



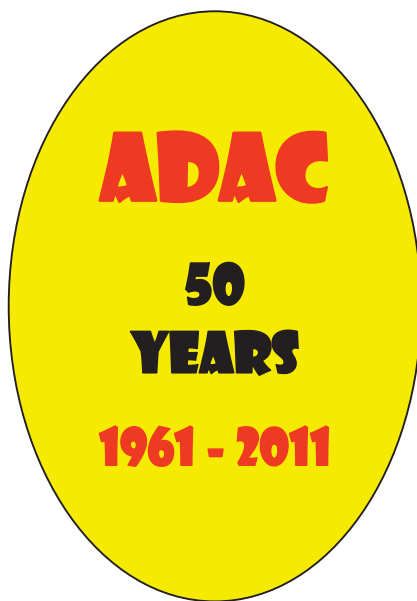
Pawprints

The Newsletter of Altrincham
and District Athletic Club



MAY 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.



Derek Walton still going strong after 47 years with ADAC

Sale & Altrincham Messenger

An article on our 50th anniversary appears on the back page of the April 28th edition of the paper.

Annual General Meeting

On Tuesday 26th April 2011 the club held its annual AGM at Timperley Taverners on Park Road. The meeting featured reports from members of the committee and team managers, as well as presentations of some of the prestigious annual awards.

See page 12

Monica Shone

Sincere apologies to Monica Shone, pictured right, who was omitted from the list of members who have completed more than 25 years membership of ADAC. Despite moving to Anglesey and competing on the fells for Clayton-le-Moors, Monica is still first claim for Altrincham in Track & Field. Monica currently holds the UK W70 and W75 records at 200m and the W75 record at 400m. Having joined ADAC in 1983 Monica was instrumental in starting the PawPrints newsletter and was its first editor, a job she did so magnificently for many years. Another former editor, Arthur Wright, has contributed the article on the following two pages.



A Christmas Story

Blackpool - December 1990 (The real version)

*written by Arthur Wright (he used to beat Dave Norman) & Jim Rose (he used to beat everyone)
(two ex-runners, or so they think)*

THE THREE DEAD NIGHTS!

Starring:

DAVE ATTWELL (Truly a legend in his own mind.)

COLIN (P.B.) DAVIES (He writes his own jokes but you can't tell)

With special guest attraction -
an old favourite and a legend in his lunchtime -
KEN BURGESS

Last as usual. He drives you mad but you love him!!
ALAN RYDOUT (Better never than late!)



This story, as its title might suggest, is not a tale of Ghosts and Ghouls in King Arthur's court but one that would be better described as 'Googlies in Cuckoo Land'.

In the depths of winter four hardy athletes (and this term is used loosely) set out for the frozen wastes of Blackpool beach for a few days of fun and frolics in the playground of Britain. Were they in for a shock! The warning bells began to ring when the proprietor of the first establishment that they called at laughed hysterically when requested for accommodation. He mumbled something about THREE DEAD NIGHTS and promptly shut the door. Unperturbed our four heroes trudged to the next abode and knocked on the door. After what seemed a lifetime the door slowly inched open. A white wizened face, reminiscent of an ageing marathon runner appeared. "What the hell do you lot want at this time of the year?" it said.

The self elected spokesman of the party Dave spoke. "Cor! blimey mate it's parkas art ere can we ave a room fer the nite? We're famous hard men runners from Altrincham and I am the most famous cos of what I av done in the Marafon." The sound of gurgled laughter broke the cold night air. "I don't give a damn who you are, no one comes here on the THREE DEAD NIGHTS".

The last three words were spoken in awed tones which suggested that they had hidden meanings and association with the occult. "Well we do," said the smallest of the four, the nearly famous Ken Burgess. "Because we're daft as well as hard." The reply came back, "Well I'm having no nutters in my house, so scram." With that, the door slammed shut and grown men were heard to cry as the cold wind whistled around their nether regions.

Colin, the brainy one, who had thought up the idea of travelling to such a barren place at this time of the year began singing: "Always look on the bright side of life." He had barely finished the first line when he was attacked by the other three. Meanwhile Philip and Alison and their son Ewart settled down with a cup of cocoa, glad that the Christmas rush was over. Alison spoke. "I do so look forward to the THREE DEAD NIGHTS between Christmas and New Year, don't you dear?"

Suddenly there was a tap on the door. You may think that is a funny place for a tap but they were strange people in this town. No! It wasn't the three wise men at the door, it was our four daft lads from Altrincham. They were in luck. Philip and Alison were not fussy who stayed at their minus three star boarding house which included hot water bottles in every bed. The four boys were about to become famous in the old town of Blackpool.

Fast forward to December 2010

The four revisit Blackpool for a three dead nights reunion

This time though the ageing landlady's slightly confused but gorgeous daughter Sandra informed them that over the years there had been other visitors from the Altrincham Athletic Club. "Oh!" said Ken, "who were they?" "Three birds," she replied. "I bet that will be Jean Dolan, Lucy and Julie," said Dave. "No, according to the visitors book, these three birds were a Mr Sparrow, a Mr Pigeon and a Dr Partridge. I particularly remember the last one because he had a lovely bedside manner.

"One year we also had what could only be described as a Norman invasion. They drank a lot and stayed out quite late, one of them was described as a legend. I think his name was Jeffrey of Blinston or was it a Welshman called Chapman from Barry? I can't remember. Anyway I think they lived at Martin Mere near Crosby or was it Crosby near Mere.

"They also talked about a man called Alan who was a real hard man. He was a hundred years old and lived in a cave in Boggart Hole Clough. Apparently he can still be seen once a year, with a white beard shouting at the runners. We also had some who they called the Docs. I think their names were Peter and Shaun."

"No" said Ken. "That's our two resident doctors, Craig and Shaun."

"Sorry," she replied. "All I remember is that the one called Peter was a proper runner!"

"Another year," she continued, "we had a visit from a Piers or Roger Moore or someone like that, anyway he said he was called Bond and he gave me his phone number and it began with 007. He was a real ladies man and a bright spark or was that his friends name?"

She continued, "Two of your crowd even went busking on the prom near the Tower. I think one was Irish and his name was Robbie Mac or something. His mate was doing card tricks, to earn some money for drinks. They called themselves Dwyer Straights I think.

"We also had a two visitors, a young man and his father. They may have been Mafia because one was called The Don. They handed out sheets of paper with some instructions written for sessions or something. I think their name was Dollar or Dime or some sort of American money. The sheets were instructions for training sessions, but I remember the Normans used to go out for sessions as well, but I don't think it was running.

"My mother told me about the first runners from your club, back in the last century. It was probably you four. Apparently they went to the beach for a run. A rumour went through the town that the donkeys from Jack Roberts Circus were racing on the beach, even though it was in the middle of winter. A crowd gathered to watch the race, but they were so slow a piece of driftwood blowing down the beach won. Oh my Mum did laugh. The one called Colin kept asking her, 'How did I run missus? How did I look?' She said to him, 'You have just got beat by a piece of driftwood you daft lunk.' They said it was like watching the Walton's or was that the name of one the runners? I remember one couple booked in as Mr & Mrs Smith. Well we all know what that means don't we?



"The one thing I will say about your club though is this: It must be the only running club in England that anyone, no matter what their talent is, or how daft they are, is always made welcome. I'll bet you even let Manchester City fans join!"

Arthur Wright

Any English teachers or members of the plain English society please do not complain about any punctuation mistakes.

The Lakes Training Weekend, April 2011

from Toby Percival

After a 2½ hour journey up to Keswick I arrived to a welcome of light wind and rain! There were a few people around, so a decision was made with Colin Davies and Andrew Whittingham on a 3 - 4 mile run. Well, talk about a baptism of fire! The light rain turned hard, driving and painful, and the wind decided to match it making running very difficult for the first part of the run (or perhaps that should be walk). On the return, with the wind behind us, Andrew and I decided to have a little fun, only to end up on our backsides, against a stone wall and a little worse for wear! My glasses were taken off by the wind 3 times on the run back to the centre, and we returned a little battered and bruised!

A welcome return to the centre, and it was relaxation time. Off to the pub and a lovely meal washed down by a few drinks. Then the famous Don's quiz, for which I returned a credible 14 points. Congratulations to Andy Whittingham for taking the quiz title.

I was determined to do every session during the weekend, and at 6.30 on Saturday morning, it was time to get up and prepare for the second run, a gentle 3 mile opener pre-breakfast (and yes, it was still raining!)

By the time the third session started the weather was beautiful and for the rest of the weekend it remained this way. We started with a 2 mile warm up, through stunning countryside, then 8 reps of 30 seconds on the flat, jog recovery to the base of the hill, followed by a 60 second climb (yes, I can still feel the pain!). The session was finished with a beautiful 4 mile run part way around the lake and back to the centre.

Time for a break, and a few of us headed into Keswick for a bite to eat and a nice stroll around the picturesque town.

Then it was back to the centre and the fourth session. My first fell run and it was one that I will never forget. Catbells was the destination, and I found this 9 mile run to be toughest of all. However the satisfaction at reaching the top made it well worth it!

Toby, Adrian, Tom, Andrew, Chris and Lucy take a break on the afternoon run.

Picture by Mike Hatch

More pictures on back page



Relaxation was on the cards for the next couple of hours! Three sessions in one day and everyone was looking forward to a night in Keswick. First stop was the curry house for a well earned meal and drinks, followed by a visit to a couple of pubs (and many more drinks).

Sunday morning began with an aching body and a banging head. However the mood was lifted by a couple of hearty breakfasts! Still on schedule to complete all the sessions, it was time to prepare for the fifth and final run, a relaxing 12 mile run round Derwentwater. Well, that was the plan anyway. I felt pretty good and, with that in mind, decided to follow Tom Bush and Mike Hatch on a different route back to the centre. This entailed a second trip to Catbells! I was dropped pretty much at the start of the climb, and watched the two of them disappear into the distance. Determined to get to the top, I continued and a few minutes later reached the top. We spent a couple of minutes enjoying the scenery, taking a few pictures, and then it was the downhill leg back to the centre.

Conclusion:

My first Lakes Training Weekend and, I have to say, I hope it is the first of many. After the initial stormy welcome, the weather turned beautiful. On a personal note, thanks to everyone for their support and encouragement - you all made the weekend a pleasure, except for Don (who provided the pain!). Thanks Don, and hope to see you in October for round 2!

Road Running

Club Road Racing Championship 2011

The club championship table after five races:

Race 6 Christleton 5K
Friday 6th May
<http://www.tattenhallrunners.com/20.html>

Race 7 Mobberley Round the Runway
Thursday 12th May
www.wilmslowrunningclub.org

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

Race 11 Offerton 10K
July
<http://www.stockportharriers.com/index.php?q=club-races>

Race 12 Sizzler 5K Race 4
July
<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?op-tion=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	Dave Norman	120	3
2	Adrian Fuller	109	3
3	Ken Burgess	99	3
4	Sandra Lewis	95	3
5	Tom Bush	78	2
6	Tom Lavin	76	3
7	Olivia Walwyn	74	2
8	Peter Abraham	72	2
=	Colin Banno-Thornton	72	2
10	Dave Livingstone	70	2
=	Alan Williams	70	2
12	Toby Percival	69	2
13	Alison Vesey	61	2
14	Bev Ganose	58	2
15	Damian Utton	56	2
16	Mike Jones	54	2
17	Nigel Powell	51	2
18	Lynne Nichol	47	2
=	Derek Walton	47	2
20	Nick Leigh	38	1
=	Stuart Heaton	38	1
22	Scott Jarvis	37	1
23	Damian Utton	35	1
24	Michael Berks	34	1
25	Ryan Ganose	32	1
26	Michael Stuart	31	1
=	Andrew Barton	31	1
=	Neil Walker	31	1
29	Matt Billingham	30	1
=	Alan Barlow	30	1
31	Keith Fletcher	29	1
32	Laura Bostock	24	1
33	Stephen Nicol	23	1
34	Carole Harrison	21	1
35	Chris Bostock	19	1
36	Edward Jackson	17	1
37	Hugh McKenna	14	1
38	Maggie Jones	13	1

National Road Relays

Despite a tremendous effort in the run up to this event team manager Adrian Fuller was left frustrated at not being able to field a team at Sutton Park on Saturday 9th April.

Three of our athletes chose to take part anyway and on the opening long leg Dave Norman finished 23rd and passed over to Matt Barnes who ran an excellent short leg to move up 15 places and hand over to Adrian Fuller in 8th place. This left Adrian in the unenviable position of having a lot of top class runners immediately behind him and despite a good effort he came home in 46th place.

Leg	(Long)	Time	Position	Leg	(Short)	Time	Position
1	Dave Norman	27.18	23	2	Matt Barnes	14.40	8
3	Adrian Fuller	34.48	46				

Full results: <http://www.race-results.co.uk/results/2011/nat1211.pdf>

Salford 10K - 22nd April

The fifth race in this year's club road running championship was the Good Friday race at Salford. On a warm morning 557 runners took to the road for this two lap course and in a fast race they were led home by Antony Ford of Sale Harriers in 30.02 with Lauren Howarth of Leigh Harriers finishing as first lady in 32.33. Adrian Fuller was first home for Altrincham with Ken Burgess second and new club member Scott Jarvis third.

Toby Percival knocked 90 seconds off his PB. Dave Norman holds on to the top spot in the championship table with Adrian moving up to second and Ken third. Sandra Lewis is the leading lady and fourth overall.

Full results: <http://www.ukresults.net/2011/salf10k.html>

69	Adrian Fuller	37.38
154	Ken Burgess	41.27
167	Scott Jarvis	41.57
185	Toby Percival	42.29
210	Damian Utton	43.35
241	Mike Jones	44.53
254	Bev Ganose	45.15
293	Derek Walton	46.48
340	Lynne Nichol	48.34
404	Alan Barlow	51.48

Championship races in May

Race 6 Christleton 5K

Friday 6th May

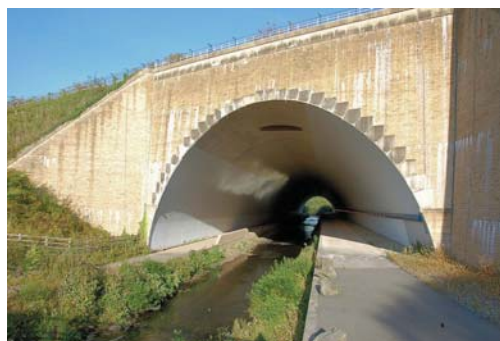
<http://www.tattenhallrunners.com/20.html>

No entries on the night

Race 7 Mobberley Round the Runway

Thursday 12th May

<http://ajw.blogs.com/files/eventdetails/Mobberley%20Race%202011.pdf>



The race route passes under the runway



London Marathon 2011
(Sunday 17th April)



from Alison Vesey

After months of getting wet every time I went for a long run, race day was a bit of a shock. No rain and even worse it was hot. I arrived at the Green start (Good for Age) and found the celebrities were on the same start, which added pre-race entertainment. I queued for the toilets next to Matthew Pinsent (a big guy who would sink a rowing boat if he got in one now) and saw several models, which seemed to amuse the male vets. The heat didn't pick up until half way, but was oppressive and far worse than I'd experienced at London in the past. By 17 miles the curbs were littered with St John's Ambulance people attending to stricken athletes. At the time, I didn't know that a number of our Altrincham athletes were among them. Dave Norman sadly withdrew due to injury at 17 miles, while Colin Banno-Thornton succumbed to the conditions and woke up in a St John's Ambulance at 25.5 miles, unable to finish.

For those that finished Ian Haworth completed in 2:39:58 – an excellent run on the day. Ian was a member of Altrincham for a short time but I understand is now running for Shrewsbury. Pete Abraham suffered in the heat but ran well to finish in 3:04:07 whilst Vicky Perry finished despite a serious achilles injury in 3:05:45 to win the F50 category yet again. I was the next from the club in a respectable 3:17:23. Running their first marathons, Matt Billingham ran 3:20:16, Nigel Powell dipped under four hours with an excellent time of 3:58:07 and Paul Ridley finished in 4:27:41. The crowds were amazing, from the steel band below the underpass in Lewisham to the hordes in Canary Wharf, it was certainly a day to remember. In addition, the Altrincham runners between them raised several thousand pounds for Christies, Meningitis Research and Ashgate Hospice in High Peak. Will I be back in 2012? Probably (but don't tell my husband, who's sick of me moaning about my back, my knees and my big toe nail!).

PLACE OVERALL	PLACE GENDER	PLACE CATEGORY	NAME	CATEGORY	FINISH TIME
156	155	127	Ian HAWORTH	18-39	2:39:58
1323	1257	748	Peter ABRAHAM	18-39	3:04:07
1442	77	1	Vicky PERRY	50-54	3:05:45
2481	231	25	Alison VESEY	45-49	3:17:23
2771	2484	1274	Matt BILLINGHAM	18-39	3:20:16
8844	7166	1067	Nigel POWELL	45-49	3:58:07
15741	11968	6450	Paul RIDLEY	18-39	4:27:41

Two friends of ADAC ran well at London. Amy Whitehead (nee Waterlow) was the first lady finisher from the mass start in a fantastic debut marathon time of 2:39:27, while Karen Butler (Sean's wife) was second vet 50 in 3:15:12. Karen had originally been placed third vet 50 behind a German lady, but it was found that the German had caught the train and was subsequently disqualified!

Alison Vesey (6 times marathon runner, including 4 London marathons)



Full results: <http://results-2011.virginlondonmarathon.com/2011/>



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 5th May the run will be from the Poachers at Bollington.

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

Meal in the pub at 8.45pm. www.thepoachers.org

On Thursday 19th May the run will be from the Beehive at Combs.

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

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

Club Fell Running Championship 2011

There are nineteen 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 W	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
Kettleshulme	BM	Wed Jun 15	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

Details of all fell races can be found on the FRA website
www.fellrunner.org.uk

Goyt's Moss is part of the Goyt Valley Series
www.fellraces.co.uk

Vanessa Chappell is organised by
Goyt Valley Striders
www.goytvalleystriders.org.uk/pages/vanessa.html

		Points	Races
1	Shaun Jackson	68	4
2	Craig Partridge	53	4
3	Alan Williams	40	4
=	Ken Burgess	40	3
=	Tom Bush	40	2
6	John Stockdale	37	2
=	Bruce Owen	37	2
8	Olivia Walwyn	36	2
=	Ann-Marie Jones	36	3
10	Peter Abraham	35	2
11	Neil Walker	33	2
12	Tim Raffle	31	2
13	Colin Davies	28	3
=	Sandra Lewis	28	2
15	Bruce Humphrey	26	2
16	Martin Crosby	14	1
=	Bob Buckley	14	1
=	Matt Billingham	14	1
19	Lynne Nichol	12	1
=	Adrian Fuller	12	1
21	Andrew Barton	8	1
22	Mike Jones	5	1
23	Laura Bostock	3	1
24	Maggie Jones	1	1
=	Jean Dolan	1	1
=	Jenny Raffle	1	1

Kinder Downfall - 10th April

The 30th anniversary of this popular ten mile fell race at Hayfield was over subscribed and those fortunate enough to gain a place were blessed with a warm sunny morning as they climbed up to the path along the western edge of the Kinder plateau where there was a pleasant cool breeze. Neil Walker, pictured right, was determined to take part in this, one of his favourite races, and although it filled up before he managed to enter, he was fortunate to get a last minute entry on the day. He was rewarded with an very good run, finishing 26th in a field of 268 runners. Bruce Humphrey finished just ahead of Ann-Marie Jones who is in tremendous form at the moment. She picked up the over 55 ladies' prize yet again whilst Hayfield resident Kath Harvey was second lady over 50.



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

26	Neil Walker	1.21.11
93	Bruce Humphrey	1.34.15
96	Ann-Marie Jones	1.34.54
102	Kath Harvey	1.36.06



Bruce Humphrey nears Ashop Head at the top of William Clough



Ann-Marie Jones looking strong as she nears the finish

Anniversary Waltz - 23rd April

Despite the fact that this race is more than 120 miles from Altrincham there were eleven ADAC runners entered for this spectacular 11½ mile run around the Newlands Valley, south of Keswick. Climbing up to almost 2500 feet over Robinson, Hindscarth and Dale Head the race has a total ascent of 3600 feet and there are some breathtaking views. Unfortunately injury prevented Sandra Lewis, Bruce Owen, John Stockdale and Colin Davies taking their place on the start line whilst Craig Partridge and Shaun Jackson were labouring under the impression that the race was taking place on Sunday not Saturday!

So five Altrincham runners started the race and there were good runs from both the ladies. Olivia Walwyn was first lady by a considerable margin and was second ADAC finisher, not far behind Tom Bush who finished 12th.

Neil Walker was next followed by Ann-Marie Jones who started slowly but moved steadily through the field, passing Bruce Humphrey and finishing as second lady over 50, more than a minute ahead of the legendary Wendy Dodds.

The race was won by Ben Bardsley of Borrowdale in 1.38.00 and a total of 319 runners finished.

Shaun leads the championship table from Craig with Olivia and Ann-Marie the leading ladies.

12	Tom Bush	1.51.06
20	Olivia Walwyn	1.53.48
40	Neil Walker	2.00.54
177	Ann-Marie Jones	2.24.51
215	Bruce Humphrey	2.35.23

Full results: http://www.anniversarywaltz.co.uk/?category_name=waltz-results

The Sandstone Run

The organisers of this event on Sunday 10th April advertised it as a run along 10 kilometres of Cheshire's famous Sandstone Trail, taking in a variety of terrain and encompassing wonderful views and countryside.

from Mike Jones

The first half of the race is much the harder including a long climb up to the drink station at half way. The second half is much flatter and includes the short descent through the woods to the finish which is alongside the start. Maggie and I went to run this charity race which is in aid of the NSPCC. The race is well organised and includes a charity vest and drink at the finish. The race is recommended as a scenic trail race away from traffic. It starts on the field at Beeston Market on the A49.

I came 62nd in 49.22 and Maggie was 153rd in 58.31 out of a field of 210 runners.

Conditions were near perfect which made the grass sections easier than in previous years when wet conditions made fell shoes a big advantage.

The race was won by Mike Hatton of South Cheshire Harriers in a time of 38.44 and the first lady was Nikki Lowe, also of South Cheshire Harriers, in 46.07.



Jaffa Cake Mud Madness

This event took place in Northern Ireland on April 17th, the same day as the London Marathon, and attracted over 400 runners, all willing to get themselves well and truly dirty to raise money for the Marie Curie Cancer Care charity. Jean Dolan thoroughly enjoyed the experience and finished 254th in a field of 414 runners in a time of 1.27.37. <http://www.mud-madness.com/gallery.htm>



General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

May	
Mon 2nd	ALTRINCHAM & DISTRICT ATHLETIC CLUB 50th BIRTHDAY
Tue 3 rd	4 sets of 1 x 600m, 60seconds recovery, 1 x 200m - 4 min rest between sets 600m to be run at 800m race pace, 200m to be run at 95% effort
Thu 5 th	Group Fell Run -- Poachers, Bollington
Fri 6th	Club Championship Road Race – Christleton 5K
Sat 7th	Northern Track & Field League, Ellesmere Port
	ADAC's 50th Anniversary Dinner at the Cresta Court Hotel
Tue 10 th	6 x 1200m with 90 seconds jog recovery – objective to maintain pace of 5 th April
Sat 14th	Greater Manchester and Cheshire County Track & Field Champs
Sun 15th	Longford Park, Stretford
Tue 17 th	4 x 800m each with 3 min jog recovery, 6 min jog followed by 6 x 400m each 3min jog recovery
Wed 18th	Club Championship Fell Race – Goyt's Moss (7 mile/1400ft)
Thu 19 th	Group Fell Run -- Beehive, Combs
Tue 24 th	4 x 2000m with 5 min walk and jog recovery
Wed 25th	Club Championship Fell Race – Vanessa Chappell (5.6mile/1317ft)
Fri 27th	Dunham Park 5K, 7.15pm Start – Race organised by Altrincham A.C. Please contact Mansel Pope if you are able to help with marshalling
Tue 29 th	5 sets of 3 x 400 metres with 60s recovery, 3 min jog recovery between sets.

50th Anniversary Quiz

Can you name these ADAC members?

1. Who currently holds the M70 club record for the mile?
2. Who won the bronze medal in the European Championships 5000m in Athens in 1969?
3. Who was UK Women's 1500m champion in 1993?
4. Who is the only ADAC athlete to run under 4 minutes for the mile?
5. Who has won the W50 category at the London Marathon for the last 4 years in succession?
6. Who holds the UK W75 record at both 200m and 400m?
7. Who is the only person to have completed the Yorkshire 3 Peaks in less than 2½ hours?
8. Who was first M65 at the 2008 London Marathon?
9. Who finished 2 seconds under 3 hours in the 50K in which Jeff Norman set the world record?
10. Who holds the M60 club record for the shot, javelin, hammer and high jump?

Answers on page 13

Annual General Meeting

The club AGM took place at Timperley Taverner's Club on Park Road, Timperley following training at 8.30pm on Tuesday 26th April.

Following the President's Address by Don Nichol the meeting received reports from the secretary, treasurer, track fund and the various sections - Track & Field, Juniors, Cross Country, Road Running and Fell Running.

Presentations were made to the following:

Best Track & Field Performance	Matt Barnes
Most Outstanding Field Performance	Chloe Smith
Most Improved Athlete	Laura Bostock
Alexander McCracken Trophy	Ryan Ganose
Athlete Of The Year, Senior Ladies	Isabel Hainsworth
Athlete Of The Year, Veteran Men	Ken Burgess
Athlete Of The Year, Veteran Ladies	Vicki Perry
Club Mile, Senior Men	Josh Morse
Club Mile, Senior Ladies	Lucy Smith

The committee for 2011 - 2012 is:

Bob Spark	Chairman
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

Congratulations

Congratulations to the club's founder member Alan Hardman on his 80th birthday (May 5th) and to former club chairman John Paterson on his 70th birthday (May 7th).
Congratulations also to Alice Welch and her husband Jason on the birth of their daughter Tabitha and to Sandra Lewis on successfully completing her PhD at Manchester Metropolitan University.

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 bring any cheques to the AGM, or send them to me:
Sandra Lewis, 6 Houldsworth Avenue, Timperley, Cheshire WA14 1SS
or pass them to any committee member who will forward them on.

Injured or Not!

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

Thornber Podiatry assessment, treatment and provision of orthotics / in-shoe devices.
ADAC members will receive a 10% discount on treatments
Contact: Matthew Malone Specialist in Paediatric and Adult Biomechanics
0161-491-2938
Mobile: 07843629704

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

Quiz answers (from page 11)

1. Alan Hardman, 2. Alan Blinston, 3. Jayne Knowles, 4. Matt Barnes, 5. Vicky Ferry,
6. Monica Shore, 7. Jeff Norman, 8. Ken Burgess, 9. Dave Attwell, 10. Barry Chapman.

*Toby Percival and Mike Hatch on Catbells during the Lakes Weekend
Derwentwater and Keswick down in the valley, right of picture*



*Tom Bush on Catbells with
Skiddaw in the background*



Newlands Adventure Centre

June Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk by Friday 27th May at the latest. Copies should then be online Wednesday 1st June. Articles, reports, results, news, announcements and photos gratefully accepted.

