



# Pawprints

The Newsletter of Altrincham  
and District Athletic Club



**APRIL 2009**

Please visit the club website [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk) for cross country, road and fell news and to view Don Nichol's latest training schedule. If you wish to be able to send and receive emails via the club loop please click on the Yahoo Groups link and register.

## Road Running

### Trafford 10K – March 15<sup>th</sup>

*Report from race organiser Dave Norman*

Mark Miles and Michelle Ross-Cope defeated strong fields to set new course records in perfect racing conditions. Predictably, it was the existing course record holder Andi Jones who set a hot early pace and with only a few hundred metres gone the field was already strung out with Jones, Miles, Alan Buckley and Ian Boneham clear of the large chasing group. Ross-Cope, meanwhile, was mixing it with a strong group of male runners well clear of the rest of the females with eventual second placer Rebecca Robinson recovering from a fall at the start.

Jones continued to make most of the running, with Miles content to sit on his shoulder and as the leaders approached 4K, it was down to just the two of them with Boneham, having also contributed to the early pace, an isolated third. With a 5K split of 14:22 it was hardly surprising that the field was so strung out and the race was down to two.

Jones and Miles reached 5 miles in 23:34 and Miles took a quick glance over his shoulder before assuming the lead for the first time, quickly opening up a gap which he extended all the way to the finish. His eventual margin of 16 seconds reflected the damage he did over the closing stages of the race. Jones was pleased with his run as he continues his build up towards the London Marathon. Miles also has a marathon agenda, but one month later than Jones, in Edinburgh.

Bristol & West's Jonathan Wills came through strongly to overtake Boneham and Buckley and take third place in a new personal best of 29:50. Salford's Carl Hardman also recorded a PB in eighth place (30:24) and together with Jones and 20 year old Joseph Bailey (also a PB in 32:02) took home the team prize ahead of Leeds City and hosts Altrincham.

Ross-Cope was as impressive as Miles, particularly after racing the Stafford 20 mile race the previous Sunday. The City of Stoke veteran led from start to finish but it didn't look like Rebecca Robinson would finish second after a fall at the start. The Kendal athlete pluckily got herself up and impressively powered to a personal best of 33:28. Gemma Turtle made the long journey from Gloucester worthwhile by taking third place, also in a personal best time. Spectrum Striders were worthy winners of the ladies team race.

Full results: <http://www.race-results.co.uk:80/results/2009/trafford309.htm>

Photos and video: <http://www.flamingphotography.co.uk/portfolio52047.html>

The winners approaching the finish in course record time



Sixteen ADAC runners turned out, more than half of them going under 40 minutes, as did an incredible 148 runners in a record field of 466 finishers. Jean Dolan (1<sup>st</sup> over 60 Lady) and Ken Burgess (1<sup>st</sup> over 65 Man) were ADAC prize winners. Dave Telford was second over 60, Dominic Scott third Junior and Bev Ganose third over 45 Lady.



Jean Dolan – 1<sup>st</sup> over 60 Lady



Ken Burgess – 1<sup>st</sup> over 65 Man

Altrincham finishers:

13	Andy Norman	30-53
22	Dave Norman	31-46
46	Simon Marwood	33-04
77	Nick Burke	35-34
99	Dave Ainsworth	36-50
118	Dominic Scott	38-09
123	Dave Telford	38-28
135	Graham Harrison	38-59
148	Shaun Jackson	39-57
151	Ken Burgess	40-10
177	Richard Pavey	41-38
220	Bev Ganose	44-26
227	Sandra Lewis	44-39
286	Craig Partridge	47-25
327	Jean Dolan	50-43
363	Helen Roddis	53-57

## Wilmslow Half Marathon – 29<sup>th</sup> March

The third race in this year's club road running championship was the Wilmslow Half Marathon on Sunday 29<sup>th</sup> March. A total of 3905 runners finished, including 34 from Altrincham. Although not back to full race fitness after his lengthy injuries, Andy Norman did well to finish just outside the top ten. Ken Burgess was first over 65. The picture on the right shows Graham Harrison leading a group which also includes Vanessa Mulholland.



12	Andy Norman	1-07-55
111	Gary Cassidy	1-20-22
114	Neil Walker	1-20-33
115	Mark Norton	1-20-34
116	Dave Livingstone	1-20-38
118	Ian Haworth	1-20-46
140	Adrian Fuller	1-22-11
169	Gary Spilsbury	1-23-56
230	Ken Burgess	1-27-05
244	Graham Harrison	1-27-39
246	Colin Banno-Thornton	1-27-44
259	Shaun Jackson	1-28-18
285	Richard Pavey	1-29-02
291	Stephen Nicol	1-29-12
354	Richard Healy	1-30-51
358	Vanessa Mulholland	1-30-58
376	Dave Southern	1-31-40

384	Alison Vesey	1-31-52
438	Mike Jones	1-33-24
566	Sandra Lewis	1-36-07
593	Bev Ganose	1-36-42
687	Carole Harrison	1-38-17
977	Alan Williams	1-42-34
1049	Derek Walton	1-43-28
1060	Bob Buckley	1-43-44
1066	Mansel Pope	1-43-50
1122	Craig Partridge	1-44-42
1172	Edward Jackson	1-45-25
1563	Nigel Powell	1-49-59
1697	Michael Shelmerdine	1-51-46
1848	Jean Dolan	1-53-53
2683	Margaret Bullock	2-03-25
3366	Fiona Law	2-16-19
3548	Mark Pickup	2-20-56

The above times and positions are based on the gun.

Chip times and positions are available via this link: <http://www.wilmslowhalf.org.uk/>



Dave Livingstone



Dave Southern



Derek Walton

## 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 23<sup>rd</sup> Aug**  
[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 22<sup>nd</sup> Nov**  
<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 27<sup>th</sup> Dec**  
[www.saleharriersmanchester.com](http://www.saleharriersmanchester.com)

Having completed all three championship races so far, Dave Livingstone leads the table from Mark Norton. Ken Burgess continues to defy the advancing years and is in third place, having been first over 65 in both his races up to now.

Alison Vesey leads the ladies, ahead of Carole Harrison, Bev Ganose and Sandra Lewis.

The fourth race is the Sizzler 5K in Wythenshawe Park on Thursday 25<sup>th</sup> June.

### Championship Table after 3 races

1	Dave Livingstone	40	37	35	112	20	Vanessa Mulholland	27	31	24	82
2	Mark Norton	38	31	36	105	21	Dave Southern	27	31	23	81
3	Ken Burgess	37	31	31	99	22	Mike Jones	27	31	21	79
4	Andy Norman	27	31	40	98	23	Bob Buckley	31	31	15	77
5	Gary Cassidy	27	31	38	96	24	Mansel Pope	27	35	14	76
6	Neil Walker	27	31	37	95	25	Alan Williams	27	31	17	75
7	Ian Haworth	27	31	34	92	26	Derek Walton	27	31	16	74
8	Adrian Fuller	27	31	33	91	27	Craig Partridge	27	31	13	71
9	Gary Spilsbury	27	31	32	90	28	Edward Jackson	27	31	12	70
10	Alison Vesey	36	31	22	89	29	Matt Barnes	27	40	2	69
11	Graham Harrison	27	31	30	88	30	Nigel Powell	27	31	11	69
12	Colin Banno-Thornton	27	31	29	87	31	Kath Harvey	35	31	2	68
13	Shaun Jackson	27	31	28	86	32	Michael Shelmerdine	27	31	10	68
14	Richard Pavey	27	31	27	85	33	Olivia Walwyn	27	38	2	67
15	Stephen Nicol	27	31	26	84	34	Jean Dolan	27	31	9	67
16	Carole Harrison	34	31	18	83	35	Margaret Bullock	27	31	8	66
17	Bev Ganose	33	31	19	83	36	Dave Ainsworth	27	36	2	65
18	Sandra Lewis	32	31	20	83	37	Fiona Law	27	31	7	65
19	Richard Healy	27	31	25	83	38	Mark Pickup	27	31	6	64

## North of England Road Relays

### *Report from Adrian Fuller*

The men's 12 stage and women's 6 stage road relays took place over a short but challenging course in Woodbank Park in Stockport on Sunday 5<sup>th</sup> April. ADAC fielded two men's and one women's team. The event is seen as the premier event in the regional road running calendar for clubs as it not only tests the top athletes in each club but also the depth of the squad which they have available. Altrincham's 'A' team finished in an outstanding 10<sup>th</sup> place behind the winners City of Leeds AC. All the Altrincham runners performed strongly over the 2.36 and 4.25 mile legs resulting in qualification for the National championships which will be held in Sutton Park on Saturday 18<sup>th</sup> April. For the first time in many years Altrincham fielded a 'B' team which finished in a creditable 44<sup>th</sup> place, beating many other clubs' first team. This is a fantastic reflection on the calibre of runners and depth of the squad that we currently have available at Altrincham. The women's team, again running in the event for the first time in recent years, finished in 25<sup>th</sup> place and that will be a base from which the team will build next season when a number of younger athletes will be eligible for the senior event.

Carolyn Lucocq	(33)	16:14
Vanessa Mulholland	(24)	15:30
Carole Harrison	(23)	17:06
Margaret Bullock	(29)	19:11
Bev Ganose	(26)	16:50
Heather Johnson	(25)	17:41
<i>Ladies Team</i>	<i>25<sup>th</sup> place</i>	<i>1.42.32</i>

Full Results: <http://www.race-results.co.uk/results/2009/n6w09.pdf>

Dave Norman	(8)	21:20
Ian Fisher	(8)	13:02
Jason Ward	(7)	21:20
Rob Nichol	(7)	12:48
Andy Norman	(6)	21:10
Adrian Fuller	(7)	13:59
Simon Marwood	(7)	22:09
Andy Ford	(8)	13:42
Tom Bush	(9)	23:34
Ian Haworth	(9)	13:14
Bill Crowther	(10)	23:03
Dave Livingstone	(10)	13:43
<i>Men's A Team</i>	<i>10<sup>th</sup> place</i>	<i>3.33.04</i>

Neil Walker	(47)	24:48
Graham Harrison	(48)	15:11
Dave Gilchrist	(45)	25:00
Dominic Scott	(45)	14:18
Jeff Norman	(45)	27:52
Nick Burke	(45)	14:12
Dave Rudd	(45)	25:27
Bill Egan	(45)	15:18
Alberto De Fanis	(45)	24:51
Colin Banno-Thornton	(44)	14:35
Dave Carrington	(44)	25:52
Dan Brooks	(44)	14:50

*Men's B Team* 44<sup>th</sup> place 4.02.14

Full Results: <http://www.race-results.co.uk/results/2009/n1209.pdf>

## **Stafford 20 – 8<sup>th</sup> March**



Adrian Fuller (pictured left) had a good run in this 20 mile race on an undulating three lap course and looks in good shape for the London Marathon. Derek found the going tough and just failed to break three hours. 367 runners finished

Full results: <http://www.race-results.co.uk/results/2009/stafford20.pdf>

26	Adrian Fuller	2.07.22
291	Derek Walton	3.00.06

## **Salford 10K – 10<sup>th</sup> April**

This race on Good Friday was a sell-out with no entries on the day. A total of 544 runners finished. Dave Livingstone led the ADAC runners home in bang on 36 minutes. Mark Norton wasn't far behind and Colin Banno-Thornton and Ken Burgess also went under 40 minutes, Ken picking up the over 65 prize.

55	Dave Livingstone	36-00
59	Mark Norton	36-07
111	Colin Banno-Thornton	39-04
112	Ken Burgess	39-05
150	Mike Jones	40-23
178	Vanessa Mulholland	41-44
296	Mansel Pope	45-33
343	Derek Walton	47-48

Full results: <http://www.ukresults.net/2009/salf10k.html>

## **Cross Country**

### **Inter-Counties Cross Country Championships**

Wollaton Park, Nottingham – 7<sup>th</sup> March

ADAC had a number of athletes selected for their counties in this championship. Andy Norman (37<sup>th</sup>) and Dave Norman (40<sup>th</sup>) helped Greater Manchester to the Gold Medal in the Senior Men's race in which Matt Barnes (27<sup>th</sup>) and Tom Bush (225<sup>th</sup>) represented Cheshire. Olivia Walwyn, also running for Cheshire, was 26<sup>th</sup> in the Senior Women's race. Ryan Ganose was 101<sup>st</sup> in the Under 15 Boys' race in which Josh Morse was 304<sup>th</sup>. Both were representing Greater Manchester. Lucy Smith, also running for Greater Manchester, was 108<sup>th</sup> in the Under 15 Girls' race and Stewart Nichol, representing Derbyshire, was 269<sup>th</sup> in the Under 17 Men's race. All the runners were grateful for the support of Alan Hardman, Brad & Kath Smith, Leanne Sigsworth, Jeff Norman, Mike Welford and Phil & Lynne Nichol

Full results: [http://www.athleticsdata.com/resultsfiles/2009/18579\\_ICResults.xls](http://www.athleticsdata.com/resultsfiles/2009/18579_ICResults.xls)

## **Fell Running**

### **Thursday night fell runs**

These take place fortnightly throughout the year and cater for all abilities.

Runs start at 7pm from a variety of places, normally last 1½ hours, and finish with a meal in a pub.

On Thursday 7<sup>th</sup> May the run will be organised by Alan Barlow.

The run starts from Werneth Low, Quarry Car Park, SJ 960 928. Approaching Hyde on the A560 from Stockport turn right at Gee Cross onto Stockport Road (still A560) then after 500m turn right onto Joel Lane. The car park is ahead after about 800m. Meal at the Hare & Hounds 8.45pm.

On Thursday 21<sup>st</sup> May the run will be organised by Stewart Keech.

The run starts from the car park in Rowarth, SK 012 892. Meal at the Moorfield Arms 8.45pm.

Further details will be posted on the club website: [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk)

The following fell races are coming up soon. All are well worth having a go at.

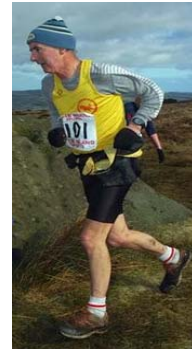
Sat 9 <sup>th</sup> May	Bollington Festival 3 Peaks	5.4 miles / 1200 feet	
Wed 13 <sup>th</sup> May	Rainow 5	5 miles / 750 feet	
Fri 15 <sup>th</sup> May	Hayfield May Queen	3 miles / 770 feet	) Weekend
Sat 16 <sup>th</sup> May	Mount Famine	5 miles / 1700 feet	) 3 race series
Sun 17 <sup>th</sup> May	Lantern Pike Dash	1.2 miles / 630 feet	) in Hayfield
Wed 20 <sup>th</sup> May	Goyt's Moss	7 miles / 1400 feet	
Mon 25 <sup>th</sup> May	Bamford Sheep Dog Trials	4.5 miles / 1000 feet	

Full details here: <http://www.fellrunner.org.uk/2009races.htm>

or here: <http://www.cs.man.ac.uk/~temples/hc/>

### **Ilkley Moor – 22<sup>nd</sup> February**

Alan ventured over the border into Yorkshire for this demanding race over 5 miles with 1260 feet of ascent. Veteran Ian Holmes of Bingley led home a very large field of nearly four hundred runners, finishing in 36.33 with Jo Waites of Calder Valley first lady in 45.07.



384	ALAN BARLOW	81-29
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Full results: <http://www.ilkleyharriers.co.uk/imr/2009/imr09results.pdf>

### **Half Tour of Pendle – 7<sup>th</sup> March**

This was the first race in this year's English Fell Championship and with a limit of 400 runners was oversubscribed months in advance. Malcolm Schofield was the only ADAC runner to get a place but unfortunately a chest infection prevented him from running. He generously passed his entry to Colin who had a good run, finishing two minutes faster than last year and scoring his first ever points in the English Championship in the M55 class. The weather was fine, if a bit windy, for the race and there were 384 finishers, the first of whom was veteran Ian Holmes of Bingley in 1.03.08. The first lady was Philippa Jackson of Keswick in 1.17.04.

328	COLIN DAVIES	1-41-44
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Full results: <http://www.ukresults.net/2009/halftour.html>

### Wolf's Pit – 22<sup>nd</sup> March

This new race from Shatton attracted 196 runners who found the course in excellent, dry condition. The inaugural winner was John Heneghan from Pudsey & Bramley who completed the 5.9 miles with 1655 feet of ascent in 40.17 and Chaanah Patton of Hallamshire was first lady in 50.23. Kath Harvey ran well to claim the ladies' over 50 prize whilst Colin struggled at the start but enjoyed the long grassy descent towards the end.

96	KATH HARVEY	57-39
144	COLIN DAVIES	63-13

Full results: [http://www.fellrunner.org.uk/results/race09/09\\_wolfs\\_pit.html](http://www.fellrunner.org.uk/results/race09/09_wolfs_pit.html)

### Llangynhafal Loop – 28<sup>th</sup> March

This excellent race in the Clwydian Hills was basically the course used for the opening leg of the 2008 Fell Relays. Just under 5 miles with over 1700 feet of ascent, the course was dry underfoot but there was a strong northerly wind. Kath Harvey and son Leo traveled over from Hayfield with a large contingent of Pennine Fell Runners. Leo had a tremendous run to finish in the top quarter of the field and won third junior prize. He just managed to edge out our old friend Neil Hindle who continues to run well. Kath was also in the prizes, third lady and first over 50. Although managing to catch Kath on the climb up to Moel Famau, Colin fell behind again on the Offa's Dyke Path and, despite a good finish, eventually finished over two minutes adrift. A total of 113 runners took part and Adam Peers of Liverpool Harriers won the race in 39.19. First lady was Andrea Roberts of Eryri who set a new ladies' course record of 45.22.

26	LEO HARVEY	48-34
52	KATH HARVEY	52-28
65	COLIN DAVIES	54-51



Full results: <http://www.wfra.org.uk/>

### Askham – 4<sup>th</sup> April

Neil traveled up to the Lakes for this race over 8½ miles with 1800 feet of climbing. He finished an excellent 10<sup>th</sup> out of a field of 62 runners. Stuart Edmundson of Horwich was the winner in 1.04.37 and the ladies' race was won by veteran Astrid Wingier of Highgate Harriers in 1.15.45.

32	NEIL WALKER	1-41-44
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Full results: [http://www.fellrunner.org.uk/results/race09/09\\_askham.htm](http://www.fellrunner.org.uk/results/race09/09_askham.htm)

## Rivington Pike – 11<sup>th</sup> April

The fourth race in the club fell championship was this classic Easter Saturday race in Horwich. The 234 starters faced a 700 foot climb to the Pike and back down again, a distance of 3 miles

### *Report from Craig Partridge*

A few clubs claim to have the country's oldest established fell race; Horwich Harriers believe it to be their Rivington Pike Fell Race, traditionally held at Easter Weekend.

The locomotive works provided employment for the majority of the men of Horwich until its demise in 1983. In May 1924, a group of enthusiasts formed the Railway Athletic Association. So strong was the link with the railways that the club took its colours from the red of the engine and the black of the wheel trims. For many years only railway employees were allowed to join the club (which later became known as the Harriers) with subscriptions deducted from their weekly pay. Nine of the first ten races were won by Pat Campbell, a record that still stands.

So last weekend, injured Altrincham runners Craig Partridge and Sandra Lewis joined a few dozen spectators sat at the top of The Pike, and watched as Rob Hope (the eventual winner) carved his way effortlessly to the top, pursued by his brother, Danny.

Clare McKittrick from Charnwood AC was first lady.

Jeff Norman reached the summit first for Altrincham and looked in good shape. Shaun Jackson trailed behind by 20 yards and looked close to a cardiac arrest. Next came new member Patrick McCarthy, followed closely by Colin Davies who ran well to finish third in his age category. Alan Williams, currently training for a marathon, ran solidly and Alan Barlow had an interesting tussle with Ron Hill (see picture).

Jeff scooped an excellent V60 prize, so nobody felt too guilty when he picked up the tab for a rather expensive round of drinks in the pub afterwards.

62	JEFF NORMAN	22-50
65	SHAUN JACKSON	23-04
136	PATRICK MCCARTHY	26-03
143	COLIN DAVIES	26-04
171	ALAN WILLIAMS	27-43
210	ALAN BARLOW	31-20



Alan Barlow leads the legendary Ron Hill up Rivington Pike

Full results: <http://www.race-results.co.uk/results/2009/pike09.pdf>

Following the Rivington Pike race, Jeff is now eleven points clear of Shaun at the top of the club fell championship table. Sandra and Olivia are the leading ladies.

### Club Fell Running Championship 2009

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

### Championship Table after 4 races

1	Jeff Norman	18	20	13	20	71
2	Shaun Jackson	20	17	5	18	60
3	Colin Davies	17	13	11	16	57
4	Martin Crosby	11	18	17	10	56
5	Tom Bush	11	9	20	10	50
6	Alan Williams	15	9	10	15	49
7	Craig Partridge	16	17	5	10	48
8	Sandra Lewis	11	15	12	10	48
9	Olivia Walwyn	11	9	18	10	48
10	Neil Walker	11	9	16	10	46
11	Ken Burgess	11	9	15	10	45
12	Mike Jones	11	9	14	10	44
13	Patrick McCarthy	11	9	5	17	42
14	Bev Ganose	11	15	5	10	41
15	Maggie Jones	11	9	9	10	39
16	Alan Barlow	11	9	5	14	39

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

The fifth race in the club fell championship is Mount Famine on Saturday 16<sup>th</sup> May.  
 Details here: <http://www.cs.man.ac.uk/~temples/hc/>

This race is one of 3 races in Hayfield that weekend. Details can be found on the above link.  
 Friday night is the May Queen 3 mile fell race and Sunday is the Lantern Pike Dash which is a mere 1.2 miles but goes straight up and back down Lantern Pike from the Lantern Pike Inn.

### Anniversary Waltz – 11<sup>th</sup> April

Almost 500 runners tackled this excellent race in the Newlands Valley which covers more than 11 miles and climbs 3600 feet. Olivia was close to the course record in winning the ladies race and finished 17<sup>th</sup> overall. Neil just failed to break 2 hours but improved by 4 minutes and 50 places on last year. The race was won by Morgan Donnelly of Borrowdale in 1.35.38.

17	OLIVIA WALWYN	1-50-26
56	NEIL WALKER	2-00-05

Full results: <http://www.anniversarywaltz.co.uk/?p=115>

## Don Nichol's Training Schedule for May and early June

### May

Tue.5<sup>th</sup>

Session 1 = 6 x 500m with 2mins jog recovery  
Session 2 = 6 x 800m with 90sec jog recovery

Thu.7<sup>th</sup>

Fell Run – Werneth Low - organiser Alan Barlow

Fri. 8<sup>th</sup> to Sun 10<sup>th</sup>

**Lakes Training Weekend, Newlands Valley**

**Cost £48-00 for B & B**

Training sessions = 1 Friday evening

Saturday before breakfast 7-00am

before lunch 10-30am

after lunch 3-30pm.

Sunday 9-30am onward steady run or stay in bed.

Note all organised sessions are voluntary you are more than welcome to do your own thing.

**Please do not go on the fells in groups of less than 3**

Tue.12<sup>th</sup>

One session = 24 x 200m with reducing recoveries of 5 seconds after every 4<sup>th</sup> effort

First recoveries 40 seconds

final recoveries 15 seconds

Sat.16<sup>th</sup>

BMAF Road Relays – Sutton Park

Club Championship Fell Race – Mount Famine

Tue.19<sup>th</sup>

Session 1 = 6 x 500m with 3mins jog recovery

Session 2 = 4 x 1000m with 4mins jog recovery

Thu.21<sup>st</sup>

Group Fell Run – organiser Stewart Keech

Fri.22<sup>nd</sup>

**Dunham Massey Park 5K race – 7-15pm start**

**As this is an ADAC organised race, if not competing why not volunteer to help**

Tue.26<sup>th</sup>

Session 1 = 1 x 1000m, 5min jog rec.-1 x 800m, 5min jog rec.-1 x 600m, 5min jog rec.-1 x 400m

Session 2 = 1 x 2000m, 4min jog rec.-1 x 1600m, 3min jog rec.-1 x 1200m 2min jog rec.-1 x 800m

### June

Tue.2<sup>nd</sup>

Session 1 = 8 x 400m with 3min jog recovery

Session 2 = 8 x 500m with 3min jog recovery

Thu.4<sup>th</sup>

**Bowdon 5K race – 7-15pm start**

**Again organised by ADAC, please volunteer to help if not competing**

Tue.9<sup>th</sup>

Session in John Leigh Park – 7-15pm start

4 sets of:

1 x 30sec hill rep - 1 x 90sec sustained effort -

1 x 30sec hill rep - 1 x 3min-30sec sustained effort

2min recovery between efforts, 4min between sets

Club Championship Fell Race – Boars Head

Wed 10<sup>th</sup>

**Dunham Massey Park 5K – 7-15pm start**

Fri 12<sup>th</sup>

**Volunteers still needed**

Sun.14<sup>th</sup>

European Mountain Champs, selection trial – Snowdon (uphill only)

### June

Wed.25<sup>th</sup>

**Future Events**

Club Championship Road Race - 5K Wythenshawe Park

### July

Wed 22<sup>nd</sup>

Club Championship Fell Race – Shining Tor

Thu.23<sup>rd</sup>

Club Championship Road Race - 5K Wythenshawe Park

### **Club Dinner – Cresta Court, Friday 25<sup>th</sup> September**

Another reminder that the club dinner will be held at the Cresta Court Hotel in Altrincham on Friday 25<sup>th</sup> September. If you have not already done so, please reserve a place by sending names as soon as possible to Colin Davies Email: [colin@d928.fsnet.co.uk](mailto:colin@d928.fsnet.co.uk)

### **Trafford 10K Road Race 15<sup>th</sup> March 2009.**

As ever this proved to be a very competitive race, Dave Norman had put together a strong elite field, following a big promotion push the race attracted a large field of 466 athletes by far the largest race to date. Even with entries closed weeks before race day, entries kept on coming in the end we turned away almost 100 runners.

Both course records were beaten, the weather was great and the race was very successful.

On behalf of the club, Dave Norman and Bill Egan, we write this note with gratitude to all of the club members and friends who gave up some time to join in and help out. We are lucky to have the opportunity to run this great race, which is gaining national acclaim amongst top athletes and club runners alike. With the continued support of the club and its members we are sure that this race will go on to reach new heights. The vast majority of the feedback left regarding the race was very positive and many made mention of how friendly the marshals were.

The next 10K race will be on September 13<sup>th</sup> 2009, no doubt we will be chasing many of the same helpers again to join in. However in the meantime if you want to stay in practice we have lots of events going on that need helpers: ADAC & Mansel Pope organise the Cheshire 5km series during May and June, then there are the club athletics meets and junior leagues running throughout the summer months John Snape can provide dates, if you are able to offer any help please get in touch.

To all those who helped in March please accept our heartfelt thanks.

Dave and Bill

### **Club AGM**

The club AGM takes place at the Timperley Taverners Club on Park Road on Thursday 30<sup>th</sup> April. The meeting will start as soon as possible after 8.30pm following training.

### **Injured or Not!**

Duncan Mason Athlete Matters Worsley Physiotherapy and Sports Injuries Clinic.

First floor, Ackerley House, Roe Green, Worsley M28 2JL tel: 07792072642

[www.athletematters.com](http://www.athletematters.com)

Hours of Business: Mon to Fri: 9.00am to 9.00pm Sat: 8.30am to 1.00pm

Mike Jones (ADAC) M J Fitness Sports Massage and Personal Training tel: 07999981567

Rachel Thompson (ADAC) Physiotherapy and Sports Massage (contact via club web admin)

Thornber Podiatry assessment, treatment and provision of orthotics / in-shoe devices.

ADAC members will receive a 10% discount on treatments

Contact: Matthew Malone Specialist in Paediatric and Adult Biomechanics

0161-491-2938 07843629704

### **May Pawprints**

Please send material for next month's Pawprints to Colin Davies: [colin@d928.fsnet.co.uk](mailto:colin@d928.fsnet.co.uk) by Thursday 14<sup>th</sup> May at the latest. Copies should then be available by Tuesday 19<sup>th</sup> May.  
Articles, reports, results, news, announcements and photos gratefully accepted.

# ALTRINCHAM & DISTRICT ATHLETIC CLUB

## Timperley Track & Field Meetings 2009

Open to all Club members, parents, children & their friends.  
 Entry by payment of normal track fee.  
 Please keep your number for all meetings in the series.

Thursday April 16th TRACK	6.30pm Start 100m	1200m for u11s	1500m	300m	400m
Thursday May 14th FIELD	6.30pm Start High Jump	Shot Putt			
Thursday June 18th TRACK	6.30pm Start 200m	Hurdles up to 110m		600m for u11s	800m
Thursday July 9th FIELD	6.30pm Start Triple Jump	Long Jump	Discus		
Thursday August 13th FIELD	6.30pm Start Hammer	Javelin			

Return entry form to: John Snape, 2 Chatsworth Close, Timperley, Altrincham, WA15 7LF.

<b>Entry Form for Timperley Track Meetings 2009</b>		FOR CLUB USE
Name _____		
Date of Birth / Gender _____ M / F		Age Group
Address _____		
Parent's or Guardians signature if under 16. _____		<u>Competition Number</u>
Please circle the events you wish to compete in. (max 3 events per meeting for U15s.)		
Thursday April 16th	100m	1200m 1500m 300m 400m
Thursday May 14th	High Jump	Shot Putt
Thursday June 18th	200m	Sprint Hurdles 600m 800m
Thursday July 9th	Triple Jump	Long Jump Discus
Thursday August 13th	Hammer	Javelin