

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

January 2026

Club website www.altrincham-athletics.co.uk

Valencia Marathon - Sunday 7th December

Five of our club members took part in this year's Valencia Marathon and, although they all finished some way behind triathlete Alex Yee who ran the second fastest time ever by a British athlete, they all recorded personal bests.

Tom Sullivan 2:28:13 Phil Raffo 2:42:54 Sam Garrett 2:47:53

Fraser Prest 2:56:10 Peter Leech 3:32:51



Phil, Fraser and Peter

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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: colinxxdaves@gmail.com
by Saturday 24th January. Articles, reports, results, news, and photos gratefully accepted.

Manchester Area Cross Country League

Match Three - Saturday 6th December - Woodbank Park

The third of this season's matches was the second at Woodbank Park and this time it was considerably muddier! Altrincham had fifteen juniors and thirteen seniors involved and Oscar Reynolds was once again the star performer, finishing third in the U11 boys' race. Rafe Lucas was not far behind him in 9th place and with Charlie Reynolds 25th and Sam Boothroyd 36th they were 3rd team. Tilly Hill was 46th in the U11 girls' race. Ben Tempest was 43rd in the U13 boys' race with Isla Doyle 19th and Ruby Jellyman 38th in the U13 girls' race. The U15 boys' team were 11th with Oscar Curran finishing 31st, James Warrington 32nd, Callum Roberts 43rd, Nico Sidebottom 45th, Max Tempest 48th, Max Hill 49th and Charles Bennett 50th. In the senior women's race Jo Rosenberg was 22nd (1st FV50), Lora Blann 33rd (1st FV45, Alice Welch 70th and Fiona Cosgrove.134th This placed them 14th senior team and 4th vets' team. The senior men were 15th senior team and 6th vets' team with Tom Moseley finishing 79th, Tim Greenald 80th, Nick Bugler 105th, Ian Blann 113th, Nick Cuff 133rd, Richard Jellyman 135th, and Richard Evans 179th (4th MV60). Phil Vesey, on his 63rd birthday, was 279th and Mike Duncombe 334th.

Full results: www.race-results.co.uk/results/2025/maccl25-3.pdf

The fourth match is at Tatton Park on Saturday 10th January.

SEASON'S DETAILS

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

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.

Stockport 10 - Sunday 14th December

Eleven Altrincham runners took part in this tough annual ten mile road race from Woodbank Park with three finishing in under an hour. Michael Whitham led the way in 56:10 whilst Andy Pickford was third MV50 in 58:41 and there was a new personal best for Tom Moseley who came in at 59:12. Richard Evans was first MV60 in 1:04:20.

The race was won by Nigel Martin of Sale Harriers Manchester in 51:56 and the first lady finisher was Laura Hesketh of Clayton le Moors in 56:34. There were 710 finishers.

Full results: www.racetecresults.com/results.aspx?CId=20223&RId=259&EId=1&dt=0&adv=1

Chip Times

Michael Whitham	56:10
Andy Pickford	58:41
Tom Moseley	59:12
Tom Brown	1:00:28
Richard Evans	1:04:20
Steve Renny	1:07:07
Paul Abraham	1:08:27
Gordon Nicoll	1:15:07
Richard Kennaugh	1:15:48
David Vaughan	1:23:45
Frazer Cowgill	1:30:08

Photos by Jon-Paul Kearns



Gordon Nicoll



Paul Abraham

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

January

- Tue 6th Track: Joint session with Phil's group:
2 x 3 min, 90s recovery, 2 min jog, 4 x 90s, 60s recovery, 2 min jog,
10 min tempo, 2 min jog, 4 x 90s, 60s recovery.
- Tue 13th Grass: 4 x 2 min, 90s recovery, 4 x 4 min, 2 min recovery, 2 x 2 min, 90s recovery.
- Tue 20th Track: 5 sets of: 90s, 60s recovery, 60s, 30s recovery, 30s with 3 min jog rec between sets.
- Tue 27th Grass: 2 x 2 min, 90s recovery, 2 x 4 min, 2 min recovery, 1 x 5 min, 2 min recovery,
2 x 4 min, 2 min recovery, 2 x 2 min, 90s recovery.

Phil's group (Tuesdays)

January

- Tue 6th Track: Joint session with Mansel's group:
2 x 3 min, 90s recovery, 2 min jog, 4 x 90s, 60s recovery, 2 min jog,
10 min tempo, 2 min jog, 4 x 90s, 60s recovery.
- Tue 13th 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 20th Grass: 3 x 2 min, 60s recovery, 2 x 4 min, 90secs recovery, 1 x 6 min, 2 min recovery,
2 x 4 min, 90s recovery, 3 x 2 min, 60s recovery.
- Tue 27th Road & Track: 1½ mile road tempo, 6 x 3 min with 90s rest, 1½ mile road tempo.

Phil's group (Thursdays)

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

- Thu 1st Happy New Year - No Training!
- Thu 8th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 15th 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 22nd Conditioning Session at Timperley Track: 7:15pm start.
- Thu 29th 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).

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.