



Pawprints

The Newsletter of Altrincham
and District Athletic Club



APRIL 2016

Club website www.altrincham-athletics.co.uk



Tom Lancashire sets a personal best of 28.56 in winning the Trafford 10K as an amazing 28 men finish under 30 minutes - Full details on page 3.

May Pawprints

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

Altrincham & District Athletic Club Annual General Meeting
at Timperley Sports Club
Tuesday 26th April at 8.15pm after training

Following on from the fantastic support everyone gave at the EGM which approved the changes to the club constitution, please come along to the AGM which is the next stage in the process.

This is your chance to really find out what's happening with your club plus have your say. Catch up with friends, enjoy a free drink and sandwiches post training.

We aim to focus on the issues that members will want to discuss, including the unveiling of a proposed new club vest and discussions about preferred payment methods for track fees.

We'll start the meeting with the presentation of the annual awards and trophies, followed by the election of the directors and (as a matter of procedure) re-elect all the committee posts as this is effectively a new club.

If you wish to stand for the committee please let any member of the current committee know. We are currently without an Officials Coordinator as well as a Track & Field Coordinator.

Section reports will be available in hard copy but will not be read out on the night.

Please don't leave it to other people, this is **your** club, come along and bring forward any issues. If possible table them to any committee member before the event.

We will be finishing with the opportunity for open discussion, questions and recommendations.

We look forward to seeing you all on the 26th April, put it in your diary now!

Awards for 2015 to be presented

Chadwick Trophy for the Best Track or Field Performance

Most Improved Athlete

Male Veteran of The Year

Female Veteran of The Year

U17 Girls' Trophy

U17 Youths' Trophy

Senior Ladies' Athlete of the Year

Senior Men's Athlete of the Year

Golden Horse Mile - Men's club mile champion

Alan Hardman Mile - Ladies' club mile champion

Rick Shelley Trophy for Best Field Event Performance

Male Road Race Champion

Female Road Race Champion

Male Fell Running Champion

Female Fell Running Champion

Alex McCracken Trophy - Junior Cross Country Award

Manchester Marathon Marshals Needed

We are still short of marshals for the Manchester Marathon on Sunday April 10th. We need a total of 45 and are still 12 short. Supplying marshals provides a good income stream for the club so please come forward and volunteer your services. Please contact either Fiona Cosgrove or Mansel Pope. Fiona Cosgrove: fiona.cosgrove@astrazeneca.com Mansel Pope: manselpope@hotmail.com We can then send you a link for the straightforward registration process.

Trafford 10K - Sunday 13th March

The Trafford 10K on Sunday 13th March confirmed its status as the premier 10K in the UK with an amazing 28 athletes finishing in under 30 minutes. Dave Norman had assembled an elite field which contained nearly all the leading British road runners. Great Britain international Tom Lancashire went under 29 minutes for the first time and nearly all the top 50 runners recorded personal bests. The ladies' winner was Juliet Potter of Charnwood AC in 33.50.

1	Tom Lancashire	Bolton United Harriers	28:56	PB
2	David Nilsson	Hogby, Sweden	29:01	PB
3	Mohammad Abu-Rezeq		29:09	PB
4	Graham Rush	Cheltenham Harriers	29:10	PB
5	Kevin Seaward	Cardiff AAC	29:12	PB
6	Andrew Davies	Stockport Harriers	29:13	PB
7	Joshua Grace	Aldershot Farnham & Dist	29:14	PB
8	Jack Morris	Stockport Harriers	29:18	PB
9	Richard Weir	Derby AC	29:21	PB
10	Toby Spencer	Coventry Godiva Harriers	29:22	PB
11	W Fikre Indelbu		29:24	PB
12	Luke Gunn	Derby AC	29:28	PB
13	Doug Musson	Notts AC	29:31	PB
14	Alastair Watson	Notts AC	29:32	PB
15	Jermaine Mays	Basingstoke & Mid Hants AC	29:37	SB
16	Owen Hind	Kent AC	29:40	PB
17	Fredrik Uhrbom	Sparvagen, Sweden	29:41	PB
18	Chris Olley	Tonbridge AC	29:42	PB
19	Alex Wall-Clarke	Southampton	29:42	PB
20	Ieuan Thomas	Cardiff AAC	29:44	PB
21	Berihu Hadera	Exmouth Harriers	29:45	PB
22	Michael Kallenberg	Cardiff AAC	29:46	PB
23	Jonathan Thewlis	Notts AC	29:49	PB
24	Alex O'Gorman	Stockport Harriers	29:54	PB
25	Jaimie Roden	Sale Harriers Manchester	29:54	PB
26	James Douglas	Border Harriers	29:57	PB
27	Stuart Robinson	Salford Harriers	29:59	PB
28	Tom Merson	Bristol & West AC	29:59	SB

		Chip	Gun
116	Mike Berks	33.01	33.02
128	Matt Kelly	33.17	33.18
211	Peter Abraham	36.00	36.03
224	Dan Martell	36.40	36.45
286	Mark Hunter	38.38	38.41
453	Christian Hunter	45.18	45.22
494	Colin Davies	47.00	47.08
543	Jane Nicholson	48.50	49.02
655	Diane Hunter	54.28	54.47
686	Hannah Hunter	56.20	56.38

There were 10 Altrincham runners in a field of more than 800 finishers. Mike Berks and Matt Kelly took advantage of the perfect conditions, both knocking more than a minute off their previous best times. Peter Abraham, less than 40 seconds outside his best, was followed home by another two Altrincham runners recording personal bests. Mark Hunter celebrated his last Trafford 10K before moving up to the V60 category by making a 10 second improvement whilst Dan Martell knocked almost two minutes off last year's time. Christian Hunter finished in just over 45 minutes, ahead of Colin Davies and Jane Nicholson, who ran a personal best despite her recent marathon in Seville. Diane Hunter ran 19 seconds quicker than she had done at the High Legh 10K a fortnight earlier with her daughter Hannah less than two minutes behind.

Full results: www.chiptiming.co.uk/results/?sport=1&year=2016&event=576&race=4416

Road Running

2016 Road Running Championship

These are the road running championship races for 2016. We have tried to make the races more local and would like as many club members as possible to compete in the championship. The more we can get out racing in an Altrincham vest, the better the club profile in the area will be. A change to the scoring system this year, to follow a similar system to the fell championship: We will have **8 Super Championship Races** highlighted in **bold** below and the scoring system will be your best 5 of these races count scoring 40, 39, 38, ...down to 1 point, for all other finishers. There will also be **12 Secondary Championship Races** with the best 6 of these races to count, scoring 20, 19, 18, ...down to 1 point for all other finishers.

- 1 Sun 3rd January - Reddish Vale Hit the Trail 5 miles: <http://www.bellevueracers.com/>
- 2 Sun 7th February - Alsager 5 miles: <http://www.race-results.co.uk/results/2016/>
- 3 Sun 28th February - Lostock 6: <http://www.lostockac.co.uk/lostock-6>
- 4 Sun 6th March - Ron Hill Accrington 10K: <http://cannonballevents.co.uk/ron-hill-accrington-10k/>
- 5 Fri 25th March - Salford 10K: <http://salfordharriers.co.uk/Salford-10km.htm>**
- 6 Sun 3rd April - Wilmslow Half Marathon: <http://www.race-results.co.uk/results/2016/>**
- 7 Thu 28th April - Mid Cheshire 5k <http://www.cutefruitevents.com/mid-cheshire-5k/4587287345>
- 8 Tue 3rd May - Mobberley Round the Runway 5 miles: <http://www.wilmslowrunningclub.org/>
- 9 Fri 20th May - Christleton 5K: <http://events.chestertri.org.uk/christleton-5k/>
- 10 Fri 3rd June - Birchwood Brook 5K: <http://spectrumstriders.org.uk/>
- 11 Wed 15th June - Bill Fox Round the Resers 5 miles: <http://www.race-results.co.uk/results/2016/>
- 12 Sun 19th June - Hollins Green 5K: <http://spectrumstriders.org.uk/>**
- 13 Sun 26th June - Colshaw Hall 10K: <http://www.cutefruitevents.com/colshaw-hall-10k>
- 14 Thu 30th June: 1st Sale Sizzler 5K: <http://www.ukresults.net/2016cal.html>**
- 15 Thu 28th July: 3rd Sale Sizzler 5K: <http://www.ukresults.net/2016cal.html>**
- 16 Sun 21st August - Birchwood 10K: <http://spectrumstriders.org.uk/>**
- 17 Sun 25th September - Macclesfield Half Marathon: <http://www.macc-half.co.uk/>
- 18 Sun 2nd October - Congleton Half Marathon <http://www.congleton-harriers.co.uk/half>**
- 19 Sun 20th November - Preston 10 miles: <http://www.prestonharriers.net/>
- 20 Sun 11th December - Stockport 10 miles <http://stk10.co.uk/>**

The above list is subject to change if race dates alter or get cancelled.

Any questions, comments or suggestions to Carole Harrison: caroleharrison65@yahoo.com

2016 Road Running Championship

After five races Dave Ainsworth leads the table ahead of Graham Harrison and Peter Pickwell. Carole Harrison leads current champion Bev Ganose and Lora Blann in the ladies' competition.

		Points	Races			Points	Races
1	Dave Ainsworth	75	3	11	Mike Berks	40	1
2	Graham Harrison	70	3	12	Steve Renny	39	1
3	Peter Pickwell	69	3	13	Jean-Paul Lebon	37	1
4	Colin Hammond	63	3	14	Lora Blann	36	1
5	Dave Telford	61	3	15	John Noblett	20	1
6	Alan Williams	58	3	16	Mark Norton	19	1
=	Carole Harrison	58	3	17	Ann-Marie Jones	16	1
8	David Hughes	58	2	18	Lockie Campbell	15	1
9	Colin Davies	51	3	19	Margaret Bullock	12	1
10	Bev Ganose	48	2	20	Tom Lavin	10	1
				21	Mike Jones	9	1

There are two club championship races in April:

Wilmslow Half Marathon - Sunday April 3rd - 10.30am



Mid Cheshire 5K - Thursday 28th April - 7.15pm

Full details and online entry here: www.cutefruitevents.com/mid-cheshire-5k/4587287345

Road Running

High Legh - Sunday 28th February

Originally intended to be part of this year's club championship, this race was full before many of our club members were able to enter and so it was replaced by the Lostock 6.

Nevertheless, Altrincham had six runners in the race among the 520 finishers.

The race was won by Mark Offord of Sale's Dragons Running Club in 32.45 and the first lady was Helen Murray of Knutsford Tri Club in 40.37.

Matt Kelly had a brilliant run to finish in third place and set a new personal best.

A great run by 16 year old Dan Racle saw him smash the 40 minute barrier by over a minute.

Mark Hunter, who will be moving up to V60 later this year, was first V50 and Peter Pickwell was first V60.

Peter Waterson and Diane Hunter were the other ADAC finishers.

		Chip	Gun
3	Matt Kelly	34.10	34.13
30	Dan Racle	38.44	38.48
34	Mark Hunter	39.02	39.08
59	Peter Pickwell	41.19	41.25
71	Peter Waterson	42.09	42.25
339	Diane Hunter	54.47	55.33

Full results: <http://www.stuweb.co.uk/race/1fh/>

Matt Kelly battles with Matthew Rushbrook of Northern Vets AC for second and third places



Accrington 10K - Sunday 6th March

The fourth race in this year's club road running championship was this undulating East Lancashire 10K. Unfortunately it clashed with the Cloud Nine Hill Race in the club fell running championship and only one Altrincham runner took part.

However, David Hughes did the club proud, coming home in a magnificent 10th place in a field of 408 finishers in a time of 39.18. The race was won by Ben Fish of Blackburn Harriers in 32.43 and the first lady was Kirsty Johnson of Glossopdale Harriers in 41.43.

Full results: http://my1.raceresult.com/45620/results?lang=en#1_9AEFB9

Salford 10K - Friday 25th March

The fifth race in this year's club road running championship was the Salford 10K and was the first of the new Super Championship races.

As usual, it took place on Good Friday morning and this year there were 573 finishers from the total of 700 entries.

The race was won in 31.00 by William Mycroft of Enfield & Haringey and the first lady was Hannah Oldroyd of Saltaire Striders in 36.37. (On the Sunday Hannah travelled to Perth in Scotland for the British 50K Championship which she won in 3 hours 36 minutes!)

First home for ADAC at Salford was Mike Berks who finished 17th, 100 places higher than at the Trafford 10K despite being 3 seconds slower.

Steve Renny ran his fastest 10K as a veteran, knocking 11 seconds off his time last year.

David Hughes won the battle of our MV55s with Dave Ainsworth and Graham Harrison whilst there were good runs from Jean-Paul Lebon and Lora Blann who was second FV35.

Peter Pickwell picked up the MV60 prize with Bev Ganose and Carole Harrison finishing first and second FV50 respectively, Carole going under 43 minutes for the first time. Lora, Bev and Carole won the ladies vet's team prize.

Colin Hammond had another good run and was followed home by Dave Telford, Alan Williams and Colin Davies.

Full results: www.ukresults.net/2016/salf10k.html

Photos on next page

		Chip	Gun
17	Mike Berks	33.04	33.05
60	Steve Renny	35.53	35.56
107	David Hughes	38.11	38.28
123	Jean-Paul Lebon	39.01	39.04
139	Lora Blann	39.48	39.52
146	Dave Ainsworth	40.12	40.14
147	Graham Harrison	40.16	40.19
168	Peter Pickwell	40.57	41.05
190	Bev Ganose	42.12	42.16
201	Colin Hammond	42.15	42.37
211	Carole Harrison	42.59	43.03
246	Dave Telford	44.40	44.42
293	Alan Williams	46.37	46.41
310	Colin Davies	47.10	47.13

Salford 10K - Friday 25th March



David Hughes



Jean-Paul Lebon



All seems to be well with this group of Altrincham runners at the finish of the Salford 10K

Fell Running

Thursday Daytime Fell Runs

Our last daytime run will be on the 7th April, organised by Rick Wilde in the Marple area. After that we revert to evening runs. My thanks to everyone who has helped with organising these events. My grateful thanks also to those wags who regularly turn up, work permitting, and keep us entertained.

Recent topics include visits to the podiatrist and how not to do DIY and to my mind the quote of the week: "Hello B and Q, it's me again " - hilarious!

So if you are ever in a quandary, do I run or do I DIY?

For what its worth, my recommendation is make the run your first choice.

Thursday Evening Runs

These start on the 21st April. The first run will be held from The Robin Hood, Rainow.

In May the evening runs will be on the 12th and 26th and fortnightly thereafter through until the end of August (and possibly first week in September). This avoids potential clashes with other events.

I did consider using these runs as an opportunity to recce some of the club championship races.

However, this has met with mixed responses so please let me know what you would like and if possible, please feel free to organise something.

Stephen Jones adacfell@btopenworld.com

English Championships

Black Combe - Saturday 12th March

from Stephen Jones

It was a classic fell race, the course was shrouded in clag which made for an interesting and for some a very frustrating race.

The overall and men's race was won by Ben Mounsey.

The ladies race was won by Victoria Wilkinson who also beat the course record.

Given the conditions this was a very impressive run.

Altrincham was represented by Ann-Marie Jones who finished in 278th position overall, 43rd in the Ladies and 1st in the LV60 and LV55 categories and 5 seconds off LV50.

Jeff Norman finished in a very creditable 388th position overall and first M70.

Also running as second claim was John Owen (Barnet) who finished 4th M70.

Well done all!

A very tough challenge made harder on the day by the conditions.

As we know results do not always tell the full story.

Many of you will have already read race reports and blogs elsewhere about this race.

Dave Taylor's (Dark Peak) blog re running in poor visibility makes for interesting reading.

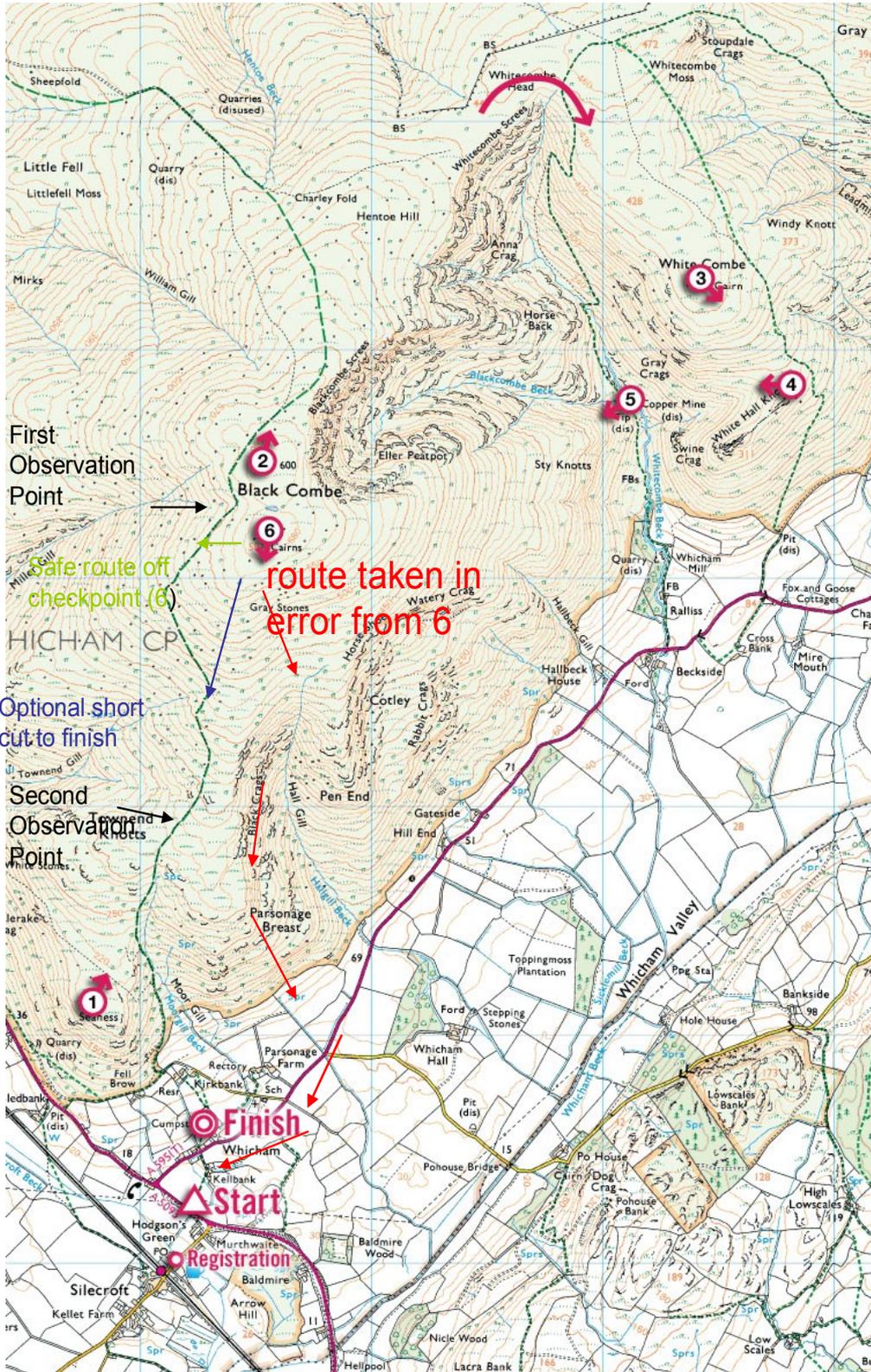
See <http://fellrunningguide.co.uk/tips-for-navigating-in-bad-visibility/>

I will not repeat everything again here. I will say the first race in the English Championships really was a race with a difference. For reference, on the next page I have also shown a map of the main checkpoints. The course starts across muddy fields, crossing the main road and then a track to a steep hill climb to checkpoint (1). From (1) at 1.6K, to (2) at 4.3K, is a good uphill section which can be run. Between (2) to (3) at 7.5K is a slightly downhill section with a tricky turn right onto a trod and then find the route to the cairn. Checkpoint (4) at 8K is downhill and around only 500 metres distance and needed a compass bearing to find the sheep rack (which many would miss). Then downhill again, getting steeper to a river crossing (5) at 8.5K and a time out for those at 90 minutes.

Then to (6) at 10.6K, which was a mean uphill slog, no fun at all! From (6) it was find the path to the west side as quick as you could and finally fly downhill at breakneck speed to the finish at around 13.6K. I suspect many will travel much further on the day.

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Black Combe - Saturday 12th March



Black Combe - Saturday 12th March

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With circa 500 runners, only two marquee tents, one to change in and one with refreshments, plus only five toilets it was a bit chaotic at first but as usual the competitors were all good natured and managed to get through registration etc.

One of the late decisions was to let the ladies start 10 minutes before the men, which with so many runners was a good call.

It was not only the tops that were covered in mist, the cloud was down close to sea level in places and visibility was limited to a few yards in the mist. It would need navigation to get around the course. Our conversations centred around not blindly following the runner in front. Make sure you have a route plan, write down the bearings and distances and stick to your plan.

I stood in thick clag, just before the summit of Black Combe, (checkpoint 2), where the main path is left as runners strike out to the right on a trod to the summit.

You could not see the runners coming, but you could hear the foot strike of an approaching runner, then the breathing, spooky!

First through by a huge margin was Victoria Wilkinson, to be followed minutes later by other ladies. I shouted to Jenn Mattinson (Keswick), "Well Done! You're third lady." She replied, "I can't be."

Jenn was right, a number of the top female runners had deviated off the path early and gone to the wrong checkpoint (6). Luckily the marshals radioed across and the marshals at checkpoint (2) whistled the lost runners in.

Having watched the women and then men through this position I then moved back down the hill to where the runners would descend from the last checkpoint (6) onto the main path down to the finish. Victoria was still first lady by a huge margin, then came the men. It was obvious that a number of the big names were well down the field. It was also clear that runners were coming from all directions not just the path or the direct route.

As I approached the finish area it was clear some runners must have gone off course as they were actually running back to the finish from the main road rather than down the hill. Reading the split times, it is evident that a number of runners took the wrong track to checkpoint (2).

More runners, including some of the big names, also got lost on the relatively short section between checkpoints (3) and (4).

Although most (except those timed out at checkpoint 5) seemed to find checkpoint (6) which involved a horrendous climb, from there (6) a number of runners then chose to run the shorter route directly across the heather rather than run the safer route west to the main path (which led to the finish) but in so doing some ran off the hill in the wrong direction and missed their way in the mist finally ending up at the road and having to then run along the road and back on course.

For those who got it right very rewarding, for those that did not (?) Dare I say, testing!



The start of the women's race

The next race in the English Championships is Up the Nab, on 7th May.

2016 Fell Running Championship

There are 8 Super Championship races in this year's club championship.
Your best 5 of these will count, scoring 15, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
All other finishers score 1.

There are also 12 Secondary Championship races.
Your best 6 of these will count, scoring 5, 4, 3, 2, 1.
All other finishers score 1.

Super Championship

JAN 30th	KINDER TRIAL	Cat O	Pre-entry
MAR 6th	CLOUD 9	Cat BM	Pre-entry
MAY 4th	RAINOW 5	Cat BS	
JUN 8th	BOARS HEAD	Cat BM	
JUN 12th	PASSING CLOUDS	Cat BM	
JUL 17th	KENTMERE	Cat AM	Pre entry
SEP 17th	THREE SHIRES	Cat AL	
DEC 4th	GRAVY PUD	Cat BS	

Secondary Championship

MAR 13th	EDALE SKYLINE	Cat AL	Pre entry
MAR 26th	RIVINGTON PIKE	Cat BS	
APR 16th	ANNIVERSARY WALTZ	Cat BM	Pre entry
MAY 18th	SHINING TOR	Cat AS	
MAY 30th	SHUTLINGSLOE	Cat AS	
JUN 26th	KINDER TROG	Cat BL	
JUL 30th	TURN SLACK	Cat BM	
AUG 14th	SEDBERGH HILLS	Cat AL	
SEP 3rd	SHELF MOOR	Cat AS	
OCT 1st	SADDLEWORTH EDGES	Cat BM	
OCT 23rd	CLWYDIAN HILLS	Cat AM	
NOV 13th	ROACHES	Cat BL	

Current championship standings on next page

2016 Fell Running Championship

Current standings in the club fell running championship

	Kinder Trial (S)	Cloud Nine (S)	Edale Skyline	Rivington Pike	Total Points
John Stockdale		12		5	17
Jon Powell		15			15
Peter Abraham		10			10
Lora Blann		9			9
Lockie Campbell		8			8
Bev Ganose		7			7
Jeff Norman		5		1	6
Ann-Marie Jones		6			6
Shaun Jackson			5		5
Alan Williams		4		1	5
Arthur Raffle				4	4
Tim Raffle				3	3
George Raffle				2	2

The next two races in the club championship are the pre-entry Anniversary Waltz (18.5km/1100m) on Saturday 16th April (Closing date 11th April via website www.anniversarywaltz.co.uk) and the Super Championship Rainow 5 (8km/229m) on Wednesday 4th May (entry on the day). The Anniversary Waltz is a tough race which, after an easy run out, climbs steeply up Robinson. That's the easy bit. After that it gets harder with a tricky descent of Dale Head, followed by a hard climb up High Spy. The final descent off Catbells is not for the faint hearted. You have been warned!



The start of the Anniversary Waltz Fell Race with Causey Pike in the background

Cloud Nine - Sunday 6th March

Jon Powell is in tremendous form this year and came home 5th of 256 finishers in this club fell championship race at Congleton.

John Stockdale and Peter Abraham also made the top 50 and Lora Blann ran a great race to creep into the top 100.

Lockie Campbell just got the better of Bev Ganose who was first lady over 50 and Ann-Marie Jones who was first lady over 60.

Jeff Norman claimed the men's over 70 prize and last year's club road race champion Alan Williams also claimed points in this year's fell championship. The race was won by Carl Moulton of Boalloy RC in 56.55 and Olivia Walwyn of Macclesfield Harriers was first lady in 1.07.01.

Full results: www.congleton-harriers.co.uk/Cloud%209%20202016%20Results.pdf

5	Jon Powell	1.01.55
30	John Stockdale	1.08.15
41	Peter Abraham	1.09.29
99	Lora Blann	1.16.56
118	Lockie Campbell	1.19.16
120	Bev Ganose	1.19.27
128	Ann-Marie Jones	1.20.51
143	Jeff Norman	1.22.20
160	Alan Williams	1.26.14

Photos by Bryan Dale
www.racephotos.org.uk



John Stockdale



Alan Williams

Cloud Nine - Sunday 6th March
Photos by Bryan Dale www.racephotos.org.uk



Peter Abraham

Jon Powell

Lora Blann



Cloud Nine - Sunday 6th March

Photos by Bryan Dale www.racephotos.org.uk



Ann-Marie Jones

Lockie Campbell

Bev Ganose

Jeff Norman



Black Combe - Saturday 12th March

Two Altrincham runners and one second claim member ran in this English Championship race in the SW Lakes with all being successful in their categories.

Ann-Marie Jones was first lady over 60 with Jeff Norman and John Owen finishing first and fourth men over 70, in a category in which there were no less than 9 runners! The race was won by Ben Mounsey of Calder Valley in a time of 1.10.28 and the first lady was Victoria Wilkinson of Bingley who set a new course record of 1.18.29. The race covered 13 kilometres with 1000m of climbing and, of the 490 who started, there were 481 finishers.

278	Ann-Marie Jones	1.44.08
388	Jeff Norman	2.00.41
456	John Owen	2.20.04

Full results: <https://fellrace.org.uk/races/blackcombe/2016>

Edale Skyline - Sunday 13th March

Shaun Jackson was the only Altrincham runner to tackle this tough race from Edale Village which covered 34 kilometres with 1373m of climb and was the third race in this year's club championship. He ran well to finish 71st of the 249 starters in a time of exactly 4 hours (4.00.00!)

The race was won by Jack Wood of Ilkley Harriers in 2.55.54 and the first lady was Jasmin Paris of Carnethy Hill Runners in 3.15.01. There were 232 finishers.

Full results: <http://results.sportident.co.uk/home/event.html?eventid=8e499fc6-88fe-4ada-9011-98567bd31040>

Rivington Pike - Saturday 26th March

from Jeff Norman

The fourth race in the club fell championship attracted six Altrincham runners for this fast three mile dash up the pike and back. Fortunately the forecast rain held off till the race had finished and despite being blustery on the top, conditions generally were conducive to fast times.

John Stockdale led the Altrincham contingent to a 10th team position and 9th vets team and his run gained him 5 points to overtake Jon Powell to lead the club championship. But John was only half a minute clear of up and coming Arthur Raffle who showed no sign of the injury he feared might prevent him finishing. Dad Tim will now have to get used to being second best in the family, finishing half a minute down. I enjoyed a tussle on the descent with Tim's other son George until his young legs took him away on the last three quarters of a mile.

There was a pleasant surprise in store at the presentation, when, in addition to my MV70 prize I was presented with a special award for having completed 20 Pike races. But a second special award was made to Ron Hill who had clocked up an unbelievable 40 Pike race finishes.

Alan Williams, after a creditable performance in the Salford 10K the day before, and after crashing to the floor soon after the start, recovered well to finish less than 2 minutes behind myself.

The race was won for the first time by local Horwich man Chris Farrell in 17.36, ahead of another local, but running for Pudsey and Bramley, Rob Hope and Lindsay Brindle (21.28) made it a first in the history of the race for Horwich to have men's and ladies' winners.

Lindsay's dad Brent, who took up running when our friend Pete Ravald challenged him in the pub to a drinking/ running race round the Horwich pubs and became quite successful, finished in 28.33.

International steeplechaser Stuart Stokes is in the results as 29.00 but was running with his son who looked about 5 years old as he passed me near the summit!

Ron Hill was 262nd from 264 runners in 38.43.

55	John Stockdale	22.34
71	Arthur Raffle	23.09
85	Tim Raffle	23.38
138	George Raffle	25.55
142	Jeff Norman	26.19
177	Alan Williams	28.12

Full results: www.race-results.co.uk/results/2016/pike16.pdf

Cross Country

The Northerns 2016 'The Battle of Witton Park'

from Adrian Fuller

We all race across a number of disciplines, distances and terrain. Some races stick in the memory and others just go down as another race ticked off. Saturday 30th January 2016 will not leave my memory for a very very long time.

Firstly let's get the negatives out of the way. There was a lot of mud, it was hideous underfoot, there was a biting cold wind, it hailed and the positioning of our tent quickly filled with the odour of the chemical toilets! It was an incredibly tough race, the Northerns usually is but this was a stark contrast to last year when we ran round the relatively manicured course at Pontefract race course.

On to the positives, we had a great turn out for the race, yes the course was tough but what more could you want from a championship course. It is hilly, 1000 feet of climb and a massive thank you to all the organisers and marshals who made the race happen in awful conditions. The atmosphere and the camaraderie in the tent pre-race was the usual Alty banter: "Is it a helly day?" "Is it arm warmers?" "Walshes?" "12 inch or 15?" Norman, Powell and Kelly all with new pairs or spikes and Neil in a lovely knitted hat! Additionally great to see a few non Alty runners, Adam Simms and Banno and Pete Hill, great longstanding friends of the club, a chance to catch up and let them know the door is always open at Altrincham and Dave Attwell reliving 1972, I think they may have run barefoot that day and clearly not an energy gel in sight!

A short warm up catching a glimpse of the Women's race, only two representatives from Altrincham, brilliant running from Carole and Lora and particularly Lora on her birthday, what a way to spend it. Four laps of the course even in good conditions a huge ask. No specific pen numbers, it was get to the start line and basically go. First mile just through the flat boggy section of the course then out through the wood and on to the 'double climb' for the first time. Phil Nichol, Ruddy, Mansel and Dave Attwell out there giving invaluable support, I did hear, "It's only pain." at least once. What would we do without these guys? I chucked my arm warmers and gloves to Phil on the first lap. What on earth was I thinking? It didn't really get any better as the race progressed. Lap 2 the hail came in almost feeling like someone was tearing your face apart. I got passed by a lad from Horwich who just pulled out a hat at this stage, that is preparation for you! Nothing really got easier, the mud thickened, the wind got colder and the feet just had to keep turning over. On the last lap the leaders were coming through. Carl Hardman passed me on the descent like an absolute train, totally fearless, some really really strong guys out there.

So for Alty, Dave 26th, Berks 100, Kelly 188, Powell 256, Walker 263, and myself 308, all finishing under the hour, our 6 counters. Also finishers: Roger Preece, Pete Abraham, Graham Harrison, Brad Johnson and Lockie Campbell. There were a few words from Mike Welford as I crossed the line although brain and mouth were not really connected. A hobble back to the tent which was really a scene of devastation, mud, bodies, not a huge amount of chat.

Jon Powell stood outside, literally speechless.

Flapjacks, cake and the presentation of the Mars and Twix raised the spirits, hot drinks, compression and protein shakes.

Adrian was the proud winner of the Dave Attwell Mars Bar

What a day, what a race, I won't forget it.

Huge thanks to all involved, supporters, runners, administrators. Witton Park 2016, is down in history!



Timperley Track Meeting Thursday 24th March

from John Snape

The conditions were far from ideal but mainly dry and the turnout slightly down on last years but with a different mix of age groups. Aisling McHale, now in her last year as an U11 smashed the age group 1200m record by 7.3s, over a minute ahead of Jessica Molloy who was running her first race over this distance. After the race Aisling said she could have run faster, so she is one to watch out for in the future. Barry Chapman, now running as a V70, set another first record for the club in the 300m. An indication of how well our track athletes are progressing is the fourteen personal bests achieved on the night, the highlight being Isobel Miller's time of 47.7s in the 300m, just one tenth of a second off Amber Tarry's and Chayce Smith's U14 record.

100 metres

Under 9 Girls			Under 9 Boys		
1	Veronica Mitrofanova	25.0s	1	Jack Harrison	20.6s PB
Under 11 Girls			Under 11 Boys		
1	Aisling McHale	16.5s PB	1	Marek Dabek	18.8s
2	Jessica Molloy	16.9s			
3	Ella Hughes	17.7s	Under 13 Boys		
4	Kate Harrison	18.1s	1	Harley Geraghty	16.2s
Under 13 Girls			Under 15 Boys		
1	Sabrina Bracken-Worsley	16.6s	1	Zak Martin	14.0s PB
2	Jade Buckley-Ratcliff	16.9s			
3	Beth Harrison	17.1s	Under 17 Men		
4	Katie Hewitt	17.6s	1	Peter Simpson	12.8s
Under 15 Girls			Senior Men		
1	Emma Simpson	15.2s PB	1	Peter Rice	13.4s
2	Halle Thompson	15.9s	2	George Raffle	13.6s PB
			3	Justin Thompson V45	14.1s
Senior Ladies			4	Lee Martin V45	15.6s
1	Rebecca Markham	14.5s	5	Mark Simpson V50	16.5s
			6	Barry Chapman V70	17.0s

1200 metres

Under 11 Girls			Under 9 Boys		
1	Aisling McHale	4m 50.9s U11 record	1	Jack Harrison	6m 20.2s
2	Jessica Molloy	5m 52.5s			
3	Kate Harrison	5m 52.7s	Under 11 Boys		
			1	Marek Dabek	6m 02.9s

Timperley Track Meeting
Thursday 24th March

1500 metres

Under 15 Boys

1	Harry Sinclair	5m 01.6s	PB
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300 metres

Under 11 Girls

1	Aisling McHale	59.5s	PB
2	Jessica Molloy	65.4s	
3	Kate Harrison	73.0s	

Under 13 Girls

1	Beth Harrison	58.8s	
2	Katie Hewitt	59.7s	PB
3	Sabrina Bracken-Worsley	60.3s	
4	Jade Buckley-Ratcliff	62.0s	PB

Under 15 Girls

1	Isobel Miller	47.7s	PB
2	Lucy Diss	48.9s	
3	Emma Simpson	55.0s	PB
4	Halle Thompson	55.9s	PB

Under 9 Boys

1	Jack Harrison	84.6s
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Under 11 Boys

1	Marek Dabek	68.0s
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Senior Men

1	Barry Chapman	V70 66.3s	V70 record
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Under 13 Boys

1	Harley Geraghty	55.0s
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400 metres

Senior Ladies

1	Rebecca Markham	77.0s	
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Senior Men

1	George Raffle	63.9s	PB
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2	Justin Thompson	V45 68.0s	
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Under 15 Boys

1	Harry Sinclair	63.9s	PB
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3	Peter Rice	71.0s	
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4	Mark Simpson	V50 84.6s	PB
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Sportshall

from John Snape

Isobel heads to National Finals with Greater Manchester Team

Sixteen teams from Greater Manchester, Cheshire, Lancashire and Merseyside came together at Sportcity, Manchester on Saturday 5th March to battle it out to represent the North West in the National Sportshall Finals. Isobel Miller, who was the gold medal winner in the 6 lap race in the County Championships in January, was a member of the U13 Girls' team and was paired up with Charlotte Speakman-Farnworth from Bury. Isobel ran the 6 lap 'A' race, finishing third in a time of 1 min 14 sec, with Charlotte winning the 'B' race in exactly the same time, giving them second place overall.

With very little time to recover they teamed up in the 8 lap paarlauf, finishing second, just four tenths of a second behind the Lancashire team. Coupled with equally good results from the rest of the twelve girl team they won the match, once again knocking out the formerly prolific Cheshire team.

Scores: Greater Manchester 628, Lancashire 608, Cheshire 584 and Merseyside 532.

They now join the Greater Manchester U13 Boys' team on Saturday 16th April, again at Sportcity, together with all the other winning teams in the National Finals. The U15 Girls' team also qualified and they compete on Sunday 17th.



Isobel Miller



Greater Manchester Sportshall team

General Training Sessions at Timperley Track – Start Time 7.15pm
All Tuesday sessions are on the track unless stated otherwise

APRIL	
Sat 2nd	Northern 12 & 6 Stage Road Relay Championships - Sunderland
Sun 3rd	Wilmslow Half Marathon - Club Championship Road Race
Tue 5th	4 x 1100m followed by 4 x 700m each with 2 min jog recovery
Thu 7th	Morning Fell Run - Marple area
Sun 10th	Greater Manchester Marathon
Tue 12th	7 x 500m followed by 4 x 300m each with 3 min jog recovery
Sat 16th	Anniversary Waltz - Club Championship Fell Race
Sat 16th	National 12 & 6 Stage Road Relay Championships - Sutton Park
Tue 19th	1 x 1600m, 2 x 1200m, 2 x 800m, 2 x 400m each with 3 min jog recovery
Thu 21st	Evening Fell Run - Robin Hood, Rainow
Tue 26th	12 x 400m each with 90s recovery
Thu 28th	Mid Cheshire 5K - Club Championship Road Race
Events in May	
Wed 4th	Rainow 5 - Club Championship Fell Race
Wed 18th	Shining Tor - Club Championship Fell Race
Fri 20th	Christleton 5K - Club Championship Road Race
Mon 30th	Shutlingsloe - Club Championship Fell Race

North Cheshire 5K Grand Prix Series

The 5K Road Race Series run in conjunction with Spectrum Striders consists as usual of 5 races during May and June. More details can be found on the Spectrum Striders website:

<http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries>

Dunham Massey 5K	Thursday 26th May	7.15pm
Birchwood Brook 5K	Friday 3rd June	7.30pm
Bowdon 5K	Thursday 9th June	7.15pm
Dunham Massey 5K	Thursday 16th June	7.15pm
Hollins Green 5K	Sunday 19th June	10.10am

Help is required for the Dunham and Bowdon races hosted by ADAC.

Contact Mansel Pope: manselpope@hotmail.com

ADAC SURVEY

from Mansel Pope

Some while ago we issued a survey to members asking for their comments, principally regarding communication within the club and the competitions they took part in.

Sufficient time has now passed and we think we have received replies from all those who wished to comment. A big thank you to all those who took time to complete the survey.

The first question concerned communication and how members found out what was happening within the club. Replies indicate an almost equal split between the club website, Yahoo groups, Facebook, Pawprints and word of mouth (or all five). Whilst it would seem that most members are kept up to date through one of the above mediums, worryingly 16% replied that they struggled to find out what was happening. Obviously communication is an area where we are looking to constantly improve matters and point out to all members where information can be accessed.

The Yahoo group seems to present a problem to members trying to join and we will discuss how we can overcome these and remind people of the process to join. New members especially should be informed where to access information.

We also asked members about which competitions they took part in representing the club.

The winter Manchester & District Cross Country League continues to be popular. The vast majority of members were aware we competed, with about a half competing regularly. However, this figure may have increased, looking at the fine turnout for the recent series. Fewer people were aware of our participation in summer Northern Track & Field League, but, after knowing this, an encouraging number expressed an interest in competing. Over recent years we have struggled to field sizeable teams, so if you are interested please contact Barry Chapman (down at the track most Tuesday nights or John Snape).

Some respondents commented that they found it difficult to find out about forthcoming road races.

Our own road race competition includes a number of popular local races which Colin Davies updates within Pawprints with links to the races concerning entry etc. If you do not receive a copy emailed directly, then Pawprints can be accessed via the club website. In addition Justin Thompson is doing an excellent job redesigning and updating the website and more info will be constantly posted.

We also asked about training and training groups. Just over half of people who replied said that they did train regularly with either Don or Phil's groups on Tuesday nights. Howard Tarry also coaches a very talented sprint group, mainly consisting of younger athletes and it is hoped that many will continue forward into the senior ranks. Jerry Tucker also runs a popular sprint training session.

We also asked regarding interest in Thursday night sessions and again about half expressed an interest in taking part in these. Phil has now introduced sessions alternating track session, hill reps and cruise intervals which should now prove to be popular. Regarding Saturday sessions, although quite a few were interested, a number commented that they preferred to do a weekly parkrun.

A reminder that a group does do a Saturday morning session, meeting at Deckers, Sale Water Park. If you are interested please contact Carole Harrison who can also inform you about Tuesday and Thursday morning sessions from the same venue at 9.30am.

From comments received, several people seem to have teamed up together in small groups for the Sunday run, and these seem popular.

Finally, we asked what could be done to improve general team spirit and camaraderie, particularly the 'social' side. Most people were in favour of more get togethers. The fortnightly fell runs with a drink / meal afterwards are very popular and some suggested a summer training session along similar lines. Obviously some members have family/work commitments that limit their opportunity for meeting up socially. Recently we have had a Xmas meal and a number of us got together after the Northern Cross Country. Both were good nights out and we should look at ways to increase and promote these. Volunteers please!

Once again, many thanks to all respondents and please feel free to comment further.

Mansel Pope

Vice Chair, ADAC

ADAC MEMBERSHIP FEES & ENGLAND ATHLETICS AFFILIATION

Dear ADAC Members, Welcome to spring!

There have been recent changes regarding compulsory athlete registration held under UKA Rules.

While athlete registration has been a part of the rules of the sport for a number of years these changes mean it is essential that athletes are registered and aware of their registration details.

While road runners will still be able to compete unattached, athletes, who wish to represent their club (and claim the registered athlete discount on entry fees) in all events including road running, will need to be registered. All athletes should be registered by 1st April 2016.

Club membership fees are now due. You will be registered with EA on receipt of your fees which include England Athletics registration fee of £13.

Club fees for 2016/17 are:

Adults £45	Junior and students in full time education £25	
Senior citizens £25	Social members £20	Second claim £10
1 Adult & 1 Junior £65	1 Adult & 2 Juniors £85	1 Adult & 3 Juniors £105
2 Adults & 1 Junior £110	2 Adults & 2 Juniors £130	2 Adults & 3 Juniors £150

These represent excellent value. £13 of this goes to England athletics, you save around £2 per race as an affiliated member, reduced training fees at the track plus free entry to Cross country races, Northern track and field events, road and fell relay events and 6/12 stage races.

Preferred method of payment is online bank transfer; account number is 33466590 sort code 20-01-96.

Please could you send an email to let Carole know you've paid to caroleharrison65@yahoo.com

Alternatively, you can pay by cheque which should be made payable to ADAC.

You can send cheques to Carole at 30 Norley Drive, Sale, Cheshire, M33 2JF.

Or you can pass them to her or any committee member at the track.

Below are the guidelines from England athletics for athletes regarding taking responsibility to check their own profile and status on the EA website. Note you will not be affiliated until Club fees have been received.

Bev Ganose (Membership Secretary)

Guidance for athletes

It is important that athletes take responsibility for their role in ensuring their club registration is up to date. Be aware the volunteers at your club are involved in carrying out a wider range of activities to support athletes so playing your part is important. Here is what you should do:

- **Ensure you know your URN/ licence number** (also sometimes referred to as England Athletics number) – more below
- Ensure you **pay your club membership fee**, including England Athletics' registration fee, promptly
- Make clear to your club you are a competing athlete if your club also has non-competing athletes
- Be aware of your club's membership renewal process – when do you need to pay and how?

Log in at www.englandathletics.org/myprofile to check your details are correct and your registration status. If necessary use the **forgotten username** and/ or **forgotten password** functionality

- Make a note of your **URN/ Licence number** (sometimes referred to as England Athletics number) – this is given at the top of your Summary/ Personal Details

- **Ensure your details are correct** on your profile:

- ✦ First name – especially if your name can be abbreviated
- ✦ Surname
- ✦ Date of Birth
- ✦ Email address
- ✦ When you are sent your athlete pack keep hold of your **registration card**.

If your name and date of birth are correct on the portal (Trinity) you can also use www.englandathletics.org/licencechecks to find your URN/ licence number (sometimes referred to as England Athletics number)

- ✦ Remember

- The new affiliation year begins on **1 April**

Previously registered athletes who have not renewed their registration by **30 June** will become 'unregistered' at that point.