



Pawprints

The Newsletter of Altrincham
and District Athletic Club



OCTOBER 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.

ALTRINCHAM & DISTRICT A.C. 50 YEARS 1961 - 2011

Club Mile Championships

These were held at Timperley Track on Tuesday 13th September and were expertly organised by John Snape. Thanks to John and all those who helped with the timekeeping and organisation. Thanks also to Alan Hardman and Rose Nichol for laying on a magnificent barbecue for everyone. The club champion for 2011 is Ryan Ganose whilst the fastest senior lady was Sandra Lewis.

Ryan Ganose



Club Mile Champion 2011

Full results on pages 2 & 3

Club Parlaufs

These will be held at Timperley Track on Tuesday 4th October.
Each runner in a team of two runs 200m twelve times, jogging across the track in between.

November Pawprints

Please send material for next month's Pawprints to Colin Davies: colin@d928.fsnet.co.uk
by Thursday 27th October. Articles, reports, results, news, and photos gratefully accepted.

Altrincham & District Athletic Club Mile Championships

Tuesday 13th September - Timperley Track

In the first race Olivia Percival set a new club record of 8m 31.2s in the U8 Female age group and Carl Smith set a club record of 7m 02.9s in the U9 Male age group, beating Ryan Ganose's time of 7m 13.13s set in 2002. Ryan responded by setting a personal best of 4m 48.9s and winning the championship race with Adam Simms also going under 5 minutes. Dave Attwell set a new men's over 70 club record of 7m 04.1s, beating Alan Hardman's time of 7m 38.32s set in 2002.

Race 1

Position	Name	Time	Age	Gender
1 st	Carl Smith	7m 02.9s	U9	M
2 nd	Alice Dale	7m 39.0s	U9	F
3 rd	Fraser Birchall	7m 55.0s	U9	M
4 th	James Senkiw	8m 17.4s	U9	M
5 th	Tyler Sykes	8m 19.7s	U8	M
6 th	Olivia Percival	8m 31.2s	U8	F
7 th	Toby Allen	9m 00.1s	U9	M
8 th	Connor Taylor	9m 03.2s	U9	M
9 th	Joel Paxman	9m 13.9s	U9	M
10 th	Erin Tighe	9m 25.4s	U9	F
11 th	Cameron Armitage	9m 54.7s	U9	M

Race 2

Position	Name	Time	Age	Gender
1 st	Clark Smith	6m 23.0s	U11	M
2 nd	Zac Fenton	7m 06.1s	U11	M
3 rd	Tara Burns	7m 11.6s	U11	F
4 th	Jessica Richardson	7m 16.5s	U10	F
5 th	Eleanor Heathcock	7m 36.6s	U11	F
6 th	Imogen O'Mahoney	7m 44.8s	U10	F
7 th	Riana Finnigan	7m 53.0s	U11	F
8 th	Emma Crawford	7m 55.6s	U10	F
9 th	Olivia Ogradniczek	8m 58.1s	U10	F
10 th	Isobel Bennett	9m 06.9s	U10	F
11 th	Kathryn Brown	9m 56.6s	U10	F
12 th	Katty Argirakis	9m 57.9s	U11	F
13 th	Lucy Haywood	9m 58.2s	U11	F
14 th	Effie Argirakis	9m 58.7s	U11	F
15 th	Bella Argirakis	10m 10.5s	U10	F

Race 3

Position	Name	Time	Age	Gender
1 st	Oliver Stevenson	5m 49.4s	U12	M
2 nd	Chayce Smith	6m 03.0s	U12	F
3 rd	Sufyaan Niazi	6m 16.3s	U15	M
4 th	Georgia Percival	7m 20.4s	U13	F
5 th	Reece Bell	7m 39.0s	U13	M
6 th	George Gibbons	7m 40.3s	U12	M
7 th	Maddie Freeman	8m 20.1s	U13	F
8 th	Katy O'Rourke	9m 27.4s	U13	F
9 th	Laura Crawford	10m 47.6s	U13	F
10 th	Emily Lawrenson	10m 48.1s	U13	F
11 th	Nathan Dean	11m 12.4s	U14	M

Race 4

Position	Name	Time	Age	Gender
1 st	Christie Johnson	6m 00.1s	Senior	M
2 nd	Steve Renny	6m 02.1s	V40	M
3 rd	George Raffle	6m 05.4s	U16	M
4 th	Sandra Lewis	6m 05.9s	V35	F
5 th	Sophie Preece	6m 06.5s	U17	F
6 th	Cliff Whiston	6m 06.9s	V45	M
7 th	Alice Welch	6m 24.2s	V35	F
8 th	Tom Lavin	6m 25.5s	V50	M
9 th	Ken Burgess	6m 40.9s	V65	M
10 th	Colin Davies	6m 42.3s	V60	M
11 th	Mike Jones	6m 44.0s	V55	M
12 th	Dave Attwell	7m 04.1s	V70	M
13 th	Sana Niazi	7m 53.6s	V50	M

Race 5

1 st	Ryan Ganose	4m 48.9s	U18	M
2 nd	Adam Simms	4m 58.1s	U20	M
3 rd	Andrew Whittingham	5m 02.5s	Senior	M
4 th	Josh Morse	5m 12.6s	U18	M
5 th	Josh Smith	5m 15.1s	U18	M
6 th	Toby Percival	5m 21.7s	Senior	M
7 th	Peter Abraham	5m 38.0s	V35	M

Road Running

Club Road Racing Championship 2011

Race 15 Langley 7

Saturday 5th November

[http://www.mh.k313.com/mh/index.php?](http://www.mh.k313.com/mh/index.php?op-)

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[tion=com_content&task=view&id=364&Itemid=71](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?](http://www.stockportharriers.com/index.php?q=club-races)

[q=club-races](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**

Peter Abraham leads the championship from Toby Percival and Ken Burgess. Bev Ganose in fourth place leads Alison Vesey and Carole Harrison in the race for the ladies' title. The points from the Macclesfield Half Marathon have not yet been included.

		Points	Races			Points	Races
1	Peter Abraham	228	7*	28	Alan Barlow	58	2
2	Toby Percival	217	8*	30	Nigel Powell	51	2
3	Ken Burgess	200	6	31	Chris Bostock	50	2
4	Bev Ganose	193	6	32	Lynne Nichol	47	2
5	Derek Walton	184	7*	33	Paul Anderson	40	1
6	Tom Lavin	178	6	=	Simon Marwood	40	1
7	Alison Vesey	159	5	35	Nick Leigh	38	1
8	Damian Utton	157	5	=	Graham Mairs	38	1
9	Colin Banno-Thornton	149	4	37	Scott Jarvis	37	1
10	Dave Attwell	147	5	38	Bill Egan	36	1
11	Carole Harrison	123	4	39	Rob Armstrong	35	1
12	Dave Norman	120	3	40	Michael Berks	34	1
=	Andrew Whittingham	120	3	41	Ryan Ganose	32	1
14	Mansel Pope	115	4	42	Michael Stuart	31	1
15	Dave Carrington	112	3	=	Andrew Barton	31	1
16	Adrian Fuller	109	3	=	Neil Walker	31	1
17	Mark Norton	108	3	45	Gill Keeble	30	1
18	Duncan Wilson	107	3	46	Keith Fletcher	29	1
19	Matt Billingham	103	3	=	Anne Pugh	29	1
20	Sandra Lewis	95	3	48	Margaret Leech	26	1
21	Mike Jones	92	3	49	Erin Stevenson	25	1
22	Tom Bush	78	2	=	Alan Rydout	25	1
23	Stuart Heaton	76	2	51	Laura Bostock	24	1
24	Olivia Walwyn	74	2	52	Stephen Nicol	23	1
=	Adam Simms	74	2	53	Edward Jackson	17	1
26	Dave Livingstone	70	2	54	Hugh McKenna	14	1
=	Alan Williams	70	2	55	Maggie Jones	13	1
28	Chloe Smith	58	2				

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. **During the autumn and winter months head torches are advisable.**

On Thursday 6th October the run will be from the Beehive in 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

On Thursday 20th October the run will be from the Miners Arms in 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

Club Fell Running Championship 2011

After 14 races in the club championship Tom Bush leads from Shaun Jackson with Olivia Bush, in third place, the leading lady. Four championship races remain with Windgather, the final race in the Goyt Valley Series, in October followed by the tough Tour of Pendle from Barley village in November. The Famous Grouse at the end of November and the Gravy Pud in December complete the year.

		Points	Races			Points	Races
1	Tom Bush	120	8*	19	Peter Abraham	35	2
2	Shaun Jackson	112	10*	=	John Noblett	35	2
3	Olivia Bush	108	6	21	Neil Walker	33	2
4	Bruce Humphrey	100	8*	22	Catherine Elliott	29	3
5	Craig Partridge	91	10*	23	Alan Barlow	24	3
6	Ann-Marie Jones	89	7*	24	Rachel Thackray	23	2
7	Andrew Barton	82	7*	25	Jenny Raffle	18	3
8	Colin Davies	78	9*	26	Stephen Jones	17	2
9	Mike Jones	76	7*	=	Maggie Jones	17	3
10	Ken Burgess	69	5	28	Jeff Norman	16	1
11	Alan Williams	67	6	29	Martin Crosby	14	1
12	Tim Raffle	65	4	=	Matt Billingham	14	1
13	Bruce Owen	53	3	31	Robin Wignall	12	1
14	Bev Ganose	48	4	=	Lynne Nichol	12	1
15	Sandra Lewis	42	3	=	Adrian Fuller	12	1
16	John Stockdale	37	2	34	Tom Lavin	11	1
=	Bob Buckley	37	3	35	Jean Dolan	7	2
18	Colin Banno-Thornton	36	2	36	Laura Bostock	3	1

Remaining races:

15. Windgather	Sun Oct 9	11.00am	17. Famous Grouse	Sun Nov 27	11.00am
16. Tour of Pendle	Sat Nov 19	10.30am	18. Gravy Pud	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

Poachers, Bollington - Navigation Event

The Thursday night run on 1st September was organised by Craig Partridge at Bollington and took the form of a navigation event in which the runners, with a pre-printed map, had to find their way around a 10K route and answer questions at 8 marked checkpoints.

We all managed to squeeze into the Poachers for a meal afterwards which culminated in the singing of "Happy Birthday" to Craig and the devouring of a splendid birthday cake baked by Bev Ganose.

6 Mile Course			
Name	Actual Time	Age/Sex Adjusted Time	Position
Ann-Marie Jones	1:33:40	1:13:32	6th
Stephen Jones	1:33:40	1:13:22	4th
Bev Ganose	1:21:30	1:14:08	7th
Bob Buckley	1:21:30	1:06:07	2nd
Colin Davies	1:21:20	1:04:50	1st
Catherine Elliott	1:21:20	1:19:04	9th
Geoff Gilbert	1:53:00	1:31:41	12th
Jeff Norman	1:53:00	1:26:06	11th
Robin Wignall	1:44:20	1:18:46	8th
Bruce Owen	1:13:50	1:06:39	3rd
Andrew Barton	1:20:24	1:20:24	10th
Ricky Wilde	1:35:30	1:13:27	5th
Bruce Humphrey	1:23:10	n/a	Disqualified
Shaun Jackson	1:02:30	n/a	Disqualified
4 Mile Course			
Alan Barlow	1:02:15	0:48:19	1st

Craig's report

It was a cool and sunny evening on the 1st September (perhaps the last of the summer) and with a deferential nod to my birthday, I had decided to organise a low-key navigation fell event starting from the Poacher's Inn near Bollington.

Numerous check-points were scattered over an area to the east of the White Nancy, with runners expected to answer a simple question at each. Every runner was timed and there were two courses, one 6 miles and one 4 miles. So that everybody had a chance of winning, I decided to recalculate all of the times according to age and sex, using data from the World Masters Website.

Sadly, there were a couple of disqualifications: Shaun Jackson broke the stated rules by running over private land and missed a whole check point, and Bruce Humphrey, who disappeared for 90 minutes and returned with only three of the eight questions answered.

Alan Barlow came first in the short course by quite a margin, probably because he was the only runner who chose that category. This means he also came last. Either way, he won a bottle of wine. The fastest actual time for the longer course was provided by Bruce Owen, who navigated brilliantly with a route selection that ensured he climbed no higher than was needed. Andrew Barton wasn't far behind and there were good individual runs from Robin Wignall and the legendary Ricky Wilde.

There were some pairings. Ann-Marie and Stephen Jones teamed up to complete the course easily. Bob Buckley and Bev Ganose ran well, posting a suspiciously similar time to Colin Davies with Catherine Elliott. Allegations of collusion are being investigated.

The visually impaired coupling of Geoff Gilbert and Jeff Norman ran into difficulties after sunset, and continued well after dark, the pair getting back with completed cards just in time for last orders.

Two races in a day - Sunday 11th September

by Sandra Lewis

Sunday 11 September saw the start of a new fell race, Coombes Tor. Surprisingly, it was on the same day as the Padfield Plum Fair Scamper, which was only 5 miles away. However, with Coombes Tor in the morning and Padfield in the afternoon, this provided the setting for a foolhardy group of fell runners to attempt the double. In fact many of them also ran/cycled between the two races and some even took part in a 150m (1 in 4) 25kg coal sack race afterwards.

As Clive (running for Todmorden, but second claim ADAC) and I are both recovering from injury we took the slightly easier option of driving between (and unfortunately(?) didn't hear about the coal sack race until later). As Clive had run Ilkley Incline and Hades Hill earlier in the week, he was also going for a pb of 4 fell races in 5 days. Anne-Marie joined us for the first race, although we couldn't talk her into the double, and John Stockdale also ran at Padfield.

Coombes Tor is 6.8 miles long, setting off from Rowarth. It was advertised as 1500ft, but apparently was actually more like 1000ft, and after a couple of climbs in the first half, it seemed more like a trail race, which suited me. I was happy to finish as second lady behind Claire Aspinhall of Pennine, with Clive close behind, and Anne Marie also ran well to finish as first FV50. We made the mistake of staying for the prize giving, which after the delayed race start, heavy traffic in Glossop and a road closure, saw us hotfooting it up to the registration at Padfield a quarter of an hour before the next race started. However, we weren't alone as some of the people running between races only just made it in time. Luckily the Padfield Plum race was only 5.5miles and 1050ft and after a long slog up the hill on tired legs in the first half it was more or less downhill to the finish.

Despite twisting an ankle, John Stockdale ran well to finish third, behind Chris Birchall of Leeds, who impressively won both races. I was surprised to pick up my second prize of the day, finishing as third lady behind Steph Curtis and Claire Aspinhall (who was 1st at the first, and 2nd at the second) of Pennine, and Clive wasn't far behind, although the effects of his fourth fell race were starting to catch up with him. A very enjoyable day, and hopefully they will keep the races on the same day in future as I can see the double/treble/quadruple becoming a popular option.

Sandra at Padfield



Coombes Tor

34	Sandra Lewis	58.18
36	Clive Greatorex	58.46
63	Ann-Marie Jones	63.39

Full results: <http://www.fellrunner.org.uk/results.php?id=1010>

John at Padfield



Padfield Plum Fair Scamper

3	John Stockdale	38.44
35	Sandra Lewis	48.01
47	Clive Greatorex	50.36

Full results: <http://www.fellrunner.org.uk/results.php?id=1015>

Lantern Pike - Saturday 17th September

The fourteenth race in this year's club championship was this excellent race at Little Hayfield where the course record is held by our good friend Rick Wilde who covered the 5 miles with 1050 feet of ascent in 29.12 as long ago as 1977.

Heavy blustery showers made it difficult for all the runners with very few managing to finish with their race numbers attached to their vests.

Shaun Jackson led the way home for Altrincham, claiming maximum points for the third time this year. With four races left he still has an outside chance of catching Tom Bush. Shaun was followed closely by John Noblett, Tim Raffle and Bruce Owen with a fast finishing Bruce Humphrey not far behind.

First Altrincham lady Sandra Lewis finished ahead of Andrew Barton, Craig Partridge and Mike Jones. Catherine Elliott worked hard to stay ahead of Maggie Jones, Alan Barlow and Jenny Raffle.

The race attracted a total of 198 runners and was won by Tristan Windley of Springfield Striders in 34.22 and veteran Liz Batt of Dark Peak was first lady in 40.23.

Full results: <http://www.fellrunner.org.uk/results.php?id=1014>

37	Shaun Jackson	40.48
42	John Noblett	41.12
52	Tim Raffle	42.04
56	Bruce Owen	42.26
59	Bruce Humphrey	42.48
71	Sandra Lewis	43.58
77	Andrew Barton	44.19
83	Craig Partridge	44.40
124	Mike Jones	48.16
172	Catherine Elliott	55.05
177	Maggie Jones	56.01
180	Alan Barlow	56.38
194	Jenny Raffle	61.27

Altrincham & District Schools Cross Country League

2011 meetings: 1st October, 15th October and 26th November.

First race 10 am.

The three meetings will be held at John Leigh Park, Oldfield Road, Altrincham.

If you have the time on the above Saturday mornings please offer your help!

We have to set the course up, marshal the races, administer the finish (i.e. timekeeping, tickets, etc) and leave the park in a tidy state. So if you can spare any time at all during these mornings, I would be very grateful. We start setting up the course around 8.30am and are usually finished by around 12.15pm.

My main area of concern is that for the past few years we've been a bit (well 'very' to be truthful) short of marshals for the actual races. The course setup I can live with, but I am quite worried that something may happen during one of the races and we won't have people on the spot to help out. The first four races, the primary schools, are the busiest and, as the kids are not allowed to wear spikes, the ones we really need to marshal well.

This event always reflects well on our club, so please help me to maintain this high standard.

Sorry for going on a bit - but race organising, as many of you well know, is very stressful and 'covering all the angles' really does take team work. Some parents can be a bit demanding.

Any queries, please do not hesitate to contact me on 07891 546 318 or 01625 560147.

Mark Jutrzenka (School Leagues Secretary)

Cross Country

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2011/2012 SEASON

MATCH 1* : SATURDAY 22ND OCTOBER 2011* [not for U11s]

Heaton Park, Manchester. Host Club: Manchester Harriers

MATCH 2 : SUNDAY 13TH NOVEMBER 2011

Sherdley Park, St Helens. Host Club: St Helens Sutton

MATCH 3 : SATURDAY 3RD DECEMBER 2011

Wythenshawe Park, Manchester. Host Club: Sale Harriers

MATCH 4 : SUNDAY 15TH JANUARY 2012

Woodbank Park, Stockport. Host Club: Stockport Harriers

MATCH 5 : SATURDAY 11TH FEBRUARY 2012

Clayton Vale, Manchester. Host Club: East Cheshire Harriers

START TIMES AND APPROXIMATE RACE DISTANCES

12 noon U11 GIRLS* - 2,200 metres

12:15 pm U11 BOYS* & U13 GIRLS - 2,400 metres

12.30 pm U13 BOYS & U15 GIRLS - 3,000 metres

12:50 pm U15 BOYS & U17 LADIES - 4,500 metres

1:20 pm U17 YOUTHS - 6,000 metres

1:40 pm SENIOR, U20 & VET LADIES - 8,000 metres *NB earlier start*

2:30 pm SENIOR, U20 & VET MEN - 9,600 metres

***N.B. U11 BOYS & U11 GIRLS WILL NOT RUN IN MATCH ONE.**

Will all athletes who wish to run please let ADAC Cross Country Coordinator Mike Jones know with Name, DOB and EA registration number. Please only enter if you are able to run as Altrincham pay for each athlete whether they run or not. Mike's email address is mikejones55@btinternet.com

SOUTH EAST LANCS CROSS COUNTRY LEAGUE - 2011/2012 SEASON

MATCH 1: SUNDAY 30TH OCTOBER CLAYTON VALE

MATCH 2: SATURDAY 19TH NOVEMBER HEATON PARK

MATCH 3: SATURDAY 10TH DECEMBER BOGGART HOLE CLOUGH

MATCH 4: SATURDAY 21ST JANUARY LEIGH SPORTS VILLAGE

START TIMES

1:00 pm U11 BOYS & GIRLS

1.10 pm U13 BOYS & GIRLS

1.20 pm U15 BOYS & GIRLS

1.35 pm U17 YOUTHS & INTERS

1.50 pm SENIOR LADIES - *NB later start*

2.30 pm SENIOR MEN

Please let Mike have Name, DOB and EA registration number if you intend to run. Athletes can enter on the day if not pre-entered. As with the Manchester League please only enter if you are able to run.

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

October	
Sat 1st	Altrincham & District Schools Cross Country League – John Leigh Park
	First Race 10.00 – Help needed to marshal the course
Tue 4th	Club Paarlaufts – All age groups: Relay teams of 2 athletes
Fri 7th to) Lakes Training Weekend
Sun 9th) Elterwater YHA
Sun 9th	Club Championship Fell Race – Windgather, Buxton – (13.5mile/2500ft)
Sun 9th	Chester Marathon
Tue 11th	Timperley Track 5 x 800m with 3 min jog recovery
Sat 15th	National Fell Relays – Kettlewell, North Yorkshire
Sat 15th	National 6 & 4 Stage Road Relays – Sutton Park, Birmingham
Sat 15th	Altrincham & District Schools Cross Country League – John Leigh Park
	Help still needed
Tue 18th	Timperley Track, <i>session on the grass</i> – 10 x 500m with 75 sec recovery
Sat 22nd	Manchester Area Cross Country League – Heaton Park, Manchester
Tue 25th	Timperley Track, <i>session on the grass</i> – 12 x 500m with 75 sec recovery
November	
Tue 1st	Timperley Track – 4 x 600m with 2 min recovery - 4 x 400m with 2min recovery - 2 x 300m with 2min recovery – 2 x 200m with 2min recovery 3 minutes jog recovery between sets
Sat 5th	Club Championship Road Race – Langley 7
Tue 8th	Timperley Track, <i>session the grass</i> – 5 x 1000m with 90 sec recovery
Sun 13th	Manchester Area Cross Country League – Sherdley Park, St Helens
Tue 15th	Timperley Track, <i>session on the grass</i> – 6 x 1000m with 90 sec recovery
Sat 19th	Club Championship Fell Race – Tour of Pendle, Barley – (16.8 mile/4830ft)
Tue 22nd	Timperley Track – 5 sets of 1 x 700m, 90 sec recovery followed by 1 x 300m 3min jog recovery between sets
Sat 26th	Altrincham & District Schools Cross Country League – John Leigh Park
	Help still needed
Sun 27th	Club Championship Fell Race – Famous Grouse – (5.2mile/1200ft)
Tue 29th	Timperley Track, <i>session on the grass</i> – 2 x 1500m - 3 x 1000m, each with 90 sec recovery
Future Events	
December	
Sat 3rd	Manchester Area Cross Country League – Wythenshawe Park
Sun 4th	Club Championship Fell Race – Gravy Pud, Tintwistle – (5mile/1000ft)
2012	
January	
Sun 15th	Manchester Area Cross Country League – Woodbank Park, Stockport
February	
Sat 11th	Manchester Area Cross Country League – Clayton Vale

Winter Fixture List - 2011/2012

Winter Fixture List - 2011/2012				
OCT				
Sat	1st	Altrincham & District Schools Cross Country	John Leigh Park	Schools
Sat	1st	Northern Cross Country Relay Champs	Sheffield	All age groups
Tue	4th	Club Paarlafs	Timperley Track	All age groups
Sat	8th	Trafford AC Schools Cross Country	Longford Park	Schools
Sat	8th	University Relays	Wythenshawe	Seniors
Sat	15th	Altrincham & District Schools Cross Country	John Leigh Park	Schools
Sat	15th	National Road Relays	Sutton Park	Seniors
Sun	16th	National Road Relays-Young Athletes	Sutton Park	Juniors
Sat	22nd	Manchester Area Cross Country League	Heaton Park	U13 to Senior
Sun	23rd	Greater Manchester Sports Hall League	Sportcity	U11, U13 & U15
Sun	30th	South East Lancs Cross Country League	Clayton Vale	U11 to Senior
NOV				
Sat	5th	National Cross Country Relays	Mansfield	All age groups
Sun	13th	Manchester Area Cross Country League	Sherdley Park	U11 to Senior
Sat	19th	Trafford AC Schools Cross Country	Longford Park	Schools
Sat	19th	South East Lancs Cross Country League	Heaton Park	U11 to Senior
Sat	19th	Northern Athletics Indoor Open Meeting	EIS Sheffield	All age groups
Sun	20th	Gtr Manchester Sports Hall League	Sportcity	U11, U13 & U15
Sat	26th	Altrincham & District Schools Cross Country	John Leigh Park	Schools
DEC				
Sat	3rd	Manchester Area Cross Country League	Wythenshawe Park	U11 to Senior
Sat	3rd	ESAA Schools Cup Final		
Sat	10th	Trafford AC Schools Cross Country	Longford Park	Schools
Sat	10th	South East Lancs Cross Country League	Boggart Hole Clough	U11 to Senior
Sun	11th	Greater Manchester Sports Hall League	Sportcity	U11, U13 & U15
Sat	17th	ADAC Cross Country Handicaps	John Leigh Park	All ages
Sat	17th	Northern Athletics Indoor Open Meeting	EIS Sheffield	All age groups
JAN				
Sat	7th	Gtr Man County Cross Country Champs	Woodbank Park	All ages
Sat	7th	Cheshire County Cross Country Champs	Winsford	All ages
Sat	7th) Northern / England Indoor	TBA	U20s & Seniors
Sun	8th) U20 & Senior Combined Events	TBA	U20s & Seniors
Sat	14th	Northern Athletics Indoor T & F Champs	NIA Sheffield	All age groups
Sun	15th	Manchester Area Cross Country League	Woodbank Park	U11 to Senior
Sat	21st	Trafford AC Schools Cross Country	Longford Park	Schools
Sat	21st	South East Lancs Cross Country League	TBA	U11 to Senior
Sun	22nd	Aviva Sports Hall Fun in Athletics	Sportcity	U11s
Sat	28th	Northern Athletics Cross Country Champs	Pontefract	All age groups
Sun	29th	Gtr Manchester Sports Hall County Champs	Sportcity	U11, U13 & U15
FEB				
Sat	4th	Gtr Man Schools Cross Country Champs	TBA	Years 7 to 13
Sat	4th	Northern Masters Indoor Open Meeting	EIS Sheffield	Masters
Sat	11th	Manchester Area Cross Country League	Clayton Vale	U11 to Senior
Sat	25th	English National Cross Country Champs	Parliament Hill	All age groups
Sat	25th	NW Regional Sports Hall Championships	Wigan	U13s & U15s.
MAR				
Sat	3rd	Trafford AC Schools Cross Country	Longford Park	Schools
Sat	10th) Northern / England Indoor U15 & U17	TBA	U15s & U17s.
Sun	11th) Combined Events Championships	TBA	U15s & U17s
Sun	11th	Trafford 10K	Partington	Over 16s
Sat	17th	English Schools Cross Country Champs	Taunton, Somerset	Schools
Sat	31st	Northern 12 & 6 stage Road Relay Champs	Sefton Park	Seniors
APR				
Sat	14th	National 12 & 6 stage Road Relay Champs	Sutton Park	Seniors

Age groups for Cross Country, Road Relays & Sports Hall as for T & F in 2011.
 For Indoor T & F, age groups for 2012 apply.
 Queries and amendments contact John Snape 0161 980 6789 or 07876775704.

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		

Joe Moran Memorial Veterans Meeting

formerly the Manchester Masters Games

from Barry Chapman

This meeting which incorporated the final Northern Vets Track & Field Meeting for 2011 took place at Sport City on Wednesday 7th September in atrocious weather conditions. Heavy non-stop rain, which eventually flooded the running track, combined with the cold strong wind made conditions for the competitors not very nice to say the least.

ADAC had two athletes competing on the night and John Harvey won his first ever gold medal when winning the over 60 men's 200 metres. He also collected a silver medal in the 100 metres.

I had quite a busy and successful evening, winning gold medals in the over 65 men's 100 metres, 200 metres, long jump and shot putt as well as picking up a silver medal in the javelin.

I will remember this track season mainly for the many times I was soaked to the skin, with the rain affecting most matches I took part in. Will we ever see hot dry summers again?

Full results: http://thepowerof10.info/resultsfiles/2011/55280_6002_12092011074409_2011JoeMoranResults.pdf

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

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.

Alternatively, you can pay by cheque, 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

Personal Trainer and Sports Massage Therapist and fitness trainer to the Manchester Mosquitoes Australian rules football club, undefeated in 2010 and Grand Final Champions.

Also trains running clubs at David Lloyd and Virgin Active Gyms. Mobile massage services.

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