PAWPRINTS

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

JANUARY 2023

Club website www.altrincham-athletics.co.uk

Happy New Year

Happy New Year to all members of Altrincham & District Athletic Club, a fair number of whom are pictured here during the 'Christmas Pub Run' organized by Dan Martell on Monday 19th December.

February Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com
by Wednesday 25th January. Articles, reports, results, news, and photos gratefully accepted.

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ADAC Committee 2022 - 2023

Chairman	**Mansel Pope**
Secretary	**Helen Simpson**
Membership Secretary	**Fiona Cosgrove**
Treasurer	**Carole Harrison**
Welfare Officer (Juniors)	**Katy Fagan**
Welfare Officer (Seniors)	**Duncan Dickinson**
Social Secretary	**Gordon Nicoll**
Coaching coordinator	**John Snape**
Road Running	**Dave Norman**
Cross Country	**Graham Harrison**
Fell Running	**Tim Raffle**
Track & Field	**Alison Vesey**
Any safeguarding concerns:	safeguarding@altrincham-athletics.co.uk.

Club Road Race Championship 2022/23

The club road race championship kicked off on Thursday 30th June with the first Sale Sizzler, and will continue through until May 2023, concluding with the super-fast Christleton 5K.

It will be conducted along the same lines as in previous years, using “Age Graded Performance”, to determine overall positions.

Detail are as follows:

Format of the 2022/23 ADAC Road Race Championship

The championship will be based on a specific list of races (see below).

To qualify for the championship you will need to have competed in at least 5 of the listed races, and covering more than one distance (i.e. cannot qualify with 5 x 5K races).

If you have run in more than 5 races your best 5 age graded performances will count.

As the year progresses, and then in the final analysis, your five best age graded performances will be added together and averaged.

The overall championship will be based on the best average age graded performance across the year.

Because Age Grading takes account of gender there is no need for separate championships – males and females will compete against each other.

The age grading will be arrived at by using the Masters’ Athletics Age-Graded Calculator.

Qualifying races are as follows:

Sale Sizzler 5K x 4	30/06/22, 14/07/22, 28/07/22, 11/08/22 (best of 4 to count)
Wilmslow Summer 10K	10/07/22
Birchwood 10K	21/08/22
Mid Cheshire Summer 5K	26/08/22
Altrincham 10K	04/09/22
Manchester Half Marathon	09/10/22
Knutsford 10K	16/10/22
Preston 10 Mile	20/11/22
Stockport 10 Mile	20/11/22
Wilmslow Festive 10K	27/11/22
Alsager 5 Mile	05/02/23
Wilmslow Half Marathon	26/03/23
Salford 10K	07/04/23
Mid Cheshire Spring 5K	28/04/23
Christleton 5K	12/05/23 (tbc)
Any Marathon	(see below)
Any parkrun	(see below)

“Any Marathon” and “Any parkrun” – club members will have the opportunity to include their best Marathon and/or parkrun in the final figures.

The runs must have taken place between 1st July 2022 and 30th April 2023 to count.

I will send out a reminder for you to provide me with details towards the end of the process.
So, come on everybody there is plenty to go at, get entering these races and let’s get involved!!

Dave Ainsworth

Club Road Race Championship 2022/23

	Races	Ave (%)
Richard Johnson	1	93.68
Pippa Cameron	1	90.07
Andy Pickford	1	87.96
Bev Jackson	3	84.74
Peter Pickwell	3	84.27
Carole Harrison	1	83.75
Dave Norman	1	83.14
Andrew Holloway	1	82.65
Gordon Nicoll	2	82.07
Mike Ridley	1	81.90
Phil Raffo	3	80.44
Tim Greenald	2	80.36
James Pattison	3	80.35
Matt Gawne	1	80.32
Alison Vesey	2	79.85
Graham Harrison	2	79.38
Tom Moseley	1	78.21
Richard Jellyman	1	78.11
Matthew Beacock	1	78.10
Adam Gooch	1	77.03
Kristan Matuszczak	2	76.77
Ted Murray	1	75.84
Nick Hamlin	3	75.75
David Hughes	1	74.98
Dave Entwistle	2	74.91
Jeff Norman	1	74.64
Paul Abraham	1	74.53
Matt Page	1	74.36
Zoe Gmerek	2	73.52

	Races	Ave (%)
Duncan Dickinson	3	73.01
Stephane Laffly	4	72.78
Peter Waterson	1	72.31
Nadia Erdenesuren	1	71.79
Dan Martell	4	71.64
Alice Welch	2	70.64
Andy Spencer	3	70.60
Matthew Allen	2	70.16
Colin Davies	3	70.08
Mike Duncombe	2	69.59
Angela Bamford	1	69.52
Nick Cuff	2	69.10
Clare Hanley	3	69.08
Andrew Paton-Crockett	1	68.91
Hugh McKenna	2	68.70
Amanda Martell	1	68.07
Craig Partridge	1	67.51
Francesca Kent	1	66.50
Andrea Wise	1	66.30
Mark Newton	1	65.50
Damian Utton	1	63.30
Adrian Edwards	1	62.50
Emma Simpson	1	59.29
Philip Kemp	1	57.58
James Durkin	1	56.50
Ben Morrison	1	56.35
Mark Whitfield	1	56.25
Robert Greenhalgh	1	51.35
Richard Parry	4	46.50
Tayyab Jawaid	1	44.45

Senior Endurance Training at Timperley Track
Start Time 7.15pm (warmed up, ready to go)

Mansel's group (Tuesdays)

January

Tue 3rd	Joint track session with Phil's group: 5 sets of 3 x 90s effort with 60s recovery, 2 min rest between sets.
Tue 10th	Grass: 4 x 2 min effort, 3 x 4 min effort, 4 x 2 min effort all with 90s recovery.
Sat 14th	Manchester Area Cross Country League - Tatton Park.
Tue 17th	Track: 8 x 3 min, 90s recovery.
Tue 24th	Grass: 10 x 2 min, 90s recovery.
Sat 28th	North of England Cross Country Championship - Witton Park, Blackburn.
Tue 31st	Track: 5 sets of 700m, 90s recovery, 300m - 2½ min between sets.

Phil's group (Tuesdays)

Drills at 7:00pm for those that wish.

January

Tue 3rd	Joint track session with Mansel's group: 5 sets of 3 x 90s effort with 60s recovery, 2 min rest between sets.
Tue 10th	Road and Track: 1½ mile road tempo, 7 x 2 min with 90s rest, 1½ mile road tempo.
Tue 17th	Grass: 2 x 2 min with 90s jog, 2 x 4 min with 2 min jog, 1 x 6 min with 2 min jog, 2 x 4 min with 2 min jog, 2 x 2 min with 90s jog.
Tue 24th	Road and Track: 1½ mile road tempo, 5 x 3 min with 90s rest, 1½ mile road tempo. (If doing area cross country champs do first 1½ very easy, don't do last 1½)
Tue 31st	Track: 10 x 3 min with 90s recovery.

Phil's group (Thursdays)

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

Thu 5th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 1 km efforts with 1 min recovery. (number depends on target race distance).
Thu 12th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 2 km efforts with 2 min recovery. (number depends on target race distance).
Thu 19th	Delahays Road hill reps: meet at traffic lights at bottom of hill 7:15pm. 10 hill reps, jog down recovery.
Thu 26th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 1 km efforts with 1 min recovery. (number depends on target race distance).