



PAWPRINTS

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



MARCH 2018

Club website www.altrincham-athletics.co.uk

Trafford 10K - Sunday 4th March

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 year's race is on Sunday 4th March, please can you let me know if you are able to help.

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

We need at least 10 people on the desks.

Car parking marshals are required from 07:30.

Course marshals (around 22 including the water station) are 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.

Carole Harrison caroleharrison65@yahoo.com

Barbara Thackray

Among the competitors taking part in this year's race will be Barbara Thackray from Altrincham the day before her 80th birthday. She took her first race in her stride at the ripe age of 77, and even managed to collect a prize for her age group in the 2016 Trafford 10K after finishing in a creditable time of 1 hour 24 minutes.

She is now getting ready to take on her fourth challenge by competing in the 10 kilometre run again, alongside ten other members of her family, in aid of St Ann's Hospice, the charity she has supported for the last 27 years since her sister Audrey Humphreys died aged 56.

Barbara has raised thousands of pounds for the hospice over the years, and is hoping to hit her target of between £800 and £1,000 in this latest race.

Barbara, who is a retired college lecturer, said: "I'm raising money for the hospice again and it's a cause that's very close to my heart. I'm running with lots of other members of my family, who are being very supportive, and I can't wait to take part as it's the day before my 80th birthday. I'm not shy about asking for sponsorship money – my age gives me the courage to keep asking!"



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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

Altrincham now 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.

Mon - Fri 10:00am - 5:30pm

Saturday 09:00am - 5:30pm

Sunday 10:30am - 4:30pm



April Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com by Monday 26th March. 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

Village Bakery Half Marathon - Sunday 25th February

Temperatures were just above freezing for this fast flat half marathon at Wrexham but the sun shone and the recent dry spell meant that there was no ice to contend with.

Andy Pickford had an amazing run, finishing inside the top 20 places and setting a new personal best half marathon time below 75 minutes.

Paul Abraham also had a very good run, finishing just outside 85 minutes, whilst Danielle Beard was more than 5 minutes quicker than she was at the Four Villages Half Marathon at Helsby in January. Colin Davies also ran more than 5 minutes faster than he did at the Central Lancs Half Marathon at Lea Town in January whilst Tom Lavin improved by more than 7 minutes on his run at Helsby.

		Chip	Gun
18	Andy Pickford	1.14.42	1.14.46
143	Paul Abraham	1.25.21	1.25.42
501	Danielle Beard	1.37.44	1.39.03
794	Colin Davies	1.47.19	1.47.32
1018	Tom Lavin	1.52.11	1.54.55

Full results: <https://cutefruitevents.niftyentries.com/Results/Village-Bakery-Wrexham-Half-2018>

Photos by Bryan Dale

www.racephotos.org.uk



Paul Abraham



Andy Pickford

Village Bakery Half Marathon - Sunday 25th February



Colin Davies



Danielle Beard

Photos by Bryan Dale - pictured bottom right

www.racephotos.org.uk



Tom Lavin



North of England Cross Country Championships Saturday 27th January at Harewood House

from Andrew Whittingham

U13 Girls 25th Team

For this year's Northern Cross Country we went to Harewood House, north of Leeds. Little was known about the course beforehand, but we should have been able to guess - lots of hills and mud! It was a good course for spectating, providing opportunity for non-runners to destroy the grass in the middle of the course.

The highlight for me was seeing the club complete an U13 girls' team. The club has struggled to do this in the past and it turned out that this was our only complete team in any category this year. While 25th isn't as impressive as some of the other performances that the team has put in this year, it was great to see us have six girls line up to test themselves against the best that the north has to offer. Hopefully, they'll want to come back next year and improve on this.

In total we had seven juniors complete the course, with the positions getting higher as the day went on. Our highest placing of the day was in the U20 men, with Akkeal Chambers finishing 43rd. Millie Pearce was the other Altrincham junior to make the top 100, finishing 77th in the U15 girls. In the U13 girls, five girls completed the course. Our top finisher was Esme Pearson in 101st, running her second Northern Cross Country. She was followed by 11 year old Holly Newton 121st, Verity Charnley 162nd, Grace Adams (also running her second Northern) in 175th and Eva Bucknall 206th. Unfortunately, Aisling McHale had trouble with her asthma and was unable to finish, but she'll bounce back.

A key part of what we're targeting with the U13s is that they gain experience of what these events are like. If they want to try and improve on what they have done, they will now have some idea of their current level and hopefully they're starting to think about what they might do to get faster.

I see no reason why the U13 girls can't get a top 10 team finish next year if they commit to training regularly and all goes well on the day.

Looking forward to the Nationals, we have nine U13 girls entered and intending to race, so it will be interesting to see how they do in that one.



Esme Pearson

Senior Men & Women

There were 435 finishers in the Senior Women's race and Lora Blann led the Altrincham women home in 83rd place with Alison Vesey 228th and Carole Harrison 283rd.

In the Senior Men's race Dave Norman finished 46th, Paul Smith 195th, Roger Preece 262nd and Steve Renny 287th. Although not listed in the 761 finishers, Andy Norman also completed the course but hadn't attached the timing chip to his shoe. He finished in about 24th place.

Full results: www.northernathletics.org.uk/2018/01/26/na-cross-country-championship-results-2018

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

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

MATCH 5 : SATURDAY 10th FEBRUARY 2018

Wythenshawe Park

from Mike Jones

The final league race was run at Wythenshawe Park.

Dry but very muddy conditions made for a slog through the mud on a flat course taking in short sections through the woods.

The turnout for the seniors was good with 254 in the women's race and 359 in the men's.

Altrincham have had another good season with fine performances in the final league race and picking up series prizes across the age categories.

Lora Blann	2nd	FV35
Bev Jackson	1st	FV50
Alison Vesey	1st	FV55
Dan Racle	1st	MU20
Andy Norman	1st	MV35 & 1st Senior Man
Richard Johnson	}	
=	}	3rd MV50
Roger Preece	}	
Peter Pickwell	1st	MV65

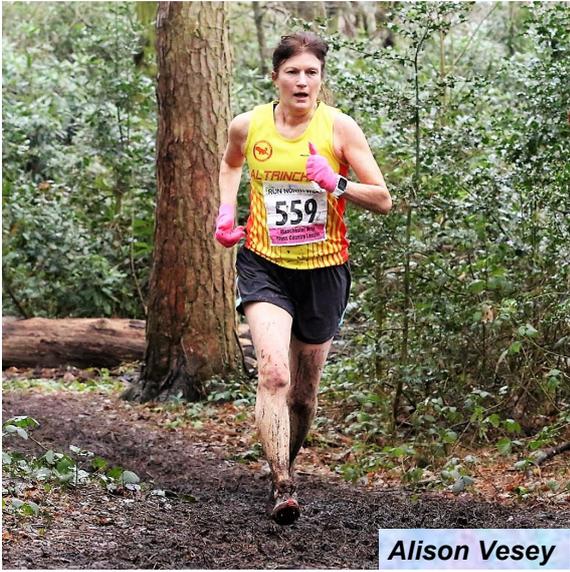
The club's juniors have also had a great season as you can read in Andrew Whittingham's report on page 8.

Presentation night is Friday 2nd March at Wilmslow Rugby Club.

Full results: www.race-results.co.uk/results/2018/maccl175.pdf

Series results: www.race-results.co.uk/results/2018/maccl175pts.pdf

**Manchester Area Cross Country League
Saturday 10th February at Wythenshawe Park**



Alison Vesey



Amanda Navin



Laura Fairhurst



Fiona Cosgrove



Lora Blann



Bev Jackson

Manchester Area Cross Country League
Saturday 10th February at Wythenshawe Park



Roger Preece



Dave Norman

Photos by Pete Brown

www.facebook.com/Pete-Brown-Photography-287090681804907



Paul Smith



Dave Ainsworth

Wythenshawe Mud Pie from Andrew Whittingham

The rain was beating down hard on the window. The street was full of puddles.
Do I really have to go out in that? That was me being soft.
Imagine young athletes wanting to go out in that? Just try and stop them!

Wythenshawe Park is one of the flatter courses in the Manchester Area Cross Country league, yet it seems to have the habit of being one of the muddiest. This year they even sent the course through the bottleneck gate to make sure that spectators were not exempt from the getting dirty experience. On the running side, this wasn't the most well attended event from an Altrincham junior perspective. We had 8 athletes out in total, only completing a team in the U11 girls. Half term and illness claimed a few athletes on this occasion.

Our highest placing of the day was U11 girl Charlotte Stansfield in 21st. Carys Bucknall finished in her highest position of the year in 36th, with Thea Prattley coming home in 41st. This brought the team home in 10th overall.

In the U11 boys both Cameron Scott (30th) and Dominic Gibson (41st) got their highest finish of the series. Sadly, the lack of a third boy means that the club does not get a finishing position in the series.

Our U13 boys were represented by Sam Fogarty who finished 42nd with Kate Fitzgerald (52nd) and Eva Bucknall (57th) the two finishers for the U13 girls.

Finally, in the U15 boys, Thomas Egan came home 29th despite missing the start.

So not the headline club performance of the year, but to put this into perspective, it is a similar number to the equivalent race last year and the year before we only had three juniors running. One point worth noting about all the athletes that ran on Saturday is that they have all now ran multiple times for the club in cross country. I feel sorry for whoever has to clean the car!

I will prepare an in-depth review of the season but for now I'd like to highlight the heroes who have joined our Pantheon of cross country athletes to complete the Manchester League series:

Holly Newton	5th	U11 girl
Charlotte Stansfield	21st	U11 girl
Thea Prattley	31st	U11 girl
Carys Bucknall	36th	U11 girl
Cameron Scott	31st	U11 boy
Dominic Gibson	44th	U11 boy
Esme Pearson	12th	U13 girl
Angus Morris	39th	U13 boy
Thomas Egan	22nd	U15 boy

That's nearly double figures! As a closing comment, I think the three athletes who managed to do **all** the races deserve a special mention. They were Charlotte Stansfield, Thea Prattley and Dominic Gibson – examples to the rest of us!

Andrew Whittingham

Full results: www.race-results.co.uk/results/2018/maccl175.pdf

Series results: www.race-results.co.uk/results/2018/maccl175pts.pdf

Manchester Area Cross Country League - Junior Season Review *from Andrew Whittingham*

Now that the cross country season is coming to close it's time to reflect on how the season has gone and how we are progressing as a club. As the Manchester League is our local regular competition, it is an important indicator. To start with let's go into Mark Twain mode – Statistics!

One of the measures that I think we should be judging our success by is the numbers that are competing. This year saw a significant increase in the number of athletes taking part. We had more than double the number we had last year – 28 different athletes compared to 13 last year. This also dwarfs anything the club has done before. I made it 66 total performances compared to 33 last year. So double again!

I also think we need to look at how well our teams are doing. Most of last year's U11 girls had moved up to U13, but this was still our best performing category. This year the team finished 4th overall again, mainly led by several great performances by Holly Newton and Charlotte Stansfield.

Jessica Forrest, Eleanor Nicholson, Thea Prattley, Carys Bucknall, Sara Herceg-Millington, Ella Farquhar and Ava Allman also contributed to this successful category. We also managed to finish a team in every match, with a highest placing of 2nd.

Holly Newton was our star individual junior performer over the series, finishing an incredible 3rd in one race and 5th overall. Gold star for her!

We had a huge improvement in the U11 boys. Last year we had zero performances. This year we completed teams in two of the events, unfortunately not managing to do this a third time and missing out on a final place in the series. Their highest finish was 7th, with Will Johnson, Cameron Scott, Dominic Gibson, Josh Mulholland-Wells, Zach Thompson and Dylan Hanrahan taking part.

This emerging team is a result of the great work that Mark Newton has been doing with the boys in training.

In the U13 girls, the team showed what they are capable of by finishing 3rd in one event, but struggled for consistency and finished 7th team in the series overall. While I would say this was a disappointing position, it should be pointed out that this is well in excess of the club's previous performance in this category. It also compares favourably to how our U11 girls did two years ago – then we only had one complete team in the series!

The best individual performance was by Aisling McHale in finishing second at University Playing Fields with Esme Pearson the most successful team performer over the series. Others participating during the season were Kate Fitzgerald, Eva Bucknall, Orla Flynn, Beth Robinson, Hannah Gregg and Grace Adams.

There was also an improvement in the U13 boys section. Best performer was Angus Morris, but with the contributions from Louis Tranter and Sam Fogarty, we were successful in completing a team that finished 15th in one event.

In the U15 and U17 categories we were very thin on the ground. Thomas Egan was our most successful athlete here, completing the series in the U15 boys, with Thomas Pavey also having a go.

So overall, much, much better! Still, it can definitely be improved upon. At the moment we are spending some time on a strategy review with a particular emphasis on how we can try and retain athletes and engender a team spirit. While it's very important to look towards the future, it is also important to take stock and look at how much progress has been made. If anything, this suggests that there's the potential to make massive improvements in the future. The challenge is to make that happen!

Andrew Whittingham

Greater Manchester Schools Cross Country Championships *from Mark Newton*

On Saturday 3rd February, some of our youngsters were in action at the Greater Manchester Schools Cross Country Championship.

There were some great performances with many adding to their growing medal collection!

Thanks go to Mark Newton for this report.

Juniors medal and show strength in depth at Greater Manchester Schools Cross Country Championships

Despite a typically dank, wet and cold February morning, spirits and hopes were high amongst our junior athletes as they donned their spikes and tackled a tough, muddy, Heaton Park course. Last year's junior girls performances had been excellent with some very impressive individual achievements through all age categories and even medals for some of our U11 and U13 girls. Most pleasing to the junior coaches, is the number of athletes who are now regularly attending and competing in these events. This year, ADAC girls contributed 7 runners to the U11 Trafford team and 3 runners to the 8-strong U13 team.

In the U11 girls' event, with an exceptionally well-paced race and on the back of some consistently improving distance form, saw Charlotte Stansfield finish an excellent 8th place with ever-present Holly Newton close behind in 9th place. Jess Forrest, Eleanor Nicholson, Sara Herceg-Millington, Susanna Thompson and Hannah Myers were 'hot on their heels' following strong individual runs. Charlotte's performance again demonstrates that long term consistent training and commitment can improve performance in our junior athletes. Trafford finished 3rd, with five of our girls included in the six who counted for medals.

Trafford U11 boys were defending gold from 2017 and this year were narrowly pipped for gold in a closely fought battle with Wigan. ADAC representation in this race was the quickly improving Will Johnson making his Greater Manchester Schools XC debut. Will finished a very impressive 25th out of 155 runners, after a strong finish, which bodes well for him and the club in the future. The under 13 girls' team performance was inspiring with an individual silver medal for our County Cross Country Champion, Aisling McHale and a fantastic team gold for Trafford.

Aisling (2nd), Esme Pearson (4th) and Verity Charnley (7th) all made the top ten and will go on to represent Greater Manchester in the National Schools Championships. Believe it or not, Aisling fell at the start and again, just before the finish, yet recovered to fight for individual gold with Stockport's Jasmine Reed.

Another highlight of the day has to be the performance of ADAC's Daniel Green in the U13 boys' race. Dan ran a sterling race to finish in 5th place and contribute to a team gold medal for Trafford. It must be said that this is not surprising given his work rate and application in training in recent weeks.

It wasn't just the U11s and U13s in action. In the intermediate girls event, Tessa Pearson finished 31st and won another bronze team medal whilst sister Millie Pearce finished a very commendable 14th place.

Harry Sinclair finished a very impressive 6th place significantly improving on last year's 11th place.

On the whole, the club should be very proud of their junior athlete's achievements.

Well done guys!!

Mark Newton

Fell Running

from Tim Raffle

Long Mynd Valleys - Saturday 4th February

This tough outing in the South Shropshire Hills was the second race in this year's club fell championship. 12 miles and 4,500feet of climbing with most of the climbing in three brutally steep hills towards the end of the course. Race day turned out to be fine but with a biting cold wind. Arthur Raffle ran 'vest only' as the photo proves but not many others did. Arthur beat me comfortably despite running further than he needed to. I had a decent run apart from a crashing fall on some slippery planking just beyond check point 5. The next few minutes saw people streaming past on a fast descent but things improved once we started going upwards again. Arthur finished 42nd and second U23. I came home in 55th.

42	Arthur Raffle	2.08:06
55	Tim Raffle	2.15:38

Simon Bailey of Mercia won in a time of 1.41:44 and 184 finished.



Hope Winter – Sunday 25th February

The Winter version of the Hope Fell race has quickly become established as a popular local race. Possibly one for next year's championship?

66	Shaun Jackson	1.05:33
79	Craig Partridge	1.06:51

Club Championship Standings

After the first two races Arthur Raffle has taken an early lead. However, given that he is moving to the Lake District and eight of the ten remaining races are in the Peak District the rest of us have a decent chance.

For what it is worth the points and standings after two races are as follows:

1st	Arthur Raffle	20
2nd=	Shaun Jackson	8
2nd=	Tim Raffle	8

The next championship race is Kinder Downfall on 22nd April. This is pre-entry only. Whilst there are no championship races in March there are some good local races such as Wolf's Pit (Sunday 18th March), Doctor's Gate (Sunday 25th March – the latest Des Gibbons production) and Rivington Pike (Saturday 31st March).

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 third race in this year's championship is pre-entry:

Kinder Downfall, Sunday 22nd April <http://fellrunner.org.uk/races.php?id=3130>

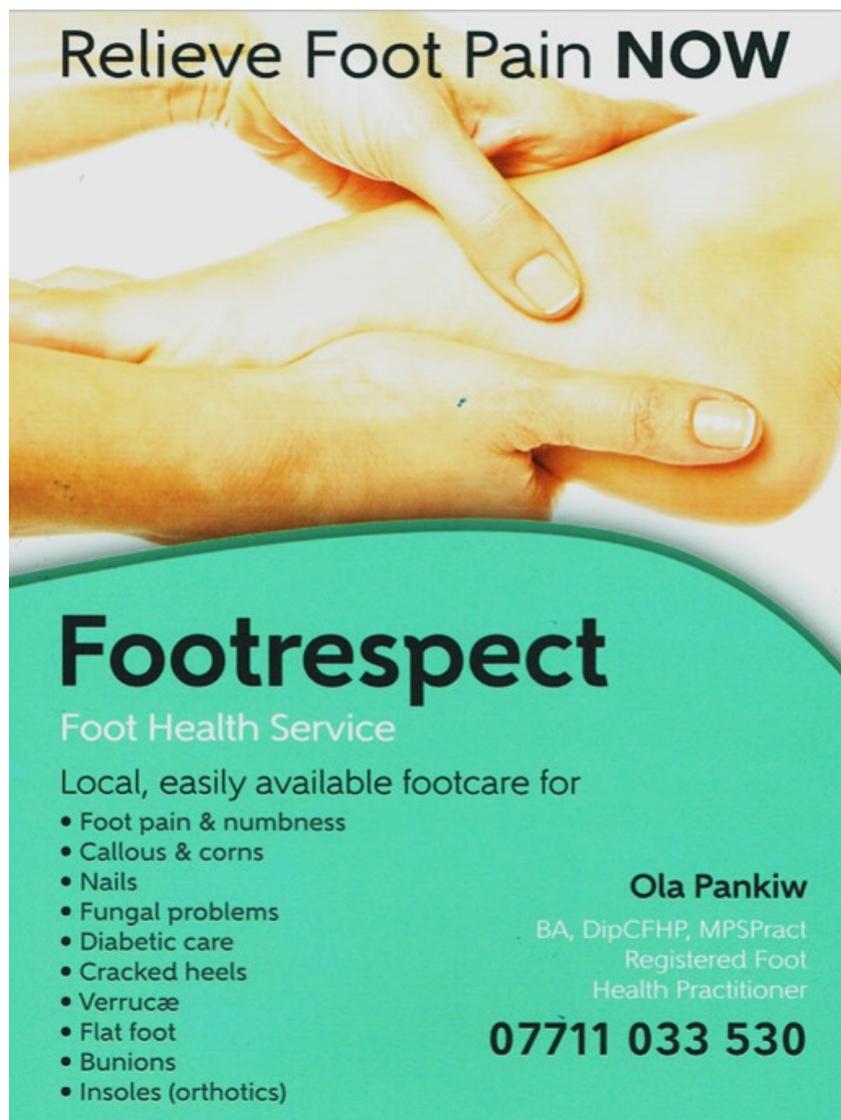
General Training Sessions at Timperley Track – Start Time 7.15pm
All Tuesday sessions are on the track unless stated otherwise

March

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



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INJURY PREVENTION FOR **ADULTS** THAT WORKS!

Part 2:

This is the second article on injury prevention that I wanted to share with you. This article relates to injury prevention for adults.

Introduction

Injuries are a part of being active. Unfortunately, there is no such thing as an injury prevention programme! There are many ways you can reduce the risk of injury.

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

1. Hip and core stability
2. Strength training
3. Consistent training loads
4. Sleep & recovery
5. Daily posture

1. Hip and Core Stability

A common area for runners is knee pain, especially around the knee cap. There are several studies which demonstrate that strengthening your hip and core muscles reduces knee pain in runners.

Here are some exercises to strengthen your hip muscles with a band:

<https://www.youtube.com/watch?v=vSYAPaQIDWc&index=18&list=PUg37D87-0f0TCV5kjtUio9Q>

INJURY PREVENTION FOR **ADULTS** THAT WORKS!

2. Strength Training

It has long been feared by runners that strength training slows runners down and leads to injury. Evidence is clear that strength training reduces injuries by up to 50% and improves running economy. Twice a week is plenty to feel the benefit.

Also, as we age we lose 3-5 % muscles mass each decade from 40 years old. This can be reduced with strength training and is important because muscles are our shock absorbers for joints.

3. Consistent Training Loads

Our bodies love consistency! If we keep our training fairly constant and only make slight adjustments, our injury risk stays low. Any major increases in distance, speed, hills, etc. too quickly and the risk of injury increases significantly.

4. Sleep and Recovery

Sleeping is essential to reducing injury risk because it is when our bodies recover. Without, ideally, 8 hours of unbroken sleep, there will be reduced reaction times, slower running times and increased mental errors.

5. Daily Posture

‘The best posture is the next posture’ this basically means keep moving because there is not an ideal sitting or standing posture. Sitting too long can increase muscle tightness and reduce muscle strength around your hips, which are linked with injury risk.

If you have been sitting for long periods before you begin training stretch out these key areas. Please see the video for some exercises that will help:

<https://www.youtube.com/watch?v=W4NC-eLY4qs&list=PUg37D87-0f0TCV5kjtUio9Q&index=62>

Conclusion

Prevention is better than cure. By following the 5 tips above you will reduce your injury risk and keep enjoying the activities you do!

We have 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 about the adult or junior Physiocore programme or want to come and try for **free**, please give me a call on 07471500140 or email matt@physiocore.co.uk

Matt Fox, Msc, Bsc, MCSP
Chartered Physiotherapist
Physiocore

ADAC Membership & England Athletics Affiliation

Club subscriptions run from 1st April to 31st March in line with England Athletics financial year. All affiliated athletes should have paid their 2017/18 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).

Foot Respect is situated next to Waitrose in Broadheath.
For any problems with your feet contact Ola Pankiw (BA Hons, Dip CFHP, MPS Pract).
www.facebook.com/footrespect/photos/pb.1714251175529638.-2207520000.1495424384./1880319632256124/?type=3

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