



Pawprints

The Newsletter of Altrincham
and District Athletic Club



FEBRUARY 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.



Jeff Norman with the Snowdonia Marathon Trophy. Jeff has been a member of ADAC for 49 years

We Need Your Help!

Mizuno Trafford 10K Road Race Sunday 13th March 2011

from Bill Egan & Dave Norman

Once again it is time for another Trafford 10K. The race continues to be popular amongst athletes and this year we anticipate approximately 800 entries with approximately 600 taking part. We need a large number of helpers to make the race safe for athletes to run. Those who help out regularly know the drill, please get in touch. For athletes new to the club, or those who normally race, this is a good chance to help the club and see how a race works from the organisers side. Please volunteer your services or those of friend/ relative if you want to enter.

The race starts at 9:30am on Sunday 13th March 2011. Race HQ is inside Partington Leisure Centre. All helpers are asked to report to the Leisure Centre before 9am, Car Park & Registration Marshals before 8:00am. Course Marshals will be stood down by the pursuit vehicle. Once again the race will be run with chip timing. These are issued on the day and we anticipate having 8 registration desks open from 8.00am. To volunteer, please contact Bill Egan directly.

Email itbegan@gmail.com or call Bill Egan on 07802 502335 to help.

This year some of my regular helpers are not available to help, so please come forward if you can.

March Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk by Thursday 24th February. Copies should then be available by Tuesday 1st March. Articles, reports, results, news, announcements and photos gratefully accepted.

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. From now until the end of March it is advisable to wear a headtorch.

On Thursday 3rd February the run will be from the Poacher's in Bollington.

www.thepoachers.org

Meet in the pub car park at 6.45pm for a prompt start at 7pm
Meal in the pub at 8.45pm.

On Thursday 17th February the run will be from Disley Station
Meet in the station car park at 6.45pm for a prompt start at 7pm

Meal in the White Lion at 8.45pm.

www.whitelion-disley.co.uk

A small group also run on the fells most Wednesday mornings throughout the year.

If you wish to join us regularly or occasionally let me know colin@d928.fsnet.co.uk

Races coming up in the next month

Sunday 6th February -- Mickledon Straddle -- 13.8 miles / 1980 feet
10.30am from Langsett Barn

<http://denbydaletravellers.org.uk/>

Sunday 13th February -- Winter Hill -- 11 miles / 2750 feet
10.00am from Rivington Upper Barn

<http://www.ukresults.net/11feb.html#winterhill>

(ADAC Club Championship Race)



John Stockdale on the way up Winter Hill last year



Sandra Lewis nears the summit

Sunday 6th March -- Cloud Nine -- 9 miles / 1250 feet
11.00am from Brunswick Wharf, Congleton

<http://congleton-harriers.co.uk/cloud9.htm>

(ADAC Club Championship Race)

Club Fell Running Championship 2011

There are eighteen races to choose from this year with the best six scores to count.

Ashurst Beacon	BS	Sat 15 Jan	12.30pm
Kinder Trial	O	Sat Jan 22	10.00am
Winter Hill	AM	Sun Feb 13	10.00am
Cloud Nine	BM	Sun Mar 6	11.00am
Anniversary Waltz	AM	Sat Apr 23	11.30am
Goyt's Moss	BM	Wed May 18	7.30pm
Vanessa Chappell	BS	Wed May 25	7.30pm
Boar's Head	BM	Wed Jun 8	7.30pm
Whaley Waltz	BS	Sat Jun 25	2.15pm
Kentmere	AM	Sun Jul 17	1.00pm
Shining Tor	AS	Wed Jul 20	7.30pm
Cracken Edge	BM	Wed Aug 3	7.30pm
Teggs Nose	BM	Sat Aug 6	2.30pm
Lantern Pike	BS	Sat Sep 17	2.00pm
Windgather	BL	Sun Oct 9	11.00am
Tour of Pendle	AL	Sat Nov 19	10.30am
Famous Grouse	BS	Sun Nov 27	11.00am
Gravy Pud	BS	Sun Dec 4	11.00am

2011 Championship Table after 2 races

		Points	Races
1	John Stockdale	37	2
2	Shaun Jackson	33	2
3	Craig Partridge	30	2
4	Colin Davies	26	2
5	Alan Williams	23	2
6	Bruce Owen	20	1
7	Peter Abraham	18	1
8	Tim Raffle	18	1
9	Ken Burgess	16	1
10	Ann-Marie Jones	14	1
11	Martin Crosby	14	1
12	Lynne Nichol	12	1

The third race is Winter Hill on Sunday 13th February. Pre-entry by 7th February £6. On day £10.

Full details of all fell races can be found here: <http://www.fellrunner.org.uk/races.php?y=2011>

Ashurst Beacon - 15th January

The first race in this year's club fell championship was held at Dalton near Skelmersdale and was 6 miles long with 950 feet of climb.

It turned out to be a wet and windy day although the rain did relent for much of the race. Conditions underfoot were very wet and Nick Leigh's winning time of 37.53 was 3 minutes outside the record he set in 2006. First lady was veteran Lynne Clough of Chorley in 44.29, more than 6 minutes outside the ladies' course record set in 2001.

John Stockdale made a good start in the defence of the club championship table he won last year and Peter Abraham, pictured below right, had a very good run on his championship debut.

Shaun Jackson was one of the few runners who improved on a previous run here whilst a very good performance from Ken Burgess saw him finish in front of Craig Partridge.

Ann-Marie Jones is quickly regaining her form and finished ahead of Colin Davies and Alan Williams. Several of the Altrincham runners came away with prizes: John Stockdale in fifth place, Ken Burgess who was first over 60 and Ann-Marie Jones who was first lady over 50. Shaun Jackson won a spot prize.

1	Nick Leigh	37.53
5	John Stockdale	40.07
16	Peter Abraham	42.44
22	Shaun Jackson	44.08
79	Ken Burgess	50.45
87	Craig Partridge	52.08
89	Ann-Marie Jones	52.35
95	Colin Davies	53.18
119	Alan Williams	56.16



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



Ann-Marie Jones



Ken Burgess

Kinder Trial - 22nd January

27	Bruce Owen	2.27.33
42	Tim Raffle	2.37.58
43	John Stockdale	2.38.05
53	Shaun Jackson	2.44.05
74	Craig Partridge	2.57.56
99	Martin Crosby	3.16.17
140	Colin Davies	4.28.10
145	Lynne Nichol	4.33.10
147	Alan Williams	4.38.50

The second club championship race of the year was this navigational event at Hayfield with staggered starts from 10am. A very challenging course was made more difficult for the early starters with mist making for poor visibility. Luckily the mist lifted soon after 11am and conditions were fairly good. The ground was quite frozen but there was no snow or rain and very little wind.

Bruce Owen had a superb run covering about 12 miles in well under 2½ hours whilst Tim Raffle, John Stockdale, Shaun Jackson and Craig Partridge all completed the course in under 3 hours. Martin Crosby, Colin Davies, Lynne Nichol and Alan Williams also safely negotiated the course. The men's race was won by Neil Northrop of Dark Peak in an amazing time of 1.45.46.

Kirsty Bryan-Jones of Dark Peak was first lady in 2.25.18.

Full results: <http://www.cs.man.ac.uk/temples-bin/hc.pl?a=list&d=hc&f=kinder-trial-2011>

Road Running
Club Road Racing Championship 2011

There are eighteen races to choose from this year with the best six scores to count.

- Race 1** **Four Villages Half Marathon - Sunday 23rd January**
<http://www.helsbyrunningclub.org.uk/halfmarathon/>
- Race 2** **Alsager 5 - Sunday 6th February**
<http://www.alsager5.co.uk/>
- Race 3 Lactic Acid Test Stalybridge Trail Race - Sunday 20th February
<http://www.ukresults.net/forms/110220lactic.pdf>
- Race 4 Wilmslow Half Marathon - Sunday 27th March
<http://www.wilmslowhalf.org.uk/>
- Race 5 Salford 10K - Friday 22nd April
Details TBC
- Race 6 Christleton 5K - Friday 6th May
<http://www.tattenhallrunners.com/20.html>
- Race 7 Mobberley Round the Runways - May TBC
Details TBC
- Race 8 Hollins Green 5K - 4th June TBC
<http://www.spectrumstriders.org.uk/>
- Race 9 Lymm 5K - 25th June TBC
<http://www.spectrumstriders.org.uk/>
- Race 10 Reebok Manchester Sizzler 5K Race 1 - June TBC
<http://www.saleharriersmanchester.com/>
- Race 11 Offerton 10K - July TBC
<http://www.stockportharriers.com/index.php?q=club-races>
- Race 12 Reebok Manchester Sizzler 5K Race 4 - July TBC
<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 TBC
http://www.mh.k313.com/mh/index.php?option=com_content&task=view&id=364&Itemid=71
- Race 16 Leeds Abbey Dash - November TBC
<http://www.ageuk.org.uk/get-involved/events-and-challenges/leeds-abbey-dash/>
- Race 17 Stockport 10 - December TBC
<http://www.stockportharriers.com/index.php?q=club-races>
- Race 18 Sale Festive 5 - December TBC
<http://www.saleharriersmanchester.com/>

Four Villages Half Marathon - 23rd January

from Colin Banno-Thornton

The annual opener to the club road running championship was again the ever popular Four Villages Half Marathon, once again superbly organised by Helsby Running Club. This year runners were greeted on the plus side by excellent weather conditions, but on the negative by a new start to the route along a very narrow path covered in mud. Seemingly everyone ignored the final question of their maths homework: "How do you fit 1700 runners down a path one metre wide?" That it took up to 4 minutes for runners to cross the start line is not good in a field of 1700, but the start aside the race was very well marshalled and showed people of Helsby in a good light.

Unfortunately I didn't get to see the front runners, but Dave Norman gives an excellent account of the psychology of the 'Race' in his regular blog on the Runners Life web site - highly recommended - <http://www.runnerslife.co.uk/dave-norman/race/four-villages-half-marathon/310>.

First home was Neil Renault of Edinburgh AC in a time of 1.05.54 with Dave in an encouraging third place given his recent injury. First lady was again Michelle Ross-Cope of City of Stoke in a time of 1.14.29 although she was given a hard race by Sarah Harris Long Eaton RC.

Back in the pelaton Altrincham and District AC were well represented with three athletes securing personal bests on a course that is certainly more undulating than flat, and others having strong runs as they prepare for further tests as we head into spring. Nick Leigh and Peter Abraham, who knocked 2 minutes off his PB, both finished in the top fifty places, with myself (PB by 3 minutes) and Dave Livingstone within the top 100.

Ken Burgess was the first in the over 65 category. Alison Vesey came third in her category leading home the Altrincham ladies, closely followed by Sandra Lewis who completed our trio of PB racers. Michael Stuart, Damian Utton, Nigel Powell and Tom Lavin all secured top half finishes.

Chip Times:

Dave Norman	1:07:34	Alison Vesey	1:31:05
Nick Leigh	1:16:29	Sandra Lewis	1:32:48 (PB)
Peter Abraham	1:18:31 (PB)	Michael Stuart	1:33:33
Colin Banno-Thornton	1:21:02 (PB)	Damian Utton	1:35:54
Dave Livingstone	1:23:12	Nigel Powell	1:42:56
Ken Burgess	1:29:56	Tom Lavin	1:45:45

Full results: https://www.raceplus.co.uk/raceplus-index.php?content=1&race=38586&show_type=All&event_id=FVHM11&event_id=FVHM11



Dave Norman

Results based on 'gun' times

3	Dave Norman	1.07.35
33	Nick Leigh	1.16.30
44	Peter Abraham	1.18.35
77	Colin Banno-Thornton	1.21.15
96	Dave Livingstone	1.23.14
216	Ken Burgess	1.30.00
259	Alison Vesey	1.31.44
288	Sandra Lewis	1.32.56
323	Michael Stuart	1.33.41
403	Damian Utton	1.36.41
711	Nigel Powell	1.45.03
817	Tom Lavin	1.48.12

Cross Country

Manchester Area Cross Country League

(Woodbank Park - 2nd January)

The fourth meeting of the season took place at Stockport. Altrincham's men were led home by Dave Norman who finished second on the day but nevertheless clinched the series title with a race to spare! The men's team were in fifth place, the counters being Dave Norman 2nd, Tom Bush 16th, John Stockdale 21st, Martin Crosby 26th, Dave Livingstone 52nd and Colin Banno-Thornton 56th. In the women's race Olivia Walwyn finished second and the team were fifth, the counters being Olivia Walwyn 2nd, Alison Vesey 25th, Bev Ganose 26th and Carole Harrison 35th. The vet's team consisting of Alison, Bev and Carole were sixth. Ryan Ganose finished second in the Under 17 Men's race whilst Lucy Smith finished third in the Under 17 Women's race and Jemma Eyre was fourth in the Under 15 Girls' race.

Men's results: <http://www.race-results.co.uk/results/2011/maccls4.pdf>

Women and Junior's results: <http://www.race-results.co.uk/results/2011/maccl4.pdf>

Remaining fixture:

Saturday 12th February* [not for U11s]

Clayton Vale, Manchester. Host Club: East Cheshire Harriers & Tameside AC

South East Lancs Cross Country League

(Leigh Sports Village - 15th January)

from Mike Jones

A select band of Altrincham AC athletes made the journey to a very wet, flat, new cross country course at Leigh Sports Village. Parking at the superb new facilities is close to the start of the races. Bev Ganose was first lady home in ninth place and third lady over 45. Maggie Jones ran well to finish in 42nd and received a bottle of wine as 1st lady over 50 in the Hit the Trail race last Sunday! In the men's race Toby Percival had a great run to finish first Altrincham runner in 40th place whilst Andrew Barton returned to racing after his severe injury at the fell relays to come in 70th. Mike Jones brought up the rear in 101st out of 121 runners. There were 55 finishers in the ladies race.

Full results: <http://www.race-results.co.uk/results/2011/sel103.pdf>

Remaining fixture:

Saturday February 26th

Boggart Hole Clough

(not on 5th Feb as originally announced).

John O'Goats Orienteering Event - 8th January

This event was held in Lyme Park and was organised by Manchester & District Orienteering Club. There were three courses for the various age groups and Colin Davies competed on the Short Course which included the over 60s. He finished 20th out of 76 starters and was pleased to note that all those who finished ahead of him appeared to be members of orienteering clubs.

Results:

http://www.mdocmembers.plus.com/results/20110108/short_splits.html



Colin on his way to the finish

Cheshire Cross Country Championships

from Alan Barlow

A small but select number from ADAC contested the Cheshire Cross Country Championships at Birchwood on Saturday 8th January with soft going after heavy overnight rain but clear and bright on the day if a little windy. This resulted in the marquee becoming a kite and demolishing the finish gantry. Fortunately nobody was injured.

Senior Men:

1	Daniel Cliffe	(Warrington)	38.55
13	Tom Bush		42.22
14	Martin Crosby	(4th V40)	43.25

Senior Women:

1	Olivia Walwyn		34.08
19	Anne Marie Jones	(1st V55)	43.47

U15 Girls:

3	Jemma Eyre		17.28
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Olivia Walwyn - Cheshire Champion

U13 Girls:

1 Harriet Knowles Jones (Warrington but with strong connections to ADAC)

Race ran with boys of same age. Harriet beat the first boy by half a stride but both given same time.

Full results: <http://www.spectrumstriders.org.uk/our-races/cheshire-xc-results>

Greater Manchester Cross Country Championships

These were hosted by Stockport Harriers at Woodbank Park on Saturday 8th January.

Senior Men:

1	Andi Jones	(Salford)	39.10
4	Dave Norman		40.41
26	Stuart Heaton		45.51
56	Toby Percival		52.43
87	Mike Jones		63.36

Senior Women:

1	Dionne Allen	(Leigh Harriers)	28.24
15	Sandra Lewis		33.07
45	Maggie Jones		41.50

U17 Women

3	Lucy Smith	20.09
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U17 Men

3	Ryan Ganose	21.47
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U13 Boys:

4	Clive Smith	8.57
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Full results: http://www.athletics-uk.net/manchester/gmaa_xc_2011.pdf

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

Feb

Tue 1st

Timperley Track session on the grass
1 x 2000m – 1 x 1500m – 2 x 1000m – 3 x 500m with 2min recovery

Thu 3rd

Group Fell Run – Poacher's, Bollington

Sun 6th

Club Championship Road Race – Alsager 5

Tue 8th

Timperley Track session on the track
8 sets of 1 x 700m, 60sec recovery followed by 1 x 300m
3minutes recovery between sets.

Sat 12th

Manchester Area Cross Country League – Clayton Vale

Sun 13th

Club Championship Fell Race – Winter Hill

Tue 15th

Timperley Track session on the grass
1 x 2000m – 1 x 1500m – 3 x 1000m – 3 x 500m with 2min recovery

Thu 17th

Group Fell Run – Disley Station

Sat 19th

English National Cross Country Champs. – Alton Towers, Staffs

Sun 20th

Club Championship Road Race – Stalybridge Trail Race

Tue 22nd

Timperley Track session on the grass
1 x 2000m – 2 x 1500m – 3 x 1000m – 2 x 500m with 2 min recovery

March

Tue 1st

Timperley Track session on the track
24 x 200m with reducing recoveries by 5 seconds after every 4th effort
First 4 recoveries 40 seconds, final recoveries 15 seconds

Thu 3rd

Group Fell Run – Royal Hotel, Hayfield

Sun 6th

Club Championship Fell Race – Cloud Nine

Tue 8th

Timperley Track session on the grass
2 x 2000m – 2 x 1500m – 2 x 1000m – 2 x 500m with 2min recovery.

Sun 13th

**TRAFFORD 10K organised by ADAC please contact
Dave Norman or Bill Egan to help**

Tue 15th

Timperley Track - 5 sets of 3 x 400 metres with 45 seconds recovery
3 min recovery between sets

Thu 17th

Group Fell Run – Dog & Partridge, Bridgemont

Sun 20th

Northern Counties 12 & 6 Stage Road Relays – Catterick

Tue 22nd

Timperley Track session on the track
Session 1 = 12 x 400m with 2 minutes jog recovery
Session 2 = 8 x 300m at 85% effort with walk back recovery

Sun 27th

Club Championship Road Race – Wilmslow Half Marathon

Tue 29th

Timperley track – 6 x 800m with 3min jog recovery.

April

Fri 1st -

Lakes Training Weekend – Newlands Valley, near Keswick

Sun 3rd

Future Events

April

Sat 9th

National 12 & 6 Stage Road Relays. Sutton Park, Birmingham

Fri 22nd

Salford 10k

Sat 23rd

Club Championship Fell Race – Anniversary Waltz

May

Sat 31st

National Vets Road Relay Champs. – Sutton Park, Birmingham

Dates for your diary in 2011

April 1st - 3rd	Lakes Training Weekend at Newlands Adventure Centre, Stair near Keswick. (A few places left: Names with £50 to Adrian Fuller immediately)
May 7th	ADAC 50th Anniversary Dinner at the Cresta Court Hotel, Altrincham. (Organised by Neil Walker)
June 11/12th	Welsh Castles Relay -- Caernarfon to Cardiff.

Wanted !

Meeting organiser for Young Athletes League on Sunday 5th June at Longford Park, Stretford.

Altrincham are hosting the above fixture and Mike Welford wishes to pass on responsibility for the organisation and hosting of this fixture to a willing volunteer.

Major tasks:

Appointment of main officials, particularly starter and marksman, results officials and announcer.

Booking of stadium and liaison with Trafford (ground staff, catering et al)

Medical services (St John's Ambulance).

Liaison with other competing clubs.

John Snape and Mike Welford will provide every practical assistance, some upfront arrangements are already in hand. Mike says, "I was a complete rookie when I started organising 6 years ago, It's not as daunting as you might think, and very rewarding".

Annual Subscriptions

Those members who have still not paid their 2010 subscription (**due on 1st April 2010**) should send a cheque to Sandra Lewis, 6 Houldsworth Avenue, Timperley, Altrincham WA14 1SS **immediately**.

Seniors £35.00

Juniors* £15.00

Senior citizens £15.00

Social members £15.00

Cheques payable to:

Altrincham & District AC

**and students in full time education*

Coaches and Life Members are exempt from subscriptions.

If you would prefer to pay online let Sandra know and she can give you the necessary details.

Sandra Lewis: sandra.lewis@fsmail.net

Injured or Not!

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

Mobile: 07999981567

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

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