

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

September 2026

Club website www.altrincham-athletics.co.uk

Club Mile Championships

The club mile championships will be held at Timperley Track on Tuesday 15th September.

Provisional Race Programme

6.30pm under 9 boys & girls (800m)

6.45pm under 11 boys & girls

7.00pm under 13 boys & girls

7.30pm Championship race:
U15, U17, U20 & Senior Women

7.45pm Championship race:
U15, U17, U20 & Senior Men

May change depending on numbers competing in each category.

Registration:

Please register for your race and collect your number in the club office at least 20 minutes before the scheduled start time.

Bring your own safety pins if possible.

Non members are welcome to race.

Your usual track fee is your entry fee for the races.

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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 .

October Pawprints

Please send material for next month's Pawprints to Colin Davies: colinxxdavies@gmail.com
by Friday 25th September Articles, reports, results, news, and photos gratefully accepted.

Club Fell Running Championship

from Gordon Nicoll

There were two races in August:

Eccles Pike - August 12th

A good turnout of 5 runners from ADAC for this popular evening race up and down Eccles Pike.

Alty placings were as follows:

1st	Arthur Raffle	27:26
2nd	Craig Foster	27:37
3rd	Tim Greenald	28:33
4th	Richard Kennaugh	31:46
5th	Fiona Cosgrove	38:10

The race was won by Henry Webb of Dark Peak in 22:03.

First lady was Katie Walshaw of Holmfirth in 26:07.

Crowden Horse Shoe - August 16th

Only 33 runners took part and only 2 from Alty

Alty placings were as follows

1st	Matthew Allen	1:14:51
DNF	Phil Vesey	

The winner was Rob Jones of Royston Runners in 57:32.

The winning lady was Lisa O'Shea of Pensby Runners in 1:20:13.

The current championship standings:

	Championship	Summer Series
	points	points
Craig Foster	36	18
Tim Greenald	55	27
Gordon Nicoll	51	29
Tim Raffle	0	0
Arthur Raffle	10	10
George Raffle	0	0
Fiona Cosgrove	20	18
Richard Kennaugh	37	32
Bev Jackson	7	7
Dan Martell	7	0
Steve Renny	0	0
Matthew Allen	34	10
Shaun Jackson	4	0
Phil Vesey	3	0
Craig Partridge	2	0
Hannah Daniel	20	12

Sale Sizzler 5K Race 4 - Thursday 30th July

Twenty two Altrincham runners took part in a field of almost 500 in the final race of this year's Sale Sizzlers.

Phil Raffo led the way in 16:45 with Andy Pickford fourth MV50 in 17:04.

Becky Hansen was second FV35 , Rich Evans second MV60 and Dave Ainsworth second MV65.

Harry Johnson of Salford Harriers was the winner of the race in 14:42 and the first female was Katherine Fitzpatrick of Chorlton Runners in 17:28. There were 492 finishers.

Full results: <https://sale-harriers.niftyentries.com/Results/Sale-Sizzler-4-2026?>

Chip Times

Phil Raffo	16:45
Andy Pickford	17:04
Becky Hansen	17:26
Nick Bugler	17:39
Fraser Prest	18:13
Matthew Allen	18:37
Rich Evans	18:43
Sarah King	19:01
Matthew Perkins	19:11
Max Hill	19:53
Paul Sadler-Bentley	19:59

Peter Waterson	20:05
Peter Leech	20:32
Dave Ainsworth	20:33
John Noblett	21:19
Kate Stuart	21:52
Mark Brett	22:21
Duncan Dickinson	22:37
Rich Hill	22:37
Damian Utton	24:14
Annabel Dickinson	25:16
Mike Duncombe	26:58



Phil Raffo

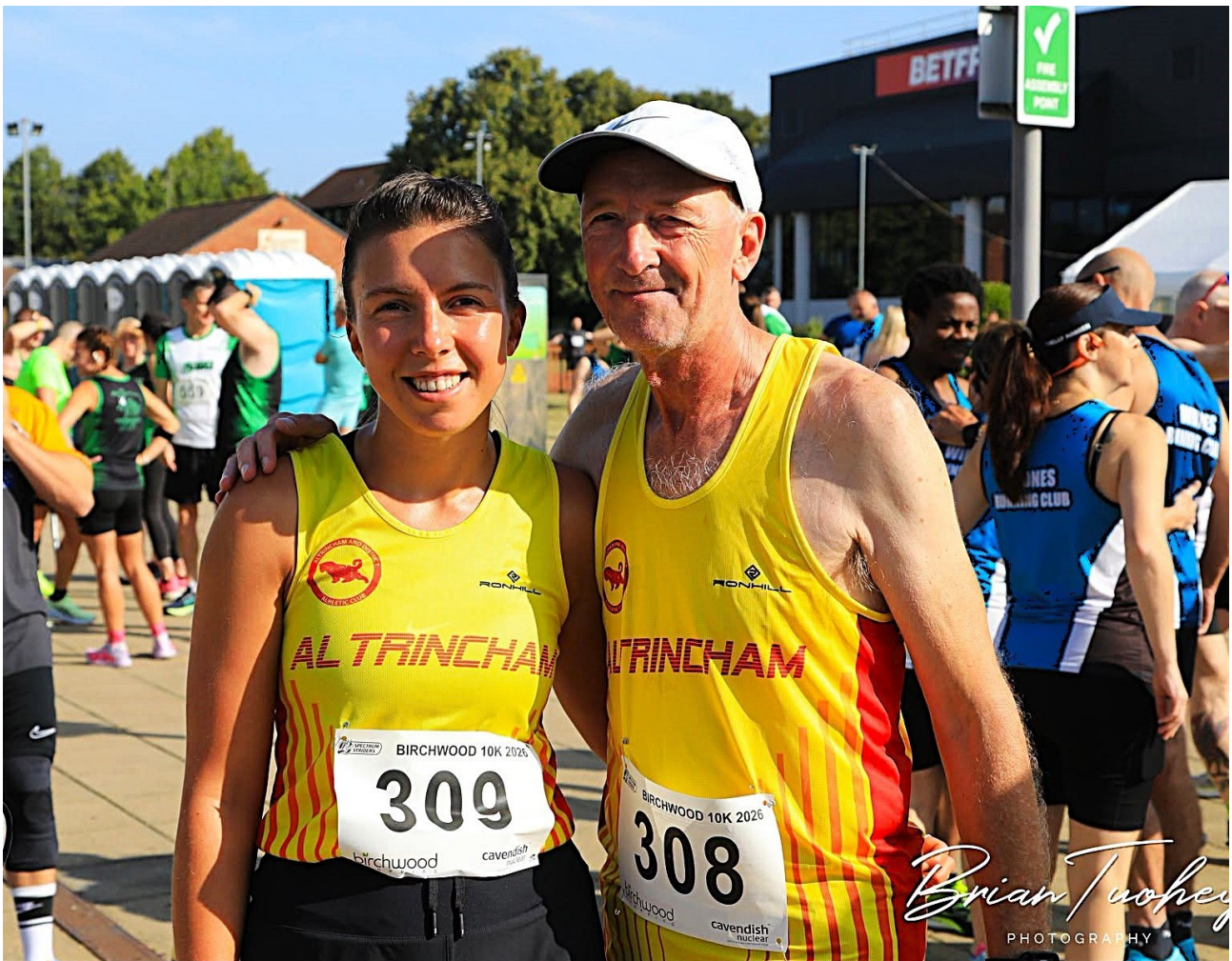
Birchwood 10K - Sunday 23rd August

Just over 500 runners took part in this race at Birchwood Shopping Centre organised by Spectrum Striders. Paul Abraham was first of the five Altrincham runners who took part, finishing just inside 40 minutes. The winner of the race was Jack White of Salford Harriers in 30:22 and the first female finisher was Emma Taylor of City of Stoke AC in 35:08.

Full results: <https://spectrumstriders.niftyentries.com/Results/Birchwood-10K-2026#>

Chip Times

Paul Abraham	39:25
Dave Entwistle	44:29
Kate Stuart	47:09
Pippa Entwistle	49:01
Damian Utton	49:29



Pippa & Dave Entwistle

City of Preston 5 - Sunday 9th August

Colin Davies completed this 5 mile road race at Hutton in 47:04, lowering the male V75 club 5 mile record, which he set at Alsager in February, by 48 seconds. He was 59th of the 98 finishers and first MV75.

Full results: <https://ukroadraces.co.uk/results.php?event=87&search=&sex=&category=&club=>

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

September

- Tue 1st 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,
9 min tempo, 2 min jog, 4 x 90s with 75s recovery.
- Tue 8th 5 sets of 90s effort, 60s recovery, 60s effort, 30s recovery, 30s effort - 3 min jog between sets.
- Tue 15th Club Mile Championships.
- Tue 22nd 4 sets of 2 x 3 min, 75s recovery - 2½ min between sets.
- Tue 29th 12 x 90s, 75s recovery.

Phil's group (Tuesdays)

September

- Tue 1st 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,
9 min tempo, 2 min jog, 4 x 90s with 75s recovery.
- Tue 8th 1½ mile road tempo, 10 x 90s with 60s rest, 1½ road tempo
- Tue 15th Club Mile Championships.
- Tue 22nd 1½ mile road tempo, 5 x 3 min with 90s rest, 1½ road tempo
- Tue 29th 4 sets of 3 x 2 min effort with 60s recovery - 3 min rest between sets.
(if doing Manchester Half Marathon do 3 sets at 85% effort just to keep legs ticking over).

Phil's group (Thursdays)

September Venues vary - see dates for location.

- Thu 3rd Stamford Park: meet at park car park on Stamford Park Road 7:15pm.
1k reps, 1 min recovery (number dependent on target race distance).
- Thu 10th Conditioning Session at Timperley Track: 7:15pm start.
- Thu 17th Stamford Park: meet at park car park on Stamford Park Road 7:15pm.
2k reps, 2 min recovery (number dependent on target race distance).
- Thu 24th Stamford Park: meet at park car park on Stamford Park Road 7:15pm.
1k reps, 1 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.