PAWPRINTS

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

SEPTEMBER 2021

Club website www.altrincham-athletics.co.uk

R.I.P. Dave Telford

So sad to report that one of our long standing members, Dave Telford, passed away in the early hours of Sunday 15th August following a suspected heart attack. Dave was a friend to many of us and the news came as a terrible shock. Dave was a stalwart of many a veterans relay team for ADAC and in his younger days he competed for Trafford AC (then Stretford AC) in middle distance events and the steeplechase in the top division of the British League .
Although he rarely came down to the track, he regularly trained with a group of his fellow ADAC athletes on the University playing fields, and they in particular, will miss him terribly, along with the many of us who knew him.
Our thoughts are with his wife Bernadette, his 3 daughters and his grand children. Dave was 73.

Dave Telford's Funeral

The following was posted on Facebook by Dave's daughter Rebekah:

Celebrating the life of the exceptional David Telford...

The funeral mass will take place on Thursday 9th September at St John's RC Church, Chorlton at 12.45, followed by Manchester Crematorium. David loved his family and friends more than anyone I've ever known and he loved a good party - so we will be raising a glass or two (!) at Trafford AC (Longford Suite) overlooking the running track he knew so well from 14.30 – 18.00.

Dave pictured at Sutton Park in the 2016 National Vets Relays

Dave pictured at Millington after a recent group training session

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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**

October Pawprints

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

North of England Track & Field League

A great team effort from the club's track & field squad in Match 4 at Macclesfield on 1st August,
We finished 5th out of 7 teams despite missing quite a few athletes through injury and holidays.
Thanks to all athletes and officials (especially Mike Welford who is hanging up his stopwatch for this league after many years of service).
Stand out performances from Zac,Fenton who did more events than anyone else and Sarah Waite who ran the 800m, 1500m and 3000m as well as throwing the discus.
Richard Johnson was second in the 1500m A race in a new personal best of 4:34.9 which places him fourth in this year's UK rankings for V55.
There was a personal best for Matty Gawne who had a solo run to win the 5000m A race in 16:12.4.
We finished 4th overall in the final league table. Well done, everyone, it was a great day out!

Alison Vesey

Match 4 result

1	Macclesfield Harriers & AC	474.0
2	East Cheshire H & Tameside AC	403.0
3	Wrexham AAC	308.0
4	Crewe & Nantwich AC	296.0
5	Altrincham & District AC	225.0
6	Salford Metropolitan A	211.0
7	Deeside AAC	161.0

Full results: https://www.northernathletics.co.uk/wp-content/uploads/2021/08/21NORTH_West-2S_M4-3.pdf

Final League table

1	Macclesfield Harriers & AC	27 points
2	East Cheshire H & Tameside AC	25
3	Crewe & Nantwich AC	19
4	Altrincham & District AC	12
5	Wrexham AAC	11
6	Salford Metropolitan A	10
7	Deeside AAC	8

Jason Vesey

North of England Track & Field League

Greater Manchester Track & Field Championships
Longford Park - Saturday 21st August

from Sarah Wilkins

Our young athletes battle through the rain showers today to produce some fantastic performances.

U13s - A silver and bronze for Jessica and Hannah, both with new personal bests in the discus, Hannah adding nearly 2 metres to her previous best. 4th and 5th places for Jessica and Daisy in both the shot and javelin. Daisy competing in her first competition for the club.
Kieran also 4th in both the javelin and long jump and a great effort in the 800m.
Alex ran a fantastic 150m to make it through to the final and place 4th.
This was also matched by Hannah in the girls' event with a 4th place in the 150m and a 5th place in the 75m.

U15s - A fantastic second competition for Sophie in the hammer, achieving a bronze medal and a new personal best. She then went straight into a very wet javelin competition and performed well in a field of top athletes.
On the track, Charlotte, Eleanor and Chloe competed in the sprints. Eleanor achieved a personal best in the 200m and 3rd place in her heat. Chloe also achieved a personal best and 4th place in her heat in the same event.
Charlotte and Eleanor battled down the home straight in the 300m to place 4th and 5th, with Eleanor achieving another personal best.
In the 100m Charlotte and Chloe faced some top competition to place 4th and 6th in their heats. This was matched by Oliver in the boys' event with a 4th place in his heat.
Oliver won a silver medal with a personal best in the shot and a 4th place in the long jump.

U20 - A fantastic bronze medal for Jason in the javelin - his first year in this age group.

We are all so proud of them.
They have got so much potential with many competing in their first season for the club.

Full results: https://gmaa.org.uk/uncategorized/2021-gmaa-rollingresults/

Junior News

from Sarah Wilkins

Jessica Wilkins came 4th in the U13 shot at the North of England Track & Field Championships at Hull on Sunday 15th August. She also came 8th in the U15 discus throwing in the age group above.

We currently have a group of girls performing really well in the throwing events with Jessica Wilkins and Hannah Stansfield both currently ranked in the top 30 on the Power of 10 for U13 discus.
Sophie Bennett is also currently ranked in the top 40 in the U15 girls hammer.
Daisy Bennett and Emily Girdlestone are also showing great potential with them both representing the club for the first time in competitions over the next month.

These girls have shown an excellent commitment to training over the past year and their hard work is paying off.

Neil Cliffe 5K - Wednesday 11th August

Yet another personal best for Richard Johnson in this follow up race to the Sale Sizzlers and victory in the V55s by more than a minute! Andrew Spencer also ran well, going below 19 minutes for the first time. Dave Ainsworth (V60) and Carole Harrison (FV55) both finished second in their category. Matt Crehan of St Helens Sutton AC won the race in 14:46 and the fastest lady was Lauren McNeil of Hallamshire Harriers in 16:32. There were 341 finishers.

17	**Richard Johnson**	**16:29**
79	**Andrew Spencer**	**18:58**
107	**Dave Ainsworth**	**19:41**
133	**Shaun Jackson**	**20:30**
173	**Duncan Dickinson**	**21:50**
184	**Graham Harrison**	**22:17**
187	**Craig Partridge**	**22:26**
190	**Dan Martell**	**22:27**
237	**Carole Harrison**	**23:54**
244	**Mark Hunter**	**24:10**
284	**Hugh McKenna**	**26:46**

Full results: https://sale-harriers.niftyentries.com/Results/The-Neil-Cliffe-5k-for-St-Ann-s-Hospice

Alderley Edge Bypass 10K - Sunday 22nd August

Back to normal regulations for this Run North West race from the beautiful setting of Alderley Park. Light rain before the race eased to drizzle as just over 1000 runners took to the traffic-free bypass. Dave Ainsworth had a super fast run, his fastest 10K for 5 years, to win the V60 category prize by almost 3 minutes whilst Paul Cooper was just 2 seconds outside the time he set in July at the Wilmslow Summer 10K. Graham and Carole Harrison ran together, Carole finishing second FV55. Colin Davies and Hugh McKenna both ran their fastest 10Ks of the year .
The race was won by David Barratt of Salford Harriers in 30:18 and the first lady was Emma Taylor of City of Stoke AC in 34:40.

Full results: https://run-northwest.niftyentries.com/Results/Alderley-Edge-bypass-10K-2021

		Chip	Gun
143	Dave Ainsworth	40:24	40:33
320	Paul Cooper	46:08	46:46
374	Graham Harrison	47:56	48:21
375	Carole Harrison	47:57	48:22
528	Colin Davies	51:37	52:32
684	Hugh McKenna	55:29	56:43

Dave Ainsworth

Alderley Edge Bypass 10K - Sunday 22nd August

Photos by Mick Hall

Mid Cheshire 5K - Friday 27th August

Conditions were perfect for the second Mid Cheshire 5K of the year on this fast course at Kingsley. A total of 12 Altrincham runners took part with Ben Riddell (pictured below) first home in 38th place. Craig Bradbury, Andrew Paton-Crockett, Matt Page and Richard Parry all ran personal bests with Dave Ainsworth (V60) and Carole Harrison (FV 55) both finishing 3rd in their category.
The race was won by Adam Craig of Inverclyde AC in 13:48 and the first lady home was Katie Holt of City of Stoke AC in 15:28. There were 485 finishers.

Full results: https://runcheshire.niftyentries.com/Results/Mid-Cheshire-5k-Summer-2021#

38	Ben Riddell	15:13
167	Craig Bradbury	17:08
189	Tom Moseley	17:23
279	Andrew Paton-Crockett	18:45
297	Matt Page	19:03
306	Dave Ainsworth	19:10
336	Gordon Nicoll	19:47
386	Graham Harrison	21:17
414	Carole Harrison	22:47
424	Mike Duncombe	23:31
431	Richard Parry	23:49
445	Alison Vesey	24:28

Altrincham & District Athletic Club 1961 - 2021

Diamond Jubilee Year

A History of Altrincham & District Athletic Club

by Jeff Norman

Part Seven: Further Improvement - 1966

Amongst new recruits in 1966 were Gill Bardsley, a very good young sprinter (now Gill Thompson who lives in North Wales and is a regular at Conwy parkrun) , and Corporal Dave Attwell.
Dave spent his first few years with the club stationed in Malaysia. Because of the intense heat (usually around 100°F), times were very slow, but Dave did win races including a steeplechase in 9:41, beating the army record out there.
Again the AGM was held at the home of Alan and Janet Hardman.
The Stamford Estates requested renegotiation of new terms for the use of the arch - namely a rent of £10 - at which point we decided we no longer wished to use the arch. The passenger railway from Manchester to Warrington was closed in 1962, and in 1995 the railway bridge across the Bridgewater canal was demolished. However the arches that formed the approach to the bridge on the north side were retained for use by businesses on Viaduct Street. A new buttress wall was built, but the outline of the arches can still be seen. Only one of them is still used from the playing fields side - that of Broadheath Central Football Club. The one at the end used by Altrincham Athletic Club which originally had a broad open access to the field is now hidden behind trees and undergrowth.

Use of the newly built changing pavilion for footballers at the far side of King George VI playing fields had been approved by the council, and we immediately moved in. The charge agreed with the Parks, Golf and Allotments committee was 6 guineas to cover the required period of use. The track was marked out on the fields. Although these fields were used on Thursdays, the club were now using Gatley track on Tuesday nights, except when there was either a Manchester League meeting or a Stretford Track League meeting on the new cinder track at Longford Park, reputed to be one of the fastest tracks in the country. The club championships were held at Gatley track.

In the winter, the club started to use the Seamon′s Moss Community Centre as a training base on Thursday evenings. The Centre was built as a School for boys in 1867. Apart from use by the local community and for the youth club, it was used as a base for Seamon's Cycling Club. There were no showers, but it provided a large room for warmth and shelter before and after training on the dark winter nights. Training was on quiet road circuits around Oldfield Brow. Favourites were hill reps up Bonville Road or intervals on the dreaded 'Figure of 8' - Grey Road, Wainwright Road, Gorsey Lane, Highgate Road, Bradgate Road and Suffolk Road.

We continued to use Seamon's Moss until 1981 when the rent went up and we were able to use North Cheshire College with changing rooms and showers for the same price. Sadly, in 2000, the community center was converted, with the building of an additional storey into 9 luxury flats.

Seamon's Moss as it is today

The Track & Field season opened with a double sprint win for Gillian Bardsley in an inter club match at Oldham and Janet Hardman and Judith Plumb winning Cheshire County titles in the Ladies′ and Intermediate Ladies′ discus events. Anthony Porten reduced his 440 yard time down to 50.s before leaving for Cambridge University, where he won the freshman′s 400m in sub 50 seconds, but he was never heard of again.

Pete Drinkwater rewrote the junior middle distance records, John Hammond set new marks in the discus and shot and Alan Blinston continued to eat away at his own records.

The club were competing in the Manchester Track League 'B' Division and Alan scored a notable double in the mile and 2 miles at Oldham, and won a number of other races over 1, 2 and 3 miles.

Derek Walton joined Alan Blinston to clock an impressive 45:29 in a 10 mile paarlauf at Stretford. Barry Chapman improved his field events, adding 2 inches to the club long jump record and took the 'Athlete of the Year' title, a title he was to win for 15 consecutive years! The title was won with the most points earned in the Track League. Gillian Bardsley was female athlete of the year, a title she was to win for the next 6 years.

The spring road relay season gave us the opportunity to make amends for our previous disastrous results in this discipline, finishing third in the YMCA Road Relay with Jeff Norman, Pete Drinkwater, Derek Walton and Alan Blinston.

Derek set three club records within a week: As our first marathoner, he set marks for 20 miles and the Marathon (2:35:12) when 14th in the Beverley Marathon at Easter. The Beverley event was the Northern Championship and Alan Hardman and Harry Wilkes also took part.

Derek was the club's third county champion (following Janet Hardman and Judith Plumb's wins at the Track & Field Championships) when winning the 20 miles title at Pembroke, Liverpool.

Derek enhanced his promise as a distance runner when placing 24th in the AAA Marathon. He later improved to 2:32:37 for 4th place in the Preston to Morecambe Marathon which made him the first Altrincham athlete to achieve a AAA grade 1 standard and placed him 45th in the British ranking list. This race was also where Jeff Norman made his marathon debut, finishing 7th (2:40:21).

Our team performances were slightly better than in 1965. We were 7th from 11 teams in the tough Macclesfield 10, won by Roy Fowler of Stoke. The severity of the course didn't prevent almost half the field beating the hour. But then, unlike today, they were nearly all young men. The first vet was 50th. The theme was repeated at the Freckleton Half Marathon, where the first vet was 35th out of 44 runners and the last man clocked 1:24:44! Derek Walton who finished in 20th place in 73:55 and Jeff Norman (23rd in 74:49) made their half marathon debuts.

The club finally won its first road race team prize in July when beating Salford at the Middleton 15, won by Mike Freary of Bolton, with Jeff Norman 8th, Alan Blinston 9th and Dave Attwell 10th. They then won the award for the most improved team in the Chris Vose 7, and placed 2nd to Wirral (beating Sale) in their first ever Cheshire County Road Relay (Alan, Jeff, Derek, Pete Drinkwater, Jack Roberts and Paul Chambers), Alan Blinston taking fastest lap.

But it was an even worse performance than 1965 in the Longdendale Relay. Despite Alan Blinston finishing 7th to Derek Ibbotson of Longwood Harriers, the first man to run a mile in *exactly* 4 minutes, on leg 1, we ended up 58th and last behind Longwood's 'D' team.

Derek Ibbotson

Alan Hardman found success in his new venture into race walking, taking the novice trophy in the Manchester to Blackpool walk (51½ miles).

A History of Altrincham & District Athletic Club

At the age of 18, Jeff Norman was inspired by an article in a magazine entitled “Runners compete at own risk”. It was about the Yorkshire Three Peaks Race. But you had to be 21 before you could take part. He couldn’t wait. Now 21 and despite recovering from injury and with very little training, he lay down and fell asleep after being unable to stay upright on the final descent. He eventually managed to get down to finish in 3 hours 41 minutes in 45th place.

Alan Blinston’s progress over the country was astonishing. From 84th in the first Manchester League in 1963/4 to a best of 37th in 1964/5, then 18th in 1965/6, he was 9th in the first match of the 1966/7 season, and continued to improve, to finish runner up in the second match, before winning the last two and the overall title. Alan was 22 and still only training 50 - 60 miles a week.

Changing accommodation for our cross country races became an issue. The Drill Hall was no longer available. The first inter-club match was therefore held at Wythenshawe Park over the same three lap course as was used for the Manchester League. Ray Phipps beat Alan Blinston into 2nd place. After obtaining the use of Seamon’s Moss Community Center, the remaining matches were held at Oldfield Brow where Alan got his revenge on Phipps. In the last match Alan beat Frank Hargreaves of Oldham.

For the final inter-club cross country match, U15 and U13 boys races were put on and all local schools invited to take part. They were also advertised in the local press, but only for runners who were not members of a club.

The course from Seamon’s Moss Community Centre contained road and canal paths and went through Dunham Park. It was reported as “one of the season’s most attractive courses, credit going to the hosts”.

Janet Hardman won the combined Inter/ Ladies 2 mile race by 1½ minutes from Harris of Sale.

The club’s organisational abilities were really put to the test when we were given the job of staging the Cheshire County Cross Country Championships for Ladies, Girls and Boys at Winnington Park, Northwich. Despite a lack of officials, it went off very successfully.

After 2 years at Wythenshawe Park, the Christmas Handicaps were moved to Oldfield Brow, starting at the bottom of Bonville Road and going through Dunham New and Old Parks and back.

Jeff Norman took over the handicapping from Wilf Richards, a job he has continued to do to this day. 13 year old Mark Hartley won from Alan Hardman and Alan Blinston.

In those days, second claim members were allowed to run in county championship teams, and the club recruited a number of good class runners with Cheshire qualifications from Manchester clubs. These included bronze medallist Paul Chambers, four minute miler Brian Hall, and Mike Bateman (now a prominent coach with Morpeth Harriers). As a result we won team silver behind Wirral, though Alan was disappointed with his individual silver behind Ray Phipps, Sale’s new recruit. Nevertheless it ensured that he became the club’s first cross country county representative when he was selected to run in the Inter-Counties Championships. Alan had disappointing runs in the major championships. He was 24th in the Northern at Peel Green, Eccles having been ill, and 130th in the National, held at Norwich in a heatwave. Altrincham failed to finish a team.

Through The Years

Jeff Norman looks back at news from previous years.

50 Years Ago This Month

Just four weeks after unexpectedly winning the Preston to Morecambe Marathon, I took part in the Enschede Marathon in Holland and thought I was going quite well, keeping pace with the reigning Olympic Champion, Mamo Wolde of Ethiopia for the majority of the race, However, in contrast to my previous marathon, I struggled in the later stages to finish ninth in 2:26:15.
Over the following three weeks injury reduced me to little more than 20 miles a week and I demoted myself to the B team in the two relays (Hollingworth Lake and Longdendale) in the following weeks. Then in the Chris Vose 7 mile road race at Warrington I had a sprint finish with Alan Rydout.

25 Years Ago This Month

On 4th September, the club organised its 27th Altrincham 5 mile road race. Unfortunately the race didn't quite make it to 30 years, as 1998 was the last time it was run due to increasing traffic and lack of police support.
Despite providing many marshals and officials, the club still put out 37 runners and, with Lee Hurst 6th, Bill Crowther 9th and Des Gibbons 12th, won the men's team race, and the ladies' team did likewise with Vicki Perry 2nd, Sue Pavey 6th and Heather Johnson 8th.The winner was Paul Green of Sale in 23:42. First Lady was Bev Jenkins of Salford in 28:38. Heather won the lady vets' prize.
Later in the month Jean Jones organised the first Altrincham 'Ladies Only' 5 kilometre race around Wythenshawe Park, won by Penny Thackray of Spenborough in 17:16.
On September 21st, Ken Burgess and Mike Brooks set out on the Jos Naylor Challenge - 48 miles, 31 summits and 16,000 feet of ascent and descent from Pooley Bridge at the NE end of Ullswater to Greendale Bridge SW of Wasdale. The challenge for veteran men over 50 is to complete the course in 12 hours. And all was going well as Ken reached Kirkstone Pass 7 minutes ahead of schedule and Mike bang on. Ken was going well as I paced him up Red Screes, over to Fairfield and Seat Sandal and down to Dunmail Raise.
Alan Barlow paced Mike to Dunmail Raise and Graham Watson paced Ken up Steel Fell, across the Langdales and over Bowfell to Styhead, as Ricky Wilde waited to pace Mike over this section. But Mike had dropped behind and pulled out. Ken continued to run strongly over Great Gable but wasn't enjoying the rough descents and started to lose time. Rick Rose and Robin Wignall tried to cajole Ken over the last section finishing with Seatallan and Middle Fell. Ken arrived at Greendale Bridge just 20 minutes over the 12 hours, but was nevertheless congratulated by Jos Naylor himself on a great effort.

10 Years Ago This Month

Ryan Ganose (son of Bev Jackson) won the club senior mile championship as an under 18.
Zac Fenton, now winning at jumps and throwing events in the Northern Track & Field League was second in the U11 race.
Craig Partridge celebrated his birthday in the Poacher's Inn, Bollington. Before retiring to the pub, he had organised a navigation event with a total of 15 participants. Bruce Owen navigated brilliantly to finish a full 7 minutes ahead of Andrew Barton, but allowing for age and sex grading, Craig declared Colin Davies the winner, just over a minute ahead of Bob Buckley with Bruce third.
Sandra Lewis completed two fell races on the same day, finishing 2nd at Coombes Tor and 3rd at the Padfield Plum Fair Scamper. Perhaps the hardest part was getting between the two races in time.

Senior Endurance Training at Timperley Track – Start Time 7.15pm

Mansel's group (Tuesdays):

September

Tue 7th	Joint session with Phil's group: 4 sets of 2 min effort, 60s rest, 80s effort, 60s rest, 60s effort, 60s rest, 40s effort - 3 min rest between sets.
Tue 14th	10 x 500m, 90s recoveries.
Tue 21st	Club mile championships.
Tue 28th	5 sets of 3 x 300m, 75s recoveries - 3 min jog between sets.

Phil's group (Tuesdays)

September

Tue 7th	Joint session with Mansel's group: 4 sets of 2 min effort, 60s rest, 80s effort, 60s rest, 60s effort, 60s rest, 40s effort - 3 min rest between sets.
Tue 14th	Track session - 10 x 3 min with 90s rest
Tue 21st	Club mile championships.
Tue 28th	Road and Track - 1½ mile road tempo, 2 x 2 min with 90s rest, 1½ mile road, 2 x 2 min with 90s rest, 1½ mile road.

Phil's group (Thursdays)

September **Venues vary - see dates for location.**

Thu 2nd	John Leigh Park: 5 min efforts with 2 min recovery. (no of efforts depends on your own race targets).
Thu 9th	Salisbury Fields: 1 km efforts with 60s recovery. (no of efforts depends on your own race targets).
Thu 16th	Stamford Park (meet at park car park on Stamford Park Road). 2 km efforts with 2 min recovery. (no of efforts depends on your own race targets).
Thu 23rd	Stamford Park (meet at park car park on Stamford Park Road). 1 km efforts with 1 min recovery. (no of efforts depends on your own race targets).
Thu 30th	No training - Phil on holiday..

ALTRINCHAM & DISTRICT ATHLETIC CLUB
ANNUAL CLUB MILE RACES

Tuesday 21st September at Timperley Track

PROVISIONAL RACE PROGRAMME **

7.00pm	U9 boys & girls
7.15pm	U11 boys & girls
7.30pm	U13 boys & girls
7.45pm	Championship race: U15 / U17 / U20 /Senior women
8.00pm	Championship race: U15 / U17 / U20 /Senior men

***May change depending on numbers competing in each category.*

Registration:

Register and collect your number in the office at least 20 minutes before your scheduled start time.

Bring your own safety pins if possible.

Non members are welcome to race.

Your usual track fee is your entry fee for the races.

Under 18s register attendance as normal.

Manchester Area Cross Country League 2021/22

We have had a zoom meeting with the MACCL, and for the upcoming season 2021/22 they will be introducing chip timing. The timing mat will only be at the end of the race, so everyone starts on the gun and first across the line wins. It's all to ease congestion and speed up results.
The entry fees have gone up to £7 per athlete for the series of 5 races, as opposed to £1 per race, and 50p for any athlete not taking part in any races at all.
In 2019/20 there were 100 Altrincham athletes entered. With 37 of them not competing at all, and the remaining 63 only averaging two races, it cost the club £170. If we enter the same number of athletes this year with the same participation it will cost the club £700.
So, we need commitment from all age groups to compete in the series, if not all races but most of them, otherwise it's going to incur unnecessary costs to the club.
We will only enter existing members and any new members are encouraged to compete in the SELCC at a cost to themselves (£10 for the series paid on the day).
Online entries open on 14th September and close 3rd October.

Graham Harrison (Cross Country Coordinator)