



PAWPRINTS

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



NOVEMBER 2017

Club website www.altrincham-athletics.co.uk

UKA British Fell & Hill Running Relays - Sunday 15th October

Altrincham fielded two complete teams in these relays at Llanberis on Sunday October 15th. Congratulations to all involved, especially Tim Raffle for organising the teams so efficiently.

See pages 16 - 20

Advance Notice - Christmas Handicaps

from Jeff Norman

This year's Christmas Handicaps will be held on Saturday 16th December at John Leigh Park, Altrincham starting at 1.30pm

For those not familiar with the Christmas Handicaps, it is a fun event.

Races have a staggered start, depending on age & ability, so that anyone has a chance of winning. So, we'd like to see as many members as possible taking part.

The senior race is over 4 miles and Boys & Girls race(s) over 0.8 or 1.6 miles.

Fancy dress is encouraged with special prizes for the best fancy dress.

Afterwards there will be a social gathering with presentation of the prizes on a "bring one - win one" basis and also presentation of some annual club awards.

Full details and entry forms to follow next month.



Some of last year's junior competitors

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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.



December Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com by Monday 27th November. 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.

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

These are the results of the latest race in this years' club road running championship. The left-hand side of the table shows the actual chip times and finishing positions of Altrincham runners in relation to each other. The right-hand side shows the Age Graded Score and re-casts the positions based on this score.

Manchester Half Marathon				
	Chip Time	Position	Age Graded %	
Andy Pickford	1:20.52	1	91.99	Vicki Perry
Graham Harrison	1:29.34	2	79.44	Mark Hunter
Mark Hunter	1:29.49	3	77.45	Graham Harrison
Vicki Perry	1:30.19	4	76.59	Andy Pickford
Chloe Elliott	1:35.58	5	75.35	Carole Harrison
Dave Parkes	1:36.00	6	73.20	Margaret Bullock
David Walton	1:39.51	7	67.96	Chloe Elliott
Carole Harrison	1:40.49	8	67.27	Dave Parkes
Andrew Crockett	1:42.03	9	62.03	David Walton
Brad Johnson	1:43.53	10	59.53	Duncan Dickinson
Margaret Bullock	1:45.03	11	58.64	Brad Johnson
Duncan Dickinson	1:51.22	12	57.36	Andrew Crockett
Mark Whitfield	1:57.53	13	52.54	Mark Whitfield
Sarah Wilkins	2:50.35	14	40.10	Sarah Wilkins

The championship is based on each runner's best 5 performances from the list of races. With only 3 races remaining those runners who have so far only completed 1 qualifying race have been removed from the overall results as they can no longer meet the criteria. It is probably safe to say, even at this stage, that Vicki Perry is likely to be crowned ADAC Road Race Champion and, with the performances she has consistently put in, who can deny her that. The only athlete who could feasibly catch her is Mo, and he is definitely capable of putting in the performances to do this – but he does have to run 2 of the last 3 races!

Dave Ainsworth

2017 Road Running Championship

Positions after 10 qualifying races

		Number of races run	Average Age Graded %
1	Vicki Perry	5	91.37
2	Mohammed Abu-Rezeq	3	89.17
3	Peter Pickwell	5	82.99
4	Richard Johnson	4	81.25
5	Steve Renny	2	81.22
6	Mark Hunter	3	81.02
7	Jeff Norman	2	79.76
8	Dave Ainsworth	3	78.96
9	Lora Blann	2	78.93
10	Graham Harrison	5	78.45
11	Akkeal Chambers	2	77.24
12	Kristan Matuszczak	4	76.28
13	Carole Harrison	3	75.12
14	Colin Davies	6	71.81
15	Danielle Beard	3	71.79
16	Margaret Bullock	2	71.10
17	Peter Waterson	3	70.40
18	Richard Jellyman	3	67.22
19	Dave Parkes	2	66.96
20	Duncan Dickinson	4	66.01
21	Alan Williams	2	64.89
22	Tom Lavin	2	64.32
23	David Vaughan	5	63.75
24	Brad Johnson	3	63.33
25	Andrew Spencer	2	63.09
26	Andrew Crockett	3	60.32
27	Mark Whitfield	3	51.82

The remaining races are:

Preston 10 Sunday 19th November

Wilmslow 10K Sunday 26th November

Stockport 10 Sunday 3rd December

Macclesfield Half Marathon - Sunday 24th September



Three Altrincham runners tackled this hilly half marathon organised by members of Macclesfield Harriers which starts and finishes on the track at Macclesfield Leisure Centre. Alice Welch had an excellent run to finish just outside the top 200 of a field of 615 runners and Colin Davies finished strongly to finish just in front of the 1:50 pacers and was second V65. Alan Williams found the last long hill difficult but still battled his way to the finish. Tom Charles of Trafford AC was the winner in 1.11.27 and the first lady was veteran Tracy Dean in 1.27.58.

		Chip	Gun
211	Alice Welch	1.48.34	1.48.43
231	Colin Davies	1.49.52	1.49.54
253	Alan Williams	1.51.27	1.51.37

Full results: www.ukresults.net/2017/macchalf.html



Macclesfield Half Marathon - Sunday 24th September



*Alan Williams crests the top of the final hill which stretches from 10 miles to 12 miles
Photos by Bryan Dale*

Course Profile



Congleton Half Marathon - Sunday 1st October

As usual, the Congleton Half Marathon took place just one week after Macclesfield. Although not as hilly as the Macclesfield race, Congleton does boast “a sting in the tail”, a steep climb just after the 12 mile mark. There were two Altrincham runners in the field. Colin Davies was a couple of minutes down on his Macclesfield run, keeping a bit in reserve for the Cheshire Half Marathon the following week at Arley Hall whilst Tom Lavin narrowly failed to break the 2 hour barrier. The race was won by Simon Myatt of Trentham Running Club in 1.14.48 and the first lady was Diane McVey of Wilmslow Running Club in a time of 1.22.42. There were 418 finishers.



Tom Lavin

Full results: www.ukresults.net/2017/conghalf.html

		Chip	Gun
219	Colin Davies	1.52.33	1.52.44
294	Tom Lavin	2.00.44	2.01.16

Cheshire Half Marathon - Sunday 8th October

Following on from Macclesfield and Congleton there were four Altrincham runners taking on this flat two lap half marathon around the Cheshire countryside, starting and finishing at Arley Hall. Andy Norman looked to be in good form as he contested the lead with the eventual winner, until he had to drop out with a sore hamstring after four miles. His fiancée Chloe Elliott had no such problems and finished fourth lady in 50th place overall in a field of over 400 finishers. Colin Davies and Tom Lavin both improved on their Congleton times by more than four minutes with Colin taking the V65 prize. The race was won by Chris Williams of Vale Royal AC in a time of 1.13.14 and the first lady was Elizabeth Renondeau of Ellesmere Port RC in 1.25.35.

Full results: <http://results.racetimers.co.uk/Results.aspx?CId=16487&RId=4137>



		Chip	Gun
50	Chloe Elliott	1.35.14	1.35.18
134	Colin Davies	1.48.06	1.48.12
211	Tom Lavin	1.56.41	1.57.17
	Andy Norman		DNF

Cheshire Half Marathon - Sunday 8th October



Chloe Elliott

hThrough.co.uk



Tom Lavin



Colin Davies

Manchester Half Marathon - Sunday 15th October

There were 7571 finishers in this half marathon based at Emirates, Old Trafford, home of Lancashire County Cricket Club, including fourteen from ADAC.

The race was won by Luke Traynor of Glasgow City AC in a fast 1.04.10 and the first lady was Rebecca Hilland of Team Bath AC in 1.15.40.

Andy Pickford led the Altrincham runners home, finishing just outside the top 100.

Graham Harrison and Mark Hunter were both below the 90 minute mark and were followed in by Vicki Perry who was first lady over 55. Mark was second man over 60.

Chloe Elliott almost repeated her time from the previous week at Arley Hall, ahead of Dave Parkes, David Walton and Carole Harrison who was second lady over 50.

Andrew Crockett finished in front of Brad Johnson and Margaret Bullock. Duncan Dickinson and Mark Whitfield completed the sub-2 hour ADAC finishers.

More renowned for her great contributions to the club's Track & Field team, Sarah Wilkins made it a total of fourteen Altrincham runners to complete the race.



David Walton

111	Andy Pickford	1.20.52
380	Graham Harrison	1.29.34
389	Mark Hunter	1.29.49
415	Vicki Perry	1.30.19
749	Chloe Elliott	1.35.58
751	Dave Parkes	1.36.00
1073	David Walton	1.39.51
1139	Carole Harrison	1.40.49
1242	Andrew Crockett	1.42.03
1427	Brad Johnson	1.43.53
1583	Margaret Bullock	1.45.03
2345	Duncan Dickinson	1.51.22
3247	Mark Whitfield	1.57.53
7246	Sarah Wilkins	2.50.35

Full results: www.chiprace.co.uk/Results.aspx?CId=38&RId=1772



Andy Pickford

Cross Country

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2017/2018 SEASON

MATCH 1 : SATURDAY 14th OCTOBER 2017

Heaton Park

There were 28 ADAC competitors at the first cross country match of the season at Heaton Park. The senior women, led home by Lora Blann in 17th place of the 254 finishers, were 13th team, with Danielle Beard, Bev Jackson and Alison Vesey the other counters. Lora, Danielle and Bev were 5th vets team with Alison, Laura Fairhurst and Margaret Bullock 13th. Andy Norman was 6th in the senior men's race which had an impressive total of 414 finishers. Dan Racle, Akkeal Chambers, Richard Johnson, Paul Abraham and Andy Holloway completed the ADAC 'A' team, finishing in 9th place, with the 'B' team 30th. Richard, Paul, Andy and Richard Lane were 12th vets team whilst Roger Preece, Dave Ainsworth, Peter Pickwell and Brad Johnson were 21st. Although there were no U11 races in this first match the other juniors performed well and details can be found in Andrew Whittingham's report on page 13.

Full results: www.race-results.co.uk/results/2017/maccl171.pdf

The second match is at Boggart Hole Clough on Saturday 11th November.

The following Saturday, 18th November, there is the first South East Lancs fixture at 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

No entries on the day - If you have not yet entered please contact Mike Jones:

mikejones55@btinternet.com

ADAC Ladies at Heaton Park Cross Country



Dan Racle leads Akkeal Chambers in the Senior Men's race



U13 Girls 3rd Team in Heaton Park Cross Country

from Andrew Whittingham

The first Manchester Area Cross Country League fixture of the season is particularly interesting. It offers a guideline as to how clubs match off against each other and how athletes are performing compared to the previous year's races. The race at Heaton Park was for the U13s+, with the U11s to get their chance in another four weeks' time.

This year has seen most of our competitive U11 girls' team from last year move up to the U13 category. The good news is that all of those that finished in the top 20 last year are still actively involved, so we now have a full U13 girls' team for the first time in a while.

Not all of our girls were able to run on this occasion. Out of our current squad of nine, four were taking part in the John Leigh Park schools cross country that clashes with this particular feature each year and one had another school clash. Do schools not check the cross country calendar? There are other things to do?

That left four to run, with the first three to count for the team. First home was the increasingly impressive Aisling McHale in 5th place, only 24 seconds behind the winner and less than ten seconds behind last year's dominant U11 champion Jasmine Reed. This improves on her best placing of 6th from last year. No qualms about racing against the older girls then! Our second girl was Esme Pearson, with perhaps her best run for the club so far, as she made it two Alty girls inside the top 10 with a great 10th place finish. Our third counter was Grace Adams finishing 29th, to make it three inside the top 30, also showing that she is more than capable of mixing it in this company. This was enough for Altrincham to finish a very impressive 3rd team out of 22 completed.

Our fourth runner was Hannah Gregg who came home in 72nd. This is the fourth year that Hannah has been getting muddy in these races.

So, the U13 girls' team is clearly competitive this year. While Sale look like they may be a bit tough to challenge, the girls weren't far behind Salford in 2nd with a whole batch of clubs close behind us, emphasising how every position can count in this event. It will be interesting to see how the girls do over the course of the season.

We also had two other juniors in action. In the U13 boys Angus Morris made an impressive debut in finishing 56th. Although we didn't have a full team, we do have three boys registered in our squad, so we're hopeful we will manage to complete a team in one of the events.

Our sole representative in the U15 boys was Tom Pavey who finished 42nd.

One thing noticeable about this race is the increase in numbers that participated, particularly in the U13 category. In the U13s there were 154 finishers (82 girls, 72 boys) compared to 108 at the equivalent fixture last year. Of course, we contributed 5 to that gap!

The next race is at Boggart Hole Clough on 11th November. I'm confident that we'll be able to get an U13 girls' team out, though I know at least a couple are unavailable because of a clash with an important regional schools race. Perhaps more interesting will be to see how our new crop of U11s do. We're very hopeful of having both girls' and boys' teams out and the performances so far this year in the John Leigh Park schools cross country suggest that they may be worth keeping an eye on.

Results can be found at www.race-results.co.uk/results/2017/maccl171.htm



Angus Morris



Hannah Gregg



Tom Pavey

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.

Altrincham & District Schools Cross Country League

John Leigh Park, Oldfield Road, Altrincham.

Final match of the season

Saturday 18th November

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.

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

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

Fell Running

The next Thursday morning fell run / walk will be on 2nd November and details will be posted on Facebook and circulated on the ADAC email group.
The remaining dates before Christmas are three Thursdays this month: 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 Langdale Horseshoe the championship standings look like this:

1	Arthur Raffle	103
2	Tim Raffle	92
3	Shaun Jackson	27
4	John Stockdale	25
5	Neil Walker	24
6	Bruce Humphrey	22
7	Jeff Norman	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

With just one championship race remaining Arthur Raffle can no longer be caught and is thus the 2017 club fell-running champion.

In the women's standings there is just a single point between Danielle Beard and Amanda Navin.

The final race in the championship is the Gravy Pud on Sunday 3rd December.

Details at www.nblg.co.uk

Fell Running

Langdale Horseshoe – Saturday 7th October

This tough Lakeland number was the penultimate race in this year's club championship.

Arthur Raffle reports:

On 7th October Neil Walker and I went to do the Langdale Horseshoe, the last Lakeland classic of the year. The weather was not ideal and most runners were wearing waterproofs from the start. Although it felt quite warm on the first climb to Stickle Tarn we felt the full force of the wind on top and we were battered by the weather from then onwards. The traverse round Esk Pike was very interesting in the wet conditions, to say the least, and unfortunately one runner had a bad fall and had to retire after this section. There were a variety of routes off Crinkle Crag, with some opting for the famous Bad Step, and others taking the longer routes round to the left and right. The final short climb up Blisco was over quickly, followed by the long descent to the finish, which again caused some navigational problems. Despite the adverse weather conditions and losing a few places on the last descent after a fall, it was all in all a great day out in the fells.

52nd	Arthur Raffle	2:44:52
107th	Neil Walker	3:04:28

Carl Bell of Keswick won in a time of 2:13:14, nearly twenty minutes outside the course record and a time which reflects the atrocious conditions on the day. 346 runners made it to the finish.

UKA British Fell & Hill Running Relays - Sunday 15th October

These took place in Llanberis on Sunday 15th October. Last year we failed to get a team out but this year we had two teams and both performed well. The 'A' team was a male open team and the 'B' team a mixed team. The format is six people in a team and four legs, two short and two long, with the long legs being run by pairs. One of the long legs is a 'navigation' leg where you are only given a map with the checkpoints on after you have started.

Compared with the relays' last visit to Llanberis, the weather was actually quite good. Cloud on the tops and windy but mercifully dry (the atmosphere at least, not underfoot). However, the courses set were tough. There were strong performances across the board, but special mention must be made of Richard Jellyman who took to fell-racing like a duck to water, to Michael Berks who was racing for the first time in months after injury and to Craig Partridge who manfully completed a long leg despite illness.



UKA British Fell & Hill Running Relays - Sunday 15th October

The overall winners were Dark Peak Fell Runners in a time of 4:10:21 and the women's champions were Ribble Valley in a time of 5:01:02. 176 teams completed.

The ADAC teams were supported by Jeff Norman who had travelled as our reserve runner and Jennifer Raffle who was our emergency reserve. Both gave us strong support on the course. Jeff's observations of the day are on the next page.

Arthur Raffle	1.02.36	61st
Steve Renny Dan Martell	1.44.32	84th
Neil Walker John Stockdale	1.54.52	62nd
Mike Berks	54.25	83rd
ADAC 'A'	5.36.25	63rd



Arthur Raffle



Richard Jellyman

Full results:
www.britishfellrelay.org.uk

Richard Jellyman	1.16.27	136th
Craig Partridge Dave Livingstone	2.03.37	141st
Tim Raffle Shaun Jackson	2.01.45	83rd
Amanda Navin	1.03.41	136th
ADAC 'B'	6.25.30	118th

UKA British Fell & Hill Running Relays - Sunday 15th October

from Jeff Norman

From my perspective as an observer, it was great to see two full teams finish from the two teams entered. I was glad there were no last minute dropouts. I wouldn't have fancied racing, though the foot held up to a fair amount of jogging between checkpoints.

With the forecast as it was expected to be in shorts and T shirt, but needed trousers and extra top. I had a good vantage point to watch the whole field on leg 1. Arthur was in the middle of the pack looking strong and Richard, despite his inexperience looked untroubled with lots behind him.

I followed the last man to the main track and ran down to where they would come off Moel Eilio. A lot of runners were telling the marshals of a serious fall, but it was already being dealt with.

Arthur came down safely having made up some ground and Richard looked OK. I moved over to another vantage point to watch the leg 2 runners come up and I noticed that the leaders cut the corner to the track saving themselves a bit of distance and extra climbing.

Most of those that followed didn't. I tried to communicate this to Steve and Dan, but they still took the longer route. I waited quite some time for Dave and Craig to arrive, Craig having been full of a cold struggling to hang on to Dave.

I returned to my original vantage point to try to determine where the leg 3 (Navigation) leaders would be going. After a while I spied them in the distance on top of a knoll. I set off towards the knoll and stopped on the main track to watch Dave climbing up and Craig now a long way adrift.

At the same time, John and Neil came off the knoll to the track (glad they didn't take the shorter direct route to the track that some teams took as it was rough and obviously much slower).

I followed the leg 3 runners out to the next checkpoint which then went across tiring rough heather, into a gully and up a steep climb. It was reported that a number of teams took a direct route across a wall / fence to avoid the descent/ ascent which was specifically banned, but I didn't see it.

Returning to the final checkpoint, I passed Tim and Shaun going out looking good. I then had my lunch, while watching the leading leg 3 runners through and waiting for the leg 4 runners to appear.

There was still the odd leg 2 pairing coming to the final descent over an hour slower than Dave and Craig. I then followed the leg 3 and 4 runners back down the final descent, ensuring there was always a big gap to allow me to negotiate the final tricky rocky / muddy section in my own time. Stopping at the bottom with all the photographers hoping to get a shot of the inevitable fallers before hitting the track, I was able to cheer on John and Neil who had obviously recced the drier route to the track.

It was then time to go back to watch the leg 4 mass start. Mike Berks had managed to avoid this by about 10 minutes, but Amanda set off a while before Tim and Shaun appeared.

Amanda, pictured right, came in with a big smile on her face a long time after Mike but after a still creditable run.



UKA British Fell & Hill Running Relays - Sunday 15th October



Tim & Shaun

John & Neil

The pairs set off, maps in hand, at the start of the navigation leg

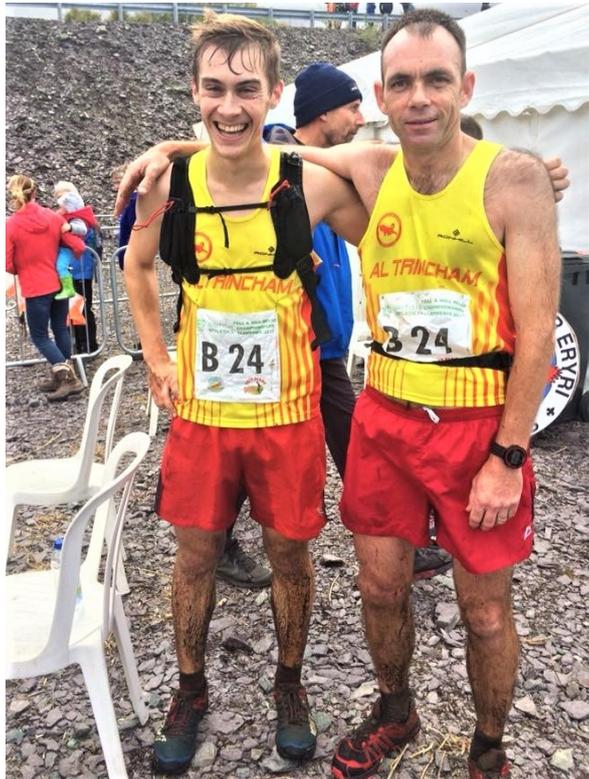


UKA British Fell & Hill Running Relays - Sunday 15th October



Richard sets off on leg 1

A muddy Dan & Steve survive leg2



John Leigh Park Schools Cross Country Round-Up from Andrew Whittingham

At last, we're back to that time of year when it starts to get colder, darker, wetter and muddier. Yes, that means everyone can run cross country, for many youngsters perhaps for the first time. Saturday 30th September was the first in a series of three schools cross country races hosted by the club at John Leigh Park. Aply led by the awesome Mark Jutrzenka, this team of volunteers sets up the course, sorts the results, marshals the races and then finally performs the unglamorous job of taking the course down again.

Anyway, this is all in the aim of promoting the sport for future generations. In the primary school races we had close to 400 runners across the four races. In addition, there are the junior races with lower numbers, but in total you're looking at over 500 performances.

Time to highlight some of the performances of our Altrincham athletes.

The event kicked off with the U11 girls' 'A' race. Our first runner home was Holly Newton (3) with Jessica Forrest (4) and Eleanor Nicholson (7) also making the top 10. I couldn't help but notice that a few schools outside our catchment area were in the top 10, the reputation of this event obviously attracting some high quality youngsters from further afield. Other athletes in the 'A' race that have been to training sessions at the club recently were Hannah Myers (12), Sara Herceg-Millington (13), Charlotte Stansfield (14), Thea Prattley (15), Lucy Pearce (16), Cerys Smith (21), Miah Lockett (22), Arabella Welch (32), Izzy Jones (37), Robyn Hernan (38), Aine Pegler (46) and Ela Ustabasi (61). That's 10 in the top 22! (Yes, I try and pick the stat which puts us in the best light...)

The 'B' race was also well populated, but I only have names up to 20th so can't name everyone. However, one of the highlight performances on the day came from Year 4 Susannah Thompson. This amazing girl had told me that she thought she had a chance, but she backed that up with a stunning performance to finish 1st. Others in the top 20 of the 'B' race were Maddie Gilham (3), Joud Al Sharief (4), Tess Jarvis (14) and Jemima Hernan (17).

In the boys' races we've not been so well represented in recent years but this year was much better. Will Johnson (5), Zach Thompson (8) and Jack McAuliffe (9) all made the top 10 of the 'A' race. Josh Mulholland-Wells (13), Cameron Scott (18), Year 4 Charlie Matthews (21), Ged Quinn (25) and Dylan Hanrahan (32) all impressed as well.

The 'B' race also contained lots of young attendees at the club with both Jack Harrison (5) and Eoin McHale (16) making the top 20.

Anyone in Year 5 and 6 finishing in the top 20-30 of the 'A' race should probably be considering testing themselves in the local Manchester League and start trying to move up the ranks there.

In the junior races, there was no surprise about club representation in the Year 7 girls race. Aisling McHale continued her dominance from last year with another fine performance to become the club's second winner of the day. We had plenty of other girls in action with Esme Pearson making it an Alty 1-2. Verity Charnley (4), Grace Adams (6), Kate Fitzgerald (10), Orla Flynn (11), Eva Bucknall (19), Laura Kelly (25) and Isabelle Taylor (32) also did great.

In the thinning out older age groups we had Sam Fogarty finish 19th in the three lap Y8/9 boys and Millie Pearce 4th in a sparse but high quality Y10/11 girls' race.

So well done to all, except the Rain King.

London Marathon - Club Places

To those of you who unfortunately didn't get through the ballot for the London Marathon and who wish to be considered for a club place please forward your rejection emails to me, Mansel Pope: manselpope@hotmail.com

We can apply for club places towards the end of October. We hope to be granted three places and if we receive more than three requests then there will be a ballot to decide who gets them. As soon as we know how many we have been granted, the ballot will take place asap, so that you can start training!



U13 Girls Relay Team Tackle Sutton Park from Andrew Whittingham



Our senior men may not have qualified for the National 6-Stage this year, but the club were still represented at Sutton Park by our fantastic U13 girls' team. Racing over 3.88km is a new experience for these girls and is a little on the far side for their age group. While they will now look forward to shorter races, they all coped well with the extra distance that needed to be covered.

The young athletes' relays seem to be increasing in popularity. 76 teams started the U13 girls' race with 65 completing a whole team. The girls I invited to run for us were those that put in the best performances over the two relay events at Blackpool and Sportcity. As they all said "Yes", we had a very strong team out.

First up for the team was Aisling McHale. She ran a well-paced run to come home in an impressive 23rd place. The 1st leg of these events is always loaded with quality and Aisling has shown that she's really not far behind the best girls in the country.

Our second runner was Esme Pearson. The 2nd leg is always a tough one to pace, especially after such a strong 1st leg, but Esme ran well to keep the girls in a good position coming home in 35th.

Third up was Verity Charnley, who was perhaps the most improved from her performance at Sportcity a few weeks ago. She crossed the line in 34th to give us our highest U13 girls' finish since well, who knows? It's a long time since we've had this good a team!

I think overall this was a better performance than the one at Sportcity. Unfortunately, there was a slightly disappointing representation from the North of England (although Vale Royal won!) meaning that direct comparison is not easy, but they did beat the trio from Stockport Harriers that had got the better of them in Manchester. They were 6th Northern team and if you take away the 'B' and 'C' teams, 27th 'A' team.

With all of these girls being in the lower half of this age group, competition for places and some potentially strong U11 girls moving into this category next year, there's real hope that we could put out one, or even two teams next year and do even better!

But they ought to keep away from McDonald's. Who knew they had those pre-ordering things to skip the queues?

Times and positions:

Altrincham & District AC 48:45 (34th)

Aisling McHale (23) 15:04

Esme Pearson (35) 17:02

Verity Charnley (34) 16:39

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

November

Sat 4th	National Cross Country relays - Mansfield
Tue 7th	5 sets of 3 x 400m with 90s recovery. 3 min jog recovery between sets
Sat 11th	Manchester Area Cross Country League - Boggart Hole Clough*
Tue 14th	Grass session 2 x 1000m, 8 x 500m with 90s recovery.
Sun 19th	Preston 10 Mile (club championship race)
Tue 21st	4 sets of 1 x 700m, 90s recovery, 1 x 300m - 3 min jog recovery between sets
Sun 26th	Wilmslow 10K (club championship race)
Tue 28th	Grass session 3 x 1000m, 7 x 500m with 90s recovery

Future events

Sat 2nd Dec	Manchester Area Cross Country League* - Kenworthy Woods
Sun 3rd Dec	Stockport 10 Mile (club championship race)
Sat 16th Dec	ADAC Xmas Handicaps - John Leigh Park
Sat 13th Jan	Manchester Area Cross Country League - Woodbank Park*

* No entries on the day

Derek Walton

As reported in October Pawprints 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 which 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. The following notice was posted in the Sale & Altrincham Messenger by Derek's cousin Stella:

DEREK ALAN WALTON The family would like to thank everyone for their kind messages of sympathy and to all those who attended the funeral service at St Peter's Hale. Special thanks to his pals in the athletics' world for their wonderful support to Derek over many years.

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.
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