

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

February 2026

Club website www.altrincham-athletics.co.uk

Richard Johnson - 1st MV60 in Ribble Valley 10K



PAWPRINTS

February 2026

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 .

March Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com
by Friday 27th February. Articles, reports, results, news, and photos gratefully accepted.

Ribble Valley 10K - Sunday 28th December

Many of our members have run this popular end of year race at Clitheroe over the years and this year five of the 1500 entrants were from Altrincham. The race was designated as the North of England 10K championships and, although we only finished 23rd of the 40 complete teams, we did have the winning male vet 60 - Richard Johnson. The race was won by Matthew Ramsden of Blackburn Harriers in 29:05 and the first lady was Verity Ockenden of Swansea Harriers in 32:18

Full results: <https://results.runthrough.co.uk/results.aspx?CId=16487&RId=5646&EId=2&dt=0&PageNo=1>

Chip Times

Michael Whitham	32:58
Ben Walmsley	33:50
Richard Johnson	37:01
Gordon Nicoll	44:00
Ruth Tidd	44:50



Ben Walmsley



Ruth Tidd

Four Villages Half Marathon - Sunday 18th January

Three of our members took part in this long-standing half marathon at Helsby which was won by Conor Sarsfield of Helsby Running Club with Nicola Reece of Wilmslow Running Club the first lady. There were 1437 finishers. Ben Walmsley was second MV40 in 15th place overall and Andy Pickford was first MV50 in 33rd place.

Full results: <https://helsbyrunningclub.niftyentries.com/Results/Four-Villages-Half-Marathon-2026>



Ben Walmsley

Chip Times

Ben Walmsley	1:15:06
Andy Pickford	1:16:40
Timothy Hayle	1:26:55

Photos by Mick Hall

www.mickhall-photos.com



Andy Pickford



Timothy Hayle

Manchester Area Cross Country League

Match Four - Saturday 10th January - Tatton Park

The fourth of this season's cross country league matches was held at an extremely frosty Tatton Park with over 1200 runners braving the elements. Amongst the 462 finishers in the junior races there were 19 from Altrincham.

Oscar Reynolds was 5th in the U11 boys' race, supported by Rafe Lucas in 10th place and Sam Boothroyd 59th.

In the U11 girls' race Soraya Rajakulendran was 25th and Till Hill 49th.

Ben Tempest was 63rd in the U13 boys' race.

Isla Doyle was 34th in the U13 girls' race with Isabelle Pattison 59th and Anaya Grundy 84th.

We had no fewer than eight finishers in the U15 boys' race in which Oscar Curran was 33rd, James Warrington 41st and Charles Bennett 50th. In the U15 girls' race Mollie Offord was 36th and Erin Hewitt 43rd.

Our three U17 men finished within a few seconds of each other with Nate Logan-Virden 36th, Thomas Turner 37th and Liam Rhodes 38th whilst Emily Pattison was 16th in the U17 women's race.

Full results: www.racetecresults.com/results.aspx?CId=20223&RId=264&EId=6&dt=0

The final match is at Heaton Park on Saturday 7th February.



Soraya Rajakulendran



Sam Boothroyd

Photos by Jon-Paul Kearns



Anaya Grundy



Tilly Hill

**Manchester Area Cross Country League
Match Four - Saturday 10th January - Tatton Park**



Six of the U15 boys' team.

Left to right. Callum Roberts, Max Tempest, Max Hill, Nico Sidebottom, Charlie Bennett, Jamie Warrington .

Manchester Area Cross Country League

Match Four - Saturday 10th January - Tatton Park

In the senior women's race there were 341 finishers, including twelve from Altrincham. Becky Hansen finished 21st, Alana Dunn 28th and Jo Rosenberg 31st & 1st FV50.

We had fifteen of the 456 finishers in the senior men's race with Jens Van Den Brande 46th, Ryan Teare 77th and Andy Pickford 97th.

Full results: www.racetecresults.com/results.aspx?CId=20223&RId=264&EId=6&dt=0

The final match is at Heaton Park on Saturday 7th February.



Bev Jackson



Jo Rosenberg

Photos by Jon-Paul Kearns



Ryan Teare



Jens Van Den Brande

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

February

- Tue 3rd Track: Joint session with Phil's group:
20 x 80s, 50s recovery.
- Tue 10th Track: 12 x 2 min, 90s recovery.
- Tue 17th Track: 5 sets of: 90s, 60s recovery, 60s, 30s recovery, 30s with 3 min jog rec between sets.
- Tue 24th 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)

February

- Tue 3rd Track: Joint session with Mansel's group:
20 x 80s, 50s recovery.
- Tue 10th 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 17th 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 24th 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)

February Venues vary - see dates for location.

- Thu 5th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 12th 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 19th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 26th 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.

Mark Newton - 2026 Endurance Training Session Plan

Week	Day	Warm-Up	Main Session	Notes
06/01/2026	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x 2 min @ 70-80%, 2 min jog recovery	
08/01/2026	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	15min run + core work + plyometrics	
10/01/2026	Saturday		Match 4 - MACCL XC Tatton Park	See fixture list for times
13/01/2026	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	200, 400, 600, 800m, 600, 400, 200m. 60sec, 90sec, 2min, 3min recovery	Maintain form and effort throughout
15/01/2026	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	3 or 4 x 5 min @ 85%, 2min recovery	
17/01/2026	Saturday		South East Lancs XC Heaton Park or parkrun	See fixture list for times
20/01/2026	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	10 x 100m. All within 18secs, 90sec recovery	
22/01/2026	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	15min steady + drills + 4 x 20 sec strides	
24/01/2026	Saturday		Parkrun	Sub 20 to 24min target
27/01/2026	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	6 x 1 min fast / 1 min easy	
29/01/2026	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	3 x 5 min @ steady pace, 2 min recovery	
31/01/2026	Saturday		Parkrun	Sub 20 to 24min target
03/02/2026	Tuesday	Head Torch run out	5x200m delaheys hill sprints	Ratio of 1 to 12. Coach/parent helper needed
05/02/2026	Thursday		20 min steady + drills + 4 x 20 sec strides	
07/02/2026	Saturday		Parkrun	Sub 20 to 24min target
10/02/2026	Tuesday	3 lap Jog + Dynamic Stretches + Drills + 4x50m strides	200, 400, 600, 800m (timed), 600, 400, 200m. 60sec, 90sec, 2min, 3min recovery	Maintain form and effort throughout
12/02/2026	Thursday	4 lap Jog + Dynamic Stretches + Drills + 4x50m strides	15min easy + drills + 4 x 20 sec strides	
14/02/2026	Saturday		South East Lancs XC Heaton Park or parkrun	Sub 20 to 23min target

Please note that parents should notify Mark of any other running their athletes are doing.

The session plan can also be viewed on the website: <https://altrincham-athletics.co.uk/wp-content/uploads/2026/01/3.-Mark-Newton-Junior-Mesocycle-N3-2026-Season.pdf>

