

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

June 2026

Club website www.altrincham-athletics.co.uk

Altrincham & District Athletic Club AGM

The club AGM was held at Bowdon Rugby Club on Tuesday 19th May and Richard Johnson was elected as the new chairman, taking over from Mansel Pope who has done such a wonderful job over the last 10 years. Becky Hansen came away with three awards and more winners are pictured on page3.



Becky Hansen
Ladies Champion
Ladies Club Mile winner
Road Running Champion

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June 2026

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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 .

July Pawprints

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

Altrincham & District Athletic Club Award Winners



Bev Jackson
Female Veteran Winner



Tom Brown
Men's Club Mile winner



Gordon Nicoll
Men's Fell Champion



Fiona Cosgrove
Women's Fell Champion



Rich Evans
Men's Road Running Champion



Al de Sousa Costain
Most Improved Athlete

Club Fell Running Championship

from Gordon Nicoll

A good turnout for the third race in this year's club fell championship at Shinning Tor on Wednesday 13th May.

Tim Greenald was first Altrincham finisher in 43:10. The race was won by Henry Webb of Dark Peak in 37:59.

After three races the table looks as follows:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Summer Total	Overall Total
Craig Foster	10		8												0	18
Tim Greenald	8	10	10												0	28
Gordon Nicoll	7	7													0	14
Tim Raffle															0	0
Arthur Raffle															0	0
George Raffle															0	0
Fiona Cosgrove			2												0	2
Richard Kennaugh			5												0	5
Bev Jackson															0	0
Dan Martell			7												0	7
Steve Renny															0	0
Matthew Allen		8	6												0	14
Shaun Jackson			4												0	4
Phil Vesey			3												0	3
Craig Partridge			1												0	1
Hannah Daniel			1												0	1

1.	Rivington Pike	Sat 4th April	BS	5K
2.	Herod Farm	Wed 15th April	AS	5K
3.	Shining Tor	Wed 13th May	BS	9.4K
4.	Passing Clouds	Sun 7th June	BM	15K

5.	Winkle Trout	Sun 14th June	BS	9K
6.	Whaley Waltz	Sat 27th June	BS	9K
7.	Bamford Carnival	Wed 15th July	AS	7K
8.	Aldermans Ascent	Sat 25th July	AS	8.5K
9.	Eccles Pike	Wed 12th August	AS	5K
10.	Crowden Horseshoe	Sun 16th August	BM	13K
11.	Bollington 3 Peaks	Sat 19th September	BS	9K

12.	Langdale Horseshoe	Sat 10th October	AL	21K
13.	Monsal Mash	Sat 31st October	AS	9.5K
14.	Shepherds Skyline	Sat 7th November	BS	10K

London Marathon - Sunday 26th April

Four of our members were part of the historic marathon in which the two hour barrier was breached for the first time and a record 59,830 runners completed the course. Tom Sullivan was first Altrincham finisher in 2:34:03.

Chip Times

Tom Sullivan	2:34:03
Lisa Craig	3:04:37
Emma Simpson	3:32:11
Jackie Jellyman	4:42:17

Christleton 5K - Friday 8th May

Five of our members travelled down to Christleton for this fast 5K and were rewarded with some quick times. Michael Whitham finished in the top 50 of a field of nearly 500 runners and James Pattison lowered his personal best by 5 seconds, running 16:47. Tom Moseley was just in front in 16:44, just 2 seconds outside his personal best. Lora Blann was 3rd FV45 and Dave Ainsworth was 2nd MV65. The race was won by Rhodri Owen of Meirionnydd Running Club in 14:42 and the first female was Katriona Brown of Aldershot Farnham & District in 16:36.

Chip Times

Michael Whitham	16:11
Tom Moseley	16:44
James Pattison	16:47
Lora Blann	19:05
Dave Ainsworth	20:19

Full results: <https://chestertri.niftyentries.com/Results/Christleton-5k-2026>

Alderley Edge Bypass 10K - Sunday 10th May

There were some excellent runs by five of our members in this Run North West event on Alderley Edge bypass. Becky Hansen was first female in a new personal best of 35:56 and Rich Evans also lowered his personal best, claiming the MV60 prize. Ruth Tidd improved her personal best by nearly a minute and was 2nd FV40. The race was won in 29:46 by Andy Butchart who now lives in Altrincham and quite often trains at Timperley Track.

Chip Times

Becky Hansen	35:56
Rich Evans	36:07
Ollie Stevenson	41:06
Hannah Witchalls	41:28
Ruth Tidd	42:35



Rich & Becky

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

Aintree 5K - Sunday 10th May

Two of our youngsters had exceptional runs in the recent RunThrough event at Aintree Racecourse. Alice Boothroyd was 1st U14 female in 20:10 and 17th overall in a field of 268 runners. Her younger brother Sam finished 41st in 23:22 and was 1st U12 male. Alice's time is a new U14 female club record.

Full results: www.runthrough.co.uk/race-results



Dunham Massey 5K Race 1 - Thursday 21st May

The first of this year's North Cheshire Grand Prix 5K series was the "uphill" race at Dunham Massey and there were 169 finishers, led home by Ryan Moore of Vale Royal AC in 15:55.

Rebecca Jackson of Wilmslow Running Club was the first lady in 18:35.

Altrincham's Phil Raffo was first MV40 with Oscar Curran first male junior and Alice Boothroyd first female junior.

The second Dunham Massey 5K, the "downhill" one, is on Thursday June 4th and is the Dave Telford Memorial race.

Full results: www.ukresults.net/2026/dunham1.html



Free photos by Brian Tuohey available here: <https://btphoto.photohawk.com/galleries/dunham-massey-5k-2026>

Phil Raffo	16:46
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Craig Foster	18:03
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Oscar Curran	18:07
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Matthew Perkins	18:40
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Matthew Allen	18:58
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Alana Dunn	19:13
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Finley Newton	19:24
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Alice Boothroyd	20:15
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Lorenzo Giove	20:21
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Peter Waterson	20:49
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Callum Roberts	21:06
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Liam Griffin-Jowett	21:41
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Luke Baumber	21:44
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Nathan Fannon	21:48
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Duncan Dickinson	21:55
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Rich Hill	22:33
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Jayne Holme	24:29
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David Vaughan	24:46
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Hugh McKenna	31:05
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Mid Cheshire 5K - Friday 22nd May

There were 931 finishers in this popular race on the fast course at Kingsley.

Harry Johnson of Salford Harriers finished first in 14:07 and Amy-Eloise Neale of Wakefield District Harriers & AC set a new female course record with a time of 15:02.

Luke Hornby was first Altrincham runner home and there were new personal bests for Jack Burbidge, Sam Garrett and Ruth Tidd.

Richard Johnson and Rich Evans were second and third MV60.

Becky Hansen was third FV35 and Lora Blann was third FV 45.

Full results: <https://runcheshire.niftyentries.com/Results/Mid-Cheshire-5k-Spring-2026>

Chip Times

Luke Hornby	15:43
Mike Berks	16:19
Ben Walmsley	16:21
Jack Burbidge	16:24
Sam Garrett	16:34
Richard Johnson	16:54

Rich Evans	17:17
Becky Hansen	18:00
Nick Bugler	18:12
Lora Blann	19:01
Ruth Tidd	20:11
Mark Newton	20:13



Luke Hornby



Jack Burbidge

Birchwood Park 5K - Thursday 28th May

The second of this year's North Cheshire Grand Prix series was the Robert McHarry Memorial Birchwood Park 5K.

Considering the glorious weather we had that week, it was a bit disappointing that less than a hundred runners took part in this interesting trail race around Birchwood Forest Park. The race was won by Jake Harrison of Sale Harriers in 17:16 and the first female was Abigail Howarth of Vale Royal AC in 20:08.

Mark Newton was the first of four Altrincham runners in 20:53 and Gordon Nicoll was second MV60 in 21:19.

Free photos, Brian Tuohey: <https://btphoto.photohawk.com/galleries/robmcharry-memorial-birchwood-park-5k-2026>

Full results: www.ukresults.net/2026/birch5k1.html

Mark Newton	20:53
Peter Waterson	21:11
Gordon Nicoll	21:19
David Vaughan	24:32



Mark Newton



Gordon Nicoll

Youth Development League - Sunday 3rd May

from Alison Vesey

Great results from our juniors at the YDL Track & Field meet on Sunday 3rd May.
The quality of performance was excellent; we just need more athletes to take part!

All our athletes were amazing but I would like to do a shout out for **Chloe Ward** (300m), **Alice Boothroyd** (1500m) & **Isla Doyle** (1500m). Their times should put them in or near the top 20 athletes in the North West, I'm waiting for Power of 10 to update to know for sure.

Here are the results (I've noted PBs that I knew about, struggling to find previous PBs on Power of 10):

U16 Boys:

Morris McGill	300m	45.0s (2nd B)
	800m	2:36.4 (2nd A) - PB
Finn Conyers	300m	44.3s
	200m	28.1s (3rd A)
	Discus	16.74m (1st A) – PB
James Zhou	Long jump	4.12m (3rd A) - PB
	100m	14.0s - PB
	High jump	1.25m (2nd A) - PB
	800m	2:31.8 (1st B) – PB

U16 Girls:

Chloe Ward	300m	44.5s (2nd A)
	200m	29.0s (3rd A)
Mollie Offord	1500m	5.44.0
	300m	47.8s (2nd B)

U14 Girls:

Alice Boothroyd	1500m	5.25.8 (1st A)
	Javelin	10.0m (2nd A)
Isla Doyle	1500m	5.28.9 (1st B)
	200m	32.4s (2nd B)
	Long jump	3.20m
Emi Burrowes	100m	16.0s - PB
	200m	33.2s - PB
	Long jump	2.64m - PB

UK YOUTH DEVELOPMENT LEAGUE



UK Youth Development League -



Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

June

- Tue 2nd 12 x 90s with 75s recovery.
- Tue 9th Joint track session with Phil's group:
4 sets of 4 x 60s with 60s recovery, 3 min jog between sets.
- Tue 16th Joint track session with Phil's group:
12 x 80s with 90s jog recovery.
- Tue 23rd 5 sets of 90s effort, 60s recovery, 60s effort, 30s recovery, 30s effort. 3 min jog between sets.
- Tue 30th 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)

June

- Tue 2nd 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 9th Joint track session with Mansel's group (Phil on holiday):
4 sets of 4 x 60s with 60s recovery, 3 min jog between sets.
- Tue 16th Joint track session with Mansel's group (Phil on holiday):
12 x 80s with 90s jog recovery.
- Tue 23rd 4 x 40s with 60s jog recovery, 4 x 3 min with 2 min jog recovery, 2 x 90s with 2 min jog recovery.
- Tue 30th 20 x 80s with 60s recovery.

Phil's group (Thursdays)

June Venues vary - see dates for location.

- Thu 4th No training - Dunham Massey 5K, please volunteer if you can.
- Thu 11th No training - Phil on holiday.
- Thu 18th No training - Phil on holiday.
- Thu 25th John Leigh Park: meet at circular flower bed at bottom of hill 7:15pm:
5 min efforts, 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 2nd 6 x 400m with 3 min jog recovery, 4 x 200m with 2 min jog recovery.
- Tue 23rd 4 sets of 3 x 300m with 60s recovery, 3min jog between sets (800m runners sets 1 & 4).
- Tue 30th 8 x 400m with 3 min recovery.