

PAWPRINTS – FEBRUARY 2009

Please visit the club website www.altrincham-athletics.co.uk for Don Nichol's training schedules, cross country, road and fell news etc. If you wish to be able to send and receive emails via the club loop please click on the Yahoo Groups link and register.

Sportshall Athletics

County Sports Hall Championships

Alex Ashton was the star athlete in the Under 13 Boys competition on 1st February winning Gold in the standing long jump and Silver in both the 2 lap sprint and the standing triple jump. In addition to his medals, he was awarded the Athlete of the Match T-shirt for his age group. Alex will now represent Greater Manchester in the North West Regional Championships to be held at Wigan on February 22nd.

Road Running

Four Villages Half Marathon

The first race in this year's club road running championship was the Four Villages Half Marathon at Helsby on Sunday 18th January. Over 1500 runners started, including nine from Altrincham. Dave Livingstone got the year off to a good start, finishing 46th, three places ahead of Mark Norton. Ken Burgess, pictured right, was first over 65 and Kath Harvey was second lady over 50.



Alison, Carole and Bev going well



46	DAVE LIVINGSTONE	1-22-37
49	MARK NORTON	1-23-08
186	KEN BURGESS	1-30-00
329	ALISON VESEY	1-35-38
357	KATH HARVEY	1-36-46
419	CAROLE HARRISON	1-38-28
494	BEV GANOSE	1-41-02
536	SANDRA LEWIS	1-42-18
620	BOB BUCKLEY	1-44-57

Full results:

http://www.raceahead.co.uk/results_details_new.php?event_id=FVHM09&show_type=Top+10&old_race_id=196&refresh=60&month=&year=&criteria_change=1&competitor_individual=&race=196&show_type=All

Alsager 5

The second race in the club championship was at Alsager on Sunday 1st February. Matt was fifth, less than a minute behind winner Phil Wicks of Belgrave. and Olivia was third lady, only eight seconds behind the winner Claire Adams of Telford. Dave Livingstone and Dave Ainsworth both finished in under 30 minutes. Mansel finished in the top half of a field of over a thousand runners.



Dave Livingstone



Dave Ainsworth

5	MATT BARNES	24-20
57	OLIVIA WALWYN	27-37
96	DAVE LIVINGSTONE	29-14
112	DAVE AINSWORTH	29-43
421	MANSEL POPE	36-43

Full results: <http://www.race-results.co.uk/results/2009/alsager.pdf>

Club Road Running Championship 2009

- 1 Four Villages Half Marathon 18th Jan
www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2009.htm
- 2 Alsager 5 1st Feb
www.alsager5.co.uk
- 3 Wilmslow Half Marathon 29th Mar
www.wilmslowhalf.org.uk
- 4 Manchester Sizzler Race 1 25th Jun
www.saleharriersmanchester.com
- 5 Manchester Sizzler Race 3 23rd Jul
www.saleharriersmanchester.com
- 6 Birchwood 10K August
www.spectrumstriders.org.uk
- 7 Langley 7 7th Nov
http://www.mh.k313.com/mh/index.php?option=com_content&task=view&id=364&Itemid=71
- 8 Leeds Abbey Dash 10K November
<http://www.helptheaded.org.uk/en-gb/HowYouCanHelp/Events/Running/LeedsAbbeyDash/default.htm>
- 9 Stockport 10 mile 13th Dec
<http://www.stockportharriers.com/race.htm>
- 10 Sale Festive 5 December

www.saleharriersmanchester.com

Championship Table after 2 races

1	Dave Livingstone	20	17	37
2	Mark Norton	18	11	29
3	Ken Burgess	17	11	28
4	Alison Vesey	16	11	27
5	Matt Barnes	7	20	27
6	Kath Harvey	15	11	26
7	Carole Harrison	14	11	25
8	Olivia Walwyn	7	18	25
9	Bev Ganose	13	11	24
10	Sandra Lewis	12	11	23
11	Dave Ainsworth	7	16	23
12	Bob Buckley	11	11	22
13	Mansel Pope	7	15	22

Road Relays

Don't forget the North of England 12 stage men's and 6 stage women's road relays will be held at Woodbank Park, Stockport on Sunday 5th April 2009. If you wish to be considered for the men's 'A' or 'B' team or the ladies' team please contact Adrian for details. There will be a men's trial on Tuesday 24th March to determine who is going to represent the club in the 'A' team.
Email adrian@fuller84.fsnet.co.uk .

Cross Country

Northern Cross Country Championships

Sherdley Park, St Helens

It was a disappointing day for Altrincham at St Helens with only two senior ladies and five senior men finishing. There were good runs from Ryan Ganose, 22nd in the U15 Boys, and Lucy Smith, 29th in the U15 Girls. Matt Barnes, pictured right, finished 26th in the senior men's race. Hopefully there will be a better turnout in the Nationals where the senior men finished third the last time they were held at Parliament Hill Fields.



Full results: <http://www.race-results.co.uk/results/2009/naxc09.htm>

Manchester Area Cross Country League

In the final meeting at Wythenshawe Park ADAC men were second, the counters being Dave Norman 4th, Bill Crowther 7th, Rob Nichol 12th, Dave Gilchrist 20th, Neil Walker 37th and Nick Burke 45th. Bill Crowther, Dave Gilchrist, Nick Burke and Dave Rudd were third vets team.

Full results: <http://www.race-results.co.uk/results/2009/macclj5.pdf>

The ladies were tenth, the counters being Sandra Lewis 15th, Alison Vesey 29th, Carole Harrison 40th and Maggie Jones 73rd. Alison, Carole and Maggie were seventh vets team.

Full results: <http://www.race-results.co.uk/results/2009/macclj5.pdf>

The Under 15 Boys were second with Josh Morse 4th, Josh Smith 10th and Liam Rutledge 13th.



Josh Morse



Josh Smith



Liam Rutledge

Fell Running

Thursday night fell runs

These take place fortnightly throughout the year. During the winter months headtorches are needed. Runs start at a variety of places and normally last 1½ hours and finish with a meal in a pub. The next run is on Thursday 19th February from the main car park (SJ965909) next to the reservoir at Etherow Country Park, Compstall off the B6104 between Marple and Romiley. The run starts at 7pm prompt and the meal is in the nearby Andrews Arms at 8.45pm. On Thursday 5th March the run is from the Bull's Head, Tintwistle. The run starts from the pub car park (SK022973) at 7pm prompt and the meal is at 8.45pm.

Giant's Tooth – 1st January

A field of 91 runners assembled at Ogden Reservoir for this New Year's Day race over 3 miles with 400 feet of ascent. All were well wrapped up in the sub zero temperatures and the recent dry weather meant the course was fast. Lisa Lacon of Holmfirth was first lady in 19.27, improving her own course record by 25 seconds. Andy Wrench of Todmorden won the race in 17.21. As last year Colin ran the course three times, the first as a warm up and the last to de-flag the course. In between he managed to improve on last year's time in the race itself.

49	COLIN DAVIES	24-20
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Full results: http://www.fellrunner.org.uk/results/race09/09_giantstooth.pdf

Ashurst Beacon – 17th January

The first club fell championship race of the year saw five ADAC runners in a field of 119. Shaun, pictured right, led them round, finishing just over a minute ahead of Jeff who was first over 60. Alan led Craig and Colin for the first two miles but was passed on the climb up to Parbold. Craig passed Colin on the descent through Fairy Glen but couldn't quite hold on as Colin made good use of the uphill finish to the Beacon, moving through into the top half of the field.



Craig



Alan

22	SHAUN JACKSON	45-08
28	JEFF NORMAN	46-16
56	COLIN DAVIES	50-52
60	CRAIG PARTRIDGE	51-12
88	ALAN WILLIAMS	56-28

Full results: http://www.fellrunner.org.uk/results/race09/09_ashurstbeacon.html

Kinder Trial – 1st February

Report by Craig Partridge

It was cold! Very cold! And that was only in the car park! Seven Altrincham athletes took part in a 12 mile navigational event in the first weekend of February, chasing ten cunningly hidden checkpoints dotted about the bleak slopes of Kinder Scout. An in-form Jeff Norman led the team home finishing 6 minutes faster than Martin Crosby. Shaun Jackson and Craig Partridge teamed up to challenge cross-country pair Sandra Lewis and Bev Ganose. Arguably, a bad route choice cost the girls some time and the boys cheated slightly by ditching the compasses and following Jeff's luminous green hat to the finish. Full of a cold, Colin coughed and spluttered his way around the course valiantly, still managing to finish in a good position despite his germs. A total of 136 of the 153 runners who had started managed to complete the course successfully.



Bev and Sandra finishing strongly

41	JEFF NORMAN	2-30-14
52	MARTIN CROSBY	2-36-27
58=	SHAUN JACKSON	2-40-52
58=	CRAIG PARTRIDGE	2-40-52
87=	SANDRA LEWIS	3-02-11
87=	BEV GANOSE	3-02-11
109	COLIN DAVIES	3-34-46

Full results: <http://www.cs.man.ac.uk/temples-bin/hc.pl?a=list&d=hc&f=kinder-trial-2009>

The third race in the club fell championship is Cloud Nine on Sunday 1st March.
To enter visit <http://www.congleton-harriers.co.uk/cloud9.htm>

Club Fell Running Championship 2009

Ashurst Beacon	CS	Jan 17	12.30pm
Kinder Trial	O	Feb 1	10.00am
Cloud Nine	CM	Mar 1	11.00am
Rivington Pike	BS	Apr 11	3.00pm
Mount Famine	AS	May 16	11.00am
Boar's Head	BM	Jun 10	7.30pm
Shining Tor	AS	Jul 22	7.30pm
Cracken Edge	BM	Aug 5	7.30pm
Lantern Pike	BS	Sep 19	2.00pm
Windgather	BL	Oct 11	11.00am
Clwydian Hills	AM	Nov 1	10.30am
Gravy Pud	BS	Dec 6	11.00am

Championship Table after 2 races

1	Jeff Norman	18	20	38
2	Shaun Jackson	20	17	37
3	Craig Partridge	16	17	33
4	Colin Davies	17	13	30
5	Martin Crosby	11	18	29
6	Sandra Lewis	11	15	26
7	Bev Ganose	11	15	26
8	Alan Williams	15	9	24

Full details of all fell races in the FRA Calendar & Handbook 2009 and on the website:
<http://www.fellrunner.org.uk/>

Track & Field

Track & Field Fixture List, March – September

DAY	DATE	MEETING	VENUE	U9	U11	U13	U15	U17	U20	Senior
MARCH										
Saturday	7th	England Athletics U15/U17 Combined Events Champs	EIS Sheffield				X	X		
Sunday	8th	England Athletics U15/U17 Combined Events Champs	EIS Sheffield				X	X		
Sunday	22nd	\$ Winter Warm Up meeting	Stanley Park, Blackpool	X	X	X	X	X	#	X
APRIL										
Thursday	16th	\$ Timperley Track Meeting	Timperley	X	X	X	X	X	X	X
Sunday	19th	Cheshire League	Ashton under Lyne		X	X	X	#	#	X
Saturday	25th	\$ Open Track & Field Meeting	Macclesfield	X	X	X	X	X	X	X
MAY										
Saturday	2nd	Northern League	Stockport					&	&	X
Sunday	3rd	Young Athletes League	Longford Park, Stretford			X	X	X		
Thursday	14th	\$ Timperley Field Meeting	Timperley	X	X	X	X	X	X	X
Sunday	17th	Young Athletes League	TBA			X	X	X		
Saturday	23rd	Northern Athletics U15/U17 Champs	Gateshead				X	X		
Sunday	24th	Northern Athletics U15/U17 Champs	Gateshead				X	X		
Sunday	31st	Young Athletes League	TBA			X	X	X		
JUNE										
Saturday	6th	Northern League	TBA					&	&	X
Thursday	18th	\$ Timperley Track Meeting	Timperley	X	X	X	X	X	X	X
Saturday	20th	Northern Athletics Sen / U20 Championships	Sportcity, Manchester						X	X
Sunday	21st	Young Athletes League	TBA			X				
		Northern Athletics Sen / U20 Championships	Sportcity, Manchester						X	X
JULY										
Sunday	5th	Northern League	Halifax					&	&	X
Thursday	9th	\$ Timperley Field Meeting	Timperley	X	X	X	X	X	X	X
Sunday	12th	Cheshire League	Macclesfield		X	X	X	#	#	X
Sunday	19th	Young Athletes League	TBA			X	X	X		
AUGUST										
Sunday	2nd	Northern League	Longford Park, Stretford					&	&	X
Sunday	9th	Cheshire League	Longford Park, Stretford		X	X	X	#	#	X
		U15/U17 Championships	Birmingham				X	X		
Thursday	13th	\$ Timperley Field Meeting	Timperley	X	X	X	X	X	X	X
Saturday	15th	England Athletics U15 / U17 Combined Events Champs	Alexander Stadium, Birmingham				X	X		
Sunday	16th	England Athletics U15 / U17 Combined Events Champs	Alexander Stadium, Birmingham				X	X		
SEPTEMBER										
Sunday	6th	Cheshire League	Eccles		X	X	X	#	#	X
Sunday	13th	Junior Multi Events Championships	Macclesfield		X	X	X	X		
		\$ Open Meeting	Stanley Park, Blackpool	X	X	X	X	X	#	X
Sunday	27th	\$ Open Meeting	Stanley Park, Blackpool	X	X	X	X	X	#	X

League matches and important championships are shown in bold type. Please try and keep these dates free.

JOHN SNAPE	X	Denotes events for this age group
MARK JUTRZENKA	#	Girls in this age group compete as Seniors
HOWARD TARRY	&	Athletes in this age group compete as Seniors
SARAH ASHBRIDG	\$	See John Snape for entry forms / details
TERRY BURKE		

Club Dinner – Cresta Court - Friday 25th September 2009

Money has now started to trickle in for this. The cost is £25 including a 3-course meal. There will only be 80 places available so please send your cheque in now to make sure of your place. Please send names with cheques payable to "Colin Davies", Please indicate if you require a vegetarian meal.
Email colin@d928.fsnet.co.uk

Congratulations to Robin Wignall on joining the M65s this month.

