

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

November 2025

Club website www.altrincham-athletics.co.uk

Club Marathon record for Vicki

Vicki Perry was first FV65 in the Chester Marathon on 5th October, setting a club age category record of 3:43:57. She now holds the club female marathon record at FV35, 40, 45, 50, 55, 60 and 65. Well done Vicki!



Vicki said, "It was my first race (at any distance) since 2019 when I ran the Dublin marathon. Then Covid intervened, during which I lost both my parents within three months of one another. Running took a back seat and it took some time to recover. I didn't know if I could tackle another marathon so I really wanted to go under the radar - hence no club vest! I was very happy just to finish. To get a club record is a bonus! "

PAWPRINTS

November 2025

Club website www.altrincham-athletics.co.uk

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.

December Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxdavies@gmail.com
by Wednesday 26th November. Articles, reports, results, news, and photos gratefully accepted.

Knutsford 10K - Sunday 28th September

Fourteen Altrincham runners turned out for this Run North West race on a super flat course along country lanes. Dave Norman and Jack Burbidge were first home, in 29th and 30th places in a field of 2100 finishers. The race was won by Jonny Mellor of Liverpool Harriers in 29:26 and the first lady was Rosie Hamilton-Jones of Westbury Harriers in 34:37.

Full results: <https://run-northwest.niftyentries.com/Results/Barclays-Knutsford-10K-2025>

Chip Times

Dave Norman	33:48
Jack Burbidge	33:49
Dan Martell	37:31
Richard Evans	38:24
Dominic Renshaw	38:57
Lora Blann	40:07
Emma Simpson	40:51

Mark Newton	41:36
John Roche	43:47
Bev Jackson	46:24
Steph Hughes	48:26
Callum Robertson	50:25
Chris Burrows	51:31
Hugh McKenna	61:31



Hugh McKenna



Bev Jackson

Manchester Half Marathon - Sunday 12th October

There were over 22,000 finishers in this year's Manchester Half Marathon with Joe Wigfield of Wirral AC leading the way in 1:02:04, just five seconds ahead of Jonny Mellor of Liverpool Harriers. Lily Partridge of Birchfield Harriers was first lady in 1:09:34 with Charlotte Purdue of Aldershot Farnham & District second in 1:10:13.

Among the nineteen Altrincham runners there were personal bests for Tom Sullivan, Becky Hansen, Jo Rosenberg, Emma Simpson, Al de Sousa Costain, Dylan Marodeen, Luke Baumber and Katie Livermore.

Full results: <https://results.sportthive.com/events/7376930609500782592/races/494972>

Chip Times

Tom Sullivan	1:10:28
Tom Moseley	1:18:17
Becky Hansen	1:20:02
Matthew Beacock	1:20:32
Jo Rosenberg	1:22:27
Richard Jellyman	1:23:06
Matthew Allen	1:24:43
Paul Abraham	1:25:03
Alana Dunn	1:26:21

Emma Simpson	1:28:32
Al de Sousa Costain	1:30:15
Lorenzo Giove	1:32:30
Dylan Marodeen	1:32:34
Luke Baumber	1:33:38
Duncan Dickinson	1:38:24
Shaun Gilmore	1:42:31
Katie Livermore	1:50:36
Nadia Erdenesuren	1:52:18
Darren Martin	1:59:03



Becky Hansen



Matthew Beacock

Trafford 10K - Sunday 19th October

Nearly 1200 runners took part in this race, starting and finishing at Partington Leisure Centre and Lewis Jagger of Newark AC was the winner in 29:32 with Sarah Dufour-Jackson of Vale Royal the first lady in 32:34.

As in the Manchester Half Marathon the previous week, Tom Sullivan was first home for Altrincham and there were personal bests for Dominic Renshaw, Sarah King, Tim Hayle, Ruth Tidd and Kate Stuart.

Full results: <https://run-northwest.niftyentries.com/Results/Trafford-10K-2025>

Chip Times

Tom Sullivan	34:27
Ryan Teare	35:18
Tim Greenald	35:19
Richard Evans	37:30
Dominic Renshaw	38:18
Sarah King	39:03
Tim Hayle	39:14

Lora Blann	39:46
Andy Spencer	43:19
Ruth Tidd	43:28
Graham Harrison	43:51
Peter Waterson	44:25
Kate Stuart	44:34
Nick Burke (pacer)	54:49



Andy Spencer & Ruth Tidd

Manchester Area Cross Country League

Match One - Saturday 11th October - Woodbank Park

The first of this season's cross country matches took place the day before the Manchester Half Marathon and, as a result, numbers were slightly down on usual.

Altrincham had three finishers in the senior women's race with Lora Blann 31st, Bev Jackson 102nd (1st FV60) and Hannah Daniel 208th of the 291 finishers.

In the senior men's race there were 403 finishers with 13 from Altrincham. Nick Bugler led the way in 102nd place, Simon Bareford was 114th and Richard Johnson was second MV55 in 121st place..

There were 15 Altrincham finishers in the junior races, the outstanding performance coming from Oscar Reynolds who finished 4th out of 71 in the U11 boys' race in which Sam Boothroyd was 41st.

In the U13 boys' race Ben Tempest was 53rd and Ugo Obianyor 59th of the 65 finishers.

There were 82 finishers in the U13 girls' race with Isla Doyle in 41st place and Ruby Jellyman 51st.

We provided eight of the 80 finishers in the U15 boy's race in which Oscar Curran was 39th, James Warrington 44th and Charles Bennett 48th. Max McFarland was 48th out of 58 in the U17 men's race.

Full results:

The second match is at Sefton Park on Saturday 22nd November

SEASON'S DETAILS

MATCH 1	:	SATURDAY 11 OCTOBER 2025
		<i>Venue: Woodbank Park. Host Club: Stockport Harriers & AC</i>
MATCH 2	:	SATURDAY 22 NOVEMBER 2025
		<i>Sefton Park – British Cross Challenge (see notes below)</i>
MATCH 3	:	SATURDAY 6 DECEMBER 2025
		<i>Venue: Woodbank Park. Host Club: Stockport Harriers & AC</i>
MATCH 4	:	SATURDAY 10 JANUARY 2026
		<i>Venue: Tatton Park. Host Clubs: Running Bear RC & Wilmslow RC</i>
MATCH 5	:	SATURDAY 7 FEBRUARY 2026
		<i>Venue: Heaton Park. Host Club: Manchester Harriers & AC</i>

TIMETABLE AND RACE DISTANCES

12 noon	U11 GIRLS & U11 BOYS	2,400 metres
12:15 pm	U13 GIRLS & U13 BOYS	3,500 metres
12.30 pm	U15 GIRLS & U15 BOYS	5,000 metres
12:50 pm	U17 GIRLS & U17 BOYS	6,500 metres
1:30 pm	SENIOR, U20 & VET WOMEN	8-9000 metres
2:30 pm	SENIOR, U20 & VET MEN	9 - 10,700 metres

AGES as at midnight 31 August 2025*

U11 – aged 9 or 10 as at above date*; **U13** – aged 11 or 12 as at above date*;
U15 – aged 13 or 14 as at above date*; **U17** – aged 15 or 16 as at above date*;
U20 – aged 17, 18 or 19 as at above date*.
Seniors – at least 20 as at above date*; **Vets** – age as on 10/10/2025.

Running to Sparta: What the Spartathlon Taught Me

from Peter Abraham

On 27th September, I stood in the shadow of the Acropolis before dawn, about to begin a journey that terrified and thrilled me in equal measure. The Spartathlon is 153 miles long - Athens to Sparta, through heat, mountains, and darkness. It's a race that asks not just how far your legs can carry you, but how deep your spirit can dig.

The Preparation

Training wasn't glamorous. It was weeks of 70 to 80 miles, long runs that stretched into hours, and sweat-drenched sessions in a heat chamber. Most mornings, I woke up tired and most evenings, I went to bed sore. But that's the truth of chasing something bigger than yourself - you give pieces of your everyday life to earn a chance at one extraordinary day.

The Race

The first miles felt magical, running down from the Acropolis as the city slowly lit up. By the time I reached the Corinth Canal at mile 50, the magic had given way to heat: 30 - 35°C that pressed down like a weight.



From there, the miles blurred into a rhythm of effort and fatigue. The climb to the mountain at mile 100 was brutal, but it was also strangely simple: one step, then another. At the top, I thought the hardest part was behind me - until the rain and wind arrived, turning the night into a battle of willpower. In the final 50 miles, I learned what endurance really means. It wasn't about speed anymore. It was about refusing to stop, even when every part of me wanted to.

The Finish

Somewhere along the way, I found a running companion from Latvia. We didn't talk much, but we didn't need to. Just knowing someone else was fighting the same battle made it easier to keep going.

When Sparta finally appeared, I felt something shift inside me. The last steps to the statue of King Leonidas weren't just about finishing a race - they were about proving to myself that I could keep moving forward, no matter what. Crossing that line in 33 hours 34 minutes, side by side with a fellow runner, was one of the most powerful moments of my life.

continued on next page

Running to Sparta

continued from previous page

Why it matters

Most people will never run 153 miles, and that's okay. But everyone knows what it feels like to face something that seems impossible - whether it's a personal challenge, a career hurdle, or just getting through a hard season of life. The Spartathlon reminded me that the way through is always the same: one step, then another.



How did I get here?

from Dave Entwistle

I will have some difficulty to explain why, but it came into my head that on the 21st August 2025 it would be exactly 40 years since my benchmark athletic performance.

There are so many reasons the 1985 version of the Saddleworth 6 Mile Road Race remains permanently etched into my brain tissue, especially since there are scores of races in which I've competed, that you may need to produce documentary evidence to convince me I had actually participated.

My memory doesn't even start at Saddleworth; it begins three days before. I'd run a locally-organised half-marathon in and around Haigh Hall Country Park, Wigan. Despite placing well by my standards, I'd been disappointed to have lost two places in the closing couple of miles having spent the previous 11 miles effectively running on my own.

My bad mood from the Sunday half-marathon was carried forward into the Wednesday Saddleworth 6.

I'd remembered warming up wondering what I was doing there. In reality, this is the easiest piece of the jigsaw to put in place. I'd no doubt agreed to go with Alan Blinston and I was designated driver!

My mood did lift slightly as it always did when I changed my trainers for my racing flats. I apologise, because I know this isn't the first time I have extolled the virtues of the Nike Elite Classic running shoe but let's be honest, they were fantastic shoes with not a carbon-plate in sight. Light, spongy and simply brilliant to run in. Funnily enough I'd have to wait nearly 40 years to experience the same sensations again after Jane bought a particular model of Asics and pushed me to get the men's version. Of course, just like the Elite Classics before, I only managed to buy a couple of pairs before the model was discontinued and "improved" ...not. I digress, back to Saddleworth.

With the half-marathon performance still loitering in my brain, I made no efforts to get to the front of the start line and when the gun went, I remember just going with the flow. I have no idea if the race even exists nowadays? For those who don't know, the race pulled out of a side-road, did two laps of very long straights and equally short bends before re-entering the side-road to the finish.

Age is no fun; overall recollections of the race are patchy to say the least. Where I was in the field, who I passed; nothing. I have only two memories; after finding my rhythm, nobody passed me and as I came into the final long straight, I saw the figure of Peter Pickwell and he was coming back to me. As I only recently told Pete, I always measured my own performance with where I was compared to him. Just so people know; when Pete joined ADAC in his early to mid-thirties, he had already run 2:32 for the marathon training on his own! Pure class!

Back to Saddleworth, Pete was still fairly new to ADAC which probably explained why the gap between him and me was diminishing with every stride. I was focused solely on Pete's back and I was praying the turn into the finish wouldn't come too soon.

This was another reason that this race remains clear in my memories. I don't even need a single hand to help me count the number of times that I have not wanted a race to end! I knew I was running out of race and sure enough, 150 yards or so ahead, I finally watched the figure of Pete Pickwell turn right and out of sight. The funny thing was, it would only be later when I saw the results that I noticed between me and Pete Pickwell was one Pete Lomas, yet another absolute class runner in his time who I feel fortunate to have known, trained and raced with.

I have attached the first page of the results just to give a flavour of the time.

The first result to highlight is: **8. A BLINSTON ALTRINCHAM 30.03**. If Alan hadn't already turned 40, then he was only weeks away from doing so. He was giving anywhere between 5 and 15 years to the seven runners in front of him! If you want to know what makes an Olympian then there it is! For the most part, it wasn't just physical effort with Alan, it was a pure perseverance and motivation to compete.

Next ones to note: **20. S GRACE ALTRINCHAM 30.36** and **25. G MARRINAN STOCKPORT 30.46**. Along with Pete Baxter, Stewart and Ged had been my lunch-time training partners during my 3 years studying at UMIST.

My eyes next fell on **29. S KENYON Salford 30.59**. Seeing a photo of Steve Kenyon, arms aloft after winning the 1981 Manchester Marathon in 2:11, had been my inspiration to run a marathon. Armed with this information of him as a world-class athlete, his finishing position in the 1985 Saddleworth 6 suggests he must have hopped round on one leg! At the time he was still probably one of the greatest long-distance runners in the country and on any other night, he'd have been a minute clear of the rest of the field.

Just two others; **72. N SIDDIQUI Salford 32.41** and **73. J CARTER ALTRINCHAM 32.46**. I'd never beaten either Nic or John before and I would never beat either of them again.

continued on next page

continued from previous page

So, there you go, **64. D ENTWISTLE ALTRINCHAM 32.25**, what I consider my finest hour in athletics, which had all begun at an ADAC-organised John Leigh Park Schools' Cross Country back in 1973.

Forty years on from Saddleworth, I can look back and know; at the time I believed this result could be the springboard to bigger and better performances. And yes, mainly thanks to the coaching, patience and tolerance of Pete Doherty; I would go on to run much faster, mostly around Longford Park track at Stretford every other Tuesday night in the summers to come, but for me, nothing would ever eclipse that two x 3-mile laps around Greenfield one Wednesday evening in August 1985.

Interestingly, Wednesday, 20th August 2025, found me in Tatton Park, as I failed miserably to defend the V60 title that I had won last year in RunThrough's "Chase the Sun" series.

Anyway, so many of the names listed below have helped keep me in a sport I love but it feels only right to quote my greatest influence, Mr Alan Hardman, "Running is easy, you just need to put one leg in front of another, faster than anyone else". It was never spoken between us but, one thing I learned from my formative years, training and racing with Alan Blinston; it's not the taking part that's important, it's the winning! Something I remind my youngest daughter of every time her toe touches the start line...

10th ANNUAL SADDLEWORTH 6 MILE ROAD RACE					
GREENFIELD NR. OLDHAM					
WEDNESDAY 21st AUGUST 1985					
The Committee of Oldham & Royton HAC wish to express their sincere thanks to					
SPEEDY PLANT HIRE for sponsorship.					
Greater Manchester Police for assistance with traffic control. (Saddleworth Div)					
Oldham Metropolitan Borough (Amenities & Recreation) for facilities.					
Officials and helpers for time freely given.					
Athletes for your continuing support.					
RESULTS					
1. M. DEEGAN	SALFORD H.	28.45	47. B. SMITH	NORWICH	31.50
2. C. BUCKNALL	STRETTFORD	.49	48. M. NOBLE	STOCKPORT	.51
3. J. KELLY	LIVERPOOL	29.01	49. J. ORSON	ROCHDALE	.53
4. P. CAMPBELL	BOLTON	.22	50. D. DEAN	OLDHAM	.55
5. D. IRELAND	OLDHAM	.28	51. PICKWELL	ALTRINCHAM	.56
6. M. FIRTH	MANCHESTER	.30	52. D. SHAW	U/A	.58
7. M. PETERS	SALFORD	.59	53. L. WHIGHTMAN	CLAYTON	.58
8. A. BLINSTON	ALTRINCHAM	30.03	54. P. LOMAS	ALTRINCHAM	.59
9. A. MARSH	HOLMFIRTH	.10	55. A. O'NEILL	OLDHAM	32.03
10. R. SMITH	LONGWOOD	.11	56. T. RODGERS	LONGWOOD	.07
11. I. WILKINSON	MANCHESTER	.12	57. S. BARNES	ROCHDALE	.10
12. P. ORMGROD	OLDHAM	.13	58. I. ROBERTS	SALFORD	.12
13. M. CRUICKSHANK	E. CHESHIRE	.16	59. G. THOMASSON	SALFORD	.13
14. P. LIGHT	BUXTON	.21	60. S. SMITH	HALIFAX	.16
15. P. KNOX	OLDHAM	.25	61. P. ALLEN	SALFORD	.17
16. F. PETER	SALFORD	.28	62. W. SHAW	ROCHDALE	.20
17. C. O'BRIEN	MANCHESTER	.29	63. P. ASHWORTH	ROTHERHAM	.24
18. K. O'NEILL	OLDHAM	.32	64. D. ENTWISTLE	ALTRINCHAM	.25
19. R. GWILT	SALFORD	.35	65. D. WILLIAMS	E. CHESHIRE	.26
20. S. GRACE	ALTRINCHAM	.36	66. M. CUNNINGHAM	MANCHESTER	.30
21. R. TAYLOR	STOCKPORT	.37	67. D. THORNTON	U/A	.34
22. G. DAVIES	SALFORD	.42	68. S. LEECH	OLDHAM	.37
23. D. RIGBY	E. CHESHIRE	.43	69. R. DERBYSHIRE	STOCKPORT	.38
24. S. NULME	OLDHAM	.45	70. A. WINTERBOTTOM	E. CHESHIRE	.40
25. G. MARRINAN	STOCKPORT	.46	71. S. BARKER	LONGWOOD	.42
26. T. KELLEHER	MANCHESTER	.52	72. N. SIDDIQI	SALFORD	.43
27. J. HARTLEY	CLAYTON	.55	73. J. CARTER	ALTRINCHAM	.46
28. T. FARRELL	LIVERPOOL	.59	74. P. HALL	CLAYTON	.50
29. S. KENYON	SALFORD	.59	75. A. MALONE	STOCKPORT	.51
30. G. ENTWISTLE	MANCHESTER	31.02	76. B. LANGRIDGE	ALTRINCHAM	.52
31. M. BAILEY	OLDHAM	.03	77. P. KENWAY	OLDHAM	.53
32. S. BRADY	CLAYTON	.04	78. R. WATERHOUSE	SADDLEWORTH	.55
33. N. CHADWICK	SALFORD	.05	79. T. TEMPLE	MIDDLETON	.58
34. G. RICHARDS	WIRRAL	.06	80. D. MALTON	ALTRINCHAM	33.00
35. M. POWER	SALFORD	.07	81. R. HARDCASTLE	LONGWOOD	.01
36. M. BROOKE	LONGWOOD	.11	82. P. JOHNSON	CLAYTON	.03
37. M. SALT	ROCHDALE	.15	83. D. HAWKINS	MILTON KEYNES	.05
38. K. LENIHAN	LONGWOOD	.18	84. J. JONES	ALTRINCHAM	.06
39. J. BARKER	ROCHDALE	.20	85. B. WATKIN	MANCHESTER	.15
40. J. HOWE	CLAYTON	.23	86. J. EVANS	OLDHAM	.18
41. H. THOMSON	STOCKPORT	.33	87. D. CLAYTON	SADDLEWORTH	.20
42. P. MATCHETT	LONGWOOD	.35	88. P. POWELL	HOLMFIRTH	.21
43. T. HARDMAN	OLDHAM	.38	89. H. RAMQVYK	BUXTON	.24
44. G. TERRY	BINGLEY	.39	90. P. ECKERSLEY	SADDLEWORTH	.25
45. C. MELLOR	BUXTON	.44	91. K. BAMPFORTH	HOLME V SQUASH	.26
46. A. BRADSHAM	MANCHESTER	.48	92. M. BRIGGS	CLAYTON	.27

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

November

- Tue 4th Track: Joint session with Phil's group:
 20 x 80s with 60s recovery.
- Tue 11th Track: 12 x 90s with 75s recovery.
- Tue 18th Grass: 12 x 2 min with 90s recovery.
- Tue 25th Track: 4 x 60s, 60s recovery, 8 x 90s, 75s recovery, 4 x 60s, 60s recovery.

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

November

- Tue 4th Track: Joint session with Mansel's group:
 20 x 80s with 60s recovery.
- Tue 11th Track: 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 18th Road & Track: 1½ mile road tempo, 6 x 3 min with 90s recovery, 1½ mile road tempo.
- Tue 25th Grass: 2 x 2 min with 60s recovery, 2 x 4 min with 90s recovery, 1 x 6 min with 2 min recovery,
 2 x 4 min with 90s recovery, 2 x 2 min with 60s recovery.

Phil's group (Thursdays)

November Venues vary - see dates for location.

- Thu 6th Stamford Park: meet at park car park on Stamford Park Road 7:15pm.
 1 km reps 1 min recovery (number dependent on target race distance).
- Thu 13th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 20th Stamford Park: meet at park car park on Stamford Park Road 7:15pm.
 2 km reps 2 min recovery (number dependent on target race distance).
- Thu 27th Conditioning Session at Timperley Track: 7:15pm start.

Please note that all sessions start at 7:15pm, warmed up and ready to go. If you wish to do drills on a Tuesday these start at 7:00pm and are highly recommended for all athletes irrespective of target distance.

On road sessions, though routes are chosen with safety in mind, athletes are advised to wear bright clothing, be mindful of any traffic, and always give way to vehicles.

The grass sessions include running up and over the bank and it is advisable that you invest in a pair of trail shoes for these sessions. Please pay your track fees in the office: £4 members, £5 non-members.

Conditioning Sessions (please make Phil aware of any injury or weakness issues).

Drills - Plyometrics – starting light and gradually building through the year.

Circuits – Core - Resistance running.

If you are unsure or need help concerning any ongoing joint or other issues that may affect your ability to do these exercises please speak to Phil, alternatives or specific adaptations can always be made.