



# Pawprints

The Newsletter of Altrincham and District Athletic Club



Trafford 10K Road Race Sunday 4th March 2007

Entries are already coming in for this ever popular event, which is run from Partington Leisure Centre. The fast flat 10km course makes use of the country lanes surrounding Partington and Dunham.

The profits from the race go back into club funds to help to support club activities and equipment upkeep.

The race has an entry limit of 350 runners, this is because the roads remain open during the race and as a result we need to marshal the event closely to make it safe for the competitors.

The race is organised by Dave Norman and he needs your help to make this race a continued success. Each road junction needs to be marshalled, some junctions need 2, we will use a lead vehicle and chase vehicle, there are plenty of other jobs: car park marshals, registration officials, time keepers, water station helpers, as well as people to help keep runners in order at the start and finish areas. Please help if you can:

A sheet will be in the office at the track or contact Dave directly should you wish to volunteer [dave@davenorman.fsnet.co.uk](mailto:dave@davenorman.fsnet.co.uk)

October/ December 2006

Editor

Bill Egan

[itbegan@gmail.com](mailto:itbegan@gmail.com)

## 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](http://www.altrinchamac.fsnet.co.uk)

## SUBSCRIPTIONS

Subscriptions have been due since April 1st and a number of people have yet to pay - I'm sure you know who you are!!

Your subs are essential income for the club

Seniors £35.00

Juniors £10.00

Social membership and Second claim £15.00

Cheques payable to ADAC post to:

Mansel Pope, 1 Reservoir Cottage, Dunham Road, Bowdon, Altrincham.

WA 14 QD or hand them to any committee member

WANTED SUBS!



YOUR PHOTO  
HERE!



Dave 'Santa' Atwell  
Pops down to John Leigh Park for the ADAC XC Handicaps

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### Leeds Abbey 10k Sunday 26th November

6 Altrincham athletes made the trip to Leeds to run the 10km Leeds Abbey Dash 'Race 4' in ADAC Road Race Championship, Jason Ward was the first ADAC athlete home despite carrying cracked ribs. Matt Barnes unfortunately had to pull out through injury having only just returned home from Japan just 24 hours earlier having represented team GB in the Chiba Ekiden marathon relay and helping the team to an impressive 7th place.

5	Jason Ward	Altrincham & District AC	29:47
50	Paul Smith	Altrincham & District AC	32:45
210	Dave Livingstone	Altrincham & District AC	37:36
289	Bill Egan	Altrincham & District AC	39:19
1027	Bob Buckley	Altrincham & District AC	46:21
DNF	Matt Barnes	Altrincham & District AC	
4040 finishers			

### Stockport 10 Sunday 10th December 2006

Race 5 in the 2006 ADAC Road Race Championship was the Stockport 10 and as many will know this a race is a challenging route around Stockport. This year to add to the challenge we had a cold December wind and rain.

12 Altrincham athletes turned out to run and Dave Norman ran brilliantly in the conditions to win by over 2 minutes, excellent runs by Paul Smith and Dave Alderson secured the mens team prize for Altrincham. Our ladies took runner up spot in the team event with Rachael Thompson, Vanessa Mullholland and Katherine Harvey all putting in solid performances. Ken Burgess and Katherine Harvey both took first place in their respective classes to complete a very successful day for ADAC.

1	Dave Norman	Altrincham & District AC	50:59	
2	Michael Aspinall	Lancaster & Morecambe AC	53:14	
3	Rick Hayman	Sale Harriers Manchester	53:28	
7	Paul Smith	Altrincham & District AC	56:03	
18	David Alderson	Altrincham & District AC	59:49	
21	Dave Carrington	Altrincham & District AC	59:58	V50 2
33	Kristian Wright	Altrincham & District AC	1:02:11	
38	David Livingstone	Altrincham & District AC	1:02:49	
56	Bill Egan	Altrincham & District AC	1:04:24	
75	Rachael Thompson	Altrincham & District AC	1:06:02	L 6
80	Vanessa Mulholland	Altrincham & District AC	1:06:23	L 8
89	Ken Burgess	Altrincham & District AC	1:07:34	V60 1
94	Neil Walker	Altrincham & District AC	1:07:49	
109	Katherine Harvey	Altrincham & District AC	1:08:34	L45 1
610 finishers				

#### Stockport 10 - Men — TEAM RESULTS

1 Altrincham & District AC 24 — 1 Dave Norman 6 Paul Smith 17 David Alderson  
2 Sale Harriers Manchester 31 — 3 Rick Hayman 7 Colin Gell 21 Mike Ashby  
3 Wilmslow Running Club 40 — 4 Mike Halman 12 Rob Downs 24 Andrew Penney

#### Stockport 10 - Ladies — TEAM RESULTS

1 Stockport Harriers & AC 16 — 3 Jenny Murray 4 Jenny Knass 9 Sally Keigher  
2 Altrincham & District AC 21 — 6 Rachael Thompson 7 Vanessa Mulholland 8 Katherine Harvey  
3 Lancaster & Morecambe AC 110 — 2 Louise Gardner 37 Kathy Winrow 71 Evelyn Elkington

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I have been a member of ADAC for a few years now and what a fantastic time it has been. The reason I joined in the first place was that I had two very good friends in the club, Andy and Dave Norman, but also I wanted to join a small club like Hallamshire where I came from, this was because there would be less pressure on me to perform all the time and I do enjoy being a big fish in a little pond. Other than Andy and Dave the only other member I had met was Dave Rudd and I had never seen anyone so excited about me joining a running club before, he did make me laugh. Altrincham is very similar to Hallamshire, a small club with a good core group of athletes and this makes it more like a family than a group of individuals.

My training regime is quite basic but, hard and fast as some of you may know or had the unfortunate experience to come on one of my steady runs. It has changed a little since joining my new coach Bob Merrill, before I met Bob I was coaching myself for a year or 2 but I did not really put enough work in, but that has now changed, my weekly routine is roughly as follows

Monday	10 miles
Tuesday	track session short recoveries eg 16 x 400 off 30 secs
Wednesday	10 miles
Thursday	tempo run of 30 minutes at 5 minute mile pace 10 miles total
Friday	6 miles easy day
Saturday	long rep session
Sunday	15 miles

average of 70 miles a week, not high but all pretty fast.

During the early autumn I have been training twice a day and increased my running miles to around 90 to 100 miles a week (this is due to some of the races I have been doing and trying to get my winter base in). 90% of my running is done alone, this is due to not having anybody really to run with in Sheffield and the hours I work in retail, this is a pain in the behind especially in the run up to the festive period. I don't race much in December, just train and work. The work I do is easy but does cover long hours especially in December where I will average 12 hours a day. Because I do train on my own a lot, I think it helps me when I race, I just think about myself which really helps in my forte of relay running. I do my sessions with people whenever I can get the chance.

When approaching races, I run very much on confidence so run better when people talk me up or in a representative vest, but on race days I will get very nervous and try to keep out of peoples way as I can be stand offish. But once the gun goes I'm off without a care in the world.

Highlights since joining Altrincham have been the team medals I have won, this has been a added bonus as I have many individual medals but no team from my time with Hallamshire. My career highlights have been the individual national titles I have won and the representative vest I got from the European XCcountry champs. This years highs and lows have been PBS at 10k and 5k of 29.17 and 14.23 plus the team medals as said before, and also getting selected for the last Ekiden trip and getting a kit deal with Brooks. Not really had any major low points this year other than poor runs at the northern and national road relays, this was because I had a slight injury after the Birchwood 10k and it took me some time to get over it.

Anyway what does the future hold, who knows. But I can guarantee ( if Andy gets himself fit ) there will be more team medals and for me I hope to go sub 29 and sub14 and eventually a fast marathon. But in the short term I hope to qualify for the world x country champs in Kenya. Next couple of races will be the Brooks Brighton 10k and the Leeds abbey dash.

Race	Place	Time	
Birchwood 10k	2nd	30.40	
Doncaster 5k	2nd	15.10	
Sale sizzler	1st	14.23 pb	
Northern road relays		15.58	
Geat North Run	24	1.06.58	
National Road Relays		17.47	
Great South Run	12th	49.09	4th Britain in front of Pete Riley very bad weather.
Cutlers relays ran 2 legs and got fastest 2 times		10.08 and 10.12	
XCcountry realys	7th fastest	14.56.	
Brooks Brighton 10k	1st	29.59	
Leeds Abbey Dash 10k	5th	29.47	

Jason has continued his run of form into the winter and recorded yet more impressive results, thank you for submitting the article Jason and good luck for 2007. Bill.



# ALTRINCHAM & DISTRICT ATHLETIC CLUB

## STAN HAILES TROPHY MEETING

27th August 2006

PLACE	NAME	AGE	LONG	100m	SHOT	HIGH	800 m	POINTS
		ON DAY	JUMP		PUTT	JUMP		
1	Amber Tarry	13	3.84m	13.6s	6.70m	1.16m	2m 55.0s	98
2	Jenny Bullock	11	3.38m	16.3s	3.85m	1.04m	3m 17.9s	97
3	Chloe Smith	12	2.92m	16.9s	5.73m	1.10m	3m 17.1s	96
4	Reiner Tarry	11	2.98m	18.2s	4.39m	1.01m	3m 21.2s	93
5	Isabel Hainsworth	13	3.95m	14.2s	6.05m	1.10m	3m 02.2s	90
6	Constance Burke	12	3.12m	16.5s	5.69m	1.13m	3m 05.4s	88
7	Josh Smith	12	3.65m	14.7s	5.79m	1.19m	2m 43.9s	87
8	Rachael Lee	15	4.40m	13.1s	6.20m	1.46m	2m 49.2s	84
9	Nicola Scott	10	3.06m	17.0s	2.99m	1.04m	3m 14.6s	82
10	Melanie Bannister	16	3.54m	13.8s	6.37m	0.98m	2m 56.1s	80
11	Eniola Oyesanya	11	3.35m	14.9s	4.72m	1.28m	3m 13.4s	79
12	George Tarry	8	2.72m	17.0s	3.69m	0.80m	3m 35.1s	77
13	Lucy Smith	12	3.69m	15.0s	6.22m	1.19m	2m 50.3s	75
14=	Adam Saville	8	2.68m	16.2s	3.72m	0.95m	3m 45.6s	71
14=	Louissa Bannister	14	3.52m	14.0s	6.76m	1.13m	3m 03.4s	71
16	Emily Saville	11	2.99m	15.6s	5.13m	1.07m	4m 19.0s	64
17	Fabienne Peters	12	3.49m	15.7s	4.75m	1.19m	3m 04.2s	54

Non Counters								
	Emma Rice	10	3.26m	16.5s				
	Simisola Oyesanya	11		15.6s	7.89m			
	Dominic Scott	15		13.0s	7.35m		2m 29.8s	
	Barry Chapman	60	4.00m	14.0s	8.10m	1.13m	3m 22.6s	

As usual, the weather was a little changeable but mainly dry and once again, it was our younger athletes at the fore in the early stages. After four events only three points separated the top five but it took a very windy 800 meters for Amber Tarry to leapfrog from 5th place to claim the overall victory, with Jenny Bullock and Cloe Smith close behind.

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### ADAC 45 Years of Records and Achievement

A record book has been produced by Don Nichol detailing the achievements made by Club Members from May 1961 to May 2006. The book is available from the track and includes events from 75 metres to Race Walking and Discus to Heptathlon, for Juniors, Seniors, Vets and Team events.

The book is available for just £4.00, to secure your copy please ask a track official or drop an email to: [itbegan@gmail.com](mailto:itbegan@gmail.com)



Stan Hayles continued...



## MINOR GIRLS FIELD COMPETITION

27th August 2006

PLACE	NAME	AGE	LONG		SHOT		HIGH		Total
		ON DAY	JUMP	Points	PUTT	Points	JUMP	Points	Points
1	Lucy Smith	12	3.69m	61	6.22m	53	1.19m	55	169
2	Eniola Oyesanya	11	3.35m	49	4.72m	38	1.28m	64	151
3	Fabienne Peters	12	3.49m	54	4.75m	38	1.19m	55	147
4	Constance Burke	12	3.12m	42	5.69m	47	1.13m	49	138
5	Chloe Smith	12	2.92m	35	5.73m	48	1.10m	46	129
6	Emily Saville	11	2.99m	37	5.13m	42	1.07m	43	122
7	Jenny Bullock	11	3.38m	50	3.85m	29	1.04m	40	119
8	Reiner Tarry	11	2.98m	37	4.39m	34	1.01m	37	108
9	Nicola Scott	10	3.06m	40	2.99m	20	1.04m	40	100

Lucy retained the U13 Girls field trophy for a further year increasing her score by 21 points over last year with Eni hot on her heels after some excellent high jumping.

Many thanks to our handicapper Barry Chapman, and to all who helped during the day. Congratulations to all who took part and continued to make this competition a success.

John Snape

### ADAC Juniors win selection for 'Fun in Athletics Festival'

Following her performances in the Greater Manchester Sports Hall League. Harriet Stopford was selected to represent Greater Manchester in the annual "Fun in Athletics Festival" to be held at the Regional Athletics Arena at Sports City on Sunday 19th November. Harriet (11), who joined the Club in May impressed the selectors in her first outing for the Club. Harriet was joined by 10 year old Kieron George. Although Kieron is younger than Harriet, this is his second season in Sports Hall and his performances in his three events on Sunday all showed improvements over last year.

Our next edition will include Sports Hall and other junior events that have taken place during the winter months.

John Snape/ Bill Egan

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## Injury Prevention for Runners

article by Duncan Ma-  
son

Chartered and State Registered Physiotherapist, Lecturer in Physiotherapy  
Director Athlete Matters. [www.athletematters.com](http://www.athletematters.com)

As a Physiotherapist working with sports injuries there are two main types of injury I encounter. The first being sudden traumatic onset, this type of injury is common in contact sports, such as rugby or football, often due to a fall in a compromised position, such as Michael Owen's latest knee injury in the World Cup. Traumatic injuries may also result from explosive sporting activities, such as in track and field athletics, for example a hamstring injury or Achilles tendon rupture. The second type of problems we see are overuse injuries, these are more prevalent in endurance sports, where the demands of training and prolonged competition expose weaknesses in the biomechanics of the athletes musculoskeletal system, particularly when in a state of fatigue.

In distance running, whilst athletes will undoubtedly experience traumatic injuries, overuse injuries are more commonplace. Traumatic injuries could include a fall, may result in a soft tissue injury, such as a sprained ligament or torn muscle. These types of injury are not entirely preventable, their occurrence often lies in the lap of the gods, although taking such measures as warming up sufficiently, stretching, undertaking a conditioning exercise programme and being more attentive to avoid accidents can certainly help. It is for the overuse type of injury, in endurance sports, that preventative measures or 'prehabilitation' can be invaluable. Prehabilitation is a service offered by Sports Specialist Physiotherapists who apply manual therapy techniques such as massage and manipulation along with prescribing exercises to treat movement dysfunction in athletes, with the aim of avoiding injury and enhancing performance.

Overuse injuries occur when repetitive stresses applied to a soft tissue during activity cannot be tolerated, this results in micro trauma. Micro trauma is microscopic damage or tears in a muscle, tendon or other soft tissue. As the micro trauma accumulates to a significant level, signs and symptoms such as pain and dysfunction (abnormal functioning) will start to affect performance. So the first preventative measure at the onset of the signs and symptoms of micro trauma is to take a rest day and allow tissues to regenerate. A day off or concentrating on another discipline will often make a huge difference to recovery.

The amount of stress a tissue can withstand depends on loading and biomechanics. Loading refers to the training volume applied and if carefully controlled will not only gain the best physiological benefits, but also allows soft tissues to gradually adapt and strengthen. The message here therefore is to avoid any sudden hikes in volume or mileage, and when returning from a lay off build up gradually, your Physiotherapist will advise you on this. Biomechanics is the science of how the body moves and the forces that act upon it during activity. Abnormal biomechanics will directly affect the rate at which overuse injuries occur, as movement dysfunction will lead to increased stress on soft tissues and eventually increased injury rate.

Movement dysfunction is present in us all, contrary to some people's beliefs none of us are perfect! The factors influencing movement dysfunction can be structural or functional. Structural factors can be managed by application of orthotics, taping or surgery to correct the anatomical fault, for example over pronation of the foot or a leg length discrepancy can be managed with orthotics. Functional factors relate to the efficiency of the muscular control system and recent advances in Physiotherapy have given us insight into how we can treat and prevent injuries with exercise, for example core stability exercises in cases of low back pain.

All of the skeletal muscles of the body can be classified into two major groups- the stabilisers and the mobilisers. All muscles are adapted anatomically and physiologically to perform their roles. The stabiliser muscles have the role of maintaining the body in optimal alignment, they have a postural control function for example our glutei stabilise our hip and sacroiliac joints during weight bearing. The mobiliser muscles have the role of producing movement for example our hamstrings produce the main propulsive force behind hip extension during running. Both groups of muscles need to work together harmoniously to achieve optimal movement and performance.

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Movement dysfunction occurs as a result of injury or from the movement habits and postures we adopt. Certain muscles (stabiliser muscles) become under active, of increased functional length and exert less influence on movement. It is said that these muscles become 'defacilitated'. We still need to maintain our stability by some means during movement, so certain other muscles (the mobilisers) become short, tight and overactive and have an increased influence on movement. As time progresses these changes in roles can eventually lead to micro trauma and therefore injuries.

So what can we as athletes do about this? Well firstly it isn't as bad a picture as I have painted so far, as although most of us are exhibiting movement dysfunction, we only do so to a low level, and it tends to only become a problem when we increase our training too quickly or hit high training volumes. What we need to incorporate into training programmes is dedicated time for intensively stretching tight muscles and tissues and more importantly include some specific stability work. Those structures to be particularly aware of for runners are hamstrings, rectus femoris (one of the quadriceps which acts as a hip flexor and knee extensor), gastrocnemius (calf plantar flexor), back extensors.

Introducing stability work out into your training regimen could reap rewards on two fronts by enhancing performance and reducing injuries and their disruption to training. The key areas to work on for runners are:

Core, deep abdominals in particular  
Pelvic girdle, mainly your glutei

Exercises forms such as Pilates and Yoga will certainly help target these areas. The reason that these areas are so important is that if movement is poorly controlled at these more central points in the kinetic (movement) chain, there is always going to be a 'knock on' effect further down.

To summarise injuries can be prevented if we take a measured approach to training building up gradually and using rest for 24-48 hrs at the first signs of overuse injury and micro trauma. Incorporating strength and conditioning, stretching and stability exercises into our training will also build up efficiency and tensile strength in muscles in particular to enhance performance and reduce injury risk. In future issues of the newsletter we shall look at some specific stretching exercises suitable for athletes, and a stability training exercise programme.

#### Editors Note:

I would like to wish everybody a Happy New Year and a successful 2007 whatever your event. During 2006 I have had a mixed year on the running front, but improved as the year went on, this year has started with a trip to the physio, but my running is improving and I am looking forward to 2007.

My thanks to everyone who has contributed to PawPrints during the last 12 months and helped to make it an interesting read. I would like to invite readers to contribute and I have heard a rumour that some of our junior athletes have been conducting interviews with coaches, hopefully 2007 will see increased input from our younger members.

I am running quite short of photos, so please if you have any of yourself or other ADAC athletes please send them to me.

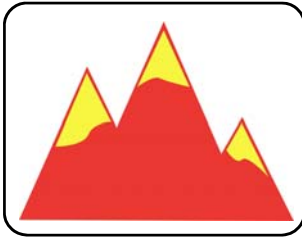
The last 12 months have pretty successful for ADAC, we have recorded some great results at all levels and it is fair to say that the club is now firmly established on the national stage. Our juniors have continued to impress thanks to the hard work of junior coaches and the athletes themselves. 2007 also saw the opening our sprint track, which has been very well received and is getting a lot of use, particularly during these wet winter months we are having.

Looking forward to 2007, I hope to be able to publish PawPrints on a more regular basis, at some stage I hope to take on the website, Paul is kindly still taking care of the upkeep of the site despite his increasing workload. I am keen to receive race reports and points of view from any ADAC member, so if you have anything you would like to see in print please send the article via email to me at [itbegan@gmail.com](mailto:itbegan@gmail.com), alternatively you could leave the article in the office at the track or drop it in the post (my address is on the front cover).

Remember old editions of PawPrints can be downloaded from the club website and new editions can be received by email this will help us save on printing costs and allow us to put more money back into Athletics, send me an email to subscribe.

Keep Running





### Windgather Fell Race – 30<sup>th</sup> September

Only three ADAC runners started the latest race in the club fell championship at Burbage. The Windgather Fell Race over 13.5 miles with 2500 feet of climbing was the final race in the 3-race Goyt Valley Series. Colin led Jeff over Burbage Edge but was soon overtaken on the downhill. Robin started more steadily. Unfortunately Jeff slipped on a wet wooden bridge towards the end of the descent as he approached Errwood reservoir. He sustained a dislocated elbow and was taken to Stepping Hill Hospital. A great pity as Jeff had returned well after his recent hernia operation and looked to be in for an excellent run. Having lost places on the descent Colin began to move through the field on the climb to Windgather and then on the long drag up to Shining Tor. He finished in just over 2¼ hours after a strong last half mile run-in on the road. Robin continued on steadily to finish just outside 2½ hours.

61	COLIN DAVIES	2-15-58
91	ROBIN WIGNALL	2-33-06
DNF	JEFF NORMAN	-----

### Race You To The Summit Fell Race – 29<sup>th</sup> October

Ann-Marie continued her outstanding form at this interesting race near Littleborough. The race climbed 800 feet in two miles from the Summit Inn up to the White House and returned via a clockwise loop. Not content with winning the over 50s yet again Ann-Marie was second lady and nearly five minutes ahead of Colin. I am sure that many of you will remember Neil Hindle who was a member of ADAC for many years. He is still very active on the fells and was third over 50 in this race, half a minute in front of Ann-Marie.

32	ANN-MARIE JONES	35-50
52	COLIN DAVIES	40-32

Having run a total of 52 fell races prior to this year Colin took his total to 100 in the space of 11 months. His 100<sup>th</sup> race was the Tour of Pendle (17 miles / 4250 feet) at Barley on 18<sup>th</sup> November. This was his first AL race and took him 3 hours 51 mins. He ran his 50<sup>th</sup> race of the year at the Gravy Pud which is reported below.

A date for the diary:

The details of the Kinder trial are as follows:

Sunday 21 January. KINDER TRIAL. 10.00 a.m. - 11.00 a.m. interval starts.

11m/2000'(approx) from Hayfield Scout Hut (GR 035873).

£6 (includes map and soup) by Jan. 18th on FRA form + SAE to Andy Howie (cheques payable to A L Howie). Limit of 150 runners. Teams free. ER/LK/NS. Over 18. 2006 winners: 1.26.54 A. Ward; f. 1.47.35 J. Lee.

Long counter in the Hayfield Championship. No safety pins.

Andy Howie, The Chalet, Tunstead, Edale Road, Hayfield, High Peak, SK22 2LL. Tel: 01663 742138. Email: andylhowie@aol.com

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## Gravy Pud Fell Race – 3<sup>rd</sup> December

This was the penultimate race in the club fell championship and Colin clinched the title despite finishing half way down the field. He secured enough points to guarantee that he could not be overtaken in the final race of the championship at Hayfield next month. The runners up spot looks likely to go to Jeff with Ken not keen on the Kinder Trial, a navigation event. Ann-Marie looks certain to be the leading lady and currently lies fourth in the table. First home for ADAC in this race was Jeff who completed the 5½ mile / 1000 feet course in 13<sup>th</sup> place in 43.44 to claim the over 60s prize just ahead of Ken. Ken gave Jeff stiff competition all the way round and finished 15<sup>th</sup> in 43.58. Colin, 30<sup>th</sup> in 49.30, Bob, 39<sup>th</sup> in 50.50 and Chris, 46<sup>th</sup> in 56.16 were the other Altrincham finishers in a field of 58 runners.

13	JEFF NORMAN	43-44
15	KEN BURGESS	43-58
30	COLIN DAVIES	49-30
39	BOB BUCKLEY	50-50
46	CHRIS KNAPTON	56-16

The current fell championship table with one race, the Kinder Trial, remaining:

1	Colin Davies	14	13	16	18	17	20	20	17		135
2	Jeff Norman	14	17	9	11	20	12	14	20		117
3	Ken Burgess	14	15	9	20	12	12	14	18		114
4	Ann-Marie Jones	14	12	17	11	12	18	14	11		109
5	Robin Wignall	14	11	9	16	12	16	18	11		107
6	Andy Norman	14	20	9	11	12	12	14	11		103
7	Dave Norman	14	18	9	11	12	12	14	11		101
8	Chris Knapton	14	5	14	15	12	12	14	15		101
9	Adrian Fuller	14	5	20	11	12	12	14	11		99
10	Alan Barlow	14	10	15	11	12	12	14	11		99
11	Alberto de Fanis	14	16	9	11	12	12	14	11		99
12	Bob Buckley	14	5	9	17	12	12	14	16		99
13	Mike Jones	14	5	18	11	12	12	14	11		97
14	Bill Egan	14	14	9	11	12	12	14	11		97
15	Sandra Lewis	14	5	9	11	16	17	14	11		97
16	Dave Gilchrist	20	5	9	11	12	12	14	11		94
17	Dave Livingstone	14	5	9	11	18	12	14	11		94
18	Alan Williams	18	5	9	11	12	12	14	11		92
19	Maggie Jones	14	5	13	11	12	12	14	11		92
20	Lynne Nichol	14	9	9	11	12	12	14	11		92

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## British Fell Relay Championships – 14<sup>th</sup> October

ADAC had three teams in the fell relays at Calder Valley. Mark Norton led off for the open team and ran well to hand over in 65<sup>th</sup> place. Colin Davies and Sue Pavey changed places repeatedly before Colin finally got away on the run-in to hand over for the vets team in 112<sup>th</sup> with Sue just a minute behind in 113<sup>th</sup>.

The second leg was for pairs and Dave Norman and Dave Livingstone moved up 8 places into 57<sup>th</sup> place but Phil Vesey and Dave Gilchrist, running for the vets, reduced the gap by more than 3 minutes to improve 28 places to 84<sup>th</sup>. For the ladies the pairing of Alison Vesey and Ann-Marie Jones proved to be very strong as they moved through the field, picking up 11 places to move into 102<sup>nd</sup> place.

The third leg was the navigation leg in which the pairs had to visit 7 checkpoints on a map they were given just after they set off. Martin Crosby and Dave Alderson did a good job for the open team, handing over the baton in 58<sup>th</sup> place. Alan Williams and Bob Buckley initially failed to notice Checkpoint 1 on the map (a mistake made by a large number of teams as it turned out) but rectified this and returned in 92<sup>nd</sup> place.

Unfortunately the ladies, Ann O’Kearney and Carolyn Kenyon, made a catastrophic error at the start which cost them probably 90 minutes. They did recover to visit the first 6 checkpoints but as it was getting late they were advised by ladies team manager Don Nichol not to continue to the last checkpoint. Nevertheless it was a tremendous effort on their part, not least for having been running for over 3½ hours.

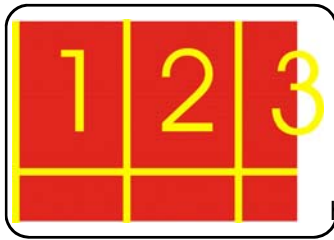
Bill Egan ran the last leg for the open team and brought them home in 66<sup>th</sup> place (Bill took a slight detour and was sorry not to have taken a camera to capture pictures of the old ruins). Mike Jones ran a very good leg for the vets, improving 5 places to 87<sup>th</sup> and Jane Knowles showed her class, recording the second fastest time by a lady on the last leg.

As at Hayfield two years ago it was an excellent day out, enjoyed by all 18 ADAC runners and their half dozen supporters. Let’s see what we can do next year in the Forest of Bowland.

Leg 1		
Mark Norton		0:54:36
Colin Davies		1:09:45
Sue Pavey		1:10:48
Leg 2		
Dave Norman	Dave Livingstone	1:31:45
Phil Vesey	Dave Gilchrist	1:28:38
Alison Vesey	Ann-Marie Jones	1:46:12
Leg 3		
Martin Crosby	Dave Alderson	1:31:38
Alan Williams	Bob Buckley	1:55:12
Anne O’Kearney	Carolyn Kenyon	xxx
Leg 4		
Bill Egan		1:04:23
Mike Jones		1:00:12
Jayne Knowles		0:54:27
Overall		
Bingley	1st	3.44.53
ADAC	66th	5:02:22
ADAC vets	87th	5:33:47

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## Paarlauf Results - Tuesday 17th. October

held on Tuesday 17th

The annual ADAC Paarlauf events were

calm. None of the senior

of our senior elite athletes were unable to compete due to injury; however 3 club records were set during the ever popular event:

Lucy Smith and Leanne Sigsworth set a new under 14 club record, Dave Rudd and Sean Butler set a new club record for vet 45 finally Rob Nichol and James Crosby set a new club record for under 16 boys. Well done to all who took and in particular to Rob and James who Dave Livingstone and I had a great race with swapping position many times — Rob tells me 'it won't happen again'.

October and the weather conditions were entries took on the 10km challenge, a number

1600m -1 under 10 + 1 adult	Age Group	Time	
Bev Ganose	Adult		
Liam Ganose	10	5min-47sec	
1600m - under 10's	Age	Time	
George Tarry	8		
Grant Sigsworth	11	6min-10sec	
Danielle Harris	9		
Ayesha Patel	9	6min-30sec	
Alice Norris	11		
Amy Green	10	6min-37sec	
Jemma Crosby	8		
Grady Jackson-Freeman	9	6min-38sec	
Heather Naylor	9		
Eloise Racher-Fraser	9	7min-13sec	
Jason Cox	8		
Conner Jackson	8	7min-17sec	
Bebe Freeman	10		
Maddie Freeman	7	7min-26sec	
James Morgan	9		
Matthew Bones	9	7min-34sec	
Jordan Higgins	10		
Tayla James	10	7min-46sec	
4800m - under 13 & under 15	Age	Time	
Ryan Ganose	12		
Stewart Nichol	13	16min-54sec	
Lucy Smith	12		
Leanne Sigsworth	13	17min-21sec	under 14 club record
Amber Tarry	13		
Isabel Hainsworth	13	18min-26sec	
Louissa Bannister	14		
Hannah Purslow	14	18min-41sec	
Chloe Smith	12		
Constance Burke	12	18min-52sec	
Reiner Tarry	11		
Jenny Bullock	11	19min-18sec	
Sarah Harrison	14		
Helena Jones	16	19min-32sec	
Jayne Rudd	14		
Hazel Norgate	15	20min-16sec	
Steff Dolkwater	13		
Zara Morgan	11	20min-51sec	

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## Paarlauf Results - Tuesday 17th. October Cont'd

4800m - under 17's, Seniors & Vets

Matt Barnes	Snr.		
Tom bush	Snr.	13min-22sec	
Martin Crosby	Snr.		
Bill Crowther	Snr.	13min-58sec	
Dave Rudd	vet. o/45		
Sean Butler	vet. o/45	14min-48sec	Club Record for vet. o/45
Bill Egan	Snr.		
Dave Livingston	Snr.	14min-54sec	
Rob Nichol	15		
James Crosby	14	14min-56sec	under 16 Club Record
Mike Cooper	vet. o/40		
Owen Flage	Snr.	15min-06sec	
Gary Spilsbury	vet. o/40		
Graeme Walker	vet. o/40	15min-31sec	
Tom Nuttall	14		
Leo Harvey	14	15min-40sec	
Katherine Harvey	vet.o/45		
Mark Jones	vet. o/40	15min-48sec	
Nigel Powel	vet. o/40		
Dave Norman	Snr.	15min-49sec	
Ken Burgess	vet. o/60		
Jeff Norman	vet. o/60	16min-49s	
Fergal Rogers	Snr.		
Jacob Cooper	17	16min-51sec	
Mark Freeman	?		
Paul Naylor	?	17min-30sec	
Margaret Bullock	vet. o/40		
Heather Johnson	?	17min-52sec	
Jeff Kijowski	vet. o/45		
Jim Lemon	Snr.	19min-05sec	

### Injured or Not!

Duncan Mason Physiotherapist and Director of Athlete Matters is offering discounted rates to Altrincham & District Athletes, to find more about the services offered and read some of the testimonials left by other athletes visit the Athlete Matters website at:  
[www.athletematters.com](http://www.athletematters.com)

#### Athlete Matters

Worsley Physiotherapy and Sports Injuries Clinic

First floor, Ackerley House,  
Roe Green, Worsley M28 2JL

tel: 07792072642

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

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### Car Booty

With the exception of the 'Usual Suspects', initial response to our Car Boot Appeal has been poor at best. This is an ongoing drive to raise club funds and a little enthusiasm from other members would be much appreciated.

If you have any suitable items to donate, please bring them to the track and leave them in the office. Any unsold items will be donated to local charities.

With Thanks  
Mike Watson

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