



Pawprints

The Newsletter of Altrincham
and District Athletic Club



JUNE 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.

50TH BIRTHDAY CELEBRATIONS

CRESTA COURT HOTEL - SATURDAY 7TH MAY

The club celebrated the 50th anniversary of its formation in 1961 with a dinner at the Cresta Court on Saturday 7th May. Organised splendidly by Neil Walker there were close to a hundred members and friends present and they enjoyed an excellent 3 course meal which was followed by a presentation to founder member Alan Hardman who was also celebrating his 80th birthday.

This was followed by the presentation of 25 year certificates to Monica Shone, Jayne Knowles and Colin Davies before the legendary Ron Hill gave an interesting talk on his career which included references to several Altrincham stalwarts.



Some of the 39 members who have completed 25 years with the club

July Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk by Tuesday 28th June at the latest. Copies should then be available online Friday 1st July.

Articles, reports, results, news, announcements and photos gratefully accepted.

Pictures from the 50th Anniversary Dinner



Timperley Field Meeting - Thursday 12th May

High Jump

U9 Girls	1	Abigail Coleman	0.79m	U9 Boys	1	Joel Paxman	0.90m
					2	Tyler Sykes	0.82m
U11 Girls	1	Katty Argirakis	0.95m	U11 Boys	1	Zac Fenton	1.05m
	2	Ruby Ahmed	0.95m		2	Thomas Ford	0.90m
	3	Kayleigh Rodgers	0.90m		3	Ben Richards	0.90m
	4	Jessica Richardson	0.85m		4	Nathan Richards	0.90m
	=	Megan Wardle	0.85m		5	Magnus Cole	0.85m
	6	Effie Argirakis	0.85m		6	Matthew Ford	0.85m
	7	Molly Appleby	0.82m		7	Josh Peake	0.82m
	8	Bella Argirakis	0.76m				
U13 Girls	1	Olivia Crompton	1.05m	U13 Boys	1	Thomas Richardson	1.20m
	2	Amaka Okoye	1.00m		2	Adam Hancock	1.15m
	3	Beth Maxim	0.95m		3	Dominic Cole	1.10m
	=	Rachel Quirk	0.95m		4	Arthur Raffle	1.10m
	5	Hannah Tomkinson	0.95m		5	Joseph Fisher	1.05m
			6		James Hope	0.85m	
			7		Braydon Moreton	0.85m	
U15 Girls	1	Elizabeth Cresswell	1.35m	U15 Boys	1	Sufyaan Niazi	1.10m
	2	Amber Grundy	1.00m				
	3	Philippa Orme	0.95m	U17 Men	1	George Raffle	1.05m
U17 Ladies	1	Emma Thomson	1.30m	U20 Men	1	Peter Rice	1.40m

Shot Putt

U9 Girls	1	Abigail Coleman	2.59m	U9 Boys	1	Joel Paxman	3.27m
	2	Zoe Maxwell	2.30m		2	Tyler Sykes	2.08m
U11 Girls	1	Jessica Richardson	3.51m	U11 Boys	1	Ben Richards	4.31m
	2	Jessica Grundy	3.32m		2	Magnus Cole	3.33m
	3	Kayleigh Rodgers	3.20m		3	Nathan Richards	3.23m
	4	Effie Argirakis	3.14m		4	Matthew Ford	2.72m
	5	Aimee Griffiths	3.09m		5	Thomas Ford	2.70m
	6	Ella Richards	3.06m		6	John Peake	2.56m
	7	Ruby Ahmed	2.84m		7	Josh Peake	2.25m
	8	Bella Argirakis	2.81m				
	9	Megan Wardle	2.78m	U13 Boys	1	Jack Abbott	6.53m
	10	Molly Appleby	2.52m		2	Arthur Raffle	5.53m
			3		Joseph Fisher	5.22m	
			4		Thomas Richardson	4.91m	
U15 Girls	1	Elizabeth Cresswell	5.38m	5	Dominic Cole	4.79m	
	2	Philippa Orme	4.28m	6	James Hope	3.76m	
Senior & Vet Men	V65	Barry Chapman	7.48m	U15 Boys	1	Sufyaan Niazi	6.24m
	V60	John Snape	7.48m				
	V40	Bill Crompton	6.67m	U20 Men	1	Peter Rice	6.84m

Road Running

Club Road Racing Championship 2011

Race 8 Hollins Green 5K

Saturday 4th June

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

Race 9 Lymm 5K

Saturday 25th June

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

Race 10 Sizzler 5K Race 1

Thursday 30th June

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

Race 11 Offerton 10K

Wednesday 6th July

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

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?option=com_content&task=view&id=364&Itemid=71

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

		Points	Races
1	Colin Banno-Thornton	149	4
2	Toby Percival	139	4
3	Dave Norman	120	3
4	Peter Abraham	110	3
5	Adrian Fuller	109	3
6	Ken Burgess	99	3
7	Sandra Lewis	95	3
=	Alison Vesey	95	3
9	Bev Ganose	92	3
10	Tom Bush	78	2
11	Tom Lavin	76	3
12	Olivia Walwyn	74	2
13	Dave Livingstone	70	2
=	Alan Williams	70	2
15	Matt Billingham	67	2
16	Damian Utton	56	2
17	Mike Jones	54	2
18	Nigel Powell	51	2
19	Lynne Nichol	47	2
=	Derek Walton	47	2

21	Andrew Whittingham	40	1
22	Nick Leigh	38	1
23	Stuart Heaton	38	1
24	Dave Carrington	38	1
25	Scott Jarvis	37	1
26	Bill Egan	36	1
27	Damian Utton	35	1
28	Michael Berks	34	1
29	Ryan Ganose	32	1
30	Michael Stuart	31	1
31	Andrew Barton	31	1
32	Neil Walker	31	1
33	Alan Barlow	30	1
34	Keith Fletcher	29	1
35	Laura Bostock	24	1
36	Stephen Nicol	23	1
37	Carole Harrison	21	1
38	Chris Bostock	19	1
39	Edward Jackson	17	1
40	Hugh McKenna	14	1
41	Maggie Jones	13	1

South Cheshire 20 - 1st May

A field of 150 runners assembled for this 20 mile road race at Crewe. None of them managed to finish in under 2 hours, with veteran Mark Hadley of Halesowen AC coming home first in 2.00.08. First lady was Adele Salt of Trentham RC in 2.20.23.



Tom Lavin

Altrincham had two runners in the race with Tom Lavin finishing well ahead of Derek Walton. Derek was a bit disappointed with his time but admitted afterwards that he had only recently made a blood donation!

78	Tom Lavin	2.55.24
110	Derek Walton	3.08.12

Full results: <http://www.ukresults.net/2011/schesh20.html>

Derek Walton



Christleton 5K - 6th May

This fast Friday night 5K near Chester attracted a field of 216 runners including six from ADAC. Andrew Whittingham ducked under 17 minutes and Dave Carrington was first over 55. Colin Banno-Thornton bounced back well after his disappointment in London whilst Bill Egan and Toby Percival also had good runs with Toby going below 20 minutes for the first time. In the ladies' race Alison Vesey was third over 45. The race was won in 14.06 by Jonny Mellor of Liverpool Harriers and Stockport's Elle Baker was first lady in 16.10.

Full results: <http://www.tattenhallrunners.com/20.html>

35	Andrew Whittingham	16.56
53	Dave Carrington	17.36
54	Colin Banno-Thornton	17.40
76	Bill Egan	18.36
97	Toby Percival	19.24
136	Alison Vesey	20.57

Mobberley 'Round the Runway' - 12th May

8	Colin Banno-Thornton	31.55
16	Peter Abraham	33.12
17	Matt Billingham	33.25
23	Duncan Wilson	33.59
36	Toby Percival	34.54
60	Bev Ganose	36.43

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

Over 200 runners took to the Cheshire lanes for this 5.3 mile race organised by Malcolm Fowler. Colin Banno-Thornton had another very good run to finish in the top ten and move into first place in the club championship table. Both Peter Abraham and Matt Billingham finished inside the top twenty with Duncan Wilson not far behind. Toby Percival had another good run and is now in second place in the club championship.

Bev Ganose was first lady over 45.

The race was won by Damian Nicholls of Wilmslow in 28.08 and the first lady was Katie Geelan of Bury in 34.37.

Great Manchester 10K - 15th May

Haile Gebrselassie won this race in a time of 28.10, holding off a determined challenge from Britain's Chris Thompson.

Helen Clitheroe from Preston won the women's race in a personal best 31.45.

Both the Norman's made the top 40 with Andy finishing 29th in 30.11 and Dave 40th in 30.48.

Adrian Fuller had a good run to come home next ADAC runner and 17 year old Josh Morse did well to break 40 minutes. Toby Percival also dipped under 40 minutes for the first time.

Full results: <http://www.greatrun.org/Results/Default.aspx>

On the same day as the Great Manchester 10K Matt Barnes was 21st overall and 12th English man in the England 10K road champs down in Bristol. His time of 30.28 was a good result given that he missed three months of training and didn't start back properly until April.

He was down in the south west of England on his honeymoon, so not a bad effort really as he has had a busy last couple of weeks!

29	Andy Norman	30.11
40	Dave Norman	30.48
135	Adrian Fuller	36.54
210	Paul Watson	38.20
386	Josh Morse	39.57
393	Toby Percival	39.58
423	Dave Livingstone	40.14
886	Rob Armstrong	42.21
1702	Mike Jones	44.27
2239	Andrew Barton	45.24
2592	Andrew Day	45.58
2842	Edward Jackson	46.24
4346	Hugh McKenna	48.33
5499	Michael Shelmerdine	49.49
5961	Kyle Paul	50.20
7677	Maggie Jones	52.11
9127	Tony Moss	53.41

24th British Masters Open Road Relay Championships

As usual this event was held at Sutton Park, Birmingham, this year on Saturday 21st May. Conditions were dry but a bit windy and ADAC trio Ken Burgess, Derek Walton and Jeff Norman rose magnificently to the occasion to claim the silver medal behind Clayton-le-Moors in the M65-74 race. Jeff began the final leg in 7th place, a full three minutes behind the top three teams but overhauled five runners to claim the silver medal for the team and individual silver as second fastest in the race.

Ken Burgess	20.13	6th*
Derek Walton	24.04	7th
Jeff Norman	19.27	2nd
	63.44	2nd

* 7th fastest overall

1	Clayton-le-Moors Harriers	61.52
2	Altrincham & District AC	63.44
3	Doncaster AC	64.25



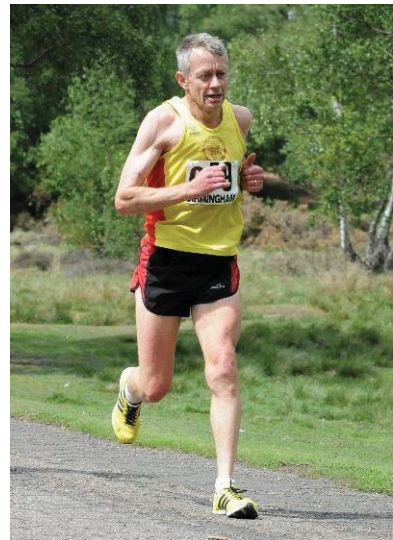
The M55-64 team of Dave Carrington, Dave Telford, Mike Jones and Dave Southern came a very creditable 9th in their race with Dave Carrington and Dave Southern both running under 18 minutes. Both teams received great support from Maggie Jones, Dave Attwell, Dave Ainsworth, Sue Southern and team manager Mansel Pope. There was a bit of entertainment when a herd of cows decided to cross the course during the afternoon! Mike Jones just managed to run between them as he set off!



Dave Carrington



Dave Telford



Mike Jones



Dave Southern

Dave Carrington	17.36	2nd
Dave Telford	19.41	7th
Mike Jones	20.52	9th
Dave Southern	17.44	9th
	75.53	9th

1	Salford Harriers	69.04
2	Oxford City AC	71.36
3	South London Harriers	72.59

Full results: <http://www.joelee.co.uk/2011/vets/vet111leg.html>



One of the runners is forced to slow down with calf problems!

Dunham Massey 5K - 27th May

21	Colin Banno-Thornton	17.25
22	Neil Walker	17.27
27	Adrian Fuller	17.36
29	Dave Carrington	17.39
42	Peter Abraham	18.10
52	Toby Percival	18.42
54	Matt Billingham	18.44
87	David Telford	20.02
102	Ken Burgess	20.41
110	Mike Jones	20.56
121	Carole Harrison	21.10
147	Rachel Thackray	22.16
180	Derek Walton	24.26
199	Chloe Smith	25.33
200	Maggie Jones	25.42
222	Erin Stevenson	29.44

The first race in the North Cheshire 5K Series saw more than 230 runners in Dunham Park on a cool dry evening.

Mike Hatch of Sale Harriers, who often trains at Timperley Track on a Tuesday night, won the race in 15.56 with Louisa Thompson of Leigh Harriers finishing first lady in 17.40.

Club chairman Bob Spark was proud to see his granddaughter Harriet record a time of 19.02, a remarkable time for a 13 year old. Colin Banno-Thornton who is in tremendous form at the moment led the Altrincham runners home in a time of 17.25, with Neil Walker just two seconds behind, whilst Dave Carrington picked up the over 55s prize.

Having gone under 20 minutes in his last 5K at Christleton, Toby Percival made another big improvement to go under 19 minutes this time.



Full results: <http://www.ukresults.net/2011/dunham1.html>

Category winners

M	Mike Hatch	Sale Harriers	15.56
MV40	Adrian Timmins	Warrington AC	16.25
MV45	Rob Downs	Wilmslow RC	16.35
MV50	Anthony Barbat	Wallasey RC	17.27
MV55	Dave Carrington	Altrincham & Dist AC	17.39
MV60	Frank Reilly	Stockport Harriers	18.53
MV70	Alan Peers	Spectrum Striders	22.51
MJ	Henry Valentine	South Cheshire Harriers	16.06
F	Louisa Thompson	Leigh Harriers	17.40
FV35	Louise Rudd	Wilmslow RC	18.56
FV40	Janine Ellis	Wilmslow RC	21.10
FV45	Caroline Hemming	Spectrum Striders	20.37
FV50	Jayne Taylor	Wigan Phoenix	18.48
FV55	Jane Mulryan	Wilmslow RC	21.06
FV60	Rosemary Rogers	Deeside Striders	23.09
FJ	Amelia Pettit	Vale Royal AC	18.49

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 2nd June the run will be from the Miner's Arms, Adlington.

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

Meal in the pub at 8.45pm. www.the-miners-arms.co.uk

On Thursday 16th June the run will be from the Lamb at Chinley Head.

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

Meal in the pub at 8.45pm. www.goodfoodpeakdistrict.co.uk

On Thursday 23rd June the run will be from Werneth Low Quarry car park.

Staggered starts from 6.30pm onwards*.

Meal in the Hare & Hounds afterwards.

*** More detail about this run on page 13.**

Club Fell Running Championship 2011

After six races in the club championship Shaun Jackson leads from Craig Partridge with Tom Bush in third place. Olivia Walwyn and Ann-Marie Jones lead the ladies, in fourth and fifth places overall.

Remaining races:

7.	Boar's Head	BM	Wed Jun 8	7.30pm
8.	Kettleshulme	BM	Wed Jun 15	7.30pm
9.	Whaley Waltz	BS	Sat Jun 25	2.15pm
10.	Kentmere	AM	Sun Jul 17	1.00pm
11.	Shining Tor	AS	Wed Jul 20	7.30pm
12.	Cracken Edge	BM	Wed Aug 3	7.30pm
13.	Teggs Nose	BM	Sat Aug 6	2.30pm
14.	Lantern Pike	BS	Sat Sep 17	2.00pm
15.	Windgather	BL	Sun Oct 9	11.00am
16.	Tour of Pendle	AL	Sat Nov 19	10.30am
17.	Famous Grouse	BS	Sun Nov 27	11.00am
18.	Gravy Pud	BS	Sun Dec 4	11.00am

Best 6 from 18 races to count

Details of all fell races can be found on the FRA website

www.fellrunner.org.uk

The Whaley Waltz is organised by
Goyt Valley Striders

<http://www.goytvalleystriders.org.uk/index.html>

		Points	Races
1	Shaun Jackson	85	5
2	Craig Partridge	68	5
3	Tom Bush	60	3
4	Olivia Walwyn	54	3
5	Ann-Marie Jones	52	4
6	Alan Williams	40	4
=	Ken Burgess	40	3
=	Colin Davies	40	4
9	John Stockdale	37	2
=	Bruce Owen	37	2
11	Peter Abraham	35	2
12	Neil Walker	33	2
13	Tim Raffle	31	2
14	Sandra Lewis	28	2
15	Bruce Humphrey	26	2
16	Andrew Barton	22	2
17	Mike Jones	18	2
18	Martin Crosby	14	1
=	Bob Buckley	14	1
=	Matt Billingham	14	1
21	Lynne Nichol	12	1
=	Adrian Fuller	12	1
23	Rachel Thackray	11	1
24	Catherine Elliott	10	1
25	Stephen Jones	9	1
26	Alan Barlow	8	1
27	Laura Bostock	3	1
28	Maggie Jones	1	1
=	Jean Dolan	1	1
=	Jenny Raffle	1	1

Three Peaks - 30th April

Injury and illness reduced the Altrincham presence in this tough race to only two, with our other three entrants unable to take part. Ken Burgess was ADAC's only finisher, covering the course of over 23 miles with more than 5000 feet of climbing in 4¾ hours. Alan Williams was very unlucky to be 'timed out' at the Hill Inn checkpoint which he reached less than five minutes outside the cut-off time of 3½ hours.

The weather was bright and sunny with extremely strong winds, storm force at times according to Ken. The men's race was won by Tom Owens of Shettleston Harriers in a time of 2.53.34 and the first lady was unattached runner Anna Frost in 3.30.00.

A total of 999 runners were accepted for the race of which only 762 started and 677 finished.

Altrincham's Jeff Norman remains the only runner ever to have completed the race in under 2½ hours, although the route has changed a bit over the years. Jeff won the race six times in a row from 1970 to 1975.



Ken Burgess on his way to the third peak Ingleborough
(picture by Bruce Owen)



Alan Williams

Full results: <http://live.sportident.co.uk/home/event/fullresults.html?&eventid=975169dc-2a3c-4340-b580-3ae751cef916&mobile=false>

	1	2	3	4	5	6
Ken Burgess	44.53	1.53.31	2.39.21	3.09.58	3.54.04	4.44.34
Alan Williams	49.23	2.03.18	3.04.05	3.34.53	-	-

Checkpoints: 1. Pen-Y-Ghent, 2. Ribblehead, 3. Whernside, 4. Hill Inn, 5. Ingleborough, 6. Finish.

Coniston - 30th April

On the same day as the Three Peaks race took place Neil Walker travelled up to the Lakes for the Coniston Fell Race over 9 miles with 3500 feet of ascent.

He finished in under 1½ hours, an excellent 38th out of a field of 272 runners who were led home by Rob Hope of Pudsey & Bramley in 1.10.55. Lou Robert of Kendal was first lady in 1.30 .27.

38	Neil Walker	1.29.39
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Full results: www.conistonfellrace.org.uk



Rainow Five - 11th May

This race near Macclesfield climbs 750 feet over 5 miles, visiting White Nancy on Kerridge Hill above Bollington. A total of 135 runners were led home by young Jack Ross of Mow Cop Runners in 32.09.

Olivia Walwyn won the ladies' race, taking more than a minute off the ladies' course record that she set last year. Tom Bush finished 8th with Bruce Humphrey 30th. Anne O'Kearney made a welcome return to the fells and was third lady over 40.

6	Tom Bush	33.54
8	Olivia Walwyn	34.59
30	Bruce Humphrey	39.21
70	Anne O'Kearney	44.17

Full results: <http://www.fellrunner.org.uk/results.php?id=727>

Fairfield Horseshoe - 14th May

77	Shaun Jackson	1.45.05
178	Craig Partridge	2.00.12

Full results: http://amblesideac.org.uk/Fairfield_2011_results.htm

298 runners tackled this 9 mile race in the Lakes and only two failed to finish despite the 3000 feet of climbing involved.

Morgan Donnelly of Borrowdale won in .20.19 with Claire Russell of Cumberland Fell Runners first lady in 1.49.04.

Shaun Jackson and Craig Partridge flew the flag for ADAC.

Bollington Three Peaks - 14th May

Tom Bush and Bruce Humphrey returned to Kerridge Hill just three days after the Rainow race and both ran well again. This time the race started from the Bollington Brewery and had a climb of 1200 feet over its 5½ miles.

Tom finished fifth, once again behind Jack Ross who recorded 38.45 in winning for the second time in four days.

First lady was veteran Liz Batt of Dark Peak who actually works in Bollington. She completed the race in 21st place overall in a time of 47.53.

A total of 92 runners took part.

5	Tom Bush	41.08
25	Bruce Humphrey	48.39

Full results: <http://www.fellrunner.org.uk/results.php?id=692>

Goyt's Moss - 18th May

Unfortunately this race which was to have been the sixth race in the club fell championship was cancelled on the direction of United Utilities and Natural England.

Organiser Mark Fitzgerald has written: *'The issue is the risk associated with potential disturbance to nesting ground birds in that area of the Goyt Valley. Specifically this year, I've been informed that the Goyts Moss route runs close to the location of a bird that affords legal protection under Schedule 1 of the Wildlife and Countryside Act 1981 (as amended). I have been discussing this matter with both United Utilities and Natural England over recent weeks and there appears to be no possibility for me to run this event either on the current course or an alternative course in that part of the Goyt Valley.'*

As a result of this cancellation the club championship will consist of 18 races with best 6 to count.

Mearley Clough - 14th May

from Andrew Barton

The second race of the 2011 English Fell Running Championships was held at Mearley Clough near Clitheroe on Saturday 14 May. The AS Category race was run over a 3½ mile course with a climb of 1200ft from a foothill of Pendle Hill straight up to the 'Scout Cairn' near the top and back via a deep clough. The ladies' race attracted around 140 runners whilst the men's race attracted around 240 runners. I came 139th in a time of 39.25 with the top five finishers illustrated below.

1	Simon Bailey (Mercia)	27:45	1	Lauren Jeska (Todmorden)	34:29
2	Ben Abdelnoor (Ambleside)	27:58	2	Helen Berry (Holmfirth)	35:33
3	Rob Hope (Pudsey & Bramley)	28:04	3	Mel Price (Mercia)	35:39
4	Lloyd Taggart (Dark Peak)	28:10	4	Helen Fines (Calder Valley)	35:47
5	Rob Jeb (Bingley)	28:36	5	Lindsey Brindle (Horwich)	36:17

Men's results: http://www.clayton-le-moors-harriers.co.uk/uploads/Results/2011/mearley_clough_men_2011.pdf

Ladies' results: http://www.clayton-le-moors-harriers.co.uk/uploads/Results/2011/mearley_clough_women_2011.pdf



At the start of the Mearley Clough Fell Race with Andrew Barton in the middle of the picture

Inter- Counties Fell Championships

These were held in Scotland, at Broughton Heights on Saturday 28th May and Olivia Walwyn was the ladies' winner for the second time in three years, having won in 2009 and finished 3rd last year. Representing Cheshire she covered the 6 mile course which included 3000 feet of climbing in 56.03. Tom Bush also represented Cheshire and finished 36th in the men's race in a time of 55.21.

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

Vanessa Chappell - 25th May

Despite a whole host of ADAC runners being out injured there was a very good club representation at this race from the Moorside Grange Hotel at Higher Disley which attracted a total of 179 runners.

Tom Bush led the twelve Altrincham runners home in an excellent 5th place whilst Olivia Walwyn was first lady in 11th place overall and Shaun Jackson also finished well up the field.

Ann-Marie Jones returned from her recent break, back home in Sweden, and showed that she is in the form of her life, finishing as second lady.

Andrew Barton led Craig Partridge for much of the way but Craig forged ahead on the ridge above Black Rocks.

Mike Jones kept comfortably ahead of a good battle between Colin Davies and Rachel Thackray which was only decided on the last big climb.

Catherine Elliott was next home and for both Rachel and Catherine it was a first race for Altrincham and both can be proud of their efforts.

Stephen Jones ran his first fell race for a long while and just managed to keep ahead of Alan Barlow.

The race was won by Stuart Bond of Dark Peak in a time of 37.57, less than a minute ahead of young Jack Ross of Mow Cop Runners.

5	Tom Bush	41.15
11	Olivia Walwyn	43.13
24	Shaun Jackson	47.01
51	Ann-Marie Jones	51.54
57	Craig Partridge	53.04
62	Andrew Barton	53.23
106	Mike Jones	60.08
116	Colin Davies	61.28
119	Rachel Thackray	62.02
143	Catherine Elliott	66.52
157	Stephen Jones	70.46
158	Alan Barlow	71.05

Full results: <http://www.goytvalleystriders.org.uk/pages/vanessaresults/vanessa2011.html>

Thursday night fell run 23 June

from Jeff Norman

Change of format for this fell run.

Weather permitting, it will take the form of a map reading / route finding exercise.

Prizes to fastest and handicap based on 10K time.

Venue: Werneth Low Quarry Car Park at the top of Joel Lane SJ960928.

Time: Staggered starts from 6.30pm – 7.00pm. Arrive and go.

Walkers and very slow joggers may do a shortened course.

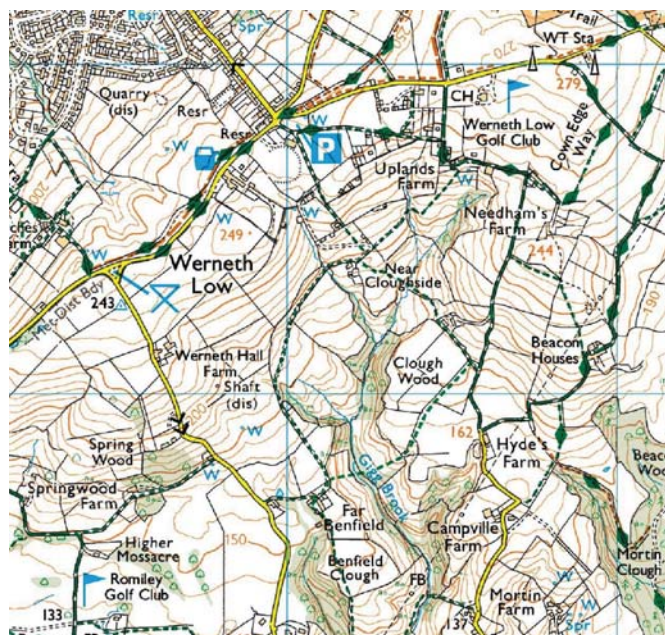
Non-map readers may tag along with someone or do a 6 mile run with written, detailed instructions starting at 7.05pm.

Format: You will be provided with a map with 7 checkpoints to visit in order, and a check card to record your visits. Find your way around the 6 mile course and answer a simple question at each. This differs from normal orienteering in that the checkpoints are all obvious and you must follow public footpaths, tracks and roads, but there will be some route choice.

No special kit requirements.

Even compasses shouldn't be necessary but the maps are not great and it may pay to bring your own (OL1 Dark Peak) and don't forget to bring a pen.

The short course for walkers and very slow joggers will be approximately 4 miles.



Track & Field

Northern League Division 2W - Match 1 - Ellesmere Port 7th May

from Sarah Wilkins

Six ladies turned out for the first track and field match (Chloe Smith, Lucy Smith, Isobel Hainsworth, Rachel Meaney, Lynn Nichol and myself). After weeks of glorious sunshine we had the joys of competing in the rain. Ellesmere Port (Stanney) has no covered area or stand so the empty container (Pole Vault Storage) was our home for the afternoon. As always Altrincham athletes have great team spirit and it was certainly needed as the level of competition was a big step up from Division 3. Isobel and Rachel covered the sprints, Chloe the triple jump and throws, with myself. Lucy did 3000m and Javelin and Lynn did a fantastic job covering a range of events, from Hammer to the 800m.

Isobel was certainly on top form for this first match securing a 2nd place in the 100m and a storming victory in the 200m. I am sure that sub 26 seconds is within Isobel's reach this year!

The four youngsters were not deterred by the high level of competition and were determined to complete the relays. Good on them as they were placed 3rd and 2nd!

Yes it was a tough first match but I am sure with our team spirit and a few more athletes we can enjoy the following 3 matches.

The next match is Saturday 4th June at Warrington. Anyone interested in competing let me know.

Sarah Wilkins (Ladies Team Manager) 07971417573

Match Result

	Match Points	League Points
West Cheshire	428.0	6
Trafford	386.0	5
Liverpool Pembroke Sefton	332.0	4
St Helens Sutton	331.0	3
Southport Waterloo	251.0	2
Altrincham & District	201.0	1

League Standings

	League Points	Match Points
West Cheshire	6	428.0
Trafford	5	386.0
Liverpool Pembroke Sefton	4	332.0
St Helens Sutton	3	331.0
Southport Waterloo	2	251.0
Altrincham & District	1	201.0

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.pdf](#)

Greater Manchester County Championships

from John Snape

Sophie Preece won U17 100m and 300m gold at the Greater Manchester County Championships at Longford Park on Saturday 14th May with 12.69s and 41.88s respectively, being nearly two seconds ahead of second place in the 300m. Silver medals were won by Isobel Hainsworth in the 100m, Clive Smith in the 800m and Ryan Ganose in the 1500m .

On Sunday, the second day of the championships, there were three golds, three silvers and a bronze. Isobel Hainsworth stormed to victory in the U20 200m with 26.64s, Jack Abbott won the U13 Shot with 6.45m and Peter Rice was the only entry in the U20 javelin recording 30.64m.

Silver medals were won by Chayce Smith in the U13 150m, Thomas Richardson in the U13 100m and Jack Abbott in the U13 Discus whilst Azhaar Niazi took the bronze medal in the U13 Shot. Altogether a tally of 12 medals over the weekend.

It is good to note that out of eleven Altrincham athletes competing, nine won medals. Well done all of you.

Northern Veterans' Track & Field Championships



from Barry Chapman

This year's Northern Veteran's Track & Field Championships took place on Sunday 15th May at Leigh Sports Village where the facilities were superb but unfortunately the weather was atrocious. The light drizzle of mid-morning turned to heavy rain by late afternoon and, combined with a cold strong wind against on the finishing straight, made good performances hard to achieve. Altrincham had three athletes that took part in the championships, with Monica Shone having to pull out through injury.

Although the weather was very bad, John Harvey somehow managed to set new personal bests in the men's over 60's 100 metres and 200 metres and was rewarded with two bronze medals. In the men's over 65's 5000 metres Derek Walton persevered through the wind and rain to take a gold medal but was well down on his usual time.

I had quite a busy and successful afternoon when winning gold medals in the 300 metres hurdles and 200 metres, as well as collecting silver medals for the 100 metres, long jump and high jump, together with picking up bronze medals in the javelin and shot putt. I was particularly happy with the gold medal in the 200 metres as the last 100 metres of the race was a real battle with my nearest rival and to pull ahead in the last few strides to win by just 2/10ths of a second made it a very sweet victory.

My sprint coach Jerry Tucker has obviously trained me very well and I really appreciate the time and effort he has given to me and the rest of his sprint squad. I think Altrincham are very lucky to have such good coaches throughout the club and we athletes should not take them for granted.

Well done to all of Altrincham's coaches.

Gold Medals	Silver Medals	Bronze Medals
Barry Chapman 200m	Barry Chapman 100m	John Harvey 100m
Barry Chapman 300m hurdles	Barry Chapman Long Jump	John Harvey 200m
Derek Walton 5000m	Barry Chapman High Jump	Barry Chapman Javelin
		Barry Chapman Shot Putt

Full results: http://www.nvac.co.uk/NVAC%20Results/2011/NVAC_T&F_Champs_2011.htm

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

JUNE

Thu 2nd	Group Fell Run - Miners Arms, Adlington - Organiser Colin Davies
Sat 4th	Northern Track & Field League – Warrington
Sat 4th	Club Championship Road Race – Hollins Green 5K
Tue 7th	Session 1: 4 sets of 1 x 600m, 60s recovery, 1 x 200m. 4min jog recovery between sets. 600m to be run at 800m race pace, 200m to be run at 95% effort. Session 2: 3 x 500m with 6min jog recovery.
Wed 8th	Club Championship Fell Race – Boars Head, Poynton (8mile/1322ft)
Thu 9th	Bowdon 5K Road Race organised by ADAC. Contact Mansel Pope to offer help.
Tue 14th	Session 1: 4 x 800m with 2min jog recovery. Session 2: 4 x 1200m with 2min jog recovery.
Wed 15th	Club Championship Fell Race – Kettleshulme (6mile/1100ft)
Thu 16th	Group Fell Run - Lamb Inn, Chinley - Organiser Bruce Humphrey
Fri 17th	Dunham Park 5K Race organised by ADAC. Contact Mansel Pope to offer help.
Sat 18th	Northern Athletics U20 & Senior Track & Field Championships.
Sun 19th	Sports City, Manchester
Tue 21st	John Leigh Park, session starts at 7.15pm 4 sets of 1 x 30s hill effort, 1 x 90s effort, 1 x 30s hill effort, 1 x 3½ min effort. 2min jog recovery between each effort, 4 min between each set.
Thu 23rd	Group Fell Run - Werneth Low - Organiser Jeff Norman
Sat 25th	Club Championship Road Race – Lymm 5K Club Championship Fell Race – Whaley Waltz (5.75mile/900ft)
Tue 28th	Session 1: 4 x 900m with 4min jog recovery. Session 2: 4 x 1200m with 4min jog recovery.
Thu 30th	Club Championship Road Race – Sale Sizzler 5K
JULY	
Sun 3rd	Northern Track & Field League – Longford Park, Stretford.
Tue 5th	12 x 400m with 400m jog recovery
Wed 6th	Club Championship Road Race – Offerton 10K
Thu 7th	Group Fell Run - Organiser Stewart Keech
Tue 12th	24 x 200m with reducing recoveries by 5 seconds after every 4th effort First 4 recoveries 40 seconds, final recoveries 15 seconds.
Sat 16th	English Senior Track & Field Championships – Bedford
Tue 19th	Session 1: 2 x 1600m with 7min jog recovery. Session 2: 2 x 2000m with 8min jog recovery.
Wed 20th	Club Championship Fell Race – Shining Tor (5.9mile/1600ft)
Thu 21st	Group Fell Run - Stanley Arms, Macclesfield Forest - Organiser Stephen Jones
Tue 26th	Session 1: 5 sets of 3 x 400m with 45s recovery. 3 min jog recovery between sets. Session 2: 5 sets of 3 x 500m with 45s recovery. 3min jog recovery between sets.

Don Nichol

Lakes Training Weekend

Following the great weekend up at Newlands a few weeks ago, by popular demand I have rebooked for the autumn, Friday 7th October-Sunday 9th October. The price again will be £50 bed and full English breakfast. You can secure your place by sending me £20 deposit or just pay all in one go if that is easier!!!!

I think that we can all agree that the Lakes weekend is both a fantastic training weekend but also a great social time for our athletes where we actually get a bit of time together as club. If you have not been before, I can promise a brilliant time and for those that have been before, let's again make it a great success with as many of us up there as possible.

It is great timing only a week before the National 6 stage road relays where I plan to have two senior men's teams qualifying and senior women you will be at Sutton Park!!

For those who intend to be part of the squad for the autumn relays it would be a great opportunity to get the team training together and also it is only a couple of weeks before the cross country season and therefore to get some tough sessions in. If you are a cyclist we have had guys coming up either to go out on the road or head over to Whinlatter mountain biking.

In the past we have had fantastic support from our senior athletes and in April it was really encouraging to see a couple of our juniors up at Newlands getting involved.

So please let me know if you want to come, places will be first come first served and why not get it paid for early on so the money doesn't get spent over the summer!

Look forward to hearing from you, my mobile number is 07973 754763, if possible use my other email account adrianfuller@gmail.com

Cheers

Adrian

(This is also a week before the Fell Relays which are to be held in the Yorkshire Dales at Kettlewell.)



Newlands Adventure Centre

ADAC Committee 2011-2012

ADAC 50 YEARS 1961 - 2011	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

Thorner 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