



Pawprints

The Newsletter of Altrincham
and District Athletic Club



APRIL 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 keep in touch and be able to send and receive emails via the club loop please visit the website and click on the **Yahoo Groups link** and register.

ADAC
50
YEARS
1961 - 2011



ADAC's team at the Salford Road Relays in 1965:

Alan Blinston, Alan Hardman, Jeff Norman & Derek Walton.

Trafford 10K

Once again Bill Egan and Dave Norman are to be congratulated on organising a highly successful 10K road race at Partington on Sunday 13th March with a record turnout of over 600 runners.



The leaders soon after the start

Reports and pictures
on pages 2 & 3

May PawPrints

Please send material for next month's PawPrints to Colin Davies: colin@d928.fsnet.co.uk by Thursday 28th April at the latest. Copies should then be available by Tuesday 3rd May. Articles, reports, results, news, announcements and photos gratefully accepted.

Trafford 10K - 13th March

from Dave Norman

Edwin Kipkorir's unbeaten record in the UK almost came to an end as a superb run from the fast finishing Jonny Taylor gave the first two men exactly the same finishing time. Taylor reversed the tables on his North Eastern rival Ricky Stevenson in some style after the New Marske Harrier had convincingly beaten him over 10 miles two weeks previously. It was a good day for the North East with Sunderland Harriers Pat Martin finishing 4th, ahead of a second Kenyan athlete Zak Kihara, and Morpeth's Ian Hudspith finishing leading veteran in an impressive 8th place overall.

Chris Thompson's 28.02 course record from 2010 was never under threat but, with Emily Pidgeon, Kate Avery and Katrina Wootton all on the start list, it looked certain that Gemma Connolly's record of 35.58 would be bettered. The record was blown apart, with a convincing win by Cardiff AC's Ava Hutchinson who will represent Ireland in this weekend's World Cross Country Championships full of confidence after the way she took apart a very high class field. Nine women bettered the previous course record, with Connolly seeing her record go and finishing back in 11th place.

Edwin Kipkorir



Ava Hutchinson



Pictures by **flaming photography** www.flamingphotography.co.uk

Full results: <http://www.race-results.co.uk/results/2011/trafford10k3.pdf>

Results and pictures of ADAC athletes on next page

Overnight rain continued until shortly before the race but relented shortly before the start and the race was run in almost perfect conditions.

A top class field of 623 runners was led home by Kenyan Edwin Kipkorir of Birchfield Harriers in 29.15, less than a second ahead of Jonny Taylor of Morpeth.

First lady was Ava Hutchinson of Cardiff in 33.23 with Emily Pidgeon of Stroud second in 34.12.

Five men finished in under 30 minutes whilst a total of seven ladies went under 35 minutes.

The pick of the runs by ADAC runners was a personal best by almost 3 minutes from Sandra Lewis. Her first ever 10K under 40 minutes won her the LV35 prize.

Stuart Heaton was the pick of the Altrincham men with a time of 35.27 in 96th place.

ADAC were pleased to welcome a group of runners from East Antrim Harriers who flew over from Northern Ireland for the weekend at the invitation of Jean Dolan.

Thanks go to Andy O'Sullivan who provided an excellent commentary at the final turn into the finishing straight and the legendary Ron Hill who presented the prizes.

Stuart Heaton



Sandra Lewis



Ron Hill with race winner Edwin Kipkorir



Sweeper: Dave Attwell

96	Stuart Heaton	35.27
159	Sandra Lewis	39.14
253	Ken Burgess	43.18
284	Carole Harrison	44.38
372	Lynne Nichol	48.46
377	Bill Crompton	49.14
623	Dave Attwell	75.00

Road Running

Club Road Racing Championship 2011

The club championship table after four races:

Race 5 Salford 10K
Friday 22nd April
<http://www.ukresults.net/11apl.html#salford10k>

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

Race 7 Mobberley Round the Runways
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 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?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/>

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

Wilmslow Half Marathon - 28th March

from Colin Banno-Thornton

The Wilmslow Half Marathon - "The Classic". Not only the fourth race in the club road running championship but this year doubling up as the English Half Marathon Championship. Superb weather conditions contributed to a number of great performances with notable mentions to Michael Berks with 4 minutes off his PB, Sandra Lewis continuing her good form with 3 minutes off her PB and an extremely promising debut from Ryan Ganose.

All in all though, great running from the Altrincham athletes resulted in a plethora of personal bests throughout the field, and others setting themselves up well for their spring marathons.

At the front of the pack Dave Norman, pictured right, once again led Altrincham home in seventh position overall, and Olivia Walwyn was impressive as second lady home in spite of a heavy cold. The race was won by Jean Ndayisenga of Birchfield Harriers in a time of 1.04.24 and the first lady was veteran Julie Briscoe of Wakefield Harriers in 1.13.29. Former ADAC member Laura Chambers, best known by us as a sprinter, finished as eighth lady in a time of 1.23.20.



Ryan Ganose and Adrian Fuller



Alison Vesey



7	Dave Norman	1.06.53
57	Tom Bush	1.16.23
59	Olivia Walwyn	1.16.32
79	Colin Banno-Thornton	1.18.35
85	Peter Abraham	1.19.33
90	Michael Berks	1.19.43
114	Adrian Fuller	1.21.36
123	Ryan Ganose	1.22.13
129	Neil Walker	1.22.33
216	Matt Billingham	1.26.29
356	Sandra Lewis	1.30.28
359	Alison Vesey	1.30.33
409	Ken Burgess	1.31.57
508	Damian Utton	1.34.07
547	Bev Ganose	1.35.00
603	Laura Bostock	1.36.17
618	Stephen Nicol	1.36.32
685	Nigel Powell	1.37.48
797	Carole Harrison	1.39.44
971	Mike Jones	1.42.28
1009	Chris Bostock	1.43.07
1046	Tom Lavin	1.43.45
1075	Edward Jackson	1.44.18
1269	Lynne Nichol	1.47.17
1494	Derek Walton	1.50.15
2259	Hugh McKenna	1.59.33
2584	Maggie Jones	2.03.46

Full results, including "chip times":

<http://www.tdl.ltd.uk>

North of England Road Relays

The Northern men's 12-stage and women's 6-stage road relays took place at Catterick Garrison, North Yorkshire on Sunday 20th March. Altrincham fielded just one men's team this year and finished in 17th place behind the winners Morpeth.

from Adrian Fuller

Congratulations to all the lads who ran in the Northern 12-stage relay at Catterick Garrison where we finished 17th team overall and have secured qualification for the National 12-stage at Sutton Park on Saturday 9th April.

I think special congratulations must go to Ryan Hession who doesn't normally race over more than 200 metres who travelled at very short notice and got round, which meant we were able to complete a team and definitely entered into the road running spirit!

In the absence of the Dave Attwell Mars Bar, I think that my run of the day has to go to James Reed who again pulled it out of the bag and showed that he is a great talent.

Also a huge thank you to Mike Welford for driving the minibus and to our travelling support of Alan Hardman and Alan Barlow and our travelling reserve Jeff Norman.

Whether you ran or not please indicate your availability for the National, as I fear I may struggle to get a team out. If you are able to go please offer your services, the National 12-stage is awesome! Many thanks again to all who travelled today

Adrian

Leg		Time	Position	Leg		Time	Position
1	Dave Norman	22.45	9	2	Andy Whittingham	13.06	12
3	Peter Abraham	26.54	19	4	Michael Berks	12.49	19
5	Andy Norman	22.46	15	6	Toby Percival	14.06	16
7	James Reed	22.55	13	8	Dominic Scott	14.02	14
9	Stuart Heaton	26.11	16	10	Ryan Hession	16.16	17
11	Tom Bush	25.24	17	12	Adrian Fuller	13.14	17
ADAC						3.50.18	17

Full results: <http://www.race-results.co.uk/results/2011/n1211.pdf>

Dentdale Run - 12th March

Dave Norman (aka Spiderman) won this hilly 14.3 mile road race during Matt Barnes' Stag Weekend. Here he is on left of the group which also includes Nick Leigh, Andy Norman and Matt Barnes.

Dave's report: <http://www.runnerslife.co.uk/dave-norman/race/dentdale-143-mile/316>



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 7th April the run will be from the Boar's Head at Higher Poynton.

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

On Thursday 14th April the run will be organised by Alan Barlow, starting from the car park on Brabyns Brow above The Midland at Marple Bridge at 7pm. Meal in the The Midland at 8.45pm.

www.midlandmarplebridge.co.uk

This run is a week earlier than was originally planned to avoid the Easter holiday period.

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
Kittleshulme	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

Club Championship Leader



Shaun Jackson

*pictured at
Cloud Nine*

		Points	Races
1	Shaun Jackson	68	4
2	Craig Partridge	53	4
3	Alan Williams	40	4
=	Ken Burgess	40	3
5	John Stockdale	37	2
=	Bruce Owen	37	2
7	Peter Abraham	35	2
8	Tim Raffle	31	2
9	Colin Davies	28	3
=	Sandra Lewis	28	2
11	Ann-Marie Jones	20	2
=	Tom Bush	20	1
13	Olivia Walwyn	18	1
14	Neil Walker	16	1
15	Martin Crosby	14	1
=	Bob Buckley	14	1
=	Matt Billingham	14	1
18	Lynne Nichol	12	1
=	Adrian Fuller	12	1
20	Bruce Humphrey	11	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

Cloud Nine - 6th March

The fourth race in the club fell running championship saw a record turnout of Altrincham runners and some excellent performances. As last year both team prizes went to ADAC and three of our runners were in the top twenty of a field of over 400 runners.

Tom Bush had an outstanding run to finish sixth and was well backed up by Peter Abraham in 18th place and Neil Walker in 23rd to claim the men's team prize. Olivia Walwyn was first lady and eighth overall, breaking her own course record, finishing in 58.53, some 22 seconds faster than she ran in last year's race and 10 seconds faster than when she set the course record in 2009.

Olivia was well backed up by excellent runs from Sandra Lewis and Ann-Marie Jones to win the ladies' team prize.

Further prizes went to Ken Burgess, first over 65, and Ann-Marie Jones, first lady over 55.

In addition the race incorporated the Cheshire Fell Championships and the ladies' gold medal went to Olivia and the bronze to Ann-Marie.

Ann-Marie was also presented with the veteran ladies' gold medal.

The 427 runners enjoyed a cold, sunny morning and last year's winner Simon Bailey of Mercia won once again, finishing in 54.03, nearly two minutes outside the record he set last year.

Full results: <http://www.congleton-harriers.co.uk/Cloud%20%202011%20Results.pdf>

6	Tom Bush	58.43
8	Olivia Walwyn	58.53
18	Peter Abraham	1.02.05
23	Neil Walker	1.02.32
36	Shaun Jackson	1.05.35
42	Matt Billingham	1.06.24
47	Tim Raffle	1.06.45
54	Adrian Fuller	1.07.32
63	Bruce Humphrey	1.07.55
69	Sandra Lewis	1.08.24
120	Ken Burgess	1.13.15
121	Andrew Barton	1.13.22
146	Craig Partridge	1.15.01
148	Ann-Marie Jones	1.15.13
186	Mike Jones	1.17.49
192	Alan Williams	1.18.17
195	Laura Bostock	1.18.23
256	Colin Davies	1.22.52
380	Maggie Jones	1.36.34
399	Jean Dolan	1.40.18
406	Julie Ryan	1.42.54
416	Jenny Raffle	1.45.15



Sandra Lewis on Bosley Cloud



Ken Burgess leads a group over the summit

Pictures by Stephen Jones

Pictures on this page by Bryan Dale
www.racephotos.org.uk
More on next page

Simon Bailey of Mercia leads over the summit of Bosley Cloud with ADAC's cameraman Stephen Jones struggling to keep up!



Bryan Dale



Matt Billingham



Bruce Humphrey leads Tim Raffle and Shaun Jackson over Bosley Cloud



Tom Bush with Olivia Walwyn in the background



Tim Raffle



Adrian Fuller



Peter Abraham



Neil Walker



Andrew Barton



Jean Dolan



Maggie Jones



Jenny Raffle



Mike Jones



Laura Bostock



Alan Williams



Colin Davies



Craig Partridge



Ann-Marie Jones

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

April	
Fri/Sun 1st/3rd	Lakes Training Weekend, Newlands Valley, Stair near Keswick
Tue 5 th	6 x 1200m with 2min jog recovery or, for London marathon, 3 x 800m with 4min jog recovery
Thu 7 th	Group Fell Run – Boar’s Head, Higher Poynton
Tue 12 th	24 x 200m with reducing recoveries by 5 seconds after every 4 th effort First 4 recoveries 40 seconds, final recoveries 15 seconds or, for London marathon, 8 x 300m at 85% effort with 3min jog recovery
Thu 14 th	Group Fell Run – The Midland, Marple Bridge
Sun 17th	Cheshire Track & Field League – Widnes
	London Marathon
Tue 19 th	1 x 1600m – 2 x 1200m – 2 x 800m – 2 x 400m each with 2 min jog recovery
Fri 22nd	Club Championship Road Race – Salford 10K
Sat 23rd	Club Championship Fell Race – Anniversary Waltz (11.5 mile/3600ft.)
Tue 26 th	4 x 1000m each with 5 min walk & jog recovery NOTE! This session is followed by the Club AGM at Timperley Taverners
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
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)
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.

Future Events

Sat 4th June	Hollins Green 5K	4.30pm start
Sat 4th June	Northern Track & Field League	Warrington
Thu 9th June	Bowdon 5K	7.15pm start
Fri 17th June	Dunham Park 5K	7.15pm start

Don Nichol

Track & Field Fixture 2011 --- March - June

			U9	U11	U13	U15	U17	U20	Sen
MARCH									
Sat	5th) Northern & England Athletics U15/U17	EIS Sheffield			X	X		
Sun	6th) Indoor Combined Events Champs	EIS Sheffield			X	X		
Sun	13th	Winter Warm-up Meeting	Stanley Park, Blackpool	X	X	X	X	&	X
Sun	13th	Combined Events Development Day	Sport City			X	X	X	X
APRIL									
Sun	10th	Wigan Spring Meeting	Robin Park Wigan	X	X	X	X	&	X
Sun	10th	Trafford Open Medal Meeting	Longford Park, Stretford		X	X			
Thu	14th	Timperley Track Meeting	Timperley	X	X	X	X	X	X
Sat	16th	Deeside Young Athletes Open Meeting	Deeside College Stadium		X	X	X		
Sun	17th	Cheshire League	Widnes		X	X	X	#	& X
Mon	25th	Trafford Open Medal Meeting	Longford Park, Stretford		X	X	X		
MAY									
Mon	2nd	Trafford Open Medal Meeting	Longford Park, Stretford		X	X	X		
Tue	3rd	Trafford Grand Prix	Longford Park, Stretford				P	X	X X
Wed	4th	Year 8-13 Trafford Schools Trials	Longford Park, Stretford				X	X	X
Sat	7th	Northern League	Ellesmere Port					&	& X
Sun	8th	Young Athletes League	Clayton-le-Moor			X	X	X	
Wed	11th	Year 10 & 11 Trafford Schools Champs	Longford Park, Stretford					X	
Thu	12th	Timperley Field Meeting	Timperley	X	X	X	X	X	X
Sat	14th	G/Mcr & Cheshire County T&F Champs	Longford Park		X	X	X	X	X
Sun	15th	G/Mcr & Cheshire County T&F Champs	Longford Park		X	X	X	X	X
Tue	17th	Trafford Grand Prix	Longford Park, Stretford				P	X	X X
Sun	22nd	Young Athletes League	Salford			X	X	X	
Mon	30th	Trafford Open Medal Meeting	Longford Park, Stretford		X	X	X		
Tue	31st	Trafford Grand Prix	Longford Park, Stretford				P	X	X X
JUNE									
Sat	4th	Northern League	Warrington					&	& X
Sun	5th	Young Athletes League	Longford Park			X	X	X	
Wed	8th	Primary & Year 7 Quadkids tournaments	Longford Park, Stretford						
Sat	11th	Gtr Mcr Schools T&F Championships	Longford Park				X	X	X
Sat	11th	Cheshire Schools T&F Championships	TBA				X	X	X
Tue	14th	Trafford Grand Prix	Longford Park, Stretford.				P	X	X X
Wed	15th	Year 8 & 9 Girls Trafford Schools Champs	Longford Park, Stretford.				X		
Thu	16th	Timperley Track Meeting	Timperley	X	X	X	X	X	X
Sat	18th	Northern Athletics U20 / Sen Champs	Sportcity, Manchester					X	X
Sun	19th	Northern Athletics U20 / Sen Champs	Sportcity, Manchester					X	X
Sun	19th	Young Athletes League	Woodbank Park			X	X	X	
Wed	22nd	Year 8 & 9 Boys Trafford Schools Champs	Longford Park, Stretford.				X		
Sat	25th	ADAC 50th Anniversary Junior Celebrations	Timperley	X	X	X	X	X	X
Sun	26th	Cheshire League	Macclesfield		X	X	X	#	# X
Tue	28th	Trafford Grand Prix - Distance & Throws	Longford Park, Stretford.				P	X	X X

League matches and important championships are shown in bold type.

Please try and keep these dates free.

X denotes event for this age group.

denotes girls in this age group will compete as seniors.

& denotes athletes in this group will compete as seniors.

P 800m & 1500m elite U15 athletes only - pre-entry.

Track & Field Fixture 2011 --- July - September

			U9	U11	U13	U15	U17	U20	Sen
JULY									
Fri	1st	English Schools Championships	Gateshead			X	X	X	
Sat	2nd	English Schools Championships	Gateshead			X	X	X	
Sun	3rd	Northern League	Longford Park				&	&	X
Tue	5th	Trafford Grand Prix - Sprints, Hurdles, Jumps	Longford Park, Stretford			X	X	X	X
Thu	7th	Timperley Field Meeting	Timperley	X	X	X	X	X	X
Tue	12th	Trafford Grand Prix - Distance & Throws only	Longford Park, Stretford			P	X	X	X
Sat	16th	England Athletics Senior Championships	Bedford						x
Sun	17th	England Athletics Senior Championships	Bedford						x
Tue	19th	Trafford Grand Prix - Sprints, Hurdles, Jumps	Longford Park, Stretford.			X	X	X	X
Tue	26th	Trafford Grand Prix - Distance & Throws only	Longford Park, Stretford			P	X	X	X
Sat	30th	Northern Inter Counties Championships	Leigh						
Sun	31st	Cheshire League	Bury TBC	X	X	X	#	#	X
AUG									
Tue	2nd	Trafford Grand Prix - Sprints, Hurdles, Jumps	Longford Park, Stretford			X	X	X	X
Sat	6th	Northern U15 & U17 Championships	Cudworth			X	X		
Sun	7th	Northern U15 & U17 Championships	Cudworth			X	X		
Tue	9th	Trafford Grand Prix - Distance & Throws only	Longford Park, Stretford.			P	X	X	X
Thu	11th	Timperley Field Meeting	Timperley	X	X	X	X	X	X
Sat	13th	England Ath U15/U17 T&F Comb Events	Stoke			X	X		
Sun	14th	England Ath U15/U17 T&F Comb Events	Stoke			X	X		
Sun	14th	Northern League	Longford Park				&	&	X
Tue	16th	Trafford Grand Prix - Sprints, Hurdles, Jumps	Longford Park, Stretford			X	X	X	X
Sat	20th	England Ath U15/U17 T & F Champs	Bedford			X	X		
Sun	21st	England Ath U15/U17 T & F Champs	Bedford			X	X		
Tue	23rd	Trafford Grand Prix	Longford Park, Stretford			P	X	X	X
Sun	28th	Stan Hailes Trophy Meeting	Timperley	X	X	X	X	X	X
Mon	29th	Trafford Open Medal Meeting	Longford Park, Stretford	X	X	X			
SEPT									
Sun	4th	Cheshire League	Ellesmere Port	X	X	X	#	#	X
Tue	6th	Trafford Grand Prix	Longford Park, Stretford			P	X	X	X
Sun	11th	Junior Multi Events Championships	Macclesfield	X	X	X	X		

League matches and important championships are shown in bold type.

Please try and keep these dates free.

x denotes event for this age group.

denotes girls in this age group will compete as seniors.

& denotes athletes in this group will compete as seniors.

P 800m & 1500m elite U15 athletes only - pre-entry.

John Snape

0161 980 6789

07876 775704

john.snape100@virgin.net

50th Anniversary Dinner

Thank you to everyone who has purchased a ticket for the above event. To date we now have well over 50 attendees for what promises to be a memorable night! If you have not signed up yet please book your place as soon as possible to avoid missing out!

Tickets are £25 and include a three course meal and a DJ for a spot of dancing later on. We also have a private bar within the Burlington Suite. Dress is 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 to my home address 23 Chelburn Court, Stockport, Cheshire, SK3 8EN or wired direct to my bank account (details upon request).

Neil Walker

Timperley Taverners Club

Following the Christmas Handicap presentations at the Timperley Taverners Club in December it was brought to the committee's attention that considerable damage had been caused to the toilet facilities and the function room had been left in a mess.

On behalf of the committee, secretary Andrew Whittingham sent a letter of apology in which he said, *"We value the relationship that we have developed with your establishment over the years, and are deeply embarrassed at the lack of respect shown by certain individuals associated with our club."*

The committee also offered to *"reimburse them for any costs incurred as a direct result of our misuse of the facilities"* and promised that we would *"do all in our power to ensure that there is no repeat of this regrettable event."*

We have received a response from Timperley Taverners in which they say that they appreciate the concern that we expressed in our letter of apology and say that they too value the good relations they have with us.

They wish to continue to support our activities and ask that we closely supervise any further functions that we organise there.

With regard to our offer of reimbursement of costs they pointed out that the repairs were effected by bar managers Ron Smith and Jayne Blackshaw in their own free time.

Both Ron and Jayne have actively supported the charity 'Help for Heroes' so the committee agreed to make a donation of £100 to this charity.

North Cheshire 5K Grand Prix Series

organised by
ADAC & Spectrum Striders

The races and dates for this year's series are as follows:

Race 1	Dunham Massey Park (1)	Friday 27th May at 7.15pm
Race 2	Hollins Green	Saturday 4th June at 4.30pm
Race 3	Bowdon	Thursday 9th June at 7.15pm
Race 4	Dunham Massey Park (2)	Friday 17th June at 7.15pm
Race 5	Lymm	Saturday 25th June at 4.30pm

Full details and entry forms are available via the ADAC website www.altrincham-athletics.co.uk as well as John Schofield's site www.ukresults.net.

Please note that we have a limit of 300 runners for both Dunham and Bowdon, so if you are planning to do the series, or wish to enter either of these as individual entries, you should pre-enter as there will be no entries on the day.

Mansel Pope will soon be making an appeal for marshals, so please make a note of these dates in your diary. We realise that the Bowdon race is the day before the start of the Welsh Castles relay, where we have a team entered, which means some of you who help out may be involved in the relay. If you are free please endeavour to help marshal as this is the one race which really does need quite a number of marshals.

All Our Yesterdays

The photograph on the back page of March PawPrints was supplied by Jeff Norman and is of the ADAC Cross Country Team who were Cheshire Cross Country Champions at Winsford in 1977.



(1) Alan Hardman (not in results), (2) Alan Key (not in results), (3) Ken Thompson (128th), (4) Roy Gresty (32nd), (5) Ian Morton, (6) Barry Chapman (126th), (7) Andy Morley (9th), (8) Derek Walton (30th), (9) Dave Blyth (89th), (10) Pete Finnegan (not in results), (11) Alan Blinston (2nd), (12) Neil Hindle (63rd), (13) Roy Morris (5th), (14) Rick Bond (99th), (15) Jeff Norman (10th), (16) Jack Roberts (not in results), (17) Dave Attwell (36th), (18) Alan Rydout (195th), (19) Irvin Coombs (129th), (20) Gavin Burns (117th).

The first completely correct answer was received from Derek Walton - Well done Derek!

Long Serving Members

At the Club's 50th Anniversary Dinner at the Cresta Court on May 7th a presentation will be made to founder member Alan Hardman in recognition of his 50 years service to the club. In addition, four other members will be presented with certificates for completing 25 years at the club. They are Jayne Knowles, Peter Hyde, Don Callander and Colin Davies who all joined in 1986. There are now 36 members who have completed 25 years with the club, in addition to Bernard Blow and Bob Tarry who have sadly passed away.

Alan Hardman	1961	Martin Crosby	1977	Robin Wignall	1983
Jeff Norman	1962	Mike Brooks	1977	John Snape	1984
Barry Chapman	1962	John Dwyer	1979	Ewart Lockton	1984
Alan Blinston	1962	Alan Barlow	1980	Peter Baxter	1984
Derek Walton	1964	Jay Wilkie	1981	Peter Pickwell	1984
Dave Attwell	1966	Ken Burgess	1982	Richard Rose	1984
Alan Rydout	1969	Bob Whittaker	1982	Malcolm Schofield	1984
Rick Bond	1969	Bob Tarry	1982	Ann-Marie Jones	1984
Gavin Burns	1972	Lynne Nichol	1982	Jean Jones	1984
Don Nichol	1974	Robbie McCall	1983	Colin Davies	1986
Phil Nichol	1974	Anne Pugh	1983	Jayne Knowles	1986
Irvin Coombs	1974	John Paterson	1983	Peter Hyde	1986
Bernard Blow	1976			Don Callander	1986

Dates for your diary in 2011

April 26th	Club AGM 8.30pm after training, at Timperley Taverners.
May 7th	ADAC 50th Anniversary Dinner at the Cresta Court Hotel, Altrincham. (£25 per person to Neil Walker as soon as possible)
June 11/12th	Welsh Castles Relay. Caernarfon to Cardiff.
June 25th	ADAC 50th Anniversary Junior Celebrations at Timperley Track

Annual Subscriptions

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

Seniors	£35.00	Cheques payable to: Altrincham & District AC
Juniors*	£15.00	
Senior citizens	£15.00	
Social members	£15.00	

**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.

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