PAWPRINTS

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

NOVEMBER 2019

Club website www.altrincham-athletics.co.uk

Stan Hailes Trophy Winner - Jamie Warrington

See page 11 for full details

PAWPRINTS

OCTOBER 2019

Club website www.altrincham-athletics.co.uk

ADAC Committee 2019 - 2020

Chairman	**Mansel Pope**
Secretary	**Helen Simpson**
Membership Secretary	**Richard Pavey**
Treasurer	**Carole Harrison**
Welfare Officer	**Mel McGuiness**
Social Secretaries	**Gordon Nicoll** **Richard Johnson**
Coaching coordinator	**John Snape**
Road Running	**Mike Berks**
Cross Country	**Graham Harrison** **Fiona Cosgrove**
Fell Running	**Tim Raffle**
Track & Field	**Justin Thompson**
Social Media Officer	**Andrew Whittingham**

December Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com by Monday 25th November. Articles, reports, results, news, and photos gratefully accepted.

Road Running Championship 2019/20

The club road race championship will be conducted along the same lines as last year, as follows:

Format of the 2019/20 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. 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 (*runnersworld.com)* – which utilises the 2015 World Masters Athletics tables.

Qualifying races are as follows:

Wilmslow Half Marathon	Sunday 24th March
Salford 10K	Friday 19th April
Mid Cheshire 5K	Friday 26th April
Tatton Park 10K	Sunday 12th May
Colshaw Hall 10K	Sunday 23rd June
Hollins Green 5K	Sunday 23rd June
Alderley Edge Bypass 10K	Sunday 7th July
Sale Sizzler 5K x 4	27th June, 11th & 25th July, 8th August (best of 4 to count)
Birchwood 10K	Sunday 18th August
Mid Cheshire 5K	Thursday 29th August
Southport Seaside 10K	Sunday 22nd September
Manchester Half Marathon	Sunday 13th October
Preston 10 Mile	Sunday 17th November
Wilmslow 10K	Sunday 24th November
Stockport 10 Mile	Sunday 15th December
Alsager 5 Mile	Sunday 2nd February 2020
Any Marathon	(see below)
Any Parkrun	(see below)

"Any Marathon" & "Any Parkrun":
Club members will have the opportunity to include their best marathon and/or parkrun in the final figures. The runs must have taken place between 1st April 2019 and 31st January 2020 to count.

I will send out a reminder for you to provide me with details early next year.

So come on everybody there is plenty to go at, get entering these races and let's get involved!!

Dave Ainsworth

Road Running Championship 2019/20

Results of the latest race in this year's championship. The left hand side of the table shows the actual chip times and finishing positions of Altrincham runners in relation to each other.
The right hand side shows the Age Graded Score and re-casts the positions based on this score.

Manchester Half Marathon

	Chip Time	Position	Age Graded %	
Mohammed Abu-Rezeq	1:05.33	1	91.02	Mohammed Abu-Rezeq
Richard Johnson	1:22.12	2	83.59	Richard Johnson
Dan Martell	1:24.29	3	77.23	Lora Blann
Lora Blann	1:28.14	4	71.02	Alice Welch
Richard Jellyman	1:28.49	5	70.09	Dan Martell
Matt Page	1:31.57	6	69.74	Duncan Dickinson
Andy Spencer	1:32.03	7	69.20	Andy Spencer
Alice Welch	1:39.17	8	68.71	Matt Page
Chris Marritt	1:39.19	9	67.18	Richard Jellyman
Duncan Dickinson	1:39.24	10	66.10	Hugh McKenna
Justin Thompson	1:41.23	11	66.04	Justin Thompson
Chloe Elliott	1:43.20	12	64.84	Nikki Leese
Nikki Leese	1:48.44	13	63.90	Chloe Elliott
Mark Whitfield	2:01.12	14	63.11	Chris Marritt
Hugh McKenna	2:02.09	15	53.42	Mark Whitfield

Road Running Championship 2019/20

Overall Positions after 12 Races

The championship will be based on the best 5 performances of each runner 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 1 race and only 3 races remain).
At that point they will be taken off the overall results.

Only the best of each runner's Sale Sizzler is included in the overall table.

Top 25

		No of races	Age Grade %
1	Vicki Perry	2	95.48
2	Mohammed Abu-Rezeq	1	91.02
3	Andy Norman	1	85.93
4	Richard Johnson	4	85.24
5	Sean Butler	2	84.88
6	Dave Norman	1	84.69
7	Bev Jackson	5	84.38
8	Richard Evans	4	84.03
9	Jeff Norman	1	82.94
10	Peter Pickwell	3	82.85
11	Mike Berks	3	81.76
12	Akkeal Chambers	2	81.38
13	Alison Vesey	2	80.95
14	Kristan Matuszczak	1	80.35
15	Margaret Bullock	1	80.26
16	Adam Gooch	1	80.24
17	Andy Pickford	1	80.02
18	Carole Harrison	3	79.59
19	Gordon Nicoll	5	79.01
20	Lora Blann	2	77.99
21	John Noblett	2	77.52
22	Ed Buckley	2	76.88
23	Dave Ainsworth	2	76.42
24	Graham Harrison	4	76.42
25	Wayne Rimmer	1	75.95

Road Running Championship 2019/20

Positions 26-67

		No of races	Age Grade %
26	Richard Kennaugh	2	75.85
27	Craig Bradbury	3	75.66
28	Paul Abraham	1	75.46
28	Steph Thompson	4	75.11
30	Thomas Egan	1	74.98
31	Dave Telford	1	74.81
32	Matt Gawne	3	74.34
33	Dave Entwistle	2	73.92
34	Peter Waterson	2	73.50
35	Harriet Pearce	1	73.26
36	Alice Welch	3	73.06
37	Neil Walker	2	73.05
38	Shane Allen	1	72.76
39	Colin Davies	4	72.20
40	Nick Hamilton	2	72.08
41	Duncan Dickinson	5	71.23
42	Dan Martell	2	70.77
43	Matt Page	3	70.70
44	Angela Bamford	1	70.35
45	Rob Metcalf	1	70.32
46	James Pattison	1	70.17
47	Andy Spencer	3	69.85
48	Nick Bugler	1	69.78
49	Mike Duncombe	2	69.71
50	Richard Jellyman	4	69.44
51	Hugh McKenna	3	68.66
52	Nikki Leese	2	67.40
53	Nathan Egan	1	66.52
54	Chloe Norman	2	66.22
55	Thomas Stuart	1	66.15
56	Justin Thompson	5	65.32
57	Andrew Paton-Crockett	5	64.51
58	Danielle Beard	1	64.34
59	Chris Marritt	1	63.11
60	Tom Lavin	2	62.92
61	Amanda Navin	1	61.37
62	Damian Utton	1	60.50
63	Malcolm Orrell	3	60.09
64	Roger Davies	1	58.64
65	Duncan Gazeley	1	56.53
66	Mark Whitfield	2	56.46
67	Richard Parry	5	50.41

Manchester Half Marathon - Sunday 13th October

A huge field of over 11000 finishers included 17 Altrincham runners with Mohammed Abu-Rezeq the first home, finishing inside 66 minutes in 7th place overall.
Richard Johnson just crept inside the top 200 and Dan Martell inside the top 300.
Lora Blann was the first lady finisher for Altrincham.
There were personal bests for Alice Welch, by 4 minutes, and Justin Thompson, by 6 minutes.
The race was won by Ben Connor of Derby AC in a very fast time of 1.03.12 and the first lady was Lily Partridge of Aldershot Farnham & District AC in 1.13.44.

Full results: https://results.sporthive.com/events/6585116632166029568

*		Chip	Gun
7	Mohammed Abu-Rezeq	1.05.33	1.05.33
199	Richard Johnson	1.22.12	1.22.30
293	Dan Martell	1.24.29	1.24.48
453	Lora Blann	1.28.14	1.28.33
512	Richard Jellyman	1.28.49	1.29.28
566	Dave Norman (pacer)	1.29.38	1.30.23
650	Matt Page	1.31.57	1.32.36
663	Andy Spencer	1.32.03	1.32.49
1524	Alice Welch	1.39.17	1.44.50
1700	Chris Marritt	1.39.19	1.46.23
1531	Duncan Dickinson	1.39.24	1.44.56
1743	Justin Thompson	1.41.23	1.46.55
1432	Chloe Elliott	1.43.20	1.43.55
2533	Nikki Leese	1.48.44	1.54.17
6185	Mark Whitfield	2.01.12	2.21.29
5713	Hugh McKenna	2.02.09	2.17.58

* Positions based on gun times.

Justin Thompson

Mohammed Abu-Rezeq

Mohammed Abu-Rezeq is in the form of his life this year, having won seven half marathon races and five 10K races in addition to being the overall winner in the four race Tour of Tameside.
On Sunday 27th October he broke the course record for the tough Oldham Marathon, winning the race in 1.08.29, more than four minutes clear of the second place runner.

Oldham 10K

from ALTRINCHAM TODAY

An Altrincham & District Athletic Club runner smashed the course record during a scintillating run at the Milltown Races Oldham Half Marathon this weekend. Mohammed Abu-Rezeq finished in 1:08:29 smashing the course record previously held by Andi Jones (set in 2012) by almost a minute and a half. Second place went to Gavin Hill of Sale Harriers in 1:12:32.
Kirsty Sharp, from Glossopdale Harriers won the women's race in 1:29:45.
Mayor of Greater Manchester, Andy Burnham, completed the race for homeless charity Real Change. He said, "The Milltown to Moors Oldham Half Marathon was without doubt a challenging race, but the support on the streets was fantastic and it was a great day to be a part of.
"I ran in support of Real Change as I believe homelessness and rough sleeping is a humanitarian crisis and in 2019, no-one should need to spend a night on the street – here in Greater Manchester we're working hard to make sure no-one has to." A total of 341 runners finished Sunday's event.

MANCHESTER AREA CROSS COUNTRY LEAGUE - *2019/2020 SEASON*

MATCH 1 : SATURDAY 12th OCTOBER 2019
Wythenshawe Park

An encouraging total of 31 Altrincham athletes took part in the first match of the season despite the Manchester Half Marathon taking place on the following day.
Dominic Gibson was 60th in the U13 Boys' race and our girls were 7th team in the U13 Girls' race with Charlotte Stansfield (18th), Holly Newton (20th) and Eleanor Nicholson (36th).
Beth Robinson was 23rd in the U15 Girl's race with Aisling McHale 28th.
There were 283 finishers in the Senior Ladies' race and Altrincham finished as 14th team and 12th Vets' team with Chloe Norman (44th), Bev Jackson (68th), Steph Thompson (89th) and Fiona Cosgrove (92nd). Steph Thompson was 2nd FV50 and Bev Jackson 2nd FV55.
There were 416 finishers in the Senior Men's race and Altrincham were 5th team.
Andy Norman was 5th, Dave Norman 12th and they were supported by Gareth Turner (25th), Adam Gooch (29th), Andy Pickford (74th) and Mike Berks (75th).
The Altrincham vets' team which finished 7th consisted of Dave Norman and Andy Pickford along with Andy Holloway(130th) and Richard Evans (163rd).
Dave Norman was 1st V40, Sean Butler 2nd V60, Peter Pickwell 2nd V65 and Jeff Norman 3rd V70.
In the next match at the University Playing Fields & Kenworthy Woods on Saturday 9th November there will be races for U11 Boys and Girls'

Full results: www.race-results.co.uk/results/2019/maccl191.pdf

MATCH 2 : SATURDAY 9th NOVEMBER 2019
University Playing Fields & Kenworthy Woods

MATCH 3 : SUNDAY 8th DECEMBER 2019
Arrowe Park, Wirral

MATCH 4 : SATURDAY 11th JANUARY 2020
Tatton Park

MATCH 5 : SATURDAY 8th FEBRUARY 2020
Heaton Park

START TIMES AND APPROXIMATE RACE DISTANCES

12 noon **U11 GIRLS & BOYS** - 2,400 metres

12:15 pm **U13 GIRLS & BOYS** - 3,500 metres

12.30 pm **U15 GIRLS & BOYS** - 5,000 metres

12:50 pm **U17 GIRLS & BOYS** - 6,500 metres

1:30 pm **SENIOR, U20 & VET LADIES** - 8,000 metres

2:30 pm **SENIOR, U20 & VET MEN** - 9,600 metres

Fell Running

from Tim Raffle

British Fell Relays – Saturday 19th October - Upper Derwent Valley

This year's British Fell Relay Championships were superbly organised by Dark Peak Fell Runners in the Upper Derwent Valley in the north eastern corner of the Peak District. The courses over the Howden Moors were excellent, delivering 'proper' fell running and the weather was equally good which meant we could see where we were going.
This year we managed to field two teams, a Male Open team and a Mixed (3+3) team.
The Male Open team (Altrincham 'A') finished in 78th place (53rd in category) and the Mixed team (Altrincham 'B') finished in 171st place (20th in category).
In total 224 teams completed the course and a further 20 failed to complete.
The format is two short legs run solo and two long legs run in pairs, with the second long leg (Leg 3) being a navigation leg - this route is unmarked and unknown before you start the leg (you get the map shortly after the start).

Individual leg times with positions on each leg:

Altrincham 'A'

Leg 1	**Arthur Raffle**	**45:28**	**41st**
Leg 2	**Neil Walker & Mike Berks**	**1:20:27**	**63rd**
Leg 3	**Richard Evans & Dan Martell**	**1:53:14**	**113th**
Leg 4	**Steve Renny**	**54:40**	**94th**
	Overall	**4:53:49**	**78th**

Altrincham 'B'

Leg 1	**Amanda Navin**	**1:09:57**	**223rd=**
Leg 2	**Bev Jackson & Fiona Cosgrove**	**1:50:55**	**215th**
Leg 3	**Tim Raffle & Shaun Jackson**	**1:59:10**	**136th**
Leg 4	**Craig Partridge**	**1:00:36**	**143rd**
	Overall	**6:00:38**	**171st**

Keswick were the men's winners this year in a time of 3:40:33 ahead of Ambleside and Dark Peak with Helm Hill winning the ladies competition in a time of 4:34:13.

Many thanks to everyone who turned out, supporters and runners, and to our reserve runners, Phil Vesey, Jeff Norman and George Raffle. Next year's event will be at Tebay in the Howgills, date to be confirmed.

Fell Running

Photos from the
Fell Relay Championships

Neil Walker

&

Mike Berks

Arthur Raffle

The changeover area

Club Championship

Nothing to report this month with Clwydian Hills falling too late for this month's Pawprints.
So the championship table remains like this:

		points	races
1st	Dan Martell	64	7
2nd	Richard Kennaugh	54	7
3rd	Richard Evans	28	3
4th	Amanda Navin	20	4
5th	Richard Johnson	8	1
6th	Gordon Nicoll	6	1
7th	Jeff Norman	4	1

The final round in the Championship is the Litton Christmas Cracker on Sunday 8th December.

Other race reports

Wasdale Head – Saturday 12th October

This must be one of the toughest show races around – straight up the hill behind the hotel to the summit of Kirk Fell and back down the same way. Arthur Raffle finished third in 41:20 behind Simon Bailey of Mercia (37:33) and Jack Walton of Keighley and Craven. There were 52 finishers.

Stan Hailes Trophy - Sunday 1st September

from John Snape

The battle of the eight year olds commenced with Tabitha Welch achieving an almost perfect score in the long jump but overtaken by Jamie Warrington with the best score in the 100m.
Oliver Lee got the best score in the shot put but Tabitha reclaimed the lead with the best throw by an eight year old. It was all change in the fourth round with Clara Edwards taking the lead with an incredible 1.05m high jump.
The best was to come in the 800m with Jamie Warrington smashing his handicap to take the trophy.

There were 45 personal bests (indicated in red).

Three club records were broken:

Jamie Warrington 800 metres - Clara Edwards High Jump - Alexander Edwards High Jump

		Age	Long Jump	100m	Shot Put	High Jump	800m	Score
1	Jamie Warrington	8	2.26m	17.8s	2.29m	0.85m	03:05.9	154.10
2	Tabitha Welch	8	2.42m	18.4s	2.95m	0.79m	03:36.2	141.35
3	Clara Edwards	8	2.55m	17.4s	2.63m	1.05m	03:34.8	138.05
4	Joseph Hurst	8	1.97m	18s	2.54m	0.76m	03:29.5	118.45
5	Oliver Lee	11	2.99m	16.5s	5.09m	0.97m	03:26.1	112.30
6	Samuel Lee	8	2.06m	18.2s	2.57m	0.91m	03:28.0	99.05
7	Charlotte Stansfield	12	3.66m	14.8s	5.22m	1.05m	02:57.1	95.60
8	Alexander Edwards	9	3.06m	16.9s	4.38m	1.15m	03:08.9	95.05
9	Olivia Kinkead	10	3.35m	15.8s	4.42m	1.15m	03:55.0	89.60
10	Alice Welch	42	3.04m	16.8s	5.89m	0.88m	02:52.7	78.60
11	Chloe Sumner	11	2.73m	16.2s	3.54m	1.05m	DNF	-20.15
	Guest Competitors							
	Mike Bryan	28		12.1s				
	Barry Chapman	73			5.86m			
	Jessica Hawtin	14				1.45m		
	Alfie Kinkead	8	1.47m			0.73m		
	Ella Ustabasi	11	3.17m					
	John Snape	72			6.95m			
	Lucy Spark	15		16.7s				

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

November

Tue 5th	See Phil Nichol's session.
Sat 9th	Manchester XC League - University Fields/Kenworthy Woods.
Tue 12th	**Grass** session: 2 x 1000m, 8 x 500m, 90s recovery.
Sun 17th	Preston 10 mile race (club championship race).
Tue 19th	**Track** session: 10 x 400m, 90s recovery.
Sun 24th	Wilmslow 10K (club championship race).
Tue 26th	**Grass** session: 3 x 1000m, 6 x 500m, 90s recovery

North of England Track & Field League 2020 - Division 3WC

Altrincham & District AC

Bingley Harriers & AC

Burnley AC

East Cheshire Harriers & Tameside AC

Leigh Harriers & AC

Salford Metropolitan AC

Match 1	**Sat 2nd May**	**Leigh Harriers**	**Leigh Sports Village, Leigh**
Match 2	**Sun 7th June**	**East Cheshire**	**Richmond St, Ashton under Lyne**
Match 3	**Sun 12th July**	**Burnley**	**Barden Athletics Track, Burnley**
Match 4	**Sat 1st August**	**Bingley**	**Princess Mary Stadium, Cleckheaton**

Altrincham & District Schools' Cross Country League sponsored by Watersons

Saturday 16th November

First race 10:00

As usual the races will be held in John Leigh Park, Oldfield Road, Altrincham.

If you have the time on the above Saturday morning please offer your help.

We have to set the course up, marshal the races, administer the finish (timekeeping tickets etc).

We need to leave the park in a tidy state.

So, if you could please spare any time at all 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.

'Covering all the angles' really does take teamwork. Some parents can be a bit demanding.

Any queries, please do not hesitate to contact me on 07891 546318 or 01625 348207.

Mark Jutrzenka (Schools' League Secretary)

2019 CLUB CHRISTMAS HANDICAPS

ADVANCE NOTICE - SAVE THE DATE IN YOUR DIARY

from Jeff Norman

This year's event will be held on Saturday 21st December at John Leigh Park, Altrincham starting at 1.30pm. For those not familiar with the Christmas Handicaps, it is a fun event.
Races have a staggered start depending on age/ability so that anyone has a chance of winning.
So, we'd like to see as many members as possible taking part.
The senior race is over 4 miles and the boys'/girls' race(s) for under 15s over 0.8 or 1.6 miles.
There's no age limit (youngest ever was 3 years old!)
Fancy dress is encouraged with special prizes for the best youngster's and best senior fancy dress.
Afterwards there will be a social gathering with presentation of the prizes on a bring one/win one basis and also presentation of some annual club awards.
Full details and ways to enter to follow next month.

Fun at the 2018 Christmas Handicaps

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. You will receive an email and 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.

For 2019, ADAC Membership Fees will be increased for competing seniors to £50, over 65s £30. Junior membership remains at £25 except for U11s £20.

It is important that you complete payment promptly after receiving the email 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.footrespect.co.uk

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
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