

## PAWPRINTS – JANUARY 2009

Please visit the club website [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk) for Don Nichol's training schedules, cross country, road and fell news etc.

### Club Dinner – Cresta Court - Friday 25<sup>th</sup> September 2009

As most of you will remember we held a club dinner at the Cresta Court Hotel in May 2006 to mark the 45<sup>th</sup> anniversary of the founding of the club and the 75<sup>th</sup> birthday of founder member Alan Hardman. Over 80 members and friends attended and seemed to enjoy themselves. As it is still over two years before the "big one" – the club's 50<sup>th</sup> anniversary – it has been decided to hold another club dinner this year. It will again be at the Cresta Court in Altrincham and the date is Friday 25<sup>th</sup> September. The cost is £25 and includes a three course meal. There will be 80 places available, first come first served. Names to me please, email [colin@d928.fsnet.co.uk](mailto:colin@d928.fsnet.co.uk). No tickets will be issued. I will confirm your place on receipt of payment. Please indicate if you require a vegetarian meal.

### Veteran dates for 2009

Sat 21st March - BMAF XC Championships - Ruthin School, North Wales

Sat 16th May - BMAF Road Relays - Sutton Park, Birmingham

Sun 12th July - BMAF 5K Championships – Blackburn

As usual Mansel will enter the teams for the relays at Sutton Park, MV40+, MV50+ and MV60+. If anyone would like him to enter teams for any of the women's races (W35-44, W45-54, W55+) please let him know. Similarly for the MV35-39. The women's races are 3 per team and the M35-39, 4 per team.

For the Cross Country and 5K races, although there are team awards, please enter individually if you wish to run.

Further details are or will be available on the BMAF website at [www.bvaf.org.uk](http://www.bvaf.org.uk)

### Monica Shone

Former long time editor of Pawprints Monica Shone set a W80 Championship Record at the NVAC Track & Field Championships at Accrington in September, recording a time of 40.6s in the 200m. She was flattered to be listed as W75 in the results section of the Christmas edition of Masters Athletics. Not that Monica confines herself to sprinting on the track. This picture shows her competing in the World Masters Mountain Running Championships in Keswick in 2005!



## Christmas Handicaps

Exactly twenty years after her previous success Jean Dolan (pictured below) was a clear winner of this year's Christmas Handicap, organised magnificently as usual by Jeff Norman. Despite the rain it was a really good afternoon with many of the runners taking part in fancy dress. Clive Smith broke 5 minutes in the one lap race and Joe Mottram just held off Ryan Ganose in the two lap race.



### Senior Race

		TIME	H'CAP	ACTUAL
1	JEAN DOLAN	19.43	17.00	36.43
2	ANDREW NORMAN	22.11	0.00	22.11
3	DOMINIC SCOTT	22.22	3.40	26.02
4	MANSEL POPE	22.26	10.10	32.36
5	DAVE LIVINGSTONE	22.59	3.10	26.09
6	CRAIG PARTRIDGE	23.11	7.40	30.51
7	SHAUN JACKSON	23.11	4.20	27.31
8	DAMIAN UTTON	23.12	6.30	29.42
9	BEV GANOSE	23.25	8.00	31.25
10	ALAN BARLOW	23.26	12.10	35.36
11	ADRIAN FULLER	23.34	3.30	27.04
12	COLIN DAVIES	23.35	9.30	33.05
13	CLIVE SMITH	24.12	7.20	31.32
14	RICHARD SCARSBROOK	24.33	14.40	39.13
15	DAVE RUDD	25.07	3.10	28.17
16	DEREK WALTON	26.12	9.30	35.42
17	JULIE RYAN	26.36	17.00	43.36
18	ALAN RYDOUT	27.54	14.20	42.14
19	DAVE ATTWELL	30.31	14.20	44.51

### Boys & Girls one lap race

		TIME	H'CAP	ACTUAL
1	CLIVE SMITH	4.59	0.00	4.59
2	CLARK SMITH	5.11	1.20	6.31
3	MICHAEL COYLE	5.22	0.30	5.52
4	CHAYCE SMITH	5.22	0.40	5.52
5	ELIZABETH CRESSWELL	5.24	1.15	6.39
6	BRAYDON MORETON	5.48	0.55	6.43
7	JAMES HASLAM	6.30	0.05	6.35
8	NATASHA LIVINGSTONE	7.03	0.25	7.28
9	GEORGE TARRY	7.34	0.00	7.34

### **Boys & Girls two lap race**

		TIME	H'CAP	ACTUAL
1	JOE MOTTRAM	9.30	2.10	11.40
2	RYAN GANOSE	9.32	0.00	9.32
3	GRANT SIGSWORTH	9.42	2.00	11.42
4	ADAM SIMMS	9.44	0.55	10.39
5	NICOLA SCOTT	9.55	2.30	12.25
6	PETER RICE	10.05	2.30	12.35
7	LUCY HASLAM	10.12	3.40	13.52
8	LUCY SMITH	10.20	0.55	11.15
9	HELENA FLIPPANCE	10.30	1.20	11.50
10	LEANNE SIGSWORTH	10.41	1.20	12.01
11	JOSH SMITH	11.18	0.45	12.03
12	JOSH MORSE	11.19	0.10	11.29
13	SARAH FRYER	12.30	4.20	16.50
14	CHLOE SMITH	12.30	3.00	15.30
15	AMBER TARRY	13.59	3.50	17.49
16	CHARLOTTE BENT	13.59	2.30	16.29
17	REINER TARRY	DNF	3.40	

### **Road Running**

#### **Sale Festive 5**

Matt Barnes posted a new personal best time of 23.49 in winning the Sale Festive 5 at Wythenshawe Park on December 28<sup>th</sup>. Simon Marwood also ran well, finishing 12<sup>th</sup> in 25.48 and Nick Burke was second vet 40 in 27.46. Ken Burgess was first vet 65 in 33.47.

Full results: <http://www.race-results.co.uk/results/2008/festive.htm>

#### **Club Road Running Championship 2009**

Adrian Fuller is organising a club road running championship based on the following races.

- 1 Four Villages Half Marathon 18<sup>th</sup> January  
<http://www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2009.htm>
- 2 Alsager 5 1<sup>st</sup> February  
[www.alsager5.co.uk](http://www.alsager5.co.uk)
- 3 Wilmslow Half Marathon 29<sup>th</sup> March  
[www.wilmslowhalf.org.uk](http://www.wilmslowhalf.org.uk)
- 4 Manchester Sizzler Race 1 25<sup>th</sup> June  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)
- 5 Manchester Sizzler Race 3 23<sup>rd</sup> July  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)
- 6 Birchwood 10K TBA August  
[www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk)
- 7 Langley 7 7<sup>th</sup> November  
[http://www.mh.k313.com/mh/index.php?option=com\\_content&task=view&id=364&itemid=71](http://www.mh.k313.com/mh/index.php?option=com_content&task=view&id=364&itemid=71)
- 8 Leeds Abbey Dash 10K TBA November  
<http://www.helptheaged.org.uk/en-gb/HowYouCanHelp/Events/Running/LeedsAbbeyDash/default.htm>
- 9 Stockport 10 mile 13<sup>th</sup> December  
<http://www.stockportharriers.com/race.htm>
- 10 Sale Festive 5 TBA December  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)

## Road Relays

The North of England 12 stage men and 6 stage women will be held at Woodbank Park, Stockport on Sunday 5<sup>th</sup> April 2009. We are intending to enter two men's teams and one women's team. Please let Adrian know if you are available as soon as possible. There will be a men's trial on Tuesday 24<sup>th</sup> March to determine who is going to represent the club in the 'A' team. If you ran in the 'A' team in the 6 stage last autumn then you will gain automatic selection for the 12 stage 'A' team. Adrian will announce nearer the time details of the trial so please let him know if you want to be considered for the trial and selection. Assuming that the Woodbank Park course will be similar to that of the Offerton 10K, incorporating the nasty hill up through Vernon Park, Adrian is happy to organise a training session over there to give people an idea of what to expect in the race. Please let him know if you would be interested in this. If you have any queries please email Adrian [adrian@fuller84.fsnet.co.uk](mailto:adrian@fuller84.fsnet.co.uk)

## Cross Country

### Manchester Area Cross Country League

In the first meeting at Heaton Park ADAC men were fourth, the counters being Matt Barnes 2<sup>nd</sup>, Nick Leigh 8<sup>th</sup>, Bill Crowther 16<sup>th</sup>, Rob Nichol 18<sup>th</sup>, Andy Whittingham 31<sup>st</sup> and Nick Burke 55<sup>th</sup>. Bill Crowther, Nick Burke, Dave Rudd and Dave Telford were second vets team. Full results:

<http://www.race-results.co.uk/results/2008/maccl1.htm>

The ladies were seventh, the counters being Ann-Marie Jones 25<sup>th</sup>, Alison Vesey 26<sup>th</sup>, Kath Harvey 27<sup>th</sup> and Sandra Lewis 34<sup>th</sup>. Ann-Marie, Alison and Kath were first vets team. Full results:

<http://www.race-results.co.uk/results/2008/macclj1.htm>

In the second meeting at Boggart Hole Clough ADAC men were fourth, the counters being Phil Nichol 18<sup>th</sup>, Des Gibbons 34<sup>th</sup>, Nick Burke 40<sup>th</sup>, Dave Rudd 54<sup>th</sup>, Dave Livingstone 60<sup>th</sup> and Mark Norton 61<sup>st</sup>. Phil, Des, Nick and Dave were second vets team. Full results: [http://www.race-](http://www.race-results.co.uk/results/2008/maccl2.htm)

[results.co.uk/results/2008/maccl2.htm](http://www.race-results.co.uk/results/2008/maccl2.htm)

The ladies were fifth, the counters being Kath Harvey 19<sup>th</sup>, Sandra Lewis 21<sup>st</sup>, Alison Vesey 22<sup>nd</sup> and Ann-Marie Jones 25<sup>th</sup>. Kath, Alison and Ann-Marie were again first vets team. Full results:

<http://www.race-results.co.uk/results/2008/macclj2.htm>

In the third meeting at Sherdley Park, St Helens our men failed to finish a team. Five men finished: Tom Bush 12<sup>th</sup>, Nick Burke 35<sup>th</sup>, Dave Livingstone 72<sup>nd</sup>, Dominic Scott 94<sup>th</sup> and Dave Carrington 96<sup>th</sup>. Having been second team in the first two meetings it was disappointing that the vets were incomplete this time. Full results: [http://www.race-](http://www.race-results.co.uk/results/2008/maccl3.htm)

[results.co.uk/results/2008/maccl3.htm](http://www.race-results.co.uk/results/2008/maccl3.htm)

Olivia Walwyn won the ladies race, leading the team to sixth place, the other counters being Sandra Lewis 23<sup>rd</sup>, Bev Ganose 33<sup>rd</sup> and Carole Harrison 39<sup>th</sup>. As with the men it was disappointing that the vets were incomplete as they had finished first on both previous occasions. Full results: <http://www.race-results.co.uk/results/2008/macclj3.htm>

In the fourth meeting at Woodbank Park ADAC men were third, the counters being Bill Crowther 5<sup>th</sup>, Rob Nichol 8<sup>th</sup>, Dave Gilchrist 22<sup>nd</sup>, Neil Walker 36<sup>th</sup>, Mark Norton 40<sup>th</sup> and Dave Rudd 54<sup>th</sup>. Bill and the three Daves: Gilchrist, Rudd and Southern were third vets team. Full results:

<http://www.race-results.co.uk/results/2009/maccl4.htm>

The ladies were fifth, the counters being Sandra Lewis 15<sup>th</sup>, Alison Vesey 17<sup>th</sup>, Bev Ganose 21<sup>st</sup> and Carole Harrison 32<sup>nd</sup>. Alison, Bev and Carole were third vets team. Full results:

<http://www.race-results.co.uk/results/2009/macclj4.htm>

The final meeting is at Wythenshawe Park on 7<sup>th</sup> February.

## **Greater Manchester Cross Country Championships**

Woodbank Park

There were notable performances from Joe Morse 4<sup>th</sup> and Ryan Ganose 8<sup>th</sup> in the U15 boys' race, Lucy Smith 7<sup>th</sup> and Helena Flippance 10<sup>th</sup> in the U15 girls' race and Leanne Sigsworth 7<sup>th</sup> in the U17 women's race. In the senior ladies' race Sandra Lewis had a good run to finish 15<sup>th</sup>, just four places ahead of Bev Ganose, whilst in the senior men's race Nick Leigh finished 9<sup>th</sup> in a high class field.

Full results: [http://www.noaaa-athletics.org.uk/FileUploads/manchester\\_x\\_country\\_results09.pdf](http://www.noaaa-athletics.org.uk/FileUploads/manchester_x_country_results09.pdf)



Nick Leigh



Colin Davies

## **Cheshire Cross Country Championships**

Knight's Grange, Winsford

There was an excellent run by Olivia Walwyn to win the senior ladies' race and claim the Cheshire title. In the senior men's race Tom Bush was 11<sup>th</sup> and Martin Crosby 17<sup>th</sup>.

Full results: <http://www.cheshireaa.com/Results/XCC/2009xcc.aspx>

## **Derbyshire Cross Country Championships**

Berry Hill Park, Mansfield

The Derbyshire Championships were held together with the Nottinghamshire Championships at Berry Hill Park in Mansfield. In the men's race Rob Nichol had a very good run to finish second U20 and Phil Nichol was 4<sup>th</sup> vet.

Full results: <http://www.dcaa.org.uk/Derbys%20XC%20Results%202009.htm>

## Fell Running

### British Fell Relay Championships – 19<sup>th</sup> October

For the first time in many years ADAC had three teams complete the British Fell Relay Championships. They were held this year at Llangynhafal in the Clwydian Hills and went off without a hitch. A wonderful day in a beautiful area of North Wales.

Jayne led off for the ladies on the first leg and had an outstanding run, coming home as second lady in 39<sup>th</sup> place overall. Shaun was 70<sup>th</sup> for the open team and Paul 82<sup>nd</sup> for the vets.

On leg 2, the long leg, Mark and Dave ran well to move up 21 places into 49<sup>th</sup> place whilst Ann-Marie and Alison came home 103<sup>rd</sup>. Despite straying briefly off course Bob and Craig recovered to hand over in 110<sup>th</sup> for the vets.

On leg 3, the navigation leg, Jeff plotted his way round the course with skill and efficiency, having studied the area in great detail a few weeks previously. Accompanied by Alberto the pair moved the open team up 7 places to 42<sup>nd</sup>. Alice and Sandra also used their recent practice in the area to good effect, moving up 2 places to 101<sup>st</sup>. Colin similarly benefited from his knowledge of the area as he and Alan navigated round slowly but surely in 115<sup>th</sup> place.

Tom had an excellent run on leg 4 to move up 4 places to 38<sup>th</sup> whilst Olivia had the run of the day to move the ladies up 19 places to 82<sup>nd</sup>. She recorded the fastest time of all the ladies on leg 4 and was 19<sup>th</sup> overall! Heather, who had celebrated her birthday the day before, brought the vets home in 114<sup>th</sup>, picking up one place in the process.

### Altrincham results

#### Leg 1

SHAUN JACKSON		52.28
JAYNE KNOWLES		48.25
PAUL KNOWLES		53.50

#### Leg 2

DAVE NORMAN	MARK NORTON	1:23:51
ALISON VESEY	ANN-MARIE JONES	1:52.25
CRAIG PARTRIDGE	BOB BUCKLEY	1:55.19

#### Leg 3

JEFF NORMAN	ALBERTO DE FANIS	1:13.08
ALICE WELCH	SANDRA LEWIS	1:32.25
ALAN WILLIAMS	COLIN DAVIES	1:55:19

#### Leg 4

TOM BUSH		49.10
OLIVIA WALWYN		48.06
HEATHER RUDD		1:07.52

### Overall

BINGLEY	1st	3.35.25
ADAC OPEN	38th	4.18.37
ADAC LADIES	82nd	5.01.21
ADAC VETS	114th	5:48.33



Jeff shows Alberto that he can navigate with his eyes closed



Alice on the descent



Olivia finishes fastest lady on leg 4

### **Gravy Pud – 7th December**

There was an excellent turnout of nine Altrincham runners for this last club fell championship race of the year at Tintwistle. Despite the frozen ground the sun was shining and conditions were good for this race over 5 miles with 1000 feet of climbing. Gareth Raven of Sale set a new course record of 33.59 and Zanthé Wray of Sheffield University set a new ladies course record of 42.42. Martin was in good form, finishing fifteenth in a field of 113 runners and his son James had a good start but was overtaken by Shaun and then Ken, who picked up the over 60s prize. Sandra goes from strength to strength but was just beaten by the third lady, despite recording the same time. She did however manage to pass Craig on the run in. Bob had a good run to break 50 minutes and Bev got the better of Colin. Neil Walker, who was absent on this occasion, finished as club champion with Shaun moving into runners up spot.

15	MARTIN CROSBY	39-39
28	SHAUN JACKSON	43-54
36	KEN BURGESS	44-57
43	JAMES CROSBY	45-50
58	SANDRA LEWIS	48-43
61	CRAIG PARTRIDGE	48-51
65	BOB BUCKLEY	49-53
73	BEV GANOSE	51-11
77	COLIN DAVIES	52-32

### Whinberry Naze – 26th December

On a cold sunny Boxing Day morning 170 runners set off from Rawtenstall in fancy dress. Even four "Red Indians" covered the four miles and climbed 750 feet carrying a wigwam! Andy Hilton of York Acorn was the winner for the second year running but was 1½ minutes outside Andy Norman's course record. Anna Lupton of Radcliffe also repeated last year's victory and was only 7 seconds outside the ladies' course record. Rob had a good run to finish in the prizes and dad Phil was a couple of minutes behind. Colin just sneaked into the top half of the field whilst Alan was probably a bit warm inside his Santa suit.

6	ROB NICHOL	26-24
23	PHIL NICHOL	28-32
84	COLIN DAVIES	35-25
151	ALAN BARLOW	46-31

### Club Fell Championship 2008

Neil Walker was a clear winner of the 2008 Club Fell Championship, having been first Altrincham runner in six of the seven races he entered. Shaun Jackson was first in two of his five races and second in the other three. The leading lady was Ann-Marie Jones.

#### Final Table

1	Neil Walker	18	12	20	20	20	20	20	11	20	14	7	152
2	Shaun Jackson	13	12	14	12	13	18	18	20	12	20	18	134
3	Colin Davies	17	16	18	17	18	15	16	17	12	14	11	134
4	Ken Burgess	13	18	14	12	13	17	17	11	12	14	17	123
5	Craig Partridge	13	12	14	12	13	16	15	18	12	18	14	121
6	Martin Crosby	20	12	14	12	13	7	9	11	12	14	20	117
7	Dave Livingstone	13	20	14	18	13	7	9	11	12	14	7	115
8	Alan Williams	13	12	14	16	17	14	14	11	12	14	7	114
9	Ann-Marie Jones	13	12	14	12	13	12	9	16	16	14	7	110
10	Bob Buckley	13	17	14	12	13	7	9	11	12	14	13	108
11	Robin Wignall	13	12	14	12	13	13	13	15	12	14	7	107
12	Mark Norton	13	12	14	12	13	7	9	11	18	14	7	107
13	Jeff Norman	13	12	14	12	13	7	9	11	17	14	7	106
14	James Crosby	13	12	14	12	13	7	9	11	12	14	16	106
15	Sandra Lewis	13	12	14	12	13	7	9	11	12	14	15	105
16	Bev Ganose	13	12	14	12	13	7	9	11	12	14	12	102
17	Malcolm Schofield	13	12	14	12	13	11	9	11	12	14	7	101

### Club Fell Running Championship 2009

Ashurst Beacon	CS	January 17	12.30pm	
Kinder Trial	O	February 1	10.00am	(Pre entry)
Cloud Nine	CM	March 1	11.00am	
Rivington Pike	BS	April 11	3.00pm	
Mount Famine	AS	May 16	11.00am	
Boar's Head	BM	June 10	7.30pm	
Shining Tor	AS	July 22	7.30pm	
Cracken Edge	BM	August 5	7.30pm	
Lantern Pike	BS	September 19	2.00pm	
Windgather	BL	October 11	11.00am	
Clwydian Hills	AM	November 1	10.30am	
Gravy Pud	BS	December 6	11.00am	