and Nimrod Submarine Hunter, in 1975 Kevin became

involved with hammer coaching and coached his first English Schools Champion (Steve McElroy) in 1976. He progressed through the Coaching Awards and became Senior Hammer Coach in 1982.

From 1982 -87 he held the position of BAAB National Junior Event Hammer Coach, and served as Team coach for the GB & NI Junior teams in West Germany, Norway and Belgium.

Kevin founded the North West Hammer School in 1987 which is affiliated to the NCAA and AAA and caters for throwers of all age-groups from novice to international. Soon after in 1989, The Association of British Hammer Throwers presented Kevin with the 'Howard Payne Trophy' for outstanding services to British Hammer Throwing.

One of his outstanding successes has been Sale Harrier's hammer thrower **MIKE FLOYD** who Kevin coached since age 15 years to become UK's top hammer throwers for a decade with a PB of 72.45m. He's coached Mike to England Schools, GB Junior, GB U23, England & GB Senior international vests. Mike represented GB & NI at the 2008 European Team Cup and won the hammer bronze medal at the 2010 Delhi Commonwealth Games.

He's also a GB, England and 12 Northern hammer titles at senior level Other successful throwers coached by Kevin are:-  
**LAURA DOUGLAS** who represented Wales at the 2006 and 2010 Commonwealth Games and represented GB at the European Junior Championships.  
**STEWART ROGERSON** to England Senior International and who held SHM club record for 20 years  
**SOPHIE HITCHON** – In one season as U15 she developed from 40m to 53m, qualifying for World Youth Championships  
**LINDA BENIN** (Ghana) to the 2010 Delhi Commonwealth Games  
**CHRIS EDGAR** to Scottish Junior and GB Junior vests.

LIFE MEMBER – SALE HARRIERS  
**BOB GAISIE**

Bob Gaisie first started with Sale Harriers in approximately 1975/6 when Helen Nichols introduced him to coach Peter Schofield who developed him into a good "club level" sprinter. He trained with some excellent athletes in Peter's squad - **IAN SAUNDERS, DEREK PRICE, CARL HAMILTON, EARL TULLOCH, STEVE PEGLER** and the late **TREVOR CARRINGTON** and, as a result, was fortunate to be selected on a number of occasions to represent the region and GB.

Persistent injuries frustrated his athletics career so he drifted into semi pro football with Glossop and a few other clubs. He then caught the American Football bug and joined the Manchester Spartans and was lucky enough to win British and European Titles as well as represent GB and win the European championship. He was also invited to try out for the NFL World League (London Monarchs)

He started coaching when some of the guys in his team wanted him to coach them. He eventually joined Earl Tulloch as his assistant in 1992. Since then, Bob has coached a number of very talented young people



some of whom have performed at international level:- **DANA CALLOW (MYHILL)** from the Isle of Man, **ALLYN CONDON, DANIEL MONEY, HEATHER BROOKES, DANIELLE HALSALL** and **SHAUNNA THOMPSON**

Through his association with these athletes, he attended the World Athletics Championships in Berlin in 2009 as a GB team member, joining the World Class Coaches club (a Frank Dick coach development scheme). He was also recognised as NW Coach of the Year (1995) and Manchester Coach of the Year (1999). He's was also the North West Lead coach when the SPAR Sprints Initiative was launched and then became a Sprints Coach mentor for England Athletics.

He's also been the "Sprints Consultant" to Nova for the first 2 years of the Manchester Street Race when Usain Bolt attempted the world record for 150m. During that period Shaunna Thompson and Bob were the subject of a BBC Documentary called "Olympic Dreams" which included Jessica Ennis-Hill and Tom Daley ([www.youtube.com/watch?v=EZ2kOF7XyYw](http://www.youtube.com/watch?v=EZ2kOF7XyYw))

In 2013 & 2014 Bob used the Street Race experience to launch the Hulme and Moss Side street sports event with **CARL HAMILTON** and **EARL TULLOCH**, which proved to be extremely popular and was a great success.

He now coaches a small group of four athletes and is mentoring a new coach about to join Sale Harriers.

LIFE MEMBER – SALE HARRIERS  
**BRIAN GOULDEN**

**BRIAN GOULDEN** has been a member of Sale Harriers since September 1960 when club legend **ALAN ROBERTSHAW** recruited him (and fellow Life Member **STEVE EDMUNDS**) when he spotted his talent at a school's cross-country race.

Acute anaemia curtailed his early development and it wasn't until 1965 that Brian shone as a classy runner. Quickly he improved his 5k PB to 15.19 and was part of the 1967 Sale's Gold medal teams in the Northern and National Junior XC Championships.

From 1968 he was a regular member of the club's senior Northern & National XC and Road Relay teams and on the track, he represented Sale over 1500m and 5000m in the British Athletic Premier League (BAL).

During 1969 with fellow Life Member Steve Edmunds, he was part of the Sale team that broke the 200 mile road relay record Cardiff to Caernarfon in 14:3.50 averaging 4:22 per mile over the 200 miles.

Two years later, again with Steve Edmunds and Dave Farmer (still a club member), he was part of the team who broke the 24-hour world track record running 287 miles 392 yards in one mile reps on Crossford Bridge's cinder track, run in November wind, rain and frost, on a running track akin to a cross-country course and with only eight of the ten men in the final stages. Brian averaged 4.55 minute miles for his 32 miles. The following year the team recorded 293 miles. He attributes the club success in those years to 'commitment, regular training and club loyalty.

His lifetime PB's are 800m -1:58, 1500m -3:55, 1 mile – 4:12, 3000m – 8:24, 5000m - 14.35, 10,000m - 30.05, 10 miles – 50.10, 20k – 63.18, HM - 67 minutes, Marathon 2:32 (Sandbach '78).

Aged 45 Brian still clocked 33 minutes for 10k and was a valued and regular member of the club's veteran teams until he was aged 57. He retired in 2006 and continued to keep fit with cycle racing until he broke his hip in a cycle crash that required a hip replacement.

Brian has supported Sale Harriers throughout his life and in retirement he's been a valued volunteer who's readily available and makes a big contribution. He's been a key member of the summer 4 x 5k Sizzler team since the series began in the summer of the 2002 Manchester Commonwealth Games with responsibility for course marshalling. He's trained as a track judge to more effectively help the club at its T & F meetings, giving up weekends to help the club maximize its match points by providing its required quota as officials. At many other times, you'll see Brian as an enthusiastic club supporter at cross-country, track events and relays.

Fifty-five years later Brian's lifetime commitment to Sale Harriers deserves his life membership



# THE FRANK STARKIE MEMORIAL CUP

The Frank Starkie Memorial Cup is awarded annually by BATFL (The British Association of Track and Field Leagues) to honour the memory of Sale Harrier's former chairman who made a massive contribution to youth athletic development in Britain before his sudden death in 2006. The 2014 recipient was Liverpool Harriers **GEORGE BUNNER**. Sale Harriers congratulates George as a most worthy recipient of such a impressive award.

From the early 1970's, George helped form an athletic club (Halton & Frodsham AC) in his hometown in Cheshire; revived the celebrated Frodsham Hill Races; was responsible for the founding of the Cheshire League and founded Sportshall Athletics. He launched Sportshall as his brainchild in 1976 and in the years since, has given the first taste of sport to thousands of youngsters. Startrack was another of his initiatives and he's still today found at the North West Sportshall league matches, organising the seeding for the track races, with the same enthusiasm and expertise as when he started many years ago.

In 1992, he left his engineering profession to work within the sport on a full-time but voluntary basis and among his initiatives since then have been the World Marathon Challenge in which more than 50,000 children from over 60 countries took part in 2014. His latest venture is the Med Ball Challenge, a great way to introduce safe throwing techniques to children. In 2002 in recognition of his services to athletics, he was awarded the MBE. Twelve years later, aged 82, he remains an inspirational driving force within our sport.

The 2012 recipient was Eric Hughes, Sale Harrier's President and Britain's most successful women's team manager Earlier winners were:

2013	Not Awarded	
2012	<b>Eric Hughes</b>	Sale Harriers
2011	<b>Don Webb</b>	Croydon Harriers & AC
2010	<b>Nanette Johnson</b>	Boston & District AC
2009	<b>Brian Smith</b>	Shaftesbury Barnet
2008	<b>Norma Blaine</b>	Birchfield Harriers & AC
2007	<b>Olive Megit</b>	Woodford Green/Essex Ladies



FRANK STARKIE MEM CUP - George Bunner '14

## CLUB YOUNG ATHLETES OF 2015

Every year since 2005, Sale Harriers Executive Committee 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. Athletes are nominated by coaches and team managers. The 2015 recipients are **AIMEE PRATT** and **JONA EFOLOKO**. JONA's citation accompanies his Manchester's Young Athlete of 2015" elsewhere on these pages. Triple jumper **KEVIN METZGER** was also retrospectively awarded the male 'Young Club Athlete of 2014'. The club congratulates them.

### Aimee Pratt

#### YOUNG CLUB FEMALE ATHLETE OF 2015

**AIMEE PRATT** started athletics in June 2011 with the Diane Modahl Sports Foundation and in those years has gone from strength to strength to become the UK's top ranked U20 1500m and 3000m steeplechase runner in 2015 winning both the English Schools and the English Championship over the distance. In the last 6 English Schools and English Championships she has won 3 Gold, 2 Silver and 1 Bronze medal both indoors and outdoors. On February 7th 2016 she made her international debut representing England at the Welsh Indoors International in Cardiff. Her 2016 focus is the World Junior Championship in Poland in July, where she aims to qualify over 3000m steeplechase, but first she has to complete the indoor season with the English Championship in Sheffield. In February 2015 she made her international debut representing England and ran a great 2nd place and a 1-2 for England in a new indoor PB 4.39.78.

Her coach **VICENTE MODAHL** said, "The first time I laid eyes on Aimee at Sportcity I knew she was a world class talent. Four years later it's taking shape and I can't wait to bring our sporting relationship all the way to the top. It was evident from the start that Aimee had a very strong head and over the last 4 years I've coached her, she's grown very much as an athlete. Aimee is very enthusiastic to develop her potential and aims to become a senior GB international athlete. Though the road is long, with her will, focus and commitment she will undoubtedly make it. She is a very resilient and positive athlete; her ability to listen and follow through the workouts is world class and very rare".

### Kevin Metzger

#### YOUNG CLUB MALE ATHLETE OF 2014 (belated recipient)

Kevin Metzger has been a phenomenal talent since he joined Sale Harriers in 2009 as an U13-year old. In 2012, coached by **KEITH HUNTER**, he began specializing into the triple jump and in the years since then, he's continued to thrive and in 2014 was the UK's top ranked U17 triple jumper indoors and outdoors. En route, he's been the Greater Manchester County and Schools triple jump Champion through all the age-groups; the Northern Athletics Indoor and Outdoor Champion through the age-groups and the multi England Athletics age-group Champion. In 2014 he achieved the further pinnacle of becoming the English Schools Champion to add to his 2013 bronze medal. In 2015 he was awarded the EA senior silver triple jump medal and in 2016 he achieved his latest pinnacle of becoming the England triple jump U20 Champion extending his PB to the magical 15m and top the British rankings.

Previous recipients were:  
**2015** Aimee Pratt and Jona Efoloko  
**2013** Georgia Taylor-Brown and Roy Ejiakuekw  
**2011** Ahtollah Rose and Clovis Asong  
**2009** Abigail Haywood and Niall Brooks  
**2007** Rebekah Wilson and Andy Robertson  
**2005** Kathia Lannon and Darren Hammond

2014 Kevin Metzger  
2012 Brogan Crowley and George Caddick  
2010 Katie Byres and Jack Andrew  
2008 Abigail Irozuru and Andy Sutcliffe  
2006 Katherine Sherry and Ezekiel Rowe



PRATT AIMEE & JACK Club Young Athlete '15



JONA EFOLOKO, 2015 Young Athlete, KEVIN METZGER, 2014 Young Athlete (presented belatedly), DAVID BROWN CBE, Club Chairman



# LUCY HERBERT

## Cheshire Local Hero's Award for Sports Person of the Year

Since Lucy Herbert joined Sale Harriers in 2014, she has loved participating in athletics with her new-found friends. Her favourite section on athletics is track and field, due to the fact she loves and excels at sprinting. Her current times for 60ms rank her 3rd in the country. She also enjoys long jumping which accompanies sprinting as her chosen events.

As well as running and jumping for Sale Harriers, she also represents her school, Upton Priory School in Macclesfield, in athletics and sports teams. She has competed in cross-country, 'Quad Kids' and indoor and outdoor athletics teams. At the Quad Kids, she came second in the local year 6 girl's event even though she was year 4! But a more extravagant feat is she broke the Macclesfield and District Year 4 60ms in a time of 9.0secs; it had not been broken for 27 years! She was then nominated for the East Cheshire Sportsperson of the Year, one of the events in the East Cheshire Local Hero Awards (supported by East Cheshire Council and Silk FM.), by her head teacher, hence why she is East Cheshire Sportsperson of the Year!

Recently, Lucy has competed at Sports City in the Sports Hall events, winning gold in the vertical jump and was part of the relay team that won silver.

Lucy is looking forward to another summer of athletics.

LUCY HERBERT Cheshire Local Hero's Award for Sports Person of '15



## PUBLIC AWARDS OF 2015

Several Sale Harriers won prestigious awards in 2015 in recognition of exceptional service, talent, hard work, expertise and commitment. These are club coaches, officials, athletes and other volunteers. Sale Harriers congratulates them. Recognizing these people and their contributions is extremely important. They are examples to follow. Let them inspire you.

## BRIAN SPRIGGS

### ENGLAND ATHLETIC'S 'NW OFFICIAL OF 2015' Runner up' LIFE MEMBER - SALE HARRIERS

BRIAN SPRIGGS first became involved in Sale Harriers in 1987 through his son Stephen. He soon took an interest in Throws events and became a regular team member for the Northern League and other club League and Cup matches until 1992 when he became involved as a T & F Official. Since then, he's represented Sale Harriers in T & F matches up and down the country almost every summer weekend. It's said he's won more match points and contributed to more club victories as an official than some of the athletes. Other major non-club events he's supported through the years as an official are:-

- The World Wheelchair Games at Stoke Mandeville (1998)
- The World Masters Athletic Championships in Gateshead (1999)
- The Special Olympics in Cardiff (2001)
- The Transplant Games in Bebingtom (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)

He's also been a club throws coach since the early 90's. His proudest achievements are of coaching two youngsters to English schools medals – Jordan Wood (2005/6) and Stephen Ashton and several others to English Schools Finals. He's also coached disability athletes and one to a silver medal at the Special Olympics in Cardiff (2001). He was also part of the team that managed the international Throwers training camp at Wythenshawe Park in preparation for the 2002 Manchester Commonwealth Games



BRIAN SPRIGGS Northern Lge, Hull '14

## CHRIS BARTRAM

### ENGLAND ATHLETICS 'NW COACH OF THE YEAR' Runner-Up MANCHESTER 'COACH OF THE YEAR' Runner-Up

CHRIS BARTRAM first became involved in coaching 35 years ago as a sprint hurdles coach. He then worked with renowned Malcolm Arnold at Cosford where the group consisted of Colin Jackson and John Ridgeon. He moved into heptathlon with similar renowned coaches like John Crotty for long jump; Mike Dolby for high jump and Jim Talbot who was then the National Combined Events coach. Chris then became Midland Staff Coach for sprint hurdles. In 2000 he moved to decathlon.

Thirty-five years later, Chris is as committed as ever and continues to support international athletes like Sale's JACK ANDREW, who went on to achieve the junior world championship entry score; JESS TAYLOR, JOE LANCASTER, BROGAN CROWLEY, JASMIN DOTZEK and ALEX WORT, who all competed for Great Britain and England; and Macclesfield's Ashley Pritchard. Over the years Chris's athletes have achieved over 100 international vests and over 40 English Schools medals.

In more recent years he's mentored Sale Harrier coaches like GRACE BOWER, LES RANGLES, MATT CULLEN, ASHLEY PRITCHARD, JOSH MOULAND, NICOLA CAHILL, DANIELLE PARKINSON and also parents like MIKE JACKSON and JOANNE McTIFFIN. Last summer, he also ran a Combined Events course on behalf of England Athletics.

In 2014, despite health problems, he coached GRACE BOWER to No. 1 U17 heptathlete in GB though still in her first year, MEG McHUGH, also a year younger, he coached to No. 2 heptathlete in GB. HARRY LORD, another of Chris athletes, is now ranked No. 5 in U20 decathlon in GB and narrowly missed out on this year's Youth World Championships. ELLIE JACKSON, he's coached to No.7 pentathlete in GB. He also coaches TESS McHUGH, a massive talent and LOIS McTIFFEN, the youngest of Chris' group. A highpoint of 2015 was coaching Harry Lord to the U20 silver medal and Grace Bower to the U17 bronze medal at the English Schools Combined Events Championships. Grace went to represent England at the international CE in Glasgow.

In 2015, aged 70 years and with increasing health problems Chris sadly retired from his lifetime of coaching. Sale Harriers and athletes throughout the North-West owe Chris a massive debt of gratitude. Thank you, Chris and we hope you have a very long and healthy retirement. Keep in touch.



CHRIS BARTRAM receiving his England Athletics Award with his young multi-eventer, Schools international GRACE BOWER



JONA EFOLOKO with colleagues GRACE BOWER & CALLUM ROUGHNEEN

## JONA EFOLOKO

### 'ATHLETE OF THE YEAR' - MANCHESTER SPORTS AWARDS YOUNG MALE ATHLETE OF 2015 – SALE HARRIERS

UK top ranked sprinter, JONA EFOLOKO was runner-up 'Athlete of the Year' in last year's Manchester Sports awards and this year went one better to win it as a result of his outstanding achievements throughout 2015.

In January 2015, he become the double Northern Indoor Champions in his first year as a U17 with his 60m winning time (6.91secs) equalling the championship record and his 200m time (21.90) just missed the championship record.

In February at the England Indoor Championships in Sheffield, he won the 60m gold medal with another PB of 6.85 and the U17 200m silver medal (22.00). During the outdoor season, he bettered his 100m PB to 10.70 and 200m to 21.56. Still in his first year of U17, he won 100m bronze and 200m silver at the Northern U20 Outdoors Champions. In July, he won the 200m gold medal for the 3rd consecutive year at the English Schools Championships and a week later made his England debut at Glasgow for the SAAB Schools International where he again won the 200m in 21.88.

At the England U17 Championships in Bedford in August, he won the double sprint gold medals with PB's and his 200m time of 21.12 and 100m time of 10.60 currently ranks him 2nd and 3rd in the UK. In September, he was part of North West team at the Sainsbury UK Schools Games in Manchester where he again displayed his awesome talent to win the 200m. Into 2016, he continued to display his awesome talent by again winning the NA Indoor 60m and 200m titles and the U17 200m England title and the U17 60m England silver medal.

Outside of competition, he also showed how very willing a team participant he is by helping Sale Harriers in the YDL league matches throughout the summer of 2015.

This most pleasant, down-to-earth young man holds all the current club's sprint records from the age of thirteen. In 2015, apart from further developing his awesome talent, Jona has further proven his love of athletics when he regularly went beyond the norm and voluntarily helped at Sportcity's promotions or his colleague sprinters.

## Financial Awards

### Pole vaulter receives award

GEORGIA PICKLES, one of Sale Harriers promising young pole vaulters who is currently ranked tenth nationally in indoor competition was the recipient of £1,000 from the Arts and Sports Trust. This Trust was formed give financial assistance to talented young people living within the UK to help them achieve their dreams in any sport or art form. They have been generous to other promising Sale athletes in recent years

## ALISON RODGER

### DUNBARTONSHIRE SPORTS CHAMPION

ALISON RODGER is Sale Harriers and Scotland's nationally ranked shot, discus and hammer thrower. She won the 2015 Scottish 'Sports Champion' runner-up award in their prestigious annual Provost Awards. She was nominated by her West Dunbartonshire community in recognition of her outstanding athletics career over 15 years during which she won numerous Scottish Championship titles and ended her career as a finalist representing Team Scotland at The Glasgow Commonwealth Games. Said proud Alison, "It was such an honour to have been nominated"



ALISON RODGER Scottish Award '15

Sale Harriers congratulates Alison who's been a loyal UKWAL member for most of her career during which time she made a massive contribution to manager's Eric Hughes' teams who won twenty-three UK Premier League titles that was unprecedented in the League's thirty-eight years history.

She retired at the end of the 2014, following representing Team Scotland on home territory at the Glasgow Commonwealth Games and is now developing a career as a Sale Harrier Throws coach. Doubtless, she'll continue bringing Sale Harriers much success.

## ANDY DENNISON

### CROSSFORD BRIDGE "APPRECIATION AWARD"

Andy has been a keen runner since a young age and believes passionately in the value of sport, especially athletics, for children. He first brought his two daughters to Crossford Bridge just over 3 years ago in 2012 and started helping out with the Green Group (under 11s). Since then he's been coaching the fundamentals of running, jumping and throwing throughout the track and field season as well as leading cross country training during the winter months.

Said Andy, "The club supported me through my Athletics Coach qualifications and last year I was delighted to be asked to take over the Green Group. I am part of an amazing team of dedicated and hardworking volunteers and I feel incredibly proud to have been presented with the 2015 Appreciation Award. For me, it is a privilege to be part of such a fantastic club and a real pleasure to work with our enthusiastic young athletes every Sunday and Tuesday"



ANDY DENNISON Club volunteer '15

### Triple jumper receives award

LISA JAMES, Sale Harriers talented triple jumper who is the currently ranked U23 No. 1 triple jumper indoors and outdoors in the UK, is one of a record number of talented athletes from throughout Britain who benefitted from the 2016 Ron Pickering Memorial Awards in 2016.

These awards have the aim of assisting athletes to develop and to make the difficult transition from junior to senior level through support for equipment, specialist coaching or travel and importantly helping to build the athletes' confidence and self-esteem through recognition.





## PRIMARY SECTION REPORT

### Peter Shaw

The 2015 year started with **TAYLOR EDWARDS** winning the Primary Section's Cross-Country League that involved several hundred youngsters from local primary schools.

In March the 'Over the Bales' cross-country races were held at Crossford Bridge with Sale Harriers winning all four Primary age group team races. **JACK SPARK** won the U9 boy's race with **JOE LEWIS** 2nd and **JOSH COLQUHOUN-LYNN** 3rd whilst **ISABELLE BURKE** was the U11 girl's winner with **OLIVIA HERRON** 2nd and **LIBBY HILL** 3rd.

In April **DIDS PARISH** was in tremendous form winning six medals in the Trafford medal meets whilst **ISABELLE BURKE** finished runner-up in the BUPA Gtr. Manchester Junior Run in May.

In June/July Sale held two medal meets at Crossford Bridge with the most successful athletes being **LUKE TALBOT** (6 medals including 4 gold), **SUVI SEPPANEN** (6 medals including 3 gold) and **TOM BOYD** (5 medals including 3 gold).

During August, the section again held two very successful Startrack training camps. In September **TOM BOYD** was bronze medallist in the Cheshire County Multi-Event Championships at Macclesfield.

A highlight of 2015 was at Graves Park, Sheffield in October when a team of **KATIE STRINGER**, **TAYLOR EDWARDS** and **ISABELLE BURKE** finished runners-up in the Northern U11 Cross-Country Relay Championships. An annual Primary section highlight is their Presentation Night and this year's

was another great success. **CHARLIE HULSON**, National and Northern Cross-Country Champion presented the award and **ANDY DENNISON** was awarded the Primary section's 'Volunteer of the Year'.

In November **LUCY HERBERT** won the indoor quadrathlon at Sportcity to add to the achievements led her to be named Macclesfield's Sports Personality of the Year". In the Manchester Schools primary Cross-Country Championships, **ARCHIE McCARRON** and **SASHA McTIFFIN** was silver medallists **NIEVE BARTON** was bronze medallist.

The primary section took part in the Gtr. Manchester Sportshall League at Sportcity with the U11 boys retaining their team title. The County Sportshall Championships were held in January with many Sale medallists. Gold medallists were **MACKENA BRADSHAW**, **LUCY HERBERT**, **PRINCE AYENI**, **JACKSON WARD**, **LEONARDO SCOTT** and **HARRY EDMUNDSON**. Three silver medals went to **ELLA GILLESPIE**, **HERMIONE MASON** and

**DIDS PARISH**. A number of Sale athletes were selected to represent Sale Harriers in the NW Regional Championships. Well done to **OLIVIA BUCHAN**, **HERMIONE MASON**, **MACKENA BRADSHAW**, **PRINCE AYENI**, **HARRY EDMUNDSON** and **LEONARDO SCOTT**.

The four match Manchester Area Cross-Country League culminated with the Wythenshawe match. This was the section's best ever performance in the league with both the boys and girls winning. Team medals were awarded to **TAYLOR EDWARDS**, **LIBBY HILL**, **WILL PARKER**, **ARCHIE McCARRON**, **CHARLIE TITTENSOR** and **ISABELLE BURKE** who also won the overall individual silver medal.

The individual highlight of the year was **HERMIONE MASON** winning the U13 silver medal in the Northern Indoor Championships in Sheffield in February whilst still at Primary School.



# THE YEAR THAT WAS 2015

The following pages capture the significant individual and team up's and down's throughout the whole 2015. They work in conjunction with the club website which has recorded the full report of most of these significant individual and team events. Well done and congratulations to all.

Fechin McCormick

Ian Wetherall – British Masters M45 cross – Country winner

The three Sale Harriers - ADAM RODEN, EUAN GILCHRIST and CHRISTY O'BRIEN, three of the Gtr. Manchester School's Team who won the 2015 Wigan Cup in the English Schools XC Championships. Adam, Euan and Jake Spilsbury were part of the Gtr. Manchester 2016 team to retain this trophy

TIA BLISSETT Gtr. Manchester U15 LJ Champion

They ran London, Manchester or the Boston Marathons

ISABELLE BURKE 2nd in the GMR Mini Run

GMR Mini Run winner Francesca Brint & Lizzy Twite 3rd

Katie White and Sarah Douglas broke Calderdale record

Meg McHugh & Grace Bower - England Combined Events U17 Silver & Bronze medallists

Mia Lowndes (Great PB's), Tess McHugh (Northern CE Bronze), Ellie Jackson (Northern CE Silver), Lois McTiffin (Great PB's)

## MARCH

- 14th BMAF XC Championships (Ruthin) IAN WETHERALL who won the M45 bronze medal
- 14th England Athletics Combined Event U20, U17 & U15 Championships. GRACE BOWER won the U17 silver medal and MEG McHUGH won the U17 bronze medal, Both also improved their pentathlon PB's. In the U15 girls age-group, ELLIE JACKSON won the Northern silver medal and TESS McHUGH won the bronze medal in the Northern championship.
- 14th English Schools Cross-Country Championships (Blackburn): EUAN GILCHRIST, ADAM RODEN and CHRISTY O'BRIEN were part of the Gtr. Manchester team who won the Wigan Cup for the first time since 1982.
- 19th AGM: DAVID BROWN (Chairman), CAROL BROWN (Secretary), JACK FROST (Treasure) were re-elected. BRIAN GOULDEN, STEVE EDMUNDS, BOB GAISIE and KEVIN MADDEN were awarded Life Memberships and KEVIN MADDEN was made a vice-President.
- 22nd SHM Indoor Grand Prix (Sportcity): It was notable for outstanding performances by new club members. VICTORIA BARLOW (14) in her first pole vault competition cleared 2m 71cm, and JACK SPENCE (16) achieved 2m 91cm. SHANE CONNELL and MICHAEL ODEJINI (13) both cleared 1m 75cm in the HJ to top UK U15 rankings.
- 22nd Wilmslow Half Marathon: GAZ RAVEN'S time of 1:07.40 was the fastest M40 time in the UK. A record 45 club members ran in it.
- 28th Northern 12 & 6 Stage Relays (Sefton Park): The men finished a 'surprise' 4th place and the women's 10th place was a vast improvement on last year.
- 28th World XC Championships (China): CHARLIE HULSON, representing GB & NI was the first British finisher to conclude his massively successful winter.
- 29th Over The Bales (Crossford Bridge): Sale finished twenty six teams; ran approximately one hundred athletes; had five team victories and seventeen individual medallists in races featuring U9, U11 and U13 boys and girls.
- 29th European Masters Indoor & XC Championships (Poland): KATHY WELLAM won W35 individual silver and team bronze representing GB & NI in the 5k Cross-Country Championships.

## APRIL

- 4th Salford 10k: GAZ RAVEN time of 30.40 was the 2nd fastest M40 in the UK. He already holds the fastest from the Trafford 10k
- 5th Endurance Easter Training Weekend (Newlands Valley): Over seventy members, ex-members, partners and children had a ball.
- 11th National 12 & 6 Stage Road Relays (Birmingham): The men were 19th ; no women's team for the 2nd consecutive year. CHARLIE HULSON'S 1st leg win was the 4th fastest of the day
- 19th Manchester Marathon: Twenty Harriers completed the full course and more the marathon relays. First home was ANDREW CARLIN whose 2:42.16 was a sixteen minutes PB and the day's biggest improvement. Over 50 more marshalled in and around Sale.
- 26th Frank Starkie Memorial Cup: GEORGE BUNNER, the founder of Sportshall Athletics, was the 7th recipient of this award, presented by BATFL at the Sportshall Finals at Sportcity
- 26th They ran London, Manchester or the Boston Marathons: Thirteen Harriers ran the London Marathon. Sale's first woman was SONIA SAMUELS who ran 2:31.46. GARETH RAVEN won the M40 category in 2:24.08 to rank him No 2 nationally.

## MAY

- 3rd YDL (Lower) Sheffield: The club's U13 & U15 boys and girls made a brilliant start to their campaign to defend their National Premier League title by winning match one.
- 3rd World Relay Championships (Bahamas): KELLY MASSEY, GEORGE CADDICK, ANDY ROBERTSON and ROY EJIAKUEKWU represented GB & NI at the World Relays in the Bahamas. It was Roy's senior International debut. BRIAN GREGAN represented Ireland who won bronze medals.
- 3rd BUCS Championships (Bedford): In her final year at University, KIRSTEN McASLAN became the BUCS 400m champion with a CBP and a PB. she also won relay silver. LISA JAMES won triple jump bronze also with a PB.
- 9th British Athletic Premier Division (Sheffield). Our men successfully launched their campaign to retain the 2014 BAL Champions League title behind winners Sheffield AC and ahead of long-time rivals Shaftesbury Barnet.



Manchester Marathon marshals

- 9th UK Women's League (Division 1) (Derby): With new team manager, Tony Simmons, managing his first ever match, the senior women achieved 'a creditable 4th place) in their campaign to win promotion back to the Premier League due greatly to filling all bar one of the events and athletes prepared to go the extra mile. SARAH HOLT also broke the divisional hammer record with 64.32.
- 10th Gt. Manchester Run: About 40 Sale Harriers competed and another 40 helped marshal the course. First man this year was DAVID MARSH in 32:31. The first woman was JENNA HILL with a 35 second PB of 34:40. In the junior mini-runs FRANCESCA BRINT and JOEL STRINGER won their age-groups, ISABELLE BURKE was 2nd and LIZZIE TWITE was 3rd.
- 16th Calderdale Way Relay (Halifax): Sale men's 'A' team were 4th; the 'B' team 1st and the mixed team were 4th. Also SARAH DOUGLAS & KATIE WHITE shared £100 prize for breaking their leg's previous record time.
- 24th EA Senior and U20 Outdoor Combined Events Championships (Bedford): JACK ANDREW took the England Decathlon title clinching the title with a blistering 1500m in 4.22 and a total points score of 6932.
- 24th Gtr. Manchester & Cheshire County Championships (Longford Park). Sale bagged 38 gold medals, 23 silver medals and 13 bronze medals.
  - U15 ELLIE JACKSON won 3 gold and 1 silver in the Cheshire Championships;
  - U17 MEG McHUGH and U13 PENNY TOWNSEND each with 3 gold both in the Gtr. Manchester Championships
  - U15 LOIS McTIFFIN won five Cheshire medals – 2 gold, 1 silver and 2 bronze medals.
  - Apart from the 38 Gtr M/C and Cheshire medals ALYSSIA CARR also won a Yorkshire U20 long jump gold.







## YDL LOWER NATIONAL BRONZE

### Peter Shaw

Sale Harriers U13 and U15 boys and girls are the 2015 Northern Premier YDL Champions. This was their eighth title in nine years and all four of their league matches were won by large margins, totalling forty-eight wins out of fifty-four matches since the league began in 2004. Highlights of the Northern campaign were **TESS McHUGH**, **LIZZIE TWITE**, **MIA GIBBONS** and **MIA LOWNDES** who set a new National YDL league record in the U15 girl's 4 x 300m relay; **SHANE CONNELL** who high jumped to top the national rankings and the emergence of **ADAM BAGUMA** as star sprinter/long jumper. A special mention must go to **LOIS McTIFFIN** who, unable to compete in her normal events due to injury, learnt to throw the discus and hammer and gained many valuable club points.

As Northern Champions, the club then competed in its twelfth successive National YDL Premier Final as the current National Champions at Birmingham's Alexander Stadium. Competing against the best eight clubs from all over Great Britain, in a close contest Edinburgh AC won with 608 points and Sale was 3rd with 599 points. This was a great result from a team which showed tremendous spirit whilst adopting a disciplined and professional approach. The quality of performance was indicated by the medal tally of 30 gold, 16 silver and 11 bronze medals and Sale athletes achieved 13 Grade 1 UK Athletics Performance Standards.

**DANIEL AFOLOBI** was the club's star in the U15 boy's events winning both sprints with Grade 1 performances and then teamed up with **RHYS PARKER**, **DYLAN STARKIE** and **NAHOM SELEMON** to win the sprint relay. Dylan and Nahom were also individual medallists; **ARON TZEGAY** ran a tremendous PB to win the 300m in a Grade 1 performance whilst **SHANE CONNELL** was runner up in high jump (Grade 1). Team Captain **MICHAEL ODEJIMI** also had a good day with medal winning performances in the 200m and high jump.

In the U13 boy's age-group, a special mention goes to **SAM WORTHINGTON** who competed in four events, recording three PB's, two Grade 1 performances and winning the long jump. Congratulations to **SAM WADSWORTH** and **BEN KERSH** who were both double medallists in the throws and in the hurdles **NEO IVANOVIC-BROWN** and **ZAK STILLER** (bronze medal) showed tremendous improvement over the season. The best event in this age-group was the 800m in which **CHARLIE HOBSON** and **GEORGE SAFRANAUSKAS** finished in silver medal position.

The strongest age-group was the U15 girls who won both relays and an amazing seven individual events. The gold medallists were **RUKA SHONIBARE** (3 gold), team captain **ELLIE JACKSON** (2 gold and 2 Grade 1 performances), **TESS McHUGH** (2 gold and 1 Grade 1 performance), **CHLOE NEWBIGGING** (2 gold), **MATILDA WATERS** (Gold and a Grade 1), **VICTORIA BARLOW**, **DEVON WEYMONT**, **MIA LOWNDES**, **MIA GIBBONS**, **LIZZIE TWITE** and **LAURELLE OBI** who also won 2 silver medals in the sprints. Ellie and Mia Lowndes were also awarded silver medals whilst Devon won a bronze.

**ANNA KERSHAW** was the star of the U13 girl's team with 1 gold, 3 silvers and 2 Grade 1 performances. Anna teamed up with **KATE BIRD**, **TYLER HILL** and **POPPY GLASBY-SEDDON** to finish runners-up in the relay. **RUBY BELL** had a great run to win her 1200m race by six seconds whilst **PENNY TOWNSEND** ran a PB to finish 2nd in the 800m and just missed out on a medal in the long jump. Congratulations to the other medallists in this age-group: - **ALICE DALE** (Gold and Bronze), **AYLA HEWITT** (Gold), **JESS SPILSBURY** (Silver), **TYLER HILL** (Bronze), **KATE BIRD** (Bronze) and **SCARLETT WHITTAKER** (Bronze).

Sale's success in bringing these teams to this National Championship involves much commitment and hard work from coaches, parents, officials and especially the team managers. The club thanks all of them and especially the team managers **DAVID MARSH** and **CARL WORTHINGTON** who have to work behind the scene throughout the summer in ensuring the best possible teams turn out for every match. In Olympic year (2016), the club's aim must now be to regain the National title and win its 9th Northern title in 10 years.



# THE YEAR THAT WAS 2015



Running for Bill Fox and his Pancreatic Cancer Charity



Stage winners Mike Ashby, Olivier Gaillemain, Dave Marsh, Gaz Raven



Representing the YDL (Lower) Northern Champions: Tyler Hill, Mia Lowndes, Ruka Shonibare, Chloe Newbigging and Ayla Hewitt.

Lisa James - England U23 Triple Jump Champion



Meg McHugh - 2nd for Gtr. Manchester

Grace Bower - 1st for Gtr. Manchester



Ellie Jackson & Mia Lowndes English Schools Multi-Events Cheshire qualifiers



Aimee Pratt - England 3000m steeplechase Champion with 40 sec. PB



Tess McHigh & Lois McTiffin English Schools NW Multi-Events



KELLY CHADWICK finally recovering from major illness. Sale harriers continues to wish her and her family a speedy and full recovery

## MAY

**30th YDL Lower (Preston):** The U13's and U15's took a big step towards their eighth Northern title by winning match two this season and their 47 match win out of 53 since the league began. The best six-team relay squad in the country and star performers like **TESS McHUGH** who set a new club U15 300m record of 41.3 ranking her 3rd in the country made a big difference.

**30th/31st European Club's Cup (Merrin, Turkey):** The BAL men, who represented British clubs, aimed to improve in their 6th place from 2012 but finished just seventh against the might of the Turkish, Italian, Spanish, Portuguese and Czech Champions. As a result, British clubs will be in a lower division next year.

## JUNE

**6th Welsh Castles Relays (Wales):** The men and women finished a tremendous 3rd and both were also 2nd in the Queen & Kings of the Mountains. The ladies had held the Queens of the Mountains title for the previous two years. **GAZ RAVEN** won a coveted yellow T-shirt as a veteran stage winner. **MIKE ASHBY** and **DAVE MARSH** were senior stage winners and **LEE KAUFMANN**, **STEVE McCARRON**, **PAUL GREEN** and **OLIVIER GAILLEMIN** all won veteran stages.

**11th ALISON RODGER**, the club's recently Scottish international shot putter and 2014 Glasgow Commonwealth Games representative was invited by Her Majesty The Queen in the presence of HRM The Princess Royal to a Garden Party in the grounds of Buckingham Palace.

**14th European Athletic Festival (Poland):** **KELLY MASSEY** (400m) and **SARAH HOLT** (hammer) represented GB

**17th Round The Ressers Bill Fox '5' (Tintwhistle):** In solidarity with **BILL FOX** & his family, this race had its largest ever number of finishers; the largest ever number of Sale Harriers and they won almost all of the individual and team prizes... and £2060 was raised divided between the Tintwhistle Gala fund and Bill's Pancreatic Cancer Charity.

**20th European Athletics Team Championships First League (Greece):** **BRIAN GREGAN** was part of the Athletics Ireland team

and was 4th in the 400m and 3rd in the 4 x 400m relay and his Irish team finished 6th which was their highest ever finish.

**21st The European Team Championships (Russia):** Top club sprinter **ANDY ROBERTSON** was on the 4 x 100m anchor leg that brilliantly stormed to an impressive GB win in a Championship record and European lead time of 38.21. Also competing were **KIRSTY LAW** (Discus) and **LAURA WHITTINGHAM** (Javelin)

**21st YDL (Lower) Match 3: (Sportcity):** Sale's emphatic victory brought the U13 & U15 boys and girls into touching distance of winning their 9th successive Northern Premier title. Among a day of many highlights was the outstanding U15 girls 4 x 300m relay team of **MIA GIBBONS**, **MIA LOWNDES**, **LIZZIE TWITE** and **TESS McHUGH** who ran 2:52.7 to beat the National YDL record set by the club last year.

**21st England Athletics U20 & U23 Championships (Bedford):** Sale athletes won 3 Gold and 2 bronze medals. **AIMEE PRATT** achieved a career pinnacle with fantastic 3000m steeplechase gold with an awesome forty second improvement on her PB to record 10:46.19, knocking about forty seconds from her previous time. **LISA JAMES** won U23 triple jump gold also with a PB of 13.22m and **KIRSTEN McASLAN** won the 400m gold. **KEVIN METZGER** (Triple Jump) and **ROY EJIAKUEWE** (100m) won bronze medals.

**21st National War Veteran's Wheelchair Games (Dallas):** The club's newly retired shot putter **ALISON RODGER** selected to support the British Team at the National War Veteran's Wheelchair Games in Dallas.

**25th The Sale 5k Sizzler (1) (Wythenshawe Park):** Over four hundred finishers made it the second largest turn-out for a first Sizzler since the series began. A record 54 Sale harriers took part and three won their age categories (**GARY ROWLINSON** - M50, **MIKE CURLEY** - M65 and **JACKIE CORDINGLEY** - L55).

**27th ESAA NW Combined Events (Bebington):** As a result of superb performances and several PB's five club athletes qualified for the National Schools' Combined Events Championships in Bedford in September **GRACE BOWER** and **MEG McHUGH** were first and second for Gtr. Manchester in the Inter Girls' Heptathlon; **HARRY LORD** won the Senior Boys' Decathlon for Gtr. Manchester and **ELLIE JACKSON** and **MIA LOWNDES** also qualified as part of the Cheshire team. **TESS McHUGH** also qualified as a high scoring individual

## JULY

**4th/5th European Cup Combined Events Super League (Aubagne, France)** 2014 Commonwealth Games bronze medallist **JESSICA TAYLOR** and **JACK ANDREW**, the 2015 EA Outdoor Combined Events champion, were among the successful eight-strong GB & NI team

**4th/5th British Senior Championships & World Trials (Birmingham):** Hammer thrower **SARAH HOLT** won a silver medal, discus thrower **KIRSTY LAW** won a bronze medal and javelin thrower **LAURA WHITTINGHAM** also won a bronze medal.

**9th Sale Sizzler 5k (2): Wythenshawe Park':** Three course records fell - L40, L70 & M70

**10th An urgent appeal launched for the club's brilliant young 16-year old sprinter KELLY CHADWICK** who was struck down by an aggressive form of leukaemia and desperately needs a life-saving stem cell transplant to survive.

**10th/12th European U23 Championships: (Tallin):** **KIRSTEN McASLAN** improved her 400m PB to 52.13 in the heats.

**10th Northern Premier League Match 3 (Preston):** Following two defeats, both men and women gave a master-class with an easy victory of what can be achieved when teams pull together.

**10th English Schools Championships (Gateshead):** Sale Harriers had two gold medallists **JONA EFOLOKO** (U17 200m) and **AIMEE PRATT** (1500m s/c with a PB of 4:54), two silver medallists **KEVIN METZGER** (senior TJ) and **EMMANUEL ODUBANJO** (U17 TJ) and two bronze **MATILDA WATERS** (Pole Vault) and **FELIX TIGHE** (400m bronze).

**17th SAAB Schools International Glasgow):** **JONA EFOLOKO** made his England debut winning the 200m

**18th YDL Lower (Bebington):** Sale's U13 & U15 boys and girls became the 2015 Northern Champions of the Young Athletes Premier League for their 8th in nine years and was their 48th match win out of 54 matches since the league began in 2004. They now go to try and retain their National title in Birmingham in September.

**19th British Biathlon Championships:** **MATT BARNES** won the National senior men's title and **CHARLIE HOBSON** the junior title and both qualified for the World Biathlon Championships.





# YDL UPPER RELEGATION

## Fechin McCormick

In their 2014 season, Sale's U17 and U20 guys had hauled themselves from the jaws of relegation to just miss qualifying for the YDL Finals. It was a fantastic comeback and the lesson learnt (yet again!) was how successful this section can be if only they filled their competitive gaps. To beat the old familiar drum - matches are lost by their absent brethren. In 2015 the lesson wasn't sufficiently taken on board so the section was relegated and will spend 2016 in the re-structured NW Premier League.

The graphic below vividly portrays the extent of the 'problem' and the section's challenge for 2016. Every 'X' is an U20 'A' or 'B' gap and every 'O' is an U17 gap. Notwithstanding the specific problems of distant travel to Glasgow, Edinburgh and Gateshead, Sale still fared worse proportionately than the other league clubs. For example, at Sale's 2nd match at Sportcity, there were only 54 people available and for the 3rd match at Sheffield the club again required over 125 athletes but only 63 turned out.

Every cloud has a silver lining and this setback is an opportunity to mount a comeback. Whilst there will remain the uncontrollable elements of clashes due to family commitments, exams, holidays, weekend jobs, championships, travel etc, this U20 and U17 must bounce from their adversity.

Under 17 & U20 Men												U17 & U20 Women											
Match 1			Match 2			Match 3			Match 4			Match 1			Match 2			Match 3			Match 4		
A	B	S	A	B	S	A	B	S	A	B	S	A	B	S	A	B	S	A	B	S	A	B	S
100m												100m											
200m												200m											
400m												400m											
800m												800m											
1500m												1500m											
3000m												3000m											
Short H												Short H											
Long H												Long H											
S'chase												S'chase											
Discus												Discus											
Hammer												Hammer											
Javelin												Javelin											
Shot												Shot											
Long Jump												Long Jump											
Triple Jump												Triple Jump											
High Jump												High Jump											
Pole Vault												Pole Vault											

Left x = U20 'A' String; Right x = U20 'B' String  
Left o = U17 'A' String; Right o = U17 'B' String

If every club coach built the YDL matches into their athletes training plans; through the belief that 'together we are stronger'; by effective two-way communication between athlete, coach and team manager and plenty of forward planning, this section will return to the Premier Division. An ant on its own achieves nothing but working with others moves mountains.

The club's top 15 who most led by example throughout the league's matches; who most stood into the breach and won the most match points through the season are: **BEN MOSELEY** (12 competitions and 51 points), **WILL SCOTFIELD** (12 -50), **MEG McHUGH** (8 - 48), **ELLIS GOLDIE** (10 - 46), **RORY KEEN** (8 - 43), **EMMANUEL MUKA** (9 - 40), **EMMA LOWE** (9 - 35) **HYAAT BAH-TRAORE** (9 -32), **EMMANUEL ODUBANJO** (9-32), **JONA EFOLOKO** (6 - 31), **HARRY LORD** (7 -30), **JONATHAN ADDERLEY** (7 -30), **MAURICE JARVIS** (7 -28), **OLIVIA CROMPTON** (8 -23), **DYLAN BATTICK** (6 -26)



# THE YEAR THAT WAS 2015

## JULY

- 25th International GP (Czechoslovakia):** SARAH HOLT set a new club hammer record of 68.98m at the on July 25th. (See 'Club Records' section).
- 26th YDL Upper (Glasgow):** Sale Harriers relegated following this final Premier League match and in the 2016 season will compete in the re-structured NW Premier League.
- 26th Celtic Cup Internationals '15 Welsh Athletics International (Cardiff):** ALLYSIA CARR made her England international debut in the long jump. KEVIN METZGER represented England in the triple jump.
- 30th KIRSTEN McASLAN** selected to represent GB & NI in the 4 x 400m relay and **BRIAN GREGAN** selected for Ireland at the World Championships in Beijing

## AUGUST

- 1st England Championships (inc CAU Inter-Counties) (Bedford):**
- JENNA HILL won the 5000m with her latest PB in every distance from 800m – 10k. This is her first England title.
  - SARAH HOLT who took EA hammer gold.
  - LISA JAMES who won the inter-county triple jump gold and the EA silver medals with a jump of 12.48.
- 2nd Spanish Heptathlon Championship (Spain):** JESS TAYLOR, Commonwealth Games bronze medallist, won with 5767 points, just 59 points of her PB from Glasgow.
- 6th Sale Sizzlers 4 x 5k (Wythenshawe Park):** The final race of 2015 confirmed record numbers with the men's course record improved to 14.15
- 9th UKWAL (Wigan):** Sale Harriers senior women are demoted from Division 1 to Division 2 for 2015/6 season.
- 9th BAL Match 4 (Lee Valley):** The senior men, last year's BAL Champions, ended the league a creditable 4th.



Nick Peach V55 England bronze medallist in World Mountain Championships



Charlie Hobson World Biathlete Silver medallist & GB team gold



Jess Spilsbury, Ruby Bell, Lulu Griffiths, Alice Dale, Lara Crawford, Scarlett Whittaker, Ella Wilson

- 15th Northern Athletics U15 & U17 Championships (Middlesbrough):** DEVON WEYMONT won U15 long jump gold ALEXA McTIFFIN won the U17 800m gold both with PB's. MATILDA WATERS won the U15 pole vault title with a CBP JAIMAL BROWN won the U17 javelin gold medal. SAM WORTHINGTON won U13 long jump silver and 200m bronze both with PB's. ANNIE WILLIAMS won U17 pole vault bronze VICTORIA BARLOW won the U15 pole vault bronze.
- 22nd Northern Premier League (Qualifier) Doncaster:** Sale Harriers is demoted from the Premier Division.
- 30th World Athletics Championships (Beijing):** KIRSTEN McASLAN returns home with a 4 x 400m bronze medal as part of the GB team having run in the heats. BRIAN GREGAN, as part of the Irish 4 x 400m, set a new national Irish record of 01.26
- 30th England Athletics U17 & U15 championships (Bedford):** JONA EFOLOKO won U17 double sprint gold with PB's and club records. His 100m PB (10.60) equals ANDY ROBERSON'S club record from 2007 and his 200m PB (21.12) eclipses ROY EJIAKUEWE'S record from 20-11. Jona also holds all of the club's U13 and U15 sprint records and is the culmination of an amazing year. EMMANUEL ODUBANJO, very fresh to triple jumping, won the U17 bronze medal also with a PB (14.18m).

## SEPTEMBER

- 4th YDL National Final (Alexander Stadium, Birmingham):** The club's U13 & U15 boys and girls as Northern YDL Champions and current National Title holders finished 3rd in a close contest against Britain's best eight clubs.
- 6th Salford 10K:** Sale Harriers won both the men and women's team
- 6th Sainsbury's School Games, (Manchester):** The club highpoint was JONA EFOLOKO who won the 200m in 21.71 and helped his North West team to second place in the sprint relays
- 11th Endurance Section Training Weekend (Grasmere).**
- 13th Kent Combined Events Championships (Erith):** JESS TAYLOR won her first decathlon ever and broke the 18-year old UK women's decathlon record setting a new best of 6878 points.
- 13th Active club member BILL FOX** dies after a long and brave battle with pancreatic cancer.



BILL FOX 15th November 1953 - 13th September 2015. Fondly remembered



Northern U17 RR Champions Francesca Brint, Claudia Cowan, Olivia Green



LISA JAMES - Inter-County Triple Jump Champion & England silver medallist.



KATIE WHITE, SARAH DOUGLAS & ANNE CHINYOY - the winning trio in both the 2015 Salford 10k and the 2016 Trafford 10k



Northern Road Relay Silver medallists

- 13th Cheshire Junior Multi-Events Championships (Macclesfield):** U13 Cheshire Silver and Bronze medalist LOIS McTIFFIN, last year's U13 Champion become the U15 Champion. SCARLETT WHITTAKER won the U13 silver, ALICE DALE won the U13 girl's bronze, TOM BOYD won U11 bronze and his brother HARRY BOYD won U15 bronze.
- 13th Langdale Marathon & Half-Marathon:** Chris Donnelly had a great race for 2nd in Britain's toughest and picturesque road race; KATIE WHITE was 1st lady in 1;35.30 and loved her pampered spa treatment prize.
- 19th Northern Senior & YA Road Relays (Blackpool):** The U17 girls FRANCESCA BRINT, CLAUDIA COWAN and OLIVIA GREEN become the Northern Champions and the senior women KATIE HOWARD, JENNA HILL, LUISA CANDIOLI and KATIE WHITE were the other medal winning team with silver medals.
- 19th World Biathlete Championships (Georgia):** CHARLIE HOBSON won the World Biathlete Silver medal and a GB team gold medal. OLIVIA HERON was 8th in her age-group
- 19th World Masters Mountain Champs (Betws-y-Coed):** NICK PEACH won an England bronze team medal in the V55 category.
- 19th Abersoch Half Marathon (Wales):** M40 PAUL GREEN won this tough HM for the 2nd consecutive year.
- 19th England Athletics NW Sports Awards:** BRIAN SPRIGGS awarded runner up Club Official of the year and CHRIS BARTRAM the runner-up Coach of the Year (See 'Awards' section).
- 19th English Schools Combined Events Championships (Bedford):**
- HARRY LORD won U20 silver; recorded 8 PB's, moved to 5th in the National rankings and was selected for the Schools international.
  - GRACE BOWER also won a silver medal, 4 PB's and international selection.
  - TESS & MEG McHUGH helped Manchester to a very creditable 2nd place.
  - MIA LOWNDES was the leading points achiever for the Cheshire team with several PB's All four girls were in the first year of their age-group.
- 27th Berlin Marathon:** SONIA SAMUELS 2:28 .04 and PB by three minutes is a new club record which is inside the qualifying time for the Rio Olympics.

Coach Keith Hunter, Kevin Metzger, Allysia Carr



Lois McTiffin -Cheshire U15 CE Open & County Champion)



Scarlett Whittaker & Alice Dale - U13 Cheshire Silver and Bronze medallists





## BRITISH ATHLETIC LEAGUE

### PRIDE IN ADVERSITY

#### Alan White

You know the British Athletics League (BAL) is tight when you go into the final match knowing your fate can swing from retaining a title to shock relegation. In the end, the day's events weren't quite peculiar enough for either outcome, and after a geographically challenging season, Sale couldn't quite achieve their objective of a second consecutive title, settling for a very respectable fourth place in the Premier Division.

Five points separated Sale from eventual winners Birchfield, who edged out Sheffield by a point, though the entire club should be proud of taking it

to the last day given the lack of a home fixture and a journey to Turkey for the European Champion Clubs Cup. The table doesn't lie at the end of a season, but fourth spot after testing logistics gives the club a solid platform to regain its title this summer, and is by no means a disgrace after a fixture list that included a hike to Glasgow and two trips to Lee Valley, the first of which came just a week after the European excursion.

The European goal was simple: equal our sixth-placed finish from 2012. Easier said than done. Imagine the challenge of cross-continent travel to battle against Turkish, Italian, Spanish, Portuguese and Czech counterparts, who may as well have been national sides. Now consider Turkey's winning times of 10.18, (100m) 3:38 (1500m) and 13:30 (5000m) and you have some idea of the size of the task.

As is often the case, the club's fate on the day rested on the 4x400m relay, and despite exceptional efforts from all involved, Sale agonizingly fell meters from the line, a heartbreaking finale which sadly confirmed relegation.

Positives need taking from competing on the highest stages, a privilege which would render our track and field progress meaningless if it wasn't for the monumental commitment of Sale's coaches, officials and financiers. The Turkey trip must be recognised as a critical factor behind the club's involvement at the highest standard of UK club competition.

Sending full teams occasionally proved impossible, but the difficult fixture list did see the club dig deeper for athletes and blood some new talent in the process. With a kinder schedule this summer, selection headaches will hopefully replace gap-filling as the main conundrum across numerous leagues.

BAL debuts were handed to David Rich (1500m), Jordan Charters (long jump), David Campbell (pole vault) and Alan White, who bravely (perhaps stupidly) ran the 800m, 1500m and 5000m at Glasgow.

This youth was matched by some excellent experience, with the likes of

Dave Proctor recording a top 3 finish in the 1500m on Match day 4 (having already raced the 800m), and Matt Sumner posting his second fastest 400mH on his fifth club appearance in 2015.

In typical track and field style, the season was over in a flash. Perhaps a difficult schedule and too much multi-eventing gave the club too much to do to write big headlines, but the platform is there to post a big improvement this summer.

The key to success is learning lessons. The strategy needs to revolve around quality and quantity: less doubling, more athletes focusing on their specialist event. Start filling squads well in advance, plan for withdrawals, involve the whole club, then watch the points roll in naturally.

The foundations are in place; awareness, communication and forward planning will maximise the club's potential. Get that right, set the bar high and everyone wins.



# THE YEAR THAT WAS 2015

**CROSSFORD BRIDGE PRESENTATIONS**  
 Blue Group: Finley Martin & Tasmin Unwin  
 Yellow Group: Suvi Seppanan & Daniel Abbott  
 Red Group: Grace Edmundson & Josh Colquhoun-Lynn  
 Green Group: Ellie Colquhoun-Lynn & Harry Edmundson  
 White Group: Mellissa Booth & Thomas Boyd  
 Purple Group: Scarlett Whittaker & Harry Boyd



U15 – 4th, 8th & 11th at Sherdley Park



U13G



U15B



U17G

## OCTOBER

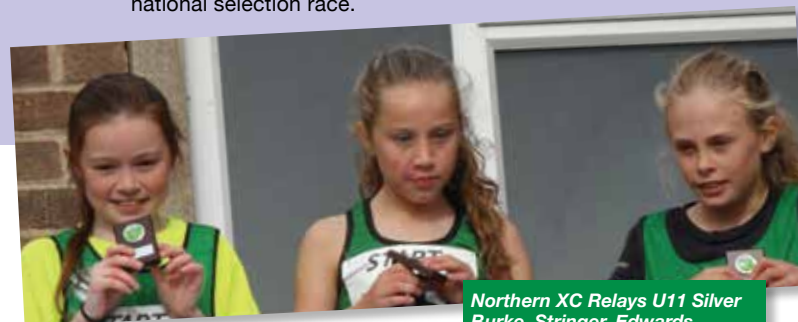
- 3rd National 6, 4 and YA Road Relays (Sutton Coalfield):** Lack of 'availability' resulted in the men finishing 17th and the women 29th. The Northern U17 women champions finished 11th.
- 10th Manchester Area XC league (Woodbank Park):** The senior men & women finished a record 6 teams. The senior men's 'A', 'B', 'C', 'D', 'E' and 'F' teams all won; the senior women were 2nd and all their veteran A-D teams were 1st. The U13 girls also won with LARA CRAWFORD the individual winner and the U15 boys also won. The U17 girls finished in 2nd and 4th place. DIANE MODAHL was 1st L45 and EUAN GILCHRIST was first U20.
- 16th Manchester Sports Awards (Hilton Hotel, Manchester):** JONA ELOLOKO won Manchester's 'Athlete of the Year' award and CHRIS BARTRAM won runner-up 'Coach of the Year'. Related to his employment as Manchester Sports Co-Ordinator, DAVID MARSH with his team won the 'Community Sports Award'. (See 'Awards' section)
- 17th Northern XC Relays (Graves Park, Sheffield):** Two teams won medals. The U11 girls (KATIE STRINGER, TAYLOR EDWARDS, ISABELLE BURKE), last year's champions, won silver and the U17 boys (JAKE & ADAM SPILSBURY and DILLON COOPER) won bronze medals.
- 17th UKA Fell Relay Championships (Pendle):** The team finished 44th slightly down on last year.
- 24th Crossford Bridge Presentation Evening (Urmston):** CHARLIE HULSON, National XC Champion, presented this year's awards. The group champions scored most points in sprint, distance, jumping and throwing events during the T & F season. ANDY DENNISON was also awarded for his volunteer services. (See the 'Awards' section.)
- 31st National XC Relays (Mansfield):**
- The senior women (JENNA HILL KATIE HEWISON and SONIA SAMUELS) missed the bronze medals by 15 seconds and the National title by 22 seconds.



The senior winning 6 at Sherdley



U11 winners at Sherdley Park



Northern XC Relays U11 Silver  
Burke, Stringer, Edwards



The senior women were 3rd and the veteran teams all winners at Sherdley Park.

- The junior women - MEGAN DAVIES, IMANI MODAHL and RACHEL HIBBERD were 9th, their section's best result in a decade and
- The U13 girls - LARA CRAWFORD, RUBY BELL and PENNY TOWNSEND were an excellent 5th and the first Northern team.

## NOVEMBER

- 7th Manchester Area XC league (Sherdley Park):** The U11 girls won with ISABELLE BURKE individual 2nd. The U13 girls again won with LARA CRAWFORD again the individual winner. The senior men triumphed over Stockport and Trafford with their 'B', 'C' and 'D' teams all 1st and the only club with an 'F' team. The senior women were 3rd with their entire veteran 'A' – 'D' teams winners.
- 10th World Class Performance Funding:** Relay runner KIRSTEN McASLAN was announced as one Scotland's fourteen athletes to be added to the World Class Performance programme for funding ahead of Rio Olympics.
- 19th AIMEE PRATT and JONA EFOLOKO** are the club's 2015 "Young Athletes of the Year" nominated by club coaches and chosen by the club's Executive committee. KEVIN METZGER retrospectively awarded the 2014 award (See the 'Awards' section).
- 22nd National Biathlon (Run/Swim) Championships:** LARA CRAWFORD won the U13 silver medal and KATHY WELLAM the senior title
- 24th ALISON RODGER**, the clubs retired Scottish shot putter, voted in as Assistant Team Manager and Field Coach for the British Ex-Services wheelchair Sports Association (BEWSA).
- 28th The Euro Cross Trials (Sefton Park):** SONIA SAMUELS selected for the European XC Championships at Hyeres (France). CARMEN SANCHEZ-BROWN selected for Spain from her national selection race.



Northern XC Relays U17 Bronze



U11 2nd team at Sherdley Park



National XC Relays (Mansfield)



National XC Relays (Mansfield)

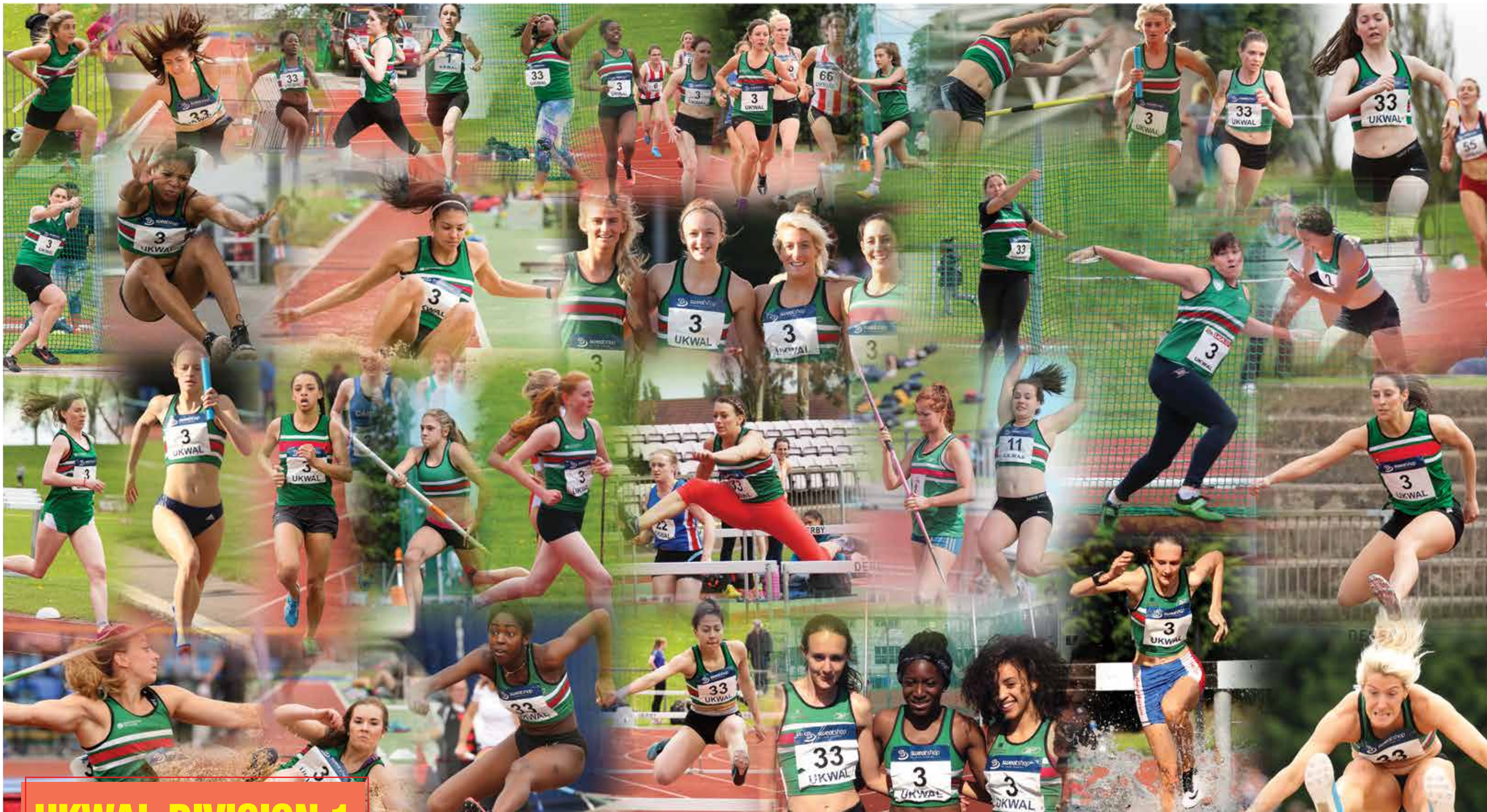


U13 – 1st, 3rd & 9th at Sherdley Park),



U13 winner Lara Crawford





# UKWAL DIVISION 1 RELEGATION

**TEAM MANAGER Tony Simmons**

After a reasonable start with a 4th place finish at Derby, the season fell away disappointingly during the next 2 matches at Bristol and Wigan with 7th place finishes, and relegation to Division 2.

If you are one of approximately 50 senior female athletes that are capable of representing our club at this level, please ask yourself, in all honesty, did you feel comfortable with your contribution to the team? Did you make sure you were available for selection? Did you have a conversation with your coach to use the 3 league matches as an aid to achieving your individual goals for the season? If you had to withdraw from the team, did you do so in good time and because there really was no other option? Coaches. Your athletes respect your judgement. Did you plan club representation before the season started, and did you make sure it happened? Could you have done more to help the team during the season? Did you do anything to help the team during the season?

I always thought Sale Harriers was a club any athlete would be proud to represent. It seems I was wrong. If we allow this downward slide to continue, we will say goodbye to the UK Womens League and the standard of competition that we will find ourselves in will be immeasurably poorer. Some information to consider. Only 2 athletes appeared in all 3 matches. A further 12 managed 2. My thanks go out to all of them. Please refer to earlier match reports on the club website to see just how valuable were their efforts, and how much I appreciated what they did. Injuries, illness, family commitments, international competition are all acceptable reasons for not competing. Poor planning and lack of responsibility to your team and friends is not.

If I thought we couldn't turn this situation around, I wouldn't waste my time trying. This report was written in September, with the memories of our relegation still sharp and painful. During next 6 months we will have put together a strategy for success. A plan to reverse the decline. A vision which sees a climb back to the top of UK athletics, which I'm sure, is where we all want to be. I would be very disappointed if anything I have written here comes as a surprise to you. I would also expect by now that you are fully aware of the expectations we hold for the coming season. Expect a call soon.



# THE YEAR THAT WAS 2015



U17 winners at Boggart Hole Clough



Gtr. Manchester Senior Women Champions – Anne Chinoy, Luisa Candioli, Katie White, Emma Finney, Megan Davies



Northern '10' mile Champions – Olivier Gaillemain, Lee Kaufman, Steven Henderson



Grace Bower's U17 International debut & U17 CE Champion



Gtr. Manchester U17 Silver medallists Adam (individual silver), Jake Spilsbury (individual bronze), Alex Jones.



Northern Cross Country U13 Silver medallists - Lara Crawford, Maisie Wiseman, Anouska Brooks, Molly Atherton



Gtr. Manchester U17 Silver medallists Olivia Green (individual silver), Alice Bruce, Frankie Reid



The victorious women at Boggart Hole Clough



Sportshall Match 3 (Sportcity): The final League meeting resulted in the U11 boys winning the league title and four teams in the first three.

## DECEMBER

- 5th MACCL (3) (Boggart Hole Clough):** Sale had 10 winning teams – the U11 boys & girls, U13 girls (with LARA CRAWFORD again 1st), U17 men, Senior women 'A' & 'B', Veteran women 'A', 'B', 'C' and senior men 'B' & 'C'. HELEN ARMITAGE, ANNE CHINYO and ZOE GMEREK were L40 1st, 2nd and 3rd and AIDAN RAFTERY was 3rd M55.
- 6th Gravy Pud Race (Tintwistle):** Organised by Sale Harriers through PAUL BARRETT in memory of BILL FOX, it raised £212 for Bill's Pancreatic Cancer Appeal.
- 6th Northern 10 mile Championships & Stockport '10':** LEE KAUFMAN, OLIVIER GAILLEMIN and STEVEN HENDERSON won Sale the NA bronze medals.
- 13th European XC Championships (Hyerres, France):** Congratulations to SONIA SAMUELS who won GB team gold. Also PAUL RODEN coached HARRIET KNOWLES-JONES who came within a whisker of winning the junior race to win a GB individual and team silver medal. NORMAN POOLE coached U20 CARMEN SANCHEZ-BROWN was part of the Spanish team who finished 5th.
- 13th School's Home International (Glasgow):** Sale's superb multi-eventer GRACE BOWER became the U17 Home International Schools Champion in her first year in this age-group. She competed last year in the U15 CE Home International.
- 13th Sportshall Match 3 (Sportcity):** The final League meeting resulted in the U11 boys winning the league title and four teams in the first three.

### 15th Northern Athletics U17/U20/Senior Indoor Championships (Sheffield):

JENNA HILL (Senior 800 & 1500 Gold & Silver)  
NATHAN ROACH (TJ Gold)  
REBEKAH WILSON (60 & 200 Gold & Silver)  
AIMEE PRATT (1500 & 3000 U20 double gold)  
KEVIN METZGER (U20 TJ Gold)  
VICTORIA BARLOW (U17 PV Gold)  
JONA EFOLOKO (U17 60 gold)  
EMMANUEL ODUBANJO (U17 TJ Gold)  
ABI FITZPATRICK (200 silver)  
SHANE CONNELL (U17 HJ Silver)  
RORY KEEN (U17 400 Silver)  
JOSH OGUNTAYO (800 bronze)  
EBBIE DANSON-CHAPPELL (U20 PV Bronze),  
JOHN NICHOLLS (Bronze Shot)  
ZAC HARROP (U20 PV bronze),  
GRACE BOWER (U17 HJ bronze)

**16th MACCL (4) (Heaton Park).** A successful day with more team wins than any other club and, in the senior and veteran sections, more teams than any other competing clubs. ISABELLE BURKE won the U11 girls and LARA CRAWFORD won her 4th successive U13 girls match.

**23rd Cardiff Cross Challenge (Cardiff):** EUAN GILCHRIST selected to make his England debut but illness prevented him.

**24th Sportshall County Championships (Sportcity):** Sale Harriers again did well to finish four teams in the first three in their age-group including a win for the U11 boys and a medal count of 8 gold, 14 silver and 2 bronze plus a host of PB's.

**30th Northern Cross-Country Championships (Witton Park, Blackburn):** In atrocious conditions, CHARLIE HULSON won his first senior men's Northern title to add to last March's National title and becomes the first Sale Harrier to win a Northern men's crown since his former coach PAUL RODEN won it in 1997. The U13 girls retained their 2015 silver medals and DANIEL KASHI won senior bronze in the North Wales Championships. GAZ RAVEN also completed his 13th consecutive 'National' having competed every year since 1993/4.

**31st Senior International Indoor Combined Events (Reims, France):** JESS TAYLOR and JACK ANDREW represented GB & NI at this prestigious International Combined Events match in France between France, Spain, Netherlands and Czech Republic.

**31st Scottish Indoor Championships (Emirates Arena):** KIRSTEN McASLAN won the 800m Scottish title and JORDAN CHARTERS was silver in the long jump

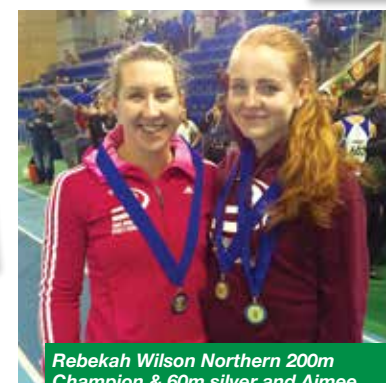
**31st Welsh Indoor Championships (Cardiff):** CHRIS BAKER won the Welsh high jump title equalling his indoor PB.

## JANUARY

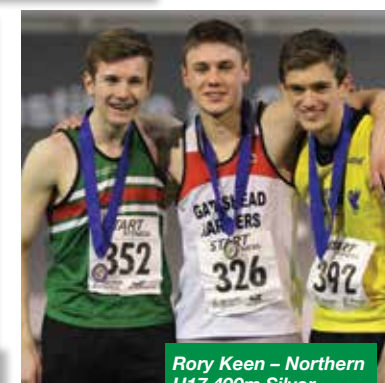
- 9th County Cross-Country Championships (Various) Team medallists:**  
Gtr. Manchester Gold: U13 girls & Senior Women  
Cheshire Gold: Senior Men  
Gtr. Manchester Silver: U15 Girls, U17 Boys, U17 Girls, U20 men  
Gtr. Manchester Bronze: U15B & Senior Men  
Individual medallists:  
Gtr. Manchester Gold: U20 EUAN GILCHRIST  
Cheshire Gold: U13 LARA CRAWFORD  
Cheshire Silver: Senior MATT BARNES  
Gtr. Manchester Silver: U17 ADAM SPILSBURY, U17 OLIVIA GREEN, U13 JESS SPILSBURY  
Gtr. Manchester bronze: U17 JAKE SPILSBURY, U15 BETH THORNTON, Senior MEGAN DAVIES:
- 9th England Athletics Senior Combined Events Championships (Sheffield):** JACK ANDREW achieved a terrific silver medal and won selection to the prestigious International CE match between France, Spain, Netherlands and Czech Republic;
- 9th Sportshall North-West Region (Sportcity):** Sale Harriers U11 boys and girls had the following selected to represent Greater Manchester in the North West County Championship - HERMIONE MASON, OLIVIA BUCHAN, MACKENA BRADSHAW, PRINCE AYENI, HARRY EDMUNDSON and LEONARDO SCOTT.
- 16th Antrim Cross Challenge (Antrim):** EUAN GILCHRIST represented the North of England, his first such representation.



105 Matt Barnes - Cheshire Team Gold and individual silver



Rebekah Wilson Northern 200m Champion & 60m silver and Aimee Pratt, U20 1500m & 3000m Champion



Rory Keen - Northern U17 400m Silver



Emmanuel Odubanjo - Northern Triple jump Champion



Beth Thornton U15 Gtr MC silver and individual bronze



Lara Crawford U13 Cheshire XC Champion '16



Gabriel Obujobi - Southern Senior 60m Hurdles Champion



Jessica Spilsbury U13 Gtr. Manchester gold & individual silver



Pole Vaulters Zac Harrop & Ebbie Danson-Chappell - Northern U20 bronze medallists



Gtr. Manchester U20 Silver medallists - Euan Gilchrist (individual gold) Matt Beacock, Brad Thornton



Gtr Manchester U13 Champions Anouska Brooks, Molly Atherton & Jess Spilsbury (also individual silver)







## NORTHERN LEAGUE RELEGATION

### Fechin McCormick

It's the Sale Harriers 'B' men and women who participate in the Northern Premier League. Approaching the 2015 summer season, they had every good reason to confidently challenge for the Premier League title. They were runners-up the previous year and won it the year before and only once in the past decade had they been outside the top three. Their 2015 competing clubs were Kingston-on-Hull, Wakefield H & District AC, Preston AC, Blackburn AC and Derby AC. Despite a pool of at least one hundred eligible club members to compete for the club in the 19 disciplines of each

match- an enviable number to any club, the old chestnuts of last minute withdrawals left far too many competitive 'gaps' and their club colleagues frustrated. As a result, the club was relegated to Division 2, unprecedented in living memory.

It was principally the first two matches at Hull and Blackburn that did all the damage. At Hull, a massive 30% of the disciplines were not covered with the women's section faring the worst. For example, 12 of the 19 women's 'B' disciplines had no club competitor and no competitor - male or female in most of the 'A' and 'B' 1500m, 3000 steeplechase, 5000m, 110mH, 100mH and 400m. At the 2nd match in Blackburn there were additionally no club competitors in the women's javelin, long jump, triple jump or high jump and all the throws were covered by just one or two people.

The Dunkirk clarion call went out and as a result Sale won the 3rd match at Preston and finished a close 2nd to Wakefield in the final match proving that

the club has the potential to win these matches by pulling together. It also gave credence to the motto, "Together everyone achieves more". The senior and veteran endurance section became 'knights in shining armour' and added new feathers to their running bows as they rallied to fill the middle distance events and won a bag-full of crucial points.

It was too little too late. The damage was done and meant the club had to face a crucial fifth fixture at Doncaster to decide the fate of Sale Harriers in the Premier Division. A magnificent male turnout led by **DANIEL HEALD** dominated the men's events but, again, it was the women that let the side down, described by team manager **JACK FROST** as 'most disappointing'. The women's nineteen competitions were left to just six heroic club stalwarts. **REBEKAH WILSON** covered all the sprints and even threw the javelin. Sprinter **OLIVIA CALLAGHAN** forced herself around the 1500m; 16 year old **EMMA LOWE** took on all the senior throwers and **ALYSSIA CARR**, **TYRA WATSON** and **JENNIFER SIMMONS** covered everything else notching up several victories.

**JACK FROST** gives the three essential reasons for the relegation

- Lack of support during the season,
- Lack of women's middle distance, hurdlers and senior throwers.
- Lack of a dedicated women's team manager

A big thank you to the likes of **JOSH MOULAND** who was way ahead of everyone else in the vast number of team point he won by covering a host of disciplines over all the matches. What would the club have done without him and his likes followed by **KOBEFO NTABEJANE**, **LAMIKO THOMAS**, **MATT CULLEN** and **DANNY HEALD** all of whom showed great flexibility for the sake of the club. The women's big points scorers - and what would the club have done without them also were fantastic **JASMINE BURKE**, **JENNIFER SIMMONS**, **EMMA LOWE**, **IMANI MODAHL**, **HYAAT BAH-TRAORE**, **AMY WILLIAMS** and **TYRA WATSON**. These all led by example. A big thanks also to team managers **JACK FROST** and **MIKE DELANEY** and to all the officials especially supremo **BRIAN SPRIGGS**.



# THE YEAR THAT WAS 2015



Senior & Veteran Champions – tops in 'A', 'B' and 'C' teams



MACCL Senior Champions & top places in the veteran divisions



## FEBRUARY

- 1st European Indoor Tour (Bratislava):** Sprinters **GABRIEL OBUJOBI** (60mH) and Sochi Olympian **REBEKAH WILSON** (60m) represented England in this annual three-stop development tour.
- 7th Welsh Indoors International (Cardiff):** **AIMEE PRATT** made her international debut representing England. and ran a great 2nd place and a 1-2 for England in a new indoor PB 4.39.78
- 7th Northern Indoor U15 & U13 Championships (Sheffield):** Silver medals & PB's U13 **HERMIONE MASON** (High jump) and U15 **LOUIS APPIAH-KUBI** (60m). Bronze medal & PB U15 **LIZZIE TWITE** (800m).
- 13th Czechoslovakia Indoor Championships (Hustopeč):** **CHRIS BAKER** eclipsed his own high jump club record of 2.28m for a new improved and massive 2.36m which is only 2cms short of the British record and puts him 4th on the all-timer list.
- 13th MACCL (5) Wythenshawe Park:** Overall, Sale produced its best overall league winners - U11 Girls, U11 Boys, U13 girls, U15 boys, senior men, senior women and veteran women and two 2nd's - the U15 girls and U17 girls. There were two individual winners - U13 **LARA CRAWFORD** and U35 **KATHY WELLAM**; two 2nd places - U11 **ISABELLE BURKE** and L40 **HELEN ARMITAGE** and **AIDAN RAFTERY** was 3rd M55.
- 13th England Athletics U15, U17 & U20 Indoor championships (Sheffield)**  
**KEVIN METZGER** won the EA U20 triple jump title, leaping to 15m for the 1st time to go top of UK rankings.  
**JONA EFOLOKO** became the U17 200m Champion and the U17 60m silver medalist.  
**EMMANUEL ODUBANJO** won the U17 England triple jump title with a PB of 14.52.  
**RORY KEEN** won the U17 400m bronze medal with a 50.64 PB.
- 18th Armagh 5k (Northern Ireland):** **CHARLIE HULSON** our National & Northern XC Champion won this prestigious 5K in the super fast time of 14:03. Sixty eight men ran inside 15 minutes.
- 20th British Universities National Championships (E.I.S. in Sheffield):** **ALEX WORT** won bronze in the at 60m hurdles in a new P.B. time of 8.29s. This medal behind David Omoregie is a reward for his consistent improvement in this discipline



Lizzie Twite Northern U15 800m Bronze & PB



Hermione Mason Northern U13 High Jump Silver & PB



The Under 11 Boys League Champions



The Under 11 Girls League Champions & individual 2nd Isabelle Burke (180)#



The Under 13 Girls League Champions



The Under 17 Girls League – 3rd in the MACCL league



The Under 15 Girls – MACCL League Runners-Up



The Under 15 Boys - League Champions





## SALE VOLUNTEERS THE BEST

### Fechin McCormick

Volunteers are a club's best resource. They are the rock on which clubs are built. This is true particularly of Sale Harrier's volunteer coaches, officials, administrators, marshals, team managers etc. They are all regular

people who give up some of their time (or a lot of it!) without financial gain to help others. Many volunteer through their children; some want to give 'something' back; some are passionate about their sport and some feel socially responsible. Thank goodness for every one of them.

These are fantastic people who leave a lasting impression because of their commitment, enthusiasm, adaptability, availability, common sense, reliability, willingness to learn and to get stuck in. All are integral to Sale Harriers and to its success whether they be those who marshal the Manchester Marathon and Sizzlers; rake the long-jump pit and retrieve javelins, shots

and hammers at T & F matches to the club's highly experienced coaches, officials, team managers and administrators. Each one is a gem!

Have you considered joining them? The club desperately needs you! It never has enough volunteers and the club will financially support on-going training of volunteers if you demonstrate a commitment to your role within the club. It also meets out of pocket expenses.

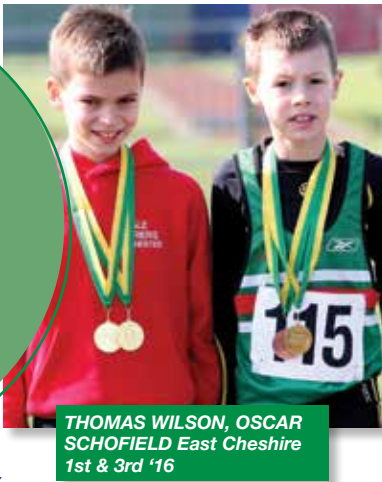
Sale Harriers is thrilled to have had several of its volunteers publicly recognized in 2015 for their lifetime work. You'll have read their impressive citations on pages 3 -6 - Lifetime Members, **KEVIN MADDEN**, **STEVE**

**EDMUNDS**, **BRIAN GOULDEN** and **BOB GAISIE** and the England Athletics Awards to **BRIAN SPRIGGS**, **CHRIS BARTRAM** and **ALISON RODGER** plus other awards.

Sale Harriers wishes multi events coach **CHRIS BARTRAM** the very best in his retirement. Following a lifetime commitment to athletics and an invaluable coach, Chris retired at the end of 2015. He will be greatly missed and irreplaceable. Sale Harriers wishes him very well in his health and retirement and hope he will keep in touch.



THE YEAR THAT WAS 2015



THOMAS WILSON, OSCAR SCHOFIELD East Cheshire 1st & 3rd '16



SARA CLOUGH, twin AVA, IRIS McCARRON East Cheshire YA XC '16

English Schools XC Championships to retain the Wigan Cup awarded to the team with the highest 8th counter (not including the first team)

6th Anglesey Half-Marathon (Anglesey): CALLUM ROWLINSON moved to a new level of classy running with a massive PB of 70.10 for 2nd place in the Anglesey half marathon

13th Trafford 10k (Partington): A record 43 finished this year. almost half recorded PBs; JAMIE RODEN (29:54) broke 30 minutes for the first time; M50 GARY ROWLINSON climbed to the top of the UK 2016 age-group ranking with his PB 34.04; M65 MIKE CURLEY's 40.43 put him second nationally and L55 JACKIE CORDINGLEY's 44.09 placed her eleventh. Sale Harriers women - KATIE WHITE, SARAH DOUGLAS and ANNE CHINOY also won the team race

13th East Cheshire XC (East Cheshire): Over forty U9 & U11 boys and girls had three individual wins and 3 team victories from four races. The U9's trio of twins SARA & AVA CLOUGH & IRIS McCARRON won the girl's race & THOMAS WILSON, OSCAR SCHOFIELD & SERGIO YIASOUMI won the boys

13th England Athletics U17 & U15 Indoor Combined Events Championships (Sheffield): Unfortunately last year's U17 silver medallist GRACE BOWER was unable to start. LOIS McTIFFIN was 5th in the North and SCARLETT WHITTAKER also did well and had an invaluable experience for her future.

17th World Indoor Championships (Portland): ANDY ROBERTSON represented Great Britain in the 60m and CHRIS BAKER in the high jump.

FEBRUARY

27th National Cross-Country Championships (Donington Park):

The senior men won bronze medals, their best result since 2007 CHARLIE HULSON, MATT BOND, JAIMIE RODEN, MATT BARNES, GAZ RAVEN, DANIEL KASHI. U13 LARA CRAWFORD won the National bronze medal and the U15 girls 7th place was the section's best since 1998 (CLAUDIA COWAN, OLIVIA GREEN, FRANCESCA BRINT, FRANKIE REID, ALICE BRUCE).

28th British Indoor Championships (EIS Sheffield): CHRIS BAKER became the British high jump Champion, ANDY ROBERTSON the 60m silver medallist and ANDY SUTCLIFFE the pole vault silver medallist.

28th Oulton Park Half-Marathon: ANDREW CARLIN finished 1st in a new course record of 1:14:19 eclipsing his previous PB set at Wilmslow

MARCH

5th English Schools XC Championships (Wollaton Park, Nottingham): Three Sale Harriers - ADAM RODEN, EUAN GILCHRIST and JAKE SPILSBURY were part of the Gtr. Manchester School's Team in the

	5000m/5k	10k	10 mile	Half marathon	Marathon
SM	Matt Bond 14:19:90 Watford 27 June	Nick Samuels 30:13 Trafford 8 March	Andy Mooney 58:28 Portsmouth 25 Oct	Matt Bond 66:59 Conwy 22 Nov	Nick Samuels 2:28:05 Berlin 27 Sept
SW	Jenna Hill 16:07:86 Bedford 2 August	Jenna Hill 33:40 Telford 13 Dec	Katie White 69:04 Stockport 6 Dec	Sarah Douglas 86:01 Wilmslow 22 March	Emma Finney 3:33:24 Manchester 19 April
M35	Matt Barnes 15:50 Capenhurst 19 August	Matt Barnes 32:41 Leeds 15 Nov	Chris Donnelly 57:38 Portsmouth 25 Oct	John Mosley 79:02 Wilmslow 22 March	Chris Donnelly 2:43:54 London 26 April
F35	Kathy Wellam 19:19 Sizzler 23 July	Sonia Samuels 33:18 Leeds 16 Nov		Sonia Samuels 74:20 Lisbon 22 March	Sonia Samuels 2:28:04 Berlin 27 Sept
M40	Gareth Raven 15:09 Sizzler 23 July	Gareth Raven 30:31 Trafford 8 March	Carl Barber 61:46 Portsmouth 25 Oct	Gareth Raven 67:40 Wilmslow 22 March	Gareth Raven 2:24:03 London 26 April
F40	Helen Armitage 19:06 Sizzler 23 July	Zoe Gmerek 40:24 Sheffield 27 Sept	Helen Armitage 66:14 Portsmouth 25 Oct	Anne Chinoy 89:57 Warrington 20 Sept	Sarah Bowman 3:42:15 London 26 April
M45	Alistair Kell 18:27 Sizzler 23 July	Ian Wetherall 33:03 Arley Hall 18 April	Lee Kaufman 61:13 Stockport 6 Dec	Richard Brown 78:32 Wilmslow 22 March	Richard Brown 2:43:05 London 28 April
F45	Marinda Breddy 24:03 Sizzler 23 July	Lucinda Summers 52:41 Oxford 10 May		Marinda Breddy 1:51:23 Chester 17 May	
M50	Gary Rowlinson 16:51 Sizzler 23 July	Gary Rowlinson 34:39 Arley Hall 18 April	Nick Webb 64:40 Portsmouth 25 Oct	Nick Webb 88:13 Great North Run 13 Sept	Nick Webb 3:09:50 London 26 April
F50	Rosa Elliot 22:58 Wythenshawe 7 Nov	Dawn Holding 50:05 Trafford 8 March		Rosa Elliott 2:16:44 Wilmslow 22 March	Caroline Kinghorn 4:14:32 Manchester 6 April
M55	Aidan Rafferty 18:32 Sizzler 9 July	Nick Peach 37:01 North Shields 5 April	Nick Peach 65:18 Stockport 6 Dec		
F55	Jackie Cordingley 20:38 Sizzler 23 July	Jackie Cordingley 43:29 Trafford 8 March			
M60	Nigel Fielden 20:42 Kingsley 30 April	Nigel Fielden 42:39 Arley Hall 18 April		Jerry Smith 99:05 Wilmslow 22 March	Miran Aprahamian 4:06:17 Manchester 19 April
F60	Celia Birchby 24:26 Hyde Park 29 May	Phillipa Edwards 61:43 Manchester 10 May			
M65	Michael Curley 19:36 Sizzler 23 July	Michael Curley 42:22 Trafford 9 March			
F65	Margaret Trickey 26:23 Bramhall 29 August	Janet Pickering 57:26 Manchester 10 May			
M70	Mike Howe 29:15 Sizzler 9 July	Tony Lythe 51:08 Blackpool 9 August			

MEMORIES OF CROSSFORD BRIDGE TRACK (PRE-1965)



The first race: Harold Wilson is 2nd from the right; his brother Andy is 4th runner from left. The 2nd car from the right with the chrome radiator is Harold's BSA and Andy Wilson's Ford 8 is to the left of it. The original dressing rooms are on the left of the photo.

Graham Wilson is the son of Harold (and Elsie) Wilson who, with Harold's brothers, Andy and Walter, were the modern club's foundation stones and club legends. Harold died in 1999. He was club secretary for forty-one years, President from 1996 and was a successful runner throughout his life even winning European awards into his 80s. His son now lives in Milton Keynes and recounts the building of the Crossford Bridge track.

Harold, my father, and his brothers, Andy and Walter, were all involved with Sale Harriers. My winter Saturdays in the 1950s and 1960s were at cross-country events and on Sunday mornings I was at Crossford Bridge. Information for this article is from my memories and "Sale Harriers: 75 Years of Athletics", written by Walter in 1986.

In 1949, Sale Council allowed the club to mark out a grass running track, with 330-yard lap, at Crossford Bridge; it was ready for the 1950-1951 season. I remember the drab dressing rooms in the disused office huts of the near-by former wartime cotton dump. Sale Council then allowed this cinder-covered cotton dump land to be used by the club to construct a cinder running track during 1953-54. The inner and outer edges of the track were cheaply marked with old bricks. All work was done by club members and I was there helping out.

In August 1954, the bridge over the Mersey was being widened. A surplus five-yard length of the contractor's narrow gauge track was used by the club as a "grader". It was towed with my father's tired, old 1935 BSA 10 saloon. It had a strong chassis, a very low bottom gear and smooth set off with a fluid flywheel transmission and was thus better than Andy's Ford 8. I remember spending

Sunday mornings going round the track with my father driving incredibly slowly while levelling the cinders. In the final stages of completion, an unwanted farm roller was towed round the track by that car. In 1955-56, the track was re-surfaced with new cinders from Metropolitan Vickers where Walter worked. I helped to insert white concrete edging stones on the inside curve of the track and it looked much better.

Sale Council constructed a new running track further away from the main road and it was in use by the 1959-1960 season. Dressing rooms moved to the old sewage works pumping station facilities (closer to the canal) and they were much more interesting to me as a young boy as they had the remains of old machinery still present. Walter's book states: "A considerable amount of work was undertaken by members to make the place habitable" – eventually there was hot water and "foot baths". Looking back, what stands out is the amount of time, effort and dedication by club members to create running tracks and other facilities.

Graham H Wilson



Building the track: Graham Wilson is putting bricks in his wooden 4-wheel cart; his father, Harold, is using the large rake.