PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

January 2025

Club website www.altrincham-athletics.co.uk

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

February Pawprints

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

Stockport 10 - Sunday 15th December

The annual Stockport 10, held on a challenging course starting and finishing in Woodbank Park, was won in a very fast time of 49:07 by Ben Connor of Derby AC and Mollie Williams of the organizing club Stockport Harriers was the first lady finisher in 59:54. There were 819 finishers.

Andy Pickford was the only Altrincham runner to finish inside the hour but there were other good performances by Bev Jackson who was first FV60, Richard Evans second MV60 and Hugh McKenna third MV75.

Richard Evans' time was a new men's club record for a 10 mile road race and there were also new personal bests for Nick Cuff, Matthew Allen and Nadia Erdenesuren.

Full results: www.racetecresults.com/results.aspx?CId=20223&RId=198

Chip positions & times

24	Andy Pickford	59:20
34	Nick Cuff	1:00:46
70	Richard Evans	1:03:56
83	Matthew Allen	1:04:53
115	Paul Abraham	1:07:15
120	Dan Martell	1:07:35
228	Shaun Jackson	1:15:16
245	Bev Jackson	1:16:44
415	Craig Partridge	1:24:12
437	Nadia Erdenesuren	1:24:38
511	Chris Burrows	1:28:48
736	Hugh McKenna	1:44:35

Andy Pickford

Richard Evans

Club Road Race Championship 2024/25

As last year, this year's road race championship kicked off with the Sale Sizzler 5Ks and will continue until May 2025 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 5Ks (best of 4 to count)		
2.	Wilmslow Summer 10K	14/7/2024	
3.	Mid Cheshire Summer 5K	23/8/2024	
4.	Monton 5 Mile	26/8/2024	
5.	Altrincham 10K	1/9/2024	
6.	Knutsford 10K	29/9/2024	
7.	Manchester Half Marathon	13/10/2024	
8.	Wilmslow Festive 10K	24/11/2024	
9.	Stockport 10 Mile	15/12/2024	
10.	Stockport Daffodil 10K	26/1/2025	
11.	Hale 10K	16/2/2025	
12.	Trafford 10K	2/3/2025	
13.	Wilmslow Half Marathon	23/3/2025	
14.	Wilmslow 10K	23/3/2025	
15.	Salford 10K	18/4/2025	
16.	Alderley Edge Bypass 10K	11/5/2025	
17.	Mid Cheshire Spring 5K	23/5/2025	
18.	Christleton 5K	16/5/2025	(tbc)
19.	Dunham Massey 5K	22/5/2025	(tbc)
20.	Any Marathon	between 1st June 2024 and 31st May 2025.	

I will send out a reminder for you to provide me with details towards the end of the process.

Dave Ainsworth

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

January

Tue 7th	Track: Joint Session with Phil's group: 2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 60s recovery, 2 min jog, 10 min tempo, 2 min jog, 4 x 90s with 60s recovery.
Sat 11th	Manchester Area Cross Country League - Tatton Park.
Tue 14th	Grass: 4 x 2 min, 90s recovery, 4 x 4 min, 2 min recovery, 2 x 2 min, 90s recovery.
Tue 21st	Track: 8 x 3 min with 2 min recovery.
Sat 25th	Northern Cross Country Championships - Tatton Park.
Sun 26th	Stockport Daffodil 10K (club championship race).
Tue 28th	Grass: 4 x 2 min, 90s recovery, 4 x 4 min, 2 min recovery, 4 x 2 min, 90s recovery.

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

January

Tue 7th	Track: Joint Session with Mansel's group: 2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 60s recovery, 2 min jog, 10 min tempo, 2 min jog, 4 x 90s with 60s recovery.
Tue 14th	Road & Track: 1½ mile road tempo, 2 x 90s with 75s rest, 2 x 3 min with 90s rest 2 x 90s with 75s rest, 1½ mile road tempo.
Tue 21st	Grass: 2 x 3 min with 90s recovery, 2 x 4 min with 90s recovery, 1 x 6 min with 90s recovery, 2 x 4 min with 90s recovery, 2 x 3 min with 90s recovery.
Tue 28th	Road & Track: 1½ mile road tempo, 4 x 3 min with 90s rest, 1½ mile road tempo.

Phil's group (Thursdays)

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

Thu 2nd	Delahays Road hill reps: meet at traffic lights at bottom hill 7:15pm. 9 x hill reps jog down recovery.
Thu 9th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 1 km efforts with 1 min recovery. (number of efforts depends on your own race targets).
Thu 16th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 2 km efforts with 2 min recovery. (number of efforts depends on your own race targets).
Thu 23rd	Delahays Road hill reps: meet at traffic lights at bottom hill 7:15pm. 10 x hill reps jog down recovery.
Thu 30th	Stamford Park: meet at park car park on Stamford Park Road 7:15pm. 1 km efforts with 1 min recovery. (number of efforts depends on your own race targets).

Juniors Winter Weekend Training/Fixtures 2025			
Sat 11th Jan	**Manchester Area XC League Tatton Park**	**U11 12:00 U13 12:15 U15 12:30 U17 12:50**	**see note below**
Sat 18th Jan	**South East Lancs XC League Heaton Park**	**U11 12:30 U13 12:45 U15 1:00 U17 1:00**	**enter on day**
Sat 25th Jan	**Northern XC Championships Tatton Park**	**tbc**	**tbc**
Sat 1st Feb	**Training John Leigh Park**	**10:00am**	**Mark Newton**
Sat 8th Feb	**Manchester Area XC League Kenworthy Woods**	**U11 12:00 U13 12:15 U15 12:30 U17 12:50**	**see note below**
Sat 15th Feb	**Training John Leigh Park**	**10:00am**	**Mark Newton**
Sat 22nd Feb	**National XC Championships Parliament Hill, London**	**U13, U15, U17 tbc**	**tbc**

Manchester Area XC League – contact Graham Harrison: altrincham.athletics.info@gmail.com

Further details such as start times, distances, route maps and directions: https://maccl.co.uk/venues/

South East Lancs XC League – turn up on the day - no need to commit to them all.
Ideal for new athletes: https://selcc.co.uk/fixtures

Myself & Luke 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.

https://www.race-results.co.uk/results/2021/ useful website for competition details and results.

Mark Newton