



Pawprints

The Newsletter of Altrincham
and District Athletic Club



AUGUST 2011

Please visit the club website www.altrincham-athletics.co.uk for track & field, 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.

ALTRINCHAM & DISTRICT A.C.
50 YEARS
1961 - 2011

UKA British Fell Relays

Following the tremendous success of ADAC's 20-strong team in the Welsh Castles Relay as part of the club's 50th anniversary, attention now turns to the fells and the UKA British Relay Championships which are to be held in Kettlewell in the Yorkshire Dales on Saturday 15th October.

Last year in the Lomonds of Fife in Scotland we successfully fielded a team but this year we have entered four teams! We are entered in each of the four classes: Open, Ladies, Vet 40 and Vet 50. Each team consists of 6 runners and there are 2 solo legs and 2 pairs, one of which is navigational.

Details of the event can be found here: <http://www.relay.bingleyharriers.org.uk/entry.html>

So far, 29 runners have expressed an interest but to cover for injury and illness in the lead up to the event we could do with a few more additions to the squad. If you might be interested, and have not yet put your name forward, please contact Colin Davies as soon as possible: colin@d928.fsnet.co.uk

It is hoped to arrange two or three days out in Kettlewell in August and September in order that we can familiarise ourselves with the terrain and routes to be used in the championships.

Quiz & Curry Night

Jean Dolan organised a very enjoyable night at the Timperley Taverners on Friday 15th July. Everyone who attended seemed to have a good time and most went away with raffle prizes.

from Jean

Thank you to all of those who attended the Curry and Quiz night. And to those of you who didn't, well, you missed a good night. Numbers were down on last year so that meant there was lots of curry left over! Colin was a great quizmaster and our Social Secretary, Dave, was very good at taking ticket money. Lucy collated the results and Julie Ryan sold the raffle tickets. Although this is not supposed to be a profit making event, we did manage to make £50 which will go to club funds.

September Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk by Thursday 25th August. Articles, reports, results, news, and photos gratefully accepted.

Road Running

Club Road Racing Championship 2011

Race 12 Sizzler 5K Race 4

Thursday 11th August

<http://www.saleharriersmanchester.com/>

Race 13 Birchwood 10K

Sunday 21st August

<http://www.spectrumstriders.org.uk/>

Race 14 Macclesfield Half Marathon

Sunday 25th September

<http://www.macc-half.k313.com/>

Race 15 Langley 7

Saturday 5th November

<http://www.mh.k313.com/mh/index.php?>

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Race 16 Leeds Abbey Dash

November

<http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/>

Race 17 Stockport 10

December

<http://www.stockportharriers.com/index.php?q=club-races>

Race 18 Sale Festive 5

December

<http://www.saleharriersmanchester.com/>

***Best 6 from 18 races to count**

After 11 races Peter Abraham leads the championship table from Toby Percival with Tom Lavin in third place. Bev Ganose leads the race for the ladies' title ahead of Carole Harrison.

		Points	Races			Points	Races
1	Peter Abraham	225	6	27	Paul Anderson	40	1
2	Toby Percival	215	6	=	Simon Marwood	40	1
3	Tom Lavin	178	6	30	Nick Leigh	38	1
4	Ken Burgess	168	5	=	Stuart Heaton	38	1
5	Bev Ganose	161	5	=	Graham Mairs	38	1
6	Colin Banno-Thornton	149	4	33	Scott Jarvis	37	1
7	Derek Walton	142	5	=	Adam Simms	37	1
8	Carole Harrison	123	4	35	Bill Egan	36	1
9	Dave Norman	120	3	=	Duncan Wilson	36	1
10	Adrian Fuller	109	3	37	Damian Utton	35	1
11	Matt Billingham	103	3	=	Rob Armstrong	35	1
12	Sandra Lewis	95	3	39	Michael Berks	34	1
=	Alison Vesey	95	3	40	Ryan Ganose	32	1
14	Mike Jones	92	3	41	Michael Stuart	31	1
15	Dave Attwell	90	3	=	Andrew Barton	31	1
16	Tom Bush	78	2	=	Neil Walker	31	1
17	Dave Carrington	75	2	44	Alan Barlow	30	1
18	Olivia Walwyn	74	2	=	Gill Keeble	30	1
19	Mark Norton	72	2	46	Keith Fletcher	29	1
20	Dave Livingstone	70	2	47	Margaret Leech	26	1
=	Alan Williams	70	2	48	Erin Stevenson	25	1
22	Chloe Smith	58	2	49	Laura Bostock	24	1
=	Mansel Pope	58	2	50	Stephen Nicol	23	1
24	Damian Utton	56	2	51	Chris Bostock	19	1
25	Nigel Powell	51	2	52	Edward Jackson	17	1
26	Lynne Nichol	47	2	53	Hugh McKenna	14	1
27	Andrew Whittingham	40	1	54	Maggie Jones	13	1

Sizzler 5K - Thursday 30th June

There were 330 finishers in the first race of this year's Sale Sizzler series in Wythenshawe Park.

They were led home by Owen Greene of Trafford AC in 15.23 whilst Maria Barrett of Liverpool Harriers was first lady in 17.06.

Peter Abraham was first home for Altrincham ahead of Graham Mairs and young Adam Simms.

Carole Harrison ran well to finish first lady over 45 and Dave Attwell improved yet again to finish first over 70.

51	Peter Abraham	18.03
56	Graham Mairs	18.11
58	Adam Simms	18.13
131	Carole Harrison	21.11
140	Rob Armstrong	21.31
154	Mark Norton	21.42
157	Tom Lavin	21.48
184	Derek Walton	23.00
190	Dave Attwell	23.19
191	Mansel Pope	23.24

Full results: <http://www.race-results.co.uk/results/2011/salsiz1.pdf>

Offerton 10K - Wednesday 6th July

25	Toby Percival	41.15
81	Mike Jones	48.30
82	Tom Lavin	48.39

Three hilly laps of Woodbank and Vernon Parks made up this tough 10K race hosted by Stockport Harriers. Understandably times were slow and the race was won by Ben Fish of Blackburn Harriers in a time of 32.21 with Sarah Lomas of the host club first lady in 39.49.

Toby Percival was first Altrincham runner home whilst Mike Jones was second over 55, finishing just in front of Tom Lavin who was fourth over 50.

A total of 178 runners finished.

Full results: <http://www.ukresults.net/2011/off10k.html>

Sizzler 5K - Thursday 14th July

There were 328 finishers in the second race of this year's Sale Sizzler series in Wythenshawe Park.

They were led home by Joseph Bailey of Salford Harriers in a very fast 14.38 whilst Dionne Allen of Leigh Harriers was first lady in 17.26.

Andrew Whittingham was first home for Altrincham, continuing his racing comeback ahead of the Autumn relays. There were some very good runs by ADAC athletes with personal bests set by Paul Anderson, Peter Abraham and Duncan Wilson.

Altrincham's lady vets packed well with Bev Ganose and Carole Harrison second and third over 45, either side of Anne Pugh who was first over 55.

Derek Walton recorded his fastest time for a 5K this year and, on the eve of his Golden Wedding, the evergreen Dave Attwell proved a superb chaperone to his daughter Susan.

30	Andrew Whittingham	17.03
35	Paul Anderson	17.20
41	Peter Abraham	17.44
62	Mark Norton	18.36
69	Duncan Wilson	18.51
71	Toby Percival	18.54
113	Damian Utton	20.44
121	Bev Ganose	21.03
127	Anne Pugh	21.15
132	Carole Harrison	21.17
165	Derek Walton	22.28
190	Mansel Pope	23.28
308	Dave Attwell	31.40
309	Susan Attwell	31.40

Full results: <http://www.race-results.co.uk/results/2011/salsiz2.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 4th August the run will be from the Ryles Arms at Sutton near Macclesfield.

Meet in the pub car park at 6.45pm for a prompt start at 7pm.

Meal in the pub at 8.45pm. www.rylesarms.com

On Thursday 18th August the run will be from the Old Hall at Whitehough, Chinley.

Meet in the pub car park at 6.45pm for a prompt start at 7pm.

Meal in the pub at 8.45pm. www.old-hall-inn.co.uk

Club Fell Running Championship 2011

After 11 races in the club championship Tom Bush leads from Shaun Jackson and Bruce Humphrey.

Olivia Walwyn leads the race for the ladies' title ahead of Ann-Marie Jones and Bev Ganose.

		Points	Races			Points	Races
1	Tom Bush	120	7*	18	Sandra Lewis	28	2
2	Shaun Jackson	109	9*	19	Bob Buckley	23	2
3	Bruce Humphrey	93	6	20	Catherine Elliott	19	2
4	Craig Partridge	91	9*	21	Stephen Jones	17	2
5	Olivia Walwyn	90	5	=	John Noblett	17	1
6	Ann-Marie Jones	89	7*	23	Jeff Norman	16	1
7	Colin Davies	72	8*	=	Alan Barlow	16	2
8	Alan Williams	67	6	=	Colin Banno-Thornton	16	1
9	Andrew Barton	61	5	26	Martin Crosby	14	1
10	Ken Burgess	54	4	=	Matt Billingham	14	1
11	Mike Jones	53	5	28	Robin Wignall	12	1
12	John Stockdale	37	2	=	Lynne Nichol	12	1
=	Bruce Owen	37	2	=	Adrian Fuller	12	1
14	Peter Abraham	35	2	31	Rachel Thackray	11	1
=	Bev Ganose	35	3	32	Maggie Jones	8	2
16	Neil Walker	33	2	33	Jean Dolan	7	2
17	Tim Raffle	31	2	34	Laura Bostock	3	1
				35	Jenny Raffle	1	1

Remaining races:

12. Cracken Edge	Wed Aug 3	7.30pm	16. Tour of Pendle	Sat Nov 19	10.30am
13. Teggs Nose	Sat Aug 6	2.30pm	17. Famous Grouse	Sun Nov 27	11.00am
14. Lantern Pike	Sat Sep 17	2.00pm	18. Gravy Pud	Sun Dec 4	11.00am
15. Windgather	Sun Oct 9	1.00am			

* Best 6 from 18 races to count

Hope Wakes - Wednesday 29th June

from Bruce Humphrey

The 65th anniversary of the Hope Wakes Fell Race took place on 29th June 2011. This is an AS category fell race, climbing 1480 feet in 5.9 miles. To celebrate the race's 65th birthday, the first 65 runners home would receive an anniversary T-shirt. Winning one of these was my aim for the night. The race was started by Bob Randles who won the first Hope Fell Race in 1946, which was a nice touch. The race involves two reasonable climbs, one around the side of Win Hill before dropping down towards Ladybower reservoir and the second climb takes you up to Win Hill summit itself. There is then a quick mile or so downhill to the finish.

The race was won by Stuart Bond of Dark Peak in 40.58, breaking Lloyd Taggart's record. I finished 61st in 52.01. T-shirt won, mission accomplished!

Full results: <http://www.hopefellrace.co.uk/wp-content/uploads/2011/07/Results2011Final.pdf>

Peak Forest - Sunday 10th July

Conditions were perfect for this 6 mile race at Peak Forest which with less than a thousand feet of climbing is a great way to spend a Sunday morning.

First home was Darren Holloway of Pennine but he was disqualified having strayed off course and the race was awarded to Gareth Briggs of Staffordshire Moorlands who finished in a time of 42.37.

Kate Bailey, also running for Staffordshire Moorlands, was first lady in 44.51.

Colin Davies was pleased to clip a few seconds off last year's time, finishing strongly after a steady start, whilst Jean Dolan and Julie Ryan ran round together.

47	Colin Davies	53.54
64=	Jean Dolan	88.08
64=	Julie Ryan	88.08

Full results: <http://www.fellrunner.org.uk/results.php?id=883>

Bollington Nostalgia - Sunday 10th July

6	Olivia Walwyn	45.40
7	Tom Bush	46.05
24	Bruce Humphrey	50.54

Damian Nicholls of Wilmslow set a new course record for this 7 mile race with 1200 feet of climbing and Olivia Walwyn set a new ladies record, beating Tom Bush into the bargain! Bruce Humphrey was also well placed, finishing 24th in a field of 118 runners.

Full results: <http://www.fellrunner.org.uk/results.php?id=893>

Kentmere Horseshoe - Sunday 17th July

Only two Altrincham runners tackled this arduous 12 mile race in the Lake District which includes 3300 feet of ascent. Rob Jebb of Bingley won the race in a time of 1.28.38 with Fiona Hughes of Cambridge University first lady in 1.54.55. Shaun Jackson was unable to break 2 hours in the poor conditions whilst Alan Williams battled through to pick up useful points in the club championship.

69	Shaun Jackson	2.03.33
159	Alan Williams	2.51.38

Full results: <http://www.fellrunner.org.uk/results.php?id=881>

Snowdon Mountain Race - Saturday 23rd July

John Stockdale had an excellent run in this international mountain race, climbing the 5 miles to the summit of Snowdon in 53.45 and racing back down in 29.07 to finish in 1.22.52 and 53rd out of almost 500 starters.

Full results here: <http://www.tdl.ltd.uk/index.php>



Shining Tor - Wednesday 20th July

The eleventh race in this year's club championship was this 6 mile race in the Goyt Valley. The total climb of around 1600 feet is made up of a stiff climb up to the summit of Shining Tor at the start, a long drag up to Foxlow Edge in the middle and a cruel uphill finish. The race was won by Gwyn Bellamy of Glossopdale in 43.42 and veteran Sally Newman of Calder Valley was first lady in 51.28.

Tom Bush consolidated his position at the top of the club championship table, taking maximum points for the seventh time in seven outings.

Shaun Jackson ran well just two days after completing the tough Kentmere Horseshoe race whilst a very good run from Bruce Humphrey helped keep him ahead of Colin Banno-Thornton.

Colin Davies got a good view of proceedings, passing the other seven Altrincham runners on the climb to the summit of Shining Tor but then seeing all but two of them pass him on the way down again!

Craig Partridge finished ahead of Ann-Marie Jones who won the ladies' over 50 prize whilst Mike Jones passed Bev Ganose late in the race.

Andrew Barton caught Colin on the final descent and Alan Williams who also ran at Kentmere finished next with Alan Barlow also finishing - one of 22 men over 60 in a field of 182 runners!

9	Tom Bush	46.24
34	Shaun Jackson	52.01
40	Bruce Humphrey	53.09
43	Colin Banno-Thornton	53.21
84	Craig Partridge	59.19
96	Ann-Marie Jones	60.43
99	Mike Jones	60.54
105	Bev Ganose	61.16
118	Andrew Barton	63.27
120	Colin Davies	63.38
149	Alan Williams	67.50
170	Alan Barlow	77.59

Full results: <http://www.goytvalleystriders.org.uk/fellraces/results/ShiningTorResults2011.htm>

Trail Running

from Mike Jones

Black Knight Charge Trail - Wednesday 13th July

Maggie and I ran this great, low key undulating race from Daisy Nook, close to the Visitors Centre and East Cheshire Harriers Headquarters. Most of the course is on rough paths and tracks around the area, starting and finishing in the same place. Part of the course takes in some of the Fitton Hill cross country course. The race was won by Howard Oldham of East Cheshire Harriers in 37.29 and the first lady was Kate Kelly, also of East Cheshire, in 43.18. I came in 50th in 47.38 and managed to win the over 55 prize! Maggie had a good run coming in 92nd in 55.07, just behind Sue Exon. There were 106 runners who enjoyed the hot pot supper included in the £6 entry fee. A good deal!

Full results: <http://www.race-results.co.uk/results/2011/blackknight.pdf>

Gravy Six - Sunday 17th July

Conditions were very wet and muddy beforehand although the rain eased for the first part of the race. The route runs along the Trans Pennine Trail, turns between the reservoirs and returns via trail and a short section of road. A short steep climb takes the runners back onto the trail for the last mile with the finish just before the end of the trail. A total of 124 runners braved the conditions and the race was won by Dan McGrath of Salford Harriers in 32.17 with Tessa Walker, also from Salford, coming home first lady in 35.45. Jeff Norman showed his class to come home first for Altrincham in 35th, taking the 1st MV65 prize. I managed 48th a couple of minutes behind Jeff. Maggie came in 105th. Thanks go to the organisers and marshals for turning out on such a miserable day.

Full results: http://www.nblq.co.uk/?page_id=132

Track & Field

Congratulations to Sophie Preece who came 8th in the 300m final at the English Schools' Athletics Championships at Gateshead on 2nd July. She smashed her personal best through the rounds to run 40.16s in the final.

Northern League Division 2W - Match 3 - Longford Park 3rd July

Match Result

League Standings

	Match Points	League Points		League Points	Match Points
West Cheshire	416.0	6	West Cheshire	18	1257.0
Liverpool Pembroke Sefton	375.0	5	Liverpool Pembroke Sefton	14	1175.0
Trafford	370.0	4	Trafford	11	978.0
St Helens Sutton	336.0	3	St Helens Sutton	10	1008.5
Southport Waterloo	240.0	2	Southport Waterloo	7	817.5
Altrincham & District	204.0	1	Altrincham & District	3	587.0

Full results: <http://www.noaaa-athletics.org.uk/>

[File-Uploads/2W 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30.pdf](#)

Altrincham & District Schools Cross Country League

2011 meetings: 1st October, 15th October and 26th November.

First race 10 am.

The three meetings will be held at John Leigh Park, Oldfield Road, Altrincham.

If you have the time on the above Saturday mornings please offer your help!

We have to set the course up, marshal the races, administer the finish (i.e. timekeeping, tickets, etc) and leave the park in a tidy state. So if you can spare any time at all during these mornings, I would be very grateful. We start setting up the course around 8.30am and are usually finished by around 12.15pm.

My main area of concern is that for the past few years we've been a bit (well 'very' to be truthful) short of marshals for the actual races. The course setup I can live with, but I am quite worried that something may happen during one of the races and we won't have people on the spot to help out. The first four races, the primary schools, are the busiest and, as the kids are not allowed to wear spikes, the ones we really need to marshal well.

This event always reflects well on our club, so please help me to maintain this high standard.

Sorry for going on a bit - but race organising, as many of you well know, is very stressful and 'covering all the angles' really does take team work. Some parents can be a bit demanding.

Any queries, please do not hesitate to contact me on 07891 546 318 or 01625 560147.

Mark Jutrzenka (School Leagues Secretary)

Timperley Field Meeting - 7th July

Long Jump

<u>U 9 Girls</u>			<u>U 9 Boys</u>		
1	Erin Tighe	2.13m	1	Joel Paxman	2.34m
			2	Tyler Sykes	2.17m
<u>U 11 Girls</u>			<u>U 11 Boys</u>		
1	Jessica Richardson	3.07m	1	Zac Fenton	2.99m
2	Effie Argirakis	2.58m	2	Luke Kelly	2.98m
3	Katty Argirakis	2.54m	3	Thomas Ford	2.90m
4	Ella Richards	2.35m	4	Matthew Ford	2.56m
5	Megan Wardle	1.83m	5	Magnus Cole	2.53m
			6	John Peake	2.12m
<u>U 13 Girls</u>			<u>U 13 Boys</u>		
1	Hannah Tomkinson	2.88m	1	Thomas Richardson	4.06m
<u>U 15 Girls</u>			2	Tom Kelly	3.63m
1	Philippa Orme	3.71m	3	Joseph Fisher	3.60m
			4	Arthur Raffle	3.56m
			5	Dominic Cole	3.54m
			6	James Hope	2.85m
<u>U 17 Men</u>			7	Anthony Stratford	2.72m
1	George Raffle	2.91m	8	Jamie Munn	2.60m
			9	Adam Hancock	2.44m
<u>U 20 Men</u>			<u>U 15 Boys</u>		
1	Peter Rice	4.50m	1	Sufyaan Niazi	4.83m
2	Ryan Hession	4.15m			

Triple Jump

<u>U 11 Girls</u>			<u>U 13 Boys</u>		
1	Jessica Richardson	5.52m	1	Joseph Fisher	7.73m
2	Effie Argirakis	5.09m	2	James Hope	5.65m
<u>U 15 Girls</u>			<u>U 17 Ladies</u>		
1	Philippa Orme	7.99m	1	Emma Thomson	7.85m

Discus

<u>U 11 Girls</u>		0.75kg	<u>U 13 Boys</u>		1.00kg
1	Effie Argirakis	8.87m	1	Thomas Richardson	11.45m
2	Megan Wardle	7.77m	2	Arthur Raffle	10.20m
3	Jessica Richardson	7.29m	3	Joseph Fisher	9.60m
4	Katty Argirakis	7.26m	4	Braydon Moreton	6.94m
<u>U 11 Boys</u>		0.75kg	<u>U 20 Men</u>		1.75kg
1	John Peake	5.71m	1	Ryan Hession	18.70m
			2	Peter Rice	15.97m
<u>U 13 Girls</u>		0.75kg	<u>V60 Men</u>		1.00kg
1	Hannah Tomkinson	9.75m	1	John Snape	20.32m
2	Anna Morris	6.63m	<u>V65 Men</u>		1.00kg
			1	Barry Chapman	18.20m

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

Aug	
Tue 2nd	4 sets of 1 x 700m, 60s recovery, 1 x 300m. 4 min recovery between sets
Wed 3rd	Club Championship Fell Race - Cracken Edge, Hayfield (7mile/1450ft)
Thu 4th	Group Fell Run - Ryles Arms, Sutton, Macclesfield
Sat 6th	Club Championship Fell Race - Teggs Nose, Sutton, Macclesfield
Tue 9th	4 sets of 3 x 300m with 90s recovery. 4 min rest between sets
Thu 11th	Club Championship Road Race - Sale Sizzler 5K
Sun 14th	Trials for World Mountain Running Championships - Witton Park
Sun 14th	Northern Track & Field League, Longford Park, Stretford
Tue 16th	3 sets of 1 x 1200m, 90s recovery, 1 x 600m. 4 min recovery between sets
Thu 18th	Group Fell Run - Old Hall, Whitehough, Chinley
Sun 21st	Club Championship Road Race - Birchwood 10K
Tue 23rd	16 x 400m with 60s recovery
	Recommend for competitors in Lake Vyrnwy or Macclesfield Half Marathons:
	25 x 400m with 60s recovery
Tue 30th	John Leigh Park, session starts at 7.15pm
	4 sets of 1 x 30s hill rep, 1 x 90s sustained effort, 1 x 30s hill rep, 1 x 3½ min sustained effort 2 min jog recovery between efforts, 4 min rest between sets
Sept	
Thu 1st	Group Fell Run - Venue to be announced
Tue 6th	5 x 1200m with 3 min jog recovery
Thu 8th	Group Fell Run - Venue to be announced
Sun 11th	Lake Vyrnwy Half Marathon
Tue 13th	Timperley Track - Club 1 mile races (all age groups, all fitness levels)
Sat 17th	Club Championship Fell Race – Lantern Pike, Little Hayfield (5mile/1050ft)
Tue 20th	10 x 400m with 75s recovery
Thu 22nd	Group Fell Run - Venue to be announced
Fri 23rd	Commonwealth Mountain & Ultra Distance Championships
through	Friday/Saturday: 24 hour Road Race, Llandudno
to	Saturday: Mountain Race (up & down) – Snowdonia
Sun 25th	Sunday: 50K plus, Off Road Race, Newborough Forest, Anglesey
Sat 24th	Northern 6 Stage Road Relays
Sun 25th	Club Championship Road Race - Macclesfield Half Marathon
Tue 27th	4 x 1600m with 4 min jog recovery
Oct	FUTURE EVENTS
Sat 15th.	National Fell Relays – Kettlewell, Yorkshire Dales
Sat 15th	National 6 Stage Road Relays – Sutton Park, Birmingham

ADAC Committee 2011-2012

ADAC 50 YEARS 1961 —	Bob Spark	Chairman	ADAC 50 YEARS 1961 — 2011
	Andrew Whittingham	Secretary	
	Sandra Lewis	Treasurer	
	Bill Egan	Membership Secretary	
	Bev Ganose & Adrian Fuller	Welfare Officers	
	Mike Welford	Officials Coordinator	
	John Snape	Coaching Coordinator	
	Adrian Fuller	Road Running	
	Mike Jones	Cross Country	
	Colin Davies	Fell Running	
	Chloe Smith	Junior Representative	
	Dave Livingstone	Social Secretary	

Annual Subscriptions

Annual subscriptions were due on 1st April.
The rates are the same as last year and are:

Seniors £35.00
 Juniors and students in full time education £15.00
 Senior citizens £15.00
 Social members £15.00
 Second claim members £10.00

Coaches and Life Members are exempt from subscriptions.

If you would like to pay online the account number is 33466590 and the sort code is 20-01-96.
I would be grateful if you could just send me a quick email to let me know you've paid.
If you have paid online in the past, please note that the bank account has changed from last year
and so you will need to put in the new details.

Alternatively, you can pay by cheque which should be made payable to ADAC.
You can send any cheques to me:
Sandra Lewis, 6 Houldsworth Avenue, Timperley, Cheshire WA14 1SS
or pass them to any committee member who will forward them on.

Injured or Not!

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

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
Mobile: 07843629704

Duncan Mason Athlete Matters Worsley Physiotherapy and Sports Injuries Clinic.
First floor, Ackerley House, Roe Green, Worsley M28 2JL
Mobile: 07792072642
www.athletematters.com
Hours of Business: Mon to Fri: 9.00am to 9.00pm Sat: 8.30am to 1.00pm