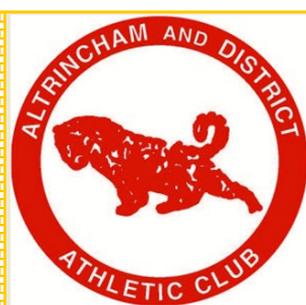




PAWPRINTS

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



JULY 2021

Club website www.altrincham-athletics.co.uk

ADAC 1961 - 2021

To celebrate 60 years of Altrincham & District Athletic Club

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

At Timperley Track from 3pm to 7pm

BBQ , Cakes , Drinks and Games for all the Family

Egg and
Spoon

ADAC Family Fun Day

11th July

3 – 7pm

Fruit
Shoot 400

At the Track

Games and Fun for all the Family

Tickets Available from the Office or E Mail

Fiona.Cosgrove@Live.co.uk

Family Three
Legged Race

Family £15, Adult £5, Child £2.50
incl BBQ and Drink

Tug of War

PAWPRINTS

JULY 2021

Club website www.altrincham-athletics.co.uk

ADAC Committee 2021 - 2022

Chairman	Mansel Pope
Secretary	Helen Simpson
Membership Secretary	Richard Pavey
Treasurer	Carole Harrison
Welfare Officer	Mel McGuiness
Social Secretary	Gordon Nicoll
Coaching coordinator	John Snape
Road Running	Dave Norman
Cross Country	Graham Harrison
Fell Running	Tim Raffle
Track & Field	Alison Vesey

August Pawprints

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

Letter from Ewart Lockton

I have been fascinated to read about the history of the Club and thanks go to Jeff Norman for putting it all together. I look forward to the remaining chapters and I will treasure keeping a copy of all the instalments.

Many years ago running in the Bollin Valley with Alan Hardman, I asked how the running club began. Alan told me how Doug Allen and his wife Elsie had put a notice in the local paper asking for anyone interested in starting a running club in Broadheath to attend a meeting. Alan Hardman told me how he and his wife Janet decided to go along and see what it was all about.

I knew a Doug and Elsie Allen but they were the most unlikely couple to be involved with anything remotely athletic but I eventually realised the truth. I was intrigued by Alan's story and I asked him if anyone was going to write it down. I did question the Doug and Elsie Allen that I knew, and Doug was delighted to tell me how he initiated the running club at a time when he was the caretaker at Broadheath School and in his spare time had made hurdles for the club. He also recorded how he was narrowly beaten by Barry Chapman in the Christmas Handicap but Jeff Norman has recently confirmed that the winning margin was much greater than what Doug described as being "pipped at the post".

It is good that the history is being written, thanks to Jeff Norman. My curiosity was again ignited when I read that the inaugural meeting was held in the St. Alban's Church Hall and the Chairman was one Richard Fellows.

We are regular attenders at St. Alban's Church and have vague memories of Richard Fellows responding graciously when the congregation sang "Happy Birthday" on his 90th birthday.

I have made enquiries of some of the older folk at St Alban's and Richard is fondly remembered as a "lovely real gentleman" but no one was aware that he had any "Athletic Pedigree".

He was a respected figure in the Church and the Parish and I wonder if he had been asked to be the Chairman in order to provide the fledgling local Club with some "gravitas"?

There is one further avenue that I have been able to pursue; the daughter in law of long departed friends of ours was a school friend of Richard Fellows daughter and I have been able to contact her. She vaguely recalls that she and her brother had limited involvement in running with the club in the early days but was not aware of their father's interest in Athletics or involvement in the Club!

Colin Davies has provided a composite copy of "the story so far" and this has been passed on to Richard Fellows' children in the hope that Jeff's writings may activate their memory bank.

In asking folk about the Club's first chairman, I am told that one of his favourite sayings was - "Keep on keeping on". Not a bad motto for ADAC.

Ewart Lockton

Ron Hill

We were sad to learn that Ron Hill, who lived in Hyde, passed away at the end of May aged 82. Ron was guest speaker at the club's 50th anniversary dinner at the Cresta Court Hotel in 2011. He is pictured here with Dave Attwell who has been a member of the club for nearly 55 years.



Altrincham & District Athletic Club 1961 - 2021

Diamond Jubilee Year

A History of Altrincham & District Athletic Club

by Jeff Norman

Part Six: Still making our mark - 1965

Up until this time, the club colours were old gold / amber vests with ADAC on the front with black shorts. In 1965, the shorts were changed to red and, as ADAC did nothing to advertise the club, it was decided to have these letters removed and replaced with a badge bearing the club's name in full. The secretary wrote to the Town Clerk for permission to use the Altrincham Borough coat of arms, but permission was refused as "The Council is not authorised under the Grant of Arms by the College of Heralds to permit its reproduction or use by private persons or organisations". Attention then turned to designing our own badge. Shirley Baldwin (Blinston) suggested using a jaguar, the fastest sprinter in the animal kingdom from a standing start, as a symbol of speed, (not a cheetah as most people have thought). Shirley Baldwin enlisted the help of her brother, to produce the original artwork based on an actual photograph. Badges for sewing onto the front of vests which were stocked by Altrincham Sports Shop were sold for 2 shillings. In January 1965, another new member joined that would contribute to the club's history - Jack Roberts, who won a number of veteran titles and later became a club coach, most notably to Phil Nichol.

Other notable recruits were John Hammond (still in the club record book for junior throwing events and brother of a current member - distance runner Colin) and Peter Drinkwater (a notable distance runner who now lives in Tasmania, but still shows an interest in the club.)

The club travelled to Winnington Park for the 1965 Cheshire Cross Country Championships and, despite not having a lot of time to warm up, on collecting our numbers we were told not to rush as they wouldn't start without us. But almost immediately the runners streamed past and almost the whole team missed the start. We sent a letter of complaint. Alan Blinston finished 3rd to Cyril Leigh of Wigan and Roy Williams of Rochdale in an inter-club race at Oldham leading the team to 2nd with Jeff Norman running barefoot. From 1965 to 1968, the club cross-country team was dominated by four men – Alan Blinston, Jeff Norman, Derek Walton and Jack Roberts. Between them, they took all the medals in the club championships in 4 successive seasons, and their performances gradually improved. In April of 1965, the club's first representative honour came as Alan Blinston was selected to run for Cheshire versus the Cheshire Regiment. Alan finished 3rd.

1965 was also our first entry into the Northern and National Cross Country Championships where Alan was our only runner in the top 100 in the Northern at Blackpool (90th). In the National held at Parliament Hill Fields, over 9 miles of snow, slush and mud and won by the late great Mel Batty of Thurrock ahead of Tim Johnson of Portsmouth, Alan had a fine run in 195th. Jeff was 568th, Derek 581st, Alan Hardman 785th and Bob Miller 796th. The 6th member of the team, Mike Baldwin failed to finish. Dave Attwell, then running for Aldershot was 488th. 908 started and 838 finished.

Photo on next page

A History of Altrincham & District Athletic Club



Alan Blinston (33) just behind Geoff Entwistle (935 running for MDLCH) in the National at Parliament Hill

The National Cross Country Championships (9 miles) was the furthest anyone from Altrincham had raced but Derek Walton became the club's first long distance runner, completing the Halesowen 16 in 42nd position.

In the first Manchester Men's Track & Field league meeting at Gatley, Alan Blinston won the mile, then 10 minutes later finished second to George Brockbank of Winton (later a member of Altrincham) in the 2 miles. (George was a sub 2:20 marathon runner who later became a useful cyclist. These days, he occasionally joins our Thursday club fell walking group.) There were other wins in the matches at the Firs, Montgomery House (Alexandra Park) and Stockport. Matches were held in the evening midweek. Anthony Porten was a sprint winner, but George Bates was the star with a treble (100 yards, 880 yards and long jump) at two of the meetings. At Stockport, Jeff Norman set a record for the quickest drop-out, retiring from the 880 yards after 2 strides when Jack Roberts was pushed into the back of him, gashing his heel with his spikes and removing his shoe in the process. He came back to claim maximum points for the club in the last match finishing second to Alan Blinston.

The women entered the Manchester Womens Track League and matched the men with an overall fourth position. Christine Thorley (javelin) and Janet Hardman (discus) were individual winners, but it was Sandra Broome who became the club's first county champion when winning the Intermediate 880 yards at Winnington Park. Thelma Lamper represented Cheshire at the Northern Championships. All senior club track and field records bar the 6 mile were equalled or broken during the year.

A History of Altrincham & District Athletic Club

Apart from the leagues, championships and inter-club fixtures, we continued to contest open events, where handicap races were the norm. Although, as unknowns our athletes were usually handicapped out of it, Alan Blinston used his improving form to beat the handicapper to win the Rockingham Sports 3 mile chase. Alan was given a handicap of 2:30 from scratch man Ian Wainwright of Sheffield who broke the course record. Ian Wainwright went on to coach Jason Ward and Andy Norman at Hallamshire. On 6th July, the club organized its first proper track and field meeting on the new track at Wythenshawe Park. The host club were 2nd of 7 clubs to Winton Harriers, but won the 2 mile team race with Alan Blinston first and Derek Walton 4th. Jeff Norman and Pete Drinkwater made up the team. Winton's George Brockbank, won his 440 yards in 53.8s.

In an Inter club at Wythenshawe, Alan Blinston and Jeff Norman, after both setting personal bests in the mile, won the 2 mile Paarlauf. They again shared the spoils at the next Wythenshawe inter-club, Jeff winning the mile and Alan the 2 miles. George Bates was crowned "Athlete of the year".

Thelma Lamper was female "Athlete of the Year". Both "Athlete of the year" titles were based on the number of points gained for the club in the respective leagues. Club standards (Grade 1, 2 and 3) were revised with certificates given to any athlete achieving a Grade 1 standard.

In the autumn, with Alan Blinston out injured, the club were back to finishing teams near the back. We were 53rd from 55 teams in the Longendale Relay, claimed at the time to be the biggest entry of any relay ever held in this country. We were 21st of 22 teams in the Chris Vose 7 but Alan was back for the Hollingworth Lake Relay where we finished 22nd.



Peter Drinkwater having a leisurely run at the Hollingworth Lake relay

Over the country, Alan Blinston finished $\frac{1}{4}$ mile ahead when leading the team to a win in an inter-club at Warrington. Jeff Norman was 3rd, Pete Drinkwater 7th and Derek Walton 9th. Alan's domination was temporarily halted due to a broken toe and Derek Walton took over as Number 1 with a best league position of 11th in cold wet conditions at Kersal. However he failed to capitalise on his early season form and late improvement by Jeff Norman gave him the club championship.

This was despite a hiccup in the Northern at Huddersfield when only 5th Altrincham counter in 221st position and lapped by the leaders. In the National at Graves Park, Sheffield, we finished a team for the first time (69th) with Jeff 330th, Derek Walton 408th and Alan Blinston 433rd whilst Jack Roberts, having beaten Derek the previous week finished behind Alan Hardman. The ladies affiliated to the Womens Cross Country & Walking Association and joined the North West Womens Cross Country League. There was controversy when Sale Harriers entered one of our members in their boys team for the Cheshire Cross Country Championships. The question of organising cross country races of our own was raised, but where could we find a suitable course with changing accommodation?

A scouting party devised a two lap course starting in Ashley Mill Lane near the Bleeding Wolf in Hale on paths, tracks, road and hilly fields around the River Bollin. Two inter-club matches were arranged in October and December. A third was arranged for March, changing at the Drill Hall in Hale village. Local schools were invited to compete. Ray Phipps, then of Sale, won the first of these races, George Brockbank the second and Jeff Norman the third. Wilf Richards with a reputation as one of the best handicappers in the business set the marks for the Christmas Handicaps at Wythenshawe Park, and Janet Hardman was the winner. Each runner would bring a prize.

Again the post race social was held in the evening at the home of Alan and Janet Hardman.

Members contributed to the food to save on club funds.

North of England Track & Field League

The second match of the Track & Field League was at Ashton under Lyne on Saturday 19th June.

Excellent performances from everyone involved. Amazing track performances from Andy Norman, Jeremy Cofie (under 60 seconds for 400m) and our junior ladies - Naomi Conteh, Kiana Ustabasi and Aisling McHale. Our throwers also did us proud with Ireymika Bamigboye and Zac Fenton both winning in the shot and placing in the javelin and the discus. Zac also won the hammer competition.

The third match is our 'home match' at Longford Park on Sunday 4th July.

Anyone interested in competing, please contact me at the track or via Altrincham Facebook group.

1	Macclesfield Harriers & AC	452.0
2	East Cheshire H & Tameside AC	424.0
3	Crewe & Nantwich AC	302.0
4	Deeside AAC	220.0
5	Altrincham & District AC	198.0
6	Wrexham AAC	186.0
7	Salford Metropolitan AC	166.0

Alison Vesey



Adam Gooch (4:32.1) and Richard Johnson (4:44.0) in the 1500m

North of England Track & Field League



Andy Norman and Matty Gawne finished first and second in the 5000m
Andy winning the 'A' race in 15:55.9 and Matty the 'B' race in 16:24.1



Nikki Leese was fourth in the 1500m 'A' race in 5:54.3

Through The Years

50 Years Ago This Month

18 year old Hugh Symonds posted a pb of 25.7s for 200m and won the junior 1500m at the Stretford Track League in 4:03.2, another pb. He later improved his 800m pb to 1:59.6 and his 1500m pb to 4:00.4 when winning his school sports.

After winning the Men's 2000m Steeplechase at the Stretford Track League, (where Viv Nolan won the 800m) he shattered Andy Holden's Lancashire Schools record in the 2000m Steeplechase at Wigan, but said he didn't enjoy the event and intended going back to the flat, but not before he set a pb of 5:59.6 when finishing 5th in the final at the English Schools Championships. This remains the club record at this event for U20s. He also won the Manchester Schools 5000m title in a pb of 15:23 and is still the holder of the club U19 10000m record.

More about Hugh Symonds

Hugh joined the club as a 15 year old in 1968 and stayed with us until moving to Kendal in 1981.

He was the club's first non-senior national ranked athlete (8th in Youths' 1000m steeplechase in his first year and 3rd junior the following year) He was also a good cross country runner, finishing 6th in the Northern Junior Championships in 1972. He also broke the club senior high jump record in 1969. He later made his name as a fell runner, having started his fell career with Altrincham in 1970 at Burnsall where he was 11th, and was one of the early members of the FRA (No 126).

He competed for both Durham and Oxford Universities, gaining blues at 5000m and Cross Country and represented the British Universities at cross country in 1975. He spent three summers as a mountain guide in Norway and in 1976 travelled to India teaching and travelling, including a traverse of the Himalayas over 19000ft mountain passes. Hugh moved to Sedbergh in 1981 to take up a Maths teaching post at the famous school there and joined Kendal AC. There he was to become one of the country's leading fell runners.

He won the Three Peaks Race on three occasions and won "All the A's" Fell Championship with wins at Ben Nevis and Ennerdale and a 51km/2700m race in Switzerland. He also competed in the World Cup and made history when setting the record for running all the Munros (British mountains over 3000ft) of Britain and Ireland, and published a book on these exploits. He was no slouch on the roads either, recording 50:36 for the Windermere to Kendal 10 mile race. He also hit the headlines in 1986 when he was banned from all amateur races for running in the Moorcock Show Fell race (a professional race under BOFRA rules), but was reinstated the following year. His sons, Andrew and Joe were both international mountain runners, Joe having won the British Championship in 2012. Hugh also served as our Track and Field Secretary.



Hugh Symonds leads fell legends Kenny Stuart and John Wild

Through The Years

25 Years Ago This Month

Barry Chapman set two new club V50 records in the Northern Vets Track and Field League that still stand to this day. He won the 100m in 12.8s and the 200m in 26.6s.

Monica Shone also won her 400m in 84.9s.

However, two weeks later she surpassed this when setting a new British V70 record in Malmo, Sweden at the European Vets Track and Field Championships in 79.45s.

She was quick to credit her coach, Jack Roberts (also Phil Nichol's coach) for the win.

10 Years Ago This Month

Olivia Walwyn set a new ladies' record in the Bollington Nostalgia Fell race. Finishing 6th overall, she beat her husband Tom Bush into 7th place



Sophie Preece finished 8th in the 300m final at the English Schools Championships at Gateshead. She smashed her personal best throughout the rounds to run 40.18s in the final.

Sale Sizzler 5K - Thursday 17th June

The first Sale Sizzler of the year at Wythenshawe Park saw 493 finishers with 17 from Altrincham. The winner was Andrew Heyes of Hallamshire Harriers in 14:09 and the first lady was Lauren Heyes of Leigh Harriers in 16:25. Dave Norman was fastest for Altrincham in 16:25. Richard Johnson equalled his personal best and was first V55 and Dave Telford was first V70. There were personal bests for James Pattison, Thomas Stuart, Andrew Spencer and Kate Olivier.

Full results: <https://sale-harriers.niftyentries.com/Results/Airport-City-Manchester-Sale-Sizzler-1?>

21	Dave Norman	16:02
55	Richard Johnson	16:47
72	Tim Greenald	17:08
90	Karl Lee	17:40
95	James Pattison	17:43
139	Thomas Stuart	18:37
172	Andrew Paton-Crockett	19:09
173	Dan Martell	19:11
179	Andrew Spencer	19:17
180	Matt Page	19:19
212	Tom Moseley	19:52
310	Nikki Leese	22:06
313	Kate Olivier	22:10
314	Duncan Dickinson	22:15
366	Dave Telford	23:54
391	Mark Hunter	24:34
432	Hugh McKenna	26:15



Colshaw Hall 10K - Sunday 20th June

This was Richard Johnson's third race in 5 days and he was the first V55 finisher on each occasion! Having completed the multi-terrain Offerton 5 mile race on the Wednesday in 32:32 and following that up with 16:47 at the Sale Sizzler the next day (the fifth fastest 5K by a V55 in the UK this year) he was first V55 again at the Colshaw Hall 10K on the Sunday in 35:33 (the fifth fastest 10K by a V55 in the UK this year). Richard is pictured below on the finishing straight at Colshaw Hall.

He was 23rd of 676 finishers at Colshaw Hall with Matt Page also finishing inside the top hundred. Richard Parry ran a huge personal best of 51:35 whilst Angela Bamford also ran well. Tom Bains of Tipton Harriers was the race winner in 31:48 and the fastest lady was Claire Clancy of Wilmslow Running Club in 36:41.



Colshaw Hall 10K - Sunday 20th June



Matt Page



Richard Parry



Angela Bamford

23	Richard Johnson	35:33
99	Matt Page	40:26
342	Richard Parry	51:35
495	Angela Bamford	57:36

Full results: <https://runcheshire.niftyentries.com/Results/Colshaw-Hall-10K-Knutsford-2020>

Senior Endurance Training at Timperley Track – Start Time 7.15pm

Mansel's group (Tuesdays):

July All sessions on the track.

- Tue 6th 5 sets of 1 x 700m, 90s recovery, 1 x 300m - 2½ min jog recovery between sets .
- Tue 13th Joint session with Phil's group: 5 sets of 90s effort, 60s rest, 60s effort, 30s rest, 30s effort - 3 min jog between sets.
- Tue 20th Session in John Leigh Park: 4 sets of 30s hill rep, 90s sustained effort, 30s hill rep, 3½ min effort - 2 min between efforts, 4 min between sets.
- Tue 27th 5 sets of 3 x 300m, 75s recovery - 3 min jog between sets.

Phil's group (Tuesdays)

July

- Tue 6th Track session - 2 x 3 min with 90s rest, 3 x 2min with 75s recovery, 2 min recovery jog, 8 min tempo, 2 min recovery jog, 4 x 90s with 60s recovery .
- Tue 13th Joint session with Mansel's group: 5 sets of 90s effort, 60s rest, 60s effort, 30s rest, 30s effort - 3 min jog between sets.
- Tue 20th Road and Track session - 1.5 mile road tempo, 4 x 4 min with 75s rest, 1.5 mile road tempo .
- Tue 27th Grass session long reps - 4 min, 6 min, 8 min, 6 min, 4 min, all with 2 mins recovery .

Phil's group (Thursdays)

July Venues vary - see dates for location.

- Thu 1st Timperley Track:
4 x 75s efforts, 6 x 90s efforts, 4 x 75s efforts, all with 60s recovery.
- Thu 8th John Leigh Park:
5 min efforts with 2 min recovery (no. of efforts depends on your race targets).
- Thu 15th Salisbury Fields:
1 km efforts with 60s recovery (no. of efforts depends on your own race targets).
- Thu 22nd John Leigh Park:
3 min efforts with 90s recovery (no. of efforts depends on your own race targets).
- Thu 29th Timperley Track
12 x 90s effort with 75s recovery.

Dan Racle breaks 30 minutes for 10,000m !

Less than three weeks after setting a 10,000m personal best of 30:46.28 at the televised meeting in Birmingham on Saturday 5th June, Dan Racle improved by almost a minute to smash the 30 minute barrier with a tremendous run of 29:55.03 at Leeds on Thursday 24th June.

Next year marks the 50th anniversary of the long-standing 10,000m club record of 29:28.0 set by Alan Blinston. Maybe we could see this being broken if Dan continues on his current trajectory!



1	Nathan Jones	Cardiff Athletics	28:54.39
2	Nigel Martin	Sale Harriers Manchester	28:58.35
3	Richard Allen	Aldershot Farnham & District	29:24.54
4	Max Milarvie	Victoria Park City of Glasgow A	29:27.11
5	Ollie Lockley	Leeds City Athletic Club	29:32.32
6	Iraitz Arrospide	City of Sheffield and Dearne AC	29:32.68
7	Dan Racle	Altrincham & District Athletic	29:55.03
8	Callum Davidson	Blackburn Harriers & AC	29:56.99
9	Matthew Bowser	Lincoln Wellington Athletic Clu	29:57.57
10	Samuel Moakes	Sutton in Ashfield Harriers & A	29:58.48
11	Alastair Watson	Notts AC	30:00.46
12	Marc Brown	Salford Harriers & AC	30:07.14
13	Lewis Gamble-Thompson	New Marske Harriers Club	30:07.65
14	George Beardmore	Worcester AC	30:15.67
15	Chris Rainsford	Heanor Running Club	30:20.57
16	Dominic Jones	Rugby & Northampton AC	30:21.14
17	Andrew Davies	Stockport Harriers & AC	30:40.05
18	Ryan Thompson	Cambuslang Harriers	30:49.76
19	Alistair Rutherford	Liverpool Harriers & AC	31:33.66