



# Pawprints

The Newsletter of Altrincham  
and District Athletic Club



**JANUARY 2011**

Please visit the club website [www.altrincham-athletics.co.uk](http://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 ATHLETIC CLUB 1961 - 2011**

*Founder Member Alan Hardman*

**ADAC**  
**50**  
**YEARS**



**ADAC**  
**50**  
**YEARS**

## Christmas Handicaps

Jeff Norman organised yet another highly enjoyable Christmas Handicap at John Leigh Park on Saturday 18th December. Full results and pictures can be found on pages 2 - 6 and Jeff's report is on page 7. After the handicaps the prizegiving took place at Timperley Taverners where John Snape also presented the Junior Awards for 2010. A list of the awards can be found on page 8.

## Christmas Dinner

Neil Walker organised a very enjoyable meal at Fat Loaf in Altrincham on Saturday 18th December. There were more than 40 members present and, in addition to an excellent meal, presentations were made to this year's champions in both the road and fell championships. Both the ladies' trophies went to Sandra Lewis whilst the men's fell champion was John Stockdale. The men's road championship trophy will be presented to Paul Watson at a later date. Pictures from the dinner on page 14.

## February Pawprints

Please send material for next month's Pawprints to Colin Davies: [colin@d928.fsnet.co.uk](mailto:colin@d928.fsnet.co.uk) by Thursday 27th January. Copies should then be available by Tuesday 1st February. Articles, reports, results, news, announcements and photos gratefully accepted.

## Christmas Handicaps

### John Leigh Park—Saturday 18th December

This year saw a promising entry of 35 runners for the Senior race but the bad weather meant that only 18 of them managed to start the race with a mere 16 finishing.

Most of the runners got into the spirit of the event and ran in fancy dress which was well received by the hundreds of spectators who had turned up at the park for a spot of sledging following the previous night's snowfall.

Once again Jeff Norman managed a great job of handicapping. The start times were spread over thirteen minutes but at the end of the four mile race only three minutes separated first and last.

Scratch man John Stockdale had a tremendous run. Dressed as Father Christmas he passed the entire field and was followed in by Peter Abraham and Colin Davies, both dressed as elves.

First *lady* to finish was Dave Livingstone! Other notable finishers were two pirates and a pair of nuns.

The nuns in the shape of Shaun Jackson and Craig Partridge were awarded the fancy dress prize.

The Dave Attwell prize for the 'run of the day' went to Peter Abraham and the wooden spoon was awarded to Sandra Lewis.

		TIME	HANDICAP	ACTUAL TIME
1	JOHN STOCKDALE	24.08	0.00	24.08
2	PETER ABRAHAM	24.34	1.10	25.44
3	COLIN DAVIES	24.35	8.00	32.35
4	DAVE LIVINGSTONE	24.56	1.10	26.06
5	LYNNE NICHOL	25.02	10.10	35.12
6	MIKE JONES	25.03	6.00	31.03
7	NEIL WALKER	25.14	0.10	25.24
8	TIM RAFFLE	25.16	2.40	27.56
9	RYAN GANOSE	25.18	1.00	26.18
10	FIONA WARBURTON	25.29	5.10	30.39
11	CRAIG PARTRIDGE	26.00	4.20	30.20
12	ALISON VESEY	26.04	4.50	30.54
13	TOBY PERCIVAL	26.21	4.00	30.21
14	SHAUN JACKSON	26.30	2.10	28.40
15	JEAN DOLAN	26.55	13.20	40.15
16	SANDRA LEWIS	27.18	3.50	31.08

*Pictures by Craig Partridge*



*Fancy Dress Winners  
Craig Partridge and Shaun Jackson*



*Dave Livingstone  
First Lady!*



*Colin Davies*

*More pictures on page 15*

In the boys' and girls' races there were wins for Chayce Smith in the one lap race and George Raffle in the two lap race. Jessica Richardson, dressed as Robin, won the fancy dress prize.

ONE LAP RACE		TIME	HANDICAP	ACTUAL TIME
1	CHAYCE SMITH	4.54	0.50	5.44
2	CLARK SMITH	5.13	1.25	6.38
3	JESSICA RICHARDSON	5.19	1.50	7.09
4	THOMAS RICHARDSON	5.33	1.50	7.23
5	GEORGIA PERCIVAL	5.39	2.00	7.39
6	CARL SMITH	6.02	1.20	7.22
7	OLIVIA PERCIVAL	6.14	2.50	9.04
8	TYLER RODGERS	6.17	2.10	8.27
9	RUBY AHMED	6.35	1.50	8.25
10	KAYLEIGH RODGERS	7.00	2.10	9.10
11	PHILIPPA ORME	8.21	2.20	10.41
12	GEORGIA JACKSON	8.33	-0.10	8.23

TWO LAP RACE		TIME	HANDICAP	ACTUAL TIME
1	GEORGE RAFFLE	9.57	4.00	13.57
2	CLIVE SMITH	11.53	0.00	11.53



Tyler Rodgers



Ruby Ahmed



Philippa Orme



*George Raffle*

Pictures  
by  
John Snape



*Chayce Smith*



*Clive Smith*



*Clark Smith*



*Jessica Richardson*



*Olivia Percival*



*Thomas Richardson*



*Georgia Percival*



*Kayleigh Rodgers*



*Fancy Dress Winner*

*Jessica Richardson*



*Georgia Jackson*

*Junior Award Winners 2010*  
*Trophies presented at Timperley Taverners after the handicaps*



*Full list of Junior Award Winners on page 8*

## Handicapper's Report by Jeff Norman

The weather caused widespread disruption of all sport on the weekend of 18th December, but the Christmas Handicaps have never been cancelled in their 46 year history. On the day in fact, the weather wasn't too bad. It was cold, but it was dry and bright and there was no wind chill. The snow was obviously going to make it hard going, but nowhere near as bad as it was in 1981 when the course was significantly shortened. (That year, rising star Paul Davies beat Pete Doherty from 27 runners whilst Hugh Symonds recorded the fastest time. Alan Hardman could not remember running in snow before, but he was in that race.) We attempted to mark the course a bit short to compensate for the snow. I'm not sure what happened, but Colin measured it on his Garmin at 3.99 miles compared to last year's 4.00, yet on average people were one second per lap faster than expected (average of middle eight finishers) and six of the ten who ran last year were faster.



The number of finishers (16) in the Senior race was the same as in 2006, the equal lowest number since 1974 when Alan Hardman beat a field of thirteen runners. Of the 35 entries, not all no-shows were due to the weather. There were actually more injured or ill.

The winning time was the longest in the race's history, a combination of length of course, absence of the club's best runners as scratch, and none of the long handicaps catching me out. The fastest actual time however beat Neil Walker's time of last year, which remains the "slowest fastest time". Neil and John should console themselves in the fact that the course was a little shorter until the last few years.

The race itself was difficult to read. Toby Percival gave away about a minute and a quarter due to arriving at the start late, but impressed by staying with Tim Raffle, who himself was running well to about half way, before suffering for his efforts. Julie Ryan was even later to the start – about ¾ hour in fact – just in time to accompany Jean Dolan round her last lap.

First away, Jean Dolan was passed by Lynne Nichol, then Colin Davies took the lead, and looked a likely winner, but scratch man, and handicap debutant, John Stockdale was scything through the field and passed Colin on the last lap to win comfortably in the end. It was only the second time in 46 years that the scratch man has won. The previous occasion being the very first time the Handicaps were held at John Leigh Park in 1967 when Alan Blinston beat Alan Hardman by 17 seconds.

Nevertheless it was a well deserved victory for John, having come on a ton this year. Even in relation to his last race at Boggart Hole Clough it was a much improved performance, beating all his close club rivals by much bigger margins despite the much shorter course.

Colin got outsprinted for second place by another debutant – Peter Abraham, who won the prize donated by Dave Attwell for the best performance other than the winner.

Sandra Lewis was a new name to go on the wooden spoon. Despite her improved form in training and races over the last couple of years, she was somewhat slower than in her last attempt over a similar distance in 2007.

Boys and girls are always more difficult to handicap, because they don't run against each other very often. George Raffle finished near the back last year and was over ten minutes behind the winner in the Under 15 Boys race at the Manchester League, so I concluded that I would have no difficulty jogging round in front to show him the way. I expected that I would have to work hard at the start as youngsters always start too fast, but I was still going flat out to keep ahead at the end of the first lap. I was glad to leave him to run the second lap on his own as I recovered from my "race", and was not surprised to see him come up the finish with nobody in sight. In fact, he had almost two minutes to spare over the other two lap runner, Clive Smith who nevertheless halved the deficit at the start.

Chayce Smith was an easy winner of the one lap race, having passed all those who started ahead of her. Only Georgia Jackson started behind her, having arrived at the start late.

First off, six year old Olivia Percival finished mid-way, running faster than a couple of her older rivals.

Phil and Lynne Nichol kindly donated the fancy dress prizes. There were some eye-catching outfits, but the Senior prize was awarded jointly to the running nuns, Shaun Jackson and Craig Partridge. Jessica Richardson was awarded the Junior prize.

Thanks to all who came. Thanks particularly to those who helped mark the course – Alan Hardman, Phil and Lynne Nichol and Mansel Pope, and to the ever dependable recorders, Mike Welford and Jim Ratcliffe and finally to Colin Davies for his efficient results service.

## **ALTRINCHAM & DISTRICT ATHLETIC CLUB**

### **JUNIOR AWARDS 2010**

#### **ATHLETE OF THE YEAR**

Under 11 Girls	Chayce Smith	205 pts
Under 13 Girls	Philippa Orme	183 pts
Under 15 Girls	Emma Thomson	160 pts
Under 17 Girls	Lucy Smith	178 pts
Under 11 Boys	Clark Smith	157 pts
Under 13 Boys	Clive Smith	294 pts
Under 15 Boys	Sufyaan Niazi	231 pts
Under 17 Boys	Peter Rice	393 pts

#### **BEST FIELD EVENT**

Girls	Elizabeth Cresswell & Emma Thomson High Jump (U15) 1.35m 87.1 % of grade 1 standard.
Boys	Joseph Fisher Javelin (U13) 29.38m 92.97% of grade 1 standard.

#### **MINOR GIRLS FIELD TROPHY**

Philippa Orme 179pts

#### **STAN HAILES TROPHY**

1st	Olivia Crompton	131 pts
2nd	Georgia Jackson	125 pts
3rd	Carl Smith	118 pts
4th=	Kayleigh Rogers	107 pts
4th=	Eleanor Heathcock	107 pts
6th	Clive Smith	104 pts

#### **COACHES AWARD**

**(for dedication, determination and participation)**

Ryan Ganose

## **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 March it is advisable to wear a headtorch.

On Thursday 6th January the run will be from the Beehive in Combs.

[www.thebeehiveinn.co.uk](http://www.thebeehiveinn.co.uk)

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

Meal in the pub at 8.45pm.

On Thursday 20th January the run will be from the Miners Arms in Adlington.

[www.the-miners-arms.co.uk](http://www.the-miners-arms.co.uk)

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

Meal in the pub at 8.45pm.

Over the Christmas period several fell runs took place in the snow.

Christmas Eve saw a group run from the Miner's Arms at Adlington. Apart from a bit of ice on the track up to Moorside Road, most of the run was on a good covering of snow. A brisk final mile along the Middlewood Way brought us back to the pub having covered exactly nine miles in two hours. Hugh tucked into bread & butter pudding and a coffee while the rest of us settled for a pint and a light meal.

On Boxing Day a group ran from the car park at Nelson Pit Visitor Centre opposite the Boar's Head in Higher Poynton. Still plenty of snow and only a few icy patches. Good views from Bowstones included the Beetham Tower rising above the mist in Manchester.



*Bowstones Gate above Lyme Park*

On the Wednesday the thaw had set in and there was a good turnout at the Moorfield Arms between Mellor and Rowarth. Even so there were quite a few nasty patches of ice which needed to be treated with respect. Our run took us over Lantern Pike and Cown Edge which gave us an appetite for a nice meal in the pub.

The final run was on New Year's Eve at Hayfield where we finished the year with a run round the Cracken Edge Fell Race route. Although it had been quite misty when we left home it was fairly clear up in the hills and we were able to look down on some clouds in the valleys.

## Club Fell Running Championship 2010

*Congratulations to this year's club fell running champion John Stockdale.  
Congratulations also to Sandra Lewis who retained the ladies' title.*

		Points	Races			Points	Races
1	John Stockdale	116	6	17	Robin Wignall	45	5
2	Sandra Lewis	93	8*	18	Lynne Nichol	31	4
3	Bruce Humphrey	91	6	19	Bob Buckley	27	2
4	Craig Partridge	87	6	20	Dave Gilchrist	20	1
5	Colin Davies	81	10*	=	Tom Lavin	20	2
6	Tom Bush	80	4	=	Ryan Ganose	20	1
7	Mike Jones	79	6	=	Tim Raffle	20	1
8	Alan Williams	70	6	24	Bruce Owen	18	1
9	Shaun Jackson	68	4	=	Dave Rudd	18	1
10	Andrew Barton	62	4	=	Maggie Jones	18	2
11	Laura Bostock	58	5	27	Neil Walker	15	1
12	Olivia Walwyn	52	3	28	Bev Ganose	13	1
=	Martin Crosby	52	3	29	Lucy Smith	11	1
14	Ken Burgess	49	3	30	Chris Bostock	9	1
15	Jeff Norman	48	3	31	Alan Barlow	7	1
16	Phil Nichol	46	3	=	Heather Rudd	7	1

\*The best six results from the eleven championship races counted towards the final table.

## Club Fell Running Championship 2011

There will be 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

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

### Gravy Pud - 5th December

The final race in the club fell championship was to have been this 5 mile race at Tintwistle.

Unfortunately the bad weather made the course unsafe and the race was cancelled.

John Stockdale, pictured below left at Cloud Nine in March, already had an unassailable lead in the club championship and was presented with his trophy by last year's winner Shaun Jackson at the Club Christmas Dinner on December 18th at Fat Loaf in Altrincham.

Sandra Lewis finished second overall, retaining the ladies' title she won last year, and was presented with the trophy by Fell Coordinator Colin Davies. She is pictured below right with both the Ladies' Fell Running Trophy and the Ladies' Road Running Trophy as well as the Wooden Spoon from the Christmas Handicaps.



### Trail Running

#### Tatton Yule Yomp 10K

*from Mike Jones*

The Tatton Yule Yomp 10K Trail Race was a charity run which took place on Sunday 12th December starting at the Knutsford entrance to Tatton Park. The route ran through the park on tracks and trails and grass with the last section of just over a kilometre on the road, finishing by the race registration.

I measured the full race at 10K but the first 1K was 0.75 miles!

The race was well organised with plenty of marshals and a marked route and there was a goody bag at the end. Entries closed a week before the race when the race limit of 1000 runners was reached.

I finished 62nd in 46.27 and Maggie was 224th in 53.05 and was third lady over 50.

There were 652 finishers. A race to recommend.

Full results: <http://www.ukresults.net/2010/tatton.html>

## Road Running

### Club Road Racing Championship 2010

*Congratulations to this year's club road running champion Paul Watson.  
Congratulations also to Sandra Lewis who is this year's ladies' champion.*

		Points	Races			Points	Races
1	Paul Watson	224	6	=	Mansel Pope	72	3
2	Dave Livingstone	221	6	28	Colin Banno-Thornton	66	2
3	Sandra Lewis	196	7*	29	Hugh McKenna	60	2
4	Toby Percival	189	6	30	Colin Davies	59	2
5	Ken Burgess	188	6	31	Kath Harvey	55	2
6	Peter Abraham	178	5	32	Carole Harrison	53	2
7	Mark Norton	173	5	33	Dave Attwell	50	2
8	Neil Walker	153	4	34	Mike Jones	48	2
9	Andrew Barton	149	5	35	Ian Fisher	40	1
10	Michael Berks	131	4	=	Gavin Thompson	40	1
11	Laura Bostock	129	5	37	Stuart Heaton	38	1
12	Damian Utton	124	4	=	Tom Bush	38	1
13	Vanessa Mulholland	116	4	39	Andrew Whittingham	36	1
14	Derek Walton	109	4	40	Alison Vesey	35	1
15	Dave Ainsworth	105	3	=	James Crosby	35	1
16	Adrian Fuller	104	3	42	Michael Stuart	32	1
17	Nigel Powell	101	4	=	Alison Livingstone	32	1
18	Shaun Jackson	97	3	=	Tom Lavin	32	1
19	Anne Pugh	96	3	45	Lucy Smith	31	1
20	Bev Ganose	82	3	46	Duncan Wilson	30	1
21	Alan Williams	78	3	47	Gary Spilsbury	29	1
=	Dave Norman	78	2	48	Mark Leybourne	27	1
23	Craig Partridge	77	3	49	Jean Dolan	23	1
=	Olivia Walwyn	77	2	50	Edward Jackson	15	1
25	Dave Carrington	74	2	51	Michael Shelmerdine	12	1
26	Gary Cassidy	72	2	52	Maggie Jones	11	1

\*The best six results from the ten championship races counted towards the final table.

### Club Road Racing Championship 2011

Details of the 2011 Championship will be announced soon but the first two races will be

Four Villages Half Marathon on 23rd January and Alsager 5 on 6th February.

[www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2011.htm](http://www.helsbyrunningclub.org.uk/halfmarathon/EntryDetails2011.htm)

[www.alsager5.co.uk](http://www.alsager5.co.uk)

## Stockport 10 - 12th December

The penultimate race in this year's club championship was the Stockport 10 Mile road race at Woodbank Park. Seventeen Altrincham runners turned out and they were rewarded with first place in the men's team race and second in the ladies'.

Individually, Gavin Thompson was second in the race, exactly a minute behind Matthew Clowes of Staffordshire Moorlands, and Olivia Walwyn, running for her first claim club City of Norwich, won the ladies' race.

Tom Bush and Neil Walker helped Gavin to the team prize whilst Dave Livingstone edged slightly nearer to Paul Watson at the top of the club championship table.

Sandra Lewis, Kath Harvey and Laura Bostock were second ladies' team.

Kath Harvey was first lady over 50, Sandra Lewis third lady over 35 and Jean Dolan third lady over 60.

Ken Burgess was second over 65.

Despite the hilly course, several personal bests were set as well as some impressive debuts at ten miles.

Full results: <http://www.race-results.co.uk/results/2010/stock10.pdf>

The final championship race, the Sale Festive 5, was once again cancelled due to bad weather conditions.

2	Gavin Thompson	51.35
7	Tom Bush	57.13
16	Olivia Walwyn	59.16
23	Neil Walker	1.00.43
29	Dave Livingstone	1.01.24
36	Peter Abraham	1.02.09
38	Michael Berks	1.02.16
49	Paul Watson	1.03.20
76	Mark Norton	1.05.58
88	Duncan Wilson	1.07.13
107	Toby Percival	1.08.14
111	Sandra Lewis	1.08.28
116	Ken Burgess	1.08.49
141	Kath Harvey	1.11.02
194	Laura Bostock	1.13.24
213	Alan Williams	1.14.21
539	Jean Dolan	1.30.40
544	Derek Walton	1.31.02

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**SPORT**

**71**

www.euroweeklynnews.com

Costa Blanca North

## **XXVII Benidorm Half Marathon**

ONLY the most optimistic would ever expect brilliant sunshine on November 27, but surely nobody could have predicted that it would turn out to be the wettest day for months.

But so it was when the running of the 27th Benidorm Half Marathon took place last Saturday.

After all the hundreds of hours it must take to organise such a prestigious event, the organisers must

have thought the Gods were definitely not on their side when the heavens opened on race day.

However, despite the cold and damp conditions, around 2,200 doughty runners finished the race, not to mention the thousands of spectators who lined the streets of the town to cheer on the hardy competitors.

The winner of the 21.1 kilometre race, run for the first time at night

was Mohammed Bilal in the tremendous time of 1:07:25.

In the second and third places were Michael Ruhe (1:09:08) and Fabian Companini (1:09:11) respectively, both of C F Puerto de Alicante.

The first British runner home was James Reed, running for Altrincham and District AC, who finished 8th in a time of 1:12:03.

Saliha Khaldoun was the first woman home in 1:20:35.

Derek Walton supplied the above report on the recent Benidorm Half Marathon which appeared in the Spanish paper, the Euroweekly News. The race started at 6pm on Saturday 27th November.

*Derek writes*

I can concur with the newspaper report—conditions were horrendous, especially in the dark and wearing specs! This is my short diary entry:

*.....abysmal conditions; wet and cold with steady rain becoming colder and heavier.*

*How I finished I do not know. Time = 1 hr 51 min 49 sec for 1380th position of 2192 .....*

James had a great run and if he wore an Alty vest he's a real hero! I was of a mind to wear mine but donned a tee shirt prior to the start on seeing the weather but even with this, shades of hypothermia were setting in in the last three kilometres when a fresh breeze sprang up along the Levante Beach Promenade with temperatures diving to 4 or 5 degrees C.

## Cross Country

### Manchester Area Cross Country League

(Boggart Hole Clough - 4th December)

The third meeting of the season took place at Blackley despite the wintry weather, with underfoot conditions extremely difficult.

Altrincham had seven ladies in the two lap race over 4 miles. The team finished in sixth place with Sandra Lewis 16th, Kath Harvey 31st, Bev Ganose 41st and Carole Harrison 44th.

Kath, who was first over 50, Bev and Carole were fifth vets team. A total of 111 ladies finished.

ADAC fielded eleven runners in the men's 6 mile race over 3 laps. The team finished in fifth place with Dave Norman 4th, Stuart Heaton 35th, John Stockdale 41st, Neil Walker 46th, Phil Nichol 47th and Peter Abraham 57th.

Lucy Smith won the Under 17 Women's race whilst in the Under 17 Men's race Ryan Ganose again finished third and Jemma Eyre was fourth in the Under 15 Girls' race.

Men's results: <http://www.race-results.co.uk/results/2010/maccls3.pdf>

Women and Junior's results: <http://www.race-results.co.uk/results/2010/maccl3.pdf>

Remaining fixtures:

### **Sunday 2nd January**

Woodbank Park, Stockport. Host Club: Stockport Harriers & AC

### **Saturday 12th February\* [not for U11s]**

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

### South East Lancs Cross Country League

Message from Marilyn Guest, Secretary SELCC:

Please note there are changes to the final two races in 2011.

Saturday 15th January - Leigh Sports Village (not now at Lilford Park as previously announced).

Saturday February 26th - Boggart Hole Clough (not on 5th Feb as previously announced).

Presentation Date to be confirmed as yet.

## Indoor Athletics

*from Ryan Hession*

On Sunday 5th December I ran at Sports City Manchester in an Open Meeting. The events I took part in were the 60m and the 300m.

Going into these to races I wasn't really expecting too much due to my injury in April.

I ran 7.90s for the 60m and 39.48s for the 300m, both well outside my best for these events. Having started the sport three years ago I have really enjoyed every moment of it - the people, the friends the competition. You have your highs and lows. I hope to continue my winter training with my coach Jerry who puts a lot of time and effort into helping me with my training.

Full results: [http://www.saleharriersmanchester.com/sites/default/files/Sale\\_Indoor\\_2010\\_12\\_05.pdf](http://www.saleharriersmanchester.com/sites/default/files/Sale_Indoor_2010_12_05.pdf)

*Ryan Hession*

At the same meeting Altrincham's Josh Morse had a good run in the 600m to record a time of 1 min 36.23 sec.



*Photos of the Christmas Dinner from Adrian Fuller*





*Photos of the Christmas Handicaps  
from  
Mike Welford  
&  
Jeff Norman*



## **Lakes Training Weekend**

Friday 1st April -- Sunday 3rd April



***Newlands Adventure Centre with Barrow in the background***

The club training weekend will take place at Newlands Adventure Centre, Stair near Keswick on the weekend of 1st - 3rd April. The price for the weekend will be £50 for two nights' bed and breakfast. For those that have not been before, Newlands is in a stunning area of the Lake District very close to Keswick and Derwentwater with fantastic terrain on the doorstep for training at all levels.

The focus of the weekend is training and Don Nichol offers a schedule based around a steady run on Friday, three sessions on Saturday and then there are always a number of different long run options available on the Sunday depending on what fits in to your schedule.

In addition club members have used the weekend as a base for road and mountain biking, with Whinlatter Forest only a short drive away, as well as walking, or to travel to fell races in the Lakes. For those doing the Anniversary Waltz Fell Race later in April there will be an opportunity to recce the course during the weekend.

Away from the running, The Lakes Weekend has been a highlight of the Club Social Calendar for many years, it's a great social weekend. There is the opportunity to eat at local pubs or go for a drink in Keswick. However, I intend to offer at least one evening meal in the centre at the additional cost of £15 for 3 courses. Accommodation is in basic dormitories with showers and toilets on each floor . For further details look at <http://www.activity-centre.com/accommodation.php>

Anyone who has been to Newlands will agree, it's a brilliant weekend and I hope to fill our allocation of beds so, if you intend to come, send me an email [adrianfuller@gmail.com](mailto:adrianfuller@gmail.com) . I will need a deposit of £20 per person as soon as possible, as it will be purely on a first come first served basis.

Adrian Fuller – Road Running Manager

### Dates for your diary in 2011

April 1st - 3rd	Lakes Training Weekend at Newlands Adventure Centre, Stair near Keswick. Details on page 17 (£20 deposit to Adrian Fuller)
May 5th	Alan Hardman's 80th Birthday.
May 7th	ADAC 50th Anniversary Dinner at the Cresta Court Hotel, Altrincham. Full details from Neil Walker in February PawPrints

### Annual Subscriptions

Those members who have still not paid their annual subscription (*due on 1st April*) 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

*\*and students in full time education*

Cheques payable to:  
Altrincham & District AC

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](mailto: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](http://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