



PAWPRINTS

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



NOVEMBER 2020

Club website www.altrincham-athletics.co.uk

Mark Hunter



*Mark Hunter, who celebrated his 64th birthday on 28th October,
pictured at the completion of his virtual London Marathon
See his report on pages 3 - 6*

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ADAC Committee 2019 - 2020

Chairman	Mansel Pope
Secretary	Helen Simpson
Membership Secretary	Richard Pavey
Treasurer	Carole Harrison
Welfare Officer	Mel McGuinness
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

December Pawprints

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

Mark Hunter's Virtual London Marathon

Sunday 4th October



from Mark Hunter

On Sunday 4th October 2020, a Virtual London Marathon came to Altrincham!
It was a totally memorable day for all the right reasons!

It was a day symbolising a celebration of life, of a life redefined by a life-threatening illness, which was only recognised when it became evident that running was becoming increasingly and noticeably different towards the end of 2018.

The last race I did was in October 2018, running the Manchester Half Marathon. Those of you who were involved will remember it being a damp day. I ran it nearly two minutes over 90 minutes, which was my target, so I was disappointed, though it was a joy to cross the line with Graham Harrison.

We ran the race together, until the last 400 yards. I couldn't 'shake him off'! I remember starting the race with a vague, but definite abdominal pain, which I had grown accustomed to, but chose to ignore, believing my body could 'sort itself out'. After a couple of miles the pain went away, and I 'dug in' and paced myself for the task at hand.

Following the race I noticed at subsequent track sessions I was struggling to keep up with the 'usual order' in the reps, falling behind. My right leg was becoming painful to lift to stride. I decided as the weeks went on I had been 'over doing it' so resolved to ease back until the New Year with training and weekly parkruns. Diane, my nearest and dearest, noticed how I was tending to fall asleep when watching television. I put the fatigue down to the usual pressures of work at the Practice and the time of year etc! Eventually in early December, Di suggested I visit my doctor, a novelty, in that the last time I had done so was as a student more than 40 years previously!

After a consultation and blood tests, we were given the results on New Years Eve - I had chronic kidney failure! I chatted to a keen triathlete doctor friend who found it hard to believe I could have a kidney problem of this magnitude and he arranged a visit to a kidney specialist at his hospital, who concurred that I had a serious problem. I was immediately admitted to Salford Royal, and three weeks later was allowed home. The diagnosis was a diffuse large B cell non - Hodgkins lymphoma.

I had numerous scans and tests, bilateral nephrostomies and the first course of chemo-therapy.

Six months and 8 courses of chemotherapy later, the lymphoma was still active, so I was transferred to Christies for consideration for revolutionary targeted CAR-T (Chimeric Antigen Receptor T-cell) immunotherapy. This was given in December 2019, after my T cells had been harvested the month before, sent to USA and genetically modified before being returned and re-infused.

Mark Hunter's Virtual London Marathon



It is a truly remarkable therapy and has been successful in eradication of the B cell lymphoma. I owe my quality of life to all the wonderful members of the medical profession, including the nurses, who have given me the opportunity to regain my health and vigour. Above all, I am privileged to have Diane as a soul-mate and our three wonderful children, Christian, Jahan and Hannah, (all grown up now!) who have helped me through the darker days and nights of illness. Their encouragement and love have ensured I could see light at the 'end of the tunnel'!

So what of this run? Well, believe it or not, I consider all my friends at ADAC as part of my extended family. The seven years I have been attending the Club (thank Tom Lavin for this! He is my unofficial running agent after I ran my first marathon in 2012 in 6 hours 25 minutes with hypothermia!) I have discovered a 'whole new world' and a huge network of friends who *cannot be bettered!* The mutual support, banter and camaraderie is life enhancing and I genuinely believe we are adding years to our lives by engaging in physical effort within such a supportive community. Running and any other sport when done with 'like-minded others' has great psychological and emotional benefit too, never more so at a time like this when 'social distancing' due to C-19 is forcing us to have to reappraise our social values.

The VLM (Virtual London Marathon) was a 'life-celebration' moment for us. I had a deferred good for age place from the 2018 London Marathon, which I wanted to use as a 'vehicle' to raise funds for charity, to offer something back to the unbelievably fantastic organization that the NHS represents! Having had the commitment from many at ADAC that they would support me and spend some time running with me, I knew that the day was going to be special! Even the fact that we had the wettest day ever on record the day before, didn't stop us from enjoying what was 'a grand day out!' The sun shone, and there was not a drop of rain. There were however at least three long, long ankle deep puddles to remind us that no course in life is without its obstacles, as we worked our way back and forth along the Trans Pennine Trail from Altrincham to Lymm three times!!! It was flat and un-trafficked save for many well-wishers and two other VLM runners who had also chosen this as a route for their runs too! I am deeply indebted to everyone who came to support and wave, to all who ran some of the way and reserve even more respect for those who did the whole course with me! To ensure we didn't do a short course, we made sure by running an extra 1.2 miles over the allotted 26.2 miles! Colin predicted this! All in under 5 hours (moving time circa 4.40) which put my afore mentioned first marathon into context!!

It was, and is an absolute joy to feel the ability to run returning, to know that I had the support of so many friends and family to help me prove to myself and to others that being ill doesn't mean you always have to be! It was no surprise that immediate family were going to be involved: Di, Christian and Hannah, however Jahan 'appeared' at the breakfast table on Sunday morning, arriving from Southampton overnight for the occasion! What a lovely surprise was that! Our immediate family was complete!

Mark Hunter's Virtual London Marathon

To you my 'extended family' at ADAC, I say thank you for your love and on-going support!

The feeling is definitely mutual! To all who have contributed to my donation page – I say a big thank you! So far it has raised more than £14,000! It's still open if you want to contribute, this fund will make a difference! www.virginmoneygiving.com/MarkJHunter

Christies has enabled me to regain my health and the Lymphoma Action Charity exists to help individuals and families going through a similar experience.

Some of the funds will filter back to Salford Royal via Christies, where I first started 'my journey'.

The future is bright and positive as we each put one foot in front of another moment by moment, whether in quick succession as when we run, or in a more sedate and measured fashion walking about our daily business. Being ill can act as a doorway to reflecting upon ways to lead an even more fulfilling and active life! Keep running for life!



I would particularly like to pay tribute to Ed Buckley and Richard Johnson who offered straight up two weeks before to do the whole lot!

Mark Hunter

Mark Hunter's Virtual London Marathon



Richard Johnson, Peter Waterson, Christian Hunter and Ed Buckley - between us we ran 137 miles!



It was such a privilege to be supported by so many friends!



A family picture - treasured moments



Diane, relieved it was all over!



Tatton 10K - Sunday 11th October

Another very successful covid secure RunThrough event at Tatton Park saw nearly 700 runners completing the 10K with Altrincham's Jess Laffly running comfortably inside 50 minutes with 49:09 whilst Colin Davies improved by exactly a minute on last month with 52:02 but was forced to settle for second V70 despite running faster than the V65 winner!

The race was won by Christopher Gidlow of City of Stoke AC in a time of 32:58 and the first lady was Emilia Platt of East Cheshire Harriers in 38:25.

Full results: <https://results.racetimers.co.uk/results.aspx?CId=16487&RId=2115>



Jess Laffly

Cheshire 10K - Sunday 18th October

This fast 10K organised by RunThrough at Arley Hall had to be re-routed when the Cheshire West council withdrew its permission, but the new course, entirely within Cheshire East, proved to be equally as fast as the original one.

Andy Norman managed to get a late entry and put it to good effect by finishing first V40 in 31:19, his fastest 10K since 2013. His older brother Dave and his dad Jeff also took part, with Jeff recording the fastest V75 time, just inside 47 minutes.

There were 14 Altrincham runners in total with Richard Johnson 2nd V50, improving his personal best by a minute, Colin Davies 2nd V70 and Carole Harrison 3rd FV55.

Tom Moseley, Matt Page and Thomas Stuart all recorded personal bests whilst Nick Burke ran under 40 minutes for the first time in over 10 years!

The race was won by Omar Ahmed of Birchfield Harriers in 29:24 and the first lady was Jess Judd of Blackburn Harriers in 32:32.. There were 841 finishers.

22	Andy Norman	31:19
69	Dave Norman	33:31
80	Phil Raffo	33:58
111	Andy Pickford	35:00
125	Richard Johnson	35:46
131	Tom Moseley	36:03
222	Nick Burke	39:23
237	Matt Page	39:45
247	Thomas Stuart	39:57
333	Graham Harrison	43:01
448	Jeff Norman	46:58
471	Kate Olivier	47:43
473	Carole Harrison	47:45
566	Colin Davies	51:35



Andy Norman

Nick Burke



Full results: <https://results.racetimers.co.uk/Results.aspx?CId=16487&RId=2120&EId=1>

Cheshire 10K - Sunday 18th October
Photos by Steve Bateson



Richard Johnson and Tom Moseley on their way to personal bests

Jeff Norman
1st V75



Carole Harrison
3rd FV55



Colin Davies
2nd V70



Senior Endurance Training at Timperley Track – Start Time 7.30pm

From October there will be two different Tuesday sessions which will appear on the club website. There will be a different format as we have realised that as a club, we are not being targeted enough in covering all the distances our athletes race.

Previously we had two groups both covering the very broad range of distances from 5K to Marathon. From October, Mansel will be running sessions aimed at 5K/10K/Cross Country whilst Phil will be setting sessions aimed at Half Marathon/Marathon/Cross Country.

Both sessions are open to all seniors, irrespective of race targets as you may want to do some over or under distance work, (just be aware of the broad targets of these groups). Any juniors who train with the seniors can only do the 5K/10K/Cross Country group sessions. The two groups will come together every 4 weeks to do a joint track session (this will be a faster session to maintain speed). The sessions that Mansel sets will broadly be the same as previously, but Phil's sessions will be very different. Please see the club website for details.

You will still need to book your places as per the Covid restrictions. Carry on booking your places for Mansel's sessions as you have been doing and contact Phil by email for his. There will also be a link on the club website.

Phil Nichol and Mansel Pope

Mansel's group:

November

Tue 3rd	Grass	10 x 500m, 90s recovery.
Tue 10th	Track	4 sets: 3 x 90s, 75s recovery, 3 min between sets.
Tue 17th	Grass	2 x 1000m, 7 x 500m, 90s recovery.
Tue 24th	Track	Joint session with Phil's group.

In line with Covid regulations any senior wishing to attend Mansel's sessions must email him to secure a place prior to attending: manselpope@hotmail.com

Phil's group

November

Tue 3rd	Road & Track	1.5 mile road tempo + 6 x 3 min with 75s rest.
Tue 10th	Grass	Long reps - 5 x 5min with 2min recovery.
Tue 17th	Track	TBC.
Tue 24th	Track	Joint session with Mansel's group.

In line with Covid regulations any senior wishing to attend Phil's sessions must email him to secure a place prior to attending. There is a link on the club website.

Double European Champion!

Jeff Norman added to his long list of successes by winning the European Masters M75 Gold Medal in the 10K road race in Madeira on 29th October. His time of 48:04 gave him a cushion of almost six minutes over the runner-up from Spain. An excellent performance considering the high humidity and some long stretches of cobbles.

Following a day's rest, he then took to the road again for the Half Marathon and once again claimed the Gold Medal with a time of 1:52:12, more than 15 minutes clear of the same Spanish runner-up!

He could then look forward to a much longer break before tackling the mountain race the following week!

News of that in the next issue of Pawprints.



15% club discount at Running Bear



Altrincham & District Athletic Club members can claim 15% discount either at the store or online.
If ordering online enter the coupon **ALTRINCHAMBEARS15**

5 London Rd, Alderley Edge SK9 7JT

www.runningbear.co.uk



RUNNING BEAR

ADAC Membership & England Athletics Affiliation

from Richard Pavey

As most readers will be aware club subscription run from 1st April to 31st March in in line with England Athletics (EA) financial year. For this year only the club's membership season has been shortened because of the closure of the clubs facilities due to the Coronavirus, and as such the membership fees are:

Senior: £30
Junior, Senior Over 65, Full-time student: £20
U11 Junior, social, 2nd claim: £10

Unfortunately, and probably an oversight in functionality, it is only possible to pay your membership subscription by clicking on the Membership Renewal email sent via the EA portal. Although, we have had an issue with the membership renewal emails that seems to be mainly affecting Hotmail and Gmail email addresses, in that the emails are being blocked by the Internet Service Providers. England Athletics are aware of the problem and they are speaking to PayZip to resolve the issue. Some company email systems may also block the renewal notices but BTInternet email addresses seem to be okay.

If you have not received a membership renewal notice from EA then contact me via FB Messenger, or by email (rpavey@btinternet.com). If you provide an alternative email address I can resend the renewal notice. As a reminder, your EA Affiliation expires on 31st August (delayed from 30th June). Note: If you have already paid your membership in the last 2 months then there is not any reason to contact me.

Foot Respect is situated in Broadheath Community Hall next to Bramley Farm - Dining & Carvery. 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 practices in Bowdon and Brooklands. 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