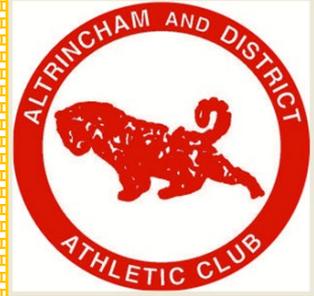




# PAWPRINTS

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



**JULY 2018**

Club website [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk)

## **Welsh Castles Relay** **Caernarvon to Cardiff** **Saturday 9th & Sunday 10th June**

Congratulations to the ADAC team who competed in the Welsh Castles Relay over the weekend of the 9th & 10th June. For the eighth year the squad were a credit to the club, finishing 27th overall and completing the 208 miles in 25 hours and 12 minutes.

*See pages 3 - 6*

Many thanks to Carole & Graham Harrison for all their hard work in organising the ADAC team.



# PAWPRINTS

JULY 2018

Club website [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk)

## ADAC Committee 2018 - 2019

<b>Chairman</b>	<b>Mansel Pope</b>	<b>Coaching coordinator</b>	<b>John Snape</b>
<b>Vice Chair</b>	<b>Vacant</b>	<b>Road Running</b>	<b>Mike Berks</b>
<b>Secretary</b>	<b>Helen Simpson</b>	<b>Cross Country</b>	<b>Graham Harrison</b>
<b>Membership Secretary</b>	<b>Richard Pavey</b>	<b>Fell Running</b>	<b>Tim Raffle</b>
<b>Treasurer</b>	<b>Carole Harrison</b>	<b>Track &amp; Field</b>	<b>Peter Rice</b>
<b>Welfare Officer</b>	<b>Mel McGuinness</b>	<b>Social Media Officer</b>	<b>Andrew Whittingham</b>
<b>Social Secretary</b>	<b>David Vaughan</b>	<b>Officials coordinator</b>	<b>Vacant</b>
		<b>Data Protection</b>	<b>Bill Egan</b>

## 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



## August Pawprints

Please send material for next month's Pawprints to Colin Davies: [colinxxd Davies@gmail.com](mailto:colinxxd Davies@gmail.com) by Thursday 26th July. Articles, reports, results, news, and photos gratefully accepted.

**Welsh Castles Relay**  
**Caernarvon to Cardiff**  
**Saturday 9th & Sunday 10th June**

Leg		Miles	Time	Position
1	Alison Vesey	9.1	1.13.32	37th
2	Phil Vesey	10.7	1.36.49	62nd
3	Mark Hunter	12.3	1.28.39	39th
4	Danielle Beard	9.5	1.08.36	26th
5	Dan Martell	9.6	1.03.59	14th
6	Colin Hammond	10.7	1.17.09	23rd
7	Adrian Fuller	10.1	1.18.46	38th
8	Gordon Nicoll	10.8	1.26.35	47th
9	Hugh McKenna	8.5	1.10.12	51st
10	Paul Abraham	13.1	1.32.20	38th
11	Richard Johnson	12.3	1.22.08	24th
12	Graham Harrison	11.2	1.15.24	21st
13	Bev Jackson	10.6	1.14.12	25th
14	Steve Renny	10.8	1.12.16	20th
15	Duncan Dickinson	12.8	1.42.22	52nd
16	David Livingstone	12.5	1.37.07	37th
17	Carole Harrison	8.7	1.06.12	44th
18	Karl Lee	7.6	43.22	3rd
19	Mike Berks	7.7	46.58	3rd
20	Dave Norman	10.1	56.04	3rd
		208.7	25.12.42	27th



## Welsh Castles Relay Caernarvon to Cardiff Saturday 9th & Sunday 10th June

from Carole Harrison

So organising the WCR team isn't the easiest task in the world, with injuries leg swaps and last minute changes, but it is all worthwhile when the team comes together and you see the smiles on the athletes' faces.

For anyone who hasn't competed in the event, it is a 200+ mile relay from Caernarfon Castle to Cardiff Castle over 2 days with each athlete running approximately 10 miles each over challenging, usually undulating terrain and in the words of Mike Berks, "It's a fabulous but a bit bonkers event."



*Carole Harrison & Alison Vesey*



*Colin Hammond*

All the team pulled out excellent performances with special mention to Hugh McKenna who stepped in very late on Thursday to run a leg in mid Wales on the Saturday afternoon - without him we would not have been able to field a complete team.

Also, Paul Abraham who only found out he was racing a half marathon leg two days before the race and WCR newbies Duncan Dickinson and Colin Hammond who both put in excellent performances and really enjoyed the event.

This year's race was on a particularly hot weekend and there were some very testing conditions for all, notably Phil Vesey who came out of 'racing retirement' to compete in the event.



## Welsh Castles Relay

*Steve Renny doing one of the toughest legs, leg 14*



*Dave Livingstone doing the new very brutal leg 16 which is probably just as tough as leg 14*

*Blood sweat and tears from Duncan Dickinson*



## Welsh Castles Relay

Getting the team to Cardiff with three third places, from Karl Lee, Mike Berks and Dave Norman was very pleasing and the kind comments from all to Graham and myself makes the whole event worthwhile and preparations for next years event on 8th & 9th June 2019 have already started. Thanks to all who raced, supported and helped out. Same time next year!

*The team half way at Newtown*



*The finish crew at Cardiff*



## Who Inspires You?

**Dave Norman has endured a challenging time of late, but he won't let it keep him down, and takes a moment to reflect on the inspirational figures throughout his life.**

It's fair to say I've had a pretty rough time since my last post on *Fast Running*. More on that later. The challenges of the last few weeks (and years!) have got me thinking about how many inspiring people there are in the sport and how inspirational figures take many different forms.

I initially got into running after spending my childhood watching my dad winning races.

For many of us, our parents are inspirational figures, but watching my dad winning some pretty big marathons as I was growing up really was the spark for me to take up running. I certainly didn't have to look far for inspiration.

I spent my teenage years drifting in and out of the sport and struggling at the back of cross country races didn't seem much fun, but my brother Andy, despite also struggling at the back of races initially, started to make some improvements after sticking with it.

His resilience and perseverance, along with my dad's continued successes, was a renewed level of inspiration for me. He had stuck with it and was being rewarded for his perseverance.

Again, I didn't need to look far for more inspiration.

Once I started to see improvements myself, my steady rate of individual progress was largely what kept me going and I enjoyed a gradual level of progression up to about 2002 when I made a big jump forward and finished 18th in the National Cross Country Championships (improving from 72nd the previous year) and a four-minute PB of 65:24 for the half marathon en route to my debut marathon 2:21:01 as a 23 year-old.

### **The years that followed**

Looking back, I don't think I appreciated at the time just how much my club-mates inspired me too. We had a really good group down at the track week in week out, working extremely hard on club nights, and the 9am Sunday runs would always be well attended. I'm not a morning person, but if they could get up and do it at 9am, then so could I.

Between 2002 and 2014 I enjoyed great consistency, with 13 top 40 finishes in the National Cross Country Championships. During this period, I was very fortunate to not suffer any major injuries and time off running due to injury was pretty alien to me.

There is no doubt this is why I was so consistent over this period of time! The internet grew massively during this period, and discussion boards such as Let's Run, University Athletics and Eightlane allowed us an insight into the training of some of the top club runners in the UK.

*continued on next page*



## Who Inspires You?

*continued from previous page*

Seeing the work ethic of athletes that you race against regularly certainly inspires you to get out there every day, no matter what the weather. I actually blogged myself for the Runners Life website, and it always amazed me at the time when runners would approach me at races and say how much my blogs and training diaries were inspiring them as runners.

### **Then came the setbacks**

Since 2014, I have started to experience some injuries which I won't bore you with but suffice to say all the consistency I enjoyed over the preceding years has ceased to exist!

Suffering setback after setback, and realising that at 39 years old, you are unlikely to ever run a PB again, you naturally question whether you want to continue.

Thankfully though it's a question I only ever asked myself momentarily as performance is not the be all and end all for me. My competitive edge and my desire to run as well as I can is still there. I will always run as I enjoy the challenge, whether that's at the top of my game trying to run a marathon PB or crack the top 10 in the National, or whether it's trying to improve on my last time in my local parkrun.

I appreciate the friendships the sport has given me too, I appreciate the support my club has offered to me over the years, and I want to continue to reciprocate that support. I do also appreciate that if I want to run well again, a lot of hard work over a consistent period will be required.

### **Recent incidents**

So, onto recent events, and how inspirational figures have changed for me during more challenging times. I had been making good progress with my training. I entered the Wilmslow Half Marathon with a view to securing the time for elite entry into either the London or Manchester Marathon as a V40 in 2019.

I had hit my first 20 mile run and my first 100 mile week in three years. I was knocking out kilometre reps well under three minutes once again. This was after being unable to even run a single one for some time in training. Importantly, since November I was injury free and was massively looking forward to my next race.

Then there was a little incident on my brother's stag weekend in Lisbon.

Walking the short journey back to our accommodation late on the first night, I sensed I was being followed. I turned around and was hit over the head with a weapon. While lying on the floor, my head now bleeding, I managed to escape to the safety of a nearby hotel before my assailant could take anything more than my phone.

The mugging was obviously quite a traumatic experience, but I was determined not to let it change how I led my life and as soon as my head was stitched up, I (perhaps foolishly) left the hospital of my own accord to get on with the rest of the weekend. Definitely foolish was playing 18 holes of Foot Golf two hours after leaving the hospital and doing a very good job of pretending to be ok! Then after nine days of no running due to whiplash injuries and concussion, I managed to get seven days running in before tearing my calf on a long easy run. If the mugging wasn't enough it was back to the injured list for me.

### **Inspiration when injured**

As an injured runner you don't have to look far for inspiration, and on the occasions that I am injured, I will still regularly pop down to training nights and catch up with my coach and training partners. And without fail, there will be somebody there who is on the comeback trail, who's been working incredibly hard against the odds to get themselves running.

At last week's visit to the Wythenshawe Park track, I watched with admiration as Michael Rimmer completed a gruelling session. I can remember Michael being out for eight months with a back injury once, but he's bounced back and run well since. He was being watched by Eilish McColgan, who herself has had several screws in her foot after a foot surgery but is now running better than ever before.

At my club, there is Lora Blann, who had her best ever cross country season this winter, and has contributed to an excellent article that was published on the day my physio gave me the all clear to start running again with a one mile jog.

[www.smilingtricoach.co.uk/blog/every-injury-is-an-opportunity](http://www.smilingtricoach.co.uk/blog/every-injury-is-an-opportunity)

*continued on next page*

## Who Inspires You?

*continued from previous page*

At my club, there is Lora Blann, who had her best ever cross country season this winter, and has contributed to an excellent article that was published on the day my physio gave me the all clear to start running again with a one mile jog.

[www.smilingtricoach.co.uk/blog/every-injury-is-an-opportunity](http://www.smilingtricoach.co.uk/blog/every-injury-is-an-opportunity)



This week I saw perhaps the most inspirational running video I have seen on YouTube, and I would urge any runner to watch this. Tom Holden of Tonbridge is a talented young athlete who I first became aware of when he just beat me in a 3000m at Watford running 8:30 when he was just 15 years old! He has since ran 8:11 for 3000m as an Under 20 and looked set for big things.

Here is Tom's story.

[www.youtube.com/watch?v=IMPnJLDniQg](http://www.youtube.com/watch?v=IMPnJLDniQg)

If Tom can work as hard as this in the last year with everything that has been thrown at him, then there's no reason why you or I can't. I don't know Tom personally, but I know his video has really inspired a lot of runners out there, myself included, so thank you Tom and good luck with your continued rehabilitation.

My experience in Portugal could have been much worse, people have told me I was just unlucky but I prefer to think of myself as lucky it wasn't worse. The consequences of Tom's accident could have been much worse. We should learn to appreciate good health a lot more while we have it and make the most of it. I know I will.

## 2018 Road Running Championship

This year's Club Road Race Championship will be conducted along the same lines as last year:

### 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](http://www.runnersworld.com/tools/age-grade-calculator) which utilises the 2015 World Masters Athletics tables.

### Qualifying races are as follows:

Salford 10K	Friday March 30th
Mid Cheshire 5K	Friday April 27th
Tatton Park 10K	Sunday May 6th
Colshaw Hall 10K	Sunday June 17th
Wilmslow Half Marathon	Sunday June 24th
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*

## 2018 Road Running Championship Positions at 1st June

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

*The points from the 3 races in June will be included in next month's edition of Pawprints.*

		Number of races run	Average Age Graded %
1	Dave Norman	1	87.29
2	Mark Offord	1	86.46
3	Bev Jackson	1	83.17
4	Peter Pickwell	1	81.75
5	Steve Renny	1	81.52
6	Roger Preece	1	81.04
7	Gordon Nicholl	1	80.07
8	Alison Vesey	1	77.62
9	Mark Hunter	1	77.62
10	Graham Harrison	1	77.25
11	Carole Harrison	2	77.06
12	Kristan Matuszczak	1	76.06
13	Adrian Fuller	1	74.54
14	Paul Abraham	1	74.37
15	Richard Kennaugh	1	74.14
16	Margaret Bullock	1	73.34
17	Chloe Elliott	1	71.92
18	Ed Buckley	1	71.49
19	Colin Davies	1	71.44
20	Richard Jellyman	2	70.38
21	Andy Spencer	1	66.77
22	Hugh Mckenna	1	66.21
23	Danielle Beard	2	64.92
24	Dan Martell	1	63.77
25	Jane Nicholson	1	63.74
26	Amanda Navin	1	62.16
27	Duncan Dickenson	1	61.87
28	Andrew Crockett	1	61.82
29	Malcolm Orrell	1	59.41
30	Chris Marritt	1	53.26
31	Mark Whitfield	1	46.62

## Birchwood Brook 5K - Thursday 31st May

The second of this year's races in the North Cheshire 5K Grand Prix Series took place at Birchwood, organised by Spectrum Striders.

Andy Pickford was the first home for Altrincham with his fastest 5K for three years and Richard Kennaugh was next, followed by Lisa Craig, Graham Harrison who was first over 55 and Mark Hunter who was second over 60. Andrew Paton-Crockett shaved four seconds off his time at Dunham Massey a week earlier whilst Carole Harrison was second lady over 50.

The race was won by Matt Shaw of Salford Harriers in a time of 16.21 and the first lady was Sarah Douglas of Sale Harriers in 19.10. There were 162 finishers.

6	Andy Pickford	17.27
36	Richard Kennaugh	20.06
39	Lisa Craig	20.20
41	Graham Harrison	20.22
43	Mark Hunter	20.28
55	Andrew Paton-Crockett	21.18
75	Carole Harrison	23.08

Full results: [http://spectrumstriders.org.uk/images/stories/striders\\_downloads/results/others/bb\\_results\\_20180531.pdf](http://spectrumstriders.org.uk/images/stories/striders_downloads/results/others/bb_results_20180531.pdf)

## Bowdon 5K - Thursday 7th June

The third of this year's races in the North Cheshire 5K Grand Prix Series took place on another glorious, sunny evening. With over a month of fine dry weather, the short off-road section across the Devisdale was in excellent condition for the runners.

Andy Pickford was first home for Altrincham again in sixth place and was second over 40 whilst Matt Gawne and Roger Preece, who was first over 50, also made it into the top twenty.

Mark Hunter was third over 60, finishing just in front of Lisa Craig who was followed by Andrew Paton-Crockett. Danielle Beard, Katherine Barker and Duncan Dickinson finished in a group ahead of Alison Vesey, who was first lady over 55, Dave Telford, who was second over 65, and Angela Bamford.

The race was won by Matt Shaw of Salford Harriers in a time of 16.12 and the first lady was Jenny Evans of Sale Harriers in 18.49. There were 157 finishers.

Full results: [www.ukresults.net/2018/bowdon5k.html](http://www.ukresults.net/2018/bowdon5k.html)

Photos by Michael Charman

[www.flickr.com/photos/helsby/albums/72157697846202085](http://www.flickr.com/photos/helsby/albums/72157697846202085)

6	Andy Pickford	17.01
11	Matt Gawne	17.29
16	Roger Preece	18.32
38	Mark Hunter	19.54
39	Lisa Craig	20.08
52	Andrew Paton-Crockett	20.56
59	Danielle Beard	21.27
60	Katherine Barker	21.42
61	Duncan Dickinson	21.48
70	Alison Vesey	22.20
79	Dave Telford	23.09
114	Angela Bamford	25.40

**Bowdon 5K - Thursday 7th June**  
**Photos by Michael Charman**



*Andy Pickford*



*Andrew Paton-Crockett*



*Dave Telford*

**Bowdon 5K - Thursday 7th June**  
**Photos by Michael Charman**



*Katherine Barker*  
*Mark Hunter*



*Alison Vesey*  
*Duncan Dickinson*



*Angela Bamford*  
*Roger Preece*



## Dunham Massey 5K - Thursday 14th June

The penultimate race in this year's North Cheshire 5K Grand Prix Series took place on another pleasant, sunny evening with the warm, dry spell having stretched to over well over 6 weeks!

Eighteen Altrincham athletes took their places among a field of 205 runners with Andy Pickford again managing a top ten finish in an impressive time of 17.05.

Kristian Matuszczak and Richard Johnson, who was first man over 50, also ran inside 18 minutes with Nick Bugler, Dan Martell, Nathan Egan and Thomas Egan all finishing below 19 minutes.

Richard Kennaugh finished ahead of the battle between Lorna Blann and Lisa Craig with Lisa taking the honours on the line.

Mark Hunter, Andrew Paton-Crockett and Andy Spencer were just outside 20 minutes and they were followed in by Duncan Dickinson, Amanda Navin and Hugh McKenna.

Don Callander ran well in his first race for a long time, finishing ahead of fellow V70 Alan Barlow who was almost a minute faster than in the previous race at Dunham.

Matt Shaw of Salford Harriers was the winner for the third time in four races, in a time of 16.10 and the first lady was Alison Lavender of Oswestry Olympians in 17.17.

Full results: [www.ukresults.net/2018/dunham2.html](http://www.ukresults.net/2018/dunham2.html)

A huge vote of thanks to ADAC chairman Mansel Pope, who has once again organized three excellent races at Bowdon and Dunham.

Thanks also to all those who helped with car parking, registration, marshaling, timekeeping, recording and processing the results.

7	Andy Pickford	17.05
10	Kristian Matuszczak	17.16
16	Richard Johnson	17.52
18	Nick Bugler	18.03
20	Dan Martell	18.11
21	Nathan Egan	18.13
28	Thomas Egan	18.33
48	Richard Kennaugh	19.26
51	Lora Blann	19.40
52	Lisa Craig	19.41
60	Mark Hunter	20.03
61	Andrew Paton-Crockett	20.04
69	Andy Spencer	20.24
92	Duncan Dickinson	21.36
97	Amanda Navin	21.49
135	Hugh McKenna	24.07
171	Don Callander	27.22
198	Alan Barlow	31.35



## Colshaw Hall 10K - Sunday 17th June

A slightly cooler morning for this popular race at Colshaw Hall saw only two Altrincham runners on the start line.

Gordon Nicoll equalled his personal best of 42.27 which he set at Ribble Valley last December and Tom Lavin, returning from a knee injury, finished in a time of 54.22.

The race was won by Richard Coen of Wilmslow Running Club in 33.25 and the first lady was Pauline Powell of Blackburn Harriers in 37.23. There were just over a thousand finishers.

		Chip	Gun
109	Gordon Nicoll	42.27	43.10
448	Tom Lavin	54.22	55.07

Full results: <https://cutefruitevents.niftyentries.com/Results/Colshaw-Hall-10K-Knutsford-2018>



Gordon Nicoll



Tom Lavin

## Hollins Green 5K - Sunday 24th June

It was a warm sunny morning for this final race in the North Cheshire 5K Grand Prix Series which unfortunately clashed with the rearranged Wilmslow Half Marathon.

Andy Pickford came home third to clinch the V40 series prize. Colin Hammond was third V50 and Hugh McKenna was third V65.

The race was won by Chris Stanford in 16.31 and the first lady was Kerry Marchant of Newcastle Staffs AC in 18.42. There were 150 finishers.

3	Andy Pickford	16.57
43	Colin Hammond	20.11
101	Hugh McKenna	25.11

North Cheshire 5K Grand Prix Series results:  
[www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/2018-series-results](http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/2018-series-results)

Full results:  
[www.spectrumstriders.org.uk/images/stories/striders\\_downloads/results/others/20180624\\_hq\\_results.pdf](http://www.spectrumstriders.org.uk/images/stories/striders_downloads/results/others/20180624_hq_results.pdf)

## Wilmslow Half Marathon - Sunday 24th June

Having been postponed due to bad weather in March, this popular half marathon took place on a warm midsummer day with not a cloud in the sky which resulted in quite a few runners requiring medical attention, suffering with dehydration.

However, ADAC's Mohammed Abu-Rezeq led from start to finish to win the race for the third time, in a very respectable 1.06.44. Sarah Lowery of Rotherham Harriers was the first lady in 1.20.09.

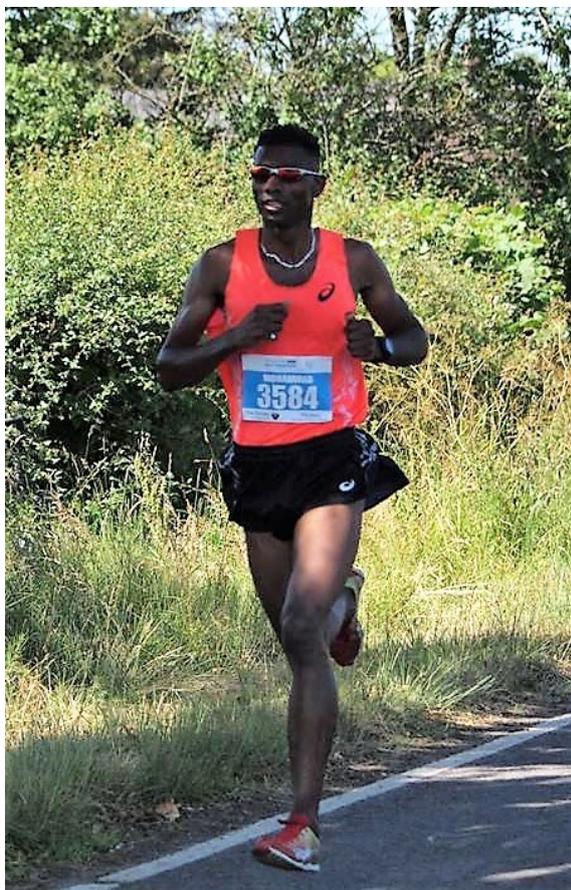
Andy Holloway went through 10 miles in just over 62 minutes and was well on his way to finishing as second Altrincham runner but the heat got the better of him with less than a mile to go. He was expertly dealt with by the medical support but was disappointed to miss England's 6-1 victory over Panama on TV as he was still in the medical tent!

Steve Renny came through as the second Altrincham finisher with Dan Martell third.

Mark Hunter finished second man over 60 whilst Margaret Bullock and Carole Harrison were second and third ladies over 50.

There were 2192 finishers.

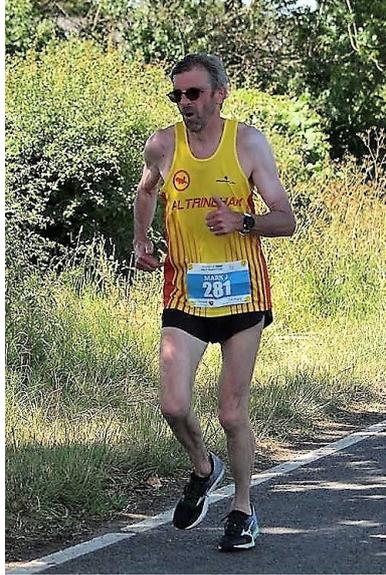
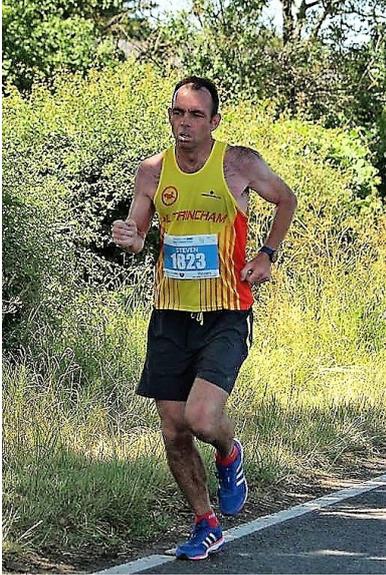
*Mohammed Abu-Rezeq*



		Chip	Gun
1	Mohammed Abu-Rezeq	1.06.44	1.06.44
65	Steve Renny	1.22.51	1.22.57
192	Mark Hunter	1.30.21	1.30.41
230	Dan Martell	1.32.37	1.32.43
294	Graham Harrison	1.35.26	1.35.41
344	Gordon Nicoll	1.37.12	1.37.47
422	Andrew Paton-Crockett	1.39.38	1.40.23
433	Duncan Dickinson	1.39.55	1.40.39
477	Margaret Bullock	1.41.26	1.42.02
500	Laura Fairhurst	1.42.00	1.42.35
553	Chris Jackson	1.42.58	1.44.10
583	James Pattison	1.44.28	1.45.04
597	Carol Harrison	1.44.51	1.45.26
611	Andy Spencer	1.45.02	1.45.46
672	Harriett Pearce	1.46.21	1.47.27
702	Dave Parkes	1.47.41	1.48.06
742	Alison Vesey	1.48.58	1.49.18
807	Colin Davies	1.49.04	1.50.58
1143	Tom Lavin	1.57.29	1.59.32
1946	Mark Whitfield	2.24.34	2.27.30
	Andy Holloway	DNF	

Full results: [www.tdleventservices.co.uk/event-results/events?event=2920](http://www.tdleventservices.co.uk/event-results/events?event=2920)

Wilmslow Half Marathon - Sunday 24th June



Photos  
by  
JP Kearns

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Wilmslow Half Marathon - Sunday 24th June



Photos  
by  
JP Kearns

[https://www.facebook.com/  
jpkearns/media\\_set?  
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## 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>

## Fell Running

*from Tim Raffle*

There were two races in the Club fell running championship in June - Edale and the Kinder Trog.

### Edale - Sunday 10th June

Very dry conditions for the Edale Fell Race. Dan Martell and Amanda Navin collected the points.

<b>64th</b>	<b>Dan Martell</b>	<b>46:57</b>
<b>148th</b>	<b>Amanda Navin</b>	<b>55:49</b>

Joe Woodley of Sheffield University Orienteering Club won the race in 34:38 with Helen Thornhill first lady in a time of 42:16. 223 finished.

### Kinder Trog, Sunday 24th June

Glorious weather for this long classic.

Richard Kennaugh reports on his first experience of a long fell race:

Sunday 24th June was a beautiful summer's day, not a cloud in the sky and temperatures in the high twenties. The perfect day for a barbeque while watching England in the World Cup. Alternatively, you could spend it running 16 miles up hill and down dale around Hayfield, as Tim Raffle, Craig Partridge and I chose to do. The mandatory waterproofs seemed a little superfluous, the optional water bottle essential. I was a little apprehensive as this was my first long fell race, but Craig had a few words of encouragement: "I did this two years ago. It nearly killed me". Tim had some more practical advice: "It's very easy to get lost near the end". And with that we were off.

The initial climb up Lantern Pike soon strung the field out. Tim was a few places ahead of me and I kept him in sight on the loop out to Kinder. The first water station was a relief, the endless paving slabs after it were not. Approaching the climb to Kinder plateau there was a sudden and unexpected drop in visibility – my suntan lotion had run into my eyes. Tim and I were now running close together and it stayed that way for the rest of the race. His vastly superior descending skills were apparent whenever we headed downhill as he disappeared off into the distance. Something to work on.

The scramble up from the Sett River crossing was steep enough to require the use of hands. I was questioning my choice of leisure activity for the day until I passed someone attempting to manhandle their mountain bike up the slope.

On the final ascent to Big Stone I was starting to appreciate that long really did mean long, and I was grateful to reach the top. Just the final descent to Hayfield to go. Try not to get lost. With a cheery cry of "On your right!" Tim went flying past me once again, but at least that meant I could follow him.

The finish line arrived at about the same time as the cramp did. Time to head home and light that barbeque.

Tim finished in 41st place in 2:31:35.

I finished 43rd in 2:31:45.

Craig finished 101st in 2:57:34.

Phil Marsden of Horwich and Nicola Bowen of Dark Peak were the winners from a field of 170 runners, in times of 1:50:11 and 2:28:12 respectively.

*A picture of me descending carefully!*



## Fell Running



### Club Championship Update

After the Kinder Trog the standings are as follows:

		races	points
1st	Richard Kennaugh	4	31
2nd	Dan Martell	3	28
3rd	Arthur Raffle	2	20
4th	Tim Raffle	2	18
5th	Amanda Navin	3	17
6th	John Stockdale	1	10
7th	Shaun Jackson	1	8
8th=	Craig Partridge	1	8
8th=	Andy Holloway	1	6
10th	Jeff Norman	1	2

Next up is the Kentmere Horseshoe on Sunday 29th July.  
 This race is pre-entry only (open now), details at <http://www.kentmerehorseshoe.org.uk>.

### Thursday Night Fell Runs

The schedule for the next two months looks like this. All welcome.

Date	Organiser	Location
July 12th	Tim Raffle	Wildboarclough
July 26th	Jeff Norman	TBC
August 9th	Dan Martell	Old Glossop area
August 23rd	Fiona Cosgrove	Alderley Edge

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

**July**

- Sun 1st Alderley Edge Bypass 10K (club championship race).
- Tue 3rd 10 x 90s, 90s recovery.
- Thu 5th Sale Sizzler 5K
- Tue 10th 5 sets of 3 x 300m, 75s recovery. 3 min between sets.
- Tue 17th 10 x 90s, 90s recovery.
- Thu 19th Sale Sizzler 5K
- Tue 24th Session in John Leigh Park (pictured below):  
4 sets of 30s hill rep, 90s sustained effort, 30s hill rep, 3½ min effort.  
2 min between efforts, 4 min s between sets.
- Tue 31st 5 sets of 3 x 200m, 60s recovery. 3 min between sets.

**Future events (all club championship races)**

**August**

- Thu 2nd Sale Sizzler 5K
- Thu 16th Sale Sizzler 5K
- Sun 19th Birchwood 10K
- Thu 23rd Mid Cheshire 5K



**John Leigh Park Session - Tuesday 24th July 7.15pm**

## ADAC Membership & England Athletics Affiliation

As most readers will be aware, club subscriptions run from 1st April to 31st March in line with England Athletics financial year. From last year the way we accept payments changed. Members are asked to pay their own subs online using the England Athletics Portal. You will receive an email with instructions on how to renew your subscription on-line. In summary the email will contain a link to [www.englandathletics.org/myprofile](http://www.englandathletics.org/myprofile) where you can login, check and update your personal details. There is an option to renew your membership and pay your subs. England Athletics will retain your affiliation fee and pay the remainder of your subs to the ADAC club account directly. Fees have not increased. It is important that you complete payment promptly after receiving the email and before 30th April to enable you to continue to benefit from reduced race entry fees and to represent the club in league meetings and championships. Life members and coaches are exempt from this process. However, if you do not have access to the internet, or wish to make alternative arrangements to pay your subs, please speak to a member of the committee at the track.

**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](http://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](mailto:info@monanoblett.co.uk)  
For further details please visit [www.monanoblett.co.uk](http://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](mailto: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

**Thorner 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](http://www.athletematters.com)  
Hours of Business: Mon to Fri: 9.00am to 9.00pm Saturday: 8.30am to 1.00pm