

PAWPRINTS

The Newsletter of

Altrincham & District Athletic Club Ltd

(Altrincham & District AC since 1961)

October 2026

Club website www.altrincham-athletics.co.uk

Thank You

As this is the last Pawprint that I will be producing, I would like to thank everyone who has submitted articles, results and reports over the years. My special thanks to Bill Egan who was a great help when I took over from him in 2009. I have PDF copies of all the editions from 2009 to the present. If anyone would like a particular copy, let me know.

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Club Mile Championships

The annual club mile championships took place at Timperley Track on Tuesday 15th September and Tom Brown repeated his success in last year's race to retain the men's title, whilst Bev Jackson is the new ladies' champion.

Men			
1	Tom Brown	Sen	4:44
2	Mike Berks	V40	4:47
3	Sam Garrett	Sen	4:53
4	Ryan Teare	Sen	4:58
5	Nick Bugler	V35	5:07
6	Oscar Curran	U16	5:08
7	Dominic Renshaw	V40	5:30
8	Peter Cameron	Guest	5:57
9	Andy Spencer	V50	6:00
10	Nate Logan Virden	U20	6:00
11	Thomas Turner	U20	6:02
12	Gordon Nicoll	V60	6:04
13	Liam Rhodes	U20	6:04
14	Dom Annable	Sen	6:06
15	Nathan Fannon	V40	6:06
16	Ollie Jones	Sen	6:08
17	Jim Rimmer	V55	6:19
Lady			
1	Bev Jackson	V60	7:41

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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.

Fell Running

Congratulations to Richard Kennaugh and Fiona Cosgrove, winners of the Summer Series of Fell Races.

Club Mile Championships

U10 Male		
1	Eze Okianyor	7:12
U12 Male		
1	Jacob Peagram	6:25
2	Joshua Lewis	6:51
3	Thomas Jellyman	7:09
4	Adarsh Anand	7:10
5	Ollie Gough	7:10
6	Josh Gough	7:20
U12 Female		
1	Aria Rore	6:56
2	Evie Bolton	7:19
3	Emma Bond	7:22
4	Alice Lee	7:36
5	Mabel Pickford	7:40
6	Iqra Parsons	7:44
7	Aila Chik	9:09
U14 Male		
1	Oscar Reynolds	5:45
2	Rafe Lucas	6:03
3	Rory Mallneux	6:06
4	Sam Boothroyd	6:59
5	Ben Tempest	7:03
6	Jake Roberts	9:42

U16 Male		
1	Oscar Curran	5:08
2	Morris McGill	6:12
3	Noah Charlton Jones	6:24
4	Dominic Brown	6:32
U18 Male		
1	Jamie Warrington	5:39
2	Max Tempest	5:59
3	Callum Roberts	6:00
U20 Male		
1	Nate Logan-Virden	6:00
2	Thomas Turner	6:02
3	Liam Rhodes	6:04
U14 Female		
1	Isla Doyle	6:09
2	Ruby Jellyman	7:03
3	Bethan Williams	7:16
4	Zara Ingham	7:26
U16 Female		
1	Alice Boothroyd	5:58
2	Sylvie Gardner	6:34
3	Anaya Grundy	7:32
4	Liv Stewart	8:05
U18 Female		
1	Chloe Ward	6:34

Junior club mile winners



Eze Okianyor - U10M



Aria Rore - U12F



U12M - Thomas Jellyman (3rd), Jacob Peagram (1st), Josh Lewis (2nd)

Junior Track & Field Athletes of the Year

Our Young Track & Field Athletes of the Year for 2026 were Evie Bolton, Thomas Jellyman and Isla Doyle.

This award is supported by the Dave Telford fund, generously donated by his family.

Thomas and Isla are pictured below, Evie wasn't available for the photo.



Mid Cheshire 5K - Friday 28th August

Twelve Altrincham runners took part in a field of over 1000 in this fast race at Kingsley. A great run by Tom Sullivan saw him duck below 15 minutes for the first time and Luke Hornby improved his personal best by 13 seconds. Rich Evans was second MV60 and Lora Blann was second FV45. Fraser Prest, Craig Foster, Sarah King, Luke Baumber and Peter Leech also all improved on their best times. The race was won by Richard Allen of Leeds City AC in 13:59 and the first female finisher was Hannah Irwin of Cambridge & Coleridge AC in 15:13. There were 1015 finishers.

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

Chip Times

Tom Sullivan	14:59
Luke Hornby	15:26
Matty Gawne	16:23
Fraser Prest	17:22
Craig Foster	17:28
Rich Evans	17:54

Sarah King	18:51
Lora Blann	19:30
Luke Baumber	19:40
Peter Leech	20:19
Lorenzo Giove	20:32
Dave Ainsworth	20:37



Luke Baumber



Dave Ainsworth

Monton 5 mile road race - Monday 31st August

Six Altrincham runners took part in a field of just under 500 in this bank holiday 5 miler on a convoluted 2 lap course outside Eccles College in Monton. Richard Johnson led the way, just over a minute clear of Richard Evans. They finished first and second MV60. Dave Ainsworth was first MV65 and Lora Blann was second FV45. Despite the awkward, twisty course, and a very heavy mid-race shower, Colin Davies lowered the club MV75 record for the third time this year.

Chip Times

Richard Johnson	29:39
Rich Evans	30:55
Lora Blann	33:50
Dave Ainsworth	35:24
Sarah Eglin	45:55
Colin Davies	46:50

Full results: [www.racetecresults.com/
results.aspx?CId=20223&RId=307](http://www.racetecresults.com/results.aspx?CId=20223&RId=307)



Colin Davies



Richard Johnson



Richard Evans

Altrincham 10K - Sunday 6th September

Almost 3,500 runners took part in this now annual RunThrough event and were supported by large crowds who did not seem to be put off by the rain. The elite 'Top Flight' race was won by Omar Ahmed of Birchfield Harriers in 29:23 with the female victory going to Dominique Corradi of Leed City AC in 33:54.

Forty one members of our club took part in the open race and there were category wins for Andy Pickford (MV50), Richard Johnson (MV60), Becky Hansen (FV35), Dave Ainsworth (MV65) and Bev Jackson (FV60).

There were personal bests for Jayne Holme,

Full results: <https://results.runthrough.co.uk/results.aspx?CId=16487&RId=5876&EId=3&dt=0>

Chip Times

Jack Burbidge	33:47
Sam Garrett	34:01
Phil Raffo	34:23
Mike Berks	34:38
Andy Pickford	34:41
Richard Johnson	35:43
Becky Hansen	36:50
Nick Bugler	37:02
Craig Foster	37:10
Matthew Perkins	37:43
Rick Evans	38:04
Matthew Allen	38:23
Alana Dunn	39:10
Richard Jellyman	39:39
Paul Abraham	40:13
John Coxon	40:23
Mark Newton	41:04
Kieran Livermore	41:51
Peter Leech	42:25
Dave Ainsworth	43:10

Dylan Marodeen	43:22
Gordon Nicoll	43:25
Clare Hanley	43:39
Max Hill	43:43
Andy Spencer	43:50
Peter Rice	44:07
Liam Griffin-Jowett	44:18
Al de Sousa Costain	44:43
Kate Stuart	44:44
Mark Brett	45:21
Duncan Dickinson	45:29
Richard Hill	46:03
Nathan Fannon	46:06
Charlie Harrison	46:54
Bev Jackson	47:50
Jayne Holme	48:11
Steph Hughes	50:19
Sarah Eglin	54:06
Annie Dickinson	55:05
Colin Davies	57:16
Mark Whitfield	59:58

Altrincham 10K - Sunday 6th September



Jack Burbidge



Sam Garrett



Jayne Holme



Sarah Eglin

Senior Endurance Training at Timperley Track

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

Mansel's group (Tuesdays)

October

- Tue 6th Track: 8 x 3 min with 2 min recovery.
- Tue 13th Joint track session with Phil's group:
2 x 3 min, 90s recovery, 2 min jog, 4 x 90s, 75s recovery, 2 min jog,
9 min tempo, 2 min jog, 4 x 90s, 75 s recovery.
- Tue 20th Grass: 10 x 2 min with 90s recovery.
- Tue 27th Track: 8 x 3 min with 2 min recovery.

Phil's group (Tuesdays)

October

- Tue 6th (Phil away on holiday - session to be timed by Tom Brown).
9 x 3 min with 90s recovery.
- Tue 13th Joint track session with Mansel's group:
2 x 3 min, 90s recovery, 2 min jog, 4 x 90s, 75s recovery, 2 min jog,
9 min tempo, 2 min jog, 4 x 90s, 75 s recovery.
- Tue 20th Track: 20 x 80s with 50s recovery.
- Tue 27th Grass: 4 x 2 min with 60s recovery, 3 x 4 min with 90s recovery, 4 x 2 min with 60s recovery.

Phil's group (Thursdays)

October Venues vary - see dates for location.

- Thu 1st Conditioning session.
- Thu 8th No Club Training (Phil on holiday).
Suggested session to do on your own: 4 to 6 x 1 mile with 60s jog recovery at tempo pace.
- Thu 15th No Club Training (Phil on holiday).
Suggested session to do on your own:
4 to 6 mile run at just below tempo pace (warm up and warm down before/after session).
- Thu 22nd 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 29th Conditioning session.

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.

The grass sessions include running up and over the bank and it is advisable that you invest in a pair of trail shoes for these sessions. 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.