

Dave Williams in Clough Shocker!



"If Radcliffe can get away with it..."

Dave Townsend Celebrates 30 years



Congratulations Bev and Paul



Welcome to the first edition of the new and improved Salford Harriers newsletter, designed specifically to keep all members up to date with the latest gossip and club shenanigans! Oh, and we may even drop in the odd bit of running news.

A huge thank you to everybody who has contributed this months news and reports. Like any aspect of a successful club the things that usually work well involve lots of teamwork (the irony of a Man City fan writing this has not been lost), so keep it coming folks!

Still Going Strong

Last month Dave Townsend celebrated 30 years as a Salford Harrier. He joined as a thirteen year old on the 29th of November 1976. Just to put things into perspective; this was the year water was rationed (Yes, we've all heard the stories!), Concorde came into service, Rocky fought Apollo Creed for the first time and Dave probably owned a cream and brown Starsky and Hutch cardigan! Here he offers us a glimpse of his early years and some amusing anecdotes:

I was shocked to hear last week that I've now been a member of Salford Harriers for 30 years, it has flown by and doesn't seem a day over 29! I first had Salford brought to my attention when I started to attend South Chadderton School and in one of my

first geography lessons the teacher announced that the local running club that he attended was looking to start up a boys section. That teacher was one Alan Sladen who, to the older members, needs no further introduction.

He arranged that a number of us would see him at a track race that weekend at Longford Park. Myself and my friend at that time Dene Hattersly, and a number of others went along.

Not knowing what to expect we all lined up for the 1500m for colts. After the first lap Dene was some 30 meters clear of the field with Alan shouting at him to slow down (he didn't and went on to win the race in 4:51), not bad for a 12 year old who had never run before. I myself was mid-way in the field but determined to do better next time.

It was at this race we were all introduced to a man I always thought of as a great person not only for the club but as a friend too, Jim Plant. Jim had started his running career with a young Geoff Doggett some years before, but due to injuries had to give up the running and instead turned his attention to training others. Jimmy's strong and uncompromising approach was shown a few times one being the day after my eighteenth birthday party when doing five by one mile in the clough. I struggled round the first mile

telling him I had been sick near the lake. Jim said how rough I looked and in the next breath said 30 seconds till the next mile!

One other example was in the Piccadilly marathon in 1983, I had just gone through the first 20 miles in around 1:50 and shouted to Jim that I had blown it. Jim's response was don't be so soft... it was only pain!

My first taste of marathon running was in the October of 1981 when a number of us went over to compete in the New York race. I'd decided to run round with a young Stuart Cripps and sprint off at the end or so that was the plan, Stuart was looking for about 2:30 and I was doing about 30 miles a week at the time, something had to go and that was me in Central Park

.....backwards!

A classic comment from Stuart came at the start of that

race when we all lined up at the start in race number order and Stuart decided he needed to pee and did so all down the next blokes leg ! When I told him of what he was doing he said he deserves pissing on with a number like that 25,000 (he should have been a quarter of a mile further back) that was Stu.

When running for the club I was never short of encouragement. One year

"Stuart decided he needed to pee and did so all down the next blokes leg!"

doing the Northern 12 stage for the first time Godfrey Calf was shouting at me not to get carried away and take it steady, and on the same corner was Tony Burn saying "Stuff that kill the B*stards" good old Tony.

I was given my training from Jim Plant till the mid to late eighties until illness on Jim's part put an end to that. I then had a couple of years doing my own thing until Geoff finally started to help me as he had done for so many others, my running immediately picked up again and I had a spell of running reasonably well for a while until I started to have big problems with my knees! Four operations later I still try to kid myself I will get back to running again, which is usually the case for three to four months as I start to really push myself, as you need to do in this game, my knee gives up.

I can honestly say it has been an honour and pleasure to be a member of such a great club and to have known so many people over the years, and I look forward to the next 30 years as a member of the great SALFORD HARRIERS. **Dave Townsend**

Babies, Brides and Birthdays

Huge congratulations are extended to Bev Jenkins and Paul Simons on the birth of their baby boy, Alfie.

Congratulations also to Sonia Hanson and her partner John who recently announced her pregnancy. We expect to see you waddling around the track for a while yet Sonia!

I recently got engaged to Estelle Malm who accepted my proposal after 8 years of waiting. The cynics amongst you may suggest I only did this to have some news to put in this issue!!

Birthday wishes are extended this month to Billy Burns (37), Mike Canny (48), John Dawson (72), Pete Haigh (52), Joe Lancaster (80), Maria Lowe (28), Estelle Malm (27), Duncan Mason (38) and Kevin McCluskey (43).

Members News

During a conversation with Russ Derbyshire, I aquired a

piece of info I thought would be interesting news, especially to the older members. At the last Southend 1/2 marathon, a certain Glen Whelams after a hard battle with a v45 pulled away to win the 1st vet spot and be 1st v40. Well done Glen, but the personality presenting the prizes was over the moon. It was none other than Salfords old member and our 4min miler Andy Green. He and Glen had a long chat. The last time we saw Andy was at our Geoff Doggets funeral.

Sid Sachs

I'm sure some people in the club may find it interesting to know what "that Matt Moorhouse that use to run as a Junior" is up to now. In case you are unaware, I am back in competition after a long absence from running. I've had small occasions whereby I have ran for a couple of months since I was 23-24 years old but now that I am competing as a duathlete and multi-training, I have found I can control the injury that has held me out of running for so many years. I also have gratitude to the efforts of Duncan in helping me keep on top of injuries with his fortnightly massacre, I think he is helping to increase my pain tolerance! Obviously with only running 2 times per week with the rest of my training on the bike, I am resigned to the fact that I'll never be the best runner (*but would still whip most of us boys down the track! - ed*) However, I have now found I can be competitive at the top end at Duathlon instead. In fact now I would consider myself a stronger cyclist than runner. In my first season in Duathlon (last year) I only competed in the first of the National events whereby I injured my knee. This resulted with the end of my season, taking 9 months before competing again. During this time I continued training on the bike which kept me motivated. Whilst being careful with my knee, training accordingly and with lots of physiotherapy, this season has been a more productive one: I have won the British overall Age Group Championships held in Edinburgh, placed Third in the National Duathlon series, won the White Rose York duathlon (one of the national series events), placed second at the London Duathlon and finished my season with Third place at Milton Keynes Duathlon (2nd Brit). Milton Keynes was my best performance of the season. The Elite field contained International athletes and the cream of British Duathlon, and after having a flair up of my knee I

wasn't feeling ready. After completing the first 10km run coming back in 5th place, 1 min 20 down on the lead, I worked up to 3rd place performing the 2nd fastest 40km bike split of the day. Whilst closing down on second place on the final 7km run, I performed the 2nd fastest run split but it wasn't quite enough to improve my position. I now look forward to having a good off season, gathering strength and consistency and more importantly gaining more control of my injuries. With Duncans help I aim to perform as a GB international next season in the Elite World Championships. **Matt Moorhouse**



Just a reminder to everybody that the subscriptions for 2007 are now due if you haven't already settled up.

Prices for 2007 are as follows:

Seniors who race: £20

Seniors who do not race: £16

Unwaged: £11.50

Juniors: £7

Associates: £5

The subscription secretaries are:

Men - Roy Standing,

Ladies - Julie Laverock,



On that note the President, secretaries, managers, captains and committee would like to extend a huge thanks to you all for your continued support and membership. Every one of you is valued and we hope to see you all at the annual awards dinner. (Tickets may still be available from Ruth Bardsley priced £20 for the Bower Hotel in Chadderton on January 20th).



The club would like to welcome Trisha Sloan back to the club and also new members Dominic Lunt and John Starbuck. Good luck to Anne Buckley who tendered her resignation and will join Bingley Harriers. After a long service for the club we will miss her, but wish her all the best in her future endeavours.



Club nights out in the last two months have included a fiery burn night on the curry mile in Rusholme, and a night out in Manchester organised by Tess Walker. She did a great job despite many people having prior commitments. It would be great to see more people out at future events. We will keep you posted.



Paul Simons has recently initiated a return of the monthly pack run and there have been reasonable turnouts. Thanks to Paul Birkett for laying on a great spread at the last meeting. All abilities are welcome, lets see if we can increase the size of the Salford Mob!



Finally good luck to John Brown and Martin Cox who recently departed on a six month cycling tour from Southern Chile to Equador through the Andes.

Race Reports

At the **Boggart Hole Clough Cross Country** Carl Hardman had a great tussle with 2 Sale runners, dropping 1 before the last lap of 3. Together to the end, Carl had the better finish and won.



There were good runs down the field from our club. Lee Dunn came out of hiding to finish 2nd Salford. Paul Birkett had a good run finishing not far behind Phil West. Young Kristian had a battle with Ian who just passed Kriss at the finish. **Sid Sachs**

We turned out two full teams for the **Calderdale Way Relays** albeit with a bit of difficulty! Well done to Bob Towell and Duncan Mason for rallying the troops at late notice. Special thanks to Paul Barrett of Sale Harriers who was awoken at 8am by Andi Jones and filled in for us, despite having run in the Greater Manchester XC only 24 hours previously. Details of each leg can be found on the website forum. If you haven't already checked the website out and you are able to the address is www.salfordharriers.co.uk Stuart McGinty has put a huge amount of effort into it and it continues to look slicker every month. Well done Stu.

The **National Cross Country Relays** were held In Mansfield and we had a

superb day for running, the course was firm and produced a great race for the spectators. Newham (1.00.42) just beat Aldershot (1.00.47) with Tipton breathing down their necks (1.00.54). Timewise we were not far off in 1.03.18 finishing in 20th place. Carl Hardman came in 33rd (15.46) and he set up Andi Jones nicely for him to improve to 21st (15.18), Tarus Elly (16.37) cruised round, I don't think he has done many races on the country but he seemed to enjoy himself and came home in 26th place, and it was nice to see Tomas Abyu (the fastest half marathon man in the country this year) move us up to 20th (15.36). The B team came in a very creditable 36th, Phil West (17.01) handed over to Ray Edgar (16.43), Rob Hughes (16.39) and Matt Moorhouse moved us up from 54th place. Nice to see him out now that his sport is duathlon... he was on his way to Loughborough to be presented with an award as one of the top people in the sport. The C team were 96th, Billy Martin (17.10), Paul Birkett (17.11), Dave Shaw (19.14) and Chris Paul (21.21) came out of semi-retirement to complete 3 full teams. We have had some excellent results in this race over recent years. We won in 2001 with a team of Martin Cox, Andy Morgan-Lee, Neil Wilkinson and John Brown. In 1998 we were 3rd with Adrian Walpole, Eric Crowther, Larry Mathews and Martin Cox, only 47 seconds behind the winners Shaftesbury. In 1999 we came in second to Bingley, only 20 seconds behind. The team was John Downes who we borrowed from London -Irish for a few years, Duncan Mason, Andy Morgan-Lee and Phil Leybourne. In 2003 we came in fourth, Neil Wilkinson, Andy Morgan-Lee, John Brown and a young Andi Jones. Nice to see the ladies who came in 22nd in 33.32. Tessa Walker (10.49), Ann Buckley who has featured in many of the ladies teams (10.39), Estelle Malm (12.04). In 2001 the ladies had a great run to finish in 3rd (32.13) to the winners Windsor (30.53). Good day out, good turn out.

Roy Standing

In the **Red Rose League** on a damp, drizzly day at Bury on an undulating course of parkland, we were treated to John Brown cruising round nearly a minute ahead of Nick Leigh of Altrincham. John who was making one of his final appearances before he went off on his 6 month cycling trip to South America reminded me of the young

John who used to pulverise the opposition on his many wins of the local leagues. There is life in the old dog yet! I thought we would have won the team race this time but once again Horwich beat us, they had 4 men in 9 and we had 2 men in 10. 1st John Brown 31.07, 10th Dave Milliken 33.06 (first vet) and closing him down in 12th place was Rob Hughes 33.23, 14th Phil West 33.36 and 20th Billy Martin 34.00 who had the scalp of Paul Birkett 21st 34.11. Mark Seed was 38th 35.38, Ian Johnson was 92nd in 39.38 and had a battle with Kris Holbrook in 99th, 40.07 who improved 23 places. Nice to see a gutsy performance from Rachel Jones who was second lady to Carly Needham of Rochdale, 21.29 to 20.44, Julie Laverock did 29.39 and keeps on improving.

Roy Standing

Vets Corner

Firstly, I should like to introduce myself as I certainly don't know all of you. My name is Paul Birkett and I am a relative newcomer to running joining Salford Harriers in May, 2005 (thanks to Ian Jackson for suggesting I join). At the AGM this year I was elected, by the members present, to be the new veterans secretary. I am therefore following Peter White in this position and would like to thank him for his efforts whilst in the post. In addition, Bob Towell should be acknowledged as he did an excellent job in getting an almost complete team of veterans out for the Welsh Castles relay at very short notice in June 2006.

Qualification for National Masters team events.

The club has not been too successful in taking part in veterans events over the past year for a variety of reasons and I hope that we can make up for this in the near future. We have excellent veterans in all age groups and if we can all be fit at the correct times we should really be close to picking up national team prizes, as well as individual ones of course. One important point to note is that I understand that it is necessary for all athletes to be registered to a British Masters affiliated veterans club in order to qualify for National Masters team events. As a result I guess that most of us should be applying for membership of the Northern Veterans AC, which is likely to cost £8.00 next year (under review at the time of writing), with

membership fees due in January 2007. Cheques should be made payable to "Northern Veterans Athletic Club" and sent to:
Ms Tina Lewis
The rates for 2006 membership were £10 first claim (to include North of England AA levy)
£8 second claim (member of athletic club already affiliated to NoEAA).

Forthcoming Veterans/masters Championship Races for 2007

The key dates that are available at the moment for National championship events next year (2007) are:

May 12th 2007 BMAF Road Relays, Sutton Park, Birmingham
June 24th 2007 BMAF 5K Road Championships, Horwich

BMAF Cross country Championships

The venue and date for the National Masters Cross Country championships is Berry Hill Park, Mansfield, 24th March 2007.

The Northern Veterans Cross Country Championship

will be held at Moss Bank Park, Bolton starting at 11.00 am on 18th February 2007. It would be a good start to the New Year if we could get an excellent turn out for this event and I anticipate that I, or new team captain Paul Simons (V40), will be contacting you about this soon.

2006 BMAF Events

BMAF 10 Mile Championship Race
The 10 mile run at Lytham St Annes on October 1st 2006 is the most recent National Masters championship event that we have had representatives at. On a breezy but sunny day Dave Lockett (V40) came in a creditable 13th position overall (6th in category) with a time of 55:56 and I followed Dave home in 26th place overall (12th in category) with a time of 58:05. Arthur Walsham was also at the event.

BMAF 5K Championship

The British Masters 5k at Horwich was slightly better supported by us with the following results being returned on a damp cool day. James Jackson was the first Salford Harrier home, in what was a fast race won in 14:38. Our combined age group team came in 9th overall in V40 category.

Individual	Position Name	Category
Category Position	Time	
20	James Jackson	V40
	12	16:05
45	Paul Birkett	V40
	26	16:51
84	Michael Wakefield	V55
	7	17:50
137	Sidney Sacks	V65
	8	21:18
160	Arthur Walsham	V75
	7	30:48

Team Position

9	Salford Harriers	1:12:04
19	James Jackson	
44	Paul Birkett	
83	Michael Wakefield	
135	Sidney Sacks	

BMAF Cross Country Championship
Two of us (James Jackson and yours truly) made the long trek down south to Bournemouth in March 2006 to take part in the 2006 British Master Cross Country championships. , or was it three as I recall that Arthur Walsham may have been present and apologies to him if I've missed his name in the results. James Jackson came home in a good 14th position with a time of 26:16 on what was a fast and mostly flat course. I was just over a minute slower with a time of 27:20 finishing in 38th place.

Unfortunately as far as I am aware we didn't have any teams (or competitors) at any of the other BMAF championship races during 2006 which, of course, is very disappointing.

Welsh Castles Relay 2006

As already mentioned Bob did a great job in getting something like a full team out. I hope I can speak for those of us that took part (names taken from the official results Tom Daniels, Paul McNamara, Chris Paul, Dave Williams, Dennis Moran, Roland Bowness, Dave Shaw, Frank Murray, Paul Morrison, James Jackson, Mike Holmes, Stan Curran, Mike Higginbottam, Pete Budd, Garry Thomson, Dave Townsend, Sid Sacks, Bob Towell and yours truly) and say that an enjoyable time was had by all in the Welsh sun. Without going into full details James Jackson should get a mention for winning the Veterans prize on his leg and Chris Paul and Mike Higginbottam deserve special mentions for completing the gruelling 3rd and 14th legs respectively.

Training sessions

A reminder that there is a monthly pack run, usually the last Sunday of the month, training at the track on Tuesday evenings and a run (currently a group fartlek session for those that want to do it) on Thursdays from the Blue Bell. It would be good to see those of you that don't usually manage to attend any of these sessions if you can make it.

To finish lets aim to improve on the relatively poor veterans results from 2006 and attempt to collect some silverware during 2007. **Paul Birkett**

Dates For The Diary

XC Fixtures 2006/07

South East Lancs League

Saturday 13th January 2007 - Boggart Hole Clough

Manchester Area XC League
Saturday 13th January 2007 - Wythenshaw Park
Sunday 11th February 2007 - Woodbank Park

Saturday 27th January 2007 - NoEAA XC Championships, Heaton Park

Saturday 10th March 2007 - National XC Championships, Herrington Country Park, Sunderland

Northern 12/6 Stage Relays - 31st March 2007, Venue tba

Wilmslow Half Marathon - 25th March 2007

Salford 10k
6th April 2007

Welsh Castles Relays
9th/10th June 2007

Blast From The Past

Here club historian Roy Profitt gives us some news from years gone by. His first trip down memory lane involves:

ALFRED ERNEST TYSOE. 1874-1901.

Alf Tysoe was Salford Harriers' first Olympic champion when he won the 800 metres at the Paris Games in 1900 and only the second Briton to win a gold medal in athletics. The honour of being the first fell to Charles Bennett (Finchley Harriers) who won the 1500 metres title 24 hours earlier.

Tysoe, born in Padiham, moved at an early age to Lancaster and subsequently to Blackpool. He started serious running in 1892 when he joined the Lancaster club, Skerton Harriers. He joined Salford Harriers in 1896. He quickly gained a reputation among his rivals for gameness and class and from 1895 to 1900 proved virtually unbeatable over the short middle distances. He won 12 Northern titles in these years over 880 yards, 1000 yards and 1 mile and 4 national AAA championships. He showed great versatility in 1897 when he won both the 1 mile and 10 miles AAA championships. Thereafter he concentrated on the shorter distances and won the AAA 880 yards title in 1899 and 1900. From 1896, he was never beaten in Northern or AAA championships.

He also ran cross country and, although not reaching the same standard, was a competent performer and was a member of the Salford team which won the 1898 National – the club's last victory in this event prior to that great day in Birmingham in 2005. He beat the leading Americans whilst winning the 1900 AAA title and went to the Paris Games as one of the favourites. He duly delivered, winning the 800 metres in 2m 01.2s with estimated "negative split" lap times of 65.0 and 56.2 secs.

The last athletics event of the Games was a 5000 metres team race, 5 to run, 5 to count. As only France and Britain turned out, it proved to be a soft event for getting medals – everybody guaranteed a gold or silver as long as the whole team finished. Britain had only 4 distance runners at the Games so co-opted an Australian sprinter, Stanley Rowley, to make up the numbers. Rowley had already represented his country in the sprints, winning 3 bronze medals at 60m, 100m and 200m. The individual winner of the race was Charles Bennett, the 1500 metres champion. Tysoe finished in 7th place, one place behind Sid Robinson who was soon to join Salford and win the Northern Cross Country Championship in 1902. Meanwhile

Rowley, who was finding the going difficult when he went beyond his usual sprint distances, stopped running at the end of the first lap and walked the rest of the way. When the 9th man finished, Rowley had completed 7 laps so the officials allowed to stop here and awarded him 10 points for "finishing" 10th. Britain won by 26 to 29 points so Tysoe won his second gold and Rowley had a gold to go with his bronzes.

After the Games there was quite a clamour for a match between Tysoe and Bennett to establish who was the world's best middle distance runner. This was duly arranged in September of that year at Belle Vue, Manchester over mile, midway between their Olympic winning distances, before a crowd of 5000. As might be expected, Bennett, the stamina man, went out hard to try to blunt Tysoe's fast finish. He went through 440 yards in 62.5s and 880 yards in 2m 9s but Tysoe was still there. Tysoe moved up a gear with 200 yards to go, sprinting clear and winning comfortably by 20 yards in 3m 12.8s. He could thus be regarded as the unofficial middle distance champion of the world.

This was Alf's last significant race. In December of that year, he became very seriously ill with pleurisy. He rallied somewhat, but he caught a chill the following August which turned into bronchial pneumonia and brought on consumption (T.B.). Despite great efforts by the medical people, he died on 26th October, 1901, aged just 27. His death shocked the athletics world and it is reported that, among the large crowds at his funeral, were fans and admirers from all over the world. He was buried at Layton Cemetery, Blackpool and a striking tombstone on his grave had the following inscription on its base: "This stone was erected by the many admirers of this great athlete by whom he was held in the highest esteem." **Roy Profitt**

Last Word

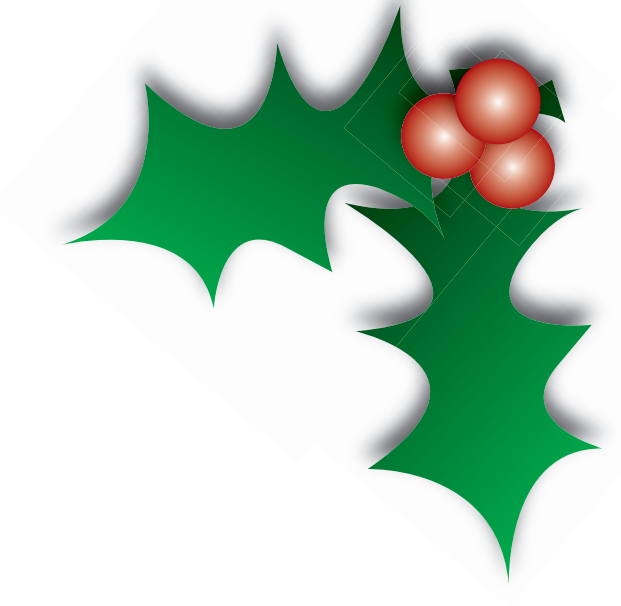
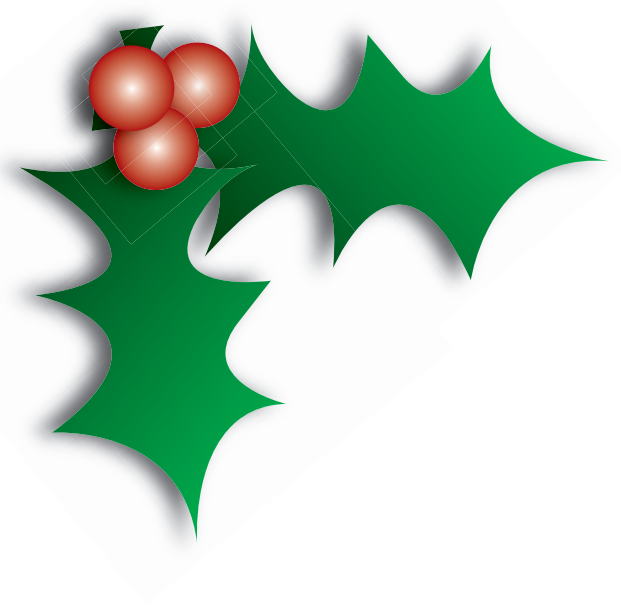
I hope you have all enjoyed reading this, feedback is most welcome and any suggestions on things to include/ things to omit would be well received. Please keep the contributions coming, you know what you need to do!

James Williams
james.williams@hotmail.com

Next Month

* Fancied running abroad? - Mark Seed gives us the lowdown on his favourite overseas races, and

* Pete Budd writes on Lee Dunn (not literally!)



**Merry Christmas
and a
Happy New Year**

