



PAWPRINTS

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



FEBRUARY 2018

Club website www.altrincham-athletics.co.uk

Three County Cross Country Champions

Altrincham has three county cross country champions. At the Greater Manchester Championships at Heaton Park on Saturday 6th January the Under 13 Girls' race was won by Aisling McHale whilst Andy Norman was the winner of the Senior Men's race. On the same day at Delamere Forest, Peter Pickwell was crowned Cheshire Men's over 65 champion.

See pages 8 - 10



Greater Manchester Cross Country Champion Andy Norman (378)
with Akkeal Chambers (596 - 33rd) and Dave Norman (379 - 13th)

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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.



March Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com by Monday 26th February. Articles, reports, results, news, and photos gratefully accepted.

2018 Road Running Championship

The next Club Road Race Championship, which will start with the Wilmslow Half Marathon, will be conducted along the same lines as last year, as follows:

Format of the 2018/19 ADAC Road Race Championship

The Championship will be based on a specific list of races (see below).

To qualify for the Championship you will need to have competed in at least 5 of the listed races, and covering more than one distance (i.e. you cannot qualify with 5 x 5K 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 Athletics tables.

Qualifying races are as follows:

Wilmslow Half Marathon	Sunday March 18th
Salford 10K	Friday March 30th
Mid Cheshire 5K	Friday April 27th
Tatton Park 10K	Sunday May 6th
Colshaw Hall 10K	Sunday June 17th
Hollins Green 5K	Sunday June 24th
Alderley Edge Bypass 10K	Sunday July 1st
Sale Sizzler 5K	July/August (best of 4 to count)
Birchwood 10K	Sunday August 19th
Mid Cheshire 5K	Thursday August 23rd
Southport Seaside 10K	Sunday September 23rd
Manchester Half Marathon	Sunday October 14th
Preston 10 Mile	Sunday November 18th
Wilmslow 10K	Sunday November 25th
Stockport 10 Mile	Sunday December 2nd or 9th TBC
Alsager 5 Mile	Sunday February 3rd 2019 TBC
Any Marathon	(see below)

“Any Marathon” - Club members specifically target certain marathons, therefore it wouldn't be fair to only include a particular one in the Championship. So, **any** Marathon which a club member runs will be included.

It has also been suggested that a parkrun be included - venue (probably Stretford) and date to be determined, watch this space.

So, come on everybody. There is plenty to go at here, get entering and let's get involved!!

Dave Ainsworth

Four Villages Half Marathon - Sunday 21st January

Nine Altrincham runners braved arctic conditions to take part in this tough half marathon at Helsby. There were 1485 finishers from a total entry of well over 2000 runners and all the Altrincham runners finished inside two hours and inside the first 1000. Mohammed Abu-Rezeq was second to Ben Fish of Blackburn Harriers who won the race in 1.09.09 and Bev Jackson was first lady over 50. Gemma Connelly of St Helens Sutton AC was the first lady in 1.19.40.



Danielle Beard

		Chip	Gun
2	Mohammed Abu-Rezeq	1.10.32	1.10.33
53	Peter Abraham	1.23.11	1.23.17
143	Adrian Fuller	1.29.29	1.29.36
296	Bev Jackson	1.37.06	1.37.18
530	Danielle Beard	1.42.54	1.45.19
554	Clive Briscoe	1.44.14	1.46.17
571	Andy Spencer	1.44.11	1.46.37
810	David Vaughan	1.52.10	1.56.35
988	Tom Lavin	1.59.36	2.00.04

Full results: <https://helsbyrunningclub.niftyentries.com/Results/35th-ESSAR-Four-Villages-Half-Marathon>



Ben Fish overtakes Mohammed Abu-Rezeq towards the end of the gruelling race

Cross Country

MANCHESTER AREA CROSS COUNTRY LEAGUE - 2017/2018 SEASON

MATCH 1 : SATURDAY 14th OCTOBER 2017

Heaton Park

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

MATCH 2 : SATURDAY 11th NOVEMBER 2017

Boggart Hole Clough

Full results: www.race-results.co.uk/results/2017/maccl172.pdf

MATCH 3 : SATURDAY 2nd DECEMBER 2017

University Playing Fields & Kenworthy Woods

Full results: www.race-results.co.uk/results/2017/maccl173.pdf

MATCH 4 : SATURDAY 13th JANUARY 2018

Woodbank Park

from 'Fast Running'

Fresh off the back of his win at the Greater Manchester County Championships last weekend, Andy Norman continued his rich vein of form winning his first Manchester league of the four fixtures so far this season. Last weekend's win came 12 years after the Altrincham athlete first won the Senior Championships and after long periods of injury, Andy is enjoying his running, prioritising being pain-free and making a welcome return to the top of local races. Behind Norman came Mike Cayton (Horwich RMI) in second, 21 seconds adrift and Matt Barnes of Sale Harriers third. Andy was the first of the Norman clan to finish as older brother Dave came in 12th overall with their father, 1976 Olympic marathoner Jeff, finishing 334th and second V70.



Full results: www.race-results.co.uk/results/2018/maccl174.pdf

MATCH 5 : SATURDAY 10th FEBRUARY 2018

Wythenshawe Park

Manchester Area Cross Country League
Saturday 13th January at Woodbank Park



Alison Vesey



Laura Fairhurst



Bev Jackson



Lora Blann



Dave Norman



Peter Pickwell

**Manchester Area Cross Country League
Saturday 13th January at Woodbank Park**



Richard Johnson



Roger Preece



Dan Martell



Richard Lane



Dan Racle



Rob Metcalf

U11 Girls in top 3 teams at Woodbank Park *from Andrew Whittingham*

I'm coming to the conclusion that Woodbank Park is the toughest of the Manchester Area Cross Country League courses for the juniors. This year, not only did it have the killer hill and 'the cliff', but it was full of mud. Several of our athletes lost their footing during the run, with Carys Bucknall suffering the classic lost shoe. Fortunately, she chose the right puddle in which to search for it! It wasn't the best turn out from the boys, but we did have individual runners in three different age categories. Dominic Gibson represented the U11s, coming home in 47th. Angus Morris was 58th for the U13s. Both have now completed enough races to get a final placing in the series.

Thomas Egan was our final junior finishing 34th in the U15s.

The highlight of the day was the overall performance of the U11 girls. We managed to complete two teams. with the 'A' team an impressive third, pipping Salford by one point. Our 'B' team did very well to finish 9th. This does give our U11 girls a shot at finishing 3rd in the series if they manage to get the better of Salford in the final race in the series. Holly Newton was again scintillating as she finished an excellent 5th. Particularly impressive was Charlotte Stansfield in 11th. Her improvement at cross country over the last year has been exceptional. Eleanor Nicholson was 3rd counter in a superb 16th, a big improvement on her first Manchester League performance.

Also adding herself to the growing number of girls that have managed a top twenty finish in the Manchester League was Sara Herceg-Millington in 18th. This was her first race in the league, although she has impressed in many other competitions over the last year. Thea Prattley also continues to move her way up the leaderboard, sneaking into the top 30 in 29th for a promising top half finish. Carys Bucknall did well to finish 40th despite the mishap with the shoe. Holly, Charlotte and Thea have completed all three races so they will get a final placing in the series. Our U13 girls had a bit of a mixed day, finishing 14th overall. Esme Pearson was our first finisher, continuing her good form in 14th. Our second counter Orla Flynn was running her first Manchester League race. She finished 57th and has set a challenging target for her to try and beat in the future. Not far behind Orla was Eva Bucknall, running well to finish 62nd.

More unfortunate was Aisling McHale, who twisted her ankle badly in the chaos of the start and was unable to continue as she limped back to our flag. This does mean that our U13 girls will get a finishing position in the series, something that the club hasn't managed for a long time.

Esme has managed to complete all four races, so she will get a final placing in the series, just like she did last year!

One more race to go at Wythenshawe Park.

Can the U11 girls beat Salford?

Will we have enough U11 boys for the team to finish the series?

Who will surprise with a run that surpasses all their previous efforts?

Tune in next month to find out!

CHESHIRE COUNTY CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 6TH JANUARY AT DELAMERE FOREST

from Roger Preece

The club had two runners in the Cheshire County Cross Country Championships in Delamere Forest on Saturday 6th January. Peter Pickwell won the gold medal for first man over 65, coming home in 97th place and I managed to come in 22nd and second man over 50 which was pleasing (although there were two older vets ahead of me).

Full results: <http://www.cheshireaa.com/Results/XCC/2018/Cheshire%20XCC%20Delamere%20Forest%20-%20Sat-6-Jan-2018.pdf>

GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 6TH JANUARY AT HEATON PARK

from Andrew Whittingham

2018 has begun brilliantly for our juniors with a great turnout for the Greater Manchester Cross Country Championships, particularly from our U13 girls. The clear highlight was the performance of Aisling McHale, who managed to beat tough competition to win the U13 girls' crown. She'd been handed the Number 1 to wear before the start and made it look as if that was an intentional decision by the organisers!

Aisling has shown what several years of commitment and regular training can do. She started at the club when she turned eight and has gradually got better and better. Becoming county champion is a fantastic achievement, especially when you consider that she still has another year to go in the U13 age group. It also represents a massive improvement on last year's performance of 26th. Let's hope this stunning form continues!

We had seven other girls in the U13 age category. Hopefully they will be inspired by Aisling's achievement and think that's something they might be able to do in the future. As a team, they just missed out on the medals in 4th place. Esme Pearson in 16th and Holly Newton in 17th were the other counters. Esme was well up on last year's placing with Holly managing a very impressive top 20 finish as an 11 year old. She's got two year's left in this age category.

Although, it doesn't earn any more medals, it's worth pointing out that we had the first B team with Sara Herceg-Millington (29th), Beth Robinson (32nd) and Orla Flynn (35th) making up that trio. Not far behind were Eleanor Nicholson (37th) and Kate Fitzgerald (43rd). All of these have the potential to push to be one of our counters in future years. As an added bonus, all of them will still be in the U13 age category next year, so imagine what a strong team that could be!

It wasn't just the U13 girls in action. In the U15 girls Millie Pearce impressed in finishing 12th and we weren't done with the medals yet. Daniel Racle ran brilliantly to finish 3rd in the U20 men. When you consider that Andy Norman finished off the day by becoming the Senior Men's Champion, it was a fantastic day's running for the club.

U13 Girls 3000m

1st	Aisling McHale	12:31
16th	Esme Pearson	13:41
17th	Holly Newton	13:49
29th	Sarah Herceg-Millington	14:45
32nd	Beth Robinson	14:50
35th	Orla Flynn	15:02
37th	Eleanor Nicholson	15:03
43rd	Kate Fitzgerald	15:27

51 Finishers,
A team 4th, B team 8th

U15 Girls 3800m

12th	Millie Pearce	18:20
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45 Finishers

Full results: www.thepowerof10.info/resultsfiles/2018/0_46253_07012018085749_2018%20GMAA%20Cross%20Country%202018%20-%20Results.pdf

U20 Men 6900m

3rd	Dan Racle	24:40
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6 Finishers

Senior Women 6900m

14th	Lora Blann	30:01
29th	Chloe Elliot	31:37
47th	Alison Vesey	33:57
50th	Danielle Beard	34:12

82 Finishers,
9th Team

Senior Men 10000m

1st	Andy Norman	35:30
13th	David Norman	37:50
33rd	Akkeal Chambers	40:32
58th	Peter Abraham	43:43

141 Finishers,
5th Team

GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS
SATURDAY 6TH JANUARY AT HEATON PARK

Greater Manchester U13 Girls' Champion Aisling McHale



ADAC Under 13 Girls packing well



Fell Running

from Arthur Raffle

Kinder Trial - Saturday 20th January

The Kinder Trial was the first race in the 2018 fell championships.

I set off quite early so was back 20 minutes before everyone else but my time was only good enough for 12th place. Shaun Jackson avoided any navigational mistakes to come 25th.

Unfortunately Craig Partridge got lost and didn't finish

12th Arthur Raffle 2:02:50

25th Shaun Jackson 2:14:05

DNF Craig Partridge

Kinder Trial Disaster by Craig Partridge

When it comes to fell running, 2017 has not been my best year; I managed to get lost during the Rydal Round this summer (coming home near to last) and I had man-flu during the British Fell Relays - well that's my excuse anyway. However, my pitiful attempt to get around the Kinder Trial this month dwarfs both of those failures. A heady mix of poor concentration and ill-preparedness created the perfect storm. I have probably run about ten other fell races this year and done OK but it is the disasters that haunt me.

I have run the Kinder Trial many times over the past 12 years and as I drove with Shaun Jackson and Arthur Raffle to Hayfield, I felt confident. The route is never the same - you are handed a map with a minute to go and once you have uncovered every checkpoint, you come home. Finding those checkpoints can be tricky for the inexperienced, but an expert navigator like me wouldn't struggle.

Arthur also seemed quietly confident; he was only one of two runners brave enough to wear shorts. Shaun was panicking because as usual, he was unsure about which way a compass actually points and he was unfit and he could see mist on the hills blah, blah, blah loser!

Runners set off at 30 second intervals. I stood in line. I had all the gear. I wouldn't say I felt like a coiled spring exactly, but I sensed things would go well. With about 2 minutes left, one little doubt crept into my mind; should I have brought glasses? Some people had paid for extra large A3 maps. I was handed a piece of A4. I stepped out of the Scout Hut into the daylight and looked down at the paper. I could just see the paths and the contours, but the descriptions of each checkpoint written in tiny black boxes were invisible to me. I would just have to manage.

I knew where the first checkpoint was anyway, and this is where my lack of concentration first came to the fore because I ran half a mile past it. I wandered around in the snow for a while wondering what had gone wrong. I retraced my steps and found it but I had already lost 15 minutes.

The second checkpoint was easy, the organiser had used that place four years before and I ran straight to it. My dented confidence was restored.

It was on my way to checkpoint number three that I had some form of mental breakdown; in order to avoid confusion, I decided to use my pen and cross out the first two checkpoints so that I would not be tempted to visit them again. The pen had no ink so I drove the point of the pen right through the checkpoints to destroy them. I didn't realise it at the time but I had destroyed two checkpoints I hadn't visited. The map was upside down of course and I was soon lost for the second time. A group of lads out hiking were sniggering at me as I appeared to be running a different race to everyone else.

It was in pursuit of checkpoint number five that I made my fatal error; rather than follow the gently undulating contour path like everyone else, I tried to be clever by taking a compass bearing. It didn't occur to me that my bearing took me over a small mountain. Half an hour later, I was lost - I mean really, really lost. I stopped and looked around. Visibility was about 30 yards. You could have heard a pin drop it was so quiet and as I moved forward I fell into a hole, up to my waist in snow. This felt serious. What was the point of paying into the NHS Pension Scheme for all those years for it to end like this? My back was killing me. I looked down at my blurry map. Someone had pushed a pen through the last two checkpoints in any case, so I may as well give up. I figured that if I headed west, I might just get back to civilisation, and I got that right at least.

I ran 18.5km. I didn't see another runner for the last 2 hours. When I got back Shaun announced that it was the easiest Kinder Trial he had ever run and Arthur had won a prize. Don't you just hate some people?.

2018 Fell Running Championship

As overall club champion it fell to Arthur Raffle to devise this year's championship.

20th January	Kinder Trial
4th February	Long Mynd Valleys
22nd April	Kinder Downfall
9th May	Rainow Five
19th May	Lad's Leap
10th June	Edale
24th June	Kinder Trog
29th July	Kentmere Horseshoe
2nd September	Shelf Moor
13th October	Langdale Horseshoe
11th November	The Roaches
31st December	Bowstones

RULES - 12 races - Best 8 to count.

Complete 8 races for free t-shirt (all 12 races for free hoodie).

Points as follows: 10, 8, 6, 5, 4, 3, 2, 1, 1, etc.

10 extra points for everyone who competes in **British Fell Relays in Grasmere 20th October 2018**.

Next race - The second race in this year's championship is pre-entry:

Long Mynd Valleys, Sunday 4th February www.merciafellrunners.org.uk

General Training Sessions at Timperley Track – Start Time 7.15pm

All Tuesday sessions are on the track unless stated otherwise

February

Tue 6th Grass session: 1 x 1500m, 2 x 1000m, 8 x 500m, all with 90s recovery.

Sat 10th **Manchester Area Cross Country League - Wythenshawe Park**.**

Tue 13th Track session: 10 x 500m, 90s recovery.

Tue 20th Grass session: 6 x 1000m, 2 x 500m, all with 90s recovery.

Sat 24th **National Cross Country Championships - Parliament Hill, London.**

Tue 27th Track session: 5 sets of 1 x 700m, 90s recovery, followed by 1 x 300m.
3 min jog recovery between sets.

March

Sun 4th **Trafford 10K** (hosted by ADAC). Marshals needed. Please volunteer your services.

Tue 6th Track session: 6 x 800m, 2 min recovery.

Tue 13th Track session: 12 x 90s with 60s recovery.

Sun 18th **Wilmslow Half Marathon.**

Tue 20th Track session: 4 sets of 3 x 400m, 75s recovery. 3 min jog recovery between sets.

Tue 27th Track session: 10 x 500m, 90s recovery.

Future events

Sun 8th April - Manchester Marathon. ADAC will be marshalling a section.
Please volunteer your services.

Tues 24th April - ADAC AGM

** No entries on the day

Trafford 10K - Marshals required

The Trafford 10K is by far the biggest event the club organises and we are responsible for providing all of the volunteers for the event to ensure the race complies with health & safety.

The race is one of the club's biggest sources of revenue and is also considered one of the top road races in the UK, it's really important that this continues!

This years race is on Sunday 4th March, please can you let me know if you are able to help at this years event.

Race Registration desks are open from 07:45 to 09:15.

We need at least 10 people on the desks.

Car parking marshals required from 07:30.

Course marshals (around 22 including the water station) required from 08:30.

Required at their marshal position until the last runner passes.

We also need lots of help on the finish line (09:45 to 11:00) handing out goody bags to runners.

Also goody bag packing on Friday night (venue to be confirmed).

Carole Harrison
caroleharrison65@yahoo.com



INJURY PREVENTION THAT WORKS!

Part 1:

Juniors

This is the first of a two articles on injury prevention that I wanted to share with you. This article will be regarding injury prevention for Juniors. The article next month will focus on strategies for adults.

Introduction

“Previous injury is one of the key indicators of future injury” (Fulton *et al.* 2014). It would therefore be advisable to put some key strategies in the growing child to reduce this risk into adulthood. The current evidence on injury prevention in juniors is clear – it works!

The Evidence

“If you fail to prepare you prepare to fail”

Preparation is key to being at your best. If you are injured, you cannot perform and specifically be coached – time on the track/field is key to being the best athlete you can be.

The evidence is overwhelming for reducing injuries in children; here are a few key statistics...

- “1/3 reduction in injuries with strength training “
- “50% reduction in overuse injuries with strength training (Lauerson et al 2014)
- “Balance training reduces ankle sprains by 81%, low back pain by 78%, knee sprains by 65%” (Dario reva et al, 2015)

“Recent studies reveal that young female athletes are four to six times more likely than boys to suffer a serious non-contact ACL (knee) injury” (Barber-westin et al 2006)

However,

“Injury risk can be reduced by 83% by a structured kneestability, strength and balance programme” (Mandelbaum et al 2005).

Prevention

Below are five key areas that when addressed have a massive impact on reducing injuries:

1. Sleep and Diet
2. Over Doing It!
3. Preventive Exercises
4. Academic Stress
5. Early Specialisation

1. Sleep and Diet

The recommended time for sleep for an adolescent is eight hours – I am sure that can be more in some cases for your children and certainly on weekends! However, sleep is key to reducing injuries. Sleeping less than eight hours a night can increase injury risk by 61%!

We all know how important eating your five a day is too, well if you do not meet the recommended nutrition per day, you increase your risk of injury by 64%!

2. Overdoing It!

There is a balance between activity and rest and you can do too much. Playing two competitive games in a day should be discouraged and one complete day off per week from sport is essential for recovery and reducing injury risk. Don't neglect the importance of stretching to balance out your body!

3. Preventative Exercises

There are specific exercises which have been demonstrated in research to reduce injuries; they are quoted above in the statistics section.

Here are the ones we use in a Junior Physiocore class...

- Balance/knee stability
- Hamstring strengthening
- Core exercises
- Stretching/mobility
- Fundamental movement skills

4. Academic Stress

There are nearly twice as many injuries and illness during periods of high academic stress! The vast majority of our junior Physiocore attendees continue to attend class during exam times – we ensure classes are fun and continue to exercise in a safe environment.

5. Early Specialisation

Child athletes who specialise early (before 16) are 70-93% more likely to be injured than children who play multiple sports! Playing multiple sports has not only shown to reduce injury risk, but to improve athletic ability and motor skills, make players more creative and reduces burn out.

Conclusion

Injury reduction plans are almost universal in elite sport, but there is no reason why these multi-faceted strategies cannot be used outside these environments and keeping children doing what they love doing, playing sport!

There is an established injury prevention programme called Physiocore (www.physiocore.co.uk) for adults and juniors at Bowdon Hockey & Cricket Club, which is Physiotherapy led.

If you would like any more information Adult or Junior Physiocore programme or want to come and try for **free** which give me a call on 07471500140 or email matt@physiocore.co.uk

Matt Fox, MSc, BSc, MCSP

Chartered Physiotherapist

Physiocore

An article for senior athletes will appear in March Pawprints.

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