PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

August 2025

Club website www.altrincham-athletics.co.uk

Thank You Alice

Thursday 15th July was Alice Welch's last junior coaching session. Over the last 8 years she has given so many juniors her time and encouragement, supporting them in their athletics journey week after week, whatever the weather. Come rain or shine, she has been at the track. We will all miss her. The club will not be the same without her. Hopefully we will see her again sometime in the future. A big thank you from ADAC

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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.**

September Pawprints

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

by Wednesday 27th August. Articles, reports, results, news, and photos gratefully accepted.

Youth Development League Match 3 - Sunday 29th June

After the third match, Altrincham's young athletes remained fourth of the six clubs in the North West 3S Division with some standout performances:

In the U13s Oliver Suhr Henrikson was 3rd in the long jump and 2nd in the 150m, Ugo Obianyor was 3rd in the 75m and Ruby Jellyman 2nd in the 150m.

Isla Doyle and Alice Boothroyd were 1st and 2nd in the 1200m in 4:15.8 and 4:16.1 respectively, both recording personal bests, whilst Alice was also second in the javelin, showcasing skills gained from the workshops that coach Adam Bellis has been delivering each Tuesday!

The 4 x 100m relay team of Isla Doyle, Evie Gardner, Ruby Jellyman and Ava-Rose Ogunyemi finished second.

In the U15s Finn Conyers was second in the 800m with a new personal best of 2:28.7.

Harley Turner was 4th in the 100m in 12.2s, only 4 tenths behind the winner, and Harley is at the younger end of the age category. Chloe Ward was 3rd in the 300m in 46.8s.

Special thanks to Ali Vesey for officiating, Jess Boothroyd for team managing and Adam Bellis and Jackie Jellyman for administrating the event!

Thanks also to all the supportive parents and youngsters who took part. It was by all accounts an enjoyable event

Full results: www.ukydl.org.uk/LAG25_NO_North%20West%203S_M3_CLEAVLEY%20ATHLETICS%20TRACK.pdf

Morris McGill

Finn Conyers

Sale Sizzler 5K Race 2 - Friday 4th July

Thirteen Altrincham runners took part in the .second of this year's Sizzlers at Wythenshawe Park where there were just over 400 finishers. Harry Johnson of Halifax Harriers finished first in 14:46 and the first lady was Vale Royal's Sarah Dufour-Jackson in 16:28.

Mike Berks was first Altrincham runner home in exactly 16 minutes whilst Jack Burbidge took another second off the personal best he set in the first Sizzler a fortnight earlier. Luke Baumber and Al de Sousa Costain also improved their personal bests.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-2-2025#

Mike Berks	**16:00**
Jack Burbidge	**16:44**
Luke Moulton	**16:45**
Tim Greenald	**17:13**
Tom Moseley	**17:33**
Becky Hansen	**18:10**

Paul Abraham	**19:45**
Lorenzo Giove	**19:56**
Luke Baumber	**20:09**
Al de Sousa Costain	**20:15**
Rich Hill	**20:46**
Graham Harrison	**21:58**
Mike Duncombe	**26:15**

Wilmslow Summer 10K - Sunday 13th July

Almost 3000 runners took part in this race on a very warm morning and two UK international runners claimed the top prizes. Jonny Mellor of Liverpool Harriers was first home in 29:13 and the first lady was Alex Bell in32:35
Despite the warm weather Luke Moulton, Sam Higgs and Katie Livermore all set new personal bests.

Full results: https://run-northwest.niftyentries.com/Results/Wilmslow-Summer-10K-2025

Tom Sullivan	**33:48**
Michael Whitham	**33:49**
Luke Moulton	**34:41**
Jack Burbidge	**35:31**
Nick Cuff	**39:35**
Lora Blann	**42:17**
Dave Norman	**42:22**

Dave Ainsworth	**43:09**
Jon Preece	**43:56**
Sam Higgs	**44:18**
Damian Utton	**50:40**
Katie Livermore	**51:08**
Annabel Dickinson	**55:49**
Izzy Miller	**1:13:47**

Tom Sullivan *Michael Whitham*

Sale Sizzler 5K Race 3 - Friday 18th July

Fourteen Altrincham runners took part in the .third of this year's Sizzlers on a warm evening at Wythenshawe Park where there were just under 400 finishers. Martin Clark of Bury AC was first to finish, in 14:59 and the first lady was Leeds City AC's Charlotte van Zeist in 17:37.
Ryan Teare recorded a new personal best, going below 17 minutes for the first time.
Gordon Nicoll was first MV60, Dave Ainsworth second MV65 and Tim Greenald second MV50.

Full results: https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-3-2025#

Ryan Teare	**16:46**
Luke Moulton	**16:57**
Tim Greenald	**17:27**
James Pattison	**17:29**
Dominic Renshaw	**18:52**
Gordon Nicoll	**20:06**
Dave Ainsworth	**20:30**

Jon Preece	**20:32**
Rich Hill	**20:42**
Ruth Tidd	**21:19**
Duncan Dickinson	**21:57**
John Noblett	**22:09**
Mike Duncombe	**25:50**
Hugh McKenna	**30:02**

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

August

Tue 5th	Joint track session with Phil's group: 2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 8 min tempo, 2 min jog, 4 x 60s with 60s recovery.
Tue 12th	12 x 2 min, 90s recovery.
Tue 19th	5 sets of 90s, 60s recovery, 60s, 30s recovery, 30s - 3 min jog rec between sets.
Tue 26th	Joint track session with Phil's group: 20 x 80s with 60s recovery (reduce number of reps if still racing shorter distances).

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

August

Tue 5th	Joint track session with Mansel's group: 2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 75s recovery, 2 min jog, 8 min tempo, 2 min jog, 4 x 60s with 60s recovery.
Tue 12th	Road and Track session: 1½ mile road tempo, 6 x 3 min with 90s rest. (runners targeting 5K hold back on tempo. focus on track efforts).
Tue 19th	12 x 90s, 90s recovery.
Tue 26th	Joint track session with Mansel's group: 20 x 80s with 60s recovery (reduce number of reps if still racing shorter distances).

Phil's group (Thursdays)

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

Thu 7th	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 14th	John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm. Hill reps session.
Thu 21st	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 28th	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).

Specific Middle Distance Sessions (only running until the end of August**).**

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

Tue 5th Tue 12th Tue 19th Tue 26th all start at 6.15pm.