



PAWPRINTS

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



DECEMBER 2020

Club website www.altrincham-athletics.co.uk

Triple 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 then had a much longer break before tackling the 5 mile "uphill" mountain race the following week. Once again he was victorious, finishing 16 minutes clear of the Spaniard, who claimed his third silver medal, and 35 minutes ahead of the bronze medallist from the Czech Republic.



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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

January Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdaves@gmail.com by Monday 28th December. Articles, reports, results, news, and photos gratefully accepted.

Jeff Norman in Madeira

from Jeff

I have been going to Madeira with my wife, Claire two or three times a year for 20 years and never done a race there. So, when it was announced that the European Masters road, cross country, trail and mountain running championships were to be held on the island, all within a two week period, soon after my 75th birthday I just had to enter. I decided on the 10K and the Uphill Mountain Race which was to be eight days later, but as the cost of the Half marathon was discounted if you entered the 10K, I entered that as well!

Much as I fancied the cross country relay, coming just half a day after the 10K it just wasn't on. I would have loved to do the Trail Race in my younger days, but there was no way I could do 30 plus kilometres nowadays. The original dates of the championships were in March, and having just won the British M75 Cross Country title I was fit and raring to go.

Then COVID struck. We were in lockdown and the championships were postponed until October. Accommodation was transferred and flights were transferred, but come October things were not looking good. Another lockdown was imminent, our easyJet flights were cancelled and the event was looking more and more unlikely. Madeira was still relatively safe with no deaths yet recorded and self isolation on return not required. The BMAF management were trying to form teams, but I wouldn't commit myself. Then a week before the first event we made a last minute decision to book Jet2 flights and go.

The worst bit was the flight over, but considering the small number of cases Madeira had had, we couldn't believe how tight the restrictions were. Sanitiser was everywhere. Everyone wore masks, and rigidly kept 2 metres apart. We got our free COVID test, hands sanitised before getting in the taxi, driven to the hotel where we were confined to our room with room service before getting the all clear about 6 hours later. It didn't bother us as we were unpacking and finding our way around the apartment anyway.

It was a very different holiday to the usual one in Madeira where we often take trips by bus or boat and I disappear into the mountains for hours on end. This time it was very relaxed, preparing for the races ahead. I walked into town to register, show the evidence they required of my Covid free status and have my temperature checked. We had chosen the 5 star Carlton for the first week as it was convenient for the start of the road races. We were given a beautiful apartment with views over the sea. It was less than half a mile to the start of the 10K, held at 8.30pm on a two lap course with just one significant hill on each lap. Having spent an hour warming up and hanging around in a mask, waiting for temperature to be checked and to be assigned to one of about 10 starting boxes, it was obvious the fields had been decimated by Covid. There were a lot of Germans, Spaniards, Czechs and of course Portuguese, but not many Brits.

Two of the original entries Peter Giles (British M75 1500 metre record holder) and Geoff Howard (World M70 mountain running champion 2015) had not turned up. That would have been a cert for a team medal!

I was in the last box with the W65+ and M70+ runners. At 8.30 the gun went for the M35's to set off. A couple of minutes later we were sent on our way, all well distanced across the road. As numbers with age category were on the front of the vests it was difficult to see who was in which category, but I became competitive with the leading W65 from Germany who got away on the early good surface of each lap, before I reeled her in on the long cobbled sections. I thought I had done enough on the cobbles of the second lap, but she passed me with about 800 metres to go and, despite it being the fastest part of my whole race, she beat me by 4 seconds.

The presentation of my Gold Medal was held outside Cristiano Ronaldo's hotel (The CR7) at 11pm and it turned out there was only one other M75 finisher, a Spaniard who was 5 minutes behind.

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Jeff Norman in Madeira

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Two days later at the normally more reasonable time of 3.30pm, the half marathon started about 300m from our hotel. Unfortunately it was the hottest day of the fortnight and the hottest time of day. I looked around to see who had M75 on their numbers and it was only the same Spaniard and a Czech. I started matching strides with a Czech M70, but, despite double knotting my shoelace, it came undone after only about 800m. The Spaniard and Czech were both behind me when I set off running again, so all I had to do to win the M75 was to finish. Apart from the heat I was suffering from tightness and sore knees from the 10K so wasn't going to kill myself, but got a bit competitive with the Czech M70 and the German W65 from the 10K who I could see in front. The course started with two laps out and back on the road to the west of Funchal. Unfortunately the organisers confessed they made an error in the placement of the turn around point making the distance almost 13.5 miles. A steep descent then led to another two circuits around the town with short stretches of cobbles and a couple of out and backs. I eventually got the better of the Czech M70 (though there were still two M70s in front) but this time the W65 was a minute in front. There was a bit of confusion at the presentation when they played the wrong National Anthem before finding the right one!

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Jeff Norman in Madeira

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I now had six days to recover before the mountain race, but my knees were a wreck after the half marathon race, so I only did one short jog in between. Logistically the mountain race had been a nightmare as we made the decision to stay on in Funchal rather than take the 4 day package to stay in Porto Moniz. Pretty as it is, the weather on that side tends to be cooler and cloudier and it was far too quiet. Claire would have been bored to tears. We were booked to stay in the Promenade Hotel just over a mile west of the Carlton, but on a visit to their happy hour noted how quiet it was up that end with lots of restaurants and cafes shut, so we asked and were allowed to stay in the same apartment. The bus journey to Porto Moniz which is the farthest point of the island from Funchal takes 3 hours 35 minutes each way and the timings weren't good anyway. The quote for a taxi was 140 Euros and I wasn't happy to hire a car. Our rep was very helpful and found me a chauffeur for just half the price (a lot of people who normally drive for a living were temporarily out of work and appreciated any work they could get). I had to be there in the morning to register, show my evidence of being Covid free and have my temperature checked. I then had three hours to hang around in the cold and rain (there had been storms overnight), before being taken by bus to the start at Ribeiro da Janella, a village at the foot of the mountains on the longest watercourse in Madeira. The sun came out and it was pleasantly warm at the start.

We watched the women start, did our warm up, had our temperatures taken again and 45 minutes later, at 3.30pm we were off. There were a few Brits in the Women's race, but only myself and an M65, Kevin Dillon in the Men's race. Again it was just the Spaniard and Czech in the M75s, so I set off with an M70 Czech.

Kevin, who started 10 seconds ahead was soon passed, and in fact he didn't finish. The course started on tarmac, then up steps on a narrow path, where I got behind a guy with two walking poles that I couldn't pass. I was itching to get past as a guy behind had bells attached which were really annoying.

Because of the weight restriction on the flight, and the fact that most of the trails I had been on in Madeira were suitable for road shoes, that's what I wore. Big mistake! The majority of the route was through thick forest on very narrow winding paths, steep climbs and occasional drops on rocks, tree roots, slippery leaves and mud. After the overnight storms it was wet underfoot and I was constantly slipping back. I heard those behind catching me before I got the hang of avoiding slipping so much. I left the M70 Czech well behind and after halfway started seeing some in front. Unfortunately one was the M80 who started with the women. I then caught a German guy who turned out to be the leading M70. Once I was out of the forest, the going was much easier, but I was glad to finish at the popular tourist spot of Fanal.

After collecting my bag, I wandered down to the road where a bus was waiting to take us back to Porto Moniz, where the presentation was held at the Live Science museum. This time they got the National Anthem right!

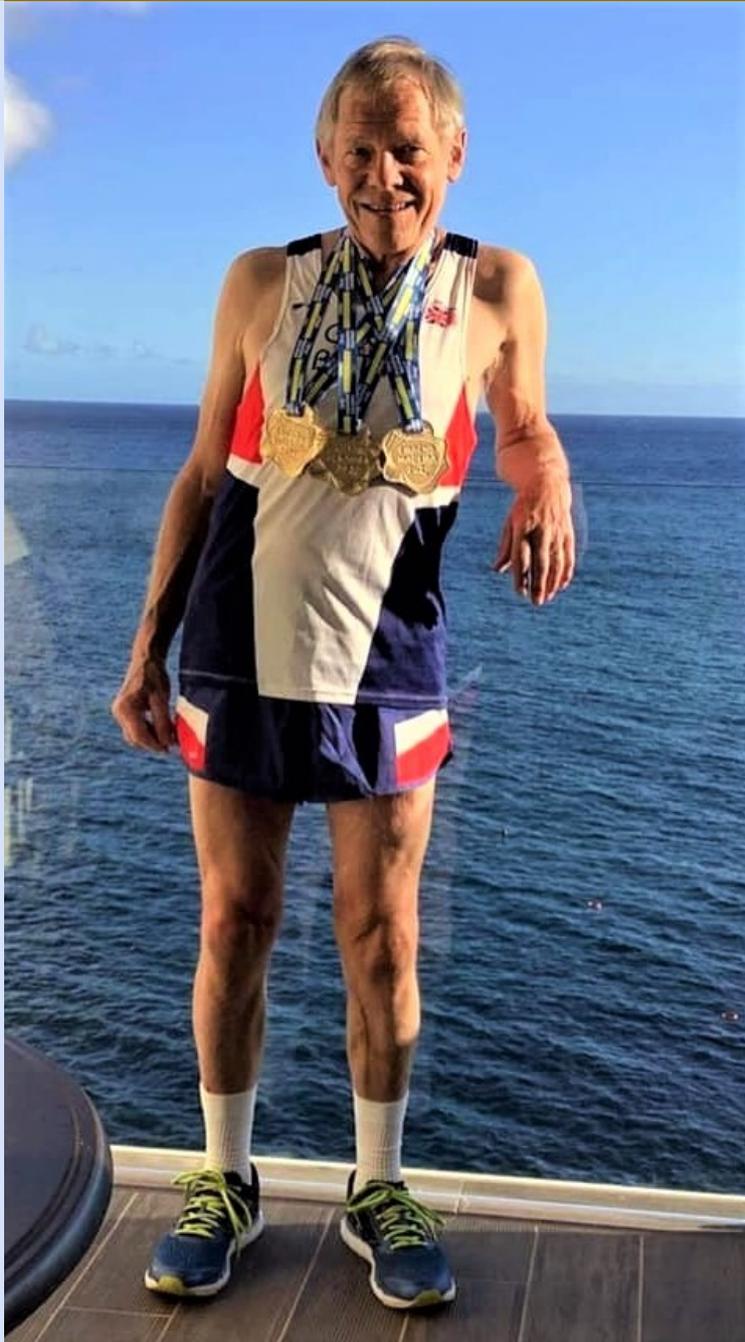
I could hardly believe I took over 1 hour 20 minutes for a course which was less than the advertised 8.5 km with 3000 feet of climbing, but was pleased I beat the Spanish M75 by 16 minutes, and took 3 minutes out of the first M70 in the closing stages and managed to get revenge on the German W65 by 5 minutes.

Although the presentation was delayed, waiting for the mayor of Porto Moniz to arrive, I managed to collect my medal and be out to meet my chauffeur at the exact time I said. We left at 7.15pm and were back at the hotel at 8pm.

We were fortunate with the timing of the holiday and events. Madeira had experienced their first Covid deaths (a 97 year old and 94 year old) while we were there and restrictions were announced that included the banning of all non professional sport from midnight on the day of the mountain race. And because of the lockdown at home which was stopping all outgoing flights, ours was the last to Manchester until December. Many visitors had to lose their last week and, with no flights to Newcastle and Leeds/ Bradford, ours was full.

Altogether, it was such a shame that Covid had decimated the fields. I would have appreciated it being a little more competitive, but I am glad I went. We had a very different holiday to usual, but still a very enjoyable one. Although Claire missed me for a full day on the last Friday, because I wasn't spending hours on the levadas and mountains, we got to spend more time together.

Jeff Norman in Madeira



European Masters Championships M75 Category

10K Road Race	1st	Jeff Norman	GBR	48:04
	2nd	José Antonio Arias de La Cruz	ESP	53:59
Half Marathon	1st	Jeff Norman	GBR	1:52:12
	2nd	José Antonio Arias de La Cruz	ESP	2:07:14
Mountain Race	1st	Jeff Norman	GBR	1:21:53
	2nd	José Antonio Arias de La Cruz	ESP	1:37:42
	3rd	Jiri Plechacek	CZE	1:56:55

Senior Endurance Training at Timperley Track – Start Time 7.30pm

When Tuesday track sessions start again on 8th December 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:

December

Tue 8th	Grass	10 x 500m, 90s recovery.
Tue 15th	Track	4 sets: 3 x 90s, 75s recovery, 3 min between sets.
Tue 22nd	Grass	2 x 1000m, 7 x 500m, 90s recovery.
Tue 29th	Track	12 x 60s with 90s jog recovery. (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

December

Tue 8th	Road/Track	1.5 mile road tempo + 6 x 3 min with 75s rest.
Tue 15th	Grass	Long reps - 5 x 5min with 2 min recovery.
Tue 22nd	Road/Track	1.5 mile road tempo, 2 x 2 min with 60s rest, 2 x 3 min with 75s rest, 2 x 4 min with 90s rest.
Tue 29th	Track	12 x 60s with 90s jog recovery. (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.

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 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 expired 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

0161 973 4040

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