



Pawprints

The Newsletter of Altrincham and District Athletic Club



Marshals Needed Trafford 10k Sunday 9th March 2008, 9:30am

START and FINISH, Registration, Changing, On Course and Car Parking
Partington Leisure Centre, Chapel Lane, Partington

Many arrangements are already in place; however this year we aim to have all marshals nominated 2 weeks prior to the race.

Until the marshal posts are filled we cannot accept entries from ADAC athletes unless they can provide a non-member to marshal in their place.

Please make yourself available to help out on the day (contact Dave Norman or Bill Egan to volunteer) or add your name to the list in the office posted at the track.

During recent years the race has grown in popularity and has attracted many big name runners from around the region, in March 2007 the first 5 finishers were home in 30mins or less, making this one of the fastest courses in the country.

This year we are offering a goody bag to finishers and medals in response to feedback and we are expecting a large field.

Please offer your support.

Bill

Stan Hailes Competitors August 2007
Report in next issue with Young Athletes update



January 2008

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Your Club Committee

Chairman
Bob Spark

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Matt Barnes

Treasurer
Mansell Pope

Cross-Country Co-ordinator
Dave Rudd

Road Running Co-ordinator
David Norman

Coaching Co-ordinator
John Snape

Ladies Representative
Sarah Ashbridge

Club Website
www.altrinchamac.fsnet.co.uk

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Happy New Year

The 2007 seasons have passed and everybody is focussed on the year ahead and for most us resolutions will have been made and hopefully most are still intact. One of my resolutions is to stretch more and if my physio is reading this I can honestly say I am stretching pre and post run as well as in the morning and evening.

As we look forward to 2008, we have our first big road race just around the corner the Trafford 10k, entries are pouring in and I am sure as the date gets closer the race fill up once again. As ever Dave Norman is busy behind the scenes organising the event, please if you can contact Dave and offer him your support and get involved.

This year we have bumper number of London marathon runners, I hope the early training is going well. Good luck to everyone with your training and race plans in 2008.

Stay fit and Keep Running
Bill

CHRISTMAS HANDICAPS 2007

Saturday 22nd December at John Leigh Park

Despite the foul weather, the turnout for this year's event, celebrating 40 years at John Leigh Park, was the best for about 10 years. The senior race had double the number of competitors to last year, and with the boys and girls, a total of 59 took part.

Dave Attwell was given the biggest start awarded to any runner in the history of the event whilst recovering from recent surgery and had completed almost 3 of the 5 laps before Dave Norman set off. He stayed at the front until, with 200 yards remaining, Bob Buckley, who started almost 16 minutes after Dave, swooped past. Bob was one of only three to run faster than last year, knocking 1min 42 off his 2006 time. There was an allegation of pacing, as Bob's dog maintained close contact throughout, but there was no denying he ran extremely well – a big improvement on recent form.

Malcolm Schofield, despite his 70 years was another to better last year's time (by 34 seconds), hanging on to third place.

Rob Nichol was the 3rd runner to improve his time and his 28 second improvement made him just 16seconds short of taking the fastest time for the 2nd successive year. As it was, Dave Norman made heavy weather of it, slipping and sliding in the wrong shoes to a 23:19 time, some 2½ minutes slower than his last attempt in 2005.

Derek Walton was "robbed" of the "wooden spoon" he seems to treasure, as Reyer Gerlagh and Alan Rydout missed their rightful starts by about 5 minutes!

Apologies to Reyer, who I took to be a late entrant when he presented himself midway through the starting process due to some language difficulties (I don't speak very good English).

The over 55s dominated the team race.

In the **1lap race** for boys and girls, 9yr old Harriet Knowles, who 5 years ago became the youngest ever competitor to complete this event, looked mightily impressive as she sped to the 3rd fastest time, only 9seconds short of the fastest set by 15yr old Charlotte Bent. Gemma Crosby, also 9, found her 61second improvement on last year was not enough to beat Lucy Haslam, who caught out the handicapper.

In the **2 lap race**, it was James O'Rourke who defied the handicapper to beat long time leader Chloe Smith by 4 seconds and also set the fastest time. Peter Rice had the biggest improvement of those who competed last year (51sec) to take 3rd place in the biggest junior field I can ever remember.

My thanks go to all those who helped mark the course, to Alan Hardman for organising the presentation venue, to Jim Ratcliffe and Mike Welford for starting, time-keeping and recording and to Colin Davies for the results. Colin also resurrected the "Friday before in the pub" which was a long standing tradition. He came out of it well, as he had Bob in the sweep.

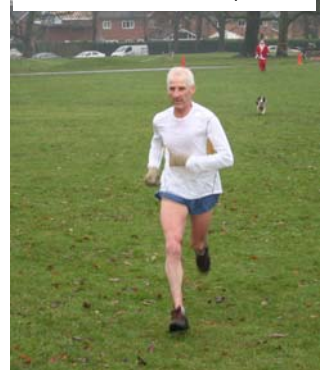
Finally, thanks to all who supported this years event. Come along on 20th December (provisional) next year and see if you can get into the hall of fame. So far, Derek (41 runs), Dave Attwell and Alan Hardman have all completed over 30 Christmas handicaps.

Jeff Norman

Santa Dave puts in a appearance



Bob Buckley on his way to victory with 'Beth' and Santa in pursuit.



CHRISTMAS HANDICAPS 2007

Saturday 22nd December at John Leigh Park

Altrincham and District AC Christmas Handicaps 2007 Boys/ Girls races

John Leigh Park Altrincham on Saturday 22nd December
1 lap race

Position	Name	Handicap	Clock Time	Actual Time	Position (fastest)	Age
1	Lucy Haslam	1.30	4.39	6.09	4	12
2	Gemma Crosby	1.40	4.58	6.38	7	9
3	Joris Gerlagh	2.15	4.59	7.14	6	8
4	Harriet Knowles	0.35	5.08	5.43	3	9
5	Charlotte Bent	0.25	5.09	5.34	1	15
6	Alex Ashton	0.05	5.30	5.35	2	11
7	Suchanon Pinkaew	0.25	5.45	6.10	5	12
8	Anthony Radcliffe	0.00	6.58	6.58	8	13

2 lap race

Position	Name	Handicap	Clock Time	Actual Time	Position (fastest)	Age
1	James O'Rourke	1.00	9.00	10.00	1	14
2	Chloe Smith	3.30	9.04	12.34	15	14
3	Peter Rice	3.00	9.21	12.21	14	
4	Adam Dolan	1.00	9.41	10.41	4	15
5	Josh Smith	0.50	9.42	10.32	3	14
6	Adam Simms	1.00	9.45	10.45	5	14
7	Grant Sigsworth	1.55	9.53	11.48	11	12
8	Ryan Hession	1.00	9.54	10.54	7	14
9	James Crosby	0.30	9.55	10.25	2	15
10	Helena Flippance	1.20	10.02	11.22	9	13
11	Lucy Smith	0.50	10.14	11.04	8	14
12	Leanne Sigsworth	1.20	10.22	11.42	10	14
13	Kelly Radcliffe	4.05	10.26	14.31	17	14
14	Joe Mottram	1.30	10.33	12.03	13	12
15	Nicola Scott	2.15	10.36	12.51	16	12
16	Ryan Ganose	0.00	10.53	10.53	6	14
17	Tom Sherrington	0.30	11.22	11.52	12	15
18	Constance Burke	3.10	11.52	15.02	18	13
19	Hannah Sacks			DNF		

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ALTRINCHAM AND DISTRICT AC CHRISTMAS HANDICAPS 2007 John Leigh Park, Altrincham over 5 laps (4.0miles) on Saturday 22nd December

Position	Name	Handicap	Clock Time	Actual Time	Position (fastest)	Age	Age graded time	Position Age graded
1	Bob Buckley	10.10	20.38	30.48	18	55	26.25	13
2	Dave Attwell	25.55	21.00	46.55	32	68	35.10	32
3	Malcolm Schofield	16.20	21.28	37.48	29	70	27.25	18
4	Alison Vesey	7.20	21.37	28.57	11		23.42	5
5	Neil Walker	4.10	21.38	25.48	3	28	25.46	10
6	Shaun Jackson	5.50	21.44	27.34	9	36	26.33	16
7	Rob Nichol	1.50	21.45	23.35	2	16	20.38	1
8	Alice Heath	8.40	21.46	30.26	14	31	26.11	12
9	Ken Burgess	6.30	21.48	28.18	10	65	22.07	2
10	Sandra Lewis	8.40	21.49	30.29	15		26.31	15
11	Bev Ganose	8.40	21.50	30.30	16	43	24.32	7
12	Mark Jutrzenka	8.20	22.17	30.37	17	48	27.27	19
13	Craig Partridge	8.40	22.20	31.00	19	39	29.21	28
14	Mark Norton	3.30	22.33	26.03	4	36	25.06	8
15	Domimnic Scott	3.50	22.40	26.30	6	16	23.11	3
16	Alan Barlow	11.50	22.43	34.33	25	60	28.31	25
17	Mike Walker	3.40	22.52	26.32	7	29	26.26	14
18	Colin Davies	9.30	22.55	32.25	20	55	27.48	21
19	Mike Jones	6.30	22.59	29.29	12	52	25.46	10
20	Paul Knowles	3.20	23.01	26.21	5		24.30	6
21	Dave Norman	0.00	23.19	23.19	1	29	23.13	4
22	Lucy Hickey	10.00	23.20	33.20	23		26.58	17
23	Maggie Jones	13.00	23.26	36.26	27	48	28.26	23
24	Lynne Nichol *	10.00	23.42	33.42	24	41	28.23	22
25	Jason Welch *	9.30	23.46	33.16	22	38	31.41	30
26	Mansel Pope	9.00	24.10	33.10	21	55	28.26	23
27	Phil Nichol	1.40	25.10	26.50	8	41	25.06	9
28	John Patterson	12.00	25.17	37.17	28	65	29.09	27
29	Jean Dolan	16.10	25.50	42.00	30	60	30.09	29
30	Derek Walton	8.40	26.27	35.07	26	64	27.47	20
31	Reyer Gerlagh*	3.40	26.27	30.07	13	38	28.41	26
32	Alan Rydout *	13.10	30.54	44.04	31	63	???	31

* Missed allocated time slot or not handicapped due to lack of knowledge.
 Alan Rydout missed slot by unknown amount-? 5min
 Age gradings guessed for those who did not provide age.

ADAC 45 Years of Records and Achievement

A record book has been produced by Don Nichol detailing the achievements made by Club Members from May 1961 to May 2006. The book is available from the track and includes events from 75 metres to Race Walking and Discus to Heptathlon, for Juniors, Seniors, Vets and Team events.

The book is available for just £4.00, to secure your copy please ask a track official or drop an email to: itbegan@gmail.com



Science and Running

These days, all General Practitioners are expected to practice something called Evidence Based Medicine. This means that anything I tell you about blood pressure, cholesterol, sexually transmitted diseases or even running injuries has to be all based on sound scientific evidence, proven beyond reasonable doubt in a large scale double blind study.

Imparting completely accurate up-to-the-minute information is good news for patients, who leave fully conversant with the facts of the matter in hand. It is bad news for doctors, who now feel obliged to provide nothing but the hard truth. Gone are the days when one could make things up to avoid looking stupid. If you ask me a difficult question, and I don't know the answer, rather than pull some completely invented nonsense out of thin air, I am obliged to acknowledge my ignorance and research the solution. Gone too are those pretend diagnoses like 'post viral cough' and my old favourite, the 'gastric stomach'. The savvy patient will check the diagnosis and recommended treatment on the internet shortly after the consultation, frequently returning with fistfuls of information printed from Google, which unsurprisingly, casts doubt on what you were taught in medical school in 1976.

So what science can I blind you with in this decade's issue of *PawPrints*?

Well there is oodles of hard scientific data concerning running.

One study attempted to compare the running injuries between middle distance runners and marathon runners. It concluded that marathon runners tended to incur more injuries than middle distance runners (97% compared to 81.8%), and whilst marathon runners suffered from back problems and hip ailments, middle distance runners were more susceptible to knee problems, stress fractures and shin splints. No surprises there.

Although stretching is often recommended as a safety measure for prevention of injury, no population study has found that this practice reduces the rate of injury (Macera, 1992). Furthermore, there is no evidence that running on grass compared with running on a hard surface reduces your risk of injury. These findings go against popular wisdom and do seem rather surprising.

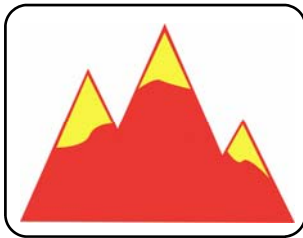
A recent study in Dundee University compared nine pairs of running shoes from three different manufacturers at three different price ranges: low (£40-45), medium (£60-65) and high (£70-75). Pressure measurements were recorded from under the heel, across the forefoot and under the great toe. Runners were also asked to assess the level of comfort. Overall, pressure distribution was found to be slightly better in the cheaply priced shoes and no difference in comfort was recorded across the board. Professor Rami Aboud, from Dundee University's school of medicine, said: 'We have found that neither pressure nor comfort are related to the cost of the trainers. It appears to be the perception of the customer that if you pay more you are going to get a better product. Our study has showed that is not the case.' Apologies to any Altrincham Athletes who work or may have worked in running shops, no slight is intended, but I shall not be purchasing motion control antiroll-bar air-sprung hyper-trainers for £100 again.

I have saved the best (and most useless) piece of research until last. In 2005, four men died in the last mile of the Great North Run. Since that time, there has been some media speculation about the increased risk of death in similar mass participation events, and this issue was explored in the latest edition of the British Medical Journal. Analysing data from marathons in America, the risk of death appears to be 0.8 per 100,000 runners. However, road closures during the events resulted in fewer fatalities from car crashes, completely offsetting this figure.

Enjoy your running in 2008 folks, and don't worry too much about the science behind it all.

Craig Partridge 2008





Blackshaw Head Fete – 1st September

The weather was much kinder this year for this race and attracted a record field of 82 runners. Last year 50 runners braved the heavy rain and howling wind which forced the fete to be abandoned as the tents were blown away! Jonathan Hare of Halifax set a new course record of 36.44 and Lisa Lacon of Holmfirth did likewise for the ladies with a time of 41.43. Sandra gave Colin a fright as she roared past him after ten minutes and pulled away downhill. He was able to get back in front on an uphill a few minutes later and pulled away to finish nearly 4 minutes faster than last year. Sandra battled on despite finding the uphill hard work and finished in good shape.

54	COLIN DAVIES	51-19
65	SANDRA LEWIS	56-22

Great Longstone Chase – 7th September

A lovely sunny evening greeted the 122 runners for this race started by former Labour cabinet minister Roy Hattersley. Lloyd Taggart of Dark Peak covered the 4.8 miles and 950 feet of ascent in 27.23 to win the men's race whilst first lady Mary Wilkinson of Bingley was sixth overall in 31.21. The course suited Colin, having plenty of fast grassy downhill sections.

72	COLIN DAVIES	39-12
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Chelmorton Chase – 9th September

57 runners tackled this 5 mile race which climbed 1000 feet, most of the climbing coming in the last mile as the runners went up and down Chelmorton Low before racing down the main street. Another course to Colin's liking. Thanks to Robin for suggesting it!

35	COLIN DAVIES	45-43
46	ROBIN WIGNALL	49-17

Lantern Pike – 15th September

A new outbreak of Foot & Mouth Disease failed to halt the 30th Lantern Pike Fell Race which is held in conjunction with the Hayfield Show. A total of 286 runners set off from Spray House Farm on their trip over 5 miles with 1050 feet of climbing. The race was won by Andi Jones of Salford in 30.04 with Janet McIver from Dark Peak first lady in 37.16. A superb run saw Olivia finish 36th overall and claim second prize in the ladies' race whilst Adrian had a good run in his new fell shoes to finish 58th. Ken Burgess celebrated his 65th birthday by winning the over 65s prize at his first attempt and moved up to second place in the club fell championship table. Colin finished in the top half of the field and retained top spot in the championship whilst Sandra clinched the club novice championship finishing ahead of Lynne Nichol.

36	OLIVIA WALWYN	38-19
58	ADRIAN FULLER	39-52
82	KEN BURGESS	41-41
138	COLIN DAVIES	45-04
196	SANDRA LEWIS	49-31
224	LYNNE NICHOL	51-45



Ken comes home to collect the over 65s prize at Lantern Pike

Autumn Leaves – 6th October

This year the sun shone and conditions were good for the 103 runners who tackled this 8.5 mile race which climbed 1700 feet from Diggle. Shaun Dimelow of Penistone Runners was first home in 59.45 and Yvonne Beckwith of West End Runners won the ladies race in 1.20.03. Despite being misdirected Jeff got back on course to claim the over 60s prize. Colin was 5 minutes faster than last year when conditions were poor.

18	JEFF NORMAN	1-12-21
54	COLIN DAVIES	1-22-52

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David Bray Memorial Tintwistle – 7th October

The following day the weather was good again as 44 runners set off from the Bull's Head in Tintwistle for this race over 8½ miles with 1160 feet of climbing. Andi Jones of Salford improved his own course record to 49.17 and Claire Barker was first lady in 1.08.27. Colin equalled his best time over this course whilst Sandra finished third lady.

25	COLIN DAVIES	1-13-30
29	SANDRA LEWIS	1-16-57

British Fell Relays – 13th October

We only managed to field one team in the relays at Fell Foot in Bowland but those who ran put up a good show. Phil and Tom were 54th on leg A (8.25 miles, 2500 feet) but Colin dropped to 72nd on leg B (4.75 miles, 1900 feet). Jeff and Ken navigated well to move up to 61st on leg C (6.5 miles, 2000 feet) and Richard brought the team home 68th on leg D (3.5 miles, 1950 feet). A total of 117 teams finished.

A	TOM BUSH & PHIL VESEY	1-39-49	54 th on leg
B	COLIN DAVIES	1-00-38	96 th on leg
C	KEN BURGESS & JEFF NORMAN	1-16-39	51 st on leg
D	RICHARD ROSE	1-02-31	113 th on leg

Windgather – 21st October

The eighth race in the club fell championship was the final race in this year's Goyt Valley Series. It covered 13½ miles and climbed 2500 feet. The weather was perfect for the 148 runners who enjoyed the picturesque journey around the Goyt Valley. The winner was Lloyd Taggart of Dark Peak who set a new course record of 1.29.30. First lady was Jackie Lee of Eryri who also set a new record of 1.55.10. Ken had a great run finishing first over 65. Bob had a good start, passing Colin on the way down to Errwood reservoir, but positions were reversed on the climb up to Windgather. Sandra and Lynne both battled well over a distance rather longer than that which they usually tackle.

38	KEN BURGESS	1-58-29
84	COLIN DAVIES	2-12-51
102	BOB BUCKLEY	2-20-23
128	SANDRA LEWIS	2-30-45
135	LYNNE NICHOL	2-36-10

Race You To The Summit – 28th October

This race at Littleborough covered 4 miles and had 800 feet of climbing. It was won by Ben Mounsey of Calder Valley in 28.05 and Jo Waites, also of Calder Valley, was first lady in 32.21. 90 runners took part. Colin found it quite warm in his Halloween outfit but was rewarded with the prize for the best fancy dress!

67	COLIN DAVIES	41-16
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Clwydian Hills – 4th November

111 runners tackled this 10 mile race from Cilcain. A stiff test with over 3000 feet of climbing. Richard Roberts of Eryri was first home in 1.10.57 and veteran Sally Newman of Calder Valley was first lady in 1.30.45. Despite a good climb up Stony Gully to Moel Famau, Colin lost a few places on the final descent and as a result just failed to make the top half of the field.

60	COLIN DAVIES	1-42-18
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The Roaches – 11th November

Three ADAC runners took to the fells to do the Roaches race, the ninth race in the club fell championship. The Roaches is an out and back course, taking in crossing the river Dane to Shutlingsloe and back to Meerbrook village. As usual the start was through the farmyard slurry and on to the Roaches. On the top Dave Gilchrist caught up with Ken and asked for directions. As Ken said later, "That's a good one!" Further along the top of the Roaches Ken bumped into Jeff and asked him why he wasn't racing. Jeff replied that he was injured and then proceeded to get to the halfway point in front of Ken. "If that's being injured, I want some of it," said Ken! Bob Buckley ran well to cover himself in glory and a lot of mud!

A large field of 232 runners was led home by Lloyd Taggart of Dark Peak in 1.57.06 with Lizzy Hawker first lady in 2.21.18. Lizzy was fresh from her record breaking run from Everest Base Camp to Kathmandu which she completed with two male colleagues in 3 days 2 hours and 36 minutes just two weeks earlier.

22	DAVE GILCHRIST	2-23-22
72	KEN BURGESS	2-43-09
147	BOB BUCKLEY	3-11-09



Tour of Pendle – 17th November

This race over 17 miles and with 5000 feet of climbing is a real test of endurance with the final climb up Big End the last straw for some runners. This year a record 287 started but only 271 made it to the finish. The course record had stood since 1999 when Rob Jebb ran 2.11.52 but Lloyd Taggart of Dark Peak capped a fantastic year by lowering it to 2.11.00. Jackie Lee of Eryri wasn't far outside Angela Mudge's ladies' record either, storming home in 2.39.51. With far better weather conditions this year Colin improved his time by over 20 minutes.

208	COLIN DAVIES	3-30-52
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Gravy Pud – 2nd December

Andy Norman blew the whistle to set off a record field of 111 runners who took to the hills above Tintwistle for this 5 mile race organised by the Northernboyslovegravy club. Most of the 1000 feet of climbing came in the first 1½ miles to the top of Lees Hill and the rest of the race wound gently downhill and through Swallows Wood to the finish. This was the penultimate race in the club fell championship and Dave Livingstone made his first outing of the year a successful one. He made the top thirty with some strong climbing. Ken claimed the over 60s prize finishing just behind former club member Neil Hindle. He probably would have caught Neil if he hadn't stopped to pick up a £1 coin he spotted lying on the ground! Bob set off at the back of the field with his dog Beth but, despite having to backtrack to round up Beth, managed to win his private battle with Sandra. The race was won by John Brown of Salford in 34.32 and Lizzie Adams of Hallamshire was first lady in 41.32.



Bob enjoying the ascent of Lees Hill

30	DAVE LIVINGSTONE	43-14
37	KEN BURGESS	44-27
67	BOB BUCKLEY	50-45
75	SANDRA LEWIS	52-32

The Stoop – 16th December



Andi Jones of Salford won this race over 5 miles with 800 feet of climbing in 29.07, leading home a field of 230 runners. Icy conditions made the course tricky in places but that didn't stop Olivia breaking Natalie White's course record by almost two minutes. Tom also had a very good run, finishing eighth in a good class field.

8	TOM BUSH	32-22
19	OLIVIA WALWYN	35-13



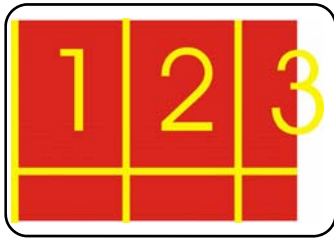
Whinberry Naze - 26th December

191 runners tackled this 4 mile race with 800 feet of climbing on Boxing Day, most in fancy dress. Andy Hilton of York Acorn won the race in 23.08, just less than a minute outside Andy Norman's course record. Anna Lupton of Radcliffe was first lady in 29.42. The Nichol family were out in force and in fancy dress! Rob ran a brilliant race to come home fourth more than three minutes ahead of his dad. Stewart and his mum were catching Colin rapidly on the final descent. Stewart stormed past with a few hundred yards to go but the finish came too soon to enable Lynne to do likewise.

4	ROB NICHOL	26-26
36	PHIL NICHOL	29-57
121	STEWART NICHOL	37-05
132	COLIN DAVIES	37-52
140	LYNNE NICHOL	39-20

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25th September 2007 Club Mile Championships

As usual this popular club event saw records tumble and after competing the athletes got to sample the delights from the magnificent Hardman Barbecue. Stand out performances by Johnny Maylor, Ben Glamour, Austen Scott and Sabrina Trivedi in the under 11's race set the tone for the night and not to be outdone Lucy Smith and Helena Filippance also beat the old under 14's girls record in the last race of the night.

Well done to all runners and thanks to the officials and organisers on the night.

u/9's Boys & Grils 1000 metres Race

Place	Name	Time	Age	Sex
1	Ian McClaren	4:11.0	11	M
2	Jake Splisbury	4:20.3	8	M
3	Ben Cooper	4:22.3	9	M
4	Samuel Gaskell	4:26.8	9	M
5	Michael Herring	4:31.0	9	M
6	Ewan Harris	4:44.4	9	M
7	Lauren Martin	4:48.9	8	F
8	Jemma Crosby	4:49.2	9	F
9	Antonia Pr	5:08.0	10	F
10	Azhaar Niazi	5:11.7	7	M
11	Joris Gerlagh	5:12.1	8	M
12	Elizabeth Cresswell	5:16.0	10	F
13	Sophie Vickers	5:22.0	9	F
14	James Prickett	5:26.3	9	M
15	Lauren Martin	5:29.3	8	F
16	Timothy Naylor	5:36.4	8	M
17	Ryan Scott	6:24.7	9	M
18	Fran Pr	6:26.1	10	F

u/11's Boys & Girls 1 mile Race

Place	Name	Time	Age	Sex	Notes
1	Johnny Maylor	6:32.8	9	M	U/10's Boys Record
2	Ben Glamour	7:00.0	9	M	also beat old record
3	Austen Scott	7:09.9	9	M	also beat old record
4	George Tarry	7:33.5	9	M	
5	Sufyaan Niazi	7:38.3	10	M	
6	Mathew Tarry	7:38.8	10	M	
7	Sabrina Trivedi	7:40.8	9	F	U/10's Girls Record
8	Amy Carder	7:44.7	10	F	
9	Rachael Martin	7:45.1	10	F	
10	Laura Tarry	8:50.6	11	F	
11	Ayesha Patel	9:27.8	9	F	
12	Heather Naylor	9:44.1	10	F	
13	Zoe Langmead	10:09.1	10	F	
14	Bebe Freeman	10:13.3	10	F	
15	Megan Tarry	10:45.3	10	F	
16	Darcy Tarry	12:28.2	10	F	

u/13's Boys & Girls 1 mile Race

Place	Name	Time	Age	Sex
1	Alex Ashton	6:23.6	11	M
2	Nicola Scott	6:26.9	11	F
3	Ian McClaren	6:31.8	11	M
4	Grant Sigsworth	6:39.2	12	M
5	Imagen Harper	7:29.7	11	F
6	Jenny Bullock	7:51.2	12	F
7	Lydia Smith	8:06.5	12	F
8	Reiner Tarry	8:23.0	12	F
9	Emily Saville	8:46.7	12	F

1 Mile Race - target Time 7 minutes plus

Place	Name	Time	Age
1	Mark Freeman	6:12.9	vet 40M
2	Ryan Hessian	6:36.4	14 M
3	Mark Lancaster	6:45.8	vet 35M
4	Chloe Smith	6:48.6	13 F
5	Joseph Mottram	6:53.9	12 M
6	Alan Rideout	6:57.6	vet 60M
7	Paul Naylor	7:02.5	vet 40M
8	Tilly Cordia	7:21.6	vet 40F
9	Sana Niazi	7:42.9	vet 45M
10	Sarah Lancaster	9:03.5	senior F

1 Mile Race - target Time 6 to 7 minutes

Place	Name	Time	Age	Sex
1	Adam Simms	5:43.2	14	M
2=	Graeme Walker	6:00.7	vet 45M	
2=	Ken Burgess	6:00.7	vet 60M	
4	Katherine Harvey	6:04.9	vet 45F	
5	Paul Reynolds	6:12.9	vet 35M	
6	Bob Spilsbury	6:14.3	vet 35M	
7	??	6:16.7	? ?	
8	Hugh McKenna	6:27.3	vet 55M	
9	Margaret Bullock	6:39.2	vet 40F	
10	Lynne Nichol	6:40.0	vet 40F	
11	Constance Burke	6:43.8	13	F

1 Mile Race - target Time Below 6 minutes

Place	Name	Time	Age	Sex	Notes
1	Rob Nichol	4:39.3	16	M	
2	Dave Norman	4:43.7	senior	M	
3	Bill Crowther	4:47.5	vet 40M		
4	A Whittingham	5:08.9	senior	M	
5	Dave Gilchrist	5:11.5	vet 40M		
6	Gary Splisbury	5:16.4	vet 45M		
7	Neil Walker	5:18.4	senior	M	
8	Dominic Scott	5:18.6	16	M	
9	Ryan Ganose	5:26.5	13	M	
10	Adam Dolan	5:27.5	14	M	
11	Leo Harvey	5:42.6	15	M	
12	Stewart Nichol	5:48.7	14	M	
13	Lucy Smith	5:54.4	13	F	U/14's Girls Record
14	H Filippance	5:58.6	13	F	also beat old record
15	L Sigsworth	6:00.1	14	F	



Altrincham and District Schools Cross Country League 2007/8.

Another exciting schools league is complete. Plenty of good running and close finishes. As always all three races were well attended, and keenly contested, by schools from all over the Cheshire and Greater Manchester area. A big, big THANK YOU to all the people who helped: John Snape, Terry Burke, Dave Atwell, Bev Ganose, Jim Radcliffe, Steve Roddis (taught me a neat trick with a little piece of wood to combine two ends of tape that he picked up in the Scouts – trouble is I'd forgotten how to do it by the third race so hurry up and get back fit and well Roddis so you can show me how to do it again!), Alan Blinston, Dave Rudd, Bill Egan, Derek Walton, Alison Vesey, Bob Spark, Martin Crosby, Heather Rudd, Phil Nichol, Lynne Nichol, Sarah Wilkins, Ken Burgess, Derek Nuttall, Jay Wilkie and the magnificent Alan Hardman. Apologies if I've missed anybody.

There were plenty of ADAC runners taking part and plenty of ADAC success: Nicola Scott won the Year 7 girls trophy, Alex Ashton was third Year 7 boy, Lucy Smith won the Year 8/9 girls trophy, Ryan Ganose won the Year 8/9 boys trophy, Leanne Sigsworth won the Yr 10/11 girls trophy, Rob Nichol won the Year 12/13 boys trophy and Dominic Scott was third Year 12/13 boy. Sorry, I guess Yr 12/13's are men not boys !

Harriet Knowles won the primary school girls trophy. And to complete the list of fantastic ADAC success in this seasons competition Jane Knowles and Dave Gilchrist were totally dominant in the parents and teachers race.

Thanks to everybody and I look forward to seeing you all (and, PLEASE, many, many more !) next season. The dates for next season are 11th October, 22nd November and 10th January.

Mark Jutrzenka

Injured or Not!

Duncan Mason is a Physiotherapist and Director of Athlete Matters, he qualified in 1990, he is a State Registered Physiotherapist & Member Chartered Society of Physiotherapy.

Duncan is offering 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 tel: 07792072642
Hours of Business: Mon to Fri: 9.00am to 9.00pm Sat: 8.30am to 1.00pm

Rachel Thompson is a qualified Physiotherapist and is offering discounted rates for both Physiotherapy and Sports Massage to ADAC members.
Contact: Rachel Thompson

Thornber Podiatry offer a high quality service for the assessment, treatment and provision of orthotics/ in-shoe devices for both the professional athlete and runners of all abilities.
All ADAC club members will receive a 10% discount on treatments
Contact: Matthew Malone Specialist in Paediatric and Adult Biomechanics 0161-491-2938 07843629704

ADAC 45 Years of Records and Achievement

A record book has been produced by Don Nichol detailing the achievements made by Club Members from May 1961 to May 2006. The book is available from the track and includes events from 75 metres to Race Walking and Discus to Heptathlon, for Juniors, Seniors, Vets and Team events.

The book is available for just £4.00, to secure your copy please ask a track official or drop an email to: itbegan@gmail.com

Receive your copy of PawPrints direct to your email inbox to subscribe send an email to itbegan@gmail.com

