



# Pawprints

The Newsletter of Altrincham and District Athletic Club



## Double Gold for Rachael

*Report by John Snape*

Rachael Lee won gold in the 4 lap race and the 8 lap paarlauf representing Greater Manchester in the North West Regional Sports Hall Championships held at Wigan on Sunday 12th February. She was also fourth in the standing long jump with 2m 22cm, just 2cm below her best but threw a pb 6m 42m in the shot putting her in sixth position. As the Greater Manchester team failed to qualify for the National Finals, this was Rachael's last Sports Hall event as she will be in the U17 age group this year.

Louissa Bannister won silver with a pb 52cm in the vertical jump and was placed 5th in the shot with 6m 65cm. She also ran in the 2 lap and 4 x 2 lap relay races. Sally-Anne Chambers made up Altrincham's third member of the seven strong County U15 team, competing in the 4 lap and 4 x 2 lap relay races, the vertical jump and shot.

Our U13 representatives were Amber Tarry in the 2 lap, 4 x 2 lap relay and triple jump and Ben Chambers in the obstacle relay and the shot, both gaining valuable experience for next year.

## SUBSCRIPTIONS

It's nearly the end of the financial year and we still have some senior athletes who I believe are still active running members of the club who have yet to pay their subs. I am sure they know who they are so could they pay as soon as possible. At the last committee meeting it was decided to 'name and shame' those still outstanding in the next edition of Pawprints. I hope it doesn't come to that!

A reminder that Subs for seniors is £35.00 payable to ADAC and can be posted to:- Mansell Pope or they can be handed to any committee member at the track

Many thanks  
Mansel Pope



Lucy at North of England Cross Countries 28th Jan

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## February 2006

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## Your Club Committee

### **Chairman**

*Bob Spark*

### **Secretary**

*Matt Barnes*

### **Treasurer**

*Mansell Pope*

### **Cross-Country Co-ordinator**

*Andrew Norman*

### **Road Running Co-ordinator**

*David Norman*

### **Coaching Co-ordinator**

*Mark Jutrzenka*

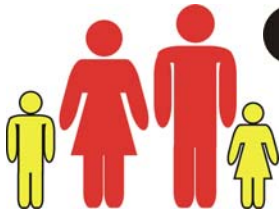
### **Ladies Representative**

*Julie Price*

### **Club Website**

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





**GREATER MANCHESTER COUNTY SPORTS HALL  
CHAMPIONSHIPS 2006  
The Dome, Platt Lane Sports Complex  
Sunday 29<sup>th</sup> January**

In what can only be described as a “gold rush” our young athletes won no less than twenty-six medals, seventeen of them gold, at this year’s Sports Hall County Championships. Whilst this is a Club record by a long way, what is more encouraging, is that we won gold in every age group demonstrating the strength in depth we are now seeing in our youngsters.

Our 2006 County Champions are:

**Under 11 Girls**

Eniola Oyesanya 1 lap, 3 lap & vertical jump  
Simisola & Eniola Oyesanya,  
Jenny Bullock & Ali Ross 4 x 2 lap relay

**Under 13 Girls**

Amber Tarry 2 lap, standing triple jump & speed bounce

**Under 15 Girls**

Louissa Bannister 2 lap & vertical jump  
Rachael Lee 4 lap, standing long jump & standing triple jump  
Louissa Bannister, Sally-Anne Chambers  
Hannah Purslow & Rachael Lee 4 x 2 lap relay

**Under 11 Boys**

Grant Sigsworth 1 lap

**Under 13 Boys**

Ryan Ganose 6 lap

**Under 15 Boys**

Dominic Scott shot putt  
Ryan Turpin standing triple jump

We should remember that many of today’s top athletes competed in sports hall athletics and consider it part of their development and learning process. Seven of our U13s and U15s have been given the opportunity to take their sport to the next level, competing for Greater Manchester in the North West Regional Championships at Wigan on Sunday 12<sup>th</sup> February. There is no charge for spectators, so if you can, please come and support Amber Tarry, Louissa Bannister, Rachael Lee, Sally-Anne Chambers, Ryan Ganose, Ben Chambers and Ryan Turpin and the rest of the Greater Manchester team. Lucy Smith and Dominic Scott have also been named as reserves.

John Snape

Full results table on Page 3

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

We will publish more details closer to the date; however if you are interested in getting involved in this worthwhile event, please contact a member of the committee or alternatively send an email into me and will forward on your details.  
Bill Egan at [itbegan@gmail.com](mailto:itbegan@gmail.com)



GREATER MANCHESTER SPORTS HALL COUNTY CHAMPIONSHIPS

29th Jan 2006

UNDER 11 GIRLS	1 LAP HEAT	1 LAP SEMI	1 LAP FINAL	3 LAP	VERTICAL JUMP	STANDING L J	RELAY				
Jenny Bullock	14.8	14.7	14.8 5th	48.3 11th	35 4th	1.42 16th	#				
Victoria Clift	16.1			51.6 19th		1.36 17th					
Harriet Landsborough	17.3			57.7 22nd							
Eniola Oyesanya	13.8	13.7	13.8 1st	45.2 1st	52 1st		#				
Simisola Oyesanya	14.2	14.1	14.3 3rd	46.2 4th=		1.81 3rd	#				
Ali Ross	14.5	15.0		46.2 4th=		1.68 7th	#				
Nicola Scott	15.4			51.3 17th		1.52 12th					
Reiner Tarry	16.0				31 8th	1.56 9th					
Emma Thomson	16.3			53.4 21st	28 12th						
UNDER 13 GIRLS	2 LAP HEAT	2 LAP SEMI	2 LAP FINAL	4 LAP	6 LAP	VERTICAL JUMP	SHOT	STANDING L J	STANDING TJ	SPEED BOUNCE	RELAY
Constance Burke	33.2			79.1 8th			4.88 11th				
Mollie Lewtas						38 8th		1.60 13th			
Leanne Sigsworth	29.7				1 45.4 5th					56 5th=	#
Chloe Smith	31.6						5.46 10th			56 5th=	#
Lucy Smith					1 38.5 3rd	34 12th	6.04 5th				#
Amber Tarry	26.8		26.7 1st						6.40 1st	71 1st	#
UNDER 15 GIRLS	2 LAP HEAT	2 LAP SEMI	2 LAP FINAL	4 LAP	6 LAP	VERTICAL JUMP	SHOT	STANDING L J	STANDING TJ	SPEED BOUNCE	RELAY
Louissa Bannister	26.4		26.4 1st			50 1st		2.09 4th			#
Sally-Anne Chambers				61.1 2nd		44 5th					#
Sarah Harrison				70.2 4th			4.97 5th				
Chloe Lewtas						49 2nd		1.94 5th		5.30 8th	
Hannah Purslow	27.5		27.7 6th						6.22 4th		#
Rachael Lee				57.9 1st				2.20 1st	6.60 1st		#
											1 48.3 1st



## GREATER MANCHESTER SPORTS HALL LEAGUE 2005 – 2006 SEASON.

### Under 11 Girls.

*Report by John Snape*

With a massive team of eleven girls, spearheaded by Eniola and Simisola Oyesanya, our girls led the league from round one. Eni has become unbeatable in the one lap sprint and won the vertical jump in every round. Her best jump of 52cm is only 3cm below the Club record which Anna Hyde set in 1989. This has been one of the best U11 teams we have ever had with all the girls working together and supporting each other throughout the season.

Eni, Simi and Jenny Bullock were selected from the league to represent Greater Manchester at Sports City on 27<sup>th</sup> November in the North West Regional Fun in Athletics Festival.

**Under 13 Girls.** With Laura Burke having to pull out after round one with a recurring leg injury, it was left to Amber Tarry to lead a team of mainly first year under 13s. This team will be strengthened next year after Amber and Leanne Sigsworth move up to the U15s with four from the current U11 team, Eni, Simi, Jenny Bullock and Reiner Tarry.

**Under 15 Girls.** This team also broke all records with a team of eight talented young ladies who, like the U11s, won the league with victories in every round. Despite a tumble in the sprint final in round one, Louissa Bannister regained her confidence to become unbeatable. Between them, Louissa, Sally-Anne Chambers and Chloe Lewtas were never beaten in the Vertical Jump and Triple jumpers Rachael Lee and Hannah Purslow achieved excellent results, as did Louissa and Sarah Harrison in the Shot. Newcomer, Hazel Norgate showed good form in the six lap races and should be a welcome addition to the Young Athletes League squad this coming season.

**Under 11 Boys.** Struggling from the start to field a team, we eventually managed to field a team of four in the final round. Grant Sigsworth established himself as a sprinter and middle distance runner from the start and was an inspiration to his young teammates. Grant also represented Greater Manchester at Sports City.

**Under 13 Boys.** Ryan Ganose won the six lap races in the first two rounds but was not well following a cross-country race the previous day to run in round three. Ben Chambers was a promising newcomer in the field events.

**Under 15 Boys.** Ryan Turpin won the triple jump in all the matches and scored well in his other events, and was ably supported by Dominic Scott.

### League Results – top three teams

#### Under11 Girls

Altrincham 134pts  
E. Cheshire 76pts  
Bolton 73pts

#### Under 13 Girls

Wigan 170pts  
Trafford 122pts  
Horwich 115pts

#### Under 15 Girls

Altrincham 217pts  
Blackley 119pts  
Wigan 69pts

#### Under 11 Boys

E. Cheshire 90pts  
Leigh 73pts  
Altrincham 72pts  
Bury 72pts

#### Under 13 Boys

Bolton 189pts  
Horwich 150pts  
Rochdale 62pts

#### Under 15 Boys

Wigan 160pts  
Blackley 114pts  
Bolton 83pts



*Report Provided by Derek Walton*

Northern Vets Christmas Handicaps  
Sunday 11<sup>th</sup> December 2005 Irlam

Four Altrincham Vets made up a significant percentage of the field for the Annual N.Vets Christmas handicaps held over the usual L-shaped pan-flat out and back course. Conditions were ideal, with almost spring-like weather on a sunny windless day. The 2 elder brethren of the group were close finishers as usual, showing a clean pair of heels to 'youngsters' Alan and Bob.

Chocolates, wine, etc. weighed the presentation down in the bar at the British Steel Social Club afterwards. All very civilized and sociable!

Results:- 10km (*measured by Dave Atwell*)

16	Derek Walton	M60	39:43
	Ken Burgess	M60	40:07
	Alan Williams	M40	45:11
	Bob Buckley	M50	46:20

## Shell Four Villages Half Marathon Sunday 22<sup>nd</sup> January 2006

*Report by Derek Walton*

This year was the 25<sup>th</sup> Anniversary of this popular Winter road race and with entries filled at 2500 there was a large field gathered at the start in very cold, but still conditions. Freezing fog had to be contended with on the higher parts of the 13.1 mile course through Helsby Dunham-on-the-hill, Mouldsworth and Manley.

Altrincham had ten plus runners competing, achieving a fair amount of success. Andy is in scintillating form at the moment and at last won a half marathon outright for the first time. Also he had a massive margin of more than two minutes over the second placed runner. The two Daves, Carrington and Southern took both M50 prizes in their category and Dave Livingstone set an excellent p.b. tracking Vanessa most of the way. The latter was 4<sup>th</sup> Lady in a strong female field and Alyson just missed out of the awards in the Lady Vet 40 category with a solid run.

Results:

1	Andy Norman	65:58	
23	Dave Carrington	76:43	1st M50
37	Dave Southern	78:51	2nd M50
82	Dave Livingstone	82:28	p.b.
97	Vanessa Mulholland	83:01	
188	Alyson Vesey	87:21	3rd LV40
254	Damian Ulton	89:52	
386	Mansel Pope	94:23	
704	Derek Walton	103:27	p.w.
732	Bob Buckley	104:03	

1656 runners finished

### THE CHICHESTER 10K ROAD RACE

'Sunday, 5th February was an absolutely perfect day for the staging of the 15th Chichester Priory 10km road race with 1400 runners taking part.

Results:

1	Peter Riley	Leigh Harriers	NORTH M	29.02
4	Andy Norman	Altrincham & District AC	NORTH M	29.41
17	Dave Norman	Altrincham & District AC	NORTH M	30.37

### Alsager 5 on Sunday 5th February 2006

The 2006 Alsager 5 was held under near perfect conditions and again produced some great times the winner was S Stokes of Sale harriers in a great time of 23.51 with the leading lady being former national cross country champion Liz Yelling in 26.01 the second fastest time by a lady on the course.

Results:

1	S Stokes		Sale Harriers	23:51
66	D Carrington	V50 4	Altrincham	28:07
104	M Norton		Altrincham	29:30
167	M Jones	V50 13	Altrincham	30:50
191	A Pugh	L50 1	Altrincham	31:35
262	M Pope	V55 10	Altrincham	33:35
266	A Williams	V45 25	Altrincham	33:40
340	G Keeble	L45 4	Altrincham	34:59
765	K Fletcher	V60 31	Altrincham	44:42



South East Lacashire Cross Country League  
Boggart Hole Clough on Saturday 14th January 2006

#### Senior Ladies over 18

31 M Jones L45 2 Altrincham & District AC 36:59

#### Senior Men -- PROVISIONAL RESULTS

13	A Defanis		Altrincham & District AC	40:58
23	A Ford		Altrincham & District AC	41:52
32	N Burke		Altrincham & District AC	42:59
35	G Cassidy		Altrincham & District AC	43:21
49	M Jones	V50 10	Altrincham & District AC	45:04



## Cheshire Cross Country League Crewe 8th Jan 2006

On a testing muddy and hilly multi lapped course. Highlight of the day goes to Jayne's dominant run in the Senior Women race finishing well clear with hardly a hair out of place and less breathless than me watching. This was followed by excellent support from our other runners who achieved a magnificent bronze in the team awards.

James Crosby found the competition tough in the U15 boys but I am sure he will improve if he perseveres.

James' dad Martin led the Senior Men home for the club with a very solid run but with so few Cheshire qualified runners and sickness and injury hitting us we failed to finish a team.

U15b 15th James Crosby 21.26

## Senior Women

1	Jayne Knowles	27.33
11	Vanessa Mulholland	31.35
24	Lucy Hickey	35.02 (2nd V45)

## Senior Men

11	Martin Crosby	33.30
35	Dave Carrington	36.05 (4th V50)
41	Dave Southern	36.32 (5th V50)
58	Adrian Fuller	38.17

## North of England Cross Country Championships - Witton Park Saturday 28th January 2006

Athletes competed in bright winter sunshine over the testing course at Witton Park in Blackburn. Conditions for both competitors and spectators were near perfect despite some boggy sections on the undulating course.

Results:

## Senior Women 8 km

75	A Vesey	Altrincham	35:52:00
121	V Conneely	Altrincham	38:45:00
149	L Hickey	Altrincham	40:29:00
182	M Jones	Altrincham	42:38:00

Team

16	Altrincham & District AC (75, 121, 149, 182)	527
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## Under 13 Boys 3 km

21	R Ganose	Altrincham	11:38
127	S Nichol	Altrincham	13:18

## Under 15 Boys 4 km

20	R Nichol	Altrincham	12:47
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## Senior Men 12 Km

4	D Norman	Altrincham	37:16:00
7	A Norman	Altrincham	37:39:00
16	N Leigh	Altrincham	38:11:00
43	N Chisolm	Altrincham	40:04:00
83	W Crowther	Altrincham	41:40:00
130	D Gilchrist	Altrincham	43:18:00
153	A De Fanis	Altrincham	44:08:00
248	N Burke	Altrincham	46:27:00
270	M Crosby	Altrincham	47:01:00

TEAM:

5	Altrincham & District AC (4, 7, 16, 43, 83, 130)	283
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# Marathon Training

By Andy Norman

I was recently approached by our Editor Bill Egan to write an article detailing my marathon training. I don't remember having ever wrote an article for Pawprints before. Having been a member of the club for 15 years I decided it was about time I did, and giving an insight in to my marathon training seems as good an article as any to start with. The majority of club members only see how a distance runner trains on a Tuesday / Thursday night. A small part of a long weeks training for many of us!

On January 1<sup>st</sup> I started training for my first marathon, the London Marathon on April 23<sup>rd</sup> 2006. This would require more training than my persistent injury problems have allowed me to do in the last few years. However, high mileage weeks are not completely alien to me. As a student athlete at The University of Tulsa from 2001 –2003 I was able to run around 100 miles per week regularly. Then I was studying for no more than 15 hours per week and had daily access to free physiotherapy and massage. Now I'm working a 40 hour week and physiotherapy costs money. I'm no longer pampered like I was a few short years ago.



Finishing Final Leg at 2004 Northern 6 stage

Injury has always been a big problem for me. I often wonder why I'm injured more than most runners. Is it diet? Am I overdoing it? Do I have muscle imbalances? An injury provoking running style? Or am I just unlucky? I've tried to answer the above questions and it led me to some radical New Years Resolutions. From Jan 1<sup>st</sup> I had decided there was to be no more beer, no more late nights, more regular physiotherapy, more stretching, more core stability work / circuit training. And the diet? Well, I'm working on it but I've always been a massive chocaholic! If I can keep injury at bay until April 23<sup>rd</sup> I'll follow up this article in the next two editions carrying it up until the big day. For now I have detailed the first 5 weeks.

## **First week Marathon Training**

*Sun 1st* - 13 mile steady 1hr27. Hungover! 5 nights of heavy drinking, but no more!  
*Mon 2nd* - AM 11 mile on fells 1hr23 PM 4 mile easy 28mins  
*Tue 3rd* - AM 5 mile easy 34mins PM 9 mile including 6 by1200m in 3:30 on Timperley track. Ok times for that session.  
*Wed 4th* - AM 8 mile easy on fells 1hr03 PM 5 mile steady(ish) 29:45 + 1 hour of circuit training with Stockport Harriers group.  
*Thurs 5th* - AM 5 mile steady 35 mins PM 8 mile including 6 by 800m Starting at 2:20 getting quicker to last in 2:09. Good session!  
*Fri 6th* - AM 6 mile easy 40mins  
*Sat 7th* - AM 5 mile fells 37mins PM 9 mile steady(ish) 53:30

**TOTAL - 88 miles**

## **Second week Marathon Training**

*Sun 8th* - 15.5 mile steady 1hr46  
*Mon 9th* - AM 6.5 mile steady 45mins PM 8 mile steady 54 mins  
*Tue 10th* - AM 5.5 mile steady PM 10 mile including 5 by 1 mile 4:47 average. Good session. Very windy and did the session way in front of the group.  
*Weds 11th* - 13 mile easy 1hr29  
*Thurs 12<sup>th</sup>* - AM 5.5 mile steady PM 9.5 mile including 8 by 600m hill reps hard  
*Fri 13th* - 5.5 mile steady (Sciatica bad so took it easy)  
*Sat 14th* - AM 7 mile steady 49 mins PM 4 mile steady 27 mins

**TOTAL - 90 miles**



### **Third week Marathon Training**

*Sun 15th* - 15 mile including 5 mile 'Hit the Trail' race at Belle Vue. 24:12 (Won by over 2 minutes in a new course record). Felt strong today.

*Mon 16th* - AM 7 mile 45 mins PM 8 mile 51:30

*Tue 17th* - AM 5.5 mile 37 mins PM 11 mile including 10 by 1k on grass. V. Good

*Weds 18th* - 12.5 mile steady 1hr23

*Thurs 19th* - AM 6.5 mile steady 43 mins PM 8 mile including 10 by 1 min reps

*Fri 20th* - 8 mile 53 mins

*Sat 21st* - 5.5 mile 37 mins (racing 1/2 marathon tomorrow)

**TOTAL - 87 miles**

### **Fourth week Marathon Training**

*Sun 22nd* - 17 mile including 'Four Villages 1/2 Marathon' . Won by well over 2 minutes 65:58. First Prize of £500 should come in handy! V. Happy.

*Mon 23rd* - AM 7 mile steady 45 mins PM 8 mile steady 55 mins

*Tue 24th* - AM 4 mile steady 28 mins PM 6 mile steady 41 mins

*Weds 25th* - AM 6 mile steady 42 mins PM 10 mile steady 64 mins plus 6 by 100m strides plus light circuit training session

*Thurs 26th* - AM 7 mile steady 47 mins PM 4 mile steady 30 mins

*Friday 27th* - 4.5 mile steady 32 mins

*Saturday 28<sup>th</sup>* - 12.5 mile including Northern XC Champs 7th. Was hoping for a medal so disappointed. 1/2 marathon last week took more out of me than I thought.

**TOTAL - 86 miles**

### **Fifth week Marathon Training**

*Sun 29<sup>th</sup>* - 17 mile fell run from Lyme Park 2hr12. Hip felt very tight. Bad Sciatica!

*Mon 30<sup>th</sup>* - AM 7 mile steady 45 mins PM 10 mile steady 62 mins (Sciatica!)

*Tue 31<sup>st</sup>* - AM 5 mile steady 28 mins PM 8 mile including 7 by 800m 2:20-2:21. Should have been 10 but dropped out. Sciatica hurting and V. Tired legs.

*Weds 1<sup>st</sup>* - AM 5 mile steady 35 mins PM 12 mile fell/trail run 1hr26. Went to see physio in Clitheroe, Lancs at 1pm. Felt much better this afternoon.

*Thurs 2<sup>nd</sup>* - AM 7 mile steady 45 mins PM 8 mile fairly quick 46 mins

*Friday 3<sup>rd</sup>* - AM 7 mile steady 47 mins PM 8 mile steady 55 mins

*Saturday 4<sup>th</sup>* - 6 mile easy 42 mins

**TOTAL - 100 miles**

The first four weeks of training have been tough. The recurring tightness in my hips, and resultant sharp pains in my hamstring (from the sciatic nerve) have forced a few easier days than planned. However seeing a very good physiotherapist in Clitheroe this last week has helped enormously. Hopefully the new strengthening exercises she gave me will clear the problems up once and for all.

The Plan for week 6 is 105 miles ending with a 30k race as a 'tempo run'. As I write we are one day in to week 6 and today I set another Personal Best having run 29:41 to place 4<sup>th</sup> at today's AAA's 10k championships in Chichester near Portsmouth. Fortunately I picked up another £100 in prize money today, which will help pay for some more Physiotherapy!

To hopefully be continued next edition if injury doesn't get the better of me! .....

*Thanks for the article Andy, we look forward with interest to the next instalment...*

*Bill*



### **ADAC Sprint Track**

Work is well under way on the new 130 metre, synthetic sprint track and if anything is slightly ahead of schedule, we hope that the track will be in use in the spring.

### **Bring us Your Booty**

Tommy Watson has offered to car boot some items for us at the car boot sales that he attends regularly during the spring and summer, all proceeds raised will go towards to the track development fund; current projects include the sprint track and extra lighting to the far side of the track to add extra light to the new straight. I would like to thank Tommy for his kind offer.

Any items suitable for car boot sale can be brought to the track where Tommy will collect them.

All athletes please note that old unwashed running kit, broken plant pots and the odd old plate will not raise much at a car boot sale and would probably be better placed in the household refuse; however most items will be gladly accepted.

### **Club Dinner from Colin Davies**

"As many of you know ADAC are holding a dinner at the Cresta Court Hotel, Altrincham on Friday 5th May 2006. This is the date of Alan Hardman's 75th birthday and also marks the 45th anniversary of the club. I believe Alan is the sole surviving founder member. The room is booked and it can accommodate 80 people. There has been an enormous response already and unfortunately it is likely that some people will be disappointed. The cost for a 3 course meal is £20 per person which should be paid to me as soon as possible. First come, first served! I will accept cash or cheques payable to A.D.A.C. Please make sure to inform me if you require a vegetarian meal.

### **'Jerry and the Pacemakers'**

Thanks to you all for turning what was blighting my life into a celebration!. – and for super prezies and a card as well. I hope you realize that, without your on-going support and encouragement, I would have packed it in years ago, no matter what Barry says!

It is a privilege still to be included in the squad and to be given schedules, however ambitious they may seem - merely reading the latest 400m one has me sending for the Guinness & Ginger beer shandy - such decadence! - you will be able to indulge eventually , when youth has run its course .

Thank you all; Mon.

### **First Aid**

ADAC are currently trying to gain a club standard and as such we need be certain that we have members that are qualified in First Aid, if you are qualified in First Aid please make yourself known to Alan Hardman at the track.

#### **Future Events:**

Saturday 25th February 2006	National Cross Country Champs - Parliament Hill Fields
Saturday 11th March 2006	Inter Counties Cross Country Champs - Nottingham
Sunday 2nd April 2006	Inter Counties Half Marathon Champs - Ackworth

### **TO ALL VETS - A COUPLE OF DATES FOR YOUR DIARY**

Saturday 20th May - National Open Masters Road Relay Championships - Sutton Park

Sunday 18th June - British Masters 5KM Road Race Championships - Horwich

#### **Editors Note:**

Once again my thanks to everyone who has contributed, please keep the stories, reports and results coming in. I would like to thank Andy for sharing his training log and I am looking forward to next months instalment. Thanks to everyone for their feedback received so far.

Each month I ask for articles and photos and so far a few have taken up the challenge of writing an article, although mostly from the elite athletes, so come on ordinary mortals like me, get your pen out or sit in front of your PC and drop me a line or two about your experiences.

Keep Running

Bill



