

## PAWPRINTS – MARCH 2009

Please visit the club website [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk) for 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

Club coach John Snape received the trophy for Sports Trafford Volunteer of the year for 2008 at last Thursday's presentation ceremony at Longford Park. The award was in recognition of the work John has done in promoting Sportshall athletics in the borough through the series of Year 5 competitions, involving twenty schools and over 600 athletes and 100 young sports leaders. The competitions were promoted by Sport Trafford and supported by coaches from the clubs in the Trafford Athletics Development Group, taking up a suggestion John made at one of the Development Group meetings. John now goes forward to represent Trafford in the Greater Manchester Sports Awards to be held at the Midland Hotel on Friday 27th March.

John Snape pictured receiving his award from paralympic athlete Graeme Ballard.



Representing Greater Manchester in the Regional Sports Hall Final at Wigan on Sunday, 22<sup>nd</sup> February, Alex Ashton won silver in the standing long jump with a personal best of 2.20m. Having just missed out on a place in the two lap final, he handed over the baton in the first leg of the under 13 boys 4 x 2 lap relay in first place only to see his team drop to third place. All four Greater Manchester teams finished in third place with Cheshire being the most successful county.

### Congratulations!

Congratulations to Sarah and Clive Wilkins on the birth of their baby daughter. Jessica Lily was born at 6.15am on February 18<sup>th</sup> weighing 7lb 13oz (3.54kg).

### Trafford 10K Road Race

Each year the Trafford 10K has grown in popularity and is widely known as one of the region's best road races. The March race will be the largest race we have put on in recent years, with an anticipated field of over 500 athletes. With your help it could be one of the best.

In order to run the race successfully and safely we need to secure the help of a further twenty helpers. Without your help the race could not be run. Those who help out regularly know the drill, please get in touch. Athletes new to the club, or for those who normally race, this is good chance to help the club and see how a race works from the organiser's side. Please volunteer your services or those of a friend or relative.

The race starts at 9:30am on Sunday 15<sup>th</sup> March. Race HQ is inside Partington Leisure Centre. Helpers are asked to report to the Leisure Centre before 9am - car park marshals before 8:15am. Course marshals will be stood down by the pursuit vehicle as it passes.

Due to the size of this race all helpers need to volunteer immediately.

Email Bill Egan: [itbegan@gmail.com](mailto:itbegan@gmail.com)

# Track & Field

## Revised Track & Field Fixture List, March – September

					U9	U11	U13	U15	U17	U20	Sen
<b>MARCH</b>											
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
Sunday	29th	\$ Wigan Warm Up Meeting	Robin Park, Wigan		X	X	X	X	X	&	X
<b>APRIL</b>											
Sunday	5th	\$ Warrington Open Meeting	Victoria Park		X	X	X	X	X	&	X
Monday	13th	\$ Trafford Medal Meeting	Longford Park, Stretford.			X	X	X			
Thursday	16th	\$ Timperley Track Meeting	Timperley		X	X	X	X	X		X
Saturday	18th	Liverpool Harriers Spring Open Throws Meeting	Wavertree								
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
Tuesday	28th	Trafford Grand Prix 1	Longford Park, Stretford.						X	X	X
<b>MAY</b>											
Saturday	2nd	Northern League	Stockport							&	&
Sunday	3rd	Young Athletes League	Longford Park, Stretford				X	X	X		X
Monday	4th	\$ Trafford Medal Meeting	Longford Park, Stretford.			X	X	X			
Saturday	9th	County championships (GM to be advised)	Cheshire - Warrington			X	X	X	X	X	X
Sunday	10th	County championships (GM to be advised)	Cheshire - Warrington			X	X	X	X	X	X
Tuesday	12th	Trafford Grand Prix 2	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			
Saturday	23rd	Northern Athletics U15/U17 Champs	Gateshead					X	X		
Sunday	24th	Northern Athletics U15/U17 Champs	Gateshead					X	X		
Monday	25th	\$ George Edwards Memorial Track & Field Meeting	Victoria Park, Warrington		X	X	X	X	X	&	X
		\$ Trafford Medal Meeting	Longford Park, Stretford.			X	X	X			
	26th	Trafford Grand Prix 3	Longford Park, Stretford.						X	X	X
Sunday	31st	Young Athletes League	TBA				X	X			
<b>JUNE</b>											
Saturday	6th	Northern League	Halifax							&	&
Tuesday	9th	Trafford Grand Prix 4	Longford Park, Stretford.						X	X	X
Saturday	13th	Gtr Mcr Schools Track & Field Champs	TBA				X	X	X		
		Cheshire Schools Track & Field Champs	Macclesfield				X	X	X		
Thursday	18th	\$ Timperley Track Meeting	Timperley		X	X	X	X	X	X	X
Saturday	20th	Northern Athletics Sen / U20 Championships	Sportcity, Manchester (TBC)							X	X
		English Schools Inter County Matches	TBA				X	X	X		
Sunday	21st	Young Athletes League	TBA			X					
		Northern Athletics Sen / U20 Championships	Sportcity, Manchester (TBC)							X	X
Tuesday	23rd	Trafford Grand Prix 5	Longford Park, Stretford.						X	X	X
<b>JULY</b>											
Sunday	5th	Northern League	Halifax							&	&
Tuesday	7th	Trafford Grand Prix 6	Longford Park, Stretford.						X	X	X
Thursday	9th	\$ Timperley Field Meeting	Timperley		X	X	X	X	X	X	X
Friday	10th	English Schools Championships	Don Valley, Sheffield				X	X	X		
Saturday	11th	English Schools Championships	Don Valley, Sheffield				X	X	X		
Sunday	12th	\$ Cheshire League	Macclesfield		X	X	X	#	#		X
Sunday	19th	Young Athletes League	TBA				X	X			
Tuesday	21st	Trafford Grand Prix 7	Longford Park, Stretford.						X	X	X
<b>AUGUST</b>											
Sunday	2nd	Northern League	Longford Park, Stretford							&	&
Tuesday	4th	Trafford Grand Prix 8	Longford Park, Stretford.						X	X	X
Sunday	9th	\$ Cheshire League	Longford Park, Stretford			X	X	X	#	#	X
Thursday	13th	\$ Timperley Field Meeting	Timperley		X	X	X	X	X	X	X
Saturday	15th	England Athletics U15 / U17 Combined Events	Alexander Stad, Birmingham					X	X		
Sunday	16th	England Athletics U15 / U17 Combined Events	Alexander Stad, Birmingham					X	X		
		\$ Terry Davies Memorial Meeting	Victoria Park, Warrington		X	X	X	X	X	&	X
Tuesday	18th	Trafford Grand Prix 8	Longford Park, Stretford.						X	X	X
Sunday	30th	\$ Stan Hailes Trophy Meeting	Timperley		X	X	X	X	X	X	X
Monday	31st	Trafford Medal Meeting	Longford Park, Stretford.			X	X	X			
<b>SEPTEMBER</b>											
Tuesday	1st	Trafford Grand Prix 9	Longford Park, Stretford.						X	X	X
Sunday	6th	\$ Cheshire League	Eccles			X	X	X	#	#	X
Sunday	13th	Junior Multi Events Championships	Macclesfield				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

Girls in this group compete as Seniors

Athletes in this group compete as Seniors

See John Snape for entry forms / details

## Cross Country

### National Cross Country Championships

Parliament Hill Fields, London – 21<sup>st</sup> February

The senior men returned to the scene of their best ever cross country performance, having won the bronze medals here in 2006. On that occasion the counters were Andy Norman, Dave Norman, Jason Ward, Matt Barnes, Nick Leigh and Simon Marwood. Unfortunately Jason and Simon were not there this time but Neil Chisholm ran well and Nick Burke was sixth counter, giving us fourteenth place.

In the ladies race Olivia Walwyn, running for City of Norwich, finished in the top ten for the first time in a National Cross Country. Sandra Lewis in her first National had an excellent run, finishing 191<sup>st</sup> out of 546 finishers. The picture on the right shows Dave Norman on his way to recording the same time as he posted in 2006.



<b>Under 15 Boys</b>	398 finished	
68	Ryan Ganose	17.01
100	Josh Morse	17.29
<b>Under 15 Girls</b>	315 finished	
134	Emily Burns	17.31
188	Helena Flippance	18.13
<b>Under 17 Women</b>	184 finished	
136	Leanne Sigsworth	25.10
<b>Senior Women</b>	546 finished	
10	Olivia Walwyn	30.56
191	Sandra Lewis	38.04
<b>Senior Men</b>	1455 finished	
30	Matt Barnes	40.50
40	Dave Norman	41.17
53	Andy Norman	41.39
100	Nick Leigh	42.50
208	Neil Chisholm	45.24
532	Nick Burke	50.18
638	Dave Livingstone	51.46
1357	Colin Davies	66.34

## Manchester Area Cross Country League

The highlight of the season for Altrincham was the performance of the Under 15 Girls who won the series ahead of Macclesfield and Warrington. The Under 15 Boys were third behind Warrington and St Helens Sutton. The Veteran Women were third behind Stockport and Wilmslow whilst the Veteran Men were also third behind Wilmslow and Trafford. In the overall series results the following did well:

Alison Vesey	1 <sup>st</sup>	V45 Women
Bev Ganose	3 <sup>rd</sup>	V40 Women
Leanne Sigsworth	2 <sup>nd</sup>	U17 Women
Lucy Smith	3 <sup>rd</sup>	U15 Girls
Helena Flippance	4 <sup>th</sup>	U15 Girls
Sandra Lewis	11 <sup>th</sup>	Senior Women
Nick Burke	19 <sup>th</sup>	Senior Men

Full results: <http://www.bbresults.com/>

## Road Running

### Road Relays

The trial for the men's 12-stage team is on Tuesday 24<sup>th</sup> March. Contact Adrian Fuller if you require details. Email [adrian@fuller84.fsnet.co.uk](mailto:adrian@fuller84.fsnet.co.uk) .

### Club Road Running Championship 2009

- 1 Four Villages Half Marathon 18<sup>th</sup> Jan  
[www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2009.htm](http://www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2009.htm)
- 2 Alsager 5 1<sup>st</sup> Feb  
[www.alsager5.co.uk](http://www.alsager5.co.uk)
- 3 Wilmslow Half Marathon 29<sup>th</sup> Mar  
[www.wilmslowhalf.org.uk](http://www.wilmslowhalf.org.uk)
- 4 Manchester Sizzler Race 1 25<sup>th</sup> Jun  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)
- 5 Manchester Sizzler Race 3 23<sup>rd</sup> Jul  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)
- 6 Birchwood 10K August  
[www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk)
- 7 Langley 7 7<sup>th</sup> Nov  
[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 November  
<http://www.helptheaged.org.uk/en-gb/HowYouCanHelp/Events/Running/LeedsAbbeyDash/default.htm>
- 9 Stockport 10 mile 13<sup>th</sup> Dec  
<http://www.stockportharriers.com/race.htm>
- 10 Sale Festive 5 December  
[www.saleharriersmanchester.com](http://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

## Fell Running

### Cloud Nine – 1<sup>st</sup> March

The third club fell championship race of the year saw eleven ADAC runners in a record field of 427. Olivia made Tom work hard to take maximum points. Finishing twelfth overall, she set a new course record in winning the ladies race by four minutes from Jackie Lee of Eryri. She lowered the record by a staggering 5 minutes! Tom was ninth, four minutes behind the winner Lloyd Taggart of Dark Peak. Martin got the better of Neil whilst Ken picked up the over 65 prize. Jeff missed the start but worked his way through the field, just failing to catch Mike. Sandra had a good run, finishing five minutes ahead of Colin. Alan and Maggie both worked hard and finished in front of the legendary Ron Hill!



9	TOM BUSH	58-44
12	OLIVIA WALWYN	59-03
16	MARTIN CROSBY	60-10
23	NEIL WALKER	62-11
86	KEN BURGESS	70-51
95	MIKE JONES	71-50
105	JEFF NORMAN	72-36
145	SANDRA LEWIS	76-11
218	COLIN DAVIES	81-36
260	ALAN WILLIAMS	85-12
353	MAGGIE JONES	95-19

Full results: <http://www.racephotos.org.uk/Cloud%20%202009%20Results.pdf>

### Championship table after 3 races

#### 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

1	Jeff Norman	18	20	13	51
2	Martin Crosby	11	18	17	46
3	Shaun Jackson	20	17	5	42
4	Colin Davies	17	13	11	41
5	Tom Bush	11	9	20	40
6	Craig Partridge	16	17	5	38
7	Sandra Lewis	11	15	12	38
8	Olivia Walwyn	11	9	18	38
9	Neil Walker	11	9	16	36
10	Ken Burgess	11	9	15	35
11	Alan Williams	15	9	10	34
12	Mike Jones	11	9	14	34
13	Bev Ganose	11	15	5	31
14	Maggie Jones	11	9	9	29

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

### Thursday night fell runs

These take place fortnightly. 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 19<sup>th</sup> March from the Dog & Partridge at Bridgemont (SK012823). The run starts from the pub car park at 7pm prompt and the meal is at 8.45pm. On Thursday 2<sup>nd</sup> April the run is from the Boar's Head, Higher Poynton (SJ943833). The run starts from the pub car park at 7pm prompt and the meal is at 8.45pm. On Thursday 16<sup>th</sup> April the run is from the Beehive in Combs (SK041785). The run starts from the pub car park at 7pm prompt and the meal is at 8.45pm.

### Trail Running

#### Radcliffe 12 mile Multi-terrain – 15<sup>th</sup> February

*Report by Ken Burgess:*

Two ADAC runners lined up for this race: Bob Buckley and Ken Burgess. Owing to a footbridge being closed at the crossover point the race was closer to 13 miles than the advertised 12 miles. Bob made a mini breakthrough taking third prize in the over 55s and Ken won the over 65 prize. Race winner was Damian Nicholls of Wilmslow in 1.13.59 and Sarah May of Todmorden was first lady in 1.26.49. A total of 220 runners finished. If you want a down to earth, no frills race this is the one for you and finishing on a muddy weed-ridden running track only added to the romance of it all. At the presentation the outright winner got booze and the first over 75 got booze. It doesn't get any better than that!

47	KEN BURGESS	1-31-55
104	BOB BUCKLEY	1-42-18

### Twenty Five Year Club

At the club dinner in 2006 certificates were presented to 18 members who had completed more than 25 years at the club. Since then another 8 certificates have been awarded. This is the current list of members who have completed 25 years at the club.

Alan Hardman	Don Nichol	Ken Burgess
Jeff Norman	Phil Nichol	Bob Tarry
Barry Chapman	Irvin Coombs	Bob Whittaker
Alan Blinston	Bernard Blow	Lynne Nichol
Derek Walton	Martin Crosby	Robbie McGall
Dave Attwell	Mike Brooks	Anne Pugh
Alan Rydout	John Dwyer	John Paterson
Rick Bond	Alan Barlow	Robin Wignall
Gavin Burns	Jay Wilkie	

Unfortunately two members, Bernard Blow and Bob Tarry, have since passed away.

In 2009 certificates a further nine club members reach the 25 year milestone. John Snape, Peter Pickwell, Ann-Marie Jones, Richard Rose, Dave Campion, Peter Baxter, Malcolm Schofield, Ewart Lockton and Jean Jones will receive their certificates at the club dinner on Friday 25<sup>th</sup> September at the Cresta Court Hotel. Places for the dinner are filling up fast. 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](mailto:colin@d928.fsnet.co.uk)

## Jeff Norman

Reggae fans will probably know that Bob Marley was born in Nine Miles, Jamaica on the sixth of February 1945 but it may have escaped their attention that at the same time in Leigh, Lancashire a baby boy was born to Mr & Mrs Norman who was to become a fell running legend.

In 1961 Alan Hardman and a few of his friends formed Altrincham & District Athletic Club and, in April 1962, 17 year old Jeff was one of the first to join. It says a lot for Jeff that he is still with Altrincham nearly 50 years later.

On the fells Jeff dominated in the 3 Peaks race in the early 1970s, recording six consecutive victories from 1970 to 1975, including 4 new records. His best time of 2.29.53 was achieved in 1974 in bad conditions.

Jeff was the winner of the British Fell Champion in 1974. He had victories at Rivington Pike, The 3 Peaks, Fairfield, Pen-y Ghent, The Chevy Chase, Skiddaw and The Three Towers.

Having finished fifth in the Sierre-Zinal mountain race in 1974 Jeff returned to win the race the following year.

As those of you who know Jeff will realise he is very modest. He says: "I didn't always shine. I ran my first marathon in 1966 at the age of 21 in 2.40.21. I ran at least one marathon a year until 1988. I improved gradually, running my best time in my twenty first marathon at the age of 33. My last marathon was Snowdonia in 1992. Including five 50 kilometre races I ran sixty two marathons, the slowest being the Mersey Marathon in 1987 where I ran 2.43.55."

His progression on the fells was also gradual. He remembers: "I did my first fell race at Rivington Pike in 1964 and had my first win at The Three Towers in 1969. In the 3 Peaks I was forty fifth in 1966 (3.41.08), twenty seventh in 1967 (3.19.10), third in 1968 (2.47.59) and second in 1969 (2.44.57) before the first of my wins in 1970."

The only Lakeland Classic fell race that Jeff hasn't completed is Borrowdale. He set out to correct this omission in 2007 but was thwarted when the race was shortened on the advice of the Mountain Rescue team. The picture shows Jeff arriving at Honister in the "shortened" Borrowdale race.



On the 7<sup>th</sup> June 1980 he set a world track record, running 50K in 2.48.06 on Altrincham's cinder track at Park Road, Timperley where he still trains on Tuesday nights. On the way he also set the world record for 30 miles. Both records still stand nearly thirty years later. (The 50K time is equivalent to five consecutive 10Ks in 33.38!)

From 1982 to 1987 Jeff won the Snowdonia Marathon on five out of six occasions, the last two of these as a vet. He still holds the record for the race, which he set in 1985 at the age of 40. Nobody has since got within 3½ minutes of Jeff's time of 2.28.02. He was first vet in 1992 at the age of 47, running 2.42.40. Club mates Phil Nichol and Ken Burgess were inspired by Jeff's successes. Phil won the race in 2000 and Ken has won the V50, V55 and V60s on several occasions.



On the road Jeff won the AAA Marathon at Stoke in 1975. The following year he was second at Rotherham and went on to represent Great Britain in the 1976 Olympic Marathon in Montreal, Canada. He ran 2.20.04 and was the first British runner home in 26<sup>th</sup> place. In the 1978 AAA Marathon at Sandbach, Jeff was second again in a personal best of 2.12.50. This gained him a place in the England team for the Commonwealth Games in Edmonton where he ran 2.22.23, finishing twelfth. Jeff holds the second fastest marathon time for a British vet having run 2.16.13 in Holland in 1986. The fastest ever time by a vet was run by Ron Hill in New Orleans in 1979 but he benefited from a significant tail wind.

#### **Altrincham & District Athletic Club and the East Manchester Athletics Network.**

Altrincham has joined the East Manchester Athletics Network which has been set up as part of the new initiative of England Athletics with, amongst others, the following aims:

- Grow current club memberships by working in partnership with the wider community
- Increase the quality of the athletic experience at the clubs via:
  - Quality coaching & officiating
  - Quality facilities and equipment
  - Appropriate quality competition
  - Appropriate training to meet the needs of the athlete
  - Support of the volunteer coaches

Our fellow member clubs are DASH Athletics, Oldham and Royton Harriers, Rochdale Harriers, Royton Road Runners, Saddleworth Runners, Stockport Harriers and Trafford AC. Members of these clubs met at Sport City on Monday 23<sup>rd</sup> February to finalise our bid for funding of up to £150,000 spread over the next three years. The outcome of our bid should be known by the end of March or the beginning of April.

John Snape