PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

JULY 2023

Club website www.altrincham-athletics.co.uk

Club Road Race Champion

Richard Johnson is the club road race champion having achieved an amazing score of 91.83%,

Full details page 4

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ADAC Committee 2023 - 2024

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

Thank you John

England Athletics acknowledge the work done by technical officials and present them with a unique pin badge on completion of 20 years' service.

John Snape, our long-standing and much-valued juniors' coach was presented with his award at the Greater Manchester County Championships at Leigh on 13th May.

Well done John and thank you for all you do!

August Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com

by Wednesday 26th July. Articles, reports, results, news, and photos gratefully accepted.

Altrincham & District Awards 2022

Athlete of the year (Senior Men)	Richard Johnson
Athlete of the year (Senior Women)	Naomi Kingston
Most Improved Athlete	Rory Mackintosh
Dave Telford Memorial Trophy (Veteran)	Richard Johnson
Male Veteran	Andy Pickford
Female Veteran	Alice Welch
Men's Mile	not contested
Women's Mile	not contested
Chadwick Trophy (best track performance)	Rick Evans
Rick Shelley Trophy (best field performance)	Clara Edwards
Fell Championship (Men)	Tim Greenald
Fell Championship (Women)	Bev Jackson
Alex McCracken Trophy (Junior Cross Country)	Saoirse Maule
Road Race Championship	Richard Johnson

Club Road Race Championship 2022/23

Huge congratulations to Richard Johnson, ADAC Club Road Race Champion 202/23. The performances he has put in over his 5 qualifying races have shown what an outstanding athlete he is, achieving an incredible overall average of 91.83%, rightly earning his place among the top M55 athletes in the UK.
Great running Richard and long may it continue!!

In summary this is how he did it:

	Chip Time	Age Grade (%)
Sale Sizzler 5K Race 1	16:41	93.68
Preston 10 Mile	59:31	88.01
Wilmslow Festive 10K	35:15	90.54
Alsager 5 Mile	27:58	92.07
Christleton 5K	16:34	94.87

In second place, and last years winner, was Bev Jackson. with another outstanding average of 83.82%.
Bev's performances are summarised as:

	Chip Time	Age Grade (%)
Sale Sizzler 5K Race 3	22.03	85.23
Wilmslow Summer 10K	46.02	83.68
Mid Cheshire Summer 5K	22.02	85.30
Wilmslow Festive 10K	46.07	82.11
Wilmslow Half Marathon	1:40.22	82.78

And a final, but by no means least, mention to Peter Pickwell who finished in third place with another an impressive average of 83.72%. Only 0.1% behind Bev!!

The full table can be found on the following page.

Dave Ainsworth

Club Road Race Championship 2022/23

Final Table

	Number of Qualifying Races Run	Average Age Graded Score (%)
Richard Johnson	5	91.83
Bev Jackson	7	83.82
Peter Pickwell	5	83.72
Tim Greenald	6	83.07
James Pattison	5	79.42
Graham Harrison	5	78.35
Richard Jellyman	5	75.24
Nick Hamlin	5	74.35
Stephane Laffly	7	73.20
Duncan Dickinson	6	72.46
Colin Davies	5	69.89
Richard Parry	5	45.84

The final table shows only those who completed the minimum 5 races to qualify for the overall championship.

Dave Ainsworth

Many thanks to Dave for all his hard work organising the championship and working out all the scores.

Details of the 2023/24 championship on next page.

Club Road Race Championship 2023/24

As last year, this year's road race championship kicks off with the Sale Sizzler 5Ks and will continue until May 2024, concluding with the Dunham Massey 5K (Race 1).
It will be conducted along the usual lines, using Age Graded Performance, to determine overall positions.

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 in the final analysis, your 5 best age graded performances will be 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:

1	Sale Sizzler 5K x 4	22/06, 07/07, 21/07, 03/08/2023 (best of 4 to count)
2	Wilmslow Summer 10K	09/07/2023
3	Mid Cheshire Summer 5K	25/8/2023 (waiting list)
4	Altrincham 10K	17/9/2023
5	Knutsford 10K	01/10/2023
6	Manchester Half Marathon	15/10/2023
7	Preston 10 Mile	19/11/2023
8	Wilmslow Festive 10K	26/11/2023
9	Stockport 10 Mile	10/12/2023
10	Alsager 5 Mile	04/02/2024
11	Hale 10K	18/02/2024
12	Trafford 10K	03/03/2024
13	Wilmslow Half Marathon	24/03/2024
14	Wilmslow 10K	24/03/2024
15	Salford 10K	29/03/2024
16	Mid Cheshire Spring 5K	26/04/2024
17	Christleton 5K	17/05/2024
18	Dunham Massey 5K Race 1	23/05/2024
19	Any Marathon (see below)	
20	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 2023 and 31st May 2024 to count. I will send out a reminder for you to provide me with details towards the end of the process.

Dave Ainsworth

Birchwood Brook 5K - Race 1 - Thursday 1st June

Despite glorious weather there was a poor turnout for the second race in the North Cheshire 5K Grand Prix Series with just 100 finishers. Arun Dight of Vale Royal AC followed up his win at Dunham Massey the previous week with victory again here in 15:28 and Louisa Thompson of Cheshire Dragons was first lady in 19:32.

ADAC had three prize winners: Rick Evans first MV55, Graham Harrison first MV60 and Peter Pickwell first MV70. Dominic Gibson was third MJ and Kieran McGlade, Rick Evans, Dominic Gibson and Graham Harrison were runners up for the team prize.

Full results: www.spectrumstriders.org.uk/n-cheshire-gp-results-2023

11	**Kieran McGlade**	**18:17**
15	**Rick Evans**	**18:52**
22	**Dominic Gibson**	**19:43**
30	**Graham Harrison**	**20:46**
51	**Peter Pickwell**	**22:06**

Rick Evans

Graham Harrison

Peter Pickwell

Dunham Massey 5K - Race 2 - Thursday 8th June

The Dave Telford Memorial Dunham Massey Race, the third in the North West Cheshire 5K Series, attracted a large field of 242 runners on a beautiful sunny evening. Bernadette, Dave's wife for over 50 years was there with a huge contingent of family and friends, pictured below.

Arun Dight of Vale Royal AC was the winner for the third time in the series, finishing in 15:16 and Nicola Reece of Wilmslow Running Club repeated her win in the first Dunham Massey race with a time of 18:20.

Rick Evans MV55, Graham Harrison MV60 and Saoirse Maule FJ were Altrincham prizewinners.

Full results: www.ukresults.net/2023/dunham2.html

18	Kieran McGlade	17:59
24	Rick Evans	18:19
37	Dominic Gibson	19:10
43	Paul Ratcliffe	19:22
49	Andrew Crockett	19:45
50	Adrian Edwards	19:47
57	Matt Page	20:02
62	Nick Bugler	20:19
67	Stephane Laffly	20:36
68	Graham Harrison	20:37
72	Alexander Edwards	20:50

74	Mark Newton	20:54
85	Saoirse Maule	21:20
93	Alice Welch	21:40
95	Duncan Dickinson	21:44
97	Thomas Turner	21:53
125	Liam Rhodes	23:05
132	Steph Thompson	23:46
137	Damian Utton	24:12
164	Genevieve Jackson	25:36
179	Angela Bamford	26:30

Birchwood Brook 5K - Race 2 - Thursday 15th June

Yet another glorious evening and a much better turnout for the second Birchwood Brook race with 190 finishers. Arun Dight of Vale Royal AC completed a series clean sweep, winning all four races, this time recording 15:22 whilst Nicola Reece of Wilmslow Running Club won her third race of the series with a time of 18:44.

Altrincham had two prize winners with Richard Johnson first MV55 and Gordon Nicoll first MV60.

Rick Evans (MV55) and Graham Harrison (MV60) were series winners.

Full results: www.spectrumstriders.org.uk/n-cheshire-gp-results-2023/#bbrook-results

9	**Richard Johnson**	**17:31**
15	**Kieran McGlade**	**18:07**
22	**Rick Evans**	**18:31**
49	**Gordon Nicoll**	**20:27**
54	**Dominic Gibson**	**20:47**
58	**Graham Harrison**	**20:57**
66	**Mark Newtom**	**21:33**
104	**Kate Stuart**	**23:27**

The start on Birchwood Boulevard

Sale Sizzler 5K - Race 1 - Thursday 22nd June

For the fifth Thursday evening in succession the weather was warm and sunny and this race at Wythenshawe Park attracted a field of 415 runners with 18 from Altrincham. There were excellent performances by Peter Pickwell who was first MV70, Alison Vesey second FV60, BevJackson third FV55 and Rick Evans third MV55.
The race was won by Tom Charles of Chorlton Runners in 15:11 and Abigail Howarth of Vale Royal AC was the first lady in 17:17.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-1-2023#

		Chip	Gun
18	Matt Gawne	16:36	16:39
31	Andy Pickford	17:05	17:08
44	James Pattison	17:17	17:20
69	Dan Martell	17:48	17:54
72	Kieran McGlade	17:57	18:00
96	Rick Evans	18:37	18:40
98	Naomi Kingston	18:39	18:41
118	Matthew Allen	18:57	19:05
152	Tekin Dogruk	19:45	19:48

		Chip	Gun
168	Gordon Nicoll	20:00	20:06
194	Graham Harrison	20:32	20:38
241	Siobhan Egerton	21:44	21:56
243	Peter Pickwell	21:43	21:58
271	Kate Stuart	22:36	22:49
277	Bev Jackson	22:44	22:54
300	Alison Vesey	23:25	23:44
315	Damian Utton	23:59	24:25
371	Richard Parry	26:58	27:30

The Joe Moran Veterans' Track & Field Event

Altrincham had plenty of success at this meeting at Sportcity on Wednesday 7th June.
On a warm and windy evening our 5 athletes won 11 medals - 7 Gold, 3 Silver and 1 Bronze!

800m		
Richard Johnson	**2:13.7**	**1st V55 (2nd overall)**
Neil Pendlebury	**2:21.5**	**2nd V50 (5th overall)**
1500m		
Richard Johnson	**4:47.7**	**1st V55 (2nd overall)**
Neil Pendlebury	**4:57.5**	**1st V50 (3rd Overall)**
3000m		
Tim Greenald	**10:00.0**	**1st V50 (3rd overall)**
Long Jump		
Barry Chapman	**2:02m**	**1st V75**
High Jump		
Barry Chapman	**0:80m**	**1st V75**
Shot Put		
John Snape	**5:79m**	**1st V75**
Barry Chapman	**4.67m**	**2nd V75**
Javelin		
John Snape	**17:02m**	**2nd V75 (pictured below)**
Barry Chapman	**11:58m**	**3rd V75**

Welsh Castles Relay - 10th & 11th June

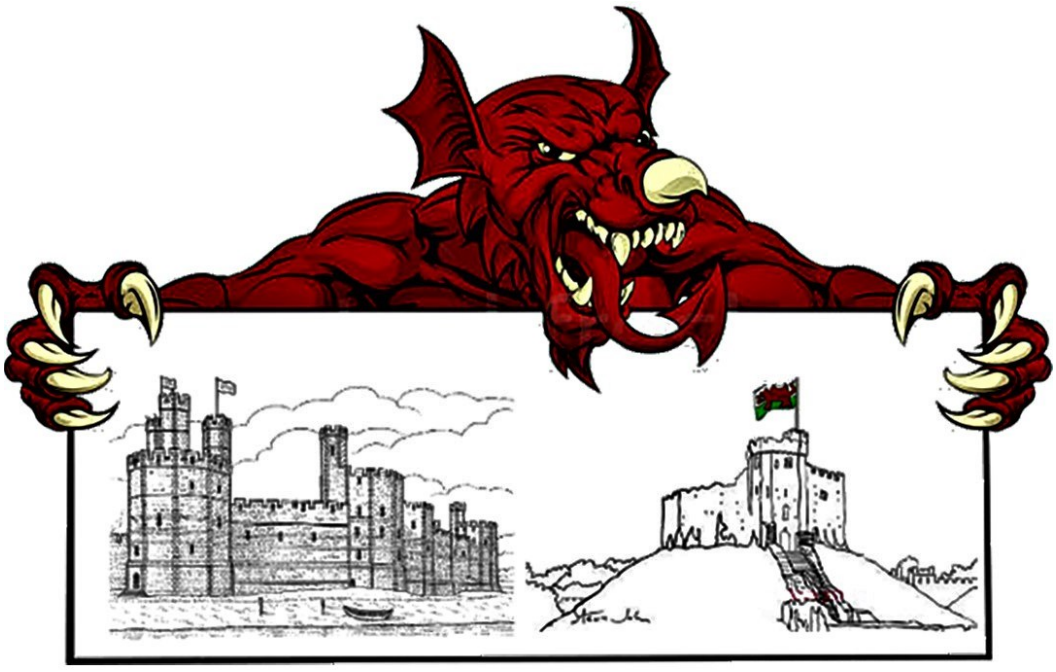
It's 8.30am and the team captains' meeting is taking place at Caernarfon Leisure Centre for the team briefing and to pick up t-shirts and marshalling bibs.
Let the first day begin - 28^{o} C and it's going to be hot!

Dave Livingstone gets us on our way with a solid run to Penygroes.
Leg 2 is David Hughes, finishing in 40th place to Criccieth.
Third out is Mike Berks, struggling with a calf injury so he takes it easy, until he meets six of us marshalling about 4 miles in. We give him encouragement and he starts to pick people off on a tough mountain leg, finishing 22nd, in Maentwrog.
Stage 4 sees Tim Greenald, his first time running this relay, finishing in Harlech in 6th place, warranting a tougher leg in next year's race!
Stage 5, an easier leg for Stephane Laffly this year, finishing in Barmouth in 26th place.
Also new to the 'Castles' is Dave Vaughan, a great run finishing 33rd, in Dolgellau, winning driving Ed Buckley's space machine Tesla.
We put one of our strongest runners, Ed Buckley on leg 7 to Dinas Mawddwy, a very tough mountain stage, and he finished 29th.
Also new to the event is Richard Lane, finishing in Foel with a great run in 19th place.
At this point the race traffic is horrendous and we need to meet Dave Norman, who is a late replacement on leg 10, with his numbers.
Stage 9 is Pete Waterson who has a great run, finishing in 23rd place.
We meet Dave Norman with seconds to spare for leg 10, a 13 mile mountain stage He finishes in Newtown in 10th place – fantastic!

We retire to the B & B for food and a rest.

Day two - Stage 11 is Paul Abraham on a tough mountain stage with a great run, finishing 34th.
Also a first timer is James Pattinson on leg 12, finishing at Crossgates in 7th place and also first vet, winning a t-shirt (and a tougher Leg next year!)
Graham Harrison on leg 13, an undulating 10 miles, finishes 33rd.
Back from his travels, sees Matty Gawne take on Drovers, Stage 14 mountain leg for the second time in a row, finishing in 12th place, fantastic running.
Stage 15, just short of 13 miles, is taken on by Dan Martell who has a great, finishing in 25th place.
Richard Johnson takes on Stage 16, the toughest mountain leg, finishing in 26th place, fantastic running.
Pippa Cameron takes on Stage 17 with a great run, finishing 16th and first female vet, winning a stage t-shirt.
Stage 18 is Richard Evans with a great run, finishing 20th.
Carole Harrison takes on leg 19, with an injured hamstring, finishing 58th.
Glory leg 20 into Cardiff is Gordon Nicoll, with a great run.
We finish in 20th place out of 66. Not bad for a team of mostly vets.
Myself and Carole would like to thank all involved, we'll look forward to doing it all again next year.

Graham Harrison - vice captain.



Fell Running

Club championship

Blackstone Edge – Wednesday 24th May

A very strong club turnout for this short evening race.
Andy Norman came home in third place (and first MV40) to take maximum points.

3	**Andy Norman**	**32:50**
11	**Arthur Raffle**	**34:50**
20	**Tim Greenald**	**37:47**
30	**Dan Martell**	**40:20**
39	**Andrew Smallwood**	**43:11**
60	**Gordon Nicoll**	**46:56**
64	**Richard Kennaugh**	**48:01**
67	**Phil Vesey**	**48:27**
87	**Alison Vesey**	**61:33**

Jack Walton of Keighley & Craven won in a time of 31:30 with Martha Tibbot of Saddleworth first lady in 34:50.
There were 93 finishers.

Edenfield – Sunday 4th June

Possibly the friendliest race i the calendar. Tim Greenald took maximum points.

14	**Tim Greenald**	**51:44**
51	**Gordon Nicoll**	**1:05:17**
70	**Phil Vesey**	**1:09:23**
91	**Alison Vesey**	**1:17:08**

Ben Coop of Bury was the winner in a time of 43:31 with Katie Walshaw of Holmfirth first lady in 49:26. 120 finished.

Kinder Trog – Sunday 25th June

A very hot day for a long race which probably kept the numbers down.
Arthur Raffle took maximum points with Steve Renny finishing first MV50.

12	**Arthur Raffle**	**2:31:51**
15	**Steve Renny**	**2:36:20**

Joe Oldfield of Matlock was the winner in a time of 2:00:20 with Emily Sanders of Ashbourne first lady in 2:57:39.
There were 59 finishers.

Club championship standings after eight rounds

1	**Arthur Raffle**	**48 points**	**9**	**Andy Norman**	**10**
2	**Tim Greenald**	**34**	**10=**	**Fiona Cosgrove**	**9**
3	**Dan Martell**	**31**	**10=**	**Phil Vesey**	**9**
4	**Gordon Nicoll**	**25**	**12=**	**Bev Jackson**	**4**
5	**Steve Renny**	**20**	**12=**	**Andrew Smallwood**	**4**
6	**Alison Vesey**	**17**	**12=**	**Amanda Martell**	**4**
7=	**Tim Raffle**	**11**	**15**	**George Raffle**	**2**
7=	**Richard Kennaugh**	**11**	**16**	**Mike Duncombe**	**1**

Next up Kentmere Horseshoe, Sunday 16th July.

Other race reports

Passing Clouds – Sunday 4th June

Some opted for a more southerly race venue rather than heading north to Edenfield and in some cases this was a convenient stop on the journey back from a very satisfactory visit to Wembley the day before.
Arthur Raffle came home in second place and together with Dan Martell and Steve Renny picked up the team prize.

2	**Arthur Raffle**	**1:17:16**
10	**Dan Martell**	**1:22:36**
21	**Steve Renny**	**1:28:42**

Harry Bond of Staffordshire Moorlands was the winner in a time of 1:14:34.
Eleanor Wainwright of Clapham Chasers was first lady in 1:30:50 and 93 finished.

Dan, Arthur & Steve

Senior Endurance Training at Timperley Track

Start Time 7.15pm (warmed up, ready to go)

Mansel's group (Tuesdays)

July

Tue 4th	4 x 60s, 60s recovery, 8 x 90s, 75s recovery 4 x 60s, 60s recovery.
Tue 11th	10 x 2 min, 90s recovery.
Tue 18th	12 x 90s, 75s recovery.
Tue 25th	Session in John Leigh Park: 4 sets of 30s hill rep, 90s sustained effort, 30s hill rep, 3½ min effort with 2 min between efforts, 4 min between sets.

Phil's group (Tuesdays) Drills at 7:00pm for those that wish.

July

Tue 4th	Road & Track: 1½ mile road tempo, 5 x 90s with 90s recovery, 5 x 70s with 70s recovery, 5 x 40s with 40 s recovery. (runners targeting 5Ks hold back on tempo, focus on track efforts)
Tue 11th	Track: 9 x 3 min effort, 2 min recovery. (runners targeting 5Ks: 6 x 3 min efforts)
Tue 18th	Road & Track: 1½ mile road tempo, 10 x 90s with 60s recovery. (runners targeting 5Ks hold back on tempo, focus on track efforts)
Tue 25th	Track: 2 x 2 min with 90s recovery, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 10 min tempo, 2 min jog, 4 x 60s effort with 60s recovery.

Phil's group (Thursdays)

July	**Venues vary - see dates for location.**
Thu 6th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm 2 x hill reps followed by 5 min efforts, 2 min recovery. (number depends on target race distance).
Thu 13th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm 3 x hill reps followed by 3 min efforts, 90s recovery. (number depends on target race distance).
Thu 20th	Salisbury Fields: meet at gated entrance to football pitches 7:15pm 1 km efforts with 60s recovery. (number of efforts depends on your own race targets)
Thu 27th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm 2 x hill reps followed by 5 min efforts, 2 min recovery. (number depends on target race distance).