PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

NOVEMBER 2023

Club website www.altrincham-athletics.co.uk

Ultrafast Andy

In his first ever ultra race Andy Norman came home first in the 13 Valleys Ultra on 30th September. He covered the 55 kilometre course in 5 hours and he was first of the 189 runners who took part.

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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**
Junior Coaches	**Mark Newton**
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.**

December Pawprints

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

by Sunday 26th November Articles, reports, results, news, and photos gratefully accepted.

Manchester Area Cross Country League
Match One - Heaton Park
Saturday 14th October

There was a good turnout of Altrincham juniors for the first Manchester Area Cross Country League match of the season which was held at Heaton Park.
In the U11 boys' race Altrincham were 10th team: Luca McFarland 26th, Tobias Ditch field 35th, Isaac Waite 45th.
Altrincham's U11 girls were 6th team: Alice Boothroyd 18th, Erin Maule 20th, Isla Doyle 22nd, Caitlin Fagan 24th.
The U13 boys were 18th team: Charles Bennett 56th, Nico Sidebottom 60th, Max Tempest 65th, Filip Mikolajszyk 67th, Alex Cojeen 78th whilst our sole representative in the U13 girls' race, India Weir was 69th.
In the U15 boys' race Altrincham were 14th team: Charlie Bumstead 46th, Thomas Turner 56th, Max McFarland 58th, Alex Ditchfield 67th. In the U15 girls' race Genevieve Jackson was 25th and Francesca Kent was 14th U17 lady.
With the Manchester Half Marathon taking place the following day numbers were down for the senior races.
There were 298 runners in the senior ladies' race and Altrincham were 16th team and 6th vets' team:
Lora Blann 29th, Alice Welch 73rd, Bev Jackson 111th (3rd V55), Katy Fagan 157th, Alison Vesey 170th (3rd V60).
There were 437 runners in the senior men's race with 13 from Altrincham. The men were 10th team and 2nd vets' team and included Dave Norman 23rd (2nd V40), Mike Berks 31st (4th V40), Richard Evans 190th (2nd V60) and Jeff Norman 423rd (3rd V75).

Full results: https://www.race-results.co.uk/results/2023/maccl23-1.pdf

The second match is at Wythenshawe Park on Saturday 11th November.

Well done juniors

Knutsford 10K - Sunday 1st October

This very fast, flat race attracted a field of well over 2000 runners on a humid morning on which the threatened rain held off until the majority of them had finished. Tim Greenald led twenty Altrincham runners home in 34:47 closely followed by Dave Norman, the 35 minute pacer. Five Altrincham veterans qualified to represent England Masters in the International Race at the Great Birmingham Run 10K run next year. Richard Johnson (MV55), Richard Evans (MV60), Jo Rosenberg (FV45) and Peter Pickwell (MV70) all finished third in their category and Bev Jackson (FV55) also qualified. Tom Brown, Jo Rosenberg, Jonathan Leslie and Chris Burrows all set new personal bests.
The race was won by international Callum Hawkins of Kilbarchan AAC in 29:45 and first lady was Jessica Piasecki of Stockport Harriers in 33:07.

Full results: https://run-northwest.niftyentries.com/Results/Barclays-Knutsford-10K-2023

		Chip	Gun
53	Tim Greenald	34:47	34:53
67	Dave Norman	35:10	35:14
75	Tom Brown	35:34	35:35
86	Richard Johnson	35:46	35:50
123	Kieran McGlade	36:44	36:54
165	Richard Evans	37:32	37:48
193	Jo Rosenberg	38:33	38:36
199	Matthew Allen	38:29	38:50
263	Jonathan Leslie	39:40	40:05
271	Lora Blann	39:55	40:19

		Chip	Gun
340	Gordon Nicoll	41:33	41:57
511	Peter Pickwell	44:16	45:11
761	Bev Jackson	48:52	49:45
829	Alison Vesey	49:36	50:49
892	Chris Burrows	49:21	51:33
900	Nick Burke	49:45	51:43
978	Zoe Gmerek	51:07	53:21
1100	Richard Parry	52:39	54:53
1683	Colin Davies	63:43	65:48
1684	Roger Davies	63:44	65:48

Manchester Half Marathon - Sunday 15th October

A cold sunny morning greeted the 13,000 runners in Old Trafford and eighteen of them were Altrincham members. Matty Gawne was one of eight Altrincham runners to set a new personal best, improving by 3½ minutes to finish in the top 100 in 1:14:39. Matthew Allen, Jo Rosenberg, Stephane Laffly, Gordon Nicoll, Richard Hill, David Vaughan and Siobhan Egerton also recorded their fastest time over the distance.
The male and female course records fell to race winner Jack Rowe of Aldershot, Farnham & District in 1:02:40 and Lauren McNeil of Hallamshire Harriers who was first lady in 1:10:01. There were 12,906 finishers.

Full results: www.manchesterhalfmarathon.com/results

Matty Gawne	**1:14:39**
Andy Pickford	**1:16:48**
Richard Johnson	**1:20:20**
Matthew Allen	**1:24:43**
Jo Rosenberg	**1:26:50**
Stephane Laffly	**1:27:25**
Jonathan Leslie	**1:30:28**
Gordon Nicoll	**1:30:32**
Mark Newton	**1:31:46**

Richard Hill	**1:34:13**
David Vaughan	**1:34:51**
Graham Harrison	**1:34:54**
Peter Waterson	**1:34:55**
Duncan Dickinson	**1:36:02**
Siobhan Egerton	**1:37:35**
Carole Harrison	**1:46:43**
Sarah Waite	**1:47:02**
James Durkin	**1:58:23**

Macclesfield Running Festival - Sunday 29th October

The well respected, tough half marathon organised by Macclesfield Harriers for many years has now been taken over by RunThrough with the addition of a 10K and 5K. All three races are extremely hilly.
Just over 500 runners took on the half marathon which was won by Rob Whitby of Macclesfield Harriers in 1:16:11 with the first lady being Margaret Beever of Stainland Lions in 1:25:49. There were 507 finishers
Altrincham had three runners in the race. Tim Greenald was first MV50 in 1:18:26 whilst Bethan Faulkner was fourth senior lady in 1:36:04 and Bev Jackson was first FV55 in 1:42:14.

Tim

Bethan

Bev

Altrincham also had three runners in the 10K. Colin Davies, who ran with his cousin Roger, was first MV70 in 65:31, with Roger second in 65:34. Robert Greenhalgh was eleventh MV55 in 68:06. There were 353 finishers.
The race was won by Andrew Miles of Vale Royal AC in 32:39 with Vicki O'Meara of Trafford AC first lady in 40:26.

Roger *Colin*

Club Road Race Championship 2023/24

As last year, this year's road race championship kicked off with the Sale Sizzler 5K on 22nd June 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
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 parkun (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

Club Road Race Championship 2023/24

Results of the latest races in this years' club championship. The left hand columns show the actual chip times and finishing positions of Altrincham runners in relation to each other. The right hand columns show the Age Graded Score and re-casts the positions based on this score.

Knutsford

Position by Chip Time		
1	Tim Greenald	34.47
2	Tom Brown	35.34
3	Richard Johnson	35.46
4	Kieran McGlade	36.44
5	Richard Evans	37.32
6	Matthew Allen	38.29
7	Jo Rosenberg	38.33
8	Jonathan Leslie	39.40
9	Lora Blann	39.55
10	Gordon Nicoll	41.33
11	Peter Pickwell	44.16
12	Bev Jackson	48.52
13	Chris Burrows	49.21
14	Alison Vesey	49.36
15	Zoe Gmerek	51.07
16	Richard Parry	52.39
17	Colin Davies	63.43
18	Roger Davies	63.44

Position by % Age Grade		
1	Richard Johnson	90.03
2	Richard Evans	87.39
3	Jo Rosenberg	86.86
4	Tim Greenald	86.39
5	Peter Pickwell	82.61
6	Jonathan Leslie	79.75
7	Gordon Nicoll	79.66
8	Alison Vesey	79.47
9	Bev Jackson	78.51
10	Tom Brown	75.12
11	Kieran McGlade	72.73
12	Matthew Allen	71.50
13	Lora Blann	71.06
14	Zoe Gmerek	65.05
15	Colin Davies	58.96
16	Roger Davies	57.37
17	Chris Burrows	56.60
18	Richard Parry	54.32

Dave Norman and Nick Burke have been excluded from the above as they were pacers.

Club Road Race Championship 2023/24

Manchester Half Marathon

Position by Chip Time		
1	Matty Gawne	1:14.39
2	Andy Pickford	1:16.48
3	Richard Johnson	1:20.20
4	Matthew Allen	1:24.43
5	Jo Rosenberg	1:26:50
6	Stephane Laffly	1:27.25
7	Jonathan Leslie	1:30:28
8	Gordon Nicoll	1:30.32
9	Mark Newton	1:31.46
10	Richard Hill	1:34.15
11	David Vaughan	1:34.51
12	Graham Harrison	1:34.54
13	Peter Waterson	1:34.55
14	Duncan Dickinson	1:36.02
15	Siobhan Egerton	1:37.35
16	Carole Harrison	1:46.43
17	Sarah Waite	1:47.02
18	James Durkin	1:58.23

Position by % Age Grade		
1	Richard Johnson	87.16
2	Andy Pickford	84.83
3	Jo Rosenberg	83.40
4	Gordon Nicoll	79.55
5	Matty Gawne	78.30
6	Graham Harrison	77.38
7	Carole Harrison	76.82
8	Jonathan Leslie	75.98
9	Duncan Dickinson	72.91
10	Mark Newton	72.90
11	Stephane Laffly	72.03
12	Peter Waterson	71.76
13	Matthew Allen	70.43
14	Siobhan Egerton	68.01
15	Sarah Waite	65.56
16	David Vaughan	65.30
17	Richard Hill	65.19
18	James Durkin	51.46

The next two club championship races are:

Preston 10 mile race on Sunday 19th November

Wilmslow Festive 10K on Sunday 26th November

Club Road Race Championship 2023/24

Overall Positions

The championship will be based on the best 5 performances of each runner from the list of races.

Runners will remain in the overall list until such time as it is not possible for them to complete the required 5 races (e.g. if they have only run in 1 race and only 3 races remain), at that point they will be taken off the overall results.

Only the fastest of each runners Sale Sizzler results is included in the overall table.

	Number of Qualifying Races Run	Average Age Graded Score (%)
Richard Johnson	4	90.10
Dave Norman	1	87.76
Richard Evans	1	87.39
Tim Greenald	2	86.41
Jo Rosenberg	3	85.53
Andy Pickford	3	85.52
Rick Evans	3	84.09
Naomi Kingston	2	82.94
Peter Pickwell	4	81.84
Gordon Nicoll	5	81.84
Bev Jackson	3	81.57
James Pattison	3	80.64
Alison Vesey	3	80.24
Jonathan Leslie	2	79.03
Matty Gawne	2	78.79
Paul Ratcliffe	1	78.65
Paul Abraham	1	78.40
Graham Harrison	2	78.22
Mike Berks	1	76.28
Carole Harrison	2	75.94
Nick Hamlin	1	75.87
David Hughes	2	75.83
Tom Brown	2	74.76
Tom Moseley	1	73.81
Kieran McGlade	4	73.77
Clare Hanley	1	73.75
Nadia Erdenesuren	2	73.60
Duncan Dickinson	2	73.03

	Number of Qualifying Races Run	Average Age Graded Score (%)
Mark Newton	3	72.80
Peter Waterson	2	72.47
Dave Entwistle	1	72.30
Matt Page	1	72.14
Stephane Laffly	1	72.03
Dan Martell	2	71.76
Matthew Allen	5	71.34
Alice Welch	2	71.21
Lora Blann	1	71.06
Nick Cuff	1	70.21
Emma Simpson	1	69.31
Kate Stuart	1	69.19
Siobhan Egerton	3	68.65
Nathan Egan	2	66.90
Katy Fagan	1	66.84
Damian Utton	2	66.78
Nick Bugler	1	66.55
Sarah Waite	1	65.56
Richard Hill	2	65.56
David Vaughan	3	65.51
Zoe Gmerek	2	65.05
Colin Davies	3	64.89
Tekin Dogruk	2	62.31
Roger Davies	2	61.87
Chris Burrows	1	56.60
David Swinburne	1	54.49
Richard Parry	3	54.17
James Durkin	1	51.46

Fell Running

from Tim Raffle

British Fell Relays – Braithwaite, Saturday 21st October

This year's fell relays organised by Keswick AC were run over the Coledale fells.
Whilst Storm Babet had caused chaos and cancellations both further south and up in Scotland, the Lake District had got off relatively lightly. Saturday itself was quite a nice day, dry but with some cloud on the higher tops.

The format for the event is two short legs run solo and two long legs run in pairs.
One of the long legs is a 'navigation' leg where the course map is issued shortly after the start.
For the other three legs the courses are known in advance.

This year the club was only able to secure one team entry. Despite some late injury and illness issues we were able to put out a decent team which came home in 75th place out of 250 teams.
The team's performance can be broken down as follows:

		Time	Leg position
Leg 1 (short)	**Richard Jellyman**	**37:58**	**95th**
Leg 2 (long)	**Mike Berks, Dave Norman**	**1:39:26**	**78th**
Leg 3 (nav)	**Arthur Raffle, Tim Greenald**	**1:27:15**	**41st**
Leg 4 (short)	**Adrian Fuller**	**1:00:57**	**185th**
Overall		**4:45:36**	**75th**

Richard's opening leg was 'short' but steep, maximising the climbing potential of both Stile End and Barrow.

Fell Running

Mike and Dave took on the challenge of leg 2, a superb but challenging course out to Coledale Hause via Outerside, then back over Eel Crag, Sail, Scar Crags, Causey Pike and Barrow.

Arthur and Tim coped admirably with the challenge of the navigation leg which took them back and forth around Outerside and Barrow.

Finally, Adrian was treated to the classic Keswick Show course: Stile End, Outerside, Barrow.

The front of the race was very closely contested with three teams finishing within the space of two minutes. Dark Peak came out on top in a time of 3:30:00 with Keswick and Ambleside in second and third places. Helm Hill were the first ladies' team in a time of 4:19:48 with a comfortable margin over Ambleside in second place.

All in all, a very good day out. Thanks to all who turned out, both runners and supporters, and thanks to Keswick AC the event was superbly organised.

Dale Head – Sunday 22nd October

One of my favourite fell races and for those who ran in the relays an opportunity to make it a full weekend!
Of the Altrincham team, only Arthur Raffle took up this challenge. As reserve the previous day I had fresh legs. Despite this, Arthur beat me by some eleven minutes but I did get a prize as first MV60.

Arthur Raffle	**11th**	**57:15**	
Tim Raffle	**28th**	**1:08:43**	**(1st MV60)**

Harry Bolton of Keswick was the winner in a time of 50:32 with Chloe Lumsden of Helm Hill first lady in 1:08:58.

There were 58 finishers.

Semi-Nature de Romans (22.4km / 370m ascent) – 8th October 2023

from Dave Entwistle

Racing in France is just one big adventure after another. It was my belief up until driving halfway to the race venue, we were entered for a half-marathon over relatively flat, mixed terrain. Oh, my goodness…

Philippa had tried to make light of the fact the 370m of ascent would be nothing spread over 22km. My worst fears were realised as the first 4km took us to the base of a strategically placed hill which we would then spend the next 14km going up and down (profile attached as evidence "Exhibit 1" for the prosecution).

My confidence was already shot after our previous outing at Chateau Crussol three weeks earlier. Only a week ago, the fact we'd all done a training run over a similar distance and altitude did nothing to improve my situation as we had taken over 2½ hours to get round.

As usual my own race went to form. I found myself in a group of six runners, including the leading female. For the first three climbs, I pulled away on the ascent to maybe 50m ahead only to be 200m behind again by the end of the descent. The last two descents were extremely technical and not only did most of the group disappear for good, but I was caught and passed by a whole new bunch of people.

The 4km back to town was long and painful but I was pleased to be alone when I came into the stadium and onto the track at the finish.

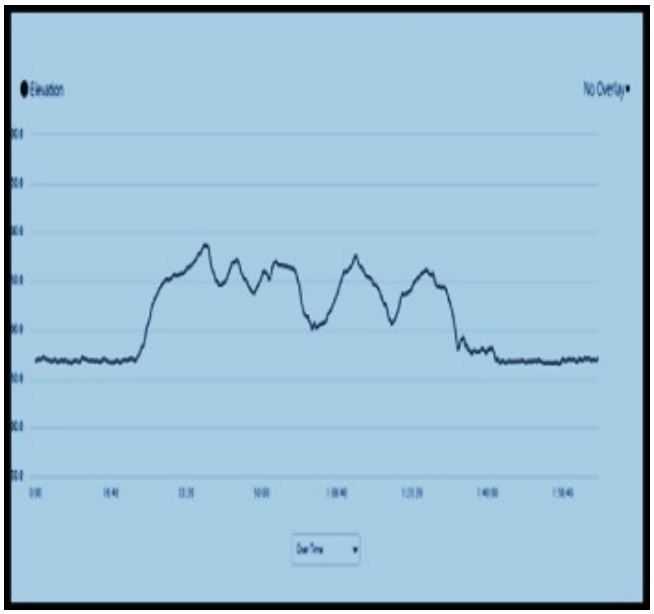
Pippa and Greg appeared to have had equal levels of fun and games. Later that afternoon, the difficulties they were having walking up and down stairs suggested they had reached new levels of race experience.

Onwards and upwards!

36th	**David Entwistle**	**2:04:29**
41st	**Gregory Nicouleau**	**2:06:34**
55th	**Philippa Entwistle**	**2:15:53**

66 finishers

Exhibit 1



Juniors - Autumn/Winter Fixtures 2023

Date	Event	Time	Extra Info
Saturday 16th Sept 23	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 23rd Sept 23	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 30th Sept 23	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 7th Oct 23	Altrincham Schools' Cross Country John Leigh Park	9:30am Check with School	2/3 count towards overall medal
Saturday 7th Oct 23	South East Lancs League Heaton Park	U11 12:30pm 2K U13 12:45pm 3K U15 1.00pm 4.5K	Entry on the day
Saturday 14th Oct 23	Manchester League MACCL Heaton Park	U11 12:00pm U13 12:15pm U15 12:30pm U17 12:50pm	See note below
Saturday 21st Oct 23	South East Lancs League Heaton Park	U11 12:30pm 2K U13 12:45pm 3K U15 1.00pm 4.5K U17 1.00pm 6K	Entry on the day
Saturday 28th Oct 23	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 4th Nov 23	National Cross Country Relays Berry Hill, Mansfield	U13 TBC U15 TBC U17 TBC	Teams of 3 x 2K More info to follow
Saturday 11th Nov 23	Manchester League MACCL Wythenshawe Park	U11 12.00pm U13 12:15pm U15 12:30pm U17 12:50pm	See note below
Saturday 18th Nov 23	Altrincham Schools' Cross Country John Leigh Park	9:30am Check with School	2/3 count towards overall medal
Saturday 18th Nov 23	South East Lancs League Heaton Park or Tandle Hill	U11 12:30pm 2K U13 12:45pm 3K U15 1.00pm 4.5K	Enter on the day
Saturday 25th Nov 23	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 2nd Dec 23	Manchester League MACCL Sherdley Park, St Helens	U11 12:00pm U13 12:15pm U15 12:30pm U17 12:50pm	See note below
Saturday 9th Dec 23	Altrincham Schools' Cross Country John Leigh Park	09:30am Check with School	2/3 count towards overall medal
Saturday 16th Dec 23	Training - John Leigh Park	10:00am	M Newton A McHale
TBC	ADAC Christmas Handicaps John Leigh Park	TBC	Club

Juniors - Winter Fixtures 2024

Date	Event	Time	Extra info
TBC	Greater Manchester Cross Country Championships	Woodbank Park, Stockport	
Saturday 13th Jan 24	Manchester League MACCL Tatton Park	U11 12:00pm U13 12:15pm U15 12:30pm U17 12:50pm	See note below
Saturday 20th Jan 24	South East Lancs League Heaton Park	U11 12:30pm 2K U13 12:45pm 3K U15 1.00pm 4.5K U17 1.00pm 6K	Enter on the day
Saturday 27th Jan 24	Northern Cross Country Championships TBC	TBC	TBC
Saturday 3rd Feb 24	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 10th Feb 24	Manchester League MACCL Kenworthy Woods	U11 12:00pm U13 12:15pm U15 12:30pm U17 12:50pm	See note below
Saturday 17th Feb 24	Training - John Leigh Park	10:00am	M Newton A McHale
Saturday 24th Feb 24	National Cross Country Championships Weston Park Shropshire	U13 TBC U15 TBC U17 TBC	TBC

MACCL - Manchester Area Cross County League
Ideally you need to commit to all four races
Pre-entry only - deadline 6th October 2023

South East Lancs Cross Country League
Turn up on the day - no need to commit to them all
Ideal for new athletes

Andrew & I will endeavour to commit to all events and training.

Athletes can compete for the club without our attendance and in the supervision of a parent/guardian.

Mark Newton

https://www.race-results.co.uk/results/2023/ - useful website for competition details and results

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

November

Tue 7th	Joint track session with Phil's group: 2 x 3 min with 90s rest, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 9 min tempo, 2 min jog, 4 x 60s with 45s recovery.
Sat 11th	Manchester League Cross Country - Wythenshawe Park (tbc).
Tue 14th	Grass: 2 x 4 min, 7 x 2 min all with 90s recovery.
Sun 19th	Preston 10 mile (club championship race).
Tue 21st	Track: 5 sets: 90s effort, 60s recovery, 60s effort, 30s recovery, 30s effort. 3 min jog between sets.
Tue 25th	Wilmslow Festive 10K (club championship race).
Tue 28th:	Grass: 2 x 4 min, 8 x 2 min all with 90s recovery.

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

November

Tue 7th	Joint track session with Mansel's group: 2 x 3 min with 90s rest, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 9 min tempo, 2 min jog, 4 x 60s with 45s recovery.
Tue 14th	Track: 4 x 60s effort, 60s recovery, 4 x 90s effort, 75s recovery, 2 x 3 min effort, 90s recovery, 4 x 90s effort, 75s recovery, 4 x 60s effort, 60s recovery.
Tue 21st	Grass: 2 x 2 min with 75s recovery, 1 x 3 min with 90s recovery, 1 x 4 min with 2 min recovery, 1 x 5 min with 2 min recovery, 1 x 4 min with 2 min recovery, 1 x 3 min with 90s recovery, 2 x 2 min with 75s jog recovery.
Tue 28th	Track: 2 x 3 min with 90s rest, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 10 min tempo, 2 min jog, 4 x 60s effort with 45s recovery.

Phil's group (Thursdays)

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

Thu 2nd	Stamford Park: meet at park car park on Stamford Park Road 7:15pm 1 km reps, 1 min recovery. (number depends on target race distance).
Thu 9th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm 2 km reps, 2 min recovery. (number depends on target race distance).
Thu 16th	Delahays Road hill reps: meet at traffic lights at bottom hill 7:15pm. 9 x hill reps jog down recovery.
Thu 23rd	Stamford Park: meet at park car park on Stamford Park Road 7:15pm 1 km reps, 1 min recovery. (number depends on target race distance).
Thu 30th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm 2 km reps, 2 min recovery. (number depends on target race distance).