

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

July 2026

Club website www.altrincham-athletics.co.uk

Another club record!

Our new club chairman lowered his V60 club 10K record at Colshaw Hall with a time of 35:31
Well done Richard!



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July 2026

Club website www.altrincham-athletics.co.uk

Chairman	Richard Johnson
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 .

August Pawprints

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

Club Fell Running Championship

from Gordon Nicoll

There were three fell races in our championship during June.

Passing Clouds took place on June 7th and was won by Carl Everard (unattached) in 1:18:53.

Our best placed runner was Matthew Allen in 1:34:39, followed by Gordon Nicoll in 1:51:06 and Hannah Daniel in 2:10:51.

The Wincle Trout 5 mile race took place on the June 13th on a hot, sunny afternoon and was won by Chris Lehocski of Macclesfield Harriers in 38:40, Altrincham's best placed runner was Tim Greenald in 46:22, followed by Richard Kennaugh in 52:44, Gordon Nicoll in 58:38 and Fiona Cosgrove in 1:02:38.

Whaley Waltz (9.8km) on 27th Jun took place on another hot and sunny afternoon and was won by Damien McHugh of Didsbury Runners.

Tim Greenald was again the first placed Altrincham runner in 47:34, followed by Richard Kennaugh in 52:27, Bev Jackson in 1:00:59 and Gordon Nicoll in 1:07:44.

The next races in the championship are Bamford Carnival (July 15th) and Alderman's Ascent (July 25th). Details can be found on www.fellrunner.org.uk.

The current championship standings:

	Championship points	Summer series points
Craig Foster	18	0
Tim Greenald	48	20
Gordon Nicoll	35	13
Tim Raffle	0	0
Arthur Raffle	0	0
George Raffle	0	0
Fiona Cosgrove	8	6
Richard Kennaugh	21	16
Bev Jackson	7	7
Dan Martell	7	0
Steve Renny	0	0
Matthew Allen	24	0
Shaun Jackson	4	0
Phil Vesey	3	0
Craig Partridge	2	0
Hannah Daniel	13	5

Great Manchester Run - Sunday 31st May

Ten Altrincham runners took part in the 10K with Becky Hansen taking her place in the Elite Women's race. The race was won by Selemon Barega in 27:37 and the first female was Klara Lukan in 30:58. Sam Garrett was the fastest of our runners in 34:22.

Sam Garrett	34:22
Becky Hansen	36:59
Michael Whitham	37:35
Nathan Fannon	45:02
Peter Rice	46:40
Jayne Holme	49:09
Mark Newton	53:43
Frazer Cowgill	56:31
Phil Kemp	1:10:38
Callum Dixon	1:44:36

Another seven of our members tackled the half marathon in which Alex Durant of the City of Sheffield AC was the first finisher in 1:05:48 and Georgia Stanfield of Trentham RC was first female in 1:18:17. Adam Gooch was the first Altrincham finisher in 1:18:16.

Adam Gooch	1:18:16
Simon Bareford	1:23:49
Rick Evans	1:27:21
Nadia Erdenesuren	1:59:35
Darren Martin	2:04:00
Helen Potts	2:04:12
George Raffle	2:04:45

Full results: <https://results.greatrun.org/results>

Dunham Massey 5K Race 2 - Thursday 4th June

There was an excellent turnout of more than 200 runners for the second of this year's 5K races at Dunham Massey, the "downhill" version held in memory of Dave Telford. Andrew Mills of Vale Royal AC was the race winner in 15:36 and Katie Latham, also from Vale Royal, was first female in 17:25.

Becky Hansen was the first Altrincham finisher, third female and first FV35 and Jo Rosenberg was first FV50. Alice Boothroyd was first junior female and Oscar Curran was third junior male.

Full results: www.ukresults.net/2026/dunham2.html

Becky Hansen	17:53
Jo Rosenberg	18:16
Oscar Curran	18:33
Steve Renny	19:50
Alice Boothroyd	19:55
Matt Page	19:57
Mark Newton	20:30
Lorenzo Giuve	20:31

Kieran Livermore	20:47
Peter Waterson	20:52
Liam Griffin-Jowett	21:16
Nathan Fannon	21:31
Alice Welch	22:12
Rich Hill	22:46
David Vaughan	23:55
Katie Livermore	24:02
Izzy Renny	27:34



Katie Livermore



Kieran Livermore

Photos by Brian Tuohey: <https://btphoto.photohawk.com/galleries/dave-telford-memorial-dunham-massey-5k-2026>

Birchwood Brook 5K - Thursday 11th June

There was an improved turnout for the second Birchwood race in this year's North Cheshire Grand Prix 5K series with 121 runners completing the slippery trail course. Aaron Doyle of Vale Royal AC was the race winner in 16:10 and his club colleague Abigail Howarth was first female in 19:29.

James Pattison was first Altrincham finisher in 18:08 and their were category wins for Richard Johnson (first MV60) and Alice Boothroyd (first female junior and third female overall).

Full results: www.uktimers.net/2026/birch5k2.html

James Pattison	18:08
Richard Johnson	18:31
Alice Boothroyd	20:46
Mark Newton	21:08
Gordon Nicoll	21:13
Nathan Fannon	21:26
Isla Doyle	22:39



James Pattison



Nathan Fannon

Photos by Brian Tuohey: <https://btphoto.photohawk.com/galleries/birchwood-brook-5k-2026>

Colshaw Hall 10K - Sunday 14th June

Luke Hornby was the first Altrincham runner home in a new personal best of 32:39.

Luke Baumber, Ruth Tidd and Peter Leech also ran personal bests.

Lora Blann was first FV45 and Dave Ainsworth was first MV65.

Richard Johnson was second MV60 with a new club age category record of 35:31.

The race was won by Omar Ahmed of Birchfield Harriers in 29:18.

First female was Louise Small of Aldershot, Farnham & District in 32:36.

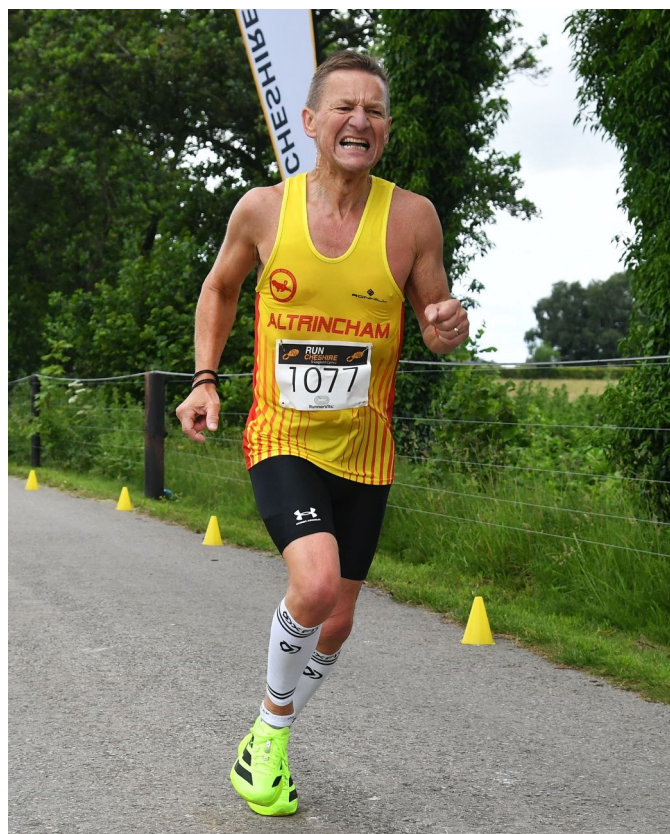
Full results: <https://runcheshire.niftyentries.com/Results/Colshaw-Hall-10k-Knutsford-2026>

Chip Times

Luke Hornby	32:39
Richard Johnson	35:31
Sarah King	39:09
Lora Blann	39:40
Lorenzo Giove	41:30
Luke Baumber	41:51
Ruth Tidd	42:04
Dave Ainsworth	42:13
Peter Leech	43:06
Chris Burrows	57:58



Sarah King



Dave Ainsworth

Sale Sizzler 5K Race 1 - Thursday 18th June

Twenty one Altrincham runners were among over 500 runners who started in the first of this year's Sale Sizzlers. Luke Hornby was the first Altrincham finisher once again and there were first place category prizes for three of our members: Rich Evans (MV60), Lora Blann (FV45) and Dave Ainsworth (MV65).

The race was won by Harry Johnson of Salford Harriers in 14:55 and first female was Alive Wright of Sale Harriers in 17:05. There were 492 finishers.

Full results: <https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-1-2026>

Chip Times

Luke Hornby	16:16
Andy Pickford	17:17
James Pattison	17:36
Rich Evans	18:01
Becky Hansen	18:06
Matthew Allen	18:48
Dan Martell	19:12
Rick Evans	19:18
Lora Blann	19:37
John Coxon	19:47

Mark Newton	20:17
Dave Ainsworth	20:26
Peter Waterson	20:29
Ruth Tidd	20:31
Tom Moseley	20:56
Rich Hall	22:16
Duncan Dickinson	22:33
Mark Brett	23:00
Damian Utton	23:47
David Vaughan	23:52
Katie Livermore	25:05



Colin Davies - 700 parkruns

Colin Davies completed his 700th parkrun on Saturday 6th June at Walsall Arboretum and is now on 702. He is more than 300 behind Darren Wood who was the first to 1000 parkruns with his run at Morden on 31st May. Fourteen current members of the club have completed 250 or more parkruns with Andy Holloway looking like he will be the next one to reach 500. He has recorded 484 so far with 367 of them at Wythenshawe.



Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

July

- Tue 7th Joint track session with Phil's group:
5 sets of 4 x 200m (recovery 70s less time taken to run 200m), 3 min jog between sets.
- Tue 14th 4 x 60s, 60s recovery, 8 x 90s, 75s recovery, 4 x 60s, 60s recovery.
- Tue 21st 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.
- Tue 28th 12 x 90s, 75s recovery.

Phil's group (Tuesdays)

July

- Tue 7th Joint track session with Mansel's group:
5 sets of 4 x 200m (recovery 70s less time taken to run 200m), 3 min jog between sets.
- Tue 14th 4 x 200m with 45s jog recovery, 2 x 400m with 90s jog recovery, 1 x 800m with 3 min jog,
2 x 400m with 90s jog recovery, 4 x 200m with 45s jog recovery.
- Tue 21st 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 with 75s rest, 2 x 60s effort with 45s rest (if focusing on 5K take tempo steady).
- Tue 28th 12 x 80s with 90s jog recovery.

Phil's group (Thursdays)

July

Venues vary - see dates for location.

- Thu 2nd Conditioning Session at Timperley Track: 7:15pm start.
- Thu 9th 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 16th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 23rd 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).
- Thu 30th 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 7th 5 sets of 200m, 60s rest, 200m, 60s rest, 400m, 3 min rest between sets.
(800m runners sets 1 & 5 only - 1500m runners sets 1, 3 & 5 only).
- Tue 14th 6 x 400m with 3 min jog recovery, 4 x 200m with 2 min jog recovery.
- Tue 21st 2 x 200m, 1 x 300m, 1 x 400m, 2 x 500m, 1 x 400m, 1 x 300m, 2 x 200m (all with 60s rest).
(800m runners miss both 500m reps, 1500m runners miss second 500m rep).
- Tue 28th 8 x 300m with 3 min jog recovery (800m runners 6 reps only).