



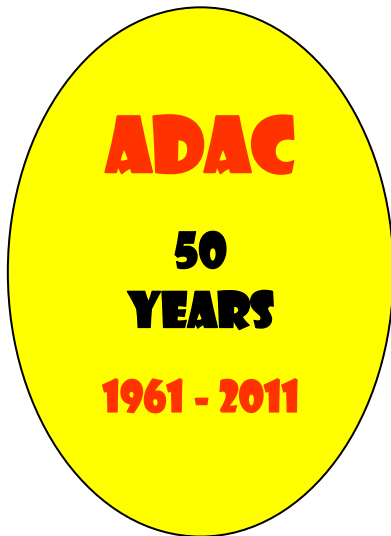
Pawprints

The Newsletter of Altrincham
and District Athletic Club



MARCH 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.



Barry Chapman, a member for 49 years, and frequent ADAC Athlete of the Year

ADAC 50th Anniversary Dinner

from Neil Walker

Following the success of the Curry and Quiz Night and the Christmas Do, I am pleased to announce that a date has been set for the club to celebrate its 50th anniversary. The Burlington suite has been booked at the Cresta Court Hotel on Saturday 7th May to facilitate what promises to be a great night of celebrations!!

Tickets are priced at £25 and for this price a lovely 3 course dinner will be provided as well as a DJ for a spot of dancing later on and access to our own private bar within the Burlington suite.

There is a set menu, so there will be no need for anyone to indicate menu choices on this occasion. I would however be grateful if anyone could indicate whether they will require the vegetarian main course option and/or if anyone has any other intolerances, e.g. gluten, wheat.

Dress will be smart/casual (not formal evening wear). I will be down at the track every Tuesday from now until the event to collect money from anyone wishing to attend. As per previous events, money can also be sent by cheque, payable to 'Neil Walker' to my home address: 23 Chelburn Court, Stockport, Cheshire SK3 8EN or wired direct to my bank account (details upon request).

There is a limit on the number of people allowed in the suite that we have selected so please book early to avoid disappointment!! Any further questions, please see me down at the track or you can contact me via email: neil_walker7@yahoo.com or on my mobile (07581 002367).

Neil

Certificates will be presented to four members who have completed 25 years with the club and a presentation will be made to founder member Alan Hardman who celebrates his 80th birthday on May 5th. Former club chairman John Paterson celebrates his 70th birthday on the day of the dinner.

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 3rd March the run will be from the Royal Hotel in Hayfield.

<http://www.theroyalhayfield.co.uk/index.htm>

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 March the run will be from the Dog & Partridge in Bridgemont.

SK23 7PB

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

Meal in the pub at 8.45pm.

*

The first evening run in daylight will be on Thursday 7th April.

This will be from the Boar's Head at Higher Poynton.

SK12 1TE

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

This is an ideal opportunity for those of you who don't run on the fells to give it a try.

Short, Medium and Long Runs will be available.

Last year we had 19 runners out for the first run of the season.

Hopefully we can better that this year.

Meal in the pub at 8.45pm.

Please let me know if you intend to come along.

colin@d928.fsnet.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

Next Club Championship Race

Sunday 6th March -- Cloud Nine -- 9 miles / 1250 feet

11.00am from Brunswick Wharf, Congleton

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

!! Pre-entry is essential to ensure a place in this race !!

This is really a trail race with a trip up and down Bosley Cloud in the middle. Last year we had an excellent turnout from ADAC and won both the men's and ladies' team prizes.

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 3 races

		Points	Races
1	Shaun Jackson	53	3
2	Craig Partridge	46	3
3	John Stockdale	37	2
=	Bruce Owen	37	2
5	Alan Williams	36	3
6	Ken Burgess	31	2
7	Colin Davies	26	2
8	Peter Abraham	18	1
=	Tim Raffle	18	1
=	Sandra Lewis	18	1
11	Ann-Marie Jones	14	1
=	Martin Crosby	14	1
=	Bob Buckley	14	1
14	Lynne Nichol	12	1

The fourth race is Cloud Nine on Sunday 6th March. Pre-enter to avoid disappointment!

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

Winter Hill - 13th February

The third race in this year's club fell championship was this tough 11 mile race from Rivington with a total ascent of 2750 feet.

The race was heavily oversubscribed and several Altrincham runners were disappointed to miss out. On the day 211 runners set off with 200 finishing. Recent rain made the underfoot conditions very wet and muddy with most runners sinking into the numerous bogs at some stage of the race.

Fortunately the rain subsided just as the race was about to start, although there was an occasional light shower and the wind was strong on top.

Rob Hope of Pudsey & Bramley took control of the race after the first checkpoint but was forced into a sprint finish by his team mate Graham Pearce who finished just a second behind. Rob's winning time of 1.34.50 Was nearly 8 minutes slower than the record he set last year.

The first lady was Ruth Metcalfe of Eryri in 2.06.11. Seven Altrincham runners lined up for the race and Shaun Jackson led from start to finish.

Not too far behind, Bruce Owen led Sandra Lewis on the first two climbs but Sandra pulled away on the steep climb to the trig point to finish third lady. Craig Partridge was next, gradually pulling away from Ken Burgess who nevertheless won the over 65 prize. Bob Buckley briefly threatened to catch Ken on the second climb but dropped back a bit as the heavy conditions took their toll. Alan Williams joined Shaun and Craig in completing the first three of this year's club championship races.

Shaun Jackson approaches the Winter Hill TV mast

59	Shaun Jackson	2.02.10
90	Sandra Lewis	2.11.37
92	Bruce Owen	2.12.48
120	Craig Partridge	2.19.46
131	Ken Burgess	2.23.42
151	Bob Buckley	2.31.01
194	Alan Williams	2.53.10

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



Trail Running

Radcliffe AC 10 Mile Trail - 6th February

A field of 231 runners lined up for this 10 mile trail race at Radcliffe. John Morrissey of Wigan Phoenix won in 58.05 and first lady was Alison Sedman of Belle Vue Racers in 1.11.43.

Ken Burgess won the over 65 men's prize with Bob Buckley and Derek Walton being the other ADAC runners taking part.

45	Ken Burgess	1.13.54
110	Bob Buckley	1.24.22
126	Derek Walton	1.26.24

Full results: <http://www.ukresults.net/2011/rad10.html>

Parbold Hill - 12th February

For the second successive year Nick Leigh won this hilly 6¾ mile multi-terrain race. He had a thrilling tussle with Richard Burney of Liverpool Harriers who had previously won the race in 2008 and 2009.

Despite the very muddy conditions Nick was nine seconds faster than last year, which as well as his winning margin was a mere eight seconds.

Nick is pictured here, in the lead, shortly before the finish.

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



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 - Thursday 12th May
Details TBC
- 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 Reebok Manchester Sizzler 5K Race 1 - Thursday 30th June
<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 - 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 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/>

Alsager 5 - 6th February

The second race in this year's club road championship was this popular five mile race at Alsager. Sale Harriers' Antony Ford led home a field of over 900 runners in a time of 23.49 with Hattie Dean of Hallamshire Harriers winning the ladies' race in 27.34.

Tom Bush was the first of the Altrincham runners in 41st place with Stuart Heaton 49th. Olivia Walwyn was fifth lady in 53rd place overall. Adrian Fuller and Dave Livingstone also finished inside the top hundred.

As a result of this race Dave Livingstone, who won the club road championship title in 2009, took an early lead in this year's championship with the current ladies' champion Sandra Lewis in second place and Tom Lavin in third.

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

Tom Bush



41	Tom Bush	28.02
49	Stuart Heaton	28.34
53	Olivia Walwyn	28.52
78	Adrian Fuller	29.58
96	Dave Livingstone	30.40
172	Sandra Lewis	32.42
182	Toby Percival	32.59
272	Alan Williams	35.20
294	Andrew Barton	35.50
434	Tom Lavin	39.05
789	Keith Fletcher	49.42

Stuart Heaton



Toby Percival



Olivia Walwyn leads Adrian Fuller and Dave Livingstone



Lactic Acid Test - 20th February

Only two ADAC runners turned out for this race at Stalybridge which was basically a multi-terrain race and had much in common with the David Bray Fell Race which starts at Tintwistle.

The race was won by Sale Harrier's Gareth Raven in 54.21 and Glossopdale Harrier's Kirsty Johnson was first lady in 1.14.53.

Despite having competed in the very muddy National Cross Country Championships at Alton Towers the previous day Dave Norman used this as a training run and came home in 20th place.

Alan Williams finished inside the top hundred of a field of 169 runners.

20	Dave Norman	1.04.51
92	Alan Williams	1.18.06

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

After three races in the club road championship the leader is Dave Norman with the 2009 champion Dave Livingstone tied with Alan Williams for second. Last year's ladies' champion Sandra Lewis is fourth.



The Wilmslow Half Marathon, the next race in the championship, on Sunday 27th March is already full.

2011 Championship Table after 2 races

		Points	Races
1	Dave Norman	80	2
2	Dave Livingstone	70	2
=	Alan Williams	70	2
4	Sandra Lewis	66	2
5	Tom Lavin	58	2
6	Tom Bush	40	1
7	Nick Leigh	38	1
=	Stuart Heaton	38	1
9	Peter Abraham	37	1
=	Olivia Walwyn	37	1
11	Colin Banno-Thornton	36	1
=	Adrian Fuller	36	1
13	Ken Burgess	34	1
14	Alison Vesey	33	1
=	Toby Percival	33	1
16	Michael Stuart	31	1
=	Andrew Barton	31	1
18	Damian Utton	30	1
19	Nigel Powell	29	1
=	Keith Fletcher	29	1

Liversedge Half Marathon - 13th March

from Colin Banno-Thornton

The small and not so perfectly formed Liversedge Half Marathon was held on 13th February. Not so perfectly formed, that is, for someone training for the flat London Marathon. That said, the hills, wind and rain of the Yorkshire Dales make for a challenging and enjoyable event in picturesque surroundings, that was superbly organised and marshalled by Roberttown Runners. Certainly highly recommended for anyone wanting a February half - but not by any stretch a pb course.

The 421 entrants were mainly drawn from the Yorkshire clubs with Ben Crowther of Halifax Harriers winning in 76:31. With two no-shows from Alty [you know who you are!!] I was our only entrant, finishing 12th in 84:02. The ladies race was won in 88:40 by Donna Edmondson Booke of Idle AC. All in all an enjoyable event in awful conditions, and one to look forward to next year.

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

Cross Country

North of England Cross Country Championships

(Sunderland - 29th January)

There was a very disappointing turnout of Altrincham athletes at this event where a strong showing from the senior men would surely have resulted in a team medal. Instead there were only four senior men present and we didn't even finish a team.

Those who did turn out were Dave Norman who finished 11th, Nick Leigh 28th, Stuart Heaton 111th and Adrian Fuller 247th in a field of 488 runners.

The ladies' sole representative was Bev Ganose who finished 107th in a field of 190.

In the Under 17 Men's race Ryan Ganose was 26th out of 122 and in the Under 17 Women's race Lucy Smith was 33rd out of 90.

Under 17 Women's results: <http://www.race-results.co.uk/results/2011/naxc11i.htm>

Under 17 Men's results: <http://www.race-results.co.uk/results/2011/naxc11y.htm>

Senior Women's results: <http://www.race-results.co.uk/results/2011/naxc11l.htm>

Senior Men's results: <http://www.race-results.co.uk/results/2011/naxc11s.htm>

Manchester Area Cross Country League

(Clayton Vale - 12th February)

The final meeting of the season took place in the shadow of the City of Manchester Stadium whilst the Manchester derby was being played out at Old Trafford. The turnout was much lower than for the four previous meetings with only 180 men and 105 women contesting the senior races.

The Altrincham men failed to finish a team with Tom Bush being the highest place finisher in 14th. Altrincham's women were fifth team, the counters being Olivia Walwyn 1st, Sandra Lewis 11th, Kath Harvey 38th and Carole Harrison 52nd. The vet's team of Kath, Carole and Lynne Nichol were ninth.

Lucy Smith finished third in the Under 17 Women's race and Jemma Eyre also finished in third place in the Under 15 Girls' race.

Men's results: <http://www.race-results.co.uk/results/2011/maccls5.pdf>

Women and Junior results: <http://www.race-results.co.uk/results/2011/maccl5.pdf>

Series results

Dave Norman



Dave Norman and Olivia Walwyn were individual series winners whilst Lucy Smith was second in the U17 Women.

Ryan Ganose was third in the U17 Men and Jemma Eyre third in the U15 Girls.

Kath Harvey was first over 50 in the Women's Vets.

The men and women were both sixth team in the series and the women vets were fifth.

Senior Men: <http://www.race-results.co.uk/results/2011/macclspts5.pdf>

Women and Junior: <http://www.race-results.co.uk/results/2011/macclpts5.pdf>

Olivia Walwyn



English National Cross Country Championships

(Alton Towers - 19th February)

The poor showing at the Northerns was repeated at the Nationals at Alton Towers with ADAC once again having no complete teams. Rain had reduced the course to a sea of mud which caused a lot of problems for both the runners and organisers.

from Mike Jones

The course was a quagmire and the Senior Women's and Men's races were shortened to 6K and 10K respectively. The women ran three short laps, missing out the main hill on safety grounds (?), while the men ran one short and two long laps, including the long hill! The ambulances were kept busy and struggled in the muddy conditions.

Jemma Eyre came 109th out of 322 finishers in the U15 Girls' race and Ryan Ganose had a great run to finish 34th out of 270 in the Under 17 Men's race.

In the Senior Women's race Olivia Walwyn, running for City of Norwich, led the way in 24th place with Sandra Lewis 167th, Bev Ganose 305th and Maggie Jones in 489th completing for Altrincham. There were 552 finishers in the race won by Louise Damen.

In the Senior Men's race, won by Steve Vernon of Stockport Harriers, David Norman led Altrincham home in 12th, followed by Nick Leigh 60th, Tom Bush 225th, Toby Percival, having another good run, in 642nd and me in 1119th. There were 1302 finishers.

The races were very heavy going, true cross country races, but it was a disappointing change of course for the women.

A disappointing turnout from Altrincham, although Phil Nichol obviously struggled to try and get to the race but was thwarted by snow. I should add this is the first XC race I have run with chip timing!

Full results:

http://www.englishcrosscountry.co.uk/index.php?option=com_content&task=view&id=66&Itemid=73



Many of the runners seem to have enjoyed their day out, despite the mud, as can be seen from this picture by Bryan Dale.

He took thousands of pictures covering all the races and they can be found on his website:

www.racephotos.org.uk

South East Lancs Cross Country League

(Boggart Hole Clough - 26th February)

from Mike Jones

A select band of Altrincham athletes made their way to Boggart Hole Clough for the last SE Lancs League cross country, rearranged from 5th February. Jemma Eyre, the sole junior representative, continued her great season with second position in the U15 Girls', only beaten by a guest runner. Laura and Maggie were chatting and missed the start of their race but worked through the field well, Laura finishing 13th in 34.38 and Maggie 33rd in 41.31. Only 44 women finished.

In the men's race, won by John Browne of Salford Harriers in 36.57, Michael Berks continued his good progress, coming home first for Altrincham in 15th place in 43.31. I finished 61st in 53.06 with Chris Bostock 70th in 55.54. The conditions were heavy and muddy around most of the course which was marginally longer than the Manchester Area cross country meeting earlier in the year.

Otherwise conditions were good: cool with a light breeze. The slower times reflected the heavy conditions but it was more runnable than at the National!

In the women's series Laura finished in 15th overall and Maggie 29th out of 43.

In the men's series I came 52nd and Chris Bostock 63rd out of 70.

Full results: <http://www.race-results.co.uk/results/2011/sel104.pdf>

Series results: <http://www.race-results.co.uk/results/2011/sel10pts4.pdf>

National Cross Country

from Jeff Norman

Phil Nichol never got there - had to turn back due to snow. We only found the snow about a mile from the course. The course was horrendously muddy - some were comparing it to the Northern at Durham and National at Milton Keynes many years ago as the worst ever seen.

It caused a lot of problems. Ambulances were flying about all over the place and after the first few races the first aid people had to tell the organisers they couldn't cope with the amount of injuries. Races were delayed while a decision was made. I believe the landowners threatened to pull the whole event as they feared the implications of the bad publicity.

After half an hour's delay, they decided to shorten the remaining races, and omit the hill, much to the disgust of Olivia. However, for some reason they allowed the junior and senior men to do the hill, albeit on a shortened course.

David revelled in the mud and had his highest ever position, 12th. Nick Leigh had a good race for 60th. Tom Bush, Toby Percival and Mike Jones also ran.

Olivia was 24th running for Norwich with Sandra Lewis, Bev Ganose and Maggie Jones running for ADAC.

Ryan Ganose had a great run in the U17 race run over the scheduled course and distance finishing 34th but Jemma Eyre did not appear to be enjoying the mud and finished 109th in the U15 race.

It was disappointing that we again didn't finish a single team.

Read how Dave Norman's race went here:

<http://www.runnerslife.co.uk/dave-norman/race/national-cross-country-championships/313>



Ryan Ganose



Jemma Eyre

Dave Norman



Pictures courtesy of Bryan Dale

www.racephotos.org.uk

Hell in the Middle

from Mike Jones

The latest *Hellrunner* race took place on Saturday 12th February and Maggie and I travelled down to Cannock Chase to take part in the "toughest Hellrunner". The race is a cross between a trail and fell race and listed as 11 miles. The course involves a one lap course through woods and muddy tracks, including the "hills of hell" and "bog of doom". The race is tough with a lot of long drags up hill and lots of steep descents.

The hills certainly live up to their name, but the bog of doom is only calf deep compared to the waist deep bog in the hell up north in Delamere. The finish takes you through a disused quarry with a few more hills and more water before heading to the finishing banner.

The race is chip timed. The support and atmosphere is great and the goody bag is worth all the hard running. A total of 1764 runners finished. I came in 245th in 1.47.48 and Maggie 1071th in 2.16.08. I can recommend the race. We will be back next year.



Full results:
<http://www.hellrunner.co.uk/hell-in-the-middle-2011-results/>



Track & Field

from Sarah Wilkins

At the end of last season we were promoted back up to Division 2W of the Northern Track & Field League. It is going to be a big challenge to stay in this division so I am starting early to organise the best team possible this year!

Clubs		Venues
Altrincham and District AC		
Liverpool Pembroke Sefton AC	Saturday	7th May
Southport Waterloo AC	Saturday	4th June
St. Helens Sutton AC	Sunday	3rd July
Trafford AC	Sunday	14th August
West Cheshire AC		
		Ellesmere Port
		Warrington
		Stretford
		Stretford*
		* hosted by ADAC

If you are available for any of the matches please contact myself (ladies) and Andy Norman (men).

Sarah Wilkins
079714175730
or

sarahandclive@hotmail.co.uk

Northern Ireland Parkrun

Having sampled the weekly Saturday morning Parkruns at Platt Fields and Woodbank Park recently Jean Dolan decided to have a go at the Belfast Parkrun during her ten day break in Northern Ireland.

Having arrived on Friday 18th February her first chance was the following morning and she promptly raced round in 25.54, finishing just outside the top half of the field and knocking more than a minute off the VW60-64 course record!

The following week another good run saw her finish inside the top half of the field in a slightly slower time of 26.14.

Her friends from East Antrim Harriers are making the trip over to Altrincham this month to take part in the Trafford 10K.



General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

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 7pm
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, contact Dave Norman or Bill Egan to help
Tue 15th	Timperley Track session on the track 5 sets of 3 x 400 metres with 45s recovery - 3 min recovery between sets
Thu 17th	Group Fell Run – Dog & Partridge, Bridgemont 7pm
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 session on track 6 x 800m with 3min jog recovery
April	
Fri 1st - Sun 3rd	Lakes Training Weekend – Newlands Valley, near Keswick
	Future Events
April	
Sat 9th	National 12 & 6 Stage Road Relays - Sutton Park, Birmingham
Fri 22nd	Club Championship Road Race – Salford 10K
Sat 23rd	Club Championship Fell Race - Anniversary Waltz
May	
Sat 31st	National Vets Road Relay Championships - Sutton Park, Birmingham

Club Records

Within the next few weeks the Individual & Team Performances of Altrincham Club athletes at County, Regional, National & International levels will be appearing on the Altrincham Club website www.altrincham-athletics.co.uk, the details dating back to the early 60's.

Once the details appear on the club website would **all team managers and all coaches** please keep me up to date with all future performances of their athletes at these levels and of course for **all age groups in all events**. Plus of course any errors you spot on the current list please let me know.

To ensure that your fellow team managers and coaches are kept informed of any changes and/or additions please email me any changes via ADAC@yahoogroups.com. This method of updating should help prevent any errors.

Regarding Club Individual & Team records currently on the web site would you please also update me via ADAC@yahoogroups.com.

Please note, to cater for those club members who are not great fans of computers and web sites and prefer to read books, I plan to have printed a number of books covering Club Records plus Individual & Team Performances. The books should be available no later than the 2nd May. There will be a small charge to cover the cost of printing and binding.

Don Nichol

Mizuno Trafford 10K - Sunday 13th March 2011

(organised on behalf of ADAC by Dave Norman & Bill Egan)

from Bill Egan

Following on from my previous request several people have offered to help with the Trafford 10K, Thank You – you know who you are. However we are still well short of the number of helpers needed to make the race safe for the entrants. Please come forward and help out.

The race starts at 9.30am on Sunday 13th March 2011 and Race HQ is inside Partington Leisure Centre. All helpers are asked to report to the Leisure Centre before 9am - Car Park & Registration Marshals before 8am. 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 8am.

To volunteer, please contact Bill Egan directly: itbegan@gmail.com or call him on 07802 502335.

Dates for your diary in 2011

April 1st - 3rd	Lakes Training Weekend at Newlands Adventure Centre, Stair near Keswick.
April 26th	Club AGM 8.30pm after training. Venue to be confirmed.
May 7th	ADAC 50th Anniversary Dinner at the Cresta Court Hotel, Altrincham. (£25 per person to Neil Walker as soon as possible, see front page)
June 11/12th	Welsh Castles Relay. Caernarfon to Cardiff.
June 25th	ADAC 50th Anniversary Junior Celebrations at Timperley Track

Sainsbury's Vouchers

from John Snape

It's that time of year again. Since February 9th Sainsbury's have been issuing Active Kids vouchers. Last year we were late starting due to administrative problems but we still managed to get enough vouchers for some useful equipment, so please start saving your vouchers and deposit them in the box in the office at the track.

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

April Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk by Tuesday 29th March. Copies should then be available by Tuesday 5th April. Articles, reports, results, news, announcements and photos gratefully accepted.

All Our Yesterdays



A fine body of men but what achievement are they celebrating? How many faces do you recognize?

Annual Subscriptions

Annual subscriptions are due on 1st April and cheques can be sent to Sandra Lewis, 6 Houldsworth Avenue, Timperley, Altrincham WA14 1SS.

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

Those senior members whose 2010 subscription continues to remain outstanding should send £70 (£30 for juniors and others) immediately as the committee will be reviewing the list of members very soon.