

CHESHIRE COUNTY ATHLETIC ASSOCIATION

NEWSLETTER September 2011

FIXTURES - Road and MT

2011

- 17 Sept NW Road Relays (inc. **Cheshire Champs.**), Sefton Park
18 Sept English half-marathon, Warrington
18 Sept Sutton 6 10K, nr Chester (**GP7**)
24 Sept **Northern Athletics** Road Sen/YA Relays, Birchwood
Mens' 6 stage and Womens' 4 stage
25 Sept Macclesfield Half-Marathon
9 October Congleton half-Marathon
9 October MBNA Chester Marathon, including **Cheshire Championships**
15 October ERRRA National Men 6 and Women 4 stage relays, Birmingham
16 October ERRRA National Young Athletes Relays, Birmingham
5 November Langley 7 mile, near Macclesfield
19 November Northern 10mile R R Championships, Brampton-Carlisle
11 December Tatton Yule Yomp 10K
26 December Chester "Round the Walls"
27 December Northern 10K R R Championships, Ribble Valley, Clitheroe
- #### **2012**
- 31 March 12 and 6 stage road relay championships, location tbc
14 April ERRRA Mens' 12 stage and Womens' 6 stage road relays, Sutton Park, Birmingham

We would appreciate dates for other events proposed to be held in Cheshire.

Cheshire RR GP : Round 6 was held at Moulton, near Wimsford in the Pie and Peas Multi-terrain race. A very large turn out from Cheshire club runners ensured good competition. The final race is at the Guilden Sutton 10K on 18 September, when the final winners of the awards will be decided.

NORTHERN ATHLETICS ROAD RELAYS, 24 SEPTEMBER at Birchwood Business Park, near Warrington. A call for Cheshire club members to help to marshal is repeated. Despite requests in previous Newsletters there have been no offers. Please contact John Driscoll (jld@sunnyfield.co.uk)

FELL RUNNING

CROSS COUNTRY

2011

- 1 October NA Cross-Country Relays, Sheffield – all age groups
22 October Manchester X-C League, Heaton Park
Note: U11s can compete in four races, best three to count.
5 November ECCA Relays, Mansfield
13 November Manchester X-C League, Sherdley Park
3 December Manchester X-C League, Wythenshawe Park

2012

- 7 January Cheshire Cross Country Championships, Winsford
15 January Manchester X-C League, Woodbank Park
28 January Northern X-C Championships, Pontefract
11 February Manchester X-C League,
25 February ECCA Championships, Parliament Hill, London
10 March CAU Cross Country Championships, Cofton Park
17 March ESAA Cross Country Championships, Taunton

TRACK and FIELD

FIXTURES

2011

- 4 Sept Cheshire League Round 4
6 Sept Trafford Grand Prix
11 Sept Cheshire CE Championships, Macclesfield – U13/U15
17-18 Sept English Schools' CE and RW Championships, Exeter
19 November NA Indoor Open, Sheffield
17 December NA Indoor Open, Sheffield

2012

- 7-8 January NA Senior & U20 Indoor CE Championships, location tbc
14-15 Jan NA Indoor Championships (all ages), Sheffield
4 February NA Masters Indoor Open, Sheffield
10-11 March EA (inc. NA) U17 & U15 Indoor CE Championships, location tbc

Congratulations

Megan Huxley, Warrington was third in the NA U20 ladies 3K Championships at Trafford on 12 July.

Daniel Cliffe, Liverpool H, who was fifth in the NA 10K Championships at Leigh on 30 July.

Northern Inter Counties, Leigh, 30 July: Aimee Addis of Crewe and Olivia Montez-Brown of West Cheshire - first and third in U17 ladies long jump; Michael Bailiff, West Cheshire – first in U17 men high jump; Amy Williams, Sale – first in U15 girls long jump; Charlotte Dickinson, Sale and Kelly Baker, West Cheshire – first and second in U17 ladies shot putt.

NA T&F U15/U17 Championships, Cudworth: Charlotte Dickinson, Sale – first, U17W shot putt; third, U17W discus; Ashley Kirsopp Warrington - first, U15B long jump and first U15B 80mH; Lisa James, Crewe - second U17W long jump; Gemma Valentine, Crewe - second U17W pole vault; Georgia Pickles, Crewe - second under 15G pole vault; Amy Williams, Sale - first U15G long jump, James Webster, Warrington – second U17M 400mH; A Hinchly, Vale Royal – second U15G 1500m; Tessa McCormick, Vale Royal – first U17W 3,000m; Jemma Eyre, Warrington – third U15G 800m; James Webster, Warrington – third U17M 100mH; Jack Gleave, Warrington – third U17M 1500m; Danielle Wallis, Macclesfield – third U17W 800m; Elliot Bowker, Vale Royal and Liam Burthem, Warrington – second and third U15B 300m, Zack Bamber, Vale Royal, third – U17M 3000m.

Olivia Montez-Brown, West Cheshire, finished second overall and first Cheshire U17 lady in the NW CE Championships at Eastlands on 27 August.

At the England Athletics U15/U17 championships at Bedford, Ashley Kirsopp (Warrington) won the U15 Boys 80mH and was 6th in the Long Jump; Amy Williams (Sale) was third in the U15 Girls Long Jump and Danielle Wallis (Macclesfield) 6th in the U17 Womens 1500m

Representative Honours : congratulations to Stevie Stockton on representing British Universities in the world university Championships at Shenzhen, where she was just outside the medals in 4th place in the 5000m in another sub-16 minute clocking.

The task of issuing **AAA Standard Certificates and Badges** has passed to Marian Allen of Halton and Frodsham Harriers. Marian very kindly volunteered to take on this job from Brian Warren. Her email is as follows: panama@googlemail.com.

RACE WALKING - A new discipline for Cheshire athletes

Cath McGrath a competitive race walker and UKA Licensed coach for Race Walking is offering to help those interested in race walking. Cath, a member of West Cheshire AC can be contacted by e-mail : cathmcgrath@btinternet.com

Get interactive with UKA – check out all the latest news, views, blogs and videos. Connect on Facebook, Twitter and YouTube.

The Cheshire and Merseyside Athletics Network

If you wish your club to be involved please contact Co-ordinator, Vicky Huyton (Vicky.huyton@cwspartnership.org) 07738402931. Please also contact Vicky to book on any of the courses listed below. Newsletters can be viewed on the website. Contact Chairperson Andy Garnett by email on andy.garnett@amec.com or phone him on 01925 675420 during working hours. Check out possible free places on Officials' courses – via the Network.

CHESHIRE NETWORK EVENTS			
2.10.11	Off-road development day	Teggs Nose Country Park, Macclesfield	10.00am-3.00pm
12.10.11	Planning the season ahead and goal setting	Halliwel Jones Stadium, Warrington	7.00pm
14.11.11	Youth development – how training affects young athletes	Winsford Lifestyle Centre	6.30pm
27.11.11	Cheshire Run-jump-throw series	Macclesfield Athletics Track	10.00am-2.00pm
30.11.11	Nutrition for endurance athletes	Knutsford LC	6.30pm

Cheshire Club List – notify changes to Mike Lamb of West Cheshire AC, who has taken over responsibility for keeping the list up to date.

TRAINING

CHESHIRE AND WARRINGTON SPORTS PARTNERSHIP COURSES

Note that courses organised by the Partnership are not exclusive to athletics. However, they are vital if Clubs are seeking accreditation for Clubmark. To book, create an account / or log-in at www.coachingcw.org. On your home

page will be a "Book Event" icon, please click and complete our new online booking form (payment will also be taken online). Alternatively phone 01606 871812 (have your card details ready). CWSP need you to tell them what courses you need. Places on the FUNdamentals workshops are limited.

Course Title	Venue and Date	Cost
Safeguarding and Protecting Children	EPIC Leisure Centre, E Port 15.9.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Nantwich Cricket Club 26.9.11 / 6.30 – 9.30pm	£30
Safeguarding and Protecting Children	Halliwel Jones Stadium, Warrington 20.10.11 / 6.00 – 9.00pm	£30
Emergency First Aid	Winsford Lifestyle Centre 4.10.11 / 6.30 – 9.30pm	£30

For more information on this or any of our courses feel free to contact Rob Burchell (Coaching Development Manager) at rob.burchell@sportcheshire.org

UK coaching courses (local to Cheshire)

The UKA Coaching structure has changed significantly. EA North has circulated details to all clubs which are also on the EA and UKA web sites. For full details go to http://coaching.uka.org.uk/qualifications/leaders_awards/

PLEASE NOTE that you should book early for courses as there are only a limited number being held in the northwest. Some courses require participants to do some reading in advance.

LEADERSHIP IN RUNNING FITNESS

22.10.11	Kirkby Sports College	NW	NC0222	£90
17.12.11	Eastlands (formerly Sportcity)	NW	NC0270	£90
3.3.12	Eastlands	NW	NC0272	£90

LEADER AWARD

17.12.11	Eastlands	NW	NC0271	£90
3.3.12	Eastlands	NW	NC0273	£90

COACHING ASSISTANT

8-9.10.11	Eastlands	NW	NC0268	£130
15-16.10.11	Cumberland Athletics Track	NW	NC0281	£130
17-18.3.12	Eastlands	NW	NC0269	£130

ATHLETIC COACH AWARD – you must attend all three sessions to complete the course. Cost includes all modules and assessment. See notes below.

1.10.11	Assessment Day (time tbc)	NW	NC0208	£325
3.9.11	Eastlands - Day 3	NW	NC0218	
3.12.11	Assessment Day (time tbc)	NW	NC0218	
21-22.1.12	Robin Park Arena – Days 1 & 2	NW	NW0290	£325
4.3.12	Robin Park Arena - Day 3	NW	NW0290	

COACH IN RUNNING FITNESS (contact D Beresford for details)

10-11.9.11	Trafford Athletic Stadium	NW	NC0246	£325
22.10.11	Trafford Athletic Stadium	NW	NC0246	£325

CHILDREN'S COACH AWARD

3-4.9.11	Eastlands – Days 1 and 2	NW	NW262	£325
22.10.11	Eastlands – Day 3	NW	NW262	£325
11-12.2.12	Robin Park Arena – Days 1 & 2	NW	NW291	£325
24.3.12	Robin Park Arena - Day 3	NW	NW291	£325

Please check UKA website for information including details of Level 3 Phase 4 courses. See website address below.

Contact **Debbie Beresford** for course information. Debbie is the Education Co-ordinator for England Athletics – North, and can be contacted on dberesford@englandathletics.org. Telephone (mobile) 07920 532552. Subsidised places are available – funding information can be obtained from Sarah Friday (contact information below). PLEASE BOOK EARLY AS COURSES FILL UP QUICKLY. Application forms and cheques to be returned to England Athletics, Education and Customer Services, Wellington House, Birmingham International Park, Solihull, Birmingham, B37 7HE, preferably two weeks before course date, or some courses can be booked online at www.englandathletics.org.

Eddie Gore (Tel: 0151 513 5606), is the Cheshire County AA Coaching Co-ordinator. Eddie recommends that all clubs who have licensed coaches keep a watch on CRB renewals that are coming up (a 3 year cycle) to ensure their licence remains valid. CRB application forms are available from Jane Fylan, UK Welfare Co-ordinator. T: 0161 223 4246 or email at jfylan@uka.org.

Officials' Courses - 2011

Check out the England AA website. Contact **Tina Beresford** for information concerning Officials' Courses for the North of England. She is based at Sports City officials-north@englandathletics.org. Telephone 07920 532552.

TRACK AND FIELD LEVEL 2				£15
22.4.2012	GM	Eastlands	NO0108TR Track Judges 10.00am NO0108TK Timekeeping 10.00am NO0108FD Field 10.00am NO0108SM Starter/Marksman 10.00am NO0108PF Photofinish 10am	
ENDURANCE LEVEL 2				£20
6.11.2011	GM	Eastlands	NO0107END Endurance 1.30pm <i>Book both Endurance & Risk assessment modules at this course at a discounted price of £30</i>	
ENDURANCE – RISK ASSESSMENT				£20
			NO0107RA Risk Assessment 10.00am <i>Book both Endurance & Risk assessment modules at this course at a discounted price of £30</i>	

The Cheshire Officials' Secretary is Alan Morris. He can be contacted at cheshireofficials@gmx.com.

Cheshire Area Events

30.1.11	Multi-event approach for young athletes incorporating Athletics 365	Knutsford LC 12.00-4.00pm
11.12.11	LTAD and the growing athlete – anatomy, movement and posture	Knutsford LC 10.00am-1.00pm
29.1.12	Strength, power and plyometrics – what can be done in a club environment	Knutsford LC 10.00am-1.00pm

Regional Events

26.11.11	Heavy Throws	Leigh SV All 10.00-4.00pm
27.11.11	Shot, discus and hammer	
11.3.12		
14.10.11	High Jump (all Eastlands)	7.30pm – 9.30pm 10.00am-2.00pm 10.30am-3.00pm
15.10.11		
29.10.11	Endurance - Longford Park, Trafford Progression of training to seniors 18-23	10.00am-1.00pm
22.1.12	Endurance - Grimsnargh Village Hall Coaching female athletes	10.00am-1.00pm

Sarah Friday (sfriday@englandathletics.org) and are the Club and Coach Support Officers for Cheshire and for Greater Manchester. Contact Sarah - sfriday@englandathletics.org M07912070640 or Claire - cbuckle@englandathletics.org M07803671968.

Event First Aid – any Clubs needing to provide first aid facilities at events, can contact the British Red cross on www.redcross.org.uk/eventfirstaid.

The next **Cheshire AA committee** meeting will be held at Moss Farm, Northwich on 12 September, at 6pm preceding the **Cheshire Network meeting**.

INFORMATION for the NEWSLETTER :

PLEASE send any items for the next Newsletter direct to the Editor (Ellen Molloy): jamesandellenmolloy@btopenworld.com

Contact Sarah Friday - sfriday@englandathletics.org M07912070640 or Claire Buckle - cbuckle@englandathletics.org M07803671968