



PAWPRINTS

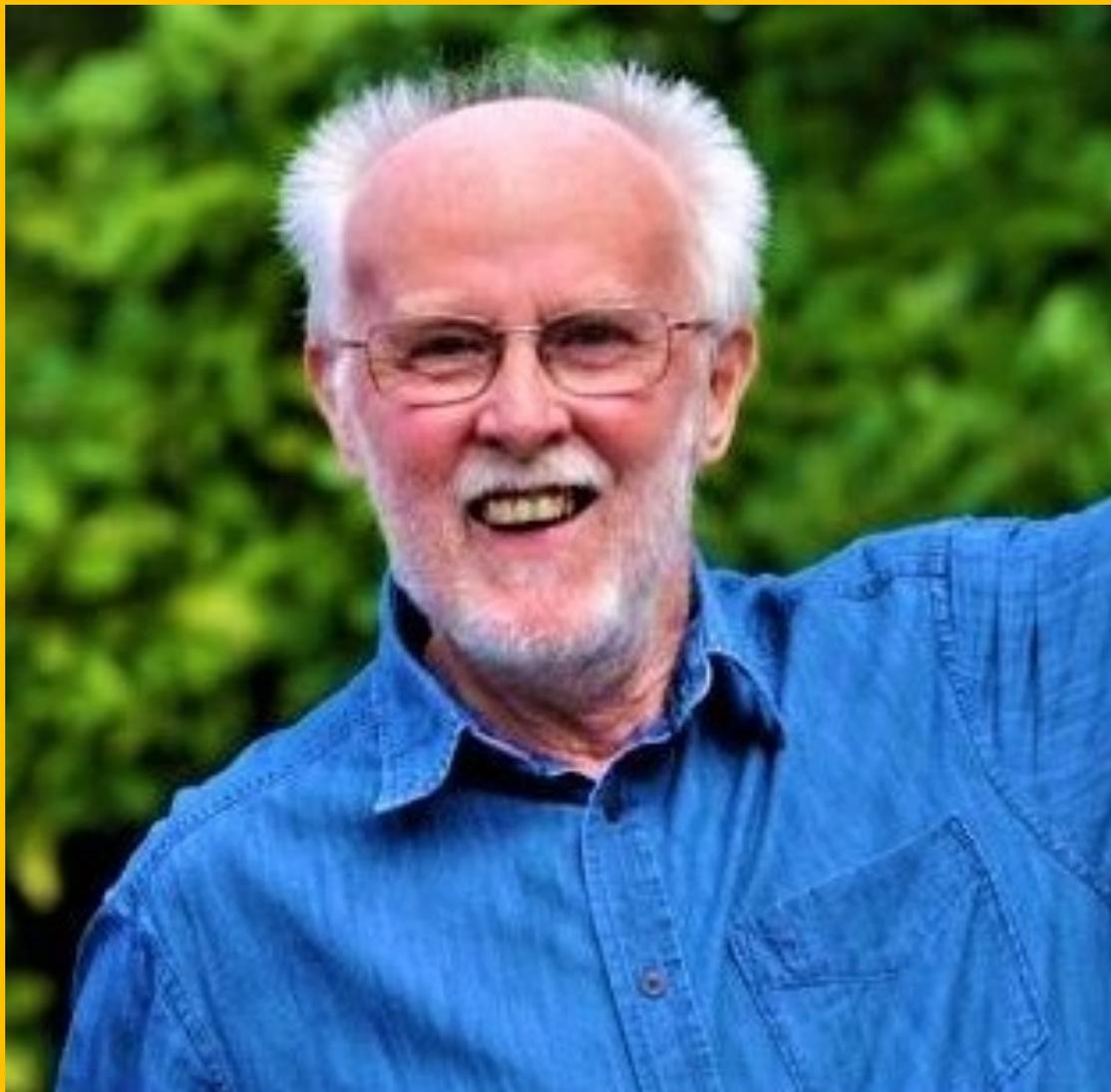
The Newsletter of
Altrincham & District Athletic Club Ltd
(Altrincham & District AC since 1961)



MAY 2021

Club website www.altrincham-athletics.co.uk

HAPPY BIRTHDAY ALAN HARDMAN



Happy Birthday to Alan Hardman who will be 90 on 5th May

PAWPRINTS

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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 Secretary	Gordon Nicoll
Coaching coordinator	John Snape
Road Running	Mike Berks
Cross Country	Graham Harrison
Fell Running	Tim Raffle
Track & Field	Justin Thompson

Club AGM - Zoom

It has been proposed that we hold an Annual General Meeting via Zoom.

This is to take place on Monday 10th May at 8.00pm.

This will give us the opportunity to give members an update on what has been happening over the last couple of years especially our continued efforts to be granted a lease by Trafford Council so that we can go ahead with our ultimate aim of installing a new all weather track.

There are obviously some normal agenda items that we will not be able to carry out, such as the presentation of trophies, but we will endeavour to get these to the winners (for 2019!) eventually.

Also, unfortunately there will be no complimentary drink upon arrival!

If you wish to attend, could you please email Andrew McHale by Monday 3rd May at andrew.mchale@mchaleandco.co.uk and also copy me in at manselpope@hotmail.com

Andrew has kindly agreed to set up the meeting, with no limit on numbers.

Hope you can attend.

Kind regards, Mansel Pope (Chair, ADAC Ltd)

June Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavis@gmail.com by Monday 24th May. 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 Four: Getting Established (1961 – 1964)

Altrincham and District Athletic Club was officially founded on 2nd May 1961 following its first AGM at St Albans Church. Nineteen members were present.

Mr R Fellows was appointed chairman, Doug Allan became secretary and his wife Elsie treasure.



Membership fees were set at 14 shillings (70p) per year or 2 shillings plus 6 pence (2½ p) per week for Seniors (double the previous Sinderland fees). That covered the sessions on Tuesday and Thursday evenings as well as Saturday afternoon. Membership cards, which would be considered inappropriate now were issued.



Later that year Janet and Alan Hardman joined the committee. Janet was appointed Vice-Chairman but application to affiliate to the AAA wasn't made until the following February.

A History of Altrincham & District Athletic Club

In 1962 the changing rooms (the arch under the railway viaduct) became more private when the council bricked the front and fitted a lockable door and window. Some fairly primitive decking was installed to avoid standing directly on the wet muddy floor. Subsequently the room was divided with a partition to separate male and female changing. There were even showers, but they were cold and only worked when it was raining and you positioned yourself under the parts of the roof that were leaking! Primitive it may have been, but it allowed storage of the now accumulating equipment – shots, discus, javelin and high jump stands and bar.

Training sessions were very informal. Average turnouts in 1962 were half a dozen or less and there was little specialization. They all seemed to do a few jumps over the high jump bar, long jumps, putts of the shot, a throw of the javelin and discus, a quick dash up the track and a lap round the field. Very occasionally a group of two or three would go for a 4 mile run. Members came and went, but in 1962 two new members joined who were to become a significant part of the club's history.

Doug Allan continued to spread the word and as a result of a meeting at the youth club from his church, persuaded a skinny 17 year old to join. He got beaten by the young girls at sprints, but could keep up with Alan Hardman and Doug on the 4 mile run. That's how Jeff Norman started. Later that year, as a result of a newspaper advert, a gangling 15 year old Sale Grammar school pupil joined. Rick Bond was a good all-round athlete, already an ardent athletics fan, keen statistician and fountain of knowledge. His conscientious recording of performances enabled the exploits of the early pioneers of the club to be retained for posterity.

At the 1962 AGM, Janet Hardman was appointed as chairman, Mr Fellows vice-chairman, Mr Allan secretary and Mrs Allan treasurer.

Twelve months after the club's foundation, the first Altrincham athletes were seen in competition. The event was the Woodbank Sports in Woodbank Park, Stockport – 26th May 1962. It was typical of athletics events at the time with handicap races for different age groups dominating. There were also relays, medley relays, long jump, high jump, egg and spoon race and tug of war as well as a couple of scratch races. The highlight was the '2 mile harrier team race'. The winning team each won a prize to the value of £2. These valuable prizes attracted a top international field including Johnny Wild (East Cheshire), Colin Robinson (Rochdale) and Mike Freary (Bolton).

As was the custom, unknowns were given a harsh handicap and in the youths mile, Jeff Norman who was giving starts to all but 2 of the runners finished towards the rear. Similarly in the girls 100 yards Ruth Allan and Christine Thorley stood no chance. However Ruth returned to star in the egg and spoon race, winning her heat.

Despite the lack of success, the new club, which became known as ADAC, did bring some attention from people who previously had no idea of the club's existence. One of these was Wilf Richards, who hadn't heard of the club since the letter from the Sinderland secretary in May 1960.

Wilf was a prominent figure on the local athletics scene and coach to Manchester Athletic Club and their star Stan Taylor, one of only a handful of sub 4 minute milers. Wilf lived in Haddon Grove, Timperley and was only too willing to help his local club. Wilf gave valuable advice and assistance to get the club involved in competitive athletics. This started when he organized a match ADAC versus MAC at King George VI playing fields on Friday 31st August 1962. Wilf brought along 11 boys and we turned out 7 boys and 3 girls. There was a massive gap in class between the two clubs and our "track" must have been an eye opener for them, but Wilf skillfully arranged the competition into an interesting match with a close result, MAC winning by 33 points to 27.

We had four winners – Peter Orchard in the U13 100 yards, Geoff Aldcroft in the open 880 yards in 2:35, Jeff Norman in the 3 miles (17:58) and Rick Bond in the long jump (16 feet 1 inch).

These were the first club records and over the next few years, Rick Bond conscientiously maintained the records and kept ranking lists for each event, updated almost monthly. He also set about devising club standards as an added incentive, e.g. seniors would have to run a mile in 5:10 for a Grade 1 Standard and 5:20 for a Grade 2.

A History of Altrincham & District Athletic Club

On 22nd September, the first annual sports day (club championships) were held. The first champions were: Richard Bond (100 yards & triple jump), Geoff Aldcroft (440 yards) Alan Hardman (3 miles) and Richard Stevens (high jump). There was even a sack race and a potato race.

Prior to the cross country season, we applied to join the Manchester and District Cross Country League. Unfortunately this was too late for the 1962/3 season, and it was the following year that we first took part.

Following the resignation of Elsie Allan, Janet Hardman was appointed treasurer to look after the club funds which stood at the princely sum of £6 5s 2½d. Alan Hardman took over as chairman. Vests were purchased in the agreed club colours – old gold.

After the first inter-club meeting, Wilf Richards provided Doug Allan with a list of secretaries of local clubs who might be interested in competing with us. One club accepted, and on the 18th May 1963 the club were involved in their third athletics meeting when Winton Harriers (now Salford Met) visited. This was followed by a return match with MAC at Gatley on 27th June where Rick Bond won the boys' long jump with 16 feet 10½ inches.

The club were also represented in the Eccles Civic Sports on 20th July.

In between these competitive outings, Saturdays were devoted to attempts at breaking club records, and when the usual records became too difficult, events were devised to enable new records to be set each week. Rick Bond's 15 hops, 5 steps and a jump record still stands to this day, as does Jeff Norman's 440 yards backwards carrying a 16lb shot.

It was back to more serious "in-club" competition on the 25th and 27th July when the second club championships were held.

Jeff Norman competed in every event winning the 880 yards, mile, triple jump, shot and javelin, and finishing runner up in another 5 events. Alan Hardman won the 2 mile walk in a new club record, and Rick Bond swept the board in the youths' events, setting club records in the 220 yards and triple jump. Ruth Allan dead heated with Christine Thorley in the ladies 100 yards. Ruth also won the high jump and Christine the 220 yards, javelin and triple jump. Janet Hardman won the long jump and discus.

Two 17 year old footballers looking for some summer sport to get fit for the football season also took part. Jack Winwood won the 440 yards, breaking the club record in the process. He also won the long jump. His friend won discus and high jump, 100 yards and just inched the 220 yards (27.9s to Jeff Norman's 28.0s) but spoiled his 100% record by finishing third in the long jump. Barry Chapman had arrived. His exploits in league competition, competing in as many as 12 events in a single day would become legend. Barry was to dominate sprints and multi-events for years to come. Barry was born in Altrincham in August 1945. Although only 5ft 4in, he was very strong and seemingly able to turn his hand to anything. He had already made his mark as a hockey player and boxer as well as a footballer. I remember him saying at one afternoon meeting where he was competing in his usual six or seven events that he'd already done a ridiculous number of lengths swimming that morning before playing a football match, and still had his press ups to do. He was up to about 100 and was aiming to do one extra each day to 365. On another occasion in 1967, he completed 6 events in an inter club match in the afternoon, before traveling to Freckleton to do the half marathon. After finishing, he then challenged the specialist distance runners to a race down the road. He also completed the tough Bolton marathon.



A grainy photo of Barry Chapman jumping into the high jump pit at King George VI fields in 1963

A History of Altrincham & District Athletic Club

Our next competition was at the National Coal Board Sports at Grasmoor near Chesterfield on 31st August. Coal mining was still active and the track seemed to be made from slag from the pit. As a result, and due to the ungenerous start, both Jeff and Jack Winwood dropped out of the one mile handicap.

In October, another club championship event was held. The 25 mile walk on a course via Manchester and Stockport, resulting in a dead heat between Alan Hardman and Jeff Norman in 4 hr 57 min. Until now, athletes did their own thing at training sessions, but in the winter of 1963/4, an additional session was started on Sunday mornings, with coaching for middle distance runners with qualified coach, Wilf Richards, and for sprinters with Mr Hunt, a sprint coach from Sharston Youth Club. What was to become a regular post session routine was started as athletes adjourned to the nearby "Navigation Hotel".

As the number of events club members participated in began to grow, in order to keep members informed, Rick Bond started a club newsletter with help from Ruth Allan and Ruth's boyfriend Peter Dale for printing using a borrowed duplicator. This was subsequently purchased for the sum of £2. Thus in December 1963, the first club newsletter was printed featuring new club records. Top of the pile was Rick himself who set 26 club records over the year.

In autumn 1963 the club paid 2 guineas to affiliate to the East Lancashire Cross Country Association and through them to the North of England and English Cross Country Associations. We also joined the Manchester Cross Country League for an affiliation fee of 12/6. The League had been going since 1930, but in our first appearance at Heaton Park, we fielded a team of 3 in the youths' event and 4 seniors. The youths were outclassed by the Sale pair of Pete Abell and Pete Glazier.

We packed well, unfortunately at the wrong end of the field, bringing up the rear. In 36th place was Chris Hazelhurst, 37th Jeff Corkish and 38th Rick Bond. The seniors fared little better. In a race won by Paddy Montague of Manchester and District Lads Club Harriers, from a field of 98, Jeff Norman was 70th, Alan Hardman 94th and Doug Allan 98th. There was also a new lad running for us, giving no clue to his future potential. Who would have thought that this tubby 19 year old in 84th place out of 98 runners would, just 4 years later, go on to become one of the country's fastest 5000m runners and win a European championship medal? Alan Blinston had been noticed as a reasonable 880 yard runner at Bradbury School and as a result gone along to Sale Harriers. As one of the minions amongst many stars, he was given very little attention and drifted away.

Ahead of all the Altrincham runners in 66th position was Derek Walton, a member of the unbeatable MDLCH, who lived in Hale. Later that year he joined Altrincham second claim. Derek played football for Old Alts until in 1963 he took up running to get fit, got hooked and joined Manchester and District Lads Club Harriers. He was already running six days a week, covering 40 miles. By the end of 1965 this had increased to twice a day (90 miles a week) influenced by friend and fellow YMCA member Cyril Leigh. He resigned from MDLHC in 1965 as competition to get in their championship teams was too tough.

Now the fixture list was beginning to fill out, with further league races at Crossford Bridge, Kersal and Winton and inter-club races, pack runs with other clubs, club championships, county championships and East Lancs championships and winter track meetings.

The first club cross country championships were held on 22nd December 1963. Starting from Hale Barns, the 2 lap course went along Rossmill Lane and Chapel Lane, down to the river Bollin near Castle Mill, through uneven grass and footpaths, some boggy bits but mostly frozen. Six started the senior 6 mile race, but only 3 finished, separated by 43 seconds. New find, Mike Baldwin was the winner from Jeff Norman and Derek Walton. Jack Winwood, John Tweedale and Alan Hardman lost their way. In the Junior/ Youth 3 miles, Chris Hazelhurst beat Jeff Corkish and Barry Chapman.

A History of Altrincham & District Athletic Club

Our first venture into championship competition was the Cheshire Cross Country Championships at Arrowe Park, Birkenhead on 4th January 1964. We were one short of a team but individually, performances were improving as, from a field of 70, Jeff Norman, Mike Baldwin, Alan Blinston, Alan Hardman, and Bob Miller finished 40th, 42nd, 47th, 52nd and 57th respectively, Jeff Norman and Mike Baldwin being chosen as reserves for the Junior Inter-Counties as a result. However Martin Cranny (Wirral) had time to change his shoes and gloves mid race and still win by almost half a minute.

We continued to take part in Inter-Club races. Manchester YMCA invited us to a race from Moss Nook. The airport was relatively small then, and the route went directly to Styal over what is now the runway. It was two laps on roads, tracks, paths and fields, along the Bollin, through woods, gates and wire fences (not on paths). The winner was YMCA's Sid Sacks who just a few years ago was winning most of the local over 70 prizes in the colours of Salford. Jeff Norman was 2nd and Alan Blinston 4th. We managed a full team for the first time in the third Manchester league over a fast course at Winton, taking 5th of the 7 teams. Another new find, Mike Parkes was third counter behind Jeff Norman and Mike Baldwin, but ahead of Alan Blinston. We now had the makings of a reasonable team with six runners of almost equal ability, all aged 18 to 20.

It was a wake up call at the East Lancs championships on March 1st. After watching Ron Hill cruise effortlessly to a convincing win at Leverhulme Park, Bolton, our juniors took 3 of the last 6 places with Mike Parkes 33rd, Jeff Norman 35th and Alan Blinston 36th. Dave Farmer (Sale) was the winner.

In April, the club made an inauspicious debut in road relays. The event was the Manchester YMCA Relays from Alexandra Park, Fallowfield. After a good opening leg run by Alan Blinston, we faded as Bob Miller, Barry Chapman and Doug Allan completed their legs. However, Alan Hardman with the club's second fastest leg rallied and handed over to Jeff for the last leg five minutes behind the last but one team. No-one could believe it as Jeff came running in having caught him. But 10 minutes for 3 miles was too much to believe. He had given up and cut the course, so we didn't finish a team.

The following day, Wilf had kindly arranged a joint trial marathon race for our under-age runners with Manchester AC, around Mobberley (The minimum age to run a marathon in open competition in those days was 21).

Unfortunately the course was miles short, but Jeff Norman's future event became clear when he came home in a projected time of around 2 hr 50. Alan Blinston didn't find it to his liking and finished some 10 minutes behind Alan Hardman.

We did little better in the next relay at Egerton. Overawed by the class of athletes that were on show (Mike Freary, Ron Hill and Derek Ibbotson were fastest) the A team was 27th and the B team 30th and last having been lapped in a 4 lap relay!

ADAC Family Fun Day

To celebrate 60 years of Altrincham & District Athletic Club

We will be holding a Family Fun Day on Sunday 11th July, all welcome

At Timperley Track from 3pm to 7pm

There will be a BBQ , Cakes , Drinks and lots of Games for all the Family

Please make a note of the date - More information next month.

Wilf Richards

An article from The Runner February 1995 on Wilf Richards

The Runner February

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A great Manchester Harrier is remembered

Wilf Richards, Born 29-01 - 1906, Died May 1991

Who was Wilf Richards? To me he was a gentleman in every sense of the word, whose love for athletics was beyond measure.

I was fortunate in living only half a mile from Wilf's home in Haddon Grove, Timperley, which, incidentally, is just around the corner from where Jeff (ex-marathon international) Norman lived until 1977.

I visited Wilf on many occasions (he always had time for a good chat) mainly afternoons because most of his evenings were spent at Fallowfield, except for Tuesday evening which he spent at his beloved Gatley Track.

On entering Wilf's home the first thing you would have noticed were the hundreds of A.W.s on the table in the middle of the room, along with the Manchester Evening News giving the weekend athletic results and his old fashioned typewriter, which served him for many years, and on which he typed his reports for the Road Runners Club.

There was also a filing cabinet filled with details on hundreds of runners, which Wilf allowed me to browse through and which I found of great interest. Wilf took records from all those files to work out his handicapping.

When he first joined Manchester A.C. in the early '20s,

■ **By David Attwell**
Manchester Harriers

the subs were 10 shilling (50p), Wilf's wages were 21 shilling (£1.50) a week.

He always thought that subs were the financial lifeline of a club and should always be paid promptly.

Wilf, like a lot of the 'old timers' thought that money should never come into athlet-

coaching was for young lads in Manchester A.C. or any club.

He liked to help get them started, as he said he did it because there had not been that much help and encouragement for him when he was a young lad.

Wilf would never turn any runner away and although not qualified as a coach, ask any athlete who came under his stopwatch and guidance and they would tell you that Wilf

hour report of the 1979 24 hour track race held at Crystal Palace.

He has seen hundreds of races over the years, covering many distances and he always thought that Jeff Norman's 50k in 1980 on Timperley Track was the best exhibition of running he had ever seen (the track is only half a mile from Wilf's house).

I once asked Wilf who were his three top runners of all time who he had known personally.

"Jeff Norman was the runner who trained the hardest and thoroughly deserved his Olympic place.

"Alan Blinston for his ability to get through his illness and make the Mexico Olympics."

Ricky Wilde was the most gifted runner he had ever seen - Wilf thought that Ricky could have gone on to greater things.

He loved the Manchester Relays held in Heaton Park in February every year and always said that he wished it had been held when he was running.

I would like to mention George Brookbank, former winner of the S.L.H. 30, who looked after Wilf for many years. Wilf once told me that George could not have made a better son.

My lasting memory of Wilf is of him at trackside wearing his old mack, small brown suitcase at his feet and stopwatch at the ready.



■ Wilf Richards is pictured second from the left, at Manchester Harriers' track.

ics. His yardstick was, "how many full time athletes become Olympic Champions".

His thoughts on running shoes were that runners could still achieve present day standards in 'Woollies' pumps.

Wilf told me his priority on

was second to none.

Once I asked him about seniors, "any senior athlete" Wilf said, "should be able to think for themselves".

Wilf was more than interested in ultra-distance and I had to give him an hour by

Through The Years

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

50 Years Ago This Month

It was hoped the council's promise of a new track at Grove Lane Timperley would enable us to train there in the summer, but due to drainage problems, this was delayed for a couple of years. In the event, we started training on Wednesday evenings at North Cheshire College.

Jeff Norman found that breaking the course record was insufficient to win the Inter Counties 20 mile championship at Leicester, finishing third, but nevertheless in a personal best 1:43:20.

Altrincham won their first ever Fell Running team prize at Fairfield Horseshoe with Jeff second, Hugh Symonds 11th and Alan Rydout 25th. Jeff was well on his way to winning when going off course, allowing Dave Cannon a 5 second win, knocking 5 minutes off the previous record.

On the track, Altrincham athletes won 3 golds and 1 silver at the Cheshire county Championships. There were gold medals for Jeff Norman in the 5000m, Alan Blinston in the 3000m Steeplechase and Pete Drinkwater in the 1500m. A silver medal went to Alan Key in the Youths' 1500m behind a very good athlete, Alan Mottershead, who became UK champion over the distance in 1979.

Pete Drinkwater had the distinction of winning two county championship races, the second being in the Oxfordshire 5000m whilst competing as a guest.

25 Years Ago This Month

The ladies' team consisting of Anne Pugh, Vicki Perry and Lucy Hickey missed out on a medal by just 15 seconds in the National Vets Relay Championships at Heaton Park.

The V50s (Bob Spark, Derek Walton, Stewart Grace, Ken Burgess, Mike Brooks and John Dwyer) produced their best ever performance finishing 5th.

But the over 40's had their worst ever performance finishing 25th.

One of the toughest fell races in the calendar is the Isle of Jura Race, a distance of 16 miles with 7500 feet of ascent, over the roughest rocky terrain with difficult navigation and in 1996 the women's winner was Yvonne Williams of Altrincham.

Graham Watson was having a really good year on the fells and he took the scalp of Rob Jebb in the British Championship race at Coniston.

10 Years Ago This Month

The club celebrated its 50th anniversary with a dinner at the Cresta Court Hotel.

The front page of June 2011 Pawprints

50TH BIRTHDAY CELEBRATIONS **CRESTA COURT HOTEL - SATURDAY 7TH MAY**

The club celebrated the 50th anniversary of its formation in 1961 with a dinner at the Cresta Court on Saturday 7th May. Organised splendidly by Neil Walker there were close to a hundred members and friends present and they enjoyed an excellent 3 course meal which was followed by a presentation to founder member Alan Hardman who was also celebrating his 80th birthday. This was followed by the presentation of 25 year certificates to Monica Shone, Jayne Knowles and Colin Davies before the legendary Ron Hill gave an interesting talk on his career which included references to several Altrincham stalwarts.



Some of the 39 members who have completed 25 years with the club

In the British Masters Road Relay Championships at Sutton Park, Ken Burgess, Derek Walton and Jeff Norman claimed the silver medal in the M65-75 race, Jeff also getting individual silver.

Veterans were also successful at the Northern Veterans Track and Field championships held at Leigh Sports Village. Derek Walton persevered through wind and rain to claim gold in the V65 5000m and Barry Chapman had a busy afternoon winning V65 gold in the 200m and 300m hurdles, silver in the 100m, long jump and high jump and bronze in the javelin and shot.

Olivia Walwyn knocked more than a minute off her own course record at the Rainow 5 hill race and also won the Vanessa Chappell race, before winning the Ladies' Inter-Counties Fell Championships at Broughton Heights in Scotland representing Cheshire.

Sophie Preece won U17 gold at 100m and 300m at the Greater Manchester County Championships. Isobel Hainsworth also won gold in the U20 200m as did Jack Abbott in the U13 shot.

There was an impressive team result in the UK 10K Road Championship race in London with the club placing third to Lincoln and Newham & Essex Beagles, who provided the winner in Mo Farah. Andy Norman 16th, Matt Barnes 24th and Dave Norman 36th were the team counters.

Juniors

The sun shone for the return to the track for the juniors. The Athletes of the Week, pictured here with volunteer coach Vinny Joseph, were Tabby Welch, Kate Joseph, Elijah Cookson and Oscar Curran.



Juniors

Hurdle drills with Vinny.

The club are so grateful to the volunteers for coaching each week. The children love their athletics.



Juniors - Thursday night U13s long jump & relays session



Juniors

Several of our junior athletes competed at the Trafford Open Meeting on Saturday 3rd April.

U13 Jessica Wilkins, pictured below, threw the discus 17.58 metres which improved her personal best of 15.96 metres set last December by an amazing 1.62 metres!



U15 Eleanor Nicholson also recorded a personal best with a time of 2:29:36 in the 800 metres.

U11 Clara Edwards and U13 Alex Edwards were both competing for the first time and they both came away with some excellent performances.

Clara recorded a time of 11.85s in the 75 metres and 24.29s in the 150 metres.

Alex ran 22.98s in the 150 metres and 4:24.62 in the 1200 metres.

He also competed in the high jump achieving a height of 1.25 metres.

Full results: www.thepowerof10.info/results/results.aspx?meetingid=412471



Clara & Alex Edwards

Juniors

Another Trafford Open Meeting on Saturday 17th April featured seven of our juniors.

Alex Edwards (U13B) improved his high jump personal best from 1.25m to 1.27m.

In the 1200m he was second in his heat in 4.28.65 and he was third in his 150m heat in 23.05s.

Clara Edwards (U11G) competed in the long jump for the first time and was third in her pool with a jump of 3.36m. She was 4th in her heat of the 75m in 12.21s and 4th in her 150m heat in 24.36s.

Eleanor Nicholson (U15G) was fifth in her heat of the 800m in another personal best of 2:29.24.

Four athletes represented the club for the first time.

Chloe Sumner (U15G) was second in her pool in the long jump with a jump of 3.46m, finished first in her 100m heat in 15.03s and second in her heat of the 200m in 30.88s.

Emily Bushnell (U15G) was 5th in her heat of the 100m in 15.49s and 4th in her 200m heat in 31.62.

Lucy Sumner (U11G - only 8 years old!) had a best jump of 1.82m in the long jump, was 6th in her heat of the 75m in 14.90s and second in her 150m heat in 30.17s.

Charlie Hayward (U13B) was 3rd in his 800m heat in 2:44.47 and 5th in his 150m heat in 23.07s.

Full results: www.traffordac.co.uk/php/index.php?script=newsFull.php&check=yes&news_id=1034



Clara Edwards, Emily Bushnell, Chloe Sumner & Lucy Sumner

Tatton 10K - Saturday 10th April

The first road race in our area following the lifting of restrictions was the RunThrough Tatton 10K with just five Altrincham athletes taking their place in a field of almost 700 runners.

A freezing cold morning with snow in the air meant that the runners had to keep moving to keep warm but mercifully it stayed dry throughout the race.

The race was won by Ben Fish of Blackburn Harriers in 31:49 and the fastest lady was Hannah Price of Bury AC in 36:22.

Fastest Altrincham runner was Nick Hamlin in 22nd place with a personal best of 35:06, followed by Tom Moseley, Duncan Dickinson and Patrick Leigh.

Colin Davies was some way further back, finishing as second V70.



Nick Hamlin



Tom Moseley



Patrick Leigh

Photos by Steve Bateson



Duncan Dickinson

22	Nick Hamlin	35:06
31	Tom Moseley	36:20
178	Duncan Dickinson	44:18
181	Patrick Leigh	44:25
382	Colin Davies	53:20

Full results:

www.runthrough.co.uk/results



Colin Davies

Tatton 10K - Saturday 24th April

The second RunThrough Tatton 10K of the year was run on a beautiful sunny morning and once again attracted more than 600 runners, including six from Altrincham.

The race was won by Jacob Cann of Horsham Blue Star Harriers in 31:10 and the fastest lady was Eleanor Davis of Preston Harriers in 36:22.

Fastest Altrincham runner was Nick Hamlin in 18th place with a personal best of 34:43, followed by Thomas Stuart, 82nd in 40:02, Patrick Leigh, 158th in 43:54 and Kate Olivier, 205th in a personal best time of 46:19. Mike Duncombe, 313th in 51:02, finished ahead of Colin Davies, 331st in 51:48.

Full results: www.runthrough.co.uk/results

Andy Pickford opted for the Tatton Half Marathon which took place on the following day and he was rewarded with a personal best of 1:13:55, finishing 11th out of almost 1000 runners and first V45.



Nick Hamlin



Thomas Stuart



Patrick Leigh

Photos by Steve Bateson



Kate Olivier



Mike Duncombe



Colin Davies

Senior Endurance Training at Timperley Track – Start Time 7.30pm

In line with covid regulations any senior wishing to attend Mansel's sessions must contact him by email: manselpope@hotmail.com to secure a place prior to attending, as numbers will be limited to 12 athletes in line with England Athletics recommendations. Any senior wishing to attend Phil's sessions should contact him through the website as his sessions will also be limited to 12 athletes.

Mansel's group:

May

Tue 4th	Grass	10 x 500m, 90s recovery.
Tue 11th	Track	Joint session with Phil's group - 5 sets of 4 x 200m every 70s, 4 min jog between sets (800/1500m runners sets 1, 3 & 5 only).
Tue 18th	Grass,	2 x 1000m, 8 x 500m, 90 s recovery.
Tue 25th	Track,	12 x 400m, 90s jog recovery .

Phil's group

May

Tue 4th	Track	2 x 3 min with 90s rest, 2 min recovery jog, 4 x 90s with 60s recovery, 2 min recovery jog, 8 min tempo, 2 min recovery jog, 4 x 60s effort with 45s recovery.
Tue 11th	Track	Joint session with Mansel's group - 5 sets of 4 x 200m every 70s, 4 min jog between sets (800/1500m runners sets 1, 3 & 5 only).
Tue 18th	Road/Track	1.5 mile road tempo, 4 x 3 min with 75s rest, 1.5 mile road tempo.
Tue 25th	Grass	Long reps - 2 x 5 min, 2 x 4 min, 2 x 3 min, 2 x 2 min, all with 90s recovery.

Fell Running

Club Fell Championship

As previously reported there will be a slightly 'last-minute' feel to this year's championship. The first race will be Blackstone Edge on Wednesday 19th May at 7.30pm. Entry on the day, further details on the FRA website (www.fellrunner.org.uk). Subsequent rounds will be announced as soon as possible. A decent programme of races is now starting to emerge.

Thursday Fell Runs

Thursday outings are up and running again, ably organised by Stephen Jones. These are alternating between daytime (usually morning) and evening runs on a weekly basis. All welcome, there is usually a walking option as well. Details can generally be found on the club Facebook page. Or contact Stephen directly to get on his email list if you are interested.

Tim Raffle