

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

December 2025

Club website www.altrincham-athletics.co.uk

London Marathon 2026



Once again ADAC have been given one club place for next year's race.

If any club member who applied through the original ballot but was rejected and wishes to be considered for the club place, could they please email their rejection email to me: manselpope@hotmail.com by Friday December 5th.

If we have more than one application, then we will hold our own ballot shortly afterwards to determine the winner. We have a deadline of Tuesday 16th December to forward our nominated runner.

January Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdaves@gmail.com
by Wednesday 24th December. Articles, reports, results, news, and photos gratefully accepted.

PAWPRINTS

December 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 .

Wilmslow Festive 10K - Sunday 23rd November

Twenty one Altrincham runners took to the start line for this “festive” race, a little over a month before Christmas Day! Luke Moulton ran well, setting a new personal best of 34:29, finishing just in front of Michael Whitham, who was on a marathon pace effort, saving himself for the Leeds Abbey Dash the following Sunday!

Richard Johnson and Rich Evans were first and second MV60 and Becky Hansen was second FV35.

Becky Hansen, Rick Evans, Sam Higgs and Annabel Dickinson all set new personal bests.

The race had more than 4000 finishers and was won by Jonny Mellor of Liverpool Harriers in a very fast 28:28, over a minute ahead of his nearest rival. The first lady was Laura Hesketh of Clayton-le-Moors Harriers in 33:48.

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

Chip Times

Luke Moulton	34:29
Michael Whitham	34:49
Matthew Beacock	36:16
Richard Johnson	36:17
Becky Hansen	36:35
Rich Evans	36:44
Richard Jellyman	37:12
Paul Abraham	38:58
Rick Evans	39:12
Steve Renny	40:54

Sam Higgs	43:23
Duncan Dickinson	43:54
Jon Preece	44:22
Alice Welch	45:39
Liam Griffin-Jowett	46:53
Siobhan Egerton	48:20
Emily Pattison	49:53
Darren Martin	52:05
Annabel Dickinson	53:20
Frazer Cowgill	53:32
Hugh McKenna	63:14



Luke Moulton



Rick Evans

Club Road Race Championship 2025/26

from Mike Berks

We are now at the half-way mark for this year's club road race championship.

Hopefully you've all seen the video explaining the new scoring system we're using, but if not, you can watch it [here](#). In summary, you can earn points from any nominated club race, plus your best 5K and/or Marathon (these are scored by adding your best time to an overall leaderboard throughout the year, which is then treated as if it were a single race).

In each race, you earn up to 25 points for your finishing time versus other club athletes, and up to 25 points for your age-graded percentage ranking, giving a maximum of 50 points per race. Your best 6 races contribute to your final score, with a maximum of 5 club races counting (so to have 6 counting races, you need at least one entry in either the Marathon or 5K leaderboards).

So far, we have had 6 club races (the number of Altrincham athletes is shown in brackets): the Wilmslow 10K (13) and the Wizard 5 miles (4) in July, the Monton 5 miles (2) in August, the Altrincham 10K (28) in September, the Manchester Half Marathon (14) in October and the Wilmslow 10K (19) in November.

Meanwhile, 45 athletes have contributed a time to the 5K leaderboard and 4 to the Marathon leaderboard.

In the overall table, Becky Hansen currently leads the way with 187 points from 4 races: (Altrincham 10K – 36:37), Manchester Half (1:20:02), Wilmslow 10K (36:35) and a best 5k set at the second Sale Sizzler (18:10). She's the first club female in all those races giving her a maximum 100 points for the time scores and with a strong collection of age % points too, she's 47 points clear at the top, albeit the only athlete in the top 6 with 4 counting races. In second place, and leading the men, Tim Greenald has 140 points from three races, closely followed by Mike Whitham with 136 points.

As anticipated, there is a balance between race time and age % scores, with Mike out-scoring Tim 73 points to 65 on time, while V50 Tim leads 75 to 63 in the scoring by age- %.

Further down the table, Jo Rosenberg (currently 8th overall and 3rd female) has the highest points to races ratio, with 98 points from her two counting races (Manchester Half and a fantastic 2:56:28 at the New York Marathon), so could still mount a challenge to Becky in the second half of the calendar. Tom Sullivan is in a similar position with 97 points from his two races, so definitely all still to play for in both female and male titles!

The next club race is the Stockport 10 ([entries](#)) on Sunday 14th December, with the remaining races in 2026:

Four Villages Half Marathon - Sunday 18th January - [entries](#)

Alsager 5 - Sunday 1st February - [entries](#)

Hale 10K - Sunday 15th February - [entries](#)

Wilmslow Half Marathon - Sunday 22nd March - [entries](#)

Salford 10K - Friday 3rd April - [entries](#)

The current championship table is on the following two pages.

To see an interactive version of the table, please visit:

<https://altrincham-athletics.github.io/Road-Race-Championship>,

where you can sort by any of the columns and filter by age and category. Clicking on each athlete will take you to a summary of their races and you'll also find links to the full results for each club race, the combined 5K and Marathon leaderboards and links to race entries for the remaining club races.

If you spot any mistakes or have any suggestions or feedback for the championship pages, please contact the club or Mike Berks (Michael.a.berks@gmail.com) directly.

Otherwise, get those entries in and get racing!

Club Road Race Championship 2025/26

Athlete	Gender	Cat	Races	Time score	Age % score	Total score
Becky Hansen	F	V35	4	100	87	187
Tim Greenald	M	V50	3	65	75	140
Michael Whitham	M	Senior	3	73	63	136
Luke Moulton	M	V35	3	68	55	123
Jack Burbidge	M	V35	3	67	47	114
Matthew Beacock	M	Senior	3	64	42	106
Annabel Dickinson	F	Senior	4	84	21	105
Jo Rosenberg	F	V50	2	49	49	98
Michael Berks	M	V40	2	49	48	97
Tom Sullivan	M	Senior	2	50	47	97
Rick Evans	M	V60	3	40	55	95
Lora Blann	F	V45	2	50	44	94
Duncan Dickinson	M	V60	4	42	49	91
Richard Johnson	M	V60	2	42	49	91
Paul Abraham	M	V50	3	44	46	90
Tom Moseley	M	V40	2	43	44	87
Nadia Erdenesuren	F	V50	3	63	21	84
Beverley Jackson	F	V60	2	44	40	84
David Norman	M	V45	2	42	42	84
Richard Jellyman	M	V40	2	42	38	80
Katie Livermore	F	Senior	2	47	27	74
Kate Stuart	F	Senior	2	47	24	71
David Ainsworth	M	V65	2	19	46	65
Gordon Nicoll	M	V60	2	22	42	64
Sam Higgs	M	Senior	4	37	26	63
James Pattison	M	V45	2	33	30	63
Jon Preece	M	V35	3	33	28	61
Ryan Teare	M	Senior	2	39	22	61
Darren Martin	M	V55	2	29	22	51
Craig Foster	M	V40	2	27	22	49
Vicki Perry	F	V65	1	23	25	48
Ted Murray	M	Senior	1	25	22	47
Matthew Allen	M	V40	2	29	17	46
Rich Evans	M	V60	1	21	25	46
Damian Utton	M	V60	3	21	25	46

Club Road Race Championship 2025/26

Athlete	Gender	Cat	Races	Time score	Age % score	Total score
Jacob Watson	M	V40	1	22	22	44
Luke Hornby	M	Senior	1	25	18	43
Phil Raffo	M	V40	1	23	20	43
Ben Walmsley	M	V40	1	23	20	43
Alice Welch	F	V45	1	24	16	40
Nick Cuff	M	V35	1	21	18	39
Dominic Renshaw	M	V40	2	27	12	39
Al de Sousa Costain	M	V35	2	22	15	37
Siobhan Egerton	F	V35	1	23	14	37
Andrew Pickford	M	V50	2	16	18	34
Sarah King	F	V40	1	24	9	33
Dylan Marodeen	M	Senior	1	18	14	32
Mark Newton	M	V55	2	13	19	32
Simon Bareford	M	V45	1	15	15	30
John Noblett	M	V55	2	12	15	27
Hannah Daniel	F	Senior	1	24	1	25
Alana Dunn	F	Senior	1	23	2	25
Stephane Laffly	M	V45	1	14	10	24
Hugh McKenna	M	V75	2	11	13	24
Frazer Cowgill	M	Senior	2	16	7	23
Liam Griffin-Jowett	M	V35	1	14	9	23
Peter Waterson	M	V55	1	11	12	23
Ruth Tidd	F	V40	1	21	0	21
Ian Blann	M	V45	1	12	8	20
Tom Brown	M	Senior	1	17	3	20
Steph Hughes	F	V55	1	19	0	19
Nick Bugler	M	V35	1	13	0	13
Andrew Paton-Crockett	M	V40	1	10	3	13
Richard Hill	M	V45	2	8	4	12
Dan Martell	M	V35	1	11	0	11
Colin Davies	M	V75	1	2	6	8
John Roche	M	V45	1	6	2	8
Graham Harrison	M	V65	1	0	7	7
Luke Baumber	M	Senior	1	2	0	2
Lorenzo Giove	M	V45	1	1	0	1

Manchester Area Cross Country League

Match Two - Saturday 22nd November - Sefton Park

The second of this season's matches, at Sefton Park, Liverpool, was part of the British Cross Challenge Series. Altrincham had three finishers in the senior women's race with Alana Dunn 18th, Lora Blann 30th (1st FV45) and Claire Irons 217th. We had 15 runners in the senior men's race in which Rich Evans was 76th and 1st MV60, Simon Bareford 83rd, Tom Moseley 86th, Ryan Teare 87th, Nick Bugler 101st and Andy Pickford 103rd. These six were 11th senior team with Rich, Simon, Tom and Andy 3rd vets team. There were 13 Altrincham finishers in the junior races, the outstanding performance coming from Oscar Reynolds who finished 4th in the U11 boys' race with Rafe Lucas 6th, Charlie Reynolds 33rd and Sam Boothroyd 49th. In the U13 boys' race Ugo Obianyor finished 59th whilst in the U15 boys' race, James Warrington finished 35th, Oscar Curran 46th, Blake Bareford 51st, Callum Robertson 58th and Musab Noman 61st. In the U15 girls' race Mollie Offord was 42nd and Niamh Robinson 60th. Max McFarland was 51st in the U17 men's race. For Musab, Mollie, Rafe and Niamh it was their first cross country race at this level.

Full results: www.race-results.co.uk/results/2025/maccl25-2.pdf

The third match is at Woodbank Park on Saturday 6th December

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.

Isla shines for Cheshire!

A brilliant run from Isla Doyle on Saturday 22nd November in the Schools Inter-County Cross Country fixture at Himley Hall in the West Midlands. Isla ran for Cheshire and the race included ten other counties. She finished in the top ten and first in the Cheshire team!



Craig Foster

On Sunday 19th October Craig Foster took part in the Guangzhou Maofeng Mountain race in China which was a gruelling mountain climb in 35 °C heat, humidity over 90% and a 600m gain, with much of that in the form of steps. He finished 8th of around 1000 competitors and first V40.



Craig also took part in the Dark Orchan Fell Race on his birthday, November 18th, running in the dark with headtorches over Todmorden, very rough underfoot and treacherous in the weather conditions. He finished ninth of the 34 competitors and first MV40, just holding off the locals in terrible conditions!



Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

December

- Tue 2nd Track: Joint session with Phil's group:
4 x 60s, 60s recovery, 4 x 90s, 75s recovery, 3 x 3 min, 90s recovery,
4 x 90s, 75s recovery, 4 x 60s, 60s recovery.
- Tue 9th Grass: 4 x 2 min, 90s recovery, 2 x 4 min, 2 min recovery, 4 x 2 min, 90s recovery.
- Tue 16th Track: 8 x 3 min with 2 min recovery.
- Tue 23rd Track: Joint session with Phil's group:
20 x 80s with 50s recovery.
- Tue 30th Track: 12 x 90s with 75s recovery.

Phil's group (Tuesdays)

December

- Tue 2nd Track: Joint session with Mansel's group:
4 x 60s, 60s recovery, 4 x 90s, 75s recovery, 3 x 3 min, 90s recovery,
4 x 90s, 75s recovery, 4 x 60s, 60s recovery.
- Tue 9th Road & Track: 1½ mile road tempo, 12 x 90s with 60s recovery, 1½ mile road tempo.
- Tue 16th Grass: 4 x 2 min with 60s recovery, 4 x 4 min with 90s recovery, 4 x 2 min with 60s recovery.
- Tue 23rd Track: Joint session with Mansel's group:
20 x 80s with 50s recovery.
- Tue 30th Road & Track: 1½ mile road tempo, 3 x 90s with 75s rest, 3 x 3 min with 90s rest,
3 x 90s with 75s rest, 1½ mile road tempo.

Phil's group (Thursdays)

December

Venues vary - see dates for location.

- Thu 4th 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 11th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 18th 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 25th Happy Christmas - No Training!

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.

Mark Newton - 2025/2026 Endurance Training Group #2 Session Plan

Week	Day	Warm-Up	Main Session	Notes
04/11/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	3 x 6 min @ 80%, 2 min jog recovery	
06/11/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x hill circuits inc steps + core work + plyometrics	
08/11/2025	Saturday		Altrincham Schools @ John Leigh Park	Members can run as guests if school not entered
11/11/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	5 x 3 min @ 80% effort. 3min recovery	XC start then in to rhythm
14/11/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	3 or 4 x 5 min @ 85%, 90 sec recovery	
15/11/2025	Saturday		South East Lancs XC Heaton Park	See fixture list for times
18/11/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x 2 min @ race pace, 2 min recovery	
20/11/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	15min easy + drills + 4 x 20 sec strides	
22/11/2025	Saturday		MACCL XC (Northern Champs) Sefton Park	See fixture list for times
25/11/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x 1 min fast / 1 min easy	
27/11/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	3 x 5 min @ steady pace, 2 min recovery	
29/11/2025	Saturday		Altrincham Schools @ John Leigh Park	Members can run as guests if school not entered
02/12/2025	Tuesday	Head Torch run out	7x200m delaheys hill sprints	Ratio of 1 to 12. Coach/parent helper needed
04/12/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	20 min easy + drills + 4 x 20 sec strides	
06/12/2025	Saturday		MACCL XC Woodbank Park, Stockport	See fixture list for times
09/12/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 to 8 x 400m @ 85%, 90 sec recovery	
11/12/2025	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	15min easy + drills + 4 x 20 sec strides	
13/12/2025	Saturday		Parkrun	
16/12/2025	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x 90secs @ 75% effort. 90 secs recovery	
18/12/2025	Thursday		Probably club festive races.	times tbc
19/12/2025			Christmas break	

Parents should notify Mark of any other running their athletes are doing in addition to that listed above.

The session plan can also be viewed on the website: <https://altrincham-athletics.co.uk/coaches-training-schedules/>

