

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

August 2026

Club website www.altrincham-athletics.co.uk

Well done Rick!

Rick Evans earned his first England Masters vest when he came 3rd MV60 out of 102 in 38:22 at the Grimsby 10K qualification race on Sunday 7th June. He was just one second outside his personal best, set at Pulford in March. He was 134rd overall out of a huge field of 3267 finishers. The representative international race will be in 2027.



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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 .

September Pawprints

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

Club Fell Running Championship

from Gordon Nicoll

There were two fell races in our championship during July.

The first was held on a hot sunny evening as part of Bamford Carnival week. Three Altrincham runners took part and the first home was Richard Kennaugh in 40:44, followed by Gordon Nicoll in 46:26 and Hannah Daniels in 57:38.

The race was won by Michael Kenyon of Dark Peak in 28:38. First female was Emilia Frost of Dark Peak, in 35:56.

Alderman's Ascent was part of the English Fell Running Championship and again there were three runners from Altrincham. Craig Foster was first in 54:03, followed by Gordon Nicoll in 1:02:03 and Fiona Cosgrove in 1:09:19.

The race was won by Ben Rothery of Ilkley in 35:21, the first female was Emily Cowper Coles in 43:15 .

The next races are Eccles Pike on August 12th and Crowden Horseshoe on August 16th.

The current championship standings:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Summer Total	Overall Total
Craig Foster	10		8					10							10	28
Tim Greenald	8	10	10		10	10									20	48
Gordon Nicoll	7	7		8	7	6	8	8							29	51
Tim Raffle															0	0
Arthur Raffle															0	0
George Raffle															0	0
Fiona Cosgrove			2		6			7							13	15
Richard Kennaugh			5		8	8	10								26	31
Bev Jackson						7									7	7
Dan Martell			7												0	7
Steve Renny															0	0
Matthew Allen		8	6	10											0	24
Shaun Jackson			4												0	4
Phil Vesey			3												0	3
Craig Partridge			1												0	1
Hannah Daniel			1				7								7	8

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

Round the Runway 5 - Tuesday 30th June

After the recent heatwave the runners were treated to a downpour for this multi-terrain race at Mobberley in which Altrincham made up 19 of the 296 finishers. The race was won by Luke Edwards of Bolton United Harriers in 27:01 and the first female was Nicola Reece of Wilmslow Running Club in 30:49.

Four of our ladies were in the prizes. Jo Rosenberg was second female and 1st FV50, Alana Dunn was third female, Lora Blann was 1st FV45 and Bev Jackson was 1st FV60. Mike Berks was 7th overall and second MV40.

Full results: <https://wilmslowrc.niftyentries.com/Results/Round-The-Runway-51#>

Chip Times

Mike Berks	28:05
Andy Pickford	29:16
Jo Rosenberg	31:29
Matthew Allen	31:38
Alana Dunn	32:13
Dan Martell	33:12
Lora Blann	34:37
Lorenzo Giove	34:57
Steve Renny	35:18

Rich Evans	36:57
Al de Sousa Costain	37:16
Alice Welch	38:35
Kate Stuart	38:51
Phil Vesey	40:21
Bev Jackson	41:04
Steph Hughes	42:16
Hannah Daniel	43:42
David Vaughan	44:11
Siobhan Egerton	44:29



Sale Sizzler 5K Race 2 - Friday 3rd July

Eleven Altrincham runners were among the 450 runners who finished the second of this year's Sale Sizzlers. Tom Brown led the way, finishing 40th in 16:36 and Dave Ainsworth was 1st MV65 in 20:27. The race was won by Richard Allen of Leeds City AC in 14:27 and the first female, also from the Leeds City club, was Sarah Potter in 16:47

Full results: <https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-2-2026#>

Chip Times

Tom Brown	16:36
Nick Bugler	18:03
Alana Dunn	19:03
Rick Evans	19:07
Sarah King	19:07
Ruth Tidd	20:16
Dave Ainsworth	20:27
Max Hill	20:41
John Noblett	21:14
Rich Hill	22:06
Mark Brett	22:29

Wilmslow Summer 10K - Sunday 12th July

A few hours after finishing the race, participants in this year's Wilmslow Summer 10K were disappointed to discover that, due to a mistake by the course management team, they had in fact been misdirected at around the 7K mark and, as a result, had covered almost 300 metres less than the advertised 10K.

Runners carried straight on at Burleyhurst Lane when they should have been directed left onto Newton Hall Lane and then right, back onto Burleyhurst Lane.

Although this error registered finishing times irrelevant, there were category wins for Andy Pickford (MV50) and Becky Hansen (FV35). Sarah King was second FV40 and Bev Jackson was second FV60.

Altogether there were 13 Altrincham finishers on what was a hot and very sunny morning.

The race was won by Conor Sarsfield of Helsby Running Club and first female was Sinead Bent of Salford Harriers. There were 2354 finishers.

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

Sale Sizzler 5K Race 3 - Friday 17th July

Thirteen Altrincham runners took part in a field of just over 350 in the third of this year's Sale Sizzlers. Jack Burbidge was first to finish, his time of 16:35 placing him second MV35. Bev Jackson was second FV60. Toby Antcliff of Leeds City AC won the race in 14:53 and the first female was Gemma Astin of Belgrave Harriers in 16:28

Full results: <https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-3-2026#>

Chip Times

Jack Burbidge	16:35
Matthew Perkins	18:54
Lorenzo Giove	19:25
John Coxon	19:26
Kieran Livermore	19:58
Mark Newton	20:58
Kate Stuart	21:33
Duncan Dickinson	21:42
Mark Brett	22:20
Bev Jackson	22:31
David Vaughan	24:08
Annabel Dickinson	25:46
Mike Duncombe	27:24



Jack Burbidge



Huxley 5 - Sunday 19th July

Richard Johnson finished first MV60, setting a new MV60 club record for 5 miles, in this brand new race at Huxley. His time of 28:28 was the fastest MV60 recorded in the UK so far this year.

Rich Evans was third MV60 in 29:43 and Lora Blann was third FV45 in 32:47.

The race was won by Jack Martin of Hallamshire Harriers in 24:16 and first female was Emily Haggard Kearney of Warriors Pentathlon & Athletic Club in 26:06. There were 213 finishers.

Full results: <https://runcheshire.niftyentries.com/Results/Huxley-5-mile-2026#>



Richard Johnson



Lora Blann

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

August

- Tue 4th Joint track session with Phil's group:
2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 75s recovery, 2 min jog,
8 min tempo, 2 min jog, 4 x 60s with 60s recovery.
- Tue 11th 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 18th 12 x 2 min, 90s recovery.
- Tue 25th Joint track session with Phil's group:
20 x 80s, 60s recovery..

Phil's group (Tuesdays)

August

- Tue 4th Joint track session with Mansel's group:
2 x 3 min with 90s recovery, 2 min jog, 4 x 90s with 75s recovery, 2 min jog,
8 min tempo, 2 min jog, 4 x 60s with 60s recovery.
- Tue 11th 4 sets of 3 x 2 min with 60s recovery, 3 min rest between sets.
- Tue 18th 1½ mile road tempo, 6 x 3 min with 90s rest.
- Tue 25th Joint track session with Phil's group:
20 x 80s, 60s recovery.

Phil's group (Thursdays)

August Venues vary - see dates for location.

- Thu 6th 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 13th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 20th 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 27th 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 4th 4 x 200m with 2 min recovery, 4 x 400m with 3 min recovery, 4 x 200m with 2 min recovery.
- Tue 11th 8 x 300m with 4 min recovery (800m runners 6 reps only).
- Tue 18th 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 25th 4 x 200m with 2 min recovery, 4 x 400m with 3 min recovery, 4 x 200m with 2 min recovery.