



Pawprints

The Newsletter of Altrincham and District Athletic Club



ALTRINCHAM AND DISTRICT ATHLETIC CLUB Notice of Annual General Meeting

In accordance with the constitution, and on behalf of the committee, I hereby give due notice that the 2006 Annual General Meeting of the club will be held at the Timperley Taverners (previously known as the Liberal Club), Park Road, Timperley on :

Thursday 18th May at 20.30 hours

Nominations for the following committee positions falling due are requested, and should be advised with both Nominee and Seconder up to the date of the AGM to the secretary in writing, or on the lists posted in the clubhouse :

- Chairman
- Treasurer
- Road Running co-ordinator
- Cross Country co-ordinator
- Coaching co-ordinator
- Ladies rep

The position of Secretary is not due for re-election until 2008

The agenda will be publicised at least 14 days before the AGM.

Matt Barnes

Club Secretary

ADAC Dinner Friday 5th May at the Cresta Court Hotel

The evening starts at 7.30pm in the Trellis Suite, 81 people attending. The bar will be open until at least midnight.

Please arrive in good time so that we can be seated and ready for the meal to be served at 8pm.

Please make sure to inform Colin Davies if you require a vegetarian meal.

Colin's address is

Email: colin@d928.fsnet.co.uk

April 2006

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Your Club Committee

Chairman
Bob Spark

Secretary
Matt Barnes

Treasurer
Mansell Pope

Cross-Country Co-ordinator
Andrew Norman

Road Running Co-ordinator
David Norman

Coaching Co-ordinator
Mark Jutrzenka

Ladies Representative
Julie Price

Club Website
www.altrinchamac.fsnet.co.uk

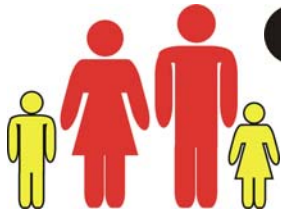
Martin Crosby Cloud 9 Hill Race



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Deeside AAC Open Meeting Sunday 2nd April 2006.

U13Girls	70m Hurdles	100m	800m	Javelin	Shot
Lucy Smith		16.9s	2m 49.5s	21.25m	
Chloe Smith				19.70m	
Constance Burke	17.3s	18.6s			4.44m
U13 Boys	100m	800m	Long Jump	Shot	
Ryan Ganose	14.6s	2m 33.1s	4.21m		
Josh Smith	14.5s	2m 46.7s			
Ben Chambers			3.20m	4.28m	
Grant Sigsworth	15.4s			3.86m	
U15 Girls	100m	300m	800m	High Jump	Shot
Louissa Bannister	13.7s	47.2s			6.96m
Hannah Purslow	14.7s	49.1s		1.35m	
Sally-Anne Chambers	14.7s	49.3s			
Amber Tarry	14.4s	47.6s			
Leanne Sigsworth		53.1s	3m 01.7s		
U17 Women	100m	400m	High Jump	Discus	Shot
Rachael Lee		65.3s	1.50m		
Melanie Bannister	13.6s			17.42m	6.26m
U20 Women		400m			
Laura Chambers		60.8s			
U20 Men	100m				
Martin Graham	11.7s				

Despite the unsettled conditions our young athletes produced three Club Records and eleven personal best performances at their first outdoor meeting of 2006. Lucy Smith joins her sister Chloe in the record books in the javelin with her best ever throw, Amber Tarry produced a Club Record in the U14 age group in the 300 metres and Louissa Bannister equalled Jasmin Bagnall's U15 300 metres record.

Lancashire Schools Athletic Association Open Miniathlon Preston Sports Arena Sunday 9th April

U13Girls	80m	Shot	Long Jump	
Lucy Smith	12.4s	5.95m	4.14m	2nd
Chloe Smith	14.0s	4.56m	3.13m	6th

Lucy pulled three personal best performances out of the bag to claim a magnificent second place in this Mini-combined event competition held in conjunction with the Lancashire County AA and County Schools Championships.

Despite the cold but mainly dry conditions, her sister Chloe, suffering a certain amount of back pain, also achieved a pb in the long jump.

John Snape

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Running and Arthritis

Craig Partridge March 2006

"Whilst I'm here doctor, could you tell me whether running leads to arthritis in later life – hips, knees, ankles and so on?"

I lean back in my chair and try to look intelligent, a sure sign that I have just been asked a question about which I know nothing. I clear my throat. "Ahem...well that's a contentious issue and I really haven't the time to go into it in our short consultation. Perhaps we should check your blood pressure instead." A narrow escape, but by the time he comes back next month I should have researched the answer.

It is a good question though – I have often wondered what the link might be between distance running and wear and tear arthritis (osteoarthritis) of weight bearing joints.

The least scientific source of information on this subject has to be my mother, who often phones me late at night to outline her vision of my future life as a cripple; my legs will be bowed and if I can walk, it will be with a zimmer. I should do yoga instead, like her. In 40 years, I will update this article to tell you if she was right. More authoritative opinions exist, thankfully. One group in The States looked at a set of runners who competed between 1920 and 1960 at seven universities, comparing them with a matched group of swimmers who had competed at the same universities at a similar level over the same era. The incidence of arthritis was lower amongst the runners.

Another group looked at the X-rays of 74 former championship Finnish athletes who had run for an average of 21 years. Arthritic changes were present in 4% though a matched group of non-runners had a 9% incidence. Furthermore, two of the runners with advanced X-ray changes still had only mild symptoms and were still running at the ages of 75 and 81!

In 1986, one project looked at a group of 41 runners aged 70 to 72, comparing them with matched non-runners. The incidence of arthritis was no higher, but the runners had a bone mineral content, which was approximately 40% greater than the non-running controls. In 1987, the same group showed that runners develop fewer musculoskeletal disabilities as they age, and develop them at a slower rate, than do non runners. Rather than making them more infirm and disabled, their running preserves the functional integrity of their joints and muscles.

Its not all good news though. Some of the more recent pieces of research have suggested that long term, high intensity, high mileage runners are at a modest increased risk of hip arthritis, but not apparently knee. (I won't go into the specifics, because I suspect you are getting bored now.) If you combine your running with sports that involve rapid changes of speed and direction such as football or racket sports, the risk of knee or hip problems are markedly increased. Any serious knee injury, especially one involving cartilage or cruciate ligament, has a poor outlook.

So when my patient returns, I can tell him that for most runners, the risk of arthritis of weight bearing joints is actually lower than average. Running seems to have a protective effect. If he considers himself an elite runner who covers large weekly distances, his risk of hip osteoarthritis is probably a little increased above the norm. Participating in other sports that involve impact or torsional loading such as soccer or racket sports will increase his risk still further.

As for my mother, I think the only answer is to unplug the phone.



15th Ultrafit St. Annes 10 mile Road Race Sunday 5th March

Report by Derek Walton

Three Altrincham athletes made the journey to Lytham St. Annes and encountered a mixture of weather. Wind, rain, hail, sleet and sunshine peppered the runners for the 10 miles out and back course primarily along the promenade.

Dave encouraged by coach Don at 2 and 8 miles, was rewarded with an excellent p.b. on a difficult day. Derek was first in his age group despite a heavy fall in the snow on the morning before race day. Bob battled the elements and his negative split for the 2 X 5 miles sections saw nearly 200 runners behind him at the finish.

Results

37th	Dave Livingstone	V.35	61:57
77th	Derek Walton	V.60	67:07
166th	Bob Buckley	V.50	74:52



Trafford 10K Road Race Partington Leisure Centre Sunday 5th March

Despite heavy snow and icy roads on Saturday the race was run in cold but clear conditions. Dave Norman had put a lot of effort into organising the event, which ran very smoothly, he was helped out on the day by a team of volunteers mostly ADAC members, a special thanks to all involved.

Results: 308 finishers

1	Ian Hudspith			Morpeth Harriers	29:49
2	Matthew Barnes			Altrincham & District AC	30:47
3	Mark Hudspith			Morpeth Harriers	30:48
5	Nick Leigh			Altrincham & District AC	31:24
19	Tom Bush			Altrincham & District AC	34:17
43	Olivia Walwyn	L	5	Altrincham & District AC	35:59
71	Sean Butler	V45	9	Altrincham & District AC	38:26
96	Anne Pugh	L50	1	Altrincham & District AC	40:13
98	Ken Burgess	V60	2	Altrincham & District AC	40:17
120	Alan Williams	V45	16	Altrincham & District AC	42:04
129	John Dwyer	V60	3	Altrincham & District AC	42:32
172	Robert Tonkinson			Altrincham & District AC	46:11
215	Jean Dolan	L55	1	Altrincham & District AC	50:38
243	Keith Fletcher	V60	7	Altrincham & District AC	53:59

TEAM RESULTS	1st	Salford Harriers	31	4th	Altrincham & District AC	67
		4 Carl Hardman			2 Matthew Barnes	
		7 Paul Simons			5 Nick Leigh	
		20 Ian Jackson			60 Sean Butler	

The Wilmslow Half Marathon Sunday 19th March

The weather on the day was cool with very little wind, ideal conditions for the race. There were 24 ADAC entries with several runners using the race a sharpener prior to the London Marathon. Both Andy and Dave Norman were hoping for a good result, Dave Livingstone and Ken Burgess had also been training hard.

Results: 3373 finishers

1	1st u/40M	1st M	Andy Norman	ADAC	01:05:54
4	4th u/40M	4th M	Dave Norman	ADAC	01:07:19
23	3rd M40	23rd M	Dave Gilchrist	ADAC	01:15:56
85	56th u/40M	81st M	Gary Cassidy	ADAC	01:21:09
87	57th u/40M	83rd M	D Livingstone	ADAC	01:21:25
98	64th u/40M	94th M	Mark Norton	ADAC	01:22:14
108	69th u/40M	103rd M	Adrian Fuller	ADAC	01:22:40
132	4th u/35L	7th L	V Mulholland	ADAC	01:23:32
143	8th M50	133rd M	Michael Jones	ADAC	01:24:23
166	1st M60	156th M	Jeffrey Norman	ADAC	01:25:19
186	36th M40	174th M	Stephen Nicol	ADAC	01:26:20
199	2nd M60	186th M	Ken Burgess	ADAC	01:26:50
210	3rd M60	197th M	Derek Walton	ADAC	01:27:15
250	3rd L40	17th L	Alison Vesey	ADAC	01:28:34
258	139th u/40M	241st M	Bill Egan	ADAC	01:28:44
300	61st M40	281st M	Damian Utton	ADAC	01:29:50
513	7th M55	469th M	Mansel Pope	ADAC	01:35:25
520	21st u/35L	45th L	Carolyn Lucocq	ADAC	01:35:35
617	319th u/40M	555th M	Daniel Gallagher	ADAC	01:37:19
832	426th u/40M	740th M	John Gallagher	ADAC	01:41:15
1196	17th M60	1026th M	Alan Rydout	ADAC	01:46:22
2402	8th L55	523rd L	Jean Dolan	ADAC	02:03:29
2647	36th M60	2007th M	Keith Fletcher	ADAC	02:07:56
2712	153rd M50	2045th M	Paul Gallagher	ADAC	02:09:09

Team Results:	1: Wilmslow RC	[6, 21, 22, 36] 85 pts
	2: Salford Harriers & AC	[5, 13, 32, 49] 99 pts
	3: Altrincham & District AC	[1, 4, 23, 85] 113 pts



National 12 Stage Road Relays Best performance by Altrincham *by Matt Barnes*

Altrincham and District Athletics Club recorded their best ever performance at the National 12 stage road relays with a 9th placed finish last weekend. Jason Ward recorded the second fastest individual "long" leg of the day, in 25.57, a time only bettered by Newham's Commonwealth 5k representative Mo Farah. Dave and Andy Norman both showed that their preparations for the London Marathon are going well, with strong performances, whilst Matt Barnes, Nick Leigh and Simon Marwood provided the long leg back-up.

On the short legs, Ian Fisher recorded the fastest time of the Altrincham runners in 15.23. Alberto de Fanis, Bill Crowther, Martin Crosby and Brian Squire also ran well. Former team manager, Dave Rudd, completed the team, returning to action after a serious knee injury.

Marathon Training Part 3 **By Andy Norman**

So far I have published 10 weeks of marathon training in the last 2 editions of Pawprints. The mileage has risen, and the injury problems have come and gone. As I wrote my article for the last edition 6 weeks remained until the marathon. Now there are only 3 weeks! Surprisingly enough, I am still in one piece and it looks like there is no going back. Barring any freak accidents (I touch wood as I write this!) I will be stood on the start line at London on April 23rd.



Andy Crosses the line to win at Wilms-

The last 3 weeks the mileage has dropped a little, but with this has come a lot more quality. I have covered just over 49 miles of racing including a 20 mile which I used as a 'tempo run' and two half marathons which I raced all out. This was partly to test how my body coped, and partly I was 'cashing in' on good form. Over the two half marathons I won the best part of £2000 which helped fund a trip to the USA for my friends wedding and will partly pay off the debt I am still in from my student days!

The injury problems seem to be completely cleared up. The great weather I experienced in the USA for 10 days helped warm my muscles up before and during runs, and I've had plenty of time to do the exercises my physio prescribed me.

I almost feel like wrapping myself in cotton wool for 3 weeks!

But there is still final preparations to make and one final race, The National 12 Stage Relays this Saturday 8th April. What follows are the last 3 weeks of training.

Eleventh week Marathon Training (February)

Sun 12th - 22 mile including 'Stafford 20' Mile road race. Equal first with Dave in 1hr52:12. Stopped for 30 secs mid-race with a bad stomach. Glad I caught up.

Mon 13th - AM 7 mile steady 47 mins PM 11 mile steady 1hr15 – stiff legs today.

Tue 14th - AM 6.5 mile steady 47 mins PM 7 ½ mile including 4 by 800m off 1 min recovery + 6 by 150m on Timperley track. 800's in 2:23, 2:19, 2:19, 2:14.

Wed 15th – 14 mile steady 1hr32

Thurs 16th – 10 mile including 25 minutes of 60 seconds effort, 60 seconds recovery.

Fri 17th - AM 6 mile steady 40mins PM 7 ½ mile easy 50 mins

Sat 18th – 4 ½ mile steady 30mins

TOTAL - 96 miles

Twelfth week Marathon Training

Sun 19th – 17 mile including 'Wilmslow Half Marathon'. 1st - 65:54. Led from 1 mile and got to 5 mile in 24:34. Slowed in the last few miles but pleased. £1250 prize.

Mon 20th - AM 7 mile steady 47mins PM 8 mile steady 53mins

Tue 21st - AM 6 mile steady 41 mins PM 9 mile including 5 by 1 mile off 1 min recoveries. Felt tired so not too hard. 5:04, 4:56, 4:55, 4:54, 4:45.

Weds 22nd – AM 10 mile steady 65mins PM 7 mile steady 46 mins

Thurs 23rd – REST DAY – flew to Atlanta, USA for friends wedding.

Fri 24th – AM 8 mile steady 52 mins PM 6 mile steady 44 mins

Sat 25th – 5 mile steady 35 mins

Thirteenth week Marathon Training

Sun 26th – AM 17 mile including 'Knoxville Half Marathon' in Tennessee, USA. 1st – 66:55. Got in a break with 4 Kenyans early. Felt good at end. \$1000 prize. PM 6 mile easy 42 mins.

Mon 27th – AM 10 mile steady 1hr9 mins PM 6 mile steady 40mins

Tue 28th – 10 mile trail run around Kennesaw Mountain park 68 mins

Weds 29th – AM 7 mile steady 48 mins PM 11 mile including track session with a top British runner based in Atlanta. 2.4k, 2k, 1 mile, 1200m, 800m. Recoveries of 5, 4, 3, 2 mins. Very good times. 7:05, 5:49, 4:32, 3:19, 2:07.

Thurs 30th – 14 mile fairly good pace 1hr31

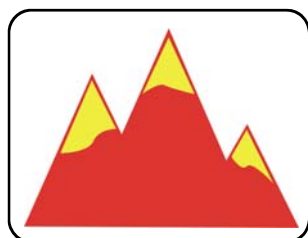
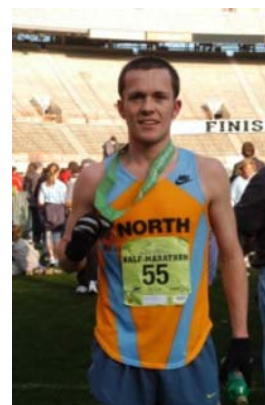
Fri 31st - 6 mile steady 40 mins

Sat 1st – AM 9 mile including small 5k race as a tempo run. Won by just over a minute in 15:15 in heavy trainers. Felt good. PM 7 mile steady 45mins

TOTAL - 103 miles

Looking back on my last 13 weeks I have covered 1169 miles, which is an average of 89.92 miles per week. Although many top marathon runners do a little more than this I am very happy with the build up. Most runners are not as injured as often as I am, and I will be going in to the marathon knowing that I have done all I can to prepare myself for it. The last 3 weeks of training will lead us up to race day. There will of course be a full report in the next edition of pawprints. I just hope I can say I got to the finish!!!

To be continued.....



Fell News

by Phil Nichol

Many of the clubs fell runners have already started competing this season, though none of the club championship races have taken place. Thanks must go to Colin Davies who has agreed to send in the fell race reports for this season. There follows a list of the coming fell championship races and Thursday night runs.

Main Championship races:

April 22nd Sat - Anniversary Waltz 11.75miles/3600' 11.30am
Results to follow

May 24th Wed - Shining Tor 6miles/1250' 7.30pm
From Errwod Sailing Club, Goyt Valley, Derbyshire (GR 017756 on OL24). £3.50 on night.

June 3rd Sat – Wincle Trout 5.5miles/900' 2.45pm
From Mellor Knowl Farm, Wincle, Macclesfield (GR SJ961655). £5 on day

June 14th Wed – Boar's Head 8miles/1322' 7.30pm
From Boar's Head Hotel, Shrigley Road North, Higher Poynton, Cheshire. £3 on night

Novice Championship Races:

May 24th Wed - Shining Tor 6miles/1250' 7.30pm
From Errwod Sailing Club, Goyt Valley, Derbyshire (GR 017756 on OL24). £3.50 on night.

June 3rd Sat – Wincle Trout 5.5miles/900' 2.45pm
From Mellor Knowl Farm, Wincle, Macclesfield (GR SJ961655). £5 on day

June 14th Wed – Boar's Head 8miles/1322' 7.30pm
From Boar's Head Hotel, Shrigley Road North, Higher Poynton, Cheshire. £3 on night

Thursday night training runs, followed by a meal in the pub (not compulsory). Each run will be organised by an experienced fell runner and will have different length options to suit different standards. If you are unsure contact the run organiser for specific details. Maps are always provided with the routes clearly marked and may be accompanied by a written description. The schedule of runs is as per below

April 20th – Alan Barlow

April 27th – Phil Nichol

May 11th – Colin Davies

May 25th – Richard Rose

June 15th – Dave & Andy Norman

Any queries contact Phil Nichol



Rivington Pike Fell Race

Five members of ADAC travelled to Horwich on 15th April to take part in the traditional Easter Saturday Fell Race up Rivington Pike. More than 350 runners tackled the 3¼ mile course which climbs more than 700 feet to the Pike.

Jeff Norman convincingly won the over 60s prize finishing nearly three minutes ahead of his nearest rival. Alan Barlow started well pulling away from Robin Wignall and Colin Davies on the initial road section whilst Malcolm Schofield was suffering with a chest infection and was forced to drop out early on. Colin passed Robin and Alan on the climb up to the Pike and these three maintained these positions to the finish. Colin and Alan were both about 20 seconds faster than last year.

ADAC results:	83	J. Norman	22.00
	165	C. Davies	25.04
	200	A. Barlow	26.22
	249	R. Wignall	28.50

Alan Barlow leads a group on the climb



Jeff Norman leads Andy's girlfriend Rachel Thompson.



Joe Barber Herod Farm Hill Race 2006 Sunday 26th March

Olivia Collects Stella Judd Memorial Shield winning her class and finishing 7th overall in the Herod Farm Hill Race, ADAC were well represented in this event with 4 athletes representing us in a field of 44 runners.

Position	Category	Name	Club	Time
1	M	Andy Jones	Salford	23.28
2	1st MV40	Kev Lilley	Dark Peak	25.11
3	M	Tom Bush	Altrincham	26.20
7	1st Female	Olivia Walwyn	Altrincham	29.24
32	MV60	Robin Wignall	Altrincham	38.18
41	MV60	Malcolm Schofield	Altrincham	42.37

Cutting from High Peak Courier—
courtesy of Malcolm Schofield

Tel 01298 767070 - Fax 01298 70411 www.buxtontoday.co.uk

Andi is the king of the Herod Farm race

HADFIELD'S Andi Jones took the Herod Farm Hill Race in his stride on Sunday and won it easily - yet he treated it as part of his marathon training.

This short three miles race, described as a 'tough little one', saw Jones win by nearly three minutes.

The course record of 22 minutes 23 seconds was set in 1997. Jones took 23 minutes 28 seconds.

The race route went from the Drovers Arms through Herod Farm nearly to the top of Monks Road to above Simmondley to the Pennine View Nursing Home. A second ascent of the Nab took athletes to heady heights before finally descending back down via the farm to finish near the Drovers Arms.

Jones said: "I am doing a 2 hour 30 minutes run today in preparation for the London marathon next month. I ran 30 minutes to the Drovers Arms, did the race, and will continue running until I reach my time total."

The second man back at the Drovers Arms was Kevin Lilley, from Hathersage who runs for Dark Peak Fell Runners who took the first veterans (over 40) spot.

Matthew Gieras in fourth place led the host team to the team prize, which was presented by club member Dr Andy Wilkins, a former Club Champion and first Harrier back in this race in 2002 and 2003.

This year the first woman received an additional trophy, the Stella Judd Memorial Shield, instigated by Andy Wilkins in memory of his wife Stella who tragically died late last year. The recipient was Olivia Walwyn, who represented Altrincham AC. Her time was the second fastest winning time.

The race was organised on behalf of the club by Dr Lindsay Palmer, who thanked the owner of Herod Farm for use of his land, Anne Clarke, the landlady of the Drovers Arms for hosting the event, and John Barber of Joe Barber, Plumbers Merchants of High Street West, Glossop who sponsored the race.

The Club train on Tues and Thurs at 7:00 pm from Glossop Leisure Centre.

Cloud 9 Hill Race 5th March 2006

Cold conditions greeted the runners who lined up to take on the challenge of Bosley Cloud for this years running of the Cloud 9 Hill Race. Several Altrincham Athletes took part, despite the race clashing with Trafford 10K. Most notable was Martin Crosby who ran well to finish in third place behind Lloyd Taggart and Andy Wilton.

1	Lloyd Taggart	00:54:13		Dpfr
2	Andy Wilton	00:56:39	M45	Buxton ac
3	Martin Crosby	00:59:33		Altrincham ac
45	Michael Jones	01:09:57	M50	Altrincham ac
148	Colin Davies	01:21:43	M55	Altrincham ac
201	Chris Knapton	01:28:47	M45	Altrincham ac
230	Maggie Jones	01:35:50	F45	Altrincham ac

The Greater Manchester Track Championships

The entry forms for the Greater Manchester Track Champs are in the Clubhouse. You can enter on the day but it is cheaper if you enter in advance.

The event is on 13th/14th May at Longford Park. Any questions, contact Matt Barnes.

The GMAA would also be glad of any officials willing to help - please contact Gabriel Oladoyin on 0161 773 2667.

Some Dates for the Diary:

The Greater Manchester Track Championships 13th/14th May at Longford Park

The AAA's Championships are on the weekend of 15th/16th July at SportCity in Manchester.

ADAC & Spectrum Striders 5-race 5K Grand Prix (4 to count)

Race 1 Dunham Massey Pk Fri 26th May, Race 2 Hollins Green Sat 3rd June, Race 3 Bowdon Thu 8th June, Race 4 Dunham Massey Pk Thu 22nd Jun, Race 5 Lymm Sat (14:30) 24th June, see ADAC website for entry forms

Shining Tor Fell Race May 24th Wed - From Errwod Sailing Club, Goyt Valley, Derbyshire

Thursday 11th May, 7pm from The Lamb Inn, Chinley Head near Hayfield SK 049 842 (organiser Colin Davies)

Altrincham and District Athletics Club will be hosting a Young Athletics Event on Sunday 28th June 2006, the most likely venue will be Stretford, although this is yet to be confirmed.

We will publish more details closer to the date; however if you are interested in getting involved in this worthwhile event, please contact a member of the committee or alternatively send an email into me and will forward on your details.

Bill Egan at itbegan@gmail.com

Great North Run

St Ann's Hospice has a few Guaranteed places available for the Great North run on 1st October 2006 if anybody is interested in taking up one of these places and running for charity, please contact: Sandra Monks. Community Fundraiser, St Ann's Hospice. St Ann's Road North, Heald Green, Cheadle, Cheshire. SK8 3SZ Tel: 0161 498 3663 Mobile: 07870 581094 Email: smonks@sah.org.uk

Editors Note:

First off I would like to apologise for being late with this edition of PawPrints, unfortunately my day job got in the way of editing last month. Once again my thanks to everyone who has contributed to this edition (please keep the articles coming in). Congratulations to all of the athletes who have competed successfully during the last few months. If I have missed anyone out of my results or indeed missed an event that you would like adding please drop me a line.

In future I will offer an email version of the PawPrints newsletter, printed copies will still be available from the track and the usual distribution channels, if you would prefer to receive your newsletter via email please send an email to me at itbegan@gmail.com with the subject line 'Please email me a copy of PawPrints', please also include your name and address in the body of the email and I will activate your subscription.

If you miss the email subscription as ever the newsletter will normally be available on the ADAC website within a few weeks of it going out.

Keep Running

Bill

