

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

April 2026

Club website www.altrincham-athletics.co.uk

More Club Records!

In the Wilmslow Half Marathon on Sunday 22nd March, Richard Evans broke the MV60 club record which has been held by Ken Burgess since 2003 and the FV50 club record, previously held by Pippa Cameron, fell to Jo Rosenberg.

Full details on page 4



May Pawprints

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

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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 .

Vacant Committee Position

At the forthcoming AGM to be held Tuesday May 19th at Bowdon Rugby Club, the current Chair, Mansel Pope, will be standing down after 10 years. Applications are invited from those people who may be interested in taking over. You do not need to be a current member of the ADAC committee.

Those interested will require a proposer and seconder from the current senior membership.

A sheet will be put up in due course in the club house to enter names etc.

If you cannot get down to the club you can email manselpope@hotmail.com

A vote will take place at the AGM to determine the successful applicant

For further information regarding the role and responsibilities please contact Mansel on the above email address

Trafford 10K - Sunday 1st March

A cool, dry morning, perfect for running saw 1009 finishers at Partington for this race organised by Run North West, which was a surprisingly low number considering there were over 1500 entered.

A pity the race clashed with the Nantwich 10K which had over 2000 finishers and the St Helens 10K with over 1700.

The race was won by Kevin Campbell of Cambuslang Harriers in 28:49 and the first female was Abbie Donnelly of Lincoln Wellington AC in 31:59.

Michael Whitham was first Altrincham finisher and there were personal bests for Jens Van Den Brande, Ryan Teare, Richard Evans, Becky Hansen and Matthew Allen.

Chip Times

Michael Whitham	32:53
Jens Van Den Brande	33:14
Tom Moseley	34:32
Ryan Teare	34:52
Nick Cuff	35:39
Nick Bugler	35:48
Richard Johnson	36:11
Rich Evans	36:15
Becky Hansen	36:23
Nick Hamlin	36:28

Matthew Allen	37:42
Ian Blann	37:58
Tim Hayle	39:04
Steve Renny	40:20
Luke Baumber	42:05
Dan Martell	42:52
Al de Sousa Costain	42:54
Dave Ainsworth	44:17
Chris Burrows	68:38

Full Results: <https://run-northwest.niftyentries.com/Results/Trafford-10K-2026#>



Richard Evans



Richard Johnson

Wilmslow Half Marathon - Sunday 22nd March

Over 3000 runners completed the Wilmslow Half Marathon on Sunday 22nd March and 21 were from ADAC. Ben Walmsley and Mike Berks both finished just outside the top 50 and there were personal bests for Fraser Prest, Jo Rosenberg, Becky Hansen, Peter Leech, Matthew Allen, Frazer Cowgill and Jackie Jellyman. Finishing third in the FV35 category, Becky was delighted to qualify for her first England Masters vest which had been her target for the year and another vest was earned by Jo who was first in the FV50 category.. The race was won by Lawrence McCourt of Morpeth Harriers in 1:04:44 and first female was Stephie Pennycook of Leeds City AC in 1:13:21.

Full results: <https://wilmslowrunningfestival.niftyentries.com/Results/Wilmslow-Running-Festival-2026#>

Chip Times

Ben Walmsley	1:13:27
Mike Berks	1:13:44
Becky Hansen	1:19:32
Ryan Teare	1:19:47
Fraser Prest	1:21:20
Rich Evans	1:21:37
Jo Rosenberg	1:21:48
Nick Cuff	1:22:16
Matthew Allen	1:23:44
Steve Renny	1:25:53

Shaun Gilmore	1:28:05
Paul Abraham	1:31:05
Kevin West	1:31:28
Peter Waterson	1:32:39
Peter Leech	1:34:47
Mark Newton	1:39:15
Paul Sadler-Bentley	1:39:55
Dave Parkes	1:43:27
Nadia Erdenesuren	1:55:14
Frazer Cowgill	1:59:28
Jackie Jellyman	2:05:52



Fraser Prest



Jackie Jellyman

Pulford 10K - Sunday 22nd March

There were nine of our members in a field of over 400 for this race at Pulford, to the south of Chester, which was won by Marc Scott of Richmond & Zetland Harriers in 29:31. The first female was Jade Morgan of Liverpool Harriers in 32:58. Tom Sullivan was first home for Altrincham in a new personal best of 31:34 and Sam Garrett, Ian Blann and Rick Evans also recorded their fastest ever 10K time.

Chip Times

Tom Sullivan	31:34
Michael Whitham	32:49
Sam Garrett	34:17
Tim Greenald	35:48
Kieran McGlade	36:35
Nick Bugler	37:29
Ian Blann	37:37
Rick Evans	38:21
Lora Blann	40:20



Tom Sullivan

Full results: <https://runcheshire.niftyentries.com/Results/Pulford-10K-2026>



Sam Garrett



Rick Evans

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

April

- Tue 7th Joint session with Phil's group: 10 x 3 min with 80s jog recovery.
- Tue 14th 4 x 60s with 60s recovery, 8 x 90s with 75s recovery, 4 x 60s with 60s recovery.
- Tue 21st 12 x 2 min with 90s recovery.
- Tue 28th 5 sets of 90s with 60s recovery, 60s with 30s recovery, 30s with 3 min jog between sets.

Phil's group (Tuesdays)

April

- Tue 7th Joint session with Mansel's group: 10 x 3 min, 80s jog recovery.
- Tue 14th 14 x 2 min with 90s jog recovery.
(if doing Manchester Marathon do 7 x 2 min with 90s recovery at 85% effort).
- Tue 21st 2 x 90s with 90s recovery, 6 x 3 min with 2 min recovery, 2 x 90s with 90s recovery.
(if doing London Marathon do 5 x 3 min with 2 min recovery at 85% effort).
- Tue 28th 5 sets of 4 x 300m with 60s recovery, 3 min jog between sets.

Phil's group (Thursdays)

April Venues vary - see dates for location.

- Thu 2nd 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 9th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 16th John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm:
3 min efforts with 90s recovery (number dependent on target race distance).
- Thu 23rd Conditioning Session at Timperley Track: 7:15pm start.
- Thu 30th John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm:
5 min efforts with 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.

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 - Proprioception - 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.

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

If you wish to start attending these sessions you must speak to Phil first as numbers are limited
Timperley Track: 6:15pm start, Drills followed by track session.

- Tue 14th 8 x 400m with 2½ min recovery.
- Tue 21st 4 sets of 4 x 200m every 60s with 3 min jog between sets.
- Tue 28th 5 sets of 200m, 60s rest, 200m, 60s rest, 400m with 3 min rest between sets.
(800/1500m runners sets 1, 3 & 5 only).