

MARCH 2021

Club website www.altrincham-athletics.co.uk

Goodbye Bev

Bev Jackson bade us a fond goodbye last month as she headed to her new home in Kendal.



Facebook post by Bev on 30th January:

Thank you to everyone at ADAC. I've had 16 years of fun, hard runs, sweat, tears and laughs. Made some friends for life and enjoyed inspiration, encouragement and support from all. I'm moving to Kendal tomorrow and will miss you all from the track to races. Once we're allowed back on the track I'll come down and say a proper good bye. I have lots of space so you're welcome to stay if you need a base near the Lakes.

PAWPRINTS

MARCH 2021

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ADAC Committee 2020 - 2021

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

Senior Endurance Training at Timperley Track

Under current covid regulations Tuesday night track sessions are suspended until further notice.

Phil Nichol and Mansel Pope

April Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdaves@gmail.com by Wednesday 27th March. Articles, reports, results, news, and photos gratefully accepted.

Altrincham & District Athletic Club 1961 - 2021

Diamond Jubilee Year

A History of Altrincham & District Athletic Club

by Jeff Norman

Part Two: Sinderland Athletic Club

Altrincham and District Athletic Club was officially formed on May 2nd 1961, but its origins go back to 1958. One of the co-founders of the current club was Doug Allan.

Doug lived in a terraced house on Sinderland Road, Broadheath with his wife Elsie and three daughters, Ruth, Cynthia and Brenda. He was a school caretaker at Broadheath Primary School. Doug and his family were regular churchgoers at Hale Baptist Church and he was a qualified PT Instructor and was regarded as something of a fitness fanatic. His day would start with a cold bath, followed by 10 minutes standing on his head and during the day he would fit in some weights, yoga, isometric exercises and running. Although small, he had tremendous strength and will, and would run through Dunham Park in the snow in nothing but a pair of shorts.

Doug wanted to spread the word about fitness, and so he invited people back to his home to take advantage of his set of weights and his experience in fitness training.

The group gradually increased in size until it got too big for the back room of his house. Some of the group were interested in running so Doug, then 40 years old, decided to start an athletics club. This was named Sinderland Athletic Club, and a meeting was held on 18th December 1958.

But it wasn't an athletics club in the strictest sense, as it wasn't affiliated to the AAA, and its aims were broader: i.e. "To keep the young people of Altrincham healthily occupied". But it was run on a formal basis, with committee meetings and minutes which remain in the hands of the current club. Doug became secretary. Chairman and "trainer" was H Catterall, and Elsie Allan, Doug's wife, was treasurer. Mr and Mrs Robinson and Eric Knobbs formed the committee.

At the first committee meeting of 1959 (on 26th February), the rules of the club were formulated.

To start with, the club would meet at Robinson's farm from 3 - 5pm each Saturday, then later on from 7 - 9pm on Tuesday and Thursday evenings (7 - 8pm for Under 15s). The enrolment fee was to be 1 shilling and weekly subs 3 old pence per week. For Under 15s the fee would be 6 pence and 1 penny per week. Doug wrote to the Altrincham Education Officer for permission to use the playing fields at Broadheath County Primary School on Sinderland Road, but permission for that was refused.

Robinson's Farm was further up Sinderland Road at Sinderland House. Doug had negotiated the use of the farmer's field with Mr Robinson, who was a member of the committee and, using the loft of a barn as a changing room, the new club first met there on March 7th 1959.

The field was a bit rough for running on, and the athletes weren't the only occupants. They had to share it with Tucker, a carthorse. Some of the young boys preferred to ride the horse rather than do any serious athletics. Not that there was really any serious athletics, as such as it continued to be run independently of any governing body, basically as an extension of the group which still met in Doug's home.

Sinderland Athletic Club (continued)

The members were mainly Doug's family, friends and boys from his school. They dug a hole in the field, filled it with sand, marked out a take-off line and practiced long jump, and later on high jump. Records show there was a talented youngster named Ron Holmes who, as a 17 year old, is reputed to have high jumped 4 feet 10 inches, long jumped 18 feet and triple jumped 38 feet 4 inches.

The committee minutes tell us there were a number of developments discussed. How many of them came to fruition, we don't know. Plans were made to make some high jump stands, and wood was donated for the cross bars. Wood for some hurdles, a pit board and a pit measure marker were also discussed. A first aid box would be purchased and a discus when money was available. Cutting of the grass on the field was approved. A second sand pit was also planned. Insurance was discussed, but this was dropped and a disclaimer added to the rules. Also discussed were dressing room attendants, associate membership, membership cards, lighting and president / vice presidents.

A General Meeting was held at St Albans C of E Church Hall, Lindsell Road on 22nd September 1959 attended by 15 members, including 7 committee, at which members asked about swimming, football, javelin throwing, road work and PT. Parents consent forms and rules were given out. A car battery would be purchased for lighting the changing rooms and exit, allowing PT to be introduced in the male changing room. It was decided that wood would be purchased for a long jump board, but swimming and football were "not workable". A "No Smoking" sign was made for the premises.

Membership started to decline, and by January 1960 was critical. A postcard size ad was displayed in all local post offices, churches and schools.

A trophy for the "Sportsman of the Year" was introduced, and a Christmas draw and party proposed. Nomination forms for committee (aged over 15 or over 21 for management posts e.g. secretary and treasurer) were put up in each changing room 1 month prior to the AGM on 10th May 1960, which was attended by 10 members in addition to the 6 retiring committee and Mr Robinson.

A working party was set up to draw up a constitution.

Although not affiliated to the AAA, an athletics meeting was arranged with Wilf Richards of "Fallowfield Athletic Club". A date in August was set and refreshments would be provided. However, in the July Mr Robinson decided to move the horse out and plough the field, forcing the club to move on, and the secretary reluctantly had to write to Wilf Richards explaining that the club now had no facilities. A period of inactivity followed pending arrangements for a new base.

Acknowledgement to Ken Thompson, former member of Sinderland Athletic Club and later a member of ADAC for some of the information provided.



Waitrose now occupies the land originally used by Sinderland Athletic Club

Through The Years

A look back at what was happening at Altrincham & District Athletic Club in years gone by.

50 Years Ago This Month

After a 12th in the Inter- Counties, Alan Blinston had another good run in the National Cross Country Championships at Norwich, finishing 10th but we only finished 5 runners.

As a result Alan was selected to run for England in the International Cross Country Championships in San Sebastian, where, despite finishing up in 29th position, he failed to make the scoring six as England dominated with six in the first 17.

Hugh Symonds ran well in the National Youths event for 33rd.

With club runners running for Seamons Moss in the Manchester and District Federation of Boys Clubs Championships, they were easy winners.

Alan Key was the individual winner and Anthony Eastwood 3rd. In the junior race, Vince Rutland was second and Chris Davies 4th. Vince was last seen running the 2008 National Cross Country Championships at Alton Towers but ran 47:01 for 10K as a V55 three years later. Chris, the former MEP and MP for Saddleworth, found his best form in later years becoming one of the country's top fell runners in the V60 and V65 age groups. He is unbeaten in his age group in his last 27 parkruns. Joan Goodall represented Cheshire in the Inter Counties Cross Country Championships which were held at Witton Park, Blackburn and a strong minor girls team headed by Bev Nolan in 50th contested the National Women's Championship.

The Club Championships were once again won by Jeff Norman with Alan Key winning the Boys' and Hugh Symonds the Youths'. Gary Kenwright was the Colts' Champion ahead of the brothers Graham and Paul Brownson. Joan Goodall won the Ladies' Championship and Bev Nolan won the Minor Girls', Julie Brooks the Junior Girls' and Viv Nolan the Inter Girls'.

Alan Key again won the trophy for the best attender.



Chris Davies

25 Years Ago This Month

In March 1996 Altrincham's Ladies were the stars of the prestigious Manchester to Blackpool Relay knocking 69 seconds off the event record. Lynn Kynoch set a new stage record on the second leg, knocking 52 seconds off the previous mark. The other team members were : Leg 1 Sheryl Reason, Leg 3 Kath Harvey, Leg 4 Lucy Hickey, Leg 5 Alison Vesey, Leg 6 Sue Pavey, Leg 7 Vicki Perry, Leg 8 Anne O'Kearney-Flynn, Leg 9 Vanessa Mulholland, Leg 10 Anne Pugh.

The Veteran Men's over 50 team also triumphed. The over 40s were 3rd and the Senior Men 4th. Altrincham's Ladies were at it again, winning the team prize at the Wilmslow Half Marathon at the end of March with Sue Pavey 6th (82:30), Vicki Perry 7th and first V35 (82:34), Vanessa Mulholland making her debut at the distance (88:06).

The previous day, another Altrincham Ladies' team triumphed at the Heaton Park 5K, Alison Vesey leading in Anne Pugh, Donna Whipp and Jean Jones.

10 Years Ago This Month

Another highly successful Altrincham-organised Trafford 10K saw wins for Edwin Kipkorir(29:15) and Ava Hutchinson (33:23). Such was the standard of the women's race that nine runners bettered the previous course record.

Spiderman caused a stir when winning the 14.3 mile Dentdale Run, followed by Superman (3rd) and other super heroes, all part of Matt Barnes' stag weekend. Dave Norman was Spiderman, Andy Norman was Superman, Matt was He-Man and Nick Leigh was Wonderwoman.

Olivia Walwyn broke her own course record when first lady (8th overall) in the Cloud Nine Hill Race. Backed up by Sandra Lewis and Ann-Marie Jones, Altrincham won the ladies' team prize.

Further prizes were won by Ken Burgess (1st V65) and Ann-Marie Jones (1st LV55).



Cross Country Courses

Can you name these six Manchester Area Cross Country League courses which could well have been in use this winter if it hadn't been for the restrictions brought in to combat the coronavirus?

Answers on page 9.

1



2



3



4



5



6



Athletics Quiz

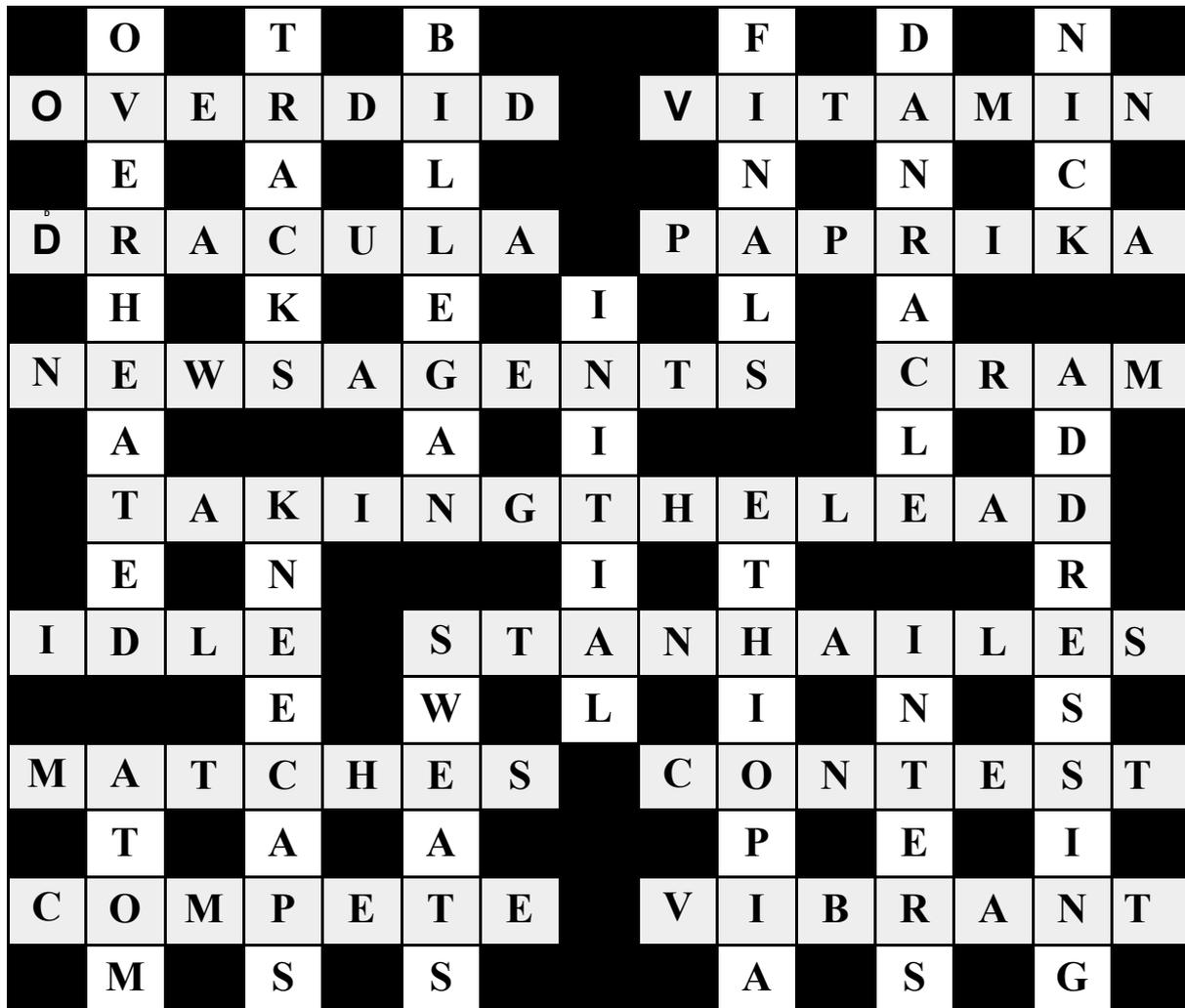
How many of these can you answer without googling? Answers on back page.

1. How many throwing events are there in track and field at the Olympic games?
2. How many laps around a standard outdoor athletics track is a 10,000m race?
3. In what event did Dick Fosbury win a gold medal at the 1968 Olympic games?
4. Who won the men's 100m at the 2002 Commonwealth Games in Manchester?
5. Colin Jackson won what colour medal in the 110m hurdles at the Seoul Olympic Games?
6. Who was the first British female to win an Olympic gold medal in track & field?
7. What is the opening event in the women's heptathlon?
8. In what year was the triple jump for women first contested at a Summer Olympics?
9. Prior to Usain Bolt, who was the last man to win the Olympic 100m and 200m double?
10. Who is the only British athlete to have competed on the track at five Olympic Games?
11. How many hurdles are there in a 400m hurdles race?
12. Who holds the record for the most IAAF World Championship titles?
13. Which British man won the European 5000m bronze medal in Athens in 1969?
14. How many false starts are currently allowed in sprint events before disqualification?
15. What is the final event in the men's decathlon?
16. In which event did Eilidh Doyle and Emily Diamond both win medals at Rio 2016?
17. Which football club now play their home games at the London 2012 Olympic Stadium?
18. How many gold medals did Jesse Owens win at the 1936 Olympics in Berlin?
19. Who currently holds the British record for the men's 400m hurdles?
20. Who was the first British track & field athlete to win medals at 3 consecutive Olympics?

Answers on back page.

Cryptic Crossword

Solution to last month's puzzle



The cross country courses pictured on page 7 are:

- 1 Sherdley Park, St Helens
- 2 Kenworthy Woods / University Fields
- 3 Heaton Park
- 4 Boggart Hole Clough
- 5 Wythenshawe Park
- 6 Woodbank Park

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

The answers to the athletics quiz on page 8 are:

- | | | | |
|-------------------|--------------|-------------------|--------------------|
| 1. Four | 2. 25 | 3. High Jump | 4. Kim Collins |
| 5. Silver | 6. Mary Rand | 7. 100m Hurdles | 8. 1996 |
| 9. Carl Lewis | 10. Jo Pavey | 11. Ten | 12. Allyson Felix |
| 13. Alan Blinston | 14. None | 15. 1500m | 16. 4 x 400m relay |
| 17. West Ham | 18. Four | 19. Kriss Akabusi | 20. Steve Backley |