PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

July 2025

Club website www.altrincham-athletics.co.uk

Dunham Massey 5K Race 2 - Thursday 5th June

The third race in the North Cheshire Grand Prix 5K series was the Dave Telford Memorial 5K at Dunham Massey. Run in the reverse direction to the first race, a fortnight earlier, the course is significantly faster this way round. A good turnout of over 200 runners was a fitting memorial to Dave, picture here in the Tatton 10K in 2020. Ben Walmsley and Jack Burbidge both finished in the top ten and Becky Hansen was first lady in 18:25. The race was won by Daniel Cliffe of Hercules Wimbledon AC in 15:08.

Full results: www.ukresults.net/2025/dunham2.html

ADAC positions & times

4	Ben Walmsley	16:41
7	Jack Burbidge	17:02
12	Ryan Teare	17:07
13	Kieran McGlade	17:12
27	Becky Hansen	18:25
38	Mark Joyce	19:07
51	Richard Evans	19:43
52	Craig Foster	19:46
54	Mark Newton	19:57
57	Blake Bareford	20:12
58	Simon Bareford	20:12
76	Kate Stuart	21:02
86	Sam Higgs	21:37
98	Alice Boothroyd	22:37
130	Nadia Erdenesuren	24:30
147	Annabel Dickinson	25:43
188	Hugh McKenna	29:38

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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.**

August Pawprints

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

by Sunday 27th July. Articles, reports, results, news, and photos gratefully accepted.

Youth Development League Match 2 - Sunday 1st June

After two matches Altrincham's youngsters are fourth out of six teams in the North West 3S Division.
There were notable performances by Alice Boothroyd who was first in the U13 girls' 1200m and Clara Edwards who was first in the U15 girls' shot and second in the100m.
Erin Maule was second in the U13 girls' 800m whilst Sylvie Gardner was second in both the 70m hurdles and 150m.
Jamie Warrington was second in the U15 boys' 800m.

Full results: https://www.ukydl.org.uk/LAG%20N%20W3S%20M2%20Salford%20Met%20020625%20ch%20JK%201306.pdf

India Weir

Alice Boothroyd

Alexia Weir

Erin Maule

Birchwood Brook 5K - Thursday 12th June

A field of 111 runners took part in the fourth and final race in the 2025 North Cheshire Grand Prix 5K series, which was a slight increase in numbers on the earlier Birchwood race a fortnight earlier.
Just five Altrincham runners were involved with Richard Johnson first MV55.
Alice Boothroyd was first junior female in this race and in the series..
The race was won by Daniel Cliffe of Hercules Wimbledon in 15:16 and Claire Andrew of Warrington AC was first lady in 20:05.

Full results: www.ukresults.net/2025/birch5k2.html

6	**Richard Johnson**	**17:51**
24	**Craig Foster**	**20:13**
25	**Gordon Nicoll**	**20:16**
38	**Mark Newton**	**21:22**
56	**Alice Boothroyd**	**23:49**

Colshaw Hall 10K - Sunday 15th June

There were 930 finishers in this race on the fast course at Colshaw Hall, Knutsford including seven from Altrincham. Luke Hornby was first Altrincham runner home in 40th place in 33:23, just outside his personal best.
Ben Connor of Derby AC won the race in a very fast time of 29:29 and the first lady was Samantha Harrison of Mansfield Harriers in 32:34.

Full results: https://runcheshire.niftyentries.com/Results/Colshaw-Hall-10k-Knutsford-2025

Chip positions & times

40	**Luke Hornby**	**33:23**
121	**Richard Johnson**	**37:10**
252	**Sarah King**	**40:55**
290	**Mark Newton**	**42:16**
322	**Gordon Nicoll**	**43:15**
332	**Luke Baumber**	**43:36**
638	**Chris Burrows**	**52:53**

Luke Hornby

Sarah King

Sale Sizzler 5K Race 1 - Thursday 19th June

Twenty Altrincham runners were among the 473 finishers in the first Sale Sizzler at Wythenshawe Park. Dave Ainsworth was first MV65, Bev Jackson second FV60 and Mike Berks second MV40. The race was won by Martin Clark of Bury AC in15:09 and the first lady was Katherine Fitzpatrick of Chorlton Runners in 17:38.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-1-2025

Chip times

Mike Berks	**16:06**
Jack Burbidge	**16:45**
Ryan Teare	**17:19**
Simon Bareford	**17:25**
Tim Greenald	**17:33**
Nick Bugler	**17:58**
Tom Moseley	**18:08**
Andy Pickford	**18:31**
Rick Evans	**19:23**
Kieran McGlade	**19:23**

Sarah King	**19:58**
Mark Newton	**20:16**
Gordon Nicoll	**20:31**
Mathew Allen	**20:32**
Dave Ainsworth	**20:36**
Al de Sousa Costain	**20:38**
Duncan Dickinson	**21:40**
Ruth Tidd	**21:47**
Bev Jackson	**23:37**
Damian Utton	**24:05**

Club records

To inspire outstanding performances across all age groups, ADAC compiles records for track & field performances (outdoor and indoor) and road running: https://altrincham-athletics.co.uk/club-records

To ensure records are up to date, athletes who believe they may have bettered an existing club record should use the submission form below. Please check the club record rules ahead of making a submission.

Please submit your completed form to altrincham.athletics.info@gmail.com

Submission Form Club Record Rules

Two new junior records

Alice Boothroyd set a new U13 girls' record of 22:05 in the Dunham Massey 5K on the 22nd May and the following evening Archer Blann set a new U15 boys' record of 17:44 in the Mid Cheshire 5K held at Kingsley. Well done both!

Lockers for Security

We now have a set of four lockers available for club members in both changing areas .
These can be used to lock your valuables away whilst training.
You will need to bring your own small padlock and key.
Please do not leave kit or other items in them long term as they are meant to be used only whilst training.

Club record for Archer

As a member of the Blann family it always seemed likely that Archer would turn out to be a good runner and so it proved to be the case as he set a new U15 5K club record of 17:44 in the Mid Cheshire 5K at Kingsley on 22nd May. He managed to finish in front of proud mum and dad, Lora and Ian, who are pictured with Archer at the finish.

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

July

Tue 1st	12 x 90s, 75s recovery.
Fri 4th	Sale Sizzler 5K.
Tue 8th	Session in John Leigh Park: 4 sets of 30s hill rep, 90s effort, 30s hill rep, 3½ min effort, 2 min recovery between efforts, 3 min recovery between sets.
Tue 15th	5 sets of 60s, 45s recovery - 3 min jog between sets.
Fri 18th	Sale Sizzler 5K.
Tue 22nd	Session in John Leigh Park: 4 sets of 30s hill rep, 90s effort, 30s hill rep, 3½ min effort, 2 min recovery between efforts, 3 min recovery between sets.
Tue 29th	4 x 60s, 60s recovery, 6 x 80s, 60s recovery, 4 x 60s, 60s recovery.
Thu 31st	Sale Sizzler 5K.

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

July

Tue 1st	1½ mile road tempo, 2 x 60s effort with 45s rest, 2 x 90s effort with 75s rest, 2 x 3 min with 2 min rest, 2 x 90s effort with 75s rest, 2 x 60s effort with 45s rest. (runners targeting 5Ks hold back on tempo, focus on track efforts).
Tue 8th	12 x 90s effort with 90s recovery.
Tue 15th	5 sets of 4 x 200m every 70s (recovery is 70s less time for 200m) with 3 min jog between sets.
Tue 22nd	20 x 80s effort with 60s recovery.
Tue 29th	1½ mile road tempo, 5 x 90s effort with 90s recovery, 5 x 70s effort with 70s recovery, 5 x 40s effort with 40s recovery. (runners targeting 5Ks hold back on tempo, focus on track efforts).

Phil's group (Thursdays)

July	**Venues vary - see dates for location.**
Thu 3rd	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. Hill reps session.
Thu 10th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. 3 min efforts with 90s recovery. (number of efforts dependent on target race distance).
Thu 17th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. 5 min efforts with 2 min recovery. (number of efforts dependent on target race distance).
Thu 24th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. Hill reps session.
Thu 31st	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. 3 min efforts with 90s recovery. (number of efforts dependent on target race distance).

Specific Middle Distance Sessions (Timperley Track)

If you wish to attend these sessions you must speak to Phil first, as numbers are limited.

Tue 1st Tue 8th Tue 15th Tue 22nd Tue 29th all start at 6.15pm.