



# Pawprints

The Newsletter of Altrincham  
and District Athletic Club



**MAY 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.

## Subscriptions

Subscriptions are now due for 2009 -10. Thank you to everyone who has paid so promptly. As ever, the subs remain the same as in the previous seven years! –

Seniors	£35.00	Social Members	£15.00
Students in full-time education and senior citizens			£10.00

Cheques to be made payable to ADAC. If you train at the track you can hand your subscriptions to Alan Hardman, John Snape, Bob Spark or any committee member and they will pass them on.

Alternatively you can post them to

Mansel Pope  
34 Townfield Gardens  
Altrincham  
WA14 4DT

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

Nine club members complete 25 years' membership of ADAC this year. Malcolm Schofield, Peter Baxter, Dave Champion, John Snape, Peter Pickwell, Richard Rose, Ann-Marie Jones, Ewart Lockton and Jean Jones will receive their certificates at the club dinner which is to be held on Friday 25<sup>th</sup> September at the Cresta Court Hotel. Places for the dinner are beginning to fill up. 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 indicate if you require a vegetarian meal. Send names with cheques payable to "Colin Davies", 51 Taylor Road, Altrincham WA14 4JS. Email: [colin@d928.fsnet.co.uk](mailto:colin@d928.fsnet.co.uk)

## June 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 11<sup>th</sup> June at the latest. Copies should then be available by Tuesday 16<sup>th</sup> June. Articles, reports, results, news, announcements and photos gratefully accepted.

## **Road Running**

*From Mike Jones*

### **Bramhall Park 5K**

Time	Every Saturday 9am
Location	Bramhall Park
Course	2 laps trail within the park
Entry	Free!

Visit the Bramhall parkrun website: [www.bramhall.parkrun.com](http://www.bramhall.parkrun.com) to register.

ADAC runners Nick Burke and Olivia Walwyn have both had winning runs at Bramhall whilst several others including Mark Norton, Richard Healy, Anne Pugh, Colin Davies and Maggie and Mike Jones have discovered this excellent 5K road/trail race around the beautiful Bramhall Park.

The course is run on paths and tracks within the park, so no traffic!

The route takes in a climb towards the stunning hall, passes through a narrow gap by the top gate before a rapid right then left turn leading to a narrow topiary archway. The run then takes you down through the gardens (no time to check out the flowers!) around duck poo corner (slippery!) past the pond, avoiding the geese and then it winds through the woods via a short sharp climb and undulating track before a steep decent and sharp turn to the stream.

The path then runs alongside the stream over a wooden bridge to begin the second lap. This follows the same route as lap 1 before heading to the finishing funnel where you collect the position token and take it to the results desk where your position will be logged onto one of the computers. Results appear on the website on Saturday afternoon. An email arrives to give your position and time in the run. Don't forget to smile as you run past the photographers! The images appear on the website within the next couple of days.

Organizers Rob and Nick ensure the run goes smoothly, aided by the band of dedicated helpers who turn out in all weathers. The run has only been cancelled once due to bad weather. As well as the results, the website has age related tables in 5 year bands, a male and female points table based on position (100 points for first, 99 for second etc) and the number of times you have marshaled (100 points each time you volunteer). In the points tally Maggie came second for the year out of the women and received a photo of the race as did the first 3 men, women and juniors. The presentation took place at the first anniversary party held after the run on 18<sup>th</sup> April where food and drink were laid on at the cafe. The success can be judged by the café running out of food and cooking extra portions!

Go to [www.bramhall.parkrun.com](http://www.bramhall.parkrun.com) to view a course map, comments page and news and to view photos of the run and your position in the points table - which was reset to zero at the end of the first year (April 18<sup>th</sup>).

The atmosphere is relaxed, catering for all abilities from 16 to 40 minutes, so make the effort to get up early for the run. It's well worth it. Numbers have swollen over the first year and around 300 is now the regular entry. If you can't run why not marshal? The run relies on volunteers to keep it going.

To sum up a great work out - run it as you like, race or time trial. Runners have been seen training up the steep hill by the woods after the race. Have fun!



Bramhall Hall

### Sale May Day 5K – 4<sup>th</sup> May

A high class field of 156 runners assembled for this race at Wythenshawe Park and Chris Davies of Telford came home first in 14.21 with Mary Wilkinson of Bingley first lady in 17.06. ADAC were second team with Simon Marwood well supported by Andy Ford and Dave Ainsworth. Dave was also part of the second vets team along with Graham Harrison and Jeff Norman.

Simon Marwood



6	Simon Marwood	15-43
21	Andy Ford	17-56
24	Dave Ainsworth	18-08
26	Colin Banno-Thornton	18-16
34	Graham Harrison	18-33
47	Jeff Norman	19-16
50	Mike Jones	19-27
51	Dave Telford	19-37
60	Damian Utton	20-06
72	Carole Harrison	21-04
109	Maggie Jones	24-09

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

### 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)

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

### Club Road Running 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

### National Road Relays

The men's 12 stage road relays took place at Sutton Park on Saturday 18<sup>th</sup> April. Having qualified by finishing tenth in the North of England relays, ADAC were placed 34<sup>th</sup> from a total of 68 teams in the National event. Despite all the runners giving maximum effort, the injury hit team was unable to maintain the good start by Dave and Andy Norman which saw ADAC in fourth place after the second leg. There were some very good performances from our men, particularly Rob Nichol on leg 4 and Jason Ward who followed him on leg 5.

Dave Norman	(4)	26.41
Andy Norman	(4)	14.35
Tom Bush	(29)	30.32
Rob Nichol	(28)	15.33
Jason Ward	(20)	26.44
Adrian Fuller	(23)	17.26
Ian Haworth	(31)	30.09
Andy Ford	(31)	17.21
Dave Livingstone	(34)	32.55
Mark Norton	(33)	17.36
Alberto De Fanis	(35)	32.01
Dominic Scott	(34)	17.44

34<sup>th</sup> place                      4.39.17

Full Results: <http://www.race-results.co.uk/results/2009/nat1209.htm>

### **London Marathon – 26<sup>th</sup> April**

Vicki Perry ran just outside her all-time best in the Flora London marathon recording a time of 2.53.15 which broke the British all-time women's over 50 record for the marathon by over a minute. Having failed by a few seconds in London last year and again in Berlin in September this was a well deserved reward for her tremendous effort and persistence. Well done Vicki. Adrian managed to sneak under 3 hours and Alison was bang on her target time of 3¼ hours. In her first marathon, Bev exceeded her expectations and finished in under 3½ hours.

Vicki Perry	2-53-15
Adrian Fuller	2-59-48
Gary Cassidy	3-02-36
Alison Vesey	3-15-04
Bev Ganose	3-29-20
Richard Pavey	3-39-58
Kristian Wright	4-00-58
Rob Tonkinson	4-15-04



Vicki

Full results: <http://www.london-marathon.co.uk/site/home.html>

### **Bluebell Trail 10 – 3<sup>rd</sup> May**

#### *Report from Jean Dolan*

Julie, Kath and I did the Bluebell 10 on Sunday. I ran the race 10 minutes faster than last year and was pretty confident I would win my category, as I had won it last year, but a lady from Baildon was 4 minutes faster than me! Baildon is where Graham and Eva Watson now live. We have been looking for races to join Eva in but I'm not so sure now!! No, I'm only joking. I was glad to see another lady in my group as they are usually at home cooking Sunday lunch. The Bluebell is a gorgeous run organized by Stainland Lions. I have done the race four times out of the five it has been held. If it hasn't rained in the week prior to the race then I can usually cope with the terrain, otherwise it is lethal through the forest. Julie caught me on the run in and beat me by a few seconds but it is her kind of course: muddy, rugged and tough, just like her! A total of 327 runners finished, including Shaun Jackson who ran well to finish in 21<sup>st</sup> place and Craig Partridge who reckoned the 600 foot climb in half a mile up the dreaded Trooper Lane was worth a mention!



Julie Savage

21	Shaun Jackson	1-18-39
114	Craig Partridge	1-32-58
234	Julie Savage	1-49-50
238	Jean Dolan	1-50-10
263	Kath Smith	1-54-54

Full results:

[http://stainlandlions.com/Results/2009/BluebellTrailResults030509\\_2.pdf](http://stainlandlions.com/Results/2009/BluebellTrailResults030509_2.pdf)

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

It will start from the village car park in Rowarth (SK012892) at 7pm and the meal will be in the Moorfield Arms at 8.45pm.

The next run after that will be on Thursday 18<sup>th</sup> June.

There will be no run on Thursday 4<sup>th</sup> June as it is the Bowdon 5K on that night

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

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
Wed 10 <sup>th</sup> June	Boar's Head	7.5 miles / 1250 feet
Sun 14 <sup>th</sup> June	Kinder Trog	15 miles / 3200 feet

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

The sixth race in the club fell championship is the Boar's Head on Wednesday 10<sup>th</sup> June.

### Club Fell Running Championship 2009

<b>Ashurst Beacon CS</b>	<b>Jan 17 12.30pm</b>
<b>Kinder Trial O</b>	<b>Feb 1 10.00am</b>
<b>Cloud Nine CM</b>	<b>Mar 1 11.00am</b>
<b>Rivington Pike BS</b>	<b>Apr 11 3.00pm</b>
<b>Mount Famine AS</b>	<b>May 16 11.00am</b>
<b>Boar's Head BM</b>	<b>Jun 10 7.30pm</b>
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

### Fell 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

### Bollington Festival 3 Peaks – 9<sup>th</sup> May

A new race at Bollington attracted 130 runners who climbed 1200 feet in covering 5½ miles.

Michael Salt of Cambridge was the winner in 40.13 and Blue Haywood of Lincoln & Wellington was first lady in 45.22. Shaun Jackson ran well to finish inside the top twenty and Craig Partridge was also in the top half of the field.

19	Shaun Jackson	46-03
62	Craig Partridge	54-18

Full results: <http://www.mh.k313.com/mh/fell/Bollington%20Festival%203%20Peaks%202009%20Race%20Results.xls>

## Track & Field

ADAC were clear winners of the first match of the Northern Track & Field League, Division 4WC at Woodbank Park, Stockport on Saturday 2<sup>nd</sup> May. There was a magnificent club record in the 4 x 400m relay by the ladies, voted the best race of the match by Mike Welford, closely followed by the Battle of the Normans in the 5000 metres!

There were in fact four new club records at the match. In addition to the ladies 4 x 400m relay performance, Chloe Smith created a new U16 record in the hammer and broke the U16 javelin record. Surprisingly, until recently a record did not exist for the U20 ladies 3000m when Charlotte Bent set a modest 13 min 35.3 sec in a match in which she also ran 1500m. Under her team manager's orders to 'jog round' this time as a warm up for the 1500m later in the day, she ran 13 min 12.7 sec! When Charlotte gets the opportunity to go 'all out', John Snape says he is sure she will improve considerably. Overall this was a fantastic start to the season but we need to get everyone out again - plus a few more - for the next match at Halifax.

1	Altrincham & District AC	475
2	Stockport Harriers & AC	327
3	Oldham & Royton	320
4	Salford Mets	286
5	Leeds City AC	262
6	Halifax Harriers	257
7	Bradford & Airedale	103

Full results: [http://www.northernathletics.org.uk/FileUploads/4WC\\_2\\_3\\_4\\_5\\_6\\_7\\_8.pdf](http://www.northernathletics.org.uk/FileUploads/4WC_2_3_4_5_6_7_8.pdf)

Our youngsters will be in action on May 17<sup>th</sup> at Eccles and May 31<sup>st</sup> at Stretford so should be well prepared to support the seniors in the second league match at Halifax on Saturday 6<sup>th</sup> June.

..... Contact Andy Norman and Sarah Wilkins if you are available .....

The third match is also at Halifax, this time on Sunday 5<sup>th</sup> July.

The final match of the season is at Longford Park, Stretford on Sunday 2<sup>nd</sup> August, which Altrincham will be hosting. If all goes well between now and then, we should be in a position to put on an exhibition match there. Mike Welford, who is the meeting organiser for the Stretford match, will shortly be issuing the rallying call for all the ancillary support needed to make sure the meeting goes ahead smoothly. There is a long standing tradition that successful team managers receive an 'early bath' in the steeplechase water jump. We hope and trust that we can continue this tradition at the end of this season.

## Reminiscences of a Rubbish Runner

*by Ewart Lockton*

My sporting aspirations have always been considerably ahead of my abilities. I never made the School cricket or football teams; at no time was I ever considered for any events at Sports Day and I hated the annual compulsory Cross Country Run. However I have always been a keen sports spectator and I was blown away when I watched the London Marathon on TV in the early 1980's. Like so many others, from the comfort of my arm chair, I decided that I would like to do that one day.

It was a significant event when I decided to walk up to the third floor at work rather than take the lift. Unfortunately the person that I wanted to see was facing me immediately outside the lift, but I was so short of breath that I couldn't speak. I decided that I must do something, so that night, when it was dark, and the neighbours were unlikely to see me, I donned my holiday athletes' posing kit (Marks & Spencer's tracksuit and trainers) and shuffled round the block. The next day I told a colleague at work and he provided the encouragement that I needed. He made a point of seeing me every day, demanded a report on the previous night's "run" and encouraged me to keep a log, recording times and distance and eventually minutes per mile. Tony was in fact a useful runner himself and he ran with me when I ran my first ever half marathon at Marple on 18<sup>th</sup> September 1982.

I soon became addicted to running and, not surprisingly, my health and general well-being improved. My job involved a good deal of travel and hotel life but wherever I went I was able to pack my running kit (by now I had a pair of “proper” trainers!) and I was no longer afraid of the neighbours seeing me. In 1984 I ran “The London”, then sponsored by Mars, but I only managed to finish as a result of an “earful” from my wife Phyllis, who spotted me walking along the Embankment. Her verbal abuse got me running again and I ran the rest of the course! I claim a time of 3 hours 68 minutes which sounds much more respectable than 4.08, which was showing on the clock when I crossed the finishing line.



Not only did I take my kit with me when I was away on business trips but I also ran when we were on family camping holidays in France. It was then that another significant event occurred. I met a dedicated club runner whilst on holiday in the summer of 1984 and we ran together each day. He took me under his wing and made me promise to join a running club when I got back home. He even provided me with names and addresses of contacts at local clubs. When I got back home I duly telephoned John Saunders, who was then Secretary at ADAC. He didn't give me a lot of help or encouragement but he did tell me that he thought a group met at Blessed Thomas Holford School on a Thursday evening but he didn't know at what time!

But I persisted and in mid August I went to BTH at 7pm on a Thursday evening but no-one was there. I did hang around and eventually Bernard Blow and Irvin Coombs appeared and I was immediately made most welcome and enjoyed my first Thursday night run. My initiation was during the August holidays but it wasn't long before the Thursday evening runs were in full swing and each week around 50 runners, covering a very wide span of ability, set out together. The “shop steward / start marshal” was always Dave Attwell, who conducted a count down and ensured that we left dead on time. There was always a real incentive to get back to BTH in good time – if you were late you had to shower in cold water! The mass starts quickly split into smaller groups according to individual ability. I was always towards the back but, thanks to the understanding of my limitations, I was never left behind and found company and friendship with Bernard and Irvin who were always there.

The others included the “Florin Brothers” (the two bobs: Bob Tarry and Bob Whittaker), Tim Birch, John Chatterton, Ron Davies, Alan Hardman, Neil Hughes, Malcolm Schofield and from time to time Alan Rydout, Jay Wilkie, Stan Shackleton, Robin Wignall, Ken Thompson, Peter Lambert and Fred Pendlebury. Tommy Watson joined the club when we were at the Civil Service Club after he had finished his football refereeing career. Colin Davies also gave me a lot of encouragement and accompanied me from time to time. Colin ran with me on a Sunday afternoon when he wanted a slow run after running around 20 miles in the morning! And of course there was Denis Wood who kept up a non stop barrage of chatter and always wanted the right answer when he asked, “Don't you think I'm running well tonight?”

Soon after joining ADAC everyone was invited to a combined birthday party held at a pub at the bottom of Deansgate where we celebrated Bernard's 50<sup>th</sup> and Irvin's 40<sup>th</sup>. I seem to remember that Dave Attwell was Master of Ceremonies and the pub landlord was an ex ADAC member.

Over the years our meeting point changed and we moved from BTH to the Civil Service Club around 1986. An advantage here was that even the slower runners got a hot shower and there was an adjacent bar, but the changing rooms didn't win any awards for high hygiene standards. There were separate rooms for individual football teams and the floors were usually ankle deep in mud. This location opened up opportunities for new routes, particularly in the summer when we were able to head out up Brooks Drive and into the countryside. However in September 1988 there was another move to Timperley Cricket Club which brought opportunities to explore Dunham Park and the surrounding countryside.

Ewart pictured at Bernard Blow's  
70<sup>th</sup> Birthday Party in 1996



Wherever we met, Bernard Blow was our "group navigator" - he had an encyclopaedic knowledge of all the side roads, back alleys and short cuts which enabled him to plan the route for each run. He **always** decided on our route and woe betide anyone who attempted to interfere. Bernard delighted in letting Denis Wood get ahead before announcing a turn which meant that Denis had to double back. On one occasion, when the North West had been battered by gale force winds, Bernard skillfully devised a route which avoided any head winds and took us on roads where the buildings sheltered us from the elements. Bernard was also very keen on the preservation of footpaths and rights of way - particularly in the spring, when the crops were beginning to grow, he took us across fields where the farmers had paid scant attention to rights of way and sown over the pathways. Bernard made sure that we helped to preserve the footpaths. Sometimes this took us through chest high nettles and cruel brambles but where Bernard went we had to follow.

One night we trudged through a potato field and some one asked if this really was a footpath. Bernard replied that it was the last time that he had been that way which transpired to be about 20 years previously! We missed Bernard on the few occasions he was absent. One night when he was a Poll Clerk at a local government election we knew where we wanted to go but because we had always relied on Bernard we weren't quite sure how to get there. The result was that Alan Hardman and I got hopelessly lost somewhere around Ashley and we were severely nettled. To add insult to injury we got little sympathy from Bernard when we told him of the distress that we had endured.

During the summer months we took full advantage of the light evenings and explored the Bollin Valley. One evening we ran around the perimeter of a field which was home to a Bull that didn't appear to appreciate our intrusion into his territory. Despite much abuse from my colleagues, I declared that this field must be avoided on our return and as a result we got well and truly lost in the gathering gloom. We failed to realise that a well developed farm manure heap was blocking our path and we really did finish up in \*\*\*\* street. I was threatened with having to do my own laundry if there was any repeat. Matters were not made any better when I arrived home on another Thursday night with an extra pair of (someone else's) dirty underpants in my running bag. I was never able to explain with any degree of conviction exactly how this had happened.

One Thursday evening, on arrival at the changing room, I was told that Jeff Norman was asking for me. I was very excited and thought that my talents had at last been recognised. I was right - Jeff told me that a new lad had joined the club and said, "He can't run very fast and wants someone to run with him". Jeff said that he couldn't think of anyone slower than me, so I would be ideal to look after the new boy!! Yes, my talents had been recognised at last.

From time to time we ran in races organised by the Northern Vets. In one meeting at Frodsham we won the prize for second team. "We" being Alan Hardman, John Chatterton and myself (pictured right). We were very proud until we realised that only two clubs had been able to field three runners so we had won a prize for being the last team! My other dubious successes were being able to win the Christmas Handicap in 1993 due to the extreme generosity of Jeff Norman's handicapping and then to finish ahead of Alan Hardman in the "Round the Camp" 5 mile race on an evening in 1996 when Alan was not feeling well.



The Thursday run was always a must. They were good times and we had lots of fun and laughter. It was a bit like "The Last of the Summer Wine in Running Gear". Bernard, Alan and I were preparing to celebrate running an aggregate age of 200 which seemed like a good idea - but I had to have a hip replacement and I let the side down even though I was the junior member of the trio. Bernard and Alan continued to defy their years but my Consultant advised me to hang up my running shoes and even had the temerity to suggest that running had contributed to my problems!! I told him that I had enjoyed every minute of it and had had a load of fun on the way.

In addition to "running", Thursday nights presented an opportunity to put the world to rights, to catch up with the latest gossip and to carry out an in depth review of the mid week match on TV the previous night. I arranged to buy my first computer from Neil Hughes whilst running and also sold a car to Alan Rydout somewhere in the lanes around Dunham. I also "transferred" my place in a subsequent London Marathon to Arthur Wright who telephoned me, when he was having trouble whilst registering, to ask me how I signed my name. It proved to be quite difficult to describe my personal squiggles but Arthur must have been very persuasive – not only did he manage to "enter" but he achieved a new personal best for me!

Ending Thursday night runs was not the end of the friendships or my association with ADAC. I have enjoyed being able to assist with marshalling at club races and in particular "put something back" into the sport at the Schools Cross Country events, organised by the Club in John Leigh Park, when it is always good to talk with old club friends. It is good to be able to count many members of ADAC among my friends and I am grateful to Colin for the work that he does to keep me up to date not only through "Pawprints" but personally over a cup of tea, where many of my "reminiscences" have been recounted and perhaps somewhat "embellished".

**Even though I was a rubbish runner I wouldn't have missed it for the world!**

#### **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 tel: 07777235511

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