



Pawprints

The Newsletter of Altrincham and District Athletic Club



ALTRINCHAM & DISTRICT SCHOOLS CROSS-COUNTRY LEAGUE
2006 meetings: 7th October, 4th November, 11th November & 25th November.
First race 10 am.

The FOUR meetings will be held at John Leigh Park, Oldfield Road, Altrincham.

PLEASE HELP!

We have to set the course up, marshal the races, administer the finish. So if you can spare any time at all during these mornings. We start setting up the course around 9.00 and are usually finished around 12:15

Thank you to all the people who helped last year, despite their great efforts we still struggled to set up the course in time and, more importantly, we didn't marshal the course as well as we could have done.

So please help me (and the usual XC gang) to make this annual club event a success – AGAIN !

Many thanks
Mark Jutrzenka (School Leagues Secretary) .

SUBSCRIPTIONS

Subscriptions have been due since April 1st and a number of people have yet to pay - I'm sure you know who you are!!

Please make every effort to pay these as soon as possible.

A reminder that subscription rates remain unchanged again this year:

- Seniors £35.00
- Juniors £10.00
- Social membership and Second claim £15.00

Cheques payable to ADAC and post to:
1 Reservoir Cottage, Dunham Road, Bowdon, Altrincham. WA 14 QD
or to any committee member

Many thanks
Mansel Pope

Nick enjoying the mud at the National
XC Champs 2006



Contents >>>>>>>>	
Page 2-5	Road News
Page 5,6	Mile Champs
Page 7-9	Fell News
Page 10,11	Peaks to Himalaya
Page 12	XC dates & notices

August/ September 2006

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David Norman

Coaching Co-ordinator
Mark Jutrzenka

Ladies Representative
Julie Price

Club Website
www.altrinchamac.fsnet.co.uk





3rd Sale Sizzler 27th July 2006 *Report by: Derek Walton*

Just like 'Topsy' this race series grows and grows: 453 finishers this time! A score of ADAC runners braved the heatwave conditions, even at 7.30 in the evening. Dave Norman led the club home in an excellent 6th place in his first race after a much needed hernia operation. There was keen club competition between runners between 17 mins and 18 mins 30 sec, and consistent, sound runs from three ladies Vanessa, Ann and Gill.

Results:	1	P. McGlory	LivH	14:29 (CR)
	6	Dave Norman	ADAC	15:32
	27	Dave Carrington	ADAC	17:09
	40	Nick Burke	ADAC	17:27
	45	Dave Ainsworth	ADAC	17:38
	47	Mark Norton	ADAC	17:40
	48	Dave Livingstone	ADAC	17:47
	55	Adrian Fuller	ADAC	17:58
	61	Gary Cassidy	ADAC	18:04
	69	Mike Jones	ADAC	18:12
	75	Dimitri Panayahou	ADAC	18:19
	80	Dave Telford	ADAC	18:25
	103	Vanessa Mulholland	ADAC	19:10
	110	Ann Pugh	ADAC	19:15
	121	Derek Walton	ADAC	19:53
	140	Gill Keeble	ADAC	20:35
	157	Robert Tomkinson	ADAC	21:15
	188	Lucy Hickey	ADAC	22:00
	198	Alan Rydout	ADAC	22:16
	214	Margeret Bullock	ADAC	22:35
	237	Maggie Jones	ADAC	23:16

Sale "10" Road Race - Sunday 6th August 2006

Report by Derek Walton

Heat and stifling humidity did not deter 4 ADAC runners contesting this popular local annual distance race. Dimitri continued his steady comeback to finish just outside the first 50 despite going off course. Ken got hi racing legs going again after a fortnight in the Dominican Republic, but Derek struggled all the way being close to a personal worst and was passed by a fast finishing Robert on the track.

Results:	1	Adam Sutton	Preston H	48m05s	
	56	Dimitri Panayiotou	ADAC	63m06s	
	86	Ken Burgess	ADAC	66m19s	3rd M60
	187	Robert Tomkinson	ADAC	76m58s	
	189	Derek Walton	ADAC	77m03s	
	380 Finishers				

Birchwood 10k 20th August 2006

This 10K event is the second race in ADAC road race championship this year 11 ADAC athletes entered. The race clashed with my daughters birthday and from memory I remember it was damp day. However the Altrincham athletes were out in force and led home by Jason Ward who clocked an impressive 30 minutes 40 seconds.

Results:	1	Adam Sutton	Preston H	30:14	
	2	Jason Ward	ADAC	30:40	
	32	Dave Carrington	ADAC	35:33	2nd M50
	61	Sean Butler	ADAC	37:32	5th M45
	70	David Livingston	ADAC	38:00	
	89	Michael Jones	ADAC	38:42	2nd M50
	112	Anne Pugh	ADAC	39:34	1st F50
	136	Ken Burgess	ADAC	40:25	3rd M60
	152	Alison Vesey	ADAC	40:52	4th F40
	155	Damian Utton	ADAC	41:01	26th M40
	350	Robin Wignall	ADAC	46:17	11th M60
	399	Maggie Jones	ADAC	48:27	9th F45
	762 Finishers				



The Trafford 10k at Partington on Sunday 10th september 2006

This early autumn event organised and marshalled by Alty Athletics continues to grow in popularity. This time we had a record pre-entry and on the day our entries exceeded our 350 runner limit. In warm, calm conditions close to 400 runners set out on this famed 10K 'PB' course. Thanks to Dave Norman for organising the event, all marshalls and officials on the day for their help and Partington Leisure Centre for access.

Results:	1	Ste Heppies	Newham & Essex Beagles	30:23	
	4	Ian Fisher	ADAC	31:44	
	9	Paul Smith	ADAC	33:31	
	11	Tom Bush	ADAC	33:37	
	21	Dave Carrington	ADAC	34:35	2nd V50
	36	Nick Burke	ADAC	35:45	
	47	Gary Cassidy	ADAC	36:14	
	93	Gary Spilsbury	ADAC	38:43	
	101	K Wright	ADAC	38:58	
	110	N Walker	ADAC	39:35	
	134	Damian Utton	ADAC	40:39	
	234	Sandra Lewis	ADAC	46:06	
	395	Christine Monk	Unattached	1:09:14	

Team Results	1	Altrincham & District AC	4	Ian Fisher
			9	Paul Smith
			11	Tom Bush
	2	Salford Harriers		
	3	Sale Harriers Manchester		

19th Lake Vyrnwy Half Marathon Sunday 10th September 2006 Four Men in a Van.... and All!

A small group of hardened road runners made the 80+ mile trip the beautiful countryside on the Wales/ Shropshire border for this popular race.

Conditions were warm, sunny and still for the near 1300 starters. Was Jason (Ward) there or not? He was announced by the race organizer Doug Morris over the tannoy before the race start, but was not seen at the start line or post race. Dave had his usual steady run coping with the heat better; and only one minute behind was evergreen "King" Ken who is nearly 30 years older. Yours truly found the last 5 miles complete torture, as did Bob.

Results:	1	Marc Yattich	Kenya	53m31s	
	5	Catherine Mutwa	Kenya	72m43s	1st Lady
	79	Dave Livingstone	ADAC	86m50s	
	86	Ken Burgess	ADAC	87m50s	2nd M60
	116	Derek Walton	ADAC	90m17s	4th M60
	335	Bob Buckley	ADAC	1hr45m15s	M50
	834	Alan Rydout	ADAC	2hr7m42s	27 M60
	1256	Louise Jones	UA	3hr21m03s	

35 Finished in V60 category

NOEAA 6 Stage Road Relay Championships at Hartlepool on Saturday 23rd September 2006

Two Altrincham mens teams made the trip to the North of England 6 Stage Road Relays and were greeted by warm sunshine and calm conditions on the East Coast. The race took place over an out and back 5.5Km course along the promenade at Hartlepool, it was not the most picturesque or exciting of courses; however this did not detract from the quality of the racing.

The ADAC 'A' squad had been hit by injury and had a number of first choice athletes missing; however thanks to some great running managed to finish a creditable 4th place overall, with Dave Norman running the 2nd fastest overall leg of the day.

Mens Results (80 teams):

1	Morpeth Harriers & AC	1h37.27m	Mark Brown 16.27m, Daniel Samuels 15.57m, Michael Morris 16.33m, Martin Scaife 16.12m, Chris Sampson 16.06m, Mark Hudspith 16.12m
4	Altrincham & District AC	1h39.54m	David Norman 15.53m, Nick Leigh 16.54m, Paul Smith 17.11m, Jason Ward 15.58m, Phil Nichol 18.02m, Matthew Barnes 15.56m
48	Altrincham & District AC	1h55.10m	James Boardman 17.21m, Andrew Ford 18.43m, Dave Rudd 19.20m, Mark Norton 20.04m, Dave Livingstone 18.55m, Bill Egan 20.47m

Thanks to Dave Rudd who drove the minibus as well as running and to Dave Norman for organising the teams.



Who has been racing?

Below are a few of the results I came across during my results search, I would like to publish this kind of thing more often and capture results from low profile races as well as our headline events. ADAC athletes compete all around the country at all levels the list below should be longer and may include p.b runs.

If you have been racing please drop me a note to let me know and I will include them following editions of PawPrints, a race report would be great, but a link to the results page will do just as nicely.

Frank Hodson Saddleworth 6, 9th August 2006

1	Carl HARDMAN	Salford	30:25
15	Nick BURKE	ADAC	34:53

Radcliffe AC 5 Mile Trail Race, 11th August 2006

1	Ken Chapman	Unattached	27:14
2	Wajib Ali	Rochdale H	27:42
19	Jason Bushnell	ADAC	31:25

Debdale Park 7k, Manchester 13th August 2006

1	Tarus Elly	Salford	23.11
7	Nick Burke	ADAC	25.51
22	Derek Walton	ADAC	28.59 1st MV60

Blackburn 10k Road Race, Lancashire 13th August 2006

1	Neil Tattersall	Pendle AC	33:13
2	Paul Smith	ADAC	34:42

Dennis the Menace 5 Mile Trail Race, Audenshaw 23rd August 2006

1	Carl Hardman	Salford H	28:04
6	Nick Burke	ADAC	31:11
9	Mark Norton	ADAC	33:42
11	Mike Jones	ADAC	33:58 1st M50
27	Maggie Jones	ADAC	41:32 1st F45 (1st Female Finisher)

Leek Half Marathon, Staffordshire 27th August 2006

1	Nick LEIGH	ADAC	01:15:46
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Winston Runners' Ladies' 5k, Wythenshawe 27th August 2006

1	Pauline Powell	Blackburn H	16:55
8	Lucy Hickey	ADAC	21:46 2nd LV45

Norland Moor Trail Race, nr. Halifax 27th August 2006

1	Karl Gray	Calder Valley	42.56
67	Colin Davies	ADAC	58.21 4th M55

Penistone Show 10k 9th September 2006

1	A. BUSH	BARNSLEY AC	33.14
25	S. BUTLER	ADAC	39.57 3rd V 45

Boggart Chase 10k, Manchester 16th September 2006

1	Ciaran Fitzpatrick	Manchester H	33:23
31	Neil Walker	ADAC	38:59
37	Derek Walton	ADAC	40:30 1st M60
49	Mike Walker	ADAC	42:12

Great Langdale Half Marathon 24th September 2006

1	Brendan Bolland	Horwich RMI	01:19:00
19	Michael Jones	ADAC	01:32:49 2ndM50

Shell Sutton "Six" 10k, Guilden Sutton, nr. Chester, Chesire 24th September 2006

1	Tarus Elly	Salford Harriers	00:32:24
56	Anne Pugh	ADAC	00:39:51 2ndVet 50
59	Alison Vesey	ADAC	00:39:56 1stVet 40



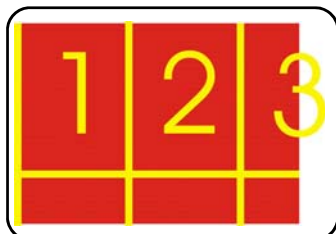
ADAC ROAD RACE CHAMPIONSHIP

STANDINGS AFTER THREE RACES

	SIZZL	BIRCH	NoEAA	TOTAL
Jason Ward	20	20	18	58
Dave Norman	19		20	39
Dave Carrington	17	19		36
Paul Smith	18		16	34
Sean Butler	15	18		33
Dave Livingstone		17	12	29
Mike Jones	13	16		29
Mark Norton	16		10	26
Anne Pugh	11	15		26
Damian Utton	10	12		22
Matt Barnes			19	19
Nick Leigh			17	17
Jimmy Boardman			15	15
Phil Nichol			14	14
Dimitri Panayiotou	14			14
Ken Burgess		14		14
Maggie Jones	4	10		14
Andy Ford			13	13
Alison Vesey		13		13
Vanessa Mulholland	12			12
Dave Rudd			11	11
Robin Wignall		11		11
Bill Egan			9	9
Rob Tonkinson	9			9
Lucy Hickey	8			8
Margaret Bullock	7			7
Derek Walton	6			6
Alan Rydout	5			5

Next two races are Leeds Abbey Dash 26/11/06 10k PB course no entries on the day! Early entry advised.
Then Stockport 10 mile 10/12/06.

Dave



Club Mile Championships

The club mile championships were held at Timperley Track on Tuesday 12th September, unfortunately Matt Barnes was not available to defend his title; however with the ever present Hardman barbecue awaiting the athletes, competition was fierce and as is now usual one or two club records were broken, this year the honours fell to Ryan Ganose in the u/13 mile and Rob Nichol u/16 in a time target race.

Results for Club Miles held on Tuesday 12th September 2006

1000 metres Trail Run (10 years & younger)

Daniel Richardson	4min-45.3sec
George Tarry	4min-48.7sec
Chloe Burgess	5min-02.3sec
Jemma Crosby	5min-06.7sec
Daniella Harris	5min-17.6sec
Ayesha Patel	5min-25.6sec
Eloise Fraser	5min-28.0sec
Bebe Freeman	5min-40.4sec
Grady Jackson Foyle	5min-45.2sec
Maddy Freeman	5min-57.2sec
Zee jones	6min-01.0sec
Heather Naylor	6min-12.1sec
James Morgan	6min-46.6sec
Matthew Bones	8min-10.0sec

under 11 years 1 mile:

Nicola Scott	7min-08.7sec
Daniel Richardson	7min-44.4sec
Harriet Stopford	8min-27.7sec
Chloe Lemon	8min-33.3sec
Tayla James	9min-00.4sec
Alexander Gavin	9min-02.0sec
Alice Norris	9min-04.0sec
Jordan Higgins	10min-46.6sec

Results for Club Miles held on Tuesday 12th September 2006 continued.

under 13 years 1 mile:	Ryan Ganose	5min-19.7sec - Club Record
	Asher Moss	6min-35.8sec
	Grant Sigsworth	6min-47.9sec
	Constance Burke	7min-03.8sec
	Chloe Smith	7min-05.4sec
	Peter Rice	7min-19.2sec
	Jenny Bullock	7min-51.9sec
	Jack Allen	7min-55.8sec
	Emma Kirrane	8min-01.5sec
	Reiner Tarry	8min-11.4sec
	Hardy Gillingham	9min-10.8sec
	Jonah Moss	9min-11.2sec

Time graded 1 mile Target - 7 minutes plus

Leanne Sigsworth u/14	6min-29.3sec
Nigel Powell vet o/40	6min-34.1sec
Stephanie Drinkwater u/14	7min-25.8sec
Becky Hand u/14	7min-31.1sec
Alan Barlow vet o/55	7min-50.4sec
Amy Jackson u/14	9min-25.5sec
Laura Kirrane u/14	9min-25.9sec

Target - Between 6 & 7 minutes

Dave Bullock u/20	6min-05.7sec
Gareth Handcroft u/18	6min-10.0sec
Fergal Rogers senior	6min-14.4sec
Adam Bailey u/14	6min-15.4sec
Adam Dolan u/14	6min-15.9sec
Katherine Harvey vet o/45	6min-16.0sec
Jim Lennon senior	6min-17.3sec
Stewart Nichol u/14	6min-19.2sec
Phil McNally u/14	6min-23.5sec
Derek Walton vet o/60	6min-23.9sec
Sandra Lewis senior	6min-24.7sec
Lucy Hickey vet o/45	6min-29.5sec
Margaret Bullock vet o/40	6min-32.0sec
Ian Stevenson vet o/45	6min-47.4sec
Andrew McCoy u/14	7min-04.3sec
Tom Watson vet o/65	7min-09.7sec
Hazel Norgate u/16	7min-14.4sec
Heather Rudd vet o/40	7min-24.9sec
Malcolm Schofield vet o/65	7min-35.9sec
Jayne Rudd u/15	7min-35.9sec
Sarah Ashbridge senior	8min-06.5sec

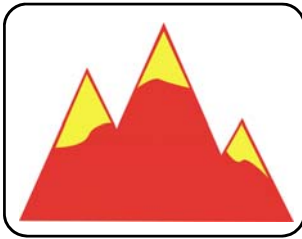
Target - Between 5min-15secs & 6 minutes

Dave Livingstone senior	5min-18.7sec
Dominic Scott u/16	5min-19.8sec
Kris Wright senior	5min-23.5sec
Olivia Walwyn senior	5min-25.5sec
Gary Spillsbury vet o/40	5min-35.7sec
James Crosby u/15	5min-36.0sec
Stephen Nicol vet o/40	5min-47.0sec
Damian Utton vet o/40	5min-48.3sec
Leo Harvey u/15	5min-54.5sec
Ken Burgess vet o/60	6min-10.0sec

Target - Below 5min-15 seconds

Dave Norman senior	4min-39.2sec
Rob Nichol u/16	4min-49.7sec - Club Record
Tom Bush senior	4min-51.5sec
Paul Smith senior	4min-55.0sec
Phil Nichol senior	5min-01.7sec
Tom Nuttall u/14	5min-16.8sec
Dave Rudd vet o/45	5min-26.0sec





Wincle Trout Fell Race – 3rd June

The third race in the club fell championship took place at Wincle. Fortunately the rain had abated earlier in the week, so the runners were able to tackle the river crossing without too much trepidation. The race was held during the village fete and all runners received a fresh trout from the local trout farm.

Unfortunately, along with around 25 others, Jeff missed the cut-off at registration which was closed at an amazing 300 runners.

In his first fell race, Adrian showed the other Altrincham runner's a clean pair of heels, finishing just over a minute clear of Mike. Ann-Marie got the better of Colin for the second time in a week and they were followed by Alan, Chris and Maggie.

Adrian

Mike

Ann-Marie

Colin

Alan

Maggie



31	ADRIAN FULLER	45-22
43	MICHAEL JONES	46-42
119	ANN-MARIE JONES	54-12
150	COLIN DAVIES	56-16
163	ALAN BARLOW	57-34
175	CHRIS KNAPTON	58-21
204	MAGGIE JONES	61-27

Rainow Five Fell Race – 7th June

A lovely summer's evening for this pleasant run around Rainow, with a stiff climb up to White Nancy and then a fast run along the top of Kerridge Hill before a gradual descent. Eight Altrincham runners turned out and Mark was first home, two minutes ahead of Ken who won the over 60s prize. Mike was just unable to catch Ken whilst Colin was 1½ minutes up on last year and held off challenges from Ann-Marie and Bob. Robin was a bit down on last year but Maggie improved by well over a minute.

20	MARK NORTON	38-25
39	KEN BURGESS	40-25
40	MICHAEL JONES	40-27
82	COLIN DAVIES	45-00
97	ANN-MARIE JONES	46-24
104	BOB BUCKLEY	46-47
116	ROBIN WIGNALL	48-02
124	MAGGIE JONES	49-42

Boar's Head Fell Race – 14 June

The fourth race in the club fell championship took place at the Boar's Head, Higher Poynton. A good fast race, which passes through Lyme Park and up onto the moors above the park, involves 1250 feet of climbing in a little over 7 miles. Ken was in good form, leading his club mates throughout and comfortably breaking the hour barrier. Colin had a good run on a course that suits him and Bob came home strongly ahead of Robin and Chris.

51	KEN BURGESS	56-08
85	COLIN DAVIES	60-57
91	BOB BUCKLEY	63-18
104	ROBIN WIGNALL	65-20
118	CHRIS KNAPTON	69-07

Tegg's Nose Fell Race – 5th August

Four ADAC runners took part in the Tegg's Nose Fell Race which is held in conjunction with the sheepdog trials at Sutton Hall near Macclesfield. Local MP Sir Nicholas Winterton set almost 100 runners off on their trip over 7 miles with 1100 feet of climbing. A superb run from second claim member Tom Bush saw him in the prizes, finishing fourth overall. Ann-Marie also had an outstanding run to claim the veteran ladies prize and finished over two minutes clear of Colin. Robin had his best run for a while but was unlucky to take a tumble near the end.

4	TOM BUSH	55-55
52	ANN-MARIE JONES	71-45
58	COLIN DAVIES	74-08
71	ROBIN WIGNALL	77-34

Cracken Edge Fell Race – 9th August

The course was dry and fast for this mid-week race at Hayfield. Nearly 200 runners set off up Ridge Top Lane with 7 miles and 1450 feet of ascent in front of them. A slight change to the course prevented the long queue at the first stile that occurred last year. Ken ran a very good race to win the over 60s prize. Colin was in touch with Ken up to half way but lost a lot of places on the descent from Big Stone to the finish. Robin took it steady as he was suffering from a painful chest, the result of his recent fall.

83	KEN BURGESS	55-57
115	COLIN DAVIES	59-50
164	ROBIN WIGNALL	69-04

Eccles Pike Fell Race – 16th August

Having not done this race before, Colin had two goes at it on the night! A solo recce in just under 40 minutes at 6.30pm and then the real thing with 120 other runners at 7.30pm. The first effort was over a dry course and the second a wet one due to some heavy rain in between.

80	COLIN DAVIES	30-50
106	ROBIN WIGNALL	34-07

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Lantern Pike Fell Race – 16th September

The final race in this year's novice championship took place at Little Hayfield.

Eight ADAC runners took part in the race which is held in conjunction with Hayfield Show. Almost 200 runners started the race which covers 5 miles with 1050 feet of climbing. Superb runs from Tom and Olivia saw them in the prizes, Tom finishing third and Olivia seventeenth overall and first lady. Jeff claimed the over 60s prize whilst Ann-Marie had an outstanding run to claim the over 50s ladies prize, finishing first lady vet ahead of Kath Harvey, first over 45, and Jane Mellor, first over 40.

Colin narrowly missed out on the over 55s prize, finishing just behind former club member Chris Keeling-Roberts. Sandra Lewis continued her rapid progress this year finishing exactly half way down the field. Robin Wignall was not far behind with Chris Knapton completing his third novice championship race of the season to tie for the title with Tom.

3	TOM BUSH	35-33
17	OLIVIA WALWYN	38-04
66	JEFF NORMAN	43-39
67	ANN-MARIE JONES	43-43
79	COLIN DAVIES	45-46
90	SANDRA LEWIS	47-10
110	ROBIN WIGNALL	49-20
159	CHRIS KNAPTON	55-29

(Best 4 out of 6)

Final Novice Championship Table

	S Tor	Wincle	Boars	Tock	Teggs	Lant	
Chris Knapton	13	18	20	14	16	16	70
Tom Bush	13	14	16	14	20	20	70
Sandra Lewis	13	14	16	18	16	17	67
Alberto de Fanis	20	14	16	14	16	12	66
Adrian Fuller	13	20	16	14	16	12	66
Dave Livingstone	13	14	16	20	16	12	66
Bill Egan	18	14	16	14	16	12	64
Olivia Walwyn	13	14	16	14	16	18	64
Lynne Nichol	17	14	16	14	16	12	63

Stanage Struggle Fell Race – 24th September

An excellent race along Stanage Edge started in heavy rain and finished in warm sunshine. Ann-Marie took her recent impressive form to another level in winning yet another ladies over 50s prize in a large field of 270 runners. Colin was below par after recovering from a stomach bug only 24 hours earlier and only just managed to respond when overtaken by Robin in the latter stages.

108	ANN-MARIE JONES	51-45
197	COLIN DAVIES	60-11
205	ROBIN WIGNALL	60-52





The Peaks to The Himalaya

By Katherine Harvey

Last December we all read about Katherine's trip to Everest to take part in the Everest Marathon and along the way Katherine was hoping to raise some money for charity. This is the final part of the 3 part article.

So far we have joined Katherine as she made her way from Katmandu on a trek to Everest. If you missed the previous parts please download old editions of Paw-Prints from our website: www.altrinchamac.fsnet.co.uk

Finally, on Sunday 20th November it was time to move up to the race start at Gorak Shep, following a very nervy medical and balance test. Even though I hadn't suffered with the altitude I found it difficult to walk in a straight line and could not walk backwards at all (lack of balance and co-ordination is a symptom of altitude sickness). The journey from Loubuche to Gorak Shep took 3 hours, and I could not have felt more tired as I dragged myself over the moraine again. All the groups, including the Nepalese runners, came together to camp in the middle of the sand lake at Gorak Shep and to have a practice start and listen to the race rules once again.

- The race would start at 7am - that is before the sun gets on the ground so it's really cold and icy. At 5.30am we would be given tea and porridge, and by 6.30am would need to have kit bags ready for the porters to carry back to Namche over the next 2 days. Sleeping bags were going separately in a special porters race (each porter carrying 6 bags for 20 miles). This was so we would have something to sleep in after the race; a change of clothes had been left in Namche on the way through.
- There would be no kit check at the start, because of the cold, but it was made clear that we had to carry water, food, a basic first aid kit, headtorch and spare batteries, survival bag, map, whistle, full body waterproofs, hat, gloves and a further set of thermals to those already worn. With 2 litres of water in my camelback I intended to drink $\frac{3}{4}$ litre before the start to get the weight down. Unfortunately, although I slept with my race shoes in my sleeping bag to stop them freezing, I left my isotonic water filled camelback in the tent - this froze overnight and I was 2 hours into the race before I could start to drink from it!
- Numbers to be worn front and back so that if anyone went missing trailing runners might have an idea where this occurred. If you came across an injured runner you had to stay until help arrived. You would not be penalised, but credited with the amount of time lost. Running past someone would mean instant disqualification.

In our lodge people were becoming very anxious about colds, coughs, food, kit - the usual stuff- and the Clayton contingent had popped in to let us know that the Nepalese runners had been training so hard they would be breaking all the records. Bruce gave a rousing going-into-battle speech and read a poem – about why we always find reasons not to do things, assuming that we can always do them later. However no one knows how long they will live, so if there is something to do, someone to love, then SEIZE THE MOMENT. Get on that bike! After this I went outside to walk about in the cold clear air, to contemplate Bruce's words, disengage from the rising hysteria and listen to some favourite Dylan on my MP3 player. Watching the mountain tops turn to pure gold I needed to be alone to focus on the arrival of my big moment.

At 6.58am (and -25 degrees) on the morning of 21st November 2005 the whistle blew, and everyone who had said they would walk went charging off across the sand. I thought I was jogging but 3 steps onto the moraine I couldn't control my breathing and was virtually hyperventilating – very frightening - so I walked and found myself right at the back. However by keeping steady I was soon passing people on the first real descent through to the sherpa memorials. I had Keith for company on the flat Pheriche bit and we helped each other find a running mode. At home Keith is a much better runner than myself, but he was somewhat hampered by discovering that -although he had brought brand new fell shoes - they were both right feet and different sizes! I was then alone for many miles, apart from the fright of coming face to face with a lone dog guarding a chorten (shrine), until the first big climb to Deboche. I was definitely strongest on the hills, managing to run where others walked, but also found that the dry, tricky descents suited me more than the peat bogs of Kinder do. On the big climb to Sarnassa I ran all the way and passed 2 Nepalese women and all the Clayton men, except for Garry Wilkinson who came 8th overall and 1st non-Nepalese person. And, in what must be the crux of the race on the Thamo loop I found the mental strength to 'break' a few guys (hey – internationals and 2.30 marathon men!) At the Thamo checkpoint I couldn't believe it when Stuart, the marshal, informed me that I was 3rd woman and 3rd non-Nepalese **person**. Running through Namche with what seemed like massive crowds cheering me on is one of the highlights of my life.



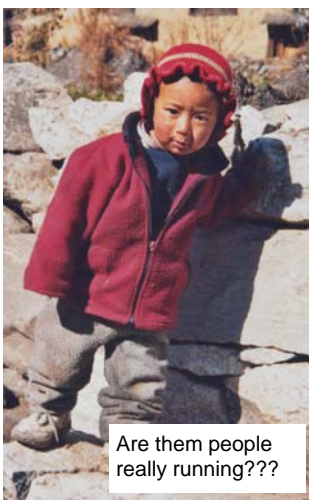
Katherine Prepares for the start

After kit checks there was controversy because it appeared that many of the Nepalese runners had dumped their sacks early on or had friends to carry them, and in one woman's case, a boyfriend to push her up the hills. One European man had somehow managed to carry no kit at all from the start. There was 10 minutes between 1st and 2nd man so a 10 minute time penalty was decided upon, so that 1st man still came first, but didn't break any records. Unfortunately there was big money at stake in the race and the Nepalese runners hadn't been able to resist using any tactics necessary to win the money (probably equivalent to a year's salary or a small mountain house). And the European guy felt he was experienced enough to never run with kit or fluid. The time penalties meant I moved into 2nd woman position. I was also 1st female vet, 2nd person vet, 3rd non-Nepalese runner and 15th overall (phew). My time was 5.46.08 (joint 6th woman on the all time

list) and I am one of only 550 people in the world to complete the marathon (a smaller number than have been to the summit of Everest!)

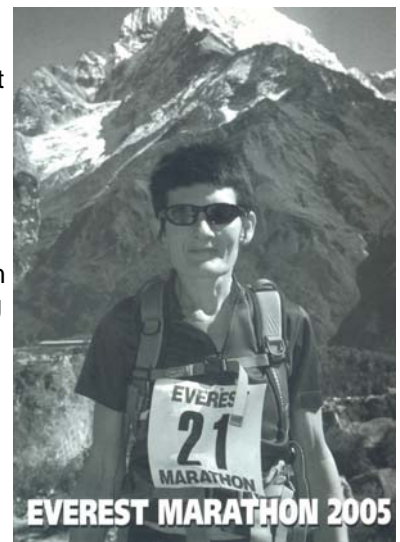
In 2 years time, when the race is next held, a minimum time penalty of 2 hours will be applied for cheating. If this had happened in my race I'd have been 1st woman. Although some people felt a little sore about what was a 'political' decision and thought there should have been complete disqualifications, I think there is more of an argument for separate races which run together. However nothing could spoil what was a simply fantastic race for me. The sense of my own self reliance and mental strength has been more than enough reward.

My warm down, after joyously phoning home, was to dance for 4 hours in a truly extraordinary fashion to Elvis in Namche's only 'nightclub' (memories of Keswick's nightclub, hey Don!) Although I'd managed a shower I had to sleep in my clothes for the next 2 days, as my hands were so cracked and sore from



Are them people really running???

the drying hand gels and constant kit bag cramming and zip pulling, that I could no longer bear to touch anything. The day after the marathon, in the English-like misty rain I foolishly went for a walk back up the hill to Khumjung with a few new friends - it was only the prospect of the famous apple pie that kept my body moving like a snail, but at least it showed how hard I'd worked (especially on the dance floor!) And then it was more tired and happy trekking back to Lukla for the flight to Kathmandu. I was so elated I hardly slept for the 5 nights in Nepal after the race. Every sight, sound, smell and taste made me feel wonderful and very alive. In Lukla, before flying back to Kathmandu for 2 more days of celebrations, we shared a cake decorated by our workers, saying 'Happy Last Diner 2005.' Then wages and tips were presented by Bruce, reminding everyone of how precious their contributions had been, how hard they work and how difficult it is to bridge the gap between their life in Nepal and our lives at home.



As we flew out of Kathmandu, with the Himalaya rising out of a deep red sky, I felt changed forever, as Bruce said would happen. I remember wondering how I was going to explain how I had changed and why, and whether I'd be able to easily get back into ordinary running and the routines of home and work. And as Nepal faded away I felt as if I was leaving a part of myself behind. I can understand why people have to go back, get the climbing bug or summiting fever, and have to scale new heights in order to find themselves again.

Katherine Harvey

Results of the Everest Marathon 2005

1.	Tshiring Lama Yolmo	3.52.25 *	Nepal	
2.	Deepak Raz Rai	4.03.24 *	Nepal	
3.	Chiring Sherpa	4.09.45 *	Nepal	
14.	Lhakpa Diki Sherpa	5.38.45 **	Nepal	First Lady
15.	Katherine Harvey	5.46.08	GB	Second Lady - First Lady Vet

Cross Country Dates for the Diary

provided by Mike Welford

Manchester University Relays : Saturday 7 October

Altrincham Schools : 7 October, 4 November, 11 November and 25 November (all Saturdays at John Leigh Park) - first race 10am

Manchester Area XC :

Sat 14 October Heaton Park,

Sat 18 November Boggart Hole Clough

Sunday 3 December Macclesfield

Saturday 13 January Wythenshawe Park

Sunday 11 February Woodbank Park. First junior race 12 noon, Senior Ladies 1.50 and Senior Men 2.30

English National Relays : Saturday 11 November at Mansfield

UK Cross Challenge :

Saturday 25 November at Sefton Park, Liverpool (incl European Trails)

Greater Manchester Champs :

Sunday 10 December, venue tbc

ADAC Handicaps : Saturday 17 December John Leigh Park

North Of England Champs :

Saturday 27 January at Heaton Park

Inter Counties :

Saturday 24 February at Nottingham

National XC :

Saturday 10 March at Sunderland

Injured or Not!

Duncan Mason is a Physiotherapist and Director of Athlete Matters, he is runner and has been a member of Salford Harriers for a number of years. Duncan's specialist knowledge in managing athletics injuries, comes from his extensive experience from training and competing as an athlete, he is a 65 minute half marathon runner and has run in the elite field at the London marathon finishing in the top 30.

Duncan qualified in 1990, he is a State Registered Physiotherapist & Member Chartered Society of Physiotherapy.

Duncan has proposed to offer discounted rates to Altrincham & District Athletes, to find more about the services offered and read some of the testimonials left by other athletes visit the Athlete Matters website at:

www.athletematters.com

Athlete Matters

Worsley Physiotherapy and Sports Injuries Clinic

First floor, Ackerley House,

Roe Green, Worsley M28 2JL

Hours of Business: Mon to Fri: 9.00am to 9.00pm Sat: 8.30am to 1.00pm

Car Booty

With the exception of the 'Usual Suspects', initial response to our Car Boot Appeal has been poor at best.

This is an ongoing drive to raise club funds and a little enthusiasm from other members would be much appreciated. So if you have any suitable items to donate, please bring them to the track.

Once again - all unsold items will be donated to local charities.

With Thanks

Mike Watson

Editors Note:

I would like to congratulate all of the athletes who have competed for ADAC during the last few months, there have been many outstanding results and personal goals have been achieved. Thank you to all of those who have contributed articles and results (please keep the articles coming in) and also thanks to the many readers who have given me positive feedback regarding PawPrints.

It is about time we had something from our Young Athletes, so come on drop me a line or let me know if you have any ideas for articles or reports you would like included.

To receive PawPrints via email please send an email to me at itbegan@gmail.com with the subject line 'Please email me my copy of PawPrints', please also include your name and I will activate your subscription (it is free).

Keep Running

Bill

