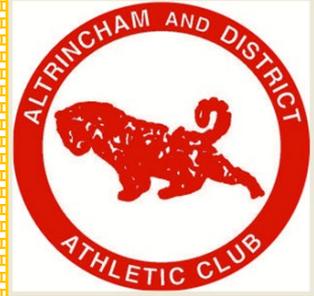




PAWPRINTS

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



OCTOBER 2017

Club website www.altrincham-athletics.co.uk

Derek Walton 1943-2017



PAWPRINTS

OCTOBER 2017

Club website www.altrincham-athletics.co.uk

ADAC Committee 2017-2018

Chairman	Mansel Pope	Coaching coordinator	John Snape
Vice Chair	Richard Pavey	Road Running	Dave Norman
Secretary	Helen Simpson	Cross Country	Mike Jones
Membership Secretary	Bill Egan	Fell Running	Tim Raffle
Treasurer	Carole Harrison	Track & Field	Peter Rice
Welfare Officer	Mel McGuinness	Social Media Officer	Andrew Whittingham
Social Secretary	Mike Berks	Officials coordinator	Vacant

Realbuzz

At long last Altrincham has a specialist running shop. Realbuzz is situated in the Stamford Quarter at the extreme end of George Street next to WH Smith and offers a 12% discount to all club members. See back page for opening times and contact details.



November Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com by Friday 27th October. Articles, reports, results, news, and photos gratefully accepted.

Derek Walton 1943-2017

ADAC's fifth longest serving member Derek Walton sadly passed away on Tuesday 29th August at the age of 74. A member for 53 years, he joined the club on 22nd September 1964 at the age of 21.

A few notes on Derek's life and career by Jeff Norman

We will all miss Derek, the club's second most decorated athlete (after Barry Chapman)! It may surprise some but, apart from Barry, no Altrincham athlete has ever won more championship medals. Nor, I think I'm safe in saying, has any Altrincham athlete done more racing miles, and he and Barry are the only ADAC athletes to have won championship medals in every 5 year age group from senior to over 65.

Born on 18th July 1943 in Hale, he joined as second claim in early 1964, making him the 5th longest serving member, and apart from a couple of years in the late 1960s, when he flirted briefly with Salford Harriers and Paignton AC, he has remained loyal to Altrincham ever since.

After leaving Altrincham Grammar School, Derek started teacher training at Chester College, but he became disillusioned and went to work at Halifax Building Society before working in Hospital Finance until retirement. His first sporting loves were football and cricket, playing for Old Alts and Ashley and Bowdon Cricket Club respectively. In 1963 he took up running to get fit for football and soon got hooked, joining Manchester and District Lads Club Harriers, then the leading Northern Club on the road and country. Initially inspired by Arthur Lydiard, the famous New Zealand coach of the time, after a year he was running six days a week, totalling 40 miles.

Like many other local runners, he was blissfully unaware of the existence of a club close to his home in Hale until he read a letter by Alan Hardman in the Manchester Evening News. He then joined second claim and in 1965, after finding competition to get into M+D's championship teams too tough, he resigned to become first claim for Altrincham.

By the end of 1965, influenced by friend and fellow YMCA member Cyril Leigh, one of the top local runners at the time, he had increased his training to twice a day and 90 miles a week.

Despite being a small fish in the M & D pool, Derek was already ahead of all Altrincham's runners from 880 yards to Cross Country with a best Manchester League position in the 1965/6 season of 11th. But, together with Alan Blinston and Jeff Norman, he soon began to win team prizes, and in 1966 with Alan ran an impressive 45:29 for a 10 mile parlauf.



From the local newspaper in 1967:

The ADAC team, runners-up at the Cheshire Cross Country Championships at Birkenhead.

left to right: Peter Drinkwater, Jeff Norman, Derek Walton, Brian Hall, Alan Blinston

continued on next page

Derek Walton

continued from previous page

By then he was already starting to lean more towards longer distances having run the Halesowen 16 in 1965 and ran his first marathon in April 1966 (Beverley in 2:35:12) before, a month later becoming the club's first male county champion when winning the Cheshire 20 mile title.

He improved his marathon time to 2:32:37 later that year in a race where he beat Jeff Norman (making his marathon debut) by 8 minutes, and improved again in 1968 when finishing 3rd in the Huddersfield marathon in 2:30:53. That same year, he ran the Manchester Police 10 in the afternoon, finishing 8th in 55:26, then rushed off to Freckleton where he ran the half marathon in 1:20:23!

However, 2:30:53 remains Derek's PB, and while Alan and Jeff had made rapid progress towards international standard, Derek's progress stalled. Nevertheless, the three of them continued to pick up team prizes and with other useful athletes joining like Dave Attwell, Alan Rydout and Stan Faris, produced a senior men's National 6 stage performance in 1972 (14th) that wasn't bettered until 2005. In a reversal of fortunes, Alan Blinston's career was brought to a close soon after reaching veteran status and Jeff Norman struggled with injury after reaching the o/45s, while Derek went from strength to strength as a vet. He rarely got injured which enabled him to clock up some amazing sequences of races such as 19 consecutive National Cross Country Championships between 1965 and 1984, 13 Two Bridges Races between 1979 and 1991 (He won the o/60 prize at this race in 2003), and 43 Christmas Handicaps! He was a prolific winner of age group prizes in road races and collected countless individual and team championship medals (see below). He rarely ran World and European championships, but did finish 6th over 55 in the 1999 European Vets 10K road championship.

He started on Ultras in 1979 following Dave Attwell to the 36 mile Two Bridges race, and he was a member of our winning team in the first Timperley track 50K. He ran the Isle of Man 40 a number of times finishing 8th in 1982 and was in the winning Altrincham team in 1986. Derek ran his 100th marathon in 1995, 63 of which were under 3 hours, and continued to run these distances for many years after.

He has run marathons in Holland, USA, Ireland, Wales (including 3 Snowdonia Marathons), and Ultras in Scotland (Two Bridges), Isle of Man (TT 40 and Douglas 50K) and the Two Oceans race in South Africa where his club over 60 record in 2005 was faster than his o/55 in 2000).

Derek has done little on the fells but has the distinction (along with Alan Blinston and Jeff Norman) of being Altrincham's first fell runner, competing in the Rivington Pike race of 1964. (He also ran it in 1965 and 1968.) He has also done the fell relays and the Swiss Classic 30K Mountain race from Sierre to Zinal (1977).

Off the road and track, Derek served as club recruitment officer in the late '60's and served on the committee in the early 70s. He served on the committee of the Northern Vets and helped to organise monthly runs. He was also a Commonwealth Games volunteer in 2002.



The ADAC 50th Anniversary Dinner in 2011 with Derek front left

Derek Walton

In addition to winning numerous Club cross country and road championships Derek won countless championship medals.

These are just some of them (County and Northern silver and bronze are too numerous to list).

- 1966 Cheshire 20 mile champion
- 1967 Cheshire cross country team silver
- 1967 Cheshire road relay team gold
- 1968 Cheshire cross country team silver
- 1977 Cheshire cross country team gold
- 1978 Cheshire cross country team gold
- 1984 Northern Vets o/40 10 mile team gold
- 1984 British Vets o/40 10 mile team silver
- 1985 British Vets o/40 10mile team gold
- 1987 Inter county 20 mile team bronze (running for Cheshire)
- 1989 Northern Vets o/40 half marathon team gold
- 1989 British Vets o/40 10 mile team bronze
- 1990 Northern Vets o/40 half marathon team gold
- 1991 Cheshire o/45 10000m champion
- 1991 Northern Vets o/45 10K road team gold
- 1994 British Vets o/50 marathon silver medallist
- 1995 Northern Vets o/50 10000m track champion
- 1995 Northern Vets o/50 half marathon team gold
- 1995 Northern Vets o/50 10K team gold
- 1995 British Vets o/50 half marathon bronze medallist
- 1995 British Vets o/50 half marathon team silver
- 1996 Northern Vets o/50 10000m track champion
- 1996 Northern Vets o/50 10 mile champion
- 1997 Northern Vets o/50 10000m track champion
- 1997 Northern Vets o/50 10K road team gold
- 1998 Northern Vets o/50 20 mile champion
- 1998 Northern Vets o/55 10 mile champion
- 1998 Northern Vets o/55 10000m track champion
- 1998 Northern Vets o/50 cross country team gold
- 1998 Northern Vets o/45 10K road team gold
- 1998 Northern Vets o/40 10mile team gold
- 1999 Northern Vets o/55 10 mile champion
- 1999 Northern Vets o/55 20 mile champion
- 1999 British Vets o/55 5000m champion
- 1999 British Vets o/55 10000m silver medallist
- 1999 British Vets o/55 half marathon bronze medallist
- 2000 Northern Vets o/55 10 mile champion
- 2000 Northern Vets o/55 10K road team gold
- 2001 Northern Vets o/55 10000m track champion
- 2001 Northern Vets o/55 cross country team gold
- 2001 British Vets o/55 marathon bronze medallist
- 2002 Northern Vets o/55 20 mile champion
- 2002 Northern Vets o/55 cross country team gold
- 2003 British Masters 0/60 marathon champion
- 2004 Northern Vets o/60 10K road team gold
- 2007 Northern Vets o/60 10 mile champion
- 2009 Northern Vets o/65 cross country champion
- 2010 Northern Vets o/65 10K road champion
- 2011 Northern Vets o/65 5000m track champion
- 2011 British Masters road relay team silver



Club records:

1500m	o/55	5:24.9	1999
5000m	o/55	18:08.03	1999
	o/60	19:30.5	2004
	o/65	21:23.1	2009
10000m	o/50	36:46	1997
	o/55	38:57	2001
	o/65	43:35	2009
5mile road	o/60	31:18	2005
20mile road	o/50	2:13:36	1994
	o/55	2:16:36	2000

Derek Walton

Derek pictured at the finish of the 56K Two Oceans race in Cape Town in 2006. At the age of 62, Derek finished 972nd out of 6871 finishers and was fifth over 60.



OLD MUTUAL TWO OCEANS MARATHON 2006
presented by Nike



Derek Walton

In recent years Derek spent most of his Saturday mornings parkrunning either at Wythenshawe, South Manchester or Stretford. He also ran at ten other parkrun venues including Greenpoint in Cape Town during his trips to South Africa with his great friend Peter Wilkinson. In total he completed 225 parkruns, 112 of them at Wythenshawe and 56 at South Manchester. On Sundays he would turn up at the Great Run Local event at Wythenshawe Park which uses the same course that is used for the Sale Sizzlers. He ran this 109 times and also ran once each in the corresponding runs at Salford Quays and Birchfields Park. He is pictured here quite recently at the Wythenshawe event wearing his parkrun t-shirt.



Derek Walton

As recently as December last year Derek was honoured for his “loyalty and commitment as a blood donor”, having donated blood on over 100 occasions. This article by Cara Cunningham appeared in the Sale & Altrincham Messenger on December 29th 2016

A Timperley man who has helped save up to 300 people’s lives has been honoured. Dedicated blood donor Derek Walton, 73, was recognised by NHS Blood and Transplant for his loyalty and commitment at a ceremony in The Monastery at Gorton recently. Derek, who has been donating blood since 1962, received an award and certificate for reaching his 100th blood donation milestone.

Each blood donation can save the lives of up to three people. If a donor has given blood 100 times, they have potentially helped save, or improve the lives of up to 300 patients. Out of the three per cent of the eligible population who give blood, just one per cent reaches 100 donations.

Amanda Eccles, from NHS Blood and Transplant, said: “These dedicated blood donors are very special to us, which is why this ceremony gives us the opportunity to say thank you.” Blood recipient Rick Mills was invited to speak at the ceremony. Rick, a technical trainer, aged 42 and from Flixton, received a life-saving blood transfusion following an operation as a child.

He was again reminded of the importance of blood donation in 2007, when his wife Kerry went into premature labour with their second son Christian. Devastatingly, Christian was stillborn and Kerry suffered a life-threatening haemorrhage. Kerry needed 13 units of blood to stabilise her condition.

Two years later, when their daughter Amy was born, Kerry needed another transfusion. Rick now spends a lot of his spare time actively promoting blood donation through physical challenges and instead of asking for sponsorship money, Rick asks people to donate blood instead.

Rick said: “I owe my life, my wife’s life, and therefore my children’s lives, to those who selflessly give blood. You can’t make blood, it has to be donated, and I see it like this – pay in now as you never know when you, a family member or a friend may need it.”



Derek Walton

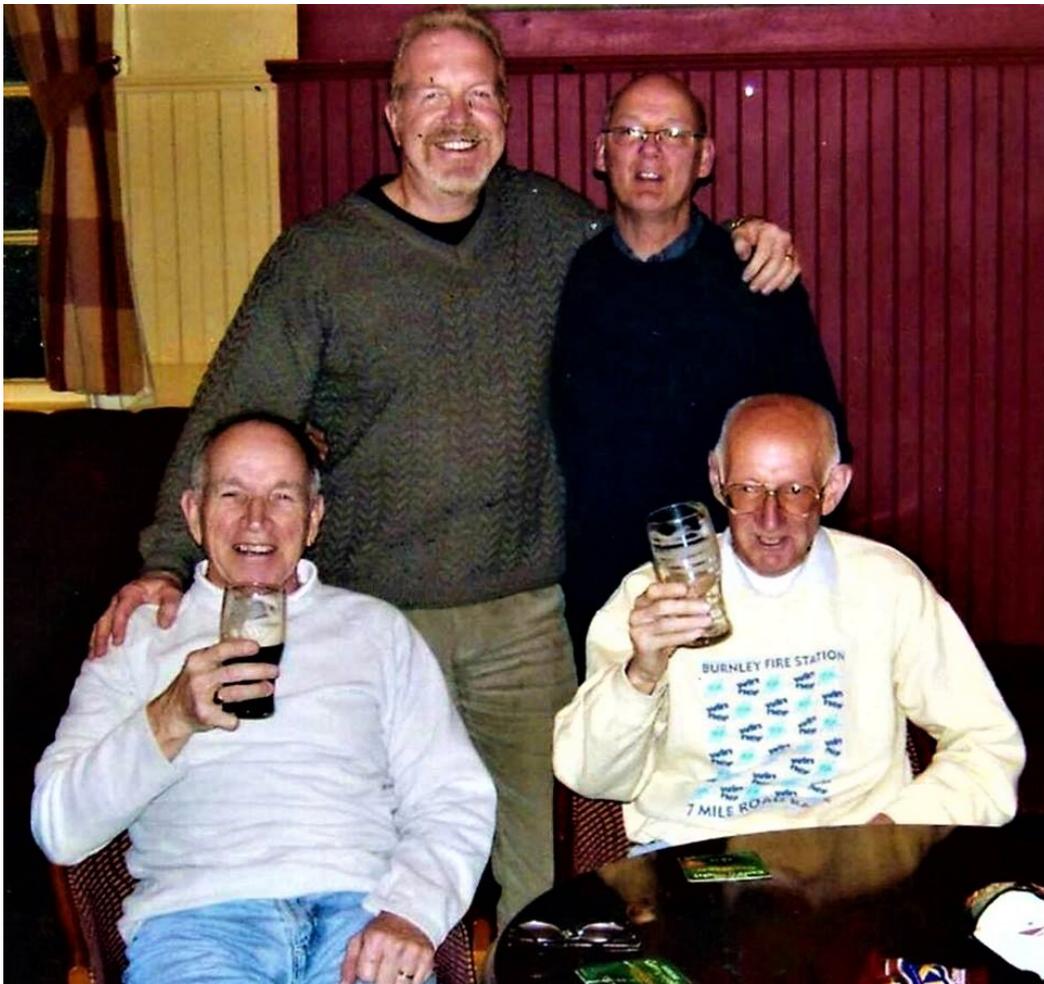
from Peter Drinkwater

I'm pretty shocked as we all are. Dek was always the Rip Van Winkle of our Sunday pack runs. He lived at Westgate Road, Hale with his mum, her sister and husband, and Stella, Derek's cousin. Stella later lived up Wood Lane, Timperley. Derek was an only child. I think his dad passed away when Derek was about 10 years old. Derek went to Alty Grammar.

An anecdote from my Chester College days with him: He never threw old running shoes out and they smelled bad! He was very sentimentally attached to them. When he was Cheshire County 20 Mile Champion he used to reduce the length of his laces and cut his race number down.

He reckoned it was extra weight!! At college he got me up every morning at 06.30 to run 3 miles round the block. I'm not a morning person to this day!

He got me a coach (Wilf Richards) who posted me exhausting schedules. Derek used to say, "It's better to wear out than rust out." He trained 2-3 times a day. So, in the end Derek practised what he preached. I now hobby farm, dig, mow, chainsaw dead trees, build dry-stone walls and am outdoors fit, thanks to Derek's philosophy. He was a good Alty mate. RIP Dek.



Peter Drinkwater (top left) alongside Alan Rydout with Dave Attwell and Derek in front. All four have been members of ADAC since the 1960s.

from Keith Fletcher

Very sad news about Derek, what a nice, inoffensive guy he was. He always asked how I was and we had a bit of banter about football. My little story about him is how generous he was. I had just started running at the club and he asked if I had a club vest. I said I hadn't, and the next week he turned up with a brand new vest for me. I didn't know him then, but what a kind gesture to a new member. He will be missed by many people that knew him.

Derek Walton

Derek was part of the V65 relay team that won silver in the 2011 British Masters' Road Relays. As usual this event was held at Sutton Park and conditions were dry but a bit windy. The ADAC trio Ken Burgess, Derek Walton and Jeff Norman rose magnificently to the occasion to claim the silver medal behind Clayton-le-Moors in the M65-74 race. Jeff began the final leg in seventh place, a full three minutes behind the top three teams but overhauled five runners to claim the silver medal for the team and individual silver as second fastest in the race.



Ken Burgess	20.13
Derek Walton	24.04
Jeff Norman	19.27
	63.44

Thanksgiving Service

There was a very good attendance at a service of thanksgiving for Derek at St Peter's Church, Hale at 2pm on Thursday 21st September. This followed a private committal at Altrincham Crematorium earlier in the afternoon.

In addition to family and friends there were many of Derek's club colleagues present as well as many runners from a number of other clubs.

Alan Blinston's wife Shirley gave an excellent eulogy with a lot of information on Derek's early life as well as his running achievements.

The text of Shirley's eulogy can be found on pages 12-15

Early Days

Derek Walton wrote:

I remember sitting in the lunch room of the insurance company that I worked for in Deansgate in the summer of 1964, picking up a discarded "Evening News" and in the sports letter section appeared an advert ... "new athletic club started needs members; anyone interested to contact Alan Hardman, 24 Malpas Drive, Timperley: Tel. 973 6564 ..." That was how I joined up with ADAC; although only as a second claim member, as I was first claim with Manchester & District Lads Club Harriers. The latter were a diverse, talented cross country and road relay club, but I had little chance of my counting for them in team events. On the other hand, Altrincham were smaller, local and generally more personal and welcoming and I was soon training on evenings and at weekends with their small membership.

On Tuesdays we would meet at the dimly-lit earth-floored railway arches by Salisbury Road playing fields for a small pack run around Timperley, Brooklands Road and Sale; on Sunday mornings we'd attempt a track session under the watchful tutelage of the wonderful gent and coach Wilf Richards, who put some structure to our early efforts.

I particularly remember one Sunday morning the 3.58 miler Stan Taylor of M.A.C. came jogging down, reeled off a 55 second 400m on our bumpy grass track and then 'borrowed' some money off Wilf for a shandy in the nearby Navigation pub!

We also spent many a Sunday afternoon trying to smarten up our Spartan changing accommodation, with drapes and wooden partitions for ladies' and gents' facilities.

My first meaningful representation of the club was in the National Cross Country Championships at a chilly, snow-pocked Parliament Hill Fields in March 1965, albeit I ran in the name of another club member, Jack Winward, a talented 400/800m runner who was a close friend of Barry Chapman.

We had a minimum 6 starters for the team to finish. Alan Blinston showed his future talent, trying to go with the front runners and fading to a very commendable 191st place, with Jeff loping past me on the third 3 mile lap for 531st place, myself finishing 567th. Alan Hardman was fourth counter with Bob Miller our last placer for the club, Mike Baldwin having dropped out.

We enjoyed a Chinese meal amongst the Saturday night lights of London after the race and had a long walk along the Thames towpath at Richmond before Sunday lunch at the 'Sherry Grill' in the town. Happy Days!



Derek (right) pictured with future Olympian Alan Blinston on Alan's wedding day in March 1966.

Derek Walton

Eulogy given by Shirley Blinston at a Service of Thanksgiving for the life of Derek Walton

Derek was a war baby, just like me.

Brothers Reg and Laurie, together with their wives Lavinia and Ethel were living in Hull where the family had its roots. They decided that Hull during the war was not a good place in which to bring children into the world. So the two men got jobs at CWS in Manchester, and acquired a house all together at 64 Westgate in Hale where Derek was born and spent over 50 years of his life.

Stella was also born there and so they grew up together, more as brother and sister than cousins. It was an arrangement which suited them all and turned out to be a blessing for Derek and his mother when his father died whilst Derek was still a teenager.



Young Derek



Derek was baptised
in St. Peter's Church,
Hale and later confirmed.

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Derek Walton

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When he was old enough, probably at around 7 years old, he became a boy chorister in the church choir, donning a white surplus, until his voice broke. Stella remembers him having a beautiful singing voice.



Derek attended Stamford Park School where discovered a love of football and of Manchester United in particular. Throughout his teens he went to home games and collected the programme vouchers to enable him to attend away games.

Like Alan and many others he was devastated by the news of the Munich air disaster and the loss of so many brilliant players that it has continued to hurt every February 6th and he always wore a black arm band.

At the age of 11 he went to Altrincham Grammar School For Boys where he did well academically but also discovered that he was good at cricket. He was not only on the school team but joined Bowdon Cricket Club where he won a trophy cricket ball for achieving a hat trick!

After 'O' levels Derek could easily have gone on to Sixth Form but by then his father was seriously ill and not going to live much longer, so Derek left school and got a job with the North British and Mercantile Insurance Company and in fact his father died shortly afterwards.

Education didn't end however; he studied at night school, gaining 'A' levels in French, Spanish, German and Sociology.

He was an avid reader all of his life, around all manner of subjects, and a frequent film goer.

As a teenager he had also learnt to play the tenor saxophone. All this must have made him a good quizzier when latterly he joined a team quizzing regularly on a Thursday morning.

So I'm sure his knowledge will be missed.

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Derek Walton

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Having gained his A levels Derek decided to train to be a teacher and entered Chester Teacher Training College. Into his second year he was sent for teaching practice to a Liverpool School in Rockferry and the experience turned him off the idea of teaching!

His new job took him into the NHS and he worked at Mauldreth House in the Finance Department so he must have been good at Maths too.

He stayed there until his retirement at around the age of 60, I think.

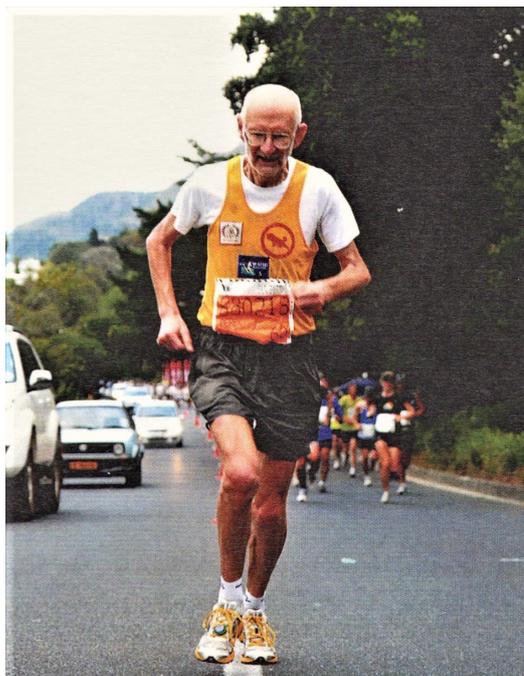
Around 1963 he discovered that a new athletic club had been formed in the Altrincham area by Alan Hardman who was looking for potential members and so Derek's running career began - and never ended until his end.

In those days we were a small but select group, including Jeff Norman, my husband to be, Alan Blinston and Barry Chapman. I joined, myself in the Autumn of 64.

We were few enough to pile into Alan Hardman's mini van along with his wife Janet, who also ran, and their 3 young children, so we all got to know each other pretty well as we travelled to athletics events which were always held on Saturdays in those days.

In 1965 Derek, Alan, Jeff, Barry and one other, who didn't stick around very long, holidayed together in what was then Yugoslavia and in 1966 Derek was Alan's Best Man at our wedding. I guess that many of you who are here have known Derek on the running scene, as a member of Altrincham & District Athletic Club and Northern Vets. He has been on the scene for so long.

Early on, he recognised that he didn't have the natural ability or turn of speed of Alan or Jeff, or the versatility of Barry, but he found a different way to make his own mark - on the long distance scene in endurance events. He began to travel far and wide, seeking out those long distance races throughout England, and even Scotland completing for instance the famous Two Bridges Race from the Forth to the Clyde.



But it was after his retirement that he had the time and the freedom to travel abroad, linking his desire to visit new places with his running. He went over to America several times for races such as the Boston Marathon and the New York Marathon, ran in various distance races in Europe, and, perhaps most notably, travelled for many years to the Western Cape in South Africa along with his friend Peter Wilkinson, to compete in the Two Oceans race, starting on the Atlantic Coast and finishing at the Indian Ocean coast, a distance of over fifty miles. He once got mugged whilst there but it didn't deter him. Like most people who visit the Western Cape he went to Robben Island where Nelson Mandela was imprisoned, and came to greatly respect the man.

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Derek Walton

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As they grew more senior and slower a small group of A.D.A.C. members started meeting up to run together every Thursday morning, ending up with coffee at Alan Rydout's house. I often saw them passing around the corner of our house and gave them a wave. What I didn't understand until Alan told me recently is that Derek was not satisfied with the length of the group run so he used to set off from his flat in Timperley village to meet with the others, about 1½ miles, and of course had to make the return trip after the coffee and chat!

This continued after his stay in hospital about 4 years ago and the warnings about the state of his heart, when medical advice was "not to keep on running" and even after his friends were showing their concern. He has even been abroad earlier this year, taking his running kit with him. I'm not sure how he would get travel insurance! Derek was still running twice every day right up until he went in for his operation. It's a wonder he didn't run right into Wythenshawe Hospital!!

Derek was a quiet, unassuming and very caring man.

He cared for his mother when she was widowed and for Stella when she lost her husband, and later when she was diagnosed and treated for cancer. He was very supportive during a difficult time in her life.

He has also been helping his next door neighbour, Peggy, aged 93, with shopping, the bins and odd jobs. Unfortunately she could not be here today due to a fall on Monday.

And he has also helped an untold number of people as a blood donor.

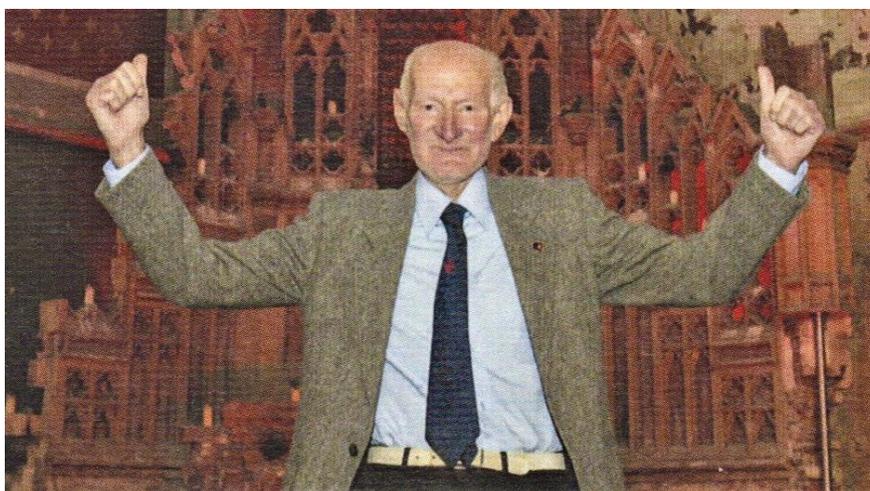
Earlier this year we opened the local Messenger newspaper to see a photograph of Derek smiling out at us as he received his award for donating 100 pints of blood. He began donating in 1962 and apparently he had a rare blood group and would get phone calls in cases of urgent need to go and donate and he always responded. He has continued to donate his blood even during this year whilst he was looking ahead to his own expected surgery. There must be some who owe their lives in part to his donation.

I think he must have been all too aware that he might not survive and was determined to go on getting as much out of life as possible. But I also believe that he was 'putting his house in order' as it were, because a very long time ago I gave him a book to read and I had forgotten all about it until he returned it to me not long ago. Inside the book was a bookmark which I may have left, either with intent or by accident, but I think it must have meant something to him, as he had so carefully preserved it.

It has on one side a Christian cross and on the other the words 'God is for life, not just for Christmas'. I believe it must have reminded him of his early faith and his confirmation vows.

As he ran all those miles amidst the most wonderful scenery, through all seasons both at home and abroad, he must have been aware of the wonder of God's Creation. And although he did not attach himself to any church, I feel sure that his early grounding in the Christian faith would always have informed his character and way of living and his inner being. He led a good life and wished no harm to anyone. I feel sure that now he has run right in to the heavenly realms and been received into a new life so that death is not the end of Derek.

For us he will live on in our memories and will be much missed by so very many people. May God bless us all. Amen



ADAC CLUB MILE CHAMPIONSHIPS

Tuesday 12th September

U9 GIRLS

1st	Jasmine Miller	7.15
2nd	Izzy Jones	8.05
3rd	Hannah Stansfield	8.21
4th	Susanna Thompson	8.47
5th	Darcie Mc Mahon	10.11

U11 GIRLS

1st	Jessica Forrest	6.31
2nd	Holly Newton	6.33
3rd	Nancy Pickles	6.51
4th	Eleanor Nicholson	6.55
5th	Charlotte Stansfield	7.08
6th	Thea Pratley	7.10
7th	Lucy Pearce	7.25
8th	Ella Farquhar	7.27
9th	Hannah Myres	7.34
10th	Aine Pegler	7.59

U13 GIRLS

1st	Jessica Molloy	7.18
2nd	Kate Fitzgerald	7.18
3rd	Madison Byrne	7.21
4th	Lauren Farquhar	7.49
5th	Emily Wall	7.58
6th	Laura Kelly	8.38

U13 BOYS

1st	Daniel Green	6.31
2nd	Ben Lomas	6.33
3rd	Angus Morris	6.38
4th	Charlie Llewellyn	7.07
5th	Sam Fogarty	7.16
6th	Edward Johnson	7.54

SENIOR WOMEN

1st	Millie Pearce (U15)	5.51
2nd	Lora Blann (V35)	5.55
3rd	Amanda Navin	6.11
4th	Katy Green (V40)	6.20
5th	Harriet Pearce (V45)	6.33
6th	Margaret Bullock (V50)	6.53
7th	Angela Bamford (V50)	7.37

U9 BOYS

1st	Charlie Matthews	7.05
2nd	Alex Osborne	7.19
3rd	Joseph Lang	7.23
4th	Neil Randev	7.27
5th	Oliver Flesk	7.27
6th	Timmy Wall	7.41
7th	Archie Halliwell	7.45
8th	Ged Quinn	7.48
9th	Eoin McHale	7.54
10th	Theo Griffiths	8.25
11th	Adam Greenway	9.09
12th	Eoin Pegler	9.23

U11 BOYS

1st	Jimmy Taafe	6.25
2nd	Zach Thompson	6.27
3rd	Henry Bellingham	6.34
4th	Cameron Scott	7.00
5th	Jonah Pearce	7.02
6th	Dylan Hanrahan	7.13
7th	Dominic Gibson	7.26
8th	Michael Quinn	7.35
9th	Isaac Oderinde	7.36
10th	Finton Wall	7.39

SENIOR MEN

1st	Daniel Racle (U20)	4.46
2nd	Harry Sinclair (U17)	5.05
3rd	Kristen Matuszczak	5.07
4th	Richard Johnson (V50)	5.16
5th	Richard Jellyman (V40)	5.30
6th	Andy Oates (V40)	5.38
7th	Richard Biggs (V40)	5.39
8th	Andrew Spencer (V40)	5.47
9th	Peter Waterson (V45)	5.49
10th	Richard Hanley	6.03
11th	Mark Hunter (V60)	6.04
12th	James Morris (U15)	6.10
13th	Chris Marritt (V40)	6.16
14th	Laurence Barker (U15)	6.36
15th	Hugh McKenna (V65)	7.20
16th	Thomas Pavey (U15)	7.59

Millie Pearce retained the women's title and Dan Racle took the men's title, having finished second last year. Many thanks to Mike Welford, Phil Nichol and Bob Spark (timekeeping / recording), John Snape (starter) and Andy Whittingham (medal presentations).

Well done to everyone who turned out to run in such dreadful conditions!

Mansel Pope

Photos on following pages by Leanne Buckley-Ratliff

More photos on the ADAC Facebook page

ADAC CLUB MILE CHAMPIONSHIPS
Tuesday 12th September



ADAC CLUB MILE CHAMPIONSHIPS
Tuesday 12th September



Millie Pearce



Dan Racle



North West Road Relays - Saturday 9th September Stanley Park, Blackpool

An incredible 45 ADAC athletes took part in these relays at Blackpool on Saturday 9th September. The relays combined the Cheshire, Greater Manchester, Lancashire and Merseyside Championships. We fielded five senior men's teams and the 'A' team finished in 5th place overall out of the 85 teams that started. The other teams finished 33rd, 40th, 58th and 63rd. The 'A' team won silver medals in the Greater Manchester Championship.

Our senior women were 16th out of the 56 teams that started. Many thanks go to team managers Mike Berks and Mansel Pope.

Andrew Whittingham is also to be thanked for managing our 22 junior athletes from U11 to U15. Three U11 girls' teams finished 6th, 15th and 19th out of 30 complete teams and the U11 boys' were 19th out of 21 complete teams and bronze medallists in the Greater Manchester Championship. Two U13 girls' teams finished 18th and 30th out of 38 complete teams and the U13 boys' team were 29th out of 34 complete teams. We also had one runner in the U15 boys' race.

Full results: www.race-results.co.uk/results/2017/nwrel17.pdf

ADAC 'A'	
Akkeal Chambers	22.23
Dave Norman	21.50
Mo Abu-Rezeq	19.51
Andy Norman	21.27
	1.25.31

ADAC 'B'	
Dan Martell	23.34
Kris Matuszczak	23.34
Karl Lee	23.53
Adrian Fuller	25.02
	1.36.03

ADAC 'C'	
Richard Johnson	23.59
Paul Abraham	24.30
Neil Walker	24.40
Steve Renny	24.14
	1.37.23

ADAC 'D'	
Paul Johnston	25.40
Andy Whittingham	24.11
Nick Burke	27.14
David Vaughan	28.22
	1.45.27

ADAC 'E'	
Alan Williams	31.03
Richard Pavey	28.36
Jeff Norman	30.13
Dave Telford	21.36
	1.51.28

ADAC Women	
Amanda Navin	24.02
Jayne Knowles	20.43
Danielle Beard	21.57
	1.06.42

**North West Road Relays - Saturday 9th September
Stanley Park, Blackpool**

U11 girls 'A'	
Holly Newton	6.40
Jessica Forest	6.39
Sarah Herceg-Millington	6.49
	20.08

U11 girls 'B'	
Eleanor Nicholson	6.44
Charlotte Stansfield	7.10
Thea Prattley	7.40
	21.34

U11 girls 'C'	
Carys Bucknall	7.06
Hannah Myers	7.12
Ella Farquhar	7.31
	21.49

U11 boys	
Henry Bellingham	6.34
Harry Waddell	7.06
Dominic Gibson	7.32
	21.12

U13 girls 'A'	
Esme Pearson	13.48
Grace Adams	15.07
Aisling McHale	13.29
	42.24

U13 girls 'B'	
Verity Charnley	13.46
Eva Bucknall	15.21
Orla Flynn	15.19
	44.26

U13 boys	
Alexander Grierson	13.30
Ben Lomas	15.05
Angus Morris	14.27
	43.02

U15 boys	
Tom Pavey	17.02
	incomplete

North West Road Relays - Saturday 9th September Stanley Park, Blackpool

from Andrew Whittingham

The club hasn't had a much of a presence at this event in previous years, especially in the junior section, so it is quite astonishing that we managed to complete seven full teams at Blackpool. This is partly down to the introduction of the U11 section of the event for the first time last year, but also the larger and higher quality pool of athletes that we have to invite to these events.

The first team to run was the U11 boys. This very nearly didn't happen. From originally having seven athletes available, this whittled its way down to three and then, owing to illness, down to two on the actual morning. A desperate phone call and text message were responded to positively and Dominic Gibson stepped in at the last minute. Henry Bellingham was impressive on the first leg with Harry Waddell and Dominic Gibson running well to finish 18th out of 20 teams. While this may not sound that impressive, it's important to remember that this is a high quality event and you don't get many runners here who are just looking for a fun run. The boys were rewarded for their efforts by finishing 3rd Greater Manchester team, a mere 15 seconds ahead of 4th placed Horwich. As a result, they joined the senior men's team in taking home county medals.

Next up, starting a few minutes after the boys, were the U11 girls. We had three teams in this age category. I knew we had a strong 'A' team, but wondered whether I'd stretched things a little far in taking nine girls to the event. I needn't have worried. Our 'A' team, made up of Holly Newton, Jessica Forrest and Sara Herceg-Millington, were excellent, finishing in an impressive 6th place out of 30 teams. This is our highest junior finish in this event to date. The 'B' team were also very impressive, sneaking into the top half in 15th. Eleanor Nicholson produced a stunning first leg, followed by a great run from Charlotte Stansfield. Thea Prattley ran well considering she was feeling under the weather and she lost about 24 seconds owing to a mix-up with the officials. Our 'C' team made it into the top 20 with a brilliant 19th place. Carys Bucknall, Hannah Myers and Ella Farquhar's efforts meant that Altrincham were the first to have three U9 girls' teams home. A great show of our strength in depth in this area. Unfortunately, for the 'A' team, their 6th place was only good enough for 5th in the loaded Greater Manchester section of this age category. Another point of interest is the number of teams taking part in the U11 event in its second year. The boys were up from 12 to 20 and the girls from 20 to 30. Clearly there is interest in this sort of event for U11s.

The next race was the U13 girls. We had two teams in this event with selection order for the Northerns at Sportcity also at stake. This turned into a head-to-head between our two first leg runners Esme Pearson and Verity Charnley. 'A' team runner Esme came into the stadium first, but the determination that 'B' team runner Verity Charnley showed in overhauling her was awe-inspiring. Verity finished ahead by just a few metres. The 'A' team managed to get ahead again with Grace Adams and fastest U13 girl of the day, Aisling McHale bringing the girls home for a top half finish of 18th out of 38. This category was the only one we've previously had a full junior team take part in, so I was hoping they'd beat that performance. In 2014, the girls finished 20th out of 22 teams. So the class of 2017 succeeded in improving on that, despite the increase in the number of teams from 22 to 38. More teams shows the increasing popularity of this event.

The 'B' team was completed by Eva Bucknall and Orla Flynn to finish in 30th. All six girls are in the lower age bracket of the U13s, so hopefully they will look at this as an event that they'd like to train for and come back next year to try to do even better.

The final full junior team was the U13 boys. The team of Alexander Grierson, Ben Lomas and Angus Morris finished 29th out of 34. This was their first taste of a relay event like this, let's hope it's the first of many!

We also had Thomas Pavey running for the U15 boys in an incomplete team and a mention should be made of Harry Sinclair. Harry still trains at the track, but owing to our lack of U17 boys is now competing for Trafford so that he can go to the team events. His team finished 7th overall and 1st in Greater Manchester.

continued on next page

North West Road Relays - Saturday 9th September Stanley Park, Blackpool

continued from previous page

Aside from the juniors, we had a senior ladies team including a guest appearance from Altrincham's former national champion, Jayne Knowles (check out her daughter Harriet Knowles-Jones' power of 10 bio!) who was making a special appearance as part of the retirement celebrations of her former coach, Don Nichol.

We had five senior men's teams, with the 'A' team finishing 6th overall and 2nd Greater Manchester. Our runner Mohammed Abu-Rezeq was fastest leg of the day. If you want to know how I ran, I was skulking around in the D team.

Finally, if we add the seniors to the juniors we had 45 athletes represent Altrincham at Blackpool. If we've beaten that before in any event, it was a long time ago. The main reason for the large senior attendance was as a thank you to Don Nichol. The guy is a legend here and his legacy lives on in the coaching staff with his son, Phil Nichol and the influence and support he has given to so many at the club.



A great turnout of Altrincham athletes pictured with their long-time coach Don Nichol and wife Rose

**North West Road Relays - Saturday 9th September
Stanley Park, Blackpool**



Jessica Forrest



Hannah Myers



Sara Herceg-Millington



Henry Bellingham

**North West Road Relays - Saturday 9th September
Stanley Park, Blackpool**



Dave Telford



Andrew Whittingham



Richard Johnson



Andy Norman



Mohammed Abu-Rezeq



Karl Lee



Jeff Norman

*More photos on the
ADAC Facebook page*



Neil Walker

North of England Road Relays - Saturday 16th September Sportcity, Manchester

A good turn out of Altrincham athletes for the second weekend in succession with 36 competing at the home of Manchester City, who were down at Watford scoring six goals, much to Elton's dismay! Two U13 girls' teams finished 21st and 35th out of 46 complete teams and the U13 boys' team were 42nd out of 42 complete teams, although several other teams were disqualified or incomplete. In the senior women's race, again there were a number of disqualifications and incomplete teams and Altrincham's 'A' team finished 35th of the 66 complete teams. The 'B' team was incomplete. In the men's race there were some high profile disqualifications, leaving Altrincham's 'A' team in 33rd place, the 'B' team 66th and the 'C' team 90th. The 'D' team was incomplete. A total of 103 teams were declared complete and not disqualified.

Thanks again to team managers Mike Berks, Carole Harrison and Andrew Whittingham.

ADAC 'A'	
Dave Norman	21.59
Dan Racle	20.39
Akkeal Chambers	21.57
Paul Smith	23.26
Richard Johnson	23.21
Karl Lee	23.03
	2.14.25

ADAC 'B'	
Andrew Whittingham	23.02
Adrian Fuller	23.46
Matt Gawne	24.38
David Hughes	24.25
Paul Abraham	24.00
Duncan Wilson	25.26
	2.25.17

ADAC 'C'	
David Vaughan	27.03
Dave Ainsworth	25.48
Brad Johnson	26.50
Graham Harrison	26.24
Nick Burke	27.07
Richard Jellyman	25.09
	2.38.21

ADAC 'D'	
Richard Pavey	27.20
Jeff Norman	29.11
Dave Telford	29.19
	incomplete

ADAC Women 'A'	
Lora Blann	23.31
Fiona Cosgrove	25.51
Steph Thompson	28.24
Bev Jackson	26.05
	1.43.51

ADAC Women 'B'	
Carole Harrison	27.32
Laura Fairhurst	26.14
	incomplete

Full results: www.race-results.co.uk

North of England Road Relays - Saturday 16th September Sportcity, Manchester

U13 girls 'A'	
Aisling McHale	13.10
Verity Charnley	14.53
Beth Robinson	14.36
	42.39
U13 girls 'B'	
Esme Pearson	14.15
Orla Flynn	15.26
Grace Adams	15.04
	44.45

Full results: www.race-results.co.uk/results/2017/nyarel17.htm

U13 boys	
Ben Lomas	15.04
Angus Morris	14.58
Sam Fogarty	15.50
	45.52

from Andrew Whittingham

We've been fortunate enough to have a great men's team in this event for a long time, but this time the highest placed team was our U13 girls. The 'A' team of Aisling McHale, Verity Charnley and Beth Robinson came home in an impressive 22nd place, and have been moved up to 21st as a result of a disqualification. Aisling ran extremely well on the first leg to come home in 11th place (my auto-correct keeps changing her name to Sailing – very apt!). With the right blend of endurance training, she may well be able to mix it with the best. Following such a strong first leg, it was always likely to be a bit tougher for Verity Charnley. It's not easy on leg 2 when other runners start to pass you. Verity had earned her place in the 'A' team with her strong performance the week before, and although she was not as quick this time, she still ran well to keep the team in with a chance for a strong finish. The final leg was ran by the talented Beth Robinson who put in a strong performance to bring the team in ahead of the first batch of 'B' teams.

Three years ago, we had the beginnings of an U13 girls' team with a group that finished 29th out of 31. Unfortunately, that time it fell away. This time we are hoping it will be different. This is a much stronger group and that is emphasised by the quality of our 'B' team who finished 35th out of 46 teams. They were led off by Esme Pearson who actually ran faster than two of the girls in the 'A' team! Bad team selection? Unfortunately, they just can't make up their mind on who is going to run quicker. Second off was Orla Flynn, with the team being brought home by Grace Adams. All of these girls have the potential to become really good with regular training. Hopefully they will all want a stab at the cross country this year.

All of these girls are in year one of this age bracket, so it will be interesting to see what happens over the next year. We have some good U11 girls coming into this age category next year as well as some capable girls that were on the fringe this time. Hopefully, it will make for a team selection nightmare!

We also had an U13 boys' team out. Unfortunately, they didn't do quite so well and finished last in 42nd (1 disqualification). While I have to look at this and admit that I've probably got it wrong on this occasion, I hope they enjoyed the theatre of the event and would like to try to improve so that they can do better in future. I would like to point out that the team of Ben Lomas, Angus Morris and Sam Fogarty are all capable runners and put in decent performances, it's just that as a team they were perhaps not yet ready for this event. All three boys ran faster than several runners on other teams, but they didn't have that one really quick runner needed to bump them up a few places. This has been a learning experience for me and I'll take what I've learnt of the standard required for this event and adapt what I do going forward.

This was a particularly proud day for me, as getting junior teams into these events has been one of my goals as a coach. It finally looks like we might be there with the girls, and hopefully we are close with the boys. The challenge now becomes how to develop this in a sustainable way so that Altrincham will continue to have representation in these events over the coming years, and hopefully get teams than can challenge some of the more established stalwarts of this event.

This is something new for us, and I think that's exciting!

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.

Championship Races

Sunday 5th Feb	Alsager 5	www.alsager5.co.uk
Sunday 19th Mar	Wilmslow Half	www.wilmslowhalfmarathon.org.uk
Friday 14th Apr	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 Edge Bypass 10K	www.runnorthwest.co.uk
July / August	Sale Sizzler 5K	www.saleharriersmanchester.com
Sunday 20th Aug	Birchwood 10K	www.spectrumstriders.org.uk
Sunday 17th Sep	Essar Sutton Six 10K	http://wcac.niftyentries.com/SuttonSix
Sunday 15th Oct	Manchester Half	www.manchesterhalfmarathon.com
Sunday 19th Nov	Preston 10	www.prestonharriers.co.uk
Sunday 26th Nov	Wilmslow 10K	www.runnorthwest.co.uk
Sunday 3rd December	Stockport 10	http://stk10.co.uk/

2017 Road Running Championship

Sutton Six 10K

	Chip Time	Age Graded %
Vicki Perry	40.57	93.69

The championship will be based on the each runner's best 5 performances from the list of races (as referred to above only the best of the Sizzlers counts). Runners will remain in the overall list until such time as it is not possible for them to complete the required 5 races (e.g. if they have only run in 1 race and only 3 races remain), at that point they will be taken off the overall results.

With only 4 races remaining Vicki Perry continues to put in some fantastic performances to stay firmly in the lead. But with only Peter Pickwell in the top 10 who has so far completed the required 5 races all is not yet over.

The remaining races are:

Manchester Half Marathon.....Sunday 15th October
 Preston 10.....Sunday 19th November
 Wilmslow 10K.....Sunday 26th November
 Stockport 10.....,Sunday 3rd December

Top 20 positions after 9 qualifying races

		Number of races run	Average Age Graded %
1	Vicky Perry	4	91.92
2	Mohammed Abu-Rezeq	3	89.17
3	Dave Norman	1	84.30
4	Dan Racle	1	83.71
5	Peter Pickwell	5	82.99
6	David Hughes	1	82.85
7	Bev Jackson	1	82.57
8	Mark Hunter	2	81.82
9	Michael Berks	1	81.75
10	Richard Johnson	4	81.25
11	Steve Renny	2	81.22
12	Alison Vesey	1	80.99
13	John Owen	1	80.99
14	Jeff Norman	2	79.76
15	John Noblett	1	79.08
16	Dave Ainsworth	3	78.96
17	Lora Blann	2	78.93
18	Graham Harrison	4	78.70
19	Akkeal Chambers	2	77.24
20	Kristan Matuszczak	4	76.28

2017 Road Running Championship

Remaining positions after 9 qualifying races

		Number of races run	Average Age Graded %
21	Nick Bugler	1	75.85
22	Carol Harrison	2	75.00
23	Paul Abraham	1	74.52
24	Ken Burgess	1	74.45
25	Neil Walker	1	74.13
26	Dan Martell	1	74.05
27	Karl Lee	1	74.02
28	Colin Hammond	1	73.72
29	Catherine Gras	1	72.96
30	Colin Davies	6	71.81
31	Danielle Beard	3	71.79
32	Jon Powell	1	71.62
33	Adrian Fuller	1	71.48
34	Rob Metcalf	1	71.24
35	Hugh McKenna	1	71.22
36	Lockie Campbell	1	71.21
37	Amanda Navin	1	71.08
38	Duncan Wilson	1	70.83
39	Peter Waterson	3	70.40
40	Margaret Bullock	1	69.00
41	Duncan Dickinson	3	68.17
42	Richard Jellyman	3	67.22
43	Dave Parkes	1	66.64
44	Angela Bamford	1	65.92
45	Brad Johnson	2	65.68
46	Malcolm Orrell	1	65.44
47	Alan Williams	2	64.89
48	Steph Thompson	1	64.45
49	Tom Lavin	2	64.32
50	David Vaughan	5	63.75
51	Andrew Spencer	2	63.09
52	Andrew Crockett	2	61.80
53	Lara Dawson	1	61.63
54	Liz Barton	1	59.78
55	Mark Whitfield	2	51.46

Mid Cheshire 5K - Thursday 24th August

A field of almost 500 runners took to the start line for this very fast Thursday night 5K at Kingsley. Sale Harriers' Charlie Hulson was first home in a time of 14.34 and first lady was Lauren Howarth of Leigh Harriers in 16.08.

Dan Martell, David Hughes and Richard Jellyman were the first three Altrincham finishers and they all recorded personal bests.

Lora Blann was next, ahead of Graham Harrison and Dave Ainsworth, before David Vaughan and Danielle Beard both ducked below 20 minutes for the first time.

Andrew Spencer finished ahead of Peter Pickwell, who was second over 65, and Andrew Crockett, who was another Altrincham runner record a new personal best.

Bev Jackson, Amanda Navin and Carole Harrison ran well to complete a total of 14 ADAC runners. There were 476 finishers.

Full results: <https://cutefruitevents.niftyentries.com/Results/Mid-Cheshire-5K-Summer-2017>

		Chip	Gun
105	Dan Martell	17.29	17.35
146	David Hughes	18.21	18.28
170	Richard Jellyman	18.50	18.56
172	Lora Blann	18.52	18.59
189	Graham Harrison	19.11	19.18
194	Dave Ainsworth	19.18	19.25
220	David Vaughan	19.48	19.58
226	Danielle Beard	19.54	20.03
241	Andrew Spencer	20.10	20.19
252	Peter Pickwell	20.10	20.28
257	Andrew Crockett	20.18	20.35
307	Bev Jackson	21.36	21.46
312	Amanda Navin	21.44	21.53
336	Carole Harrison	22.35	22.44



Dan Martell



David Vaughan

Mid Cheshire 5K - Thursday 24th August
Photos by Mick Hall



Danielle Beard
Andrew Spencer



David Hughes
Amanda Navin



Richard Jellyman
Dave Ainsworth



Sutton Six 10K - Sunday 17th September

Vicki Perry was the only Altrincham entrant in this 10 kilometre race at Guilden Sutton and she did the club proud, finishing 66th out of the 250 starters, fifth lady and winning the FV55 prize by more than 5 minutes in an excellent time of 40.57. It is looking increasingly likely that Vicki will take the club road running championship title this year.

The race was won by Tomos Roberts of Meirionnydd Running Club in 32.30 and the first lady was Diane McVey of Wilmslow Running Club in 36.41.

Full results: <https://wcac.niftyentries.com/Results/Essar-Sutton-Six-10k1>

Northern Masters Track & Field Championships at Bury Sunday 17th September

from John Snape

Our two V70 track and field athletes achieved four age group first places and three club records at the Northern Masters Championships. John Snape started well in his first two events improving his club records in the shot by 13cm and the hammer by 38cm and Barry Chapman followed up by knocking seven tenths of a second off his 300m Hurdles record set last year and completing a massive total of nine events over a period of six hours.

BARRY CHAPMAN			JOHN SNAPE			
80m Hurdles	37.5s	1st		Hammer	19.65m	1st
300m Hurdles	88.8s	1st		Shot	7.19m	2nd
High Jump	1.00m	1st		Discus	19.61m	2nd
Hammer	15.29m	2nd		Javelin	15.90m	3rd
Triple Jump	5.69m	2nd				
Shot	6.85m	3rd				
Discus	11.30m	3rd				
Long Jump	2.98m	4th				
Javelin	12.57m	4th				

Cross Country

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2017/2018 SEASON

MATCH 1* : SATURDAY 14th OCTOBER 2017* *[not for U11s]*
Heaton Park

MATCH 2 : SATURDAY 11th NOVEMBER 2017
Boggart Hole Clough

MATCH 3 : SATURDAY 2nd DECEMBER 2017
University Playing Fields & Kenworthy Woods

MATCH 4 : SATURDAY 13th JANUARY 2018
Woodbank Park

MATCH 5 : SATURDAY 10th FEBRUARY 2018
Wythenshawe Park

START TIMES AND APPROXIMATE RACE DISTANCES

12 noon U11 GIRLS & BOYS - 2,400 metres
12:15 pm U13 GIRLS & BOYS - 3,500 metres
12.30 pm U15 GIRLS & BOYS - 5,000 metres
12:50 pm U17 GIRLS & BOYS - 6,500 metres
1:30 pm SENIOR, U20 & VET LADIES - 8,000 metres
2:30 pm SENIOR, U20 & VET MEN - 9,600 metres

There will be NO entries on the day as affiliation checks will be made on registrations, so all Altrincham & District Athletic Club members who wish to be entered for this league should please let me know as soon as possible. **Mike Jones (cross country coordinator)**
I need your name, date of birth and EA registration number : mikejones55@btinternet.com

SOUTH EAST LANCS CROSS COUNTRY LEAGUE - 2017/2018 SEASON

MATCH 1 : SATURDAY 18th NOVEMBER 2017
Heaton Park

MATCH 2 : SATURDAY 16th DECEMBER 2017
Tandle Hill

MATCH 3 : SATURDAY 20th JANUARY 2018
Leigh Sports Village

MATCH 4 : SATURDAY 17th FEBRUARY 2018
Astley Park, Chorley

START TIMES AND APPROXIMATE RACE DISTANCES

1:00 pm U11 BOYS & GIRLS - 2,000 metres
1.10 pm U13 BOYS & GIRLS - 3,000 metres
1.20 pm U15 BOYS & GIRLS - 4,500 metres
1.35 pm U17 YOUTHS & INTERS - 6,000 metres
1.50 pm SENIOR LADIES - 8,000 metres
2.30 pm SENIOR MEN - 10,000 metres

ADAC are paying the SEL affiliation fee, individual athletes to pay the entry fee - £6 for the series.

Fell Running

The next Thursday morning fell run / walk will be on 5th October and details will be posted on Facebook and circulated on the ADAC email group.
The remaining dates before Christmas are October 5th & 19th, November 2nd, 16th & 30th and December 14th which will be the Christmas Meal at The Old Hall, Whitehough.

2017 Fell Running Championship

from Tim Raffle

After the Lantern Pike race the championship standings look like this:

1	Arthur Raffle	101
2	Tim Raffle	100
3	Shaun Jackson	27
4	John Stockdale	25
5	Bruce Humphrey	22
6	Jeff Norman	20
=	Neil Walker	20
8	Craig Partridge	16
9	John Noblett	15
10	Dan Martell	14
11	Alan Williams	13
12	Danielle Beard	10
13	Amanda Navin	9
=	George Raffle	9
15	Lockie Campbell	8
16	Jennifer Raffle	6
17	Bev Jackson	4

Just one championship race in October, the Langdale Horseshoe on Saturday 7th October.
The race is pre-entry only, details at www.amblesideac.org.uk
This race is a classic but quite a tough one.

Fell Running

from Tim Raffle

Prizes galore for Altrincham runners at the Shelf Moor Fell Race on Sunday 3rd September: Jeff Norman 1st V70, Tim Raffle 1st V50 and Arthur Raffle 1st U23. Great runs from Amanda Navin and Dan Martell as well. The race was won by Stuart Bond of Dark Peak Fell Runners in 44:20. There were 92 finishers.



13	Arthur Raffle	(76)	52.34
22	Tim Raffle	(75)	55.14
24	Dan Martell	(57)	56.05
61	Amanda Navin	(56)	67.24
65	Jeff Norman	(69)	68.54

Full results: <https://glossopdaleharriers.files.wordpress.com/2013/06/shelf2017.pdf>



Fell Running

from Tim Raffle

Padfield Plum Fair Scamper

The Plum Fair may have died but the Fell Race lives on. Not a championship race this year but a strong Altrincham turnout and John Stockdale finishing in the top ten.

10	John Stockdale	40.19
15	Neil Walker	41.09
26	Shaun Jackson	44.11
32	Tim Raffle	45.16
34	Dave Livingstone	46.16
45	Craig Partridge	48.31

Alisdair Campbell of Buxton won the race in a time of 34:19 and 95 finished.

Lantern Pike

A smaller turnout for this one despite its championship status but another top ten performance from John Stockdale. My attempt to out-sprint Bruce Humphrey at the finish failed miserably. As ever, a fine day out at the Hayfield Country Show and Sheepdog Trials.

10	John Stockdale	37.40
35	Bruce Humphrey	42.13
36	Tim Raffle	42.20

The winner was Simon Bailey of Mercia in a time of 32:11 and there were 147 finishers.



Two very good friends of the club, Des Gibbons and Rick Wilde.

Rick still holds the course record for the Lantern Pike Fell Race with a time of 29 min 12 sec which he set in 1977 and is possibly the oldest unbroken fell race record in the UK.

Rick is a regular at the ADAC Thursday fell meetings.

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	Flower 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.

Jon Powell

Cheshire Track & Field League

Match 4 at Warrington on Sunday 3rd September

from Andrew Whittingham

FINAL CHESHIRE LEAGUE MATCH OF 2017

We waved bye bye to the 2017 track & field season with our final fixture on the glorious blue track of Warrington. The meeting saw us lock horns with hosts Halton & Frodsham, Trafford, Crewe & Nantwich, Stockport and Bury.

In total we had 18 athletes compete including 3 debutants, Joud Al Sharief for the U11 girls with James & Ben Westwood in the U13 and U11 boys respectively.

The U11 girls was particularly well attended with 7 girls taking part. The 150m races were covered by our quartet of Charlotte Stansfield, Hannah Myers, Ella Farquhar and Lucy Pearce. Joud Al Sharief joined all of these for the long jump. For the 600m we had six with Charlotte, Hannah, Lucy and Joud all running with the addition of Jessica Forrest and our highest placed finisher, the rapidly improving Eleanor Nicholson. We also managed a relay team with Jess, Charlotte, Hannah and Eleanor making up our quartet. Strangely, this was a completely different four to our relay team in the last meeting!

For the U11 boys we had Dominic Gibson, Ben Westwood and Dylan Hanrahan represent us in the 150m. They all ran the 600m along with Josh Mulholland-Wells, who again impressed as our first runner home. Dominic and Dylan also took part in the long jump, benefitting from being able to get their jumps in early by the lack of a relay team.

In the U13 boys, James Westwood was our sole representative by doing the 100m, unfortunately picking up an injury in the process so hopefully he is OK.

In the U13 girls our sole competitor was Aisling McHale who did high jump before again impressing in the 1200m.

In the U15 girls we were well represented with Tess Pearce and Emma Simpson taking part in the sprints and field events before we got to watch Millie Pearce win her 1500m race convincingly.

Finally, veterans Barry Chapman and Andrew Whittingham were also in action in the long jump and 3000m respectively.

I'd like to thank everyone that turned up and hope that they enjoyed it. Whilst we would obviously like to fill more of the gaps in our team, over the course of the track & field season we have seen a big increase in the numbers taking part this year and hopefully we will continue to develop in the right direction.



Junior News from Andrew Whittingham

Bank Holiday PBs at Trafford

Altrincham had an impressive turnout at the latest Trafford Medal Meeting on Monday 28th August, particularly among the U11s. In total 15 athletes laced up their trainers, several attending one of these high quality medal meetings for the first time.

The biggest improvement from the club was the participation from the U11 boys.

Debutant Troy Tarry was extremely impressive in the 75m and 150m. Harry Waddell was also in fine form in setting 3 PBs with Isaac Oderinde smashing his 75m PB. Dominic Gibson was also in good form, missing out on his long jump PB by a couple of centimetres. Finally, Josh Mulholland-Wells finished just outside 2 minutes for a new 600m PB. With most of these boys moving up an age group next year, it looks like we have the makings of a strong U13 boys' team.

In the U11 girls Hannah Myers got a bunch of PBs and produced a scintillating sprint to win her 75m heat. Charlotte Stansfield looked great again in the sprints, even smiling as she arrived at the finish! Carys Bucknall and Sara Herceg-Millington both improved their long jump PBs with Sara doing a very impressive 3.44m. She may be one to watch in the jumping events over the next few years. Holly Newton produced the fastest 600m from an U11 Altrincham girl this year with Eleanor Nicholson looking great as she set PBs in the 600m and 150m.

In the U13s, Aisling McHale dusted off her lack of sleep to set a new long jump PB in club colours. She also had a crack at keeping up with some county champions in a very competitive 800m.

Eva Bucknall also set a new best in the long jump.

In action for the U15s were Emma Simpson and Daniel Edmundson. They have been training at the club for 5 years now and it's wonderful to see them still involved and putting in quality performances. One more track & field event left and then it's on to Sportshall and Cross Country. Winter is coming!



Stan Hailes Trophy Meeting Sunday 27th August

from John Snape

14 year old Naomi Conteh was the winner of the Stan Hailes Trophy from 8 year old Jonah Pearce and 10 year old Lucy Pearce. There were **21 personal bests** and Harriet Pearce broke two V45 club records (Long Jump and Shot Put) and established a V45 club record for the High Jump.

	Age	LJ	100m	Shot	HJ	800m	Pts
1 Naomi Conteh	14	4.61m	14.1s	6.25m	1.33m	2m 54.4s	108.15
2 Jonah Pearce	8	2.52m	18.7s	3.77m	0.97m	3m 21.2s	100.15
3 Lucy Pearce	10	3.09m	16.8s	4.65m	1.15m	3m 28.0s	97.25
4 Emma Simpson	14	4.17m	14.4s	6.52m	1.33m	2m 46.0s	90.30
5 Tessa Pearce	13	3.55m	14.7s	5.60m	1.33m	2m 52.1s	89.05
6 Luke Pearce	45	3.74m	15.3s	6.74m	1.27m	3m 35.2s	85.25
7 Harriet Pearce	45	3.40m	17.0s	5.39m	1.18m	3m 09.2s	76.35
8 Millie Pearce	14	3.14m	15.8s	6.79m	1.36m	2m 42.8s	60.95
9 George Raffle	21	2.59m	13.9s	4.26m	1.12m	2m 39.8s	43.30
10 Jade Buckley-Ratcliff	12	4.17m	14.3s	8.85m	1.30m	DNS	0.95
11 Theo Kelly	17	3.56m	12.7s	DNS	DNS	DNS	-101.40
Guests:							
Mack Buckley-Ratcliff	5	1.47m	25.5s	2.83m	Lightweight - 1kg		
Mark Simpson	55			6.60m	V55 Vet weight - 6kg		
John Snape	70			6.97m	V70 Vet weight - 4kg		
Barry Chapman	71	3.23m		6.77m	V70 Vet weight - 4kg		



Jonah

Naomi

Lucy

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

October

Tue 3rd	Grass session: 10 x 500m, 90s recovery
Tue 10th	12 x 90s effort, 75s recovery
Sun 14th	Manchester Area Cross Country League* - Heaton Park
Sun 15th	Manchester Half Marathon (club championship race)
Tue 17th	5 sets of: 90s effort, 60s recovery, 60s effort, 30s recovery, 30s effort 3 min jog between sets
Tue 24th	Grass session: 10 x 500m, 90s recovery
Tue 31st	Grass session: 2 x 1000m, 7 x 500m, 90s recovery

Future events

Sat 4th November	National Cross Country Relays - Mansfield
Sat 11th November	Manchester Area Cross Country League* - Boggart Hole Clough
Sun 19th November	Preston 10 Mile (club championship race)
Sun 26th November	Wilmslow 10K (club championship race)
Sat 2nd December	Manchester Area Cross Country League* - Kenworthy Woods
Sun 3rd December	Stockport 10 Mile (club championship race)
Sat 16th December	ADAC Xmas handicap - John Leigh Park

* No entries on the day

Altrincham & District Schools Cross Country League

John Leigh Park, Oldfield Road, Altrincham.

Saturday 14th October

First race 10am

If you have the time on the above Saturday morning please 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 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 set-up I can live with, but I am 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.

Final meeting: Saturday 18th November

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

Mark Jutrzenka (School Leagues Secretary) .

ADAC Membership & England Athletics Affiliation

Club subscriptions run from 1st April to 31st March in line with England Athletics financial year. By now, all affiliated athletes should have paid their subscription using the England Athletics Portal. If you have had a problem with this, have any questions, or are a social member who has not yet renewed, please contact club treasurer Carole Harrison (caroleharrison65@yahoo.com) or Bill Egan (itbegan@gmail.com).



REALBUZZ ALTRINCHAM

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Open 9:00am - 5:30pm
(Sunday 10:30am - 4:30pm)

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)
Personal Trainer at M20 Personal Training Studio.
Mobile: 07480113036

Thornber Podiatry assessment, treatment and provision of orthotics / in-shoe devices.
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