



PAWPRINTS

The Newsletter of
Altrincham & District Athletic Club Ltd
(Altrincham & District AC since 1961)



MARCH 2017

Club website www.altrincham-athletics.co.uk

Trafford 10K Road Race - Sunday 5th March 2017

The Trafford 10K takes place on Sunday 5th March and the race is fully subscribed. To host the race we need a large number of volunteers to make the race as safe as possible. Please, if you can spare some time, step forward and help the club out. If you are available please volunteer your services. All proceeds from the race go back into the club to help us buy equipment and support development. The race starts at 09.30 on Sunday 5th March and race HQ is inside Partington Leisure Centre. All helpers are asked to report to the Leisure Centre before 08.30. Car Park & Registration Marshals need to report before 08.00. Course Marshals will be stood down by the pursuit vehicle.

Last year 78 year old Barbara Thackray completed the race in 84 minutes in aid of St Ann's Hospice

Once again the race will be run with chip timing which will be issued on the day. We anticipate having 8 registration desks open from 08.00. To volunteer please contact Carole Harrison: caroleharrison65@yahoo.com or give your details in at the track office on a training night.

Thanks in advance,

Dave Norman & Bill Egan



PAWPRINTS

MARCH 2017

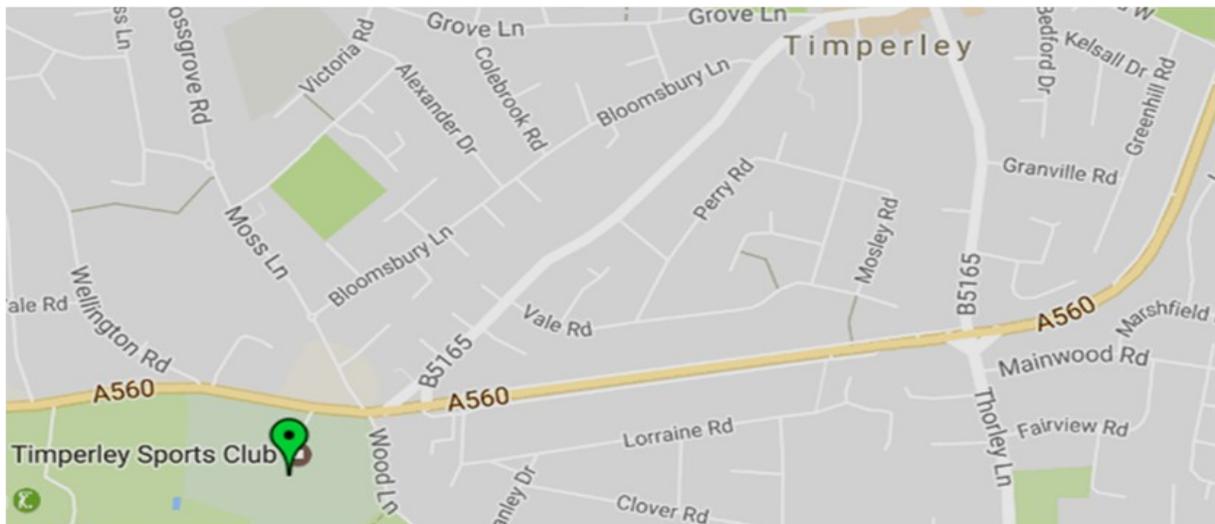
Club website www.altrincham-athletics.co.uk

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Altrincham & District Athletic Club Limited Annual General Meeting

This will take place, following training, at Timperley Sports Club at 8.00pm on Tuesday April 25th.
A light sandwich buffet and complimentary drink will be provided on arrival.
Full details will be posted in the near future but there are two items to note:
Due to refurbishment bikes are not allowed inside the clubhouse but may be left outside on the patio.
Please do not bring your own hot food into the clubhouse



April Pawprints

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

2017 Road Running Championship

The Club Road Running Championship this year will be taking on a different approach. In previous years championship points have been awarded based on the finishing position of an Altrincham athlete relative to other club runners. Whilst consideration was given to gender (separate championships for male and female athletes), no account was taken of age within either of these categories.

In order to address this we are proposing that the Road Race Championship this year will use Age Grading as a means to “level the playing field”.

Those of you who have done parkruns should be familiar with the concept.

Age Grading: how it works

The following is an extract from *mastersathletics.net*

Age grading uses tables of “age factors” and “age standards” to put all runners regardless of age and sex on a level playing field. In particular, they allow runners’ performances, no matter what their age, to be corrected to what they would have achieved in their prime years, and permit valid comparisons to be made between people of different ages.

**The Age Grading is expressed as a % where 100% = World record level
>90% = World Class >80% = National Class >70% = Regional Class**

Format of the 2017 ADAC Road Race Championship

The calendar will consist of 16 races but you can count only one of the four Sale Sizzlers.

To qualify for the Championship you will need to have competed in at least 5 of the listed races.

If you have run in more than 5 races your best 5 age graded performances will count.

As the year progresses, and in the final analysis, your 5 best age graded performances will be added together and averaged.

The overall championship will be based on the best average age graded performance across the year.

Because Age Grading takes account of gender there is no need for separate championships – males and females will compete against each other.

The age grading will be arrived at by using the Runners World Age Grade Calculator

www.runnersworld.com/tools/age-grade-calculator which utilises the 2015 World Masters tables.

Proposed Races

Sunday 5th February	Alsager 5	www.alsager5.co.uk
Sunday 19th March	Wilmslow Half	www.wilmslowhalfmarathon.org.uk
Friday 14th April	Salford 10K	https://bookitzone.com/salford_harriers/YH2FFX
Friday 28th April	Mid Cheshire 5K	www.cutefruitevents.com
Sunday 25th June	Colshaw Hall 10K	www.cutefruitevents.com
Sunday 2nd July	Alderley bypass 10K	www.runnorthwest.co.uk
July / August	Sale Sizzler 5K	www.saleharriersmanchester.com (your best of 4 races: 29/6, 13/7, 27/7, 10/8)
Sunday 20th August	Birchwood 10K	www.spectrumstriders.org.uk
Sunday 17th September	Essar Sutton Six 10K	http://wcac.niftyentries.com/SuttonSix
Sunday 15th October	Manchester Half	www.manchesterhalfmarathon.com
Sunday 13th November	Preston 10	https://bookitzone.com/michael_brennand_1/Id2FFX
Sunday 26th November	Wilmslow 10K	www.runnorthwest.co.uk
Sunday 3rd December	Stockport 10	http://stk10.co.uk/

Alsager 5 - Sunday 5th February

This was the first race in this year's club road running championship and there were six ADAC runners in a field of 1000 on a cold bright morning. The new age-graded scoring system meant that although Graham Harrison was first Altrincham runner over the finish line, it was Peter Pickwell who scored the highest with over 83%. The other Altrincham runners were all above 70%. It was a very strong finish from Graham that took him past Dave Ainsworth in the last half mile with Peter Pickwell, not far behind, picking up the men's V65 prize.

Peter Waterson, Carole Harrison and Colin Davies were all inside the top half of the 954 finishers.

		Chip	Gun
142	Graham Harrison	32.21	32.27
145	Dave Ainsworth	32.27	32.30
158	Peter Pickwell	32.45	32.52
188	Peter Waterson	33.25	33.37
326	Carole Harrison	36.52	36.59
407	Colin Davies	38.53	38.58

Full results: www.chipresults.co.uk/default.aspx

Graham Harrison



Dave Ainsworth



Peter Pickwell



Peter Waterson



Carole Harrison



Colin Davies



Photos by Bryan Dale

www.racephotos.org.uk

Village Bakery Half Marathon - Sunday 19th February

This popular race at Wrexham was not in the club road running championship but nevertheless five Altrincham runners took part and all finished in the top half of a field of nearly 1700 runners. Lockie Campbell had a good run and was the first home for ADAC, having overtaken Bev Jackson who also had ran well and was first lady over 50. Colin Davies was next, followed by Tom Lavin and Helen Halsall. Patrick Martin of Stockport Harriers won the race in 1.07.56 and the first lady was Diane McVey of Wilmslow Running Club in 1.18.36.

		Chip	Gun
302	Lockie Campbell	1.33.43	1.34.08
326	Bev Jackson	1.34.47	1.34.56
575	Colin Davies	1.46.12	1.46.18
760	Tom Lavin	1.51.35	1.53.30
804	Helen Halsall	1.55.08	1.55.40

Full results: www.niftyentries.com/Results/Village-Bakery-Wrexham-Half-2017



Lockie Campbell



Bev Jackson

Tom Lavin

Colin Davies

Helen Halsall



Photos by Bryan Dale

www.racephotos.org.uk

Fell Running

from Stephen Jones

Thursday morning runs

These take place fortnightly on Thursday mornings until April 27th when evening runs recommence.

Date	Location	Organiser
Mar 2nd	Vale Inn, Bollington	Tom Lavin
Mar 16th	Rivington	Jeff Norman
Mar 30th	TBA	Stewart Keech
Apr 13th,	TBA	Margaret Chippendale
Apr 27th	First Evening Run - Lyme Park	Stephen Jones



Rivington Pike - the venue for the run on Thursday 16th March

2017 Fell Running Championship

This has been organised by the 2016 club champion Jon Powell. See next page. Details will also be published on Facebook and via Yahoo Groups.

2017 Fell Running Championship

from Jon Powell

In the spirit of the previous two years' club fell championships, I have selected the races below. Firstly, in the hope to encourage more participants in fell races I have indicated which races are more appropriate for beginners and **propose to award a prize for the best beginner**.

Secondly, in an attempt to provide an interesting challenge to more experience fell runners I have included some traditionally tough and long races to act as a challenge and likewise there will be an award for endeavour (that Craig could win).

I have also set the series so that, given decent participation, the series winner should be required to complete at least one AM(+) in order to win.

The scoring system will be similar to last year with super races scoring, 15,12,10,8,7,6... and the secondary series scoring; 5,4,3,2,1...

Category	Date	Race	Cat	Notes
1 (Super) ¹	21 st Jan	Kinder Trail	O	Pre-entry Choice of O events
2	18 th Feb	Flowers Scar	AM	
2	26 th March	Edale Skyline	AL	Experience (Pre-entry)
1 (Super)	15 th April	Rivington Pike	BS	Beginners
1 (Super) ²	29 th April	Cake Race	BM	Beginners
1 (Super)	3 rd May	Rainow 5	BS	Beginners
2	13 th May	Fairfield Horseshoe	AM	Pre-entry
2	29 th May	Shutlingsloe	AS	
2	7 th June	Boar's Head	BM	Beginners
1 (Super)	11 th June	Passing Clouds	BM	
2	17 th June	Clougha Pike	AS	
2	25 th June	Kinder Trog	BL	
1 (Super)	16 th July	Kentmere Horseshoe	AM	
2	2 nd Aug	Cracken Edge	BM	
1 (Super) ²	5 th Aug	Borrowdale	AL	Experience (Pre-entry)
2	20 th Aug	Crowden Horseshoe	BM	
1 (Super)	3 rd Sept	Shelf Moor	AS	Beginners
2	16 th Sept	Lantern Pike	BS	
2	7 th Oct	Langdale Horseshoe	AL	Experience
2 ¹	5 th or 19 th Nov	Peak Raid 3	MM	Choice of events One to count for points
1 (Super)	3 rd Dec	Gravy Pud	BS	Beginners

¹ Due to the delays in getting this list published, some members may have missed out on entry for the Kinder Trial. In order to mitigate against this, I propose that if anyone feels they have missed out, then their result in one of the Peak Raid may be considered (via relative position against common completions) to count in the super category.

²As Borrowdale is a super race that has fairly tough entry requirements, if any runner is unable to satisfy the entry criteria (or are of a vintage where they would not be expected to run an AL in the English Championships such as Anne-Marie Jones or Jeff Norman, unless they fancy Borrowdale?) then the Cake Race will act as a super race.

Experienced runners who qualify for potential Borrowdale entry will not however score points at the Cake Race, but are encouraged to go and eat cake.

Kinder Trial - Saturday 5th February

from Jeff Norman

I set off just half a minute behind a V65 who I usually get away from on the ups and he comes tearing past on the descents. I was confident where I was going to checkpoint 1 and passed him as he stopped to look at his map. But before long he was back ahead and was soon out of sight, so I knew I was running badly. Arthur Raffle had given me about 10 minutes start but flew past. Soon after CP1, I caught Jenny Raffle, but with the weather a bit gloomy was having difficulty reading the map, and while Jenny turned right, I decided to turn left on some good running, but having realised I was the only one going that way decided to check the map. I only had it upside down! I considered going back but decided to change tack and go next to what should have been the 4th checkpoint. This early mistake cost me masses of time, but enabled me to watch Craig suffering on the climb to CP4 as I went back to pick up CP3 then CP2. CP5 and CP6 were no problem, but not wanting to be out all day, as we ascended into mist on the way to CP7, I spent a long time checking the map and the bearing and picked up four other runners. (Don't follow me - I've already messed up my navigation). On reaching the main track, three of the runners I was with reckoned we should go left, one right, and my bearing said to go straight on, but a fence barred the way. It was freezing cold and the three decided they had had enough and would go straight back. I went right with the other guy and soon found a stile to continue on my bearing to the checkpoint. Apparently this is where Arthur was rescued by his dad and put back on course, having run well up to that point. The last 4 checkpoints were straightforward, but I was running so slowly, I was being caught by some very slow runners. It was all good fun and I eventually came home in little under 4 hours and some 4 minutes behind the V70 winner Roger Ashby who had never beaten me as a V70, but is a good navigator.

Last year's third placer Tim Raffle gained an early lead in the club championship by beating his son Arthur. The next two Altrincham places are controversial as Craig Partridge is down in the results as next and arriving back before Lockie Campbell. Lockie disputes this and is convinced he beat Craig. Jenny Raffle paced herself well to get round in under 5 hours.

from Craig Partridge

It is the last week in January, it's cold and threatening to rain and I have paid good money to run around Kinder with a map and compass for one of my favourite fell events of the season.

On the road to Hayfield, I can't see Kinder summit for cloud, so today should be a challenge.

Tim Raffle combined good pace with great navigational skill to be the first Altrincham runner back.

The whippet-like Arthur Raffle wasn't far behind but learned that once you are lost in fog, you are lost (unless you are lucky enough to bump into your dad). Although he trailed Tim by 11 minutes, his GPS watch showed he had run an extra 4 miles!

The official results show Yours Truly beating Lockie Campbell by 9 minutes but this is certainly wrong and our times were too close to call - perhaps we should share equal championship points.

Jeff Norman demonstrated once again that reading the map upside down can result in you running in the opposite direction to everyone else, an experiment that narrowly cost him the V70 prize.

Team Raffle included Jenny this year, who had not run the race before but got around in one piece.

Simon Harding of Macclesfield Harriers was predictably the first man home with an astonishing time of 1 hour 42 minutes and the first woman was Pennine's Sue Richmond in 2 hours 23 minutes.

Pos	Name	Cat	L Club	Start	Finish	Time
27	Tim Raffle	M50	Altrincham & District AC	10:29:30	12:59:45	2:30:15
33	Arthur Raffle	MU23	Altrincham & District AC	10:16:00	12:57:52	2:41:52
66	Craig Partridge	M45	Altrincham & District AC	10:28:30	13:37:28	3:08:58
78	Lockie Campbell	M55	Altrincham & District AC	10:22:30	13:39:37	3:17:07
100	Jeffrey Norman	M70	Altrincham & District AC	10:10:30	14:04:54	3:54:24
116	Jennifer Raffle	F50	Altrincham & District AC	10:01:00	14:54:48	4:53:48

Full results: www.t42.org.uk/cgi-bin/hc.pl?a=list&d=hc&f=kinder-trial-2017

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2016/2017 SEASON

MATCH 1 : SATURDAY 15th OCTOBER 2016

Wythenshawe Park, Manchester - Sale Harriers

Full results: www.race-results.co.uk/results/2016/maccl161.pdf

MATCH 2 : SATURDAY 12th NOVEMBER 2016

Boggart Hole Clough, Manchester - Salford Harriers

Full results: www.race-results.co.uk/results/2016/maccl162.pdf

MATCH 3 : SATURDAY 3rd DECEMBER 2016

Heaton Park, Manchester - Manchester Harriers

Full results: www.race-results.co.uk/results/2016/maccl163.pdf

MATCH 4 : SATURDAY 14th JANUARY 2017

University Playing Fields & Kenworthy Woods

Full results: www.race-results.co.uk/results/2017/maccl164.pdf

MATCH 5 : SATURDAY 11th FEBRUARY 2017

Woodbank Park, Stockport - Stockport Harriers

from Mike Jones

Conditions were soft underfoot for the final Manchester Area Cross Country League match. The U11 Girls turned out in force for Altrincham led home by Esme Pearson in 9th. Grace Adams, Kate Fitzgerald, Eva Bucknall, Jessica Forrest and Kate Lane completed two teams, finishing 5th and 17th teams. Hannah Gregg ran in the U13 Girls and Harry Sinclair had a great run to come in 6th in the U15 Boys. Daniel Racle completed his cross country season with his highest finish in 3rd in the U17 Men. (See Andrew Whittingham's report on next page). The women ran 2 short laps and 2 long laps and Gemma Connolly from St Helens won in 33.25. Lora Blann led Altrincham women home in 18th, followed by Bev Jackson (1st FV50), Alison Vesey (3rd FV50), Carole Harrison, Fiona Cosgrove, Amanda Navin and Margaret Bullock. 199 women finished and Altrincham women were 12th team, 4th and 17th vets teams. The men's race was run over 1 short and 3 long laps and won by Jack Morris of Stockport in 34.32. Mike Berks came in first for Altrincham in 18th. Richard Johnson (2nd MV50) led the rest of the team home, ahead of Neil Walker, Dan Martell, Roger Preece, Steve Renny, Arthur Raffle, Tim Raffle, Peter Pickwell, David Ainsworth, Graham Harrison and Lockie Campbell. 327 men finished the course and Altrincham men were 10th and 28th team, 9th and 26th vets team. Thanks go to all the supporters and Carole for the carrot cake.

Full results: www.race-results.co.uk/results/2017/maccl165.htm

Several Altrincham athletes were successful over the five match series :

U17 Men	Daniel Racle	3rd
FV35	Lora Blann	2nd
FV50	Alison Vesey	2nd
FV55	Maggie Jones	3rd
FV60	Ann-Marie Jones	1st
MV50	Richard Johnson	1st

Series results: www.race-results.co.uk/results/2017/maccl165pts.htm

Mike Jones (cross country coordinator) mikejones55@btinternet.com

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2016/2017 SEASON

ADAC Juniors



from Andrew Whittingham

The juniors were again out in force at Woodbank Park in the final race of this year's Manchester Area Cross Country League. The U11 girls had six representatives, even though four of the girls that did the last two races were away for half term.

The 'A' team finished a creditable 5th, being made up of Esme Pearson (9th), Grace Adams (17th) and Kate Fitzgerald (30th). The 'B' team finished 17th and was made up of Eva Bucknall (54)th, Jessica Forrest (55th) and Kate Lane (62nd). One of Jessica's shoes came off early in the event, but she showed real resilience for a 10 year old in stopping to sort it out before setting off in pursuit of the other girls. This was also the first race that Kate Fitzgerald and Eva Bucknall have completed for the club, so a big 'well done' to them. The U11 girls also completed teams in enough races to get a final position in the series. In a very close battle between 5 teams, Altrincham ended up finishing 4th, with the final point tallies being Sale 33, Salford 32, Stockport 32, Altrincham 31, Liverpool 29. It is great to see an age category where we are so competitive and hopefully, this group can stay together and go on to do even greater things in the future.

Four of the girls managed to complete enough races to get a final position in the series. They were Esme Pearson (8th), Grace Adams (13th), Jessica Forrest (32nd) and Kate Lane (56th). I think this shows real commitment and can only be applauded.

In the U13 girls the sole representative was Hannah Gregg, coming home in 44th. Hannah finished three races this year and is taking part for the third year in a row. I always think it's a good sign when an athlete keeps coming back for more year after year and it's great to see her so keen.

In the U15 boys, Harry Sinclair produced a stunning finish to steal 6th place. In fact, he was finishing so fast that he couldn't apply the brakes and went for a mudslide! Harry has completed three races this year and has been doing these events for several years. It's particularly pleasing for me as Harry was one of the first athletes that ever trained with me, before later moving on to Phil Nichol's group. This was his highest ever finish in a Manchester XC League race. The final junior performance of the day and highest position overall was Daniel Racle in the U17 men. He produced a stunning performance to finish in 3rd place! Daniel has also shown enough commitment to get a finishing position in the series with a very impressive 3rd place overall. This has been the best year for our juniors in the Manchester XC League for some time. There are still areas to address, particularly the U11 boys, but it does represent an upturn in fortunes for the club. I think it shows that with commitment from athletes, coaches, parents and volunteers that the club can be competitive while also providing a fun environment where athletes can strive to reach their potential.

MANCHESTER AREA CROSS COUNTRY LEAGUE

WOODBANK PARK - SATURDAY 11th FEBRUARY 2017

Photos by Frank Cordingley



Lora Blann



Tim & Arthur Raffle

Dan Martell



Lockie Campbell



MANCHESTER AREA CROSS COUNTRY LEAGUE

WOODBANK PARK - SATURDAY 11th FEBRUARY 2017

Photos by Frank Cordingley



*Neil Walker
Bev Jackson*



Peter Pickwell



Graham Harrison



SOUTH EAST LANCS CROSS COUNTRY LEAGUE - 2016/2017 SEASON

MATCH 1 : SATURDAY 19th NOVEMBER 2016

Heaton Park - Middleton Harriers

Full results: www.race-results.co.uk/results/2016/maccl161.pdf

MATCH 2 : SATURDAY 10th DECEMBER 2016

Tandle Hill - Oldham & Royton Harriers

Full results: www.race-results.co.uk/results/2016/sel162.pdf

MATCH 3 : SATURDAY 21st JANUARY 2017

Leigh Sports Village - Leigh Harriers

Full results: www.race-results.co.uk/results/2017/sel163.pdf

MATCH 4 : SATURDAY 18th FEBRUARY 2017

Astley Park, Chorley

from Jeff Norman

The fourth and final South East Lancs Cross Country fixture of the season was at Chorley. Feeling pretty unfit, having done little more than a few jogs in the last three weeks, I didn't feel up to the Flower Scar race, the second of this year's club fell championship races but, not having done a South East Lancs Cross Country League race this season, the new course at Astley Park quite appealed to me. I wasn't disappointed. It was all you could ask for in a cross country course - varied grassland, a short section of ankle deep mud (I hate courses where you can't escape the mud), winding woodland paths, fast tracks, challenging hills and even a river crossing.

I arrived too late to watch Harry Sinclair in the U15 Boys' race, but he ran superbly to win with a margin of 9 seconds. It would have been more had he not gone off course towards the finish.

Colin Hammond was the only other Altrincham runner there, other than myself and I was able to watch him on the fast track coming back as I was going out and he appeared comfortable.

He finished 76th in 45.50.

I had a good battle with Manchester Area League sparring partner V65 Dave Ashton (YMCA) and, although I got the better of him, V65s Tony Hesketh (Horwich) and Norman Eames (Rochdale) were both ahead. (There was only one other in my V70 category and he finished last). I was 96th in 48:07.

Full results: www.race-results.co.uk/results/2017/sel164.pdf



NORTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS

On Saturday 28th January the North of England Cross Country Championships were held at Knowsley Safari Park.

The Senior Women's race was won by Claire Duck of Leeds City AC in 30.46 with Lora Blann the first home for Altrincham in 99th place in a field of 362 women. Ann-Marie Jones, Danielle Beard and Bev Jackson completed the team to finish 18th of the 45 competing teams and they had good support from Carole Harrison and Amanda Navin.

The Senior Men's race was won by Ben Connor of Derby AC in 41.13 with Altrincham's first finisher being Jon Powell in 68th place in a field of 676. Mike Berks, Ryan Ganose, Paul Smith, Neil Walker and Richard Johnson completed the team to finish 13th of the 50 teams who took part.

Also competing for Altrincham were Roger Preece, Dan Martell, Graham Harrison, David Vaughan, Brad Johnson and Duncan Dickinson.

68	Jon Powell	46.41
108	Mike Berks	48.44
153	Ryan Ganose	50.29
194	Paul Smith	51.48
257	Neil Walker	54.11
260	Richard Johnson	54.18
345	Roger Preece	57.14
395	Dan Martell	59.11
489	Graham Harrison	63.09
502	David Vaughan	63.56
588	Brad Johnson	69.31
639	Duncan Dickinson	75.22



Lora Blann

In the U17 Men's race Dan Racle was 51st out of the 146 finishers whilst Harry Sinclair was 53rd out of 171 finishers in the U15 Boys' race.

Millie Pearce was 44th out of 179 finishers in the U15 Girls' race whilst Esme Pearson was 90th and Grace Adams 117th out of the 223 finishers in the U13 Girls' race.

Full results: www.northernathletics.org.uk/2017-results-index

99	Lora Blann	38.41
127	Ann-Marie Jones	39.55
137	Danielle Beard	40.19
166	Bev Jackson	41.42
213	Carole Harrison	44.00
246	Amanda Navin	46.30

ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS

WOLLATON PARK, NOTTINGHAM - SATURDAY 25TH FEBRUARY

On Saturday 25th February the English National Cross Country Championships were held at Wollaton Park in Nottingham.

The Senior Women's race was won by Jessica Judd of Chelmsford AC in 29.07 with Lora Blann finishing first for Altrincham in 192nd place. Bev Jackson was 369th and Amanda Navin 455th in a field of 788 finishers.

The Senior Men's race was won by the Northern champion Ben Connor of Derby AC in 39.35 with Dave Norman leading the Altrincham men home in 213th place. Ryan Ganose was 472nd, Dan Martell 828th and Roger Preece 891st in a field of 1762 finishers.

Juniors report on next page



Team manager Mansel Pope with Bev Jackson flanked by Ryan Ganose and Roger Preece

192	Lora Blann	35.56
369	Bev Jackson	39.50
455	Amanda Navin	41.33

213	Dave Norman	45.10
472	Ryan Ganose	48.41
828	Dan Martell	52.58
891	Roger Preece	53.40

Full results: www.englishcrosscountry.co.uk/news/saucony-english-national-cross-country-results-2017

ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS

from Andrew Whittingham

What makes a good cross country course? Hills? Tree roots? A pancake flat route? How about mole hills and streams? Yes, streams! Streams are awesome. They increase the mud factor exponentially. Every athlete should come back caked with mud on their face.

So, enough of those tame trots around John Leigh Park. Bring on Nottinghamshire's Wollaton Park. Add in a few hundred additional athletes as well. No more single figure placings, but a race where a 3 digit placing could still be a fantastic run.

First up for the juniors was U15 boy Harry Sinclair. Harry's been running great for the club for years, but seems to have found another gear in recent months. Harry finished an impressive 81st following another storming finish. I wouldn't want him on my shoulder near the end of a race!

In the U13 girls' race we had three 11 year old girls running. The quirk of the entry requirements mean that those born on the right dates can take part in this category three times, while the person who sits next to them in class can only do it twice. So, these three lucky ones (or unlucky, you can decide!) were able to make sure their bath will need a good clean later. First home in a sensational 171st place was Aisling McHale. This meant that she finished well inside the top-half of the field; quite an impressive achievement for an 11 year old. The other two Altrincham runners had their own battle all the way round the course. Eventually, Grace Adams just pipped Verity Charnley as they finished in 290th and 295th respectively. This meant that they sneaked on to the first page of the printed results (these things are important!) and beat Paula Radcliffe's 299th place in her National debut as an 11 year old all those years ago!

The final junior was Daniel Racle in the U17 men. Daniel was amazed by how high the standard of the event was, something that he of course contributes to. Daniel finished in 97th, to chalk up the second 2 digit finish of the day for the club. This completes a stunning winter season following his heroics in the Manchester League.

This is the best junior showing from the club in the National for some time. They should all be very proud of their performances. Hopefully, they will want to come back next year and help Altrincham do even better!



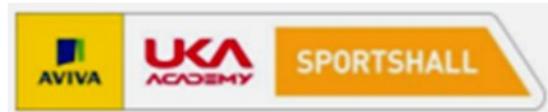
Altrincham's U13 Girls with coach Andrew Whittingham

Junior News

GREATER MANCHESTER SPORTSHALL COUNTY CHAMPIONSHIPS SPORTCITY, MANCHESTER - SUNDAY 22ND JANUARY

from Mark Simpson

FOUR MEDALS HIGHLIGHT STRONG OVERALL PERFORMANCE IN SPORTSHALL COUNTY CHAMPIONSHIPS



U11

As usual we were strongly represented in this very competitive category, with 9 athletes competing, achieving 12 top ten finishes. Aisling McHale won gold in the standing triple jump, and only narrowly missed a second medal in the speed bounce. Erin Norton also narrowly missed out on medals in the vertical jump and the standing long jump.

Other top ten finishers were Charlotte Stansfield in the vertical jump, Verity Charnley in the speed bounce and the standing triple jump, Abi Lynn in the vertical jump, Lucy Pearce in the standing long jump and Esme Pearson in the soft javelin. Holly Newton only just missed out on a top ten place in the speed bounce.

Both relay teams also came in the top 10, with Aisling, Verity, Abi and Charlotte qualifying for the final and finishing a commendable fifth.

Dom Gibson found his highly competitive events difficult, but will benefit from the valuable experience he has picked up this year, and showed a never-say-die spirit in the face of strong opposition.

U13

There were top ten finishes for both Jade Buckley-Ratcliff and Tessa Pearce in all their events. Jade added to her collection of Sportshall gold medals in the shot put, whilst Tessa's best performance was sixth in the 6 lap race.

U15

Quality rather than quantity was again the rule in this category. Isobel Miller won the 4 lap race and also came 7th in the shot put, whilst Millie Pearce won silver in the 6 lap race and came 5th in the vertical jump.

So a promising Sportshall season comes to an end. Aisling has been selected to represent Greater Manchester in the Fun in Athletics NW regional sports hall meeting at Sportcity on March 12th whilst Jade will compete with the U13 Greater Manchester team in the North West Regional Sportshall Championships on March 18th, also at Sportcity.

Well done to all our competing athletes, both in the league and the championships.



Full results: http://greatermanchesteraa.co.uk/index.php?option=com_content&view=article&id=13:sportshall2012&catid=10:event-reports&Itemid=12

SPORTSHALL COUNTY CHAMPIONSHIPS

Athlete	Age	Event	Performance	Position
Dom Gibson	U11	1 lap	14.35s	34th
		3 lap	46.57s	32nd
		Standing Long Jump	1.31m	24th
Charlotte Stansfield	U11	1 lap	12.47s	26th
		Speed Bounce	43	19th
		Vertical Jump	39cm	7th
Holly Newton	U11	1 lap	13.09s	37th
		3 lap	40.44s	26th
		Speed Bounce	48	11th
Aisling McHale	U11	1 lap	12.07s	14th
		Speed Bounce	55	4th
		Standing Triple Jump	5.86m	1st
Verity Charnley	U11	1 lap	12.28s	17th
		Speed Bounce	54	7th
		Standing Triple Jump	5.16m	9th
Erin Norton	U11	1 lap	12.77s	31st
		Standing Long Jump	1.71m	6th
		Vertical Jump	40cm	4th
Esme Pearson	U11	1 lap	12.82s	33rd
		3 lap	38.44s	18th
		Soft Javelin	11.10m	9th
Lucy Pearce	U11	1 lap	12.56s	28th
		Standing Long Jump	1.67m	8th
		Vertical Jump	31cm	14th
Abi Lynn	U11	Standing Long Jump	1.59m	15th
		Vertical Jump	39cm	7th
Aisling / Verity / Abi / Charlotte	U11	4 x 2 lap relay	101.56s (Heat) 99.93s (Final)	6th 5th
		Lucy / Erin / Esme / Holly	U11	4 x 2 lap relay
Tessa Pearce	U13	6 lap	79.80s	6th
		Standing Triple Jump	5.34m	7th
		Vertical Jump	43cm	9th
Jade Buckley-Ratcliff	U13	Standing Long Jump	1.86m	9th
		Vertical Jump	44cm	8th
		Shot Put	8.73m	1st
Isobel Miller	U15	4 lap	45.31s	1st
		Shot Put	6.35m	7th
Millie Pearce	U15	6 lap	75.92s	2nd
		Vertical Jump	50cm	5th

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

March

- Sun 5th Trafford 10K (hosted by ADAC)
- Tue 7th Track session - 6 x 800, 2 min recovery
- Tue 14th Track session - 10 x 90s with 60s recovery
- Sun 19th Wilmslow Half Marathon
- Tue 21st Track session - 3 x 1100m followed by 3 x 700m, all with 2min recovery
- Sat 25th Northern Men's 12-Stage/Women's 6-Stage Championships, Stanley Park, Blackpool
- Tue 28th Track session - 10 x 500m, 90s recovery

Future events

April

- Sun 2nd Manchester Marathon
- Sat 8th National Men's 12 stage/Women's 6-Stage Championships, Sutton Park, Birmingham
- Fri 14th Salford 10K
- Sun 23rd London Marathon

ADAC Training T-Shirts

Club Training T-Shirts are now for sale at £10 each or £15 for red and black together. They are available every Tuesday at the track from [Carole Harrison](#). Payment in cash or by bank transfer in advance to club account 94266598, sort code 09-01-28.



ADAC MEMBERSHIP & ENGLAND ATHLETICS AFFILIATION

Membership is due for renewal on 1st April.
Unlike previous years this year athletes are requested to renew online.
Please visit www.englandathletics.org/myprofile to update your profile (use your URN to log in).
Prior to renewal an email will be sent to each athlete via the England Athletics portal.
This will contain renewal instructions.
Your membership fee includes affiliation to England Athletics, so prompt renewal is required.
Life Members and coaches are exempt from this process.

If anyone has still not paid for 2016-17 please do so immediately.
Please pay by online bank transfer; account number is 94266598 sort code 09-01-28.
Please 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.

Mona Noblett is an accredited and qualified Cognitive Behavioural Therapist (CBT) and Counsellor.
Mona works with adults, adolescents and couples, from her practice in West Timperley.
Mona can be contacted on: 07800 958879, or by email: info@monanoblett.co.uk
For further details please visit www.monanoblett.co.uk
ADAC members and their families will receive a 15% discount on session fees.

Mark Belcher from Active Life Massage is a fully qualified Swedish and Sports Massage therapist.
Mark can be contacted on 07722243060 or mark@activelifemassage.co.uk
For further details, please go to <http://activelifemassage.co.uk/>
For ADAC members, Mark will waive the surcharge for treatment at a client's home,
provided it is within a 15 mile radius of Handforth.

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 the league and Grand Final Champions 2010 and 2012.
Also trains running clubs at David Lloyd and M20 Personal Training. Mobile massage services.
Mobile: 07480113036

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 Saturday: 8.30am to 1.00pm