PAWPRINTS

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

SEPTEMBER 2018

Club website www.altrincham-athletics.co.uk

Robin Wignall 1944 - 2018

Our older members will be saddened by the passing of club stalwart Robin Wignall on 22nd August.

See page 3 for details of Robin's funeral.

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ADAC Committee 2018 - 2019

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

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**

October Pawprints

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

Robin Wignall 1944 - 2018

Sadly Robin passed away in hospital on Wednesday 22nd August at the age of 74.

His widow Rosemary writes:

He had strived hard to beat the cancer but the stroke he suffered in February was a harsh blow, difficult to come to terms with. He was ill for a fortnight and passed away peacefully in his sleep.. The funeral is at 3.20pm on Thursday 6th September at Macclesfield Crematorium and afterwards at the Papermill, Whitehough, Chinley .

Jeff Norman writes:

It is with great sadness that I have to report that Robin passed away on Wednesday 22nd August aged 74. Although he hasn't run for a while he was a keen member of the fell group, originally as a runner, then a walker. His last contribution was to organise a fell run and walk from the Old Hall at Whitehough just before Christmas last year, turning up with the maps, but unable to walk himself as he had his first appointment at Christie's that day.
It was not good news. His cancer spread, followed by a stroke and he was admitted to Stepping Hill with a chest infection from which he couldn't recover. Robin had been a member of Altrincham since 1982 when he lived in Heaton Chapel and was Headmaster at Green End School.
When he retired, he moved to Whaley Bridge. He was an avid hill walker and keen member of CAMRA and often recommended the best beers to drink. Altrincham first entered a team in the British Fell relays for its 5th edition in 1993 and Robin transported the team to Wanlockhead in the school minibus. The team were all veterans - Chris Jones, Bob Mills and Ken Burgess, Alan Barlow and Richard Rose who teamed up with Robin for the Navigation leg, which he did on many occasions in the following years. As a good navigator he organised some orienteering practice in Lyme Park on several of our Thursday runs. I well remember his concern in 1997 when a young Andrew Norman was out after dusk. "I wasn't lost. I just wanted to get all the checkpoints".
He started winning prizes as an over 50 in 1995 after winning the novices' prize in the club fell championships and was the last scorer behind Graham Watson, Des Gibbons, Phil Vesey and Pete Pickwell in the senior team which finished 9th in an English Championship race at Shelf Moor (the first time we ever fielded a full team for this). Robin continued to pick up prizes through the V55 age group, but his most successful spell was as a V60. In 2004 he was first v60 at Kinder Downfall, Herod Farm, Rainow, Goyts Moss, Shining Tor, Up the Nab and Eccles Pike. He continued where he left off in 2005, winning his category at Goyts Moss, Chrome Hill, Wrekin Wrecker and Barrel Inn, won the club championship by one point from Martin Crosby and finished in 10th place in the English Championships. Five years later, he won his local Whaley Waltz V65 prize.
Robin preferred the fells, but also ran on other surfaces. In 2000, he completed a clean sweep for Altrincham of the V55 prizes behind Ken Burgess and Derek Walton at the Haigh Hall 5.
On the track in 2001, he set a new V55 record for the 4800m paarlauf with John Paterson of 15:37 and in 2006 won a V60 team silver medal in the Vets National Cross Country Championships behind Bingley with Derek Walton and Malcolm Schofield.
Our sympathies go to his widow Rosemary and family. He will be greatly missed.

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 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 9th
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

Results of the latest races in this year's championship. The left hand side of the tables show the actual chip times and finishing positions of Altrincham runners in relation to each other.
The right hand side shows the Age Graded Score and re-casts the positions based on this score.
In the Sale Sizzlers only your best performance from the series qualifies for the championship.

Sale Sizzler Race 1

	Chip Time	Position	Age Graded %	
Mark Offord	16.05	1	85.09	Richard Johnson
Kristan Matuszczak	17.17	2	83.62	Mark Offord
Richard Johnson	17.37	3	83.34	Mark Hunter
Matt Gawne	17.42	4	83.02	Bev Jackson
Richard Kennaugh	19.16	5	82.19	Margaret Bullock
Lora Blann	19.20	6	81.82	Alison Vesey
Mark Hunter	19.25	7	81.12	Jeff Norman
Rob Metcalf	19.43	8	79.13	Graham Harrison
Graham Harrison	19.45	9	78.37	Lora Blann
Andrew Crockett	20.05	10	77.95	Carole Harrison
Bev Jackson	21.27	11	77.17	Richard Kennaugh
Margaret Bullock	21.40	12	75.51	Kristan Matuszczak
Duncan Dickinson	21.43	13	72.89	Matt Gawne
Chloe Norman	21.47	14	69.59	Duncan Dickinson
Alison Vesey	22.21	15	68.21	Rob Metcalf
Carole Harrison	22.33	16	68.02	Chloe Norman
Jeff Norman	22.37	17	65.28	Andrew Crockett
Mark Whitfield	24.02	18	58.99	Mark Whitfield
Richard Parry	28.15	19	47.96	Richard Parry

2018 Road Running Championship

Sale Sizzler Race 2

	Chip Time	Position	Age Graded %	
Mark Offord	16.08	1	86.56	Richard Johnson
Andy Pickford	16.33	2	85.01	Andy Pickford
Matt Gawne	17.11	3	84.21	Alison Vesey
Kristan Matuszczak	17.19	4	83.60	Margaret Bullock
Richard Johnson	17.19	5	83.36	Mark Offord
Dan Martell	17.46	6	82.21	Andy Holloway
Neil Walker	18.06	7	81.11	Mark Hunter
Nathan Egan	18.06	8	75.36	Kristan Matuszczak
Andy Holloway	18.14	9	75.08	Matt Gawne
Rob Metcalf	19.31	10	75.03	Richard Kennaugh
Richard Kennaugh	19.49	11	74.30	Neil Walker
Mark Hunter	19.57	12	73.70	Nathan Egan
Margaret Bullock	21.18	13	72.67	Dan Martell
Duncan Dickinson	21.18	14	70.95	Duncan Dickinson
Amanda Navin	21.27	15	69.00	Amanda Navin
Alison Vesey	21.43	16	68.91	Rob Metcalf
Nick Bugler	21.52	17	68.27	Hugh McKenna
Chloe Norman	22.42	18	65.67	Angela Bamford
Hugh McKenna	25.16	19	65.27	Chloe Norman
Angela Bamford	27.07	20	59.05	Nick Bugler
Richard Parry	28.08	21	48.16	Richard Parry

2018 Road Running Championship

Sale Sizzler Race 3

	Chip Time	Position	Age Graded %	
Mohammed Abu-Rezeq	14.30	1	90.41	Mohammed Abu-Rezeq
Dave Norman	15.36	2	86.85	Dave Norman
Mark Offord	15.59	3	86.06	Richard Johnson
Richard Johnson	17.25	4	84.58	Roger Preece
Matt Gawne	17.47	5	84.14	Mark Offord
Roger Preece	17.52	6	83.43	Andy Holloway
Andy Holloway	17.58	7	82.28	Mark Hunter
Nathan Egan	18.07	8	77.11	Richard Kennaugh
Richard Kennaugh	19.17	9	75.63	Matt Gawne
Rob Metcalf	19.20	10	73.64	Nathan Egan
Andy Spencer	19.35	11	71.44	Amanda Navin
Mark Hunter	19.40	12	70.75	Andy Spencer
Amanda Navin	20.43	13	69.59	Duncan Dickinson
Duncan Dickinson	21.43	14	69.56	Rob Metcalf
Kristan Matuszczak	21.52	15	69.07	Angela Bamford
Dan Martell	22.07	16	68.36	Hugh McKenna
Hugh McKenna	25.14	17	59.68	Kristan Matuszczak
Angela Bamford	25.47	18	58.38	Dan Martell
Richard Parry	28.00	19	48.39	Richard Parry

2018 Road Running Championship

Sale Sizzler Race 4

	Chip Time	Position	Age Graded %	
Mohammed Abu-Rezeq	14.25	1	90.93	Mohammed Abu-Rezeq
Dave Norman	15.45	2	86.40	Richard Johnson
Mark Offord	16.10	3	86.03	Dave Norman
Andy Pickford	16.27	4	85.53	Andy Pickford
Richard Johnson	17.21	5	84.86	Alison Vesey
Dan Martell	17.45	6	83.46	Jeff Norman
Nathan Egan	18.09	7	83.19	Mark Offord
Richard Jellyman	18.23	8	81.78	Peter Pickwell
Gordon Nicoll	19.31	9	80.64	Mark Hunter
Andrew Crockett	19.58	10	79.30	Carole Harrison
Mark Hunter	20.04	11	78.73	Gordon Nicoll
Richard Kennaugh	20.12	12	73.61	Richard Kennaugh
Peter Pickwell	20.42	13	73.50	Nathan Egan
Amanda Navin	20.44	14	72.86	Dan Martell
Alison Vesey	21.33	15	71.38	Amanda Navin
Jeff Norman	21.59	16	71.31	Richard Jellyman
Carole Harrison	22.10	17	71.09	Angela Bamford
Chloe Norman	22.29	18	65.90	Chloe Norman
Angela Bamford	25.03	19	65.66	Andrew Crockett
Richard Parry	27.11	20	49.84	Richard Parry

2018 Road Running Championship

Birchwood 10K

	Chip Time	Position	Age Graded %	
Andy Holloway	38.06	1	81.89	Andy Holloway
Gordon Nicoll	42.26	2	75.37	Gordon Nicoll
James Pattison	42.45	3	65.00	James Pattison
Richard Parry	58.57	4	47.84	Richard Parry

Mid Cheshire 5K

	Chip Time	Position	Age Graded %	
Andy Pickford	16.30	1	85.27	Andy Pickford
Kristan Matuszczak	16.39	2	84.47	Alison Vesey
Steve Renny	18.00	3	83.28	Andy Holloway
Andy Holloway	18.00	4	81.28	Steve Renny
Lora Blann	19.04	5	81.19	Peter Pickwell
Gordon Nicoll	19.05	6	80.52	Gordon Nicoll
Andy Spencer	19.46	7	79.47	Lora Blann
Andrew Crockett	19.52	8	79.00	Carole Harrison
Chris Jackson	20.37	9	78.38	Kristan Matuszczak
Peter Pickwell	20.51	10	72.44	Angela Bamford
Laura Fairhurst	21.34	11	70.63	Andy Spencer
Alison Vesey	21.39	12	69.91	Laura Fairhurst
Carole Harrison	22.15	13	69.07	Alice Welch
Alice Welch	22.21	14	68.24	Chris Jackson
Angela Bamford	24.35	15	65.99	Andrew Crockett
Richard Parry	26.59	16	50.21	Richard Parry

2018 Road Running Championship Positions at 31st August

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.

		Races run	Ave %
1	Mohammed Abu-Rezeq	2	90.01
2	Dave Norman	2	87.07
3	Andy Pickford	3	84.60
4	Richard Johnson	2	84.14
5	Mark Offord	3	83.90
6	Bev Jackson	2	83.10
7	Andrew Holloway	3	82.87
8	Roger Preece	2	82.81
9	Jeff Norman	2	82.37
10	Peter Pickwell	3	81.57
11	Mark Hunter	3	80.91
12	Alison Vesey	4	80.78
13	Steve Renny	3	80.75
14	Margaret Bullock	3	78.85
15	Gordon Nicoll	6	78.01
16	Lora Blann	3	77.78
17	Carole Harrison	6	77.68
18	Graham Harrison	4	76.67
19	Kristan Matuszczak	3	76.65
20	Matt Gawne	1	75.63
21	Colin Hammond	1	75.50
22	Richard Kennaugh	2	75.39
23	Adrian Fuller	1	74.54
24	Paul Abraham	1	74.37
25	Neil Walker	1	74.30
26	Nathan Egan	1	73.70

		Races run	Ave %
27	Angela Bamford	2	71.77
28	Colin Davies	3	71.49
29	Ed Buckley	1	71.49
30	Richard Jellyman	3	70.69
31	Chloe Norman	2	69.97
32	Rob Metcalf	1	69.56
33	Alice Welch	1	69.07
34	Harriet Pearce	1	68.38
35	Laura Fairhurst	2	67.77
36	Hugh McKenna	3	67.69
37	Duncan Dickinson	4	67.62
38	Andy Spencer	4	66.96
39	Dan Martell	3	66.86
40	Amanda Navin	2	66.80
41	Danielle Beard	2	64.92
42	Chris Jackson	2	64.80
43	Jane Nicholson	1	63.74
44	Andrew Crockett	4	63.29
45	Tom Lavin	2	61.85
46	Dave Parkes	1	61.65
47	James Pattison	2	61.36
48	Malcolm Orrell	1	59.41
49	Nick Bugler	1	59.05
50	Chris Marritt	1	53.26
51	Mark Whitfield	4	50.86
52	Richard Parry	4	46.25

Sale Sizzler 5K - Thursday 2nd August

		Chip	Gun
1	Mohammed Abu-Rezeq	14.30	14.30
5	Dave Norman	15.36	15.36
14	Mark Offord	15.39	15.39
45	Richard Johnson	17.27	17.27
54	Matt Gawne	17.47	17.47
58	Roger Preece	17.52	17.54
68	Andy Holloway	17.59	18.01
75	Nathan Egan	18.08	18.11
135	Richard Kennaugh	19.19	19.23
141	Rob Metcalf	19.21	19.28
152	Andy Spencer	19.36	19.42
155	Mark Hunter	19.41	19.56
177	Graham Harrison	20.13	20.19
214	Amanda Navin	20.43	20.51
260	Kristian Matuszczak	21.53	21.53

The glorious summer weather continued as a total of 518 runners toed the line at the third of this year's Sizzlers.
Nineteen Altrincham runners were led home by Mohammed Abu-Rezeq who won the race in a time of 14.30. The first lady was Lauren Howarth of Leigh Harriers in 16.21.
Dave Norman had a good run to finish fifth with Mark Offord close behind in 14th place.
In the V50 men's age group Richard Johnson, Roger Preece and Andy Holloway were second, third and fourth respectively.
Nathan Egan was second U20, Mark Hunter was third V60 and Carole Harrison third FV50.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-3-2018

		Chip	Gun
262	Duncan Dickinson	21.43	21.54
280	Dan Martell	22.08	22.15
304	Carole Harrison	22.32	22.42
390	Mark Whitfield	24.41	25.00
405	Hugh McKenna	25.15	25.32
431	Angela Bamford	25.48	26.16
478	Richard Parry	28.01	28.23

Sale Sizzler 5K - Thursday 16th August

A little cooler for the final Sizzler of the series but still fine and dry as 497 runners took to the start line.
First home of the 20 Altrincham runners was Mohammed Abu-Rezeq who won the race for the second time in succession in a fast 14.25. Dave Norman in fifth place and Mark Offord thirteenth also ran well again.
Jeff Norman 1st V70, Alison Vesey 2nd FV55, Richard Johnson 2nd V50, Mark Hunter 3rd V60 and Peter Pickwell 3rd V65 all ran well.
The first lady finisher was Bronwen Owen of Scarborough AC in 16.17.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-4-2018

Race director Fechin McCormick

		Chip	Gun
1	Mohammed Abu-Rezeq	14.25	14.25
6	Dave Norman	15.45	15.46
13	Mark Offord	16.10	16.10
22	Andy Pickford	16.27	16.29
52	Richard Johnson	17.21	17.24
67	Dan Martell	17.45	17.48
83	Nathan Egan	18.09	18.13
96	Richard Jellyman	18.23	18.27
158	Gordon Nicoll	19.31	19.38
181	Andrew Paton-Crockett	19.58	20.06
183	Mark Hunter	20.04	20.08
197	Richard Kennaugh	20.12	20.19
212	Peter Pickwell	20.42	20.49
213	Amanda Navin	20.44	20.52
255	Alison Vesey	21.33	21.42
278	Jeff Norman	21.59	22.10
286	Carole Harrison	22.10	22.19
298	Chloe Norman	22.29	22.38
409	Angela Bamford	25.03	25.17
459	Richard Parry	27.11	27.27

Birchwood 10K - Sunday 19th August

Just four Altrincham runners were among the 957 finishers in this Spectrum Striders race, won by Felix McGrath of Newcastle Staffs AC in a time of 32.30. First lady was veteran Kelly Crickmore of Stockport Harriers in 37.25.
Andy Holloway was first V50, finishing inside the top 50.
Gordon Nicoll recorded a new personal best, finishing just in front of James Pattison and Richard Parry lowered his personal best by almost 12 minutes, breaking an hour for the first time.

Full results: www.spectrumstriders.org.uk/images/stories/striders_downloads/results/striders_races/10k2018/10k2018individual_v2.pdf

		Chip	Gun
48	Andy Holloway	38.06	38.09
126	Gordon Nicoll	42.26	42.35
129	James Pattison	42.45	42.52
668	Richard Parry	58.57	59.29

Mid Cheshire 5K - Thursday 23rd August

This fast course at Kingsley saw Marc Scott of Richmond & Zetland Harriers lead home a strong field of 567 finishers in 13.45 with the first lady finisher being Lauren Howarth of Leigh Harriers in 16.03.
Andy Pickford was first for Altrincham just in front of Kristian Matuszczak.
There were second place category finishes for Peter Pickwell MV65, Alison Vesey FV55 and Carole Harrison FV50.
Among the 16 Altrincham runners there were new personal bests for Andrew Paton-Crockett, Alice Welch and Richard Parry.

Race winner Marc Scott

		Chip	Gun
69	Andy Pickford	16.30	16.37
75	Kristian Matuszczak	16.39	16.43
176	Steve Renny	18.00	18.10
179	Andy Holloway	18.00	18.10
244	Lora Blann	19.04	19.14
246	Gordon Nicoll	19.05	19.16
298	Andy Spencer	19.46	20.11
301	Andrew Paton-Crockett	19.52	20.12
347	Chris Jackson	20.37	21.02
350	Peter Pickwell	20.51	21.03
381	Laura Fairhurst	21.34	21.46
389	Alison Vesey	21.39	21.52
410	Carole Harrison	22.15	22.29
419	Alice Welch	22.21	22.39
485	Angela Bamford	24.35	24.59
521	Richard Parry	26.59	27.26

Full results: https://cutefruitevents.niftyentries.com/Results/Mid-Cheshire-5K-Summer-2018

Mid Cheshire 5K - Thursday 23rd August

Steve Renny

Andy Holloway

Alison Vesey

Andy Spencer

Chris Jackson

Gordon Nicoll

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**.

The **Langdale Horseshoe on Saturday 13th October** is pre-entry only via the Sportident website and is strictly for experienced fell runners only!

Fell Running

from Tim Raffle

Club Championship

Kentmere Horseshoe – Sunday 29th July

The weather is always good for the Kentmere Horseshoe, except this year when it was foul – very wet and unseasonably cold. Steve Renny, Richard Kennaugh and Jeff Norman all proved they are made of the 'right stuff' by turning out and getting round the course regardless. Steve Renny was first back to take maximum points.

87th	**Steve Renny**	**2:22:23**
96th	**Richard Kennaugh**	**2:23:33**
198th	**Jeff Norman**	**2:42:47**

Josh Jardine of Helm Hill won in a time of 1:34:04 and 269 finished.

After Kentmere the club championship standings are as follows:

		points
1st	**Richard Kennaugh**	**39**
2nd	**Dan Martell**	**28**
3rd	**Arthur Raffle**	**20**
4th	**Tim Raffle**	**18**
5th	**Amanda Navin**	**17**
6th=	**John Stockdale**	**10**
6th=	**Steve Renny**	**10**
8th=	**Shaun Jackson**	**8**
8th=	**Jeff Norman**	**8**
10th=	**Craig Partridge**	**6**
10th=	**Andy Holloway**	**6**
12th	**John Noblett**	**4**

Richard Kennaugh has extended his lead at the top of the table and Amanda Navin looks very well placed to retain the Ladies' trophy.

Fell Running

Borrowdale – Saturday 4th August

It was quite a warm day for this long classic race and the rain of the previous week had restored the boggy bits to their usual boggy state (that's my excuse for a slow time anyway). Both Arthur Raffle and I returned slower times than last year. In Arthur's case his performance probably wasn't helped by being violently sick going up Dale Head, after which he needed to lie down for a few minutes before continuing. For the record our results were as follows:

34th	**Arthur Raffle**	**3:41:39**
101st	**Tim Raffle**	**4:19:48**

Ricky Lightfoot of Ellenborough won the race, narrowly beating Carl Bell in a time of 2:51:59, well outside the long standing course record. Arthur was third MU23. 239 finished.

Arthur Raffle at Borrowdale

Jeff Norman at Kentmere

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

September

Tue 4th	8 x 500m, 2 min recovery.
Tue 11th	CLUB MILE CHAMPIONSHIPS.
Tue 18th	10 x 90s, 90s recovery.
Sun 23rd	Northern 6/4 Stage Relays - Sportcity, Manchester.
Tue 25th	6 x 800m, 2 min recovery.

Future events

October

Sat 6th	National 6/4 Stage Relays - Sutton Park, Birmingham.
Sun 14th	Manchester Half Marathon (club championship race).

November

Sun 18th	Preston 10 mile (club championship race).
Sun 25th	Wilmslow 10K (club championship race).

ALTRINCHAM & DISTRICT SCHOOLS CROSS-COUNTRY LEAGUE

2018 meetings

29th September **13th October** **17th November**

First race 10:00

The three meetings will be held at John Leigh Park, Oldfield Road, Altrincham.
If you have the time on the above Saturday mornings please offer your help.
We have to set the course up, marshal the races, administer the finish (timekeeping, tickets, etc) and leave the park in a tidy state.
So, if you could spare any time at all during these mornings, we would be very grateful.
We start setting up the course around 08:30 and are usually finished around 12:30.
This event always reflects well on our club, so please help me to maintain this high standard.
Sorry for going on a bit - but race organising, as many of you well know, is very stressful and 'covering all the angles' really does take team work. Some parents can be a bit demanding.
Any queries, please do not hesitate to contact me on 07891 546 318 or 01625 348207.

Mark Jutrzenka
(School Leagues Secretary)

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 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

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 waiver 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

ANNUAL CLUB MILE RACES

Tuesday 11th September at Timperley Track

PROVISIONAL RACE PROGRAMME **

7.00pm U9 Boys & Girls

7.15pm U11 Boys & Girls

7.30pm U13 Boys & Girls

7.45pm Championship race U15/U17/U20 & Senior Women

8.00pm Championship race U15/U17/U20 & Senior Men

***May change depending on numbers competing in each category.*

Registration:

Please register for your race and collect your number in the club office at least 20 minutes before the scheduled start time. Bring your own safety pins if possible. Non-members are welcome to race. Usual track fee is your entry fee for the races.

Under 18s register attendance as normal.

	2017 Champions	
U9 Girls	**Jasmine Miller**	**7.15**
U9 Boys	**Charlie Matthews**	**7.05**
U11 Girls	**Jessica Forrest**	**6.31**
U11 Boys	**Jimmy Taafe**	**6.25**
U13 Girls	**Jessica Molloy**	**7.18**
U13 Boys	**Daniel Green**	**6.31**
Senior Women	**Millie Pearce (U15)**	**5.51**
Senior Men	**Dan Racle (U20)**	**4.46**