

# CHESHIRE COUNTY ATHLETIC ASSOCIATION NEWSLETTER - April 2009

## ROAD and MT RACE FIXTURES in CHESHIRE 2009

19 April	Whitley 10K
26 April	London Marathon
8 May	Christleton 5K (almost FULL)
10 May	South Cheshire H 20 mile, Shavington, nr Crewe
17 May	Shell Chester half-marathon (RACE FULL)
28 May	Delamere Trail Series
28 May	Mobberley 5 mile MT
30 May	Pete Lowe Memorial Hollins Green 5K (Cheshire County Championship)
14 June	Capenhurst 10K (Capenhurst Running Club)
18 June	Woolston Pk 10K, Warrington RR
19 June	Tattenhall Tough Team Race
20 June	Lymm 5 (GP5)
25 June	Delamere Trail Series
1 July	Forest Park Ladies 5K
18 July	Burtonwood 5 mile
23 July	Delamere Trail Series
29 July	Alderley Edge 4ml MT
5 Aug	Pie & Peas 5 mile MT, nr Winsford (GP6)
5 August	Christleton 5 ??
16 August	Great Warford 10 mile (GP7) (Cheshire County Championship)
23 August	Birchwood 10K
26 Aug	Capenhurst 5K (Ellesmere Port Running Club)
27 Aug	Delamere Trail series
20 Sep	Antrobus Cabbage Canter 10K
20 Sep	Sutton 6 10K, nr Chester (GP8)
27 Sep	Macclesfield Half Marathon (Cheshire County Championship)
4 Oct	"English" half marathon, Warrington
11 Oct	Congleton Half & Quarter ~Marathon
25 Oct	Halloween Hellraiser 8.75ml MT, South Cheshire H,
7 Nov	Langley 7 (nr Macclesfield)
13 Dec	Tatton Pud Plod 10K and Fun Run (Hash House Harriers)
26 Dec	Chester 'Round-the--Walls'
<b>2010</b>	
28 Mar	Wilmslow half-marathon
18 Apr	LONDON MARATHON

### NOTE for ROAD RUNNERS :

It is becoming increasingly common for road races to reach their entry limit sometime before the event is due to take place. As club runners are by tradition reluctant to enter sooner (rather than later) they are missing out on some events. So if you wish to run in a particular event change your habit of a life time and enter EARLY!!

### Northern Road relays.

It was good to see some Cheshire clubs taking part in the Northern Mens 12 stage and Womens 6 stage relays at the beginning of April at Stockport. Wilmslow men's team qualified for the National 12 stage final on the 18<sup>th</sup> April. Macclesfield and Wilmslow ladies teams had a good battle in their event, with Macclesfield prevailing by just over a minute after the 6 legs.

### CROSS COUNTRY 2009

22 April Goyt Valley 10K Trail race

The final cross country races of the season brought good performances for Cheshire teams.

In the Inter-county event at Nottingham, the Cheshire mens team were 14<sup>th</sup> with 6 to count and 5<sup>th</sup> with 9 to count, Matt Barnes being first Cheshire runner in 27<sup>th</sup> place. Cheshire U20 mens team was 9<sup>th</sup> with Daniel Cliffe 21<sup>st</sup>. Harry Ellis was 10<sup>th</sup> in the U17 event and the Cheshire team 12<sup>th</sup>. In the Under 15 Boys the Cheshire team was 22<sup>nd</sup> with Liam renton 64<sup>th</sup> and the U13 Boys 23<sup>rd</sup> with Liam Burthem 50<sup>th</sup>.

The Cheshire senior ladies team were 16<sup>th</sup> with Olivia walwyn 26<sup>th</sup> and Stevie Stockton 29<sup>th</sup>. Amy Talbot was 35<sup>th</sup> in the U20 race. Rebecca Craigie was 7<sup>th</sup> in the U17 race and the team 8<sup>th</sup>. As were the Under 15 girls team for whom Megan Huxley was first counter in 11<sup>th</sup> position. The under 13 girls team were 27<sup>th</sup> with J Evans 38<sup>th</sup>. Over 40 county and district teams fro all over the UK annually contest these championships.

Two weeks later the English Schools championships were also held in the Midlands. With age groups one year different from the clubs events; Cheshire Schools senior Boys team contained a number of the well known names from Warrington AC who helped the team to a marvellous 2<sup>nd</sup> place only 12 points behind winners, Kent. Harry Ellis was 9<sup>th</sup> and Daniel Cliffe 11<sup>th</sup>. In the inter boys, Cheshire were 30<sup>th</sup> and 23<sup>rd</sup> team in the Junior Boys. The senior girls race saw the Cheshire team high up in 5<sup>th</sup>, with Rebecca Craigie 5<sup>th</sup> individual. The inter girls team were 22<sup>nd</sup> (Megan Huxley 20<sup>th</sup>) and the Junior Girls 9<sup>th</sup> with D Wallis 8<sup>th</sup>.

### FELL RACING

#### 2009

10 June Boars Head Race, Higher Poynton 7:30pm (Cheshire Championship). Organiser : D Jones, Pennine Fell Runners

### TRACK AND FIELD

#### Track & Field - Fixtures

#### 2009

19 April	Cheshire T & F League Round 1
25 April	Macclesfield Open
26 April	National Junior League Round 1
2 May	Northern League Round 1
3 May	YAL Round 1
9-10 May	County Championships – Warrington
17 May	YAL Round 2
24 May	National Junior League Round 2
23-24 May	U17&U15 Champs., Gateshead
31 May	YAL Round 3
6 June	Northern League Round 2
14 June	National Junior League Round 3
20 June	Senior and U20 Champs., Sportcity
21 June	YAL Round 4
28 June	DASH Quadrathlon, Sportcity (U9 – U15) www.dashathletics.co.uk
4 July	County T&F Relay Championships, Ellesmere Port
5 July	Northern League Round 3
10-12 July	World Trials & UK Champs., Birmingham
12 July	Cheshire T & F League, Round 2
19 July	YAL Round 5
26 June	National Junior League Round 4
2 August	Northern League Round 4
8-9 August	NW Combined Events Open, U17-Masters, Sportcity
9 August	Cheshire T & F League Round 3
6 Sep	Cheshire T & F League Round 4

13 Sep Cheshire Combined Events Open, U13-U17,  
Macclesfield (also competition for U11s)

**Entry forms for this year's County Championships are on the County website. ENTRIES MUST BE IN BY 22 APRIL.**

#### **POLE VAULT DEVELOPMENT SQUADS 2008-2009**

Cost £3.00 per day. All sessions will be held at Sportcity, Manchester. Ideal athlete age range is 13-17 years. This is a development squad with coaches invited to attend alongside their athletes. For further information please contact Rod Grant-Smith on Mobile 07984 516479 / email address leogrant@tiscali.co.uk

12.00-16.00

Saturday 25 April

Combined groups

#### **UKA Coaching Courses (local to Cheshire)**

Subsidised places are available - funding information is available from Sarah Friday who can be contacted at [sfriday@englandathletics.org](mailto:sfriday@englandathletics.org) (PLEASE BOOK EARLY COURSES FILL UP QUICKLY)

#### **JOG ENGLAND**

##### LEVEL 1

NW1C172/04 - 11.4.09 Litherland

NW1C169/02 - 26.4.09 Cumberland Track, Crewe

##### LEVEL 2 – CORE

NW2C250/02 - 18-19.4.09 Sportcity

NW2C247/02 - 13-14.6.09 Cumberland Track, Crewe

NW2C251/02 - 11-12.7.09 Sportcity

NW2C248/02 - 12-13.9.09 Litherland

##### LEVEL 2 EVENT SPECIFIC

NW2CS04 - 4.4.09 Speed Sportcity (Fully booked)

NW2CT05 - 4.4.09 Throws Sportcity

NW2CE04 - 5.4.09 Endurance Sportcity (Fully booked)

NW2CJ04 - 5.4.09 Jump Sportcity

##### LEVEL 3 PHASE 2 – MUST ATTEND ALL 3

##### LEVEL 3 – PHASE 4 – EVENT SPECIFIC

6-7.6.09 - Sportcity

NW3CS014 - Sprints

NW3CE02 - Endurance

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

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

Eddie recommends that all clubs who have licensed coaches to keep a watch on CRB renewals which are coming up (a 3 year cycle) to ensure their licence remains valid.

A brief note to explain the new Vetting and Barring Scheme which is in addition to CRB can be viewed on the County website.

With the changes to the structure of England Athletics a new Education Co-ordinator has been appointed for the North of England Debbie Beresford at Sports City (0161 230 8184, [dberesford@englandathletics.org](mailto:dberesford@englandathletics.org))

Sarah Friday ([sfriday@englandathletics.org](mailto:sfriday@englandathletics.org)) has been appointed by England Athletics as the Coach and Club co-ordinator for Cheshire and for Greater Manchester. (Tel : 0161 230 8184).

In their restructuring England Athletics indicated that there would be funding for grass roots. Unfortunately our first attempt in Cheshire to tap into this funding was turned down as the proposals did not meet any of the criteria for funding (which were apparently not available at the time the application was made!!)

#### **New Club secretary :**

Warrington AC : Joanie Smythe, 63 Wothers Avenue, Orford, Warrington WA2 8EU : e-mail : [klewis@talk21.com](mailto:kewis@talk21.com)

The next County Meeting will take place at Fluins Lane, Frodsham on Wednesday 22 April commencing at 7.30pm. All affiliated Cheshire Clubs are entitled to send a representative.

#### **INFORMATION for the NEWSLETTER :**

**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 also be viewed on the Cheshire AA website.

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