

# CHESHIRE COUNTY ATHLETIC ASSOCIATION

## NEWSLETTER - February 2008

### ROAD RACE FIXTURES in CHESHIRE

2008

23 March	Air Products 10K, Crewe Runcorn – Hale, Bridge race 5 mile
30 March	Wilmslow ½ marathon GP (CLOSED)
2 April	Chester Spring 5 mile
6 April	Northern 12-stage and 6-stage road relays Catterick Garrison (Club entries only)
13 April	LONDON MARATHON Mini-Marathon
27 April	Whitley 10K GP
7 May	Mobberley 5 mile MT
9 May	Christleton 5K
11 May	Sith Cheshire 20 mile
17 May	Victoria Park, Warrington 5K
18 May	Chester Half-marathon (ENTRIES CLOSED)
31 May	Peter Lowe, Hollins Green, 5K GP
1 June	Inter-County 10K, Venue TBC
15 June	Capenhurst RC 10K
15 June	"On your Marks 10/5K", Crewe
21 June	Lymm 5K
2 July	Forest Park Ladies' 5K, Birchwood
12 July	Burtonwood 5 mile
20 July	"On your Marks 10/5K", Nantwich
6 August	Pie and Peas 5 mile, Whitegate (Multi-terrain). GP
10 August	10 mile (provisional)
17 August	Birchwood 10K
17 August	"On your Marks 10/5K", Crewe
21 August	Teggs Nose 5K MT
11 Sep	David Lewis 4 mile, nr Knutsford
13 Sept.	NW Counties Road Relays - Marbury Country Park, near Northwich (tbc)
21 Sept.	Sutton 6 – County Champs and GP
28 Sep	Macclesfield Half Marathon
5 October	Congleton Half Marathon, County Champs
12 Oct	"On your Marks 10/5K", Nantwich

### CROSS COUNTRY

Charlotte Roach was the only Cheshire athlete amongst the medals at the National CC Championships at Alton Towers, finishing in the Bronze Medal position. However, the Warrington AC U17 mens team, who were fourth overall were awarded the Warburton Cup. They won the award for being the first North of England team to finish, and in fact, retained the Cup having won it in 2007. Cheshire provided 5 out of 44 finishers - the team members being Daniel Cliffe 4<sup>th</sup>, Stephen Broadhurst, 6<sup>th</sup>, Matt Jackson 26<sup>th</sup> (Warrington), Harry Ellis 22<sup>nd</sup> (West Cheshire) and Andy Clewes, 44<sup>th</sup> (Vale Royal). The five athletes will be challenging each other for the four team slots to take part in the Inter-County Championships on 15 March.

### CROSS COUNTRY FIXTURES

2008

8 March	English Schools Champs., Sefton Park
8 March	Cheshire Oaks High School - FINAL ROUND
15 March	Inter Counties X-C Champs., Nottingham

### FELL RACING

2008

10.5.08	Inter-Counties Fell-Race, Belmont (Bolton)
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### TRACK and FIELD

#### TRACK AND FIELD FIXTURES

2008

23-24 Feb.	U20, U17 & U15 England Indoor T&F Champs., Birmingham
8-9 March	U17 & U15 England/Northern Indoor Combined Event Champs., Sheffield
16 March	Manchester Indoor Open, Sport City
19 March	Manchester Indoor Open, Sport City
27 April	National Junior League
4 May	Young Athletes' League
10-11 May	Cheshire T&F Championships, Stanney Oaks, Ellesmere Port
18 May	Young Athletes' League
24-25 May	U15 & U17 Northern Championships, Wigan
25 May	National Junior League
25-26 May	CAU Inter-County Championships, Bedford
1 June	Young Athletes' League
1 June	Bedford International Games
14-15 June	Northern Senior & U20 Championships, Manchester
22 June	Young Athletes' League
29 June	National Junior League
11-12 July	English Schools' Championships
11-13 July	UK Championships, Birmingham
20 July	Young Athletes' League
27 July	National Junior League
15-24 Aug.	OLYMPIC GAMES
8-16 Sept.	PARALYMPIC GAMES

**CHARLOTTE ROACH, STEVIE STOCKTON both from Vale Royal AC, together with HEATHER TIMMINS from Warrington AC, have been invited to join Dame Kelly Holmes' exclusive mentoring programme 'On Camp with Kelly'. For the full story plus pictures, check out the England Athletics (News Section) website. Congratulations to all three ladies.**

### COACHING UPDATE

Cheshire Pole Vault Development Squad – Winter Indoor Training. Indoor half-day sessions have been arranged to take place at Sport City Manchester. No prior vaulting experience is necessary but athletes should be keen and willing to learn. Probable age-range is 13 to 18, This is also an opportunity for coaches to come along and add specific drills and technical knowledge to their capability. The group will ideally number eight athletes although if other coaches take active involvement, the group may expand. Each session will cost £5, but PLEASE check out payment/costs on the Cheshire AA web site. The facility hire is being supported by England Athletics.

Further information on this initiative and the other sessions listed below are also available from Katie Jones (see email address at the end of this newsletter).

Remaining dates are as follows:

15 March
26 April

SPAR Northwood Academy of Hurdles

9 March is at the Indoor Arena Stoke. The session on 16 March will be held at the Indoor Arena, Loughborough.

### SPORTSHALL ATHLETICS

Dates for the 2007/2008 North West League have been set as follows:

League Final – 9 March

CONGRATULATIONS to the U13 boys and girls teams, and to the U15 girls team who are all through to the UK finals at the NEC, Birmingham on 13 April.

WHY NOT check out the NA website for entry forms for a number of future events being held in the Northern area.

### UKA Coaching Courses (local to Cheshire)

Date	Code	Venue	Subsidy Available
Level 1			
16.2.08	TBC	Deeside College	
15.3.08	NW1C116/07	SportCity	£60 pp
Level 2 (Core)			
15-16.12.07	TBC	Deeside College	
15-16.12.07	NW2C239/02	Manchester	£140 pp
23-24.2.08	NW2C240/02	Manchester	£140 pp
Level 2 (Event)			
23.2.08	TBC	Deeside College (All)	
26.4.08		Sport City Speed/Throws	£30 pp
27.4.08		Sport City Endurance/Jumps	£30 pp
Level 3 (Phase 2)			
Level 4 (Phase 2)			
Children in Athletics			
19.1.08	NW1CA52/02	Sport City	£60 pp
22.3.08	NW1CA53/02	Sport City	£60 pp

Subsidised places are available - funding information is available from Katie Jones [kjones@englandathletics.org](mailto:kjones@englandathletics.org). (Cheshire).

Details of courses at other venues can be found on [www.ukathletics.net](http://www.ukathletics.net)

Course entitled 'How to develop an effective grant application' is to be held at Connexions HQ on 6 March, Prestbury Village Hall on 11 March. Details are available from Stephen Wright on 01244 973331.

Information on Funding Opportunities for U23s is available via a link from the Northern Athletics website.

Eddie Gore (Tel : 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator

**PLEASE NOTE** that all enquiries about athletics should now be directed to the NW Regional Office. Specific enquiries re affiliation and membership should be sent to athletics services, details having been sent to ALL affiliated clubs, leagues and associations. The new NW Region administrator is Debbie Beresford at Sports City (0161 230 8184, [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org)) and the new Regional Manager (Andy Lee) is due to start on March 3rd. All affiliated clubs should have received a copy of the England athletics Annual Report along with a letter from Shaun O'Donnell, the NW Regional Chairman. This letter can be downloaded from the Cheshire AA web site.

The Cheshire County Athletic Association Annual Report together with the Chairman's Report are available on the Cheshire AA website. The AGM was held on 27<sup>th</sup> February when the current officers were re-elected. This leaves a vacancy for Chairman for the

third year and also a vacancy for Championship Secretary for the County CC Championships in January 2009.

The draft new constitution was discussed and will be further developed by the committee before presentation to an EGM to be held prior to a future County committee meeting.

**PLEASE** send any items for the next Newsletter direct to the Editor (Ellen Molloy): [jamesandellenmolloy@btopenworld.com](mailto:jamesandellenmolloy@btopenworld.com)  
ALL CONTRIBUTIONS WILL BE GRATEFULLY RECEIVED.

### COMMUNICATIONS

Please ensure your club members see this Newsletter.

Cheshire AA Newsletters can be viewed on the Cheshire AA website.

**The next County committee meeting will be held on 12 March and will be held at Frodsham Community Centre, Fluin Lane, commencing at 7.30pm. ALL clubs are entitled to a representative at this meeting.**

Remember to look at: [www.cheshireaa.com](http://www.cheshireaa.com)