

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

May 2026

Club website www.altrincham-athletics.co.uk

Dunham Massey 5K Race 1 - Thursday 21st May

The first of this year's North Cheshire Grand Prix 5K series on Thursday 21st May, starting at 7.15pm, is the first of two races at Dunham Massey. This is the one that starts in front of the Hall and finishes up the main drive.

The second Dunham race, on Thursday 4th June, starts on the drive and finishes in front of the Hall.



North Cheshire Grand Prix 5K series

Race 1:	Thursday 21st May	Dunham Massey 5K	7.15pm
Race 2:	Thursday 28th May	Rob McHarry Birchwood Brook 5K	7.30pm
Race 3:	Thursday 4th June	Dave Telford Dunham Massey 5K	7.15pm
Race 4	Thursday 11th June	Birchwood Brook 5K	7.30pm

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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 .

June Pawprints

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

ALTRINCHAM & DISTRICT ATHLETIC CLUB LIMITED

ANNUAL GENERAL MEETING 2026

TUESDAY MAY 19th at 8.15pm

BOWDON RUGBY CLUB, CLAY LANE, TIMPERLEY WA15 7AF

- 1. Apologies for absence**
- 2. Minutes of previous AGM**
- 3. President's Address**
- 4. Chairman's Remarks**
- 5. Accounts**
- 6. Membership/Subscriptions**
- 7. Trophy Winners for 2025-26**
- 8. Election of ADAC Chair**
- 9. Any other business**

A complementary drink is available on arrival

Manchester Marathon - Sunday 19th April

As expected, we had a huge turnout of runners in the Manchester Marathon, with 29 of our members completing the course in glorious sunny and still conditions. As at the Wilmslow Half Marathon the previous month, Mike Berks and Ben Walmsley made up the front two, this time with their positions reversed, Mike finishing in 2:34:03 and Ben very shortly after in 2:34:41, both personal bests (a huge 19 minute improvement on Mike's last marathon 13 years ago).

Jo Rosenberg was first Altrincham lady in a brilliant run of 2:56:21 to be second FV50 overall, an achievement made all the more impressive by the fact this was an official representative race for the Home Countries Masters Series and so had many of the best age-group athletes from England, Scotland, Wales and Northern Ireland competing. However, her impressive age grade score of 87.30% was narrowly beaten by Richard Evans who recorded a superb new personal best of 2:54:40 as an MV60 scoring 87.68%. Richard's time was almost 15 minutes faster than the existing MV60 club record set by Ken Burgess 20 years ago! Jo's time was 7 seconds faster than her New York run. Michael Whitham, it should be noted, was selflessly on 2:50 pacing duties, running a metronomic 2:49:21 and doubtless helped many runners to new personal bests on the day.

Frenchman Yohan Lidove was first across the line in 2::15:18 and the first female finisher was Naomi Robinson of BRAT (Birmingham Running, Athletics & Triathlon Club) in 2:36:56.

Chip Times

Mike Berks	2:34:03
Bem Walmsley	2:34:41
Ryan Teare	2:39:45
Adam Gooch	2:40:17
Michael Whitham	2:49:21
Jack Burbidge	2:53:34
Nick Cuff	2:54:01
Richard Evans	2:54:40
Jo Rosenberg	2:56:21
Timothy Hale	3:00:31
Matt Perkins	3:02:15
Shaun Gilmore	3:04:20
Steve Renny	3:07:43
Dan Martell	3:13:30
Charlie Halkyard	3:14:08

Mark Joyce	3:19:32
Al de Sousa Costain	3:24:49
Peter Waterson	3:30:41
Sabina Pampols Maso	3:41:49
Duncan Dickinson	3:45:33
Dave Entwistle	3:49:08
Pippa Entwistle	3:53:20
Jayne Holme	3:57:13
Katie Livermore	4:00:54
John Roche	4:02:48
Nadia Erdenesuren	4:10:49
Gregory Nicouleau	4:16:18
Dylan Marodeen	4:17:51
Chris Burrows	5:27:27

Full Results: www.manchestermarathon.co.uk/event-info/results/

Bury AC Mini League - Wednesday 15th April

Bury AC hosted the first Mini League fixture of the season on Wednesday 15th April. Torrential rain delayed the start of the meeting, but then the weather improved and over 100 young athletes from local clubs enjoyed the competition organised by Bury coach Helen Vaughan.

Charlotte McReady was 1st in the U10 girls' standing long jump and 2nd in the 50m.

Leo Humphrey was 1st in the U10 boys' 50m.

Alex Giles was 1st in the U10 girls' howler javelin

Aria Rore was 1st in the U12 girls' 600m

ADAC results

U10

Charlotte McReady	Standing Long Jump	1.82m - 1st
	50m	8.7s - 2nd
Leo Humphrey	Standing Long Jump	1.43m
	Howler Javelin	23.10m - 3rd
	50m	8.4s - 1st
	400m	1:25.9
Alex Giles	Howler Javelin	13.99m - 1st
	Standing Long Jump	1.56m
	50m	10.1s
	400m	1:37.5
Eze Obianyor	Standing Long Jump	1.55m
	Howler Javelin	18.62m
	50m	9.2s
	400m	1:26.6

U12

Aria Rore	50m	9.5s
	150m	27.2s
	600m	2:22.8 - 1st
Rose Mehan	Long Jump	2.51m
	50m	9.1s
	150m	29.2s
	600m	2:37.7
Alice Lee	Long Jump	2.90m
	Soft Javelin	6.2m
	50m	9.2s
	150m	27.9s
	600m	2:33.3
Mabel Pickford	Long Jump	2.63m
	75m	13.4s
	150m	28.9s
	600m	2:27.2

Thank you Brad Johnson

A big thank you to Brad Johnson, owner of Axle Shipping, for his kind donation to the club. The money was used to purchase new kit for the juniors. The photos below showing some of the kit being used .



Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

May

- Tue 5th 12 x 3 min with 90s recovery.
- Tue 12th Joint session with Phil's group: 12 x 90s with 90s recovery.
- Tue 19th 8 x 60s with 60s recovery, followed by AGM at Bowdon Ruby Club, Clay Lane.
- Tue 26th Session in John Leigh Park:
4 sets of 30s hill rep, 90s effort, 30s hill rep, 3½ min effort,
2 min recovery between efforts, 3 min recovery between sets

Phil's group (Tuesdays)

May

- Tue 5th 1½ mile road tempo, 2 x 60s with 45s rest, 2 x 90s with 75s rest, 2 x 3 min with 2 min rest,
2 x 90s effort with 75s rest, 2 x 60s with 45s rest (If focusing on 5K take tempo steady).
- Tue 12th Joint session with Mansel's group: 12 x 90s with 90s recovery (Phil on holiday).
- Tue 19th 10 x 2 min with 90s recovery.
- Tue 26th 6 sets of 4 x 200m every 70s (recovery 70s less time taken to run 200m), 2 min jog between sets.

Phil's group (Thursdays)

May Venues vary - see dates for location.

- Thu 7th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 14th No training. Phil on holiday.
- Thu 21st No Training - Dunham Massey 5K. Please volunteer to officiate if you can.
- Thu 28th 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.

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 5th 4 sets of 3 x 300m with 60s recovery with 3 min jog between sets (800m runners sets 1 & 4).
- Tue 12th No training. Phil on holiday.
- Tue 19th 4 sets of 4 x 200m every 60s with 3 min jog between sets.
- Tue 26th 2 x 200m, 1 x 300m, 1 x 400m, 2 x 500m, 1 x 400m, 1 x 300m, 2 x 200m (all with 60secs rest).
(800m runners miss both 500m reps, 1500m runners miss second 500m rep).